

LOCAL LINKS

www.locallinksmedia.co.uk
www.facebook.com/locallinksmagazine

ISSUE 132
FREE

EYE CARE

The importance of check-ups

PERFECT PORTIONS

Handy help to remember how much to eat

WIN a £25 VOUCHER
from Remona Boutique Fashion

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



at Hoar Cross Hall

Christmas Retail Event

Mon
11
November

A gift for every wish.

Where: Product Shop, 4pm to 9pm

- Christmas Shopping Event with 20% off all purchases.
- Enjoy complimentary workshops and demonstrations from our luxury brands including Clarins, Jessica, Thalgo, Spa Find and Dr Levy.
- Elemis Skinlab treatments available.
- Mii make-up masterclass at 5pm & 7pm.
- Enter our fabulous raffle.

And if that's not enough to tempt you, we'll be serving complimentary Mulled Wine and Mince Pies.

RSVP to the Retail Shop on 01283 576506 or retail@hoarcross.co.uk.



LOCAL LINKS



ISSUE 132

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, Remona
Boutique Fashion, John
Houghton, Derby Cats
Protection

Dear Readers,

Back to school is in full swing! Autumn will soon be upon us and as the leaves start to turn beautiful fiery golden hues, we start to dig out those jumpers and look for that missing glove. Autumn is lovely, with misty mornings and if we're lucky, afternoons with sunshine.

This month we see National Baking Week and Chocolate Week fall together, so we thought a delicious gooey chocolate cake would fit the bill nicely. To counter act all that sinfulness (sorry not sorry), finding out how much we should be eating is really helpful. We're all guilty of piling a little too much food on our plates and it's surprising to find out what actually constitutes a portion size. We've got a helpful guide so you'll always have to hand a way of remembering!

Stay cosy!

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
enquiries@nichearchitecture.co.uk

Next issue deadline:

Tue 8th October

Next issue out from:

Wed 16th October

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.





Next Steaming 28th & 29th September 10am - 5pm

Come and see our giant beam engines in steam and more than 20 smaller stationary engines running.

Children's activities.

Hot and cold refreshments in our Stoker's Rest Café.

Admission prices on Steaming Days:

Adults £6.50 - Concessions £5.50 - Children £3 - Family £16

Admission on all other days is free. Donations welcome.

www.claymills.org.uk

01283 509929

Meadow Lane, Stretton,
Burton-on-Trent, DE13 0DA



Claymills
Victorian Pumping Station

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

www.cwtreeservices.co.uk

SUPER SUMMER SAVERS ON GARDENING ITEMS

AUTUMN	BRINDLE
BUFF	BURNT OKER
BLOCK PAVING	
CHARCOAL	GREY
RED	£14.38 per mtr (50)
	£140.35 per pack (9.76m ²)

Decorative Aggregates	
25kg Bags & Bulk Bags	
Ask For Details	

Dovedale Slabs	
450mm ² Riven & Smooth	
£19.50 per mtr	
£185.50 pack 50	
10 mtrs	

INDIAN SANDSTONE	
4 sizes - 400mm, 600mm, 800mm & 1000mm	
£21.69m²	
From 500kg in Full Containers	

RAJ BLEND	
LIGHT GREY	
Crate Price - £449.10	

WEEDTEK	
Weed Control Fabric	
A0845	15m X 1m Roll £6.95
A0846	25m X 2m Roll £18.50
A0847	50m X 2m Roll £34.96

Home Trade

18 ELECTRIC STREET
OFF WESTMORE ROAD
BURTON ON TRENT
DE14 6GQ

Tel: 01283 535421
email: sales@homeandtrade.co.uk
www.homeandtrade.co.uk

TOP SOIL	
BULK BAG £49.99	
MINI BAG £1.99	

14 LITRE	
FENCE LIFE PLUS	
£14.99	
RONSEAL FENCE	
PLUS 4	
£4.99	
RONSEAL FENCE	
SHUTTER	
£24.95	



FAIRFORD SLABS	
GREY	
Clay based	
Brick	
Sizes	
600 X 600	
600 X 300	
300 X 300	
FROM £25.44 M²	

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

Looking for a new boiler?
call

Bcosy



Get
safe
HEATING

- 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
E: SERVICE@BCOSYHEATING.CO.UK

01283 713592



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



WE COVER
ALL OF THE
MIDLANDS

Looking to advertise?

Your advert could appear in
Local Links
for as little as

£51

Call us now on 01283 564608 to advertise

TIME TO RECLAIM YOUR LOFT SPACE

We are specialists in installing loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation solutions. Call us now to find out how we can help you turn your lost space into a really useful loft space.



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

4T8

media services



**DO YOU HAVE OLD VHS
TAPES GATHERING DUST?
ARE YOU EVEN ABLE TO
WATCH THEM ANYMORE?**

WE CONVERT YOUR OLD VHS TAPES & TREASURED
VIDEO MEMORIES TO A MEDIA OF YOUR CHOICE:

- MOBILE PHONE
 - MEMORY STICK
- EDITED AND PERSONALISED TO YOUR BESPOKE NEEDS
AND REQUIREMENTS.

WE PROVIDE SERVICES FOR BOTH COMMERCIAL AND
DOMESTIC CLIENTS.

FOR FURTHER ENQUIRIES CONTACT:

M: 07914005136

E: ive@4t8management.co.uk

Opening Times: Monday to Friday 9am to 5 pm

SUITE 28, THIRD FLOOR, ANGLESEY ROAD,
BURTON-ON-TRENT, STAFFORDSHIRE, DE14 3NT

Dirty Oven?

Karen's £5 Off
Ovenglean Promotion*

Ovens, Hobs, Agas,
Microwave Ovens,
Range Cookers,
Cooker Hood
Extractors, etc.

Biodegradable, fume free,
non corrosive.

**Spectacular
Results!**

Find us on Facebook
www.facebook.com/karensovenglean

01283 500065

www.karensovenglean.com
Your Local Oven Cleaning Specialist

*Terms and Conditions apply. See www.karensovenglean.com

Perfect Portions

Sometimes, the hardest part of dieting can be understanding portion sizes. How much is too much? We've taken the guesswork out of eating healthily by finding out easy ways to determine the portion sizes you should be eating...

Cereals & Grains



1 cup is the amount that fits in a mounded pile in the palm of a medium adult hand or about the size of a tennis ball. It provides approximately 200 calories.



This rule excludes granola. Granola is best used as a topping or mixed in with cereal, instead of eaten by the bowl-full as it contains a lot of sugar. A correct portion of granola should just cover the center portion of your palm.

Nuts & Dried Fruit



1 serving of dried fruit or nuts is 1/4 cup (40 grams), which fills the center of the palm of a medium adult hand. Similar to granola consume these sparingly. Avoid dried fruit that contain added sugar.

Fresh Fruit



One medium piece of fresh fruit is about the size of a small fist or 3–4 inches in diameter. Aim for 3–5 servings of fruit per day — and since dried fruit is so calorie-dense, opt for fresh first.

Leafy Greens



A serving of leafy greens is technically 1 cup, but this is one time where we recommend doubling or tripling the portion — 2 cups is about what two medium adult hands can pick up in a single go.

Non-starchy Veggies



Non-starchy vegetables include broccoli, cauliflower, cucumbers, asparagus, peppers, mushrooms, tomatoes and onions. 1 cup of chopped, non-starchy vegetables creates a mounded handful in a medium adult hand.

Starchy Veggies



Starchy vegetables like corn, peas, parsnips, potatoes, pumpkin, squash, zucchini and yams are higher in carbohydrates and therefore more calorie-dense — all the more reason why knowing the portion size is important. As with non-starchy vegetables, a serving of starchy vegetables fits in an average adult hand.

Meat, Poultry & Fish



An 85g piece of fish, poultry or meat is about the size of a deck of cards or the whole palm of your hand. Focus on lean proteins such as chicken, turkey, fish, seafood or lean cuts of beef and pork.

Cheese



A serving of cheese is about the size of your index finger. This size serving is around 150–165 calories, so a little goes a long way.

Milk



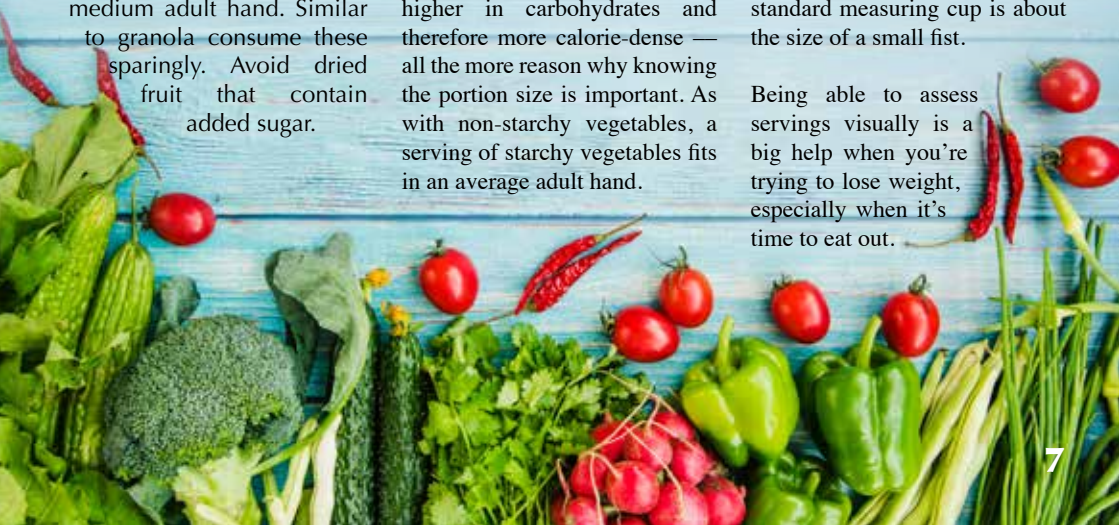
Depending on what variety you buy 1 cup of milk provides anywhere from 90–145 calories. In an average-size glass (not a tall and skinny one), 1 cup measures about the size of a small fist.

Fruit Juices & Smoothies



Fruit juice is around 150 calories and smoothies can be anywhere up to 500 calories so consume with caution! 1 standard measuring cup is about the size of a small fist.

Being able to assess servings visually is a big help when you're trying to lose weight, especially when it's time to eat out.



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
Lbbs
Guarantee your bags
best price!

YES PLEASE

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

NO THANKS

- ✗ Soiled or damp clothes
- ✗ Duvets 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



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

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

Dry Carpet Cleaning

Picture this... in your home

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

zero (dry) time

Dry Carpet, Upholstery & Hard Floor Cleaners

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



Locally based

You can call us for FREE on

0800 180 49 30

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

Help Society's Homeless

We'll soon be heading into Autumn, the temperature will soon begin to drop and the evenings close in. With the mayhem of the school routine and all the other things that take up our time and energy it's easy to forget that there are vulnerable people who will soon face their most difficult time of the year.

An estimated 320,000 people are homeless in the UK, according to research by Shelter – that's one in every 201 Brits and homelessness in the UK is on the rise.

Rough sleepers are just the visible tip of the iceberg when it comes to registering and understanding the homelessness crisis. At the end of December 2017 78,930 households were in temporary accommodation, these are people or families are that are put into shelters, hostels, B&Bs, refuges or other social housing but do not have a secure, permanent home. This included 120,510 children. Shockingly, this figure has now risen to 130,000 children.

In addition, there are an uncertain number of 'hidden homeless' who are unknown to authorities, staying with relatives or friends, sofa surfing or sleeping in cars or the countryside – places official counts don't cover.

Members of the public

in Burton are becoming increasingly aware of homelessness in the area. At this particular time of year, the YMCA in Burton is often asked "Should I give money to someone on the streets?". This can be a very personal decision, but they suggest a few things to consider:

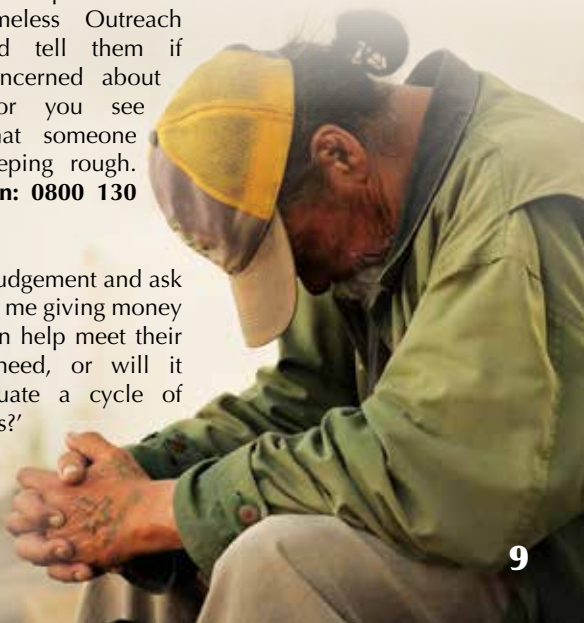
- Not every homeless person will ask you for money, and not every person asking you for money is homeless.
- You could offer to buy them a hot drink and a hot meal.
- Tell them about the services of the YMCA at 'Reconnect' for their immediate needs. They can access a hot shower and a change of clothes, laundry services and hot drinks food and a chance to rest and get warm. This also helps the YMCA connect with them.
- You can phone the YMCA Homeless Outreach number and tell them if you are concerned about someone, or you see evidence that someone may be sleeping rough.
Call them on: 0800 130 3415
- Use your judgement and ask yourself 'will me giving money to this person help meet their immediate need, or will it help perpetuate a cycle of homelessness?'

• Remember that there are various reasons that lead to someone becoming homeless, and that not every homeless person has an addiction (although ironically becoming homeless can actually cause this problem too).

The generous spirit found in Burton means that there is a good network of organisations and places to go for homelessness support. The YMCA Burton believes that if they can link with someone who is rough sleeping, or in some other need, they are more likely to be able to help them off the streets and into accommodation with support.

Volunteers are the backbone of Burton YMCA's service and members of the public providing dedicated hours of their time helps to support people to transform their lives. To volunteer contact:

01283 538802





- ✓ Tree services
- ✓ 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
 W: www.meadowviewgardenservices.co.uk

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

Web: www.electriciansinburtonupontrent.co.uk

5 Nicklaus Close, Branston, Burton on Trent, Staffordshire DE14 3HP

TRUSTED CARE & COMPANIONSHIP IN YOUR OWN HOME

Our services include:

- Companionship and support
- Specialist dementia care
- Personal care
- 24/7 live-in care
- Light housekeeping and much more



Call us today on
01283 777 700

www.rightathomeuk.co.uk/eaststaffs



**Award
winning
care now
in Burton**

By The Barn *by Angela Sargent*



Moving into September and we need a settled bout of weather to allow us to bring in the harvest. We've had a record (for us) crop of silage this year and so we have plenty for winter feed but now we need plenty of corn and straw for winter feed and bedding!

Our oats and wheat have taken a battering from heavy downpours at times and if the straw isn't strong enough to withstand it, the crop flattens, making it more difficult to

combine and may also cause 'lodging'- breakage just below the seed head, causing loss of yield and, therefore loss of return for the time and finance invested in the crop. Neither does the straw dry so well if it's flat or has grass growing through and the straw can turn mouldy.

Store lamb sales have begun and we are keen to buy some as we have plenty of grass for them to eat, the idea being they get fit for market with little input, but as this will happen after Brexit, who knows if our market will be there! It's important that trade continues with as little disruption as possible, whether it's old or new markets.

Our own lambs have been weaned and are sorted regularly for market prospects and also an eye kept on them for flies, a warm and wet September can also mean many problems with fly strike (and on ewes as their fleeces are regrowing now).

Hedge trimming can begin as there are no nesting birds now but judiciously, allowing berries and fruits to provide food for birds over winter. We usually leave ours until the end of winter. The fallen fruit in the orchard will also provide food for insects, birds and animals. Quite a job picking windfalls that haven't been nibbled by something and dodging drunken wasps!



BUZZ OFF!

WASP NESTS CLEARED

only £44.00 inc VAT
UP TO GUTTER LEVEL

Call 01283 713768
www.midlandpestcontrol.com

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

Rodents
Bird Control
Flies
Insects
Wasps & Bees








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






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

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



SPECIALISING IN BREAKUPS,
SEPARATION & DIVORCE

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

feelpositivecoaching@gmail.com

www.FeelPositiveCoaching.com

07821 109751



AstlePaterson

When trusted experience matters

Moving house?

A good solicitor makes the transition to your new home easy.

We are Conveyancing Quality accredited by The Law Society,
because we consistently make moves like yours stress free.

That's why 99% of customers
recommend us to family and friends.



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

01283 531366

www.astlepaterson.co.uk

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

Saima Razaq
Solicitor: Head of
Residential Conveyancing



Eye Care For You

Looking after your peepers is important, but did you know that your eye check-up can also shine a light on other health issues you may have? This year's National Eye Health Week is set to take place from the 23rd to 29th September 2019. So many of us neglect our eyes but it really is worth your while to prioritise your eye health!

Often our eyes do not hurt when there's a problem. Having an eye test will not just tell you if you need glasses or a change of prescription – it's also an important eye health check.

An optician can spot many general health problems and early signs of eye conditions before you're aware of any symptoms, many of which can be treated if found early enough.

How often should I have an eye test?

The NHS recommends that you should get your eyes tested every 2 years (more often if advised by your ophthalmic practitioner or optometrist).

What should I do if I notice a change in my sight?

Visit your opticians or GP if you're concerned about any aspect of your vision at any time.

Are some people more at risk from eye disease than others?

Some people are more at risk. It's particularly important to have regular eye tests if you're:

- older than 60
- from a certain ethnic group – people from African-Caribbean communities are at greater risk of developing glaucoma and diabetes, and people from south Asian communities are also at greater risk of developing diabetes (diabetic retinopathy, where the retina becomes damaged, is a common complication of diabetes)
- someone with a learning disability
- from a family with a history of eye disease

What health conditions can also be detected during an eye health checkup?

Dementia: Specific types of dementia can damage the visual system and cause visual difficulties, including Alzheimer's and Parkinson's disease. Rarer forms of dementia, such as posterior cortical atrophy can also cause visual difficulties.

Diabetes: An eye test can detect the condition before you notice any changes to your vision. Diabetes can affect small blood vessels in the eye, damaging the retina, which is vital for sight. Early characteristic changes, such as tiny leaks from damaged blood vessels can be detected.

High blood pressure: Patients with high blood pressure can develop a condition called hypertensive retinopathy. In this condition blood vessel

walls can thicken, narrowing the vessels and restricting blood flow. In some cases, the retina becomes swollen and the blood vessels can leak.

Cardiovascular disease: Having high cholesterol - which can lead to heart problems or a stroke - doesn't usually have any symptoms. However, it can cause blockages in any of the body's blood vessels, including those in the eyes. Little lumps of cholesterol can be spotted running through the blood vessels. These can block blood vessels resulting in short episodes of visual loss.

Arthritis: Autoimmune forms of the disease, like rheumatoid arthritis, as well as causing inflammation in your joints, can also cause inflammation in your eyes. This inflammation can very commonly cause dry eye, occasionally it can cause more serious conditions like inflammation of the iris.

Tumours: You may know that eye tests can detect cancers of the eye such as melanomas, but they can also detect signs of brain tumours. Swelling of the optic nerves can be visible during an eye test and can indicate that a brain tumour is present.





WILLOW COINS

Specialists in predecimal British
milled coins from 1600's:

- Farthings to sovereigns
- Buy, sell or swap
- Search & supply for your specialist need

COIN VALUATION AND PURCHASE DATES

Do you have collections or old British/foreign coins and banknotes lying around?

Come along and have them valued for free or sell

Scrap for cash: gold, silver, broken jewellery etc

Home visits can be arranged for larger collections or those with mobility difficulties

SWADLINCOTE TOWN HALL, THE DELPH DE11 0AH

- Friday 20 September 10am-2pm
- Saturday 19 October 10am-2pm

BARTON-UNDER-NEEDWOOD VILLAGE HALL, CROWBERRY LANE DE13 8AF

- Friday 27 September 10am-3pm
- Friday 25 October 10am-3pm

WALTON VILLAGE HALL, MAIN STREET DE12 8LZ

- Saturday 28 September 10am-2pm
- Saturday 26 October 10am-2pm



Willow Coins

PO Box 8309, Swadlincote DE11 1GL

0800 233 5456

steve@willowcoins.com



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@tinytoes.com
www.tinytoes.com

BIG VILLAGE QUIZ

• Proceeds to Children With Special Needs •

Rolleston Scouts Headquarters

Saturday 5th October 2019

Teams of 4 - 6 people • £5 each
Including nibbles • Drinks available on the night

Great prizes including:
Cash, Wine, Chocolates etc
Half time Bingo plus raffle

Telephone Steve McLoughlin on
07766 237005 to book your table
or Email stevemac285@btinternet.com

The Coffee Question

Every year on 1 October, the world comes together to celebrate coffee. Coffee has never been more popular, with an estimated 3 billion cups consumed every day. But is coffee good or bad for you?

How does it work?

Coffee contains caffeine. Caffeine works by stimulating the central nervous system (CNS), heart, and muscles. Coffee also contains other chemicals that might have other benefits.

However coffee containing caffeine can cause insomnia, nervousness and restlessness, stomach upset, nausea and vomiting, increased heart and breathing rate, and other side effects. Consuming large amounts of coffee might also cause headache, anxiety, agitation, ringing in the ears, and irregular heartbeats.

Drinking unfiltered coffee can increase total cholesterol, low-density lipoprotein (LDL), and levels of another type of blood fat called triglycerides. This might increase the risk of developing heart disease. Using coffee filters helps to reduce these effects on cholesterol.

There is some concern that drinking more than 5 cups of coffee per day might not be safe for people

with heart disease. But for people who don't have heart disease, drinking several cups daily does not seem to increase the chance of developing a heart problem.

Coffee has been around for a long time and blamed for many ills — from stunting your growth to causing heart disease — but newer research shows that it may actually have health benefits.

People most commonly drink coffee to relieve mental and physical fatigue and to increase mental alertness. Coffee is also used to prevent Parkinson's disease, Alzheimer's disease, dementia, and cognitive decline. It can also help to prevent gallstones, gout, type 2 diabetes, and certain types of cancer.

Some studies have found an association between coffee consumption and decreased overall mortality and possibly cardiovascular mortality, although this may not be true in younger people who drink large amounts of coffee.

Why the apparent reversal in the thinking about coffee? Earlier studies didn't always take into account that known high-risk behaviours, such as smoking

and physical inactivity, tended to be more common among heavy coffee drinkers.

Studies have shown that coffee may have health benefits, including protecting against Parkinson's disease, type 2 diabetes and liver disease, including liver cancer. Coffee also appears to improve cognitive function and decrease the risk of depression.

However, the research appears to bear out some risks. High consumption of unfiltered coffee (boiled or espresso) has been associated with mild elevations in cholesterol levels.

In addition, some studies found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific — and fairly common — genetic mutation that slows the breakdown of caffeine in the body. So, how quickly you metabolize coffee may affect your health risk.

Although coffee may have fewer risks compared with benefits, keep in mind that other beverages, such as milk and some fruit juices, contain nutrients that coffee doesn't. Also, adding cream and sugar to your coffee adds fat and calories — up to hundreds of calories in some cases.

Have You Witnessed an RTA?

Many of the things you should do when finding an injured cat are the same as with a dog. However, there are some crucial differences that are worth taking into account:

If the cat isn't in the road, don't touch them. Call the RSPCA who will advise you on what to do next.

Try to calm the cat by speaking to them gently and offering them water or strong smelling food such as fish.

Usually when cats are unable to see, they should relax. Therefore it may be a good idea to place a light blanket



over them before moving them. Once covered, with no way to see what's going on, the cat should feel secure and will begin to relax.

If they are in the road, then you need to move them before anything else, or they may get

struck by a car. Try to move them gently onto a board or flat surface and move them that way, so as to not make any injuries worse.

Please contact the RSPCA on 0300 123 4555 then take it to a vet quoting the reference number given to you by the RSPCA.

You will not be charged as the vet has a duty of care to stabilise the animal and try to find its owner via the RSPCA, Cats Protection etc. If you would like a copy of the RSPCA / BVA agreement, send an email to enquiries@derbybranch.cats.org.uk

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

Which?
Trusted trader

www.cloudy2clear.com

BIN IT SKIPS

All Sizes
All Areas
Great Prices

01283 716615

WWW.BINITSKIPS.CO.UK

BOILER REPAIR MAN 07503 882189

- Gas Boilers Installed
Serviced & Repaired
- Gas Fires Serviced
& Repaired
- Central Heating
Systems Flushed
- High Efficiency
Radiators Fitted
- Landlords Gas Safety Certificates



Call Jon: 07503 882189

DO YOU NEED A CLEANER?

Affordable, Reliable,
Experienced, Professional

W: www.diamondhomesupport.com
E: 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.



**DIAMOND HOME
SUPPORT**
CLEANING, WE'VE GOT YOU COVERED

Architectural Design



niche
architecture



@NicheArchitectureLtd
 nichearchitecture
 nichearch

Call us on 01283 499451

www.nichearchitecture.co.uk

enquiries@nichearchitecture.co.uk

- Planning Applications
- Building Regulations
- Building Design

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. Please contact us for a free no obligation initial consultation.



SHOWERS

INSTALLED - REPAIRED - REPLACED

- Replace your bath with an easy access walk-in shower
- Cubicles - Doors - Trays

Approved installer of 30 years

Call Alan Wright Showers on

01283 815171
01332 290198

All major credit cards accepted

Discover the Loft Space in your home!

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

Install a safe, well fitted, fully guaranteed loft ladder and make **more use of your loft!**

From as little as...
£297
+VAT

Over 16,000 people have chosen us to fit their loft ladder, this is because we offer:

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



Call us now on
0800 035 9880
or
01332 800411

Or visit www.morethanloftladders.co.uk

more loft than ladders
"cost effective space"

"I have been in my loft today for the first time ever in the 40 years I have lived in this house - they have done an amazing job, I am very impressed!"
Joan

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

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



Dental Disease in Pets by Scarsdale Vets

There are many signs that point to pet dental problems depending on the severity of the disease such as:

- Discoloured teeth
- Red or swollen gums
- Reduced appetite / pets being selective with their food
- Weight loss
- Rubbing at their mouths and/or drooling
- Not playing with toys
- Bad breath
-

The earliest signs to look out for are discoloured teeth and red or swollen gums. However, as dental disease progresses you may start to see signs of reduced appetite or your cat or dog being more selective with food. This can include choosing soft food rather than biscuits or cats licking the jelly from the food and chewing on one side of the mouth rather than both.

Pets may go towards their food bowl like they want to eat but then back away. This change in appetite would then likely lead on to weight loss.

You may find your pets rubbing at their mouths either with their paws or along the floor or furniture and drooling and being sensitive to their mouths being touched.

They may also stop playing with their toys. These are often indicators of oral pain. As dental disease advances you could start to notice bleeding gums – you may notice this as blood on toys, in their water/food bowl or just in their saliva.

Persistent bad breath is also often one of the first things that owners notice but is usually a sign of advanced dental disease and ultimately you may find loose or missing teeth.

Concerned about your pet's teeth? Call your local vets to make an appointment.

**Book a FREE
Dental Health Check
for your dog or cat!**

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

Scarsdale Vets
scarsdalevets.com

The advertisement features a bright orange background. At the top, a purple rounded rectangle contains the text 'Book a FREE Dental Health Check for your dog or cat!'. Below this, two red rounded rectangles provide contact details for 'Stapenhill Practice' and 'Stretton Practice'. At the bottom, there are two images: a dog with its mouth open on the left and a cat with its mouth open on the right, both appearing to be in pain or showing dental issues.

**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

LAW

The advertisement has a light beige background. At the top, the name 'Simon Richardson Legal Services Limited' is displayed in a serif font. Below this, a photograph shows a man in a white shirt sitting at a desk. The text '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:' is followed by a bulleted list of services. At the bottom, contact information is provided in a bold sans-serif font, and the word 'LAW' is written in large, stylized letters.



TOP
FURNITURE

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



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 or
contact our office on 01889 577058**

THE CAT FEEDER

The service I offer is to come feed and fuss your cat/s whilst you are away on holiday, at work or even a hospital stay, whatever your needs I can work around them. Go away knowing that your cat/s are happy in the comfort of their own home.

- References available
- DBS Police checked
- Fully Insured
- Text messages sent to reassure you whilst you are away

Burton and all surrounding areas covered.

Leanne Maxwell

www.thecatfeeder.co.uk

Landline 01283 531697

Mobile 07967 967560



WIN!

A £25 Voucher* from Remona

remona
boutique fashion

For this month's competition, eight lucky readers can win a VOUCHER worth £25 to spend on clothing from **Remona**.

- With Remona, stand out from the crowd with their unique Italian fashion unlike what you see on the high street.
- Private boutique parties available now too. To host your own Italian party today get in touch and the boutique of clothing, jewellery and handbags will come to you.

- Online ordering is easier than ever with our free UK delivery and door to door personal service within a 15 mile radius.
- For further information get in touch via enquiries@remona.co.uk
- All our clothing and handbags are sourced and manufactured in Italy. Our style predominantly being casual and comfy with a little sparkle! It's easy to wear clothing great for a catch up with the girls over lunch or nipping to the pub for a glass in the evening, however, don't be fooled as we do have a fabulous collection of items for the more sophisticated moment!

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,
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 15th of October, and the winners will be announced in our November edition.

Good luck to everyone who enters!

*This voucher is only redeemable on clothing items available on the website.

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

t: 07495 409853 - www.remona.co.uk - www.facebook.com/remona.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 rebbed
- All chimneys pointed & rebuilt
- All building work undertaken

CALL US ON:

01283 499920 OR 07423 569139



info@enterpriseroofing.co.uk
www.enterpriseroofing.co.uk

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

THE ALPHABET GIFT SHOP



Fabulous Personalised Gifts & CoSy Coffee Shops

44 Station Rd, Mickleover DE3 9GH T: 01332 513033 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





SMITH
PARTNERSHIP
SOLICITORS

HAS YOUR RELATIONSHIP BROKEN DOWN? DO YOU NEED LEGAL ADVICE?



OUR EXPERTS



Kate Rich



Rebecca Wallis

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

@smithpartnership @smithship



What's On Guide

TUESDAY 24TH SEPTEMBER

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 25TH SEPTEMBER

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

THURSDAY 26TH SEPTEMBER

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 27TH SEPTEMBER

Coin Valuation & Purchase Event

Hosted by Willow Coins at Barton Village Hall, Crowberry Lane, DE13 8AF from 10am-3pm. Specialists predecimal British milled coins from 1600's. Buy, sell or swap. Free Valuations. Contact: 0800 233 5456 for further info.

SATURDAY 28TH SEPTEMBER

Claymills Victorian Pumping Station

Steaming weekend on Saturday & Sunday. 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

Autumn Concert - September Serenade

The Church of St. Michael on Greenhill, Lichfield at 7.30 p.m. A varied concert of light music for an autumn evening, including popular classics, spirituals, folk songs, madrigals and anthems. This concert will take place on the eve of St. Michael's patronal festival and the Needwood Singers will be joined by the church's Girls' Choir who will be performing music from their repertoire. Tickets: £10 (under 16s free) including refreshments available from Phil on 07973 239693 or on the door.

MONDAY 30TH SEPTEMBER

Meno Class with Sam

MenoClass is the first of its kind in the UK to offer support, education and exercise to help you to take control of menopause. Every Monday at 7.30pm at Want2Dance with Victoria, Wharf Road, Burton on Trent DE14 1PZ. Classes are £8 and must be booked in advance as space is limited. For more information call Sam on 07866 746215 or email sam.lee@menohealth.co.uk

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 1ST OCTOBER

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.

WEDNESDAY 2ND OCTOBER

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 3RD OCTOBER

Beginners Ballroom & Latin Dance

With the Strictly season starting, follow in the footsteps of your favourite pro-dancer or celebrity, and come and learn to dance yourself! In a relaxed and informal setting you will soon learn to waltz, cha-cha, and foxtrox 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. Location: Want2Dance with Victoria, Wharf Road, Burton, DE14 1PZ. For more information please contact: 07791204903

FRIDAY 4TH OCTOBER

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

Dance for Alzheimers

At the Priory Centre, Church Rd, Stretton, DE13 0HE 10-12pm - NO PARTNERS REQUIRED - Raffle, cakes, refreshments £4.00 for class or free to come in and support - Ring 07598159744 for more details.

SATURDAY 5TH OCTOBER

Rolleston Scouts Big Village Quiz

Proceeds to children with special needs. Teams of 4-6 people. £5 each, including nibbles. Drinks available on the night. Great cash prizes including: cash, wine, chocolates. Half-time bingo plus raffle. Contact Steve on: 07766 237005

SUNDAY 6TH OCTOBER

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 7TH OCTOBER

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 8TH OCTOBER

Branston Womens' Institute

Held the 2nd Tuesday of each month. We are a friendly group and try to mix our meetings with interesting talks, craft, trips and social events. It is for ladies of any age. Visitors are most welcome. Contact Mrs Barbara Reeves, President, Tel. 01283 546536

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 9TH OCTOBER

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

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

THURSDAY 10TH OCTOBER

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.

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 11TH OCTOBER

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.

SATURDAY 12TH OCTOBER

The Bookworms: a family show

Rhubarb theatre ... a kaleidoscope of visual fantasy wiggling their way in and out of trouble, The Bookworms pop-up to bring their stories to life! With a rickety book cart and some novel ideas, surprises leap off every page, wherever they roam. Join our funny guides as they worm their way into twisty and fantastic adventures through imaginative worlds. Rhubarb Theatre returns with this fun and fantastical festival show. 10.30am, 12.30pm, 2pm, Tickets £5

SUNDAY 13TH OCTOBER

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

MONDAY 14TH OCTOBER

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 .

Briz Valley WI

Meeting at Violet Way Academy, Violet Way, Stapenhill on the 2nd Monday of the month, 7.30-9.30pm. We like to keep our meetings informal and friendly with an interesting programme of events. New members and visitors are always welcome, so why not come along and see what you think. For further details please contact Pat 07580568883

TUESDAY 15TH OCTOBER

Anslow Art Classes

At Anslow Village Hall every Tuesday afternoon from 1-3pm. Discover how to draw and paint, use colour with confidence and create beautiful art in a friendly group with experienced artist and tutor Helen Tarr. All levels are welcome. Fees: £11 per class paid on the day or £9 per class for 6 weeks. For further details and to book your place please phone or text Helen on 07791 228 881 or email: helentarr2002@yahoo.co.uk

WEDNESDAY 16TH OCTOBER

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 17TH OCTOBER

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. 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

FRIDAY 18TH OCTOBER

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.

SUNDAY 19TH OCTOBER

Coin Valuation & Purchase Event

Hosted by Willow Coins at Swadlincote Town Hall, The Delph, DE11 0AH from 10am-2pm. Specialists predecimal British milled coins from 1600's. Buy, sell or swap. Free Valuations. Contact: 0800 233 5456 for further info.

COMPETITION WINNERS

Congratulations to our **Midland Karting** competition winners, each winning a £50 Voucher:

Mrs. M.L. Kent - Hoar Cross
Debbie Griffin - Barton
Joy Jordan - Stretton
Stuart Walton - Stapenhill

Look out elsewhere in **LOCAL LINKS** this month to win a £25 Voucher from Remona Boutique Fashions.

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

Loose Wobbly Dentures?

WE CAN HELP!

ROCK SOLID OPTIONS FOR LOOSE DENTURES...



Bespoke High Suction Denture



Implanted Denture



Same Day Implanted Teeth

Derby
01332 896875
Burton on Trent
01283 809679

Book your **FREE "loose denture"**
consultation today!

B **BEAUTIFUL DENTURES**

Coalville
01530 886209
Wolverhampton
01902 275575

www.beautifuldentures.co.uk

Christmas Baubles
now on board

Foam Clay Parties

Paint a pot

THE MUG TUG

For all children aged from 0 to 100 years!
Family fun for all Generations to enjoy together

Barton Marina, Barton under Needwood, DE13 8AS
Tel: 01283 711341 www.themugtug.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

www.mollymaid.co.uk/burton-upon-trent

MOLLY MAID

Ultimate Goopy Chocolate Cake

The planets are aligned for all things cakey! 'Bake Off' is back and the week beginning 14th October is not only National Baking Week but it's also Chocolate week! Almost too many good things going on!

Do you ever think that sometimes a chocolate cake can just end up disappointing? A bit too dry or with grainy chocolate frosting? Well we've found the ultimate recipe! What better way to celebrate both than by baking the gooiest most indulgent chocolate cake?!...

Super Goopy Chocolate Cake

Ingredients:

245g plain flour
450g granulated white sugar
95g unsweetened cocoa powder
1 1/2 tsp baking powder
3/4 teaspoon salt
2 large eggs
225ml buttermilk
115ml melted butter
1 tbsp vanilla extract
225ml hot coffee

Instructions:

Preheat oven to 175c. Grease and flour two 9-inch baking tins (or line with parchment paper circles) and set aside.

In a large bowl stir together flour, sugar, cocoa, baking powder, and salt. Add eggs, buttermilk, melted butter and vanilla extract and mix until smooth. Stir in hot coffee with a spatula. Your batter will be very runny.

Pour batter evenly between the two cake tins and bake on middle rack of oven for about 35 minutes, until a toothpick inserted in the centre comes out clean with just a few moist crumbs attached.

Allow to cool 15 minutes in the tins, then run a butter knife around the edges of each cake. Place a wire cooling rack over the top of each pan. Wearing oven gloves, use both hands to hold the racks in place while flipping the cakes over onto the racks. Set the racks down and gently thump on the

bottom of the pans until the cakes release. Cool completely before handling or icing.

Extra Glossy and Indulgent Chocolate Ganache:

100 ml heavy cream
1/2 cup chopped dark chocolate
2 tbsp glucose

Instructions:

Heat cream until very hot, or almost boiling and add the chocolate. Let sit for 2-3 minutes to allow the chocolate to melt. Stir with a whisk or a spoon until glossy. Add the glucose & stir until it's well incorporated into the chocolate & smooth.

Place the bowl or cup with ganache into another bowl or cup filled with cold water. Stir the chocolate slowly allowing it to cool to room temperature, or until it's thick enough that it will form a drizzle. Spread some on one of the cakes and top with the other cake to form two layers. Pour the remaining ganache down the sides of the cake.



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.



PAINTER & DECORATOR



- 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

Complete Construction & Maintenance 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

231 Woodland Road, Stanton

07980110320



Right At Home Partnership by John Houghton

Right at Home Burton, are thrilled to announce the launch of its recent expansion and official charity partnership with the Alzheimer's Society.

John Houghton, MD: "We are delighted to work alongside the Alzheimer's Society with raising awareness and hope that through our fundraising we can help to create more dementia aware and friendly communities. There is a strong demand for our Award-Winning care services which has necessitated the opening of our Burton office to allow us to be closer to our Clients and amazing Care Team"

Charlotte Matier, Alzheimer's Society Director: "We are very excited to be working together with an organisation like Right at Home, who have a real passion for providing quality care and support to people in the community..."

Right at Home provides the highest quality care to Client's living in the comfort of their own home. It provides a wide range of services from companionship and personal care to live-in care and specialist Dementia care.

Could you make a difference every day?

Right at Home offers rewarding opportunities in quality care at home.

- Amazing job satisfaction from improving the lives of others
- Local work and hours that suit your lifestyle
- Full training, shadowing and career development
- CareGivers are carefully matched to regular clients



To enquire about joining Right at Home contact us today:

www.rightathomeuk.com/eaststaffs



01283 777 700

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

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

LOCAL LINKS SUDOKU

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

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-42-28



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

T: 01283 329711
M: 07480 361494
E: premierburton@gmail.com
W: www.burtonpavingandlandscaping.co.uk



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



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



**END OF SEASON
SALE NOW ON!**

**Call us on
01283 547726**

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

- 🦽 Scooters
- 🦽 Bath Lifts
- 🦽 Walking Aids
- 🦽 Wheelchairs

**Open Monday to Saturday
9.30am - 3.30pm**

YOUR LOCAL MOTABILITY SPECIALIST

BOOK ONLINE OR CALL: 01283 544389

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

**Crushed Hardcore
Now Available!**



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

FAMILY RUN BUSINESS, FRIENDLY STAFF, QUICK RESPONSE
www.golding-skips.co.uk



GOLDING

SKIP HIRE





DERBY HIGH
SCHOOL



Strong pastoral support
underpinned by excellent
academic results.



Open Morning!

Saturday 28th

September

9:30am to 12noon

Everyone welcome!



Come and view our fantastic
facilities, meet our staff &
students and see our
busy school in action!



**Nurturing, Inspiring & Supporting
Girls and Boys aged 3 - 18**

For further information please contact our Registrar on:
01332 514267 admissions@derbyhigh.derby.sch.uk

www.derbyhigh.co.uk