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Can you find me?



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

Contact Jam Publications 01772 865970 or 07790 119 858,  
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Sunday	Ballroom & Latin Beginners	8:00-9:00pm	£7.00
<b>PRE SCHOOL CHILDREN</b>			
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

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	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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## Councillor News

### **Warren Bennett is local South Ribble Borough Councillor for Coupe Green & Gregson Lane**

#### **Green Waste Scheme continues**

Payments are now being taken for the 2019/20 Garden Waste Collection Scheme. the scheme will continue at the same cost – £30 per year, per bin – offering residents fortnightly brown bin collections. With 22 planned collections every year, the scheme works out at £1.36 per collection.

The council has also opened up the scheme to include automatic year-on-year Direct Debit payments, meaning that once you sign up to garden waste collections for 2019/20, it will rollover and continue your annual payments for the service every year until you cancel. Please register by 19 March 2019 to make sure you receive of all 22 collections included in this years' service.

#### **Coupe Green Planning**

I've been chasing the current situation in regard to the interpretation of planning policy B2 (affecting Olive Farm) following the December planning meeting. This is something I've tried to progress since the original planning application came forward. I'm pleased to say we now seem to be making some progress and a supplementary planning document to address this will go to the Planning committee. I'm also pleased the director has agreed to arrange a meeting with all wards members who have B2 sites in their areas to get together to decide a way forward. All these sites vary, in size and in potential use therefore I don't want to see a one size fits all policy.

#### **May Elections**

With politics being the centre of the news for what feels like forever with Brexit talk the focus has a more local feel with all out elections in every ward for South Ribble Borough Council.

Is it the state of the local park, the need for

more activities for young people, improving services for older people, making the roads safer or ensuring that local businesses can thrive?

Whatever needs changing in your neighbourhood, you could be just the person to change it by becoming a local councillor. No other role gives you a chance to make such a huge difference to quality of life for people in your local area. Feel free to contact me should this be of interest and I can point you in the direction of each of the local party contacts.

#### **Brindle Road Planning Application**

The Persimmon planning appeal took place in December. Thanks to all those who have attended and spoken, in particular the Brindle Road Action Group.

I felt the inspector picked up the key points in his opening address as follows;

- 1, Character and appearance
- 2, Living condition in vicinity in regard to site access
- 3, Living conditions of future residence
- 4, Is the application consistent with development plan
- 5, Planning balance

I therefore focussed on these in my representations on your behalf, its now fingers crossed time.



**Regards Warren**

Cllr Warren Bennett : **07930 571039**

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7

## 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.

*Linder X*



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## 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

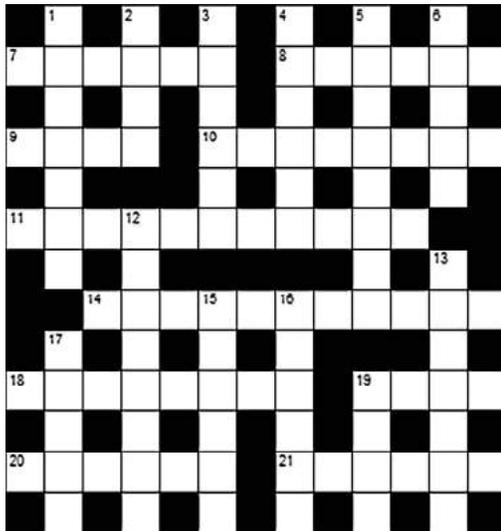
History tells us that St. Valentine was a real person. Valentine lived in the Roman Empire under Emperor Claudius II. Claudius II was known for getting his empire involved in bloody and unpopular campaigns. As a result, he had difficulty maintaining the number of people in his army. Claudius II believed 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 eighteen 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.

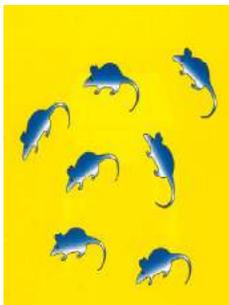


## Fuzzy Photo!

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.clipnclimbbreton.co.uk](http://www.clipnclimbbreton.co.uk) for more information and book online.



A large advertisement for Clip 'n Climb Preston. The top left features the brand logo 'clip 'n climb PRESTON' in green and yellow. The main image shows a child climbing a colorful wall. The background is a vibrant purple. Text elements include: 'CLIMBING WALL MEETS THEME PARK' in white and yellow; 'GREAT PARTY PACKAGES AVAILABLE STARTING FROM £15.50 per person' in a yellow hexagon; 'STANDARD SESSIONS ONLY £12.00 per person' in a yellow hexagon; 'OPEN THROUGHOUT THE SCHOOL HOLIDAYS' in a yellow hexagon; 'FREE DROPSLIDE EXPERIENCE (NORMALLY £2.50) BRING THIS LEAFLET WITH YOU WHEN YOU VISIT US T&amp;C'S APPLY' in a yellow hexagon; and contact information at the bottom: 'BOOK ON-LINE AT : WWW.CLIPNCLIMBPRESTON.CO.UK', 'TEL : 01772 655220 (WE STRONGLY RECOMMEND BOOKING IN ADVANCE TO AVOID DISAPPOINTMENT)', and 'OUR LOCATION : MILLENNIUM CITY PARK, PRESTON. PR2 5BW'.

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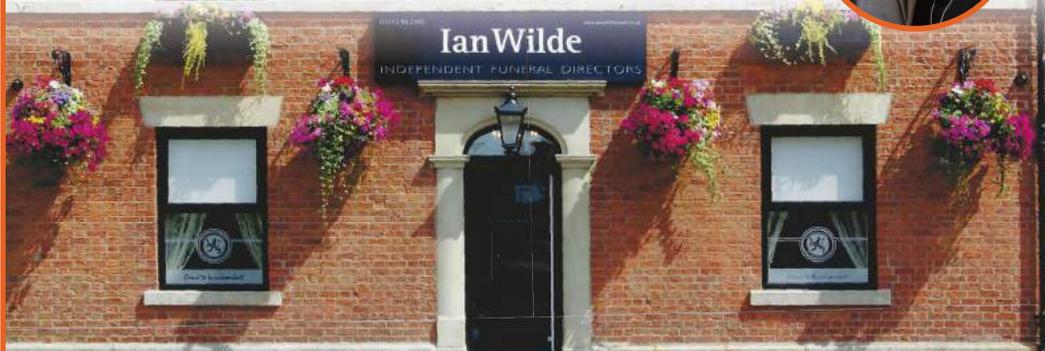
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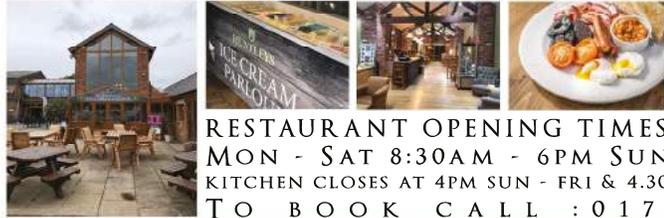
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Team Leaders Louise Lonergan (left), Sue Gill (right), owner and registered manager Michelle Richardson (Centre)

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# 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  
Tickets £15 - £55  
NB: Tickets available through  
[www.worldsnooker.com/tickets](http://www.worldsnooker.com/tickets)



**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



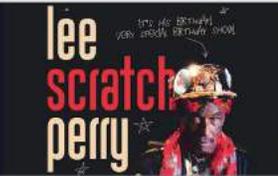
**Dr John Cooper Clarke - The Luckiest Guy Alive Tour**  
The Luckiest Guy Alive Tour debuts the first new book of poetry from the satirical Dr in several decades; The Luckiest Guy Alive. His new work is a brilliant collection of poetry influenced by our modern era. From the Attack of the Fifty Foot 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  
Tickets £24.50, Concs £1 OFF



**Family Music Day**  
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  
Tickets £7.70, Concs £2.20 OFF  
Family Ticket £91



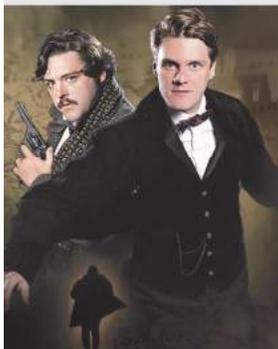
**Lee Scratch Perry**  
From his early days in the 1940s as a singer and engineer for Cassone Dodd's Studio One in Kingston, through his production of the seminal 'Wailers' classics African Herbman and Soul Revolution, Perry's innovative style marks him as one of reggae's original treasures.  
Lee is 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 £93, £74 on the door



**Remembering the Movies - Aljaz Skorjanec & Janette Manrara**  
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 2pm & 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 25 - 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 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

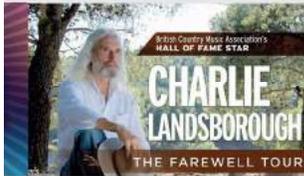
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APRIL



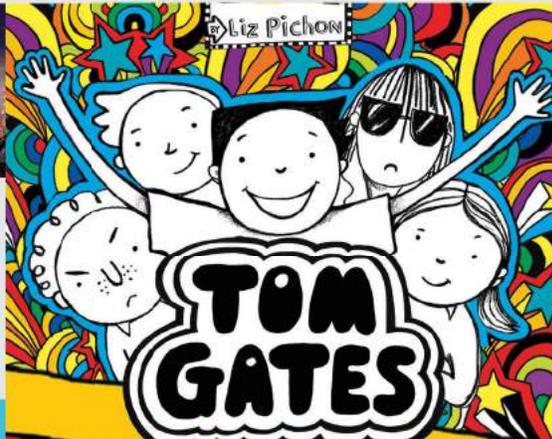
**Charlie Landsborough**

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 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 chevroners chart! And getting another sad face means Mr Fullerton won't let him go on the SCHOOL TRIP! Moopy Marmot Muddew is making things worse and now Tom's annoyed his grumpy sister Della. EVEN Arey 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 £12.50, Family ticket from £56  
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 Duo 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**

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Tickets £12 - £22



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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 Durcan Campbell, Martin Meredith, Lawrence Pary and Tony Mullings, fans can expect to hear 'Food For Thought', 'One In Ten', 'Yingston 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 - 'Haly', '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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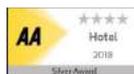
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## Recipe Idea

# Eggs Benedict with Smoked Salmon & Chives

**Prep: 15 mins**

**Cook: 20 mins**

**Serves: 4 (or 2 really hungry people!)**

### Ingredients

4 eggs  
2 tbsp white wine vinegar  
2 English muffins or two bagels, halved  
Butter for spreading  
8 slices smoked salmon  
Chopped chives, to serve

### For the hollandaise sauce

2 tsp lemon juice  
2 tsp white wine vinegar  
3 egg yolks  
125g unsalted butter, cubed

### Method

*Hollandaise Sauce: Pour the lemon juice and vinegar into a small bowl, add the egg yolks and whisk with a balloon whisk until light and frothy. Place the bowl over a pan of simmering water and continue to whisk until the mixture thickens. Add the butter a small amount at a time, whisking constantly until the sauce is thick. If it looks like it might be splitting, remove from the heat and*



*continue to whisk. Season with salt and pepper then and keep warm.*

*Poached eggs: bring a large pan of water to the boil and add the vinegar. Lower the heat so that the water simmers very gently. Stir the water a little so you create a gentle whirlpool effect, then slide in the eggs one by one. Cook each for about 4 mins, then remove with a slotted spoon. Handy hint - you will see the eggs begin to rise in the water as they reach completion.*

*Lightly toast and butter the muffins or bagels, then place a couple of slices of the smoked salmon on each half. Top each with an egg, then spoon over your Hollandaise and garnish with chopped chives.*

## It's terrific to be two...

### at Footprints Childcare our toddlers have:

Knowledgeable practitioners

Access to external activities to promote physical development

Parental support for those all important pre-school years

A welcoming learning environment



## footprints childcare

### Prices from £29.00 per session

Why not come and see us, no need to book just call in

Facebook: [footprintschildcareLtd](#)

[www.footprintschildcare.co.uk](http://www.footprintschildcare.co.uk)

# 01772 696641

Footprints Child Care Ltd | 10 Brindle Road | Bamber Bridge | Preston | PR5 6RQ

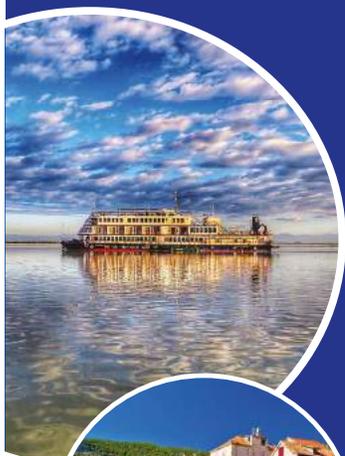
# GoCruise&Travel

Paul & Jo-Ann Kennedy



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  - Impartial, unbiased advice
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  - No hidden booking fees

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

## 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](http://www.weightwatchers.com/uk)





**The Region's No.1 Dry Carpet,  
Upholstery and Hard Floor Cleaners**



**SPECIAL OFFER**

HAVE YOUR SUITE CLEANED  
GET YOU MAIN ROOM  
CARPET CLEANED

**1/2 PRICE**

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- **Upholstery & Leather Suites Cleaned**
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Just visit us at  
[www.zerodrytimepreston.com](http://www.zerodrytimepreston.com)

 **Zero Dry Time Red Rose** 

Call Andrew to arrange a free quotation

**01257 600 006**

## Community Noticeboard

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

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



### Preston & 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](http://www.pdwc.org) 01772 813498








**Higher Walton Community Centre**  
**PLAYGROUP**

Every Tuesday 9:30am to 11am.

Arts & Crafts  
Music & Dancing  
Water, Sand & Messy Play  
Baby Play Gym  
Ball Pool  
Plus lots of toys & more

Meet New Friends  
Toast, Juice & Biscuits  
Tea & Coffee

The price is £2 for 1 adult and up to 2 children. Any additional adults or children are an extra 50p.

Contact Ellis @ [ellismia@hotmail.co.uk](mailto:ellismia@hotmail.co.uk)



*Hoghton In Harmony*

A Local Choir

whose aim is to uplift & inspire.

Join us on

Monday evenings at 8.15pm.

at Hoghton Village Hall.

No choir experience necessary.

Tea drinking skills essential!

For more info contact

Helen: 07968 958 651

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

[hoghtoninharmony.co.uk](http://hoghtoninharmony.co.uk)

### Girlguiding Hoghton District

Fantastic New Programme

Very exciting & empowering for girls

We have vacancies for girls in our Rainbow, Brownie & Guide Units,

We are based in the Hoghton, Brindle & Higher Walton area.

We are an all girl group & have loads of fun, activities and outings including holidays.

**Also adult volunteers wanted**

Contact: Linda Tennant

01254 853188 or 07900930515:

[linda.tennant@btinternet.com](mailto:linda.tennant@btinternet.com)



### Shusoko Shukokai Karate Club

First Lesson Free

St Joseph's Community Hall, Private Road, Hoghton

Wednesday and Thursday 6pm till 7pm

Open to all ages from 5 and over

Chief Instructor: Stuart Birkinshaw, 6<sup>th</sup> Dan  
Over 25 years of experience. Multiple British Champion

**Gain confidence, get fitter, have fun.**

For more information, call 07795 682977,

drop into a lesson or visit our facebook page.

[www.facebook.com/shusokoshukokai](http://www.facebook.com/shusokoshukokai)

### Wildaid Fundraising BRITISH WILDLIFE CHARITY (1001595)

We are currently looking for people to stand at pre booked venues in this area.

No experience required,  
full training given.

Full / Part time.

Transport an advantage.

Good earning potential.

For more information....

Contact, Sandy 07977001280

## Is English your Second Language?

Cuppa  
Chat



Our cuppa and chat mornings.  
A place to **improve your English**,  
a **warm welcome, friendly faces**,  
and **no pressure**.

# FREE

Monday Mornings  
10:30 to 12:30

## No Booking Required

Questions? Ask Brenda on

[cuppa-chat@xaverians.org.uk](mailto:cuppa-chat@xaverians.org.uk)

Xaverian Mission Spirituality Centre (Tabor)

169, Sharoe Green Lane PR2 8HE

## Community Noticeboard

**ST. AIDAN'S CHURCH HALL**  
Station Road, Bamber Bridge.

TABLE TOP SALE

**SATURDAY 23RD FEBRUARY**  
**9-30-12.30**

Sellers from 9am ~ Tables £7

Tea, Coffee & Bacon Butties will be served from 10am

To book a space/table please call:  
01772 330707

**Messy Church**  
Trinity Methodist Church  
Gregson Lane, Hoghton PR5 0ED  
3.15 to 5.15  
February 15th, March 15th,  
April, 26th, May 17th and June 21st,  
everyone is welcome to join us for  
Fun, Food, Crafts and Worship

### SpringFieldFellWalking Club

Walk days Saturday every two weeks.

3 grades of walk.

16/02/19 Threlkeld

A - 12.1/2 mls ; 3500 ' ASC

B - 9 1/2 mls ; 2900 ' ASC

C - 8 mls ; 1900 ' ASC

Bus pickup Blackpool to Black Bull Preston.  
Garstang Rd

[www.springfieldsfellwalking.com](http://www.springfieldsfellwalking.com)

contact Tel: 01772 728718



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

Tuesday Group 7pm - 8pm  
Leaders: Felicity Gross & Freda Peacock  
[fandpfamily@gmail.com](mailto:fandpfamily@gmail.com)

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



2019  pre-season   
HOGHTON CRICKET CLUB  
Founded 1890

## Adult Indoor Nets

Tuesdays 8-10pm

12th February - 16th April 2019 inclusive

£5pp - coached nets - new recruits welcome  
Senior Teams Manager: Neil Eccles 07715 326960

At Lostock Hall Academy Todd Lane North, Lostock Hall, Preston PR5 5UR



## Red Rose Road Runners

Get Running  
Get Fit  
Great Feeling



- Get ready for Spring
- Get your trainers on and come and have some fun with us
- Beginners Sessions to Marathon Training
- Training Sessions? See [redroseroadrunners.org/training/](http://redroseroadrunners.org/training/)
- Come along and give us a try for **free**

Contact John on [membership@redroseroadrunners.org](mailto:membership@redroseroadrunners.org) or phone 07947 133821  
Visit [redroseroadrunners.org](http://redroseroadrunners.org)

Affiliated to UK Athletics through England Athletics No 2659113



### Young at 'Art

We are a group, mainly pensioners, who enjoy our art.  
Currently looking for new members with similar interests, male or female to join us here at the  
Walton-le-Dale Recreation Centre, Higher Walton Road, Walton-le-Dale on  
Wednesday afternoons 2pm - 4pm, Any type of art is welcome.  
Painting in oils, watercolours etc, coloured pencils, pencil drawings,  
model making, decoupage.  
Instruction is not given just friendly advice. Do your own thing and enjoy it.  
Tea/coffee biscuits provided. For more info contact :  
Kathleen Townley 01772 337759 (please leave a message)

Live alone? Enjoy company? Come and join us at the Hoghton Autumn Club!  
You will meet like-minded folks, have fun and good conversations on the club  
days when we entertain ourselves with a quiz, whist and dominoes or bingo.  
On the alternative club days we have speakers, demonstrators and entertainers.  
We meet at the Village Hall in Hoghton, just across from the Boars Head, every  
other Tuesday at 11:45am. Volunteers serve us a two course lunch costing £5.00.  
We have a raffle and tea and biscuits before going home. Transport Provided.  
Don't hesitate, ring Renee on 01254 854331.

## Community Noticeboard

### Hoghton Bowling Club

We have teams in both the Preston and Leyland Leagues and wish to attract new members

[all age groups]

We have two Veteran teams for 60+ yrs

Bowling is a very satisfying outdoor activity and very suitable for the competitively minded.

Anyone interested please contact either  
Keith Slater [852994]  
or Duncan Fordyce [852753]

## Walton Tots

PARENT AND TODDLER GROUP

For all groups of 2-3 years old and under 5 all welcome

EVERY TERM TIME MONDAY AT THE  
WALTON LE DALE COMMUNITY CENTRE  
ON THE RECREATION GROUND

9.30 -11am

Entry £2 per family

craft    singing    play    chat



TEA/COFFEE INCLUDED AND DRINK AND SNACKS FOR THE KIDS!



## 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](mailto:Blackburn.s.o@btopenworld.com)



Registered Charity No 516124



**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**



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

## Volunteer Vacancy



We need volunteers for:

### Collections

Help us to celebrate our 30<sup>th</sup> year of providing services!

Please call:  
 Laura Stephenson, Head of Fundraising  
 T: 01772 793 344 or  
 Email: [Lstephenson@cancerhelppreston.co.uk](mailto:Lstephenson@cancerhelppreston.co.uk)  
 for your application pack.

*We are always looking for people to be part of our volunteers community and would welcome anyone to help us in other areas of the charity!*

York House, 22 Greenwell Road, Ribblesdale, Preston PR3 2DF  
 Tel: 01772 793344 E-mail: [info@cancerhelppreston.co.uk](mailto:info@cancerhelppreston.co.uk)

## Preston Ramblers



Join the Preston Ramblers for walks in Lancashire - fresh air, exercise, lovely countryside - what more can you ask for? Visit our web site at [www.prestonra.co.uk](http://www.prestonra.co.uk). We organize walks on a monthly basis. Our aim is to have mid-week walks on 1st and 3rd Wednesdays (5-7 miles). Non-members are welcome to come along and join in our walks. Contact our Membership Secretary at [gms@prestonra.co.uk](mailto:gms@prestonra.co.uk)

Date	Meet	Start	Walk	Distance	Difficulty	Contact
Wed 06/02/2019	11:00 (PR3 1BH, SD502485)	11:00 Park on Tithebarn Lane, Scorton (near M6 bridge) (PR3 1BH, SD502485)	<b>Scorton</b> 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 junction with Sollom Lane (PR4 6HR, SD455187)	<b>Bank Hall</b> Paths, tracks and quiet roads	6mi/9.7km	Leisurely	Barry R, 07949 131435

### South Ribble Strings

A friendly string orchestra looking to recruit a double bass and cellos. Be assured of a good welcome and some great music on a fortnightly basis. Lead by a renowned conductor Louise Latham. See our website for more information [southribblestrings@weeblev.com](mailto:southribblestrings@weeblev.com)



## GREGSON LANE WOMEN'S INSTITUTE

Meet at Community Centre  
 7.30pm  
**Thursday 28th February**  
 Holly Cottage Preserves  
 Melanie Latham

Visitors and New Members welcome to see how the WI business is conducted

## Community Noticeboard

### ALL SAINTS' CHURCH HIGHER WALTON FORTHCOMING ACTIVITIES

Coffee & Cake mornings on 1st and 3rd Wednesdays monthly from 10.00am to 12.00pm in the Church

An opportunity for a chat and to browse our newly launched library section where you can borrow, swap or buy any of the books available

### Higher Walton C of E Primary School

Do you have an interest in education and in the local community?

Do you have the time and enthusiasm to become involved in supporting your local primary school?

We are currently looking for new people to become members of the Governing Body at Higher Walton

C of E Primary School.

The full governing body usually meets in the evening at least once a term and smaller groups of governors meet as committees, 3 to 6 times a year.

You don't need any specialist knowledge; governor training is provided.

If you require further information please contact the Office Manager at the school:

Tel: 01772 335945

Email: [bursar@walton.lancs.sch.uk](mailto:bursar@walton.lancs.sch.uk)

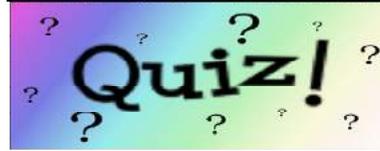


**COFFEE MORNING**  
At Haighton Manor  
Haighton, PR2 5SQ  
£5 to include coffee & Scone  
7th February from 10.30

Stalls & Raffle  
All proceeds To  
The Space Centre

Call Andrea On 01772 769 391  
for further details & Tickets  
see ebook on the space centre!

### ST AIDAN'S CHURCH STATION ROAD BAMBER BRIDGE



WITH  
HOT POT SUPPER

**MONDAY 18<sup>TH</sup> FEBRUARY**

**7.30pm**

**IN THE CHURCH HALL**

BAR OPEN

RAFFLE

TICKETS £5.50 PER ADULT.

PLAY IN TEAMS OF MAXIMUM 4 PEOPLE  
PRIZES FOR THE 2 HIGHEST SCORING TEAMS

FOR TICKETS

PLEASE PHONE 01772 339381 OR 330707

For catering purposes please buy tickets before  
WEDNESDAY 13<sup>TH</sup> FEBRUARY

## GREGSON GREEN NEWS

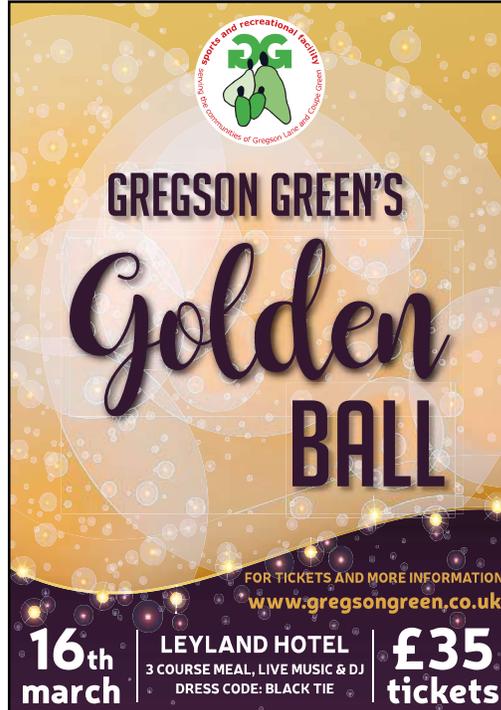
A huge thank you from the Gregson Green Committee for all the wonderful support we received from the local community during 2018. Our Bonfire & Firework display, Gala Day & Beer Festival & other events proved as popular as ever.

Thank you for all your amazingly generous donations to local food banks during our Santa Sleigh ride on December 22nd. 3 Tons of food have been distributed to local foodbanks and other charities along with items bought with monies raised in the street collection.

Our Pledge a Pound lottery is gaining momentum and we now have around 200 local residents who are entering our monthly prize draw.

We are so grateful for the continued support of the community, local businesses and individuals who have given their time, money and efforts to this local charity.

If you would like any more information about Gregson Green events please contact Ann Atkin on 01254 853577 or go to our Facebook page or website.



The poster features a circular logo at the top with the text 'The Village Sports and recreational facility' and 'The committee of Gregson Lane and Code Green'. The main text reads 'GREGSON GREEN'S Golden BALL'. At the bottom, it says '16th march', 'LEYLAND HOTEL 3 COURSE MEAL, LIVE MUSIC & DJ DRESS CODE: BLACK TIE', and '£35 tickets'. A website URL 'www.gregsongreen.co.uk' is also provided for tickets and more information.

## BRINDLE GARDENING CLUB

Expert Speakers, Visits, Plants for Sale,  
Refreshments  
Meetings on the fourth Monday of the month  
7.30pm

Brindle Community Hall  
MEMBERSHIP £15 GUESTS £3  
For further information  
Mel Gardner 01772313386  
email; gmgardner\_99@yahoo.co.uk

Join in the fun and get walking with

## 'Central Lancs Rambling Club'

Out Sunday every fortnight by coach, so  
no driving back.

We have four groups for all levels of  
walking

Contact Jim Cookson on  
01772 709886 Mob 07538747470  
Check out our website: [www.clrcuk.co.uk](http://www.clrcuk.co.uk)



## The Handbook

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### Higher Walton Bowling Club

We are a family Bowling Club with men & ladies teams in the Preston, Leyland & Chorley Leagues including veterans.

New Players are always welcome.  
Bowls are available to use.

For more information contact:  
Mrs M Barker – 01254 853170  
J. Waddicar (Sec) - 01772 431422

**Everyone welcome.**



**Ladies Fashion Show  
AND Pop-up Shop!**

SHOP YOUR FAVOURITE HIGH STREET BRANDS  
AT 50% OFF OR MORE!

Colours.  
FUN DRAISING FASHION SHOWS

The Space Centre

Tuesday 26th February 2019  
**The Space Centre**  
10 Pedders Lane, Ashton, Preston, Lancashire. PR2 2TH

Doors open 7pm, show starts 7.30pm  
Tickets: £5 includes Tea and Coffee  
Tickets to be purchased in advance.

Charity raffle: FABULOUS prizes to be won at the show!  
For tickets and more information please contact:  
The Space Centre - 01772 769391



**Gregson Lane  
Baby and Toddler Group**  
Gregson Lane Community Centre  
Wednesday & Thursday Mornings  
9.30am - 11.30am

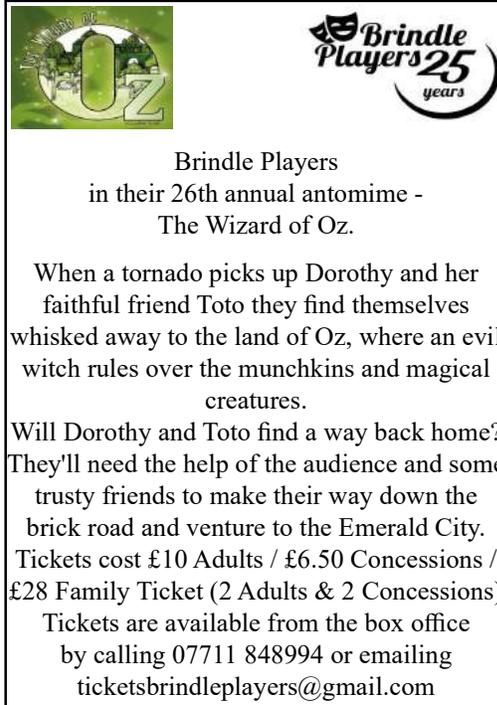
Mums, dads, grandmas, grandads, carers  
& childminders all welcome

**£2.50 entry includes refreshments.**  
For further details call: 01254 853721

**Preston Macular Society**  
Support Group

We meet the second Thursday of the month  
(apart from December)  
1pm till 3pm  
at Central Methodist Church, Lune Street,  
opposite St George's Centre Preston

For further information  
please contact 01772 512008



**Brindle Players 25 years**

Brindle Players  
in their 26th annualantomime -  
The Wizard of Oz.

When a tornado picks up Dorothy and her faithful friend Toto they find themselves whisked away to the land of Oz, where an evil witch rules over the munchkins and magical creatures.

Will Dorothy and Toto find a way back home? They'll need the help of the audience and some trusty friends to make their way down the brick road and venture to the Emerald City. Tickets cost £10 Adults / £6.50 Concessions / £28 Family Ticket (2 Adults & 2 Concessions)

Tickets are available from the box office by calling 07711 848994 or emailing ticketsbrindleplayers@gmail.com

## 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

Eastern Area 01772 415745  
Crime Stoppers 0800 555 111

### Fire (Non Emergency)

Free Fire Safety Checks 0800 169 1125  
Bamber Bridge Station 01772 334911

### Health Services

#### NHS (Non Emergency) 111

NHS Direct 0845 4647/111  
Samaritans 116 123  
Royal Preston Hospital 01772 716565

### Community Centres

Gregson Lane CC 01254 852998  
W-L-D Youth Ctr 01772 338106

### Bus Enquiries

Preston Bus 01772 821199  
Stagecoach 01772 255777

### Rail Enquiries

National Rail 0845 748 4950

### Councils

Preston CC 01772 906900  
South Ribble BC 01772 421491

### Animal Care

RSPCA Advice 0300 1234555  
RSPCA Emergency 0300 1234999

### Leisure Centres

Westview 01772 796788  
Fulwood 01772 716085  
Bamber Bridge 01772 322012

### Libraries

Bamber Bridge 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



**BEFORE**

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Conservatory  
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- Plastered finish
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- 2/3 days fitting
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**BEFORE**



**TEL: 0333 456 5776**

[www.lightweightroofingsolutions.co.uk](http://www.lightweightroofingsolutions.co.uk)

Email: [lightweightroofingsolutions@gmail.com](mailto:lightweightroofingsolutions@gmail.com)

