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*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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## 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 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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## 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

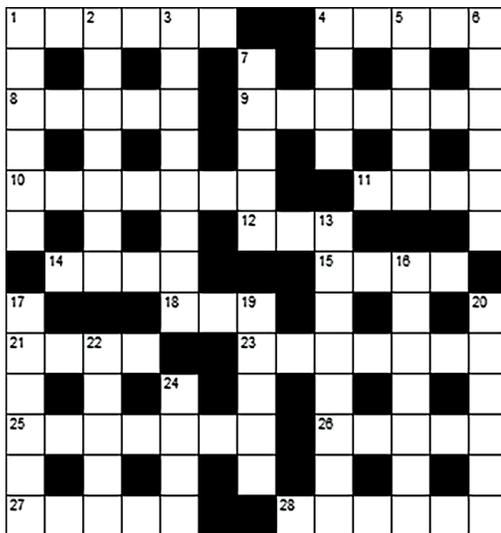


Calendar. It again established January 1 as the new year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

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



- |               |    |                                |
|---------------|----|--------------------------------|
| <b>Across</b> | 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) |
| <b>Down</b>   | 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.

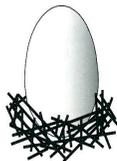


## Fuzzy Photo!

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



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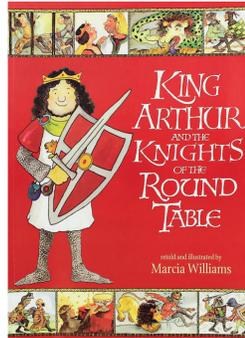
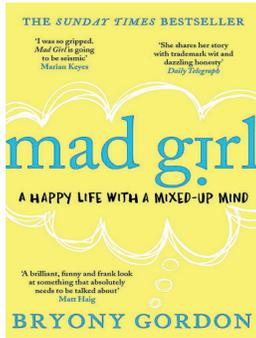
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## Book Review

# 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*

**Opening Times**

Monday, Tuesday, Thursday 9.30am to 5.30pm  
 Wednesday 1.30pm to 5.30pm  
 Friday 9.30am to 7pm  
 Saturday 8am to 2pm  
 Sunday Closed

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## 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.

**Happy New Year  
and Happy Gardening!**

# Johnstones Electrical Services

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



Call Ian on:  
**07704 213224**  
email: [jeservices@live.co.uk](mailto:jeservices@live.co.uk)

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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)

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

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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.

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 contact Tel: 01772 728718

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We meet the 3rd Wednesday of every month 7.00 PM  
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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.  
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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



**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.

**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 [skylarknetwork@gmail.com](mailto:skylarknetwork@gmail.com)

FIND US ON FACEBOOK Company Registration no - 9593214

## 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.



WEEKLY COFFEE MORNING  
THE OAK HOGHTON LANE  
FRIDAY 10.30am to 12md .

Do come & join us at the highly successful coffee morning with tea/ coffee /cake .

**THE HALL PLAYERS**  
*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](http://www.hallplayers.org.uk)

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

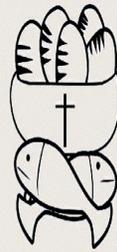
TICKETS  
Wednesday - £9.00  
Concessions - £8.00  
Thursday-Saturday £10.00  
Concessions - £9.00

BOX OFFICE: 07904 129139  
email: [hallplayertickets@hotmail.com](mailto:hallplayertickets@hotmail.com)  
also available: [www.prestonplayhouse.co.uk](http://www.prestonplayhouse.co.uk)

*noda*  
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SEARCH FACEBOOK FOR **HALL PLAYERS**



## Tiddlers and Loaves Under 5s Worship Group

Along with us Grow in Faith and love of God together with your little people.



Start your journey with us last Tuesday of the month.  
At St Leonard's Church,  
Church Brow, Walton-le-Dale  
PR5 4HJ

9.15am to 10am.  
Please come along...everyone welcome.

Term time only.

If you need to know more contact  
Jeanette (Vision Champion)  
[calderbankjeanette@hotmail.com](mailto:calderbankjeanette@hotmail.com)  
07470124910

## Girlguiding Houghton 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 Houghton, Brindle  
& Higher Walton area.

We are an all girl group & have loads  
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Also adult volunteers wanted

Contact: Linda Tennant  
01254 853188 or 07900930515:  
[linda.tennant@btinternet.com](mailto:linda.tennant@btinternet.com)



A running club for women run by women



With dark nights approaching there's no need to run alone. Why not come along and join one of our fabulous groups. We are fun, sociable and offer encouragement 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 McGehey  
[helen.borking@gmail.com](mailto:helen.borking@gmail.com)



# Charity Lunch

Thursday 6<sup>th</sup> 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:  
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01772 864689

Admission by  
prior booking  
only £25

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

## GET FIT - HAVE FUN!



### ROLLER DISCO

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

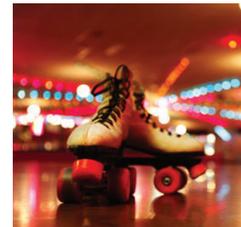
Bring your own skates, or kids skates available to hire £2. Please like us on Facebook and check to see if weekly sessions are running .



### 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



**PRESTON  
PHOENIX  
ROLLER SPORTS CLUB**

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

## Community Noticeboard

### 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.**

## Walton Tots

### PARENT AND TODDLER GROUP

Parents/grandparents/carers/childminders 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

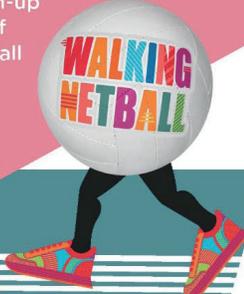


TEA/COFFEE INCLUDED AND DRINK AND SNACKS FOR THE KIDS!

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.



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

Contact us online:  
[www.prestonnetballclub.co.uk](http://www.prestonnetballclub.co.uk)



**Preston Netball Club**  
2005 - 2020  
15th Anniversary

**Wednesday 11am - 12pm**  
Starts 30 October, 2019

Preston's College, St Vincents Road  
Fulwood, Preston, PR2 8UR

Contact Deb Gardner: **07973 417266**





## **GREGSON GREEN 2019**

We would like to say a HUGE THANK YOU to all our Supporters and our amazing Volunteers for your continued support throughout 2019.

It has been a difficult year and our target remains challenging, however, we will continue to do all we can to achieve our aim of a Sports and Recreation Facility for the residents of Gregson Lane and Coupe Green.

In February we will be holding our 3<sup>rd</sup> annual Ball at the Leyland Hotel. We have chosen Leap year as our theme as the Ball falls on Saturday 29<sup>th</sup> of February.

We will also be holding our regular key events such as the Family Bingo, Beer and Music Festival, Gala Day and Fireworks display throughout the year as well as many other events.

Watch out for further details in the New Year.

Our Fund Raising Group meets every month, so if you would like to join us, please contact me.

Some people prefer not to attend meetings but are happy to be called upon to help at events.

We now have over 200 local residents who are entering our monthly Pledge a Pound Lottery prize draw.  
Sign up and be in it to win it!

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.

May we take this opportunity to wish you all a very happy, healthy and prosperous New Year.



Gregson Green is a registered charity in England and Wales (521121)

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

## 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

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



## Dive Into Swimming!



Preston Swimming Club provides opportunities in swimming for all ages and abilities:

### Learn to Swim

Beginners from 3-8 years old

### Competitive Squads

compete locally and up to national level.

### Masters

Swimming for adults, whatever your goal.



*"Preston Swimming Club is truly a club where every swimmer counts. From the first steps in competitive swimming with our 'D-squad', through to national champions in our 'Top Squad', and fitness swimmers in our Masters section, there is a training group to suit all swimmers. We welcome with open arms anyone from any background who wants to experience the same pleasure we all get from swimming"*

Samir Ahmed – Head Coach.



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



SwimPSC



[pscsecretary01@gmail.com](mailto:pscsecretary01@gmail.com)



Swim England  
Affiliated Club



## GREGSON LANE WOMEN'S INSTITUTE

Gregson Lane Community Centre

23rd January 2020  
at 7.30pm

North West Mind to receive the  
proceeds  
from our Christmas Fair

Followed by Stephen Molloy  
"Tales from behind the chair"

Visitors and New Members Welcome



Houghton Pantomime Society  
*presents*  
**Beauty and the Beast**  
17<sup>th</sup> - 19<sup>th</sup> & 24<sup>th</sup> - 26<sup>th</sup> January 2020  
at Houghton Village Hall  
Blackburn Old Road, Houghton PR5 0SG  
Adults £10 Children £7 Family Ticket £30 (2 adults & 2 children)  
Ticket Hotline: **01254 852258**  
or visit: [www.ticketsource.co.uk/houghtonpantomime](http://www.ticketsource.co.uk/houghtonpantomime)

## 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 contact:  
Mel Gardner 01772313386  
email; [gmgardner\\_99@yahoo.co.uk](mailto:gmgardner_99@yahoo.co.uk)

## Houghton 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

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



## The Handbook

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

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## Community Noticeboard

### HOLY TRINITY HOGHTON & ALL SAINTS HIGHER WALTON MOTHERS' UNION

COFFEE MORNING on SATURDAY 11th JANUARY 2020 at 10.30am to 1pm  
Holy Trinity Church Hall .  
Cake Stall , Bran Tub , Raffle.  
Tickets:- £1.00 Further details :  
01254 852027 - vroper1@gmail.com

ANNUAL GENERAL MEETING on 21st JANUARY at 2pm in the Church Hall.  
The meeting will start with Holy Communion followed by the business when the exciting 2020 programme will be presented .  
Refreshments will be served , everyone is welcome you do not need to be a member



**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)

### 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.

## Puzzle Solutions

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

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

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

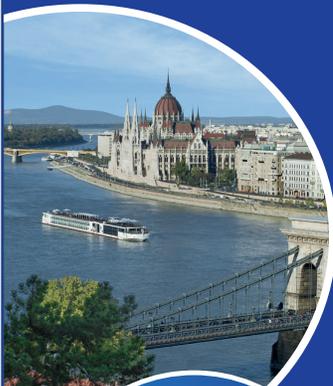
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