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This Month:

LOTS TO ENJOY LOCALLY
Plenty To Be Proud Of In 2015

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Tackling Your New Diet Plans

HEYS MOVING ON UP
Club Looking To The Future

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There's still lots to enjoy locally in 2015

For about fifteen minutes on New Year's Eve, I completely gave up on Prestwich. I was sat in Cuckoo, nursing a whisky and moaning to a friend about whether, aside from the bar where I sat and the street that I live on, there was anywhere in Prestwich that I actually liked anymore.

I think it's fair to say that 2014 was not a banner year for Prestwich. It's seen three weekly bin collections, short-sighted council licensing throttling local enterprise and the apparent stealth rebranding of the village as a Betfred. There has been the sad departure of one of the North West's finest restaurants, the divisive and tragic impact of local festivals and, with all respect to the goodwill intended, one of the bleakest Christmas celebrations since Cromwell came to power.

So, having been a cheerleader for this town for so long, was I finally having to accept that Prestwich was a rubbish place to live? The positivity of 2012, back when the town was featured on BBC Breakfast and highlighted as a place that was really going somewhere, seems long gone. It was seen then as a place with feasible dreams of regeneration and prosperity. Now the area seems to have been defeated by local apathy and the grim sensation that, barring the fortuitous intervention of an earthquake, the village will remain a rain-licked concrete eyesore studded with discount retailers, betting shops and dog turds.

But, as can sometimes be the magic of finishing a glass of whisky, I was soon

transformed. I realised that we have plenty to be proud of. And once you focus on positives it becomes like discovering an ant's nest on your lawn; spot one ant/positive and you realise they're everywhere.

I can go to the brilliant monthly Prestwich Comedy shows in The Church Inn, for example. To the Prestwich Book Festival events, which attracts a range of acclaimed and established writers here. I can buy a gin and tonic cake and a brilliant knitted something at The Village Haul fairs on Church Lane. Have a 300lb man land on me at Futureshock Wrestling's regular sold out shows in the Longfield. Support good produce and worthy local business at Village Greens. And I can still get a £6 haircut in Stans.

So, let's raise a glass to Prestwich in 2015. Out with the negative, in with the positive.



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Kept – DJ Taylor

Billed as a Victorian Mystery, this novel by DJ Taylor is a true page turner in the style of Dickens, Wilkie Collins and the like. With multiple narratives and a range of perspectives, Taylor weaves a web of intrigue around the life and death of Mr Henry Ireland and his wife, which surprises and delights the reader.

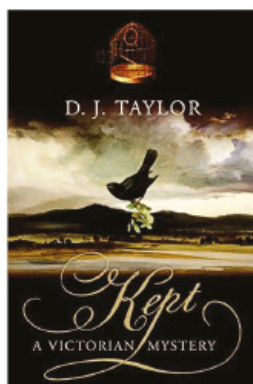
The novel begins with an arresting episode in which two men find themselves by a Scottish loch undergoing a series of challenges to steal rare birds' eggs. This links them to the strange but eminent naturalist James Dixey, who in turn becomes the guardian of a strangely disturbed young woman.

At times the narrative thread is truly puzzling, and the reader must connect and theorize for themselves – but this is no bad thing, and at least we can read on at our own pace rather than having to wait, in the Victorian manner, for the next instalment. There are plenty of potential heroes and heroines, and a smattering of particularly villainous villains, for us to engage with too.

One for those dark winter nights in front of the fire – abandon the television and curl up with a good book instead. Although be warned – you may stay up later than you had intended, reading on to the finish!

Cars and Trucks and Things that Go!

Millions of children have grown up with picture books written and illustrated by Richard Scarry.



By the time he died in 1994 he'd sold more than 100 million copies around the world. One of the best known is *Cars and Trucks and Things that Go!*

To celebrate its 40th birthday recently, the Designer Paul Smith – a huge Scarry fan himself – was asked to redesign the work while retaining the charm of Scarry's original drawings. There was also a boxed set which was limited to just 1000 copies and is already re-selling for hundreds of pounds a copy.

While most of us will never get the chance to own the boxed set, the new-look book is well worth seeking out. It has certainly impressed Scarry's son Huck, also a children's writer and illustrator, who said: "Paul Smith and his team have amazed me. It's Richard Scarry seen with Paul Smith's eyes."

For those who don't know the work, every manner of moving machinery is riotously depicted in a story which sees the pig family head to the beach for a picnic.



On their journey they encounter every vehicle known, from the forklift to the locomotive, and many vehicles that are not known, from the pumpkin car to the broom-o-cycle. Each detailed spread provides the opportunity to make up stories and describe situations.

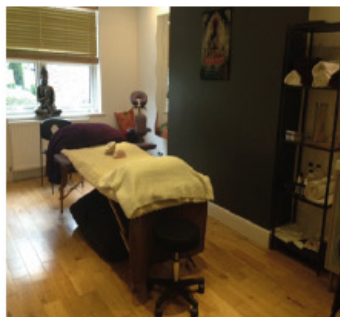
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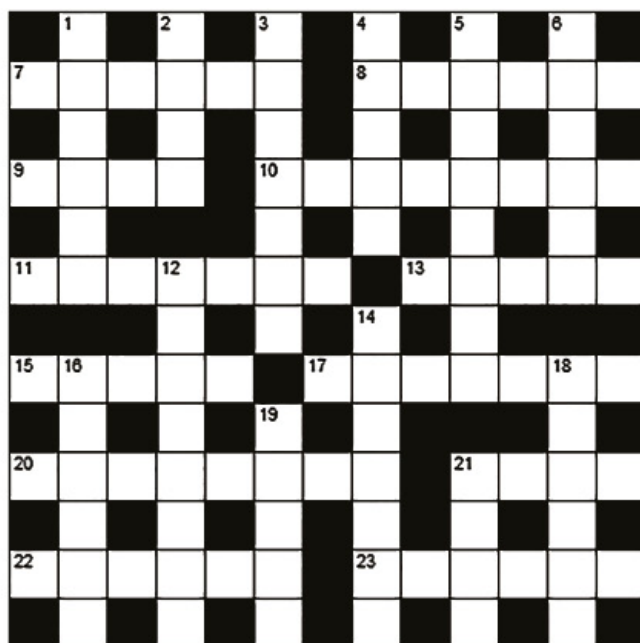
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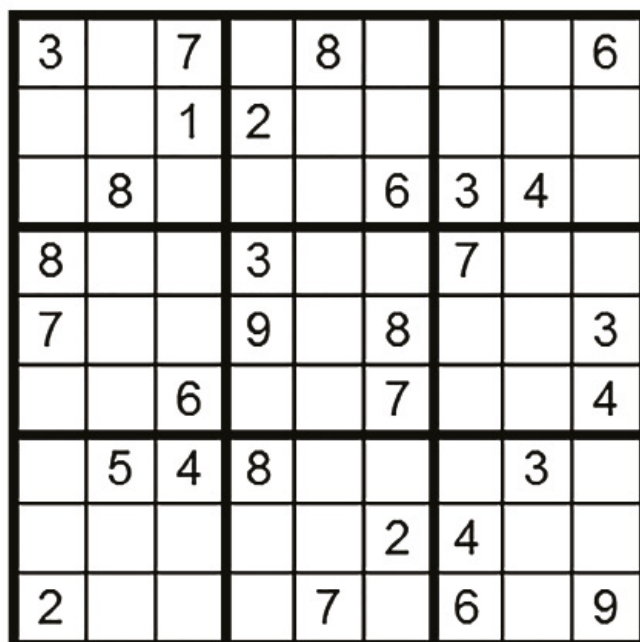


Across

- 7 Base (6)
- 8 Conundrum (6)
- 9 Clip, snip (4)
- 10 Dazzling, magnificent (8)
- 11 Tussle, scuffle (7)
- 13 Brew made from apples (5)
- 15 Extra room (5)
- 17 Type of bacon! (7)
- 20 Underground burial room (8)
- 21 Chomp (4)
- 22 Oval nut (6)
- 23 Shellfish (6)

Down

- 1 Dismay, alarm (6)
- 2 Minute particle (4)
- 3 Illegal import or export (7)
- 4 Confirmation (5)
- 5 Preservative, flavour enhancer (8)
- 6 Chemise, shirt (6)
- 12 Baby's game (8)
- 14 Bristle (7)
- 16 Almost (6)
- 18 Baby cat (6)
- 19 Verbose (5)
- 21 Knock (4)



How to play Sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition. You don't need to be a genius, these puzzles use logic alone. Watch out! Sudoku is highly addictive.



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When finding a hypnotherapist it is extremely important that you are comfortable working with them.

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The Consultation:

This is your chance to be listened to. You can explain what you wish to change and I'll explain what can be done to help.

It is also an opportunity to meet your Hypnotherapist in person. I am often asked 'does hypnotherapy work?' My answer is always YES, as long as you want to be in hypnosis and you follow the instructions

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Hypnotherapy is a wonderful tool to bring about permanent change in a very short space of time. If you are curious about hypnotherapy, or wondering how it feels to be in hypnosis, why not just give me a call and I can answer all your questions and see how I can help you.

My clients have expressed how confident, relaxed and positive they feel after our initial consultation and that by working closely together, we can find the solutions to their problems.

I specialise in Anxiety and Stress in the Greater Manchester Area with great success. Hypnotherapy can assist in many other areas.

At our Initial Consultation we can work together to gain insight into how I can help you to find your solutions.

Please do call me to discuss how we can work to change your life in a positive way. Arrange your consultation at either the Whitefield, Hale or Eccles practices.

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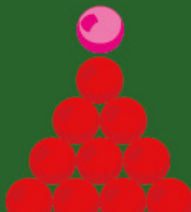


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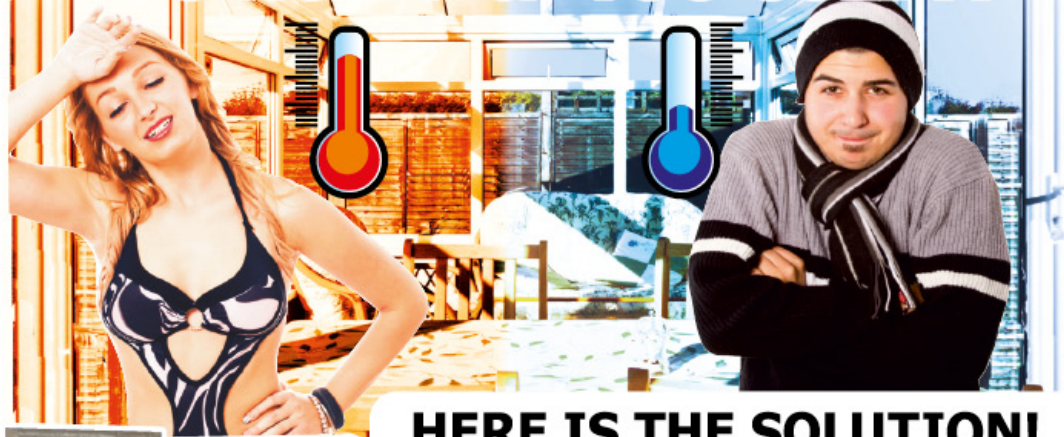
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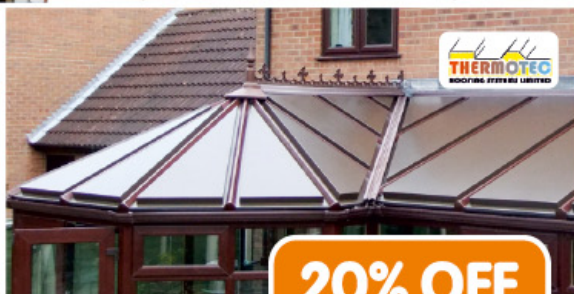


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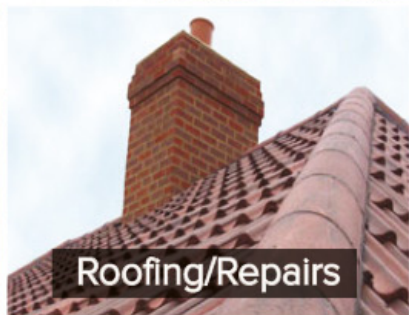
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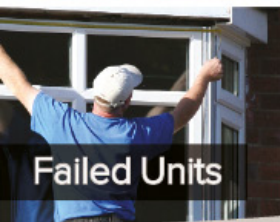
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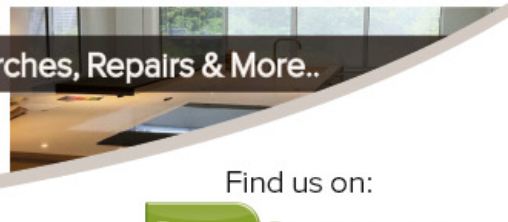
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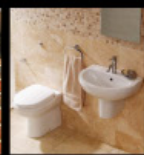
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Preparation time: 15 minutes

Cooking time: 30 minutes

Serves 4

Ingredients

500g/1lb very small fresh clams, or a small jar of clams in brine

3 tbsp olive oil

1-2 garlic cloves, finely chopped

1 tsp anchovy paste (optional)

2 tbsp finely chopped parsley

400g/14oz canned chopped tomatoes

Salt and freshly ground black pepper

450g/1lb dried spaghetti

Method

If using fresh clams tap each one sharply and discard any which stay open. Scrub the remaining clams.

Add the clams to 2-3 tbsps water in a heavy-bottomed pan. Cover with a lid and cook over a medium heat for 3-4 minutes, or until all the shells have opened. If using fresh clams discard any which have not opened after five minutes.

Remove the clam flesh from the shells (you can leave a few in their shells for garnish) and dip them quickly into their cooking water to rinse off any sand. Strain the juices from the pan through a sieve lined with muslin or a sheet of kitchen paper and reserve the liquid.

Heat the olive oil in a pan over a medium heat. Add the chopped garlic and fry until it begins to turn pale gold in colour, then add the anchovy paste (if using) and parsley and stir-fry for 30 seconds.

Add the chopped tomatoes and the strained clam juices (if you are using a jar of clams, you can use some or all of the brine from the jar, but be careful it doesn't make the sauce too salty). Bring to the boil, then reduce the heat and simmer for 20-25 minutes.

Cook the spaghetti according to packet instructions and drain.

Just before serving add the clam flesh to the sauce and stir well.

Mix the sauce into the cooked spaghetti. Serve garnished with parsley and any remaining clams in their shells.





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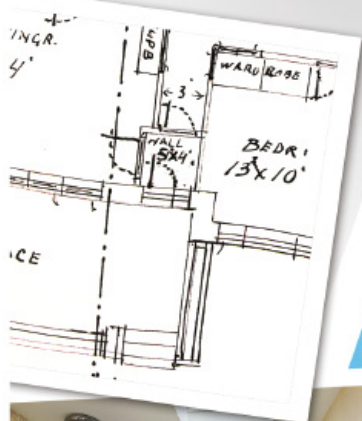


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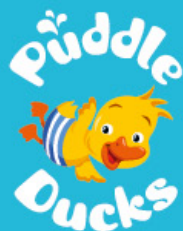


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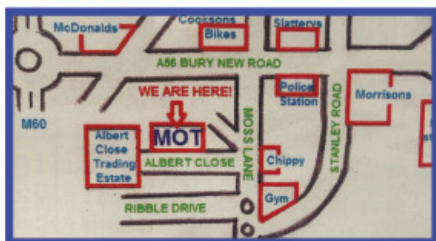
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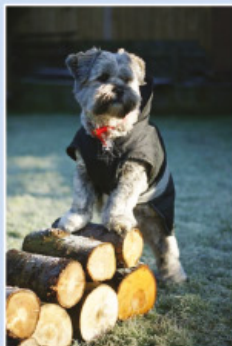
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2	1	3	4	7	5	6	8	9

New Year Traditions From Around the Globe

Amazing firework displays from around the world have become a familiar sight on New Year's news programmes. Many countries also have traditional forms of celebration dating back hundreds of years.

In the UK many people observe first-footing. This is traditionally done by a young, healthy, good looking male with dark hair. He carries gifts which include a piece of coal, money, bread and salt, and should be the first person through the front door after the New Year begins. This is believed to bring good luck.

Auld Lang Syne is the familiar tune that many of us sing. This represents remembrance of old friends and times spent with them. Generally credited to Robert Burns, he actually said he was merely noting the words of an 'old man's singing.' He set these words to the tune of a traditional Scottish ditty 'Can Ye Labour Lea'.

In Denmark traditions involve smashing plates. People throw broken plates on to friends' doorsteps. This symbolises good wishes for the year ahead. Another tradition involves leaping from chairs on the stroke of midnight.

In Austria, New Years Eve is called Sylvesterabend which means Eve of Saint Sylvester. Suckling pig and peppermint ice cream are traditional food for New Year celebrations. Tables are often decorated with marzipan pigs, and good luck symbols made out of chocolate or marzipan in shapes such as chimney sweeps, coins, or horseshoes are exchanged.

Lead is considered to be auspicious in Germany so at New Year, they pour molten lead into cold water and see what shape develops. It is believed that this predicts the future, so: heart shapes symbolize marriage, round shapes denote good luck, and a ship means a journey. People also leave a bit of every food eaten on New Year's Eve on their plate until after



Midnight, as a way of ensuring a well-stocked larder. Carp is also included, as it is thought to bring wealth.

Whereas in Brazil, lentils are seen as a symbol of wealth and prosperity and thus are traditionally part of a New Year's meal. Other customs include priestesses of the local macumba voodoo cult, dressing up in blue and white for a ceremony dedicated to the god of water Yemanjá. In addition, a sacrificial boat laden with jewellery, candles and flowers is pushed out from Ipenama beach in a bid to bring health, wealth and happiness.

In Greece, 1st January is also St Basil's Day. He is remembered for his kindness and generosity to the poor. Vassilopitta, or St Basil's cake, is one of the special dishes that is prepared and contains a silver or gold coin. Whoever finds the coin will be lucky for the next year.

By Susan Brookes-Morris

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EXHIBITION

Courtesy of The Lowry, we had a pair of tickets to give away to two lucky winners in our December issue 'One Man, Two Guvnors' competition.

The answer to the Quadrophenia Ace Face question was b) Sting and the two winners picked at random from the correct entries were:

Deborah Babakordi and Sharon Wallis.

Congratulations to both our winners and look out for more competitions in our forthcoming issues.



Victoria

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Prestwich Heys FC

www.prestwichheys.com

Heys have applied to join the North West Counties league for season 2015-16.

With planning permission for new dressing rooms having been granted, the club have decided to press ahead with their long term aim of returning to the semi-professional ranks.

The application was submitted to the FA in December and Heys will now face a ground inspection and given details of what they must do to meet the criteria.

It is already known that dressing rooms will be one of the requirements and with permission now rubber stamped the club hope to have the modular buildings on site quickly. They will then have to have them fitted out and ready to use by 31st March which is the deadline for all works to be carried out.

Floodlights are another of the criteria for promotion. Heys have planning permission for lights and are on the waiting list for lights under the FA Shared Access scheme whereby Telecoms companies install lights with inbuilt telephone signal transmitters. Adie Moran Park has been identified as a site of interest to the companies and the club are waiting for final approval.

Covered standing accommodation for 50 people will also be needed but Heys are hopeful they can meet all the criteria which also includes the need for the team to finish in the top five of the Manchester League.

The club last competed at North West Counties level in 1986 before ground grading issues at their old Grimshaws ground on Heys Road forced them to withdraw from the league.

Since then the club have moved to their Sandgate Road and built the ground up from scratch to it's present state.

The ground was renamed Adie Moran Park earlier this year after their former player, manager and Chairman who was instrumental in so much of the development of the ground before his untimely death in 2007.

His ambition was to return the club to the Counties and the club are now embarking on the busy programme of works to make that a reality whilst looking to the people of Prestwich to get behind and support them as they prepare for a new era at the club.

Heys have a busy programme of matches in January as they bid for that top 5 spot.

Fixtures are:

Jan 10th Manchester Gregorians	Away	2pm
Jan 17th AVRO	Away	2pm
Jan 24th Elton Vale	Home	2pm
Jan 31st Springhead	Home	2pm
Feb 7th Royton Town	Away	3:15pm

Stand Cricket Club

www.standcc.co.uk

Stand CC are delighted to announce two new signings for the forthcoming 2015 cricket season.

Firstly, the exciting signing of overseas player Imran Shah who represents Abbottabad Falcons back home in Pakistan. Imran is a left hand top order bat and slow bowler. It will be his first season in the UK and we look forward to welcoming him in April.

The club would like to place on record their thanks to Gary Hunt for all his help in acquiring Imran.

Secondly, we are bolstered by the addition of experienced league cricketer Tharindu Perera. UK based Tharindu has played in several top leagues in the UK over the past ten years, including the Birmingham Premier league, whilst spending his winters playing in Australia.

Tharindu is a mid order batsman and left arm spin bowler, who will no doubt thrive at the SCG, with his coaching experience an added bonus. We look forward to Tharindu joining up with the squad in the new year.

Prestwich Cricket Club

www.prestwichsport.com

Prestwich Cricket Club are delighted to announce the signing of South African batsman Marty Walters as professional for the 2015 season.

The 29 year old averages over 30 in first class cricket including 8 x 50's and 4 x 100's and has a particularly fine record in the 50 over format averaging nearly 40 with the bat. He has represented Western Province, Cape Cobra's, and now plays for Border in the South African first class set up.

Prestwich captain Andy Bradley said: "Martin has a strong record in first class cricket, and also has an excellent attitude and work ethic which will help the club develop both the senior and junior sections. The lads are really looking forward to welcoming him to Prestwich in the New Year and playing alongside a current first class cricketer".

Marty has also been a prolific run scorer in English club cricket for the past 4 seasons, initially for Horwich in the Bolton League and latterly for Lullington Park in the Derbyshire Premier League.

Prestwich CC would also like to extend their thanks Gary Hunt at Cric-Intro for his invaluable help in signing Marty.



If you have a sports story or event that you'd like to appear in PW Local, please email:
sport@pwlocalmag.com

The United Kingdom has the third highest level of obese and overweight people in Western Europe, with nearly a third of adults and more than a quarter of children fitting into this category. The statistics are worrying, especially as obesity increases the risk of heart disease, stroke, diabetes, cancer and other diseases.

So, what is making us fat and what can we do about it? Put simply, we put weight on when we consume more calories than we use. This could be due to portion size or the type of food we eat. Foods rich in sugar or fat contain the most calories and are most likely to make us gain weight.

It's New Year, and many of us will make the decision to lose weight, but what is the best way to tackle it?

There are numerous diets, aids, supplements and slimming clubs out there, some promising amazing results. You've seen the adverts about people who have lost six stones in as many months and are feeling great! It's tempting to want to shift the excess pounds as quickly as possible, to get the business of dieting over with, and get back to normal life again.

The sad fact is that the vast majority of people who lose weight put it back on again, and this is because once the weight is lost, they do return to 'normal' by reverting back to the habits that caused them to gain weight in the first place. This is particularly true for people who lose weight quickly.

No doubt just about any diet can help you lose weight, but the real test is: which one can help you keep it off?

Over the years there have been various diets - the high fibre, high protein, high carb, grapefruit, cabbage soup and meal replacement diets to name a few. But increasingly, evidence suggests that the most effective way to lose and maintain

weight loss is not to follow a 'diet' at all, but to simply make changes to eating habits that can be sustained for life.

Diets don't generally work because they demand more of us than we can realistically give for a prolonged period. Eating regimes that deny us all the things we enjoy, that leave us feeling hungry and a social outcast on nights out, will inevitably cause us to revolt at some point and turn back to old ways.

Becoming better educated, learning new habits, taking responsibility for our choices, continuing to live a normal life and losing weight gradually at around 1-2 lbs per week will, in the long run, produce the best chances of permanent success at the scales.

Good luck as you take the first step to becoming a slimmer and healthier you!

By Debbie Singh-Bhatti



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2015 Pension Reforms

Changes announced in the budget earlier this year will allow many people much more freedom in how they use their retirement savings from the next financial tax year. It has been proposed that individuals aged 55 or above will be able to take the whole of their pension pot as a cash lump sum from April 2015.

Whilst this is a positive move allowing many people to take their retirement savings early, there is the added risk that they could run out of money if they do not plan and thoroughly consider all of their assets.

Lifetime mortgages should be considered as part of a long term financial retirement plan, providing a valuable lifeline when a pensioners' retirement income is limited and additional funds are required.

Releasing tax free money from your home

A lifetime mortgage allows people to unlock the cash in their homes by way of a loan against their property. It does not affect ownership, so the property does not have to be sold in order to release the equity. This means the owner can stay in their home for the rest of their life or they can move home whenever they wish*. With a lifetime mortgage you will never owe more than your property is worth due to the no negative equity guarantee provided

by lenders. Repayment of the loan is then made on death or in the event that the last remaining individual is taken into long-term care.

Interest only mortgages

For many retirees with interest only mortgages, releasing equity from their property can provide the funds required to pay off the outstanding balance of the mortgage. Often a lifetime mortgage does not involve making a monthly repayment and therefore enables individuals to use their pensions to cover living costs and other general expenses.

Reducing Inheritance Tax Liability

Depending on the value of a property a lifetime mortgage can also provide an avenue to reduce inheritance tax liability, allowing individuals to release money from their home in order to help other family members before their death.

Enjoyment or care requirements

Lifetime mortgages are often used to fund home improvements or to travel and enjoy hobbies. In some cases, where care at home is required or where an individual has costly medical needs, releasing money from the home can provide a much needed lifeline.

*subject to lender criteria

Records are enjoying a revival

"Mum this stuff is awesome! You should totally listen to it!"

That was my teenage son 'discovering' my 80's vinyl collection and my father's collection of 78s. Because of course my dad and I know nothing about music while he and his friends are experts.

In the age of the strangely invisible digital sound file, I watched his burgeoning love affair with these solid pieces of sound history with some amusement. 78s in particular are very tactile: the thick, heavy shellac, the dust, the stiff card cover. There's a richness about them which time hasn't dulled.

In the way of teens, Charlie began to google his latest obsession.

"Mum, did you know that in the early days they discovered that recording a piano while it was on the floor made it sound too tinny, so they suspended pianos in the air and made the pianist perch on an elevated platform? Cool?"

I had to concede that I did not know this!

Over the coming weeks I also learned that because there was no sound equipment early on, there was no way of modulating the volume of a singer to prevent distortion when recording. To get round this, a someone stood behind the singer reading the score, and when a particularly high note or loud phrase was imminent they pulled the singer away from the mic! Wonder what Mariah Carey would make of being manhandled like that?

Our language even evolved to reflect our love of records. The phrase 'In the groove', 'Groovy', 'To groove', all relate to the grooves on a 78, LP or single.

In spite of all the studio shortcomings, collectors of old records swear the sound quality of 78s in particular has never been



surpassed. The hiss and scratch caused by the patina and deterioration of old shellac discs appeals to them.

As Charlie's interest deepened, he spent a lot of time in specialist record stores and at collectors' fairs. A surprising number of people deal in vinyl or 78s or both, and most of them are friendly individuals with a wealth of knowledge they are happy to share.

It's a curious fact that in the age of huge TVs and surround-sound, the sound quality of the music many of us listen to is going backwards, because often we listen through tiny earbuds or mobile phone speakers. It is also curious that many young musicians, steeped in electronics, are rediscovering the joy of playing with sound on vinyl and shellac, in much the same way that the scratch and mix DJs of the seventies, eighties and nineties did.

Lots of us must have an old record player stashed in the attic along with our old vinyl LPs. We may even own a few 78s, inherited from our parents. The heyday of CDs lasted a mere 15 years, but there is more than 60 years' of music recorded on to these older formats. Think about that. Perhaps it's time to get them out, dust them off, and introduce a new generation to the joy of tangible sound.

By Louise Addison

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