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Welcome

Welcome to your September issue. As schools and colleges begin to start back and society continues to reopen, it feels like a new beginning for many of us. Like the start of a new school year where you get new notebooks, pens and perhaps different shoes and teachers, things across society are beginning to feel novel again.

The same in our community magazine with some new advertisers, features and the beginning of a return to more community information and events. Let's hope this trend continues.

Times are tough, particularly for smaller businesses, so as things start to reopen please ***keep trade local*** by using local shops, trades and services where possible. We are here to champion local business so please use us.

María x

Congratulations to all those who found Miti hidden on page 25 in the Just Radiators Advert.

The winner picked out of the hat was Amy Laithwaite

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**

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Advertising Feature

Children's Feet

Children are usually born with perfect feet but they are vulnerable to deformity particularly while soft cartilage is forming into bone. If young feet are looked after they should stay fit and healthy throughout life. A child's foot is not a smaller replica of an adult's foot and has a number of distinguishing features:

- The foot is widest across the toes
- It is softer and more pliable
- It is rounder and plumper
- It is narrowest at the heel

Children develop at different rates. As a guide, children will start to crawl from about 9 months old. Between 10-18 months old, many children will be taking their first steps. At this time they will often appear to have bow legs, with feet spread wide apart and a characteristic wobble when they walk. You should always let your child develop walking skills and confidence at their own pace and if you have any concerns ask your health visitor.

Footwear

It's the time of year for thinking about new shoes for school and for the changing season. Properly fitted shoes are often more expensive than, say, buying shoes from the supermarket, but it's worth paying the extra to ensure that the shoes will cause no harm.

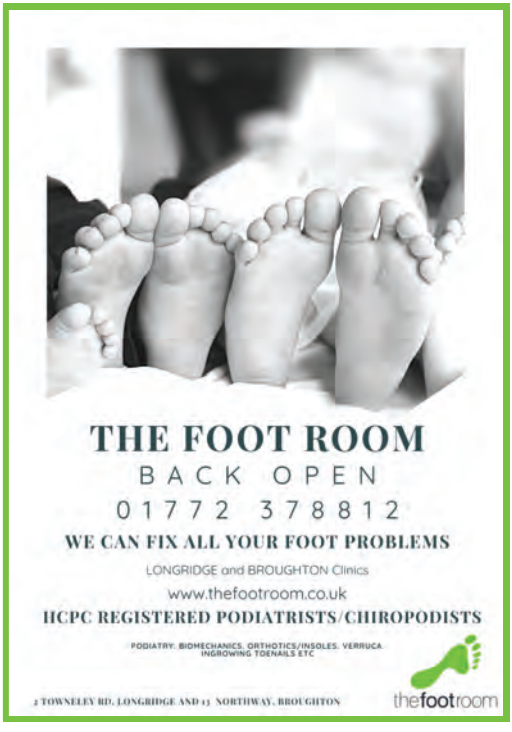
Specially trained shoe fitters will look at the length and width of your child's feet and ensure that the fastenings grip well to the foot and the heel doesn't slip. They will also check that there is sufficient room for the feet to grow into. Scrimping on plastic, or badly fitting shoes costs dear in the long run with blisters or even corns.

Go Barefoot!

Well-fitting shoes are essential when out and about, but going barefoot in a safe environment is good for normal development. In toddlers, wearing just socks or going barefoot helps develop the muscles in the feet and the grasping action of the toes. Plus, it's great to enjoy the feelings of different surfaces like carpet, cool tiles or soft sand.

Verrucae

Caused by the Human Papiloma Virus, verrucae are common on children's feet. They are usually caught in swimming pools and communal areas. The body's natural immunity fights the virus and often verrucae in small children will disappear in a few months. If they are painful, or have been present longer, it would be advisable to seek advice from a HCPC registered Chiropodist/Podiatrist.



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Savoy Cabbage, Red Chilli and Lemon Oil Pasta

Instructions

Our savoy cabbage, chilli and lemon pasta works well as a tasty midweek meal.

Chefs Tip

To adapt this recipe for meat eaters, add 100g saluted pancetta cubes. This dish is perfect for used as a side dish for a summer Sunday roast, just omit the pasta.

Ingredients

3tbsp lemon oil
3 cloves garlic, sliced
2 red chillies, sliced
1 savoy cabbage, core removed and shredded
Salt and pepper
To Serve
Pasta of choice for 4
Extra lemon oil

Method

1. Heat the lemon oil over a medium heat in a sauté pan.
2. Add the garlic and chili and cook for 2 minutes.
3. Add the shredded cabbage and cook, lid on for 8 minutes stirring occasionally.
4. Cook the pasta as per pack instructions, drain and keep warm.
5. Season the cabbage with salt and pepper.
6. Toss the cabbage through the pasta and serve in warmed pasta bowls.
7. Drizzle over extra lemon oil and enjoy.

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Fact of the Day

Did you know that IKEA is an acronym which stands for Ingvar Kamprad Elmtaryd Agunnaryd, which is the founder's name, farm where he grew up, and hometown.

AWARENESS DAYS ... ORGANIC SEPTEMBER MONTH 2020

Start: September 1st
End: September 30th

The UK's biggest celebration of all things organic has started

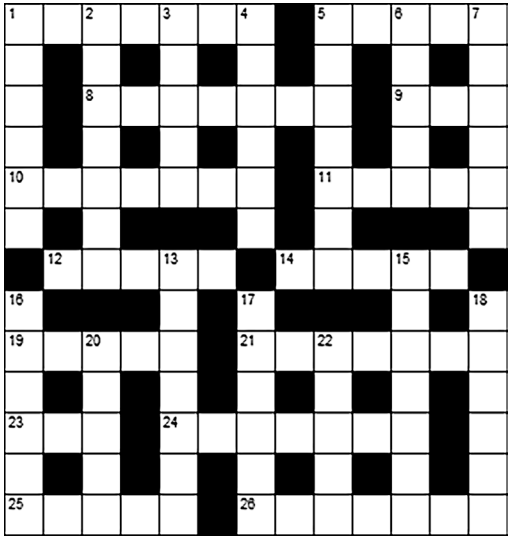
Organic September, organised each year by the Soil Association, aims to encourage everyone to be more organic. Whether that means making over your diet or just making one small change to your weekly shopping, it all contributes to changing our food system and our world for the better.

Visit the SA website for exclusive offers from organic brands, redeemable both online and in selected stores, making it easier to #ChooseOrganic this September. You'll find ideas on 30 Ways to Organic Your September, recipes from chefs, brands and bloggers, and competitions with prizes including an organic break in Devon, a year's supply of organic coffee, a hamper of organic goodies, and free pizza.

There's also a guide to the special events happening nationwide throughout the month – and on Saturday, September 15, independent shops across the country will be celebrating organic, offering samples, tastings and demos.

Find out more and get involved at **https://www.soilassociation.org/organic-living/organic-september/**

Crossword



Across

1 Requested the pleasure of, summoned (7)
5 Gargantuan (5)
8 Closest (7)
9 Compete for (3)
10 Chuckled, giggled (7)
11 Reach, spread (5)
12 Commenced (5)
14 Alarm (5)
19 Bargain (5)
21 Mythical creature (7)
23 Grassland (3)
24 Defensive wall of a castle (7)
25 Part with cash (5)
26 Proposition, axiom (7)

Down

1 Ethics, principles (6)
2 Enterprise, Endeavor (7)
3 Impart skills or knowledge (5)
4 Frightened of (6)
5 Authentic, unvarnished (7)
6 Crow-like bird (5)
7 A prime number (6)
13 Aimed, hoped (7)
15 Cockerel (7)
16 Climbs, clambers (6)
17 Peak, crest (6)
18 Advise, notify (6)
20 Delete (5)
22 Picture, figure (5)

				3		7	9	
	9					2		8
2	1	4			9			
5					6	3		
		8				6	7	
								2
			6		1		8	
7					2	1		
				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 images was?

Lateral Thinking

What is the next letter in this series?

Mind Benders

Find the three hidden phrases

Can you find the three hidden romantic comedy film titles?

Advertising Feature

PRESTON SLIMMERS COME BACK TOGETHER AFTER MONTHS OF VIRTUAL SLIMMING

Slimmers from Preston are making a 'comeback' as their Slimming World group reopens, with local Slimming World consultants saying they're excited to be back helping members to lose weight and improve their health in person.

Slimming World has been supporting members virtually in online weekly groups since March, when lockdown closed all of the organisation's community groups. Now, following the current easing of restrictions in many areas, real-life groups are beginning to reopen step-by-step.

And Louise and Gaynor, Slimming World consultants in Lea and Cottam and Broughton are putting measures in place to ensure groups comply fully with government and local guidance and that their members can return safely to their much-loved Slimming World groups from.

Louise says: "I'm delighted to finally be back together with my members! Our virtual groups have been a vital lifeline of support and I'm so, so proud of how my members have been there for each other through these difficult months and continued to lose weight and get more active. There's nothing quite like the magic of our real-life groups, though, and research of our members during lockdown has shown that while our members have loved attending their virtual groups they've missed the motivational power and accountability of meeting in person each week."

She says the health and safety of members has been their top priority in planning the return of the Slimming World groups: "Members will find a few things have changed in our groups to ensure that everyone feels as safe, confident and comfortable as they possibly can. This includes appropriate social distancing, hygiene measures and shorter sessions, which we'll be asking members to book in to before attending. What hasn't changed is the gorgeous warm welcome, feeling of togetherness and the joy of being 'in it together' week on week.

"As well as looking forward to 'that feeling' of being back together with our existing Slimming World members, we can't wait to welcome new members in Preston to our groups too. Obesity is a huge issue in the news at the moment with evidence showing that carrying extra weight makes it harder for the body to fight COVID-19, and the Government announcing brand-new plans to tackle obesity across the UK – which Slimming World are very proud be part of. Plus, we know many people's routines were turned upside down by lockdown and lots of us have been feeling more worried or anxious than usual, all of which can have an impact on making healthy choices."

Louise, who has lost 2st herself, says: "I want anyone who's worrying about their weight or health – especially if they've put on a few extra pounds during lockdown – to know that there will be absolutely no judgement at a Slimming World group – just lots of understanding and a very warm welcome. At Slimming World losing weight isn't about going hungry – our eating plan is extra easy, very delicious and super generous. And moving more doesn't mean running marathons – unless you want to, of course.

"Our groups are hubs of recipe-swapping, idea-sharing and problem-solving activity. Through our weekly sessions, you'll discover how to identify the stoppers and potential pitfalls that could send you off track – or that have maybe prevented you from reaching your weight-loss goals in the past – and learn to develop strategies to overcome them. The new healthy habits you'll discover will soon become habits of a lifetime, and there really is no better time to start afresh when it comes to developing new lifelong healthy habits around food and activity because, as many of the members of my groups have seen, when you lose weight you're already doing one of the very best things you can to future-proof your health."

Louise's Slimming World group in Lea is open now and Gaynor's Slimming World groups in Cottam and Broughton will be opening early September. **For more information visit www.slimmingworld.co.uk or contact Louise on 07828225824 or Gaynor on 07437777588**

Due to new safety measures, all members are asked to book into a group before attending and you can discover what a real-life Slimming World group will look like with all safety measures in place here: www.slimmingworld.co.uk/blog/discover-keeping-you-safe

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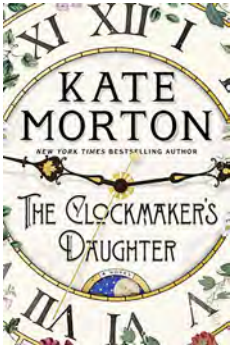
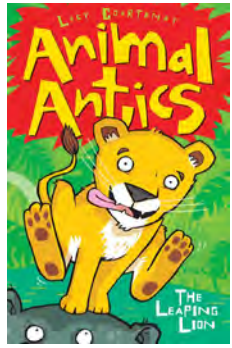
Book Review

A Good Read





The Clockmaker's Daughter by Kate Moreton

Getting married is one of those big events in your life that changes everything. For Elodie, plans for her upcoming wedding are being pulled away from her by her controlling future mother-in-law. Elodie works as an archivist in London and one day discovers an old satchel, an old photo, and an old sketch of a large house that will change everything and lead Elodie on a quest to discover the truth about the house and the lady in the photograph. Was she meant to find these items and how are they ultimately connected to her own past?

Kate Morton is known for epic sagas – and at nearly 600 pages this is no exception. Told in multiple timelines, the action moves swiftly from the present to the 1880s, the early 1900s, and the 1940s as the story of the house and its inhabitants unfold. With a vast cast of characters this does require some concentration to keep track of who's who, and sometimes the story changes time period just as you were becoming engrossed. However, it is worth persevering.

Part love story, part ghost story, part murder mystery, and part commentary on social class divide in the Victorian era Morton brings the various stories vividly to life on the page. Who is the clockmaker's daughter and how did she come to linger at Birchwood Manor? And how will this all help Elodie come to terms with the path that her own life is about to take?

Animal Antics: The Leaping Lion by Lucy Courtenay

Brian is an excitable lion cub. His dad is the King of the Savannah, so a lot is expected of him. He tries to be big and intimidating, like his dad. There is one thing that Brian loves doing more than anything else and that is playing leapfrog. He is the best in the savannah and is always searching for the next big thing to leapfrog over. So, when he tackles his biggest leapfrog ever and fails, he is mortified when all the other animals laugh at him. Humiliated he vows to never leapfrog again.

That is, until he learns that the Animal Olympics are going to be held in the savannah and leapfrog is one of the events! Can he pluck up the courage to compete and risk more humiliation? Will he make his dad proud?

This lovely short chapter book (92 pages) is perfect for young animal lovers, combining animal facts – such as the fact that female lions do most of the hunting – with a fun story. Who knows, maybe lions really ARE good at leapfrog?

By Willow Coby

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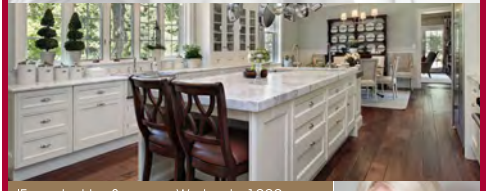

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Dazzling Dahlias

Over the past few years, I've fallen in love with dahlias for their ability to provide autumn colour. I think Dahlias are like the glamorous friend who arrives late to the party, fresh and full of life, outshining all the other guests who are a bit tired and past their best...or maybe that's just me being fanciful.

Either way the vibrant colours, tactile textures and stunning petal formations make the Dahlia queen of the September garden for me.

The dahlia originates from Mexico and there are 30 species and around 20,000 cultivars! Don't let its exotic past fool you; it hails from high mountain regions so is happy in cool, wet, and windy conditions. It doesn't matter what size your garden is there is a dahlia for you, from dwarf varieties to giants. There is even one variety (Imperialis) that can reach 6m (20 feet) in the wild in its native South America.

If your garden is on the exposed side, or you live in the north then look for the pompom varieties as the colourful globes are very hardy, standing up to the worst of the British weather.

Dahlia bulbs are comprised of tubers. In order to sprout the tuber must have an 'eye'. If you live in a very cold area, you can dig up the tubers at the end of the season and plant them out again the following year. My garden is quite sheltered, so I simply cut them down and mulch them. I learned the hard way that mulched dahlias survive and thrive much better than unmulched plants. Dahlia tubers are hungry beasts and don't take kindly to being undernourished. The first year I planted them I didn't mulch and the second year the flowers were sparse and undersized. On the advice of a neighbour I fed them, mulched them, and watered them through the hot season, and they returned in full vigour the following year.

Dahlias come in the most amazing array of colours.

'Lubega Power Yellow-Orange' sounds like a toilet cleaner but is in fact a gloriously tropical dwarf bedding dahlia which produces masses of

double flowers well into autumn if you deadhead it regularly. At 30cm you can plant it at the front of the border or in window boxes to brighten the dullest of days.

Dahlia 'Cornel Brons' produces wonderful round copper-coloured architectural flowers. They are long-lasting and make spectacular cut flowers. They look good in the middle of a border because they grow to 90cm.

For gardeners who prefer a more subtle or unusual colour palette:

Dahlia 'Cafe aux Lait produces enormous exquisite blooms in a soft apricot-pink colour, which fade to vintage cream. It's the perfect dahlia for creating a focal point toward the back of the border as it grows to 120cm.

Dahlia 'Creme de Cassis' has stunning two-tone petals on water lily-shaped flowers. It grows to 90cm so is good for the middle of a border and also looks fabulous in a big pot.
By Rachael Leverton

By Rachael Leverton

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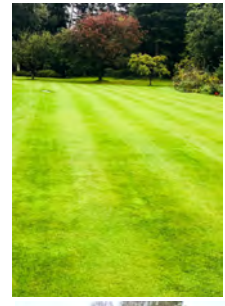

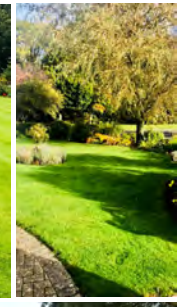

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Whilst we totally appreciate that the last few months have been very difficult for everyone, we feel like it just might be the time to start getting excited about **adventures you can plan for in 2021**, and put something in the diary to look forward to.

For some, a holiday close to home may be preferred. For others, something further afield. You may be considering a beach holiday, a city break or an ocean or river cruise, something more bespoke, "tailor-made" for you. No matter what you prefer, our door is "open for business" and we would love to have the opportunity to arrange your holiday for you.

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Korean Pulled Chicken Nachos

Ingredients

4 chicken breasts
8g sesame seeds
1 tsp ginger purée
1 tsp garlic purée
3 tbsp soy sauce
1/2 tsp chilli flakes
2 tbsp honey
2 tbsp sesame oil
2 tbsp Sriracha sauce
1/4 tsp cracked black pepper
1/4 tsp sea salt
125ml chicken stock
4 soft tortillas
150g mozzarella grated cheese

Method

1. Preheat the oven to 200ºC. Place chicken breasts into an ovenproof dish. Add the sesame seeds, ginger purée, garlic purée, soy sauce, honey, chilli flakes, sesame oil, Sriracha sauce, sea salt and pepper. Mix to coat the chicken evenly.

2. Pour the chicken stock on top of the marinaded chicken. Cook for 8-10 minutes before covering with foil to create a tight seal. Return to the oven and reduce the heat to 150ºC, for 2hrs.

3. Brush the tortillas both sides with oil and cut into triangles. Lay evenly on greaseproof paper, bake until they start gaining colour (as they will be baked again just before serving).

4. Shred the cooked chicken with two forks in a bowl. Pour in the remaining juices from the oven dish and combine.

5. Tip the tortilla chips on to a greaseproof lined baking tray, scatter over the pulled chicken and then top with a layer of mozzarella cheese.

6. Bake for 7-8 minutes until the cheese is melted and the tortilla chips have started to brown.

7. Remove from oven. Garnish with salsa, slices of spring onion, carrot ribbons and fresh coriander. Finish by drizzling fresh plain yoghurt across the top.

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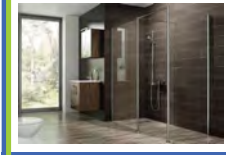

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Community Noticeboard

Free for all charity, not for profit groups and community organisations. To appear please contact Maria on 01772 865970 or email community@jampublications.co.uk by the 16th of the month prior to print.

Longridge & District Local History Society

www.ldlhs.org.uk and Facebook

CANCELLATION of Meetings due to COVID19

This will be reviewed towards the end of the year. To all our members & visitors take care and keep safe.

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Longridge Heritage Centre Trust

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Longridge. PR3 3JP Tel: 01772 437958
Email:info@lhctrust.org.uk

We regret that the Heritage Centre will be closed until further notice – but we hope to be back before too long!

*** Be part of History ***

Please – keep your lockdown diaries, journals, pictures etc to share with us so that we can create a record of this time for future generations
More information to follow

PADAS meet on the second Thursday of each month, except December. Meetings start at 7:30pm and finish around 9:30pm. They are a mixture of talks and members evenings. New members always welcome. £3 per session or £20 annually.
Next meeting Thursday 10th September at Deepdale Labour Social & Bowling Club, 287 Skeffington Road, PR1 6RX.
COVID-19 safety procedures will be followed. www.padas.org.uk

Parkinson's UK Preston & District Branch Update

It has been a while since our last meeting took place in March, so we thought it was time to update you all on the current situation. So many things have changed because of Covid 19, but rest assured that we, the Committee, are still here & are still working for you.

We were hoping by now that we would be in a position to start returning to our usual activities, with some modification around social distancing. However, the reintroduction of restrictions in the city of Preston & the advice from Parkinsons UK have prevented this. We have taken the decision reluctantly to delay the restart of Circuit Training & Yoga until the New Year, hopefully in January 21. As soon as a date has been arranged, we will circulate the details.

We have also had to make a decision not to hold any group meetings before December. On a positive note, we would like to invite all members & friends to a 'Jacob's Join' type get together at St. Anthony's on Wednesday the 9th December at 7pm. This will be instead of our usual Christmas Party. Everyone can bring their own food, crockery and cutlery, to comply with guidelines & keep everyone as safe as possible. The group will provide tea & coffee & a drink from the bar. This will be a great opportunity to meet up & see one another. Can everyone who wishes to attend please confirm numbers to myself at malcolmtwright@hotmail.com. This is vital so that in conjunction with St Anthonys, a risk assessment & social distancing measures can be put in place.

As a committee, we are concerned that we do not lose the following that we have here in Preston. This year we went onto Facebook as Preston Parkinsons Group. Membership has been steadily growing & we would urge all of you that have access to social media to join so that we can give you information about our activities & help with anything you need to know. This year, as you will appreciate, we have not been able to do many of our collections and so our fundraising has been greatly reduced. We have donated £2,000 to Parkinsons UK following their appeal to branches for help because of their lack of income. The group is still solvent but we need to conserve funds to cover Circuit Training, Yoga & our other commitments for the coming year. It is with regret that we have had to abandon the Christmas Hampers for this year. The cost & logistics of this operation make it impractical. We are very sorry that this has to be the case & we hope that you will all understand the reasons why. We will make every effort to reinstate hampers for next year.

Please can we ask you to be patient, we will not be defeated by this & we will come back to something near normality. Let us make the most use of the Facebook group as we can to maintain contact. If anyone has problems finding us on there, please email Malcolm on malcolmtwright@hotmail.com for assistance.

To finish, thank you all for your efforts in the past, on collections, yoga, circuit training, helping with meetings and raffles and turning up to support each other. Please stay sane, stay safe and we hope to see as many of you as possible at St. Anthonys on the 9th December at 7pm.

Best wishes from everyone on the committee.

Support for Local People who have been Affected by Cancer and Bereavement

CancerHelp (Preston) Ltd will be re-starting 1-2-1 face to face work from its Vine House Cancer Support Centre in Ribbleton from Monday 30th August 2020.
The online (zoom) and telephone sessions which have been available throughout lockdown, will continue for people who are uneasy about being out and about at the moment.

As a local independent charity, CancerHelp was fortunate in receiving funding from the National Lottery Community Fund. This will enable support to be available for people affected by cancer; those who have lost someone due to COVID-19 and also includes children and young people who have received a cancer diagnosis or been affected by a bereavement. This funding also means that as there is additional capacity, there are no long waiting lists to access services.

CancerHelp can support people affected by cancer and those bereaved due to Cancer or COVID-19 living in and around the following areas: Preston, Chorley, South Ribble and Garstang. All its services are offered free of charge.
If you think you would like to speak with one of the Team
please telephone **01772 793344**

Croston House, the Charity's centre in Garstang will open a little later.

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S. They are the initial letters for the numbers One, Two, Three etc.

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