

Summer 2010



Lutterworth & District Journal

The FREE paper for the community, about the community

July / August 2010 – Issue No. 164

For Advertisements or Editorial please call or fax (0116) 275 1037 www.lutterworthanddistrictjournal.co.uk

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Carnival Queen Suzanne De Haro aged 14 and King Luke Harris aged 14 both from Lutterworth High School. Photo courtesy of Andrew Carpenter

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Soccer School Presentation

Youngsters from Lutterworth Athletics Soccer School enjoyed a fun day at the Dunley Way facility as part of the end of season presentation. A bouncy castle, Bar-B-Que and a lads v dads game made up part of a very enjoyable day.

First team Manager Mick English made the presentation.



Pictured L-R: Coaches Adele Dixon, Corin Godsmark, Tommy Thomas and Martin Coupland

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Lutterworth Farmers' Market set for a sizzling summer!

Local farmers' markets are celebrating the great British summer with a host of special events for shoppers over the summer.

August 14th Carnival Day sees the return of Paul's bread, there'll be more fruit, veg, plants and local meats, organic meats, ostrich burgers, plants, soaps, WI cakes, chutneys, jams and preserves. Local knitting group Knit Pickers are coming to town, willing to share tips and wool and needles for a knit and natter. Chairs and tables will be out for a relaxing morning atmosphere. Tasters of local produce available, fresh organic vegetables, hot and cold foods, so come and try! See advert on page 14 for dates of markets.



FARM FUN DAY at The Manor Farm Shop in Catthorpe on Saturday 31st July!

There will be lots for the whole family to see and do including a bouncy castle, children's flower arranging, painting local woodwork, lots of local produce, BBQ, animals and lots of games!

It will all be indoors if it's wet - the fun starts at 11am until 3pm. For more details contact Caroline on 01788 869 002. See advert below.

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Intelligent Pest Control was established in 2006 by Matthew Pitcher and Jonathan Fox who combined are able to boast over 16 years experience of working in the commercial pest control sector. In just over four years Matthew and Jonathan have been able to grow a portfolio of more than 300 clients across the region and these clients can range anywhere from large national business to private homes.

The one thing you can always be assured of when you have to call upon Intelligent Pest Control is a very professional service.

Summer time is always a very busy time for the team as they respond to wasp nests and ant invasions across the East Midlands.

If you have any pest problems this summer or would like some pest cover at your business then give Matthew or Jonathan a call on 0116 240 2005 for a fast professional service. See advert left.

Lutterworth Rotary New President

On Monday 28th June current President John Roberson handed over the reins to John Ensor.

In John Roberson's farewell speech he said how much he had enjoyed his year and thanked members for the help he had received in such a busy year citing some of our activities such as having our sister club from Denmark (Ribild) visit us in mid May arranged by Steve Tallis. The first Rotary Santa Fun Run last November, continuance of our leading role in the Disabled Sports Championship in Coventry won by Leicestershire for the last three years. A wide range of fund raising events too numerous to itemise but producing a fantastic figure in excess of £17,000 which has been given to local and international charities.

A Paul Harris award was presented to Malcolm Richardson for leading the combined (Lutterworth and Wycliffe) Rotary Santa Fun Run in which £15,000 was raised.

On a sadder note we lost two of our long term members – Eric Boyes (94) and David Mountford (71) while over the year three new members have joined our rank the latest 'Bridget Hunt' joining us today.

John Ensor in his acceptance speech said he had no intention of changing a winning formula during his year.

As his first fund raising event he invited members and friends to a 'Pig Roast' on Friday 16th July at his farm in aid of LOROS and Rainbows Children Hospice. He finished by welcoming Hugh Roberson Smith to the role of Vice President.



Current President John Roberson handing over the reins to John Ensor

Peter J Osborn
Lutterworth Rotary



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Furniture Reuse Projects
There are several furniture reuse projects across Leicestershire that sell donated furniture, including dining tables and mattresses at bargain prices. Find your local furniture reuse project at www.lesswaste.org.uk or call **0116 305 7005**.

Buy second hand
Try looking on online websites, in local newspapers and at local charity shops or car boots for second hand household items such as TV's, lamps, cushions and other decorative items.

Get household items for free!
Freeuseit.org is a great website where residents' can give and take items all for free, such as tables and sofas.

I found an old bench for sale in our local newspaper. Once we've given it a varnish it will look great in our new garden.

We've just bought our first home together. My parents have donated an old coffee table that was sitting in the loft.

For more information on reuse and to download our free Reuse Directory visit www.lesswaste.org.uk or call 0116 305 7005.

4 - The Lutterworth & District Journal Tel/Fax: 0116 275 1037

The Lutterworth & District Journal

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19 Elmtree Road, Cosby, Leicester LE9 1SR

Helen Akroyd-King
EDITOR

Trish Akroyd
ADVERTISEMENT MANAGER

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Mobiles: 07702 246464 (Trish)
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Deadlines for September 2010

ADVERTS:

16 August 2010

EDITORIAL:

18 August 2010

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2 September 2010

New Funeral Home Opens in Leicester

Paul Asher an independent Funeral Director has opened a new funeral home in Leicester. 'Paul Asher Family Funeral Directors' at 99, Aylestone Road opposite the Tigers Rugby Ground has private chapels of rest, a comfortable arranging lounge for families to discuss their requirements, a sizable mortuary with all modern equipment and garaging for a fleet of Volvo limousines.

"After many years working for a large corporate funeral company, I felt that the services provided were a little impersonal and sometimes time was of essence. I wanted to give a better and more personalized service to my families. So after much consideration and careful planning as well as a substantial investment the premises were refurbished to be as comfortable as possible for bereaved families".

"We can also provide floral tributes, catering, masonry, horse drawn vehicles and pre-paid funeral plans and arrange for home visits for relatives that find it hard to come and see us. We even have a Polish speaking Funeral Director should the need ever arise".

Paul Asher can be contacted on 0116 319 0752 should anyone wish to discuss the services informally. See advert below.

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World Cup Revival at Rainbows Fun Day

The drama of the World Cup will live on when Rainbows Hospice for Children and Young People holds its annual Family Fun Day on Sunday 1st August.

Sponsored by 3M, there will be exciting events for all the family and the colourful afternoon will include a soccer village where young hopefuls can show off their skills and take part in a keepy-upy contest, with footballs as prizes.

A hot air balloon, laser wars dome, inflatable sumo wrestling and a myriad of other attractions will grace the fields at Loughborough Grammar School from 12 - 5pm.

As well as stage entertainment there is a circus school and those who fancy themselves as a latter day Robin Hood can have a go at archery.

Rainbows Community and Events Manager, Katie Baxter said, "We are aiming to make this a great day for all the family. For Mums we have a Craft Village, for the children there are rides and inflatables, while Dads will perhaps appreciate the CAMRA Real Ale tent. There's crazy golf, BBQ and many other attractions with lots of activities to interest everyone".

Tickets cost £3 per person, children under 14 free.

For more info and details please visit www.rainbows.co.uk/fun-day or contact Rainbows on 0800 852 1133 or email fundraising@rainbows.co.uk

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FEET



Heel fissures

Heel fissures, also known as cracked heels can be a simple cosmetic problem and a nuisance, but can also lead to serious medical problems. Heel fissures occur when the skin on the bottom, outer edge of the heel becomes hard, dry and flaky, sometimes causing deep fissures that can be painful or bleed.

CAUSE

Heel fissures can affect anyone, but risk factors include:

- Living in a dry climate (ok, maybe not Lutterworth)
- Obesity
- Consistently walking barefoot or wearing sandals or open-backed shoes
- Inactive sweat glands

Like many foot conditions, heel fissures can become more dangerous if they go untreated and become deep or infected. This is especially dangerous for people with diabetes or compromised immune systems.

TREATMENT AND PREVENTION

Moisturising the feet regularly can prevent heel fissures. Once they occur, use a recommended footfile (see your chiropodist) daily to gently decrease the thick and flaky layer of skin. Avoid going barefoot or wearing open-backed shoes, sandals or shoes with thin soles. Shoes with strong shock absorption can help to improve the condition.

Moisturising the feet at least twice a day can also help. Next time you go out have a look at the woman in front of you, now check out those heels - PRETTY GHASTLY EH! Believe it or not a chiropodist can get your heels looking like a baby's in one session as well as giving expert advice on how to keep them like that.

If you've tried every cracked heel cream on the market and read every "10 fab tips for fab summer feet" (now available in every woman's magazine) and failed miserably, contact David Attewell on 01455 558488 - see advert below.

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BONES & GROANS



Sciatica

Sciatica is defined in the medical dictionary as "pain down the back of the leg in the area supplied by the sciatic nerve". The sciatic nerve is the largest in the body and is about the thickness of your little finger. If the nerve and its blood supply becomes "trapped" it can lead to pain in the buttock and, if severe, can spread all the way down the back of the leg as far as the ankle and foot. There may also be pins and needles or numbness in the foot and toes.

Sciatica is usually aggravated by sitting, bending, coughing and sneezing and is frequently worse first thing in the morning. Although the root of the problem is frequently the vertebrae and the discs there may not be any back pain at all.

Up to 10% of sciatica like symptoms can be caused by tightness in the piriformis muscle which is a deep muscle that runs across the buttock underneath the more well-known gluteus maximus. In some people the sciatic nerve actually passes through a split in this muscle so any spasm here will cause pressure on the nerve and pain spreads into the back of the thigh. There is also a condition known as "back-pocket sciatica" which is caused by men sitting on their wallets!

Sciatica responds well to treatment from a Chartered Physiotherapist. A detailed examination will be performed to find the cause of the pressure and pain. If it is due to a "slipped disc" this can be treated with a specific exercise regime pioneered by a New Zealand physiotherapist called Robin McKenzie. The aim of the exercise is to "centralise" the symptoms which means to bring the pain up out of the leg and into the back where it is coming from. There are many other hands-on manipulative techniques and stretches that are beneficial in the treatment of sciatica and some pain relief can be achieved with electrotherapy or acupuncture. The aim is to reduce the pain without need for MRI scan and surgery. In fact there is very little correlation between scan/x-ray findings and symptoms - the size of the disc prolapse does not relate directly to the amount of pain.

Once the pain and any numbness etc has been resolved specialised exercises can be taught to strengthen the deep core muscles of the back and abdomen. They support the spine inside you like a corset to prevent the pain recurring in the future. Frequent recurrence is the biggest problem with sciatica. If you have had sciatica in the past you are likely to experience it again so advice from a Chartered Physiotherapist can help to prevent this.

For more information or to arrange treatment contact:

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Please call the Lymphoma Association's freephone helpline on 0808 808 5555 for more information.

Enjoy BBQ's safely with Merry Maids

Merry Maids warn that germs and bacteria multiply at an alarming rate in warmer conditions and cases of food poisoning double in the summer months. BBQ's and buffets are the prime suspects and kitchens can be a haven for breeding bacteria.

Cleaning expert, Helen Turner has put together some top tips to make sure you don't let bugs get the better of you this summer:

Avoid BBQ blunders BBQ's can be bad news if not done properly and cross contamination at a BBQ is one of the most common causes of food poisoning. Raw foods may contain harmful bacteria but these can be destroyed with thorough cooking. Using the same pair of tongs to handle raw and cooked meats is a popular mistake made by budding BBQ chefs nationwide. Make sure your BBQ food is cooked properly and has not come into contact with raw meats.

Stay cool Bacteria multiply rapidly between 40° F and 140° F so keep any food out of this temperature range. Keep everything in the fridge until it's ready to be cooked, that means plates of sausages left out in the sun waiting for their turn on the BBQ is a definite no-no.

Keep clean Make sure your hands are germ free by always washing them with warm, soapy water before and after handling raw meat, poultry, fish, shellfish or eggs.

Scrub up Bacteria can spread from one food product to another throughout the kitchen and can get onto cutting boards, knives and countertops. Wash utensils and surfaces before and after use with hot, soapy water. Better still, sanitise them with diluted bleach - 1 teaspoon of bleach to 1 litre of hot water.

Blast away bacteria You probably wouldn't suspect it but the sponge you use to do the washing up can carry harmful bacteria, which may transfer on to seemingly clean crockery and cutlery. Remove stubborn germs on tea towels and sponges with a weekly hot wash in the washing machine.

Less is more It's great to have a fridge full to the brim with tasty treats but don't be tempted to pack your fridge until it's bursting at the seams. Air must be able to circulate to ensure the food is properly cooled or else it may not be safe to eat.

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Hollywood Comes to Lutterworth

Lutterworth Mayor, Councillor Ray Perkins is holding a Hollywood themed Ball on Saturday 25th September at the Wycliffe Rooms in Lutterworth starting at 7.30pm.

The stars will be out and the evening includes live music provided by the Booze Brothers Band and catering by Cynthia Evans. Tickets are priced at £30 each and the dress code is black tie.

All proceeds will be divided equally between Ray's chosen charities which are LOROS Hospice, The Royal British Legion and The Salvation Army.

Tickets are available from Ray on 07977 926689, Lutterworth Town Council Offices or Aspect Stationers, Church Street.

'Santa' at Lutterworth Carnival

Following the success of the Rotary Clubs' 'Santa Fun Run' last year and by popular demand we shall be promoting this year's run at the Lutterworth Carnival on Saturday 14th August.

The Santa Fun Run will take the same format as last year - starting and finishing at the Lutterworth College in Bitteswell Road and will take place on Sunday 28th November.

Entry details will be available from our stall for those planning to join us on another fun packed day at the end of November in aid of LOROS, Rainbows, Air Ambulance, The Mayors Appeal (to include British Legion and Salvation Army) and Age Concern Lutterworth and District.

The two Lutterworth Rotary Clubs look forward to seeing you at the Carnival and again on Sunday 28th November for the run itself.
Peter J Osborn - Lutterworth Rotaries

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Hadley Mens Hirewear

Some of you will have already read that Jane Barnes is now the new proprietor of Hadley Mens Hirewear, which is now situated in Weston House, Church St, Lutterworth next to Flackies.

Jane formerly of Hadley Menswear worked for Tony for 15 years in the Shambles Courtyard. Since Tony's retirement Jane has taken over the hirewear business. Dinner suits are in stock and all wedding packages, lounge suits and highland wear is tailormade to order. Dress shirts, bow ties, cufflinks, braces and cummerbunds are also for sale.

There is a car park situated at the rear of the premises behind the Greyhound Hotel with one hour's free parking for easy pick up and drop off.

Jane has been overwhelmed by the continued support from old customers and new since taking over in April. She is finding people do like the personal service and the Lutterworth locality.

So for all your men's hirewear requirements, give Jane a ring and book an appointment.

See advert below.

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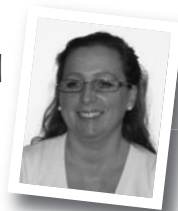
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Legionnaires' Disease

Health Protection Agency (HPA) detective work has solved the mystery of why professional drivers appear to be five times more likely than other drivers to contact Legionnaires' disease; it seems neglecting to add screen wash to the washer bottle may be the cause.

In warm weather stagnant water in the screen washer bottle provides a breeding ground for Legionella bacterium, which when inhaled causes the potentially fatal lung infection Legionnaires' disease. It's relatively rare - there were 345 cases in England and Wales in 2009 - but can be fatal in 10-15% of those infected.

The bacteria breeds in warm stagnant water and is breathed in when it gets into the air as fine particles or mist. Most at risk include van drivers and those who often drive with the window open.

The bacterium appears unable to survive in washer bottles containing screen wash. The study carried out by the HPA discovered traces of Legionella in one in five cars without screen wash, but found no trace in cars with screen wash.

Perhaps HPA detectives could investigate another motoring mystery; the cause of the dreaded "senior moment". Usually affecting those of us of a certain age, it leads to half a morning searching for car keys before accidentally discovering them mid-afternoon in a cling-film Pyrex dish in the fridge!

For help choosing screen wash for your vehicle, call in and have a chat with Paul Baxter at Lutterworth Motor Spares or email: YourCar@live.co.uk

See advertisement below.

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Enderby Youth Band welcomes French Brass Band

Earlier in the year the Enderby Youth Brass Band were invited to the Vosges region of France by the Remiremont Brass Band, with whom they played several highly acclaimed concerts.

The Youth Band are now returning the compliment and hosting a visit to Enderby by the French Band in mid-August. Highlight of the visit will be a joint Concert at Brockington College on Saturday 14th August, starting at 7pm. Tickets are £5 and those under 16 are free. On the following day, Sunday 15th, both bands will be playing at Western Park, Leicester from 2.30 to 4.30 pm. Further details can be found on the Enderby Bands' website, www.enderbybands.co.uk or by contacting Lexi Murphy on 0116 286 5485.



The Remiremont Brass Band from France, who will be visiting the area in August and playing concerts with the Enderby Youth Band

A date for your diaries

28th/29th/30th October Wycliffe Drama Group will be performing 'Run For Your Wife' by Ray Cooney at Lutterworth College, Bitteswell Road, Lutterworth.

Ray Cooney's much-acclaimed comedy features London Cabbie, John Smith. John has a secret which belies his outward ordinary appearance..... he has two wives!

For three years he has successfully run a rigid and somewhat exhausting schedule, but after gallantly intervening in a mugging, he's taken to hospital with concussion..... with dire consequences to his strict schedule.

In the ensuing complications, aided by his mate Stanley (who takes to telling porkies rather too well), John bravely copes with prying policemen, the press, two irate wives and a very gay neighbour.

Our production, directed by Paul Jackson and produced by Shirley Duncan promises to be a hilarious show. Tickets can be pre-ordered by contacting Dawn on 01455 558229. Thursday all tickets £6, Friday and Saturday all tickets £8, group concessions available.

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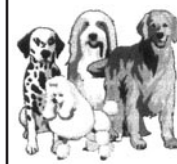
Call your local office on
0116 277 9382
For a free no obligation valuation

LEIRE W.I.

June 7th meeting was a very tasty evening! It was a bring your favourite recipes 'taste and swap'. There were soups, starters, mains and sweets. Many recipes were swapped! The evening finished with a glass of wine and a food quiz which was enjoyed by everyone.

In July, Barbara Hewitt an official and voluntary speaker for the National Trust gave us a slide show and information about the National Trust Gardens. Buildings and gardens have been acquired since 1895 and 1500 restorations made so far.

The Trust is not financed by the Government but receives grants from them. The slides were lovely and showed the amount of work and workers it takes to keep them up to standard.



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Childbirth Without Pain?

For most the idea of childbirth without pain is impossible, a fantasy, nothing more, nothing less. Women who manage to give birth without the aid of pain relief are thought to have high pain thresholds or to have had easy births and therefore were very lucky. Women who choose to have natural births are considered brave and are subjected to knowing little smirks "just wait you'll be screaming like the rest of us".

An increasingly popular ante-natal programme, HypnoBirthing® turns the idea of pain in childbirth on its head. Pain tells the mind something is wrong within the body, so why would a natural, normal function such as childbirth hurt? The answer is fear. Fear causes the birthing muscles to constrict rather than release and let go as is necessary for a painless birth. HypnoBirthing® teaches you to let go of those fears by explaining why pain is present in childbirth and why it doesn't need to be. Using relaxation techniques and hypnosis, we learn to relax fully, allowing us to trust our own birthing instincts and therefore reduce the need for drugs and intervention.

Jo of Littlethorpe, Leicester witnessed her sister using the techniques; she was so calm and it even appeared that she was enjoying it, completely the opposite to the first time without HypnoBirthing! For further information and testimonials visit www.relaxedbirth.co.uk

See advert right for more details.

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For courses beginning in July and August 2010 cost is £95 per couple rather than £145!

To book a place or for further information please call Charlotte on **07872 022404** or visit us at:
www.relaxedbirth.co.uk



Entertainment at The Fox

Feast week is a great time for Lutterworth to celebrate and the Fox over the last several years has been an active participant and will continue to be so with several activities during the course of the week.

The marquée is another new development at the Fox and completes our function facilities. We now have available The Den with stage, dance floor, lighting and sound system, The Marquée which comfortably seats 100, also available for hire off site with full erection and dismantle facility.

Our Entertainment offering continues with Saturday Night Disco mid month, Folk Club every third Sunday night, 8pm, Jazz in the afternoon every last Sunday of the month and Quality Bands the last Saturday night of the month. But the really special treat is on 21st August with the return of Junction 21 a twenty two piece swing band. The last occasion they played here it was a sell out. So be sure to get your tickets. Book on line at fox-lutterworth.com or 01455 550935. There's always something going on at the Fox, so come on down the Hill and enjoy the New Fox experience. See advert below.

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••••• *Sunday 25th July* •••••

JAZZ IN THE AFTERNOON Live Jazz in the Den 3pm

••••• *Saturday 31st July* •••••

RACE NIGHT All proceeds to the Fielding Palmer Hospital

••••• *9th - 14th August* •••••

The Fox wishes all in Lutterworth a
Fantastic Feast Week

••••• *Saturday 21st August* •••••

JUNCTION 21 22 PIECE SWING BAND 8pm

Junction 21 returns to the Fox - Be sure to book for tickets

Den & Marquée seating 100 available for Weddings, Birthdays, Parties etc.

www.fox-lutterworth.com **01455 550935**

The Fox Supports local Charities



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www.auroraforwarding.co.uk

St Peter's Church in Claybrooke Parva recently held a fund raising Treasure Hunt and Barbecue at the home of Brian and Jenny Benford in Ullesthorpe. The event which included a raffle raised £319.60.

The Treasure Hunt was devised by Anna and Sophie Mowbray and followed clues on a walking route around Ullesthorpe. Flags representing some of the nations participating in the World Cup had to also be found and identified. The winners of the Treasure Hunt were the Atkins family so they will be setting next year's Treasure Hunt.

After the delicious barbecue, there were games on the lawn, which were enjoyed by all on one of our lovely summer evenings.

Interior Mode

based in Narborough offers a complete design and installation service for any room in the home, from a new contemporary kitchen, stylish bedroom to a sleek modern bathroom.

Interior Modes experienced designer Andre Szczurek has 25 years experience in the business. Customers may remember him from Camelot which was part of Underwood Homes in Leicester.

All aspects of building work can be taken care of by Interior Mode, including plumbing and electrics, conducted by quality tradesmen. Only quality brand products are used to ensure the highest standards of workmanship and finish (for example only quality German and UK kitchen brands are used).

For a budget makeover you could opt for replacement doors and worktops and choose from a vast choice including worktops in laminate, solid wood, granite, quartz and Corian. All the work is fully project managed to the customer's complete satisfaction.

The company also offers a superb new shop at home floor and wall tile service. Their agent will bring tile samples to your home during the planning process to help you choose exactly the look you want, saving numerous trips to and from suppliers and eliminating all the guesswork trying to picture how it will look in store.

All design work and quotations are free with no obligation. For an informal consultation ring 0116 284 8489 or call in at the Showroom on Station Road, Narborough, LE19 2HR. Appointments at the showroom in out of office hours can be arranged.

See colour advert on back page.

Lutterworth Feast Week Art Show

For the last time! June Law has decided that this will be the last year she will be able to organise the Lutterworth Feast Week Art Show at The United Reformed Church in George Street. June has been doing this for many years and would be happy to pass on all her contacts etc if other people would be willing to carry it on. She is still intending to carry on with her Friday Painting Class but at 86 years old feels it's time for others to take over the Art Show.

This year as usual there will be paintings from the Friday Painting Folk, Creative Art Group and other painters from Lutterworth. There will be a small exhibition of carvings by the late David Mountford as well as embroidery, China painting and a display of quilts.

The exhibition will be open Thursday 12th, Friday 13th from 10am til 4.30pm and Saturday 14th from 10am til 5pm.

On Friday there will be as last year a lunchtime concert (guitar and folk songs) by the Rev. Malcolm Fife and refreshments will be served during the whole of the opening times. (Our cream and jam scones are legendary). This is a hugely popular show and we would ask you if you have never visited before to taste its delights.

If there are local people who would like to display craft work (small please), we shall be pleased to supply a table for you, (not cards please as we already have these). We are always looking for glasswork, painted glass and small metal work. Phone June Law on 01455 552141.

All Saint's Church in Dunton Bassett is celebrating 800 years of Christian Ministry. The original Church was founded by Lady Geva Ridell after she inherited the village and land from her father Hugh, Earl of Chester in 1184. The first vicar Hugh was appointed from Canwell Priory in 1209. Much of the present Church dates from 15th century including a window in the Lady Chapel and a Medieval Font.

Birthday celebrations have been taking place throughout the year, including Easter flowers and songs of praise and a very successful scarecrow festival. A family fun day will take place on 30th August and a service of thanksgiving will be held on 31st October.

At a small get together of some of the participants and helpers of the recent successful scarecrow day held in Dunton Bassett on 20th June, presentations of cheques were made to local village groups. Dunton Bassett playground committee, Leire and Dunton scout group and D.B. Primary School each received £200; All Saint's Church received a similar amount. Organisers of the festival were delighted at the money raised and were glad that it will be put to good use by the village groups. The local scouts will celebrate their 25th anniversary next year and the village playground has recently suffered some vandalism including trees being uprooted and destroyed.

Contemporary Wedding Photography

Steve Walton specialises in stylish, contemporary wedding photography. Based in Leicester Forest East close to major motorway links and airports, Steve is ideally situated for weddings and events throughout Leicestershire and beyond. Steve is the highest professionally qualified photographer in Leicestershire and has won many National and International awards with his distinctive and sensitive style of wedding imagery.

He is the author of internationally best-selling inspirational book 'Contemporary Wedding Photography' (David & Charles 2006) which is available from Amazon and bookshops.

Please contact Steve on 0800 612 5725 or email steve@stevewaltonphotography.info for availability and current options.

To see recent examples of Steve Walton's elegant wedding photography, please visit www.stevewaltonphotography.com

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Cosby Heritage Society

Exhibition of Images of Cosby Past & Present on Friday July 30th to Sunday 1st August in the Bunning Hall, Main St, Cosby.

Opening Times are:

Friday 30th July - 2pm til 8pm

Saturday 31st July - 10am til 6pm

Sunday 1st August - 2pm til 5pm

Admission is free, sponsored by Cosby Parish Council and Blaby District Council.

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**Glen Parva
Summer Gala**

Glen Parva Parish Council is once again holding their annual Summer Gala which will be held on 7th August at 2 - 5pm on Dorothy Avenue Playing Field and Glen Parva War Memorial Hall. This event provides a variety of family entertainment, refreshments and local fundraising stalls. Stalls are available to hire at a cost of £10, please contact the Parish Office on 0116 277 1450 for further information.

Please come along and support this local community event, a donation from the event will be made to the Alzheimer's Society.

See advert below for more details.

Glen Parva Gala
Dorothy Avenue
Playing Field

7th August at 2pm

Refreshments • Punch and Judy
Side Stalls • Face Painting
Morris Dancing • Ferret Racing
Go Karts • Donkey Rides
Birds of Prey • Fireman
Stilt Walkers • Rock Climbing Wall
Bungee Trampolines • Animal Corner
Junction 21 Swing Band

0116 277 1450

Donations to Alzheimer's Society

HAVE YOU A FUTURE FACE?

Think about September now!!

At this years Carnival, Future Faces Saturday Theatre School, Lutterworth will be entering a float to defend last years triumph of winning the trophy for 'best children's float'.

Over 160 children attend Future Faces on a Saturday and in July put on a successful production of St Trillians The Musical.

The Principal, Bradley Woodward said, "The school is going from strength to strength. Our aim is to support children to be more confident and improve their skills in acting, singing and dancing. Our main focus is for the students to have fun for 3 hours on a Saturday as they work towards a theatre production. We are now taking names for enrolment in September as places are limited. Our next show in February is a musical theatre variety show with extracts from popular children's musicals.

We are also running theatre workshops throughout the school summer holidays at our Centre and there may be a few places left. It is an opportunity for students to improve their skills and build confidence in a very safe environment. Our summer programme was very popular last year and because parents can leave their children with us from 7.30am - 6pm our workshops are ideal for busy working Mums and Dads. We will have a stall on Carnival Day and our staff will be delighted to talk to parents about activities to help their children to develop".

The Centre is less than a mile from Lutterworth Town Centre, has one of the largest dance studios in the County as well as 3 other large rehearsal rooms. Lutterworth Performing Arts Centre is the home to the following Organisations.

* Enchanted Dancewear - The Dancewear Shop providing all of your clothing and footwear for any dance styles * The Warrington School of Dance - offering classes in modern, ballet, tap & disco * Lutterworth Youth Theatre Academy - offering classes in acting (for all ages), singing & musical theatre, street-dance & 6 weeks of Summer Schools * Future Faces Saturday Musical Theatre School - giving students tuition in singing, acting & dance and the opportunity to appear in 2 major productions each year. Throughout the week there are a variety of activities for adults to try: tap dancing, streetdance, pilates, salsa, chair aerobics, bums & tums. See advert below.



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For more details about the Lutterworth Independent Learning Centre, please call Ruth on 01455 557788

Lutterworth Wine Circle

Just over 20 members of the Lutterworth Wine Circle went along on 10th July to a barbecue in one of the members' gardens. As expected, several different wines were sampled as well as a variety of excellent salads and desserts brought by the members. The real highlight of the afternoon was of course the weather. Perhaps the much publicised 'barbecue summer' arrived twelve months late.

The next meeting in August is back on the wine theme with English wines.

The Lutterworth Wine Circle meets every month and has a varied programme of events throughout the year. Most are wine related but there are some social events. If you are interested in coming along, please contact the chairman Bob Howes on 01455 550027.

The Piano Room opened on July 1st

2010 and is able to accommodate up to 140 seated guests or up to 200 in a more casual layout. Providing a classy, elegant and stylish room simply perfect for weddings, anniversaries, private parties and all other celebratory events, The Piano Room is a venue affordable for all.

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For more information please contact 07854 414 345, email: thepianoroom2010@aol.com or visit www.thepianoroom.net

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Q: I'm currently searching online for a property to rent. Some people I've contacted have asked me to 'prove' I have the funds by doing a money transfer before they'll even show me the property. Is this legitimate?

A: Never agree to transfer money via a money transfer agency, even to yourself, to prove you can afford deposit and rental payments - it's more than likely a scam. Citizens Advice Bureaux in England and Wales have had reports of people transferring money to themselves and showing the prospective landlord a copy of the transfer receipt as proof. But when they go to collect the money, it's gone!

When searching for property to rent, you should never part with any money before you've viewed the room or property in person and had sight of a contract. If you or the prospective landlord live abroad, offer instead to provide references from previous landlords and other professionals such as a GP or employer who can vouch for you.

All landlords must be part of a registered Tenancy Deposit Scheme which protects your deposit. One way to check any prospective landlord is legitimate is to ask for the details of which scheme they're registered with and check that they are. See www.direct.gov.uk/tenancydeposit for more information.

Use a reputable letting agent from the High Street, who is registered with the National Approved Letting Scheme (NALS). Agencies belonging to this scheme have agreed to follow a set of standards which include a complaints procedure.

If you have been affected by a scam or are concerned about the legitimacy of a property you have found online visit your local Citizens Advice Bureau for free, independent, confidential advice. South and West Leics CAB offices are open as follows: Lutterworth: at the One Stop Shop, Gilmorton Road is open 10am to 3pm Mondays and Thursdays. Blaby: at Joint Service Shop, Forge Corner is open 10am to 2pm on Tuesdays. Market Harborough: rear of 42, High St is open 10am-3pm Tuesdays and Thursdays. People can call the CAB advice line on 0844 848 9009.



NGS Gardens Open For Charity

This year some 3700 gardens across England and Wales will open on behalf of the National Gardens Scheme, generating over £2.5million for nursing, caring and gardening charities, including Macmillan, Marie Curie, Help the Hospices and Crossroads Care.

Although we are getting towards the end of the season for this year's openings for the NGS in the Lutterworth area, there are still a couple to enjoy:

Sunday 1st August (11-5) Coldor, Peatling Magna and Farmway, Willoughby Waterleys

Sunday 29th August (11-5) Avon House, Catthorpe

Refreshments are available at each of the openings, so why not relax and enjoy time in delightful surroundings, while helping the worthwhile charities supported by the NGS. Full details can be found in the 'Yellow Book', County Booklet or on-line at www.ngs.org.uk. If you would like a free copy of the County Booklet that shows all NGS garden openings in Leicestershire & Rutland, please contact Colin Olle 01858 575791.

Lutterworth Embroiderers' Guild

At the June meeting members enjoyed a very lively and informative illustrated talk by Ruth Smith on the subject of 'Festive Costumes from China'. From her travels there over several years, she had observed how the hand-stitching skills that produced the traditional garments were fast disappearing in favour of the factory mass produced. She and others are documenting and collecting samples of these decoratively stitched garments and recording how they are worn at the weddings and festivals in the rural backwaters of southern China.

Her images of the older woman stitching with fine threads after a day working in the fields contrasted with that of a youngster, mobile phone in hand, clad for a wedding with plastic embellished headdress, illustrating how rapidly life is changing for these people.

On Saturday 26th June, Ruth led a workshop making the ingenious folded booklets that these Chinese women use to store their embroidery threads.

The 22nd July meeting is the afternoon workshop followed by evening BBQ at the former Chairman's Sibbertoft Farm.

Present chairman Ann, reminded members to prepare work for display at the Guild's 'Splendour of Stitch' - part of Lutterworth's Feast Week celebrations. The exhibition will be in the Wycliffe Memorial Methodist Church from 10am til 4pm from 10th to 14th August, with a late night on Friday from 6pm til 9pm.

The next evening meeting at the Wycliffe Methodist Church Hall, Bitteswell Road will be on 26th August at 7.30pm when Richard de Peyer will be speaking on the historic silk industry of Macclesfield, contrasting it with Italy's silk industry and telling of present day silk farming in China and Africa.

More information on that, as well as the regular meetings from Mrs Ann Rose on 01455 202324. You will be made welcome.

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thebestoflutterworth

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thebestoflutterworth

Carol Messenger has recently taken over thebestoflutterworth, working with local businesses and the community to champion the very best in this area, which, by the way, isn't just Lutterworth itself, but also all the lovely villages in and around the area, from the larger places like Broughton Astley & Cosby to the many smaller tucked away gems.

thebestoflutterworth is a fun and engaging place for passionate and opinionated people to share the experiences that they've had with businesses across the area. Every business featured will also have been visited and checked out, so you can use them with confidence because we know that they are truly one of the best at what they do. We want to find and share the finest this area has to offer – and you can help!

Join the rapidly growing list of members so that you will gain access to exclusive members' offers from the best local businesses. Tell us who or what you think is best – and why! Take part in our 'Buy Local' survey and tell us what you think of your local high street. Membership is free, details are in the advertisement above.

Christian Aid Week, 2010

Thanks to the generosity of the villagers and the hard work of the collectors, the villages of Ullesthorpe, Claybrooke Magna, Claybrooke Parva and Wibtoft had a very successful Christian Aid Week.

Services to support the week were held in the Churches of St. Peter's Claybrooke and St Mary's Wibtoft and, along with the house to house collections, the satisfying sum of £1,071.42 was raised and sent to the charity to help with its work throughout the world in strengthening people to find their own solutions to the problems they face. This is done by both speaking out against the causes of poverty and by funding vital work on the ground.

All in the local Christian Aid Group for the area would like to thank the residents for their generosity and support. The collectors do a wonderful job but can always use more help. If anyone would like to help, both during the coming year and in next year's Christian Aid Week, please contact Jill Fisher on 01455 208153.

If you are a business and are great at what you do... then we need to talk!

As well as our brilliant website (which we're very proud of!) there are lots of other things that we can do to promote our featured businesses and to shout about to the people in this area. Just give us a call!

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Tel: David 01455 289032

WEDNESDAYS
Market Harborough
Octagonal Room, Catholic Community Hall
Fairfield Rd, 5.30 pm & 7pm
Tel: Suzanne 01858 571055

THURSDAYS
Lutterworth
Lutterworth Sports Centre, Coventry Rd
9.30am & 6pm
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Project Fitness BOOT CAMP

with Antony Sutton

Get ready to throw, jump, swing, flip and punch your way to fitness. The sessions consist of a combination of cardiovascular and strength training using the best exercises to burn fat and increase lean muscle mass in the great outdoors.

Each session uses innovative training methods including Kettlebells, Powerbags, body weight training, boxing, TRX and more. I have over seven years experience in the fitness industry having worked for several market leaders within the Health and Leisure sector. Roles range from Personal Trainer to management.

If you need motivation look no further. You will get it in a fun environment where everyone of all fitness abilities and ages are welcome. The only rule I have is that you must be willing to work hard!

Still unsure? This is what Boot Camp recruits have to say, "I love it all. Each session is different and it's given me loads of training ideas". *Elissa 30.*

"Boot Camp has focused on overall strength, stamina and core training and after two weeks I can already feel the difference". *Helen 46.*

Why not come along and try it for yourself with your FREE introductory session. See advert right for details.

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With Antony Sutton
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Combination of cardiovascular & strength training • Burn up to 800 calories in Antony's dynamic fun group

BOOT CAMP is for everyone 16 years+

FREE FIRST SESSION

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Tuesday 7.30pm-8.30pm
Thursday 7.30pm-8.30pm
Saturday 8.00am-9.00am

Personal Training available ring **07938 889194** for more information or email info@projectfitnessbootcamp.co.uk

As **Lutterworth Rotary** comes to the end of their 2009/10 year under the stewardship of our President John Roberson we can report that the Club has supported 29 charities and raised a total of £17,629 for the charities listed below.

All this is due to the hard work of members and the generosity of Lutterworth people. A big thanks to you all.

Rotary Supported Charities 2009/2010:

- Hearing Dogs
- AquaBoxes
- Ullesthorpe Playing Fields Assoc.
- Gateway
- Heart Monitors for Local Medical Surgeries
- Fareshare
- Lutterworth Open Christmas
- Rotary Foundation
- Rural Health Education – India
- Rotary Young Chef
- Shelter Box
- Rotary - Polio eradication
- Rainbows
- Rotary - Thanks for Life
- World Waterworks Ltd
- Emmans
- Life Education
- Children's Cancer
- C.A. Bradshaw (Thai Orphanage)
- Home-start
- LOROS
- Mayors Appeal
- The Hope Foundation
- Lutterworth Scouts
- Lutterworth Inner Wheel
- St. Thomas's Hospital
- Motor Neurone Disease
- Leukaemia Research
- Lutterworth One Stop Shop

Peter J Osborn - Lutterworth Rotary

Ullesthorpe W.I. Walk

Ullesthorpe W.I. organised a County walk recently and were blessed with an excellent day with the sun shining throughout.

Over thirty people from W.I.'s in Leicestershire set off from Frolesworth Village Hall and walked a five and a half mile circuit along paths, tracks and roads passing the Claybrooke Water Mill, Claybrooke Magna, along the old Fosse Way to Fosse Meadows and back to the Hall.

During the walk, a team of four prepared a substantial ploughman's lunch, which was delicious and this was followed by fruit crumble and tea/coffee. A vote of thanks to Ullesthorpe W.I. was given by Hilda Freeman.

The route for the walk and the organisation of the event were in the hands of Mrs Doreen Haynes and Mrs Jill Tallis. Mrs Betsy Mountford made the fruit crumbles.

Thanks must go to these three people in particular and the refreshment team, but also to all who came along for the walk.

Shearsby VILLAGE FÊTE

Will be held on Sunday 5th September on the village green, in aid of St Mary Magdalene Church, Shearsby.

Entertainment by the Lutterworth Band. All the fun of the fair with lots of traditional stalls, side shows, a kiddies corner and refreshments on the green. Gates open at 2pm and entrance will be only £1 for adults, FREE for children.

Please come along, all welcome, many thanks for your support. Liz Austin: 0116 247 8398.

The Trustees Staff and Volunteers of Age Concern Lutterworth & District

would like to thank the Waitrose supermarket in Lutterworth for their generous donation of £464 from the charity collection during April.

Their contribution was most gratefully received and with the number of older people increasing year on year in this country the need for our work has never been greater and with it the need for this kind of support.

Being a small charity raising funds can be very difficult, the contribution will go to helping the older people of Lutterworth and the surrounding villages. We rely heavily on support such as that provided by Waitrose and its customers without which we simply could not continue providing our services and assistance that so many older people need.

Our thanks must also go to all the customers who 'voted' for us.

Martin G Allen - Chief Officer

The Leicestershire Speakers - June

How to win gold medals and world cups

The training for our injury-prone athletes is all wrong, claimed Anne French. We should model ourselves on the cat family. From the modest moggie to the mighty lion, they sleep for two thirds of their time, but at a whiff of prey, rise instantly into stunning action. Anne painted a vivid word picture of our relaxing athletes carried to their events on 'athletabunks'. Highly improbable, but great fun.

Margaret Barrett waved aloft the most life-changing example of treasure from the Incas - the humble spud. It took years to persuade Europeans to eat the nourishing tuber. Attempts to chomp the leaves proved fatal! Packed with fact and entertaining detail, Margaret's variety of pace, pitch and volume was truly impressive.

The three-minute instant speeches called for a demonstration of expertise on a non-existent subject. Rosie Glover provided ten members with a made-up word each. The likes of 'bralease, spangle' and 'grandalek' became a form of corset, a device in theatrical lighting and Northumberland bog hopping!

The Leicestershire Speakers welcome anyone who would like to learn the art of speaking in public. Our meetings are supportive, informative and entertaining. We offer enthusiasm and encouragement to help turn nervous wrecks into confident speakers. We meet at 7.30pm on the second Wednesday of each month at the Blaby Drop-In Centre. For more information ring Anne Jones on 0116 277 2295 or visit our website www.leicesterspeakers.co.uk

We are also available to give entertainment and talks to other societies and groups.

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Are You A Big Knitter

Age Concern Lutterworth & District is looking for people who can help knit small hats to help raise funds for our charity.

Each hat only takes a few minutes and will earn 50p for us. This year our target is 1,000 hats so if you can knit a few for us we will be very grateful. For more details and a pattern contact us at The Barn, 12 Market Street, Lutterworth, LE17 4EH or phone us on 01455 557116.

We are a Lutterworth Charity working for Lutterworth people.

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Burbage: 1st Sat (Windsor Street, LE10 2EF)

Lutterworth: 2nd Sat (Town Hall Car Park, LE17 4EH)

Hinckley: 3rd Thur (Market Place, LE10 1NT)

Blaby: 4th Sat (Blaby Social Centre, LE8 4GG)

All above markets 9am - 1.30pm

www.leicestershirefoodlinks.org.uk

The Exciting New Bridal Boutique Presents a

Charity Preview Night

Thursday August 19th at 7.30pm

at Best Western Ullesthorpe Court Hotel
 Frolesworth Road, Ullesthorpe, Lutterworth, Leics, LE17 5BZ



Image: Studio 68

Raising money and awareness for Rainbows alongside a Fashion Show displaying the beautiful range of bridal, bridesmaid and evening wear available from Brides at Pink Confetti. Tickets on sale now at £5 for 2 and include a complimentary glass of bubbly & free prize draw entry

Brides ♥ Pink Confetti

17 Dunton Road, Broughton Astley, Leicester
 Tel: 01455 283311 www.pinkconfetti.co.uk

Open: Tue-Fri 10am-6pm, Sat 9am-5pm, Closed Sun & Mon Appointments
 Available on Sundays, Mondays & evenings by prior arrangement

Pink Confetti is a home shopping enterprise providing a wide range of high quality, affordable fashion accessories, which has grown entirely through word of mouth and customer recommendations. There is no pressure to buy and Pink Confetti parties are a brilliant opportunity to get together with the girls and spoil yourself.

Building on this success, co-founders Leigh and Michelle have recently opened the Broughton Astley Boutique **Brides ♥ Pink Confetti**, which alongside its bridal range showcases a number of their party products, offering a wide selection of gift ideas. Their new boutique offers an extensive collection of bridal wear including stunning creations from designers such as Mia Mia by Alan Hannah, Donna Salado, Nicola Anne, Betsey Couture and Gino Cerutti, alongside offering a bespoke design, dressmaking and alteration service. With options for all budgets, choose from a selection of decorative accessories to handmade jewellery from Olinda & Bojangles.



Brides ♥ Pink Confetti is the perfect place to find a special piece of unique jewellery that won't break the bank.

Pink Confetti is a strong supporter of local charities and businesses and on the 19th August, they will be hosting a Charity Preview Event at Best Western Ullesthorpe Court Hotel in support of children's charity Rainbows. Entry is just £5 for 2 people and includes a prize draw, welcome drink and canapés. You will be amongst the first to view the new bridal wear collection and browse their wedding showcase introducing you to some of the top service providers in the area, covering everything from photographers to balloon suppliers. Please contact the Pink Confetti team for further details: email: pinkconfetti@live.co.uk Shop: 17 Dunton Road, Broughton Astley, Leicester, LE9 6NA. Tel: 01455 283311.

So, whether you're looking to plan the biggest day of your life or just a fun night in with the girls, **Pink Confetti** may be the answer.



To advertise please contact Helen or Trish on 0116 275 1037



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What's On At The Court? 2010

FRIDAY 27TH AUGUST Summer holidays are over so it's time to go **Back to Skool**
 Dance the night away to the sounds of the 80's
 3 course meal including familiar dishes from your skool dayz! **£19.95 per person**

FRIDAY 17TH SEPTEMBER Steve Littlewood is **'The Great Pretender'**
 The image... the energy... the voice of... **Freddie Mercury**
 Including a 3 course meal **£21.95 per person**

29TH & 30TH OCTOBER **Hammertime Horror**
 Our Murder Mystery Events combine great food & comedy for a fantastic nights entertainment!
 Mingle with classic horror movie characters as they all join in the gruesome Halloween Ball, as one of them slumps to the floor dead (again), the finger of suspicion falls **£24.95 per person**

Best Western Ullesthorpe Court Hotel & Golf Club

Frolesworth Road, Ullesthorpe, Leicestershire, LE17 5BZ
 Tel: 01455 209023 www.bw-ullesthorpecourt.co.uk

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Only 26 places, to book your place call Kelly 07825 773307

School Holiday Fun

Smiles Holiday Club is based at Gilmorton Primary School and has a few spaces still available. Children have the opportunity to take part in a wide range of activities such as sports, dance & drama, cooking, cinema, arts, design, circus skills, construction and much more.

Smiles is pocket friendly with flexible hours to meet your working needs, the activities are designed to suit the kids and the prices are affordable and flexible without compromising on quality or fun.

Smiles is available to all children aged from 3 - 13, each child is seen as an individual, their opinions and views are listened to and valued and so all activities are led by the children with highly experienced and qualified staff in place, to join in their fun and ensure children's safety at all times. Opening hours: Monday - Friday 07.30 - 18.00; £15 any 6 hrs, £25 full day, (hourly rate also available).

BOOK 4 SESSIONS AND GET 1 SESSION FREE with this code 14377. To book your

place or for more info please contact Kelly on 07825 773307 or email smileschildrensclub@yahoo.co.uk - meals & drinks provided.

SHED POUNDS & GET FIT THIS SUMMER

Harborough based Health and Fitness Club SwimGym will be running Summer Boot Camps in Lutterworth this summer for the first time. Sessions will run on Monday and Wednesday evenings in the gym at the Swift Way Centre in Central Avenue.

Trainer Jack Wells said, "The Boot Camps are a perfect way to finally move towards those goals you have been thinking about! Maybe you want to drop a dress size, get fit for your favourite sport or simply improve your overall fitness. Whatever the reason, the Boot Camp is a perfect way to get started". He added, "We can cater for all levels and will be offering help on motivation and nutrition. But mostly we will be getting people exercising and working hard. If you invest the time and effort we can guarantee to help you get the results you want!"

The Boot Camp is being run by Harborough based Fitness Club SwimGym. Director Fred Wilson commented, "We have been running in Harborough for just over two years now and have seen dramatic results with many of our members. We will be developing the Swift Way Centre in the coming months, but we are keen to get some sessions underway as soon as possible. We are starting with evening sessions but we have already been asked for a morning 'mum's session' which we are happy to do if there is enough interest". See advert below for details.

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and most of all....

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Sessions are running Mon and Wed evenings with the first camp starting in August

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New Wycliffe Rotary Club President ~ In handing over the Presidency of The Rotary Club of Lutterworth Wycliffe to his successor at a meeting at The Greyhound Coaching Inn, Frank Rose thanked members for their commitment in making his year such a success.

Fund raising activities enabled the Club to donate £17,400 to a variety of mainly local and regional charities that alleviate problems and difficulties faced by many people. A significant donation was provided to the Rotary "End Polio Now" Campaign and members continued their work in encouraging young people to achieve their personal aims and projects. Frank commented that we are very fortunate to have a generous local population that supports the Club's activities.

Attie Fitzpatrick of Frolesworth has become the new Club President who aims to continue and develop the role of Rotary in the locality.



Frank Rose (right) handing over to Attie Fitzpatrick

Double Charity Celebration

The Lutterworth Branch of Leukaemia & Lymphoma Research celebrated its joint 40th & 50th birthday with a party at the Town's cricket club on Tuesday 29th June. The party was celebrated by the committee, the charity shop staff, volunteers (past and present), friends and founder members.

The national charity Leukaemia & Lymphoma Research celebrates its 50th anniversary and the Lutterworth branch was founded 40 years ago.

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We have raised hundreds of thousands of pounds during this time in Lutterworth alone since it opened in 1970 says Chairman Chris Ingham, this is only possible by the hard work of the staff, volunteers, friends and you the public who have supported us over the years.

Please can we ask you to root around in your drawers and cupboards for all unwanted, unused greeting cards and gifts? We still need jewellery, watches, CD's, DVD's, small furniture, ornaments, books, toys, clothes, (even old tatty clothes, shoes, old bedding, etc as we can get money for these as well). We also need haberdashery items such as lace, braids, wool, fabric, beads, buttons, zips etc.

The book barn is being relocated into our second shop which will be a book and furniture shop at 1, Bell Street, Lutterworth (ex Coombes) and will be open 6 days a week, 9am to 5pm, so it will be brighter, warmer and better conditions for all the volunteers.

Can we say a BIG THANK YOU to all the volunteers at the book barn for all the hard work they have put into the barn over the past three years and hope that they will continue to support us in the future.

As soon as we open the new shop we will need your donations of books and furniture including three piece suites (must have current fire regulations), dining room, lounge, bedroom furniture,

small and large pieces.

We need volunteers in both shops, so if you can spare just a few precious hours a week and fancy joining a very fun loving group then we are here waiting for your help.

Please come and support us at the Carnival where we will have our massive 1000 prize tombola, where you win a prize every time guaranteed.

As we are getting bigger we need an events organiser to help co-ordinate all the events we are arranging. Do you think you can spare some time to help us? Do you want a challenge? For more information on any of the above please contact Chris, Lesley or Ann in the charity shop or call 01455 556649.

Ann Everett - Lutterworth and District Leukaemia Lymphoma Research Fund Secretary



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August 5th, 6th, 7th & 8th

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Day tickets: Thur 7pm - 11pm £6

Fri 2pm - 11pm outside £10

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TUNA WITH GINGER AND LIME

Ginger and lime are two traditional Caribbean ingredients, add these to some fresh tuna and it is easy yet delicious on the bbq.

When you mention tuna people think tins with sweetcorn. Fresh tuna steaks on a bbq is perfect as tuna is an oily fish so remains moist while cooking on the bbq, a charcoal bbq gives the fish a nicer flavour than a gas bbq.



INGREDIENTS:

- 6 tuna steaks, 8 oz each
- 3 garlic cloves, crushed
- 1 tablespoon ginger, fresh, grated

1 teaspoon sugar

1/2 teaspoon dried crushed red pepper flakes

3 tablespoons fresh lime juice

2 tablespoons soy sauce, low sodium

1 tablespoon dark sesame oil

DIRECTIONS:

Place steaks in a large shallow dish. Combine garlic and remaining ingredients in a small bowl; stir well. Pour marinade mixture over tuna steaks. Cover and marinate in the refrigerator for 1 hour, turning once.

Remove steaks from the marinade, reserving marinade. Bring marinade to a boil in a small saucepan.

Grill tuna steaks, covered, over medium hot coals or a gas bbq on high about 20 minutes or until fish flakes easily. Baste often with marinade.

Serve with fresh herbed green salad, new potatoes.

Neil Green Catering See advert below

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