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Feature



Spring is upon us and your grass is ready to wake up and get growing! Here are some expert tips from Greensleeves Lawn Care on how to ensure your lawn gets the best at the start of the season, setting it up for summer.

Aeration is the perfect treatment for the beginning of the growing season. It removes small plugs of soil from the ground, allowing nutrients, water and air to reach the roots of your grass. It also prevents soil from becoming compact, helping to absorb and retain water in preparation for potential dry weather in summer. It's the perfect way to give your grass a kick-start this spring.

As well as aeration, Spring is a great time for overseeding. Seeds are ready to grow, so overseeding helps your grass to recover from winter, filling in patches and increasing the thickness of your lawn. It rejuvenates patches that have developed over winter and prepares for summer; thick grass is much better protected against scorching from hot sunshine.

If moss has built up on your lawn over winter, a moss control and scarification treatment will remove the discolouration and help your grass to grow during spring – without being weighed down by thatch. It's a great time to scarify your lawn; because your grass is active at this time of year, it can quickly recover.

Greensleeves offer many lawn care services, including our specialist spring treatment. Get in touch to speak to an expert or to arrange an appointment!

An advertisement for Greensleeves lawn care. The top half features a woman sitting in a wicker chair on a well-maintained lawn, reading a magazine. The text 'Let us transform the quality of your lawn!' is overlaid in large green letters. A circular orange button on the right contains the text 'From £15'. Social media icons for Facebook and Twitter are in the bottom left corner of the main image area.

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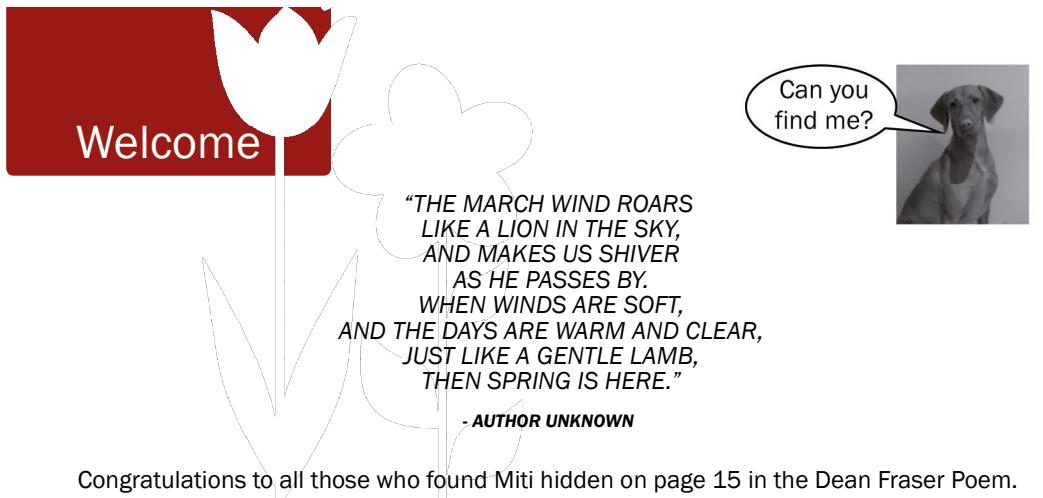
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Congratulations to all those who found Miti hidden on page 15 in the Dean Fraser Poem.
The winner picked out of the hat was Danielle Morgan.

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:
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Garden View

This month – Hardy Annuals

Hardy annuals: the name is an oxymoron. Hardy plants are supposed to be able to survive the winter aren't they, but annuals, by their definition, don't.

In fact, the names hardy, half-hardy and tender, when applied to annuals, refer to the relative cold tolerance of the newly planted seeds.

Hardy annual seeds can handle being frozen in the soil so are ideal for planting outside, either in the autumn or now.

Productive, adaptable and cheap, they are the ideal credit-crunch plants. They are also easy-to-grow, so are brilliant for beginner gardeners.

For best results sow them as thinly as possible, cover lightly with sifted soil then firm it down. Protect them from cats and birds with netting until the seedlings are well established then thin them out to the distance recommended on the packet.

Good flowers for the annual-novice include poppy, calendula, larkspur, fried-egg plants (*limnanthes*), love-in-the-mist, clarkia and cornflowers.

If I could grow only one it would be *Nigella damascena* (love-in-the-mist). It's an old cottage-garden plant and 'Miss Jekyll' is a beautiful, soft, pure blue variety with the added bonus of stripy seed pods once the flowers have faded.

The king of the hardy annuals though has to be the sunflower. Children particularly love to grow them. Sow them singly in small pots or directly into the earth. If you sow them directly, plant two seeds into each hole and thin to one once they are established. They may need to be staked as they grow. There are some terrific varieties. A favourite of mine is Prado Red, which as the name suggests, produces deep red flowers. If you pinch them out, they'll grow to five feet and



produce numerous blooms on each plant.

If sunflowers are the kings of the hardy annuals, then sweet peas are surely the fragrant queens. Old-fashioned or antique varieties tend to be best for scent though their flowers are slightly smaller. The great thing about sweet peas is that you have to pick them to prolong flowering so you have a wonderful excuse to have a fragrant home all summer long. Sweet peas should be planted a little deeper than other annuals. They are very thirsty flowers. My granddad used to line his sweet pea trenches with lots of wet newspaper. He won prizes for his blooms, so he obviously knew a thing or two about it.

Next time you're at the garden centre... walk right on by the showy (and expensive) potted plants and head for the seed section. For a very small outlay you can add colour, shape, interest and completely transform your plot ...and if you don't like it, you can always change it again next year.

Happy gardening!

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Puzzle Pages

Fact of the Day

Did you know that Stewardesses is the longest word typed with only the left hand.

A Brief History Of ... Mothers Day

Everyone has a mother, so it isn't surprising that throughout the world there are ways of honoring and celebrating mothers. Mother's Day is a time to think about the legacies – personal and societal – mothers and grandmothers pass on.

Historically, mothers have had a key role in building and maintaining connections across generations. Even today, they are most often the "kinkeepers" in families and take the lead in passing down family stories, life lessons, and traditions. Honoring this role of mothers is part of the story behind Mother's Day – but not all of it.

Many people may believe Mother's Day was developed as a commercial holiday by Hallmark or some other company to sell cards, candy, and flowers. Or, they may believe it's a day solely to celebrate the domestic role of women in the home and family. Neither of these perceptions is accurate. Our consumerist market may have fueled the commercialism around the holiday, and the role of mothers in families is indeed important, but Mother's Day is not only about honoring a woman's devotion to her own family. The history of the day has its roots in honoring the broader networks, social ties, and political concerns of women. The day is about women's commitment to the past, present, and future at both the personal and political levels. It honors women who have acted not only on behalf of their own children but also on behalf of an entire future generation.

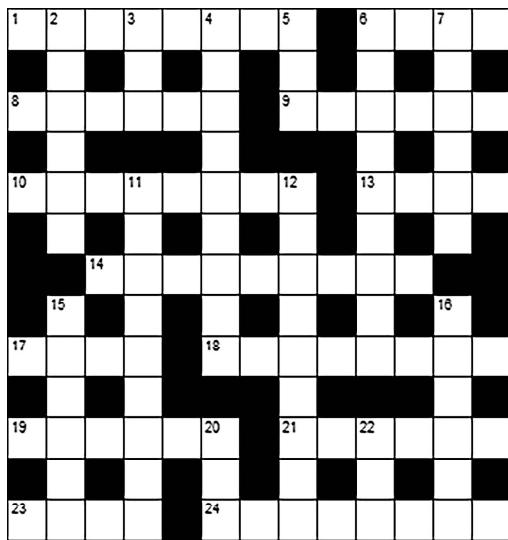
Mother's Day isn't a new holiday. The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the mother of the gods. People would make offerings of honey-cakes, fine drinks, and flowers at dawn.



The Romans also had a mother of all gods, Magna Mater, or Great Mother. A temple was built in Rome for her. In March of each year, there was a celebration in her honor called the Festival of Hilaria. Gifts were brought to the temple to please the powerful mother-goddess.

During the 1600s, England celebrated "Mothering Sunday" on the fourth Sunday of Lent (the 40 days leading up to Easter) as a way to honor the mothers of England. Many of England's poor lived and worked as servants for the wealthy, far away from their homes and families. On Mothering Sunday, servants were given the day off to return home and spend the day with their mothers. A special cake, called the "mothering cake," was often baked to add to the festivities.

Crossword



Across

- | | |
|----|--------------------------------------|
| 1 | Judged the value of (8) |
| 6 | Exclusive, only (4) |
| 8 | Possible danger (6) |
| 9 | Clarify, explain (6) |
| 10 | Shock _____ car part (8) |
| 13 | Delight, joy (4) |
| 14 | Paddle-wheel driven river vessel (9) |
| 17 | 100th of a Euro (4) |
| 18 | Awful, terrible (8) |
| 19 | Recreational gambling (6) |
| 21 | Deep purple-blue (6) |
| 23 | Dowels, pins (4) |
| 24 | Hotchpotch (8) |

Down

- | | |
|----|-----------------------------------|
| 2 | Threadbare (6) |
| 3 | Period of time (3) |
| 4 | Decorative cupboard or bureau (9) |
| 5 | Faulty (3) |
| 6 | Protect, shelter (9) |
| 7 | Joined, connected (6) |
| 11 | Surpasses, exceeds (9) |
| 12 | Burglaries (9) |
| 15 | Anaesthetise (6) |
| 16 | Yeast, mushroom, mildew (6) |
| 20 | Sticky substance, rosin (3) |
| 22 | Dike, barrier (3) |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | | 3 | | 5 | | 6 |
| 4 | 6 | 1 | 9 | | | | | 8 |
| | 8 | 2 | 4 | | 1 | 9 | | |
| 5 | | | | 4 | | | | 1 |
| 6 | | | | | | | 8 | |
| 8 | 3 | | | 2 | | | | |
| | | | | 3 | 4 | 5 | | |
| | | | 8 | | | 3 | | |
| 2 | 6 | 4 | 5 | | | | | |

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



Five men were travelling along a lane. It began to rain. Four of the men quickened their step and got wet. The fifth man did not quicken his step but remained quite dry. He did not have an umbrella or hat. How can this be?

Mind Benders

Find the three hidden phrases

Blonde

IDK

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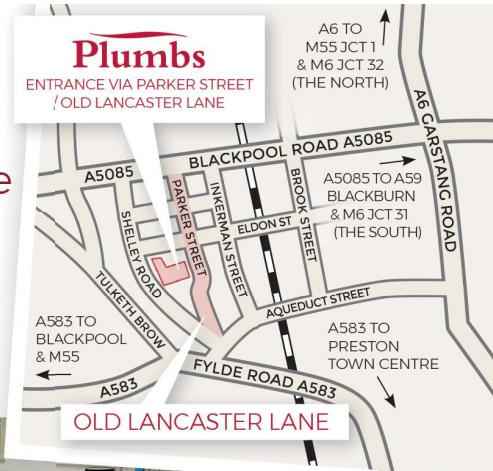
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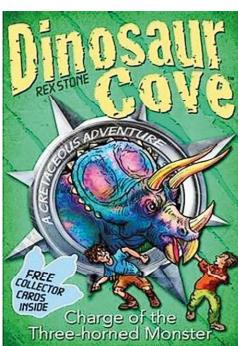
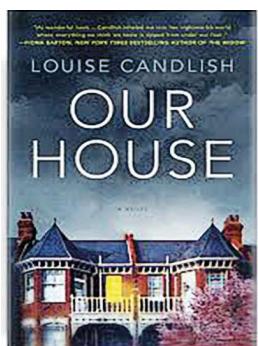
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Book Review

A Good Read



Our House by Louise Candlish

For all of us our homes are the one place we feel safe. It is one of our human rights that no one can enter our home without due cause. For those of us who own our homes then they are also a financial investment and an investment for our children once we are gone. So, what if you came home one day to find a removal van outside your home. And someone else was moving in.

This is what happens to Fi Lawson, one sunny winter day in January. There are no signs of her two young sons and her husband, Bram, just a family of strangers insisting that they £1.6 million house in a leafy suburb of London is now theirs.

And so Fi's life quickly unravels. This dual narrative novel tells the events leading up to that day from the point of view of both Fi and Bram, switching between their two accounts. At times this can lead to confusion as you forget that you know information from Bram that Fi doesn't, but it is not a big issue.

Has Bram cheated Fi out of her home and disappeared from the face of the earth? If he has why? This fast-paced thriller will

have you guessing until the end, with twists and revelations throughout and asks if we ever really know what the closest people in our lives are going through?

Dinosaur Cove: Charge of the Three-horned Monster by Rex Stone

Despite being extinct for 65 million years, dinosaurs still have the power to enthrall young children and this series of books is sure to be popular with young readers who are building up the confidence to read alone.

Jamie has recently moved to the south coast of England with his dad and into an old lighthouse with his grandad. Jamie's dad has plans to turn the ground floor of the lighthouse into a Dinosaur Museum as the local area, known as Dinosaur Cove, is rich in Jurassic and Cretaceous fossils. However, what Jamie doesn't expect to find is a hidden entrance to Dinosaur Island where there are real living dinosaurs.

In this adventure Jamie and his new friend Tom discover what looks like houses on Dinosaur Island. Knowing people weren't around at the same time as dinosaurs the boys decide to check them out with the help of Wanna, a friendly wannaosaurus. What will they find and how will they get through the huge pack of triceratops! A great read full of facts about dinosaurs means that the reader will learn without even realising!



LEARN TO DANCE

Classes for all ages available see the website
www.feverdance.co.uk

ADULT

| | | | |
|--------|----------------------------|--------------|-------|
| Monday | Adult Tap | 5:45-6:30pm | £6.00 |
| Sunday | Ballroom & Latin Beginners | 8:00 -9:00pm | £7.00 |

PRE SCHOOL CHILDREN

| | | | |
|----------|--|----------------------------|-------|
| Tuesday | Cheerleading | 3-5 years 4:30-5:00pm | £4.50 |
| Thursday | Boogie babes: Mother, toddler & 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 & movements | 3-4 years 11:30-12:00pm | £4.50 |

Mornington Road, Preston, PR1 4UL Telephone: 01772 703704 Facebook: /feverdancecompany

ADULT SOCIALS

50/50 Social Dance evening with free sequence lesson (last Saturday of every month) 7:45-11:00pm £6.00



CHILDREN 5+ YEARS

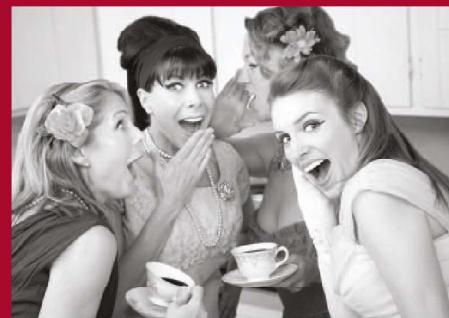
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|----------|----------------------|------------|---------------|-------|
| Monday | Primary ballet & tap | 5-8 years | 4:00-5:00pm | £6.00 |
| | Junior ballet & tap | 9 + years | 5:00-6:00pm | £6.00 |
| Thursday | Street dance | 5-10 years | 4:30-5:15 | £5.00 |
| | Boys Club | all ages | 4:30-5:15 | £5.00 |
| Saturday | Street dance | 11 + years | 5:15-6:00 | £5.00 |
| | Acro dance | all ages | 11:00-11:30am | £4.50 |
| | Junior Acro | 9 + years | 2:00-3:00pm | £6.00 |

FAME SCHOOL.

Come along to our brand new fame school, fusing singing, dancing & acting. Running in preparation for our summer Show June 2019.

Saturday 4, 5, 6 & 7 years 3:00-3:45pm
 8 & over 3:30-5:30pm

- Pay as you go -



THE SECRET'S OUT

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Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?

Recipe Idea

Spinach and Ricotta Lasagne

A creamy vegetarian version of this supper classic

Serves 6-8

Preparation time 45minutes

Cooking time 30 minutes

Ingredients

Pack lasagne sheets

125g Mozzarella, sliced

30g Parmesan

For the tomato sauce

Olive oil

1 Onion, finely chopped

2 Garlic cloves, crushed

150ml Red wine

2 x 400g Tins chopped tomatoes

1 tsp Sugar

2 tbsp Worcester sauce

2 tbsp Tomato purée

Bunch fresh basil, chopped

For the creamy spinach and ricotta sauce

375g Spinach

Knob of butter

500g Ricotta

250g Mascarpone

4 medium free-range egg yolks

Grated zest 1 lemon

Pinch freshly grated nutmeg

40g Parmesan, grated

Method

Preheat the oven to 200 °C/180 °C fan/gas 6. Heat the oil in a medium pan, then fry the onion for 6-8 minutes until soft. Add the garlic and fry for a further minute. Pour in the red wine; turn up the heat and simmer for 3-4 minutes to reduce the liquid by half. Add the tomatoes, sugar, Worcester sauce and tomato purée. Reduce the heat and simmer for 15-20 minutes until thickened. Add the basil, and



season well.

Place the spinach in a large pan with a knob of butter. Cover and cook over a medium heat for 2-3 minutes until the spinach has wilted. It will seem to almost disappear! Drain the cooked spinach in a colander and press to squeeze out any excess water. Roughly chop, then mix with the rest of the creamy sauce ingredients. Taste and season well

Spread a little of the spinach and ricotta sauce over the base of the baking dish, then cover with slightly overlapping lasagne sheets. Pour over a third of the remaining white sauce, sprinkle over a little of the grated cheese and top with half the tomato sauce. Cover with another layer of lasagne sheets, top with half the remaining white sauce, then all the remaining tomato sauce. Add the final layer of lasagne sheets, then spread with the rest of the white sauce. Scatter with the remaining grated cheese.

Top with mozzarella slices and the grated Parmesan and bake for 30 minutes until golden and bubbling.



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ShowChoir Preston
Tanterton Village Centre
Kidsgrove
PR2 7BX

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WWW.SHOWCHOIR.CO.UK

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Are any of your windows and doors giving you problems?

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The Window Doctor - that is!

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07921 078902



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90th Birthday Cream Tea?
or Children's Party?

Our Cinema is available for hire!

Phone: 01772 956375
Email: info@thepalace-longridge.co.uk
Website: www.thepalace-longridge.co.uk

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| | | | | |
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| Various dates available |  | 8 days | The Blue Danube River Cruise Fly from Manchester | From £1,249pp |
| Various dates available |  | 8 days | Burgundy, The River Rhone & Provence River Cruise Fly from Manchester | From £1,249pp |
| Various dates available |  | 8 days | Rhine, Strasbourg & Heidelberg River Cruise Fly from Manchester | From £1,289pp |
| 9th July 2019 |  | 11 nights | Iceland and Faroes Cruise from Liverpool | From £1,029pp |
| 8th August 2019 |  | 10 nights | Spain, Portugal & Gibraltar Cruise from Liverpool | From £1,069pp |
| 29th August 2019 |  | 14 nights | British Isles Discovery Cruise from Liverpool | From £1,129pp |



Can't find
what you're
looking for?
Call today for
more dates
& prices!

for your peace of mind



Terms & conditions apply. Prices are per person based on 2 adults sharing a cabin. Prices are correct at time of print and can be changed or withdrawn at anytime. Please ask for more information. Blue Danube £1249pp (14/10/19), Burgundy £1249pp (28/10/19), Rhine £1289pp (28/10/19).

GoCruise&Travel
Paul & Jo-Ann Kennedy

Call Paul & Jo-ann **TODAY!**
01772 761 113

E-mail: pjkcruisespec@btinternet.com Web: www.gocruse.co.uk/paulandjoannk

The Directory is now online at www.jampublications.co.uk

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.



Knitting in the Museum.

Friendly, chatty group that meets up every monday at 1.00 p.m.in the Harris Museum Art Gallery and Library on Preston Market Square. Come and join us warm welcome assured.

FOOT TAPPING FANTASIA CONCERT

BY JOHN BOWDLER

In his 30th year as resident organist at Blackpool Tower Ballroom

John tours the country playing on his MINI WURLITZER and is coming to

ST. LAWRENCE CHURCH,
BARTON

On Friday 29th March 2019
At 7.30pm

Tickets cost £9 each
to include a glass of wine & shortbread

PAY ON THE DOOR

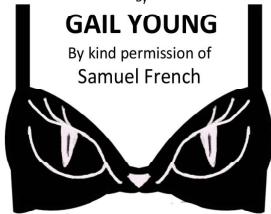
Parking for this event is at
Barton Grange Hotel

The Whitechapel Players
PRESENT

Cheshire Cats

By GAIL YOUNG

By kind permission of
Samuel French



Whitechapel Village Hall
Wednesday 22 May 2019 to Saturday 25 May 2019
7.30pm

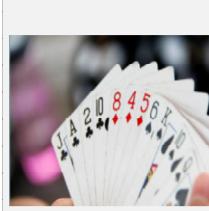
Tickets
Adult £8 Children £5 Concessions £5 (Wednesday ONLY)
Contact Jane on 07974010419 / email janeyh11@hotmail.co.uk

Supporting Local Cancer Charities

- Rosemere Cancer Foundation
- Miles for Mitchie



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

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.

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

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.

INDOOR ADULT SHORT TENNIS

for adults of any age whether you have played tennis before or not

Short Tennis ??? A game for adults of all ages played as doubles on badminton courts with softer balls and shorter rackets, easy to learn and great fun

Very friendly coach run group.

First session free !!

EVERY THURSDAY AT
WESTVIEW LEISURE CENTRE 10-
12am £4 per session

Rackets and balls provided just bring yourself, trainers and water !

Details Contact Angela 07966 315241



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 cafe 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: 30th March / 6th 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](https://www.facebook.com/allindropin)

Website: www.fulwoodfmc.net Telephone: 01772 861597

Please contact us if you have any questions.

**PRESTON GARDENING CLUB
PROGRAMME 2019**

19th March
Evergreens for Structure

start 7.30pm

St Andrew's Church Hall
240 Tulketh Road,
Ashton-on-Ribble,
Preston PR2 1ES

refreshments and raffle
new members always welcome

The logo for the Blackburn Symphony Orchestra (BSO) features a stylized blue and purple 'B' and 'SO' above the text 'BLACKBURN SYMPHONY ORCHESTRA'. Below the orchestra name is the title 'Spring Concert'. To the left of the text is a photograph of a bridge over water at sunset, with buildings visible on the left bank.

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

Email your information to community@jampublications.co.uk

Community Noticeboard

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

PIANO MEETUP

3rd Saturday of each month, 13:00 - 15:30

At Clitheroe Library



Would you enjoy meeting fellow players, sharing knowledge and developing your performance skills on a Bechstein grand?

All abilities and styles welcome! No experience required!
No pressure to play! Come along and listen if you prefer!

Within walking distance from the railway station

Contact Janet/Liz: clitheroepiano@gmail.com

FULWOOD AND BROUGHTON CRICKET CLUB



PRESTON'S PREMIER CRICKET CLUB



Fantastic for families, functions and... **CRICKET!**

NEW TEAMS

MIXED TEAM: BOYS AGED 5 - 8 + GIRLS AGED 5 - 9



Preston Flower Club

Meetings are on the third Wednesday of each month (except June, August and December)

NEW VENUE

2 pm Broughton Club, Whittingham Lane, Broughton

Web: www.flowersnorthwest.net Facebook: Preston Flower Club

Do you love flowers and gardening? Are you free one Wednesday afternoon a month? Then come along to our friendly and exciting Flower Club.

Each month a fabulous floral demonstrator takes to the stage to delight us with some stunning floral arrangements. Not to mention regale us with their stories, teach us a thing or two about arranging flowers as well as sharing their knowledge of plants and flowers. Take part in the raffle and you could win one of their creations to take home with you. We also have a bring-and-buy stall and refreshments – a wonderful afternoon with flowers and great company – all for under £3 per month if you are a member. Visitors pay £5 per visit.

We warmly welcome visitors and new members from throughout the region.

Contact Sara for more info 01772 866171.

Woodplumpton & District Community Club

The Club Offers:-

Crown Green Bowling, Social Bowling,
Tennis, Snooker

Social Activities:- We also have a range of activities on a regular basis,
Art Classes Monday Afternoons
(during winter)

Woodplumpton WI last Tuesday of the month
Red Rose Olympic cycling hold meetings on a Wednesday evening

Food Bingo once a month on a Friday
Whist & Dominoes on a Saturday evening
Social Evenings 2 or 3 times a year.
The Hall is also available for hire

So why not come and have a look.round.

Further Information:

www.woodplumptonclub.co.uk

Peter Watson 01772 865756,
John Eccles 01772 735619

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 space centre/

Deadline for Community Noticeboard is 16th of the Month

Community Noticeboard

CHANGE of LOCATION and DAY for the 3 in 1 Gentle Exercise Class

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

Carers Drop In at St. Catherine's Hospice, Lostock Hall

If you look after someone who
needs your help we can help you!

Why not come along for an
informal chat with
Hospice staff
on the 1st Tuesday
of the month from:
1.00pm - 3.00pm

You can have a cuppa,
complementary therapy and
pick up information about services
in Preston, Chorley and South Ribble
Tel: 01772 629171

www.stcatherines.co.uk/family-support/carer-support

St Catherine's
hospice care



Red Rose Road Runners

Get Running - it is good fun

Get Fit - it gives you energy

More than that

You will be amongst friends

Training Sessions:

- ⇒ Mon 19:00 Intervals @ Farrington
- ⇒ Tue 18:30 Fulwood Leisure Centre
- ⇒ Tue 20:00 UCLAN Sports Track
- ⇒ Thu 19:00 Poachers Inn, Bamber Bridge
- ⇒ Fri 10:00 Avenham Park [#RunAndTalk](#)



Contact John on membership@redroseroadrunners.org for details

Affiliated to UK Athletics through England Athletics No 2659113

ENGLAND ATHLETICS
AFFILIATED CLUB

Find us on
Facebook

UKA UNITED KINGDOM ATHLETICS

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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is published by Jam Design & Publications Ltd

Registered office: 30 Parklands Drive, Fulwood, Preston. PR2 9SJ

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Email your information to community@jampublications.co.uk

Quilt Exhibition
Garstang Patchwork Quilters



Raffle supporting
CRY (Cardiac Risk in the Young)

10:00 am to 4:00 pm daily - 26/27/28 April
Bilsborrow Village Hall, Garstang Road, Bilsborrow PR3 0RE

Admission £3 – bared husbands and under 16's FREE!

- Trade stands
- Refreshments
- Sales tables
- Free car park
- Raffle prizes
- Disabled access



garstangq.weebly.com



SpringFieldFellWalking Club

Walk days Saturday every two weeks.

3 grades of walk.

03/03/19 GRASSINGTON

‘A’- 12 MLS ; 2100’ TL. ASC.

‘B’- 9 MLS ; 1300’ TL. ASC.

‘C’- 8.1/2 MLS ; 1100’ TL. ASC.

17/03/19 WYTHBURN - GRASMERE

‘A’- 10 MLS ; 2500’ TL. ASC.

‘B’- 8.1/2 MLS ; 2000’ TL. ASC.

‘C’- 7.1/2 MLS ; 1600’ TL. ASC.

31/03/19 HAYFIELD

‘A’- 11 MLS ; 2100’ TL. ASC.

‘B’- 9.1/2 MLS ; 2200’ TL. ASC.

‘C’ 7.1/2 MLS ; 1200’ TL. ASC

Bus pickup Blackpool to Black Bull

Preston. Garstang Rd

www.springfieldsfellwalking.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

St Catherine's hospice care

MOONLIGHT & MEMORIES WALK
2019

SATURDAY JULY 6TH STARTS 10PM
FROM ST CATHERINE'S PARK, LOSTOCK HALL

Everyone welcome!
Be part of the incredible atmosphere as relatives, friends and colleagues come together to honour their loved ones at this very special Night to Remember. Stride out under the stars in our 10 or 4-mile walk, raising vital funds to help the hospice care for local people with every step.
Registration is £15 for adults and £10 for under 18s.

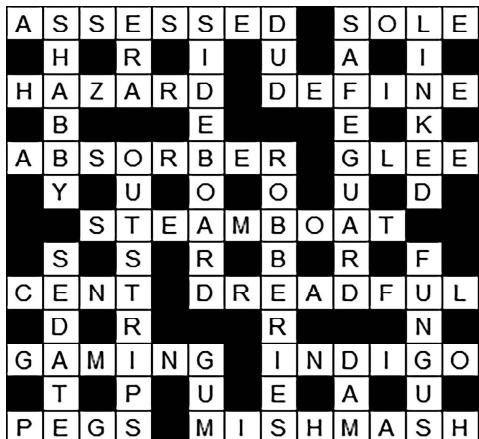


Photographer: D. Thompson 272386




To sign up visit www.stcatherines.co.uk or call 01772 629171

Puzzle Solutions



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

Mindbenders

Fair and square

Mixed-Up kid

Backseat driver

Lateral Thinking

The four men were all pall bearers and the fifth was the corpse in the coffin.



Fuzzy Photo

A Badger

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

| | |
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