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Welcome

WE ARE HERE TO
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We continue to print and distribute through these unusual times, we hope you enjoy this issue.

For 15 years we have taken pride in offering free space to all our local community groups to publish their events and activities. Our Community Pages are currently on hold while we await for activities and events to open up, please email any community notices to: community@jampublications.co.uk and we will happily add these for free to our next issue.

We are searching for more local regular editorial contributors, whether it be art, beauty, motor, sport, wildlife, food & drink, the category options are endless. If you are keen to contribute we would love to hear from you, please email: maria@jampublications.co.uk

Times are tough, particularly for smaller businesses, so as things start to reopen please **keep trade local** by using local shops, trades and services where possible. We are here to champion local business so please use us.

Maria x

Congratulations to all those who found Miti hidden on page 19 in the Lancashire Bedroom Advert.

The winner picked out of the hat was Jayne Lakeland

She returns this issue - can you find her? She is hidden somewhere throughout these pages.

To enter & win £25 please send in your answer to the usual addresses: competitions@jampublications.co.uk

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Advertising Feature

Local Counsellor keeps pace with rising demand during lockdown

On 22 March 2020, our whole world changed. We learnt new words quickly...furlough, PPE, social distancing, zoom.... and for many, Zoom became a lifeline – a way to connect with friends, family and colleagues. And for therapists it became our only way of working.

I am one half of Scott's Wood Therapy & Counselling. My partner Stuart Lambley (who also works at UCLan) and I set up the therapy practice about five years ago. We've been interested to see the increase in demand during Lockdown – for individual – and for couple counselling. People are desperate to be able to cope with all the new challenges.

"I found online therapy the same as a face-to-face session as it allowed me to engage with the therapist thanks to being able to see & hear her clearly. It was from the comfort of my home."

'I started out by not liking Zoom at all,' says Janet, a 53-year-old from Lytham. 'I wasn't comfortable with technology. But I'm well into it now. Imagine Lockdown without computers!'

Couples counselling on Zoom (rather than in-person) was something new for me but once I saw the statistics on how Lockdown was affecting relationships I was determined to do it. On a personal note, two couples I know decided to divorce in April and I hated the idea this virus was not only killing thousands, but also destroying families and relationships.

I realised individual counselling on Zoom worked well. In fact, some clients preferred it. 'It was a little weird to start online – however it was so convenient during lockdown. I was able to book sessions more freely as I didn't have to factor in travelling and I was surprised how quickly I felt rapport with Charlotte,' says Josh, a student from Ashton.

'I found online therapy the same as a face-to-face session as it allowed me to engage with the therapist thanks to being able to see and hear her clearly. It was from the comfort of my home. The only concern I had was wi-fi affecting the flow but we didn't have any issues. Counselling with Charlotte helped me feel a lot happier,' says Chloe, 26.

'I liked the way you challenged me and always had faith there would be a way through,' says Peter, 54. 'Although my partner did not want to come for counselling, coming on my own has given me the opportunity to talk about our difficulties, and to see

what is in my control, and what I cannot change. It has helped me understand boundaries of acceptable behaviour from my partner, and start to work out how to rebuild things,' says John, who works for the NHS.

A free sample session of 20 minutes is offered for individual counselling, and we do the same for couples – it gives you the opportunity to find out more. We also have discounted fees for those on lower incomes.

And what does the future hold? Will we need a second Lockdown? It seems likely, according to many experts. All I know is that Zoom will now be a permanent part of our counselling practice. And that's a valuable thing – as it gives clients more choice, and means we will be able to help more people.

*PLEASE NOTE ALL CLIENTS NAMES HAVE BEEN CHANGED. ALL QUOTES USED WITH PERMISSION

Charlotte Hubback of Scott's Wood Therapy & Counselling is a Registered Member of the BACP. Contact Charlotte on 01772 787847 / info@swtherapycounselling.uk

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Planting a herb box...

This month we are talking through how to plant a herb box. Nothing could be easier than growing herbs in a container and it's a great way to start growing your own produce especially if you are new to gardening.

There are many benefits to growing herbs in containers, but for me it's all about access, there's nothing better than having fresh herbs outside your kitchen door, so whether cooking inside or barbecuing outside you can just grab a handful of herbs to add extra flavour to your cooking.

When planting a herb box please ensure you have chosen herbs that like the same aspect so full sun or semi shade, and there is one golden rule to remember, please do not plant herbs that like a lot of water e.g chives, mint and coriander, with herbs that like well drained conditions such as Rosemary, Sage and Oregano.

When planting try to ensure your container has a long run (depth) to it , approximately 12 inch should be fine, this allows enough depth so the root has room to grow and stops you having to re- pot and disturb the plant once planted.

Good drainage is very important as all herbs dislike sitting in water and Mediterranean herb roots will rot in a very moist soil, so make sure your container has holes in the bottom for drainage and add 1 inch of gravel which will also assist in the drainage of the pot. Add enough compost so the top of the plant is at the correct height and the root ball is covered, leaving a 1 inch gap between the top of the compost and the top of the pot for watering. I like to use a gritty compost for growing herbs.

The herbs I've chosen for my box are sun loving herbs , so I've started by planting Sage which is great to use with chicken in casseroles or as a sauce, (try sage brown butter sauce with pasta dishes I got the recipe on line and it's delicious) Sage also attracts bees so another great benefit.



My next choice of herb to plant is Oregano, Oregano is part of the mint family but not as invasive as mint, it's a real staple herb to have in your box especially if you like Italian cooking as it is great on pizza, pasta and in sauces.

Last but not least the final herb going in my box is Rosemary, Rosemary is a versatile herb it's culinary uses are many; chicken, meat and Rosemary and garlic roast potatoes to mention a few and don't forget to try Cucumber and Rosemary Gin and Tonic very refreshing on a hot summer evening.

All these herbs like a sheltered sunny position and need about 4-6 hours of sun a day but please be careful not to over water your herb box.

Well it's as simple as that, so get a container and some herbs and give it ago.

Happy Gardening x

By Jane McNeela

You can follow Jane on Facebook at:
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AWARENESS DAYS ... WORLD BREASTFEEDING WEEK 2020

Start: August 1st
End: August 7th

Set every August for the first seven days of the month, World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.

The event is organised every year by the World Alliance for Breastfeeding Action (WABA), a global network that aims to protect, promote and support breastfeeding around the world. Along the way, it works with the World Health Organization and Unicef to get its aid to the right people in the right communities.

World Breastfeeding Week begins each year on the 1st August and runs right through until the 7th. Of course there are many different demands on busy mother's, meaning that women who may want

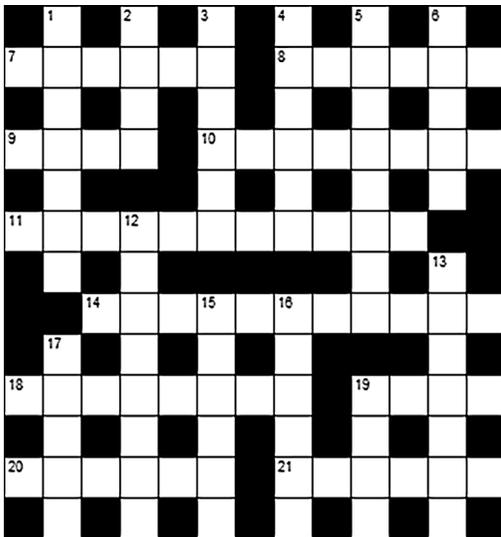


to breastfeed their babies haven't always got the support to continue this. Busy working schedules, alongside the many other challenges that modern women face can mean that women don't always feel that breastfeeding their child is something that is an accessible option to them.

Breastfeeding weeks aim to raise awareness of the health and wellbeing outcomes of breastfeeding and the importance of supporting mothers to breastfeed for as long as they wish.

Crossword

Across



- 7 Place for gambling (6)
- 8 Char, sear (6)
- 9 Reed instrument (4)
- 10 Hikers (8)
- 11 Ficus Elastica! (6,5)
- 14 Alternative to skirt and jacket. (7,4)
- 18 Without punishment or injury (4-4)
- 19 Animal prized for its fur (4)
- 20 Chopping these will make you cry (6)
- 21 False, incorrect (6)

Down

- 1 Port (7)
- 2 Ascend (4)
- 3 Medic (6)
- 4 In addition (2,4)
- 5 Engagements, gigs (8)
- 6 Chilling, creepy (5)
- 12 Pub seat (3,5)
- 13 King of Beasts' baby (4,3)
- 15 Civil disorder (6)
- 16 Good look (informal) (6)
- 17 Perfume, fragrance (5)
- 19 Insect attracted to light (4)

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

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 car is driven from A to B at an average speed of 60mph and then is driven back from B to A along the same route at an average speed of 40 mph. What is the average speed of the car for the whole journey?

Mind Benders

Find the three hidden phrases
Can you find the three hidden romantic comedy film titles?

home

polmumice

me

enu rate

Astronomy in August

Preston & District Astronomical Society

A new comet, **NEOWISE**, discovered on 27th March this year has amazed astronomers in July by being visible with the naked eye. According to NASA it should still be visible through to mid-August. Look to the North West after sunset for a fuzzy, bright object with a long tail. If you have binoculars or a telescope, you'll get an even better view. With the skies getting darker and the weather, hopefully, still warm it is also a great time to watch one of the best meteor showers of the year, the Perseids in the constellation Perseus.

3rd August Full Moon (15.59)

9th August Conjunction of the Moon and Mars.

11-12th August Perseid meteor shower maximum, maybe as many as 100 meteors per hour. The Moon is in its last quarter so it should be reasonably dark skies this year.

13th August Venus at greatest elongation. This is the best time to view Venus as it is at its highest point above the horizon in the morning sky. Best seen in the east before sunrise.

17th August Mercury is close to the Sun and passes superior conjunction.

19th August New Moon (02.41)

21st August Moon at perigee, closest to the Earth.

28th August- 5th September Alpha Aurigid meteor shower, constellation of Auriga.

29th August Jupiter 1.4 degrees North and Saturn 2.2 degrees North of the Moon.

30th August Venus 2.9 degrees South of the Moon.

31st August Alpha Aurigid meteor shower maximum.

Constellation of the Month

Find Perseus this month so you don't miss the 'light show' when the meteors strike. This constellation is named after the Greek mythological hero Perseus, son of the god Zeus. He is probably best known as the slayer of Medusa, a winged monster with snakes for hair who turned people to stone with a gaze.

Astronomy Fact of the Month.

Comets are made of dust, rock and ice, left over from the formation of the Solar System, which orbit the Sun. As a comet gets close to the Sun it heats up and ejects dust and gases which form tails that stretches away from the Sun for millions of kilometres. A curved, yellowish tail from sunlit dust drifting behind it and a straight, bluish tail from plasma trapped in the magnetized solar winds.

Information provided by PADAS

(Preston and District Astronomical Society)



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Community

CHRISTMAS LIGHTING SCHEME TO BE INSTALLED AS NORMAL, BUT 'SWITCH ON' TO BE VIRTUAL

Preston BID, the organisers, and funders of the city's Christmas Lights Switch On, have announced that they will be installing a Christmas lighting scheme this year, but that the Switch On event will be in a virtual format.

The annual extravaganza, which regularly attracts thousands of people, is one of the highlights of the city's events calendar, formally kick-starting the Christmas period in the city.

Organisers have said: "We, like thousands of people, always look forward to this special event, but this year, owing to obvious circumstances, we have no alternative but to look at different ways to mark the occasion, in the interest of public safety.

"We can confirm that we plan to launch the Christmas period in Preston in a special way by hosting a 'Virtual Switch On', in association with Smooth Radio North West, the region's largest commercial radio station.

In addition, during the online event on Saturday 21st November, the BID has confirmed it will look to recognise the 'Pride of Preston' for their endeavours during the pandemic lockdown.



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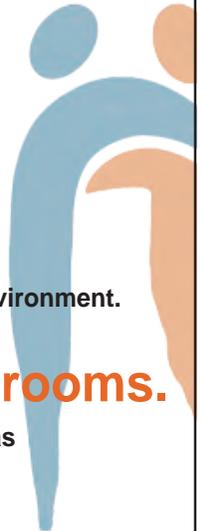
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A WEEK

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At the time of writing, the end of this week will see the reopening of many more establishments, including Gyms and Leisure Centres. Will you be flocking back to exercise indoors? Early indications show that many are still wary of any potential risk, with Preston being 6th on a list of areas that are the least excited about this change. At the beginning of lockdown, I noticed the huge increase in people walking, running and cycling. Encouraged to take daily exercise, it saw a surge of our nation getting out and about, particularly as we were lucky to enjoy glorious weather. It was uplifting to see so many taking on new challenges. I observed many a hesitant cyclist, astride a bike that had obviously languished in a shed or garage for years. Similarly I witnessed people using their allotted time to start walking more or jogging/running. It has been fabulous to see so many start building daily exercise into their lives especially at a time when it was critical to do everything possible to support our mental health.

As we move to a new "normal" it is vital that these gains are not lost. Instead they need to be kept as part of a regular routine. Never before has so much opened up to all, not only do you have a wealth of exercises that can be done outside, there is now a large, ever growing range of classes on-line. The great thing about on-line, is that it has encouraged people who wouldn't have normally joined to give it a go. So many will not participate in group exercise with excuses due to embarrassment etc. but with virtual you have the opportunity to try so many different workouts in private. Never has there been this much choice and so affordable. It is also an option to those who may not feel ready to go back into gyms yet.

I would also encourage the continuation of exercising outdoors. There are some fabulous walks around Preston all within a short distance from your front door, along with our unique Guild Wheel, which provides a safe

environment for cycling. Hopefully we will see more routes open up, giving those wary of cycling, on busy roads, the confidence to ride their bikes. There are many other outdoor pursuits that are sometimes overlooked, such as Golf. You do not have to be a member of a club to enjoy a round of Golf. There are several golf courses where you can pay and go. Whilst some may say it is the most frustrating game in the world, it is still a sport loved by millions. This is an activity for both sexes and most golf clubs can offer an in-house professional who will be able to give instruction and guidance for the beginner. It used to have a reputation for being only accessible for the wealthy but that is well and truly outdated with the game now available to everyone. The golf swing is great for providing a full body workout and a full 18 hole round of golf could involve a 5-6 mile walk. It is low impact ensuring there is no upper age limit on participating. If golf isn't your thing then why not have a go at tennis, another great outdoor activity and again accessible for all.

It has never been more important to look after your physical and mental health, you are important. We don't always put ourselves first nor give ourselves the time we need but fitting in exercise does not need to be difficult. You pick what time you have and then work out the best option for you. It may be that you only have 20 minutes, so find a workout On-line or go out for a brisk walk. As our Country slowly awakes to a new normal, we all have to do the very best we can to look after ourselves. Even much anticipated change can be difficult to adjust to and can affect your mental health. This will still be a period of high stress but with even more demands on us. Finding routines will help, stay connected with family and friends, eat well, get enough sleep and take regular exercise. We have got this.

Linder X

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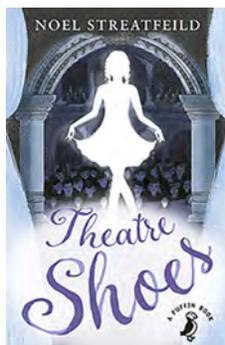
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Theatre Shoes by Noel Streatfeild

If you have a child who loves to perform – dancing, singing, acting – then this is the book for them! Noel Streatfeild is best known for her novel Ballet Shoes and this one is often overlooked. Whilst it may not have the classic status that the Ballet Shoes does this is still well worth reading.

Originally published as Curtain Up this follows the story of Sorrel, Holly, and Mark. After the death of their mother, and the disappearance of their father during whilst serving in the Navy, the siblings are sent to wartime London to stay with their grandmother who they have never met. They find themselves in a world they have never experienced as they discover that their grandmother (and their mother) used to be a famous actress. She seems keen that the children follow in the family tradition, even though they have no experience, and they find themselves enrolled at Madame Fidolia's Academy of Dancing and Stage training. Fans of Ballet Shoes will recognise this as the stage school attended by the Fossil girls.

Sorrel soon discovers a passion for performing, starting as Ariel in a production of The Tempest. Mark is determined to join the Navy like his father- despite being a talented singer – whilst Holly, shines at dancing. Readers of Ballet Shoes will notice a similarity with the paths of the Fossil children, and they do indeed make cameos.

Ultimately this story is about coming to terms with loss and discovering an extended family, albeit with the smell of the greasepaint and a pirouette or two.

By Willow Coby

The Testaments by Margaret Atwood

Coming 30 years after her best selling The Handmaid's Tale, readers certainly had a long wait for this sequel. The success of the recent television series has certainly brought in new fans, anxious to know what happens and whether Gilead will ever be brought down. Here Atwood tries to give us some answers.

For those not familiar, the original novel told the story of America in the not so distant future where a totalitarian state has been established in the east of the country after a civil war. Women's rights have been taken away from them and are subjugated in this patriarchal society.

This sequel tells us what happened next from the perspective of three women: Aunt Lydia, familiar to readers from the first novel, Agnes, a young woman living in Gilead, and Daisy, a young woman living in Canada. Here we learn something of how Gilead came to be in flash back accounts from Aunt Lydia, how the outside world sees Gilead, and the life-changing decisions that are made for young girls in Gilead by society.

As a fan of the original I found this to be a gripping read that did not detract from the power of the 1985 novel. Is it a satisfying ending? Is everything resolved with the end of Gilead? That would be telling too much, and I'll leave it up to you to make that discovery.



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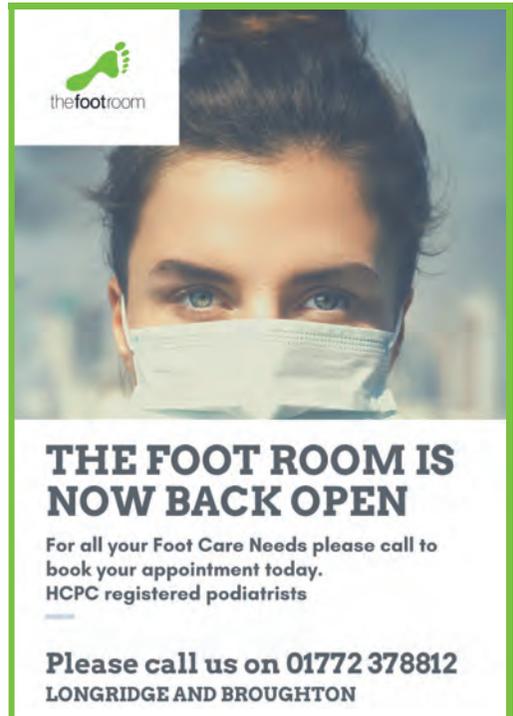
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Fulwood Lawn Tennis Club Resurfacing Project

Fulwood LTC is run entirely by volunteers and 3 years ago faced issues, like many sports clubs, from a shortage of members to help, along with a declining membership, lack of interest from the community and courts desperately in need of resurfacing. We needed an injection of help! The future of the Club depended on volunteers and 18 months ago, Club Chairman Jane Blackwell decided to go to the membership for them to decide their future.



As a result, 18 members stepped forward to help and the Officers of the Club, Chairman Jane, Hannah Catlow, Treasurer and Denise Ratcliffe, Membership Secretary have lead the volunteer team in making improvements to the Club and rolling out new initiatives to raise the profile of the Club within the community.

With the larger volunteer workforce, the Club started a remarkable turnaround in a short space of time. On the back of the success of club improvements and increased participation, inspired and motivated by the members, Jane was successful in grant applications to enable their new court project. Thanks to The Harris Charity and a large award from The Sport England Community Asset Fund, the 4 floodlit courts have just been resurfaced with an all-weather, high quality artificial grass. "We are grateful to The Harris Charity and Sport England for their award from their Community Asset Fund. It has been recognised that our tennis facilities are a vital asset to our community, clearly demonstrated by our tennis community,

the driving force behind the project. The Club is now thriving, not just surviving, and we can look forward to a healthy future." Overseen by our Facilities Manager Ian Topping, the project was completed during lockdown, taking longer with skeleton staff, re-opening on Sunday 30th May after tennis was permitted. Our members already know the physical, mental and social benefits of getting outdoors and being active, but in the current situation, our facilities are appreciated even more and new members have been rolling in, even before re-opening.

Volunteering brings huge benefits and is an extremely rewarding and fulfilling aspect of our lives: whether that contribution is large or small, you can help to make a difference. By utilising our skills, developing new ones and connecting with others, we can share our passion for tennis and give something back. Our new courts are testament to the collective hard work of our volunteer team and we feel very proud to have resurrected an important and historic part of the Fulwood Community.

Come and give tennis a try, we welcome new members and visitors and have discounted rates for new members.



**Please contact Jane on 07708182036
or email fulwoodtennis@hotmail.com
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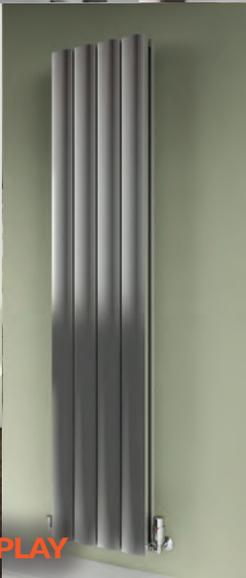
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C The Benefits

Vitamin C Beauty Miracle or Myth

It had been many weeks since I ventured into a shop. I was looking for moisturiser as I'd burned through all the half-finished pots and tubes I'd been using throughout lockdown. I was curious to see the number of vitamin C-related products which I'd not noticed previously. Vitamin C seems to be all the rage right now. I wondered what the science said.

Vitamin C is actually a powerful antioxidant. This means that it's great for repairing damage done by free radicals. In reality this equates to sun-damage, for example uneven skin pigmentation, sunspots, and fine lines, but also the inflammatory pigmentation which can be left behind by acne.

Pure vitamin C is actually an acid (ascorbic acid). There are many scientific peer-reviewed studies which conclude that it is extremely effective. Unfortunately, it also has some substantial drawbacks. In order for it to be absorbed into the skin its pH has to be around 3, which is really quite acidic! This can cause skin irritation in some people. Vitamin C is very unstable in its pure form and breaks down quickly to erythrulose (an ingredient in fake tan) so long-term use can stain your fingers and face. It also develops an unpleasant smell as it degrades, and products often smell 'off' before they are used up.

Because of these issues cosmetic manufacturers tend to favour vitamin C derivatives in their products. To make a derivative the ascorbic acid molecule is altered by adding other chemicals. The resulting compound is more stable but the pay-off is that it's now less effective.

Any of the following listed on a product label are vitamin C derivatives:

- Ascorbyl palmitate*
- Ascorbyl glucosine*
- Magnesium ascorbyl palmitate*
- Magnesium ascorbyl phosphate*
- Calcium ascorbate*
- Sodium ascorbate*
- Sodium ascorbyl phosphate*
- L ascorbic acid*

Studies have found that the most stable derivatives are fat soluble rather than water soluble so look for



preparations that contain:

- L-ascorbic acid*
- Magnesium ascorbyl phosphate*
- Sodium ascorbyl phosphate*
- Ascorbyl glucoside*

These derivatives will be more effective because they remain stable at a more neutral pH (5-6) so are less likely to irritate your skin, and they will have sufficient contact time with your skin because they won't decompose quickly causing the characteristic staining and odour. Instead they slowly convert back into ascorbic acid, giving a gradual release effect.

There is some debate about the effectiveness of vitamin C products. They have been shown to protect skin against UV in a clinical study on humans, and vitamin C has been found to stimulate collagen synthesis and reduce pigment production in in vitro cell studies, though bear in mind that performance in a test tube does not necessarily equate to performance in real life. Studies also seem to suggest that Vitamin C is also more stable and more effective when combined in a product with vitamin E. The two antioxidants seem to work synergistically, a wonderful word which means they interact in such a way that each helps the action of the other.

With the summer sun bright in the sky at the time of writing, now might be the perfect time to try out the benefits and C for yourself. C what I did there?

By Louise Addison



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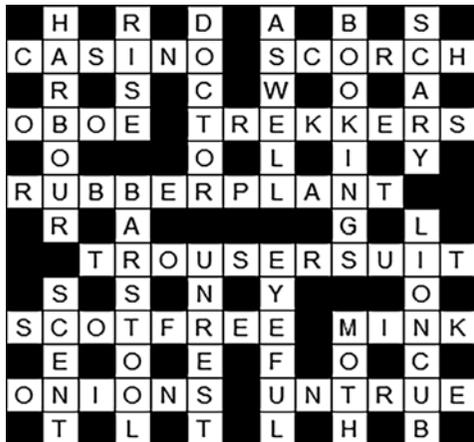
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8	7	1	3	9	4	5	6	2
9	2	6	1	5	8	3	4	7
2	8	9	6	3	7	4	1	5
5	6	3	4	8	1	2	7	9
7	1	4	9	2	5	8	3	6

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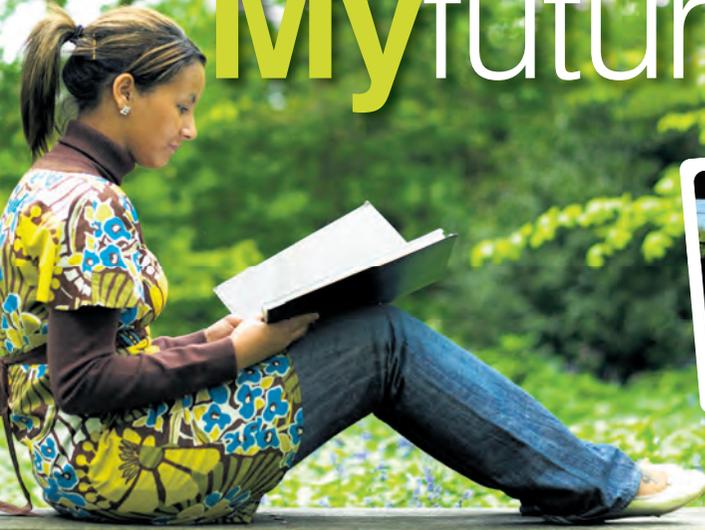
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