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*ranked No 2 out of 655 UK Window Installers, Number 1 being in the South of England on FreeIndex

Welcome



As 2020 draws to a close, it has certainly been a year like no other. Reflecting on these challenging times show how resilient we are and how we can pull together as families, friends and communities in a way we wouldn't have imagined. Just like the rest of the world we too have had our challenges but we would like to thank all of our readers and advertisers alike for your continued support. We wish you all a Healthy & Happy Christmas.

Let Every Day Be Christmas

Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.

Norman Wesley Brooks

Congratulations to all those who found Miti hidden on page 4 in the Hidden Disabilities advert.

The winner picked out of the hat was Donna Woodcock

She returns this issue - can you find her? She is hidden somewhere throughout these pages.

To enter & win £25 please send in your answer to the usual addresses: competitions@jampublications.co.uk

Contact Jam Publications 01772 865970

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Advertising Feature

The Gift of Comfort

Christmas is just around the corner and the problem of what to buy for friends and relatives looms again.



Have you considered that the gift of comfort, pain relief or improved mobility might be a perfect gift for a loved one? Or that a luxury pamper or an hour's "me time" might suit a busy friend. Maybe it's something you'd like yourself?

Our HCPC Registered Podiatrists (Chiropodists) are experts in foot health and comfort. They are trained to assess, diagnose and treat most foot problems without the need for a GP referral. Our patients leave with the feeling of walking on air, they leave feeling fabulous! Give the gift of comfort to those you love, particularly after the year we have had.



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The Foot Room can provide gift vouchers for any value or treatment. Why not complement your gift voucher with a gift and we can package them in an easy to wrap box. Your gift box could include socks (Soft bamboo socks also available), Foot cream, Dr Remedy Nail Varnish or add a bit of luxury by adding one of our Luxury Temple spa gifts, which include hand cream, bath soak, bath salts or at home spa collections. To purchase, pop into the shop, buy online, www.thefootroom.co.uk or give us a call 01772 378812

The Foot Room would like to thank all our lovely clients for their custom and loyalty this year and wish everyone a very Merry Christmas and a Happy and Healthy New Year.

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Advertising Feature

New beginnings at Ribblesdale Nurseries

After taking over the garden centre on Newsham Hall Lane, Woodplumpton in September, Ann and her team have been busy reorganising both inside and out.

The inside had been reorganised to incorporate a gift and Christmas shop, something new for the business and a welcome addition to the village amenities.

The outside is undergoing a major overhaul and judging by the reaction of customers to the improvements, so far so good. The bird watching hide will remain with an improved wilderness garden, which the team hopes both the wildlife and customers will appreciate.



John, who has worked at Ribblesdale for over 30 years has remained with the business and has been joined by the new manager, James Whalley. James has worked in horticulture for over 15 years and undertook his work experience from Myerscough College at Ribblesdale Nurseries. He spent most of his childhood growing up opposite and running around Jane Lane Nursery, which is probably where his love for plants was nurtured, so it's good to see the baton has been passed to the next generation.

Ann and Pat oversee the interior, adding new products weekly. Pat, a qualified florist, has over 35 years' experience in Garden Centres and floristry. Pat is currently busy making fresh Christmas grave pots, grave and door wreaths, some fantastic outdoor arrangements and when she has a moment, you'll find her busy making a

silk flower arrangement.

Ann's vision is to keep the family friendly feeling



while offering a greater range of products and services, so please call in and have a look for yourself. Plus, there's 10% off everything if you call in before 23rd December 2020, with the attached advert..

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PUZZLE PAGES

FACT OF THE DAY

Did you know that The Lego Group is the world's most powerful brand. There are more Lego minifigures than there are people on Earth.

AWARENESS DAYS ... DECEM BEARD 2020

Start: December 1st

End: December 31st

Our annual sponsored beard grow is back! All across the country men will be putting away the razors and growing beards for December to raise awareness and money to support our vital research and lifesaving work to stop bowel cancer.

Whether you're new to facial fuzz or an experienced beard grower it's easy to join in; just clean shave on 30th November and watch your beard blossom. Already bearded? Ditch or dye your beard for December and get sponsored to sport a new look for the month.

Bowel cancer is the second biggest cancer killer in the UK. However it shouldn't be. It's treatable and curable especially if diagnosed early.

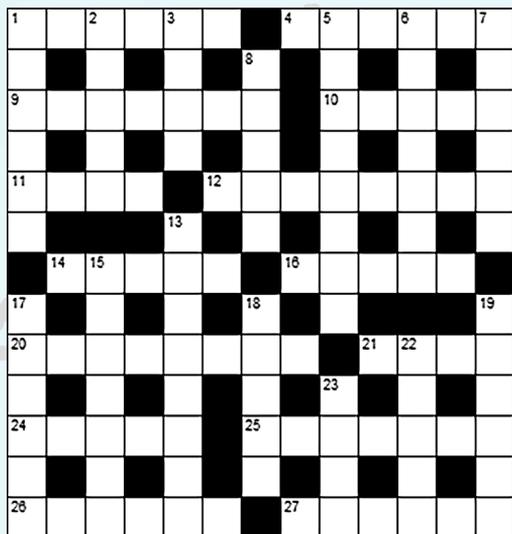


Dads, brothers, sons, uncles, nephews, grandads you can give hope and help stop bowel cancer this December.

Just complete the form below to register or email community@bowelcanceruk.org.uk for more information.

If growing a beard isn't for you, but still want to raise awareness, you can still download a purple beard and spread the word!

CROSSWORD



Across

- 1 Ploy (6)
- 4 Unknowable, occult (6)
- 9 Disapproves (7)
- 10 Angry (5)
- 11 Land measure (4)
- 12 Perplexing (8)
- 14 Dwarf planet (5)
- 16 Mournful poem (5)
- 20 Scorn (8)
- 21 Fencing sword (4)
- 24 Female relative (5)
- 25 Pills (7)
- 26 Unmarried (6)
- 27 Precious (6)

Down

- 1 Worldwide (6)
- 2 Type of musical scale (5)
- 3 2.54cm. (4)
- 5 Precipitation (8)
- 6 Fantastic (7)
- 7 Appear, loom (6)
- 8 Ordinary (5)
- 13 Celestial (8)
- 15 Beacon (7)
- 17 Parts of a play (6)
- 18 Catches sight of (5)
- 19 Creatures (6)
- 22 Fragment (5)
- 23 Woodwind instrument (4)



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.

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

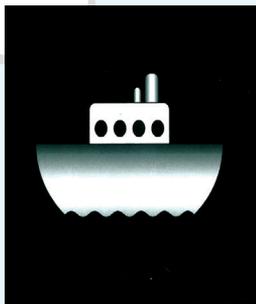
FUZZY PHOTO!



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



A man runs to quayside, performs a death defying leap and lands safely but painfully on the deck of a ferry. He is very happy, until an impressed stranger asks him a question, whereupon he starts crying. what is the question?

MIND BENDERS

Find the three hidden phrases
Can you find the three hidden xmas phrases?

PPPPPP
FOR PLANET

nimassght

STEL



Confit Duck With Pickled Red Cabbage & Sticky Fig Glaze



Prep time: 4 hours

Cook time: 1 hr 30 mins



2 servings

Instructions

Method

- 1 - Rub the duck legs with the salt, thyme, juniper and garlic and marinate for 3 hours.
- 2 - Pre-heat the oven to 120°C / fan 110°C / gas mark 1. Brush the salt off the duck and then place onto a baking tray and cover with the melted duck fat or oil.
- 3 - Gently cook in the oven for 1 ½ hours until tender. It is then best left overnight to cool.
- 4 - For the pickled red cabbage, half and quarter the cabbage, remove the large stem and finely slice the leaves.
- 5 - Add the cabbage to a colander and salt well, then leave to rest for 1 hour. Then wash all the salt away thoroughly and pat dry.
- 6 - Place the vinegar and sugar in a pan and bring to the boil. Place all the dry ingredients in a pestle and mortar and grind, then add to the vinegar and simmer for 5 minutes.
- 7 - Place the cabbage in a suitable sealable container, large enough to add the pickling liquor to. Pass the liquid through a sieve over the cabbage. The liquor should just cover the cabbage.
- 8 - Heat up the fig jam and red wine and keep warm.
- 9 - To assemble the dish, remove the duck from the fat and place onto a roasting tray and bake in a hot oven 220°C / fan 200°C / gas mark 7 for 10 minutes to crisp up the skin. Brush the skin with the fig glaze for the last 2 minutes. Top with more fig glaze and sit on top of the pickled red cabbage.

Ingredients

- 2 duck legs
- 200ml vegetable oil or melted duck fat
- 6 cloves garlic, sliced
- 4 juniper berries, crushed
- 4 sprigs fresh thyme
- 25g salt

FOR THE GLAZE

- 25g fig jam
- 1 tbsp red wine

FOR THE CABBAGE

- 200g red cabbage
- 1 star anise
- ¼ tsp allspice
- 200ml cider vinegar
- 1 bay leaf
- 3 whole cloves
- ¼ tsp whole black peppercorns
- ¼ cinnamon stick
- Pinch of dried chilli flakes
- 100g sugar
- 10g coarse sea salt

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December Fitness Challenge

- Just 10 minutes a day -

I am sure we all agree that 2020 has been an unprecedented year, one none of us will forget, for many reasons. As it nears the end let us focus on physical and mental health. It can be a time where many put any exercise plans "on hold" possibly delaying until the New Year. As a Fitness Instructor I encourage you all to keep moving, don't stop as now more than ever our fitness is paramount to assist good health.

So my challenge to you all is a Fitness Challenge for December. Why not give the following exercises a go, no equipment needed. 10 minutes a day can make a big difference and 10 mins of exercise is far better than no exercise at all. Make it fun and get the whole family involved.

Squats: who doesn't love a squat, there are so many benefits but the key ones are; they strengthen your core, plus the lower body muscles (thighs, bums, tums, calves to name a few), they burn calories, can reduce the risk of injury and easy to do anywhere. For a basic squat, stand with your feet shoulder width apart, this is slightly wider than hip width. Keeping your chest up, engage your abdominals and push your hips back into a sitting position making sure you shift the weight into your heels. Make sure that your knees do not come out beyond your toes. Get to a position where your thighs are parallel, or nearly, to the floor. With an exhalation, push back up to the start position. Aim for 50 squats a day, these can be split into 2 x 25 for example.

Lunges: Standing with your legs shoulder width apart, arms by your side take a step forward with your first leg, stop when your thigh is parallel to the ground. Take care that your knee does not extend past your foot. Push back off the foot and take it back to the start position. Alternate with your second leg, this is then one rep. Aim for 3 x 10 Reps. This is great at challenging your balance, which is essential to promote a well-rounded exercise routine. Plus lunges will increase strength in your glutes and legs.

Press Up: This is a basic but effective body weight exercise which works a number of muscles. The hardest press up starts in the plank position, your

core should be engaged, shoulders down and back and neck in the neutral position. Bending your elbows you lower your body to the floor, aiming to take your chest to the floor. Extend your elbows to return to your start position. There are modified options to start with; on all fours is a great starting point and if that isn't suitable then you can do the same movement with your hands leaning against a wall. Keep your feet flat on the floor and bend your elbows to take the chest to the wall and extend out to return. Complete as many as you are able and again increase reps as you get fitter.

Bicycle Crunches: Not for the faint hearted but this has been named as the most effective abdominal workout. Lie on your back with legs in the air and knees pulled in toward your chest. Fingertips are placed behind your ears, take care not to grip the head and force your chin down. Engage your core and extend one leg whilst rotating your body, your opposite elbow should reach toward the leg. Work alternating legs and elbows. This exercise uses all the abdominal muscles. Remember, that whilst it is important to work our abs, this will not spot reduce fat in this area, the only way to lose fat from your tummy is to lose fat from your entire body, which is only achieved by following a healthy eating plan.

These are just a few of my favourite exercises and I hope you feel tempted to give some of them a go. Set yourself a target and make it fun. No exercise should cause pain, remember pain is an indication that something is wrong. If you have any underlying health issues then always consult a Doctor prior to starting anything new.

I wish you all a healthy and happy 2021

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TUESDAY

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- 18:30 Boxcercise 60 Mins (with or without a partner)

WEDNESDAY

- 18:00 CardioBlast 60 Mins

THURSDAY

- 17:45 Boxcercise 60 Mins (with or without a partner)
- 18:45 Legs, Bums & Tums 45 Mins

FRIDAY

- 17:45 Step 60 Min

SATURDAY

- 08:30 Kettleercise 60 Mins
- 09:30 CardioBlast 45 Min

SUNDAY

- 09:00 Fitness Pilates



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Churches Together in Fulwood & Broughton Send Christmas Greetings Holy & Peaceful Christmas

In this uncertain time, we are working hard to make sure our celebrations reflect the traditions of our
different Churches, both in person and online. Please see our websites or contact us for more information.

As we celebrate the birth of Jesus

*“In him was life, and that life was the light of life,
and the darkness has no understanding of it.”*

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January 18th – 25th 2021 The W

Fulwood & Broughton 2020 Greetings to ALL Wishing you a Merry Christmas and a Healthy New Year



Share the joy of Christmas and are safe. We hope to have a variety of services at our churches. Contact us on the numbers below for more information, or if we can be of any help. Merry Christmas, may you know:

*"The light shines in the darkness,
but does not overcome it." John 1-4*

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Week of Prayer for Christian Unity

Now the long, dark nights of December are here we can hope for clear skies but be prepared at this time of year, when it's clear it is cold! It might be the last chance this year to see meteors as the Geminids are usually reliable.

03-16 Dec Geminids meteor shower

04 Dec Pollux 3.8 degrees North of the Moon (1.56)

12 Dec Moon at perigee, closest to the Earth

13 Dec Geminids meteor shower maximum, could be more than 100 per hour, originating near **Castor**

14 Dec Mercury 1.0 degrees South of the Moon. New Moon. Total Solar Eclipse visible across parts of South Africa, Chile and Argentina. Watch live streaming on the NASA website from around 1.30pm

17-26 Dec Ursid meteor shower in the constellation of Ursa Minor, *the little bear*, around 5 per hour. Saturn 3.1 degrees North of the Moon

21 Dec Winter Solstice, shortest day of the year. The Earth's North pole is pointing away from the Sun.

23 Dec Mars 5.6 degrees North of the Moon

24 Dec Moon at apogee, furthest from the Earth

30 Dec Full Moon

31 Dec Pollux 3.8 degrees North of the Moon (8.13)

Constellation of the Month

Try and locate Gemini this month, in the East, so you can spot the Geminids. Its brightest stars are the twins Castor and Pollux. In Greek mythology Castor was the son of King Tyndareus and Pollux the immortal son of the god Zeus. Together they went with Jason on the Argo and saved a ship from a terrible storm. When Castor was killed in battle Pollux pleaded with Zeus to bring him back. He agreed and immortalized them both in the stars. When sailors saw them together, they knew their journey would be lucky, but to see only one was bad luck

Astronomy Fact of the Month.

A Total Solar Eclipse occurs when the Moon comes directly between the Sun and the Earth, so that the Earth lies in the Moon's shadow. As the Moon is much smaller than the Earth, its shadow only covers a small part of the Earth's surface, so it can only be observed in specific areas. You must never look directly at the Sun. An eclipse is best viewed through special eclipse glasses, a solar telescope or streamed online.

Information provided by PADAS

(Preston and District Astronomical Society)





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The Christmas Wreath...

Over the festive season a wonderful way to welcome family and friends to your home is to hang a beautiful Christmas wreath to enhance and create a magical festive feeling.

Today it's almost as essential to have a Christmas wreath as it is our beautiful decorative Christmas trees as part of our festive decorations, it's so special to share nature elegance by hanging a Christmas wreath especially in these difficult times.

Christmas wreaths are very popular as Christmas decorations and beautiful for everyone to enjoy.

They are made of different evergreen foliage adding colour and texture, the foliage used in the wreaths represent strength as all the foliage used can survive very cold winters. So whether you like to design and create your very own Christmas wreaths or buy one from your local florist believe me you will be the envy of your neighbourhood and will bring a smile to people passing by.

The word wreath is drawn from an old English word 'writhen' meaning to twist. Over centuries wreaths have been associated with a number of different cultures, it is believed that wreaths go as far back as ancient Egypt and Ancient Greece, the wreaths in Roman times symbolised status and victory when either hung on their doors or also worn as headdresses, these were usually made from laurel. The Christians believe the wreaths to represent eternal life.

Each part of the Christmas wreath has its own meaning, for example; the circle shape is said to have a few different meanings both to Christians and non Christians alike for some it represents the hope of eternal life and for others it represents the seasons from spring to winter and eventually back to spring.

The materials used in the wreath making in earlier days was evergreen foliage each different species having its own meaning,



Holly represents the crown of thorns, Cedar is well known for its healing qualities, Laurel for strength and victory, Pine and Yew symbolise eternal life and finally Pine cones and seed heads represent birth and rebirth. The colours of the Christmas wreaths also have special meaning the traditional colours are red and green, red represents the blood Christ shed on the cross and the green symbolises life and growth. Whatever your beliefs this is just a small taster of some of the wreaths history, the tradition of hanging a Christmas wreath has a surprisingly deep rich history which is so very interesting.

There are so many beautiful design of wreaths these days from the natural traditional Christmas wreaths to the flamboyant wreath using silk bows and glittered baubles. Which ever one you choose to adorn you door please remember you will make someone smile and give them a little bit of Christmas joy

Merry Christmas to you all. Jane x

By Jane McNeela
You can follow Jane on Facebook at:
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What Has Covid-19 Done for Our Community Spirit?

The end of the year is a traditional time for reflection though we might be forgiven for wanting to put 2020 behind us without the need to re-examine events! But far from wanting to forget it ever happened, there are certain aspects of the last 12 months that bear revisiting and prove that there are more positive things going on in the world than negative ones.

The UK's response to Covid-19 has had an unexpected upside: it has demonstrated that we have an amazing capacity for generosity and community spirit at times of severe crisis. Feel-good stories about neighbours helping neighbours, clapping for the NHS and carers, and the heart-warming campaign of Captain Sir Tom Moore regularly graced the headlines, giving us a sense that all was not lost even as we battened down the hatches for a second time.

The nationwide and regional lockdowns placed a huge emphasis on local communities and the need for people to help each other, particularly the elderly and vulnerable. Caring for others has always been part of human nature but the pressures of modern life meant it often got pushed down the priorities list. Being forced to stay at home means we've unilaterally developed a new habit of looking out for one another and its one we're apparently keen to stick with. According to a recent survey 68% of UK adults want to continue helping others even after the current crisis has passed.

It seems we're getting used to being active members of our local communities. We've been discovering the joys of shopping locally, nodding at strangers even as we keep our distance on long walks, litter picking in the local park, shopping for elderly neighbours and offering up surplus loo rolls. Even during the pared-down VE celebrations in May many people set up picnic tables in their front



gardens and drives, waving to each other and chatting from behind garden gates and privet hedges as they drank tea or quaffed a cocktail or two.

Who can forget the images of people singing on balconies in Italy? Or that over 750,000 people signed up to be an NHS volunteer? Or the hand drawings of rainbows in windows? This renewed sense of togetherness is a boost to our mental health, so its one that we should all work to nurture, not just for now but long into the future. Doing good gives us a rush, making us feel good in return, reducing our own stress and improving our wellbeing.

As we head into the new year we should try to remember that despite all the panic and fear that this historic global pandemic has brought, despite the uncertainty and the disruption, this crisis has truly illuminated the best of humanity. We've witnessed a revolution of kindness and communities coming together just when we needed it most. Don't let it die.

By Helen Say
Freelance Writer
(www.cbllservices.co.uk)

Cauliflower Cheese Pithivier with Leek, Chestnut & Truffle Oil



Prep time: 40 minutes

Cook time: 40 minutes



4 servings

Instructions

Method

- 1 - Pre-heat oven to 200°C / fan 180°C / gas mark 6. Unroll the pastry and cut out 2 discs. Make one slightly larger than the other.
- 2 - Cook the leeks in the oil with the garlic, thyme and season. Add the diced chestnuts.
- 3 - Cook the whole cauliflower in salted water until tender, then cool.
- 4 - For the cheese sauce, melt the butter in a pan and then add the flour. Add the milk a little at a time and whisk until smooth with no lumps. Add the mustard, tabasco, 100g Cheddar cheese, 50g Parmesan and the truffle oil. Leave to cool a little.
- 5 - Pour the sauce over the cold cauliflower until it has an even thick layer and sprinkle with the remaining cheese.
- 6 - To assemble the pithivier, place the smaller puff pastry disc onto a parchment lined baking tray. Add the leeks mixture to the puff pastry, leave a 2cm edge. Sit the cheesy cooked cauliflower on top of the leeks then brush the edge of the pastry with a little bit of the beaten egg.
- 7 - Place the larger puff pastry disc on top and seal the edges. Be careful to have a nice seal with no gaps. Brush the remaining beaten egg on top and cut a few holes in the centre.
- 8 - Crimp the edges tight with a floured fork and bake for 25-30 minutes until golden and serve with green vegetables.

Ingredients

- 2 packs full butter ready rolled puff pastry
- 1 *tbps* vegetable oil
- 2 leeks, sliced
- 1 small cauliflower
- 1 clove garlic, crushed
- 1 pack cooked peeled chestnuts, diced
- ½ *tsp* thyme
- 1 egg, beaten

FOR THE CHEESE SAUCE

- 25g butter
- 25g plain flour
- 250ml milk
- ½ *tsp* English mustard
- 125g grated mature Cheddar
- 60g grated Parmesan
- 1 *tsp* truffle oil
- Dash of tabasco

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EMPLOYERS URGED TO REWARD STAFF AND KEEP MONEY LOCAL WITH THE PRESTON GIFT CARD THIS CHRISTMAS

Preston BID is encouraging employers in the area to consider rewarding staff with the Preston Gift Card for Christmas this year, keeping money local and supporting local economic recovery.

A survey published in HR Review found that less than one fifth of UK companies are planning an office Christmas party for 2020. Ongoing restrictions surrounding the coronavirus pandemic mean that many employers are looking for new ways to reward their staff for their dedication during a challenging year. The Preston Gift Card can be redeemed at more than 50 places in the city centre, from independents to national brands, and the list is growing daily.

The Card is available for employers to purchase from £10-£500. Recipients of the Preston Gift Card can use the card like local currency, in one transaction or many, and on retail, hospitality, services and leisure.

Each Preston Gift Card is a prepaid Mastercard which is valid for 12 months from purchase, offering employers a secure way to gift. Cards can be purchased online and delivered straight to the recipient. Employers can make bulk orders of the gift card directly with Preston BID.

Employers in the area who reward staff with the Preston Gift Card can take advantage of the UK trivial benefits scheme. A business can give an employee a benefit of up to £50 without paying tax, but only if the benefit isn't in cash!

The Preston Gift Card is delivered in partnership with Miconex, an award-winning company specialising in destination Gift Cards.

The Gift Card and Voucher Association valued the UK gift card market at £7bn in 2019, also reporting that 98.6% of gift cards are spent within a year of being received and 65% will be spent on top of the value of the card received. The Incentive Research Foundation research placed gift card programmes at the top of incentive wish lists for employees.

Employee gift cards can be reserved by contacting Preston BID on:

(01772) 653000

or emailing bid@lancschamber.co.uk

Jonathan Halton of Preston BID said: "The Preston Gift Card is a socially conscious choice for employers wanting to support Preston whilst giving their staff a reward they will appreciate.

"There are approximately 100,000 adults living in the city of Preston. If each adult in the city buys, or is gifted, a £10 Preston Gift Card, that is over £1m that we would lock into Preston, which would have a huge impact on employment."





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Whilst we totally appreciate the last few months have been very difficult for everyone, we feel like this is the right time to get excited and start to plan your *2021 or 2022 adventure.*

For some, a holiday close to home may be the preferred option, or for others, something further afield. There are so many options the list is endless! Maybe you fancy a beach holiday, city break, ocean or river cruise, something more bespoke or even that once in a life time trip you have always dreamed about.

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Visit our website or follow us on Facebook @StCatherinesPre for details about **our virtual lights switch-on event**

**Make a dedication at www.stcatherines.co.uk
or call 01772 629171**

Thank you for supporting St Catherine's Hospice

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

January Deadline

5th December



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Tuesday Group 7pm - 8pm
Leaders: Christine Acklam & Jane Taylor
christine.acklam@gmail.com



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<https://www.justgiving.com/fundraising/christmas-raffle-TSC>

Any queries to **Andrea** on 01772 769 391 or via spacecentre.fundraising@gmail.com. All monies in aid of The Space Centre

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10 day Mile Challenge

 The Space Centre

JANUARY 2021

WALK, RUN OR CYCLE ONE MILE EVERY DAY FOR 10 DAYS and support a great cause

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Email Andrea for a sponsor form spacecentre.fundraising@gmail.com

or call 01772 769 391

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Jingle Bells, Jingle bells

 The Space Centre

is that santa calling?

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All monies raised will benefit The Friends of Space Charity, who provide sensory equipment for The Space Centre. Once payment is made, a form will be emailed to you, allowing you to personalise the phone call for your child, making it a wonderfully magical experience!

Simply follow the link below to book your child a place

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or call Andrea on 01772 769 391, email spacecentre.fundraising@gmail.com

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FUZZY PHOTO

A Snowman

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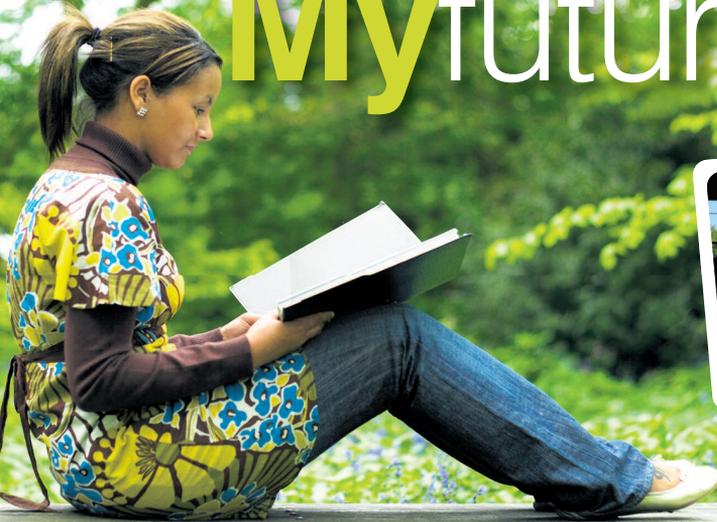
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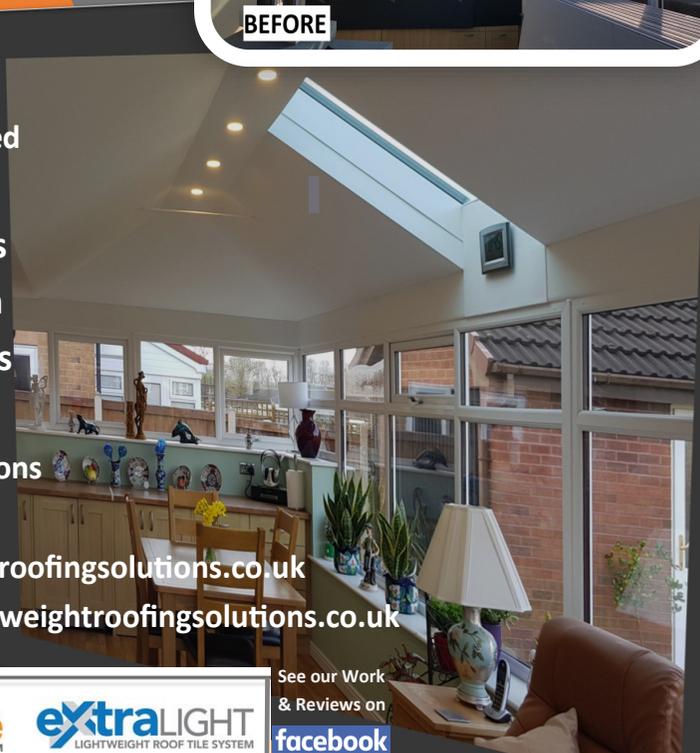
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