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Welcome

to the Autumn edition of
Grantham Now!

There are some new adverts in this edition of the magazine such as Floors for Paws, Westwood Stairlifts, Advantage Roofing, Access for Lofts, Tattershall Family Breaks, ARC Groundworks, Maverick Hosting and Alto Electrical offering great new services and products. I hope you enjoy the latest edition of the magazine.

Check out Grantham Now's new website which is more interactive as well as having some feature adverts. Please feel free to email me any feedback so that I can continually improve my ever-developing website.

Regards
Sara

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Grantham Then

By Dr John Manterfield



St Peter's Hill, with its bronze statues of Sir Isaac Newton, erected in 1858, and Frederick James Tollemache, four times MP for Grantham, erected in 1892, is dominated by the Guildhall, built in 1868-70. Adjacent is the Museum - originally the



The Unveiling of the Isaac Newton Statue in 1858

Public Library and Museum - built with help from the Carnegie Foundation in 1928.

Two hundred years ago, the scene was very different. Travellers coming down the steep Spittlegate Hill (the gradients lowered by unemployment relief work in the 1920s) would have observed small fields of enclosed land. Having passed through Spittlegate, a small hamlet on the east side of London Road extending as far as where the Esso garage and Halfords now stand, there were then small fields or closes on either side. Some fields belonged to Corpus Christi College in Oxford and that connection is retained through the names of College Street, Oxford Street, Cambridge Street and Eton Street when the area was developed in the late nineteenth century. On the west side of London Road were more fields as far as Spittlegate House, close to the junction with Wharf Road. This listed Georgian House was built c1790. More recently it became Strutt and Parker's and is now divided into supported residential units. Named after the wharf at the terminus of the canal from Nottingham, which opened in 1797, Wharf Road formed an important boundary. To the south of the road lay the liberty of Spittlegate, Houghton and Walton which was distinct and separate from the borough of Grantham controlled by its Alderman and twelve Comburgesses.

St Peter's Hill then opened out from where the Tollemache statue now stands. On the left was a large plot of land where the recently closed Post Office and adjacent shops now stand. For centuries this was the estate of the More family, but it was not developed until later in Victorian times. The east side of St Peter's Hill was not then punctuated by either St Catherine's Road or Avenue Road - these were late Victorian additions. Various dwellings with substantial plots of land fronted the open space of St Peter's Hill. Their gardens extended to the line of the mill stream that powered Wellam or Well Lane mill which stood at the bottom of present-day East Street.

The stream ran roughly parallel with the main course of the River Witham that divided the borough of Grantham from Harrowby which extended as far as the High Dyke. The appearance of this east side of St Peter's Hill is seen in the engraving done for the unveiling of the Newton statue.

Almost certainly, our Victorian councillors had a bigger scheme in mind of which the siting of the Newton statue was a first stage. The Guildhall, already too small for the proper discharge of the town's growing functions and responsibilities, was located at the corner of High Street and Guildhall Street. It contained a ballroom as well as the court room with the borough jail to the rear. The jail was deemed inadequate after several prisoners had escaped. Grantham's town hall did not match the grander civic and municipal halls elsewhere. St Peter's Hill was the ideal location for a new building, but it took several years to acquire the land, initiate architectural designs and invite tenders for construction. The spacious symmetrical brick and stone building was completed at a cost of £7,260. It presents striking silhouettes with its steep French-style roofs. The first-floor ballroom has a triple-curved oriel window above which is the clock tower. It was designed by William Watkins of Lincoln. The associated remodelling of the east of Castlegate including Avenue Road will be featured in the next issue.



The Guildhall detail from a postcard, 1904

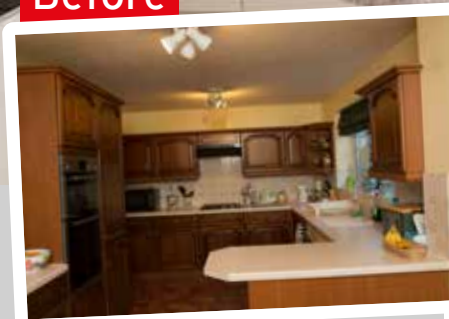
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When You Can't Stomach Pain Anymore



Emma's signature smile, thanks to some incredible needles, some unexpected herbs and a few thousand years of Chinese medical knowhow.

It only takes a moment on Google to find out just how powerful your stomach juices are; hydrochloric acid, potassium and sodium chlorides all blend together to create a mixture strong enough (so one site affirmed) to dissolve a razor blade; preferably something best tested in a laboratory dish and certainly not by the hair-raising expedient of actually swallowing it!

Mind you, Emma Bentley here would be the first to admit that the pain she felt a short while after having her third child was bad enough to convince her that she'd swallowed a complete barber shop full. For eight long stomach-twisting years she'd endured the kind of heartburn that was able to drive her to tears.

It all began with something as innocuous as porridge; healthily mixed up with sultanas and currants. The result was an attack of stomach cramps and a blocked up digestive system that had her squirming on the floor. The dizziness and the feeling of being poorly meant lying in bed was the only option, a place where she'd curl up and suffer in misery. A hot water bottle placed on her abdomen gave her limited relief, but nothing would help her after mealtimes. Half an hour after the essential need to eat, the cramps would hit. Just watching the TV with Lee, her husband after dinner, would be interrupted with a sense of panic, and then the pain would descend, causing Emma to collapse and roll around in agony, crying with the pain of it on the floor. It was enough one evening for her to insist on a visit to A&E. Lee called Emma's parents on the phone to come and babysit, and off they went. Paracetamol was the best the hospital could prescribe. To be on the safe side Emma was directed to Lincoln Hospital as no one could be certain if the pain was appendix related or

more alarming; an ectopic pregnancy. Two weeks in Lincoln and dosed up with morphine was enough to send Emma into another semi-conscious world. Even two scans couldn't fathom what was wrong, her life had been reduced to a complete daze, she wasn't even aware of her family visiting. With little idea of what to do next, Emma was sent home with a lorry-load of painkillers with the umbrella diagnosis of Irritable Bowel Syndrome (IBS).

Seemingly clutching at straws Lee suggested getting acupuncture. Following a trip to the bank as Christmas 2018 approached they dropped into the Chinese Herbcare and Acupuncture Centre on the High Street to clutch that very straw. How glad she was that they did. A free consultation with the centre's resident Chinese doctor was all it took to decide on what acupuncture treatment was needed. In fact Emma's treatment was to be a combination of needles and herbal drinks. The painless acupuncture needles were placed in her tummy, ears, arms and legs and later in the top of her head. Some of these parts of the body might seem unrelated to stomach problems to our Western view of healthcare but they work by treating the interlacing of our body's meridians or energy lines that become blocked up when we're ill. In tandem Emma was required to boil up a mix of Attractious and Peony root, Licorice, Mandarin peel, Tuckahoe tuber, Germinated barley and Hawthorne fruit. Despite the odd taste of this brew, Emma began to improve. Initially Emma's treatment was weekly, eventually becoming monthly visits. Well, the pain has vanished and once more her days are pain-free and her nights filled with blissful sleep.

How does she feel now? On being asked this question a smile lights up her face. "Brilliant", comes the instantly reply.



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Is There a Book in YOU? 10 Top Tips to Make it Happen!

by Ladey Adey (Publisher and Author)

As I ask the question, Is there a book in you?, the picture of Lord Kitchener's recruitment poster from 1914 come to mind! You know the one with the finger pointing! So, if you are reading this article, this could mean you. They say there is a book in everyone – so what about you?

Have you ever considered it? Perhaps, you have thought, "One day, I will be an author" or perhaps friends and relatives have said to you, "You should write a book!" Today it is much easier to become an author and get a book out on Amazon and into bookshops than ever before. With the latest technology it is just a touch of a button away, but where do you start?

Well, to quote Maria from the Sound of Music, "Let's start at the very beginning, a very good place to start..."

1. Intention. Is it time to change the dreaming and thinking about writing a book and make it a reality?
2. Choose what kind of book you will write. Will it be a non-fiction or fiction book?
3. Select the content. Will it be about your profession, hobby/interest or memoir or a story from your imagination? Or surprise me with something else!
4. Give your book a name, it can be taken from the subject matter, but this can be its working title.
5. Draw out an outline. This can always change – so think it through, what logical order would your story take? If non-fiction this might be step-by-step or guide for readers in your specialist area. If fiction what will your characters be getting up to and how will they get there?
6. Start to write. The first step to writing a book is to start to write.
7. Agree with yourself that you will write on paper (or typed and stored on your computer) regularly. (Or you can record your words and then get it transcribed.) This can be 10 minutes



each day, or 20 minutes every couple of days or 1 hour each Sunday. Once you begin, you might find that you become addicted to getting your 'copy' written!

8. Consider where you might need some help? Do you need someone to coach/mentor you through the process?
9. Sign up with me to receive some free articles on how to write a book (details at the bottom) or listen to my podcast: ladeyadeyshow, which is all about books.
10. Tell people you are writing a book and note their (usually positive) response.



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My name is Ladey Adey, from Pink Parties Press, I've written 6 books in total including, a faith book and a children's book about a Little Unicorn, What's Your Name (a charming book for 2-6 year olds – this was co-authored with my daughter, Abbirose). I help people write and publish the book inside them. Contact me: ladey@ladeyadey.com or give me a ring 01400 231475. www.ladeyadey.com

A Splash of Ink



The pace of modern-day life is so busy; it really feels like we live in a world that never sleeps. That is why, for the majority of us, we have become so heavily dependent on technology. How many hours do we spend and invest in getting the most up to date gadgets to meet our ever-increasing needs? The problem is we become so involved with all that is 'hi-tech', we tend to overlook the simpler harder working and still important equipment that we need such as our printer and print cartridges.

Believe it or not, the ink cartridge is one of the most practical and hardworking pieces of kit that we use for computing. So, you thought we would be paperless by now; how wrong can we be? Think of all the printing our cartridges do for us, for example, our precious photographs, school essays and projects, presentations in the workplace to name just a few.

Why is it then we take the ink cartridge for granted, expecting it to go on week after week without a thought; could it be out of sight out of mind? That is until the ink runs out and it always seems to do so when we need it the most.

How strange our attitudes are when it comes to shopping? We don't mind splashing our cash on all singing, all dancing computers, but having to spend money on a splash of ink is another matter! Let's be honest, we do not want to buy something practical like an ink cartridge because we tend to think it is too expensive for what it is. So, we look for cheaper options by searching the internet. Online sellers offer refills, compatibles and even claim to have the real deal at very low prices and next day delivery. Great we think. What a bargain. Or is it? When our cartridges finally arrive, and if



we can persuade it to fit into our printers, the print quality is so poor our work is unrepresentable. There are some excellent sellers online who sell good products but, unfortunately, more often than not, this is not the case. What we need to do when our ink runs dry, is to go to a place that we can trust like Grantham Computer Centre.

Grantham Computer Centre sells genuine ink cartridges for all makes and models such as HP, Canon, Brother, Epson etc. They also offer bumper value ink cartridge packs which help to make the cartridges more cost-effective. They have the largest selection of cartridges in store in Grantham and, if they do not have the ink cartridge you need, they can order it for you to pick up in a few days. Grantham Computer Centre also offers an ink cartridge recycling service so you can save time by taking your empty cartridges to the store when buying your new cartridges.

Recycling is a very big issue now and has been for some time. Plastics are non-degradable, and we are all now aware of the devastating effects it has on both our wildlife and environment and this is causing more concern now than ever before. Just think about how many ink cartridges are being discarded around the world each day. If we all choose the recycling option Grantham Computer Centre offers, we will be able to do 'our bit' for the environment as well as being able to buy genuine quality ink cartridges.

Have you checked your ink cartridges – are they getting low? Don't delay, visit Grantham Computer Centre today.



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The Case for a Midlife MOT



A financial health check in your 40s or 50s could significantly improve your chances of a comfortable retirement.

Retirement is increasingly seen as a long journey to look forward to, not, as it once was, a relatively short period of life that spelt

the end of the road. Today's retirees are more busy, independent and curious than ever and have more time to settle into a life filled with endless possibilities.



Many of us can expect to spend close to a third of our life in retirement, but without a long-term plan, we run the risk of outliving our financial security.

The fact that a defined contribution pension pot can be taken in a variety of different

ways only serves to make the decision on how, and when, to retire even more complex. When is the best time to take our pension; and do we take it all, or just part of it? When should we access our tax-free entitlement? We always start with your objectives in mind; how much money do you need each month, and for how long? How much of your pension would you like to leave as a legacy?

Regular Inspection

Financial planning should address a range of issues, such as how long we are prepared to keep working for, our predicted life expectancy, our State Pension entitlement, how



much income our savings need to provide, and how much money we want to pass on to loved ones.

Yet there is no natural trigger point during our working lives which encourages us to think about these issues, meaning that many of us will end up leaving it too late. Many of us would benefit from examining our choices much earlier in life.

The importance of having a regular review cannot be stressed enough, especially as we get closer to retirement.



This is why a Midlife MOT can be so useful for a great number of people. Annie Mason is a local trusted Financial Adviser and is encouraging people to make an appointment with her to discuss a Midlife MOT. Annie will discuss your circumstances and objectives and put all the complexities into plain English for you.

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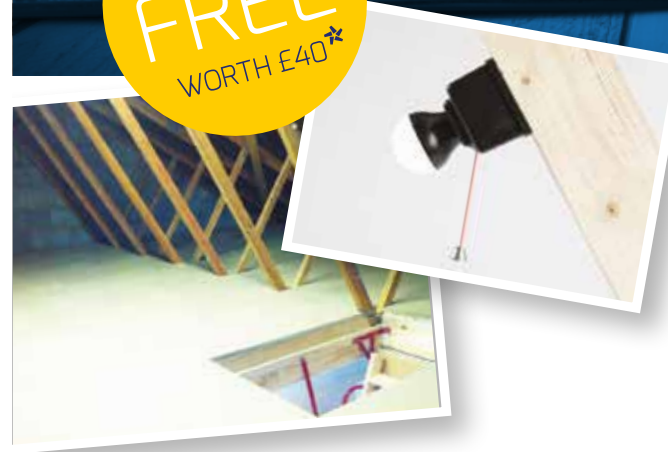
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Get More from Richard Malley's Floor Designs

By Sara Gill

Richard Malley has been a regular customer of Grantham Now! for many years. Since I have taken over the magazine, I have seen examples of his flooring via my work and on his Facebook page, which made me look at my old carpet and thought it was time for a change. I always wanted laminate flooring but have a lovely large elderly Labrador called 'King Harold', so I thought I couldn't have one as I was frightened that he would slip on it. I did a search on the internet for dog-friendly flooring and found Floors for Paws. I contacted Richard and asked him to come to my house to have a look at the free samples I had received from the company and to measure up my hall and dining room. Richard confirmed that the flooring was really good quality and that he had not heard of the company before (all you dog lovers look at the Floors for Paws advertisement on page 21). Richard took my chosen sample of the flooring to order it. Richard and Kathryn, who runs the office, got my quote to me very quickly and, bless Kathryn, she got me booked in within a week to have my floor done.

As agreed, James and Sam arrived at 8.30 am and started working immediately. My family and I cleared the dining room and hallway but for my dad's armchair which we could not get the back off. James and Sam were great; they got the back off straight away and took the chair to the garage. Both were friendly and polite and worked hard all day removing my old carpets and boarding the floors. I hate to have to admit this to you all, but I am OCD about cleaning and although I wanted the flooring done, I was panicking about the mess. I have had a lot of workmen in my house over the years and always found that for the work they did, they wrecked something else, so I have not had many good experiences. I needn't have worried; James and Sam left the house clean and tidy when they left on the first day and I only had a minimal amount of cleaning to do. They also respected my paintwork which is also very important to me. The flooring was laid without any fuss and very quickly the following day. James was helpful and informative, answering all my questions. Sam provided entertainment by singing songs even I



knew, although I felt bad when I told him that it is just as well he laid floors for a living! (I won't tell him that I only recognised the words of the songs and not the tunes!)

My floor looks beautiful and I have already had a lot of compliments about it. King Harold is coping well with the flooring, especially as he has real difficulties in walking and getting up and down off the floor. Considering the quality of the flooring, it was very important to me to make sure that it was professionally fitted, and it was.

Richard is a consummate professional and what impressed me the most was that he did not do any hard selling to me. The fitters, James and Sam, were polite and friendly men who did a first-class job.

If you want a lovely new floor whether it is carpet, laminate, wood or tiles, you cannot go wrong calling in Floor Designs.

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.

I have been a veterinary surgeon at the Avenue Veterinary Centre in Grantham and Bottesford for almost 40 years. In this article, I will look at an increasingly common problem among pets and humans in the UK, and also discuss the topical issue of farm animal welfare.



Earlier this year, after a short dog walk in Sherwood Forest, I noticed what appeared to be a small scab just above my ankle. Rather stupidly, I scratched the scab off and a closer look at it

revealed – tiny legs! I checked it under the microscope the following week – definitely a small tick. No ill effects noted I'm happy to say!

Lyme disease has been a problem in Britain for many years. Transmitted through tick bites, it has gained notoriety recently through high profile celebrity cases. It causes severe flu-like symptoms, aching joints and fever in people, though dogs mainly present with a debilitating arthritis in multiple joints. If you are unwell and have been exposed to ticks, it's worth mentioning this to your doctor. The classic sign of a target-like ring around the tick bite is not always noticed! A recent survey in the South- West of England found active ticks on a third of dogs and cats, most of them unnoticed by their owners.



As the climate warms, and more and more pets travel to and from warmer countries, veterinary surgeons are becoming used to dealing with conditions hitherto not seen in the UK. Many of these diseases are passed from animal to animal (or to humans) through the saliva of



biting insects. Leishmaniosis is one which is passed on via the sandfly. This fly is named after its sandy colour, not its habitat, and is not prevalent in the UK – yet! However, we often have to deal with the consequences of this horrible and complex disorder in pets which have been imported or returned from warm countries.

Talk to your vet about the best ways of keeping your pet free of ticks, fleas and other parasites. There may be special requirements if you are travelling abroad, and protection is needed all year round.



Welfare of Livestock

Welfare of livestock on farms has been in the news lately, and I thought it might be a good time to speak up for the great British farming industry. It is undoubtedly true that the general public has become increasingly dissociated from the land, the source of our food. Visits to farms by schoolchildren are hugely valuable, helping them to understand where their food and milk comes from. The veterinary profession has always been at the forefront of promoting and maintaining the welfare of farm livestock (though many of us have had to diversify somewhat into the realms of pet animals with increasing specialisation).

As a result, British livestock has some of the highest welfare standards in the world, in keeping with and alongside our traditional love of animals. Farmers conform to a variety of schemes to ensure minimal disease, minimal use of medication, and maximum comfort to creatures which are obviously bred and reared for our food requirements. Behavioural problems in densely stocked animals such as pigs or chickens have been widely studied precisely in order to increase the welfare (and consequent productivity) of these animals. Where possible, we should source our milk and

meat products from such farms and butchers which maintain these high traditional UK standards, including the insistence on pre-slaughter stunning at the abattoir. But that subject alone could fill this magazine so it will have to wait!



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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

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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Late Diagnosis Costs Livelihoods and Lives!



It was the late diagnosis of our 11 year old daughter's bone cancer in February 2017, following 23 fruitless appointments over a 4 month period, that prompted a desire to help people have a choice in their medical provision. We didn't have health insurance

at the time but it was only when we were at our wits end and decided to take Alice for a private consultation that her disease was diagnosed.

Thankfully, following 8 months of chemotherapy treatment and limb salvage surgery on the NHS, Alice is doing well and enjoying being back at school. However, the whole experience brought home to me, first-hand, how devastating a late diagnosis and delayed treatment can be – and how it can cost livelihoods and lives!

My daughter's chances of having osteosarcoma was 1 in 3 million. There is a chance, therefore, that any of us can suffer from an illness at any time. We learned that an early diagnosis and prompt treatment in a hospital of your choice is what having health insurance gives you.

Following a career in financial services, I became a local Appointed Representative of WPA Healthcare Practice Plc in September 2018. The Healthcare Practice is a wholly owned subsidiary of WPA, authorised and regulated by the Financial Conduct Authority. Having been recommended to the company by a friend, I was immediately attracted to WPA's professionalism and strong commitment to exemplary customer care. Being a not for profit organisation that was established in 1901, it is comforting to know that the company is not hampered by the demands of shareholders motivated to make a profit. The focus is always on delivering innovative and affordable services to their members.

As a Healthcare Partner, I provide advice on WPA Health Insurance Policies only and how they can protect your family and business. After all, we insure our houses and cars, but aren't our lives and livelihoods more important?

WPA offer ground-breaking personal and business health insurance policies that have truly revolutionised healthcare in the UK. From funding cancer drugs not available on the NHS, to being recognised by the World Health Organisation as leading in the development of new policies that reduce costs for clients.

For individuals/families, having private medical insurance gives you the confidence of having access to an early specialist consultation, or where required, prompt treatment. Most importantly, you give yourselves the best chance of being treated as soon as possible.

For businesses, our Enterprise Flexible Benefits product provides access to prompt private hospital and specialist treatment for the business owner and employees, thereby looking to improve employee productivity and reducing staff absenteeism due to ill-health.

Whether you are interested in family or business private medical insurance, please contact me to discuss your options further. Please note, pre-existing and long-term medical conditions are generally not covered. Applications are subject to medical underwriting and a maximum joining age applies on some policies.

Nick Rossington, Director of Resurgam Health Ltd, Appointed Representative of WPA Healthcare Practice Plc

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Are You Suffering from an Industrial Disease?



People work with potential dangers within their workplace every day and are not always aware of those dangers and what those dangers can cause. Processes and systems within the workplace can often expose employees to dusts, chemicals, fumes, and noise.

Respiratory disease

Work-related respiratory disease covers a range of illnesses that are caused or made worse by breathing in hazardous substances that damage the lungs such as dusts, fumes and gases. The most prevalent of these diseases are COPD (Chronic Obstructive Pulmonary Disease), asthma, silicosis and asbestosis which is a lung disease caused by exposure to asbestos.

Asbestos-related disease

The Health and Safety Executive reports that asbestos can be found in any building built or refurbished before the year 2000 (houses, factories, offices, schools, hospitals etc.) and causes around 5000 deaths a year. When materials that contain asbestos are disturbed or damaged, fibres are released into the air. When these fibres are inhaled, they can cause serious diseases such as Mesothelioma (cancer that affects the pleural lining of the lungs), asbestos-related lung cancer, Asbestosis (serious scarring condition of the lungs) and pleural thickening. None of these lung diseases show effects immediately as they often take a long time to develop.

The dangers of work-based asbestos have been known for more than fifty years, but the problem is that the result of asbestos exposure only becomes apparent 15 to 30 years after exposure.

Other diseases

Employees can also suffer hearing loss, repetitive strain injuries, vibration white finger, and dermatitis caused by exposure to certain materials and chemicals.

Working with noisy tools, machinery or equipment or in a noisy working environment can damage hearing and bring about hearing loss and tinnitus. However, the negative effects of being exposed to excessive noise may not be felt for several years.

Unfortunately, the law cannot make people better but, if possible, it can help anyone suffering from an industrial disease claim for financial compensation.

A claim can be made up to three years from the date you knew or ought to have known that you were suffering from a work-related illness, but you should always seek the advice of solicitors about making a claim.

What to do next

If a work disease is diagnosed, then the injured party should seek legal advice as soon as possible to find out if they have a claim.

Neil McKinley is a leading personal injury solicitor at JMP Solicitors and specialises in industrial disease claims. For further advice please call Neil on 01476 565 295 or email nmckinley@jmp-solicitors.com.



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Mr Franks recalls an instance the last time East Midlands Antiques were in the area, when a couple came along with a selection of old broken and incomplete rings, a few items of unusual jewellery and an old broken gentleman's wristwatch, expecting only a small amount and they were totally amazed to receive over £2,000.

Another astonishing story was when a crystal vessel estimated at just £100-£200 was sold for £220,000. So why not take this chance to search through your attic, drawers and cupboards, to see if you could also be sitting on a fortune. Don't be afraid or embarrassed. You will find our representatives most helpful, courteous and friendly. There is no obligation to sell, so if you just require a free evaluation, no problem. All transactions are strictly cash.

Mr Franks said the reasons for choosing the area are numerous. Many valuable articles were found in the last visit to the area. For instance on one occasion this year a Rolex, valued at £2,000-£3,000 fetched a staggering £48,000. The hotel is well known to local residents and is well placed with

plenty of car parking available. So on Friday 13th September you have the chance to visit the hotel and see our accredited buyers and valuers absolutely free. Mr Franks has over 20 years experience of professional valuations and now his expertise is available at no cost to you. Specialising in oil paintings, water colours and many other articles. Medals, decorations and orders are one of the most collectable items and East Midlands Antiques has a waiting list of collectors and customers willing to pay for these articles.

Listed below are a few items we require, but due to limited space not everything is listed, so if you are in any doubt, bring it along!

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- Silver items including bowls, cups, picture frames, claret jugs, candlesticks, boxes, baskets, christening mugs, tea services, trays and wine labels.
- Bronzes, pottery and bric a brac e.g. Clarice Cliff, Moorcroft, Beswick, Doulton, Royal Worcester, Oriental pottery, coloured glass etc.
- Oil paintings, water colours, prints etc
- Old pens - Parker, Conway Stewart, Waterman and many others.
- Autographs, postcards, sporting items - especially sought are old football, rugby, cricket and golf programmes.
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The End is Nigh for Windows 7

Windows 7 has been the mainstay of the Windows Operating system for 10 years now.

On the 14th January 2020, Microsoft will no longer be providing support for this version of Windows. This means no updates for the software and, more importantly, no more security updates.

All of you who have Windows 7 are now asking 'What does this mean for me?'. Here are some answers to your questions:

How do I know if I have windows 7?

If your start button is a coloured circle you have Windows 7



Will my computer stop working?

Your laptop/PC will still work after the 14th January 2020 but will be vulnerable to security issues.

What does this really mean?

As the support finishes on the 14th January 2020, Microsoft will no longer be sending out its monthly updates. This will include any security updates as well as their usual operating system updates.

This really means any vulnerability found in Windows 7 after this date will be out in the open and can be exploited by hackers to gain access to your data. Viruses and ransomware will be able to exploit the weaknesses and you could lose access to your data including documents, family photos and anything on your device. Of course, you have backup DON'T YOU?



Do I need to buy a new PC/laptop?

While buying a brand-new device is always nice, there is no real need to go out and spend a fortune if you don't need to.

Wardour Secure Network's refurbished laptops and PCs come with a 12-month guarantee and will have Windows 10 installed already.

Can I upgrade from Windows 7?

Unfortunately, there is no upgrade path from Windows 7 to Windows 10. However, you can still get Windows 10 as a fresh install if your device meets the minimum specification for Windows 10.

Wardour Secure Networks Limited can offer a service of upgrading your laptop or PC to a Solid State Drive (SSD) and a fresh install of Windows 10.

Prices start at £160 + VAT.

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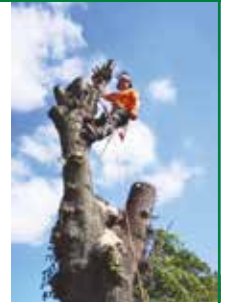


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The Benefits of Being a Host by a Host



Hello, my name is Cathy and I am a host for Barking Mad which I have been for some time now. All the hosts at Barking Mad are passionate about dogs and we all believe that dogs benefit from being in a home environment with one to one care whilst their owners are away. Relaxed, contented and happy dogs are to us a job well done. I have to say though the benefits I have gained from being a host is not just about job satisfaction. What all the dogs I have looked after have done for me, on a personal level, far outweighs the service that I provide for them.

Not long before I became a host, I was at a very low ebb in my life. Two years previously, I lost both my husband and our dog, Dougal, within six months of each other. I was struggling to cope as all three of us did everything together.

I have two grown-up children who, unfortunately, both live away from Grantham. I visit them regularly and being with them when my husband first passed away was such a great help to me. The problem was when I returned

home, all that welcomed me was an empty house which made me feel lonely and isolated. Well, that is now history, as I was reading Grantham Now! magazine and saw the advertorial on Barking Mad. I am unable to commit to having a dog full-time so I thought that being a host could be a perfect solution for me, and I can confirm it is.

I called Jacqui the next day although I felt shy and nervous, especially as I knew I would have to have an assessment. However, Jacqui was lovely and put me at ease straight away. Jacqui came to my home a week later and I passed the assessment with flying colours and was soon matched with my first dog, Trixie, who I am pleased to say is now one of my regulars I host for.

Being a host has given my life a whole new purpose. The dogs have got me out walking which I had stopped doing after I lost Dougal. I had forgotten how much I really enjoyed walking and it is also good for my health and wellbeing. I have made some wonderful new friends and feel part of a community of dog walkers. I often meet friends who have dogs at the park café to sit outside and have a coffee and a chat. I also go out to dinner with some of the friends I have made so my social life is full and happy. I am also discussing going on holiday with one of my 'doggy friends' which is great.

The most benefits from being a host are the dogs themselves as they have brought back fun, laughter, love and companionship in my life once again, and I will always be grateful to the dogs and Barking Mad.

You do not have to be in the same situation as me to become a host as people become hosts for all sorts of reasons affording them similar benefits to me.

If you are interested in becoming a member of our team, then please call or email Jacqui or Colin and see what benefits looking after a furry four-legged friend can do for you.

Contact Colin & Jacqui Murphy
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When the Leaves go Brown

Autumn is a beautiful season from the colourful canopy upon the trees, the smell of smoky fires, to the refreshing nip in the breeze. Sadly, the autumn is a short season too; the stormy clouds are gathering – look at your garden, there's so much to do.

There is harvesting, branch cutting, a little mowing, some sowing and your plants will need dead-heading and there is one important job you should not forget to do and that is your hedging.

For did you know that in winter your hedges can be damaged by the ice, wind and snow. You will have to work hard at making the foliage thicker, but instead of shearing why not buy a Mitox 60 HTD hedge trimmer?

Don't worry, it will do the trick; a lovely neat job that's done ever so quick.

What about your poor old lawn?

It's looking a bit shabby and all forlorn. It's been parched by the hot summer's sun; it's also been abused by pools, parties and barbecues and now it's damaged in the name of fun.

So, it's up to you to help your lawn to repair. A few jobs to do to get rid of the grime as this will make sure your grass is green and lush, all ready for the spring and summer time.

To improve the appearance of your lawn, the edges will need straightening.

Your grass, unless you want a mud bath, will need aerating and you will have to tell the weeds and moss to get lost.

How do I do this I hear you cry?

Well, there's strimmers, aerators and scarifiers to name but a few; all essential equipment ready for you to use.

So why don't you give them a try?



The real problem of autumn is when the leaves turn brown and with a good gust of wind they fall swiftly to the ground.

You'll rake and you'll rake until your back breaks – oh you will be in such pain. Don't sit down, look behind you – the pesky leaves are back again.

So, you'll rake, and you'll rake but you're getting slower. Have you ever thought of buying a blower? They are amazing you know and, dare it be said, they can suck as well as blow!

They're lightweight and easy to use; you can hear the rattle as the leaves whiz up the tube. Or, if that is not what you require, blow them into a heap and watch them burn upon the fire.

Then when your garden is clean and tidy, you can enjoy other things this wonderful season brings; like fruit picking, Halloween and a bonfire party.

If your blades are blunt, or you're like me and need advice to make your garden look nice because you don't know what tools you need; don't despair, LRS is the place where there are experts who also offer servicing and repairs.

If you want your garden this autumn to look its very best, it's time to go to LRS!

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