

LICHFIELD *Living*

COMMUNITY | BUSINESS | HEALTH AND WELLBEING

The Wellness issue...

.....
Bringing your
2023 vision to
life....
.....

New yoga class
launches...



ISSUE ONE - DECEMBER 2022 | £0.00

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2022



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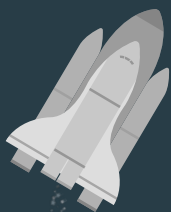
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Welcome

Welcome To Lichfield Living!

For as long as I can remember I have loved stories. I love reading, writing and sharing stories about living our best lives. I'm curious about life, community, wellness and home, and I hope you are too, after reading this, our first edition.

Lichfield Living is a celebration of the seasons on our doorstep, and despite the busy lives we all lead, my hope is that this new magazine and platform will mature to inspire, create & motivate you towards life-enhancing things to do. I will also share what is inspiring me each month - from plants to podcasts, community to culture.

I hope you enjoy *Lichfield Living* as much as my team enjoy putting it together. Please do let me know what you love and what you want to see more of at lichfieldliving@yahoo.com.

For now, let's embrace WINTER! A favourite time of year for hot chocolates, thick socks and blankets.

With love, *Jen xx*



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Iona has created her own simple paper collage illustrations in the books, using old magazines, packaging and natural materials such as petals and leaves.



Local Author's Christmas Story

We meet local author Iona Chisholm to find out how she started writing and about her 'Jubilee Bee' books.

Iona has always wanted to have her stories published but has never been accepted by an agent. However, during lockdown, inspiration struck and whilst isolating with Covid, Iona wrote, illustrated and self-published her first book, 'Jubilee Bee'. This tells of Little Bee who has red, white and blue stripes! They meet Her Majesty The Queen and she lets their colours shine during her summer Platinum Jubilee celebrations.

Now, Iona has self-published 'Jubilee Bee and The King's Christmas Present.' In this story, Jubilee misses their friend The Queen and Christmas makes their grief worse. Then, King Charles III invites Jubilee to a Christmas meeting and asks Jubilee to help him spread the word about climate change. In deciding what would be best for the King's Christmas present, Jubilee learns what the most important ingredients for a Christmas present are. This book also contains information pages about Christmas and a quiz!

"I felt really nervous of self-publishing," Iona says, "but after watching several supportive YouTube videos, I thought I should be brave and try. It's exciting and nerve wracking to see my stories in print! I wanted my books to be meaningful and so they cover issues such as individuality, historic events, bereavement, saving bees, climate change and the value of gifts made with love and care. I hope that anyone who buys my books enjoys them and want to thank you so much for your support at the start of my publishing journey. I hope that as I continue to self-publish, the quality of my books will get better and better."

Iona is already working on another Jubilee Bee book, which will be about climate change.

'Jubilee Bee' and 'Jubilee Bee and The King's Christmas Present' are both available to buy on Amazon.co.uk as an ebook (£1.99) or a paperback (£4.99 and £5.99 respectively)

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What We're Loving...

CHRISTMAS TREES FOR CHARITY

Don't forget, you can give back this Christmas by donating your unwanted trees. St Giles Hospice is collecting and recycling them via their TreeCycle Fundraiser. In exchange for a donation, real trees will be collected from outside homes between 7th and 13th January.

To find out more visit the St Giles Hospice website - www.stgileshospice.com or call 01543 423538.



NEW PHASE OF HOMES RELEASED BY BELLWAY

Bellway has released a new phase of homes for sale at its Sheasby Park development in Fradley. The housebuilder is delivering 237 new homes in the third phase of the development at the former RAF Lichfield site.

Phase three comprises a range of one-bedroom apartments and two, three, four and five-bedroom houses. The developer opened the doors to a showhome on the development at the start of December.

Marie Richards, Sales Director for Bellway West Midlands, said: "The new homes we are delivering in phase three represent a brand-new choice of properties at Sheasby Park.

"The sustainable site features an impressive area of landscaped open space, a large pond which attracts a multitude of birds, and wildlife habitats including a number of hedgehog houses, which are small structures to offer these nocturnal creatures a safe place to sleep and hibernate."

There's currently a selection of two, three and four-bedroom new homes available to buy, with prices starting from £239,995.

For more information about the development, call the sales team on 01543 330152 or visit <https://www.bellway.co.uk/new-homes/west-midlands/sheasby-park>

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Bellway

Things to leave in 2022:

Overthinking

“\

People-pleasing

“\

Performing for love

“\

Neglecting intuition

“\

Self-sabotage

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Expired relationships

“\

Procrastination

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Self-doubt

“\

Insufficient self-care

“\

Low accountability

“\



Staffordshire artist turns commemorative drawing into fundraiser for local charities

Local Lichfield artist, Jackie Roberts has raised almost £500 for local charities through sales of her picture of Buckingham Palace, drawn to commemorate Her Majesty Queen Elizabeth II.

The picture, featuring a line drawing of Buckingham Palace, showed a rainbow appearing as it did on the day of The Queen's death and a lone Corgi looking back at the Palace. Initially drawn as a mark of respect at a sad time for The Nation, Jackie posted the drawing on her social media, allowing others to do the same. However, when asked for prints of the picture, she decided to sell them to raise money for local charities including £200 for St Giles Hospice and £200 for Tamworth Wellbeing Cancer Support Centre.

Jackie, Owner of Love2dream, said; “I’m really pleased that I’ve been able to do something positive after such a sad occasion. I wanted to show my respect for The Queen in my own way by drawing the picture and to be able to support local charities too has been amazing.”

Jackie is hoping to generate more awareness of the prints to help raise more for charity. As a limited print run of 200, the drawings are available to buy as 10x8 inch limited, signed prints for £12.50 including postage by visiting www.love2dream.co.uk. At least £10 of this will be donated to the above charities.



Dopamine-inducing playlists are a thing

January is just around the corner and it could be just the time to start over.

Many of us want to enter the new year as positively as possible, making changes to our lives and setting goals.

But just like the year before, once it's time to start, a lack of motivation can kick in...but that's just the time to turn it up, quite literally.

Studies have shown that listening to the music you love helps your brain release dopamine, and dopamine is a type of neurotransmitter, which allows you to feel pleasure, satisfaction and motivation.

So, in order to release yourself of any anxiety or negative feelings you may have attached to any tasks you want to complete next year, why not create your own dopamine-inducing playlist with the songs you love?

Never underestimate the power you have to take your life into a new direction, and like Marvin Gaye once said 'Ain't No Mountain High Enough'!



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If you're looking to update your kitchen without breaking the bank, adding colour can be as permanent or as temporary as you wish, say the experts at The Rigid Kitchen Company.

Whether a splashback, a statement oven, a change of stools, a different colour toaster or light shades, don't always rely on big items to bring brightness into the room.

Splashbacks as a stand-alone are an easy way of adding colour into your kitchen, and whether it's bright saffron, country willow green or even a touch of sparkle, a brightly coloured splashback can lift any kitchen and give it a different mood immediately.



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A Glimpse at Shropshire

Each month, we'll be travelling around the UK to inspire you to venture further afield... This month - the beautiful county of Shropshire.

There are many reasons to visit Shropshire and not just because it's the home of the sweet pea!

The rural county is best known for its scenic great outdoors with a number of stunning landscapes fit for walking, cycling and fantastic family adventures.

It's a well-known fact that spending time outdoors increases a person's mood and improves mental health. Not everyone has the pleasure of accessing their own private garden, but the wide-open spaces in Shropshire can help you feel connected and grounded.

Although being outdoorsy is not for everybody, Shropshire still offers amazing activities and adventures to visitors of all ages. With various things to do and places to eat, your itinerary will be jam packed when coming to visit.

Take your pick from a choice of 10 Michelin-starred restaurants or maybe you would prefer something quirkier, with a tour around Shrewsbury Prison. One of the most popular attractions is the Severn Valley Railway. The heritage railway runs along the Severn Valley from Bridgnorth to Kidderminster. Guests can hop on board and dine in style. You can plan a trip with friends or go solo with the different events hosted on the trains, from afternoon tea to first class dining in the evenings.



If you are looking for something a bit livelier, try taking a trip to a market. Around twelve markets run in different individual Shropshire towns, from Bishops Castle's Town Hall flea market, running the first Saturday of every month, to Whitchurch's Indoor Market taking place on Fridays.

So, whatever you are looking for, Shropshire has a whole day out ready and waiting for you and some lovely properties to look around too.

ENERGY EFFICIENCY IS A PRIORITY FOR NEW DBA HOMES

Energy efficiency is at the top of everyone's agenda at the moment and new homes can perform better and save money over the long term.

With this in mind, DBA Homes in Shropshire is pleased to announce the arrival of its latest development in Broseley, Deer Leap.

A rural and exclusive collection of beautifully appointed four- and five-bedroom homes, where energy efficiency has been weaved into the very fabric of each of the eight properties on the development.

Andy Timbrell, Managing Director of DBA Homes comments: "There is no shortage of environmentally-friendly and energy efficient features that we have explored, planned and added to our homes at Deer Leap, because we know that this is exactly what our buyers now require."

The development is approximately three miles from the historic Ironbridge Gorge and six miles from Bridgnorth. The development is located within walking distance of the amenities, a high street with an array of shops, restaurants and pubs.

"In addition to high-specification fittings and fixtures, the beautifully-appointed homes have a large and spacious internal layout with energy saving features, such as LED lighting throughout, the latest low energy gas boiler and heating system and low flush toilets and sprinkler taps as standard."

For off-plan sales opportunities, please visit www.dbahomes.co.uk or call 01902 255026.

EATING WELL FOR LESS

A savvy Shenstone shopper said she has saved more than £7,000 on her weekly shop since 2019 by purchasing products past their best before date.

Jane Moore used to spend £120 every 10 days on a food shop but is now spending only £50 for herself and her husband. Jane found Approved Food - an online supermarket that fights food waste by selling good quality products past their 'best before' date at reduced prices.

Savvy shoppers can take a look at the bargains for themselves on the Approved Food website: www.approvedfood.co.uk/mybargains



Mind-Calming Yoga Classes Arrive in Lichfield



If Christmas is already feeling a little too hectic, the new year is a perfect time to start fresh for optimum mind, body and soul health.

Lichfield-based Katie Russell is pleased to be launching her brand-new yoga class in Lichfield and is hoping to generate the huge following she has already achieved across Aldridge and Walsall.

The Soul Yoga & Relaxation classes will be running at King Edwards VI school on Monday evenings at 6:30pm, in the hope that Katie can share her knowledge, skill and love of yoga with a brand-new community.

Each hour-long class will start with gentle meditation, will then focus on different yoga flows, breathing techniques and conclude with deeply relaxing guided shavasana.

Katie says: "The real beauty of yoga is that you don't have to be a professional 'yogi', as these classes are made to be accessible to everyone and anyone. No matter what stage of life you are at, we want people to show up for themselves and invest in their own wellbeing."

Katie's colleague Hayley is responsible for the community side of Soul Yoga & Relaxation and adds: "Having just completed an advanced yoga teacher training course in Guatemala, I can't wait to bring the new techniques I've learned closer to home, I know our new community will love and importantly benefit from them greatly."

The ladies regularly support charity events throughout the year and host chakra-cleansing workshops too, with UK-based yoga and meditation retreats firmly on the radar for 2023 as well as abroad.

Soul Yoga is on Instagram as [@soulyogarelay](https://www.instagram.com/soulyogarelay) and can be contacted via soulyogarelay@gmail.com

No matter what stage of life you are at, we want people to show up for themselves and invest in their own wellbeing.

What We're Loving... Reading

Did you know that reading can actually increase your lifespan? A study published in the journal Social Science & Medicine revealed that when comparing an adult who does not read with those who read books for up to 3½ hours each week, those who read were 17% less likely to die over the 12-year follow-up, while those who read for more than 3½ hours weekly were 23% less likely to die and **OVERALL LIVED ALMOST TWO YEARS LONGER.**

Why? Because reading reduces stress and helps with sleep.



Create Your 2023 Vision Board with Us!

2023 is fast approaching and it'll soon be time to think about setting some goals for the coming year. A fabulous way to help you manifest what you want and bring your dreams and goals to life, is by creating a vision board. Having a tangible reminder to refer to throughout the year can really help keep you on track.

We'd love to welcome you to our Vision Board Workshop. This relaxed, informal session will be run by a qualified meditation coach and hypnotherapist, and will be just the tonic after what is sure to be a hectic festive season. Come along and meet like-minded women and spend some time focusing on yourself and your goals. Oh, and there'll be refreshments, too!

Don't worry if you're new to this sort of thing – the session will be very laid-back and you'll get all the help and guidance you need. **Sign up now by emailing lichfieldliving@yahoo.com and details will be sent in the coming weeks.** The event costs £25 and includes all materials, biscuits and refreshments.



2023 Interior Trends

This month, we have been chatting with interior designer Ilze Reinke from Ilze Reinke Interiors, who shares her love of colour and the importance of creating an inviting living environment.

From delicious raspberry reds, to charming floral patterns, the sweetest of stripes and lots of texture, these are just some of the ways a house can be turned into a welcoming home with added personality which reflects the occupants.

Ilze, originally from South Africa, says that she would love to see more people embrace colour into their home and not be afraid to experiment. She says:

“Once you add colour to a room, you will immediately feel and notice a much warmer and cozier ambience. Painting a ceiling a different colour, other than white, can also help to create a soothing and comfortable space, and it’s surprising how much bigger it can make a room feel.”

“My client base ranges from residential to hospitality with a range of personalities and buildings, from listed to new homes, and it’s of the utmost importance for me to capture my clients’ personalities in their own home each and every time.”

ILZE’S 2023 TREND PREDICTIONS:

- Clean, white and straight is being swapped for warmer tones with curvy and organic shapes
- Real indoor plants are becoming ever popular, with some studies suggesting that certain varieties can help to clean airborne pollutants
- Affordable art is being swapped with meaningful art and something which ‘talks’ to you or is connected to a memory
- An emphasis on wellness within the home such as clutter-free rooms and connections to nature.

Ilze can be contact at www.ilzeinkeinteriors.co.uk and you can follow her on Instagram via [@ilze.reinke](https://www.instagram.com/ilze.reinke)

What We're Loving...

FEELING FRAZZLED BEFORE CHRISTMAS HAS EVEN STARTED?

Thankfully, Hoar Cross Hall is offering an array of Christmas experiences, from fabulous festive escapes, Sunday lunch with Santa to tranquil spa experiences.

The two-night Christmas escape, complete with afternoon tea, sounds dreamy and the festive Serenity Spa Escapes and Spa Days could be just the self-care that's needed now Christmas has notched up a gear. Prices start from £159 per person.

To find out more visit www.baronseden.com



Thank you to our sponsors

Thank you to all of our sponsors this month. Our aim is to bring you more content, more community and more advice in each issue so please follow our journey as we grow...in print, on social media and online (coming soon).



Looking for a natural and refreshed appearance for Christmas and the new year? **DAY AESTHETICS** is offering **15% off all treatments for new clients**, with treatments ranging from skin rejuvenation and chemical peels, to Botox.



The **RIGID KITCHEN COMPANY** was founded by Mr and Mrs John Shakespeare in 2006. A recent review says: "I absolutely love my new kitchen! From the warm welcome to the helpful advice and the swift responses to queries, it was excellent value for money & could not have gone better. Thank you."



As always, the lovely team at **ALLEN BROWN JEWELLERY**, based at Heart of the Country Shopping Village, have beautiful, contemporary and classic collections and unique pieces for Christmas and even Valentine's Day, which is just around the corner.

Huge congratulations to **TATLOW CARPETS AND FLOORING**. The company is celebrating 50 incredible years in business. Ken Tatlow started in the flooring business over forty years ago back in 1972. Jayne, his daughter, now carries on the family tradition. **Here's to the next 50!**

ANDREW DOWNING-BOOTH specialises in residential sales and auctions. The company is offering discounted fees for those considering selling their home in January and February, so if you're in the market for moving don't forget to quote **Booth23** when enquiring.

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LICHFIELD LIVING

For all editorial, advertising and media queries, please contact Jenny Holden at lichfieldliving@yahoo.com

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