

# LOCAL LINKS



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ISSUE 116

FREE

## HANGIN' OUT

Top tips for beautiful baskets

## FAMILY TIME

Outdoor ideas for the Bank Holiday

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## What's On Guide

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Delivered free to Branston, Brizincote Valley, Stretton, Rolleston on Dove & Walton on Trent



# LOCAL LINKS



Dear Readers,

*Is your heating off yet? April was so all over the place we weren't sure what we should be doing and neither were the plants! Fortunately it left with a spurt of sunshine and now it seems all the blossoms are in a race! This month stretch your green-fingers and get those summer baskets done, you'll be smugly patting yourself on the back for months afterwards.*

*May is also 'Photo Month', so if you've been drooling over Insta-worthy pictures and fancy taking some of your own, read our top-tips for beginner photography.*

*The weather is warming up, but sometimes we need some tips to cool off and we're not talking about string vests. Anger is a healthy emotion but sometimes it can cause significant difficulties if we're prone to letting it consume us. Read our five ways to cope with anger.*

Happy May,

The **LOCAL LINKS** team

## ISSUE 116

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LABC

### Next issue deadline:

Tue 5th June

### Next issue out from:

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Brizlincote Valley,      Stretton &  
Rolleston,                      Walton on Trent

We also deliver a  
magazine free to:

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# Preventative Healthcare by Scarsdale Vets

**1** . Vaccinate: we recommend vaccination against a number of serious animal diseases. As well as protecting your own pet, this helps reduce disease in the general population to protect pets that cannot be vaccinated. Most of the diseases can be prevented but can also be costly to treat if contracted.

**2** . Protect against fleas and worms: parasite control is also key to the on-going health care your pet. Please remember if your pet does need treating for fleas, than it may also be advisable to treat your home to help eliminate them. *Toxocara canis* (the dog roundworm) can cause blindness, liver or lung disease in humans, particularly children and young adults under 20 years old. Regular appropriate worming is often simple and effective.

**3** . Insure your pet: There are a number of policy types available, but please check the small print, especially if your pet has a pre-existing condition. Always look for a policy that covers your pet "for life". Pet insurance can mean the difference between life and death.

**4** . Identichip: It is a legal requirement in the United Kingdom for all dogs above 8 weeks old to have an identichip with your up to date contact information. We also recommend it for cats.

**5** . Diet: you need to ensure that you feed a suitable diet to your pet. Cats can only get their dietary requirements through a balanced diet and need to eat meat. Rabbits need suitable roughage (grass and/or hay) in their diet. Overfeeding can be a problem. If you are unsure about your pet's diet, please book a clinic with a Veterinary Nurse who will be happy to advise you.

**6** . Teeth: checking your pets teeth regularly and ensuring they are brushed (or use a suitable dental chew) can help avoid potentially costly dentistry in the future as most insurances insist on a dental check yearly.



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Although dentistry is available for animals, a general anaesthetic is required for dogs, cats and rabbits to clean teeth above and below the gum line.



**7** . Neutering: If you are not planning to breed your pet, please consider having them neutered. Neutering can also help reduce the risk of certain clinical problems later in life. A visit to your vet will help you decide whether this is the right option for you and your pet.

**8** . Scarsdale Vets, along with many other veterinary practices offer nurse clinics to help get your pet used to visiting the practice as well as giving you the opportunity to talk about preventative healthcare, diet, behaviour and any other questions you may have about your pet. Please contact them if you have any questions, veterinary professionals are always ready to do what they can to help.



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# Happy Snappy

This May we have discovered that it is 'Photo Month'! The first partial image was taken in 1816 over 200 years ago and photography has changed a lot since then, selfie anyone? Not only have photos helped us to celebrate family and friends, but over these 200 years they have helped to open our eyes to the world and document our magnificent, ever changing planet and the full spectrum of the human condition from the most beautiful to the most horrific. 'Photo Month' was created to help us celebrate the invention of this incredible means of communication with previous and future generations, so let's not let this day go to waste and make some memories!

It goes without saying that most of us carry our phones, complete with tiny digital cameras, so to get the best from your device and possibly ignite a further passion for photography, here are some tips on taking better photos on your phone:

1. Get close. You can disarm an uneasy subject by getting into their personal space bubble. This can make them laugh, feel freer to show their silly and happiest side. You could even (with permission) try some personal contact such as hold their hand when you're taking their photo, the human contact can put people at ease.

2. Shoot the moment, not the subject. Don't spend too much time composing and arranging shots as this can lose the essence of what drew you to take the photo in the first place. Life is a series of moments, not images.

3. Move around a lot. Don't take the same picture over and over again, with tiny variations. Try every angle and get creative, you never know what you'll end up with.

4. Get down to the eye level of your subject. If you're shooting babies or toddler or even chickens, get low. Get your knees dirty. The eye-to-eye vantage is powerful, while the looking-down view is often distancing. Your photos will feel more intimate.

5. Notice the details. Details tell stories. They trigger intimate memories. A photo of a half eaten piece of cake at a birthday party helps to capture that moment. Take time to look around for the details.

6. Play with props. Everyday things like chairs, ladders, empty boxes: all of these serve to trigger emotions, illustrate scale or frame people in fun ways.

7. Know the light in your house. As

you wander around your house with a morning coffee or after dinner or in the middle of the day, notice when and where the light is most beautiful.

8. Get people away from bright, direct light. Often it's as simple as taking a person around the side of a summer house, for example, where indirect light is much softer and more beautiful.

9. Shoot everywhere, always. Take photos at times and places where it feels strange to do so. There's always something beautiful or interesting worth capturing.

10. Shoot lots. Digital "film" is virtually free, and you never really know when you're getting a good shot: the little screen on the camera — even on the iPhone — can't always tell in the moment. Expressions vary, heads tilt, eyes look away or into the camera: and then suddenly you have the perfect picture - a totally natural, candid shot.

If you find a love for photography and want to try your hand at traditional film printing, pop along to the Photo Parlour in Nottingham!  
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# By The Barn *by Angela Sargent*



**M**ay time brings us lots of work as we take stock of what the effects of last winter have been both on our land and crops and on our livestock.

Our sheep and lambs have taken advantage of fresh spring grass and should be growing fast, being vaccinated and wormed appropriately to ensure healthy stock. The cows and calves enjoy the spring

sunshine, with the calves lying in cosy places and mum grazing but keeping a close eye on her sleeping offspring.

It is worth repeating that, if walking in livestock fields keep your dog on a lead, but let it loose if you feel threatened.

Ground nesting birds will be busy along the bottoms of hedges and in the straggly corners of fields, as they construct their shelter for the clutch of eggs they will be laying now. As our arable fields are surrounded by wildlife 'margins', we try to keep off them as much as possible now, so the birds aren't frightened off and we certainly don't take the dogs along them at this time of year.

The wild strawberry will be growing in woods and hedges and should be flowering at this time, along with the other hedge plants and nettles. Maybe visited by the first of the Red Admiral butterflies if the weather is conducive.

If you want to pay a visit to a working farm, next month sees Open Farm Sunday returning on the 10th June: maybe time to pay a visit to a farm opening near you just for the occasion. For a list of farms taking part, visit: [www.farmsunday.org](http://www.farmsunday.org)

Follow Angela on Twitter @bythebarn.

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# Hangin' Out

Well after that crazy weathered April, we were holding off doing anything in the garden lest a glacier move on in and undo all our hard work! Now that the warmer days are here (phew!) we think it's safe to get going on some of the garden jobs we've been putting off and what could be better than getting our hanging baskets established for a good summer-long bloom! Here's how to get the best from your baskets...

## Where?

Think carefully about where you're going to put your baskets. Make sure it's not in a place that you're going to keep knocking your head on!

## Strong & Secure

Be sure to use the correct bracket and fixings for the size and weight of your filled basket. Compost isn't that

heavy but when it's fully watered it can weigh a whole heap more so be sure to stay safe and that the basket won't come down... when you bang your head on it... see the first step again! Also, make sure that the bricks and mortar are strong enough to fix to.

## Which?

Choose your flowers according to whether the baskets will be in sun or shade. A sun loving basket in the shade will remain sad looking for the whole summer.

## Water

Keep your baskets watered according to their requirements. On cool, calm, sunless days plants require less water. On hot, windy, sunny days always water, possibly even twice a day (especially in the heat and humidity of July and August).

## Water...again!

Don't let your hanging baskets dry out completely or it will stress the plant. No one needs a stressy petunia.

## Feed

Fertilize every 2 weeks with half-strength plant food or a feed designed specifically for hanging baskets. A granular slow-release fertilizer will last up to 4 months after application.

## Pamper

To keep your basket looking fresh, remove dead blooms as soon as you see them. This encourages the plant to make more flowers. Gardening hint: Million Bells, Fushia and Santa Cruz Sunset Begonias self dead-head.



## Get Creative

Try your hand at making your own variation on a basket. Some plant pots with holes can be threaded with chain to create a contemporary version or shabby-chic birdcages can look beautiful brimming with flowers and a rusty patina.



# Steve Frost

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# Temper Your Temper

**M**ore than any other emotion, anger can have a serious impact on health long term as well as create tension on a daily basis. It immediately affects both us and those around us physically and emotionally.

A sudden outburst of anger will sap energy for the rest of the day and on into the night. There is also damage to relationships, particularly within marriages and kids growing up in this environment.

Anger is a natural emotion experienced by all of us, and *feeling* angry is normal and healthy. When your anger becomes explosive, volatile and hurtful, however, then it's time to change *how you express your anger* so that it no longer takes control of your emotions. Here are 5 tips to help you express your anger in more productive ways.

**1** Identify the physical response of your anger. Do your fists clench? Do you grit your teeth? Does your heart rate speed up? Do your muscles tense up? Becoming aware of your body's physical reactions when you become angry is the first step in helping you manage your anger.

**2** Walk away until you calm down. Once you learn how

your body reacts physically, you can then take a time out and walk away until you are able to calm down and express yourself when you are no longer so emotionally heated. If you are angry with someone, let them know why you are walking away: to help you calm down before speaking to them because you don't want to say or do anything that might be hurtful.

**3** Count to 10. Yes, this really can help. Counting to 10 slowly is another way to help calm your body's physical response to anger.

**4** Express your thoughts in a non-aggressive Manner. Once you have cooled down, express your feelings in an assertive way, making sure not to make any hurtful statements.

Focus only on the behavior that has angered you without directly accusing the person of the behavior. For example, make "I feel" statements such as "I feel angry when I'm ignored" or "I feel hurt when someone yells at me."

**5** Expressing your anger through writing how you feel in a journal can be quite cathartic. It can help you release any pent up anger you may be experiencing without letting your emotions get the best of you.

It's okay to become angry. How you express your anger is what's important. By utilizing some of these tools, you will learn how to take control of your anger while expressing how you feel in more healthy and fruitful ways.

If these steps still feel you leaving out of control of your emotions, find someone to talk to. Professional counselling can help you identify the reasons why you feel out of control and can give you a fully tailored plan suited to you personally to help you regain control over your reactions.

For help and more information on feelings of anger and strategies to overcome it, visit: [www.mind.org.uk](http://www.mind.org.uk)



# Farm Fantastic

**B**e part of The Great British Farm Day on Sunday 10th June.

Hundreds of farms all over the country will open their gates for LEAF Open Farm Sunday 2018. As the farming industry's annual open day, it offers a fantastic chance for people to discover real farming at first hand and see for themselves how their food (and much more besides) is produced. It is also a great way for farmers to shine a light on what they deliver and why supporting British farming matters.

It is a great opportunity for everyone, young and old, to discover first hand what it means to be a farmer and the fabulous work they do producing our food, enhancing the countryside and all the goods and services farmers provide.

Each event is unique based around the farm's individual story. Activities during the day may include a farm walk, nature trail, tractor and trailer rides, demonstrations, pond dipping, activities for children, a mini farmers market or farm shop.

Last year, the third year running, more than a quarter of a million people visited farms on Open Farm Sunday.

There are a number of farms in and around Burton-on-Trent taking place, so why not pop along to...

## Highlands Park Farm

**Rangmore, DE13 9RU**

**Tel - 01283 713340**

**2.00 - 5.00pm**

Highlands Park Farm is a dairy farm with a herd of 200 Holstein Friesian cows which mainly go outside to the fields to graze.

## Stanton House Farm

**Stanton, DE15 9TQ**

**Tel - 07807 462555**

**2pm - 6pm**

Stanton House Farm is a dairy farm milking 800 cows in a rotary parlour. Their milk is picked up every evening and taken to Joseph Heler in Cheshire to make some of the best cheeses in the UK.

## Curborough Hall Farm

**Lichfield, WS13 8ES**

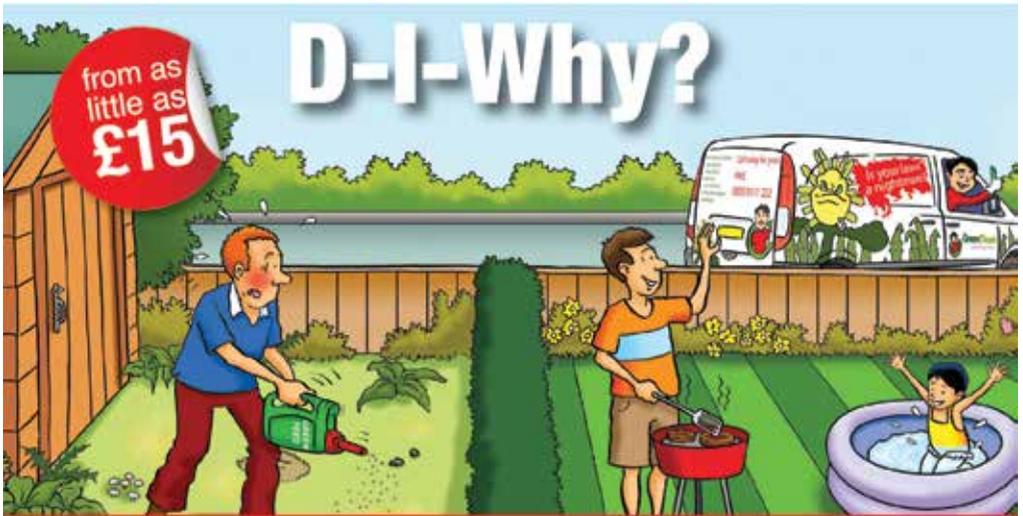
**Tel - 01543 262595**

**10am to 4pm**

This farm event is tying in with the centenary of the family farm. Featuring a great display of both vintage and modern machinery, there will be lots of see and do to learn how the family farm has evolved here in Curborough.

For more information visit:  
**[www.farmsunday.org](http://www.farmsunday.org)**





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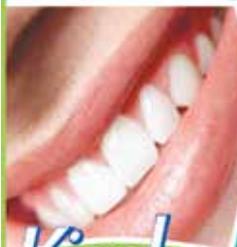
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Admission prices on Steaming Days:  
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Admission on all other days is free. Donations welcome.

[www.claymills.org.uk](http://www.claymills.org.uk)

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# Springtime Family Time

**M**ay! The month of bank holidays! You've already enjoyed one, but how do you spend your second treat of that extra long weekend? If the weather's fine, why not head outdoors with the family and pack these activities into your day? You'll all learn something and be totally tuckered out by the fresh air!

## 1. Walking

Get outdoors and you don't have to go too far. Adventure around your neighbourhood and see what signs of natural wildlife you can spot. Bring a notebook and write down all the things you see, hear and smell, get the whole family shouting things out to add to the list. You'll have fun finding things you never noticed before.

## 2. Competitive Fun

See who can run the fastest, who can take the most steps to a tree, or how many hops on the spot in a minute you can do. Or what about the old favourite of pooh-sticks? Stand on a bridge and drop a stick in, seeing who's stick makes it to the other side of the bridge first. If you don't have a bridge, try stone skipping and see who can do the most leaps!

## 3. Club house

Set up your pic-nic near to trees or shrubs and have a go at making a den! Use branches and blankets to get really creative. This is great to stay

out of the midday-sun and a cosy place to snooze and read a book as the day lazily rolls on. You might love it so much you won't want to go home!

## 4. Make a Collection

Choose a natural object and see how many varieties you can collect. Flowers, leaves, rocks, grasses, feathers you'll be surprised how many different types and colours you'll discover.

## 5. Eat Outdoors

As the days warm up it's a great opportunity to try eating outdoors! Pack a pic-nic with new things to try. Kids might be more adventurous in what they'll eat if they've been running around outdoors and away from the dinnertable.

## 6. Green Fingers

Enjoy getting dirty in the garden and covered in mud. Growing things is a great way to learn about caring and nurturing, whether it's flowers or veggies, there's always something at the end! Waiting for flowers or food also teaches patience to little ones!

## 7. Bug Fest

Our gardens are home to some fascinating wildlife, so why not try lifting a stone or looking under a log to see which minibeasts you can find. Use a magnifying glass and ask your little one questions about the creatures they can see – can they see it's eyes? How many legs does it have? Write the

details down or try drawing the creepy crawlies you find!

Best of all, getting outdoors is great for your health! Being outside leads to improved mental health, wellbeing and self-confidence. It also helps physical development, battling obesity and will help everyone get an improved night's sleep!

Roll on the weekend!



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# WIN 4 FREE TICKETS

## with Cineworld Burton

**T**his month, Local Links have teamed up with Cineworld Burton Upon Trent to offer four lucky readers the chance to win a day out at the cinema! Each winner will receive four complimentary tickets plus snacks to enjoy while seeing a film of their choice.

To enter - simply send your name, address and daytime contact number to:

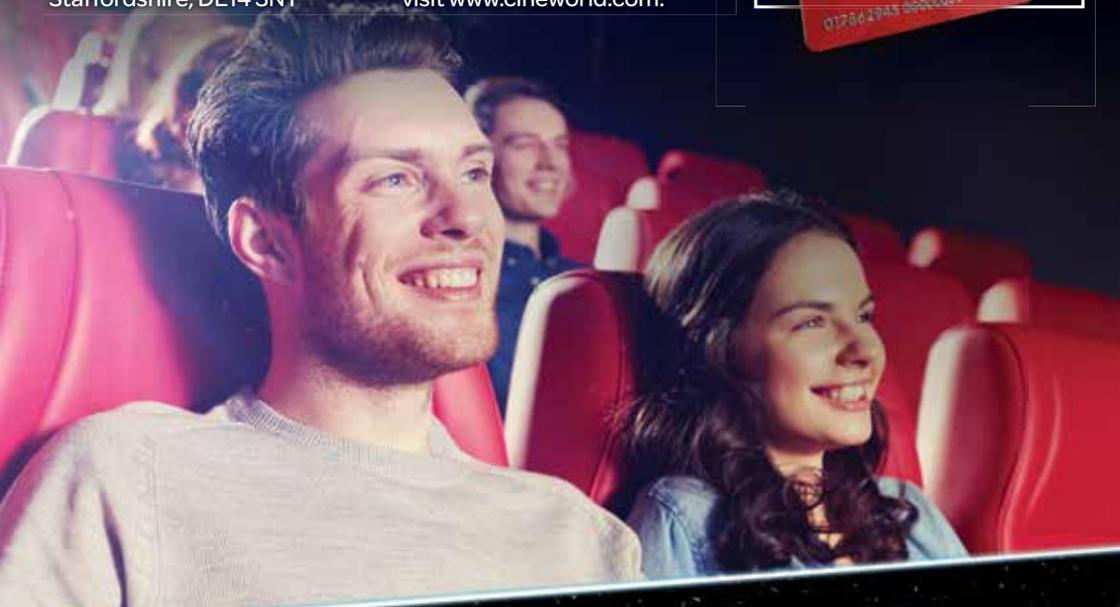
Local Links Media, Suite 29,  
Anglesey Business Park,  
Burton-on-Trent,  
Staffordshire, DE14 3NT

Alternatively, email your contact details to: [local@locallinksmedia.co.uk](mailto:local@locallinksmedia.co.uk), stating 'CINEWORLD' in the subject header.

The competition closes 12/06/18 - T&Cs apply.

Cineworld Burton has nine screens offering all the latest blockbusters - from heart-stopping action like Marvel's 'Avengers: Infinity War' out now, to fun for all the family with the 'The Incredibles 2', coming this Summer. For all the latest film information and times, simply visit [www.cineworld.com](http://www.cineworld.com).

*If you can't wait to see if you've won this awesome prize, then why not sign up for a Cineworld **Unlimited** card! For those who love cinema, you can watch as many films as you like for just £17.90 per month. For more information, visit [www.cineworld.com/unlimited](http://www.cineworld.com/unlimited)*



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to see if you have any failed double glazing? If you act now you can avoid these problems.

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by an industry leading 25 year guarantee. Cloudy2Clear also replace faulty locks handles and hinges on all windows and doors.

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# What's On Guide

## TUESDAY 22ND MAY

### 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 23RD MAY

### 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 24TH MAY

### 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 25TH MAY

### 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.

## SATURDAY 26TH MAY

### Central Stage Academy

Performing arts class in Barton under Needwood. We will be offering both drama and singing classes for young people as well as performance opportunities, LAMDA speech and drama exams and LCM singing exams. Please contact us to book your child's place on either: 07957 461 569 or info@central-stage.co.uk. For more information please visit [www.central-stage.co.uk](http://www.central-stage.co.uk) or find us on Facebook at Central Stage Academy.

## SUNDAY 27TH MAY

### Claymills Victorian Pumping Station

Come and see four giant beam engines and more than 20 other stationary steam engines in action. Children's activities, other attractions, great café! May 27th and 28th, and August 26th and 27th

### Morris Dancing

Ryknild Rabble meet every Sunday morning 10:30 am at the King's Bromley Village Hall, to practice the Border Morris dances. From January to April, anyone is invited to come along and try out border morris dancing. We are a lively group and in summer perform the dances locally and nationally. For more information call Nigel Moss 01283 790088 or visit the web site [www.risa.demon.co.uk](http://www.risa.demon.co.uk).

## MONDAY 28TH MAY

### 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 29TH MAY

### Stretton 60+ Group

Every Tuesday 12.45 to 3.00pm. Social for all aged 60 and over. Join us for a friendly chat, a cuppa, a short game of bingo and occasional trips. Just come along - you will be very welcome. Fresh faces and new ideas needed. Everyone welcome. £1.50 paid weekly. Bingo 25p for 3 games. Contact: Mrs Jane Brooks Tel: 01283 531748

## WEDNESDAY 30TH MAY

### 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

## THURSDAY 31ST MAY

### Dance Roulette

An adults only fitness dance class based at alrewas village hall every Thursday evening. Two classes starting at 6:45pm and 8:00pm. 1hr each, £5. Booking at: [www.tcidanceschool.com/dancerouletteuk](http://www.tcidanceschool.com/dancerouletteuk)

## FRIDAY 1ST JUNE

### Burton Flower Club

Flower arranging demonstration by Anita Wright "At This Time Of Year". We meet at The Priory Centre, Church Road, Stretton, DE13 0HE at 7.30pm. Visitors are welcome £4, for information contact 01283 704180/348754.

## SATURDAY 2ND JUNE

### A Night of Burlesque

Ticket only event, £6 available from Staphenhill Institute, 23 Main Street, Burton-on-Trent. Prizes for the best dressed. Doors open at 7.30pm. Theme for the evening is Red Carpet Ready. Call: 01283 533351.

### Disco & Street Dance Classes

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

## SUNDAY 3RD JUNE

### Burton Greyhounds Monthly Walk

Greyhounds love to meet their own kind! Our monthly social walk is on the first Sunday of the month starting at 2pm. The venue is variable, but within about a 5 mile radius of Burton. We usually finish somewhere we can have refreshments. Usual polite dog-walking rules apply. For more information email: [woodlandslulu@yahoo.co.uk](mailto:woodlandslulu@yahoo.co.uk)

## MONDAY 4TH JUNE

### 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 5TH JUNE

### 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

### Bingo

Held on the first Tuesday of every month at Burton Town Hall. Doors open 6pm, Eyes Down 7.30pm. Admission £1, with Tombola and Raffle. Free Refreshments.

## WEDNESDAY 6TH JUNE

### 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 The Village Hall, Crowberry Lane. 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 7TH JUNE

### 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

# Find more events on our website

## 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.

## FRIDAY 8TH JUNE

### Bingo at Barton Bowls Club

On the 2nd Friday of every month. Members guests and new members always welcome. Eyes down at 8pm followed by Kids Chocolate Bingo. Come and have a laugh! The more there are, the bigger the prize!

## SATURDAY 9TH JUNE

### French With Songs

French with songs, games and fun for children nearly 4 - 9 years, Saturday morning classes in Lichfield at the Tesco community room. Baby and toddler class too - learn to sing 'Wind the Bobbin up' in French! Email juliesfrenchclasses@gmail.com.

## SUNDAY 10TH JUNE

### Open Farm Sunday

At Highlands Park Farm, DE13 9RU. We have tractor and trailer rides all afternoon, cows will come in from grazing at 3pm for milking - milking will continue until 5pm. There will be homemade cakes and ice-creams available to purchase. We will have machinery in the yard to look at. There will be people around to answer your questions! 2pm - 5pm, Free entry. Call: 01283 713340

### Great Global Greyhound Walk

A chance for local greyhounds to get together to join the national walk! We meet at Burton Library DE14 1AH ready to set off at 10am for a walk around the Washlands, and finish off for a cuppa in the Marketplace. All pointy-noses welcome. For more information call Cherry on 07790435283.

## MONDAY 11TH JUNE

### Red & Ginger's Lindy Hop Dance Class

Learn to Lindy Hop, Charleston and swing dance. 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 St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. www.dancewithredandginger.com Contact: Red & Ginger by email at hello@dancewithredandginger.com

## TUESDAY 12TH JUNE

### Branston 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

## 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 13TH JUNE

### Stretton & Claymills Womens' Institute

From 7.15pm-9.30pm in the Priory Centre in Stretton. We meet on the second Wednesday of the month. First meeting is free and we are a friendly WI which has super trips and events and new members are warmly welcomed.

## 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

## Kraftiz

Roslinton 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 14TH JUNE

### Burton Belles Womens' 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. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772548230

## FRIDAY 15TH JUNE

### Latin In-line Dancing Class

No partners required! Enjoy cha-cha, salsa, mambo, rumba etc. Friday 18th and 25th May. Improver level 10.30-11.30am and Beginner level 11.45-12.45pm £4.00 each class at the Priory Centre Church Rd Stretton DE13 0HE. Ring 07598159744 or email larhiney@hotmail.com for more details.

## SATURDAY 16TH JUNE

### Yoxall Village Fete

At the Golden Cup, Yoxall from 1.30pm-4.30pm. Parking at St. Peter's School. Fete admission Adults £1.50 Come and join us for a great family afternoon including fun dog show, great tea tent, Uttoxeter Town Band, quality raffle, tombolas and duck race.

## SUNDAY 17TH JUNE

### 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 18TH JUNE

### Stapenhill W.I.

3rd Monday of Every Month Stapenhill WI meet at Immanuel Church Hawthorn Crescent. Meeting 10am - 12 midday with good speakers and refreshments and fun. Lots of outings and other groups too - Everyone welcome. For more info. contact Rosemary Marsden 01283 561959 or email t.rbmarsden@tiscali.co.uk

## THURSDAY 21ST JUNE

### Rangemore & Tatenhill W.I.

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

## COMPETITION WINNERS

Congratulations to our **Green Thumb** competition winner, winning 12 Months of Lawn Treatments:

**Mrs. G. Logan, Branston**

Look out elsewhere in **LOCAL LINKS** this month to win a Photography Session with Lucinda Smith Photography.

## LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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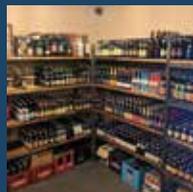


# Fab Fathers

Head's up! It's Father's Day on 17th June this year. Poor ol' Dad's tend to get a little overlooked most of the year... they don't like to cause a fuss. Well now is time for redress! Ok, so we're a bit stuck too for what to buy. What do you get the man that has everything? Well fortunately, drinks and snacks are something that never go out of favour! Here are our top tips!

## Craft Beer

Most times there's nothing better than a spectacularly crafted, flavourful beer to make you feel loved! Well, we do live in the spiritual home of the stuff! Why not pay a visit to 'Beers of The World' for a super selection of beers for Father's Day? **Beers of the World, 159 Station St, Burton-on-Trent DE14 1BG**



## Whisky

Is your Dad a fan of something a little harder? What about getting him a voucher for some whisky? This shop stocks whiskies from all over the world so he's sure to find something that tickles his fancy! [www.whiskyshop.com](http://www.whiskyshop.com)

## Coffee

Why not get your Dad a gift that keeps on giving? A monthly subscription box is a great way to feel loved all year around and if your Dad loves coffee, this is just the treat for him. New and delicious brews every month! [www.bluecoffeebox.com](http://www.bluecoffeebox.com)



## Tea

A different kind of brew! If your Dad is a tea-drinker, then why not treat him to his very own special mug. These super lovely mugs are truly British, perfect for a very perfect cuppa! [www.plewsy.com/all/yorkshire-tea-mug](http://www.plewsy.com/all/yorkshire-tea-mug)

## Savoury Snacks

The king of the savoury snack has got to be the pork-scratching. A flavour fest that rewards the belly for a choice well made. Our favourites are made by the irreverent Snaffling Pig Co. who create some exiting flavour twists on this old classic! [www.snafflingpig.co.uk](http://www.snafflingpig.co.uk)



## Sweet Tooth

Whether Dad has an allotment or is a fan of spandex on two wheels, you're sure to find a biscuit to match, and oh boy are these the most impressive biscuits ever! They taste so yummy too... if you can bring yourself to bite them! [www.biscuiteers.com/father-s-day-gifts](http://www.biscuiteers.com/father-s-day-gifts)

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# Foodtastic! Yeah, Baby!

There's no need to relegate foods to the annals of history. Just as fashions come and go and then make a return, so do some of those old favourites that used to appear at the tables of our youth! If you just can't bring yourself to serve Spam and sliced radishes in a loaf shaped jelly, then here are some easier favourites to update on your table and remember, everything looks cool and modern thinly sliced with edible flowers dotted on top!

## VOU-OU-VENTS

A sweet or savoury classic! Who doesn't love pastry, so these certainly need a comeback! Fill with hipster

favourite, pulled pork or brisket or serve filled with goey ganache and garnished with a macaron, the possibilities for these little beauties is endless!

## PRAWN COCKTAIL

Use langoustines and avocado roses to make this a decadent flashback. Dispense with the glass and serve on a plate as a small salad for sophistication.

## DEVILLED EGGS

Puree the yolks with beetroot and mint, or peas and top with micro-herbs to give these tasty fellas a colourful reboot.

## CHEESE FONDUE

Use a round sourdough loaf, cut a hole in the top and

hollow out. Fill with cheese and bake in the oven wrapped in foil until the cheese is melted.

## PROFITEROLES

Although these will never go out of fashion, the sticky chocolate can sometimes be just too sickly. Try these filled with limoncello flavoured creme patisserie for a light and summery variation or lavender flavoured whipped cream for a truly surprising treat!

## CHEESE & PINEAPPLE STICKS

Try a selection of beautiful continental cheeses teamed with grapes, olives or even cured meats. Put the foil covered orange down though, we won't be needing that!

## ALU BABAS

These rum syrup soaked donut style cakes are rarely seen these days. Why not give them a new lease of life by soaking in the alcohol of your choice instead. Amaretto or a fruit liqueur would be divine!



## LOCAL LINKS SUDOKU

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

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.

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