

Afternoon Tea	Tricia Marsland	0116 2609088
ATC Plt Officer	Andy Gaunt	0742 5171549
Boys Brigade	Jeff Matthews	01664 850795
BB Jnr Section	Jean Bates	0116 2606723
Beavers	Johanne Draycott	0798 1101644
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Borough Councillor	Sue Gerrard	0116 2600906
Brownies	Rosemary Fraser	0116 2602912
Broomfield School		0116 2606704
Bizzy Bees Pre School	Helen Batson	0797 1274405
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Charnwood W. I.	Sharon Burditt	0771 2468580
Cubs	Jayne Disney	0116 2608786
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MP	Edward Argar	0116 2693789
E G Parish Council	Liz Pizer	0116 2602202
E.G. Stores		0116 2606236
E.G United Football Club:		
Academy (Foundation Yr 3)		07486531608
Girls teams membership contact		07486531608
U11 boys (Sch. Year 5)	Jon Day	07794973216
U14 boys (Sch. Year 8)	Tom Borland	07801535040
Friends of Broomfield	Debbie Cottam	0791 9092341
Friendship Club	Gill Morton	0116 2601977
Guides	Julia Bolton	0116 2608524
LCC Councillor	Dave Houseman	0116 2600848
LCC Mountsorrel Tip		0116 3050001
East Goscote Library		0116 3053510
Long Furrow Adverts	Ian Clarke	0116 2604426
Mahavir Medical Centre	Dr B Shah	0116 2601007
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Pocket Rocket Pre-School -		07414253969
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Rainbow Guides	Claire Osborne	0116 2693665
Charnwood Recycling & Composting		01509 634563
Scout Group/Hut		0116 2605457
Scouts	Dawn Manning	0784 312 2313
St Hilda's Bookings	Tricia Marsland	0116 2609088
St Hilda's Vicar	Rev Tim Day	0116 3486896
Syston Bowling Club		0116 2692105
Syston Catholic Ch.	Anthony Pateman	0116 2608476
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Syston Volunteers	Mark	0116 2607888
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Village Hall Bookings		0116 2602202
Waste Action	David Cannon	0116 2600239
Wreake Runners	Dave Palmer	07710 448253
Wreake Valley Lions	Mrs C Grimes	0116 2608412
Wreake Valley Rotary Club -	John Squire	0116 2592788
Wreake Valley Youth Club -	Carol Baxter	0116 2608858
Village Faults/Emergences		07739553380

If you're a member of a group which is providing a service to the community please contact us with up to date details.



Available on
EAST GOSCOTE P.C APP



Your contacts!

On the left is a list of village contacts. This list is certainly not complete; if you are a member of a group which is providing a service to the community please let us have up to date details;

Contact Long Furrow on 0116 260 2212 or email long_furrow@yahoo.co.uk

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East Goscote

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Community Magazine

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E G Flooring & Blinds..... Page 2

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BUILDING/MAINTENANCE

T L B Page 2

FINANCE

A Longley..... Page 6

A J D Accountants..... Page 8

GARDENING

I C Garden care..... Page 12

HEALTH & BEAUTY

Chiropody..... Page 8

Tetsudo..... Page 12

Pilates Page 12

LEGAL

Josiah Hincks..... Inside front cover

MEMORIALS

De Montfort Page 6

PAINT/DECORATING

Robert Ingram..... Page 14

PLUMBING

Souters Page 8

Fab Plumbing Page 6

ROOFING

E G Roofing Page 12

Clean Eaves..... Page 8

TRAVEL AGENTS

Millingtons Travel..... Page 21

UNDERTAKERS

G E Gamble Page 2

Chris Meynell..... Page 6

East Goscote Parish Council Offices are at the side of the Village Hall

Monday 09.30 to 12.30 hrs

Tuesday 09.30 to 15.00 hrs

Wednesday Closed

Thursday 09.30 to 12.30 hrs

Friday Closed

Contact Liz Pizer 0116 260 2202

Website: eastgoscotepc.org.uk

East Goscote LONG FURROW

8 out of 10
cats read*
Long Furrow
Community
Magazine



Our Cubs & Beavers

East Goscote's
Community
Magazine



August 2017

KIDS!
ARE YOU UP FOR
a CHALLENGE?!



See page 9!

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Free initial consultations are available at our legal clinic held at East Goscote Library on Thursday 7th September, Thursday 5th October, Thursday 9th November and Thursday 7th December 2017 between 2.30pm and 4.30pm



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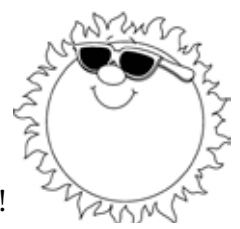
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KIDS!
ARE YOU UP FOR
A CHALLENGE?!



Check out page 9!

Hello again...



"Summertime..." and the living is hopefully a tad easier!

We truly hope the summer's warming energy has reached you, and that you've been able to share this with others. It might be as simple as the friendly smile on a passerby's face or the energetic skip of the kids on holiday. We hope you find it in some way. Happy Summertime!

Again, I hope you might find something of interest in these pages. If not, write to us, and tell us what's on your mind, what you do, and why?

* **"8 out of 10 cats read Long Furrow"**. OK, it's not an exhaustive survey, but 84% of respondents to a quick online Parish Council survey shared on social media said **"yes they read the Long Furrow"**; 122 of 145 respondent's said yes. From a smaller survey in the library 77% (88 of 96 respondent's) also said **"yes they read the Long Furrow"**.



long_furrow@yahoo.co.uk



Image ©ImageOpus

LONG FURROW is published by the editorial panel made up of residents of East Goscote.

Long Furrow is a place to share your news, your passions, your business, your views; if you have something to share with the village, let Long Furrow know. We can feature a bit about what and why you do what you do! Drop us a line. Long Furrow Magazine is delivered throughout East Goscote. **What do you have to share with 1200 Goscote addresses?**

It's your East Goscote, it's your Long Furrow.

ADVERTISING

Charges until further notice are shown opposite:
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For further information about advertising contact Ian Clarke on 0116 260 4426

Circulation of the magazine is currently 1250 copies delivered free to all business and residential addresses in East Goscote.

We publishing a list of advertisers who support Long Furrow please give them your support. When using these businesses, please tell them that you have seen their ads in the magazine.

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£60

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East Goscote
LONG FURROW

East Goscote's
Community Magazine



Fancy joining the panel?
Giv's a call!

EDITORIAL PANEL

Dennis Bishop 0116 260 7410
John Malpus 0116 260 9789
Ian Clarke (Treasurer) 0116 260 4426
Sue Round 0116 260 7774
Dave Cannon 0116 260 0239
Julian Richards (Design / Artwork)

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mid Jan 2018 for February
mid April 2018 for May
mid July 2018 for August

PUBLICATION DATES

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February and May 2018

Please note that all the photographs that appear in Long Furrow are copyright and cannot be used without the owner's permission.

Long Furrow retains the right to edit or refuse articles if it is deemed necessary. Anonymous items will not be published unless details of the writer are made known confidentially to the editor of Long Furrow. The views expressed in Long Furrow are those of the contributors and do not necessarily represent those of the editorial panel.

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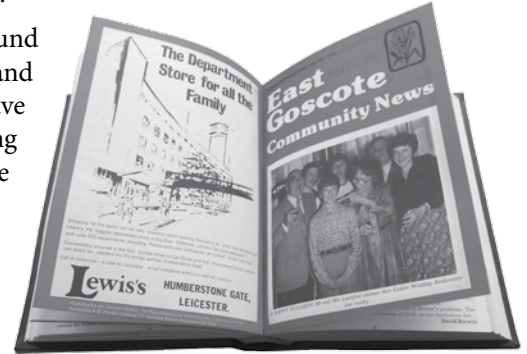
East Goscote Parish News

May we welcome the new Fosse Division County Councillor, James Poland. James covers the area encompassing Cossington, East Goscote, Queniborough, Ratcliffe on the Wreake, Rearsby, Syston and Thrussington. Our thanks and congratulations go to David Houseman who has been made an alderman for his hard work in the area prior to his retirement. James hopes to continue this good work.



New additions to the library are bound full sets of COMMUNITY NEWS and LONG FURROW magazines. The Parish Council have paid Paul Dodge to bind these magazines as an everlasting record for the village of East Goscote. These volumes are for reference only and are not to be taken from the library.

The Parish Council continues to support the library and the Long Furrow Magazine. This year they have donated £1000 to assist in the running of this community facility, and £400 to the production of the Long Furrow.



The library and East Goscote Parish Council have carried out separate surveys about the readership of Long Furrow. The library survey showed that 88 households out of 96 responders did read the magazine. The survey on the village app showed that 123 households out of 146 did read the magazine. Both sets of figures indicate that Long Furrow deserves the support of the parish council.

The Parish Council continue to work with the library and, once again, the library will be hosting a Christmas event on the same date as the Christmas Tree Fair at St Hilda's. The council have donated Christmas presents for Santa to distribute.

Some residents may have noticed the three new bus shelters on Melton Road. The one opposite Watergate has been paid for by your Parish Council; the other two adjacent to Rearsby Roses have been bought using Section 106 money given by David Wilson. We are looking to replace the one adjacent to Broome Avenue next.

Due to requests from residents, the parish council have remarked the disabled bays on the Merchants Common car-park. Users of the car-park are requested not to use these bays unless they are Blue Badge holders.

The Tennis Court continues to be well used. Unfortunately, some people have been climbing over the fence and damaging it. This misdemeanour is dangerous and anyone who falls whilst climbing it, risks serious injury. The cost of any damage to the fence comes out of village rates.

The Village Hall is to have a new roof. The cost of the replacement will come from Village Hall reserves, a donation from the parish council and a variety of other grants.

East Goscote Parish Council are considering offering residents free First Aid training to include Cardio Pulmonary Resuscitation CPR on adults, Children and babies. See the advert in this edition for more information and how to register an interest.

Don't Forget if you wish to keep informed of village events, road closures and any other information our Parish app is available to download free of charge.

John Malpus (Vice Chairman)



SIMS

East Goscote Parish Council has contacted the Regional Manager of the Enterprise Inns Group with concerns about the state of 'Sims Pub'. On the understanding that responsibility for the maintenance lay with the tenant, and then subsequently Enterprise Inns. The Parish Council have requested that issues such as the uneven paving slabs, an insecure notice board and overgrown trees and shrubs etc are looked into as a matter of urgency.

Enterprise Inns Regional Manager has replied thus *"I appreciate your concerns but although the site has stopped trading the lease is still in force and any responsibility still lies with the lessee. We are trying to reach a conclusion, which works for all parties and I will let you know once this has happened."*

We suggest that any residents who wish to complain about the state of the pub please write to the parish council who will forward it onto the manager of Enterprise Inns.



Further information regarding any of the above can be found by visiting the Parish Council website...

eastgoscotepc.org.uk



FREE FIRST AID TRAINING

East Goscote Parish Council are considering offering residents free first aid training to include:

- How to manage a first aid incident
- Dealing with an unconscious casualty/recovery position
- Cardio Pulmonary Resuscitation (CPR) on adults, children & babies
- Recognition and treatment of choking
- Recognition and treatment of seizures
- Q & A session

If you would be interested to attend a **FREE** training session, please **register your interest** by **telephone** or **email Caroline Taylor (caroline.taylor44@talktalk.net)** by **31st August 2017**.

FREE EVENT

**HOW TO MANAGE
A FIRST AID
INCIDENT**

**LEARN ABOUT
CPR**

**RECOGNITION
AND TREATMENT
OF CHOKING**

**RECOGNITION
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PARISH COUNCIL**

Parish Office
Long Furrow
East Goscote
Leics LE7 3ZL

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caroline.taylor44@talktalk.net

East Goscote Scout Group



Scouts

Scouts have been active and out and about. Recently having a bike ride round Watermead and enjoying fish chips on the way round. May camp was at The Robinhood activity Centre near Mansfield where the Scouts did many activities including create stacking, cooking on open fires and a trip to Civil war Museum. They ended the term with A BBQ with the parents where they challenged the parents to rounder's and quick cricket, fun had by all

Beavers

Beavers have been busy this term firstly meeting people who help in the community from the Vicar to healthcare. We have also been on a silent walk to Rearsby raising £300 for charity and yes they did keep quiet! Having a Scottish night playing games and dancing. Lastly we went camping at Hollywell Campsite on a District 1 to 1 camp where each Cub brought an adult to camp so they could enjoy the camping experience



1 to 1 camp

Cubs

We have been busy as usual. All the Cubs have done their Chefs badge and cooked Spaghetti bolognaise for all their family. We have been on camp on a very hot June weekend, not much sleep but plenty of fun. They collected Pokemon, joined in archery and caving activities and even did the washing up. Chill one of the assistant leaders did his camp permit also and has passed. Which is a great achievement. The Cubs always enjoy being outside, they have learnt to play tag rugby and quick cricket. Our last week before the summer break was celebrating Independence Day with USA themed games and crafts. Ending with a burger and fries.



Eating burgers



Eating spaghetti bolognaise



We are looking for volunteers to help with Guide and Rainbow units both in East Goscote and Queniborough.

Can you spare a few hours a month to help?

Making a difference to girls' lives and helping them achieve their potential is hugely rewarding, but there are lots of benefits for you too.

A role in Girlguiding can certainly give your CV a boost! As a volunteer you will develop a whole range of skills such as communication and organisational skills, teamwork and leadership. If you become a Leader there are lots of other training opportunities locally and nationally. Perhaps you've always wanted to become qualified in First Aid or learn about event management. Volunteering with Girlguiding can provide you with the opportunity. You'll have lots of fun! The guiding programme is packed with activities and challenges, and you'll have a chance to experience them along with the girls. Volunteers can be either male or female, aged 18-65.

Helpers are vital to Guiding and you can help make a difference. For more information please contact Sally Portsmouth Wreake Valley District Commissioner on 0116 260 6095.



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Charnwood Division Celebrates Leicestershire Centenary



Saturday July 1st over 100 Rainbows, Brownies, Guides, Senior Section and Adult Leaders from Mountsorrel, Quorn, Syston, Barrow and Wymeswold descended on East Goscote Scout's HQ to hold their celebratory picnic and campfire.



Our photos show the girls and Leaders enjoying their picnics, creating and decorating paper lanterns to fit with the theme of "light" and all followed by a traditional campfire and singalong. Charnwood's mascot 'Millie Bear' joined with the party atmosphere and helping to cut the cake was our eldest Senior Section member and our youngest Rainbow.



Our Division Commissioner also read out letters from our Centenary Champion - Bex Jeffs and County Commissioner – Rachel Webb-Jenkins. These letters outlined the reason for the celebration and the hope that we will all be able to "light the future" with our lanterns and smiles.

It was also a time to celebrate 10 years' service and Joanne Willbond received her badge and certificate from the Division Commissioner. To round the evening off, Frances Acton led us all with fun-filled action songs which made us all laugh. A great time was had by all.



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Sat 2nd Sept 12 noon - 11pm

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There's still time for a bit of **ANIMAL AGENTS** before kids go back to school!

East Goscote Community Library - Summer Reading Scheme

Animal Agents is running from early July through to Saturday 2nd September for children aged 3-12 years. Simply visit your library 3 times during the summer and read or listen to 6 library books, e-books or e-audio to complete **Animal Agents Reading Challenge**.

First Visit (If you're not one, become a member of the Library)

- Ask a member of staff or volunteer for a registration card to fill in.
- You will receive your **Animal Agents** folder to bring to the library on each visit and a first set of stickers for joining the challenge.
- Find the **Animal Agents** characters around the library.
- Borrow 3 books.
- When you have read 3 books write the details on your folder.

Second visit

- Remember to bring your folder with you.
- Return your books to receive a second set of stickers to add to your **Animal Agents** folder.
- You will also be rewarded with an exclusive **Animal Agents** door hanger and fortune teller.
- Borrow at least 3 books.
- When you have read 3 books write the details on your folder.

Third visit

- Remember to bring your folder with you.
- Return your books to receive a third set of stickers and your very own **Animal Agents** medal and certificate!
- Tell all your friends about **Animal Agents** reading challenge and don't forget to keep reading over the summer!

Keep your **Animal Agents** folder safe as you can also use it for **free entry to Bosworth Battlefield and Donington Le Heath Manor House**. See website for details: www.leicestershire.gov.uk/libraries for activities, reading ideas and information about **Animal Agents**

THE READING AGENCY AND LIBRARIES PRESENT
ANIMAL AGENTS
SUMMER READING CHALLENGE 2017
animal-agents.org.uk



Wreake and Soar Valley AC break the tape for 200

Wreake and Soar Valley AC have broken the 200 membership mark for the first time just part way through their affiliation period making them one of the biggest running and athletics clubs in the county. Breaking the barrier has meant that membership has increased by over 40% over the past two years.

John Skevington who founded the club commented "Having 200 members is almost, for me, unbelievable and the number is sure to grow further as traditionally our numbers grow again in September when the cross country season begins. Our success is very much due to the commitment of the volunteers who give up their time to drive the club forward"

The club, from small beginnings has risen to become a prominent and well known club nationally winning titles at the Midland and national road relays and by also gaining medals at the National Cross country championships. Locally the squad continue to perform well on all surfaces and April saw the club take the first five age group team places in

the Livingston Relays. Its athletes are currently enjoying a highly successful track season with several in the top echelons of the East Midlands rankings and at the time of writing two in the top ten in the UK.

The club made a huge step forward in its athlete provision this year by offering its performance athletes an overseas warm weather training camp in Spain with a follow up planned for early in 2018. Other highlights have been invitations to the World trials 10,000m in London where the team won the overall competition in a junior 10,000m relay closely matching the winners time in the main men's race and to the Manchester international where the team performed well winning medals in a series of relays and field events prior to the International athletics. An invitation has been received to attend the Manchester Games again this year.

The club has boosted its membership with a growing number of adult runners who enjoy a Saturday morning session from the Saturday training HQ at Wreake



Academy in Syston at the same time as the junior session takes place. A new "couch to 5k" beginners running programme will be starting on September 2nd which again will boost memberships.

John Skevington further remarked "although we are obviously proud of the achievements of our performance athletes we always offer a welcoming and nurturing environment to all of our members regardless of age or ability. Our move to the Ratcliffe college track for our midweek sessions has made a huge difference to our training regime and I am sure with the support and environment that we offer that we will continue to grow both in success and numbers"

Enquires about the club which offers endurance and sprints training to all from age 7 to adult can be made by contacting john.skevington@hotmail.com or through the website:

www.wreakeandsoarvalleyathletics.club

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 If someone's hit by a car at 20 mph they are 10% likely to be killed.

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PLEASE SLOW DOWN

"As a resident of East Goscote and living on the Long Furrow, I feel I must put pen to paper regarding the speed of traffic in the village.

I see this is getting increasingly dangerous close to the corner of Long Furrow opposite the factories. Some drivers seem to think that driving from the playing fields up towards the bend in the road towards the factories is a race track. Most seem to gather speed on this section and are faced at the corner by lots of parked cars, and often either a bus or lorry driving towards them. This often means last minute braking or swerving to avoid hitting either the oncoming vehicle or the parked cars.

Over the years this seems to have grown much worse, when mentioned to a member of the Parish Council I was told that unless someone was killed on this section then traffic calming such as humps in the road or road narrowing, like we have further along the road near the bus stop, can't be put into place.

While drivers carry on with this dangerous speed, with cars parked on the bend near the junction of Long Furrow to the factory units, I am sure it is only a matter of time before a serious accident occurs on this section of road.

Please slow down."

A concerned member of the community.

Maundy Money "a great honour..."

Thursday April 13th 2017, the day that 91 men and 91 women from the Diocese of Leicester received specially minted Maundy Money, from the Queen, at the Cathedral.

These coins in a white purse take the form of 1, 2, 3, 4 penny pieces the sum of which equals the Monarchs age. This year 91 pieces of silver coins (nine sets of 10p and 1 penny). The red purse contained a £5 coin and a 50 coin. Historically (started in 1662) Charles II this money is for clothing and provisions.

It was a great honour for me to have been chosen, my companion was my brother John and his son John is a verger at the Cathedral it was a family affair.

The Cathedral looked beautiful, wonderful white flowers. The music included the Queens own choirists, the Yeoman of the Guard in full uniform 25 of them. The children giving Nosegays to the Queen etc. The processions, the colors and the atmosphere was wonderful. The only downside for us was that we had a restricted view of the proceedings in the Cathedral being so tiny with so many people. But the Queen looking beautiful in turquoise she had a lovely smile she came right up to me so that was wonderful.

After the Service we were all taken to the King Power Stadium for a tasty Lunch a lovely end to a very special day.

Jessie Hawes



Jessie Hawes - a great honour.

THE VILLAGE HALL & THE
 SALVATION ARMY HAVE
 JOINED FORCES TO RAISE
**MONEY FOR THE VILLAGE
 HALL ROOF FUND**



Please donate your clothing and shoes to the Salvation Army Clothes Bank (Merchants Common) who are working in Partnership with the Village Hall to raise funds for a new Roof

Thank You for your support



The Charnwood Wlgs

We all enjoyed our annual sos fashion show at our June meeting !

With 42 members and 40 visitors the atmosphere was very excitable here are our lovely models !

Look out for our adverts in 2018 if you don't want to miss out next time .

August 31st we will be having a talk on *The Life of Coco Chanel!* entertaining tales about the lady of fashion .

September 28th we will be looking forward to learning the secret of bread making by *Britain's Best Bakery.*

October 26th brings us the annual committee meeting and Christmas crafting .

Our end of year celebration and last meeting will be November 30th with 'Our Flossie' entertainment and a singalong!



If you fancy doing something different once a month on the last Thursday then come and have a look at our WI, it's WHERE WONDERFUL WOMEN MEET !

A warm welcome will greet you.

We meet at beedles lake golf club

For more information contact Sharon 07849888752



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- Family issues
- Excessive worry
- Anxiety

To make an appointment simply telephone: **07938 779 477**

There is always an answer service. Your call will be returned promptly. Or email: safespacecounselling@talktalk.net We're based in Syston & Birstall Methodist Churches.

www.safespacecounselling.org

East Goscote United's Under 7s/Under 8s

The newly formed under 7s and under 8 girls' teams played their first friendlies in the blazing sunshine, to the delight of their parents. The girls were amazing, they all left with a smile on their face and are looking forward to playing many more games.

See more page 18



www.imageopus.com

We're excited to announce the launch of the Parish Council's **NEW MOBILE APP** for you & East Goscote.

Download it now!
eastgoscotepc.org.uk

Why a parish app?

It's a fact that more adults use mobile apps and access the internet from mobile devices; this inspired the Parish Council to harness the power of mobile in providing information and services that are more accessible and convenient for all.

The app will be interactive with key functions to allow access to information 'on demand', so residents can engage with parish representatives and the local community, whilst 'on the go' or in the comfort of their own home.

In essence the Parish app is a great opportunity for residents to connect, be informed, book facilities, share news and promote local events, bringing the community together.

Great features include the ability to instantly submit a photo via the app of local events or report issues in your community. Stay in the loop with instant notifications of local news and events. Also, stay updated with what's going on at the village hall.

The app also allows you to view council meetings, planning applications, village contacts and read copies of our Long Furrow magazine, plus much more.

Download the app now... spread the word and get connected! <http://eastgoscotepc.org.uk>

- Events** – Information on local events
 - Notifications** – News & event alerts
 - Photo** – Submit photos of issues & events
 - Council** - meetings, agendas & reports
 - Bookings** – Live Tennis court booking
 - Info** – Local news, facilities, planning, etc
 - Forms** – Bookings, fault reporting, etc
- Plus many more features...

Any suggestions let us know via the app!

"Better communication leads to better communities. Engaging in local events, sharing news and ideas, helps make a better neighbourhood."

<http://eastgoscotepc.org.uk/>



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East Goscote CLUB

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Email: bill.hughes@tetadmin.co.uk

Mobile: 0772 589 7387

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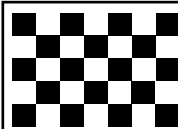
Garage and Shed Security

Dear Residents of East Goscote,

Crime is something that we can all try to keep at bay and it's so important that we remain vigilant and be aware of suspicious activity in the village. For this edition of the Long Furrow I wanted to pass on crime prevention advice on the subject of garages and Sheds.

Garages and sheds are vulnerable to burglary, as they are generally quite flimsy structures, but they should not be forgotten. They are often the first places that a burglar will target, because they provide a ready source of tools and implements for breaking into the main house.

Garages and sheds also have lawnmowers, bikes and other valuables that are easy to steal and costly to replace. By fitting additional security to garages and sheds, burglars will find it more difficult to break in and they will have to make more noise doing so. A few simple security measures can increase the visual deterrent and reduce the likelihood of garages and sheds being targeted.



To contact the Police for non-emergencies and to report crime call 101, and always call 999 for emergencies. Crime can also be reported on-line. Please log onto the Leics Police force website for lots of information on this and further information on your local Police www.leics.police.uk

- Garages and Sheds are often the first places a burglar will target; metal up-and-over garage doors can be secured with additional purpose made locks fitted to either side, approximately 300mm up from the floor, to reduce the leverage points
- An external floor mounted, solid steel locking 'T' bar with a closed shackle padlock, will offer a good visual deterrent and make it difficult to force the door open
- Wooden garage double doors can be secured with two substantial hasps and staples and closed shackle padlocks, one towards the top and one towards the bottom.
- Garage side or rear doors can be secured with British Standard 5-lever mortice locks and two internal mortice rack bolts, one towards the top and one towards the bottom to reduce the leverage points
- Shed doors can be secured with two substantial hasps and staples and two closed shackle padlocks on the outside, one towards the top and one towards the bottom. External hinge screws should be replaced with one-way clutch head screws to prevent them being removed and access gained this way
- Garage and shed windows can be secured with internal diamond mesh grilles, which provide a good visual deterrent to opportunistic burglaries. Garden tools and ladders should be secured by wrapping a substantial chain around them and padlocking them to an eyebolt which has been secured to the floor or wall. This will prevent them being stolen or used to break into the house
- Tools and garden implements should be visibly property marked with the postcode and house name or number, to deter theft and assist police with identifying the rightful owner

Your local beat team officers wish everyone a very safe summer holiday..

Kind regards, Pcs0 6507 Brian Geeson, *Charnwood Police*.

Age UK in Syston

The Age UK Leicester Shire & Rutland shop in Syston sells a range of good quality, pre-loved items from clothes and shoes, books and DVDs, to jewellery and ornaments. The shop raises funds to support the work of the charity helping vulnerable, lonely and frail older people in the area and across Leicester, Leicestershire & Rutland.

Whilst we have a national name, we are in fact a local charity which relies on income from local fundraising and charity shops. If you would like to help us to support local older people – your family, your friends, your neighbours - there are two simple ways to do so.

Volunteers are the lifeblood of our organisation and many services rely on the support that volunteers can give. Syston shop currently has volunteer vacancies for morning (Saturday 9am – 1pm) and afternoon (Monday, Friday and Saturday 1pm – 4.30pm) sessions to help us sort and prepare goods for sale, serve customers and keep the shop stocked and merchandise tidy. We are looking for volunteers (aged 16+) who would like work experience, to make new friends, build their confidence, add to their CV, re-enter the workplace, fill their spare time or who are not ready to retire yet but no longer want the 9 to 5 treadmill! You don't need retail experience but you do need to be happy to learn the ropes and to work in a team and with customers.

The second way you could help us is by donating your pre-loved items for us to sell. If last year's shorts are a bit tight, you still have unwanted Christmas gifts or you're decluttering – please think of us at Syston shop. Without your donations, this local charity will not be able to offer the information, advice, care and support that many around us need in later life.



Do you have a few hours to spare?



Would you consider volunteering?

Our Syston Age UK Shop need **volunteers** to work behind the counter, preparing or sorting stock.

Call 0116 269 6272 or drop in at the shop on Melton Road and speak to a member of the Management team for more information.



Greetings from St. Hilda's Church

Hello again.

It seems no time from the last time I wrote. I wonder where the last three months have gone. However we are heading fast towards the last third of the year.

September 23rd will be our **Harvest Supper** followed on the 24th by our **Harvest Thanksgiving**. We would like tinned or dried food if you wish to donate. We are supporting the food bank in Rothley. *We would be pleased to see you for the supper and the service.*

There will be a fun evening with the **Little Big Band** in November. They are a very busy group so we are lucky to have them - details will be available in October.

I do apologise, the dog show was postponed. I was not well and my partner was in hospital - I felt I would not be able to do a good job in the circumstances. It is not forgotten and will happen!

You will be very welcome to join all our activities and we'd be pleased to see you.

Gill Morton & Ian Clarke

Seated/Standing Exercise We have a lot of fun on a Monday mornings at 10am at church. A lady called Sarah Bragg runs it she is totally qualified she keeps us in order.

East Goscote Friendship Club Would you like to make some new friends, learn a bit, laugh a lot and enjoy a friendly chat over a cup of tea? If you think "YES" East Goscote Friendship Club is for you. We meet the 2nd and fourth Wednesday afternoon every month 2pm-4pm

We try to have a lively programme that is very varied and endeavour to cater for all tastes both men and women, its ideal on a grey wet day, its a pleasure on a sunny day. Why not give us a try its only £2 on the afternoon which includes tea and biscuits - plus annual subs of £5 if you try us and would like to come again. If you have problems getting to the club let Gill Morton know and she will arrange transport for you. A warm Welcome awaits.

Gill, Lynn, Jessie, Glenys

An INVITATION for ALL! We are a caring friendly and happy set of people. We would love to welcome your family into our church.

A 'Ride and Stride' event on the 9th September will take place all over the country where church members either ride or stride to as many churches that they can get too and be sponsored for doing it. Half of the funds raised will go to the church the other half will help with keeping older churches in good order.

We have a Messy Fishes event at the church on the 9th August starting at 2pm. Fun, games, crafts and stories. Cakes and drinks will be on offer. All parents and children welcome 0s to 11s.

Refurbishment of new windows and doors at the back of the church begins on the 7th August.

Afternoon Tea Timers

We meet every Tuesday afternoon 2-4pm for a chat, tea and cake, board games and much more. This last Tuesday everybody came with an Easter Bonnet for our parade and enjoyed Easter cakes and laughter. Thank you all who took part your hats were fantastic, I must make a special mention Dawn came dressed as a bunny girl very fetching well done. Once a month we all have a meal together. Please feel free to come and join us you never know you might have a new board game or card game to teach us or just pop in for a chat and a happy afternoon.



Charity Crafters

We meet every Tuesday Evening 7-9pm in the church Centre. We knit and crochet for local charities. We have one lady who cannot attend but sends a big bag of knitting in jumpers, blankets, and hats for which we are very grateful. If you would like to join our friendly little bunch just call in on a Tuesday evening. If you can't knit or crochet but would like to learn we have ladies who can show you how.



A warm and friendly welcome awaits. We send a lot of our items to a local charity called Intercare based in Syston. Some goes further afield we have sent knitted mice to Battersea dog and cat rescue Teddys for children who need something to cuddle when everything else is swept away.

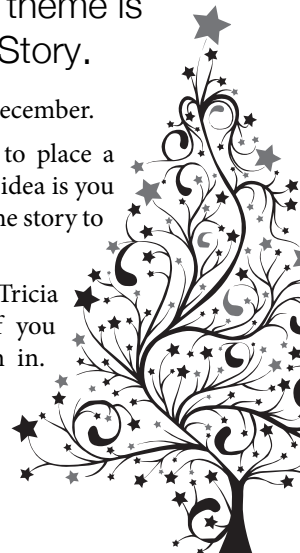
Tricia, Jessie, Dawn & Glenys
0116 260 9088

This year's Christmas Tree Festival theme is The Nativity Story.

Dates: 8th & 9th December.

If you would like to place a tree in church, the idea is you take part or all of the story to decorate your tree.

Please let Tricia Marsland know if you would like to join in.
Tel 2609088.





Your news from Bizzy Bees Preschool.....

Dianne and Helen often reflect that we chose the most apt name for our preschool, as we are Bizzy by name and busy by nature. It has been a very busy summer term with great themes going on through our play, transition visits into Schools, Teacher visits to Preschool, new children Inductions and parent meetings....phew.

Our annual stay and play week was a resounding success again, with many parents taking up this opportunity, children loved showing their parents what they do and parents commenting that it gave them a fabulous insight. During this week children engaged in one of their favourite activities i.e. junk modelling, with some amazing creations which we hope have taken pride of place at home.

We spent two weeks focusing our activities around People who help us which has inspired some children to want to be for example a Policeman when they get older. We were really lucky to have a policeman, a veterinary nurse and several childminders came into Preschool. Our role-play was a baby clinic, a vets, a road crossing and we had a small world rescue scene.

Sports day was once again one of our highlights of the summer term and it was such a joy to see all the children really enjoying the event. Many thanks to the huge turnout of families and friends!

The penultimate week of term was a Superhero/Princess week. The children loved dressing-up and used their imaginations to create role-play stories. Our craft table was hugely popular; the children looked through comics and decided upon a superhero/princess that they wanted to paint. We were amazed by the stunning creations, enhanced by of course lots of glitter!

On our last week of term we had fun with our Teddy-bears picnics and held our Leavers ceremonies. We reflected on the fun and exciting journeys that we'd had with the children and wished them the very best for their continued learning at Broomfield, St Michaels Rearsby, Gaddesby, Queniborough, Thrussington, Barkby and Merton.

We look forward to all our new children starting with us very soon and wish you all a wonderful Summer.

Bye for now from Helen, Dianne, Sarah, Tasha, Lisa, Jayne, Angela and Vicky

Bizzy Bees Preschool,

The Bungalow, Broomfield School, East Goscote LE7 3ZQ - Helen 07971274405, Dianne 07505 355193



Roundhill Sailing Club - Open Day

Sunday 21st May - A beautifully sunny, warm and windy Sunday heralded the open day at Roundhill sailing club on Fosse way in Syston. It was the clubs first ever open day as part of the RYA (Royal Yachting Association) Push the Boat Out campaign. The whole idea was to give families and friends the opportunity to try their hand at sailing for free under the stewardship of the instructors down at the club. The gates opened at 9:30am and closed at 5pm and between those times we had an East Midlands today news team, radio Leicester and a jazz band on view as well as a fantastic 71 new sailors out in our boats.

The general consensus was that fun was had by all and off the back of the open day the club will be running junior and adult beginners courses on Sunday afternoons during July.

If you would be interested in attending the courses please contact: rsa.sailing@outlook.com or call 07740 643969.

We look forward to welcoming you down to your local and friendly sailing club.





East Goscote United FC

Presentation Evening

Our annual end of season presentation evening, where we say a huge well done to all our players, was a great success. The awards evening was well attended and the partying went on well into the night. The children all received participation trophies for the previous season, with special trophies being awarded to Manager's Player, Player's Player, Parent's Player, Most Improved and Top Goal Scorers. This was also an opportunity for the children and parents to say thank you to their managers and coaches who volunteer to give up so much of their valuable time.



Barcelona Girls Cup

East Goscote United's U14 girls team (and guests) would like to say a huge thank-you to everyone who made this trip a possibility, whether you bought raffle tickets, sponsored the girls or kindly donated your time to drive the mini-busses to and from the airport, this opportunity would not have been possible without you.

It was a once-in-a-lifetime experience that the girls thoroughly enjoyed, they played amazingly well against some very strong international teams and managed to win 2 games, draw 1 and lose 2. The managers and parents are very proud of the effort, determination and conduct of the girls both on and off the pitch. To top it all off our very own Cara achieved top goal scorer in their age group.



Under 7s/Under 8s Friendlies

Our newly formed under 7s and under 8 girls' teams played their first friendlies in the blazing sunshine, to the delight of their parents. The girls were amazing, they all left with a smile on their face and are looking forward to playing many more games.

Looking Forward to the 2017/2018 Season

The Future of East Goscote United is looking very bright and we are delighted to announce for the 2017/2018 season we will have seven teams entered into Leicestershire leagues; U7, U8, U9/10, U13 and U15 girls' teams and U11 and U13 boys' teams. Alongside this we will also be running a girls' academy for school ages foundation and year 1 where your daughter can develop a love of the game in a fun, friendly environment.

Under 11 Boys Recruiting

The club has increased exponentially over the past 12 months and it is great to see so many children, both boys and girls, having fun and working hard. We are always looking to recruit more players and specifically are looking to increase the under 11 boys squad. If you are in school year 5 or 6 (from August 2017) and would like to join this friendly team please call Jon on 07919185076, all abilities welcome.

www.imageopus.com

David Cannon's Greener Goscote

LOVE FOOD, HATE WASTE ! That pretty much sums me up. I'm a Master Composter and a Waste Action Volunteer for Leicestershire Waste Partnership and as such I was lucky enough to get myself onto a Love Food Hate Waste refresher course held at Brocks Hill Visitor Centre in Oadby. (Now there's another good place to take the kids which doesn't cost the Earth, so to speak.) We learned and re-learned all manner of hints and tips on how to reduce the amount of food waste. As well as being an easy and fascinating way to be greener, this stuff can save you an absolute bomb ! £60 quid a month of savings is possible for an average household.

Check out their wonderful website www.lovefoodhatewaste.com full of recipes and practical advice. I'll just pass on two little gems. The only food date you need to act on is USE BY. If there is a USE BY date, the safety of that food cannot be relied on after it and it should then be disposed of. BEST BEFORE dates are advisory so the quality may be slightly reduced but the food is not unsafe. There is one exception to this. The BEST BEFORE date on eggs should really be regarded as USE BY. DISPLAY UNTIL dates are just about stock control for the retailer. Second little gem - a lot of bread is wasted. If you find you are wasting bread due to mould, try splitting fresh bread into bags and freezing some. And don't feed too much bread to the birds because, as the big bike shop in Hunstanton clearly states, "Fat Birds Can't Fly"!

CHECK OUT YOUR FOOD BEFORE YOU TRAVEL Still on the subject of food waste (after all it represents about a quarter by weight of the average black bin) and with the holiday season upon us, the Hubbub Foundation have come up with timely advice for saving money and treading more lightly upon the planet. Visit www.hubbub.org.uk/event/check-out-your-food-before-you-travel for details.

CONTACT US:

Master Compsters and Waste Action volunteers promote home composting and sustainable household waste management on behalf of the Leicestershire Waste Partnership made up of Leicestershire County Council and the seven Districts of Leicestershire with Leicester City Council as an associate member. For free, impartial information and advice on composting and recycling, contact David on 2600239, 07873852372 or david.cannon9@btinternet.com

Other useful links: lesswaste.org.uk, lrrn.org, completewasters.co.uk, recyclenow.com, lovefoodhatewaste.com, leics.gov.uk, charnwood.gov.uk.



The view from the Greener Goscote office window – A Green and Pleasant Land

BROWN BIN GARDEN WASTE CHANGES Of all the projects I worked on in my time at Charnwood, the Brown Bin Service is the one that gives me the warmest feeling. You can never keep 60,000 odd households all happy at once but the brown bins were almost universally welcomed from the outset by those who chose to use them. Fees have crept up a little over the 13 years since they were introduced but at £28 a year by direct debit, it's still surely a bargain to save the mess in the car and the queue at the tip. I don't know how many thousand brown bins there are out there but people leave the Borough and move in, drop out and move house so little surprise they need to survey who has paid and where they live again. Visit www.charnwood.gov.uk/pages/garden_waste_stickers or call 01509 634563 to re-register, receive a bin sticker and continue to have your garden waste collected and composted.

COMPOST CORNER AT THE GREEN PLACE 6 Cossington Road Sileby (next door to Chine House Vets) is home to my home composting demonstration. The Green Place is a lovely oasis for all the family to explore. There's a Fairtrade Café, ethical gift shop, cosy yurt, wildlife garden, craft days, workshops, events, outdoor films, treehouse hideaway, second-hand books etc. The great thing for us at East Goscote is that all this is just a few minutes away so it doesn't cost the Earth.

THE GREEN PLACE
6, Cossington Road
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Loughborough
LE12 7RS
Info@completewasters.co.uk
Tel: 01509 815181

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Winners of Oak FM's 'Green Business of the Year 2012'
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The Village Hall will be trialling a new integrated booking calendar that will be available via the Parish Council Website.

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- Brownies
- Zumba
- Dog Agility
- Parties*
- Carpet Bowls
- Meetings
- Weddings
- Events

Long Furrow, East Goscote, Leicestershire LE7 3ZL **0116 260 2202**
 email caroline.taylor44@talktalk.net web eastgoscote.org.uk

East Goscote Tennis Court

East Goscote has its very own Tennis Court situated on the Jubilee Playing Fields

Membership forms and court keys are available from the Parish Office for the small fee of £5 per resident and £8 per non-resident (one off payment).

Membership can be carried out through the Parish Office on Mon, Tues and Thurs 9.30 am – 12.30pm.



The court is available to be booked in one hour slots by downloading the Parish App and selecting your slot.



Alternatively you can telephone the Parish Council office on 0116 2602202, or email caroline.taylor44@talktalk.net, giving your name and key number.

Sue Gerrard *Charnwood Borough Councillor for East Goscote*

We all bid a fond farewell to Dave Houseman, but we hope to still see Alderman Dave Houseman still active and round and about. It is about 20 years since I first met Dave, and he has been one of the influences I have followed over the years I have known him.

Sports and Leisure Grants are available to voluntary sports organisations and individuals, more information can be obtained by phoning. 01509 634730. Or you could email

www.grants@charnwoodgrants.gov.uk

Charnwood are also laying on a host of activities for children during the school holiday, these are all over the Charnwood area and all the activities are supervised by qualified people. So every one can access easily a few events, and have a great deal of fun and make new friends.

Now with the election over, things are settling back down. Our MP Ed Argar was returned with a larger majority, and Nicky Morgan too was returned as the Loughborough MP. Ed started his surgeries immediately, so any problems please get in touch with his office as he will be only to pleased to help you.

Road works have returned, though a bit confusing. Great that it was done in the main school holiday, but County Council has informed us that it will take 6 weeks. The contractors signs are saying the road will be closed for 5 weeks, who is right?

We welcome James Poland as the County Councillor for East Goscote, he has a very tough act to follow but I'm sure Dave will help him if needed.

Sue Gerrard *Charnwood Borough Councillor for East Goscote*

Leicester Sat 23 Sept Abbey Park LE4 5AQ

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rainbows.co.uk/bubble

#BubbleRush #RainbowsBubble

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