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*"The holly and the ivy,  
When they are both full grown,  
Of all trees that are in the wood,  
The holly bears the crown:  
O, the rising of the sun,  
And the running of the deer  
The playing of the merry organ,  
Sweet singing in the choir."*

**CHRISTMAS CAROL**

Congratulations to all those who found Miti hidden on page 18 in the Fever Dance Advert.  
The winner picked out of the hat was Catherine Alexander.

She returns this issue - can you find her? She is hidden somewhere  
To enter and win £25 please send in your answer to the usual addresses:

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## Feature

# Top Toys for Christmas

In these days of iPads and online gaming do kids still play with toys? Yes of course they do. Toys have always changed to keep up with trends and technology and 2018 is no exception. Here we have six of the best.

### **Fingerlings Untamed Dinos** (under £20)

Fingerlings are popular robotic friends which cling to your child's finger and respond to motion and sound. This year is all about the dinosaurs. There are several different Raptors, and word was out at time of printing that there may be a T-Rex one released just before Christmas

### **LEGO Harry Potter Hogwarts Express** (around £75)

The Harry Potter books remain perennially popular, and LEGO is always a hit so combine the two and you have a winning Christmas gift. There is a Hogwarts Hall available but its super-expensive, so this is a good compromise with a nice solid train, five mini-figures plus Dementors.

### **Elasti Plasti** (under £15)

So many kids love slime and this stuff is great. It's super-expandable and you can make giant bubbles with it. As a bonus it's non-sticky so parents will love it too, or at least not hate it!

### **Monopoly 'Cheaters' edition or Fortnite Edition** (£20-£25)

Almost everyone has at least one game of Monopoly at Christmas so ring the changes with the Cheaters edition. It encourages players to fake a dice roll, steal money and even skip rent. Ok...maybe it's not in the spirit of Christmas but it sounds more fun than normal Monopoly. And if you want to prise your youngsters away from the computer this festive season, try tempting them with the Fortnite edition!

### **Ricky the Trick-Lovin Pet** (£134.99)

Ok this one is pricey, but real pups are NOT for Christmas as we know, and when you factor in the cost and ongoing responsibility



of a real puppy, including vet bills, and food, suddenly Ricky looks very good value indeed for a dog-loving child. He is soft and cuddly and has more than 100 sound and motion combinations. He can balance a biscuit on his nose and even give you a paw-shake! Frankly he makes my terrier look like a bit of a dunce. Ricky is perfect if your child is pestering you for a dog but you're not sure about the long-term commitment, and as a bonus, he doesn't shed hair!

### **GraviTrax Starter Set** (around £50)

I love marble runs, never mind my kids, and GraviTrax is a super-cool marble run for the 21st Century. It encourages the use of imagination in creating tracks and is educational too. It's great for teaching kids (and adults) about gravity, magnetism, and kinetic energy and it's so much fun. You can use the tasks and blueprints included to help you to get started but you'll soon be designing your own tracks. This is trickier than it might appear and is great for encouraging problem-solving skills. There's even a GraviTrax app to allow you build and test a track before building it in the real world.



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\*Offer available from December 2018 - 31st January 2019.  
\*\*Times may vary in the new year. Please check our Facebook page for updates

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## Fact of the Day

Did you know that humans use a total of 72 different muscles in speech.

## A Brief History Of ... Boxing Day

So when is Boxing Day? December 26th, is Boxing Day and is a holiday celebrated in Britain, Australia, New Zealand, Canada, and other Commonwealth countries. Boxing Day originated in England in the middle of the nineteenth century under Queen Victoria. For years in which the holiday falls on a weekend, the celebration is moved to make sure workers still get a day off (except in Canada, where it remains Dec. 26) In the UK it's classed as a Bank Holiday.

Boxing Day is spent with family and friends at open gatherings with lots of food, fun, friendship and love. Food on boxing day usually includes left over turkey from the day before. This can be eaten in sandwiches or as a meal with vegetables, roast potatoes and all the trimmings. Some people like to have cold ham in a buffet style so the cook can also have a rest and spend time with the family.

Boxing Day is so called because it was the custom on that day for tradesmen to collect their Christmas boxes or gifts in return for good and reliable service throughout the year. Boxing Day is also St. Stephen's Day. St Stephen was a little known saint who achieved eternal fame by being the first Christian to be martyred for his faith by being stoned to death shortly after Christ's crucifixion. He's also named in the Christmas song Good King Wenceslas

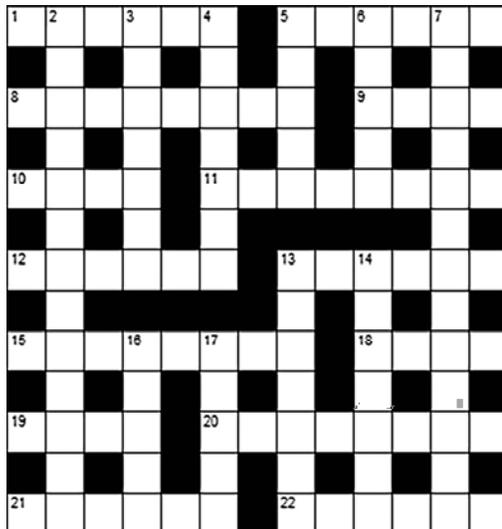
The traditional celebration of Boxing Day included giving money and other gifts to charitable institutions, needy individuals, and



people in service jobs.

Some say the tradition stems from Roman times when money to pay for athletic games was collected in boxes. Amongst the ruins of Pompeii, boxes made out of earthenware with slits in the top full of coins have been found. Later the Romans brought the idea of collecting boxes to Britain, and monks and clergy soon used similar boxes to collect money for the poor at Christmas. On the day after Christmas, the priests used to open the boxes and distribute the contents to the poor of the village. Thus this day came to be called Boxing Day

## Crossword



### Across

- 1 Bough (6)
- 5 Desert plant (6)
- 8 Cute, charming (8)
- 9 'Windows to the soul' (4)
- 10 Largest continent (4)
- 11 Glass vessel used in science (4,4)
- 12 Clergyman (6)
- 13 Make certain (6)
- 15 Spectator (8)
- 18 Test, assessment (4)
- 19 Charismatic celebrity (4)
- 20 Songwriter (8)
- 21 Most strange (6)
- 22 Tune, song (6)

### Down

- 2 Shared out, apportioned again (13)
- 3 Recount, chronicle (7)
- 4 Natural environment of an animal (7)
- 5 Strategy-based board game (5)
- 6 Swindle, con (5)
- 7 Without shame (13)
- 13 Tympanic membrane (body part) (7)
- 14 Cut out design, motif (7)
- 16 Mysterious, spooky (5)
- 17 Manservant, butler (5)

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

## 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.

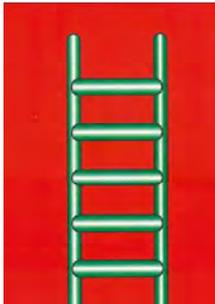


## Fuzzy Photo!

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



When a boat is at anchor, five of the rungs on the rope ladder over its side are underwater. If the rungs are 30cm apart and each one is 3cm thick, how many rungs would be underwater four hours later, if the tide rises at 35cm per hour?

## Mind Benders

Find the three hidden phrases

AMANAWAYGER

donkey

it came  
12am 12am 12am

## Advertising Feature

## How we're changing people's toilet waste disposal habits

Lanes Group is on a mission to educate people across the UK about the damage caused when hidden plastics found in household products such as wet wipes, sanitary towels, tampons, nappies and much more, are flushed down the toilet.

### The scale of the issue

Through the dirty work that we carry out on a daily basis, we know that incorrect toilet waste disposal is a significant issue – but our survey has helped us highlight the real scale of the problem.

Wet wipes are one of the biggest concerns, as many people believe that they are flushable when in fact they are not. According to Water UK, they make up around 93% of the material in sewer blockages and are estimated to cause around 300,000 blockages every year, at a cost of £100 million to the country.

Another study we conducted found that as many as 20 million women in the UK have flushed at least one sanitary product down the toilet in their lifetime. But if you think about the number of people who wrongly flush these items on a regular basis, you can start to imagine how many thousands more sanitary products could be wrongly flushed down the toilet every day.

The majority (80%) of males who took part in the survey said they knew that condoms should be disposed of in the bin, but 10% of them admitted to flushing a condom down the toilet within the last year. The most common reason for doing so was convenience, which was the main reason given by 70% of flushing men, followed by hygiene (17%).

### Creating positive habits

Even if people say they know they shouldn't flush these items down the toilet, it is obvious that there is a significant lack of awareness of the impact that is caused when it happens. This has made us even more passionate about changing people's habits and improving the long-term health of our drains, sewers and oceans; so much so that we have started delivering lessons on the topic in

secondary schools.

We want to teach the next generation to have good waste disposal habits and empower them to share their knowledge with their parents, family and friends. To do this, we have developed a lesson plan and best practice guides on the disposal of hidden plastics.

The kids were really eager to learn and had a deep understanding of how everyone together is responsible for protecting our sewers and oceans. They also contributed lots of different ideas on how to share responsibility and help to solve the problem – and we are even developing two of these ideas alongside the pupils who suggested them.

### Help us spread the word

Please support our campaign and spread the word about the dangers of hidden plastics. And most importantly – be a binner, not a sinner!



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## Monthly Health News

*I think most would agree that the best thing your "True Love" could bring would be health and happiness. Material acquisitions fall by the wayside if you are not fit enough to enjoy life both physically and mentally. I have often written how exercise is a total body and mind workout and helps to combat stress, depression, anxiety alongside the benefits to physical health. So dispense, this year, with the 2 turtle doves and the partridge in a pear tree and instead give yourself the gift of fitness.*

*So who is up for joining me on a countdown to Xmas Day? On the 1st Day begin by introducing more exercise into your daily life. Take the stairs instead of the lift or escalator. If you are at home, walk up and down the stairs every hour or if you live on the ground floor then utilise a door step outside. Day 2 is time to use the time that the kettle takes boil, 20 bodyweight squats until it has finished and you can also alternate these with side lunges. On the 3rd day let's start with some upper body workouts and do 10 press ups. These can be either a box press or full leg. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire press up. If you have trouble doing these on the floor you can still do a press up against the wall, standing with legs hip width and hands placed on the wall in front. Keeping your feet flat; use your arms to bring your chest toward the wall then back to position. Increase the press ups until you are doing 5 sets of 10. Day 4 is a good strong march on the spot for 3 minutes followed by 30 jumping jacks, just the thing to raise your heart rate and increase your cardio. On the 5th day, unfortunately no gold rings but what about trying a hula hoop, fun and laughter whilst still working out. Day 6 we will start doing abdominal crunches, place your hands on your thighs, across your chest or behind your ears. Slowly curl up towards your knees until your shoulders are about 3 inches off the floor. Hold the position for a few seconds and lower down slowly, perform 12 and introduce more as you get fitter. Over half way now and so on*



*Day 7 take yourself out for a jog or fast walk, try and do at least 20 minutes minimum. Day 8 and tricep dips are a fantastic way to tone the back of the arms. On a stable seat or step place your hands behind you, directly under the shoulders and fingers facing your hips. Your knees bent and feet on the floor lift hips to a hover and then bend elbow straight back use your triceps to press back up. Very effective and challenging try and do 10 rest and repeat. On the 9th day it is back outside, this time with a skipping rope and enjoy the huge benefit and fun of skipping. Build up slowly and make sure you wear trainers.*

*Day 10 we go back to the upper body and if you don't have any hand weights then a couple of tins of baked beans will do the trick. Stand up straight with a weight in each hand at arm's length. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps, then, inhale and slowly begin to lower the weights back to the starting position. You can do both together, or one at a time, or alternate. On Day 11 sneak off to the local swimming pool, early morning is a great time to start your day off with an invigorating swim. On the 12th Day, once the main festivities are over, gather together your family, friends and any dogs and go out for an energising walk, much better than dozing in front of the TV. Take the time to feel proud of all you have achieved. By adding daily exercise into your life then, hopefully, you will carry this over into the New Year and beyond. As always if you have any physical conditions then do consult your doctor before beginning anything new. Good luck in all your workouts and I wish you all the very best for the festive period - see you all in 2019*

*Linder x*



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## Feature

# Garden View

## This month – Plants for Christmas

With Christmas just around the corner I'm often asked what houseplants plants I recommend as gifts. Here are my top five. Hippeastrum / Amaryllis - is a remarkable bulb, which produces 60cm / 2ft tall, fleshy drainpipe stems and flamboyant trumpet flowers up to 20cm / 8in across. 'Red Lion' with deep scarlet flowers; 'Apple Blossom' with pink-tinged white flowers, and 'Christmas Gift' with plain white flowers, are readily available. You can buy them as DIY plant-it-yourself kits, or as ready-planted gifts.

Citrus bushes make interesting presents. Sold at this time of year with both flowers and developing fruit, they are deliciously scented. Lemon varieties 'Meyer' and 'Four Seasons' are lovely but also consider calamondin oranges. The plant should be kept in a light, frost-free spot over the winter with a minimum night temperature of 5C, then in the summer the pot can be moved outside.

Cyclamen persicum is wonderfully decorative. The flowers range from white, through pink, to red. This is probably a gift for a more experienced gardener as persuading it to flower again can be a challenge, but it can be done. Keep it in full light in winter, at a steady 13C-16C. Give it a liquid feed fortnightly while it is in flower. Water less as the stems start to bend and collapse, then keep it completely dry for three months during its dormant period. Gently introduce water again as new leaves appear.

Schlumbergera x buckleyi, the Christmas cactus is a perennial favourite. It has protruding stamens at the end of succulent, flattened leaves, and pretty flowers. It likes high humidity while flowering so mist it regularly it with a fine spray of clean water, and feed it monthly with a high-potash feed. When it's finished flowering put the plant in a light spot and keep the compost just moist.

Hyacinthus orientalis 'Ostara' is a stunning hyacinth with deep-blue flowers, powerfully scented and particularly nice



when planted as a trio in a bowl or basket. Christmas hyacinths are 'forced' to flower earlier than they would naturally. They need a cool spot, preferably no more than 13C, so that they do not flop. No-one wants a floppy hyacinth! The bulbs can be planted in the garden afterwards so will continue to provide pleasure in future years.

Viburnum x bodnantense 'Dawn' is not a houseplant but it makes a fabulous gift. It flowers from November, while the leaves are still on, through the winter. The pink flowers are scented and a few sprigs in a small vase at this time of year are just joyous. Even better it is totally hardy so is great for the non-green-fingered, and can be planted out of a pot at any time, if the ground isn't frozen.

Don't wrap plants, just tie a big bow around the pot. It's a thoughtful touch to provide printed or hand-written instructions for aftercare. Make sure any living plant is well watered before you hand it over. They will probably be a bit neglected over the festive period, but a good watering should make sure that they last past New Year.

Happy festive gardening.

by Rachael Leverton



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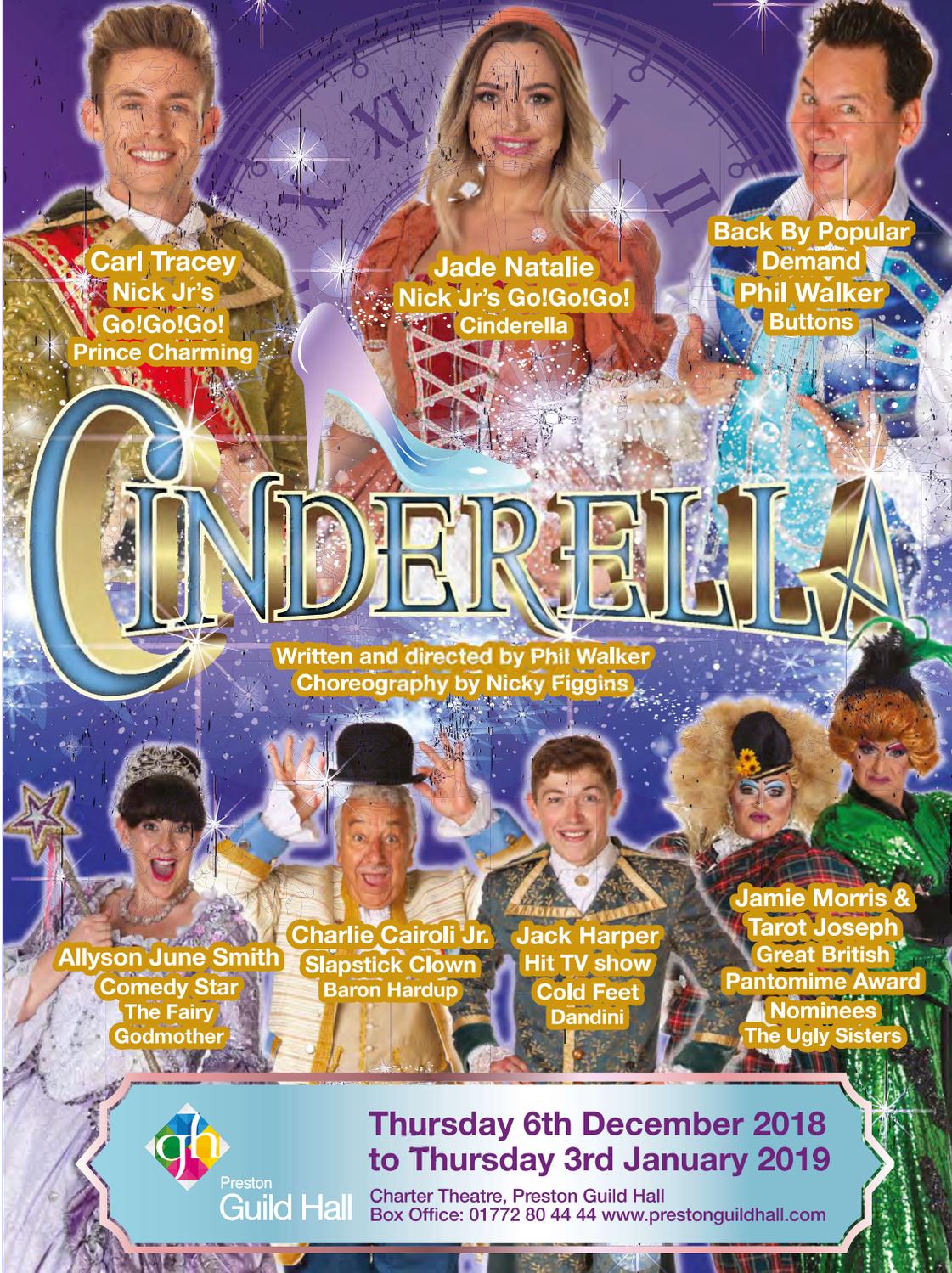
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# Top picks

## DECEMBER

**The Lancashire Hotpots**  
Sat 1 Dec 7.30pm

**Cinderella**  
Thu 6 Dec - Thu 3 Jan  
(various times)

## JANUARY

**They've Got Talent**  
Starring Lost Voice Guy,  
Micky P Kerr, Daliso  
Chaponda and more  
Thu 3 Jan 8pm

**Beyond the Barricade**  
Sat 19 Jan 7.30pm

**Bowie Experience**  
Fri 25 Jan 7.30pm

**Brass at the Guild**  
Sun 27 Jan 9.30am

**Tea Dance**  
Tue 29 Jan 2pm  
(monthly event)

## FEBRUARY

**Lipstick on your Collar**  
Sat 2 Feb 7.30pm

**The King is Back**  
Sun 10 Feb 8pm

**Spirit of the Dance**  
Thu 14 Feb 7.30pm

• **DNA - Mindreaders**  
Thu 21 Feb doors 7pm

## MARCH

• **Chicago Blues Brothers**  
Sat 2 Mar 7.30pm

• **Dr John Cooper Clarke**  
Tue 12 Mar 7.30pm

• **Arrival - The Music of  
Abba**  
Sat 16 Mar 7.30pm

• **Remembering the  
Movies**  
Fri 22 Mar 7.30pm

• **Sing-a-long-a The  
Greatest Showman**  
Sat 23 Mar 2.30pm & 7pm

## APRIL

• **Francis Rossi: I Talk Too  
Much**  
Sun 7 Apr 7.30pm

• **Tom Gates**  
Wed 10 - Sun 14 Apr  
(various times)

• **The Ladyboys of  
Bangkok**  
Mon 15 Apr 7.30pm

• **UB40 - 40th Anniversary  
Tour**  
Fri 19 Apr 7.30pm



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# 2018 Churches Together Christmas

We warmly invite you to celebrate the true meaning of Christmas

## Our Lady & St Edward's (R.C.) (Marlborough Drive)

22nd & 23rd—Mass Times as usual  
Confessions Saturday 9:30 - 10:30  
(or on request 01772 862437)

### Christmas Eve Monday 24th December

5:30pm Carols & Christmas Vigil Mass  
11:30pm Carols & Midnight Mass

### Christmas Day Tuesday 25th December

10:00am Mass of Christmas Day

## St. Anthony of Padua (Cadley Causeway)

### Christmas Eve Monday 24th December

6:00pm Vigil Mass of Christmas

### Christmas Day Tuesday 25th December

9:30am Christmas Day Mass

### Boxing Day Wednesday 26th December

9:15am Mass

### New Year's Day Tuesday 1st January

12:00noon Mass

## St. John Baptist, Broughton (C.of E.) With St Martin's & St Peter's

### Sunday 23rd December

6:30pm Service of Nine Lessons & Carols (St John's)

### Christmas Eve Monday 24th December

3:00pm Crib Service for all ages (St John's)

11:30pm Parish Midnight Christmas Mass (St Martin's)

### Christmas Day Tuesday 25th December

8:00am Holy Communion (BCP) (St John's)

10:00am Christmas Festive Eucharist (St John's)

## Fulwood United Reformed Church (Symonds Road)

### Sunday 9th December

10:30am Christmas Tree Service

### Sunday 16th December

10:30am Morning Worship

6:00pm Carols by Candlelight

### Sunday 23rd December

10:30am Morning Worship

## Carol Singing In The Forest

## St. Clare's, Fulwood (Sharoe Green)

### Christmas Eve Monday 24th December

6:00pm Vigil Mass of Christmas

11:30pm Carols

12:00am Midnight Mass

### Christmas Day Tuesday 25th December

10:00am Mass

### Sunday 30th December

3:00pm Prayers & Carols at 10am

### New Year's Day Tuesday 1st January

12:00noon Holy Mass

## St. Mary's Church

### Sunday 23rd December

10am & 3pm Holy Mass

### Christmas Eve Monday 24th December

6:30pm Carol Singing

7:00pm Christmas Vigil

### Christmas Day Tuesday 25th December

10:00am Holy Mass (No Mass at 11am)

### Sunday 30th December

10am & 3pm Holy Mass

## Fulwood Methodist Church (Watling Street)

### Sunday 23rd December

10:00am Messy Nativity

6:00pm Carol Service

### Christmas Eve Monday 24th December

3:30pm Christingle Service

11:15pm Midnight Communion

### Christmas Day Tuesday 25th December

10:00am Christmas Celebration

January 18th - 25th

# Services in Fulwood & Broughton

celebrating the coming of Christmas and share with us in our worship

*Foyer Of R.P.H. At 2pm Saturday 15th December*

## Fulwood (R.C.) (Green Lane)

**Sunday 24th December**  
Christmas

**Sunday 25th December**

**Monday 1st January**  
Services around the **crib**

## Church Fernyhalgh

**Sunday 24th December**

**Sunday 25th December**  
(Mass at 3pm)

**Monday 1st January**

## Methodist Church (Street Road)

**Sunday 24th December**

**Sunday 25th December**  
Service  
Communion  
Celebration

## St. Cuthbert's Fulwood (C.of E.) (Lytham Road)

**Sunday 16th December**  
6:00pm Carol Service

**Sunday 23rd December**  
10:30am Christmas Nativity Service

**Christmas Eve Monday 24th December**  
4:00pm Christingle Service

11:15pm Midnight Communion

**Christmas Day Tuesday 25th December**  
10:30am Altogether Christmas Day Service

## Christ Church, Fulwood (C.of E.) (Victoria Road)

**Sunday 23rd December**  
10:30am Cafe Church Carol Service  
6:30pm Traditional Carols

**Christmas Eve Monday 24th December**  
4:00pm Crib Service

11:30pm Midnight Holy Communion

**Christmas Day Tuesday 25th December**  
8:00am Traditional Said Holy Communion

10:30am All Age Christmas Service

## Fulwood Free Methodist (Lightfoot Lane)

**Sunday 16th December**  
6:30pm Carols by Candlelight

**Wednesday 19th December**  
7:30pm Christmas Proms

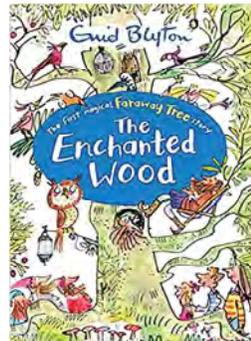
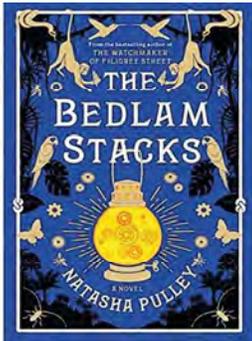
**Christmas Day Tuesday 25th December**  
10:00am Christmas Day Service (45mins)

[www.fulwoodfmc.net](http://www.fulwoodfmc.net)

**25th 2018 The Week of Prayer for Christian Unity**

## Book Review

# A Good Read



### **The Bedlam Stacks by Natasha Pulley**

If you like a novel that feels like a luxurious meal in a restaurant where you can enjoy each course at a slow pace, then this is the novel for you. This slow-burner is in no rush to reach its conclusion and invites you to indulge in the world of 19th century Peru.

Pulley skilfully mixes facts and historical fiction with fantasy as the novel turns in a way that you don't expect.

It is 1859 and Merrick Tremayne is asked to undertake an expedition to Peru by the East India Company. As an ex-opium smuggler, and a gardener, they want him to supervise the search for cinchona trees. The bark of these trees produces quinine, a much sought-after treatment for malaria. Despite knowing that it is a suicide mission, since others have tried and failed, he agrees to go to get away from his miserable life at home. Once in Peru he travels to a mysterious village, given the name Bedlam Stacks. Three large pillars of rock rise into the sky with homes and shops built on to the sides of them.

And this is where fact (the expedition did take place, led by Clement Markham, who accompanies the fictitious Merrick) and historical fiction meets fantasy and you realise that the novel is not going where

you thought it might. A line of salt that no one can cross, statues that move, and a priest with knowledge far beyond his years. What will Merrick discover, and will it ultimately be more valuable to him than the precious quinine?

### **The Enchanted Wood by Enid Blyton**

Enid Blyton is an author that most adults will be familiar with and now her books are finding a new generation of readers. Whilst not as well-known as her Famous Five series, or any of her boarding school series, this is nevertheless well loved and fondly remembered.

Woods can be mysterious places, full of old trees. Some are older and bigger than others and one such tree is the Magic Faraway Tree. When siblings Joe, Frannie, and Beth move to the outskirts of the wood, they go exploring and discover the tree. Unable to see the top they decide to climb it and find that it is inhabited by many magical creatures. There is Silky the fairy, Dame Washalot who spends her time washing laundry and throwing the dirty water down the side of the tree, and Moonface, a happy man with a face like the moon who befriends the children.

At the very top of the tree is a ladder and here is the most magical thing about the tree. Each time that the children visit they can climb the ladder and visit a magical land from the Land of Birthdays to the Land of Do-As-You-Please. Some are pleasant, some are not, but whatever they are the children know that they must not stay too long lest the land moves on to another tree in another wood.

Just as the children never know what they will find at the top of the tree, neither does the reader. All the reader knows is that adventure will be had, and their imagination ignited.

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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

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	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

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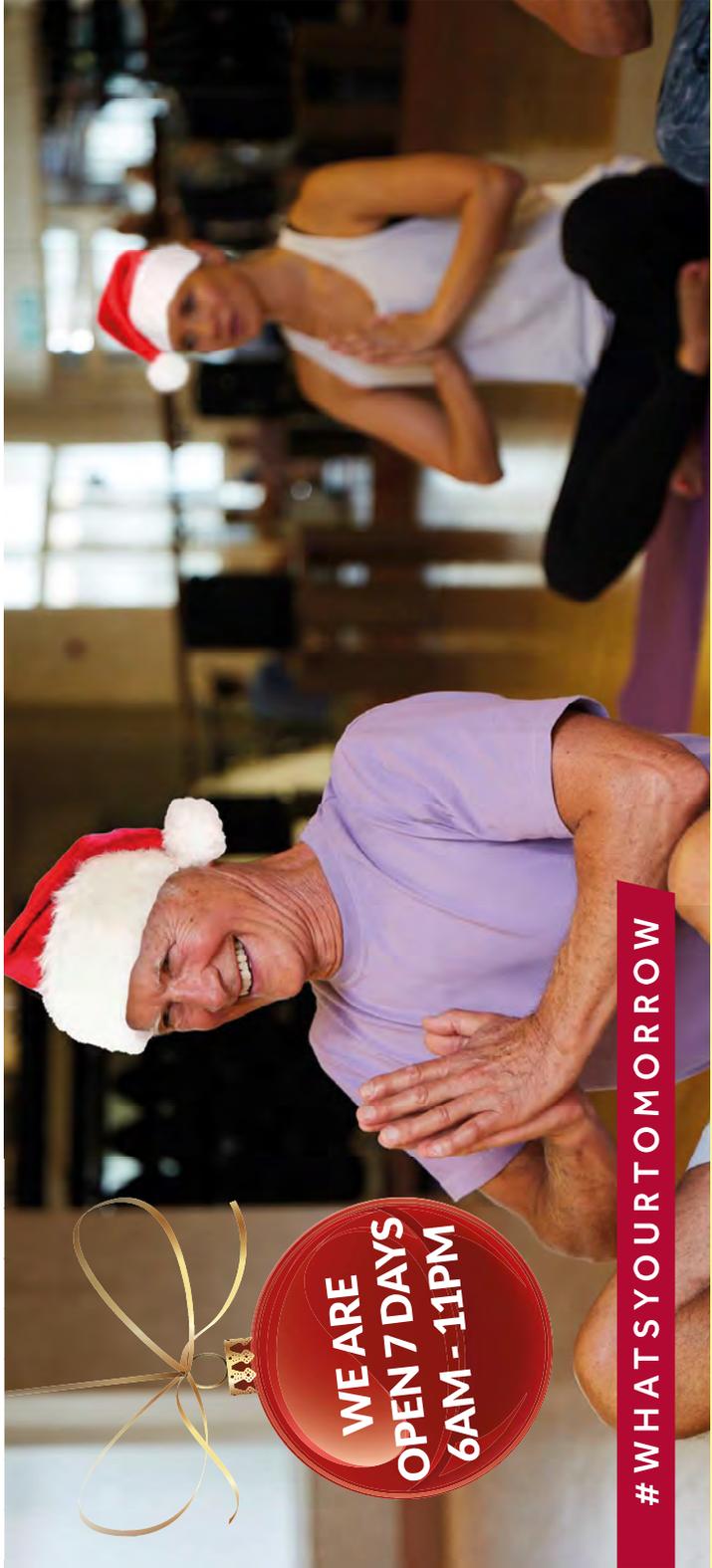
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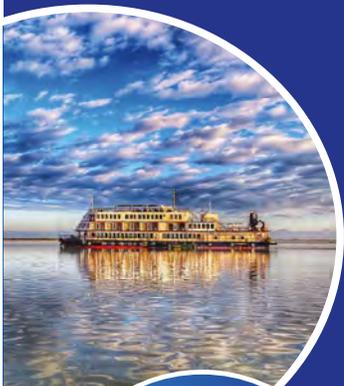
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**CHRISTMAS GROTTO & STALLS + PANTO WEEKEND**

8 <sup>TH</sup> DEC	9 <sup>TH</sup> DEC
10 AM - 4 PM	1 PM
Places to see Santa must be pre booked. (Autism friendly sessions from 3 pm)	The students from Preston's College will be doing a fabulous performance of
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Please contact Andrea on 01772 769 391 for more information and to book!	

## Do you love flowers and gardening?

Then come along to Preston Flower Club's next meeting on  
**Wednesday 12th December**  
when Ros Harrison will give a floral demonstration entitled  
**"Sparkle, Stars and Snowflakes."**

There will be a bring and buy £1 stall.

The Club meets on the 3rd Wednesday of each month (except June and August) at St Martin's Hall, Broadway, Fulwood PR2 9TH, at 2 pm. You will enjoy fabulous floral demonstrations by national and area NAFAS demonstrators. Take part in the raffle and you may win one of the designs to take home with you. A wonderful afternoon with flowers and great company - all for under £3 per month if you are a member. Each month there are different stalls and the club also holds workshops and gets involved in trips, flower festivals and other great events. In June the Club has an annual outing. Why not come along and join in the fun...

Visitors and new members will be warmly welcomed. Visitors pay £5 per visit. Contact Sara for more info on 01772 866171.

## 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  
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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



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### Fulwood Methodist Church Theatre Visit Group



**17th January 2019 Royal Exchange  
Christmas Production** This will be  
Mel Brook's 'The Producers' (matinee  
performance)

Prices to be confirmed

**2nd March 2019 Blackpool Grand Romeo  
& Juliet** (matinee performance)

Prices to be confirmed

Further information & prices contact Sharon  
Beck (Administrator) at Fulwood Methodist  
Church

Tel 01772 718741

Email :- [theatrevisits@fulwoodmethodist.org.uk](mailto:theatrevisits@fulwoodmethodist.org.uk)  
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Road Preston  
PR2 6UR

## 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)

### **CHARITY SHOP RWANDA**

3 Syke Street, Opposite Avenham Car Park

### **PRESTON**

**Open Monday to Saturday**

**10am to 4pm**

This friendly shop sells a huge variety of  
donated goods, at very reasonable prices.



### **The Club Players at Broughton**

Broughton Club , Whittingham Lane Broughton , Preston

FEBRUARY 7th to 9th 2019

#### **MURDER MYSTERY EVENING**

Exercise the little grey cells and find out Who? Why? How? Was the murder committed?  
Hot Pot supper or gluten free bake is included in the £12 ticket price for this production.

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](mailto:theclubplayers@gmail.com)

## 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!

Harris Museum  
Art Gallery & Library

**Harris Open  
Exhibition 2018**

Painting, drawing,  
sculpture, photography,  
textiles, and more.

**8 December –  
20 January**

A showcase for all Preston artists

www.harrismuseum.org.uk

FREE ENTRY

www.harrismuseum.org.uk

**Play, Learn & Grow at  
Whitechapel Preschool**

Set in the beautiful surroundings of Beacon Fell, Whitechapel pre-school 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

## Community Noticeboard

Christ Church Community Halls  
Victoria Road, Fulwood  
For Hire - Daily, Weekly  
Large Hall – Stage, Self Contained  
with upgraded facilities.  
Small Hall with Full Facilities.  
Upstairs Meeting Room.  
Halls, Rooms, Kitchens, Toilets  
refurbished to a high standard  
Suitable For All Occasions:  
Groups, Parties, Meetings, Shows  
To View, Hire or Book Please Contact:  
Margaret on 07926 374863

### **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.



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](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)



### **Preston & District Walking Club**

Want to walk but don't know where?  
Try us before joining.

A wide range of walks for all abilities.

Local Car walks and further  
afield by Coach.

[www.pdwc.org](http://www.pdwc.org) 01772 813498

### **FULWOOD CLUB**

75 Victoria Road, Fulwood, PR2 8NQ.

Telephone: 01772 717685

(after 7pm all but Sundays)

or email [davidbolton@blueyonder.co.uk](mailto:davidbolton@blueyonder.co.uk).

Bowling - 10 League teams -  
Free beginners tuition; Snooker; Bar; TV/  
WiFi; Social Events; Quiz Nights;  
Winter Bingo weekly.



## Your Rotary Club Needs You!

2017 is the 40<sup>th</sup> Anniversary Year for Preston Amounderness Rotary Club

We'd like to be around in another 40 years time but for that we need new members.

If you're over 18, want to support your local community whilst enriching your personal and professional life, come and talk to us!

Call John on 01772 673701 or email to [info@colourgenie.co.uk](mailto:info@colourgenie.co.uk)

### Craft and Chat

Wednesday 2pm to 4pm

Ashton Methodist Church,  
Wellington Road, Ashton.

Bring your own work or just come for a chat.

All welcome  
£1 including tea and biscuits.

### Preston Forum Probus Club

Retired or semi-retired men and ladies.  
Come and listen to interesting and varied speakers.

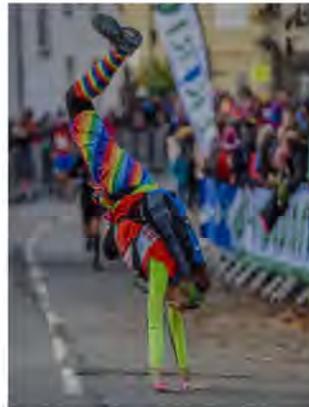
We meet at 10am every other Thursday  
between September and April at  
Broughton Parish Church Hall, Broadway,  
Fulwood For more information call:  
01772 863417



## Red Rose Road Runners

Get Running  
Have fun  
Feel the Joy

- Surprise yourself
- Run and make friends
- Fun and motivation for all
- Training Sessions:  
Mon, Tues, Thurs & Fri
- Come along and give us a try for free



Contact John on [membership@redroseroadrunners.org](mailto:membership@redroseroadrunners.org) or phone 07947 133821

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

Affiliated to UK Athletics through England Athletics No 2659113



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

## 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](mailto:southribblestrings@weebley.com)



### St Martin's Parish Hall Broadway, Fulwood

3in1 Gentle Exercise Classes held  
Every Tuesday 9.30am – 10.30am

For more information  
contact Hilary Hine RSA  
01995 601040  
Hinefamily.hh@gmail.com

### Preston Macular Society

Support Group

We meet the second Thursday of the month  
apart from Dec

1pm till 3pm

at Central Methodist Church, Lune Street  
Preston opposite St George's centre Preston

For Further Information  
please contact 01772 512008

### SpringFieldFellWalking Club

Walk days Saturday every two weeks.  
3 grades of walk.

19/01/19 Ambeside

A - 11 mls ; 3900 ' ASC  
B - 9 mls ; 2100 ' ASC  
C - 7 1/2 mls ; 1300 ' ASC

02/02/19 Maham

A - 15 mls ; 2000 ' ASC  
B - 9 mls ; 1300 ' ASC  
C - 7 mls ; 1200 ' ASC

16/02/19 Threlkeld

A - 12.1/2 mls ; 3500 ' ASC  
B - 9 1/2 mls ; 2900 ' ASC  
C - 8 mls ; 1900 ' ASC

Bus pickup Blackpool to Black Bull  
Preston. Garstang Rd

[www.springfieldsfellwalking.com](http://www.springfieldsfellwalking.com)  
contact Tel: 01772 728718

### Carers Drop In at St. Catherine's Hospice, Lostock Hall

If you look after someone who  
needs your help we can help you!

Why not come along for an  
informal chat with  
Hospice staff  
on the 1st Tuesday  
of the month from:  
1.00pm - 3.00pm

You can have a cuppa,  
complementary therapy and  
pick up information about services  
in Preston, Chorley and South Ribble  
Tel: 01772 629171

[www.stcatherines.co.uk/family-support/carer-support](http://www.stcatherines.co.uk/family-support/carer-support)

St Catherine's  
hospice care

**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

**Volunteer Vacancy**



We need volunteers for:

**Collections**

Help us to celebrate our 30<sup>th</sup> year of providing services!

Please call:  
Laura Stephenson, Head of Fundraising

T: 01772 793 344 or

Email: [l.stephenson@cancerhelppreston.co.uk](mailto:l.stephenson@cancerhelppreston.co.uk)

for your application pack.

*We are always looking for people to be part of our volunteers community and would welcome anyone to help us in other areas of the charity!*

View Items on Greenhill Road, Skipton, Preston PR3 0PW  
Tel: 01772 793444 E-mail: [info@cancerhelppreston.co.uk](mailto:info@cancerhelppreston.co.uk)

**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

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

**Yoga**

Tuesdays 9.30 – 10.45 am

Contact Emily Ditchfield  
01772 725264



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## Puzzle Solutions

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

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

### Mindbenders

Away in a Manger  
Little Donkey  
It Came Upon a Midnight Clear

### Lateral Thinking

Five. The boat is afloat, so as the tide rises, so does the boat!



### Fuzzy Photo

A Penguin

## 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



# HAPPY NEW HOME

## Celebrate New Year in your dream home.

With Part Exchange you could be enjoying your beautiful new home sooner than you think.

**PLUS FLOORING THROUGHOUT & £1,000 TOWARDS MOVING COSTS**

Ask our friendly Sales Executives for full details of how easy it is to Part Exchange to your dream Wainhome.

### **CEDAR PLACE**

639 Garstang Road,  
Barton PR3 5DQ

**T. 07950 974913**

2, 3, 4 & 5 bedroom family homes

### **KINGSWOOD**

Higher Walton,  
Preston PR5 4HW

**T. 07712 676395**

2, 3 & 4 bedroom family homes

### **THE LIMES**

Garstang Road,  
Barton PR3 5DQ

**T. 07393 765552**

Last remaining 4 bedroom family home

### **THE PADDOCKS**

Sandy Lane, Higher Bartle  
PR4 0LE

**T. 01772 723613**

3, 4 & 5 bedroom family homes

### **CHURCHFIELDS**

Ribblesdale Drive,  
Grimsargh PR2 5RJ

**T. 01772 650143**

2, 3, 4 & 5 bedroom family homes

### **CALDER VIEW**

Daniel Fold Lane, Off Cöck Robin Lane,  
Catterall PR3 0JZ.

**T. 07393 765552**

3, 4 & 5 bedroom family homes

*Sales & Marketing Suites open Thursday to Monday inclusive 10.00 am to 5.00 pm  
(closed Tuesday & Wednesday)*

**www.wainhomes.net**

\* On selected plots only, subject to statue, terms and conditions apply.



# KIRKHAM GRAMMAR SCHOOL

EXCELLENCE ACROSS ALL AREAS

**3 - 18 years**

## SIXTH FORM ACADEMIC, SPORT, MUSIC & DRAMA SCHOLARSHIPS AVAILABLE

Scholarship registration forms to be received  
by Monday 28 January 2019

Please telephone 01772 684264 or  
email [info@kirkhamgrammar.co.uk](mailto:info@kirkhamgrammar.co.uk) for more information

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