



THE PRATTLE



Issue No.112

Halton-with-Aughton

December 2019/January 2020

**The Prattle Team
wishes all our readers
A Very Merry
Christmas and a
Happy & Prosperous
New Year!**



CONTACT DETAILS FOR THE PRATTLE

WHAT'S ON INFO, ARTICLES & LETTERS TO THE EDITORS, **JAN & DAVE**,
by email to: haltonprattle@btinternet.com

ADVERTISING COPY & ENQUIRIES to **HELEN**: email
haltonprattle@btinternet.com or tel **812679**

DISTRIBUTION & GENERAL ENQUIRIES: **CAROL** on **811444**

TREASURER: **BRIAN** ON **811444**

DEADLINES for Feb/March

Copy: Wed 8th Jan 2020
Adverts: Wed 8th Jan 2020
Delivery: Fri 31st Jan 2020

Advertising Rates:

Box Ad: £10
Double Box Ad: £20
Classified Ad: £1 - 20 words



All adverts are published in good faith.
The Editorial team can offer no guarantees as to the quality of services advertised.



THE CHURCHES OF HALTON-WITH-AUGHTON

ST. WILFRID'S, HALTON

RECTOR Rev'd Susan Seed

The Vicarage, 2 Summerfield Drive,
Slyne-with-Hest, Lancaster LA2 6AQ

Tel: 01524 822128

e: revsusan.seed@btinternet.com

THE UNITED REFORMED CHURCH


Minister - currently vacant

All services start at 10:00 am

unless otherwise stated.

Bookings Barbara Wilkinson 811862

Services in December

- 
- | | | |
|----|----------|--|
| 1 | 10:00 am | Family Communion |
| | 6:00 pm | Memorial Service (At URC Church) |
| 3 | 9:00 am | Morning prayer |
| 8 | 8:00 am | Holy Communion |
| | 10:00 am | Family Worship |
| 10 | 9:00 am | Morning prayer |
| 15 | 10:00 am | Family Communion, Christingle and tree service |
| 17 | 9:00 am | Morning prayer |
| | 1:00 pm | School Carol Service |
| | 6:00 pm | School Carol Service |
| 20 | 9:30 am | School end of term service |
| 22 | 10:00 am | Family Communion |
| | 4:00 pm | Carol Service with URC |
| 24 | 3:00 pm | Crib Service |
| 25 | 10:00 am | Christmas day family Communion |
| 29 | 10:00 am | Family Communion |

Services in January

- | | | |
|----|----------|------------------|
| 5 | 10:00 am | Family Communion |
| 7 | 9:00 am | Morning prayer |
| 12 | 8:00 am | Holy Communion |
| | 10:00 am | Family Worship |
| 14 | 9:00 am | Morning prayer |
| 19 | 10:00 am | Family Communion |
| 21 | 9:00 am | Morning prayer |
| 26 | 10:00 am | Family Communion |
| 28 | 9:00 am | Morning prayer |

December 2019

- | | |
|----|--|
| 1 | Rev. George Barton (Advent Communion) |
| 1 | 6pm. Memorial Service |
| 8 | Rev. David Atkinson (Toy service) |
| 15 | Mrs. Sally Watson (all-age worship) |
| 22 | Rev. Graham Harris |
| 25 | Mrs. Barbara Wilkinson (Christmas Day) |
| 29 | Rev. Derek North |

January 2020

- | | |
|----|---------------------------------|
| 5 | Rev. Ken Clapham (Communion) |
| 12 | Rev. Graham Harris |
| 19 | Worship Group (all-age worship) |
| 26 | Mr. Chris Lamb |

St Saviour's Aughton

Services in December

- | | | |
|----|----------|--------------------------------|
| 8 | 11:30 am | Holy Communion |
| 18 | 7:00 pm | Village Carol Service |
| 22 | 11:30 am | Morning Prayer with Baptism |
| 25 | 10:00 am | Christmas day Family Communion |

Services in January

- | | | |
|----|----------|----------------|
| 12 | 11:30 am | Holy Communion |
| 26 | 11:30 am | Morning prayer |

FROM THE REGISTERS

Funerals

23rd October Wendy Graham

ST. JOSEPH'S R.C. CHURCH

Saturday Vigil at 6:30 pm, Sunday Mass throughout the year at 10:00am.

Clergy: Fr Philip Conner,

Deacon Stephen Pendlebury,

St. Joseph's Church

Slyne Road,

Lancaster, LA1 2HU

Tel: 01524 32493



VALLEY CHURCH LANCASTER

Valley is one church across many locations and we have the privilege of extending the vision of creating a home to empower a new generation, with an Extension Service in Lancaster.

Sunday morning services start at 11am at The Centre@Halton, Low Road, Halton, Lancaster, LA2 6NB. For information go to www.valleychurch.eu/Lancaster or follow us on twitter, instagram @valley_lanc and Facebook at Valley Church Lancaster.

UNITED REFORMED CHURCH

Our web site can be found at www.nlancsurc.org.uk then click on 'Halton'

JUNIOR CHURCH

The third Sunday of the month is always all-age worship, when children stay in the main service.

On the other Sundays of each month, children and teens are welcome to join the activities at our junior church, which include games, quizzes, art, crafts and drama.

HERE 4 YOU

A free drop in café at Halton United Reformed Church. Please drop in to receive a warm and friendly greeting and a listen-

ing ear. Tea, coffee and biscuits served. Everyone welcome.

Here 4 You will be on the first Tuesday of each month 1:30-3:00 pm.

MEMORIAL SERVICE

The annual Memorial Service is at 6pm on Sunday 1st December. We would like to extend a warm welcome to anyone who wishes to remember a loved one. Refreshments will follow the service.

CHRISTMAS SERVICES

The **toy service** is on Sunday 8th December. Please bring a gift to donate. They will be given to children who may go without otherwise.

The **Christmas morning service** is at the usual time of 10:00am. Children will stay in the main service.

This year, the **village Carol Service** is at St. Wilfrid's Church. All welcome. 4:00 pm Sunday 22nd December.

ST WILFRID'S HALTON

MEMORIAL SERVICE

With prayers for our departed loved ones and time for reflection, followed by refreshments. Sunday 1st December 6:00pm at Halton United Reformed Church.

ST WILFRID'S CHURCH CHRISTINGLE SERVICE

Sunday 15th December at 10am.

ST WILFRID'S CHURCH CRIB SERVICE

You are invited to join us for a family service with Carols around the crib at 3pm on Christmas Eve.

Children are encouraged to come dressed as a character from the nativity story.



A Big Thank You ...



Thank You!

...from 'The Prattle Editorial Team' to all the advertisers throughout the year, and especially to all the volunteers (listed below) who ensure that 'The Prattle' is delivered through the village and surrounding areas -

we couldn't do it without you!

NAMES OF DISTRIBUTORS

Ailsa Bunch
Ann & Norman Wilson
Ann Parkinson
Anne & Bob Clegg
Anne & Mike Parkinson
Brian Jefferson
Carl Richardson
Carol & Brian Holman
Cathy Homer
Carol Slinger
Carol Squire
Charles Whytok
Christiana Read
Cyril Potter
Darren Buntin
David Needham
Debbie Baxter
Derek Jackson
Douglas Tomkins
Eileen & Bob Hogarth
Fiona Frank
Ged & Christine Cunningham
George Scurrah
Gillian Morphet
Harry Fenton
Heidi Keates
Helen Bardsley
Helen Leathard

Helen Squire
Hilary Wood
Ian & Helen Khan
Iris & Gordon Suthers
Jane & Pete Brooks
Jane Mealar
Janet Rawes
Jane & Bob Stirzaker
Jean Thompson
Jillian Graham
John & Evelyn Shaw
John Elliott
Judith Cookson
Judith Ireland
June Moss
Kath Shallis
Liz Davidson
Lyn Rose
Lynn Malkin
Maggie Barrington
Manjunath Astagi (Ash & Deepa)
Marianne Hutchense
Marie Woods
Margaret Airey
Marjorie Croskin
Marjorie & Michael Cox
Marion Weaver
Mathew Smith

Mavis Barnes
Mitsey Hayhurst
Paula Williams
Pauline Miller
Pauline Peck
Peter & Linda Lambson
Ray Gilbert
Sarah Mason
Shirley Eaton
Simon Grant
Stuart Smith
Thomas & Mandy Bowring
Vick Price

Extra copies holders:-

Aughton Village Hall
AM Hair
HiQ Garage
The Centre @ Halton
The Greyhound
The Library
The Social Club
The Surgery/Pharmacy/Post Office
The United Reformed Church
The Village Newsagents
St Saviour's Church Aughton
St Wilfrid's Church
'Woodies' Crook O' Lune
The Victoria Institute, Caton

VILLAGE NEWS

LIBRARY NEWS

Struggling to get to the library? Or know somebody that is?

Whether this is due to ill-health, disability, or mobility problems, the **Home Library Service** is here for you. We can supply new books, classic books, books by your favourite authors, hobby books, and language courses; as well as DVDs, music, and jigsaws.

And we deliver to your home!

Ask library staff for more details.

New **weekly computer help sessions** are starting at Halton Library on Tuesday 3rd December.

Drop in between 1:00pm and 3:00pm at the library and our volunteer will be there waiting for your questions. Feel free to bring your own laptop/tablet/phone.

Halton Library, T: 0300 123 6703

W: www.lancashire.gov.uk

BROADBAND FOR THE RURAL NORTH – B4RN

Progress with B4RN has been severely hampered by difficulties with wayleaves. This is now being resolved, so there has been significant progress over the last few weeks. A few months ago, after over two years of negotiations, Lancashire CC gave permission to use the school field. Since then core route ducts from the cabinet near the skate park, which were installed to south of High Road in 2017, have been taken across the road to a chamber near HiQ garage, a total distance of 315m.

During half term digging on the school field was completed, extending the core route round the field to give access to areas of Halton to the west, north and east of the field. In addition, ducts to all properties round the field (24) and the school were installed, into the gardens of those that have requested the service, and to the fences of the minority who have not. This will allow the latter to take up the service at a later date if they wish without too much extra digging. All this has involved volunteers burying about 10km of ducts in 470m of trench. A second wayleave issue is linking Wenning House, which has a B4RN supply, to the cabinet. Storys has promised to allow a duct across their site, but this has not happened yet. A temporary partial solution has been in place for over a year using dishes near Wenning House and on the Centre building. This gives a signal



CM Kitchen Installations

All aspects of Kitchen Fitting and Joinery work undertaken.

With Over 20 years experience.

Call Now on 07779790137

Or Email at christophermason77@gmail.com

to the Centre, but is not sufficient to supply multiple properties. Unfortunately, the new Story buildings have blocked the signal. The dishes have now been relocated to the Out of the Woods building near Wenning House and a house on High Road, the signal then being carried to the cabinet and the Centre via the ducts installed in 2017.

Hopefully we will have a firm link to the cabinet soon so we can justify blowing fibres through the ducts to enable 1000Mbps connections to be made to a significant number of properties and a free service to the school.

Norman Wilson



MYSPLACE

Myspace is an art and craft group for girls aged 11-16. We meet once a month on Friday evenings (usually the second Friday of the month) at Halton

United Reformed Church. We do interesting art and craft activities, with a relaxed atmosphere. There is no focus on religion - the group is for girls of any faith or none.

Please email to book a place.

We will be running some children's craft activities at the Christmas Craft Fair at Halton Mills, Sat 7th December 2-5pm. Come and see us there.

Mary and Catherine

rawcliffemary@yahoo.co.uk

catherine.marshall76@gmail.com

HALTON LUNE HYDRO AND FISH NUMBERS

Just a short report, given mention in the previous issue of reduced fish numbers over the Hydro fish counter – and of particular interest as the Lune is one of the four index rivers for salmon and sea trout in England and Wales.



Plumbing; Gas (including LPG); Oil; Heating;
Complete Bathrooms; Lead work Specialist

Tel: 01524 811742 2 YEAR GUARANTEE Mobile: 07713900773

**CORGI REGISTERED**
Friendly, Reliable Service
OFTEC REGISTERED



Tel: 01524 811392

161 High Road, Halton

OPENING TIMES - TUE to SAT, 9 - 5

Card Payments Available

REDUCTION DAYS FOR SENIORS - GENTS - CHILDREN

The trend has unfortunately continued as, with autumn historically the peak time for salmon migration on the Lune, Halton Lune Hydro has counted only a total of 36 salmon or sea trout going upstream in September and 20 in October. Fish using the Environment Agency pass on the south bank of the river are to be added to these totals, but even so, this suggests a catastrophic decline given typically 330 salmon going upstream in the month of October, when we undertook pre Hydro permission research, some six years ago.

Rather disappointing, especially as we understand that the same situation exists in North West rivers elsewhere.

John Blowes
Chairman



AM HAIR NEWS

AM Hair will be holding our annual free raffle, open to all our customers from 3rd to 21st December.

We will be open as usual until Christmas Eve and have vouchers and products if you're stuck for that last minute present. Ange & the girls would like to thank all their loyal customers for their support throughout the year & hope everyone has a merry Christmas and Santa brings us all some nice presents.

Thank you,

Ange, Danielle, Clare & Lucy

ST WILFRID'S C E SCHOOL

Thank you to everyone who attended our Community Open Evening in October – it is great to share aspects of school life with the wider community. We also had

lots of fun opening the doors at the weekend for the annual Big Draw, where both adults and children enjoyed being involved in different art activities. This month, school was able to collect



**AUGHTON ROAD
BOARDING KENNELS
And Doggy Day Care**

*'Individual care and attention
for your dog'
'Spacious kennels in rural location'*

**Contact Helen on
07766446272**

Helen.burrow@hotmail.com
www.aughtonroadkennels.co.uk

High Snab Farm, Gressingham, Lancaster, LA2 8LS

and send 70 "Boxes of Hope" containing Christmas gifts to children in Romania. Thank you to everyone who donated the shoeboxes and gifts; our pupils were so excited to be able to make a difference to these children.

As Christmas approaches, we are looking forward to a very busy and magical few weeks ahead. There are many events and activities planned, such as Children in Need non-uniform day, the PTFA Film event showing *The Polar Express* and special dance workshops for the whole school. The Year 6 children are also off on their exciting residential very soon which, for some, is their very first time away from home.

Before too long, we will be practicing for nativity performances, carol concerts and enjoying Christmas parties. Our annual **Christmas Fair** is on **Friday 6th December** at 5:00pm-7:00pm when children, staff and parents will be running the various stalls and competitions. It is always a busy and enjoyable event - everyone is welcome! (Please note that

we open up the playground for additional parking in order to ease traffic congestion around school.)

Amongst all the festivities, we are careful not to forget the true, joyful meaning of Christmas and our children will be focusing on this in class during Advent. Once again we will be joining with St. Wilfrid's Church by circulating the Posada throughout the school and into the children's homes.

Our next **Community Tea** will be held on **Wednesday 4th December** at 2pm when we serve afternoon tea for senior village residents. Also, if you are a grandparent or carer, connected with the school, you are most welcome to come along to join us each half term.

We would like to thank all families and friends connected with school for their help and support with our Christmas festivities and hope that everyone has a very happy and peaceful Christmas.

Claire Weymouth

Headteacher

St Wilfrid's Church of England
Primary School



HALTON SCOUT GROUP

During the summer holidays five of the older scouts successfully completed their expedition challenge by hiking some of the Cistercian way from Dalton in Furness to Roa Island (Barrow in Furness), camping overnight on Piel Island and then hiking much of the following day as well. The children thoroughly en-

joyed themselves, although they were exceptionally tired at the end of it. The scouts also took part in the district camp at Great Tower Camp site on the edge of Lake Windermere. The weather over the weekend though was particularly poor, and the event finished a few hours early on the Sunday after about 16 hours of continuous rain. I managed to go and injure myself during the wide game outside on the Friday night that resulted in me cracking a few ribs following a fall. It is now almost 7 weeks since the injury and I am on the way to recovery, although not quite there. I will say, I have never had a more uncomfortable night in a tent than that Friday night.

We have one team of four scouts entered for this year's district Knight Activity that will have already happened by the time this article is published. This is a night hike around quiet country roads where the scouts have to complete a series of scouting challenges at intervals on the way around.

The group raised £156 at a Halloween & Bonfire party open to all the family at the scout hut and which was exceptionally well attended.

John Elliott



CHRISTMAS POST

Stamps are 35p each this year (half the price of Royal Mail) and can be purchased in Halton from now until 15th December from any of the scout section leaders, the butchers, the newsagents

and also the village shop. Christmas cards only can be posted in the scout post boxes which are green with tinsel tops and these are situated in each of the locations where stamps are purchased. Scout stamps can only go on Christmas cards that are being posted to addresses in the local area and a full list of all the local places the scouts will deliver to is on each post box. Any cards posted to an area not on this list will not be delivered so folk are asked to check before posting. Last posting date is Sunday 15th December and all cards will be delivered by beavers, cubs, scouts and their parents before Christmas Eve. Full details are on the Lonsdale District Scout Website: www.lonsdaledistrictscouts.org.uk or on the Facebook page: Lonsdale Scout Christmas Post.

L A THEATRE CLUB

Evenings out, visiting the theatre or other venues in Manchester, Liverpool, Bolton, Bowness, Keswick etc... There is a variety of cultural entertainment on offer.

Transport by coach provided to venue and back from Travellers Choice in Carnforth.

Membership fee costs £12.00 per annum. Regular newsletters, posted or e-mailed, with event information. Interested in joining our club? Please contact the **Membership Secretary on 01524 734624** to find out more.

We look forward to hearing from you!

Coffee and Carols for Christmas

with a visit from
Father Christmas



**Enjoy a coffee and mince pie and listen to the live music
and carols - join in with the singing!**

Halton Park House

By kind invitation of Duncan and Melissa Bowring

Saturday 14th December
10 am – 12 noon

**Cakes & Produce, Books, Raffle, Christingle
decorating, Tombola and Xmas Decorations**

**Entrance £3 (children £1) in aid of
St Wilfrid's Church, Halton**

PLEASE JOIN US! FOR MORE INFORMATION...
Melissa_bowring@hotmail.co.uk, 07771527469/812654

TORRISHOLME CRICKET CLUB UPDATE

www.torrisholmecc.co.uk

With the season closed and having celebrated the second XI promotion and Under 16 League Title the club has been undertaking the usual autumn and winter jobs. The ground was mowed up until the end of October and looks in good condition despite being very wet; nets, covers and sight screens are all secure and winterised.

Some cleaning and refurbishment has been undertaken at the club and the drainage has been repaired, though no major projects are planned over this winter after three particularly busy winters.

Most importantly three new coaches are undertaking training over the winter,

including Halton's Jeff Stobbart. The junior indoor nets are almost booked out and the senior cricket committee are interviewing for the captain's positions for 2020, so despite decidedly un-cricket-like weather the club is active.

Senior nets commence in February and anyone interested in being involved as a player, sponsor, volunteer or coach should contact Welfare Officer Mark Drinkall on 07738252449 or drinks@torrisholmecc.co.uk, or check out our website and twitter feed via www.torrisholmecc.co.uk

Mark Drinkall



Lancaster
Vets

Enjoy **top quality** healthcare for your pet
and a **personal friendly** service for you.

Our professional team
delivers exceptional care
and treatment for your pet

Regular visiting Veterinary
Specialists

Pet Health Plans available to
help save you money





GET IN TOUCH

☎ 01524 840033

✉ mail@lancastervets.co.uk

www.lancastervets.co.uk

Find us on  

OR POP IN TO THE SURGERY

195 Bowerham Road, Bowerham, Lancaster LA1 4HT

NEWS FROM THE HEARTS OF HALTON W.I.

The Queen of Hearts (Jane Mealor, local President of WI)

And women smart (members of the WI)

Meet up on the third Wednesday;

The meetings are a hoot (lots of fun and laughter)

With content that suits... (a diverse programme from 'Film and Chocolate Night' to Local History; from Belly Dancing to Christmas card making and more...)

A time to talk, learn and play!



Hearts of Halton WI are busier than ever this year, with many new faces, passionate causes and social events making up the WI diary for 2019. Our group meets every third Wednesday in the month at St Wilfrid's primary school on Pennystone Road. We are a diverse mix of professional, retired, creative and life-loving women whose friendships know no age bounds and whose talents and hobbies find a range of different avenues to explore, from entering craft works and photographs at the County Show to Gin & Chatter evenings at members' houses.

As newcomers to the group just over a year ago, it was with a little intrepidation that we entered the group on our first visit. Arriving at the meeting, our fears quickly disappeared as we were greeted warmly by everyone and given the opportunity to be involved as much or as

little as we wanted. We soon discovered that like us, these women enjoyed good company, were interested in a broad range of subjects and were passionate about growing the Hearts of Halton WI in the local area and beyond.

The highlight of those early days was the Christmas party! Anyone who thought the WI was for out-dated, uninspiring pensioners with nothing more than jam and Jerusalem to deal with, would be completely mistaken! The party was buzzing with live music and singing from a professional singer, dancing, wine, food and fabulous company.

Hearts of Halton have a full and active social calendar with day visits and shopping trips to cities for the retired among us, and evening/weekend events such as quiz nights, meals out and cultural visits, to name but a few for the rest of us!

Holywell Care Group

54 Westminster Road,
Morecambe, LA4 4JD

Tel: +44 (0)1524 418090

293 New Hall Lane, Preston, PR1 5XE

+44 (0)1772 930323

info@holywell.care



Care is at the heart of everything we do



At our recent AGM, Sandra Hodgson and Andrea Palmer stepped down from the committee after serving the group in a variety of roles for many years – enormous thanks go to them for their hard work, fun and enthusiasm they bring to the group! The group was delighted to re-elect Jane Mealor for a 3rd year as President of the committee, which she accepted with much pleasure. She was thanked for all the energy and commitment that she has already brought to the role and for her continuing service.

If you think of the WI as a group of retired women just sitting around singing Jerusalem and making jam – think again! It is for all generations of women and “...plays a unique role in providing women with educational opportunities and the chance to build new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities. The WI is based on the ideals of fellowship, truth, tolerance and justice.” (<https://www.thewi.org.uk/about-the-wi>). Why not give it a go?

If you would like to come to a meeting to see what it is like, but find it daunting to go alone, contact Jane Mealor on janemealor14@gmail.com and she will arrange for a ‘buddy’ to meet up with you and take you along.

Amanda Sinker and Stephanie Hanson-Kelly



Anne Salmon Soft Furnishings—Halton
Consult * Design * Create * Supply * Fit
Quality, Service and Affordability are my priorities in
helping you achieve your dream home interior.

- ◆ Roman Blinds
- ◆ Custom made Curtains
- ◆ Pelmet / Valances
- ◆ Track Fitting Service Available
- ◆ Box and Scatter Cushions
- ◆ Swags and Tails
- ◆ Tiebacks

For a Free Home Visit and Estimate
Tel : Mobile 07831 329469 or 01524 811374



THE CENTRE @ HALTON

Halton Community Association Charity No. 115206

www.haltoncentre.org / Information 811316 / Hall/Room hire 811444

NEWS & INFO See more details & info on our website

Hall or Room Hire - email bookings@haltoncentre.org or ring Carol 01524 811444.

Events tickets – Ticket source or Coffee shop or ring office 01524 811316

NEWS

Firstly, I would like to thank all the Committee and volunteers, who do such sterling work at The Centre. You are all greatly appreciated for the huge amount of work you do, tirelessly behind the scenes. Without you all and the hundreds of visitors that pass our threshold, The Centre would not be the thriving, inviting and friendly place it is today. A very happy Christmas and a happy and healthy 2020 to everyone.

Now that it is dark very early in the evenings, the Coffee Shop closes daily at 5pm and occasionally, when the weather

is really miserable and there is no one around, they may close earlier.

The Coffee Shop will close over Christmas from 5pm on Sunday 22 December and reopen on Thursday 2 January 12noon to 5pm. Normal winter hours will resume from Sat 4 January.

We have appointed a new part-time member of staff for the office. Naomi will be starting in the New Year.

Plans are moving forward for the building work on the old changing rooms, which is scheduled to go ahead during the summer break next year, as this is our quietest time. We will not be taking extra bookings for the Main Hall, due to the probable upheaval & disturbance. We are hoping the rest of the building will function normally during the refurbishment.

The general election will be held in the Main Hall on Thursday 12 December



Bay Vets

“The Community Vets”



We are a growing independent veterinary practice, with tailored health care for your pet. This is delivered by our passionate and knowledgeable team, in a versatile, supportive and welcoming environment where everyone is valued. We look after your pet throughout their life from everyday health advice to emergency help and expert referral care.

Lancaster 01524 32696

Morecambe 01524 410867

Milnthorpe 015395 62770

Caton 01524 770615

24 hours emergency service

info@bayvets.co.uk www.bayvets.co.uk

S ARMISTEAD

Hard landscaping - Driveways, Patios, Drainage, Decking etc

Hedges and trees pruned and any other building/garden work considered...

28 Schoolhouse Lane, Halton
07773140901 / 01524 811278

All tickets £6 (children under 12 years must be accompanied by an adult). Tickets include roller skates (size 8 juniors to 13 adults) and safety equipment. Fancy dress is positively encouraged! Group discount - 10 tickets for £54. Tickets are available online from Ticketsource - for all 3 sessions go to www.ticketsource.co.uk/haltoncommunityassociation.

Millennium Choir; Sat 21 March - an excellent event last year;

Children's Nearly New Sale; 28 March.

See The Prattle's Advance dates for your diary for more Centre events in 2020.

NEW SESSIONS, SESSION NEWS & CHANGES

Sessions that are not mentioned will continue as previously - see What's On page.

NEW - Fitness Pilates; Monday 5:15-6:15 and Tuesdays 5:45-6:45pm; term time; Justine 07484 850320;

NEW - Tai Chi; Mondays 1:45-3pm; David 07798 715825;

7am to 10pm; Thursday class leaders & tutors have all been notified of changes or cancellations. Talk to your leader if your class is on a Thursday.

We have several new classes which have recently started and are already popular, or will be starting in the New Year - Zumbini (for 0-4yrs), Phil's Fitness, Fitness Pilates, Stretch & Tone, Aerobic Boogie, Tai Chi.

FORTHCOMING PUBLIC EVENTS @

THE CENTRE ring 811316 for more info.

Ballroom & Sequence Dances; 8pm Sats 14 Dec, 15 Feb, 14 Mar; contact Ken 079881 48730;

New Year's Eve Ceilidh; Tue 31 Dec; any spare tickets will be at The Centre; 811316;

Family Fun Night; Sat 1 Feb; a very popular event which usually sells out; £5 adult £3 child;

Roller Skating Disco; Sat 29 Feb; sessions are 1:30pm-3:00pm, 3:30pm 5:00pm and 5:30pm-7:00pm.



Private Clinic in Carnforth

Cell No: 07725300290

Work No: 01524 730179

carol@carnforthchiroprapist.co.uk

www.carnforthchiroprapist.co.uk

Carol M Sedgwick

BSc (Hons), HCPC, SCP

**CARNFORTH
Chiroprody /
Podiatry Treatments**

Member of the Health & Care Profession Council

'Your wellbeing always comes first'

APPROACHING RETIREMENT?

- Do you understand all your pension income and cash options?
- How will you decide on the right choices for you and your family?

Experienced and local Independent Financial Adviser, James Larton, can guide you up to and into retirement with Truly Independent Financial Advice



For a Free initial meeting to discuss your financial future:

Call: 07759 158 924

Email: James.Larton@trulyonline.co.uk

Visit: www.trulyifa.co.uk

Truly Independent Financial Advice

Truly Independent LtdTM is Authorised and Regulated by the Financial Conduct Authority. Company Name: Truly Independent Ltd. Company Reg No: SC367442. Company registered in Scotland. Principal Office and Correspondence Address: Atlantic House, Parkhouse, Carlisle CA3 0LJ. Registered Office: Forsyth House, 93 George Street, Edinburgh EH2 3ES.

FREE
INITIAL
MEETING



TRULY
INDEPENDENT

NEW - Zumbini (for 0-4yrs olds); Wed School Holidays & Sundays 10-5pm
9:15-10:15 Term time; starts 8 Jan; Su- Saturdays 10-6pm (winter 5pm)
zanne 075658 81469; All hot & cold snacks are made to order.

NEW - Stretch & Tone; Wed 6-7pm; You can now pay by card. Free WiFi for
Starts 26 Feb, Sadie 07783509046; your own laptops (although we encour-
Zumba - last Thursday class is on 5 Dec age a purchase from the Coffee Shop in
as the tutor is leaving the area; exchange)

NEW - Aerobic Boogie; Thur 5:45-6:45; **Coffee Shop Info & Volunteering**
starts 9 Jan (Zumba times); Sadie Whatever the weather, you can be sure
07783509046; of a warm welcome at The Centre.

Memory Café; on 1st & 3rd Fridays; Volunteer help is often needed to cover
11am-12:30pm; Dec 6, 20; Jan 3, 17; Feb Monday, Thursday and Friday after-
7, 21. This group has had a lot of interest noons 2pm-5pm. Come along and meet
from professional organisations, who al- new people and get involved in village
so refer people to it; life. Contact Coffee Shop Supervisor

Over 55 Luncheon Club; 2nd & 4th Fri- Pauline on Mob: 07799502199
days; Dec 13; Jan 10, 24; Feb 14, 28. £6 Email: coffeeshop@haltoncentre.org
for a tasty two course lunch and hot and she'll be delighted to tell you all
drinks. It is very popular so booking is about it.

essential. See programme for Luncheon **INFORMATION**
Club on the website. Contact Maureen to Visit The Centre @ Halton's website,
book or info. <https://www.haltoncentre.org>

COFFEE SHOP HOURS: The running of The Centre and events
Info www.haltoncentre.org/about/café would not be possible if it wasn't for
Monday to Friday Term Time 2-5pm the support of volunteers, many of

whom go unseen but are very much appreciated. Anyone who would like to volunteer some time will always be welcomed and allocated an agreed suitable task.

Centre Manager: Maureen Richardson: 811316 or email: centremanager@haltoncentre.org or pop in one afternoon.

Booking: Carol Holman 811444 or email: bookings@haltoncentre.org

Facebook: The Centre's active Facebook page announces events & activities. Keep up-to-date & 'like' the page;

<https://www.facebook.com/HaltonCentre>
Any queries to Publicity & Marketing Officer, Janet Theobald, or to receive regular Centre information newsletters, email marketing@haltoncentre.org or sign up at the bottom of home page www.haltoncentre.org

The '**What's On**' pages in the Prattle list all regular clubs, groups, classes & contacts held at The Centre or pick up fliers from the foyers at The Centre.

Carol Holman
Hall or Room Hire Officer



SANTA'S SLEIGH COMING TO HALTON



We are pleased to announce that Santa will be brought to Halton in his Sleigh by the Rotary Club of Carnforth on Saturday evening 7th December, although there are quite a few more occupied houses in the village, so this will be areas north of Low Road and Forgewood, with the balance of visits Thursday 12th December.

All proceeds go directly to worthy causes, such as local Cancer Care, and in response to requests from the villages visited; to help specific worthy causes. Contact: secretary@carnforthrotary1190.org

Carnforth Rotary Club Charity Trust Fund
Registration Number 1037442

LUNE VALLEY COMMUNITY LAND TRUST

NEWS ON AFFORDABLE HOMES FOR HALTON



This has been a very busy two month on several fronts. A **General Meeting** was held on Sunday 13th October at the Centre. After receiving an update on the affordable housing development on Mill Lane, the members present agreed that the CLT board could proceed with signing the option agreement for the Mill Lane site; accept the terms of the grant from Lancaster City Council; and sign the legal partnership with South Lakes Housing.

We also discussed **allocation criteria** for future tenants/part-owners of the homes. We discussed the importance of the rented and shared ownership homes being affordable to local people on low incomes. This work is ongoing but the board was grateful for the clear steer, before further discussions with Lancaster City Council and South Lakes Housing, who will be managing the tenancies. The full minutes are available on our website. We are very pleased that we now have the final report on the local **Housing Needs Survey**. The report concluded that a need exists for 22 additional affordable homes every year over the next 5 years in Halton Parish, and for 50 additional affordable homes in all the parish-

es that were surveyed. This level of need covers both existing and newly-forming households. There is a particular lack of 2-bed homes and around 42% of new homes need to be suited to older people. All of this crucial information will be used to decide the types of homes on the site on Mill Lane. We have now appointed architects for the development: **John Gilbert Architects**, based in Glasgow. They were chosen because of their experience in building affordable passivhaus-standard homes (which they call 'passivhoos') i.e. affordable to rent/buy and to live in, due to superior insulation and low fuel bills.

A design team has been created consisting of members of the CLT, South Lakes and John Gilbert Architects. Town End Way neighbours can expect to see more activity on the site soon, as the surveys (land, trees, soil) begin.

AUGHTON CHRISTMAS BINGO

In Aughton Village Hall

7:30 pm
18th December



Good Prizes- Gammon Chicken
Chocolates Bottles
Raffle
Free refreshments



Proceeds to Church Funds

There has been progress on **Forge Lane adoption**. Lancashire County Council has agreed to adopt the road, pending minor works being completed by the current owner. Lune Valley CLT and Halton Senior Cohousing have agreed to help, by removing vegetation from the pin curb of the pavement on Forge Lane. The owner hopes to complete adoption by the end of the year, after which a 20 mile/hour speed limit will apply. There has been no recent progress on the Mill Lane adoption.

If you have any questions, please contact us at: info@lunevalleyclt.org

Lune Valley Community Land Trust
www.lunevalleyclt.org



GWL Services

George W Leathard
Established 1995
* * *

Interior / Exterior
Painting & Decorating
Home Maintenance
* * *

No job too small
Good quality work at affordable prices
Reliable and trustworthy
Local to Halton
For free estimates telephone
Lancaster 849495





Halton Village Butchers

**For All Your Fresh Meats, Vegetables & Country
Foods**

**Lakeland Beef & Free Range Pork,
all locally and ethically sourced**

Speciality Own Made Burgers and Sausages
99 High Road, Halton LA2 6PS 01524 811301
haltonvillagebutchers.co

WHAT'S ON IN HALTON-WITH-AUGHTON?

All events are at The Centre @ Halton unless specified otherwise

AUGHTON VILLAGE HALL: BOOKINGS 07980 573805 or tim.4230@gmail.com

THE CENTRE @ HALTON: HALL/ROOM HIRE 811444 or bookings@haltoncentre.org

WEEKLY EVENTS

Weekdays Mon - Fri:

Kids Club: 7:30-9am, 3:15-5:45pm, Donna
07855 326670

Pre-school: 9:30-2:45pm daily, Louise
811811

Mondays:

Phil's Fitness: 9:30am-10:30am 07783
027589

Pilates: 11am-12noon 07799068191

NEW Tai Chi: 1:45-3pm David 07798
715825

Bronya Emily School of Dance: 3:30-
5:00pm 07956 094931

NEW Fitness Pilates: 5:15-6:15pm Justine
07484 850320

Lune Valley Voices: 6:45-8:45pm Sian
Phillips 07803 955658

Meditation Group: 7-8:30pm 811013 for
location

American Square Dancing: 7:30-10pm
Brian 811444

5-a-side: 8-9pm Andrew 074434 26458

Tuesdays:

Toddler Group: 9:15-11:15 Free clinic on 1
& 3 Tues to 10:30am 07484 850320

Pilates: 11:45am-12:45pm 07799068191

Indoor Bowls: 1:30-3:30pm

Knit 'n' Natter, Crafts & Chatter: 2-4:30pm
free Lyn 811694 Coffee Shop

Beavers: 5:30-6:30 07780 622477 Scout
Hut

NEW Fitness Pilates: 5:15-6:15pm Justine
07484 850320

Taekwondo: 6-7pm Mick 07985125530

Cub Scouts: 6:45-8pm term time Scout
Hut HQ 811778

Outdoor Circuits: 7-8pm 811316

Wednesdays:

Storytime at Halton Library for pre-school-
ers: 9:15-9:45, term time only. Tel 0300
123 6703.

NEW Zumbini: Music & movement class
for 0-4 year olds. 9:15-10:00am Term time
only. Starts 8th January (free demo class).
Suze 07565881469

Walking Football: 10-11:30am on Field £3.
John 01524 406244

Staying Strong: 10:30-11:30am Phil 07783
027589

Winter Board Games: 2pm at The Centre
Coffee Shop Anne 811052

NEW Stretch & Tone: 6-7pm; Starts 26 Feb
(term time only) Sadie 07783509046

Scouts: 6:45-8:30pm 811360 Scout Hut

Walking Netball: 7-8pm on MUGA £4
811316

Thursdays:

NEW Circuits: 9.20-9:50am Kate Hill
07793970435 Aughton Village Hall

NEW Pilates: 9:45-10:45am & 11am
12noon 07799068191

Pilates: 10-10:45am Kate Hill 07793970435
Aughton Village Hall

NEW Aerobic Boogie: 5:45-6:45 starts 9
Jan (term time only) Sadie 07783509046

NEW Ladies Netball MUGA; 7-8pm Lucy
07984 286637

Samba Espirito (Drumming): 7-9:30pm
Karen 07711 262288

Carpet Bowls: 7:30pm Aughton Hall, Tim
07980 573805

Evenings Sun - Thur

Meditative Evening Prayer: 7:30pm term
time 888588 Lunesdale Community 78
Beech Rd

Fridays:

Enjoy-a-Ball: 2-3pm preschool age, 3:30-
4:30pm (5-6yr olds) 07879 896156
paul.darwent@enjoy-a-ball.com

Saturdays:

Lego Club at Halton Library: Saturday
mornings 10am-11am, term time only

Sundays:

Valley Church: 11am Chrissie 07428 165505

FOOTBALL

Halton Jnr Football Club

Damian 07850 913051

Saturday 10:30-12; 3-6 yr olds

Sunday 10-2; 7-14 yr olds

(times depending on fixtures)

Contact secretary@haltonjuniorsfc.com

FORTNIGHTLY EVENTS

Tuesdays: Baby & Toddler Health Visitor
Clinic: 1st and 3rd 9:30-10:30am

Tuesdays: Lunesdale Camera Club: URC
7:30pm 720601

Fridays: Memory Café: 11am-12:30pm;
1st & 3rd Friday each month; Dec 6, 20;
Jan 3, 17; Feb 7, 21. Rita 07979715041
55's Luncheon Club: 10am-12:30pm; 2nd
& 4th Friday; Dec 13; Jan 10, 24; Feb 14,
28; 811316

MONTHLY EVENTS

MONDAYS:

2nd Mon: Halton Reading Group: 9:30-
10:30am

TUESDAYS:

1st Tues: Here4U: Drop In for a chat, and
tea/coffee at Halton URC. 1:30-3:00

1st Tues: B4RN Progress Meeting: 7:30pm

2nd Tues: Soup and a Song: 10:30am- 1pm
(for those with memory loss, their carers
or friends) Halton URC High Road

3rd Tues: Gardening Group: 10:00-
11:30am Coffee Shop (exc Aug, Dec & Jan)
Ann 811684

WEDNESDAYS:

1st Wed: HCA meeting: 7:30pm 811316

2nd Wed: Parish Council Meeting: 7:15pm
(except August) The Centre 07810 356929

3rd Wed: WI: School 6:45pm Jane 812702

THURSDAYS:

4th Thurs: Lune Valley Social Activities
Group Dominoes night: URC Hall, 7pm.
George 07772 014496

FRIDAYS:

1st Fri: Hospice Friends Coffee Morning:
9:30-11:30 The Courtyard Café at St John's
Hospice

2nd Fri: MySpace; art and craft group for
girls aged 11-16. Halton URC, High Road.
Please book a place - email
rawcliffemary@yahoo.co.uk
catherine.marshall76@gmail.com

SATURDAYS

3rd Sat [usually]: Ballroom & Sequence
Dancing. For info contact Ken on 079881
48730 or kjw9@hotmail.co.uk



MONTHLY CALENDAR OF EVENTS

December

- Wed 4 St Wilfrid's School Community Tea, 2pm; everyone welcome
 Fri 6 St Wilfrid's School Christmas Fair, 5-7pm
 Sat 7 Christmas Craft Fair 2-5; Halton Mill
 Sat 14 Carols and Mince Pies at Halton Park House, 10-12 am
 Sat 14 Ballroom & Sequence Dance 8pm; The Centre
 Wed 18 Aughton Village Carol Service, St Saviour's; 7pm
 Wed 18 Aughton Christmas Bingo, in Aughton Village Hall; 7:30 pm
 Sun 22 Halton Village Carol Service, St Wilfrid's Church; 4 pm
 Fri 27 Fun Run 11am; Salt Ayre
 Tue 31 Ceilidh; 7:30pm-12am; The Centre.

January

- Sat 25 Table Top Sale; 9-12 noon, Halton Mill
 Sat 25 Salsa Dance Night, The Centre

2020 Advance dates for your diary

- Feb** Sat 1 Family Fun Night; The Centre
 Sat 14 Ballroom & Sequence Dance - 8pm The Centre
 Sat 29 Roller Disco – at the Centre
Mar Sat 14 Ballroom & Sequence Dance - 8pm The Centre
 Sat 21 Millennium Choir – at the Centre
 Sat 28 Children's Nearly New Sale - The Centre
Apr Sat 4 Ballroom & Sequence Dance - 8pm The Centre
May Sat 2 Salsa Dance Night - The Centre
 Sat 9 Christian Aid - Big Breakfast The Centre
 Sat 16 Garden Sale – The Centre
 Sat 16 Ballroom & Sequence Dance - 8pm The Centre
 Jun Sat 20 Ballroom & Sequence Dance - 8pm The Centre
Jul Sat 11 Salsa Dance Night also Sept 26, Nov 14 The Centre
 Sat 13 Children's Nearly New Sale – The Centre
Oct Sat 10 Children's Nearly New Sale – The Centre

**THERE'S LOTS MORE GOING ON IN OUR AREA
 ELSEWHERE IN THIS ISSUE - BE SURE
 TO CHECK THEM ALL OUT!**



THE PRATTLE QUIZ No 37 - GENERAL KNOWLEDGE

1. In which country was the 2019 Rugby World Cup held?
2. The TV series Doc Martin is set in which fictitious Cornish fishing village?
3. What sank a Russian Navy landing craft which was supporting a geographical mission in the Franz Josef Land archipelago in September?
4. How long had Thomas Cook been trading when it collapsed in September [allow yourself 5 years leeway]?
5. Which company, the maker of Barbie, recently launched a range of gender inclusive dolls?
6. Currently the darling of the creative media, Phoebe Waller-Bridge wrote and starred in which multi Emmy award winning comedy in 2019? She also won an Emmy for her contribution to Killing Eve.
7. Which county won the 2019 County Cricket Championship?
8. Who wrote the 1927 novel 'To The Lighthouse'?
9. In World War II the German Schnellboot was better known to the British naval forces by what name?
10. At which site, by the River Thames, was the Magna Carta sealed by King John?
11. Which country was the home of the Incas and currently has Lima as its capital?
12. The drummers in Queen and Duran Duran share which first and second names?
13. Blackfin, Bluefin, Bigeye and Albacore are all species in which family of fish?
14. Which river flows from near Bacup to empty into the Mersey at Irlam?
15. Eve's Pudding consists of a layer of sponge over a base of which fruit, sometimes accompanied by raisins?
16. Which motorway links North London with Cambridge?
17. Which model and actress was the long-time mistress of Horatio Nelson?
18. Who is Queen Elizabeth II's oldest grandchild?
19. What is the name of the device installed in heavy commercial vehicles which records the activity of that vehicle over time?
20. Marilyn Monroe played which character in the 1959 film 'Some Like it Hot'?

*Thanks to our Quizmaster, Mark Drinkall -
answers on page 37*



FAMILY FUN NIGHT

Sat 1st February



6.30pm to 11.00pm



DISCO * BAR * SOFT DRINKS * SNACKS * GAMES

Adults £5 Children £3

(Children under 14 must be accompanied by an adult)

Tickets available from

**THE CENTRE @ HALTON
HALTON VILLAGE NEWSAGENTS**

www.ticketsource.co.uk/haltoncommunityassociation

The Centre @ Halton Low Rd Halton Lancaster LA2 6NB | 01524 811316 | centremanager@haltoncentre.org

www.haltoncentre.org

www.facebook.com/haltoncentre

www.twitter.com/haltoncentre

PROCEEDS TO CENTRE REFURBISHMENT FUND

HCA CHARITY No. 1152064

COMPANY REGISTRATION No. 08394194

CATON CLUBS NEWS

CATON AND BROOKHOUSE FRIENDSHIP CLUB

Our last trip of the year was to Leeds on a bright sunny day in October, calling at the Armouries.

I will report back in the next issue on the first meeting of our winter programme - a Hot Pot and quiz which we held on the 21st of November.

The Christmas party is on the 12th December - 12:30 for 1pm in the Victoria Institute, cost £5.00 for a two course meal with drinks, followed by entertainment by the 'Everysong Singers'. Catering to be booked and paid by the 5th December. Please contact your agent early to avoid disappointment.

Our A.G.M will be held in the Victoria Institute on the 16th January 2020 at 2pm. The meeting will be followed by mince pies or cake with tea/coffee. There is no charge for this meeting.

On behalf of the committee I wish all our members a very merry Christmas and a happy and prosperous New Year.

For further information on any of these items please contact our secretary, Benita on 01524 771943.

CATON THEATRE INTEREST GROUP

The pantomime this Christmas is a matinee performance of Peter Pan at the Grand Theatre, Blackpool on Saturday 4th January 2020. We have booked seats near the front of the dress circle.

Pick up as usual at the Victoria Institute at 10am, then on to pick up in Brookhouse. Arrangements have been made to pick up in Ingleton and Hornby.

The cost for a theatre ticket and coach was £28.00 and as we all paid early by the 31st October there will be a bonus in with your ticket of £2.00 each. Merry Christmas and a Happy New Year!

For our theatre trips next year watch this space.

If you require further information please contact Jean on 770980 or Benita on 771943.

HALTON READING GROUP

invites members from Caton.....

Do you like discussing books? Halton Reading Group needs some new members. We are a friendly group who meet once a month, on the 2nd Monday from 9:30-10:30am, in the coffee shop foyer

Eternal
Gardens



**Garden Maintenance,
Renovation and Construction**

Friendly, Reliable and Professional
Gardening Service from a
Knowledgeable Plantsman

Most aspects of Soft and Hard
Landscaping undertaken

Call John Elliott on **(01524 811360)**



at The Centre@ Halton. Books are collected from Halton library, a month before our meetings, and discus-

sions are informal, usually over a cup of tea or coffee. Recent books include: "The Absolutist" by John Boyne, featuring the life of a conscientious objector in the First World War; "Longbourn", by Jo Baker, in which we experience the fascinating world of the servants in the house which is the setting for Jane Austen's Pride and Prejudice. For October we read "The hundred-year-old-man who climbed out of a window and disappeared", by Jonas Jonasson. If you would like to join us, call into Halton library and collect the book, or simply drop in to one of our meetings. You will be very welcome.

Sarah Birkill Tel 811160

Stewart Cross Ltd

Joinery

(Est: 1984)



**Loft & Garage Conversions,
Staircases, Windows and Kitchens**

Tel: 01524 811283



CATON LEISURE CLUB

DECEMBER

Have fun and exercise at the same time? Yes, it is possible. Join Norma Mondays 9:00-10:00 for chair exercises in the main hall and find out what you are missing. Leisure Club membership is required at £5.00pa with weekly class fees of £2.00 per session. Then why not pop next door to the Thomas Storey Room to hear one of the speakers and of course a cup of tea/coffee and a biscuit.

2nd - David Dale: 'A Christmas Box'.

Performance storyteller David Dale and musician Ian Midgley make a return visit with 'A Christmas Box' - a festive recipe of Advent and Christmas stories, songs and poems. Let's fill our hearts with sparkle, joy, magic and good cheer.

9th - Christmas Party: this year the party will be held in the main hall from 11-1pm; note: the later start time. The food will be provided by Cracking Spread and The Barton Community Choir has been booked to sing for us. The cost is £5.00; members only.

Then we have our Christmas Break. Have a great Christmas and a Happy New Year. If you have never visited us then why not give us a try in the New Year? We are a friendly group and you would be made most welcome. Membership is £5 pa then £1.50pw. Non members £3.00.

JANUARY

6th - David Talbot: "Falkland Islands & Antarctica". David lives in Silverdale and is an active member of Arnside & District Natural History Society and a volunteer with National Trust and Butterfly

Conservation. He returns to give us another one of his memorable talks, focused particularly on the wildlife of the Southern Ocean and the Falklands, intertwined with the story of Shackleton's 1914-17 Trans Antarctic Expedition and the journey from Elephant Island to South Georgia.

13th - John Watson: "China Old & New"

20th - Janet Dearden: "Go & Work a Miracle". Janet is a local girl living in Hornby. Her talk is about her job as the director of a language school in Khartoum in the Sudan. As part of her role she recruited teachers to help the people improve their English. She describes it as 'quite an experience'.

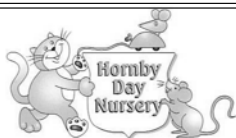
27th - Norman Harris: "Sailing the Atlantic with the Jubilee Sailing Trust". The JST is a charity which sails a magnificent 500 ton square rigged ship which enables able bodied and disabled people to share the experience of sailing and working together. His talk tells all about the sailing and the enjoyment



they had sharing the incredible experience.

Caton Short Mat Bowls meets on Thursdays at the Victoria Institute 10-12 during the winter months (October – April), in the Main Hall. New members always welcome. If you would like to join us then contact David on 01524 812342 or just turn up.

For further information call Susan on 01524 771862 or check out the website <http://www.catonvillage.org.uk/caton-leisure-club>



Care & Commitment for your Peace of Mind

Ofsted have rated us Outstanding in all areas

- Qualified staff who positively enjoy working with children
- 30 hours free childcare for eligible 3 & 4 year olds
- 15 hours free childcare for eligible 2 year olds also offered
- Dedicated Baby & Toddler facilities
- Home cooked meals with special diets catered for
- Holiday club available during all school holidays

Looking for childcare?

Call Danielle Brown to discuss your individual requirements or to arrange a visit.



**1 Station Road
HORNBY**

T: 015242 22288

E: info@hornbydaynursery.co.uk

BRIDGES & CO

FINANCIAL CONSULTANCY

FINANCIAL ADVISERS BASED IN HALTON

We offer specialist face-to-face advice in any of the following areas:

INVESTMENT PLANNING

RETIREMENT PLANNING AND PENSIONS

AUTO-ENROLMENT

MORTGAGES AND RE-MORTGAGING

LIFE ASSURANCE

Your home may be repossessed if you do not keep up repayments on your mortgage or any other loan secured on it.

Tel: 01524 68812

Email: admin.bridges@sjpp.co.uk

Web: www.bridgesandco.co.uk



Braestone, Kirkby Lonsdale Road, Halton, LA2 6PH

HEALTH MATTERS

So you're experiencing a cold, struggling with a cough or feeling 'flu'ey?

In the last issue of the Prattle I wrote about how to work towards preventing episodes of coughs, colds and influenza by boosting your immune system. Looking around me I notice that "There's a lot of it about" despite our best efforts. So the best advice now is to work with the symptoms rather than suppressing them and move through the acute illness so that it comes to a full resolution rather than experience repeat and recurring symptoms throughout the winter season.

Six Guiding Principles for Treating Acute Disease

1) REST

We don't allow enough time for this and neither do we allow enough of a convalescence period.

2) FASTING/EATING

"If you don't starve a cold, you will have to starve a fever".

Especially important in acute disease, especially if the acute involves the digestive tract – try for at least 2-3 days.

3) HYDRATION

Especially important in instances of excess heat (i.e. fever, inflammation, where the body evaporates more water and sweats more out), then water is needed to help promote elimination of morbid matter through the skin, kidneys and bowels. Drink plain, good quality water at body temperature and away from food intake.

4) TECHNIQUES

The skin is important as a route of elimination, especially during acute episodes where it will take the pressure off the overburdened organs such as liver and kidneys. Hot and cold (luke warm if you can't bear the cold) showers will help. Skin brushing and foot baths will help detoxing and temperature control. The aim is not to suppress the inflammation process.

5) POSITIVE MENTAL ATTITUDE

See this as an opportunity to rest, repair, restore and take stock rather than see it as a punishment or an ordeal.

6) FRESH AIR

Fresh air, always crucial but especially so in acute disease because here the system is working under pressure, large quantities of waste and morbid material have to be oxidised/burnt up and eliminated from the system, therefore, always have plenty of fresh air in the "sick room".

GM SOAR CHIMNEY SWEEP

25 years+ experience - fully insured

TEL 01524 770194



84 Sycamore Road
Brookhouse
Nr Lancaster
LA2 9PE

What else can you do to alleviate symptoms?

From supplements to nasal sprays, there are plenty of effective options when it comes to combatting colds and coughs naturally. And given that most conventional remedies don't work and doctors are reluctant to prescribe them, especially for children, you might be wise to try a drug free route as a first resort. Here are some of the best supports to enhance what the immune system is doing on your behalf.

ZINC. Taking a zinc supplement throughout the winter could slash the number of colds by more than half. And should you begin with cold symptoms then taking zinc within the first day of symptoms starting can shorten the time you're sick.

VITAMIN C. For decades, vitamin C, an essential antioxidant known to play an essential part in immune system formation and function, has been known to fight both flu and cold symptoms. A study of 14 young top Polish figure skaters given vitamin C during a 10 day train-

ing camp showed that levels of two genes related to cellular stress and protein damage were significantly lowered with supplementation of this vitamin.

VITAMIN D. Low blood levels of this vitamin – mostly in people who don't get enough (safe) exposure to sunshine – have been associated with an increased risk of respiratory infection in adults, children and infants. Too-low levels have also been linked to more severe bouts of lung infections in children and also to deaths from pneumonia in adults. You can request a blood test from your doctor to test your levels. A shortage of vitamin D has often been confused with the symptoms associated with a lack of iron. The suggested daily dosage is at least 10-15 minutes a day of sun exposure or 1000-3000 IU a day of D3, the natural form of the vitamin.

PROBIOTICS. Taking 'good for you bacteria (probiotics)' throughout the winter months can help fend off fevers, coughs and runny noses. Look out for the *Lactobacillus acidophilus* NCFM strains which have been proven to work for colds for kids.

PROPOLIS. This gummy substance collected by bees has shown promise for treating colds and is now found in a variety of commercial cold remedies on the market. In children it's been tested as a water based nasal spray and found to improve common cold symptoms as well as neutralise the numbers of provoking bugs in the air passages. (Avoid if allergic to bee products however).

Rapid Computer Support

Millennium Computers, Warton
For Home and Business ESTABLISHED 1998

- Computer Repair Specialist
- Onsite / Workshop Repairs & Upgrades
- Broadband Installation and Repairs
- Fixed Prices Repairs, No hourly charge
- New PCs, Laptops and Tablets
- Wired & Wireless Networks,
- Support / Repairs for PCs, Laptops, Macs
Ipad, Tablets

01524 733970

COMPLETE HOMEOPATHY DAWN KEYSE RSHom

Over 20 years as a qualified homeopath facilitating increased health and well-being.

All of the medicines are sourced from natural substances



Registered Member of
The Society of Homeopaths



Flexible appointments including evenings.

I am a fully qualified and insured practitioner

SAFE NATURAL NON-ADDICTIVE EFFECTIVE

Dacrelands Clinic LA1 2DU 07515 426670 dawnkeyse@gmail.com

www.completehomeopathy.biz



SIGN UP FOR MY NEW SEASONAL NEWSLETTER

(digital) with hot health tips and mini case histories.

Simply drop me your email. It will be good to hear from you.



BUCKWHEAT HONEY. For a safe, simple, alternative to conventional cough medicines, try raw buckwheat honey – a dark honey made by bees collecting nectar from buckwheat flowers. This is available from health food stores or online. (Not to be given to babies under a year old.) Mixing this with live and organic cider vinegar is also very affective for more chronic conditions like hayfever and joint inflammation.

NASAL RINSING. This technique, where you use a container called a neti pot filled with a saltwater solution to flush out the nasal passages, is a cheap and effective option for both preventing and treating colds. It can help clear a blocked nose, sooth a sore throat and even reduce the chances of getting sick again. Neti pots (or nasal cups) and instructions on how to use them are available online.

GARGLING WITH TEA. A Japanese review of five studies involving 1,890 participants found that those who gargled with tea (whether green or black) had a 30% lower risk of influenza infection than did participants who gargled with either pla-

cebo or water or didn't gargle at all. Should winter ailments strike then gargling with sage tea is a very good option.

A word of caution

There is a wealth of information online and countless products and brands making all sorts of claims and promises. Make sure your source is authentic and reliable and evidence based. Consult a qualified and insured alternative practitioner covered by a professional governing body if in any doubt. My "go to" company for advice is Cytoplan Ltd. They are of 100% charitable status and any profits get ploughed back into research and charity support. Get in touch with me if you require more detail and we can discuss utilising their free analysis of a health questionnaire by a fully qualified nutritionalist, whereby they will offer dietary advice with a background programme of supplementation.

Dawn Keyse RSHom DipNatNut

dawnkeyse@gmail.com

www.completehomeopathy.biz

07515 426670

HAPPENINGS AT HALTON MILL

www.haltonmill.org.uk

FESTIVE FUN, HOSTING A HAPPENING, & NEW YEAR CREATIVITY AT HALTON MILL

There's a chance to rummage, create, relax and perform at Halton Mill this festive season.

Our annual Xmas Arts & Crafts Fair takes place on Saturday 7 December between 2pm and 5pm. Stalls sold out early this year, with local makers and artists keen to take part. Come along to find unusual, hand-made Christmas presents. There'll be refreshments, and, we hope, music, and even dance, as well as tours of the Mill. Entry 50p, under 14s free.

If you'd like to make your own Christmas presents, there's a one-day silver jewellery workshop led by Rachel Hearne on Friday 6 December – you'll come away with a unique gift for someone special. Book via www.lal.ac.uk or phone 0333 0031717.

Not all Christmas presents hit the mark: so if you get some you'll never use, or are having a New Year clear out, you could book a table for our Table Top Sale on Saturday 25 January - £10 a table via www.haltonmill.org.uk or email greenelephant@haltonmill.org.uk. Or come for a rummage between 9am and 12pm to see what bargains you can find.

SCREEN PRINTING AND GLASS MAKING

There's more opportunity to develop your creativity in January with Halton Mill's resident glass artist and screen

printer, Sarah Galloway. Some of you will remember Sarah from the very popular screen-printing taster sessions she ran in her beautiful workshop during Millfest. On Saturday 25 Jan, the same day as the table top sale, Sarah will be running a one-day screen printing course from 10am-4pm, cost £60. And at the end of January she is starting a five-day creative glass course: you'll get the chance to experiment with a range of glass processes and, by the end of the course, will have created your own 50cm x 40cm art glass panel to keep. For more information on both courses see www.sarahgalloway.co.uk

IMPROV – HAVE A GO OR JUST SIT BACK AND WATCH

Improv is back at the Mill. International duo Lizzy & Andreas from Awkwardly Quiet are spending the day with us on Saturday 18 January. They are running a workshop - Playfulness, Freedom & Trust

- Painting & Decorating
- Refurbishment & Renovation
- Property Maintenance
- Handyman Service

Call: 01524 812 000
07733 93 95 95

Email: Info@limetree.properties

Visit: [@Limetree105](http://limetree.properties)

facebook



Lime Tree
Properties



MARK WATSON
HOME & GARDEN
MAINTENANCE

Digging, fencing, hedge
trimming, mowing, paving,
planting, power washing
spraying, strimming,
turfing, gutters cleared

07759680938

07759680943

Loft insulating, pointing,
rendering, painting

Low Bentham

015242

62038

No job too small, reasona-
ble rates, estimates given.

ness of the festive season. Book via
emmelineyoga@outlook.com

**HOSTING PARTIES, AWAYDAYS AND
OTHER HAPPENINGS**

We've recently upgraded our audio-visual equipment in our seminar room with a good quality fixed projector and sound system. We already have a sound and lighting system in the atrium (enhanced 2 years ago with a grant from the Halton Lune Trust), so we can support all kinds of activities and events. For instance we hosted the legendry St Wilfrid's 'Class of 2019' leavers party last summer, with a giant bouncy castle, as well as birthday parties, wedding anniversaries and sit down dinners. And we're now getting known as a venue for workplace away days.

- between 10am and 5pm, giving you skills to find more ease and fun in your life. At 7:30 that evening they will be joined by local improv performers for an Improv Showcase. Book one or both via www.haltonmill.org.uk.

YOGA FOR WINTER

There's some specially designed seasonal yoga in the River Room for the dark days of winter. Rebecca is leading two afternoon Ying-Yang yoga workshops: on Monday 16 December there's a Candlelit Heart Opening session to warm and calm us for Christmas, and on Sunday 12 January there's an opportunity to Replenish, Rejuvenate & Recharge for the New Year. Book via rebecca@theriverroom.org.uk. Emmaline & Kirsty offer a five-hour winter yoga workshop on Saturday 14 December between 11am and 4pm. It includes vinyasa and yin yoga, mixed with breath work and meditation, to create deep relaxation away from the busy-

**DO YOU WANT TO RUN A CLASS,
WORKSHOP OR EVENT AT THE MILL?**

We are taking bookings now for our spring 2020 programme – deadline for text and

FAIRWAY PHYSIO LTD

**Physiotherapy / Sports Massage /
Acupuncture**



**We provide assessment,
diagnosis, hands on and
exercise based treatments
to the general public.
Based at Lancaster Golf
Club**

**Book online at www.fairway.physio
or call 07493 301568**

images for our brochure is Friday 13 December. So if you think you might want to put on a performance, or run a class or workshop that's open to the public, please get in touch as soon as possible. For music, plays, talks and other performances we offer a special deal where we'll accept 30% of door takings in lieu of a room booking payment – this can help people who are trying something out, or who are worried that the takings might not cover the fee.

The Original



LOGSDIRECT



- Kiln Dried Logs • Smokeless Fuel • House Coal
- Kindling • Firelighters • Briquettes • Pellets
- Top Soil • Compost • Bark

01524 812476

www.logsdirect.co.uk

Free local delivery (min order required)

Brooklands Farm, Addington Road, Lancaster, LA2 6PG.

TRAVEL SURVEY

Thank you to everyone who filled in our travel survey in October. We are trying to encourage people to walk and cycle to the Mill, or car share if they are coming from further afield. So the survey will give us a baseline to understand where people are coming from and how they get to us at the moment. We hope that having the Mill on your doorstep means

that you don't always have to get in your car to enjoy some music or yoga, to get creative or learn something new. To discuss any of this, contact us at greenelephant@haitonmill.org.uk or ring 07582 789406. We wish you all a merry Christmas and a wonderful 2020.

**Amber, Fiona,
Chris and Alison**



SOUP AND A SONG

Is your memory letting you down?
Are you caring for someone with memory problems?
Do you enjoy good company and food?
Would you benefit from a morning out and appetising lunch?
Do you enjoy a good sing-song?

If your answer is yes to either of the first two questions, then why not come along and join our happy group?

We offer a safe, friendly and welcoming environment for those with memory problems, their carers, family and friends. We welcome you with tea, coffee and biscuits, join in an hour of song and fun, then share a meal of home-made soup, sandwiches and cake.



SECOND TUESDAY of EVERY MONTH
10.30AM - 1.00PM

For more information or to book a place, please contact
Barbara 811862, or Meryl 811631



YOUR LOCAL COUNCILLORS

HALTON WITH AUGHTON PARISH COUNCIL

LIST OF COUNCILLORS AS AT MAY 2019

CHAIR: Cllr. Carol Slinger, Tel: 01524 811027; carol.slinger@hotmail.co.uk

Cllr. Brian Jefferson, Tel: 01524 811837; piperswood@btinternet.com

Cllr. Barbara Ann Duffy, Tel 07738 002038; barbaraduffy72@gmail.com

Cllr. Chris Coates, Tel: 07426 701155; chris@utopia-britannica.org.uk

Cllr. Anne Lamb, Tel: 01524 811052; annelamb27@hotmail.com

Parish Clerk & Financial Officer: Luke Mills, Tel 07980 000682;
clerk@haltonwithaughton-pc.gov.uk

Parish Council meetings are held at the Centre on the second Wednesday
of each month (excluding August) at 7:15pm - all welcome!

www.haltonwithaughton-pc.gov.uk

LANCASTER CITY COUNCILLOR

Cllr Kevin Frea, Tel: 07716 246 672, kfrea@lancaster.gov.uk



Mobile Gents Barber

Now in your area



Call Scott



07564 089632



PARISH COUNCIL NEWS

NEIGHBOURHOOD PLAN

Two public drop-in sessions were held in the Centre during November, which generated a large number of comments from those that attended. The Parish Council would still like to gather as much feedback as possible, so **the deadline for commenting will be extended until mid-December**. There is a comment box in the Centre or email the Parish Clerk (email address below).

A brief summary of the feedback so far:

- Lots of support for new and improved paths, and where possible making them multi-use.
- Lots of support for green spaces, including protecting the old lawnmower site, horse paddock and opening Castle Hill. Support for the creation of wildflower areas.
- Lots of calls for better bus services, especially during evenings and along Low Road.
- Lots of concern over speeding traffic and HGVs travelling through the village and ideas for making it safer for pedestrians.
- A variety of views on the new housing and any future housing. Suggestions for more affordable homes and homes suitable for older people.
- Mixed views on shops, but support for longer opening times for the Post Office, library and GP surgery.
- Ideas for building better community resilience to cope with future climate change.

ROAD AND GULLY CLEANING

The annual leaf-fall has probably blocked some road drains. Residents are best placed to know which drains are blocked, so we would ***encourage you to report any blocked gullies (drains) directly to Lancashire Highways***. There is a link to the online form from the Parish Council website (<http://www.haltonwithaughtonpc.gov.uk/report-it/>).

BURIAL GROUND EXPANSION

Halton Burial Ground located on Foundry Lane was built towards the end of the 60's, but the number of remaining Church of England plots has gradually become smaller. Therefore, the Church of England section will be expanded through a consecration ceremony held by Rev. Susan Seed and the Bishop of Lancaster. This will ensure that there are enough spaces for the foreseeable future.

PROPOSED DEVELOPMENT IN THE BEAUMONT AREA

Taylor-Wimpey have raised a scoping request for a development on the far western edge of the parish (Green Lane to Kellet Lane), primarily filling in the area bounded by Kellet Lane, the Bay Gateway and the A6, with a smaller area on the other side of the A6 too. The proposed uses include:

- Residential – up to 500 dwellings comprising a mix of housing types

PRATTLE QUIZ ANSWERS

1. Japan
2. Portwen
3. A female walrus protecting her young
4. 178 years
5. Mattel
6. Fleabag
7. Essex
8. Virginia Woolf
9. E boat
10. Runnymede
11. Peru
12. Roger Taylor
13. Tuna
14. River Irwell
15. Apple
16. M11
17. Emma Hamilton
18. Peter Phillips
19. Tachograph
20. Sugar Kane



3. A female walrus protecting her

The articles in The Prattle are provided by our readers and do not necessarily reflect the views of the Editorial Team. Responsibility for the accuracy of adverts and articles rests with the advertiser/author and no responsibility can be taken by the Prattle editorial.

Every effort has been made to acknowledge copyright holders and all rights recognised. However, if we have omitted to credit a particular source, we will be happy to correct the oversight.

- Employment Land – 2 hectares to be located on the frontage to Kellet Lane
- A new local centre – which will contain a range of services and facilities
- Education Facilities – land for up to a new two-form-entry primary school.

The Parish Council considers that there should not be any access from Kellet Lane due to safety concerns. Additionally, the area near Halton Road/Kellet Lane is subject to surface water flooding, so is not suitable for housing without mitigating measures.

Luke Mills, Parish Clerk

e: clerk@haltonwithaughton-pc.gov.uk,
m: 07980 000 682



1st Choice Blinds

"The Blind Man"

and **Choose at Home Carpets**

We are a local, family firm offering a friendly, professional service, supplying and fitting all types of blinds, carpets, vinyls and laminate flooring.

We do free quotes and fast fitting.
Just leave everything to us.

Tel: **01524 36259** any time
Or **07796 914841** (mobile)

SERVICES IN BRIEF

BUS SERVICES – Timetables are available in the library.

No 49 Mon – Sat to/from Lancaster, and Carnforth/Warton via the Kellets
Halton – Lancaster 0720 [NS], 0750, 0812, 0922 then ½ **hourly** 1752 [NS] until 1922

Lancaster – Halton 0700, 0730, 0905, 0930 then ½ **hourly** until 1900

Halton – Carnforth (& Warton) 0947, hourly inc 1547, [NLCC] , 1747 (SO)

Warton, Carnforth – Halton 0928, then **hourly** until 1428, 1528 (NLCC)

Notes NS = Not Sat; SO = Sat Only; NLCC = Not Lancashire Schools

No 490 Mon-Sat Halton-Lancaster at 2052 (Stagecoach tickets not valid)

No 80/81/582/830 to Kirkby Lonsdale, Ingleton and further into the Dales from top of Denny Beck Lane. Mon-Sat all year, Sun & BH in summer.

DIAL A BUS Book on: 01524 425902; email: itslancastermorecambe@lancashire.gov.uk

OTHER SERVICES:

LIBRARY: Tues, 1-7pm; Wed, 9-1pm; Fri, 1-5pm; Sat, 9-1pm. Tel 0300 123 6703 and 0300 123 6704 for automated renewal service

SURGERY: Halton Medical Centre, 110 High Rd 811226. Mon to Fri 8:00am-12:30 pm and 1:30–5:30pm

POLICE: Community police 101, Police station 01524 463333

POST OFFICE: (In the Pharmacy) Mon, Wed, Fri 9:30–12:30 & 1:00–4:00

PHARMACY: Mon – Fri 9:00-5:30; tel 812149, closed Saturdays & Sundays

For Personal Caring Attention

Cliff Small Funeral Service



Independent Family Firm
Private Chapels, Prepaid Funeral Plans
Monumental Masonry



20 Brookhouse Road, Caton.
33 Claremont Road, Morecambe.
91 Main Road, Bolton-le-Sands.

Tel: (01524) 770886 (24 hrs)
Tel: (01524) 424072 (24 hrs)
Tel: (01524) 736166 (24 hrs)

USEFUL LINKS

Community run Car Club: www.lancar.org.uk

Halton Juniors FC: www.haltonjuniorsfc.com

Halton Lune Hydro: www.haltonlunehydro.org

Halton Mill: www.haltonmill.org.uk

Halton Social Club: email haltonsocialclub@gmail.com

Halton United Reformed Church: www.nlancsurc.org.uk then click on 'Halton'

Lancaster CoHousing: www.lancastercohousing.org.uk

Parish Council: www.haltonwithaughton-pc.gov.uk

St Wilfrid's Church: www.achurchnearyou.com/halton-st-wilfrid-church

St Wilfrid's Church of England Primary School: www.st-wilfrids.lancs.sch.uk

The Centre@Halton: www.haltoncentre.org/

The Prattle: email haltonprattle@btinternet.com



Out of the Woods

www.outofthewoods.uk.com

Crafted for the Soul

Unit 4, Mill Lane, Halton,
Lancaster, LA2 6ND, England.
e-mail: ralph@outofthewoods.uk.com



Design, manufacture and fitting service

- * Full Kitchens
- * Replacement Kitchen Doors
- * Wardrobes
- * Libraries and Book Shelves
- * Finely Crafted Furniture
- * New Timber and Laminate Floors

Contemporary or traditional. Fitted or freestanding.

Sustainably sourced timbers. Non-toxic finishes.

All Price Ranges

30 years of fine furniture and design experience servicing the local community

Happy Christmas!!



Keep warm with a piping hot portion of Fish & Chips this festive season!

Black's
Finest Fish & Chips

159 High Road, Halton, LA2 6PY
01524 812225