

the SYSTON GREEN

Official Newsletter of the Syston Bowling Club

No 152– September 2019



Presidents Message

. We have had a very busy four weeks. The Open day was a bit of a wash out, although we did manage to pick up two new players, Ivan and Steve Jordon. A big thank you to those who turned up to help on the day.

Congratulations to Marilyn Wood, Pauline Wright and Bev Wright on reaching the quarter finals of the County 2 wood triples. Congratulations also to George Stone for getting the Green & Royals promoted in the Loughborough triples league.

I would like to take this opportunity to thank Sheila Parker for donating £20 pounds to the club funds. I would like to thank everyone who came to the Presidents Day for making it a huge success. I'm sure everyone who attended enjoyed themselves. I would like to thank Kate Williams for donating a bottle of brandy for the spider, which was won by Ken Sewell who was a guest from Fosseyway Bowling Club. The money obtained from the spider will be donated to the Visually Impaired Bowls England to help send a team of visually impaired bowlers to the World Championships in Australia.

A big thank you to Hazel Renshaw for the catering and Sheila Aindow for helping in the kitchen and providing a choice of cakes. A further thank you to Roger Bentley for donating a bottle of whisky. I would also like to give a big thank you to Club Captain, Gary Kilbourne for selecting the 2 teams on the day, Captain v President and for his work during the day. I trust everyone enjoyed the entertainment provided by Kerry Jean

The club's Finals Weekend was another success. Congratulations to the winners and commiserations to the runners up, there is always next year.

Please make a note in your diaries for the Presentation Night on October 11th

Finally enjoy the rest of the season

Pete Murray



GARDENING in September

Keep borders free of leaves and weeds as much as possible, this not only improves the appearance of your garden, it also helps garden hygiene. Weeds allowed to grow and overwinter will not only create a problem for next year, but may act as hosts to pests and diseases, as many live on weeds as well as ornamental plants.

Flowerheads left to rot on a plant invite the spores of diseases to germinate, also dead leaves and litter provide ideal hiding places for slugs and other pests.

Tender perennials such as pelargoniums, marguerites, fuchsias and osteospermums are likely to be hit by frost in the near future so watch the weather forecasts. To keep them safe, pot up and place in a greenhouse, conservatory, or any other frost-free place. Also take cuttings from the parent plants, dipping them first into a fungicide and hormone solution. This is not necessary for pelargoniums (geraniums). Use a cuttings compost or make your own using equal parts of sieved compost and vermiculite. Arrange the cuttings around the edge of a 4" pot or use the small modules, one for each cutting, don't over water, but don't let them dry out. By the end of February give them a liquid feed and they should be ready for planting out in early June. Dahlias can be left until first frosts, dig them up and shake off the soil and tip the tubers upside down to drain. After a few days pack in a box containing dry compost or sand and keep in a cool place indoors.

Perennials and deciduous shrubs can be moved now, and evergreen shrubs in October. Revive soil by working in a general fertiliser or chicken pellets in the area to be planted. Large clumps of perennials can be divided now, use the young growth on the outside of the plant and discard the woody centres.

Spring bedding should be planted as soon as possible, so they have a chance to become well established before the cold weather arrives. Although beds of a single kind of plant can be very effective, do not be afraid to try mixing different kinds, such as wallflowers and forget-me-nots, to add variety and extend the season of interest. Try interplanting with bulbs for more colour.

Clear the bed of any remaining summer bedding, then lightly fork over the ground. Deep digging is not necessary and you don't need to add compost. Make sure all weeds are removed, then rake the ground level, add a sprinkling of bone meal, but do not use fertilizer containing a lot of nitrogen. Space out the plants on the ground before planting, so that you know you have enough for the area. Allow extra spacing if planting more than one kind. Lay the next kind of plant in position on the soil such as forget-me-nots between wallflowers. Plant them with a trowel and firm them in with the hands, remove any foot marks as you go, unless bulbs still have to be planted.

Spring bulbs can now be planted (except tulips - these should be left until early November if possible, to guard against slug damage and fungus disease, tulip fire). Each year there are more varieties to choose from. It is essential to plant them at the right depth, as shown on the packet, as shallow planting can lead them to go blind after the first year. If planting in the border, make sure you mark the area so as not to accidentally dig them up when working, or pot them up and plunge the pots into compost until the tips poke through in the spring. Make sure you plant them deeply so that you bury the white part of the stem that was covered with compost. If you want bulbs to give a very early showing you could plant some bulbs in deep pots, then put them in the green house or conservatory to bring them on, then when the tips start to show, put them outside for a day at a time for, say, 5 days, to harden them off, then bury the pots in the garden, this will give your flowers a good 5 to 6 weeks earlier. Your friends and neighbours will be amazed at your showing.

Chris Dodge

VACANCY FOR A REGULATORY COMPLIANCE DIRECTOR

PLEASE CONTACT GEORGE DODGE on 0116 2698923

Thank You Martin

Martin Warner has been our Green Ranger for some time, and has done an exceptional job in looking after the extensive remodelling of the green surrounds keeping the green neat and tidy liaising with the Green Machine to make sure the green is in tip top condition

Throughout his term as Green Ranger he has shown great fortitude in his diligence to get it right, and his ability to motivate his team of willing helpers, who we thank most sincerely.

He has done all this with enthusiasm and care for detail and the end result is enviable.

As a Director Martin has been professional and forthright putting his views forward and full of the right information and reasoning.

Martin has now sold his home and can go ahead with his new project of house renovation, which will obviously take up much of his time.

We wish him well in his new venture, thanks again Martin.

This leaves the club without a Green Ranger, so if anyone would like this rewarding position, please contact **George Dodge**

A huge thank you to Martin, Rod Heggs and Dave Hudson and anyone else who has helped in the preparation of the grounds for the and Presidents Day and the competitions at the weekend.

Derek Renshaw

A few wise words.

These from Jayne Morris.

We can learn a lot from children.

We need to take more time to be playful and enjoy simple things.

Or a Zen proverb

Knowledge is learning something every day.

Wisdom is letting go of something every day.

And Confucius he says

It doesn't matter how slowly you go, as long as you don't stop.

Or from Horace

While were talking, envious time is fleeting:

seize the day,

put no trust in the future

From George Dodge

The Dates for the Social Calender for 2019/20

Events to be confirmed

- Presentation Evening (11th October)
- 12th October
- 9th November
- 4th January
- 8th February
- 21st March

Wymeswold Wednesday Mixed Triples League Division 1

Team	P	W	L	Rink Draw	Shots Win	Shots Draw	For	A	Shots Diff	Total Points
Spshd	18	34	16	4	15	0	942	669	273	102
Wymes	18	31	21	2	10	0	854	697	157	84
Gotham	18	22	26	6	10	0	879	866	13	70
Thring	18	26	27	4	7	0	913	897	16	70
Syston	18	26	25	3	7	0	839	873	-34	69
Brush	18	23	28	3	9	0	729	769	-40	67
Kegworth	18	22	30	2	8	0	770	918	-148	62
Leake	18	19	31	4	9	0	834	847	-13	60
Lount	18	19	28	7	4	0	781	808	-27	53
Coalville	18	12	41	1	4	0	733	951	-218	33

Well another season draws to an end our last league game done. I could not have asked for more.

I got a little excited mid game, as we started to gel together, after a shaky start.

This was mainly due to playing settled sides. I would like again to thank all players involved finishing mid table on our promotion from last year. A very big thank you to Jenny and Paul Dewick for providing us with such wonderful food, something we looked forward to

Ken Renshaw

Monday Morning Melton Indoor Bowls

I am pleased to confirm that John Lambie will be running these sessions again this year and has booked 4 rinks for Monday the 30th September. Please be there by 11.15 am, so that John has plenty of time to organise the teams.

Green & Royals

Results for this season

I would like to thank all who played for the team and gained promotion to Division 3. We had good hard battle with a small squad, but in the end, we succeeded.

Well Done Everybody

Won 8, Drawn 1, Lost 3, Shots For 660, Shots Against 561.

Captain George Stone

Market Overton Gala Triples Gala

On Sunday 1st September 2 teams from Syston Bowling Club entered the Market Overton Triples Gala. The teams of Andy Savage, Martin Warner and Ken Renshaw. Marilyn and Ray Wood and George Stone. An enjoyable day was had by all. Good weather, food and company. The team of Marilyn, Ray Wood and George Stone were runners up each winning £15 as their prize.

Marilyn Wood

Another year in which we experienced a disappointing number of entries to Club Competitions. Consideration is now being given to introducing next Season one Triples competition into which **ALL** playing Members will be automatically entered, with the opening Rounds being played in place of Home games on a Saturday. Planning is at an early stage but comments from Members on the idea would be welcomed at the AGM in October.

It is the belief of the Management Committee that once Members have experienced a game or games under competition conditions, they will be given the confidence to enter more in the years ahead.

Back to this year, please note that Prize Presentation Night will be held on Friday 11th October and will not be combined, as advertised, with the Club AGM. Please watch the Noticeboards for further details in due course.

COMPETITIONS

Congratulations to the Green and Royals who achieved promotion from Division 4 after finishing the Season second only a single point behind Loughborough Phoenix Kingfishers. Sadly, after a disappointing Season, White Plums suffered relegation from Division 2 which means that both Syston teams will play in the same Division next Season.

Best wishes

COLIN

Competition Finals Results 2019

Saturday 7th September

Aussie Pairs

Andy Savage & Dave Anderton v Geoff Ellis & Tyler Johnson

Winners: Andy Savage & Dave Anderton

Men's 2 Woods Singles

Gerry Kendell v Pete Murray

Winner: Pete Murray

Ladies 4 Wood Singles

Julie Warrington v Marilyn Wood

Winner: Marilyn Wood

Men's 4 Woods Singles

Ken Renshaw v Derek Renshaw

Winner: Ken Renshaw

Maidens

Brian Arnold v Madlin

Winner: Brian Madlin

3 Woods Triples

Bev Wright & Pauline Wright & Tyler Johnson

v Andy Savage & Dave Dudson & Rod Heggs

Winners: Andy Savage, Dave Hudson & Rod Heggs

SUNDAY 8th September

Ladies 2 Woods Singles

Julie Warrington v Marilyn Wood

Winner: Marilyn Wood

Men's 2 Woods Pairs

Ken Renshaw & Martin Warner v Derek Renshaw & Geoff Ellis

Winners: Ken Renshaw & Martin Warner

Champion of Champions

Ken Renshaw v Marilyn Wood

Winner: Marilyn Wood

4 Wood Pairs

Derek Renshaw & Pete Murray v Andy Savage & Jan Holmes

Winners: Derek Renshaw & Pete Murray

Sue Renshaw

Mid-Week Matches

I would like to thank all the players who have given me their support throughout the bowling season. I know we lost more games than were won, but I hope you all enjoyed the season. I have enjoyed being your captain and without the support you have given me my job as captain would have been more difficult. Also, a very big thank you to Maureen for buying and preparing the refreshments and to the ladies who assisted in the kitchen with her.

So once again thank you

Stan Page

HEALTHY EATING

This month: The dangers of uncooked foods

With acknowledgements to "Later Life"

Some raw food can be dangerous



Healthy eating, don't overcook, fresh and raw food have maximum nutrients.... we are inundated with advice now on what we should eat to keep healthy and fit.

Amongst all this information some of us have gained a perception that raw food is best – "Add fresh broccoli and spinach with orange juice in your juicer for a really healthy drink" - and so on.

But there are quite a few foods which really should not be eaten raw. Some simply need to be cooked for a better taste or to release key nutrients. Others can upset your digestive system. In some cases, raw food can actually be poisonous, although after cooking it is fine and nutritious.

Vegetable smoothies are very popular

When cooking is best

Tomatoes taste great raw but take a little extra time and cook them first, and you will find they offer much better nutrition. We can absorb far more of the tomatoes' healthy cancer fighting lycopene from cooked tomatoes than fresh ones. Raw

asparagus isn't particularly easy to eat anyway, but cooking this vegetable first again helps the body to absorb more of its nutrients. **Spinach** is another example of the benefits of cooking. Often, we add spinach leaves to salad and, of course, this is very healthy. When you cook or wilt the spinach first, however, it will provide higher levels of calcium, iron and magnesium than when eaten in its raw state.

Mushrooms come into this category; they can be eaten raw but cook them first and they will provide higher levels of their valuable potassium.

Sometimes food is best cooked simply to aid digestion rather than to provide better nutrients. **Brussels sprouts** can cause a lot of gas and bloating if eaten raw and cooking makes them much easier and tastier to eat anyway.

Cruciferous vegetables, including **broccoli** and **cauliflower**, are best avoided in their raw state for the same reasons. They can be very hard to digest and for people with digestive problems, they definitely should be avoided in their uncooked state.

Some foods, if consumed raw, are downright poisonous! **South American yucca root vegetable** is now growing in popularity in the UK, but it needs to be treated properly. While the vegetable itself is packed with vitamins and minerals, its leaves and roots contain cyanogenic glycosides. These are chemicals that release the very poisonous cyanide of Agatha Christie stories, so definitely something to be avoided! Yucca needs to be washed, rinsed, peeled and properly cooked before it is eaten.

Today it is common to buy **kidney beans**, that favourite ingredient of chilli, in tins, already prepared and ready for use. Red kidney beans are packed with protein, fibre and antioxidants, but raw kidney beans also contain phytohemagglutinin, a toxin which causes discomfort and symptoms similar to food poisoning. If you are cooking your own kidney beans, make sure they are boiled vigorously for at least ten minutes before serving.

Lima beans, like the yucca, also contain cyanogenic glycosides, so cooking is essential here too.

Potatoes are not something you would want to eat raw, and a good thing too. They contain a number of toxins and also items called anti-nutrients that can cause harm. The starch in potatoes can also cause severe digestive discomfort, a problem eliminated with cooking. Interestingly, potatoes also contain low levels of solanine. This protects the potatoes from insects and bacteria but is toxic to humans. When potatoes are exposed to sunlight, they can produce much more solanine, turning them green. This is why people can be warned against buying or eating green potatoes.

Uncooked **aubergines** also contain solanine, but frankly the idea eating raw aubergine isn't particularly appealing.

What could be better than **fresh milk**? Well, pasteurised milk! Milk that is fresh from a cow can contain E. coli and salmonella. This is the same reason that people are advised against eating **raw eggs**, although the risk is low and an uncooked egg is rich in high quality protein, healthy fats, vitamins and minerals.

Licking around the mixing bowl once the cake is in the oven is often a treat for children although probably not the best idea because, along with the eggs there will be uncooked **flour** in the mix. Flour, in its long journey from the field to the supermarket, may have come into contact with pathogens such as E. coli which again will be destroyed by cooking. The risk is low but it exists.

Rhubarb leaves contain high levels of oxalic acid, a toxin that can cause kidney damage. In all fairness, one would have to eat quite a lot of leaves to have a problem, but it is nevertheless interesting. Amazingly the **seeds of apples, peaches, pears** and **apricots** all contain a chemical that can turn into a cyanide toxin. This isn't a cause of concern though. One would have to eat at least a cup full of ground seeds before there was any effect on the body.

Generally, today, the food we can buy and eat is incredibly safe. However, while over-cooking can definitely remove some key nutrients, eating certain foods raw is clearly not a good idea either.

WEATHERPROOF JACKETS

It would appear that there is sufficient demand for the purchase of weatherproof jackets. Discussions are now taking place with suppliers based on a revised design which will see maroon replacing the dark blue sleeves on the sample with collar and cuffs featuring the maroon and yellow of our Club shirt. Side panels in yellow, as on the sample, will be included. Orders will be placed during the close Season with supplies being ready in plenty of time for the opening of the 2020 Season. Start saving your pennies! A jacket could make an excellent Christmas/birthday suggestion

SPORTSMANSHIP

While exploiting perceived weaknesses in your opponent might be acceptable, even necessary, in competitive matches such as League games and competitions, attitudes in friendly fixtures are a different proposition.

It is sad to see consistently long jacks being employed in friendly matches when it is apparent, for whatever reason, that some players are finding it extremely uncomfortable to reach such lengths. Under such circumstances, sportsmanship should come into play and at least a number of shorter jacks should be employed to enable everyone in a friendly fixture to gain enjoyment from the game. No purpose whatsoever can be served by the selfish exclusion of an interested player from enjoying the chance to make a contribution to the match and in causing such a player embarrassment and/or distress by their obvious weakness.

It was most heartening at a recent match at Thringstone to observe the Home team, without prompting, voluntarily following this sportsmanship policy. While all players were able comfortably to take part in the match, the concession to weaker players did not stop our hosts recording a resounding victory - while earning a deal of respect.

CLOSE SEASON PROGRAMME

How time flies! Sadly, this edition will be the last in the current Season. Be not downhearted, however! The Club will remain "active" throughout the Winter months.

All Members ought to have already received the preliminary notice of the Club AGM to be held on Friday 18th October when elections will be held for all members of the Board of Directors and members of the Management Committee.

Hazel Renshaw will be publishing details of a regular programme of Friday/Saturday evening social activities featuring some regular favourites and, no doubt, one or two new ideas.

Weekly Wednesday afternoon socials, including a Pub Quiz, will again be open to all.

Indoor bowling at Melton will take place from 11.15 a.m. to 2.00 p.m. every Monday.

The Art Group will continue throughout the period.

Coffee Mornings, including a raffle, will continue on the second Saturday of each month, starting at 10.00 a.m. with copies of this Newsletter being distributed and winners of the 59 Club presented with their winnings.

A Christmas lunch and a New Year Party will once again be organised.

In a new initiative, Maureen Page has kindly undertaken to organise lunches on Friday 15th November, Thursday 12th December, Friday 17th January, Thursday 13th February and Friday 20th March.

All Members are urged to lend support to these activities. Please continue to visit the clubhouse on a regular basis to check the noticeboard for full details of each event.

These carefully planned events help to keep Members in touch and to sustain the Club spirit throughout the darker months of the year. Revenues raised help to keep our membership subscriptions at a reasonable level and contribute to the funds required to keep the clubhouse and green in top quality condition. Please demonstrate your appreciation of all the hard work put in by organisers of the various events by lending support to those which you find attractive.

Each event is open to family and friends, so please feel free to bring them along to join in the fun

Colin Grimes

Friday November 15th 2019
7.30pm / 10.30pm



TRAD JAZZ



Matt Palmer

Millennium Eagle Jazz Band

Tickets £10 to include Hot Supper

Contact Janice

for Tickets

01664424813 or 079313252



Preparing for the 100-year life

Rising longevity is a big challenge facing our society, but one that can be managed with foresight and planning.

The German Chancellor, Otto von Bismarck, introduced the world's first state pension in the 1880s. You had to be 70 years old – and the expectation was that you would only live a few years after that to collect it.

Bismarck designed the system in a very different world. Today, many of us can expect to live well beyond 70. A recent study by UBS found that around a third of wealthy individuals in the UK are confident about living to 100 (UBS Investor Watch, 2018).

Yet many are anxious about the financial implications of extended old age. Retirement is fast becoming about not living too long rather than dying too soon; about not outliving our financial security.

In response, people are already considering working past the traditional retirement ages. For the first time in UK history, there are more than 10 million people aged over 50 in employment (Office for National Statistics, UK labour market: January 2019), and with the State Pension age rising, the number of older workers is expected to keep growing.

For many, continuing in the workforce is about job satisfaction, having a purpose, or a way of 'giving back'. For others, it is about maintaining physical, emotional and cognitive health, plus, of course, financial security. Whatever the motivation, longevity is changing how we think about work, retirement, lifelong learning and reskilling.

Rising life expectancy is also making us reconsider the right time to access pension savings. In the past, middle age was deemed to start in one's 30s. Nowadays, middle age doesn't start until 45 or 50. If this is the case, then the traditional retirement ages of the past are outdated and drawing on a pension at 60 or 65 may be too early.

Hidden within the life expectancy puzzle is the fact that our longer lives won't necessarily be all in good health. This needs to be taken into account when preparing for the 100-year life.

If we could be retired for upwards of 30 years, then it is reasonable to assume our circumstances could change. You could find your spending increases as you transition into retirement, then decreases as you become less active, and then eventually increases again with a potential need for care provision in later life.

The Queen's centenarian letter-writing team has been expanded following a huge surge in the number of people reaching the age of 100.

If life expectancy is something of an educated guess, then planning for retirement income should probably contain a mix of guarantees and flexibility.

Although the much-maligned annuity has fallen out of favour, it is still the only way to guarantee income for life with no investment risk. For this reason, an annuity shouldn't be discounted.

Of course, you can keep your options open through retirement and leave your money invested. The compounding effects of equity market growth and reinvested dividend income will help to increase the likelihood of generating a rising level of income. But staying plugged into markets comes with its own responsibilities.

Given the requirement for a predictable income over an uncertain timespan, it may be tempting to invest in a low-risk portfolio. But if you're taking out 4% to 5% of your investment portfolio annually, it's questionable whether you would generate enough returns to maintain your living standards for 30 years or more.

You will likely need a portfolio that is designed to both grow and preserve your capital for the longer term, as well as utilising funds that specifically cater for income purposes. Finding the right mix that is specific to your views on risk is where a financial adviser comes in. They will do the heavy lifting when it comes to portfolio management.

Retirement has the advantage of being one of the few times when we can freely rearrange our lifestyle and its priorities. Spending more time with family, learning a new skill or travelling extensively can define an entirely new way of life.

But it requires careful planning in order to balance the financial and the non-financial, the economic and the emotional. While money isn't everything, knowing you'll be able to meet your basic needs – with enough left over to realise your retirement ambitions – is something well worth planning for.

To receive a complimentary guide covering Retirement Planning, Wealth Management or Inheritance Tax Planning, please contact Narwal Wealth Management Ltd on 0116 242 6777 or email narwalwealthmanagement@sjpp.co.uk

Growing Old

Janet was lying in bed one night. Art was falling asleep, but Janet was in a romantic mood and wanted to talk. She said: "You used to hold my hand when we were courting."

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said: "Then you used to kiss me".

Mildly irritated, he reached across, gave her a peck on the cheek.

Thirty seconds later she said "Then you used to bite my neck"

Angrily, Art threw back the bed clothes and got out of bed.

"Where are you going?" Janet asked.

"To get my teeth

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures.

Lately, their activities had been limited to meeting a few times a week to playing cards. One day, they were playing cards when one looked at the other and said, "Now don't get mad at me, I know we've been friends for a long time, but I just can't think of your name. I've thought and thought, but I still can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally, she said, "How soon do you need to know?"

A little old lady who had lost her marbles was running up and down the halls in a nursing home.

As she ran, she would flip up the hem of her nightgown and say "Super-sex."

She ran up to an elderly man in a wheelchair, flipping her gown at him, she said, "Super-sex."

He sat silently for a moment or two and finally answered, "I'll take the soup."

Thank you, Pat Lilley

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The next Coffee Morning is Saturday 12th October 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

George Dodge 46 Brookfield Street SYSTON Leics. LE7 2AD

Telephone: 0116 2698923 Email: systonbowling@btinternet.com

LOTTORY BONUS BALL

Lucky Winners August and Sept are Ray Wood (49) - Pete Hancock (45) –
Josie Hubbard (38) – Julie Favour (15) – Sheila Aindow (08)

Congratulations to the winners!!!

Quiz Answers

1. Boots
2. Pizza Hut
- 3 Iceland
4. McDonalds
5. Next
6. Superdrug
7. Currys
8. Top Shop
9. New Look
10. Pound Stretcher
11. Kwik Fit
12. Morrisons
13. Mothercare
14. Waterstones
15. B & Q
16. Sainsburys
17. Thorntons
18. Monsoon
19. Debenhams
20. Matalan
21. The Body Shop
22. Julian Graves
23. Etam
24. Accessorize
25. Argos
26. Primark
27. Vision Express
28. John Lewis
29. Rackhams
30. Woolworths

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



Sam Eames

Mike Ward

Trevor Allen

Rod Heggs

Tyler Johnson

Sheila Parker

Ken Renshaw

Kate Williams

Don Creasey

Apologies Sept - Norma Grimes

**CHRIS MEYNELL
& FAMILY**
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