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Can you find me?



O...October is a beautiful month.
C...Colorful it will be.
T...The trees change color and the leaves start to fall'
O...On the ground they form a beautiful carpet.
B...By the moonlight - they shine.
E...Everyone can enjoy their beauty.
R...Red, orange, green, yellow and brown are the colors of this month.

OCTOBER ACROSTIC By Lucilla M. Carrillo

Congratulations to all those who found Miti hidden on page 40 in the LightWeight Roofing Advert.
The winner picked out of the hat was Simon Chaplin .

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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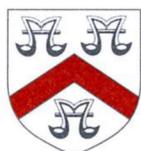
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We have strong ties with the local community including a group of volunteers - The Friends of Bushell House - who contribute enormously in helping with activities and arranging fund-raising activities such as Garden Parties and coffee mornings for the benefit of our residents.

Their success, however, is very much dependent upon the support of the local community and we really hope you will consider joining us for some of our events.

See our Facebook page *Bushell House Residential Care Home* for news of future events.



Please don't hesitate to contact us if you would like more information or if you would like to arrange a visit.



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Feature

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Fact of the Day

Did you know that a shark is the only fish that can blink with both eyes.

A Brief History Of ... Halloween

Early Halloween

Our word Halloween is derived from the old words All Hallows Even (All Hallows Evening) because it was the eve of All Hallows Day (1 November). Hallow is an old word for saint and today we call 1 November All Saints Day.

In the 4th century the Church began to celebrate a feast to all the martyrs. At first it was celebrated on the first Sunday after Pentecost (in late May or early June). The Eastern Orthodox Churches still celebrate it on that day. However in the West in 609 or 610 Pope Boniface IV moved the feast of all martyrs to 13 May. Then in the 8th century Pope Gregory III (731-741) made 1 November a feast to remember all saints and it became known as All Saints Day or All Hallows Day.

After the 16th Century Reformation All Saints Day and Halloween were virtually forgotten in most of England, along with most other saints days. However Halloween continued to be observed in Scotland and Ireland. There was a belief that ghosts and witches were particularly active on that day.

Modern Halloween

In the 18th century in Ireland Halloween became a day for playing pranks like blocking doors with carts, removing gates, throwing vegetables at doors and covering chimneys with turf. Note that there is no connection between the playing of pranks at that time and the modern Halloween custom of 'trick or treat'. The pranks and mischief making was done by adults and without knocking on your door to demand a 'treat' and carrying out a 'trick' if you did not give something. There were similar mischief making days in other parts of Britain at different times of the year. In the mid-19th century Irish and other immigrants took Halloween

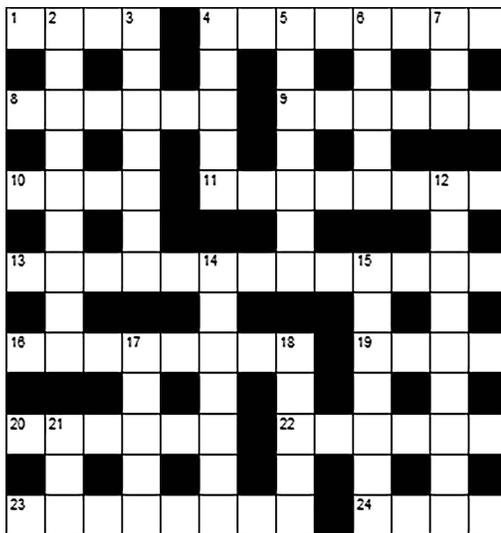


customs to the USA and by 1900 it was a popular festival (at least with some people!). Playing pranks such as moving farm animals, removing gates etc. were common.

The Irish also hollowed out turnips and put candles in them. (The origin of this custom is not known). In the USA the turnip became a pumpkin. The custom of children playing trick or treat at Halloween seems to have begun in the USA in the early 20th century although it only became really popular in the mid-20th century.

In the early 20th century little attention was paid to Halloween in Britain. However in the late 20th century the festival of Halloween was revived in Britain with parties becoming popular. The American customs of trick or treat and carving pumpkins at Halloween were imported at that time.

Crossword



Across

- 1 Ripped (4)
- 4 Commenced, began (8)
- 8 The _____ Night, painting by Van Gogh (6)
- 9 Gifted, high intellect (6)
- 10 Type of bean (4)
- 11 Worn to shreds (8)
- 13 Autonomously (13)
- 16 Breaking out (8)
- 19 Exhaust, drain (4)
- 20 Decline (6)
- 22 Inception, genesis (6)
- 23 Mimics (8)
- 24 Lady _____, singer and actor (4)

Down

- 2 Expenses (9)
- 3 Commentate (7)
- 4 Home of the Pyramids (5)
- 5 Small-minded, prejudiced (7)
- 6 Wash out in clear water (5)
- 7 Flightless bird (3)
- 12 Making bigger (9)
- 14 Obvious (7)
- 15 zero (7)
- 17 Grown-up (5)
- 18 Paint with a shiny finish (5)
- 21 Type of deciduous tree (3)

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

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



The maker does not need it, the buyer does not use it and the user uses it without knowing. What is it?

Mind Benders

Find the three hidden phrases

GEINSIDENT

knock
maple, mahogany, pine

© E R T ©

Women's Football

This year raised Women's Football to a new higher level with the success of the England Team and brought it to the forefront of public, with more and more turning on the TV to watch as they successfully got through to the Final. It is the number one female team participation sport beating others such as Netball and Hockey, as well as being the 3rd largest team sport behind Men's Football and Cricket. Adult female football in Lancashire is currently at its highest level and there are currently over 70 Teams playing predominantly on Sunday afternoons. But there are many ways for you to join in no matter what your age or ability, even just a kick-a-bout with a group of you for fun. The health benefits of playing are impressive. It is an aerobic exercise, therefore, increasing aerobic capacity and cardiovascular health. It lowers body fat and improves muscle tone. Playing and training will build your strength, flexibility and particularly endurance as well as increasing your muscle and bone strength. The shift between walking, running and sprinting has huge health benefits and will really improve your fitness levels. There are so many other positives to be gained from playing a team sport. It is a great way to meet people and exercise with a group of friends and will promote teamwork and sharing. Having to think, on the run, will increase skills in concentration, persistence and coordination. As always exercise is key in reducing your risk of dementia, so all that extra cognitive work will be hugely beneficial. It is relatively easy to learn how to play and beginners can easily join in.

If you would like to get involved, but don't feel you are ready to participate within a team, then there are lots of other things you could look at. Soccercise is a football themed workout for females which combines a variety of fitness exercises with a football. It can be tailored for all levels of fitness and can help as an introduction into playing or a refresher for anyone who has played in the past. It can also be a great, alternative way of getting fit. There is also 5-A-Side which is as it sounds, 5 players each side playing on a smaller pitch. With less people on the pitch it is more physically challenging but it is becoming more and more popular with girls and women. Women's Walking Football, this is fairly new but has been embraced positively and is rapidly

growing. Walking football can help weight loss, increase co-ordination as well as improve mental and physical health. Another option is to go into Refereeing, another demanding role as plenty of running up and down the pitch.

As normal, on starting any new sport/exercise it is important to ensure you take things slowly and build up in relation to your own abilities to avoid injury or fatigue. Wear the correct protective equipment and footwear. Don't overdo it and mix up your physical activity with other low impact sports, this will help increase your fitness levels and provide a well-balanced exercise regime. Playing Team sports has many positive gains, it is very social, helps to gain confidence and make new friends. If you are interested then you can contact Lancashire FA County Women's League, North West Women's Regional Football League, or look on the internet under Lancashire FA. For those of you who aren't aware, the most successful women's football team in the history of the world were formed in Preston during the first world war. The Dick, Kerr ladies were formed at a munition's factory in Preston and their aim was to raise funds for the wounded soldiers that were being treated at Preston's military hospital. Their first match was held on Christmas Day in 1917 and approximately 10,000 spectators came to Deepdale to watch. They witnessed the start of the most amazing success story in the history of women's sport. The team went from strength to strength and achieved much more than they ever thought possible. Women were drafted into factories throughout the country, to take the place of the men who had gone to fight. They worked very long hours and the Government sent female welfare supervisors to go into the factories and ensure the well-being of the ladies. This included encouraging sport and it was football that became the national sport of the munition's girls. It was the Dick, Kerr ladies who took the whole country by storm. So, with our City's heritage steeped in the success of Women's Football why not take a look at what it could offer you and who knows we may all end up understanding the offside rule.

Linder X

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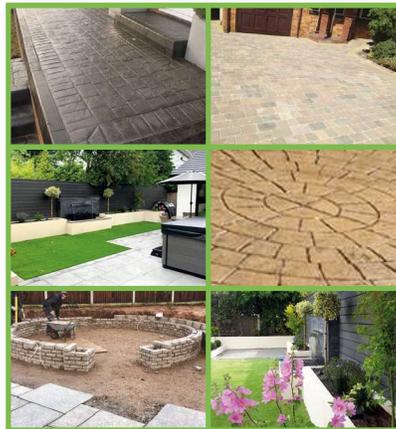
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Pros and cons of chemotherapy, genetic considerations.

I am a retired Australian trained molecular pathologist, immunopathologist, geneticist and cancer specialist. On my retirement I returned home to the UK and now live in Woodplumpton.

Because of my academic background, I began to be asked many questions about cancer and other disorders. As a consequence, I established an information service for cancer patients so that they could understand more about cancer and the pros and cons of various treatments.

The most common question asked of me is, "Why do some drugs help some people but harm others?" The short answer is that drug effectiveness depends on a number of factors including the patient's genetic profile, other drugs taken simultaneously and the patient's diet. In this article, I introduce the way in which some genetic factors influence the effectiveness of chemotherapeutic drugs.

The body has a wide range of defence and repair mechanisms. One of them, the cytochrome P450 system chemically alters and neutralises the many toxic substances that we are exposed to on a daily basis. The same detoxifying system recognises chemotherapeutic drugs as toxic substances.

Some chemotherapeutic drugs are administered in an inactive form called a pro-drug. When pro-drugs enter the bloodstream, they are broken down by members of the cytochrome P450 system. The breakdown of a pro-drug releases an active drug which can then help destroy cancer cells. Many pro-drugs are activated by one of the cytochrome P450 enzyme family members called CYP2D6.

The problem is that there are four different heritable types of cytochrome P450 enzymes such as CYP2D6. They activate or metabolise pro-drugs at different rates. They are classified as 1) poor metabolisers with little or no enzymatic activity, 2) intermediate metabolisers that metabolise drugs at a rate somewhere between the poor and extensive metabolisers, 3) extensive metabolisers with normal enzymatic activity and 4) ultra-rapid

metabolisers. Those who inherit an ultra-rapid metabolising enzyme type have greater than normal enzyme function.

Most pro-drugs are designed to work optimally when administered to people who are extensive metabolisers with normal enzyme activity.

People who are poor metabolisers are unlikely to benefit from administration of chemotherapeutic pro-drugs because too little of the active drug is generated. By contrast, people who are ultra-rapid metabolisers may suffer serious side effects because of the formation of too much active drug.

On the other hand, some chemotherapeutic drugs are administered in an active form. With respect to administration of active drugs, those who are ultra-rapid metabolisers may remove the active drug too quickly for any beneficial effect. On the other hand, serious side effects may be caused in poor or intermediate metabolisers because drug activity is maintained for too long.

Interestingly, many other drugs such as anti-depressants, anti-psychotics, anti-arrhythmics, beta blockers and opioid analgesics also need to be activated by CYP2D6 for optimal activity.

Other members of the cytochrome P450 family such as CYP3A4 also play an important role in metabolising and secreting many drugs.

Some chemotherapeutic drugs may cause serious side effects or even death when administered to patients who have inherited a particular form of a gene called DPYD.

The effectiveness of any particular drug may be pre-determined by reference to genetic typing of appropriate cytochrome P450 encoding genes, particularly that which encodes CYP2D6 as well as the DPYD gene.

I offer talks, workshops and consultations on these and many other relevant matters for cancer patients and other interested parties. Please contact me on peterhkay@gmail.com for details.

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Local News

'SERGEANT SHANKLY' RECRUITED TO ENHANCE CITY CENTRE SAFETY

Shankly will be out 'on duty' with his specialist-handler and police colleagues throughout the city centre from September until December. Shankly, a new recruit and specially trained narcotics dog, will conduct a walking tour of the city centre on selected days.



Detection dog teams are used in a variety of operational scenarios to actively seek and indicate the presence of the scent they are trained for, reassuring the public that they are in a safe space.

Due to dogs like Shankly's ability to effectively

detect minimum traces of contraband the request for specialist dog units is rapidly emerging across the country and is considered good practice.

Andy Coverdale, Chair of BID's Citysafe Group said: "According to statistics from our annual general public survey 85% of people visiting the city centre 'feel safe' - we want to ensure that remains the case.

"Under the BID's Citysafe brand we have invested heavily in a digital upgrade of the city's CCTV system and are undertaking a project with partners, to reduce anti-social begging. He added: "Shankly will be a welcome addition to the team, as part of our campaign to ensure that people who visit, live and work in the city centre feel comfortable and safe".

Shankly, a lovable spaniel who's not surprisingly from Preston, is a big supporter of his beloved PNE. In his spare time, he likes nothing more than training with his handler from H & A Protection Services, to ensure he's at the top of his game.

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The Safe Trader Scheme is celebrating its 10 year anniversary this year. The Scheme is operated by Lancashire County Council Trading Standards Service to assist residents of Lancashire to find reputable local traders for property repairs, home improvements, gardening services, mobility aids and other services around the home.

Traders on the Scheme have all demonstrated their commitment to fair and honest trading by signing up to the Scheme's Code of Practice, and have agreed to work with Trading Standards should any dispute arise. You can search for a local registered trader via the Safe Trader website www.safetrader.org.uk or by phone



on 0303 333 1111. All you need to provide are your postcode and the type of trade you are looking for and a list of relevant businesses will be produced in an order relevant to your postcode. If searching via the website you can compare businesses by checking out their profile pages and the customer reviews they have received.

If you do have any work carried out please leave feedback for the trader on the website. This will assist both the Scheme and will help businesses to ensure that they are providing the best service possible to their customers.



Are you looking for a reputable trader?

Our Safe Traders are committed to treating their customers honestly and fairly. By using a member firm, consumers can minimise the risk of dispute and be assured that if there are problems we will help to resolve them.

For more information about the Safe Trader Scheme please contact us on **0303 333 1111** or visit our website www.safetrader.org.uk

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FEAST

Smoked Cod Chowder

A tasty supper

Ingredients

25g / 1 oz butter
1 onion - finely chopped
1 small stick of celery - finely chopped
250g / 9oz potatoes - diced
55g / 2oz carrots - diced
300ml / 10fl oz boiling water
350g / 12oz smoked cod fillets—skinned and chopped into chunks
300ml / 10fl oz milk
Salt and pepper
Parsley to garnish

Method

Melt the butter in a large saucepan over a low heat. Ad the onion and celery and fry gently, stirring frequently for five minutes, until soft and golden, but not brown.



Add the potatoes, carrots and water. Bring to the boil then reduce the heat and simmer for 10 minutes or until the vegetables are tender.

Add the fish and cook for a further 10 minutes.

Pour in the milk and heat gently. Taste, then season with salt (if required as the fish can be quite salty) and pepper.

Ladle into warmed bowls, garnish with parsley and serve with crusty bread and butter.

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King Prawns served with
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**Gluten Free Bread Rolls Available*

Main Course

Traditional Turkey Dinner
with Pigs in Blankets and Sage
& Onion Stuffing (GF)

Poached Salmon Fillet with
a Lemon & Chive Cream Sauce (GF)

Baked Nut Loaf
with a Vegetarian Gravy (V)

All Main Courses served with
Family Style Roast Potatoes
and Seasonal Vegetables

**Gluten Free Gravy Available*

To Finish

Salted Caramel
& Dark Chocolate Tart (V)

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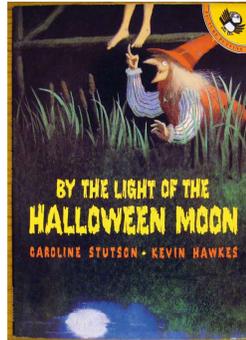
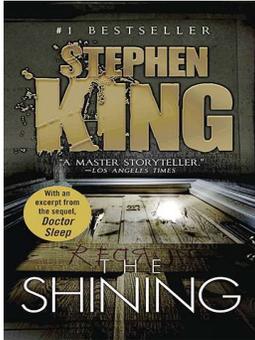
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Book Review

A Good Read



The Shining – Stephen King

Even if you have seen and loved Stanley Kubrick's film, maybe even especially if you've seen and loved it, you should read the book. The book is not the film. The book is a deeper (and scarier) experience altogether.

Stephen King is a master storyteller, and in *The Shining* he created a classic novel of possession and isolation.

The Torrances are a damaged family. Jack is an ex-teacher and sometime writer with a drink problem, who takes the only job he can find – the winter caretaker at a hotel called *The Overlook*. He takes along his wife, and young son Danny. They are welcomed by the chef, Dick Hallorann, who has psychic abilities which he calls 'the shine', and Dick quickly realises that Danny shines too. He has to leave but forms a powerful connection with Danny promising that wherever he is if Danny calls to him, he will hear and come – a promise he later honours.

Ostensibly Danny is the main character and the book is about his father's descent into madness, but it is the hotel which dominates the story. King paints an incredibly detailed picture with undertones of American Indian burial grounds, multiple homicides, hauntings and sightings. Jack appears to become possessed by forces at work there. The tension and claustrophobia build a threatening atmosphere. Prepare to be transported into the long, dark corridors at *The Overlook Hotel* and know that something dreadful awaits

you there. There's a plot twist or another dimension on every page, as you explore King's carefully crafted nightmare landscape, populated with the spectres of dead children and their maniac father.

As the plot develops, we question whether Jack is really possessed or simply an alcoholic losing his mind, and whether Danny is psychic or whether what he sees is because he's been so damaged by his dysfunctional family. King's skill is to weave together the demons, both real and imagined without drawing any distinct boundaries between the two. As the story builds to its terrifying conclusion you will be on the edge of your seat.

The Shining is a book that doesn't only deserve a place on the bookshelves of horror fans, but of anyone who enjoys a well-crafted, fast-paced story with plenty of depth. Read it and you won't be disappointed.

By the Light of the Halloween Moon – Caroline Stutson and Kevin Hawkes

I rarely recommend a book you may have to find second hand, but there are plenty available from various sources and it is well worth the effort in time for Halloween. Caroline Stutson's infectious graphic story, full of rhythmic repetition and alliteration, simply bounces along. It all begins on the night of a full Halloween moon, when we see a wiggling toe being stalked by a black cat. The cat never reaches the toe, because it is stopped by a witch, and so the scene is set for a succession of scary creatures, including a bungling, bouncy, breezy bat and a grumpy grungy hobgoblin sprite, who are all thwarted in their various attempts to reach the toe.

The repetition of key lines makes it a terrific book for reading aloud and encourages younger children to join in, while Kevin Hawkes' scary-comic illustrations make *By the Light of the Halloween Moon* an appealing book for children and adults alike.

The ending, where we finally meet the owner of the wiggling toe, is delightful and sure to leave everyone smiling.

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ADULT

Monday	Modern Line Dancing Beginners (inc refreshments)	10:00-11:15am	£5.00
	Adult Tap	5:45-6:30pm	£6.00
	Broadway Fit	6:30-7:15pm	£6.00
- Both classes discount £10 -			
Sunday	Ballroom & Latin Beginners	6:00-7:00pm	£7.00

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
Tuesday	Acro Dance (all ages)	4:30-5:00pm	£4.50
Thursday	Boogie Babies; Mother & Toddler	10:00-11:30am	£5.00
	OFFER £6.00 multiple children 0 months - 5 years		one child
	Boys Club (Street dance)	5:00-5:45pm	£5.00
Friday	* Stretching, limbering, leaps and turns	5:15-6:00pm	
Saturday	* Pre Primary Ballet 3-5 years	9:00-9:30am	£4.50
	Primary Ballet 5-8 years	9:30-10:00am	£4.50
	Tiny Tots 3-5 years	10:00-10:30am	£4.50
	Cheerleading (all ages)	10:30-11:00am	£4.50
	Street Dance (all ages)	11:00-11:30am	£4.50
	* Ballroom, Latin & Street Beginners	12:30-1:15pm	£5.00

FITNESS FRIDAYS

Friday	Zumba	6:30-7:15pm	£6.00
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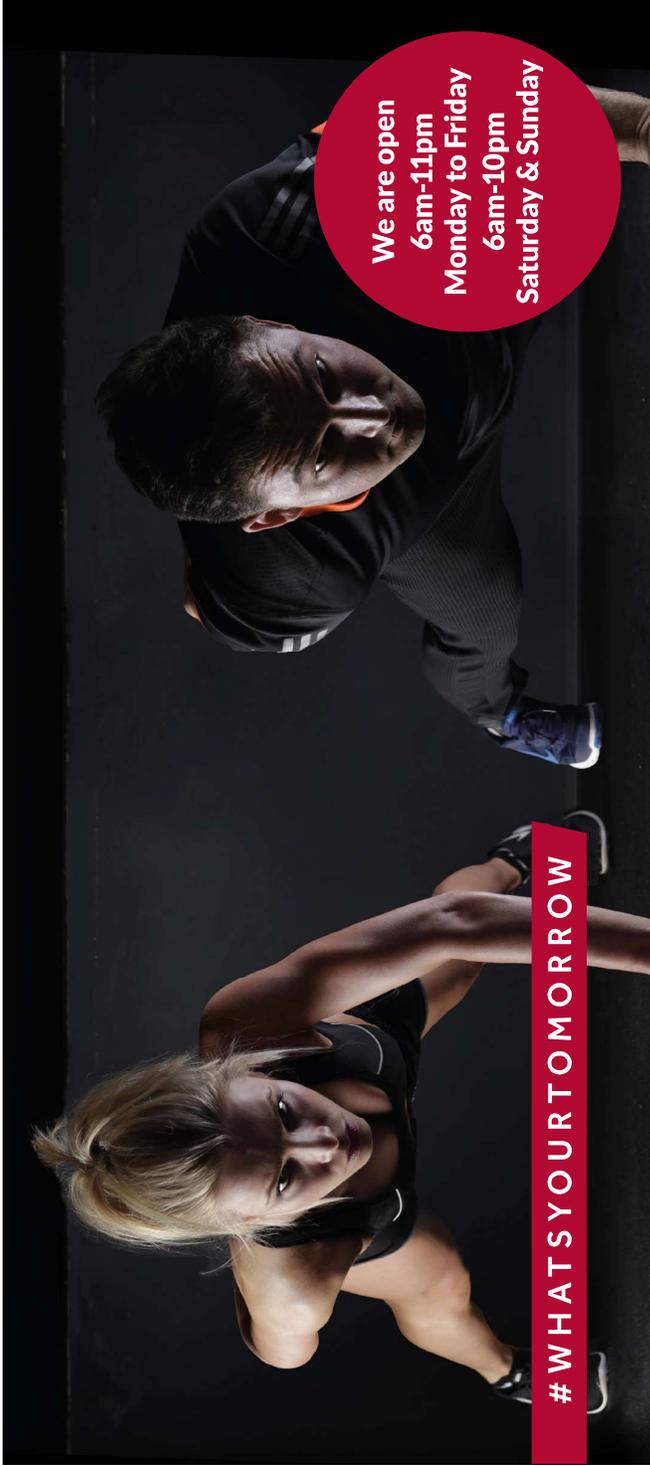
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23rd Jan 2020	 Fred. Olsen Cruise Lines Boudicca	28 nights	Exploring the Far East & Authentic India Fly from Manchester	From £3,379^{pp}
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To appear on the Community Noticeboard Contact us on 01772 865970



FULWOOD METHODIST CHURCH
THEATRE VISIT GROUP
PROGRAMME OF VISITS



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 trip by coach to Castle Howard. Price per person based on sharing a room is £330 including gratuities. Admission on excursions and to venues in York will be additional. Single room supplement of up to approx £60 per person will apply.

Wednesday 11th December 2019

'Peter Pan' at Blackpool Grand Theatre

Matinee performance. This will be a joint visit with Ribbleton Avenue Methodist Junior School. Prices and details TBC

Saturday 18th January 2020

'Gypsy' at Royal Exchange Theatre, Manchester

Matinee performance. Prices and details TBC.

Thursday 5th March 2020

'Curtains' (A musical whodunit) at Blackpool Opera House

Matinee performance. Prices and details TBC.

Thursday 26th March 2020

'Measure for Measure' (Royal Shakespeare Company) at Blackpool Grand Theatre

Matinee performance. Prices and details TBC.

Thursday 30th April 2020

'West Side Story' at Royal Exchange Theatre, Manchester

Matinee performance. Prices and details TBC.

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.

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

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

To appear please Call Maria on

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email community@jampublications.co.uk by the 16th of the month prior to print.



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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

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"HOBSON'S CHOICE" the classic Lancashire comedy by Harold Brighouse
directed by Gillian Hodgson TUESDAY JANUARY 21st to SATURDAY JANUARY 25th 2020

This production is in Association With The Hall Players of Fulwood .

Tickets £8 each

"LADIES IN LAVENDER" based on a story by William Locke , directed by Liz Hobin

WEDNESDAY APRIL 1st to SATURDAY APRIL 4th 2020 Tickets £8 each

Seating for all performances is "Cabaret Style" ie around tables for up to eight people .

The Hall Bar will be open to purchase drinks prior to each performance and during each interval.

Each performance starts at 7.30pm

Tickets can be booked by mobile or text to 07395825407

Email theclubplayers@gmail.com

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



PRESTON ART SOCIETY

New members welcome. Every 2nd & 4th Tuesdays 7.30pm from Sept - May. NEW VENUE Galloway Hall, Brackenbury Rd, PR2 3BS.

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Further details are on our website:

<https://prestonartsociety.weebly.com>

E-mail: prestonartsoc@gmail.com

Facebook: <https://www.facebook.com/groups/prestonartsociety>

Telephone: 01772 712857

Community Noticeboard

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For more information, please call
Jeanette Taylor
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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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Support Group

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fandpfamily@gmail.com

Thursday Group 7pm – 8pm

Millennium Hall, Fulwood, PR2 6GN

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

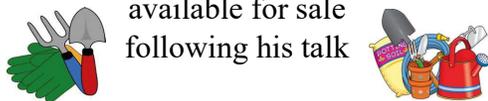


GRIMSARGH GARDENING CLUB PROGRAMME 2019

6th November

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'C' – 7 MLS ; 1200' TL. ASC.

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'C' – 7.1/2 MLS ; 1400' TL. ASC.

09/11/19 TROUTBECK

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'B' – 9.1/2 MLS ; 2800' TL. ASC.

'C' – 7.1/2 MLS ; 1200' TL. ASC.

23/11/19 HAWKSHEAD

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'B' – 9.1/2 MLS ; 1700' TL. ASC.

'C' – 8 MLS ; 1200' TL. ASC.

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Preston & District 50+ Forum
Meets bi monthly at Derby House,
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(Spire entrance)

Next Meeting Monday 7th October
10am for 10.15. Speaker Anne Oliver
Head of Community Engagement
Age UK North west. All welcome.

Discuss issues that affect over 50s -
transport, free TV licenses , annual
pensioners Parliament.

Contact 01772 729587 Email
pd50plusforum@gmail.com

When?
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11.30AM - 15.30PM

Where?
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sforrest@myerscough.ac.uk
or Nicky Baylis:
baylis16@btinternet.com

Contact Number 07767663345

Thursday Morning Bridge Lessons for Beginners



Broughton and District Club Bridge Section

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Playing bridge is good for you both mentally and socially

COME AND LEARN THE BASICS IN A FRIENDLY LOCAL ENVIRONMENT

No prior knowledge needed. Please register your interest by e-mailing your details to webmaster@broughtonbridgeclub.co.uk the cost is £3.00 per session including tea or coffee

Or, for further details please contact:

Clive Turner: 07506551429 or clive.turner@keygroup.co.uk

Social bridge players: If you would like to try duplicate bridge at a friendly local club, you'll find a warm welcome at Broughton Club. See our web site for details:- www.broughtonbridgeclub.co.uk

FULWOOD CLUB

75 Victoria Road, Fulwood, PR2 8NQ.
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Free beginners tuition; Snooker; Bar; TV/
WiFi; Social Events; Quiz Nights;
Winter Bingo weekly.

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 01772 813498



Lancashire Christmas Fair

Barton Village Hall

Tuesday 19th November

10am to 2pm

Entrance £2.00 including
coffee & biscuits.

Stalls:-

Jewellery - Clothes - Handbags

ALL PROCEEDS TO CANCER HELP
(VINE HOUSE &
CROSTON HOUSE)



Lancashire Day Charity Lunch



Thursday 28th November 2019

at

FERRARI'S COUNTRY HOTEL

Chipping Road, Thornley, PR3 2TB

Stalls from 11.30am

Lunch served 12.30pm
(Choice of menu on the day)

Followed by entertainment from Lancashire duo
'Trouble At' Mill'

Tickets available from:

Tel: 01995 640185
01772 864689

Admission by
prior booking
only £25



All Proceeds to Cancer Help Preston Ltd.
Reg. Charity No. 1032828
(Incorporating Vine House & Croston House)



ANNUAL CHRISTMAS COFFEE MORNING

Our Lady & St Edward's
Church Hall,
Marlborough Drive,
Fulwood

Wednesday 23rd October 2019,

10am – 12 Noon

ALL PROCEEDS TO CANCER
HELP (PRESTON) LTD

Tickets £2.00 Refreshments included

CAKES, CRAFTS, GOOD AS NEW
BRIC-A-BRAC, RAFFLE

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

2017 - 18 Season

Only £30 per year

Further Information

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



Please check on Facebook for up to date information

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



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

St Catherine's
hospice care

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!



GET FIT - HAVE FUN!



ROLLER DISCO

Saturdays: 2:00 – 3:00pm
Session costs: £3.00 each

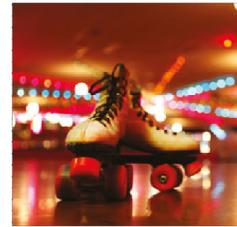
Bring your own skates, or kids skates available to hire £2.
Please like us on Facebook and check to see if weekly sessions are running .

PRESTON
PHOENIX
ROLLER SPORTS CLUB



ROLLER HOCKEY

Fancy trying out for the
Preston Phoenix Roller Hockey Team?
Why not come down to Preston College Sport Centre
on Saturdays at 12pm - 2pm and give it a try!



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

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
Registered office: 30 Parklands Drive, Fulwood, Preston. PR2 9SJ

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Deadline for Community Noticeboard is 16th of the Month

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Preston Orpheus Choir

Autumn Concert
Saturday 2nd November – 7.30pm
Fulwood Methodist Church
Watling Street Road
Preston
PR2 8EA

A programme featuring a selection of the music we've performed during the last 90 years – from Vivaldi to Rodgers & Hammerstein – something for everyone!

Book via the website: www.prestonorpheuschoir.org – or just turn up!

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
available to those with RA.. and their helpers
We are not a social club but give an opportunity
for those like ourselves to learn more about the
subject -a condition NOT restricted to the OLD
and INFIRM as so many mistakenly believe
NO membership/joining Fees, NO pre-booking-
JUST TURN-UP and join us
- you can also enjoy a nice cuppa (Tea or Coffee)
and a biscuit You will be welcomed with open
arms Local contact M ; **07966 719934**



FULWOOD FARMERS' MARKETS with FAIRTRADE



at
FULWOOD METHODIST CHURCH
CROSSROADS CENTRE
Watling St. Road PR2 8EA

Supporting small producers locally and globally
Fresh local produce and fairly traded goods

Saturdays in 2019
Nov 23rd

from 9.30am till 1pm
Refreshments & snacks available

For further information phone 07813 870641
Or check www.fulwoodmethodist.org.uk

PRESTON GARDENING CLUB PROGRAMME 2019

15th October
Water in the 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



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

Mindbenders

Inside man
Knock on wood
Painless operation

Lateral Thinking

A Coffin.



Fuzzy Photo

A Black Cat

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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