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Includes
Barrow Focus

Barrow VOICE

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Hello and thank you to Gaynor Barton, Judith Rodgers and all the editorial team who have welcomed me to my new role and given support and advice.

This edition has 'hellos' (to the new Baptist minister) and 'goodbyes' (from Sheila Taylor); 'thank yous' (from Tilly Yates) and 'requests' (BUSCA events and library). You'll see new items but on old themes; old traditions have been put on hold (Christmas market) while new ones have started (Harfest).

Over Christmas you can sing carols from your front door or amuse yourself with some quizzes; keep your physical and mental health up with some ideas to enjoy winter wellbeing and why not volunteer your time and ideas to BUSCA events or the community library?

Feedback from our questionnaire showed that 89% of our readers use the magazine

for finding suppliers of goods or services – great news for our advertisers and most people want to continue to read their Barrow Voice as a paper magazine.

Here's hoping that you and yours are able to enjoy Christmas happily and safely.

Karisa Krcmar, Editor

Front cover: photo of Barrow fields from the river taken by Mairi Taylor

Barrow Voice: print or online? Feedback from our questionnaire.

The closing date for the receipt of questionnaires was November 5th. The following article is a summary as not all completed questionnaires had been received at the time of going to print.

However, people are curious about the findings and it is likely that the bulk of the responses are in. There were two ways of letting us know your opinions. You could have completed the printed questionnaire or gone online. To date 76 completed forms have been received of which 40 were paper versions and 36 online.

The figures have been totalled...

Age Range

Most (90%) of respondents were over 51 years old and of those 60% were over 70.

Length of residence

Half of all respondents had lived in the village for over 30 years with only 14% living here between 2 and 10 years.

Extent read

82% of all those who received a copy of BV read it from cover to cover which was a most gratifying finding.

Numbers reading a copy of Barrow Voice per household

In two-thirds (63%) of our respondents' households, two people were reading the magazine and in 30% there was one.

Looking at the print version for suppliers of goods and services

Most people (74%) answered that they 'Sometimes' looked in the magazine for suppliers', with a further 15% saying that they 'Always' looked. This total of 89% is good news for our advertisers.

Online

Questionnaire responses relating to Barrow Voice online were much lower than those

relating to the print version. Several respondents actually wrote on their questionnaires to tell us that they didn't have computers or were not digitally literate.

(All respondents) Did you look at the online version of Barrow Voice? This refers to the online Coronavirus Issue which replaced Summer 2020

The majority of people (78%) had not looked at it with only 22% saying that they had seen it.

(Of those who went online) Did you visit the Business Section to find suppliers of goods and services?

15% said they had and 85% said they hadn't.

(Of those who went online) How easy did you find navigating the site?

Of the small number who answered this question, most (94%) said they found the site either 'Easy' or 'Very Easy' to navigate.

Did you enjoy the online version?

62% - the majority answer - said it was OK.

The last question on the questionnaire related to the use of a Barrow Voice App if one were developed for a mobile phone

15% said they would use it, 56% said they wouldn't use it and 29% said they might use it.

In answering the question: On balance which do you prefer?

The overwhelming majority of readers (91%) would prefer staying with a printed version of the Barrow Voice.

Gaynor Barton

Planting for Macmillan Cancer Support blossomed into £1,000

Anyone walking along Nottingham Road over the summer would have seen a table full of flowers in pots at the front of Tilly Yates' house. She was selling her plants (and others that people donated) to raise money for Macmillan Cancer Support. From the beginning of lockdown to the end of September you could put your donation into an honesty box and take the plantpot of your choice. Tilly would like to thank the village residents who put their hands into their pockets and raised a total of £1,097. Tilly is pictured here preparing her pots for next spring's and summer's stalls when you may be able to buy some snowdrops in January and February to lift your spirits in the way that Mairi Taylor talks about in her article.

Editor



Tilly Yates



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Listen to this!

New independent audiology service, Premier Hearing, has opened in Barrow

Barrow gained an addition to its health services when Philip Kenny set up his new business, Premier Hearing, on August 4th. Located in Room to Work on High St, it offers an independent audiology service that provides in-store and mobile lifestyle hearing assessments, hearing aids, wax removal, tinnitus management, and impartial hearing advice. At a time when the NHS is extremely stretched, this range of services is particularly welcome.

Philip is a Barrow resident and has worked in the audiology industry for 26 years. He explains that it was an almost inevitable career pathway. From the age of ten, Philip helped his audiologist dad to mend hearing aids on a Saturday morning even though he would much rather have been playing football. In his 26 years, he has gained a wealth of experience in all aspects of the business; his extensive knowledge of the sheer range of modern hearing aids that have evolved from the old ear trumpet is particularly valuable. As an independent practitioner he is free to explore any brand or type to suit his customer's lifestyle and pocket. He continues to be amazed at the facilities of hearing aids including some that can send a text to your chosen contact if you fall or can be remotely tuned by your audiologist perhaps working in a different country. One timely feature is the hearing aid that doesn't fall out every time you take off your face mask.



Premier hearing audiologist Philip and his assistant Dean

Philip has plans to expand the centre and provide jobs in the local community into 2021.

Philip is delighted to be working as his own boss in his home village with no weekly commutes to Bristol to his old employer's head office. Home hearing assessments are very much part of Philip's service, all with current PPE guidelines followed to ensure safety. The other huge benefit of working independently is that Phil can give a personal service without rush. He has time to listen, consider problems, discuss options; indeed, he is proud to say that this is his priority.

He even had time to relate this anecdote from his time working in Ireland. A farmer hadn't been able to hear for 50 years; he had little to say about his medical history other than he remembered poking a bit of paper into his ear when he was 15. Sure enough, Phil found an abnormality caused by the original paper which was now firmly

COMPETITION

Phil, at Premier Hearing, is challenging Barrow's children to draw a sound:

DRAW YOUR FAVOURITE CHRISTMAS WONDERSOUND and WIN A BOOK TOKEN

Draw or paint a picture to represent your favourite sound of Christmas. Hand your picture into the Editor (62 Sibley Road) in an envelope with your name, age, and a parental phone number.

Deadline: 4th January 2021 Age limit: under 13 years

1st, 2nd and 3rd winners will receive a book token prize from Premier Hearing and the pictures may appear in the next edition of Barrow Voice (and even be framed on a tree in Barrow!)

fused to the structure of the ear. After surgery to remove the paper, the farmer was able to hear clearly. Phil commented that this was a rather extreme example of the job satisfaction he experiences when he can make a difference to someone's life.

If you would like to find more about Premier Hearing, visit the website premierhearing.co.uk or Facebook page.

Barrow Voice wishes Phil every success with this new business.

Judith Rodgers

Setting the benchmark

A creative idea on the Helping Hands (HH) Facebook page will become a beautiful commemorative bench in a few months' time – thanks to a winning design by Stewart Pawley, a design engineer from Barrow.

HH member Pam Bowler suggested in June that a bench be installed to recognise the community spirit that the village had shown during lockdown. The Parish Council agreed to support the idea and before long, a competition to design a commemorative bench was up and running. By mid-August, entries had come in and three finalists selected. The designs were placed on the HH Facebook page, visitors to the page voted and Stewart was named the winner.

So, how did he come up with the top design? He says as soon as he heard about the competition, he began brainstorming and

sketching, finally coming up with a poignant and beautiful design of a tree, representing the community, its arms covering the people, its hands supporting them. Behind is the sun, representing the positive energy and light of the days to come. The design depicts the community's protection and support for everyone in the village, from the very young to the very old. Stewart explained, "on the far left, are a pregnant woman and child, then a teacher with children of key workers. Next is a person in a wheelchair with a helper, then a young family, and, on the far right, an older person."

Stewart's first thought had been to use the arches of the Barrow bridge in a design, but he couldn't quite get that to work. Many hours of discarded sketches followed until he came up with the idea of the tree, which was refined and tweaked eventually to produce the winning

design. Stewart is an accomplished artist and was featured in the Spring 2018 edition of Barrow Voice (see our online archives) for his art installations in Rainbows Hospice. You can see more of his art at www.stewartpawley.co.uk.

The Parish Council is working with Stewart and HH to facilitate the creation of the bench. The exact location is still to be confirmed but Stewart looks forward to his work being brought to life and sitting on it for a few moments – and, probably, most passers-by will not have a clue that the man on the bench is its designer.

Lindsay Ord





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Barrow Pre-School Playgroup is an OFSTED registered charity playgroup.

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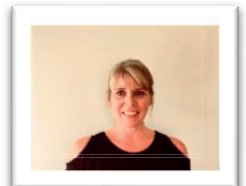


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Featured family

Welcome to this new feature for Barrow Voice where we have the opportunity to put the spotlight on one Barrow family. Our first family lives near the river and I contacted them because Logan (aged three) was one of the youngest contributors to the rainbow pictures in our Coronavirus Issue back in June. So, meet the Moseley-Sarsfields: Steph and Jamie, Logan and eight-month-old Adelynne.

Some of you may recognise the 'Sarsfield' name. Although Steph herself grew up in Long Eaton, both her parents are from the village and her maternal granddad, Bill Boettcher, was the village bobby. Her other grandfather was the man who started the Swimming Survival Awards and badges that we still use to this day. Steph and husband, Jamie, feel that their lives have coincided in many ways with the previous generation. The two of them met at the Packe Arms (in 2008) which turns out to have been the place where her parents held their wedding reception. Then, after marrying in (2015) they moved to their current home in Barrow.

Steph studied equine management and equine sports massage therapy and was originally a groom at a yard in West Hallam, travelling to many shows with the horses. She is currently a full-time mother to Logan and Adelynne, not an easy job at any time but particularly difficult during lockdown and restricted family visiting. She hopes to resurrect her massage therapy business when the children are older. Jamie studied history at the University of Sheffield and had originally intended to become a Navy pilot. He received gliding and flying scholarships from the Royal Navy, but an eye problem later barred him from this career, and he turned to teaching. He now really enjoys his work as a primary school teacher in



Loughborough, especially the new and innovative ways he is learning to teach. It's a challenging job but even more so given the new challenges faced in keeping with the guidelines and providing remote learning provision.

Adelynne was born in February – just before lockdown so she has not known anything different, but Steph has really missed the support of being able to attend the range of mother-and-baby groups that she went to with Logan. She's found the last few months with a new baby to be very isolating. Jamie used to be able to take Logan to a local group called 'Who Let the Dads Out?' which gave Steph some time to herself, but that 'luxury' has gone.

And what about our artist – Logan? Well, he loves diggers and tractors and going on his scooter or trike to Mill Lane or King George V parks. He's really enjoying his pre-school days at Fourfold where he plays with his best friends, Max and Charlie. His favourite 'hero' is Woody in Toy Story. Logan seems to have coped with the unprecedented circumstances

extremely well, yet Steph and Jamie are a bit concerned about the long-term impact of all this on the children with restricted play, no Halloween, fireworks or Remembrance Day parade.

Their biggest concern at the moment is being able to have some kind of family Christmas with parents and grandparents able to be involved.

Karisa Krcmar

Thank you to the Moseley-Sarsfields for their time and for agreeing to be Barrow's first Featured Family.

If you would like your family to be featured, please do get in touch with the editor@barrowvoice.co.uk.

You may have been in Barrow for generations or have moved here recently. You may be a big family or be just one or two. It doesn't matter. You live in Barrow and it will be fun to build a picture of everyday families in the village.

Bridge Repairs

If you drive out of Barrow over the bridge at Bridge Street you may have missed the floating platform that's been installed over the last few weeks. It is there for important bridge repairs and pointing under the arches. The County Council is having to do the repairs in stages as the centre arch has to remain clear enough for barges to pass under. Weather permitting, the repairs should be completed by early December.



Winter Wellbeing

Winter is the time to get quiet, be still, hunker down and enjoy the shorter days as you utilise the longer nights for snuggling and time to nourish yourself. For years we have been working against the season: going out, rushing around, over committing ourselves with 'festivities' and nights out when all we really want to do is slow down, get still and enjoy staying home and this year we have been invited to do just that!

This is an opportunity to support our physical and mental wellbeing in the true spirit of the season and use the lockdown guidelines to help us find ways to support us through the season. Winter Solstice on Monday the 21st of December marks the shortest day and the longest night and the start of our journey back to spring inviting the light back in.

So, what can we do in and around Barrow to support us through the winter and harness the power of nature to help us feel fabulous?

One tradition to revisit is the hanging of evergreens around doorways and windows as a representation of everlasting life. You could make your own wreath or garland that you refresh and keep on your door or window sills all through winter. Maybe you have ivy (symbol of immortality and resurrection), yew (tree of regeneration and rebirth), holly (for protection) or pine (for healing and joy in the home) in your garden that you could bring indoors to lift your spirits?

You could simply walk around the village spotting these evergreens, taking photos, collecting fallen branches and pinecones and making your walks more interesting with a bit of tree spotting. Having a real Christmas tree is another way to enjoy the benefits of the scent and planting it outdoors after Christmas, by your front door, can be a lovely way to keep the spirit alive.

Not able to bring the evergreens indoors? Then how about diffusing a pine essential oil to fill your house with joy as well as being well known for supporting the



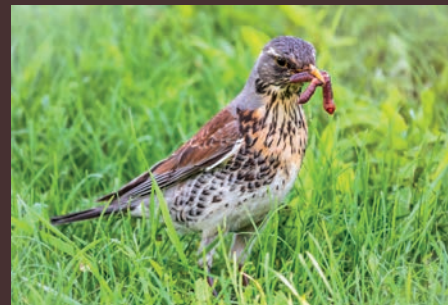
nervous and respiratory system – perfect for this time of year. Another great oil linked to wintertime is frankincense, the king of oils, wonderful for bringing peace, calm and soothing. It's known to support healthy cellular, immune, nervous and digestive functions.

I don't know about you, but spotting the first snowdrops always lifts my spirits and for the last few years I've enjoyed getting down to their level on Piets Lane, capturing their beauty, seeing them as little symbols of hope, innocence, purity and rebirth – exactly why we know spring is on its way. You can show your love and support to those we care about, as what might seem like a small and fragile flower, actually represents rebirth and power of overcoming issues in life. This makes the snowdrop the perfect gift as we live through our first Covid-19 winter. Wouldn't it be wonderful to see snowdrops in all the gardens or windows showing strength in our community and hope for a brighter future? Challenge yourself to see how locally you can 'buy to give' a pot of snowdrops! You could invite your children and yourself to decorate some terracotta pots with words, affirmations, intentions and images that mean something to them or the person they are gifting, and then as the bulbs bloom so can the affirmations and intentions set when planting them.

Mairi Taylor

Harriet Hickin from Leicestershire & Rutland Wildlife Trust (LRWT) has offered her top three things to look out for this winter:

Fieldfare - a winter visitor to the UK. Look out for them in hedgerows, woodlands and parks where they feast on berry-laden bushes.



Scarlet Elfcup - as the name suggests, it is a bright red cup-shaped fungus. It can be found growing on fallen twigs and branches in shady damp places like wet woodlands.



Red Fox - winter is the breeding season for foxes. You may spot them moving around at night and listen for the scream of the female fox during courtship.



Explore LRWT Nature Reserve Cossington Meadows this winter. The pools attract large numbers of wintering wildfowl such as wigeon and teal, the hedgerows provide food for fieldfares and redwings, and short-eared owls often winter on the reserve. Starling murmurations have also been seen here in past years.

Please visit www.lrwt.org.uk to find out more about local wildlife and wild places and how you can get involved with their work.

Within an hour of Barrow: Laxton, Nottinghamshire

At our last editorial meeting it was suggested that we ask readers to send in short articles about interesting places they'd visited within an hour of Barrow either by car, bus or train. We felt that after months of lockdown many had walked local paths to the point of boredom and would like to learn of others further afield. I offered to start things off by recommending walks around Laxton. The reasons why? It is easy to reach, takes about 50 minutes, is in beautiful countryside, has a fascinating history and a very good pub – The Dovecote Inn.

I'll start with the history. It is the only village in England whose farmers still collaborate in keeping the old three field system going. (You may have seen documentaries about it on TV.) Briefly, in the past, fields were absolutely huge and divided up into strips so that each village farmer got some good land as well as poor. It was in full swing in medieval times and was widespread even up to the 19th century. At the small Laxton Visitor Centre (converted stables in the pub carpark) you can see a much enlarged C17th map on the wall showing how the fields were divided up between the families. This centre also tells



you about the three fields: one grew winter wheat; one peas or barley; and one was kept fallow. Each year they swapped round so the land didn't become exhausted.

Reaching Laxton from Barrow is straight forward. You'd have to drive there, and as I'm sure most people have Satnavs, I won't go into detail. Basically, you aim for Six Hills, then the A46, then the A 616 (Great North Road). Once your Satnav tells you to leave it, the village is only about fifteen minutes away. Do allow plenty of time to explore the village and to take walks out to the fields. You can pick up walk leaflets at the Visitor Centre. Because farmers have tramped the paths to these fields over so many hundreds of years the paths have become sunken and overgrown. They are called Holloways and are completely captivating.

Now I've told you about Laxton. Where would you recommend folk to go within an hour of the village?

Gaynor Barton



A Holloway

Water-colours by the water Chris Bates Art Exhibition in The Navigation Inn

I was curious to investigate the kind of talent our village boasts when I visited the exhibition by local artist Chris Bates on display in the Function Room of the Navigation Inn. I was not disappointed.

Chris combines water-colour and pencil to create some of the most beautiful and incredibly detailed nature paintings I've ever seen. Much of his artwork depicts local streets while others portray some of the village's more iconic and colourful landmarks such as the Holy Trinity Church (one of my favourites on display). Some of you may also recognise his style as he is the artist responsible for painting, among other things, the map of the village by Barrow Lock on the canal.

I got the chance to talk at length with Chris, who by the way is also one of the

niciest people ever, about how he creates his art. Water-colour, from what I remember from school, is quite difficult to master for a number of reasons. Not only do you have to get the paint consistency exactly right to avoid it running but you also have to start with the light colours first since the darker ones will show through. Despite this Chris manages to create such wonderfully detailed paintings of flowers, landscapes, and countryside. A single painting may take upwards of two years to complete but considering the quality of the end result, I'd consider it more than worth it.

Hopefully, pubs will be open again soon and people will still be able to see the exhibit but regardless of that, you can see more of his wonderful art on his website chrisbatesartist.co.uk

Elliot Wilkes



Happy Christmas from Churches Together In Barrow

Doorstep Carols

Christmas Eve
at 7pm

This Christmas will be different for all of us. Churches in the village would usually be full of people remembering the birth of Jesus, the moment God came and lived among us, to lead us back to Him and to give us an everlasting hope.

We can't gather in the same way so we want to encourage you to come out onto your doorstep at 7pm on Christmas Eve and sing together. Why not bring a candle or Christingle to hold. We will start with O Come All ye Faithful followed by Silent Night - you could then finish with a verse of We Wish You a Merry Christmas!

We hope you all have a good Christmas, however that looks, and may you know God's love for you this season. **From all the churches in Barrow**

O Come All Ye Faithful

O come, all ye faithful, joyful and triumphant!

O come ye, O come ye to Bethlehem;

Come and behold him

Born the King of Angels:

O come, let us adore Him, (x3)

Christ the Lord.

God of God, light of light,

Lo, He abhors not the Virgin's womb;

Very God, begotten, not created:

O come, let us adore Him, (x3)

Christ the Lord.

Sing, choirs of angels, sing in exultation,

Sing, all ye citizens of Heaven above!

Glory to God, glory in the highest:

O come, let us adore Him, (x3)

Christ the Lord.

Silent Night

1

Silent night, holy night

All is calm, all is bright

'Round yon virgin Mother and Child

Holy infant so tender and mild

Sleep in heavenly peace

Sleep in heavenly peace

2

Silent night, holy night

Shepherds quake at the sight

Glories stream from heaven afar;

Heavenly hosts sing Alleluia

Christ the Saviour is born!

3

Silent night, holy night

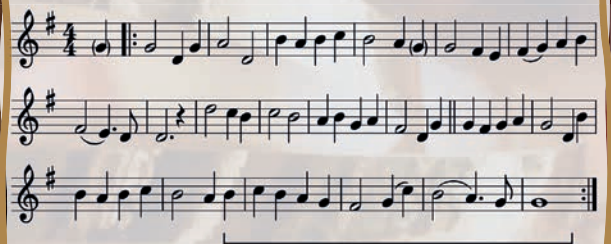
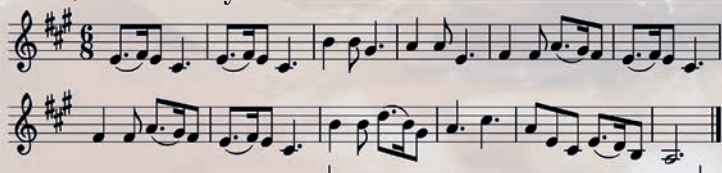
Son of God, love's pure light

Radiant beams from Thy holy face

With the dawn of redeeming grace

Jesus, Lord at Thy birth

Jesus, Lord at Thy birth



Make your own Christingle

For years, people have made Christingles to remind us what Jesus' birth means for the world. It begins with an orange representing the world with a light is placed on top, a sign that Jesus brings light into the world's darkness. A red ribbon encircling the orange symbolises Jesus' blood shed on the cross, a demonstration of God's love for the world and all people. There are then sweets or dried fruits which remind us of the gifts God gives us, these are placed on 4 sticks, one for every point on the compass, because God's love is for everyone, everywhere.

You will need: An orange, red ribbon, drawing pin, tin foil, candle or glow stick, 4 cocktail sticks, small sweets or dried fruit

How to make your Christingle

1. Fasten the red ribbon around the middle of your orange with the pin
2. Cut a small cross on top of the orange, place a small square of foil over the hole.
3. Push your glow stick or candle through the foil and into the hole in the orange
4. Put your sweets or dried fruit onto the cocktail sticks and stick in around the top half of the orange



Which pet? Which owner?

It's often said that we choose a pet that looks like us or that we grow to look like our pet. Is this true? For fun, have a look at these pets and then see if you can find their owner.

We want you to send in photos of you and your pet – or just your pet. It doesn't matter whether it's a dog, cat, goldfish, rat or snake. It won't be for a quiz next time, but we want to see the pets of Barrow looking cute, looking disgusting, looking funny.

It doesn't matter, just share your photos and you may make new friends.



5 & A - Dobby and Shelley & Duncan Cross
6 & B - Clara and Jayne Wallis

3 & F - Lola and Eric Ellingworth
4 & E - Bramble and Lorin Everall

1 & D - Mr Gatsby and Mairi Taylor
2 & C - Maise and Graeme & Ann

Answers

The twelve days of Christmas quiz

Try to answer using social distancing with google (other search engines are also available!)


1. **The first royal Christmas broadcast – which monarch made it?**
2. **Shakespeare wrote a play for Elizabeth I, as a Christmas present. Which one is it?**
3. **What did Scottish nationalist students take from Westminster Abbey on 25th December 1950?**
4. **Where did Joseph, Mary, and Jesus travel after leaving Bethlehem?**
5. **In what country was eggnog invented?**
6. **Approximately how many people listened to the first ever Christmas wireless message?**
7. **What popular Christmas toy is actually based on a 20th-century political caricature?**
8. **What were the first eight reindeers called?**
9. **In the poem 'The Night Before Christmas', what did children have visions of?**
10. **What year was 'Do They Know It's Christmas?' written?**
BONUS - who was the opening singer?
11. **Which Hans Christian Andersen fairy tale inspired the movie Frozen?**
12. **What are you supposed to do when you find yourself under the mistletoe?**

Answers on page 23

Children's Books Quiz

If you are looking for a family activity to do over the Christmas period, then here's something even grandparents and grandchildren can work together on – over Zoom (or your preferred form of communication). It's just for fun. There are no prizes – unless you want to put family members in competition with each other and give your own prizes! (Answers on page 23)

1. **Notorious four children plus a dog** (6) (4)
2. **An animal, a hag and a cupboard** (3) (4) (3) (5) (3) (3) (8)
3. **A wizard and an elixir of life** (5) (6) (3) (3) (12) (5)
4. **His owner's initials are C.R.M.** (6) (3) (4)
5. **Badly behaved younger sibling** (2) (7) (6) (6)
6. **Small girl in russet** (6) (3) (6) (4)
7. **The story of P.R. not the scut** (3) (4) (2) (5) (6)
8. **Britain's favourite engine** (6) (3) (4) (6)
9. **Will no one feed this bug?** (3) (4) (6) (11)
10. **The mystical distant Oak?** (3) (5) (7) (4)
11. **Blondie and teddies** (10) (3) (3) (5) (5)
12. **Small taxi-driver has fun** (6) (10) (2) (7)
13. **A boy and an over-large fruit** (5) (3) (3) (5) (5)
14. **A very large cat arrives for food** (3) (5) (3) (4) (2) (3)
15. **A breeze stirs the leaves** (3) (4) (2) (3) (7)
16. **Birds and fighting females** (8) (3) (7)
17. **Girl with hairband drops in for tea** (6) (10) (2) (10)
18. **Chas. and Cadbury's** (7) (3) (3) (9) (7)
19. **Lottie goes online** (10) (3)
20. **Open the locked gate into?** (3) (6) (6)



Happy Christmas From Around The World For Every Day Of Advent: which languages can you spot in these 24 days of wishing people Christmas greetings?

Based on an original quiz sent in by Rebecca Hodkinson

1. Meri Kirihimete
2. Feliz Natal
3. Joyeux Noël
4. Fröhe Weihnachten
5. Kala Christougenna
6. God Jul
7. Feliz Navidad
8. Crăciun Fericit
9. Selamat Natal
10. Gëzuar Krishtlindjet
11. Nadolig Llawen
12. Nollaig Shona
13. Vesela Koleda
14. S Rozhdestvom
15. Happi Kurisumasu
16. Mutlu Noeller
17. Krismasi Njema
18. Boldog Karácsonyt
19. Vrolijk Kerstfeest
20. Veselé Vánoce
21. Zul Sariin Bayariin Mend Hurgey
22. Wesołych Świąt
23. Hyvää joulua
24. Z Kaliadami

Answers on page 23

Sustainable Barrow: Dreaming of a Green Christmas

Genevieve Silk suggests a few ways to make Christmas a bit greener.

It's hard to imagine Christmas without the colour green: Christmas trees, holly leaves, Brussels sprouts and festive wreaths.

Yet the aftermath of Christmas is anything but. Every year, food is wasted, gifts are discarded, and decorations are thrown away, making Christmas a nightmare for the planet. One solution would be to copy Oliver Cromwell and ban all things fun.

Although, I think we can all agree that's not the solution we're after! Instead, we can all make a little effort to make our own Christmas a little less wasteful and together achieve a huge result.

Wrapping paper

Nothing quite gets you in the Christmas spirit like playing some festive tunes and wrapping up a pile of Christmas presents. It's something of a comedown, however, to learn that 227,000 miles of wrapping paper ends up in landfill every year! Fortunately, most wrapping paper is recyclable unless it is shiny, metallic or glittery. A simple way to test this is by scrunching it into a ball; if it stays scrunched up, it should be recyclable. Alternatively, lend your gifts a kooky, quirky look by using the newspapers and magazines you already have lying around the house as wrapping paper. Even better, brown paper is compostable and can be jazzed up with a snazzy ribbon. (Are brown paper packages tied up with strings not a few of our favourite things?) Or for those wishing to take their zero waste Christmas a step further, fabric wrap and ribbons can make the perfect reusable wrapping 'paper'.

227,000 miles of wrapping paper ends up in landfill every year



Christmas Dinner

What would Christmas be without the family gathered around the table with eyes as round as saucers as they prepare to dive into the scrumptious feast before them? But how often are our eyes bigger than our stomachs? Roughly four million Christmas dinners are thrown away each year, resulting in 270,000 tons of wasted food. In fact, if all Christmas food waste were turned into energy, it could power a medium-sized house for 57 years!

Better to have too much food than not enough, but best of all to have just the right amount. Making a list of the food we need and sticking to it, (as well as checking expiry dates) will go a long way towards reducing our Christmas food waste. Freezing leftovers or rustling up a batch of bubble and squeak will also lead to less food being thrown away. Rather ironically, Christmas is often a time when fervent respect for tradition convinces us to prepare foods we would normally avoid. Many people find turkey rather dry and tasteless and about half the population hates sprouts, which leads to approximately 263,000 turkeys and 17.2 million sprouts being thrown away every year. Who says that certain foods must be eaten at Christmas? Don't be afraid to turn your nose up at tradition and leave certain foods off your plate.

While we're on the subject, an article of this nature would not be complete without mentioning that the single biggest way for individuals to shrink their carbon footprint is by reducing consumption of meat and dairy. Why not get creative and challenge yourself to a meatless Christmas?

Tackling climate change isn't about a few people living a zero-waste lifestyle perfectly, but about all of us living it imperfectly. Individually we can make a few small changes to our lives and together put the green back into Christmas.

Roughly four million Christmas dinners are thrown away each year, resulting in 270,000 tons of wasted food



Vouchers

Christmas is a period of generosity and gift-giving. But is giving someone a gift they neither need nor want truly an act of generosity? How often have we all eagerly torn open the wrapping paper only to put on a show of false appreciation? And how many times have we given someone a gift more out of convention than because we know they will like it? Every year the UK spends roughly £700 million on unwanted presents that are often either shoved into the back of a wardrobe or simply thrown away.

However, this Christmas you can cut down on waste and support local businesses by shopping local and giving vouchers or gift cards instead. Giving money is often considered impersonal but a voucher shows the recipient that you have taken the time to think about what they would appreciate. Whether that's a Christmas hamper relaxing beauty or hair treatment, quality food and family time at a local restaurant, or a bottle (or two) of novelty gin, vouchers can provide an ideal 'experience' gift. A list of Barrow businesses offering vouchers can be found on the following pages. If you don't see a business mentioned, ask them if they do vouchers! Alternatively, whip out some felt-tip pens and scissors and make one yourself (you'll have to back it up with your money, too, of course!).

Every year the UK spends roughly £700 million on unwanted presents

This year why not shop local and ask for a Voucher? More information on the vouchers available opposite.

Shop Local:

Vouchers for Christmas... birthdays...
St Valentine's...Mother's Day...

Hair and Beauty

Amour Studios

Vouchers available for hair and beauty treatments

Banks Beauty

Vouchers and look for special offers on their Facebook

Creative Touch Beauty Studio

Vouchers available for beauty treatments

Danielle's at Level Headed

Vouchers available

Eddie's Barbers

Can arrange vouchers

H2O

Vouchers available

Hair Boutique

Vouchers available for hair styling

Rebecca Faulkner

Vouchers available

Shona Melissa

(beauty and permanent makeup)

Pubs, Cafes, Restaurants

Blacksmith's Arms

Vouchers for both the restaurant and the gift shop/deli

Freckles Coffee and Gift Shop

Vouchers available for both tea/coffee and cakes AND the range of gifts available

Hunting Lodge

£5 gift vouchers – you can buy as many as you want to make up a small or a large gift.

Navigation Inn

Vouchers available

Soar Bridge

Vouchers available for drinks, meals or contributions towards a meal.

Three Crowns

Vouchers available

Other – food, flowers & gifts

Barrow of Treats

Can do a voucher – for and from the sweetshop

Central Vape Shop

Vouchers (min £5).

Also selling 'Christmas Bundles' – a seasonal mystery box of vapes and CBD beauty treatments or CBD/Vape mix.

Co-op

Gift cards on which you can put money

Feather and Fur

Gift Vouchers available but you could also choose your own pets' toys to fill their stockings. Bird seeds would make a good present for people spending a lot of time at home because birds can bring a lot of pleasure to the garden.

Taylor's Florist

A range of vouchers available

Victoria Jane

Vouchers available

The twelve days of lockdown

On the first day of lockdown my true love sent to me
(and then the second day etc.)

ONE bottle of sanitizing gel

TWO sterilized gloves

THREE cans of baked beans

FOUR face masks

FIVE toilet rolls

SIX people in a group

SEVEN daily briefings

EIGHT neighbours clapping

NINE zoom meetings

TEN miles of walking

ELEVEN boxes of paracetamol

TWELVE hours of Netflix

... and a Cummins in a Barnard Castle.



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Martin Page

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



Barrow Focus Footpaths Group

Co-option

The Parish Council currently has three vacancies for councillors. If you would like to get more involved in what happens in the village and are interested in applying, please get in touch.

BARROW FOOTPATHS GROUP

The Parish Council would like to extend a huge THANK YOU to the Footpaths Group which is led by Annette Richardson. The group works tirelessly to keep our village footpaths clear of overhanging vegetation and weeds as well as litter picking in our parks. Recently the group cleared our cemetery paths and cut back the hedges resulting in much-needed improvement. Now the paths are more manageable our regular maintenance team will be able to keep the paths and hedges looking tidy.

Along with the Parish Council the Footpaths Group has formed a partnership with the Canal and River Trust and will be working with them to keep the paths along the River Soar clear of debris as well as hopefully organising a 'wet litter pick'

If you are interested in volunteering with the group please get in touch via email to clerk@barrowpc.org.uk or call 01509 416 016.

NEW TREES AT KGV

You may have noticed we have replaced the vandalised trees on the KGV playing fields. We have installed protective tree guards and hope that these trees will stand the test of time.



PLANNING FOR THE FUTURE CONSULTATION

In August, the government launched the 'Planning for the Future' consultation to reform the planning system. It sets out plans to overhaul outdated systems and reform the way the country builds. It outlines plans to streamline the planning process, cut red tape and harness technology to deliver homes faster. Our Planning Committee has been busy analysing the document and submitted comments in October. The consultation closed on 29th October but if you are interested the document can be found at: <https://www.gov.uk/government/consultations/planning-for-the-future>.

Village Events

Many of our village events have been cancelled this year but there a few still going ahead so keep your eye on the diary and Facebook pages for details. We still managed the poppy appeal albeit on a smaller scale. The Christmas Lights will of course still be going up and the Christmas Tree Festival is online this year. We are also having an Advent Calendar on the High Street so watch out for the details on that! We are also working with Barrow Helping Hands on bringing Stewart Pawley's winning community bench design to life.



McCarthy & Stone

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great
neighbours that are
fast becoming friends”

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Dare to Downsize

McCarthy and Stone's new Mill Gardens and Farnham House development in Quorn

According to the latest report by Homes for Later Living, approximately three million people in the UK over 65 are looking to downsize, and with its Healthier and Happier report also revealing that the average person aged 80 living in a retirement community feels as good as someone 10 years younger, there is obviously something to be said for making that move in later life.

Downsizing offers many benefits to retirees who are looking to live life to the full and make the most of their retirement years. Not only can it help to take away the burden of maintenance and chores, but it enables you to free up your time to spend it enjoying the things you really love.

McCarthy and Stone's new Mill Gardens and Farnham House development in Quorn has been designed to offer just that. In addition to a choice of thoughtfully designed bungalows and apartments, they will offer a warm and welcoming community with the option for privacy when you need it.

Farnham House apartments will benefit from a 24/7 call system and camera entry system, as well as a House Manager to provide that extra peace of mind when it comes to safety and security, along with a stylish homeowners' lounge, hotel-style guest suite and landscaped gardens. Each individual freehold property at Mill Gardens will also enjoy its own private rear garden and a driveway with maintained front gardens, and selected bungalows will also have a garage.

Those who are interested in finding out more can arrange an appointment-only visit to the development's new show complex, opening on 24th November. Each one-to-one appointment will be managed with the safety of visitors in mind and all those who attend can take a tour of a one- and two-bedroom apartment, as well as a two-bedroom bungalow. They will also receive an information pack which contains a brochure, floor plans, prices, and service charges details. There will be an opportunity for retirees to make a reservation and secure

their stake in Mill Gardens or Farnham House should they wish.

Prices for a one-bedroom bungalow at Mill Gardens start at £249,950, with prices for a two-bedroom bungalow starting at £379,950. Prices for a one-bedroom apartment at Farnham House start at £194,950 and from £319,950 for a two-bedroom apartment.

For more information about this advertorial Retirement Living in Quorn call **0800 201 4741** or visit McCarthy and Stone.

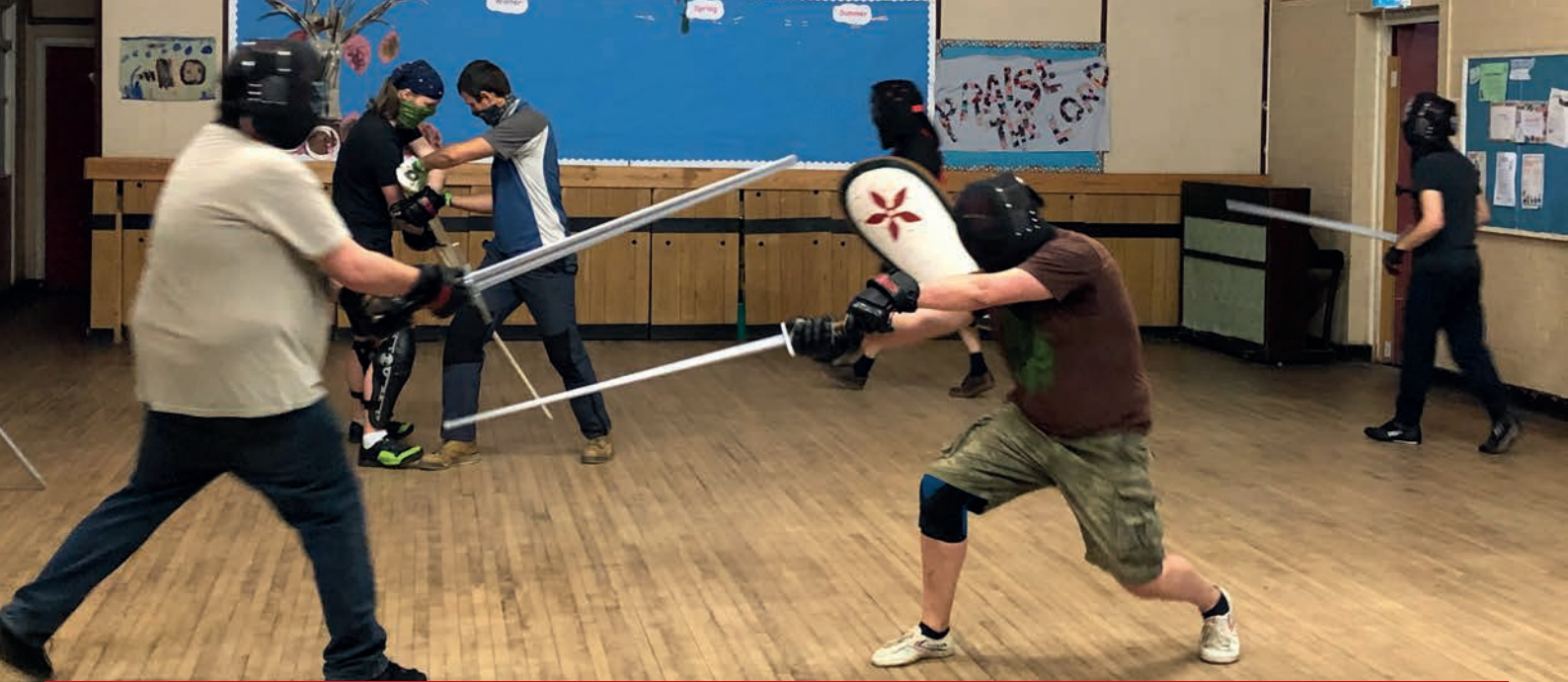


Covid Clutter and Mask Mingers

I can't be the only person in Barrow who has been appalled by the sight of so many disposable face masks left lying in our streets. Or the only person to ask: why?

There are so many alternatives to disposable masks, but if you have a reason for wearing one, please be careful how you dispose of it. It's not great for the health of the village to see all this Covid clutter left by the mask mingers - *Editor*





The Order of the Blade

Do you like the thought of learning sword combat techniques? Would you like to have sparring matches using a range of different replica swords? Would you like to do it in a fun, supportive, and most importantly, safe environment? Well guess what, you can!

Order of the Blade is a sword combat club based in a number of locations across Leicestershire where you can learn different moves and techniques alongside a group of fun, enthusiastic people who all share a common goal: improving their skills and helping others do the same. The club is extremely welcoming considering everyone regularly fights each other! However, the reason for this is, of course, that all anyone wants is a good sparring partner, therefore everyone does their best to support and encourage other club members.

For anyone concerned with my repeated use of words like “fight” and “combat” please be assured that this is done in as safe an environment as possible. Order of the Blade is first and foremost a martial arts club and the safety of its members is top priority. That being said, the nature of what is being taught means that bruises are inevitable, however every precaution is taken to prevent this where possible. New members are not allowed to spar until they have proven themselves capable of performing effective blocks and proper attacks. Even then, sparring is voluntary and will only be undertaken at a pace you are comfortable with. Additionally, protective clothing and body armour are available for purchase. The quality of protective gear is constantly improving and everything that is sold is of excellent standard.

What separates Order of the Blade from other martial arts is that members have the freedom to vary their chosen style. Other disciplines require set moves and sequences to be mastered before being able to progress and, while this is in no

way a criticism of conventional martial arts training, the Order of the Blade doesn't. Due to the vast array of different weaponry available to use and practise with, individuals are able to develop their own individual fighting style using the weapons and techniques they prefer. For example, if like me you struggle to effectively parry against a thrust attack then an option is to retreat or dodge. If you are a particularly tall person then you might want to use a longer sword to capitalise on your range advantage. The possibilities are nearly endless and the instructors, as well as your fellow members, will be delighted to help you find your thing. Who says you're limited to just one weapon? If two-handed swords don't appeal, then use a one-handed sabre or two, or even a shield for that matter. Inclusion is the keystone of everything that happens at Order of the Blade and variation is not only accepted, but encouraged.

Now I need to address the giant contagious elephant in the room. Being a sports organisation, Order of the Blade is still able to run somewhat normally but with a few exceptions which I would like to highlight for anyone considering joining any time soon. Firstly, face masks must be worn at all times while training. A temperature check is conducted when you

arrive and anyone with a high temperature will be asked to go home. Additionally, any training will be less hands-on and social distancing is exercised wherever possible; this is a bit more difficult during a sparring match, but all equipment is thoroughly disinfected between sessions.

I have only been going for a few weeks, but I have already been welcomed as one of the gang and I can't wait to see how my skills develop over time. If I have managed to pique your interest then you can find all the information you need at www.orderoftheblade.co.uk including contact details for the club's leader Richard Hughes.

I look forward to maybe seeing some of you there.

Elliot Wilkes



Humphrey Perkins: a magical transformation

Humphrey Perkins has undergone a magical transformation over the last two years. In June 2017, the school was placed in Special Measures by Ofsted. At the start of the academic year 2018/19, it joined the Lionheart Academies Trust and, with new Associate (Della Bartram) and Executive (Jenny Piper-Gale) Principals at the helm, the ambitious metamorphosis commenced.

After a remarkable two years, the school is unrecognisable. Just before Lockdown (March 2020), Ofsted visited and agreed: the school was awarded a deserved Good rating. Teaching and learning is now strong; students are always taught by subject specialists and staff turnover is extremely low. The Lionheart Trust also provides invaluable support in developing its exciting curriculum.

The school genuinely cares for its community: it secured a Carnegie Award for its commitment to supporting the mental health and wellbeing of its staff and students. Recently, the school received Leicestershire County Council's Beyond Bullying Award (Gold Level). Last year, staff and students were invited to star on the BBC's Children in Need programme after raising over £1000. For Sport Relief, the school organised a 24-hour spin bike challenge; over £2000 was raised. During Lockdown, staff took part in a relay race which involved them running/walking as far as they could in 30 minutes to raise money for the local Foodbank. The school ensured that all of its students received high quality tutoring during Lockdown

and donated over 140 Chrome Books to its most disadvantaged students to support their learning.

The school has worked tirelessly to improve. The site is unrecognisable and, during Lockdown, even managed to have a fantastic new kitchen and IT suite installed! Exam results demonstrate a rapid improvement and, had last year's Year 11 been able to sit their examinations, they would have recorded the highest ever results. All students are encouraged to be ambitious and the majority hold a Student Leadership role. The school has many vibrant student groups and, last year, the Eco Warriors planned and delivered an entire week devoted to improving the environment. In February, its "School of Rock" production raised the roof! Celebration is also key to Humphrey Perkins' success and our SEN Celebration Events are a highlight of the school calendar.

In September, The Senior Leadership Team was proud to promote Megan Bakewell to Head Girl and Dominic Walker to Head Boy. Together they work closely with the Principals to make improvements to the school.

The Head Boy and Head Girl roles form part of a wider Junior Leadership Team which includes deputies and Year 11 Ambassadors who work with the wider student cohort to promote leadership roles across the school, which include Wellbeing Leaders, Subject Leaders and Anti-Bullying Ambassadors to name but a few. They also listen to the student voice to improve Humphrey Perkins. The JLT have been instrumental in ensuring a safe environment for students to return to school this academic year.

Despite the challenges posed by Covid, the school continues to embrace further excellence. The school leaders have worked tirelessly with members of the Lionheart Academies Trust and external agencies to ensure a Covid-Safe Return to school life, albeit looking a little different to when they left in March. Separate entrances have been introduced for each Key Stage Group and each Year Group has their own learning area to limit the crossover of bubbles. Hand hygiene gel has been introduced into all communal and teaching areas of the school and both staff and students are encouraged to use them regularly; students and staff also wear face masks in all indoor communal areas and on their bus journeys to and from school. Sadly, due to the Anniversary Hall and Arts Theatre being used for Year Group Lunch Halls, the school has had to suspend the hiring of facilities.

Do look at their website or follow them on social media: Humphrey Perkins is definitely the place to be.

Farewell to friends and village

Sheila and Ian Taylor say a sad farewell to their friends as Sheila writes of her happy memories bringing up her children with so many supportive friends.

"Having lived in Barrow for 35 years we are finally moving back to the south coast and I shall hugely miss Barrow and everyone we know. We had planned to hold a 'Farewell to Barrow' event in the garden, which is not now possible, so here are some memories instead.

One of the first people we met in Barrow was Roy Wheatley delivering minutes of the local Labour Party meetings. He was such a nice man, and it's so sad he is no longer with us and very fitting that a road is named after him.

I'd like to mention our amazingly hard-working councillor Sandie Forrest. I really don't know how she fits in all she does.

Our son, Joe, was born soon after our move to Barrow. This prompted a visit from Anne Lewis my NCT support mother – such a nice lady. That led me to get involved with the mother and toddler group where I met many other people, including Sue Baylis whose children became firm friends of ours. It's terribly sad that she died in a car accident many years later.

When Joe and second son, Patrick, joined the playgroup I met Sandra Chamberlain who was always so enthusiastic and helpful. Her son Tom became a firm friend, and later band member with Patrick. No mention of these early years should be without reference to the mothers Anne and Diane, identical twins who lived nearby. It took us a while to realise they were different people as they were so alike. Their children became almost interchangeable with ours, and there were very few weekends when they were not in some permutation staying at each other's houses!

The next significant event was when our boys started at Hall Orchard. Joe's first teacher, Mrs Kelham, was brilliant with children and gave him such a good start. Patrick started with Mr Allen, also very good with children, and the head teacher Bob Morley was by then in post. Bob was very accessible and so well liked by the children. I must also mention Sue Pattison, teaching assistant and school play costume creator extraordinaire.



Later came the 'music period' for our boys who were both in bands and discovered our house had a ready-made 'youth club extension' before we very selfishly turned it into a garage. We have so many memories of band practices and parties. I should thank our long-suffering neighbours in Mill Lane for the noise they had to put up with.

I always enjoyed the productions by Centrestage and locals, including Helen Saddler's latest play about the W.I. - brilliant! Recently at least five of my work colleagues have moved to the village including the wonderful ecohouse builder on Melton Road. Although retired, I still keep up with all their news. There is so much more I could say but hope this reflects at least a little of what is so good about Barrow and its residents – a lovely village and community which we will SO miss."



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Books for Christmas ...for fun, for wellbeing, for anytime

Which books are on your Christmas wish list? Do you want a few ideas?

Let's face it, many of us have managed to 'escape' these unprecedented but increasingly depressing times with a good book, thank goodness!

Sharing ideas for new authors and genres is a great way to extend your reading experiences. Library volunteers and members of the Book Lovers' Club share their favourites for you to explore as Christmas gifts.

Here are a few for you to try:

True stories:

The Wild Silence by *Raynor Winn*

The true story of triumph over despair and the sequel to the Salt Path

The Boy Between by *Josiah Hartley and Amanda Prowse*

The true story of a mother and son and their battle with depression

Quite by *Claudia Winkleman*

Her autobiography

John Lennon in the Little People Big Dreams series by *Maria Isabel Sanchez Vegara*

Children's biography

My Garden World by *Monty Don*

A year at home in the country with Monty

Fiction:

Redhead by the Side of the Road by *Anne Tyler*

Fiction

The Trick to Time by *Kit de Waal*

Fiction

Hamnet by *Maggie O'Farrell*

Historical fiction

Dark Tides by *Philippa Gregory*

Historical fiction

A Silent Death by *Peter May*

Crime fiction

What Lies Beneath by *Adam Croft*

Crime Fiction

Other:

Talking Heads Monologues by *Alan Bennett*

The text version of the monologues seen on BBC TV

Nadiya Bakes by *Nadiya Hussain*

A baking cookbook

Buying locally will really help our local economy. Our nearest bookshop is Waterstones in Loughborough. You can browse, order and buy. However, Barrow Library does have some amazing book bargains – books for 10p! These are pre-loved books given as donations. Pop in, you may find just the book you're looking for as a gift (or for yourself) or just browse through all the excellent books that you can borrow.

If you can't get into the library or you are not able to linger there, you can use the home delivery service (for the elderly and housebound) or their Click and Collect service (see the phone number at the end of this article).

We are also looking for new members to join our friendly and lively team.

Are you enthusiastic about keeping the library open?

Can you bring some new skills to the team?

We are a very friendly and committed team and would love to hear from you. Volunteering can be an excellent distraction, a chance to make new friends and feel really useful.

All of us at the Barrow Community Library wish everyone a very happy, safe and hopeful Christmas 2020.

NADIYA BAKES



To have an informal chat about the things you could do, please contact Angeline Kazianis or Brian Tetley at the library on 01509 416 356 or email library@barrowuponsoar.org.uk

Opening times:

At time of writing we are open Mon 2-5, Weds 10-4, Fri 10-1 and Sat 10-12

The twelve days of Christmas quiz - Answers

1. It was started by **The Queen's grandfather, King George V, in 1932.**
2. **The Merry Wives of Windsor**
3. **The Stone of Scone** – on Christmas Day 1950, four students took the stone from Westminster Abbey in London back to Scotland. The 2008 film called Stone of Destiny illustrates the incident.
4. **Egypt**
5. **England**
6. **Over 20 million** – due to its success, George V continued to make an annual Christmas broadcast for the rest of his reign
7. **The teddy bear** – named after U.S. President Theodore "Teddy" Roosevelt.
8. **Blitzen, Comet, Cupid, Dasher, Prancer, Vixen, Dancer, and Donner and they are all female** – only female reindeer have antlers at this time of the year
9. **Sugar plums**
10. **1984 - by Band Aid | BONUS - Paul Young**
11. **The Snow Queen**
12. **Kiss** – according to the well-known holiday tradition, it's bad luck to refuse a kiss beneath the mistletoe (interesting with a mask?)

Happy Christmas From Around The World For Every Day Of Advent Answers

1. Meri Kirihiemete - Maori
2. Feliz Natal - Portuguese
3. Joyeux Noël - French
4. Fröhe Weihnachten - German
5. Kala Christougenna - Greek
6. God Jul - Swedish or Norwegian
7. Feliz Navidad - Spanish
8. Crăciun Fericit - Romanian
9. Selamat Natal - Indonesian
10. Gëzuar Krishtlindjet - Albanian
11. Nadolig Llawen - Welsh
12. Nollaig Shona - Scottish Gaelic
13. Vesela Koleda - Bulgarian
14. S Rozhdestvom - Russian
15. Happi Kurisumasu - Japanese
16. Mutlu Noeller - Turkish
17. Krismasi Njema - Swahili
18. Boldog Karácsonyt - Hungarian
19. Vrolijk Kerstfeest - Dutch
20. Veselé Vánoce - Czech
21. Zul Sariin Bayariin Mend Hurgey - Mongolian
22. Wesołych Świąt - Polish
23. Hyvää joulua - Finnish
24. Z Kaliadami - Belarusian

Children's Book Answers

1. The Famous Five
2. The Lion, the Witch and the Wardrobe
3. Harry Potter and the Philosopher's Stone
4. Winnie the Pooh
5. My Naughty Little Sister
6. Little Red Riding Hood
7. The Tale of Peter Rabbit
8. Thomas the Tank Engine
9. The Very Hungry Caterpillar
10. The Magic Faraway Tree
11. Goldilocks and the Three Bears
12. Noddy's adventures in Toyland
13. James and the Giant Peach
14. The Tiger Who Came to Tea
15. The Wind in the Willows
16. Swallows and Amazons
17. Alice's Adventures in Wonderland
18. Charlie and the Chocolate Factory
19. Charlotte's Web
20. The Secret Garden

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Neil, Helen,
Eliza and Joel



From pills to pulpits: Barrow Baptist's new minister

Reverend Neil Jones took up his post as lead minister at Barrow Baptist Church on 1st September, in very different times. Normally, a new minister would be getting to know his congregation, with handshakes and smiles all round. But, with Covid restrictions, few people are in the church, handshakes are not permitted - and smiles are covered by masks. "It's difficult getting to know people when half their faces are covered," says Neil. "I had planned to spend a few months getting to know the church, but Covid rules have changed everything and we just have to work within them."

Normally, besides two services on a Sunday, the church would be bustling with weekday activities - toddler and baby groups, seniors and fellowship groups, community lunches and sports activities - an estimated 400 people would come through the doors in any given week. Since the beginning of lockdown, services have been transmitted online and when I spoke to Neil in October, they were starting Covid-secure services, with limited numbers and a booking system in place, live streaming services over Facebook and on the church website.

Neil, his wife Helen and their children Eliza, 10, and Joel, 6, have settled in happily, exploring the village and beyond, and Neil has been out with the Barrow Runners and the Barrow Baptist Cycling Group. This is a completely new chapter for the family.

Neil and Helen are both pharmacists, and prior to becoming a minister, Neil had worked for LloydsPharmacy and Boots and, most recently, was manager of the outpatient pharmacy at Southampton General Hospital. They lived in New Milton, in the New Forest.

So, what prompted the move from pills to pulpits? Neil, originally from London, grew up in a Church of England school setting. At the time he went to the University of Brighton to study pharmacy, he had no beliefs. Then he met fellow pharmacy student, Helen. "Helen was a Christian and I fancied her - so I went along to her church."

He questioned and challenged a lot, but slowly, faith started to make a lot of sense and in 2006 he became a Christian and was baptised. He and Helen married the following year and moved to New Milton, both working as pharmacists. Gradually, Neil felt he was being called to the ministry and, in 2017, he enrolled for a Bachelor of Theology degree at Regent's Park College, part of Oxford University. He studied part-time, while working for a church in

Hampshire and occasionally practising as a pharmacist. He has almost completed his degree and is on track for a 2:1. "I am very pleased with that, considering a got a D for RE in my GCSEs," he laughs.

Neil and Helen originally wanted to be no more than two hours from New Milton, and Barrow was over three hours. Then Neil was invited to preach at Barrow Baptist a couple of times, they liked him, he liked the church and the move to Barrow happened several months later. Helen now has a job as a Medicines Safety Pharmacist at Queens Medical Centre and the children are at Hall Orchard. In New Milton, they were a mile from the sea, now they're a stone's throw from the canal. They enjoy family bike rides and are also musicians - Neil plays drums and guitar and Helen sings and plays flute and keyboard.

Neil wears a navy fleece with "Neil Jones, Minister, Barrow Baptist Church" monogrammed in white. And if you see him in the High Street, he'll be happy to chat - whether it is through a mask or not.

Lindsay Ord



Neil Jones outside Baptist Church

Since March, Barrow Baptist Church has been running a food bank alongside other support for the village. Now it has joined forces with the Soar Valley Community Food Project in Rothley, which has bases in a number of the surrounding villages. People in need, usually through a sudden change of circumstances, can contact the helpline and arrange to pick up a food parcel at the church. Volunteers will also try and help signpost people to where they may be able to receive longer term support if required. Donations of long-life food can be left on the table at the rear of the church.

Contact the helpline on 07395902961.



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Cookie Dough Cheesecake Rules!

Elliott Wilkes had an evening at The Hunting Lodge on South Street and decided it was “well worth the visit”.

“For much of the menu, the type of food served could perhaps be best described as high-quality pub food. I was extremely impressed by everything I ordered, especially considering how reasonably priced it was. I was also impressed by the range and quality of the vegetarian and vegan options. Although I am neither, I am beginning to see a wider variety of tasty options appearing on menus and The Hunting Lodge is at the forefront.

What pleased me most, however, was the dessert menu. For someone like me who looks forward to pudding (and could eat

enough to feed a family of 12) it’s often the highlight of my evening. The Hunting Lodge surpassed my expectations with one of the best dessert menus I’ve ever seen anywhere! There are so many interesting things that I would consider it worth a trip just for dessert alone, that way you can order more than one. My personal recommendation is the Cookie Dough Cheesecake!

The Hunting Lodge isn’t just food. There is no doubt that it’s a beautiful building both inside and out and the décor suits the image perfectly. The combination of different browns and greens makes it feel as though it could be located deep in the woods of the English countryside. It feels really warm and cosy just sitting at your table with a drink and a plate of great food.

As an honourable mention I feel the need to discuss the Covid-19 measures in place. At time of writing, as with all restaurants, face masks must be worn at all times when not at your table, i.e. at the bar or the loo. When food or drinks are delivered, they will be placed at the end of your table for you to pass to each person in your group or at a “collection point” near your table during busy times. There are also hand-sanitising stations throughout the building. In short, you should feel comfortable that every precaution has been taken.”

Keep the Flag Flying at BUSCA!

Are you looking for something different? Some fun? Talking with new people? Getting involved with village activities? Volunteer with BUSCA! There’s something for everyone. Barrow Upon Soar Community Association (BUSCA) involves:

Barrow Library | Panto Group | Twinning Association | Youth Theatre
Barrow Arts Theatre Group | Murder Mystery | Barrow Voice
Events Committee | Heritage Group | Website Administrators

All these come under BUSCA’s umbrella which means that BUSCA has a significant part to play in the life of Barrow ... your life.

A group of trustees oversees the running of BUSCA which is a registered charity, and it is fair to say that the majority of them are ‘of a certain age’. Indeed, some have been trustees for many, many years, some of them from when the Community Association was first formed in 1971. Recently the Events Committee retired. Again most of them, me included are getting on a bit, so it was wonderful to hand the reins over to a new, younger dynamic group who have already run a very successful Scarecrow Festival, Harfest and, in the absence of the Christmas Street Market, will be running several further events over the Christmas period.

During these strange times, there have been many people who have come forward to volunteer to help others and have expressed a desire to carry on being involved with the life of the village. Members of Helping Hands are a prime example. It would be the icing on the cake

if some of these people joined the team, to ensure that BUSCA survives and continues to serve the village.

Zoom AGM on Thursday 14th January for all BUSCA members and interested residents.

We will be holding a Zoom AGM on Thursday 14th January for all BUSCA members and interested residents. It will start at 7.00pm. I would love to say that wine and nibbles will be provided but sadly I can’t!

Here is a heartfelt invitation to anyone who would like to keep that wonderful community spirit alive and kicking in Barrow. Please attend the AGM and find out how you could get involved; or contact Judith (details below) for an informal chat first.

All ages, all backgrounds, new to the village or lifelong resident – everyone is welcome to join this important part of village life.

Contact Judith Rodgers on **07718 153117** or email **judithrodgers155@gmail.com** to let us know that you would like to receive the Zoom link.

Val Gillings

Santa Fun Run Santa Sleigh Ride

The Rotary Clubs of Loughborough and Soar Valley are having to change their usual fund-raising activities this Christmas.

You can take part in the ‘Alternative’ Santa Fun Run 2020, by setting yourself a challenge over the twelve days of Christmas and raise much needed funds for your favourite charity. Sign up on www.santa-fun-run.co.uk; put on your Santa suit and start making a difference! Even your dog can participate in their best ‘Santa Paws’ outfit and win a prize at the same time. Tag your photos to the Facebook page of Loughborough Rotary Club of Loughborough

Santa’s Sleigh won’t be visiting the village this year and the opportunity to meet last year’s fundraising of almost £500,000 for local charities has gone. If you have enjoyed Santa’s Sleigh in previous years and want to make a donation, please do so online with JustGiving.com and type in Rotary Club of the Soar Valley or alternatively contact Hilary Holmes at soarvalleyrotaryclub@gmail.com and she will arrange for a collection of your donation.



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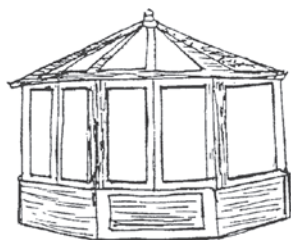
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Welcome back to live music in the village

Guy Silk reviews Barrow's first live music event for a while

It's been a while since the last classical offering in Barrow, so the prospect of two concerts coming along at once, like buses, (both on the same day Saturday 17 October at Holy Trinity Church) was far too good an opportunity to miss.

The performers were the Tedesca Quartet, led by Nic Fallowfield, better known to audiences in the village as the conductor of the Charnwood Orchestra, which performs an annual concert in the church.

The church team had clearly worked very hard indeed to allow the two concerts to go ahead and their efforts were rewarded by good attendances (albeit socially distanced) for each of them. The audiences in each concert were only too glad to see and hear live music again and were treated to some first-rate playing that resounded throughout the church, from the Covid-clean flooring to the carved wooden angels high above.

The choice of music itself was a real emotional roller-coaster.

In two late quartets by Haydn, the Tedescas brought sunshine. From Smetana's autobiographical first quartet, came his horror at the catastrophe of his deafness. Dvořák's Two Cypresses are love songs, written to a young woman who wasn't much interested in him, so he married her sister instead, by all accounts happily. Arvo Pärt's Fratres provided stillness and contemplation ideally suited to the church setting, before Beethoven's 11th quartet, brought struggle with, maybe, just a glimmer of hope at the end of it.

What then were the audiences to take away from these wonderful performances of wonderful works? Sunshine? Horror? Stillness? Love? Struggle? Hope? Maybe all of these. Music for strange times indeed.

So, thank you, Tedesca Quartet – more of this, please. Don't be too long away.

Charnwood Orchestra has been unable to meet and play since last March, just like most other groups. However, they plan to hold a Play Day in the Church of St James the Greater in Leicester in mid-November. It is just for members of Charnwood Orchestra and there will be no audience simply because the orchestra will take up every inch of space in that large church. By the time every player is two metres away from any other player, you couldn't fit a sparrow. Let's hope it won't be long before they are able to play live to an audience.



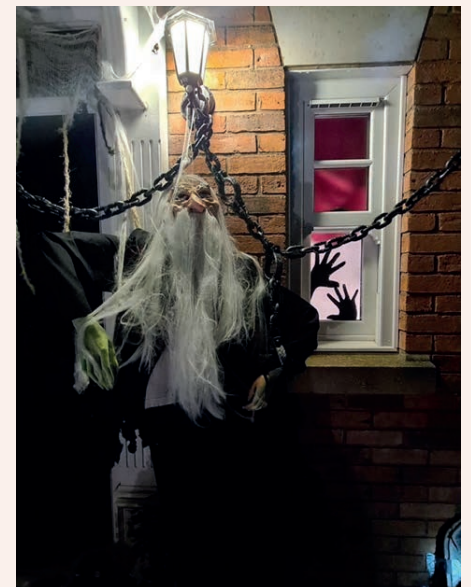
Tedesca Quartet

From Harfest to Halloween

BUSCA Events Committee and Barrow resident Laura Houghton (Halloween Trail) have been working hard to start some new traditions for Barrow because (this year at least) old ones have had to be shelved. Here are just some examples of what we have been able to enjoy this autumn ... and they have more planned (if you have any ideas, see the article on BUSCA and join them).



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Wild Swimming

Open-water swimming near Barrow: yes, even in winter!

The picture (right) was taken one cool October Saturday morning at Race Hub in Six Hills - just ten minutes' drive from Barrow and used by British Triathlon athletes. The sky is grey and the water looks cold. It is - nine degrees. The swimmer's face and hands are pink; they are burning, as he has an 'ice-tan' from the cold water. He looks solitary but earlier he wasn't at all as there were many others lapping the buoys after the 10.00 am start time.

This swimmer's alone as he's stayed in longer than most having completed 13 laps. Many do between four and eight but 13 is a lot! Not to this man though as he's Justin Palfrey who swam the channel in 1989 and nowadays coaches swimming. But you don't need to be very good as it's open to all levels of swimmer and you just swim the number of laps you feel up to. In the summer when I swam here I usually did one and sometimes two. Each lap is 300 metres.

The lake is in pleasant countryside and has become much more popular as a result of Covid 19 closing the indoor pools for so many months. If you didn't swim in the Soar, or here, you just couldn't swim locally. The great advantage of this lake over the river is that it's cleaner and safer. There are fish in the lake, you see them jumping up in the summer but are unaware of them otherwise. You do see the moorhens, ducks and geese, and swimming among them is great. At night, when the club is closed, the geese would like to take over the grassy verges of the Race Hub Club site but are kept away by fencing. Geese are beautiful but their poo isn't! They have plenty of places to roost on the other side of the lake. It's a big lake - room for all.

The largeness of the lake isn't a problem for swimmers as someone is always keeping watch. One of these people is Lee Barber. If you get into trouble all you have to do is raise your hand and someone will jump into the water in a flash. It doesn't often happen, as most swimmers are fit and confident, it's just that an unexpected cramp can appear at any time.

Open-water swimming has been in the press recently as possibly helping to ward off Alzheimer's. However, even if it doesn't, it has a lot going for it. Lee gave me a list: it boosts your immune system, releases endorphins, improves circulation, increases your libido, reduces stress and burns up calories. So, what's stopping you from joining up? At this time of the year most swimmers wear wetsuits but Katy Young is one who chooses not to.

One person who has joined up and loves open-water swimming is Nicky Tipping from Long Clawson. She only started swimming at this site this June, fell in love with it, and now swims every week. She delights in how well it makes her feel and is planning to embark on the Race Hub Chilly Challenges - 20 short swims which run from October to March. Like me Nicky is a breaststroke



The lake used by Race Hub at Six Hills (Justin Palfrey getting out)

swimmer and enjoys looking around her as she swims. We agreed that the swimmers doing fast crawl saw little as they completed their laps. Taking it more slowly means you are aware of swimming through the reflections of sunlight and getting closer to the wild fowl. When I spoke to Nicky she was well wrapped up after her swim. She emphasised the importance of doing so within ten minutes of leaving the water. If you don't, she told me, you might suffer an 'after-drop' and start shivering uncontrollably.

As well as wearing lots of layers you can warm up with hot chocolate. There's a little open-air café that sells hot drinks and snacks such as protein bars and fruity shortbread as you get so hungry swimming. All in all it's a very good, friendly place. So, if you fancy a lake swim, learn more. Go to their facebook page: [facebook.com/racehub.uk](https://www.facebook.com/racehub.uk) or drive over to see them. The address is Six Hills Lane, Six Hills, Melton Mowbray LE14 3PR. The club shares the same entrance as Six Hills Golf Club. Check the site is open, and that someone is there, by emailing info@racehub.uk as times vary.

Gaynor Barton



Lee Barber



Nicky Tipping



Katy Young

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

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