

LOCAL LINKS



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ISSUE 124
FREE

SCREEN SOULMATES

Top 10 romantic films for Valentines

MEDITATIVE MINDSET

Healthy tips to keep anxiety at bay

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Dear Readers,

Welcome back to reality with a bump!

After the jolly holidays and the sparkle of the festive season January can all too well remind us of the day-to-day stuff playing on our minds. There's a rise in anxiety throughout the UK, we'll admit, we've felt it from time to time ourselves. Usually at 2am when we can't get back to sleep! We've found that meditation can give you skills to push those niggles away, read on for some top tips.

This February we welcome the Chinese year of the pig! It got us thinking about how often animals pop up in religion and superstition, have a read of our article with a nice cuppa!

If you want to really feel good all year, getting organised is the gift that keeps on giving! Why not have a go at making a handy greeting card divider so that you never miss a birthday again! You'll thank yourself!

Happy & healthy 2019 all!

The **LOCAL LINKS** team

ISSUE 124

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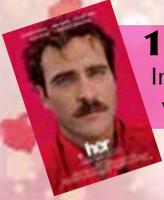
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Silver Screen Soulmates

As Valentine's Day looms, whether you're currently in a relationship or not sometimes there's nothing better than a good ol' mushy film to curl up and watch. According to the Internet Movie Database, here are the top 10 most romantic films of all time. Which have you seen?



10. Her (2013)

In a near future, a lonely writer develops an unlikely relationship with an operating system designed to meet his every need.

9. Groundhog Day (1993)

A weatherman finds himself inexplicably living the same day over and over again.



8. Silver Linings Playbook (2012)

After a stint in a mental institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife.

Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own.

7. Slumdog Millionaire (2008)

A Mumbai teen reflects on his upbringing in the slums when he is accused of cheating on the Indian Version of "Who Wants to be a Millionaire?"



6. Titanic (1997)

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

5. Eternal Sunshine of the Spotless Mind (2004)

When their relationship turns sour, a couple undergoes a medical procedure to have each other erased from their memories.

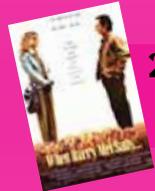
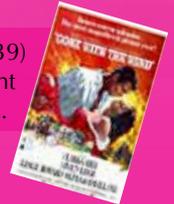


4. Singin' In The Rain (1952)

A silent film production company and cast make a difficult transition to sound.

3. Gone With The Wind (1939)

A manipulative woman and a roguish man conduct a turbulent romance during the American Civil War and Reconstruction periods.



2. When Harry Met Sally (1989)

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

1. Casablanca (1942)

A cynical nightclub owner protects an old flame and her husband from Nazis in Morocco.



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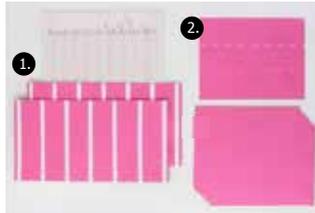
As we start a New Year, there is sometimes nothing more satisfying than setting off on the right foot and being organised for the year will make you feel super smug! One thing that often catches us on the hop is sending cards to friends and family. This year we plan to stock up on cards and keep them sectioned by month so that we know no one is left out! If you're super organised, why not write and stamp them before you store them too! That way, you don't have that on the spot pressure of thinking of something clever or funny to write and you can just grab it as you rush out the door and pop it in the postbox! High five yourself!

Concertina Organizer

You will need:

- A4 coloured card (18 sheets)
 - Strong brown card x2 (slightly larger than A4)
- 2 x large sheets patterend paper
- 6mm wide double sided sticky tape
 - Glue
- 1m ribbon
 - Ruler
 - Scissors

1. Join 2 pieces of coloured card together by the short sides using the double side tape. Repeat with two more pieces of coloured card. You should now have two long pieces of coloured card.

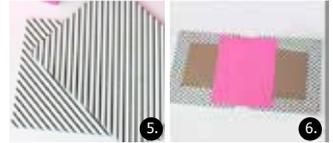


Measure 1.5cm repeats along each of these long sheets and fold into a zigzag concertina. You should have 37 flat spaces, trim off any excess. Starting at one end, put a strip of double sided tape down the length in the first space, then skip two spaces and put tape in the next space between folds. Continue to the end of the sheet.

2. Take a piece of coloured card and fold it into 3 equal sections along the length.



3. Take a sheet of coloured card and using the double sided tape on the concertina sides, stick it to both of the concertinas at both short ends. You should now have a long length of pockets. There should be 12 spaces, one for each month!



4. Cut your strong brown cardboard 1cm bigger than your A4 card all the way around each side.

5. Using glue, stick your patterend paper onto the strong card, folding around to the other side and sticking down.

6. Join the two covers with the cardboard previously folded in 3 along the long edge.



7. Stick the accordion file inside the covers.

8. Use the length of ribbon to tie around your file to keep it closed.

9. You might like to add some tabs so that you can write the month on to each divider.



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By The Barn *by Angela Sargent*



Happy new 2019, a momentous year, not just for farming!

Brexit is on the horizon and, whatever happens, it will have a huge impact on agriculture and that means on us, on our neighbours farm, on our countryside! Who knows what it will bring.

The ewes are all, hopefully, in lamb now and, unless the weather takes a turn for the worst, will be able to manage on what they can find. This

also means we must be careful when using Ted to move them- we don't want him to scare or hurry them too much.

We brought some of our ewes back recently from where they had been grazing and he worked especially well when on other farmland.

Recently there has been a case of sheep worrying locally. The national figures for this have risen drastically over the last few years and it is so cruel and unnecessary. Everyone who owns a dog should ask themselves the question "do I know where my dog is?", when off the lead, let out on their own at night or out and about in the countryside.

While we are out working late afternoons, we sometimes hear Ravens passing overhead and maybe a buzzard or two will come and sit watching in case we disturb a vole or mouse and provide their dinner. Ted and Pip love to accompany us and have great fun sniffing round and rooting under the hedge, until Ted gets bored and goes to sit watching the sheep.

The leaves have gone and few berries remain on the hedges for the birds and if we are working as the light begins to go, we can hear owls hooting in the woods. It can be quite eerie at times.

Follow Angela on Twitter @bythebarn



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Healthy Eating On A Budget *by Rebecca Tucker*

With all of the Christmas shopping and socialising over for another year, January is often a month to cut back on our spending. It's also a good time to start afresh and many decide to kick start their healthy eating plans this month. So here are a few tips to help you combine the two!

1. Include Protein At Every Meal And Snack

Protein keeps energy levels stable and is essential for the body's growth and repair. Protein is found in meat and poultry, fish, seafood, eggs, lentils, beans, pulses (like chickpeas), quinoa, nuts and seeds. Protein should make up a quarter of your meal (about the size of a clenched fist). Many people do not have protein-based breakfasts. How can you change yours?

Money-saving Tip: the cheapest sources of protein are vegetarian sources, like beans and lentils. Consider going meat-free one or two days a week. Eggs sold as 'mixed sizes' are cheaper than buying all M or L.

2. Eat Plenty Of Fibre

That means lots of vegetables – likely more than you are currently eating. The recommendation is 5 portions of vegetables and 2 portions of fruit (ideally low sugar fruit like berries, apples, pears, plums) a day. Fibre keeps energy

levels constant, balances your hormones, fills you up, keeps you regular and those fruit and veg contain many immune-boosting plant chemicals. Aim to eat a rainbow of colours over the course of the week.

Money-saving Tip:

Greengrocers are often the cheapest places to buy your veg. Also consider basing meals around special supermarket deals (example Aldi's Super 6), and don't rule out the basics and essentials ranges of veg. Don't rule out frozen veg either. It's cheap, often frozen soon after picking so it's very fresh, and offers the ultimate convenience, ensuring less waste.

3. Choose Healthy Fats

Eating fat doesn't make you gain fat, but some are healthier than others. The body loves omega 3 fats, which boost mood and support the stress response, and reduce inflammation. They are found in oily fish (salmon, trout, halibut, cod, mackerel, sardines), flaxseeds, chia seeds, hemp seeds and walnuts. Other healthy sources of fat are avocados, olive oil, coconut oil, nuts and seeds.

Money-saving Tip: Frozen fish is a far cheaper option than

refrigerated. Don't be fooled into thinking it's inferior. Often supermarket 'fishmonger' counter fish has been frozen.

4. Think Carefully About Starchy 'Carbs'

A heavy reliance on white pasta, bread, rice and potatoes, can unbalance your blood sugar levels, making you crave more food and store more fat. Swap to healthier wholegrain alternatives; brown rice, wholemeal pasta and bread, and sweet potatoes, and ensure this element takes up no more than a quarter of your meal.

Top Tip: Many people bulk up meals with starch, especially on a budget. Your body will love you for bulking meals up with inexpensive non-starchy veg instead.

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



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Oink Oink!



On the 5th of February we welcome in the Chinese New Year and according to the Chinese horoscope, this is the year of the Pig!

This year means well-considered actions shall be rewarded much more than risk taking and feelings of abundance and lightness will reign throughout the year.

But be warned, a lack of attention in the management of your budget, or even money losses are possible. Piggies are reasonable people

and more robust than their peers. The pig manages to make their projects a reality thanks to their strategic vision and business skills. Happy and responsible, greatly attached to their family, the pig doesn't count their time or energy when it comes to feeding and protecting those closest to them.

People born during a Year of the pig are invited to wear a red bracelet for the duration of their year, to stimulate their luck.

If you're a pig (1935, 1947, 1959, 1971, 1983, 1995, 2007), be sure to take special care of your well-being, even if that means you appear to lack consideration for friends and

family. You may experience periods of doubt, however they will fortunately be fleeting. Above all in 2019, it is essential to avoid idleness. Administrative tasks should not be neglected. Be as regular as possible in keeping your accounts up to date and don't waste too much time to settle your potential debts.

This year you will find relations between colleagues are softer and the mindsets more tolerant and constructive.

In 2019, money is certainly not synonymous with absolute happiness. It is a year under the sign of security, while the possible financial constraints you may have to face remain perfectly surmountable.



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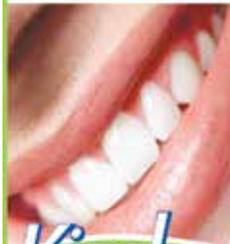
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Sacred Kingdom

As we enter the Chinese year of the pig in February, it makes us think how often animals feature throughout religion and superstition. Some for surprising reasons! How many of these did you know about?

The Cow

The humble cow is considered an important creature in religions such as Hinduism, Jainism and Zoroastrianism. Ancient societies such as the Egyptians, Romans, Greeks and Israelites also revered these grass-munching mammals. The reason for the cow's sacred status is usually to do with its helpfulness as a species: we drink their milk, use their dung as fertiliser and historically used them to till our fields.

The Monkey

Hinduism views monkeys as culturally significant, thanks in part to the prominent monkey god Hanuman. The Japanese proverb to 'see no evil, hear no evil and speak no evil' is also represented by three monkeys: each monkey covers his eyes, ears and mouth respectively. Check out the emojis on your phone for a contemporary version.

The Cat

Ancient Egyptians were particularly known for their reverence of cats. It's likely that some of the first domesticated cats come from this era. The felines' ability to control vermin and snakes meant that cats were praised as symbols of poise and grace. Killing a cat in Egyptian society was punishable by death.

The Dog

Parts of Tihar, a five-day Hindu festival, are dedicated to dogs. In Chinese New Year celebrations, the second day is considered the birthday of dogs—a day when you should be extra kind to your canine companion. And while Ancient Egyptians were better known for their love of cats, dogs also got their share of respect: they were associated with Anubis, god of the underworld.

The Elephant

The largest land mammals on Earth are especially beloved by followers of the Hindu faith: the concept of reincarnation places elephants as one of the highest ranked animals to come back as. This is

due to the large number of positive qualities possessed by elephants. Serenity, strength, wisdom and royalty are all traits associated with these heavyweight herbivores, and as such they are worshipped in temples throughout southern India.

The Tiger

Korean folklore regards the tiger as a divine spirit and a guardian of the west. The big cats are consequently symbols of courage and power, thought to drive away evil and bring about good luck. White tigers are particularly sacred: these creatures have supposedly overcome trials and tribulations to reach a state of higher understanding about the world, and their white fur symbolises their wisdom.

The Snake

Although the Christian faith associates snakes with the devil, some other cultures view the legless reptiles as fertility symbols. The Hopi people of North America perform annual snake dances to unite a pair of serpentine spirits and renew nature's fertility.



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Cheerful Coral

The gurus of colour have announced their hue of 2019! Be prepared to see Coral everywhere this year. The trend for bright bold colours is staying with us, but teamed with earthy hues for a grown up feel.

and browns will be in, and dark dark blues are a fabulous neutral too!



Not quite sure how you're going to cope with this year's hottest colour and struggling for some inspiration? Well, for interiors, coral works great with the ceaseless trend for mid-century inspired furniture and looks stunning with brass and warm-toned metals. If you're thinking of the film 'Hotel Budapest' then you're on the right track!



We're so in love with grey still we don't think we can ever wave it goodbye, but for a change of neutral, linens



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A £50 Voucher from TLC Foods of Hanbury

For this month's competition, FOUR lucky readers can win a £50 VOUCHER from **TLC Foods of Hanbury**.

TLC Foods are a catering business in Hanbury, Burton-on-Trent, offering a wide range of services within the food industry.

Leanne and Adam, are the partnership duo behind the scenes at TLC Foods of Hanbury. Their journey began in 2016, when they set up the business to serve Seniors with a home-made meal service, after realising this was something that was not readily available in our community.

Happiness is home-made, and that's what TLC is all about- Tasty food, made from scratch, using the highest quality, locally sourced ingredients; that is cooked, or baked; with Tender Loving Care. All of their meat is sourced from their local butcher - Wilds Butchers LTD, Sudbury, to guarantee you the highest quality dishes.

TLC Foods proudly hold glowing 5-star customer reviews, as well as a 5-star certificate in food hygiene from East Staffordshire Borough council.

Since the launch of their frozen home-made meal service, they began to offer a number of different services within the food industry-

- Homemade Hot dinners delivered daily at lunchtime, serving seniors, individuals and businesses
- Buffets for all occasions
- Cakes for all occasions- from Brownies, to cupcakes, to celebration cakes- as well as novelty designs!
- Sunday dinners delivered- hot dinners & desserts, delivered to your door

TLC Foods are massively passionate about every service they provide - they literally live, sleep and dream TLC! Leanne and Adam are there to assist your needs and requirements, and their aim is to provide you with the best service possible.

You can find more information at: **www.tlcfoodsofhanbury.co.uk**

To enter this month's competition, all you have to do is put your *name, address and daytime telephone contact number* on a postcard and send it to:

**Local Links Media,
TLC Foods 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 12th of February, and the winners will be announced in our March edition.

Good luck to everyone who enters!



TLC Foods of Hanbury
Leanne: 07805009283
Adam: 07870988143
Email: tlcfoodsofhanbury@hotmail.com

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Meditative Mindset

With the fast pace of life and never having enough hours in the day, it's easy to feel like life is running away with you. So few minutes to do the things that you love, you then feel like you're cheating yourself. Anxiety creeps in and at 2am your brain will only remind you of everything that's causing you problems. By incorporating meditation into your life, it gives you coping strategies to put the irrational side of your brain back in its place. Have a more peaceful 2019 by practicing these things...

Coping with Chaos

1. Chaos often causes physical stress, a common side effect of anxiety. As you meditate, breathe in to invite space into your entire body, then breathe out to release tension.

2. Meditation techniques can be used to adopt an attitude of acceptance. No matter what happens, you can give yourself permission to be peaceful.

3. Use meditation to visualize yourself floating above the conflict, where you have a much wider perspective.

Life Focus

1. As you meditate, visualize a path through a forest, down a mountain, along the beach, into a city – wherever you are comfortable – and allow your mind to lead you to the answers.

2. Quietness is hard to achieve for many people. Don't give up – you will do better with practice.

3. Simply practice letting go of thoughts as they come to you, then returning to the focus of your meditation, whether it's your breath, a flame, or a mantra.

Pace Yourself

1. Stop focusing on your effort to achieve something and instead simply create a vision of what you desire, then focus on that as you meditate.

2. When you think of your goal, imagine watching it and waiting to see what happens, instead of thinking about what you must do to force it to happen.

3. Give yourself permission to let problems and anxious feelings fall away naturally; look at them with indifference and spend your time mentally reinforcing the positive instead.

Manage Anxiety

1. With your hand on your stomach, focus on your breath as you inhale and exhale.

2. Focus on the weight of your body in your chair and allow thoughts to come and go as you normally would (because they will—meditation isn't void of thought), but as soon as you realize you're lost in the thought, pivot your thinking back to the sensation you were focusing on.

3. Imagine the feeling of warm sunshine the next time you're overwhelmed—but instead of just your face, imagine the light beam filling up each part of your body, from your toes to your head. Allow the warmth, light, and spaciousness to melt away any tension in the body.

4. Talk to yourself as a friend would talk to you. Ask yourself, "what do you appreciate most in your life?" Once you've got something (or things) in mind, dwell in that gratitude for 30 seconds. Enquiring in the second person separates you from your mind and encourages a space of appreciation, free from any overwhelming emotions.

What's On Guide

TUESDAY 22ND JANUARY

Burton Dance & Social Club

We invite and welcome anyone over 18 years of age. We meet 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 23RD JANUARY

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 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

THURSDAY 24TH JANUARY

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 25TH JANUARY

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.

SATURDAY 26TH JANUARY

Claymills Victorian Pumping Station

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

SUNDAY 27TH JANUARY

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

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. Kings Bromley Village Hall, Alrewas Road, Kings Bromley DE13 7HW from 10 am to 11 am. For more information call Nigel Moss 01283 790088.

MONDAY 28TH 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.

TUESDAY 29TH JANUARY

Art Classes

1-3pm at Anslow Village Hall. Discover how to paint and draw what you see, use colour with confidence and create beautiful art in a friendly group with a supportive tutor. Beginners welcome. Fees: £11 per class on the day or £9 per class for 6 weeks. For details and to book your place phone 07791 228 881, or email helentarr2002@yahoo.co.uk

WEDNESDAY 30TH JANUARY

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 31ST JANUARY

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 1ST FEBRUARY

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 2ND FEBRUARY

Barton Bowls Social Club

Now open every evening! Darts, pool, dominoes, crib and crown green bowls during bowling season. Members, members guests and new members always welcome

SUNDAY 3RD FEBRUARY

Lichfield & District Ramblers

Various routes if you would like to walk with a friendly, organised group, why not join the Lichfield & District Ramblers? We walk every Sunday throughout the year. 01827 53247

MONDAY 4TH FEBRUARY

Meditation Class

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

TUESDAY 5TH FEBRUARY

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 6TH FEBRUARY

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 7TH FEBRUARY

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

Burton Jazz Club

Adrian Cox presents "Profoundly Blue" on the 7th February. Adrian is one of the best clarinetists in Britain, playing top venues around the country including sell-out nights at Ronnie Scotts and the Albert Hall. Enquiries phone Ray Brake on 01283 548159. At Marstons Sports & Social Club on Shobnall Road, DE14 2BD every Thursday from 8.30pm to 11.00pm, doors open at 7.30pm. Good bands every week, entrance is £9.00 on the door.

FRIDAY 8TH FEBRUARY

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.

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!

Latin-in-line Classes

Dance the cha cha, salsa, mambo, rumba etc. NO PARTNERS REQUIRED Intermediate class Friday 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 9TH FEBRUARY

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 10TH FEBRUARY

East Staffordshire Ramblers

Walkers of all abilities are welcome to join us on Wednesdays, Fridays & weekends for walks in Staffs, Derbyshire & Leics. Visit www.eaststaffsramblers.org.uk or contact 01283 713209.

MONDAY 11TH FEBRUARY

Red & Ginger's Lindy Hop Dance Class

Learn to Lindy Hop, Charleston and swing dance. Our relaxed, friendly and welcoming lessons are suitable for all ages and abilities, for those with a partner or without. Monday nights, 8-9pm term time at St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. hello@dancewithredandginger.com

TUESDAY 12TH FEBRUARY

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 13TH FEBRUARY

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

Lichfield U3A

We hold a monthly meeting, featuring a speaker, on the second Wednesday of each month. These start at 2pm in the city's Guildhall and we are always pleased to welcome new or prospective members. New members very welcome. Please see our website u3asites.org.uk/lichfield or call our enquiry desk on 07510 634476.

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 812072

THURSDAY 14TH FEBRUARY

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. £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 15TH FEBRUARY

Barton Bowls Social Club

Now open every evening! Darts, pool, dominoes, crib and crown green bowls during bowling season. Members, members guests and new members always welcome

COMPETITION WINNERS

Congratulations to our **At The Cedars** competition winners, each winning a £25 voucher:

Colin Brittle, Barton
Mrs. E. Hancock, Rolleston
Jane Peace, Stretton
Gill Fisher, Stretton
Graham Burgess, Yoxall
Doreen Hailwood, Alrewas
Lauren Morris, Fradley
Mrs. C. Benning, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a £50 Voucher from TLC Foods of Hanbury

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Pet Joint Care *by Scarsdale Vets*

Does your pet look a little bit slower when they get up? Here's what you need to know about osteoarthritis in your pets:

What is it?

Osteoarthritis (OA) is a progressive disorder of the joints caused by gradual loss of cartilage and resulting in the development of bony spurs and cysts at the margins of the joints. The name osteoarthritis comes from three Greek words meaning bone, joint, and inflammation.

Is it common?

- In dogs it is estimated that about 20% of dogs will be affected in their life.
- In cats it is estimated that up to 50% of cats over the age of ten will display some evidence of the condition.

Isn't just because of old age?

OA used to be associated with "wear & tear" and was thought a normal feature of ageing. While age is a factor it is a little more complex than this. Other factors include breed, excessive bodyweight, type of exercise, history or trauma or injury and in certain breeds the age at which they are neutered can play a role.

What can we do about it?

Unfortunately OA is a progressive and irreversible condition but the symptoms can be managed with great success with a variety of techniques:

- **Weight management:** maintaining or achieving a lean body weight will help reduce the stress on the joints and therefore reduce the discomfort associated with exercise
- **Exercise management:** it is still important to exercise with the condition. Low impact exercise such as swimming or hydrotherapy are great and help rebuild muscles. Keeping the exercise regime consistent is also very important (for example 7 x 20minutes walk a week rather than 2 x 65minutes walks a week)
- **Medical therapy:** medications are often needed to manage the painful side effects of the condition and sometimes they are needed for life. Thankfully there are a wide



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36 The Green, Stretton,
Burton-on-Trent
DE13 0EQ 01283 565333

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range of medications that can be used and most are well tolerated even in older animals.

What can we do to prevent it?

It is important to realise that you cannot guarantee to prevent OA completely especially in some breeds of dog but some sensible steps can help to delay the age of onset.

- **Weight management:** Keeping a lean bodyweight throughout their life is important but even more so when they are young
- **Regular and consistent exercise** and it is even worth considering swimming early in their life as an alternative to walking on paths
- **Joint supplements** such as glucosamine and chondroitin sulphate have an anecdotally beneficial effect and many owners have seen a positive impact

Contact your local veterinary practice if you have any concerns about your pet.



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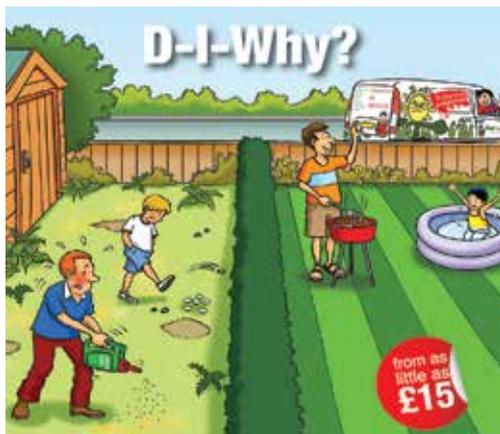
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3			5		1			9
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