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The FREE paper for the community, about the community

November 2014 - Issue No. 206

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December 2014**

**COLOUR ADVERTS
14 November 2014**

**BLACK & WHITE
ADVERTS
18 November 2014**

**EDITORIAL
18 November 2014**

**Publication/Distribution:
9 December 2014**

CARDS FOR GOOD CAUSES LTD



CHRISTMAS SHOP

This year Cards for Good Causes will once again be trading in St Mary's Church, Lutterworth in the run up to Christmas. Opening slightly later in the year than usual on Thursday November 13th, the shop will be open 12noon till 4pm on Monday and 10am till 4pm on Tuesday to Saturday. We will also be open during the Lutterworth Lights Switch On evening on Friday November 28th from 6.30 to 8.30pm.

An extensive range of Christmas cards will be for sale from over 25 different charities including local ones, The Laura Centre, Vista, Myton Hospice and Rainbows. Wrapping paper, tags, Advent calendars, serviettes, ribbons, bags and other fancy goods will also be sold to aid good causes. Staffed by volunteers you are assured a warm welcome from friendly faces. Please support us and help these charities to continue to do their valuable work. Thank you.

Whites Florist Team

I would like to introduce myself and my team. I am Barbara Squire, I have lived in Lutterworth for a very long time and enjoyed a career as a hairdresser, business advisor and I am now the very proud owner of Whites Florist, 18 Church Street, Lutterworth.

With a team of three designers and a combined experience of more than 35 years, we are able to create the perfect gift for every occasion and taste.

My Team is Shirley, Sally and Claire, a trio of very experienced and loyal ladies who reflect their passion for flowers in their beautiful floristry designs.

Emma who has now achieved level 3 Floristry will be starting her Business Admin course soon. Diane is our delivery driver and florist after a change of career. Mary who is starting her career, is working with us to become a fully qualified florist. Not forgetting Cameron my son who helps with deliveries of our beautiful designs and thanks also to son in law Phil for his help with marketing.

The opening of our private consultation room in the basement of our shop is available for appointments to discuss all wedding, funeral or function flowers, also to have time to share ideas with our team of florists. We have space upstairs if unable to use the stairs down to the basement. Please feel free to telephone 01455 552113 and we will book a time to suit you. Visit us at www.whitesflorist.co.uk or like our Facebook page at 'Whites Florist'. "It's all in the detail". See advert left.

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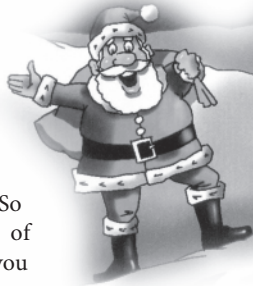
ASTLEY FENCING SAWMILLS

Christmas is coming to Lutterworth

The annual Lutterworth Christmas Lights Switch-On Event is taking place on Friday 28th November, 6 – 8pm and promises to be packed with all the festive fun as in previous years plus much more.

Plans for the evening are taking shape and will include all the Christmas favourites such as Santa's grotto, the fun fair, mulled wine, a hog roast and lots to keep the family entertained including on stage entertainment and the Christmas Lights Switch-On at 7.30pm. All followed by what has become the traditional Fireworks Display!

New for this year, a Christmas Market!! Christmas themed stalls selling a wide range of Christmas gifts and treats will be positioned both in the Town Hall car park and the Co-op / Wood Burner Workshop car park on George Street. So head over to do a spot of Christmas shopping whilst you are enjoying the festivities.



The A426 in Lutterworth will be closed to through traffic from 5 to 9pm. The road will be closed at the north of the town from the junction with Bill Crane Way and to the south from the junction with St Johns Business Park. Local traffic will be diverted around the town centre, with no vehicular movement between the Wood Burner Workshop and Misterton Way.

This will ensure that residents and visitors will be able to enjoy the Christmas Lights event in a safe environment, unhindered by traffic.

Lutterworth Town Council would like to hear from you if you are able to volunteer as a marshal for the evening. We need people with local knowledge so that relevant diversion information can be provided to motorists at the road closure points. For further details or to register your interest in helping out with this fun community event, please contact Lutterworth Town Council on 01455 550225 or email admin@lutterworth.org.uk



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FEET



They Call Me Mellow Yellow

Yellow toenails are usually due to fungal infection in the nails. The fungal infection of the nails is referred to as onychomycosis. The fungal infection of the toenails is more common than that of fingernails. Other than the yellow discolouration, fungal infection of the nails can result in crumbling of the nail edges, pain, thickening of the nails and breaking of the nails.

Although usually not potentially life threatening, yellow toenails are cosmetically disfiguring and have potential to spread locally. Less commonly, fungal toenail infection can cause permanent nail damage or result in spread of infection. This is more likely in conditions with depressed functioning of the immune system (e.g. diabetes mellitus, steroid therapy, organ transplant recipients etc). Hence, immediate treatment is recommended. In winter any unsightly feet are hidden away. If you can't see them no one else can and they may grow out or disappear, no chance!

The winter months are the best time to treat any nail disorder whether thick, yellow, damaged or generally a sorry sight. Sometimes yellow nails can be caused by nail polish and remover...Modern gels stick to the nail so the nail literally suffocates. Nail polisher remover also removes all the natural oils and nutrients and starves the nail. Like an unfed plant in old soil the nail is dying, but all is not lost. Treatment involves restoring the nail to full strength, destroying any fungus thus allowing healthy new nail to grow. However this won't happen overnight and takes many months for the nice new nail to grow. This can't be done with just 'as seen on TV' fungal preparations, the nails need to be prepared, thinned if thickened and professional advice given. It's a team effort.

Start now and in 5-6months you won't have to hide them when the sun comes out.

Mellow yellow or sorry feet - see advert below.

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See advert below.

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Just a Thought...

When you got out of bed this morning, how much effort did it require?

I know that for some people it would have happened only after hitting the 'snooze' button a few times. Lots of others will have eventually got up after a little huffing and puffing (or worse!) after the alarm went off and some of you will have jumped out of bed before even hearing the alarm!

However you did it, I'm willing to bet that once your decision was made, your body just carried out your instructions and suddenly...there you were...out of bed! But, do you realise how many thousands of unconscious muscle and nerve movements, signals and interactions were required to achieve that? All of which were 'automatically' fired into action from a single, conscious, thought! The actual process that your unconscious mind and then body carried out 'automatically' were learned years ago when you were just an infant.

Then of course, you have continued developing lots and lots of other thought patterns that also produce an 'automatic' response. At some point in time maybe the one that says "I hate Mondays"; or "It's raining: another miserable day lies ahead"; or "What's the use? I'm rubbish at anyway"; or possibly, "Fantastic! I'm really looking forward to today", (you fill in the blanks). Whether you were one of those who jumped out of bed this morning before even hearing the alarm or one of those who just about surfaced after the umpteenth attempt, you had an 'automatic' response to your view of what the day ahead would look like: and the day then probably turned out just as you had thought!

Now, how many thoughts do you think you have in a day (no pun intended)? How many of those thoughts are you actually aware of? How many unconscious interactions do you think result from those thoughts...in your mind and your body resulting in pleasure or pain...mentally or physically or both, (have you ever wondered why some people are 'a pain in the neck'? now you know!). Have you ever even thought about how, what and why you routinely think and how many of those thoughts are generated from the automatic responses generated by your previous thoughts and responses, which were based on your previous thoughts, and responses...

When you jump out of bed and have a 'feel good' kind of day, is that deliberate on your part or just a 'lucky' day? When you have the sort of day when you wanted to strangle the alarm clock, was that simply an '(un)lucky' day that you had no control over? Has it ever occurred to you that you can change the way you think and change your life, so as to enjoy many more 'lucky' days, much more frequently, perhaps utilising the natural processes used in hypnotherapy? Just a thought....

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If you have a bad leg and use a walking stick or crutch, which hand do you put it in? Commonly right-handed people just put their walking aid in their right hand regardless of which is their bad leg. People issued two crutches progress themselves to one and often put it on the same side as the bad leg to lean on it and end up walking like Herr Flick in Allo Allo! You should always use the aid in the OPPOSITE hand to your bad leg. This takes the weight off the bad leg and enables you to walk with a 'reciprocal' pattern. If you look at people walking normally or marching they swing the opposite arm forward whilst stepping with the opposite leg.

An important phase of gait is heel-toe. Your heel should strike the floor first then your weight rolls forwards onto your toes which are the last to leave the floor as you step again. This rolling action gets the muscle pump in your calf to work. Hence if you are walking incorrectly your feet and ankles are frequently swollen.

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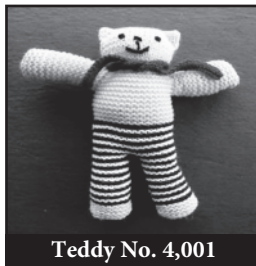
Lutterworth Rotary Club Knitted Teddies

Good News - We have now reached the 4,000 knitted teddy mark and exceeded it thanks to lots of knitters and distributors. Since a small advert in a Church Magazine back in November 2011 asking for teddies to be knitted for children in disaster areas of the world or in trauma, 4,172 teddies have been distributed to 29 different countries by many individuals and organisations.

Teddies have been knitted by groups and people knitting alone. It is amazing to see photos of so many children bonding with the teddies and a special thank you to all near and far who have made this project so worthwhile.

The latest batch is going to (Love in a Box) organised by Browns Health & Safety of Lutterworth and will be distributed in Eastern Europe orphanages in Moldova and Ukraine. Others are on their way to Mumbai and hopefully Haiti and one hundred are being sent to Wirksworth for inclusion in Rotary Aquaboxes.

Knitted Teddies have been sent to: Australia; Chile; Denmark; Easter Island; England; Ethiopia; Ghana; Goa; Kenya; Malawi; Moldavia; Mumbai; New Zealand; Northern Ireland; Peru; Portugal; Romania; Scotland; Sierra Leone; South Africa; Syria; Taiwan; Tanzania; Turkey; Ukraine; USA & Vietnam. Thank You!



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Ali Baba & the forty Thieves

This year's seasonal production from Wycliffe Drama Group is 'Ali Baba and the Forty Thieves' by Ben Crocker. In sunny Baghdad we meet our principal boy, Ali Baba, who is down on his luck and in love with our principal girl, the lovely Safiya who is a slave girl in Ali's brother's household. Ali's luck changes when he stumbles across a magnificent cave of treasures, but as you'd expect, the villainous Sheikh Mustafa Leikh and his band of incompetent forty thieves are waiting in the wings ready to scupper Ali's plans and receive plenty of boos along the way!

So come and join the Baba family and friends (including Kamil, the dancing camel and Mum Baba, our beloved dame) through the twists and turns of a great story as they head towards the inevitable happy ending. With plenty of songs to sing along to, dances from Helen Warrington's dancers, plenty of chances for audience participation and of course, laugh out loud moments galore, this is a show not to be missed!

Thursday 22nd, Friday 23rd & Saturday 24th January 2015 at Lutterworth College, 7.30pm each evening with a matinee on the Saturday at 2.30pm. Tickets £6 conc, £8 adults, family of four £25 and family of five £30 and are available from Box Office on 07913 880663 or Aspect Stationers, Church Street, Lutterworth.

For more information please visit wycliffedramagroup.blogspot.co.uk

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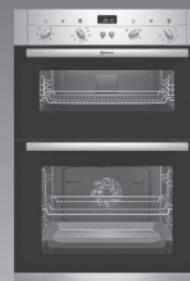
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Preparing to Make a Splash

Saturday November 15th will see the eleventh Swimfest at the Lutterworth Sports Centre. Organised by the Rotary Club of Lutterworth Wycliffe, the previous ten Swimfests have raised more than £42,000 for local charities and good causes.

Swimming will start at 4pm and finish at 8pm. Swimfest Coordinator, Roger May says, "We are all set to make a splash for cash for charities including the Lutterworth First Responders, the Alzheimer's Society and Leicestershire Life Education. Many school teams are also raising money for projects within their schools. Rotary is always happy to help children help themselves. We have just a few lanes left".

Entry forms are available from the Rotary display at the Sports Centre, from Roger May on 01455 554639, email roger.may75@btinternet.com or downloadable at www.lwrotary.uk

Inner Wheel Club of Lutterworth continues to support Rainbows Children's Hospice this year



After completion of our 'Wheels' project to commemorate the 90 years of Inner Wheel, four Inner Wheel Clubs, including ourselves, contributed to the tactile train mounted on a corridor wall at Rainbows Hospice. We also contributed towards the refurbishment of a bed settee used by visiting parents.

There was a further visit by President Sue Wilson and members who were also impressed by the high level of décor and maintenance there, and by the enthusiasm and commitment of the staff.

Apparently Rainbows covers the whole of East Midlands serving over three hundred children and their families with running costs of between four to five million pounds per annum. With fourteen wonderfully equipped rooms, a heated pool, play areas, computer rooms and a garden, this is truly a great credit to all who have supported Rainbows through the year.

Our coffee morning at the Town Hall will take place on Thursday 13th November 9am to 12pm.

Lutterworth Speakers Club

More competition success has come our way with the club winning for the second year in a row the Area 'Chatterbox' team competition. Allan Heggis, Margaret Baldwin and Maggie Barlow did a 10 minute presentation on 'Circles and Squares' and taking entertainment as a sub-theme talked about the O2 Arena (the circle) and Madison Square Gardens, linking the two with a imaginary human cannonball fired across the Atlantic.

Two club members have entertained and informed us this season with fascinating illustrated talks. David Hanger talked about the Midland rail line from Nottingham down to Rugby. Margaret Baldwin's pictures were somewhat brighter in colour, as she described the weeks she spent this summer in Fiji, teaching Scuba diving to young folk.

We continue with topics fun - Room 101 for the things we hate, (certain politicians, normally out of bounds as a subject were touched on here) and more recently an experiment in creating words from specified groups of letters and building a story round those words - unusual and challenging.

We welcome new members and guests. We meet 1st and 3rd Mondays of the month, September - May at the Greyhound Inn, Lutterworth, 7.30 - 9.30. Drop in or call Maggie Barlow on 01455 207774 for more information.

Lutterworth Santa Fun Run

Both Lutterworth Rotary and Lutterworth Wycliffe are looking forward to running their 6th Santa Fun Run around the town on Sunday 30th November.

This year there will be 2 routes of approximately 4 and 5.7 km which will start at 11am from Lutterworth College.

Entry forms may be obtained from numerous locations across the district or by entering on line via our website - santafunrun.org.uk

The two clubs will be sponsoring Air Ambulance (Derby, Leics. and Rutland) - Coping with Cancer (Leics and Rutland) - Samaritans (Leics.) - Lutterworth Community Responders - Lutterworth Town Mayor's Appeal - Rotary Charities who will be the beneficiaries.

Our thanks must go to our Sponsors (listed below in advert) who have allowed us to maintain the cost of entry at the same level as it was when we first ran the event some 5 years ago.

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Talking Computers

Free isn't necessarily good

These days, it's very easy for something to appear on your computer that you didn't want or install in the first place. You may even get something that you have never even heard of before!

There are people who are now using legitimate software in a way that is not actually illegal, but in a way that is unwanted or even immoral to get information about you, feed you adverts and much more. Typical examples are so-called PC optimisation programs that appear on your desktop or you may find that the Google search engine has gone and another replacing it, showing adverts.

These things can be installed because some web pages are designed to hide a suspect download, such as putting a 'download' button in such a place that it looks like you are downloading something else entirely. Another way is by having a tick box placed somewhere on the page and you have to 'untick' it to refuse the download, rather than the other way around.

A completely legitimate program that has a download page that offers you an additional free download is Adobe Reader, but they make it obvious that you have a choice, put the tick box in clear view and you can choose to not have the free download if you wish. There are others that are not so transparent.

What can you do? Apart from a good antivirus security program and being careful with emails, you also need to take extra care when clicking on any links on website pages or downloading something - it's easy to get something that you didn't want.

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WYCLIFFE LUTTERWORTH U3A The Russian Invasion of Czechoslovakia - an eyewitness account

In 1968, Bob Howes was working for English Electric installing a new computer system in a steel works in the industrial city of Ostrava, near the mountainous Polish border. The view from his austere hotel bedroom was of a grim city whose factories had grown from its proximity to coal deposits.

One day, travelling along the Military Road to a small village, he was surprised to find heavily armed soldiers on an exercise. A while later on waking, he saw tank tracks outside his hotel. The huge tanks were sent in to reaffirm to the West that Eastern Europeans remained oppressed. Russian was taught in school so even the children were able to converse with the soldiers. Communist controlled Czechoslovakia was surrounded by other Russian influenced countries.

Dubcek tried to liberalise the regime and embarked on a programme of reform that included amendments to the Constitution of Czechoslovakia, which would have brought back a degree of democracy and greater personal freedom. He was a major protagonist in the 'Prague Spring'. Although Bob experienced no violence in Ostrava, Prague became a dangerous city, so in a three car convoy he drove to Vienna where journalists at his hotel clamoured for information. He was even mentioned in a Daily Telegraph report. Eventually using his multiple work visa, he returned home with little difficulty. Having returned later to complete his computer assignment he was shocked to be recalled to Britain with only a day's notice. An in depth debriefing from Special Branch followed, looking to extract any information concerning Nic Prager, who was accused of spying for Czechoslovakia and later held in Wakefield Prison.

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Veteran James Duplock returns to Arnhem after 70 years

I have known Jim Duplock for over 8 years now and last year he told me he was going to the 70th Commemoration of Arnhem 2014. When I asked him, "How are you going to get there Jim?" He replied, "I don't know". After giving it some consideration I mentioned it to my husband Jerome and asked him if we could take Jim. Feeling a little daunted we however took the task on and I set to work, little did we know what a wonderful experience lay ahead.

Through the Arnhem Fellowship I was put in touch with Mr Gerrit Pijpers OBE who unknown to us had actually written a book on the 11th Battalion. He was thrilled to hear of another surviving para. Gerrit managed to visit Jim last October here in Lutterworth, it was then I was given information on other contacts, Lydia Hendriksen from 'Lest We Forget Foundation' very kindly sorted Jim with accommodation in the 'Overdal' Care Home in Oosterbeek. With the accommodation sorted our next problem was transport. After a phone call to John Warren at the Community Volunteer Centre he was only too happy to help. The hiring of the community link-chair vehicle was fundamental for our trip, with easy access for Jim's motorised buggy.

We set off on Thursday 18th September a 10 hour journey, a breeze for a 94 year old!! throughout the whole weekend the people of Arnhem showed their enormous appreciation towards the veterans, it was an incredible experience. Jim was fortunate enough to meet up with two former veterans from his own Battalion. It was an emotional time for Jim as his ultimate aims were to lay a wreath in memory of his fallen comrades and to visit the place where he was captured by the SS. We had very little to go by but not only did we find the old school where he was captured along with 8 of his comrades in the school play ground, we were invited in for tea and biscuits by the current owners.

On behalf of Jim he would like to thank all those who contributed to his trip, The Lions, Rotary Club, Inspire, The Freemasons, Round table, The Four Seasons and our private donators without the help from these local community groups it would not have been possible. This was an emotional journey, one that my husband and I feel extremely privileged and honoured to have been part of with Jim, who at the young age of 24 jumped from a plane into a strange country to risk his life for people he had never met. **We should salute all our soldiers past and present.**

Alison Anderton



Lutterworth Probus Club

The October meeting on 15th was our annual Ladies Lunch which we held at Lutterworth Golf Club. It proved to be a very happy occasion, the weather being kind to us giving a backdrop of autumn colours.

We were fortunate to be joined by eight past member's wives which ensured that the distaff side were in the ascendancy. We all enjoyed a good meal with much lively conversation. Our President Maurice Howell gave a short address saying how we had enjoyed the company of the ladies, that we had had a busy year and were looking forward to the AGM next month. Although sadly we had lost some members we had nevertheless gained five new members and looked forward to others coming to join us.

If you are interested in joining, please contact our Secretary Philip Frost 01455 202322 or by email philip.frost119@btinternet.com

BLABY BOWLS

The last league of the season has finally been resolved. Trying to make it 3 times in as many years as champions, our ladies triples side could only muster 3rd place behind 1st place Birstall. The green has now been put to bed after its usual autumn dressing. Nonetheless winter activities at the club are just beginning with crib in the Leicester league on Wednesdays and table skittles in the internal league on Fridays.

Daytime activities include Soup 'n' Sweet on November 4th and December 2nd at 12.30 and coffee mornings on December 4th and January 8th at 10am. November also see both AGMs, the ladies on Thursday 6th at 10am and the mens at 7-30 on Thursday 20th. With the 2014 season now finished, we are looking for new recruits for 2015. Whether you are male or female, experienced or a complete novice you can come and visit the club on any of the above dates and see our facilities or just give Keith Smith a ring on 0116 291 6116 who will arrange a visit for you. The usual Christmas Bingo will take place in December and I shall give you the date in the next issue.

Neil Green Catering

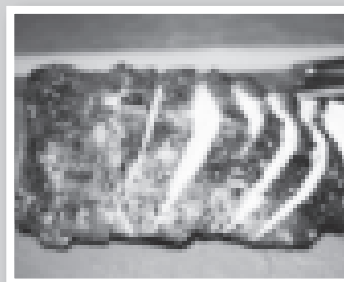
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- salt to taste
- ground black pepper to taste



Preparation Method:

1. Preheat the oven to 180°C / gas mark 4.
2. Stir together the honey, mustard, vinegar, soy sauce, salt and pepper in a small bowl. Place pork in a roasting tin. Spread glaze evenly over pork roast.
3. Roast in the preheated oven uncovered, until internal temperature measured with a meat thermometer reaches 70 degrees C, about 1 hour. Remove from oven and let rest for approximately 10 minutes before slicing to serve.

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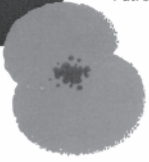
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Poppy Appeal and Remembrance Day

Just a reminder that Lutterworth & District Branch of the Royal British Legion has now finalised its preparations for this year's Poppy Appeal and Remembrance Day.

On Sunday 9th November, the parade will muster in Morrisons car park at 10am ready to march off at 10.15am. The procession will turn left onto Bitteswell Road, into George Street and then turn right onto Market Street. It will then turn right into Church Street and dismiss in Church Gate, before entering St Mary's Church for the Remembrance Day service. As in previous years the service will be relayed to the Memorial Gardens for those unable to attend Church.

On completion of the service, all present will make their way to the War Memorial for the wreath laying ceremony. After all the wreaths are laid, the parade will re-form and march along George Street to the Wycliffe Rooms, where it will dismiss between there and the library. Lutterworth Club has very kindly allowed us to use their facilities for refreshments afterwards and all are invited to join us.

If anyone is interested in helping us to marshal this year's parade, please contact Dick Stilgoe on 01455 284649 to register.

On Tuesday 11th November we will be holding a two minute silence in the Memorial Gardens at 11am. We welcome all to join us for this annual commemoration.

*Alan Richardson - Branch Secretary
Lutterworth RBL*

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Brand new stock will be arriving each week and with Christmas coming up you should pop in before heading to Rugby or Fosse Park, we might save you the fuel cost and you can pick up a stamp with our loyalty voucher scheme! We're open every Sunday in December too from 10am -3pm.

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End of an Era

I was born and bred in Lutterworth and I am still a serving Police Officer in the town. It is with great sadness that Lutterworth Police Station is to close after over 150 years. This was the oldest purpose built Police Station in England and has been an historical feature of Lutterworth since 1843, although not a favourite haunt for all of our community!

Although the doors have now closed there is still a small contingent of Officers in Lutterworth and I am honoured to remain as your local Beat Officer with support from my colleagues.

On a different note, it is a timely reminder that with the weather changing and frosty and foggy mornings fast approaching, please do not leave your car on the drive with the engine running. Every year criminals travel to Leicestershire to commit vehicle theft. Don't make it easy for them. Insurance companies will not pay out so this could be very costly.

Also, in the fog please put your lights on main beam so others can see you. Please don't be a statistic.

Next beat surgery with PCSO Laura Bolton is on the 14th November between 10.30am and 12.30pm at the Lutterworth Library.

David - Police Constable 1291 David Sharpe

Broughton Astley W.I. Sarah and Andy Ringrose of Ringrose Butchers, Broughton Astley came along to tell us about sausage making and to give a demonstration of how it is done professionally. Sausages have been popular for centuries and were favourites with Roman soldiers. In 2010 in the UK 180,000 tons of sausages were sold and 5 million people daily were eating sausages.

Pork sausages are made up of 75% meat content and the balance of the recipe is made up of water, seasonings – salt, pepper and spices, a binder – rusk or breadcrumbs and a tiny amount of preservative to give the customer three days to 'use by'. A small amount of meat fat is needed to give moisture and succulence and breadcrumbs give a softer mix. A selection of herbs such as sage or marjoram, vegetables such as onion or leek and fruits such as apple or cranberry can be added to make a wide range of speciality varieties. Natural skin made from animal gut is preferable and Andy advised us not to prick the skins as this will result in the loss of moisture. Andy then demonstrated how the sausage skins are filled then linked and made it look very easy! Several ladies had a go and they all made very good attempts. Sarah had cooked some sausages in readiness and we all enjoyed sampling the delicious fare.

2014 is the Centenary of the WI and a baton containing information and a selection of photographs from around the country has been travelling around all the Federations. On the 8th October ladies from the Leicestershire and Rutland Federation met at Foxton Locks for the baton to be passed over to the Huntingdon and Peterborough Federation and despite the showery morning many Institutes met and made a human chain with decorated bunting, which stretched from the bottom lock to way past the top lock, passing the baton from hand to hand. A visit to Rockingham Castle for a 'Victorian Christmas' event is being planned, the Long Alley Skittles team has started well and we continue our monthly craft afternoons. The November meeting is our AGM which will be followed by a demonstration on present wrapping. Visitors are always welcome to join one of our meetings at 7.30pm on the second Tuesday of the month at Broughton Astley Village Hall to see what our friendly group has to offer. For more information contact Fran Marsland on 01455 282118.

Creative Art Group's Annual Exhibition

The Creative Art Group which meets in Frolesworth will be holding its 16th Annual Art Exhibition at Ashby Parva Village Hall on Saturday 15th & Sunday 16th November from 10am - 4pm each day.

The 23 talented artists staging the event are hoping that as many people as possible will come along to view over 100 paintings, enjoy the exhibition, meet some of our very friendly members and vote for your favourite painting in the show. Last year's favourite 'Mr & Mrs' was won by Michelle Leche. Refreshments are available and a raffle consisting of a Christmas Hamper, a painting and Christmas spirit prizes will be there.

There is something to suit everyone's taste and a chance to buy an original Christmas present. As well as paintings for sale there will also be original watercolour greetings cards made by members to be sold for our chosen charities. This year we are supporting the League of Friends of the Lutterworth Cottage Hospital and Leicester's Street Pastors.

This is always a very popular event so please don't miss it. Lynn Wood (founder member)

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LUTTERWORTH U3A

Amongst our 300 members we have many special people. One member stands out however for all he does for others: he devotes himself not only to his village community in Claybrooke Magna but fund raising for several charities. Recently he completed the Great North Run, an event that he has supported for many years and which he plans to enter again next year to be followed a week later with another half marathon in Edinburgh.

Brian Fowler's most recent endeavour was to run the 100 miles of The Peddars Way in Norfolk over eight days in the process raising over £1,000 for Rainbows Children's Hospice. Some days he saw only one man and his dog so to undertake such an arduous trial is very different from being encouraged along the route as are runners in major half marathons. We are very proud of him.

If you are interested in joining Lutterworth U3A please contact Alan Shean on 01455 283512. We have a wide variety of interest groups and loads of fun. A simple telephone call could change your life forever.

LUTTERWORTH COLLEGE STUDENT RAISES £550 FOR MENTAL ILLNESS CHARITY

Lutterworth College student, Emily Green, aged 17 has been supporting mental health charity Rethink, in a week long schedule of fundraising locally.

Emily, who is a year 13 student in her final year of A levels raised over £550 for the national charity Rethink for a cause close to her heart. Emily commented, "I am a supporter of Rethink because I have a number of very close friends who suffer from mental illnesses. 1 in 4 people in the UK suffer from mental illness and I feel it is really important to be able to both raise money for the charity and also help to raise awareness, reduce the stigma of mental illness and give a voice to those suffering".

Emily raised funds at Lutterworth College recently by using a live video broadcast watched by all staff and students in school as well as presenting to 8 assemblies, passing the key messages on about mental illness and the importance of the work of charities such as Rethink who support sufferers. Emily collected donations made by staff and students in school as well as from her colleagues and customers from her part-time job at The Garden Barn in Cotesbach.

Executive Principal of The Lutterworth Academies Trust, Andrew Cooper commented, "We are so proud of Emily for showing leadership by raising awareness of mental illness and for doing so well with her fundraising!"

PICTURE: Staff and students from Lutterworth College. Emily Green, front row third from left.



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ULLESTHORPE W.I.

The October Meeting was most informative and entertaining as Jo Carter, a costumed guide at Calke Abbey, portrayed the life of a Victorian Lady's Maid. Much reference was made to 'Downton Abbey' to set the scene.

The language of the fan was outlined and that together with the flutter of eyelashes could prove to be more seductive than a jerk of the thumb! Members were given fans to act out various situations.



Jo's talk was fun and gossipy as she recounted the secrets of her work and the aristocratic ladies who would have employed her in the mid nineteenth century.

She graphically described the agonies of the steel stays worn to ensure the desired 18" waist which prevented the wearer from eating and gradually displaced all internal organs. None of the members present could boast an 18" waist, but could all dress themselves and didn't have to send their husbands a note to say that corsets had been removed and that they could be entertained in three months time when the internal organs had settled into their correct positions!

Jo was thanked for her talk by President, Clare Robertson Smith and the competition for an item that could belong to a Victorian Lady was won by June Whiting.

Earlier in the month Ullesthorpe WI won their first Long Alley Skittles match against a team from Leire and Dunton Bassett. They will now be matched against Loddington in the next round.



The WI Centenary Baton is currently visiting each county federation in preparation for the Centenary AGM next year in the Albert Hall. On October 8th Leicestershire & Rutland received the baton from Northamptonshire at Foxton Locks. WI groups including Ullesthorpe each made bunting to line the flight of locks and the baton was passed from end to end. It was a memorable and colourful event.

The next meeting will be the AGM in the Memorial Hall at 1.45pm and any new members may join and enjoy 14 months for the price of 12. Enquiries may be made on 01455 202499.



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The Lutterworth Art & Craft Exhibition

Although the August exhibition began quietly on the Thursday, by Saturday afternoon we had had 300+ visitors and raised £630 which was shared equally by the United Reformed Church and the Alzheimer's Society - another very successful event.

A big thank you goes to all who helped and supported this event. *Lynn Wood*

A Mega Sale of new and nearly new items

took place at The Lutterworth Wycliffe Rooms on Saturday 20th September.

The day was a great success and the money raised was £738 for Alzheimer's Charity. The president Lynn Wood thanked members for their support.

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Joint Statement

Over the last twelve years the One Stop Shop at Wycliffe House has become the established home of the Voluntary & Community Sector in Lutterworth and the surrounding area in South Leicestershire. All the organisations are independent but have the benefits of co-location and co-operation with each other. An executive committee has managed the One Stop Shop on a voluntary basis with a volunteer trustee from each organisation and community representatives with additional support from a team of volunteers.

Last year continued to be challenging for all of the organisations and all have had to adapt to a significant amount of change within their own organisational arrangements. This change has impacted on the One Stop Shop both strategically and operationally. With this context trustee/directors have actively been looking at the best way forward. We all remain committed to the visions, values and ethos of the One Stop Shop and are enthusiastic to make sure it continues to flourish and develop into the future.

The One Stop Shop is very pleased to say that one of our member organisations,

Crossroads Care East Midlands has confirmed that they would like to lead the One Stop Shop and have a wide range of ideas that will ensure a positive future. In practical terms this means that the One Stop Shop will cease to exist as an independent charity and limited company and will be dissolved, transferring any assets to Crossroads. All the trustee/directors have voted unanimously for this to happen.

"We at Crossroads are impressed by the work of the One Stop Shop. We believe in the culture of the organisation. Please be assured that we are keen to continue to develop the One Stop Shop in the same spirit that it has grown. John and I have worked together to ensure that this changeover runs as smoothly as possible. We feel that the One Stop Shop has a very special environment and appreciate how valued the organisations are to the people of the surrounding areas. We both have a deep commitment to the One Stop Shop, the work it has done and the good work it will do going forward".

People have commented from all over the country what a brilliant place the One Stop Shop is. It wouldn't have happened without all the staff, volunteers and community support and we are both confident that this

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WYCLIFFE HOUSE
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will continue for many years to come.

Christine Alexander & John Warren



Christine Alexander
CEO Crossroads



John Warren
Chairman

LUTTERWORTH MUSEUM

at the One Stop Shop, Gilmorton Road

The winter opening hours for Lutterworth Museum to the end of February 2015 are:

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Skin Care for Winter

Now that we've said goodbye to summer it's time to consider how to prepare and protect our skin for the winter months ahead:

- Moisturise regularly – Choose a good moisturising lotion that is suitable for your skin type and use it regularly. A couple of times a day is ideal. Using a moisturiser with an added SPF factor will give extra protection.

- Don't forget the sunscreen – Using a sunscreen in the winter is just as important as during the summer months. Use one with an SPF30 or above and apply it at least 30 minutes before going outdoors. Reapply frequently especially if you spend long

periods exposed to the winter weather.

- Remember your lips – Keep a lip balm with an added SPF to hand and use it regularly.

- Keep ourselves hydrated – Drinking plenty of water improves the quality of our skin and is beneficial to our overall health. Aim for 6 – 8 glasses of water a day. If you suffer from dark rings under your eyes try improving your hydration before expensive skin treatments as dehydration can often be the cause.

- Facial Peels – Skin Peels can help to prepare our skin for the winter. They can help rejuvenate dull, tired skin. They can also improve the appearance of skin damaged

by sun exposure, smoking or acne. TLC offers a range of skin peels to suite all skin types. We also offer other treatments such as wrinkle relaxation and dermal fillers. We offer a free, no obligation consultation where we can discuss all of your skin care options.

To book an appointment call Tracey – 07531 989554 – see advert below.



Inner Wheel Club of Lutterworth Wycliffe President Lynn Wood 2014/2015 presents a cheque for the National Osteoporosis Society to Margaret Headley, District Chairman at the Inner Wheel Club of Lutterworth Wycliffe meeting on Wednesday 3rd September.

Suzanne Robinson the International Officer (shown below right) presenting a cheque for £228 to the ladies from Knit for Life and also a car load of knitted

items for the ladies to distribute to needy groups both in the UK and abroad.

A cheque for £500 was handed to Kate Dalders of Cancer Research by Jenny Benford (pictured below), Club President 2013/14 at the Inner Wheel Club of Lutterworth's meeting on Wednesday 1st October. Kate gave an interesting talk on Cancer Research which included the recent campaign on Stand Up to Cancer explaining the new treatment techniques, preventative



awareness and different ways to raise money for Cancer Research.



LEIRE W.I.

Members were treated to a very pleasant evening learning about "The History of Candles and their Making". Our speaker Marianne Parry was born and brought up in Denmark and came to England in a gap year when she met her English husband and consequently lived here ever since.

Marianne began her talk by lighting a candle. She explained that in Denmark most people filled their houses with candles and lit them to welcome guests. She then gave an excellent presentation about the history of candles which dates back to the Egyptians 3,000 years BC.

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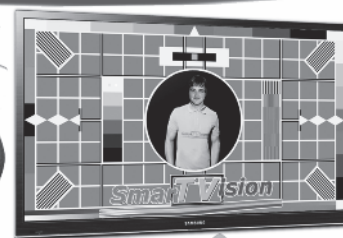
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Lutterworth Town Council

Town Council Office: Coventry Road, Lutterworth, LE17 4SH

Telephone 01455 550225 or

e-mail townclerk@lutterworth.org.uk

WEBSITE ADDRESS www.lutterworth.org.uk

Town Clerk: Hannah Surtees

Facebook: Lutterworth Community Twitter: @LutterworthTC



LUTTERWORTH UPDATE

BRING ON CHRISTMAS!

One of the most eagerly awaited events in Lutterworth's year is the switching-on of the Christmas Lights.

The Town Council organises this atmospheric spectacle which attracts crowds in their thousands. The exciting mix of entertainments includes Santa's grotto, the fun fair, mulled wine, a hog roast and on-stage entertainment – all building up to the Christmas Lights Switch On and the traditional Fireworks Display.

This year features an extra attraction with a Christmas Market! Christmas themed stalls selling a range of Christmas gifts and treats will be positioned both in the Town Hall car park and the Co-op / Wood Burner Workshop car park on George Street.

The big day is **Friday 28th November**. The A426 in Lutterworth will be closed to through traffic from **5pm to 9pm**. The road will be closed at the north of the town from the junction with Bill Crane Way and to the south from the junction with St John's Business Park. Local traffic will be diverted around the town centre, with no vehicular movement between the Wood Burner Workshop and Misterton Way. This will ensure that residents and visitors will be able to enjoy the Christmas Lights event in a safe environment, unhindered by traffic. **The switching-on of the lights takes place at 7.30pm.**

Be there and join your fellow townspeople in this traditional pre-Christmas celebration!!



TOURISM SIGNS

The Town Council has arranged for some additional 'brown tourism signs' to be put up on the approaches to Lutterworth.

As well as encouraging people into the town generally, these will highlight the Lutterworth Museum and St Mary's Church.

To qualify to have a brown sign, tourist attractions need to meet certain criteria. These include evidence that they are visited by significant numbers of people from outside of the local area. An analysis of attendance records at both these attractions revealed surprising numbers of visitors from all parts of the UK and much further afield – including Europe, the USA and Australia.

While some of these may have travelled with the intention of visiting the Church and its Wycliffe connection, many will have been passing through the area for other reasons, illustrating the importance of directing visitors to the 'hidden gems' of which Lutterworth has to offer.

DATES FOR YOUR DIARY:

Saturday 8th November – CHARITY AND VOLUNTARY ACTION DAY, Lutterworth Methodist Chapel

Sunday 9th November – REMEMBRANCE DAY SERVICE AND PARADE

VACANCY FOR TOWN COUNCILLOR

A vacancy exists for a person to become a Town Councillor for the Orchard Ward. By law a notice is displayed in the town informing residents that they have a right to call for an election to be held. If there isn't an election then the Council is able to 'co-opt' a suitable candidate.

At the time of writing it isn't known if there will be an election, but if you have an interest in becoming a Councillor please contact the Council offices for further information.

LUTTERWORTH TOWN COUNCILLORS

Brookfield Ward

Councillor Robert Coleman – 27 Holly Drive
Councillor Eileen Derrick – 63 Bitteswell Road
Councillor Amanda Holyoak – 28 Lilac Drive
Councillor Bob Howes – 4 Almond Way

Swift Ward

Councillor Janette Ackerley – 24 Macaulay Road
Councillor Bernard Duesbury – 16 Douglas Bader Drive
Councillor Vicky Thornton – 31 Woodlea Avenue
Councillor Clive Weston – 1 Boundary Road

Orchard Ward

Councillor David Gair – 61 Coventry Road
Councillor Tony Hiron – 11 Avery Close
Councillor Geraldine Robinson – 18 St Mary's Rd

Springs Ward

Councillor Bill Piper – 25 Guthlaxton Avenue
Councillor Ian Staples – 4 Lacey Close
Councillor Philip Toye – 54 Woodmarket
Councillor John Turner – 32 Bitteswell Road

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Don't forget we also have lovely Balloons for all Occasions and FROZEN now back in stock!

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1 Ladywood Works, Lutterworth, LE17 4HD

Dear Sir or Madam,

I am writing to call on The Lutterworth & District Journal readers to join the Lutterworth Area Fundraising Group for Marie Curie Cancer Care, which is looking for new members.

Group members can make an enormous difference locally by helping to raise the vital funds needed to support Marie Curie Nurses, who provide free care to people with terminal illnesses in their own homes.

The Lutterworth Area Fundraising Group organizes fundraising activities and collections in the local community, encourages new volunteers to help the charity, as well as supports Marie Curie's major fundraising campaigns such as the Great Daffodil Appeal and Blooming Great Tea Party.

To join your local volunteer Fundraising Group for Marie Curie Cancer Care or to find out more about the group and other ways to support the charity, please call Sue Smith on 01455 558062.

Thank you. Sue Smith - Marie Curie Community Fundraiser for Lutterworth Group

Lutterworth Photographic Society

The Society meets at 8pm most Wednesdays at the Methodist Church Hall, Bitteswell Road, Lutterworth, LE17 4EL, (opposite Morrisons Supermarket & close to Wycliffe Memorial). For more details visit www.lutt-phot.co.uk or contact the secretary John Haddon on 01455 552905.

12/11 Digital Monochrome Methods with Bill Allsopp. Tonight is 'Hand in night' for Heat 3 of the annual PDI comp. (Any subject)

19/11 Home battle vs Nuneaton. A two way print & PDI competition judged by an independent judge.

26/11 Heat 3 - Judge for yourself

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Tips from Stuart Leche

Lutterworth Railway Society

All meetings Thursday evening at The United Reformed Church, George St, Lutterworth, Leics, LE17 4EF from 19.30 hrs unless stated otherwise. Visitors welcome to meetings. Information Dave Hanger 01455 203307, www.lutterworthrailwaysoc.webplus.net

6 Nov Les Ross and the story of his electric locomotive 86259 LESS ROSS

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Scaffold Tower 12 Piece interlocking £20. Tel: 01455 209395
One Piece Brand new ladies ski suit (UK size 38) £30. Tel: 07531 251496
Dolls House, hand made in wood, thatch roof, cottage style with small amount of furniture, £75. Tel: 0116 286 3131
3' diameter b/door folding wood table with 2 chairs, £10. Tel: 01455 271021
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Framed Michael Schumacher picture 1996, £25. Tel: 07515 578691
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Disney Frozen Snow Glow Elsa Musical Doll, brand new in box, this year's number one Christmas toy. £38. Tel: 07768 218932
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Quiz Night

Quiz Night on Friday 21st November at The Railway Club, Hillmorton Rd, Rugby at 7.30pm. £9 per person payable on the door including a Fish & Chip Supper or early bird reduced entry of £8 for tickets booked before 14th November. Maximum team of six; half a case of wine for the winning team + raffle. To register your team call in advance on 01788 817900 or go to www.rcrsb.co.uk to download a request form. All proceeds are going to SANDS - Stillbirth & neonatal death charity <https://www.uk-sands.org/> Event organised by - The Rotary Club of Rugby Saturday Breakfast.

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Sulby Gardens, formerly the Victorian kitchen gardens and orchard for Sulby Hall will be open for its last NGS afternoon of the year from **1-4pm on Thursday 13th November**, featuring late autumn colour and tree shapes. Homemade teas available, plus varieties of Sulby Gardens 2014 Apple Juice produced from tree ripened, hand picked apples. Entry £4 a head, children free. Stout footwear recommended.
Sulby Gardens, Sulby, Northants, NN6 6EZ.

Blaby Society of Artists

Are you interested in Art, come along to Blaby Society of Artist's monthly meetings:

20th Nov - Helen Neave - Seascapes - Watercolour

18th Dec - Andy Shore - Buildings in Watercolour

Meetings are held at Blaby Civic Centre, 22 - 24 Leicester Road, Blaby, Leics. LE8 4GQ. 7-9pm on the 3rd Thursday of the month.

New members (£25 annual subscription) and guests are welcome (non-members fee per meeting £5).

For all enquiries contact: Fran Andrews (secretary) 0116 284 1739 or blaby.society_artists@hotmail.com

The Body Guard - The new musical from the film is coming to Birmingham Hippodrome in 2015. Local Musical Theatre Club has 4 seats left for the matinée performance on Saturday 8th August, best stall seats & coach travel with local pickup points. Ring 0116 247 8531 for more details

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Support Lutterworth Farmers Market

2nd Saturday of each month in the Town Hall car park. The next market is November 8th. Stalls which will be at the market (the list can change at short notice) are:

Picks - organic meat; Wobbly Bottom Farm - goats cheese; Sue Reeves Cakes - homemade cakes; Brambletree Preserves - jams and preserves; Brocklebys - award winning pies; Long Lane Brewery - beer; Janes Sweet Treats - cakes; Vintage Coffee van - coffee; Something Nice - bison burgers; Piper and sons - fish monger; Sealwood wines - award winning wines; Paul's Bakery - bread and fresh veg; Biscotti - biscotti; Cider, Fresh farm eggs; Gluten free cakes. Fresh fish from Paul Piper, orders on 07757 927229 & Sefer with Mediterranean olives & baklava. Jazz and his Indian cuisine. All the regulars including Truly Puglia with olive oil & other products from Italy, Olivetree Company with traditional Turkish sweets, olives etc & Caked in Bread with a selection of breads; Orchard Farm Veggies - salad, veg; FarrinHeight with Vegetarian foods; Derwent Horticulture plants & Browns with meat & veggie sausages.

Lutterworth Farmers Market is always looking for new stalls so if you are interested please contact sheena.denton@leicestershirefoodlinks.org.uk

Lutterworth Carers Support Group

Are you a Carer?

Do you care for a child or adult with a physical or learning disability, a behavioural problem, a long-term illness, a mental health problem, who is elderly or frail or has an addiction?

Please come along to a NEW very informal Support Group / Coffee Morning at the One

Stop Shop, Wycliffe House, Gilmorton Road, Lutterworth, LE17 4DY 10.30 - 12.30 on the 2nd Wednesday of every month starting on Wednesday the 12th of November.

Make new friends, discover information on service, time to off load and share concerns, social activities, signposting to helpful organisations, being listened to and understood. For further information contact Sarah or Gwyn on 01933 677837.

Really looking forward to meeting you.

The Leicestershire Speakers

Viking Windows and Chinese Tea

Ten minutes to prepare a six minute speech on a topic you've just pulled out of a hat! That was the challenge of our impromptu evening. A challenge that Margaret Barrett took on with enthusiasm. She told us all about windows. The idea of letting light into our mud huts came from the Vikings. Even the word 'windows' is a Viking word meaning 'Eyes of the Wind' a very apt description as originally windows weren't glazed.

Wyn Glen gave us a history lesson about the origins of tea and teapots. Tea was discovered

when a leaf drifted into a bowl of water and a Chinese man drank from the bowl. He liked the taste and began putting different leaves in water. He shared the results with his neighbours. They used boiling water to enhance the taste. Then the teapot was born and our love affair with tea began - or did it? Wyn began her tale with 'Once upon a Time' - was she telling us a fairy story?

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. We can also provide entertainment and talks to other societies and groups.



Lutterworth Farmers' Market

Join us 2nd Saturday of every month outside the Town Hall 9am - 1.30pm

Local food and drink

Organic/free range meat • bread • cakes
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NEXT MARKET: 8TH NOVEMBER

Wycliffe Drama Group in association with Lutterworth Town Band and Rockappellas

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The Centre also has classes throughout the week for children and adults in acting, singing, musical theatre, keep fit, ballet, modern, tap, disco, contemporary.

A timetable of all events and prospectus for all classes which includes times, prices etc. can be downloaded from the website www.lyta.co.uk

Alternatively phone 01455 553878 to speak to Bradley Woodward, Principal.



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Lutterworth Wine Circle

October's meeting was a night of 'Fizz'. Our gratitude and thanks go to Lee Jones who presented for our enjoyment a selection of sparkling wines and what a night.

We set off with 'Cuvee Royale' an AOC Cremant de Limoux from Languedoc. Excellent mousse and fine light fruit notes with a crisp finish.

Moving across the border for a 'Cava' from Cordoniu in Penedes the 'Seleccion Raventos', one of the oldest houses in Spain, the living proof that there are alternatives to Champagne. Plenty of fizz and lengthy fruit highlights.

Just to prove no hard feelings we then tried a Champagne from Janisson & Fils Brut NV situated in Verzany, a small producer but with a fine product equal to many of the better known houses and pleasing to all our members.

Our next tasting was the 'Valdo Oro Puro

Presecco' from Valdobbiadene, Veneto. A pleasant enough wine with fine fruit tones and mousse but not everyone's favourite. Perhaps its predecessors overshadowed its attributes?

The next, a wine from Slovenia from Puklavac & Friends in 'Jerusalem', in the Ljutomer-Ormoz region, a Pinot Noir Rose. A delightful rose, with hints of citrus, plenty of bubbles making it a wonderful party/aperitif wine.

Lastly another from Veneto a Marsecco Frizzante from 'Castle of Dracula', an inspiring name for a producer. Made from a single variety, Marzemino, this sparkling red gave notes of redcurrants tangy red fruit and a floral note to the nose.

We need and would welcome new members to our group, we are not 'wine snobs' but people with a common interest.

Please feel free to give me a call for more information - Peter Betts - Chairman 01455 554110.

Lutterworth Townswomens' Guild

At the October meeting Janet Wroe wardrobe mistress with the Concordia Theatre gave a talk using models to show many different costumes and to explain each one and how they were made. What most of the members were unaware of was that Janet was a model short and Social Secretary Pauline Stott had been persuaded to fill the role.

It caused great amusement to see Pauline along with the other models dressed as Knights of the Realm, Jesters and past Queens and characters from Pride and Prejudice to name but a few. Even more hilarity was caused when Pauline appeared as a black crow and Super Man. Members thoroughly enjoyed seeing all the costumes and hearing how material and outfits were sourced, people often donate wedding dresses and evening wear to the theatre. All agreed that Pauline was a 'Super Hero' and had all enjoyed another entertaining meeting.

Members will be enjoying a Fish & Chip supper at the November meeting. TG is always looking to welcome new members at the United Reformed Church Rooms in George Street on the first Tuesday of each month at 7.15pm and more details can be given by ringing 01455 554323.

The Lutterworth & District Branch of Leukaemia & Lymphoma Research needs your help if we are to find a cure for all blood cancers. If you would like to do something to raise funds, we can help you in every way.



Leukaemia & Lymphoma Research
BEATING BLOOD CANCERS

The two shops also need your help, whether it's donating items for us to sell or buying items other people have donated. We have some lovely furniture, beds etc. in our furniture shop.

We have clothes in excellent condition in our other shop, kitchen utensils, ceramics, ornaments etc. To those of you who love sewing or knitting we may have items for you and of course toys in very good condition. Christmas is approaching very quickly and we do have some brand new items, but we still need your donations of clothes for men, ladies and children. Also any unwanted presents, hats, shoes, bags, bedding, toys, bric-a-brac, DVD's, CD's, jewellery, watches (broken or not), unopened makeup, deodorants, moisturisers, haberdashery and fabrics. We also require old dilapidated, clothes, shoes, bags, books, magazines as we can get money for these as well.

Any furniture in good condition is gratefully accepted including settees, arm chairs, cupboards, toy chests, tables & chairs, coffee tables, nest of tables, TV stands, bunk beds, wooden beds, headboards, china cabinets, cots, books, magazines, sheet music, etc. All soft furnishings must have the fire regulations labels attached. We have a great team who do the collections / deliveries and we use our own van, so if you would like to donate furniture please contact us on 01455 553094.

June Ford - Secretary Lutterworth & District Branch of Leukaemia & Lymphoma Research

Award Winning Local Housebuilder Back in Lutterworth after Ten Years

Award-winning Leicestershire house builder, William Davis Homes has returned to Lutterworth after ten years, with the company's new scheme Saxon Meadow, already creating a buzz in the local housing market.

Situated off Leicester Road, Saxon Meadow is on the edge of this popular market town and within easy reach of Junction 20 of the M1. This stunning development of what will be 149 homes is already proving extremely popular,

with homes being reserved very soon after release. Designed to suit a wide variety of lifestyles, from first-time buyers and families to those wanting to downsize during retirement, Saxon Meadow will feature the full range of William Davis house types.

Georgina Newcombe, private housing director, William Davis Homes said, "Since launching in late summer, Saxon Meadow has had a strong start and work is progressing well on the first phase towards the front of the site. So far we have had four sales and with the fabulous Solent showhome now open, we are pleased to report a further two plots have been reserved".

Currently, there are five different designs of

luxurious, detached three and four bedroom properties on release at Saxon Meadow, priced from £225,500 to £341,000. The sales office and showhome is now open Thursday - Monday 11am - 5pm and all properties at Saxon Meadow are available under the Government's Help to Buy Scheme.

For further details contact Lin Simpson on 07764 810 499 or visit www.williamdavis.co.uk/homes - please see advert on the back page.



Comedy Comes to Claybrooke

By popular demand Claybrooke Magna welcomes back the comedy double bill of Anthony King and Alan Seaman to the Village Hall for a third time with their own very special brand of humour.

For one night only they will be on stage from 8pm on Friday 14th November with a comedy show which has proved to be such a success where ever it has been performed, never the same but always entertaining. Entry is just £8 so bring your own drinks and nibbles and be prepared to have a great time.

To book call Mike on 01455 202170. All proceeds going to Village Hall funds.

Lutterworth Inhabitants Indicted

This article was published in the Leicester Chronicle and Commercial and Agricultural Advertiser on July 28th 1849 - Thursday July 26th.

"Queen v Lutterworth", an indictment against the inhabitants of Lutterworth for neglecting the repair of a portion of the highway. Mr Barlow for the Crown, stated that the portion of the road in question was a part of the Roman Watling Street extending from Bransford Bridge in the direction towards Atherstone, to a brook and which abutted on one side on a district called Moorbarns and on the other side a place called Streetfields.

The road was in a very bad state. "In winter nobody could go over it as there were sloughs (quagmires) in it enough to smother men and horses and in summer it was not passable for a carriage". In 1849 the parish boundary was along the centre of the Watling Street between Moorbarns and Streetfields. Monks Kirby Parish was responsible for the maintenance of their half of the road and Lutterworth Parish the other.

Lutterworth, having a number of Coaching Inns, benefitted from this situation as some of the London to the North Coaching Trade was diverted through the town. The Parish Boundary between Lutterworth and Monks Kirby was later changed so that it crossed over the Watling Street west of Moorbarns Farm, so Monks Kirby became responsible for their portion of the A5 and Lutterworth for theirs. *M.J.Gamble*

Active Arts

37th Craft Market in Countesthorpe College (LE8 5PR) on Saturday, November 7th from 10 until 4. We are fully booked with some 70 stalls, a good proportion of them are craftspeople coming for the first time and there will be refreshments available all day! Admission for the Craft Market is £1.50, accompanied children are free and many of our regular shoppers consider it the start of their Christmas shopping.

On November 29th we will be hosting the Helix Ensemble playing a selection of music mainly from the early twentieth century as Active Arts marks the Centenary of the outbreak of World War One. This promises to be a really enjoyable concert for us to listen to as well as the musicians to play in and if you

book your tickets in advance through Glebe Gardens on 0116 277 1570 or via one of the Active Arts contacts, telephone: 0753 1440 365, email: active.arts2010@gmail.com or our website: www.activearts.org.uk

Tickets will cost you £8 each, while on the door they will cost £10 - accompanied children are free. This concert will be in St Andrews Church Countesthorpe, (LE8 5QX) starting at 7.30pm.

Active Arts really do try and live up to the name and in December will offer Victor and Albert as they 'Pull a couple of crackers' with a seasonal trip through the alphabet on December 7th and then we join with Glebe Gardens and Radio Leicester for 'Sing Christmas' on Monday, December 22nd.

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New Community Bus Launched

The new Broughton Astley Community Bus was officially launched by Christine Lord the Parish Manager at a special ceremony held on Friday 10th October 2014 and is now fully operational.

At the launch Christine praised the efforts made by the Community Bus Committee to raise the funding of around £36,000 required over a 2 year period, taking many hours of work in a difficult economic climate.

Christine said, "I was delighted to be asked to officially launch the new Broughton Astley Community Bus. Whilst I was very happy to play a part in the fund raising by completing and submitting a successful grant funding application to Harborough District Council, in my view the efforts made by the voluntary team on a daily basis eclipse any of those around them. Thanks must go to all those involved – those who take bookings, those who raise funds, sort out the insurance and the accounts and also those who drive, clean and maintain the bus on a regular basis in order to make a very valuable community service happen.

The Community Bus Committee can now be assured that their efforts have been successful and that they will be greatly appreciated by the residents of Broughton Astley and its surrounding villages for many years to come.

For those who make use of the community bus, it often provides a lifeline to the outside world enabling them to undertake essential activities such as shopping and also attend social activities like lunch clubs - reducing the isolation felt by many people living on their own in a busy community".

The new community bus is now running fortnightly trips to Fosse Park and Lutterworth and is available to all residents. The bus is also available to hire for local groups and further details can be obtained by telephoning 01455 282966.



Q: I use heating oil to power my home, but I'm struggling to cover the cost. It's hard for me to cut my energy use to save money, as my daughter's asthma gets worse if I turn the heating down too low. Is there anything I can do to cut my bills?



A: Households who use heating oil often struggle to cut their costs as they don't have the same ability to shop around as those who are on grid. But there is action that you can take to cut costs and save money without having to turn down the heating.

Stocking up on oil now before temperatures start to drop can help you to avoid the high costs of buying during the winter. The cost of oil is usually at its highest in December, January and February, as extra demand can push up the cost. Make sure you shop around for the best price and ask suppliers about flexible payment options if you struggle to pay the whole cost up front.

Joining an oil club is also a great way of saving money as you can often get a better price by clubbing together with others and buying in bulk. This will also cut down the number of trips the oil supplier needs to make, which could reduce delivery costs and is better for the environment.

To see if there's an oil club in your local area, put your postcode into the oil club map at www.citizensadvice.org.uk/oilclubs If you would like to set up your own club, CAB can help. Come into the bureau or visit the website to find out everything you need to know.

It's also worth checking whether there are any grants or discounts you are entitled to. A quick call to the Energy Savings Advice Service on 0300 123 1234 will help you get to the bottom of that.

Lutterworth CAB at the One Stop Shop, Gilmorton Road is open 10am to 3pm Mon & Thurs. Blaby CAB at Joint Service Shop, Forge Corner is open 10am to 3pm on Tues. Market Harborough CAB Council Offices, Adam and Eve St is open Tues & Thurs 10-3. For general advice please call 0844 417 1025 or 0300 330 1025 from mobiles and money advice 0844 248 0040. Website www.leicscab.org.uk

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Broughton Astley Christmas Fair & Charity Santa Run

On Saturday 6th December, Broughton Astley will have its Christmas Street Fair and Switch On. Live music, free mulled wine and minced pies, funfair, stalls, Santa with real reindeer and late night shopping - a real traditional festive fair.



On Sunday 7th December the fun continues as we are having our 1st CHARITY SANTA RUN through the village. A choice of 3 or 5 kms. All entrants will be provided with Santa suits for adults and children to age 12. So come on take part and raise cash for deserving charities. 10am at Broughton Astley Conservative Club car park with a warm up session and 11am start. Hot/cold drinks, live music, come on go for it whatever the weather.

For all the details on entry forms, routes, charities, visit www.broughtonalive.co.uk

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Alzheimer's Society's Improved Dementia Support Service

The charity will soon be offering an activity group, memory café and carers support group in every borough/district as well as a series of education workshops for carers and a county wide advice and education service.

Public launch events for people with dementia, carers, local councillors and others who are interested in the Dementia Support Service are being held at:

Harborough: Lutterworth One Stop Shop, LE17 4DY, November 21st, 10am – 12 noon.

Blaby: Braunstone Civic Centre, LE3 2PP, November 27th, 1.30 – 3.30pm.

The Dementia Support Service is funded by Leicestershire County Council. The launch events will include displays on the different services available to people with dementia and carers in the local area, as well as pop up 'reminiscence pods' which recreates a 1950s living room. There will also be refreshments and talks from Alzheimer's Society staff.

For more information on the launch events or on support offered by Alzheimer's Society please contact 0116 231111 or email leicestershireandrutland@alzheimers.org.uk

The local groups which Alzheimer's Society will run are: Harborough: Dementia Café, Lutterworth One Stop Shop, 3rd Friday of each month 10am – 12 noon. Carers Support Group & Activity Group, Market Harborough Methodist Church, 1st Friday of each month 10am – 12 noon.

Blaby: Dementia Café, Countesthorpe Village Hall. First meeting is on the 1st Wednesday of the month, 2 – 4pm. Subsequent meetings are on the 3rd Monday of each month, 2 – 4pm. Carers Support Group & Activity Group, Braunstone Civic Centre, 4th Thursday of each month, 1.30 – 3.30pm.

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