

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 151– August 2019



Presidents Message

What a wonderful successful day for Syston bowling club on Tuesday 30th July. The county fixture between Leicestershire and Herefordshire was a brilliant day for our Club and even the rain showers couldn't spoil the atmosphere.

There are a lot of thank you's to be handed out to those club members who helped make the day a success. The kitchen staff led by Hazel were kept busy all day and provided a wonderful meal which was appreciated by everyone and judging by the comments from Hereford players on my table it was better than most clubs provide. Also, a big thank you to those members who helped clear the tables and wash up.

A big thank you to the bar staff led by Ken who organised the drinks for each table so no one was kept waiting at the bar. A huge thank you to those who set out the green and cleared it after the match in pouring rain. There were numerous comments on how good it looked from the players of both teams when they arrived, thanks to Martin and his team and thanks to Tony Peveral from Fosse bowls club for the loan of 2 pushers.

The car parking organised by Colin went extremely well and thank you to Catherine Voyce and the Syston Town Council for permission to use the park for the coach and cars. Thank you to Colin for the raffle which was very successful and added to the club funds. Thanks to those who provided the prizes. Thanks, and well done to our Chairman George for organising the members tasks for the day, very efficient as ever.

The green played extremely well despite the rain and the comments from both sets of players were very complimentary, one of the more established Hereford players said it was the best green he had ever played on.

I felt very proud to be President of the Club and proud of all those members who made the day so successful. To say I enjoyed the day would be a huge understatement, I have never felt so proud to be associated with such a dedicated bunch as you lot. If I have left anyone out please accept my apologies and thanks.

A great team effort, thank you all.

Pete Murray



Pete played on the day looking very smart in his shirt

Thank you to all who helped with the very successful County Game.

What support, SBC members all over the place carrying out their prescribed duties impeccably, we had help from one of our longest serving members and his wife, and one of our newest members.

Without your support it would have been impossible.

Chairman George Dodge



GARDENING in August

There are plenty of pleasant jobs to be tackled during the next few weeks, like planting and propagating, but these are tasks that you can be relaxed about as there is not the same sense of urgency as there is in spring.

Late summer and early autumn is a good time for gardening, for although the bright flowers of summer may have passed their peak, the weather is still pleasant enough to enjoy work outdoors, with most of your holidays probably behind you, you can turn your attention to the garden with new enthusiasm, and plan for spring.

There are some bulbs in the shops now, but it makes sense to delay the main planting until the summer bedding has run its course, there will be months without much colour so don't cut it short prematurely. Concentrate on keeping the garden looking smart by keeping the lawn trimmed and beds and borders hoed.

Most spring-flowering bulbs can be planted during the next 2 months, but don't forget label them and mark their positions in the beds if you are likely to plant new shrubs or winter flowering bedding.

There are some bulbs, however, that should be planted promptly.

Plant bulbs now for in door mid-winter colour, these of course are the prepared hyacinths (specially treated to flower very early) that start to appear in the shops about now. Plant them as soon as possible if you want flowers in mid-winter. If you are using ordinary pots any peat or loam compost will do but choose a special bulb fibre if you are using a bowl without drainage holes... An odd number of bulbs look best - three or five.

Plant the bulbs with their noses just showing above the compost, then put them in a cool, dark place (ideally in a cool, shady spot in the garden). Cover with moist compost. Bring them indoors after about six weeks or when the shoots are about 2" high and keep in a cool position for about a week. Move to a warm, light position for flowering.

You can also bring on tulips such as "Christmas Marvel" for winter flowering. Prepare in the same way, and plant 14-15 weeks before you want them to flower.

Autumn flowering bulbs should be planted promptly, as these will rot quickly if left unplanted for too long. Two well worth considering for autumn are the autumn crocuses and lily of the field which look like a yellow spring crocus. Colchicums look like huge crocuses, and some are double flowered. Both plants will do well on most well drained soils, they prefer full sun or part shade. Among spring flowering bulbs that are best planted soon are erythroniums, snowdrops and winter aconites. Snowdrops need no introduction, but both erythroniums and winter Aconites deserve to be more widely grown. Both prefer semi shade and do well grow beneath deciduous trees. The most popular erythronium is the dog's tooth violet, which has delicate nodding flowers, usually in shades of lilac. The winter flowering Aconite is an early flowering ground hugger with yellow flowers backed by a ruff of leaf-like bracts. Soak Aconite tubers overnight before planting

When planting your garden type bulbs, you should plant your bulbs at a depth of 3 X's their height (the height of the bulb) into the ground, plant them in groups, and in odd numbers, with Daff's at 3" apart and crocuses about 1.5" apart. Don't forget to mark the position of the bulb before you cover them up.

If you want to plant bulbs in your lawn, you should use 'Nature bulbs' these grow slightly shorter in height, but are earlier to bloom and therefore die off sooner, so that you can cut your lawn earlier than with ordinary bulbs.

Borders can look untidy at this time and detract from the plants still blooming. Remove supports used for plants that have now been cut back, but keep dead heading and liquid feed your remaining plants. Check for pests and diseases and take off and destroy leaves. Hoe to keep down weeds and improve appearances, and pick up the dead leaves. For those taller plants that are still flowering it is important to check that stakes or supports are firm and plants tied to them, as from now on strong winds are common and plants with a lot of leaf growth, like dahlias, can be badly damaged if not staked, some chrysanthemums may also need staking.

Take cuttings of shrubs, choose none flowering shoots.

Once rambling roses have finished flowering you can make a start on pruning out the old canes. Remove them all if enough new stems have appeared at or near the ground level. Where young growth is thin, you should retain the best of the old stems. Prune others back to a low vigorous side shoot, and just remove very old or diseased wood. Arrange and tie all stems securely to their supports to prevent damage from winds during autumn and winter. Also cut back and prune Philadelphia, Weigela and other early flowering shrubs.

Try and cultivate new plants from your pruning's, just put them in a plant pot, with good compost in. Dip the ends of the cutting in hormone rooting powder and insert the cuttings at close spacings around the rim of the pot, water in and just keep an eye on them.

Collect seed from flowers you want to propagate including Aquilegia and Foxgloves. These can be sown now if you wish.

Take the opportunity to plant a few bulbs in any large gaps that are available, but don't forget to mark their positions in some way. These bulbs will provide pockets of interest next spring before most of the border perennials have grown large enough to compete for space.

Feed Dahlias and Chrysanthemums with a liquid fertilizer to give them a boost. Granular fertilizers applied to the soil in spring will be losing their effect, and these plants may have many more weeks of flowering to come.

Take the opportunity to check Dahlias for Aphids or Earwig damage, the greenfly or blackfly will be easily seen, holes in the leaves or petals are a sign that earwigs have been at work.

Chris Dodge

HEALTHY EATING

This month: Broad beans and radishes – two more largely underrated foods
With acknowledgements to "Later Life"

Broad beans



Broad beans are not everyone's favourite. Undercooked they can be too hard to enjoy; overcooking can mean they lose their natural flavour and texture. Sometimes the skin is left on and can make the beans chewy. In fact, there are all sorts of reasons why they are not everyone's top choice of vegetable, which is a shame because cooked well they are a wonderfully tasty food and, even better, they are really good for us.

Broad beans come under a species of a flowering plant which belongs to the vetch and pea family. It is a very old vegetable and has been cultivated in the Middle East for well over 5,000 years and perhaps nearer 10,000. Under another name for the same vegetable, fava bean has been found right across early human settlements, even in Egyptian tombs.

The bean spread to the UK early on and has different varieties, with horse bean and field bean versions of broad beans being grown for cattle food.

But for us, the name broad bean is used for a large seeded cultivar that provides very individual kidney shaped beans.

The broad bean plants grow to around 3 or 4 feet (90-120cm) tall with bluish grey-green leaves and white flowers with little black dots. These give way to pods 5-10cm long which contain these lovely broad beans we enjoy.

Broad beans are most reliable in late spring and early summer, when they will appear in farmers' markets and other shops fresh and ready for cooking. Of course, you can also buy them frozen all year.

The beans are especially rich in protein and in fibre. They contain no polyunsaturated fat or monounsaturated fat, and a trace only of saturated fat. They also have zero cholesterol.

So far so good, but what adds to the uniqueness of broad beans is their additional very good content of key vitamins and minerals. Broad beans contain vitamin A, C, D, B-6 and B-12 plus calcium, iron and magnesium. They also contain iron, manganese, phosphorus and folate.

If you have struggled to make them tasty, the key is the cold-water trick. Remove the beans from their pods and boil the beans in a small saucepan of water just for around two minutes or so and then drain. Then place the beans directly into a bowl of cold water. Then you can pop the tender, bright green beans out of the thicker, leather skins and they are ready to add to any recipe or enjoy on their own as a vegetable.

Radishes - Don't forget the radish in your summer salad.



Summer is a time for salads, but while this means lettuce, cucumbers, tomatoes and all the other great vegetables and fruits that are available now, radishes are often near the bottom of the list.

This is a shame as radishes are not only colourful and a great way to decorate salads, but they are also delicious and healthy too.

Their overall lack of popularity may be because of their size; being so small they can be fiddly to cut into little slices or special shapes to add to the salad. But the effort is more than worthwhile.

The name actually comes from the Latin word radix, which means root and it is this part of the plant that we use. There are various types of radish, and can generally be classified into four main types named after when they are harvested.

Summer radishes are a smaller variety and the ones we usually find in our shops. They include a wide range of slightly different types with lovely names such as Cherry Belle, Bunny Tail and White Icicle, determined by lengths, colours, sizes and flavour.

Generally, the flavour is slightly tangy and peppery, and when you buy them they should be firm, with the leaves still attached. Worth noting that smaller radishes are often better; the larger radishes may not be as crisp.

Despite their small size, radishes can add some useful nutrition to your diet. Just half a cup of radish, for instance, can offer about 14 per cent of the recommended daily allowance of vitamin C - such an important antioxidant - yet provides just 12 calories. That means a little radish is the perfect healthy snack.

But on top of vitamin C, radishes also offer lots of other nutrients, albeit in small quantities. They are a good source of vitamin B6, magnesium, riboflavin and calcium and also include levels of potassium, niacin, zinc, phosphorous and manganese.

Also good is that radishes offer a level of fibre. Only 1 gram per half a cup, but it all helps. Recent research also indicated that radish leaves can be really beneficial thanks to their fibre content.

So, these little members of the mustard family and relations of broccoli and cabbage are well worth including in a diet.

Newer on the market are daikon radishes. These larger, long shaped white radishes come from Japan and are especially important in Asian cuisine, hence their growing popularity in the UK. They have a sweeter, milder taste and are often used in kimchi, a fermented vegetable dish, or stir fried

WELCOME TO A NEW PATRON

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We are delighted to welcome a new Club Patron, - East Goscote-based Leicestershire Garden Design Co. led by Jeff Randall who has been invited to make a short presentation at the August Coffee Morning.

We look forward to a long and mutually beneficial relationship

CHELMSFORD TOURISTS TO VISIT

A mixed touring side from Chelmsford (Essex) are to play Syston on Sunday 18th August. Availability sheets for this special fixture have been posted and Members are urged to make themselves available.

WEATHERPROOF JACKETS

A stock sample of a weatherproof jacket is now available for inspection in the clubhouse. Subject to sufficient demand, an order can be placed in readiness for the 2020 Season. The Club jacket design would match that of the Club shirt and the cost is expected to be in the region of £30.

Please inspect the sample and, if you would be interested in buying one, please add your name to the list on the main noticeboard to enable the Board to assess the level of interest and to decide whether it will be cost-effective to place an order.

LOOKING FORWARD

All Members are reminded that a second AGM will be held in October this year – the final element in adjusting to the unification process. This means that all current members of the Board and the Management Committee will be required to resign - with the opportunity to offer themselves for re-election, should they so wish. All Members therefore have the opportunity to put their names forward to serve on the Board or the Management Committee to help to guide the Club through the next stage of its development.

Notices of the AGM and nomination forms will be posted to all Members in due course. Please give serious thought to ways in which YOU might get involved and be prepared to “go that extra mile” to ensure the continuing success of our fine Club.



Picture shows HRH Duke of Gloucester (Centre) flanked by Derek Burdon, Chairman of the Board of Trustees of Syston and District Volunteer Centre (holding commemorative plaque) and Ken Pacey, Chairman of Syston Town Council (on left), surrounded by other Trustees, Staff, Volunteers, family and friends at the presentation of the Queen's Award for Voluntary Service to the Centre on Tuesday 23rd July. The Duke was accompanied by the Lord Lieutenant for

Leicestershire and one of his deputies, David Wyrko, who read out the Royal citation.

VACANCY FOR A REGULATORY COMPLIANCE DIRECTOR

PLEASE CONTACT GEORGE DODGE on 0116 2698923

CLUB ATTRACTS HIGH PRAISE

Leicestershire

Herefordshire



**Dave
Holloway
& Alan Bray**



In spite of heavy rain showers throughout the afternoon, County teams from Leicestershire and Herefordshire managed to complete a close-run bowling fixture on the Club green on Tuesday 30th July. Leicestershire emerged as narrow victors with 113 shots against Herefordshire's 97. Both Captains (David Holloway, Herefordshire, and Alan Bray, Leicestershire – pictured) were full of praise for the quality of our green, which had enabled the match to be concluded in spite of the heavy showers. Lavish praise, too, was expressed for the smooth organisation of the day's programme and for the warm hospitality provided by the Club. The post-match meal provided for all visitors came in for special praise. On behalf of the Club, President Pete Murray thanked the County for selecting Syston to host a County fixture after a gap of many years, expressing the hope that the day's experience would lead to more County fixtures being played on the green of which Syston players were now justifiably proud

SUMMER SMILES!

- The last thing I want to do is hurt you, but it's still on the list.
- A recent study has found that women who carry a little extra weight live longer than the men who mention it.
- If you can stay calm while all around you is chaos then you probably haven't understood the situation.
- We live in a society where Pizza gets to your house before the police.
- Hospitality is making your guests feel like they're at home, even if you wish they were.
- By the time a man realises that his father was right, he has a son who thinks he's wrong.
- Good health is merely the slowest rate at which one can die.
- Love is telling someone to go hell and then worrying about them getting there safely.
- We never really grow up; we only learn how to behave in public.
- The early bird might get a worm, but the second mouse gets the cheese.
- If you're not supposed to eat at night why is there a light in the refrigerator?
- I used to be indecisive, now I'm not sure now.

**QUIZ Answers for July
Flowers & Plants**

1. Foxglove
2. Dandelion
3. Freesia
4. Jasmine
5. Crocus
6. Lilac#
7. Iris
8. Snow in Summer
9. Sweet pea
10. Flox
11. Lily
12. Marigold
13. Corn Flower
14. Lupin
15. Carnation
16. Holy Hock
17. Pansy
18. Snap Dragon
19. Snow Drop
20. Dianthus
21. Stock
22. Wallflower
23. Viola
24. Broom
25. Sweet William
26. Buttercup
27. Rose
28. Cowslip

**The Shop Quiz for August – For Example –
Sounds Like the Old Queen complains- Victoria
Wines**

1. Footwear (5)
2. Italian Food at this cabin (5. 3)
3. Cold Country (7)
4. The old one had farm (9)
5. After you (4)
6. Exceptionally good medicine
7. Indian Takeaways (6)
8. No1 Store (3. 4)
9. Fresh Glance (3. 4)
10. Coin Elastic (14)
11. Speedy join (4.3)
12. MINOR ROSS (anagram)
13. Mum will look after (10)
14. Moisten the pebbles (11)
15. Sounds like an insect waiting in line (1.1.1)
16. SAYIS BURNS (Anagram)
17. A prickle and heavyweights for a sweet
treat here (9)
18. Rainy season
19. BEND SHAME (Anagram)
20. Rug for Alda (7)
21. Do they sell corpses here (3.4.4)
22. Mr Clarey's burial places (6.6)
23. Backward mate (4)
24. Sounds like you gain entry or lift up (11)
25. SO RAG (Anagram)
26. Sounds like a prudish dwelling for Noah (7)
27. Sight Train (6. 7)
28. Messrs Thaw & Hamilton (4.5)
29. Looks like a stand of amateur actors (8)
30. Valves of yarn (10)

SYSTON FAYRE

Is being held on Saturday 31st August 2019.

We have two stalls booked. One will be hopefully for cakes and the other Bric a Brac.

We will need donations from members and help will be required on the day.

A notice will be put up on the board in the club house.

Marilyn Wood, Bev Wright and Pauline Wright have reached day two of the Two Wood Triples competition.

This takes place on Monday 19th August at the Hart Fleckney.

A notice will be put up on the county board in the ladies changing room.

Val Foreman

What would you do?

Imagine you have agreed to act as marker in the 4-wood singles final between 2 evenly matched very competitive and not so friendly rivals.

The lead changes hands constantly throughout the final and during the game you are faced with making the following decisions:

Q1: Player A bowls the first wood on the 6th end and it touches the jack before dropping into the ditch. The jack goes close to the edge of the ditch, but remains on the green. You mark the toucher and play continues until the final wood is about to be bowled by **Player B**. At this point **Player A** holds shot with **Player B** holding second wood.

Before bowling the last wood however **Player B** notices that the remaining wood is one of **Player A** and not in fact his own.

Upon further investigation it transpires that toucher in the ditch is in fact his wood, which was bowled by **Player A**.

What is your decision in this scenario?

Q2: On the 15th end **Player B** rolls the jack and it goes in the ditch. **Player A** then rolls the jack and it hits the bank behind the ditch and bounces back on to the rink approximately 4 metres from the ditch.

What is your decision?

Q3: At the conclusion of the 20th end **Player A** leads by one shot. After all the woods have been bowled on the 21st and final end **Player B** clearly holds one shot and the players request a measure for a possible 2nd, which if confirmed gives the championship to **Player B**.

You as marker agree **Player B** has in fact scored 2 shots, but **Player A** will not accept your decision despite having it measured several times by yourself and the players.

What is your decision

The answers to these questions are shown on another page.

Monday Afternoon Matches

We are not doing so well as we should be. We are now in a relegation battle, after losing the last three matches. First, we lost to the Sand's (**Birstall**) 65 to 41, losing all eight points. Next we lost to the Maggie's (**St Margaret's**) 43 to 59 1 point to us and 7 to them. Then we lost to the Weavers (**Quorn**) 55 to 37 6 points to them and points 2 to us. We now have three games left to try and avoid relegation. Whatever team I pick I know they will try and do their best; the team spirit is still very much alive.

Dave Hudson

Wymeswold Wednesday Mixed Triples League Division 1

Added to these results we have 8 points to add against the Wymeswold Blues. This was a great result against a strong blues side. Also, the postponed game at Lount was played on the Thursday 1st August. We played against 2 rinks taking 4 points. One winning rink plus 2 points for them not fielding 3 rinks. It would be great if we could get someone to organise another squad of players, as there are vacancies in division 2. It has brought on a number of our players and would be a great chance for more players

Team	P	W	L	Rink Draw	Shots Win	Shots Draw	For	A	Total Points
Spshd	14	31	8	3	14	0	831	568	93
Wymes	14	28	12	2	9	0	757	606	76
Brush	15	22	18	2	8	0	678	719	62
Gotham	15	18	21	6	9	0	748	724	60
Thring	15	21	20	6	6	0	753	749	58
Syston	14	21	18	3	6	0	709	726	57
Lount	14	18	17	7	3	0	706	716	49
Keg	15	17	26	2	6	0	661	838	48
Leake	14	11	27	4	6	0	665	737	38
Coalville	14	12	29	1	4	0	630	776	33

Ken Renshaw

The next Coffee Morning is Saturday 14th September 2019

Message from the Editor

Thanks to everyone for their contributions to this edition.

Please continue to provide me with regular updates of club activities, by email, as a Word document.

SYSTON BOWLING CLUB

All Communications should be addressed to the Chairman of the Board of Directors

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ANSWERS to the Questions

Q1: Player B's wood in the ditch should be exchanged with the remaining wood in order for **Player B** to bowl his own wood. **Player A's** wood now in the ditch should be chalked as a toucher.

Q2: A jack when being set at the start of an end and rebounding off the bank onto the green and remaining within the boundary markers should technically be classed as dead and should be centred and placed 2 metres from the ditch. Player B bowls the first wood of this end.

Q3: In the event of a dispute the marker should call an umpire or a neutral person to determine the result of the end. The decision of the umpire or neutral person is final and not subject to challenge by the players. The players do not have any input or influence on who the marker appoints as the neutral decision maker.

NB In the event of a drawn singles game after 21 ends have been played the toss of a coin shall determine who sets the jack on the 22nd end. Should this end be tied or classed as a dead end then the toss of a coin shall again determine who has the choice of setting the jack ie: himself or his opponent

Martin Warner

SEMI FINALS MATCHES

Ken Renshaw v Gerry Kennell

A game of tactics game moving the Jack back and so on. Ken managed to take to take the match on the last end, being 21-17 to Ken

Derek Renshaw v Rolf Meyer

Derek started well, but then Rolf made a comeback, with the match being won on the last end being 20 – 20 Derek pushed Rolf off the shot on the last end, being 20-21.

This makes a Renshaw final !!!!.

Please come along and support the Finals Competitions during the weekend of the 7th & 8th September

Derek Renshaw

Lucky Winners July and August are Janet Gamble (31) - Alan Ward (3) –
Peter Adams (32) – Chris Biddles (12)

Congratulations to the winners!!!

I like the moral of this story, by an unknown author, I hope you do too!

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream,

I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

"That's because I have known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

For two years I have been able to pick these beautiful flowers to decorate the table

Without you being just the way, you are, there would not be this beauty to grace the house.

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

You've just got to take each person for what they are and look for the good in them.

SO, to all of my cracked pot friends, have a great day and remember to smell the flowers on your side of the path.

**HAPPY
BIRTHDAY to.....**



**Scott Wright
Geoff Heath
Dawn Varnham
Beryl Gent
Josie Hubbard
Gerry Kennell
John Lamble
Chris Biddles
Linda Brown
Joan Hewitt**

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