

# Lianelle

COUNSELLING  
& THERAPY

*Counselling is a safe way to work through a wide range of problems including relationships, self confidence, stress, anxiety, bereavement, childhood issues and other problematic areas.*

*For a confidential service in a private and peaceful setting, contact*

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## READER'S TIP TOP TIPS – WIN £20

**Congratulations** to Rachael Booth of Denby for providing the tip below – Rachael has won a £20 note courtesy of All Things Local.

**New parents can log onto leading nappy manufacturer's websites for 'Money off' coupons. They will keep sending them until your child is potty trained.**

**A selection of other useful tips:**

**To clean and refresh your microwave: chop a lemon into a microwaveable bowl/basin, add water and microwave on full power for 3 minutes. The steam produced will loosen any sticky residue, making the interior easy to wipe clean and smelling fresh. I use the lemon (now very soft) to rub on my finger nails to remove any stains – it really does work!** Judith Harwood, Smalley Village

**Thought this might be useful to Oxo users! Crush an Oxo cube (carefully) in the silver foil before opening it and it will be easier to sprinkle in your gravy.** Pat Meakin, Lower Kilburn

**Try soaking your diamond jewellery in mouthwash to make it really sparkle!**

D Biss, Milford

FOR YOUR CHANCE TO WIN £20 Just write your hint or tip down on a piece of paper, together with your name, address and telephone number and post to Tip Top Tips, All Things Local, 74 Woodhouse Road, Kilburn, Belper, Derbyshire DE56 0NA. Alternatively, you can email to [karyn@allthingslocal.co.uk](mailto:karyn@allthingslocal.co.uk) – just put Tip Top Tips as the subject.

THE CLOSING DATE FOR TIP TOP TIPS FOR THE NEXT ISSUE IS 5 MAY 2008

I will print your name and the area in which you live, but never your full address or telephone number, these are purely required to let you know if you have been drawn as the lucky recipient of the £20 note!

