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ISSUE 113

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LOCAL LINKS



ISSUE 113

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Dear Readers,

Newness announcement! We've got a shiny new website! Pop along to www.locallinksmedia.co.uk to have a look and let us know what you think!

Boy have we got a conflicting issue for you this month! British Pie Week and Sport Relief taking place in the same month! We won't know whether we're coming or going! We guess you don't have to do both, but in for a penny, in for a pound! Whether it's pounds around the waist or pounds in the charity bucket we hope you have some fun!

We've also got Mothers' Day coming up and what better way to spend some quality time with your Mum than pampering her silly. We thought a nice treat that wouldn't break the bank would be a manicure, so read on to find out how to look after those hands and maybe even your own!

Enjoy the longer evenings and hopefully some sunshine!

The **LOCAL LINKS** team

Next issue deadline:

Tue 6th March

Next issue out from:

Wed 14th March

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delivered free to:

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Brizlincote Valley,
Rolleston,
Stretton &
Walton on Trent

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Perfect Pie

On the 5th March we will be celebrating British Pie Week which has been running since 2007. Pie week is a great reason to celebrate a classic British tradition. We can't argue with the principle: a whole week eating pies! To tie in with St. David's Day, this fab recipe includes leeks, so why not give it a try?

Ingredients

Serves: 6

75g unsalted butter

2 leeks, sliced

1 onion, finely chopped

2 cloves garlic, crushed and chopped

1/2 glass white wine

2 tablespoons plain flour

200ml milk

250ml chicken stock

150ml double cream

50g grated mild Cheddar cheese

300g cooked ham cubed and fat discarded

300g cooked chicken

1 sheet puff pastry

1 egg, lightly beaten

Method

Prep:20min › Cook:40min › Ready in:1hr

1. Melt 25g of the butter in a frying pan over a low heat. Add the leeks and onion and cook and stir until soft, about 8 minutes. When softened, add the garlic and fry for a minute, then pour in the wine. Increase the heat and reduce the wine down.

2. Once the quantity of liquid has halved, reduce the heat, add the rest of the butter and once melted, sprinkle in the flour. Keep stirring as it thickens.

3. Gradually add the milk a few drops at a time, stirring constantly. Once all the milk has been added, continue to add the stock in the same way. Turn up the heat to allow to thicken. Finally add the cream and grated cheese, stir it in then remove from the heat once the cheese has melted and let the mixture cool.

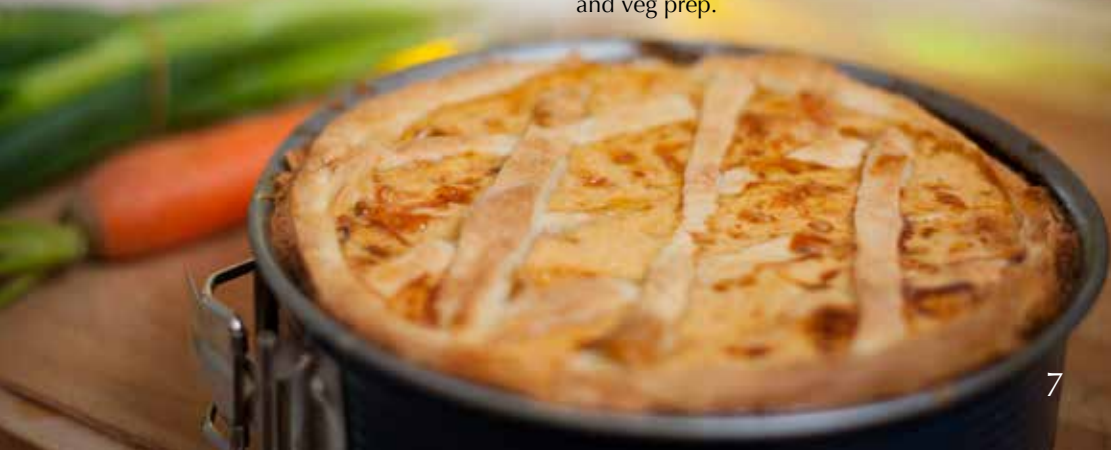
4. Preheat the oven to 190 C / Gas 5.

5. Add the chicken, gammon and cooled mixture to an ovenproof dish. Stir it all together. Cover with a puff pastry lid. Pierce with holes to let the steam out while cooking, and brush with a beaten egg to create a glaze.

6. Bake in the preheated oven for 30 minutes or until the pastry is crisp and golden. Remove from the oven and serve immediately.

Tip:

You can prep the mixture to step 3 and pop the saucepan in the fridge until you are ready to do the final prep before serving, as it only takes 30 minutes it can be done in tandem with mash and veg prep.



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"And slowly as the days of lent
Waxed and were spent,
Trees, birds and flowers all
increased
In expectation of the feast."
Vernon Watkins

Short month it may be,
but February can still
pack a punch if it wants
and Candlemas - a pagan
and Christian festival marks
the halfway point between
the shortest day - the winter
solstice - and the spring
equinox.

Being in a temperate, maritime
climate we are affected by the
Gulf stream, Jet stream and by
being close to a Continental
climate too. This does cause
farming to be weather
dependent and too much of
anything has a serious impact.
Flooding of traditional flood
plains and meadows brings
a rich, fluvial deposit, but
flooding on grass or sown
arable land that hangs around
for a while can make the
ground sour or rot the seed.

Also, in cases of serious
flooding, rocks and branches,
fallen trees and rubbish are
also left on the fields- costing
much in time and effort to
clear.

Snow (and cold temperatures)

can cause havoc, as it did
several years ago when it came
unexpectedly during spring
lambing, as we have to carry
feed out to any outlying sheep
and cattle, make sure they
have access to water and it
makes every job take that little
bit longer.

Of course, any hot, dry spells
out of season will also cause
problems - young shoots can
shivel.

So this is why farmers are
always glued to any forecast
they can find - searching for
the one that will suit them
best (and heaven help them if
they're wrong!).

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Daffodils and Davids

On the 1st of March we celebrate St. David's Day with our Welsh friends. It's a day when we think of daffodils, leeks and male voice choirs in the valleys.

St. David is best-known for a miracle which is said to have taken place when he was preaching in the middle of a large crowd and the ground on which he stood is reputed to have risen up to form a small hill. A white dove, which became his emblem, was seen settling on his shoulder.

David is a popular name in the UK and across the globe and many a David has become a familiar face in our homes through the media, entertainment and the news...

David Attenborough



Everyone's favourite Dave, he is best known for writing and presenting, in conjunction with the BBC Natural

History Unit, the nine natural history documentary series that form the Life collection.

Jude Law

What?!!! Yes he's a David! His full



name is David Jude Heyworth Law. An English actor who has received nominations for two Academy Awards, two Screen Actors Guild Awards, four

Golden Globe Awards and two British Academy Awards, winning one.

David Bowie

Born David Robert Jones, Bowie was a songwriter and actor. He was a leading figure in popular music for over five decades, acclaimed by critics and other musicians for his innovative work. Oh and who can forget his part in the film Labyrinth!



Sir David Paradine Frost, OBE

A much loved television host, media personality, journalist, comedian, and writer. He became known for his television interviews with senior political figures,



among them the Nixon Interviews with former United States President Richard Nixon in 1977, which were adapted into a stage play and film.



David Phillip Vetter

In the 1970s David was a prominent sufferer of severe combined immunodeficiency, a hereditary disease which dramatically weakens the immune system. Vetter was referred to as "David, the bubble boy" by the media, as a reference to the complex containment system used as part of the management of his disease.

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Hands That Do Dishes

Mum's work hard and it's no surprise that their hands can often become a little overlooked. Dry skin, overgrown cuticles and flaking nails can be the result of too much abuse and not enough love when it comes to hand care. With Mother's Day coming up on the 11th March why not give your Mum a home hand pamper?

Here's a step-by-step guide to a luxurious manicure that will leave your Mum feeling pampered and loved.

You will need:

- A file with varied coarseness.
- Apricot Oil or Shea Oil
- Cuticle stick
- Cotton pads
- Strengthening nail varnish

1. Buff, file and shape the nails to the desired result using a file. Removing ridges, smoothing and shining the nail will help the overall look become more polished, as well as helping the nails to look much healthier in the long-term.

2. Fill a small basin or bowl with warm water (not too hot!) and add five drops of Oil. Swirl the mixture a few times to distribute the oil and soak each hand for at least five minutes. The warm water will help to soften skin and enable you to push back cuticles later on, while the addition of the oil will help to nourish around the nail bed.

3. Once you've soaked your Mum's hands, dab a clean towel over the surface to remove any water or excess oil. Taking a cuticle stick, push back the cuticle area to reveal the full length of your nail and tidy up the edges; not only will this make your talons look neat and salon-worthy, but it aids growth and prevents flaking.

4. Add a drop of Oil to each individual nail and massage it into the surface, paying special attention to the cuticle area which can often become dry and neglected. (This is often the focus of professional manicures and the key to a salon look!) Take your time to really work the oil into the nail bed for maximum benefit.

5. For an additional pampering step, why not take a few drops of the Oil and massage into hands.

6. Use a cotton pad to wipe the surface of each individual nail to ensure it's completely clean (leftover oil or water can prevent nail polish from sticking effectively.) Apply a strengthening base coat to the naked nail, ensuring the nail is protected from any potential staining while simultaneously adding in some much needed support.

7. Finish with a colour of your Mum's choice and apply first with a straight line of polish down the centre of the nail. Add two more 'stripes' to either side to ensure the nail is fully covered, making sure you don't add any polish to the cuticle or skin - this can cause the colour to peel and flake after only a day or so. Apply a second thin coat, ensuring you don't overload the nail or add too much - this will only lengthen dry time and can cause peeling if the result is too thick.

8. To finish the look, add a topcoat to protect your colour and nail. Pay special attention to the end of the nail, 'sealing' the top by running a thin amount of topcoat along the edge. Again, this will help to prevent peeling and flaking of the colour - especially if you're typing frequently. Ta-da, you're done!



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Staffordshire Science

From the 9th to the 18th March British Science Week will be taking place up and down the country. We thought we'd have a poke about in history for an interesting reminder of people from Staffordshire that have contributed so much to different fields of science. We've also got a top hit-list of science related places to take the kids!

Jessie MacWilliams (1917–1990).

A respected mathematician Jessie contributed to the field of coding theory. She moved to the United States in 1939 and studied at Johns Hopkins University. One year later she left Johns Hopkins for Harvard University. In 1955 she became a programmer and learned coding theory at Bell Labs where she spent most of her career.

William Astbury FRS (1898–1961)

A physicist and molecular biologist who worked with x-rays. His work on keratin provided the foundation for Linus Pauling's discovery of the alpha helix. He also studied the structure for DNA in 1937 and made the first step in the elucidation of its structure.

John L. Jinks (1929–1987)

A geneticist, educated at Birmingham University he remained there for the majority of his career, contributing to the

development of biometrical genetics, human behavioural genetics, and supervising a number of students who went on to make their own contributions.

Sir Oliver Lodge FRS (1851–1940)

A physicist and writer involved in the development of wireless telegraphy. A British physicist and writer involved in the development of, and holder of key patents for, radio.

Thomas Twyford (1849–1921)

Thomas was a pottery manufacturer in England. He invented the single piece, ceramic flush toilet. At the time of Twyford's death he was recognised as a leading pioneer in the application of principles of hygiene to sanitary appliances.

Thomas Wedgwood (1771–1805)

Son of Josiah Wedgwood, Thomas is the first person known to have thought of creating permanent pictures by capturing camera images on material coated with a light-sensitive chemical. His practical experiments yielded only shadow image photographs that were not light-fast, but his conceptual breakthrough and partial success have led some historians to call him "the first photographer".

If you've got a budding scientist in your family, why

not pay a visit to one of these attractions?...

The National Space Centre

www.spacecentre.co.uk
With six interactive galleries, the UK's largest planetarium, unique 3D Simulator Experience and the iconic 42m high Rocket Tower, the award-winning National Space Centre is an out of this world experience.
Leicester - LE4 5NS

Erasmus Darwin House

www.erasmusdarwin.org
With its unique place in Georgian history Darwin House showcases the breadth of Erasmus Darwin's interests and achievements which laid the foundations for his grandson and evolutionary biologist Charles.
Lichfield - WS13 7AD

Claymills Victorian Pumping Station

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WIN!

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For this month's competition, FOUR lucky readers can win a £50 VOUCHER from **Swiftsure Travel**.

Swiftsure Travel has been running coach trips from Burton for more than 20 years and has a reputation for reliable service, comfortable coaches and experienced drivers. Most of the staff have been in the coaching trade all their lives, so they have over 200 years of experience in arranging trips!

Swiftsure runs Day Trips to all sorts of interesting places – traditional seaside excursions, countryside tours, visits to events - and those all-important shopping trips!

They also run weekend breaks and holiday tours to a variety of destinations in Britain and Ireland. This year tours include two fabulous tours to Ireland, five-day tours to Northumberland, Eastbourne, Paignton and Exmouth and weekend breaks to Bath and Scarborough. All tours include dinner bed and breakfast in a good hotel, and most include admission to the attractions visited.

Each coach trip stops at a series of local pick up points in the Burton area so you can usually join

the trip close to your home. Once on board, sit back in your reserved seat and watch the world go by. No worries about traffic or parking! Air conditioning and reclining seats will keep you comfortable and most coaches have a washroom and coffee machine on board too! The drivers will keep you informed about your route and what to look out for and will always do their best to help you enjoy your outing!

To enter this month's competition, all you have to do is put your *name, address and daytime telephone contact number* on a postcard and send it to:

**Local Links Swiftsure Competition
Suite 29, Anglesey Business Park
Anglesey Road
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DE14 3NT**

Alternatively, you can e-mail your details to: **local@locallinksmedia.co.uk**

The closing date for entries is the 13th of March, and the winners will be announced in our April edition.

Good luck to everyone who enters!



Most day trips & tours pick up from local pick up points in Hatton, Tutbury, Rolleston, Stretton, Horninglow, Branston, Burton, Stapenhill, Newhall and Swadlincote.

For more information on Swiftsure day trips, short breaks & holiday tours call:

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What's On Guide

TUESDAY 20TH FEBRUARY

Art Classes

Weekly classes at The Horseshoe, Tatenhill following a programme of skills development with a focus on drawing and observation, then we will be drawing with colour and using water colour paints and mixed media. Lessons will cost £10, or £8 if paid a half-term in advance. Please email or phone for further details or to reserve your place. Contact: Helen Tarr Tel: 07791 228 881

Ladies Badminton Club

Meet every Tuesday afternoon from 2 'til 4pm at Tutbury Village Hall. All abilities welcome. Ring Prim on 01283 327591 to arrange free visit.

WEDNESDAY 21ST FEBRUARY

Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contact: Sandra: 01283 329743

THURSDAY 22ND FEBRUARY

Dementia Walking for Health

Every Thursday, meeting at 10:45am at Oaklands village in Swadlincote for an 11am start. All participants must be accompanied by a carer/dementia friend on this walk. For more information on any of our Health Walks call Judi Whileman on 01283 563483

FRIDAY 23RD FEBRUARY

Alrewas Bridge Club

Meets at 2pm each Monday, Tuesday, Wednesday and Friday at the Royal British Legion Club. All welcome. Contact: David Hall Tel: 01283 792 464

Queen Tribute by Joey Linden

At Barton Bowls Club from 7pm. Tickets £5 in advance, £6 on the door. Available from Lorna Walker or Jackie Wright at Ark Furnishers: 07897365653

SATURDAY 24TH FEBRUARY

Operation Earth

From 10th - 225th February, join our Mission Commanders at The National Space Centre, Leicester, along with expert scientists, as we investigate the science of planet Earth. Become a trainee environmental scientist and help us investigate land, air and oceans, and see if together we can find solutions to some of the issues surrounding us today.

SUNDAY 25TH FEBRUARY

Steaming Days

Saturday and Sunday 10:00am - 5:00pm. Come and see Britain's oldest working pumping station in action at Claymills Victorian Pumping Station.

MONDAY 26TH FEBRUARY

Red & Ginger's Lindy Hop Dance Class

Monday nights during term time 8-9pm. Learn to Lindy Hop, Charleston and swing dance at Tutbury Castle! Our relaxed, friendly and welcoming lessons are suitable for all ages and abilities, for those with a partner or without. Monday nights, 8-9pm term time at Tutbury Castle. www.dancewithredandginger.com Contact: Red & Ginger by email at hello@dancewithredandginger.com

Watercolour For Beginners

At Tutbury Village Hall, every Monday morning during term times 10am - 12noon. A foundation course designed for Beginners that takes place in a friendly relaxed atmosphere, with a professional artist/tutor who is sympathetic to the needs of those who have always wanted to paint with Watercolour but have possibly been a little afraid to try. Contact Ann Stringer-Paget on 07816 118776 anytime. Admission is by prior registration only.

TUESDAY 27TH FEBRUARY

Burton Dance & Social Club

We invite and welcome anyone over 18 years of age. We meet every Tuesday Evening 8-11pm at Marstons Sports and Social Club, Shobnall Road, Burton-on-Trent. Activities include sequence, ballroom and line dancing to professional live music, bingo, raffles and food nights. Come along and join us and meet new friends. For more information contact Pauline: 01283 519159

WEDNESDAY 28TH FEBRUARY

Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12 noon. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contact Sandra: 01283 329743

Kraftiz

Rosliston Forestry Centre - 10am-12noon - Join Julie for a craft activity including stamping and card making. Adults and children welcome. Please call 01283 480272/ 07971 268943 for more details.

THURSDAY 1ST MARCH

Burton Friendship Club

Meets the 1st Thursday in every month 10am for 10.30am in the Rolleston Club. Join us for speakers, quizzes, games, lunches, coffee mornings, day trips and holidays. Phone Stuart and Penny 01283-716626

Friendship Circle

Meets at 7.30 pm on the first and third Thursday of every month in the schoolroom at the rear of Stretton Methodist Church. We meet for activities, speakers, trips and friendship. All are most welcome. For further information contact Iris on 01283 546909.

Whist Drive

Every other Thursday afternoon, held in the Methodist Hall Alrewas start 2pm £1 with tea & biscuits at half time. Contact: georgina rowlands Tel: 07977912752

Ladies Pamper Shopping Night

Over 30 fabulous stalls to browse and treat yourself, or buy the perfect Mother's day gift. Therapists offering mini treatments, fab raffle & pamper tombola. Tickets only £5 per person - 01283 538802 / paula.senior@burtonymca.org. From 7pm. The Albion Suite, Pirelli Stadium, Princess Way, Stretton, Burton upon Trent DE13 0AR.

FRIDAY 2ND MARCH

Burton Flower Club

Meeting at the Priory Centre, Church Road, Stretton on the first Friday of most months at 7.30pm. Enjoy flower arranging demonstrations, workshops, flower themed outings and more. Visitors £4. Find us at www.flowersnorthmidlands.co.uk / phone 01283 704180

SATURDAY 3RD MARCH

Disco & Street Dance Classes

Fun classes and expert tuition for 3 - 8 years in Branston Village Hall every Saturday. Call Pat Milfer for more information: 07973 478444

SUNDAY 4TH MARCH

Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

MONDAY 5TH MARCH

Hands on for Home Educators

First Monday of each month, at Kedleston Hall. Suitable for a mix of ages over 5 years old. Please get in contact if your child has any additional needs. Gloves and tools will be provided but please come dressed for the out doors and expect to get your hands dirty. Please meet at the visitor reception where you will be shown the way to the Game Larder where the event takes place. All children must be accompanied by an adult at all times. From 10.30 - 12.00 noon. Sessions are free but normal charges apply to the Hall. Contact: Kedleston Hall Tel: 01332 843400

Find more events on our website

Alrewas Womens' Institute

Meetings on the first Monday of each month except Bank Holidays, 7.30pm - 9.30pm. Talks, activities, social events and visits organised. New members welcome. Contact: Mrs. Helen Newman Tel: 01283 790618

TUESDAY 6TH MARCH

Burton Hospitals Friends Bingo

First Tuesday of every month. £1.00 admission this includes refreshments at half time. Raffle and Tombola available to add to the fun of the evening. All proceeds are directed to Queens Hospital to provide the extras for patients and staff. Contact: Julie Hammond Tel: 07517126935

WEDNESDAY 7TH MARCH

Burton Abbey WI

Meeting at the Brewhouse on the first Wednesday of the month at 10am to 12 noon. Good Speakers, refreshments, also days out organised. New members welcome. For more information contact Pauline Gaskin 01283 565620

Barton-Under-Needwood WI

1st Wednesday of every month at St James Church Hall. Meeting 7.30-9.30 with good speakers, refreshments and fun. Organised events and trips throughout the year. New members and visitors always welcome.

THURSDAY 8TH MARCH

Burton Belles Women's Institute

From 7.15pm-9.30pm. We meet at the St Chads Centre DE14 2SS on the 2nd Thursday of the month. First timers can visit for free and then you can decide whether to pay £4 a month or £41 a year. The October meeting is a Craft Workshop. There will also be refreshments and a raffle. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772548230

FRIDAY 9TH MARCH

Family History Club

The Club meets on the 2nd Friday of the month in Room 2 at the Burton on Trent Library from 10 am till 12 noon. You may be completely new to exploring your family history or you may have many years of experience - you will be equally welcome. We have speakers on a wide variety of subjects relating to family history.

Friendly Fridays

Friendly Fridays, aimed at those living well with dementia and their carers. Brewhouse's cosy cinema space at 1.30pm. We enjoy music with low lighting and controlled sound levels with tea and biscuits.

Dance Exercise Class

Fridays weekly, from 10am - 11am during term time at Barton Village Hall. Exercise Class varying from Ballet, Pop, Pilates to Stretching. All Welcome. £5.00 Call Rachel Pickett for further info: 07419 991225

SATURDAY 10TH MARCH

Gresley Male Voice Choir

At The Palace, High Street, Ibstock at 7.30pm. Tickets £8, available from The Palace, tel: 01530 262400, or 07399 417995 or via ticketagent4gmvc@gmail.com or through ticket line - www.wegotickets.com

SUNDAY 11TH MARCH

Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

MONDAY 12TH MARCH

Disco & Street Dance Classes

Fun classes and expert tuition for 8 to 12 year olds in Burton every Monday. Call Pat Miller for more information: 07973 478444

TUESDAY 13TH MARCH

Branton Womens' Institute

Our meetings are held the 2nd Tuesday of each month. We are a friendly group and try to mix our meetings with interesting talks, craft, trips and social events. It is for ladies of any age. Visitors are most welcome. Contact Mrs Barbara Reeves, President, tel. 01283 546536

Walton-on-Trent WI

Every 2nd Tuesday of the month at 7.15pm Walton - on- Trent WI. We are a small friendly group who meet in Walton Village Hall. Come and join us for fun, friendship, learning and sharing. For more information contact Joan on 01283 713380

WEDNESDAY 14TH MARCH

Quiz

Every Wednesday evening at Rolleston Club. Weekly free quiz, open to members and non members. Prize is six drinks tokens. There is a play your cards right game for £1 entry. Contact: Claire Tel: 01283 01283 812072

THURSDAY 15TH MARCH

Rangemore & Tatenhill WI.

Third Thursday monthly, 7.30pm to 9.30pm. Henhurst & District Recreational Club, Henhurst Hill, DE13 9TB. Friendship, refreshments, excellent speakers, trips, events, craft club. Not just for ladies of a certain age, and certainly not just "Jam & Jerusalem"! Visitors most welcome. Contact: Lesley Walker Tel: 01283 561337

FRIDAY 16TH MARCH

Friday Voices - For Children's Society

This talented and highly successful choir, under the direction of Chris Mallinson, will be performing on Friday 16th March at 7.30pm, to support the Children's Society. Don't miss this chance to hear them sing at St James' Church, Barton under Needwood. Tickets £8.00 include refreshments and are obtainable from Barton Post Office, members of the choir or from Box Office 01283 712809

SATURDAY 17TH MARCH

Dr D's Science Club

At Erasmus Darwin House, meet the Scientists! Our annual celebration of National Science Week with free drop-in activities from 12.00-16.00 A Science Club for children aged 7-11. Sessions cost £4 per child, with reductions for siblings. Adults may attend with their children if they wish. For further details, and to book places (required), contact enquiries@erasmusdarwin.org or ring 01543 306260

COMPETITION WINNERS

Congratulations to our **Midland Karting** competition winners, each winning a £25 voucher:

Scott Hilton, Walton-on-Trent

David Kirkland, Stretton

Susan Perkins, Barton

Mrs. A. Winfield, Rolleston

Mr. W. Murphy, Stretton

Mr. M. L. Kent, Hoar Cross

Mrs. Cynthia Waterson, Brizlincote

Ken Brown, Stapenhill

Look out elsewhere in **LOCAL LINKS** this month to win a £50 Voucher from Swiftsure Travel.

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Famously Unfit

Get fit and do some good! Yes, Sport Relief comes around again quickly! This year it takes place on 17th - 23rd March.

Sport Relief believes everyone deserves the right to be happy, healthy and safe. However you choose to get active for Sport Relief, they use the money you raise to tackle critical issues affecting people across the UK and the world.

There are loads of great ways you can get involved with Sport Relief, from joining the National Billion Steps Challenge, to doing a Zumbathon at work or a sports day at school. Events will be taking place all over your neighbourhood so why not get involved?

Celebrities and sports personalities throughout the UK will be taking part. There's even a televised special featuring self confessed 'unfit' fashion journalist Susannah

Constantine, TV presenter Les Dennis, comedian Miles Jupp and EastEnders actress Tameka Empson who are stepping up to the challenge and over a 10 week period hope to increase their fitness levels.



Helping them on their journey, Olympian Professor Greg Whyte OBE and Dr. Zoe Williams will offer expert guidance for training and nutrition. The programme will culminate in the celebs undertaking one of the UK's hardest physical challenges.

The hour-long episode, airing on BBC Two during the week

of Sport Relief, will follow the emotionally and physically challenging journey the celebs have been on. Let's be honest, who doesn't enjoy seeing a celebrity being put through their paces!

It will feature why they have chosen to take on the challenge, and help inspire the nation to get active and get involved this Sport Relief.

Sport Relief funds projects that help millions of people across the world increase their standards of living, and ensure health conditions are improving in the world's poorest communities.

This year, there are lots of fun and easy ways to take on a challenge yourself, so get involved, raise money and change lives for Sport Relief. So to download your fund-raising packs full of fab ideas, visit <https://shop.sportrelief.com>



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Woofers Walks

Crufts is on the horizon and we all know that as a nation we're pretty much nutty for our furry companions! Held at the Birmingham NEC from the 8th - 11th March this year, it's sure to be a doggo extravaganza!

In fact, we love our pooches so much, a whole new language called 'Doggo Speak' has developed online in reaction to cute pup pics! According to Jessica Boddy "Some dogs are doggos, some are puppies, and others may even be pupperinos. There are corgos and clouds, fluffers and floofs, woofers and boofers. The chunky ones are thicc, and the thin ones are long bois. When they stick out their tongues, they're doing a mlem, a blep, a blop. They bork. They boof. Once in a while they do each other a frighten. Whether they're 10/10 or 12/10, they're all heckin' good boys and girls."

So with the weather warming up, why not head out and about with your favourite pupperino and explore some local dog friendly walks!



Battlestead Hill Tatenhill

A broadleaf tree bluebell woodland with mainly

mature woodland, grassland and scrub. Battlestead is sandwiched between two fledgling broadleaf planting schemes, the Bass Millennium Wood and East Hill Wood. The woods are linked by a network of rides and paths.



Eton Gateway Stretton

The area is adjacent to the main A38. Known locally as Mike's Wood, it was planted on council land which was (or is) a balancing lake. It is really only used by dog walkers. This wood is owned by the National Forest



Sledge Wood Repton

A lovely woodland with parking less than 500m away. This is a new woodland with beautiful views.

Sledge Wood is predominantly oak, with a smaller proportion of ash. There is a stream crossed by a bridge and a bench looking down towards Repton village with an information board at the entrance. Access is from Hartshorne Road or Robins Cross



Foxley Wood Linton, Swadlincote

This is a broadleaf woodland less than 10 years old. Well worth a visit with free car parking at site. Originally known as Foxley Fields, Foxley Wood was planted over 1995 and 1996 with help from the local community and forms part of the National Forest. The trees have established well, and with the open areas seeded with wildflowers and superb views over the Trent Valley, this is a lovely spot for a visit - whether walking, on horseback or cycling.

For more information on these and other fab walks, visit www.woodlandtrust.org.uk



LOCAL LINKS SUDOKU

3		7	5		6	4		
	1			9		8	6	5
	6	5						
8								1
					9	2		
1	9	8		3			5	
		2	1		5	6		7

Sudoku is a logic puzzle where you follow one simple rule:
Simply fill in the boxes so that the nine rows, the
nine columns, and the nine 3x3 squares
all contain every digit from 1-9.

LJS-63-16

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