

Your free local magazine for Dinnington, Anston, Laughton & Woodsetts

www.yourmag.net

Sep 2023

YourMag

Bringing the community together

Better Health for the Entire Family

Eye Tests for the Kids

Cancer Checks for the Guys

Stronger Bones for All

Don't Miss our Regular Features!

Book Review - Recipe - Puzzles - Gardening - Items For Sale

**Find out what your home is worth.
Get your FREE instant valuation report now!**



Scan
Here



BATHROOM & KITCHEN WAREHOUSE



WORKSOP



ONE OF THE LARGEST SHOWROOMS IN YOUR AREA

**OUR BIGGEST EVER SEPTEMBER SALE
UP TO 60% OFF SELECTED ITEMS!**

**OUR OWN
IN-HOUSE
INSTALLATION
TEAMS**

- Plumbing •Tiling
- Joinery •Electrics



**OVER 150
DIFFERENT
DISPLAYS
ON SHOW!**

Would you love the kitchen of your dreams?

Then wait no longer! We offer a full service from design and fitting to supplying new appliances. All you have to do is dream!

CALL US TODAY AND LET US DO ALL THE HARD WORK FOR YOU!

BIG BRANDS IN STORE SUCH AS:



• OPENING TIMES •

Mon-Fri 9am-4pm | Sat 9am-4pm | CLOSED Sunday

FOR MORE INFORMATION

www.bathroomandkitchenwarehouse.net

☎ 01909 500130 | ✉ admin.bathroomwh@btconnect.com

50 NEWCASTLE AVENUE | WORKSOP | NOTTINGHAMSHIRE | S80 1LA

Easy Living Landscaping

Specialists in Porcelain Paving, Contemporary Gardens,
Timber Decking & Composite Decking

Ask us about our Fencing services

Driveways, Artificial Grass and all types of Landscaping
Bespoke Garden Buildings, Pergolas, Shelters & Timber Structures

Patio, Driveway & Artificial Grass Cleaning

Contact Wayne: 01246 700145 | 07792 803069

easylivinglandscaping@gmail.com | FB Easy Living Landscaping | www.easylivinglandscaping.co.uk



WHEN DID YOU LAST HAVE YOUR GUTTERING CLEARED?

MR T GUTTER CLEAR IS A
LOCAL, FAMILY RUN,
INDEPENDENT COMPANY

GUTTER
REPAIRS
CARRIED
OUT

OAP, NHS,
KEY WORKER
DISCOUNTS

CALL TO
BOOK YOUR
FREE GUTTER
INSPECTION

Our high-powered
system can reach
those difficult places,
and we always have
ladders on hand to
ensure nothing is missed
or to conduct repairs



facebook



T: 07507 698092

e: info@craigturner.co.uk

T

Google



Remember to mention YourMag when you call!



Editor's Note

Hello and welcome to September! It's a somewhat sobering thought that Autumn is already on its way when we haven't really had Summer yet! I guess we can all live in hope that the good weather will arrive a few months late and we'll finally be able to enjoy some outdoor time. It has happened before.

Ever the optimist, I will keep my fingers firmly crossed!

We have a number of health-based articles this month. Whether young or old, there is never a better time to take care of ourselves, to give ourselves the best chance of good health now and in the future. I remember my brother one day realising that he was approaching the age at which our dad, his three brothers and our two grandads had passed away. He decided to give up smoking, cut down on his alcohol consumption and lose a bit of weight - all in an attempt to maximise his chances of a long and healthy life. Although not without health issues, he is still fit and active.

Fiona's article this month touches on the kindness she has observed at her gym. This world can be a pretty rotten place - just watch the news for half an hour if you want your mood dampening. But it can also be a lovely place. I recently read a post on social media about a lady who paid for someone's shopping in a random act of kindness. Each us can make the world a better place for someone! Until next time...

Debbie Singh-Bhatti

Contents

| | |
|----------------------------------|----|
| Editor's Note | 4 |
| Keep an Eye on their Vision | 6 |
| The Power of the Nanna Nap | 8 |
| Test for Testicular Cancer | 10 |
| Bone Up on Bone Health | 14 |
| Tales From the Gym | 16 |
| Meaningful Part-Time Work | 18 |
| My Slimming Diary | 20 |
| Results Day Advice | 22 |
| The Great School Uniform Debate | 26 |
| Your Garden: Garden For Free | 28 |
| Flu Vaccination Programme | 30 |
| Recipe: Pork Chops & Apple Sauce | 34 |
| Book Review: The Lie of the Land | 36 |
| YourSay | 38 |
| Dinnington Community Land Trust | 40 |
| Puzzle Page | 42 |
| Items For Sale | 44 |
| Index | 46 |
| Puzzle Solutions | 46 |

**NEXT DEADLINE
13 SEPTEMBER**

**"We aim to beat any
genuine quote"**



10 YR GUARANTEE
on window frames



10 YR GUARANTEE
on glass

1 YR GUARANTEE
on handles

REPLACEMENT GLASS SPECIALISTS

- Windows
- Conservatories
- Roofline
- uPVC/Composite doors
- Glass units

**CALL BRAD
NOW FOR A
FREE QUOTE**
07882 425164
07495 523480

**Kiveton
WINDOWS**

**ROTHERHAM
LOCK AND KEY**

24 HR LOCAL LOCKSMITH

NO CALL OUT FEE

DOOR & WINDOW REPAIRS

GAIN ENTRY & LOCK CHANGES

BURGLAR REPAIR SPECIALISTS

FREE HOME SECURITY CHECKS

ALL AREAS COVERED

01709 925987



ROTHERHAM LOCK AND KEY,
MOORGATE CROFTS BUSINESS CENTRE,
SOUTH GROVE, ROTHERHAM, S60 2DH

**City
Guilds**



Mick McCall FAMILY BUTCHER

Finest quality beef, lamb and pork
Homemade pies and cooked meats
Freshly made sandwiches

Eat Healthily All Year Round!

Our sausages are made with selected cuts of pork which are less than 5% fat

Mr Mick's Sausages



Pork
Tomato
Cumberland
Flavour of
the Week

Mr Mick's Healthy Pack

2 x 9oz Chicken Fillets (no added water)
2 x 1lb Minced Steak (less than 5% fat)
2 packs Mr Mick's sausages (any flavour)
4 Quarter Pounder Steak Burgers

All for £30



BARBECUE MEATS AVAILABLE NOW!



All meats are of the finest quality
No one ever regretted buying quality!



Find us on
Facebook



Most of our meats are cheaper than Costco
- plus you don't have to buy in bulk!



All major credit & debit cards accepted. Minimum spend £10

18 Quarry Lane, North Anston Tel: 01909 562011

Keep an Eye on their Vision

When my son was eight his teacher called me to one side. *"I'm concerned about his lack of progress lately,"* she said, *"and when I asked him why he hadn't copied the spellings down from the whiteboard this afternoon he said he couldn't see them."* This was how we discovered that Callum needed glasses. It had never been on my radar because no-one else in our family wears them, apart from his grandparents. It came as a bit of a shock that poor Callum had been struggling for so long. I'd always taken him for regular dental checks, but he'd never had a sight test!

A comprehensive eye examination ensures that a child has optimal vision, which plays a vital role in their education, participation in sports, and overall confidence. Additionally, eye examinations help identify conditions such as strabismus (where one of the eyes turns in or out), enabling early intervention and appropriate treatment.

Clear vision is essential for a child's academic success. If vision problems remain unidentified then the child may experience difficulties with reading, writing and focusing on classroom activities, as Callum did. Regular eye examinations can identify refractive errors (such as short-sightedness, long-sightedness, and astigmatism) and ensure that the child receives the necessary corrective measures, such as spectacles or contact lenses. With these in place, a child can then fully engage in the classroom and their performance in school should improve.

Participation in sports is a valuable aspect of any child's physical and social development. Poor vision can affect hand-eye coordination, depth perception, reaction time, and ultimately their enjoyment of sport. Regular eye examinations will detect any vision problems that may hinder a child's ability to perform well in sports. In addition, optometrists and dispensing opticians can provide appropriate solutions, such as sports safety spectacles, prescription swimming goggles, or contact lenses.



Strabismus, commonly known as crossed or misaligned eyes, is a condition that requires early identification and intervention. Regular eye examinations from birth can detect strabismus in its early stages, allowing for prompt referral to a specialist. Early treatment can help correct the misalignment and improve the child's binocular vision, depth perception, and overall visual function. Identifying and managing strabismus at a young age is crucial for optimal visual development and can prevent long-term complications.

If, like me, you are fortunate enough to have excellent vision, it doesn't automatically follow that your child will enjoy the same privilege. Children with poor sight do not always know that they have poor sight because they have nothing to compare it with! I could kick myself for not realising this sooner. Callum's performance in school improved dramatically once he had the correct spectacles, and he's gone on to do very well academically. The story might have been quite different but for his observant primary school teacher.

Think of regular eye examinations as an investment in your child's future success. Examinations are free up to the age of 18 for those in full time formal education.

Kate McCarthy

BLINDS DIRECT

5% DISCOUNT for YourMag Readers

QUALITY MADE TRULY AFFORDABLE

VERTICALS • VENETIANS • ROLLERS • ROMAN
WOOD SLAT • PLEATED • PERFECT FIT • VISION

Call Andy Butcher

0114 221 0740 or 07711 646572

**Gardening,
General Maintenance
and Handyman
Service**

Trustworthy • Reliable • Friendly

Call or send a message for a free quote

07849 458011
hello@thatsandy.uk

Yorkshire Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept – but where to store it all? That's where Yorkshire Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Warren Ingleson explains:

'Our watchwords are Quality, Integrity and Value.

Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen so our customers are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we got a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers

lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

So, if you want to make use of your loft space, however

big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



Here's a great way to make more storage space...

Install a loft ladder and make more use of your loft!

Loft ladder, Light & Switch plus 50 sqft of flooring from as little as £277 +VAT which includes FREE fitting in less than a day.

Our customers choose us to fit their loft ladders, because we offer:

- A FREE home visit
- Fully guaranteed
- A FREE written quotation
- A large selection of ladders

Call now! Freephone 0800 612 8359
www.yorkshireloftladders.co.uk



**YORKSHIRE
LOFT LADDERS**

Remember to mention YourMag when you call!

The Power of the Nanna Nap

In a fast-paced world where productivity is highly valued, the idea of taking a nap during the day may seem counterintuitive. But emerging research suggests that daytime naps can actually have a positive impact on our well-being and cognitive performance.

Studies have shown that a short nap can help restore alertness, concentration and memory recall. When we experience a midday slump or a decline in mental acuity, a well-timed nap can leave us feeling refreshed and rejuvenated. By giving our brains a chance to rest and recharge, we can enhance our ability to process information effectively and make better decisions.

The duration of a daytime nap plays a crucial role in reaping its benefits without experiencing grogginess. Experts suggest that a short nap, typically lasting around 10 to 30 minutes, is optimal for most individuals. This length of time allows us to enter a light sleep stage, known as Stage 2, which promotes alertness and aids in memory consolidation. By keeping naps within this timeframe, we can avoid entering deeper sleep stages, which can lead to sleep inertia—a feeling of grogginess upon waking. However, it's important to note that individual preferences and sleep needs can vary, so experimenting with different nap durations can help identify what works best for you.

Daytime napping has also been linked to long-term health advantages. Research has shown that regular napping can reduce the risk of heart disease, stroke and high blood pressure. Napping has also been associated with improved immune function, stress reduction and mood regulation. By incorporating short naps into our daily routine, we can take proactive steps toward maintaining our overall well-being.

While daytime napping can be advantageous, it's essential to consider potential downsides. Longer naps, particularly those exceeding 60 minutes, can lead to sleep inertia, causing grogginess and difficulty in returning to full wakefulness.

Additionally, napping too close to bedtime can disrupt nighttime sleep, leading to difficulties falling asleep or maintaining a consistent sleep schedule. It's crucial to be mindful of nap timing and duration to strike the right balance between recharging and preserving nighttime sleep quality.

If you are prone to insomnia or have irregular sleep patterns it's advisable to consult with a healthcare professional to determine the best approach to incorporate daytime napping without negatively affecting your nighttime sleep.

Nanna naps (so called because of their association with grandmas) can be highly beneficial for our overall well-being and cognitive performance. They can provide a quick recharge, enhance alertness and boost productivity. By understanding the benefits and limitations of daytime napping, we can harness its power to optimize our productivity and enhance our overall well-being.

Louise Addison



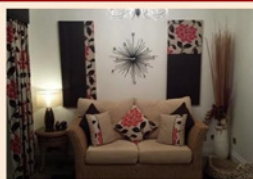
Domestic Appliance Repairs



Mobile: 07792 830010
Home: 01909 568543
mat.gee@hotmail.com

- Washing machines
- Tumble dryers
- Cookers
- Microwaves
- Ovens
- Dishwashers
- Hobs
- Vacuum cleaners
- Repairs & spares

made to measure curtains and soft furnishings



"We do everything from scatter cushions to a full make over. We offer a personal, friendly and approachable service. Please call today to arrange a free no obligation quote."

jk DESIGNS
30 years experience

Karen 07896 217973
Jayne 07966 018115
enquiries@jkdesigns.co.uk

Who are we ?

If you are looking for a professional friendly service to make your home improvements, then our team at Sure Fit will look after you from start to finish. Our teams are highly skilled and have a wealth of fitting experience to give you the assurance of a job well done.

Guarantee

We offer a 10 year insurance backed guarantee to give you peace of mind.

Contact us today for a free no obligation quote

0800 101 7028 : info@sure-fit-uk.co.uk : Reference sites available upon request

We supply, install and repair

- Conservatories
- Guardian Warm Roofs
- UPVC - Windows, Doors & Glazing
- Bifold Doors
- Composite Doors
- Firestone Rubber Roofs
- Fascia's & Soffits



I was very impressed with the whole process and the result as well as the professionalism and cheerfulness of your whole team

Pauline Shephard

Sure Fit Conservatories UK Ltd | The Old Post Office | The Cross
Carlton in Lindrick | Notts | S81 9EW | www.sure-fit-uk.co.uk





Hey Guys!

Read this - it might save your life

collarbone.

Testicular cancer can spread to the lymph nodes in the centre of the chest. This leads to swelling, a cough and difficulty in breathing or swallowing. The cancer cells may also spread to the lungs causing breathlessness, but they do not usually affect other organs.

Treatment of testicular cancer involves surgically removing the affected testicle. This should not affect fertility or the ability to have sex, and a false testicle can be put in place so that the scrotum will have a normal appearance. Chemotherapy, radiotherapy or additional surgery may also be required, depending on the type and spread of the disease.

Alex Brown

How to Examine Yourself

You should check your testicles regularly – once a month is a good interval. The best time to do this is after a warm bath or shower when your scrotal skin will be relaxed.

Hold the scrotum in the palms of your hands and use your fingers and thumb to gently feel each testicle. Look out for any lumps or swellings, or an increase in size or weight. (You should feel a soft tube at the back of each testicle – this is normal).

It is rare to develop cancer in both testicles at the same time, so you can compare one with the other to see what is normal.

If you notice anything unusual, contact your GP as soon as possible.

Testicular cancer is relatively rare, yet it is the most common type of cancer to affect men aged between 15 and 44. Factors that can increase the risk include having a family history of the disease, and being born with undescended testicles. Rates of the disease are also five times higher in white men than in black men.

Thankfully, the outlook for men diagnosed with testicular cancer is one of the best for all types of cancer. Over 95% of cases of men with early stage testicular cancer will be completely cured. Even cases where the cancer has spread outside the testicles have an 80% chance of being cured.

As with other cancers, early detection improves your prognosis and can reduce the amount of treatment necessary.

The most common symptom to look out for is a painless lump or swelling in a testicle. Read how to examine yourself below, but be aware that fewer than 4 in 100 testicular lumps are cancerous.

Other symptoms may include a dull ache or a feeling of heaviness in the scrotum.

Sometimes, testicular cancer can spread to the lymph glands at the back of the abdomen, which can cause backache. Lumps can also form in the lymph glands around the neck and

Gina's Mobile Foot Care

- General foot care
- Nails trimmed and filed
- Hard skin removal
- Corns and calluses removed
- Ingrowing toe nails treated
- Verrucas treated
- Diabetic foot care

Fully qualified
Fully insured
DBS checked
Home Visits
Mon - Fri



Gina Blakemore, SAC DipRFHP
07743 394581 | blakemoregina@gmail.com

JF Mobile Ear Syringing

- National Ear Care Diploma
- DBS Checked • Fully Insured
- Immediate Appointments
- Day / Evening / Weekends

Call 07983 537203

e: jaynefox16@gmail.com

FROM
£30

Venus

KITCHENS
& BEDROOMS

**Bring your Kitchen, Bedroom or
Bathroom up to date this year!**

**TOTAL
PRICE**
Fitted

TYPICAL KITCHEN Makeover

Using existing kitchen units -
Replacement units available if required

- Base Unit Doors x 10
- Wall Unit Doors x 8
- Drawer Frontals x 6
- Choice of Granite - Ceramic or Stainless Steel Sink and Tap.
- Plinth - Cornice - Pelmet
- 5m Laminate Worktop / Upstand
- Choice of Handles
- Soft Close Door Hinges

YOURS FOR
£3500.00

Prices subject to survey

Tel: 01909 489161

email: sales@venusbathrooms.co.uk



Venus Bathroom Studio Ltd. 146 Carlton Road, Worksop, Notts. S81 7AB

Fax: 01909 808041 | W: www.venusbathrooms.co.uk

Registered in England No: 4433674



Wills • Probate • Lasting Power of Attorney • T: 01909 281277

Will Writing Service

We have advised on and arranged Wills for over four thousand clients within South Yorkshire and Nottinghamshire.

The key to our success has been to offer every client a FREE home visit at a time convenient to them.

We complete a thorough fact-finding exercise to ensure that your wishes are met and that your wealth is preserved. We then post out your Draft documents for your approval. Once these are approved, we then arrange to visit you back at your home or you can come into our shop in Worksop to have your Wills signed and witnessed.

We do not charge for storage and we register your Will for FREE with the National Will Archives - Certainty.

For a FREE home visit, call 01909 281277 and speak to a friendly member of the AJK team today.

E: ajk@adrianjknight.com • 44 Gateford Road, Worksop S80 1EB



DC INTERIORS

FITTED KITCHENS & BEDROOMS

Superior Quality Sensible Prices

- Our own made to measure rigid built units
- Huge range of styles and colours
- Full fitting service
- Extensive range of appliances
- Friendly no obligation design services
- KBSA approved for your peace of mind



SALE NOW ON!

Trusize Works, Rotherham Road, Maltby, Rotherham, S66 8ES **01709 790145**
Unit 2, Fairfield Rd, Tesco Precinct, Edenthorpe, Doncaster, DN3 2NS **01302 886790**
www.dcinteriors.co.uk



APC

**ANSTON
PEST
CONTROL**

Do you have unwanted guests this autumn?

Evict pests & prevent them from entering your home

Professional & efficient service by a local business

Mobile: 07969 329396 • Office: 01909 562813 • Email: anstonpestcontrol@hotmail.co.uk

www.anstonpestcontrol.co.uk



Happy Days

ADULT DAY CARE

01142 697 532

www.happydaysdaycareservices.com



At Happy Days we understand that everyone needs a break from time to time. Carers are no different, and it's important that you are able to have a rest - to run errands, meet up with friends or simply relax. Breaks are good for your physical and mental well-being and can enhance the relationship with the person you care for.

The person with dementia will also benefit from a day spent with Happy Days as it will provide social interactions and opportunities to pursue hobbies and interests and remain involved and active.

In an effort to make things as easy for you as possible we can provide:
Transportation • Disabled Toilet Facilities • Light Breakfast • Home Cooked Lunch

Places can be funded by the local authority via the Direct Payments team or privately funded. Should Happy Days be of interest to you then please do not hesitate to contact us directly. We would welcome the chance to show you around.

Happy Days, Wetherby House, Park Hill, Swallownest S26 4UN

Remember to mention YourMag when you call!

Bone Up on Bone Health

Our bones are amazing: they provide structure, allow us to move, protect our brain and vital organs, and store essential minerals. However, as we age, our bone density can diminish, causing weak, brittle bones, which can lead to injury. Fortunately, you can preserve and even improve the health of your bones and it's never too early or too late to start taking care of them. So how?



like salmon.

Exercise for bone strength - Weight-bearing exercise can help strengthen bones, maintain bone density, and lower the risk for osteoporosis. This can include walking, running, dancing or any exercise where we're on our feet, and also free weights, weight machines or bodyweight exercises.

Drink plenty of water - Drinking a glass of water first thing in the morning is an important part of bone health as well as overall health. Bones need water to do specific jobs, like storing minerals and making red blood cells inside the bone marrow. Water transports 99 percent of the calcium in foods you eat to your bones, so without proper hydration, you could end up with bone loss or osteoporosis.

Eat a Calcium-Rich Breakfast - Calcium is responsible for making bones hard and strong. Nearly all of our body's calcium is stored in our bones. Choose milk, cheese and yogurt, fortified orange juice, leafy greens, almonds, and fatty fish

Get outside - Sunshine is good for our bones. When our skin is exposed to sunlight, chemical reactions produce vitamin D, which helps with calcium absorption. Too little sun means our body won't have enough vitamin D so starts to leach it from our bones instead, weakening them.

Posture - Practising good posture cuts down on the wear and tear on joints and reduces stress on our muscles and ligaments. We should focus on our posture both when walking or standing, and when sitting in a chair.

Louise Addison

PC Problems?

Is your computer slow, noisy or not starting?

Concerned that you might have a virus?

Need help setting up a computer, printer, internet, email or wireless?



Call Chris Guest

01909 472260 or 07985 935789
www.chrisguestcomputing.co.uk

Home Visits - Daytime or Evening
Most Problems Fixed In A Single Visit
Very Reasonable Prices

Virus Removal
Repairs and Upgrades
Internet Problems Solved
Broadband and Wireless Setup
New Computers Custom-Built

HCPC Registered Chiropodist

Est 20 years

- Westfield/HSA accepted
- All aspects of foot care in the comfort of your own home

Carol Fairbrother
MinstChP
07740 981859
01909 560747





Can we chat about *money?*

We recognise that talking about money and finances can be tricky. It's a personal topic. So it's reassuring to know there's someone on hand who can help you address your needs, understand your goals and realise your dreams.

Our friendly and approachable service is backed by the strength and security of a FTSE 100 company, St. James's Place Wealth Management. What's more, being local means we're here to help whenever you need us.



We can help you with investment, retirement, tax and estate planning. Importantly, we see this as a long-term relationship, supporting you and guiding you through life's financial challenges as your trusted adviser and confidante.

Let's start a conversation

Associate Partner Practice

**St
James's
Place**

Dominic Beck
BA (Hons) DipPFS
Director

07939 679056
dominic.beck@sjpp.co.uk



Beck Financial Planning Ltd is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.



Exercising Kindness

Tales From The Gym
By Fiona Lau



It's not only bustling sweaty bodies and endorphin-powered grins at my gym. Delightful as they are, it is good to note that there is a softer underbelly to the busy gym floor and the torture machines in Testosterone Corner - a kind, thoughtful, understanding side.

One morning as I was sitting (well collapsed if I'm honest) in the gym café recovering from an exercise class with the Recovery Drink and Banana, I noticed an elderly woman dressed in slippers and a bathrobe, sitting at one of the tables at the other end of the room. She looked anxious and confused and was accompanied by two gym employees who were seated on either side of her. They were leaning in towards her, holding her hands and talking to her in soft, soothing voices and occasionally patting her arms reassuringly. Whenever her voice was raised in panic, they worked together to calm her down again. Eventually I observed a carer arrive with a wheelchair, and the confused lady was carefully guided into it and waved off with farewells and kind words. Apparently she had somehow got out of her care home and found herself in the gym. I was so impressed with the care and concern shown by the reception staff.

Another time I was enjoying my loll in the sauna when a code was announced over the intercom. This was followed by a running posse of gym

staff clutching first aid cases and a defibrillator. Three members of the management team chased after them, heading towards the pool. An elderly lady in a swimming costume emerged, helped by the staff members. It transpired that she'd had a "funny turn" in an aqua class, and the instructor and life guard had responded quickly. She was soon seated in the changing rooms, checked over, and calmed and reassured before being handed over to the care of her friend. In the words of my son:

"If you're going to have a funny turn Mum, the gym is probably one of the best places for it as they're all fully trained first aiders."

Duly noted son.

I frequently attend classes led by the bouncy indefatigable Tiffany. She knows so many ways to wear me out! According to my good friend Gloria, Tiffany has not always been the confident, lithe fitness instructor I see. She started off as a slightly plump, quiet girl on reception, but with considerable determination worked hard to qualify as an instructor, leaving reception behind her.

And so I think that everywhere we go, there are little acts of kindness and inspiring back stories, and it is good to recognise and celebrate them.

RECORDS WANTED

EST
22
years

CASH
PAID

HIGH
PRICES
PAID FOR
LPs & 7"
SINGLES

ALL TYPES
OF MUSIC
WANTED

CALL ANDY ON

07587 103047

MOTORCYCLE REPAIRS, SERVICING & SPARES PICK UP & DROP OFF

Visit our new premises where you'll find:

- better access
- better facilities
- better parking

Unit 23, Flex Space, Nobel Way, Dinnington S25 3QB

07943 860357 | lazmotorcycles@gmail.com

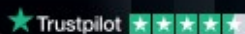


HOWDENS
DINNINGTON
01909 412 200

BIGGEST EVER KITCHEN SALE

DESIGN YOUR DREAM KITCHEN TODAY
CALL HOWDENS DINNINGTON ON 01909 412 200

TRADE
ONLY



SEE OUR FULL RANGE AT [HOWDENS.COM](https://www.howdens.com)

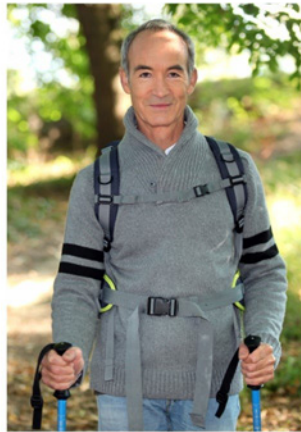
Management hold the right to withdraw any offer without prior notice. T&C's Apply.

Meaningful Part Time Work

'Deprived of meaningful work, men and women lose their reason for existence; they go stark, raving mad...' wrote Russian author, Fyodor Dostoevsky - one of the first people to get to grips with how people's minds really work. A meaningful life requires meaningful work. That means finding a new 'mission'. The need can feel especially acute when retiring from full time work. Many people can feel quite low otherwise. A balance needs to be struck between winding down and retaining an active mind.

Your original mission was probably to provide for yourself, your partner, your young family and maybe to give yourself further choices in the future. Many people had no careers advice or much choice of career. Family life required cash now and 'prospects' for later. When children leave home, settle down and finally stop coming back, you might have a financial buffer, a small pension, redundancy payment or an inheritance. But even if not you can now reconsider your career and perhaps suit your personality and experiences better - often part time.

We are not immortal. Life is short. Maybe you have met



lonely people during your work, as I did, and thought 'That's a big problem. I wonder who will sort it out?'. Perhaps you have supported a loved one through an illness. Now they are gone you miss them and the sense of fulfilment that caring gave? It shows you are a genuinely caring and compassionate person and may be suited to a paid caring role.

You may have other interests and obligations also and flexibility is important perhaps around grandchildren. Unpaid or voluntary roles are a possibility, but if you need payment, a part-time role may be necessary. What are your 'translatable skills'? Being self-employed might be attractive.

For example, if you like working outside, local opportunities exist in garden maintenance. If you have always been handy (not a 'botch jobber') then there may lie remunerative opportunities to be undertaken at your own pace. We all know retired people who have become 'the go to person' locally. They seem busier and more connected in the community than ever. Successful business people might become a coach or mentor.

Learning 'for the fun of it' might appeal. Many organisations operate face to face or online courses. I recall a 90-year-old many years ago, who completed his O Level in German. 'Why?' I asked: 'I was stationed there for a while after the war but never got beyond asking for a beer. I thought it was time to see what it was all about.' Hobbies and interests can also be developed: hopefully one that does not take over the whole house or annoy the neighbours! Nobody cares to hear the Trumpet Voluntary, or the Last Post played loudly and badly at all hours of day and night. You know who you are...

David Coldrick, Home Instead Rotherham 01709 837170. All views his own

THE ODD JOB MAN...
...a handyman who can do everything!!

For all those jobs you'd rather not do yourself

07774 152399

BGN SECURITY
Big enough to cope. small enough to care!

- Intruder Alarms
- CCTV
- Access Control
- Gate Automation

01909 282 355
07803 349 172
chrisb@bgn-security.co.uk
www.bgn-security.co.uk

We're here
to *care* for
you in your
own home

- ♥ Home help
- ▮ Companionship
- Personal care
- ◆ Dementia care

To find out more, call now for a friendly chat

01709 837170



Keeping it Enjoyable and Sustainable

My goal last month was to get down to 12st 7lbs in time for my daughter Lucie's wedding. I achieved it three days beforehand and felt wonderful on her big day, dressed in my posh frock with my hair, make up and nails all done!

Although I wasn't at my final goal weight of 11 stones, I still felt really good. Losing the last 7-10 lbs has made a significant difference to how I look and feel. I consider myself a normal size now, even though I'm still carrying a few extra pounds. When I look in the mirror I see a shape at last - with a waistline! I've waited a long time for that.

Straight after the wedding I went away for a ten day break with meals included. I was pleased to maintain whilst away, resulting in a total loss of 4 lbs for this month. I'm delighted with that! My original plan was to quit being the Mystery Slimmer after the wedding, but as I am making such good progress I wonder if you'll indulge me for a few more months until the end of the year? I am very hopeful I could reach my final target by then!

Vital Statistics
Height: 5ft 6ins
Starting weight: 18st 3lbs
Weight now: 12st 6 lbs
Weight Lost: 5st 11 lbs

Right now I am focusing on trying out new recipes to keep me interested and motivated. I'm using an old Slimming World cookbook called *One Pot Wonders*, which has a lovely assortment of quick and easy recipes that can be cooked in a single pot. It's out of print now, but you might be able to find it on Facebook Marketplace or eBay.

One of the Noom lessons explored different eating styles such as intermittent fasting, high protein, low fat, the 5:2 diet and others. The suggestion was to choose a plan that suits your lifestyle and food preferences so that it will be both enjoyable and sustainable. Mediterranean food with lots of fresh fruit, vegetables, fish, poultry, pulses, whole grains and nuts is what I enjoy and am experimenting with right now.

The next date I'm working towards is my wedding anniversary on 12th September. I would *love* to be half a stone lighter by then but would settle for 4lbs and my 6 stones award! Slow and steady wins the race!

Your Not-So-Mystery Slimmer



Sewer Solutions Ltd

Your local drainage specialists

Covering all aspects of drainage commercial and domestic

- Free quotes available
- No call out charges
- Local discounts apply

Specialists in CCTV drainage surveys, 'no-dig' repairs and blockages

Free phone: 0800 772 0285
Mobile: 07447 925885
Website: www.sewer-solutions.co.uk

RAYNER FENCING AND PROPERTY MAINTENANCE

MANUFACTURE, SUPPLY AND PROFESSIONAL FITTING OF:

WOOD FENCING PANELS
CONCRETE POSTS GRAVEL BOARDS
PAVING SLABS BLOCK PAVING

OVER 28 YEARS EXPERIENCE



QUALITY SERVICE GUARANTEED

DISCOUNT FOR OAPs NO JOB TOO SMALL

CALL FOR FREE QUOTES, FREE ADVICE & WARM, FRIENDLY SERVICE

Tel: 07516 518644 Find us on Facebook 

UNIT 5, UNIVERSAL CLOSE, NORTH ANSTON TRADING EST

FESTIVAL OF FOOD AND DRINK

16TH + 17TH SEPT 2023
THORESBY PARK, NOTTINGHAMSHIRE.

CELEBRATING
2013 10 YEARS 2023

NEW
EXCITING
LOCATION

**THORESBY PARK,
NOTTINGHAMSHIRE**

THE BIGGEST FOOD FEST IN THE REGION

Join us for a jam-packed weekend!

Advance
tickets from
£10, book in
advance to
SAVE!

Over 160 food traders
including food, drink, gift,
craft, homewares and garden

Street Food and Bars

Celebrity Cookery Theatre
with guest TV Chefs

**Great shopping, Live Music,
Chilled DJ, Fire BBQ demos,
Bookable Sessions**

Kids Activities including
arts & crafts, Circus School
and Cookery Workshops



SAT
16TH



SAT
16TH



SAT
16TH



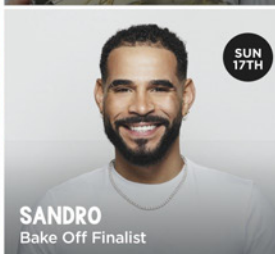
SAT
HOST



SUN
17TH



SUN
17TH



SUN
17TH



SUN
HOST

BOOK YOUR TICKETS TODAY TO SAVE!

Advance tickets from just £10 Inc. Parking

festivaloffoodanddrink.com



FestivalofFoodandDrink

GCSE Results Day Advice

Thursday 24th August is when the Class of 2023 receive their GCSE results. Opening the results' envelope can be nerve wracking as it contains the key to a young person's next steps. Your child will have worked hard and will be eager to see how well they have done. For many, the day will be filled with joy, squeals of laughter and the proud, delighted smiles of family and friends. However, for some young people, it could be a day of disappointment if they do not receive the results they have anticipated, and they will feel very upset. It is important to support your child carefully and with understanding if they find themselves in this situation. The following advice may prove helpful.

Firstly, don't judge or blame. Whatever your thoughts about how much revision or work your child did, now is not the time to criticise. Instead, listen and let them vent their feelings. Tell them that it's fine to feel upset and that you are there for them. It is important to reassure your child that their GCSE results do not define them.

When they are ready, then encourage your child to reflect on their performance. Help them to understand that dealing with setbacks is part of growing up and they can bounce back from this disappointment.

If some of their results are better than others, then you can help them to focus on what went right in the subjects that they did well in. This may help to guide them to future success in other areas.

Do encourage your child to seek the support of their school to find out what their options are. There are various pathways to success and many of them do not require a clutch of high grades.

If they have not achieved Grade 4 in English and Maths, then they will have to re-sit either (or both) of those qualifications at school or at college. Again, they need to seek the advice of their school or their intended institution.

Help your child to set new goals for what they want to achieve and, once that has been decided, to embrace any lessons about studying that they have learned from this experience.

Whilst receiving results that are lower than expectations is an upsetting experience, it is important to help your child know that it is a temporary barrier and that with determination and a positive mindset, they can overcome their disappointment and move forward to the future feeling stronger and more resilient.

Gayle Knowles, Mindful Learning



**GCSE ENGLISH
ONLINE TUITION**
PLACES AVAILABLE

November '23 Re-sit Booster Course
June '24 Exams Language/Literature

✉ mindful.learning.uk@gmail.com
🌐 www.mindful-learning.co.uk

SKIP HIRE
For a competitive quote call
TERRYS SKIPS
on
07774 959828
01909 567002
A Reliable and Friendly Service



**Dinnington & District
Art Society**
Annual Art Exhibition



Location:
 **Dinnington Resource Centre**

Friday 22nd September
10am-4pm

Saturday 23rd September
10am- 3:30pm

**An opportunity to purchase original
art work at reasonable prices.**

Raffle and light refreshments
All welcome
Free entry!

K^{And}R SPARES

For All Your Motoring Needs

SPARES

**Vast range of car parts,
spares and accessories available**

SERVICING & REPAIRS

**We undertake all aspects of
private and commercial vehicle
servicing and repairs
Free quotes available**

TYRES

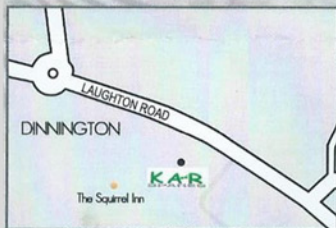
**We can supply and fit
quality new tyres to your vehicle**

MOT

**We can provide car testing
in our NEW MOT BAY with a free
re-test within 10 days**

01909 568 448

192 Laughton Road, Dinnington, Sheffield S25 2PT
next to The Squirrel Inn
kar-spares@live.co.uk



Independent Funeral Services

We are an independent family business providing a caring and professional service

For 24 hr assistance
contact Nicholas on

01909 770414

01909 770353

Mob 07899 141414

www.ifskiveton.co.uk

30 Wales Rd, Kiveton Park S26 6RD



**DRIVEWAY SURFACING
GARDEN DESIGNS
07840 073411**

- Resin Driveways
- Block Paving
- Tarmac
- Garden Design
- Porcelain
- Indian Stone
- Artificial Lawns



JONA'S PET SERVICES

- Dog Walking
- Home Visits
- Overnight Pet Sitting

- Fully Insured
- Dog First Aider
- DBS Checked



Phone: 07725 406824

Email: batejbf@hotmail.co.uk

K & S BUILDERS

**EXTENSIONS
DESIGN & BUILD**



- House refurb
- UPVC doors, windows, fascias & soffits
- New bathroom suites & tiling
- All building work undertaken
- Reliable & professional service

**CALL KEITH ON 07917 670223
FOR MORE INFORMATION**

**WE WILL BEAT ANY GENUINE WRITTEN QUOTE
OVER 30 YEARS EXPERIENCE**



Special offers



THE ONE STOP DOOR SHOP WE DELIVER - WE FIT WE DISPOSE OF YOUR OLD DOOR

Over 100 styles of internal oak, walnut, white and composite doors on display in our showroom

All fully fitted with a choice of door hardware, with matching door hinges & latch.

SCAN TO VIEW
FULL RANGE
OF OAK DOORS



Fully Finished
Oak Shaker
ONLY £228



Fully Finished Oak
Shaker Clear Glass
ONLY £250



Fully Finished Oak
Shaker with
Obscure Glass
ONLY £285



Pre Finished Oak
Worcester
ONLY £235



Pre Finished Oak
Worcester Clear
Glass ONLY £285



Fully Finished
Oak Suffolk
ONLY £192



Fully Finished Oak
Suffolk with clear
Etched Glass
ONLY £250



Fully Finished
Oak Suffolk Glass
ONLY £245



Pre Finished Oak
Victorian
ONLY £220



Pre Finished
Victorian Clear
Glass
ONLY £245

IDEAL DOORS
THE WORLD OF DOORS

OVER
30
YEARS
EXPERIENCE

Sheffield Road, Whittington Moor, S41 8NQ
Call 01246 417070 for more special offers
Visit our website at www.idealdoors.co.uk
SHOWROOM OPEN 6 DAYS A WEEK
(Next door to Stoneacre Renault)

10 YEAR
GUARANTEE
ON ALL
WOODEN
DOORS



The Great School Uniform Debate

"The British school uniform is an iconic symbol of education, fostering a sense of identity, pride, and tradition." So proclaims the prospectus of one of the state schools we're considering for my son.

Both state-funded and private schools in the UK commonly employ school uniforms. State school uniforms are historically more standardized, perhaps a specific colour scheme and a school badge, alongside more basic attire like plain shirts, trousers, and skirts. Private schools, on the other hand, tend to have more distinct and elaborate uniforms, reflecting their individual traditions and values. These uniforms may include striped blazers, shirts, kilts, and unique accessories. It's a generalisation though: the state school referred to above insists on below-the-knee pleated plaid skirts for the girls and a bewildering array of ties relating to houses, sports teams, and upper or lower school...I needed a spreadsheet to work it all out!

One major bone of contention surrounding school uniforms in the UK is the issue of cost. Critics argue that the expense of purchasing uniforms, especially from specific suppliers, places an additional and unreasonable financial burden on families. This controversy is amplified in cases where schools require branded items, which are always more expensive. As a result, calls for more affordable uniform options or even a relaxation of strict uniform policies have emerged to alleviate the financial strain on families in the current economic climate.

Proponents of school uniforms highlight several advantages. Uniforms foster a sense of belonging, promoting a shared identity and pride in the school community. They can also instil discipline and a



sense of equality, as students are judged based on their character rather than their fashion choices. Uniforms can help eliminate distractions caused by clothing choices, reducing peer pressure and bullying related to appearance. Additionally, uniforms simplify dress codes, making it easier for students and parents to comply with school policies.

Critics of school uniforms counter with concerns about individuality and self-expression. They argue that uniforms may stifle creativity and suppress students' ability to develop their

personal style. Some argue that enforcing uniformity can be oppressive and hinder a student's sense of autonomy. They contend that uniforms do not guarantee improved academic performance or behaviour, and instead schools should concentrate on fostering a positive school culture and supportive environment.

In recent years, there have been calls for a more inclusive approach to school uniforms, considering factors like gender identity, cultural diversity, and personal comfort. Efforts to accommodate religious or cultural practices within uniform policies have allowed for greater diversity and understanding.

Despite the ongoing debates and controversies surrounding school uniforms in the UK, they show no sign of going away, but I think that as educational institutions continue to adapt to the changing needs and perspectives of students and families, it is essential to strike a balance between tradition and individuality, and certainly in the state system costs should be kept to a minimum. By considering the experiences of students, parents, and educators, schools can shape their uniform policies in a way that encourages inclusivity, self-expression, and a positive learning environment for all.

Laurence Smith

K H GARDEN & TREE SERVICES

- Grass cutting
- Strimming
- Tree felling
- Tree pruning
- Hedge trimming

- Weed killing
- Turfing
- Log supply
- Garden waste removal

Contact the company
 07546 933426 | 07561 677636
 kieranhoey1234@gmail.com
www.KHLandscapeGardening.co.uk

STUNNING NEW DEVELOPMENT OF 3 AND 4 BEDROOM HOMES

AT THORNBERRY GARDENS, DINNINGTON



Key Workers can still save thousands!

Our 5% deposit and flooring offer has just been extended! We can boost your deposit by 5%, so you'll need to borrow less and could be moving sooner than you think.

HOME TO SELL? WE CAN HELP MAKE YOUR MOVE HASSLE-FREE!

MOVEMAKER*

We'll agree an asking price for your current home after 2 independent valuations, work with the estate agent to handle the sale of your current home and we'll even pay estate agent costs. Once sold you can move into your brand new Barratt Home.



PART EXCHANGE*

Home buying is simple with our Part Exchange scheme. Find your brand new home at Thornberry Gardens and we could buy your existing home from you, so you won't have to rely on a chain or pay any estate agent fees.



BRING THIS ADVERT FOR £1000 TOWARDS MOVING COSTS*



**Show homes coming soon! Register your details
for exclusive invite to the launch**

Lodge Lane, Dinnington, Sheffield, South Yorkshire, S25 2PB

barratthomes.co.uk



BARRATT
HOMES

*Full terms and conditions apply to each scheme, subject to availability and financial qualification. Not to be used in conjunction with any other offer. Please see our website for full terms & conditions on all our schemes. Offers available on selected development and plots only, subject to status and availability, and Barratt and David Wilson Homes terms and conditions. 'We', 'our', 'us' refers to the Barratt Developments PLC Group brands including Barratt Homes, David Wilson Homes and Barratt London. Barratt Homes is a brand name of BDW TRADING LIMITED (Company Number 03018173) a company registered in England whose registered office is at Barratt House, Cartwright Way, Forest Business Park, Bardonia Hill, Coalville, Leicestershire, LE67 1UF, VAT number GB633481836

Garden For Free

Watching The Chelsea Flower Show this year I was struck by how the hottest horticultural trends are budget-friendly, presumably due to the ongoing cost-of-living crisis in the UK.

Among the many free and cheap garden ideas was 'weed-styling.' Cleve West's Centrepiece Garden was a masterclass in how to do this. Using 'weeds' or wildflowers is not only kind to your budget but also to the environment. Unsurprisingly, our native wildlife loves our native flora - and dandelions are particularly good for bees. Encourage plants such as wild carrot, yarrow, ivy-leaved toadflax, common fennel, red valerian, and cow parsley.

Another trend on display was using rubble and reclaimed waste (which would otherwise go to landfill) to make a rockery, path, or wall. This look suits drought-tolerant plants such as rosemary, sedums, lavender, sage, phlomis, thyme and oregano.

Chaos gardening is an actual thing! Collect up any seeds that you have lying around and scatter them throughout your flowerbeds. Mix



up annual flowers with vegetables and once established it will produce a potager effect. I have one area of my garden called 'freebie corner.' It is stocked only with gifted plants, or those I've gleaned from cuttings or even (in the case of one rose bush) removed from a skip, with the owner's permission!

Leading on from this, try planting self-seeders. I have loads of aquilegia, meadow cranesbill, poppies, verbena, and forget-me-nots. They pop up all over the garden in random clumps every year.

I've banged on for years about making your own compost. Just do it! Once your compost bin is established you will barely ever have to pay for expensive bags of compost again. You can start any time, and use grass cuttings, shredded paper, veg peelings and eggshells. Your garden will love you.

You can also try wilding your lawn. This is not for everyone because some people like their grass neat. But if your lawn is a bit moth-eaten or you hate mowing, try letting it grow. You will be amazed at the flowers, and the insects they attract. The trick to making it look like a style choice and not just neglect is curation. You can choose to wild just certain areas, leaving a central space on which to sit or play; or mow a wide meandering path or two through the longer grass, or around the edge like a picture frame, keeping the lawn well edged and the wild area contained to the centre. Try it. If you hate it, it's simple enough to mow it short again.

Your garden is your space. It should work with you and your budget to provide a place where you can relax.

Rachael Leverton



**DECORATING
INTERIORS
EXTERIORS
CITY & GUILDS
INSURANCE QUOTES
0114 287 9934
07923 607495
K H LEANING
Grange Farm Drive, Aston**

First Class Gardening Services

for all your garden maintenance needs

- From tree pruning to grass cutting
- Fully qualified & insured
- Full waste carriers license
- Member of the Gardeners Guild

Please call for a free, no obligation quote
0114 269 7367 • 07875 905216 • 07783 187729



Dinnington Group Practice Annual Flu Vaccination Programme



We are inviting our most vulnerable patients to have the flu vaccination e.g. over 65 and those under 65 who suffer from diabetes, heart disease, respiratory disease or other chronic illness. If you have a learning disability, are a main carer or are a carer in the community, or

in a care home or in a household of immunocompromised individuals, you are also eligible. All pregnant women should have the flu vaccine to protect themselves and their baby.

All patients within the above categories will have a vaccine reserved at the surgery and will receive a letter or text inviting them to a clinic. All children aged 2 to 15 years on 31 August 2023 will be offered the

vaccine. Two and three year olds will be offered it in general practice and the rest will be done at school.

Clinics will be held in the week. If you have a mobile phone you will be texted a link for you to book your own flu appointment. If you do not have a mobile phone, you will receive a letter with a date and time slot for you to attend. It is imperative that you make every effort to attend this appointment as we may struggle to provide an alternative. If you really cannot make your appointment you will need to contact the surgery to see if we have any further flu clinics available.

If you are housebound and a family member/ friend is unable to bring you into the surgery we will arrange for a Nursing team member to visit your home to give you the vaccine.

Visit the Practice website for more information:

www.dinningtongrouppractice.co.uk

Woodsetts Surgery

Wednesday 4 October 2023

8.30am - 2.00pm

Over 65

3.00pm - 6.00pm

Under 65 at risk and children at risk

Dinnington Surgery

Thursday 5 October 2023

8.30am - 6.00pm

Over 65

Tuesday 10 October 2023

2.00pm - 6.00pm

Under 65 at risk and children at risk

Anston Surgery

Friday 6 October 2023

8.30am - 6.00pm

Over 65

Wednesday 11 October 2023

2.00pm - 6.00pm

Under 65 at risk and children at risk

Anston Garden Services

Grass Cutting

Landscaping Paving

Hedge Trimming and Removal

Fascia/Window Frame Cleaning

Sand/Gravel/Top Soil Delivered

Mini Digger Hire With Driver

Domestic or Commercial

Free Quotes



01909 560566 07711 046263

anstongardenservices@gmail.com

Anston Garden Services



Driveway/Patio Cleaning Specialists

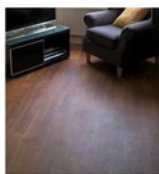
01909 560566 07711 046263

anstongardenservices@gmail.com

CARPETS AND FLOORING

We supply and fit carpet, vinyl, Karndean, safety flooring and laminate

- Most carpets fitted within 48 hours
- 1000's of roll ends available
- Low prices as we buy direct from manufacturers
- Experienced fitters



BALFOUR CARPETS

The Family Business You Can Trust

VISIT US: 505 STANFORTH ROAD,
SHEFFIELD S9 4RA

CALL US : 0114 244 8150

EMAIL: SALES@BALFOURCARPETS.COM

METS

GARAGE LTD



prime
service

SAME DAY / NEXT DAY
SERVICE GUARANTEE

Did you know we offer the option of a
courtesy car while your car is being repaired?

Check out our courtesy fleet

£25 +VAT fee for one day to any customer
with a valid driving licence



MOT, SERVICE, BRAKES, CLUTCHES,
DIAGNOSTICS AND MUCH MORE

**BMW & MINI
MASTER MECHANIC**
DIAGNOSTICS & MECHANICAL REPAIRS



Opening Hours

| | |
|------------------|-----------------|
| Monday | 8:00am - 5:00pm |
| Tuesday | 8:00am - 5:00pm |
| Wednesday | 8:00am - 5:00pm |
| Thursday | 8:00am - 5:00pm |
| Friday | 8:00am - 5:00pm |

CALL TO BOOK

01909 55 11 22

f @Dinno #Mets #SupportLocal

Unit 4b
Eden Place
Outgang Lane
Dinnington
S25 3QY

Remember to mention YourMag when you call!



Recommended for Quality

Charm Windows Ltd

A family run business established over 30 years
assuring personal attention from design to installation

- Extensive range of uPVC windows, doors & conservatories
- Energy rated windows A,B
- Soffits, fascias & cladding
- Building work
- Conversions
- Landscaping



Call today to arrange a **FREE** no obligation survey & quotation



01909 472731



www.charmwindows.co.uk

Showroom - rear of 235 Sandy Lane, Worksop S80 1TL

Improve, Don't Move!

Maximise the value of your home.

- SPACE-SAVING - MAXIMISE YOUR GARAGE HEADROOM
- SECURITY-ENABLED AUTO-LOCKING SYSTEM
- CHOICE OF 21 COLOURS TO MATCH YOUR HOME
- REMOVAL AND RECYCLING OF YOUR OLD DOOR
- DEDICATED AFTER-CARE TEAM

GAROLLA

ROLLER
SHUTTER
DOORS



0114 345 0133

LINES OPEN 7 DAYS A WEEK

www.garolla.co.uk



BESPOKE ELECTRIC DOORS MANUFACTURED IN THE UK



PRICED
EXAMPLE **£895**
COMPACT • UP TO 2.4M



GAROLLA ★ PREMIUM
Increased Security • Double Insulation
One-Touch Close

PRICED
EXAMPLE **£1,990**
PREMIUM • 3.4M • ANTHRACITE

SHEFFIELD PLUMBING & HEATING LTD

NEW SPECIAL OFFERS!

Alpha 28kw combi boiler with 7 year guarantee, supplied and fitted from £1500
Alpha 28kw combi boiler with 10 year guarantee, supplied and fitted from £2150
Alpha 28kw combi boiler with 7 year guarantee and 7 radiators, supplied and fitted from £2900
Boiler upgrades from £2300

WE AIM TO BEAT ANY GENUINE QUOTE



- Central Heating Systems
- LPG Gas Work
- Landlord Certificates
- Under Floor Heating
- Boiler Services
- General Plumbing
- Solar Panels
- Breakdown Repairs
- Bathrooms



For more information or a FREE, no obligation quotation contact John Payne
07974 466723 | 0114 287 9096 | 01909 515610 | sheffieldplumbingandheatingltd@gmail.com
www.sheffieldplumbingandheating.co.uk

OOPS!

Picked up a scratch, scrape or scuff on your car lately?

- Fully mobile service. Estimate and repairs are carried out at your home or place of work
- Vandal key scratches, scuffs, scrapes and alloy wheels repaired
- Far more economical than a bodyshop repair
- Perfect repairs that last. Lifetime guarantee



For a fast, friendly FREE ESTIMATE
call Andy Wright on
07989 211 809 or
0114 36 00 765
or visit my website
www.smartcbr.co.uk



Go on, give me a call! You've nothing to lose but your scratches!

Remember to mention YourMag when you call!

Pork Chops with Chunky Apple Sauce

Preparation time: 20-25 mins

Cooking time: 30 mins plus standing

Serves: 4

Ingredients

4 pork chops on the bone - about 3cm/1.5 ins thick at room temperature
1½ tbsp sunflower oil
salt and pepper for seasoning

Chunky Apple Sauce

450g cooking apples, cored and diced
4 tbsp caster sugar
finely grated zest ½ lemon
2 tsp lemon juice
4 tbsp water
¼ tsp ground cinnamon
knob of butter

Method

Preheat the oven to 200°C/180°C Fan/Gas mark 6.

To make the apple sauce: Place the chopped apples, lemon juice and zest, sugar and water into a heavy based saucepan. Bring to the boil, stirring to dissolve the sugar. Reduce the heat and simmer for 15 minutes, until the apples are tender. Add the



butter and the cinnamon and beat the apples until you have a chunky sauce (if you prefer smooth, puree them). Remove the pan from the heat and cover to keep the sauce warm.

Pat the pork chops dry and season

well with salt and pepper. Heat the sunflower oil in a large oven-proof frying pan over a medium-high heat, and fry for 3 minutes each side to brown them.

Transfer the pan to the preheated oven and roast the chops for 7-10 minutes, until cooked through. (The juices should run clear when you cut into a chop). Take the pan out of the oven, cover with foil and let the chops rest for a few minutes. Transfer the chops to a plate, spoon over the pan juices and serve with the apple sauce, mashed potato, and vegetable of choice.

Gas Appliance Repairs and Servicing Boilers - Fires - Cookers

Our focus is on **repair and maintenance** rather than costly appliance replacements. Because we have access to an extensive range of parts for older gas appliances, we can keep your appliances running safely and efficiently for longer.

SERVICING



Boiler £60
Fire & back boiler £80
Boiler with second appliance
(fire or cooker) £90



P.O.C. Gas Care Services

Serving Dinnington, Kiveton, Aston,
Swallownest & surrounding areas
Call Paul 078 100 18896/01909 231176
email: paulocallaghan62@gmail.com



Your Local Family Run Business with
over 25 years experience in the trade.

**Specialists in Wet Rooms, Walk in Showers
and Walk in Baths.**

Why choose SelfSure?

- Established Family Business with Experienced In-house Installation Teams (no subcontractors).
- No Obligation Quote with 2D/3D designs of how your new bathroom will look.
- Future-Proof Designs helping Ageing and Health Conditions
- Specialist Materials for Enhanced Safety
- Fair Pricing: 95% of Quotes Range £3750-£9000
- Low Deposit, Easy Payment Options
- Trusted Members of British Healthcare Trades Association and the Trading Standards Institute

**Call us today for your FREE, no
obligation quote!**

0114 436 6013

VAT FREE • LIMITED 10-YEAR WARRANTY • •

Safe, Stylish, Easy Access Bathrooms at
affordable prices

*Eligibility applies •• T&Cs apply • call us for more information

BHTA
APPROVED CODE
TRADING STANDARDS UK

RESIN BOUND DRIVEWAYS, PATHS AND PATIOS

Specialists in 100% porous resin bound surfaces for drives, paths, patios, roads and parking areas in the public and private sectors



Flat roofing, rendering, artificial grass, fencing, soffits, fascias, gutters, steps and ramps now also available!



Roman Road
Systems Ltd.

We are a family run business, with over 25 years experience, that always provide a personal and bespoke service totally reconstruct or breathe new life into tired paths, driveways and hard areas.

Our RESIN BOUND driveways give excellent drainage and outstanding durability.



To ensure that all of our customers get the best possible service and the highest quality product all of the materials we use are manufactured to a quality management system and are certified to BS EN ISO 9001:2008.

FINANCE AVAILABLE

25% OFF

all artificial grass installations with a full resin bound installation

50% OFF

resin bound borders

Valid until 30th Sept 2023

Proud members of

Checkatrade.com
Where reputation matters



2023

Approved Contractor Certificate

This certifies that Roman Road Systems is a Ronacrete Approved Contractor for the following Ronacrete ranges:

Rona Deck



Ronacrete

Approved Contractor Number 00427003
Certification valid until 30th December 2023



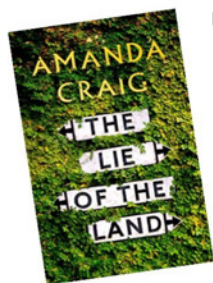
Tel: 01246 436587

Rob: 07817 385623

Email: info@romanroadsystems.com
www.romanroadsystems.com

Roman Road Systems Ltd, Eckington Business Park, Eckington, Sheffield, S21 4HL

THE LIE OF THE LAND by Amanda Craig



Lottie and Quentin Bredin are a middle-aged couple, living in London. Their marriage is crumbling because Quentin is a serial philanderer, for which Lottie partly blames herself.

Despite belonging to what Lottie describes as the

luckiest generation in British history, the couple find themselves financially strained and unable to afford a divorce after losing their jobs since the credit crunch.

In an unconventional decision, Lottie suggests renting a cheap cottage in Devon and letting out their London house. Thus, they move to the countryside in a kind of antithesis of the usual 'escape to country story'. There they grapple with challenges including unwelcoming locals, their daughter being targeted by school bullies, and Lottie's mixed-race son from a previous marriage, being assumed to be an immigrant.

As the family becomes more involved with the local community, the novel explores the

messiness of family life and the absurdities of living in contemporary Britain. Craig skilfully juxtaposes the metropolitan and rural worlds which provides some truly funny moments, but darker elements start to emerge, including a sinister secret within the cottage which is the reason for the exceptionally low rent.

Quentin struggles to adapt to the new lifestyle, frequently returning to London and his affairs. However, as he spends more time with his family, he begins to reflect on his emotional flaws and how they may be intertwined with his own upbringing.

While the narrative provides an energetic exploration of the darker side of countryside living including casual racism and hostile neighbours, the heart of the story lies in the evolving relationship between Quentin and Lottie. *The Lie of the Land* deftly captures the capacity for change in individuals and the multifaceted nature of human relationships, and endings which are not necessarily neat and tidy.

Tash Donovan

Hammond PROPERTY SERVICES

Property Repairs and



Refurbishment



- Fascias and soffits
- Roofing repairs
- Guttering
- Re-roofing
- Dry verge
- Lightweight
- Kitchens
- Conservatory Roofs
- Joinery
- Skirting & architraves
- Doors
- Loft boarding
- Windows
- Drive & path cleaning

INSURANCE WORK WELCOME
QUALITY WORK DONE WITH PRIDE



For a free quote call
01909 532352/07950 764037



CONTACT ELECTRICAL SERVICES



For all your domestic
electrical requirements
- from a light fitting to a
complete re-wire

- Part P Registered
- Fully Insured
- Established 1988
- Safety Checks

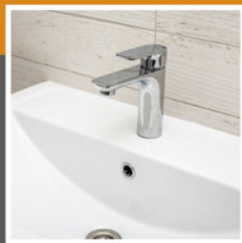
CONTACT RICHARD SMITH
OR GRANT HUTCHESSON

Tel: 01909 568794
Tel: 0114 254 0920
Mob: 07767 401752



JC HOME
IMPROVEMENTS

Never Beaten on Price or Quality!



- Conservatories
- Lightweight Tiled Roofs
- Firestone Rubber Roofs
- Rendering • Plastering

- Kitchens
- Bathrooms
- Tiling • Flooring
- Windows & Doors



CALL TODAY FOR A FREE QUOTE

07948 410920

Bassetlaw Branch Parkinson's UK

The September 5th meeting will welcome guests from the Oasis Project in Worksop. It starts at 2pm at Worksop Cricket Club Central Avenue, S80 1EN.

Weekly activities continue with Pilates on Thursday afternoons, Indoor Bowling on Wednesdays and Singing for Pleasure on Monday mornings. The next Lunch Club get together is on September 19th at The Lockkeeper when members will enjoy a carvery meal, raffle and lots of fun and laughter.

New members receive a warm welcome. There is much to be gained from the friendship and support from a lively group such as this. Just pop in to one of the meetings to learn more about the many benefits or call Chris Coldwell 01909 730629.

Happy New Year!

September is the beginning of the new u3a year, and it promises to be another busy month. New activities include Walking Football, available from September following its transfer from Rotherham United Community Trust (RUCT) to the Ru3a.

Or If the World Netball Championship has grabbed your attention, why not try the Walking version of this game? For both sports Contact Tricia Macredie 01709 370 899

Absolute Beginners' Spanish group is for anyone wishing to learn Spanish "from scratch". An introductory meeting will be held in September at Broom Methodist Church at the junction of Broom Lane and Stag Lane (date and time to be arranged). Details from Michael Garrett.

To explore these and other Rotherham u3a activities, visit our stall in the Voluntary Action Rotherham tent at Rotherham Show on Saturday 2nd September.

Try an activity free of charge on up to two occasions before you decide whether to join.

Browse u3asites.org.uk/rotherham or Contact Lesley 01709 518 248 or Sue 01709 379 379 for a brochure.

Litter Picking Locations

Dinnington & Anston September 2023

Meet on Thursdays 9am-9.30am/bag drop area: 7th - SR Refractories - Swinston Hill/ next to SR entrance

14th - Church Lane & Athorpe Rd/ at the junction 21st - Plaxtons layby, near rail bridge/ at A57 end of layby

28th - Woodsetts Road/ near OAP bungalows & bus shelter

For more details email len@fowkes42.plus.com

Anston Male Voice Choir

We are holding our annual concert at 7pm on Saturday 9th September at South Anston Methodist Church Sheffield Road S25 5DT. Local singer Laura Magann will be our special guest. Tickets priced at £10 for adults and £5 children can be obtained from Neil on 01909 318190 or email tickets@anstonmvc.co.uk

Could You Host a Tea Party?

Via the charity Re-Engage, we are involved in organising tea parties for older people who would like a change of scenery and a chance to meet up with others for an afternoon of conversation and laughter. The group meets up once a month on a Sunday afternoon, hosted by volunteers in their home, at no cost to the guests.

We desperately need volunteer drivers to pick up the guests and take them home safely afterwards. All drivers will need to be DBS checked and this would be organised via <https://www.reengage.org.uk/volunteer/new-volunteers/become-a-tea-party-volunteer/>.

Please get in touch email: rotherhamreen-gage@gmail.com if you think you could spare a few hours once a month to be either a driver or a host - we would be very grateful! PS drivers also get to join in with the tea party!

Voglia d'Italia

The Italian Society for South Yorks and North Notts presents: "To the Victor the Spolia: the Re-use of Byzantine Statuary and Masonry in Venice after the Fourth Crusade".

Dr Rosemary Morris, Visiting Fellow, University of York, focuses on the re-use of Byzantine sculpture and monumental masonry in and around San Marco including treasures such as the bronze horses.

Friday 1st September 2023, 7.30 pm, Tickhill Parish Room, Northgate, Tickhill, DN11 9HZ. Non-members are welcome. Admission: £4 non-members. Further information: 01709 370895

IBIS - Arts and Crafts

English paper piecing - is this new to you or are you an old hand? This month our group is going to attempt this art form, which uses thin paper or card covered in fabric. Once the shapes are complete, the sewer will hand sew the shapes together, one at a time, until the shapes come together in an intricate design - ours will be a needle case. Once the shape is complete, be it a rosette or block or whatever you chose it to be, the paper pieces are removed leaving the fabric item remaining. This practice originated in England in the 1770s - a little bit of history being recreated.

Do you have a craft you could bring to the group? Are you a beginner and need help with a project? We have many talented people ready to offer help and advice. Or are you just looking for a social space with friendly faces and a cuppa? You will find all of this and more at our group on Wednesday afternoons 12-3pm at Anston Parish Hall. Come and join us - your first week is free - and the kettle will be on!

For more information please contact Sue Sayles on roysayles123@btinternet.com or 01909 564891. Or just pop in. See you there!

**To have YOUR say, email
debbie@yourmag.net!**

United
Carpets & Beds

Up to

35% OFF
Sale

on selected carpets*

Plus

Free | **Free**
7mm Underlay | Doorbars*

Free | **Free**
Gripper | Fitting



Artificial Grass
from
£10.99m²



Luxury
Carpets from
£9.99m²

Shop@Home

**Free Home Measuring,
Estimates, & Samples**

*Find your perfect flooring with
help from our experts*

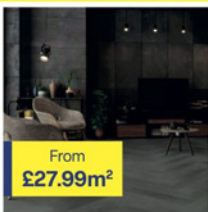
Available at our Workshop store only



New colours
now in store



From
£6.99m²



From
£27.99m²



From
£14.99m²

**FREE
UNDERLAY
UPGRADE
VOUCHER**

Voucher can only be
redeemed when making any
flooring purchase in store.

Not to be used in
conjunction with any
other vouchers.

CARPETS

VINYL

LUXURY VINYL TILE

LAMINATE

United
Carpets & Beds

Clarence Rd, **Workshop**, Nottingham, S80 1QA

Tel: 01909 506669 Email: workshop@unitedcarpets.net

www.unitedcarpetsandbeds.com or call Free on 0330 3112442

Opening Hours: Mon - Sat 9am-6pm, Thur 9am-7pm, Sun 10am-4pm

f @ Shop: In Store/Mobile/Online

* Offer available on selected products. 1 Doorbar per room. Products subject to availability. Terms & Conditions apply. Prices are correct at the time of printing. Colours in photos may vary slightly due to print quality. United Carpets accept no responsibility for printing errors.

Dinnington Community Land Trust

The Land Trust has been very busy over the last few months with a number of projects. The main project centres around affordable housing, which is now reaching a very important stage of legal agreements between Dinnington StJohns Town Council, Dinnington Regeneration Partnership, and the developers.

During this autumn the Land Trust in conjunction with Dinnington Regeneration Partnership, and Dinnington StJohns Town Council, will be inviting all local residents to attend our second "Open Day". During the event you will have the opportunity to discuss our **MasterPlan** for Dinnington which will include the housing project plus much more. Hopefully we will be able to provide you with some very good news about this and other planned projects. We will inform you through YourMag of the exact date and location of the Open Day.

The Land Trust is also searching for new future project ideas from local residents. You could be an individual or an established group who are working with a range of ages or abilities. Please send an outline of your idea/s along with contact details to the following email:

D.johnston696@btinternet.com



BEFORE AFTER

C J's BUILDING

Specialists in:

- Pointing • Fascias & Guttering
- Paving • Fencing
- Walls • Gardening

Contact Craig for a Quote & Examples of Work
cjjarvis8@gmail.com
07456 561192



swiftfit
AERIAL & SATELLITE INSTALLATION

- Multiple Aerial Points
- Sky Repair Service & Multi-room
- Freesat Installation
- FM/DAB Aerial Installation
- TV/DVD/VCR's tuning
- Computer Points
- Phone Points
- Alarms & CCTV

10% OAP Discount

Aerial extensions from £40

Freeview digital Approved Member 1820595 freesat

Telephone: 0114 345 3005
Free Phone: 0800 357 9289

www.swiftfitaerials.co.uk info@swiftfit-aerials.co.uk

VISA VISA
MasterCard

HAYWOOD TREE SPECIALISTS

Haywood Tree Specialists are a small, friendly & reliable business who cover the whole of the South Yorkshire area. We set exceptionally high standards in the way we carry out our work and promise an immaculate clean up job when the work is done.

CALL NOW FOR A FREE QUOTE ON 07540 279650

haywoodtreespecialists@gmail.com
www.haywoodtreespecialists.co.uk

PROTECT YOUR WISHES AND YOUR LOVED ONES

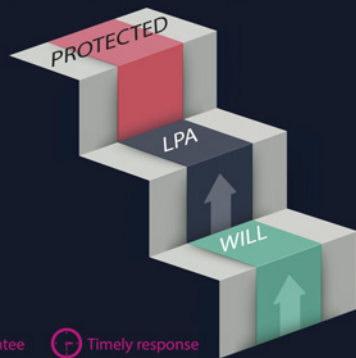
A Will is your first step forward

Starting from £99 plus VAT



**Quality Solicitors
Jordans**

- Direct lawyer contact Free Initial Assessment Clear Price Guarantee Timely response



T | 01909 212 103 E | info@jordansllp.com

A | Kiveton Park, 109 Wales Road, Kiveton Park, Sheffield, S26 6RA

www.qualitysolicitors.com/jordans



M Fearnley

Painter & Decorator
established 1984

01909 567304
07702 043784

No job too small
Free quotes
Fully insured
Coving/Dados

KN PLASTERING

- Repairs
- Re-skimming
- Re-skimming over Artex
- No job too small
- Free quotes and advice



**Call Kevin 0114 248 0502
or 07917 772463**

6 Bay Court, Killamarsh, S21 1HL

PAUL DAY TREE SERVICES

- Tree Pruning / Removal
- Crown Reduction and Thinning
- Conifers Topped and Trimmed
- Hedge Trimming / Reduction
- Chipping Service
- Woodchip and Logs Supplied

Tall or dangerous trees, where
access is restricted our speciality

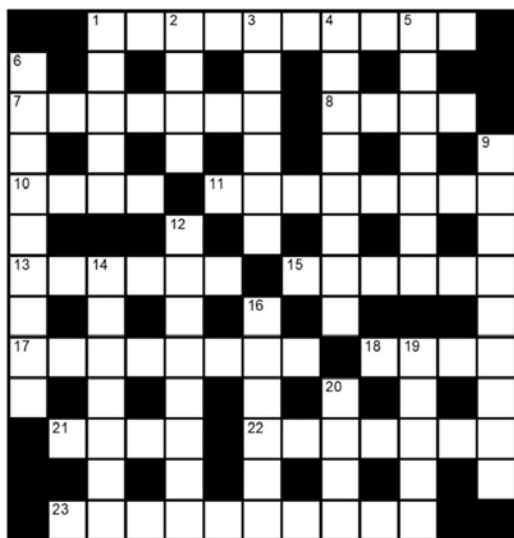
WWW.PAULDAYCOUNTRYSIDE.CO.UK

FULLY INSURED
FREE QUOTES

PHONE: 01909 519675
MOBILE: 07909 743488

Remember to mention YourMag when you call!

Crossword



Across

- 1 Crusade, expedition (10)
- 7 Troubled, dubious (2,5)
- 8 Type of shoe (4)
- 10 Hairless (4)
- 11 Twelfth month (8)
- 13 Bunny (6)
- 15 Duplicate (6)
- 17 Cinderella's were glass (8)
- 18 Quick (4)
- 21 Celebrity (4)
- 22 Speculated (7)
- 23 Give the go-ahead (5-5)

Down

- 1 Cycle (5)
- 2 Hoodlum (4)
- 3 A little, quite (6)
- 4 Oily fish (8)
- 5 Adios (7)
- 6 gobbledygook (9)
- 9 Appreciation (9)
- 12 Scatter (8)
- 14 Vesicle, bubble (7)
- 16 Meagre (6)
- 19 Assign (5)
- 20 Compliant (4)

Word Search

Can you find all the Ancient Greek philosophers hidden in the grid?

| | | |
|-------------|-------------|------------|
| ANAXARCHUS | DICAEARCHUS | PLUTARCH |
| ANTISTHENES | DIOGENES | POSIDONIUS |
| ARCESILAUS | EPICURUS | PROCLUS |
| ARCHYTAS | GEMINUS | SPEUSIPPUS |
| ARISTOTLE | GORGAS | STILPO |
| CHRYSIPPUS | HERACLITUS | XENEPHON |
| DAMO | PARMENIDES | |
| DEMOCRITUS | PLATO | |

Sudoku

How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | | 9 | | 4 | | | 3 |
| | 4 | | | | 1 | | | |
| 7 | | | 3 | | 6 | | 1 | |
| | 5 | 3 | | | | 8 | | 7 |
| 1 | 2 | | | 9 | | | 3 | 4 |
| 8 | | 4 | | | | 1 | 9 | |
| | 3 | | 4 | | 9 | | | 5 |
| | | | 7 | | | | 2 | |
| 2 | | | 8 | | 5 | | 4 | 6 |

Solutions on Page 46

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | A | Y | Q | D | E | M | O | C | R | I | T | U | S | T |
| A | R | R | M | P | S | P | E | U | S | I | P | P | U | S |
| R | C | A | I | E | P | I | C | U | R | U | S | P | Y | T |
| M | E | R | D | S | J | I | N | G | O | R | G | I | A | S |
| E | S | C | B | X | T | I | O | L | Q | S | E | D | M | A |
| N | I | H | E | P | M | O | S | Q | U | O | N | I | D | N |
| I | L | Y | P | E | O | U | T | T | P | O | Y | C | K | T |
| D | A | T | G | L | L | S | I | L | H | U | C | A | D | I |
| E | U | A | U | C | U | L | I | P | E | N | X | E | I | S |
| S | S | S | O | J | C | T | E | D | A | M | O | A | O | T |
| F | O | R | E | A | S | N | A | T | O | T | I | R | G | H |
| Q | P | B | R | A | E | A | L | R | A | N | C | C | E | E |
| X | G | E | K | X | T | P | J | L | C | V | I | H | N | N |
| C | H | R | Y | S | I | P | P | U | S | H | Z | U | E | E |
| A | N | A | X | A | R | C | H | U | S | T | V | S | S | S |



**Smoothcoat
Plastering**

- Plastering
- Damp proofing
- Rendering
- Domestic & commercial
- Fully insured
- 20 years experience

"quick, clean & professional"



Call for a free quote 07828 759673
www.smoothcoatplastering.biz

J Pugh Decorating Services

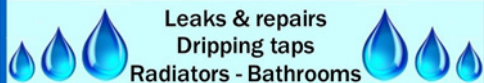
- Free Quotes
- Competitive Rates
- Quality Workmanship
- Friendly & Reliable Service
- No Job Too Small
- Established 1990



07961 833578 | jimmypugh@hotmail.com



**YOUR LOCAL
DOMESTIC PLUMBER**
Over 15 years' experience



Leaks & repairs

Dripping taps

Radiators - Bathrooms

**ALL GENERAL PLUMBING WORK UNDERTAKEN
NO JOB TOO BIG OR SMALL**

For friendly advice & free quotes call Paul Ballington

07946 308299 or 01909 565503

www.pbplumbing.webs.com



PAW Electrical Services

- New consumer units
- Additions & Repairs
- Internal & External Lighting
- Inspection & Testing
- Rewires
- Showers
- Sockets
- Fully Insured

All work to 18th Edition IEE Regulations
Part P registered

Call Paul for a Free Estimate

01909 518934 or 07786 127265

pawelectrical10301@gmail.com



All About Joinery Ltd

All aspects of joinery & building maintenance



- Small, local, speedy, reliable
- No job too small
- Fully insured



Call or text Paul 07835 353508

allaboutjoinery2@hotmail.com | Facebook All About Joinery



ASTON ROOFING
Flat roof specialists

We also specialise in:

- Dry Verges
- uPVC Fascia Boards
- Guttering
- Ridge Tiles
- Chimneys etc
- Commercial & Domestic



Call Gary for a competitive quote or more information

07979 806161

astonroofings26@gmail.com

Roy Lycett Plumbing & Heating

- Kitchen fitting
- Bathroom upgrades
- New installations
- Service repairs
- Tiling
- Boilers, fires cookers
- Repairs, leaks
- General home improvement work

Contact 07814 103878
roylycett@googlemail.com

Gas Safe Number 502721



JOINER



- Wardrobes
- Stair Spindles
- Interior & Exterior Doors
- Free Estimates
- Household Furniture
- Radiator Cabinets
- Made to Measure
- No job too small

Brian Limb

01909 550866 - 07719 716658

GAS FIRE BASKET artificial logs and coal, black metal, good condition. H13" x W17" x D12". £30. **0114 287 2196**

ELECTRIC RECLINER CHAIR excellent condition, dark brown, £50.

WHEELCHAIR self propelled, excellent condition, wheels detach, folds, footrests. £50. **07517 612390**
GENTS SET CARBON SHAFT GOLF CLUBS and bag plus extra driver. £45. **ELECTRIC GOLF BUGGY** £25. Buy together or separately. **07578 434526**

SUBSTANTIAL beautiful grain Indian rosewood table, 100 x 100 x 75 complete with 4 X wired detailed back chairs perfect for smaller dining areas. Well cared for. Legs remove. From a smoke, pet and child free home, Aston area, £120. **07714 301027**

PANASONIC BREAD MAKER SD-ZB2502 excellent condition, only a year old. £85. **BROTHER SEWING MACHINE XL5001** including threads, £50. **UNWORN SHOES** size 5, navy, wedge heel, £5.

SKIRTS size 16-18, £5 ono each. **TOPS** size 16-18, some unworn with labels, £4 ono each. **JACKETS** x 2, size 16-18, blue, beige, £5 each. All clothing in excellent condition. **0114 269 7139**

MODEL RAILWAY DVDs x 60.

Unplayed. £20. **07835 460672**

MECHANICS PNEUMATIC AIR SAW Heavy duty, in its own case and blades. £39.99. **HEAVY DUTY 3/4 DRIVE SOCKET SET** Mainly A/F sockets, some metric, ideal for commercial vehicles, make Britool. £79.99. **FRANK THOMAS** Motor cycle helmet, open face, white, large, hardly worn. £50. **CHILD CAR SEAT** Mothercare, 0-18 kgs, use seat belt to secure, hardly used, good condition, £50. **STEEL STACKING STORAGE BINS** x 3

Very old but strong, £15. each or

£40 for all 3. **07875 188316**
CHUNKY OAK COFFEE TABLE sculptured sides, base shelf, very stable, 60x60x50. £25 ono. Aston area. **07714 301027**

WEDDING SHOES Cream lace & ribbon, size 6, worn once, £20.

07866 408276

BATHROOM STOOL with arms, padded back rest and seat, adjustable legs with non-slip tips, as new. £25. **LARGE OVER BED/ CHAIR TABLE**, adjustable legs, 72cms x 38cms, vgc. £25.

LIGHTWEIGHT SHOWER STOOL Handles on both sides of seat, adjustable legs, £15. **07901 771272**
MOBILITY SCOOTER Drive Royale, red, 8mph, as new, only done 6km. Also saddle bag and cover. £1,300. **07749 828903**

FLOOR TILES x 23 Italian ceramic, ash grey, 60cm x 15cm x 1.5 cm (24" x 6") £10. **01909 567321**

COT BED SIZE DUVETS 1 Summer and 1 Winter £5 each. **RED BIKE** suit 6-9 yrs approx, hardly used, £50. N Anston **01909 568197**

PANASONIC 32" LCD TV Excellent working order. £45. **07801 055607**

MEN'S SHOES Clifford James, brown suede, size 11, as new mid-brown quality loafers, never worn, original box, £25. **MEN'S NEXT SHOES** size 13 (Euro 48), black leather modern formal loafers, as new, in original box, £20. **LADIES' VINTAGE** Russell & Bromley London court shoes, size 39, 2 inch heels, high quality, brown leather, classic style. £20. **MEN'S DANIEL HECHTER WATCH** as new, gold coloured case surround, blue face, tan suede strap. Modern style. £8. **07815 723831**

ADORABLE AA cuddly toy dog called Tukker as seen on TV, as new in box, genuine article, £25. **FOLDING MAGAZINE RACK** steel, heavy and very fancy, £5. **ROYAL**

ALBERT TEA SET 50 items, beautiful Old Country Rose pattern, £30. **07796 967576**

LADDER BACK DINING CHAIRS X 6 Light oak, light tan leather seats, from Eyres in Workshop, vgc, £150. South Anston. **07873 493735**

CURRYS ESSENTIALS bagless cylinder vacuum cleaner £20.

HARDWOOD INTERNAL DOOR 78"x 32", six glass panes, brass ironmongery, slight damage to front edge, £20. **PLASTIC GARAGE SHELVEING** five tier, 3 sizes, £10. each. **BINOCULARS** 8 x 42 with strap, £10. **BAUHN VINTAGE SUITCASE** TURNTABLE Black, never used, still in box, £35. **01909 564647**

TRIANGLE ADVANTEX SUV TR259 tubeless radial tyre, size 235/60 ZR18 107W, excellent condition, maximum load rating 107W 975kg/168mph, maximum inflation 49psi. tread, 6 ply; 2 polyester, 2 steel, 2 nylon, side walls 2 ply polyester. £50. **07760 484745**
PAPERBACK NOVELS x 19, various authors, £4. **01909 566839**

Advertise your unwanted items for FREE!

- Visit www.yourmag.net
- Go to Your Community > Contribute > Sell Your Stuff and follow the online instructions OR email debbie@yourmag.net.

MAXIMUM 5 ITEMS

Please note that submitting details of your items for sale is no guarantee they will be published.

DEADLINE FOR NEXT ISSUE 13 SEPTEMBER 2023

YourMag accepts no responsibility for any errors or omissions & offers no guarantee as to the quality or fitness for purpose of any goods sold or purchased.

J. GREEN HOMECARE PROPERTY SERVICES

For quality and commitment



- UPVC Fascias, Soffits & Guttering
- UPVC Windows & Doors
- Replacement Double Glazed units
- Porches & Conservatories
- Kitchens & Bathrooms
- Roof Repair & Maintenance
- Taps & Radiators

TELEPHONE: 01909 565372 MOBILE: 07718055331

EMAIL: jmsgreen78@gmail.com

Free quotes. All work fully guaranteed.

YourMag can deliver your leaflets!
From £35+VAT per 1000
Contact Debbie
07811 339282
debbie@yourmag.net

PAUL SIMMONITE

Domestic Appliance Repairs

All makes of:

Washing Machine

Tumble Dryers

Fridges

Freezers

(including large American style)

Ovens & Hobs

Dishwashers



01909 290839 | 07956 036801

email: paulsimmonite@hotmail.com

ALL WORK FULLY INSURED AND GUARANTEED



S M Homes

All Aspects of Joinery

- Kitchens
- Media Walls
- Fascias/Soffits
- Cladding

- Skirting/Architraves
- Floors
- Doors

Call Sam: 07946 073344 for a free quote

DSH ROOFING

Specialists in

New Roofs • Re-Roofs • Flat Roofs

Roof Repairs • Fascias & Soffits

Dry Verges • Pointing & Leadwork etc

01909 231153 | 07858 126971

danny_howells@hotmail.co.uk

MP

GLAZING & REPAIR SERVICES

- We replace broken & steamed up glass units, broken hinges, locks & handles.
- All types of gasket seals letter boxes & door panels and more replaced.

All our Work is Guaranteed

We also offer new installations

Doors & Windows at Affordable Prices.

CALL MARK TODAY ON 01909 521507 / Mob: 07793 509401

e: info@mpglazingservices.co.uk

w: mpglazingservices.co.uk

PAINTING AND DECORATING

Tom Woods 07917 418934



- No job too big or too small
- Free, no obligation quotes
- Good quality finishes
- Friendly and reliable
- All work considered
- Fully insured



PS PLUMBING & HEATING

For all your plumbing & heating needs

☎ 07554 885881 ☎ 01909 307499

✉ psplumb.heat@gmail.com



Local Plumber



Proud members of

Cheekatrade.com

Where reputation matters

Homecare PLUMBING SERVICES

"Carried out efficiently and was helpful in every way. Quote was the best quote and standards of work were high."
- Customer in Workshop

Need a reliable, friendly plumber?
Contact Chris today!

07789 717047 | 01909 809363

info@hcplumbingservices.co.uk

All aspects of plumbing work undertaken
with over 10 years experience

M Sp

M Shaw Plastering

- Plastering
- Tiling
- Rendering
- Pointing

Call Mik 07990 762600

(Please text if you don't get a reply)

Find us on Facebook f M S Plaster

Aerials and Satellites

SwiftFit Aerials

Bathroom/Bedroom/Kitchen

Bathroom Warehouse

D C Interiors

Howdens

SelfSure

Venus

Beds

K P Beds

United Carpets and Beds

Building Services

K & S Builders

Butchers

Mick McCall Family Butcher

Care Services

Happy Days Day Care

Home Instead Senior Care

Carpets and Flooring

Balfour Carpets

John Hughes Carpets

United Carpets and Beds

Chiropodists/Footcare

Carol Fairbrother

Gina's Mobile Footcare

Collectibles

Andy's Records

Computer Services

Chris Guest Computing

Decorators

J Pugh Decorating Services

K H Leaning

M Fearnley

Tom Woods Painting & Decorating

Dog Walking & Sitting

Jona's Pet Services

Domestic Appliance Repairs

Matt Gee

Paul Simmonite

Drive Cleaning

Anston Garden Services

Driveways and Paving

Easy Living Landscaping

Express Driveway Solutions

Roman Road Systems Ltd

Electricians

Contact Electrical Services

P A W Electrical

Estate Agents/House Sales

Barratt Homes

EweMove

Events

Art Exhibition

Festival of Food and Drink

Financial Services

Beck Financial Planning

Funeral Services

Independent Funeral Services

Garage Doors

Garolla

Garden Services

Anston Garden Services

Easy Living Landscaping

First Class Gardening Services

J M H Landscape & Maintenance

K H Landscape Gardening

That's Andy!

Garden Supplies

Rayner Fencing Supplies

Gutter Cleaning

Mr T

Health, Wellbeing and Fitness

J F Ear Syringing

Home Improvements

J C Home Improvements

Yorkshire Loft Ladders

Home Interiors

Blinds Direct

J K Designs

Home Security

B G N Security

Joinery

All About Joinery

Brian Limb

S M Homes

Legal Services

A J K Wills & Probate

Jordans Quality Solicitors - General

Jordans Quality Solicitors - Wills

Locksmiths

Rotherham Locks

Pest Control

Anston Pest Control

Plastering

K N Plastering

M S Plastering

Smoothcoat Plastering

Plumbing & Gas Services

Homecare Plumbing Services

P B Plumbing

P O C Gas Care Services

P S Plumbing & Heating

Roy Lycett Plumbing

Sheffield Plumbing & Heating

Property Services

C J's Building

Hammond Property Services

Homecare Property Services

Sewer Solutions

The Odd Job Man

Roofing

Aston Roofing

D S H Roofing

Tree Surgeons

Haywood Tree Specialists

Paul Day Tree Services

Tuition

Mindful Learning

Vehicle Servicing/Repairs

Andy's Smart Car Body Repairs

K and R Spares

Laz Motorcycles

METS Garage Ltd

Waste Removal

Terry's Skips

Windows, Doors & Conservatories

Charm Windows

Ideal Doors

Kiveton Windows

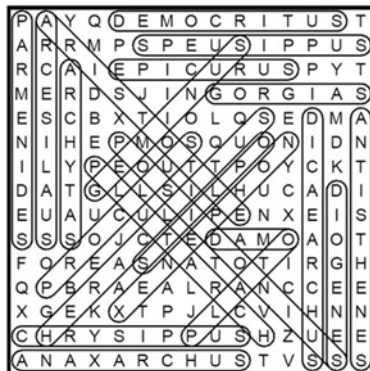
M P Glazing and Repair Services

Sure Fit Conservatories

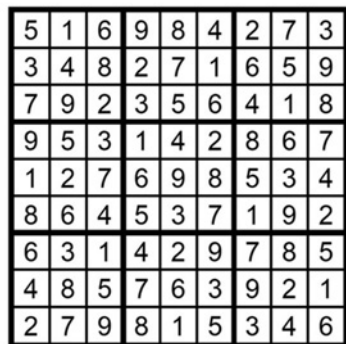
PUZZLE SOLUTIONS



Solution to September Quick Crossword



Solution September Word Search



Solution to September Sudoku

**25% OFF
ALL WORK
BOOKED THIS
MONTH**



EXPRESS
Driveway Solutions



Express
Driveways
Solutions

South Yorkshire's Number One Family Run Business

**Resin Driveways • Tarmac Driveways • Gravel Driveways
Block Paving • Patios • Brickwork • Fencing**

**Fully Insured ☐ 5-Year Guarantee on New Driveways
Get Your FREE QUOTATION now!**



Tel: 01709 468953 / Mob: 07389 701083

expressdrivewaysolutions@outlook.com | www.expressdrivewaysolutions.com

YOUR LOCAL LEGAL EXPERTS EST.1925



Direct lawyer contact



Free Initial Assessment



Clear Price Guarantee



Timely response

- | Lasting Powers of Attorney
- | Wills & Probate
- | Divorce
- | Child Arrangements
- | Sales & Purchases
- | Asset Protection
- | Transfer of Equity

- | Landlord & Tenant Disputes
- | Boundary & Neighbour Disputes
- | Personal Injury
- | Employment Issues
- | Criminal Defence
- | Motoring Offences

CALL US NOW FOR YOUR FREE
NO OBLIGATION ASSESSMENT
ON 01909 212 103



**QualitySolicitors
Jordans**

T | 01909 212 103 E | info@jordansllp.com

A | Kiveton Park, 109 Wales Road, Kiveton Park, Sheffield, S26 6RA

www.qualitysolicitors.com/jordans



Remember to mention YourMag when you call!

A small, family owned business since 1968 offering...
QUALITY, VALUE FOR MONEY & OLD FASHIONED SERVICE

JH John Hughes **CARPETS & FLOORINGS**



*A name associated for over 50 years with fitted
Carpets, Laminates, Vinylay and Floorings*

We are proud to support British industry. Over 95% of carpets we sell are British made, which means that we have avoided the big price increases experienced since 'Brexit' by companies selling carpets made in Europe and other parts of the world. We will continue to support British industry and offer the best value to our customers.

SUPPORTING THESE GREAT BRITISH COMPANIES

ADAM[®]
CARPETS


Penthouse
Carpets

ABINGDON
FLOORING


VICTORIA CARPETS
Established 1885

WILTON
ROYAL


Brintons
FINE CARPET


manx
Tomkinson


THOMAS WITTER
CREATORS OF FINE CARPETS


BROCKWAY
KIDDERMINSTER

CORMAR
CARPET CO

Been putting off replacing carpets due to no help with furniture? Need to remove old carpet first? No need to worry - we will do all this for you!

FREE FITTING

on all carpets £19.95 sq yd or over with the exception of
border fitting, carpet tiles and stick down carpeting.
Minimum order value £350

375 East Bawtry Road, Whiston S60 4EP
(JUST BELOW THE HIND PUB)

Tel: 01709 371515

OPEN AS NORMAL - MON-FRI 10-5, SAT 10-3

www.johnhughescarpets.co.uk



HOME SERVICE

Our representative will call
day or evening to give you a
free estimate, with no
obligation, commitment or
pressure showing you a good
selection of carpet and vinyl.

☎ 01709 371515