

South Kilworth News

July 2023



South Kilworth Directory

Name	Contact details	Description
Allotment Committee	Les Lucas 07712296376	For the green-fingered aspirants
Bowls Club	Gerry Byrne 01858 575080	gerrypatrickbyrne@gmail.com keithrickhuss@gmail.com
Community Café	Tina Morley 07786496041	Community café held monthly in the village hall - see posters around the village for details
First Saturday Weavers at SK Village Hall	Helen Brotherton 01455554647 helen.brotherton@icloud.com	An informal group of hand weavers who meet on the first Saturday of the month
Kid's football	Brian Robbins 07795105591	On the village hall playing fields
Kilworth Village Facebook page	https://www.facebook.com/groups/1052827924913620/?ref=share	Digital news and more
KOIL	Mark and Sarah: admin@koil-group.com	Group ordering of Oil
Korks (ladies only)	Contact Claire Hubbard on 07590254043 to be added to the Korks WhatsApp group	A ladies' social group from the Village meets monthly. Add your name to the mailing list.
Luncheon Club	Rita Hallam 575449	
Lutterworth Library	www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/lutterworth-library	Use the free digital library services to download eBooks, eAudiobooks, eMagazines eNewspapers using a smartphone, tablet, Mac, or PC
Parish Council	Parish Clerk: Karen Brown parishclerk@southkilworth.co.uk	Meet on the second Tuesday of each month at 7:15 pm Chair: Phil Alcock 575978 philalcock@aol.com
SK Security WhatsApp group	Gary Aram 07799894207 Kate Millington 07990504734 Graham Rutter 07721442561	Alerts regarding security issues in the village are posted with a link to Community Police
Skittles Teams	Ray Dorman 07780846002 Tracey 07733235306 (Ladies team)	Games take place at the pub
South Kilworth Art Group	Maggy Roberts 07912031816 and 01858682173 magsroberts@yahoo.co.uk	Thursdays, 9.30 am to 12.00 Midday, Village Hall
South Kilworth Neighbourhood Plan	Contact the Parish Council	Information on the plan: www.harborough.gov.uk/directory_record/2256/south_kilworth_neighbourhood_plan
South Kilworth News	sknews@southkilworth.co.uk	Community news for the village – contact us with ideas, photos & news.
South Kilworth Village Website	Kevin Coyne: admin@southkilworth.co.uk	southkilworth.co.uk
St Nicholas Church	Sharon March (Minister): 07889 88038 https://www.avonswift.co.uk/ https://www.facebook.com/avonswiftbenefice	Administrator: Karen Morgan: 01858 882032 PCC Secretary Joanna Wilson: 01455 558 372 Email Joanna.wilson17@btinternet.com
Table Tennis	Bob Morley 575832 bobjmorley1953@gmail.com	Thursday at 7 pm in the village hall
Travelling lunch club	Alison Anderton: 0870 240 6993	Lutterworth Age Concern currently has two travelling lunch clubs, travelling to a different pub each month.
Village Email circulation list	southkilworthlist@gmail.com	Send an email to become a member of this list - It is a postbox that doesn't reply! If you send something through for circulation, please put contact details on the email. Email addresses are never shared and cannot be used for commercial purposes.
Village Hall Committee	Chair: Romy Grimwood romy01@btinternet.com	Vice Chair & Village Hall bookings contact: Gail on woodgail11@icloud.com or 01858 575064
Women's Institute	Gaye Duncombe Tel 01858 880650 or gduncombe1@gmail.com	3 rd Thursday of each month at Belgrave Village Hall, North Kilworth LE17 6EZ at 7. 30 p.m.
Youth Club (SKY) (8-16yrs)	Ruth Cross (Youth Projects Coordinator) 07921 847347; Avril Da Silva (Play and Youth Work Leader) 07933899700.	SK Youth Club meets in the village hall every Wednesday @ 6:45 pm

From the Editorial Team

The next edition will be in Sept 2023 and the deadline for submission of news and articles is 18 Aug 2023. The SK News is published every other month. The electronic version can be found on the South Kilworth website. Please send news, photos, and articles to sknews@southkilworth.co.uk. News that does not coincide with the printed SK News will be uploaded to the South Kilworth website. Links to our advertisers can also be found on the South Kilworth website.



A rainy **Coronation Day** on 6 May 2023 did not put off the stalwarts from watching the events in the Village Hall on the big screen and enjoying the camaraderie around the BBQ, bar, and café. See more photos on the cover and the South Kilworth website.



Young Lives – busy busy busy



Young people seem to lead such interesting lives. We recently spoke to **Ivy** (7), her brother **Jude** (4), and our neighbour, **Harriet** (10) about their busy lives in the village.

Having moved to South Kilworth two years ago, Ivy and Jude live with their mother, Georgina, and her fiancé, James. Their father lives in North Kilworth, so it's really convenient for everyone.

Ivy (before she rushed off to a play rehearsal) told us that she really loves acting, singing and gymnastics. Her favourite song is Naughty from Matilda the Musical and she is currently rehearsing for a role in the soon-to-be-performed play, 'Legally Blonde – the Musical'. Ivy loves going to South Kilworth School and Jude will soon join the 'Acorns' there.

Jude is sporty and enjoys just about any ball sport – especially Golf, American football, Football and Rugby.

Ivy also told us that her Mum, Georgina, really had an interesting job. She works from home in the 'Hotel' business. As an independent consultant, Georgina helps hotels to price their packages and hotel rates at the right level to maximize both revenue and occupancy. This includes reviewing the platforms they use, their target market and brand messaging.

In the midst of hearing about this most interesting role (and of course getting some tips on some hotel gems with great food), Jude, in a matter-of-fact way told us that his favourite Tigers' Rugby player is 'Little Freddie' (Steward) and that the crowd sings about him on the side of the pitch! AND he (Jude) gets to eat chocolate and sweets given to him by the

Tiger's Team

Manager, Teresa, in the changeroom.

Whaaaaat!!- we exclaimed..... and to prove his connection he rushed out and emerged with Freddie Steward's framed match jersey.

It turns out that James works for Leicester Tigers as the Senior Physiotherapist and he is now in his third season. Leicester Tigers cultivates a family culture amongst its players and staff and that means Ivy and Jude are frequent visitors, have an amazingly positive experience and attitude to the game, and have an easy familiarity with the Tigers players 'as big as windows', in the words of Jude. They have had the opportunity



to attend many players BBQ's and family days and, on several occasions, Jude has gone with James to the player's gym during their training at the Tigers' ground.

During the pre-season and season, James can be kept busy on a round-the-clock basis with the physio needs of the team as players prepare for the upcoming matches or recover from injuries. It was a case in point that as we chatted with Ivy and Jude, James fielded a call from a doctor where he had to clarify the level of 'contact' post-surgery and sweat (yes, sweat) a player could be exposed to without impacting his recovery.

If you are a Tigers fan, you will be interested to know that with the upcoming Rugby World Cup, out of a squad of 77 players, only 43 were available for pre-season training, with 20 on international duty. With the core of experienced players from last season staying on with the Tigers in the new season and the new coaching staff, we hope it will be a very successful season for our Tigers! Thanks, Ivy and Jude for all these insights.



Then it was **Harriet Langman's** turn to tell us about the South Kilworth School annual fundraising fete at the end of June. "My favourite part of the day was having fun with my friends and neighbours!" She also told us about the long tradition of holding the Maypole dance by the pupils at the start of events and the crowning of the May Queen, Amara – traditionally the May Queen is the youngest girl in the school. There was a delicious hog roast (including yummy crackling), a popular face-painting stall (Harriet's mum, Angela, was hard at her artistic work there), a tombola stall – which was particularly popular at the end of the day when you had a guaranteed win for 50p - and various other stalls including

jewellery, gems, plants, and bouncy castle. Harriett was particularly pleased with having won raffle prizes and tombola goodies. Thanks to Harriet for the report and all who donated goods, prizes, plants, time, and talents! It is the sense of community, the memory of working and having fun together that lingers in the minds of those that attended.

Rob & Toni Snell



South Kilworth School wishes all our Year 6 pupils a very fond farewell.

Thank you for being such a kind, courageous and incredible group of young people to teach. Watching you grow into confident and happy learners has been an absolute pleasure and we are going to miss you. Good luck as you take your next steps in life; your new schools are very lucky to have you! Take care and we hope to see you all again in the future. From everyone at South Kilworth Primary



South Kilworth Snippets

St. Nicholas' Church

The P.C.C. administer a small Charity called The Gobert's Fund. This was set up many years ago to help the poor of the village. We are very aware that these are tough times, and many people may be struggling financially.

If you and your family are suffering from hardship and feel we may be able to assist, please contact Ian Eperon, our Treasurer: email: eci@leicester.ac.uk. Matters will be dealt with in the strictest confidence.

Joanna Wilson

Hon. Secretary, St. Nicholas Church

The South Kilworth Bowls club would like to welcome new members of any age. The first years' membership is free. We have a beginners' roll-up every Wednesday from 4 pm to 6 pm where we can give you some guidance on how to play! There is a league and those that have a competitive edge can help us to beat the rest.

Don't worry if you do not have any bowls, we have a spare set that can be used. You can decide when you want to play, so there is no obligation to commit yourself to any regular sessions. Apart from helping you to keep fit, it is also a great opportunity to meet new people. **For more information or to join contact: Gerry Byrne 01858 575080**



Women's Institute – Inviting new Members

Upcoming Events:

20 July – Summer Tea at Gaye's House

17 Aug – Local canals history and customs

21 Sept – Namibia presentation – Jennifer Rogers
Third Thursday of the month, 7:30 pm in the North Kilworth Village Hall LE17 6EZ. If you would like more information, please contact Gaye Duncombe 01858 880650 or email duncombe1@gmail.com

South Kilworth's Community Café

July 25th

Village Hall 11 - 1pm

Everyone welcome!

**Table Tennis group in attendance.
Come along and meet friends old
and new**



Meet Romy Grimwood, our new Village Hall Committee Chair



Special thanks to past and present members of the committee. Read further details on the South Kilworth website.

www.southkilworth.co.uk/notice-board/village-hall-news



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**Save the date –
29 Sept**

The Macmillan Coffee morning will be on 29th September this year in the Village Hall. More details to follow.

Services at St Nicholas' Church.

We have 2 services each month:

2nd Sunday at 9.30 am - a short Family Service

4th Sunday at 8:30 am - Holy Communion @8.30

All are very welcome.

The church is open every Sunday for private prayer and quiet reflection 10am to 4pm.

Members of the PCC would be happy to open the church at any other time if village residents would like to visit.



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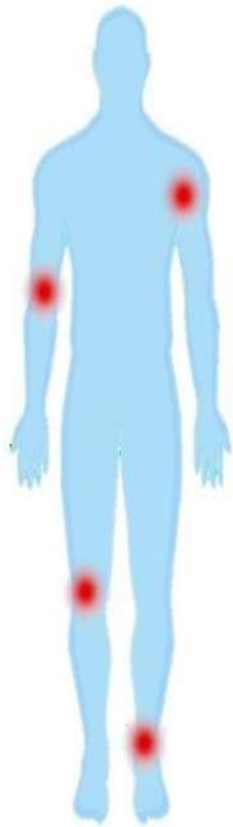
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KORKS Plan 2023

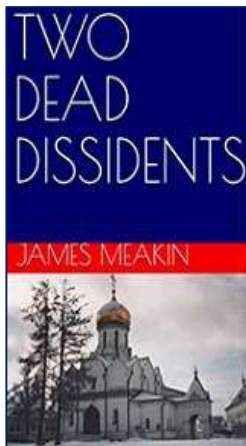
Korks May Event – What's Your Colour?

It was a good night for all where the Consultant was able to suggest our own individual colour classification, eg cool or warm based on a combination of an individual's skin tone and eye and hair colour.
With this in mind, we were then able to understand clothes colours that would compliment each lady's assessed skin tone.
Sophie Davies



July	Let's Dance - Salsa!	Angela
TBC	Throwing & Shooting!	Derryn & Tessa
July	History of our village	Kate
Aug / Sept	Wild swimming!	Debby
Sept	Let's get Cooking	Tina
Oct	Let's get Creative	Sandra & Toni
Oct / Nov	A trip to the Theatre	Angela

All ladies are welcome to join. You need to join the KORKS WhatsApp group to find out about events. You will be notified at least a month before the event of all the details. You can then sign up for the event if you are interested. If you are not on the KORKS list please WhatsApp Claire on 07590254043 to be added.



Written by James Meakin (from our village), *Two Dead Dissidents* is a tense yet entertaining story, packed to the brim with unexpected twists and turns. With unusual settings in a unique period of time, this novel is a fresh and enjoyable new take on a well-loved genre. *Two Dead Dissidents* is available on Amazon in paperback for £7.99 and on Kindle for £3.99.



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Case Study 1: Mr T Aged 32.

Stiff neck with headaches, lower back pain when standing and lifting, along with stomach pains and extreme tiredness. By the 2nd treatment headaches reduced, lower back improved and not as tired. By the 5th treatment able to start running again, very calm, energy good, aches and pains gone.



Case Study 2: Miss C Aged 56

Severe lower back pain for 10 months which was not due to injury. GP told her that she would have to live with the pain. Physiotherapy did not help. After two treatments, pain totally ceased. She has had no recurrence since.

Contact Jackie Whittingham BA (Hons) MCSR, MAVR, ASK
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Stanford Reservoir Birds

The initial period since my last article proved to be pretty slow going but things picked up towards the end of May and into June.

Most of the summer migrants are now fully into their breeding cycle. We have again been blessed with the return of Cuckoos – at least 4 have been seen, including 2 females and they continue to be pretty active as I write this article. Garden Warblers seem to be doing particularly well with a number of singing birds around the site. One noticeable absence is that of the Grasshopper Warbler – there seem to be reasonable numbers around the county but for some reason, they have missed us so far.

Purple Patch

Birding started to pick up on the 27th May with the first Greenshank of the year which flew through calling but unfortunately didn't stop. On the 28th an Osprey flew in and stayed for around 5 minutes before heading off – this is only the second record of the year. The following day delivered a Black Tern which stayed around most of the afternoon. The last day of the month delivered more waders – our second Greenshank of the year on



the dam and the small pool at the inlet end. Also, 2 Sanderling with the second one showing very well on the dam and spillway. These were the first records since 2021.

The first day of June delivered one of the biggest surprises of the year so far. With very limited time I did a quick early morning check from the dam and was rewarded with a group of 13 Common Scoters (the sea duck that I wrote about in my last article). This is quite an unusual time of year as these birds should be on their breeding grounds by now. The group was made up of 3 males and 10 females and is the largest group I have recorded at the reservoir. The birds stayed all day, often doing short

flights around the reservoir. Later on in the day, 8 Black Terns arrived with one staying into the following day and was later joined by 3 more – an excellent year so far for this species.



The 2nd June delivered a visitor from Poland. A Common Tern with a white leg flag 'FME' which was ringed in Gdansk Port on the 9th July 2020 and this was the first time the bird had been reported in the UK. The following day another Common Tern, this time with a yellow colour ring was present. This one was ringed in London in June 2020 and was the first time the bird had been reported since being ringed.



On the 7th June, I found a Marsh Warbler near the Leicestershire reedbed, the rarest bird of the year so far. The bird was very tricky to see but could be identified from its wonderful song which contains a lot of mimicry of other birds including the Great Tit, Blackbird, Song Thrush and House Sparrow! It stayed for the whole day and was still singing late into the evening. A number of visiting birders enjoyed the warbler with one even finding a singing Golden Oriole, another rare bird for the county. The Marsh Warbler is the 9th ever record for Leicestershire and Rutland and is the first one to be found since 1990!

Chris Hubbard

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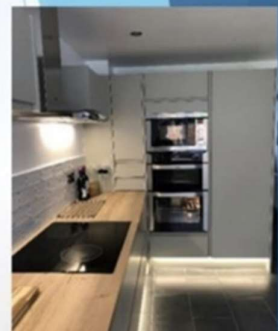
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South Kilworth Table Tennis Club and Community Café

Come along to the South Kilworth Community Café in SK Village Hall on July 25th between 11.00 am and 1.00 pm, have some tea and cakes and then try your hand at table tennis. Members of the South Kilworth Table Tennis Club will be there to provide bats, balls.....and advice if you want it. If the weather's nice we'll be outside.

The Table Tennis Club meets every Thursday between 7 and 9 pm. We are always looking for new villagers to join in, no matter whether you are a complete beginner or an experienced player.

Many of our members hadn't played since they were at school and soon picked it up again.

If you can't make the Community Café and you want more information then do please contact me.

Bob Morley 07785 397233



MINUTES OF A PARISH COUNCIL MEETING FOR SOUTH KILWORTH

Held on Tuesday, 20th June 2023, 7.15p.m.

Minutes Ref: 829/0623

DRAFT

1.0 Confirm Members Present

Cllr P Alcock (PA) – Chairman
Cllr K Coyne (KC) – Vice Chairman
Cllr G Byrne (GB)

Cllr T Wood (TW)
Cllr E Derrick (ED)
Mrs K Brown (KB) – Clerk

2.0 To Receive Any Apologies None

3.0 Disclosure of any Member's Interest/s None

4.0 Parish Council Procedures

4.1 ED signed a Declaration of Acceptance of Office for the forthcoming term of office.

4.2 The PC agreed to adopt the SK website logo for use on PC documents, where appropriate. Action: KC will forward to KB. Resolved.

4.3 Standing Orders Review - The PC agreed to make the following amendments: (amended text showing in bold)
24a – Invitations to Ward Councillors of the District and County Council - to add the phrase '**at least once a year**'.
24b – 'a copy of each letter sent to District and County Council shall be sent to the ward councillor(s) representing the area' to read as 'a copy of each letter **or email** sent to the District and County Council shall be sent to the ward councillor(s)'
Action: KB to update. Resolved.

4.4 Financial Regulations Review - The PC agreed to make the following amendments: (amended text showing in bold)
6.3 – To add '**internet banking transfer**' as a method of payment.
6.9 – To remove the phrase '**The approval of BACS or CHAPS shall be renewed by resolution at least every two years**'
6.10 – '**If thought appropriate by the council, payment for certain items may be made by internet banking transfer provided evidence is retained showing which members approved the payment**' – to remove this clause as is included in 6.9 text.
15.3 – 'The RFO shall keep a record of all insurances effected by the council and the property and risks covered thereby and **have it reviewed annually by the Parish Council**'.
Action: KB to update. Resolved.

4.5 PA was reaffirmed as the PC's Data Protection Officer and it was agreed that KB would source and prepare, for PC's approval, updated Data Protection policies and procedures. Resolved.

5.0 To Confirm Other Attendees None

6.0 To Confirm Minutes of Previous Meeting of Council, held on 9th May '23

These minutes were confirmed to be a true record of matters discussed, and decisions reached, by the Parish Council, and duly signed.

7.0 Public Participation / Correspondence None

8.0 Planning Matters

8.1 New Applications:

23/00672/FUL, Moorlands, North Road, erection of a single storey rear extension.

The PC discussed this application and agreed to ask HDC to carefully consider any privacy impingement that could arise from the erection of a balcony, overlooking neighbouring rear gardens. Action: KB to submit comment. Resolved.

23/00775/FUL, Chelston, North Road, erection of a front, side and rear first floor extension, single storey rear extension, conversion of a garage to habitable accommodation, along with external alteration, render etc. The PC discussed this application and agreed to ask HDC to carefully consider any privacy impingement that could arise from the erection of a balcony, overlooking neighbouring rear gardens. Action: KB to submit comment. Resolved.

8.2 Planning Decisions Reported:

The following 9 applications have been approved:

22/01987/FUL, 22/02086/FUL, 23/00227/FUL, 23/00284/LBC, 23/00297/FUL, 23/00298/LBC, 23/00342/FUL, 23/00345/FUL, 23/00346/LBC
22/01889/FUL – Application refused 14/04/23.
23/00591/FUL – Application withdrawn 31/05/23.

9.0 Accounts / Finance Matters

9.1 The PC approved the following payments:

Nett	Vat	Total	Details / Comments
1,845.00	0.00	1,845.00	Playground Repairs as per RQSPA report
20.00	4.00	24.00	Qrtly payroll provision, Apr-Jun'23
90.00	0.00	90.00	Bus Shelter Cleaning 19/08/22-30/03/23
2,250.00	450.00	2,700.00	Purchase of MVAS Camera
575.00	0.00	575.00	Room Hire for PC meetings
1,169.96	0.00	1,169.96	Clerk's Qrtly prill, Apr-Jun'23, plus mileage
290.20	0.00	290.20	PAYE re Clerk's qrtly prill Apr-Jun'23

9.2 KB reported on the cash balances held by the Parish Council at 31/05/23, presenting corresponding bank reconciliation and bank statements. PC approved and documents signed.

10.0 Highways and Footpaths

- 10.1** Streetlight on Welford Road, causing light intrusion into resident's property: The PC discussed this ongoing issue and PA agreed to view the area after dark that evening. If there is still an issue that a shield might help with, the PC agreed to request HDC to fit the light shield at the approximately quoted cost of £150, all fitted. Action: PA to advise KB asap, on the next course of action. Pending.
- 10.2** Mobile Vehicle Activated Sign (MVAS) recently installed in the village: KC reported that he was working on an electronic form of instructions and requirements. Once completed he will send these to KB to keep on file for future reference. At that point he would also make available any hardware etc. Pending.
- 10.3** Broken gate on Grange Gardens, ref LCC 893349: PC confirmed that this repair had now been completed. Resolved.
- 10.4** Damaged bridge over stream on the footpath off Walcote road, near the butchers, LCC ref 902467: KB reported that LCC had not yet confirmed a date for the repair to be carried out. Action: KB to continue to chase. Pending.
- 10.5** Large pothole on North Road, on the immediate approach to the village, LCC ref 902769,904521 and 908928: After having contacted Blake Paine, County Councillor, and his subsequent intervention with LCC, the PC agreed that the finishing of the originally reported pothole had now been improved however, there appeared to be further potholes remaining in the near vicinity. The councillors will view the area and inform KB if any further action required by LCC. Pending.
- 10.6** Request for a dog bin to be placed at the entrance to the old railway track, within the boundary of Welford PC: TW reported that he is still trying to make contact with HDC, to find out whether they would agree to maintaining a bin, just within the neighbouring border, bearing in mind that this area is regularly used by South Kilworth residents, walkers and dog walkers alike. Pending.

11.0 Grounds and General Outside Maintenance

- 11.1** No issues reported.

12.0 Recreation

- 12.1** Regular Play Area Safety Inspections: see 12.2.
- 12.2** Repairs required re previous ROSPA report: TW reported that all recommended repairs had now been carried out. KC requested that the wires on the climbing frame in the play area are checked, as he had received a report that they appeared to be a bit loose. Action: TW to inspect. Pending.
- 12.3** Summer Holiday Sports Club for 2023: KB reported that the National Lottery grant to fund this project had been approved, and that the booking had been confirmed with the provider for weeks beginning 17th and 24th July, and 14th August. The PC requested that the advertising hi-lights that all places are free, and that North and South Kilworth bookings will be given priority. All bookings will be managed by the provider, not the PC. Action: KB to liaise with provider. Pending.
- 12.4** PC agreed to have ROSPA carry out the annual play area inspection, scheduled for August '23, at a cost of £114 inc vat.

13.0 S106 and CIC Funding

- 13.1** Community feedback re the spending of these funds: Item pending until the PC have an outcome regarding the MUGA proposal.

14.0 South Kilworth News

- 14.1** No update.

15.0 Proposed MUGA (Multi Use Games Area)

- 15.1** PA to prepare an appeal to Sport England outlining the benefits of the MUGA for the range of sports that will be able use this facility, and further outlining that no actual 'sports space' will be lost. The appeal will include details of why the overflow parking is essential, including photos (KC to forward). Once the appeal is complete and submitted to Sport England, then the Planning Application will be submitted to HDC.

16.0 Coronation Grant of £450 received for the purchase of litter picking equipment.

- 16.1** ED agreed to arrange purchase of the equipment. Resolved.

17.0 Christmas Tree / Decorations for 2023

- 17.1** PC reported that they are working with a SK resident re the possibility of having a tree and lights erected in the village. Action: KB to contact LCC to determine permission procedures/licence requirements etc. Pending.

18.0 Any Other Business

- 18.1** GB reported that he had received a copy of a report from the PCC mentioning the maintenance of the war memorial clock housed in the church tower. Action: GB to arrange an on-site meeting with the local maintenance contractor and the clock winder to discuss. Pending.
- 18.2** ED gave her apologies for the next meeting.

19.0 To Confirm Date of Next Meeting Tuesday, 11th July '23, 7.15 p.m. Meeting ended at 9.15 p.m. A copy of these minutes will be published on the South Kilworth Website, no later than thirty days from the date of the meeting.

National Garden Scheme Leicestershire Open Gardens

During July and August, the National Garden Scheme has over 30 gardens opening around the county.

On the 1st (11-4.30) and 2nd (11-2.30) July, Oak Tree House, North Road, **South Kilworth** LE17 6DU opens. The garden is 2/3 acre inspired with a strong design, imaginative and colourful planting including large herbaceous borders, a kitchen garden, and pergola covered with roses and clematis, a pond and masses of containers full of annuals, many raised from seed by Pamela Shave. See you there!

Gardening tips for July and August:-

1. If you just have a few minutes to spare, the time will be well spent dead heading. To keep summer plants and bedding at its best and to prolong flowering, it is essential to dead head which encourages more flowering.
2. July or August is a good time to summer prune Wisteria by cutting back the whippy summer growth to contain the plant. Wisteria is vigorous and needs harsh treatment.
3. Get new strawberry plants for free by planting up the runners.
4. By August once the birds have finished nesting you can safely prune hedges.
5. Trim lavender after flowering.

For more gardening tips and advice www.sundaygardener.co.uk

 NATIONAL GARDEN SCHEME
Garden Open For Charity

Oak Tree House

North Road, South Kilworth, LE17 6DU

Saturday 1 July
11am - 4.30pm
Sunday 2 July
11am - 2.30pm

Adults £5 Children free



More information at ngs.org.uk



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LIVE BAND NIGHT

at

 South Kilworth Village Hall

featuring
High Pressure
a local band specialising in classic favourites

Dance - Bar
£15 Incl. BBQ

Saturday 19th August
7:30 - 11:00

Contact Tim Wood on 07796 144415 or
Mark Tottman on 07990 813784



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Thursday – 7.00 am to 5.30 pm

Friday – 7.00 am to 5.30 pm

Saturday 7.00 am – 1.00 pm

Sunday – Closed All Day

Tel: 01858 575210

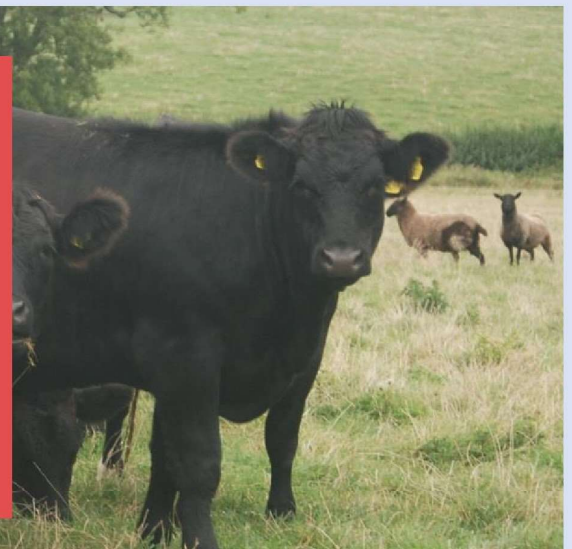
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The Big Bike Ride

The normal description of a group of cyclists is, of course, a Peloton - others would describe a group as a cavalcade. But I think, for the riders that gather for The Big Bike Ride, to be held, and centred at Misterton Hall, the description should be; 'a cycling cornucopia'.

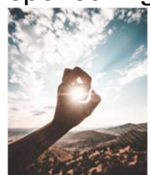
Here is an event that celebrates cycling for everyone...from Toddlers to Seniors and even, why not? Centenarians. For experienced riders, there are routes of choice that can be either 11, 23, 39, or 67 miles. On completion, there will be a welcoming Hog Roast and the knowledge of having helped to raise funds for 3 important charities. For toddlers, just starting out, there are balance bikes to try, with experienced people from Mini Bikers, (info@minibikers.co.uk), on hand to guide and instruct. Those children who have progressed to their own cycles can take a part 1 cycling proficiency test, and gain a certificate, from the 'Choose How You Move Team', you'll find details at: (www.choosehowyoumove.co.uk)

And there's more! The same team is offering bike marking, a 'Dr Bike' service, and the chance to make your own 'Smoothie', with their 'Smoothie' Bikes.

There will also be a chance for those feeling a little less energetic, to try out an E-Bike!

For those less mobile, perhaps with medical challenges...cycling can also be enjoyed, and the team from 'Wheels for All' (events@wheelsforall.org) will be on hand with some of their adapted and specifically designed cycles, to advise and assist those wishing to get in the saddle.

The Rotary Club of Lutterworth is at the heart of the local community and is pleased to be sponsored and supported by Fortnams Chemists, Specsavers, Max Electrical, Boughtons Vets and HW Coates who are kindly sponsoring this event. **Colin Derrick**



SPF what you need to know in a nutshell – Bliss & Beauty Tips

SPF in your moisturiser isn't great. You also need to reapply your spf so do you really want to keep reapplying your expensive moisturiser? If your skin starts to turn pink after 10 minutes in the sun, your spf 15 will protect you for 15 times the amount your skin protects you, so 15 x 10 minutes before you redden. So SPF 15 will protect you for 150 minutes and factor 50 can protect you for 500 minutes. So higher is better right??? Not really. Factor 50 can lead you into a false sense of security and it can often be loaded with chemicals. These act as free radicals that don't do any favours to your skin. One application isn't enough of any spf. You're meant to reapply every two hours, even water-resistant ones. Using an SPF 50 means we also don't look at other effective means of protection without the chemical element, such as shade and hats. You also need your SPF to be broad-spectrum. This means that it protects from both UVA and UVB rays. Buy a good one and wear it all year round. Does SPF prevent us from getting the vitamin D element from the sun?

Yes, it does. We need about 10 minutes in the sun without an SPF on to get the best from the sun's good bits. Regular SPF can help protect against the formation of pigmentation but it's not a guarantee. Pigmentation can be formed from light shining into our eyes, so with the best will in the world, even the very best SPF isn't going to stop that! Once we have pigmentation marks we need to protect all year round because although the UVA light that is around us all the time doesn't cause pigmentation, it can cause existing pigmentation to darken! I treat a lot of sun-damaged skin and think "this is avoidable". So in a nutshell: aim for a good quality broad Spectrum SPF of 15 – 30; apply every two hours if out in the sun; use a hat and sunglasses for extra protection; add makeup with an SPF for added protection; and remember, as soon as you start to turn brown, the damage is being done. It's your body trying to protect itself. Have a great and safe summer, **Vicki Hart**



Come and join Lutterworth Rotary's Summer cycling challenge!

THE BIG BIKE RIDE

and help us raise funds for Epilepsy Action, Prostate & MS Society

Sunday 20th August 2023

Starts and finishes at Misterton Hall, LE17 4JP

(By kind permission of Mrs Heather Craven)

The Choose to Move team will offer Bike Marking, Dr.Bike, Smoothie Bike, E Bikes to try,
Children's level 1 proficiency tests (www.choosehowyoumove.co.uk),
Disabled cycling opportunities from Wheels for all (events@leicesterwheelsforall.org),
Mini bikers (info@minibikers.co.uk)

Four routes, suitable for most levels and abilities 11, 23, 39 or 67 miles
Start times from 8am

ENTRY FEES:

From £1 (children 0-10 all distances) to £17.00 (Adults riding the 67 mile route)
Entry fee includes Hog Roast or Vegetarian alternative (info@neilgreencatering.co.uk)



Tickets available online from eventbrite.co.uk by searching 'Big Bike Ride'
For further details please visit lutterworthrotary.org.uk
Event Co-ordinator colinderrick@btinternet.com





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