

june 2026 • issue 177

the village *Breeze*



FREE TO TAKE AND USEFUL TO KEEP

The
Little Kitchen Company

Find us in
TOONS
HOME FURNISHERS

The
Little Bathroom Company



Call: 01283 216699 • Email: sales@thelittlekitchencompany.store



- Free 3D Design • Full Project Management • Local, Professional Installers
- Bespoke To Suit Your Budget • Flexible, Reliable, Passionate

Toons Furnishers, Burton Road, Castle Gresley, Swadlincote, DE11 9HQ



Letter from the Editor

Hello again and welcome...

Spring is all but over and as we approach summer, thankfully the days are now warmer! Summer is a favourite time of year for many with the good weather - well mostly! Great things to do outdoors and I for one will enjoy it.

The bees are back humming in the garden and in the early morning we can hear the birds twittering away in the trees. Have you heard the call of the cuckoo? I have not heard a cuckoo for quite a number of years.

I believe nature is at its best during the spring and summer, the flowers bloom, the garden and the trees amaze us with their beautiful blossom. There is a freshness everywhere which makes us feel much healthier and happier. Everyone feels full of energy, walking their dogs and the endless bike rides with the children. So, let's all get ready for those picnics and the most favourite summer pastime of all - the delicious barbeques.

And the thought I will leave you with this month:-

*"The tan will fade
But the memories will last forever."*

Until next time...

Sheila

Inside...

- 4 **tv stars**
King of chat : Graham Norton
- 5 **local update**
Ashby Woulds Town Council
- 6 **beauty**
Catch some rays
- 8 **home interiors with katherine sorrell**
Contemporary coastal
- 10 **a short story by alicia & murray clarke**
One hump or two?
- 11 **good news**
joyful snippets!
- 12 **bake!**
Mini summer berry nests
- 16 **motoring**
Review : BMW IX3
- 20 **books and more**
Chasing the light
- 24 **gardening with caroline knight**
The joy of June
- 26 **health with susannah hickling**
The big P
- 30 **coffee break**
Time for a cuppa and a biccie!

Get in touch...

The Village Breeze is a local community magazine and business directory distributed monthly to 8,000 homes and businesses in Appleby Magna, Donisthorpe, Linton, Measham, Moira, Oakthorpe and Overseal.

Deadline for next issue
15th June, 2026

Editor
Sheila J. Bethell

General enquiries
0753 441 3055

Advertising enquiries
01283 814214

Drop us an email
info@thevillagebreeze.co.uk

Read the magazine online at
www.thevillagebreeze.co.uk

King of chat

Few broadcasters have reshaped British entertainment quite like Graham Norton, thanks to his wit, charm and ability to coax candour from the most guarded celebrity.

Graham Norton's journey to the pinnacle of British broadcasting didn't happen overnight. Born Graham William Walker in Dublin in 1963 and raised in County Cork, he studied acting at the Central School of Speech and Drama in London. It was on the comedy circuit, however, that he found his true calling. His blend of stand-up and an irreverent warmth quickly set him apart.

He first rose to prominence in the 1990s with Channel 4's *"So Graham Norton"*, a late-night talk show featuring red chairs, audience confessions and flamboyant sketches.

Sofa sharing

When *"The Graham Norton Show"* launched on the BBC in 2007, it marked a shift in British chat-show culture. Instead of interviewing guests separately, Graham placed them together on one iconic red sofa. The result? Chemistry. Chaos. Magic. Graham's light-touch control ensured no one was left out, whether they were Hollywood legends, pop megastars or political figures, or left too comfortable! The show has become a Friday night ritual for millions, winning multiple Baftas.

He is also a successful author, with several novels to his name, and has been the BBC's commentator for the *Eurovision Song Contest* since 2009, bringing humour and affection to the event. Last month saw Graham reprise his role for the seventieth grand final in Vienna.

Great loves

Graham was 59 when he married Scottish filmmaker Jonathan "Jono" McLeod in July 2022. The pair exchanged vows at Bantry House, Cork, a stately home. Graham's mum Rhoda, then 90, was among the guests.

"I was older, so I went into it with my eyes wide open. You know the pitfalls of relationships, the dangers. But I met someone who I was willing to take a bet on," Graham said.

He has a home in Cork, which he bought in 2003, in the seaside village of Ahakista.

"It is a paradise. I love it," he told *"The Irish Times"*.

Last April saw Graham put his London house of 20 years and his Manhattan pied-à-terre on the market within the space of a week. *"London is my life, and Manhattan is my bit on the side,"* he wrote in his memoir, *"The Life and Loves of a He Devil"*.

Touch of the blarney

Graham's Irish identity remains central to his charm – self-deprecating, observant and rooted in storytelling tradition. In the ever-changing landscape of entertainment, he has proved that cleverness need not be cutting.

His philosophy? *"You're far better off finding ways to enjoy the life you're living than mourning the life you're not, which is a double whammy of unhappiness."*



Watch *"The Graham Norton Show"* on BBC One and BBC iPlayer.
Eurovision Song Contest 2025 © BBC/BBC Studios. *The Graham Norton Show* series 33 Benicio del Toro, Jennifer Garner, Charli XCX and Gordon Ramsay © BBC/So Television/PA Media/Jas Lehal



Ashby Woulds Town Council

Who watched *Countryfile* on BBC 1 recently? It was all about this area, The Heart of the National Forest. Broadcast on 12th April it is available on *BBC iPlayer* if you missed it.

It showed the huge transformation that has taken place from coal mining, clay extraction and pipe manufacturing in the area in the last 35 years. Something that has also been photographed locally, **Replan** in Moira has an impressive collection of old photographs that can be viewed during opening hours.

A lot of woodland management, maintenance of footpaths and open spaces is carried out by volunteers. To find out more visit <https://www.nationalforest.org/ways-to-support/volunteer>

National Forest Volunteer Group meet on alternate Thursdays and Fridays and work in the Ashby Woulds area, their current projects include enhancing habitats to increase biodiversity around Albert Village lake. There are also smaller less well known groups operating in Ashby Woulds including the **Ashby Woulds Litterheroes** and **Norris Hill Community Group** who do much to keep up the appearance of the area including the community orchard and flower beds in Norris Hill. They are always looking for new volunteers so if you like gardening and would like to help have a look at norrishill.org or their *Facebook* page.



As a council we also appreciate the work by various unknown people who go out litter picking and others who open and close the gates at *Sarah's Wood* every day. *Sarah's Wood* is owned by Leicestershire County Council (LCC) and is very well used; we have been told that LCC volunteers are planning to repaint the gates. If you want to find out more visit <https://leicscountryparks.org.uk/get-involved-2/get-involved/> Once again, thanks to all the volunteers who help to make a difference to our community.

Councillor Paul McCaffrey



The town council is pleased to have completed the refurbishment of the **BT Kiosk** which is located by the town council office at Moira Village Hall. The kiosk was adopted for £1 from BT some years ago after previously being located on Donisthorpe Lane, Moira. The kiosk will display historical photographs and information of the area. Many thanks to the volunteer councillors who carried out the work.

Town Council contacts

Town Mayor Councillor: **Eddie Shephard**
Town Council Office: **01283 552784**
Eddie.s@ashbywouldstowncouncil.gov.uk

The office is open Monday, Tuesday and Thursday mornings 9am-1pm and is easily accessible from the main car park.

Email: clerk@ashbywouldstowncouncil.gov.uk
Telephone: **01283 552784**

Visit our website: www.ashbywouldstowncouncil.gov.uk
or find us on facebook: [@ashbywouldstowncouncil](https://www.facebook.com/ashbywouldstowncouncil)



ASHBY WOULDSTOWN COUNCIL

Serving the people of Albert Village, Boothorpe, Moira, Norris Hill and Spring Cottage

Opening hours: Monday, Tuesday and Thursday mornings 9am - 1pm.
Telephone: **01283 552784** Email: clerk@ashbywouldstowncouncil.gov.uk
Website: www.ashbywouldstowncouncil.gov.uk Facebook: [@ashbywouldstowncouncil](https://www.facebook.com/ashbywouldstowncouncil)

Catch some rays



Your five-minute, no-nonsense guide to protecting your face in the sun.

Think you can skip sunscreen because your moisturiser, foundation or serum has SPF? You could regret it. *Here's why:*

- A lot of these products are only SPF 15 or 25, which isn't enough protection in summer.
- You need more product than you think to get the advertised SPF – around half a teaspoon for your face, neck and ears. While that's fine for a moisturiser, that much foundation is probably not going to sit well on your skin.
- The *NHS* recommends reapplying sun protection cream every two hours, which you're unlikely to do with an expensive moisturiser or serum. And no one wants to plaster on foundation continuously throughout the day.

Consider these products as helpful extras, rather than a replacement for sun cream.

WHICH SUNSCREEN?

While it's tempting to use the same sunscreen on your face as on your body, you're likely to get blocked pores, acne or irritation. So, ideally, pick up a sunscreen specifically designed for your face. Choose one that's SPF 30 or higher and includes UVA protection. This helps protect you from both ultraviolet B radiation (UVB) rays (which cause sunburn and cancer) and ultraviolet A radiation (UVA) rays (which cause wrinkles).

Kopari Beauty Bright as Day Sheer Mineral Sunscreen is a great choice. Not only is it SPF 50, it's

also lightweight, so it doesn't feel greasy and won't block your pores. That means you can use a decent quantity on your skin, so you'll actually get the right amount of sun protection. It's also lightly tinted, suits all skin tones and leaves your skin with a healthy-looking glow.

If you're a Beauty Pie member, the **Super Healthy Skin Featherlight Sunscreen** is well worth adding to your basket. Again, it's SPF 50 and includes UVA protection. It really is 'Featherlight', and it acts as a primer, so makeup sits beautifully on top.

Whichever sunscreen you choose, don't forget to apply it to your neck and ears as well as to your face. Reapply every two hours and after swimming or showering.

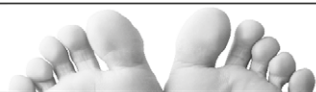
EXTRA PROTECTION

Sunscreen won't protect against heatstroke. *So, you'll want to:*

- Wear a hat if it's really hot.
- Make sure your sunglasses have a sticker or stamp saying UV400 or 100% UV protection, plus a CE and/or UKCA stamp.
- Stick to the shade when the sun is strongest, particularly if the sky is clear.

And remember, you need to be extra cautious if you're using moisturiser that contains retinol or Vitamin A, as your skin will be more vulnerable to UV rays. If you skip the SPF, you'll be undoing the good work of that expensive moisturiser and risking even more damage.

OK, lecture over. **Now enjoy the sun safely!**



Are your feet painful? Having trouble cutting your nails or suffering from corns & calluses, cracked heels, verrucas or fungal nails or diabetic foot issues?

Treated from the comfort of your own home or care home by a qualified Foot Health Practitioner

Louise Smalley SAC Dip RFHC

T: 07533 598867

E: loutollhouse@gmail.com

W: www.louisesmalley.com

Only £38 for a Home Visit



BAILEY'S PROPERTY SERVICES

EST 1985

- ◆ Bathroom Refits
- ◆ Showers and Cubicles
- ◆ Ceramic Wall and Floor Tiling
- ◆ P.V.C Wall & Ceiling Cladding
- ◆ Plastering
- ◆ All plumbing Work
- ◆ Laminate Flooring
- ◆ Carpentry Work
- ◆ All Property Repairs



**Fully Insured
Tradesman**

**Call Andy now for a free quote on
07472 184096 anytime**

- SINCE 1800 -
FUNERAL DIRECTOR



**FM. & J.
WAIT**

Funerals • Memorials



Burton | 01283 688 213

Lichfield | 01543 648 070

Swadlincote | 01283 688 249



DIGNITY

Contemporary coastal

Update your interior to reflect longer, warmer days and add an effortless, holiday vibe.

There's no reason why you shouldn't capture that feeling of carefree, holiday happiness in your home. Bright, sunny days, a fresh breeze, no clutter, no worries – this look takes traditional coastal style and adds a modern twist.

Colours of the coast

Colour plays a leading role, with white (or off-white) as the foundation, used generously across walls, ceilings and perhaps on floorboards. Blue, too, is key – in easy-to-live-with, washed-out hues and sometimes verging towards turquoise. Instead of stark contrasts, contemporary coastal includes a spectrum of in-between colours, such as chalky greys, warm beiges, sandy taupes and muted greens.



approach to artificial lighting that introduces pools of warm, ambient light. A mix of pendants, wall lights, table lamps and floor lamps, some controlled by a dimmer switch or using a smart lamp for flexibility, is ideal. Choose simple styles with clean outlines made from natural materials.

Furniture and more

Choose furniture that is simple yet refined, with generous, comfortable proportions. Don't be afraid to mix and match (but do avoid overcrowding), creating a look that is organic and evolved. A deep sofa might, for example, sit alongside a reclaimed-wood side table, or a sleek 1960s sideboard with a rattan armchair. Finally, position a few carefully chosen accessories, including beautiful artworks, whether originals or prints. Think too about how they're framed. Structural house plants, a blue-and-white ceramic dish, a wool throw and hand-blown glassware can create the right atmosphere.



Introduce natural materials

Today's version of coastal style is likely to focus on natural timber, woven rattan or wicker, and coir, jute or sisal. Add elements of ceramic, glass (including sea glass) and brushed metal, and unfussy fabrics. Linen is breathable, sustainable and lovely for loose covers, relaxed curtains and laid-back bedding. Muslin and lightweight cottons add to the sense of softness, and ticking stripes have a timeless feel with a little more structure. More important than pattern is texture.

Why light matters

Maximise natural light by keeping window treatments minimal. The aim is to let light wash through the space as much as possible. Look for sheer curtains, barely-there blinds or wooden shutters with louvres. And when the sun has set, opt for a layered





**SUE'S DOG WALKING
AND PET CARE**



Sue's Dog walking and Pet Care



50% OFF
**YOUR FIRST WALK
OR HOME VISIT**

**WHEN YOU BOOK 2
OR MORE SESSIONS**

**Professional Pet Care You Can Trust
Because Every Pet Deserves the Best**

SOLO DOG WALKING
from £17 per walk

- ✓ One dog, one walker — always
- ✓ Never mixed with other dogs
- ✓ Fully insured walkers
- ✓ Post-walk photo updates
- ✓ Tailored to your dog's pace & needs
- ✓ Regular, familiar walkers

CAT & SMALL ANIMAL CARE
from £13 per visit

- ✓ Cat & Small Animal Care
- ✓ Home visits in their own environment
- ✓ Cats, rabbits, guinea pigs & more
- ✓ Feeding, fresh water & litter care
- ✓ Playtime & companionship
- ✓ Property check whilst you're away
- ✓ Detailed visit updates & photos

WEDDING CONCIERGE
Bespoke packages from £200

- ✓ Professional pet chaperone service
- ✓ Ceremony, photos & reception
- ✓ Calm, experienced handlers
- ✓ Your pet perfectly presented
- ✓ Bespoke packages for your day



07816 982611



SUESPETCARESERVICE.CO.UK

SERVING SWADLINCOTE & SURROUNDING DERBYSHIRE AREAS



**Emergency
Numbers**

Samaritans – 116 123
Anxiety UK – 03444 775 774
Crisis Text line – 85258
MIND – 0300 123 3393
Calm – 0800 58 58 58
Child Line – 0800 11 11
NSPCC – 0808 800 5000
AGE UK – 0800 678 602
Citizens Advice – 0800 144 8848
Refuge (domestic abuse) – 0808 2000 247
NACOA children of alcoholic 0800 358 3456



**JDR CONSTRUCTION
MIDLANDS**

Over 40 years experience



Loft & Garage Conversions
Extensions | Hard Landscaping
Conservatories | Garden Rooms
Kitchens Design & Installation
Brickwork | Joinery
Mini digger with operator for hire



Call **07977 444077**
or **01283 762885**
Email **RDS1047@gmail.com**

TWO MINUTE TRIAL
R N D W I A

You have two minutes to find all the everyday words of three or more letters that can be made from the letters above. Plurals are allowed, proper nouns are not.

3 letters: 11 4 letters: 12 5 letters: 3 6 letters: 1

'More tea, vicar?'

Father Stephen Green nodded enthusiastically.

'Oh, yes please, Brenda. And I must say, your gingernuts are simply divine!'

'Have another!' the parishioner urged.

'Oh, I couldn't possibly – I've had two already.'

'Come along, vicar! Be a devil. God's not watching!'

The good Father helped himself to a third biscuit.

'So, Father – any news? What's the latest goss in the village?'

The Man of God hesitated.

'Oh – go on! You can trust me,' she lied. *'I promise not to tell a soul.'*

Father Green took a sip of his Earl Grey. *'Well ... you'll never guess – Todd MacDonald at the farm, has only gone and got himself ... a CAMEL!'*

'One hump or two?'

'No sugar, thank you,' replied Father Green, smiling.

Brenda cast her eyes up to heaven. *'A CAMEL?'*

'It's called a DROMEDARY, Brenda – just one hump.'

'But why a camel, for God's sake?' She blushed. *'Sorry, vicar!'*

'Camels eat thistles, apparently,' he explained. *'And Todd's got plenty choking his crops.'*

The next day, Father Green found an excuse to drop by the farm.

'I was just passing,' he explained.

'I'll put the kettle on, Father,' Todd replied. *'Come to see the camel? I thought HUMPHREY would be an appropriate name!'*

'But first, take a gander at this ...'

Todd passed over a copy of the local newspaper.

WANTED: CAMELS FOR TV AND FILM WORK. DON'T TAKE THE HUMP – CALL US NOW!

'What do you reckon, Father? Could be a nice little earner, hey?'

'Looks amazing, Todd!' he agreed.

'So, I rang the company. Channel 5 are shooting a remake of Peter O'Toole's '60s classic – working title ... wait for it ... "Lawrence of Ashby".'

To cut a long story short: Me and Humphrey have been hired!

'Why don't you come along and watch, Father? I'm sure the producers won't mind. You never know your luck; they might even find YOU a part in the movie!'

The following week:

'... And ACTION!' yelled the film director through his megaphone.

Farmer Todd, suitably attired as a modern-day Lawrence of Arabia – complete with the customary headscarf and flowing white robes – was perched precariously astride Humphrey; the camel swaying from side to side as it ambled towards the camera.

'CUT! That was great! Let's go again, everyone.'

The second take didn't go quite so well! Spooked by a low-flying aircraft, Humphrey bolted off at a rate of knots – certainly exceeding the town's 30mph speed limit.

'STOP! STOP! STOP!' shouted the unfortunate farmer – his desperate pleas only serving to frighten the poor creature even more. Terrified, Todd clung onto the reins for dear life.

Meanwhile, Father Green, wearing expertly-applied TV make-up, and also dressed in the robes of a traditional Arab, stood rooted to the spot alongside the film crew. He watched in horror as the drama unfolded before him. This was definitely not in the script!

With nanoseconds to spare, the camera crew and Father Green, scattered in all directions.

Mercifully, the gallantry of one of the lighting men saved the day. The burly hero made a grab for the reins. Humphrey came to an emergency stop – catapulting its rider into the air, and dumping him, unceremoniously, onto the ground.

Father Green helped Todd back onto his feet. *'You okay?'*

'No bones broken, thank God,' said the farmer. *'Good job I was wearing a safety helmet under all this headgear.'*

And that was when the director called it a day: *'That's a wrap!'* he shouted.

Todd's movie career was over before it had really begun.

And Humphrey? The farmer had been lucky to escape with his life. After much soul-searching, Todd offered the wayward camel to the local zoo.

In future, Todd decided, it was best to stick with his cows. AND FINALLY ... *'What do you call a camel reciting Shakespeare?'* ANSWER: "A DRAMA-DARY!"

One hump or two?

The ROOFING COMPANY

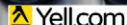
LEICESTERSHIRE LTD



BUILDING & ROOFING SERVICES

- 24hr Call Out
- New Roofs & Repairs
- Flat Roof
- Chimneys
- Re-bed Ridges & Verges
- Fascias, Soffits & Guttering
- Cladding
- Full Board Replacement

FREE QUOTES **01530 234 127**
07946 594968



GOOD NEWS

FEEDING THE MIND

People who struggle to afford to eat rarely have money for books.

Bookbanks has found a solution: it provides free books inside food banks. Since it was set up by food bank volunteer Emily Rhodes in 2023, the charity has distributed more than 15,000 donated volumes at nine locations, including Dalston in north-east London, Manchester and Norwich.

GIFT OF LIFE

The first woman in the UK to give birth thanks to a transplanted womb from a deceased donor has had a baby boy. Grace Bell, who lives in Kent with her partner Steve Powell, was born without a womb. After giving birth at Queen Charlotte's and Chelsea Hospital in London, she expressed her gratitude to the donor and their family: *"Their kindness and selflessness to a complete stranger is the reason I have been able to fulfil my lifelong dream of being a mum."*

WASTE NOT

Gas from a landfill site is to be used to help grow fruit and veg near Wootton Bassett, Wiltshire. Sustain Wiltshire, a community interest company, will be trialling an innovative inflatable "growing dome" as tall as two double-decker buses erected on top of the tip. Methane from waste will be turned into heat, power and carbon dioxide to create year-round growing conditions. The produce will be sold locally.



Mini summer berry nests

At their most flavourful – and abundant – during June and July, sweet and succulent strawberries combine with other soft fruits in these irresistible treats.

Detail...

Makes 12

Preparation time about 30 minutes

Cooking time 6-8 minutes

You will need...

- 50g butter
- 1 x 270g pack of 6 frozen filo pastry sheets (defrosted) – use 3 sheets
- 150ml double cream
- 1 x 400g tin low-fat ready-made custard
- Grated rind of half an orange and 1 tbsp juice
- 3 tbsp strawberry jam
- 450g mixed berries (whole raspberries and blueberries, and strawberries, halved or quartered)
- Icing sugar, sifted, to decorate

Method...

1. Preheat the oven to 180°C, fan 160°C, gas mark 4.
2. Warm the butter in a small saucepan until melted and use a little to grease a 12-hole deep muffin tin. Separate the pastry sheets and brush each one with butter, then cut into 12 rectangles.
3. Lay one piece in each section of the muffin tin, then arrange a second and third piece, each at a slight angle to the previous one, to give a jagged, nest-like effect.
4. Bake in the preheated oven for 6-8 minutes until golden and crisp. Leave in the tin to cool.
5. When cooled, carefully take the pastry cases out of the tin and arrange on a large serving platter. Whip the cream until it forms soft swirls, then fold in the custard and orange rind. Spoon into the filo cases.
6. Warm the jam and orange juice in a small saucepan, stirring until the jam has melted. Add the berries and coat with the jam glaze, then spoon into the nests. Dust the top edges of the pastry nests with a little sifted icing sugar and serve.

For more sweet and savoury recipe inspiration using strawberries, raspberries, blueberries and blackberries, along with nutritional information, visit www.lovetofreshberries.co.uk

☎ 07476736490 🌐 www.mlblinds.co.uk

FREE MEASURE AND QUOTE SERVICE



Blinds & Shutters



SELF STORAGE

JUNCTION 11 • M42

CONTAINERS



CCTV
Secure site
Easy access

For further details please call
07879 444473 / 07785 573555



A Hidden Gem in the Derbyshire Countryside



EST. *The* 2024
COURTSIDE CAFE

Free Drink On Us!

Spend £5+ and bring in this advert to enjoy a free drink of your choice, on us!*

Barista coffee & homemade cakes
Fresh breakfast & lunch
Daily specials
Private functions & event hire

Thursday - Monday | 9am - 3pm*

The Courtside Cafe, Grangewood Tennis centre, Lullington Road, Netherseal, Swadlincote, DE12 8BE

To book a table, call 07342 556568

One (1) free drink per advert presented • Full T&Cs apply for the free drink, please ask in the cafe •
Free drink offer ends on 31/07/25

**Kitchen closes at 2 PM • Drinks & cake available until 3 PM



A Relaxed Space to Eat, Meet and Unwind

A warm welcome

With grants available and the potential for long-term savings, heat pumps are becoming an increasingly practical – and eco-friendly – upgrade for UK homes.

Energy prices have always been volatile, and the recent instability in the Middle East has really emphasised the impact this can have on your household budget. Alongside a move toward low-carbon living, many UK homeowners are now considering heat pumps as a smart, long-term alternative to oil or gas boilers and electric systems. For many households, air source heat pumps are a better option than their ground source counterparts, as they require less space and are cheaper to buy and install.

How they work

Air source heat pumps take heat from the outside air and use it to warm up your home and water. They don't make heat directly; instead, they move it around, which makes them very efficient and a good fit for modern heating systems.

Less pollution

Compared to regular gas boilers, heat pumps emit far less carbon. As the UK's electricity grid continues to incorporate more renewable energy, their environmental advantages will keep increasing making them a strong option for future home heating.

Costs of running

Heat pumps can give you three to four units of heat for every unit of electricity you use, even though electricity costs more than gas per unit. In homes with good insulation, this level of efficiency can result in running costs similar to - or even lower than - those of a gas boiler, especially when replacing an old system.



Making your money back

Installing a new boiler usually costs between £7,000 and £13,000, but the Government's Boiler Upgrade Scheme gives you a £7,500 grant, which makes the initial investment much lower.

A typical three-bedroom home with two occupants might expect to recover the cost in around 10–12 years, depending on insulation levels, its current system and regular energy use. A larger four-bedroom home with higher demand may see a payback period closer to 8–12 years, although this can be shorter if replacing oil or electric heating. People who live off the gas grid – particularly those with oil-fired heating – can see the financial benefits even sooner.

Apart from the green credentials, installing a heat pump needs to be viewed as a long-term investment.

Things to think about

Heat pumps perform most efficiently in well-insulated homes. In some cases, upgrading insulation or installing larger radiators can significantly enhance their overall performance.

You need an outside unit, which is usually placed outside the house. You'll need roughly 1 metre x 1 metre x 2 metres for the heat pump itself and a further metre or so in front and to each side to allow it to breathe.

Overall, heat pumps look like a good solution to many of the problems we're now seeing with traditional heating systems. Installing one could well be a smart upgrade for your home.

Buying a property

We often get asked 'What is the process for buying a house & where do we start?' So we have put together a quick summary of the buying process:

The Buying Process:

1 Arranging your mortgage

Before you view any properties, find out your budget. Cadley Cauldwell works in partnership with Great British Finance and can make you an appointment with one of their Independent Mortgage Advisors. They will calculate what you can afford and obtain an agreement in principle, showing your intent and commitment to a seller.

2 Location and Criteria

Knowing your requirements - such as the number of bedrooms, bathrooms, reception rooms etc – and preferred location will help you focus, avoid unnecessary viewings and maximise your time looking for the right property.

3 Contact Cadley Cauldwell

Once you have established your affordability and requirements, it is time to register your details with the local agents. Our team is knowledgeable on the local area and can offer you as much help as you need to find your dream home, throughout the entire purchasing process.

4 Instructing your solicitors

At this stage it's important to decide on a conveyancing solicitor. Speak to Cadley

Cauldwell who can obtain quotes on your purchase.

5 Making an offer

Once you've found the right property submit your offer to the Estate Agent who will present this in the best possible light to the sellers. The Seller will make their decision based on your offer and your financial position in the market place.

6 Offer accepted

Once your offer is accepted your solicitors will start the legal process and your Mortgage Advisor or bank will need to submit your mortgage application. A survey will then be instructed, which can range from a basic mortgage valuation to a full structural survey.

7 Exchange of Contracts

When contracts are exchanged, the purchase becomes legally



binding. You agree the date you become the legal owners. It's not quite time to celebrate yet though...

8 Completion

Now you can celebrate as the most exciting part is the day of completion. You can now move into your new home. Congratulations!

Lee Marshall-Rose
Cadley Cauldwell Estate
Agents



Are you looking for financial advice?

Call Great British Finance on 01283 819599
for Ethical and Professional Financial Services



Mortgages



Savings & Investments



Wealth Management



Protection



Wills & Estate Planning



Equity Release



Retirement Planning



Lasting Powers of Attorney

19 High Street, Swadlincote, DE11 8JE

www.greatbritishfinance.com • enquiries@greatbritishfinance.com



Cadley Cauldwell

01283 217251

19 High Street
Swadlincote
DE11 8JE



BLOOMING GREAT FEE PACKAGES TO SUIT ALL BUDGETS

CONTACT US FOR MORE INFORMATION

SPRING INTO ACTION TODAY

BMW

iX3



The new iX3 has had a big build-up, but can it deliver now it's here? Jack Evans finds out.

WHAT IS IT?

Now on the road, the iX3 kicks off BMW's "Neue Klasse", or New Class, of sharp new electric cars.

WHAT'S NEW?

For starters, it debuts a brand-new look on the outside, while inside it's packed with new technology. Deep within the car's workings is BMW's new "Heart of Joy", an electronic controller designed to give the iX3 the driving feel of a "true" BMW.

WHAT'S UNDER THE BONNET?

For now, there's just a single motor and battery setup. With a large 108.7kWh battery powering two electric motors, the iX3 has a claimed range of up to 500 miles from a charge, one of the longest ranges available. A fast maximum charge speed of 400kW would allow for a 10-80% charge in 21 minutes, though few UK chargers can currently deliver over 300kW.

Performance is still brisk, with 0-60mph in 4.6 seconds.

WHAT'S IT LIKE TO DRIVE?

With its well-weighted steering,

the iX3 is genuinely enjoyable to whisk through sharper corners. It feels relatively firm but the iX3's turn of pace is impressive for this type of car.

Visibility is good, too. However, the newly-designed, symmetrical steering wheel is a little confusing – you can sometimes lose track of where it is.

HOW DOES IT LOOK?

We feel the iX3's design isn't as controversial as some recent BMW models, though it still feels quite futuristic.

You'll have to pick the aero-style alloy wheels – with black plastic pieces between the spokes – to get the best electric range.

WHAT'S IT LIKE INSIDE?

The main screen is large but uses the same operating system as other BMW models, which means it's slick and feature-packed. Sadly, there aren't any physical buttons for key controls.

Space-wise, the iX3 is impressive. Rear-seat legroom is good and a completely flat floor helps further. There's a useful 520 litres of storage in the boot, or 1,750 litres with the rear seats folded

flat. Extra space can be found in the 58-litre "frunk". Overall, the iX3 is as practical as you'd want a family SUV to be.

WHAT'S THE SPEC LIKE?

Prices for the iX3 will start at £58,755 for a standard 50 xDrive model.

The big change in terms of tech is the introduction of the Panoramic iDrive. Essentially, this brings key information to a full wraparound display bar which sits just underneath the windscreen's edge inside the cabin. Does it bring a whole lot more than the standard screen? Not a huge amount. But it does showcase a new technology being integrated well.

VERDICT

The BMW iX3 moves the EV game on considerably. That impressive headline range should allay range anxiety and its ultra-rapid charge speed means it's future-proofed for developments in charger technology, too. Simultaneously, the iX3 feels like a genuine BMW, which is a testament to the software running underneath.



A.B.VEHICLE SERVICES LTD

Seale Lodge Farm,
Burton Road, Acresford
Swadlincote, DE12 8AP

01283 760000

abvehICLESservices@mail.com

- * MOTs (Class 4 & Class 7)
 - * TYRES
 - * SERVICING
 - * REPAIRS
 - * BRAKES
 - * DIAGNOSTICS
 - * CLUTCH
 - * EXHAUST
 - * AIR CON
- * WHEEL ALIGNMENT

We also offer onsite and garage commercial vehicle repairs, servicing, MOT preparation, 6 weekly inspections, Tail Lift repairs, inspections & weight testing.



Have pet, will travel...

Pets are beloved family members, so it's If you're driving to an EU country this summer, you may want your dog, cat – or even ferret – to come too. Just make sure you know the post-Brexit rules.

You'll need to obtain an Animal Health Certificate (AHC) each time you go to Europe or Northern Ireland and there's a specific process to follow:

MICROCHIP YOUR PET

This has to be done before or at the same time as your pet is vaccinated against rabies.

GET A RABIES JAB FOR YOUR PET

A vet must administer a rabies vaccination at least 21 days before travel, and your pet must be at least 12 weeks old to have one.

OBTAIN AN ANIMAL HEALTH CERTIFICATE

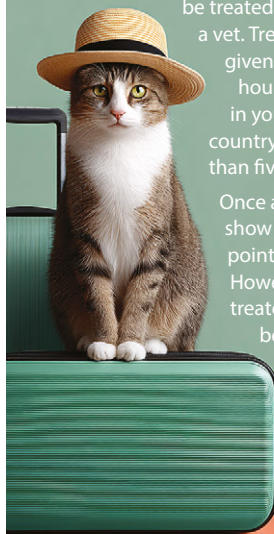
To get the AHC, take your pet to an "official veterinarian" (check your vet is one) with proof of its microchipping date and vaccination history. You must enter the EU within ten days. The AHC is then valid for four months.

TAPEWORM TREATMENT?

Some countries, including Northern Ireland, Ireland, Finland and Norway, require dogs to be treated for tapeworm by a vet. Treatment must be given no less than 24 hours before you arrive in your destination country and no earlier than five days.

Once all this is done, just show your AHC at the point of entry to Europe. However, dogs must be treated for tapeworm before returning from most countries.

For more information, visit www.gov.uk/taking-your-pet-abroad





Paradise in Puerto

Swathed in sunshine, Puerto Rico is a cocktail of Spanish, American and Caribbean influences. Although technically part of the US, the archipelago has its own constitution, elected governor and legislature and a proud and unique cultural identity.



Offering stunning landscapes, idyllic beaches, rich heritage and fantastic food, there are so many reasons to add Puerto Rico to your travel wish list. Here are some of them.

EXPLORE SAN JUAN

Puerto Rico's capital is where past and present meet. Centuries-old forts and ancient cobblestone streets nudge shoulders with neighbourhoods where cafés spill onto sidewalks, street food sizzles in the heat and the sound of salsa follows you wherever you go.

Old San Juan is a must-visit. Founded by Spanish settlers in the early 1500s, this UNESCO-listed colonial district is characterised by its sixteenth-century walls and pastel-toned colonial architecture.

WATCH THE WATER LIGHT UP

Puerto Rico is home to three of the brightest bioluminescent bays in the world, with Vieques' Bahía Mosquito coming out on top. It's here you can witness the natural phenomenon known as bioluminescence – a glow emitted by living organisms through a chemical reaction in the water. One of the best ways to experience it is by kayaking after dark; see the water light up as you paddle beneath the stars.

HIKE THROUGH EL YUNQUE NATIONAL FOREST

Just a short drive from San Juan lies El Yunque National Forest, the only tropical rainforest in the US National Forest System. This paradise is a prime spot for hikers.

Walk to La Mina Falls to swim beneath the cascades or take the challenging river trek along Las Paylas – listening out for the island's tiny native frog, the coquí, as you go.

BASK ON THE BEACH

Cramming in more than 300 miles of coastline, Puerto Rico has a strip of sand to suit everyone. Surfers gravitate towards the idyllic beaches in the north west, while sun worshippers relish the powdery white sand of Flamenco Beach, ranked among the best beaches in the Caribbean. There are plenty of snorkelling opportunities too, especially around Culebra, Vieques and the south-west coast. Puerto Rico's vibrant marine life includes sea turtles, rays and parrotfish.



EMBARK ON A CULINARY JOURNEY

Flavour sits at the centre of Puerto Rican culture, with a blend of Spanish, African and indigenous Taíno influences. Eat your way along the Ruta del Lechón (Pork Highway) in Guavate and try the country's national cocktail – piña colada – in Old San Juan.

Puerto Rico also famously produces some of the world's best coffee, which you can learn about by touring coffee haciendas. Polish off your culinary journey with some mofongo, fried green plantains mashed with garlic and pork cracklings.

ELECTRICAL CONTRACTORS

DOMESTIC • COMMERCIAL • INDUSTRIAL



ADMIN@JACKJONESELECTRICAL.CO.UK



07508 706 527



@JACKJONESELECTRICAL



- DOMESTIC, COMMERCIAL & INDUSTRIAL DESIGN & INSTALLATION
- MAINTENANCE
- TESTING & INSPECTION

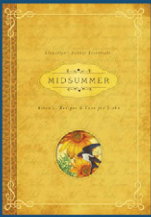
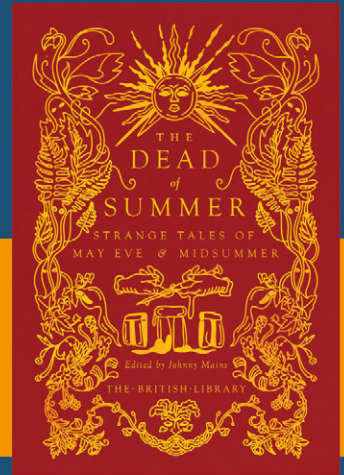
- CCTV
- FIRE ALARM MAINTENANCE & INSTALLATION
- INTRUDER ALARMS
- EV CHARGER INSTALLATIONS

Chasing the light

The Summer Solstice... here are a few books that capture the spirit of the longest day...

The Dead of Summer edited by Johnny Mains

May Day Eve, Walpurgis Night and Midsummer Eve or the Summer Solstice – this is a collection of tales of these fated days and nights, and their riotous rituals and feasts. It features stories from classic authors such as E F Benson and Joan Aiken, along with lost classics from obscure periodicals of Britain and America.



Midsummer: Rituals, Recipes and Lore for Litha by Deborah Blake

Llewellyn's Sabbat Essentials series explores the old and new ways of celebrating the seasonal rites that are the cornerstones of the witch's year. This accessible guide explores Litha – the solstice celebration in contemporary pagan practice. It includes rituals, seasonal foods, symbolic flowers (think St John's Wort and elderflower), and reflections on honouring light, growth and gratitude.

Coloring Book of Shadows: Litha the Summer Solstice by Amy Cesari

Whether you're a seasoned witch or just beginning your path, this book, containing 60 pages of art, offers a creative way to deepen your connection to the Wheel of the Year and enjoy the magic of summer. Explore spells, rituals, food, folklore and magical symbols in this colouring book that weaves modern witchcraft, ancient solstice traditions and creativity.

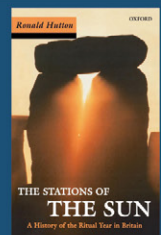


Britain's Folklore Year by Mark Norman

Step into the spellbinding world of British folklore with this beautifully crafted book, billed as "a seasonal journey through our customs, celebrations and rituals". As well as forgotten stories rooted in our landscape, there are entertaining and often perilous sporting traditions, from worm-charming to wife-carrying, from nettle eating to cheese-chasing.

The Stations of the Sun by Ronald Hutton

A rich, authoritative exploration of the British ritual year, exploring how festivals like Midsummer evolved, from pagan solstice observation to Christian feast days such as St John's Eve. Bonfires, dancing, protective herbs hung above doorways – many customs survive in adapted form.



Dean & Smedley
family pharmacy



91 High St, Measham

**Prescription collection
& delivery service available**

Terms & conditions apply
Phone **01530 270397** for details

Steve Healey Decorating

Highly recommended Painters & decorators

- Interior & exterior painting
- Wallpapering & preparation work

For free quotation, please call Steve on,

07736790930

SMARTER PLUMBING & BATHROOMS

No job
too
small

Complete
Bathroom
and Tile
installation

Affordable,
modern & stylish
bathroom panels
supplied and
fitted

Electric
boiler &
hot water
systems

Full
central
heating & hot
water system
installation

Gas
Boilers

Gas
appliance
installation

Gas
servicing,
repairs and
Landlord
certificates

To arrange a home visit or to discuss your requirements call

01530 270731 or 07979 491859



REMEMBER QUALITY IS AS IMPORTANT AS PRICE



have a great
HAIR DAY

RACHEL GARDNER
Qualified Mobile Hairdresser
07711 483940



Offering all Olaplex treatments and products

ANCIENT & MODERN

**Furniture Restoration and Bespoke
Cabinet Making**



www.amfurniturerestoration.co.uk

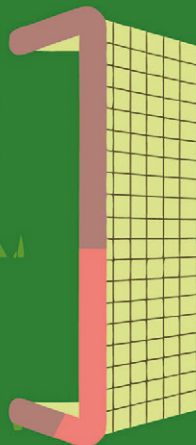
Restoration and renovation of antique furniture
Bespoke cabinet making & furniture reproduction
Re-lacquering of modern furniture & French Polishing
Wood carving & sculptures
General repairs

EST.1995

If you would like to enquire further please call
David Nash on **07976 571 679 or 01530 587537**

CHILDREN'S PUZZLE PAGE

Dribble through the maze and find the path to the goal!



Why did the footballer take a pencil onto the pitch? In case he needed to draw a match!



Why was the football pitch always wet? Because the players kept dribbling!



Why was the football team bad at telling secrets? Because they kept passing everything around!



WORLD CUP HOST COUNTRIES WORDSEARCH

Can you find the countries that have hosted the FIFA World Cup?

Words may go across, down, or diagonally!

ARGENTINA MEXICO
BRAZIL QATAR
CHILE RUSSIA
ENGLAND SPAIN
FRANCE SWEDEN
GERMANY URUGUAY
ITALY USA
JAPAN
KOREA



D	I	D	L	Z	D	G	E	R	M	A	N	Y	M	M
C	T	L	V	A	S	S	D	A	I	K	D	M	I	U
H	A	C	U	H	P	N	T	R	X	B	O	U	O	L
I	L	R	R	K	A	X	F	G	P	R	M	R	M	I
L	Y	R	U	L	I	H	P	E	S	A	N	T	E	J
E	E	G	G	S	N	G	Y	N	W	Z	Q	J	X	A
A	F	N	U	Y	S	J	X	T	E	I	A	A	I	I
D	E	Z	A	U	G	I	B	I	D	L	T	P	C	W
J	Z	T	Y	S	X	Y	A	N	E	K	A	A	O	W
X	R	F	R	A	N	C	E	A	N	E	R	N	B	K

WOOLDRIDGE



PLASTERING SERVICES

01283 362870 / 07920 180500

SPECIALIST IN CEILING & WALL RENOVATION

- All aspects of Plastering
- Skim over unwanted Artex
- Coving-Drylining-Overboarding
- Domestic Specialist
- Free Quotes
- Fully Insured



Keeping your home Healthy

The **HomeSafe** cleaning system puts the health and safety of you, your family and our team of maids at the core of how we work.

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular and occasional cleans
- Free in home estimate
- All materials supplied
- No contracts



Call us today to learn more about **HomeSafe** and why you can trust **MOLLY MAID** in your home.

Please call: **01283 351770**

or email: gill-dawson@mollymaid.co.uk



See what our customers say at [uk.trustpilot.com](https://www.uk.trustpilot.com)

Excellent ★ Trustpilot

WE GO THE
EXTRA MILE TO
ENSURE COMPLETE
SATISFACTION

HIGH
LEVEL OF
ATTENTION
TO DETAIL

QUOTES
WITHIN 48
HOURS

ALL WORK
COMPLETED
TO A HIGH
STANDARD

HIGHLY
RELIABLE



Lee Pearson

PAINTER & DECORATOR

HIGHLY EXPERIENCED IN VARIOUS WALL COVERINGS
FULLY INSURED

10% OFF
ALL EXTERNAL WORK
WITH THIS ADVERT

07383 017795

Email: leepearson72@gmx.co.uk



The joy of June

The first month of summer is here! It's incredible to experience over 16 hours of daylight on June days. It also means there are gardening opportunities for two-thirds of the day, and it's a time for reaping the rewards of spring efforts.

This month, drama and transformation happen every single night. June gardens are glorious. You step outside to find a green oasis, with plants emerging from nooks and crannies you didn't know existed. Foliage is lush and blooms are plentiful



Joyous jobs for June

- Perform the Chelsea Chop. This is not a dance but a practice inspired by the RHS Chelsea Flower Show, which took place last month. It's a good idea to cut back certain perennials, such as hardy geraniums, *Alchemilla mollis* (lady's mantle), *Stachys* (lamb's ear) and *Heuchera* (coral bells). It might seem a shame to cut them back hard, but it encourages them to produce fresh foliage and blooms.
- The beginning of June is the key time to fill gaps by planting new perennials and annuals. You want your garden to look its best by the end of the month, because it probably won't get much better than this!
- Keep deadheading roses to encourage the formation of new buds and further flowers. Not all roses respond in this way: traditional shrub roses and ramblers tend to flower only once each year. Also be sure to remove suckers. These are easily recognised as they tend to be paler than the rose plant itself. Twist off the sucker directly from where it emerges from the main stem.
- Keep an eye out for pests, including lily beetles. These are bright red and need to be removed before they decimate lilies.
- Notice mildew, especially on forget-me-nots when they are past their best. Mildew can spread to nearby plants, so it's best to remove affected leaves or pull up and discard the entire plant.
- Keep weeds under control in borders as they will be competing with shrubs and perennials for space and nutrients. Hoeing is effective as it cuts them off near the soil surface. A great way to reduce weed numbers is to plant densely, leaving very little bare soil. Applying mulch around plants (but don't allow it to touch stems) will also inhibit the germination of weeds.
- Don't be tempted to water the lawn. In fact, try not to water anything apart from containers and plants that haven't yet established a healthy root system. A lawn will recover from turning brown during dry spells and should be as biodiverse as possible, with areas of longer grass, wildflowers and clover.
- Certain edible plants are so easy to grow that it's worth finding space for them, even if you don't have a kitchen garden. Cut-and-come-again salads are among these. Home-grown salads can be sown into pots and prepared beds. They germinate and grow quickly, and you can harvest them using scissors. Leave the parent plants as they will continue to produce new growth.

J Gardner Plant

ALL ASPECTS OF GROUNDWORKS AND LANDSCAPING



Services:

- Fencing • Paving
- Footings • Drainage
- Foundations
- Slabbing • Concreting
- Man & Machine hire
- All landscaping
and more...

Free no obligation quotes
Fully Insured
30 years experience



Call 07973 123329  **Yell.com** 
deene.gardner@yahoo.com



- Slugs and snails can be a big problem at this time of year. You can try to protect vulnerable plants by using nematodes (microscopic parasitic creatures); sprinkling diatomaceous earth (DE) around the stems (use food-grade DE around edible plants); placing sheep's wool pellets on the soil, as these absorb moisture and form a felt-like mat; sprinkling sharp gravel or crushed eggshells around prized plants. Or you can try a good helping of coffee grounds. Where slugs prove to be a huge problem, choose plants they find unpalatable, such as Aquilegia, Astrantia, Bergenia, Crocosmia, Euphorbia, foxgloves, Geum, lavender, Penstemon, rosemary, Veronica, ornamental grasses and shrubby plants.



Sit back, relax and find time to enjoy your garden this month. It really is the very best time to immerse yourself in the blissful space you've created.

COMMUNITY GARDENING GROUP

DON'T KNOW ONE END OF A SPADE FROM ANOTHER?

Whether you do or not, you would be welcome at our friendly community gardening group.

Formed initially as one of Measham Medical Unit's Social Prescribing groups, we aim to offer exercise and social contact as a means to bolster physical and emotional well-being and improve our public spaces at the same time.

We currently look after 3 sites in Measham, meeting on a Monday at 10am, to work until 11.15am or so, when we head to the Age UK Cafe on Measham High St for tea and biscuits. (Own cost : £1)

Some members also tend an allotment in Appleby Magna — organic, zero air miles, fruit and veg!

Call or text Linda on 0745 299 1949.

The big P

Prostate cancer is now the most common cancer in the UK. Here's what men and their loved ones need to know.

WHAT'S YOUR RISK?

One in eight men will get prostate cancer, according to Prostate Cancer UK, and the risk is doubled if you're black. Being older and a family history make you more likely to develop it. If these factors apply to you, it's worth talking to your GP about testing.

WHAT ARE THE SYMPTOMS?

Unfortunately, there often aren't any. However, if you have difficulty starting to pee or emptying your bladder, a weak flow, dribbling urine once you finish, a sudden urge to urinate or you need to go more often, particularly at night, then see your GP. That said, these symptoms are more usually the sign of an enlarged prostate, which is common and not cancer. Blood in urine or semen, bone pain or sudden problems getting or keeping an erection would also ring alarm bells.

HOW CAN YOU TEST?

Your GP can do a PSA blood test to check if you have higher-than-average levels of prostate specific antigen, and a digital rectal examination to check whether your prostate feels hard or lumpy. If, after that, you're referred to a specialist, you may have a multi-parametric MRI scan and a biopsy.

WHAT TREATMENT OPTIONS ARE AVAILABLE?

There are more treatments than ever before. These include monitoring, surgery to remove your prostate, radiotherapy, brachytherapy (where radioactive seeds are implanted in the gland) and hormone

therapy to stop your body producing cancer-feeding testosterone. Chemotherapy, high-intensity focused ultrasound and cryotherapy, which involves freezing cancer cells, are other options. But treatments often have side effects, including urinary incontinence and erectile dysfunction.

WHAT'S NEW IN SCREENING?

There's no screening programme for prostate cancer, as the PSA blood test often gives false positives and false negatives. But the UK National Screening Committee is recommending screening for men between 45 and 61 with a mutation in genes called BRCA1 or BRCA2, which makes them more susceptible to prostate cancer. A new trial, TRANSFORM, has started testing the most promising screening techniques, including PSA blood tests, genetic tests and fast MRI scans, in a bid to find the best way to screen.

WHAT ADVANCES ARE ON THE HORIZON?

AI is emerging as a promising tool in analysing biopsies and MRI scans to improve diagnosis and in improving monitoring for men who have a low-risk cancer. Immunotherapy – using the body's immune system to fight off cancer – could one day revolutionise treatment.

HOW CAN YOU REDUCE YOUR RISK?

The standard advice is to eat healthily, be physically active and not be overweight. Beyond that, studies have found that a vegetarian diet and frequent ejaculation may reduce risk.

For more information, visit:
www.prostatecanceruk.org

charnwood
tree services

Martin Page

YOUR **LOCAL** TREE SURGEON

- ★ Are your trees too tall, blocking light or untidy?
- ★ Do your hedges, conifers or shrubs need trimming?
- ★ Would you like to remove that stubborn stump?

With 30 years of working in your area, I would be pleased to give you free advice and a free quotation

Call me now on **01530 251312**

Constantly Recommended!

I ALSO SELL...
high quality
firewood logs

Fully Insured

ASHBY u3a

Ashby u3a is delighted to host
**Martin Lloyd, with his dramatic talk:
Passports, Assassins, Traitors & Spies.**

Martin is an experienced and popular speaker, travelling throughout the country giving his talks, including this dramatic account of how the actions of a group of assassins brought about a change in the passport regulations; how the unmasking of a spy caused a modification in passport design and how, for one man, the passport itself turned into a killer.

**Come along on 23rd June to
Ashby Congregational Church,
Kilwardby Street, Ashby LE65 2FQ**

Doors open at 1.30pm, for a 2pm start.
Please come along for the presentation and
stop afterwards for a hot drink, biscuits and
chat - members and prospective members
all welcome.

Moira Village Hall Coffee Morning Every Wednesday 10am-12 Noon



Tea or Coffee & a Biscuit £1



Take the no-spend challenge

Resisting the temptation to splash the cash for a short time could help you reset your financial habits.

The “no-spend challenge” sounds like a *TikTok* craze, but it’s a well-established, simple idea: cut out unnecessary spending for a set period.

It’s like a financial version of “Dry January”. There are plenty of reasons to try a no-spend challenge but ultimately it’s about rethinking your financial habits.

A month is a good timescale. It’s short enough to be manageable and keep the end in sight, but long enough to be meaningful. You’ll have to take into account both one-off purchases and more regular expenses that you can do without.

RULES OF ENGAGEMENT

The key is that there are no fixed rules: different people set their own boundaries for what is or isn’t allowed. What matters is you decide guidelines that are right for your situation and then try to stick to them for the length of the challenge. It’s all too easy to justify that one little purchase by redefining your rules midway through. The most extreme version is to literally spend nothing that isn’t essential to your day-to-day life. For example, that could mean cancelling subscriptions to streaming services or walking or taking public transport rather than driving. However, for some people, this approach can be so drastic that it’s almost guaranteed they’ll give up.

A middle-ground approach is to pick a few categories that bring you the most pleasure and merely reduce your spending on these, while cutting out all other optional spending. For example, you could allow yourself a “fun budget” of one expense that’s not strictly necessary, such as a new lipstick, a visit to the cinema or a pint after work.

AIMS OF THE EXERCISE

Ideally, a no-spend challenge should give insight into your spending habits and how much benefit or joy you really get from your usual purchases. Might you simply be spending out of habit?

It’s also a practical way to figure out the real minimum amount you could live on each month if needed. That can help with budgeting emergency funds or let you know how much wiggle room you have for new financial commitments. It can even help you decide if a career change or becoming self-employed is viable.

There’s some spending you should never cut out. Always keep up with debt repayments, child support payments, insurance payments and other financial commitments. Think carefully about how taking the challenge affects anyone financially dependent on you. While it’s not necessarily a bad idea for your kids to think about the value of money, make sure you aren’t causing any genuine suffering to anyone else.

You don't have to advertise in **The Village Breeze** to be seen in it (although we would like you to). Instead, drive your business forward with a **targeted leaflet campaign**.



Tried & Tested - Advertisers & Groups use **The Village Breeze** - because it works!

The Village Breeze has been published for over 10 years and is distributed free to **8,000** local homes and businesses every month.

You won't find a better way to reach a truly local audience.

Leaflet / Menu delivery prices start from as little as £45 per 1,000.

We deliver monthly to Appleby Magna, Donisthorpe, Linton, Measham, Moira, Oakthorpe and Overseal.

If you're looking for more local customers then why not try our low cost, highly effective magazine.

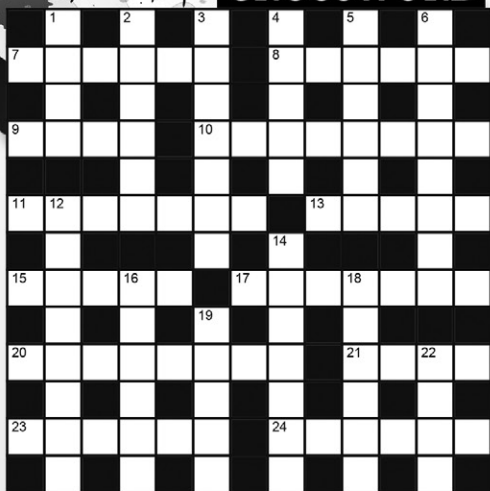
We have happy customers who have been with us for years, some since our very first issue.

To find out more about our **leaflet/menu distribution service** or **advertising** in The Village Breeze please call Sheila on **0753 441 3055** or email **info@thevillagebreeze.co.uk**

Coffee BREAK



CROSSWORD



ACROSS

- 7 Type of fruit (6)
- 8 Astute (6)
- 9 Encounter (4)
- 10 Fluttering (8)
- 11 Diary (7)
- 13 Honestly (5)
- 15 Regularly (5)
- 17 Nearest (7)
- 20 Pupils (8)
- 21 Encourage (4)
- 23 Chortles (6)
- 24 Four score (6)

DOWN

- 1 Very unusual (4)
- 2 Repartee (6)
- 3 Central (7)
- 4 Customary (5)
- 5 Correct (6)
- 6 Diminishes (8)

DOWN cont.,

- 12 Formal (8)
- 14 Clutched (7)
- 16 Sufficient (6)
- 18 Smear (6)
- 19 Fake (5)
- 22 Barrier (4)

Each letter in this puzzle is represented by a number between 1 and 26. The codes for three letters are shown. As you find the letters enter them in the box below.

CODEWORD

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26		

SUDOKU

1			6		9			
	2	8	4				6	
7			5					
		2						
8	9						3	7
					4			
					4			3
	5				6	9	2	
			1		7			5



CROSSWORD...

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

SUDOKU...



CODEWORD...

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

ANSWERS...

5	6	22	22	18	21		16	1	4	14	18	7
6		7		26		16		4		17		18
14	11	15	20	5	4	4		14	13	19	25	25
13		8		18		20		18		18		19
4	16	18	15	24		25	15	7	20	18	7	14
1				14		4				8		18
	6	24	13	18	7	7	19	5	13	18	21	
15		18				13		15				18
25	4	7	20	19	1	15		24	18	2	18	7
25		3		24		9		16		7		15
15	9	4	19	13		1	18	15	21	18	7	14
6		19		6		12		10		16		18
7	18	14	19	1	13		23	18	7	10	18	21



General Building and Roofing work undertaken

- UPVC Fascias, Soffits, Guttering & Downpipes
- Dry Verge Endcaps
- Dry Ridge Roof Systems
- Repointing Chimneys
- Replacements of Tiles
- Also New Roofs if Needed
- Company with Public Liability Insurance
- All Work Guaranteed



**GET YOUR GUTTERING CLEANED OUT
PRICES START FROM £65**



Freephone: 0800 054 6226

Tel: 01530 542042 Mobile: 07903 128941

Email: info@premiumroofinglimited.co.uk

Website: www.premiumroofinglimited.co.uk

5 Bodkin Row, Measham Road, Oakthorpe, Swadlincote, DE12 7RQ



Rightio Plumbers

01283 599 001

We cover all of **Burton** including **Appleby Magna, Donisthorpe, Measham, Snarestone** and **all surrounding areas**.

- ✓ Fast Response
- ✓ All Work Guaranteed
- ✓ Highly Experienced
- ✓ Clear Pricing

OUR SERVICES

- ✓ Boiler Breakdowns
- ✓ Boiler Servicing
- ✓ Radiators & Pipes
- ✓ Tanks & Cylinders
- ✓ Toilets & Taps
- ✓ Leaks & Bursts
- ✓ Showers
- ✓ Clearing Blockages
- ✓ Gas Safe Certified
- ✓ Pipework Replacement

▶ **12 Month** ◀
Guarantee
on labour!
Excludes blockages

▶ **OAP** ◀
Discount
Available upon
request at time
of booking
Subject to Eligibility

▶ **1-2 Hour** ◀
Response
time!



650921