

Issue 155 • Spring 2019

First Published 1975

Includes
Barrow Focus

Barrow Voice

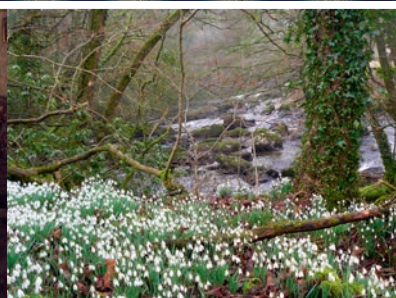
www.barrowvoice.co.uk



Barrow from above



Whist



Snowdrops



BUSCA
BARROW UPON SOAR
COMMUNITY ASSOCIATION

Registered Charity No. 1156170

3,234 copies published quarterly and delivered **FREE** to all households in Barrow upon Soar



Strawberry



Talk to us on 01509 414787
today about getting started
strawberrylettingsandsales.co.uk

Editorial

First of all, I'd like to thank our wonderful advertisers without whose support this magazine would fold, if not tomorrow, then very soon afterwards. We've had a boost for this edition and can therefore return to 36 pages, allowing us greater space to illustrate articles with larger pics. Take a look at page 10 & 11. Was your house captured by the drone?

And there's more than drones in this edition; we have features on being treated for cancer, giving an old shed a sedum makeover, eating a vegan diet, snowdrops, netball, the refurbished KGV Recreation Ground, and a continuing theme – plans for Barrow and drains. We also have an interview with Beth Dring, Tracey in Hairspray, plus a page of Peter Pan pics, and everything Barrow upon Soar Community Association (BUSCA), and other village organisations, are getting up to over the next few months. As ever, a lot to enjoy!

Gaynor Barton, Editor

Front Cover: October 2018; a fantasy trilobite that can be found in the King George V Recreation Ground.

New Community Building Project Update

The New Community Building sub-committee of BUSCA has worked tirelessly for the past 10+ years to try to achieve a community building that can be used by all residents, at any time of day or evening. Barrow is a large village with a rapidly growing population, and its many small halls do not meet with demand.

Very many possible sites have been investigated with the help of experts. By 2015/16 only one site seemed to be a possibility: the picnic field on Fishpool Way, owned by Barrow Parish Council.

In 2016/17 the Parish Council agreed that it would support BUSCA in building a community hub. Further, that it would be prepared to allow BUSCA to take a 99-year lease at a peppercorn rent of the land on Fishpool Way, identified as the picnic field. Both of these agreements were subject to a satisfactory feasibility study.

After a huge amount of work developing plans for a community building on the picnic field, a planning application was submitted in 2018. By January 2019, the planning application had not yet been heard.

The Parish Council was challenged at a BUSCA public meeting held in July 2017,

and again at the Annual Parish Meeting in April 2018, about the validity of offering a lease of land that is a designated Open Space with a restrictive covenant placed on it. Legal advice from a barrister was obtained by the Parish Council.

As a result of the barrister's advice, the Parish Council withdrew its offer of the lease. It has however agreed to meet with representatives of BUSCA to discuss how both might work together in the future.

We very much hope that this is the beginning of a new chapter that might bear fruit in providing Barrow with a much-needed community building.

Judith Rodgers

Barrow Panto Group and Barrow WI present:

Raising Agents

by Maeve Larkin, directed by Helen Sadler

Raising Agents, by Maeve Larkin is different from the Murder Mystery format that I've grown used to. I've been let loose on a play - a whole play - that calls for 16 actors, technical support and a pianist. A bit different to my usual eight actors and someone on lights!

Raising Agents celebrates the achievements of the Women's Institute and everyone's invited! It was written to commemorate the WI's centenary. The play highlights events that the WI campaigned to change and captures moments of British social history. It also reminds us of how a respectable, lady-like organisation can deal a 'bloody nose' (remember Tony Blair being hand clapped?)

It's been fascinating to read and develop the play that we are presenting in April. I had no idea that the WI was represented at Greenham Common. There are other surprises since the WI has helped forge things we tend to take for granted and this play is a gentle – and funny – and timely reminder of how lucky we are.

I'm lucky that we have a fantastic cast of local talent, including fine singers led by David Spiller tinkling the ivories. (Yes, this is a musical and yes, we do sing Jerusalem. Well, you will...) I'm also lucky that it's a funny script with a surprising story to tell.

Now, the quiz of the week: what is a raising agent and where would we usually hear that expression? No prizes for the answer but come along to Humphrey Perkins on Saturday 6th April at 7.00 and tell me if you know.

Tickets are available from Taylors Florists and the library, and cost £10.00 each, which includes a cuppa and piece of cake – after all this is the WI. And, for those who prefer it, the bar will be open.

Helen Sadler



Amour Studios

Gents Hair From £8.00

Ladies Hair From £15.00

Threading From £4.00

Waxing From £6.00

Tinting From £6.00

Massage From £15.00

Tanning Courses From £18.00

Nails From £15.00

Hair Extensions From £180.00

****20%off with this ad****

Exciting opportunities

Are you a Hairdresser, Nail technician or
Beautician looking to rent a chair?
Please get in touch for more information.

20 High Street, Barrow upon Soar, LE12 8PY
Call in or Book now on:- 01509 733 623



Barrow Landscapes

For all of your garden
requirements

Tel : 01509 416445
07748635095

Established for over 15 years

Complete Landscape Service :

- Creative Garden Designs
- Patios
- Decking
- Ponds
- Water Features
- Pergolas
- Fencing
- Turfing
- Planting Schemes
- Block Paved Driveways
- Brick and Stone walling



Free Quotations

www.barrowlandscapes.co.uk

Please mention Barrow Voice when responding to adverts

wheelchair friendly vehicles

4/6/8 seater vehicles



sams taxi service

barrow upon soar

01509 415246

07954370748

airports and sea ports covered
email sammy65uk@yahoo.co.uk

**MARTIN
TREE CARE**
Arboricultural Services

Established
2001



TREES HEDGES

STUMPS

All TREE work undertaken by an
INSURED, QUALIFIED, EXPERIENCED
LOCAL tree specialist

Clean tidy service all waste removed from site

Martin: 01509 21 24 21 Or 07970 314259
email: martintreecare@btconnect.com

**Finest Fresh
Grimsby Fish
& Shellfish**



Find our van in the
Three Crowns Car Park
3:30-5:15pm every Monday

Neil Taylor - Fishmonger
To pre-order call 07523 974 914



IAN HURST

17 Ridge Way, Barrow-Upon-Soar, Leicestershire. LE12 8XU
Telephone: (01509) 412095 Mobile: 07711055801

**Philip Marshall
Upholsterer**

French Polishing

Furniture Made to Order

Furniture Restoration

31a High Street,
Barrow upon Soar
Telephone 01509 620100

P. M. Page C.M.B.H.S.I

CLOCK REPAIRS

Collection & Delivery Service

www.clockrepairsleicestershire.co.uk



91-93 High Street
Ibstock LE67 6LH
01530 260394 / 07891 298820
repairs@clockrepairsleicestershire.co.uk
Variable opening hours please call to enquire



Barrow Vegans Spill the Beans

Veganism is a hot topic at the moment, with an estimated 600,000 vegans in the UK. Vegans avoid all animal foods, including meat, fish, dairy, eggs, and honey, and people choose to be vegan for a variety of reasons.

But for those whose love hearty meals of meat, fish or fowl, going meatless is unthinkable, so we tracked down some vegans in Barrow to find out what makes them tick.

Vikki Jones, a costume design student at Nottingham University, says she ate meat as a child, then became vegetarian, but felt she needed to do more, as her reasons for renouncing meat were based on animal welfare. Five years ago, she and her mum Jo decided to go vegan.

“Initially, I missed milk and cheese but I tried new options. My mum cooks delicious vegan meals and I have learned a lot from forums and websites. People ask if I miss meat but I don’t. It’s the sauces and flavourings that make meat tasty and you can use many of them in vegan meals too.”

Vikki’s skin has improved dramatically. She was being treated by a dermatologist for bad acne but since becoming vegan, her acne has gone. Her diet is healthier as she no longer eats takeaways and chocolate, so she has more energy and feels better.

She has had some hostile comments, but mostly people respect her choices. She doesn’t believe in preaching to people but feels that many are unaware of what’s involved in the production of many animal products, so she shares videos on Facebook, which people can either click on or scroll past.

Vegans Sarah and Steven Thompson are raising their daughter Lily, 8 months, on a vegan diet. Sarah says NHS staff are supportive and the NHS website gives advice on vegan diets for adults and children. Lily has been breastfed since birth and happily eats meals of vegetables, with ground chickpeas for protein, as well as most of the foods that her parents eat.

Sarah grew up in an animal-loving home, where rescue animals were in abundance. As she got older she felt that her love of animals was at odds with her diet and she was concerned about many farming practices. Two years ago, she and Steven went vegan. It was hard at first but they felt better health-wise and ethically. They learned how to cook tasty meals and found meat and dairy substitutes in the shops. As they were planning to start a family they also researched the nutritional implications for children.

Sarah buys only cruelty-free make-up and household products not tested on animals. She is phasing out clothing and items in the home that contain animal products.

“It’s not practical to throw out good leather shoes and a feather-filled lounge suite, but as things need replacing, I will look for vegan alternatives.”

Trainee teacher Henry Dunn has been vegan for eight months. He made the switch from meat for health reasons, hoping it would improve his fitness.

Overnight, he went vegan, eliminating animal products from meals, but after six weeks, found his energy was flagging, so he added a vegan protein powder to his diet. He researched vegan diets and added proteins like beans, nuts and tofu. His energy improved and he says he has never felt better.

Henry is concerned about the environmental impact of meat production (large quantities of crops, grain and water are required to rear animals for slaughter) as well as factory farming.

“Raising animals locally and ethically to be killed humanely for food doesn’t worry me as much as keeping large numbers of animals for mass food consumption, but if we are to truly look after the future of our planet, I see veganism as the only effective way” he says.

Meaty or meatless, it’s a personal choice. Sadly, it’s militant vegans who make headlines in the media and peace-loving vegans are seldom featured. Some people complain that vegans are always preaching. Not so, say our Barrow three.

“It’s just that we are always being asked about our diets and we spend a lot of time explaining!”

Lindsay Ord



Vikki Jones



Sarah Thompson



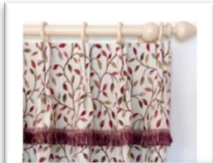
Henry Dunn



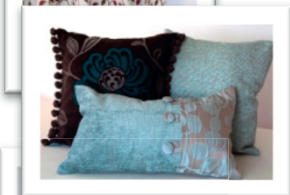
NEWBOLD CURTAINS AND BLINDS

Quality hand-made curtains, blinds and soft furnishings for your home

We would like to thank all our customers for their support over the last few years and we look forward to meeting new customers in the future.



- We supply and fit:-
- made to measure curtains
 - roman blinds
 - wooden and metal venetians
 - Vertical and roller blinds.



Choose from a large selection of fabrics from suppliers such as Blendworth, Voyage, Clarke & Clarke, Prestigious and more.

Call Jackie or Paul on 01509 413207 or Email us at sales@newboldcurtains.co.uk
Or visit our website
www.newboldcurtainsandblinds.co.uk

Robinsons Garage

Unit 4M, Sileby Road Industrial Estate, Barrow-upon-Soar
Tel: 01509 814884 07798 910761
www.robinsons-garage.co.uk



MOT
STATION

MOT & SERVICING to all makes

Sales - Service

MOT - Repairs

OPENING TIMES:

Mon-Fri: 8.00 - 5.30

Sat: 8.30 - 12.00

For fast, friendly and efficient service contact

**Mick Robinson on 01509 814884
07798 910761**

Please mention Barrow Voice when responding to adverts

The Bengal

Tandoori & Balti Restaurant

Bring your own alcoholic drinks!

The Bengal is an Indian restaurant & takeaway, offers you a unique, friendly and relaxed atmosphere which is unlike any other restaurant or takeaway in Loughborough! The Bengal really is a special experience and whilst it caters for everyone's taste, lovers of Indian food will be deeply impressed.

We're proud of our 5 STAR FOOD HYGIENE RATING...

The Bengal Tandoori & Balti Restaurant
35a Bridge Street, Barrow upon Soar, Leicestershire, LE12 8PN
01509 621000
www.thebengalrestaurant.co.uk



Opening Hours
Sun-Thurs 5.30pm - 11.00pm
Fri & Sat 5.30pm - Midnight

BISHOP BEVERIDGE CLUB

South St, Barrow

AVAILABLE FOR HIRE

for children's parties, adult celebrations, quizzes, exhibitions, film shows, meetings etc

Very competitive rates

Takes approx. 50 seated • Fully equipped large kitchen
For hiring the hall contact Joyce Noon on 01509 414519

There are regular events, Coffee Mornings, film shows, coach trips and other interesting activities to join in with both new and old friends.

www.bishopbeveridgeclub.co.uk

MONDAYS

TIAM @ Barrow Upon Soar
0-4 YRS all welcome
Fun Session
1st Session FREE !!

SKIPDADDIES
SOFT PLAY & PARTY ZONE
The disco within

WEDNESDAYS

1.30PM @ Barkby Thorpe
0-4 YRS all welcome
Fun Session
1st Session FREE !!

ROOTS

THURSDAYS

THE OLD SCHOOL @ QUORN
TIAM @ Quorn
0-4 YRS all welcome
Fun Session
1st Session FREE !!

Contact today
SIDNEYSHAKERS@GOOGLEMAIL.COM
07881937535



Fun for pre-schoolers

Sidney Shakers

A new music and movement class for pre-school children

Barrow's pre-school children have just gained a new opportunity for fun with Sidney Shakers. Sidney The Kangaroo hops up and down and his shakers add to the music, so there's plenty of music and movement in these sessions for all the family!

I called on the owner of the business, Charlotte Stone, only three weeks after her new venture had started. Delighted with the take-up at all three venues, she was full of enthusiasm and ideas for the future. She runs 45-minute family fun sessions for children from 0 – 4 based on music, dance, instruments and props. She plans themes for each session having tried out songs and dance ideas on her husband and son. She has experience of running sessions like this so she has a pretty good idea what works. She particularly likes to use parachute games (if you've been a Scout or Guide you'll know what I mean) and has plenty of instruments around for children (and parents or guardians) to add rhythm to the music.

Siblings are encouraged (at half price), and Charlotte observes that with a mixture of ages, younger children really gain from play with older children. She usually has about 12 children plus parents or carers.

Charlotte wants sessions to become a social outing, with families staying afterwards for a good chat. Currently she holds sessions in three venues: the soft play zone Skidaddles (see Dec edition of BV) in Barrow; the newly refurbished Old School in Quorn; and Roots Farm Park in Barkby Thorpe. All these venues sell drinks and refreshments, so the chat can come with a coffee. There will be more classes in future.

Charlotte was brought up in Birstall and Mountsorrel and attended Humphrey Perkins. Before having her son, she was a mental health nurse working in Leicester. She came to live in Barrow nine years ago, with the family recently moving into a house in the Poppyfields estate. She says it has been quite an experience moving into a very new estate at the beginning of its construction, but things are improving all the time. Her young son has just started school, giving her the opportunity of starting up Sidney Shakers.

Barrow Voice wishes Sidney Shakers every success!

Judith Rodgers



freckles

GIFTS . HOMEWARE . COFFEE & CAKE

www.freckles-gifts.co.uk

9 High Street . Barrow Upon Soar. LE12 8PY
for bookings or enquiries contact us on 01509 767820

Please mention Barrow Voice when responding to adverts

BARROW EXPRESS

YOUR LOCAL FRIENDLY CONVENIENCE STORE

Opening Hours: Monday - Saturday: 7.00am to 10.00pm / Sunday: 7.00am to 9.00pm



ALWAYS SPECIAL OFFERS ON WINE, BEER AND MILK

- * PAYPOINT (pay all type of bills here)
- * CLICK AND COLLECT & EBAY PARCELS
- * NATIONAL LOTTERY & SCRATCH CARDS
- * NEWSPAPERS and MAGAZINES
- * COMPETITIVE PRICES
- * OFF LICENCE - WINES & SPIRITS
- * GROCERIES
- * CONFECTIONERY
- * CHILLED & FROZEN FOOD
- * DAIRY PRODUCTS
- * HOUSEHOLD ITEMS
- * GREETING CARDS & STATIONERY
- * TOBACCO
- * PET FOOD

31, North Street, Barrow, LE12 8PZ Tel: 01509 414904

Freckles

The new Gift and Coffee Shop transforms Grants/The Paper Shop/The Post Office

During November we watched with curiosity as the landmark retail site in High Street was transformed into a totally new village facility. Freckles is a bright and airy Gift and Coffee Shop run by proprietor Yolyn Brooks.

One half of the shop space is used to display giftware, jewellery, homeware, cards and gift wrap. There's plenty of room to browse and when you've finished you can move to the other side to enjoy a coffee, roasted locally by St Martin's Roasters, or specialty loose leaf tea and a delicious cake.

Lucy Samuels, a food blogger, called in one day on behalf of Barrow Voice and was very pleased with what she found. She was delighted with the dairy-free option in their homemade cakes, and ordered a blackcurrant crumble and a hot chocolate with oat milk as she is lactose intolerant. "The crumble was so buttery and soft it literally melted in my mouth along with the tangy blackcurrant filling which complemented it perfectly," she said. "The hot chocolate reflected the classiness of the décor in that it wasn't drenched in whip cream but had the perfect amount of froth topped with flakes of vegan chocolate."

The shop is open Monday to Saturday and is also available for private hire in the evenings and on Sundays. Yolyn will also be hosting a

range of creative evening workshops over the coming months; more information on these can be found on her website www.freckles-gifts.co.uk or in store.

Yolyn has always lived locally and went to school at Humphrey Perkins. After a degree in Fashion Design and International Fashion Business, she worked in the fashion industry for many years. Three years ago Yolyn made the decision to start working for herself and set up her own online gift shop. With the success she received online, opening a high street shop seemed a natural progression and is now a great destination for all of her customers to visit and enjoy a quick coffee and cake. The online business is still thriving; you can even order online and collect from the shop when you're next passing by.

The shop opened on Saturday December 1st 2018 thus coinciding with the Christmas Street Market and Switching on of the Lights.

What a baptism of fire! There was certainly a very big footfall.

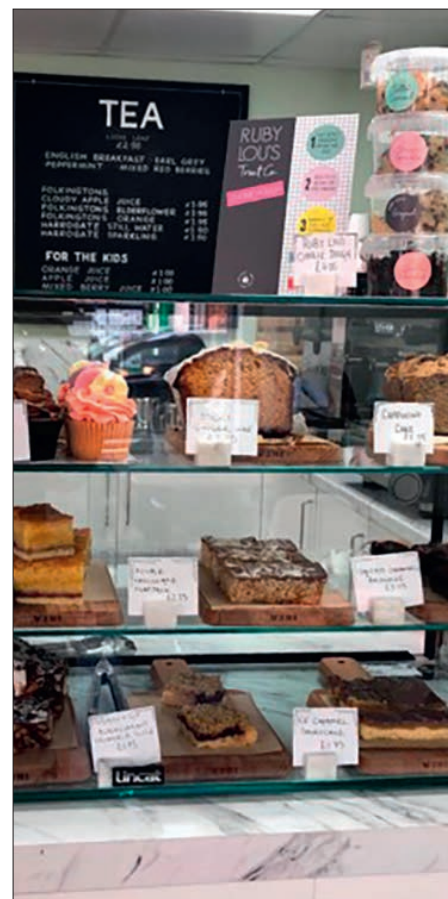
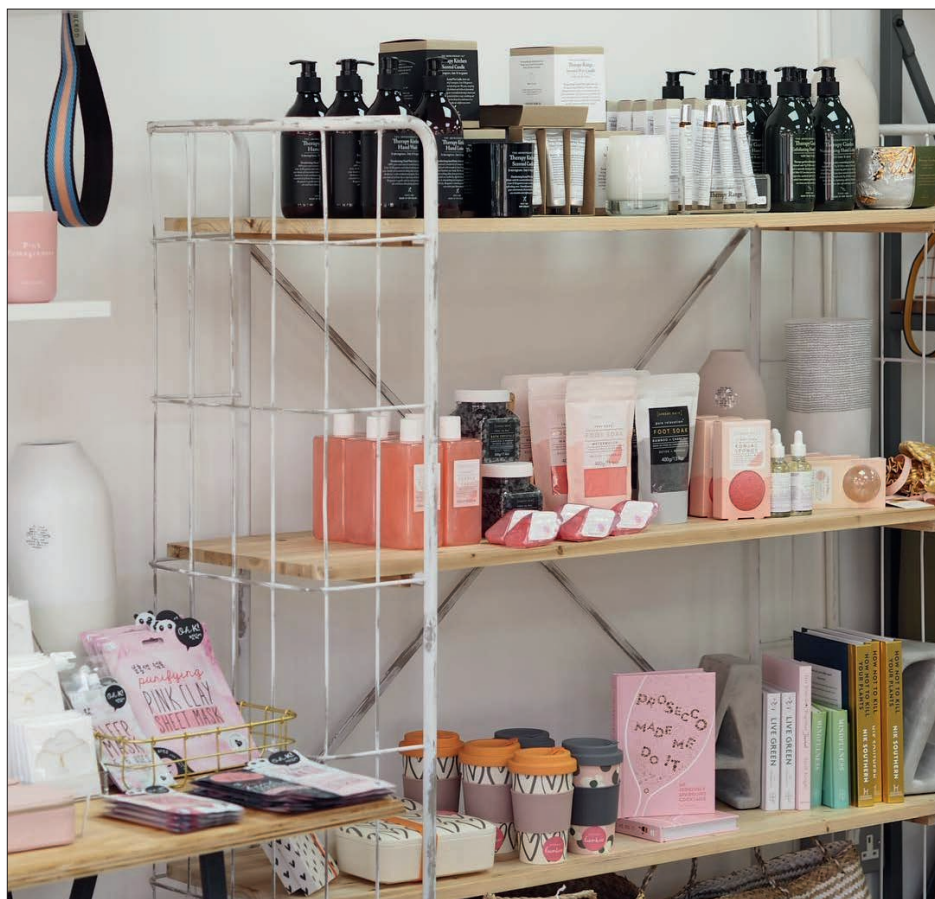


Yolyn Brooks

Freckles is a far cry from Grants where, in the 1960s, I bought newspapers, sweets, convenience products and even gardening materials. Then it became The Paper Shop with a wide range of magazines, papers and old-fashioned sweets. Much more recently it took over as the village post office.

We would like to wish Yolyn a warm welcome and hope that her new business thrives.

Judith Rodgers and Lucy Samuels





North Barrow from a drone.
Is your house in the picture?

Flying a drone for personal enjoyment

Love them or loathe them, the use of drones has seen a rapid increase over recent years, and for many families they topped the Christmas present list last year. They are now used by all the emergency services, along with major construction and utility companies for carrying out inspections and surveys. They are normally in the news for all the negative reasons - normally involving the reckless use of them by specific individuals. Drones caused chaos at London's Gatwick airport last year. Knowingly or not, the operators of these drones were in violation of rule number one of the Civil Aviation Authority's Drone Code: "Don't fly near airports or airfields." So, what are the rules for owning and operating drones in the UK?

Do you need a licence to fly a drone?

Anyone flying a consumer drone for recreational purposes in the UK does not need a licence, as long as the drone is under 20kg in weight and the operator obeys the aviation laws. The UK government has posted advice on its website for drone owners and operators, warning that quadcopters and other flying machines are subject to the law

through the Air Navigation Order. The guidance states: "If you are using a drone for personal use then you are governed by the Civilian Aviation Authority (CAA) Air Navigation Order 2016, specifically Article 241 (endangering the safety of any person or property), Article 94 (small unmanned aircraft) and Article 95 (small unmanned surveillance aircraft)," the guidance states.



Looking south

Where can you fly a drone?

There are a few fundamental rules that all drone operators are required to follow in the UK, such as keeping your drone in sight at all times, and never flying it above 400 feet. It is also forbidden to fly a drone over a congested area or within 150 ft of a person, vehicle or building not under your control. Any images taken with a drone camera are also subject to privacy laws. Currently, drone operators are forbidden from flying their machines within 1km of airport boundaries - but this is under review and may be extended to up to 5km.

Buying a drone

There are many drones available on the market, many of which are designed for specific purposes. Drones for personal

The CAA came up with a simple summary of the rules to follow when flying drones:

Don't fly near airports or airfields.

Remember to stay below 400ft (120m).

Observe your drone at all times – stay 150ft (50m) away from people and property.

Never fly near aircraft.

Enjoy responsibly.

For the irresponsible drone operator, the penalties are severe. Anyone caught flying a drone above 400ft or within an airport's boundary faces an unlimited fine or up to five years in prison.

enjoyment, with cameras, can start from as little as £40, but are normally only able to fly indoors or outside on wind-free days! More sophisticated/professional drones can cost several thousand pounds. DJI are the leading manufacturers of drones, and some of the more popular models are listed below;

DJI Spark - approx. £500.

DJI Phantom 4 series – from around £1,500.

DJI Inspire 2 series – from around £3,000.

A local recommended supplier of drones is Leicester Drones based in Birstall www.leicesterdrones.com

Before flying your drone

Always fully read the instructions carefully and ensure you are in a safe environment for your first flight. Start by simple take-off and landing controls before attempting to move the drones forwards, backwards and side to side etc. Some drone are GPS enabled which makes them easier to fly and hover, others are not, and will take a lot more concentration and skill. Remember – when the drone turns around 360 degrees and comes back towards you, all the controls are reversed! I have lost count of the number of people I have spoken to who either lost their drone on their first flight, or know someone else who lost theirs. You have been warned! Don't rush.

Read the manual, start with the basic controls and build from there. Enjoy safe and responsible flying!

John Shelton

John Shelton Director – Mi360 Virtual Tours Mi360 Virtual Tours are based in Rothley and have been operating drones commercially since 2014. We have used our drones for roof inspections, chimney inspections, land surveys and commercial video and filming. We also create 3D and Virtual Reality virtual tours for hotels, venues, property, schools, boats etc. and provide video and photography services. For more information, visit our website at www.mi360.co.uk

United States: 451, China: 271, Uzbekistan: 21, South Korea: 3

Love statistics? Get excited by rows of figures all helpfully colour coded into neat columns? Then dip into the wonderful world of ours: Barrow Voice Site Stats on a drop-down menu near you. The ones above relate to the originating countries of people, or bots (robots), who visited the magazine's web pages in January 2019. Surprising, isn't it? Twenty-one from Uzbekistan! To find this treasure trove, go to www.barrowvoice.co.uk and click on the first column 'Other Links' in the toolbar, immediately below the magazine's heading, scroll down and click on 'Site Stats'; a world of figures awaits.

But, you have to be careful with statistics and understand what each column heading really means.

Unique Visitor: A person or a computer that has made a least one hit on one page of the BV website. In Jan 2019 there were 435 unique visitors to our site.

Number of visits: If a user visits the BV website and then comes back six more times, you will see a Unique Visitor total as one, but a total of seven visits. In Jan 2019 there were 1,284 visits.

Pages: The total number of BV pages viewed by a visitor. In Jan 2019 there were 3,047 pages visited.

Hits: This is often quoted in the media, but is virtually meaningless because it includes pages and images together. This means you can have one hit on one page of the BV website, but if that page contains two images it can count as four hits! In Jan 2019 the figure was 10,525 hits.

Bandwidth: This is the total number of bytes downloaded through web browsing. For example, if a BV web page

is downloaded containing 50 kilobytes of text and two images, at 24kb and 32 kb respectively, then each visitor will take 106 kilobytes of the BV bandwidth. In Jan 2019 it was 1.19 gigabytes.

It is easy to compare figures for different years. If you look near the top left of the first page, you will see two boxes labelled Month and Year. Change them to any you'd like to see and click OK. This quickly flips you to a page of earlier statistics. For example in Jan 2007 figures for Unique Visitors, Number of Visits, Pages, Hits and Bandwidth were 532, 694, 2,221, 9,531 and 133.36 megabytes respectively. So in comparison with 2019, Unique Visitors were a little lower than in 2007 but all the others up considerably - especially the amount of material downloaded. So all is clear: Barrow Voice online is going from strength to strength! We have the stats to prove it!

Gaynor Barton with grateful thanks to John Nurse

**And soon there will be data relating to advertising in the Site Stats. This is because since January 2019 online advertising in BV has been linked to an advertiser's own website so the numbers of people clicking on advertisers ads can now be collected.*

Statistics for barrowvoice.co.uk (in the last 6 months)					
Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
October 2018	873	2,199	8,542	53,659	1.15 GB
November 2018	489	1,427	5,677	14,623	1.57 GB
December 2018	358	1,296	6,750	19,447	1.71 GB
January 2019	435	1,284	3,047	10,525	1.19 GB
February 2019	368	1,146	2,912	7,255	1017.29 MB
March 2019	42	57	86	134	23.56 MB
Total	2,565	7,409	27,014	98,388	6.64 GB

G GAMBLE & SONS

Proprietor J G Maltby (Quorn)

- Family Owned
- Private Chapels of Rest
- New Memorials Supplied & Additional Inscriptions
- Golden Charter Pre-Paid Funeral Plans
- Religious & Non-Religious Services

01509 415 415

24hr service

101a Meeting Street, Quorn
LE12 8AQ (entrance on Spinney Drive)



Local Independent Funeral Directors

Natural Elements

Physiotherapy &
Sports Injury Clinic

Acupuncture

Manual Therapy

Neck & Back Pain

Deep Tissue Massage

Joint Pain & Stiffness

Online Booking

Improve Mobility

Evening Appointments

Poor Posture

0116 367 6472

Headaches

www.theNaturalElements.co.uk

26 High street, Barrow-upon-Soar, LE12 8PY

ChimneyDoc!

Your Local Sweep

Open fires, wood burners
& solid fuel stoves.



Out out and keep me!

- Bird guards & chimney cowls supplied & fitted
- Bird nests and blockages removed
- CCTV surveys and inspections
- Chimney repointing and repairs.



Call Mark the ChimneyDoc now

Tel: 01509 881479 mob:07830 345800

email sweep@chimneydoc.co.uk www.chimneydoc.co.uk

N Townend (Loughborough) Ltd

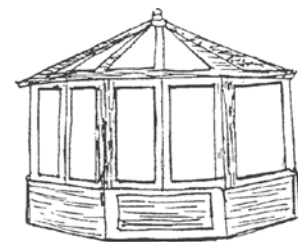
33 Ribble Drive, Barrow upon Soar
Telephone: 01509 415262
Mobile:07860 789590

Business as usual from new address

Specialist in PVCu Internally Double Glazed Windows, Doors & Conservatories

- Shoot bolt locks & Saracen Hinges
- Multipoint Locking system
- Optional K & Safety glass
- All workmanship guaranteed 10 years
- Fitted by experienced local fitters
- FREE WRITTEN QUOTATION
- We will be pleased to quote
From one window to a full house
- Facia, Soffits & Guttering
- Sealed Unit Replacement

SAVE £££ s



Just quality windows from Rehau

BARROW TOWN FC CLUBROOM & BAR

Available for your function

*Weddings; Birthdays; Anniversaires
any celebration!*



Seating for 80+ persons

Volunteers always needed,
come and help with your very own football club



Tel 01509 412244 for rates

It's Here!



King George V Recreation Ground Refurbishment

After more than two years of planning, designing, constructing, and a few setbacks, King George V Recreation Ground is up and running for people of all ages to use. The brand-new recreation ground has been teleported back to a prehistoric period, following the finding of a Plesiosaurus fossil in Barrow, which influenced a fossil theme to run through the village and its streets.

Members of the Parish Council say they are pleased with the outcome of Phase One and Two for the new refurbishment of King George V Recreation Ground, despite the length of time it took; it was worth the wait. The refurbishment took almost three years and cost around £214,000 for Phase One and Phase Two. Bellinger did the groundworks and made sure it was related to the fossil theme Barrow proudly represents. Contractor NT Killingly worked throughout the project ensuring Phases One and Two met the expectations of the residents and users, without any safety hazards or issues.

Phase One includes the MUGA (Multi-Use Games Area) Sports System which welcomes all ball sports from tennis to basketball. The Natural Play Area has been introduced to encourage children over 12 to use the recreation ground. It includes an all grass play area with wooden features, such as a timber climbing frame and a Titan swing and many more. All of the equipment in Phase One has been reconstructed from recycled old equipment.

With Phase Two complete, children under 12 are able to enjoy their new dinosaur themed, soft-landing play area. New features in this area include a large portrait of a T-Rex on the ground, a variety of fossil influences such as giant dinosaur footprints leading into the play area, and a salamander balance beam, whilst keeping the same climbing frame, slide and roundabout in place. Bellinger, NT Killingly and The Parish

Council have also ensured adults can make use of the refurbishment. With new features such as wooden hurdles, a chin up frame, and other exercise equipment, placed around the perimeter of the field on the Trim Trail, there is no excuse to not accomplish your 'Get Fit for the Beach' resolution.

Residents will also notice the new addition of The Sensory Garden which is accompanied by two memorial benches, surrounded by flowers which bloom in the spring.

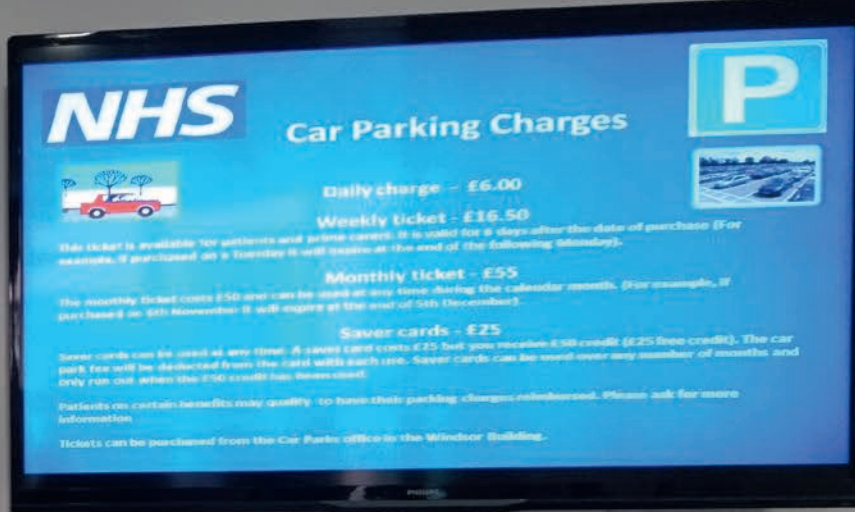
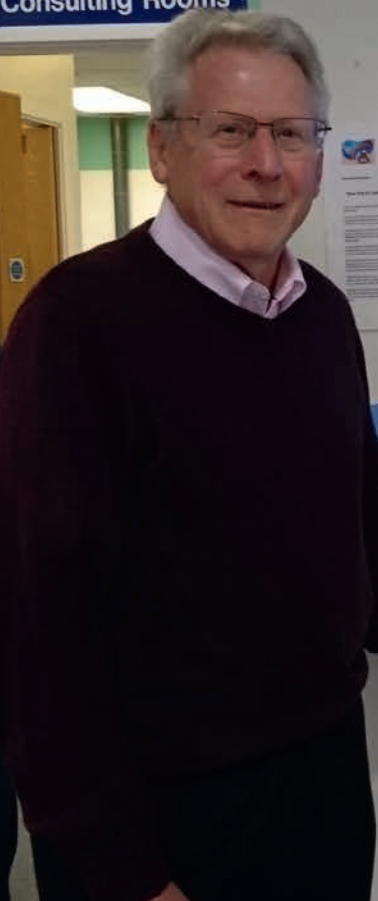
Talking to people in the park produced a variety of responses. Mrs Boyd of Beaumont Road said, "The younger ones' play area is the best used. I don't see anybody using the wooden exercise equipment but some people might like it." And Helen Baldock, in with her husband and children, said, "I think it's great, especially the way the part for older children is integrated with the part for the younger ones, and I really like the new wooden stuff." Her daughter, Sylvia, four, said, "My favourite is the wobbly bridge." The refurbishment has attracted not only residents of Barrow but also visitors to the village. Emma Sillet, 42 from Birstall says,



'My friend and I used to go to the park with our children when I visited her, as she lives in Barrow, but I hadn't been in ages until she said it had been refurbished, so I brought the kids back and it's fab. They love it. It will be great for picnics in the summer.'

This year, Barrow will experience its first summer with the full refurbishment of the recreation ground being complete, so it looks like King George V's could be the place to be once the sun finally shows its face.

Lucy Samuels



John Nurse at the end of his treatment

My Cancer Journey (So Far)

I am writing this to encourage other men to get checked out at their doctors. My journey started towards the end of October 2017 during a visit to the doctor's for my flu jab. It seemed a long time since my last full check-up, so I asked the receptionist to check. Apparently it had been over three years, so I was immediately booked in for the 'full works'.

When the results came back a few days later, the doctor rang and said that all was normal apart from my PSA (Prostate Specific Antigen) level which was 26, and requested I came in straight away which I did. I'll always remember that day, late afternoon on Tuesday October 31st. The lady doctor examined me and said my prostate was enlarged but felt smooth, which was a good sign, and having an enlarged prostate didn't necessarily mean it would be cancer.

This was the first time the word cancer had been mentioned. I should point out that at the time I was 79 and had no previous medical history. I'd never taken medication so the word cancer was a shock to me, my family and all of my friends.

The doctor said she would refer me to a consultant, and an appointment arrived a few days later for Friday November 10th at Leicester General Hospital. The consultant was Mr D Bodiwala and he examined me again and confirmed my doctor's diagnosis. This meant I would have to have further tests and I would be treated as a 60 year old. I wasn't sure what that meant.

My wife and I, still not knowing for sure, came away with three further appointments:

1. An MRI scan on the following Monday November 13th at Glenfield Hospital. (GH)
2. A transrectal ultrasound scan and biopsy on November 16th at Leicester General. (LGH) This experience gave me the most discomfort, especially after the nurse showed, and demonstrated, the instrument to be used saying that 12 biopsies would be taken.
3. A full-body nuclear bone scan on November 23rd. I was informed not to go near pregnant women or young children for 24 hrs as I would be radioactive - charming!

We were called back to see the consultant on Friday December 1st, and although the biopsies showed some cancer cells, it was inconclusive and so I needed to have a general anaesthetic for a further 36 biopsies. Wow! The good news was that there were no signs of cancer anywhere else in my body. After a pre-med on December 4th, the procedure was carried out on

December 9th at Leicester General. It only took a day. After the operation, and for three or four days afterwards, I suffered with stomach pains, bowel issues and felt a bit rough generally.

We waited for the next letter which I received about 10 days later, just before Christmas, and the appointment was on December 29th to see a consultant, Mr DJ Summerton, again at the Leicester General. We did our best to forget about it and get on with our normal family Christmas, which we did, although the subject was never far away. At the appointment, the consultant confirmed I had prostate cancer called Adenocarcinoma (I have learnt since that there are a number of different types of cancer all under the umbrella of prostate cancer). What a Christmas Box that was!

The treatment prescribed was hormone and radiotherapy and I would start that day, so I was transferred to a specialist nurse who explained things further and I was given various pamphlets. The hormone treatment meant taking tablets once a day for the first 28 days, and my doctor would give me my first injection in a further two weeks' time.

The injections would then be every three months for three years. The radiotherapy would start in a few months' time and I would be transferred to the Oncology Unit at the Leicester Royal Infirmary (LRI) under a consultant doctor, MR C K Kent. I cannot praise the NHS and all the staff enough for their dedication and kindness. Within less than two months I had been diagnosed and started my treatment.

My first appointment at the LRI was on Monday March 12th 2018 for radiotherapy pre-planning. Here it was explained that I was to have 37 treatments, on consecutive days, over a two month period. The staff consults with you about the most suitable dates and times. I needed to avoid Easter because I had a holiday booked. I also thought it would be better to have the treatment in the afternoons. This they were happy to accommodate. My treatment started on Monday April 12th but before this I needed to have a radiotherapy planning appointment four days later on Thursday March 15th.

This initial CT scan would be lined up with my previous MRI scan via computer. I was then positioned on the scanner bed and my body was marked with three small dots. It is these

dots and the position on the bed that has to be repeated each time the treatment is given. The actual treatment is painless and takes about 15 minutes. You lie on the scanner bed and a nurse makes sure you are approximately in the right position with your feet in a support with further support under your knees and head. The nurse leaves the room and the scanner goes around you once and jolts the bed into the correct position. It then goes around you twice more to give the treatment. About 45 minutes prior to the treatment you have to make sure your bowels and bladder are empty and then drink two glasses of water. This is to make sure your bladder is the same position each time. The time of your appointment each day is very strict and they are seldom late. It was delayed only a couple of times due to technical reasons.

It was stated that I should not change my lifestyle during the treatment, but to keep doing normal exercise where possible. I was told I may feel weary towards the end. I did not realise at the time how weary until my treatment finished in June but two or three weeks after that I began to feel much better and more energetic.

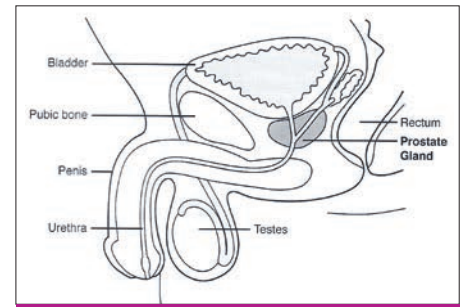


Diagram of male genitalia

Apart from the three monthly injections my treatment is finished. I just need to see the consultant every six months for a blood test and to explain how I feel. Up to writing this I saw the consultant once in August, and my PSA was down to 0.04 which is almost negligible. I will be monitored for the next five years. Fingers crossed I will be cured. Again I must praise all the nurses for their understanding and kindness. Where would we be without the NHS?

So, if you are a man reading this, please go to your doctor and get checked out.

Ding Dong J. Nurse

Good Neighbourhood Scheme

Are you interested in a Good Neighbour Scheme for Barrow Upon Soar?

A Good Neighbour Scheme aims to link people in a community who need some support, with local volunteers who can offer some help. It is aimed at improving the quality of life for the more vulnerable members of the community.

A small group of Barrow residents are trying to set up a Good Neighbour Scheme for our village. You may ask "Why do we need a new group here when there are so many established groups already?" Unless you are a member of a group, or have access to the internet or local papers, you may not know these groups exist or what support they can provide.

The Good Neighbour Scheme for Barrow will try to bring these groups together and identify gaps in support, especially to those people that are not members. It is not trying to replicate the great work already being carried out by these groups.

Types of support we would like to offer can be:

- Befriending
- Transport
- Collecting shopping or prescriptions
- Short term tasks such as pet care, gardening, housework



We need your help to get this scheme set up

We need to get a core group of volunteers together to set up the scheme. This initially will involve setting up a Steering Group, a Constitution, and Bank account. We are getting lots of support from the Rural Community Council and other local Good Neighbour Schemes so we are not doing this alone. We also need to confirm there are people willing to help once the scheme has been set up. If you are interested in helping to set up the Good Neighbour Scheme, please contact us and let us know the skills and

experience you can offer. We need to confirm if there is a need for support within the village. We have started to gather information about our village groups and aim to visit them to confirm what services they offer and if they would be willing to work together with this new Scheme. If you are interested in using the services of the Good Neighbour Scheme, please contact us and let us know the sort of services you could use. Please contact us on 0777 162 5591 or email us barrowuponsoargns@gmail.com

Annette Richardson and Joyce Noon



Copyright Sydney 2015

Netball World Cup

The Vitality Netball World Cup 2019 takes place in Liverpool from July 12th to July 21st and Lindsay Impett, as Event Director, has the task of leading the team and delivering the event. Lindsay lives in Barrow, and Barrow Voice caught up with her to ask what it's like to work on such a high profile event.

Tell us about the event...

The Vitality Netball World Cup 2019 is the highest profile netball event in the world. Teams from 16 nations will compete in 60 matches over 10 days to lift the trophy and be crowned World Champions in Liverpool this summer. Over 80,000 tickets have already been sold and we are delighted that both Sky and the BBC will be showing matches throughout the event.

That sounds like a hectic programme. What exactly does your job entail?

I am responsible for leading a team of 14 fantastic staff who manage the competitions, event operations, marketing, promotion and the commercial requirements of the event. This is everything from recruiting volunteers, organising team hotels, selling tickets, contracting suppliers, creating a mascot and launching our merchandise range. It certainly keeps us all busy!

What are England's chances in the competition?

The England Roses are the current Commonwealth Champions, having snatched the gold medal from the Australian Diamonds in the dying seconds of the final in the Gold Coast last April. However, competition is fierce from all the nations including Australia, New Zealand, Jamaica and South Africa. England starts its campaign on July 12th against a Ugandan side that are currently going from strength to strength; no route to the final will be easy.

What do you do to relax in your spare time?

Having spent ten years in London, I really appreciate the opportunity to get out into the countryside for walks or on my bike. In Barrow I am perfectly placed to walk out of my front door straight into the fields and breathe in the fresh air. As a new resident in 2017, I also really appreciated the opportunity, to be part of the Barrow Panto Group. Singing and acting is a world away from my day job and the perfect escape.

Lindsay Impett



Kathryn Goes Green

– on the roof!

When the roof of a lean-to in the garden needed replacing, Kathryn Timmons decided to think 'green'. She wanted something that would be environmentally friendly and visually attractive. A 'blanket' proved to be the answer – not a woolly blanket, but a blanket of succulent sedum plants that, when in bloom, would create a colourful spectacle.

Kathryn and her husband George moved into their home in Beveridge Street in Barrow 26 years ago. They had discussed replacing the roof, which was in a poor condition, but when George fell ill, plans were put on ice. George passed away four years ago and last year, Kathryn decided to revisit the project.

She had seen green roofs in a television programme which sparked an idea that this could be an attractive alternative to concrete.

She did some research online and liked the idea of a low-maintenance sedum roof. Sedum is suitable because water is stored in its succulent leaves, allowing it to survive in drought conditions and cold spells.

She discussed it with maintenance man Jeff Mew who gladly took up the challenge. He sourced a supplier, Green Rooftops, who explained the two routes to creating an instant sedum roof – you can build it up using substrate and a sedum blanket, which was the method chosen by Kathryn and Jeff, or you can use modules containing the full package of drainage, water reservoir, substrate and fully-grown sedum. The modules click together to create a roof.

The roof of the lean-to needed to be strengthened by joists to support the weight of the sedum, and waterproofing was laid. The sedum blanket was added and Jeff created a drainage system leading to the back where a water butt now collects the nutrient-rich water.

The mixed sedum mat is a recycled polyester fibre mat, with a thin layer of specialist green roof substrate in which the sedum plants grow. Sedums are very suitable for creating a low-maintenance roof, and modules contain 16 different varieties for a range of colour and texture, with some flowering in summer and others in autumn. They are resistant to temperature fluctuations and grow to between two and five centimetres tall, and up to 10cm with flower heads.

"Our roof was laid in autumn and has grown a little since then," says Kathryn who is clearly delighted with the finished product. "I am looking forward to it flowering in the summer."

A sedum roof is low maintenance, but not no-maintenance, and there should be just the right amount of substrate for plants to grow in – enough to allow the sedum to flourish but not enough for weeds and other invaders to become established. British weather can be unpredictable and in hot dry spells, sedum will continue to thrive as it is a succulent and can withstand most weather conditions. Fertiliser should be added every six to 12 months.

Kathryn has no regrets that she has brightened up the lean-to in this way.

"Every time I look out of my upstairs window, I get pleasure from seeing my 'living roof'," she smiles.

Lindsay Ord



Original roof



Lean-to with sedum roof



Sedum roll



BE THE VOICE OF YOUR COMMUNITY

BECOME A PARISH COUNCILLOR



**IF YOU CARE ABOUT WHERE YOU LIVE AND ARE
PASSIONATE ABOUT YOUR COMMUNITY, WE NEED YOU!**

Local elections will be held on 2nd May 2019. This is your opportunity to join the Parish Council and be a voice for the community.

If you would like further information, please get in touch with the Parish Council via email - clerk@barrowpc.org.uk or tel 01509 416016



AN UPDATE ON THE MAJOR HOUSING DEVELOPMENT IN BARROW

In this edition of Barrow Focus, the Parish Council provides an update and timeline of major housing developments, and the effect of these on the sewerage and drainage infrastructure in the village. Following a recent update and response from Severn Trent Water (STW), the Parish Council would like to update the residents of Barrow on progress.

Severn Trent Water has been speaking to residents likely to be affected by flooding, and by carrying out some questionnaires, is now confident that they have the most up-to-date information.

STW undertook some maintenance work on the sewer system last summer and will continue to do so. This work includes ensuring that non-return valves and sealed manholes are inspected, to ensure that storm flows in the watercourse do not enter the sewer and cause foul flooding.

STW accept that storm flows in Fishpool Brook do present a risk to the sewer network, and also accept that the surface water run-off from the Jelson estate, as it is developed, will increase this risk.

However, STW is confident now that the sewers can accommodate the additional foul sewage from the 291 houses at the Jelson estate and the 71 built at the Nottingham Road Wilson site. Whilst they accept that there may be an increased frequency of discharge to the river from the Storm Water Overflow at Bridge Street, this is a matter between STW and the Environment Agency and will be monitored by STW.

The Parish Council would like to thank all of those people who have given time and help over the last two years on this issue and accept STW's position on the issue of foul flooding.

PUBLIC TOILET

As many of you know, there is currently a temporary public toilet in the Co-op car park, but please be assured that the Parish Council is still looking for a more permanent location. If anyone has any suggestions as to where a permanent toilet(s) could be installed, please do get in touch.

VOLUNTEER GROUP

The Parish Council would like to extend a huge 'Thank you' to the group of volunteers, organised by Annette Richardson, who have been carrying out clearance tasks at various locations around the village. The personal time and effort they have given to cutting back overgrown vegetation, weeding, and litter picking in areas such as the Millennium Park, the Willow Road play area, and public footpaths is very much appreciated. The group are always looking for more volunteers, and suggestions of areas that need a bit of TLC, so please do contact the Parish Council. All equipment needed will be provided including brown bins.

PART EXTINGUISHMENT OF THE I20 BRIDLEWAY INQUIRY

An enquiry into the order to extinguish part of the I20 Bridleway will be held at County Hall, Glenfield on Tuesday 4th June at 10am. The Parish Council has submitted an objection to the extinguishment and will be attending the inquiry. If you would like any further information, please get in touch with the office.

SKIDADDLES

SOFT PLAY & PARTY ZONE

TEL: 01509 437395

3 storey soft play area

0-3 years ground floor soft play area

Free Wi-Fi

2 party rooms

Themed parties with hot or cold food packages

Contemporary coffee area serving hot & cold beverages and great food



Unit 36, Hayhill Industrial Estate, Barrow upon Soar LE12 8LD



Your Local Florist and Gift Shop

Every flower arrangement is personally crafted with pride and care by our skilled team based in Barrow Upon Soar. Whether collection or delivery we can create beautiful floral designs using the finest quality flowers to suit any event or occasion. Order online and choose from our fabulous set collections, contact us direct or visit us in person to discuss your requirements or have a browse.

Flower workshops available throughout the year, individual lessons and group sessions catered for.

Looking for a fun evening creating your own floral designs? Contact us to book and check out our future events. New gift items in store. Come and have a browse - we would love to see you.

www.taylorsflorist.co.uk

Taylors Flowers [taylorsflorist17](https://www.instagram.com/taylorsflorist17)

01509 414 646 • info@taylorsflowers.co.uk
17 High St, Barrow upon Soar, Loughborough LE12 8PY

Please mention Barrow Voice when responding to adverts



An exceptional village pub and restaurant in the heart of Barrow-upon-Soar offering great beer, wine & home cooked food. We are open daily at the following times:
Mon–Thu 11am to 11pm • Fri–Sat 11am to midnight • Sunday 11am to 11pm
Food is served daily between the following times:
Monday to Saturday 11am – 9pm • Sunday 12 noon – 4pm



Alongside our Main Menu we run a Burger Menu, Specials of the Day & our new 'Good For You' Menu (complying with everyone's favourite slimming clubs!)

Monday & Tuesday – Pub Classics/2 courses for £12.95

Wednesday – Curry Night/£10.95 includes free selected drink

Thursday – Steak Night/£11.95 for 8oz Sirloin with all the trimmings

Sunday – Our Sunday Lunch (booking essential!)

Plus our Senior Citizens Menu Monday to Friday/Main Course £5.95

01509 621177

@THETHREECROWNS

FIND US

2-6 COTES ROAD
BARROW UPON SOAR
LE12 8JS



Bean Day

Bean Day will be on Saturday 4th of May at the Methodist Church from 10:00am to 11:00am. Children are invited to collect a bean seed to grow at home, so they can enter in the longest runner bean competition in the village show in September.

Tilly Yates

Barrow Village Show

Barrow Village Show 2019 will take place on Saturday 14th September at the Methodist Church Barrow. Schedules will be available from Barrow Express, Barrow upon Soar Library, and Feather 'n Fur Pet Shop, Babington Road.

The painting class will not be available this year because, due to building work, we will not be able to display the entries safely. We have also reduced the number of adult craft classes because of limited space. We hope that the show will be as interesting and enjoyable as usual.

Tilly Yates

Beth Dring



Beth in Africa

Beth Dring has lived in Barrow since the day she was born fifteen years ago. She is a pupil at Humphrey Perkins School and has a love of the performing arts. Since joining the Barrow Youth Theatre in 2015, and the Barrow Panto Group in 2017, she has appeared in every production performed by both groups. This year she reached two performance pinnacles by starring as Tracey, the female leading role in 'Hairspray' in the Barrow Youth Theatre, and also as Gabriella, the lead in 'High School Musical' performed by Humphrey Perkins. Beth is also a member of the Baptist Worship Band and the Baptist Youth Band. She is an obviously talented and musical young lady. Until recently, Beth was a serious swimmer and in the past swam for Loughborough Town.

Last year, Beth and her family went to Uganda with a Christian organisation called Mission Direct; they organise mission trips to various countries. The family travelled to Rukungiri in the South-Western mountainous region of Uganda. Whilst there, in a very poor area, they helped to build three classrooms for Rushararazi

Primary School. They also visited projects for disabled children, orphans and disaffected teenage girls, who had little or no schooling, who were being taught a trade. Beth's Mum, Jo, said that it was incredibly humbling to come face to face with such abject poverty and yet find people so thankful for the little they had. During the middle weekend of the two week trip, the family were able to go on a short river safari to the Queen Elizabeth Country Park, where they had the privilege of seeing elephants, hippos, crocodiles, water buffalo, baboons, water bucks, warthogs and lots of different birds. What a wonderful and yet thought-provoking experience the whole trip must have been.

Last year, another memorable experience was Beth's visit to London to see her first West End musical which happened to be 'Wicked', her favourite. Watching the show inspired Beth to carry on performing even more. Her dream part would be to play Elphaba in 'Wicked'. Watch this space; sometimes dreams do come true!

Val Gillings



Beth in Hairspray



Absolute Care

caring for those you care about

Join our Outstanding Team

- ✓ Guaranteed hours
- ✓ Great pay rates
- ✓ Care time & travel time
- ✓ Fuel paid from home
- ✓ Local homecare calls
- ✓ Bonus schemes
- ✓ Paid holiday & pension
- ✓ Training & Care Certificate

Call Claire on: 01509 881 595

Latest carer pay rates;

£8.80 /hr from April

£9.00 /hr from October
plus travel time and fuel allowance



Care Quality
Commission

Overall
Rating

Good



Call Claire to help make a difference: 01509 881 595

Please mention Barrow Voice when responding to adverts

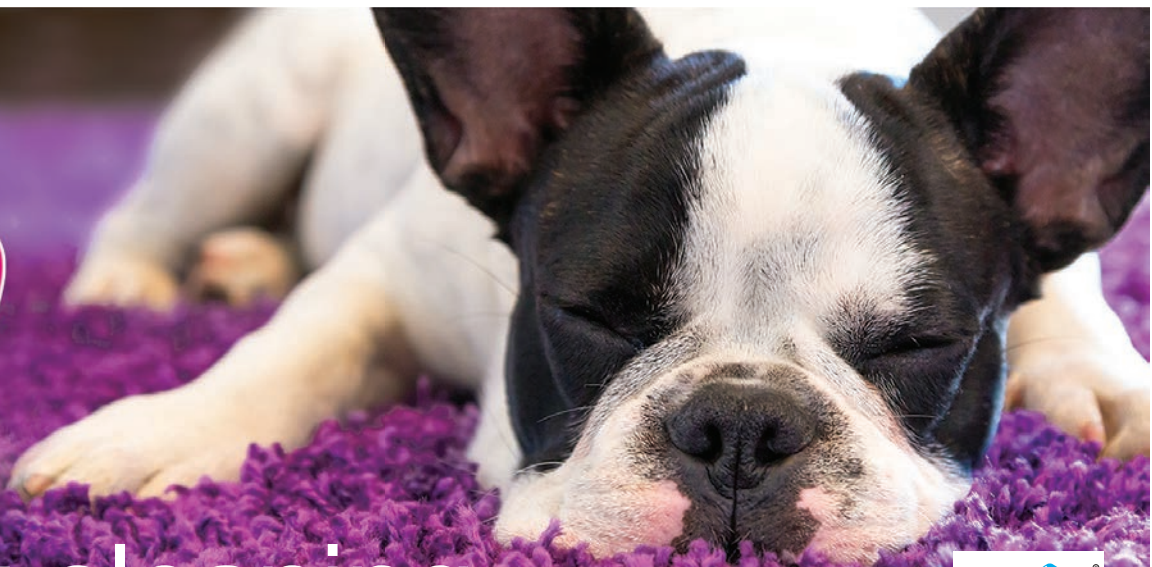


The Professional
Carpet Cleaner

Carpet cleaning and so much more!

- Hard floor cleaning
- On site curtain cleaning
- Rugs, including oriental and antique
- All types of upholstery, especially leather

01509 412797 ■ 07825 795558 www.theprofessionalcarpetcleaner.co.uk



*RUGS - we are CLEANING SPECIALISTS
traditional Persian or Chinese, Gabbeh or
Kilim, we even love Wiltons and Shaggy ones!*

Stuart Simpson SENIOR MEMBER NCCA

Call Stuart for
FREE ADVICE

2019

Barrow upon Soar Open Gardens

Who would have thought in the year 2000, when 15 gardeners in Barrow welcomed visitors to their gardens as part of the Millennium celebrations, that Barrow Open Gardens would still be a wonderful annual event on the village calendar? Always exciting, this year we want to make it extra-specially so and are already putting together an interesting programme of events and venues, starting with a fun family day.



Barrow Open Gardens sashays into spring on Saturday 23rd March at The Baptist Church from 12pm until 4pm. Lots of stalls, competitions, plants, entertainment, food and fun.

This is followed on Saturday and Sunday June 15th and 16th by Barrow Open Gardens from 11am until 5pm. We are planning to open at least 20 gardens (one for each year) of every style, shape and size, large, small, formal, cottage, wildflower, quirky, picture perfect or works in progress, in all corners of our lovely village, to feature in this fantastic weekend to raise funds for Rainbows. We are always looking for new openers and if you would like to join us it couldn't be easier! There is no entry test because gardeners love variety, and so if you love your garden, then others will too.

Contact Lin Webb – 01509 620285 for more information.

Also this year we are planning The Great Barrow Open Gardens Special Exhibition celebrating the contribution that all of our past and present Openers have made to the life of our village. We are busy collecting memorabilia, pictures and personal recollections from as many people as we can. The exhibition will be curated by Barrow Heritage and open for viewing in a garden as part of the 2019 programme. And finally, as well as our usual offer of lovely gardens, delicious food, plant stalls, children's competitions and raffles, is a very special welcome to you all over our Fabulous Family Weekend. We are looking forward to seeing friends old and new.

Lin Webb - Chair Barrow Open Gardens

Hold A Candle For Her

For the third consecutive year, Holy Trinity Church will be holding their "Hold a Candle for Her" event, where they aim to light up to 1,000 candles on Mothering Sunday. A candle is lit in the name of special women in your life, past or present: your mum, sisters, grandmas and friends. You can put forward as many names as you like, for a minimum suggested donation of £1 per name. Funds raised cover the cost of the event and go towards the church's work in the community.

On 31st March a special service will be held at Holy Trinity from 10.30am to 11.30am to celebrate the contribution of women in our lives. Everyone is welcome to come along to the service which is time for reflection and thanksgiving; refreshments will be served afterwards. All the candles will be lit and available for viewing during and after the service; the church will remain open until 2pm. The names of our special women will be displayed on a big screen as well as on scrolls throughout the church. After the service you can enjoy walking around this beautiful building seeking the names of your loved ones. You may take photographs. Donations and name recording can be done at locations around the village; look out for the 'Hold a Candle' posters in shops, pubs, the library, and other public places, including the church. Names and donations can also be done online at www.barrowandwoldsgroup.com/hold-a-candle-for-her

Kath Eastwood-Paramore, Church Warden, says, "The last two years have been amazing with many people really appreciating a chance to say thank you in a quiet and peaceful way. People really love seeing and taking pictures of the 'river of candles' and seeing their loved ones' names".





Central Business Services

FREE INITIAL CONSULTATION

- ✓ Accountants and Bookkeepers
- ✓ Business advisers
- ✓ Payroll, CIS and auto enrolment specialists
- ✓ Business start-up advice
- ✓ VAT and Making Tax Digital

We are all committed to helping your small to medium business grow and run as efficiently as possible. Our friendly and professional team is here to help. Call us to arrange your FREE, no obligation consultation.



Contact us on (01509) 816150

Oak Business Centre, 79-93 Ratcliffe Road, Sileby, Loughborough, LE12 7PU

www.centralbusiness.co.uk



Platinum ProAdvisor

Please mention Barrow Voice when responding to adverts

Martin Page

Barrow Upon Soars



local Tree Surgeon

Just like the rest of your property have you considered your trees may need some maintenance from time to time. Are your trees maybe too tall? blocking light, unsafe or untidy? Do your hedges or shrubs need trimming or removing Do you need to remove that stubborn stump



With 30 years of experience working with trees in your area, I would be pleased to offer you free advise and a free quotation.

call me now on 01509 414169



- Pruning
- Reshaping
- Thinning
- Felling
- Stump removal
- Fully insured
- Local family business
- Clean & tidy service



I also sell high quality hardwood logs



Constantly Recommended

From the Staff and Management of

BARROW SERVICE STATION

— We would like to —

THANK

• OUR CUSTOMERS •

for their amazing support

- Fuel
- Newspapers
- Off-licence
- Convenience store
- Lottery
- Air-line service on forecourt



HERE TO SERVE THE LOCAL COMMUNITY



BRADGATE

ELECTRICAL SERVICES LTD

Your Local Electrician & Plumber

We offer domestic, commercial and industrial electrical and plumbing solutions throughout the Midlands



MATT 07739 644 184



SAM 07815 789 097

bradgateelectrical.co.uk





Friday March 29th Centre Stage:
**“La Bella Band and the
 Lost Chord of Ulaanbatar”**

This Centre Stage show is unashamed FUN from a cheery three-piece band with a vintage boys-own adventure style. Thrill to a brilliantly entertaining lecture, detailing how three dapper but hapless chaps embarked on a perilous adventure by boat, airship, and jalopy across Europe and Asia in search of a mysterious and fantastical ancient treasure - and to revive their mediocre musical careers.

It begins as a bumbling lecture promising 'rare artefacts', but swiftly descends into slapstick as the equipment comically fails and they must fall back on their musical skills to get them out of the soup. There are mimes, charades, shadow puppetry and close harmony singing. Their repertoire includes well known songs and standards from 1926 to the present day. The songs are fun and witty

(think Flanders and Swann) and all their own material, with ditties such as 'Yurts and Yaks' and 'Istanbul (Not Constantinople)' which you're sure to be humming all the way home.

It takes place on Friday March 29th starting at 7.30pm in Humphrey Perkins Community Centre, Cotes Road, Barrow upon Soar, LE12 8JA. Full price tickets on the door are:

standard £11; concessions £10; and students in full-time education £6. All tickets bought in advance receive a £1 discount. Advance tickets are available from The Flower Shop, the Library, by Paypal or card from www.busca.org.uk or phone 07718153117.

There will be full bar, easy disabled facilities, and plenty of parking.

ROY GREEN

CHARTERED SURVEYORS

LETTING & ESTATE AGENTS



Rics Qualified property professionals with Letting, Sales and Survey services

Roy Green Estate Agents PRIDE IN PROPERTY

Established for over 40 years, we offer an unrivalled approach to selling property. All of our team are local to your area, giving an extra edge to a deeper knowledge when selling and Letting a property. With Roy Green Estate Agents, you can be sure that you are dealing with the very best team of property experts there is, to guide you through the whole process.

Being passionate about service, we employ only the very best industry operators with skills, experience and dedication that surpass our competition. Whether selling or letting your property, our team work hard to negotiate the very best price for you and find the most suitable buyer. We also offer Financial advise and also have a very good connection with reputable Solicitors to convey your property for a smooth process.

Roy Green Estate Agents specialise in the sale of properties across the East Midlands, particularly Charnwood Forest & Villages, Rural Leicestershire and County of Rutland itself. Much of our business is from repeat clients and recommendation.

Anstey

15 The Nook, Anstey, Leicester LE7 7AZ
0116 235 3009

Barrow Upon Soar

5 High Street, Barrow Upon Soar, Loughborough LE12 8PY
01509 274 474



www.roygreen.co.uk



MITTON

ELECTRICAL_{Ltd}

- INDUSTRIAL
- COMMERCIAL
- DOMESTIC

Pete 07972 592 691

Dave 07710 087 085

Info@davemittonelectrical.co.uk
www.davemittonelectrical.co.uk



Check out the Community Library

Your guide to what's now available in your community library

Books and much more

Leicestershire County Council provides and updates the main book stock. You can request books from the online catalogue using your library PIN number. Ordered books arrive on Wednesdays and, if you've provided your phone number to the library service, you will be notified in advance that the book is ready for pick up.

If you feel that the library is lacking in books by a particular author, let us know and we can put in special requests.

We have our own independent book stock. These books originate from good quality donations from our very generous library users. We welcome small donations of recently published good quality books to enhance our stock. The Independent adult fiction section has much more of a bookshop feel to it. It is becoming popular with some users who make a beeline to see what has been recently added.

We've also added two new sections to the library, a Graphic Novel section for young teens, and a Reading Well section where you can find books on many health and well-being topics.

Magazine and newspapers

The Echo and Leicester Mercury are available for you to pop in and browse. Together with our magazine swap box there's always something interesting, and coffee too, if required.

Family History Research

The Library is a great place to research your family history. The "Ancestry" site is available free of charge on our three public computers and we hold a range of local family history records.

Local information

We display posters and hold leaflets on local events. There are numerous display boards watched over by our vigilant volunteers to keep them up to date. Leicestershire County Council Library services deliver tourist and event leaflets regularly for theatres, museums, galleries, and other venues. We sell tickets for the many BUSCA theatrical events. Welcome packs for new villagers and copies of Barrow Voice are also available.

Public computers and one-to-one tuition

Our computers, iPads and laptops are all available for public use. Some of our clever IT volunteers are involved in "New to Computers" sessions both at the library and at the Bishop



Beveridge Club. One-to-one sessions can be booked with our volunteers.

Library events

The library is used by a number of hiring groups throughout the week which are very important to the existence of the library. They help enormously with the expenses of running the library and provide local activities for local people in the heart of their community.

We run a programme of monthly talks from September through to May. Look out for our next talk on the posters in the library, the website, and on Facebook. Would you like to recommend a speaker? Let us know... we are always planning ahead.

Our open days take place in the summer and near to Christmas. A chance for you to come in and see what's been going on.

We also hold regular second-hand book sales throughout the year which raise vital funds. Thanks to our generous donors we are able to offer excellent value second-hand bargains.

Regular groups

Rhyme Time for 3 years and under takes place every Friday morning from 10.30-11.00.

Rhymes and songs are now fully recognised as helping to develop reading skills in children.

The Get Crafty Group also meet on Fridays between 1.30 and 3.00; an informal friendly group who have also played an important role in fundraising at library events.

We hope you will come in and experience all that we have to offer.

We hope you will make suggestions if you feel we can change or add anything. Come and volunteer with us if want to be more involved. Opening Loughborough Building Society Affinity accounts, opting for your library on the Coop Community Fund and supporting the Charnwood Lottery are all ways in which you can support the library. For further information contact Angeline Kazianis on 01509 416356 or email on library@barrowuponsoar.org.uk

Catherine Holmes



Graphic novels



Newspapers



**2 FREE
CLASSES**

Try a class or book to see a
Trainer/Physio to discuss your needs.
IT CAN'T HURT!

ARE YOU LOOKING FOR SOMETHING DIFFERENT AND FRIENDLY TO SUPPORT YOU WITH IMPROVED HEALTH & FITNESS?

Bridge4[®] Health and Fitness is a **NEW** and **UNIQUE** gym.

Led by a team of experienced Physios and Exercise Trainers we help people of all ages and all abilities to build their fitness safely . . . and best of all, we make it fun.

HOW WE HAVE HELPED OUR MEMBERS



ALAN (Podiatrist)

It was a breath of fresh air finding Bridge4. Health issues meant I needed help getting more active – and help is exactly what I got.



PHILIPPA (Florist)

I don't do gyms – but Bridge4 is not your typical gym. The team of physios and trainers are so welcoming, and friendly.



OWEN (NHS Health Technician)

I have been to many other gyms but Bridge4 is so different, it's amazing. There is no pressure, just support and help.

PERSONAL TRAINING | FITNESS CLASSES | HIGH INTENSITY INTERVAL TRAINING
PILATES | PHYSIOTHERAPY | SPORTS MASSAGE

**Come and join us, get fit
and have fun with us.**

**New Starters Welcome.
All Ages – All Abilities.**

0116 3960 000

3 Geoff Monk Way, Birstall, Leicestershire LE4 3BU
Email: enquiries@bridge4studio.co.uk
www.bridge4studio.co.uk

WE ARE BEHIND THE FIRE STATION, OPPOSITE THE PARK AND RIDE.



Plans, Drains and Authorities

In this issue of Barrow Voice, Barrow Parish Council has published 'An Update on the Major Housing Development in Barrow'. Extracts from this state that Severn Trent Water (STW) accepts that storm-flows into the Fishpool Brook do present a risk to the sewer network, and also accepts that the surface water run-off from the Jelson's estate (Melton Road), as it is developed, will increase this risk. However, STW is confident now that the sewers can accommodate the additional foul sewage from the 291 houses at Jelson estate, and the 71 built at the Nottingham Road Wilson site. Whilst they (STW) accept that there may be an increased frequency of discharge to the river from the storm water overflow at Bridge Street, this is a matter between STW and the Environment Agency, and will be monitored by STW.

Note, there is no role or responsibility here for any authority with elected representatives, and it has taken almost six years to have a clear statement from STW from the time this matter was raised as part of the public enquiry on the Jelson site in early 2013. The report does not say if the sewers are at capacity, although clearly storm water drainage is an issue. So, is this likely to be a challenge in the future from more major housing development which would drain into the existing sewers and brook on the Melton Road side of the village? To have an idea where this may be, have a look at SHELAA on the Charnwood Borough Council website.

SHELAA – Strategic Housing and Employment Land Availability Assessment. Use this link: https://www.charnwood.gov.uk/files/documents/barrow_upon_soar2/Barrow%20Upon%20Soar.pdf

If you do not have access to the internet go to Barrow Community Library and, if needed, ask for volunteer assistance to access this website information. This document is available to the public.

Local planning authorities are required to keep a register of all sites available for housing and employment development. Please be clear that an entry of a site in the SHELAA does **NOT** mean that a planning application has been made, or if an application was made, it would be successful. It remains possible for sites not entered in the SHELAA to come forward for planning and, in any

event, planning applications can be made by parties who are not the owners of sites. The current SHELAA shows several sites which are in the process of development or built out, particularly in the Cotes Road area. Below I have focussed on the sites in the SHELAA which could drain into the Melton Road side and Fishpool Brook side of the village where no planning application exists to date.

PSH 237 Land at Strancliffe Lane, Foxhill Farm (may drain to Cotes Road network)

PSH 242 Land adjoining 84 Melton Road

PSH 282 Allotment Gardens, Nottingham Road.

PSH 342 Land at the Apiary, Brook Lane (behind cricket ground)

PSH 391 Land to South of Melton Road

PSH 392 Land off Melton Road (behind Millennium Park)

PSH 410 Land at Fishpool Farm (accessed from Fishpool Way)

Given the information from STW, it is essential that any decision on a planning application for any of the above sites is preceded by a thorough and proactive investigation of the capacity of the local drainage system, and, if necessary, the inclusion of Grampian planning conditions to ensure any necessary off-site works are completed before on-site building takes place. It would be reassuring to think that there would be also uplift in other essential infrastructure; schools, health care, roads...

Local Neighbourhood Plan (LNP)

Does the LNP protect the village from further major development to the extent that we need not concern ourselves with this? The answer is a definite maybe. The current village Local Neighbourhood Plan (LNP) covers the period from 2013 to 2028. There is no need for any update or revision to this unless it loses its conformity with the Charnwood Borough Council (CBC) local plan. For example, CBC may not have a five-year supply of housing land or the LNP, in some way, not remaining fit for purpose. In areas where a LNP has been in place for two or more years then a three year supply of housing land is required. In December 2018 CBC reported a housing land supply of 5.93 years for the Borough.

I will speculate that this village will not remain at its current housing size in the future. We are told there is a shortage of housing in the country. There is waiting list of 1.2 million for social housing alone now. At this time, CBC is meeting its obligation to provide a five year supply of housing, but if that falls below a five years supply, it could let in the development of the sites mentioned above.

I am pleased to acknowledge the advice of Colin Wilkinson of Planit-X, town and country planning services, for this article.

Alan Willcocks

BURGER MEAL
1/4 Cheese Burger or Chicken Burger with chips and can of soft Drink



£4.50

DONER BURGER MEAL
Doner Burger with chips and can of soft Drink



£4.50

BURGER MEAL
1/2 Cheese Burger or Chicken Burger with chips and can of soft Drink



£5.50

DONER MEAT MEAL
Lamb or Chicken Doner Meat with chips and can of soft Drink



£5.50

FAMILY BURGER MEAL
4x 1/4 Cheese Burger with 4 Chips and 4 cans of soft Drink



£16.00

WRAP MEAL
Chicken or Lamb Doner Wrap with Chips and Can of soft Drink




£5.00

KEBAB MEAL
Any Small Chicken or Lamb Doner Kebab with Chips and Can of soft Drink



£6.00 Go for large **£7.00**

PERSONAL PIZZA DEAL
7" Pizza with 3 Toppings of your choice, Chips and Can of soft Drink



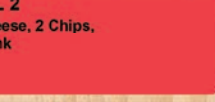
£7.00

PIZZA MEAL 1
Any 9" Pizza with Chips and Can of soft Drink




£10.00

PIZZA MEAL 2
Any 12" pizza, 7" Garlic Bread with Cheese, 2 Chips, Coleslaw and 2 Cans of soft Drink




£14.00

PIZZA MEAL 3
Any 12" Pizza, 7" Garlic Bread with cheese, 6pcs Chicken Nuggets, 6pcs onion Rings, 2 Chips, Coleslaw and Bottle of soft Drink



£17.00

FAMILY MEAL
Any 2x12" Pizza, 9" Garlic Bread with Cheese, Coleslaw, 10pcs Onion Rings, 2 chips and Bottle of soft Drink



£24.50

KIDS MEAL

- 6pcs Chicken Nuggets and Fruit shoot **£3.50**
- KID'S BURGER (Plain Burger) with Chips and Fruit shoot **£3.50**
- 10pcs Chicken Pop Corn with Chips and Fruit shoot **£3.50**
- 3pcs Chicken Strip with chips and Fruit shoot **£3.50**



BUY ONE GET ONE FREE

Only on 9" and 12" 7 Days a Week



Opening Hours: 16:30 to 23:00
Delivery Time: 17:00 to 23:00

www.ultimate-pizza.net

Order online, up to 20% discount
FREE DELIVERY FOR ORDER OVER £15

GET IT ON Google play Available on the App Store



01509 414 894

35A High Street, Barrow upon Soar, LE12 8PY

Minimum Delivery Order £12
A charge of £1.50 is applied for order over 3 miles

WE ACCEPT ALL MAJOR CARDS



ULTIMATE PIZZA'S

Choose your Pizza Sauce Base
Ultimate own (Italian) tomato Sauce, BBQ Sauce or Spicy Sauce
Choose your pizza as deep pan or thin crust  

MAKE YOUR PIZZA STUFFED CRUST EDGE (for each pizza)

	7"	9"	12"
1. MARGHERITA Topped with Mozzarella cheese & Ultimate own Italian tomato sauce	1.00	1.50	2.00
2. CHICKEN & SWEETCORN	4.50	9.00	11.00
3. CHICKEN & MUSHROOM			
4. HAM & MUSHROOM			
5. HAM & PINEAPPLE			
FAMILY FAVOURITES	5.50	12.00	14.00
6. BBQ CHICKEN BBQ sauce, BBQ chicken, Mixed Pepper, Red Onion, Sweetcorn			
7. BBQ PEPPERONI BBQ Sauce, Double Pepperoni, Double Mozzarella Cheese			
8. PEPPERONI FEAST Ultimate own Italian Tomato Sauce, Double Pepperoni, Double Mozzarella Cheese			
9. BACON FEAST Ultimate own Italian Tomato Sauce, Double Bacon, Double Mozzarella Cheese			
10. DONER PIZZA Ultimate own Italian Tomato Sauce, Double Lamb Doner, Red Onion, Mozzarella Cheese			
11. TROPICANO Ham, Mushroom, Pineapple			
VEGETARIAN	5.50	12.00	14.00
12. VEGETARIAN SUPREME  Red Onion, Mushroom, Black Olive, Fresh Tomato, Sweetcorn, Mixed Pepper			
13. VEGETARIAN VOLCANO  Red Onion, Mushroom, Sweetcorn, Olive, Mixed Pepper, Jalapenos			
DELIGHTS	6.00	14.00	16.00
14. CHICAGO BULL'S Red Onion, Bacon, Pepperoni, Spicy Beef			
15. SEA FOOD Tuna, Anchovies, Prawns, Mixed Peppers, Fresh Tomato, Black Olives			
16. CONTRADICTION Plain Chicken, Blue Stilton, Sweetcorn, Mushroom			
17. FOUR SEASONS Pepperoni, Salami, Mushroom, Sweetcorn, Red Onion			
18. MEAT FEAST Ham, Pepperoni, Salami, Chicken, Spicy Beef			
19. ULTIMATE SPECIAL Ham, Pepperoni, Salami, Red Onion, Spicy Beef, Mixed Peppers, Black Olives			
HOT AND SPICY	6.00	14.00	16.00
20. SICILIAN HOT Red Onion, Black Olive, Spicy Beef, Pepperoni, Mixed Pepper, Jalapeno			
21. BBQ TEXAS BBQ Sauce, Red Onion, Meat Balls, Pepperoni, Mixed Pepper, Jalapeno			
22. AMERICAN HOT Red Onion, Mushroom, Spicy Beef, Mixed Pepper, Jalapeno			
23. TANDOORI HOT Red Onion, Tandoori Chicken, Olive, Mixed Pepper, Jalapeno			
24. CHICKEN SIZZLER Red Onion, Spicy Chicken, Mixed Pepper, Jalapeno			
25. BEEF SIZZLER Red Onion, Spicy Beef, Mixed Pepper, Jalapeno			
CREATE YOUR OWN PIZZA ANY EXTRA TOPPING FOR EACH PIZZA	.60	.80	1.00
MEAT: Pepperoni, Spicy Beef, Ham, Chicken, Tandoori Chicken, Bacon, SEA FOOD: Anchovies, Tuna, Prawns VEG: Pineapple, Olive, Sweetcorn, Mushroom, Red Onion, Jalapeno, Mixed Pepper, Fresh Tomato			
CALZONE (FOLDED PIZZA JUST ON 12")	8.00		
26. VEGETARIAN CALZONE Red Onion, Mushroom, Sweetcorn, Mixed pepper			
27. MEATY CALZONE Spicy Beef, Chicken, Ham, Pepperoni			
28. BBQ CALZONE BBQ Sauce, Chicken, Red Onion, Mixed Pepper			
GARLIC BREAD	1.50	2.50	3.50
29. PIZZA BASE GARLIC BREAD	2.50	3.50	4.50
30. PIZZA BASE GARLIC BREAD WITH CHEESE	3.00	4.00	5.00
31. GARLIC BREAD WITH CHEESE AND MUSHROOM			

BURGERS

	1/4	1/2
32. Beef Burger	2.50	3.50
33. Doner Burger	2.50	3.50
34. Cheese Burger	2.80	3.50
35. Blue Cheese Burger	3.00	4.00
36. Hawaiian Burger (with Fried Pineapple)	3.00	4.00
37. Grilled Chicken fillet Burger	3.00	4.00
38. New York Burger (with Pepperoni & BBQ Sauce)	3.20	4.20
39. Garlic Mushroom Burger	3.20	4.20
40. Bacon Burger	3.20	4.20
41. Mixed Burger (Mixed slice of Beef and slice of grilled Chicken fillet with Cheese)	4.00	4.00
42. Ultimate Burger (with 3 Slices of Beef Burger and Cheese)	4.50	5.00
43. Mega Mixed Burger (Lamb or Chicken Doner with slice of Beef, slice of grilled Chicken fillet and Cheese)	2.50	3.50
44. Vegetarian Burger	2.70	3.50
45. Lamb or Chicken Doner COP		

All Burgers served with fresh Salad and Sauce of your choice

KEBABS

46. Lamb Doner Kebab Served with Nan bread, Fresh Salad and Sauce of your choice	4.50	5.50
47. CHICKEN DONER KEBAB Served with Nan bread, Fresh Salad and Sauce of your choice	5.00	6.50
48. CHICKEN SHISH KEBAB Served with Nan bread, Fresh Salad and Sauce of your choice	5.00	7.00
49. MIXED DONER KEBAB (mix of Chicken & Lamb Doner) Served with Nan bread, Fresh Salad and Sauce of your choice	6.50	
50. MEGA MIX KEBAB (Chicken and Lamb Doner with one Skewer of Chicken Shish) Served with Nan bread, Fresh Salad and Sauce of your choice	8.00	
51. DONER MEAT Portion of Lamb Doner Meat	4.00	
52. CHICKEN DONER MEAT Portion of Chicken Doner Meat	5.00	
53. DONER MEAT & CHIPS	5.00	
54. CHICKEN DONER MEAT & CHIPS	6.00	

WRAPS
Served with Fresh Salad & choice of your Sauce

55. LAMB DONER WRAP	3.50
56. CHICKEN DONER WRAP	4.00
57. CHICKEN SHISH WRAP	4.00
58. HALUMI WRAP Served with Fresh Salad & Mayonnaise	4.00
59. CHIPS AND CHEESE WRAP	3.50
60. SALAD WRAP	3.00

SIDES & EXTRAS

	Small	Large
61. CHIPS	1.70	2.20
62. CHIPS & CHEESE	2.50	3.50
63. TWISTY CHIPS		3.30
64. POTATO WEDGES		3.30
65. ONION RINGS (10pcs)		2.50
66. CHICKEN NUGGETS (10pcs)		3.50
67. MOZZARELLA STICKS (6pcs)		3.50
68. JALAPENO CREAM (6pcs)		3.50
69. GARLIC MUSHROOM (15pcs) with G.mayo dip		3.50
70. CHICKEN STRIP (7pcs) with mayo dip		4.00
71. PORTION OF CHICKEN POPCORN (25pcs)		4.00
72. SPICY CHICKEN WINGS (8pcs)		4.00
73. BBQ CHICKEN WINGS (8pcs)		4.00
74. NACHO (with cheese and Jalapeno)		3.00
75. MEATY LASAGNE		4.50

JACKET POTATO

76. WITH BUTTER	2.20
77. WITH CHEESE	2.70
78. WITH BEANS	3.00
79. WITH CHEESE AND BEANS	3.50
80. WITH TUNA MAYO AND SWEETCORN	4.00
81. WITH COLESLAW	3.00

SALAD

82. GREEN SALAD (Lettuce, Red Onion, Cucumber, Tomato, Red Cabbage)	2.00
83. HOME MADE COLESLAW	1.50
84. COLESLAW SALAD (Mix of Coleslaw and Green Salad)	2.50
85. TUNA SALAD (Green Salad, Sweetcorn, Tuna)	3.50

SWEET & DESSERTS

86. CHOCOLATEFUDDGE CAKE	2.00
87. STRAWBERRY CHEESE CAKE	2.00
88. BEN & JERRY ICE CREAM (900gr)	5.00

DIPS

89. MAYONNAISE	50p each
90. GARLIC MAYO	50p each
91. CHILLI SAUCE	50p each
92. KETCHUP	50p each
93. SOUR CREAM AND CHIVE	50p each
94. BBQ SAUCE	50p each
95. SWEET CHILLI	50p each

DRINKS

96. CANS Pepsi, 7UP, Dr pepper, Diet Pepsi, Tango Orange, Tango Apple, Tango Cherry, Water **1.00**

97. BOTTLES (1.6L) Pepsi, 7UP, Tango Orange, Diet Pepsi **2.20**

Condition:

1. We do not accept Cheques but we accept all major bank and credit cards.
2. Minimum order is £12.
3. Free delivery for order over £15 up to 3 miles.
4. £1 delivery charge is applied for order under £15 up to 3 miles.
5. £1.50 delivery charge is applied for order over the 3 miles.
6. On the base of buy one get one free pizza, you will be charged for the expensive one.

Whist Drives at The Bishop Beveridge Club

Whist was widely played all over Europe in the 18th and 19th centuries, and is still going strong in Britain; it derives from an older game called Ruff and Honours.

There are four players to a table, made up of teams of two, who sit opposite each other. The aim of the game is to win as many tricks as possible. Each player is dealt a card in turn until they have thirteen cards each. Usually the player to the left of the dealer leads with their choice of card, but in the Barrow group the player opposite the dealer leads. The rest of the players must follow with a card of the same suit and the highest card wins the trick. If a player doesn't hold a card of the same suit, they may play a trump card: this will win the trick. The winner of the trick leads the next game. When all the cards have been played, the tricks are counted to see which team has won. At this point the winning team stay where they are, and the losing team moves on to another table until all the games have been completed and an overall winner emerges.

Every Thursday, a friendly, sociable, group of people meet at the Bishop Beveridge Club to play the game from 1:45pm until 4:30pm. The whist drives are privately run and are therefore not a Bishop Beveridge event, but



everyone is most welcome. Twelve hands are played, then there is a break for tea and biscuits, followed by a further twelve hands. The cost for the afternoon is £2.50. There are six small prizes for the winners and there is also a free raffle. There are usually 16 to 20

people who attend the whist drives, so if you enjoy playing whist and would like to join this friendly group, just go along to the club on South Street on any Thursday; you will be warmly welcomed.

Val Gillings

Digital Champions Project



FREE drop-in sessions Barrow upon Soar

Come along for help with using tablets, smart phones etc and support with getting online

Between 9:30am and 11am

Bishop Beveridge Club

10th & 24th Jan, 7th & 21st Feb, 7th & 21st Mar

Between 10am and 12pm

Barrow Parish Council Offices

17th & 31st Jan, 14th & 28th Feb, 14th & 28th Mar

Between 2pm and 5pm

Barrow Community Library

Every Monday - (Must be pre-booked) Tel: 01509 416356



Barrow Pre-School Playgroup



Barrow Pre-School Playgroup is an OFSTED registered charity playgroup. In their recent inspection they were awarded a GOOD.

We provide learning through play for children aged 2 - 5yrs. Sessions are run at the Methodist Church Rooms, Barrow upon Soar Monday, Wednesday and Friday 9.15am to 12.15pm and Tuesday and Thursday 9.15am to 3.25pm.

For more information please contact Cathy Northcote-Smith on **07975 957242** or email barrowplaygroup@hotmail.co.uk

Playgroup operates a waiting list, so please be sure to get in touch with your child's details as soon as possible.

(Registered Charity No. 1051390)

Pilates & Fitness Classes in Barrow

Small friendly classes, suitable for a range of ages and abilities



Monday	9:30 - 10:30am	Keep-Fit @ Scout hut
	10:45 - 11:45am	Pilates @ Scout hut
	6:30 - 7:30pm	New Pilates class @ Library
Tuesday	7:30 - 8:30pm	Pilates @ Library
	9:45 - 10:45am	Ladies Keep-Fit @ Unity House, Loughborough
Wednesday	9:30 - 10:30am	Keep Fit @ Gap
	10:45 - 11:45am	Pilates @ Gap
	7:00 - 8:00pm	Pilates @ Gap

Please Contact Donna for details of venues and class availability
t: 07787 315197 e: donna@corefitness.org.uk



LIFE STORIES

HELPING YOU
FIND THE WORDS

An independent funeral celebrant based in Barrow On Soar.

I create bespoke services with you that honour and celebrate the life of your loved one.

Julie Tyler

07863759944 • julie@celebratelifestories.co.uk
www.celebratelifestories.co.uk

Please mention Barrow Voice when responding to adverts

Innerthoughts HYPNOTHERAPY

The mind is amazing...

Hypnotherapy can help with:

- Anxiety, stress & relaxation
- Phobias & fears
- Behaviours & habits
- Confidence & goals
- Sleep problems
- Stopping smoking
- Weight issues
- Pain management



Want to find out more?

Would you like me to talk to your group?

Contact **Penny Harris**
Dip. Hyp (LHS) GQHP (GHR)

Telephone **07581 515 141**
enquiries@innerthoughts-hypnotherapy.co.uk
www.innerthoughts-hypnotherapy.co.uk



TINDLE TREE CARE

"from roots to shoots"

TREES

- Section Felling
- Reducing
- Target Pruning
- Deadwooding
- Pollarding



HEDGES

- Hedge Removal
- Trimming
- Reducing
- Planting
- Hedge Laying

WE ALSO OFFER

- Stump Grinding
- Seasoned Hardwood Logs
- Turfing
- and much more!



Barrow upon Soar Conservative Club

14 North Street, Barrow upon Soar, Leics. LE12 8QA

Available for your functions -
Birthdays, Anniversaries, Children's Parties,
Funerals, Meetings etc

Tel. 01509 412793

Skittle Alley, Darts & Snooker Room

Lowest drink prices in the village - Free parking

www.barrowconservativeclub.co.uk

CALL US FOR A FREE QUOTE OR ADVICE ON

01509 608018

City & Guilds
NPTC
Qualified



Snowdrops en masse in Wales

Snowdrops: Harbingers of Spring

The wild snowdrop (*Galanthus nivalis*) is not a native of the British Isles, and sadly is an endangered species in its natural habitats of mainland Europe and Asia Minor. Part of this is due to climate change, and part is due to the native colonies of plants being dug up and sold across the northern hemisphere from the 16th century onwards. Once the voyages of discovery had begun, snowdrops became naturalised across all parts of Europe and the Americas.

The flowers are so pretty and easily recognisable; their look of fragility belies their strength to push the hard green shoots through frozen earth. The flowers have three large petals with three smaller ones inside; these have distinctive touches of pale Spring green. They reproduce in two ways: One is by pollen that can attract early flying insects; the petals are shaped so that the pollen is protected by the drooping petals in harsh weather. Snowdrops, like most bulbs, can produce small bulblets from the base of the original and, once big enough, can be divided into new clumps. They do much better if divided and transplanted immediately after flowering, or "in the green" as it's called.

There are many varieties of snowdrops, some extremely rare and expensive. One called *Galanthus woronowii* Elizabeth Harrison was found by her as a seedling in her garden in Scotland. It has the usual white flowers but instead of the pale green markings hers had a deep yellow gold colour instead. One is said to have sold on EBay in 2017 for £1,000! I also found one called Midas for sale for 'only' £100 per bulb... a bargain? Maybe not!

To find unusual and better priced bulbs, specialist nurseries are the best places to go, and also to get good advice on the best growing conditions. They do best in moist semi-shade under deciduous trees and clearings in woodlands.

Mine here in Barrow are doubles. They were already well established when we arrived and easily transplanted around the garden. Like most double flowers they are sterile but lovely, the flowers resembling tiny ballerina tutus, each with white layers touched with green.

Snowdrops have many common names besides Harbinger of Spring; another is Flower of Hope - the hope that winter is passing and the earth awakening into spring. One myth says that Adam and Eve, banished from the garden of Eden, were existing in a cold, snow covered land. Eve was about to give into despair when an angel appeared and turned the snowflakes into snowdrops as soon as they reached the ground.

They were a flower of hope during the Crimean War. Conditions there were harsh with deep snow everywhere, but the soldiers were given hope when they saw that when

the snow began to clear, clumps of tiny snowdrops would appear. The men would send some pollen laden flowers, seeds, and tiny bulbs in their letters home, giving their loved ones hope that they too would soon return. Reading about how snowdrops have been planted on the graves from the Crimean war made me think of the poppies in Flanders Fields too.

Candlemas Bells is another common name for the snowdrops and it's said they must not be brought into the house before February 2nd, Candlemas Day. It's a Christian festival now, but before Christ it was a festival of light. Coincidentally, as I write, it's Candlemas Day and my snowdrops look lovely dusted with snow underneath the magnolia tree.

It has been difficult to find anywhere locally that has a snowdrop walk. The National Trust's Calke Abbey and Hardwick Hall are the nearest I could find. To see snowdrops spread as a snowy white carpet with shafts of sunlight coming through the bare branches is a sight to behold. Such a tiny flower, but so strong it gives us hope that Spring will soon be here.

Maggie J

ADVERTISE IN THE NEXT EDITION!

Size	Dimensions(mm)	B&W	Colour
Full Page	202 x 287	£184	£205
1/2	202 x 142.4	£111	£123
1/4	100 x 142.4	£67	£74
1/8 th	100 x 69.7	£41	£45
1/16 th	48.5 x 69.7	£26	£28

All enquiries should be made through:

Judith Rodgers – 07718 153117 or advertising@barrowvoice.co.uk

IN EACH ISSUE

- The Latest Village News
- Business News
- Featured Articles
- The Latest Community Events
- Sports News
- Diary of Forthcoming Events

Barrow Voice



www.barrowvoice.co.uk

Barrow Voice is published by Barrow upon Soar Community Association (BUSCA).
Opinions expressed are not necessarily endorsed by the editorial committee or the Community Associations.
BUSCA is a registered Charity No: 1156170

Trinity Rooms

Serving the community

Ideal for...

- Parties
- Receptions
- Meetings
- Classes
- Charity Events etc.

01509 416520

enquiries@barrowandwoldsgroup.com



Sympathetic Dog Grooming

www.washandwags.co.uk

Short haired dogs can usually be squeezed in within one week.

- Bathing
- Clipping
- Hand stripping
- Anal gland expressing
- Micro chipping
- ID disc engraving
- Nail Cutting

Tel: 01509 416971

Mobile: 07765 835034

Vicki and Andy Wallin
41 The Banks, Barrow upon Soar
Loughborough, Leicestershire

To Advertise in our next issue please call:
07718 153117

Barrow Voice

Please mention Barrow Voice when responding to adverts

SOAR BRIDGE INN



BARROW UPON SOAR



HIRE OUR PETANQUE PISTE OR SKITTLE ALLEY
AVAILABLE WITH SUPPERS AND BUFFETS

2 Course Lunch Time Specials
Sunday Carvery
Theme Nights
Sky & BT Sports
Children's play area

Sunday Live Music (6-8pm)
Disabled & baby changing facilities now available
Thursday Quiz Night (Starts 9pm • Cash Prizes)

29 BRIDGE ST, BARROW UPON SOAR, LOUGHBOROUGH LE12 8PN

01509 412686

FACEBOOK: SOAR BRIDGE INN (LOOK OUT FOR ICONIC BRIDGE LOGO)





Photos from the recent production of...
PETER PAN



Barrow Voice is published by Barrow upon Soar Community Association (BUSCA). Opinions expressed are not necessarily endorsed by the editorial committee or the Community Association.

Editor

Gaynor Barton – 416613
editor@barrowvoice.co.uk

Advertising

Judith Rodgers – 07718 153117
advertising@barrowvoice.co.uk

Distribution

Steve Morris – 412962
distribution@barrowvoice.co.uk

Features

Val Gillings
Judith Rodgers
Ginnie Willcocks
Eric Ellingworth
Lindsay Ord

Photography

Judith Rodgers
Gaynor Barton

Advertising Artwork

Michael Webster

Website

John Nurse

Design, Artwork & Print

GOGO Marketing & Advertising

Advertising Deadline

April 29th 2019

Copy Deadline

May 6th 2019

Copy to:

The Editor
55 Thirlmere Road
Barrow upon Soar
Leics LE12 8QQ
editor@barrowvoice.co.uk

Village Diary

Fri 15th	Library Rhyme Time 10:30; Craft session: 13:30	Wed 27th	Talk in the library: Celebrating National Women's Day "Female scientists and mathematicians"; 19:30
Sat 16th	Clock Club rummage sale; Bishop Beveridge Club; 10:00 - 11:30	Fri 29th	BUSCA hosts Centre Stage: La Bella and the Lost Chord of Ulaanbatar; Humphrey Perkins Community Centre; 19:30
Mon 18th	Monday Films: "Edie"; Bishop Beveridge Club; 14:30	Sat 30th	BUSCA Spring Dance with Martyn Whitlam; Humphrey Perkins Community Centre; 19:30 - 23:00
Wed 20th	Gardening Club: "Compost and Soil Improvement" presentation by Jane Woolmer; 19:30; Library Methodist Ladies Circle	Sun 31st	Mothers' Day Celebration; Baptist Church; 10:00
Sat 23rd	Barrow Open Gardens Spring Event; Baptist GAP and car park; 12:00 - 16:00		
Mon 25th	Art Self Help Group: 12:30; Bishop Beveridge Club Barrow Book Group: "A Dictionary of Mutual Understanding" by Jackie Copleton; Hunting Lodge; 19:00		
Mon 1st	New Horizons; Methodist Coffee lounge; 14:00 - 15:30; all welcome Art Self Help Group: 12:30; Bishop Beveridge Club Parish Council meeting; PC office; 19:00; everyone welcome; public participation at approx 19:15	Wed 10th	WI: "There's more to tea than a bag in a mug"- Anna Stasinska; Function Room, Cons Club; 19:30 Methodist Ladies Circle; 19:30
Wed 3rd	Mother's Union; 13:30 Methodist Ladies Circle; 19:45	Fri 12th	Weekly Library Rhyme Time 10:30; Craft session: 13:30 Baptist Church Seniors' Easter Banquet; 12:30
Thu 4th	Leicestershire Metal Detecting Society; Cons Club; 19:15	Mon 15th	Monday Film Club Beveridge Club; "Bohemian Rhapsody" 14:00
Fri 5th	Weekly Library Rhyme Time 10:30; Craft session: 13:30	Wed 17th	Gardening Club: "Hanging Baskets" presentation by Joanne Wilkes; 19:30; The Library
Sat 6th	Methodist Mini Mart; 10:00 - 11:00 Craft and Crochet Club; Methodist Church; 11:00 - 13:00 WI and Barrow Panto Group present "Raising Agents"; 19:00; Humphrey Perkins Community Centre	Fri 19th	Weekly Library Rhyme Time 10:30; Craft session: 13:30
Mon 8th	Bishop Beveridge Coach trip to Springfields, Spalding	Sat 20th	Clock Club Rummage Sale; Bishop Beveridge Club; 10:00 - 11:30
		Mon 22nd	Art Self Help Group: 12:30; Bishop Beveridge Club
		Wed 24th	Library Talk: "Scamming Awareness"; 19:30
		Mon 29th	Barrow Book Group; meet at Hunting Lodge; 19:00
Wed 1st	Mothers' Union; 14:30 Methodist Ladies Circle; 19:30	Wed 15th	Gardening Club: "Barrow in Bloom" (open event) presentation by Nicola Clarke; 19:30; Library Methodist Ladies Circle; 19:30
Thu 2nd	Leicestershire Metal Detecting Society; Cons Club; 19:15	Sat 18th	Clock Club Rummage Sale; Bishop Beveridge Club; 10:00 - 11:30
Sat 4th	Methodist Mini Mart; 10:00 - 11:00 Crochet Club; Methodist Hall; 12:00 - 14:00	Mon 20th	Monday Film Club Beveridge Club; "Bridge of Spies"; 14:00 Barrow Book Group; meet at Hunting Lodge; 19:00
Mon 6th	New Horizons; Methodist Coffee lounge; 14:00 - 15:30; all welcome	Wed 22nd	Library talk: "Garden Design" by Gary Farnfield 19:30
Tue 7th	Parish Council Annual Meeting; PC office; 19:00; everyone welcome; public participation at approx 19:15	Mon 27th	Art Self Help Group: 12:30; Bishop Beveridge Club
Wed 8th	WI: Resolutions and Skittles; Function Room, Cons Club; 19:30 Methodist Ladies Circle; 19:30	Wed 29th	Methodist Ladies Circle; 19:30
Sat 1st	Methodist Mini Mart; 10:00 - 11:00 Crochet Club; Methodist Hall; 12:00 - 14:00	Wed 12th	WI: "Cocktail Shakes" by Andrew Seaward; Function Room, Cons Club; 19:30 Methodist Ladies Circle; 19:30
Mon 3rd	New Horizons; Methodist Coffee lounge; 14:00; all welcome Art Self Help Group: 12:30; Bishop Beveridge Club	Fri 14th	Seniors' Summer Banquet; Baptist Church; 12:30
Tues 4th	Parish Council Meeting; PC office; 19:15; everyone welcome; public participation at approx 19:30	Sat 15th	Clock Club Rummage Sale; Bishop Beveridge Club; 10:00 - 11:30 Open Gardens: 11:00 - 17:00
Wed 5th	Mothers' Union: 15:30	Sun 16th	Open Gardens: 11:00 - 17:00 Baptist Church Fathers' Day Celebration; 10:00
Thu 6th	Leicestershire Metal Detecting Society; Cons Club; 19:15	Sat 22nd	Hall Orchard Summer Fayre

Baptist 'The Big Week' running from 12th-18th August with activities for everyone, including: Holiday at Home, family activities, evening events and a café every day, all culminating in a big celebration on the Sunday.