

s. In this vein, the Green Alliance has requested that we consider 'getting rid of plastic litter' first before we suggest getting rid of plastics which is a different viewpoint. On the theme of viewpoints, there is still time if you want to comment on the government's consultation into using taxes to solve the problems caused by single use plastic. This consultation is available online www.gov.uk/government/consultations/tackling-the-plastic-litter-problem and closes on 18th May.

Examples of single use are plastic straws. Large companies are responding to the attention around being plastic free such as Cineworld who have been asked to give up the use of plastic straws by the campaign group Greenpeace and McDonald's who have promised to phase them out. Some organisations are making great strides forward in this area such as the Girlguides who have now received a special Plastic Free award.

Thanks to all of you for your contributions. If you would like further information about any of these items or would like to join the Whatsapp please feel free to contact me.

Cherrie Whattmuff




2a Main Street,
Woodhouse Eaves,
LE12 8RZ
Tel. 01509 890520
Email: oakwood.pharmacy@hotmail.co.uk

Travel Clinic

Now Offering:

- Free consultations
- Travel vaccinations
- Malaria medication
- Travel health advice



WOODHOUSE  EAVES

Weekly events

PIE NIGHT
MONDAY 5.30-9.30PM

THE PUB QUIZ
TUESDAY 9PM

STEAK NIGHT
WEDNESDAY 5.30-9.30PM

.....
WWW.THECURZONARMS.COM 01509 890377

The heritage exhibition approaches

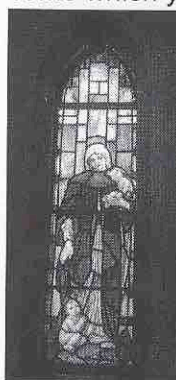
In return for the considerable amount of money that St Paul's Church received from the Heritage Lottery Fund to restore its chancel, a heritage project has been set up for the benefit of the whole community. The leader of the St Paul's Heritage Project, Sue Young, outlines various aspects of this exciting project. Ed.

Research

As the research part of the St. Paul's Church Heritage Project draws towards a close, the opening of the exhibition approaches. This will share the results and celebrate the heritage of this wonderful building with the public. These last exciting months of exploration, research and mutually supportive development have meant that a lot of dedicated volunteers have uncovered and discovered some fascinating things about the church building and about the people who have influenced it, worshipped in it and lived near it. Come and find the answers to questions you never knew you had and some of those posed below, by visiting our exhibition in June, July and August.

The church building

The church was designed and built under the eye of architect William Railton but what else did he design? You may be surprised by the answers. We will have copies of the original Railton designs for visitors to peruse during the exhibition. A church architect called Ewan Christian made major changes to the church less than 50 years later and its wooden gallery (designed to seat over 100 parishioners) was removed and new sections to the altered body of the church added. Time has led to many more changes, some which you can spot if you visit the church.



Beautiful stained glass window added over time.

The windows

The glorious stained glass windows were not there when the church was built, but were added over many years, mostly as memorial windows. The dates and dedications on them tell many tales, as does their subject matter. With the exhibition and its online content, you will be able to find out so much more about the history and creation of these windows. Every time I look at one I see something new.

Floor tiles

Where did the fantastic tiles on the chancel floor come from? Are they Minton as was thought? If you look at the extended chancel floor you will see original tiles, laid when the chancel

was added; tiles rescued from the body of the church; and tiles made this year to fill in a gap. Why not see if you can tell which is which?

Striking footage

Have you ever wondered if there was a clock on the church before the current one was added in 1904 and how many bells there were when the church was built? Do your children enjoy watching machinery working? My grandchildren do, and they are fascinated – especially when the clock is striking – by the spectacular clock workings, which are now exposed to view in the church entrance. You can watch the bells striking via a webcam in the hallway, and may even see evidence of the weather outside – snow was seen lying on the bells a few weeks ago.

Bats and nature

The project is not just focused on the fabric of the building, but also on the natural environment associated with it. For example, you can learn about



Intricate patterns revealed from floor to ceiling.

the bats that frequent our church and also some of the rare and fascinating fungi that grow so well in the churchyard as it is never fertilised or sprayed with weed killer.

Recording memories

We have had, and still have, some fascinating families and people living in and around this village, and some of them will be highlighted during the exhibition. We have an insight into the life of a coal merchant, a village youth, a village builder's family and historical figures associated with some of the big houses. We are hoping that many of you will add to our exhibition with your own memories of the village and incidents from your lives here. There will be sheets available for you to record any memories or village tales, or to add comments on some of our display pieces to share with others. This is an evolving project, and your contributions will be very much welcomed.



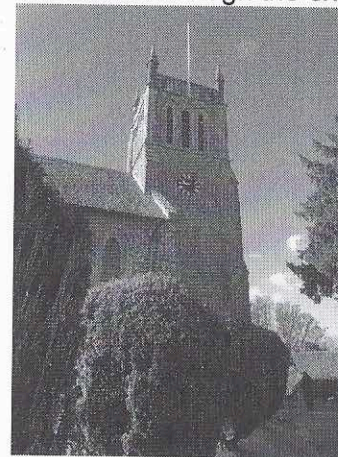
Unusual fungi growing in the churchyard.

Heritage exhibition

The heritage exhibition will be mounted in the church, free of charge, nearly every Saturday over the summer. There will be tea, coffee and cake or biscuits and the exhibition will change each week. Artefacts accumulated during the recent chancel repair will be on display or available for viewing and we will have self-guided quizzes and a family trail every week. On three afternoons through the exhibition we are showing cartoons for children to enable the grown-ups to have a better chance to look around.

Informative talks

Talks are scheduled throughout the exhibition and we would love you to join us to hear further insights into our heritage. These will focus on various heritage aspects and will include a talk by the architect for the chancel repair, who is also our church architect, as well as talks by historians and local volunteers. A programme for the exhibition and talks will be available around the village from May and you can always look at our website at www.stpaulsheritage.org to find out more.



An impressive view of St Paul's.

A NEW boiler from
just **£1,620*** (inc. VAT) or **£7** per week

Includes fitting, up to 10 years warranty, plus a price match guarantee.

WORCESTER **Vaillant** **BAXI**

Call today for a **FREE** survey & fixed price quote
0116 287 8000 | www.ukgasservices.co.uk

*See website for terms & conditions

Which? Trusted trader | Gas Safe | HAS | Approved installer

Leicestershire's local installer of boilers & central heating for over 20 years.

UK GAS
YOUR TRUSTED HOME SERVICE PARTNER

Funding

This whole project has been encouraged and supported by funding from the Heritage Lottery Fund, so every time you buy a National Lottery ticket you are supporting this and other projects like it. Do come and enjoy the results of this generosity.

The wonderful village community

I have been very privileged to learn so much about the history and heritage of this fantastic church and village over the last months and to meet so many friendly, helpful and enthusiastic people. We are all so lucky to live in a village that is accepting of all comers and where people who have grown up or lived here for decades are willing to share their friendship and accept 'strangers' into their midst. As the village population and the country as a whole have evolved, so has St Paul's. I hope you will be able to come and find out more about local heritage, however long you have lived here, and look forward to seeing you at our exhibition.

Sue Young, St Paul's Church Heritage Project

The winds of change

In recent years healthcare professionals have taken on board the theory of 'prevention is better than cure'. For instance, public health campaigns allow us to make better health decisions such as the widespread availability of 'flu and other vaccinations. Although arguably the responsibility of treatment and cure lies with the NHS, change must be embraced to maintain a healthcare service that can cope with the growing demands of an increasing, and indeed more elderly population.

I wrote recently about the practice of mindfulness; the ability to focus on a single activity while also training the mind to accept the life we have and enjoy it fully. This leads to greater happiness, contentedness and, in turn, a more positively productive life. Maybe it is time to make this practice widespread. I know my son had a mindfulness session in school last week, which made me positively ecstatic as he reported feeling calmer and more relaxed. It is no secret that individuals that have a happy, fulfilled and contented life suffer from less disease and healthcare issues.

Bodyworlds

An exhibit I saw recently at a museum in Amsterdam, called 'Bodyworlds – A Happiness Project', put things into great perspective for me. It defined happiness as, 'a combination of how satisfied we are with our life and how good we feel on an everyday basis.' In addition the exhibition showed that 50 per cent of our ability to be happy is genetic, 40 per cent is dependent on

our thoughts and only ten per cent is circumstantial (rich/poor, healthy/unhealthy, married/single). Clearly demonstrating superficial factors only account for ten per cent of our happiness proportion. So it would seem we have at least 40 per cent to play with here. So, I propose that we take our own health into action. Taking a tablet to tell our body or brain how to act or work is beneficial to an exponential degree of course. But if we complimented this by creating a strong symbiosis between body and mind, much in accordance with the mindfulness practice, so we take care of our mind as equally as we do our body.

The mind-body connection

In my following articles over the next few months I will be embarking on an exploration to create an interdependence of body and mind that will lead to a fulfilled happy and less disease prone life. Practices such as massage, aromatherapy, acupuncture, homeopathy to name but a few. These types of therapy focus on a phenomena known as the mind-body connection, which recognises the effect of mental well-being on the physical, and vice versa. A prime example of this in the negative context is the well-known effects of stress on our mental and physical wellness. For example, work stresses can flow over and damage home life and relationships as well as putting a strain on our immune system and the ability to maintain effective vital bodily functions. I am sure we have all experienced this at some point in our life; having mechanisms to recognise and alleviate these symptoms through various therapeutic practices is a key we must all cut to fit.

I was at a bit of a loss which topic I would pursue in this issue of our parish magazine, but have been helped by our fantastic co-editor Caroline. So I also implore you, my wonderful readers, to tell me what you would like to read about in the following set of articles. We may together embark upon a most fulfilling journey to engage our minds for the benefit of our bodies and lead a happy, fulfilled and content life.

Zainab Master



We are proud to announce the opening of our new call and collect service

From Tuesday-Saturday lunch and evening

Visit www.ginospeartree.net to view our pizza menu

The best pizza you will ever have!

8 Church Hill, Woodhouse Eaves, LE12 8RT

Telephone: 01509 890243

www.ginospeartree.net