



Have Preston Guild Hall's Panto Cast had a good time visiting schools this week? OH YES THEY HAVE!
PAGE 8



Read a short story from the book Honey & Tears, A true story of Mr. Brown (a teddy bear) adventures with Victor, a local photographer
PAGE 14



Fancy taking part in something different? Head to the sports page & read about the Ashton Methodist Table Tennis Club
PAGE 15

DO'S AND DON'TS: THE OFFICE CHRISTMAS PARTY



A survey of UK managers and workers has revealed which misdemeanours at the Christmas party could cause you unease when you get back into the office.

- Almost 9 out of 10 workers (87%) have seen colleagues drink too much
- 48% have gone to work with a hangover after their office party
- 28% have heard staff revealing their colleagues' secrets

So what are the consequences of the office Christmas party and what should you watch out for?

More than half the managers surveyed (51%) said they would reprimand workers for being rude to each other, while 28% would tell workers off for revealing their colleagues' secrets. Keen to dodge the line of fire themselves; 41% managers would reprimand staff for shouting at the boss.

Refreshingly though, our survey revealed that managers are indeed human beings, with only 10% of them reprimanding their workers for coming in with a hangover after the Christmas party. The survey also showed that we are a nation of troupers, with just 3% choosing to call in sick rather than weather the storm. 94% of managers hoped their staff would enjoy them-

selves, and 24% are keen for staff to let their hair down and have a dance. However, 17% would reprimand staff for drinking too much.

Although nearly 30% of workers thought their bad behaviour at a work Christmas party had had a negative impact on their career, only 3% reported ever being rebuked for their festive antics. More than 80% look forward to their office party at least some of the time, showing that it is overall still a positive aspect of the workplace and a nice way to end the year. So behaviour to steer clear of: rudeness to colleagues, loose talk and it's never good to shout at the boss.

Do:

- Enjoy yourself (94%)
- Get to know people from other areas of the organisation (62%)
- Discuss personal interests (40%)
- Dance (24%)
- Network with senior staff (13%)

Don't:

- Be rude to your colleagues (51%)
- Shout at the boss (41%)
- Reveal your colleagues' secrets (28%)
- Drink too much (17%)
- Remove items of clothing (16%)



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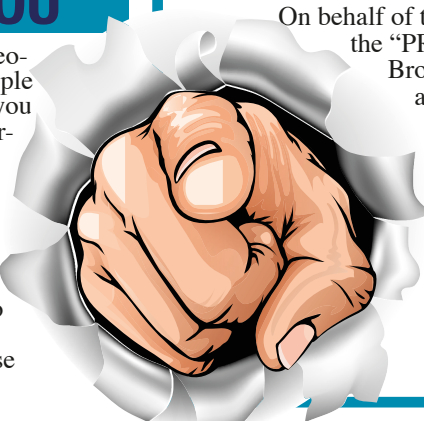
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This is a free paper for the people of Preston run by the people of Preston. We will rely on you to contribute your stories, cartoons, anecdotes, memories, photographs etc. to make this work. So please feel free to submit articles that you think may be of interest to the readership. Special arrangements can be made to collect old photographs etc. For such an eventuality please contact the Editor in the first instance.



LETTER FROM THE EDITOR

Introduction from The Editor

As a Prestonian born and bred, I would like to welcome you to the first edition of Preston Local News. I myself am profoundly deaf and a director of a Community Interest Company called DeliveredNW.com CIC specialising in door to door leaflet and magazine distribution. We have been established for 5 years now and I feel that it is now our turn to have our own publication. I was born with a severe hearing impediment which I manage through wearing hearing aids. As a child at school I had two boxes which my grandma sewed pockets in my petticoat to hold them, with the wires to the moulds running up to my ears. Leaving school at 16 because I found it very difficult, I set out to see "the world" always knowing that one day I would return home to the city I love. I have been fortunate to be well travelled with various jobs from picking strawberries to working in the Director's Lounge at Chelsea Football Club, so you could say that I have been to the university of life! Not to say I haven't had my own personal difficulties and have worked voluntarily at the local soup kitchens where I find it easy to relate to individual problems of others. I met Michael my husband 7 years ago and we both share the same vision to help and enable others to succeed. We have a great team with all mixed abilities but we try to look for the best qualities in each of them. Together we set up our successful Community Interest Company also known as a Social Enterprise.

This is a paper for the people of Preston, readers will be able to contribute their own articles, letters, photographs, adventures and experiences through our on line website prestonlocalnews.co.uk or email me at editor@prestonlocalnews.co.uk I really do want this paper to be a hit . . . that would be amazing!

The Editor



Introduction from the Sub Editor

On behalf of the Editorial Team may I extend a warm welcome to our readership as we launch the very first edition of the "PRESTON LOCAL NEWS". Hand delivered FREE to 20,000 homes in Fulwood, Ashton, Cottam, Lea, Broughton, Barton and Higher Penwortham, "Preston Local News" will comprise only 50% of paid advertising and so we hope that our readers will find the publication of interest. Our aim is to act as a conduit for the many organisations that work in our midst and to make our readers aware of the wonderful work that they do. To support good causes we will where possible publicise charitable events free of charge and we welcome the submission of articles of interest for consideration to publish. Those wishing to do so should in the first instance contact us by email at: editorial@prestonlocalnews.co.uk

The Sub Editor

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JOIN ALESHA DIXON FOR THE BIG SWITCH ON OF THE CHRISTMAS LIGHTS IN PRESTON



Yes at last, it has been confirmed that the lovely Alesha Dixon, singer, dancer, rapper, model & television presenter will be switching on this years Christmas Lights in Preston on Saturday 14th November 2015. For the first time ever the switch on event will take place in Fishergate after a huge £50,000 investment by Preston City Centre's Business Improvement District (BID). The flag market will have the Lancashire Mar-

ket Christmas Festival running from Thursday 19th November until Sunday 3rd January. For both events the cast from Sleeping Beauty will be there too. There will food stalls with festive produce, even an alpine bar for mums and dads whilst the kiddies enjoy the real ice rink and the magical atmosphere of sparking lights.

Santa Dash & Rudolph Rumble

Join us in a magical winter wonderland when ST CATHERINE'S host their fantastic Christmas Festival on December 5th and 6th. The gorgeous grounds of St Catherine's Park will be abuzz with festive attractions including fairground rides, games, gift stalls and craft fayre.

Santa will be here to meet the children in his grotto and for the first time ever, two real-life reindeers will be visiting on the Saturday. You



can even feed them some reindeer food and have your photo taken on their sleigh! Visitors will be able to get stuck into their Christmas shopping at a range of stalls, and treat themselves to some tasty winter warmers provided by the hospice catering team. Music from local choirs and bands will add to the feel-good festive atmosphere. The annual Santa Dash and Rudolph Rumble will once again be taking place as part of the Festival on the Sunday.

On your marks! Get set! Dash!

The St Catherine's Santa Dash returns again in 2015 – once again as part of our fantastic Christmas Festival here in the hospice grounds. Both events are set to be bigger and better than ever as we celebrate our 30th anniversary and near the end of an amazing anniversary year! Santas will set off on their sponsored dash (or dawdle!) from St Catherine's Park and complete a two-mile route around Lostock Hall. Joining them will be a herd of cute and cuddly reindeers aged 8 or under taking part in the Rudolph Rumble half-mile fun run, dressed up in antlers and red noses. Registration costs £10 for adults and £5 for under 18s. This includes the cost of your Santa suit.

Please contact Norman Cutler in the fund-raising department on 01772 324540 or email norman.cutler@stcatherines.co.uk for more information. St. Catherine's Hospice, Lostock Hall Preston PR5 5XU.

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QUIZ

The Preston Local News Quiz - Twenty questions to get you thinking. The answers are on page 15.

1. What does the Beaufort Scale measure?
2. What was the original name of ebay?
3. How many medals were cast for the 2012 Olympics and Paralympics?
4. When is St. Crispin's Day?
5. Of which group of Islands is Hugh Town the capital?
6. Where was Interpol founded?
7. From what fruit was marmalade originally made?
8. How many languages are spoken in Switzerland – name them
9. Which was the last country to join the European Union?
10. Who said: "The better part of valour is discretion"?
11. Its full name is Political Bureau of the Central Committee of the Communist Party, but how is it better known?
12. Which group of people were emancipated in Britain in 1829?
13. Who lived at 10 Rillington Place, Notting Hill?
14. How many letters are there in the Hebrew alphabet?
15. In what year did Afghanistan hold its first democratic elections?
16. Who was the famous female opera singer who lived in Higher Walton, Preston from 1912 – 1953?
17. What was the name of Elvis Presley's backing band?
18. Who invented the battery?
19. What were both PNE's ground and Moor Park used as during World War 2?
20. Who was known as 'the Galloping Gourmet'?



"Kiss him under the mistletoe? - I wouldn't kiss him under anaesthetic."



Preston Cecilian Choral Society

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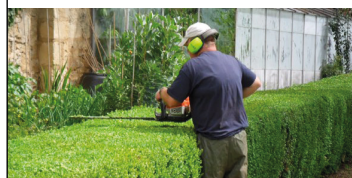
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EducationNews

New GCSE grades...What's going on?

By The Education Agent

If your child is in current year 10 they will finish school with a numerical grade in English and Mathematics, this replaces the old A* - U grades that we all understand. Other subjects will follow on for students in current year 9.

One of the reasons for the change is that the new grades will make it easier to add additional grades in years to come as, on the 1-9 system with 9 being top the addition of 10,11,12 will be much simpler than trying to add a grade to the top of A*. A 9 should replace the

very top tier of A* students with those in the lower end of the A* band being awarded an 8. A grade 4 should be equivalent to a low C with 5 being a better C. Current year 10 therefore will have a split package of grades when they finish school, with most subjects still having the traditional grades and just the two with the new numerical grades.

If you have any education questions please email me at the newspaper and I will try my best to find out the answer for you.



Your Poems

YESTERDAY SURELY

Wasn't it yesterday you threw your shoe from the pram,
time and again as I laughed?
Wasn't it then you slept in my arms?
Wasn't it yesterday I saw you through the gate at school
and watched your back disappear?
Wasn't it then a tight hug remained on my arm?
And surely I saw you standing in the leavers show lit by
the glow of pride only a day ago.
I know it was yesterday, yesterday surely?
And yesterday you half smiled as you lugged your case
through the porch on the way out, not in, leaving a hole in
the air of your room
and an echo of goodbye.
Why then do I see the mirror of age? It was yesterday,
yesterday surely my heart?

Anon 2015

Do you have a poem you would like to have published in the next issue of Preston Local News. Please send them to hello@prestonlocalnews.co.uk

COMPUTEREXPERT

By D.R Johnson

There are multitudes of ways to extend the reach of your network, be that for domestic home use or business. The vast majority of solutions available are quite complex and far from intuitive. After reading and trying to understand the instructions most of these solutions would be left in their box never to see the light of day again, that's if they haven't been pummelled by the most versatile tool in the toolbox 'the hammer'. Not to worry, help is at hand in the form of Powerline Networking, a simple, elegant solution for your networking extension woes. The best way to describe Powerline Networking is with three simple words 'Plug and Go', it really is that simple. You take one Powerline Plug and sim-

ply plug it in to a plug socket close to your router and take the other Powerline Plug and plug it in to wherever you would like to extend your network to. Be sure to plug directly into the wall plug socket and not into an extension socket, especially not into an extension lead that has surge protection, this will compromise the signal and dramatically reduce data transfer speeds. There are a few things to consider before you rush out and purchase one of these marvellous devices. The first and most important is: 'does your home or business use multiple ring mains?' if the answer is 'yes' then you may have a problem but that is not to say all is lost, just be sure to use the Powerline



Plugs on the same ring main and you'll be fine. Another thing to consider would be whether or not you would want to extend the wireless side of your network along with the wired lan network, again the solution is relatively simple and only slightly more expensive. The wireless solution also has the wired option built in... 2 birds and all that.

Unless you are absolutely certain that you won't use the extended wireless feature I would advise paying the extra and go for the wireless kit, I would also advise going for the 'plug pass through' option, that way you still get full use of the plug socket. Our personal favourite is the TP-LINK AV500 wifi Pass through kit, which can be purchased from as little as £60. If you really don't think you will ever need the extended wifi function then go for the TP-LINK TL-PA451KIT which will cost about £30. Just in case you're wondering: this is not an advertisement or sponsored article, TP-LINK just happen to represent the best value with regard to ease of use, quality and, of course, value for money and the warranty is very good as well. Thanks for reading and I hope this article helps to sort out some of your networking woes.

For more information or to submit your personal computer issues, you can email guru@prestonlocalnews.co.uk Courtesy of Personal P.C. Care

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Cookery

A Christmas Carol!

By Justin Woods

“It’s not just in a Charles Dicken’s novel that the ghost of Christmas past appears, I have many things haunting my Christmas’s past, mostly all to do with my mum cooking Christmas dinner! Now, my mum is a great cook but I look back at things like mum never knowing if the turkey was defrosted or not, getting up at 4am to get the turkey in the oven, shouting at the oven at 1pm because it still wasn’t cooked, sprouts boiling away for hours, roast potatoes not cooked because there was a “dip” in electricity because everyone in the street was cooking their roasts as well, the dog being chased out the kitchen, the cat trying to get to the turkey whilst it was poked and prodded to see if it was cooked, mountains of washing up which never seemed to end, an assortment of chairs around the dining room table because extra aunts and uncles had turned up for lunch, Tammy Wynette or Jonny Cash on the record player, jumping every 30 seconds! It’s probably no surprise to anyone that I turned into the list driven, kitchen control freak that I am today! As much as I’m a fairly traditional boy at heart, I do think that cooking a full on Christmas dinner is a very stressful



Justin Woods Executive Chef BEST WESTERN PLUS Castle Green Hotel in Kendal

affair, mind you, we do serve about 350 people for Christmas lunch in the Greenhouse Restaurant and Alexander’s Pub here at the hotel, so I would suggest doing something simple as a starter, maybe a luxurious and velvety butternut squash soup, garnished with some chopped chestnuts, a little sprinkle of fresh thyme and a generous dollop of crème fraiche. For main course, rather than buy a whole turkey and worry about cooking times and what to do with the left overs, just buy a large single breast of turkey, remove the skin, and then wrap in plenty of sliced, rindless pancetta or streaky bacon. Place in a large dish, cover with buttered aluminium foil and cook at 160°C for about 50 minutes. Remove the foil, brush with plenty of maple syrup and roast for 20 minutes at 190°C or until the pancetta goes slightly crisp and golden. By using just the turkey breast, you will reduce your cooking time, reduce your wastage and more importantly give yourself more time to enjoy the mulled wine! For dessert, straight forward Christmas pudding, warm brandy sauce, don’t bother flaming your brandy, save it for drinking! Most importantly, don’t get to stressed, relax and enjoy the day!”

Secret Diner

We arrived at Crolla’s Gelato mid afternoon and were pleased to see it busy and buzzing. We were able to get a table window as some customers were taking away. In the midst of the Lane Ends shops it is great to be able to sit down, get a proper coffee and a treat for the kids to keep them happy while the grownups chat. The staff were welcoming and very helpful. My son chose an ice cream sundae but, after advice from the staff, decided to opt for another sundae (much better than them having let him choose one he would not like). My other child went off menu but this didn’t faze the staff at all, they let him choose exactly what he wanted despite it being a mish mash of products. They were very accommodating and speedily made up the order. The internal décor is clever with faux brick walls and a real Italian feel, the vibe is youthful and I would imagine that the majority of ages would be comfortable congregating here on a Saturday afternoon for coffee and chatter.



As far as the ice cream and cake went, well, there wasn’t a lick left in the sundae glass nor a crumb on the brownie plate... full tummys and happy faces...who could ask for more?



Preston
Guild Hall
Dining
this Christmas

Join us at Mundo Tapas this festive season, our special Christmas menu runs throughout December and is available from lunch through to the evening, with entertainment included on Friday and Saturday nights. The team will be happy to help you with your booking, simply call 01772 80 44 45 or email mundotapas@prestonguildhall.co.uk



Letters to the Editor

Dear Editor,

What excellent scenes in Downton Abbey when the cook acted as messenger for the housekeeper. Mrs Patmore, Mrs Hughes and Mr Hudson brought this touching scene so well and emotionally to life. The writer and his humour and 3 excellent actors are to be congratulated.

S.B. LEA

Dear Editor,

I think it is so important to think of others in our society. Too often we ignore our neighbours and maybe don't give a second thought to anyone in our community who could be struggling. The reasons could be so many. It could be loneliness, worry about finances or simply not having the support of friends or family. Esther Rantzen set up Silverline to combat this for elderly people but it isn't only that age group which could be suffering. I don't think this has to do only with church and official Christianity either. A bit of humour shared or a good deed for someone that needn't cost any money can make all the difference to someone who is vulnerable or going through a bit of a difficult time.

Jesus said "Love thy neighbour as thyself" He probably didn't mean that to be taken literally. That phrase must be interpreted in a much wider context. Even to read Montaigne's ideas about education or to study other leading philosophers can provoke much food for thought. These people worked in previous centuries but much of their teaching can be learnt from and applied to our modern technology-led society. Our world today is so governed by Facebook, Instagram etc

and whatever Whatsapp is! It sometimes makes you wonder why human beings or even any fun things in life exist at all. We indeed have to be grateful for anything we do have, but as we have seen in the recent big news story of the summer with so many fleeing persecution in Syria not one of us could imagine the reality of being in that situation. Of course Britain hasn't the capacity to accept as many as Germany and other countries, but are we really doing our bit? In 1939, when the Nazis attempted to conquer the world so many were accepted into this country. They were taken into communities and helped to build successful lives here.

Then there are those who have to rely on food-banks. That surely can't be right in 21st century Britain. Life's probably ok for most when there's a bit of Corrie or Strictly or the next goings on in Downton to look forward to, but sometimes it seems that old fashioned friendliness and even one good deed for someone in a week are a bit lacking and it's a great pity.

H.B. FULWOOD

Dear Editor,

It appears that Preston City Centre is heading for exciting new times. This can only be very positive for our city. Multiple regeneration and investment projects could mean the city centre becomes a cultural, social and diverse hub, attracting much new business.

The Guildhall has already seen significant investment and improvement with new eateries in the arcade and many different events in the Grand Hall and Charter Theatre. Just a few of these

include comedy from Jasper Carrott, Pygmalion, a production of Fame and the monthly Tea Dance. All of these cater for every section of the community. and provide a lot of entertainment for so many people. There are also ambitious new plans for the development of the old Morrisons site. This could become an oasis of arts and leisure, with plans for a night club or football-led sports museum.

The bus station is heading for a 23 million pound refurbishment too. There are plans here for a youth zone, new bus and coach transport facilities and an attractive open space, whilst preserving the unique, brutalist architecture of the building.

Even the Harris Museum and Library are due to benefit from significant improvement. There are imminent consultation and planning meetings to be held, in order to decide how best the regeneration and development of this beautiful building should move forward.

Preston has never really attracted many tourists in the past and it caused much humour in the library when our reading group found out, that the aim of all these projects was to attract tourists! We aren't 17 miles up the road in Blackpool! However, being serious, all this development and improvement will definitely create extensive cultural, social and entertainment opportunities in the city. This can surely, only be very much welcomed by everyone.

NH, ASHTON

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HAVE PRESTON GUILD HALL'S PANTO CAST HAD A GOOD TIME VISITING SCHOOLS THIS WEEK? OH YES THEY HAVE!

As planning continues at pace for this year's panto Sleeping Beauty at Preston Guild Hall, the cast have been out on a fun-filled tour of local schools.

Silly Billy, the King and Maleficent all piled into the "Team Bus" and hit the road to give pupils a sneak preview of what this year's extra-special show has in store for them. As the cast arrived at schools in full costume, excitement reached fever pitch for what promises to be a spectacular performance, complete with star-studded cast and special effects – including a giant.

The first stop was Fulwood Academy, where Sleeping Beauty's Artistic Director Phil Walker, AKA Silly Billy, Corrie star Jacqueline Leonard and Phoenix Nights favourite Archie Kelly joined drama students from Years 7, 8 & 9 to talk careers. Including amusing anecdotes, the actors talked about their own audition and acting experiences, revealing some useful and interesting insights about acting and the process involved in producing



a panto. This was followed by a lively Q&A and an interview with Hughie from City Beat radio for Preston Arts Scene.

Fulwood Academy's Deputy Principal, Abbey Field, said: "The visit from Preston Guild Hall's pantomime cast was fantastic; we found the advice and guidance that the cast gave to our budding drama students absolutely invaluable, and we look forward to working with Preston Guild Hall again in the very near future. What an exciting experience!"

Audiences with younger pupils raised the roof with laughter but the cast also structured visits to provide a curriculum and activity based focus. Silly Billy talked about special effects and the panto's giant dragon to tie in with Holy Family Catholic Primary School's Science Week. At St Joseph's Catholic Primary School pupils were given top tips for their summer term performance of Aladdin. Meanwhile at the Harris Primary School the focus was on pantomime roles, both on stage and behind the scenes.

WIN TICKETS FOR YOUR WHOLE CLASS!

The class who make the most creative picture of dragon will win tickets to the pantomime and a meet and greet with the cast, which

Sleeping Beauty will run from Monday 7th December to Saturday 2nd January.

TICKETS

Children: £13.50 Adults: £16.50 Family Ticket: £49.50

PEAK PERIOD (Thurs 17th DEC to Thurs 31st DEC):

Children: £14.00 Adults: £17.50 Family Ticket: £50.50

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also stars Hayley Hassall, as seen on CBBC, as the Good Fairy. The dragon can be in any medium of the class's choice, from a painting to a collage. It can be friendly or fearsome, and as big and colourful as they like. Children can use their imagination to make it up, or research mythical dragons from other countries and cultures for inspiration. Entries must be sent in by the class teacher by 5pm on Friday 13th November, and the winner will be announced on Sunday 14th November. The winning class will be given tickets for their whole class and two teachers to see Sleeping Beauty on one of the matinee performances. (Date to be agreed subject to availability)



See **www.prestonguildhall.com** for full details of how to enter

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Coming Soon

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EXAMPLE, DJ WIRE, DANNY HOWARD (BBC RADIO 1) SIGALA, MR H'S

SUN 1 NOV **THE BAY CITY ROLLERS STORY**

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WED 4 - FRI 6 NOV **Shakespeare SCHOOLS FESTIVAL**

Celebrate the achievements of our local schools with a wonderful evening of entertainment. You will see Shakespeare performed as you've never seen it before!

THU 5 NOV 15+ **ALAN DAVIES**

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FRI 6 NOV **MILTON JONES & THE TEMPLE OF DAFT**

SAT 7 NOV **SHOWADDYWADDY**

Their live show is dynamic and uplifting featuring all of their biggest hits: 'Under The Moon of Love', 'Three Steps to Heaven' and many more.

SUN 8 NOV

Guild Promotions Ltd, in association with The Katy Holmes Trust, The Guild Foundation and Preston Guild Hall proudly sponsors

NORTH WEST'S GOT TALENT

MON 9 NOV **NILS LOFGREN FT. VERY SPECIAL GUEST GREG VARLOTTA**

After touring with Bruce Springsteen as a long-time member of the E Street Band on both the 2012-13 Wrecking Ball tour and the 2014 High Hopes tour NILS LOFGREN is back to perform his own legendary live show.

WED 11 - SAT 14 NOV **AVENUE Q**

Winner of the Tony Awards 'Triple Crown' for Best Musical, Best Score and Best Book.



FRI 13 & SAT 14 NOV **BILL BAILEY LIMBOLAND**

WED 18 NOV MOSCOW BALLET LA CLASSIQUE PRESENT **THE NUTCRACKER**

It's midnight, the clock strikes heralding in the spirit of Christmas...Yet something stirs in the darkness beyond and thus unfolds this magical festive tale of THE NUTCRACKER.

FRI 20 NOV **JASPER CARROTT STAND UP & ROCK THE BEV BEVAN BAND**

Do not miss this unique show that gives the opportunity to see and hear great legendary artistes belt out a night of fantastic songs and Jasper back where he belongs..... making us laugh!!



FRI 20 NOV ROYAL LIVERPOOL PHILHARMONIC ORCHESTRA **RUSSIAN CLASSICS**

SAT 21 NOV 16+ **ROY "CHUBBY" BROWN DON'T GET FIT! GET FAT!**

This live performance is the only place to catch the flamboyant comedian! If easily offended please stay away!

SUN 22 NOV **THE SENSATIONAL SIXTIES EXPERIENCE**

Brand new production for 2015 making this without doubt the most dynamic 60's show touring the UK. This is the must see 60's extravaganza for all 60's fan's.

TUE 24 NOV **TEA DANCE**

WED 25 NOV **FROG & BUCKET COMEDY NIGHTS**

The November line-up includes Dan Nightingale, Phil Jerrod, Chris Washington and Jo Caulfield.

FRI 27 NOV 12+ **AN EVENING WITH NOEL FIELDING**

Expect a magical mix of Noel's unique brand of stand up comedy, live animation, music and some of Fielding's best known TV characters (such as The Moon and Fantasy Man).

TUE 1 DEC **ROY AYERS & HIS BAND**

Vibraphonist/ vocalist Roy Ayers is among the best-known, most - loved and respected jazz/ R&B artists on the music-scene today



THU 3 DEC GUILD PROMOTIONS **TOPLOADER**

SAT 5 DEC **PADDY McGUINNESS DADDY McGUINNESS**

The star of ITV's Take Me Out will return to his performing roots, with his first stand-up comedy tour since 2011.

MON 7 DEC 2015 - SAT 2 JAN 2016

Guild Promotions Ltd, in association Preston Guild Hall proudly presents



Join us for our sparkling festive panto - expect slapstick, belly laughs and lots of audience participation.

Starring:

Comedy Star **Phil Walker** as SILLY BILLY, Corrie / Eastenders star **Jacqueline Leonard** as MALEFICENT, Phoenix Nights **Archie Kelly** as THE KING ans as seen on CBBC **Hayley Hassall** as THE GOOD FAIRY

Expect plenty of surprises along the way in and amazing special effects by The Twin FX in our extra-special adaptation of Sleeping Beauty.



TUE 15 DEC **TEA DANCE**

FRI 18 DEC **FROG & BUCKET COMEDY NIGHTS**

The December line-up will include Katie Mulgrew, Paul Sinha, Allyson June Smith and Nick Doody

SAT 19 DEC **THE ULTIMATE CHRISMTAS PARTY WITH SLADE & MUD**

The two glam rock legends will leave you full of festive cheer performing some of the most recognised Christmas hits.



SUN 27 DEC **THE GLENN MILLER ORCHESTRA with guest stars The Jiving Lindy Hoppers**

Featuring all your Glenn Miller favourites like Tuxedo Junction, Little Brown Jug, American Patrol and, of course, In the Mood as well as songs from other stars and bands of the Miller era.



THU 31 DEC **LAST NIGHT OF THE PRESTON PROMS A NEW YEAR'S EVE CELEBRATION**

All your rousing Proms favourites and a traditional midnight welcome to 2016.. plus Fantastic indoor Fireworks.

2016...

THU 14 - SAT 16 JAN **THE GRUFFALO'S CHILD**

By Tall Stories based on the award winning picture book by Julia Donaldson & Axel Scheffler.



FRI 15 JAN ROYAL LIVERPOOL PHILHARMONIC ORCHESTRA **SYMPHONIE FANTASTIQUE**

WED 20 JAN **Classic Rock Show UK Tour 2016**

Top 20 Greatest Guitar Riffs Of All Time - LIVE! 'Part 2'

"The classic rock fan's ultimate live juke box!"

SAT 30 - SUN 31 JAN **WORLD SENIOR SNOOKER CHAMPIONSHIP**



FRI 5 FEB **THE BLUES BAND**

Dave Kelly, Rob Townsend, Gary Fletcher and ex Manfred Mann group members, Paul Jones and Tom McGuinness.

TUE 9 FEB **ED BYRNE OUTSIDE, LOOKING IN**

THU 11 FEB **THE KAST OFF KINKS ft. original Drummer MICK AVORY**

FRI 13 FEB **THE ELO EXPERIENCE**

A sensational tribute to The Electric Light Orchestra

SAT 14 FEB LP Creatives proudly present: **'ILLUSIONS' Starring Sean Alexander - The Confusionist**

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Church Christmas Services

ADVENT AND CHRISTMAS AT PRESTON MINSTER

Advent Music and Readings

Sunday 6th December 2015 – 6.30 pm – Preston Minster

The St. George's Occasional Singers

Preston Minister Lancashire Evening Post Carol Service

Wednesday 16th December 2015 - 7 pm

Christingle Services

Sunday 20th December 3pm – St. George's Church [off Lune Street]

Christmas Eve

11 pm - St. George's Church [off Lune Street]

Christmas Day

10 am - Preston Minster

Preston Minster, Church Street, Preston, PR1 3BT

Email: office@prestonminister.org Vicar: vicar@prestonminister.org 01772 901313

CHRISTMAS AT THE PARISH OF ST JOHN THE BAPTIST

4th Sunday of Advent

Friday 20th December 6.30p. A Service of Nine Lessons and Carols by Candlelight

An Advent Meditation

La Nativite du Seigneur The Birth of the Saviour). Oliver Messiaen's organ masterpiece played by Nigel Spooner, Organist, Broughton Parish Church.

Christmas Eve

Monday 21st December 3.00pm The Crib Service for children of all ages!

11.30pm Midnight Eucharist at St Martin's Chapel, Broadway, Fulwood

Christmas Day

Friday 25th December. 8.00am Holy Communion (Book of Common Prayer)

10.00am Sung Christmas Day Eucharist

Parish of St John's Baptist, Church Lane, Broughton, Preston. Tel No 01772 862330

www.broughtonparish.org.uk Rev'd Shaun Baldwin Vicar of Broughton

ADVENT AND CHRISTMAS AT ASHTON METHODIST CHURCH

You are warmly invited to contemplate the season of Advent and celebrate Christmas with us at Ashton Methodist Church. Sunday 6th December 2105

Advent Course

'MAKING ROOM' led by Rev John Maiden on the following four Thursdays: 29th October, 5th and 19th November, and 3rd December, 7.30 pm at Ashton Methodist.

Its title is 'Making Room': for the newcomer, stranger, what really matters, and for God. Each week will include a video presentation followed by discussion. A study booklet is provided. All are welcome.

Christingle Services

Come and join in this traditional all-age worship activity of decorating an orange with candles, sweets and ribbon to symbolise God's love and provision in Creation and Jesus Christ as the Light and Saviour of the world.

Sunday 29th November 4:00pm Joint Christingle Service with our friends at St Michael & All Angels Church of England on Tulketh Road.

Thursday 24th December, All-age Christmas Eve DIY Christingle, 4:00pm at Asht-

on Methodist Church (please bring your own orange).

Carol Service

Sunday 20th December 6:00pm at Ashton Methoist Church. Traditional Christmas carols, readings and message.

Christmas Eve Holy Communion

Thursday 24th December 11:15pm at Ashton Methodist Church. Quietly contemplate the Incarnation around the table of Holy Communion.

Christmas Day Celebration

Friday 25th December 10:00am at Ashton Methodist Church for relaxed, informal worship to celebrate the birth of Jesus and what this means for us.

Ashton Methodist Church, Wellington Road, PR2 1BU www.ashtonmethodist.org.uk

Minister: Rev. Mark Slaney, m.slaney1@btinternet.com 01772 726216

CHRISTMAS AT ST MICHAEL & ALL ANGELS

Advent Sunday

29th November 4:00pm Ecumenical Service at 4.00pm. The Rev Malcolm Hickox will lead the service. ALL WELCOME

Christmas Eve

Thursday 24th December 6.30pm Carol Service

Christmas Day

Friday 25th December 10.00am Eucharist

St Michael & all Angels Ashton with St Marks, Egerton Road, Ashton-on-Ribble.

CHRISTMAS WORSHIP FULWOOD METHODISTS

Informal Interactive Nativity

Service for all ages Sunday 20th December 10.00am

Carols by Candlelight

Sunday 20th December 5.30pm

Christmas Eve

Thursday 24h December 3.30pm Christingle Service for all ages

11.15pm Christmas Communion

Christmas Day

Friday 25th December 10.00 am All-age Christmas Celebration

All Age Worship Sunday 27th December 10.30am

Fulwood Methodist Church, 2 Watling Street Rd, Fulwood, Preston, PR2 8EA.

Revd Malcolm Hickox Tel No 01772 715134 or email malcolm@hickox.fsnet.co.uk

CHRISTMAS AT ST ANDREWS

Carol Services

Sun 13th Dec 6pm

Christingle Services

Thurs 24th 4pm

Midnight Communion Service

11.30pm-Midnight

Christmas Family Service

Fri 25th Dec 10.30am

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

Minister: Rev. James Nash, info@standrewwashton.org.uk 01772 726216

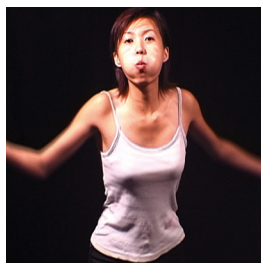
Art from Elsewhere: International Contemporary Art from UK Galleries

Until 28 November - Free

Art from Elsewhere explores global change through the work of artists from around the world. Topical issues such as migration, trade and exchange, social tensions and life in conflict zones are addressed. Experience both the familiar and the new through a wide variety of painting, sculpture, installation, video and photography.



Meschac Gaba, *Brasilian Bank*, 2006 & Yang Zhenzhong, *Let's Puff*, Two-channel video, 2002. Courtesy of ShanghaiART Gallery and Yang Zhenzhong



Don't miss Barbara Kruger's graphic-design influenced photo and text paste-up, Meschac Gaba's colourful Brazilian Bank installation and Yang Zhenzhong's video installation Let's Puff that plays with your sense of space. The exhibition is part of the Harris Museum & Art Gallery's award-winning Dance First, Think Later programme of contemporary art.

Enjoy Art from Elsewhere in the unique atmosphere of the Harris, a Grade I listed neo-classical building in the centre of Preston, shortlisted for Lancashire Tourism Awards Cultural Venue of the Year 2015. See displays of fine art, ceramics, glass and fashion and find out what makes Preston special in our Discover Preston gallery, full of stories and activities for the whole family.

Harris Museum & Art Gallery,
Market Square, Preston PR1 2PP
Tues – Sat, 10am-5pm and Mon, 10am-5pm
Closed Sundays and Bank Holidays

Thought for the Day

1st November is All Saints Day. 5th November, Bonfire Night. 11th November and the preceding Sunday, days of Remembrance. These are spiritual and cultural landmarks which invite us to remember, understand, appreciate, that in the midst of darkness and evil live those who are prepared to give themselves totally and pay the ultimate price. Saints, revolutionaries and soldiers. We all need reminders now and then. Sometimes I set the alarm on my mobile phone to remind me of an imminent appointment. I'm terrible at remembering family birthdays and so my brother and sisters have taken to texting me a week in advance to jog my memory. On my desk I keep a broken faded blue bit of plaster decoration, embossed with a simple fleur-de-lys. I collected it from a destroyed church building in Tamil Nadu, when I visited South India eleven months after the devastating tsunami of 2004. When I look up from my work or reach out for the telephone I often see it. I am reminded of friends in that corner of the world. People, projects and places which helped form me as a Methodist Minister whilst on placement with the Church of South India, during training. I am reminded of the school my Indian mentor began for out-caste Dalit children and communities re-building after natural disaster. I am reminded to pray, fund-raise and stay connected. According to the Bible a rainbow in the sky is a reminder to both God and his people of the covenant relationship between them. This same God instructs his Old Testament people to "remember that you were slaves in Egypt." Remembering their own history is a double-edged reminder that 1, they were delivered from suffering by God through Moses; and 2, their own story should teach and inspire them to liberate the oppressed and treat the outsider with dignity, respect and gener-

osity – especially in his or her poverty and need. In the New Testament Jesus shares bread and wine with his disciples saying: "whenever you do this, do it in remembrance of me." Ever since, those who believe and seek to follow Jesus have done the same as the prime means of celebrating His loving self-sacrifice for the salvation of all. The One who came 'not to be served but to serve.' As we remember key dates and events, as we glimpse things collected along the way that keep us connected, as we reflect on our own history might we also be inspired to sacrificial service? What if we, the good folks of Preston, remembered our own cotton-trade history? How our ancestors as economic migrants to the West Indies and Far East made our old mill-town prosperous for some and oppressive for others, connecting us to the wider world and leaving us the reminders of Tulketh, Horrockses and Arkwright's. Would we think of and treat those currently labelled as 'migrant' or 'refugee' any differently in the light of our own history? It is my privilege to know three representatives of Preston Faith Forum who recently visited 'The Jungle' migrant and refugee camp outside Calais. A Prestonian Jew, Muslim and Christian travelled in a van together to deliver aid donated by people of faith and no-faith here in the city. They will make a second trip over the second weekend of November accompanied by others. This shared act of travel, solidarity and charity is itself a reminder that we 'make the road by walking together.' Albert Einstein is quoted as saying: "Learn from yesterday, live for today, hope for tomorrow."

Rev Mark Slaney,
Methodist Superintendent
Minister Preston Ribble Circuit.

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Agony Uncle Bob

Why did my girlfriend finish with me by text? It seems so unfair.

AK, FULWOOD

I agree, ending a relationship by texting someone is not a good idea and not very chivalrous. It takes guts to look someone squarely in the eye and tell them a relationship is over but if they have been decent enough to go out with in the first place, they deserve a respectful one to one conversation should you want to finish it!! I would text back that it is not a problem and, every time you see them from now on, make sure that you are happy and confident but do not take them back when they ask you out again! Their loss, not yours!

My girlfriend is really mean to me, what should I do?

CH BY EMAIL

Finish with her....not by text.

How can I ask someone out for the first time? I am really nervous.

CH, RIVERSWAY

The best thing to do is chat first as friends. See if she/ he shares an interest with you and if so suggest that you go together.... you never know what this may lead to. If it's going really well you can ask her to go out again at the end of the first date....before you know it, you'll be joined at the hip.

I am often alone during the day and get very bored...what do you suggest I do?

SL BY EMAIL

Try booking a holiday that includes an activity or hobby you enjoy. Many of these holidays have lots of single people and you may meet likeminded friends. Hopefully after the holiday you will be able to stay in touch, this may also make you more inclined to try clubs/ activities on your own doorstep. You don't know what's out there until you give life a try!

My friends think I am antisocial because I like to stay in at night. Do you think I need to change to please them?

NH, ASHTON

If you want to stay in, stay in. Life's too short to do stuff you don't want to. If they are true friends then they will take you as you are.

Saying that, sometimes in a friendship you will have to bend a little....maybe you could invite them to yours and cook dinner in the evening and then it would mean that you don't have to go out but that you would be spending time together in the evening. What about starting a Preston based Dinner Date club?! You could all try your hand at cooking a meal... if you prefer you could do this in the late afternoon/ early evening and then all would be happy.

My boss at work is really on my case. I can't turn around without him being there looking over my shoulder....help!

SH, BARTON

What have you done to deserve that? Think hard...he can't be doing that to all his employees so why has he singled you out? If there is a reason then resolve it: are you often late? Have you any negative feedback? If you

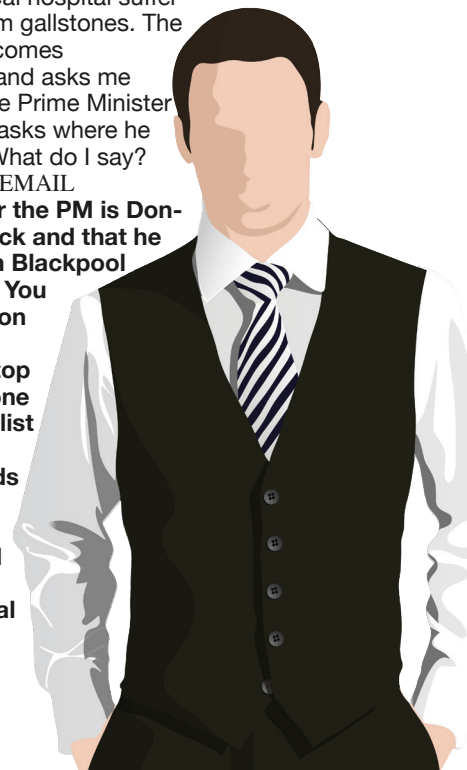
really cannot work out what the issue is then I suggest you ask for a review meeting and discuss it there in a calm manner. If you can get to the bottom of it then you will feel much better and your performance at work will rocket.

I am a seriously ill patient in a local hospital suffering from gallstones. The nurse comes round and asks me who the Prime Minister is and asks where he lives. What do I say?

SB BY EMAIL

Tell her the PM is Donald Duck and that he lives in Blackpool

Tower. You will soon get to see a top gallstone specialist on the grounds of insanity and urgent medical needs.



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Health

Readers **LIFE CHANGING** Stories

"HEARING VOICES"

There I was, lying in bed early one morning, minding my own business, and thinking about getting up, when suddenly out of the blue, came the sound of a brass band in full flow coming out of my wardrobe. 'What the hell,' I thought, 'How does music from my next door neighbour sound so loud when are houses are detached?' Then the tenor voice arrived along with full choir. Then the tenor voice said, 'What are you doing looking at that cat on your cup of tea?' Which is what I was doing at the time. I froze. 'Dear God,' I said, 'Please don't let me go mad, what is happening?' Why I thought God was directing this, I don't know. I immediately tried to work out what I had done wrong, but couldn't think what it was.

Anyway, I did go mad for a time. The voices grew with intensity as the day went on. Initially for 2 years the voices were friendly and after asking, found the main voice was called Ann. They became so friendly that Ann said she hadn't enough money for milk, so would I leave her the money on the table. I did! Even though I had barely enough money to buy my own milk. I was mad. After various conversations with her, she would repeatedly say she was sending an ambulance to take me to Europe to make me better. I found I isolated myself in order to have conversations with her, all day and every day. She made it very difficult to go out to the local shop as she would scream at me not to go and stay indoors.

After 2 years she became very nasty, saying my son was in danger and if I didn't do certain things he would die. She also said I would die if I listened to any other voices. This was when I told the Community Psychiatric Nurse I was hearing voices. I went into hospital for 7 months. another story! I battled with the screaming Ann, trying all ways to get rid of her. The medication didn't help as the nurses said it would. It was torture, sheer mental anguish. All I wanted to do was sleep.

I was eventually released from hospital, still unwell. Anyway, I suffered another 10 years until I could co-exist with my voices and live. It is still a daily battle, one which I don't think I'm winning. But each morning brings a new hope **Anon, Preston..**

Do You Have Any Life Changing Stories to Tell? Please submit to editorial@prestonlocalnews.co.uk

Preston Guide Dog Fundraising group

Guide Dogs for the blind (GDBA) is a national UK charity providing guide dogs for blind people who can't go out from home unaccompanied due to their sight loss. There is no financial barrier to owning a guide dog, GDBA will pay all the costs if necessary. There are 5000 working guide dogs in this country at the moment and with the cost of each dog averaging out at £50,000 over its life time, GDBA have to find £1m a week just to keep going. These costs are huge, but independence for blind person is something you can't put a price on. There is no government funding and we can't meet the lottery rules to get lottery funding, because we have to commit to each dogs life of up to 15 years.

So up and down the country there are fund raising groups, and our newly formed group in Preston and Leyland are



out in the community gathering funds so more blind people can have a guide dog. We are looking for volunteers to help us and we do aim to have a lot of fun when we fundraise, we are a fantastic social group doing a good job to raise those vital funds for Guide Dogs. Volunteers will be made most welcome. If you are interested in helping or just want to learn more about the great work of Guide Dogs please E-mail Preston-Guide-Dogs@hotmail.com

We also work in the community doing awareness events in schools and for the Scouts and Guide movement, where we have a "Name a Puppy" and "Sponsor a Puppy" products which children love to take part in. We give talks to adult groups about the work of guide dogs, and we offer local businesses the opportunity to have a guest speaker, and raise money over 12 months to sponsor a Guide Dog puppy which they can then name.

work who is currently distributing posters to local GP surgeries and other critical care units within our region.

If you are a person that has suffered a critical illness, health care professional or have a friend or relative that you think would benefit from the group then please mention and direct them to the website.

The next meeting is Thursday 26th November 6.30 - 8.00pm at the education centre Royal Preston Hospital. There is FREE parking in the car park next to the building. Feel free to contact us on 01772 523407

For further information contact Elaine Walmsley, Sister, CrCU. elaine.walmsley@lthtr.nhs.uk

PEER TO PEER SUPPORT AFTER CRITICAL ILLNESS

I am a sister in the critical care unit at LTHTr with particular interest in the impact that a period of critical illness may have on patients and relatives long after they have been discharged from the unit and hospital.

At the moment the Critical Care Unit provides a follow up service for patients that have been with us for 4 days or more on the unit whether they have been a level 2 (High Dependency) or level 3 (Intensive Care) patient. They are consultant supervised and have senior nurse and psychology input. At these appointments which should be at 8 -12 weeks post discharge from the unit we screen for Post-Traumatic Stress Disorder (PTSD) and any physical problems that have been caused by a stay in the unit not directly related to their reason for admission.

Despite our best efforts patients may suffer from problems related to:

- Physical morbidity: problems such as muscle loss, muscle weakness, musculoskeletal problems including contractures, respiratory problems, sensory problems, pain, and swallowing and communication problems.
- Non-physical morbidity: psychological, emotional and psychiatric problems, and cognitive dysfunction.

These problems affect recovery not just physical but also impact on relationships, financial and employment prospects and often those that have had a critical illness may feel they are alone and that their situation is unique to them but we have found this is not the case. Therefore when a letter of enquiry landed in my mail tray in March 2013, I wanted to know more. It was from Helen Willott a previous patient of our critical care unit. Her experiences in the unit have motivated her to set up this support group. She is more than 5 years on from her admission and although considers herself recovered physically she suffered from PTSD. Now she wants her experiences to help others that have been in a similar situation.

I contacted Helen and we met to discuss possibilities. We met on the CrCU in April, 2013 however this in itself was difficult for Helen as she had not been back to the unit since her admission and I could

see it had an effect on her. Therefore future meetings were in the M and S café at Deepdale!

Prior to our meeting I looked at what was available already out there. ICU Steps is a charity that offers a similar service, well established since 2005 in Milton Keynes, closer ones were in Merseyside but the earliest meeting was in May in MK. Therefore we travelled to MK on the 16th May and met Peter Gibbs the ex-patient who set up that group and Maureen Peskett my equivalent at MK CrCU. They advised us on the best way to start and we also attended a meeting. The venue was perfect, an Age UK facility which they paid a nominal fee. We were enthused and on the journey home were planning our next steps. First meeting in September 2013 was our goal.

I contacted our Patient and Public Involvement lead to ask for advice and consulted them throughout the process. That is when I realised it was a huge task. Who do we invite? How many years do I go back? How do I ensure that those I am inviting have not died? In order to uphold the Data Protection Act Helen could not help me at all she could only take over when the group was up and running with people that had chosen to come and share their information. It was a long process and 500 plus letters, checks on quadranted our internal computer system, I sent out invites in early January 2014 and had a 10% response rate. We held our first meeting March 2014 and our second in April.

The first meeting was well attended, perhaps too successful. We held it in the conservatory in Charters restaurant at RPH in the evening

the interaction we anticipated did happen people sharing their experiences and how they are coping giving and taking advice but numbers stopped people from talking to everybody. We changed the format the next month and it worked much better and as expected numbers were more manageable. We realised that it would not be for everybody and for some one session would be enough. We anticipate peaks and troughs in attendance with people coming for as many times as it requires for them to take something from it. We even anticipate that sometimes we may have no attendees.

I want to emphasise that is this Helen's initiative aided with our support as otherwise it would not have been possible. At the meetings we don't want them to be clinically focused. Staff on the unit are keen to help out and we have just one per group as it is a peer to peer group and not a clinic and we usually end up serving the refreshments whilst the group chats. However a member of the unit can answer the questions that members of the group have if needed. Staff volunteer to help and the information they get will be relayed back to the unit staff to improve the care we give.

We regard the group as still developing. The venue has changed to the Education Centre at RPH, which is a workable setting for interaction of attendees. Parking and access is easier and closer for those who have mobility problems. Parking fees are kindly waived for attendees.

The work of the group has been recognised by LTHTr and we were recently nominated and highly commended in the Trusts Quality Awards.

We hold the drop in meetings on Thursday evenings every 6 weeks. Future dates can be accessed on LTHTr website under the critical care section.

I am still contacting by letter but am up to date now. However we realise that there may be those out there that have been with us more than 2 years ago and also those people who were in other units and not LTHTr as it is the experience of the critical illness and not the venue. Therefore we recently teamed up with the North West Critical Care Net-



A short story from the book Honey & Tears

A true story of Mr. Brown (a teddy bear) adventures with Victor, a local photographer & The Ribchester Museum of Childhood

MILLIE (MR BROWN'S GIRLFRIEND) AND THE MISTLETOE

With the Christmas spirit in the air, Mr B was very excited and was feeling as romantic as a bear could be and now that the various Christmas photo shoots were over Victor has promised Mr B that he could have some time off with Millie and the gang. After a previous photo shoot at Beacon Fell Mr B wants to return with Millie back to the beautiful forest location. He was such an imaginative bear and very romantic. A special day was organised and one thing was certain there would be no buzzing stinging bees (a previous adventure) to spoil the day. Mr B was up early and left alone making his way in his little red car with just a few refreshments, and a bunch of mistletoe and some red ribbon. Millie had insisted that Mr B wore his scarf to keep him warm, all the gang waved him off it was to be a special surprise for Millie. Mr B told Millie that he was going to buy some presents for Christmas and because it was a surprise she could not accompany him on this occasion. After kissing Millie on the cheek



and a wave from the gang he would soon be on his way. Mr B had told Millie and the gang he would only be a few hours and on his return they would all go out for the rest of the day. Mr B had been told that by Millie that

she would like a Christmas tree especially as she would it would be back at The Museum of Childhood in time for Christmas. He was a very mischievous bear and rather than buy a tree he had his idea was to visit Beacon Fell where he had been before, there are lots of trees especially around the hill. The fell

itself is covered by a forest full of trees and a one way road round, with various parking places long the way. Mr B had picked a perfect day with not many people about it was midweek and raining a little. As Mr B in his little red car made his way along the one way road around the fell, he stopped by the side of the wood in a little parking bay. Mr B is looking around checking that

nobody is watching him he saw the perfect little tree for Millie. He had taken along a little saw and a little spade not wanting to damage the tree too much. He dug around the tree to try and dislodge its roots, the ground was soft



due to all the previous rain which was making it easier to dig. It was only a small tree but perfectly shaped (just like Millie). Millie would love it he thought. Freeing the little tree was proving to be difficult although it wasn't happy with Mr B pulling and prodding Mr B was getting very bearfrast-

ed. It was a comical sight of Mr B trying to dig and pull the tree up. It was lucky that the weather hadn't frozen or it would have been impossible to release the tree. To read the rest of this wonderful story & take a look at some more of Victor's photographs visit www.prestonlocalnews.co.uk, and read the rest of the story.

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SPORT

TABLE TENNIS

By Mike Balshaw

FROM SMALL ACORNS DO . . .

Formed in 2010 by Mike Balshaw and Beth English, Ashton Methodist Table Tennis Club has risen from humble beginnings to become one of the three major clubs of the Preston Table Tennis League. Our original tables came from various sources – Brookfield Methodist Church donated a table when the church was earmarked for demolition and Phil Walsh who was working for the council managed to locate another one that had seen better days!

After a year playing just socially it was decided to enter the Preston Table Tennis League but we needed a match standard table which cost a considerable sum new. However the Late County Councillor Tom Burns kindly assisted us with a discretionary grant and we managed to purchase a second hand table that had been used for the England vs India international match at the Guild Hall.

Mr. Table Tennis himself, the mercurial Jim Clegg came down and gave an inspirational talk about the game and we managed to win the Second Division in our first season due to the fine performance of Bob Eden, David Cole, Ed Crosby and Barry Jacobs. In addition to this, Ashton Methodists also won the Second Division Cup. A second international standard table was obtained after England played France and Portugal with another discretionary grant from County Councillor Mark Jewell. Bob Eden asked if his son could help us out and I agreed but little did I know that Andrew was a former double Commonwealth Gold Medallist and has played for England! Not surprisingly the Ashton Meths. A team won the First Division Title in style aided by Andrew Eden, Chris Spedding, Ed Crosby and Bob Eden. The team failed to win the First Division Cup howev-

er and ended up runners up after a tremendous nail biting final against Jacobaeus A. In the Second Division we had entered a second team to help players new to the game to develop.

The club began to take on an international dimension with people attending from all over the world - Latvia, Poland, Hungary, Kashmir, Bulgaria, Macedonia, Belarus, China, Romania, Abu Dhabi and our most recent foreign national is a right handed penholder from Brazil who doesn't like soccer!!! The third season saw the club enter 3 teams into the local league with the A team competing in the heady heights of the Premier League. It was obvious that the squad needed strengthening and we were fortunate to have Billy Russell join us from the disbanded St. Austin's team. With instructions to make some good signings, Billy managed to secure the services of 2 out of town players – Khamal Hussain and Majid Tubasum and with Charles Musa they stormed to the Premier Title winning it by a margin of 12 points and they also won the Premier Cup and several individual honours too in a season of outstanding success.

However things can quickly change and the 2014-15 season saw the A Team fighting a rearguard action to keep our Premier League status with our best players missing. There was a good addition to the squad in Mateusz Krzyzewski from Poland who went on to become the first Ashton Methodist player to play for the Preston team. In the Second Division we had by now no less than 3 teams and the B team managed to grab the runners-up spot in the league and gain promotion besides winning the Second Division Cup in a tight final against league champions Croston A. During the summer the club managed to get a shirt sponsorship deal from Jimibox Drive Thru Self Storage and has grown to 5 teams. The A team has made a positive start by winning all of its matches and currently top the Premier League Table but the B team are finding life in the First Division hard and look to



Ashton Methodist Table Tennis Club

have a relegation battle on their hands. Meanwhile in the Second Division, the C team look to have a tough battle to grab one of the 2 promotion places available.

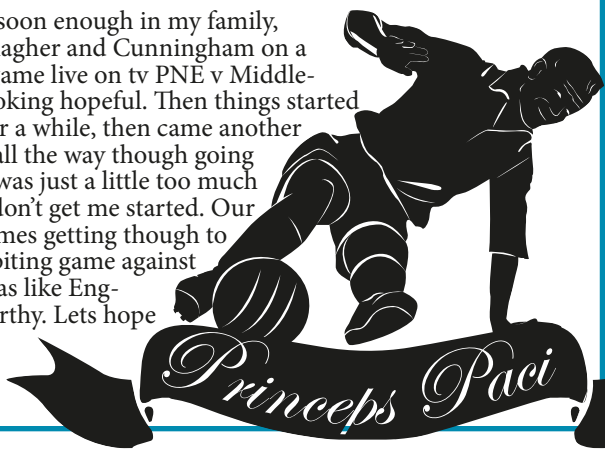
If you fancy taking up the sport, please contact Mike on 07528199694 or come down to Ashton Methodist Worship & Community Centre, Wellington Road on a Wednesday evening between 7pm - 9pm Cost £1.50

#	Team	P	W	D	L	F-A	PTS.
1	Ashton MC A	4	4	0	0	32-8	32
2	Astra A	4	2	1	1	25-15	25
3	Astra B	4	3	1	0	24-16	24
4	Jacobaeus A	4	2	1	1	23-17	23

PNE - THE SEASON SO FAR

What a way to end the season 2014/15 than with a trip to Wembley, Roll on next season 2015/16. The season couldn't start soon enough in my family, keeping up to date with what was happening in the transfer window making sure we secured the deals to get Beckford, Gallagher and Cunningham on a permanent deal. Pickford came on loan from Sunderland and also a deal for Vermijl. The season started with a tough first game live on tv PNE v Middlebough which ended 0-0. Then came our first league win at MK Dons 0-1, then another draw at Rotherham. Things were looking hopeful. Then things started to change with losses against Ipswich, Hull, and Darby, we managed to get a draw against Bristol City after being in front for a while, then came another loss at Brentford. Again after been 1-0 in front. The game that got us all talking is the 1-1 draw against Wolves after leading all the way though going down to 10 men after Garner was sent off we still held on to that 1-0 lead. Going down to 9 men when Wright was sent off was just a little too much and we couldn't stop wolves equalising in the 90th minute. At this point I could have a good old rant about the referee but don't get me started. Our last league game ended in another loss at Sheffield Wednesday 3-1. We also had the league cup going on during all these games getting though to the 3rd round. First came our 3-1 win at Crewe Alexandra then another win 1-0 against Watford at home. Finally our nail biting game against Bournemouth 1-1 at full time taking us to extra time then 2-2 after extra time came the PENALTY shoot out loosing 2-3 was like England V Germany 1990/1996 all over again. With having brought in a few new players on loan May, Doyle, Reach and McCarthy. Lets hope things are soon to improve COME ON YOU WHITES.

Season Ticket Holder



Preston Harriers Proud Record

Preston Harriers youngsters competed in the Athletics National Cup Final for the 7th year out of the last 8 in Birmingham recently. Harriers qualified by finishing 2nd in the Premier Division of the Northern Region. The 8 team final proved tough competition with some of the best athletes in the country competing. Each club had 2 competitors in each event with the better athlete in the "A" Event and the other in the "B" Event. Harriers took 15 medals, 3 Gold, 4 Silver and 8 Bronze. The team finished a creditable eighth position.

Much of Harriers success has been built on athletes not specialising until they are 13 years old. The development programme for athletes follows basic movement necessary to be successful not only in running, jumping and throwing but is also the basis for movement in all other sports. The 50 strong coaching staff deliver a challenging and enjoyable programme which has produced many National Champions. The club is over subscribed but is always looking for the next champion. Contact Bob Welfare Coaching Co-ordinator for details at: athleticcoach@bwelfare.plus.com





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Sleeping Beauty

HAYLEY HASSALL
As seen on CBBC
"The Good Fairy"

A promotional image for the musical 'Sleeping Beauty'. It features Hayley Hassall as the Good Fairy, wearing a white dress and holding a wand. Other cast members are shown in various costumes, including a king, a queen, and a prince. The background is a dark, textured surface with stars and a castle silhouette.