

Issue 161 • Autumn 2020

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Includes Barrow Focus

Barrow VOICE

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Guides Under Lockdown

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Editorial

Well, after an edition when we went online it's good to be back in print with a wide range of articles and a special feature on our village shops. In this issue there is a questionnaire on the back page asking your opinion about the future of Barrow Voice. Do you want your magazine online or in print? Your views matter!

We are very keen to know so don't hesitate to fill it in then drop it off at Taylor's Florist. It's anonymous. But the big news is that Ginnie Willcocks, one of the longest serving members of the writing team has decided to put the top on her pen. She's been contributing articles for an impressive 34 years! There isn't space to do justice to Ginnie's

importance in this editorial but I hope the party, present and flowers said it all. And sadly too we are saying goodbye to Maggie J, who has been our Country Life writer for the last six years. Thanks for all the lovely articles Maggie. And finally there's me. I'm handing over the editor's reins to Karisa Krcmar but not leaving the editorial team as I enjoy writing articles

too much. Karisa will be great as she knows Barrow well, is full of energy and ideas and her IT skills are up to date! Good luck Karisa.

Gaynor Barton, Editor

*Front cover: Manager of Barrow Upon Soar
Co-op: Chris Pacey*

Letter to the Editor

Dear Editor

Like so many Barrow residents we have been doing a lot more walking in and around the village during the Covid-19 Lockdown. Most times we have tried to avoid residential areas and our closest access to open countryside is along Melton Road and Fishpool Way and into the Millennium Park. We are so lucky to have this very attractive area to walk in. Many other people seem to have found this too. Our visits to the Millennium Park before Lockdown were infrequent and we never saw many people there. In the last few months it has been well visited, though never by so many people that keeping a safe distance from each other was not possible.

So we would like to express our thanks to those people in Barrow who conceived this idea and brought it to such a successful

conclusion. There is quite a lot of information about the Millennium Park on the Barrow Village website and on page 68 of the book "Barrow in the 20th Century" (a booklet produced to mark the dawn of the new millennium) there is a list of the members of the Millennium Planning Group.

We are relative newcomers to Barrow and there are many more people who have moved to the village since us. We wonder if some of those who did the work to give us this lovely open space would like to put together an article for Barrow Voice to let us all know just what it was like and what they did to make it available to us. Perhaps an information board near to one or two of the entrances to the park would be a helpful reminder too.

*Yours sincerely,
Graham and Sue Hobbs
(see page 18 for story)*



Ginnie will be remembered for her fascinating articles about Barrow's history, the life stories of its older members and for her interviews, **Sixty Seconds With?**

To read Ginnie's latest article go to page 21. Thanks again Ginnie and long may you contribute to BV in an ad hoc way.

Holy Trinity Christmas Tree Festival 2020

This year has certainly changed the idea of normality for everyone for so many reasons and provided difficult times and challenges for individuals, groups, businesses and communities both globally and locally. Barrow seems to have risen to the challenge of making the best of the situation and working within the ever-changing guidelines to still provide community events and support people and businesses.

With that in mind Holy Trinity has adapted with Zoom services, Zoom social events, opening for private prayer and reflection and now the commencement of services in line with Government and Church of England regulations, within the Benefice of Barrow and Wolds Group of churches.

As we swiftly move through 2020 we are already working towards organising the 2020 Christmas Tree Festival, being mindful that COVID19 could still cause regulations to be

changed. At present we have worked out a safe one-way system through the church, more time and space to view trees and plan booking time slots for people to set up trees safely and possibly extending some of the festival outside of the church. Alongside this we are also planning a back-up plan of a virtual Christmas Tree Festival or a walk around the village beginning and finishing up at Holy Trinity. We are trying to be as inventive as possible and we hope there will be a few surprises up our sleeves!

Unfortunately, we will not be able to hold the usual concerts but we plan to extend the dates of the festival to increase the time for public viewing, this year between Saturday 28th November and finishing with the Christingle service on Sunday 6th December. As always it is free to donate a tree, we just love to see as many as possible from all areas of the Barrow community.

We really hope that we can make this another successful community event and something to look forward to in the lead up to Christmas; both uplifting and spiritual. Please look out for letters and emails in the coming months regarding donating trees and if you have any have any enquiries regarding the festival, please message the Holy Trinity Facebook page **@HolyTrinityBarrow**.

Stay safe and healthy!

Vicky Bowman



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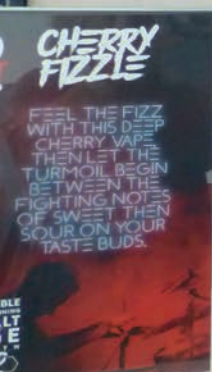


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The Central Vape Shop



There's been real camaraderie up and down the High Street

BARROW'S BACK IN BUSINESS

There'd been a gradual easing of lockdown regulations before this date but on July 4th Boris Johnson said that pubs, restaurants, hairdressers and hotels could open once again. We got to work to find out how Barrow's businesses had been keeping in touch with their customers during lockdown and if customers would notice differences on their return. The answers are below. Not every High Street business is included as some chose to self-exclude and similarly with the photographs, sometimes there were difficulties attached to taking them.

We found that all the shops were observing the Covid 19 guidelines so have often removed references to hand-sanitisers, a one-way system and mask wearing to prevent repetition.

Gaynor Barton and Karisa Krcmar

High Street

The Central Vape Shop 3A High Street

Proprietor: James Offler

By the end of June I had done over 1,100 home deliveries across Loughborough and Peterborough covering 8,000 miles and getting through seven car tyres! Although about 20% of my customers, mainly the older ones, went back to cigarettes during lockdown, as they were easier to buy, many arrived back in the shop as soon as it opened. They complained that they had forgotten how bad they felt when they smoked cigarettes and were eager to resume their vaping.

Before opening again, I called in consultants CrossFire Protection Ltd. and the shop will be regularly 'chemically fogged': a giant machine sprays chemicals into every nook and cranny and the shop is then left empty for a day.

Berkley Estate Agents

47 High Street

Manager: Kimberley Knight

We worked right through lockdown with one person in the office and other staff at home. We actually spoke to more of our landlords than usual as they were always contactable. We have a brightly coloured rainbow hand sanitiser.



Berkley Estate Agents

It's lovely being back and having a bit of normality. Two members of staff have children at home, and they found it difficult to juggle it all. All the businesses along the High Street have been so supportive of one another. If we have been on our own in the office and needed a signature, we have gone over to the estate agent opposite, even though they're 'competitors'! There's been real camaraderie up and down the High Street. Shopping in town can be intimidating so it's been good to see people 'shopping local' and it's not a bad thing to go back to the old village feel.

Angell Mallinder Ltd

6 High Street | **Owner: Mike Angell**

I still traded by internet throughout the lockdown so I'm not really just back. I kept in touch with my clients through phone calls, emails, letters and FaceTime.

My clients won't notice many differences other than that I have updated my website. Until the government rules are more relaxed my contact with clients is still limited. I no longer make home visits.

Eddie's Barber Shop
8 High Street
Manager: Ed Perry

We used a bit of social media - Instagram / Facebook - to keep customers up to date and we got a lot of support posts 'to hang in there'. Our customers are spaced out now and we keep the middle seat free if two barbers are working. On Fridays and Saturdays, when all three barbers are in, we have Perspex screens to keep customers separated. Customers are given a mask and asked to use a hand sanitiser on entry.

I was a bit anxious at first about being back, but I've passed that anxious stage now and it's been good. I'm enjoying doing haircuts again. I've had to deal and 'repair' some funny home haircuts after wives and girlfriends have had a go. One customer was making do with something one of his kids had done.

Lots of people have booked in; there's a bit of a backlog to catch up with.



Victoria Jane
15 High Street | Owner: Sam Baker

We were able to keep in touch with our customers via social media. I could be found inside the shop most mornings from 11-12pm. We offered a free home-delivery service within Barrow delivering cards and gifts either directly to the customer or to a friend or relative. One day I zipped around the village delivering bath bombs to five lucky little girls from a school friend who was missing them.

The safety of our customers is always top priority and we have all the safety guidelines in place, one-way system, hand sanitiser by the door only two customers at a time and do lots of cleaning. It is often noted that the protective screen at the counter looks like we are on TV!

It's great to be back in business and reassuring when customers tell us how safe they feel in the shop. A big thank you to everyone who has chosen to shop local - every sale does really help independent retailers like us.



Taylor's Florist
17 High Street | Owner: Sharon Gudger

To keep in touch with customers during lockdown we advertised our services through Facebook, the Barrow Voice online edition and emails, and put opening times on the door.

We need the full width of the counter for arranging flowers, so we can't have a plastic screen separating staff from customers, but hand gel is always available. A maximum of two customers at a time is allowed in the shop downstairs, and another two upstairs in the gift shop, so four in all. What is so nice now is to have conversations again with customers and for them to see our services and the giftware on offer. I often don't know the reason for customers buying flowers or plants, but I do know that sometimes they are being bought for neighbours and friends as thank you gifts for help received during lockdown.

Freckles
9 High Street | Owner: Yolyn Brooks

I kept in touch with customers as I offered a 'cakeaway service' delivering cakes around the village. I also traded online with our gift shop.

Customers will notice that I have condensed the gift area so that I can extend the seating area to ensure social distancing as the tables are now more spread out. There are clear markings on the floor and Sneeze Screens divide the staff from customers at the till.

It's been brilliant to be back in business and I'm very excited because as well as cakes I'm planning to open a deli. It will definitely be up and running long before the next edition of Barrow Voice is out.



A big thank you to everyone who has chosen to shop local – every sale does really help independent retailers like us.

Co-op
19-21 High Street
Manager: Chris Pacey

As we never closed during lockdown most of our customers kept in touch by continuing to shop here normally. Vulnerable customers, who were nervous about coming in, were able to email the store with their shopping lists and we prepared it all for them so all they had to do was collect it.

We were open all through lockdown and from the start we have had clearly-visible social distancing measures in place, including floor markings. Antibacterial spray is now available next to the baskets and cash machines and there is a hand sanitiser too. Plastic screens at the cash tills have been added.

Danielle's Level Headed Hairdressers
20A High Street
Manager: Danielle Zarebski

I kept in touch with my customers by making a big WhatsApp group as luckily I had the majority of their phone numbers. When we had good news about re-opening I made a video. I downloaded Video Editor so I could switch between a picture of my normal self and what I would look like wearing PPE!

I know a very kind lady, Helen, who is connected to Morsbags so now I'm able to put customers' gowns, aprons, gloves and masks into them. I also had help from Paul of the Uniform Shop who not only kitted me out with my brand name T Shirts but also told me to go home, download the Google Business App and set up a Facebook Page which I did. Here you can see my video and prices but best of all some lockdown 'before' and 'after' transformations! It's fantastic to come back. I love being in my salon made for one.

The Footings
26 High Street
Owner and chiropodist: Julie Astill

I never closed, as I was classed as medical, but had to see fewer people and had to triage first to make sure it was safe.

The waiting room is quite small, so people are being told not to come early as they have to wait outside. I cleanse the room thoroughly after each patient and I don't want them passing close to each other either. They are greeted at the door and brought in.



Visual Answers Opticians: 28 High Street. Owner Mr M J Bhojan

Although the shop was closed during lockdown customers were able to contact us if they were having problems. We did our best to make sure everyone could see! For example, a nurse broke her glasses and was in a panic. We managed to get exactly the same pair, put the lenses in and get the spectacles to her all within a few hours.

Customers will see all the usual safety precautions in place when they come in and we are spacing out our clients' visits. We always clean between clients as well as having a regular cleaning routine.

Lee's Garden: 33A High Street Owner: Qui Zheng

We were closed until April 30th but when we reopened during lockdown we stayed open for longer. We opened at 5.30pm and closed at 11 pm. Now we have gone back to normal hours again and close at 9.30pm. We kept in touch with our customers through the telephone mostly.

The main thing customers will notice is the large plastic screen separating the staff from the customers. We carry out social distancing - only two people are allowed in the shop at one time but the waiting area is large so they can sit far apart while they wait to collect their meals. We keep a sanitiser handy.



It's good to see our customers again. Some of them tried new dishes during lockdown but the majority kept to their favourites such as Shanghai King Prawn or Crispy Shredded Beef.

I feel frustration that some people, in their own interpretation of the government rules, categorised chiropody with hairdressing and waited until the hairdressers were open before coming to see me. It has meant some clients were in real pain, and needed intense treatment, instead of ongoing treatment to keep their feet healthy.

Istanbul BBQ Kitchen
28 High Street

We were always in touch with our customers as we never closed! We were open all the way through and were one of the early businesses to install queueing and social distancing outside their premises.

We have installed perspex sheets to separate staff from customers and staff keep as socially distanced as possible. We have always been careful about hygiene because we are a food business.

Soar Valley Dental Practice
46 High Street
Owner: Ashvin Champaneri

We kept in touch with our patients during lockdown as although the practice was closed, we were always open for dental emergencies. We triaged this group over the phone. We called all the patients that had appointments over the 12 weeks of closure and spoke to them about what we were doing and plans we were working on for the future.

When patients return, they will notice that the practice will look a bit bare and there may be fewer of the team about. We may be wearing more PPE and it may not be your 'normal' clinician, who treats you on this occasion. Please bear with us.

It's lovely to see all our patients again and get back to being able to help them out even if it is in a different way from normal.

Shopping in town can be intimidating so it's been good to see people shopping local and it's not a bad thing to go back to the old village feel.

North Street & Cotes Road

Barrow Filling Station & Post Office North Street | Manager: M Devan

I kept the shop, filling station and post office open throughout lockdown. I made sure it was stocked up for our local customers.

We carry all essential goods and abide by all the government guidelines. The queue is socially distanced with floor markers and only five customers are allowed in the shop at any one time. There is a hand sanitiser.

H2O Hairdressing Ltd 6 North Street | Owner: Sharon Clay

We kept in touch with our clients by putting regular updates on social media and mini hair tutorials on simple lockdown styling, fringe trims and a temporary fix tutorial for ladies worried about their roots.

Clients can no longer walk in freely but need an appointment and are greeted at the door by their stylist. The salon is laid out to comply with all social distancing guidelines. Our clients are asked to wear a face covering and we love all the home-made masks – they're fab - especially the Star Wars one worn by a Mancave client!

It is fantastic to be back in business. It's so nice to see the staff back enjoying what they do best – making people look and feel fantastic!

Pearl City 20 North Street

We kept in touch with our customers by offering a Chinese takeaway delivery service and we leafleted our menu throughout the village.

When customers visit us now, they will notice our facemasks and will have to conform to social distancing. We are happy to be back and our customers have said they are happy to be able to call in for takeaway again.

The safety of our customers is always top priority

Barrow Express 29-31 North Street Owner: Raja Thomas

We were open all through lockdown. Now we are open from 8am to 10 pm Monday to Saturday. We close on Sundays. We have kept customers informed through Facebook and Helping Hands and by putting signs on our front door. We have a one-way system in the shop, wear masks all the time and customers have hand gel and antibacterial spray available on a table by the front door.

One change customers may notice is that if the shop becomes busy, we can close the door electronically and new customers have to queue outside until the shop empties a little. Because we stayed open during lockdown we were very much appreciated. We got flowers from some people and free food from The Three Crowns. It was very nice.

River Soar Fish Bar 59 North Street | Owner: Kuldip Singh

I was only closed for about ten days during lockdown so there wasn't a long gap. I kept in touch with my customers through social media especially Facebook, Spotted: Barrow upon Soar and Barrow Voice online.



The changes people will notice are that I can only have two people inside the chip shop at any one time. This means queues sometimes form outside. Everyone behind the counter wears a mask and a screen is planned.

When I first opened up during lockdown it was very quiet for a few weeks but then it got very busy. People were so happy to be able to buy their fish and chips again.

Eaton Electrical Ltd 61 North Street Owners: Jo and Bill Eaton

We are commercial and industrial electricians so we're not well known in the village as we are only occasionally asked for help with domestic electrical problems. We employ 16 full time electricians and also use subcontractors. Here, in these fantastic offices, a staff of four would normally oversee all the different jobs. At present there's just me, Jo, the only female on the company books! We have contracts with companies like the Co-op and Waitrose and we do office renovation work. During lockdown, these offices were closed and we worked from home using email and the phone. We furloughed 90% of our staff, but everyone is back in and the business is fully operational again.



The Three Crowns 2-6 Cotes Road Manager: Carole Burton

To keep in touch with our customers during lockdown we offered a takeaway on Tuesdays and Fridays and on Sundays our very popular Sunday 'Reheat-at-Home' dinner. We cooked 150 Sunday lunches every Sunday and were overwhelmed with bunches of flowers as customers, especially those isolating or elderly, were so grateful.

Inside the pub we have revarnished the bar and floor and we have converted the carpark to make the outside area larger and bought new seating and sunshades / umbrellas. We comply with all the government guidelines; everyone is booked in and temperatures taken with a thermometer gun.

It's been heart-warming that so many of our customers waited until we reopened before coming out for a drink and we have received dozens of encouraging texts.

I love my job and super excited about seeing clients again



Hunting Lodge



Eaton Electrical Ltd

Bridge Street

Bengal Tandoori Restaurant & Takeaway **35A Bridge Street**

Owner: Mohammed Razzak

We were closed for four weeks of lockdown but then we opened for takeaway deliveries. Our customers called in with their orders.

We are now fully open and customers will notice the greater distances between tables which means our seating capacity is reduced. We do extra cleaning work and clean the toilets each time they are used. We follow all the precautions and our waiters wear masks when they are taking orders.

We are pleased to be back. We feel we are just surviving. We would love more people to regularly come and enjoy a good Bengal Tandoori meal with us.

Soar Bridge Inn

29 Bridge Street | Manager: Amie McKay

To keep in touch with our customers we held very successful pop-up take-out events – Italian nights; fish and chips and pies etc. Regular customers really took to them and we gained new customers too as well as receiving great feedback. We also started allowing the car park to be used for fruit and veg stalls on Saturdays.

We have made all the obvious changes; got a one-way system going now, and we are operating a spaced-out table service. We have moved furniture to allow more space and we have a strict cleaning regime.

I'm very pleased to be back in business although still a bit anxious. The pub is quiet compared to what we would normally expect at this time of year but we are optimistic. People are starting to come back.

The Banks & Babington Road

The Banks Beauty & Holistic Studio **32 The Banks | Owner: Vicki McGuirk**

To keep in touch with customers I put some beauty courses online, which were either free or at a much-reduced price. Although many come from Barrow and the Wolds some are further afield and one comes from Coventry. I was very touched as one client sent me a card enclosing money as she was worried about me. I cried. I specialise in eyelash extensions, so my clients are regular customers and I know them all well as they need them redoing every six to eight weeks.

Customers will notice that I've lost my heated bed and I can't use comfy sheets

and blankets anymore just a glittery white plastic sheet. I wear a visor, gloves and a plastic apron and I have to keep my products in large plastic containers.

Now I'm open again, I feel I'm on an emotional rollercoaster. I love my job and super excited about seeing clients again but worried about catching the virus and spreading it to my family however careful I am in the salon. The times are so weird.

Wash & Wags

41 The Banks | Owner: Vicki Wallin

To keep in touch with my customers I made two videos; the first was called 'Grooming and Trimming your Dog during the Covid 19 Pandemic'. It was very successful - 787 views! The second was simply showing customers how to enter and leave Wash & Wags with a dog but without touching anything. For this second video I co-opted my daughter Georgina and our dog Sophie and it was fun. I also contributed an article on 'How to groom your dog' to the online Coronavirus Issue of Barrow Voice.

Customers can no longer leave collars and leads with me. Payment is through a side window. There's no contact with customers at all, only the dogs. Being back in business is really nice. In all my 30 years of dog grooming I've never felt as appreciated as I do now.

Feather and Fur Pet Supplies

87 Babington Road

Owners: Graeme and Ann Fisher

To keep in touch with our customers I put a sign outside the shop itself describing our services during lockdown and also spread the word through our own Facebook page, Spotted: Barrow upon Soar, Helping Hands and through our website. During lockdown we also did a lot of home deliveries to those unable to get out.

The changes customers will notice when they visit us now are that they will be unable to enter the shop and we are credit/debit card sales only. We serve at the door but other than that we trade as normal.



Banks Beauty & Holistic Studio

Beveridge Street

W H Graham & Son (Electrical) **45 Beveridge Street**

Manager: Philip Graham

I had to close the shop as it was categorised as non-essential. However, I still did repairs in my workshop and if the occasional regular caught me in there I was usually able to sort out the problem.

If people were to come in now they wouldn't see many changes except for a hand sanitizer.

I'm happy to be back working again as it keeps me occupied. There are lots of repairs to do. Whilst Beveridge Street is a bit out of the way regular customers know where to come and people hear about me through word of mouth. The shop's been here since the later 1940s. It was started by my father. In those days Beveridge Street had a lot of shops including a butcher's, cobbler's, hairdresser's and a Co-op.

Cycles of Change

47 Beveridge Street

Manager: Dr Carolyn Eddleston

The British Acupuncture Council made us stop working. We kept in regular contact with our clients, especially those we knew to be vulnerable or isolated.

We are a clinic with three practitioners. We are fully secure wearing masks and scrubs and our clients wear masks too. We have 90 minutes between each person for a thorough cleanse and ventilation. There's no waiting room as clients text us on arrival and someone lets them in.

Some clients have phoned in desperate for treatment as their symptoms have returned. One lady said that the one thing she missed most during lockdown was her acupuncture and another cried at her first appointment as she said it was the first time she had been touched since lockdown. I felt very privileged.

I felt frustrated at not being able to work and at first was anxious about coming back and getting the safety measures right. But now I can see they all work and the clients are as safe as possible.

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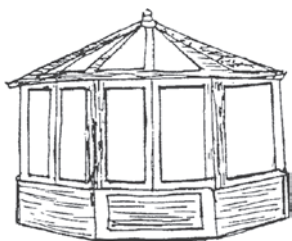
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Mick Robinson on **01509 814884**
07798 910761

South Street, Mill Lane & Sileby Road

Hunting Lodge

38 South Street

Manager: Gavin Hird

I kept in touch with customers using social media.

The big change customers will notice is that there is table service throughout now, inside and out. There are fewer tables and we have erected screens to help people keep socially distanced: outside there are more tables at the front. One of our staff will take your temperature with a temperature gun if you are eating inside. This gives everyone added peace of mind.

I'm excited to be back and it was fun to be able to take part in the Scarecrow Festival.

Navigation Inn

87 Mill Lane

Owner/manager: Andy Darch

I kept in touch with my customers through Instagram and Facebook. We had to close, so I spent the time doing renovations and refurbishment work to make sure it

was spick and span for reopening. Right at the very start of lockdown I went into the cellars and put some flagons of beer on tables outside for people to help themselves – but not to be greedy! No, this isn't going to continue....sadly!

The differences customers will notice will be signing in, in case tracing is needed, and a one-way system. I've opened up the function room for everyday use so that it gives me more seating as I've lost some in the bar and lounge.

I'm really pleased to be back. People are glad to be back at work and we've been quite busy. A young lad yesterday said he was so pleased to be able to get 'the best burger he'd ever had'.

Robinson's Garage

263 Sileby Road

Owner: Mick Robinson

I didn't close as people still needed to keep up their MOT, tax, insurance etc. even if they weren't driving much. I had to reduce my staff but the others are coming



back now as things are picking up. When customers return they'll see I'm following all the government guidelines. There are barriers at both the front and back doors and customers have to use hand sanitisers as soon as they come in. Whilst working on the cars we put a deep thick plastic cover over the seats and wear thin gloves. When a mechanic has finished, they sanitise the car completely including the keys, steering wheel, clutch and brake.



Soar Bridge Inn



Wash & Wags



The Navi

“Grandad, what did you do during the great lockdown?”

When people switched on the radio and all the other forms of media in March and heard the Prime Minister broadcasting from No 10 on the outbreak of the pandemic, the nation held its breath .. the threat was real, the enemy had shown its hand, no practice air-raid warnings, no issue of gas masks (that bit followed later), no mass evacuation to the countryside (unless you were a Special Advisor)...no, the nation rushed to buy toilet rolls, fill the house with cans of food and Google what Zoom was all about. “Stay at Home - Protect the NHS - Save lives” and most of us did.

The spectacle of morning marathons in sportswear reminiscent of psychedelic 60s-style clothing, as the village filled with so many athletes you wondered why team GB did not win every medal at the Olympics, the dog walkers, where even the dogs respected government guidelines.

The assortment of face masks (now compulsory but not then) where the population became the “the lone ranger” overnight and the queuing, not seen since the days of rationing, or the High Street looking like East Germany in the 60s.

And our heroes, members of the village who braved the front, who, against all

odds, found toilet rolls and pasta, got their prescriptions, and who clapped energetically on a Thursday night to the sound of bell ringing. Never in the fields of Barrow was so much distance observed by so many for so few weeks. My part in all this - to gaze in awe at a queue in Tesco's, four rows deep: a sight not seen since I was at Disneyworld in the 90s.

When this crisis is over, and a degree of normality returns, people will look back and conversations will sparkle as they relate tales of the “great lockdown”, of Captain Tom, of empty parking spaces in town, of closed nail bars and dormant pubs,

of zombies wandering aimlessly in search of life, of repeats on the television of past summer sporting events and, sadly, the death of Dame Vera Lynn. But her anthem to the English nation, “We'll meet again” lives on.

And finally through this crisis also remember we had to brace ourselves to do our duty, and so bear ourselves that, if the British Empire and its Commonwealth last for a thousand years, men will still say, “This was their finest hour.”

Eric Ellingworth



From left Curtis Bill, Jade Martin, Lisa McNeill

On the beat in lockdown

I first met Lisa McNeill, a Police Community Support Officer (PCSO) in Barrow, at the Methodist Mini Market in early February. It was bustling with shoppers and browsers, as well as friends catching up over tea and biscuits. Lisa was moving between tea tables, introducing herself and telling people about Neighbourhood Link, an email alert service of Leicestershire Police. Social distancing was something we hadn't heard of and nobody was heard to ask "Where did you get your mask?"

Coronavirus certainly wasn't a topic of conversation.

But things changed rapidly. Within weeks, infections in the UK were rising and by the last week in March we were in lockdown.

This meant that Lisa's role as PCSO changed radically. Normally, her role would involve attending community events, speaking at schools, holding beat surgeries and giving advice to residents. But the Covid 19 pandemic changed all that. However, it was still her job to patrol the beat, which included Barrow, Sileby, Seagrave, Burton on the Wolds, Walton On The Wolds, Wymeswold, Cotes, Hoton and Prestwold, along with PCSO Jade Martin.

So, how did lockdown change things for the PCSOs?

Barrow residents were, by and large, compliant with lockdown rules, says Lisa.

"Many of the problems we encountered were due to lack of understanding or confusion over what was allowed and what wasn't," she said. "We did get reports about households getting together when that was not allowed and we had to remind, advise and encourage people about social distancing and speak to groups who had been congregating. Many residents were given words of advice and adhered to the advice given."

They also received complaints about dog fouling in King George V Recreational Park and liaised with Charnwood Council over this. It's an ongoing problem.

Because businesses were closed, the PCSOs also kept an eye on shop security and, most importantly, on vulnerable areas and vulnerable people.

Social media now plays a useful part in police communications, says Lisa.

"People can use the police website to report minor crimes and Facebook and Twitter can be useful for the public to keep up to date with policing, and to educate and inform."

The comments are monitored by digital media staff within the police service - it's not up to the PCs to trawl through comments after a long shift!

Neighbourhood Link is a free email messaging service from Leicestershire Police, providing news and updates on policing matters that are relevant to subscribers. All you have to do is register to receive email alerts about policing activity and initiatives in your local area as well as crime prevention advice and key information. You will also have the opportunity to reply directly to your neighbourhood team and provide feedback via surveys 'Your Views Matter'.

See www.neighbourhoodlink.co.uk

Lisa loves her job, she says. Originally from Mansfield, she worked in hospitality for nine years, before following her dream to become a police officer.

Sadly, she is leaving Barrow in October but for her it's a step up the career ladder, as she will assume more responsibility becoming a PC.

At the moment, the team consists of Sergeant Chris Wharton, PC Stu Davis, PCSO Jade Martin, PCSO Lisa McNeill and PCSO Curtis Bill, who is replacing Lisa.

Curtis says he is proud to be a PCSO within Sileby, Barrow and the surrounding areas and feels that his previous experience of working within various local authorities will complement the team and force.

Lindsay Ord

Want to form your own Neighbourhood Watch?

Charnwood Watch is a new improved scheme, similar to Neighbourhood Watch, which can be set up by new watch members. If you are not already a member, sign up to www.neighbourhoodlink.co.uk where you can send a message to say you wish to set up a new scheme, which you and your members can run through meetings, Whatsapp groups or emails. You will receive up-to-date police communications via Neighbourhood Link which can be circulated to keep your community up to date. You will need to be approved and once approved, you will then be provided with Charnwood Watch signs, which can be made visible on your chosen lampposts.

Insight into Electric Bikes



I first bought my electric bike about 18 months ago. I was prompted to buy mine after struggling to keep up with other members of our cycling group. Weather permitting, we usually go for a 25-mile ride each month stopping for a pub lunch halfway before starting the journey back.

Some of you may have seen me riding my bike in the village or crossing the slabs.

Electric bikes, like most things, come in various forms, costs, and sizes. Mine is remarkably like a full-sized mountain bike with 26in wheels, 21 gears front and rear telescopic suspension and disc brakes; basically the full works.

I spent quite some time looking around for one I could afford and which suited my needs. I was attracted to this one because it was reasonably priced and folds

in half which allows me to put it into the car but it is quite heavy. I would say it is approximately four kilograms heavier than a similar mountain bike mainly because of the battery and the motor in the rear wheel. In the folded position the battery is easily removed which helps.

Most people misunderstand how they work and think electric bikes are like motor bikes - you just sit there and go. But this is not the case; you have to pedal before there is any power and legally they are limited to 16 mph at which point they cut out. Also touching the brakes cuts the motor. So, having to pedal you still get your exercise.

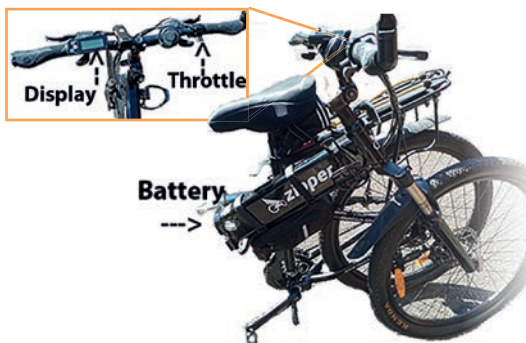
On my bike there is a small display screen which allows you to setup the basics: size of wheels, miles / kilometres etc. Once this is done there is no need to do it again. However, you do have the facility to reset the trip mileage and set the power level which you normally do at the start of each ride.

There are five power settings but most of the time I just use setting one. I soon realised the best way to use the bike was to ride it as you would any other bike by using the gears when necessary. The power just takes away the stress on the legs. There is one wonderful feature, a thumb throttle, which you can use anytime to give you that boost when you first push off or up hills and any awkward moment like passing someone or crossing a road. On the control unit there are + / - buttons to adjust the power at any time.

The recommended total distance is 40k / 26m on each full charge but with careful use you can stretch this a little more. It takes approximately three hours to recharge the battery.

If you are thinking of going electric I trust you will find this info useful. I have now done nearly 800 miles since buying it new.

John Nurse



Electric Vehicles

Be eco-friendly and climb into a warm car on a cold winter morning!

Almost 38,000 plug-in electric or hybrid cars were sold in the UK last year. The government has said that by 2040 we should all be driving electric vehicles (EVs). Prof Jim Saker at Loughborough University confirmed that "everyone in the motor industry has been talking about this for years", so I thought it was time to have a look at them.

EVs can be charged up in different ways. Barrow resident, Dan Goulding, showed me his Mitsubishi Hybrid which has two charging points fuelling a battery running the length of the car (as well as a traditional petrol tank). Dan can choose to plug the car into a normal home socket and leave it overnight (when electricity is cheaper) but he has also had a charging point installed. This charges the battery more quickly if he is in a hurry. He received a government grant of £500 and then paid installation costs but it very quickly paid for itself since charging electrically is much cheaper than buying petrol.



Tina Fisher-Silk, daughter of one of the narrow boat owners at Pilling's Lock, has a Nissan Leaf Tekna ... and a helpful blog with videos which can be found at: <https://planetsavingnovice.com> She uses her car to drive the relatively short distance to work and back and generally plugs her car into a normal socket overnight.

Some interesting EV facts gleaned from Dan and Tina:

- EVs have automatic transmission so make driving easier for people who struggle with gears and clutch use
- EVs are keyless – so no more losing, or forgetting, where you put your keys
- EV batteries can take temperatures between -17 and +49
- EVs can go through drive-thru car washes



Dan Goulding charging his car

- EV charging cables can't be stolen when you have them plugged in and charging because they are automatically locked into place when you lock your car door
- EVs have a climate control function which means that when it is charging overnight you can set the temperature for 'warm car ready' for you first thing on a cold winter morning (Tina's favourite feature!)

Both Dan and Tina agree that it's worth spending time researching the right kind of EV for your personal needs. Engineers are making batteries ever smaller, lighter and longer lasting. It makes environmental sense – especially if you use a renewable energy source.

Karisa Krcmar

Another option for shopping in Barrow

“People are concerned about travelling into Loughborough on the bus”

First Neil Taylor arrived with his Fresh Grimsby Fish van on Tuesdays outside The Three Crowns; then it was Bröd on Fridays (sadly retired now); then Portas Fresh Fruit and Vegetables went to the Soar Bridge carpark on Saturdays; Ekojoe’s community zero waste van of refillable non-plastic, organic goods sits outside the Navigation Inn on Mill Lane every-other Thursday morning; and Olivia’s artisan bakery may visit Barrow to take the place of Bröd. Is this the future of our shopping?

Specialist retailers may not have the turnover to afford a permanent place on our High Street, but Lyndsey Portas has been delivering veg boxes to Barrow residents since lockdown. These were so popular that Rob and Amie at the Soar Bridge Inn offered her space in their car park. She is currently looking for an alternative space in Barrow now that the car park is needed again. In the meantime, the stall can be found at the White Hart Inn in Quorn She believes that many people are concerned about travelling into Loughborough on the bus and therefore appreciate the market coming to them with the opportunity to buy a range of fresh fruit and veg from a market stall that comes to local villages.

Neil Taylor has been bringing his fresh Grimsby fish to Barrow and the surrounding villages for years. I splashed my way up to The Three Crowns car park one wet Tuesday afternoon and found, despite the pouring rain, a long queue of customers, socially distanced, alongside the van. Regular Barrow customer, Peter Ryder, told me that he always buys from Neil because of the wide choice of fresh, good quality fish and the fact that he can choose to have as small or large a quantity as he needs. Another customer told me “the salmon tastes so much better than packaged stuff from the supermarket”.



Fruit Stall



Peter Ryder at Neil's Grimsby Fish van

Neil will fillet the fish for you before handing it over as he started over 40 years ago as a fish filleter in Grimsby but has also worked in Norway and Iceland. He gets up at about 4.30 in the morning to go to the fish market where he chooses each fish himself, although very few boats bring fish direct to Grimsby these days. His sales haven't stopped since Covid-19 came along, “People just don't want to go into town or the supermarket,” he said, “and once they've bought their fish here, they just keep coming back.”

Ekojoe’s van focuses on making zero-waste, plastic-free and sustainable shopping more affordable and accessible. They sell vegan and organic foods; refill washing and laundry liquids, soaps, shower gels and a range of reusable products. Nothing that Ekojoe sells is wrapped in plastic or synthetic packaging. Everything is recycled or 100 per cent natural and sustainable. They visit Barrow every-other Thursday morning and can be found at the Navigation end of Mill Lane.

Olivia’s Coffee and Bakery situated as a café in Market Place, Loughborough, bakes its own artisan bread, pastries and cakes is currently renovating a horsebox to meet hygiene standards to be able to visit local villages bringing their coffee and breads. They don't have a date yet, but they plan to have a regular spot in Barrow, so watch out for more details.

Finest Fresh Grimsby Fish & Shellfish van is in The Three Crowns Car Park every Tuesday afternoon between 3.30 and 5.15.

Portas Fresh Fruit and Vegetable Stall is currently at the White Hart Inn in Quorn on Wednesdays but hopes to be opening again in Barrow very shortly.

Ekojoe is at the Navigation end of Mill Lane every-other Thursday morning. It is a community interest company, based in the heart of Leicestershire, with a focus on making zero-waste shopping more affordable and accessible. The key detail is that nothing Ekojoe sells is wrapped in plastic or synthetic packaging. Everything is either recycled or 100 per cent natural and sustainable. Customers can buy a huge range of vegan and organic foods, refill washing and laundry liquids, soaps, shower gels and a variety of reusable products. There's also handmade gifts created by local artisans.

You can take along your own tubs, pots or jars, and staff will measure or weigh the product and dispense it. Alternatively, Ekojoe has a range of totally natural containers that can be purchased. They also have paper bags in the van, which are free for all to use.

Karisa Krcmar



Is this the future of shopping in the village? A few permanent High Street shops but visiting stalls that bring market experience to the residents... like villages in the Middle Ages? What are your views? Please do get in touch with the editor at Barrow Voice.



Emily toasting marshmallows

Guides under lockdown



s'mores and armpit fudge!

The guides last met face-to-face on the evening of the day that Boris Johnson announced a nationwide lockdown was going to start the following weekend. It was March 16th. And they haven't been able to meet since but they've put into practice those crucial guide values of being flexible and adaptable and had a lot of fun nevertheless!

I learnt this from talking to 1st Barrow Guide Leader Frances Acton whilst sitting, socially distanced of course, in her garden one late afternoon in July. She was really pleased with the way virtual guiding had worked out as about 20 guides, from her usual group of 36, had regularly used Zoom to meet on a Monday night, their usual day of the week, at 7pm, their usual time. Some of the girls had laptops, others tablets or computers, and some even managed to Zoom on their smart phones. All the girls loved seeing each other as lockdown had been such an isolating experience for many of them. This was because they were in the age range 10-14 and, unless the children of key-workers, their classes had never restarted.

The Zoom meeting started after Easter. Up to then the girls worked on achieving their Easter Badges. For this badge they learnt about the traditions of Easter, made a spring garden in a tray and an Easter window decoration involving eggs. These were sometimes quite large eggs as they put papier-mâché around balloons then decorated them. In this activity the Brownies joined in too and

then both guides and brownies could walk around the village trying to spot them in windows on their individual lockdown walks. Added to these activities were a night spent camping in their back gardens - the girls were brave as it was a cold night - and making eggy bread and s'mores. S'mores sound wonderful. They are of American origin and so delicious you always want some more = s'mores! You roast marshmallows and then squash them between chocolate biscuits....
mmmmmmmm.

The activities the girls did on Monday nights, in their own homes but together on screen, varied immensely from making real pizzas with pizza dough, chocolate cake in a mug to producing craft work, having quizzes, beetle drives and games of bingo but best of all Zoom scavenger hunts. These involve guides having to leave their screens to find a certain object, for example a red sock, then dash back with it and show it to the others. These were very successful as was making armpit fudge - which involved kneading chocolate, butter and icingsugar under your arm pit and making your self-portrait out of fruit. One of the few activities that

failed was charades. Zoom charades with 20 guides - just don't try!

1st Barrow Guides have long been twinned with a group from Grenada in the Caribbean. On July 3rd they arranged a link up and very much enjoyed seeing their friends laughing and enjoying life in a country with blue skies and sunshine, few Covid cases and no deaths. Frances cheerfully suggested to her fellow guide leader that they all went over to visit but was met with strong rebuffs. No! No! Don't come! We don't want your dreadful diseases!

However, in spite of the sorry state of the world beyond islands in the Caribbean, Barrow's guides are continuing to be cheerful and helpful. They can't wait until they can meet up, face-to-face again, in some form or another in September. Frances isn't sure how it is going to be achieved yet but she's determined to work something out. And Frances keeps her word.

Gaynor Barton



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Barrow Focus

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Barrow upon Soar Parish Council News
Awarded RCC Best Village 2005, 2006, 2007 & 2008

THE PARISH COUNCIL OFFICE

The Parish Council is still governed by the Covid-19 restrictions and whilst some normality has returned, we have not resumed our normal opening hours just yet.

We are still holding our regular Parish Council meetings and all the routine Parish Council business continues. If you do need to get in touch with us email is the best way, but we are receiving telephone messages as well.

NEW COMMUNITY BENCH

Our new community bench project to commemorate the spirit of our village during lockdown is well under way. We were thrilled to receive so many entries into our design competition and are looking forward to seeing the final installation.

FOOTPATH & LITTER PICKING GROUPS

After a long break due to Covid-19 our amazing footpaths and litter picking groups have been able to resume their fantastic work in the village.

All the necessary risk assessments and precautions are in place for the groups to work safely and within the government guidelines. Our litter picking equipment is also available to borrow if you and your family would like to go out for a litter pick on your own.

If you are interested in joining the volunteer groups, or would like to borrow the litter picking equipment, please get in touch with the Parish Council.

Recycling

We hope that you have all noticed and are using the new can bank in the Co-op car park. The bank supports the charity 'Helipads for Hospitals' which improves the access to hospitals for our air ambulance teams.

There is also a new crisp recycling collection point inside the Co-op. Any brand of crisp packets can be deposited but please can you ensure the packets are empty, flattened and tied in a bag.

Cemetery

Following the theft of several benches from our Cotes Road cemetery, the Parish Council has had to come to the difficult decision to lock the cemetery gates. The pedestrian access will remain open all the time. The gates will also be open for access on the following days:

Tuesday 9am – 12 noon

Thursday 9am – 12 noon

Saturday and Sunday 9am – 4pm

Vacancies

We currently have three Parish Councillor vacancies. If you are interested in applying please get in touch with the Parish Council office.

Future Events

Remembrance Sunday

At the time of writing it is unfortunately looking unlikely that we will be able to hold a Remembrance Sunday Parade within the government's Covid-19 regulations.

The day will be remembered, but we will not be able to confirm the details until nearer the time. The Royal British Legion is still producing wreaths and we have contacted those that normally lay a wreath at the War Memorial to ask if they would like one ordering this year. If parades are not allowed the wreaths can still be laid at the War Memorial. We will keep you updated with any plans via our website and Facebook page.

The Royal British Legion has confirmed that although some larger supermarkets and banks will be selling poppies/badges etc we are not able to distribute poppy boxes and collecting tins to businesses around Barrow because the handling/counting of money is not possible at the moment. Residents can still make donations, but it will have to be by cheque, card or BACs.

Christmas Lights

We are hoping that we will be able to hold our annual Christmas Lights Switch On event in December.

If for any reason we are unable to go ahead with the event the Christmas lights and decorations will still be put up along the High Street to ensure our village is looking festive.



Lockdown: A boost for Millennium Park



Shaylyn D'Arcy, right, with little cyclists, from left, Callum, 8, Connor, 6, and Aiden Lager, 3.

One of the most popular places in the village, since the beginning of lockdown, has been the Millennium Park, a beautiful green space on Fishpool Way, that was developed to mark the turn of the millennium.

During lockdown, working people had more time at home, children were off school and many used the permitted daily exercise window to explore the village, and that included Millennium Park.

Families on wheels used the cycle path, dogs and owners clocked up steps, teens met up for socially-distanced get-togethers and friends sat at opposite ends of benches chatting. A great point of interest, of course, was the sundial, one of only four of its scale in the country. The park was also quiet enough at certain times of the day for the medically vulnerable to keep a distance from others. It became a popular spot.

Residents Graham and Sue Hobbs, relative newcomers to the village, said that prior to lockdown, they had visited the park infrequently and had seldom seen many people there. However, in lockdown and since, it had been well visited, while keeping a safe distance was still possible.

In a letter to Barrow Voice, they expressed their thanks to those who conceived the idea of a park and brought it to a successful conclusion, and suggested that other newcomers to the village might like to know how it came about.

So, how did the park come into being?

In 1998, members of the Millennium Group, Mike Morley, Drew Kirby, Lilian Middleton, Mike Neale, Sue and Ted Rodgers, Betty Turner and Jean King were asked to put together a week of events for the village, starting with a New Year's Eve ball. They organised 15 events throughout the year and produced a book and a calendar. At the end of the year they had £12 000 in hand.

"It was not our intention to raise money, we just wanted to mark the occasion and have

a good time, but we had money over and we needed to allocate it to a long-term project that would benefit the whole community," says Mike Morley, the group's chairman. "It would have been easier to put a Millennium Clock in the village, but not us - we were looking at something more ambitious!"

At that time, the Parish Council was trying to secure a five-acre plot that the developers of the Fishpool Way estate had handed to Charnwood Borough Council. The Millennium Group thought they could put a time zone on it. The Parish Council took ownership of the land in 2002 and the group was given the green light to start.

The land was fenced and extensive tree planting was carried out by the Borough Council prior to handover.

In March 2003, village organisations were involved in a Community Tree Planting Day. A perimeter footpath was laid in June and in October, small trial patches of native daffodils, bluebells, primroses, cowslips, wood anemones and snowdrops were planted to see how successful they would be.

"We wanted the park to have a sundial but we realised that none of us knew anything about sundials!" recalls Mike. So, the group turned to Patrick Powers, secretary of the British Sundial Association, who came to Barrow on a few occasions to give expert advice. He determined the angle of the gnomon, the height, the direction and the position of the hour markers through many calculations involving the sun. It is 6.75 metres of stainless steel and is designed to withstand wind, weather and people climbing on it.

The gnomon is surrounded by a cobbled chapter ring, set with 16 granite blocks, each weighing up to two tonnes, sourced

from the quarry at Mountsorrel, which mark the time from 5am to 8pm.

Sundials show the time by the sun, which does not match the time shown on a watch or phone. Clocks cannot cope with the sun time, and instead show an average or mean time for the country concerned. In the UK, time is related to the longitude of Greenwich and our average time is called Greenwich Mean Time.

There were celebrations when Millennium Park and the Millennium Sundial were complete and they were officially opened by HM Lord Lieutenant of Leicestershire, Lady Gretton, on 3 July, 2004.

Mike is delighted that the park is a place of refuge and fun for residents, both young and old.

"Some people didn't like children climbing on the sundial, but that's exactly what I would have done as a child," he laughs.

Lindsay Ord



Mike Morley

Cans for Choppers!

Helipads for Hospitals is a UK charity founded by former RAF and Air Ambulance helicopter pilot John Nowell. The aim is to collect about one million drinks cans to build a helipad on site at hospitals. The first priority is Leicester Royal Infirmary, where air ambulance helicopters currently have to land on Nelson Mandela Park so the patients — often critically ill — have to be transferred to road ambulances and driven to the Accident and Emergency Department, about ¾ of a mile away.

Cans are collected in various ways but the charity is trying to get as many can banks into communities to boost donations. The can banks, known as 'Big Red Bins', cost approximately £600 to build and install. Various Rotary Clubs are supporting the charity by collecting cans or donating funds or providing a matching grant so that for every £300 they raise or receive in donations, they can get a further £300, effectively halving the price have also set up a matching grant scheme.

After reading about the charity and what it was trying to achieve, an appeal was put on village social media to raise awareness. Within a couple of hours a local anonymous donor had offered £600 for Barrow Footpaths Group to sponsor the bin and therefore allow Barrow to have its own can bank. The charity was contacted and things began to move very quickly.

Within a matter of days the community of Barrow came together to support this great cause and the can bank was delivered on 7th August. Barrow Conservative Club donated a one tonne bag of cans straight away and other pubs such as Soar Bridge Inn, Hunting Lodge and The Moorings and sports clubs, including Barrow Cricket Club, have said they will start to donate as soon as they reopen.

The Big Red Bin with Helipads for Hospital founder John Nowell standing next to it, alongside members of the Barrow Footpaths Group and a member of staff from the Co-op.

This is can bank number 8 for the charity. Shepshed has a can bank already and Belton is hoping to get one soon.

The local Co-op has offered use of its car park for the can bank to be positioned centrally in the village. There is already a Salvation Army clothing and shoes recycling bank in the car park. The Co-op have a number of other recycling bins in store, all managed by them, which are sent off to Terracycle to be recycled. The bins include:

- **Home Care packaging** - which can include spray trigger heads, soap pumps, empty air fresheners, wet wipes packets, washing up liquid lids
- **Ellacycle** - which can take any brand of baby food pouch, and baby snack foods packaging
- **McVitie's** - which can take any brand of biscuit and cake wrapper packaging
- **Crisp packets** - all brands of crisp packets can be donated



Other news...

Both the Barrow Footpaths Group and Barrow Community Litter Pickers have recently benefitted from funding Barrow in Bloom applied for from the Carling & Everards Made Local Community Fund. The funding has been used to buy tools and protective equipment for both groups.

Barrow Community Litter Pickers Group also has some litter picking equipment on loan from the Co-op Local Community Team. This includes Litter Pickers, Hoops, Gloves and Hi Vis vests for adults and children.

Under current government guidelines outdoor group events are limited to 6 people which is delaying the restart of group events for litter picking. However, Barrow Community Litter Pickers have now started a loan scheme to allow families to continue to help keeping Barrow clear of litter.

Funding from the Carling & Everards Made Local Community Fund has also been used by Barrow in Bloom to buy wildflower seeds for the Millennium Park. This will create a new small area of Wildflowers on the grassy bank overlooking Fishpool Way. It will allow the Bloom team of volunteers to confirm the best ways to manage the wildflower habitat before other areas around the village are identified for a similar transformation. Plans to lay the seeds in spring were delayed by the lockdown and have been rescheduled for an autumn sowing.

Annette Richardson

Barrow's Murder Mystery

I sit here on a rather blustery July evening and can only tell the truth: I do not know if we'll be able to perform the Murder Mystery for you this year. At the moment we can only meet in groups of 6. This rule will have to be relaxed for us to be able to perform. But, since the rule may be changed and we may be able to perform, we are rehearsing. At the moment we rehearse on Zoom. Soon we're going to rehearse in groups of six in gardens. You might even spot us on the park! To say the least, I'm hoping for dry evenings!!

To add to the mayhem, we don't know what Humphrey Perkins will be able to offer. It's not beyond credulity that the school will not be available. I have taken the precaution of booking Holy Trinity Church, so if we can perform and if we can't have the school, we can perform the Murder Mystery in Holy Trinity Church.

I can only say – watch out for the poster! We've taken the photos in a socially

distanced way using selfies so watch this space. If it's going ahead, you'll be the first to know...

Two's Company is set in the present day – well 2019 as one of the characters has A Levels to do so it couldn't be 2020. (Please note, it's not set in the 1980s because I made a mistake. So, if you've got your big moustache planned and have been ironing your leg warmers, wear

them anyway!) Or come dressed as village people (all together now: It's fun to stay at the ...)

I can't even tell you the ticket price, but all being well and social distancing allowing, it'll be on Saturday 10th October, 2020.

Fingers crossed...

Helen Sadler

Martin Page

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Eileen Neal & Barrow Good Neighbour Scheme

Eileen Neal recently left the village to be closer to relatives, having lived in Barrow most of her life. She has some interesting memories of the village and its community and one of them is recalled here. Eileen was one of the first members of the Barrow Good Neighbour Scheme.

During the early days of Barrow Voice, before we had proper printing and lovely coloured photos it was just an A5 publication on 8 sides with an interesting article or two plus details of community education and swimming pool times. One of the articles was about Eileen's father, Bernard Neal, written by Jan Hind. It's such an interesting piece, written so long ago we thought you might enjoy reading a little history about a man born over 100 years ago.

Bernard Neal – Old Barrovian, written in 1977

Bernard Neal has been a "Barrow Boy" since the late nineteenth century. Now 86 years of age but looking much younger, he remembers vividly changes which have come about since he was a boy..

As a youth he enjoyed spending his spare time at the lime kilns watching the horses pull the wagons of limestone which had been dug out of the delf nearby, to the base of the slope. Here the stone was hauled up by cable and poured down into the kilns. This took place in Brook Lane on the site now occupied by North's

Bernard Neal



Grocers (now Ina's Kitchen). The stone came from the Famous Blue Lias beds which produced a high quality limestone.

It was very handy for the local gardeners, having the lime processed in the village as they were never short of a sack or two for their potato crop. Every year the lime sacks were loaned out, the potatoes dug out of the allotments and carried home – the sacks were always returned.

Bernard Neal clearly remembers the distinctive smell of burning lime which hung in a visible cloud all over the village. It was supposed to be very healthy and people came from all around to breathe the lime fumes. "There wasn't much chestiness around then" says Bernard.

When war was declared in 1914 Bernard Neal served his country in France, Belgium and Italy. During this time not a month went by without a parcel sent by his young lady.

At the end of the war it was time to pick up the threads and start again.

Bernard Neal remembers the Service of Thanksgiving which was held outside the church for all those who came back. The Reverend Stone stood on the grass above the wall and faced the congregation before him in the street. During the service he read the list of those who had not come back – amongst them his own son. Of Bernard Neal's original Company of 250 only 36 returned.

Then it was "back to work" and Mr Neal began his long career at Ellis's as a joiner and pattern maker, progressing to being responsible from drawing board to delivery of all manufactured units. Ellis cement was particularly good since it was known for setting under water and much of the raw material came from right there on the site. He remembers being amazed when he first walked down the slope into the underground workings which stretched right through to Seagrave. It was a most impressive place.

One of his well-remembered projects was the pattern which produced the impressive fluted pillars outside St Mary's Catholic Church in Loughborough. He is very proud of these and they stand as a fine testament to local workmanship.



Eileen Neal

If anyone deserves to be called an "Old Barrovian" surely Bernard Neal does. He and his wife enjoy their gardening and remain very active and busy. Long may they continue to do so.

This piece was written by Jan Hind and has been copied "verbatim" from the original article.

Eileen, was one of the first members of Barrow Good Neighbour Scheme (BGNS). The team of local volunteers helped her with shopping and a friendly face or voice at the end of the phone for a chat.

New volunteers and members interested in the BGNS are very welcome. **See the Facebook Page or ring 0777 162 5591**

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Winner - Carl with his flying house in search of Paradise Falls



Captain of the Sky

THE BARROW SCARECROW FESTIVAL

The arrival of the Barrow Scarecrow Festival was a much-needed distraction from all that has taken place over the previous months. It was an opportunity for everyone to come together as a community and to show off their talent and creativity.

As you walked through the streets of Barrow they were filled once again with energy and life. Both young and old, map in hand, were exploring the many roads and cul-de-sacs while admiring the straw-filled displays.

My parents, sister and I started at the Willow Road estate and zig-zagged through the streets viewing the incredible creations people had clearly worked very hard to make. They were all fantastic and a few really stood out in my mind. One was 'Summer Afternoon' on Furrow Close, with its bright, vibrant colours, including stones painted with the flags of countries and a duck made from a high heeled shoe! It was so pretty. Another was the Harry Potter entry which was created by William Luxton and his family. This was cleverly displayed with Harry balancing on a broomstick making it look like he was flying.

On our way through the Strancliffe Road estate we noticed a rogue fire fighter hanging from the side of a house. It was very authentic with his real fireman's hose propped over his shoulder.

About half way through the entries we took a well-earned break at one of the local pubs. It was nice to see so many other people enjoying the sunshine and having the same idea as us. Luckily the rain stayed away for us.



Paddle Up the Derwent

While we were walking around, we noticed several collections for charities – one house was collecting cans to help build Helipads for Hospitals, another was selling handmade items for Rainbows. It was nice to see people donating to these worthy causes.

I was also amused by the play on words used to name the creations: Scare-Grylls outside the Scout Hut, The Crowzens depicted by Elsa, Anna and Olaf, The Red B'Arrow and A-Straw-Naut. These were very imaginative.

Finally, after four and a half hours of walking, and rather sore feet, we had viewed all the entries. They ranged from a collection of wartime memories, to current film and book characters. I really don't know how the judges managed to choose

the winners. However, the winning entry 'Up!' was definitely a worthy winner. The lemonade was a nice touch and very thirst quenching.

It really was an exceptional event with every entry being a winner in my eyes. It was obviously enjoyed by so many and I would love this to become an annual event so that my family could perhaps get more involved with it next time.

Thank you BUSCA for organising such a lovely event!

Megan Hardy

Photography by Helen Eames Photography



Summer's Day



Everyone wearing masks at the street market

Marans Update

Marans, which is twinned with Barrow, is slowly getting back to a more usual way of life. The schools, restaurants, cafes and visitor attractions were all opened on the 22nd June, with the obvious restrictions of one metre social distancing and the wearing of masks inside buildings. As is the case here, all tables in restaurants have to be placed sufficiently apart to meet the distance criteria; masks may be removed when you are sitting at your table but replaced if you need to use the facilities. All the cafes and restaurants on the banks of the River Sevre are open and the morning coffees and glasses of wine with friends are once more being enjoyed.

Like many places here, the Charente Maritime's economy relies heavily on tourism, so there was a strong lobby by those involved to get the campsites and holiday villages open. On June the 14th President Macron announced that European borders would be opened on July 11th and that would also be the end to the state of emergency. Tourists have begun to trickle back into the area, mainly French at first, but then a few Dutch and Belgians. There have been long queues for the Ile de Re toll bridge at weekends and the pleasure boats in La Rochelle have been busy.

Despite there being a constant media campaign regarding the wearing of masks, about 50% of people were not complying, so now it is compulsory to do so in all enclosed areas and where there is a high concentration of people. The police are now on patrol everywhere and a fine of 135 euros can be imposed if the rules are not adhered to. The French tradition of kissing on each cheek is not advised, and is avoided in most cases, but friends and family can still be seen greeting each other this way.... c'est la vie....



Ina Rotteveel

Generally life is almost back to normal but Marans is not quite there yet. When people meet the topic of conversation is always La Covid.

- Thanks go to our man on the spot Geoff Miles for the information. At the time of writing there has been a rise in the cases of Covid in Spain. I do hope this is not repeated in France.

Val Gillings

Bishop Beveridge Going Forward

Since March the Bishop Beveridge Club House, in accordance with government guidelines, has been silent. The fact that the club has been closed for six months and counting, is unprecedented in its long history, as are the strange times we have all been living through.

The committee held a socially-distanced meeting to discuss what work could be done whilst the club was closed; prior to this a small subcommittee had been meeting to source out firms and get quotes.

The carpet has already been cleaned, the wooden floor is to be resanded and resealed and we hope to get new LED lighting and extra wall sockets installed. All this work will make huge improvements to the clubhouse.

Anyone passing the club may have noticed the new flag supporting the NHS that has been purchased and is now flying from the

flagpole and two lovely hanging baskets. Once more these baskets have been supplied by John Brooker. Thank you John.

We are hoping to start reletting the hall from September 7th and looking forward to welcoming back all the groups that used to use the hall. Hopefully the club social afternoons, coffee mornings, films and Friday lunches will follow in the not too distant future.

A thorough cleansing of the hall and equipment will be made after each event. At the committee meeting a unanimous

decision was taken that, for the coming year, there will be an automatic renewal of membership; therefore no fees will be required. A big thank you must go to Joyce Noon who has volunteered to remain as chairperson for another year and also to Wendy Woodhouse for continuing to organise the trips. I hope that soon everything will be back to normal and that members will be able to enjoy each other's company in the club house once more.

Val Gillings

Village Verse

Barrow Helping Hands.

Not waving hands or playing hands
not artful hands or healing hands
flapping hands or clapping hands
The Barrow Helping Hands.
Not jazzy hands or circle hands
making hands or shake my hand.
Not playful hands, "I'll lend a hand!"
The Barrow Helping Hands.
Not carrying hands or music hands
Not soothing hands or stroking hands
But "hand on heart, I'll play my part"
The Barrow Helping Hands.
They were here to hold our hand
The Barrow Helping Hands.

Helen Sadler

What everyone knows about Slash Lane

Exhausts discharge noisome fumes into
dank, damp air. Traffic's at standstill.
Clinging odours drift towards homes built
back from road, fill lungs.
Vic, the white van man, watches his clock.
Tez in his truck knows that he's late, thinks of his boss.
Cat in her red car rose early, knows what it's like,
makes up in her mirror as the queue edges on.
Shoulders are tensed, blood pressures rise;
Jerusalem's gridlocked, High Street is heaving.
Slash Lane is flooded again.
Helen Sadler

Oh Wilbur!

Colston Basset may boast of its Stiltonian cheese
Melton Mowbray, its pork pie, raised pastry to please
But Ruddington town would be just so much poorer
Without the great presence, without the great aura
Of a tenant whose fluffy presence announces
A pussy-cat hero who purrs and who pounces
Whose presence is welcomed in pubs and in salons
For a bowl of sardines or to manicure talons
His tail stretching high, looking royal and haughty
With sometimes a touch of 'I can be quite naughty!'
He patrols the town streets crossing roads at his leisure
People call 'Wilbur!' - he's a national treasure
He's famous! - what response would you expect?
Such charisma and charm - he deserves that respect
You can't help but heap on him oodles of praise
For a cat who exudes a self-satisfied haze
Wilbur, the infamous Ruddington resident
Isn't just King - he's surely a President!
Angela Reddaway

Good Question.

Why do we call this road
Slash Lane
When there isn't a village
called Slash?
Did visiting Romans slash
with swords
as they waited here near
to the ford?
The old Scots called
slash a splash of wet
Old English a marshland
with weeds.
It's still used Stateside to
this very day
for land wet but with
grasses and trees.
Helen Sadler

In Markfield we have Jitties

a walk a wynd
a passage a lane
an alleyway to avoid after dark
nip along the dimly lit jinnel
(a quick trip to the offie for booze and snacks)
further north they're harder - like their ginnels
towards the border the walkways narrow
funnel along the vennels; queue for the photos
or stay down south for twittens and snickets
no cars or vans - pedestrians only
no loitering; no litter; nor late night transactions
short cut a route through the nation's back streets
in Markfield we'll stick to our jitties
Jill Simpson

A poetic walk through our village

Taking a walk through Barrow upon Soar,
I breathe in deeply as I step out of the door.
Walking down towards the brook
So peaceful just the birds singing and the occasional rook,
Listening to the babbling brook too.
So along the meandering path we go
Up Brook Lane to the village proper
To say "Hello, how are you" or "How is your Mother "
Pop into the Co-op to see the lovely girls that serve us.
Then down Bridge Street, towards Pick's Close
Or "Piggies" as we love to call that delightful place,
Along the canal with all the boats and ducks that race
To see if we have brought some bread.
Through there to pass the children's park we are led
By Poppy dog, ready for home and a treat.
A little walk in our lovely village, now for a rest and a seat.
Barbara Spence

TUMULT IN RUSHCLIFFE PARK

The writhing roots of the tree's hooked claws
Withstand the rage of a wind that gnaws
...unaware they're observed by the child in me...
While the buffeting wind warily eyes
The clash of tumultuous clouds in the sky
...unaware it's observed by branches of trees...
The havoc the flouncing clouds create
Causes one little woolly hat to escape
...unaware it's observed by a wind that can see...
The hat rejoices to be in the air
No longer clamped to a head of hair
...unaware it's observed by the clouds on high...
And the jubilant hat shouts 'look at me please
I'm playing catch with the leaves in the trees'
Aware it's observed by the child in me
Who longs for release - who longs to be free
Angela Reddaway



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Sewing: What I have learnt to do during lockdown



When lockdown came, it was scary but fun to begin with, so I, like many of my friends, started doing jobs that we had put off doing for so long such as sorting out wardrobes and that cupboard under the stairs. But with no tips open and charity shops closed the pile of clothes grew out of control.

After a few weeks I thought to myself, "Why not have a go at trying to salvage some of them? "

My husband and I had enrolled at Slimming World last November and the weight was coming of nicely, but our clothes were looking very big on us. So, I took myself off to the spare room and set up my sewing machine and along with "YouTube" sewing videos my challenge began. I started out with the idea that if it didn't work I was not going to wear it! Then the Sewing Bee came on the television, and into my life, and as an amateur I was hooked, especially the Transformation Challenge. As I eagerly awaited each episode my confidence grew.

Each day I would take myself off to the "new sewing room" and lose myself for a few hours. I began to scour wardrobes for things to change, nothing was safe! While admitting I am not a brilliant sewer I like the W I motto "It's make do and mend". Plus, nowadays we are all trying to do our bit to save wastage in this throw away world.

If and when life returns to normal, I am going to sign up for a sewing class. Whatever new skills you have learnt during lockdown, do not give up. If it makes you feel good, "Keep calm and carry on. "

Sue Ellingworth

Mary Clayton's 90th birthday

My mum, Mary Clayton, celebrated her 90th birthday in style at her home in Highfields on July 2nd. Originally the family had planned a holiday together but Coronavirus put paid to that. As an alternative we erected a temporary gazebo at the front of mum's bungalow and invited family, friends and neighbours to join us for a party.

Mother was thrilled! There was a real party atmosphere with a crown for Mum, presents, champagne, a cake, lovely flowers, and festive balloons. Our village crier David Dipple added to the occasion by reading out a proclamation to 'Queen Mary'. That was so special.

My mother has only lived in Barrow since 2012; she's a city girl at heart. Before lockdown she still travelled into Leicester

on the bus two or three times a week and into Loughborough on Thursdays for the market. Long ago, as a family, we used travel by train from our home in Leicester to Barrow to visit Proctor's Pleasure Park. As a child I thought Barrow was paradise and I still do. And what's more my relatives in the village and even those further afield, all agree!

Lin Winter



Update on Rev Clive Watts

In the Spring Barrow Voice issue, I wrote an article about the Rev Watts of Holy Trinity and I thought I would follow it up to see how carrying out his role has been affected by the virus and lockdown.

He told me that he has been in Barrow for a year now and believes that he suffered symptoms of Covid-19 in early March, so he was self-isolating before everyone else went into lockdown.

One of the most challenging issues, he says, has been being faced with grieving families who haven't been able to be with loved ones. Grandparents have died and families have been unable to attend funerals; grandchildren have been born and families

have been unable to hold and cuddle them. He says that it has also been difficult for couples who have planned their weddings and had to delay them indefinitely.

Clive believes that there have been some benefits coming from this health crisis: parishioners from the four churches have come to know each other better and are working closer together as they worship as a Zoom community and he has been heartened by how people have rallied together and

supported each other socially, emotionally and spiritually – if remotely.

Rev Clive is hoping that by the time you read this in September, normal church services will have resumed (with social distancing).

Karisa Krcmar

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Mairi's love of 'listening' to the plants

Mairi Taylor is well known in the village as an enthusiastic fitness guru of FABfitness fame! She loves to keep us active and healthy with advice on exercise, essential oils, natural juice therapy and well-being in general. But during lockdown Mairi couldn't run her classes, except online, and so had time to explore village footpaths new to her and take more frequent walks along the River Soar.

She walked thoughtfully and quietly, looking at the plants and wildlife carefully and considering how they fitted into the overall environment. She noticed that there was a greater abundance of daisies and dandelions this year and thought how daisy infusions could be good for respiratory complaints and that although in Britain many of us don't think about making dandelion teas or adding to salads as a peppery leaf, as they do in China, they could be used to help with digestive tract problems. With Covid19 around it seemed that the plants that could help are around too! But not just daisies and dandelions, so many other plants have medicinal properties. The wild geranium is a mild astringent and has been used to cure sore throats, and nettles, made into nettle tea, are said to reduce the miseries of hay fever as well as boosting your immune system. The little ladybird beetle on the nettle leaf has its role in the ecosystem too. It eats about 58 aphids a day thus preventing us from being overwhelmed by aphids!



Mairi is sympathetic to Cherokee Indian plant lore which in essence believes that for every known disease there is a plant remedy. The old Indian legend says that humans were in harmony with all of creation, both animal and plant, until they became greedy. They killed more animals for food than they needed and destroyed trees and plants wilfully. As a response, diseases entered the world. But the plants, although badly treated, felt compassion for us poor, two legged creatures and for every disease inflicted they provided a cure.

Wherever we walk in the countryside, through field or forest, Mairi believes our health improves even though consciously we may not be aware of what is happening. So what is happening? Well, it seems that plants give off phytoncides, natural organic compounds that help plants ward off insects and trees from rotting. In humans, breathing in these phytoncides has been proven to lower concentrations of cortisol, lower the



pulse rate, lower blood pressure and have an overall calming effect. What could be better in these stressful times, she argues, than a woodland walk that not only exercises your body but calms you down and boosts your immunity? The Japanese have a phrase for it - shinrin-yoku - forest bathing. It is extremely popular with city dwellers who are aware of the harm living in the centre of treeless megacities causes, not simply to the body, but to the spirit. The citizenry drive out to the forests, walk about in them and then lie down in them. When they arise they are reenergised.

So Mairi's advice is to get out into our local countryside and you don't even have to walk too far from your front door. There are so many positive forces working on you, whether you are aware of them or not, which can definitely help you, not just through the next few worrying months, but the rest of your life. Listen to the plants.

Gaynor Barton



*Under 8s football team – In alphabetical order
Henry Ball, Tommy Morrison, Rocco Vine, Harley Rudkin, Zach Shaw*



Lockdown Sports in Barrow

First the floods, now Covid-19.

What's happening with cricket and football?

Unfortunately, the Leicester lockdown in July put plans on hold for the start of senior competitive cricket at Barrow Cricket Club, although junior cricket training started again over the summer for small groups, adhering to social distancing and equipment use guidelines.

However, one of the benefits of the enforced break in cricket, Sam Shipman (from the club) told me, is that there has been time to make some "much needed uplifts and renovations around the ground" which are being completed by hardworking individuals "behind the scenes". Barrow has also been one of the clubs to benefit from a share of £500,000 grant to support local teams through the pandemic. Summer would normally be the time of year when Barrow Cricket Club would be earning most of its income through bar sales or hiring out facilities – this is money that is vital to sustain activities through autumn and winter until the start of next season.

Similarly, Barrow Town Football Club has been unable to confirm any fixtures, although at the time of writing, the FA and individual counties were in discussion about this. The Club is limited in the number of changing rooms it can offer to players and match officials but, like the cricket club, they have been applying for different grants that become available. They have had no income since March, but still have outgoings like paying insurance and utility bills. They have been able to continue some training that is limited to five 'bubble' players and one coach, who is allowed to move between the 'bubbles'. I caught up with the Under 8 Falcons: Henry Ball, Tommy Morrison, Harley Rudkin, Zach Shaw and Rocco Vine (sponsored by SK & J Solar) whilst they were practising their socially distanced goal scoring techniques in the Humphrey Perkins fields.

Karisa Krcmar

Barrow Community Library is back!

After being closed for many weeks during lockdown, we were finally able to offer services from early July. We have been offering a pre order and collect service alongside our home delivery service for the housebound. After extensive adaptations to our operating procedures and in line with the LCC guidance, we are hoping that by September we will be welcoming you all back through our doors to choose and borrow our books and audio books. New screens have been installed and hand sanitising equipment provided. You should now have a library that is open for you to walk in and borrow books, where you can pre order and collect books and where you can arrange a home delivery if you are housebound, vulnerable and live in Barrow.

Whilst we cannot see a point where we can reinstate our craft club or Rhyme Time sessions yet, we will do everything we can to get these back in a safe way someday.

Our book stock has had a welcome boost with new books arriving in July.

Contact us with your name, library card number and phone number. Give us an idea of your preferences and we'll find something for you.

Email us on:
clickncollect@barrowuponsoarlibrary.org.uk

Call us on: **01509 416 356**

We hope to be open: Monday 2-5,
Wednesday 10-1 and Friday 10-1

We're also very keen to get our younger readers back into the library borrowing books. Many of you, we hope, will have enjoyed the online Summer Reading Challenge and be keen to find more books to enjoy. Come in and check out our stock.

We're not up to full capacity with volunteers quite yet but we are very grateful to the group who have donned masks and gloves to keep the service going.

We hope to see you soon.

Catherine Holmes



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- Sports News
- Featured Articles
- Diary of Forthcoming Events

**Barrow
Voice**



Barrow Voice is published by Barrow upon Soar Community Association (BUSCA).
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editor@barrowvoice.co.uk



Questionnaire: BV in print or online

Because of Covid 19 lockdown restrictions, this year's summer edition of Barrow Voice, The Coronavirus Issue, was online. We are conducting this survey to find out your village magazine preferences. The Barrow Voice team would be very grateful if you could please complete this short survey. It is completely anonymous. Or you can complete the survey online at www.barrowvoice.co.uk/bv-questionnaire

Your age range:

Under 18 18 - 30 31 - 50 51 - 70 Over 70

Length of residence.

How long have you lived in the village?

Under 2 years Between 2 - 10 Between 11 - 30 Over 30 years
I no longer live in the village I live in a neighbouring village

Do you look at the free copy of Barrow Voice delivered to your door?

Yes No

If Yes

Do you usually:

Flick through it Read a few articles Read it from cover to cover

How many people in your household look at the print version of Barrow Voice?

1 2 3 4+

Do you look at the online version of Barrow Voice?

Yes No

If Yes

How many in your household went online to look at The Coronavirus version?

1 2 3 4+

In relation to the advertisements in the print version, do you ever use the magazine to find suppliers of goods (shops) or services (craftsmen)?

Always Sometimes Never

In relation to the online Coronavirus issue did you ever use the Business Section to find suppliers of goods or services?

Yes No

If Yes

How easy did you find navigating the site?

Very easy Easy Difficult

How much did you enjoy the online version?

Loved it It was OK Didn't like it

On balance which do you prefer?

The online version The print version Don't mind either way

If there were to be a mobile app for you to easily access Barrow Voices' news and information, as well as the ability to receive alerts, would it be something that you would download and use?

Yes Perhaps No

Thank you very much for your cooperation.

Please return your completed questionnaire to:
Taylor's Florist, 17 High Street, Barrow upon Soar LE12 8PY
by 4pm on **Thursday November 5th.**

Barrow Harfest 2020

Create. Make. Explore Share. More details to follow.
3rd & 4th October

Christmas Event

12th - 31st December