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February 2019



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AND PEACHES WERE PLUMS
AND THE ROSE HAD A DIFFERENT NAME.
IF TIGERS WERE BEARS
AND FINGERS WERE THUMBS
I'D LOVE YOU JUST THE SAME."*

- VALENTINE'S DAY SONGS AND POEMS

Congratulations to all those who found Miti hidden on page 18 in the Fever Dance Advert.
The winner picked out of the hat was Steffy Karampitsakou.

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.

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LEARN TO DANCE
Classes for all ages available see the website
www.feverdance.co.uk
New classes starting January 2019...

ADULT			
Monday	Adult Tap	6:00-6:45pm	£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



CHILDREN 5+ YEARS			
Monday	Primary ballet & tap	5-8 years 4:00-5:00pm	£6.00
	Junior ballet & tap	9+ years 5:00-6:00pm	£6.00
Thursday	Street dance	5-10 years 4:30-5:15	£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

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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 -

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Advertising Feature

The Frustrations of Heel Pain

During February, at The Foot Room, we will be focussing our efforts to raise awareness of the Podiatrist's role in the treatment of heel pain or plantar fasciitis as it often (wrongly) referred to.



Given that around 10% of the population will suffer with heel pain in their lifetime and how debilitating and frustrating the pain can be, it's a bit surprising that most of those people won't consider a Podiatrist when seeking treatment or advice. Especially as we are the experts in the foot and the disorders relating to it.

So, what is our role and what can we do? Firstly, we can diagnose the cause of the heel pain. Without an accurate diagnosis effective treatment is difficult. Secondly, we can formulate an appropriate treatment plan.

Those seeking relief from the pain will know that orthotics (arch supports) are one of the first-line treatments. However, we find that many patients think that wearing shoes "with an arch in them" or by purchasing generic devices over the internet or from the chemist is enough. In our experience, these attempts at foot control are often a waste of time and money and provide little or no improvement at all. Podiatrists are the go-to professional for orthotics. We can prescribe devices which provide the right

level of control and support and although these won't always cure the heel pain, they will put the foot in the best position for improvement.

Beyond orthotics, we can advise on appropriate strengthening and stretching exercises as well as knowing when we need to refer for shockwave, injection or surgical therapy.

So, if you, or anyone you know, are agonising over heel pain we hope that you will spread the word that Podiatrists heal heels!

Pop into The Foot Room to pick up a free advice leaflet or to make your appointment call us on:

01772 378812

the foot room
Longridge

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and book your
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Appointment only, Sunday

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

9

Fact of the Day

Did you know that Paraskevidekatriophobia means fear of Friday the 13th, which occurs one to three times a year.

A Brief History Of ... Valentines Day

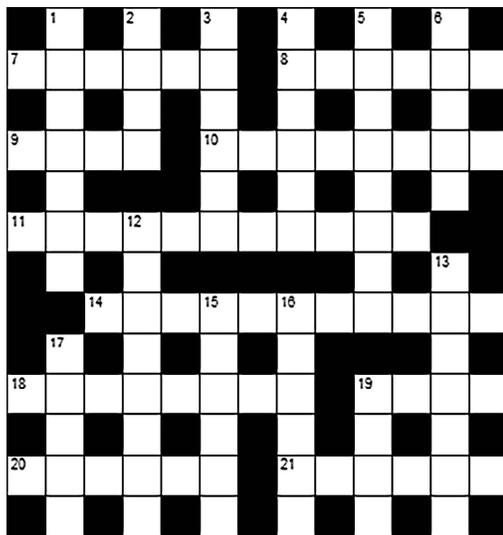
History tells us that St. Valentine was a real person. Valentine lived in the Roman Empire under Emperor Claudius II. Claudius II was known for getting his empire involved in bloody and unpopular campaigns. As a result, he had difficulty maintaining the number of people in his army. Claudius II believed that part of the reason why young men did not want to join the army is because they did not wish to leave their new wives at home and risk not coming home. He came up with a plan to get more men to join the military. He cancelled all engagements and would not allow anyone in the empire to get married, he thought if young men could not get married that they would be more likely to join the army and fight his unpopular wars. Valentine, along with another priest, Marius (St. Marius), thought this was wrong and they continued to marry people in secret. Both men were eventually found out and were sentenced to death. Valentine was killed on February 14, in about 270 A.D. As an aside, it is a legend that Valentine left a farewell note to his jailer's daughter, whom he had become friends with, and signed it, 'From your Valentine.' This may have inspired the practice of sending valentines and love notes to loved ones.

Over the next few hundred years, as Christianity became more and more dominant and the Roman Empire fell, Christians co-opted the holidays of the Romans and made them their own. The day for lovers and fertility became February 14, the day that Valentine died, instead of the traditional day of the Lupercalia on February 15. The sacrifices ended, but people continued to express affection for each other. Young boys and girls were no longer matched up via pieces of paper, but it is still a day for young people to send secret valentines to people they would otherwise be too shy to approach.



During the fifteenth century, St Valentine's Day became a holiday associated with romance. In England and France in the Middle Ages, February was considered the month that birds mated; this too lends to the notion of February 14th being the day for lovers. In 1415, Charles, a Duke of Orleans sent his wife a Valentine Greeting while he was locked away in the Tower of London; this is the oldest Valentine greeting known to date. A few years later, John Lydgate was hired by King Henry V to write a Valentine greeting for his love Catherine of Valois. In England, the holiday has been continuously celebrated since the seventeenth century. In the eighteenth century, lovers and friends would commonly share handwritten greetings or tokens of affection. In the late eighteenth century, printed cards were shared, and by the 1840s, Valentine cards were in mass production.

Crossword



Across

- 7 Gambling emporium (6)
- 8 Char, sear (6)
- 9 Wind instrument (4)
- 10 Backpackers, hikers (8)
- 11 Large houseplant (6,5)
- 14 Matching pants and jacket set (7,4)
- 18 Without penalty, got off _____ (4-4)
- 19 Animal prized for its fur (4)
- 20 Tear-inducing vegetables (6)
- 21 Incorrect, false (6)

Down

- 1 Sheltered place to moor boats (7)
- 2 Climb, ascend (4)
- 3 Medic (6)
- 4 In addition, also (2,4)
- 5 Props to keep paperbacks tidy (4-4)
- 6 Frightening (5)
- 12 Pub seating (3,5)
- 13 Junior king of beasts (4,3)
- 15 Civil disorder (6)
- 16 To make equal, balance (4,2)
- 17 Perfume, fragrance (5)
- 19 Nocturnal insect (4)

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

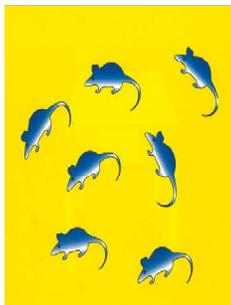


Fuzzy Photo!

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 images was?

Lateral Thinking



How many mice are there in a room if there is a mouse in each of the four corners, and opposite each mouse there are three mice and at each mouse's tail there is a mouse?

Mind Benders

Find the three hidden phrases

THERESSOMMARYETHING

LOVE
To be, or not to be: that is the question

Woman

Advertising Feature

Clip 'n Climb Preston is a family run business going into its third year of trading. The owners had a passion to bring climbing to everyone and Clip 'n Climb Preston is a great introduction to climbing whatever age you are.

The owners Vicky Coupe and Zoe Smith from Goosnargh had a vision to open a centre that not only was a fun climbing experience but also serves fresh locally sourced food with hand crafted coffee.

'Not only is the activity great but our on-site cafe is something we are both very proud of' says Vicky 'being mums ourselves, we wanted a destination that kids love but parents and grandparents love to come & enjoy also.'

Climbing is one of the fastest growing sports worldwide and is looking like this trend will continue. One of the main reasons for this growth is the accessibility to everyone of any age and ability but also its health benefits.

Not only does climbing provide physical benefits,

such as building endurance, muscle and flexibility, climbing can be beneficial to both the brain and mental health; climbing is known to reduce stress and have positive outcomes on mental strength. 'Getting kids to do more physical activities and off their computers and phones is a plus for us' says Vicky.

Clip 'n Climb Preston has a variety of different activities that run throughout the week, including ClimbFit, Toddler Sessions and Adult Only Sessions. There is a session to suit everyone.

Visit their website www.clipnclimbpreston.co.uk for more information and book online.

A large advertisement for clip'n climb PRESTON. The background shows a colorful climbing wall with a young child climbing. The text is arranged as follows:

- Top left: **clip'n climb PRESTON** logo.
- Top right: **CLIMBING WALL MEETS THEME PARK**
- Left side (yellow callout): **GREAT PARTY PACKAGES AVAILABLE STARTING FROM £15.50 per person**
- Center (yellow callout): **STANDARD SESSIONS ONLY £12.00 per person**
- Right side (yellow callout): **OPEN THROUGHOUT THE SCHOOL HOLIDAYS**
- Bottom right (yellow callout): **FREE DROPSLIDE EXPERIENCE (NORMALLY £2.50) BRING THIS LEAFLET WITH YOU WHEN YOU VISIT US T&C'S APPLY**
- Bottom left (white text on purple background): **BOOK ON-LINE AT : www.clipnclimbpreston.co.uk**
- Bottom center (white text on purple background): **TEL : 01772 655220 (WE STRONGLY RECOMMEND BOOKING IN ADVANCE TO AVOID DISAPPOINTMENT)**
- Bottom right (white text on purple background): **OUR LOCATION : MILLENNIUM CITY PARK, PRESTON. PR2 5BW**

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Once they had the Museum of Football
Just for a little while
Taken away
Once they were feared

Once they had a dream
Make it back to the top
Once...just this once...they might just do it
And they can again be great

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Week 1 Friday 4th January 2019

Week 2 Friday 11th January 2019

Week 3 Friday 18th January 2019

Week 4 Friday 25th January 2019

Week 5 Friday 1st February 2019

Week 6 Friday 8th February 2019

Week 7 Friday 15th February 2019

Week 8 Friday 22nd February 2019

Entry Fee £5

Best of 5 Legs of 501

8.15pm start

Enter on the night up to 8.00pm

FINALS NIGHT
Friday 1st March 2019

For more Information Contact Vinny Holden: Mobile: 07715130145
Or St Wilfrid's Club, St Wilfrids Terrace,
Longridge, Preston. PR3 3WQ. Telephone: 01772783475

Advertising Feature



Wellness that Works™

Dance Teacher Susan Farnworth, aged 60 of Hoghton describes life before WW as a 'depressing slippery slope' saying she was tired and overweight after losing her mojo. With her 60th birthday and her son's wedding approaching she joined Bamber Bridge Wellness Workshop the week before Christmas in 2017 changing her healthy habits for good.

Susan tells how beating breast cancer at the age of 37 and living through a messy divorce whilst juggling life as a working mum took its toll saying "I hated looking in mirrors or shop windows or seeing myself on a photo. I was just not happy in my skin anymore and this made me very sad so I compensated with food."

Reaching goal weight of 11st on July 2018 dropping from a size 16 to size 10 Susan feels fantastic adding "I cannot put into words how this has impacted on my life. I feel and look amazing even though I say so myself. Health issues I had whilst overweight have simply vanished and now I feel so much happier and energised to do more and live my life to the max".

Inspiring healthy habits for real life, WW offers the most flexible and liveable programme ever. It encourages you to enjoy food with freedom, find what moves you physically, and gives you the skills to shift your mindset so you can focus on what really matters on your weight loss journey - taking care of yourself and living your life the way you want to.

Kim runs 7 Wellness Workshops a week around Preston:

Fulwood Galloway Hall:

- Monday at 6pm

Bamber Bridge Catholic Club:

- Tuesday at 10am, 4.30pm and 6pm

Leyland Baptist Church:

- Wednesday at 6.30pm

Ribbleton Ave Methodist School:

- Thursday at 6.30pm

Ingol Methodist Church:

- Friday at 10am

To find out more visit:

www.weightwatchers.com/uk



WHAT'S ON MAR 19 - APR 19

MARCH



Coral Players Championship

Featuring the leading 16 players on the 2018/19 season one year ranking list. Ronnie O'Sullivan won the title last season, beating Shaun Murphy in the final. Also in the field were the likes of Mark Selby, Judd Trump, John Higgins and Mark Williams. With extensive live television coverage from ITV4, the tournament offers a top prize of £125,000 from a total prize fund of £375,000
Mon 4 - Sun 10 Mar, Various times
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The Chicago Blues Brothers - Motown Mission

The Chicago Blues Brothers are heading for Detroit to take on some of the biggest and most loved Motown anthems along with all the Blue Brothers classics you know and love. With hits from Aretha Franklin, Ray Charles, Sam and Dave, James Brown, The Temptations, The Four Tops, Jackson 5 and the Supremes.
Sat 2 Mar at 7.30pm
Tickets £26, U14s £10



Dr John Cooper Clarke - The Luckiest Guy Alive Tour

The Luckiest Guy Alive Tour debuts the first new book of poetry from the esteemed Dr in several decades, The Luckiest Guy Alive. His new work is a brilliant collection of poetry influenced by our modern era. From the Attack of the Fifty Foot Woman to a hymn on the seductive properties of the humble pie, The Luckiest Guy Alive Tour will have it all!
Tue 12 Mar at 7.30pm
Tickets £24.50 & £31.50



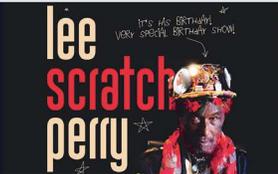
Arrival - The Hits of ABBA

On the 45th anniversary of their legendary Eurovision win, come and join us to celebrate the music of one of the biggest selling and most iconic bands of all time.
 The high-energy production features ABBA's best loved hits including 'Mamma Mia', 'Dancing Queen', 'Super Trouper', 'Voulez Vous', and of course 'Waterloo', plus many more!
Sat 16 Mar at 7.30pm
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A fun filled, interactive afternoon of musical activities and an exciting concert. Discover different instruments in our instrument workshops and listen to the full orchestra play some exhilarating music.
Sun 17 Mar, Concert at 2pm
 Workshops: Strings 11.30am, Brass 11.30am & 12.30pm, Woodwind 12.30pm
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Family Ticket £71



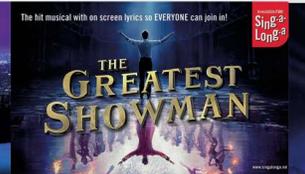
Lee Scratch Perry

From his early days in the 1960s as a singer and engineer for Coxson's Studio One in Kingston, through his production of the seminal 'Wailers' classics African Herbsman and Soul Revolution, Perry's innovative style marks him as one of reggae's original treasures.
 Lee is also perhaps the only 80+ year old that can dance on one leg for 1 hour straight!
Wed 20 Mar, Doors at 7.30pm
Tickets £75, £24 on the door



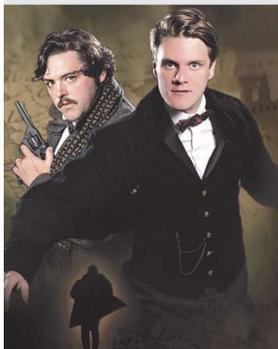
Remembering the Movies - Aljaz Skarjanc & Janette Marara

Fall in love all over again with the classic movie songs and dance routines, as Strictly Come Dancing's favourite couple celebrate the history of the movies with dazzling choreography, imaginative sets, spectacular backdrops, huge multimedia LED screen and supported by an incredible cast of live singers and dancers it will guarantee to have you...remembering the movies.
Fri 22 Mar at 3pm & 7.30pm
Tickets £27 - £44.50
Meet and Greet ticket £102



Sing-a-long-a The Greatest Showman

Experience The Greatest Showman in the greatest way possible - with lyrics on the screen so you can join in as loud and proud as you want.
 Our live host will teach everyone a unique set of dance moves, show you how to use our interactive prop bags, and also get you to practice your cheers, your boos and even a few wolf whistles.
 Please note this is a screening of the movie not a live stage show.
Sat 23 Mar at 2.30pm & 7pm
Tickets £18.50, Child £15,
Family ticket £54



Blackeyed Theatre in association with New Theatre Royal Portsmouth and South Hill Park Arts Centre presents
Sherlock Holmes - The Sign of Four
 by Sir Arthur Conan Doyle
 Adapted for the Stage by Nick Lane

Crammed full of adventure, romance, comedy and of course one or two rather brilliant deductions, The Sign of Four is Sir Arthur Conan Doyle's epic second Sherlock Holmes tale, a breathtaking yarn brought to life in this spectacular new stage adaptation.
 When Mary Morstan arrives at 221B, Baker Street to request help with the mystery of her missing father, Holmes takes the case and together with his companion Dr Watson enters a murky world of deception and trickery, unravelling a complex plot involving murder, corruption and stolen jewels. Don't miss Blackeyed Theatre's stunning world premiere. Original live music, stylish theatricality and magical story-telling combine for an unforgettable theatrical experience. The game's afoot!
Wed 27 - Thu 28 Mar
7.30pm Wed, 7.30pm & 1.30pm Thu
Tickets £20, Concs £2 OFF,
School groups £10.50



The Smyths

The Smyths 35 - A celebration of the debut LP + hits and more.
 Focusing on the sound and spirit of The Smyths live, the band have performed over 500 shows both throughout the UK and overseas including major festivals such as Glastonbury. The best way to see and experience the music of a band no longer with us.
Sat 30 Mar, Doors 7pm
Tickets £15.50

The Drifters

The Drifters are back on tour in the UK with a brand-new show performing their classic hits from the last six decades.
 The legendary group have been inducted into the Rock & Roll Of Fame, performed for the President and named in Rolling Stone, Mojo's 100 Greatest Artists Of All Time
Sat 30 Mar at 7.30pm
Tickets £28

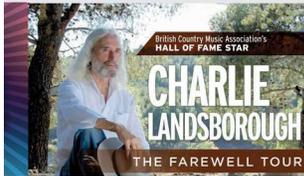
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APRIL



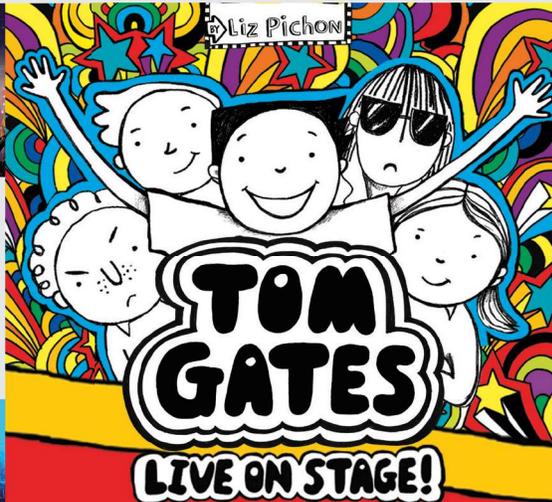
Charlie Landsborough

In 2019, Charlie Landsborough plans to retire from touring to concentrate on writing and recording music. Before his retirement Charlie will be embarking on an extended tour of Britain. Known as the UK's premier country music singer, country music is only one part of his live shows. Charlie's gigs are a night of beautiful ballads, folk, blues, country, rock 'n' roll, pop, gospel and anthems.
Wed 3 Apr at 7.30pm
Tickets £26



The Rolling Stones Story

All these classic hits, The Rolling Stones Story is a high energy concert celebrating the music of the World's Greatest Rock 'n' Roll Band. Let's Spend The Night Together in the company of Mick and the boys and experience a truly authentic Rolling Stones spectacle, complete with an awesome production, the finest musicians and the world's No. 1 Mick Jagger lookalike in Paul Ashworth.
Sat 6 Apr at 7.30pm
Tickets £26



Tom Gates Live On Stage

Tom's doing everything possible to stay out of trouble but somehow he's got THREE sad faces on the school achievement chart! And getting another sad face means Mr Fullerton won't let him go on the SCHOOL TRIP! Moony Marcus Meldrew is making things worse and now Tom's annoyed his grumpy sister Delia. EVEN Amy Porter (who's smart) won't talk to him! Can his best friend Derek help? Will Rooster the dog stop eating his homework? Will his grandparents the Fossils ever make something he can actually EAT? From the award-winning producers of Horrible Histories and Gangsta Granny comes the world premiere of TOM GATES in an exciting and hilarious adventure that sends Tom's world spinning! Don't miss Liz Pichon's fantastic characters as they come to life in this brand new story for the stage!

Wed 10 - Sun 14 Apr (Wed - Sat 7pm; Thu - Sat 2pm, 11am & 3pm Sun)
Tickets from £17.50, Child from £13.50, Family ticket from £58
Groups of 10+ Buy 10 get the 11th FREE
Schools £12 per child with 1 FREE teacher per 10 children

Based on the bestselling books written and illustrated by Liz Pichon. © All rights reserved.



Francis Rossi: I Talk Too Much

Legendary Status Quo lead singer Francis Rossi will share the extraordinary secrets of his 50-plus years in rock'n'roll when he takes to the stage for an intimate evening. Expect laughter, revelations, tales involving some of the giants of music, exclusive video clips, snippets of classic tunes and a great night out.
Sun 7 Apr at 7.30pm
Tickets £27, VIP £34.50



Livewire AC/DC

The unique six-man tribute to rock music's greatest band AC/DC, complete with cannons, a wall of Marshalls and over two hours of High Voltage Rock 'n' Roll. The AC/DC story is over forty years in the making, with two specific eras which are both covered.
Fri 12 Apr, Doors at 7pm
Tickets £16.50



Evil Blizzard

Some of the best underground alternative rock & punk to grace the stage! Featuring Evil Blizzard, Pigs Pigs Pigs Pigs Pigs Pigs, Strange Bones, Part Chimp, Fighting. Plus more to be confirmed!
Sat 13 Apr, Doors 6pm
Tickets £12 - £22



The Ladyboys of Bangkok - The Greatest Showgirls Tour

The UK's biggest cabaret show seen by over 3,000,000 people, cheekier, funnier and as spectacular as ever. Laugh and sing your heart out with hundreds of friends you've yet to meet! Featuring 16 of the world's most beautiful showgirls...Who just happen to be men!!! (Oh, and a grumpy dwarf from Oldham!)
Mon 15 Apr at 7.30pm
Tickets £26, Concs £2 OFF



UB40 - 40th Anniversary Tour

Featuring UB40's five founding members Robin Campbell, Brian Travers, Jimmy Brown, Earl Falconer and Norman Hassan, and long-time members Duncan Campbell, Martin Meredith, Lawrence Pary and Tony Mullings, fans can expect to hear 'Food For Thought', 'One In Ten', 'Kingston Town', 'I Can't Help Falling In Love With You' and 'Red, Red Wine', amongst others.
Fri 19 Apr at 7.30pm
Tickets £39.50 & £44.50



Wet, Wet, Wet

Wet Wet Wet are Graeme Clark, Tommy Cunningham, Neil Mitchell and Kevin Simm. The band are one of the most successful groups in British pop history with an amazing back catalogue of songs including three No.1s - 'Help From My Friends', 'Goodnight Girl', and 'Love Is All Around'.
Tue 30 Apr at 7.30pm
Tickets £27, Limited Sound Check
Experience tickets an additional £55





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Team Leaders Louise Lonergan (left), Sue Gill (right), owner and registered manager Michelle Richardson (Centre)

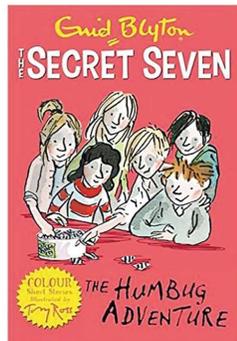
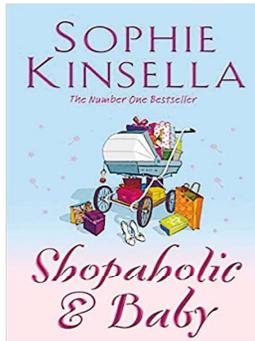


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Book Review

A Good Read



Shopaholic and Baby by Sophie Kinsella

Justified or not, chick lit gets a bad rap, but not everyone enjoys serious tomes, and if you're looking for something frothy and fun to throw yourself into, then you can't go to far wrong when it comes to Sophie Kinsella's Shopaholic series.

Shopaholic and Baby is the fifth book in the series, and once again features everyone's favourite shopaholic, Becky. Previous books have seen Becky try to take control of her spending habits by following the advice she frequently gives out as a journalist writing about managing personal finances; have the time of her life living in New York and shopping on Fifth Avenue; and marry her dream boyfriend Luke, whilst loving the excuse to spend more money.

Now Becky has something else to spend her money on. Her baby. From designer nurseries to the coolest pram, there seems to be no limit to what she can shop for. That list includes a celebrity obstetrician, Venetia Carter. On meeting her Becky is shocked to discover that Venetia used to date Luke in college. Will Venetia want to get back together with him? Is Becky's dream marriage under threat?

Most women will be able to relate to the insecurities Becky encounters in this novel as her pregnancy progresses and her body changes. In Becky, Kinsella has created a character who is caring, charming, but at the same time, full of flaws. And that is why readers seem to love her so much.

The Secret Seven: The Humbug Adventure by Enid Blyton

If you are like me then you probably grew up on a diet of Enid Blyton and a distant world of adventure and fun, where children had far more freedom than we give our offspring these days. This nostalgia probably accounts for the enduring appeal of her books.

This Secret Seven adventure features all of the familiar gang, including Scamper the dog, but it is not a story that you may be familiar with. It is a short story, originally published in 1954 in one of Enid Blyton's annuals. This version, published in 2016, is the first time it has been published in its own right.

The gang have been invited to the house of an old professor to look at Jupiter through his telescope. They aren't particularly looking forward to it and find it boring until they move the telescope around and see someone setting fire to a haystack at Wingfield Farm. Suddenly they are up against time to warn someone before the fire spreads to the nearby barn, and to find out who started it.

Aimed at younger readers than the regular Secret Seven books, this is a great introduction to Enid Blyton, with excellent illustrations by Tony Ross, illustrator of the



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25

Monthly Health News

It is very tempting, during the colder months, to stay inside, sit in front of the fire and keep warm. It is much easier to make excuses not to go out - but DON'T! Your body still needs to exercise and keep a regular fitness routine. Staying active, over the colder period, will help beat those seasonal blues and make you feel much more energetic. Shorter days can have a negative effect on your mood and by introducing or maintaining regular exercise you will find that it improves your sense of wellbeing, all those little endorphins rushing around your body will make you feel good inside. I think most people find it difficult to rise on dark mornings to get out of a nice warm bed and venture out into the cold. It is hard enough to force ourselves to get up and go out to work but it takes even more effort to rise to exercise - but by doing so you will reap the benefits of feeling much more energised, which in turn will make you feel more awake and positive.

We can be tempted to eat more when it is colder, as hot meals especially those that we see as comforting are much more attractive than a plate of salad, something which seems more appealing in the summer months. Comfort food can be higher in calories but there are plenty of easy, accessible recipes that can tick all the right choices, tasty, comforting and healthy. Working out will also help with weight management and keep you in shape. Exercise is a natural appetite suppressant and you will feel encouraged to eat healthily to ensure you feel the full benefits of a healthy lifestyle.

There is research that suggests that moderate exercise can strengthen the immune system, therefore, reducing the risk of colds and coughs. Having a cold should not stop you from continuing with your exercising, but listen to your body. If your symptoms are mild and you feel ok then it could possibly make you feel brighter, but if you feel rotten then it would be best not to go. It is very important that you do not exercise if you have a temperature. A fever is when your body's temperature is 38C

Exercise Or Hibernate?

(100.4F) or over, as that is rarely a cold. If you exercise with a fever then it could make you feel considerably worse and it could lead to a more serious illness. If you have asthma then take extra care as cold air can trigger your symptoms. Use your inhaler before you exercise and always have it with you during your activity.

When starting any workout, particularly outside, then be aware of the lower temperatures and take care to properly warm up, up to 10 minutes may be necessary. If you are exercising outside then keep warm, layer up as this will allow the heat to keep in. A substantial amount of heat is lost through the head so wear a hat as well. If you are going out in the dark then think about safety, wear bright reflective clothing, keep in busy, well-lit areas and preferably work out with a friend. If you are going on your own then make sure you let someone know where you will be and give them an expected time for your return. If you are walking/running, then check that the pavements are safe; do not risk slipping on ice. There are always exercises that can be done inside until the icy conditions clear. It is a great opportunity now to try new classes/activities. Experiment a little and diversify your workouts, you could try something totally different to what you normally do. If bad weather keeps you indoors then there are lots of ways you can still exercise in the home. "You Tube" has some fantastic free workouts, search for what you would like to do, check out sessions especially for the viewer to do in their own environment, using only your own body weight and no equipment.

Keep yourself motivated throughout the winter months and remember summer is coming. We all know that we want to look good and feel good so let that be your incentive to put in the effort now. See the winter as your preparation for summer with the added benefit of making those shorter days much more fun. Even playing in the snow can be great exercise time.

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Garden View

This month – My Gardening Valentine

In the run-up to Valentine's Day someone always asks me what they should buy for the gardener in their life.

It's a tricky question to answer. Many people think we must like cut flowers, but actually I'm not keen and most gardeners I know aren't either. We have gardens full of the things after all, and we tend to prefer our plants living and breathing in their natural environment, rather than imported from abroad and wrapped in cellophane.

Unless you know a bit about gardening, and the tastes of your own particular gardener you're probably best-off avoiding plants too. The non-green-fingered venture into dangerous territory when they try to buy plants because there are so many variables. Will it suit the soil? Is it too invasive? Will it poison the gardener's dog...or children...eek?

It's a thorny issue (pardon the pun) so here is my go-to gift list guaranteed to make you the Valentine hero of your gardening amour.

Don't buy a sweatshirt which declares 'head-gardener. They are naff, and most gardeners prefer old, comfy clothes which do the job better. However, if you present your gardener with a tough tunic or gardening apron, which is thorn-proof, and which has lots of deep pockets to house secateurs and trowels, they will love you forever.

Then there are wellies. Who knew wellies could be romantic? But gardening folk drool over wellies the way Supermodels drool over Jimmy Choos. And there's so much wellie-choice now. We all prefer something with a thick sole but there are bright and colourful wellies and traditional ones. For the ultimate in warmth and breathability I can recommend a proper Gore-Tex pair...sheer luxury. Mine remain the favourite Valentine gift my husband ever bought me. He knows how to romance a woman!

A proper long-necked watering can, with a brass rose will also earn you Valentine brownie points. Bigger isn't necessarily better though unless your Valentine boasts big biceps! Watering cans are heavy when full. I find 3-4 litres is about the right size.

A bunch of long-stemmed red roses will set you back at least £40 and they might last a



few days. For a similar price you can buy the gardener in your life Felco secateurs (with Valentine red handles) and they'll last forever. I know which I'd prefer.

Garden trugs are so practical. Most gardeners I know would be delighted to receive one. The trug is a great gift but even better when filled with a few gardening goodies such as packets of seed, water retaining granules, plant food etc. You could add some hand tools too, such as a trowel and a fork. Make sure they are stainless steel and have long handles for ease of use.

And insulated mug or a good flask will always warm the heart of your Valentine because hot drinks don't remain hot for long outside, even on a warm day.

Finally, don't forget gardening vouchers. Often us gardeners spot the perfect plant or gardening accessory when we're strapped for cash, so vouchers are a perfect gift to save for a rainy day...and gardeners love rainy days, Valentine's or not.

Happy Gardening.

by Rachael Leverton

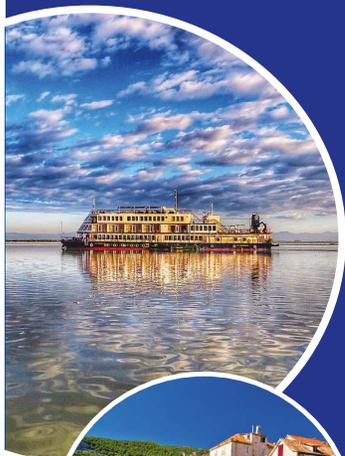
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Community Noticeboard

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

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



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From the Christmas Lights Team

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Community Noticeboard

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At our next meeting is on Thursday 21st February our chairman, Steve Ashcroft, will be talking about the tram route which linked the northern and southern sections of the Lancaster Canal across the River Ribble in a talk entitled:

“The Preston Tram Road”.

Our meetings are held in St. Paul’s Church, Church Street (off Berry Lane), Longridge, starting at 7:30 pm.

Our annual dinner is at Ferrari’s on Thursday 7th February, 6:30 for 7:00, when the Leyland Morris Men will be entertaining us.

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

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Meetings held in Goosnargh Village Hall Church Rd, PR3 2BH

on the fourth Thursday of each month

(except Sept & Dec) at 7.30pm

Each month we have a Demonstrator who produces arrangements which are raffled.

New Members and Visitors welcome

Contact 01772 718433 for more details

Grimsargh & District WI

Meetings held on 2nd Wednesday of the month in Grimsargh Village Hall

13th February

Vibes School of Dance - Hayley Roberts Competition - A Winter Scarf

Something that makes you smile

Visitors & Guests Welcome

Community Noticeboard

GRIMSARGH GARDENING CLUB PROGRAMME 2018

FEBRUARY 6TH

Judith Clark, Secretary

Grimsargh Gardening Club

A presentation entitled

“Flora of the Western Cape”.

Judith will give an illustrated talk about the

holiday she spent in South Africa,

which was a

Gardeners’ World Magazine

Competition prize.



Grimsargh Farmers Market 9am-1pm

3rd Sat of each month - Next Market
is

16th February

Lots of stalls for you to get
fresh, local produce at
affordable prices.

Browse, shop and stop for a
butty and brew.

If you would like anymore
information please feel
free to contact me
Nicky Baylis 07902 112 877



Red Rose Road Runners

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Great Feeling



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Visit redroseroadrunners.org

Affiliated to UK Athletics through England Athletics No 2659113



FESTIVAL JUMBLE SALE
& GOOD-as-NEW



Saturday 16 March



Goosnargh Village Hall PR3 2BH
Doors Open at 11am

Good as New, Toys, Books, Bric-a-Brac, etc.
TOP CLASS JUMBLE!!!
Refreshments

Village Hall, Church Lane, Goosnargh PR3 2BH
Enquiries Tel: 01772 865840

Goosnargh Jumble is high quality and the proceeds of the Sale help to pay for the Village's Whitsuntide Festival. Goods left over go to Local, National and Third World Aid Programmes.



Tai Chi for Health

Introduction to Tai Chi.

This class is ideal for absolute beginners. Learn basic moves and improve balance, posture, strength and co-ordination.

Wednesdays

11am – 12noon

Longridge Civic Hall

£3.40 per session



Starts Wednesday 5th July 2017

Contact Tracy Balko, Ribble Valley Up and Active 01200 414484 to book your place or register on your first session



UP
active

Email
info@upandactive.co.uk
Online
upandactive.co.uk
Call Us
Ribble Valley 01200 414484



To Raise Funds

Join A Choir

Valley Singers Choir Is recruiting:
All ages: Soprano: Tenor & Base needed.

No need to audition or read music:
we welcome singers of all abilities
who would like to sing with others,
learn great music and have fun.

Rehearsal Mondays: 7.30–9.30
St Wilfrids Church Hall, Longridge.

Contact Sheila 01254 878836
or e-mail kateboothby@msm.com

WE SUPPORT
LOCAL CHARITIES



Community Noticeboard

Longridge Social Badminton Club

Meet every Thursday at
Longridge High School Sports Centre.
We play from 8:30pm to 10:30pm.

We are an inclusive club for all ages and abilities with the emphasis on having fun & trying to keep fit. The first visit is free so that you can see if it's for you. Just turn up and you'll be made to feel welcome.

Email : longsobadclub@gmail.com



GOOSNARGH CEILIDH GROUP
1ST /3RD AND 4TH TUESDAY OF
THE MONTH
GOOSNARGH VILLAGE HALL AT
7.30PM

COME AND ENJOY EASY CEILIDH DANCING
FULL INSTRUCTIONS GIVEN
ANY AGE

GOOD MUSIC, GOOD FUN, GOOD COMPANY!
EVERYONE WELCOME

CONTACT
Lindsay Joan on 01257 453685



BLACKBURN SYMPHONY ORCHESTRA

Spring Concert

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

Conductor: Richard Howarth

Bach Violin Concerto in E major

soloist Alexandra Stemp

Mahler Symphony No 5

TICKETS £13 (Children U18 Free available
on the door or available from the website.

Blackburn.s.o@btopenworld.com



Registered Charity No 516124


Charity Lunch
 & Flower Demonstration
 Thursday 7th February 2019
 at
FERRARI'S HOTEL
 Chipping Road, Thornley, PR3 2TB
 Stalls from 11.30am
 Lunch served 12.30pm
 (Choice of menu on the day)
 Followed by Andrew Thompson
 giving a Flower Arranging Demonstration

Tickets available from:
Tel: 01995 640185
01772 864689


*Admission by
 prior booking
 only £25*

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

Longridge Heritage Centre Trust

Registered Charity No. 1158326
*The Old Station, Berry Lane,
 Longridge. PR3 3JP Tel: 01772 437958
 Email: info@lhctrust.org.uk*

New Corridor display by author

Nick Wotherspoon on automotive engineer
 Lawrie Bond and his cars, motor bikes
 and scooters, including the Minibond car
 designed in Longridge
 On view during The Old Station opening
 hours, Monday to Saturday, 9 to 4
 Continuing to the end of February

The Heritage Centre is open Monday to
 Friday, 10 to 4, for information and sales of
 maps, books and historic photos from the
 Town Archive.

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

Goosnargh St Mary's Mother's Union

meet on the first Thursday of the
 month in the Parish room at
 St Mary's Church Goosnargh.
 We have a variety of speakers
 throughout the year and would
 welcome anyone who would
 like to attend.



The Guide

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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



A running club for women run by women



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

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

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

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



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



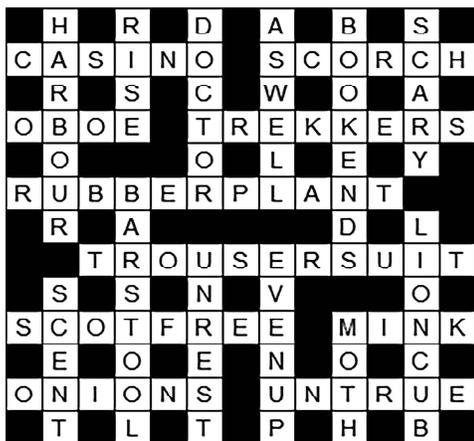
SAVE THE DATE
THE SPACE CENTRE SPRING BALL
Friday 17th May 2019
at The Barton Grange Hotel
Featuring Stephen Bayliss + DJ
with Raffle and Auction
Tickets £45 a head

For details please contact
Andrea on 01772 769 391

SPRING
[facebook.com/the.spacecentre/](https://www.facebook.com/the.spacecentre/)



Puzzle Solutions



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

Mindbenders

There's Something About Mary
Shakespeare In Love
Pretty Woman

Lateral Thinking

Four mice, each one near the tail of the mouse in the adjacent corner.



Fuzzy Photo

Pancakes

Useful Numbers

Police (Non Emergency) 101

Longridge 01772 209583
Broughton 01772 863390
Crime Stoppers 0800 555 111

Health Services

NHS (Non Emergency) 111
Longridge Hospital 01772 777400
Primary Care 01772 788058
NHS Direct 0845 4647/111
Samaritans 116 123
Royal Preston Hospital 01772 716565

Village Halls

Goosnargh 01772 865157
Grimstargh 01772 654509
Chipping 01995 61835
Longridge 01772 780607

Bus Enquiries

Preston Bus 01772 821199
Stagecoach 01772 255777
Ribble Valley 01772 865575

Rail Enquiries

National Rail 0845 748 4950

Councils

Preston CC 01772 906900
Longridge Town 01772 782461
Ribble Valley BC 01200 425111

Animal Care

RSPCA Advice 0300 1234555
RSPCA Emergency 0300 1234999

Leisure Centres

Westview 01772 796788
Fulwood 01772 716085
Longridge Sports Ctr 01772 784474

Libraries

Longridge 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



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