

LOCAL LINKS



www.locallinksmedia.co.uk
www.facebook.com/locallinksrnmagazine

ISSUE 122
FREE

SHELF SHENANIGANS

You might get a cheeky visitor!

ARRIVAL OF THE MESSIAH?

Aston Villa's new hope

WIN a £25 VOUCHER
from At The Cedars

Check out our

What's On Guide

full of local and community events

Your independent, free local magazine

Delivered free to Alrewas, Barton under Nosedwood, Fradley, Frangmore, Fenton Hill & Yoxall



Don't forget Mum & Dad this Xmas

Yes the kids have Santa but when it comes to that special Xmas gift for Mum and Dad, **Masseys** has the answer.

CADAC GRILLO CHEF GAS PORTABLE BARBECUE now **£115.00**

BAHCO ½" 24PC SOCKET SET now **£49.99** • BOSCH PST 800 PEL JIGSAW now **£58.00**

STIHL HSA25 CORDLESS SHRUB SHEAR now **£99.00** •

JUDGE 13 PIECE KNIFE BLOCK SET now **£49.99**

LONDON POTTERY TEAPOTS now **£34.99** • BRABANTIA DUSTBIN FROM **£34.95**

JUDGE SAUCEPAN SET now **£59.99** • CHRISTMAS LIGHTS AND ACRYLICS FROM **£34.99**

Real & Artificial Xmas Trees available throughout December

Ask a Masseys Expert, We're here to help

Telephone: 01283 217133

129 Swadlincote Road Woodville Swadlincote Derbyshire DE11 8DA

One Free Coffee at the Milan
Coffee Shop with this advert (1)

Paint & Decorating • Plumbing & Electrics • Home & Kitchen • Hardware • Tools • Lawn & Garden • Garden Machinery • Garden Furniture

Opening Hours: Monday – Friday: 8.00 – 18.30 Saturday: 8.30 – 17.30 Sunday: 10.00 – 16.00 Bank Holidays: 10.00 – 4.00

LOCAL LINKS



Dear Readers,

Yikes! The countdown is officially on and festive panic is starting to set in! Bye bye pumpkins, hello pine needles! Ok, it's not really that bad and if it is, you must really make some time to put the fun back into your festivities. If you've got children, maybe one of Santa's Elves will pay them a visit this year!

If you don't have kids, maybe you'd like to share the cheer by visiting Derek's Tree in Cooper's Square and adding one extra gift to your list this year? We guarantee, it will be the most rewarding gift you'll give.

Speaking of children, we've been contacted by a wonderful couple from Burton who are doing great work giving love and stability to children in Kenya, so grab a cuppa and read on!

Stay warm and kind you lovely folk!
The **LOCAL LINKS** team

ISSUE 122

SALES

Heather Digby
Sarah Deakin

DESIGN

Liona Baldwin

ACCOUNTS

Jan Evans

01283 564608

local@locallinksmedia.co.uk

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

www.locallinksmedia.co.uk

facebook.com/
locallinksmagazine



CONTRIBUTORS

Including:
Angela Sargent, Deb Walker,
Perry Deakin, at the cedars

niche
architecture

- Extensions
- Conversions
- Commercial Buildings
- New Builds
- Self Builds
- Planning Applications
- Building Regulations

Call us on **01283 499451**
www.nichearchitecture.co.uk
enquiries@nichearchitecture.co.uk

Next issue deadline:
Tue 4th December

Next issue out from:
Wed 12th December

This magazine
delivered free to:

Arewas, Rangemore,
Barton, Tatenhill &
Fradley, Yoxall

We also deliver a
magazine free to:

Branston,
Brizlincote Valley, Stretton &
Rolleston, Walton on Trent

DISCLAIMER - The accuracy or content of any advertisement is not warranted by Local Links Media, nor do Local Links Media endorse or guarantee any of the products or services advertised, except any advertisement expressly relating to our services. We are not to be held responsible for any inaccuracies in the adverts nor to any consequences arising from inaccuracies. We are not to be held responsible for error in printing, damage or loss. It is the advertisers responsibility to ensure conformity with the Trades Descriptions Act 1975; Business Advertisements Disclosure 1977; Sex Discrimination Act 1975; and consumer Credit Act 1974. All artwork created by Local Links Media remains the property of Local Links Media and therefore must not be used in any other media without permission, as this is a breach of copyright laws.





- ✓ Hedge trimming and shaping
 - ✓ Hedge removal
- ✓ Grass mowing /edging
 - ✓ Garden clearance
- ✓ Ground maintenance
- ✓ Full waste carriers license
 - ✓ Planting
 - ✓ Woodchip
- ✓ Logs for sale
- ✓ Fully insured

M: 07835 218 041 T: 01283 763572

 E: gt.meadowview@gmail.com
W: www.meadowviewgardenservices.co.uk

DOUBLE GLAZING ALL MISTED UP?

Why replace the whole frame when you can just replace the sealed unit?

- Full Professional Service
- 15 Years Experience
- 10 Year Guarantee
- Free, No Obligation quote

Prices from just
£60
per unit

07814 616 802

DAYTIME (MOBILE)

01283 568 997

EVENINGS



BRIZLINCOTE WINDOWS

WWW.BRIZLINCOTEWINDOWS.CO.UK

Brizlincote

Sealed Unit Replacement Specialists

EASY GLIDE GARAGE DOORS



The EASY GLIDE Garage Door is an exceptional garage door system - THE BEST IN THE UK.

Open and close the door at the push of a button from within the comfort of your car. Our automatic garage doors enhance the look of your property and have great thermal values keeping your property warmer.

Unit 11, Falcon Business Centre, Hawkins Lane, Burton on Trent DE14 1SG

01283 480 505

www.easyglidegaragedoors.co.uk

We take out your old door, remove from site and replace with a new insulated electric roller door complete with 2 remote controls...

**FOR
ONLY
£649**

Based on a white door 7ft x 7ft

ART CLASS STARTS SOON

ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



GREAT NEWS if you're looking for something fun to do over the next few months! We are now taking enquiries for a **NEW 14 week part-time Art Class** (once a week for three hours), which starts soon in your area.

Absolute Beginners to Improvers - Just Like You!

The course is designed to be fun for absolute beginners who have never picked up a brush before, through to improvers.

Step-by-Step Guidance

We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over the course we

will explore four different media; pencil drawing & sketching, oil pastel painting and techniques, painting and blending with water colours and acrylics. Step-by-step tuition in the basic techniques and secrets needed to create beautiful pieces of art.

Fun, Easy Classes

Learn to draw faces, friends, family, pets in the first few weeks. We make it fun and easy for you.

Young at Heart

Learn new skills you will enjoy forever, meet new friends and to have a fun experience you will always remember! It's open to adults of all ages and runs over 3 months - plenty of time to master your new hobby.

Limited Places

To maintain our high standards of tuition, classes are restricted to small numbers - so places are limited!

For information on dates, course fees and bookings, call now on

01283 562 527

The Seasons
Art Class

BRING OUT YOUR
INNER ARTIST

YOUR NEW ART CLASS

Step by step lessons suitable for absolute beginners or improvers. Acquire the skills you need to produce paintings you can be proud of!

- Absolute Beginners to Improvers - Just Like You
- 14 week course
- Three hours once a week, mornings or afternoons
- Step-by-step guidance
- Meet New Friends, Learn New Skills
- Develop your skills and create your own original art to enjoy forever

Learn new skills and make new friends

Riverside Hotel, Burton on Trent
NEW COURSE NOW TAKING ENQUIRIES

CALL NOW FOR DETAILS

01283 562 527

Simon
Richardson
Legal Services
Limited



Former partner and head of private client services at Smith Partnership with over 30 years' experience in all areas of the law, latterly specialising in:-

- Advice on protecting your home against care home fees
- Asset protection from tax
- Wills
- Lasting Powers of Attorney
- Administration of deceased estates including contested estates
- Property matters including disputes

Telephone: 07495 491328 or
E-mail: richsdr@aol.com

Consultations available at your home for no extra charge

ALL ROOFING WORK
UNDERTAKEN

NO JOB TOO BIG
OR TOO SMALL



- NEW ROOFS • UPVC FACIAS, SOFFITS & GUTTERING
- G.R.P. FIBREGLASS FLAT ROOFS • FELT FLAT ROOFS
- REFELTING & BATTENING • ROOF & CHIMNEY REPAIRS
- SLATE REPAIRS • LEAD REPAIRS & SEALING
- FLAT ROOF REPAIRS • STRUCTURAL ROOF BEAMS
- ROOF CLEANING • HIGH PRESSURE CLEANING
- ALL TYPES OF CLADDING

FOR A FREE QUOTATION OR ADVICE FREEPHONE:

ALL WORK **0800 747 1112**

OR CALL DIRECT ON: 07787 020270

GUARANTEED

29 ASHBY ROAD, WOOLVILLE



M C B Electrical

OVER 25 YEARS EXPERIENCE



- Rewires, New Builds, Extensions
- Consumer Unit Upgrades
- Showers, Cookers, Heating
- Sockets & Telephone points
- Internal / External lighting
- Testing & Inspecting
- Fully Insured & Compliant to IEE Regs



Free, Friendly, No Obligation Quote

Tel: 01283 532074

Mob: 07890 003 979

Email: m.c.b.electrical@btinternet.com

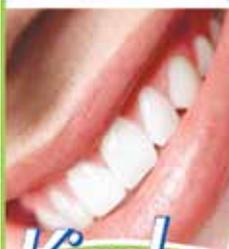
Web: www.electriciansinburtonupontrent.co.uk

5 Nicklaus Close, Branston, Burton on Trent, Staffordshire DE14 3HP

B

BEAUTIFUL DENTURES

Look Young & Feel Great!



- 1 hour repair service
- New dentures made with the latest looking teeth
- The latest techniques to get the best possible fit including comfort soft linings
- Cosmetic dentures from the smallest fitting to the widest
- Sports guards now available

Kinddent

Denture Care

Jamie Wright CDT RCS (Eng)

Richard Hazzledine RDT CDT RCS (Eng)

Call for a FREE consultation, home visits available.

01283 546161

www.beautifuldentures.co.uk

enquiries@beautifuldentures.co.uk

George Street, Burton-on-Trent DE14 1DP



Dry Carpet Cleaning

zero (dry) time

Dry Carpet, Upholstery & Hard Floor Cleaners

- Removes spills & spots
- Sanitize & deodorise
- Deep cleans & lifts carpet pile



Locally based

You can call us for FREE on

0800 180 49 30

zerodrytime.com

**Get Main Room Cleaned
save 50%
on all further rooms
+ Free Stain Protection**

We also clean hard floors, tiles inc Grout, Karndean, Amtico and Wooden floors - Ask for a quote

Get Your Eco-Glow

We've all seen the news recently about our oceans being choked with plastic and it made us think how much single-use plastic surrounds our Christmas festivities. Instead of splurging out on this year's trendy decorations, many of which are made of plastics and flown half-way around the globe, why not have a go at making some tree decorations that are kinder to the environment? The great thing about these garlands, is that after Christmas, you can string them outdoors for the birds to eat!

Popcorn & Berry Garland

You will need:

- Sewing needle
- Thread
- 1 medium sized orange
- 1 cup of cranberries
- 1 cup of plain popcorn

Directions:

1. Begin by drying your oranges. Slice them thick and place them directly on your oven grate for about 30 minutes at 135 degrees celsius. Remove and allow them to cool.

2. Cranberries can be dried the same way except on a baking tray, or, you can let them air dry. Alternatively you can let them sit out on a towel for a few days near a sunny window. They will dry naturally and still keep their round shape nicely.

3. Pop your popcorn, and now you are ready to start stringing!

4. Thread your needle and begin by stringing five cranberries (more if you wish) through the needle.

5. Add a dried orange slice. Just sew directly across the top of the orange and make a stitch to be sure it stays put.



6. Finish the pattern with a few pieces of popcorn. Take caution with this step as the popcorn crumbles easily. Once you have added the popcorn, you can then start the pattern over.

7. Why not try a few variations of the numbers that you alternate to give you different looking garlands!

Frosty Candle Jars

Supplies:

- Glass Jars
- Clear drying craft glue
- Epsom salts
- Greenery, berries & twine
- Flameless battery tea lights
- Hot glue

Directions:

1. Scatter some of the Epsom salts on to a paper plate.

2. Apply a layer of glue around the jar. Be careful not to layer it on too thick or the glue will start to drip once the Epsom salt is applied.

3. Sprinkle the Epsom salt around the jar until evenly covered. Place the jars on a cleanable surface or newspaper in case glue drips down while drying. Allow the jars to dry for several hours, preferably overnight.

4. Attach greenery and berries to the neck of the jar using a dot of hot glue. Then wrap twine around the mouth of the jar a few times and tie off with a bow.

5. Add a flickering tea light to create luminaries for your holiday decor.





THE FIRM YOU CAN TRUST

BURTON

PAVING & LANDSCAPING

- Block paving & patios
- Tarmac driveways
- Fencing
- Retaining walls
- General landscaping
- 10 year guarantee
- No deposits required until completion.

T: 01283 329711

M: 07956 149399

E: premierburton@gmail.com

W: www.burtonpavingandlandscaping.co.uk



3 Horninglow Road North
Burton-Upon-Trent
Staffordshire
DE13 0SL




BLAKENHALL PARK

High Quality modern Offices, Storage and Containers in beautiful rural settings

Fed up with the city? GO GREEN!

- Enjoy Barn Converted offices with original features
- Benefit from ample parking for your staff and visitors
- Secure site with CCTV • Comfort heating/air conditioning
- Flexible container/storage options



www.blakenhallpark.co.uk

Blakenhall Park, Barton under Needwood, Burton on Trent, DE13 8AJ.
Tel: 01283 713 901 Email: info@blakenhallpark.co.uk

Alrewas Motors



M.O.T
Servicing
Mechanical
Repairs

Now Fitting Tyres at Competitive Rates

Your **Local** M.O.T Testing Station

Courtesy Car Available

Friendly Reliable Service

All Major Credit/Debit Cards Accepted

Free Collection & Delivery in Local Area

Book today **01283 790 104**

Unit 1, Station Yard, Alrewas, Burton on Trent, DE13 7BD
Follow signs for National Memorial Arboretum



International Men's Day

Let you didn't know that the 19th November is International Men's Day? The day intends to make a difference in the lives of men and boys and help people consider the issues that affect men and boys such as:

- the high male suicide rate
- men's shorter life expectancy (including all men's health issues, workplace deaths and homelessness)
- the unaddressed issues of violence against men and boys (including sexual violence and domestic abuse)
- the struggles that boys can face in getting an education
- the unique challenges of the father-child relationship

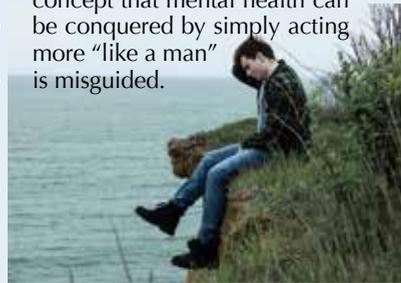
In recent years, this has grown and expanded from the opportunity to avoid shaving for 30 days to addressing many health topics including suicide prevention among men.

Part of the stigma that still exists about mental health for men is that men have greater difficulty talking about their own struggles than women do.

Why does it seem to be more difficult for men to address their own mental health? Men are still faced with some outdated stereotypes, these include expectations of strength, dominating positions of power, the idea that strong and silent is alluring/attractive, the "show no weakness" bravado of heroes in our media.

In many of these macho images, there is little room for showing poor mental health. The men who are most revered in society (famous, wealthy, successful, powerful) are not always ready to admit their struggles in public and that can leave the "average bloke" feeling uncertain about speaking out.

The expression "man up" is still often used for the wrong reasons, unfortunately. The concept that mental health can be conquered by simply acting more "like a man" is misguided.





BURTON'S WOOD, LAMINATE & KARNDEAN FLOORING SHOWROOM

HOME of FLOORS

With over 300 Laminates and 100 Real Wood designs on display

Karndean	✓	Quick-Step
Balterio	✓	COREtec
Villeroy & Boch	✓	Aqua Step
V4 Wood Flooring	✓	Vinyl Click
Underfloor Heating	✓	Installation Service

Call 01283 544 486

Unit 2, Burton Enterprise Park, Hawkins Lane DE14 1QG
(next to Herron Windows, opposite Speedy Hire)



www.homeoffloors.co.uk

FREE UNDERLAY WITH ANY FLOORING PURCHASE OVER 10M² WITH THIS ADVERT

*Terms & Conditions Apply



JNJ Construction Midlands Ltd

Building & Joinery Contractors
 Extensions & Alterations
 Kitchens, Bathrooms, Tiling & Natural Stone
 Windows, Doors and Conservatories
 Drives, Patios and Fencing
 Plumbing, Heating & Electrical
 Property Maintenance



3 The Square, Mosley Mews, Rolleston on Dove
01283 845183 07946 497199
www.jnjconstructionco.co.uk

barton furniture restoration

Restoration,
 repairs and
 french /
 traditional
 polishing.



Call or email
 for a
 quotation.

call Chris: 07798 612 500
 email: barton.furniture@yahoo.co.uk

CW Tree Services



Burton Tree Surgeons, Specialists in Tree Care and Maintenance with over 25 year's experience

Fully qualified to NPTC standard and fully insured for peace of mind

Hedge cutting & maintenance work

Ecology & Recycling - as well as taking trees down, we strive to recycle as much of the tree as possible

Thinning, shaping and pruning we can deal with all your garden maintenance

Stump grinding service also available

We undertake Local Authority, Private Business and Commercial contracts and also provide services for the general public

Tree surveys & mortgage reports undertaken



Call us today on:

01283 711 702 / 07774 917 385

Email: cwtreeservices@gmail.com

www.cwtreeservices.co.uk

By The Barn *by Angela Sargent*



The colourful leaves are flying off the trees with the windy weather and drifting into banks alongside fences and walls, potential homes for bugs and small mammals.

November brings short days and some frosts won't go amiss either, as mild and damp air causes problems for housed livestock - ours are still outside but we are getting the sheds ready for them.

Pheasants are seen picking over dropped feed and straw, accompanied by numerous crows and small birds and there is a cacophony of caws and croaks and trills when they are disturbed.

Although we haven't any cats of our own, several are seen in the sheds hunting for hungry mice and small rats or anything else they can find.

Follow Angela on Twitter @bythebarn

R.E. Russell - Trading as

Fabriclean
SPECIALIST CLEANERS

Upholstery inc:

Leather, Carpets, Oriental Rugs,
Curtains & Soft Furnishings

Deodorising inc:

Carpets & Fabric Protection Products
All Services Fully Insured

Contact

Bob Russell

Telephone: 01543 432356

Mobile: 07701 027311

email: bob-russell@hotmail.co.uk

A friendly, efficient service from an
established family business since 1988.

Architectural Design



- Planning Applications
- Building Regulations
- Building Design

niche
architecture



We provide the complete architectural service from planning through to construction. Our drawings are of the highest quality and accuracy with exceptional attention to detail.

Please contact us for a free no obligation initial consultation.

Call us on 01283 499451

www.nichearchitecture.co.uk

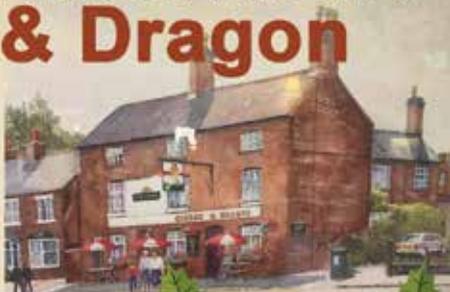
enquiries@nichearchitecture.co.uk



The George & Dragon



Our great local pub is famous for:
Food 7 days a week
Stunning new Beer Garden
Cosy Snugs
Local Cask Ale



Join us throughout December
2 courses - £13.99
3 courses - £15.99
(excluding 25th December)

[f georgeanddragonalrewas](#)
www.georgedragonalrewasburtonupontrent.co.uk
120 Main Street - Alrewas - DE13 7AE Tel: 01283 790849

Bridal Designs

OF

BARTON UNDER NEEDWOOD LTD

56-58 Main Street
Barton-Under-Needwood
Burton-On-Trent
DE13 8AA

Tel: 01283 712 799

info@bridaldesignsofbarnton.co.uk

Bridal Gowns ~ Bridesmaids ~ Flower Girls ~ Prom Dresses



A CHRISTMAS TO REMEMBER

With something for everyone to enjoy, the Arboretum is the perfect place to gather with family and friends this Christmas.

Holly Wreath Making Workshops

1 & 2 December

The perfect Christmas activity! All materials are supplied and mince pies and mulled wine will provide a warming festive treat.

£30 per person
Booking essential

Festive Food and Gift Fair

1 & 2 December

Browse the many stalls of artisan foods, handmade gifts, jewellery and pamper items to find the perfect gifts for your loved ones.

Free entry

Carols by Candlelight

22 December

Set amongst illuminated trees and hundreds of candles, join us to enjoy a variety of sing-along festive favourites.

Free entry



Illuminated Arboretum

12 – 21 December

NEW FOR 2018

A stunning and awe-inspiring immersive experience, this event will see the Arboretum and some of its memorials 'shown in another light'.

Tickets from; Adult: £12.50; Under 16: £7.50; Under 5s: Free.
Groups* discounts available. Advance booking required.

*Groups of ten or more.

Visit www.thenma.org.uk or call **01283 245 100**
for more information and to book.

Give A Seat



For some older people Christmas is just another day. It's a shocking statistic, but around 1.4 million older people find their days repetitive and admit Christmas passes them by.

If you have an elderly neighbour that lives alone, why not pop by and invite them to your Christmas dinner?

Loneliness is something that no-one should ever suffer, and often people feel it most at this time of year. An extra plate and a seat at your table could make that person's year and help them feel loved and valued.

If you're interested in helping to make a bigger impact this Christmas, the charity 'Community Christmas' believes that no older person in the UK should be alone on Christmas Day unless they want to be.

They encourage communities to provide companionship to older people on Christmas

Day by running a community Christmas Lunch event, joining up with others at a local pub or restaurant, popping round for tea and cake, perhaps organizing a film viewing or anything else that can be enjoyed by all those that take part. This should be a chance to meet up with old friends and make new friends creating bonds in the community that last well beyond the single day.

If you are part of an organisation that is interested in hosting a local event. Please get in touch with www.communitychristmas.org.uk to let them know so that they can publicise your event for you.



TROPIC
SARA STRAWFORD
 Tropic Ambassador
 07761 840 390
sara.tropic@hotmail.com
www.tropicskincare.co.uk/shop/sarastrawford

Beauty with a conscience.
 Vegan, cruelty-free skincare.

We offer a natural range of products free from: Parabens, SLS/ALS, unsustainable palm oil, formaldehydes, phthalates, alcohol/ethanol, methylisothiazolinone, mineral oils/petroleum, gluten, lanolin, talc, triclosan, beeswax/honey, harsh preservatives, toxic chemicals, microbeads

100% natural
 Why not host a pamper party and receive 15% commission
 Free facials available
 Order directly from my shop website

pure · honest · effective

FLITCHWOOD
 TREE SERVICES

All Aspects of Tree Surgery:
 Thinning
 Reshaping
 Crown Lifting
 Dead Wooding
 Hedge Cutting
 Health Inspections

City & Guilds NPTC

Fully insured, professional, friendly, competitive and qualified.

Call Chris for a Free Quote
01283 821681
07834 805707
 email: fliitchwoodtrees@gmail.com
www.fliitchwoodtreeservices.co.uk



Yoxall Windows & Plastics Ltd.

Specialists in all types of UPVC

- 10 Year insurance backed guarantee -
- Fensa Registered -
- Energy A rated windows -
- Eco friendly -
- Triple glazing -

Finance now available!



www.yoxallwindows.co.uk

T: 01283 617 716 M: 07748 845 959



**Personalised Christmas Keepsakes
Deadline - 1st December 2018**



Silver Charms
Paint a pot
Foam Clay
Baby hand & foot prints
Parties



Booking essential

For all children aged from 0 to 100 years!
Family fun for all Generations to enjoy together.

Barton Marina,
Barton under Needwood,
Tel: 01283 711341

Mercia Marina
Willington
Tel: 01283 617567

THE ALPHABET

GIFT SHOP & COFFEE BAR



Fabulous Personalised Gifts & CoSy Coffee Shops

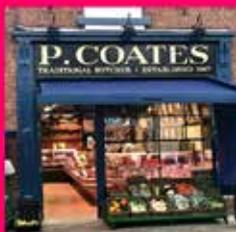
44 Station Rd, Mickleover DE3 9GH T 01332 513033 www.thealphabetgiftshop.co.uk

OPEN Monday - Saturday 9 - 5.30, Sunday 10-3pm

9-10 Union Street, Burton-on-Trent DE14 1AA T 01283 749933

OPEN Monday - Saturday 9 - 5.30pm, Sunday 10 - 4pm





Peter Coates Traditional Butchers

Alrewas~Borrowwash~Tamworth~Wollaton

Christmas at Coates

NOW TAKING CHRISTMAS ORDERS

Barn & Free range Bronze Turkeys

Free range Geese & Ducks

Easy carve Turkey Breast joints

Packington Free range Cockerels

Packington Free range Pork

Local Game & Venison. Pork pies,

Game pies, Hams, Pigs in blankets



PACKINGTON
-FREE RANGE-

A family
Business
for over
110 years

100 Main street
Alrewas
Burton on Trent
Staffordshire
De13 7ae

TEL: 01283790205

Info@coatestraditionalbutchers.co.uk



FIREPLACE GALLERY Est 1994

Visit the largest fireplace showroom in the area and see our huge range of multi-fuel stoves, gas and electric fires. Including our great selection of marble, stone and wood fireplaces.

Also cast iron inserts as well as chambers for all stove appliances.

We supply all manner of fireplace accessories, including safety guards and screens, companion toolsets, coal buckets and log holders.

01283 509 003

www.fireplacegalleryuk.co.uk

Unit 2, Eccleshall Park, Hawkins Lane Burton on Trent DE14 1PT
Next to Plumbase

- Open Mon-Sat
- 9am-5pm



Shelf Shenanigans

We've reached the time of year when Santa sometimes sends his elves to visit houses. Sometimes you'll be lucky and the elf goes about his business unseen, but sometimes, just sometimes a naughty little elf will stay until Christmas wreaking havoc around your home.

There are tales of these cheeky elves around the world so we thought we'd share some reports of what elves might get up to, so keep your eyes peeled!



- 1.** Elf sticks googly eyes on fruit!
- 2.** They write rude words on the fridge with magnetic letters!
- 3.** They get trapped in jars.



- 4.** They go ballooning in your underpants.
- 5.** Sometimes elves put sticky tape across doors to trap you!

6. Elves sometimes wrap the family toilet like a present!

7. Elves often make 'snow angels' in sugar or sprinkles!



8. Sometimes they 'pea' themselves!

9. Elves often throw toilet paper around the house!

10. Elf sometimes eats all the chocolate spread!

11. These cheeky helpers sometimes hide in the cereal!



12. Cheeky elves draw on family pictures with dry-wipe markers!

13. Some wipe their bottoms on your toothbrush.

14. Some bring lovely gifts of gingerbread house kits.

15. Good elves carry cards with kind jobs for you to do that day.



16. Elf might use your knickers to decorate the tree!

17. Sometimes elf will stick paper santa hats on all your family photos!

18. Elves will fill your shower to the top with balloons!

19. Some elves have been known to draw on sleeping family members with lipstick!



20. Some elves go fishing in your loo!

21. They have wild parties with your toys!

22. They throw sweets around the house!

23. They take silly elfy selfies for you to find!

24. They stick funny stickers on your parents!



AstlePaterson

When trusted experience matters

the future is theirs

You spend your whole life working hard for your family. Don't let it be for nothing. If your Will isn't up to date, the fruits of your labour might not make it to those you'd want.

Sarah Nash is Head of Wills at Astle Paterson, with over a decade's experience in helping others protect their legacy. Get in Touch. Leave a lasting impression when you're gone.



BUSINESS & COMMERCIAL · CONVEYANCING · FAMILY · LITIGATION · WILLS, INHERITANCE · TAX & PROBATE · EMPLOYMENT

01283 531366

www.astlepaterson.co.uk

Clay House, 5 Hominglow Street
Burton upon Trent
Staffordshire, DE14 1NG

Sarah Nash
Solicitor; Head of Wills,
Inheritance Tax, Probate & Trusts



RVT

Rea Valley Tractors

END OF SEASON SPECIALS NOW ON!



CONTACT US FOR THE BEST PRICES!



Viking MB248
Lawnmower was
£340 inc VAT
NOW **£234** inc VAT



Stihl HS45
Hedge Cutter
was £275 inc VAT
NOW **£215** inc VAT

Contact Mick Reeves for details!
Mob: 07736 693158 Tel: 01283 821345
Rea Valley Tractors
Ashacres Ind. Estate, Draycott in the Clay,
Sudbury, Derby DE6 5GX
mickreeves@reavalleytractors.com
www.reavalleytractors.com



JOHN DEERE



A Winter Collection

We have a solo exhibition of new paintings by resident artist Deborah Walker, at 'the gallery @ Ridware Arts' in the lead up to Christmas this year, opening on Saturday 17th November. Open all year round, Thursday to Saturday 10am – 4pm, please telephone on other days, because if we're in, we're open!

This exhibition runs until Friday 21st December, so why not indulge yourself and make shopping for gifts a pleasure? The gallery is the working studio of Deborah Walker RI RSMA, an elected member of the Royal Institute of Painters in Water Colours and

recently elected full member of the Royal Society of Marine Artists. Deb will be painting in the gallery as usual in the run up to Christmas which offers an oasis of calm at this busy time of year. Why not avoid the hassle of city shopping and visit her at 'the gallery' instead? This year's exhibition features new work by Deb and some of the gallery's favourite artists. We have a wide selection of paintings, including a range of mounted, tiny, original watercolours which would make an ideal and unique gift; alongside original prints, ceramics, sculpture, jewellery and glass. Our Christmas Spice, Apple & Cinnamon and Nordic Forest scented candles will surely

put you in the mood for the Festive Season!

For information about workshops for 2019 with Deb, please telephone 01889504102, email, or drop in to view the exhibition and pick up a programme. Be assured of a warm welcome this Christmas! For further information about the forthcoming exhibition please contact Deb at 'the gallery' on T: 01889 504102 or E: deb@walker-art.co.uk

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

the gallery@Ridware Arts

Blythe House Farm, Hamstall Ridware, Staffordshire, WS15 3QQ

T : 01889 504102

E: deb@walker-art.co.uk

W: www.walker-art.co.uk



A Winter Collection

a Festive selection with paintings by Deborah Walker RI RSMA

Opening Saturday 17th November

Gallery open Thursday – Saturday, 10am – 4pm

(at other times please call 01889 504102 - if we're in, we're open!)

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware. Continue to turn or bear left at every opportunity leading to Ridware Arts at Blythe House Farm.

HAVE YOU GOT THE RIGHT COMPUTER?

DO YOU WANT EXPERT AND EXPERIENCED LOCAL SUPPORT?



We can help with your...

- Internet connection
- Computers, printers and networking
- Microsoft office
- Anti-virus software
- Data back-ups
- And even more...

We have a proven track record of supplying local small to medium sized businesses as well as households within our community.

LOOK NO FURTHER...

Call Richard Tate of IBTS Limited on **03303 2301 52** or email richard@ibts.co.uk



Premier No.1 Burton Paving



BLOCK PAVING - PATIO SLABS - LANDSCAPING
BRICKWORK - TURFING - FENCING - PRESSURE
CLEANING - GRAVEL - TARMACADAM

- NO DEPOSIT REQUIRED
- NO PAYMENT UNTIL COMPLETELY SATISFIED
- 7 YEAR GUARANTEES
- QUALITY YOU CAN AFFORD
- 14 DAY COOLING OFF PERIOD
- REFERENCES AVAILABLE

OFFICE: 01283 295 514
DIRECT: 07772 006 036

87 Anglesey Road, Burton-On-Trent, DE14 3PF

Email: premier.no.1paving@gmail.com

WE ARE NOW
OFFERING A
25%
DISCOUNT

Practical members of
Checkatrade.com
Where reputation matters.

WIN!

A £25 Voucher!

at the cedars



For this month's competition, EIGHT lucky readers can win a £25 VOUCHER from **at The Cedars**.

Are you looking for something a little bit different but a lot more special? Then look no further and visit "at the cedars". Their speciality is offering a range of products that are not only exciting to buy but a pleasure to receive. We are sure you will not be disappointed.

Stocking luxury goods and gifts ranging from cashmere throws, innovative lighting and time pieces, the latest and best in scented candles, soaps too good to use, leather and felt bags and much much more, they have something for you.

They also like to enhance your home if they can, from curtains to cushions, blinds to bookcases. Whether their own selection of materials and furniture or taking on commissions, they have supplied a number of local homes with something that is a little bit different and for their customers, a lot special.

"at the cedars" are based in Barton Under Needwood, just off Main Street, behind Slick Hairdressers, with handy parking in the village car park on Crowberry Lane.

So, what are you waiting for? They look forward to welcoming you soon.

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:

**At The Cedars Competition
Local Links Media
Suite 29
Anglesey Business Park
Anglesey Road
Burton-on-Trent
DE14 3NT**

Alternatively, you can e-mail your details to:

local@locallinksmedia.co.uk

The closing date for entries is the 11th December, and the winners will be announced in our January edition.

Good luck to everyone who enters!

At the cedars
Just off Main Street behind Slick (No48)
Barton under Needwood
Staffordshire
DE13 8AA

t: 07973 549685
e: philippa@atthecedars.co.uk
www.facebook.com/pg/atthecedars

**A BROKEN BOILER DOESN'T NEED TO
TURN YOUR WORLD UPSIDE DOWN!**

**NEED A PLUMBER?
WE DO THAT TOO!
01283 713592**



WORCESTER
Bosch Group
Accredited Installer

safe
WORCESTER

*excludes diagnostic work

- Heating repairs
- Replacement radiators etc.
- Leaking pipes repaired
- Controls replaced
- New taps & general plumbing repairs
- Free quotations & no call out charge*
- Gas safety inspections & certificates
- and much more!

T: 01283 713592
W: WWW.BCOSYHEATING.CO.UK
E: SERVICE@BCOSYHEATING.CO.UK

Which?
Trusted trader

10 MONTHS
INTEREST-FREE FINANCE
ON NEW WORCESTER BOILERS

**You can rely on
a Worcester..**
The only gas boiler manufacturer to be awarded
Which? Best Buy for six years running!
...and you can rely on
Bosy Heating to install them.



Professional Upholstery & Carpet Cleaning

Commercial and domestic specialists



- Reliable •
- Honest •
- Friendly •

CARPETS DRY WITHIN AN HOUR!

- ✓ Carpets, Sofas, Curtains, Leather, Hard Floors
- ✓ Curtains cleaned on-site
- ✓ Family business, established 14 years
- ✓ Safe non-toxic products

CALL NOW FOR OUR AUTUMN OFFERS

www.stainbusterseastmidlands.co.uk

Call Tim for a FREE no obligation quote:

T: 01283 531997 / M: 07961 488893

Dirty Oven?

Karen's £5 Off Promotion*
Ovenglean

Ovens, Hobs, Agas,
Microwave Ovens,
Range Cookers,
Cooker Hood
Extractors, etc.

Biodegradable, fume free,
non corrosive.

**Spectacular
Results!**

Find us on Facebook
www.facebook.com/karensovenglean

01283 500065

www.karensovenglean.com

Your Local Oven Cleaning Specialist

*Terms and Conditions apply. See www.karensovenglean.com

TOP
FURNITURE

VISIT US AT STATION ROAD, UTTOXETER, ST14 8AX
WWW.TOPFURNITURE.CO.UK • TEL - 01889 560999

What's On Guide

TUESDAY 20TH NOVEMBER

Footprints Orphanage

From 7.30pm at St Mary's Church, Stretton. Come and hear the amazing story of Footprints Orphanage in Kenya from founder Kerry Wanjala (formerly Watson, originally from Stretton) and her husband Patrick. Free entry. www.footprintsorphanage.com

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 21ST NOVEMBER

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

Talk About William H Coltman VC

Speaker Tim Coltman (grandson of William Coltman VC). Tim will be giving a talk on the life of his grandfather whilst serving in the Great War (1914-1918). This talk is to be held at Burton Library on 21st November 2018, doors open at 7:00pm for a 7:15pm start. Tea/Coffee/squash/water available (no additional charge).

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 22ND NOVEMBER

New Beginnings

Mature Singles Friendship Group (55yrs+). 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 23RD NOVEMBER

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 24TH NOVEMBER

Calligraphy Workshop

Internationally renowned calligrapher, Peter Halliday will be teaching on the beautiful St Chad Gospels (on show at Lichfield Cathedral) and tutoring us how to create the beautiful Uncial Style lettering it is written in. A very special workshop! Beginners and experienced calligraphers and artists are welcome. Contact mercianscribes@yahoo.co.uk for more details. Booking essential. At Stretton Priory Centre. 10am - 4pm.

SUNDAY 25TH NOVEMBER

Christmas Lights Switch On

At the Market Place in Burton. Entertainment from 2pm. Christmas market, brass band, fun fair, light switch on and fireworks from 5pm.

MONDAY 26TH NOVEMBER

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 27TH NOVEMBER

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 28TH NOVEMBER

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 29TH NOVEMBER

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 30TH 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 1ST DECEMBER

Burton Big Band Christmas Concert

Christmas Concert at St Mary's Church, Stretton on Saturday 1st December, starting at 7pm. Tickets are £5 each, including refreshments, and are available from Paul Spencer on 01283 561566.

Family Festivities at Markeaton Park

Christmas in the park for all of the family with a free elf trail, festive food, music and much more. www.derbylive.co.uk

An Evening With The Siddiquis

At Derby Deda, 7.30pm. You'll be entertained by the musings of the local Derby trio; Dad (Sid) and his two sons Umar and Bassit. Join them to discuss everything from major news events, comical Derbyshire quirks and to get the inside scoop on any backstage Gogglebox gossip! All delivered with the Siddiqui brand of dry humour, self-deprecation and pseudo-intelligence, there'll sure be a lot of laughs along the way! www.deda.uk.com

SUNDAY 2ND DECEMBER

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 3RD DECEMBER

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 .

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

Find more events on our website

TUESDAY 4TH DECEMBER

Twelve Days of Calke's Christmas

Experience magical Christmas weekends at Calke Abbey, with lights, illuminations and twelve days of Calke's Christmas. www.nationaltrust.org.uk

WEDNESDAY 5TH DECEMBER

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 DECEMBER

Prosecco Shopping Evening

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

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 Rolleston Club. Join us for speakers, quizzes, games, lunches, coffee mornings, day trips and holidays. Phone Stuart and Penny 01283 716626

FRIDAY 7TH DECEMBER

Friday Night Crib Club

Every Friday at 7.30pm. We are a small friendly club who meet at the Wyggoston 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.

SATURDAY 8TH DECEMBER

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.

A Christmas Concert with Beatus

Musical Director James Foulds 7.30pm on Saturday 8th December 2018 at St. Peter's Church. An evening of a Capella singing of old and new Christmas carols and songs. All profits raised will go to St. Peter's Church. Tickets £7.50 to include refreshments available at the door or from a Church Warden.

SUNDAY 9TH DECEMBER

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 10TH DECEMBER

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 0BV. hello@dancewithredandginger.com

TUESDAY 11TH DECEMBER

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 12TH DECEMBER

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 13TH DECEMBER

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

FRIDAY 14TH DECEMBER

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!

COMPETITION WINNERS

Congratulations to our **Burton-On-Trent Golf Club** competition winners, each winning a round of golf for 4 people:

Mr. Uncles, Burton-on-Trent
Shirley Pepperell, Stretton
Ryan Billington, Rothley
Mitch Pritchard, Stretton
John Wilkins, Lichfield

Look out elsewhere in **LOCAL LINKS** this month to **win a £25 Voucher from At The Cedars.**

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

Derek's Tree



This November we see the familiar and much loved return of Derek Liddle's tree. The tree offers our kind-hearted public the opportunity to bring smiles to the faces of hundreds of East Staffordshire children every year.

Visitors can take a tag off the tree in Coopers Square shopping centre. The tag will contain a request for a present from a child that would otherwise receive nothing at Christmas.

The tree tradition was established by Mr Liddle 22 years ago who wanted a community tree in the town centre to support children that need a boost during the festive season. Derek's Tree relies on a team of dedicated volunteers that help every year

Every year a number of local businesses offer their support and working with the Derek's Tree organisation and get involved by having their own tree at their site.

If you wish to get involved you will need to choose which present to buy and which child to buy for. The children's requests vary and usually the value of the gifts requested are

between £5 and £20. You will surely find an item that you can afford and know where to buy it.

Once you've bought the present, take it back, along with the original tag, to the volunteers who will wrap the gift for you, and do the rest to ensure it gets to the correct child.

If you'd like to donate your time to help, there is always a need for people to help and wrap up the 2,000 gifts.

For more information visit Derek's Tree Facebook page or can also contact the volunteers on 07871 011562.

CLEAR VIEW HOME SOLUTIONS

Call: 01283 342 066 Free: 0800 061 4184
www.clearviewhomesolutions.co.uk

Established 1980



FOR ALL YOUR ROOFING NEEDS

- Specialising in New Roofs
- Flat roofs
- UPVC Replacement Facias & Gutter
- Chimneys Pointed
- Tiling & Ridge Tiles
- Lead Work
- Dry Verge end Caps
- All Building Work etc.

20% DISCOUNT WITH THIS ADVERT





Marvellous Mushrooms by Rebecca Tucker

Mushrooms are in season, so why not make the most of their delicious flavour and improve your health at the same time? One of the great benefits of mushrooms is their ability to support the immune system. So with the colder weather now upon us, they might just help keep those coughs and colds at bay!

Here's a rundown of some of the benefits of mushrooms, so you can be confident you're doing your health a favour by including them in your diet.

Immune Support

Mushrooms are the only plant based source of vitamin D, which is needed for a healthy immune system. Food sources of vitamin D are especially useful in the autumn and winter months when we aren't able to get as much from the sunshine. Mushrooms also contain selenium, a powerful antioxidant that can give your immune system a boost. Shiitake mushrooms offer even more immune enhancing benefits; they contain a substance called lentinan which has antiviral and antibacterial properties.

Reduce Inflammation

The majority of mushrooms contain an amino acid called ergothioneine which helps reduce inflammation and can protect the body's cells from damage.

Gut Health

When eaten raw, mushrooms contain prebiotics that feed the good gut bacteria. This helps maintain the balance of friendly bacteria, helping to support a healthy gut.

Heart Health

Mushrooms may help lower cholesterol and contain phytonutrients that could prevent plaque from building up in the blood vessel walls. This helps protect the heart by maintaining healthy blood pressure and circulation.

Rebecca Tucker is a Registered Nutritional Therapist practising at The Natural Healthcare Centre in Burton. For further information visit www.nourishbalanceglow.com




NEEDWOOD
Living

Based in the heart of Staffordshire in the picturesque village of Alrewas, our shop is packed with ideas and inspiration for your home. It is also incorporates Jo Raybould Interior Design, for those who might require the services of a professional designer.

01283 711 272
needwoodliving.co.uk

Thursday 6th December 6pm - 8pm
PROSECCO SHOPPING EVENING
136 Main Street, Alrewas, DE13 7ED

Now open on Saturdays

Home of
JO RAYBOULD
Interior Design
info@joraybouldinteriors.co.uk
07540 350952

Specialists in Tree Care

FAIRVIEW ARBORISTS LTD



Fairview Arborists Ltd
Professional tree surgeons

All Aspects of Tree Surgery
INC. STUMP GRINDING

We provide a full range of arboricultural services to domestic & commercial clients throughout the Midlands

For a **FREE** quote call:
01543 473255
www.fairviewarb.co.uk





NEEDWOOD
PLUMBING & HEATING SYSTEMS

INSTALLATION MAINTENANCE
& REPAIR TO DOMESTIC PLUMBING
& CENTRAL HEATING SYSTEMS





Telephone: 0845 838 7808
Mobile: 07760 780842
email: info@needplumbing.com
www.needplumbing.com



ESTABLISHED 1983




WHY STORE WITH US?

- FAMILY RUN BUSINESS - we live on the site
- RURAL LOCATION
- EASY ACCESS - no traffic congestion
- ALL ON ONE LEVEL - no lifts
- CLEAN, DRY, INSIDE STORAGE
- 24/7 ACCESS
- VERY COMPETITIVE RATES

YOU HAVE

- EXCLUSIVE USE OF YOUR OWN SPACE
- THE ONLY KEYS
- NO NEED FOR LADDERS
- UNDERCOVER LOADING BAY
- SECURE, SAFE STORAGE

OUR FACILITIES

- ELECTRONIC FOB DOOR ENTRY
- CCTV
- FULLY ALARMED
- FREE USE OF TROLLEYS
- PACKAGING
- SPECIALIST UNITS - store paintings, books, etc





Winner



Tel: 01283 711 564 Mob: 07815 741 729
www.barn-store.co.uk

Sherholt Lodge,
Dunstall,
Burton on Trent
DE13 8BN

Arrival Of The Messiah? *by Perry Deakin*

So the latest 'messiah' has arrived at Villa Park and for hundreds of thousands of Aston Villa supporters they hope this will be the one!

Dean Smith has taken over from Steve Bruce who was fired by the club's new owners only three months into the season, following a less than impressive start, which saw his side records only 3 wins in their first 12 games to slip into the bottom half of the Championship, with fans chanting on a regular basis for his removal as manager.

There was certainly a level of sympathy for Bruce across the sports media pack, if not universally across Villa's supporter base. He had vowed to remain at the club during a very turbulent summer period when it looked highly likely that the club would fall into administration following woeful mismanagement from their Chinese ownership, and lost both of his parents to illness in a very short period of time – a dreadful burden to carry into a season which he knew would define his time at the club.

New owners arrived; invested significant sums in steadying the financial ship and after a great deal of speculation surrounding their desire to appoint a high-profile manager (and Va Va Voom! Thierry Henry seemed to be the man they considered), announced that they had faith in Steve Bruce and reassured him that he was the man for them!

Three months later Bruce was no-more and left with the boo's and jeer's of Villa supporters ringing in his ears – but weep not for the former Manchester United Captain, his £2 Million pay off will have softened the blow somewhat!

And so, the latest candidate for legend status at Villa Park arrived and this time there were a couple of differences. Not for these owners one of the old-boys network who revolve around the game, sweep in part-way through the season, fail and ultimately leave again with huge pay-offs (Think Sam Allardyce, Alan Pardew and Mark Hughes). No, Villa's owners decided against that predictable route and appointed a manager who had served his time in the lower leagues with Walsall then turned unfashionable Brentford into one of the most attractive, attacking sides in the Championship (who had also and significantly, 'spanked' Villa's backside when the sides had played one another).

Dean Smith's football philosophy revolves around a passing game which is extremely easy on the eye but crucially also has a cutting edge – Barcelona created, ticky-tacky football which saw dozens of passes before an attempt on goal does not inspire fans in England and Smith's style of passing mixed with the occasional longer ball also made Brentford one of the divisions higher scoring sides and Villa supporters look forward to seeing that type of

football from their side, as they re-establish a challenge for promotion.

But there is another element to Smith's appointment which made him an exciting choice as far as supporters are concerned and will also give him a much longer honeymoon period than most – He is an Aston Villa supporter and this means just as much as his experience, style and philosophy as far as the Villa faithful are concerned!

Smith is from the area and grew up supporting Villa. His father also worked at Villa Park on matchdays and supporters know that wins and losses will mean as much to Smith as they do to them.

It may take a while to instil his influence on the football Villa play because fitness levels will need to be improved and this is not a quick fix (players certainly seemed to lack a high level of fitness under Bruce) – but supporters will give him time and get behind him.

Maybe Dean Smith is the one!!



LOCAL LINKS SUDOKU

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

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.

LJS-72-39

Has Your Double Glazing Steamed Up?

All Glazing Backed By Our
**25 YEAR
GUARANTEE**

Priority Freephone
0800 61 21 118

cloudy 2 CLEAR
WINDOWS
REPLACING YOUR FAILED DOUBLE GLAZING



www.cloudy2clear.com

BOOK ONLINE OR CALL: 01283 544389

- All skip sizes
- All areas
- Same day delivery
- Now offering Grab Hire
- Fully Licensed
- Road Permits Arranged



Nicolson Way, Off Wellington Road, Burton on Trent, Staffs DE14 2AW

FAMILY RUN BUSINESS, FRIENDLY STAFF, QUICK RESPONSE
www.golding-skips.co.uk



GOLDING
SKIP HIRE



GET YOUR NEW **68 PLATE** **FIESTA ACTIVE** TODAY!



ALSO AT T.C.HARRISON FORD



**FORD SERVICE
AND MOT**



**BODY SHOP
REPAIR**

THE T.C.HARRISON **ONE STOP SHOP**



**TYRES & WHEEL
ALIGNMENT**



**MOUNTUNE
PRO DEALER**

For more information visit the website: tch.co.uk



T.C.Harrison Ford
"There's no comparison"

01332 417 056

Stadium View, Pride Park,
Derby, DE24 8JH

01283 240 573

Horniglow Street,
Burton on Trent, DE14 1NR



Official fuel consumption figures in mpg (l/100km) for the All-New Fiesta Active range: urban 381-70.6 (74-4.0), extra urban 601-83.0 (4.7-3.4), combined 49.5-78.4 (5.7-3.6). Official CO2 emissions 129-96g/km. The mpg figures quoted are sourced from official EU-regulated test results (EU Directive and Regulation 715/2007), are provided for comparability purposes and may not reflect your actual driving experience. Contact T.C.Harrison Derby or Burton for full details.

Putting your pet first

Pool House Veterinary Group has been serving the local community for over 150 years. Today we aim to provide a friendly and efficient service, working with you to ensure your pet receives the very best from first vaccination through to senior years.



Vaccinations
Acupuncture
Cardiology
Dermatology
Surgery

Microchipping
Xrays
Prescriptions
Pet Passports
Hydrotherapy
Ultrasonography

Home Visits
Emergency Care
Dental Procedures
Neutering
Puppy Parties
Key-hole Spays

First
class care
for your
pets



'A massive thank you to all the staff at pool house vets who cared for our little lady. Words can not express how thankful we are for all that you did whilst she was in your care, and for making us feel so welcome'

Hannah Jones

24hr emergency out of hours care

ARMITAGE
17 New Road
Armitage, Rugeley
Staffordshire
WS15 4AA
01543 491149

BURNTWOOD
151 Cannock Road
Burntwood
Staffordshire
WS7 0BB
01543 682305

LICHFIELD
Fosseway Lane
Lichfield
Staffordshire
WS13 8JY
01543 262464/433

MERE GREEN
Carlton House
Mere Green Road
Sutton Coldfield
B75 5BS
0121 308 5555

FREE ONSITE PARKING AT ALL OUR BRANCHES

poolhousevets.com