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February, the month of romance and that time when we all get gooey-eyed to make sure that the love of our life gets all the attention and affection that they deserve. Inside this edition we give you lots of ideas, including some gift and beauty suggestions, as well as some great restaurant offers to wine and dine your loved one. And (chaps), make sure you don't leave it 'til the last minute - as usual.

Kind regards  
Mark Prada (Editor)  
Tel: 01524 825600

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### WHO ARE YOU SPOILING THIS MONTH?

So Valentine's Day is advancing speedily, and it's hard not to think about what you'll be buying for your other half this year. We've put together a little guide to ensure you are in your partners good books this February! Valentine's Day can be an expensive holiday, but there are plenty of ways to cut the costs and still treat your partner to a special day.

Gifts are nice, and who doesn't love receiving a bouquet of roses or a box of chocolates? But why not switch things up and plan a cute day out? Here are some unique and romantic date ideas:

**A romantic dinner** - most restaurants and cafes offer a special valentine's menu so you can have a romantic meal with your other half. Everyone loves being wined and dined every once in a while, so go all out and treat that special someone!

**Wine tasting** - wine and cheese tasting is becoming more and more popular and would make a perfect date on Valentine's Day, as it is a communicative and intimate experience. You could even recreate this at home with a selection of local wines and a cheese board with cheeses from local farms, to have a really personalised experience.

**Spa day** - Valentine's Day should be far from stressful, and how better to promote relaxation than a day of facials, massages, and pedicures. Spa's have relaxing music, mood lighting and may offer a complimentary glass of wine to enjoy while relaxing! Spa's tend to have promotions on Valentine's Day for a day of luxury and pampering with your other half!

**Park picnic** - Grab a blanket, a basket, a bottle of bubbly and all you and your partners favourite foods. Make sure you wrap up warm as this time of year can still be cold! Choose a park, beach or forest with beautiful scenery where you can really spend quality time with your special someone!

**Shopping date** - Everyone loves being spoilt sometimes, so why not take your partner shopping and treat them to some gifts? This is also a great idea if you aren't great at choosing presents, as they can choose exactly what they like. Somewhere that offers great customer service is always a great idea too, such as a jewellery shop or an independent clothing boutique.

#### BUYING A GIFT?

Nothing quite says romance like flowers, but when it comes to which flowers and which colours, it can get confusing. Roses resemble love, with each colour symbolising something different. Red shows passionate love, perfect for a long term relationship to show how much you love them, but for new beginnings, pink is perfect as they symbolise admiration and appreciation. Tulips are also a romantic flower, with yellow tulips showing you are hopelessly in love, and red being a declaration of love. However, if roses and tulips are out of your price range, go for yellow chrysanthemums, inexpensive and symbolise a secret admirer.

If flowers aren't quite their thing, why not go for jewellery? This is something they can wear to always remind them of you, and is a long lasting gift they can keep forever. Bracelets and necklaces sporting hearts and gems are a stunning gift that your partner is sure to appreciate. Gemstones also symbolise different feelings, with rose quartz showing love and pearls symbolising purity and perfection.

Valentine's Day is the most romantic day of the year, so if you are getting serious with your other half, this could be the perfect day to pop the question! Over 7 million couples get engaged on the 14th of February every single year, honouring the traditions of St. Valentine! Rings can be very difficult to decide on with so many options, but your local jewellers will be extremely happy to give you all the guidance you need on choosing the perfect ring for your lucky partner!

#### A ROMANTIC GETAWAY

A night in the countryside may just be the perfect relaxing, romantic trip you and your other half needs, or maybe a break in the city is just the thing for you. Sometimes being in the hustle and bustle of a big city really makes you sit back and appreciate your partner.

Whatever you do this Valentine's Day, make the most of it! Being with your partner and enjoying each others company is by far the most important thing.



## Find out more at our Open Evening

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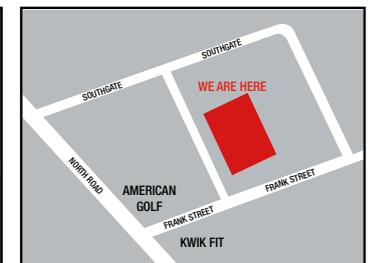
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Why not get a free valuation from our expert at our roadshow at:  
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### WHAT DO YOU HAVE WAITING TO BE DISCOVERED

Many people are totally unaware of the value of unusual and old items that they own and are just hidden away in drawers around the house. Dealers are now paying record high prices for old jewellery and gold and silver objects and collectables. Most unusual gold and silver items are no longer fashionable but there are still collectors who we deal with that will pay record high prices for your old gold and silver jewellery, and items. Wristwatches and old fashioned pocket watches can surprise you with their values and you will be amazed by the amount that is currently being offered for such items. Get looking NOW in your old drawers, cupboards, and jewellery boxes. Look in the attic and the cellar, even old broken or squashed item of jewellery and silver are valuable and worth having appraised at these free roadshows. Bullion Investments & Acquisitions are having such a roadshow at **CROFTERS HOTEL, A6 CABUS, GARSTANG, PR3 1PH.** They will be offering a free valuation service and they will make you an instant CASH offer to buy your old jewellery, gold and silver or any old silver or coins that you may have.



Things that you should look for and bring to our roadshows are absolutely anything that looks like jewellery, whether it is yellow gold, silver or platinum. Any old British or foreign coins. Any old wrist watches or pocket watches. All chains, bracelets, rings and bangles broken or not and in any condition. If you think it is a diamond ring, bring it along and we will confirm it to be genuine. If you have an old trophy or tankard or any silver coloured items, let us value them for you.

## COINS & MEDALS URGENTLY WANTED

Old war medals and old Masonic medals can be very valuable. You will be surprised to hear that we have paid THOUSANDS of pounds for certain war medals and even the General Service Medal group is worth bringing especially if you have the original box and letters to accompany them.



Also of great interest are old military uniforms, tunics, hats and any army, navy or RAF field gear.

There are rarely any queues at our events and we can normally attend to every caller within a few minutes. We will give you a free valuation which we back up with a cash offer, there and then. You can accept or decline our offer, so come along and see what we can offer for your old gold or silver jewellery, coins and collectables.

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## TIME FOR A CHANGE?

It's easy to get bored of your bathroom or kitchen, and after using them so much in our everyday life, sometimes they need a boost to get them back into tip top shape. Even just adding little features, can really enhance the look of a bathroom or a kitchen, whether that is a total remodel or just adding decorative bits and pieces to give a homely feel to the place!

### BATHROOMS

Styles are changing all the time, but popular trends for 2017 include having a very minimalist space, bath time is the time we unwind from a busy day at work, so calming colours such as pale greys and blues work perfectly. Built in bath tubs are slowly becoming a thing of a past as showers increase in popularity. Why not switch your bath for a large steam shower? Steam showers are popular due to their health benefits, and are super rejuvenating for the skin. Showers use much less water, making them more eco friendly than a scorching bubble bath (and save you money!)

How about going for a grey stone look feature wall with the rest white tiles? The stone look gives the feeling of being in nature which is really calming and relaxing. Try going for some fake green plants to brighten up the space while still keeping a peaceful theme.

If the minimalist look doesn't do it for you, how about introducing metallic colours into your bathroom with rose gold or silver accents? This can be done by adding decorative pieces, soap dishes and towel racks into your bathroom. Sometimes the smallest things can really change the look of a room. Mirrors can also add glamour to a bathroom, and for a fabulous look, add in a mirror with lights around the edges to add that desired luxe.

For a really fresh look, try changing windows with closed blinds for mist look windows, so no-one can see in but lots of natural light comes through. Opening windows for a few hours within the day can also be a big help in making the bathroom feel fresher and lighter.

### KITCHENS

Kitchens don't need to be just a place you cook, they are also a social area and can look super chic with minimal effort. If you have a small kitchen, an extension could be a possibility. This adds value to the property, and looks stunning. If your kitchen is big enough, an island can transform the room, give you lots of room to cook up your favourite dishes and really accentuate your kitchen.

Open plan kitchens are really popular at the minute, and can transform the kitchen into a place to socialise. If you have a kitchen island, it can be a great place to centre your house parties at, by making cocktails to share with guests. Add bar stools and suddenly it becomes a bar area too.

Whether your favourite look is a modern kitchen with chrome finishes, or contemporary wooden features, all styles can be modernised and look stunning in any home. Using contrasting colours can create a stunning look, such as pairing dark woods with pastel greens and blues.

Having washing machines and tumble dryers on display can sometimes look bulky and out of place, why not try switching yours up for a sleek machine that fits inside a cupboard, this works just as well and can make the kitchen appear more spacious and more put together. The same goes for fridges, if you don't want to go for a large refrigerator out on display, try choosing a half size fridge that can be placed inside a cupboard.

Lighting can be difficult, do you go for spotlights, freestanding lamps, or a chandelier? If you prefer the luxe look, a silver chandelier can look stunning, possibly in a chrome and black kitchen. There will be no wires from lamps to cause any hazards and it can transform the whole kitchen.

The most important part of decorating your home is to feel like your home is essentially an extension of your personality, so don't be afraid to let your style and preferences shine through!

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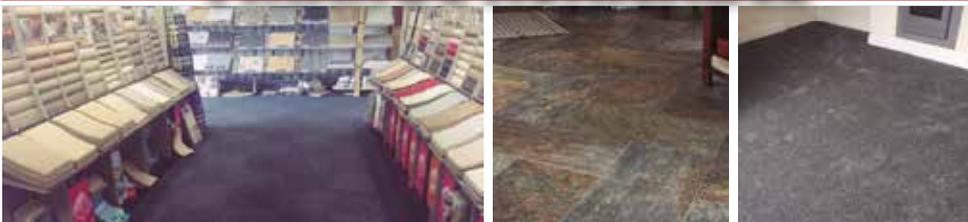
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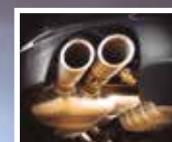
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# FEBRUARY EVENTS

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3-5	<b>Winter Gardens Film Festival</b> Blackpool 01253 625252
4-5	<b>Lancashire Hawks and Owls</b> Barton Grange Garden Centre, 01995 642900
7	<b>Knott End Beach Clean</b> Knott End Car Park, 10am 07918054600
12	<b>Barbara Dickson</b> Lowther Pavilion Theatre, Lythm St Annes 01253 794221
17	<b>How to paint with pastels</b> Barton Grange Garden Centre, 01995 642900
18-19	<b>'Dogs for good' Weekend</b> Barton Grange Garden Centre, 01995 642900
28	<b>Dress making beginners</b> Barton Grange Garden Centre, 01995 642900

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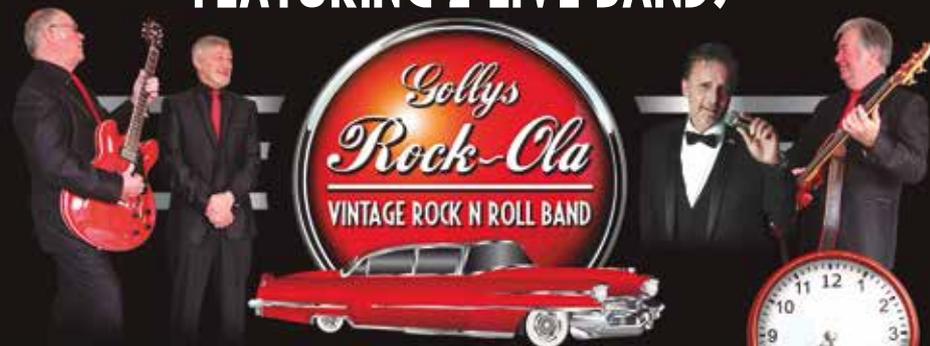
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# Community Noticeboard

## Baby Bounce & Rhyme

at Garstang Library every Monday.  
Enjoy lively sing-along songs, gentle movements and rhymes with your baby, plus meet and chat with other parents and carers. Suitable for babies up to around 18 months of age.  
**0300 123 6703**

## Bridge Club

We meet at 7pm every Tuesday and Thursday in the Garstang Sports & Social Club. On Thursday we have a host so everyone is guaranteed a partner. Visitors and New Members are welcome. Contact Eddie Zielinski 01524 791581 or e-mail edmund.zielinski@virgin.net.

## V The Spirit Light Spiritualist Centre Top Mediums Every Tuesday 19:30

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## Story Time for the Under Fives

at Garstang Library every Friday  
All pre-school children and their parents or carers are welcome to join us. We'll be reading from the best and brightest and most funny picture books in the library for your kids to enjoy and to inspire them to find books and reading fun! No need to book - just drop in.  
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If you host or organise a local coffee morning, book club, swimming club, dancing group or any other local get-together please send information to;  
[sian@local-choice.co.uk](mailto:sian@local-choice.co.uk)

## GALLOWAYS SOCIAL CLUB

Galloways is a local charity and mixed social club for those suffering with eye problems. We meet on alternate Wednesday afternoons 2.00p.m. to 4.00p.m. at St Helens Church Hall, Churchtown. Our afternoons are usually spent listening to speakers, music or quizzes followed by time for a chat and refreshments. For further information and dates of meetings please do not hesitate to contact me on **01995 471319**.

Heart Concern is a local charity and support group for anyone with cardiac problems and for the family, friends and carers.

We are a friendly group with a variety of activities. We have a monthly open meeting, held on the 1st Tuesday in the month (except August and December) at St Thomas' Social Centre, Maron Street, Lancaster.  
[www.heartconcern.co.uk](http://www.heartconcern.co.uk)

Come and join us at Forton Primary School for the fantastic NEW parent and toddler group every Wednesday from 1.30 - 2.30pm. Bring along your friends and family members for an hour of fun and learning. This club is for all children aged 2 to 4. Please see our Facebook page or call school on **01524 791188** for more details.

## Longridge Air Cadets

To join the Air Cadets you must be at least 12 years old and in Year 8 or higher at school. If you are interested in joining, or if you just want to know more about us the easiest thing to do is come and visit us on a Tuesday or Thursday evening from 19:15 (finishing at 21:30) at Christ Church Hall on Chapel Street (just off Berry Lane).

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For more information or to book, please call:

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MON-FRI 8.30-19.00  
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## VALENTINE'S DAY

**Valentine's Day Already? February 14<sup>th</sup> has come around fast, and whether you're spending the night in with your friends, or off on a date with that special someone in your life, it's time to treat yourself and look fab this Valentine's Day!**

### HAIR TIME!

Who doesn't love doing something new and exciting with their hair? Whether you want a wash, condition and blow-dry so your hair looks super silky, soft and healthy, or a brand new cut and colour to make your partners head turn, a trip to your local hairdressers is well deserved. There are numerous treatments ranging from around £10 up to £100, including a deep conditioning treatment to put life back into your hair, or going for a super unique dye to really switch things up. If a trip to the hairdressers isn't an option, why not have a go at making a super healthy and fresh hair mask? They contain just a few simple ingredients: 1 egg, 1 cup of milk, 1/2 lemon, and 2 tbsps of olive oil.

### MASSAGES? YES PLEASE!

A massage is the definition of relaxation, and there are plenty of options with ranging prices. Whether you fancy an Indian head massage, a deep tissue body massage, or a relaxing arm massage with oils and moisturisers, there is something perfect for everyone and, massages aren't just beneficial to relaxation, they are also great for your body and promote blood circulation!

### WAKE UP AND MAKE-UP!

Valentine's Day is the perfect day to go all out on a luxurious makeup look. Since Valentine's Day is the day of love, why not go for a theme of pink blush, blowy highlight and shimmery rose gold eyes? And, if makeup isn't your strong point, don't worry, there are plenty of salons who offer stunning makeup looks for around the £15 - £20 mark so you can feel glam and luxurious on your special date!



### OFF TO THE NAIL SALON

A manicure is just the thing to feel super glamorous whether you want to go for a natural file, buff and paint to have your nails feeling healthy and looking neat and classic, (anywhere from £5 to £15), or you could change things up and go for acrylic false nails, maybe with a cute pattern (a red heart to go with the theme of Valentines maybe?) You can get these from £25 upwards at your nearest nail salon. You could also go for a matching pedicure if you want to push the boat out

### WAX ON, WAX OFF!

If you're the kind of person that likes the smooth, hairless feel, why not swap shaving for something slightly longer term? Waxing gets the roots of the hairs out and reduces the chances of nasty rashes, ingrown hairs, and overall gives a much more finished look. A full body wax is just the thing to feel renewed this Valentine's Day if being hairless is what makes you feel beautiful! An eyebrow wax can also change the whole look of your face and makeup, as eyebrows are one of the most defining features on a persons face.

### EXFOLIATION

Dead skin is a look no-one likes, whether your lips have been feeling dried out after the winter months, or your whole body needs to feel the effects of a good body scrub. Body scrubs are relatively easy to make, from sugar with water to buying a luxurious natural scrub from a local independent body product company.

### A HEALTHY TREAT?

Valentine's Day is notorious for giving and receiving chocolate, or going on dates to restaurants. Why not change things this year and cook a delicious but healthy meal for a special candlelit dinner with your other half? Exchange chocolate for strawberries and calorific alcohol such as wine, for spirits with low sugar mixers.

So there you have it! A complete guide to looking your best this Valentine's Day, for your special someone and yourself.



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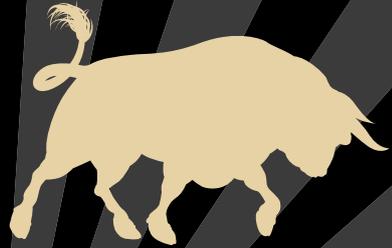
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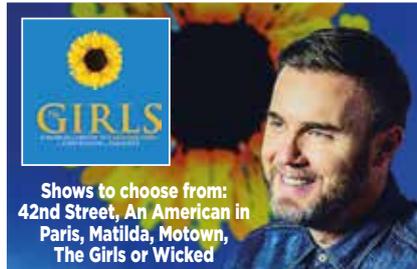
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