Wishing all of our Readers, Advertisers & Distributors a Merry Christmas and a Happy New Year

Need help looking after your pets when you are on holiday or out at work?
Contact Andy at Pet Sitting Lutterworth on 07710 262817
or andy@petsittinglutterworth.co.uk

Cat sitting • Puppy/Dog let out • Pet Taxi (no humans)
• Rabbit, Guinea Pig, Hamster, other small animal boarding
www.petsittinglutterworth.co.uk or visit our Facebook page
DBS Checked & fully insured

MERRY CHRISTMAS & HAPPY NEW YEAR from everyone at LUTTERWORTH CENTRE

5% OFF your next MOT with this ad
NO REPAIRS, just fast & fair
MOT tests

Testing classes I, II, III, IV, VII
Includes cars, vans to 3.500kg D/W, bikes and trikes,
motorhomes, 4x4s, sports and classics...

Unit 5 Turnpike Close (off Bliton Way)
Lutterworth, LE17 4YB
Tel: 01455 557001
www.lutterworthmotcentre.co.uk

We are closed for Christmas from Saturday 22nd
December. Reopening on Wednesday 2nd January

SWIM & SOAR
Qualified Shaw Method Instruction

Swimming Reinforced Psychology
Overcoming Fear of Water

All 4 strokes: front crawl, back crawl, breast stroke & butterfly
Taught with confidence
Overcoming anxiety & prevention of stress
Aquatic breathing

Adults & children (3+)
Private location in Countesthorpe
Home tuition available

Contact Tereza Beardsmore on 07891 395527
or tereza.beardsmore@gmail.com
www.swimandsoar.co.uk
Get Crafty This Christmas!!
Pop along to the Habbyhub and indulge your creative side!

We sell a wide range of products from felt, stuffing, toy eyes and noses to ribbon, pompom makers, fabric and wreath rings...and a lot more in between!!

Looking for a special gift? We stock sewing boxes and bags, crafting kits, scissors, rotary cutters, wool and gift vouchers.

Find us at Brook Street, Enderby. LE19 4ND. 0116 286 9072, open hours are 9.30am - 5pm Monday - Saturday.

Visit our website www.habbyhub.co.uk follow us on Facebook http://www.facebook.com/habbyhub

Cards for Good Causes
The Christmas card shop in Lutterworth Methodist Church, Bitteswell Road, Lutterworth stocks Christmas cards sold in aid of over 25 national and local charities.

The local charities are The Laura Centre, Rainbows Hospice for Children and Young People, Motor Neurone Disease Association and Myton Hospice.

The shop is open 10am - 4pm, Monday to Saturday until December 15th.

Need extra space?
We have a solution

Valley Self Storage
Local, secure, self storage for home or business
Most units under cover
Just 5 mins drive from Lutterworth town centre
Ring to discuss your needs
De-clutter before selling your property. Additional stock room space. Storage of seasonal items. 24 hr CCTV

07971 846928 01455 550445
www.valleyselfstorage.co.uk

JR Pest Control
Ants | Bed Bugs | Bees
Cockroaches | Fleas | Feral Cats | Mice
Moles | Rabbits | Rats | Squirrels | Wasps

Comprehensive Pest Control Service
Residential, Commercial, Industrial & Farms
Evenings, Weekends & Emergency Callouts
Investigation, Control & Prevention
Fully Trained & Qualified

Tel: 07967 821421
Email: enquiries@jpestcontrol.co.uk

ASTLEY FENCING SAWMILLS

JR Pest Control
Ants | Bed Bugs | Bees
Cockroaches | Fleas | Feral Cats | Mice
Moles | Rabbits | Rats | Squirrels | Wasps

Comprehensive Pest Control Service
Residential, Commercial, Industrial & Farms
Evenings, Weekends & Emergency Callouts
Investigation, Control & Prevention
Fully Trained & Qualified

Tel: 07967 821421
Email: enquiries@jpestcontrol.co.uk
Vojon Indian Restaurant

The Vojon Indian establishment has been serving Lutterworth and the local villages since 2009. They specialize in serving the finest cuisines from different parts of Indian/Bangladeshi subcontinents.

They offer guests a spacious, exquisite lounge area which provides the ideal venue for drinks before your meal and relaxation after. The restaurant has a capacity to seat 96. There is also a fully licensed bar. The decor is modern and relaxed with hints of the old and authentic twinned.

Sit back and enjoy an adventurous gourmet experience with Vojon’s signature and recommended dishes that are meticulously prepared, marinated and slowly cooked to allow a harmonious blending of exotic spices and flavours and combine this with the skills and expertise of professional and attentive staff. Great care and attention is taken to ensure only the finest and freshest ingredients are selected to prepare the finest authentic cuisine.

Parties and reservations are welcome, book early to avoid disappointment!

Vojon Indian are committed to the community they serve and undertake to help local groups and charities. They organise regular charity evenings, so if you know of a registered charity that could benefit or would like to receive information about the charity evenings, please leave your contact details with the manager.

Vojon loves to help as much as possible with the local business/community and in previous years have raised a huge amount for St Mary’s Church for restoration work. They have also sponsored the local Lutterworth Football Club River Swift FC and Lutterworth Cricket Club with one of the teams. See more on their website and Facebook.

Vojon Indian is the ultimate in contemporary and authentic Indian cuisine. See advert below left.
**SNACS** is celebrating its third Birthday this December and how things have changed. We now have a thriving group of clients who attend each day.

We have two days out a week and go to a variety of venues, including Wheels for All, cinema, indoor bowls, ten pin bowling, swimming, parks and museums amongst others. We have a seven seater, wheelchair accessible vehicle, newly acquired this year so that everyone can get out and about with us.

We have a new staff member, Vicky and a weekly volunteer, Maureen and other volunteers such as Marissa, Zaifa and Emma. We have work experience students at times who offer us support and hopefully learn a lot from us.

We are all very much looking forward to our Christmas party and are always ready to welcome a new client into our Day Centre family, see advert left.

Happy Christmas to all and here’s to a promising 2019 for everyone.

---

**Alex Shares His Big Win!**

Lutterworth Community Transport was delighted when Alex Halliwell insisted he share his recent lotto win with them! Having joined as a volunteer driver just over a year ago, Alex is very committed to the cause and keen to help in any way he can. So having subscribed to the local lottery since it started in May, he was pleased to win one of the top prizes recently.

The Harborough Community Lottery uses income from ticket sales to provide cash for local good causes, Lutterworth Community Transport being one. Also of course, prizes for local winners are awarded weekly, our supporters have already won various cash prizes, £50 Amazon voucher and several dozen free tickets - to increase the chance of winning.

Players pay from £1 a week to try to match six single-digit numbers in the right order. Match all six and you win the top prize of £25,000. Match the first or last five and the prize is £250. Even matching the first or last two numbers wins three free tickets.

Sixty per cent of each player’s £1 goes to local causes who register with the Harborough Lotto; 20 per cent goes on prizes and 20 per cent on administration.

If you choose a specific local cause to benefit, such as ourselves - then 50p of each £1 is paid to us! We would encourage you to participate and if you do, please click to choose our worthy cause. This would be appreciated and will help supplement our funds to enable us to provide this important service.

The Harborough Lotto is an online system accessed via [www.harboroughlotto.co.uk](http://www.harboroughlotto.co.uk) or there is a phone service for ticket sales on 01858 405050.

Good Luck and Thank You!
Renowned local Chiropractor opens Fysikal Wellness Centre

Whether it’s back and neck pain, migraines or sciatica or advice on your overall health, a new approach to getting well is right on your doorstep.

Chiropractor, Dr Ben Bullard opened his flagship Wellness Centre last July in Lutterworth, bringing together a wide range of alternative healthcare services and classes including Chiropractic, Sports Therapy, NLP, Massage, Reflexology, Reiki, Counselling, Dietetics, Yoga and Meditation.

Dr Ben said, “We aim to provide a full range of wellness services to help support you in getting well, staying well and reaching your full potential mentally and physically”.

What is Chiropractic?

Chiropractors are Primary Healthcare Professionals who use highly-skilled manual adjustments to the body to restore optimum function throughout.

Many people now look for health solutions that eliminate drugs or surgery, correcting painful issues at their route cause. That is exactly what a Chiropractor can offer. They look at the whole body, medical history and lifestyle in finding out what’s causing your pain.

Here’s one of our many glowing reviews: “Ben has been treating me for around 4 years now and I couldn’t do without seeing him every month. I’ve been through many different types of therapy, none of which helped my injury or fibromyalgia. Seeing Ben regularly keeps my fibro at bay and all of my aches and pains. I would highly recommend seeing Ben in his fabulous new practice” – L.N.

SEE ADVERT BELOW LEFT.
**Lutterworth Phoenix Netball Club** was set up 2½ years ago by Donna Morris, Christine McDonald and Alisha Robinson, who all share a deep passion for netball. It was once a nameless group who met every week at the Leisure Centre to practice. Since 2016, they have carved a strong identity as Lutterworth Phoenix, training every Tuesday at Lutterworth Leisure Centre, with around 30 members of varying ages and abilities and compete in 2 leagues. The club’s values are respect, kindness and sportsmanship.

Phoenix continues to grow both in members and team strength. It is vital to the club that their players feel valued and involved; not only on the pitch but off too, with other charitable and team building events organised throughout the year to strengthen the social side of the club.

They could not have achieved this alone and have many people to thank for their continued funding, advice and support, especially local sponsors Powers Carpets and Flooring who have supported them from the very beginning. Recently they have contributed to new team hoodies giving the group an even stronger identity.

The coaches would also like to thank each player individually for helping them get to where they are now. For more information please contact Donna on 07959 163432 or Christine on 07912 181859.

---

**Neil Green Catering**

**CHRISTMAS LEFT OVERS PIE**

**INGREDIENTS:**
- 500g leftover cooked turkey
- 300g leftover cooked ham
- About 300g leftover cooked vegetables and stuffing
- 1 quantity of rough puff pastry (ingredients below)
- 500g puff pastry
- 1 free range egg, lightly beaten, to glaze

**For the velouté sauce:**
- 125g butter
- 115g plain flour
- 600ml hot ham stock (or giblet, chicken or turkey stock)
- 600ml double cream
- 2 heaped tbsp wholegrain mustard
- Sea salt and black pepper

**For the rough puff pastry (makes about 650g) or use ready made pastry**
- 250g plain flour
- A pinch of salt
- 250g cold butter, cut into 1cm cubes
- 150ml very cold water
- 1 tsp lemon juice

**To make the rough puff pastry:**
Put the flour and salt into a bowl and add the cubes of butter.
Mix the water with the lemon juice, add about ¾ of it to the flour mixture. Stir until everything comes together into a rough dough, add remaining water if required. Place the dough on a floured surface, press it into a square, roll it out into a long rectangle about 8mm thick. Don’t turn the pastry while you are rolling, lift it up and put flour underneath if it begins to stick.
Fold up the bottom 1/3 of the pastry, then fold down the top 1/3, like folding a letter. Give it a 1/4 turn and roll it out again, it’s best to work quickly and lightly so the butter doesn’t warm up too much. Fold in three again, wrap in cling film and chill for 20 minutes. Repeat the rolling and folding twice, then wrap again and chill thoroughly before using.

**For the sauce:**

1. First make the sauce. Melt the butter in a saucepan, stir in the flour and cook gently for 2–3 minutes. Gradually stir in the hot stock, bring to the boil, stirring all the time. Simmer for a few minutes longer until you have a smooth sauce. Stir in the mustard, taste and season as necessary, if you have used ham stock you probably won’t need any salt.
2. Roughly shred the leftover turkey and dice the ham. Put the meat in a large pie dish with the vegetables and the stuffing, pour over the sauce and mix well so everything is coated in the sauce. Push a pie funnel into the centre of the mixture, if you have one.
3. Preheat the oven to 180°C/350°F/gas mark 4. For the top, roll out the pastry on a lightly floured surface to about 3mm thick. Brush the edges of the pie dish with a little of the beaten egg. Lift up the pastry on the rolling pin and use to cover the pie. Trim off the excess pastry, leaving a little overhanging the sides, then tuck under to give a neat edge. Press down with your thumb all around the edge to seal.
4. Brush the pastry with beaten egg, sprinkle with black pepper, if you haven’t put a pie funnel in the pie, make a couple of small slits in the centre of the pastry with a sharp knife. Place in the oven and bake for about 40 minutes, until the pastry is golden brown and the filling is piping hot. If you have any cranberry sauce and gravy left over, you could mix them together, heat thoroughly and serve with the pie.

**HAPPY CHRISTMAS FROM NEIL & THE STAFF!**
Nichola Day Yoga & Well Being

Hi there, my name is Nichola and I teach yoga in and around the Lutterworth area. I absolutely love sharing the joy of yoga with people of all ages and abilities and I would love to share this wonderful practice with you too!

Yoga is a fantastic way to improve physical strength and flexibility, as well as lifting energy and bringing vitality back into the body. It also helps to combat the impact that modern life has on our bodies, through increasing self-awareness and improving posture. In addition to the physical benefits, Yoga includes techniques that enable us to calm and quieten the mind, relax the body and connect back with ourselves. A typical class includes breath work, a sequence of carefully selected postures, as well as relaxation and meditation. My weekly classes are open level, so suitable for beginners of all abilities.

If you are thinking that you would like to try yoga, but the idea of coming to a class is daunting, I also have a number of one-to-one sessions available each week. This can be a great option for beginners or those who would like a more personally tailored session. If you are curious, visit my website or get in touch to find out more.

I hope to see you on the mat very soon!

Nichola

LUTTERWORTH LIONS CLUB

The official launch of the Christmas post was Friday 30th November and the boxes are located in Morrisons, Age UK, Linden Stores, Bitteswell School, Gilmorton Stores, Walton/Kimcote WI, Central Stores on Central Avenue. The suggested charitable donation remains at 25p per card.

The last day for post is Friday 21st December when the boxes will be removed at 4pm. Anyone wishing to help with the sorting of cards on Wednesday, Thursday and Friday 19th, 20th and 21st December at Lutterworth Cricket Club for a couple of hours from 7pm, please contact Alan Richardson on 07732 120136 for details, see more below.

LUTTERWORTH LIONS CHRISTMAS POST

STARTS
30TH NOVEMBER

LAST POSTING
4pm on 21ST DECEMBER

Whilst we only ask for a voluntary donation per card, your continued support of the Lutterworth Lions ensures we can continue this annual service, as well as funding many other local events throughout the year.

Thank You

If you would like to help us with deliveries, or to find out more about the Lions...

email - lutterworthlions@gmail.com
facebook - www.facebook.com/lutterworthlionsclub
twitter - @lutterlions
or contact Roxanna Wilkinson - 01455 554719
Alan Richardson - 07732 120136

Out of Hours Emergencies
0116 287 8636

PARKvetGROUP
www.parkvetgroup.com

SAFFRON LANE
59 Saffron Lane
Leicester, LE2 6UJ
Tel. 0161 283 1314

WHISTLETON
62-84 High Street
Whetstone, LE8 5QD
Tel. 0161 283 9964

GLENFIELD
162 Dominion Road
Glenfield, LE3 6JA
Tel. 0116 237 1635

SCRAPFORD
151 Scrapford Lane
Leicester, LE3 2FA
Tel. 0116 241 8326

Email: enquiries@lutterworthanddistrictjournal.co.uk
The Lutterworth & District Journal
New Year Sale
Starts December 27th

Show Rooms Located At:
Hinckley: Coventry Road, Harrowbrook, Hinckley, LE10 3DE  T: 01455 610900
Narborough: Coventry Road, Narborough, Leicester, LE19 2GW  T: 0116 284 8880

Visit Our Show Rooms to View a Wide Variety Of:
Toilets / Basins / Taps / Showers / Baths / Walk In Showers / Shower Enclosures /
Tiles And Panelling / Mirrored Cabinets / Cloakroom Sets / Furniture & Sets /
Bathrooms By Laura Ashley / Towel Rails & Radiators
Swim & Soar was founded in 2016 by Tereza Beardsmore following a period of research into the benefits of Swimming, Yoga, Tai Chi and their effects of alleviating stress, depression and anxiety.

While yoga in its purest form combines mental relaxation, physical stamina and spiritual enlightenment, most western practitioners focus on either of the first two elements. Tereza’s research at the University of Nottingham in 2009 concluded that the best results for improving well-being are achieved by combining the two styles.

Tereza is also a certified Shaw Method swimming instructor. The Shaw Method uses the Alexander Technique (posture and mindfulness), which strengthens the body and prevents sports injuries. Using her qualifications and experience, the 4 strokes (front crawl, back stroke, breast stroke, butterfly) are taught with confidence. The benefits of Tai Chi are well documented and by using the principles of the lightness of movement and touch, they assist the programme towards a comprehensive approach to swimming. In conclusion, Swim & Soar has been pieced together by qualifications and experience, the 4 strokes (front crawl, back stroke, breast stroke, butterfly) are taught with confidence. The benefits of Tai Chi are well documented and by using the principles of the lightness of movement and touch, they assist the programme towards a comprehensive approach to swimming.

Nottingham in 2009 concluded that the best results for improving either of the first two elements. Tereza’s research at the University of Nottingham in 2009 concluded that the best results for improving either of the first two elements. Tereza’s research at the University of Nottingham in 2009 concluded that the best results for improving either of the first two elements. Tereza’s research at the University of Nottingham in 2009 concluded that the best results for improving either of the first two elements.

Swimming, Yoga, Tai Chi and their effects of alleviating stress, depression and anxiety.

Beardsmore following a period of research into the benefits of Swimming, Yoga, Tai Chi and their effects of alleviating stress, depression and anxiety.

SWIM & SOAR

South Leicester Rugby Football Club U13’s Need You!

SLRFC is a thriving Mini and Junior section founded in 1974. During this time we have produced some notable players who have gone on to represent their country.

We are recruiting for our Under 13’s team and young people aged 6-15 years to participate in the great game of Rugby.

All our coaches are fully qualified and coach and develop players at all levels to fulfil their potential.

Come along to any training session on Wednesday from 6.30pm at SLRFC or contact Clare on 07538 889 897 or Kirsty on 07817 641 026 for more details. South Leicester Rugby Football Club, Welford Road Ground, Wigston, Leicester, LE18 3TE. 0116 288 2066. www.southleicesterrugby.com

South Leicester Rugby Football Club U13’s Need You!

SLRFC is a thriving Mini and Junior section founded in 1974. During this time we have produced some notable players who have gone on to represent their country.

We are recruiting for our Under 13’s team and young people aged 6-15 years to participate in the great game of Rugby.

All our coaches are fully qualified and coach and develop players at all levels to fulfil their potential.

Come along to any training session on Wednesday from 6.30pm at SLRFC or contact Clare on 07538 889 897 or Kirsty on 07817 641 026 for more details. South Leicester Rugby Football Club, Welford Road Ground, Wigston, Leicester, LE18 3TE. 0116 288 2066. www.southleicesterrugby.com

Bliss & Beauty

Are you stuck as to what to buy your loved ones for Christmas?

Here at Bliss & Beauty we have products and treatments to suit everyone.

With skincare and make-up gift sets from our leading brands – Environ and Jane Iredale – we can suit every budget.

Not their thing? Not sure what their thing is? Maybe you’re better off not knowing! Gift vouchers for any amount can be purchased from the salon or over the phone.

With free P&P and no expiry, you can’t go wrong. These vouchers can be used on products or treatments however and whenever they’d like. To order a voucher or gift set today, simply call us or drop into the salon.

Remember there’s free parking right outside the door!

If you’d like to book an appointment or find out what else we have to offer, please go online at www.blissandbeauty.co.uk and email: andy@petsittinglutterworth.co.uk

Bliss & Beauty

Planning on having an indulgent Christmas? Let’s face it, we all are! Christmas is a wonderful time of year to spend time with family and friends and eat and drink to our hearts content.

Whilst this is lovely, our skin is usually the one to suffer. When the body is trying to deal with toxins (which unfortunately all the ‘fun’ stuff causes!), it will try and put them in the place where they will do the least damage - your SKIN of course! Your poor skin gets the brunt of every glass of wine or mince pie that you devour. This can lead to breakouts, premature ageing, dullness and dehydration to name a few. Why don’t you make it your New Year’s resolution to take care of your skin - effective facials and skincare are the only way to help and stop these nasty toxins taking hold.

Our top 3 tips on keeping your skin healthy this Festive Season:

• Hyaluronic Acid in skincare to keep skin hydrated
• Drink water! No matter what’s going on, always have a glass of water on the go
• SPF - it may sound ridiculous but sunscreen will stop your skin from being party to every single thing around you - including the shock it gets going from cold to hot and back again.

< See advert left for more details.

Pet Sitting Lutterworth

At the end of 2017, I gave up my career at De Montfort University in order to follow my dream of looking after animals. I set up Pet Sitting Lutterworth to look after other peoples’ pets, giving them the care and attention they need and deserve.

I care for your pets in their own familiar surroundings whilst you are on holiday, away for the weekend or working long hours. Since starting Pet Sitting Lutterworth, I have looked after many animals including cats and kittens, dogs and puppies, fish, rabbits, guinea pigs and hamsters. I even have some hutchies at home for some small animals to stay with us.

This has got to be the best job ever. If I am walking a dog I don’t care what the weather is, seeing the animal happy means everything. Caring for other peoples’ pets in their own home is very rewarding and they don’t have the stress of being away from their home in a strange environment. I have a clear DBS check and am fully insured. You can see the reviews from happy customers on the Pet Sitting Lutterworth Facebook page.

See my advert on the front page. Tel: 07710 262817 email: andy@petsittinglutterworth.co.uk
Christmas Church Services

Our Lady of Victories & St. Alphonsus Roman Catholic Church
Sunday 23rd Dec, 11am, Advent Mass
Monday 24th Dec, 4.30pm, Vigil Mass of Christmas
Tuesday 25th Dec, 10.30am, Christmas Day Mass

St Mary’s Church, Lutterworth
Saturday 15th Dec, Contemporary Carols
8pm, St Mary’s Lutterworth
Sunday 16th Dec, Bitteswell Village Carol Service - 6.30pm, St Mary’s Bitteswell
Sunday 16th Dec, 9 Lessons and Carols (with Novus Cantores) - 7pm, St Mary’s Lutterworth
Sunday 23rd Dec, A Service to Remember - 4pm, St Mary’s Lutterworth
Monday 24th Dec, Crib Service - 4pm, St Mary’s Lutterworth
Monday 24th Dec, Cotesbach Village Carol Service - 7pm, St Mary’s Cotesbach
Monday 24th Dec, Christmas Eve Communion - 9pm, St Mary’s Bitteswell
Monday 24th Dec, Midnight Carols and Communion - 11pm, St Mary’s Lutterworth
Christmas Morning Service - 10.30am, St Mary’s Lutterworth

Wycliffe Memorial Methodist Church
Sunday 23rd Dec, 10.30am, Carol Service
Monday 24th Dec, 4pm, Holy Communion
Tuesday 25th Dec, 10.30am, All Age Worship

Chapel Street Christian Fellowship
Sunday 23rd Dec, 6.30pm, Carol Service
Tuesday 25th Dec, 10am, Christmas Morning Service

United Reformed Church
Sunday 23rd Dec, 3pm, Christmas – It’s your story too!
Tuesday 25th Dec, No service

Win a 3 or 4 Night Break worth up to £395 in one of our brand new 3 bedroom holiday homes at Tattershall Lakes in Lincolnshire.

Simply Text your name and what activity from the editorial feature below you would like to enjoy from your weekend away in capital letters to 07736 449219 (normal text rate).

Each holiday home has private HOT TUB and FISHING PEG. Fully equipped kitchen and Free Wifi. Dive into Lakeland paradise as you WATER-SKI, JET-SKI or FISH. There’s a sparkling AQUAPARK, SWIMMING POOL and back on dry land you can enjoy CRAZY GOLF, a GYM, BARS and FAMILY RESTAURANTS.

New from Easter 2019 is the SKY BAR, INDOOR SPLASH ZONE and BEACH. We are small dog friendly too! Take a look at our website hotdogholidayhomes.com for more details or join our Facebook Page and Group Hot Dog Holidays at Tattershall Lakes.

Closing date for entries is 31st December 2018. Winner will be announced 1st January 2019.

Dates are subject to availability. Your break may be upgraded for an additional fee. Damage Reservation Deposit will be required prior to your stay.

Marie Curie Lutterworth Fund Raising

Thank you to all who helped with or attended our Coffee Morning on October 25th. We raised £160 and enjoyed some delicious cakes. We did not have many people join us but it was good to be able to offer support and advice from our local Marie Curie nurse to those who needed it.

We would like to send Christmas and New Year Greetings to all our supporters, it will soon be Daffodil Time again!

If you would like to make a difference and have a couple of spare hours to help support collections in local supermarkets and local fundraising events, please contact Claire Korsakovs our new Community Fundraiser for Leicestershire & Rutland (pictured), for more information on 01604 258757.

Creative Art Group’s 20th Anniversary

The Exhibition which was held in Ashby Parva Village Hall in October was again very successful and enjoyed by many visitors.

Best Picture: A silk painting entitled ‘Funky Hare’ by Josephine Rainer, run away winner, was this year’s Best Picture voted for by visitors to the Exhibition.

As well as paintings and hand painted cards, a grand Christmas hamper raffle was on offer. This was won by Graham Johnson of Lutterworth.

LUTTERWORTH ROTARY BIG BIKE RIDE

Neil Green of Neil Green Catering, the main sponsors of the ride, attended Lutterworth Rotary Club which organises the event to collect a cheque for £1,500 that will go to help fund the work of Epilepsy Action.

Neil has been a long term supporter of the charity, has done much fund raising himself and was the catalyst for Lutterworth Rotary Club taking up the event.

He received the cheque from Club President Mark Thompson who praised him for his support for an event that in 2018 attracted over 600 cyclists and raised almost £6,000 in total for a range of good causes.

The Charity nominated to be supported by this year’s Exhibition was Action Medical Research for Children. Katie Scott, local Secretary for the charity, shown here with CAG Chairman, David Ruddick attended the group’s meeting on 22nd October and gave an enlightening presentation on the work that they undertake before being presented with a cheque for £275.

Marie Curie Lutterworth Fund Raising
Clinical Reflexology Treatment Room Opens in Lutterworth

With the increasing everyday stresses of modern life, whether at home or in the work place, the associated impact of long term stress on physical, mental and emotional health and well-being is a very real issue for concern. By allowing your body to relax, it is possible to interrupt the ‘fight or flight’ body system responses to stress, giving your body the opportunity to re-balance and allow natural healing to occur.

Reflexology is a complementary holistic therapy that works on the theory that there is a map of reflex points on the feet (hands, face and ears) that correspond to all parts of the body, its organs and systems. Reflexologists believe that by stimulating these reflex points, natural healing responses can be prompted in the corresponding areas of the body, helping to restore balance and improve well-being.

The team at Browns Health & Safety are pleased to announce the launch of our new services and we are now offering Clinical Reflexology treatments from our premises in Midland Court, Central Park, Lutterworth. The new purpose built reflexology therapy room provides a calm and relaxing environment for our clients and customers to enjoy this beneficial treatment. This new service is available to anyone wishing to book a reflexology treatment, not just our contracted clients.

We hope our clients will embrace the new service which will soon be included in their annual support packages and can be incorporated as part of a management plan to assist with work-related stress, health and well-being.

Throughout 2019 we will be extending our health and wellbeing services further to complement our current health and safety advisory services and training courses, to offer a truly holistic service to local business and the general public.

Pictured right is our Finance Manager, Mandy Spurr receiving her clinical reflexology graduation certificate from David Wayte, principal of Jubilee College:

NEW - we also have no added sugar chocolates. We have gifts for vegan, vegetarian, dairy free, gluten free and no added sugar.

Come and see what we have in store this Christmas.

Wishing you all a Merry Christmas!

Macmillan Cancer Support together with Leicestershire Citizens Advice is working in partnership to offer a free confidential advice service for people affected by cancer, their family and carers.

We can help with benefits, employment, debt and housing issues. Helpline Mon-Fri 9am-4pm on 0300 456 8400

Health & Safety Training Courses and Advisory Services

Clinical Reflexology treatments
Delivered in our purpose built treatment room by our fully qualified and registered reflexology practitioner

Reflexology is a relaxing and holistic complementary therapy that encourages natural healing and can be effective at reducing stress responses and anxiety

Introductory price for December bookings: £18.75 + VAT (£22.50) per treatment

For more details, visit our website or call 01455 203603

For details call or email: mandy@brownshealthandsafety.co.uk

SWEET SISTERS

Sweets, Belgian chocolates, fudges galore - we have it all.

SWEET SISTERS is a traditional, friendly sweet shop run by two ‘Sweet’ Sisters. Are you looking for something delicious and unique this Christmas?

We have lots of gifts and stocking fillers from chocolate lipsticks to cola flavoured reindeers. We have traditional sugar mice, marzipan fruits and fill your own sweet jars. There’s something for everyone.

Our chocolate counter is filled with handmade chocolates from Belgium and can be gift boxed or sold loose.

We also supply vegan, gluten, dairy & sugar-free

12 Weston Court, Lutterworth
01455 324024
sweetsisterslutterworth.co.uk
**Santa’s Sleigh Run**

Check the Inspire Facebook page for any updates. Monies raised will be donated back to local groups, charities and individuals if deemed appropriate. Look out for the Inspire Santa Sleigh from 6pm unless otherwise stated. All timings are approximate. Dates and Times may vary without further notice. For more details please call Frank Latham 07939 322410.

The 5 Inspire Members with a lot of help take the Santa Sleigh out on 15 separate occasions purely on a voluntary basis.

**Sunday 16th December**

4.30pm Start

Ulllesthorpe, Claybrooke

Parva, Claybrooke Magna

**Monday 17th December**

(Lutterworth)

St Marys Road

Covetry Road (St Marys Road to Red Arrow)

Woodway Road

Merton Road

Avery Close

Elmhirst Road

Whittle Road

Hunters Drive

Kingsway

Orchard Road

**Tuesday 18th December**

(Lutterworth)

Leicester Road (Waltrose to Central Ave)

Swiftway

Sherrter Way

Dunley Way

Crescent Road

Spencer Road

New Street

Guthlaxton Avenue

Goscote Drive

**Wednesday 19th December**

(Lutterworth)

Magnolia Drive

Acacia Avenue

Spruce Way

Mulberry Close

Juniper Close

Pine Close

Woodlea Avenue to Sycamore

Blackthorn Close

Almond Way

Peartree Close

**Thursday 20th December**

(Lutterworth)

Leaders Way

Woodbrig Close

Pallisade Close

Townden Close

Lilac Drive

Lavender Close

Honeysuckle Close

Jasmine Close

Forsythia Close

Alfrey Close

Robinia Close

Azalea Close

**Friday 21st December**

(Lutterworth)

Ryderway

St Johns Close

Ferrers Road

DeVerdon Road

Mam Crescent

Gibson Way

Mountbatten Way

Alexander Drive

Atlee Close

Cunningham Drive

Montgomery Close

Churchill Close

Tedder Close

**Saturday 22nd December**

(Lutterworth) 5pm Start

Poppy Close

Marigold Close

Buttercup Close

Daisy Close

Cowslip Court

Harebell Court

Bluebell Place

Gloster Road

Javelin Close

Meteor Drive

**Sunday 23rd December**

(Lutterworth)

5pm Start

Burrough Way

Dempsey Close

Ken Mackenzie Close

Johnnie Johnson Close

Lacey Close

Maxwell Way

Douglas Bader Drive

Noble Close

Dennis David Close

Beamont Close

**Monday 24th December**

(Lutterworth)

Fairacres Estate 4.30pm Start

Greenacres Estate 5pm Start

---

**Wycliffe Group WI Annual Meeting**

Leire WI hosted the Wycliffe Group meeting recently. The visiting institutes were Broughton Astley, Bitteswell and Ulllesthorpe. The main guest Sue Lodd, a WI Advisor gave us information about activities and outings initiated from WI House and emphasized the importance of contacting the House to book events to avoid disappointment.

The theme for the evening was proverbs and sayings and the speaker Peter Hammond spoke about the origins of everyday sayings, which are amazingly numerous. His talk was very informative; who knew that ‘codswallap’ meant a bottle with a marble in it? Thankfully, nobody needed to ‘shed a tear for Nelson’ whilst he was speaking.

There were 4 excellent competition displays provided by members of the 4 WI groups depicting different proverbs which were judged by Peter Hammond; first prize went to Broughton Astley for their superb illustration of ‘Looking for a needle in a haystack’ and Bitteswell were awarded second prize for their very imaginative display entitled ‘Don’t judge a book by its cover’.

After a delicious supper, the entertainment was provided by the host WI who performed a two scene light-hearted sketch incorporating clues from 13 well-known proverbs and sayings. Members of the audience were invited to make notes during the performance, after which they were able to combine their answers in their WI groups; the winners being one of the Ullolesthorpe teams who managed 9/13 in this provets quiz.

Top photo: ‘Two heads are better than one’ - Debbie Morgan and Cynthia Harris as head teachers in the sketch.

Bottom photo: ‘Don’t judge a book by its cover’. 

---

**Age Concern Lutterworth & District**

is a local independent charity working for people in middle/later life in Lutterworth and the surrounding villages.

All money raised in our charity shop goes back into supporting the local community. We’re more than just a charity shop - the money we raise is used to run activities and excursions to help combat loneliness and isolation.

We have regular weekly or monthly events as well as running one / two days out per month to places like West Midlands Safari Park or David Austen Roses. Our regular services: seated exercise class, bingo, dance afternoons, quizzes, afternoon tea & natter, travelling lunch clubs, line dancing, book club.

For more information pick up one of our booklets available in the shop and around town or pop into our office at our charity shop by Lutterworth Town Hall and talk to Alison, Jane or Lizzie.

Excursion Vouchers are available in £5 & £10 to be used on our days out, why not treat a loved one for Christmas or their Birthday?

We would like to thank all of our customers, donators and our dedicated volunteers, we could not work without you.

Wishing you all a very Happy and Healthy Christmas and New Year.

Lutterworth & District - Charity No: 247288

---

The Lutterworth & District Journal
Tel: 0116 275 1037
Civil Funeral Celebrant

Here to help when you need me most…

Why do people choose to have a Celebrant to conduct a service for a funeral?

There are several reasons but I mention just a few.

Christine Howell

Independent Funeral Celebrant

Covering the areas of Leicestershire, Northamptonshire and Warwickshire

Here to help when you need me most

Telephone
07867 943017
01455 558960
christinelucy@btinternet.com

If you have a prepared funeral plan in place for ‘when your time comes’ why not include with that plan the type of funeral service you wish for. This can be prepared and placed with your funeral plan. This way your family are not left with the added stress of trying to remember all the important events and dates in your lifetime that should be mentioned in your eulogy. Your favourite pieces of music and readings can be included. They will be under enough stress ‘when your time comes’ and to alleviate them of having to plan your funeral I am sure they will be very grateful.

I can meet with you to discuss your thoughts.

One of the most difficult things we must do during our lifetime is to arrange a funeral. I can guide you through this difficult time. If you choose to have a Celebrant lead ceremony the service will be created individually for your loved one and delivered with dignity, compassion and, if appropriate, humour.

The music, poetry, readings will be chosen to reflect the personality of the life lived and can include religious words or not.

< See advert left for contact details.

St. Andrew’s Primary School

Dag Lane, North Kilworth 01858 880430

OPEN MORNING
FRIDAY 14TH DECEMBER 9.30am - 10.30am

Is your child starting school in September 2019?
Then why not visit our excellent village school

Small village Primary School • Excellent academic standards • Broad and exciting curriculum with many enrichment opportunities • Within easy access of the motorway and the A5, Lutterworth and surrounding villages • Before and After School Club operated by the school

Please contact the school if you would like to attend on another date

www.broughtonveterinarygroup.co.uk

For all your small and farm animal treatment contact your local friendly veterinary surgery:

Broughton Astley branch
12 Swannington Road,
Broughton Astley,
Leicestershire, LE9 6TU
Tel: 01455 282512

Open Surgery:
9-10am (Mon-Sat)

Appointment only:
2.30-3.30pm (Mon-Thur) and 4.30-6.20pm (Mon-Fri)

Nursing Clinics:
Throughout the day (Mon-Fri)

Lutterworth branch
Elizabethan House,
Leicester Road,
Lutterworth,
Leicestershire, LE17 4NJ
Tel: 01455 552117

Appointments only:
9-10am and 4-6pm (Mon-Fri)
11.30am-12.30pm (Sat)

EMERGENCIES
We also operate an ‘Out of Hours’ service for all our clients, 24 hours a day

Email: enquiries@lutterworthanddistrictjournal.co.uk
The Lutterworth & District Journal 21
LUTTERWORTH OPEN CHRISTMAS

Christmas is coming … and if you are on your own, we invite you to spend Christmas Day with us at Open Christmas.

So what is Christmas Day like at Lutterworth Open Christmas? It’s a day full of good fun, good chat, great people, joy and laughter. Two professional chefs provide a superb three course Christmas lunch followed by coffee/tea and mince pies.

There are carols, the Queen’s speech, bingo, music. The event is free to all due to the kind generosity of local businesses who make donations of funding, food, drink and prizes and The Community Matters Fund via Waitrose. However, many participants insist on making their own donations on the day, all of which helps to ensure the event can continue.

Thanks go to all of these people; but the greatest thanks go to the dedicated band of people who volunteer to help on the day and without whom the day could not take place.

So if you live in Lutterworth or the surrounding local area and will be on your own at Christmas, do think about joining us. Transport can be provided courtesy of Lutterworth Community Transport, see page 4.

Contact Julie or Steve 01455 550591.
**Little Lodge**

Why not enjoy a relaxing night away with friends during this festive season?

Little Lodge has limited nights available now for small groups. We offer four comfortable ensuite rooms. Fully private hot tub complete with Christmas lights, cozy lounge with large smart TV to watch your favourite Christmas movie, plus our very own Alexa to play your favourite tunes.

Use of a modern fully equipped kitchen and lovely dining area fully trimmed for a truly festive feel. If you don’t fancy cooking you can enjoy a superb meal at a discounted rate in our lovely village pub. We are happy to help with transport arrangements to local events when possible.

Book the whole house between December and January 10th for a free bottle of bubbly and mince pies. Individual rooms also available, call Tom on 07999 144124. See advert right >

**B&B Walcote**

Includes use of private enclosed hot tub
All ensuite rooms / robes / towels / hospitality trays
Available for private whole house lets (minimum of two nights for 6/7 people)
Limited Dates available for Christmas & New Year
Afternoon tea / pamper days
Contact Tom 01455 550949
07999 144124
www.little-lodge.co.uk

**Avon Calling!!**

Avon Representatives + Sales Leaders required in all areas
An opportunity to earn extra money for Christmas & in 2019

Ring or text Louise today on 07801 563733 or visit www.louiseakroyd.co.uk

**LOVE IN A BOX**

Members of Lutterworth’s Knit & Stitch group would like to send a very big thank you to all the generous people who kindly donated to their 2018 Christmas shoebox appeal.

The group filled nearly 200 shoeboxes for children ranging from 3 to 16 years old and were absolutely delighted by the range of items given to them. Soaps, toothpaste, toothbrushes, combs, hats, gloves, stationery, toys and sweets were all among the items handed in. The group had to start their packing early as the boxes left Lutterworth in mid November and set off on their long journey across Europe to Moldova.

Sue Turner, from the group, said, “We wish to thank everyone who responded to our appeal either by donating items for the boxes or helping to cover the cost of transport. Each box will put a smile on the face of a child who will otherwise receive very little this Christmas”.

**Ramble On**

Lutterworth Ramblers

During this fantastic summer the Lutterworth Ramblers have had some great walks. As we move into the winter we hope the weather will continue to be kind to us so that we can enjoy the changing seasonal scenery.

For the Sunday walks we meet at the Town Hall car park at 9.30am. If you fancy exploring the countryside, getting closer to nature, making new friends and gaining some healthy exercise at the same time why not try us out? All our details including the current programme of walks can be found on our website www.lutterworthramblers.org.uk

For more information contact Anita Mothersole on 01509 556816 or Val Deacon on 01455 209116.

**GLS WINDOWS LTD.**

‘Workmanship with Pride’

Manufacturers and installers of High Quality UPVC:
Windows • Doors • Conservatories • Orangeries • Bi-fold Doors • Secondary Glazing • Flush Casement Systems • Tilt & Turn • Vertical Sliders • Fascias • Softills & Gutters • Repairs • Sun Lounges • Pool Enclosures • Aluminium & Timber Products

For a free quotation call: 01455 202 985 / 07753 748 769

Email: enquiries@lutterworthanddistrictjournal.co.uk
**Country Kitchen Café**

**NOW OPEN**

Mon to Sat 8am - 4.30pm  Sun 9am - 3pm

Breakfasts from 8am - 11.30am  *Eat in or take away*

Lunches, freshly baked cakes, children’s menu, Gelato ice cream, Fairtrade tea & coffee, afternoon tea

**ORDER YOUR TURKEYS OR COCKERELS FOR CHRISTMAS**

Christmas Trees • Holly Wreaths
Quality Fresh Produce from our Farm Shop
Horse & Pet Food, Logs & Coal • Gift Vouchers

Mon to Fri 8am – 6pm  Sat 8.15am – 5.30pm
Sun 9am – 3pm

Countesthorpe Road, Whetstone, LE8 6LD
0116 277 1476

---

**To advertise please call Helen or Trish on 0116 275 1037**

---

**Balfour Beatty Homes**

**The Green**

*by Balfour Beatty Homes*

Located on the edge of a beautiful 120 acre golf course, this prestigious new development offers an impressive range of three, four and five bedroom homes in delightful, family friendly surroundings.