

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

Dates for your diary

Saturday 15 th October	Barn Dance
Tuesday 18 th October at 7:30pm	Preston Brook Parish Council
Tuesday 15 th November at 7:30pm	Preston Brook Parish Council
Tuesday 29 th November at 7:30pm	Christmas Bingo
Tuesday 20 th December at 7:30pm	Preston Brook Parish Council
Saturday 21 st January 2017	Final 40 th Anniversary Celebration

Regular Events

Pre-School	Weekdays during term-time 9.00am until 12.00 noon Lunch Club Mondays, Tuesdays and Wednesdays from 12 noon until 1.15 p.m. Children may start from age 2 yrs. Tel. 01928 897174 during session.
Silver Circuits	Mondays 3 p.m. – 4 p.m. Exercise class for 'people of a certain age'. Tel John on 07985 221805.
Yoga	Mondays 4.30 p.m.—5.30 p.m. Suitable for returners and beginners For more info ring Sue 07792 505128.
Karate	Mondays 6.30 p.m. until 8.30 p.m. Classes for adults and children. Contact Andy on 07939 468968.
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	Wednesdays 7.30 p.m. Residents come together informally to enjoy a number of sports including table tennis, badminton and darts. If you are interested, then pop along one Wednesday evening. You will be most welcome.
Military Whist	First Friday of each month 7.45 p.m. All welcome.

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 9 - October 2016

There is something wonderful and colourful about autumn. Spring is pretty with green shoots everywhere and swathes of spring flowers appearing. However in autumn, Mother Nature really shows off her best. The various shades of red and gold not to mention burgundy too. Walking down the main road past Richard's farm, and the speed camera (with its new digital gadget inside), just pause for a moment and look up the hill to Preston on the Hill. Enjoy the colours in all the different species of trees that we have in our village, the Hill and the Brook.

Soon we will have lovely dried crisp leaves being blown across the roads and paths. If it stays dry then it will be fun for the children to kick them. It was my favourite time of year to crunch through the piles of leaves in my wellington boots and then my daughter after me in later years. And then sadly if/when it rains, they will all turn to mush.

The Harvest moon is due around now. So called because it is closer to the earth right now and appears to be huge, coinciding with the farmers late harvesting (before combined machines) and they could continue harvesting into the late evening in the full moon light.

For gardening tips just look inside for our very own Monty Don articles. In fact open the pages and read all the contributions from our community. After that you can continue to use this to peel the potatoes on!

Remember our faithful companions on Bonfire Night. Short of ramming ear plugs in their tiny ears, there are limited things to do, apart from sedatives from the vets which make them dehydrated. Close the curtains, turn the TV up a bit with your usual programmes on to appear normal. A little treat maybe. But do not let them venture outside. Even at midnight someone will take delight in firing a rocket over the canal.

Sue Potter



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 bbpc@hotmail.co.uk.

Women's Institute

Hello ladies, please come and make some new friends and have lots of fun with us. We meet at the Village Hall on the 2nd Tuesday of every month at 7.30pm.



The speaker at next month's meeting is Mr Matthew Lepp who will demonstrate soap making. All are very welcome to join us and enjoy a lovely supper.

Every month we hold a luncheon club where we try out all the local hosteleries. The Bowls League has just finished and we are eagerly waiting to start the darts competition with the other WI's. We have theatre outings, craft workshops, rambles and have just returned from a wonderful annual holiday in Scotland - nineteen in total and we all thoroughly enjoyed every minute.

If you have a mobility problem and would like a lift or would like any further information please contact Margaret Barber - President on 01928 717550, email mmbgmb@talktalk.net of Trish Byrne – Secretary on 01928 717298, email tab1@uwclub.net

Friends of Bridgewater Green

A date for your Christmas diary!

On Sunday 4th December 2016, at 6pm. the Christmas tree lights will be switched on for the Yuletide season on Bridgewater Green.

There will be some carols and readings and the usual refreshments provided by the Friends of Bridgewater Green group.

Last year some children made wonderful lanterns! This time we look forward to **Christmas Hats**. Even the adults can join in!

Following on from the summer poem, here is an autumn verse by **George Cooper**:

"Come little leaves"
said the Wind one day,
"Come to the meadows with me--and play.
Put on your dresses of red and gold;
For summer is past
and the days grow cold"

Friends of Bridgewater Green (who can be contacted via the parish clerk, Craig Wyna, at pbpc@hotmail.co.uk)

Preston Brook & District History Group *2016 programme*

Date	Speaker	Speaker
20 th October	The Parr Family & Grappenhall Heyes	Margaret Fellows
17 th November	Dunham Massey – Intrigue, Executions,	Peter Braun from the NT
December (tbc)	Power & Scandal Christmas Dinner	Venue Tbc



A gentle, relaxing and fun Hatha Yoga class designed to relax and de-stress your mind while bringing strength and flexibility to your body. Suitable for beginners and returners.

Every Monday 4.30 – 5.30pm at Preston Brook Village Hall

£5.00 per session - *Bring a mat if you have one!*

For more information, please call Sue: 07792505128 (BSY qualified and fully insured yoga instructor)

The Village Hall is 40 years old!

The building of Preston Brook Village Hall was completed by the end of 1976.

The constitution was signed off by the Charity Commission July 1976, the opening event was held in November 1976 and the first committee meeting held in January 1977.



With the support of the Parish Council, the Village Hall committee is celebrating this anniversary over the next few months. The annual Barn Dance, to be held on 15th October and the Christmas Bingo on 29th November will both have a distinct "Ruby" feel about them.

Finally, there will be a grand celebration on Saturday 21st January 2017. Details will follow but please save the date! There should be something to suit everyone on that day.

Preston Brook Pre-School

Hello from Pre-School

We finished last year by celebrating our 40th birthday. A fabulous evening was had by all, at our Hawaiian themed party. The hall was bursting with present and past families.

I would like to say a big thank you to the Parish Council for their donation in support of the event.

We have returned to Pre-School with the highest numbers ever in September. We said goodbye to our School Leavers who transitioned beautifully to Aston and Daresbury School. We have welcomed our new children who are settling in well. This term we will be celebrating Harvest Festival with Rev Felix and practising for our Nativity performance.

Sarah Williams
Pre-School Manager



Preston Brook Village Hall

40th ANNIVERSARY BARN DANCE

Saturday 15th October 2016 from 7:30pm

- **Live band and hot pot supper with bar ***

For tickets call 01928 717223 or 07470 500286

All tickets £12.50 each

Proceeds will go towards improving the Village Hall Toilets

Registered Charity Number 505866

Jobs to do in the garden in Autumn

Autumn gardening tips

Autumn can be a wonderful time in the garden....there is still a chance of sunny days but that nip in the air reminds us that winter is just around the corner. So it is a time of tidying up, battening down and planning ahead.

Borders need a tidy but it is best not to be too tidy. Leave seedheads for the birds if you don't want to collect them and leave as much cover as you can for wildlife who will appreciate the winter shelter.

Fallen leaves can be left to rot down (or collected for leaf mould), however diseased material is another matter; make it a priority to clear and burn it to prevent pests and diseases overwintering courtesy of your kind hospitality. Put the rest of your garden rubbish (apart from woody stems) in the compost.

Start your compost

If you haven't already done so, start your compost going by buying a bin or building one. I find 4 pallets perfect for this job. It is vital to replace the goodness in soil after a hefty growing season and autumn produces masses of garden waste that will put invaluable organic richness back into the ground for next spring. Add a variety of different materials; spent vegetable and bedding plants, herbaceous leftovers, thatch, moss and cuttings from the lawn, weeds (but not the roots unless they have been through a shredder), hedge clippings, kitchen peelings and tea bags are ideal.

Turn once a week or so if you can and NEVER add diseased or pest-ridden material (such as diseased rose petals) to your compost - it is warm and welcoming for unwelcome guests who will reappear with a vengeance next year! Onto the bonfire with them without a qualm...

Clean out the greenhouse

It really is worth cleaning out your greenhouse thoroughly now your greenhouse crops are over; it will prevent pests from hibernating and leaping into action next spring. Wash the windows inside and out to allow maximum light in over the winter and scrub all benches, fixtures and glazing bars with disinfectant, making sure you hose the whole place down really well, especially dark and dusty corners. For effective fumigation, move all plants outside, shut the windows, light a sulphur candle in the middle of the floor, shut the door and wait until the smoke and fumes have completely dispersed several hours later. Your greenhouse should now be pest free.

Prepare your soil for next year

Your soil is your most precious commodity, so start digging in compost, manure and as much organic matter as you can lay your hands on to replace the goodness in it. The earlier you start the better, especially if your soil is heavy. It can be left in a pretty rough state over the winter when the elements will break the clods down, making spring planting easier.

Damson Chutney

A very autumnal recipe which could be ready just in time for Christmas. Nothing better than to give homemade gifts to friends and family.

It is a pain taking out the stones but really worth the effort. I count (roughly) the number of damsons going into the pan then I know (roughly) how many stones I am after.

- damsons 1.35kg
- ginger 2 tsp
- cardamom pods 15
- onions 500gm
- apple large cooker
- sugar 450 gm
- dark brown sugar 450gm
- sultanas 350gm
- vinegar 1150 mls
- cinnamon 2 tsp



Heat washed damsons steadily until they burst and stones can be removed. Takes about 30 mins in total. Meanwhile chop onions very finely and then peel and chop apple into 0.5 cm dice. Crush cardamoms.

Combine all ingredients with 2 level tbsp salt and boil for 3 hours stirring to avoid sticking. When volume reduced by half, fill jars and store for at least 3 months.

Autumn Gardening Tips cont'd...

Planting

With the ideal planting conditions of autumn (warm moist soil), now is the time to plant container grown shrubs, trees, fruit bushes, perennials and bulbs. Even in damp conditions it is worth checking the rootballs of shrubs and trees are adequately moist when planting - heavy rain will not necessarily penetrate a rootball that has been allowed to dry out, so if it feels light, plunge into a bucket of water before planting.

Rake fallen leaves

Don't waste fallen leaves (except any that are diseased and evergreens, which take too long to rot down) - given time they decompose into fabulously rich leaf mould. Rake up fallen leaves and throw them into a simple frame to make leaf mould (black bin liners spiked with air holes will also do as will those 1 ton square builders' bags, but remember to dampen the leaves first).

If left to linger on the lawn for long, the grass will turn yellow. Leaf mould takes about a year to mature (2 in the case of oak leaves), makes a great top dressing for woodland plants such as rhododendrons and is an excellent and free home-grown substitute for peat.

Warrington and Halton Hospitals - NHS Foundation Trust

I would like to introduce myself, Alison Kinross, as Public Governor of Warrington & Halton Hospital for this area. I thought it may be helpful for some of our residents to know about the health events and activities provided which you can be involved in as a public member of the Trust.

FREE to join, you will receive updates from the Trust and Communications of what is happening at the hospitals. You will be able to attend 'Your Health' Talks and Behind the Scenes Tours when scheduled, these are a series of health events for members only.

To become a member and book on one of these Talks go online @ whh.nhs.uk or email foundation@whh.nhs.uk or call **01925 664222**. When you book your place, give your car registration and parking is FREE to attend the event.

DIABETES AWARENESS Tues 19 July. 2-3pm Seminar Room, Education Centre, Warrington Hospital.

Jane Stamper, Senior Diabetes Nurse Specialist will be hosting an information session on diabetes. This latest event will give you the chance to learn more about the condition, what the team do and put any questions to them.

OPHTHALMOLOGY - Take a closer look Wed 14 September. 1-2pm Committee Room, Education Centre, Warrington Hospital.

Consultant ophthalmologist Mr Graham Freeman will be hosting the talk on the fantastic vision services we provide - from visual tests through to surgery and treatment for cataracts and age related macular degeneration. If you have questions about vision, this is the talk for you.

ORTHODONTICS - Open Wide Wed 19 October. 2-3pm Annex Room, Education Centre, Halton Hospital.

Consultant orthodontist Mr Ian Edwards will be hosting a very interesting talk on dentistry. It's fascinating look at teeth and the hospital services that we provide for orthodontic care.

YOU MUST BE A MEMBER TO ATTEND THESE EVENTS, so register now CALL 01925 664222

Community Watch

The Preston Brook website has a 'Community Watch' webpage. There are various articles from the 'Local Neighbourhood Police Team' explaining/warning of events taking place in the locality. Trading Standards articles are also displayed which provide warning of scams and faulty goods recalls. Details are provided on how to make contact with the police and trading standards teams.

Mike Byrne, Preston Brook Community Watch, 01928 717298