

LOCAL LINKS

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ISSUE 120
FREE

CHECK IT

Health checks you should be having

ENDANGERED

UK Mammals disappearing

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27

Dear Readers,

As we write this the sun is very much still shining and the sky is blue, peppered with white fluffy clouds. Let's hope Autumn is kind to us and we won't have to pop the heating on just yet.

Red Squirrel Day makes an appearance in September, one of our most loved fuzzy countryside companions and we're all aware of how rare a sight it's become, sad times, but there's more to add to the endangered UK mammals list if we're not careful.

We also want you to look after yourselves too! Are you guilty of putting off your health checks? Do you even know what checks you're eligible for? Read our article this month to find out!

Take care,
The **LOCAL LINKS** team

ISSUE 120

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Body M.O.T.

We're all guilty of it. Putting it off, finding excuses but we really should take our health more seriously and go for those health checks. It really doesn't make sense not to. Finding out if something's wrong sooner rather than later vastly improves our chances for treatment so we're only our own worst enemy by sticking our heads in the sand. Living in a country where we're lucky enough to have free healthcare, we should make the most of it!

Over 40 Health Check:

The NHS Health Check is a health check-up every five years for adults, both men and women, in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Prostate Check:

Getting tested doesn't have to be the embarrassing health-check that we all imagine! There is a blood test, called a prostate-specific antigen (PSA) test, this measures the level of PSA and may help detect early prostate cancer. Men over 50 can ask for a PSA test from their GP. So, you can keep your pants on for now!

Cervical Screening:

The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and reduce the number who die from it. Cervical screening isn't a test for cancer, it's a test to check the health of the cells of the cervix. Most changes in the cells, if detected, won't lead to cervical cancer and the cells may go back to normal on their own. But in some cases, the abnormal cells need to be removed so they can't become cancerous. Going for your test every three years is a no-brainer!

Breast Cancer Screening:

About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery. Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel. As the likelihood of getting breast cancer increases with age, all women aged 50 to 70 and registered with a GP are automatically invited for breast cancer screening every 3 years.

Bowel Cancer Screening:

The bowel cancer screening test for people aged 60 or over is a kit you use at home. This is used to check for tiny amounts

of blood in your poo. It doesn't diagnose bowel cancer, but it's a simple way to find out if you need further tests. It's also called the faecal occult blood (FOB) test. Sounds like something out of a horror movie but we promise it isn't! All men and women aged 60 to 74 who are registered with a GP in England are automatically sent a bowel cancer screening kit every 2 years. Make sure your GP has the correct address so your kit is posted to the right place.

Abdominal Aortic Aneurysm:

What a mouthful! Otherwise known as AAA screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy. This bulge or swelling is called an abdominal aortic aneurysm, or AAA. It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture). In England, screening for AAA is offered to men during the year they turn 65. Men aged 65 or over are most at risk of AAAs. Screening can help spot a swelling in the aorta early on when it can be treated.

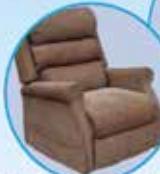
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On the 21st September, Doodle Day in support of the Epilepsy Action Helpline, you will have a chance to buy art by a famous celebrity, whilst also helping to ensure everyone affected by epilepsy has support when they need it most.

Epilepsy is one of the most common serious neurological conditions in the world. It affects around 600,000 people in the UK. This means that almost 1 in 100 people in the UK have epilepsy.

For more information on Doodle Day and Epilepsy Action, visit: www.epilepsy.org.uk

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This means that you can take advantage of our current prices until your next advertising renewal! Yay!

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By The Barn

by Angela Sargent



After a very hot and dry summer, that has burnt the pasture and meant many farmers are already feeding the winters fodder to sustain their livestock, the harvest is coming to a close!

The early sown crops have fared better than the spring sown ones, which lacked enough moisture and heavy land has coped well enough in most cases, but the uplands have suffered – the

threat of fire has also increased along with the heat!

Lots of the brown butterflies are in evidence now, replacing the clouds of Whites last month. The Thrush family seems to have done well this year - many broken snail shells litter our drive where there are stones for them to crack open and get at the snail inside.

The apples are dropping off the trees and, full of concentrated sweetness, attract wasps and butterflies and all manner of birds and animals. The old saying, an apple a day keeps the doctor away, seems to be scientifically proved as they are shown to reduce Asthma

and promote good pulmonary health.

September is a time for sheep sales and ploughing matches, rams being put with their 'ladies' and field work, as thoughts turn to next year and the rents are due on tenanted farms on Michaelmas day (29th).

Flowers are being replaced by fungi and the swallows are queueing up on the wires, ready to fly away!

The summer has come to its end and autumn begins.

If you want to know more about farming, follow Angela on Twitter @**bythebarn**.

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Tuesday 23rd October. Adult £20.30 Senior £18.30



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Endangered UK

It was reported recently that 1 in 5 of Britain's mammals are at risk of extinction. The study by the Mammal Society and Natural England said factors such as climate change, loss of habitat, use of pesticides and disease are to blame.

With Red Squirrel Day being held on the 24th September, we've known for some time that this little fluff ball has been struggling to survive, but did you know that these other critters could soon be making it on to the list?...



Scottish Wildcat

Scottish wildcats are found in colder, drier parts of Scotland that are less suitable for farming. Their preferred habitat includes woodland and shrubland. The Wildcat was once common throughout all of Britain but they were frequently killed to protect game birds, and considered vermin.



Hedgehogs

Hedgehogs share distant ancestry with shrews. Like many of the first mammals, they have adapted to a nocturnal way of life. The hedgehogs' spiny protection resembles that of the unrelated porcupines. Hedgehogs have lower populations in areas where badgers are numerous, so that British hedgehog rescue societies will not release hedgehogs into known badger territories.

voles have rounder noses than rats, deep brown fur, chubby faces and short fuzzy ears (awww!); unlike rats their tails, paws and ears are covered with hair. In the wild, on average, water voles only live about five months.



Rabbits

Figures from the British Trust for Ornithology (BTO) show that the rabbit population across the UK as a whole has fallen by around 60 per cent. Once considered a nuisance to farmers and a plentiful staple for the pot. It seems that rabbits aren't breeding like rabbits anymore and we need to do more to protect them.



Water Vole

This adorable little fella is often informally called the water rat, though it only superficially resembles a true rat. Water



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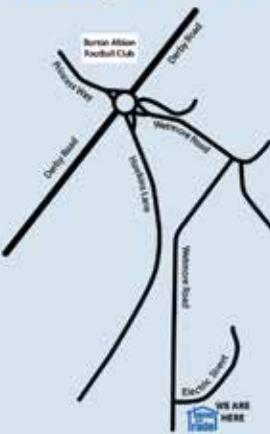
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C.T. Skills

Last month alone, over 1000 job-seekers across the East Midlands were offered a place on to an industry relevant course with CT Skills. Many of these job-seekers were either unemployed or earning low-income salaries, when they made the decision to complete a fully-funded, Sector Based Work Academy (SBWA).

A SBWA is a pre-employment training course followed by a guaranteed interview with a local employer. The training programme not only provides local people with the skills they need to succeed in their chosen industry, but it also provides them with a recognised qualification in a competitive industry.

After 15 years of unemployment stay-at-home parent, Ginny Hicks, 52, contacted CT Skills after facing a series of unsuccessful job applications and began to suffer with a lack of confidence. Determined to secure employment, Ginny applied to the 10-day Customer Service training with CT Skills which offered a guaranteed interview with the Co-op upon completion.

Once Ginny was in the classroom, she immediately felt more confident and began learning about all aspects of working in Customer Service. She said; "The course covered everything important for me to know to increase my chances of being successful and more importantly, if I was not

successful, I know for certain that everything I had learned on the course had inspired me to keep changing my life."

Ginny attended the interview with Co-op for a Customer Service vacancy and was not only offered the position, but also offered the role of Head In-Store Baker.

She concludes; "If it hadn't been for CT Skills I would never have had the preparation which I know enabled me to come across as a positive person. I really can't stress enough how much CT Skills helped me!"

For more information contact CT Skills on 0115 959 9544 or visit www.ctskills.co.uk/events

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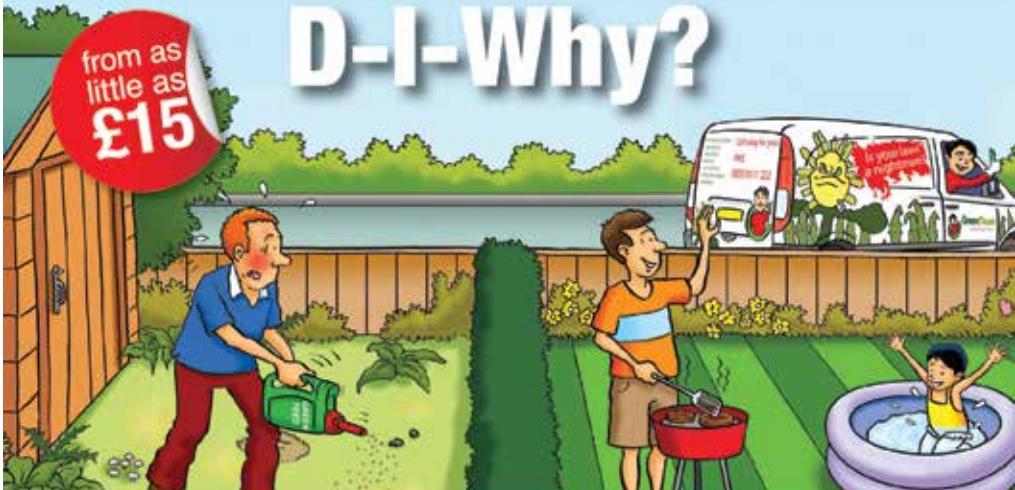
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Black Britain

October sees us welcome British Black History Month. A month where we recognise the struggle for equality that many brave people have campaigned for through out the centuries and still continue to strive for today. Our knowledge is a little sketchy, so we thought we'd look at a few of the key moments!

1833 - Slavery Outlawed

Britain passed an act officially outlawing the institution of slavery. In the space of just 26 years, the British Government outlawed the slave trade that Britain had created and went soon to abolish the practice of slavery throughout the colonies.

1913 - First Black Mayor

John Archer became Britain's first black mayor of Battersea. He was also the first black person to hold civic office in Britain as councillor, alderman and then mayor.

1958 - First Black Newspaper
Claudia Jones (born in Trinidad) founded the first major black post-war newspaper "The West Indian Gazette". Claudia was also a political activist and community leader. The Gazette was crucial in her fight for equal opportunities.

1965 - Cy Grant Plays Othello
Cy Grant stars as Othello at Leicester's Phoenix Theatre. He was one of the first black presenters on TV and in the late 50s he sang calypso versions of the news on BBC Tonight!

1968 - First Black Headteacher

Dr. Beryl Gilroy became London's first black headmaster at Beckford Primary in West Hampstead. She later became a successful novelist, writing stories for and about her students, believing that literature could "heal".

1968 - Clyde Best signs for West Ham United. The Bermudan plays 186 games and scores 47 goals in 7 seasons. He was a role model for many black youngsters during the 70s.

1973 - News Reporter

Trevor McDonald joins ITN as a reporter from the BBC World Service and becomes Britain's first black TV news reporter. Trevor rose through the ranks and joined the News at Ten. He received an OBE in 1992 and a knighthood in 1999.

1987 - UK's First Black MPs

Bernie Grant and Diane Abbott both won seats for Labour in the 1987 General Election. Grant made his mark by wearing a traditional Ghanaian robe. Diane Abbott was active in many political areas. She's still MP for Hackney North & Stoke Newington.

1987 - Paul Gilroy released his book There Ain't No Black in the Union Jack. The book looks at racial politics in England. Gilroy accuses British intellectuals and politicians on both sides of the political divide of refusing to take race seriously.

1993 - Stephen Lawrence
A-Level student Stephen

Lawrence is murdered by a group of white men while waiting for a bus in Eltham, South-East London. Failure to capture his killers provoked his parents to begin a campaign to shame the authorities. No-one has been convicted.

1993 - England Captain

Paul Ince becomes the first black Captain of the England football team. He captained the squad for a total of seven games. Sol Campbell is the other black player who was captain in 1998.

1998 - Justin Fashanu Dies

Footballer Justin Fashanu dies. The elder brother of John, he was one of the first British sportsmen to be openly gay. In the 1080s he was the first black player transferred for £1million, yet after coming out his career fell apart.

2017 - Record Number of Minority MP's

The general election of 1987 saw the "Famous Four" of BAME MPs; Diane Abbott, Bernie Grant, Keith Vaz and Paul Boating elected into Parliament. 30 years later the 2017 General Election resulted in a new record of 52 BAME (Black, Asian & Minority Ethnic) MPs elected.



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WIN! A ROUND OF GOLF FOR 4!

This month FIVE lucky readers can win a ROUND OF GOLF FOR 4 PEOPLE from Burton-on-Trent Golf Club.

Once a bit of a hidden treasure out in the woodland surrounds of South Derbyshire, now a fully-fledged England Golf Championship venue and one that reaches its 125th anniversary in 2019. No better time to visit and find out all that is good about Burton-on-Trent Golf Club.

The course set in 150 acres of woodland was designed by world renowned course architect, Harry Colt. The mature 6510-yard, Par 71 course is one of the finest in the Midlands offering a serious challenge from beginner to even the lowest handicapper with accuracy, course management

and shot selection being critical to maintain a low score. With immaculate fairways, fast multi-tiered greens and an 'Augusta Style' 18th hole, your visit to Burton on Trent Golf Club will be an enjoyable and memorable one regardless of your finishing score.

With the new development on the horizon the clubhouse has already opened its doors to the local community with groups regularly using the meeting rooms and function room for Wakes, Private Meal Evenings, Business Network events and Private Functions such as Family Parties and Wedding Receptions. This December the club will be hosting two fantastic Christmas Party Nights tailored towards Corporate and Groups outings, with drinks on arrival, live entertainment throughout the evening and a delicious 3 course

meal. An ideal event for small to medium sized groups looking to book their Christmas do.

To book your Christmas party please contact Liz on 01283 544551 or email events@botgc.co.uk

You can find more information at: www.botgc.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:

**Burton Golf Club Competition,
Local Links Media,
Suite 29,
Anglesey Business Park,
Anglesey Road,
Burton-on-Trent,
DE14 3NT**

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

The closing date for entries is the 16th of October, and the winners will be announced in our November edition.

Good luck to everyone who enters!

**CHRISTMAS
PARTY NIGHTS**
AT BURTON GOLF CLUB

THURSDAY 12TH DECEMBER 2.30PM
Ladies and Gentlemen get ready for the sassy, sultry, mischievous & vintage atmosphere...MISS FIFI ROUGE

THURSDAY 20TH DECEMBER 2.30PM
Sister Lawrence Finn pays tribute to the great, the恢弘, the bold and other legends of the 20th century. From Sinatra and Dean Martin to

TICKETS ONLY £35 PER PERSON

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Tables and 10 guests, part-filled tables may be required to share to deliver a more intimate atmosphere.

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Stretton Practice, 36 The Green, Stretton, Burton-on-Trent, DE13 0EQ
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What's On Guide

TUESDAY 25TH SEPTEMBER

Carers + Cafes

At Brewhouse every Tuesday from 10 o'clock to 12.30 pm organised by the Rotary club of Burton upon Trent it is 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.

Art Classes

Weekly classes at The Horseshoe, Tattonhill 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

WEDNESDAY 26TH SEPTEMBER

Burton Amateur Radio Club

Burton Amateur Radio Club meets every Wednesday evening at 7-30pm for nights on the air, construction projects, licence exams at all three levels with one to one tuition if required. New members are very welcome and we meet at Stapenhill Institute 23 Main St, Burton-on-Trent DE15 9AP Contact Bob 07812146333 www.g3nfc.co.uk or club@burton-arc.co.uk

THURSDAY 27TH SEPTEMBER

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 28TH 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.

Changes Support Meeting

A 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. Prior booking only. Peer Support Meeting Peel Croft Surgery, Lichfield Street, Burton 1-30-3-30pm. Wellness Workshops, Wednesdays & Fridays: 9-45-11-45 am Burton Fire Station, Moor Street, Burton.

SATURDAY 29TH SEPTEMBER

Claymills Pumping Station

Steaming Day! Guided tours given around one of Britain's largest Victorian steam pumping stations. Magnificent Victorian workshop where you can see steam restoration in action. Videos of the station in steam in the visitor centre. Contact: 01283 509929

SUNDAY 30TH 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 1ST OCTOBER

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 2ND OCTOBER

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 3RD OCTOBER

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 4TH OCTOBER

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.

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

FRIDAY 5TH OCTOBER

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

Crib Club

Every Friday at 7.30pm. We are a small friendly club who meet at the Wyggeston Pub every Friday evening for a game of Crib(or some may know this as Cribbage) and an enjoyable social evening. We are looking for new members either male or female who can already play Crib or anyone who would like to learn how to play.

Latin In Line Classes

At 10.30-11.30am. Special charity class on 12 Oct 10.30-12.30 in aid of Men Utd Prostate Cancer charity - tea, coffee, cakes and raffle. All classes at Priory Centre Stretton. Ring Laraine on 07598159744 for more information.

SATURDAY 6TH OCTOBER

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.

Rolleston Scouts Big Fun Quiz

At Rolleston Scout Headquarters from 7.30 pm. We are raising funds for a special needs group in Belmopan City, the Capital of Belize. For every £53 we raise we can send a child to a fabulous summer camp where the children can enjoy activities including cooking skills, sport, art etc.

SUNDAY 7TH OCTOBER

Burton Ramblers

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

Find more events on our website

MONDAY 8TH OCTOBER

Three Spires Lacemaking Group

A lacemaking self help group which meets at the Community Room - Lichfield Fire Station, every Monday 1-4 p.m. and also monthly on the fourth Saturday, 10.30-15.30.

TUESDAY 9TH OCTOBER

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

WEDNESDAY 10TH OCTOBER

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

Stretton and Claymills WI is a very friendly Women's Institute that meets in the back room of the Priory Centre, Church Road, Stretton at 7.15pm on the second Wednesday of every month and new members are very welcome. For info www.strettonandclaymillswi.wordpress.com or strettonandclaymillswi@gmail.com

THURSDAY 11TH OCTOBER

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: 07722548230

New Beginnings - Mature Singles

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 12TH OCTOBER

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 13TH OCTOBER

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 14TH OCTOBER

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 15TH OCTOBER

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. hello@dancewithredandginger.com

TUESDAY 16TH OCTOBER

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. £1.50 paid weekly. Bingo 25p for 3 games. Contact: Mrs Jane Brooks Tel: 01283 531748

Burton Dance & Social Club

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 17TH OCTOBER

1st Burton Guides

Every Wednesday Evening. A fantastic unit for girls aged 10-14. They will make friends, grow in confidence and learn lots of new skills. To make it better, all this is done through a wide range of activities, from ice skating to canoeing, and craft to cooking, there is something for every girl! Call: 07794759608

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 18TH OCTOBER

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

FRIDAY 19TH OCTOBER

Charity Fashion Show & Shopping

At The Priory Centre, Church Road, Stretton DE13 0HE. Doors open 7:00pm for 7:30pm start Advance tickets £3:50 purchased before 12/10/18 £5:00 pay on the door Tickets available from 01283 566127 or 07725 819859 Raffle for British Heart Foundation

COMPETITION WINNERS

Congratulations to our **Start & Tremayne** competition winners, each winning a £50 Voucher

Rosy Curzon, Stapenhill

Monica Mellor, Stretton

Sally Wileman, Hartshorne

Rebecca Ellerton, Tattonhill

Look out elsewhere in **LOCAL LINKS** this month to win a **Round Of Golf for Four People!**

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



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Gene Jeany



Jeans for Genes Day, held this year on Friday 21st September is the annual fund-raising campaign for Genetic Disorders UK, the national charity that supports individuals and families affected by a genetic disorder.

Monies raised on Jeans for Genes Day fund the work of the charity and provide grants to organisations for projects that aim to transform the



lives of children with genetic disorders.

There are around 6,000 genetic disorders and it is estimated that one in 25 children is affected by a genetic disorder. 30,000 babies and children are newly diagnosed in the UK each year.

Some genetic disorders are apparent at birth while others are diagnosed at different stages throughout childhood, and sometimes into adolescence.

By supporting Jeans for Genes Day, you will:

Raise Jeans for Genes' Profile

Taking part can help raise the

profile of your community group. Publicise your fund-raising in your local newspaper, and on social media.

Have fun

Once the jeans are on, there's so much more you can do. From selling blue cupcakes and denim manicures to a gene-ius quiz, the more fun you have the more money you can raise.

Change Lives

By getting everyone to wear jeans you could help fund projects that provide nursing care, equipment, activity weekends, online support and counselling.

For your fundraising info, visit: www.jeansforgenesday.org

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Better Photography

by Alan Parsons



It is safe to say that virtually anyone can take photographs nowadays. Whether you use a cheap smart phone or a high end digital camera there is a device out there to suit your pocket and your needs. Gone are the days when you might use one film a year on holiday, have it developed at the chemist, then put the prints in a drawer - quite often to be forgotten. Now we can take photos on our phones of life's special events, birthdays and holidays, children growing up or ourselves at a big sporting event and then access them at anytime to show our friends and family using the same phone we took the image on. Photography has never been more accessible.

For many people that is as far as they wish to take their photography, which is fair enough, but there is so much more that can be achieved if you invest some time to take it to a higher level, and that does not mean spending a lot of money on equipment either.

Over the last couple of years I have helped to organise a photography competition aimed at schools. The students first attempts were, it had to be said, pretty poor, with bad composition and little thought given to what they were doing. After giving them some basic advice on how to compose an image and what they needed to think about when taking a photo, their entries improved immensely. When looking at a photograph I sometimes judge it on the basis of would I be happy to have that as a wall calendar for a month, and on that basis many of the student's photos would have passed.

A good photographer will have a "photographers eye" and will know instinctively what makes a good image. Some are fortunate enough to be born with it, but if not a lot of the skills can be learned, and the best way to do that is to get along to your local photographic club and see what others do.

Many clubs encourage members to go in for internal competitions. The idea of having others critique your work may sound terrifying but it is always done in a constructive way, and you do learn a lot from it, and even if you

do not wish to put in entries yourself you will learn from the talks and critiques of others.

The Burton Photographic Society is a very friendly club which meets every Thursday evening at the Priory Centre in Stretton from early September to May. Beginners are encouraged and for more experienced photographers there are intermediate and advanced groups. Talks each week and competitions throughout the year will help improve your critical skills and help you get more from taking photographs. To find out more visit their website at www.burtonps.co.uk which gives you all the information you need.

If you're interested in coming along and speaking to someone about photography, The Burton Photographic Society is holding an open evening on **Thursday 20th September**.



LOCAL LINKS SUDOKU

	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:
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nine columns, and the nine 3x3 squares
all contain every digit from 1-9.

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