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ISSUE 121
FREE

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Dear Readers,

The heating is officially on and the jumpers are on our backs! Hello Autumn! Your fiery golden hues are magical and have quite taken us by surprise after the long summer that seems like only a week ago.

This issue, we'd like you to take part in the 'Everyone Remembered' campaign to commemorate the centenary of the end of WW1. A heartwarming opportunity to remember someone you never met but who made a sacrifice for us all.

With Halloween on the horizon, we've also got a super sweet recipe for your pumpkin's guts! Waste not want not!

Cosy up!

The **LOCAL LINKS** team

ISSUE 121

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Rolleston,

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Fradley, Yoxall

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Everyone Remembered

Remembrance Sunday on 11th November is a particularly poignant one this year as it marks the centenary of the end of World War 1.

The Royal British Legion is working with the Commonwealth War Graves Commission to keep alive the memory of those who died in the First World War. The Everyone Remembered campaign aims to ensure every fallen hero from across the Commonwealth is remembered individually by those living today. This is your chance to take part in a truly historic and incredibly

significant global act of Remembrance.

The inspiration for Every One Remembered comes following a visit by 14-year-old Gemma with her local Scout group to a war cemetery in Belgium. Gemma sent a letter following her visit and wrote:

"I know that not everyone can be remembered as individuals, but I felt it was a shame for some people to have dozens of poppies and crosses while others had no one left to remember them."

Now, with your help, every one of them will be remembered.

By visiting the Everyone Remembered website it's easy to get involved, whether or not you already have someone in mind to remember. Just search for any name on the home page and follow a couple of simple steps. You can plant a poppy, write a remembrance message and even upload photos and a story if you have them. If you don't have a name, why not make an effort to remember a stranger so that they are in someone's thoughts.

It's also important to remember the many foreign nationals that fought for the British military and assisted the

British war effort. Only 2% of people are aware that forces from an undivided India – present-day Pakistan, India and Bangladesh – fought and died alongside British troops. As many as 400,000 Muslims made up one-third of the Indian Army of 1.3 million, along with 100,000 Sikhs, and up to 800,000 Hindu soldiers.

Remembrance is part of modern British life and our cultural heritage. It is a time of contemplation – not only for the Armed Forces, but the country as a whole. It is when we reflect on the sacrifice made on our behalf by the men and women of our Armed Forces and beyond, both throughout history and today.

So this year, why not participate by visiting the Everyone Remembered website (www.everyoneremembered.org) and find someone that made a sacrifice, so that on Armistice Day you will have a name in your thoughts, and so that no one goes unremembered this year.

If you'd like to donate to the Royal British Legion visit: www.britishlegion.org.uk

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Unlucky For Some

October is Black Cat Awareness month. Some people are still superstitious about these poor little kitties!

Throughout the year, it's typically more difficult to get black cats adopted, but how much more difficult? Black cats are adopted at a rate 50% lower than any other colour of cat, which we can't understand at all.

The Cats Protection charity is looking after hundreds of black or black-and-white cats that potentially face months to find a home, which the charity thinks may be due to a subconscious colour preference on the part of potential adopters looking for brighter-coloured cats.

If you could give one of these kitties a home, get in touch with Derby Cats Protection: www.derby.cats.org.uk




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27th & 28th October
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By The Barn *by Angela Sargent*



October already and we notice the nights getting longer and it becoming cooler. Worries about feed and fodder stocks over the coming winter are still to mind after the long, hot and dry summer.

With the average age of farmers still being around the 60yr mark, succession can be a problem. Just who is taking over the reins and growing our future population's food? It is hard for a young farmer to have enough income to be able to afford a farm and all its stock, particularly with the loss of council farms and when only small acreages become available for sale, not enough to get a foot in the industry.

Having been a walk around the farm boundary just lately to check for breaches, we were lucky enough to see a pair of Kingfishers flit along the brook. What an amazing sight of iridescent blue amongst the green.



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Amazing Apples by Rebecca Tucker

An apple a day keeps the doctor away"... or so the saying goes. Well they may just help! Apples are in season at the moment, so be sure to make the most of this fantastic fruit. Here's why.

1. Blood Sugar Balance
The fructose and antioxidants in apples slow the absorption of sugar into the blood stream. This improves blood sugar balance and gives you a more sustained source of energy.

2. Digestive Issues
Apples are able to help relieve both constipation and diarrhoea, thanks to the dual action of their pectin fibre. Try fresh apples for constipation and stewed for diarrhoea.

3. Heart Health
The pectin fibre and antioxidants in apples can help reduce bad (LDL) cholesterol, whilst lowering the absorption of excess dietary fats. Apples also contain a flavonoid (plant based chemical) called epicatechin which helps reduce blood pressure.

4. Bone Health
Apple skins contain a flavonoid called phlorizin, which helps fight the inflammation and free radicals that can lead to bone deterioration.

5. Allergies
Apple skins also contain a flavonoid called quercetin. It can help regulate the immune system and reduce inflammation, both of which can help improve the symptoms of allergies.

Enjoy apples fresh to reap all the benefits, and why not try this delicious apple crumble recipe too? This healthy version uses dessert apples rather than tart cooking apples, meaning no sugar is needed for the filling to taste sweet.

Nutritious Apple Crumble

Serves 4

Ingredients:

For the topping -

75g oats
30g wholewheat flour, gluten free flour, or millet flour
25g chopped pecans
1 tsp ground cinnamon
2 tbsp pure maple syrup
25g unsalted butter, melted

For the filling -

750g chopped red apple*
2 tbsp cornflour

1 1/2 tsp ground cinnamon
1/4 tsp ground nutmeg

Method:

1. Preheat the oven to 180°C, and grease an 8 inch square pan.

2. To make the topping, combine the oats, pecans, flour, and cinnamon in a small bowl. Make a well in the centre and pour in the maple syrup and melted butter. Stir until fully incorporated.

3. For the filling, mix the apples with the cornflour, cinnamon, and nutmeg in a large bowl until completely coated.

4. Transfer the filling to the prepared pan, and gently press down with a spatula. Sprinkle evenly with the topping. (The topping tends to clump, so try to break it up into fairly small pieces.) Bake for 50-60 minutes or until the apple pieces are tender. The juices will start to thicken as the crumble cools.


* Fuji's are ideal but Gala and Braeburn apples would work as well.

Rebecca Tucker is a Registered Nutritional Therapist (MBANT). For further information on how nutritional therapy could help you, visit www.nourishbalanceglow.com



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Garden Contrasts *by Alan Parsons*

What a year of contrasts in the garden! Earlier in the year it seemed that winter would never end with rain and cold temperatures right into spring. Then along came a change in the seasons which brought record breaking hot and dry weather, in June and early July there was hardly any rain at all. None of this was new and gardeners and nature, over the years, have learned to adapt to the vagaries in the weather.

Having had unusual, but not unknown extremes of weather this year we must remember winter is not too far away so we need to prepare ourselves, which is a bit like planning for Brexit. We know it is likely to be stormy and cold, but with a bit of planning we can get things ready for the spring.



The first frosts are likely soon, so annuals and vegetables, if finished, that are frost sensitive should be taken up. Shrubs can be pruned up to early October

but avoid pruning back after that as new growth is likely to emerge when the frosts are at their worst and damage the buds. Better to leave until March time. Raspberries pruned in February will then be dormant and will start to shoot from under the ground as the warmer weather comes along.



It is a good idea to clear and dig over ground in October before it becomes too cold and hard and it is then ready for replanting in the spring. October is also the time to get broad beans and overwintering varieties of peas sown, autumn sets of onions can be planted as can rhubarb crowns and strawberries.

If you are fortunate enough to have a greenhouse or shed then don't forget to give it a good clean out before the really cold weather arrives. Pots can be cleaned by rinsing in a very dilute mixture of disinfectant in a large bucket or wheelbarrow. Garden tools

should be wiped down to get rid of any soil and sprayed with oil before putting away. Now is also a good time to sharpen blades ready for next year and if you have a lawn mower that needs sharpening or maintenance it is better to do in now than in the spring.

Dahlias can be left in the ground and covered with mulch, but you risk losing them to slugs and late frosts. Better to cut them down in October and dig them up. The corms should be lightly cleaned of soil then stored in your garage or shed in vermiculite or scrunched up newspaper to protect from frost. They will then be ready to put back in the spring. Potatoes in sacks will need to be checked every now and then to make sure none are rotting as one rotten potato will quickly damage the others.



With a bit of preparation we can get ready for whatever the winter brings - even if the effect of Brexit is less certain.

Myths About Vaccinations by Scarsdale Vets

As with human medicine, veterinary has seen the rise of misinformation with the advent of the digital age. The ease with which people can access information and share opinion has led to the propagation of a number of common vaccination myths.

MYTH - There is no need to vaccinate after the initial course of vaccines:

This is something heard regularly from people who have allowed their pets vaccinations to lapse. The myth arose as a result of vaccination policy in humans as we do not need yearly vaccinations here in the UK. So, if we do not need them, why do our pets? This comes down to the effectiveness of the vaccines developed for companion animals but also varies dependent on what you choose to vaccinate your pets against. Over the years, the vaccine schedule has been altered from yearly vaccinations of everything to yearly for some, every 3 years for others. As we develop better vaccines and a better understanding of immunity in our pets, this will likely change again.

MYTH - I thought the diseases were eradicated?

Vaccination has been very effective at drastically reducing the number of cases of diseases such as parvovirus and distemper. They have not, however, eliminated them entirely. Outbreaks of parvovirus are still seen in areas with low vaccine uptake and these cases are always sad to see.

MYTH - Isn't vaccinating dangerous? What about reactions?

Reactions can happen with anything you put into the body. Allergies can develop to drugs, suture materials, foods, and yes, vaccinations. The incidence of serious reactions is actually very low considering the number of vaccines used every year, but the risk is always there. If you think your pet may have had a reaction, even a minor one, it is important to let us know so we can help minimise the risk.



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MYTH - Vaccines are full of dangerous chemicals:

Some of the chemicals used to preserve vaccines can be dangerous in large quantities. The amount in each vaccine is actually extremely small and well below the tested safety limits.

MYTH - Homeopathic nosodes (specialised remedies) are safer and just as effective:

Homeopathy has seen a lot of press in the last 5 years. Some good, some bad. A study was conducted looking at the effectiveness of nosodes in mice when compared with conventional vaccination. Protection against disease with the nosodes was about 20%, whereas the conventional vaccines were almost 100% effective at preventing disease within the animals being studied. Nosodes may offer some protection but are not reliable enough.

This is not an exhaustive list of the myths circulating and it is always a good idea to talk to your vet if you have any concerns about vaccinating your pets.

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A Pumpkin Treat

We love all things Halloween, and what's more festive than a bright orange pumpkin, carved and on the doorstep? After scooping out all those lovely fleshy innards, many of us don't know what to do with them! Lucky you! Here's a sweet and autumnal treat for you to try, we're pretty sure you'll be buying lots of pumpkins just to have an excuse to make these yummy bites!



Why not turn your pumpkining into a funtime family adventure or couple's day trip. Wrap up warm in a scarf and boots and head over to Snarestone Pumpkin Farm! They have been growing pumpkins for over 15 years so they certainly know their stuff! See the pumpkin patch, select your prize specimen

and enjoy a few hours in the fresh air. Visit: Snarestone Pumpkin Farm, Lodge Farm, Snarestone, DE12 7DA. Tel: 01530 270690

SPICED PUMPKIN DONUT BALLS

Serves 8. Ingredients:

Pumpkin Pie Spice Mix:

2 tbsp ground cinnamon
1 tbsp ground ginger
1 tbsp ground nutmeg
½ tbsp ground cloves

Donut Mix:

250g flour
150g sugar
2 tsp baking powder
2 tsp pumpkin pie spice
1 teaspoon salt
280g pumpkin puree
1 egg
2 tablespoons melted butter
oil, for frying

Topping:

¾ cup sugar (150 g)
3 tbsp pumpkin pie spice

Method:

To make your own pumpkin pie spice by mixing 2 tablespoons cinnamon, 1 tablespoon

ginger, 1 tablespoon nutmeg, and ½ tablespoon cloves; use 2 teaspoons in the dough, and 3 tablespoons in the topping mixture.

In a large bowl, mix together flour, sugar, baking powder, pumpkin pie spice, and salt.

In a separate bowl, mix together pumpkin puree, egg, and butter.

Pour wet mixture into dry mixture and stir together with rubber spatula until fully incorporated. Set aside.

Heat oil in a frying pan to 160°C.

While oil is heating, use your hands to shape and roll the pumpkin donut dough into balls. (Greasing your hands with oil will make this process much easier).

Fry the dough balls until golden brown, about 4-5 minutes. (For best results, fry only 3-4 at a time).

Drain them on a paper towel and immediately transfer to a bowl of the pumpkin pie spice-sugar mix. Gently toss to coat. Enjoy!

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For this month's competition, a lucky reader can win a LUXURY SPA DAY FOR TWO including a 55 minute treatment each at **Hoar Cross Hall**.

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The spa day you could win includes:

Simply Spa Day -

A full day spa experience is a real treat for those looking to totally unwind and indulge with some precious 'me-time'. Hoar Cross' Simply Spa Day experience offers a whole day of relaxation dedicated entirely to you, including a delicious lunch – ideal for those who simply want to sit back and indulge.



Relaxing Treatment -

A 55 minute treatment of your choice from Hoar Cross' varied selection.

Use of Facilities -

You can look forward to unlimited use of their aqua therapies, detox areas, relaxing pools and their fabulous Nordic Heat and Ice Suite. Alternatively, if you want to get active, the gym is open to all spa guests, and their professional instructors offer a range of exercise and relaxation classes for you to try. Spa times are 8:30 until 5:30.

Party & Pamper Shopping Event 4pm - 9pm

Tuesday 6th November

Hoar Cross Hall would also like to invite all Local Links readers to join them for a night of partying, pampering and a

little retail therapy. The evening includes arrival drinks, canapes and a gift! Give them a call on 01283 576 506 to book your place.

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:

**Hoar Cross Spa 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 13th of November and the winners will be announced in our December edition.

Good luck to everyone who enters!

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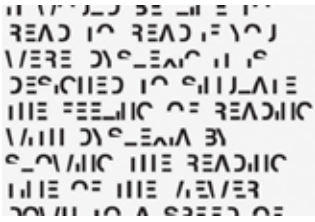
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Dyslexia Awareness



Being able to read and write with ease is something most of us simply take for granted. But imagine what it would be like to look at a page of text and see distorted letters swirling before your eyes, or not seeing the difference between the letters “b” and “d”, etc. Sounds pretty awful, doesn’t it? However, this is a problem that affects from 5% to 10% of the world’s population, making their lives more difficult each and every

day. Dyslexia Awareness Month is the perfect time to think about how much harder dyslexic people’s lives are than our own and try to be more understanding of their situation.

Ten percent (10%) of the UK population are dyslexic; 4% severely so. Dyslexia is identified as a disability as defined in the Equality Act 2010. Many of the dyslexic people across the UK, whether adults or children, are unable to fulfil their potential as a large percentage of the population still do not understand what dyslexia is, the difficulties which the condition presents and do not know how best to support them. Dyslexia is

not an obvious difficulty; it is hidden. As a result, dyslexic people have to overcome numerous barriers to make a full contribution to society.

If you would like to receive information about how you can get involved and help fundraise for the British Dyslexia Association please click on the navigation on the left for further information or get in touch with the fundraising team: fundraising@bdadyslexia.org.uk.

You can find out more about how the BDA is working to create a dyslexia-friendly society for all by visiting: www.bdadyslexia.org.uk

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What's On Guide

TUESDAY 23RD OCTOBER

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, Tatenhill. 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 24TH OCTOBER

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 07812 146333 www.g3nfc.co.uk or club@burton-arc.co.uk

Fradley Needlework & Craft Group

Every Wednesday from 1.30pm - 4.00pm at Fradley Village Hall. For anyone who enjoys patchwork, knitting, crochet, cross stitch or any type of craft. Beginners and experts welcome. Instruction available. Contact: 01283 791467

THURSDAY 25TH OCTOBER

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 26TH OCTOBER

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 27TH OCTOBER

Claymills 25th Anniversary Steaming

Saturday 27th & Sunday 28th October from 10am - 5pm. Many special events including visiting classic cars, miniature loco, charity stalls, Burton Fire Service and the Lichfield Lighthouse company. Special children's activities - including spooky stories from Witch Hazel, Belladonna's freaky flowers, and a carousel. Prize for best child's Halloween costume, judged at 1.30 both days. Adults £6 / Children £3.

Burton Breast Care Coffee Morning

The Burton Breast Care Support Group are holding a coffee morning on Saturday October 27th at Rough Hayes. A Raffle has been arranged with first prize £100. A night at the Dog and Partridge for two. We have 2 Mot's and many other grand prizes. The coffee morning will be held from 10am until 12noon. with the draw taking place at 11.30am. Do come along and support our group. For further details contact Rosemary on 01283 814033.

Halloween Disco

At Barton Bowls & Social Club, doors open 7pm. Prizes for best dressed child and adult. Gross lucky dip, tattoos and other games. Adults £2 / Children £1.

SUNDAY 28TH OCTOBER

Creepy Crawlie Trail

Explore the gardens at Sudbury Hall and hunt for creepy creatures from nature! The weather isn't always kind in October so please dress accordingly with sturdy footwear Children must be accompanied by an adult at all times. Meet outside the Museum reception. This is a free drop-in activity, although donations are always welcome. Normal charges apply to the Museum and Hall

MONDAY 29TH OCTOBER

Burton Art Club

Meets at Stretton Methodist Chapel Main Street, Stretton. Monday evening 7.00pm to 9.00pm We are a lively group who share an interest in art and all abilities are welcome.

TUESDAY 30TH OCTOBER

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

Sweeney Todd - The Musical

Performed by the Burton Musical Theatre Company de Ferrers Academy, Harehedge Lane, Burton on Trent. The Show runs from Tuesday 30th October to Saturday 3rd November at 7.30 with a Saturday Matinee at 2.30. Tickets are available via our website or by phoning 01283 541552 or emailing tickets@burtonmusicaltheatre.co.uk

WEDNESDAY 31ST 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. Contact Sandra: 01283 329743

THURSDAY 1ST NOVEMBER

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 Christine - 01283 543813.

Burton Friendship Club

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

FRIDAY 2ND NOVEMBER

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, Calais Road, 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.

SATURDAY 3RD NOVEMBER

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.

SUNDAY 4TH NOVEMBER

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

Find more events on our website

MONDAY 5TH NOVEMBER

Three Spires Lcemaking 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 .

Meditation Class

Weekly Classes of Meditation on Mondays 1pm to 2.30pm and 7.30pm to 9.30pm we are a friendly group who meet for discussion and to meditate with a guided meditation. To join us Contact Kim 07580 551979

TUESDAY 6TH NOVEMBER

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.

Party & Pamper Shopping Event

Hoar Cross Hall would like to invite you to join them for a night of partying, pampering and a little retail therapy. The evening includes arrival drinks, canapes and a gift! Give them a call on 01283 576 506 to book your place.

WEDNESDAY 7TH NOVEMBER

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 8TH NOVEMBER

Prosecco Shopping Evening

From 6pm - 8pm at Needwood Living, 136 Main Street, Alrewas, DE13 7ED. Contact: 01283 711272

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: 07772 548230

New Beginnings - Mature Singles

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 9TH NOVEMBER

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 10TH NOVEMBER

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 juliestfrenchclasses@gmail.com.

SUNDAY 11TH NOVEMBER

Burton Ramblers

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

MONDAY 12TH NOVEMBER

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 13TH NOVEMBER

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 14TH NOVEMBER

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

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: 07794 759608

Quiz

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

THURSDAY 15TH NOVEMBER

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 16TH NOVEMBER

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 **Elliott Channer** competition winner, who has won a Sculpture Casting:

Cynthia Waterson, Brizlincote Valley

Look out elsewhere in **LOCAL LINKS** this month to win a Spa Day for Two at Hoar Cross Hall Spa

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It's Not Quite a Jaguar

Sometimes it feels like madness on the roads and most people overestimate their own driving skill. You can only imagine what road safety was like before the driving test, which has thankfully evolved to be a comprehensive assessment of all aspects of car ownership and driving responsibly! Here's how it's changed over the years...

1903 - Driving licences are introduced as a way of identifying vehicles and their drivers.

1931 - The Highway Code is first published by the Ministry of Transport.

1935 - Voluntary testing is introduced in March by the Road Traffic Act to prevent a rush of candidates when the test becomes compulsory. Testing begins in June for all new drivers. Candidates meet at pre-arranged locations such as car parks or railway stations, because there are no test centres.

1969 - Several changes are made to the test and a separate category for automatic cars is brought in.

1975 - Candidates no longer have to demonstrate arm signals in the test from May.

1988 - Driving tests are now conducted under the new provisions of the Road Traffic Act 1988.

1990 - Examiners give candidates a brief explanation of faults committed during the test, plus advice on areas for improvement. New legislation also means anyone accompanying a learner driver from October must be over 21 and have held a driving licence for at least three years.

1995 - The Pass Plus scheme is introduced in November to help newly qualified young drivers gain valuable driving experience and reduce the risk of accidents.

1996 - A separate written theory test is brought in and replaces questions asked about the Highway Code during the practical test. The theory test pass mark is raised from 26 to 30 out of 35.

1999 - The duration of the test is increased, the emergency stop manoeuvre is done on a random basis and candidates are failed for committing 16 or more driving faults.

2000 - The touchscreen theory test is introduced.

2001 - Candidates can book their theory test via the Internet for the first time.

2002 - A hazard perception test is introduced into the theory test. Video clips are used to test candidates' awareness of hazards on the road.

2003 - 'Show me' and 'tell me' vehicle safety questions are added to the beginning of the practical test, to check that drivers can identify basic parts of their engine such as washer fluid & oil reservoirs etc. Candidates can now book their practical test online.

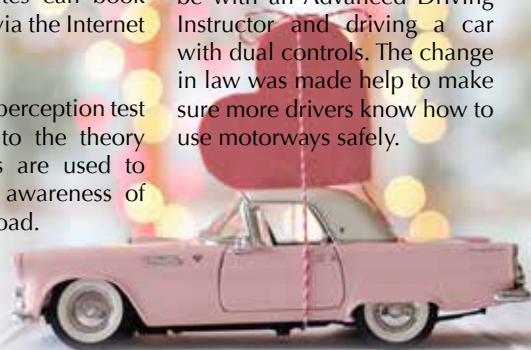
2010 - 'Independent driving' becomes part of the test, with candidates driving for 10 minutes making their own decisions.

2011 - A new case study was introduced into the theory test.

2015 - New computer-generated imagery clips replaced old filmed clips in the hazard perception part of the theory test.

2017 - The driving test changes to include following directions from a sat nav, testing different manoeuvres and answering a 'show me' safety question while driving.

2018 - On 4 June 2018, learner drivers were allowed to take motorway driving lessons for the first time. They have to be with an Advanced Driving Instructor and driving a car with dual controls. The change in law was made help to make sure more drivers know how to use motorways safely.



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New England *by Perry Deakin*

Well, what a summer it was – predictions of serious crowd trouble and poor facilities at the Russian World Cup proved completely unfounded as did predictions of another England failure at a major tournament.

Gareth Southgate's young, vibrant England side played with freedom and passion, smiling for the press at every opportunity and even welcomed grizzled old media hacks into the England camp on a regular basis to 'grab a coffee and chat' with players who opened up and spoke with an honesty and enthusiasm never seen before – no more deep suspicion from a press-weary group of players who simply wouldn't say anything interesting at all and even refused to 'reveal' the results from players darts competitions as they had done

at the previous tournament. Instead, members of the press were invited to join in these competitions, get to know the players and join in tournament-life. They loved it and absolutely bought into the 'new England'.

The press loved them; we loved them and players fed on warmth and support from a nation desperate for a little 'respectability' – we didn't necessarily want major success at the tournament, we just wanted the players to play with a smile and return home with the respect of the football world, not having to leave East Midlands Airport via a back door to avoid the baying mob!

The teams progression to a semi-final (which we really should have won) ticked all the boxes and a nation fell back in love with its football team. A fabulously hot and sunny June and July obviously helped but we haven't seen the kind of excitement replicated across every single town and city in England for many, many years – pubs were completely full, big screens showed the games and the nation cheered, shouted, sang and eventually cried as 'our boys' fell just short – but it didn't matter, they played as if they actually cared, won several games, didn't snarl at cameras even once and kept us on the edge of our seats for

the best part of 5 weeks. We even won a penalty shoot-out and the public officially loved them again.

When we look back at the summer of 2018, most of us will remember it with a smile and a pride in our team which will survive the odd poor result moving forwards. We will remember hot, sunny days in beer gardens, hugging complete strangers and talking 'football' with people who had clearly never been to actually see a game but were caught up in the excitement anyway – everybody young and old, male and female, sports fans and not, joined as one and experienced a national pride not seen in England for a long, long time.

Now Gareth Southgate has a difficult job – expectations have been raised and his determination to jettison older players and promote young, hungry players will clearly have its ups and downs. Young players' form can be in and out and we will simply have to remain patient when the young-guns don't perform on occasion, but I think we will – our new England is exactly what we asked for and as the 2020 European Championships will see quarter finals, semi-finals and the final played in England we hope – no, we expect!!



Screen Split

As the nights draw in, it's easy to just spend the evenings vegging out in front of the TV, channel hopping or losing hours trawling through social media. Why not make an effort to reduce your family's screen time by setting aside a couple of hours in the evening to unwind and do something together. How about?...

1. Dig out the games and set aside a few hours one night a week to play Guess Who, Hungry Hippos, Scrabble, Exploding Kittens...the list is endless. You'll find yourselves laughing and chatting together as you unwind after the long day of school and work.

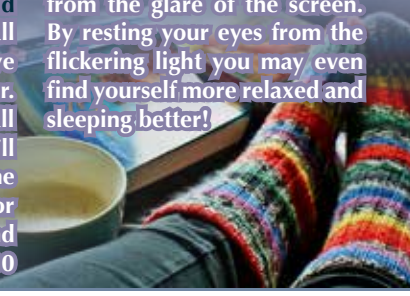
2. Listen instead to an audio book, radio play or funny podcast. You'll be surprised at how easy it is to find something you'll love. If you like unusual facts, the QI Elves produce funny facts in their podcast "No Such Thing As A Fish" and there's always something interesting to learn by listening to "Stuff You Should Know".

3. Gift yourself the weekend by getting ahead on small jobs that you usually leave until the work week is over. By choosing one or two small things to do mid-week, you'll really make your free time your free time! I little bit or ironing here, a wipe around the bathroom there, just 30

minutes can make you feel super smug on Saturday.

4. Take time out to create, be it a painting, writing, making a journal, learning to knit, working on a project like building a bike. Pop some music on while you do it and you won't miss the TV!

5. Read a book or magazine and rest your eyeballs from the glare of the screen. By resting your eyes from the flickering light you may even find yourself more relaxed and sleeping better!



LOCAL LINKS SUDOKU

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

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

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