

# THE PRATTLE



Issue No. 133

Halton-with-Aughton

Oct/Nov 2023

# HAPPY HALLOWEEN! From all THE PRATTLE TEAM!

#### CONTACT DETAILS FOR THE PRATTLE

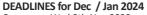
WHAT'S ON INFO, ARTICLES & LETTERS TO THE EDITORS, JAN & DAVE,

by email to: halton-prattle@outlook.com

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#### **VILLAGE NEWS**

# HALTON LIBRARY WEEKLY EVENTS

#### **Story Time**

Story Time is back! Join us for a weekly morning of songs, stories and crafts for pre-school children. Term time only. Wednesday 9:00-9:30.

#### **Knit & Natter**

Come along and have a knit and a natter, share gossip, tips and patterns. It doesn't matter whether you're new to knitting or a 'dab' hand, everyone is welcome - a friendly atmosphere is guaranteed. Held every Friday 13:00-15:00.

#### Lego Club

Come along and create Lego masterpieces. All you need to bring is your imagination! Attendance is free, just drop in. Held every Saturday 10:30-12:30.

#### **Reading Heroes**

It's been a **Super Summer** at the Library and a huge congratulations to all the young readers of Halton who have joined in with the Reading Heroes Summer Challenge! Together, we have read over 200 books!

#### **NEIGHBOURHOOD WATCH**

Our AGM is being held at 19:30 on Thursday 7th December at Halton Social Club, all are welcome. The club will kindly be providing a free glass of mulled wine and mince pie to all confirm attendees who their attendance to me (either by phone or email) no later than 24th November. Please email samanthajanehicks @gmail.com or text 07786623063 to confirm. Other refreshments will be available to purchase on the evening. I'm pleased to share that we now have 106 members of our village scheme.



Thanks to everyone that joined following my last Prattle article, or at the recent 'Crime Prevention' evening at The Centre. The crime prevention session was a well organised and attended event, we hope residents found it useful. A big thank you to Derek and Tracey who represented our scheme in my absence.

#### LITTER PICKS

By the time that you read this, the last of our 'official' litter picks for 2023 will already have been completed. Between October and February they run on a 'low key' basis, with a small group of volunteers who are willing and able to pick in inclement weather. As these picks are less suitable for children, the 'star litter picker' trophies are not awarded in these months and will resume in March 2024.

Dates for our 'low key' litter picks are as follows:

14th October

18th November

Low key litter picks commence at 1pm and meet at 10 Forgewood Close, LA2 6NZ. Please ensure you wear weather appropriate clothing, suitable footwear and gloves.

#### **CARDS FIGHTING LONELINESS**

Our 3rd campaign has just begun and I'm hopeful it will be another successful year! Loneliness does not discriminate and can affect people of any age / walk



of life. We currently have 106 Halton residents that receive cards.

If you have some time to spare during the unpredictable autumnal weather, please consider creating some cards for our campaign. Cards can be made by children or adults, we'd love you to get involved! Volunteer packs can be collected any time from 10 Forgewood Close. Our recipients really enjoy receiving cards that tell them a bit about the card creator inside.

At the time of writing, I have no further news regarding funding for our 3rd big get together in March 24. I submitted an application for funding in early July and am keeping everything crossed we get some good news!



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# ST NIC FOR A NEIGHBOUR CAMPAIGN

For the past 2 years, to support the above campaign, we have asked for small gifts (no more than £5) to be wrapped and left under a Christmas tree at The Red Door Cafe in early December. This is a perfect opportunity to upcycle or re-gift something you have yet to use! The gifts are given to our recipients with a Christmas card during the month of December, reminding them that they are special and they are loved at this important time of year.

I am undecided whether to run the campaign this year, as fear we may not receive enough gifts for all recipients, given the ongoing cost of living challenges. I will be running a poll on our dedicated Facebook group (Fighting Loneliness One Village at a Time) to gauge interest in early October, to understand if there is enough support to make the project viable this year.

If you would be willing to support the campaign this year and are a Facebook user, please join our group and participate in the poll. If you don't use social media, but would be willing to support the campaign for a 3rd year, please email me at samanthajanehicks@gmail.com or text me 07786623063 and I will keep you updated. Thank you.

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#### HALTON LUNE HYDRO

The Hydro has operated steadily since my last report that mentioned very little electricity having been generated during June and the first week of July, owing to the dry weather, although revenue has picked up very well since, given the higher electricity prices, and we expect in the order of £340,000 turnover by 31st December. This may sound a lot, but there are shareholders to repay from now to the year 2034 and associated interest payments, plus other costs under maintenance and environmental compliance headings. Having said this, there will be further donations to the Halton Lune Trust, so that it may continue to provide grants

within the Parish and surrounding areas, under headings of:-

- Improving and enhancing recreational opportunities and sporting activities.
- Supporting associated energy delivering measures energy efficiency and carbon reducing technologies.
- Promotion of conservation and enhancement of the natural environment for the benefit of the Community.
- Promotion of conservation, protection and improvement of land, buildings, other structures and artefacts of particular historic, architectural, archaeological cultural significance.



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New Autumn Menu Pie, Pea & Pint Tuesdays - £10 Artisan Pizza & Free Prosecco Thursday Daily specials from the board

#### 1st Birthday Celebrations!!!!! Friday 20th October

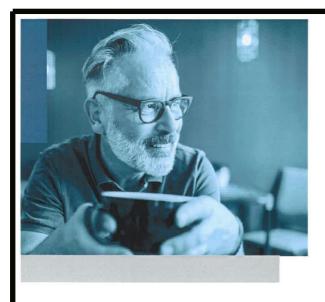
#### "The CraicInn" Live!!

Yes, hard to believe it but Chris, Karen and the Greyhound staff are celebrating 1 year since re-opening your fantastic local pub.

To thank all our loyal customers for your support in our first year, we would like to invite you to another live band night with FREE buffet food from 7pm.



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#### Let's start a conversation

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A further aspect is that we have hosted far more educational visits this year with an interesting range of in-depth questions, so given we can find sufficient volunteer time it's a welcome trend.

John Blowes CEng MBE - Chairman

#### **HEARTS OF HALTON WI**

What's the WI been up to? In June we had a speaker from the Kadampa Buddhist Temple near Ulverston, who led us through a very soothing and restful meditation. Everyone found it enjoyable. Anyone can go and visit the temple, which is open to the public except on event days.

Also that month we had a canal boat trip from Lancaster to the aqueduct and back, with a Mama Mia theme, and a tasty fish and chip dinner. It was a great night, the food and entertainment were good and everyone enjoyed themselves, even the students on the canal side!

Some passengers had really dressed up for the occasion in colourful Abba style outfits, with sequins and boas. The singer kept us entertained in style. It was a hot and sunny evening and we relished the opportunity to get off the boat at the aqueduct for some fresh air and to admire the view.

During the trip as we gently floated by, people on the canal bank waved, sang along and even danced to the music, there were walkers, joggers, friends chatting and someone doing amazing things with a diabolo juggling set. People on balconies, from windows and outside the pubs en route also waved at us. We waved, danced, sang and had a good time!

July's meeting was Songs of Lancashire and we enjoyed hearing some different kind of songs compared to the boat trip! These were a mixture of old and traditional songs, with some audience participation, which was fun.

In August we don't have a meeting as we usually go on an outing. This year's outing was a coach trip to Saltaire, the World Heritage village near Bradford. Some members of other WI groups joined us, and some friends, even a few husbands, came. We admired the wonderful architecture, the exhibition about its history and viewed the art gallery with the world's largest permanent collection of work by David Hockney. One member said 'Great day out even for those of us not into Hockney's art. Lovely lunch with wine and cake followed by a pleasant walk in the park and by the canal to burn the calories and enjoy the sunshine.'

We also looked round the shops. I could have spent a fortune on art and craft materials and books, and a rather lovely designer chair for £1,000 (no I didn't), partook in the cafes, and walked round the park and village, and we had a pint in the pub by the river. The former mill building is huge and we imagined what

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it was like when full of looms and machinery and people, the noise must have been terrific. They used alpaca wool and other fibres not just sheep wool. A very interesting day out.

More new members are welcome, ladies do come and give us a try. We meet at the Centre @ Halton on the 3rd Wednesday of the month at 7:15pm. Meetings will restart in September with a talk 'From Barrow to Baghdad' which sounds intriguing. Then it's our AGM in October, Craft night in November, and we'll be ending the year in fine style with our December birthday party. It's a hot pot supper with a great singer, same chap as last time, he has a phenomenal memory for songs of all eras so it will be a good night.

To find out more about Hearts of Halton WI contact Denise Medcalf-desined19@yahoo.co.uk and come and have a taster!

#### Janet Theobald

#### THE CENTRE @ HALTON

Halton Community Association Charity No. 115206

**Bookings:** Carol 079817 43959

bookings@haltoncentre.org

**Enquiries:** Office 01524 811316 info@haltoncentre.org Centre

Manager: Maureen Richardson

**Event tickets:** Ticket source www. ti cketsource.co.uk/haltoncommunityassociation

Website: haltoncentre.org

**Facebook:** facebook.com/ HaltonCentre Like us to keep up to date.

**Newsletter sign up:** http://eepurl.com/btqwFX

#### **Coffee shop opening hours:**

Monday-Friday 1pm-5pm School and bank holidays 11am-5pm Saturday & Sunday 10am-5pm Please support the Centre by visiting our community Coffee Shop while you are enjoying the Centre's facilities.



#### **UPDATES FROM THE CENTRE**

Exciting new opportunity to hire our Main Hall during the day! Due to a recent change of location for Halton Preschool we now have availability to hire our Main Hall during the day on weekdays. This is a great space for community groups across the area. Please contact our volunteer Bookings Officer, details above, for more information.

We have availability for the Meeting Rooms to be hired on a regular basis on both Mondays and Fridays. For more information see haltoncentre.org/meeting-room/ or contact our Bookings Officer, details above.

The Centre's next fundraising event will be the Children's Nearly New Sale on Saturday 14th October from 9am to 12pm. All tables have now sold. Entrance on the day is £1 for adults, children free. There will be a raffle and the Coffee Shop is open to purchase refreshments.

Contra Dance returns to The Centre on Saturday 11th November from 1:30pm to 4:45pm. For more information please see their website lancastercontra.org.uk

Lancaster Area Salsa returns again on Saturday 18th November with improver/intermediate tuition to start followed by party dancing until late! Doors open at 7pm, £8 cash on the



door. There will be a fully licensed bar with all bar proceeds going towards The Centre's ongoing fundraising.

Tables are now on sale for our Christmas Craft Fayre on Saturday 25th November from 2pm to 5pm. Tables are £15 and can be booked via the Office on 01524 811316.

Our over 55s Luncheon Club has now moved to the 2nd and 4th Thursdays of the month from 12:30pm to 3:00pm. Come along for a two course lunch followed by tea or coffee whilst you enjoy an interest talk. Soup and a Song continues on the 1st and 3rd Thursdays, 12:30pm 2:30pm to meaning there is now an opportunity to meet for lunch for the first 4 Thursdays of every month.

We recently held our AGM and would like to thank all who attended and contributed. It is so encouraging to see so many people come out in support of their community centre. There are positions available on the The Centre Management Committee — Halton Community Association. If you have any feedback or ideas to impact the future of The Centre, please do come along. We meet monthly on the first Wednesday of the month at 7:30pm.

We are looking to recruit a number of new volunteers to help at The Centre on a regular basis. If you have a couple of hours to spare, whether weekly or every other week, we would greatly value your input. There are opportunities in the Coffee Shop and supporting the running of our groups. Please contact the Office to discuss.

**See Prattle What's On pages** for contact information of all regular groups, clubs & classes.

# NEW SESSIONS, SESSION NEWS & CHANGES

Contra Dance 11 Nov Salsa 18 Nov

#### **CENTRE EVENTS 2023**

Children's Nearly New Sale Saturday 14th October 9am-12pm tables £15 via Ticket Source

Christmas Craft Fayre Saturday 25th November 2-5pm tables £15 contact the Office 01524 811316.

Above correct as at 8th September **Naomi Turner** - Publicity Officer

#### NEWS FROM ST WILFRID'S C E PRIMARY SCHOOL

Hello Readers,

LOVELLA My name

Curwer

My name is Mark Curwen, and I am the Shew headteacher at St Wilfrid's. I began here on 1st September 2023

and have been made to feel so welcome. The children and staff are wonderful!

Prior to my appointment, I was the Deputy Headteacher at Overton St Helen's Primary School and I taught at Bolton-le-Sands Church of England Primary School. I am married to Jenny, and we have three young children, two of whom attend primary school and a third who tries to go in each day but is still only two! I am an active member of a church in Heysham, where I live, and I am delighted to be the headteacher of St Wilfrid's Church School.

Personally, I enjoy sports, spending time outdoors, reading, and being with my family. I also have a passion for continuous learning - currently, I'm learning how to solve the Rubik's Cube.

#### **SCHOOL UPDATES**

The new school year has started so well. The children have settled into their new classes, and great learning is already happening. Our Year Six children have just returned from their residential trip to Robin Wood, and our Reception children have made a brilliant start to their St Wilfrid's journey.

As a new headteacher, I am keen to see the many positive routines and traditions continue but will look for ways we can develop as we move forward over the next weeks and months. I am keen to maintain great links with the community of Halton and see our school as crucial in achieving this.

With this in mind, our first Community Tea will be held on Wednesday 11th October (2pm - 3pm), when we serve afternoon tea for senior village residents. If you are a grandparent or carer connected with the school, you are also most welcome to come along to join us on this date in our school hall.

We are also keen to keep in touch with our previous pupils. On **Tuesday 3rd** 





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The Red Door Cafe, Church Brow, Halton, LA2 6LS







October (4pm - 5pm), we will be hosting our 'Hot Chocolate and Chat' where we would love to hear reports of how well last year's Y6 leavers are settling into their high schools.

To keep up to date with events in school, please access our website and read our new weekly newsletter. This will let you know many of the great things happening at St Wilfrid's.

Finally, if you have a child due to start school in September 2024, please contact the school office. I would be delighted to show you around and talk to you about life in our fabulous school and how we are going to move forward.

I really look forward to building great relationships with the community of Halton over the coming years and am immensely proud to be the headteacher of this fabulous school.

God Bless,

#### Mr Mark Curwen

Headteacher – St Wilfrid's, Halton

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#### **HALTON GARDENING GROUP**

As everyone has agreed, this has been a strange summer as far as the weather is concerned. As I write this, we are in a September heatwave, and plants, especially those in pots, once again need watering. Yet in August we had to cancel the planned Village Picnic because of the rain and cold.

Nevertheless, we are already planning for next spring. The plants on the Wildflowerbank will soon be cut down and the ground prepared for next year's growth. We have ordered bulbs for those areas we garden; the Burial Ground, the Terrace and Raised Beds at the Centre, and the Memorial Garden, and the large planters around the village. We are therefore inviting all of you to a BULB PLANTING AFTERNOON. We will meet at the Centre at 1:30 p.m. on Tuesday October 17th. We will then separate into small working groups to do the planting, and we will meet up

again at 4p.m. at the Centre for tea and cake. We welcome as many volunteers as possible, because there are literally hundreds of bulbs to be planted. This could be an excellent, short, after school activity for those of you who collect children from school at 3:15 p.m. If the weather is really bad, we will delay until October 24th or 31st. Do come and join us. No previous experience is needed, but if you do have a trowel or a bulb planter, please bring them with you.

We often receive expressions of interest in, or appreciation of, the work Halton Gardening Group does in the village. We find this greatly encouraging. October is the month in which we hold our Annual General Meeting. This year we have decided to hold an evening AGM, with light refreshments afterwards. We hope this will encourage those of you who are

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interested in what we do, and/or who think you might like to join us, to attend. We are therefore inviting all of our ANNUAL **GENERAL** vou MEETING. We will meet upstairs at the Centre on Tuesday October 10th at 7 p.m. If you can't make the AGM, but would like to join us, please come along to our next Monthly Meeting at 9:30 a.m. on Tuesday November 5th at Halton Mill. We need new members to help us to continue to maintain the areas for which we are responsible in the village, and to bring fresh ideas to the group. It is not a huge commitment - we are very flexible and do not expect attendance at every meeting or at every time we work on one of our areas. Nor is it all work and no play. We do have fun as we work and learn about gardening together, and we do have social events such as a Christmas Lunch and visits to gardens of interest in the area and further afield.

There is still plenty of time to enjoy gardening during the autumn, and

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before winter sets in. Many of you will be planting winter crops as well as harvesting those you planted earlier in the year. Many of us will also be splitting and dividing perennials to grow on and as preparation for the Village Plant Sale to be held next May. No rest for gardeners!

If you would like further information, please contact Kath Pink, Secretary, 07900416961, or email haltongardeninggroup@gmail.com

#### **AUGHTON VILLAGE HALL**

**Run by: Aughton Recreation Room** 

.Thursdays 7pm to 9pm Carpet Bowls

Hire Hall with ΑV our stage, equipment, tables/seating for up to 150, fully equipped kitchen and also obtain private use of our Children's Playground, **Picnic** benches Garden area and Car Park - all exclusively yours for only £15 per hour (day time rate): ring Chris Jarvis on 07756102577 email aughtonevents@gmail.com to request a Booking Form.

Email aughtonevents@gmail.com to enquire.

#### FRIDAY NIGHT IS BAR NIGHT

This autumn we bring you fortnightly opening of the Bar at Aughton on Fridays from 7pm until late. We have table tennis, table football and a pool table available and a fully stocked bar with very competitive pricing. If you live in or near Aughton then come along and get to know your neighbours. We have a car park and local taxi service in case you decide to make a night of it and collect your car in

#### REGULAR RECREATION:

Tuesdays 9:30am to 11:30am Exercise Class - Pilates and Circuits. £8 for one session, £12 for them both





#### **Places for 2-4 Year Olds**

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the morning! Opening dates: 6th and 20th October, 3rd and 17th November and 1st December - hope to see you there. Call Chris Jarvis on 07756102577 for more details.

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dancing. If you are interested to find out more, please email Chris Jarvis on aughtonevents@gmail.com to arrange a viewing. Any questions about Aughton Village Hall? Contact the Secretary, Claire Athis Schofield on aughtonsecretary@gmail.com or phone her on 07484660174.

#### **USEFUL LINKS**

Community run Car Club: www.lancar.org.uk Halton Juniors FC: www.haltonjuniorsfc.com Halton Lune Hydro: www.haltonlunehydro.org Halton Lune Trust: www.haltonlunetrust.org.uk

Halton Mill: www.haltonmill.org.uk

Halton Social Club: email haltonsocialclub@gmail.com 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 halton-prattle@outlook.com



#### WHAT'S ON IN HALTON-WITH-AUGHTON?

All events are at The Centre @ Halton unless specified otherwise AUGHTON RECREATION ROOM: BOOKINGS Events Secretary Ruth Keeler on 07789373100 or ruthgkeeler@gmail.com

THE CENTRE @ HALTON: HALL/ROOM HIRE 07981 743959 or info@haltoncentre

#### **WEEKLY EVENTS**

#### Mondays:

Outdoor Circuits: 6-7pm 811316. A £6 Ch £3

Meditation Group: now meets on Zoom. Please ring 07818647345 Scouts: 7:15-9pm during term times scouts@haltonscouts.org.uk Vale O' Lune Young Farmers Club: 7:30-9pm, Aughton Village Hall American Square Dancing:7:30-9:30pm

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

#### **Tuesdays:**

Carol 811444

Halton Baby & Toddler Group: 9:15-11am: 811316

Exercise Class - Pilates and Circuits: 9:30am to 11:30am Aughton Village Hall £8 for 1 session, £12 for both Computer Help at the Library: 1-2pm, Halton Library

Knit 'n' Natter, Crafts & Chatter Café: 2-4pm. Free. Ann 811684 and Sallie 812017 M1

Board games: 2-4pm Free

Beavers: 5:30-6:30pm during term times beavers@haltonscouts.org.uk Taekwondo: 6:15-7:15pm Mick

07985125530

Cub Scouts:6:45-8pm during term times cubs@haltonscouts.org.uk

#### Wednesdays:

Storytime: 9-9:30am (term time only) for preschool children and their carers. Halton Library
Tots Play Lancaster: 9am-1:30pm
Lauren 07398 312544 term time only

**RETURNING** Art Workshops: 9:45am – 12:15pm Julia 0769661351

Walking Football: 10–11:30am £3.

John 01524 418753

Squirrels: 4-5pm during term times, squirrels@haltonscouts.org.uk
Pilates: 6-7pm Kate 07799068191
Scouts: 6:45-8:30pm 811360 Scout Hut
Walking Netball: 7–8pm on MUGA,

inside when wet. £4 811316

#### Thursdays:

**NEW** Hartbeeps Lancs Baby & Toddler (music): 9am-1pm TTO 07834818493 Starts 2 Nov

Pilates: 9:30-10:30am 07799068191 Gentle Exercise class:11-12 noon Cheryl 07711 335807

Carpet Bowls:7-9pm Aughton Village Hall Email aughtonevents@gmail.com to enquire

Samba Espirito (Drumming): 7-9:30pm

Karen 07711 262288

#### Fridays:

Knit 'n' Natter: 1-3pm Halton Library Indoor Bowling: 2-4pm 811316 The Greyhound Games Night: 7:30pm

The Greyhound 01524 963769

#### Saturdays:

Lego Club: 10:30-12:45pm Halton

Library

Elite Arts School of Dance: from 9:15am. Acrobatics, Gymnastics, Contemporary dance. 5-18yrs Lauryn

07490 713992

#### **Sundays:**

Valley Church: 10:30am David 07885

435910

#### FOOTBALL - Halton Jnr Football Club Damian 07850 913051

Saturday 9-10:30; 3-6 yr olds
Sunday 9:00-16:00;7-15 yr olds
(times subject to fixtures)
Contact secretary@haltonjuniorsfc.com

#### **FORTNIGHTLY EVENTS**

#### **Tuesdays:**

Lunesdale Camera Club: venue/ info ring David 07903 392021

#### Thursdays:

Walking Group, 1st & 3rd Thurs. Meet in front of the Centre 9:15am. More info 811316

Soup and a Song, 1st & 3rd 12:30pm-2:30pm at a cost of £4 per person, 811316. Oct 5, 19 Nov 2, 16

Over 55's Luncheon Club Café: 2nd & 4th Thur, 12:30-3pm, £8; Oct 12, Nov 9, 23; by appointment 811316

# MONTHLY EVENTS MONDAYS:

**2nd Mon:** Halton Reading Group: 9:30-10:30am Sarah 811160

#### **TUESDAYS:**

1st Tues: Gardening Group: 9:30am

Halton Mill, email:

haltongardeninggroup @gmail.com or message/telephone Kath Pink Secretary on 07900 416961.

#### **WEDNESDAYS:**

1st Wed: HCA meeting: 7:30pm

811316 (except Aug)

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

3rd Wed: WI (Hearts of Halton):

7:15pm Jane 812702. (except August)

Last Wed: Halton with Aughton Heritage Group: 7:30pm Halton Mill

contact 07426 701155



#### WHAT'S ON ENTRIES

Email: halton-prattle@outlook.com or Tel Carl on 811444

# MONTHLY CALENDAR OF EVENTS OCTOBER

- Tue 10 Halton Gardening Group AGM, 7pm, upstairs @ The Centre
- Wed 11 Community tea, 2-3pm, St Wilfrid's school
- Sat 14 Children's Nearly New Sale, 9am to 12pm. The Centre. Entrance on the day is £1 for adults, children free
- Sat 14 Low key litter picks commence at 1pm and meet at 10 Forgewood Close, LA2 6NZ.
- Tues 17 Bulb planting afternoon hosted by Halton Gardening Group. 1:30 pm @ The Centre

#### **NOVEMBER**

- Sat 11 Contra Dance (similar to ceilidh/ barn dance and square dance) 1:30-4:45pm; Entry: minimum £10. Full info at http://LancasterContra.org.uk/ All welcome. No previous experience necessary.
- Sat 18 Low key litter picks commence at 1pm and meet at 10 Forgewood Close, LA2 6N7.
- Sat 18 Salsa Night, Doors open at 7pm, £8 cash at door. Full bar. The Centre.
- Sat 25 Xmas Craft Fair, 2-5pm The Centre.

#### ADVANCE DATES FOR YOUR DIARY

#### **DECEMBER**

- Thurs 7 Neighbourhood Watch AGM 19:30 at Halton Social Club, all are welcome. See Page 2
- Sun 31 Ceilidh, The Centre

#### **FEBRUARY**

Sat 10 Contra Dance (similar to ceilidh/ barn dance and square dance) 1:30-4:45pm; Entry: minimum £10. Full info at http://LancasterContra.org.uk/ All welcome. No previous experience necessary.

#### **WHAT'S ON ENTRIES**

Email: halton-prattle@outlook.com or Tel Carol on 811444

#### **NEWS FROM THE 1ST HALTON SCOUT GROUP**

The leaders have had a well-deserved break over the summer holidays, although it would have been nice to see some sun while everyone was off. As a gardener I can say with some confidence that the weather has not been great over the summer. First two weeks back at school — glorious weather again....

Before the summer we started a new section for the 4 to 6 year olds (Squirrels) which now means we have sections covering ages from 4 to 14.5 years old.

Scouts have a number of hiking / camping challenges coming up that they get the opportunity to take part in over the next couple of months. They also have the infamous Knight Activity challenge in November, that involves hiking in the dark (over a 3.5 hour period) around quiet country lanes, tackling various challenges (where they accumulate points) at intervals along the route. The team with the most points at the end of the 3 hours win the trophy from which the event gets it's name – a Knight.

Beavers has been wonderfully popular for the start of the new term with lots of new starters bringing us up to full capacity with a growing waiting list! We have pirate and superhero days planned as well as sleepovers, space exploration and even time travel!

To help continue offering this exciting programme, it'd be great to recruit a

section assistant. This could be the parent of a Beaver or someone new to the group. If you might be interested, please get in touch.

When not in use by one of our sections (Monday until 6pm, Tuesday and Wednesday evenings), the Scout hut is available for hire as a venue for parties, events, clubs and groups. Information and a booking enquiry form can be found on our website. http://haltonscouts.org.uk/contact-us/hut-hire/

#### John Elliott

Group Scout Leader, SCOULS

1st Halton Scout Group





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### Carol M Sedgwick BSc (Hons), HCPC, SCP

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Andrew S Parker is a well-established, trusted and experienced firm of Chartered Accountants. We work with businesses and individuals mainly in West and North Yorkshire, Lancashire and across the UK.

We have over 30 years of accounting experience and work with both small to medium-sized businesses and personal tax clients offering a full range of accounting and audit services including tax returns, tax advice, VAT services, payroll and budgets.

#### TORRISHOLME CRICKET CLUB UPDATE

www.torrisholmecc.co.uk

The junior season was completed some weeks ago and there was a great turnout for the junior presentation in early September with over a hundred able to enjoy a glorious evening while the age group prizes were given out. Jeff Stobart, Halton resident and U11 Hardball coach, was away on holiday but his team won all but one game and were crowned Champions for a second successive year. Guest of honour was overseas Matt Cline once again, Matt has served the club brilliantly over the last two seasons and has decided that he won't travel again next year as his body will need a rest after almost three years continuous cricket as a fast bowler. We all wish him well and hope that he keeps in touch.

Both Saturday teams have had struggling seasons, the first team need a win from their last two games to stay up but the seconds were pretty much condemned to relegation a week ago. Truthfully that may well be a blessing in disguise and allow a new captain to build younger players into the team under less pressure.

Off the field Halton based Secretary Mike Andrews has secured a grant to install solar panels at the club which should alleviate some of the energy costs which have spiralled recently. We are grateful to the ECB County Grants Fund and hope to win a grant from the Halton Hydro Fund to cover more of

the costs of this project. We have also secured funding from the Heysham Solar Fund to refurbish the engine and drive train on our wicket roller - that will keep Groundsman Eddy busy over the winter!

Halton Finally iunior parent and resident Martin Davis has agreed to train as a coach: his background of high standard cricket and a long teaching career will stand him in good stead no doubt. As always, should you have any queries or be interested in becoming involved in the club as a player, parent, volunteer, coach or sponsor please in the first place contact Junior Chair and Halton resident Mark Drinkall on 07368 944220 email: bν drinks@torrisholmecc.co.uk.

Mark Drinkall, Hon Safeguarding Officer, Junior Chair. Early September 2023.

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#### THE PRATTLE QUIZ No 58

- 1. Which Caribbean island nation has a capital city called Roseau?
- 2. Which England player became the first Englishwoman to score a test double century during the recent Ashes?
- 3. In the UK we call this vegetable an aubergine; what is it usually called in the US?
- 4. Which 59 year-old gave his latest child the forenames Frank Alfred Odysseus?
- 5. Yevgeny Prigozhin was, until his aircraft met with an unfortunate accident, the leader of a group of so-called mercenaries fighting on behalf of the Russian state in Ukraine; by what name do this group refer to themselves collectively?
- 6. Which US actress featured in Rebel Without a Cause and West Side Story before perishing in a sailing accident in 1981?
- 7. Frenchman Bernard Hinault and Spaniard Miguel Indurain are legendary figures in which sport?
- 8. In Greek mythology who was the goddess of youth and Spring?
- 9. Which author wrote two books which together are often called The Chronicles of Barchester?
- 10. During which battle of World War One were tanks used in large numbers for the first time?
- 11. Which motorway runs from just North of the M25 in South London to Crawley, with a spur to Gatwick Airport?
- 12. In 2022 the UK came second in the Eurovision Song Contest, who performed the song 'Space Man' on behalf of the UK?
- 13. Following Ukraine's win in the 2022 Eurovision Song Contest which UK city hosted the contest in 2023 on behalf of Ukraine?
- 14. In which part of the human body would you find the aqueous humor and the vitreous humor?
- 15. Which company designed the Hurricane and Typhoon fighters of World War Two?
- 16. What is the next number in this sequence: 1, 8, 27, 64?
- 17. What is the main ingredient in Hummus (usually with tahini, garlic, lemon juice)?
- 18. England cricket captain Ben Stokes played his club cricket in which English county?
- 19. Electric Landlady are a tribute band performing whose back catalogue?
- 20. Colin Murray has recently been confirmed as the new host of Countdown, but who was it's original host?

With thanks to our Quiz Master, Mark Drinkall - answers on page 34

#### **VILLAGE 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-

12:30pm and 1:30-5:30pm. Pre-booked appointments only.

**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

# COFFEE SHOP OPENING TIMES

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Monday - Friday 1pm - 5pm School & Bank Holidays 11am - 5pm

Saturday & Sunday 10am - 5pm

Weekends Oct half term

to Feb half term





www HaltonCentre.org

The Centre @ Halton Low Road Halton Lancaster LA2 6NB TEL: 01524 811316



#### **CATON CLUBS NEWS**

#### CATON LEISURE CLUB

Everyone is invited to join our group for talks on a variety of interesting topics. Included in the cost for members of £2.00, non-members £4.00, (annual membership £5.00) is the talk, tea/coffee and biscuits, and of course friendship. We meet at the Victoria Institute, Caton for a 10:30 start and usually finish at about 12:15.

Do please come along, we are only just down the road. You will be most welcome.

Due to unforeseen circumstances on some occasions the speaker may change at short notice.

Do you need to regain flexibility? Then Norma's Chair Based Exercise will loosen you up. They start at 9am for 1 hour. Only £2 for Leisure Club members, otherwise £3.

Indoor Short Mat Bowling recommenced on Wednesday 18th September 10:00-12:00 - please

contact David for further information on Tel 01524 812342.

# CATON AND BROOKHOUSE FRIENDSHIP GROUP

Our August coffee morning, held at the Station Hotel, raised £110 for St John's Hospice, well done everyone. The visit to Southport and Southport Flower Show was enjoyed by gardeners and shoppers alike and at the time of writing, everyone is currently looking forward to visiting York on September 21st. The October outing is now a mystery tour as the visit to Keswick will now be in December combined with a cream tea in Grange. There are currently no spaces on any of the outings this year; if you would like to join us from January please contact Ally Whitfield. 01524 770827 07738912923 for a membership form. We are a friendly and welcoming group with village events as well as monthly coach outings.

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#### **SQUARE DANCING**

and try something new?

You will have a laugh, meet new people and have some fun. You deserve it and the first night is FREE.

Come to our FREE taster session for beginners on Monday 30 October promptly 7:30-9:30pm.

Our regular weekly classes start on Monday 6 Nov at 7:30pm; doors open 7:15pm; £4 inc refreshments. Bring a mug.

Square Dancing is for everyone, singles, couples, families & friends. It's easy to learn. No fancy footwork. Good exercise for body and mind. Our square dance motto is 'Fun and Friendship set to music.'

For our club newsletter, photos and info go to our website:- http://www. ocean wavers.co.uk.

#### **CLUB NEWS**

The summer picnic eventually went ahead on Sun 6 August. The weather had been very unreliable so we just went for it in the end, but apart from a very small shower it was sunny and actually hot. We all had a very happy and chatty afternoon.

We were delighted that a couple of our newer dancers also went to Rugby for the 70th anniversary weekend which had 11 squares, dancing at multi levels, over 2 days to 7 different callers. Torquay was stiflingly hot with no air-

Fancy having a go? Why not come out con but we had a great dancing weekend with two callers from London and USA.

> The SSD birthday dance and the North West & Lakes Weekend are held after this has gone to press but we are looking forward to catching up with other Square Dancer friends from all over and getting excited at meeting many NEW friends joining the club and our Square Dance family at the taster session or lessons in Nov.

**Carol Holman** 07981 743959

#### LEARN TO SQUARE DANCE

**Beginners classes 2023** at The Centre @ Halton

starts with a FREE TASTER session

#### Monday 30th October 7.30pm

Doors open 7.15pm The Centre @ Halton, Low Rd, Halton, Lancaster LA2 6NB

It's for everyone. No partner needed. No fancy footwork. Bring your friends, families, partners or just yourself.

Come along for a great social night of Fun, Laughter, Friendship and Music.

1st weekly lesson on Mon 6 Nov 7.30pm - £4.00 per week

info Contact; 07981 74395 website: http://www.oceanwavers.co.uk

Bring your own mug for refreshments please

#### **PARISH COUNCIL NEWS**

#### HALTON WITH AUGHTON PARISH COUNCILLORS

CHAIR: Cllr. Carol Slinger, Tel: 07810 356929; carol.slinger@hotmail.co.uk

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

Cllr. Claire Buntin; Cllr. Joe McAleer; Cllr. Jonathan Sewell

Parish Clerk & Financial Officer: Luke Mills, Tel 01524 881499;

clerk@haltonwithaughton-pc.gov.uk

LANCASTER CITY COUNCILLORS Sarah McGowan and James Somerville

#### CHILDREN CLIMBING ON ROOFS

Children have recently been found both on top of the Centre roofs and on the metal sheds adjacent to the Centre. Clearly this is dangerous, so we would ask parents to warn your children of the risks. In particular, the tool shed roof is now heavily dented and weakened, so there is a significant risk to children if they fell through it.

We will look into ways to further deter this behaviour, but it is difficult to completely eliminate it.

#### **CHURCH BROW TRAFFIC CALMING**

As reported recently by the local County Councillor, Lancashire County Council's Cabinet has approved the proposed scheme to install speed cushions on Church Brow and Halton Road and reduce traffic speeds to

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#### HOMEOPATHY AS A NATURAL ALTERNATIVE

create a 20mph zone. Whilst this does not mean that the work is imminent, it is good news to finally see some progress after so many years of campaigning.

#### REPORTING ISSUES

Report general speeding concerns:

https://lancsroadsafety.co.uk/ submit-concern/

Report a non-urgent Crime or Incident:

• https://doitonline.lancashire. police.uk/

Report a problem to Lancaster City Council (bins, dog fouling, fly-tipping, noise)

 https://www.lancaster.gov.uk/ environmental-problems/report-aproblem

Report a problem to County Highways (pot holes, flooding & blocked drains, street lights)

 https://www.lancashire.gov. uk/roads-parking-and-travel/report-it/
 Alternatively you can install the Love Clean Streets app onto your phone and submit environmental issues automatically to your local authority.

#### PARISH COUNCIL MEETING DATES

There is always an opportunity at meetings for residents to raise issues or questions. If you are interested in joining the council, then come along and meet the other councillors and see what happens.

The next meetings will be held upstairs in the Centre at 19:15 on the following dates:

Wednesday 11th October & 8th Novemeber.

**Luke Mills**, Parish Clerk, e: clerk@haltonwithaughton-pc.gov.uk, t: 01524 881 499

w: http://www.haltonwithaughton-pc. gov.uk



#### QIGONG — Just a bunch of folks waving their arms in the air?

To the observer a session can look just like "a bunch of folks waving their arms about". What isn't obvious is the gentle shifting of body weight from one leg to the other, the opening of joints and release of tension in the muscles. The slow moving, rhythmic actions hardly indicate that the people practising are, in fact, exercising. Western research is starting to value the benefits of regular Qigong (or Tai chi) practice on our physical and mental health. As research has shown positive results the NHS is now beginning to recommended this practice to some patient groups.

**So what is Qigong?** Simply put Qigong translates to Qi or energy and Gong which means work, so "energy work". Practised in China for over 2500 years, it is passed down the family line with young family members learning their family's qigong around the age of 6 years old; many western classes adapt their sets to suit older bodies.

Tai chi or Qigong? Practically speaking qigong is a less structured discipline. Tai Chi is a beautiful yet exacting practice; in qigong, so long as you don't hurt yourself (or anyone else) you can't go wrong. Tai Chi is said to be a form of Qigong; however in the West people are more familiar with Tai Chi; Qigong is only just starting to get known. Anyone interested should try lots of classes and see what style and teacher suits them best. There are a few classes in the Halton area with at least 2 tutors running sessions at Halton Mill.

Why take a class? Qigong is a system of Chinese medicine with an emphasis on health promotion. Western research has found benefits including reduction of stress

hormones, improvement of gait and balance, improved outcomes in respiratory disease (Including Covid 19 recovery), blood pressure reduction and increased confidence.

Why me? Physical health; many of us acknowledge that our physical activity levels could be higher, but not all activities (e.g. team sports or high intensity training) are accessible to them. You can start practising the Qigong moves seated and when you feel ready, you can progress to doing part of the session seated and part standing and increase the standing part as you build your strength. Classes are friendly and nurturing. No one is "better" than anyone else, there are no goals to achieve, no times to beat, it is very gentle. Physical strength; many of the moves take the weight of the body from one leg to the other. Both feet stay on the floor in my class but the majority (approx. 80% of your body weight) is taken into one leg; many attendees report that they can feel the effects in their legs the next day. Class members also reported improved posture and having a more upright



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stance, calling it "A lovely, gentle full body exercise which has improved my posture and balance." Others report reduced back and neck pain after starting qigong practice. Stronger legs and improved posture also helps reduce the risk of falls.

<u>Flexibility</u>; Do you drive a lot? Do you type or spend a lot of time on your computer? How are your shoulders doing? The gentle repeated arm movements of a qigong session, over time, help to open up the joints of the shoulders and back, improving posture and can relieve back and neck pain.

Stress; Qigong is often referred to as mindful movement. One of my class says that "the focus necessary during the elements promote a mental calmness, almost casting a spell of tranquillity". If you've tried meditation but struggle with fidgeting you might like to try this as a type of meditation. With a focus on your body, its balance, its movements, its breath you might find a focus to suit you.

**Equipment:** No special equipment is needed. Comfy clothes are essential and many of my class like to wear grippy socks (we don't tend to practice in shoes) and in the colder months

layers of clothes that can be removed if necessary, as you can build up heat practising your qigong. Most people bring a water bottle to keep hydrated. Some session leaders will suggest you bring a smile, others accept that some days, where smiles are not easy to conjure up, these are the days when your qigong practice is most important. So attend grumpy if you wish.

Many sessions work with 1 set of 18 moves, the shibashi set. Attendees can learn the set order if they wish, others choose to follow the session leader and immerse themselves in the practice. Qigong practice follows the seasons and the set is adapted to reflect how our bodies feel throughout the year.

So, is it just a bunch of folks waving their arms about? Yes it is, but they are doing it whilst also focusing on where their balance is in their feet, how their posture is, how their breath is, how their body feels today and how their mind feels today and a whole lot more. For more information on sessions at Halton Mill contact Debra@meditatingspaniel.co.uk or see www.meditatingspaniel.co.uk Or contact Nicky at Nicky23ishka@gmail.com

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Wednesdays 09.30 – 10.30 at The Engine Room (downstairs), Halton Mill

If you would like to know more please see

www.meditatingspaniel.co.uk

or contact

debra@meditatingspaniel.co.uk

for details and booking.



#### **CHURCH NEWS**

#### ST. JOSEPH'S R.C. CHURCH

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

Sunday Mass is streamed on our Facebook page - https://stjosephslancaster.co.uk/ for more information.

Clergy: Fr Philip Conner,

Deacon Stephen Pendlebury,

St. Joseph's Church

Slyne Road,

Lancaster, LA1 2HU

Tel: 01524 32493

Valley Church
Join us at 10:30 every Sunday at the Centre @ Halton.

Our vision is to empower the next generation and create a home where all are welcome. We have a full kids programme for 1-11 year olds, a youth programme during the service and weekly discipleship groups that meet for fun. food, friendship and bible study on Tuesday evenings.

For more information check out www.valleychurch.eu Instagram - @valley lancs Facebook - Valley Church Lancaster Get in touch - lancaster@valleychurch.eu

#### ST WILFRID'S HALTON ST WILFRID'S JUNIOR CHURCH



Junior church meets on the 1st, 3rd and 5th Sundays of the month during school term time at 10am. For more info

email Sandra Dawson at s.dawson135@btinternet.com.

#### BAPTISMS AND WEDDING AND **FUNERALS**

Everyone who lives in the Parish of Halton with Aughton is entitled to have their baptism, wedding or funeral at St Saviour's or St Wilfrid's Churches. If you would like to make a booking for a

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baptisms or wedding, please contact Revd Susan on 01524 822128 or revsusan.seed@btinternet.com.

# MEMORIAL SERVICE – Sunday 29th October, 4:30 pm at the St Wilfrid's Church Halton

A special service with an opportunity to light a candle to remember a loved one departed.

#### THE CHURCH IS HERE FOR YOU!

St Wilfrid's Church is open on Tuesdays Saturdays and Sundays from 10 am to 4 pm. Information is available about the

> history of the church, the stained-glass windows and

it's unique Cross. It is a ford, peaceful place for quiet fear Our reflection or prayer. There are candles available to light to remember a loved one departed and prayer requests can be left on the prayer tree. to make a booking for a baptism or wedding, please contact Revd Susan on 01524 822128 or revsusan.seed@btinternet.

Every week the Churches pray for different streets in Halton and for the village of Aughton. Wherever you live, please get in contact with Revd Susan if you have any pray requests for specific people, places or situations. (Details are kept confidential). Contact Revd Susan at revsusan.seed@btinternet.com.

com.

#### **PRATTLE QUIZ ANSWERS**

Richard Whiteley	.02
radyland')	
album called 'Electric	
Jimi Hendrix (he released an	.61
Cumbria (Cockermouth CC)	.81
Chickpeas	۲۲.
respectively)	
125 (1,2,3,4,5 cubed re	.91
Hawker	·St
ln the eyeball	.41
Liverpool	13.
Sam Ryder	15.
M23	:11
Cambrai	.01
Anthony Trollope	.6
Нере	.8
Cycling	٦.
Natalie Wood	.9
Wagner	٦.
pretentious Boris Johnson	
The not even slightly	٦.
Eggplant	3.
Tammy Beaumont	7.
Dominica	Τ



#### THE CHURCHES OF HALTON-WITH-AUGHTON

#### **CHURCH OF ENGLAND**

#### **RECTOR Rev'd Susan Seed**

The Vicarage, 2 Summerfield Drive Slyne with Hest, Lancaster LA2 6AQ Tel: 01524 822128

E: revsusan:seed@btinternet.com

#### ST. WILFRID'S HALTON

#### **Services in October**

1	10:00 am	Family Communion
	4:00 pm	FAMILIES@4 at St
		Luke's Slyne
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
17	9:00 am	Morning prayer
22	10:00 am	Family Communion
24	9:00 am	Morning prayer
29	10:00 am	Family Communion
	4:30 pm	Memorial service
31	9:00 am	Morning prayer

#### Services in November

5 10:00 am	Family Communion
4:00 pm	FAMILIES@4 at St
	Luke's Slyne
7 9:00 am	Morning prayer
12 8:00 am	<b>Holy Communion</b>
10:00 am	Remembrance
	Sunday
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

#### ST SAVIOUR'S AUGHTON

#### Services in October

8 11:30 am Holy Communion 22 11:30 pm Morning Prayer

#### **Services in November**

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

# FROM ST WILFRID'S REGISTERS Baptisms:

16th July – Ella Florence Renninson and Penelope Jayne Renninson 3rd September – Rory George Southam and Eva Rose Southam



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