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Can you find me?



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EASTER IS A TIME OF HOPE
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IT SHOWS THAT WINTER'S OVER
AND SPRING HAS COME TO EARTH.

RENEWAL - SHARON HENDRICKS

Congratulations to all those who found Miti hidden on page 14 in the Dean Fraser Poem.
The winner picked out of the hat was Dean Barker.

She returns this issue - can you find her? She is hidden somewhere
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Monthly Health News

Why not step into spring and enjoy the local flora & fauna around your area

Finally, Spring has sprung and we are filled with the hope and optimism that this year we will finally get the Indian Summer we are always promised, you know the one! The one headlining all the papers – "HEATWAVE FOR GREAT BRITAIN" and we all wait and wait then sigh as Autumn rolls in. But I digress so back to Spring and with the longer days and warmer weather we start to think about summer clothes and casting off the winter garments we have been hiding in for the last 6 months.

Many of you will start to think about getting fit and there is a whole wealth of different exercise regimes and classes out there available to all, but let's start at the very beginning – it's a very good place to start as confirmed by Julie Andrews! What better way to get fitter but to take up Walking. It is cheap and most certainly cheerful, all you need to get started is a good pair of shoes. Whether they be trainers or walking shoes/boots, the important thing is that they are comfortable. I would suggest a light weight waterproof jacket and make sure you put layers underneath so that as you get warmer you can take a layer off. I personally like to wear a hat, because as my Grandma used to say - 'Ne'er cast a clout till May be out', what she really meant was don't take your woolly tights off till June but personally I get cold ears and we can never guarantee, in this country, that it won't rain.

Once you are kitted out, then it is just a case of getting out there. You may prefer to walk on your own, with a friend or group, you may already have a reason to walk and have a dog (or two in my case). You could have a look at joining Preston Nordic Walking or a Rambling Club. There is a plethora of walking guides offering anything from 1 mile routes to 12+ miles either on line or in bookshops. Walking can be enjoyed by everyone, there is always so much to see and I find myself noticing so much more about the areas I walk through, than I ever do when driving in the car. Since I started walking I have noticed my pace has definitely

increased and this has resulted in more miles completed. It has helped me find calm after an horrendous 12 months and is helping me recover. I have trekked miles enjoying the countryside outside of Preston. I don't care if it is raining because it is refreshing and invigorating plus you can look forward to that hot shower/bath once you are home.

On my walks I have seen deer, herons, hares, geese, buzzards, lots of lambs and last Sunday I heard my first woodpecker of the year, a noisy little bird he was too.



(Bluebells at Winsnape Brook nr Waddecar)

So if I haven't managed to sell walking to you lets look at the benefits extolled by the Health Professionals: Walking - Strengthens your heart, lowers disease risk, prevents dementia, helps you lose weight, tones up legs/bums/tums, boosts Vitamin D, gives you energy and makes you happy.

Take that step this weekend and I hope you enjoy it as much as I do. Don't forget the sunscreen.

Linder x

Plumbs

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Fact of the Day

Did you know that **Stewardesses** is the longest word typed with only the left hand.

A Brief History Of ... St Georges Day

'Cry God for England, Harry and St George!' Those immortal words are from Shakespeare's Henry V but who was St George and how did he become patron saint of England? St George was a Roman soldier who lived in the 3rd century AD. At the end of the century the Emperor Diocletian persecuted Christians and St George was martyred in 303 AD.

The cult of St George was brought to England from the Middle East by the crusaders. (St George was popular with the crusaders because he was a soldier). He is supposed to have appeared to them at Antioch in 1098.

St Georges Day, 23 April was set by the synod of Oxford in 1222. Meanwhile he was growing in popularity in England. By the 14th century St George was seen as England's saint.

In the Middle Ages some people formed religious guilds. They prayed for dead members souls and provided charity. Many were dedicated to St George. On St George's day in many places effigies of St George were taken out of the local church and paraded around the parish. Furthermore in the Middle Ages the legend of St George and the dragon

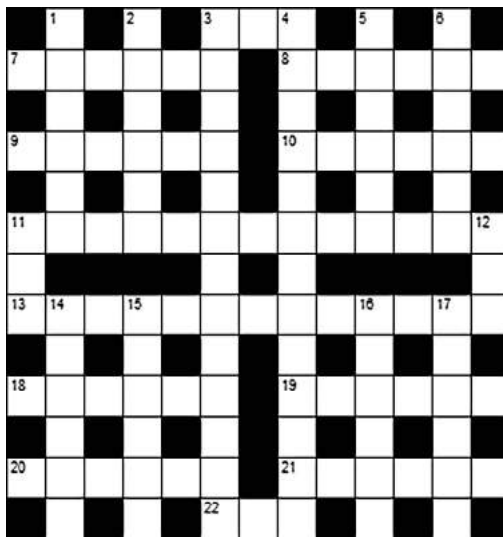


grew up. Many places also paraded a model dragon.

However after the Reformation the cult of the saints was swept away in England and St George lost much of his importance. Unlike many national saints St George has been neglected. However recently St Georges Day has been revived as a patriotic symbol.

St George is also the patron saint of Catalonia.

Crossword



Across

- 3 Worthless dog (3)
- 7 Beat to separate the corn (6)
- 8 Ran away to marry (6)
- 9 Crab claw (6)
- 10 Supplying with weapons (6)
- 11 Blood-curdling (5-8)
- 13 Saying something with wry humour (6-2-5)
- 18 Gentle walk (6)
- 19 Sherlock _____ (6)
- 20 Played at Wimbledon (6)
- 21 Package (6)
- 22 Distress call (3)

Down

- 1 Small shellfish (6)
- 2 Signalling light (6)
- 3 Devoid of personality (13)
- 4 Bonds between people (13)
- 5 Official, decorous (6)
- 6 _____ and McCartney (6)
- 11 Perch, squat (3)
- 12 ___ Wan - TV fashion stylist (3)
- 14 Discount store (6)
- 15 Floor, terra firma (6)
- 16 Mrs. Bill Clinton (6)
- 17 Hole to poke your shoelaces through (6)

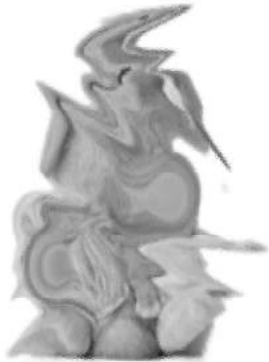
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		7					2	
9		4		3				

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.

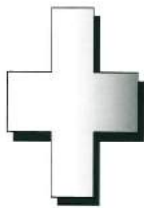
Fuzzy Photo!



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



You can use three identical digits in a simple addition sum so that the total is 12. You cannot use the digit 4, so what is the answer?

Mind Benders

Find the three hidden phrases

He ada GHe

DIG IGNORE

DIG IGNORE

little large

little large

little little

little large

m:ask
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Recipe Idea

Spinach and Feta Frittata

Preparation time: 15 minutes

Cooking Time: 15 minutes

Serves 4-6

Ingredients

2 tablespoons olive oil
1 medium shallot, finely chopped (about 2 tablespoons)
1 medium clove garlic, finely chopped (about 1 teaspoon)
1 (5-ounce) bag baby spinach
1 tablespoon finely chopped fresh flat-leaved parsley or basil.
Sea salt and freshly ground black pepper
10 eggs, beaten
1/4 cup milk
3/4 cup (about 3.5 ounces) crumbled feta

Method

Preheat the grill. Heat olive oil in an 8-inch pan over a medium high heat. Add chopped shallots and cook for 2-3 minutes beginning to soften. Add garlic and continue to cook for a further two minutes until softened. Add spinach and parsley (or basil) and cook, tossing often until spinach is fully wilted and any water released by the spinach has cooked off.



Season to taste with salt and pepper.

In a large bowl, beat eggs and milk with a whisk until mixed together. Don't over-beat. Add feta, and season with salt and pepper. Pour egg mixture over spinach then gently stir with a spatula to release the spinach from the bottom of the pan so that the eggs are in direct contact with the surface of the pan, so they cook quickly.

Cook until the eggs are almost totally set (this takes 10-12 minutes), reducing heat to prevent burning. Place pan under the grill for a couple of minutes, until the top is set as well, keeping a close eye on it so it does not burn.

To release the frittata from the pan, loosen edges with a spatula. Place a dinner plate over pan, and holding plate firmly flip the pan over so the frittata releases onto the plate. Serve warm.

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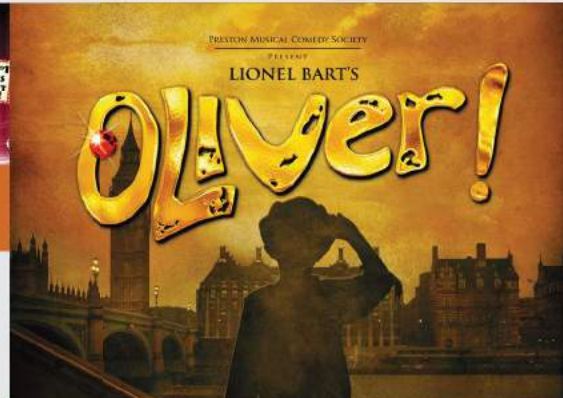
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Tickets £22.90



Mercury

Wed 22 May at 7.30pm
Tickets £22.50



Stewart Francis: Into the Punset

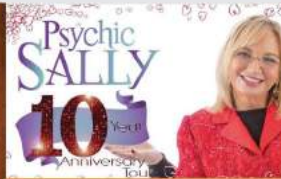
Thu 23 May at 8pm
Tickets £23

prestonguildhall.co.uk



Preston
Guild Hall

prestonguildhall.co.uk
01772 80 44 44



Psychic Sally

Fri 24 May at 7.30pm
Tickets £25.50



North West Physical Culture Association

Sat 25 May
Doors open 11.30am,
event starts at 12pm
Tickets £22



Chris Norman - The Original Voice of 'Smokie'

Sun 26 May, Doors at 7pm
Tickets £27
£29 on the door



There was an Old Lady Who Swallowed a Fly

Wed 29 May at 2.30pm
Tickets £13, £11
Family ticket £42



Walk Right Back

Sun 2 Jun, 7.30pm
Tickets £24.50



Honeyblood

Wed 12 Jun, Doors at 7pm
Tickets £14.50



The Doors Alive & The Gimi Hendrix Experience

Fri 14 Jun, Doors at 7pm
Tickets £17
£20 on the door



The Grand Masters of Darts

Fri 21 Jun, Doors 7pm
Tickets £17 - £52,
VIP tickets available



Cloudbusting: 40 years of Kate Bush

Sat 27 July, Doors at 7pm
Tickets £17.50



From the Jam

Sun 25 Aug, Doors at 7pm
Tickets £27.50



Boyzlife

Fri 13 Sept, Doors 7pm
Tickets £30.50



All Star Comedy Show

Sat 14 Sept at 8pm
Tickets £17





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If your dog or cat hasn't had a vaccination for 18 months or longer and needs to restart the primary vaccination course, **GET BOTH PRIMARY VACCINATIONS FOR THE PRICE OF A BOOSTER!** MARCH & APRIL 2019 ONLY



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www.oakhill-vets.com

Dogs and cats only. Client must fill out a short anonymous survey at branch to be eligible for offer. Offer valid in March & April 2019 only. Offer does not include Kennel Cough or Rabies vaccinations. We reserve the right to withdraw the offer at any time.



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www.feverdance.co.uk

ADULT

Monday	Adult Tap	5:45-6:30pm	£6.00
Sunday	Ballroom & Latin Beginners	8:00-9:00pm	£7.00

PRE SCHOOL CHILDREN

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

ADULT SOCIALS

50/50 Social Dance evening with free sequence lesson (last Saturday of every month)
7:45-11:00pm £6.00



CHILDREN 5+ YEARS

Monday	Primary ballet & tap	5-8 years	4:00-5:00pm	£6.00
	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

FAME SCHOOL.

Come along to our brand new fame school, fusing singing, dancing & acting. Running in preparation for our summer Show June 2019.

Saturday	4, 5, 6 & 7 years	3:00-3:45pm	
	8 & over	3:30-5:30pm	- Pay as you go -

Mornington Road, Preston, PR1 4UL Telephone: 01772 703704 Facebook: /feverdancecompan

Lancashire Teaching Hospitals NHS Foundation Trust



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Guest of Honour - Sir Mark Phillip Hendrick MP



#HealthMela2019

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



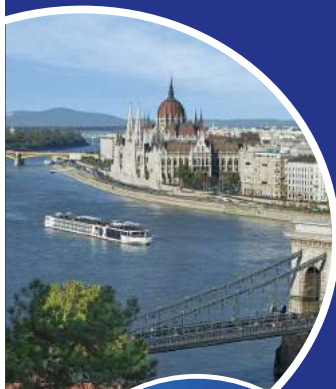
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Deadline for Community Noticeboard is 16th of the Month

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 by the 16th of the month prior to print.



Preston Sugarcraft Interested in Cake Decorating?

Our meetings are a mix of workshops, hands-on-sessions and demonstrations with something for everyone, whatever your interest – modelling, flowers, painting on sugar, brush embroidery, cocoa painting.

All skill levels - from beginners to advanced and everything in between!

We meet at 2pm on the first Saturday of each month, except August, at St Margaret's Church Hall, Tag Lane, Ingol, PR2 3ZU. First visit is FREE!

For more information, please call
Jeanette Taylor
on 01253 595422

Preston Folk Dance Club

Monday evenings
September - May 7.30pm,
£1.50 including refreshments
Galloway Hall
Brackenbury Rd, Preston PR2 3BS
Tel: 01772 745813 or 01257 791323

**FULWOOD AND
BROUGHTON
CRICKET CLUB**



**PRESTON'S
PREMIER
CRICKET CLUB**



Fantastic for families, functions and... **CRICKET!**

NEW TEAMS

MIXED TEAM: BOYS AGED 5 - 8 + GIRLS AGED 5 - 9

WHAT'S ON FULWOOD LIBRARY



Toddler Rhyme Time Monday 10.00-10.30
 Knit and Natter Tuesday 10.30-12.00
 Baby Bounce and Rhyme Wednesday 10.30-11.00
 Learn My Way (computer course) 11.00-12.00
 Story Time Friday 10.30-11.00
 Twice as Nice (twin group) every other Friday 10.30-11.30 from 22th June
 Family History Friday 14.00-16.00
 Children`s Craft Saturday 10.30-11.30 -£1 per child to cover the cost of material(£2 maximum charge per family)

Monthly

Young Adult Reading Group first Wednesday of the month 17.30-18.30
 A Cuppa and a Quiz last Wednesday of the month 14:00-15.30
 Working Title (reading group) first Thursday of the month 10.00-12.00
 Bookenders (reading group) third Thursday of the month 10.00-12.00
 Craft and Chat second Friday of the month 10.00-12.00

Opening times:

Monday: 9.00-5.00, Tuesday: 9.00-1.00, Wednesday: 9.00-7.00, Thursday: 9.00-5.00,
 Friday: 9.00-5.00, Saturday: 9.00-1.00

PRESTON HARRIERS

Running Fitness Group

Adults from Age 18

Every Tuesday 6.30pm



April to Sept at Avenham & Miller Parks
Meet at the Car Park on South Meadow Lane
(next to hockey pitches opp. Continental pub)



Oct to Mar at Preston Docks
Meet at the Car Park on Mariners Way
(opposite SCS Furniture)

WHAT'S YOUR GOAL?

Free Sessions

- To run and keep fit
- Do a 5k parkrun
- Run a 10k Race
- Or even a Marathon

All Abilities

Come and join a fun loving, friendly group here to help and encourage you all the way

Qualified Run Leaders

Organised by Preston Harriers and open to non members
 If you enjoy the runs, join us after 4 sessions

New Adult Members
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 Only £30 per year

Further Information
www.prestonharriers.net
facebook.com/prestonharriers
 Text Sue 07776 445553

PRESTON 100

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 Sandy 07977001280




Community Noticeboard

Join in the fun and get walking with

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Out Sunday every fortnight by coach,
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We have four groups for all levels of
walking

Contact Jim Cookson on 01772
709886 Mob 07538747470

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www.clrcuk.co.uk



A running club for women run by women



Our groups are fun, social and open to women of
any age, shape or size

Please contact one of our qualified leaders for
further details or see our

website www.womenontherun.co.uk

Tuesday Group 7pm – 8pm

Millennium Hall, Fulwood, PR2 6GN

Leaders: Felicity Cross & Freda Peacock
fandpfamily@gmail.com

Thursday Group 7pm – 8pm

Millennium Hall, Fulwood, PR2 6GN

Leaders: Helen Borking & Lindsey McGahey
helen.borking@gmail.com



Red Rose

Come and run with us.
It is a lot more than Running
It is about Friends
It is about Life and Fun



Training Sessions: Monday Farrington at 7pm
Tuesday Fulwood Leisure Centre at 6:30pm
Tuesday UCLAN Track at 8pm
Thursday Poachers Inn, Bamber Bridge at 7pm
Friday Avenham Park at 10am

Contact John on membership@redroseroadrunners.org

Affiliated to UK Athletics through England Athletics No 2659113





**FULWOOD METHODIST CHURCH
THEATRE VISIT GROUP
PROGRAMME OF VISITS
(at 14th March 2019)**



Thursday 16th May 2019

'West Side Story' at The Royal Exchange Manchester
£59.50 per person with optional insurance of £5 per person

Wednesday 12th June 2019

The Importance of Being Earnest – Bolton Octagon

This is a matinee performance which will be in the civic hall in the centre of Bolton, very close to the theatre. Price £30 per person (including travel by minibus and theatre ticket), optional £3 insurance per person.

Saturday 29th June 2019

'Annie' at the Liverpool Empire

This is a matinee performance. Price is £66 per person (coach and theatre ticket) and optional insurance at £6 per person.
This will be a full day trip to Liverpool by coach, leaving at 9.15am returning at approx 6.30pm. Coach only cost £17.50 per person.

Wednesday 21st August 2019

'Dear Uncle' – Theatre by the Lake, Keswick

This will be a full day trip to Keswick. Price including travel and theatre ticket is £45 per person, optional insurance of £5 per person.
Coach only price is £25 per person

September 2019 – Date TBC (likely on a Monday or Tuesday)

Llandudno Day Visit

Expressions of interest being taken for this trip – dates, prices and details to be confirmed.

Wednesday 30th October 2019

'The Ladykillers' – Theatre by the Lake, Keswick

This will be a full day trip to Keswick. Price including travel and theatre ticket is £45 per person, optional insurance of £5 per person.
Coach only price is £25 per person

Sunday 24th November 2019 for 3 nights / 4 days

York staying at the Mercure Fairfield Manor Hotel including day trips by coach.

Prices & further details TBC. Expressions of interest being taken for this trip.

Saturday 16th May 2020 (matinee performance)

Les Miserables – The Lowry, Salford Quays

Prices estimated to be around £80 per person including coach and theatre ticket. Expressions of interest being taken for this trip.

**For further information please contact the administrator at Fulwood Methodist Church. Tel No: 01772 718741 or by email theatrevisits@fulwoodmethodist.org.uk.
www.fulwoodmethodist.org.uk/events/theatrevisits.htm**

Community Noticeboard

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@weebley.com



MORRIS TASTER WORKSHOP

Free to all with light refreshments included.

Sat May 18th 2019 from 10.30 - 2pm
 at Leyland Cricket Club, Fox Lane,
 Leyland, PR25 1HB

Everyone welcome, men and women, beginners or not, dancers or musicians.

Come and help continue the Morris tradition that has been a Leyland feature for over 100 years.

We meet every Monday evening during the year.

More details from Mike Bailey,
 01772 337999 or email:
mikepatbailey@btinternet.com

The Club Players at Broughton

Broughton Club , Whittingham Lane
 Broughton , Preston

APRIL 10th to 13th 2019
 “ SATURDAY NIGHT AT THE CROWN”. The well loved Lancashire comedy
 by Walter Greenwood

For all three productions seating is around tables of eight, the Bar in the Hall will be open for drinks prior to each play and during the intervals. Tea and coffee will also be available.

Each performance starts at 7.30 pm.
 Tickets are £8.00 each Booking tel no:
 07395825407 Or text.
 E mail: theclubplayers@gmail.com

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Lost & Found *Don & John*
Dave Gardner
Pete & Joe
Millie *Alan Clayton* *Jack*

At
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 Friday 26th April One Night Only
 7.30pm start Tickets £10
 Box Office 07738915848

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 from
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COME & SING
JH Maunder's 'OLIVET TO CALVARY'
Saturday 13th April 2019
St Leonard's Church, Marshalls Brow,
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Workshop £10 - 2.30pm - 5.30pm
Performance Tickets on the Door £5 - 7pm
Book your place via www.prestonorpheuschoir.org
& Contact 01772 735197 if you require
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Musical Director
Abi Kitching
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Deepdale Bowling Club

Everyone is welcome.
 Men and women can play the game on
 an equal footing.

You can play with friends, with your
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 Because it's a low impact, non-contact
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"Please feel free to contact me for
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George.Russell@btinternet.com

Preston Working Men's Angling Association (PWMAA)

If you are looking for a club in the
 Preston area, catering for all branches of
 angling, then this might be
 the one for you.

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

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

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

The Space Centre Spring Ball - Friday 17th May

The Barton Suite,
 Barton Grange Hotel PR3 5AA

Drinks Reception - 7 pm

3-Course Meal

Entertainment featuring

Stephen Baylis

Charity Auction & Raffle

£45.00 per Person

Contact Andrea on 01772 769 391

spacecentre.fundraising@gmail.com

Dress Code: **Posh Frocks, Black Tie**

Community Noticeboard

CHANGE of LOCATION and DAY for the **3 in 1 Gentle Exercise Class**

The New class will be in the Hall of
Broughton & District Club
Whittingham Lane
Broughton PR3 5DA

Now on a THURSDAY 9.30-10.30am

For more information

Please contact Hilary Hine RSA

Tel 01995 601040

Hinefamily.hh@gmail.com

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GRAFT

a show of UK young artists

5 April - 2 June

See film, print, ceramics, playful
sculpture, live dance and more.

Everyone welcome

uclan bicem Harris Museum Art Gallery & Library

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What's On - Sharoe Green Library



Baby Bounce and Rhyme

Bring your baby to our fun, free singalong sessions. We have songs, rhymes, shakers, drums – and bouncing babies! Our sessions are held on the 1st and 3rd Tuesday of the month at 10:30am

Storytime

A chance to give your voice a rest! Bring your young ones to our Storytime and we'll do the reading. Storytime sessions are aimed at older pre-school children, but if you're happy to sit and listen we're happy to read to you whatever your age! Our sessions are held every Wednesday from 11.00 – 11.30

'First Friday' Coffee Mornings

Come to our Coffee Morning, held on the first Friday of every month, and enjoy a brew while you browse. Join us from 10.00 – 12.00.

And of course books galore!

If your New Years resolution is to Keep Fit
 Consider our friendly
 Adult Short Tennis Group
INDOOR ADULT SHORT TENNIS – for
 anyone of any age whether you have played
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 Short Tennis ??? A game for adults of all ages
 played as doubles on badminton courts with
 softer balls and shorter rackets, easy to learn
 and great fun
 Very friendly coach run group.
 Free Trial session throughout
 January and February !!
**EVERY THURSDAY AT WESTVIEW
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 Rackets and balls provided just bring yourself,
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 A New Year never a better time to try
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 Details Contact Angela 07966 315241

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 Activity Workshops Local Indie Brands
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 for more details
 www.babyloveduk.com
 @Babyloveduk @Babyloveduk @Babyloveduk

**Ashton Methodist Church and
 Community Centre**
 Wellington Road, Ashton PR2 1BU

Yoga

Tuesdays 9.30 – 10.45 am

Contact Emily Ditchfield
 01772 725264

The Red Rose Postcard Club

We meet 3rd Wednesday each month
 7:15pm at the Church Hall of
 Our Lady & St Edward's,
 Fulwood, PR2 9UE
 For all people interested in
 collecting postcards. Speakers,
 Competitions.
 For more details contact:
 Margaret Chadwick
 01253 367254

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or email davidbolton@blueyonder.co.uk.

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Please come along and browse for second
hand books and soft toys, pre-loved clothes
and accessories and new handmade jewellery.
Refreshments available including tea, coffee
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eat in or take away.

Donations of items and cakes to sell are
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Please bring your friends and family, all
welcome!

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Thursday 2nd May 2019
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Stalls from 11.30am

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BARBARA'S of STANDISH
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All Proceeds to Cancer Help Preston Ltd. Supporting Local Cancer Patients
(Vine House/Croston House)

PRESTON GARDENING CLUB PROGRAMME 2019

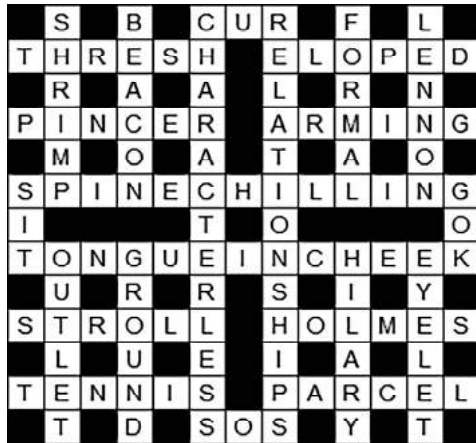
16th April
Designing a Bee Garden

St Andrew's Church Hall
240 Tulketh Road, Ashton-on-Ribble,
Preston PR2 1ES

start 7.30pm
refreshments and raffle

new members always welcome

Puzzle Solutions



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

Mindbenders

Splitting headache
Too big to ignore
A little on the large side

Lateral Thinking

$11 + 1 = 12$



Fuzzy Photo

A Rabbit

Useful Numbers

Police (Non Emergency) 101

Fulwood 01772 203203
Broughton 01772 863390
Crime Stoppers 0800 555 111

Fire (Non Emergency)

Free Fire Safety Checks 0800 169 1125
Fulwood Fire Station 01772 862545

Health Services

NHS (Non Emergency) 111
NHS Direct 0845 4647/111
Samaritans 116 123
Royal Preston Hospital 01772 716565

Bus Enquiries

Preston Bus 01772 821199
Stagecoach 01772 255777

Rail Enquiries

National Rail 0845 748 4950

Councils

Preston CC 01772 906900
Lancashire CC 0845 053 0000
Waste Collection 01772 906905
Tax & Revenue 01772 906902

Animal Care

RSPCA Advice 0300 1234555
RSPCA Emergency 0300 1234999

Leisure Centres

Westview 01772 796788
Fulwood 01772 716085

Libraries

Ingol 0300 123 6703
Fulwood 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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