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This Month:

FUNERAL CHOICES

The Civil Celebrant - Chris Mills

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Hello and welcome to your new FREE monthly magazine dedicated to Prestwich & Whitefield and our local businesses.

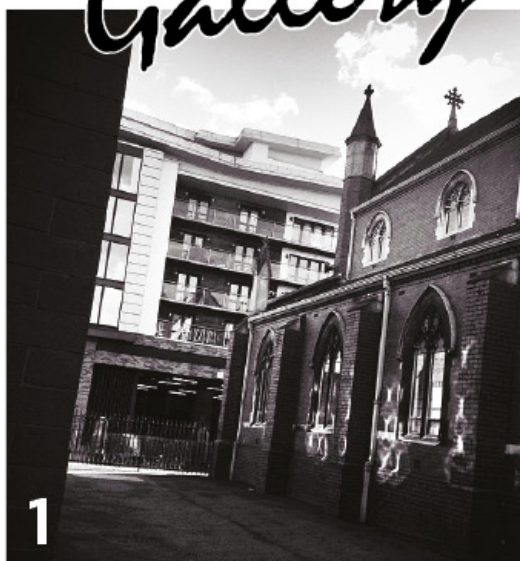
Each issue will be packed with news, articles, events and sport from M25 and M45 as well as information from businesses in and around our area.

Along with this magazine, you can also keep in touch with Prestwich & Whitefield Local via our website at www.pwlocalmag.com or through our social media platforms. Search for **pwlocalmag** on Facebook, Twitter, Instagram and Flickr.

We hope you enjoy our debut issue and find something of use inside.

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GALLERY

1. Radius and Our Lady of Grace, Prestwich.
2. All Saints Church, Whitefield.
3. Nat West Bank, Bury New Road, Whitefield.

If you would like your photo to appear in a future issue, please email it to gallery@pwlocalmag.com.

Please only send photos of places in Prestwich and Whitefield and state your name for photo credit. Every effort will be made to print your photo but not all submissions will be published.

Free the money locked up in your home

Retirement is a time to enjoy the benefits of our working life. It's a time to enjoy extended holidays or doing the things that make us happy. We are all living longer these days which is no bad thing, but the downside is that we have to make our money last longer.

In the past this has meant we have had to avoid doing the things we enjoy, simply to make the finances last. We can't rely on our pensions providing enough to carry on the lifestyle we are used to.

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Funeral Choices

Until recently, funerals have tended to take place in a very traditional way.

Many people are now making new choices such as using colourfully printed coffins or holding services in woodland sites.

But what about the person conducting the funeral service itself?

Traditionally the service has been conducted by a church minister in the manner prescribed by their particular faith. More recently, Humanist ministers have offered completely non-religious services conducted according to Humanist principles.

Now there is a third option – The Civil Celebrant.

"When a loved one has died I will visit their family to arrange the funeral service itself. I will liaise with the funeral director who will be making all other arrangements for the family.

As a professionally trained celebrant I will help to create a truly personal funeral ceremony that is exactly as the family want it to be.

"Not everyone wants the same type of funeral and I will fully discuss the ceremony including readings, music and other tributes. Civil Ceremonies can be either completely non-religious or can include hymns and prayers.

"The family can check the ceremony content beforehand and I will offer a presentation copy of the text to keep afterwards.

"The ceremony will capture the very essence of the loved one and tell the story of the life that has been lived."

Chris Mills holds a Diploma in Funeral Celebrancy and is a member of The Institute of Civil Funerals and can be contacted on 01706 624 400.

www.chrismillsceremonies.co.uk

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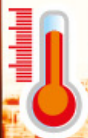
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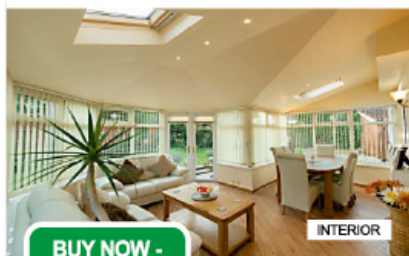
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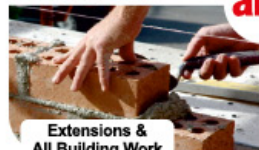


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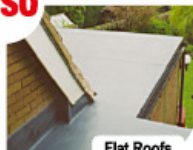


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New Owners Support Community Initiative

New owners of Hawaiian Tan support the FSB's Keep Trade Local campaign. Mark Hutton, pictured below (far left), "As an independent retailer and service provider that has recently relocated to Whitefield, we had no hesitation moving into this thriving community."

"The demise of the high street isn't inevitable if business and the communities it operates in work closely together. This has recently been reinforced with the refurbishment of Hawaiian Tan following the successful purchase of the long established business."



"We used local tradesmen to undertake the refurbishment and we actively supported the purchase of six new PCSO bicycles to be located at the Whitefield Police Station."

"The sponsorship of the bicycles further demonstrated that SME's do have a part to play in a thriving and successful community. With this in mind, we have no hesitation to support the Prestwich & Whitefield Local, and wish them every success in the future."

"My fellow Director Peter Davys (pictured opposite and National Councillor for the Manchester and North Cheshire FSB), is looking forward to contributing to local business with his monthly article in future Prestwich & Whitefield Local editions."



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Following last years sell-out success with BLOOD BROTHERS Whitefield AODS are proud to be producing PETER WHELAN's iconic play **THE ACCRINGTON PALS** to commemorate the centenary of the First World War.

THE ACCRINGTON PALS follows the story of the innocent and enthusiastic men who volunteered their services to their country after Kitchener's calls for a New Army. Their experiences of life on the Western Front are contrasted with the women who are left behind in Accrington, women who come together as friends when facing financial, social and sexual deprivation, as well as being thrown into the social changes that came along with the absence of many men.

The main characters, too, are contrasted; May, as independent, hard-working, fruit and veg stall holder, Tom, her lodger, as optimistic and idealistic and Eva, May's trusted and generous confidante and sweetheart of Ralph. The play has fun and light-hearted moments, which are starkly contrasted with the terrifying reality hundreds of men faced at the Battle of the Somme in 1916.

PETER WHELAN's works include seven plays for the Royal Shakespeare Company, the first of which was 'Captain Swing' written in 1979, and the list of others includes 'The Herbal Bed', 'A Russian in the Woods' and 'The School of Night'. He has received a number of nominations from the Writer's Guild and he won their 'Best regional theatre play award' in 1996. He is an Honorary Associate Artist with the Royal Shakespeare Company.

THE ACCRINGTON PALS is directed by JOHN HOLT and in association with SAMUEL FRENCH LTD.

Dates	Tue 3 – Sat 7 June
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Everybody at Northern Flats wishes good luck to this new magazine "Prestwich and Whitefield Local", to George and to all the staff members.

We also wish all our clients, old and new, good luck and best wishes in the months to come.

Northern Flats have been in the business of letting and managing rented properties, acting for both landlords and tenants for almost 40 years.

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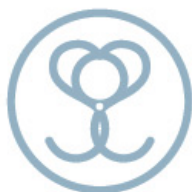
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Valuation

At Aubrey Lee we believe property valuation is an art. Any estate agent can tell you what you want to hear but it takes a real estate agent to give you an honest valuation irrespective of whether the business will be won or not.

Our ethos is; provide real-time comparables to back

up genuine valuations. We don't just want 'FOR SALE' boards, we want 'SOLD' boards!

Our extensive database and in-depth knowledge not only allow us to access data from sold properties but also means we are privy to what didn't sell and the level of offers on a particular street.

Our no-nonsense approach to valuation is what places us ahead of our competitors.

Marketing

We believe in giving your property the best chance of selling or renting. For this to be achieved, the quality of the marketing and the range of advertising is key.

That is why we subscribe to all the major property portals including Rightmove & Zoopla, to name just two.

We also believe that virtual tours, professional photography and floor plans vastly enhance the quality of the listing.

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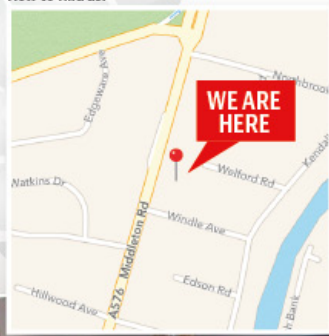
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EXPANSION FOR HOLLINS DENTAL

Hollins Dental Laboratory has recently expand their business to a brand new purpose built surgery, laboratory and dental infection unit all under one roof at 54 Bury Old Road, Whitefield.



Robert, who has 20 years of experience in his field, now boasts a coveted London Royal College of Surgeons certificate to mark his Clinical Dental Technician qualification. The course involved such aspects as medical emergencies, infection control and other associated skills.

The main benefit of his new qualification is that he will now be able to operate direct with patients from the general public.

Previously, his laboratory work only involved referrals from the area's dentists. A dental technician is not qualified to supply dentures direct to the public, but a clinical dental technician (CDT) is. This means that patient's now have the choice of going to see their dentist or visiting a CDT like Robert for the provision of their dentures.

Hollins Dental Laboratory offers a free consultation so that they can assess what services or treatments are right for you.

They offer conventional dentures, which are individually handcrafted, implant retained dentures, new dentures in 48 hours service, plus dental repairs and relines.

For more information, visit www.hollinsdentallaboratory.co.uk or call 0161 798 0202.

'BIG' BUSINESS IN BURY

The biggest business in England has opened in Bury.

Chatleys Big Size Menswear superstore has opened in Bury at the former Alan Garvey bathroom showroom, opposite Bury Market in Market Parade.

Chatleys specialise in big size menswear from XL to 8XL and 72" waist and chest!

The store also has a huge online business delivering throughout the United Kingdom and around the world.

Check out www.chatleys.co.uk for more information or call 0161 764 3331.

NEW RANGE FOR VIEWLINE

Viewline Northwest Ltd, the Prestwich based uPVC home improvements company, are now offering a whole new range of coloured VEKA products.

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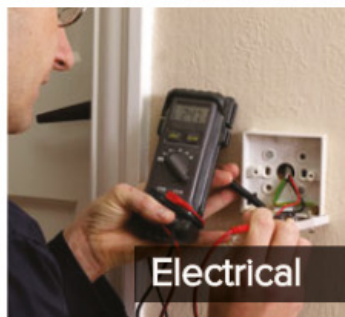
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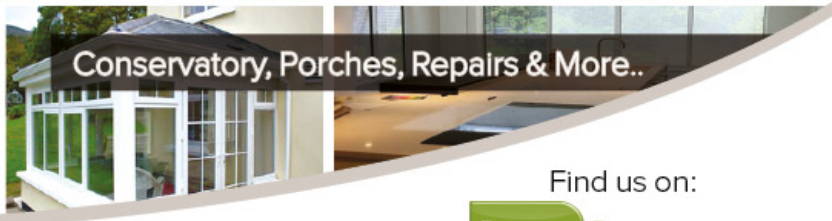
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Bridget Jones - Mad about the Boy

So Bridget is back. This time with kids and without husband - not really a spoiler, unless you have been living under a rock for the last year.

Mark Darcy is dead, and our heroine is left to 'keep bugging on' in her own inimitable fashion.

Most of the headlines as the book was published last year, focused on Darcy's demise and on the fact that Bridget has found a toyboy.

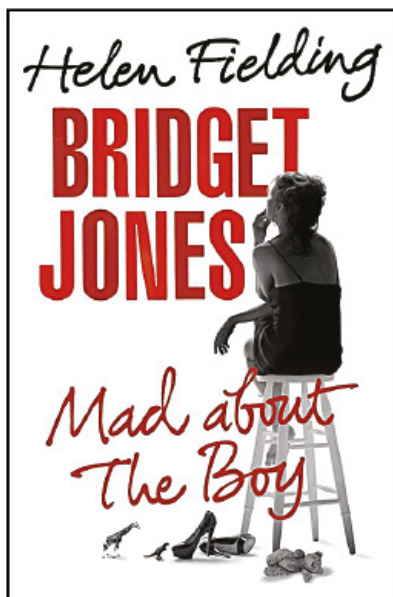
It is the first of these points that sets the tone of the book, which opens four years after the event, tempering the typical comic misunderstandings that result from a return to the dating scene with a resounding sense of the intense sadness of widowhood.

Mark Darcy is a constant presence, either in Bridget's own reminiscences or in the careful efforts of others to avoid mentioning him.

The format is the same as the previous two volumes, (surely there is no-one left in the country who hasn't read them?). Bridget still counts the calories and has added an obsession with collecting Twitter followers.

Some of the old faces are still there too. Jude and Tom continue to provide advice and alcohol, whilst Daniel Cleaver is a not-quite-reformed godfather to Billy and Mabel. And Bridget's mum may have retired, but is far from retiring...

Of course, the plot twists may be obvious from the outset, but as ever, the fact that we genuinely care about the characters keeps us



reading and keeps us involved.

Some readers may never forgive Helen Fielding for spoiling our illusions that Bridget and Mark Darcy would live happily ever after, but others will find this both amusing, moving and, at times, uplifting.

Maps - Aleksandra Mizielinska and Daniel Mizielinski

Every home should have a good atlas - for a child there is little better than travelling the world by turning the pages. 'Maps' is not exactly an atlas, but for any child wanting to embark on their own adventure of the imagination, it is an absolute must have.

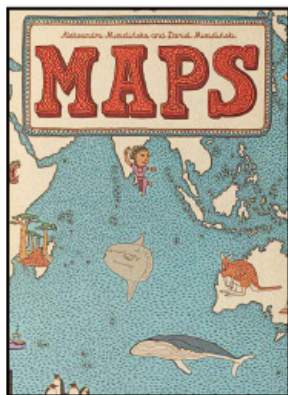
For a start it is a big book - in A3 format, almost designed for lying on the floor and gazing at. Each page covers a country, with beautiful illustrations of key cities, wildlife, landmarks and peoples.

Two children from that country feature, and there are facts about languages and population. Quite simply, you could stare at each page for hours.

William Morris famously said that you should have nothing in your home that you do not know to be useful or believe to be beautiful.

This book is both. Buy it.

By Kath Bennett



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Dennis Gore - aka Dennis the Chemist - is a legend in holistic pharmacy

Dennis Gore MRPharmS is a broadcaster, global advisor, own-label manufacturer, distributor, online retailer – oh, and a shopkeeper.

But like many a multitasking genius, Dennis the Chemist is a little bit mad. Check out his eponymous website in order to find his Prestwich store, and directions go something like: "Come off at J17, drive 0.8 mile down Bury New Road, turn left at St Mary's Road (there is a bollard in the middle of the road). St Mary's Road becomes Whittaker Lane. From the bollards to our door is 0.6 miles. Welcome!"

Never mind the bollards, get the picture? But hey, don't be fooled. I asked Dean Forbes, PR and marketing executive at Pharma Nord (the Morpeth-based nutritional company with which Dennis has enjoyed a long and fruitful alliance) about this man's pharmacy. An Internet or bricks and mortar pharmacy? He said: "Dennis does indeed have a retail presence. It's amusing, as it's the most unassuming shop, considering his reputation and the business he does."

In fact, Forbes reports that a sizeable chunk of the business is built around Dennis's success with, and fervent belief in, Pharma Nord products. "He has," says Forbes, "shifted over £1m of our Coenzyme Q10 and used it to make a massive impact on his community's health. It's so gratifying that he has trusted his reputation to us for all these years."

If you track down the Manchester-based Dennis Gore Pharmacy, the word 'tardis' seems somewhat understated. And the encyclopaedic roll call of products (500 from around the world) are all available online too.

Dennis caters for just about every chronic condition imaginable, with world-class natural products and therapies working alongside

the traditional dispensing side of the business.

"When you strip back all the layers," says Dennis, "I am a pharmacist to the core. So it is absolutely essential to me that the CAM (complementary and alternative medicine) side of the business, about which I am equally passionate, is underpinned by evidence-based science and pristine, forensically stringent quality control".

Dennis's shop is a destination in itself. People come from far and wide. They phone, write and email, and turn up on his doorstep seeking advice on everything from asthma to zinc deficiency, to indulge in retail therapy and to meet the man himself.

Dennis does, to say the least, have a profile. A shrinking violet he is not. He regularly appears on radio and television, starting out on local radio station Piccadilly Radio over 20 years ago. He's also appeared on BBC GMR, BBC Lancashire and BBC Merseyside and can be heard on City Talk FM in Liverpool every month, answering queries on complementary healthcare and pharmacy on the Pete Price Show.

Dennis has appeared on ITV's Lunchtime Live with Eammon O'Neal and has guested frequently on Channel M on Sky. He also attends and presides at lectures and international symposiums, mainly to enrich and expound his knowledge on CoQ10. That's why people beat a path to his door and gold standard healthcare brands want to supply him with their products.

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Aubergine & chickpea curry

To celebrate National Vegetarian Week try this light and tasty curry.

Prep: 20 mins

Cooking time: 50 mins

Serves 6

Ingredients

2 aubergines

2 tbsp sunflower oil, plus extra to serve, if you like

1 tbsp brown or black mustard seeds
10-12 curry leaves, plus extra to serve, if you like
2 onions, finely chopped
2 dried chillies, chopped
4 tsp garam masala
2 tsp ground coriander
2 tsp turmeric
400ml can coconut milk
6 tomatoes, quartered
400g can chickpeas, rinsed and drained

Method

Chop the aubergine into large chunks (about 1 inch / 2.5cm across).

Heat $\frac{1}{2}$ tbsp oil in a large non-stick pan, and brown half the aubergine chunks for 2-3 mins on each side until golden brown and crisp all over.

Remove to a plate, then repeat with another $\frac{1}{2}$ tbsp oil and the remaining aubergines, then set everything aside.

Add the remaining tbsp oil to the pan with the mustard seeds and curry leaves and fry for 30 secs until fragrant.

Stir in the onions and continue cooking until they are softened and beginning to brown.

Add the dried chillies and spices with a spoonful of the thick coconut milk from the top of the can, then fry for 1 min more.

Add the remaining coconut milk, tomatoes and half a can of water. Simmer for 25-30 mins until thick and saucy.

Stir in the chickpeas and aubergines. Continue simmering for 5 mins or so, until everything is hot and the aubergines are tender.

Serve with rice or warm naan bread.



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Community Sports Clubs - Grow or Stand Still

Prestwich Cricket, Tennis, Bowling and Football Club took a major decision in 2009 to grow all aspects of its activities.

This included improving significantly its clubhouse in terms of brand new state of the art dressing rooms, upgrading our tennis courts and re-designed bar areas for both its members and allowing for regular commercial bookings.

The Club recognised that standing still was not an option for a sustainable future and invested ca £600k with over £400k being grant aided.

All sports clubs cannot survive on membership fees and must utilise all its assets both playing and off the field commercially. We all in the real world feel the increased costs of surviving (energy etc) and with this in mind the club decided to grow and continue to move forward.

The decision was made after much discussion as there were some that did not feel we were moving in the right direction. However the decision was made and we moved into a period of major expansion with additional business plans in place to constantly update and manage the quality facilities we today enjoy.

In the club we have at our disposal volunteers that cover all the professional disciplines required to support growth and maintain a sports club of our stature and of course numerous day to day volunteers that take on activities avoiding massive expenditure.

Our basic overheads exceed £30k but with precise management and careful business planning the club will thrive for generations.

The club from an administration point of view is covered by national regulatory accreditations CLUBMARK and Charter Standard and was the first in the UK to gain these standards across all its playing disciplines.

Come and join us and enjoy all our facilities - you will not be disappointed.

Check out our website at www.prestwichsport.com, I am sure we can provide you with quality playing conditions as well as a first class bar which can be hired for family celebrations.

Brian Lorenzini - Chairman

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Whatever your opinion of roses, there's no denying that this flower is the epitome of traditional English gardening, and maybe for some that's just the problem.

For some people the memories of insipid flowers sitting above leggy stalks and diseased leaves is enough to put them off ever planting another rose bush again.

Classified as a woody perennial, with over a hundred species it is still by far one of Britain's favourite plants. Native to China, the humble rose grows well in our climate, where the cool moist winters and warm (ish) summers mean that as long as we don't experience too much rain (which can cause petals to fuse together before fully opening) plants should live happily for many years.

That said they are not 'forever plants' and should not be held on to for sentimental reasons. I've removed no end of beds planted up in the 60's with nothing more than clumps of baked clay soil as their companion.

Roses are best planted bare root between November and February but are most often purchased containerised when in flower during the summer months. If well watered in their first year, roses planted this way should establish well. Plant slightly deeper than you think you need, burying the graft (woody knuckle) fractionally below the soil.

Humans are not the only admirers of roses and they can suffer from numerous pests and diseases so prepare yourself for battle. Problems include; brown scale, rose aphids, rose leaf-rolling sawfly, rose dieback, rose powdery mildew, rose blackspot and rose rust. That said there are disease-resistant varieties, and prevention is always better than cure. If planted in good soil (they don't mind heavy clay) and in a well prepared hole with some homemade compost or manure, then fed in March with a special rose fertiliser before another layer of compost or manure is placed on top, and watered well they will provide you with a long lasting combination of colour and scent.



For added interest, why not grow two varieties together which complement each other, or flower at different times for lengthier impact.

On a sunny wall try; Rosa 'Blush Noisette', a great repeat flowerer with small double pink flowers, 'Lady Waterflow' for silky pink blooms and healthy foliage, 'Gertrude Jekyll' for exquisite scent, or 'Etoile de Hollande' for a splash of rich scarlet red.

Ground cover roses such as the 'flower carpet range' are great for covering banks and are extremely low maintenance, or try an avenue of standard roses such as 'Winchester Cathedral' which look fabulous when under planted with lavender or lush low growing evergreens. Finally for a wonderful thornless variety try Rosa 'Mortimer Sackler'.

Happy gardening.

Lee

Contact Lee Bestall at www.inspiredgardens.net



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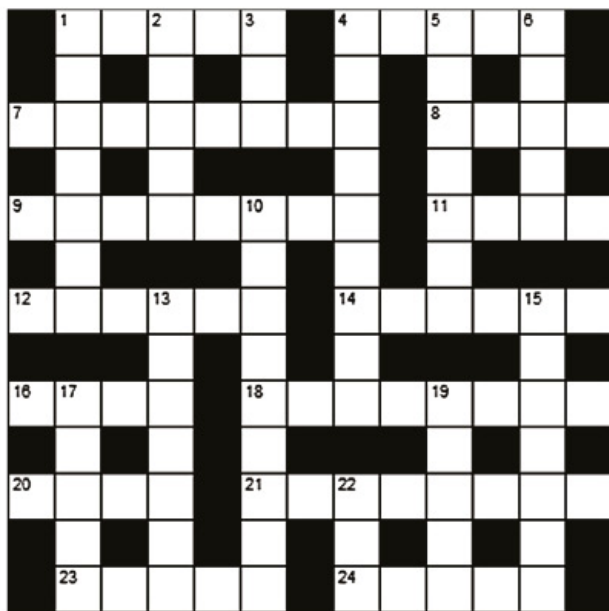
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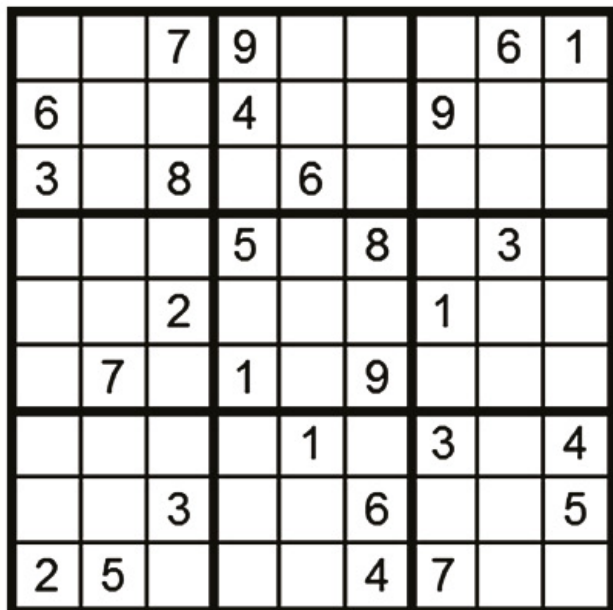


Across

- 1 Stares open-mouthed (5)
- 4 Brief written comments (5)
- 7 Suspended in the air (8)
- 8 Greek God of love (4)
- 9 Most chaotic or sloppy (8)
- 11 Yorkshire river (4)
- 12 Baby swan (6)
- 14 Room in a church (6)
- 16 Narrow opening (4)
- 18 Elated (8)
- 20 Elliptical (4)
- 21 Implied (8)
- 23 Take an examination again (5)
- 24 Leaving (5)

Down

- 1 Mini-market, local store (7)
- 2 Iron (5)
- 3 Footwear for sliding on snow (3)
- 4 Minus points (9)
- 5 Involuntary shakes (7)
- 6 Premises which sell things (5)
- 10 Radical, zealot (9)
- 13 Plant covered with stinging hairs (7)
- 15 Fence-like barrier (7)
- 17 Romantic partner (5)
- 19 Legal excuse (5)
- 22 Flat-faced dog (3)



How to play Sudoku

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National Vegetarian Week 19th-25th May.

Vegetarians do not eat meat, fish or poultry. Among the many reasons for being a vegetarian are health, compassion for animals, and religious beliefs.

Recent research commissioned by the Eating Better Alliance discovered that:

- 25% of the British public say they are eating less meat than a year ago.
- 34% are willing to consider eating less meat.
- One in six (17%) young people say they don't eat any meat.

A vegetarian diet can meet all known nutrient needs. The key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes. Sweets and fatty foods should be limited.

Statistically, if you choose the diet above you are choosing an option which should boost your chances of living a long and healthy life.

Compared to meat eaters vegetarians have up to 30% less heart disease, up to 40% less cancer, 20% less premature death, less obesity and lower blood pressure...but why?

Well the good vegetarian diet outlined above contains more carbohydrate, more vitamin C, more fibre and more cancer fighting phytochemicals than one where a high proportion of the calories come from meat.

So why not make your greengrocer your new best friend this month and get cooking in celebration of all things veggie!

National Smile Month runs from May 19th to June 19th. It's all about oral hygiene. Here are our top tips:

Brush your teeth - At least two minutes twice a day using fluoride toothpaste. Make sure you clean your



teeth before bed, as your mouth doesn't have the same salivary protection during the night as it does during the day.

Floss - Each tooth has five sides; a toothbrush only cleans three sides. The other two sides are where most decay and foul odours originate. To clean between the teeth requires dental floss or tiny inter-dental brushes.

Clean your tongue - This is an important part of oral hygiene and works wonders with stale, smelly breath. You can use a tongue scraper or a toothbrush

Give up smoking - Smoking dries the mouth, depleting the protective saliva. It also exposes your gums, soft palate and tongue to harmful and cancer-causing toxins, and it makes your breath smell.

Use a mouthwash - This freshens breath and coats the teeth with a protective layer, helping to prevent plaque build-up.

Cut out sugary foods and drinks - Sugary snacks feeds the bacteria in your mouth which ultimately break down your enamel and cause decay.

Visit your dentist regularly!

By Louise Addison

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If you are looking for something a little different this year, why not try a canal boat holiday.

You do not need any previous experience or a boat licence to hire a canal boat, and you and your crew will be given all the training you need before you set off on your holiday. You will be taught how to use the controls which are fairly simple: the tiller controls left and right, and you push the lever forwards to go forward and backwards to stop or reverse. Life jackets are supplied to children and non swimmers for extra safety.

You can go to many different parts of the UK and choose your own itinerary. You can choose to moor up near a quiet canal side village or in a city centre. Birmingham for instance is famous for having more canals than Venice. It's a good idea to look at maps and guides in advance, and talk to your hire company to plan a realistic route. Remember that the pace is slow. The speed limit on canals is just four miles an hour.

Kids or grandparents will love helping at the locks, and as you will be in a different place every day, you can find something to suit everyone along the way. This type of holiday is also ideal for dogs as there will be plenty of open spaces and traffic-free walking.

You will gain a new love of nature as you spot birds and wildlife along the way. You might also choose to do some fishing from the boat or the banks, but do remember you may need to buy a rod licence.

There will also be many other highly decorated craft to see along the way. It's great fun waving to those on the tow path, and some of your party might choose to cycle on the paths or walk parts of the route whilst you steer.

Today's holiday boats are bright and modern and all the comforts of home are available.

The Galley is fully equipped with oven, hob and fridge and in some cases a micro wave. You will find all the utensils, crockery and glasses that you need on board. Lounges are fitted with comfortable seating, and some have DVD's as well as TV's. Bathrooms have hot and cold running water to the showers and sinks and a flushing loo!. There is usually a mix of single and double beds and often central heating.

If you are really looking for complete rest and relaxation, why not try one of the canal hotels that can also be found on the water.

You get your own skipper and crew, who know the history of the canals, and you can share the trip with like-minded people. It's the perfect way to unwind.

By Susan Brookes-Morris



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PRESTWICH CARNIVAL WEEKEND



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Cricket scorers required

Prestwich Cricket Club require scorers for the 2014 cricket season on Saturday and/or Sunday afternoons.

Age is not a factor however young or old plus help and assistance will be provided for beginners.

Benefits: Pay is £15 per match and a meal is provided at the tea interval.

Please can anyone interested contact Brian Lorenzini on brian@prestwichsport.com.

Derby match in Walkden Cup

Prestwich CC will host Whitefield rivals Stand CC in the first round of the 2014 Walkden Cup.

The Lancashire County Cricket League's First Team cup competition has been won by both clubs in recent years and this season sees both teams pitted together at the opening stage.

The game will be played at Prestwich's Heys Road ground on the 18th May, 1pm start.

Full draw:

Denton West v Denton St Lawrence

Glossop v Woodbank

Prestwich v Stand

Roe Green v Stretford

Thornham v Denton

Woodhouses v Dukinfield

Byes: Flowery Field, Cheetham Hill

Cricket Fixtures

Forthcoming fixtures for Prestwich and Stand.

10th May Prestwich v Dukinfield
Stand v Glossop

17th May Cheetham Hill v Prestwich

Denton West v Stand

18th May Prestwich v Stand (Cup)

24th May Prestwich v Thornham
Stand v Woodhouses

31st May Denton v Stand
Stretford v Prestwich

Bowling Club Centenary

Prestwich Bowling Club is celebrating its 100th anniversary this year and is on the search for any memorabilia and old pictures.

A series of events are being lined up for the season including a potted history and display of past photographs of teams, players and matches.

Any former or current members who may have old pictures of interest to help the commemoration can get in touch with Irene Birwin on ianddb@btinternet.com.

For more information on Prestwich Bowling Club and their centenary celebrations, please visit www.prestwichsport.com.

Junior Tennis Coaching

With the tennis season upon us, the Junior coaching programme is back at Prestwich Tennis Club.

The Junior programme is open to players aged from as young as 3 up to 17.

There are new Wednesday afternoon Tots Tennis classes to get your little ones started and the Mini Tennis and Junior classes now also have weekday slots too.

The classes are run by PTC's Head Coach Paul Jepson of PB365 Tennis Coaching Services.

For more information, please visit the tennis section of www.prestwichsport.com.

Coffee Break Solutions (from page 38)

4	2	7	9	5	3	8	6	1
6	1	5	4	8	2	9	7	3
3	9	8	7	6	1	5	4	2
1	6	9	5	2	8	4	3	7
8	3	2	6	4	7	1	5	9
5	7	4	1	3	9	6	2	8
7	8	6	2	1	5	3	9	4
9	4	3	8	7	6	2	1	5
2	5	1	3	9	4	7	8	6

G	A	P	E	S		N	O	T	E	S		
R	R	K	E		R	H						
H	O	V	E	R	I	N	G	E	R	O	S	
C	S			A	M	P						
M	E	S	S	I	E	S	T		O	U	S	
R		X		I		R						
C	Y	G	N	E	T		V	E	S	T	R	Y
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O		T		M				L		L		
O	V	A	L		I	M	P	L	I	C	I	T
E		E		S		U	B			N		
R	E	S	I	T		G	O	I	N	G		



Prestwich FC Under 10 MeerKats

Prestwich Heys FC

Prestwich Heys go into the final weeks of the season looking to bring the Manchester League Premier Division title back to Grimshaw Park for the first time in six years.



An impressive Spring run of six successive wins hauled Heys into the thick of the title race and having played fewer games than anyone else they went into their last six games with their hopes in their own hands.

Whatever, the outcome though it has been a fine season for Heys who also reached the semi f-finals of the prestigious Lancashire Shield.

However, the enduring story of the season has been the explosion of Youth in the club. The present season has seen a host of young players burst into the limelight at 1st team level. The likes of Erike Sousa, Danny Eyres, Carlito Graham, Darius Photiou and Conor Landers have all made an impact at senior level and all are still in their teens.

The club remain committed to redeveloping their Grimshaw Park base on Sandgate Road in order to move up to the North West Counties League. The club invested in improving the pitch last summer as part of that project and continue to work on plans to build a new club house, dressing rooms, spectator accommodation and install floodlights and expect to make some big announcements in relation to this in the coming weeks.

For up to date info on the club please visit www.prestwichheys.com.

Prestwich FC

Prestwich FC was founded in 2005 as the football section of Prestwich Cricket, Tennis & Bowling Club and underwent a large expansion in 2009 to establish a full junior section catering for players from under four upwards.

Despite their fairly short existence, the adult first team has continued to go from strength to strength in the Lancashire Amateur League and won the Premier Division last season following two promotions in three years to

cement their place on the local amateur football scene.

Currently sitting well placed to retain their title at time of going to print, Prestwich also recently clinched the prestigious Lancashire FA Amateur Cup following a one-sided 5-0 win over Standish St Wilfrids at The County Ground in Leyland.



For more information, please visit www.prestwichsport.com.

Junior Football

Prestwich and Whitefield is well served by clubs offering opportunities for our kids to play the game. Here's a list of local clubs for any parents looking for teams to join.

Bury Amateurs (Drinkwater Park)

<http://www.pitchero.com/clubs/buryamateurafc>

Prestwich FC (Heys Road)

www.pfcjuniors.co.uk

Prestwich Marauders (St Marys Park & Sandgate Rd)

www.prestwichmarauders.co.uk

Unsworth JFC (Hillock Playing Fields)

<http://www.unsworthjfc.com>

Cricket

At time of going to print, the first cricket friendlies of the season are starting to take place as our two clubs prepare for the forthcoming Lancashire County League Season.

Prestwich CC and Stand CC are both long-established and successful clubs with three adult teams each and a large number of youth teams catering for the younger players.

Check out both clubs websites for more information, fixtures and results:

Prestwich Cricket Club (Heys Road)

www.prestwichsport.com

Stand Cricket Club (Hamilton Road)

www.standcc.co.uk



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