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ISSUE 131
FREE

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LOCAL LINKS



ISSUE 131

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Dear Readers,

We're well into the summer holidays now and we hope you're finding time to enjoy yourselves! If the weather is sunny, we hope you're taking good care and looking after your skin. We know that sunscreen can be a confusing issue, so this month we've got a helpful article all about it and how you can stay safe in the sunshine.

The school holidays will all too soon be over. Thinking of the return to school made funny games and counting rhymes pop into our heads. See if you remember any of the ones we do by reading our article. With school in mind, if you've got hungry little ones who can't wait for dinner when they get home after a long day at school, why not try these super quick and tasty snacks to tide them over while you figure out what's for dinner!

Stay safe in the sunshine you lovely folks!

The **LOCAL LINKS** team

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Next issue out from:
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delivered free to:

Alrewas, Rangemore,
Barton, Tatenhill &
Fradley, Yoxall

We also deliver a
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Branston,
Brizlincote Valley, Stretton &
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Rhyme and Reason

We're in the midst of the summer holidays with the return to school looming in a few weeks. New uniforms and pencil cases will soon be making their way to the school gates. Few things bring back the nostalgia of the school playground than game rhymes, be they skipping, counting or clapping. Do you remember any of these?

Skipping Game

I like coffee, I like tea, I like the boys and the boys like me,
Yes—No— Maybe so—Yes—
No— Maybe so ...etc.. (the answer is revealed when the child misses.)

Counting Out

Eeny, meeny, miny, moe
Catch a tiger by the toe
If he hollers let him go,
Eeny, meeny, miny, moe
My mother told me
To pick the very best one
And you are [not] it.

Each peach, pear, plum,
Out goes Tom Thumb;
Tom Thumb won't do,
Out goes Betty Blue
Betty Blue won't go,
So out goes you.

Ibble obble black bobble,
ibble obble out,
Turn the dirty dish cloth inside out,
Once if it's dirty, twice if it's clean,

Ibble obble black bobble, you are out!

Ip dip doo, Doggie did a poo,
Cat did a wee wee, Out goes you.

Clapping Rhyme

Mary had a little lamb, she thought it was quite silly,
To throw him up into the air and catch him by his,
Willy was a sheepdog, running through the grass,
Along came a bee and stung him on the,
Ask no questions, tell no lies,
I saw a policeman open up his,
Flies are a nuisance, bees are worse,
That is the end of my little verse.



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By The Barn *by Angela Sargent*



Walking round our woods, as we fence the odd gap, the noise from Chiff Chaffs is so loud, they must have bred well this year, nesting in undergrowth of Dog rose and Brambles. These are covered in their pink and white flowers and are just turning into the rose hips and blackberries. These will provide feed for birds and insects as Autumn and winter approach.

Dairy farmers are waiting to see what effects the closure of the Muller plant will have on the local suppliers, as well as the families affected by job losses in a rural area and economy.

Silage and hay has been made while the grass had some feed value and now we are waiting for corn and straw.

Follow Angela on Twitter @bythebarn for all things farming.

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No Bake After School Snacks

Are you a parent plagued with relentless “IIIIIIIIII’m HUNGRY!!!” chant as soon as your little ones are straight in the door after school? We thought so. To help you out, here are some quick snacks to make or have already to hand to pop in front of them while you’re thinking of what to make for dinner!



Strawberry Cheesecake Cracker

Spread cream cheese onto digestive biscuits. Top with strawberries and drizzle with honey.

Peanut Butter Pin-wheels

Spread peanut butter over a sandwich wrap, drizzle with honey and then sprinkle with granola. Roll the wrap up and cut into slices.



Fruity Frozen Yogurt Cups

Line a cupcake tin with cupcake cases (preferably silicone ones). Put a scoop of any flavour greek yogurt into each case. Top with the fruit of your choice and freeze.

Fruit & Cheese Kebabs with Yogurt Dip

1 cup vanilla yogurt, 1/2 cup sour cream, 2 tbsps honey, 1/2 tsp ground cinnamon, selection of fruit and cheeses of your choice.

Mix the yogurt, sour cream, honey and cinnamon in a bowl for the dip. Slide bite sized pieces of cheese and fruit onto a wooden skewer to serve.





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Super Safe Sun Fun

August is 'Safety in the Sun Month' and fingers crossed the weather gives us something to be mindful of for the summer holidays!

One thing we often wonder is does a sunscreen with a high SPF (sun protection factor) protect skin better than one with a lower SPF?

The SPF number tells you how long the sun's UV radiation would take to redden your skin when using the product exactly as directed versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

An SPF 30 allows about 3 percent of UVB rays to hit your skin. An SPF of 50 allows about 2 percent of those rays through. That may seem like a small difference until you realize that the SPF 30 is allowing 50 percent more UV radiation onto your skin.

Products with very high SPFs often create a false sense of security. People who use them tend to stay out in the sun much longer and they may think they don't need to seek shade, wear a hat or cover up with clothing. They end up getting a lot more UV damage, which, of course, defeats the purpose.

Always look for a water-

resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. Regardless of the SPF, though, it's important to apply two tablespoons to your skin 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.

Sunscreen is just one vital part of a strategy that should also include seeking shade and covering up with clothing, including wide-brimmed hats and UV-blocking sunglasses.



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So, what does the process of the Lawn Makeover involve? Firstly, a 'Total Lawn Kill' is carried out, providing a clean start by removing all plant life in the lawn area. Two weeks later, the lawn is ready for Makeover Day! Using GreenThumb's unique de-thatching 'Makeover Reel', debris from the killed-off lawn is removed; to achieve superior results, the Lawn Operative will need to reach the soil level. Aeration comes next to improve the air-space and soil structure, promoting a good foundation for grass seed germination.

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Britain's Biggest & Brightest



Love them or loathe them, you can't deny that The Beatles were and are still one of the UK's most iconic bands. Did you know that there's an 'International Beatleweek Festival', which celebrates the music of the most famous pop group the world has ever known, in the city where it all began, Liverpool. The festival is being held this year from 21st - 27th August.

With a wealth of Brit pop & rock based biopics hitting the cinema recently, with 'Rocket Man' and 'Bohemian Rhapsody' (for which Rami Malek won an Oscar for Best Actor) we thought it only right to take a little trip down memory lane and remember all of the best of British musical talent



Queen

Estimates of Queen's record sales range from 170 million to 300 million records, making

them one of the world's best-selling music artists.



Elton John

Born Reginald Kenneth Dwight, in Rolling Stone ranked Elton John 49th on its list of 100

influential musicians of the rock and roll era.



Black Sabbath

Black Sabbath were an English rock band, formed in Birmingham in 1968, by guitarist and main songwriter Tony Iommi, drummer Bill Ward, bassist and main lyricist Geezer Butler and singer Ozzy Osbourne. Black Sabbath are often cited as pioneers of heavy metal music.



Rolling Stones

The Rolling Stones have sold over 240 million albums worldwide and have held over 48 tours of varying length, including three of the highest-grossing tours of all time: Bridges to Babylon Tour, Voodoo Lounge Tour, and A Bigger Bang Tour.



Iron Maiden

Despite little radio or television support, Iron Maiden are considered one of the most successful heavy metal bands in history, with The Sunday Times reporting in 2017 that the band have sold over 100 million copies of their albums worldwide. Singer Bruce Dickinson even holds a pilot's licence and flies the band's very own plane named 'Ed Force One' named after the band's longtime zombie creature mascot Eddie.

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

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

Alternatively, you can e-mail your details to: local@locallinksmedia.co.uk

The closing date for entries is the 17th of September and the winners will be announced in our October edition.

Good luck to everyone who enters!



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Fight the Frizz

With warm weather foot some of us will know the joys of unpredictability that warm and humid weather can bring to our hair. Frizz is mostly caused by a lack of moisture in your hair or humidity and excess moisture in the air.

Another

common cause of frizz is dry hair or damage. Let's say you have dry or damaged hair and you go outside when it's humid—what happens to your hair? The hair is dry, which means it wants to absorb all that moisture from the environment.

1. Choose a sulfate-free, glycerin-packed shampoo.

When selecting a shampoo, look for products with glycerin listed high up on the ingredient list. The closer glycerin is listed to the top, the more concentrated it is in the product. Glycerin helps combat frizz by penetrating the hair and hydrating it from the inside out. It is also a great humectant, meaning it absorbs that extra moisture in the air and creates a protective coating over the outside of the hair keeping moisture trapped in.

2. Twice a week, only use conditioner on your hair.

You might think your hair needs to be shampooed several times a week, but in reality, it actually doesn't. Every two days, apply conditioner only and skip shampoo, then rinse it out. Conditioner contains a small amount of surfactant, which is what shampoo uses to cleanse your hair.

As well, conditioners contain a small amount of oil which attaches to the oils in the hair, cleansing it away. This is also called "Co-Washing" which helps keep the hair at optimum PH as you are replenishing moisture and ensuring the natural oils in your hair are not being stripped away.

3. Incorporate coconut oil into your hair routine.

Coconut oil has endless benefits for your hair, especially when it comes to frizz. Try to make a habit of using pure, organic coconut oil in your beauty routine. You can use it two ways; the first being as a mask. Apply coconut oil down the length of the hair, letting it sit for a few hours or using it as an overnight treatment. The result is visibly smooth and touchably soft hair.

4. Let your hair air dry 90% of the way before blow-drying.

By letting your hair partially air dry, you are allowing it to dry without disrupting the hair strand, which helps to keep it smooth. While the heat of a blow dryer can cause damage, using a blow dryer when your hair is already mostly dry minimizes the risk. Just be sure to keep the dryer on a low heat setting and hold it 6 inches away from your hair at all times. Also, be sure to move the dryer around consistently so that it doesn't overheat a certain section of the hair and cause damage.

What's On Guide

TUESDAY 20TH AUGUST

Burton Dance & Social Club

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

Shakespeare Group

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

WEDNESDAY 21ST AUGUST

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 or club@burton-arc.co.uk

Space Poetry with Little Brown Mouse

At Lichfield Library, 10am - 11am FREE Children's Creative Poetry Workshop with author and poet Mel Woodend. Little Brown Mouse is trying to stow away on a space rocket. Suitable for 5+. Please book from 6th July by email to Lichfield.library@staffordshire.gov.uk

THURSDAY 22ND AUGUST

New Beginnings

Mature Singles Friendship Group (55yrs+). If you enjoy the theatre, meals out, walks, cinema, activities, holidays/outings and general socialising but don't want to do it on your own, then New Beginnings is for you. Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

FRIDAY 23RD AUGUST

Latin-in-line Classes

No partners required. Dance cha-cha, salsa, mambo, rumba, merengue, samba etc. Fridays 10-11am - £4.00 at the Priory Centre, Church Road, Stretton DE13 0HE. Ring 07598159744 or email: larhiney@hotmail.com for more details

SATURDAY 24TH AUGUST

5 in Harmony Cream Tea

Enjoy a cream tea in the company of local celebrities 5 in Harmony, famous for their hit "Swad Song" as seen on YouTube. South Derbyshire songs, comedy monologues and folk songs in support of The Young Ones project for local disadvantaged children. From 2:30pm at Hill Street Baptist Church, Swadlincote DE11 8HW. Great raffle prizes. Tickets £5 including cream teas served from around 3:30. Ring 07938 920223 or email treasurer@theyoungonesburton.co.uk

SUNDAY 25TH AUGUST

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 26TH AUGUST

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 27TH AUGUST

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.

Jo Jingles Summer Sessions

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

WEDNESDAY 28TH AUGUST

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. Enjoying a wide range of activities, from ice skating to canoeing, and craft to cooking, there is something for every girl! Call: 07794 759608

THURSDAY 29TH AUGUST

Burton Jazz 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.

FRIDAY 30TH 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 31ST 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 1ST SEPTEMBER

Afternoon Tea Dance

Afternoon Sequence Tea Dance, 2pm-4pm. £4, tea, coffee and biscuits included. You will always be assured of a warm and friendly welcome at Burton's beautiful new Dance Studio. Want2Dance with Victoria, Wharf Road, Burton upon Trent, DE14 1PZ.

MONDAY 2ND SEPTEMBER

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

Find more events on our website

TUESDAY 3RD SEPTEMBER

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 4TH SEPTEMBER

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 5TH SEPTEMBER

Beginners Ballroom & Latin Dance

Learn to waltz, cha-cha, and foxtrot your way around the dance floor. The 8 week course costs just £40, or £6 per class per week. 6.30pm to 7.15pm, no partner necessary.

FRIDAY 6TH SEPTEMBER

Pig Racing Night

Choose your favourite pig racer for the final race and see who will be hailed as 'champion jockey'. This fun-filled night is to raise funds for The Young Ones Burton for disadvantaged local children. Great raffle prizes. Tickets £5 including pork bap (or veggie option) Doors open 7:30 with first race at 8:00pm. At Stretton Social Club, Beech Lane, Stretton, Burton DE13 ODU

Burton Flower Club

We meet at The Priory Centre ,Church Road , Stretton DE13 0HE on the first friday of the month at 7.30pm Visitors are always welcome. Contact 01283 704180/ 01283 348754, visit www.flowersnorthmidlands.co.uk

SATURDAY 7TH SEPTEMBER

Edingale Summer Show

View the summer show entries or take part in the dog and pet show. The show will also comprise of a range of vintage tractors, cars and bikes, live music, outdoor bar, café and barbecue. Plant and produce, craft and market stalls as well as a bouncy castle and fete games are all included in the entry price £3 for adults and £1 for children (under 5's are free). 11am onwards £3 for adults, £1 for children (under 5's are free)

SUNDAY 8TH SEPTEMBER

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 9TH SEPTEMBER

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 .

TUESDAY 10TH SEPTEMBER

Branston 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

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 11TH SEPTEMBER

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 or strettonandclaymillswi@gmail.com

Priory Art Group

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

THURSDAY 12TH SEPTEMBER

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 Eflinch Lane, Barton Under Needwood, DE13 8ET. Contact Emily on 07500352329 hollandtowc@gmail.com

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 20TH SEPTEMBER

Doveside Women's Institute

Meet at the Rolleston Club, 15 Burnside, 9.30am on the 3rd Friday of every month. We're a large, friendly group with interesting speakers at the meetings and varied, numerous outings you can join in with. Why not come along for free and see what it's all about? Just turn up or email us at dovesidewi@gmail.com.

COMPETITION WINNERS

Congratulations to our **Home of Floors** competition winner, who has won a **£200 Voucher from Home of Floors**:

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Look out elsewhere in **LOCAL LINKS** this month to win a **£50 Voucher from Alrewas Motors**.

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

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Moving house? Cats Protection says: 'You may want to book your cat into a cattery for the duration of the move. If so, make sure his or her vaccinations are up to date. If you don't do this, it's best to keep your cat in a separate cleared room while packing and loading is going on. You'll need to get the cat used to this before moving day and remember to have the details on your microchip amended.'

Cats Protection has a detailed guide to moving house on their website - https://www.cats.org.uk/uploads/documents/cat-care-leaflets-2013/EG03_Moving_house_JUN14.pdf

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

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Tuesday	20th August	6pm	-	9pm
Wednesday	21st August	6pm	-	9pm
Saturday	24th August	10am	-	5pm

Charity Event in aid of Teenage Cancer Trust

Rangemore Club, Tatenhill Lane, Rangemore
Saturday 17th August 2pm onwards

Chatsworth Country Fair

Friday 30th, 31st and 1st September

Boutique Party

Retail therapy comes to your door!

Due to popular demand we are now offering private parties. We have an extensive range of Italian clothing, leather handbags and statement jewellery.

We are unlike what you see on the high street. Hosting a party is a fabulous way of getting together with family & friends over some bubbly and earn some free clothes.

To book your boutique party or for further information call us on 07495 409853 or email enquiries@remona.co.uk

