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Can you find me?



*Just think think think,
Of things you can do,
To make yourself better,
Before the year's through.*

*Resolutions can be tough,
Or simple as can be,
Making resolutions,
Are great for you and me!*

NEW YEAR'S RESOLUTIONS - Iram Khan

Congratulations to all those who found Miti hidden on page 2 in the Supalite Supastore Advert.
The winner picked out of the hat was Rebecca Newsham.

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

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Advertising Feature

New Year, New Feet?

"If only", I hear you say! Of course, it's not possible to actually get a pair of new feet, but with a bit of self-care and perhaps some professional attention you can come pretty close.



Read on for our Top Ten Tips to finding that walking on air feeling again.

1. Treat your feet to a relaxing, moisturising massage. Apply cream regularly and your feet will look and feel amazing.
2. Attend to your fungal toenails now to improve their appearance before its sandal time. The Foot Room can advise the most appropriate treatment for you.
3. Make friends with your Podiatrist. Regular chiropody treatment is a pleasant experience. Nails are trimmed, corns and callus gently removed and feet massages with moisturising cream to leave you walking on air!
4. Change your nail varnish! Regular nail varnish contains formaldehyde, parabens and toluene which damage and dry the nails causing flakiness and staining. Dr's Remedy nail varnish is formulated by a podiatrist with the nail's health in mind. It contains Tea Tree oil and wheat protein to nourish the nail and it allows the nail to breathe. Now available to purchase at The Foot Room.
5. Check out your foot posture. Are you rolling your feet inward or outward? Stand in front of a mirror and look which way your feet fall when relaxed. Low or high arches can be a cause of foot, knee, hip or back pain. Arch supports can make a big difference. Call The Foot Room on 01772 378812 for a Biomechanical Assessment.
6. Wear shoes appropriate to your activity. The right shoes for the job improve comfort and

prevent accidents. Wear flat, solid soled shoes for walking any distance, including mammoth shopping trips. Keep the high heels for special occasions only and very flat ballet pumps are best kept only for ballet too!

7. Get advice and treatment for long-standing verrucae. These stubborn warts are notoriously difficult to treat but The Foot Room has the latest treatment technology. Start now and you could be verruca free for the summer.
8. Go out for a walk. Regular exercise is good for the mind and body alike. Even a gentle stroll improves the circulation to the feet.
9. Get professional help for persistent ingrowing toenails to get that spring back in your step. The team at The Foot Room offer both short term and long term solutions.
10. Reflexology can improve general well-being as well as making the feet feel amazing. Our resident Holistic Therapist has many years' experience in both Reflexology and Foot Massage to take you floating into the new decade

the footroom
Longridge

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6

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Week 1 Friday 3rd January 2020

Week 2 Friday 10th January 2020

Week 3 Friday 17th January 2020

Week 4 Friday 24th January 2020

Week 5 Friday 31st January 2020

Week 6 Friday 7th February 2020

Week 7 Friday 14th February 2020

Week 8 Friday 21st February 2020



Entry Fee £5

Best of 5 Legs of 501

8.15pm Start

Enter on the night
up to 8.00pm

FINALS NIGHT

Friday 28th February 2020

For more Information Contact Vinny Holden: Mobile: 07715130145
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A Brief History Of ... New Years Day

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the new year in late March, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian

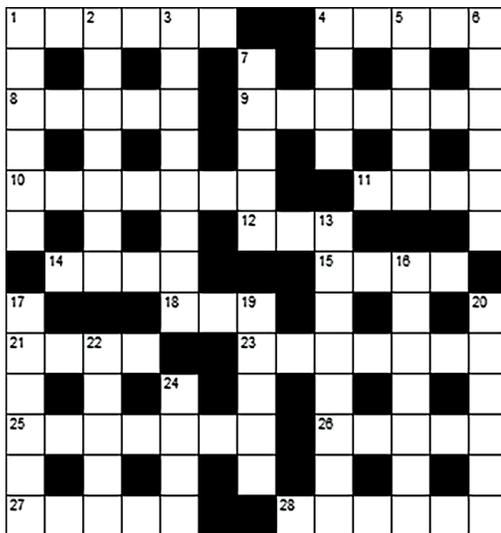


Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Although in the first centuries AD the Romans continued celebrating the new year, the early Catholic Church condemned the festivities as paganism. But as Christianity became more widespread, the early church began having its own religious observances concurrently with many of the pagan celebrations, and New Year's Day was no different. New Years is still observed as the Feast of Christ's Circumcision by some denominations.

During the Middle Ages, the Church remained opposed to celebrating New Years. January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

Crossword



- | | | |
|---------------|----|--------------------------------|
| Across | 1 | Informal gathering (6) |
| | 4 | Intolerant person (5) |
| | 8 | Bloodsucking worm (5) |
| | 9 | Exceptional, particular (7) |
| | 10 | Funeral procession (7) |
| | 11 | Lazy (4) |
| | 12 | Short sleep (3) |
| | 14 | Fakir, mystic (4) |
| | 15 | Admire, commend (4) |
| | 18 | Winner's trophy (3) |
| | 21 | ___ and hearty (4) |
| | 23 | Salad vegetable (7) |
| | 25 | Branched horns (7) |
| | 26 | Sibling's daughter (5) |
| | 27 | Large wading bird (5) |
| | 28 | Smouldering pieces of coal (6) |
| Down | 1 | Join two ends (6) |
| | 2 | Casual farewell (7) |
| | 3 | Physically strong, fit (8) |
| | 4 | Infuse, ferment (4) |
| | 5 | Association, society (5) |
| | 6 | Steering lever on a boat (6) |
| | 7 | Pale with shock or fear (5) |
| | 13 | Precious metal (8) |
| | 16 | Four stringed instrument (7) |
| | 17 | Sword case (6) |
| | 19 | Deluxe, lavish (5) |
| | 20 | Splits, cuts apart (6) |
| | 22 | Subsequently (5) |
| | 24 | Long period of time (4) |

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

Sudoku

How To Play Sudoku

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

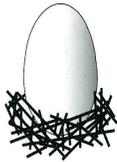


Fuzzy Photo!

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

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

Lateral Thinking



If an average hen's egg is 5cm long and weighs 300 grams, and an average peacock's egg is exactly twice the length and 2.5 times the weight, which has the greater circumference?

Mind Benders

Find the three hidden phrases

Yesterday **BOOM**

toria sponge

2, 3, 5, 7, 9, 13 pm

Garden Feature

Garden View

This month - Witch Hazel

January is a great time to plant deciduous trees and at this time of year a tree with added winter interest is always a welcome sight. Enter the witch hazel. These lovely trees with their citrus-scented spidery flowers are widely sold in garden centres as container-grown plants

Look for plants with a number of evenly distributed well-placed branches and avoid those showing signs of stress, damage or disease.

Ideally choose an open, sunny position in the garden. They also work well if planted next to pathways and doors where you can enjoy their gorgeous scent on wintery days. Avoid very shady sites though or the plant may become straggly

Witch hazels need free-draining soil that doesn't dry out in summer. A light soil mixed with plenty of organic matter, such as well-rotted manure or compost, is best. They will also grow on heavier clay soils but make sure that as well as digging in plenty of organic matter you ensure good drainage by planting on a slight mound, about 25-30cm (10in-1ft) high and 1m (3½ft) in diameter. The only soil witch hazels won't tolerate is a shallow chalky soil. And make sure you don't plant them out if the ground is



waterlogged.

Witch hazels grow slowly but eventually make large spreading shrubs. They aren't fond of pruning so make sure you leave enough space around your plant for it can develop naturally. Make sure they are well-watered throughout the first couple of springs and summers as they take a long time to fully establish and lack of moisture can cause flowers to drop.

They don't need regular feeding but applying a top dressing of a general in late winter or early spring will help young plants to grow.

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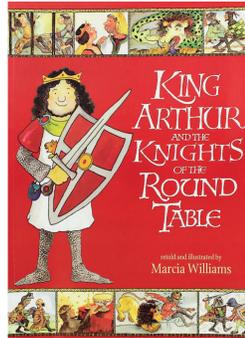
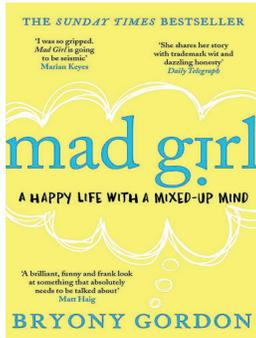
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Book Review

A Good Read



the journey that lead her to the present day. This is a must-read for everyone, regardless of how good, or otherwise your life currently is. We all struggle at times and Bryony's story provides plenty of food for thought.

King Arthur and the Knights of the Round Table by Marcia Williams

Much has been written around the mythology of various cultures – from the Greeks and Romans to the Norse gods. All too often our own mythology is forgotten though, so this wonderfully illustrated comic strip style book is a treat. It retells the British myths of King Arthur for a new generation.

Marcia Williams has gathered together a number of different stories and, with a wonderful sense of humour, presents them for young readers. There is something for everyone: the sword in the stone, the origins of the round table, and the search for the holy grail, to name a few. Familiar characters are on every page including Arthur, Merlin, Guinevere, and Lancelot. She also introduces characters who are not so familiar such as Sir Pellinore, and Sir Accolon, who nearly kills Arthur in a case of mistaken identity!

This is a fantastic introduction to the stories of King Arthur and is bound to inspire young readers to want to learn more about these stories that have gripped readers for centuries.

Mad Girl by Bryony Gordon

Mental health is in the news a lot these days with high profile campaigns by the younger royals to raise awareness, and discussions over funding for people who need help. When we talk about mental health it helps to reduce the stigma surrounding the issues, and people have been shown to be more likely to seek help. And this is where the book by Daily Telegraph columnist Bryony Gordon comes in.

This is a funny, inspiring, and frank look at mental illness as Bryony recounts her own personal experiences. Starting in her childhood when she developed OCD and bulimia she looks back on her experiences and doesn't shy away from reality of her life back then. A pervasive fear that she had killed someone but had forgotten about it led to her to try to find some aspect of her life that she could control – which led to the bulimia. Each chapter then leads the reader through different phases of her life as it begins to spiral out of control with drug abuse, before an inspiring trip to the Arctic Circle as part of her job helps her to turn her life around. It was a slow process, but she finally decides to take control and starts on



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Thursday	Beginners Ballroom & Latin Popular sequence class starting with Rumba 1 and Mambo magic	7:45 - 8:30pm 9:00 - 9:45pm
Saturday	Strictly COME Social Saturdays (Last Saturday of the month)	8:00 - 11:00pm

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Recipe Idea

Bacon and Mushroom Risotto

A tasty and simple New Year supper

Preparation time: 10 minutes

Cooking time: 30 mins

Serves 4

Ingredients

1 tbsp olive oil

1 onion

8 rashers streaky bacon, chopped

250g chestnut mushrooms, sliced

300g risotto rice

1 litre hot chicken stock

Grated parmesan to serve

Method

Heat the oil in a deep frying pan and fry the onion and bacon gently for 5 mins to soften. Add the mushrooms and cook gently for a further 5 minutes until they start to release their juices. Stir in the rice and cook until the rice begins to look translucent.



Add the stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful – it will take about 20 mins for all the stock to be absorbed.

Once the rice is cooked, season and serve with the grated Parmesan.

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FRI JAN 17TH the brilliant Coachmen

FRI JAN 24TH foot stomping duo doing Blues Brother's Madness etc

FRI 31ST JAN fantastic light show and music from the Alphbetaal Twins

ALL MUSIC STARTS 8.30 ISH

RACE NIGHT FOR ALZHEIMERS AND DEMENTIA Thurs 16th Jan from 8 horses jockeys trainers for sale now £2 each or sponsor a race for £10, prize for winning horse jockey and trainer in each race, see bar for details

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Feature

Your 2020 Vision for 2020 child?

Hindsight is a wonderful thing. We often reflect on the past year and mourn chances we didn't take or connections we didn't make. Instead of looking longingly backwards, perhaps 2020 is a good year to develop your vision for the future so that it's...well...20/20!

Review your goals — short and long-term

Are your everyday activities helping you to accomplish your short-term goals? Are you working on meaningful projects? Make sure at least some of your daily activities help you to accomplish your short-term goals, and that those short-term goals can build to let you accomplish larger goals and objectives.

But don't be a slave to your goals. It's okay to change directions and shift deadlines. January is a great time to reevaluate. Are your long-term goals from six months ago still relevant to you today?

It can be helpful to write down your goals using pen and paper, and then hang them in a place where you can see them. This acts as a visual prompt to remind you and inspire you during the day-to-day grind.

Nurture relationships

Sometimes friendships and family relationships get placed on the backburner when we're busy. Are there friends and relatives in your contacts list who you haven't spoken with lately? Use this season to catch-up, reconnect, and nurture the relationships that matter.

Request a planning meeting

It could be with your boss, or your partner! When you think about the next year — do you see yourself staying at the same job? If so, do you want to be considered for promotion or a transfer? Would you like to plan a big trip with your partner, or start a family?

With your boss you might mention projects you'd like to lead, qualifications you'd like to study for. With your partner you might want to



talk about joining a gym together, planning a safari, or taking up ballroom dancing.

These discussions are useful in both your work and your private life. They can help you understand points of dissatisfaction in your work or relationship and give you the clarity you need to explore a change.

Invest in yourself

There's a difference between being comfortable and being complacent. Try stepping out of your comfort zone and take an online course, sign up with the Open University or night classes at college. Try out a yoga class or a massage, or simply go away with a friend or a partner to a spa for a few days.

Reflect on lessons learned

January is not all about new beginnings.

It's nice to think about all you accomplished during 2019. What did you learn? What did you achieve? A lot probably happened in the past 12 months, but life moves so fast that too often we don't take time to reflect on all we've learned. Take note of your discoveries and think about ways you can apply those lessons with intention as you move into the new year.

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Feature

It's Written in the Stars...or is it? What should we make of astrology?

As the new year begins, those who enjoy astrology will check the heavens to see what the future might have in store.

Astrologers look for answers, signs and predictions in the movements of the celestial bodies. There is a long history of humans using the stars to plan their lives. Farmers used the skies as a calendar as long ago as Ancient Egyptians, when the rising of Sirius, the Dog Star, around mid-July, was seen as a marker of the imminent annual flooding of the Nile; and Sailors have long used the night skies to aid navigation.

We don't know who first came up with the idea of looking at divining the influences of nature on humans, but some form of astrology shows up in the various belief systems of ancient cultures.

In Ancient China, noblemen looked at eclipses or sunspots as portents of good or bad times for their emperor. The Sumerians and Babylonians watched planets and stars as a way to keep track of where gods were in the sky. The ancient Egyptians contributed the idea that patterns of stars made up constellations, through which the sun appears to "move" at a specific time during the year.

It's thought that all of these ideas came together when Alexander the Great conquered Egypt in around 330 BC. The Greek logisticians and mathematicians worked out rules for how divination by the stars could work.

Imagine a straight line drawn from Earth through the Sun and out into space beyond our solar system to where the stars are. As the Earth follows its orbit around the Sun this imaginary line rotates, pointing to different stars throughout one complete trip around the Sun — or one year. All the stars that lie close to the imaginary flat disk swept out by this imaginary line are said to be in the zodiac.

The astronomer Ptolemy helped popularize the 12 signs in his book *The Tetrabiblos*. They are: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra,



Scorpio, Sagittarius, Capricorn, Aquarius and Pisces. Ptolemy also developed the idea that signs along the zodiac that were 30° wide, and that the sun moved through them regularly during the year.

For centuries, astrology was considered basically the same thing as astronomy - the scientific study of celestial bodies. This only changed around the beginning of the Enlightenment in the late 17th century with Sir Isaac Newton's work on the motion of the planets and gravity. He started a whole new mathematical and scientific approach to looking at the sky and the motion of planets and the earth.

But the appeal of looking to the stars for answers has never waned. Astrology remains popular today, probably due to the fact that humans tend towards romanticism and also towards a psychological phenomenon known as confirmation bias where we search for interpretations that match what we already hope to be true. We latch on to events that corroborate our beliefs and ignore those that don't fit the pattern.

But if nothing else, astrology is fun, and scientist that I am...I still read the horoscopes!




What's for dinner tonight?

NO FOOD - and NO MONEY to buy any?
RIBBLE VALLEY FOODBANK can help

- personal crisis
- sudden job loss
- illness
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RIBBLE VALLEY FOODBANK can provide emergency supplies

Vouchers for referral to the Ribble Valley Foodbank (Longridge Centre) can be obtained from: GP surgeries, schools, health visitors, housing associations, Citizens Advice Bureau, Farming Community Network, Wellbeing Centre, Youth Centre and all local churches.

For more information
 Email: info@ribblevalley.foodbank.org.uk
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No one in Longridge needs to go hungry

**Do you love to sing?
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Fun, Interactive, therapeutic singing and music for all!

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 Station Road, Bamber Bridge
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 7PM - 8PM

THURSDAY
 St George's Church Hall
 Halliwell Street, Chorley
 PR7 2TT
 10AM - 11AM

Health Warning
 Singing can seriously
 improve your health & well-being!

SKYLARKS COMMUNITY CHOIR
 (non-profit organisation)
 Singing for health & well-being!

WEDNESDAY
 Our Lady & St Gerard's
 Parochial Centre
 Brownedge Road, Lostock Hall,
 PR5 5AA
 11AM - 12 MIDDAY

THURSDAY
 St George's Church Hall
 Halliwell Street, Chorley
 PR7 2TT
 11.30AM - 12.30PM

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Please contact **Jane** or **Louise** for further information on
 07538 580296 or skylarkenetwork@gmail.com

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£1 play



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SpringFieldFellWalking Club

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

04/01/20 ARNSIDE
 'A' - 13 MLS ; 1900' TL. ASC.
 'B' - LEADER 9 MLS ; 1200' TL. ASC.
 'C' - LEADER 7.1/2 MLS ; 1000' TL. AS

18/01/20 PATELEY BRIDGE
 'A' - 12 MLS ; 2100' TL. ASC.
 'B' - 9 MLS ; 1500' TL. ASC.
 'C' - 8.1/2 MLS ; 1200' TL. ASC.

01/02/20 AMBLESIDE
 'A' - 10 MLS ; 3100' TL. ASC
 'B' - 9 MLS ; 2500' TL. ASC.
 'C' - 7.1/2 MLS ; 1500' TL. ASC.

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

Community Noticeboard

Free for all charity, not for profit groups and community organisations. To appear please Call Maria on

01772 865970 or email community@jampublications.co.uk by the 16th of the month prior to print.



Preston & District Walking Club

Want to walk but don't know where?

Try us before joining.

A wide range of walks for all abilities.

Local Car walks and further afield by Coach. www.pdwc.org 01772 813498

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North West Ev Owners

We meet the 3rd Wednesday of every month 7.00 PM

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The Broughton Inn, Broughton, Preston, PR35HE.

Every one is welcome to come and discuss Electric Vehicles of any type and make, Hybrid, Plug in Hybrid or Full Electric.

Do you drive one ???.

Do you want to ask questions from owners before you buy one.

What type is best for me to buy ???.

True Running Costs, Charging cost and Types 1,2, & Rapid ?.

What is a self charging Hybrid ??.

The myths about range anxiety ??? & Reliability.

How do I find Chargers ? And what types are they ?.

For more details turn up on the night or contact.

Email — tonydanton@gmail.com Tel — 07968437837



Charity Lunch

Thursday 6th February 2020

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 Steve Ashcroft (Longridge Mayor)
amusing talk 'What every woman should know'

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)

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 24th 2019

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

ST JOHN BAPTIST CHURCH, BROUGHTON

THE HALL PLAYERS



www.hallplayers.org.uk
email: the_hall_players@hotmail.com

Box Office No: 07904 129139
hallplayerstickets@hotmail.com

'The Hall Players' – please like and share

59th SEASON 2019/2020

The Hall Players is a voluntary community group which aims to encourage local residents of all ages and social backgrounds to participate in all aspects of the production and staging of amateur theatre. We provide high quality affordable entertainment to the wider community.

22nd, 23rd, 24th & 25th April 2020

Don't You Want Me?

A comedy by local playwright and Hall Player member, Andy Bennison
In the 1980s, the Craven Street Community Centre Discos were legendary. With the building due for demolition there is one last chance for old friends to meet again after nearly forty years. It's a night for dancing, drinking, reminiscing and the re-opening of old wounds.

Present

don't you want me

A COMEDY BY ANDY BENNISON

BEING PERFORMED ON:
Wednesday 22nd April
Thursday 23rd April
Friday 24th April
Saturday 25th April
www.hallplayers.org.uk

AT: **PRESTON PLAYHOUSE**
Market Street West
Preston PR1 2HB
at 7.30 pm

BOX OFFICE: 07904 129139
email: hallplayerstickets@hotmail.com
also available: www.prestonplayhouse.co.uk

TICKETS	
Wednesday	£9.00
Concessions	£8.00
Thursday-Saturday	£10.00
Concessions	£9.00

noda
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SEARCH FACEBOOK FOR
HALL PLAYERS

The Fellside Team of Churches

have a concert with singer/songwriter
Steve Parsons at
St Mary's Goosnargh
on Saturday September 14th at 7-30pm.
Tickets £5
available from 01995 643245
or pay on the door.

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.

Deadline for Community Noticeboard is 16th of the Month

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

Longridge Heritage Centre Trust

Registered Charity No. 1158326
The Old Station, Berry Lane,
Longridge. PR3 3JP Tel: 01772 437958
Email: info@lhctrust.org.uk
Reopens Monday January 6th 2020

New corridor display Longridge Railways

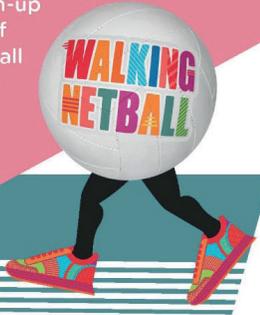
The Heritage Centre is open Monday to Friday, 10 to 4, for information and sales of maps, books and historic photos from the Town Archive

We wish you all a Happy New Year!

MyGame

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment.

Every session contains a gentle warm-up and a game of Walking Netball is for all ages and abilities.



Wednesday 11am - 12pm
Starts 30 October, 2019
Preston's College, St Vincents Road
Fulwood, Preston, PR2 8UR

Contact us online:
www.prestonnetballclub.co.uk

Contact Deb Gardner: **07973 417266**



Longridge & District Local History Society

www.lhls.org.uk and facebook

In the New Year on Thursday 16th January, we welcome **Nick Wotherspoon**, an author of two books on Laurie Bond and the range of Bond minicars that he developed which were built in Longridge and Preston. Nick is an enthusiast for the cars which were once a common sight on our roads during the post war austerity years.

"History of Bond Minicars".

Our programme continues on 20th February when **Heather Davis** the Conservation Manager for Lancashire County Museum Service returns. She is responsible for the care of the collections in our Museums and Art Galleries, historic houses, archaeological sites. She will be speaking on a topic entitled

"Mud, Manure and the Silk Road: a short history of pigments from ancient time to today"

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

The Society's annual dinner will be held on 6th February at Ferrari's restaurant where we will be entertained by **Dr Jenni Hyde** *"Singing the News in Tudor England"*.

Visitors and new members are most welcome.

Admission £2.50 for visitors email: chair@lhls.org.uk

BINGO

@

Barton Village Hall Garstang Road Barton PR35AA

MEAT BINGO

Re-commences on Monday 13th January 2020

Doors open @ 6.45

Eyes down 7.30

ALL WELCOME

Email your information to community@jampublications.co.uk

Community Noticeboard

PRESTON GARDENING SOCIETY PROGRAMME 2020

21st January 2020
Don't go to Sleep during Winter

St Andrew's Church Hall
240 Tulketh Road, Ashton-on-Ribble,
Preston PR2 1ES
start 7.30pm
refreshments and raffle
new members always welcome

Preston Angling Association

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

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

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

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

GET FIT - HAVE FUN!



ROLLER DISCO

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

Bring your own skates, or kids skates available to hire £2. Please like us on Facebook and check to see if weekly sessions are running .

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 3pm - 4pm and give it a try!

Learn to Skate 11th Jan to 8th Feb 1-2pm



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

Myerscough Farmers Market & Craft Stalls

1st Saturday in every Month
(not Jan)

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

Contact –Email-
sforrest@myerscough.ac.uk
or Nicky Baylis:
baylis16@btinternet.com

Contact Number 07767663345

Sibs
networkUK

Preston

adult sibling group

- Do you have a brother or sister with life-long learning disability or autism?
- Would you like to meet others with similar experiences?
- Come along to our support group and gain information and support as a sibling.
- To register to attend the group visit www.sibs.org.uk

This group is part of SibsNetworkUK and follows the principles of Sibs charter for adult sibling groups. Sibs is the UK charity for brothers and sisters of disabled children and adults.

www.sibs.org.uk Registered charity no. 1145200. Limited company no. 7834303

Ribchester Farmers Market

1st Saturday of the month,
10am til 2pm

February-December
Ribchester Sports Social Club,
Church St, Preston PR3 3YE

www.facebook.com/ribchester2017

Goosnargh & Whittingham Heritage Group

www.gwhg.org.uk

We research, record and celebrate the rich heritage of the parishes of Goosnargh and Whittingham.

New members are always welcome

Meet on the 3rd Monday of the month
(not August or December)

for more information www.gwhg.org.uk



The Guide

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Community Noticeboard

Goosnargh/Whittingham Over 60's Club

The club meet on the second Thursday
in the month at 7.30pm
in the Village hall.

We have a variety of speakers and
occasional trips out and meals.

New members of a mature age! will
be very welcome.

PHOENIX PATCHERS

Meet at
Barton Village Hall (on the A6)

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

Beginners welcome

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

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

The Club Players at Broughton

announce their 74th Season Broughton and District Club ,
Whittingham Lane , Broughton , PR3 5DA

"HOBSON'S CHOICE" the classic Lancashire comedy by Harold Brighouse directed
by Gillian Hodgson TUESDAY JANUARY 21st to SATURDAY JANUARY 25th 2020

This production is in Association With The Hall Players of Fulwood .

Tickets £8 each

"LADIES IN LAVENDER" based on a story by William Locke , directed by Liz Hobin

WEDNESDAY APRIL 1st to SATURDAY APRIL 4th 2020 Tickets £8 each

Seating for all performances is "Cabaret Style"
ie around tables for up to eight people .

The Hall Bar will be open to purchase drinks prior to each performance and during
each interval.

Each performance starts at 7.30pm

Tickets can be booked by mobile or text to 07395825407

Email theclubplayers@gmail.com

Puzzle Solutions

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P	H	T		A		R		U		I			
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7	9	8	5	1	2	4	6	3
5	3	4	9	6	8	1	7	2
8	6	2	4	9	5	7	3	1
1	7	9	2	8	3	6	4	5
4	5	3	6	7	1	9	2	8

Mindbenders

Blast from the past
A piece of cake
Prime time

Lateral Thinking

Peacocks do not lay eggs.



Fuzzy Photo

Big Ben

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

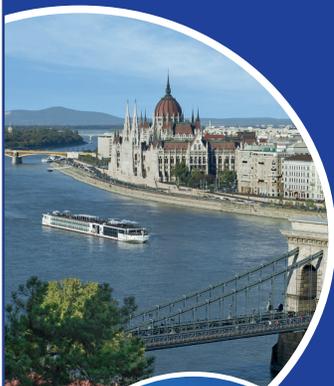
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