



# THE PRATTLE



Issue No.113

Halton-with-Aughton

February/March 2020

As we move into a new decade, The Prattle continues to bring you all the news and activities going on in our lovely area. We also say a sad farewell, and thank you, to Dawn Keyse, who has written many interesting articles on health matters, but is now taking a break from writing.

If you would like to submit an article, or details of your event, then email [haltonprattle@btinternet.com](mailto:haltonprattle@btinternet.com) - we look forward to hearing from you!

**Jan & Dave**

**Editors**

## CONTACT DETAILS FOR THE PRATTLE

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

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### DEADLINES for April / May

Copy: Wed 11th Mar 2020  
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### 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](mailto: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 February

- 2 10:00 am Family Communion
- 4 9:00 am Morning prayer
- 9 8:00 am Holy Communion
- 10:00 am Family Worship
- 6:30 pm Taizé Holy Communion
- 11 9:00 am Morning prayer
- 16 10:00 am Family Communion
- 18 9:00 am Morning prayer
- 23 10:00 am Family Communion
- 25 9:00 am Morning prayer
- 26 7:00 pm Ash Wednesday Holy Communion

### Services in March

- 1 10:00 am Family Communion
- 3 9:00 am Morning prayer
- 8 8:00 am Holy Communion
- 10:00 am Family Worship
- 11 9:00 am Morning prayer
- 15 10:00 am Family Communion
- 17 9:00 am Morning prayer
- 22 10:00 am Mothering Sunday Service
- 24 9:00 am Morning prayer
- 29 10:00 am Family Communion

### St Saviour's Aughton

#### Services in February

- 9 11:30 am Holy Communion
- 23 11:30 am Morning prayer

#### Services in March

- 8 11:30 am Holy Communion
- 22 11:30 am Mothering Sunday Service
- 29 7:00 pm Evening prayer

### December 2019

- 2 Rev. George Barton (Communion)
- 9 Rev. Graham Harris
- 16 Mr. Michael Pickles (all-age worship)
- 23 Mr. John Costello

### March

- 1 Rev. Daleen ten Cate (Communion)
- 8 Mrs. Margaret Watkins
- 15 Joint Service at Trinity URC Lancaster (10:30 am)
- 22 Ms. Mary Rawcliffe & Mrs. Catherine Marshall. Café style church (Mothering Sunday, all age)
- 29 Rev. David Greenwood

## FROM ST WILFRID'S REGISTERS

### Baptisms:

- 17 November, Oliver & Harry Perkins
- 8 December, Brody Kemp

### Funerals:

- 18 December, Terry Shade
- 20 December, Maureen Parkes

## FROM ST SAVIOUR'S REGISTERS

**Baptism:** 22 December, Thea Hurst

**Funeral:** 21 December, Christine Johnson (Burn)

## **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](http://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](http://www.nlancsurc.org.uk) then click on 'Halton'

### **JUNIOR CHURCH**

All children and teens are welcome at our Junior church which runs alongside the main service. Activities include games, quizzes, art, crafts and drama.

Junior church usually runs on the first, second, fourth and fifth Sunday of each month. The third Sunday of the month is usually all-age worship, when children stay in the main service.

In March 2020 it is slightly different. Junior Church will run on 1st March, 8th March and 29th March. All age worship

will be on 22nd March for Mothering Sunday.

### **CAFÉ STYLE CHURCH - Mothering Sunday, 22nd March, 10:00am.**

Café Style church is a new, family friendly, type of church service which will include something to think about, crafts, singing and refreshments. Come and try it out on Mothers' Day when we will be thinking about the many special qualities that mothers, and all carers, have. There may even be something special to make!

### **JOINT SERVICE - Sunday 15th March.**

There will be a joint service at Trinity United Reformed Church, Bowerham Road, Lancaster, LA1 4AH. 10:30 am. There will be no service at Halton URC on this day.

### **HERE FOR YOU**

A free drop in café at Halton United Reformed Church. Please drop in to receive a warm and friendly greeting and a listening ear. Tea, coffee and biscuits served. Everyone welcome.

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

Tuesday 4th February 1:30 -3:00 pm

Tuesday 5th March 1:30 -3:00 pm

### **COFFEE MORNINGS**

Our monthly coffee mornings are a great chance for a cuppa, a chat and to buy some home-made cakes or hand-made greetings cards, all in aid of Halton URC. Entry £1.50 adults, including tea/coffee/squash. Children free.

Saturday 1st Feb, from 10 am. Hosts tbc.

Saturday 7th March, from 10 am. Hosted by Andy & Catherine Marshall, & tbc.

## **ST WILFRID'S HALTON**

***Lent Bible Study Group***

***Thursdays 2 pm***

***February 27th - April 2nd***

***at 25 Harrowdale Park, Halton***

***See Church Web site for details of an evening group.***

## **TAIZÉ SERVICE**

On Sunday 9th February at 6:30 pm we will be having a Taizé style evening service at St Wilfrid's Church. This will be a quiet reflective service of Holy Communion incorporating Taizé chants



## **THOUGHT FOR THE MONTH**

Last autumn I was able to fulfill one of my life-time ambitions, to go on a Pilgrimage to the Holy Land. Our 12 day Pilgrimage to Israel, Jordan and Palestine was a truly 'wonder-full' trip where, as well as walking in the steps of Jesus to visit the 'Ancient stones' of the biblical holy sites, we also met 'Living stones', Christian people who live in these troubled lands in the 21st Century. There were many times during our Pilgrimage when I was filled with the power of wonder, starting with the very first morning when I opened the curtains to watch a glorious sunrise over the tranquil waters of Lake Galilee. In his book 'Wonderment' Rev'd Steve Morris says that there are four everyday wonder-inducers that lead him straight back to God: the natural world; liminal places; sacrificial love; and the Church. There are many examples of the wonderment of nature if we really look for them

in the world around us. Even the sight of something as ordinary as a beetle making its way laboriously through the grass gives us a glimpse of the wonderful, when we realise it is like no other being. There are 350,000 species of beetle, each distinct.

The insight of the power of place struck me many times on our Pilgrimage, especially in Jerusalem where we were able to observe archeology going back thousands of years. My soul was stirred by the sensory overload I experienced as I walked through the noisy, colourful and aroma filled narrow streets, retracing the steps that Jesus walked to his crucifixion. The most memorable encounter I had with the wonder of sacrificial love came on a visit to 'Beit Al Liqa' (House of Encounter) in Bethlehem. This is a Christian, non-denominational community and training centre where young and old receive a warm welcome into an oasis of peace, regardless of their faith or background. The founder Johnny Shahwan, a Palestinian Christian, told us how during the times when Bethlehem

### **Aughton Easter Bingo**

In Aughton Village Hall

**7.30 pm**

**Saturday 28<sup>th</sup> March**

Good Prizes - Gammon, Chicken,  
Chocolates, Bottles  
Raffle  
Free refreshments.

***Proceeds to Church Funds***

## **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 At Halton United Reformed Church**

**For more information or to book a place, please contact**

**Barbara 811862, or Meryl 811631**

was being bombed, he would take out food to people in the local community and would sometimes rescue bleeding children from the streets and take them to hospital. Another source of wonder was the many churches we visited on our Pilgrimage. Not only for their awesome architecture and beautiful works of art, but also because of the way they had drawn people from all the corners of the earth to come to them and to feel blessed by the experience of being in such holy places.

It is perhaps easy to live a life of wonderment when travelling in the stunning places we visited during our pilgrimage. It is much harder when we are back living ordinary lives, especially when things are chaotic and going wrong around us. However, if we look out for wonder in our everyday lives, it will bring us hope for the future. Even in these dreary dark days of late winter, one of my congregation told me on Sunday, how he rejoiced

as he cleared away dead undergrowth in his garden to reveal the wonder of tender new shoots appearing from the cold earth to herald the beginning of spring.

## **Rev'd Susan Seed**

Rector of St Wilfrid's Halton with  
St Saviour Aughton

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# VILLAGE NEWS

## VILLAGE CAROL SINGING

Thank you to all L.V.V. (Lune Valley Voices), musicians, carol singers, children and people of Halton for your donations of £153. All the money has gone to L.D.H.A.S. (Lancaster & District Homeless Action Service).

The evening was finished down at the Mill, with mulled wine, mince pies and a lovely warm fire.

Thank you to all.

**Kath Shallis L.V.V.**

## LIBRARY NEWS

Want to know more about using the internet? You may have a new phone or tablet and would like to get the most out of it: free computer help sessions, Halton Library Tuesday 1:00-3:00pm. No booking required.

## A HAPPY NEW YEAR FROM ST WILFRID'S C E SCHOOL!



The children and staff returned to school this week, following the busy Christmas holidays, ready for a new and exciting term.

We are focusing on **Freedom/Justice/Hope** as our January/February monthly values. These will be explored through class discussion and in our collective worship/assembly times. In February we will be marking

**Safer Internet Day** with information and workshops led by our pupil led on-line safety team. We find that one of the main issues encountered is the age appropriate use of on-line games. This is the advice we promote in school; useful for anyone who cares for children:

Six Top Tips for keeping children safe when gaming (from internetmatters.org):

1. Take an active interest in the games your children are playing to get to grips with how they work and why they enjoy playing them.
2. Ask who they play with online, who they meet and talk to, and talk about what kind of language is being used. Make sure your child knows how to report abusive or anti-social behaviour.
3. For younger children, use 'airplane' mode settings on your tablet or smartphone. That way, they can play offline without making accidental purchases or connecting with someone they don't know.
4. Use PEGI ratings and App store ratings to ensure your children are playing age appropriate games. Help children understand why some games are allowed and others aren't.
5. Gaming can be very addictive, so agree boundaries and how long they're allowed to play for and with whom they are allowed to play online with. Remind them that people may hide behind fake profiles and not be who they say they are
6. Teach your children to protect themselves by thinking critically – remind



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them not to share personal information and to keep gaming friends in the game only rather than adding them to their other social networks.

Our next **Community Tea** will be held on Wednesday **5th February** and **18th March** 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.

If you would like to know more about what is happening in school please take a glance at our website ([www.stwilfrids-halton.co.uk](http://www.stwilfrids-halton.co.uk)) which has details on forthcoming events and learning in classes. You might be interested in our **Alumni page**, which has news of some of our past pupils. If you would like to contribute to this page please send in your contribution to [bursar@st-wilfrids.lancs.sch.uk](mailto:bursar@st-wilfrids.lancs.sch.uk).

We are always delighted to welcome offers of help at school from parents, grandparents and friends. If you would like to volunteer any time we would love

**Claire Weymouth**

Headteacher

St Wilfrid's Church of England Primary School

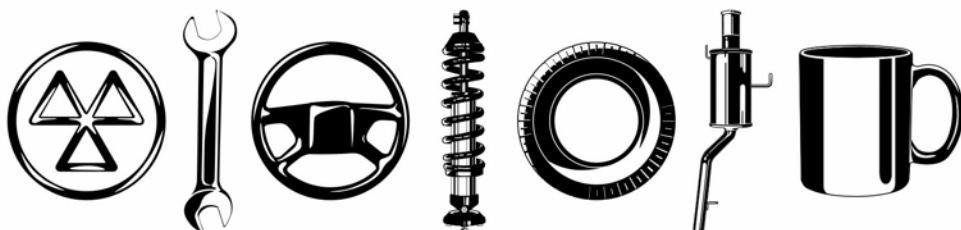
## HERITAGE GROUP GETS LOTTERY FUNDING



Halton with Aughton Heritage Group has been awarded a grant by the National Lottery Heritage Fund. The grant has been awarded in recognition of the importance of Halton's industrial heritage, in particular the documents, photos and company records of Luneside Engineering which have come to light over the last two years, many donated by former employees who had attended Heritage Open Day events at Halton Mill.

The grant will enable us to put on a number of events over the spring and

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Ask a member of staff for more details

## **HiQ Lime Tree**

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Saturdays: 8.30 - 12.30

# **HiQ**

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summer months for members and volunteers. These will include:

- Training in archive skills
- Evening talks
- Trip to the Lancashire County Archives in Preston
- Workshop on community & oral history

We have worked closely with the County Archive and the Regional Heritage Centre at the University and the project will result in the Halton Mill Luneside archive being professionally catalogued and preserved and placed in the County Archive. The series of events will culminate in May with a study day at Halton Mill run by the Regional Heritage Centre entitled Uncovering Halton Mill, where a range of speakers will explore the Luneside story in the context of the economic and social significance of

the mills on the Lune during the past 200 years.

If you are interested in the history of the village do come along and join in - new members are always welcome!

**Chris Coates** – Chair HAHG

The Halton with Aughton Heritage Group meet at the United Reformed Church on High Road on the last Wednesday of the month at 7:30pm.

For more information and how to get involved

contact:  
haltonwithaughtonheritagegroup@gmail.com or find us on Facebook:  
www.facebook.com/groups/HaltonwithAughtonHeritageGroup



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## MYSPACE

Myspace is an art and craft group for girls aged 11-16 at Halton United Reformed Church.

We meet once a month on Friday evenings (usually the second Friday of the month) at Halton URC, on the High Road.

We do interesting art and craft activities, with a relaxed atmosphere. In recent months we have made wire work decorations, decorative boxes, a nature banner, puppets and flip flops!

Leaders are DBS checked. There is no focus on religion - the group is for girls of any faith or none. Please email to book a place.

## Mary and Catherine

rawcliffemary@yahoo.co.uk

catherine.marshall76@gmail.com

## L A THEATRE

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!

## JAZZ IN HORNBY

Hello Fans & Happy New Year! Our first gig is on Saturday 15th February, with the welcome return of the Tim Kliphuis Trio;



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Tim on violin plus Nigel Clark, guitar; and Roy Percy double bass.

Usual venue: The Village Institute, Main Street, (A683) Hornby, LA2 8JR. Doors and bar open at 7:30pm, music from 8pm. Tickets £15, on the door, or ring 015242 22227.

"Ace gypsy violinist Tim Kliphuis is joined by Nigel Clark and Roy Percy for an evening of jazzy string playing". He is internationally revered by all fiddle players for his astonishing technique, and additionally by jazz aficionados for his skill in improvisation.

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# Holywell

CARE GROUP

Care is at the heart of everything we do

This truly is an opportunity not to be missed, I hope you can come.

## Sam Ashton

## HAFFNER ORCHESTRA CONCERT

The second concert of our season will be on Saturday 8th February at 7:30pm at Lancaster Town Hall. Conducted by Jonathan Lo, we will be performing Weber, Haydn and Mendelssohn. Full details on [www.haffnerorchestra.org](http://www.haffnerorchestra.org). Tickets available online or at Lancaster or Morecambe Visitor Information Centres. Under 18s free. Pre-concert talk by Jonathan Lo at 6:30pm.

## 3 BRIDGES 10K RACE

Lancaster & Morecambe Athletic Club is organising its annual 3 Bridges 10k running race again **at 11am on Sunday 19 April 2020** with the start at the clubhouse at Salt Ayre Leisure Centre. This is always a popular race with runners from

all over the north-west taking part, often as a fast preparation for spring and early summer marathons and other longer races. It's also very suitable for beginner runners, perhaps moving up from a Parkrun to a longer race. It remains a well-priced race to enter with the fees being only £10 for members of running clubs and £12 for non-members. An extra £3 is charged for entries on the day. No refunds once registered.

The race is sponsored by the Runners Centre in Lancaster and the Club is very grateful for this support.

It meets UK Athletics Rules, is Certified Accurate and there are prizes for the first 3 men and the first 3 women finishers. There will be prizes for each veteran category, from 40 for men and 35 for women. It has a flat, fast and scenic route and there will also be a very nice medal for all finishers.

Enter now on  
[https://bookitzone.com/susan\\_lucas\\_2/PBjFFX](https://bookitzone.com/susan_lucas_2/PBjFFX) or by requesting an entry form from [stephenptherunner@gmail.com](mailto:stephenptherunner@gmail.com).



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## TORRISHOLME CRICKET CLUB UPDATE

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

When the Prattle goes to press the club will have held its Junior and Senior AGMs. Planning is already underway for what promises to be an exciting summer with an Australian overseas player signed up, a new and very ambitious first XI captain and a cluster of very talented young players in the junior section.

We plan to enter 9 junior teams, including a girl's team, and run All Stars again. In preparation we have trained some new coaches who will work with the longstanding team to develop players through the largest junior section in the area.

Indoor junior nets are fully booked, indoor senior nets start on 16th February, 7pm to 8pm at LRGS and anyone interested in playing for the club is welcome to attend.

Our annual registration night will be at the end of March and outdoor nets will

commence as soon as weather permits in April. Keep an eye on our excellent website ( [www.torrisholmecc.co.uk](http://www.torrisholmecc.co.uk)) or the related social media feeds for details. Should you or your children be interested in being involved at the club as a player, coach, volunteer or spectator feel free to ring Mark Drinkall, Welfare Officer or contact by email on [drinks@torrisholmecc.co.uk](mailto:drinks@torrisholmecc.co.uk).

Finally, with such a large junior section we are always keen to raise money to support the club so if you, your business, or organization, would like to be involved as a sponsor or advertiser at the club we have a diverse range of opportunities to do so; again contact Mark Drinkall in the first place as above.

**Mark Drinkall**



For Personal Caring Attention

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## NEWS FROM THE HEARTS OF HALTON W.I.

This past year has seen a varied programme of activities which included, amongst other things, hearing about the life and works of a journalist and vet (not at the same time); belly dancing and breast screening (again...not at the same time!). There was also a highly enjoyable meeting where everyone made a Christmas card. This was ably (and bravely) led by the talented, and VERY patient, Kath Bryne, who explained, motivated and encouraged over 30 women as they turned their hands to a creative project. The most fascinating aspect was that although everybody started with the same materials, each card was individual and unique. We are glad to report that at the end of this artistic endeavour, Kath was still smiling (albeit slightly hysterically), and a great time was had by all. There have also been regular get-togethers at other times courtesy of the coffee and cake, rambling, and gin and chatter groups.

December brought seasonal fun and celebrations aplenty. The annual trip to Carlisle took place and was an opportunity for shopping 'til dropping, visits to places of interest and lots of time sampling coffee and cake. The day was crowned with a Christmas meal at the Castle Green Hotel in Kendal. The food was delicious, we were very well looked after and it was a great opportunity to chat with women from other local WI groups.

The attention to detail was A-M-A-Z-I-N-G, including carefully orchestrated seating

plans (so everyone could sit with friends and meet someone new); raffles and quality (yes QUALITY) Christmas hats! BIG THANKS to Hearts of Halton President, Jane Meador, and Treasurer, Jeanne Salisbury, who did a fantastic job of organising the whole trip.

There was also the annual Carol Service held at Torrisholme Church of the Ascension. Local district WIs met together to sing carols, share readings and enjoy mince pies and mulled wine. Hearts of Halton's contribution to the service was a reading of the popular Christmas poem, A Visit from St. Nicholas, by Clement Clarke Moore. This was beautifully read by Mandy Sinker who stepped in at the last minute. The collection at the service was for the Lancaster Night Shelter and £329 was raised to go towards running costs and much needed replacement of camp beds.


The final meeting of the year was Hearts of Halton's Birthday Party. Members,

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partners and friends arrived ready to party and a great time was had by all. Tables were soon laden with everybody's drink of choice, and entertainment was provided by local singer, Rachel Mercer. She performed a range of music from the gorgeous carol Holy Night (anybody musical will know this is not an easy carol to sing, but Rachel performed it beautifully) to music from various decades (there was a LOT of dancing) rounding off with a rousing rendition of White Christmas. Pie, peas and a choice of delicious puds were very welcome and gratefully consumed. In place of 'Secret Santa' it was decided members would bring contributions to the Morecambe Food Bank and it took several people to load the bags into the van.

And so we are ready to begin again. There is another exciting and varied programme planned for 2020 which started with a talk by Lune Valley Bee Keepers on Wednesday January 15th in St. Wilfrid's School Hall, Halton. There will be an open evening on Wednesday February 19th with a talk on 'Buck Ruxton - the Man and

the Myth' by Dr Sharon Lambert. Everybody is welcome (not just women) and guests can pay on the door (£2.50 per guest to help cover costs).

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](mailto:janemealor14@gmail.com) and she will arrange for a 'buddy' to meet up with you and take you along.

We look forward to meeting you.

**Amanda Sinker and  
Steph Hanson-Kelly**

## THE CENTRE @ HALTON

**Halton Community Association Charity No. 115206**

**[www.haltoncentre.org](http://www.haltoncentre.org) / Information 811316 / Hall/Room hire 811444**

**See more details & info on our website**

**Hall or Room hire:** email [bookings@haltoncentre.org](mailto:bookings@haltoncentre.org) or ring Carol 01524 811444. **All other info** - Events tickets – Ticket source or Coffee shop or ring office 01524 811316

### NEWS

Most of you will know this already but people who are visiting or have just moved to the area will not. The Centre @ Halton is run by the charity 'The Halton Community Association' which is managed by a volunteer committee. The building is owned by the Parish Council and the charity pays them a peppercorn rent. The outside area is owned by the Parish Council but The Centre manages its rental.

The skate park is lit from dusk to 9pm and is free to all, and paid for by the H.C.A charity.

The charity's only income is from the hire of the rooms, the coffee shop, fundraising

events or grants. It is now a thriving lively and friendly venue which costs a substantial amount to run and maintain, even though the majority of work is done by volunteers. Our volunteers are cherished as they are the backbone of The Centre, without whom we could not provide the large variety of amenities that are available at The Centre to the community.

The New Years' Eve Ceilidh was a sell out again and all the people on the waiting list managed to get last minute returned tickets. Jig Run Rig gave us a wonderful night and everyone had a great time.

The building work on the old changing rooms is planned to go ahead during the summer break as this is our quietest time. We will not be taking extra bookings for the main hall during August, due to the probable upheaval & disturbance. We are expecting the rest of the building to function normally during the refurbishment.

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The cost of this project has been estimated at £45,000. In order to help raise these funds we are asking for some new people to join a sub-committee to organise & run some fundraising events. Please contact Maureen on 811316.

The majority of chairs and equipment are now on trolleys making it easier to move them around, saving damage to the floor as well. Please put the equipment you use away in their allotted places in rooms or store room so that all the regular groups and users can get to the equipment they need easily.

There are information fliers about all our classes or groups at The Centre. They are advertised on the foyer TV, and on our website and of course in The Prattle.

Several new classes started over the last few months.

Phil's Fitness, Fitness Pilates and Tai Chi started in Nov, Zumbini (for 0-4yrs), Aerobic Boogie & WW (Weight Watchers) in Jan, and Stretch & Tone starts in Feb.

We are also hoping to start a Youth Club, probably on a Friday night. We need vol-

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unteers for this new venture and kids' ideas for it too. Look out for posters and in The Centre newsletter. Contact Maureen please.

### UPCOMING PUBLIC EVENTS @ THE CENTRE ring 811316 for more info.

**Family Fun Night** with DJ Wendy; 6:30pm Sat 8 Feb - a very popular event which usually sells out. £5 adult, £3 child

**Ballroom & Sequence Dances;** 8pm 15 Feb, 14 Mar, 4 Apr, 16 May; contact Ken 079881 48730

**Roller Skating Disco;** Sat 29 Feb - Special late session for 14yrs and over starts 7:30pm; £8 per person

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

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 - Ten tickets for £54.00.** Tickets are available online from Ticket Source - [www.ticketsource.co.uk/haltoncommunityassociation](http://www.ticketsource.co.uk/haltoncommunityassociation) for all 4 sessions

**Millennium Choir;** 8pm Sat 21 March. An

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excellent event last year with bar; Andy 07970872181

**Children's Nearly New Sale;** 10am Sat 28 March; 811316

**Salsa Dance Night** with bar; 8pm Sat 2 May; Michael 07971 673436

**Christian Aid - Big Breakfast;** 9:30–11:30am, Sat 9 May; Shealagh 07740783094 - look out for posters

**Garden Sale;** Sat 16 May; Ann 811684

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

**NEW SESSIONS, SESSION NEWS & CHANGES**

Just started in Jan, **Zumbini** Wed 9:15 10:15 0-4yrs – Suzanne 075658 81469

**Aerobic Boogie** Thurs 5:45–6:45 - Sadie 07783509046.

**WW - Weightwatchers** Thurs 5:30-6:30pm - Rebecca 07583 781596

**NEW Stretch n Tone** Wed 6-7pm - Sadie 07783509046; starts 26 Feb. An exhilarating blend of Pilates & Yoga for beginners and intermediates.

**NEW Youth Club** on a Friday night. Volunteers needed to start this – 811316; no start date yet.

**Memory Cafe** on 1st & 3rd Fridays 11am–12:30pm; 17 Feb 7, 21, March 6, 13. This group has had a lot of interest from professional organisations, who also refer people to it.

**Over 55 Luncheon Club;** 2nd & 4th Fridays Feb 14, 28; Mar 13, 27. £6 for a tasty two course lunch and hot drinks. It is very popular so booking is essential. See programme for Luncheon Club on the website. Contact Maureen to book or info. Sessions that are not mentioned will continue as previously - see What's On pages.

**COFFEE SHOP HOURS:** info-  
[www.haltoncentre.org/about/café](http://www.haltoncentre.org/about/café)

**Monday to Friday Term Time 2-5pm**

**School Holidays & Sundays 10-5pm**

**Saturdays 10-6pm (winter 5pm)**

All hot & cold snacks are made to order. You can now pay by card. Free WI FI for your own laptops (although we encourage a purchase from the Coffee Shop in exchange)

**Coffee Shop Info & Volunteering**

Whatever the weather, you can be sure of a warm welcome at the Centre. Volunteer help is often needed to cover Monday, Thursday and Friday afternoons 2pm -

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5pm. Come along and meet new people and get involved in village life. Contact Coffee Shop Supervisor Pauline; Email: [coffeeshop@haltoncentre.org](mailto:coffeeshop@haltoncentre.org) or Mob: 07799502199; and she'll be delighted to tell you all about it.

### **INFORMATION**

Visit The Centre@Halton's website. <https://www.haltoncentre.org>

The running of The Centre and events would not be possible if it wasn't for 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.

**General Info** – Office 811316

**Centre Manager:** Maureen Richardson:  
811316 or email: [centremanager@haltoncentre.org](mailto:centremanager@haltoncentre.org) or pop in one afternoon.

**Hall or Room Hire:** Carol Holman 811444 or email: [bookings@haltoncentre.org](mailto: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 newsletter, email [marketing@haltoncentre.org](mailto:marketing@haltoncentre.org) or sign up at the bottom of home page [www.haltoncentre.org](http://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 individual information fliers from the foyers at The Centre.

**Carol Holman** - Bookings



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# LUNE VALLEY COMMUNITY LAND TRUST

## NEWS ON COMMUNITY HOMES FOR HALTON

There was a slight lull in the pace of activity on the Mill Lane Community Housing scheme over the Christmas period but progress continues to be made.



Our partners South Lakes Housing have just submitted the **grant application** to Homes England for the funds to build the housing development on Mill Lane and discussions are now underway.

The **option agreement to buy the Mill Lane site** has now been signed by the owner and by the CLT. This will give the CLT six months to complete and submit the planning application for the development.

The **Design Team**, consisting of members of the CLT, South Lakes and John Gilbert Architects, Glasgow, meets regularly. Tree and Topographical surveys have been completed, and we are working on finalising site layout, keeping in mind how this can help to encourage community relationships. We will be appointing other members of the team, and commissioning other site surveys, as we move towards being ready to apply for planning permission.

The local **Housing Needs Survey** has now been shared with neighbouring parishes. The survey results will help the area to plan future housing development based on actual housing need.

We continue to assist those involved with **Forge Lane and Mill Lane road adoption**. Things are moving slowly forward, and hopefully we will see more progress on both roads soon. Lune Valley CLT wish all Halton residents a happy and successful 2020.

If you have any questions, or want to register an interest in a possible home on the Mill Lane site, please contact us at: [info@lunevalleyclt.org](mailto:info@lunevalleyclt.org)

**Lune Valley Community Land Trust**  
[info@lunevalleyclt.org](mailto:info@lunevalleyclt.org)



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## 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

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

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

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 Sarah 07896549323

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

Fitness Pilates: 5:45-6:45pm Justine  
07484 850320

Taekwondo: 6-7pm Mick 07985125530

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

Outdoor Circuits: 7-8pm 811316

**NEW** Quiz Night: The Greyhound

#### Wednesdays:

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

Zumbini: Music & movement class for 0-4  
year olds. 9:15-10:15am Term time only.

Must book in advance. 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

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:

Circuits: 9.20-9:50am Kate Hill

07793970435 Aughton Village Hall

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

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

**NEW** WW-Weightwatchers: 5:30  
6:30pm Rebecca 07583 781596

Aerobic Boogie: 5:45-6:45 (term time on-  
ly) Sadie 07783509046

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; Feb 7, 21;  
Mar 6, 20. Rita 07979715041  
55's Luncheon Club: 10am-12:30pm; 2nd  
& 4th Friday; Feb 14, 28; Mar 13, 27;  
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  
Last Wed: Halton with Aughton Heritage  
Group, 7:30 @ URC. Email Haltonwith  
aughtonheritagegroup@gmail.com

### **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

## FEBRUARY

- Sat 1 Coffee Morning; 10:00am; Halton United Reformed Church, High Road.
- Sat 1 Family Fun Night; 6.30pm; The Centre
- Wed 5 Community Tea; 2pm; St Wilfrid's School
- Sat 8 Haffner Orchestra Concert; 7:30pm at Lancaster Town Hall. Full details on [www.haffnerorchestra.org](http://www.haffnerorchestra.org)
- Sat 15 Ballroom & Sequence Dance; 8pm; The Centre
- Sat 29 Roller Disco - with a new 7:30 late session; The Centre

## MARCH

- Sat 7 Coffee Morning; 10:00am; Halton United Reformed Church, High Road.
- Sat 14 Ballroom & Sequence Dance; 8pm; The Centre
- Wed 18 Community Tea; 2pm St Wilfrid's School
- Sat 21 Millennium Choir 8pm; The Centre
- Sat 28 Children's Nearly New Sale; 10am; The Centre

## 2020 Advance dates for your diary

- April** Sat 4 Ballroom & Sequence Dance; 8pm; The Centre  
 Sun 19 3 Bridges 10k Race, 11:00am start, Salt Ayre Leisure Centre. See page 11 for details.
- May** Fri 1 Hearts of Halton Bingo Night in aid of our local primary school; 7pm start; The Centre  
 Sat 2 Salsa Dance Night with Bar 8pm - The Centre  
 Sat 9 Christian Aid - Big Breakfast 9:30-11:30am; The Centre  
 Sat 16 Garden Sale; The Centre  
 Sat 16 Ballroom & Sequence Dance - 8pm; Monthly, The Centre
- Jun** Sat 6 Charity event; daytime at The Centre  
 Sat 13 Children's Nearly New Sale; 10am; The Centre  
 Sat 20 Ballroom & Sequence Dance, 8pm, Monthly, The Centre
- Jul** Sat 11 Salsa Dance Night with bar 8pm; also Sept 26, Nov 14; The Centre  
 Sat 18 Ballroom & Sequence Dance - 8pm Monthly The Centre
- Sep** Sat 26 Salsa Dance Night; also Nov 14; The Centre
- Oct** Sat 10 Children's Nearly New Sale; 10am; 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 38 - GENERAL KNOWLEDGE

1. Which band had hits in the 1980s with 'Senses Working Overtime' and 'Making Plans for Nigel'?
2. During the Rugby Union World Cup a huge typhoon caused much death and destruction in Japan, what official name was it given?
3. By what name is extreme right-wing activist Stephen Christopher Yaxley-Lennon better known?
4. Which motorway links Glasgow with Stirling?
5. In the criminal justice system what does the abbreviation GBH stand for?
6. In November 2019 a Swiss watch sold for a world record £24.2m, which brand was it?
7. Celebrity chef Rick Stein has a son who is following his father into the catering industry, what is his first name?
8. Which Canadian born author wrote the dystopian novel 'The Handmaid's Tale'?
9. In the UK what creature might be Palmate, Smooth or Great Crested?
10. Which Royal Navy vessel gave her name to a revolutionary class of battleship which effectively rendered all previous battleships obsolete, but never actually fired her guns in anger?
11. England pace bowler Stuart Broad's father also played for England as an opening batsman, what was his name?
12. In biology what is the more commonly used name for leucocytes?
13. Josip Broz, much better known as Marshal Tito, was the long time President of which former country?
14. Most households use laundry detergent that might be Bio or Non-Bio? What is the key difference?
15. The acronym ROYGBIV is often used as an aid to memory of which sequence
16. Local boy Neil Redfern has recently become manager of The Greyhound, by what nickname has he been known since his youth?
17. Aramis aftershave was introduced in 1964 by which company?
18. Which statesman gave the world the term 'Iron Curtain' at a speech at Westminster College in 1946?
19. Which will be the next leap year?
20. In the UK a film starring Matt Damon and Christian Bale is known as Le Mans '66, under what name has it been released in the US?

*Thanks to our Quizmaster, Mark Drinkall - answers on page 32*

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**Sat 29th Feb**

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**Fancy  
Dress**

**1.30pm, 3.30pm, 5.30pm -  
Tickets £6**

Children under 12 years must be  
accompanied by an adult

**NEW SESSION 7.30pm  
Minimum age 14 - Tickets £8**

All sessions includes roller skates & safety  
equipment (size 8 juniors -13 adults)

All tickets from  
[www.ticketsource.co.uk/haltoncommunityassociation](http://www.ticketsource.co.uk/haltoncommunityassociation)  
and Coffee Shop

The Centre @ Halton Low Rd Halton Lancaster LA2 6NB | 01524 811316 | [centremanager@haltoncentre.org](mailto:centremanager@haltoncentre.org)

[www.haltoncentre.org](http://www.haltoncentre.org)

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PROCEEDS TO CENTRE REFURBISHMENT FUND

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## CATON CLUBS NEWS

### CATON THEATRE INTEREST GROUP

I cannot find the words to describe our theatre trip to the pantomime Peter Pan. Wow might cover it! Super, fantastic, the best ever; we were buzzing when we left the theatre. The coach was waiting for us and the trip down the prom with all the Christmas lights on made the perfect end to our day.

Our next outing is on the 2nd May 2020. A matinee performance of the powerful and moving story of 'Evita' told in a musical. Music by Andrew Lloyd Webber and words by Tim Rice, at the Theatre by the Lake in Keswick. Cost £32.00 for coach and a seat at the front of the balcony. All our tickets have been reserved and we have started a waiting list for cancellations. Payment required on or before the 7th March to confirm your booking. Pick up as usual 10am at the Victoria Institute then on to pick up in Brookhouse. Pick up in Ingleton, Melling and Hornby can be arranged. To book or for further informa-

tion call Benita on 01524 771943 or Jean on 01524 770980.

### CATON AND BROOKHOUSE FRIENDSHIP CLUB

A happy new year to all our members. Our A.G.M was held on the 16th of January, too late to report on for this edition. If you were unable to attend information and new programmes can be obtained by calling the secretary. The annual fee is now £5.00. We have organised monthly day trips from April to October - cost £10.00 for members, and £13.00 for non members.

There will not be a meeting in February. Do not miss our meeting on the 19th of March, 2pm in the Victoria Institute. Kitty Brown's of Carnforth will be giving us a preview of their Spring/Summer clothes in a fashion show. Entrance fee £3.00, pay at the door, all welcome. Further information can be obtained by calling Benita on 01524 771943.

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## CATON LEISURE CLUB FEBRUARY

The very popular chair exercises continue with Norma, Mondays 9:00-10:00 in the main hall. 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.

**3rd Graham Kemp - "The Love Life of John O' Gaunt"**. Graham is Assistant Museum Manager at Lancaster Castle in charge of records. His very popular talk today is about the three wives of John O' Gaunt. He has also written a book on Lancaster that is shortly due to be published.

**10th Barbara Broadbent - "Kaleidoscope"**. Barbara chooses her favourite selection of slides highlighting her love of the natural environment.

**17th Christine Workman - "Lancaster Suffragists & Suffragettes"**. Christine started researching Selina Martin for her history lessons to give the students a local interest. She's been researching women's history ever since. Her talk today is about three Lancastrian women who took part in the campaign for the vote for women: Annie Croft Helme, Selina Martin and Mary Redhead. It looks at what they did in the campaign, as well as giving the bigger picture of the campaign as a whole.

**24th Tim Foreman - 'Anecdotes of an Ordinary Gentleman'**. 'It was once said that Tim would be out of his depth in a

car park puddle! The stories that follow are all based on things that have happened to him along life's journey. His wife and the mirror, the credit crunch and saving money, the lighthouse, flying aeroplanes, trying to play golf, watching his family grow and what to do when all else fails. Simple, funny and true.'

## MARCH

**2nd Susan Treverton - "Jacobite Journey"**. We travel from Fort William to Mallaig then cross the water to Eigg. Enjoy the journey and learn some history on the way.

**9th Jeanette & Berend - "Namibia"**. Namibia is a country in the south western portion of Africa, previously known as German South West Africa before its independence. We will be visiting the Etosha Game Reserve in the north and working our way south to see a meteorite, a petrified forest, taking a trip into

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the desert for close encounters with its wildlife, into those majestic sand dunes and culminating with a hot air balloon over the dunes.

**16th David Aris - "The History of the Liberty Ship".** David is originally from Sunderland, a big ship building area. He has a degree in Marine Engineering and has fitted diesel engines in big ships. He has also had his own ship management company. At the outbreak of WWII Britain had the biggest navy in the world that was decimated by the Nazis. Churchill sent shipbuilders to USA to buy second hand ships. There were none. What happens next is the topic of David's talk.

**23rd Claire Asplin - "Accidental Archeologist"**

**30th Pat Ashcroft - "Irish Horsepower".** Pat tells the story of the time she spent living in County Wicklow, Southern Ireland and driving a horse drawn tinker's van.

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.

**Caton Short Mat Bowls** meets on Thursdays at the Victoria Institute 10:00-12:00 during the winter months (October – April), in the Main Hall. New members 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>

## **VE DAY 75 CELEBRATIONS FRIDAY 8TH MAY 2020**

The Victoria Institute, Caton is celebrating the 75th anniversary of VE Day on this May Day Bank Holiday.

Our aim is to travel back in time to recreate something of the atmosphere of those days - Union flag flying, an abundance of bunting, everyone wearing period costumes.

We intend to have something for everyone, young or old on the day. A great party atmosphere as six years of war comes to an end.

Do you have a story to tell, photographs or films of your memories or even family stories of VE day celebrations? We would love to hear from you so that we can share all these stories.

If you can contribute in any way please contact Peter at The Institute or call Susan 01524 771862.

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# HEALTH MATTERS

## HERE'S TO 2020

By the time this 113th edition of the Prattle arrives, January will pretty much be over. So did you do “Dry January”? “Veganuary”? How are your New Year resolutions faring?

I've been reviewing the articles I've written for The Prattle while I've lived in Halton and pondering on the subject matter for this issue. And you know what....I can't find anything new I want to pass on. It's all there in many forms in many different versions across many forms of media. The trick is to avoid the hype and the 'quick fixes' and the “We used to think this...but now we know...” (only to be contradicted a year or so later.)

Good health isn't rocket science. We would do well to find a simple, safe, sustainable, individualised, nourishing programme that we can stray from once in a while but is actually so pleasing and enjoyable that we are keen to get back on track after our indulgences. Pay attention to the 7 Principles of Health outlined here and your body and mind will thank you for it.

## 1/ DIET.

It is estimated that 85% of health problems are gut related so it is no surprise that number one on the list is food and drink. Simple guidelines on the basics of nutritional requirements must include reliable information on hydration, essential oils and dietary habits.

## 2/ EXERCISE.

In the right amounts, and in the right way, exercise is vital for us to be able to face

everyday challenges. The benefits are many and varied; the heart and lungs become stronger as does the musculoskeletal system. Exercise will also assist our digestion, reduce our stress levels and help to regulate our sleeping patterns.

## 3/ MOBILITY

The essential difference between exercise and mobility is that aerobic exercise strengthens the body systems while the movement of stretching keeps our joints mobile. Obviously there is an overlap but it is important to understand that the value of *Joint Mobility* is quite different from the benefits of *Cardiac Fitness* and healthy recovery rates.

## 4/ SLEEP.

Modern research has done much to dispel the long standing mystery of what happens when we sleep. Matthew Walker's book, “Why We Sleep” is the culmination of twenty years of scientific research and provides us with enough



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evidence to understand that the quality of our sleep must be considered as an integral part of any health program.

### **5/STRESS MANAGEMENT.**

Stress is a broad term but this definition gives us an appropriate context: "a state of mental or emotional strain or tension resulting from adverse or demanding circumstances." There is no doubt that this type of stress may lead to illness or dysfunction of some kind. GP surgeries are visited by tens of thousands of patients each year who are failing to cope with the stress of living but it is not a GP's job to organise a patient's life. The first step is to be aware of stress and the next step is to have strategies for coping with it.

### **6/ ENVIRONMENT.**

There are so many ways that our environments may affect our health. We have evolved for tens of thousands of years in natural environments but the rate of change since the Industrial Revolution has taken us away, so significantly, from our natural benchmarks. Sunlight and oxygen are both natural antibiotics. Vitamin D deficiency has been described as

a modern day epidemic and sunlight is a great source of Vitamin D but we spend so much time indoors working or playing in artificial light.

### **7/ PSYCHO-EMOTIONAL**

This refers to the non-physical part of our make-up including our understanding of the human need for good self-esteem and what Maslow (Theory of motivation 1942) refers to as affiliation or the need to be part of a social group. Another interpretation might be, being able to give and take love and affection comfortably.

So I'm going to leave you with that as food for thought. I'm taking a break from writing for the Prattle while I go and try and invent some new wheels of health. (Impossibilities can be achieved straight away but miracles take a little longer). I'm not abandoning you to the mysteries of the internet, social media and the mountains of books on the area of health matters. I live in Halton, I work at Dacrelands Clinic in Skerton and I'm available to chat or for an individual consultation. (The first option is free).

## Room guides required at Sizergh Castle

To discover more about how to become a volunteer room guide we are holding a Taster Day

*We need volunteers for Fridays, Saturdays & Sundays only*

To be held 21st February, 10am – 12.30pm in Sizergh Castle.

If interested and for more details please email Volunteer Coordinator Julie Miller  
Julie.miller@nationaltrust.org.uk

And if you're still determined to do a detox for 2020 (it's never too late – you have the rest of your life) then please visit the Cytoplan blog at <https://blog.cytoplan.co.uk/> Planning and implementing a detox. If you read the other blog articles closely you may find I seem to have plagiarised some stuff that features in my previous articles. However Cytoplan would be the last to claim any of this as their own intellectual property. It should be Universal Knowledge. However sometimes to me this simple stuff seems like a best kept secret. I have also unashamedly and with his permission stolen from Charles Tisdall (Director Dacrelands Clinic) and his Seven Principles of Health for my offerings here. Thank you for having me.  
A Happy and Healthy 2020 to you all.

**Dawn Keyse, RSHom**

## PRATTLE QUIZ ANSWERS



20. Ford v Ferrari
19. 2020
18. Winston Churchill
17. Estee Lauder
16. Chelly
- ange, yellow, green, blue, indigo, violet
15. The colours of the rainbow: Red, or-  
Bio detergents do not.
14. Bio detergents contain enzymes which  
help to break down the soiling and Non
13. Yugoslavia
12. White Blood Cells
11. Chris Broad
10. HMS Dreadnought
9. Newt
8. Margaret Atwood
7. Jack
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## FOOD, GLORIOUS FOOD

New this year at Halton Mill is a series of 'Sunday Supperclubs'— where you get a home-cooked two-course themed meal with appropriate music. The first, on Sunday 23 February, has an African theme. Mercy Statter, who some of you may know from the African food stall in Lancaster market, is presenting a West African street food menu with meat, veggie and vegan options. It's followed by music and dancing with NDodo — a fab, Lancaster based Afro jazz/rock band with warm flowing sax. There's a bar or you can bring your own bottle. The cost is £20 all-in. Come with a group, or by yourself and see who you end up sitting next to. Book early via our website to be sure of a place.

You can find out what else is on in our 'Spring and Summer Brochure', which should have already been delivered through your letterbox. It's packed with

workshops, courses, films, talks, concerts and events. If it hasn't arrived, you can pick one up from the Mill or the Community Centre.

The regular Forgebank Political Café returns on Sunday 9 February at 7:30pm, featuring Cohousing Canadian style. Chris Coates and Catriona Stamp will talk about two cohousing projects on Vancouver Island which they visited recently. As usual, the event is free: there'll be a bar. And the March Political Café on Sunday 8th is a chance to hear about ambitious plans to develop a Lancaster Hydrogen Hub. Steve Wrigley, a project manager from Energy Lancaster at Lancaster University, will explain how Lancaster district could become a showcase for hydrogen-based energy, decarbonising local industry and transport and the heating of buildings.

We've been hosting performances in partnership with Spot On Lancashire Rural Touring since we first opened as a venue. We've had some amazing events, especially concerts, several of which have sold out. This spring's offering is a visit from Truckstop Honeymoon on Saturday 14 March. Katie and Mike West play their own special style of music with a five-string banjo and double bass, telling tales of touring across three continents in a truck with four kids! It's an amazing show about the strangeness of everyday life, combining bluegrass, music hall jazz and rock'n'roll. Tickets £10 from our website.

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Two weeks later, on 28 March, storyteller David Dale returns bringing with him musician Ian Midgley for an evening of stories, poems and songs celebrating spring. Tickets £7.50 from our website. Have you often wondered why so many Halton residents have Polish names? Halton and Aughton Heritage Group, partnering with Lancashire Archives and Lancaster University's Regional Heritage Centre, has a grant from the Heritage Lottery fund to preserve and promote the Halton Mill Archive. This is a collection of photos, papers and other material relating to the period when the Mill was the home of Luneside Engineering (1949- 1988), a company set up by Polish ex-servicemen after the Second World War. The company was loved by its workforce, many of whom still live in the area, and the archive provides a fascinating case study of the contribution made by immigrants to the British economy and their integration into local society. Eventually, there'll be a special section of the Mill website dedicated to the archive.

In May the Regional Heritage Centre is putting on a Study Day at Halton Mill where expert speakers will talk about the Mill's history, putting it in the context of the industrial importance of the Lune during the past 200 years. It should be a fascinating day. There will be bursary places available - see [Lancaster.ac.uk/rhc](http://Lancaster.ac.uk/rhc) for further details and to reserve your space.

We send out a monthly e-news to people on our mailing list, with booking links and more info about all our activities. Give us a call to be added to the list or sign up at the bottom of our website. Do get in touch if you'd like a tour of our facilities. **Amber, Alison and Fiona** look forward to meeting you.

[greenelephant@haltonmill.org.uk](mailto:greenelephant@haltonmill.org.uk)  
tel 07582 789406

Halton Mill, Mill Lane, Halton LA2 6FD  
[www.haltonmill.org.uk](http://www.haltonmill.org.uk)

## DID YOU KNOW...?

IN THE 1500's folk ran out of places to bury people. So they dug up coffins, took the bones to a bone-house, and re-used the grave. On re-opening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive.

So they tied a string on the wrist of the corpse, threaded it through the coffin up through the ground and tied it to a bell. Someone would sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be saved by the bell or was considered a dead ringer. Nowadays It means "an exact duplicate", and derives from 19th-century horse-racing slang for a horse presented "under a false name and pedigree"; "ringer" was a late nineteenth-century term for a duplicate, usually with implications of dishonesty, and "dead" in this case means "precise", as in "dead centre".

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## YOUR LOCAL COUNCILLORS

### HALTON WITH AUGHTON PARISH COUNCIL

LIST OF COUNCILLORS AS AT JAN 2020

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

Cllr. Naomi Turner, Tel: 07738 586107; naomismith1210@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](http://www.haltonwithaughton-pc.gov.uk)**

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## PARISH COUNCIL NEWS

### NEW PARISH COUNCILLOR

We are pleased to announce that Naomi Turner has joined the Parish Council and has also just started work in the Centre too.

This means that the council now has 6 out of 8 posts filled, so there are still 2 vacancies. The Parish Council is friendly and non-political, open to those who live or work in the parish. If you would like to become more involved with local affairs and help improve the area, then feel free to contact any of the current councillors or the Parish Clerk.

### NEIGHBOURHOOD PLAN UPDATE

The next stage of the plan is to consider all the comments received from the consultation and produce a plan for formal review by various organisations including Lancaster City Council. We have had a couple of offers of help from residents, but we would welcome any other further offers.

### BUS ROUTE ALONG LOW ROAD

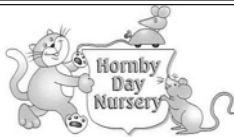
There have been many calls for a bus route along Low Road, especially from the Neighbourhood Plan consultation. Two new bus stops with raised pavements have been installed as part of the footpath construction outside the Centre/Story Homes development, so this seems an appropriate time to ask Stagecoach to run a regular bus service along Low Road.

### RECYCLING POINT

The residential recycling point has been removed from the Greyhound car park, so the Parish Council are liaising with The Centre and Lancaster City Council to see whether some of these recycling bins can be re-sited at the Centre.

**Luke Mills**, Parish Clerk

e: [clerk@haltonwithaughton-pc.gov.uk](mailto:clerk@haltonwithaughton-pc.gov.uk),  
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Lancaster – Halton 07:00, 07:30, 09:05, 09:30 then ½ **hourly** until 19:00

Halton – Carnforth (& Warton) 09:47, hourly inc 15:47, [NLCC] , 17:47 (SO)

Warton, Carnforth – Halton 09:28, then **hourly** until 14:28, 15:28 (NLCC)

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

**No 490** Mon-Sat Halton-Lancaster at 20:52 (Stagecoach tickets not valid)

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### 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

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Halton Mill: [www.haltonmill.org.uk](http://www.haltonmill.org.uk)

Halton Social Club: email [haltonsocialclub@gmail.com](mailto:haltonsocialclub@gmail.com)

Halton United Reformed Church: [www.nlancsurc.org.uk](http://www.nlancsurc.org.uk) then click on 'Halton'

Lancaster CoHousing: [www.lancastercohousing.org.uk](http://www.lancastercohousing.org.uk)

Parish Council: [www.haltonwithaughton-pc.gov.uk](http://www.haltonwithaughton-pc.gov.uk)

St Wilfrid's Church: [www.achurchnearyou.com/halton-st-wilfrid-church](http://www.achurchnearyou.com/halton-st-wilfrid-church)

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