

# LOCAL LINKS

An astronaut in a white spacesuit stands on the surface of the moon, with the Earth visible in the background. The astronaut is facing forward, slightly to the right. The Earth shows continents and clouds. The moon's surface is dark and rocky.

[www.locallinksmedia.co.uk](http://www.locallinksmedia.co.uk)  
[www.facebook.com/locallinksmagazine](http://www.facebook.com/locallinksmagazine)

ISSUE 130  
FREE

## PERFECT PICNIC

Things to make your picnic easier

## MOONLANDING

50th Anniversary

WIN a £25 VOUCHER  
from Midland Karting

Check out our

## What's On Guide

full of local and community events

Your independent, free local magazine

Delivered free to Branston, Brizlincote Valley, Stretton, Rolleston on Dove & Walton on Trent

# ART CLASS STARTS SOON

AUTUMN COURSE  
BOOKING TODAY!

**ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!**

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

## **Absolute Beginners to Improvers - Just Like You!**

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

## **Step-by-Step Guidance**

We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over the course we will explore four different media; pencil drawing & sketching, oil pastel painting and techniques, painting and blending with water colours and acrylics. Step-by-step tuition in the basic



techniques and secrets needed to create beautiful pieces of art.

## **Still Life To Landscapes**

By the end of the course, students have created a minimum of 12 pieces of their very own original art they can enjoy forever, from simple still life and flower studies to beautiful countryside landscape scenes.

## **Fun, Easy Classes**

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

## **Young at Heart**

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

## **Limited Places**

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

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

**01283 562 527**

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

## **YOUR NEW ART CLASS**

**Bring out your inner artist**

**Riverside Hotel, Burton on Trent**

**Limited Spaces - Call now for details**

**01283 562 527**

the  
**Seasons**  
Art Class

# LOCAL LINKS



## ISSUE 130

### 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, Midland  
Karting, Perry Deakin,  
Scarsdale Vets, Fay Petcher

Dear Readers,

*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 will really do the trick!*

*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 interesting moon facts to celebrate!*

*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!*

*Have a fab summer!*

The **LOCAL LINKS** team



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

**Call us on 01283 499451**  
[www.nichearchitecture.co.uk](http://www.nichearchitecture.co.uk)  
[enquiries@nichearchitecture.co.uk](mailto:enquiries@nichearchitecture.co.uk)



**Next issue deadline:**

Tue 6th August

**Next issue out from:**

Wed 14th August

This magazine  
delivered free to:

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

We also deliver a  
magazine free to:

Alrewas,  
Barton,  
Fradley,  
Rangemore,  
Tatenhill &  
Yoxall

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





# GET AWAY FROM IT ALL



We are specialists in installing loft ladders and hatches. We also supply and install loft boarding, lighting and insulation – to help you to escape all that clutter (and avoid the summer time blues of doing it yourself!)



\*with every loft ladder fitted subject to availability

## WHAT MAKES US DIFFERENT

- No waiting around. We arrive on time, every time
- Minimum 5 year guarantee on all our ladders
- Reliable, local company working in your home
- Extra confidence because we are accredited by Which? Trusted Traders
- Absolutely no mess and no fuss



Call Sam to book a FREE survey & quotation

# 01785 595146

[WWW.ACCESS4LOFTS.CO.UK](http://WWW.ACCESS4LOFTS.CO.UK)

## ENTERPRISE ROOFING

Enterprise Roofing is a family run business with over 25 years experience. We can also enhance your roofline with UPVC Fascias, Soffits & Guttering.  
"Your local company you can trust."

### SPECIALISTS IN ALL ROOFING WORK

- All roofing work undertaken
- All types of flat roofing
- We provide GPR rubber roofing
- Full replacement soffits fascias & guttering
- Supply & fitting of dry ridge end caps
- All ridges rebbeded
- All chimneys pointed & rebuilt
- All building work undertaken
- Fully insured up to £5,000,000

CALL US ON:

01283 499920 OR 07423 569139



info@enterpriseroofing.co.uk  
www.enterpriseroofing.co.uk  
37 Derby Road, Burton, DE14 1RP



## Simon Richardson Legal Services Limited



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

- Advice on protecting your home against care home fees
- Asset protection from tax
- Wills
- Lasting Powers of Attorney
- Administration of deceased estates including contested estates
- Property matters including disputes
- Appointments available 7 days a week, within and outside office hours

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

Consultations available at your home for no extra charge

## D-I-Why?



GreenThumb's annual treatments ensure your lawn looks lush, green and healthy. With prices starting from £15 per treatment, your lawn nightmare will soon be history.

Call your local branch today for a **FREE** lawn analysis and no obligation quote on:

**0800 0111 222** 

Find us online at: [www.greenthumb.co.uk](http://www.greenthumb.co.uk)

## Trust the domestic cleaning experts at MOLLY MAID

That's what tens of thousands of people around the world do!

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular or occasional cleans
- Free in-home estimate
- All materials supplied
- No contracts

More affordable than you think!



**01283 351770**

[gill-dawson@mollymaid.co.uk](mailto:gill-dawson@mollymaid.co.uk)  
[www.mollymaid.co.uk/burton-upon-trent](http://www.mollymaid.co.uk/burton-upon-trent)



## Looking for a new boiler? call

# Bcosy



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

\*excludes diagnostic work

 W: [WWW.BCOSYHEATING.CO.UK](http://WWW.BCOSYHEATING.CO.UK)  
 E: [SERVICE@BCOSYHEATING.CO.UK](mailto:SERVICE@BCOSYHEATING.CO.UK) **01283 713592**





# BUZZ OFF!



## WASP NESTS CLEARED

only £44.00 inc VAT  
UP TO GUTTER LEVEL



Call 01283 713768

[www.midlandpestcontrol.com](http://www.midlandpestcontrol.com)

Midland Pest Control Ltd  
Unit 3, Old Barn Farm, Rosleton Road, Walton-Upon-Trent DE12 8LR

Rodents  
Bird Control  
Flies  
Insects  
Wasps & Bees



Open Every Day during  
School Summer Holidays

[www.themugtug.co.uk](http://www.themugtug.co.uk)



Paint a pot  
Foam Clay  
Parties



Baby hand & foot prints  
For all children aged from 0 to 100 years!  
Great family fun for all Generations to enjoy together

Barton Marina, Barton under Needwood, DE13 8AS  
Tel: 01283 711341 [www.themugtug.co.uk](http://www.themugtug.co.uk)

Call us on 01283 547726 or visit us in store at: Burton Indoor Market, Burton-On-Trent, DE14 1HA



# THE MOBILITY CENTRE

Specialists in personal mobility & scooters  
IN BURTON



Motability



INSIDE BURTON  
MARKET HALL

Call us on  
01283 547726

Open Monday to Saturday  
9.30am - 3.30pm

- Aids for Daily Living
- Rise & Recline Chairs
- Mobility Aids

- Scooters
- Bath Lifts
- Walking Aids
- Wheelchairs

HAVE YOUR SCOOTER SERVICED READY FOR SUMMER...

## YOUR LOCAL MOTABILITY SPECIALIST

# Humankind's Greatest Achievement

**H**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 oft-quoted 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.







**Car need a little TLC? Give us a call. You'd be barking not to!**

**10% off** when ad is presented in centre

HiQ Burton  
Unit 4, Crown Industrial Estate,  
Anglesey Road, DW14 3NX  
**01283 561931**  
[www.hiqonline.co.uk/burton-on-trent](http://www.hiqonline.co.uk/burton-on-trent)

**HiQ**  
Tyres & Autocare

**HOME of FLOORS** *Your Local Hardfloor Specialist Showroom*

- ✓ Over 300 Laminates and 100 Real Wood designs on display
- ✓ Quickstep laminate
- ✓ Vinyl Click Flooring
- ✓ Coretec waterproof flooring
- ✓ Karndean
- ✓ Treatex Hardwax Oil
- ✓ Underfloor Heating
- ✓ Adhesives & Threshold Trims
- ✓ Carpet & Vinyl
- ✓ Fitting Service
- ✓ Open to Trade and Public

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

**01283 544 486**

[www.homeoffloors.co.uk](http://www.homeoffloors.co.uk)

Logos: FSS, Rewinter, Treutex, Lifestyle, Quick Step, Aquano-Step



## JNJ Construction Midlands Ltd

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



3 The Square, Mosley Mews, Rolleston on Dove  
**01283 845183 07946 497199**  
[www.jnjconstructionco.co.uk](http://www.jnjconstructionco.co.uk)



# Tyger Tyger, burning bright...

**G**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](http://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! RARRR!



## 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.

# EASY GLIDE

## GARAGE DOORS



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

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

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

# 01283 480 505

[www.easyglidegaragedoors.co.uk](http://www.easyglidegaragedoors.co.uk)

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

# FOR ONLY £699

*Based on a white door 7ft x 7ft*

## Cash4Clothes4You

**Bring your bags to our Burton depot  
Best prices in the area!**

Burton Upon Trent  
Unit 2  
Manor Trading Estate  
Hawkins Lane  
Burton Upon Trent  
DE14 1QX



**£4.50 per 10  
kilos**  
*(Excludes coats, hats  
and belts)*

### YES PLEASE

- ☒ Clean wearable clothes
- ☒ Bags, belts, hats
- ☒ Pairs of shoes

### NO THANKS

- ☒ Soiled or damp clothes
- ☒ Duvels and Pillows
- ☒ Work clothes or badged school uniform

**Opening hours:**  
Mon - Sat 10am till 5pm  
For enquiries or  
collections please call  
01283 480711  
Free and easy parking

Like us on Facebook please:  
[Cash4clothes4you](https://www.facebook.com/Cash4clothes4you)



## Cash4Clothes4You

## BLAKENHALL PARK

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

### Fed up with the city? GO GREEN!

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



[www.blakenhallpark.co.uk](http://www.blakenhallpark.co.uk)

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



# By The Barn *by Angela Sargent*



**C**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!

Our sheep have been shorn and we have wormed the lambs, giving them a spray of fly repellent at the same time. This should last for several weeks, depending on the weather and keep them safe from green bottle flies and their maggots.

Like all medicines, there is, what is called a 'withdrawal' period - this is a period of time those treated cannot enter the food chain and it is determined by the strength of the component chemical used. We have to decide beforehand when we are likely to be selling

and then choose a product that fits in. Just the same with cattle.

It's time to start combining cereals and then baling the resulting straw. Potatoes will need irrigation and you can see the automated hoses moving along the rows if you watch.

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!

Fly tipping is becoming a horrendous problem. Everyone can see it but why does it happen? Who is doing it? Is it yours?

For more farming news follow Angela on Twitter [@bythebarn](#)

## CW Tree Services



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

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

Hedge cutting & maintenance work

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

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

Stump grinding service also available

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

Tree surveys & mortgage reports undertaken



Call us today on:  
**01283 711 702 / 07774 917 385**  
Email: [cwtreeservices@gmail.com](mailto:cwtreeservices@gmail.com)  
**[www.cwtreeservices.co.uk](http://www.cwtreeservices.co.uk)**



## Tiny Toes

East Staffordshire  
Children's Centre  
Waterloo Street  
Burton on Trent  
Staffordshire  
DE14 2NJ

- Staffed by fully qualified, experienced, dedicated professionals in childcare.
- FREE places available for 2\*, 3 and 4 year olds
- 'Good' OFSTED report.
- Meals freshly prepared on site
- 30 free hours funding accepted

## SPECIAL OFFER!

### BABIES ONLY\*

One month free childcare for 0-2 year olds.  
\*Terms & conditions apply

For more information call  
Manager Christine Leeman on:  
Telephone - 01283 741343 or  
Email - [eaststaffs@tinytoez.com](mailto:eaststaffs@tinytoez.com)  
[www.tinytoez.com](http://www.tinytoez.com)

# LOOK UP!

Create some storage space  
**INSTALL A LOFT LADDER**




Safe, Well Fitted, Fully Guaranteed Loft Ladders... and more!

Loft ladder, light & Switch plus 50sqft flooring, FREE fitting in less than a day >>>>

Over 10,000 people have chosen us to fit their loft ladder, this is because we offer:

- A FREE home visit
- A FREE written quotation
- Fully guaranteed
- A large selection of ladders to choose from

From as little as...  
**£297**  
+VAT

Call us now on:  
**0800 035 9880**  
or  
**01332 800411**  
Or visit  
[www.morethanloftladders.co.uk](http://www.morethanloftladders.co.uk)

more loft ladders  
"cost effective space"

## M C B Electrical

OVER 25 YEARS EXPERIENCE



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



Free, Friendly, No Obligation Quote  
**Tel: 01283 532074**  
Mob: 07890 003 979  
Email: [m.c.b.electrical@btinternet.com](mailto:m.c.b.electrical@btinternet.com)  
Web: [www.electriciansinburtonupontrent.co.uk](http://www.electriciansinburtonupontrent.co.uk)  
5 Nicklaus Close, Branston, Burton on Trent, Staffordshire DE14 3HP

## Are you embarrassed about your loose dentures?

## Do you want to eat the foods you love again?

## Do you have decayed, failing teeth?

If you've Answered **YES** to the above  
**WE CAN HELP YOU!**

Our Denture Experts

Left: Richard Hazzledine, GDC: 126796  
Middle: Jamie Wright, GDC: 106755  
Right: Thomas Heath, GDC: 179192

Book your **FREE** consultation today!  
At one of our convenient locations below

Derby **01332 405358** Coalville **01530 839000**  
Burton on Trent **01283 546161** Wolverhampton **01902 426808**

**BEAUTIFUL DENTURES**  
Look Young & Feel Great!  
[www.beautifuldentures.co.uk](http://www.beautifuldentures.co.uk)



# Hello Hayfever!

by Rebecca Tucker

Itchy, watery eyes? Constantly sneezing? Runny or blocked nose? Itchy throat, nose, mouth and ears? Yes it's that time of year again. If you're feeling the effects of this seasonal allergy, you might be surprised to hear that changing what you eat can have a big impact on the severity of your symptoms.

Some foods will make the symptoms of hayfever worse, whilst others are naturally anti-inflammatory so can help reduce symptoms.

Foods containing high levels of histamine can intensify symptoms. These include chocolate (sorry!), tomatoes, aubergines and many fermented foods like vinegar, sauerkraut, yoghurt, miso, soy sauce, and canned fish.

There are also foods that, while they are not high in histamine themselves, are 'histamine liberators' and can trigger your cells to release histamine. These include strawberries, pineapple, bananas, citrus fruits and egg whites.

Dairy products stimulate the body to produce more mucus, making blocked noses or ears much worse. Matured cheeses

also contain high levels of histamine. And sugar, which causes your body to produce more histamine, can further exacerbate your symptoms.

## **Foods to add in or increase when you have hayfever**

Some foods are anti-histamine foods and disrupt or block histamine receptors, helping to reduce allergy symptoms. These include foods containing:

**Quercetin** - Onions, garlic, goji berries, asparagus, all berry fruits, apples, kale, okra, peppers, plums and red grapes.

**Beta carotene** - Sweet potato, carrots, butternut squash, red and yellow peppers, apricots, peas, broccoli, dark leafy greens like kale, and romaine lettuce.

**Vitamin C** - Blackcurrants, blueberries, peppers, kale, collard leaves, broccoli, kiwis, mango, courgettes, and cauliflower.

**Local Honey** - This may also be helpful because over time it may help your body become more familiar with the pollen entering your system and reduce the inflammatory response it makes.

**What to drink** - Drink plenty of water to thin the mucous membranes and reduces that 'blocked up' feeling.

**Green tea** - is packed full of antioxidants and has been proven to block one of the

receptors involved in immune responses.

**Ginger tea** - has been shown to help reduce allergic reactions such as those associated with hayfever. Peppermint tea is worth trying because peppermint contains menthol, a natural decongestant. Nettle tea may help to relieve inflammation of the upper respiratory tract and ease nasal congestion, sneezing and itching.

## **Anti-inflammatory approach**

Hayfever is an inflammatory condition and may be further helped by including other types of food that calm the inflammatory response. Top of the list are foods containing omega 3 fatty acids. These include all types of oily fish (like salmon, trout, sardines, halibut and cod) as well as flaxseed and walnuts.

Coconut oil is another anti-inflammatory oil and can be used in cooking and baking or added to smoothies.

As well as adding flavour to your food, herbs like parsley, sage, thyme, oregano and basil have anti-inflammatory properties as do many spices, including turmeric, ginger, cardamom, cinnamon, clove, fennel and nutmeg.

Rebecca is a Registered Nutritional Therapist practising at the Natural Healthcare Centre in Burton. For more information visit [www.nourishbalanceglow.com](http://www.nourishbalanceglow.com)

# Dry Carpet Cleaning



Dry Carpet, Upholstery & Hard Floor Cleaners

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

**Picture this... in your home**

**Nice Fresh Clean  
Upholstery on  
Leather • Suede • Fabric**



**Locally based**

You can call us for FREE on

**0800 180 49 30**

[zerodrytime.com](http://zerodrytime.com)

**FREE**  
Carpet Clean with any  
3 Piece Suite Clean  
+ Free Stain Protection

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

## APS TYRES 2019 LTD

**NEW & QUALITY PART WORN TYRES**

Unit 1, APS Business Park, Wetmore Road,  
Burton Upon Trent, Staffs, DE14 1PL

**Tel: 01283 526 868**

- Stockist of Quality New & Part Worn Tyres with over 10 Years Experience.
- 4 x 4 & Run Flats in Stock.
- Puncture Repairs & Wheel Balancing.



**Rescuing and rehoming Collies and Collie crosses throughout the UK from our base in Colton, Rugeley, Staffs.**

Up to 40 dogs always looking for new homes. Donations gratefully received. Subscribe to our quarterly magazine or join our Support Scheme or Sponsor A Dog Scheme (a unique gift to celebrate a special occasion for any collie lover). Volunteer dog walkers welcomed. Boarding kennels also available

For more information visit our website  
[www.bordercollietrustgb.org.uk](http://www.bordercollietrustgb.org.uk) or  
contact our office on 01889 577058



# Join Mercia Archers



**M**ercia Archers formed in February, establishing the fantastic sport of archery in 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 to develop your technique, it also 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 to 100 archers expected to compete in 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](http://www.merciaarchers.co.uk)** or find them on Facebook.

## FIND YOUR ULTIMATE OUTDOOR LIVING SPACE

Come meet our landscaping specialists and get a free design consultation at our new Burton branch

STONEMARKET

ARTIFICIAL GRASS

milboard

MY KIND OF GARDEN

FREE LOCAL DELIVERY

## BURTON UPON TRENT

Unit 5-7 Battista Road, Albion Gateway  
Stretton, Burton on Trent, DE13 0FW  
01283 887 887 | [mkmb.co.uk](http://mkmb.co.uk)



# LITTLE MONSTERS DAY NURSERY

01283 815588



Funded places available.

Experienced, caring professionals.

Excellent indoor & outdoor spaces

Spacious, well resourced play rooms

Fresh, home-cooked food

[www.littlemonstersdaynursery.com](http://www.littlemonstersdaynursery.com)

Email:

[littlemonstersanslow@hotmail.com](mailto:littlemonstersanslow@hotmail.com)

Come and see us:

Main Rd, Anslow, Burton On Trent, DE13 9QE

# DO YOU NEED A CLEANER?

Affordable, Reliable,  
Experienced, Professional

W: [www.diamondhomesupport.com](http://www.diamondhomesupport.com)

E: [joe@diamondhomesupport.com](mailto:joe@diamondhomesupport.com)

M: 07563246836

Fully Insured  
Choose from Weekly, Fortnightly or  
Monthly Cleans  
Same Cleaner Every Clean  
One off Deep Cleans  
Landlord Cleans

Diamond Home Support  
offer domestic cleaning,  
ironing and other  
domestic duties.



## Steve Frost

Windows. Doors. Conservatories. Fascia.

### UPGRADE YOUR OLD CONSERVATORY ROOF FOR A NEW ALL YEAR ROOF

Replacing your old conservatory roof to a new warm roof stops you feeling cold in winter and too hot in summer.

- Upgrade your double-glazed units to planitherm energy saving glass, with argon gas infill and warm edge spacer bar to save more heat.
- All windows, doors and conservatories are made to suit your individual taste and design.
- We are always happy to arrange viewings of past installations to see our full quality and range available.

For your free no obligation quotation contact us on:

**01283 701 458**

email: [steve@villagec.co.uk](mailto:steve@villagec.co.uk)

65 Findern Lane, Willington, Derby, Derbyshire, DE65 6DW





# Neutering FAQs *by Scarsdale Vets*

**N**ervous about your pet being neutered? We have put together a list of FAQs for when it comes to neutering your pet.

## **Can my pet eat normally after being neutered?**

We would normally recommend a recovery or intestinal diet after surgery. These tend to be palatable to encourage them to eat, bland as not to upset their gastrointestinal system (which can be a little sensitive after an anaesthetic) and contains the right nutrition to aid healing.

## **Can neutering change my pet's behaviour?**

### **Cats**

Neutering tom cats can reduce the risk of roaming, urine spraying and aggression. Neutering females will stop the cats coming into heat so will eliminate the behaviours associated with this i.e. excessive vocalisation, rolling and even roaming to find a mate.

### **Dogs**

We like to aim for male dogs to reach maturity before castration but if there are no issues with nervous behaviour towards other dogs, people or new environments castration can be done from 6 months. It can help reduce urine marking and humping (although this can be due to excitement). Castration can help with some behavioural problems but is not always the answer, so we recommend an appointment with our vets or behaviourist to discuss fully. There is always the option for chemical castration in behaviour cases to see if castration will help.

Bitch spaying will eliminate them coming into season and any problems related to this i.e. prevent the risk of phantom/false pregnancies. Spaying early has no effect on behaviour unless there is in-house dog to dog aggression and spaying will make this worse

### **Rabbits**

Neutering your rabbit can limit aggression and stop urine spraying



*Curious about castration?* *Nervous about neutering?*

**Book a FREE adolescent check and receive a 20% discount voucher for neutering**

**We also offer FREE:**

- Pre-neutering check
- Post-op nurse check
- Dietary advice

**Stapenhill Practice**  
90 Spring Terrace Road  
Stapenhill  
Burton-on-Trent  
DE15 9DX  
01283 568162

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

## **How long after neutering before we can take our dog out for walks?**

We would usually advise that you keep your dog rested for 24-48 hours post-surgery with just gentle exercise in the garden. After this we would then advise short lead walks until they are seen for their post op check.

## **What are the risks of neutering?**

There is always a risk with a general anaesthetic, but your pets will be given a full health check on the day of admission and they will be fully monitored throughout the procedure by our qualified nurses. We have all the latest monitoring equipment very similar to human hospitals that check oxygen levels, ECG and blood pressure to name a few.

With any surgical procedures there is a risk of bleeding and infection, but this is closely monitored, and all our surgeons are experienced.

**PSS Prestige Security Solutions**  
 Roller Garage Doors – Industrial Shutters – Awnings  
 Retractable/Fixed Grills – Glass Verandas

**We also supply sectional garage doors  
 and composite front doors**

**REMOTE CONTROLLED | INSULATED | FULLY INSTALLED**  
**ROLLER GARAGE DOORS**  
**SINGLE £799.00 | DOUBLE £1150.00**

High Security | High Quality | Wide Range of Colours  
 Fully Insulated | Quiet, Smooth Operation  
 Remote Controlled | Emergency Override



**0116 278 5278**  
[www.prestigesecuritysolutions.co.uk](http://www.prestigesecuritysolutions.co.uk)

WE COVER ALL OF THE MIDLANDS

**LADY PLUMBER**

*A Pipe Dream*



A Pipe Dream provides a full range of all plumbing and heating services - from installing the bathroom suite of your dreams, replacing your boiler, to fixing that leaking joint that has been bothering you for ages!

If you need a fully qualified plumber or gas engineer you can trust, give Abi a call.

**T: 01283 716 352**  
**M: 07976 705 189**  
[www.apipedream.co.uk](http://www.apipedream.co.uk)

**gas safe REGISTER 202944**

[www.bluecanaryhc.com](http://www.bluecanaryhc.com)  
[info@bluecanaryhc.com](mailto:info@bluecanaryhc.com)  
 07738080725



**Social Media Management**  
**Content Creation**  
**Online Retailing**

 *Blue Canary*



# Perfect Picnics

July 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?

Imagine the scene, sat outside, blanket spread out and you realise you've forgotten the plates! Nightmare! Some things you'll forget and some things you won't realise you'll need until you need them! Here's our handy checklist of items to bring with you so that you have every eventuality covered!

## 1. SUNSCREEN

Wishful thinking considering the weather we've had so far this summer but you never know. 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

Even if you're without kids, baby wipes are a godsend for all those unforeseen spills and sticky hands. While hand sanitizer also kills off bacteria, wet wipes can remove dirt and stains.

## 3. BUG SPRAY

Reduce the chances of insect bites by taking along and liberally applying bug spray. Remember to apply after sunscreen.

## 4. BLANKET

It's easy to opt for picnic destinations that have chairs or tables provided, but on a beautiful day, seating might be limited. Don't forget to bring along a blanket for both seating and spreading your food out on.

## 5. 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.

## 6. 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. Small blades that fold or come with sheaths are best for packing away as they are safer.

## 7. 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.

## 8. MINI CONDIMENTS AND SEASONINGS

Instead of lugging the whole bottle of ketchup or mayonnaise, why not fill mini

plastic takeaway tubs (think pickle tray) for ease of dipping when you're out in the wilds.

## 9. KITCHEN TOWEL

While napkins or paper towels are easy to pack and dispose of, a sturdy kitchen towel offers more versatility. Towels can be used to cover foods from bugs, provide extra protection when wrapped around wine glasses or bottles, and can do a better job of sopping up spills than handfuls of paper napkins.

## 10. RUBBISH BAGS

You don't have to be a scout to follow the rule of leaving your picnic site "cleaner than you found it." Bin bags can also double as rain ponchos in case of unexpected summer storms, or if sliced open, can lay under your blanket to keep wet grass from seeping through.

# SUPER SUMMER SAVERS ON GARDENING ITEMS

<p>AUTUMN BRINDLE</p> <p>BUFF BURN'T OKER</p> <p><b>BLOCK PAVING</b></p> <p>CHARCOAL GREY</p> <p>RED</p> <p>£14.38 per mtr (50) £140.35 per pack (9.76m<sup>2</sup>)</p>	<p><b>Dovedale Slabs</b></p> <p>450mm<sup>2</sup> Riven &amp; Smooth</p> <p>£19.50 per mtr £185.50 pack 50 10 mtrs</p>	<p><b>Home and Trade</b></p> <p>ELECTRIC STREET OFF WETMORE ROAD BURTON ON TRENT DE14 4BQ</p> <p>Tel: 01283 535421 email: sales@homeandtrade.co.uk www.homeandtrade.co.uk</p>	<p>We are here</p> <p>WETMORE RD ELECTRIC ST HARRINGLOW ST</p>
<p><b>Decorative Aggregates</b></p> <p>25kg Bags &amp; Bulk Bags</p> <p>Ask For Details</p>	<p><b>INDIAN SANDSTONE</b></p> <p>4 sizes - 900x600 600x600 600x300 &amp; 300x300</p> <p>£21.69m<sup>2</sup></p> <p>RAJ BLEND LIGHT GREY Crate Price - £449.10</p>	<p><b>TOP SOIL</b></p> <p><b>BULK BAG £49.99</b> <b>MINI BAG £1.99</b></p>	<p><b>FAIRFORD SLABS</b></p> <p>GREY</p> <p>Sizes: 600 X 600 600 X 300 300 X 300</p> <p>FROM <b>£25.44 M<sup>2</sup></b></p>
	<p><b>WEEDTEX</b></p> <p>WEED CONTROL FABRIC</p> <p>A0845 15m X 1m Roll <b>£6.95</b></p> <p>A0846 25m X 2m Roll <b>£18.50</b></p> <p>A0847 50m X 2m Roll <b>£34.96</b></p>	<p><b>RONSEAL</b></p> <p>14 LITRE FENCE LIFE PLUS <b>£14.99</b></p> <p>RONSEAL FENCE BUILDER <b>£4.99</b></p> <p>RONSEAL FENCE SPRAYER <b>£24.95</b></p>	

T: 01283 535421 E: sales@homeandtrade.co.uk W: www.homeandtrade.co.uk  
Electric Street, Burton-on-Trent, DE14 1RQ

**Best FRIENDS forever**

**ASK ABOUT OUR TWO WEEK TRIAL**

**STAGE COACH**  
Creative Courage For Life®

**Where children become everything they can be**

W stagecoach.co.uk/burtonupontrent  
@ burtonupontrent@stagecoach.co.uk  
07956 139721

Stagecoach Performing Arts is the trading name of Stagecoach Theatre Arts Limited. Stagecoach Theatre Arts schools are registered under the Arts and are independently owned by Rick Parry & Co. Stagecoach and Creative Courage For Life are registered trademarks of Stagecoach Theatre Arts Limited.

**Midland Property Maintenance**

- ALL TYPES OF ROOF REPAIRS
- EXTERIOR DECORATING
- UPVC FACIAS SOFITS
- GUTTERING
- JET WASHING DRIVES PATIOS FACIA'S & GUTTERING

We are a family run business with over 25 years experience.

**FOR A FREE QUOTE CALL:**  
**01283 310885 or 07413582565**



# WIN!

a £25  
Voucher

THE MIDLAND



KARTING EXPERIENCE



For this month's competition, EIGHT lucky readers can win a £25 VOUCHER from **Midland Karting.**

With over 17 years of karting experience, Midland Karting's facility is one of the top karting outdoor circuits in the UK. Whether you're looking for a family fun day out or a team building event with a difference or a corporate hospitality day.

Midland Karting offer exceptional value for money whilst ensuring a fun and safe karting experience. They're able to cater for all wants and needs like Children's parties,

Corporate hospitality & team building, Stag & Hen events, and Open & Exclusive races.

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

If you need any further information, you can find it here at: [www.midlandkarting.co.uk](http://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:

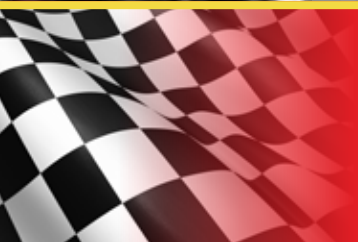
**Midland Karting Competition  
Local Links Media,  
Suite 29,  
Anglesey Business Park,  
Anglesey Road,  
Burton-on-Trent,  
DE14 3NT**

Alternatively, you can e-mail your details to:

**[local@locallinksmedia.co.uk](mailto: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!



Midland Karting  
Wood End Lane  
Lichfield  
Staffordshire  
WS13 8NF

t: 01543 418419  
[www.midlandkarting.co.uk](http://www.midlandkarting.co.uk)  
[www.facebook.com/pg/  
MidlandKarting](https://www.facebook.com/pg/MidlandKarting)



**AstlePaterson**

When trusted experience matters

Troublesome tenants?

## **We can get back your property**

Liam O'Shea offers a fixed-fee service for getting back your property from difficult tenants. He specialises in working on behalf of Landlords and Letting Agents throughout Burton upon Trent and the surrounding areas.

*Burton upon Trent's first choice for Landlord legal services*

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

**01283 531366**

[www.astlepaterson.co.uk](http://www.astlepaterson.co.uk)

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

**Liam O'Shea**  
Director & Solicitor  
Head of Litigation



**A.P. Hazell**  
Est. 1983  
Electrical Contrator

The old school standard  
for all your domestic  
electrical needs.

Please call  
Ady:  
**07931298124**  
**01283 845501**

**Checkatrade**  
Where reputation matters



## **Has Your Double Glazing Steamed Up?**

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

Priority Freephone  
**0800 61 21 118**

**cloudy2** CLEAR  
WINDOWS  
REPLACING YOUR FAILED DOUBLE GLAZING



[www.cloudy2clear.com](http://www.cloudy2clear.com)



# Health Open Day



The Patients Group at 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](mailto:jackiehopkins@btinternet.com)



- ✓ Hedge maintenance
- ✓ Grass mowing
- ✓ Garden clearance
- ✓ Ground maintenance
- ✓ Full waste carriers licence
- ✓ Planting
- ✓ Woodchip
- ✓ Logs for sale
- ✓ Fully insured

M: 07835 218 041 T: 01283 763572  
 E: [gt.meadowview@gmail.com](mailto:gt.meadowview@gmail.com)  
 W: [www.meadowviewgardenservices.co.uk](http://www.meadowviewgardenservices.co.uk)

**TOP FURNITURE**

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

# 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 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

### 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 JULY

### 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, Burton-on-Trent DE15 9AP Contact Bob 07812 146333 [www.g3nfc.co.uk](http://www.g3nfc.co.uk) or [club@burton-arc.co.uk](mailto: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 JULY

### 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

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

## FRIDAY 26TH JULY

### Latin-in-line Classes

No partners required! Enjoy cha-cha, 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 0HE. Ring 07598159744 or email [larhiney@hotmail.com](mailto:larhiney@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 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

## MONDAY 29TH JULY

### 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.

### Meditation

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 JULY

### 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 of 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](mailto: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 759608

## 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 543813.

## 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 -15.30 .

### 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.support@gmail.com](mailto:burton.prostate.cancer.support@gmail.com)



# 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 Jazz Club

Every Thursday, at Marston's 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 Stafis, Derbys & Leics. Visit [www.eaststaffsramblers.org.uk](http://www.eaststaffsramblers.org.uk) or contact 01283 713209.

## MONDAY 12TH AUGUST

### 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 0BV. [hello@dancewithredandginger.com](mailto:hello@dancewithredandginger.com)

## TUESDAY 13TH AUGUST

### Branton Womens' Institute

Hold 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](mailto:sallyjojingles@hotmail.com) [www.jojingles/lichfield2tamworth](http://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 Joan on 01283 713380

## WEDNESDAY 14TH AUGUST

### Stretton & Claymills 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](http://www.strettonandclaymillswi.wordpress.com) or [strettonandclaymillswi@gmail.com](mailto: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](mailto: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

## 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 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](mailto:hollandtowc@gmail.com)

## COMPETITION WINNERS

Congratulations to our **Lucinda Smith Photography** 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

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



Professional Driveway Maintenance.

Why not have your drive or patio restored to its original condition?

- All surfaces as good as new!
- High power pressure wash
- No pressure soft wash
- Removal of slippery moss & weeds
- Fully insured
- No mess
- Local Barton resident

**CALL RICHARD ON: 07949 237 305**



**BOILER REPAIR MAN**  
**07503 882189**

⚡ Gas Boilers Installed  
Served & Repaired

⚡ Gas Fires Served  
& Repaired

⚡ Central Heating  
Systems Flushed

⚡ High Efficiency  
Radiators Fitted

⚡ Landlords Gas Safety Certificates



**Call Jon: 07503 882189**

**BOOK ONLINE OR CALL: 01283 544389**

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



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

FAMILY RUN BUSINESS, FRIENDLY STAFF, QUICK RESPONSE  
[www.golding-skips.co.uk](http://www.golding-skips.co.uk)



**GOLDING**  
**SKIP HIRE**





# Let's Hear It For The Girls!

It's 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 been professional for a 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 male counterparts... they 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 an England perspective – our desire to embrace the women's game perhaps results in 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 the 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!



# THE ALPHABET GIFT SHOP



## *Fabulous Personalised Gifts & CoSy Coffee Shops*

44 Station Rd, Mickleover DE3 9GH T: 01332 513033 [www.thealphabetgiftshop.co.uk](http://www.thealphabetgiftshop.co.uk)

OPEN Mon-Sat 9 - 5.30, Sunday 10-3pm

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

OPEN Mon-Fri 8.30 - 5.30, Sat 9-5.30, Sunday 10 - 4pm



PHYSIO  
OSTEOPATHY  
PODIATRY

**TOTAL BODY**  
personal training & sports therapy

MASSAGE  
INJURY  
REHAB



[www.total-body.co.uk](http://www.total-body.co.uk)  
07780 915017



Find us at Bannatyne Health & Fitness Club, Burton

## INTERNATIONAL ROOFING

[www.internationalroofing.co.uk](http://www.internationalroofing.co.uk)

### Roofing & UPVC

- New Roofs
- Roof Repairs
- Flat Roofs
- UPVC Fascias & Soffits
- Dry Verges & Ridges
- Guttering
- Cladding

### Cleaning Services

- Drive Cleaning
- Patio Cleaning
- Roof Cleaning
- Roof Coating
- Sealing
- UPVC Cleaning
- Ext Painting

**Free Phone: 0800 292 7016**  
**Office: 01332 899 577 - 01283 809 514**  
**Email: [roofingsales2004@gmail.com](mailto:roofingsales2004@gmail.com)**  
**Web: [www.internationalroofing.co.uk](http://www.internationalroofing.co.uk)**  
**Unit 22, Derby Road, Stretton, Burton on Trent DE13 0DW**



# 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.

**"Gain control of your life and start to feel positive about the future!"**

TRAUMA      ANXIETY  
STRESS      POSITIVE THINKING  
LOW SELF-ESTEEM      NEGATIVE THOUGHT PATTERNS  
DATING      MEDITATION

**FP coaching**

SPECIALISING IN BREAKUPS,  
SEPARATION & DIVORCE

**BOOK YOUR FREE 30 MINUTE CONSULTATION TODAY!**

feelpositivecoaching@gmail.com  
www.FeelPositiveCoaching.com  
07821 109751



**PAINTER & DECORATOR**

**THE SIGN OF QUALITY**




- High Class Finish
- Competitive Prices
- Friendly, Reliable Service
- Free Quotations

**Contact Michael**

**07979 921895**

**01283 362279**

e-mail: mgdecorator@yahoo.co.uk

44 Hurst Drive, Stretton, Burton upon Trent, DE13 0ED

## LOCAL LINKS SUDOKU

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

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.

LLS-40-4

# BIN IT SKIPS



All Sizes  
All Areas  
Great Prices

**01283 716615**

**WWW.BINITSKIPS.CO.UK**



THE FIRM YOU CAN TRUST

# BURTON

PAVING & LANDSCAPING

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

T: 01283 329711

M: 07480 361494

E: [premierburton@gmail.com](mailto:premierburton@gmail.com)

W: [www.burtonpavingandlandscaping.co.uk](http://www.burtonpavingandlandscaping.co.uk)



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







SMITH  
PARTNERSHIP  
SOLICITORS

# SUFFERED AN INJURY THAT WASN'T YOUR FAULT?

## OUR EXPERTS



David Clark



Simon Rowley



Anna Mcleod



Please quote CoMag19 when contacting us.

Working with Smith Partnership is as *simple as* **0330 123 1229**

OFFICES IN:  
Derby, Burton, Leicester, Stoke & Swadlincote  
[www.smithpartnership.co.uk](http://www.smithpartnership.co.uk)

@smithpartnership @smithship



# Architectural Design



niche  
architecture



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

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



**Call us on 01283 499451**

**[www.nichearchitecture.co.uk](http://www.nichearchitecture.co.uk)**

**[enquiries@nichearchitecture.co.uk](mailto:enquiries@nichearchitecture.co.uk)**

