

Did you know?

EAST LEAKE
TRADERS

Keeping it local. ASSC.

Carnival
Edition

Facts you probably
don't know about local Traders

... that if your consumer unit 'fuse box' keeps tripping, this could be a fault you could narrow down yourself. RCDs trip with faulty appliances, so unplug your appliances and try to reset the RCD. If the problem persists, call us and we'll be happy to do a safety check of your circuit. Phone **MLE Services** on 07854 153988.

... that sports massage at **3D Bodywork** isn't just for athletes. It helps improve flexibility & mobility by stretching tight muscles caused by injury, overuse, poor posture, stress, arthritis or illness. Call Debbie on 07814 122583 or email : debbie@3dbodywork.co.uk

... that you can eat certain foods in unlimited quantities and still lose weight! Never feel hungry or deprived. Come along to **Slimming World** and find out how every Tuesday or Saturday. Text Meg on 07792 943873 for further details.

... that to suit hectic lifestyles **Formula 4 Fitness** offers 30min sessions @ £10. This can be a HiIT Session or a flexibility & mobility session for ageing joints & muscles. References available. Una.Lacey-Formula4fitness. Email for details: unalacey4f@icloud.com

Visit our Facebook page or find out more at
www.eastleaketraders.co.uk

Don't forget your Loyalty Card!

£50

Prize

... that at **Alba Financial Accountants** we have recently updated our website and started blogging every fortnight. Please go online and have a look at www.alba.uk.com. We can add you to our emailing list if you wish.

... that **Love & Piste** are selling Cycling Clothing & Accessories, Outdoor Wear, Sunglasses and Flipflops. Find us on Facebook/Instagram www.loveandpiste.co.uk or pop in for coffee and enjoy our outdoor seating!

... that if you need printing **Thistlebank Graphics** can offer you a complete design and print service right here in the village. Any quantity, no job too small (or large!) Contact mick@thistlebank.com - it's easy!

... that the **Greengrocer** now stocks loose, plastic-free nuts and savoury snacks? Walnuts, Cashews, Almonds, Peanuts, Salted Corn Nuts and Bombay Mix! Call 07843 010638 or email mel.roper@hotmail.co.uk.

... that the pensions and savings advice you get from **Trent Financial Planning** is guaranteed by an award winning FTSE 100 business? Call Jeremy Fram on 07773 655556 for a free, no obligation review.

... that East Leake has a video production company? **Zeddy Productions** is located on Main Street, we produce corporate and promotional videos, adverts and animations. Fancy making a cool film to promote your business? Email: zoe@zeddyproductions.com

Visit our Facebook page or find out more at www.eastleaketradersonline.co.uk

Did you know?



Don't forget your Loyalty Card!

... that at **East Leake Leisure Centre** you can collect a stamp every time you pay for a lane or general swim. Once you have 10 stamps you can have a free swim. All of our classes are pay as you go..... no need to have a membership! Phone 01509 852956 for more information.

... that **Rushcliffe Golf Club** offers a variety of flexible membership options. We also offer premier catering for any and every type of event. Why not pop up to the club and pay us a visit or email us at manager@rushcliffegolfclub.co.uk?

... that at **Captcha Photography** we can scan, duplicate, retouch and digitise old photographs or slides. Share our history and memories.

Captcha Photography, 9 Gotham Road, 01509 852364 or info@captcha.co.uk

... that **black & white cat**, award winning wedding planner and designer is now featured on 'Unconventional Wedding'. The UK's fastest growing alternative wedding directory for planning your wedding day. Email us at : hello@thatblackandwhitecat.co.uk

... that at **Cloud Tele** you can get a business telephone line with voicemail, menus and more over your current internet for just £10 a month at cloudtele.co.uk - simple online management and support from local people.



Visit our Facebook page or find out more at www.eastleaketraders.co.uk



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Prize

..... that currency & Travel Insurance is available at your local **Post Office**. Newspapers, magazines, confectionery, stationery from printer paper, to children's arts & crafts is sold at your Post Office.

.... that three local trades have now come together to form **Berrelli** a new design/installation company for your new kitchen, bathroom or en suite. Email: info@berrelli.co.uk and start your new project.

.... that **East Leake Traders** now have over 60 members representing almost every trade, service and professional expertise? Why not visit our website at www.eastleaketraders.co.uk to find out more? Look out for our new mobile friendly website with trader search facilities coming soon.

.... that new members of East Leake Traders include

Quorn Country Crafts (materials & equipment)

MLE Services (electrical contractor)

Berrelli (kitchens, bathrooms and en-suites)

3DBodywork (sports & remedial massage)

Solutions (Pest control)

The Cottage (local restaurant & takeaway)

Visit our Facebook page or find out more at www.eastleaketraders.co.uk

