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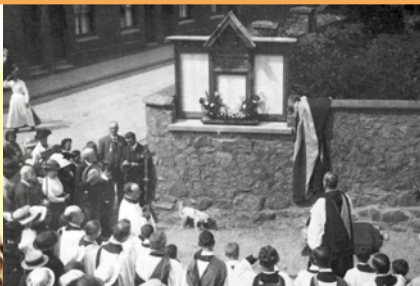
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Featured Family



Barrow War Memorial Centenary



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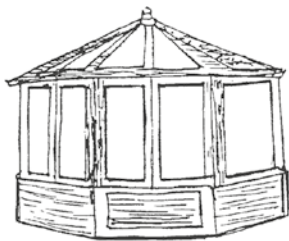
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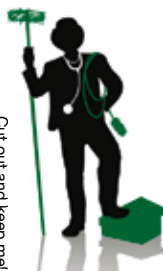
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Trees seem to feature a lot in this issue – whether that’s celebrating their beauty and environmental contribution (see Tree of the Month), or concern among some residents about losing them (see Bridge Over Troubled Water). We celebrate three different awards for village folk: for Humphrey Perkins School, the Panto Group and Paul Browning.

I hope that you will also visit Barrow Voice Online. You will find additional material there. Look out for the articles which are also featured online with more photos and more information.

This issue’s front cover makes me feel nostalgic for when we could enjoy the sunshine with friends but also helps me to look forward to the time when we can do that again! Take of yourself and I do hope you enjoy reading this Spring Issue of Barrow Voice both in paper and online.

Karisa Krcmar (editor)

Front cover: King George V playing fields in spring taken by Gaynor Barton

What else is in the edition...

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www.barrowvoice.co.uk

Visit the online version of Barrow Voice for additional material to some of the articles featured in this magazine.

Back-to-back: some home ergonomics. Read this article and find out more about how you can improve the way you sit and work at home. Watch some short videos about simple things to do which will help you. (Wellbeing and Nature)

Wild About Barrow’s Trees of the Month: January – April. (Wellbeing and Nature)

What do you know about the three Ps of financial scams? Useful links are included at the end of the online article. (Features)

Fun outdoor activity ideas: Outdoor socially distanced activities for all the family include axe throwing, boating and clay pigeon shooting. (Features)

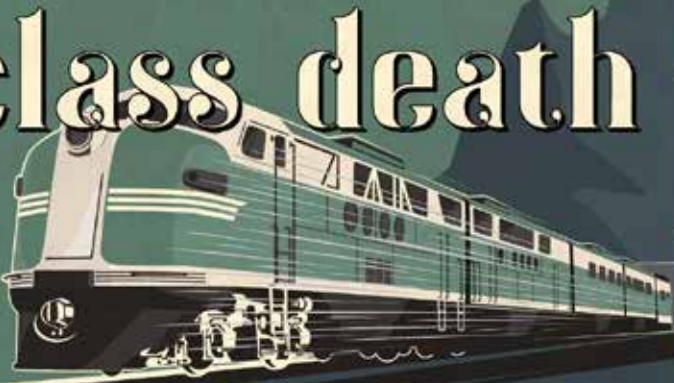
Bridge over Troubled Water: Additional material in this article tells you more about wildlife that is supported by the tree species which are threatened. (Features)

Centenary of Barrow’s War Memorial: includes a brief look at Private Harry Archer who lived in Barrow upon Soar but died on the Somme and commemorated on the war memorial. Read his story, find his name, spend a moment in reflection.

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Living well with Dementia

At Lonsdale Mews, Care UK's brand new care home in Quorn, residents who are living with dementia or other complex care needs, enjoy each day to the full.

Jo, the home's Deputy Manager, who is a dementia specialist and Registered Mental Health Nurse, supports the team to deliver the highest quality dementia care. 'We focus on what a person can do, rather than what they can't, so that they can continue doing the things they love, from lifelong hobbies to making new friends'.

Meaningful activity is all-important, and the dementia suite at Lonsdale Mews has occupation areas for residents to explore whenever they wish, including a sewing table, a DIY workbench and an office desk. The walls feature vintage photos of the local area to bring back memories for residents.

Lonsdale Mews has everything for a fantastic lifestyle – whether you live at the home for residential, nursing or dementia

care. There's a café with an endless supply of homemade cakes, a cinema and bar, a hair and beauty salon, plus beautiful and accessible gardens.

Home manager Toby, says, "While residents have had very different lives, from being in the Navy to teaching, they're enjoying our facilities and range of activities. With travel in common, we've



adopted a world theme, by enjoying curries on our 'Taste of India' day and the Orient Express experience with high tea.

Technology plays a key role in enhancing residents' quality of life too. Video calls with family are a priority, and apps such as Skype are enabling residents and their loved ones to stay in touch.

To find out more about dementia care at Lonsdale Mews, please call Jenny Cartwright on **01509 801635** or email jenny.cartwright@careuk.com

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My experience of Lonsdale Mews



Linda Thomas with Grace

This beautiful new care home offers the finest facilities and care imaginable. It is luxurious and welcoming with staff tailored to meet your loved ones' needs, whether that be simple care, dementia care or more complex care as things change. As such it enables residents to move in secure

in the knowledge that they will not have to move again.

I have had personal experience of the home and the support my mum and I received during her time there, it was second to none. When the second lockdown was approaching I knew she couldn't continue to live in Assisted Living any longer and after looking at Lonsdale, she signed up. She had her Covid test and moved in a week later!

Her general health had been deteriorating for about a year, but at 91 she just wanted to be looked after. The chef tried to tempt her with small, tasty portions of food; the carers fussed over her, painting her nails, doing her hair and she was kept busy with activities supplied by the lifestyle co-ordinators.

During this time, I visited for a short time nearly every day. I sat in the garden talking to her through the door and

window and as it got colder I phoned her and she was happy with this.

During these visits I could see her deteriorating and so I started having Covid tests so that when the time came I was able to go in through her patio door to be with her. I spent virtually all of her last 10 days and nights with her. During this time, I witnessed the care and compassion of the carers who looked after us both with every consideration until Mum passed away. Mum's other close family were able to visit once as well, although the advancement of the pandemic may make that more difficult in future.

If you need a safe, top class environment for your loved one I couldn't recommend a better place and, as an ex-GP, I have visited many.

Linda Thomas

Barrow Voice – reaching the parts that we can't!

Former Barrow residents now living in Fleetwood in Lancashire, Sheila and David Williams, opened up a Christmas present from their Barrow friends and found (among other things) a copy of the Barrow Voice. Sheila wrote to me to say how much they enjoyed this. It made me wonder how far does the Barrow Voice travel around the world ... going to places that we are currently prevented from visiting?

Do you live somewhere else in the UK? In Europe? Or in other parts of the world? Do you get copies of the Barrow Voice? Please do email me and let me know about it. Tell me where you are living now and a bit about your time in Barrow upon Soar. Perhaps you have a photo of a happy time in Barrow and/or where you are now. Contact me at: editor@barrowvoice.co.uk I'd love to hear from you.

Karisa Krcmar

Sheila wrote:

Did anyone else get a copy of Barrow Voice for Christmas? Ours came in a package from our lovely friends in Barrow, who regularly send us the magazine.

My husband, David, and I met at Humphrey Perkins as young teachers in September 1963. Apparently, it was so clear that we liked each other that there was a bet going on in the staffroom about how long it would take for David to ask me out. It didn't take long! We married in January 1965. We lived at Pawdy at first, then moved to Breachfield Road.

We loved our time in Barrow with friends, colleagues, pupils and a great community.

Happily, we are still in touch with a good number of these lovely people.

I took an exchange group of teenagers to Marans in 1964.

The staff at Humphreys had plenty of activities to enjoy – cricket, tennis, swimming (we fund-raised the pool), badminton, the odd theatre trip and the famous panto – 'Cinderladdin & his Wonderful Cat'.

We left Humphrey Perkins School in 1967, David to teach in Leicester, and Ceri was born that November with Jonathon following 18 months later. I turned into a committee lady and was on the Parish Council.

In 1973 we moved to Fleetwood in Lancashire (just up the coast from Blackpool), supposedly for just a few years. We always intended to return but sadly that didn't happen.

Barrow will always hold a special place in our hearts. Thank you for Barrow Voice, which helps us keep in touch.

Greetings to all who remember us.

(Mrs) Sheila Williams

You can read Sheila's poem about Barrow upon Soar in a Village Verse entry on page 13 in this issue.



David and Sheila on their wedding day

Did you go with Sheila to Marans in 1964? She was the only teacher for 15 teenagers! That wouldn't be allowed to happen now. She said that the chef at Marans school baked a different cake each day for them. Sheila can remember Anne Branston, Robert Fionda and Margaret Orme by name but still remembers the faces of all the others. Can anyone still remember that trip?

Why not give a friend the gift of a subscription? It only costs £9 for four issues.



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Featured Family: Covid Tester Volunteer

This issue features the Everall family, specifically Lorin Everall who, although born in Nottingham City Hospital, grew up in Barrow with her parents, Linda and David Everall, before buying her own home in Poppyfields. Lorin has spent much of the past year volunteering at a Covid testing station.

Lorin told me that when she moved out of her parents' home, she knew she wanted to stay in Barrow because "it's a lovely place to live and I already felt settled and at home in the village". She continued, "I really like living in Poppyfields, everyone is friendly and there's a nice community feel". She also knew that she wanted to get a dog and realised it would be helpful to live near to her parents who could dog-sit for her whilst she's at work. Linda and David say they both adore Bramble! You may recognise Lorin from the 'Which Pet? Which Owner?' quiz in the Christmas issue of Barrow Voice. Bramble was the gorgeous honey-colour cockapoo.

Moving through Fourfold, to Hall Orchard, winning a place at Loughborough High School, Lorin went on to Newcastle University to study history. After graduating she successfully applied for a temporary recruitment administrative job at Boots' head office in Nottingham, working on the recruitment of staff for Christmas, 2017. She was then offered a permanent role in retail recruitment of customer assistants; store managers and also No 7 beauty advisors; working her way up the corporate ladder and taking secondments to work on Boots' partnerships with charities like Children in Need (which, she says, she absolutely loved); Macmillan and The Prince's Trust. In January 2020 Lorin moved back to the Boots recruitment team and became a Recruitment Researcher. This means that she headhunts talent for roles across the organisation.

When the pandemic hit, Lorin initially moved to the Boots team that helped ensure that pharmacist vacancies were filled as quickly as possible then, at the end of May, she was furloughed but given the option of volunteering. "I knew I wanted to do my bit to help during the pandemic and to keep busy while I wasn't working, so I said yes and



was redeployed to the Birstall Park and Ride testing site at the beginning of June 2020".

Her role at the testing site was to carry out Covid-19 swab tests on those that came in with symptoms. She was nervous on her first day but was trained to a high standard and the trainer made sure that all volunteers were really confident in conducting the tests before beginning to carry them out.

Lorin told me about her work:

"Whilst working we had to wear PPE in the form of an apron, a mask, a visor and gloves and there were strict rules to follow about how often to replace the items (for example gloves had to be changed after every test, and you had to sanitise before putting a new pair on). Overall, the PPE was fine as I got used to wearing it quite quickly, it was a bit uncomfortable on really hot days but there was air conditioning in the cabins we worked in which helped! My shifts were 07:30-14:00 and I would work for four days, then have four rest days, then four days on, four off etc."

I was proud to be doing my bit to help support the NHS during the pandemic, and I was proud of how quickly I got to grips with the test. Some people were understandably a bit nervous, but after the test they would often say it wasn't as bad as they thought it was going to be.

She returned to her 'proper job' in October but has been working from home. She misses her time and colleagues at the testing centre partly because of "the range of brilliant people working there". Everyone, she told me, was really friendly and they all looked after each other.

Not to be outdone by their volunteering daughter, both her parents, Linda and David also volunteer. Linda, at the community library in Barrow, has been involved in delivering the click and collect service and home deliveries. Normally she also volunteers at the LOROS hospice in Leicester, but during the lockdown they have had to be very strict with who is going into the hospice. David volunteers at a LOROS record store in Leicester which really suits him as he's passionate about music but, again with lockdown regulations, they aren't currently open.

Life for Lorin has got back to a bit of normality and her main activity these days is walking with Bramble but if Covid regulations allow, she hopes to be trekking the Great Wall of China to raise money for Macmillan Cancer Support and the European Organisation for Research and Treatment of Cancer (EORTC). Her fundraising page can be found at: <https://uk.virginmoneygiving.com/LorinEverall>

Karisa Krcmar



Thank you to the Lorin Everall and her parents, Linda and David for their time and for agreeing to be Barrow's second 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.

Leicestershire School of the Year

I recently had the privilege to speak (online) with students of the Junior Leadership Team of Humphrey Perkins School. They told me about their achievements and their ambitions and how they helped their school to be awarded Leicester Live's School of the Year. It's a story of moving from failing to winning.

Associate Principal, Della Bartram, said that their winning formula was to listen and improve. She praised all the staff (academic and support) and students at the school for the fantastic way they had embraced change and met high expectations all within a caring and supportive environment alongside their partners at Lionheart Academies Trust. The students of the Junior Leadership Team liaise with their fellow students throughout the school and meet regularly with the staff team. This way ideas flow up, down and around the school with clear lines of communication. The pride this has installed in the students came out in the words of Junior Leadership Team students Megan Bakewell (head girl), Baily Carroll (deputy head boy), Felix Dallow (deputy head boy), Bea Lacey (deputy head girl), and Dominic Walker (head boy).



School of the Year (2020) award

Baily talked about the pride he feels from being part of the school and part of the change. Knowing that he could come up with ideas that would be listened to and that he was part of a team working to communicate across the school has given him much more self-confidence. Felix believes they have left a social mark on the school which will encourage others to take an active role and believe that they have a voice. Bea reiterated this when she said that they have a positive, powerful contribution to make and, as a leadership team, this encourages others. Head girl and boy, Megan and Dominic, said that they hope to inspire younger, newer students in the school to believe that as they develop through the school, they too will be able to contribute to school life. They feel that they and their team have helped lay a solid foundation so they can leave their best possible legacy to the school.

During our meeting, Zander Dolby Campbell, who will be applying for the job of head boy next year and who is an aspiring journalist, asked his student colleagues what plans they had for the students when the school is finally



Junior Leadership Team, Back Row Left to Right - Baily Carroll, Dominic Walker, Felix Dallow, Front Row Left to Right - Michaela Richards, Megan Bakewell, Bea Lacey

able to open for face-to-face contact again. A good question. Dominic answered that they haven't really been able to plan any big events (these take time to plan and nobody knows when they will be out of lockdown) but they will continue with the charity and fundraising work they do and push for more people to join the leadership team. Megan described how, at Christmas, the team came together to collect donations for, and deliver food hampers to, local residents and food banks. Maybe Dominic will be able to make more of the muffins he learned to bake during a lockdown video tutorial from restaurant manager, Carl Davies.

Della Bartram was clearly exceptionally proud of all her students, particularly this team. She is hoping that she will be able to arrange a suitable farewell for them all this summer as they leave the school for the next stage of their lives.

Barrow Voice wishes them all the best for their futures.

Karisa Krcmar

British Citizen Award

Congratulations to Paul Browning, chair of Hall Orchard board of governors, who has won a prestigious British Citizen Award for Services to Healthcare by identifying the importance of treating wounds and initiating a government wound strategy to support improvements in patient care.

Paul is a clinical scientist who started in the NHS before moving into the academic world, then to the Ministry of Defence (where he was one of the team which developed a diagnostic test for MRSA) before working in the commercial sector. His specialism is clinical microbiology and wound care.

The NHS, Paul told me, spends over £8 billion a year on wound care, most of which is spent on treating wounds which take longer than usual to heal. He saw a huge variation in wound care and cost-saving initiatives did not always put the patient first or consider longer financial concerns. Every year £28 million pounds is spent on visits by district nurses. These healthcare professionals have an important medical role but many are generalists rather than specialists. Paul argues that a patient needs to be treated holistically with the right treatment at the right time and that this could ultimately save the NHS money, as

well as benefit patients across the country. "We know what's best practice," Paul said, "but we don't do it uniformly."

Paul posed several written questions in the House of Lords, provided written and oral evidence to select committees, which culminated in securing an oral debate to request a national strategy for wound care, which the Government accepted and has now established. A significant policy change occurred as a result of Paul's actions and the support he gained from colleagues and peers.

Paul was nominated for the British Citizen Award and in usual years, awards are presented at a glamorous House of Lords event, but this was an online event with the award posted to him! He and his wife Sara have been promised an official reception at the House of Lords when Covid restrictions are lifted. His children, Abi aged 12 and Cai, who is 9 years old and

still attends Hall Orchard, are both very proud of their father and have been giving him lots of celebratory hugs.

Paul is delighted that this award has given him the ability to highlight the importance of consistent, good quality wound care.



Paul Browning

The Barrow War Memorial Centenary

Barrow's War Memorial was unveiled on Sunday 22nd May 1921 by Lt.-Col. R.E. Martin C.M.G. and dedicated by the Rev'd Thomas Stone. During the war, serving soldiers and sailors from the village and those who had lost their lives were remembered in the War Shrine at the corner of the Vicarage Garden in Church Street and dedicated by the Bishop of Peterborough on June 14th 1917. Two vases were supplied for local people to add flowers. The shrine initially held 350 names of whom 32 had been killed but names continued to be added, so that by the end of 1919 there were 406.



original war shrine

Helen Sadler won a Charnwood Borough Council poetry competition with this poem, which we believe respectfully brings this War Memorial Centenary up-to-date and is entirely relevant to today's generation in line with Colonel Martin's hopes.

The Unbroken Thread by Helen Sadler

Jasbir lifts her baby in the sling on a bright day, a blue day.

Illa holds Nisha by the hand, prays she'll stand still on this

bright day, this blue day.

Tez leaves his truck in the car park, Cat parks her car by the gates,

runs in her gym kit to join with the throng on this

bright day, this blue day.

Illa grips Nisha's hand for fear of loss; Jasbir's back is agony, baby grows fast! She rests against a bin

on this bright day, this blue day.

The final notes fade to silence, the Civic Party leaves.

Poppy tears stream from Carillon Tower, fluttering red against blue,

in a silence that spreads through the crowd, on this bright day, this blue day.

Once a year we come together to remember, then leave to an echoing stillness. We pare time away from our busy lives to come; it's nothing to what you pared away from yours.

Annual remembrance. All we have to give. Once every year. By your memory we live.

The Parish War Memorial was first mentioned in the Holy Trinity Parish Magazine, from which the information for this article was obtained, in the November 1919 edition which merely stated that a meeting to discuss the matter was to be held in the near future. However, even at this stage £257, had kick-started the fundraising effort. This was money remaining from the Peace Celebration Fund; the Soldiers' and Sailors' Comforts Fund; and over £200 from the Prisoners of War Fund. Part of the garden adjoining Industry Square was purchased for the erection of a cross. Mr W.D. Caröe was commissioned to design a memorial. He had previously designed a stained-glass window memorial in Holy Trinity Church for the Cresswell family who had lost a son in the conflict.

Members of the ex-servicemen's association offered to head the appeal for funds. The cost, including purchase of the land, was £700 of which £600 had already been raised (the final cost was around £800).

The date chosen for the unveiling, May 22nd being Trinity Sunday, was also the Festival of the Dedication of the village's own Holy Trinity Church. Some 2000 people gathered for the ceremony with 200 ex-service men under the command of Capt. C.E. Huston drawn up in line behind the Memorial. Singing was led by the Barrow Silver Prize Band and the ministers of the Baptist, Primitive Methodist and Wesleyan churches stood beside Rev'd Stone.

As part of his address Colonel Martin said that the Memorial had been erected as a common effort of the people of Barrow in token of their gratitude and reverence to the memory of those who fell. He urged that it be treated in the future with the same reverence they felt that day and that the children now growing up should regard it as their pride and privilege to protect it, so that it stood unimpaired for generations to come as a sign that the people of Barrow were not unmindful of the sacrifice made by their fellows.

By this time, there were 71 names on the Roll of Honour, all which were read and honoured by Mr J.T. Ball, Chairman of the Memorial Committee and the "Last Post" and "Réveillé" were sounded by ex-Sergt. Trumpeter W. Iliffe. The proceedings closed



war memorial today

with the national anthem. The first wreath, from the Ex-Service Men's Association, was placed by ex-Private George James who was blinded at Fontaine while serving with the 6th Leicesters'. He was conducted to the Memorial by Capt. A. Witham M.C. and Lieut. C. Thompson M.C. both of whom were promoted from the ranks for their gallantry in the field. Lieutenant Thompson's daughter, Mary Payne, who lived in Mill Lane, for many years read the Roll of Honour at the Remembrance Sunday service at Holy Trinity Church.

Richard Hudson

name of Harry Archer on memorial



If you are interested in finding out more about one of the men commemorated on Barrow's war memorial, go to the online version of this article where you can read about Private Harry Archer. After writing about him, I went to the war memorial to find his name. It was the first time for me that a name actually meant something; actually felt like a real person who had lived and died. Please do take the time to read the article and then visit the monument itself to honour his name, along with all of the people listed. Take a moment also to remember the people not listed.

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Are you running the risk of outliving your savings?

In a world of low interest rates, an unpredictable economy and increasing life expectancy, useful guidance on retirement planning is a necessity

ADVERTISING FEATURE

Next, select the most appropriate investment vehicles to help achieve your goal. Property, investment bonds and ISAs have all proved popular over recent years but don't offer the same degree of tax breaks as a pension.

To help avoid running out of money, selecting a balanced and well-diversified investment portfolio is critical, but knowing how much money to take from a drawdown policy is arguably of greater importance. There's no better time like the present for you to consider how to enhance or protect your wealth whilst thinking about your retirement.

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than the amount invested.

The levels and bases of taxation and reliefs from taxation, can change at any time and are generally dependent on individual circumstances.

Whether you have just started out on life's journey, or counting the days to retirement, pension planning should be high on your wealth management agenda. However, you will have very different needs and objectives depending on which part of the journey you are on.

The earlier you start planning, the easier it will potentially be to create the retirement lifestyle you want. The stark reality is that the majority of us need to save more.

We all must accumulate more, when we are earning, to meet the extra costs of living longer. The decisions we make today will dictate the standard of living we will enjoy in retirement.

The golden rule is to determine exactly how much you are going to need in retirement – and to start planning for it now. Delays cost money but making worthwhile contributions need not be that difficult. Making pension contributions

could be seen as a necessary expense: they should not be an afterthought.

Budgeting for a regular monthly amount towards any pension savings could be considered as an integral part of business or household budgeting, just like the heating and lighting bills.

Remember that making annual or single contributions has the possibility of buying into the market at the 'wrong' time. Monthly contributions help to smooth out the effect of fluctuations in unit prices. Those relying solely on the State Pension to see them through their later years will

have to accept that their standard of living is going to drop significantly.

The State Pension provides a limited income (£175.20 for a single person, per week, based on a full NI record in the 2020/2021 tax year), which falls drastically short of what is really needed to fund a comfortable lifestyle.

So how do we avoid poverty in retirement? First, decide how large a fund you will need. One method is to multiply your target retirement income by 25. For example, if you think you'll need £30,000 a year, aim for a fund of £750,000.

Colin Johnson DipPFS
Financial Consultant

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ST. JAMES'S PLACE
WEALTH MANAGEMENT

Another Kind of Keep Cup

Aunt Flo is visiting! Painters and decorators are in! The Communists are coming! Despite the menstrual cycle being a perfectly normal part of life, we often shroud ourselves in a veil of euphemisms when discussing (dare I say?) periods. For countless millennia, roughly half the population have devised their own methods for surfing the crimson wave and yet it's only in the last century that our ways of dealing with periods have become unsustainable. In today's western world, in addition to significantly boosting the sales of the chocolate industry, menstruation leads to a phenomenal amount of plastic waste.

Those who are all too familiar with the monthly gifts brought by Aunt Flo, typically each use around 12,000 menstrual products over their lifetime and throw away over 200kg of waste. To make that more visual, it's the equivalent of two minibuses per person, each crammed full of disposable pads or tampons which will take roughly 500 years to decompose. Disposable sanitary pads are the worst offenders as each one can contain four carrier bags' worth of plastic! However, tampons are hot on their heels in second place, containing synthetic fibres and often coming in individual plastic wrapping with a disposable plastic applicator.

So, what options are there for those wanting to bleed with a clear environmental conscience? Reusable menstrual products have existed for decades but it's only in more recent years that the zero-waste movement has really gained traction and made them popular. One way (and, in my opinion, the best way) to ensure plastic-free periods is to opt for a menstrual cup.

A menstrual cup is a small, flexible, bell-shaped item, typically made out of medical grade silicone, which is inserted into the vagina to catch the blood. When inserted properly, you're completely unaware the cup is even there and can enjoy up to 12 hours of mess-free bliss before needing to empty it. As well as being chemical-free and plastic-free, cups also save the user an incredible amount of money. It is estimated that the average person spends nearly £5,000 over the course of their life on disposable menstrual products.

What if that could be reduced to under £100? One cup costs around £20 and lasts for ten years, thereby making it a worthwhile investment, not only for the planet, but also for your bank account.

There's no describing the feeling of intense satisfaction that comes at the end of an entirely waste-free period! Plus, menstrual cups banish the monthly nightmare of realising too late that you're out of tampons and waddling to the nearest shop with a makeshift pad of loo roll stuck between your legs. Made out of non-absorbent material, cups don't interfere with the pH levels or bacterial balance of the vagina. In fact, using a cup means you can truly forget you're on your period (apart from the bloating, cramping, fatigue, cravings, mood swings, homicidal tendencies and other minor side effects). And those who are sporty need not be afraid as, when inserted correctly, the cup creates a leak-proof vacuum seal that withstands most physical activity. My own sports of pole fitness and karate are testament to this: whether I'm upside down in the splits in fairly short shorts, or all decked out in that dreaded colour white, all worries are gone with the cup.

At this point I should mention that it can take some time to really get used to inserting and removing it properly. Many people struggle the first few times they use it and it took me a few months to feel that I'd really got the hang of it. Despite this, it is fully worth persevering with the cup as the benefits are so numerous. One option is to combine



a menstrual cup with another reusable menstrual product.

This brings me to my final point: sustainable alternatives to the cup. Not everyone likes the idea or the practice of inserting a silicone cup into a pretty intimate place. However, that's not to say that these people must surrender to the dominion of disposable products. Reusable sanitary pads and absorbent, leak-proof underwear are easily available and provide reliable, non-intrusive alternatives to menstrual cups.

Mother Nature can be cruel but that's no reason to take it out on Mother Earth!

Genevieve Silk

QUICK FACTS

- » **Two minibuses per person over a lifetime, each crammed full of disposable pads or tampons.**
- » **Thrown-away products take roughly 500 years to decompose, so if Henry VIII's wives had used them, they may still be around now.**
- » **Periods cost, on average, £5,000 over a lifetime.**



Easter Quizzes

Different types of hats quiz by Becky Hodkinson

Wear your Easter bonnets, get onto Zoom and have fun with your friends and family as you test each other with this 'hats quiz'.

- Will you wear this at an American game? (8) (3)
- Svengali seduced her (6)
- This shades the Mexican sun (8)
- Soft felt hat made famous by Sarah Bernhardt (6)
- Not the batsman (6)
- ... and tails (3) (3)
- To neaten the corners? (5)
- For wearing on the canal? (6)
- Very thirsty cowboy? (3) (6) (3)
- For when you receive a degree in brick-laying (11)
- For wearing on the river (6)
- It will keep your hair dry (8) (3)
- "Voulez-vous acheter mes oignons?" (5)
- Did John Bunyan wear one? (7) (3)
- Flappers wore this or covered their seedlings with it (6)
- Grasshopper wear (7) (3)
- Worn since 1875 to protect Peelers (10) (6)
- Elementary my dear Watson (11)
- As worn by the comic T.C.? (3)
- W.C. wore this (7)

Easter Quiz by Becky Hodkinson

- Traditional meat for Easter (4) (4)
- Chocolate ova (6) (4)
- You do not need to wear a pink jacket for this (6) (3) (4)
- 1885, first made for royalty (7) (3)
- Enjoyed on Good Friday (3) (5) (4)
- Marzipan cooked in the middle and 11 balls on top (6) (4)
- Festive headgear (6) (6)
- Originally tossed over from Greece (8)
- 1847, the year Britain first made (9)
- Children enjoy creating model of Gethsemane (6) (6)
- And they sometimes colour their breakfast? (7) (4)
- Fat Tuesday is better known as? (5) (4)
- 1948 Fred Astaire film (6) (6)
- Spread on the road to Jerusalem (4) (6)
- Shrove Tuesday festivities (8)
- Generous U.S. Coney distributes chocolate eggs (6) (5)
- Roman who washed his hands (7) (6)
- Christ's final meal with his friends (3) (4) (6)
- The cost of betrayal (6) (6) (2) (6)
- The start of Lent (3) (9)

Walking on Water!



paddle boarding

There has been an enormous rise in the number of people who have been enjoying our rivers and canals. I have seen more kayakers, canoeists and small boaters than ever before. But what has been particularly noticeable is the completely new appearance of paddle boarders.

So, when Barrow resident Dave Beecroft contacted me to enquire if he could advertise his new paddle sports company, Whitewater Ways in Barrow Voice, my ears pricked up.

Dave has been involved in paddle sports from school days. He trained originally as a Royal Marine, but an injury meant he was invalidated out. Wanting to maintain an active, outdoor career, he qualified as a watersports and paddle sports coach. About five years ago, he moved to Barrow, continuing his freelance activities then set up his own company based in Barrow during the first lockdown last March.

After ten years of paddle sports coaching experience, Dave's personal first love is white water paddling (especially in large volumes of water), but he is confident that he can fulfil his pledge to provide personalised, high-quality coaching that focuses on individuals or small groups on our local river and canal. He offers skills checks, guided canoe, kayak and stand-up paddle board (SUP) skills courses, family

fun, roll clinics, experience adventures and bespoke coaching.

Dave's passion for his chosen lifestyle makes paddling sound rewarding and fun. You can see the commitment to quality in his prize-winning entry in Barrow's Scarecrow Festival! **Barrow Voice wishes him every success in this new business.**

Judith Rodgers

Dave kayaking



You can contact Dave for more details by email or phone and explain what you're looking for.

EMAIL: dave@whitewaterways.co.uk

CALL: 07749 477116

If you want to find out more about cycling clubs try the Leicestershire Road Club at <https://www.facebook.com/groups/19494697792> or perhaps Rutland Cyclists' Touring Club at <http://www.ctc.leic.org.uk/>

Bikes: safety first!

Young children cycle more safely if they have good road awareness. Have a look at www.b-buddies.com for information about courses that help develop good balance and road safety. B-buddies is run by Barrow's father-and-daughter team, Sophie and Martin Budjosa. They do bike repairs and servicing. They will even come to your home to fetch and deliver your bike.

If water sports don't appeal try cycling your way to better health

Do you want to live to be 100 years old and be healthy when you get there? If water isn't your 'thing' then, ride a bicycle! Researchers identified the places in the world with the most centenarians -- Okinawa, Loma Linda (California), Costa Rica and the Greek island of Icaria. The people in these places shared nine common features. One of them was moderate, regular and prolonged daily physical activity as a way of life. Bicycling supplies all of these. An hour of bicycling is long enough to work your muscles, produce a mild sweat, raise your heart rate and your mood. Bicycling is good for body and mind.



family fun

Like many, I had a bicycle as a child, but gave it up in my teenage years. In my late 20s I returned to cycling to get outside and reduce some of the stresses of young adult life. My re-cycling began with a few friends and became more regular and enjoyable when I joined a bicycle club. That was when I lived in the state of Michigan, USA. In 2007 I came to live in Barrow upon Soar and one of the first things I did was join the Leicestershire Road Club. The LRC organizes group rides for the fitter cyclist on Sunday and during the week – when we are not in lockdown.

Another of my clubs is the Leicestershire and Rutland Cyclists' Touring Club, which organizes its own rides, well suited to the less experienced cyclist. This club is part of Cycling UK, the national bicycle charity, worth joining for information, support for new bicyclists, insurance and legal coverage (just in case).

Sales of bicycles surged in the past year and with good reason. Cycling is one way to not only cope with lockdowns, but also to do your shopping, help with climate change (is Slash Lane flooded again?), and stay fit. I am going out for a ride!

Barry Bogin, a Barrow Biker

Go to our online article on *Fun Outdoor Activities for you and your family*.

Ideas and information on: boating, axe throwing and clay pigeon shooting!

Tree of the Month

Do you have a favourite tree in Barrow? It could be beautiful, unusual or hold a fond memory for you? You could nominate it for Wild About Barrow's Tree of the Month. A winner will be selected each month and its picture will be posted in the library window, on Barrow upon Soar Village Facebook page, and the village website, with details of the nominee. Your tree will also have its very own poster, announcing it to the world as Tree of the Month.

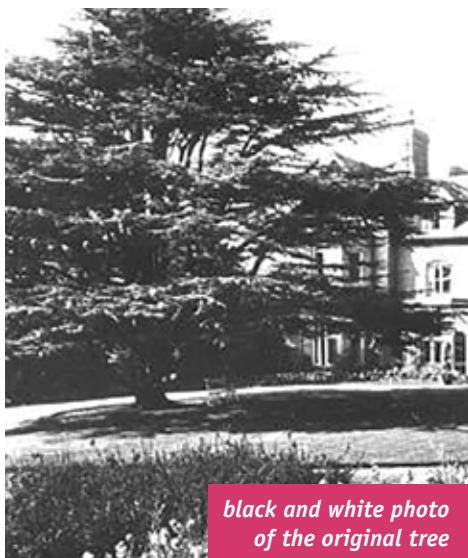
January 2021 gave us the very first Barrow upon Soar Tree of the Month and it's a story of murder and misidentification.

Barrow's first Tree of the Month Award goes to a relatively new tree, a wonderful cedar (pictured right) with branches spreading their shade wide. Standing in Holbourne Close, this eye-catching tree was originally identified as a Blue Atlas Cedar, a native of Algeria and Morocco (*Cedrus atlantica* Glauca) but some experts now think it is a Cedar of Lebanon (*Cedrus libani*). Apparently, these trees are notoriously difficult to distinguish until they become fully mature. It is agreed, however, that it is a beautiful and elegant tree.

The mysterious story doesn't stop there. The tree now standing replaced the original cedar, which definitely was a Cedar of Lebanon but which, sadly, had to be felled in 2005 because it was said to be diseased due to vandalism in previous years. However, after its 'murder', a cross-section of its trunk showed (too late) that there was only evidence of minor disease and it could have been allowed to live out a longer life.

At the time of its felling, Ginnie Willcox recorded a girth of 5.7 metres with a spread of about 25 metres.

The black and white photograph shows the original Cedar of Lebanon growing in the garden of Barrow House, built in the mid-1800s and the home of John Crossley, a railway engineer. The tree, though, pre-dated the house by about 100 years.



black and white photo of the original tree



cross section of Cedar tree

Thank you to Wild About Barrow for bringing to our attention, this beautiful, fairy-tale, evergreen with blue needles – a native of Lebanon (... or Algeria ... or Morocco) and now a settled immigrant in Barrow.

The spring has given us more trees, nominated by different village residents. Take a walk (safely) around the village during the coming seasons, stop a moment and take a good look at each of these trees. Take a breath. Notice the bark, branches and the twigs. Notice the buds and leaves as the seasons change. Notice the birds, beetles and butterflies which settle in the tree.

Look out for the posters from Wild About Barrow as more trees are nominated and featured in posters in the library and around the village.

If you have a tree that you believe deserves the honour of Tree of the Month, please send a photo with details of where it can be found and why you think it deserves this honour to wildaboutbarrow@gmail.com. It may be its unusual shape, beautiful colour or flowers, sheer size, value to wildlife or personal sentiment and memories.

Cedar tree



www.barrowvoice.co.uk

Go online for Wild About Barrow's Tree of the Month for:

February (a hornbeam),

March (a birch) and

April's cherry tree.

Go to the wellbeing and nature tab.

Village Verse

Home Sweet Home

by Sheila Williams

Our first home was a village
A new-build on a hill
With fields close by of wheat and rye
I wish we lived there still

The mortgage left us very short
Our budget was quite small
But we could eat and have some treat
It wasn't hard at all

We saved up for some furniture
But we didn't have that much
We didn't mind – we'd always find
The means for such-and-such

Our little ones grew up there
With fresh air, friends and fun
A park with swings and other things
Where they could play and run

But then we came to Lancashire
And life changed over night
I missed my home and fields to roam
And nothing felt alright

That was many years ago
And things of course improved
My life is full and never dull
I still wish we hadn't moved.

Bridge over troubled water

As the Barrow Voice goes to print a controversial plan to fell trees has yet to be resolved.

Residents of Breachfield Road noticed one day five trees, opposite their houses, marked with crosses. The red crosses identified trees to be felled. Residents are concerned that this may affect wildlife who live and forage among the bark, branches and leaf litter. Trees also help absorb rainwater and play their part in preventing flooding (something already experienced by some residents of Breachfield).

Planning permission was originally given in 2013 for the existing footbridge, connecting Breachfield to Poppyfields, to be replaced with something wider and stronger allowing cyclists; wheelchairs or mobility scooter users; and families with pushchairs to access a network of footpaths. However, residents argue that this was prior to the 2018 United Nations report on climate change, when trees were identified as being important key players. "They're only five trees" one resident told me, "but we have to start somewhere and if every village across the world cut down five trees – well, think what that would mean. We need to change our thinking."

Some of the children living on Breachfield Road felt so strongly that they made 'Save our Trees' signs. One of them told me that she is concerned because "it's bad for the birds, their homes might get ruined". Birds and other wildlife may well be beginning their nesting in these trees exactly at the time that they are felled.



children's sign

Charnwood Borough Council has confirmed that this work is an agreed part of the development of Poppyfields and that they are not allowed to act against development that has already received consent. Jelson, the developer, has confirmed to the council that the two mature trees and two smaller trees are to be removed; one will have lower branches removed. A landscape and



Breachfield Road threatened trees

wildlife impact will have been evaluated site-wide at the time of the planning application (in 2013). This means that there can often be a loss in one part of the site and a gain in another.

A representative from Jelson told me that the result will be a safer upgraded crossing providing a sustainable public route. It will also provide a safe route to the new play area being developed in Poppyfields. He promised that suitable replacement trees will be planted. At this stage, he was unable to say whether the trees would be replaced by the same mix of species as are there now. I asked why the trees need to be cut down and he explained that currently the access from Poppyfields to the bridge is too steep and the ground needs to be levelled. Some trees need to go in order to allow the access of large machinery for the bridge works. We ask that residents and Jelson, together with the local authority, may be able to come together to see if there is an alternative way that this work could happen without losing any trees.

Trees like these can provide a habitat which could support over 300 insect species and are: Hawthorn, Ash (endangered across Europe because of ash dieback) and a Norway Maple.

Information from the Woodland Trust suggests the wildlife supported in this important mix of trees could include a range of aphids and their predators, which in turn are food for birds. Caterpillars of almost 20 different moth species feed on the leaves; flowers provide a good source of pollen and nectar for bees and other insects and seeds are eaten by birds including being an important source

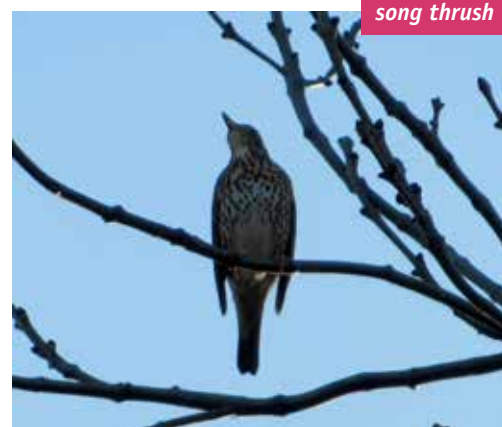
for migrating birds and small mammals. Foliage makes fantastic nesting shelter for many species of bird, bats and other animals. Airy canopies and leaf fall can provide conditions for wildflowers which in turn support a range of insects such as the rare and threatened brown fritillary butterfly.

Karisa Krcmar

www.barrowvoice.co.uk

Go to our online article for further information about the impacted trees and wildlife.

Go to the features.



song thrush

This endangered song thrush was heard here at the end of January, possibly using one of the trees to help establish its territory. Don't let this be the last time it sings its beautiful song here.

Light at the end of the tunnel

Are we at last within sight of banishing or at least getting control of this dreadful Covid 19 virus? We all have hope now that vaccines can be given, and the few people I have spoken to are all eager to have them. **Ida Gudger and Marie Gray** were among the first in the village to have their vaccinations, both before Christmas.

Ida was driven into Loughborough by her grandson Zac, but obviously had to go into Southfields on her own. Before entering the building, she was given a new mask to wear and the use of hand sanitiser, once inside she was immediately struck by the calm atmosphere within the building.



Ida Gudger

An area of the council offices has been sectioned off into individual cubicles, the nurses were very efficient and reassuring, even having time to chat. Ida learned that her nurse had worked for the NHS for 37 years, what dedication to duty that is.

When the vaccination had been given, Ida was taken to another area and a timer, set for fifteen minutes, was placed at her side. This was so that she could be observed for any negative reactions; she was perfectly okay and allowed to go home.

Marie's daughter collected and took her into Loughborough. She was back home again in under an hour.

Both Marie and Ida agree that it was all very well organised and the whole experience ran very smoothly. Ida was a little disappointed after initially being told her second jab would be in three



Marie Gray

weeks' time, to learn that it would now be in three months, but completely understands why. Both ladies are looking forward to being able to socialise with children, grandchildren and friends.

Let's hope we can all look forward to a healthier 2021, meeting up with friends again and holidays on the horizon.

Val Gillings

Humanism

Spring Barrow Voice will, as usual, drop through your letter boxes at a time when the daffodils are out, the shops are full of Easter eggs and the Christian churches in the village are getting ready to celebrate the resurrection of Jesus on Easter Sunday. But how many people these days actually believe the resurrection happened? Can a dead man really rise again? Science says not. People of the Christian faith undoubtedly believe that it happened, but what about those who find it impossible to accept supernatural events such as this? Where do they look to find an ethical code that excludes the supernatural?

One place is Humanism. The organisation, Humanists UK, brings together non-religious people from many different backgrounds. It encourages the development of their own views and an understanding of the world around them. Members believe that you don't need religion to live a good life. The natural world is wonderful enough without having to imagine a supernatural or divine creator. Our natural human capacities for reason, kindness and love are all we need to live well and give life meaning. Kindness is a core value. Scepticism of the readymade codes of behaviour provided by the

major religions comes with the territory! However, tolerance, warmth and respect for differences are key humanist values because it is so important that we all try to live together harmoniously.

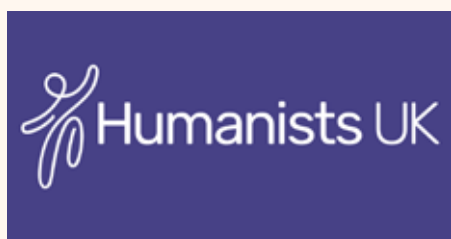
Humanists think that this life is the only life we have and look to scientific evidence to understand the world. No heaven, no hell. For example, the biblical creation story is replaced by the theory of the creation of matter 14 billion years ago in a huge explosion known as the Big Bang; that our planet was formed from molten debris 4.5 billion years ago and life started on it as a single-celled organism about a billion years later.

Humanists believe that our form of life, Homo sapiens, evolved from these first primitive life forms over billions of years. They believe that man is just as much a natural phenomenon as an animal or a plant and that we weren't supernaturally created or reflect in our bodies the body

of a creator god. However, as Humanist David Attenborough points out, because we don't see ourselves as special doesn't mean we can opt out of responsibility for our actions. No species has ever had such wholesale control over everything as we now have. The responsibility is huge.

Sadly, the word 'Humanism' itself seems to give priority to us, Homo sapiens, but this is a mistaken view – all living life forms are respected – we are simply a part of nature. Would you be interested in learning more? I find the humanist approach to life a positive and helpful one, but this article has only outlined a few of its basic aspects. If you'd like to delve deeper go to www.humanism.org.uk If you would like to comment on this article, especially if you are a Barrow faith leader, please send your response to the editor at editor@barrowvoice.co.uk.

Gaynor Barton





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

PARISH COUNCIL BUDGET/PRECEPT

The Parish Council budget is set in December in order to give Charnwood Borough Council plenty of time to process the precept applications. The precept is the amount that is allocated to the parish from the council tax rates. We are pleased to announce that the precept has been reduced this year making a saving for every household in the parish.

COTES ROAD CEMETERY EXTENSION

Despite lockdown the Parish Council is making great progress on the plans for the cemetery. Restrictions allowing, we are hoping to be able to secure contractors to start this year so you will hopefully be able to see some changes soon.

On a cemetery housekeeping note – we are changing the cemetery waste collection from the open wire bins to two wheelie bins which will be located at the top of the cemetery.

PARISH COUNCIL EVENTS

We hope that you all enjoyed the Christmas lights which we were able to put up despite Covid restrictions. In the current climate it is difficult to know if we will be able to hold any events in the summer. We would love to be able to hold our annual street market but we are, of course, governed by the guidelines. As soon as we know if we are able to organise an event we will let you know. BUSCA has organised some great virtual events such as Harfest, Christmas Windows Trail and Heartfest which we hope you all enjoyed.

PARISH COUNCIL FACEBOOK PAGE

For the most up to date Parish Council information such as road closures, events and announcements make sure you follow our Facebook page www.facebook.com/barrowpc.org.uk.



Vacancies

The Parish Council has two vacancies for councillors. If you are interested in helping out in the community please get in touch.

Barrow in Bloom

The Barrow in Bloom team has been working hard this Winter. Despite the recent lockdown there has been a lot of activity. We are looking forward to entering this year's competition which could be held virtually. Along with the Parish Council the committee has set up a partner group with the Canal and River Trust to help with projects along the river. There are also plans to create a wildflower verge in Millennium Park as well on Cotes Road near the Willow Road roundabout. Look out for the new blue heart campaign 'rewilding Britain' plaques in the area.

If you are interested in joining the Barrow in Bloom team please get in touch using the details above. For further information on the group's activities visit barrowuponsoar.org.uk/barrow-in-bloom.html.



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Back-to-back: some home ergonomics

Like many other Barrow residents (who are lucky enough to still be employed), my family and I have been working from home for almost a year now. We have been juggling (and arguing!) over table space and quiet times to make work calls and have online meetings. We got protocols sorted for that and have got used to moving around the house to find the most stable Wi-Fi connection. We worked out where to sit but it took us longer to sort out how to sit.

Here are some pictures of my family and me at our work and how we have tried to improve the way we sit and work. This is as important to children doing schoolwork at home as it is for older people.

Biomechanics coach and Pilates instructor, Mairi Taylor agrees that the importance of the way we sit, and what we sit on, plays a huge part in our overall wellbeing, and this was even before we found ourselves

working from our kitchen and dining room tables. Poor sitting position can cause discomfort in our backs, arms and wrists but can also induce eye strain, migraines and headaches due to tension around our neck and shoulders. Pelvic floor function is affected as slumping can weaken muscles. Even our mood can be affected as we slouch and breathe shallowly.

Karisa Krcmar and Mairi Taylor

www.barrowvoice.co.uk

Go to our online article for some short videos of very simple things to do to help your posture and wellbeing at home and more information about how to set up your workspace, laptop, etc. for better home ergonomics.

Go to the wellbeing and nature tab.

What do you know about the three Ps of financial scams?

Sadly, scams have been on the increase since Covid 19 hit the UK. More people are spending more time at home and feeling more isolated with fewer family and friends around to offer support and advice. Luckily for Barrow Voice readers, Alasdair Walker, a Chartered Financial Planner with Handford, Aitken & Walker is able to offer advice about how to spot scams – and what to do about them.

There are three main types of scams to watch out for during lockdown, Alasdair told me: Phishing, Push and Pension/ Investment scams.

A Phishing scam is when you may receive an email or text, pretending to be from an official body. Someone may pretend to be from the government saying that you will be paid £258 compensation for Covid disruption. Others may tell you that you need to pay a fine because you have breached lockdown rules.

A Push scam is where a scammer pretends to be from your bank warning you that your debit card may have been fraudulently used and suggests that you move your money to a 'safe' account.

Thirdly, Pension and Investment scams will try to persuade you to transfer money with the bogus claim that they are helping you claim pension or get higher rates of interest. They may say you have limited time to make your decision and pressure you to move your money.

Bank, police, and HMRC impersonation fraud cost UK customers almost £58 million.

January to June 2020, £58 million was lost to impersonation scams alone.

Almost 15,000 reported impersonation scams in the first half of 2020.



www.barrowvoice.co.uk

Go to our online article for more information about to protect yourself from financial scams and links to important websites.

Go to the features tab.



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Follow that poo!



a week of wipes

In the spring of 2017, a sewage pipe in the fields just outside of Barrow burst ... twice. Since then, I've often wondered where it was coming from and going to, so I decided to investigate and came across some very interesting facts. What do you think is the most unusual thing that Severn Trent have found in their sewers? Read on, to find out.

Our sewage runs underground from our toilets, showers, sinks and dishwashers to the sewage treatment works in Flesh Hovel Lane via the pumping station on Bridge Street. Over eight bathfuls of muddy brown sewage per second arrive at the main inlet pipe. This sewage is screened to remove any large items – these have included false teeth, tennis balls and once even a motorbike broken down into parts!

The sewage flow is slowed to allow sand and grit to sink to the bottom where it's removed, washed and recycled for use by other industries, for example in road building. The sewage then flows down long channels into what's called the primary settlement tank, where seagulls often scavenge for undigested pieces of sweetcorn or seeds (we'll come back to this primary tank later). A sewage sample is tested for chemicals. These include those that are expected to be there in small doses (like ammonia) and which are treated onsite; but also a number of other, more unusual, chemicals which need to be treated differently.

The sewage sits in these tanks for several hours as solids (like poo) settle to the umm... bottom. Cooking fats and other oils float to the surface and are removed by a big metal arm skimming slowly round. What's left in the tank is called 'sludge' and is like thick but horribly smelly melted chocolate. It's removed by opening a valve at the bottom of the tank and is transported to a 'digester' at one of the larger main sites, such as Wanlip. Here the sludge is heated to 35 °C which allows billions of 'good' bacteria to anaerobically digest and break down the poo. As it does this, it produces

a biogas which is burned in a generator producing enough hot water and electricity to power a school. When digestion is complete, water is taken out and the sludge looks like an enormous chocolate cake (ugh!); 'bad' bacteria are allowed to die off and then this cake is sold to local farmers for natural fertiliser.

Now, back to that primary tank, with the solids removed, the water is much clearer, but still unclear. It is moved over to the filter beds where it is filtered through stone media (working in a similar way to a coffee percolator) and then put through 'humus tanks' where, like the primary settlement tanks, any finer particles are allowed to settle. The clearer liquid then flows over from the top of the humus tanks and leaves the site to go into the local watercourse which is monitored 24/7 to ensure anything leaving the site is compliant with Severn Trent's discharge consent which is issued by the Environment Agency.

All this in under 24 hours!

Karisa Krcmar



Why not try out our Limerick Compoition?

Severn Trent has an education programme with downloadable resources for teachers or youth leaders. Write a limerick about sewage and we will send it to Severn Trent Education Zone.

To get you going, here's our example from Vivian Cotton (but have a look at the information about limericks on the Severn Trent website's education zone):

There once was a big pile of poo

Who, one winter's day, caught the flu

To the doctor's it went

To the pump it was sent

And when it got there said "achoo!"

Send your limerick to: The Editor, Barrow Voice, 62 Sibley Road or editor@barrowvoice.co.uk and we will share them with the Severn Trent education team.

Teachers/educators: for a whole load of educational and fun activities aimed at different key stages, have a look at www.stwater.co.uk/about-us/education-zone/education-zone

Pootastic Tips to Avoid Blockages

In the last year Severn Trent has been called out to over 350 blockages in the LE12 postcode, of which more than three quarters were caused by people flushing the wrong things into the sewer system.

- 3Ps – pee, poo & paper only down the toilet
- you are responsible for the waste pipe running from your home until it crosses the property boundary. Look after it!
- put a bin with a lid in your bathroom and use that rather than the toilet
- be careful what you put down your toilet or sink; put sanitary towels, tampons and wipes in the bin
- fat poured down the sink (rather than allowed to cool and be binned) from roast dinners and fatty takeaways can cause blockages in pumping stations before it ever gets to the treatment works
- collect used oil in a container and throw it in the bin
- scrape pots, pans and plates before washing up
- use strainers in your sinks
- recycle leftover food waste, including soups and sauces.

Take away a 'village take-away'!



Soar Bridge Inn

Many of Barrow's pubs, restaurants and take-aways have been working hard to meet our needs and we are pleased to offer here some reviews of the different places to go in Barrow for some bought-in food. Information provided is to the best of our ability at the time of going to print. Please check with individual outlets for their current availability.

Soar Bridge Inn

29 Bridge St, Barrow upon Soar, Loughborough LE12 8PN. Tel : 01509 412686

Collection times: Lunchtime delivery, Sunday lunches and limited evening delivery available. For details, go to the Soar Bridge Inn Facebook page

The Soar Bridge Inn offers a good variety of meat, vegetarian and vegan options and gluten-free. My daughter and I particularly loved their veggie/vegan Bangkok burger which was made from vegetables and beans rather than trying to be 'meaty' like a lot of other veggie/vegan alternatives. The beef lasagne was deliciously 'tomatoe-y' and they know how to make decent pastry for their yummy pies. Chips are also nice and crispy.

The Three Crowns

2 Cotes Rd, Barrow upon Soar, Loughborough LE12 8JS. TEL: 01509 621177

Opening times: Friday and Saturday 9am -1pm for breakfast 3pm -8pm for street meals. Take away Sunday roasts.

The Three Crowns' Street Food Van is open Friday and Saturday and includes breakfast

available from 9am. Sunday lunches are also offered. There's always something of a fun picnic feel when you buy from a van and eat outside – or even if you rush home with the food. The breakfast (or brunch) was well-cooked, tasty and hot. I haven't, personally, had a Sunday lunch but I know several people who have – and keep going back for more, so they must be doing something right. We're planning a take-away Sunday lunch soon!

The Blacksmith's Arms

2-4 Church Lane, Barrow upon Soar, Loughborough LE12 8PP TEL: 01509 413100

Check their website for up-to-date information of take-away or delivery availability.

Bengal Tandoori and Balti Restaurant

35A Bridge St, Barrow upon Soar, Loughborough LE12 8PN TEL: 01509 621000

Opening times: Sunday – Thursday 5.30pm – 10.30pm Friday & Saturday 5.30pm – 10pm

My husband and I have been using the Bengal Restaurant for their take-away curries for several years. We buy 4 chicken Jalfrezi curries and 4 mixed Korai plus two peshwari naan breads about every 6 – 8 weeks, eat one that evening and freeze the rest for Friday curry night.

We both find the quality reliably good: the portions are generous, the taste is exactly as we each like (mine spicy hot, my husband's fruity and rich but not too hot) and the consistency just right. These curries are not over salty nor too oily. We are also pleased to be given complimentary poppadums, chutneys and mini bhajis. Service is quick, efficient and cheery.

CAFES

Freckles Gift and Coffee Shop

9 High St, Barrow upon Soar, Loughborough LE12 8PY TEL: 01509 767820

Opening times: Friday & Saturday 10am – 2pm

Available for take-away coffee, tea and cakes.

I love the local, good quality coffee that's always served here – obviously not grown locally (!) but roasted in a Leicester company with fair trade credentials. Cakes are always scrumptious and whilst they may not actually be described as a 'meal', a little bit of what you fancy does you good!

Three Crowns street food van



Barrow of Treats (Homefield College)

22 High St, Barrow upon Soar, Loughborough LE12 8PY TEL: 01509 416561

Opening times: Monday – Friday 9am – 3pm

Much of the food is prepared and cooked on the premises – soups and bread rolls are particularly delicious. Their chocolate orange sponge cake may not always be available every day of the week for take away, but it's worth asking for.

TAKE-AWAYS

Pearl City

20 North St, Barrow upon Soar, Loughborough LE12 8QA. TEL 01509 621422

Opening times: Tuesday – Sunday 5pm – 11pm (open until 11.30pm on Saturday)

Having spent time living in Hong Kong, I am very fussy about my Chinese food. I wasn't disappointed at Pearl City. The bean curd in garlic sauce was exactly how I like it – slightly crunchy outside but melting like a pillow in the middle – and not too strongly garlic-flavoured. The sweet and sour sauce was subtly flavoured as this kind of dish should be but still really delicious. As a family, we each chose a dish and then shared so I was also able to enjoy their mixed veg with cashew nuts and crunchy bamboo shoots with water chestnuts.

River Soar Fish Bar

59 North Street, Barrow LE 12 8PZ. TEL 01509 414004

Opening times: Tuesdays to Saturdays from 12pm to 2pm / 5pm to 10pm. Sundays closed. Mondays 5pm to 10pm

The River Soar Fish Bar as well as selling fish, haddock and cod, and chips, sells mushy peas, curry sauce, battered sausages, pies, pasties, spring rolls, kebabs and burgers all reasonably priced. Portions of chips are generous, the staff friendly and the Hygiene Rating an excellent 5.





Istanbul BBQ Kitchen

28 High St, Barrow upon Soar, Loughborough LE12 8PY. TEL: 01509 416868

Opening times: 12pm – 10pm, 7 days a week

Getting a take-away from the Istanbul BBQ Kitchen could not be easier, we had a menu at home, made our choice, telephoned it through to be collected the following day, although your order can be ready in twenty minutes if desired.

The menu has starters, mains and delicious baklava for dessert. We chose the Istanbul Special for two people, which consisted of skewer of Adana, lamb shish, chicken shish and chicken beyti, served with rice, a side salad and warm pitta bread with dips, all for the princely sum of £14, excellent value for money. They also provide a vegetarian option of a veggie skewer, falafel wrap or hellumi wrap.

I arrived the following day at the appointed time to find my order ready for collection, so no hanging around, payment is by cash only.

The meal was very enjoyable and we will certainly be ordering again.

Lee's Garden

33A High St, Barrow upon Soar, Loughborough LE12 8PY TEL: 01509 413835

Opening times: Monday & Wednesday-Sunday (closed Tuesday) 5pm – 11pm

The food was freshly cooked and ready for collection and when I got home and removed the lid from my mixed vegetable satay, a wonderful aromatic aroma arose and the gentle, spicy flavour didn't disappoint. The stir-fried beef and ginger were finely shredded with well-balanced flavours and the mushroom chow mein equally delicious. We ordered spicy rice, and this came with generously added chicken, vegetables and prawns, but sadly, my husband is allergic to shellfish so was unable to enjoy it. It's worth asking about the ingredients before ordering especially when the vegetarian selection includes dishes with oyster sauce. I'd like to suggest that the menu is changed to say 'vegetable' (not vegetarian) dishes and then highlight the ones which are vegetarian. For vegans – there's choice, but don't forget that satay often has honey in it.

The Burgerologist Van

Travelling van at INA's Kitchen on Brook Lane. TEL: 07546136016

Opening times: every-other Tuesday (from Tuesday 30th March) 5.30pm – 8.30pm for pre-ordered food (see their Facebook page for menu of gourmet burgers and sides).

This small husband-and-wife team travels around the local villages. I put in my order a few days via WhatsApp and it was there waiting for me at the time I said I wanted it. The burgers, topped with tangy sauces, were delicious and filling. We will certainly order again and a big plus point is that the packaging is cardboard which can be recycled or put into compost.

And, of course, the Co-op, the Barrow Express and shop at the garage sell sandwiches and salads; cakes and biscuits; and you may even find a Scotch Egg

ANSWERS

Different types of hat quiz - Answers

By Becky Hodkinson

1. Will you wear this at an American game (Baseball Cap)
2. Svengali seduced her (Trilby)
3. This shades the Mexican sun (Sombrero)
4. Soft felt hat made famous by Sarah Bernhardt (Fedora)
5. Not the batsman (Bowler)
6. ... and tails (Top Hat)
7. To neaten the corners? (Mitre)
8. For wearing on the canal? (Panama)
9. Very thirsty cowboy (Ten Gallon Hat)
10. For when you receive a degree in brick-laying (Mortarboard)
11. Wearing on the river (Boater)
12. It will keep your hair dry (Swimming Cap)
13. "Voulez-vous acheter mes oignons?" (Beret)
14. Did John Bunyan wear one? (Pilgrim hat)
15. Flappers wore this or covered their seedlings with it (Cloche)
16. Grasshopper wear (Cricket Cap)
17. Worn since 1875 to protect Peelers (Policeman's Helmet)
18. Elementary my dear Watson (Deerstalker)
19. As worn by the comic T.C.? (Fez)
20. W.C. wore this (Homburg)

Easter Quiz - Answers

By Becky Hodkinson

1. Traditional meat for Easter (Roast Lamb)
2. Chocolate ova (Easter Eggs)
3. You do not need to wear a pink jacket for this (Easter Egg Hunt)
4. 1885, first made for royalty (Faber Egg)
5. Enjoyed on Good Friday (Hot Cross Buns)
6. Marzipan cooked in the middle and 11 balls on top (Simmel Cake)
7. Festive headgear (Easter Bonnet)
8. Originally tossed over from Greece (Pancakes)
9. 1847, the year Britain first made... (Chocolate)
10. Children enjoy creating model of Gethsemane (Easter Garden)
11. And they sometimes colour their breakfast? (Painted Eggs)
12. Fat Tuesday is better known as? (Mardi Gras)
13. 1948 Fred Astaire film (Easter Parade)
14. Spread on the road into Jerusalem (Palm Leaves)
15. Shrove Tuesday festivities (Carnival)
16. Generous U.S. Coney distributes chocolate eggs (Easter Bunny)
17. Roman who washed his hands (Pontius Pilate)
18. Christ's final meal with his friends (The Last Supper)
19. The cost of betrayal (Thirty Pieces of Silver)
20. The start of Lent (Ash Wednesday)

Barrow Community Library Lockdown Services

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Within an hour of Barrow

Clumber Park, Worksop, Nottinghamshire. S80 3BE

We head north again with this issue's 'Within an hour of Barrow' to Clumber Park, near Worksop, Nottinghamshire. This National Trust property is part of Sherwood Forest so has woods and heathland to ramble and play in; 20 miles of cycle paths; and a richly, majestic Gothic Revival chapel.

What drew us to Clumber Park, though, was the lake, easily-accessible pathways and free hire of a mobility scooter. We booked one in advance and it was ready and waiting for us when we arrived. This meant that my daughter and I could easily visit the park with my father, and he could get out and enjoy somewhere new and open. My father had a quick demonstration to ensure he felt comfortable with it, but he is experienced with his own scooter and this wasn't any different, so it wasn't long before we were off, exploring. When he was ready, he was able to walk for a short time because the

paths in and around the woods are smooth and many of them are on a flat plane. It meant my daughter had 'fun' racing away with his mobility scooter (probably not encouraged by the National Trust!). It also meant that it was easy to picnic on the wide expanse of grass by the lake.

The park, created by the Dukes of Newcastle, also includes beautiful walled-gardens and, unexpectedly, the National Collection of Rhubarb! There are more varieties than you may think. If you don't want to take your own picnic, there are cafes and restaurants in the park with some



wait for me!

enjoying the day



of its food supplied by the variety of fruit and vegetables grown in the park's own gardens.

There are lots of lovely walks in and around Leicestershire, but it's not always easy to find somewhere accessible for a wheelchair user, and there are even fewer places where you can hire a mobility scooter, so you are not struggling with dismantling and reassembling your own scooter.

When we are out of lockdown, this is truly a lovely place to visit. It's a good idea to call them first, on **01909 476592** or email them on **clumberpark@nationaltrust.org.uk** to check on their opening times and to hire a mobility scooter in advance.

Karisa Krcmar

If you know of a good place to visit within an hour of Barrow (by car, bike, bus, train or foot) please do let us know. Contact: editor@barrowvoice.co.uk

Wild About Barrow

Are you wild about Barrow? Then, young or old, this exciting new group is for you. It's called Wild About Barrow and is part of Barrow in Bloom. It is all about improving the natural environment in our parish. Nature is in trouble and needs our help.

Over the coming months we will be sowing wildflower seeds in the Millennium Park, as mentioned in Barrow in Bloom, and other projects. There will be a tree of the month and nature notes on things to see and do in our village.

See the website: <https://barrowuponsoar.org.uk/barrow-in-bloom>.

Volunteers are very welcome. If you are interested in getting involved, please contact us at wildaboutbarrow@gmail.com. We'll let you know when we are planting the seeds in spring and hope you'll join us.



Photo from Landlife Wildflowers where we bought our wildflower seeds.

The seed mix supports bees, butterflies and other pollinators as 92% of the wildflowers included in this mixture are recommended by the Royal Horticultural Society as 'Perfect for Pollinators'.

Village Verse



Barrie with his grandson Daniel

We do not regularly publish poems in Barrow Voice, but for this issue, two very different poems have been sent in and we thought they are both worth sharing. So, thank you to Barrie Ashworth, Kole Levett.

10-year-old Kole wanted so much to express his feelings about the 2021 lockdown that he put pen to paper and wrote this thoughtful poem which his mother, Jodie, shared with us.

Kole is in year six at Hall Orchard and apart from writing poetry he enjoys reading, sketching, skating and gaming and is sending the poem to BBC TV's Blue Peter programme as part of an application for a Blue Peter badge. Good luck with that, Kole.

Here We Go again by Kole Levett aged 10

It's time again, lockdown number three;
more of Bazza's delayed stupidity.

The schools are shut, education came home.
We're forced to feel scared and alone.

I'm in my bedroom, thinking about family;
waiting for scientists to find the magic key.
Hands. Face. Space.

Together we can save the human race.

Doctors wear masks, now we do too;
do everything possible to save me and you.
They watch people die, they feel the pain.
Riding this storm of thunder and pain.

Get out your colours, paints and pens;
let's get bright rainbows in the windows again.
To show NHS staff how much we care.
Their dedication and commitment is extremely rare.

Routine is different but we will survive.

Together this pandemic won't ruin our lives.



Kole Levett

Barrie Unsworth, pictured with Daniel, one of his grandsons, has lived in Barrow since 1973 when he married June Hands.

Whilst June's family has been in Barrow for generations, Barrie himself hails from Oldham in Lancashire. He was in the RAF, stationed in Luffenham, when he met June at a new year's eve dance in 1969. He fell in love with both June and Barrow upon Soar and although he left the RAF, he remained with both his wife and the village.

His children grew up here but, whilst his son now lives with his family in Nottinghamshire, his daughter Clare Tyler is settled in Barrow with her husband Steve and their nine-year-old son, Fred.

Barrie worked for Marconi and several other companies as an electronics and computing engineer and has travelled around the country and abroad but always loves coming back to Barrow, walking along the river and canal and writing poetry.

The Village by Barrie Ashworth

I live amongst these red brick dens
Where friends and family dwell
A sanctuary from a hurried world
That pleases me so well

One can find a shop or two
That feed the hungry throng
There are some ancient hostelrys
Where you may hear a song

There is a Church with wedding bells
How oft I hear their peels!
You can see the little children
Feel their laughter, hear their squeals

There is a river flowing past
With green and grassy banks
And for that peaceful tranquil scene
I offer God my thanks

My children are a joy to me
They give no pain or fear
I raise my eyes and thank the Lord
That they could grow up here

It is not a Shangri-La I fear
That Paradise of dreams
There are no princes, dukes or earls
Here men are all they seem

Once they found a dinosaur
That long had ceased its roar
And the poor old chap that found it
He was lifted from the floor

It is a fact, my friends
I would say it loud and clear
That if I had to leave this place
No one could count my tears

I cannot say that is my plan
The thought makes my heart leaden
The only way I'm leaving here
Is to find that other heaven

There are dark days and golden ones
When the world seems more at ease
But each and every one of them
I will live in Barrow please.





Humpty Dumpty award-winning cast
photo credit: Lewis Hickey L & B Creative

Barrow Panto Group performers may not have had much opportunity to take to the stage this year, but they have been winning awards!

The Pantomime Alliance of Leicestershire is a committee of people who aspire to promote and develop pantomime throughout Leicester, Leicestershire and the bordering counties of Derbyshire, Lincolnshire, Warwickshire and Northamptonshire and they presented Barrow Panto Group with not one, but two awards this year. Oh, yes they did!

Macauley Crossley won the Award for the Best Male Support Role, and the production, Humpty Dumpty, was awarded Runner-Up of all the pantomimes that entered. Abi

Crossley, director of Barrow's pantos, was absolutely delighted and hopes to win first place when they're back after lockdown with their next pantomime.

Abi is exceptionally proud of everyone involved in the panto group and says that she couldn't wish for a better group to direct. She says, "We have achieved so much over the years and every year a noticeable improvement can be seen."

This award-winning panto group always welcome new members, behind the scenes as well as on stage. Don't be shy or feel intimidated. Make new friends, have fun, work hard and develop new skills. If you are interested in finding out more, contact Abi at Abi.barrowyouththeatre@gmail.com



Zooming in on lip-reading

Lockdowns have taught us many things, one of which is that we need our eyes as well as our ears to understand what is being said - and having a conversation through a mask can be difficult because we cannot lipread.

Hopefully we will soon be able to dispense with masks and see full faces again, so, now is a good time to learn to lipread. Learning this skill can make communication so much easier if your hearing is impaired, and the good news is that lip reading courses, which are usually held face-to-face in Loughborough, are being held on Zoom, so you can learn to lipread in your own home.

Courses are run by the Leslie Edwards Trust, a Loughborough-based charity for the promotion of lip reading, for those suffering from hearing loss.

An enthusiastic advocate of lipreading is former Barrow resident Angela Yates, who did a course herself, was so impressed with it, and the work of the Trust, that she offered her services to the committee to help with publicity.

"I wear hearing aids which help a lot, but there are times when you also need to lipread," says Angela. "Being in a noisy environment, having distracting background noise, even something as small as people walking on wooden floors, can make it difficult to hear. I found the lipreading course very useful."

Lipreading is a technique to aid speech understanding by watching the movement of lips, face and tongue when the sound is not sufficiently loud and clear. Understanding context can further clarify what the speaker may be saying and students are taught this too.

Apart from the obvious benefits such as learning and practising vital lipreading skills, the classes are informative, and provide the opportunity to share experiences and useful tips. Angela said she enjoyed meeting people who had similar problems with hearing.

It is important to manage hearing loss because it can lead to communication problems in a hearing world. People with hearing loss can become isolated within families, socially and at work, which can lead to low self-esteem, depression and other health problems. Frequently, people avoid and withdraw from social situations and this increases a person's feeling of being cut off from everyday life.

Technology has brought us useful aids, like subtitles on TV - but it can be frustrating when the words lag behind the picture or don't match the context, and this is when lip reading comes into its own. Another aid is



zoom lipreading

sign language, which enables deaf people to communicate with each other. However, most hearing-impaired people live in the hearing community and need to be able to communicate with hearing people. Lipreading trains your eyes to help your ears by watching the movements of the mouth teeth and tongue, and by reading the expressions of the face.

Lindsay Ord

Lip reading classes can be joined using anything from a smartphone, to a tablet, laptop or computer. There is usually an introductory class which will help you if you've never used Zoom before. Classes start on 23 April and will be held once a week for 10 weeks. The cost is £20 for the 10-week term.

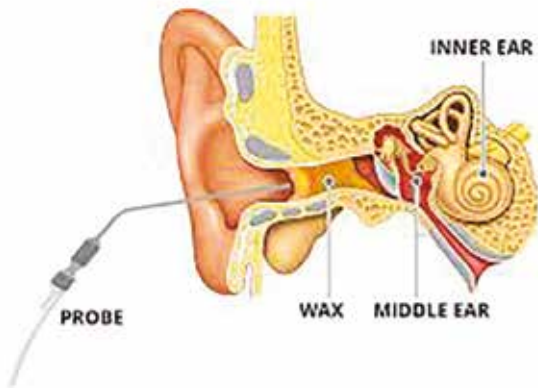
For more information or to join a class, contact Jane Fatcher on www.lets-lipread.org.uk · There is also a Lets Lipread Facebook group.

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Spring wellbeing

One of the many positives, and we do have to find and focus on the positives where we can, of the lockdowns of 2020 was the deeper connection many of us found in nature through our gardens and allotments. The very act of being out in nature, feeling the sun on their skin; the wind in their hair; and their hands in the earth will have brought many people a sense of connection and calm they didn't realise they could find amongst the uncertainty and fear.

Being responsible for the wellbeing of plants and produce may have given many a sense of purpose, distraction and community that they had not before appreciated; along with the understanding of why the love of their garden and allotment is so strong. Is this why we are seeing so many photos of nature and gardens on social media? Gone are the photos of nights out (well that's fairly obvious why) and instead are the pictures of delightful dahlias and mighty marrows. It's almost as if we have been allowed to peek inside the secret world of the gardeners and allotment growers and have realised they had it right all along.

In September 2020, the National Garden Scheme (NGS) published a new report which highlighted the importance of gardens and outdoor spaces to the physical and mental health and wellbeing of us all. It identified that gardening not only helps us to keep fit and connect with others but allows us to enjoy being part of nature. We can revel in colour, aroma, wildlife and beauty. Simply contemplating nature, the report says, "helps to rest and recharge our brains." We can enjoy the beauty of the plants we grow, but also take delight in growing food and even herbs for curing minor ailments.

The NGS highlights how gardens and plants improve our environment; protect us from noise and pollution; help mitigate against flooding linked to climate change and help to cool us in extremes of temperature.

Simply contemplating nature helps to rest and recharge our brains

Professor Alistair Griffiths
(RHS Director of Science and Collections)

In my garden, I was already experiencing what scientists have found: spending two hours a week in nature is linked to better health and wellbeing. The NHS is beginning to offer 'green prescriptions' which prescribe time in community gardening projects and nature (as seen in The Independent newspaper last September).

If you feel the negative effects of not being able to get out, of being isolated, or lacking physical activity, then you can start cultivating your own wellbeing. Even if you don't have an allotment or garden, the very act of looking after a pot plant or window box can have many of the same benefits. See, feel and hear your own wellbeing grow with your seeds.



I know my mother's love of gardening ran deep and her greatest joy was to pore over the seed catalogues, buy her bulbs and spend many an hour in local garden centres. There was always something growing on her windowsills, and this is the legacy and baton I am now ready to carry. Nothing brings me more joy than watching how my plants grow.

Remember:

- Gardening can build self-esteem. Even if plants can grow without our help, it is so rewarding to see your efforts bloom and grow.
- Gardening is good for your heart. It offers a great cardiovascular workout but also reduces stress and that is good for our hearts.
- Gardening can make you happy. Mycobacterium found in soil can help the brain produce more serotonin (the 'happy chemical') and so boost moods. (For more about this see: <https://www.scienceworld.ca/stories/how-does-gardening-make-you-happier>)
- Gardening can improve your hand strength. Think about how you grip and work with tools and plants. It helps manual dexterity when "pinching out or tying back". At the end of the day, give your hands some love with scented oils.

TOP THREE THINGS TO LOOK OUT FOR THIS SPRING:

Robin - these lovely little birds are used to following large animals around the forest and pecking at the insects they stir up so they're comfortable following us around if we're digging and exposing worms and other tasty goodies for them.



Slow worms - these are really lizards without legs. They bite when they're aroused, poo when they're scared and even shed their tail to escape. They thrive in back gardens and allotments. Three easy ways to tell them apart from snakes: they have eyelids and so will blink; they have notched (not forked) tongues; their heads aren't distinct from the body.



Lesser celandine - this native plant has yellow star-like flowers from March to May, has 8-12 petals and dark heart-shaped leaves. It's common in woodland paths, ditches and gardens.



- Gardening is good for the whole family. Children are fascinated by how things grow. You could widen their learning along with their food tastes by allowing them to choose seeds, watch plants grow and then harvest vegetables or salads. Or they could simply enjoy the colours and the insects that are attracted to what they have grown.
- Gardening can give you a boost of vitamin D. Even a winter sun on your face can help boost immunity and help with sleep patterns as you connect with the natural daily cycles and light.

Mairi Taylor

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King of Birds in Barrow's skies

So there it was, flapping round lazily in the sky, not so very high, above the roundabout where Willow Road meets Cotes Road, as I was taking my daily lunchtime, lock-down, leg-stretch round the village one bright January day. The come-back king of birds of prey, the Red Kite was hunted almost to extinction in Britain in former times but has been steadily reintroduced at a number of sites more recently.

Many birds of prey can be hard to identify. Not this one though. Once you've got your eye in, you can tell them at a glance, even some way off. A kite is a bit bigger than a buzzard, but the give-away is the silhouette rather than the size. The main thing to look for is the forked tail, as you can see in the illustration here.



silhouette of a red kite

In contrast, a buzzard's tail is very obviously rounded; so unless it's a long way off, telling the two apart is pretty straightforward.

Where had 'my' kite come from then? In Leicestershire they are apparently commonest in the east of the county, especially near Rutland Water but are spreading westwards, although once it had finished circling over Cotes Road for a fair few minutes, mine majestically, if leisurely, flew off northwards towards East Leake and Prestwold.

So, if your regular walk round the village is becoming a bit samey, do have a look up and keep your eyes peeled. You never know what you might see.

Guy Silk



silhouette of a buzzard

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**Barrow
Voice**



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PANDEMIC PROPERTY UPDATE

Despite the stresses, economic difficulties and abnormality of the last 12 months, the Residential Property market continues to be buoyant. 'Lockdown Fever' has made us all pause and reconsider the way we live and what is most important to us. It has seen huge numbers of people deciding to make a move to accommodate the 'new normal' of working from home and/or to gain more outside space for the family to enjoy now that are fewer opportunities to venture further afield.

The demand for a 'change of scene' has been at an all time high, partly due to the fact that people have had time to reflect and reassess their living space and also due to the cost saving afforded by the Chancellor's 'stamp duty holiday'. This has given both Buyers and Sellers a great incentive to take action and there is a possibility it may be extended beyond the end of March 2021.

The "Facts & Figures"...

UNANTICIPATED MARKET MOMENTUM

2020 saw prices finish 6.6% up on 2019 despite the country being in lockdown! Ongoing demand and cheap mortgage rates available for some have helped to support continued modest price growth.

Uncertainties remain in 2021, but housing needs and a 'fresh-start mentality' suggest the market will continue to outperform, as shown by the fact that 53% more prospective buyers are contacting estate agents than at the same time a year ago.



2021 forecast: 4% price growth as housing priorities outweigh uncertainties

NOW IS A GREAT TIME TO ACHIEVE A PREMIUM PRICE FOR YOUR PROPERTY...

Watch this space for more property market updates.

Take care, Stay safe, Very best wishes from

Zachary Oldershaw MNAEA

Managing Director

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