



The

# Fulwood Focus

Preston's longest running community magazine • Est 2005



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Preston Military Show

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**SATURDAY 08 JUNE 19 | GATES OPEN 11:30**

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June/July 2019



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10am - 5pm

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f MyerscoughOpenDayCountryFair @MyerscoughColl

**Ticket Information** Pay at the gate prices:  
Adults 16-64, £11      Adults 65+, £9      Family/Group, £22  
Children 6-15, £6      Children 5 and under, FREE      (2 adults + up to 2 children aged 6-15)

Myerscough College, Bilsborrow, Preston. PR3 0RY 01995 642222 [openday@myerscough.ac.uk](mailto:openday@myerscough.ac.uk)  
Myerscough College is a charity and proceeds of this event go towards improving facilities for students.

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Can you find me?



*O come sweet June, my lovely June  
The month when first the roses bloom -  
A wondrous, colourful display  
By sunlight kissed throughout the day,  
So chasing all my cares away.*

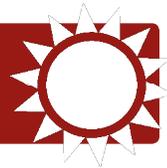
**MY LOVELY JUNE** By Valerie Dohren

Congratulations to all those who found Miti hidden on page 20 in the Guild Hall Advert.  
The winner picked out of the hat was Bernie Rigby.

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](mailto:competitions@jampublications.co.uk).

Contact Jam Publications 01772 865970 or 07790 119 858,  
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## LEARN TO DANCE

Classes for all ages available see the website  
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### 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

### ADULT SOCIALS

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



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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 Clubball	ages	4:30-5:15	£5.00
	Street dance	11+ years	5:15-6:00	£5.00
Saturday	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	
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 Boxercise is a non-contact circuit class based on boxing techniques.

It is a fun, high energy and effective way to work out which improves stamina, agility and strength. It is a great way to tone arms, legs, improve core strength and is a form of cardio exercise which will benefit your general health. People of all fitness levels can take part and all are welcome.

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## Fact of the Day

Did you know that a shark is the only fish that can blink with both eyes.

## A Brief History Of ... Fathers Day

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the sun as the father of the universe. Since the summer solstice occurs around the same time of year as Father's Day, some people see a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. There, a woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations to plan a day to honor fathers. Father's Day has been celebrated in June since 1910 in the USA. The celebrations in the United Kingdom are thought to have been inspired by the American custom of Father's Day. This is in contrast to Mother's Day, which has a very different history in the United States and the United Kingdom.

On Father's Day, many people make a special effort to visit their father. They often take or send cards and gifts. Common Father's Day gifts are ties, socks, underwear, sweaters, slippers and other items of clothing. Other people give tools for household maintenance or garden work, luxury food items or drinks.

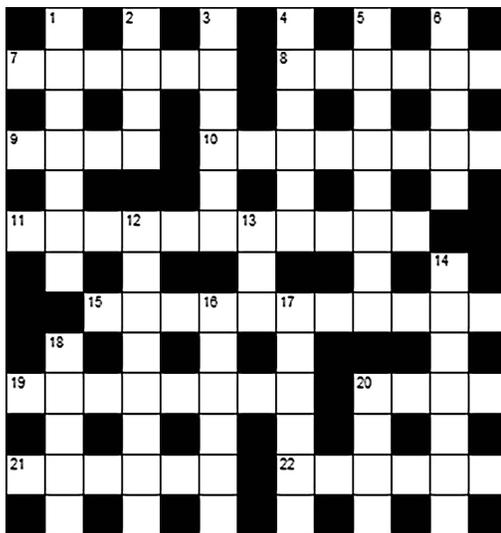
Many Father's Day gifts have slogans such as "The World's Best Dad", "For My Father" or just a simple "Dad" on them. The increase in print-on-demand services offered by photo processing companies has made personalized gifts even more popular for Father's Day. Photographs of children can be printed on desk calendars, mugs,



T-shirts, mouse mats, bags and even ties. Many fathers are expected to take these to the office to remind them of their families while they are working.

In the days and weeks before Father's Day, many schools, Sunday schools and children's organizations help their pupils to prepare a handmade card or gift for their father. Mothers and other family members may help children to make personalized gifts, such as calendars with drawings made by the children.

## Crossword



### Across

- 7 Walk like a small child (6)
- 8 Extremely minute (6)
- 9 Bee shelter (4)
- 10 Observed, scrutinised (8)
- 11 Pleasant conclusion to a story (5, 6)
- 15 Returned the same way (7, 4)
- 19 Shocking, grisly (8)
- 20 Leaf through (4)
- 21 Tamper, interfere (6)
- 22 Departed (6)

### Down

- 1 According to reason (7)
- 2 Inactive, not working (4)
- 3 \_\_\_\_\_ Clooney, actor (6)
- 4 Craggy, rugged (6)
- 5 Round handle on a house entrance (8)
- 6 Fatigued (5)
- 12 Stick out (8)
- 13 Nothing (3)
- 14 Grazed, scuffed (7)
- 16 Self-service meal (6)
- 17 Go over the limit (6)
- 18 Fiction book (5)
- 20 Spoke, articulated (4)

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

## 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 image was?

## Lateral Thinking



Polly Warden loved the colour yellow. All the walls in her new bungalow were primrose yellow. The carpets, curtains and all the soft furnishings were a golden yellow. What colour were her stairs?

## Mind Benders

Find the three hidden phrases

Searching



Searching

1 3 5 7 + 1 %

LONG  
DUE

## Are You A Procrastinator?

Would you like to be healthy and fit but does it all seem far too much effort? Do you feel that you cannot possibly fit it into your, already, busy lifestyle or do you worry that it is expensive and you cannot justify spending money. Are you concerned that you don't have enough energy left, after a day at work or with the kids, to exercise. Perhaps you consider yourself too old or have a medical condition that concerns you - in which case check with your Doctor first, but almost everyone is able to perform some sort of physical activity regardless of size, age or condition.

**THE HARDEST THING  
ABOUT EXERCISING  
IS TO START.  
ONCE YOU'RE EXERCISING  
REGULARLY, THE HARDEST  
THING TO DO IS  
STOP.**

It is all about changing your approach and attitude toward it. When you start with an exercise plan then you need to keep at it for a minimum of 6 weeks. This then becomes a habit and far harder to break. Most people start to drop off after 4-5 weeks thus starting a cycle, start, stop, start again which makes it far harder to maintain. You don't need access to a gym or state of the art equipment to exercise, you can exercise at home inexpensively using a DVD, book or online. You don't even need any equipment as you can perform effective exercises using only your body weight.

First of all the important thing is to find something you ENJOY. If you do not enjoy taking part then the chances are you will not continue with it. If you take up an activity for the first time it will be challenging but expect initially to feel discomfort, tiredness, plus various aches and pains. This is normal and the aim is that as you get fitter you will find it easier, although you need to increase your challenge to ensure that you are increasing your fitness ability. For example if you take up

jogging/running, you could set yourself a challenge of perhaps half a mile, this might be very difficult the first few times you attempt it, but over time it would become more achievable and you could then try increasing the distance. Sometimes "enjoy" might not be the word that immediately comes to mind, when participating, but be assured you will feel a great satisfaction and achievement once you have reached the goals you have set yourself. Once you can see and feel the benefits this will then far outweigh the hardship of the task itself. Never mix up the difference between discomfort and pain. Pain is an indication that something is wrong and should not be ignored. Discomfort is when it hurts from not being used before or just the shock of new exercise.

If I still haven't encouraged you to start exercising then let us look at what happens if you don't exercise at all. Bones lose density with age and lack of weight bearing exercise plays a role in osteoporosis or brittle bones. Your body reacts to the demands you put on it, therefore, if you do not exercise then your muscles and bones will weaken with time. Research has shown strong evidence that physical inactivity increases the risk of many major adverse health conditions including; coronary heart disease, high blood pressure, stroke, metabolic syndrome, type 2 diabetes, breast and colon cancer, depression, death (from any cause). Again, according to research a lack of exercise is as "deadly" as smoking. We know that exercise can help with mental health considerably, when your body loses muscle tone and strength then your self-esteem can suffer. Weight gain could lead to further bad eating habits and social isolation. Breaking a long period of time with little activity is not easy, start slow. Set yourself realistic goals that are small and achievable, this is more likely to make you feel like a success rather than a failure. Resuming physical activities helps both your physical health and mental health.

Get an exercise buddy, as I have previously mentioned in my column, you are more likely to continue if you have the support of a fellow exerciser. Don't do too much too soon, for example do not go from no exercise at all to doing something every day, seven days a week. This could have a negative affect making you feel burnt out, instead ease yourself gradually into a new lifestyle where exercise is part of your daily routine. Get rid of any excuses you make for not fitting in some form of exercise into your life and start now to make changes, so that going forward you will be a much healthier and happier person.

*Linder X*

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***Fulwood Lawn Tennis Club is looking ahead to its future with a team of volunteers rolling out new initiatives to encourage more locals to play tennis and see the benefits of not only being active but experience the social and well-being benefits too.***



Whether you are a complete beginner trying tennis for the first time, returning to the game, or are an experienced player, Fulwood Lawn Tennis Club welcomes players of all abilities and ages. Established in 1892, we are a tennis club with a long history, but continue to develop and look ahead to its future to keep relevant in an ever-changing world.

We are a very friendly, sociable and inclusive club with 4 floodlit, all-weather carpet courts, offering tennis to suit all, including competitive men's and ladies' team tennis, social fun tennis daytime and evenings, as well as junior tennis. With flexible membership packages and some new Pay and Play options for visitors available too, tennis is a good value sport to play all year round!

Our highly experienced Club Coach Phil Barlow offers both group and individual coaching for adults and juniors of all levels to help and improve your tennis whatever stage you're at. Group Junior programmes run on Friday evenings and Saturday mornings for

## ***Fulwood club serves up tennis for everyone!***

both members and non-members aged from 6 to 18. Holiday camps also take place during the school holidays. For further details, you can contact Phil on 07957 000 406 or [philipbarlowtennis.com](http://philipbarlowtennis.com).

The Club is tucked away on the edge of the beautiful, historic conservation area, conveniently located just off the A6 and Watling Street Road, with entrance and large car park at the end of Highgate Avenue in Fulwood. It has great facilities, with an attractive clubhouse and veranda overlooking the courts, providing a sociable area to sit and watch the tennis. The clubhouse has a function room with a bar and kitchen for members to use and is available to hire for activities, events and parties, please contact us for competitive rates.

Tennis is a great way to get outdoors, get active and follow a healthy lifestyle with no age barriers to playing. We have players of all ages from 5 to 85! This year, we are looking to increase participation from the local community, with membership offers for 2019 and will be welcoming paying visitors at our Pay and Play times, with equipment provided if needed, so why not pop in and take a look or have a free taster.

For more details, check out our website: [clubspark.lta.org.uk/FulwoodLawnTennisClub](http://clubspark.lta.org.uk/FulwoodLawnTennisClub), email us at: [fulwoodtennis@hotmail.com](mailto:fulwoodtennis@hotmail.com) or you can contact the Club Captain/Secretary Jane Blackwell on: 07708 182 036.





University of Central Lancashire

# DEGREE SHOWS 2019

**ARCHITECTURE**  
**HARRIS BUILDING**

**DESIGN**  
**HARRINGTON BUILDING**

**FASHION MEDIA**  
**VICTORIA BUILDING**

**FINE ART**  
**HANOVER BUILDING**

**PHOTOGRAPHY**  
**VICTORIA BUILDING**



Rose Connor -  
BA (Hons) Fashion Design

**Private View**

Thursday 13 June, 5.30pm - 9pm

**Open to the public**

Friday 14 - Sunday 23 June, 10.00am - 5.00pm

*Free admission*

[uclan.ac.uk/degreshows](http://uclan.ac.uk/degreshows)

[uclandegreshows@uclan.ac.uk](mailto:uclandegreshows@uclan.ac.uk)

[#UCLanDegreeShows](https://twitter.com/UCLanDegreeShows)

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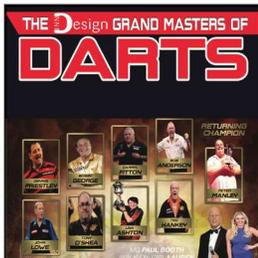
To Advertise visit [www.jampublications.co.uk](http://www.jampublications.co.uk)

WHAT'S ON  
MAY 19 -  
ON SEPT 19



Preston  
Guild Hall

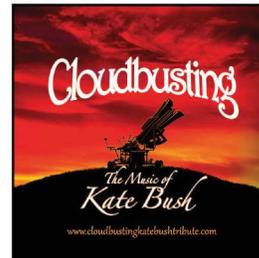
prestonguildhall.co.uk  
01772 80 44 44



**The Grand Masters of Darts 2019**  
Friday 21 June



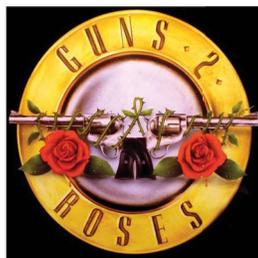
**UB40**  
Tue 25 June



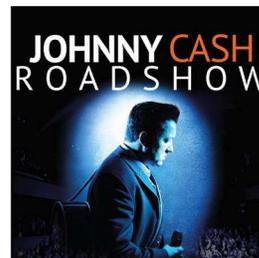
**Cloudbusting:  
40 Years of  
Kate Bush**  
Sat 20 July



**Tea Dance**  
Tue 30 July



**Guns to Roses**  
Fri 2 Aug



**Johnny Cash  
Roadshow**  
Fri 23 Aug



**From the Jam**  
Sat 25 Aug



**Boyzlife**  
Fri 13 Sept



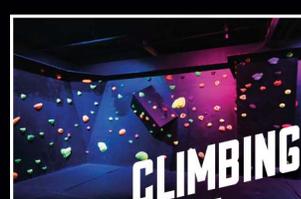
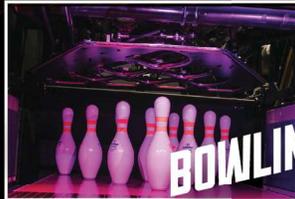
**All Star  
Comedy Show**  
Sat 14 Sept

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## Recipe Idea

# Pork and Pineapple Kebabs

A nice take on sweet 'n' sour pork, suitable for the barbecue

**Preparation time: 20 mins**

**Cooking time: 10-15 mins**

**Serves 4**

### Ingredients

400g Pork fillet  
4 tbsp Light muscovado sugar  
60ml Cider vinegar  
1 tsp Asian fish sauce  
½ Small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)  
1 Pepper (any colour), deseeded and cut into squares  
Spanish onion, chopped into chunks  
Small bunch coriander, chopped (optional)  
To serve - Boiled rice or pitta pockets

### Method

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.



Heat the barbecue, or a griddle pan or grill. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and Spanish onion. You can use whatever onions you have but Spanish are more delicate in flavour and sweeten nicely when grilled. Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Serve with rice or slide into pitta pockets.

A poster for a fund-raising event at Preston Playhouse. The background features red curtains. At the top is the Preston Playhouse logo. Below it, text reads 'A FUND RAISING EVENT FOR THEATRE DEVELOPMENT'. The main title is 'AN EVENING OF ONE ACT PLAYS' with dates '20th - 22nd June 2019'. Three plays are listed: 'WHAT SHALL WE DO WITH THE BODY' by Rae Shirley, 'LUCKY DAY' by Dea Parkin, and 'FAILED INVESTMENTS' by Lynn Britney. Ticket price is £9. Contact information includes the website www.prestonplayhouse.co.uk and box office number 07738 915 848. Social media icons for Facebook and Twitter are at the bottom.

An advertisement for a roofer. The top section has the title 'Your Roofer' in large black letters. Below is a photograph of a roof being worked on. Text below the photo says 'All roof types covered' and 'Free Quotation ring John Beattie'. A large black box contains the phone number '07743233888'. A blue box at the bottom contains the number '01772 798862'. At the very bottom, there are three small photographs showing different stages of roof work.

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## Advertising Feature

## ***Search begins for budding new gardening talent!***

The award-winning Chorley Flower Show is searching to find the very best in gardening talent and has launched their new amateur competitions for 2019.

The competitions include 63 classes, with categories for children to compete in as well as a special floral art contest and a community gardening competition. So, whether it's the best rose or the biggest rhubarb, there's a whole range of classes to enter, and everyone who competes gets a free ticket to the show.

For the children's competitions there are three age groups, 7 and under, 8 to 10 and 11 to 13yrs. Challenges include creating a monster from recycled materials, making a bowl of floating flower heads and taking the best picture of an animal. The show is really keen for local kids to get involved and create some really imaginative pieces.

Rebecca Huddleston, Director at Chorley Council, said: "Chorley Flower Show is all about creating an event for the whole community and the amateur competitions are a key part of that. We want people young and old to take an active part in this year's show, displaying their creations or plants they are most proud of. We had a great range of entries last year and we hoping to see even more for 2019."

The competitions are free for anyone to enter and there will be cash prizes for first, second and third places. The amateur competitions are being jointly organised with Chorley and District Gardening Society, which has been hosting shows in the town since 1884.

David Brown, Show Manager- Amateur Competition, said: "We'd really like everyone to take part, and would love to see people get involved who have never competed before. "We'll be hosting a session in June to give people hints and tips on how to exhibit but it really is good fun and it's the ideal time to start planning what you want to enter as the weather is now finally starting to improve." You can download a full schedule for the amateur section, which includes

the classes and application forms, at [www.chorleyflowershow.com/amateur-competition/](http://www.chorleyflowershow.com/amateur-competition/) or call in at the council offices. Deadline for entries will be the 28 June for the Floral Art classes and the 24 July for all other categories.

The session for people wanting hints and tips on how to display exhibits at the show will be held at Birkacre Garden Centre, on Birkacre Road, between 10am and 12noon on Saturday 29 June.

Chorley Flower Show burst on to the regional event calendar in 2015 and in its short history has already won a prestigious Lancashire Tourism Award, attracting more than 15,000 people over two days in 2017. This year the show will take place in Astley Park, on Saturday and Sunday 27 and 28 July – tickets are now on sale and you can save 20% by booking now, with advance tickets £10 for adults and £1.50 for children, plus booking fee.



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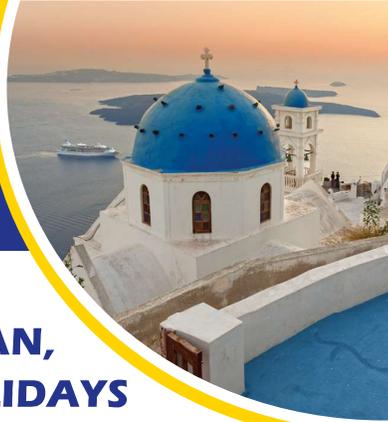
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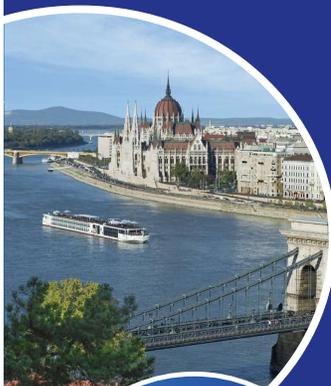
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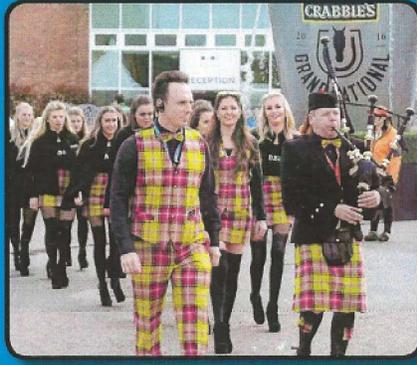
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**Saturdays in 2019**  
July 27<sup>th</sup>  
Sept 28<sup>th</sup>  
Nov 23<sup>rd</sup>  
**from 9.30am till 1pm**  
Refreshments & snacks available

For further information phone 07813 870641  
Or check [www.fulwoodmethodist.org.uk](http://www.fulwoodmethodist.org.uk)

**PRESTON GARDENING CLUB PROGRAMME 2019**

**18th June**  
Plant Swap and Hot Pot Supper

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

start 7.30pm

refreshments and raffle

new members always welcome

## 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](mailto:community@jampublications.co.uk) by the 16th of the month prior to print.



### Preston Folk Dance Club

Monday evenings

**September - May 7.30pm,**

£1.50 including refreshments

Galloway Hall

Brackenbury Rd, Preston PR2 3BS

Tel: 01772 745813 or 01257 791323



## The Sir Tom Finney Memorial Trophy 2019 Charity Golf Tournament

**FRIDAY SEPTEMBER 27<sup>TH</sup> PRESTON GOLF CLUB**

### 4 PERSON TEAM EVENT

& Evening of Musical Entertainment with  
**KIMBERLEY FOX**



Kimberley has been entertaining audiences across the country since 1998 when she first took to the stage as a backing singer for Ray Lewis of The Drifters. Since then, she has fronted cabaret duos, and original music bands, and ultimately went solo in 2010.

**£300 PER TEAM**

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ALL WINNERS MUST HAVE CURRENT CDH HANDICAP CERTIFICATES

Additional evening only tickets available £35.00 (Competitors guests only until July 30<sup>th</sup>)



**SHOTGUN START AT 1.00 pm**

**DINNER 7.00pm FOR 7.30pm**



Sir Tom Finney's family have nominated the space centre to receive charitable donations from this event

To book your place call  
**Preston Golf Club 01772 700011**

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

## WHAT'S ON FULWOOD LIBRARY

Toddler Rhyme Time Monday 10.00-10.30  
 Knit and Natter Tuesday 10.30-12.00  
 Baby Bounce and Rhyme Wednesday 10.30-11.00  
 Learn My Way (computer course) 11.00-12.00  
 Story Time Friday 10.30-11.00  
 Twice as Nice (twin group) every other Friday 10.30-11.30 from 22th June  
 Family History Friday 14.00-16.00  
 Children`s Craft Saturday 10.30-11.30 -£1 per child to cover the cost of material(£2 maximum charge per family)



### Monthly

Young Adult Reading Group first Wednesday of the month 17.30-18.30  
 A Cuppa and a Quiz last Wednesday of the month 14:00-15.30  
 Working Title (reading group) first Thursday of the month 10.00-12.00  
 Bookenders (reading group) third Thursday of the month 10.00-12.00  
 Craft and Chat second Friday of the month 10.00-12.00

### Opening times:

Monday: 9.00-5.00, Tuesday: 9.00-1.00, Wednesday: 9.00-7.00, Thursday: 9.00-5.00,  
 Friday: 9.00-5.00, Saturday: 9.00-1.00

# SUMMER CONCERT

Conductor:  
**Richard Howarth**  
 Soloist:  
**Martin Roscoe**



**SATURDAY 13th JULY 2019**  
**Westholme School, 7.30 pm**

<b>Chabrier</b>	Marche Joyeuse
<b>Gershwin</b>	Rhapsody in Blue
<b>Bernstein</b>	Symphonic Dances from West Side Story
<b>Bizet</b>	L'Arlesienne Suite no. 2
<b>Ravel</b>	Bolero



Tickets £13 (free for aged 18 and under)  
 at: [blackburnsymphony.org.uk](http://blackburnsymphony.org.uk)

or from:  
 • Time & Tune, Blackburn  
 • Blackburn Visitor Centre  
 • On the door



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## Community Noticeboard

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](http://www.clrcuk.co.uk)

**30**  
YEAR ANNIVERSARY APPEAL

CancerHelp

## Quiz night

Thursday 27th June

At Sai Surbhi, Garstang Rd,  
Fulwood

7pm onwards £15 a ticket  
with the proceeds going to  
CancerHelp

Get a table together and contact Laura  
for more details on:

[l.stephenson@cancerhelppreston.co.uk](mailto:l.stephenson@cancerhelppreston.co.uk)  
or 01772 793344

**Ashton Methodist Church and  
Community Centre**  
Wellington Road, Ashton PR2 1BU

### Yoga

Tuesdays 9.30 – 10.45 am

Contact Emily Ditchfield  
01772 725264

CancerHelp

**30**  
YEAR ANNIVERSARY APPEAL

CancerHelp

Saturday 6th July 2019

## Walk the Canal with CancerHelp

Join us as we celebrate our **30th year**.

**Time: 10 am Distance: 5 miles**

Walk from The Flower Bowl,  
Barton Grange to Croston House.

A great walk for families, walking groups and just for fun.  
Raise funds for us by asking for a sponsorship form and  
support the wonderful work that we do.

Cost: £10  
(children under 10 go free)

Sponsorship: Raise £30  
To celebrate our 30th Celebrations

For more information contact Laura Stephenson on 01772 793344  
or email [l.stephenson@cancerhelppreston.co.uk](mailto:l.stephenson@cancerhelppreston.co.uk)  
[cancerhelppreston.co.uk](http://cancerhelppreston.co.uk)

### Have you lost a ring in Fulwood?

A detailed descriptions is  
required  
to ensure it is returned to its  
rightful owner.

Contact Dee on 07592 425542



## FULWOOD METHODIST CHURCH THEATRE VISIT GROUP PROGRAMME OF VISITS



### Wednesday 12<sup>th</sup> June 2019

#### **The Importance of Being Earnest – Bolton Octagon**

This is a matinee performance which will be in the civic hall in the centre of Bolton, very close to the theatre. Price £30 per person (including travel by minibus and theatre ticket), optional £3 insurance per person.

### Saturday 29<sup>th</sup> June 2019

#### **'Annie' at the Liverpool Empire**

This is a matinee performance. Price is £66 per person (coach and theatre ticket) and optional insurance at £6 per person.  
This will be a full day trip to Liverpool by coach, leaving at 9.15am returning at approx 6.30pm. Coach only cost £17.50 per person.

### Wednesday 21<sup>st</sup> August 2019

#### **'Dear Uncle' – Theatre by the Lake, Keswick**

This will be a full day trip to Keswick. Price including travel and theatre ticket is £45 per person, optional insurance of £5 per person.  
Coach only price is £25 per person

### September 2019 – Date TBC (likely on a Monday or Tuesday)

#### **Llandudno Day Visit**

Expressions of interest being taken for this trip – dates, prices and details to be confirmed.

### Wednesday 30<sup>th</sup> October 2019

#### **'The Ladykillers' – Theatre by the Lake, Keswick**

This will be a full day trip to Keswick. Price including travel and theatre ticket is £45 per person, optional insurance of £5 per person.  
Coach only price is £25 per person

### Sunday 24<sup>th</sup> November 2019 for 3 nights / 4 days

#### **York staying at the Mercure Fairfield Manor Hotel including day trips by coach.**

Prices & further details TBC. Expressions of interest being taken for this trip.

### Saturday 16<sup>th</sup> May 2020 (matinee performance)

#### **Les Miserables – The Lowry, Salford Quays**

Prices estimated to be around £80 per person including coach and theatre ticket. Expressions of interest being taken for this trip.

For further information please contact the administrator at Fulwood Methodist Church. Tel No: 01772 718741 or by email [theatrevisits@fulwoodmethodist.org.uk](mailto:theatrevisits@fulwoodmethodist.org.uk).  
[www.fulwoodmethodist.org.uk/events/theatrevisits.htm](http://www.fulwoodmethodist.org.uk/events/theatrevisits.htm)

## Community Noticeboard

### Deepdale Bowling Club

Everyone is welcome.

Men and women can play the game on an equal footing.

You can play with friends, with your children, with your grandparents! Because it's a low impact, non-contact sport, it really can be enjoyed by all.

"Please feel free to contact me for an informal chat about getting into bowling.

Telephone George Russell on 07740 812377 or email: [George.Russell@btinternet.com](mailto:George.Russell@btinternet.com)

### Myerscough Farmers Market & Craft Stalls

Starting on 6th July 2019 then 1st Saturday in every Month (not Jan)

Time opening -10am-2pm  
Venue , Next to Plantworld at Myerscough College, Bilborrow ,Preston PR3 0RY

Contact –Email-  
[sforrest@myerscough.ac.uk](mailto:sforrest@myerscough.ac.uk)  
or Nicky Baylis:  
[baylis16@btinternet.com](mailto:baylis16@btinternet.com)

Contact Number 07767663345

## GET FIT - HAVE FUN!



### ROLLER DISCO

Saturdays: 2:00 – 3:00pm  
Session costs: £3.00 each

Please bring your own skates - non available to hire.  
Sessions each Saturday from 1st June to 13th July.

PRESTON  
**PHOENIX**  
ROLLER SPORTS CLUB



### ROLLER HOCKEY

Fancy trying out for the  
**Preston Phoenix Roller Hockey Team?**  
Why not come down to Preston College Sport Centre on Saturdays at 12pm - 2pm and give it a try!



For more information check out our Facebook page at  
"Preston Phoenix Roller Sports Club" or telephone:  
**Caroline on 01772 724853 or Kevin on 01772 727877**

Preston College Sport Centre, St Vincents Road, Preston PR2 8UR

## Beginners' Taster Course

Come and join us!

I have great fun in Christ Church Parish Hall each Monday! I belong to the group of Scottish Country Dancers who meet in the hall each week for a couple of hours.



This Summer from 12th August till 9th September (5 weeks) we are going to hold a taster course so that adults can come along and find out what it is all about with other new beginners. We will be able to take it really slowly and learn the very basic moves and steps. Cost for the course will be £10.

Scottish country dancing is a social form of dancing where 2 or more couples dance patterns or figures in a sequence. It is really enjoyable and keeps us fit both mentally and physically.

Through the year the Monday night class is an all ability class and has a relaxed atmosphere where we learn dances and figures week by week and have social dancing once a month. Experienced dancers are at hand to help the less experienced.

All you need to do is bring yourself (no partner necessary) and some flat soft shoes.

To BOOK on the Taster course and for more information please contact Joan on 01257 278400  
Email [JoanRSCDS@uwclub.net](mailto:JoanRSCDS@uwclub.net)

Other Classes also available:  
[www.ribblevalley-rscds.org.uk](http://www.ribblevalley-rscds.org.uk)

After the course you will be ready to attend our Monday night Class which is all ability!

### Beginners' Taster Course Scottish Country Dancing

New course for adults  
7:30 till 9:30pm

Monday

12 August till 9 September 2019  
(5 weeks)

**Christ Church Parish Hall,**  
Victoria Road, Fulwood, Preston, PR2 8NE

Cost of the course is £10

Want to keep fit?  
Mentally and physically  
While having fun?

Partner not necessary  
Soft flat shoes essential

**To book** and for more information please contact  
Joan on 01257 278400  
Email [JoanRSCDS@uwclub.net](mailto:JoanRSCDS@uwclub.net)

Other Classes also available  
web site -<http://ribblevalley-rscds.org.uk>  
Royal Scottish Country Dance Society Ribble Valley Branch  
Registered Charity no 1061492

Email your information to [community@jampublications.co.uk](mailto:community@jampublications.co.uk)

## 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

PRESTON HARRIERS  
**Running Fitness Group**  
Adults from Age 18  
Every Tuesday 6.30pm

**April to Sept at Avenham & Miller Parks**  
Meet at the Car Park on South Meadow Lane  
(next to hockey pitches opp. Continental pub)

**Oct to Mar at Preston Docks**  
Meet at the Car Park on Mariners Way  
(opposite SCS Furniture)

WHAT'S YOUR GOAL?

- To run and keep fit
- Do a 5k parkrun
- Run a 10k Race
- Or even a Marathon

**Free Sessions** **All Abilities**

Come and join a fun loving, friendly group  
here to help and encourage you all the way

Qualified Run Leaders

Organised by Preston Harriers and open to non members  
If you enjoy the runs, join us after 4 sessions

New Adult Members  
2017 - 18 Season  
Only £30 per year

Further Information  
www.prestonharriers.net  
facebook.com/prestonharriers  
Text Sue 07776 445553

**PRESTON** 100

Please check on Facebook for up to date information

### *What's On - Sharoe Green Library*



#### Baby Bounce and Rhyme

Bring your baby to our fun, free singalong sessions. We have songs, rhymes, shakers, drums – and bouncing babies! Our sessions are held on the 1st and 3rd Tuesday of the month at 10:30am

#### Storytime

A chance to give your voice a rest! Bring your young ones to our Storytime and we'll do the reading. Storytime sessions are aimed at older pre-school children, but if you're happy to sit and listen we're happy to read to you whatever your age! Our sessions are held every Wednesday from 11.00 – 11.30

#### 'First Friday' Coffee Mornings

Come to our Coffee Morning, held on the first Friday of every month, and enjoy a brew while you browse. Join us from 10.00 – 12.00.

And of course books galore!



# Red Rose Road Runners

Make the most of Summer time  
Come and run with us



- Stuck in a rut? Doing the same old runs?  
New routes each week
- Feel you are not good enough to run with a club?  
Come and see. You will never know otherwise.
- For training details find us on Facebook
- Come along and give us a try for **free**

Contact: [membership@redroseroadrunners.org](mailto:membership@redroseroadrunners.org) 07947 133821  
Visit [www.redroseroadrunners.org](http://www.redroseroadrunners.org)

Affiliated to UK Athletics through England Athletics No 2659113



## Preston Working Men's Angling Association (PWMAA)

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

## The Red Rose Postcard Club

We meet 3rd Wednesday each month  
7:15pm at the Church Hall of  
Our Lady & St Edward's,  
Fulwood, PR2 9UE  
For all people interested in  
collecting postcards. Speakers,  
Competitions.  
For more details contact:  
Margaret Chadwick  
01253 367254



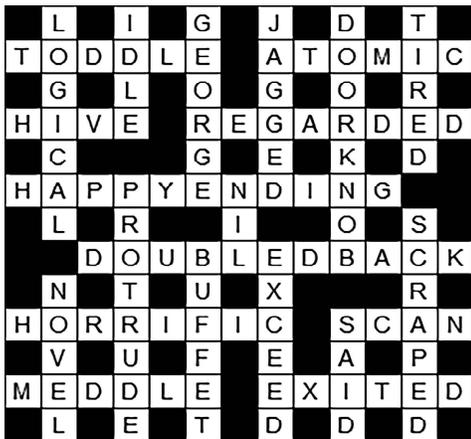
## Fulwood Focus

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## Puzzle Solutions



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

### Mindbenders

Searching high and low  
Odds and ends  
Long overdue

### Lateral Thinking

There are no stairs in a bungalow.



### Fuzzy Photo

Wimbledon

## Useful Numbers

### Police (Non Emergency) 101

Fulwood 01772 203203  
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

### Bus Enquiries

Preston Bus 01772 821199  
Stagecoach 01772 255777

### Rail Enquiries

National Rail 0845 748 4950

### Councils

Preston CC 01772 906900  
Lancashire CC 0845 053 0000  
Waste Collection 01772 906905  
Tax & Revenue 01772 906902

### Animal Care

RSPCA Advice 0300 1234555  
RSPCA Emergency 0300 1234999

### Leisure Centres

Westview 01772 796788  
Fulwood 01772 716085

### Libraries

Ingol 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  
Water (Utd Utilities) 0845 746 2200

Chorley  
Council

# CHORLEY FLOWER SHOW

27-28 July 2019

Astley Park, Chorley

10am - 5pm



Featuring  
**Jonathan  
Moseley**



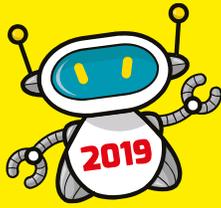
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# Lancashire Science Festival

**FREE**  
ADMISSION

# Family Day

University of Central Lancashire, Preston

**Saturday 29 June 2019, 9am - 5pm**

## Just a little of what we have in store for you!



### UCLan Physical Sciences and Computing Zone

Come and see mathematics, physics and astronomy in action. Try our exciting demonstrations of space-time, magnetic levitation and chaos theory!



### Zoolab Animal Encounters

Get up close with exotic animals as we find out about where and how animals have inspired scientists and engineers to make new materials and technology.



### From Plate to Poo

Not into mushrooms? Sick of sprouts? Always finding sweetcorn when you haven't eaten any? Come on a journey from your plate to your poo.

### Science Showfloors

Enter one of our Science Showfloors packed with exciting interactive activities covering the full spectrum of science, technology, engineering, maths, health and much more.



### Thrills, Theme Parks and Maths in 3D

We all love a thrill and most of us go to theme parks to get them. You will experience some of the best thrills and rides on the planet as Dr Kevin Bowman explains some of the maths that makes these possible.



**Register now for your FREE festival pass**  
[lancshiresciencefestival.co.uk](http://lancshiresciencefestival.co.uk)

@LancSciFest #LancSciFest

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