

Arthur Mellows Memos

CONTENTS

Film review.....2

Riveting reads..3

The Christmas
Concert.....4

Arthur's
Anonymous ... 5

Saving the planet
6/7

The General
Election...8/9

New Year's
resolutions...10/11

Peterborough
events.....12/13

What's Jacob
Cooking? 14

Welcome to the second edition of Arthur Mellows Memos. In this decade's newest edition, we thought about all the good things from the last decade and have come together, as a team, to bring you book reviews, the election news and some sweet recipes you can pull out ready for Valentine's day! This has been especially written with our AMVC community in mind, so we've tried to cover the most relevant news stories and adapted our second print of Arthur's Anonymous with you in mind. As a team, we want it to be engaging and informative; we've enjoyed making it and we want you to enjoy it as well!

In this edition you can expect to see:

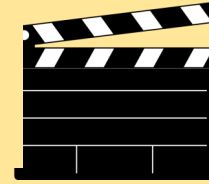
- Film review: Films you should be looking out for.
- Riveting reads: An in-depth look at 12 rules for life.
- Christmas Concert: Arthur Mellows greatest hits.
- Arthur's Anonymous: Our year's advice.
- Environment: How can you do your bit to save the planet?
- General election: How the results impact you.
- New year's resolutions: Our new decade guide
- Peterborough events: Events happening in your area
- What's Jacob Cooking?: Our recipes for a cute date.

For our second edition we have tried as a team to bring the best we can, we really hope you enjoy it as much as we have writing and editing it!

Let's jump right into the articles!



Movie Review



Early Man

The 2018 film *Early Man* is a historical sports comedy film and was made by the animation company Aardman (the creators of *Shaun the Sheep* and *Wallace and Gromit*) and directed by Nick Park. Set in the dawn of time, when prehistoric creatures and woolly mammoths roamed the earth, *Early Man* tells the story of Dug (voiced by Eddie Redmayne) who lives a relatively peaceful life. Along with his sidekick Hognob, they unite his tribe against a mighty enemy Lord Nooth and his Bronze Age city to save their home.

Filming for the movie started in September 2016 and was released into cinemas in the UK in January 2018. It is estimated that the budget for the film was around \$50 million, this was due to the making of the set, all the filming equipment used and the making of the clay characters.

This is a great film to watch with the family because it is action packed and hilarious. I would rate this film 5 stars because I was laughing through almost the whole film and I would recommend to anyone who loves a movie night in with the family.



Mamma Mia: Here We Go Again!

Ten years after *Mamma Mia!* the movie was released, the sequel came out which made ABBA fans excited all over again. In this film, Sophie (played by Amanda Seyfried) prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. Donna, Sophie's mother, appears as she did in the first film (played by Meryl Streep) and as her younger self (played by Lily James). Despite it being just as funny as the first film, *Mamma Mia: Here We Go Again* also has some very upsetting moments, so have some tissues at hand when you watch it!

The film cost almost \$76 million to make with all the cast and crew flying over to start filming in the Croatian island of Vis. The filming of the movie took place between August and December 2017. Shortly before filming began, Amanda Seyfried spent a holiday in Croatia so that she could spend some time enjoying herself there before this movie was filmed. Directed by Ol Parker, this film was rated 4.5 stars by over 65 000 people.

I would also rate this movie 4.5 stars because as well as there being some very iconic and memorable moments, there are also some very hard- hitting scenes which are sometimes difficult to watch. But these are just part of what makes the film so great!



Bohemian Rhapsody

Directed by Bryan Singer, *Bohemian Rhapsody* is a movie based on the true story of Queen's journey from the start of the rock band to their now- legendary 1985 performance in Wembley Stadium. It follows the story of the lead singer of the band Freddie Mercury (played by Rami Malek) and his rise to becoming a beloved and world- famous artist. The realistic re-make of Wembley Stadium is one of the biggest features of the film, you would not believe that it is partly animated!

In the film there are some scenes which I struggled to watch like- spoiler alert- when Freddie tells the rest of Queen that he is HIV positive. If Freddie was alive today, I think he would be very proud of how well this film has done.

It has been rated four stars by over 388k people and it is one of the best films I have watched. I would rate this film 5 stars because Freddie Mercury is one of my favourite performers and I believe he was portrayed in a very positive way in this film.



Riveting Reads



12 Rules for Life

It has been almost 2 months now since the chaos of Christmas rocked all of our lives and I at least am still searching for a method by which to return my life to normal, so what better book for me to read than 12 Rules For Life (an antidote to chaos) by psychologist come academia celebrity Jordan B. Peterson.

Jordan Peterson is a Canadian psychologist as well as a professor of psychology at the university of Toronto with an especially deep interest in the abnormal sides of the human condition which he truly exercises in this book, delving deep into the origins of phobias; the differences between good people, bad people, and how they're in fact more alike than one may want to admit, and how the most basic of lifeforms' behaviours relate in small ways to our far more complex brains.

At the base level, the book could be aptly described as a self-help book wrapped up in philosophy and religion; it is by no means a light read at 370 pages with chapters burrowing into the core of complicated ideas around how the human brain functions and the births of some of the oldest story archetypes used by mankind. Those simply looking for life tips may want to look elsewhere as this book goes through not only ways to improve one's life but also down to the most basic level of how they work and why they're helpful, creating a tone for the book that's unlike any other I've read; it is simultaneously very much a pull-your-socks-up type message as well as one which is hopeful for the future - so long as you at least try and keep on top of things.

The rules themselves are relatively simple: "stand up straight with your shoulders back" is expectedly about holding oneself with confidence, "make friends with people who want the best for you" is - again as one'd expect - about carefully choosing friends and avoiding those who mean you harm, and "be precise in your speech", which is oddly enough about being precise in your speech. "Stand up straight with your shoulders back" is possibly the chapter which made the book famous with Peterson's tangent into the world of lobsters spawning, endless internet jokes and memes. Aside from the comedy which can be drawn from such an odd sounding premise for a segment of his book, he certainly does not waste these first 30 pages spending each one meticulously picking apart the deeper issue; not only lobsters does he investigate but also birds and their extremely territorial tendencies, all the while linking it elegantly back to why indeed standing up straight with your shoulders back alters the balance of chemicals in the brain and makes you happier and more confident. Yes, neurochemistry is but another topic explored in this one chapter.

Some of the rules seem however more abstract: "do not bother children when they are skateboarding", and "pet a cat when you encounter one on the street". These rules have much wordier names however this is simply because they encapsulate many ideas at once with the skateboarding rule tackling the issue of children and risk (should a parent let their child do something dangerous and how risk trains competence), and the cat petting rule being quite different from the rest in being almost autobiographical though still attacking a problem namely absolute crisis and how to deal with one.

In a way that seems to me to be a very well structured ending to the book which by all other measures evades the normal book structure; through out the author explains ways to deal with small issues such as not being as confident as you would like to be, yet at the end it all fits together like a mental jigsaw as he puts the pieces together on how to deal with true chaos - hence the subtitle of the book "an antidote to chaos".

All in all, I would recommend this book to any searching for an in-depth study into the human condition and its eccentricities. Whilst it is an odd book, it's most certainly an intriguing read packed with odd bits of trivia and information spanning across topics from history to theology.

**JORDAN B.
PETERSON**

**12 RULES
FOR LIFE**

AN ANTIDOTE TO CHAOS

The N°1 International Bestseller

allen lane

Christmas Concert



Although Christmas seems a while back it would be rude to not review the amazing concert that took place. Wednesday the 11th of December marked the annual Arthur Mellows Christmas Concert where students and teachers performed a variety of songs. The concert had students from Years 7 to 13 take part and performing with acts like the Junior Choir and the Jazz Band. In regard to Sixth form specifically, the evening was concluded with the BTEC music groups rendition of the Christmas classic, 'Merry Christmas Everyone' by Slade. This had everyone singing and clapping along; overall a great festive night for Arthur Mellows Village College. It displayed the school's talent, ability and range of personality of all students involved.

The benefits were endless, not only did it provide opportunity for people to express themselves and have time in the spotlight to broadcast their abilities but was also was a nice way to end the term! The concert was a great way to raise funds for the school music department which will allow us to upgrade the equipment and facilities. Personally through the school concert and performing my own original song I was able to arrange to go on Lincoln Community Radio in the New Year which will help me in my pursuit of a career in the music industry. Events like these are building blocks in a student's confidence and individual growth, additionally for students like me it gives me invaluable practice of performing to an audience.

Following the concert there has been an overwhelming amount of teachers sharing their positive thoughts on the evening, it also helped to inspire other teachers to join the 'staff choir' and get involved with events around the school. It was amazing to hear all the positive comments regarding the Sixth Form performances specifically. In addition there was an overwhelming amount of support that helped to encourage the younger students performing. But, the real icing on the cake was the spread of Christmas spirit throughout the school.

In the run up to the concert, the same BTEC music group appeared in assemblies to perform 'Merry Christmas Everyone' for Years 7, 9 and 10, as well as smaller group performing 'street lights' an original song. Personally for me this was the first time singing to an audience and so it made it so much better when I received so much positivity following the event. There were other groups from younger years who also performed their songs and I know they shared a similar experience.

To conclude, the concert could not have gone ahead without the organisation and support from both Mrs Hammond and Mr Roberts who helped set up the entire event, down to every act to every light. They both also took part in the concert, Mr Roberts demonstrating his talents playing the saxophone in the Jazz band and Mrs Hammond appearing in multiple songs playing both piano and bass. Overall the concert was a success and I'm sure next year's concert will be even better!

So, yes we may be in February but the great success of this concert means that you need to keep your eyes peeled for any future concerts or events taking place at AMVC- they are not to be missed!



Arthur's Anonymous



Are you stressed? Is there something on your mind?

Most people are stressed about one thing or another, stress can cause many issues whether it be mental, physical or emotional. It's also not always easy to recognise if stress is the cause of a possible change of attitude or behaviour. If stress is oppressing your life then there may be some behavioural changes:

- ♥ Being irritable and snappy
- ♥ Sleeping too much or too little
- ♥ Eating too much or too little
- ♥ Avoiding certain places or people
- ♥ Drinking or smoking more than usual

This may change the way you feel around others and around yourself. Chronic stress can increase the risk of developing a number of health issues including: obesity, diabetes, heart disease, cancer, and a weakened immune system. Chronic stress also affects a person's mental health. It can play a part in minor problems like headaches and more important issues like: high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. It shouldn't be something that is brushed off as nothing because 'everyone gets stressed'. Yes, everyone does get stressed, but certain levels of stress affect some people more than others. Don't let yourself become ill because you didn't talk about what is stressing you out.

There are a number of things that you can do to relieve or help with stress. The NHS recommends a number of simple things that you can do to try and help with stress:

- Try talking about your feelings and what is going on with a friend, family member, or health professional
- Try some simple exercises and setting aside time for yourself for relaxation
- Use time management activities to help you stay in control
- Use calming breathing exercises

Additionally, you can try to:

- Avoid, or at least reduce, your consumption of nicotine and any drinks containing caffeine and alcohol. Caffeine and nicotine are stimulants and so will increase your level of stress rather than reduce it
- Getting more sleep as a lack of sleep is a significant cause of stress
- Be able to say "no" to things. A common cause of stress is having too much to do and too little time in which to do it, if you are constantly agreeing to additional tasks and requests you are promising you'll do more than you can handle.

If these don't help and you still feel overwhelmed, it may be best to talk to a professional, perhaps go to the doctors and ask them for help and advice on what to do.

Samaritans, call: 116 123 or email: jo@samaritans.org

Stress Management Society, call: 0203 142 8650. www.stress.org.uk

www.supportline.org.uk, 01708 765200. It's a brilliant website with information about numerous issues and who to talk to (go to the 'problems a-z' section of the website).



Saving the Planet



Plastic Pollution

What is the Great Pacific Garbage Patch?

In the North Pacific Ocean, there is a newly formed series of islands... completely made up of marine debris - especially plastic. **Marine debris** means any litter that ends up in large bodies of water. They accumulate because not a lot of the debris is biodegradable, such as plastic: plastic items take up to 1000 years to decompose in landfills and plastic bottles take 450 years, or more. So instead, the plastic breaks down into smaller and smaller pieces called microplastics. The islands are spinning piles of accumulating marine debris, but a very large amount of them is also made up of **microplastics**, which are too small to see but make the water look extremely cloudy. **The Great Pacific Garbage Patch** is in waters from the West Coast of North America to Japan. It is made up of two large patches of rubbish which are the **Eastern Garbage Patch**, located between Hawaii and California, and the **Western Garbage Patch** which is near Japan, and both of these "islands" are bound together by the **North Pacific Subtropical Convergence Zone**, which keeps marine debris found in the two rubbish islands trapped and circulating in this strong current. The zone can be found a few 100 km north of Hawaii, and it moves rubbish between the two patches



What is the patch made up of?

The patch is made up of plastic- some that has been found to be over 50 years old- and other items such as plastic lighters, toothbrushes, water bottles, pens, baby bottles, cell phones and **nurdles**, which are small industrial plastic pellets about the size of a lentil. Billions of nurdles are used every year to create our plastic products, but they end up in the oceans and washing up on the shores. They get there because of spills and mishandling in industry, and now worryingly large numbers of them are accumulating in the oceans.

Why is this harmful?



Nurdles washed up onshore

Nurdles are threatening to the environment: because they are so small, they are difficult to locate, so they continue to harm the marine ecosystem by breaking up into smaller pieces but not disappearing (this is the same for all plastics) attracting and concentrating pollutants to highly toxic levels and being consumed by marine animals and seabirds that mistake the

nurdles and other plastics for prey.

What is the effect of plastic pollution in the oceans on marine life?

Marine life is being damaged by the invasion of plastic in their ecosystem as the animals consume it. Recently, a pilot whale died in Southern Thailand after swallowing over 80 plastic bags. During the rescue attempts, the whale vomited up 5 of the bags but unfortunately couldn't be saved. The bags weighed up to 8kg in the whale's stomach. A marine biologist at Kasetsart University said that the whale was no longer capable of eating any nutritional food as a result of the plastic it ingested. Although Thailand is one of the biggest users of plastic bags in the world, similar situations are happening everywhere as plastic has become mass-produced and used all over the globe in the last decades. A minimum of 300 marine animals are said to have died in Thai waters after ingesting plastic, including pilot whales, sea turtles and dolphins.



Saving the Planet



Are there other islands of marine debris around the world?

Although they're not as big as the Great Pacific Garbage Patch, marine debris has been accumulating to form large plastic islands in other locations too; all of the largest oceans in the world now have a large pile of rubbish and polluted water due to the dumping of plastic and breaking down of it into microplastics, since plastic doesn't degrade for centuries. The Atlantic Ocean and Indian Ocean have been collecting enough debris to be named "garbage patches" as well as the polluted area in the Pacific Ocean.



How can the plastic you use end up in the oceans?

The main cause of plastic finding its way into the oceans is if it is littered. Rain and wind make sure that litter is blown down drains, and from there, it will end up in the oceans. Also, many people dump plastic into bins that go into landfill instead of recycling bins, which means it is blown away when it's being transported to landfill since it doesn't weigh much at all. Then, it can end up near drains and be flushed down them, into the rivers and the sea. Another way plastic gets into the seas is from products that we use at home in our everyday lives, especially what is flushed down toilets, including wipes and cotton products. Microfibres are put into the waterways when we wash our clothes in the washing machine, but they're too small to be filtered out, so small species end up consuming them.

How can we prevent these islands from growing?

Since these vast areas of marine debris were formed from the huge amount of waste and plastic litter being dumped into the oceans, something you should make sure you're doing is putting any litter into the bin, instead of leaving it on the ground. Another change you could make is trying to avoid buying plastic products and using paper bags or re-useable shopping bags instead of the plastic bags sold at supermarkets, which are extremely damaging to the marine life if they end up in the oceans. Also, you should always recycle anything that you can at home, such as milk bottles and other plastic packaging. Changes like using re-useable straws instead of disposable plastic ones is also helpful.



The General Election



What is a general election?

Britain is divided into counties. These counties are split into sections that are referred to as constituencies. Each constituency is represented by a member of Parliament (or MP) in the House of Commons. The House of Commons manufacture bills that are voted for to be passed or dismissed by Parliament. If these acts are voted for, they transition into laws. A general election (GE) grants the general public the ability to vote for their representative in the House of Commons for their constituency. In theory, anyone can become a viable candidate for a constituency but MPs from political parties are conventionally voted for to be representatives in the Commons. A political party is an organised body of people with similar ideologies. General elections also dictate who will be the Prime Minister of the UK and which party will subsequently run the country. The party with the most votes from the most constituencies is granted leadership of the UK. The leader of the party is then consequently made Prime Minister or PM for short. The party with the second most votes is then obliged to be the 'opposition' to the dominant party in the House of Commons. To put this into context, the MP representing our constituency of Peterborough was Lisa Forbes from the Labour party. The Labour party is currently the opposition in the House of Commons. It was her obligation to vote for bills passed in parliament and to represent the requirements of the Peterborough constituency whilst 'sitting' in the House of Commons. The new MP for Peterborough is Paul Bristow from the Conservative party, it is now his responsibility to represent the requirements of Peterborough in Parliament. General elections typically are held every 5 years but can be triggered early if voted for by Parliament (like this Christmas election).

What is the point of a general election?

General elections serve the purpose of allowing the general public the ability to voice how the UK is run. If you share the same views as a political party, you can vote for them to represent your views in parliament. Likewise, if you want a specific party to run the country you can support them by casting your vote. Or maybe you are fond of a particular MP becoming the next PM. All of these are feasible reasons for voting in a GE but ultimately, everyone votes for their own reasons.

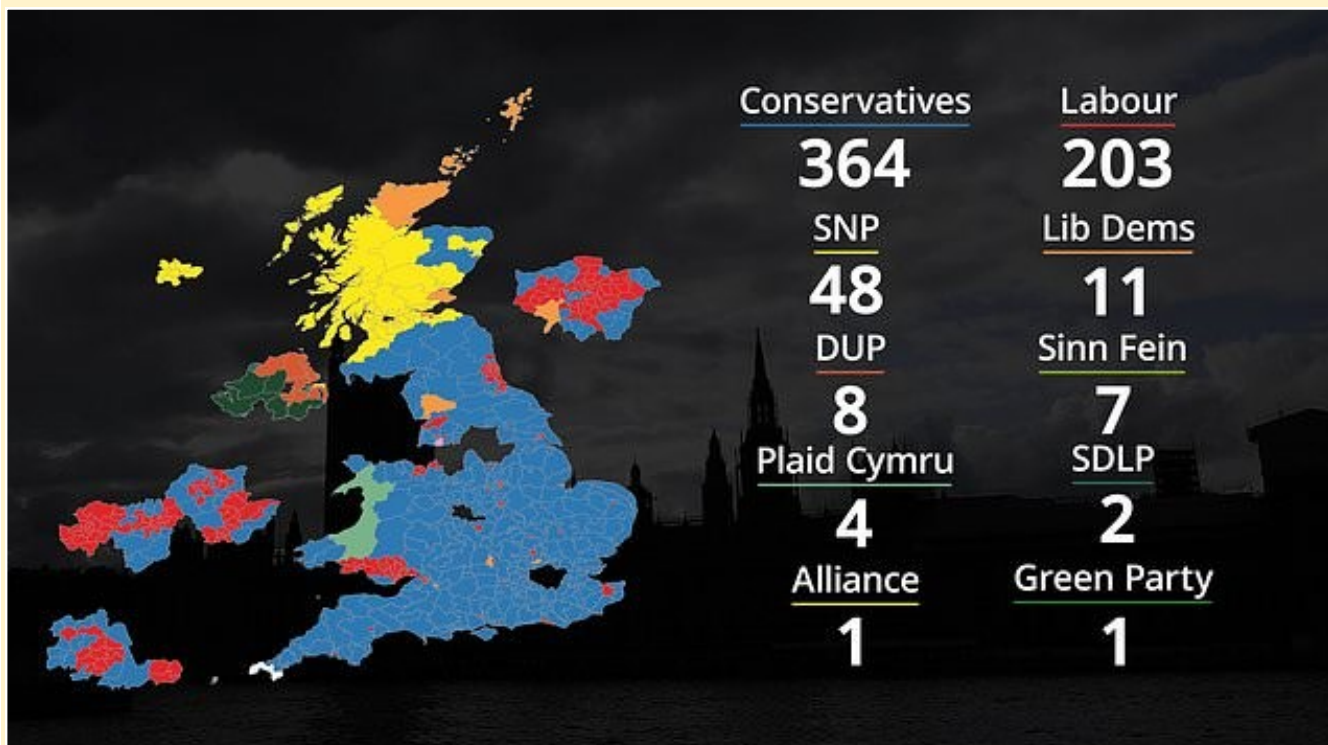














The General election



Results of the 2019 GE

As you can see the Conservative party won the most places or 'seats' in the House of Commons so they are the prominent party that will run the country and their party leader (Boris Johnson) will remain as Prime Minister. The opposition in the House of Commons will be the labour party as they won the second most seats. The rest of the parties will be representing their constituencies in the House of Commons until the next General Election when they will either lose or retain their seat.



Party	Previous seats	Seats won	% of vote
 Conservative Party	298	365	43.6
 Labour Party	243	203	32.2
 Scottish National Party	35	48	3.9
 Liberal Democrats	21	11	11.5
 DUP	10	8	0.8
 Sinn Féin	7	6	0.5
 Plaid Cymru	4	4	0.5
 SDLP	0	2	0.4
 Green Party	1	1	2.7
 Brexit Party	0	0	2.0
 UKIP	0	0	0.1
 Alliance Party	0	1	0.4

New Year's Resolution



A Guide to Making New Year's Resolutions

So, it's the new year. "New year new me!" as people say. To be honest, do any of us really change? We all say things like "I'll go to the gym every week," or "I'll actually do all my homework this year". How many of us stick to what we say? It's not any old feat sticking to your New Year's resolution, in fact it's quite hard. If you're like me and struggle with your New Year's Resolutions, then read on, hopefully you'll learn a thing or two.

Why do we have New Year's Resolutions?

Let's talk about why New Year's resolutions came about.

One of the first cultures to have a resolution-like tradition was the Romans. Good old Romans with dozens of gods and messing with calendars. One specific emperor of Rome, Julius Caesar, decided to change the calendar a bit, having the new year on January 1st. The god they named this month after was a god named Janus. Janus was believed to symbolically look at the previous year, and into the future. Hence why Emperor Caesar decided to have January as the first month of the year. Because of this during New Year's celebrations the Romans would offer sacrifices to the god and promise good conduct for the new year.

Early Christians also followed a similar tradition, albeit with less sacrifices and more thinking about past mistakes and how to correct them. Pretty much what we do now. Our country has had a very strong Christian background so it's not surprising we adapted this tradition. For a long story cut short, we have New Year's Resolutions because *we want to better ourselves, and it gives us an opportunity.*

Great, now tell me how to stick to my New Year's Resolutions.

I believe that is one of the reasons why most New Year's Resolutions fail; we make excuses to better ourselves. Whether that's because its socially accepted to come up with a resolution at this time of year or at other times we won't be committed to it doesn't matter too much, they both come from the same reason; lack of drive and will power. If you can't start a resolution any other time of year then it most likely won't work.

This finally leads me on how to stick to your New Year's Resolutions. Here's a checklist of things you need to consider before starting a resolution, or any challenge or self-improvement. I'll go in depth after.

Here's the list:

Why do you want to start this resolution/why did you set this goal?

What outcome do you want from this resolution/goal?

When do you want to achieve this by?

How are you going to start?

To explain these points, I'll use the most common resolution, to improve physical fitness. This isn't an article on how to get fit so I won't go into detail of what you would do to get fit, but I'll show you how these points will help you stay committed and complete it.



New Year's Resolution



If you want to become fit solely because others tell you that you're unfit/overweight and you don't mind or you don't think you are, then you might as well stop now. Changing because others tell you to and you feel social pressure will fail pretty much every time. You want a change of mindset if you want to succeed. First why do people have the need to be fit or physically active? Think about yourself; what would YOU gain from being fit or active? Once you stop thinking about wanting to fit in and rather what you truly want and what you gain out of it, you'll be much more likely to achieve it.

You need to make sure your goal is clear. For example, instead of just wanting to be fit, what do you want to be able to do? Run a marathon? Bench press 120kg? Whatever it is it needs to be specific and measurable. Being fit is too vague of an answer because it can mean so many different things, however saying you want to be fit enough to run a marathon is a specific example, and extremely measurable. In the future you can even change it to how fast you want to run it.



If before reading this you just wanted to be able to do it at any point, you haven't thought about it enough. Pick a date, whether it's next year or beyond. If you have a clear deadline you will be able to complete it easier. The date must be reasonable, however. Think about if it is possible to do it in the timeframe you want and adjust accordingly.

If you want to get anywhere, you'll want to know where to start. With our case of getting fit, and with any other case, you want to start small. If you go all out straight away, you'll fail. Unless you're superhuman but in that case you wouldn't need to be reading this. Maybe run a kilometre a day, then further and faster. If you don't overwhelm yourself with the load, then you will find it much easier to succeed.

To conclude, if you want to complete a goal or resolution you must: Start small; know what you want and when you want it by; and make sure you want to do it. Good luck to you all in this next year!



Peterborough Life



History of Peterborough

Peterborough began as a Saxon settlement. The Saxons built a village on the site of Peterborough called Medehamstede (Meadow Homestead). An abbey was built in 972 and a village grew up nearby. About 1000 AD a wall was built around the settlement to protect it from marauding Danes. It was called St Peters burgh.



Henry VIII closed all the monasteries and abbeys in England. Peterborough Abbey was closed in 1539. However, in 1541 the abbey church was made a cathedral. Mary Queen of Scots was buried in Peterborough Cathedral after her execution in 1587. By 1801 the population of Peterborough had reached about 3,500. The population of Peterborough continued to rise rapidly in the 19th century. By 1851 it was approaching 9,000. By 1871 it had passed 17,000. The Queensgate Centre opened in 1982.

Today Peterborough is a thriving city and it's growing rapidly. The population of Peterborough is 196,000.

Today in Peterborough there are many places you can visit to experience some of Peterborough's rich culture such as:

Flag Fen- Bronze Age site developed about 3500 years ago

Longthorpe tower- 4th-century three-storey tower in the village of Longthorpe, famous for its well-preserved set of medieval murals.

Southwick Hall- architecture of many centuries, notably the 14th, 16th, 18th and 19th.

Upcoming Events

Saturday 7 March 2020

15:00 - 16:45

League One: Peterborough United vs Portsmouth

The Weston Homes Stadium, Peterborough

Saturday 21 March 2020

15:00 - 16:45

League One: Peterborough United vs Bristol Rovers

The Weston Homes Stadium, Peterborough

Saturday 28 March 2020

15:00 - 16:45

League One: Peterborough United vs Blackpool

The Weston Homes Stadium, Peterborough

Friday 10 April 2020

15:00 - 16:45

League One: Peterborough United vs Milton Keynes Dons

The Weston Homes Stadium, Peterborough



Peterborough Life



Comedians coming to Peterborough

29 March 2020

Milton Jones

Cresset—£15.40

“One man. One Mission. Is it possible? No, not really.

Milton reveals the truth about being an international spy, before being given a disappointing new identity which forced him to appear on Mock the Week, Live at the Apollo.

But this is also a love story with the twist, or even a really bad sprain. Just gloriously daft nonsense or is there a deeper meaning? Every man has his price. Sainsburys, where good food costs less.”



16 May 2020

Chris Ramsey

Cresset—£23.50

Critically acclaimed comedian Chris Ramsey is hitting the road for his biggest ever stand-up tour in 2020. Having filled venues across the country, “Ramsey has the potential to be a mainstream hit, a cult favourite or almost anything in between” (Sunday Times)



1 July 2020

Jimmy Carr

Cresset—£32.50

Jimmy’s brand-new show contains jokes about all kinds of terrible things. Terrible things that might have affected you or people you know and love. But they’re just jokes - they are not the terrible things. Having political correctness at a comedy show is like having health and safety at a rodeo.



Music

Tuesday 30 June 2020

Little Mix

Weston Homes Stadium

£50.50-£72.50

The tour will see Little Mix perform some of their greatest hits including Woman Like Me, Touch, Shout Out to My Ex, Black Magic and Wings.



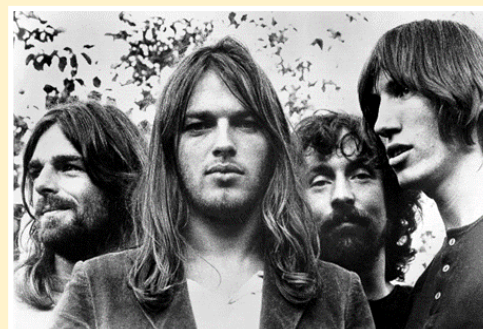
Friday 19 June 2020

UK Pink Floyd Experience

Peterborough New Theatre

£21.00 - £23.00

Celebrating 50 Years of Pink Floyd, UK Pink Floyd Experience recreate the sights and sounds of the legendary Pink Floyd band in concert



What's Jacob Cooking?



It's coming up to Valentine's day, and as a Newsletter Team, we want to make it special! Some of you may not have a special someone, some of you may have *the* one, but for everyone it is the day of love, so why not shower that someone special with our Red Velvet Cheesecake Bites and Cookie Dough Fudge .

Red Velvet Cheesecake Bites:

Ingredients: box red velvet cake mix, plus ingredients called for on box
(8oz.) blocks cream cheese, softened
1/2 c. powdered sugar
3 tbsp. heavy cream
1 tsp. pure vanilla extract

1. Preheat oven to 350° and line a muffin pan with cupcake liners. Prepare red velvet cake batter according to box directions. Divide batter among liners and bake until a toothpick inserted in the centre comes out clean, 18 to 20 minutes. Let cool completely. Break 4 cupcakes into small crumbs. Save remaining cakes for another use.
2. In a large bowl using a hand mixer, beat cream cheese and powdered sugar until light and fluffy. Add heavy cream and vanilla and beat until stiff peaks form.
3. Line a large baking sheet with parchment. Using a small cookie scoop, scoop cream cheese mixture into balls and place on prepared baking sheet. Transfer to the freezer to chill, 1 hour.
4. Roll balls in red velvet cake crumbs until fully coated, then return to prepared baking sheet. Refrigerate until ready to serve.



Cookie Dough Fudge .

Ingredients:

1/2 c. (1 stick) butter, softened
3/4 c. granulated sugar
1 tsp. pure vanilla extract
1 c. all-purpose flour
1 tsp. salt
1 1/4 c. mini chocolate chips, divided
1 (14-oz.) can sweetened condensed milk
1 1/2 c. melted white chocolate



1. Grease an 8" or 9" square pan and line with parchment paper. In a large bowl using a hand mixer, beat butter, sugar, and vanilla until smooth.
2. Place flour in a microwave-safe bowl and microwave until flour is hot, about 1 minute.
3. Add flour and salt to butter mixture and beat until combined. Stir in 1 cup mini chocolate chips.
4. In a large bowl, mix together sweetened condensed milk and melted white chocolate, then fold into cookie dough mixture. Pour into prepared pan and top with remaining 1/4 cup mini chocolate chips.
5. Refrigerate until fudge is firm, about 2 hours. Remove from pan by lifting edges of parchment paper and cut into squares.