

SUMMER 2019

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# Welcome

to the Summer edition of  
Grantham Now!

I would like to thank everyone who has given me such wonderful feedback on my first edition of the magazine. Several businesses who advertised have reported good responses from their editorials and advertisements.

It is a very good time of year to carry out work to your home, work in your garden and enjoy time outside and getting out and about with your friends and families. Why not look at having that new flooring you always wanted, or get those niggly jobs done that you have been meaning to do for ages?

There is something different in Grantham Now! for everyone to get information regarding trade services, health and wellbeing, beauty, financial advice, solicitors and other services.

The magazine's uniqueness is getting to know the people behind businesses, and it is a platform for some of Grantham's highly skilled and long servicing, as well as new, trades and businesses.

Regards  
Sara



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# Grantham Then

By John Manterfield



As a local historian, I am always struck by the inequality of the distribution of historical sources both over time and geographically. Our Grantham Hall Book – the earliest surviving minute book of the Corporation of the Borough of Grantham

– begins in 1633. Five earlier volumes (now lost) covered the period from 1463 when the borough was incorporated. Would it not be wonderful if those detailed volumes of the previous 170 years had survived to shed more light on our Tudor and Stuart town?

As a collector of picture postcards of Grantham, I get a buzz finding different views taken in the town during the late Victorian or Edwardian period. Busy street scenes with shops and houses, horses, carts, delivery wagons and early motor cars are full of interest. Scenes taken in St Peter's Hill, High Street, Watergate, the Market Place and Westgate are the most frequently found for obvious reasons. Conversely, photographs and postcards of Castlegate and Swinegate/Elmer Street seem much rarer, apart, of course, from views around St Wulfram's Church and the Beehive. 'Grantham – two rarities are thine, a lofty steeple and a living sign' is wording from this famous inn-sign and I am sometimes tempted to add a third category of rarity – photographic images and postcards of the middle parts of both Castlegate and Elmer Street! Perhaps some readers of Grantham Now have a secret stash covering these streets that they would share with us?

The Swinegate photograph was taken prior to the outbreak of the Great War possibly c1910. On the right was Burton's 'Motor & Cycle Works' advertising repairs, oils and storage. Behind is the approach to St Wulfram's Church without the raised and walled flower beds with which we are familiar today. On the left was the Rose and Crown public house which stood next to the Blue Pig. Swinegate lies in the centre of our medieval town. Partly obscured by the lamp standard, the building on the left-hand side, with its then rendered gable end on to the street, is the Tudor half-timbered house. Across the road was another pub, The Crown & Anchor.



A busy street scene in Swinegate c1910

St Wulfram's parish church is always well worth a visit. The chained library contains some of the earliest printed books ever produced dating from the late fifteenth century. Recent conservation and cleaning have restored several exceptional Georgian funeral monuments including two by the Westminster sculptor Sir Henry Cheere. His monument to Grantham's naval hero, Captain William Cust, stands in the south aisle. William was 'unfortunately killed by a cannon-ball' in 1748 whilst serving in the West Indies. His older brother was Sir John Cust, Speaker of the House of Commons, and his mother was Lady Anne Cust of Grantham House.



Bust of Captain William Cust in St Wulfram's Church

The area from the High Street, through Vine Street and Swinegate and leading to St Wulfram's Church, contains many listed buildings and lies at the heart of the town's Conservation Area. It is one of the most visited areas in Grantham as tourists and pilgrims make their way to the church which stands proudly in the well-kept green churchyard. Could this approach to the Church be made more inviting and attractive by trimming back the bushes and trees on the right-hand side allowing a clearer view of the lofty steeple? Where is there any convenient disabled parking? What impression is given by the uneven paving flags? From a purely practical point of view, there is nowhere close to the Church for coaches to drop visitors. Neither is there a level access from Castlegate for wheelchair users. The Church community is itself very conscious of the step down at the main west entrance. We have a treasure in the church that is a focal point in the town's visitor economy. I believe the time has come to look afresh at the wider external approach and access arrangements.

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# Back Off Pain!



Marjorie in the Chinese Herbcare and Acupuncture Centre, pain free and ready to enjoy life again

You've no doubt seen those cartoons of postmen running like mad down a garden path as an angry dog sinks its teeth into the fleshy parts of the poor chap's anatomy; strange what used to pass for humour back then, enough to make you wince just looking at it though, making us imagine just how painful it would be were it not a drawing but happening for real. Well, this was the kind of pain which

Marjorie Haddock suffered for seven agonising weeks; not a dog bite but the constant, gnawing, unrelenting pain of sciatica; a searing affliction running from the hip and down the back of her leg. As if to emphasise the extent of the pain, Marjorie mentioned the time she gave birth to an eleven-pound four-ounce baby and how this sciatica was much worse than that! In the end she couldn't walk, stand, lie down, sleep; in fact she couldn't function properly at all.

Marjorie would be the first to praise her GP, who was marvellously sympathetic, 'brilliant', was how Marjorie described her but even she was only able to prescribe painkillers which over a three-week period only managed to partially mask the trouble. What she really wanted was an end to it all.

She was chatting to a friend one day during this time who suggested that acupuncture might offer some relief. Marjorie thought that it was a wonder she'd never thought of it before since she'd walked past the Chinese Herbcare and Acupuncture Centre on the High Street countless times. With what she perceived as having nothing to lose she asked her husband to take her there on the spur of the moment decision one day whilst out shopping. It was a painful trip which reduced her to tears by the time she was seated in front of the centre's resident practitioner Dr. Ma, for her initial consultation. Unfortunately, Marjorie's husband

had got frozen food in the boot of the car. This had to be packed away in the freezer before it thawed so they rushed home and came back at 2 pm that same day.

A more in-depth consultation was carried out this time; a blood pressure reading and a study of Marjorie's recent medical history about the pain she was suffering. That done, she lay on the treatment bed and was almost unaware of the hair-like needles being placed in her lower back, her 'Gluteus Maximus' (that's the buttocks for any non-Latin readers out there) and along the back of her legs. The sensation of having these sterile needles inserted felt nothing more than a gentle tap Marjorie said. A heat lamp was then placed nearby to give a combination of acupuncture and heat treatment. After half an hour the needles were removed and a massage using Chinese Ease Oil drove home an initial concentration of Chinese medical healing.

Amazingly, after this first treatment the shooting pain had gone, much to Marjorie's relief. She still found herself suffering from a terrible, nagging ache in her leg though which made it hard for her to sleep. Two days later she had a second session of acupuncture, heat treatment and massage. The owner of the centre, Qi Carter, gave Marjorie some ease oil to take home to use. Now after six such sessions she is completely free of pain and to her delight has her life back again. Once more she enjoys blissful nights of sleep. "The pain made me into a different person", she said, "But now, I'm back to my old self again".



Chinese Herbcare & Acupuncture  
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Acupuncture is not only effective in dealing with arthritis, back pain and sciatica, but it can also help to treat neurological disorders such as M.E. pain, trigeminal neuralgia, headache, migraine, insomnia, paralysis, multiple sclerosis, Bell's palsy and stroke.



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Medical research has shown how important it is for mental health to remain physically active and to continue social engagement as people get older.

The U3A is a nationwide organisation with an ethos of lifelong learning and mutual aid. There are no entry requirements and no qualifications necessary other than your enthusiasm to become a member.

Grantham has a thriving branch of the U3A. Maybe you would like to join, or perhaps you can help us if you have a special skill or interest which you would like to share. Find out more at <https://u3asites.org.uk/grantham>.

Members can come along to our monthly meeting which is of general interest or engage in one of the groups which range from academic and sporting to purely social groups. The organisation is very informal and members can engage in as many or as few activities as they wish. Annual membership donation this year is £10.00.

Why not come along to one of our monthly coffee mornings in St Wulfram's Church that are held on the 4<sup>th</sup> Tuesday of the month between 10:10 am and 11:30 am? You can meet members of the committee and some of our group leaders to find out more about your local U3A. Entry is free and coffee and biscuits are available for £2.00. After all an interest shared is an interest squared!

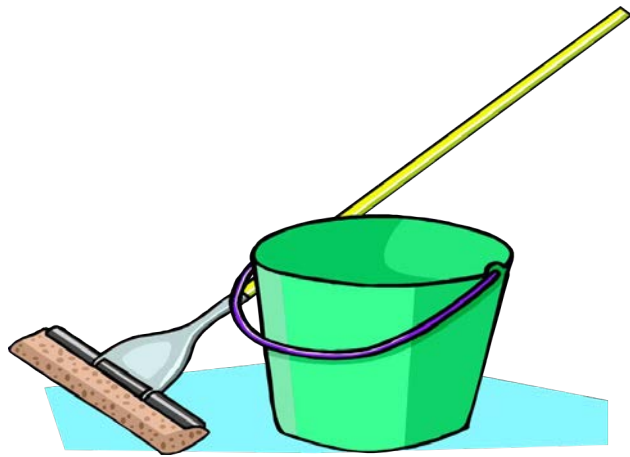
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This is where Grantham Computer Centre can help. There is a host of computers and other technological equipment available but, most importantly, there are three highly skilled and knowledgeable staff members who can help to make sure you get the right computer, laptop and equipment to suit your needs. Discussing your requirements with a person helps to make sure that all your questions are answered. At Grantham Computer Centre Ian, Steve and Richard can answer your questions, make suggestions and source everything you need such as hardware, software, cases, printers, ink cartridges and other necessary

accessories. In this world of ever-increasing advancement in technology, it is important that we seek professional advice before making a commitment to buying expensive equipment. At Grantham Computer Centre, you will be given all the time you need to discuss your requirements and make an informed choice.

Have you heard of the term 'box-shifter'? This is the term for retail companies who aim to maximise sales with little regard for quality or customer care. This cannot be said for Grantham Computer Centre as their customer care is one of the reasons that they are so popular. Although they are an 'encyclopaedia of knowledge', by their own admission, there are times when they cannot help but will know 'a man that can', so it is always a good idea to ask them first. Grantham Computer Centre is the essence of good old-fashioned customer care both before and after sales that, unfortunately, is lacking in our current climate of retail purchasing.

GCC has been established since 1989 and has a great reputation. So, before you buy a laptop, computer, printer and other equipment, make sure that you are clearly informed of what is available to you by visiting or calling them. They can also repair or update your current software and are a Which? Trusted Trader. Refurbished equipment such as laptops are also available. Ian, Steve or Richard are happy to give free advice and information and GCC have competitively priced computers, equipment and accessories.



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# Tutor Doctor – Customised Learning For Everyone



Meet Chelsea Eden, your local Tutor Doctor Education Consultant, who has launched Tutor Doctor in the Grantham area as well as areas such as Oakham, Melton Mowbray, Newark and all the surrounding villages.

Prior to this Chelsea worked for a private organisation for over 20 years providing psychiatric support to the NHS and private hospitals. She has now launched Tutor Doctor in our local area as she was so impressed with the help her son was given when she used the service for him, as she recognised that her son needed extra support as he was disengaged in his school lessons, influenced by others and felt overwhelmed. Her son's confidence, mannerisms and learning improved so much that she decided that she wanted to change her career to help other families and students who experience the same difficulties. This resulted in moving from her home in Hertfordshire to set up Tutor Doctor in the East Midlands. Chelsea's experience and knowledge assist her with managing the service and she works in conjunction with local schools to identify gaps in individual student's learning. All tutors are recruited by Chelsea and undergo necessary DBS (Disclosure & Barring Service) checks and referencing. She meets families and students in their own homes to assess the student's learning needs and matches students with professional private tutors who give instruction and support in the comfort of the student's home.

Tutor Doctor has been helping students around the globe since 2000 when the founders first noticed there was a problem with modern education. The problem being most schools can only teach large classrooms in one way. Yet everyone learns differently, and while certain students naturally perform better than others, every student deserves an educational style that matches their needs. That's why Tutor Doctor Grantham's private tutors offer

a customised approach for every child, which is designed to help students not only grasp difficult material but retain information in the long-run.

Tutor Doctor's success was immediate from the beginning and the innovative method provided has spread across the world. Tutor Doctor's belief is that each student is unique which remains the source of its success. Tutor Doctor and Chelsea herself are also members of The Tutors' Association UK.

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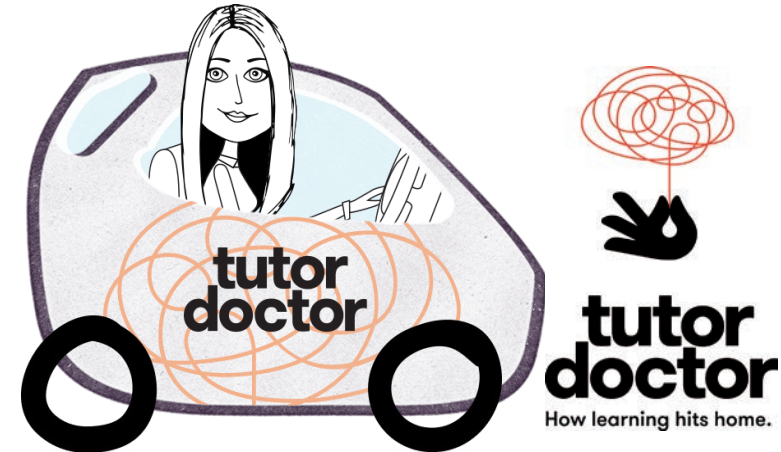
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# Financial Peace of Mind

A review by Sara Gill



When I met Annie Mason, (pictured) Principal of Masons Wealth Associates, who advertised in the spring edition of the magazine, it made me realise that I needed to act regarding my retirement plans. I have thought about it for some time but was a little sceptical as I had a consultation with a Financial Adviser when I was younger which did not go well. However, Annie was so personable, that I decided to meet with her to see if she could help me with my retirement goals.

I met Annie at her local office in March for my consultation and she informed me prior to the meeting to bring any paperwork and policies I had for us to look at. I was made to feel welcome and given a lovely latte by Annie's assistant, Emma. I chatted to Annie for a while which helped as I felt really relaxed prior to her giving me an introduction informing me about her business. During our conversation, Annie told me that she has been approached to stand for District Councillor for the Grantham St Vincent's Ward due to all the community work she has done over the years. I wish her every success as I think Annie would be a very good District Councillor as her communication skills and empathy are second to none.

We had a discussion about my financial goals and plans for my retirement and then she proceeded to ask me questions to ascertain my current circumstances. Throughout our initial meeting, Annie let me ask questions, so it felt like a discussion rather than being talked to. She gave me lots of advice, not all of which was related to retirement. For example, I have never been self-employed before taking on Grantham Now! Magazine and was unsure of what kind of insurance I would need to protect my income if I was unable to work. She explained all the different options that were available to me and I received a full written report within four days with proposals, as well as a pension forecast of what I could expect to receive when I eventually retire. I met up with Annie again to summarise and agree my next steps. It was a very pain free process.

Annie's approach is very relaxed and all the information she gave me was in plain English, so I did not leave feeling stupid for not understanding. I just wish I had met Annie 10 years ago so I could have acted sooner.

Unfortunately, it is imperative in this political economic climate for us not just to think about our retirement, but to take the necessary advice and action to secure a retirement whereby we do not have to struggle. Also, it became clear that having a full review of my circumstances highlighted issues I wasn't even aware existed.

Annie is honest, knowledgeable, very friendly and professional. It was one of the best decisions I made to consult Annie and I now know what I need to do to achieve my plans and protect myself in the meantime.

Sara Gill  
Editor

**Annie Mason** Cert CII (FS) Dip PFS  
**Principal of Masons Wealth Associates**  
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# Current Trends in Flooring

Richard Malley - Floor Designs

We all look at magazines and television advertisements and see the most beautiful flooring in the current trends. Whether you are traditional or looking to modernise your flooring, it is always a good idea to know what developments and trends are current so that you make the right choice and realise that you can have durable as well as stylish flooring. The thing is, we tend to get overwhelmed by choices, not knowing which option will look the best, stay in style and hold up to the use and abuse of our households.

Newer materials are rising in popularity such as waterproof vinyl, eco-friendly flooring and waterproof laminate and carpets. Smooth floors remain classic, but 2019 trends are hand scraped, wire brushed and distressed flooring. Creative wood flooring such as Herringbone, Chevron, diagonal and wide planks are also all in trend. Flooring can now mimic natural and man-made materials such as stone and wood and are now more popular as they look very realistic. Flooring trends do not change as quickly as fashion, however, due to the advancement of technology, flooring is evolving.

There are currently five trends for 2019. Wood look flooring in laminate and vinyl and ceramic tiles have been the top flooring trend for the past two years and will continue to be one of the top trends

for some time. For years, tiles were the only waterproof flooring option, but not any longer as you can have waterproof vinyl, laminate and carpet flooring which is revolutionary for family living. Now that laminate is more sustainable and streamlined, homeowners are choosing this option over real wood flooring as it is eco-friendlier. Customers now want to know about environmentally responsible flooring which is made from natural, renewable, recyclable and home-grown materials, and this trend is likely to continue to grow. Grey is still very much in trend with blonde flooring also being a big trend this year as it makes rooms look lighter and larger.

Flooring can now be much more personalised to suit your tastes and needs as well as the beauty of the choice of waterproof flooring. Richard Malley has been up with trends for years and some of his creative work is pictured. Richard has over 30 years of experience in flooring and offers personalised consultations to customers and will go out of his way to give the time, information and planning to ensure his customers achieve exactly what they have dreamed of.

**If you are planning to upgrade your flooring, give Richard a call on 01476 564718 to arrange a consultation as you will not be disappointed with the outcome.**



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# Focus on... Avenue Veterinary Centre

with Richard Huddart, a veterinary surgeon at the Avenue Veterinary Centre in Grantham and Bottesford.

In this article Richard Huddart, a veterinary surgeon at the Avenue Veterinary Centre in Grantham and Bottesford, describes a couple of common presentations which might need veterinary attention!



Our clients often notice that their pets are "drinking lots more than usual". On further questioning, we might be told that the water bowl seems to require filling more frequently, or that the pet has been seen more at the bowl. A cat might be seen uncharacteristically drinking from puddles or from the tap or toilet. When it comes to quantifying the amount of water a pet is consuming, however, things become trickier. If a cat or dog drinks up to 60mls per kilogram of body weight in a 24-hour period, there is usually nothing to worry about. It may be really difficult to measure this, however, particularly if there is more than one animal in the house, or there are additional sources of drinking water.

The generally accepted figure of 100mls of water per kg bodyweight is the level at which most vets would be especially concerned about kidney disease, diabetes or Cushing's syndrome. This would be around 3 litres for a large Labrador! If there are other symptoms or concerns, your vet would probably advise further investigations and lab tests to confirm the diagnosis and start effective treatment.



Changes in food preference will often be the first clue of mouth and dental problems - dogs may become less keen on chew treats and chewing toys, for instance. Cats may become less interested in dry food, and rabbits may remain happy to eat their pellets and fresh greens but reduce their hay intake - or vice-versa, for that matter! Any change in food preference or chewing behaviour should prompt an examination by the vet, who will be looking initially for any obvious source of dental or oral problems, which may be causing



discomfort or difficulty. In dogs and cats, common causes include periodontal disease caused by plaque accumulation, but damaged teeth, dental abscesses, tongue or other soft tissue injuries, gum disease, and infections or tumours in the mouth can all sometimes be implicated.

In rabbits and rodents, the first sign of dental disease is often a change in eating behaviour, which can sometimes be associated with 'cudding' - allowing half chewed food to fall from the mouth. Rabbit and rodent teeth erupt continuously, which

means that they continue to grow throughout life and depend on continuous wear to counteract this process and prevent them from growing too long. If this wear does not occur normally, which is most often a result of anatomy or improper diet, then the teeth become progressively longer, which interferes with the normal action of the jaw and will eventually prevent the pet from eating normally. This overgrowth can affect not only the incisors - which can be seen in the front of the mouth - but also the back teeth, known collectively as the 'cheek teeth'.



Sadly, it's virtually impossible to fully examine rabbits' and rodents' mouths while they are awake, and often an anaesthetic and sometimes x-rays will be required to allow for a full assessment to take place so that appropriate treatment can be given. Dental problems tend to recur following treatment and repeated procedures are often required once the problems have been established. So careful attention to appropriate diet from early in life is particularly important - talk to your vet for advice if you're unsure.

**On site 24 hour emergency service available for our regular clients.**

## Join Our Pet Health Club... NOW AVAILABLE!

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If you would like to make an appointment, contact the Avenue Veterinary Centre on

**01476 563371**  
OR  
**564490**

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A trading name of AVC 35 Limited  
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# Award-Winning Opticians Right on Your Doorstep

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Lunettes Opticians are a leading group of three independent opticians, based in Sleaford, Grantham and Ruskington with over 27 years' experience in providing professional eye care to the local community.

Lunettes Opticians' focus is to put their customers at the heart of the business. 'Our aim is to offer a personalised approach to each consultation based on the individual's needs and lifestyle to provide the best possible eyecare' says managing director, Tushar Majithia, who has also recently been appointed to the Board at the Association of Optometrists. Their success has been recently recognised with the business winning in 2 prestigious national awards and short-listed in another.

All three practices provide NHS and private eye tests, colour vision testing and contact lenses. Lunettes also offer a Low Vision Service for people with sight impairment, and are locally commissioned by the NHS as a Minor Eye Conditions Service (MECS) provider.

For more information or to book your next appointment at Lunettes Opticians visit the website [www.lunettes.co.uk](http://www.lunettes.co.uk)

## So, what makes Lunettes Opticians stand out?

- ☑ A highly trained, motivated, friendly, compassionate and enthusiastic team.
- ☑ The practices are designed with the customers' needs in mind. Their facilities are very modern, clean, well-accessible and have the latest eye testing technology.
- ☑ An innovative approach, from investing in the latest equipment to dispensing aids and frame-styling techniques. All 3 practices are equipped with state-of-the-art 3D OCT scanning technology to help with early diagnosis of eye conditions.
- ☑ They stock an extensive selection of stylish eyewear and can supply high quality bespoke lenses whatever your requirements, style and budget. Lunettes have many exclusive leading brands such as Oliver Peoples, Tom Ford, Oakley, Tiffany and many more.



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## Compassionate Care in the Community

Greenwood Homecare was established by Tom Chance in March 2017 in Peterborough and he has recently opened a branch in Grantham on the High Street.

Greenwood Homecare was born out of a belief that there had to be services in the community for the elderly and vulnerable individuals. The service is committed to recruiting the most caring carers from local people who know the area and people to provide the best possible service to individuals in need, as well as investing in the community. All carers are fully trained and rigorously checked. Greenwood Homecare is a different homecare provider whereby they are more than task orientated and have a more holistic approach to caring. The service is about understanding who the client and their family are resulting in a better quality of life in and out of the home. Care plans are tailored for individuals and their family's needs. Care plans are flexible and updated according to the individual's change of needs. This allows the family to reinstate their relationship outside of their loved one's care needs.

Greenwood Homecare understand how worrying it must be leaving a loved one's care in the hands of someone else, especially if family members are away or on holiday. The service will always be there for their clients, no matter what the circumstances.

Services offered can vary from cooking, homecare and personal care to specific medical help. It is often more than physical requirements that clients need help with such as companionship and getting out and about in the community. Following an injury or operation when a person may be more dependent, assistance is needed to develop confidence to return to their usual routine.



Meet the team:  
Tom Chance, Anna Watson  
and Yvonne Goodwin

The team understand this and can offer a light touch if necessary, so that clients can feel a sense of independence.

The service also offers more complex care including live-in and night time care and long-term support and care. The service provides care for children, companionship, Dementia and Alzheimer's, elderly care, learning disabilities, mobility, palliative care, personal care, physical disabilities, respite and stroke care.

Greenwood Homecare welcome and invite everyone into their office for informal chats and to offer advice and support whether or not it is within the services they provide. The team are in the process of planning some Saturday coffee mornings for families who work and want to know more about what the service provides. The team will also go to your home to discuss service provision; just call the Grantham office to arrange a date and time to suit you. Greenwood Homecare do understand and appreciate that primary carers must look after their wellbeing knowing that the service they provide can support this.

The team (Tom, Yvonne and Anna) are friendly, approachable and knowledgeable. Please contact Greenwood Homecare by calling the branch office or via their website.

01476 849522  
[www.greenwoodhomecare.co.uk](http://www.greenwoodhomecare.co.uk)  
[hello@greenwoodhomecare.co.uk](mailto:hello@greenwoodhomecare.co.uk)



## Do you need help at home?

Greenwood Homecare is an independent provider of quality care in Grantham and the surrounding areas.

### SERVICES WE PROVIDE:

- Companionship
- Shopping
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- Night Sitting
- Dementia Care
- Mobility
- Domestic Duties
- Learning Disabilities



Visit: [www.greenwoodhomecare.co.uk](http://www.greenwoodhomecare.co.uk)

Email: [grantham@greenwoodhomecare.co.uk](mailto:grantham@greenwoodhomecare.co.uk)

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## Lasting Power of Attorney (LPA)

# JMP

solicitors

Emily Lister, an Associate of the Chartered Institute of Legal Executives, explains that a Lasting Power of Attorney (LPA) is a legal document that allows someone to make decisions for you, or act on your behalf if you are no longer able to because of lack of capacity (due to illness, mental health issues, dementia, confusion, drowsiness or unconsciousness). The person appointed becomes known as your 'Attorney' and can legally make decisions on your behalf.

There are two types of LPAs:

**Property & Finance** - which can be used when registered with the donor's permission, even when they have capacity.

**Health & Welfare** - this can only be used when the donor loses capacity and is for Attorney/s to make decisions on general living conditions, medical treatment and, if authorised, end of life decisions.

It is a misconception to assume that if you are married or in a civil partnership that your spouse would be able to deal with your bank account and pensions and make decisions about your healthcare if you lose the ability to do so. This is not the case. Without an LPA a spouse will not have the authority. This could be devastating, especially if the joint owner has their only form of income, such as their pension, paid into this joint account.

Accidents, strokes, brain injuries and Parkinson's disease can also affect someone's ability to make their own decisions. Managing your financial affairs can become virtually impossible. Charities who care for the elderly recommend everyone plans ahead by having at least one LPA which could save a great deal of money and ease the burden on their relatives.

If you lose mental capacity without an LPA in place, it will be necessary for your family to apply to the Court of Protection to have a deputy appointed to deal with everyday financial matters. This is a slow and very expensive process that can cost thousands of pounds. If you have to use a lawyer, it could cost a lot more. However, if you have an LPA in place, this will not be necessary.

You can choose more than one Attorney, but you must decide if they are to make decisions jointly or separately. The role of an Attorney involves a great deal of power and responsibility, so it is vital that you trust the person or people you choose.

**If you would like to enquire about making an LPA, JMP Solicitors are able to guide you through the process.**

**Please contact Emily on 01476 539813 or [elister@jmp-solicitors.com](mailto:elister@jmp-solicitors.com) for further information.**





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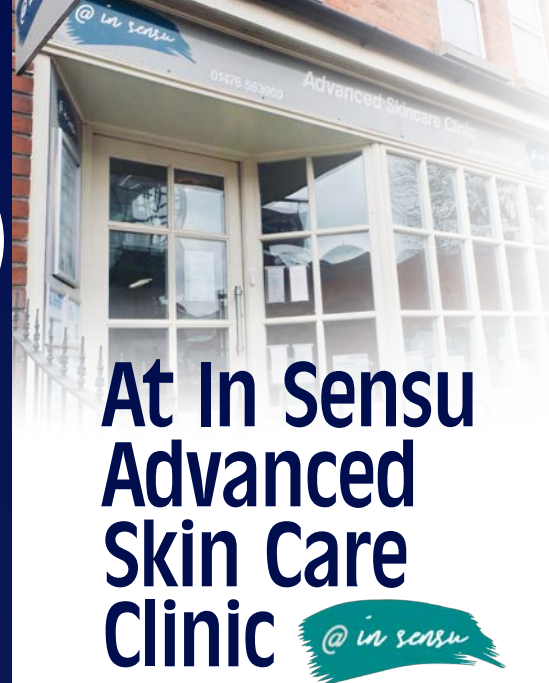
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Contact: Clare Stevens, Strategic Project  
Manager, Wellspring Academy Trusty

Mobile: 07943 664637

E-mail: [clare.stevens@springwell-lincs.co.uk](mailto:clare.stevens@springwell-lincs.co.uk)



# At In Sensu Advanced Skin Care Clinic

@ in sensu

At In Sensu has been open since 2017 and is run by business partners, Claire Stokes and Christopher Wilkinson-Savage. At In Sensu is an advanced skin care clinic and provides the latest aesthetic treatments. Claire met Christopher six years ago and over time decided to merge their skills and experience to open At In Sensu. The clinic specialises in the latest advanced skin care, laser treatments, fat loss treatments, semi-permanent makeup, medical aesthetics and PlasmaLift treatments.

At In Sensu has been totally renovated and has a lovely fresh, clean, stylish and welcoming atmosphere. Claire has been driven throughout her career to advance the field in which she excels. Claire is qualified in semi-permanent makeup treatments. She also offers scar treatment with permanent make-up and works with cancer patients and alopecia sufferers. Christopher trained initially in holistic therapies over 12 years ago. He now specialises in advanced laser treatment and is highly trained to deliver the latest laser treatments using the market's leading equipment including Carbon Laser, Laser Hair Removal, tattoo and birthmark/vein removal and body sculpting treatments. They both continuously undertake training to ensure that they provide the most up to date customer treatments to exacting standards and methods.

At In Sensu offer a 'by appointment only' system which allows clients to come and go in relative privacy. Appointments can be made online on their user-friendly website or by calling the clinic.

Acne, rosacea and other skin conditions can be debilitating to sufferers and the clinic provides skin analysis, advice and product packages to customise treatment for clients, which has had very good results to date. Skin Analysis Consultations are offered for only £5 and include a £5 voucher for money off any treatment!

At In Sensu also offers PlasmaLift, which is a revolutionary new non-surgical treatment. It tightens excess skin almost anywhere on the face or body. This is a non-surgical alternative to more fully invasive surgical procedures and offers comparable results at a fraction of the cost, risk and downtime. This treatment can permanently improve the look and condition of your skin in a matter of minutes.

At In Sensu stocks Oxynergy Paris products and serums to increase treatment results. This exclusive brand allows for the blending up to 11 serums for a truly bespoke skincare regime to meet clients' individual needs and ensure the delivery of results that they are striving for.

The clinic has a customer loyalty scheme that is free to join and has many benefits including money off treatments or products by redeeming points and access to exclusive offers, as well as holding regular demonstrations and events.

Treatments are designed to improve actual skin condition and health not simply mask the underlying issues. Clients will feel good in their own skin!



At In Sensu is located on 18 St Catherine's Road directly opposite Welham Street car park.

**Telephone: 01476 563000**  
**Email: [appointments@atinsensu.co.uk](mailto:appointments@atinsensu.co.uk)**  
**Website: [www.atinsensu.co.uk](http://www.atinsensu.co.uk)**

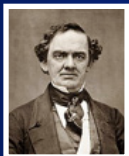
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# Roll Up, Roll Up, Step Right This Way

with New Youth  
Theatre

Anyone who's keen on a life in show business would do well to delve into the true story of Phineas Taylor Barnum, a man who, with an over-exuberance of American zeal, threw himself wholeheartedly into a host of businesses in the nineteenth century before finding fame and fortune with what became known as 'The Greatest Show'. The musical 'The Greatest Showman' is very loosely based on the real P.T. Barnum; a man brimming with an inspiration for life!

After trying his hand at newspaper publishing, general store ownership and book trading he bought a museum in New York and began showing human curiosities; freak shows they were called by some, displaying a real mermaid (so he said) and the amazingly small 'General Tom Thumb'. His wax figure museum was a 'must see'. He went on to become a town mayor and entered into politics in the dying days of the Whig Party. To say he was quite a character is to make quite an understatement.



Turning this man's life into a musical however takes the kind of showmanship which our friend Phineas here would have been proud of. Never ones to let the facts get in the way of a good story, the writers of the film version; Jenny Bicks and Bill Condon have created a dazzling, yet seamless robe of a tale, keeping only as close to Barnum's real life as entertainment will allow. Truly mesmerising are the songs; fantastically composed by Benj Pasek and Justin Paul; great numbers which swell into highly emotional works to lift the heart or tug at it. The show follows Barnum's fall and fall, then rise and rise; his meeting with Queen Victoria and then discovering the beautifully talented Swedish singer Jenny Lind. She was quite a catch for him, and he reciprocated by paying her an astonishing \$1,000 per show, almost unheard of in the 1800s.

# THE GREATEST SHOWMAN

To make this spectacular show work for New Youth Theatre's Summer Camp the search is on to find the perfect Jenny Lind. In fact they also need a larger than life P.T. Barnum (and his younger self for the beginning of the show), a Phillip Carlyle the playwright, a Charity Hallett-Barnum (Phineas' wife), an acrobat, a bearded lady, a tiny General Tom Thumb (a great role for a small child) and a whole host of weird, wonderful and bizarre nineteenth century curiosities in the chorus line, capable of helping to make 'The Greatest Showman' burst into life. With a rousing title song like 'The Greatest Show', leading into the flashback number 'A Million Dreams', Jenny Lind's rendition of 'Never Enough' and the complete ensemble anthem of 'From Now On', there is musical entertainment aplenty, not just for the audience but for the cast too in performing them. The Summer Camp takes place at The Guildhall in Grantham between 5th and 9th August, then once more at Sleaford's Riverside Church between 19th and 23rd August, in each case from 10 am and 4 pm every day.

However, the show never ends when the Summer Camp is over; far from it. You take with you a week of learning how to pull together as a team, you are able to take inspiration from the life of this colourful man and you will have gathered a greater sense of confidence about yourself. In short, you will have grown as a person. The new you will have more of what it takes to face the world and to make a success out of your life. P.T. Barnum never stopped to think of 'Why?', he was only interested in 'Why not?'. So, as he might have yelled from outside the theatre, 'Roll up, roll up, step right this way, take courage and join me in 'The Greatest Show' of them all'.

[Grantham.newyouththeatre.co.uk](http://Grantham.newyouththeatre.co.uk)  
[Sleaford.newyouththeatre.co.uk](http://Sleaford.newyouththeatre.co.uk)  
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[www.sarahburnpsychotherapy.com](http://www.sarahburnpsychotherapy.com)

Sometimes life can be difficult and it's possible to feel overwhelmed by problems. These can be in relationships, work and your quality of life and counselling or psychotherapy can help; providing an opportunity to be supported and listened to in a safe, non-judgemental and confidential environment.

Counselling and psychotherapy can also help with trauma or distress in relation to a life event or crisis. It could also be that problems have been building up over time, such as low self-esteem. Often our adult lives are impacted by our childhood experiences or trauma and it is helpful to explore this with someone trained to understand and work through this.

**Please contact me for an initial meeting.**

# Reasons to be Vegan





There are many reasons why some people want to be vegan, but the reason many of us aren't is because all that vegan conjures up is nut roasts and spinach! This is not the case, vegans enjoy a varied diet, including soups, roast dinner, cake and puddings.

Simon and Angela Pell are long-term vegans and Angela is a wonderful cook. Being vegan has not stopped her from producing good wholesome food. Dairy Free Triangle stock hard to find dairy free and vegan products which can be delivered to your door such as meat alternatives, gluten free, confectionery and a whole lot more. Visit the website to see just how much is available.

We all have our own recipes, but here is one of Angela's that you can adapt. A lovely vegan meal that will delight the whole family.



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## Vegan Sausage Lasagne

### Sausage sauce

1 medium carrot chopped  
3 shallots or 1 medium onion chopped  
200g mushrooms sliced  
1 packet of Vegan Bratwurst  
1 tin of chopped tomatoes + ¾ tin of water  
½ teaspoon sugar  
Salt/pepper to taste  
2 teaspoons Oregano  
½ teaspoon celery salt  
3 tablespoons tomato puree  
Vegetable oil or olive oil for frying  
1 tablespoon of plain flour  
2-3 cloves of garlic crushed  
2 tablespoons chopped parsley

- Fry the bratwurst and remove from the pan. In the same pan fry the carrot, onion and mushrooms until lightly brown, then add the flour and stir in. Fry for a minute.

- Add tomato, water and tomato puree, bring to a simmer.

- Add the rest of the ingredients and sausage and simmer for 10 minutes stirring occasionally.

### Vegan Cheese Sauce

1½ oz vegan spread or margarine  
1½ oz plain flour  
1¼ pint unsweetened soya milk  
1 teaspoon of whole grain mustard  
½ packet of GreenVie ParVeggie vegan cheese (100G packet)  
80g of grated Violife Mozzarella  
Grind of black pepper

### Other ingredients

100% Durum wheat lasagne sheets  
Original Rice Mozzarella

- Melt the spread and whisk in the plain flour, cook for 1 minute. Slowly add the soya milk over a low heat whisking as you go.

- Add the mustard and pepper and cook for 4-5 minutes.

- Add the GreenVie ParVeggie and grated Violife Mozzarella and cook until all melted into the sauce.

### Time to build

- In a dish put in a third of the sausage sauce, then cover with pasta sheets.
- Add a third of the sausage sauce and ¼ of the cheese sauce, then cover in pasta sheets.
- Repeat, then the last layer should be the rest of the cheese sauce.
- Sprinkle the remainder of the GreenVie ParVeggie cheese on top of the cheese sauce.
- Cover with foil and bake in the oven on gas mark 4 (180c) for 45 minutes.
- Remove foil and top with slices of the rice Mozzarella.
- Put back in the oven and cook for another 15 minutes.

Leave to stand for about 10 minutes when removed from the oven to make it easier to slice. Ideal with garlic bread or salad.





Come and find out how your child  
can **ASPIRE** to a brighter future...

## SUMMER OPEN EVENING

**Tuesday 25<sup>th</sup> June 2019**  
6.00pm - 8.30pm

## OPEN MORNINGS

**16<sup>th</sup> - 18<sup>th</sup> September 2019**  
9.15am - 11.15am

## SEPTEMBER OPEN EVENING

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6.00pm - 8.30pm

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# Grantham Handyman Has Expanded

By Sara Gill

Michael Ellison, Grantham Handyman, has been in business for six years and has built up a good customer base. Michael now has a co-worker, Craig, who specialises in joinery and carpentry, as well as laying laminate flooring.

Michael and Craig offer a personalised service for many of Grantham's leading letting agents, small and medium local businesses as well as private clients. They carry out general household maintenance and a large range of interior and exterior works including:

- New and replacement fencing
- Decking, planters and raised beds
- Bespoke shelving and storage
- Timber and Laminate flooring laid
- Assembling flat pack furniture
- Gutter cleaning and repair
- Painting and decorating - interior and exterior
- Installing curtain poles, fittings and fixture for blinds and pictures

Michael provides advice and no obligation quotes. I recently spoke to several of Michael's customers who gave me their testimonies:

Diane Gummer, private customer – Grantham: "Michael has decorated the whole of my house and, considering the condition of my house, all of the work he has done has been to a very good standard. He is reliable, professional, trustworthy and a perfectionist. There was an issue with some wallpaper barcodes and Michael took all the paper down and redid it. He has also fixed my gate and I have recommended Michael via word of mouth. Michael gives you a quote and sticks to it."

Andy Richardson, private customer – Grantham: "Over the last year or so, Michael has decorated the whole of my house as well as decking and some repairs. He is trustworthy, reliable and works to a very high standard. I would have no hesitation in recommending Michael."

Nathan Newton-Willington business (Ladies Only Studio) and private customer – Grantham: "We have used Michael for both our home and business and wouldn't go to anyone else. He is very polite, listens closely and gives great input to all the work he has done for us. Our priorities when looking for a local service is trust, reliability and great work; all of which he meets."

You cannot get better testimonies than this!

It is a good time of year to sort out household maintenance and repairs and Grantham Handyman can do the necessary work to a very high standard at affordable prices, leaving you the time to enjoy the summer. Contact Michael via his website, email or mobile.

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# Barking Mad! Rufus' Story

Hello everyone, my name is Rufus and I want to tell you about my new family. Every year, up until last year, my mum and dad, Anne and Jeff, went away and put me in kennels. When I saw the suitcase my heart always pounded with anxiety, and I felt stressed as I knew where I was going. Don't get me wrong, they looked after me at the kennels and I had my own bed and my usual dinners and a walk every day. However, I was left for hours on end in my pen having to listen to all the other dogs who were crying as, like me, they did not know why they were there and felt afraid, abandoned and bored. I have been to the kennels every year of my life (I am now five) and I knew that my mum and dad would come back for me, but it was such a long time and I was lonely and upset, just like all the other dogs.

Then, last year, I was picked up by a lovely lady called Jacqui who took me in her Barking Mad van to meet my host family, Jean and Fred. They made a real fuss of me and I looked around their house



and garden, but the best part of it was meeting Lulu, their 5-year-old Golden Labrador. We hit it off straight away and we ran around the garden playing; it was great fun! Two weeks later, down came the suitcase and my heart sank. Anne packed my bed, toys and food up and I thought 'here we go again'. Well, the next day there was a knock at the door, and it was Jacqui. I was really pleased to see her. Mum and dad gave me a kiss and Jacqui took my things and put me in her van. I could not believe it when I saw Jean and Fred and Lulu; I was so happy. I had a wonderful time with them for two weeks and I love Lulu who looked after me. We played and had our dinner and slept together every day. I went for lovely walks with Lulu who introduced me to all her friends. Jacqui took me home and I was so excited to see my mum and dad as I wanted them to know what a great time I had and, oh la la, about my beautiful blonde girlfriend, Lulu.

I wish I could tell all the other dogs' mums and dads about my new surrogate family and best friend Lulu, although I would also tell them that if they would rather be the only dog in their host family's home, then that is okay as well. It is so much kinder and a great holiday for dogs when they have a loving home to go to when their owners have to go away for whatever reason. I would like to ask all Grantham Now! magazine readers to consider becoming a host so that you can make other dogs like me very happy.

Contact Colin & Jacqui Murphy  
Call 07384 252 920 or 01636 302636  
Or email [murphy@barkingmad.uk.com](mailto:murphy@barkingmad.uk.com)

## Information for potential Barking Mad Hosts

A home visit is carried out to check on security and take photographs to put owners' minds at ease and to create a visual record for Barking Mad's files.

Hosts can have a family dog and Barking Mad will ensure that their identified host dog meets their dog prior to any stay to make sure that they are comfortable with each other.

Hosts can have children but, for safety reasons, they must be over five years of age.

Owners do not meet their host family as Barking Mad will ensure that the required information, meetings and resources such as beds and food are provided to the host.

Hosts will have 24-hour emergency cover if needed.

Hosts will never be asked to have two dogs from different homes.

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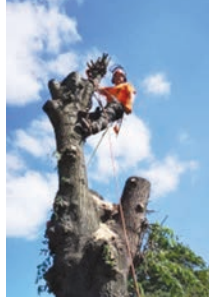
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## Love's Labours Lost

For most of us gardeners, there is nothing more pleasurable than seeing our patch of paradise in a perfusion of exotic colours amidst the sensual floral aromas of summer. It's even more satisfying knowing that most of this idyllic experience is down to us (with a little help from Mother Nature it has to be said). Trying to maintain this example of nature's bounty; well that's another thing altogether. Sweat and toil, that's what comes to mind when we look at a perfect garden; keeping the lawn manicured and the hedges neat and tidy, amongst a whole lot of other jobs like weeding and watering. Yes, well all that's for gardening like it used to be wouldn't you say?

The summer garden should not be about hard work with spade and hoe; you'll want to enjoy yourself too with your family and friends, add in the odd glass of wine as the balm of a summer evening plays host to the symphony of quietening birdsong as a gentle breeze sways the trees. It's at times like these when you truly appreciate the wonderful garden you have nurtured.

To be able to have time to enjoy it, you need some time-saving equipment, the kind that LRS has on display in a showroom bursting with labour-saving tools and equipment; lightweight petrol driven rotary mowers; some with an Under-Deck design to pick up all the cuttings or, if you don't want to lift a finger, there's 'Lorna' waiting to take the whole experience to a whole new level (we're still talking lawn mowing here in case you're wondering). Lorna's a robot mower who will cut your grass without complaint and will even plug herself in for recharging once she is done; just the kind of thing gardeners dream of. If effortless lawn care is something you take seriously, don't forget the sit on mowers; perfect for a more extensive garden. Just sit back and enjoy the ride. Not only will your lawn be taken care of; so will you! For even more labour-saving machinery, take a look at LRS's range of rotavators; machines which takes the toil out of digging for hours on end, especially if you're



cultivating a vegetable plot. A machine like this will leave you more time to plant and nurture your organic vegetable and salad crops; the really fun and important part of a food garden. Whilst you're in the showroom, take a look at the array of push trimmers, fertiliser spreaders, stump grinders, log splitters, leaf blowers and vacuums.

Machines like these can so easily help those of us who, for whatever reason, have physical issues to contend with. LRS's range of equipment represents freedom, the freedom to get out into a garden and just like everyone else, enjoy the sheer delight in working with the beauty of nature.

LRS are specialists in garden tools and machinery. Unlike the big stores, they have the in-depth knowledge to help you make the right decision for you. You may be surprised at how much they know and what wealth of choice is on offer. Everything they do is done to help make gardening a pleasure and not a chore. It is also reassuring to know, that after making an investment in buying the right equipment for you, they also offer servicing and repair work for your lawn mowers and other gardening equipment on site; carried out by a highly experienced team of engineers.

LRS are easy to find on Belton Lane with ample customer parking. One thing's for sure, after doing the gardening the LRS way, you'll never look back and love's labours really will be lost.

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