

Pride of the Borough

Members Newsletter

April 2024



Dear member

I said in January "it's been wet, cold and frosty", 3 months later and I'll change that to it's been wet, wet & wet though getting milder! Fortunately whilst my lawn is still squelchy wet the winds have dried my vegetable garden enough for me to start digging it and before too long getting seeds into the ground. Having got over the typical gardeners' moan about the weather at least there's been a lot to delight us; the bulbs (many we planted last year) are blooming, the birds are tweeting and exploring our nest boxes.

We all know the many benefits of gardening from physical to mental, but I recently came across a new one. I caught a programme on Radio 4 (available as a Podcast) "Just one thing" by Dr Michael Mosley entitled "Get Gardening" in which he suggested that your gut microbiome is improved by working in the garden. Obviously we should always wash our hands after gardening and no-one is suggesting you should eat dirt, but apparently we pick up small amounts that can help improve your gut! I'll take his word for it and just think of it as yet another reason why gardening is good for you.



Aintree Crescent, Oadby

Membership Matters:

A huge thank you to all those who have renewed, or bought a new, PotB membership card for 2024. The details of where and how you can renew/purchase a new membership card are on our website <https://potb.org.uk/membership/> If you have any queries, please get in touch, our details are in the footer on page 1

Business Offer changes

We understand that the Shake House in Oadby has closed. There have been no other changes to the current offers.

Someone was telling me about how the membership card had saved them money on a new pair of glasses, which got me thinking how have I benefited? We've met friends for a super meal at Casa Nostra in Wigston, I've bought cleaning items for my car from Epic Accessories in Oadby (so helpful! Much better than going into town to a national chain, and I've also learnt they service cars), and my wife loves the Handmade Elephant in Wigston.

Another member sought the help of Black Owl in sourcing and setting up a new computer. PotB have recently appreciated Black Owl's support to implement some 'back office' changes to ensure our



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emails are fully compliant and more secure. These industry changes enable better email authentication reducing the risk of phishing, spam and email spoofing. Without these changes sending this newsletter in batches could have been blocked! So big thanks to Tim and all at Black Owl.

We are so fortunate to have so many local independent businesses and are delighted that you are also supporting them. Please do let us know how you have used your membership card.

3rd Saturday work mornings

Meeting at set locations on a regular basis is proving to be a great success enabling volunteers to know where to find us. It is also allowing us to start to work with OWBC on more specific projects, one of which will involve a number of groups and organisations and hopefully give the opportunity for more individuals to get involved as well. We'll keep you informed.

PRIDE OF THE BOROUGH - WORK MORNINGS 2024		
20 JANUARY PEACE MEMORIAL PARK, WIGSTON	17 FEBRUARY BLABY ROAD PARK, SOUTH WIGSTON	16 MARCH ELLIS PARK, OADBY
20 APRIL PEACE MEMORIAL PARK, WIGSTON	18 MAY BLABY ROAD PARK, SOUTH WIGSTON	15 JUNE ELLIS PARK, OADBY
20 JULY PEACE MEMORIAL PARK, WIGSTON	17 AUGUST BLABY ROAD PARK, SOUTH WIGSTON	21 SEPTEMBER ELLIS PARK, OADBY
19 OCTOBER PEACE MEMORIAL PARK, WIGSTON	16 NOVEMBER BLABY ROAD PARK, SOUTH WIGSTON	21 DECEMBER ELLIS PARK, OADBY
FROM 9.30AM - 11.30AM - MEET IN THE ASSOCIATED CAR PARK		

Don't forget, we always finish with tea/coffee and biscuits and an opportunity to talk to each other, honestly you don't have to discuss the trials and tribulations of LCFC if you don't want to!

Sunflower seeds

Seeds and compost are being made ready, if you would like some or know of a school/nursery etc that would like to grow sunflowers please get in touch with us.

East Midlands in Bloom

Plans are well underway for this year's judging, when they are finalised we'll share more details in the next newsletter.