

What's going on at the Village Hall.....

Dates for your diary	
Tuesday 16 th February 7:30pm	Preston Brook Parish Council
Saturday 12 th March 8:00pm	Annual Quiz Night – Village Hall
Tuesday 15 th March 7:30pm	Preston Brook Parish Council
Tuesday 19 th April 7:30pm	Preston Brook Parish Council
Tuesday 26 th April 8:00pm	Preston Brook Village Hall AGM
Saturday 14 th May 11am – 5pm	Annual Plant Sale
Tuesday 17 th May 7:30pm	Preston Brook Parish Council AGM

Regular Events

Pre-School	Weekdays during term-time Monday – Wednesday 9:30 am until 1:45pm Thursday – Friday 9:30 am until 12:30pm Children may start from the age of 2 years. For further details ring 01928 897174.
SilverCircuits	Low intensity exercise class takes place each Monday afternoon from 3 – 4pm Please call John on 07985 221805
Karate	Renketsu Shotokan Karate Club holds these classes: General karate: Mon 6:30 – 7:30pm Beginners welcome ages 7 – 70. Advanced karate: Mondays 7:30 – 8:30pm (Adults 16+ & senior grade). Call 07939 468968 - Email: andy@renketsu.org.uk Visit www.andywilkinson.me.uk
Dutton W.I.	Meets on the second Tuesday of each month at 7:30pm Everyone welcome. Contact Trish on 01928 717298.
Parish Council	Meets on the third Tuesday of each month at 7:30pm except August. All residents welcome to attend.
Table Tennis	Meets every Wednesday from 7:30 until 9:00pm.
Military Whist	A military whist drive is held on the first Friday of every month at 7:45pm. All welcome. £2 admission.

Private Hire

The hall is available for meetings, classes and parties at all other times. Please contact the Secretary on 01928 717223 for more information.

Preston Brook Village News



Issue 6 - January 2016

Happy New Year and goodbye to the turkey and sprouts.

How is Dry January coming along or did it go slightly damp like mine.

We all feel a bit sluggish after the sumptuous meals and sweet treats and feel you need to firm up various bits and bobs, well there is no excuse as we have various exercise classes in your village hall.

Spring is not really around the corner, more like a couple of blocks away. February's icy fingers will attack the early buds, but then you may have some handy tips to pass on to the rest of us. I went off gallivanting in November when I should have been clearing up the leaves, so goodness knows what is hiding under that lot.

Here's to a new year full of events and interesting developments within the village.

Sue Potter

I'm pleased to say that we start 2016 with the first of our quarterly newsletters. I've returned as Clerk to the Council (from September 2015) following a bit of a 'topsy-turvy' year but things are full-steam ahead again; lots to do and sort – there's plenty going on this year along with the full election of the parish council taking place in May. Did you know that as well as the newsletter, we've got our website and facebook page? I'm always seeking feedback on things to add in order to keep you all as informed as possible in the happenings of Preston Brook. If you haven't logged on yet, why not visit us www.prestonbrook.com

The newsletter intends to provide you all with information on key events, updates from our community groups, local adverts and much more.

Please continue to send recipes, gardening tips and any ideas that you would like to share in time for the next issue. Please note that the deadline for submission of articles for the April edition is 18 March 2016. Please email any articles through to pbpc@hotmail.co.uk

Craig Wyna – Clerk to Preston Brook Parish Council

Preston Brook Parish Council...

Some snapshot points from recent items discussed at parish council:

- Parish precept is to increase to £25 per household an increase of approx 7.5% resulting in an annual increase of £1.67 per household
- In a meeting with Highways England, we are advised that the signalling is to be reviewed at Junction 11 roundabout with complete resurfacing taking place over the next few months. The parish council will assist in the design layout of the lines
- Speed limit from Junction 11 heading into Preston Brook to be reduced to 40mph
- Planning application from Teva 16/00009/FUL – concerns raised and matter to be discussed further with planning and consultants
- Temporary changes at Hill Top Road and Windmill Lane working well. To be reviewed again in 4-5 months for a permanent solution

Keep your eye on our website www.prestonbrook.com for all information on what's happening within the parish council and Preston Brook

Preston Brook Pre-School: January 2016

This academic year has been fantastic so far. We have returned from the Summer Break with good numbers, we had 16 children transition to local Schools and all have settled and are doing well.

In October we celebrated Harvest Festival with Rev Felix and thanks to donations from parents we were able to donate food parcels to the Halton Food Bank. We enjoyed watching Tim Peakes launch into Space and had a great time being Astronauts and completing Space related activities.

In December we held our very popular Nativity Play once again this was a hugely successful evening with all of the children, even the very little ones working very hard to learn their parts. Parents support was tremendous and we raised over £300.00.

Going forward we will be making pizzas with a parent helper and celebrating Chinese New Year.

I still have a few places available at Pre-School for children aged between 2 and 4 years old. Please contact the pre-school on 01928 897174 or email prestonbrookpreschool@gmail.com

Sarah Williams
Pre-School Manager



Preston Brook & District History Group

2016 programme

	<i>Title</i>	<i>Speaker</i>
21 st January	Speke Hall Stories	Sheila Walsh
18 th February	Poison is a Woman's Weapon	Angela Brabin
10 th March	Life & Works of Thomas Brassey	David Casement
21 st April	The History of the Long Bow	Bernard Dennis
18 th June	Plas Teg & Mystery Destination	Outside visit -Sunday
14 th July	Arley Hall	Outside visit -Thurs PM
22 nd September	Crime & Punishment in Dickens London	Michael Murphy
20 th October	The Parr Family & Grappenhall Heyes	Margaret Fellows
17 th November	Dunham Massey – Intrigue, Executions, Power & Scandal	Peter Braun from the NT
December (tbc)	Christmas Dinner	Venue Tbc

Community Watch update - SCAM Awareness

As you are probably aware, there are thousands of different types of scams, and it can get confusing and difficult to know how best to protect yourself.

According to the Trading Standards Institute, only five per cent of scams are reported. This is because so many people feel shame or embarrassment at being caught out. We don't want people to suffer in silence. We want you to help us encourage your neighbours, relatives and friends to report scams or attempted scams to www.actionfraud.police.uk or 0300 123 2040.

You can download useful anti-scam resources from www.thinkjessica.com, a charity protecting elderly and vulnerable people from scams.

For information about staying safe online, we recommend you visit www.getsafeonline.org or www.cyberstreetwise.com. Both of those sites have lots of useful information. Think about printing out the info for an elderly person who does not have access to the internet.

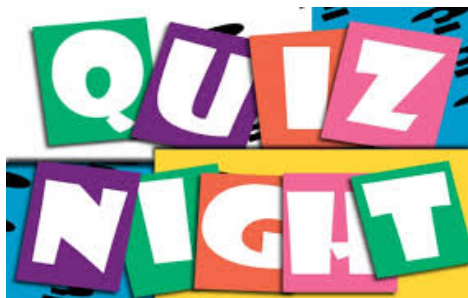
More information is available in the Scams Awareness Month pack at www.citizensadvice.org.uk/sam14-resources

Mike Byrne, Preston Brook Community Watch, 01928 717298

Annual Quiz Night

Preston Brook Village Hall
Saturday 12th March at 8:00pm

Tickets £6 each includes 'Hotpot',
Bar, bring your own snacks
Teams up to a mx of 6
* Cash prizes & raffle *



Contact 01928 751441 for tickets

Bridgewater Green Update: January 2016

Happy New Year! from the group who look after Bridgewater Green.

The extra funds which we applied for from the Area Forum Grant from Halton Borough Council in early 2015, were used to buy and install tree marker signs and posts, bird boxes, spring bulbs and a few more shrubs to fill in gaps in the planting.

We would also like to thank Rigby's Funeral Directors of Runcorn who gave, free of charge, the three smaller posts which were adapted for use.

Our Christmas tree lights switch-on event in early December was rain-free! Many thanks to those who helped with refreshments and to those who attended.

We have been a volunteer group now for over two years, working on developing and maintaining the Green, with the assistance of Halton Borough Council and Preston Brook Parish Council, who own the land.

Having been a "working party", it is now time for a change of name and "Friends of Bridgewater Green" was decided upon.

We shall continue to look after the Green by having weekend gardening afternoons from time to time and even "guerrilla gardening".

If you would like to help out in the future, please let us know, by contacting the parish clerk, Craig Wyna, on pbpc@hotmail.co.uk

Friends of Bridgewater Green

Gardening tips for late January / February

As we reach the end of January and February approaches we begin to a rise in temperatures but at the time of writing we have had a very mild (although very wet) winter with some cold days forecast. So there is still a risk of frost and even snow. Protect vulnerable [plants](#), pots and taps from frost by wrapping insulation such as garden fleece around them and check pots and containers are raised off the ground if possible. Tender [trees](#) and [shrubs](#) will thank you for a generous application of dry mulch to protect their roots from freezing conditions.

On dry days dig over existing beds and borders and incorporate as much organic matter as you can. Forking over not only helps prepare the soil for spring, it helps reduce pests by exposing them to hungry birds.

If the ground isn't frozen, this is the perfect time to make new beds and borders - mark the shape with sand trickled from a bottle, remove the top layer of growing vegetation and dig the ground over, adding as much organic matter as possible. If you are making a bed in the lawn, remove the turf and stack it upside down somewhere out of the way - after a year or two it will rot down into fantastic compost. Alternatively chop it up and bury upside down in the planting hole a good spade's depth down. Beware - if you just dig it in the buried grass will regrow and regrow and regrow and...

If you grow alpine then it is important not to let leaves accumulate around them - they will die if left damp for long. Cover any bare patches around clumps with gritty compost to encourage regrowth.

When the weather allows, carry on clearing paths, check walls (but avoid concreting until there is no chance of frost), clean and insulate greenhouses and ensure heaters are working properly. Even a little insulation will make a huge difference to your heating bill.

In preparation for the months to come now is the time to clean and repair your garden tools, book the lawn mower in for a service and check garden furniture for any rot. When it is warm enough, treat sheds, fences and trellis with wood preservative.

But it isn't just preparation and housekeeping, now is the time to plan what you want to grow in the next few months and if you have not ordered your seeds yet, do so now to avoid disappointment; and then order them in date of sowing in order to create a sowing calendar through spring.

Though it is early, it is time to start off the slower-growing half-hardy annuals and perennials. Pelargonium, begonia and osteospermum are easy from seed if you have a warm windowsill or a heated corner in a glasshouse. Some seed takes two to three weeks to germinate, by which time it will nearly be March and the light levels will be improving. There is no point in sowing fast-growing tagetes or tomatoes too early.

January Recipe

Although we hope we have had the worst of the winter we still have a few cold days to come. So this is a lovely warming dish and it works perfectly in a slow cooker. It is so simple but don't think to leave out the caraway seeds, they somehow make it special.

Goulash

- stewing beef 500gm cubed
- flour 25gm
- oil 2tbsp
- onion chopped finely
- garlic 2 cloves chopped
- green pepper deseeded/chopped
- caraway seed 1tsp
- paprika 2tsp or more
- tomato puree 2tbsp
- seasoning
- stock cube in 150ml water
- tomatoes tin
- red wine 150ml
- oregano 2tsp



Toss the meat in the flour. Fry the onion and garlic in oil until soft then add meat and brown it. Add the paprika, caraway seed, tomato puree, oregano and seasoning and cook for a further 2 minutes. Add the stock, tomatoes, stock and wine. Bring to the boil, cover and cook slowly until tender adding the peppers in last half hour. Serve with noodles, jacket or mashed potato.



The parish council has for several years tried various ways of reducing speed in and around the village. Despite speed cameras, more regular monitoring by Cheshire Police, this still proves an issue for us and all our residents.

Following discussions at parish meetings, a small group is to be formed to form a Community Speedwatch programme. It requires a minimum of six volunteers. Equipment and full training will be provided.

If you care about reducing the speed in the village and would like to get involved, please contact the Clerk by email pbpc@hotmail.co.uk

Preston Brook Parish Council

Vacancies for Parish Councillor

If you are looking to help in improving the Village and its amenities, and would consider being co-opted on to the Parish Council then please contact the Clerk or any Parish Councillor.

Meetings are held on the third Tuesday of every month except August. Visit www.prestonbrook.com for information.

Preston Brook Village Hall

Committee Members needed

The Village Hall Management Committee is responsible for the upkeep and maintenance of the building for the benefit of the community. The Annual General Meeting gives the opportunity for the residents/users to take part in general discussion about any aspect of the facility and its use.

We are now actively looking for new committee members to help deliver improvements to the interior with a view to attracting a greater variety of user groups to the Hall.

If you cannot make the AGM, but would like to become a committee member, or help the committee in some way, then please ring the Secretary on (01928) 717223.

Your parish newsletter is produced and printed by Preston Brook Parish Council.

For further information on the newsletter, the parish council, to place an advert or submit an article, please contact

Craig Wyna, Parish Clerk - 01928 897117 or email pbpc@hotmail.co.uk

You can also visit the website at www.prestonbrook.com and submit a request here.