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PERFECT PICNIC

Things to make your picnic easier

MOONLANDING

50th Anniversary

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Check out our

What's On Guide full of local and community events

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ARTCLASS STARTS SOON

ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE

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

Absolute Beginners to Improvers - Just Like You!

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

Step-by-Step Guidance

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techniques and secrets needed to create beautiful pieces of art.

Still Life To Landscapes

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Fun, Easy Classes

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Young at Heart

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Limited Places

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

For information on dates, course fees and bookings, call now on 01283 562 527

Seasons

Art Class

- Absolute Beginners to Improvers -Just Like You
- Three hours once a week, mornings or afternoons
- Meet New Friends, Learn New Skills

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Dear Readers,

will really do the trick!

Have a fab summer!

The LOCAL LINKS team

interesting moon facts to celebrate!





The summer holidays are just around the corner and we've

got everything crossed that we'll have some sunny sunny days! A few nice weekends sat outside with a cool drink

This summer it's the 50th anniversary of the moon landing.

The moment when the whole world held its breath and

watched transfixed as Neil Armstrong slowly descended the ladder to the surface of the moon. We've found some

This July we also see 'Global Tiger Day' which raises

awareness of the plight of the largest of the big cats and

their diminishing numbers. We've also got instructions on

how to make a cute tiger mask with your little one!



ISSUE 130

Heather Digby Sarah Deakin

Liona Baldwin

01283 564608

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facebook.com/ locallinksmagazine



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Next issue deadline: Tue 6th August **Next issue out from:** Wed 14th August

This magazine delivered free to:

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Stretton & Walton on Trent

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YOUR LOCAL MOTABILITY SPECIALIST

Humankind's Greatest Achievement

ow many movies, songs and anecdotes have sprung from humanity's first landing on the moon? This milestone event, which took place on July 20, 1969, seemed to encapsulate both the frenzy and change of the Sixties.

It was on 20th July that astronauts Neil Armstrong and Edwin ("Buzz") Aldrin Jr. bounced among lunar craters and Armstrong uttered the oftquoted line, "One small step for man, one giant leap for mankind." But did you know that the Apollo spacecraft itself weighed 44 tons and stood nearly 60 ft. high?

The famous Apollo 11 landing was only one mission in several decades of space exploration. During this tremendous period, the USSR and the United States led the way in the exploration of the great unknown of space.

Television sets around the world were tuned into the historic lunar landing of Apollo 11 on July 20, 1969. For those who witnessed the event, the team of three Apollo 11 astronauts — Neil Armstrong, "Buzz" Aldrin, and Michael Collins (who orbited the craft around the moon)—seemed to embody the ideals and hopes of all human beings.

From this trip and subsequent Apollo missions, much was

learned about the physical constitution and early history of the earth's only natural satellite, including information about magnetic fields, heat flow, volcanism, and seismic activity. The total lunar rock sample returned to earth weighed nearly 900 lbs. (400 kg).

Earlier advances in rocket technology allowed for the initial lift-off of the Apollo spacecraft. The three-stage Saturn V rocket, developed 7.5 million lbs. (3.4 million kg) of thrust at liftoff, giving the Apollo spacecraft a powerful boost. At launch, the total assembly stood 363 ft (110 m) high and weighed more than 3,000 tons.

Did you know that...

The surface of the Moon features a huge number of impact craters from comets and asteroids that have collided with the surface over time. Because the Moon lacks an atmosphere or weather these craters remain well preserved.

Although research is continuing, most scientists agree that the Moon features small amounts of water.

The Moon rotates on its axis in around the same length of time it takes to orbit the Earth. This means that from Earth we only ever see around 60% of

its surface (50% at any one time).

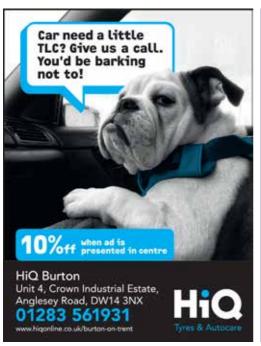
The side that we can see from Earth is called the near side while the other side is called the far side (it is sometimes called the dark side despite the fact that it is illuminated by the Sun just as much as the near side).

The Moon is very hot during the day but very cold at night. The average surface temperature of the Moon is 107 degrees Celsius during the day and -153 degrees Celsius at night.

The Earth's tides are largely caused by the gravitational pull of the Moon.



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Tyger Tyger, burning bright

lobal Tiger Day, often called International Tiger Day on 29th July, is an annual celebration to raise awareness for tiger conservation. The goal of the day is to promote a global system for protecting the natural habitats of tigers and to raise public awareness and support for tiger conservation issues.

According to the latest WWF estimates, there are only 3,890 tigers left in the wild, whilst at the beginning of the 20th century their number exceeded 100,000. But these figures seem to be conservative, since data of other populations aren't considered. The situation could be worse than expected. And Bangladesh confirms it, by releasing the new census of the Sundarbans National Park that registered only 100 tigers approximately, compared to

the 440 individuals in 2004. The lack of accurate data on these animals' status doesn't allow defining urgent actions to be taken.

In 2010, Saint Petersburg hosted the Tiger Summit, in which countries committed to the goal Tx2, the doubling of wild tigers by 2022. We are more than a third of the way to 2022, so need to move at a faster, more determined pace if we hope to achieve the Tx2 goal.

In recent years, conservation work and the commitment of various governments has halted the decline in global tiger numbers. But there's a lot more work to do.

For more information on Tigers and their welfare, visit: www.wwf.org.uk/wildlife/tigers

If you have children, why not have a tiger day learning about tigers and making this tiger mask below! RARR!





Tiger Mask

You will need: Large paper plate Orange and black paint Orange and black card or craft foam. Black pipe cleaners Glue Thin elastic

Instructions:

Paint the back of the paper plate orange and leave to dry. Only when completely dry, paint on some black stripes - you'll need patience! For younger children you may want to pre-paint the orange paint.

When the paint is dry cut out your eye holes.

Twist together 3 pipe cleaners in the middle. Glue these to the centre of the mask.

Cut out a black nose from foam or card and glue this in the middle of the pipe cleaners.

Cut out 2 ears from orange foam or card. Glue these to the top of the face.

Make a small hole in either side of the face. Tie a piece of elastic through to hold your mask on.

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By The Barn by Angela Sargent



ut them in June, come again soon. Cut them in July they'll surely die!". The showers we had last month have resulted in good crops

of thistles and nettles and one of our jobs this month will be to cut them off.

There are different ways of getting rid of them - we could use sprays but we prefer to mechanically cut them, hopefully before they've seeded. I know birds and butterflies appreciate them for food and habitat but they are not in short supply, they take up space where grass could grow and they are very persistent. It's quite an enjoyable job to do, looking back at a 'clean' field gives you a degree of satisfaction!

Soft fruits are ready to be picked, as are the salad vegetables and this is labour intensive - a bit of a problem if temporary staff is unavailable!

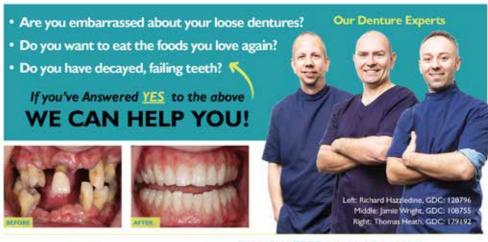
For more farming news follow Angela on Twitter @bythebarn











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Join Mercia Archers



formed in February, establishing the sport of archery South Derbyshire. The founding members range from juniors to retirees, and bring with them a huge depth of experience across all areas of archery.

This new club is keen to welcome guests, and public at open events, where they can enjoy archery; supported and encouraged regardless of age, ability, bow type or discipline.

Along with lots of shooting practise develop to also your technique, includes presentations and demonstrations; from the historical longbow to the Olympic style recurve and high-tech compound bows. As well as target archery, the course will include experience of clout archery, shooting at flags up to 180yds/165m away, for which the club already holds a fearsome reputation across the UK and boasts several of the top UK clout archers. On completion of the course, beginners are qualified and invited to join the club with the continuing support and encouragement that being

part of such a friendly club brings.

They're also holding a Battle Tournament on 17th August, with up 100 archers to expected compete to medieval dress, shooting long distances at targets of Vikings and longboats! The public are invited to come along and spectate, find out more about the club and the sport, and make use of the Gresley Old Hall bar and facilities.

For more information visit: www.merciaarchers.co.uk or find them on Facebook.





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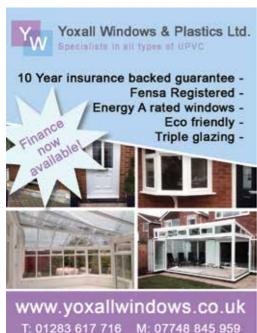
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Perfect Picnics

luly is 'Picnic Month' and with the summer holidays looming what better way to enjoy the great outdoors than packing a picnic and taking off somewhere picturesque for a walk and a relaxing brunch, lunch or afternoon tea? Here's our handy checklist of items to bring with you so that you have every eventuality covered!

1. SUNSCREEN

While lunching under an umbrella or tree can reduce the impact of UV rays, skin damage is still possible in the shade.

2. BABY WIPES

A godsend for all those unforeseen spills and sticky hands.

3. BUG SPRAY

Remember to apply after sunscreen.

4. BOTTLE OPENER

Keep from resorting to desperate measures by remembering to pack a bottle opener for those bottles with pry-off lids. The same goes for another picnic essential: the corkscrew.

5. KNIFE

A small knife can be one of the most versatile tools in a picnic basket, used to spread condiments, slicing fruit or cutting sandwiches at your picnic destination. blades that fold or come with sheaths are best for packing away as they are safer.

6. FIRST AID SUPPLIES

Whether your picnic includes a hike in the woods or just a day at the local park, a first aid kit is a must. Basic supplies like bandages, paracetamol and bite and sting salves will keep you prepared.

7. RUBBISH BAGS

Follow the rule of leaving your picnic site "cleaner than you found it." Also use bin bags as rain ponchos or to lay under vour blanket to keep wet grass from seeping through.



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Vouchers from Midland Karting make the ideal present. You can purchase vouchers on their website here: www. midlandkarting.co.uk/go-karting/gift-vouchers/

If you need any further information, you can find it here at: www.midlandkarting.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:

Midland Karting Competition Local Links Media, Suite 29, Anglesey Business Park, Anglesey Road, Burton-on-Trent, DF14 3NT

Alternatively, you can e-mail your details to:

local@locallinksmedia.co.uk

The closing date for entries is the 13th August, and the winners will be announced in our September edition.

Good luck to everyone who enters!



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Health Open Day



Patients Group Barton-under-Needwood Practice are holding their fifth Health Awareness

Day in Barton-under-Needwood on Saturday 17th August 2019. Opening at 10am till 1pm. They will be joined by Yoxall Family Practice and Alrewas Family Practice.

Their successful open days have out grown their Surgery so they will be holding it in the Village Hall and a room adjoining the hall for refreshments and for those who would like a chat one to one.

Last year unfortunately there was a road closed in the village and it was in the school holidays. This year it will be held on the weekend the school results come out, so there will be many more people in the village.

If you would like to exhibit please contact Jackie by email: jackiehopkins@btinternet.com



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What's On Guide

TUESDAY 23RD JULY

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, Burtonon-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

Shakespeare Group

Interested in Shakespeare? Limited spaces available The group read and watch Shakespeares works Tuesdays 10 to 12 noon Call 01543 251556

WEDNESDAY 24TH IULY

Burton Amateur Radio Club

Burton Amateur Radio Club meets every Wednesday evening at 7-30pm New members are very welcome and we meet at Stapenhill Institute 23 Main St, Burtonon-Trent DE15 9AP Contact Bob 07812 146333 www.g3nfc.co.uk or club@ burton-arc.co.uk

Burton Folk Dance Club

Meeting every Wednesday (except 2nd Wednesday each month) at Rough Hayes Community Centre , Henhurst Hill. DE13 9PX 7.30 to 9.30pm. New members welcome. Socialise and exercise. Contact 01283 812645.

THURSDAY 25TH IULY

New Beginnings

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

Rangemore & Tatenhill WI

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 refreshments. New members and visitors of all ages welcome. For more information contact Marian on 07752160996

FRIDAY 26TH IULY

Latin-in-line Classes

No partners required! Enjoy chacha, salsa, mambo, rumba etc. every Friday. Improver level 10.30-11.30am and Beginner level 11.45-12.45pm £4.00 each class at the Priory Centre Church Rd Stretton DE13 OHE. Ring 07598159744 or email larhinev@ hotmail.com for more details.

SATURDAY 27TH JULY

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 28TH JULY

Claymills Victorian Pumping Station

Guided tours given around one of Britain's largest Victorian steam 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

MONDAY 29TH IULY

Burton Art Club

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

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 30TH IULY

Carers + Cafes

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.

Blackwood Clarinets Concert

Blackwood Clarinets is an instrumental ensemble consisting entirely instruments from the clarinet family playing a wide variety of music from classical to jazz, show tunes to festive classics. St George church, Tickall to raise funds for the church fabric fund with Programme donations to the Children's Bereavement Centre. Contact us: info@blackwoodclarinets.co.uk or 0115 941 0543

WEDNESDAY 31ST JULY

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

THURSDAY 1ST AUGUST

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

FRIDAY 2ND AUGUST

Tots, Pots & Tales

Fridays at The Mug Tug, Barton Marina. Listen to a story and paint a pot related to the tale. Juice and biscuit for the Tots, Grown-ups welcome to bring their own hot drinks. 1.30pm to 2.30pm -See our website for more details. Call 01283 711341 to book.

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.

SATURDAY 3RD AUGUST

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 4TH AUGUST

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. 01543 491469

MONDAY 5TH AUGUST

Three Spires Lace Group

3 Spires Lace is now 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 -15.3Ó .

Burton Prostate Cancer Support Group Men suffering, being treated, or recently diagnosed with Prostate Cancer, plus spouses, are invited to join with a dynamic Support Group meeting at Burton Library, Riverside, DE14 1AH. You will be able to talk with fellow PCa sufferers, listen to interesting speakers and will be made most welcome. First Monday in the month except Bank Holidays. Always call to check meetings: 07478 889577, or email on: burton.prostate.cancer.suppgrp@gmail.

Find more events on our website

TUESDAY 6TH AUGUST

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 7TH AUGUST

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

Burton Folk Dance Club

Burton Folk Dance Club meet every Wednesday (except 2nd Wednesday each month) at Rough Hayes Community Centre, Henhurst Hill, DE13 9PX. From 7.30 to 9.30pm. New members welcome. Contact 01283 812645.

Barton-Under-Needwood WI

1st Wednesday of every month at The Village Hall, Crowberry Lane. Meeting 7.30-9.30 with good speakers, refreshments and fun. Organised events and trips throughout the year. New members and visitors always welcome.

THURSDAY 8TH AUGUST

Burton lazz Club

Every Thursday, at Marstons' Sports and Social Club, Shobnall Road, we present some of the best Jazz Bands in Britain, and occasionally Europe. We book as wide a variety of jazz as possible, but are mostly Traditional, Swing and Mainstream. Admission £9 on door from 7.30pm, for 8:30pm start, no membership, all welcome.

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 9TH AUGUST

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. 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 10TH AUGUST

Paws Galore Fun Dog Show 14th annual fun dog show, have a go events, trade stands, refreshments, all classes £1.00 to enter, open to all, a great fun weekend for you and your dog. For more info: 07977447264

SUNDAY 11TH AUGUST

East Staffordshire Ramblers

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

MONDAY 12TH AUGUST

MONDAY 121H AUGUS1
Red & Ginger's Lindy Hop Dance Class
Learn to Lindy Hop, Charleston and
swing dance. Suitable for all ages
and abilities, for those with a partner
or without. Monday nights, 8-9pm
term time at St Mary's Church Hall,
Hillfield Lane, Stretton, DE13 0BW. hello@dancewithredandginger.com

TUESDAY 13TH AUGUST

Branston Womens' Institute

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

Jo Jingles Summer Sessions

Lot's of singing, instruments, music and dancing - musical activities with a twist 10am baby - walking 11am mixed ages To book call Sally on 07507338603 or contact the library £3.50 per child, siblings £1 sallyjojingles@hotmail.com www.jojingles/lichfield2tamworth

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 loan on 01283 713380

WEDNESDAY 14TH AUGUST

Stretton & Clavmills Women's Institute Meeting 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

Fizz Pop Science Workshop

10am - 11am Tickets £6.00 An Out of this World fun science workshop to compliment the Summer Reading Challenge 2019, with astronaut challenges and space ice cream. It's going to be cosmic! Spaces are limited, so booking is essential. Suitable for 5+. Please book from 6th July by email to Lichfield.library@staffordshire.gov.uk

Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12 noon. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contract Sandra: 01283 329743

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 15TH AUGUST

Holland Tug of War Club

Suitable for all abilities, aged 14 upwards, girls, boys and adults all very welcome. No matter what level of fitness. The team currently trains on Thursday evenings from 8pm to 9.30pm, at the Holland Sports Club off Efflinch Lane, Barton Under Needwood, DE13 8ET. Contact Emily on 07500352329 hollandtowc@gmail.com

COMPETITION WINNERS

Congratulations to our Lucinda Smith Photograppy competition winner, who has won a Photography Studio Session:

Diane Brown, Stretton

Look out elsewhere in LOCAL LINKS this month to win a £25 Voucher from Midland Karting.

LAST MONTH'S SUDOKU **PUZZLE SOLUTION**

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GOLDING 5

Let's Hear It For The Girls!

ts difficult to know what to make of the Women's World Cup which has just seen the USA emerge as World Champions again; but let me give you my view anyway!

I thoroughly enjoyed watching the Lionesses in their pursuit of the ultimate prize in football and it was enjoyable to watch the 'personality pieces' as we heard various players' background stories and got to know them as their characters shone through - all different but all with a story of determination to succeed in a sport which has been seen as 'a bit of fun' or even derided by football fans in general - well their World Cup campaign certainly put an end to that!

Women's Football in England (along with a few of our **European** neighbours) has professional for couple of years now and the improvement in fitness and skill levels is there for all to see, albeit still lagging behind the USA in these areas where the game has been professional for longer and is actually played by more women and girls than men and boys - in fact, the USA squad are currently in significant conflict with their own governing body over equal pay with the men's side, claiming that they are actually far more successful than their counterparts... male thev have a point!

So, as a nation (almost) we sat down for England's games and cheered on the side, desperately hoping they

would be able to do what the men's side have frequently failed to do and emulate their cricketing colleagues by being crowned Women's World Champions.

However; as with the men's team they fell short, losing to the USA at the semi-final stage and we genuinely felt for them at the final whistle as they fell to the ground, distraught at their failure to get to a final we all believed they could make.

This is where I believe it becomes difficult to honestly assess the tournament from **England** perspective our desire to embrace the women's game perhaps results many sensible pundits being a little reticent in giving an assessment they believe in - but if the women's team are to be judged upon their performance alone (and to a woman they insist that they do) they will have to get used to criticism – I saw several very lively debates across sports media outlets with cheerleaders for the women's game taking genuine offence with those criticising teams performance at the tournament.

Well tough! – the women's game wants to be taken seriously (rightly so) and their performance was actually not good enough!

To finish fourth when the previous squad finished third is not progress and yes, we enjoyed their efforts but the bottom line is that as a national side we went backwards in France, not forwards.

We gave the ball away far too often and lacked the physicality of the USA team in certain areas – Lionesses Coach Phil Neville must also take some of the criticism being aimed at his players - he insisted to anyone who would listen that England could win the tournament and added that not reaching the final would be 'failure' - im sure he will learn but that is a dangerous statement to make for a Coach and it is certainly coming back to bite him!

He also managed to offend the 2015 squad by claiming (after his side had lost to Sweden) that the third and fourth place fixture was a 'nonsense' game - third place being something the 2015 girls were very proud in achieving - this , having said the day before the game they were 'desperate' to achieve third place.

All-in-all a fabulous tournament to watch and enjoy – but with improvements needed both on and off the field!



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Your Life Journey by Fay Petcher

There may come a time when you are at a crossroads in your life. This can be a daunting place to be in as you don't know which way to go and what is going to happen when you take your chosen route!

Going through a break-up, separation or divorce is one of those times. It is one of the most stressful and challenging things you will ever go through. You may be dealing with depression, stress, anxiety and anger as well as not sleeping, going over negative thoughts repeatedly and not getting any answers. This can be doubly difficult if you have children or didn't want to be at this crossroads in the first place.

Having a good support network around you is vital for both your health and wellbeing. Many people are now turning to a Separation and Divorce Coach to help them get over their breakup faster and to put the control back in their lives.

Divorce Practitioners can help with things like low confidence and self-esteem, anxiety, trauma due to abusive ex partners, negative thought patterns and even dating but most importantly, they can help you discover that this can be the start of the most exciting and fulfilling time of your life!!

There is no magic wand to make everything go away but there are things you can do right now to start feeling better!!

Feel Positive Coaching specialises in helping both men and women through their breakup, separation and divorce. Call or email them now to book your 30-minute free consultation and start to feel positive about your future!!

- 3 things you can do right now:
- Smile at the next person you see! (happiness spreads happiness)
- Do something differently whether that be taking a different route home or cooking something you have never cooked.
- Write your bucket list. It is very important to have personal goals and dreams however small.





LOCAL LINKS SUDOKU 5 3 8 4 6 5 6 4 3 8 9 3 2 6 8 6 8

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



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