



Don't forget your Loyalty Card!

... that if you eat fresh, seasonal fruit & veg it tastes so much better? **The Greengrocer** gets a daily delivery of produce and our JD Seasoning range takes the hard work out of cooking healthy family meals from scratch! Why not call in to find out more?

... that you can collect tokens as you trade with our members - whether it is in shops, cafés or one of our tradesmen. Once you have collected 10 stickers from 4 or more different traders you are entered into a quarterly draw to win a £50 voucher! Pop in to the Greengrocers to pick up your **Loyalty Card** and find out more.

... that **RECYCLED TIME** is a student company from East Leake Academy manufacturing contemporary clocks from vinyl records. We create new and exciting products from unwanted materials and deliver these ideas to the public. We operate at local markets and craft fairs as well as individual sales through our social media pages. Why not visit us and take a closer look?
FB: [@Recycled Time](#) - IG: [@recycledtime](#)
Email: recycledtimeuk@yahoo.com



Did you know?

Did you know?

EAST LEAKE TRADERS

Keeping it local... ASSC.

January 2019



Facts you probably don't know about local Traders

... that both **Slimming World** groups are now held in the East Leake Academy Cafeteria? Come and join on either a Tuesday or Saturday and get the new limited edition golden anniversary pack with our new updated plan in! Phone or text Meg on 07792 943873 for more information.

... that **Captcha Photography** are now printing from mobile devices? Prices from £1 for a single print, reduced prices for bigger quantities. 6"x4"/7"x5" or 8"x6" prints available. prints@captcha.co.uk to order via email. Phone 01509 852364 for details.

... that **Pilates** not only strengthens your core it also reduces the stress hormone cortisol in the body allowing feel good hormones endorphins to flow? This triggers positive feelings and well being. New Year New You. Email Lisa at lisa.twombly.pt@gmail.com or phone on 07984 341655.

... that **Formula 4 Fitness** is hosting a Women's Health & Fitness Day, providing practical & theoretical sessions to help you enjoy sport & exercise for life? Find out more on facebook.com/events/2295181630758057

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



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... that we have a paediatric physiotherapist working at **PhysioNeeds East Leake**? If you have concerns about your child's development, or an injury that they've sustained, call us on 01509 856274 to make an appointment with Claire.

... that the **Olde Bakehouse Pet Shoppe** have 10 freezers, stocking 5 different brands of raw (barf) dog and cat food? We also have a huge variety of raw bones which is the best way to clean your four legged friend's teeth. Come and take a look, or phone us on 01509 856577.

... that **Alba Financial Accountants** is now 10 years old? We specialise in helping small to medium sized businesses maximise their potential with solid accounting advice. Call 01509 853779 or email admin@alba.uk.com.

... that Debbie Barrett is committed to helping local people build an additional income alongside their commitments using the **Forever Living** business model? Who wouldn't benefit from doubling their disposable income? Phone or text 07967049961.

... that new fuse boards are now made of metal, this is due to a fire risk? Make sure your fuse board is the latest specification. **Grayston Electrical** can come and check it and give you a price to upgrade your old board. Email me at gary@graystonelectrical.co.uk

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... that it is easy for you to let your pet's vaccinations lapse? New year, new start! – phone **Pinfold Vets** on 01509 606979 & get them booked in!

... that printing is easy, local and affordable at **Thistlebank Graphics**, and is still the most effective way to promote your business, event, club or organisation. **Thistlebank Graphics** - email mick@thistlebank.com.

... that **The Rushcliffe Golf Club** has been awarded the accolade of 'East Midlands Golf Club of the Year for 2019' by YourGolfer Magazine? For information about the club phone 01509 852959.

... that regular sports massage therapy from **3D Bodywork** helps to relieve pain, increase flexibility, speed recovery, improve muscle balance and ease the symptoms of stress? This year make self-care a priority. Email debbie@3dbodywork.co.uk

... that at **Waterfield Property Services** it's time to book any work in for the spring? Call 07743815413 or email jpwaterfield@hotmail.co.uk to arrange any quotes and to avoid delay.

... that **Amber Green at Temple Spa** offers free Spa Detox evenings to help you and your friends recover during January? Why not visit our website at: ambergreenspa@outlook.com?

Did you know?

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



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