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ISSUE 122
FREE

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*Groups of ten or more.

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for more information and to book.

LOCAL LINKS



ISSUE 122

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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!

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Next issue out from:

Wed 12th December

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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.





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International Men's Day

Bet 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
- the sometimes negative portrayal of fathers, and, men and boys.

International Men's Day in the UK provides a fantastic opportunity for you to have some serious fun and highlight some of these serious issues.

International Men's Day (IMD) is a global day of observance held every year in more than 60 countries around the globe and is a global grassroots movement that invites every man, woman, girl and boy in the world to come together and celebrate men and boys in all their diversity.

As a day of observance IMD places its focus on that which unites humanity –

giving everyone who wants to celebrate International Men's Day the opportunity to help work towards IMD's shared objectives which are applied equally to men and boys irrespective of their age, ability, social background, ethnicity, sexuality, gender identity, religious belief and relationship status.

Those objectives are:

- To promote male role models
- To celebrate the contribution that men make
- To focus on men's health and wellbeing
- To highlight the discrimination against men the inequalities that men and boys face
- To improve gender relations and promote gender equality
- To create a safer world for everyone.

This month we also celebrate 'Movember' where men sport a variety of moustaches to raise awareness of men's issues.

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.

One by one, more of these revered men are coming forward and openly addressing mental health; footballers, politicians, actors, anyone can talk about it. These men are not weak or failing by speaking out, in fact, they are the brave ones.

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.





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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.

The nutrients released as they decompose feed the hedge bottoms and future plants, whose seeds are also laying dormant.

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.

The cooler weather increases their appetites, especially as the grass has lost its nutritional value and so we are feeding them with silage daily, not over feeding them as it is worth its weight in gold this season.

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.

Our sheep need to move to where the grazing is available and we are continuing to take our finished lambs to market. Ted is having lots of exercise and works well as he approaches four years old, a large and beautiful long limbed collie but still daft as a brush and his partner in crime, Pip, loves him to bits and tries to copy him without any real idea of what she is doing (if she is allowed).

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

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Black Friday Fibs

Bargain hunters beware! Black Friday deals don't always represent the best possible value and sometimes items can be cheapest during other sale times.

Regardless of whether you're shopping online or braving the crowded stores, it's important to remember that Black Friday can be addictive – so don't get caught up in the hype or spend what you can't afford or don't need.

Just because it's on offer, NEVER assume it's the cheapest, and ALWAYS compare prices to ensure what you're getting is really a bargain.

When promoting a discount, such as 'was £100, now £50', the 'was' price should be the most recent price the item was sold at for 28 consecutive days or more, and not a price that is more than six months old.

1. Know what's going to be on sale beforehand, it's easier to check if it's a good offer or not. Follow retailers on social

media and sign up to their mailing lists to keep up to date.

2. Read product reviews before you buy! There's no point getting a 'bargain' on a thing that doesn't do what you want or is poor quality.

3. Be good to go! Make sure you're signed in to your shopping account before you start shopping and consider pre-entering your payment details and shipping details and saving them to your account so you can complete purchases quickly. Websites can slow or crash and stock can sell quickly, so you'll want to get in and out as fast as possible.

4. Tech companies do their best to tempt us into buying their latest release, but last year's models can be more than adequate, and also far more likely to be on sale.

5. If you've got a specific thing in mind, make sure you've got a list of stockists to go to if the website you're on crashes.

6. Some websites, including Amazon, let you save items in your cart or create a wishlist. Doing this makes it easy to see when prices drop. You can click in to your list to see whether anything you have your eye on is on offer.

7. If you don't like crowds, why not try using click and collect services. Pick up your items the following week when the mayhem has subsided!

8. Check the returns policy just in case you regret your Black Friday purchase. Often you can only return non-faulty goods for an exchange or refund if the retailer has a returns policy - almost all shops do, but they're not required to by law. If what you've bought is faulty, that's a different matter. You have 30 days to reject it and get your money back.

So, now you're armed with your action plan, set your budget and stick to it. Good luck in nabbing the deal of your dreams!

Give A Seat



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.

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?

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.



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Monday 10th December: Greece, Turkey, Australia, New Zealand

Friday 14th December: Canada, Czech Republic, Italy, Poland and USA

Saturday 15th December: Finland, Sweden

Monday 17th December: Austria, Denmark, Germany, Iceland, Netherlands, Norway, Portugal, Slovakia, Spain, Switzerland

Tuesday 18th December: Belgium, France, Ireland, Luxembourg

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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!

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And The Band Plays On *by Laura Spencer*



The Burton Big Band have been playing since the early 1960's when it was formed by Les Coates who was a professional musician as well as being the postmaster of Coton in the Elms Post Office at the time. Together with Don Gallimore, Ken Margerrison and Ted Gibbs, Les brought together local musicians and

they played at concerts and dances all around Burton and South Derbyshire and often at Burton Town Hall.

The band has changed over the years but still plays the same timeless classics of the swing era and has a vast repertoire which includes all the great music such as Glenn Miller,

Count Basie, Duke Ellington, and Nelson Riddle and features many of the classic songs of Frank Sinatra, Ella Fitzgerald and Peggy Lee to name a few.

You can hear the Burton Big Band at the Henhurst Social Club where they have a free concert on the third Wednesday of every month, starting at 8pm, and the next one will be on 21st November. They are also performing a 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.

Steve Frost

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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!

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Book Aye The Noo

November sees a lot of Scottish activity! The 30th November is St. Andrew's Day, the patron saint of Scotland, and 'Book Week Scotland' is taking place from Monday 19 – Sunday 25 November 2018.

In honour of all things literary, we thought we'd share with you the top 5 Scottish authors of all time!

5th place...

A gentleman that we'd never heard of, George MacDonald. He was a pioneering figure in the field of fantasy literature and the mentor of fellow writer Lewis Carroll. His writings have been cited as a major literary influence by many notable authors including W. H. Auden, C. S. Lewis, J. R. R. Tolkien

4th place...

Just missing the podium, Sir James Matthew Barrie, 1st Baronet, OM was a dramatist, best remembered today as the creator of Peter Pan. The child of a family of small-town weavers, he was educated in Scotland. He moved to London, where he met the Llewelyn Davies boys who inspired him in writing about a baby boy who has magical adventures in Kensington Gardens, then to write Peter Pan.

3rd place...

The Bronze prize goes to writer Iain Banks who wrote mainstream fiction and science fiction. Following the publication and success of The Wasp Factory, Banks began to write on a full-time basis.

2nd place...

Silver goes to Robert Louis Stevenson a novelist, poet, essayist, and travel writer. His most famous works are Treasure Island, Kidnapped, and Strange Case of Dr Jekyll and Mr Hyde. A literary celebrity during his lifetime, Stevenson now ranks among the 26 most translated authors in the world.

1st place...

The gold medal, goes to Arthur Conan Doyle, most noted for his fictional stories about the detective Sherlock Holmes, which are generally considered milestones in the field of crime fiction.

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Footprints Family



In 2007 Kerry Watson from Stretton volunteered in the village of Majimboni in the Shimba Hills of Kenya. She was deeply moved by the community's struggle to survive and by the plight of orphaned and neglected children.

In January 2008 she returned to Kenya and purchased land with a vision to build and sustain a home for the most vulnerable children who lack even the most basic needs of shelter, food and belonging to family life. Kerry came back

to the UK to begin the huge task of fundraising to make her vision a reality.

With the support of friends, family and local businesses, schools and churches, money was raised to employ Kenyan people to begin construction of the home. The lack of running water and electricity in the village presented many challenges, however Kerry wanted the home to be located where she saw the most need, and where it could also benefit the local community.

Kerry gave up her life in the UK to live in Kenya and worked with the community to identify the most desperate children. A staff of housemothers and fathers were recruited to help

run the home. In April 2010 the orphanage opened its doors to welcome their first 5 children and over the last few years, the Footprints family has grown to 39 children.

Now, Footprints Orphanage is registered as a Charitable Children's Institution in Kenya and it is recognised as one of the best in the country.

To hear more about this incredibly inspirational story and to find out how you can help, come along to 'An Audience with Kerry and her husband Patrick' at St Mary's Church on Church Road, Stretton on Tuesday 20th November at 7.30pm. Free entry.

A collage of four photographs showing different pieces of wooden furniture: a bedroom set with a white bed frame and yellow bedding, a tall wooden cabinet, a dining table with four chairs, and a bedroom set with a white bed frame and yellow bedding. The text "TOP FURNITURE" is overlaid in the center. At the bottom, the text "VISIT US AT STATION ROAD, UTTOXETER, ST14 8AX" and "WWW.TOPFURNITURE.CO.UK • TEL - 01889 560999" is displayed.

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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 wg3nfc.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 Marston's Sports and Social Club, Shobnall Road, Burton-on-Trent. Activities include sequence, ballroom and line dancing to professional live music, bingo, raffles and food nights. Come along and join us and meet new friends. For more information contact Pauline: 01283 519159

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. Contact 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 all 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: Priory 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

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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.

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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



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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!!



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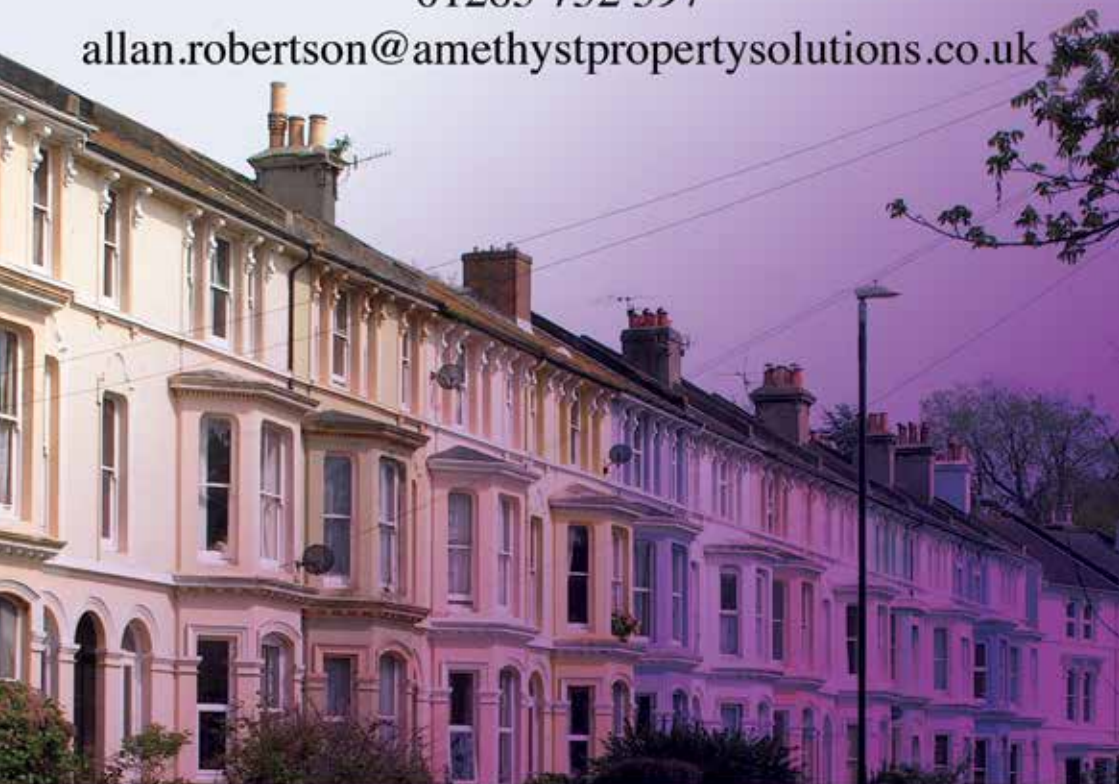
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