



Issue 20 - December 2015

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(See Page 9)

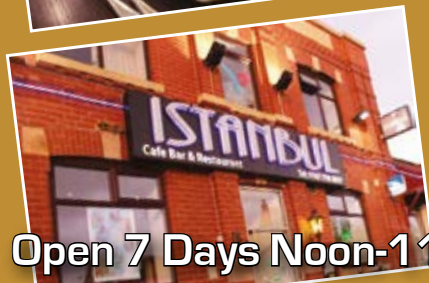
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**Remember**, if you're looking to sell your home, just after Christmas is the best time to do it. Get in touch now and we can get your property ready for the post festive, house-hunting bonanza.

There's massive demand for good homes in North Manchester, so if you're looking to sell or rent, or if a new home is on your Christmas list, don't wait.

Drop in on us for a free consultation – whatever your needs and we may even throw in some mulled wine!

And with **50% off all fees** for homeowners for those who get in touch with us in December and January, we'll make sure it is a Happy New Year.

Jennie Platt  
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Along with this magazine, you can also keep in touch with Prestwich & Whitefield Local via social media. Search for **pwlocalmag** on Facebook and Twitter.

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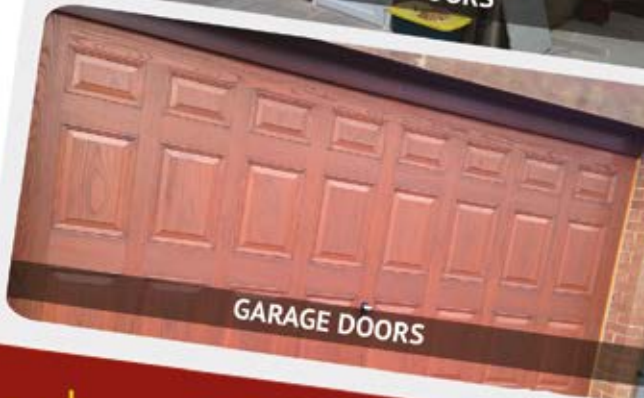
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## Have a great Christmas with all the trimmings

At Bolton Market we've got all the ingredients to make your Christmas a cracker.

Open: every Tuesday, Thursday, Friday and Saturday from 9am to 5pm.

The market has over 200 stalls to choose from located both indoor and outdoor which are all under cover. Customers travel for miles just to visit the famous fresh Fish, Meat, Fruit & Vegetable halls.

The outdoor, undercover market compliments the new Lifestyle hall. The Lifestyle section offers everything from furniture to flowers, bedding to broomsticks. Plus much, much, more along with a friendly service, hints and tips.

There are plenty of eateries to choose from and a food court for the more leisurely where you can sit and watch the world go by whilst eating and drinking both continental and traditional foods. Bolton Market provides everything you need for your weekly shop all at fantastic value.

Fruit and vegetables can be plain or exotic, but always fresh and healthy. The delicious eateries offer great deals and excellent quality.

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## IT'S BETTER TO GIVE THAN TO RECEIVE

**It's a phrase you often hear at Christmas. Usually from people who have received a disappointing present. But it often pops into my head when I'm giving blood.**

Until a few years ago I'd always avoided giving blood, having been traumatised by a botched donation my father underwent when I was child.

"Here, have a look at this," He'd said when he returned home from donating, a gleeful light in his eyes as he fed up his sleeve to proudly reveal an arm thick with livid bruises. "They couldn't find a vein so they just kept trying."

"Jesus!" I said. But it didn't look like Jesus to me or anything else that might appear in a pancake. It looked like a vast storm cloud, marbled with swirling blues, greens and purples.

But what I did see was an excuse to never give blood. My father's arm apparent medical proof of our clan's incompatibility with donation. That we had elusive veins or limbs as bloodless as slabs of processed meat. So instead of signing up to donate I dedicated my time to practicing a defensive schtick in case I was cornered by a donation evangelist.

"So really, I'd love to do it but y'know..." I could say, patting at my pale, veinless wrists. "These damn arms."

But as the years pass and the odds of encountering death and sickness have increased, I've come to know many people who have been saved from the brink of death by emergency transfusions. So there came a point when I couldn't avoid it anymore.

As the nurse inserted the needle that first time with a warning of "Just a sharp scratch..." I fretted that the staff might forget about me until I was completely drained and left looking like a deflated bouncy castle. But really, it's nothing. No drama. A minor sense of discomfort rather than pain. Everyone just sits it out. Reading, listening to iPods or awkwardly texting without their dominant hand, absently wondering what biscuit they might choose afterwards.

This Christmas you'll probably give a lot of presents, some of which are appreciated while others will be almost instantly dismissed. But few would have the impact and importance of a pint of blood given for the sake of a stranger. A true example of a gift being so much better to give than to receive.

*The NHS blood donation service returns to Prestwich on January 2nd at Prestwich Arts.*  
<http://www.blood.co.uk>

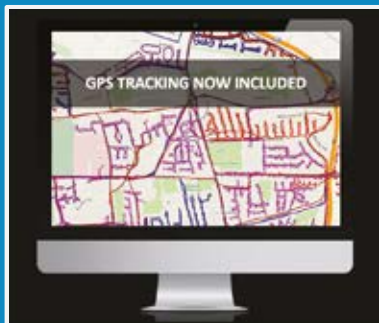


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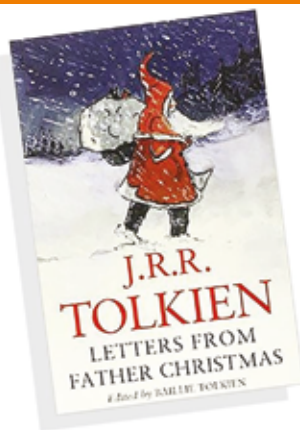
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## Letters from Father Christmas by J.R.R. Tolkien

Mention Tolkien and you will undoubtedly think of his epic adventures - The Hobbit and Lord of the Rings. But as father to four children Tolkien had a softer more

whimsical side. Each December over the course of their childhood he wrote and illustrated detailed letters from Father Christmas; letters populated by a cast of characters which included elves, goblins and a clumsy polar bear.

Through these letters, Tolkien entertained his children with stories of high-jinks at the North Pole. It's true the language can seem a little formal and stilted at times by today's standards, but they were written in the 1920s and 30s and Tolkien is as much a product of his time as any author. His affection for his children shines through every page regardless.

As they were written for real children the reader receives an insight into what the interests of the Tolkien children might have been: prehistoric cave paintings, fireworks, the night sky and animals to name a few.

All the letters are lavishly illustrated with fantastical intricate pictures, and these bring the stories to life.

Even non-Tolkien fans should love this charming book. It's wonderful for reading alone in front of a roaring fire with a cup of hot chocolate, or for sharing with your own children. Perfect seasonal fare.

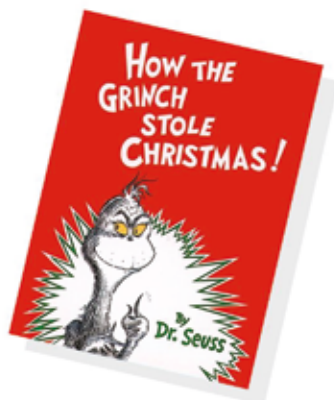
## How the Grinch Stole Christmas by Dr. Seuss

Long before Jim Carrey took the character to the big screen, this book had captured the hearts of generations of children.

It's a marvellous story of seasonal redemption in the best tradition. It's every bit as timeless as Dickens' A Christmas Carol.

The lonely Grinch hates Christmas; the noise, the feasting, the singing. His loathing of the festivities is focussed on the merry little Whos, who really know how to throw a Christmas party. He decides that this year he will put a stop to the proceedings and sets about wrecking their big day. Will he succeed? Well it's no secret to say that happily his plans are thwarted in the nicest way possible, as he discovers that the most important thing about Christmas is love, friendship and sense of belonging to a community.

This is Seuss at his best; a riotous rhyming adventure and an adorably grumpy anti-hero.



By Sarah Davey

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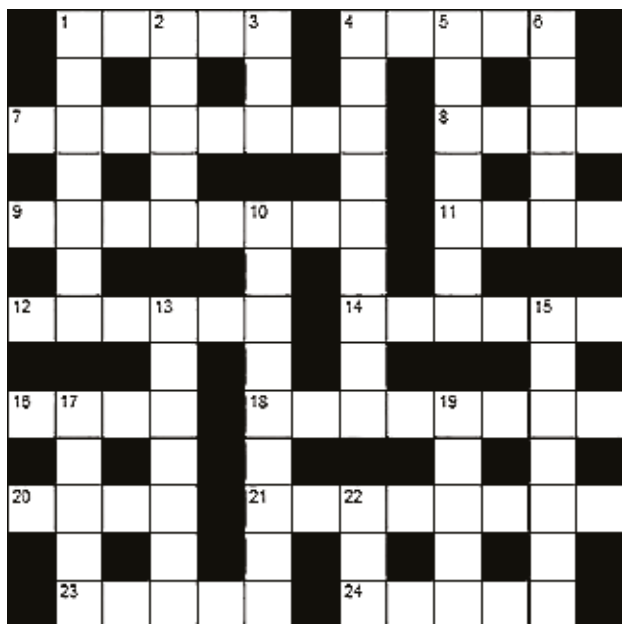
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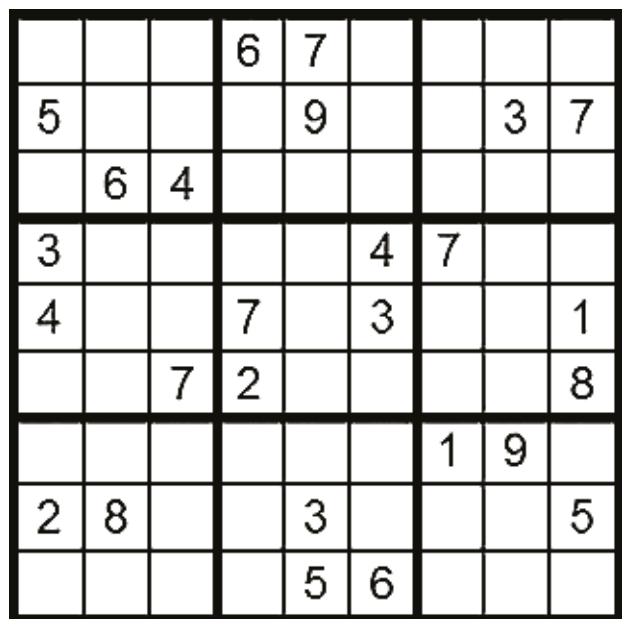
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## Across

- 1 \_\_\_\_ Dahl, wrote Matilda (5)
- 4 Breezy (5)
- 7 Most furious (8)
- 8 Streetcar (4)
- 9 Large passenger aeroplane (8)
- 11 Lowest female singing voice (4)
- 12 Horrified, shocked (6)
- 14 Compel, coerce (6)
- 16 Perishes, succumbs (4)
- 18 Complications, obstacles (8)
- 20 Famous boys' boarding school (4)
- 21 Italian hard cheese (8)
- 23 Type of bike (5)
- 24 Titbit, goody (5)



## Down

- 1 Bolting, racing (7)
- 2 Fourth month, girl's name (5)
- 3 Female deer (3)
- 4 Team sport played in a swimming pool (5,4)
- 5 Popular team sport, mostly played by women (7)
- 6 Fungus used in bread-making (5)
- 10 Memo pad (9)
- 13 Metallic grey poisonous chemical (7)
- 15 Acrobat, tumbler (7)
- 17 Bury, place inside a tomb (5)
- 19 Feudal lord (5)
- 22 Decompose, deteriorate (3)



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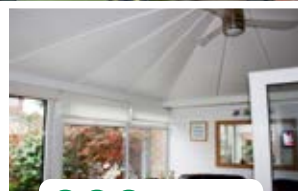
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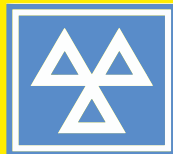
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# Christmas & at Buda

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The Set Christmas Phuket, Eastern Christmas and Christmas Royale are the only menus available  
7pm. 14 Radcliffe New Road, Whitefield, Manchester M45 7GY. Tel: 0161 766 8822

## Set Christmas Phuket Menu

*£24 per person* (Minimum 2 persons)

### STARTERS

Buddha Lounge Sizzling Seafood Platter (N)  
Grilled King Prawn, Mussel, Scallop, Squid and grilled marinated  
Sea Bass in Banana Leaves, served hot on a sizzling plate.

### MAINS (All main courses included)

Chicken with Chilli and Basil  
Sweet Chilli Crispy Sea Bass  
Massaman Curry with Lamb (N)

### SIDE DISHES

Egg Fried Rice

### DESSERT

Christmas Pudding Ice-Cream

## Eastern Christmas Menu

*£26 per person*

### STARTERS

Mixed Platter  
King Prawn in Breadcrumbs with Tamarind Sauce  
Christmas Tree Chicken Toastie  
Turkey Spring Roll  
Potato Curried Korokke (V)  
Larb Gai  
Thai BBQ Ribs

### MAINS (2 people choose 3 dishes/3 people choose 4 dishes/4 people choose 5 dishes)

Braised Beef Stew with Aromatic Thai Sauce  
Crispy Sea Bass with Sweet & Sour Sauce  
Grilled Chicken Nutty (N)  
Szechuan Style Seafood Cashew Nut  
Malaysian Kari Ayam Curry with Lamb

### SIDE DISHES (Choose one per person)

Pad Thai Noodles with Veg  
Jasmine Rice  
Coconut Rice

### DESSERT

Christmas Pudding Ice-Cream

## Specials

### Starters

Japanese Potato Curried Korokke (V) £4.95  
Christmas Tree Chicken Toastie £4.95  
King Prawn in Breadcrumbs with Tamarind Sauce £7.50  
Turkey Spring Roll £5.95

### Mains

Braised Beef Stew £8.95/9.95/10.40/11.95  
Malaysian Kari Ayam £8.95/9.95/10.40/11.95  
Chicken Nutty £11.95

We also have vegetarian options and other dietary requirements

# New Year Tha Lounge



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Available on New Years Eve after

Wednesday December 23rd	5pm - till late
Thursday December 24th	5pm - till late
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Saturday December 26th	5pm - till late
Sunday December 27th	1pm - till late
Monday December 28th	5pm - till late
Tuesday December 29th	5pm - till late
Wednesday December 30th	5pm - till late
Thursday December 31st	5pm - till late
Friday 1st January 2016	5pm - till late

## Christmas Menu

(Minimum 2 persons)

Amarind Sauce

people choose 4 dishes/4 or more

Thai Herbs  
Sauce

ts (N)  
mb

erson)

With Aromatic Thai Herbs £9.95  
am Curry Chicken/Lamb/Prawn/Veg  
.45  
.95

## Christmas Royale Menu

£28 per person (Minimum 2 persons)

(All of the following)

### STARTERS

Thai House Platter (N)  
Chicken Satay  
Duck Spring Roll  
Sweetcorn Fritter (V)  
Thai Fish Cake  
Spare Rib in Red Wine Sauce

### MIDDLE COURSE

Aromatic Crispy Duck with Pancakes

Mains (All main courses included)

Sizzling Fillet Steak Cantonese Style (N)  
Black Pepper & Garlic with Chicken  
Crispy Sea Bass in Green Curry

### SIDE DISHES

Egg Fried Rice

### DESSERT

Christmas Pudding Ice-Cream

## Christmas Cocktails

CRANBERRY COCKTAIL £7 - Cranberry syrup, prosecco, lime wedge, cranberries  
BLACK FOREST MARTINI £8- Crème de cacao, Cherry brandy, Crème de cassis,  
Baileys chocolate, Cream  
CHERRY BOMB COCKTAIL £7- Cacacha, cherry liquor, lime juice, club soda  
CANDY CANE COCKTAIL £7- Candy cane, Strawberry vodka, Crème de menthe,  
Cranberry Juice

ry requirements available, please ask for details.

*When I was a little girl I was addicted to old American Christmas films (actually I still am). People always seemed to be drinking eggnog, and it sounded cosy and Christmassy and very American, and though actually I had no idea what it was I longed to drink it too. In fact eggnog traces its roots back to a 14th century England drink called posset. This was a drink of hot milk curdled with ale (bleurgh). Later in history eggs were added. Milk and eggs were expensive commodities in England and so the drink*

*went out of fashion. When the American colonies were formed there was land aplenty for chickens and cows and so it regained popularity over there. The American plantations, sustained by slaves, meant that rum was plentiful too and the drink became alcoholic and was enjoyed by the masses.*

*In spite of its highly questionable history it remains for me the epitome of a festive drink – creamy and sweet; a Christmas cuddle in a glass.*

**Serves 8**

**Preparation time: 20 minutes plus cooling and chilling time**

## Ingredients

700ml whole milk (I've tried it with semi skimmed and it works well too)

240ml double cream

3 cinnamon sticks

1 vanilla bean pod, split and seeds removed

1 teaspoon freshly grated nutmeg, plus more for garnish

5 yolks, separated

130g granulated sugar

175ml Dark Rum or brandy

Cinnamon sticks for garnish

## Method

In a heavy-bottomed saucepan, combine milk, cream, cinnamon, vanilla bean, vanilla seeds, and nutmeg. Bring slowly to the boil. As soon as it boils remove from the heat and leave to cool so the flavours can infuse.

In a large bowl or stand mixer, beat the egg yolks and sugar until pale and thick and ribbons form when the whisk is lifted. Strain the milk mixture then slowly whisk it into the egg and sugar mixture and continue to mix until everything is combined and smooth. Add the rum or brandy, and stir. Refrigerate overnight if serving chilled.

The argument rages over whether eggnog should be served chilled or warm. Personally I like it warm but chilled is good too.

Either way, serve and garnish with whipped cream if desired, grated nutmeg and a cinnamon stick.



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# RISE OF THE FOOD BANK

Hunger and poverty. Many of us won't associate these problems with our own society but it's a fact that 13 million people in the UK live below the poverty line. Five

years ago food banks had scarcely been heard of, but today more than a thousand operate across the UK, giving assistance to people in need of basic supplies to survive.

People need to use food banks for a variety of reasons: redundancy, illness, benefit delay, changes in benefits, unexpected bills, underemployment and family breakdown to name a few. In today's world of zero hours contracts and steadily rising food and fuel prices, an increasing number of people are finding themselves in need of help. The Trussell Trust – the UK's largest network of food banks – fed nearly a million people in 2013-2014, over a third of which were children.

Typically, clients are referred to food banks by front line care professionals such as doctors, social workers, health visitors and the police, who are trained to identify individuals in crisis. They issue vouchers which are exchanged at food banks for emergency food. Though all food banks may not operate in the same way, the Trussell Trust provides emergency rations for a minimum of three days.

All food donated to food banks comes from members of the public. This could



be from individuals like you and me, but partnerships are also formed with schools, churches and businesses. Large collections are made during

Harvest Festivals and there are also collection points in many supermarkets available throughout the year.

To donate is easy. All you need do is purchase a few extra items with your weekly shop, then drop them off in the collection boxes situated near the checkouts. Most people decide on an amount they want to spend and keep on buying until this is reached! If you purchase budget brands, your money can go further and help more people.

Items purchased should be non-perishable and in date - so anything in tins, packets and jars. If there isn't a food bank near you but you would still like to help, you can make a cash donation, which can be done online in many cases.

Once food is received at food banks, it is sorted and packed into boxes by volunteers, who also guide clients to agencies able to help them with longer term problems.

None of us can do everything to solve the social problems around us, but all of us can do something. Donating to a food bank is one example.

**By Debbie Singh-Bhatti**

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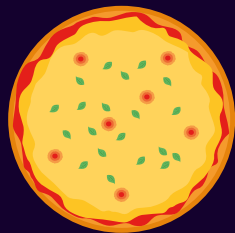
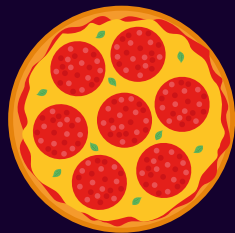
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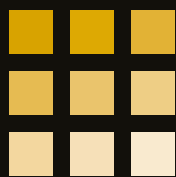
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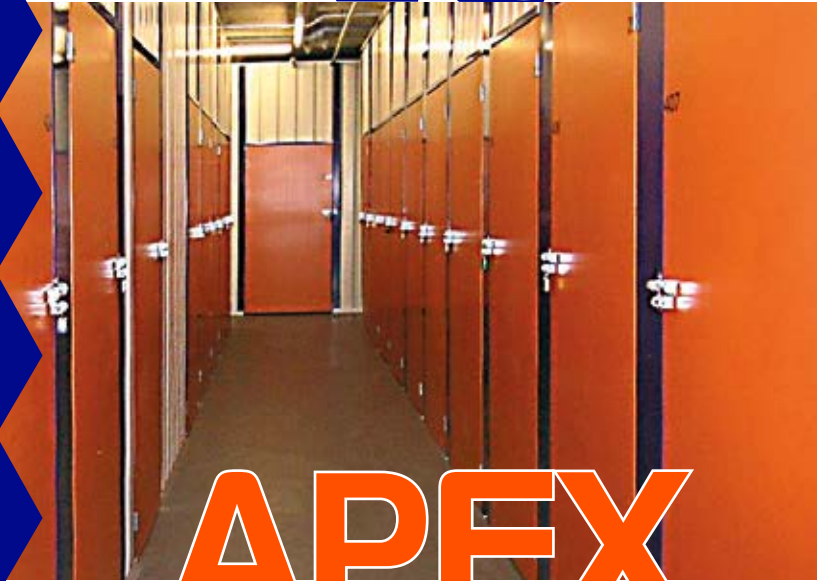
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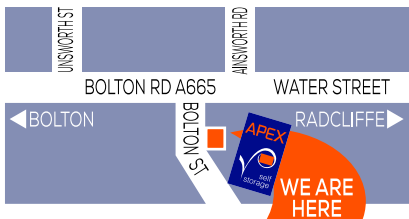
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Whilst it's not a public holiday, many people across the UK choose to take Christmas Eve off work to do last minute preparations and take part in special activities.

Many Christians attend church services ranging from special family-based events, to the traditional Midnight Mass.

In other countries, the opening of presents is part of the Christmas Eve celebrations along with a large meal enjoyed with family and friends. In the UK many spend Christmas Eve delivering gifts to friends and relatives, if of course they are not rushing round the shops perhaps having made a deliberate decision to buy at the last minute because many shops now start their sales early!

Others will enjoy festive activities such as a visit to Santa's grotto, skating on one of the special ice rinks that pop up in many towns and cities, or taking a trip to the local pantomime. Of course it's wise to book Christmas Eve activities well in advance as it's a popular time.

Many choose to spend at least part of the day at home watching Christmas movies, listening to festive CDs and doing everything they can to ensure that Christmas Day goes perfectly.

Most vegetables can be peeled and left safely in saucepans of cold water overnight. Fiddly jobs such as wrapping bacon around the sausages for pigs in blankets and preparing stuffing and sauces can also be done. You can get your turkey oven ready too by placing an onion and oranges in the cavity, greasing the skin, wrapping with bacon and putting it in the baking tray with foil. Just make sure you keep it out of the way of curious pets!

If you have a frozen turkey you will need to start the defrosting on Christmas Eve. This is also the time to bring any other items out of the freezer- such as pre baked mince pies. Just try to resist the temptation to eat them all the same day.

Some starters can also be made and stored in the fridge, and for those not wanting Christmas pudding other deserts can be cooked and then reheated on Christmas Day.

Many people take great delight in laying the

table carefully.

While youngsters may be out partying until the small hours, those in charge of the Christmas Day festivities and those with young excited children are well advised to get to bed at a sensible time; it is unlikely that you will enjoy Christmas Day if you are over tired and irritable.

Only one more sleep until Christmas.

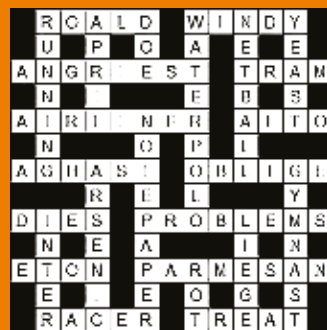
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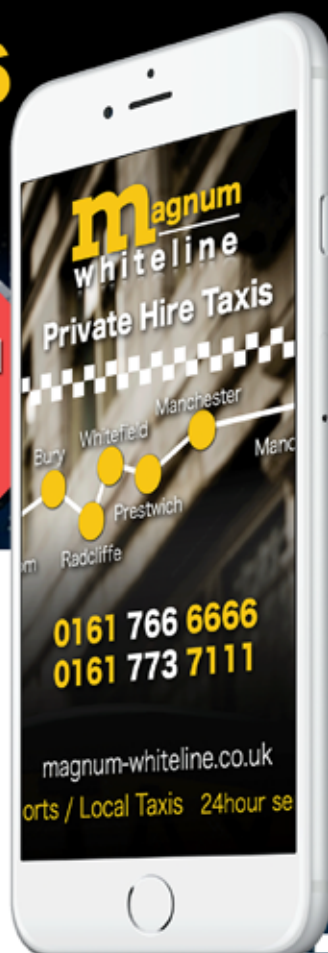
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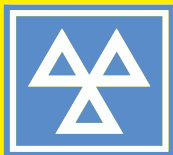
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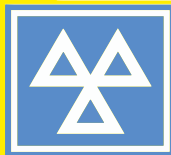
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# GIFT OF BEAUTY

Ah Christmas. The time of year when you know you'll be given at least one supermarket bubble bath set that will end up in the charity shop. If you don't want to commit the same present buying mistakes, read on for our pick of the top beauty buys this Christmas.

Teens and tweens - Buying for a teen? M&S have some really cute gift sets out, including a set of mini lip glosses for £9.50. The glosses are also perfect for splitting up to add to Christmas crackers or stockings.

It's what's outside that counts! - Let's face it, when it comes to some members of the family, it's often as much about the packaging as it is the product. Head to White Stuff for some gorgeously designed beauty products, including a body butter for £9.95, make-up bag for £15 and soaps for £5.

Bargain hunter? - TK Maxx is always worth a rummage for beauty products. You can get your mitts on some top brands, at well below the RRP. You'll also want to check out the bargain beauty bundles at [www.halfpriceperfumes.co.uk](http://www.halfpriceperfumes.co.uk) and [www.latestinbeauty.com](http://www.latestinbeauty.com). At the time of writing, Latest in Beauty was offering a bundle of over £70 worth of products for just £17.99.

A touch of indulgence - The Forever Frangipani Collection by Elemis is one of those gifts that's pretty much guaranteed to please. It's £39.90, but includes a shower cream, body oil, body cream and body mist, that are worth more than £70 altogether. The frangipani fragrance is warm, rich and evokes the feeling of an expensive foreign holiday to a sunnier climate. Bliss. Looking to really splash out? Try Elemis' Heritage Heroes. It's an eye watering £225, but you do get 25 products, worth £425 altogether.

Charity gifts - Green People has partnered with the Woodland Trust on a range of gift sets, including the Hand Care Collection

(£15.95), Facial Care Collection (£15.95) and Men's Collection (£19.95). Other great charity gifts on the market include Lush's Charity Pot hand and body lotion (£6.95).

For the boys - There are some great men's gift sets out this Christmas, including the Nuxe Men Survival Kit (a bargain at £8.50) and the Elemis Perfect Man set (£49). Origins, Darphin and Lancome usually have some good male grooming sets out for Christmas too.

One for your list - Finally, if you fancy adding one to your own wish list, Neal's Yard Remedies' Aromatherapy Bath and Massage Oil Organic Collection is definitely worth a look. Featuring six mini oils, all gorgeously scented, this is a real treat, especially if you specify that a massage needs to be included as part of the gift.

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## Prestwich Heys FC

**Prestwich Heys have strengthened their position at the top of the FBT Manchester League Premier Division.**

Successive home wins over Uppermill and Boothstown have seen Heys enter December three points clear of Hindsford at the top of the table, but with three games in hand.

In turn, Jon Lyons team are seven points clear of 3rd placed Springhead having played the same games and Heys remain unbeaten in the league this season.

The 5-0 victory over Uppermill came courtesy of two goals from Erike Sousa, and further strikes from Dalton McLaughlin, Jamie Baguley and Jon Stephenson.

The latter was on the mark again in the 4-0 win against Boothstown scoring twice with McLaughlin and Paul Tierney adding the others.

Heys have not been able to beat the weather however with the heavy rain that has fallen seeing fixtures with AFC Monton and Hindsford wiped out.

In the lead up to Xmas Heys will look to consolidate their lead with a home game against lowly Atherton Town sandwiched in between possibly defining fixtures against two of their challengers in AVRO and Springhead.

Heys Reserves are also in a great position at the top of Division Two. They too are unbeaten and hold a seven point lead over nearest challengers Rochdale Sacred Heart.

Indeed, Matt Jolly's

team have not lost in the League since September 2014, 31 games ago and in the past month have recorded impressive away wins at Hollinwood (12-0) and Royton (6-2).

**December Fixtures are:**

**5th** - 1st v AVRO (Home)

2nd v Rochdale Sacred Heart (Away)

**12th** - 1st v Atherton Town (Home)

2nd v Leigh Athletic (Away)

**19th** - 1st v Springhead (Away)

2nd v Springhead (Home)

All matches kick off at 2pm.

Admission to 1st team matches is £2 Adults / £1 Concessions / Under 16's FREE

Reserves team matches are all FREE.

To keep up to date with all things Heys visit [www.prestwichheys.com](http://www.prestwichheys.com)

## Greater Manchester Cricket League

The new Greater Manchester Cricket League require umpires for next season. For more information or an application form please email [umpires@gtrmcrcricket.co.uk](mailto:umpires@gtrmcrcricket.co.uk).



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## BMW 750i

If it's good enough for James Bond then it should be good enough for you. There can't be many ways to get a big power V12 cheaper than this. Get a good one and it will be reliable, spend a couple of hundred quid on a private plate and people will think you've had a win on the pools!



**Average Price: 3-5k**  
**BHP: 320**

## Jaguar XJR

As a Jag man, this is the one I would buy. And I probably will later this year. Go for the straight 6 version if you want a proper jag but the later ones had a V8 if that's your thing. Both have a supercharger giving up to 400bhp. For less than 3k for one in average condition you won't go wrong and it is a real future classic.



**Average Price: 3-6k**  
**BHP: 370**

## Mercedes S500

The luxury car of choice for the world. All the celebs love being driven around in an S Class. But they are always small engine diesels. For less than 5k you could be rolling around in a 5 litre super luxury yacht of a car!



You can also pick up a C class with a similar engine for about the same money, but let's be honest, if they are

about the same to buy you'd have the S Class, wouldn't you?

**Average Price: 4-7k**  
**BHP: 300**

## Jeep Cherokee V8

If you want a big engine then sometimes you should look at the true home of the big V8 – America. I'm a big fan of the Cherokee and for this budget you can get the best one. The 4.7 V8 Overland.



This car will have all the toys you need. Real usable four wheel drive and loads of power and torque.

**Average Price: 4-6k**  
**BHP: 250**

## Audi S6

Just about possible in this budget is a big engine Audi S model. You can get an old S8 or the one I would go for is a 2002-ish S6. It still looks modern, will be safe, reliable and have all the toys you could need.



**Average Price: 4-10k**  
**BHP: 340**

## Nissan Skyline

You can't create a list of affordable power cars without including something from Japan. Now 5k isn't a lot of dough when it comes to buying a hot jap car. But with some shopping around and haggling you should be able to get yourself a Skyline. Power depends on the model and how heavily the previous owner tuned it. But expect somewhere between 200 and 400bhp



**Average Price: 5-20k**  
**BHP: Could be anything!**

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