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ISSUE 123

FREE

FAMILY TREE

Getting to know it better

FESTIVE FASHIONS

Trends this season

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LOCAL LINKS



Dear Readers,

Only a few more sleeps! We've been super good all year so we're pretty confident that we'll get a visit in the wee hours of Christmas morning. EEEEEEEEE!

This, our most festive issue, is crammed with fabulous christmasness. We're so excited we're probably making words up at this point!

Stuck for something to wear over the holidays? We've got you sorted! Fancy a traditional Christmas event to get you in the spirit? Have a peep at our Christmas feature. Bored of charades? We've got some alternatives that are bound to get you giggling if the sherry didn't already get you there!

So to you, and all our lovely friends old and new, we send the warmest and happiest wishes to take with you into the new year. May all your dreams come true.

Much festive love,

The **LOCAL LINKS** team

... now where are those mince pies?

ISSUE 123

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, Rebecca
Tucker, Perry Deakin,
Fireplace Gallery

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Festive Fashions

We love a good party but hate that usual feeling 'I've got nothing to wear'. We would certainly suggest you don't give up and go to fancy shindigs in the nude... having said that, we don't know what kind of parties your friends throw! Here's our trend tips from the catwalk that are big this winter season.



Animal Prints & Silk

These playful patterns were huge at both Dolce & Gabbana and Max Mara shows. Double up on your trend know-how by buying something in silk the fashionable fabric this season featuring on Moschino and Céline catwalks.
£26.25* - boohoo.com



Silver

Channel that festive Christmas sparkle with a metallic finish silver dress, they were seen at Armani & Dior.
£25.00* - Missguided at Next.co.uk

Loafers

For stylish feet, this season loafers are the must have shoe for guys according to Burberry.
£65.00* - Clarks.co.uk



Brown Again! ...and Check!

Yes chaps, the brown trend applies to you too! Brown suits were the thing to see on the Fendi catwalk. If you're feeling brave, the check and tartan trend making it big at Versace.
£157.00* - asos.com

Leather

Leather is big news for both men and women this season. Dresses made an appearance at Stella McCartney and Givenchy and smart men's jackets popped up at Fendi and Paul Smith.

Dress - £150.00* - armaniexchange.com
Men's Jacket - £380.00* - houseoffraser.co.uk



Pleats & Bronze

Anything pleated is on trend this winter so why not don a pleated party frock? Pleats were seen both at Balenciaga & Valentino. If like us you're wondering what colours are big news, browns, rusts and ochres are the ones to go for.

£79.00* - Phase Eight at Houseoffraser.co.uk



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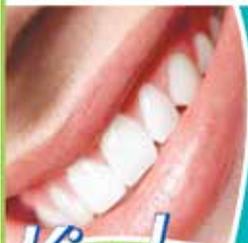
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It's a Wonderful Wine

Are you stuck in a wine rut? Always opting for the same trusty favourite? Christmas is an ideal time to try new wines. Whether you're cooking ham, turkey, or goose then you're in luck we've done the searching for you!

Ham

Baked, smoked, or honeyed hams beg for wines with a dash of sweet. German Rieslings are a white wine that have a hint of fruit sugar which is balanced by the slightly lower alcohol level and slight acidity. This sweet/sharp element goes great with ham. If white wine is not your thing, go for a lighter style red such as a Beaujolais, Pinot Noir or a Spanish Tempranillo.

Turkey

Herb-filled stuffing, roasted veggies, rich sauces, and an assortment of savoury sides tend to be served with this meat so don't forget to factor in these flavours when deciding on a wine. Sauvignon Blanc is hands-down one of the top white wine picks for turkey and savoury sides, as it tends to bring its own herbal tones to the table. Turkey also goes well with Zinfandel or Shiraz.

Goose

This bird tends to be fatty and has a slight gamey flavour. French wines have a long historical partnership with a variety of Goose dishes. Go for a Burgundy or Bordeaux. If you're serving the duck with a fruit-based sauce then perhaps

go for a white wine instead. Gewurztraminer, Riesling, and Sauternes will go really well.

Let's not forget pudding...

Traditional Fayre

Christmas Pudding and Mince Pies are delicious with the similarly flavoured aged Tawny Ports and rich Madeiras; both wines go very well with rich chocolate desserts too. With a traditional sherry trifle serve a sweet Sherry such as Oloroso.



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By The Barn *by Angela Sargent*



Well, if this month carries on the same as previously our cattle will still be outside as the ground is so dry! This will save us using straw for bedding, as we didn't make enough during the drought, but offsetting that will be extra silage being fed to keep them in condition.

The ridge and furrow pasture land, having carried livestock for hundreds of years, looks thirsty but has provided many field mushrooms this Autumn.

It's also the pagan winter solstice (Yule), one of the oldest winter celebrations in the world, held on the shortest day and longest night. It marks the first day of winter and the Oak trees and Mistletoe that grew on them, were considered sacred. Burning a Yule log to banish spirits and bring good luck for the coming year.

Merry Christmas! You can follow Angela on Twitter @bythebarn.



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Armchair Antics

We've all been there, eaten so much Christmas dinner, mince pies and even squeezed in that wafer thin after dinner mint that it's painful to move. Don't let that stand in the way of your festivities, here are some low-impact, minimal movement games that you can play after your over indulgence this year!

STICKIT TO 'EM

A sneaky game that you can play over the course of an entire evening. Everyone has some stickers (a different shape or colour per person) and the challenge is to stick them on people without them noticing. Get stealthy and use up all of your stickers to be the first to win.

ALPHABET STORY

Make up a story with each word beginning with each letter of the alphabet (in the right order) e.g. 'Anne Brown Came Down Every Friday...etc' You can either make a story each and share them, or each player adds the next word!

SAUSAGES

One person is the questioner. They ask each person in turn a question. Whatever the question the answer must always be 'SAUSAGES'. The aim of the questioner is to get everyone out by making them laugh. The last person in becomes the next questioner.



ADVERBS

Whenever anyone leaves the room to grab a drink or another mince pie, everyone in the room decides on a word to describe their behaviour, for example 'angrily', 'sleepily', 'funnily'. Everyone in the room whenever they speak or do something must behave this way. Keep playing until the person who left the room guesses what you're all doing.

If you find yourself sat around a table, why not give some games a go. Some of our favourites are:



EXPLODING KITTENS: £19.99

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PIE FACE: £15.99

Take turns risking the peril of getting a face full of whipped cream or shaving foam!

After you've rested off that dinner, why not laugh and boogie away those pie calories by playing...

THE TISSUE BOX BOP

This hilarious party game takes some prep work but it is worth it. For each participant you'll need:

- an empty rectangle tissue box
- about 10 ping pong balls
- string or ribbon

Thread the string or ribbon through each box so that you will be able to tie it around the waist of the players. Next fill each box with the ping pong balls and you're ready.

here comes the fun part... Tie the tissue box belts around each players waist, making sure the tissue box is in the back. Put on some music and let the players shake their booties to the music. Touching the box with your hands or help from others is not allowed. The object of the game is to be the first to bop all your balls out.

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Christingles



Christingles are hand held decorations that are lit during a Christingle service. These decorations are made from an orange wrapped with red ribbon, dried fruit & sweets with a candle on top. The orange represents the world, the ribbon represents God's love wrapped around the world, the fruit and sweets represent God's creations and the seasons and the lit candle symbolises Jesus, the light of

the world who brings hope to those living in darkness.

Christingle raises vital funds to help children who are facing Christmas alone and are unable to cope and is coordinated by The Children's Society (www.childrenssociety.org.uk).

Christingles are usually held from the start of Advent to Candlemas, with Christmas Eve a particularly popular time for services.

Because Christingle was specifically created with children in mind, the celebrations are the perfect event for children and families

and can be enjoyed by people of all ages – especially if they don't regularly attend church.

Christingles coming up!

16th December: Starts 3.00pm at St Helen's Church - Ashby

16th December: At 10.00am in Wystan Church - Bretby

22nd December: Starts 4.00pm at St. Stephen's Church - Fradley

24th December: Starts 4.00pm at Emmanuel, Church Street - Swadlincote

24th December: Begins 6:00pm at St John's Church - Donisthorpe



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Family Tree

At this time of year when we get together with family, learning more about your family history can be a fun way to spend some time. Many people admit that they don't know as much of their family history as they wish they did. There are some important reasons why you might need to know this information too!

UNDERSTANDING YOUR FAMILY'S MEDICAL HISTORY

Learning about your family history is important to know what diseases family members may have had during their lives. How often have we been to the doctors or had to complete a form that asks about family medical history? Knowing medical histories can help future generations to be on the lookout for signs and symptoms, which may lead to earlier detection and higher chances for successful treatment. You can also study the genetic makeup of your

family members, which can be a tool to determine what risk factors you may have in your future.

BUILDING STRONG BONDS

If you have grandparents or even great-grandparents who are still alive, one of the best ways to learn more about them is to simply talk to them. Ask questions and write down the answers so you can share them with future generations. These questions may include things about how your grandparents met, personal stories from their own childhoods that are meaningful, and important lessons they have learned in their lives. When you talk to members of the older generations, you will be able to strengthen familial bonds while taking an interest and learning more about their lives.

COMPLETING PROBATE

In the unfortunate event of a death in the family, having

good knowledge of family members and extended family members is important. You will be expected to know about full blood Aunts & Uncles, half-blood relatives and even children of those half-blood relatives.

Wills may mention relatives that have since died, pregnant wives, married daughters, grandchildren, you may be surprised who pops up in a will. Having an idea of the current state of the family tree can be invaluable to help you determine how the will gets distributed correctly and fairly.

RESIDENCY & LEGAL RIGHTS

Some citizenship rights can be afforded to people with a citizen ancestor. For those lucky enough to have ancestors from a wide number of countries, getting a second passport can be as easy as filling out some forms and waiting. A number of countries offer what's called "citizenship by descent", a process which allows you to apply for citizenship based on having family born in that country.

Some countries are willing to bestow citizenship to those with family trees that go as far as three or even four generations back, depending on the circumstances.

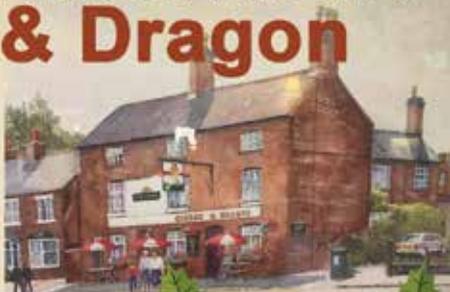




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With all the people coming and going throughout the holidays, your home can sometimes feel like it has a revolving door! All the drop-ins can make you panic... what on earth do you feed all these people? You've not been to the shops and all you've got is leftovers and random things in the fridge! Yikes!

Fear not. Pre-rolled pastry is your friend! Here are some quick and easy nibbles that you can whip up in a jiffy and impress everyone with... even if you *are* still in your pyjamas!

Savouries

Tomato & Cheese Diamonds

Cut your trusty pastry sheet into squares. Grab some random cheese left over from the cheeseboard and grate or spread a teaspoon's worth on to the middle of each square. Top with a slice of tomato, season and sprinkle with herbs. Take two of the opposite points of the square and fold them into the middle over the tomato. Brush with egg or milk and cook as per the pastry instructions.



Spinach Cups

Wilt some spinach (or rocket lettuce instead if you fancy) in a pan then squeeze out the excess water. Chop finely into a bowl, add some random cheese from the cheeseboard either grated or chopped up small and season. Cut your ready made pastry into 3" squares and brush a muffin tin with butter or oil. Lay one square of pastry in each muffin cup and then spoon a tablespoon of your cheesy spinach mixture into each. Brush with egg or milk and cook as per the pastry instructions.



Stuffing Tear'n'share

Roll out the whole pastry sheet and spread with leftover stuffing and sausage meat, leaving one of the long edges with no filling on 1" all the way down. Season your filling or keep getting creative with any other things you'd like to add (random cheesecake anyone?). Brush the long edge with egg. Roll the long edge with filling up until it meets the egg washed edge, give it a gentle press to seal. Cut your long stuffing log into 1" pieces and place close together, swirl side up in a spiral on a well

oiled baking tray. Brush with egg or milk and cook as per the pastry instructions.

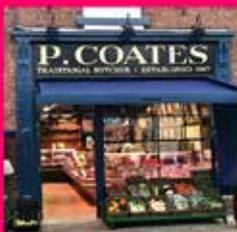


Sweet

Mini Cheesecake Tartlets

Cut your pastry into disc shapes with a cookie cutter or upturned glass. Mix some cream cheese with caster sugar and vanilla extract adding a little at a time until it tastes right for you. Place the pastry circles onto a well oiled baking tray. Drop a teaspoon of sweetened cream cheese into the middle of each disc and top with whatever smoothie fruit you might have in the freezer or languishing in the fruit bowl! Brush the edges of each disc with egg or milk and cook as per the pastry instructions.





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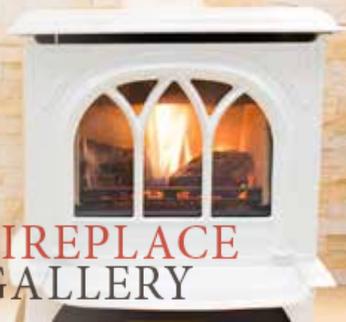
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WIN!

A £200 Voucher from Fireplace Gallery



FIREPLACE GALLERY



For this month's competition, a lucky reader can win a £200 VOUCHER from **Fireplace Gallery**.

Fireplace Gallery are Burton's largest fireplace showroom, where you will find a warm welcome. They offer a large selection of fireplaces, multi-fuel stoves, gas and electric fires and also have a large selection of accessories and spares.

With a fantastic reputation for quality products and customer service since 1994, Fireplace Gallery offer an excellent service that will fulfil your desires when searching for your new Fireplace, Fire or Stove, amongst their impressive range. Fireplace Gallery offer a wide range of fires, stoves and fireplaces with over 80 displayed in their showroom. You will always be greeted with a warm welcome from all of their staff. If you need any advice on your perfect fire or stove, they are there to help you through the process as it is important to them that you find the right one.

All of the staff at Fireplace Gallery have a wealth of experience and you will always be sure of a friendly and helpful service. They are there to help you make the right decision.

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:

**Local Links
Fireplace Gallery Competition
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 15th of January, and the winners will be announced in our February edition.
Good luck to everyone who enters!

Fireplace Gallery
Unit 2 Eccleshall Park
Hawkins Lane
Burton on Trent
DE14 1PT

T: 01283 509003
E: sales@fireplacegalleryuk.co.uk
www.fireplacegalleryuk.co.uk

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Beautiful Bags

Does wrapping presents drive you nuts? Sometimes we end up buying very awkwardly shaped gifts to wrap and you'll feel like pulling your hair out when your gift looks like it's been dropped down the stairs! Why not make a quick and easy gift bag? This trick will get you out of a pickle!

You will need:

- wrapping paper
- a box (cereal box or any other size you like)
- double sided sticky tape
- scissors
- a hole punch
- some ribbon
- festive sprigs and berries to use as embellishments



1. Place your box onto your sheet of wrapping paper, leaving enough overhang at the bottom to fold more than half way up the bottom of the box. Place a strip of double sided sticky tape along the edge of your paper.



3. Fold down the top flap and then fold the bottom flap upwards pressing the tape to seal the bottom of the bag. You can then gently slide the box out of the bag.



2. Wrap the box (not too tightly) as if you were wrapping a present by sticking the long edge and then folding the bottom short edges inwards pressing the folds as you go and leaving a top and bottom flap. place a piece of double sided sticky tape on the bottom flap.

4. As the paper we've used is double sided, we've folded the top edge over to add some contrast. Use your hole punch to make two holes in the top of your bag.

5. Thread your ribbon through the holes. Pull the all the way through and tie a knot. Place your embellishments such as sprigs of fir, berries or feathers, anything you fancy on top of the knot and then tie a second knot to hold them all in place. Finish by tying a bow!



wrap: www.foxandlark.co.uk
ribbon: www.janemeans.com

What's On Guide

TUESDAY 18TH DECEMBER

Burton Dance & Social Club

We invite and welcome anyone over 18 years of age. We meet every Tuesday Evening 8-11pm at Marston's Sports and Social Club, Shobnall Road, Burton-on-Trent. Activities include sequence, ballroom and line dancing to professional live music, bingo, raffles and food nights. Come along and join us and meet new friends. For more information contact Pauline: 01283 519159

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

Mother Goose at the Little Theatre

An Egg-straordinary tale of one woman's search for true happiness. All of the usual traditional Pantomime ingredients will be beaten into an Egg-citing omelette of Mirth, Music and Mayhem. Prepare to be dazzled with stunning costumes and colourful scenery. Expect laughs aplenty with the return of John Bale as Mother Goose. www.thelittletheatre.net

WEDNESDAY 19TH DECEMBER

Burton Amateur Radio Club

Running until 6th January 2019. 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 Staphenhill Institute 23 Main St, Burton-on-Trent DE15 9AP Contact Bob 07812 146333 www.g3nfc.co.uk or club@burton-arc.co.uk

Fradley Needlework & Craft Group

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

Peter Pan at De Montfort Hall

Running until 6th January 2019. Fly away on a magical adventure with Peter Pan - the boy who never grew up. You're invited on the adventure of a lifetime as Peter introduces you to his world of wonder with best friend Tinkerbell, the wild Lost Boys, and of course the terrifying Captain Hook. Imagine Theatre brings a proper, traditional pantomime full of song, dance, slapstick, laughs and of course...a ticking crocodile! www.demontforthall.co.uk

THURSDAY 20TH DECEMBER

Range more and Tatenhill WI meeting

Meeting at Henhurst and District Recreational Club on 3rd Thursday of every month, starting at 7.30 p.m. Lively and friendly group of ladies meet to enjoy good company, an interesting and entertaining programme of events and refreshments. New members and visitors of all ages welcome. For more information contact Marian on 07752160996

FRIDAY 21ST DECEMBER

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 22ND DECEMBER

Claymills Victorian Pumping Station

Open every Thursday & Saturday 10am until 4pm. Guided tours given around one of Britain's largest Victorian steam pumping stations. Magnificent Victorian workshop where you can see steam restoration in action. Videos of the station in steam in the visitor centre. Contact: 01283 509929

THURSDAY 27TH DECEMBER

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

Dance Roulette

Dance Roulette is an adults only fitness dance class based at alrewas village hall every Thursday evening. Two classes starting at 6:45pm and 8:00pm. 1hr each, £5. Booking at : www.tcidanceschool.com/dancerouletteuk

FRIDAY 28TH DECEMBER

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 29TH 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

SUNDAY 30TH 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

WEDNESDAY 2ND JANUARY

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

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

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 3RD JANUARY

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

Find more events on our website

FRIDAY 4TH JANUARY

Friday Night Crib Club

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

Latin-in-line Classes

Dance the cha cha, salsa, mambo, rumba etc. NO PARTNERS REQUIRED Intermediate class Friday 4th, 11th, 18th, 25th January and 1st, 8th, 15th February £4.00 followed by NEW BEGINNER'S CLASS 11.15am-12.00pm at the Priory Centre, Church Road, Stretton DE13 0HE. Ring 07598159744 or email: larhiney@hotmail.com for more details

SATURDAY 5TH JANUARY

French With Songs

French with songs, games and fun for children nearly 4 - 9 years, Saturday morning classes in Lichfield at the Tesco community room. Baby and toddler class too - learn to sing 'Wind the Bobbin up' in French! Email juliesfrenchclasses@gmail.com.

SUNDAY 6TH JANUARY

Rapper Sword Dance Workshops

Come along and try Rapper Sword Dancing, this is the fastest and most spectacular of all the traditional English dances. We are running a series of beginners workshops, so come on and have a go. Free and no obligation. All ages and abilities welcome. Venue: Kings Bromley Village Hall, Alrewas Road, Kings Bromley DE13 7HW from 10 am to 11 am. Starting Sunday 6th January and then Sunday 20th and 27th January 2019. For more information about Ryknild Rapper visit our web page: www.ryknildrabbble.co.uk or find us on facebook for the latest news, or call Nigel Moss 01283 790088. Also, Sunday 20th and 27th January

MONDAY 7TH JANUARY

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.

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

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 .

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. Monday nights, 8-9pm term time at St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. hello@dancewithredandginger.com

TUESDAY 8TH JANUARY

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

Carers + Cafes at The Brewhouse

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

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

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 9TH JANUARY

Stretton & Claymills Womens' 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 10TH JANUARY

Burton Belles Womens' 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

COMPETITION WINNERS

Congratulations to our **Hoar Cross Hall Spa Day** competition winner, who has won a Spa Day:

Deb Britton, Brizlincote Valley

Look out elsewhere in **LOCAL LINKS** this month to win a £200 Voucher from Fireplace Gallery:

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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5	1	3	2	8	9	4	6	7
4	9	6	3	1	7	2	5	8
8	5	4	6	7	2	9	1	3
2	7	9	4	3	1	5	8	6
6	3	1	8	9	5	7	4	2
3	6	2	9	4	8	1	7	5
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What a Year We Had *by Perry Deakin*

I have covered many sports during 2018, including football, rugby, cricket and formula 1 – what a sporting year it turned out to be.

As we approach the Christmas and New Year festivities I thought it would be fun to have a look back and try to decide which sports progressed in 2018 and which failed to excite or inspire us – see if you agree.

Football

2018 saw Manchester City confirm that they were the benchmark for all teams in the Premier League.

The start of the current season saw City ease majestically into their campaign and as I write they once again top the league, continuing to play scintillating football in the style which their manager, Pep Guardiola demands.

Liverpool lead the chase to prevent consecutive Premier League titles for City with Spurs, Chelsea and recently Arsenal, all desperately trying to hang on to the blue side of Manchester.

The other side from Manchester continue to move backwards under the stewardship of the once admired Jose Mourinho and their demise is unmissable viewing as the majority of football fans tune into United games only to see what disaster will befall the team and the manager next!

I do not believe Mourinho will be there at the beginning of next season.

England of course thrilled,

inspired and made us proud again during the long, hot summer when ‘our boys’ made the semi-finals of the World Cup.

Gareth Southgate’s revolution continued into the Autumn with England winning their Nations League group and qualifying for next summers finals in Portugal where they will face Holland for a place in the final – pubs and bars throughout the country will be ordering additional stocks in June!

Cricket

The year began with England’s one-day team at the pinnacle of world cricket as the number one side on the planet and they continued to dominate this form of the game with emphatic series wins against Australia (twice!), India, New Zealand, Pakistan and most recently, Sri-Lanka.

Eoin Morgans team have absolutely dominated one-day cricket this year and look in very good shape for next years World Cup on home soil.

England’s test team, led by Yorkshire’s Joe Root have made steady progress throughout the year and despite some poor performances in early 2018 have ended the year with a home series victory against the worlds number one team, India and a whitewash of Sri-Lanka which sets us up nicely for a tour of the West Indies during the early part of next year, and the much anticipated test series against the Old Enemy, Australia.

Rugby

Eddie Jones’ England team

have confused and frustrated us during 2018.

We began the year on a fantastic unbeaten run but finished with a very poor 6 Nations campaign which threw optimism for next years World Cup in Japan out of the window.

Has Jones’ management style or coaching skills been found-out, or is the second half of the year just a blip as we march towards a World Cup win reminiscent of that magical day in 2004 when we put the Aussies to the sword in their own castle!

Frankly, I haven’t a clue; but I’m hoping England sort out whatever the current issues are and return to dominating the northern hemisphere in time to take on The All Blacks, South Africa and Australia in Japan.

Formula 1

Not a great year for F1, with Lewis Hamilton and the all conquering Mercedes team boring us to another driver and constructors title.

F1’s new American owners will be desperate to make 2019 more exciting and competitive.

In conclusion – a fabulous, exciting, exhilarating and enthralling 2018 for sport which saw the country proud of their sporting heroes again – I would suggest that football and cricket took huge steps forward in the nations eyes. Rugby remained confusing for us but we live in hope – and F1 went backwards!

Have a fantastic Christmas and New Year!

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Happy Healthy Christmas!

Christmas is a time to celebrate. With plenty of family get togethers, parties and general festive cheer, there may also be a tendency to overindulge which doesn't always leave us feeling so cheerful! So here are a few tips to help you enjoy a happy, healthy festive season.

1. Don't go to a party hungry. It can lead to sugar cravings, encouraging you to eat more than you usually would.

2. Make good alcohol choices. Avoid creamy or sweet drinks. Try to drink with food to reduce the impact of the sugars on your bloodstream.

3. Get moving. Enjoy brisk walks with family and friends.

4. Drink plenty of water. This will encourage you not to overeat and will also improve how you feel the next day!

5. Be kind to yourself. If you happen to overindulge, enjoy whatever you are indulging in and get back on track afterwards.

Christmas Cake Recipe

This cake was devised for those with blood sugar problems and digestive issues, but it's a delicious lower sugar alternative for all the family. The cake keeps for up to a week and can be frozen.

Ingredients

- 170g pitted prunes
- 115g dried apple rings
- 115g dried apricots
- 50ml brandy or tea
- 1 small apple wash & grate zest and juice of 1 orange
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/2 tsp fresh grated nutmeg
- 1 tsp vanilla essence
- 170g soft butter
- 85g xylitol
- 4 medium eggs
- 85g ground almonds
- 85g wholemeal flour
- 1 tsp baking powder

1. The day before you make the cake, chop the dried fruit into a bowl and pour over the brandy / tea. Leave overnight (stir occasionally).

2. Line a 20cm deep cake tin with a double layer of greaseproof paper. Set the oven to 160 C (150 C fan assisted) gas mark 2.

3. Cream the butter and xylitol, then stir in the chopped fruit, orange zest and grated apple. Add the vanilla and spices and beat the eggs in, one at a time.

4. Stir in the ground almonds, rice bran and baking powder. Finally stir in the juice from half the orange, adding more if necessary to make a soft consistency.

5. Pour into the cake tin and level the top. Tie a double thickness of baking paper around the outside with string.

6. Bake for 1 1/2 – 2 hours until a skewer comes out clean. If the top is getting too dark, put a piece of foil over it. As soon as it is cool enough to touch, put a piece of foil tightly over the top and leave until completely cold - this softens the top of the cake.

7. Remove from the tin and wrap in a double thickness of foil.

Rebecca Tucker is a Registered Nutritional Therapist practising at The Natural Healthcare Centre in Burton. For more festive recipe ideas visit www.nourishbalanceglow.com



LOCAL LINKS SUDOKU

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

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*Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your procedure price.

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