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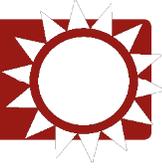
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THE HEY-DAY OF THE YEAR  
WITH ROBES THAT GLEAM WITH SUNNY SHEEN  
SWEET AUGUST DOTH APPEAR."*

**- R. COMBE MILLER**

Congratulations to all those who found Miti hidden on page 9 in the Fever Dance Advert.  
The winner picked out of the hat was John Whiteside.

She returns this issue - can you find her? She is hidden somewhere  
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## Garden Feature

# Garden View

## This month - Recycle your wastewater

I like to consider myself an eco-gardener. I use few pesticides and I recycle, upcycle and repurpose whenever I can. Like many people I own and use several water butts, which are a fantastic way to utilise all the lovely free rainwater nature provides.

Over the past few years I've been reading and researching about other sources of water too. I'm talking about grey water. But what is grey water and how can gardeners make use of it? Grey water, for those not in the know, is any kind of household wastewater apart from toilet water, which is considered 'black water', and which should definitely not be recycled by the average gardener.

You can reclaim water from your washing machine or dishwasher, but this can prove costly and time consuming. The best advice for us amateur eco-gardeners is 'keep it simple', especially in the first instance.

Basically, this means water from the kitchen sink, the bath or shower, or paddling pool.

Getting grey water to the garden is not difficult. In the case of washing-up water, simply use a removable plastic bowl in the sink which can be carried out. For baths and paddling pools ask at your garden centre or local DIY store for a water siphon hand pump. All you have to do is prime the siphon with a couple of squeezes then let the water run out into your temporary storage containers.

Once you have the grey water you need to clean it before using it in the garden. This involves filtering it into a large watering can through a piece of fleece or muslin to remove any debris and obvious residue. The water should then be left to cool. It needs to be used within 24 hours to prevent bacterial build-up.

Now that many of us are on water meters recycling our water makes both good environmental and sound economic sense too.

### Top Tips

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Contact us on 01772 865970 or email [info@jampublications.co.uk](mailto:info@jampublications.co.uk)



**Keep it simple** - It is possible to buy special kits to convert all your home's grey water for garden-usage, but these can prove expensive. You're more likely to try something that's cheap and easy. If you really get into water-recycling though, then go for it!

**Think natural** - Switch to environmentally friendly cleaning and beauty products. These are biodegradable and won't harm your plants. Don't forget the shower - Put the plug in when you shower, and you can save the water for the garden.

**Safety-first** - All grey water will contain some bacteria. Use it within 24 hours but don't use it for edible plants or for pots and containers, only on decorative border plants.

**Think laterally** - You don't have to restrict grey-water to garden usage. Use it to clean the car too!

Happy gardening.

**By Rachael Leverton**

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## Fact of the Day

Did you know that the average raindrop falls at 7 miles per hour.

## A Brief History Of ... The Reading & Leeds Festivals

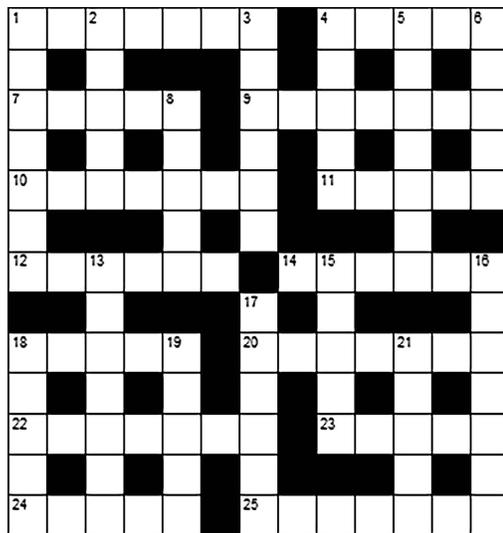
The Reading and Leeds Festivals are a pair of annual music festivals that take place in Reading and Leeds in England. The events take place simultaneously on the Friday, Saturday and Sunday of the August bank holiday weekend, sharing the same bill. The Reading Festival is held at Little John's Farm on Richfield Avenue in central Reading, near the Caversham Bridge. The Leeds event is held in Bramham Park, near Wetherby, the grounds of an historic house. Campsites are available at both sites and weekend tickets include camping. Day tickets are also sold.

The Reading Festival, the original and senior of the two, is the world's oldest popular music festival still in existence. It has had various musical phases over the years, as detailed below. In the twin-site era, rock, alternative, indie, punk and metal have tended to dominate.

The festivals are run by Festival Republic, which was divested from Mean Fiddler Music Group. For promotional purposes during 1998–2007 they were known as the Carling Weekend: Reading and the Carling Weekend: Leeds. These titles were seldom used when not required, although NME were contractually obliged to do so as part of its involvement. In November 2007, the organisers welcomed "Reading Festival reclaiming its prestigious name" when the sponsored title was abolished after 9 years. In 2011, the capacity of the Reading site was 87,000 and the Leeds site was 75,000. This was an increase of several thousand on previous years.



## Crossword



- Across
- 1 Nightclub act (7)
  - 4 Creepy (5)
  - 7 Detection system (5)
  - 9 Principled (7)
  - 10 Paralysis, apathy (7)
  - 11 Monarch (5)
  - 12 Tyrant (6)
  - 14 Chaplain (6)
  - 18 Plenty (5)
  - 20 Scrawny, wasted (7)
  - 22 Pouch worn with a kilt (7)
  - 23 Five shillings (5)
  - 24 Access (5)
  - 25 Spiny anteater (7)

- Down
- 1 Transported (7)
  - 2 Insignia (5)
  - 3 Tropical bird (6)
  - 4 Mistake (5)
  - 5 Uniform (7)
  - 6 Go inside (5)
  - 8 Proportion (5)
  - 13 Assistance (7)
  - 15 Reason (5)
  - 16 Ornamental musical passage (7)
  - 17 Likelihood (6)
  - 18 Passageway (5)
  - 19 Ahead of time (5)
  - 21 Shun (5)

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



## 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?

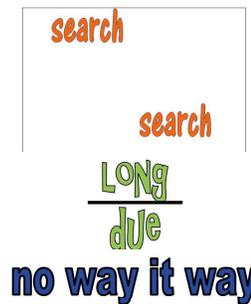
## Lateral Thinking



A father and son were involved in a car accident and rushed to hospital. On seeing the unconscious young boy, the surgeon exclaimed, "Oh no, that's my son". How can this be true?

## Mind Benders

Find the three hidden phrases



## Monthly Health News

# A Call To The Barre

Any budding Darcey Bussells out there, or am I alone in dreaming that one day I may dance on stage, in tulle and en pointe. Alas I didn't go to dancing classes as a child, instead I opted for riding lessons – which I loved, but it didn't stop me looking on enviously as my school friends tripped off to their dance schools, swinging a little pink bag carrying those, oh so special ballet slippers. If you too, still have unfulfilled aspirations then you may be interested in a different type of exercise class that is spreading rapidly throughout the Country – Barre Fitness. This is a hybrid workout class combining ballet inspired moves with elements of Pilates, yoga, dance and strength training. The majority of these classes will incorporate a barre and static stretches. The real difference between Barre and other workouts is the isometric movements that you will perform. This means holding your body still, whilst you contract targeted muscles until you feel the burn. Sounds fun - so in the interests of this column I decided to take part in a session.



The warm up was a mixture of push ups, tricep dips, planks and stretching before we moved over to the barre. I did approach with some trepidation as I am not as flexible as I should be (which is one of the reasons I was there). All Instructors, at any class, will always offer alternatives so if you are new and not able to do certain movements, then

there will be other things you can do. I must confess that I did feel the mental benefit of working at a slower, controlled pace but do not think slow equals easy, it was certainly challenging and my muscles soon fatigued. During the leg work, I found my legs shaking, this is a sign that the targeted leg muscles were working hard and is the required result you are aiming for. After focusing on the legs and glutes we ended up on the mats targeting the core, more shaking of the abs but a great sense of achievement. This was all finished off with some yoga inspired cool down movements. I wore stretchy exercise wear but don't wear baggy clothing as your Instructor needs to see your form (technique), a fitted vest top and leggings are ideal. You won't be wearing trainers plus regular socks are not suitable, as these could cause you to slip, so check first with the Studio. The Studio may sell socks with special grips on the soles or some will allow bare feet. As with all classes do not expect to know all the moves straight away, it always takes time to learn anything new; the important thing is to stick at it.

Barre fitness is a full body workout and because it is low impact it is ideal if you are recovering from an injury – obviously let the Instructor know, it that's the case, so that they can modify any movements for you. There are hundreds of different variations of exercises which can be done both on and off the barre; therefore, no two classes will be alike which is great to keep your muscles guessing. Barre Fitness is a great class to incorporate into your Fitness regime. It is important to include weight bearing workouts too, with impact, to help create strong bones. As with nutrition – keep your exercise well rounded and incorporate all the benefits from the different types of workouts – strength, cardio, flexibility. I will certainly be back to take part again and hope to regularly slot Barre Fitness into my exercise regime.

*Linder X*

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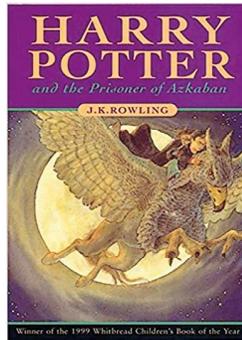
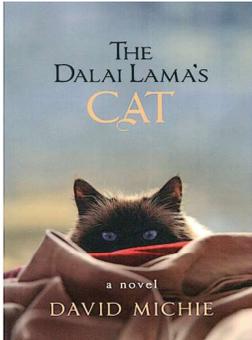
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## Book Review

# A Good Read



*He learns a lot from his new owner and sees life in a different way as a result. Described by some as a brief introduction to Buddhist philosophy, no matter what faith you are – or even if you have no faith – you will find words of wisdom in this meditative novel.*

### **Harry Potter and the Prisoner of Azkaban by J K Rowling**

### **The Dalai Lama's Cat by David Michie**

*Cats are odd creatures. Like dogs they accompany us through our lives but unlike dogs they tend to remain distant members of our households. They observe us, looking on in a slightly aloof, condescending manner, always ready to remind us that we don't actually own them. Imagine what their view of our lives and our daily discussions would be. Imagine they give us their views on life.*

*In this novel David Michie does exactly that. What if the Dalai Lama's cat wandered freely in and out of the rooms in his home? What would he hear within the walls of the house as the Dalai Lama entertains famous people and spiritual seekers from across the world?*

*This delightful novel (which has spawned a trilogy) is a short read but is one that will stay with you. It is narrated by HHC (His Holiness' Cat) and tells his life story from being a tiny kitten rescued from the streets of New Delhi, whisked away to His Holiness' retreat in the Himalayas.*

Well, what can we say about the Harry Potter series that has not already been said? These seven books are now inspiring a second generation of young readers, and this one, the third in the series, is regarded by many as one of the best. Why review it now? Well, 2019 marks the 20th anniversary of its publication. Yes, that's right – it really has been that long!

So what makes this book so many people's favourite (and mine too)? Harry and his friends are now in the equivalent of Year 9 and have hit the hormonal teenage years. New characters such as Sirius Black and Remus Lupin are introduced and we learn more about the family Harry lost as a baby. Together Harry and his friends try to save Buckbeak the Hippogriff from execution, and use Hermione's time turner to go back in time to right some wrongs as the story builds to an exciting climax.

More than anything this is a book about enduring family love as Harry discovers the godfather he never knew about, and learns that he is capable of so much more than he ever thought he was.



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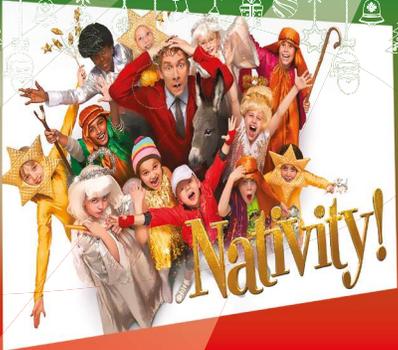
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## Mocktail Hour - Recipes

### **Totally Tropical Tea-zinger**

A refreshing iced tea-based mocktail full of tropical flavour, with added zing from the ginger beer and fresh-squeezed orange juice.

**Serves 1 but will scale up**

#### **Ingredients**

Tropical fruit tea bag (use your favourite, Peach is lovely, or Mango and lychee...or mix them up a bit), brewed in 90ml water, then brought to room temperature and chilled. Splash of fruit syrup – something with tropical overtones.

60ml good quality ginger beer (try Fever Tree)

30ml fresh-squeezed orange juice. orange wedges and cocktail umbrella for garnish.

You can scale up the ingredients but don't scrimp on the teabags. You need all the flavour.

#### **Instructions**

Put plenty of crushed ice into a tall glass. Pour over the syrup; add the tea, ginger beer, Stir gently to combine. Garnish with an orange wedge, lychees on a cocktail stick, and cocktail umbrellas.

### **Le-Ki-Pi**

**Serves 2**

#### **Ingredients**

1 kiwi

3 pineapple cubes (tinned is fine. Remove them from the can and freeze them to use as required!)

Honey to taste

Good quality lemonade (Fever tree is excellent) or lemon sparkling water.

Mint to garnish

#### **Instructions**

Peel and slice the kiwi and place into a small food processor or blender. Warm the honey very slightly until runny. Add the pineapple chunks and honey to the kiwi. Pulse blend to make a thin, well-blended puree. Place



crushed ice in a tumbler, and fill  $\frac{3}{4}$  full with the lemonade or lemon sparkling water. Divide the puree and pour in each glass. Stir gently and garnish with mint and slice of kiwi.

### **The Perfect Virgin Bloody Mary**

Savoury and spicy. The perfect pre-dinner mocktail.

**Serves 2**

#### **Ingredients**

500 ml tomato juice

Juice of 1 lemon

1 tsp fresh horseradish (more if you like it hot)

Splash of Worcestershire sauce

Celery salt

White pepper

tabasco sauce

#### **Method**

Place plenty of crushed ice in a large glass jug. Mix the tomato juice and lemon juice and pour it straight over the ice.

Add the horseradish, 3 shakes of Worcestershire sauce and Tabasco to taste.

Then add a pinch of celery salt and white pepper. Stir until the outside of the jug feels cold, then strain the cocktail into 2 tall glasses.

Top up with fresh ice, and garnish with a celery stick and olives or a lemon slice.

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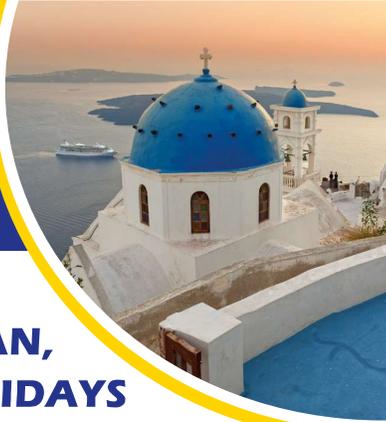


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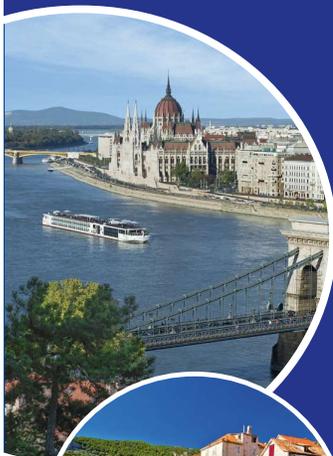
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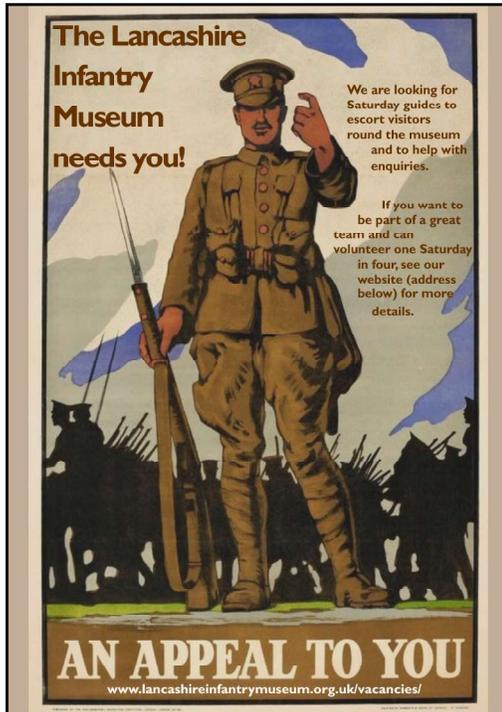
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**NATIONAL RHEUMATOID ARTHRITIS SOCIETY  
PRESTON & DISTRICT BRANCH**  
 meet every second Thursday in the Month  
 at the MINERVA HEALTH CENTRE,  
 Lowthorpe Road, Preston  
 10.00 am to 12 noon  
**ALL ARE WELCOME TO ATTEND**  
 Talks by the EXPERTS,  
 together with mutual discussion in relations to  
 own experiences. info on benefits that may be  
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 We are not a social club but give an opportunity  
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 JUST TURN-UP and join us**  
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 and a biscuit You will be welcomed with open  
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**We're 90!!!**  
 In July 1929, Arthur Fountain, organist at the Parish Church in Richmond, Yorkshire was appointed organist at Preston Parish Church. He quickly realised that Preston had no mixed voice choral society. He advertised in the Lancashire Daily Post inviting candidates for audition and soon afterwards a choir, known as the Preston Oratorio Society, was formed. At a meeting of members at the end of the 1935/1936 season, when the choir was seven years old, it was agreed to increase the scope of the Society; to reorganise and enlarge it and to change its name to Preston Musical Society. In 1973, in order to avoid confusion with other similarly named societies, it was decided to change the name of the choir from the Preston Musical Society to Preston Orpheus Choir. We're looking forward to an exciting season starting in September & we're always happy to welcome new members – check out [www.prestonorpheuschoir.org](http://www.prestonorpheuschoir.org) for more information.

## Community Noticeboard

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

To appear please Call Maria on

01772 865970 or

email [community@jampublications.co.uk](mailto:community@jampublications.co.uk) by the 16th of the month prior to print.



### Preston 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



## The Sir Tom Finney Memorial Trophy 2019 Charity Golf Tournament

**FRIDAY SEPTEMBER 27<sup>TH</sup> PRESTON GOLF CLUB**

### 4 PERSON TEAM EVENT

& Evening of Musical Entertainment with  
**KIMBERLEY FOX**



Kimberley has been entertaining audiences across the country since 1998 when she first took to the stage as a backing singer for Ray Lewis of The Drifters. Since then, she has fronted cabaret duos, and original music bands, and ultimately went solo in 2010.

**£300 PER TEAM**

INCLUDES COFFEE/ BACON ROLLS ON ARRIVAL, EVENING MEAL, ENTERTAINMENT AND SUBSTANTIAL PRIZE TABLE, CHARITY AUCTIONS & RAFFLE  
ALL WINNERS MUST HAVE CURRENT CDH HANDICAP CERTIFICATES

Additional evening only tickets available £35.00 (Competitors guests only until July 30<sup>th</sup>)



**SHOTGUN START AT 1.00 pm**  
**DINNER 7.00pm FOR 7.30pm**



The Space Centre

Sir Tom Finney's family have nominated the space centre to receive charitable donations from this event

**To book your place call**  
**Preston Golf Club 01772 700011**

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# NEW TEAMS

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## WHAT'S ON FULWOOD LIBRARY



### Weekly Sessions:

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) Wednesday 11.00-12.00

Story Time in Arabic Wednesday 14.00-14.30

Family History Wednesday 14.00-16.00 and 16.00-18.00

Story Time Friday 10.30-11.00

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

A Cuppa and a Quiz last Wednesday of the month 14.00-15.30

Working Title (reading group) first Thursday of the month 11.00-12.00

Bookenders (reading group) third Thursday 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

### Christ Church, Fulwood, Preston

Auction of Promises

Friday, 13th September 2019 at 7 p.m.  
Come along and bid for varied Auction Lots

£5 Entry to include tea/coffee/soft drinks and nibbles  
BYO bottle and glass

Any queries please contact  
Chris Hedley on 07899 994975  
Sue Cameron on 07533 955 761

### Scottish Country Dancing

Monday evenings 7.30 to 9.30 £2.50

Christ Church Hall, Victoria Road, Fulwood, PR2 8NE.

Keep fit mentally and physically. Make new friends.

No partner needed. Bring soft flat shoes.

It is an all abilities class so new people welcome.

For more details ring Joan & John 01257 278400

[JoanRSCDS@uwclub.net](mailto:JoanRSCDS@uwclub.net) Suitable for adults and accompanied 11 to 18 yrs



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

Tuesday Group 7pm – 8pm

Millennium Hall, Fulwood, PR2 6GN

Leaders: Felicity Cross & Freda Peacock  
[fandpfamily@gmail.com](mailto:fandpfamily@gmail.com)

Thursday Group 7pm – 8pm

Millennium Hall, Fulwood, PR2 6GN

Leaders: Helen Borking & Lindsey McGahey  
[helen.borking@gmail.com](mailto:helen.borking@gmail.com)



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

## Community Noticeboard

Join in the fun and get walking with

### 'Central Lancs Rambling Club'

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

We have four groups for all levels of walking

Contact Jim Cookson on 01772 709886 Mob 07538747470

Check out our website:  
[www.clrcuk.co.uk](http://www.clrcuk.co.uk)

### PRESTON INDOOR SHORT TENNIS GROUP

A fantastic game of tennis doubles played on badminton courts with sponge balls.

This very friendly coach run group welcomes adults of all ages and abilities ( whether you have played tennis before or not) to their weekly sessions  
**EVERY THURSDAY AT WESTVIEW LEISURE CENTRE( main hall)**  
10-11.30am £4.50 per session  
First session FREE so why not just turn up and have a go.

Rackets and balls provided just bring yourself, trainers and water !  
Details Contact Angela 07966 315241

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

#### Yoga

Tuesdays 9.30 – 10.45 am

Contact Emily Ditchfield  
01772 725264

### Preston & District Walking Club

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Local Car walks and further afield by Coach.

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## Morecambe Bay Walk



**Saturday 10th August at 1.30pm**

**Sunday 11th August at 3.00pm**

For more information and to book your place on this iconic walk

Call: 01772 717 147

Email: [info@heartbeat-nwcc.org.uk](mailto:info@heartbeat-nwcc.org.uk)

£10 per adult  
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**PRESTON GARDENING  
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**17th August  
49th Summer Show**

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

start 7.30pm

refreshments and raffle

new members always welcome



**FULWOOD METHODIST CHURCH THEATRE VISIT  
GROUP PROGRAMME OF VISITS**

**Wednesday 21<sup>st</sup> August 2019**

'Dear Uncle' – Theatre by the Lake, Keswick

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

**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 confir

**Wednesday 30<sup>th</sup> 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 24<sup>th</sup> 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 16<sup>th</sup> May 2020 (matinee performance)**

Les Miserables – The Lowry, Salford Quays

Prices estimated £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](mailto:theatrevisits@fulwoodmethodist.org.uk). [www.fulwoodmethodist.org.uk/events/theatrevisits.htm](http://www.fulwoodmethodist.org.uk/events/theatrevisits.htm)



## Community Noticeboard

### Deepdale Bowling Club

Everyone is welcome.

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

You can play with friends, with your children, with your grandparents! Because it's a low impact, non-contact sport, it really can be enjoyed by all. "Please feel free to contact me for an informal chat about getting into bowling.

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### Myerscough Farmers Market & Craft Stalls

1st Saturday in every Month  
(not Jan )

Time opening -10am-2pm  
Venue , Next to Plantworld at  
Myerscough College,  
Bilsborrow ,Preston PR3 0RY

Contact –Email-  
[sforrest@myerscough.ac.uk](mailto:sforrest@myerscough.ac.uk)  
or Nicky Baylis:  
[baylis16@btinternet.com](mailto:baylis16@btinternet.com)

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## GET FIT - HAVE FUN!



### ROLLER DISCO

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Session costs: £3.00 each

Please bring your own skates - non available to hire.  
Sessions each Saturday from 1st June to 13th July.

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ROLLER SPORTS CLUB



### ROLLER HOCKEY

Fancy trying out for the  
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Why not come down to Preston College Sport Centre  
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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



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**Tuesday 19th November 2019,**

10am – 2pm

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ANNUAL CHRISTMAS COFFEE  
MORNING

Our Lady & St Edward's  
Church Hall,  
Marlborough Drive,  
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**Wednesday 23rd October 2019,**

10am – 12 Noon  
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*Charity Lunch*

Thursday 5<sup>th</sup> September 2019

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## Community Noticeboard

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

The New class will be in the Hall of  
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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

### **Fulwood Club**

75 Victoria Road, Fulwood, PR2 8NQ  
Telephone 01772 717685  
Email fulwoodflash@aol.com

*Sports and Social Members Club run by  
the members for the members*

9 Bowling League teams  
Club internal & open competitions  
Friday summer night roll-up  
Friday winter afternoon roll-up  
New members and beginners (free tuition)  
most welcome  
Snooker, two tables and league teams  
Bar, TV, wifi, quiz & games nights  
For more info, ring or email or see  
The Fulwood Club Facebook Page

### ***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 Friday from 10am- 10:30am

#### **'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!



## **Red Rose Road Runners**

Summer Time  
Time to get outside  
Time to run



- Run for fun, health and competition
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- For training details find us on Facebook
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Contact: [membership@redroseroadrunners.org](mailto:membership@redroseroadrunners.org) 07947 133821

Visit [www.redroseroadrunners.org](http://www.redroseroadrunners.org)

Affiliated to UK Athletics through England Athletics No 2659113



### **Preston Working Men's Angling Association (PWMAA)**

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

### **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



## **Fulwood Focus**

is published by Jam Design & Publications Ltd

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## Community Noticeboard

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 Margaret on 07926 374863



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 Whitechapel Preschool**

Set in the beautiful surroundings of Beacon Fell, Whitechapel preschool offers the perfect location & facilities for your children to have an enjoyable, learning experience.



- ✓ Children from 2 - 4 years
- ✓ Term time opening 9am-3.30pm Monday & Thursday  
8am -5.30pm Tuesday & Wednesday
- ✓ 2 & 3 year funded vouchers & childcare vouchers accepted
- ✓ Mature, experienced and longstanding friendly staff
- ✓ Diverse learning opportunities & Early Years talk boost programme

Come along to our Baby & Toddler group every Wednesday morning 9-11am, for a brew, crafts, sing-along & storytime



**Church Lane,  
 Whitechapel  
 Preston, PR3 2EP  
 01995 641132**  
[preschool@whitechapel.lancs.sch.uk](mailto:preschool@whitechapel.lancs.sch.uk)

## Is English your Second Language?



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

**FREE** Monday Mornings  
 10:30 to 12:30

**No Booking Required**

Questions? Ask Brenda on  
[cuppa-chat@xaverians.org.uk](mailto:cuppa-chat@xaverians.org.uk)  
 Xaverian Mission Spirituality Centre (Tabor)  
 169, Sharoe Green Lane PR2 8HE

## Puzzle Solutions

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

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

### Mindbenders

Search high and low  
Long overdue  
No two ways about it

### Lateral Thinking

The surgeon was the boy's mother.



**Fuzzy Photo**  
Madonna

## 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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