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*ranked No 2 out of 655 UK Window Installers, Number 1 being in the South of England on FreeIndex

Welcome



1st of October 2005 saw the launch of our very first publication, that's fifteen years ago!

I remember the excitement of it all - securing our first advertiser, carrying out the first ever restaurant review (remember those?), the sense of pride as the printed magazines arrived and the relief once they were all delivered.

It continues to be a pleasure to produce these little booklets/magazines/brochures/leaflets/directories/guides/waste of space/junk mail/quality community publications (whatever you choose to call them) and we will continue to do so throughout these tough times and into the future.

Thank you for your support over the years. *Maria x*

Congratulations to all those who found Miti hidden on page 2 in the A-Plan Insurance advert.

The winner picked out of the hat was Mrs A Smith

She returns this issue - can you find her? She is hidden somewhere throughout these pages.

To enter & win £25 please send in your answer to the usual addresses: competitions@jampublications.co.uk

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PUZZLE PAGES

FACT OF THE DAY

Did you know that at birth, a baby panda is smaller than a mouse.

AWARENESS DAYS ... ADHD AWARENESS MONTH 2020

Start: October 1st

End: October 31st

ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognised as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognised as an adult problem too. The cause is an imbalance in the brains anatomy and its wiring.

How did ADHD Awareness Month Get Started?

An ADHD Awareness Day was how it all started. A resolution was passed by the United States Senate that declared September 7th as National Attention Deficit Disorder Day in 2006. From there it grew into a full month by 2004. The aim of the campaign is to raise awareness of ADHD, by providing information that is reliable. The information is based on research and scientific evidence.

The Organisers

A coalition of organisations are responsible for organising many different events around the world: the ADHD

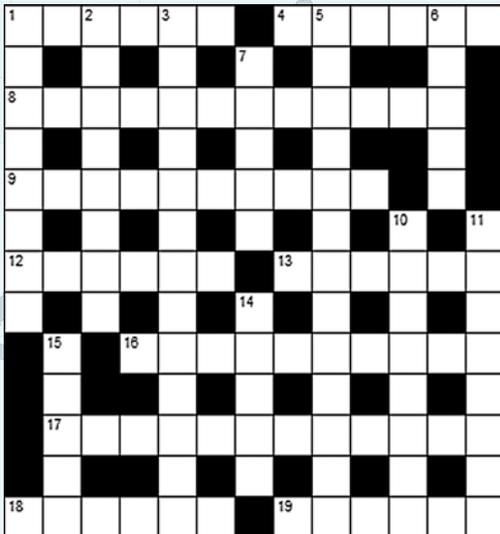


Organisation (ACO); the Attention Deficit Disorder Association (ADDA) and the Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHASDD).

What You Can do to Take Part

A number of different resources are available, and the idea is to spread the word, far and wide. If you want to help educate people then there are various resources available online. These include fact sheets and posters, graphics and logos, together with videos and recordings. In 2017, there was a video contest judged by members of the public and professionals.

CROSSWORD



Across

- 1 Smacked (6)
- 4 Riches (6)
- 8 Foundation (12)
- 9 Meticulous (10)
- 12 Wanted (6)
- 13 Like better (6)
- 16 Services (10)
- 17 Advanced society (12)
- 18 Hint (6)
- 19 Revolves (6)

Down

- 1 Purchases (8)
- 2 Contemplated (8)
- 3 Deliberation (13)
- 5 Uncommon (13)
- 6 Male vocalist (5)
- 7 Contention (5)
- 10 Legitimate (8)
- 11 Gifts (8)
- 14 Stiff (5)
- 15 Male relative (5)



SUDOKU

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

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.

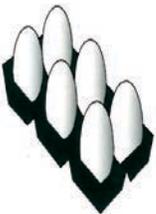


FUZZY PHOTO!

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 image was?

LATERAL THINKING



On the table is a carton containing 6 eggs. If six people each take one egg, how can it be that one egg is left in the carton?

MIND BENDERS

Find the three hidden phrases

Can you find the three hidden horror film titles?

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Feb 1st → Feb 29th

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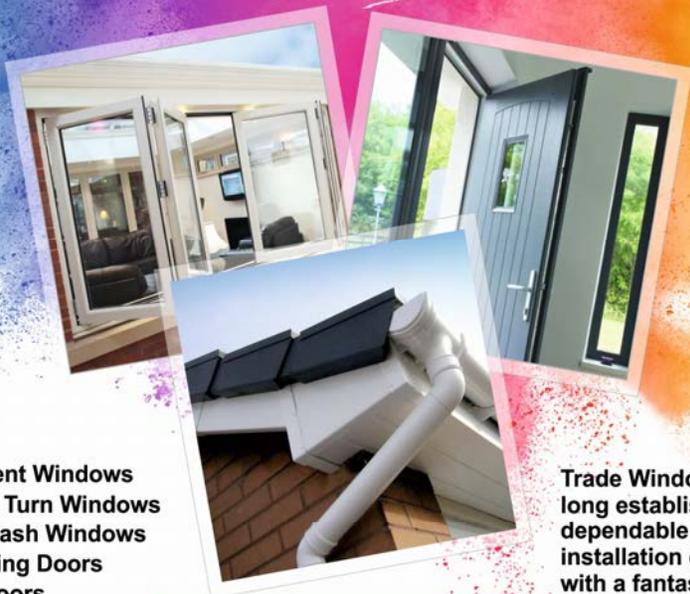
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Feature

What is a Podiatrist/Chiropodist?

A Podiatrist is a medical professional who has been trained to diagnose and treat conditions of the foot and ankle. They can prevent and correct deformity, keep people mobile and active, relieve pain and treat infections. They provide information and education on how to look after your feet and the best types of footwear.

Common problems treated by a Podiatrist include toenail problems, corns and callus, verrucae, athlete's foot, cracked heels, flat feet, heel and foot pain and sports injuries. Podiatrists are trained to treat people with Diabetes, Arthritis, Rheumatoid Arthritis and those on anti-coagulant therapies amongst others.

They carry out biomechanical assessments, nail surgery, they use local anaesthetics and are able to prescribe certain prescription only medications.

They have achieved a university-based Bachelor of Science degree and have carried out 1000 hours of clinical practice before becoming qualified then they have to register with the Health Care Professions Council (HCPC).

The HCPC monitor and regulate Podiatrists, ensure that they are appropriately qualified and insured and that they keep up to date with current developments and knowledge. It is important to ensure that the person treating your feet is HCPC registered. The terms Podiatrist and Chiropodist are interchangeable but the most up to date term is Podiatrist.

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Winter Hanging Basket...

We're now in the month of October and our gardens are starting to lose their vibrancy and aren't looking as good as they did in July and August, so what's next? Well, now is the perfect time to start thinking about your Autumn and Winter hanging basket displays, to add just a little cheer, a little sparkle and a lot of colour and style to your winter garden. By planting your baskets up now it will allow the plants to get established before the winter months ascend on us.

When choosing your plants for your display think about height, texture, and colour. There is a lot of choice out there so try to plan ahead so you don't buy too many plants and make expensive mistakes.

Suitable plants for using in winter hanging baskets for long lasting displays are:

Conifers, Skimmia, Evergreen Thyme, Ornamental grasses, Euonymus, Evergreen shrubs, Primula, Heathers (Erica carnea), Cyclamen, Hedera (ivy), Viola, Gaultheria, Pansies.

Don't forget to include some bulbs in there for added interest and under planting with bulbs like Daffodils Tete-a-Tete, dwarf iris and crocus can prolong the display.

Have you always wanted to produce the biggest and brightest hanging basket that is the envy of all your friends and family, well now you can produce a basket as good as a professional with this simple guide.

I like to use the Easy Fill Basket these are so easy to plant up and you get amazing results but also they have many advantages including reduced water loss, improved root growth and they are re-usable year after year.

When positioning your winter basket display try to find a slightly sheltered space where the basket will benefit from rather than an exposed spot open to the elements.



It is vital that the hanging basket is never allowed to dry out, even in winter with the strong winds and winter sun the basket could dry out. So watering is still important in winter. Letting the basket dry out for just one day the leaves of the plants can start to turn yellow and puts the plant into stress. Remember: if it dries your washing it dries out your basket- a little handy tip .

Do not be tempted to think watering alone is enough and don't forget to deadhead the flowers to ensure prolonged flowering.

WINTER HANGING BASKET TIPS

- Don't over feed your winter plants.
- Ensure your compost is free draining as you don't want it to get to wet and freeze.
- Plant your plants closer together than in your summer baskets as they will grow modestly.

So even during the cold winter months you can add a flash of colour and seasonal interest to your winter displays and have a fabulous display of colour that can last into early spring.

Happy Gardening x

By Jane McNeela

You can follow Jane on Facebook at:
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Later this month the clocks move back to Greenwich Mean Time (GMT) and the nights get longer. On a clear night, this is a great time of year to try and see a galaxy. The spiral galaxy Andromeda, M31, is a good one to start with as it can be visible to the naked eye in dark skies and is a great target with binoculars or a small telescope.

1st Oct Mercury at greatest eastern elongation 25.8 degrees from the Sun. Best viewed above the horizon, just after sunset.

1st Oct - 6th Nov Orionids meteor shower (Maximum 21st Oct)

3rd Oct Full Moon (21.05) Moon at apogee, furthest from the Earth

7th-11th Oct Draconid meteor shower (Maximum 8th Oct)

13th Oct Venus 4.4 degrees South of the Moon (23.56) Mars at opposition. The red planet will be at its closest to the Earth and fully illuminated by the Sun.

16th Oct New Moon (19.31)

20th Oct - 10th Dec Northern Taurid meteor shower

22nd Oct Jupiter 2.0 degrees North of the Moon (16.17)

25th Oct End of British Summer Time (BST)

29th Oct Mars 3.0 degrees North of the Moon

31st Oct Full Moon (14.49) Second full Moon of the month, known as a Blue Moon.

Constellation of the Month

Pegasus is prominent in the southern sky this month. When you look for the constellation the part that stands out is the Square of Pegasus, an asterism (group of stars within the constellation) made of stars that are almost equal in brightness. It was named after the famous winged horse in Greek mythology.

Astronomy Fact of THE Month.

Astronomical catalogues. M or Messier objects were first catalogued in the 18th century by the French astronomer Charles Messier. It is a diverse range of 110 astronomical objects such as star clusters, nebulae and galaxies. The New General Catalogue of Nebulae and Clusters (NGC for short) is also used. For example, M31 the Andromeda galaxy is also NGC224.

Information provided by PADAS

(Preston and District Astronomical Society)





30 minutes to prepare
Total time 4 hours



6-8 servings

POT ROASTED LAMB WITH CHORIZO AND WHITE BEANS

Ingredients

- 1.5kg boned and rolled shoulder of lamb
- 250g of chorizo
- 400g white beans such as cannellini or haricot beans
- 2 medium onions, chopped
- 6 garlic cloves, 4 crushed, 2 in slivers
- 4-6 fresh bay leaves
- 24 small shallots, peeled
- 2 small sprigs fresh rosemary, broken into small clusters of leaves
- 1 ½ tsp smoked paprika
- 1 x 400g tin chopped tomatoes
- 1 x tsp caster sugar
- 3 sprigs of fresh thyme, leaves only
- Olive oil
- OPTIONAL** ¼ tsp crushed chillies to add heat

Method

See chef's tip for slow cooker option.

- 1 – Heat 2 tbsps olive oil in a large flameproof casserole, in which the lamb will lie flat. Add half the chopped onion, 2 of the crushed garlic cloves, bay leaves and the optional crushed chillies and stir well. Cover and cook on a low heat for 10 mins until onions are soft and lightly golden. Add the beans and cold water to just cover them (750ml – 1 litre). Bring to the boil then lower the heat, part cover and leave to simmer for about 45 mins or until tender.
- 2 – Meanwhile, heat another 2 tbsp. olive oil in a large non-stick frying pan. Pat the lamb dry, then fry it on all sides for 6 – 8 mins until browned. Set it to one side. Add the chorizo to the pan and fry briskly until lightly coloured. Set it aside with the lamb. Add the peeled shallots and brown for 6-7 minutes, set aside. When the lamb is cool enough to handle, make small but deep incisions all over the joint with a small, sharp knife and poke the garlic slivers and rosemary leaves into each one. Then season the joint all over and preheat the oven to 190c, 170c fan, gas 5.
- 4 – Add a tbsp of oil to the frying pan with the remaining onion and fry until golden. Add the remaining 2 crushed garlic cloves, the smoked paprika and cook for 2 mins. Then stir in the tomatoes and thyme leaves. Bring to a simmer.
- 5 – Stir the tomatoes, chorizo and browned shallots into the beans with the sugar and some black pepper. Rest the lamb on top and cover the casserole with some foil and a close fitting lid. Pop into the oven and cook for 1 ½ hours, removing the lid 15-20 mins before the end of the cooking time. This will give you slightly pink, juicy lamb. If you prefer it a little more done then cook for the full 1 ½ hours and then uncover to cook for a further 20 mins.
- 6 – Lift the lamb onto a carving board, wrap closely with foil and leave to rest for 10 mins.
- 7 – If the bean sauce is still quite runny, bring them to a simmer on the stove top and just cook gently for a few minutes until the liquid reduces. Season to taste and remove the bay leaves.
- 8 – Carve the lamb into generous slices and serve on top of the beans with really creamy and crusty artisan bread and butter on the side.

Chef's tip -

If you want this as your worknight meal then crack open the slow cooker. The basic recipe is the same BUT use just 500ml for the beans at step 1. Then transfer the part cooked bean mixture to your slow cooker and place the browned lamb on top, gently pressing it down. Cook for 6 hours on high.

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WALTON-LE-DALE RECREATION SOCIETY
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A Three phase project on The Queen Victoria Recreation ground, Walton-le-Dale, has been completed with the opening of the children's playground on Sunday 30th August 2020.

The project consisting of a woodland walk, Adventure Trail and Playground has been achieved by the efforts of the recreation society and funding from Bridges Trust, The Co-operative Community fund, Lancashire Environment Fund, National Lottery Community Fund, Waitrose Community fund, Tesco bag fund, J.F Hoses and Couplings and Donations from The Friends of Walton-le-Dale Recreation Society.

Steve Bennett, Chairman of the Recreation Society said, it is a fantastic achievement and gave thanks to all who have supported the project and the Recreation Society management committee, Sue Bunting, Janet Robinson, Mike Inkley, Layna Walmsley and June Bennett.

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The full governing body usually meets in the evening at least once a term and smaller groups of governors meet as committees, 3 to 6 times a year.

You don't need any specialist knowledge; governor training is provided.

If you require further information please contact the Office Manager at the school:

Tel: 01772 335945 Email: bursar@walton.lancs.sch.uk

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MINDBENDERS

Frankenstein
28 Days Later
IT

LATERAL THINKING

The last person took the last egg still in the carton!



FUZZY PHOTO

A Black Cat

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- 7 *The Haberdashers' Aske's Boys' Prep School, Elstree*
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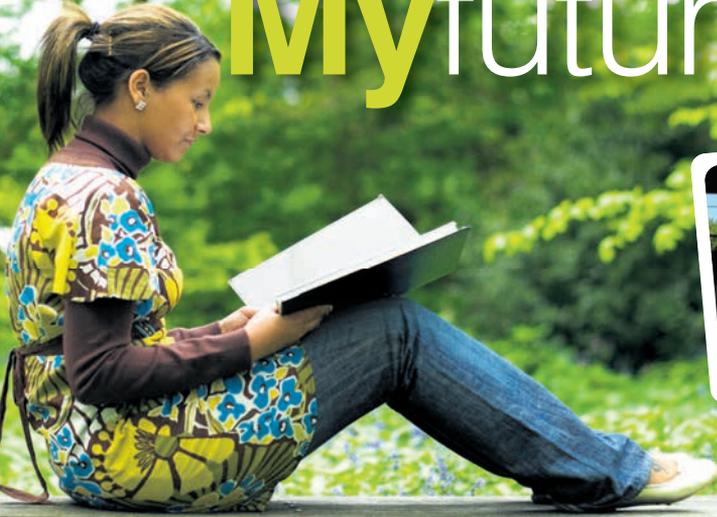
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