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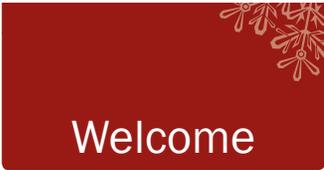
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3



Welcome

Can you find me?



Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!

Chorus.-For auld lang syne, my dear,
For auld lang syne.
We'll take a cup o' kindness yet,
For auld lang syne.

Auld Lang Syne - lyrics

Congratulations to all those who found Miti hidden on page 21 in the Guild Hall Advert.
The winner picked out of the hat was Mrs Roskell.

She returns this issue - can you find her? She is hidden somewhere
To enter and win £25 please send in your answer to the usual addresses:

email: competitions@jampublications.co.uk.

Contact Jam Publications 01772 865970 or 07790 119 858,
alternatively send an email to: info@jampublications.co.uk
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December 2016

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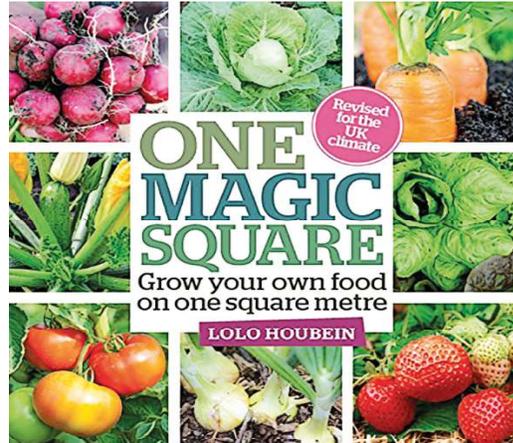
Garden View

This month – Great gardening books

If you didn't get what you wanted for Christmas now is the perfect time to curl up in front of the fire with a gardening book you've brought for yourself. We have a few to recommend.

RHS Great British Village Show by Matthew Biggs and Thane Prince - The village show is a quintessential British tradition, and for many gardeners it represents the pinnacle of their sowing and growing year. This charming and informative book takes you behind the scenes of this very British institution, offering insights into the worlds of judges and contestants. It's beautifully illustrated with photographs, and offers wonderful gems of insider information, including how to stage your produce, and what the judges are really looking for. There are even recipes for prize-worthy jams and preserves. If you've never attended a village show this book will make you yearn for a summer of tents and teas; you might even be tempted to become a competitor.

One Magic Square by Lolo Hubein – Following on from the previous book, have you ever wanted to have a go at growing your own vegetables and fruit but feel completely clueless? We're always hearing that the best and cheapest food is the food you grow in your own garden, but it all seems rather complicated to a total novice. In *One Magic Square*, Lolo Hubein shows how you can start your own productive food garden in ten minutes a day on a single square metre. She provides simple plot designs starting with salads, and gradually expanding to include beans, tomatoes, corn, roots and much more. She also stresses the benefits of companion planting and provides ideas. The bite-sized designs (pun totally intended!) allow you to extend by one square metre each season, or to pick your favourites. The magic of square-metre gardening is in allowing your project to grow in a manageable way, from simple to more complex. There are even designs catering for different tastes and specific diets.



RSPB Gardening for Wildlife by Adrian

Thomas - If you long to have butterflies and bees in your flowerbeds, birds singing in your trees, and hedgehogs bustling about under your bushes then look no further than this wonderful guide to wildlife gardening. Adrian Thomas explains the intricacies of attracting wildlife to your garden whether you have a small plot or more than an acre. His style is accessible, but rich in detail. He draws on the latest wildlife research to explain the ecological principles, and to dispel some of the myths which have traditionally prevented gardeners from pursuing a wildlife-friendly approach. There are practical projects to help you create entire habitats, and long lists of suitable plants and trees, and it's packed to brim with helpful photographs. If you love wildlife and want to encourage more to visit your garden, this inspirational book will help you sow the seeds and reap the rewards.

by Rachael Leverton

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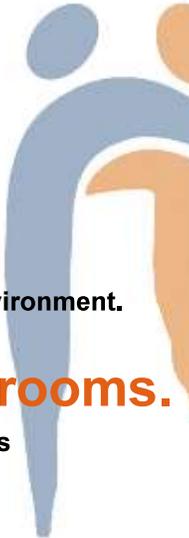
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*ranked No 2 out of 655 UK Window Installers, Number 1 being in the South of England on FreeIndex

Fact of the Day

Did you know that due to the way a rotting apple releases ethylene (which accelerates rotting), one bad apple really does ruin the whole bunch.

AWARENESS DAYS ... DRY JANUARY 2019

Start: January 1st 2019
End: January 31st 2019

Dry January is Alcohol Concern's flagship campaign which has been changing the conversation about alcohol over the past 6 years.

Taking part in our campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.

Why do Dry January?

There are loads of reasons for taking part in Dry January, Here are just a few:

- Reset your relationship with alcohol - realise you don't need it
- New year, new you - do Dry January and feel healthier and happier as:
 - you sleep better
 - your skin improves
 - you lose weight



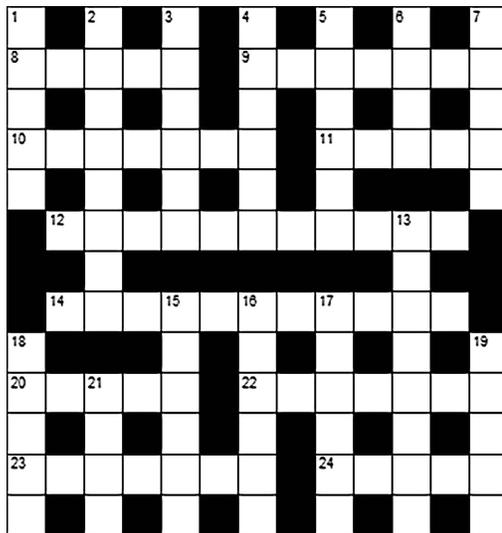
DRY JANUARY

- More money in your pocket (the average person spends £50,000 on booze in their lifetime)
- Get healthier - through giving up alcohol for a month you do your insides a lot of good.
- Amazing sense of achievement!

If we could come up with a new health supplement or discovered a superfood that had all those benefits, we'd be millionaires. But instead we aim to offer the help, advice and encouragement to let you get these benefits yourself, all for free.

Visit our event website: www.alcoholconcern.org.uk

Crossword



Across

- 8 Angry, enraged (5)
- 9 Surface, layer of earth (7)
- 10 Hangman (7)
- 11 Dissertation, article (5)
- 12 Piece of office equipment (11)
- 14 Founded, set up (11)
- 20 Mean, horrible (5)
- 22 Used to dismiss a football player (3,4)
- 23 Contaminate, taint (7)
- 24 Large string instrument (5)

Down

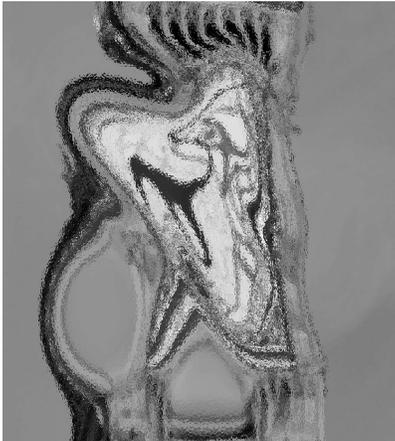
- 1 Snug (5)
- 2 Flings, pitches (8)
- 3 Protective hat (6)
- 4 Traditional, tribal (6)
- 5 Maintenance (6)
- 6 Flowerless green plant (4)
- 7 Andrew _____ Webber, the composer (5)
- 13 Peepers! (8)
- 15 Sanctuary, refuge (6)
- 16 Pantry, food-cupboard (6)
- 17 Entice, beguile (6)
- 18 Clumsy, incompetent (5)
- 19 Optical disc for storing computer data (abbr) (2-3)
- 21 Huff, brood (4)

		3	5				1	9
7				4				
6	5						2	
					7		4	
	2	7		6		8	3	
	6		3					
	4						8	5
				2				3
2	1				8	9		

Sudoku

How To Play Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the number 1 through to 9 with no repetition.



Fuzzy Photo!

We have made some 'minor' alterations to an image of a famous person, place or object.

Can you work out who, where or what the original images was?

Lateral Thinking



A man looks out of a window. He is desperate to open it, yet he knows this would kill him. why?

Mind Benders

Find the three hidden phrases

TUOBA

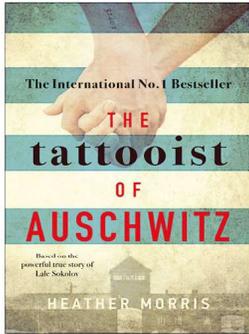
Atadropantic

absent
leave

absent
↑

Book Review

A Good Read

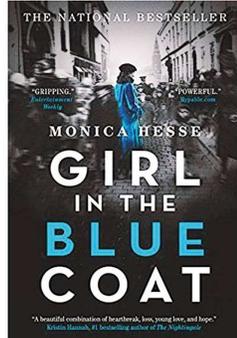


The Tattooist of Auschwitz by Heather Morris

There are many books about the horrors of the Holocaust, some fictional, others biographical. This 2018 book is one of the later. Heather Morris had a chance encounter with Holocaust survivor Lale Sokolov in 2003, and over the following three years until his death, he told her the story of his life.

Lale was a Slovakian Jew and in 1942, at the age of 25, he was transported to Auschwitz in Poland. Well presented and a bit of a chancer, he managed to get appointed to a job that would allow him to remain alive for the remainder of the war, and give him privileged accommodation and food. He became the Tatowierer whose job it was to scratch indelible numbers into the skin of prisoners.

At first glance this might appear to be a depressing story, but it is ultimately not a story of death but a story of love, survival, and determination in the most horrific place on earth. Here the inmates try to maintain some level of existence despite the fear of death every day. Lale meets Gita, a young Jewish woman assigned to work in the camps and they plan for the seemingly unthinkable: a life beyond the



camps. What Morris gives us is a story that you won't be able to put down. A story of hope that will uplift you and reveal the very best of humanity.

The Girl in the Blue Coat by Monica Hesse

Adult fiction is not the only genre to venture into Holocaust literature, and age appropriate novels are available for children and young people. One such novel is *The Girl in the Blue Coat*, aimed at the young adult market. This remarkable novel is fictional, but rooted in an impeccably researched Amsterdam under Nazi occupation.

Hanneke is 19 years old and works for an undertaker. However, she also works on the black market, obtaining items otherwise rationed or banned under Nazi occupation. She hates the new regime and the sight of soldiers in her city, but gives very little thought to the treatment of the thousands of Jews living in the Netherlands. That is until one of her clients presents her with a rather unusual request. She wants her to find Mirjam – a 15 year old Jewish girl whose family have been killed and who was in hiding until she vanished. This request takes Hanneke into a world of resistance that she never knew existed, and the true horror of the treatment of Jews becomes apparent.

Hesse brings 1940s Amsterdam vividly to life and incorporates real stories of individual heroism (such as the resistance workers who saved up to 600 babies by smuggling them out of Amsterdam) among the fictional characters she has created. Inspired by a trip to Holocaust-related sites in and around Amsterdam she draws on the real life accounts of resistance writers during the war and Jews in hiding, to present a story of how

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Once Upon a Time

National Storytelling week runs from
January 26th – February 2nd

When did you last tell a story? Probably more recently than you think because as humans we tend to think in images and narrative.

Think about your favourite anecdote; the one you're called upon to recount at every family gathering and which gets embellished a little more each time it's told. That's story telling in action and it's the oldest art form in the world.

Since man first developed the power of speech, stories have been the traditional medium of communication between generations, used to educate and entertain.

There is evidence of storytelling in languages as diverse as Sanskrit, Old German, Latin, Chinese, Greek, Icelandic and Old Slavonic.

One of the earliest surviving records is from Egyptian culture. The sons of Cheops (the pyramid builder) are pictured in hieroglyphics on ancient papyrus entertaining him with stories.

Specialist storytellers evolved, known as bards. They were also poets and musicians and their job was to entertain by creating and performing poetic oral narrations. These generally chronicled the events of a war or praised the daring deeds and achievements of leaders and their forebears.

Bards were also known as minstrels and jongleurs and often enjoyed a high status within their community.

The bardic community preserved many tales from different cultures which are still enjoyed today, including:



- The Merry Adventures of Robin Hood (English)
- The Iliad and The Odyssey (Greek)
- The Tain (Irish)
- The Ramayana (Indian)

Religious leaders also made use of storytelling to guide and teach their followers. This practice is still used, particularly in Hinduism and Buddhism. Ordinary folk also told stories, particularly at festival time and many such folk tales were collected and recorded by writers such as The Brothers Grimm.

The Society for Storytelling organises the National Storytelling Week each year to promote the art, value and practice of storytelling.

Storytelling events will be taking place in schools, libraries, museums, art galleries and residential homes. Check out what's in your area.

Web Address - The Society for Story Telling www.sfs.org.uk

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Thursday	Boogie babes: Mother, toddler and baby session (includes refreshments)		10:00-11:30am	£5.00
Saturday	Pre-primary ballet 3-4 years	9:00-9:30am	£4.50	
	Tiny tots music and movements 3-4 years	11:30-12:00pm	£4.50	

CHILDREN 5+ YEARS

Monday	Primary ballet & tap	5-8 years	4:00-5:00pm	£6.00
	Junior ballet & tap	9+ years	5:00-6:00pm	£6.00
Thursday	Street dance	5-10 years	4:30-5:15pm	£5.00
	Boys Club	all ages	4:30-5:15pm	£5.00
	Street dance	11+ years	5:15-6:00pm	£5.00
Saturday	Primary ballet	5-8 years	9:30-10:00am	£4.50
	Cheerleading	all ages	10:00-10:30am	£4.50
	Street dance	all ages	10:30-11:00am	£4.50
	Acro dance	all ages	11:00-11:30am	£4.50
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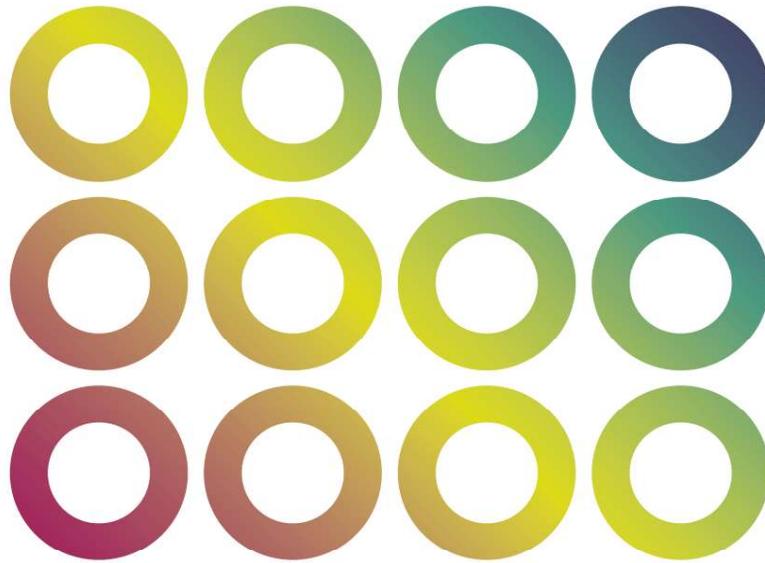
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Advertising Feature

Here we are in the final year of another decade. What haven't you done that you promised yourself? Get fit? Walk more? Lose weight? And what's stopping you?

Often, uncomfortable feet, knees or hips are the limiting factor to more exercise and better physical and mental health.

Your feet should be painless and comfortable, in fact they should be forgettable! If your feet are uncomfortable you can feel it on every step and it shows on your face.

Lots of our customers have been putting up with uncomfortable feet for some time before coming to see us. Many think the pain might just go away or they feel embarrassed to show somebody else their feet. But deep down, they know that this is stopping them from getting out there and being as active as they could be!



Time for a New You?

At The Foot Room, we have the skills to put an end to your painful feet, whether it be corns, hard skin, heel cracks, verrucae, ingrowing or thickened toenails...and we do it painlessly!

As HCPC registered Podiatrists we are trained to assess, diagnose, treat and advise on all aspects of foot health. We see a huge range of foot conditions and our tailored treatments improve pain, discomfort, appearance and quality of life for most of our patients. There's no need for embarrassment, nothing surprises us, and all consultations are private and confidential.

Your Feet Need YOU!

We also have a Musculo-Skeletal Specialist Podiatrist who can help with joint and muscle pain in feet, knees, hips and often backs too by assessing your walking and providing exercise advice and orthotics (arch supports).

Once our customers make the first step to pain-free feet they rave about us and the benefits of our treatment.....

- "My feet feel fantastic, thanks, I'm walking on air now" Mrs M
- "Your expertise, kindness and real caring has helped to keep me walking" Mrs H
- "Top class professionals with a wealth of experience" Mrs B

What are you waiting for?

Make 2019 the year to get the spring back into your step.

Call The Foot Room on 01772 378812 to make your appointment.

the foot room
Longridge

Get that 'walking on air' feeling

Banish dry, hard skin, tidy up your nails and walk out with smooth and moisturised feet.

hpc
health
professionals
council
registered

The Foot Room Ltd, 2 Towneley Road, Longridge, PR3 3EA

01772 378812
www.thefootroom.co.uk

Recipe Idea

Tray-baked Chicken with Root Vegetables

Preparation time: 20 mins

Cooking time: 1 hour

Serves 4

Ingredients

1 small celeriac, peeled and cut into 2½ cm/1in chunks
1 small swede, peeled and cut into 2½ cm/1in chunks
2 large sweet potatoes, scrubbed and cut into 2½ cm/1in chunks
2 medium parsnips, scrubbed and quartered lengthways
2 large garlic cloves, thinly sliced
2 tbsp olive oil
olive oil
½ tsp cumin seeds
a few sprigs of sage
8 chicken thighs or drumsticks (skin on)

Method

Preheat the oven to 200C / gas 6 / fan 180C.
Put the chunks of celeriac, swede, sweet potato, parsnips and garlic in a large roasting tin. Sprinkle liberally with the olive oil and cumin, and season



well with salt and pepper. Toss the vegetables together so they are lightly coated in oil. Put in the oven towards the top and roast for 30 minutes. Meanwhile, lightly oil then season the chicken skins, and lay a couple of sage leaves over each thigh or drumstick.
Remove the roasting pan from the oven and turn the vegetables over. Lay the chicken pieces on top. Roast for 30- 35 minutes more, until the vegetables are tender, and the chicken skin is nice and crispy. Serve with creamy mash and lightly cooked Savoy cabbage.

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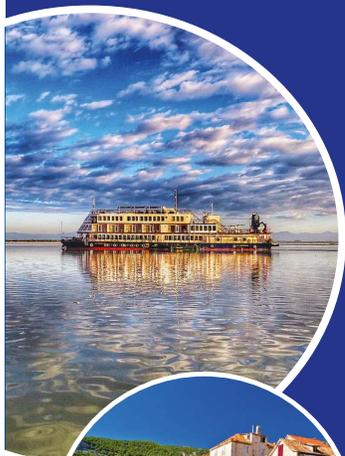
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Community Noticeboard

Free for all charity, not for profit groups and community organisations.

To appear please Call Maria on 01772 865970 or email community@jampublications.co.uk by the 16th of the month prior to print.



Preston & District Walking Club

Want to walk but don't know where?
Try us before joining.
A wide range of walks for all abilities.
Local Car walks and further afield
by Coach.
www.pdwc.org 01772 813498

1st Cottam Scout Group

All sections meet at Cottam Community Centre, Haydocks Lane as follows:

Beavers (age 6-8)
Wednesday or Thursday 6pm-7pm,

Cubs (age 8-10.5)
Thursday 7pm-8.15pm,

Scouts (age 10.5-14)
Wednesday 7pm-9pm,

All sections are open to girls and boys

Adult help and new leaders always welcome

Contact May (01772) 769836

Preston Working Men's Angling Association (PWMAA)

If you are looking for a club in the Preston area, catering for all branches of angling, then this might be the one for you.

PWMAA is a small, friendly club offering a wide spectrum of angling, including the modern commercial trout fisheries of Stocks and Barnsfold reservoirs, to the well stocked coarse ponds of Heskin Hall.

Running water fishing is also available on the River Brock and Barton Brook.

We currently have vacancies, so if you are interested, please contact our Membership Secretary Jack Parker on 01772 866225, who will be only too pleased to give you more information.

Thursday Morning Bridge Lessons for Beginners



Broughton and District Club Bridge Section

are pleased to be hosting "Beginner" lessons in the Clubhouse on Thursday Mornings at 09.30am starting October 25th 2018

Playing bridge is good for you both mentally and socially

COME AND LEARN THE BASICS IN A FRIENDLY LOCAL ENVIRONMENT

No prior knowledge needed. Please register your interest by e-mailing your details to webmaster@broughtonbridgeclub.co.uk the cost is £3.00 per session including tea or coffee.

Or, for further details please contact:
Clive Turner: 07506551429 or clive.turner@keygroup.co.uk

Social bridge players: If you would like to try duplicate bridge at a friendly local club, you'll find a warm welcome at Broughton Club. See our web site for details:- www.broughtonbridgeclub.co.uk



A running club for women run by women



With dark nights approaching there's no need to run alone. Why not come along and join one of our fabulous groups. We are fun, sociable and offer encouragement & support to women of any age, shape or size. Get fit - stay fit. We meet Tuesdays & Thursdays at Millennium Hall, Fulwood, PR2 6GN

Please contact one of our qualified leaders for further details or see our website www.womenontherun.co.uk

Tuesday Group 7pm - 8pm
Leaders: Felicity Cross & Freda Peacock
fandpfamily@gmail.com

Thursday Group 7pm - 8pm
Leaders: Helen Borking & Lindsey McGahey
helen.borking@gmail.com



PHOENIX PATCHERS

Meet at
Barton Village Hall (on the A6)

On the 1st and 3rd Wednesday of the month
1.30 – 3.30 p.m.

Beginners welcome

Come along and see what we do or
bring your own Patchwork.

For more information contact me on
ddiggins10@tiscali.co.uk

The Club Players at Broughton

Broughton Club , Whittingham Lane Broughton , Preston

FEBRUARY 7th to 9th 2019
MURDER MYSTERY EVENING

Exercise the little grey cells and find out Who? Why? How? Was the murder committed?
Hot Pot supper or gluten free bake is included in the £12 ticket price for this production.

APRIL 10th to 13th 2019
“ SATURDAY NIGHT AT THE CROWN” The well loved Lancashire comedy
by Walter Greenwood

For all three productions seating is around tables of eight, the Bar in the Hall will be open for drinks prior to each play and during the intervals. Tea and coffee will also be available .

Each performance starts at 7.30 pm.

Tickets are £8.00 each Booking tel no:07395825407 Or text.
E mail:theclubplayers@gmail.com

Community Noticeboard

Wildaid Fundraising BRITISH WILDLIFE CHARITY (1001595)

We are currently looking for people to stand at pre booked venues in this area.

No experience required,
full training given.

Full / Part time.

Transport an advantage.

Good earning potential.

For more information....

Contact, Sandy 07977001280

Deepdale Bowling Club

"If you are looking for fun, fresh air and friendly competition — all without breaking the bank on equipment or membership fees - Crown Green Bowls is the ideal sport. It's easy to play, but a real challenge to master."

Through bowling you will get gentle exercise, learn a new skill, and make good friends. It keeps the body and mind active and it's great fun at the same time.

There's an active social scene, too!

"Please feel free to contact us for an informal chat about getting into bowling, or to arrange your free taster session.

Tel: George Russell on 07740 812377 or email George.Russell@btinternet.com

Everyone is welcome.

Join in the fun and get walking with 'Central Lancs Rambling Club' Out Sunday every fortnight by coach, so no driving back.

We have four groups for all levels of walking

Contact Jim Cookson on 01772 709886

Mob 07538747470

Check out our website: www.clrcuk.co.uk

Social Eyes Preston

We are a group of visually impaired people who meet first Wednesday of the month at Galloways Blind Society, Howick House, Howick Park Avenue, Penwortham, 11am-1pm. We have occasional speakers, we offer lots of friendly support over a cup of tea/coffee.

New members are made very welcome

Contact Linda: 01772 734468

Preston Ramblers



Join the Preston Ramblers for walks in Lancashire - fresh air, exercise, lovely countryside - what more can you ask for?
Visit our web site at www.prestonra.co.uk. We organize walks on a monthly basis. Our aim is to have mid-week walks on 1st and 3rd Wednesdays (5-7 miles).
Non-members are welcome to come along and join in our walks.
Contact our Membership Secretary at gms@prestonra.co.uk

Date	Meet	Start	Walk	Distance	Difficulty	Contact
Wed 06/02/2019	11:00 (PR3 1BH, SD502485)	11:00 Park on Tithebarn Lane, Scorton (near M6 bridge) (PR3 1BH, SD502485)	Scorton Paths, tracks and quiet roads	6mi/9.7km	Moderate	Frank P, 01772 865578
Wed 20/02/2019	11:00 (PR4 6HR, SD455187)	11:00 Park on Liverpool Old Road in Sollom village near juncn with Sollom Lane (PR4 6HR, SD455187)	Bank Hall Paths, tracks and quiet roads	6mi/9.7km	Leisurely	Barry R, 07949 131435


Charity Lunch
& Flower Demonstration

Thursday 7th February 2019
at
FERRARI'S HOTEL
Chipping Road, Thornley, PR3 2TB

Stalls from 11.30am
Lunch served 12.30pm
(Choice of menu on the day)

Followed by Andrew Thompson
giving a Flower Arranging Demonstration

Tickets available from:
Tel: 01995 640185
01772 864689

*Admission by
prior booking
only £25*

All Proceeds to Cancer Help Preston Ltd. (Incorporating Vine House & Croston House)



All In is for parents/carers of primary aged children (4-11years) with additional needs to meet, chat and support each other; while your child has space to play.

 Enjoy tea, coffee and cake
  A space for your children to play
 Meet other parents/carers
  Share tips and experiences between others

There will be a café area in which parents/carers are able to relax and chat whilst your child(ren) is able to access a range of play activities, including a sensory area. Please note that parents/carers will remain responsible for your child(ren), however, there will be some team members who are happy to help.

By 'additional needs' we mean any extra condition that your child is living with which they need extra care for. This could be medical, developmental, physical, emotional or learning needs. There is no need to have a diagnosis.

When: Saturday 10am-12noon - (We are a drop in session so come for how long works for you and your child(ren). There is no need to book, please just turn up.

Dates: 26th January / 30th March / 8th June / 3rd August / 28th September / 30th November

Where: Fulwood Free Methodist Church, Lightfoot Lane, Preston, PR2 3LT

Cost: £1 per child

Email: inclusion@fulwoodfmc.net **Facebook:** facebook.com/allindropin

Website: www.fulwoodfmc.net **Telephone:** 01772 861597

Please contact us if you have any questions.



**Fulwood
Methodist Church
Theatre Visit Group**

**17th January 2019 Royal Exchange
Christmas Production** This will be
Mel Brook's 'The Producers' (matinee
performance)
Prices to be confirmed

**2nd March 2019 Blackpool Grand Romeo
& Juliet** (matinee performance)
Prices to be confirmed

Further information & prices contact Sharon
Beck (Administrator) at Fulwood Methodist
Church

Tel 01772 718741

Email :- theatrevisits@fulwoodmethodist.org.uk
uk. Web: www.fulwoodmethodist.org.uk



SAVE THE DATE
THE SPACE CENTRE SPRING BALL
Friday 17th May 2019
at The Barton Grange Hotel
Featuring Stephen Bayliss + DJ
with Raffle and Auction
Tickets £45 a head
For details please contact
Andrea on 01772 769 391

SPRING

facebook.com/the.spacecentre/

Community Noticeboard

CHANGE of LOCATION and DAY
for the
3 in 1 Gentle Exercise Class
STARTING on 10th January 2019
The New class will be in the Hall of
Broughton & District Club
Whittingham Lane
Broughton PR3 5DA
Now on a THURSDAY 9.30-10.30am
For more information
Please contact Hilary Hine RSA
Tel 01995 601040
Hinefamily.hh@gmail.com



COFFEE MORNING
At Haighton Manor
Haighton, PR2 5SQ
£5 to include coffee & Scone
7th February from 10.30

Stalls & Raffle
All proceeds To
The Space Centre

Call Andrea On 01772 769 391
for further details & Tickets
see ebook.co.uk/the-space-centre/



BLACKBURN SYMPHONY ORCHESTRA
Spring Concert

One of the leading amateur orchestras in the North West.
Saturday March 30th 2018 – 7.30 pm – Blackburn Cathedral



Conductor: Richard Howarth
Bach Violin Concerto in E major
soloist Alexandra Stemp
Mahler Symphony No 5

TICKETS £13 (Children U18 Free available on the door or available from the website.)
Blackburn.s.o@btopenworld.com

Registered Charity No 516124

**Preston Sugarcraft
Interested in Cake Decorating?**

Our meetings are a mix of workshops, hands-on-sessions and demonstrations with something for everyone, whatever your interest – modelling, flowers, painting on sugar, brush embroidery, cocoa painting.

All skill levels - from beginners to advanced and everything in between!

We meet at 2pm on the first Saturday of each month, except August, at St Margaret's Church Hall, Tag Lane, Ingol, PR2 3ZU. First visit is FREE!

For more information, please call
Jeanette Taylor
on 01253 595422

1st Cottam Guides

Fun activities for girls aged between 10 & 14 years of age.
We meet on Tuesday evenings term time from 7.15pm to 9pm.

For further information contact
Liz Roberts 07970 155821 or email:
FirstCottamGuides@yahoo.co.uk

Whittingham Bowling Club

(In old Hospital Grounds)

Ever fancied bowling?

Come & Join Us

Social Bowling? Yes!

League Bowling? Yes!

Ring Vic Johnson after 10.30am
for further details 01772 703050



Come and Join us at
**Catforth & Woodplumpton
Toddler Group**

Why not pop along?

We are a friendly, welcoming group & we'd love to see you Fridays during school term-time
9.30 - 11.30

Catforth Village Hall, School Lane, Catforth. PR4 0HL

We Have Lots Of Fun Activities:

Including lots of toys, weekly crafts, Sit & ride toys, Outdoor play area, Singing.

We also have baby changing facilities, and a designated baby area.

£2 per family Refreshments Included

Just turn up or for more information visit our facebook page



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Email your information to community@jampublications.co.uk



The Ryan Medical Centre

St Mary's Road
Bamber Bridge
Preston PR5 6JD
Tel: 01772 335136 ext. 3
Mobile: 07897 199101
office@tnc.org.uk
www.tnc.org.uk

**Tender Nursing Care
CAN WE HELP YOU?**

We are a local charity operating in the South Ribble, Chorley and Preston areas.

Since 1979 we have provided FREE overnight care and support to local people with life limiting conditions. This enables people to remain in their own homes and avoids the need for hospital or hospice care.

If you would just like more information about our services please call us on 07897 199101 or 01772 335136 ext 3.

Alternatively if you think that you or a member of your family would benefit from our services please speak to your doctor or district nurse to assess your suitability for a potential referral.

A charitable company limited by guarantee registered in England & Wales
Registered Office: Ryan Medical Centre, St Mary's Road, Bamber Bridge Preston, PR5 6JD
Registered Charity No. 1154186 Company No. 0700507

SpringFieldFellWalking Club
Walk days Saturday every two weeks.
3 grades of walk.

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B - 9 mls ; 2100 ' ASC
C - 7 1/2 mls ; 1300 ' ASC

02/02/19 Maham
A - 15 mls ; 2000 ' ASC
B - 9 mls ; 1300 ' ASC
C - 7 mls ; 1200 ' ASC

16/02/19 Threlkeld
A - 12.1/2 mls ; 3500 ' ASC
B - 9 1/2 mls ; 2900 ' ASC
C - 8 mls ; 1900 ' ASC

Bus pickup Blackpool to Black Bull
Preston. Garstang Rd
www.springfieldsfellowalking.com
contact Tel: 01772 728718

theWI
INSPIRING WOMEN

INGOL WI

The WI organises theatre trips, group garden visits and local walks, days out, craft groups and plenty more in the community.

They meet on the 2nd Wednesday of the month

St Margarets Church Hall,
Tag Lane, Ingol
7pm.

For more information
Tel: 01772 459020 or
email admin@lfwi.org.uk

All Welcome

Volunteer Vacancy



We need volunteers for:

Collections

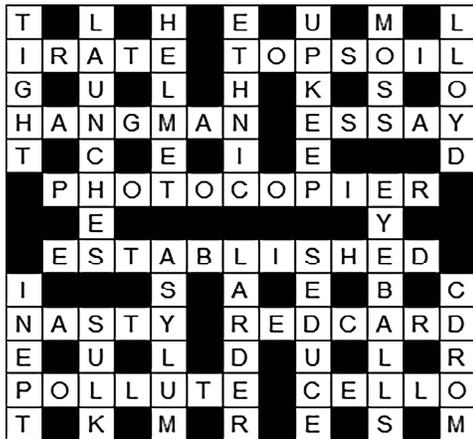
Help us to celebrate our 30th year of providing services!

Please call:
Laura Stephenson, Head of Fundraising
T: 01772 793 344 or
Email: l.stephenson@cancerhelppreston.co.uk
for your application pack.

We are always looking for people to be part of our volunteers community and would welcome anyone to help us in other areas of the charity!

Winn House, 20 Chimes Hill Road, Bamber Bridge, Preston PR5 6JW
Tel: 01772 793344 Email: help@cancerhelppreston.co.uk

Puzzle Solutions



4	8	3	5	7	2	6	1	9
7	9	2	1	4	6	3	5	8
6	5	1	8	9	3	4	2	7
1	3	9	2	8	7	5	4	6
5	2	7	9	6	4	8	3	1
8	6	4	3	5	1	7	9	2
3	4	6	7	1	9	2	8	5
9	7	8	4	2	5	1	6	3
2	1	5	6	3	8	9	7	4

Mindbenders

- About turn
- A drop in the Atlantic
- Absent without leave

Lateral Thinking

He is in a submarine suffering from claustrophobia.



Fuzzy Photo

Big Ben

Useful Numbers

Police (Non Emergency) 101

Lea & Cottam 01772 209441
 Broughton 01772 863390
 Crime Stoppers 0800 555 111

Fire (Non Emergency)

Free Fire Safety Checks 0800 169 1125
 Fulwood Fire Station 01772 862545

Health Services

NHS (Non Emergency) 111

NHS Direct 0845 4647/111
 Samaritans 116 123
 Royal Preston Hospital 01772 716565

Community Centres

Cottam Bookings 01772 760204
 Barton Village Hall 01772 864946
 Woodplumpton Hall 01772 724126

Bus Enquiries

Preston Bus 01772 821199
 Stagecoach 01772 255777

Rail Enquiries

National Rail 0845 748 4950

Councils

Preston CC 01772 906900

Animal Care

RSPCA Advice 0300 1234555
 RSPCA Emergency 0300 1234999

Leisure Centres

Westview 01772 796788
 Fulwood 01772 716085
 Preston Sports Arena 01772 761000

Libraries

Ingol 0300 123 6703
 Savick 0300 123 6703
 Fulwood 0300 123 6703
 Harris Central 0300 123 6703

Utility Providers

Electricity (Utd Utilities) 0800 195 4141
 Transco Gas Emergency 0800 111 999
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