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ISSUE 119

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LOCAL LINKS



Dear Readers,

Ahh, how quickly we get through the summer, but hasn't it been a fab one so far! Long sunny days full of ice-creams and BBQs. If you're feeling a little burger jaded by now, inject some tasty variety with this month's healthy turkey burger recipe and a fab vegan alternative.

With the kids returning to school in September, computers are increasingly used for homework research. Help your child stay safe online with our top-tips.

Our competition this month is provided by the super talented sculptor Elliot Channer, read on to see what you could win this month! Oooh surprises!

The **LOCAL LINKS** team

ISSUE 119

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In The Pink by Adrian Wedgwood



The Pink Ribbon Ladies, the 'ladies that lunch' at Branston Pavilion and have raised a staggering £43,000 for Breast Cancer Now have banked another £1,600 thanks to their outstandingly successful first Glitter Ball & dinner that filled the sumptuously furnished Pavilion's Chatsworth suite with guests dancing the night away to soul band Madison Avenue.

Organiser Angela Haywood commented 'We raised an incredible £1,600 taking us nearer to the £7,000 my committee & I are working to donate this year to Breast Cancer Now and hitting £50,000 since we started our monthly lunches, Ascot Ladies Day, Christmas Party Nights and fabulous Christmas Market that this year will be on 14th, November - the perfect chance to pick up some special gifts for the Festive Season' she added.

For details of the Pink Ribbon Ladies events at Branston Pavilion please contact Angela Haywood on Burton 566484.



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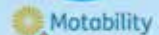
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Streamlined School Mornings

Are you tired of waking up to chaotic, busy and frazzled mornings, feeling like you're surrounded by mayhem? With the kids going back to school in a few short weeks the dread will soon be setting in! Here are a few ways to turn your mornings of chaos into an oasis of calm.

1 Prepare breakfasts the night before.

Cut up fruit, cook a batch of hot cereal or measure out all your food before going to sleep at night. Having food ready to go is a big morning time-saver.

2 Lay out the next day's clothes in advance.

Everyone will be able to simply get dressed without having to worry about what to wear. The same goes for PE kits and any after-school activity clothes.

3 Turn up the music.

Not only can music wake you up and put you in a good mood, it can also be used as a time-keeping device. If you have a favourite short album or homemade playlist, you can crank up the tunes and use it as a guide, as in "We have to be dressed by the time the fourth song plays," and so on. Be creative and turn up the tunes!

4 Set up a bathroom schedule.

If you live in a busy

household, you certainly know what it's like to share a bathroom in the morning. Keep things simple by letting people know who's first, second and so forth according to when people have to be at work and school. Even if you don't strictly keep to your schedule, people will be reminded they don't have the luxury of spending long hours in the bath.

5 Wait until you've bathed, dressed and groomed before turning on phones.

This is a top tip especially if you have teenagers in the house. Everyone will be ready for the day instead of sitting around in pajamas and bathrobes playing with phones.

6 Have a distraction-free breakfast.

Declare distraction-free time as you eat. Refrain from checking your phone, listening to the TV, radio or reading the newspaper and simply enjoy your breakfast.

7 Pack all the lunches at dinnertime.

Dinner leftovers make great, easy, no-fuss lunches. Pack up lunches as you're cleaning up dinner the night before and you won't have to think twice about what to have for lunches the next morning.

8 Bring your hallway up to season.

Struggling with lots of off-season shoes and coats as you try to leave your house? Clear out, wash and store off-season apparel so only what's being worn is to hand.

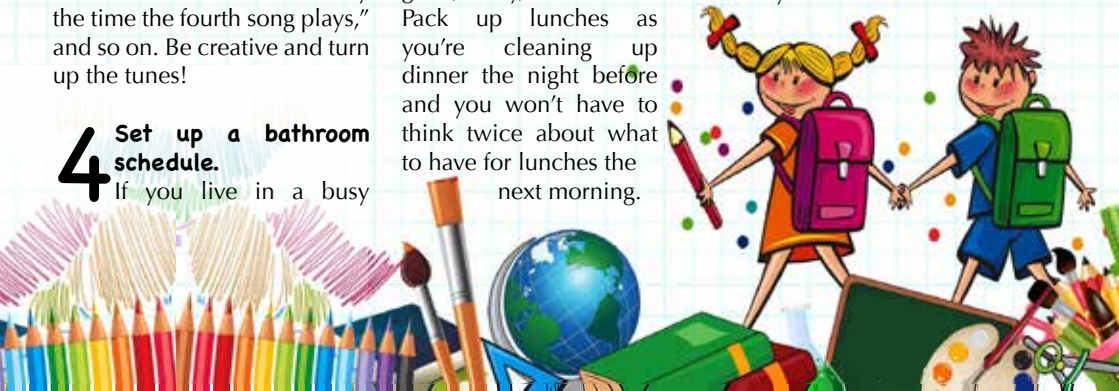
9 Store bags, keys and purses in the same location.

Make a pick-up and drop-off point for everyone's bags. This could be a hook in your hallway or a basket in the kitchen. Everything will be contained and you'll know exactly where to find belongings each and every time.

10 Make a checklist of must-have items.

Stop running around trying to remember what items are needed each and every day before leaving home. Create a must-have checklist (such as keys, phone, wallet, medication) and store the list on your smartphone, or write it down and tape it to the back of your front door as a handy reference.

Keeping mornings simple and routine will certainly start your day with less stress!



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Star Student by Tracey Anne Chadwick



Burton Albion's Commercial Director, Fleur Robinson was delighted to attend the annual BTEC Awards in London to present Alison Healey with the BTEC Hospitality, Travel and Tourism Student of the Year award in recognition of her achievement in their subject. Spanning 24 categories, the eighth annual BTEC Awards were hosted by financial journalist and TV Presenter Steph McGovern,

and showcased the fantastic contributions made by students and young people studying for BTECs.

The ceremony was attended by the winners, their families and teachers as well as leading stakeholders from the education and business worlds. An expert panel of 52 judges carefully considered each nominee before deciding upon a winner.

Fleur Robinson, who is an Ambassador for BTEC said: "I was delighted to be part of the event and honoured to present the award to Alison who was a worthy winner of the hospitality, travel and tourism category. "There were many outstanding

stories about young people who are very passionate about their studies and enjoying learning by doing, developing valuable employability skills to use during their career or in further education."

Award winner Alison Healey said: "I know there are many young people who do their best and deserve to receive this award, so I'm very grateful to have been chosen, it was an exciting surprise. I appreciate all the guidance, support and inspirational teaching from my tutors, family and friends which has helped me to be the happy person I am. Winning this incredibly prestigious award gives me confidence, and opportunities to be successful in the future. Thank you!"

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By The Barn *by Angela Sargent*



Well, isn't the year whizzing past at a frightening speed and we're already into August and harvesting.

We will be cutting the winter barley and wheat, leaving the stubble to be worked later and the Pheasants will be picking over the dropped grain, the field mice and rabbits running away from the noisy combines cutting the crops.







The hedges are full with the nightshades, woody nightshade with its fuschia like purple flowers, giving way to red berries, black nightshade with its tomato-like flowers and cherry black berries and deadly nightshade-'Belladonna'- with its purple veined bell shaped flowers, from which we get 'Atropine' used for eye surgery and all poisonous!

Big, fat light-grey wood pigeons sit heavily on roads and fences, clumsily flapping and leaving it until the last minute to get out of the way, flocking into the fields to clean them of grain.

For more information on all things farming, follow Angela on Twitter [@bythebarn](#)

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Brilliant Burgers

With the summer in full swing and the fabulous weather we've been having, many of us have dusted off the BBQs. Did you know it's Burger Day on 23rd August? By now, you might even be a bit BBQ jaded! Well freshen up your burgers by trying your hand at these two alternatives to cater for all!



HEALTHY TURKEY BURGER

Ingredients:

1.3kg minced turkey
30g dried bread crumbs
1/2 onion, finely diced
2 egg whites, lightly beaten
small handful chopped parsley
1 clove garlic, crushed
1 tsp salt
1/4 tsp ground black pepper

Method:

- In a large bowl, mix the turkey, bread crumbs, onion, egg whites, parsley, garlic, salt and pepper.
- Form into 12 burgers.
- Cook in a medium frying pan over medium heat, turning once, to an internal temperature of 85c.



TASTY VEGAN BURGER

Ingredients:

1 can black beans, drained
1 can kidney beans, drained
2 1/2 cups vegan bread crumbs
1 tbsp olive oil
1 cup red onion, chopped
1 1/2 cup sunflower seeds
1/2 cup carrot, finely pulsed
2 egg substitutes
2 cups almond flour
2 tsp chilli powder
1/2 tsp paprika
1/2 tsp garlic powder
1 tsp oregano
1 tsp salt
1/4 tsp pepper
oil for frying burger patties

Method:

- Process the beans quickly (pulse) in a food processor so that they are still a bit chunky or mash with a potato masher.
- Heat the oil in a frying pan.
- Add the onion and carrot

and sauté for about 10 minutes.

- Mix the egg substitute and water per instruction.
- Put all of the ingredients in a large bowl and mix.
- Make into equally sized balls and place on a baking sheet.
- Space out the balls evenly and flatten each ball with the palm of your hand to make a patty.
- Freeze at this point or fry the amount of patties that you want.
- Fry the patties in a little bit of hot oil for 5 minutes on each side.

TO FREEZE:

- Place the baking sheets into the freezer for about 30 minutes or until the burgers are frozen.
- Take the baking sheets out of the freezer.
- Use a spatula to slide off each burger patty and store in a freezer bag.
- Place a small piece of waxed paper between each burger for easy removal.

TO COOK AFTER FREEZING:

- Take out as many burgers as you want, let them defrost thoroughly then fry in a little bit of hot oil for about 5 minutes on each side and hot all the way through.

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Celebrating Claymills

This year we're celebrating twenty-five years of devoted and skilled volunteering at Claymills, and the restoration of the pumping station from horrible dereliction (come and take a look at the photographs) to one of the most popular sites in the area.

Keep an eye out for information about our celebration steaming weekend in October. We now have three of the four giant beam engines in action, with plans to restore the fourth, and 25 other, smaller stationary steam engines on view. Work is progressing on No.4 of our five boilers, in order to be able to steam up two at once.

There are many interesting things to see and do at Claymills, including our Victorian workshop and blacksmith's forge, and children's activities including dressing up, Victorian posy making, following the Ratty Trail and operating a steam winch. Join us for our August steaming weekend, and sample our famous cake in the Stoker's rest café!



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Protect Your Pooch

According to the Missing Pets Bureau as many as 38 per cent of all animals reported lost have actually been stolen and as many as 60 per cent of these are tragically never recovered.

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Keeping your dog safe:

- Think twice before leaving your dog tied up outside a shop.
- Don't leave your dog alone in the car, even for a few minutes. Thieves can easily break into your car to steal your precious pet.
- Make sure your dog is microchipped and that you keep your contact details up-to-date, especially if you move house or change your telephone number. Dogs and puppies in the UK must be microchipped by eight weeks old, by law.
- Your dog should always wear a collar and ID tag with your name and address on it. This is a legal requirement when your dog is in a public place. A mobile number is also a good idea, but avoid putting your dog's name on the disc.
- Take clear photographs of your dog from various angles, and update them regularly. Make a note of any distinguishing features.

- Have lots of photographs of yourself with your dog, to help you to prove ownership if needed. Train your dog to come back when called, and never let them off the lead if you are not sure they will come back to you. If in doubt, use an extending lead, especially if you are in an unfamiliar area where your dog may get lost more easily.
- Take care when choosing someone to care for your dog if you are going away from home or need a dog walker whilst you go to work. Use a reputable company or boarding kennels and check references for people who provide dog or house-sitting services.
- At home, make sure your garden is secure and fit a bell to the gate so you hear if anyone opens it
- Keep your dog in view in the garden, don't just leave him outside unsupervised
- Beware of chalk marks that have appeared outside your home on paths or walls. Thieves sometimes mark homes which contain valuable pedigree breeds and return to steal the animals at a later time.

If your dog is lost or suspected stolen, it is important to act quickly:

- Report the loss to your local

council's dog warden and those in all other neighbouring local authorities.

- If you believe your pet has been stolen, report it to the police and insist it is recorded as a theft and not a lost animal. Ask for a crime reference number.
- Report the loss/theft to the microchip database, this will ensure that if anyone tries to re-register the chip number, you will be informed
- Make posters and display them in areas local to your home and also in relevant places such as vets, local parks etc. The poster should include a clear photograph and details of the circumstances.
- Make sure local vets are aware in case someone takes your dog in for treatment.
- Use social media & the many websites for lost dogs and pets e.g. www.doglost.co.uk

For more advice contact: www.bluecross.org.uk



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Be Kind To Yourself

With the kids returning to school soon, it's good to take some time out and decompress from the summer holidays. Mums and Dads can be frazzled from juggling work and childcare and the endless entertaining. So this September, when the routine returns, make some time to be kind to yourself...

Be careful how you talk to yourself:

Is your tone warm, encouraging, kind, forgiving? Remember that negative self-talk often keeps us stuck. If this is a cycle you need

help breaking remind yourself to speak nicely to yourself, there's no reason to be too hard on yourself.

Learn how to soothe your mind:

Consider meditation, gentle music, keeping a journal, or creating something. Distract, don't ruminate.

Say "no":

You're not being selfish. Humans can't do all things well.

Self-care:

Eat well, exercise regularly, and get plenty of sleep. This is like performing routine maintenance on yourself.

Don't overuse technology:

Humans are complex and social creatures. We were not

designed to live life through a screen. Numerous studies assert that overuse of technology and social media are correlated with increased anxiety, comparison, envy, and apathy.

Give back:

You may ask, "How does serving others help me to be kind to myself?" Well, it allows you to take the focus off of yourself, which gives your mind a break from whatever it is you're ruminating about. Plus you get to brighten up someone else's day. Win-win!

So make sure you put aside some time to be kind to yourself. You'll be surprised at how much lighter and happier you'll feel.



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WIN!

A Baby Bronze Casting



For this month's competition, a lucky reader can win a **Baby Bronze Casting** from **Elliot Channer Sculpture**.

This prize is a beautiful opportunity to immortalise your little baby's tiny hands and feet in solid bronze, revealing every natural line in their delicate skin.

Taking a 3D mould takes approximately 2 minutes. The alginate is a warm mixture which holds hands and feet gently and flexibly, with no heat or discomfort and the hand or foot is easily removed – sliding out cleanly, leaving no residue, and does not stick to baby's skin.

The moulds are taken in the comfort of your own home, or in the studio if you prefer, and

then, after being cast in wax, are cast in bronze by a team of skilled craftsmen at the bronze foundry.

The finished cast is patinated to give a stunning lustre and has the tactile quality of cool, heavy bronze.

Your baby's hand and foot is engraved with their name and date of birth before being mounting onto an oak display plinth.

Elliot works from his Burton studio, where he also produces wildlife sculpture. All of Elliot's sculptures are small limited editions.

You can find more information at: www.elliotchanner.co.uk or email elliotchanner@hotmail.co.uk

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:

**Elliot Channer
Sculpture Competition,
Local Links Media, Suite 29,
Anglesey Business Park,
Burton-on-Trent,
Burton-on-Trent,
DE14 3NT**

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

The closing date for entries is the 18th of September, and the winners will be announced in our October edition.

Good luck to everyone who enters!



Elliot Channer Sculpture
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Fab Flooring Showroom

Family run business, Central Floors, are opening their doors to Burton's largest flooring & rug showroom for the third time!

This will be the company's third move in 9 years due to extensive growth and now will have a showroom of 140m²!

The new purpose built showroom will feature 100s of carpets, laminates, wood floorings, luxury vinyl tiles, rugs and all the accessories that go with it. As well as having the biggest selection of samples on display they also have the biggest selection of "off the shelf" stock to take away. Central Floors pride themselves on a "one stop shop" service,

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Brands stocked by Central Floors include: Moduleo, Quick-Step, Woodpecker,

Tuscan, Cormar & Brockways to name a few!

They also have built in under-floor heating across the whole showroom, to showcase under carpets, laminate, engineered wood and Luxury Vinyl Tiles.

So why not pop along to Central Floors' new showroom and make your next flooring purchase with peace of mind in the knowledge that you'll be getting the flooring that's perfect for you, expert advice and high quality fitting.

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What's On Guide

TUESDAY 21ST AUGUST

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 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 22ND AUGUST

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 23RD AUGUST

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 24TH AUGUST

'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. Prior booking only.

The George & Dragon Grand Opening
Official Opening night with table magician & free buffet from 5pm with special guest!

SATURDAY 25TH AUGUST

Alrewas Arts Festival Craft Market

With over 60 stalls, this fabulous craft market launches the start of the week-long, totally FREE Alrewas Arts Festival, featuring workshops, performances, art and photo exhibitions, trails, an escape room, Bank Holiday Monday Alderways Fair, an arts cafe and an outdoor finale concert. The market is open from 10am-5pm. Watch out for the clog-dancing came! Refreshments, including BBQ, a gin van and Indian snacks, available. For more info, go to www.alrewas-artsfest.co.uk

SUNDAY 26TH AUGUST

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 27TH AUGUST

Rolleston Village Gala

Held every year on August Bank Holiday Monday at Rolleston Club and on the Croft. There are competitions for Gardening, Floral Art, Craft, Photography, Childrens' section, Home Made Wine, Cookery etc and trophies are presented to the winners. There are various side stalls and childrens' entertainment. There are hot dogs and burgers on sale outside the club as well as catering inside. Please come and join us.

TUESDAY 28TH AUGUST

Carers + Cafe

Meeting at the Brewhouse every Tuesday from 10 o'clock to 12.30 pm organised by the Rotary club of Burton upon Trent. For carers and the cared for to meet with and make new friends, enjoy a cup of coffee or tea in a safe and friendly environment.

WEDNESDAY 29TH 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

THURSDAY 30TH AUGUST

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 31ST AUGUST

Friday Friends

Waterside Community Centre, Stapenhill Sequence Tea Dance every Friday at 2pm. Admission £1.50, includes Tea & Biscuits and free raffle. New members welcome in a friendly atmosphere. Contact: 01283 543023

SATURDAY 1ST SEPTEMBER

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 257012

SUNDAY 2ND SEPTEMBER

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 3RD SEPTEMBER

Three Spires Lace Group

Every Monday, informal group learning various styles of lacemaking with a qualified tutor. At Curborough Community Centre, Lichfield. Very sociable and friendly. Contact: Anita Toohill: 01283 791301

TUESDAY 4TH SEPTEMBER

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 5TH SEPTEMBER

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 6TH SEPTEMBER

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.

Church Bellingring

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

Find more events on our website

FRIDAY 7TH SEPTEMBER

Latin In Line Classes

No partners required- dance salsa, cha cha, rumba, mambo etc. 10.30-11.30am at the Priory Centre Stretton on Fridays 7th 14th 21st 28th September - £4.00 Ring Lorraine 07598159744 for more details.

SATURDAY 8TH SEPTEMBER

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.

Last Night of the Proms

At Rolleston Scout HQ. For information & tickets visit: www.rollestonscouts.org.uk/tickets

SUNDAY 9TH SEPTEMBER

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 10TH SEPTEMBER

Red & Ginger's Lindy Hop

Monday nights during term time 8-9pm. Learn to Lindy hop, Charleston and swing dance. 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 11TH SEPTEMBER

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 Marston's 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 Joan on 01283 713380

WEDNESDAY 12TH SEPTEMBER

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 13TH SEPTEMBER

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

FRIDAY 14TH SEPTEMBER

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 15TH SEPTEMBER

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 or find us on Facebook at Central Stage Academy.

MONDAY 17TH SEPTEMBER

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 18TH SEPTEMBER

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

THURSDAY 20TH SEPTEMBER

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 21ST SEPTEMBER

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 22ND SEPTEMBER

Macmillan Coffee Morning

A Macmillan Coffee Morning and Cake Sale is taking place on Saturday, 22nd September 2018 from 10.00 am to 12.30pm at the Christadelphian Hall, 1 Park Road, Barton-under-Needwood, DE13 8DW. Coffee, cakes and a warm welcome awaits you.

Granny Wanted!

Are you, at times, isolated and a little lonely with no family? Would you like to meet another lady who feels the same? Would you like to spend time with a younger lady who hasn't got Grandparents of her own and who would value special times phone calls conversations outing etc with you? Are you a younger person who misses the valuable companionship that you get from a Grandmother. Well this might be for you. For more details please call Sara Tel: 01283 711795

COMPETITION WINNERS

Congratulations to our **Premier Mobility** competition winners, each winning a **£50 Voucher**:

Mrs. Doreen Hailwood, Alrewas

Mrs. B. Thompson, Barton

Linda McDonald, Branston

Joy Jordan, Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a **Bronze Sculpture from Elliot Channer**.

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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Cyber Safety

Kids of all ages tap into cyberspace on a daily basis, whether it be for school research, to play games, or connect with friends. As a parent, how can you keep your kids protected from the many traps that await users in cyberspace?

Teach them about cybersecurity early on:

It's easy for children to see the benefits of the internet, but an understanding of phishing, viruses, bullying and even online communication etiquette are all things that they must be taught.

Be mindful of your words and actions: In real life, you teach your children to be mindful of what they say and not to hurt someone else's

feelings or put themselves in harm's way. Explain to your kids that once you post something online, it can remain in cyberspace forever.

Careful with strangers:

You tell your kids to be wary of strangers in the real world, and the same must be said about strangers in cyberspace.

Restrict access to risky sites:

When you can't supervise, set up parameters around your children's access to certain websites that you would deem as inappropriate or risky for them to use.

Encourage moderation:

This tip might not fall into cybersecurity, but it's still important. Help

to encourage moderate internet usage in your kids by limiting their access to it.



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