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On the A38 Northbound look for the Wychnor' sign after the Alrewas turn off





Dear Readers,

HOLIDAYS!! Oh yeah! Kick those shoes off and run around like a seven year old! We're so excited about the summer and hope you are too!

To help you get organised for the holidays, this month we've got a fab downloadable planner and tips on how to fill those days with fun. And, did you know that August is 'White Wine Month'...we wonder if that's a coincidence! Check out some white wine info to whet your whistle.

If the wine doesn't cool you down, give our hot, hot curry recipe a go! Sounds odd, but apparently it's a hot weather trick!

Stay cool x The **LOCAL LINKS** team



Next issue deadline: Tue 7th August

Next issue out from: Wed 15th August This magazine delivered free to: Alrewas, Rang Barton, Tate Fradley, Yoxo

: r Rangemore, E Tatenhill & E Yoxall F

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ISSUE 118 SALES

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PAINTER & DECORATOR





Enjoy Your Garden! by Alan Parsons

Summer is here! After a really miserable early Spring with low temperatures and a lot of rain we are now having some cracking weather to enjoy, so let's make the most of it! Things to remember this month...

Watering:

After such a wet couple of months it is easy to forget the watering, not just for plants growing in pots but the flower and vegetable beds as well. Regular watering helps the plants develop and fight off pests, and now is the time to give them a boost by adding a feed to get more flowers and better fruit. Tomatoes in particular need regular watering to help them fruit and stop the fruits splitting.

Pest Control:

The dreaded slugs can cause carnage in the garden in warm wet weather. Many people use slug pellets but if you do please read and follow the instructions. It is common to overdose by adding a ring of blue pellets around the plants. This is not only wrong but unnecessary, as you only need single pellets spaced a few centimetres apart. Ideally we should all try and go green as slug pellets poison birds and hedgehogs. A beer trap is very effective, but my favoured method is to go around in the evening with some tongs and a bucket of hot salty water and dispose of the little beasts that way. If you are spraying plants to get rid of greenfly and white fly this should be done in the late evening to avoid killing the bees. Remember that many insects such as ladybirds and lacewings and also wasps eat many times their own weight in pests, so we should do everything we can to help them by not spraying too much.

Continuous Planting:

If you like to grow your own herbs and fast growing crops such as radishes and lettuce. then planting a few at a time, every week or so, will give you a succession of tasty crops. I find it is hardly worth growing these from seed as the garden centres always have a good range available, and you can purchase just one of two rather than growing too many and having to throw them away. Also they have done the hard work of getting them to germinate and reach a reasonable size to plant out. You can grow a mixture of herbs and salad crops in the same growbag, but do purchase a good quality one and remember to add a regular feed. Some of the cheap growbags have virtually no goodness in them and will need added feed straight away.

Wildlife:

Encouraging wildlife into our gardens gives benefits we can all enjoy. If you have space then it may not be too late to grow sunflowers that birds adore. Why not consider putting up an insect hotel – they look like a bird box with canes in. They will encourage the insects that feed on pets as well as other more interesting ones. We spent several happy hours last year watching leafcutter bees building nests in ours.



But most importantly enjoy your garden and all the pleasures it can bring.

If you are interested in growing more, and live in Stretton, then contact Stretton allotments to find out availability. Email strettonallotments@hotmail.com

E-mail us at local@locallinksmedia.co.uk or call us on 01283 564608



Premier No.1 Burton Paving



A la Car Menu

his summer many of away or day-trip and a great many of us will take advantage of that most convenient of mealtime treats, the drive-thru! We've all got a favourite but the options are getting ever more varied and if you're the other side of the ocean...pretty weird! Ever wondered how drive-thrus became so popular? Here's some fun facts!

These days you can get yourself burger chain. Here in the UK drive-thrus have extended

- •
- Sausage Rolls (Greggs) •
- Coffee (Starbucks & Costa) •

Prescriptions (Boots)

right? In the USA, things get a little weirder!...

Off Licence

Seriously?! We think this is a really bad idea!

The Voting Poll

engineered to meet disability requirements so voters can cast their vehicles.

The Funeral Parlour

Funeral homes are hardly anyone's favorite place to visit. In Los Angeles, the Robert L. Adams Mortuary displays the deceased in a glass window

where loved ones can pay their respects from the street.

The Wedding

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By The Barn by Angela Sargent



uly already and with it comes lots more work on the farm as all of a sudden, it seems.

Pollinators (bees, wasps, hover flies, beetles, Butterflies and moths and some mammals, lizards etc) are necessary for 80% of crops and wild flowers. These transfer pollen from one

plant to another and mean fertilisation can take place, leading to the formation of seeds and, therefore, the continuation of the species and the farming crop.

Extreme weather or the wrong sort at the wrong time can mean the right food isn't available when a particular pollinator is around and loss of brownfield sites, planting trees on what was once meadow, house building, tidiness of gardens and verges all have an adverse effect on pollinating insects etc, as they must fly long distances between areas of pollen rich plants.

For more information on all things farming, follow Angela on Twitter **@bythebarn**.

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12 LOCAL LINKS Issue 118

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Pack It In

olibobs season is upon us and we're looking forward to some fun in the sun! When we're there it's bliss...but the prep can be such a pain! Take the stress out of your suitcase and make sure you only bring the fun with you. Here's our packing tips for your summertime getaway...

1. Rolling, Rolling, Rolling

Crumpled shirts and creased dresses are never a good look on holiday. Avoid ironing after your plane lands by rolling your clothes instead of folding them. Not only does this prevent them from creasing, it saves space too. By rolling clothes, you can jigsaw them all into your case and sneak items into any remaining spaces.

2. Cling it

Avoid wayward shampoo bottles and sun cream tubes leaking by unscrewing the cap and layering on a small square of cling film. Replace the cap and should it accidentally pop open mid-journey your holiday outfits will be saved!

3. Weigh to Go

Airline excess baggage fees are a nightmare for travellers and there's nothing more humiliating than having to unzip your case at the luggage check-in desk, revealing its entire contents to fellow travellers as you remove items. Buying a handy luggage scale will enable you to weigh before you head off to the airport, and save embarrassment (and a hefty fee) when you turn up to depart. Also, make sure if you're only allowed one bag as carry-on, that any additional bags fit into your case for boarding. This often includes any Duty Free purchases so be careful!

4. Guard Your Glass

There are some clever spacesaving tricks to protect fragile items like fragrance bottles. Utilise items like socks or the insides of shoes to act as cushioning pouches that will keep them safe in transit and save space as well.

5. Travel Tangle Free

Keep chargers, headphones and other long cables prone to tangling safe by using old sunglasses cases to store them. Not only will you able to find them easily in your luggage, but they'll arrive as neat and tidy as when you packed them.

6. Heavy? Wear It

Wearing your bulkiest, heavy outer garments like coats and boots will create extra suitcase space and reduce the weight of your suitcase, too. Of course, if you're flying somewhere exotic, do remember to



disrobe before you disembark. Having a lightweight foldable shopping bag in your coat pocket with you will be helpful to put your coat and jumper in when you get off and won't take up much space.

7. Belt Up

This handy hack will ensure your shirts look pristine upon unpacking. Curl up your belts so they fit snugly within the band of your shirt collars. It'll keep them rigid and prevent them from being crushed by the rest of your suitcase's contents.

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The Young Ones Appeal by Clive Lawton



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secular and non-political simply having a policy of helping children in need. We prepare gift boxes to order for Christmas or any other special day in a child's life.

We work with many care agencies to identify need and proceed with them to identify what help is required. We then act on their advice to produce gifts for the children to try to make their world a little happier and brighter place.

If you know of children in need who would benefit from our help or they are an agency involved in caring for the needs of children and think we can be of assistance please contact us.

For contact details, upcoming events or to donate please visit: www.theyoungones burton.co.uk





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So Hot You're Cool



This summer when the temperatures soar, most of us will reach for the ice-creams but consuming cold food may not be the best solution. Eating spicy food makes you sweat, and sweating makes you cool down faster than if you eat cold food. Why not give this easy spicy slow-cooker curry a go!...

Spicy Chicken Curry

Serves 4 Ingredients: 1 tbsp. vegetable oil

- 1 large onion, chopped
- 3 chicken breasts, diced
- 3 cloves garlic, minced
- 1 thumb size piece of ginger (finely chopped)
- 1 tsp salt
- 1/2 tsp ground black pepper
- 3 tsp hot chilli powder
- 1 tbsp ground coriander
- 1/2 tbsp cumin
- 1 tbsp curry powder
- 1 tsp paprika
- 1 tsp ground cinnamon
- 1 cup chicken stock
- 1 can chopped tomatoes
- 2 tbsp tomato puree
- 2 tsp sugar
- 1 can coconut milk

Method:

1. Preheat your slow cooker to high. Heat the oil in a large

pan, add in the onion and cook on a medium until softened. 2. Add the chicken and cook for 3-4 minutes.

3. Add garlic, ginger, salt, pepper, chilli powder, ground coriander, cumin, curry powder, paprika and cinnamon.

4. Stir to coat the chicken and cook for 1-2 minutes.

5. Add in the stock, tinned tomatoes, tomato puree, sugar and coconut milk.

6. Stir, bring to a gently bubble then pour into your slow cooker and cook for 3-4 hours on high or 5-6 hours on low.

7.Sprinkle with fresh coriander, chopped chillies and serve with rice.



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 his month FOUR lucky readers will win a £50 VOUCHER from Start & Tremayne.

Although since May this year under new ownership and management, Start & Tremayne is still a small family run business which was originally established in Burton over 100 years ago. Today the business continues in High Street, Burton but is also at Barton Marina, Barton under Needwood and more recently at a third location at Mercia Marina, Willington.

With the addition of fresh ideas, their main business continues to be the sale of quality designer leather goods, such as handbags, suitcases, business luggage, purses and wallets supported by knowledgeable and dedicated staff.

Start & Tremayne also stock a

large range of quality gifts which include, locally exclusive at Burton and Barton Marina, LSA glassware – comprising beautiful Champagne ice bucket and flute sets, Gin sets and a Prosecco collection - all perfect for that Summer Party or gift!

Also, but only at Barton Marina, is the gorgeous Mathilde M range of French home fragrance products, developed in the famous perfume factory in Grasse, Southern France.

Not to be left behind, the luggage offer has recently been refreshed with an amazing range of high quality American Tourister product from Samsonite and used around the world by Christiano Ronaldo and of course don't forget all three stores stock a comprehensive and stylish range of handbags by such well-known names as Gianni Conti, Mywalit, Yoshi, Nova Leather and – expected back in the Autumn – Radley.

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:

Start & Tremayne Competition, Local Links Media, Suite 29, Anglesey Business Park, Anglesey Road, Burton-on-Trent, DE14 3NT

Alternatively, you can e-mail your details to:

local@locallinksmedia.co.uk

The closing date for entries is the 14th of August, and the winners will be announced in our September edition.

Good luck to everyone who enters!



Start & Tremayne 178 High Street Burton upon Trent DE14 1HN t: 01283 563650 Start & Tremayne Unit 5, Barton Marina Barton under Needwood DE13 8AS t: 01283 716536

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What's On Guide

TUESDAY 24TH JULY Sussed Out For Summer

Looking for something to keep the little ones entertained this summer holidays? Well here at Sudbury we've got it sussed out for you! Join us for a summer

sussed out for you! Join us for a summer of crafts, trails and outdoor activities. With a different theme each week there will always be something different to do. Crafts are only available Monday -Friday. Child £1.00. All days - drop in anytime between 12:00pm to 4:00pm. Venue details: Sudbury Hall and the National Trust Museum of Childhood, Main Road, Sudbury, Ashbourne, Derbyshire, DE6 5HT

WEDNESDAY 25TH JULY

Rangemore Bowls Club

We are a small friendly club who play on the green opposite Rangemore School in season (May - September) and we play friendly matches against other clubs in the local area. If you have never played bowls before and would like to learn we are the ideal environment with experienced players to guide you and bowls you can borrow. New members / visitors are very welcome so for further information contact: Terry Marsden 01283 561959

THURSDAY 26TH JULY

New Beginnings

Mature Singles Friendship Group. If you enjoy the theatre, meals out, walks, cinema, activities, holidays/outings and general socialising but don't want to do it on your own, then New Beginnings is for you. Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

FRIDAY 27TH JULY

'Changes' Support Meeting

Registered Independent Charity, 12 Step Recovery Programme for Mental Distress, meetings held at Burton twice a week, please contact 01827 311006 for further information, do not struggle alone come and talk in a confidential environment to improve your overall mental wellbeing. Peer Support Meeting Peel Croft Surgery, Lichfield Street, Burton 1-30-3-30 pm. Wellness Workshops, Wednesdays & Fridays: 9-45-11-45 am Burton Fire Station, Moor Street, Burton. Piror booking only.

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 28TH JULY 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.centralstage.co.uk or find us on Facebook at Central Stage Academy.

SUNDAY 29TH JULY

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 30TH JULY

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

Get Into Golf - Level 1

At Branston Golf Academy a beginners group coaching in a relaxed environment. 2 highly qualified PGA Professionals will guide you through golf's basics in this tun 5 week course. Non members are very welcome. No dress code, hire clubs available free of charge. £49.00 per person. 7.00pm start.

TUESDAY 31ST JULY Burton-On-Trent Solo Club

Every Tuesday evening, 8pm - 11pm at Marston's Sports and Social Club, Shobnall Road. Dancing to live music, bingo, raffle and food nights. Single, Divorced and separated people are very welcome. Come and join us and make new friends. For more information contact: Shirley on: 01283 547215 or Pauline on: 01283 519159

WEDNESDAY 1ST AUGUST 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 2ND AUGUST 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.

Money Bingo

Linton Village hall, every Thursday night. Doors open 7pm, Eyes down 7.30pm until approx 9pm. Admission 50p, Raffle & Canteen. Contact: 07871572875

FRIDAY 3RD AUGUST

Latin In Line Classes

3rd, 10th, 31st August. Beginner's class 11.45am - 12.45pm. £4.00. Enjoy all the popular latin dances: cha cha, salsa, mambo, rumba etc. At the Priory Centre, Church Road, Stretton DE13 0HE. Contact Larraine 07598159744 for more details.

SATURDAY 4TH AUGUST

Children's Ballroom & Latin Dancing For all ages, held Saturday morning at St Chads Church Hall, The Leasowe, Lichfield,Staffs.WS13 7HD. Call Linda for more details of class times: 01543

SUNDAY 5TH AUGUST

257012

East Staffordshire Ramblers

Walkers of all abilities are welcome to join us for walks in Staffs, Derbys & Leics. Visit www.eaststaffsramblers.org. uk or contact 01283 713209.

MONDAY 6TH AUGUST JiveX Modern Jive

Relaxed & easy going class where you can't help but make new friends and have a giggle while you learn. Classes takes place at The Stapenhill Institute. Main St, Stapenhill. DE15 9AP Every Monday at 7.30pm. Priced at just £7 No booking is required & couples or singles are always welcome.

TUESDAY 7TH AUGUST

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.

Find more events on our website

WEDNESDAY 8TH AUGUST 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. Contract Sandra: 01283 329743

Stretton & Claymills Women's 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.

THURSDAY 9TH AUGUST

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. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772548230

Church Bellringing

At St Mary's Church, Rolleston. Meeting every Thursday from 7.30pm to 9pm. If you would like to learn the art of bell ringing, campanology, then why not come along on Thursday evenings. Tuition given, thriving social scene. Contact: 07973 411431

FRIDAY 10TH AUGUST

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!

Sloan's Fish Night

3 Course fine dining. £30 per person. 01283 565192. sloanscatering@ hotmail com

SATURDAY 11TH AUGUST 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 12TH AUGUST

Lichfield District Ramblers

Various routes If you would like to walk with a friendly, organised group, why not join the Lichfield & District Ramblers? We walk every Sunday throughout the year. 01827 53247

MONDAY 13TH AUGUST

Pirate Pearl and the Big Blue Monster Pirate Pearl lives aboard the good ship Mirabel with her crusty old shipmate -Grandpa Bert! She's not a real pirate but Pearl loves to imagine she's sailing the seven seas on a swashbuckling pirate adventure! One day, Pearl finds a stowaway aboard ship. It's a little, blue monster, but little monsters grow into BIG, greedy monsters - and this one wants his DINNER! There's trouble ahead for Pirate Pearl! Adult £10.00 Child £10.00 (aged 2-16), under 1s free Group £36.00 (group of 4 people). This outdoor production will take place on the Sunken Lawn which is accessed by graveled pathways and five stone steps. Please bring either a blanket or low-backed outdoor chair to sit on. This outdoor theatre will go ahead whatever the weather, so please dress accordingly. Refreshments are available to purchase on site or you are welcome to bring a picnic. Venue details: Sudbury Hall and the National Trust Museum of Childhood, Main Road, Sudbury, Ashbourne, Derbyshire, DE6 5HT

TUESDAY 14TH AUGUST

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

Burton Dance & Social Club

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

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 loan on 01283 713380

WEDNESDAY 15TH AUGUST

Ouiz 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 16TH AUGUST Live Country Music

Shobnall Sports and Social Club Thursdays Weekly. Everyone Welcome. Live Top Artists' from all over the country. Freestyle dancing. Good Country Music. Tickets £3.50 (pay on the door). Contact: 01283 568340

FRIDAY 17TH AUGUST **Burton Markets**

Markets every Thursday, Friday and Saturday from 8.30am - 4pm. Market Place, Burton on Trent

SATURDAY 18TH AUGUST

The Pet Show

At Staffordshire County Showgrounds. The Pet Show, the UK's largest indoor & outdoor multi-pet event and showcases the very best that the UK's pet industry has to offer. Split into dedicated animal zones, each one teeming with experts, meet and greet areas, live demonstrations, exciting displays and trade stands brimming with goodies for pets. Whether a pet owner, pet professional or pet enthusiast, there's something for everyone. The show is also dog friendly, so if you have a canine pal – bring them along! www. thepetshow.co.uk

COMPETITION WINNERS

Congratulations to our Cineworld competition winners, each winning a Family Cinema Pass & Refreshment Vouchers.

Iulie Hollins, Stretton Mrs. P. Wyatt, Brizlincote Valley S. Devine, Lichfield Ken Moore, Rangemore

Look out elsewhere in LOCAL LINKS this month to win a £50 Voucher from Start & Tremayne

LAST MONTH'S SUDOKU **PUZZLE SOLUTION**

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

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ADVERTORIAL

Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted "Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service. Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your dubbe glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Coalville & Hugglescole areas and manager Martyn Kemp agrees that this approach is a major factor in his success. The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which' now recognise:

So, if your windows are steamed up, broken or damaged give Martyn a call for a free quotation on 0800 61 21 118 and he'll be happy to help!





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Plan That Playtime

ho doesn't love the school holidays! Not having to work to set times, reduced running around and spending more time with the kids. To make sure that you get the best out of the time it's best to make some preparations so that everyone (including you!) has fun during the school holidays.

Get everyone together!

Have a fun evening together in the run up to the school holidays and ask the kids if there is anything special that they would like to do over the holidays. Agree on a couple of activities and then schedule them throughout the school holidays. Let each choose a free and a low cost paid activity.

Get everyone out!

If you've got a large brood it works well to have changes of scenery to make sure that everyone gets along harmoniously. When making your plans, try to have a day or two at home at the beginning of the holidays, so everyone can get some rest after the long school term and then some days at home again towards the end of the holidays, so that they head back to school refreshed.

Keep it flexible!

The plan, like all things when it comes to kids, isn't set in stone, but provides an organised base to allow the needs of everyone to be met over the holidays. Try to include..

- A mix of activities outside of the home.
- Unstructured play days at home.
- Activities the whole family will do.
- Individual activities for space and quiet time.
- Catching up with friends who live further away.

Once you have your base plan, print it out and stick it on the fridge. It is great to have it where the kids can see it, so they can find out for themselves what is coming up and you won't have to answer the "when are we going to....." questions 100s of times.

Stock up on cooking supplies:

This has two purposes, firstly with all of the kids home and visitors coming, you will go though a lot more food and secondly kids love to cook and bake as an activity during the school holidays.

Stock up on lunch and snacks ingredients:

During the school holidays it can sometime seem like all you do is prepare food and tidy up afterwards! Why not make the kids become responsible for doing more of this themselves. Each day one child is responsible for making breakfast, alternate lunch times with a combination of you making them and the kids making it themselves. To make this easy for the younger children make sure that you have food supplies on hand that make snacks and lunch process simple

Stock up on craft and art supplies:

This doesn't need to be expensive, it can be as simple as keeping all boxes, cartons etc instead of putting them in the recycling bin so you have a range of materials for the kids to create with or if your kids like painting making sure you have a good range of colours for them to use. Have tubs of beads, glitter, glue, paper, ribbon, wool and other craft supplies to hand for the inevitable rainy-days

Book ahead:

See what's going on locally over the summer and factor in those organised events to take the pressure off thinking of something to do (keep an eye on our 'What's On' pages for stuff to do).

If you're planning a trip away to the seaside or sight seeing, think about buying tickets, particularly train-tickets in advance to make sure you get the best deals.

Here's a helpful planner for you to print from our website at: www.locallinksmedia. co.uk/post/plan-that-playtime

29

LOCAL LINKS SUDOKU

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

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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