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*“November comes  
And November goes,  
With the last red berries  
And the first white snows.*

Can you  
find me?



*The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring.”*

**NOVEMBER COMES** By - Elizabeth Coatsworth

Congratulations to all those who found Miti hidden on page 17 in the St Marys Primary Advert.  
The winner picked out of the hat was Hannah Rigby.

She returns this issue - can you find her? She is hidden somewhere  
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Recently the Podiatry team at The Foot Room attended a conference to update themselves on recent developments in the profession.



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## ***But they are just doing my feet, aren't they?***

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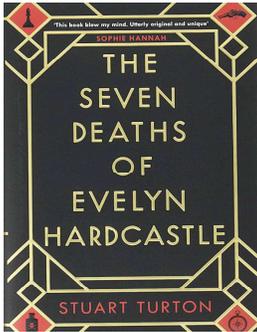
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## Book Review

# A Good Read



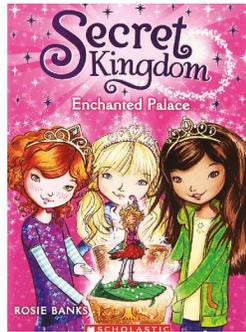
### **The Seven Deaths of Evelyn Hardcastle by Stuart Turton**

*Murder mystery stories have been popular for centuries. However, I would say that you have probably never come across a murder mystery story quite like this. Debut author, Stuart Turton, admits to being inspired by the novels of Agatha Christie, but this is far from the likes of Miss Marple or Hercule Poirot.*

*Set in a large country house in the early 20th century our protagonist wakes up in the middle of a wood. He is not wearing his own clothes and he soon realises that he is not in his own body. Confused by what is going on he hears a gun shot and stumbles his way through the wood to Blackheath House. He is greeted by a man who calls him Sebastian Bell, but this name means nothing to him. Eventually he is visited by a mysterious man in a plague doctor's mask.*

*Our protagonist is called Aidan Bishop and he has until the end of the day to solve a murder. If he fails then the day will start all over again, but this time Aidan will not be Sebastian Bell. He will live the same day over in eight different 'hosts' and so he has eight days to solve the murder of Evelyn Hardcastle.*

*Evelyn has been murdered hundreds of*



*times.*

*Part Agatha Christie, part Quantum Leap, this novel will keep you guessing with plot twists appearing throughout. Oh, and expect to feel confused: Turton has done a stunning job of weaving the eight different days together. Just go with it and enjoy the journey!*

### **Enchanted Palace by Rosie Banks**

It is clear from the minute you look at this book who it is aimed at. A pink and sparkly cover welcomes young readers into the world of 'The Secret Kingdom'. This is the first instalment of this successful series of books that follow the adventures of best friends Ellie, Summer, and Jasmine.

As the book begins, the three friends are helping their teacher run a stall at their local jumble sale. As they are packing up, they find a strange-looking locked wooden box. Too late to sell it they take it home with them to try and open. What happens when they do shows them a world they never knew existed: The Secret Kingdom.

King Merry needs their help. His wicked sister, Queen Malice is plotting to destroy the kingdom and turn it from a joyful place, full of unicorns, fairies, and mermaids, into a dull and dreary land, making everyone as miserable as she is.

Can Ellie, Summer, and Jasmine, solve the riddles that will let them save the Secret Kingdom from the Queen? Join them on an adventure of a lifetime, riding on the backs of the royal swans and rainbow slides.

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## Fact of the Day

**Did you know that our eyes are always the same size from birth, but our nose and ears never stop growing.**

## A Brief History Of ... Remembrance Day

Remembrance Day, also known as Poppy Day, Armistice Day, or Veteran's Day, is a memorial day celebrated by all Commonwealth countries. It is a day to honour and remember the brave civilians and members of the armed forces.

November 11 was selected to commemorate the end of World War I in 1918. The war officially ended on the 11th month, 11th day, and finally, the 11th hour. At this time, the Germans signed the Armistice which ended it officially.

The poppy is a significant part of this day because of the world famous poem written by fellow Canadian, Lt Colonel John McRae. In Flanders Field was written the day after McRae witnessed his best friend die, Lieutenant Alexis Helmer. The fields were filled with the bright red poppies and it is now why we wear one each year to commemorate the wars.

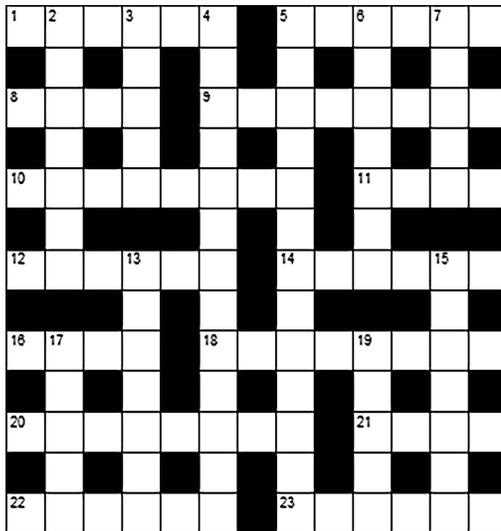
Currently, there are 54 Commonwealth states including



Canada, the United Kingdom, Australia, Zambia, and Uganda. Prior to 1931, Newfoundland was a Commonwealth member- before they officially joined Canada.

There is a site through Veterans Affairs Canada with a 'Canadian Virtual War Memorial' where you can find the names of soldiers who died as a result of the war. You can search for soldiers from the Cape Breton, Nova Scotia area.

## Crossword



### Across

- 1 Affirms (6)
- 5 Grabbing, seizing (6)
- 8 British aristocrat (4)
- 9 Rest, break (8)
- 10 Defensive walls of a castle (8)
- 11 Part of the foot (4)
- 12 Athletic throwing event (6)
- 14 Apologise, atone (6)
- 16 Scrap, fight (4)
- 18 Members of the crow family (8)
- 20 Remove the riding seat from a horse (8)
- 21 Enclosure for chickens (4)
- 22 Pacify (6)
- 23 Arduous, irritating (6)

### Down

- 2 Giant rogue wave (7)
- 3 Bind, fasten securely (3,2)
- 4 Not at all intoxicated (5,2,1,5)
- 5 Large box filled with riches (8,5)
- 6 Thick sweet tomato sauce (7)
- 7 Female relation (5)
- 13 Small edible fruit, may be black, white or red (7)
- 15 Infant (7)
- 17 Christmas theatre show (5)
- 19 Atrophy (5)

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

## 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



A completely naked man robs a newspaper kiosk, and then runs off into the crowd. The police are unable to find him, and all the witnesses have trouble describing him. Explain.

## Mind Benders

Find the three hidden phrases

busine  
 Cobalt  
 Prussian + A, B  
 Royal AB, O



## CHRISTMAS LIGHTS SWITCH ON – CITY SET TO SHINE

**Preston is set to be 'lit up' during the glittering Christmas Lights Switch On, on Saturday 23rd November from 5.30pm.**



The city centre lighting scheme, funded by city centre businesses via the BID and Preston City Council, will span more than 1.5 miles and feature hundreds of thousands of super-bright LED bulbs which are 70% more energy efficient than traditional bulbs.

The Flag Market is once again expected to be packed with thousands of people as the city officially starts its countdown to Christmas. The event, funded by city centre businesses and organised by the BID, is being staged in partnership with Smooth Radio North West - the region's largest commercial radio station. Featuring a packed bill of performers, the event will include something for all the family before the switching on of the lights at around 7.45pm. Mark Whittle from Preston BID said: "The Switch On is the city's biggest free family show attracting thousands of people very year.



"Thanks to our partners and sponsors this year's event is set to be even better with some great live performers lining up for the show - everyone's invited; we look forward to seeing thousands of people making their way to the city centre and helping us launch Christmas in the Preston". The show will include a performance from 'Boyz

on Block', a band fused together with leading members of some of the 90's and 00's biggest boy bands.

With a collective fifteen number ones and having sold more than 30million records, Boyz On Block will perform some of the biggest hits from their respective bands, Five Another Level, Phats and Small and Boyzone.

The stage show will also feature a vocal performance, from Chloe Rose. Chloe is singer, 'Tik Tok' star and influencer with an online following close to 5million.

Younger members of the family will have the chance to enjoy a 'live' stage-performance from superheroes Catboy, Owlette and Gekko, stars of the hit PJ Masks series.

Local signed singer songwriter Harvey Brittain and his band will join the line-up which will also feature a upbeat set from 'Ska Face' a ten-piece ska and two-tone band from the county.

Organisers have also confirmed there's one more surprise still to come!



Group Programme Director of Smooth Radio North West, Jamie Griffiths, said: "We are so excited to turn on Preston's lights with a soulful evening of festive fun.

"The Christmas lights switch-on is always a huge event in Preston, attracting thousands to the city. Thank you to the people of Preston for continuing to tune into their favourite relaxing music mix as we celebrate another year as the region's biggest commercial radio station.\* "

The event is sponsored by The Fishergate Shopping Centre, Preston's College, St George's Shopping Centre, The Walker Williams Group and Walton's Coach Hire.

Characters from PJ Masks will also be making an appearance in The Fishergate Centre and St George's Shopping Centre on the day of the event. For more information visit the Preston BID or Shop Preston Facebook pages, or visit

[www.bidpreston.co.uk/christmas](http://www.bidpreston.co.uk/christmas)



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13

# Garden View

This month - Pots of cabbage!

November can be a bit of a grey, miserable month. My kids would call it 'meh'. I like to inject some colour with winter bedding plants. A cheerful pot by the front door can make you smile on the gloomiest morning. Obviously, the choice of plants for winter is not as large as during the summer months but there are enough varieties around to make very attractive combinations for pots. My favourite plant for winter pots has to be the ornamental cabbage. These robust beauties come in wonderful colours including cream, pink and purple – with either attractive frilly or very spiky leaves. They pair beautifully with winter-flowering pansies and hardy cyclamen.

Try planting three pots of different sizes using a colour scheme which co-ordinates with the cabbages. Plant a 50cm / 20inch pot with four large ornamental frilly cabbages surrounding a central spiky one, to give some height to the display. Then choose a smaller pot (38cm / 15inches) and plant one frilly ornamental cabbage surrounded by pink and purple winter-flowering pansies. Finally plant a small pot (25cm / 10inches) with a mixture of hardy cyclamen and white pansies. The resulting display will give you pleasure through November, December and January.

## Tips

Select a frostproof container because these pots need to withstand wintery conditions. The most dependable pots are made of fibreglass, lead, iron, heavy plastic, or stone. Most terracotta will crack in cold temperatures, but some glazed varieties are frost-proof.

Use a good general-purpose compost. There are mixes specifically made for use in containers, which provide the essential drainage that plants living in pots need.

Make sure you place plenty of drainage material in the bottom of the pots.

A good compost will contain enough slow release fertiliser to maintain the plants for several weeks during autumn and winter. If they still going strong as winter turns to



you can give them a bit of a feed, but by February or March you will want to think about replanting your pots with spring bedding.

Think about gravel – I like to use a layer of gravel over the soil of my winter pots for several reasons. It gives the planted pots an attractive finish, keeps rain from splashing back on to the plants, provides some insulation for the soil and reflects light and warmth in any winter sun thus creating a little microclimate in which the plants will be happier.

Water them! The plants will need moisture around their roots so water as needed unless the soil in the container is frozen. Do not water frozen pots because the plants are unable to absorb the water.

Happy gardening.

**By Rachael Leverton**

Stephen Walmsley



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BY NOEL COWARD

Two classic short plays by a very English genius



'Still Life' - the inspiration for 'BRIEF ENCOUNTER'

**WED 20<sup>th</sup> - SAT 23<sup>rd</sup> NOVEMBER 2019**

PLAYHOUSE THEATRE, MARKET STREET WEST, PRESTON

CURTAIN UP AT 7.30PM

TICKETS WEDNESDAY ADULTS £9 CONCESSIONS £8  
TICKETS THUR FRI SAT ADULTS £10 CONCESSIONS £9  
INC. PROGRAMME

**BOX OFFICE: 07790 081 536**

or EMAIL [grimsarghboxoffice@btinternet.com](mailto:grimsarghboxoffice@btinternet.com)

TICKETS ARE ALSO AVAILABLE ONLINE AT

**[www.prestonplayhouse.co.uk](http://www.prestonplayhouse.co.uk)**



Grimsargh  
Players

FREE PARKING VOUCHERS FOR TRINITY SQUARE CAR PARK  
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 [www.facebook.com/grimsarghplayers](http://www.facebook.com/grimsarghplayers)



Grimsargh  
Players

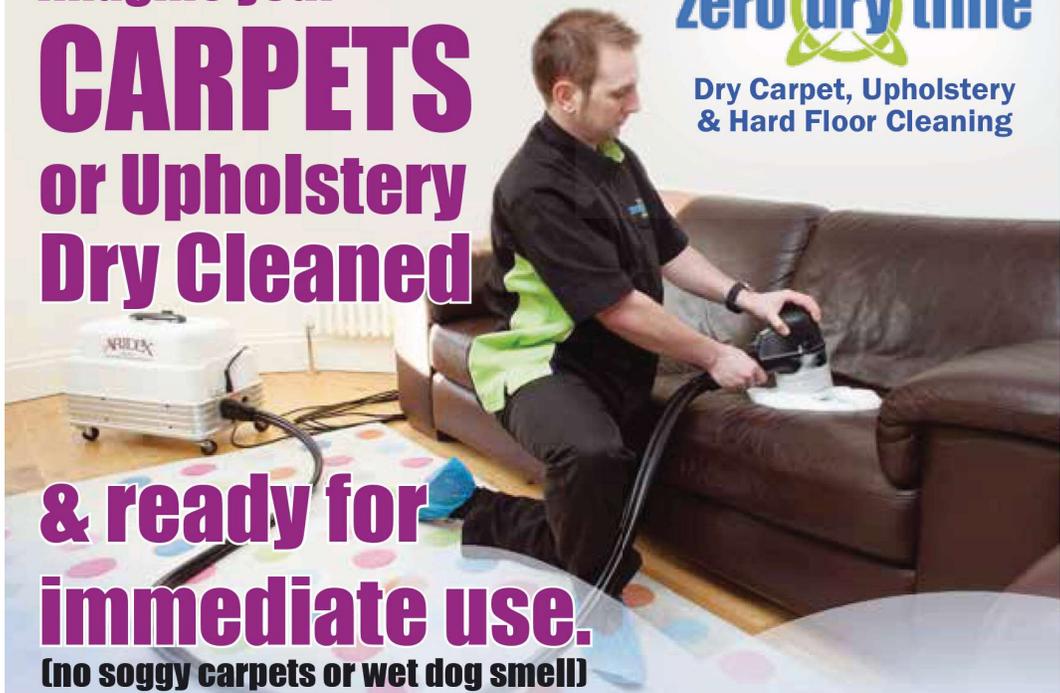
This amateur production of 'STILL LIFE' is presented by special arrangement with SAMUEL FRENCH

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**01772 780708**



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PRESTON PR3 3WH



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'Founded by Suzanne Waring in 1999, The Helping Hands Group are a cleaning, maintenance and homecare company committed to delivering an exceptionally high standard of service throughout the Lancashire area. Trust, care and customer experience is at the heart of everything we do. At Helping Hands we care about what our customers think and are only happy when they are. With 100% customer guarantee on all services, we strive to consistently deliver a customer experience which meets the exacting needs of our clientele.'



**Call: 01254 812 144** Email: [info@thehelpinghandsgroup.co.uk](mailto:info@thehelpinghandsgroup.co.uk)  
Web: [www.thehelpinghandsgroup.co.uk](http://www.thehelpinghandsgroup.co.uk)

  [HelpingHandsLtd](https://www.facebook.com/HelpingHandsLtd)

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Joan



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[allanr@caving.demon.co.uk](mailto:allanr@caving.demon.co.uk)

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\*Terms & Conditions apply.

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[www.gocruise.co.uk/paulandjoannk](http://www.gocruise.co.uk/paulandjoannk)




## What's for dinner tonight?

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

- personal crisis
- sudden job loss
- illness
- separation
- homelessness



**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](mailto:info@ribblevalley.foodbank.org.uk)  
 Tel: 07849 534431

**Restoring Dignity, Reviving Hope**

**No one in Longridge needs to go hungry**




## Lancashire Day Charity Lunch

**Thursday 28<sup>th</sup> November 2019**  
 at  
**FERRARI'S COUNTRY HOTEL**  
 Chipping Road, Thornley, PR3 2TB

Stalls from 11.30am  
 Lunch served 12.30pm  
 (Choice of menu on the day)

Followed by entertainment from Lancashire duo  
 'Trouble At' Mill'

Tickets available from:  
 Tel: 01995 640185  
 01772 864689

**Admission by prior booking only £25**

All Proceeds to Cancer Help Preston Ltd.  
 Reg. Charity No. 1032828  
 (Incorporating Vine House & Croston House)




## Do you love to sing? Share Music? Make new friends?

*Fun, Interactive, therapeutic singing and music for all!*

**TUESDAY**  
 Bamber Bridge Methodist Church,  
 Station Road, Bamber Bridge  
 PR5 6ED  
 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

**'EVERYONE WELCOME!.....even those who think they can't sing'**

Please contact **Jane** or **Louise** for further information on  
 07538 580296 or [skylarksnetwork@gmail.com](mailto:skylarksnetwork@gmail.com)

 FIND US ON FACEBOOK    Company Registration No. - 9583214

## CHRIST CHURCH BERRY LANE LONGRIDGE PR3 3JA

### CRAFT FAIR

**SATURDAY 30th NOVEMBER 2019**

**FROM 10 AM 'TIL 3 PM**

handmade items for sale including: cross stitch, hand knitted items, beading, crochet, cards, cakes, preserves, jewellery and much more. Plus crafts from West Africa – supporting our partnership with our friends in Sierra Leone.

Refreshments

*Some tables still available  
 phone 01772-782829*

## 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)  
**January Deadline 5th December**



### Knitting in the Museum.

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

LONGRIDGE CIVIC HALL

FREE ENTRY

# Christmas Market

Saturday 30th November  
10am-3pm

Variety of stalls Father Christmas  
Giving sweets to the children  
(11am-2pm)

Food Available

Mulled Wine

Carols

Mince Pies

FRESH CUT TREES

TO BOOK A STALL CALL  
01772 780607

LONGRIDGE CIVIC HALL, CALDER AVENUE, LONGRIDGE, PRESTON, PR3 3HJ

**Belmont care home presents...**

# Christmas Food Bingo

At St Wilfrid's club Longridge  
PR3 3WQ

Thursday 12th December

Doors open 7 p.m.

Eyes down 8 p.m.

Admission 50p on the door.




## North West Ev Owners

We meet the 3rd Wednesday of every month 7.00 PM

@

**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 ?.

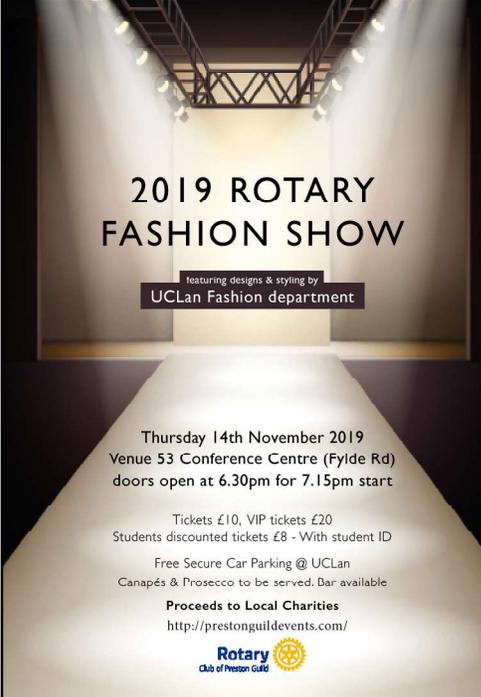
For more details turn up on the night or contact.

Email — [tonydanton@gmail.com](mailto:tonydanton@gmail.com) Tel — 07968437837







## 2019 ROTARY FASHION SHOW

featuring designs & styling by  
**UCLan Fashion department**

Thursday 14th November 2019  
Venue 53 Conference Centre (Fylde Rd)  
doors open at 6.30pm for 7.15pm start

Tickets £10, VIP tickets £20  
Students discounted tickets £8 - With student ID  
Free Secure Car Parking @ UCLan  
Canapés & Prosecco to be served. Bar available

Proceeds to Local Charities  
<http://prestonguildvents.com/>



## 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.



Welsh Club Preston  
Clwb Cymraeg  
Preston

Like To Speak Welsh?  
 Come & join us on the first Thursday  
 of every month in  
 The Harris Lending Library,  
 10.00 - 12. Croeso cynnes i bawb: beginners,  
 rusty or fluent. All welcome to share our beautiful  
 language. [www.welshclubpreston.org](http://www.welshclubpreston.org)  
[clwbsiarad@gmail.com](mailto:clwbsiarad@gmail.com)

Offering 15/30 hours free childcare for children aged 3 and above, and 15 hours for eligible 2 year olds.

## Ollie's Nursery and Out of School Care

For children aged 2-11 years.  
Pop in whenever or come along to our monthly  
"Stay and Play" toddler sessions:- 4.11.2019 & 6.12.2019 at 9am -10am  
Call, email or facebook us or call in for more info!

"The staff demonstrate an incredible passion for creating a truly inspiring nursery.  
"The nursery provides a wide range of activities that spark children's curiosity and ignite their desire to learn."(Ofsted 2018)

SPACES AVAILABLE: Pop your child's name down for 2019/2020







We are behind Goosnargh Olliverson's Primary School in Goosnargh. Contact us on 01772 866415 or email [k.cocks@olliestrust.com](mailto:k.cocks@olliestrust.com)

## 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](mailto:longsobadclub@gmail.com)

### Longridge Heritage Centre Trust

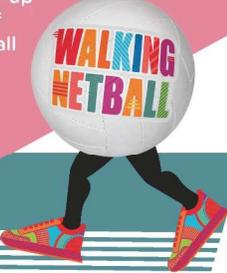
Registered Charity No. 1158326  
The Old Station, Berry Lane,  
Longridge. PR3 3JP Tel: 01772 437958  
Email: [info@lhctrust.org.uk](mailto:info@lhctrust.org.uk)

**Corridor displays**  
**November - Remembrance**  
**December - Christmas**  
**On view during The Old Station opening hours, Monday to Saturday, 9 to 4**  
**November 28th – evening opening for ‘Longridge Does Christmas’**  
**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.**

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

Contact Deb Gardner: **07973 417266**



## Longridge & District Local History Society

[www.lidlhs.org.uk](http://www.lidlhs.org.uk) and facebook

Our talks programme for the coming season continues on Thursday 21<sup>st</sup> November when **Dr. Graham Cooper**, an expert on the landscape and medieval deer parks in the Forest of Bowland, will be speaking on:

*"Bowland Landscape – development of field and park boundaries".*

At our following meeting on Thursday 12<sup>th</sup> December, **David Hindle**, a renowned local historian and author of several books including one on the Longridge railway, will be taking us on a journey along a coastal railway in a talk entitled:

*"History and Enjoyment of the Cumbria Coast Railway".*

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

Visitors and new members are most welcome.

Admission £2.50 for visitors email: [chair@lidlhs.org.uk](mailto:chair@lidlhs.org.uk)



**Dickensian  
Christmas  
Fayre**

**GOOSNARCH VILLAGE HALL**      **23RD NOV 2019**  
**2.00PM To 4.00PM**

£2.00 ENTRY INC REFRESHMENTS, CHILDREN FREE

STALLS	RAFFLE
TOMBOLA	CRAFTS
PRESERVES	CAKES

Visit Father Christmas  
Proceeds to  
St. Mary's Church

**NATIONAL RHEUMATOID  
ARTHRITIS SOCIETY  
PRESTON & DISTRICT BRANCH**  
meet every second Thursday in the Month  
at the MINERVA HEALTH CENTRE,  
Lowthorpe Road, Preston  
10.00 am to 12 noon  
ALL ARE WELCOME TO ATTEND  
Talks by the EXPERTS,  
together with mutual discussion in relations to  
own experiences. info on benefits that may be  
available to those with RA.. and their helpers  
We are not a social club but give an opportunity  
for those like ourselves to learn more about the  
subject -a condition NOT restricted to the OLD  
and INFIRM as so many mistakenly believe  
NO membership/joining Fees, NO pre-booking-  
JUST TURN-UP and join us  
- you can also enjoy a nice cuppa (Tea or Coffee)  
and a biscuit You will be welcomed with open  
arms Local contact M ; **07966 719934**

## Community Noticeboard



**PRESTON VETERANS BREAKFAST CLUB**

A Preston Veterans breakfast club (part of the national network) has been set up in Preston, we meet the 1st Saturday and 3rd Sundays in the month at Wetherspoons Greyfriars in Preston 10:00-12:30, have a breakfast, some banter with like minded people and a sign posting for any assistance on issues affecting you as a veteran.

Further details Face Book Preston Breakfast Club or ring Rob on 07887 684727

## Grimsargh Farmers Market 9am-1pm

3rd Sat of each month -  
Next Market is

**16th November**

Browse, shop and stop for a  
butty and brew.

If you would like more  
information please email  
The Market Coordinator at:

**markets@gvca.co.uk**



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 and 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](http://www.womenontherun.co.uk)

Tuesday Group 7pm - 8pm  
Leaders: Christine Acklam & Jane Taylor  
[christine.acklam@gmail.com](mailto:christine.acklam@gmail.com)

Thursday Group 7pm - 8pm  
Leaders: Helen Borking & Lindsey McGahey  
[helen.borking@gmail.com](mailto:helen.borking@gmail.com)



Find us on Facebook



ENGLAND ATHLETICS  
AFFILIATED CLUB

## 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](mailto:ddiggins10@tiscali.co.uk)

## The Club Players at Broughton

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

### MURDER MYSTERY

"MURDER FOR SALE " by Daniel Haresnape  
with Hot Pot or Gluten Free supper

THURSDAY NOVEMBER 14th to SATURDAY NOVEMBER 16th 2019 Tickets £ 12 including  
supper

"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

**A Fun Way**  
**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**



### The Lancashire Infantry Museum needs you!

We are looking for  
Saturday guides to  
escort visitors  
round the museum  
and to help with  
enquiries.

If you want to  
be part of a great  
team and can  
volunteer one Saturday  
in four, see our  
website (address  
below) for more  
details.



## AN APPEAL TO YOU

[www.lancashireinfantrymuseum.org.uk/vacancies/](http://www.lancashireinfantrymuseum.org.uk/vacancies/)

## Community Noticeboard

### SpringFieldFellWalking Club

Walk days Saturday every two weeks.

3 grades of walks are typically  
 'A' – 13 MLS ; 3000' TL. ASC.  
 'B' – 11 MLS ; 2500' TL. ASC.  
 'C' – 9 MLS ; 1000' TL. ASC.

Bus pickup Blackpool to Black Bull  
 Preston. Garstang Rd  
[www.springfieldsfellwalking.com](http://www.springfieldsfellwalking.com)  
 contact Tel: 01772 728718

### Goosnargh & Whittingham Heritage Group

[www.gwhg.org.uk](http://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](http://www.gwhg.org.uk)

Christmas Tree Fair Saturday 30th November 2019  
 11am - 2pm at St Paul's, Longridge

Grand raffle, mulled wine, lots of stalls and sideshows and our ever popular Christmas Cafe

There will also be Father Christmas in his Grotto

We hope to see you there 🍷

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](http://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](http://www.sibs.org.uk) Registered charity no. 1145200. Limited company no. 7834303

**Christmas at The Space Centre**

Saturday 14th Dec - 2 pm    Sunday 15th Dec 10am-5pm

Preston's College presents    SANTA'S GROTTTO

CINDERELLA    £6.00 per child

£4.00 per person    (Quality Gift)

Family of 4 - £12.00    Stalls & Activities

Refreshments & Raffle    Refreshments/Raffle

Contact Andrea on    Plus Christmas Alpacos

01772 769 391    will visit between 1-3 pm

Both dates to be    (weather dependent)

pre-booked.    Quiet Sessions available from 4 - 5 pm

on 15th December to See Santa

Dear Participant (Textile Bank)

*Grimsargh St Michael's PFA*

is participating in the Rag Bag textile recycling scheme which provides regular fundraising for your school / organisation and raises awareness about recycling.

Please bring any of the below unwanted items in a securely tied plastic bag to your indoor or outdoor textile bank on site.

**Rag Bag can accept good quality clean Men's, Ladies and Children's clothing, belts, bags and paired shoes (tied together).**

The bags will be collected when the bank is full and transported to the Rag Bag factory where they will be sorted and graded for reuse or recycling.

[www.rag-bag.co.uk](http://www.rag-bag.co.uk) 



**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.

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

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

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

**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](http://www.facebook.com/ribchester2017)

**Grimsargh & District WI**  
*Meetings held on 2nd Wednesday  
of the month in  
Grimsargh Village Hall*

**14th November  
AGM  
Competition -  
A Favourite Small Cushion**

All are welcome.



**The Guide**

is published by Jam Design & Publications Ltd  
Registered office: 30 Parklands Drive, Fulwood, Preston. PR2 9SJ

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## Community Noticeboard

### Preston & District 50+ Forum

Meets bi monthly at Derby House  
 ,Lytham Rd Fulwood, Preston PR2 8JE  
 (Spire entrance)

Next Meeting Monday 7th October 10am  
 for 10.15. Speaker Anne Oliver Head of  
 Community Engagement  
 Age UK North west. All welcome.

Discuss issues that affect over 50s -  
 transport, free TV licenses , annual  
 pensioners Parliament.

Contact 01772 729587 Email  
 pd50plusforum@gmail.com

## CALLING ALL PUPILS AT HIGH SCHOOL

### YOUNG VOLUNTEERS

Opportunities at **COSTA COFFEE** in St Georges Shopping  
 Centre in Fishergate Preston to come along and raise  
 funding for our local charity **HEARTBEAT** (Registered Charity No: 1168850)

Sponsored by  


**Saturday 12th October** (10.00am - 3.00pm)

**Saturday 16th November** (10.00am - 3.00pm)

**Saturday 14th December** (10.00am - 3.00pm)

#### Volunteering Duties:

- Helps to develop and improve your "Life Skills" (ie, Confidence, Communication, Self-esteem, Organisation, Leadership) in an enjoyable environment
- Good to give something back into the community
- Gain Networking Skills
- Good on their CV before leaving High School

Organized by John Gibson  
 Volunteer Sports Events Fundraiser for Charity  
 Email: johnsquashcoach@gmail.com

## Tai Chi for Health

*Gentle exercise with a focus on posture and breathing*

*Health benefits for both your mind and body*

*Helps relieve stress and tension*

*Improves strength in muscles and joints*

*Helps improve balance and coordination*



Mondays 10.30am - 11.30am (advanced)

Wednesdays 11am - 12noon (beginners/general)



Longridge Civic Hall



£3.50 per session

For more information contact:

Tracy Balko, Ribble Valley Up and Active: 01200 414484

**UP AND active**

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

## 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

## Puzzle Solutions

S	T	A	T	E	S	T	A	K	I	N	G
S	I	O	R	E	I						
D	U	K	E	B	R	E	A	T	H	E	R
R	A	M	P	A	R	T	S	H	E	E	L
M				A				U			
D	I	S	C	U	S	R	E	P	E	N	T
				U		A		E			
S	P	A	R	J	A	C	K	D	A	W	S
A				R				U		H	E
U	N	S	A	D	D	L	E	C	O	O	P
T				N				G		S	A
S	O	O	T	H	E	T	R	Y	I	N	G

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

### Mindbenders

Unfinished business  
Blue blood  
No holds barred

### Lateral Thinking

The kiosk was on a nude bathing beach.



### Fuzzy Photo

Guy Fawkes

## 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

WINDOWS 7  
END OF LIFE  
14TH JANUARY 2020



AFTER 14TH JANUARY 2020  
WINDOWS 7 WILL NO LONGER  
RECEIVE UPDATES FROM MICROSOFT.  
YOUR COMPUTER MAY BECOME  
INSECURE, MEANING A HIGHER RISK  
OF VIRUSES AND MALWARE, AND  
CERTAIN FUNCTIONS MAY STOP  
WORKING.

**WE CAN HELP!**

CONTACT US FOR ADVICE ABOUT UPGRADING YOUR  
SYSTEM. WE'VE BEEN HELPING LOCAL PEOPLE WITH  
THEIR COMPUTERS FOR THE LAST NINETEEN YEARS.

 **BLUE MOON COMPUTERS**

**01772 788400**

72 BERRY LANE, LONGRIDGE, PRESTON, PR3 3WH  
[WWW.BLUEMOONCOMPUTERS.COM](http://WWW.BLUEMOONCOMPUTERS.COM)

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