

LICHFIELD *Living*

COMMUNITY | BUSINESS | HEALTH AND WELLBEING

*Items we're
loving...*

Spring Clean
your life and
home...

Living Well
Collective
launches...

*Competitions
Galore!*

ISSUE TWO - FEB/MARCH 2023 | £0.00



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Editor's note

Hello, I hope you're really well.

Is it just me who's been clock-watching since December? Not in a negative way, you understand. But because every day brings us a little closer to springtime, one of my favourite seasons of the year.

Since we launched in December, I've been truly overwhelmed with the positivity that has come with the new magazine and online platform.

Some have said "you're crazy" for launching a print edition in this tech age – but we love it. Others have said they really like the look and feel of it. And countless businesses have fed back that they love the content. And so here we are into our next edition, packed with lots of inspirational stories, which we hope you'll enjoy reading as much as we relish bringing it together

Thanks as always for your support – our sponsors and our readers. Without you, we couldn't make this happen.

Jen xx





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Things we're loving



THIS MONTH AT LICHFIELD LIVING

18ct white gold and amethyst earrings, £450

from Allen Brown Jewellery, Heart of the Country Shopping Village, Lichfield
www.allenbrownjewellery.co.uk



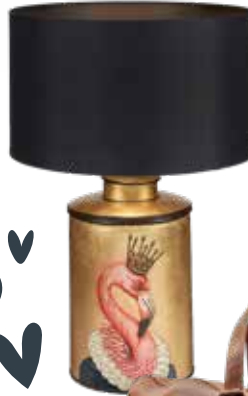
Leather and steel gents bracelet, £54

from Allen Brown Jewellery, Heart of the Country Shopping Village, Lichfield
www.allenbrownjewellery.co.uk



Danish Design Gents Watch, £128

from Allen Brown Jewellery, Heart of the Country Shopping Village, Lichfield
www.allenbrownjewellery.co.uk



Hand painted Queen Flamingo Lamp, £199

from Needwood Living, 136 Main Street, Alrewas
www.needwoodliving.co.uk

Alice Upholstered Dining Chair in Almond, £245

from Peppermill Interiors, Burntwood Business Park
www.peppermillinteriors.com



Leather bag, £145

from Victoria Lowe Interiors, Dam Street, Lichfield

E: victorialoweinteriors@mail.com



Handmade jewellery from British designer Chris Lewis.

Silver cuff bracelet, £325 from Victoria Lowe Interiors, Dam Street, Lichfield
E: victorialoweinteriors@mail.com



Arlo Velvet Armchair in Raspberry Pin, £415

from Peppermill Interiors, Burntwood Business Park
www.peppermillinteriors.com



Silver fluted, leather-handled champagne cooler, from £80

Victoria Lowe Interiors, Dam Street, Lichfield
E: victorialoweinteriors@mail.com



Matt Grey & Mottled Espresso Cups, £28.00

from Needwood Living, 136 Main Street, Alrewas
www.needwoodliving.co.uk

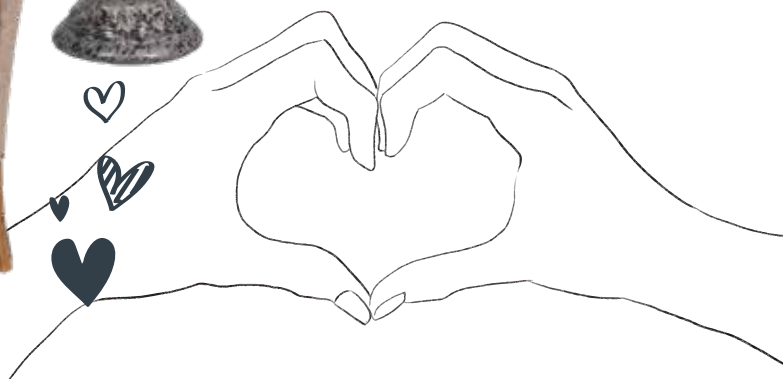


Small Grey Artichoke, £36

from Needwood Living, 136 Main Street, Alrewas
www.needwoodliving.co.uk

St. Emilion French Upholstered Dining Chair in Wheat, £275

from Peppermill Interiors, Burntwood Business Park
www.peppermillinteriors.com




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Win Earth-friendly products worth over £100



As more of us are looking for ways to be greener at home, starting in the bathroom is great way to be eco-conscious. Have you ever wondered if there was a way to take care of your smile that doesn't involve harming the planet with more plastic waste?

Well, wonder no more! With DenTek's eco range it is possible to make choices that are both good for your oral hygiene and for the planet. DenTek are on a mission to source the most sustainable materials possible to create their oral hygiene products and transform their entire range from single-use plastic.

DenTek's interdental brushes have been made using birch wood, which creates less waste and uses less energy in the manufacturing process, even more than rival eco materials such as bamboo. DenTek also plant more trees than they use and because birch is a climate-positive material, the trees work to reduce additional carbon dioxide from the atmosphere. DenTek use a bio-resin made from sugar cane plants to manufacture their flossing products. Using this renewable material reduces carbon emissions by up to 80%.

This is your chance to try a small eco swap that makes a big difference, with a bundle of DenTek's sustainable dental products along with a £40 gift voucher to redeem online for a tree of your choice delivered straight to your door!

Visit <https://dentek-eu.com/sustainability/> for more information.

To be in with a chance of being our lucky winner*, simply answer the following:


DenTek's Earth-Friendly interdental brushes are made from the wood of what tree?

A. Oak B. Birch C. Bamboo




Send your answers to hello@livingwellmag.co.uk with the answer, your name and address by 10th March 2023.

**One entry per person. Names will be chosen at random after the closing date and winner will be contacted via email.*





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What We're Loving...

Find Jake's at 81 Upper St John St, Lichfield WS14 9DX



FULL HEARTS & FULL STOMACHS

For many, pies conjure up lots of happy memories - whether it's sitting down with the family and enjoying a delicious steak and kidney pudding or even an apple pie on a cold winter's day. We're delighted to mention and

welcome Jake's on Upper St John Street - a Lichfield pie haven. Offering delicious-sounding pork & steak and chicken & cheeseburger, it's certainly a place on our list to visit this season.



The 49-minute challenge

By Jenny Holden

I'm fascinated by the subject of time.

Once a terrible time keeper, I've invested a lot of prep and reading into being much better, and I think I've improved a little.

But as my children have grown older, now 11 as I write this, they don't want or need me as much and that had me thinking - how long do we all really spend with each other as we move through life?

Of course, who we spend time with evolves across our lifetimes. In adolescence, our children spend most of their time with parents, siblings and friends, and as we enter adulthood, we spend more time with work colleagues and partners.

But what has shocked me most is research by National Family Week which found that:

The average UK family spends only 49 minutes a day with each other.

I say shocked. I wasn't really when looking at our own chaotic family dynamic. Dominated by tech in every direction, our conversations are mostly transactional without really having proper conversations - and days out together are few and far between due to wanting to save the pennies a bit.

Those in nuclear families, single-parent families, extended families, childless

families, step families and grandparent families are also often in the same situation. It therefore seems that we're sometimes putting our nearest and dearest at the bottom of our lists of things to do.

So, here at Lichfield Living HQ we'd love to find a couple of families who are up for a challenge. One that doesn't cost any money, just a bit of feedback for our next issue.

Enjoy lunch... On us!

We want to inspire our families to enjoy what's on our doorstep and to spend more quality time together. **And as a thank you for taking part you'll get a lovely lunch for four on us*.**

So what do you have to do? Simply send in your name and family details to us at hello@livingwellmag.co.uk, stating the ages of your children and why you think you would be a great family to follow.

You'll then follow a couple of suggested activities and report back with your findings. The only other thing we ask is for photos, so please make sure that all family members are happy to be pictured for print and online.

Let's make those 49 minutes become hours, because time is the one thing we can't ever get back.

**T&Cs apply. Maximum £40 per family.*

Spring Cleaning

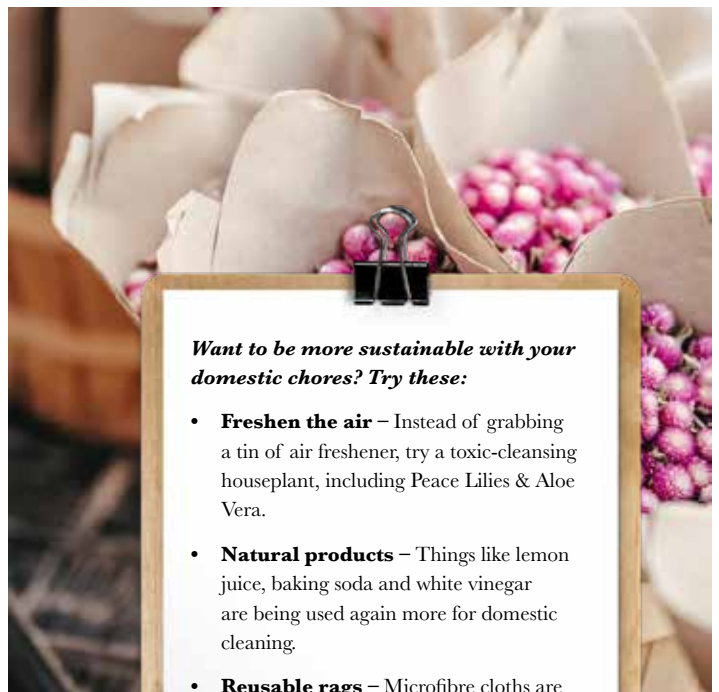
The nights are lighter, we've hopefully seen the last of the cold snap and the daffodils are almost ready to show their beautiful faces. Spring is a great season to start afresh, throw open the windows and top up your cleaning efforts because so often, the environments we surround ourselves in influence our minds and bodies.

Clutter can leave people feeling less productive and more distressed – they say an untidy room can lead to a messy mind. Sonya Sanders from local cleaning company Spik n Span says that from client feedback, having a clean and orderly home gives people a better sense of control and calm. It's one less thing for them to do around the home and it's almost a new start after every clean has been done.

She comments: "If having a professional cleaner isn't an option just yet, there are some things that can be done quite easily. Start by decluttering before you clean and then move from top to bottom. If you have things in the cupboard that haven't been used for six months, throw them away, gift to charity or sell."

"Clutter is a biggie that leads to more dust, so if simplifying your home and cleaning schedule is on the to-do list this year, be brave and get rid of what's no longer needed."

In her book *Outer Order, Inner Calm*, author Gretchen Ruben suggests becoming a tourist in your own home. She says "Visit every space in your home or office, see what's inside every cabinet, drawer and wardrobe. Don't feel the pressure to clear it out there and then. Simply recognise it and remove just a bit of clutter to get the momentum going."



Want to be more sustainable with your domestic chores? Try these:

- **Freshen the air** – Instead of grabbing a tin of air freshener, try a toxic-cleansing houseplant, including Peace Lilies & Aloe Vera.
- **Natural products** – Things like lemon juice, baking soda and white vinegar are being used again more for domestic cleaning.
- **Reusable rags** – Microfibre cloths are great for cleaning surfaces and can be popped in the wash as many times as needed.
- **Swap plastic for glass** – Not only does this reduce plastic usage & your carbon footprint, but it can also cost less over time.

Sonya concludes: "The after-effect of a deeply cleaned home for our customers is noticeable from the moment we leave, it's visible and our customers are in a much happier place. That makes us feel proud of a job well done."



What's On at St Mary's

We think we're truly blessed to have The Hub at St Mary's on our doorstep. The venue hosts exciting events all year round, and there are some pretty darn good ones to look out for this season.

If you're into comedy you should consider the Alter Comedy Club; the show is a sell-out and has returned for another season with selected dates in February, March and May.

Another great night returning on the 18th March to the Hub is #BingoHum, the big boozy bingo night is a 90s classic throwback. With three full games of prize bingo, you'll 'Wannabe' there on that 'Saturday Night'!

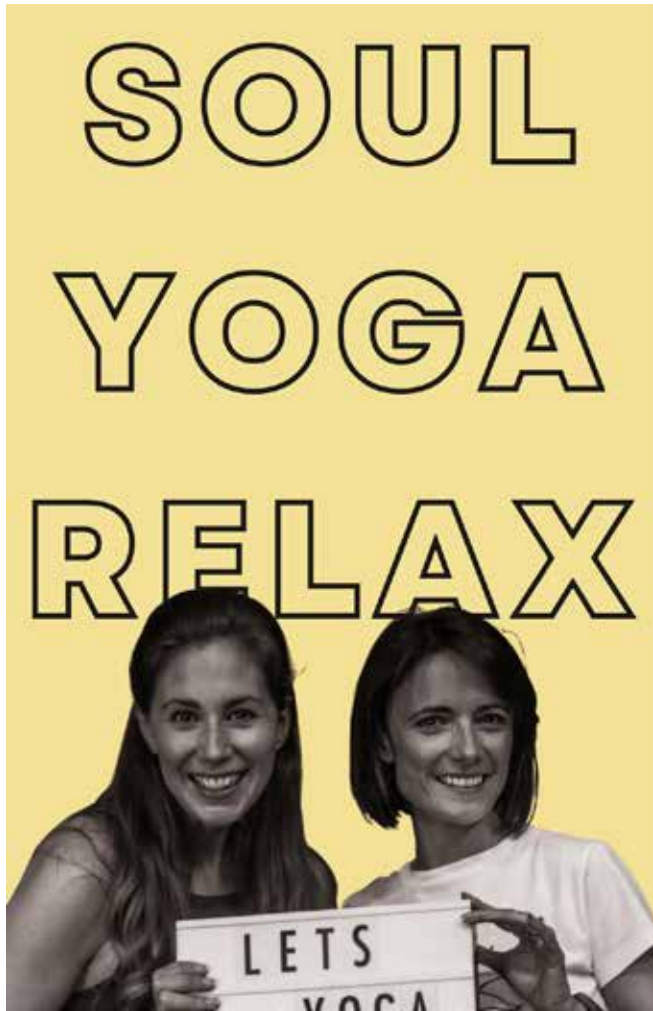
If you're looking for something a little bit less girl group and dance routines, Sunday Jazz sessions are back in April and June from 6pm, or why not try the all-new three-day Lichfield Literature

Festival on the 23rd – 26th March, celebrating the power of words to move, inspire and provoke conversation - with a wide range of genres.

One you definitely won't want to miss is the award-winning solo show *Forget Me Not* - the Alzheimer's Whodunnit. For just £15, you'll get to see comic, poet and ex-mental health nurse Rob Gee deliver a series of clues and plot twists while solving one last murder.

The inclusive venue has remarkable entertainment for everybody. For more information on any of the shows listed, head to their website: www.thehubstmarys.co.uk





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Our classes have had such an amazing turn out - we now have a wonderful soul community in Lichfield! Hayley returns from teaching yoga in Costa Rica and is excited to bring some new events to our soul community.

Yoga Flow with Katie
 Monday's - 6:30pm
 King Edward's VI School,
 Sports Centre.
 Lichfield

Soulful Self-Love Workshop
 February 25th - 2- 5pm
 Church Hall, Foley East
 Road. Streetly

Experimental with food

By Sarah Young



Since setting up my Lichfield deli four months ago, I regularly get asked in the shop, "What can I make with this item?", "What's in season now?", and "What should I cook for dinner tonight?".

They're questions that excite me as they provide an opportunity to be experimental and imaginative with food.

For February, seasonal produce includes root vegetables which are at their prime now. At this time of year, a warming bowl of Moroccan vegetable tagine, made with potatoes, onions, carrots, cauliflower, apricots, and garlic will see you through the chillier days.

For those of us with a sweet tooth, make the most of crisp apples and rhubarb – whether used in a pie or crumble, this is sheer perfection in a bowl, especially when topped with custard. If you are still feeling the tightness of your jeans after Christmas and are looking for a healthier snack, the same fruits can be mixed into a granola, using oats, nuts, maple syrup, pumpkin and sunflower seeds and some vegetable oil (if you have the opportunity, make granola with a child – they love getting stuck in, especially with mixing!). So, as we head towards the warmer month of March, enjoy the comfort of hunkering down with loved ones and relishing in home-cooked, simple meals.

Hope to see you soon.

Willow and Bell can be found at 2 Tudor Row, WS13 6HH, or on Instagram at @willowandbell_lichfield



Local ladies work on their visions

Our first Lichfield Living event took place recently, the Vision Board Workshop, and we're pleased to say it was a huge success.

The sold-out session was created for like-minded people to come together and produce their own board full of goals for the year ahead.

Hosted at the beautiful Deanslade Fitness barn conversion, our all-ladies group was introduced to qualified meditation coach and hypnotherapist Sally Abrol who guided the group through the importance of mindset, positivity and meditation.

The session ran for just under two hours and was jam packed with manifestation tips and book suggestions from the whole group.

Organiser Jenny said: "It was lovely to see total strangers sharing their inner thoughts and personal goals with each other and very quickly come together to form a close-knit group."



Vision board attendee Keeley said: "I went along to the workshop in the hope to set a clear plan for my 2023 goals. I'm somebody who already enjoys creating vision boards, but it was nice to have some professional guidance and advice from Sally and the others.

"The session felt very calming and a safe space for me, I'm glad to have been a part of the day and hope there will be more workshops to attend in the future."

10 per cent of ticket sales went to The Pathway Project.

Future Events will be announced on our website: www.livingwellmag.co.uk and via our social media channels, so please follow us to keep up-to-date with the latest news and events for your diary.



@lichfieldliving

What We're Loving...

THE BBC
GOOD
FOOD SHOW
SUMMER
2023



Returning to the NEC this year in June, Nadiya Hussain, Ainsley Harriott and James Martin are among the wonderful line-up of celebrity chefs who will be sharing their top summer recipes as well as tips for amateur and professional chefs. What better way to shake off the last of these cold winter weeks than to book a ticket or two and look forward to warmer months and brighter evenings, all while tantalising the taste buds.

Book now via bbcgoodfoodshow.com

Image courtesy of bbcgoodfoodshow.com

Wonderful World of Animals



From much conversation and feedback, we know our Lichfield residents love their pets and as such, we're pleased to announce our Wonderful World of Animals competition.

If you think your dog, cat, gerbil or rabbit deserve a bit of love, send us your snaps to be in with a chance of *winning some goodies for you furry friends.*

To be in with a chance of being our lucky winner* and having your pet featured in our

next edition, simply follow us on our Instagram account **@lichfieldliving**, like the competition when it appears on our page and tag us in a picture of your beloved pets (send us a DM if your profile is private so we can see it). Alternatively, you can email your photos to **hello@livingwellmag.co.uk**, putting your name and pet's details in the email before **15th March 2023.**

**One entry per person. Names will be chosen at random after the closing date and winner will be contacted via email.*



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No more hurdles for The Jockey

Congratulations to Tracey and James, owners of the much-loved city centre pub The Horse and Jockey - they have succeeded in their aim of buying the freehold after many years of trying to do so.

When they took over the running of the pub in 2009, they resurrected it from the insalubrious 'Los Angeles Rock Cafe' and introduced the former name to bring Lichfield a splendid new real ale pub, free of a brewery or pubco tie.

Having worked tremendously hard since 2009 to re-build its reputation and customers, great success is at now coming to fruition.

Popular real ale offerings are this pub's staple and good home-cooked food is available during Thursday-Saturday. There is also more work planned for the already-extended garden area, with plans to provide a glazed covering to parts of it.

With the pub appearing in the Good Beer Guide 2023, Tracey and James, along with their friendly loyal workforce, know there's plenty more of those years to come. This is just the start.

Well done team, keep up the great work!

The Horse & Jockey is located on 10 Sandford Street WS13 6QA, and you can follow them on Instagram @thehorseandjockeylichfield



OUR 24/7 DIGITAL HOME

Remember, you can find all of the articles from this issue and previous issues on www.livingwellmag.co.uk, the digital home for all things Lichfield Living. Here, you can also sign up to our newsletter updates, book onto our exclusive events and find out more about our story and our vision.

You can also follow us on Instagram for even more content on community, health & wellbeing and the local area [@lichfieldliving](https://www.instagram.com/lichfieldliving).

Visit www.livingwellmag.co.uk today to find out more.

What We're Loving...

THE IMPORTANCE OF ACTION

Try to commit a set amount of time to executing an action that gets you closer to your goal. For example, even 15 minutes of walking every day will make a huge impact on your health goals in the long term. **And everyone has 15 minutes.**

Don't fall into the trap of "I'll do it when [insert perfect life conditions we mostly use as an excuse]."

Do it now. Do it today. And keep it consistent.





Lichfield woman reaching the top of her career

Trees are called 'The lungs of the Earth'. As the biggest plants on the planet, they give us oxygen, store carbon, stabilise the soil and give life to the world's wildlife. They also provide us with food, materials for tools and shelter.

Choosing just the right arborist to help care for trees can be difficult, however. Insurance is an absolute must. And theory-based knowledge as well as practical experience should also be at the top of the list.

Here in Lichfield we have one of only few female arborists, Annalize Wright of ACWArb who has lived in the city all her life - and has experience, skills and qualifications in abundance.

Annalize moved into the industry back in 2006, she studied at Merrist Wood College and Westonbirt Arboretum.

In 2011, Anna set up her own company just three months after having her first child. Since then she has built up a strong team and a loyal client base including Lichfield City Council, Lichfield Cathedral, Staffordshire Wildlife Trust, Alrewas War Memorial Arboretum and many residential customers.

When asked if she has found it challenging, Anna said: "Trying to make my way in a job that is typically thought of as being for men has never phased me. I am very driven and believe with determination you can achieve most

things that you want in life. Of course, it takes a certain kind of woman to want to do this work, but you must have a thick skin and roll with the banter."

We then asked the question, what made you choose this line of work?

"At the beginning I'll admit it was down to the fact that I thought getting paid to climb trees looked like great fun. However, over the years, as I learned more theory-based knowledge and understanding, I noticed trees more; I fell in love with trees and my passion hasn't stopped growing."

We wish Anna and her team continued success!

Visit www.acwarb.co.uk for further information, or follow Anna on Instagram @acwarb.



2023's Winning Local Festival Line-up

When the British spring and summer delivers on the weather front, there's nothing better than a festival (especially if you can find one serving great food and drink). Whether you're looking for family-friendly festivals, extra-special small independent music festivals or country shows, we've rounded up the best ones to come in 2023 - right here on our doorstep.

STAFFORDSHIRE COUNTY SHOW

When? 31st May - 1st June

Where? Staffordshire County Showground

What? Staffordshire County Show is a two-day agricultural show with competitions for livestock & horses, over 400 trade stands, country pursuits area, Food Hall, local produce, crafts, activities, displays and performances. With a packed programme over both days, it promises to be a great day out for the whole family.

Book it? staffscountyshowground.co.uk

BEARDED THEORY

When? 25th - 28th May

Where? Catton Hall

What? Bearded Theory Festival is held every year in mid May near Walton-on-Trent. The three-day multicolored event takes place in open air with more than 100 musical shows held across five stages. In addition to the variety of shows, a 'children's village' takes place with lot of children's activities and creative workshops.

Book it? beardedtheory.co.uk

BACK 2 FESTIVAL

When? 29th June - 2nd July

Where? Catton Park

What? The Back 2 Festival is set to return for the 7th edition of its kind. Dust off your glow sticks, dig out your dancing shoes and get your glitter on! Take a trip down memory lane and celebrate music from the 90s & 00s. What's on offer? Over 70 world-renowned artists, DJs and performers, 4 arenas of music and a huge selection of food choices from vendors including Ice and Slice, Rice and Spice, Fish and Chips, Sausage and Mash, Vegan and Gluten Free specialists plus many more.

Book it? ontick.co.uk/event/back-2-festival-2023

FUSE FESTIVAL

When? 7th - 9th July

Where? Beacon Park, Lichfield

What? The much-loved free music and arts festival returns to Beacon Park again this year and personally, we can't wait to see and hear live music and soak up the atmosphere in the sun.

Find out more via facebook.com/LichfieldFuse/

CAMP BESTIVAL, SHROPSHIRE

When? 18th - 21st August

Where? Weston Park

What? Following a hugely successful 14-year history entertaining families, Camp Bestival Shropshire will once again bring the ultimate family festival experience to the heart of the Midlands. With lashings of family fun, little ones will be spoilt for choice as they step into a family festi-holiday like no other!

Book it? shropshire.campbestival.net

CROOKED HOUSE IN THE PARK

When? 28th August

Where? Beacon Park, Lichfield

What? 2021 saw the inception of this highly popular festival here in Lichfield. A one-day festival that brought a star-studded lineup consisting of artists spanning House, Drum & Bass and UK Garage. This year, the organisers are taking things up a gear yet again. Expect everything & more from the 2023 edition.

Book it? crookedhouseevents.com/festival/

Living Well Collective Launches

Hot off the heels of our latest Vision Board Workshop event, we learned one thing: that there's a real gap in the market to bring people together – no matter what stage of life they're at.

Whether at the start of a career, taking a break or in retirement – this lust for learning and self-improvement was palpable at the event and left attendees wanting more. This is where Living Well Collective comes in.

But what is the Collective and what will it entail?

First and foremost, the vision for the Collective is to laugh, learn and improve. It will grow month-on-month to become a place to get-together with like-minded individuals – whether in the form of a book club, a visionary speaker event or a social gathering.

We're pretty well connected here at Lichfield Living HQ and have contacts in all corners of the globe. Our aim is to bring them to our city to inspire generations to become the best version of themselves, whether in person or virtually.

If you'd like to be a part of the Collective, we'd love to have you. **Simply head to our website to sign up to our mailing list: www.livingwellmag.co.uk** (the sign-up section is towards the bottom of the homepage on the right hand side) and more information will be sent out in the coming weeks. Don't worry, you won't be spammed. Just informative e-mails to entice and inspire.



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OPTICIANS



A CLOSER EYE ON DAVID ARTHUR

Since 1969, David Arthur Opticians has been ever-present on our high street. Having built and developed a fine reputation and loyal customer base, the optical practice is poised for summer and the introduction of its Victoria Beckham range of eyewear.

Expertly made in Italy, the luxury eyewear combines optimum optical design with high-end performance and protection.

Morgan Arthur, business partner of David Arthur Opticians, comments:

“The new designs have just arrived and we're pleased to showcase vintage-inspired oversized sunglasses, classic aviators, modern rimless styles and iconic cat eye and rounded frames - the choice quite literally is endless.”

Morgan goes on to say that sunglasses should be worn all year round. “UV light causes a breakdown of cells and I know that so many people don't think about it when it comes to their eyes. Cataracts, a condition in which the lens of your eye becomes cloudy and your vision blurs or doubles, can lead to serious vision impairment. Cataracts develop slowly and become more pronounced as you age, but exposure to the sun's rays are a definite contributing factor to their development.”

Why not pop in to see the team at David Arthur Opticians, in the city centre, for your new eyewear this coming spring and summer season and to maintain optimum eye health, whatever your age.





This month we're pleased to launch our Favourites column – where we talk to local people all about... their favourite things. This month, Victoria Lowe, owner and founder of Victoria Lowe Interiors, shares some of hers.

Favourites

Podcast:

'On Purpose' with Jay Shetty. It's my go-to. Insightful, inspirational and with lots of perspective.

/\

Netflix show:

The Crown. Just because.

/\

Flower:

Peonie. My nan used to grow the most beautiful varieties so they are definitely in the blood.

/\

Way to wind down:

Two actually. First, spending time with my children and experiencing new things and adventures. Second, I love the gym and working out calms the brain and body.

/\

Drink:

This needs no thinking time. Champagne!

/\

Season:

Spring. Because it's the start of all things new. I'm not a fan of extreme temperatures, either hot or cold, so this is the perfect season for me.

/\

Country to visit:

Too many to mention but if I had to name just two it would be Venice and Ibiza. And also Tuscany.

/\

Activity to do with family:

We're not one for sitting in front of the box, always out and about. Go-karting is great fun and bowling – also visiting National Trust properties to enjoy the great outdoors together.

/\

Item in Victoria Lowe Interiors at the moment:

The art. We've had some lovely pieces just come in and they'll definitely be on my own personal wish list.

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A Glimpse at Wyle Cop

Each month, we'll be travelling around the UK to inspire you to venture further afield... This month, we focus on Wyle Cop in Shrewsbury, which boasts a haven of curious boutiques well worth exploring...

If you're looking for a day out with loved ones, this quirky amalgamation of shops offers the perfect escape that's not too far away.

Stroll through the 16th and 17th timber-framed buildings and take in the gentle buzz and atmosphere of this unique corner of the county.

Situated just over an hour away from Lichfield, it has the longest stretch of uninterrupted independent shops in the UK and boasts a wonderful collection of cafés, restaurants, art and food shops.

Images courtesy of Original Shrewsbury: www.originalshrewsbury.co.uk



What We're Loving... READY, SET, FLIP! LICHFIELD'S EXCITING PANCAKE RACE IS BACK!



Fancy your flippin' chances at this year's annual Pancake Race in the city centre? Then get yourself down to Bore Street at 12 noon on Tuesday 21st February. Pans and pancakes provided so all that's needed are the skills, the determination, and the ability to laugh at yourself in the event of a tumble!

The races will be followed by the traditional opening of the Shrovetide Fair on the Market Square by the Civic party, supported by Town Crier Adrian Holmes who will give a shout to mark the occasion.

All entrants must register before 12noon on Friday 17th February.

Visit www.visitlichfield.co.uk/events/shrovetide-fair-pancake-races for more information and how to apply.

Top image courtesy of www.visitlichfield.co.uk



There's a new Bee in town

Brand new 110 place nursery opening in Lichfield

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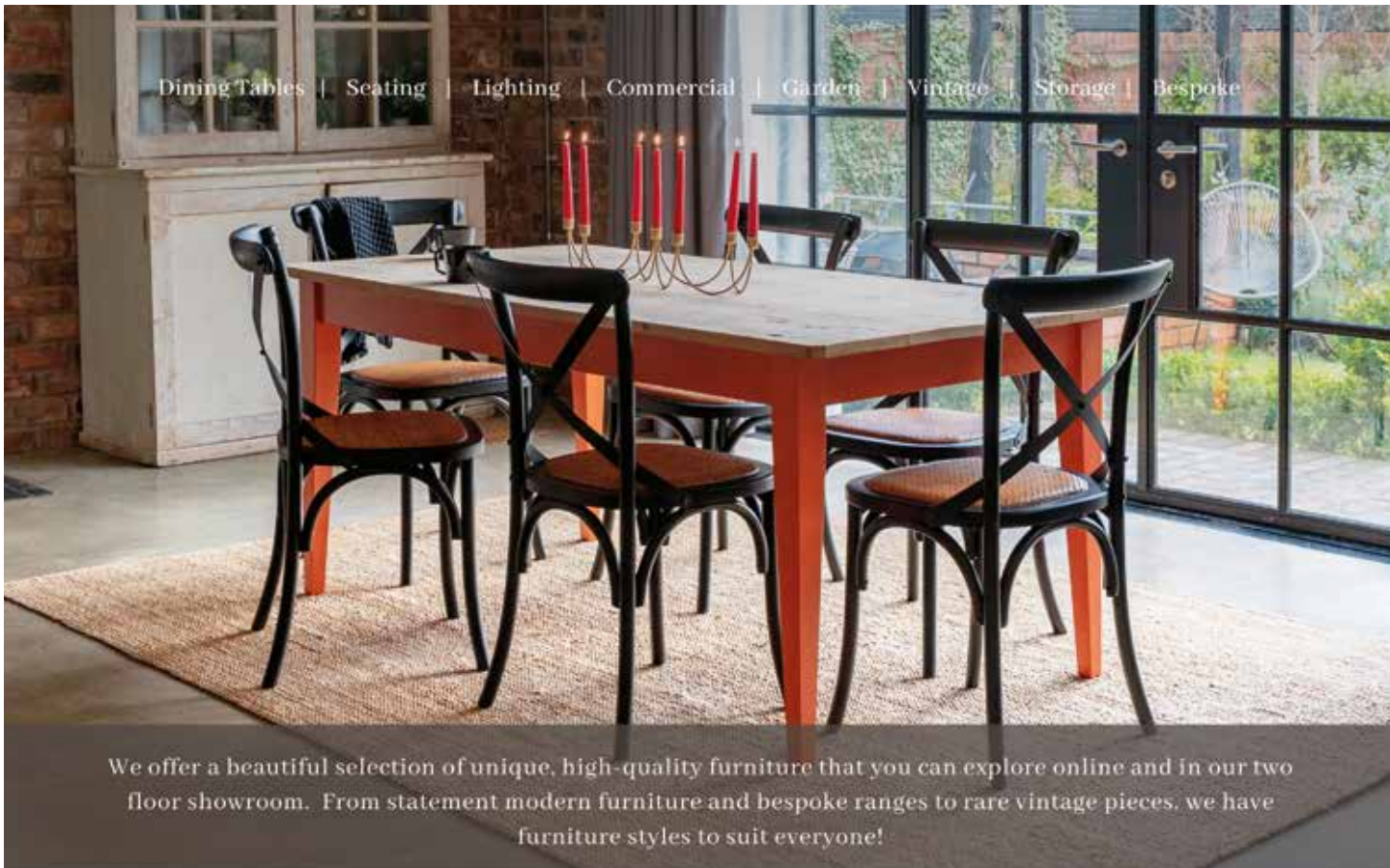


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Register your interest with our Customer Enrolment Team now, call **0330 333 8133** or visit busybeeschildcare.co.uk/nursery/lichfield

*Centre images for illustrative purposes only



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What We're Loving... BEING BOLD WITH PATTERN

If there's one thing that encapsulates the way colour and pattern have reclaimed the British home, it's the return of bolder, brighter prints - on walls, soft furnishings, in kitchens, hallways and even the smallest of bathrooms.

No longer is pattern confined to one 'feature wall' or a couple of cushions or even curtains: mixing and matching bolder patterns is making its way throughout the home this year.

Rewind the clock a decade and rooms were meant to look simple, with perhaps a touch of colour or pattern. But as styles have changed, that clean and clinical room can look a little too corporate and glossy if everything is plain and brand new.

Don't be afraid to experiment with colours and patterns - and there are also great furniture and accessory finds to be had on Etsy and the antique platform Narchie.

You may even want to reupholster an item of furniture that's been hidden away for a while and is in need of a little updating.

Today, there is so much opportunity to be creative with wallpaper, home furnishings and furniture, and if you shop around it absolutely doesn't have to cost a fortune.

Images courtesy of libertylondon.com





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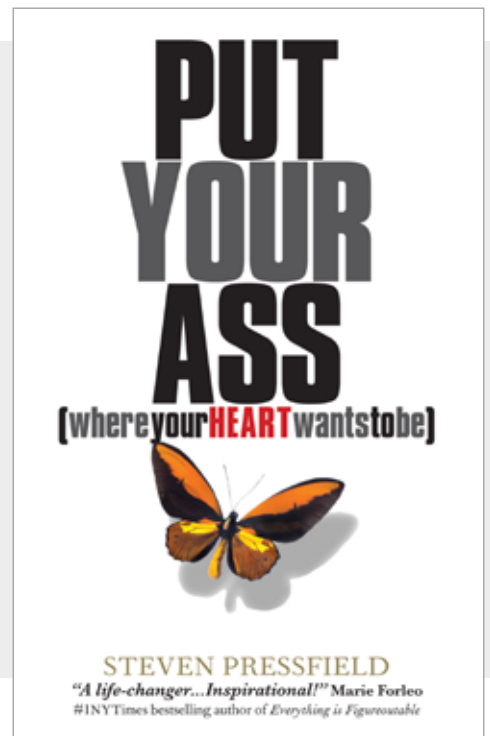


What We're Loving...

READING: PUT YOUR ASS WHERE YOUR HEART WANTS TO BE

If you read one book this year, **Put Your Ass Where Your Heart Wants to Be** by Steven Pressfield has to be it. I love the title so much because it's the *perfect advice for nearly every difficult thing*. If you want to get in shape, put your ass in the gym. If you want to have a great relationship with your kids, get your ass down on the floor where they're playing. If you want to write a book, put your ass in the chair. Even when you're tired. Even when you don't want to. Even when you don't see the point. That's what it's about. You don't have to be perfect, but you do have to show up.

Available now in Kindle Edition, Audible or Paperback via Amazon.



www.lichfieldgarrick.com
 box office 01543 412121