# Newtown Linford Magazine

## **ISSUE NUMBER 169**

#### **CONTENTS**

Church News	3, 12/13,,18/20
Christmas Greeting	4
Coffee & Cake	5
Christmas Concert	6/7
Come and Sing Carols	6
Tennis Club Music Quiz	9
Fun Race Night	9
Ramblers	11
Reindeer Drive	12
Church Redecoration	13
From the Records	14
Gardening Club	17
Operation Christmas Chi	ild 20
MacMillan Coffee Mornin	ıg 22
Brownies	27
Village Hall	28/30
Neighbourhood Watch	30
Parish Council	32/33



Note New Email
Address
for Village Magazine

## November 2019

newtownvillagemagazine@outlook.com

## Need a Helping Hand?

Fed up of tring to fit everything in and work?

Or is it all becoming a burden?

We provide a friendly & efficient tailored service



- · Domestic, Commercial, Rental property & Communal area cleans
- Oven Cleans from £50
- All cleaning products included
- Bed Linen changed & laundered
- Ironing (collection & delivery service included)
- Fully insured

Call Lisa on

0116 304 0607 or 0753 931 6717

## Natural



## **Elements**

## Physiotherapy 🦔 Natural Health Clinics

Physiotherapy - Acupuncture - Pilates Classes

Sports & Deep Tissue Massage

Reflexology - Aromatherapy Massage

Foot Health & Nail Care - Verruca - Callus

Mindfulness - Counselling - Hypnotherapy

Come and see us or give us a ring: 0116 367 6472

28 Rathy Road, Groby LE6 OGC www.theNaturalElements.co.uk e Info@theNaturalElements.co.ok

# Horseshoe Cottage Farm

Luxury bed and breakfast accommodation



#### Award Winning B & B.

Winner of Leicestershire's B&B/ Guest Accommodation 2018 and Leicestershire's Best Breakfast

Previous winners of Outstanding Customer Service & Sustainable Tourism in the East Midlands

Roecliffe Road, Hallgates, Cropston, Leicestershire LE7 7HQ

Tel: + 44(0)116 2350038

Email: lindajee@horseshoecottagefarm.com Website www.horseshoecottagefarm.com





#### November 2019

Last week I got an infection in a hair follicle in my chest. At first I just noticed a small swelling which was a little tender. Then it began to spread. Within a couple of days a whole area had turned red and was really quite painful. Unusually for me I actually went to the GP (following the advice of my live-in doctor!) and got a prescription. At first nothing seemed to happen, but after two days the redness, tenderness and pain began to subside and now it's just a memory.

You'll please excuse the detail. But it made me think about how something really quite small could, literally, get under my skin and cause a major infection. This was a physical thing, but the same thing has happened to me on an emotional level – a little thing, seemingly insignificant, which somehow has festered and triggered a huge reaction. Whether it's been a comment someone's made, or leaving me out of something, or even just the impression I've picked up from them. Sometimes, that little thing has been something I've done, or not done, and it's been the guilt or regret which has almost become overwhelming.

Sometimes we live with these emotional 'infections' in our lives because we're embarrassed by them, because we believe no one will understand, or because we don't know where to go for help. Maybe we need to forgive, maybe we need forgiveness, but don't know how to go about it.

Jesus came to bring health, not just of the body, though he healed many, but also of the spirit and the mind. He can deal with the scars, the wounds, the infections which trouble our souls even more than bacteria can harm our bodies. Sometimes though, we just need that little bit of encouragement to get his help. Let me, please, encourage you to do that. He can help. Perhaps not always immediately, but if we let him, he can heal.

Richard Trethewey
Rector of St Peter's, Glenfield, and All Saints', Newtown Linford

## VILLAGE DIARY

**November** 

2nd Music Quiz

3rd Service of Remembering and Thanksgiving

7th Race Night in aid of Alzheimer's and Dementia (The Bradgate)

9th Ramblers

11th-18th Operation Christmas Child Deadline

December

5th Christmas Concert with Village Choir in Church

9th Parish Council Meeting

13th Reindeer Drive

19th Come & Sing Carols with Choir and Brownies

Regular events

Monday afternoon Mature Movers fitness class Village Hall

Mondays 6.30 Brownies, School

Mondays 6.30 Yoga, Village Hall (also Wednesdays)

Mondays 8pm at the Church
4th Tuesday of the month
1st and 3rd Wednesdays of month
3rd Wednesday of the month
Bell Ringing
Gardening Club
Home Study Group
Ladies Luncheon Club

Thursdays 9.15 Jolly Tots Playgroup, Church
Thursdays 11.15 Coffee Mornings for all, Village Hall

Thursday Eves Bridge Club 9 Main Street 3rd Thursday Gentlemen's Lunch Club

## Christmas Wishes to your Neighbours whilst donating to Charity 2019

Xmas card time is nearly upon us and for the last two years we have offered everyone an alternative to writing local friends Christmas Cards, instead writing a message to everyone in the December issue of the Village Magazine. All the donations will be sent to a local Charity, last year the £200 raised went to the Homeless in Leicestershire.

If you would like to join us this year please send your message and a donation of £20 to Carol Ann, email <a href="mailto:casug1@btinternet.com">casug1@btinternet.com</a> or post it in her door no 32 Main Street **before 14th November so it will go into the** 

December/January issue of the magazine



## Coffee & Cake @ Newtown Linford Village Hall Thursday Morning 11.15am - Free

## All Welcome - All Ages



#### November

7th Carol Ann, June Hallam, Sue Howard 243433/Lei 2304808/245373

14th Mary, Sarah & Wes Raynor, Jean Deveaux 243042

21st Lesley Cook/Chris A & Gay Redstone 245208/242432/Lei 2351625

28th Casey, Jenny Cole, Marie Wilday & Mandy James 249259/243727

#### December

5th Volunteers required to cover today please call Carol Ann 243433 12th Carolyn Turner, Charlotte Jackson, Ruth Goddard 249173/245316

19th Christmas Turkey Sandwiches & Mince Pies - Volunteers

26th No Gathering Happy Christmas

## An opportunity for everyone to catch up on Village news and activities and to meet your fellow neighbours

Rota Volunteers - If you are struggling with putting the Tables and Chairs out for your duty the following have offered to help if around just give them a call

Roger Leech 0116 3480192

Wes Raynor 243042

Joe Costello 249613

Arthur Harrison 0116 2213845

Alan Birkett 244317

**New at Coffee & Cake - Baby and Toddler Area.** Please join us, Coffee & Cake is for everyone. There are now toys, bricks, colouring mats etc please join us we are not worried about noise the more the merrier

#### How to contact the Police

All incidents are to be reported to the Police and by calling 101

They will then assess the situation and deal with the situation as they see fit. This may involve a vehicle from another area. If you wish, also advise our NHW coordinator who will circulate if appropriate.



### **Christmas Concert in All Saints Church 5th December 2019**

We are very pleased to have been invited to perform in All Saints Church on **Thursday 5th December**, and in this issue you'll see an advertisement giving full details. This concert marks the start of Newtown Linford Choral Society's Christmas celebrations, as we sing a harmonious mix of Christmas and sacred music. Why not come and join us? Tickets are only £7.50 each, which includes a glass of wine or soft drink. All proceeds to the Church Renovation Fund



At 7pm, **Thursday, 19th December** we shall be joined by the Brownies for our Come and Sing Carols evening in the Village Hall. Admission is free with a retiring collection for Charity.

Full details next month about our Concert on **31st January/1st February** in Ratby Parish Church, featuring the Little Jazz Mass (Chilcott), and Stabat Mater (Jenkins).

## Iris Sayer









# **COUNTRY DINING AND DRINKS**

## PRIVATE DINING ROOM FOR ALL CELEBRATIONS

Parties to Weddings

Meetings to Catch-ups

BOOKINGS NOW BEEN TAKEN FOR FESTIVE FAYRE AND CHRISTMAS DAY

#### FAMILY PIZZA DEAL

2 Adult Pizzas, 2 Kids Pizzas & 2 sides £26.50

Monday 4pm-6pm Tuesday - Friday 4pm-7pm Additional Adult Pizza £8.50 Additional Kids Pizza £2.50

#### TWO PIZZAS FOR £17.95

Monday 12 noon—6pm Tuesday to Friday 12 noon—7pm

## THURSDAY IS BURGER NIGHT

6-9PM

Any 2 Burgers & 2 Pints £24.00 £2 surcharge for Tower Burgers

## **FIXED PRICE MENU**

Monday to Friday 12noon—3pm Tuesday & Wednesday 6pm - 9pm Two courses £14.25 Three courses £17.75

## FRIDAY IS GRILL NIGHT

6PM - 9PM 2 X 8oz Rump Steaks

& bottle of House Wine £32 2 x 8 oz Sirloin Steaks

& bottle of House Wine £36

Tel: 01530 242239

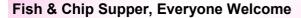
Email: contact @the bradgate.com www.thebradgate.com



# Newtown Linford Tennis Club MUSIC QUIZ

# Saturday 2nd November 2019 Newtown Linford Village Hall

7pm for 7.30pm prompt Tickets £12.50



Music Questions for all ages Covering all decades

Tables of 8 - Prize for winning table

To book a table please call 24343 or 249173 or 07896 349977

Licensed Bal



## The Bradgate PRESENTS

Linford Village

## A FUN RACE NIGHT

In Aid of Alzheimer's & Dementia

THURSDAY 7TH NOVEMBER



4 STADON ROAD ANSTEY LET 7AY - TEL: 0114 2342395 - scies@keithumith@d.co.uk

## FAST FREE LOCAL DELIVER



**EURONICS** 

TOURS IN COME AND

....

## BOSCH WAB28162GB

Washing Machine

- √ 1400rpm Spin Speed 6kg Load Capacity
- A+++ Rated
- Express Wash 15 Programmes



## **Blomberg** TSM1750U

Built-In Larder Fridge

- Auto-Defrost
- **5yr Guarantee** A+ Rated
- Reversible Door
- Telescopic Shelf



57 £299 1

i

ı

Ė

П



## Blomberg LWF274411W

Washing Machine

- 1400rpm Spin Speed
- 7Kg Load Capacity 28 Min Fast Full Load
- 16 Programmes
- A+++AB Rated



### SAMSUNG WW70J5556MW

Washing Machine 1400rpm Spin Speed

- 7kg Load Capacity
- A+++ Rated
- **5yr Guarantee**
- White



## BOSCH SMV40C40GB

Built-In Dishwasher

- ✓ 12 Place Settings 4 Programmes
- Time Delay
- Noise Level 50db
- ✓ A+ Rated



## ZANUSSI

ZWF81443W Washing Machine

- √1400rpm Spin Speed 8kg Load Capacity
- A+++ Rated
- 2yr Guarantee

14 Programmes

## Fitted Kitchens

EURONICS

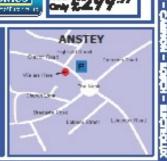
We are pleased to announce that we are now agents for A.W.E Kitchens and Bedrooms Who specialise in Bespoke made to measure

kitchen & bedroom furniture Please call in for further details

## Internet Prices

with Personal Service

"Ask About our Same Day/Next Day Installation and Removal Service"



NES - REDGE PRESSES - PAST RESE LOCAL DELIVERY - TANBLE DIFFES - COOKERS - OVER

## Village Ramblers

On Saturday 12<sup>th</sup> October four ramblers started from the Village Hall, and headed for Groby Village, trying to avoid muddy routes as far as possible. The weather was mostly dull, but at least we had autumnal colour, John's apples, and the ground drying after the rainfall which had occurred heavily in the previous days. We headed to the Old Post Office and up the footpath which crosses Groby Lane near the new landmark of the O2 phone mast. The track to Groby Pool proved quite pleasant, with small birds being much in evidence at the end, where birdfeeders are daily replenished. We paused briefly at Groby Pool where grey geese were gathering on the foreshore. At the car park we followed the old tramway to Groby, arriving just above Groby Parish Church. A short distance up the road and we headed across and further uphill on the footpath to the Quarry Park recreation ground at the top of the village. Distant views were taken in, then it was decided we would return. A heavily fenced path, between the Druck site car park and houses, brought us by tarmac to the village shops at Ratby Road, Leicester Road and Newtown Linford Lane. We then returned via the paths of Groby Meadow, then to the car park, and retraced our outward route as far as the O2 mast, pausing again for bird observation from the bench at Groby Pool. Then down the Groby Lane verge and service road to Main Street to make a return

**Felicity** Manning

Next ramble Saturday 9th November. Sarah Forester



Ramblers Unless otherwise notified, all walks depart from opposite the Village Hall at 2.00pm. New members are always welcome. All you need is a pair of walking boots and the ability to walk 4/5 miles. Well behaved dogs are also welcome but must be under the supervision of the owner and be on the lead wherever there is livestock or nesting birds.

#### SCARECROW DRIVE and REINDEER DRIVE

A big thank you to everyone who came to the 'Scarecrow Drive' in the Village Hall on 27th September. The evening was great fun and included a substantial ploughman's supper and a raffle with some lovely prizes. The evening raised £620.00 towards the re-decoration of the Church. Many thanks to all involved.

Following on from this success there will be a 'Reindeer Drive' on Fri-

day 13th December in the 'Linford Club'. Come and join in the fun again! Doors open at 6.30 for a 7.00 start. The tickets are £7.50 for adults and £5.00 for children and include mulled wine, mince pies and Stollen. There will also be a bar. Do come and join in! Ring Dick Howard on 01530 245373 for tickets.



#### All Saints' Re-decoration

Sitting on my desk for the past few days has been a very important piece of paper. It's embossed with the seal of the Chancellor of the Diocese of

Leicester and gives permission to the PCC to carry out the work which we've identified as phase 1 of the re-decoration and minor reordering of the Church. This includes repainting, a new lighting system, new AV equipment - including a screen which will be invisible when not actually in use, as well as speakers which actually work! - and a small raised platform by the pulpit.



This will entail a fairly complete rewiring of the Church – and there may be one or two additional power sockets discreetly added, for convenience – and as you look around there will fairly obviously be some making good of plaster in various places. Therefore the Church will need internal scaffolding throughout while the work is going on. We won't know how much plasterwork is required until the old paint is removed so we don't know exactly how long this will take but we are anticipating not being able to use the Church building from January to March 2020. Sunday services will take place in the Village Hall during this time.

Thank you very much to all who have supported – and continue to support – this work. Costs for phase 1 look like being around £65,000 so do get your tickets for the Choral Society concert in church on Thursday 5th December or for the Reindeer Drive on 13th December!

Please do contact me or talk to any member of the PCC if you have any questions.

Richard Trethewey, Rector 0116 287 1604, richard@allsaintsnewtownlinford.org.uk

#### From the Records - October 2012

This page has not been around for a while but thinking back over the past 17 years that I have been doing the Church and Village Magazine made me look back at a few of them.

One item that made me laugh was in the October 2012 edition when we ran a wanted advert! Hilary (Brown Owl) was looking for a replacement leader to the Brownies as with the girl guiding rules at the time she was going to have to finish as leader in February 2013 and would only then be able to continue as an assistant.

Hilary at that time had been an Assistant and then Leader for 48 years which means that after a couple of changes - she is still leading our Brownies for now 55 years. Looking at the pictures of the girls - they still have as much fun as my own daughters did 20 years ago!

The only recent change has been the move from the Old Sunday School Rooms (which are being let out by the Church) to the School.

October 2012 also saw the closure of the Welcome Club which had met for more than 30 years in the Sunday School Rooms. This started as somewhere warm to sit on cold winter Thursday mornings when those who were over 60 and 65 could collect their weekly pensions and have a chat over coffee and cake. Time saw changes with the closure of the Post Office and car ownership meant senior citizens were a lot more mobile and able to go out and about to meet others and not rely on the village community. It went from over 60 members initially but finished with just a group of 5 ladies. They decided it was time to call it a day and instead would catch the bus to Coalville and have a lunch in a café with lots of chat and return to the village on a later bus. However life turns full circle and now we have a very popular coffee morning for young and old at the Village Hall, again run by village volunteers.

The village has seen many other clubs close in recent year such as the badminton, flower club, Womens Institute and Drama Club but we are lucky that as a village community we have many that still thrive and there is a strong sense of village community.

## Paint Wizard

## All Types of Vehicle Body Repairs

Panel Resprays from £165 Scratch Removal from £45 Stone Chip Repair from £45 Windscreen Repair from £35 Colour Restoration From £65 Alloy Wheel Refurbishing from £45 Machine Polishing & Glaze from £100

Colour Code Bumper Resprays from £165 Colour Code Wing Mirror Resprays from £45

Free Collection & Delivery Service Available All prices are plus VAT charged at the prevailing rate

07850 456696

Proprietor Paul Beaver, Grey Crescent, Newtown Linford

## Foot Repairs



Home Service
Professional Foot Care

Alistair Watt

Corns, calluses, ingrown and fungal nail problems, cracked heels and verrucae

A Friendly, reliable, genuinely local service Service with a smile GUARANTEED

180 Main Street, Markfield Tel 01530 243009 & 07802 777221



## **Hard Floor Restoration**

All Tiled Surfaces Repaired
Cleaned, Polished
& Sealed

Qualified Tiler Established 2004

Free Demonstration & Quotation
Call Andrew

07838 155153

65 Station Road Glenfield

Facebook Page ajbceramics www.ajbceramics.co.uk

## Cook's Farm Shop & Country Supplies

Markfield Lane, Newtown Linford, Leics, LE6 0AB 01530 242214 - www.cooksfarmshop.co.uk







Beef – Pork – Lamb – Chicken Sausage – Bacon – Ham – etc Brocklebys Pies –Fresh Farm Eggs Clarkes Ready Meals – Potatoes Fresh Fruit & Veg – Butter Cheese – Milk – etc. \*Pickles – Preserves & Chutneys\*



Coal - Logs Kindling -Firelighters



🌉 🔤 🏬 🍪

Wild Bird Mixes – Niger Seed – Peanuts – Sunflower Hearts Animal Feeds and lots, lots more!

Visit our website: www.cooksfarmshop.co.uk

Open: Monday to Friday 9am to 5.30pm - Saturday 9am to 5pm - Sunday 10am - 1pm



### **Newtown Linford Gardening Club**

We had a most entertaining evening in September when Julie Attard from the National Forest came to speak to us. We were surprised to discover that much of the forest is on privately owned land and that the National Forest organisation is prohibited from owning huge tracts of land. We also learnt that there is much more to the project than planting trees and that they have constructed Visitor Centres such as Conkers, developed walking and cycle paths and promoted the education idea of Forest School which has been adopted by many schools. The level of interest shown was evident by the large number of questions which followed the talk.

Our year will end with our traditional Christmas party at the Linford and then we can look back on a very successful year, having heard some wonderful speakers whose reputations are nation-wide, visited some memorable gardens and enjoyed two splendid parties.

Anyone interested in our activities can contact the Scretary (tel. 242452) or e-mail us at <a href="mailto:32couling@gmail.com">32couling@gmail.com</a>, or else come along to one of our meetings as a visitor (£3). If you would like a copy of our programme for the coming year, we will be pleased to send one to you.

## **Anne and David Couling**



# **BRADGATE TEAM SUNDAY SERVICES December 2019**

DATE	GLENFIELD	NEWTOWN LINFORD		
3rd November	8.30am Holy Communion (RT)			
All Saints	9.00am Breakfast Church (RT)	10.30am Holy Communion (SA)		
	6.30pm Compline (GS)	4.30pm Memorial Service (RT/SA)		
10th		8.00am Holy Communion (FT)		
November Remembrance Sunday	10.15am Remembrance (RT)	10.50am Remembrance Service (FT)		
	6.30pm Holy Communion (RT)			
17th	8.30am Holy Communion (RT)			
November  2nd Sunday Before Advent	10.15am Service of the Word (BH)	10.30am Holy Communion (RT)		
	4.00 pm Messy Church			
24th		8.00am Holy Communion (RT)		
November Christ the King	10.15am Holy Communion (PH)	10.30am All Age Service (SA)		
Ciriot the King	5.00pm Group Songs of Praise <b>at Anstey</b>	5.00pm Group Songs of Praise <b>at Anstey</b>		

MIDWEEK COMMUNION SERVICES—NOVEMBER 2019									
GLENFIELD	Wed	10.45am	6th	13th	20th	23rd	27th		
NEWTOWN LIN- FORD	Thur	10.30am	7th						



## CHURCH REGISTER, NEWTOWN LINFORD







#### BAPTISMS

22 September — Imogen Spillane

We welcome her into the church family

FUNERALS

None



#### **Church Contact Details**

Richard Trethewey

Rector of St Peter's, Glenfield, and All Saints, Newtown Linford 0116 287 1604 Email: richard@stpetersandallsaints.org.uk

Church Wardens: Jane Woolmer, Michelle Petty

Parish Office: Hayley Moore (9.30 - 11.30am weekdays)

0116 239 3768 Email: ; office@bradgatechurches.org.uk

Please note new email address for the office

Regular Events - Bell ringer's practice: Monday 8pm

Website: www.allsaintsnewtownlinford.org.uk

### **Operation Christmas Child**

If you'd like to put together a shoebox of presents for a child this Christmas, boxes and instructions can be picked up from the Church soon and will be collected between 11-18 November. For more details look online at last months Magazine on the village website or Google Operation Christmas Child for items that can go into your shoe box.

## Saturday 9 November: Benefice trip to Lincoln

With disappointment, this trip has had to be cancelled due to low numbers. Any tickets sold are being refunded. Alternative plans to bring members of the Benefice's two parishes together are being made, and the trip may now go ahead in late spring/summer of 2020.

## Some dates for your diary:

Sun 3rd November – Service of Remembering with Thanksgiving, 4pm Our Annual Service, to which all those whose loved ones' funerals have been held at All Saints' this year are invited. Everyone is welcome to attend to remember a loss, whether recent or not.

#### **Jolly Tots**

## New term starts on Thursday 5 September 2019.

All pre-school children and their parents or carers are welcome to Jolly Tots, All Saints' Weekly Playgroup. It runs on a Thursday morning from 9.15am to about 11am with toys, crafts, stories and songs (not forgetting coffee and cakes and a chance to chat for grown-ups).

Who for: Babies up to reception age (4 years old) and their associated adults

How much: £1.50 for the first child and 50p for all extra children

Activities: Toys to suit all ages / baby area / craft table

Food and drink: Hot or cold drink and biscuits for adults. Cold drink for children and snacks are provided for at the table from 10:15am

Morning timetable: Craft table 9:15am - 10:30am, Snack time 10:15am, Toy pack up 10:45am, Singing/story time 10:45am







## MacMillan Coffee Morning in the Village Hall last month. £300 raised



# E.W. Goddard & Sons

(Established 1970)

# QUALIFIED PLUMBERS Bathroom and Tiling Specialists

## All Building Work and Renovation

\*\*\*\*\*

305 Markfield Lane Markfield LE67 9PR

Telephone 01530 245316 or 0116 2311672 07961 319908 or 07961 319907

## **MARTIN ALLEN**

## FLOORING & FRENCH POLISHING

YOUR LOCAL FLOORING SPECIALIST.

All timber floors laid

All existing timber floors sanded and refinished

Any colour or finish

Free quotations - Call Martin. 0116 2165107 martin@martinallen.co.uk



# Professional carpet & upholstery cleaning and repair services

- Curtains cleaned in situ
- ◆ Expert spot & stain removal
- ♦ Guaranteed 5 year anti-stain policy
- ♦ Hand finishing of swags & tails
- Mattresses deep cleaned
- Pest control, unpleasant or destructive pests removed

Telephone 0800 328 2927

www.safeclean.co.uk

PRIVATE AND COMMERCIAL

INTERIOR / EXTERIOR

## A.B. SHERRIFF

**Established 1988** 

# PAINTER & DECORATOR

42 BRADGATE DRIVE WIGSTON, LEICESTER

Telephone 0116 288 1048 Mobile: 07719 366 569

## 'Dem Bones, 'Dem Bones, 'Dem Brittle Bones

It's now common knowledge that our bones lose their density becoming weaker and more brittle as we age. This condition is known as Osteoporosis. Affecting more women than men, reasons for this include having smaller skeletal bones, loss of oestrogen during and post menopause just to name a couple. In fact, it is now thought that up to 1 in 2 women after the age of 50 will break a bone due to developing Osteoporosis. As we age, we also lose our muscle mass to the point that when we reach around 70 years of age, a lot of women have lost over 50 % of their muscle mass, which also protects our bones. Please note, that whilst I'm discussing more effects on women, Osteoporosis also affects men, particularly those who've had a sedentary lifestyle so this article does pertain to all.

Weight bearing workouts are a good start if you are not used to exercise. Standing is itself a weight bearing exercise on the skeleton. Start off with some walks, increasing your distance every day. When you feel stronger, adding an exercise such as star jumps can take it up to the level. Other weight bearing workouts include jogging, racket sports and dancing. Resistance training is KEY to help keep this condition at bay and actually help to build bone density back up. Primarily it's ideal to start working on the hips and back as they can be a very vulnerable part of the skeleton and are most at risk for Osteo related fractures. Don't think for one second that you have to start throwing some heavy weights around a gym. You can start off slowly, even using your body's own weight to begin with. The key is consistency and giving yourself time 2-3 times a week to work on this type of training. Muscles get lax after about 6 weeks of the same routine and this is the time to start incorporating some weights and resistance bands into your routine. And ladies, please note that you will not develop large muscles from this type of workout. Most women have nowhere near the amount of testosterone required for Schwarzenegger sized muscles! Along with resistance training, you should also incorporate balance work. You will find the two go well together as increasing your muscle mass and strengthening your bones will also increase your ability to balance more effectively. Of course, good nutrition plays a role in bone health. Calcium and Vitamin D can greatly support the health of your skeleton. If you decide to take a calcium supplement and you take other medications, make sure to check what time to take the calcium supplement as it can affect the way your other medications work.

If you have any further questions, please email me – <u>Forestfitstudio@gmail.com</u>

Have a lovely month

Jacqui x

## A warm welcome for everyone at



66 Main Speet, Newtown Linford Tel: 01550 244012 their ford, co.uk



- Free Function Room Hire\* 12
- 20 Pool Table & Dart Board
- Free Pool Tuesday (members) 3
- Quiz every Wednesday 3
- 17 Free WiFi
- Large car park 12

\*When booked with bar

£1 off all draught beers Tuesday, Thursday & Friday 6pm - 7pm

Bar staff required, experience preferred. Please phone, email or call in. 01530 244012 newtownlinfordclub@gmail.com





















#### **Brownies**

After the summer holidays, the brownies went to Twin Lakes as our brownie tradition.

Once we had arrived, we headed straight for our favourite ride (the Gruffalo) We had to go with a partner. I went with Sophie. We carried on with the fun by going on a couple more rides.

After that, we went to the Labyrinth to eat our lunch and go to the giant play park as well as playing games.

After that, we went to the pirate ship and got wet with the log flume.

Finally, we went to the gift shop and bought some sweets and gifts.

Alice, Age 10





## Can you do your bit for our Village Hall?

Most people agree that we have a fine Village Hall, which has an important role in Village life. The building is owned by Everards who have granted a lease to the Parish Council, which pays the rent. The activities of the Hall are managed by the Village Hall Committee. This presently comprises 9 volun-



teers, drawn from village organisations and anyone who has an interest in village matters. Many of the Committee Members have been involved for more years than they would ideally like, and are very keen to find some new people to join in and help the Hall remain a successful and popular facility into the future.

Please think seriously about whether you can help. You choose whether your help is a modest time input (e.g. attending 4 weekday evening meetings per year to contribute to setting priorities and sorting issues) or a larger input (e.g. organising a social function). If you would like to know more then please speak with a Committee Member - names below.

Another brilliant way of helping the Hall is to hire it for a celebration party, wedding or other event, whether personal or corporate. Recently the Hall has been particularly popular for children's birthday parties, but has also seen weddings, craft sales, lectures and exhibitions. The main hall and the small hall can be hired together, or separately.

In connection with hirings;

- 1.Please contact Pat Wood 01530 242251, davidpat.wood@talktalk.net for all information.
- 2. We have a wonderful caretaker, Martyn Wormleighton, who can advise and help with the practical issues like keys, set-up arrangements, and clear-up.

## Charnwood....we have you covered



## **SELLING?**

Accompanied viewings Open 7 days a week Free KPC and Floorplan Specialists in probate valuations

Vendor care and sales progression negotiator

Weekly regular updates

## **LETTING?**

Full Management for 8% plus VAT.

All properties advertised with a Floor Flan, no additional charges.

We don't add a "Service Charge" to Contractor/Third Party Invoices, you get charged what the contractor charges us.

We do not charge a "Set Up", "Tenant Find" or "Renewal" fee under our Full Management Service.

#### ARRANGE YOUR FREE SALES/LETTINGS VALUATION BY CALLING

Anstey Office 15 The Nook, Anstey LE7 7AZ Barrow upon Soar office 5 High Street, Barrow upon Soar LE12 SPY

0116 235 3009

01509 274474

- 3. Our hire charges are based on the need to break even. We have to cover all of our running costs, the main ones being caretaking, utilities, repair and maintenance, insurance. We have standard charges for various events, which are applied impartially to all village hirers.
- 4. The hall also benefits from having a licensed bar. This is run by 2 people on behalf of the Committee, to ensure that we meet the conditions laid down by Everards. They stock the bar and serve all drinks. They also clear and wash all glasses and dispose of empties leaving the hirer free to focus on enjoying the main event.

Current committee members :- Toby Manning (Chairman), Janet Brunton (Secretary), Caroline Brewster, Charlotte Jackson, John Nixon, Sue Pritchard, Peter Rose (Treasurer), Peter Upton, Pat Wood (Bookings Secretary)



## Newtown Linford Neighbourhood Watch - A member of the Parish Council



Have you heard of Neighbourhood Link? If not, Neighbourhood Link is a community messaging service from Leicestershire Police, that provides news and information about policing activity or initiatives, crime prevention advice, as well as major incidents affecting our area.

I signed up a few weeks ago and the updates I have received via email, have been both relevant and informative. You can also view crime statistics for the Village using their new crime map (I'm pleased to say crime levels in Newtown Linford continue to remain low).

As your NHW Coordinator, I urge residents to sign up to this free service. To register, go to <a href="https://www.leics.police.uk">www.leics.police.uk</a> and then 'Neighbourhood Link'.

At a recent District Meeting for Parish Clerks, I met Inspector Mark Botte who advised that crime levels are reducing throughout Charnwood, which is great news. In rural areas, their key priorities are currently Speeding, Antisocial Behaviour and Vehicle Crime.

In the last month, I have also met with PCSOs Ali Cochrane and Mitch

Jarvis. We discussed partnership working, future beat surgery dates and parking issues that many of you continue to experience.

I have asked them if they can have a presence in the Village when possible, particularly at school drop off and collection times, to try and tackle the issue of 'Unnecessary Obstruction', whereby residents have cars blocking their driveways and dropped kerbs. Even for a few minutes, it is an offence and can be frustrating for the residents whose access is blocked.

Ali and Mitch have also kindly given us a supply of UV Permanent Marker Pens, which can be used to postcode your valuables such as electrical goods. Post-coded items are more easily identifiable should they be traced following a burglary.

I also have a supply of Personal Attack Alarms, 'No items of value are left in this car' signs and the Halloween 'Welcome' and 'No Thanks' posters. All of the above items with the exception of the alarms, are available for collection from The Bradgate during normal opening hours. As they are intended for residents only, they are not on public display, so please ask a member of staff who will be happy to issue your requested items. If anyone would like an alarm, please email me at the usual address.

Since taking up the position of Clerk and NHW Coordinator, I have received reports of both littering offences and fly-tipping. It is important to never put yourselves in any danger but if you were to witness such an incident, vehicle registration numbers may help to identify the culprits at a later date.

Our next Neighbourhood Policing Team Beat Surgery is planned for 27<sup>th</sup> November 19 between 11 and 12 noon at the Police Box. Please use this service if you have any concerns or policing matters you wish to raise. In the meantime, I will display the Charnwood NPA monthly newsletter on the notice board outside the Village Hall.

If anyone would be interested in forming a proactive NHW group to make our community safer and stronger, please email me at clerk@newtownlinford.org.uk

Stay safe everyone and "Keep 'em peeled".

Best wishes,

Hannah Shaw, Parish Council Clerk. Tel: 01530 249945

Email: <a href="mailto:clerk@newtownlinford.org.uk">clerk@newtownlinford.org.uk</a>
Web: <a href="mailto:www.newtownlinford.org.uk">www.newtownlinford.org.uk</a>



## **Newtown Linford Parish Council**

Serving the people of Newtown Linford

Hello! Well, it's been a busy month again with lots happening within the village.

Firstly, I must address the issue of flooding many of us experienced on Tuesday 1<sup>st</sup> October. The level at which the water rose in locations throughout the village, took us all by surprise. We now know that the river level was recorded at its highest ever level at 2.53m; 0.03m more than in 2007 when the river rose to 2.5m.

Undoubtedly, the amount of rain we had in such a short period of time was the cause, however, it became apparent there were other factors, including drains blocked with debris and the condition of road surfaces. These areas of concern were all reported to LCC Highways on Wednesday 2<sup>nd</sup> October and I'm pleased to report that at the time of writing this, work has already begun and both the drains on Bradgate Road and the issue of debris accumulating at the bottom of Sharpley Hill, have now been resolved. As work continues, I will update you all. The Parish Council are treating the flooding as a priority concern and are in the early stages of investigating what can be done to mitigate future occurrences. We are also supporting residents who suffered significant damage to their property and this will be ongoing.

I have had another wonderful month meeting many more villagers and really appreciate how welcoming everyone has been. Thank you! I'm also thrilled by the feedback I have received regarding the Parish

Council Facebook page. Please continue to like posts, comment on posts and invite fellow residents and associates to join the group.

For those that don't have access to Facebook, I am in the process of restarting the email communications and hope-



### IDC Home Maintenance

## **Painter Decorator and Property Maintenance**

NO JOB TOO SMALL

From changing a light bulb to complete house re-decoration. For all the jobs you need to do but simply don't have time.

For a free quotation please call Ian on:

01530 245461 or 07885 541428 3 The Nook, Markfield, Leicestershire

Web site: www.idchomemaintenance.co.uk Full Tradesman Liability Insurance held fully, by the time you read this, you will have already received an update or two.

Apologies for the delay in getting these out to you. As I am using a different email system, it requires some work in setting up a distribution list and as I have around eighty email addresses to add, the initial set up takes some time.

I am, however, adding 'Latest News' items to the homepage of the website and making good use of the noticeboard outside the village hall. Now, on with the news...

<u>Bob Bown Memorial Field</u> – The new infant swings have now been installed. I hope your little ones have had fun on them already! Football goal nets will be replaced next year and we are looking into having the rotating equipment that was removed a while back, reinstalled. Watch this space!

<u>Churchyard</u> – Tree Warden, Brian, is working with the Church in addressing issues with trees that are in need of attention.

<u>Cemetery</u> – We are currently looking into replanting shrubs within the cemetery extension, along with some new trees.

## Reports -

02/10/19 Blocked drains, Bradgate Road - Completed.

02/10/19 Debris accumulation,

Sharpley Hill - Completed.

02/10/19 Concern for bollards following incident, Main Street – Pending.

02/10/19 Blocked drains, Grey Crescent, Main Street, Markfield Lane – Pending.

02/10/19 Damage to tree, Markfield Lane – Chased.

02/10/19 Debris accumulation to footpath, Markfield Lane – Chased. 02/10/19 Overgrown verge,

Bracken Hill - Chased.

If I can be of any assistance to you, please do not hesitate in contacting me.

Best wishes,
Hannah Shaw
Next Meeting
9th December, 19.15hours
Small Hall in Village Hall

# Weekly Meditation Class



## Wednesday's 6-7pm

Starting 7th August at Ulverscroft Manor, Activity Center, Priory Lane, Markfield, LE67 9PH

Indoor and outdoor practices with nature depending on weather. 1-1 Available.

Contact Leigh - 07764999293 www.ascensionfitness.guru

## **Booking of Village Facilities**

## To book the Village Hall

call Pat Wood on 242251

Consult

## WALTER MILES

(Electrical Engineers) LTD

Est. 1928

For All Your Electrical Requirements LIGHTING, HEATING, POWER, REPAIRS, RENEWALS AND MAINTENANCE

Member of the Electrical Contractors' Association and N.I.C.E.I.C

Marshall House, West Street, Glenfield, LEICESTER, LE3 8DT Office and Works Telephone 0116 287 2400 Fax 0116 287 2552

E-Mail office@waltermiles.com

## **Contributions to Village Magazine**

Can we have your contributions for the **December 2019/January 2020** issue by 15th November 2019 please. Send to the Editor, Carole Heubeck, 5 Grey Crescent, Newtown Linford (01530 244790). newtownvillagemagazine@outlook.com & E-mail heubeck111@btinternet.com

Please could you send any emails to the above email address. If you do not receive an acknowledgement of your email within 3/4 days - please contact Carole, the Editor direct on the above number to check we have received it.

The opinions expressed by the contributors are not necessarily those of the Editors and they reserve the right to amend, shorten or not print any article or advertisement submitted for publication. Whilst every effort has been made to ensure the accuracy of the information printed in this magazine, and advertisements are accepted in good faith, no liability can be accepted for loss, damage or claim of any kind incurred by the reader



# For all of your legal requirements locally

We can help you with the following services:

- Buying & Selling a Property
- Transfers of Ownership
- Re-Mortgages

- Lasting Power of Attorney
- Wills
- Divorce & Separation

For a competitive quote call

0116 2364875

Florence Villa, 5 Leicester Road, Anstey, Leicestershire LE7 7AT Email: info@garrettlongsolicitors.co.uk

www.garrettlongsolicitors.co.uk



## 0116 234 0548

We can take care of every detail, advise and help you on each and every step of the way.

- Qualified Funeral Directors
- Floral Tributes arranged
- Hearse, Limousines and alternatives available
- Monumental Service
- Car parking available

- Online tribute and donation profile
- Catering suite
- Chapels of rest
- Funeral plans available
- 24 hour service





Funeral arrangements can be made in the comfort of your own home if preferred.





Talbott House, Leicester Road, Anstey, Leicester, Leicestershire LE7 7AT Email: talbotthouse@ansteyfunerals.com Website: www.ansteyfunerals.com