

# LOCAL LINKS

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ISSUE 131  
FREE

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## SAFE SKIN

Sunscreen facts and tips

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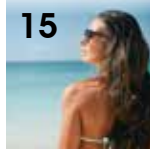
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# LOCAL LINKS



## 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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delivered free to:

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Rolleston,  
Stretton &  
Walton on Trent

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# Rhyme and Reason

We're in the midst of the summer holidays with 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 Games

Teddy bear, teddy bear, turn around.  
Teddy bear, teddy bear, touch the ground.  
Teddy bear, teddy bear, show your shoe.  
Teddy bear, teddy, bear, that will do.  
Teddy bear, teddy bear, go upstairs.  
Teddy bear, teddy bear, say your prayers.  
Teddy bear, teddy bear, turn out the light.  
Teddy bear, teddy, bear, say goodnight.  
(Each line accompanied by the movement while skipping)

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.)

Spanish dancer, turn around, (jumper turns around )  
Spanish dancer, touch the ground. (jumper touches the ground)

Spanish dancer, do a high kick, (jumper does a high kick)  
Spanish dancer, get out of town quick! (jumper exits and the next jumper begins )

## 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 Rhymes

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.

Pat-a-cake, pat-a-cake, baker's man.  
Bake me a cake as fast as you can.  
Pat it, roll it, and mark it with a B.  
Put it in the oven for baby and me.  
Patty cake, patty cake, baker's man,  
Bake me a cake as fast as you can.  
Roll it up, roll it up,  
And throw it in a pan!  
Patty cake, patty  
cake, baker's man.

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# Unexpected Memory Loss *by Adrian Wedgwood*



**N**ormally bubbly and vivacious Tracy Jones found herself at her Doctor's surgery one day three years ago but had no idea why she was there or how she got there.

'As a successful office manager in a stressful job also responsible for a major project it seems I blacked out from stress and had no idea what was going on. Worse still was my complete loss of memory of the last three weeks' explained Tracy.

After three days in hospital Tracy went home but her confidence and ability to face the world was shattered and made worse by her employer of eleven years making her redundant as they were concerned that the stress of her job would cause a relapse.

'At this stage I felt trapped in my own home and daren't go out much. Desperate to restore my fitness and make new friends I went back to my old fitness facility but the classes there were not at convenient times and there were few friendly faces or social interaction.' commented Tracy.

After a trial day organised by Branston's Donna Smart,

in the gym, the Club's pool and clubhouse restaurant Tracy, who 'still worries about everything' took the plunge and joined the Branston family. Now she works out in the gym, goes to Zumba & Virtual Spin fitness classes three times a week and every Saturday.

'I've been astonished and reinvigorated by the welcome and friendliness at Branston - I've met lots of chums and even one of my old school teachers. Complete strangers have invited me to join them on the Club's terrace to enjoy the view. Branston has helped me regain my confidence and joy of life - I've even lost 11 pounds of weight ' exclaimed Tracy.



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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

**A**re 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.



## Chocolate Chip Granola Bites

80 g rolled oats, 120g of any nut butter of your choice, 90g chocolate chips, 115g honey, 1 tsp vanilla extract, 1 tsp cinnamon (optional). Mix all ingredients together in a bowl, then chill in the fridge for an hour. When cold, roll into 12 balls. Store in the refrigerator.



## 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.



## Peanut Butter Popcorn Bars

10 cups popcorn, 1/2 cup sugar, 1/2 cup vegetable glycerine, 1/2 cup creamy peanut butter, 1/2 tsp vanilla extract. Bring sugar and glycerine to a boil in a saucepan, stirring constantly for 1 minute. Remove from heat and stir in peanut butter and vanilla mixing well. Pour mixture over popcorn and mix until well coated. Press into a well buttered rectangular pan and cool slightly before cutting into bars.



## Chocolate Pizza Slices

Coat a sandwich wrap with chocolate spread and top with fruit of your choice. Cut into slices and 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?

Ultraviolet light is invisible to humans, because it has shorter wavelengths than the light we can see. Within the UV spectrum, there are two types of rays that can damage the DNA in your skin cells and lead to skin cancer. It's important to protect your skin from both types:

UVB rays cause sunburn and play a key role in developing skin cancer. A sunscreen's SPF number refers mainly to the amount of UVB protection it provides.

UVA rays cause skin damage that leads to tanning as well as skin aging and wrinkles. The shortest wavelengths of UVA rays also contribute to sunburn. It's important to look for the words "broad spectrum" on the label, which means the product has ingredients that can protect you from UVA as well as UVB rays.

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. They may skip reapplying. 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.

In summary, it's important not to rely on

high-SPF sunscreens alone. No single method of sun defense can protect you perfectly. 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.

So wherever you are this summer, remember not to take your skin health for granted and look after yourselves.

Always remember you need:

- A shady hat
- UV blocking sunglasses
- UVA & UVB sunscreen
- You must reapply sunscreen regularly
- Loose covering clothing
- Drink plenty of water to keep your skin hydrated





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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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You can find more information at: [www.alrewasmotors.co.uk](http://www.alrewasmotors.co.uk)

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

**Local Links Media,  
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](mailto: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 afoot 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](http://www.g3nfc.co.uk) or [club@burton-arc.co.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto:sallyjojingles@hotmail.com) [www.jojingles/lichfield2tamworth](http://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

### Burton 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](mailto: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**:

**Lisa Barks, Stretton**

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

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# Sizzling Summer BBQs *by Rebecca Tucker*

As soon as the sun comes out our thoughts naturally turn to eating - and cooking - outdoors. Summer is synonymous with good old-fashioned back garden barbecuing in the company of friends and family. There's no better way to eat well in the summertime than to combine deliciously marinated cuts of meat, fish or veggies with a variety of eye-catching salads. Here's a sample of my favourite summer barbecue recipes that are guaranteed to steal the show. And proof indeed that eating healthy is anything but boring!

## Barbecued Jerk Chicken

Serves 4-8

### Ingredients

1 whole chicken or equivalent pieces (1- 1.5kgs)  
1 tbsp allspice berries  
1 tbsp black peppercorns  
½ tsp cinnamon  
½ tsp ground nutmeg  
1 tbsp fresh thyme, chopped  
4 spring onions, chopped  
2 scotch bonnet or other hot chillies, finely chopped (use rubber gloves to chop them!)  
1 tbsp coconut sugar  
½ tsp salt  
2 tbsp soy sauce  
juice of a lime

### Method

Grind the allspice and peppercorns, and combine

with the onions, thyme, cinnamon, nutmeg and chillies. Mix and loosen with a splash of olive oil.

Pour into a wide bowl and stir in the soy sauce, sugar, salt and the lime juice. Add the chicken pieces one by one, massaging the mixture into the chicken as you go (don't forget to rub under the skin, too). Marinate for as long as you can but preferably overnight. Heat the oven to 180°C. Place the chicken pieces in a warmed roasting dish and cover with foil. Cook in the oven for 45 mins, then rest the meat until you're ready to barbecue. Finish the chicken pieces on the barbecue, grilling for a minute or two on each side.

## Barbecued Harissa Sardines

Serves 8

### Ingredients

8 sardines (or mackerel fillets)  
1 heaped tsp harissa paste  
extra virgin olive oil  
juice of 2 lemons  
natural yoghurt, to serve

### Method

Mix the harissa paste in a bowl with a glug of olive oil and the juice of one lemon. Gently massage the mixture into each fish.

Place on the barbecue and cook for a minute or two on each side, brushing with more harrissa if desired. Turn the sardines very gently.

You can tell if they are cooked if you can pinch the flesh from the thickest part fairly easily. Put all the fish on a platter, scatter with fresh herbs, a large squeeze of lemon and bowl of natural yoghurt with a dollop of harissa in the middle.

## Fennel & Apple Salad

Serves 4

### Ingredients

2 fennel bulbs, finely sliced  
1 red apple, chopped  
1 handful raw almonds, roughly chopped  
1 handful flat parsley, chopped

For the dressing

1 tbsp mayonnaise  
1 tbsp Greek yoghurt  
1 tbsp apple cider vinegar  
sea salt and black pepper, to taste

### Method

Mix the dressing in a salad bowl.

Add the remaining ingredients and combine with the dressing.

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)



# Summer Pet Care by Scarsdale Vets

The warmer weather can be an enjoyable time for both you & your pet, but you need to be aware of the risks hot days can bring. Read our summer pet care tips:

## Summer Dog Care

- Ensure they have access to shade and fresh cool water.
- Take your dog for walks early in the morning or late evening when the temperature is cooler.
- Always check the pavement before you go on a walk to ensure it's not too hot.
- Circulate the room air either using windows and/or a fan.
- Do not leave dogs in hot cars (even with the windows open) and try to avoid long car journeys.
- Provide cool snacks e.g. ice cubes or soak a doggy bandana in water to keep your pets body cool (however, do not do this if you suspect your dog has heat stroke, contact a vet immediately).
- When barbecuing, keep your pet away from leftover bones or other foods that would get stuck in the digestive tract.
- Make sure you give your dog regular grooming sessions throughout summer to help remove any excess coat, which will make them feel cooler. This is also a good way of checking for any lumps or bumps that might have appeared.

## Summer Cat Care

- Provide plenty of cool fresh water to keep cats hydrated.
- Think of the type of bowl you are using, try to use bowl that will keep the water cool.
- If possible, keep cats indoors during the hottest part of the day, to protect them from the sun and heat stroke.
- Cats can get sun damaged like us, so it is important to apply some sun block onto pink or light skinned ears and noses to prevent this.
- Keep air circulating around the home, but remember cats are nosy and are not

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immune from falling out of windows. Always have a protective netting over fully opening windows or open them a small amount.

- Make sure you give your feline friend regular grooming sessions throughout summer to help remove any excess coat, which will make them feel cooler. This is also a good way of checking for any lumps or bumps that might have appeared.
- It is a good idea to provide a cool darkened spot for your cat to hide. This could be a box or bed under a desk or table, to give your cat relief away from the bright sun.
- For more information on summer pet care pop into your local veterinary practice or if you think your pet may be suffering from heat stroke then seek urgent veterinary advice.

If you think that your pet is suffering from heatstroke, do not hesitate to take your pet to the vet.

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8				5			1
1	4						
5		6				1	3
				6	2	4	5

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## A lush, green and healthy lawn

can really help beautify your garden. Studies show spending time in your outdoor space and reconnecting with nature is a great way to de-stress and improve your mood. However, sometimes despite best efforts, a lawn can really let a garden down. GreenThumb Lawn Treatment Service has the perfect solution: The Lawn Makeover.

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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custom blend of Fescue and Perennial Ryegrasses, which adapt specifically to any environment. It has many benefits including fast establishment, improved colour as well as improved tolerance to drought, close mowing, shade and disease. We then apply our 100% weed-free, organic and recycled top-dressing to the new seeds, which is nutrient-rich and encourages germination. Next comes our unique seasonal NutraGreen fertiliser, this controlled-release fertiliser feeds the new lawn during its germination period.

At the end of the Makeover Day, we apply our popular Oasis water-conserving treatment before watering in your new lawn. Oasis is designed to complement your watering programme by effectively retaining moisture in the root zone. We will also make 3 follow-up visits as part of a care package over the next 10 weeks; which includes germination progress, watering and mowing advice, and concludes with a bespoke, weed and feed treatment.

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