

LOCAL LINKS

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ISSUE 132
FREE

EYE CARE

The importance of check-ups

PERFECT PORTIONS

Handy help to remember how much to eat

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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

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, Deb
Walker, Derby Cats
Protection

niche
architecture

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- Conversions
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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



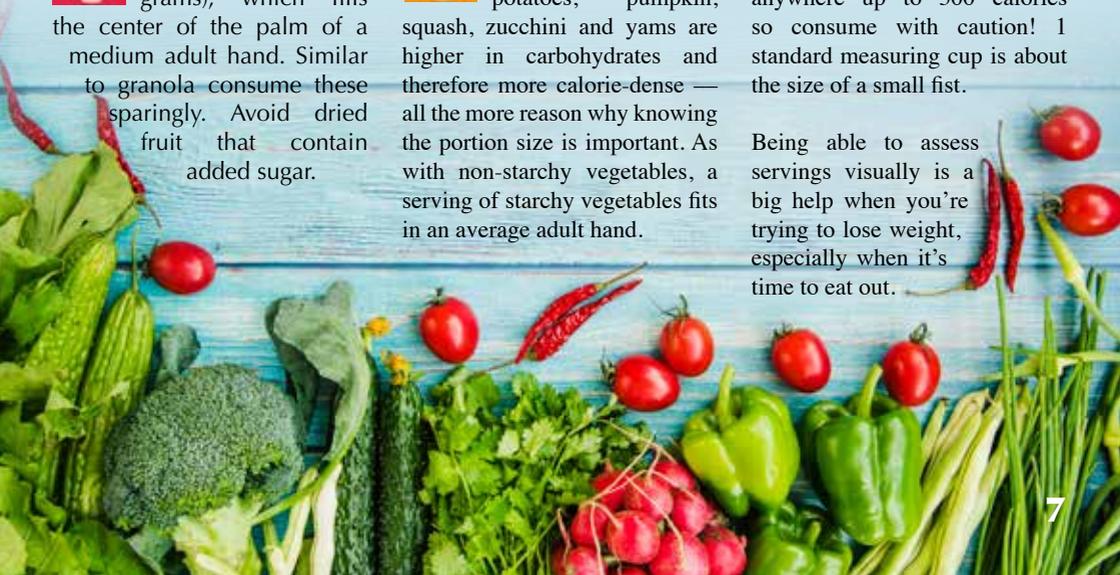
Depending on what variety you buy 1 cup of milk provides anywhere from 90–145 calories. In an average-size glass (not a tall and skinny one), 1 cup measures about the size of a small fist.

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.



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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.

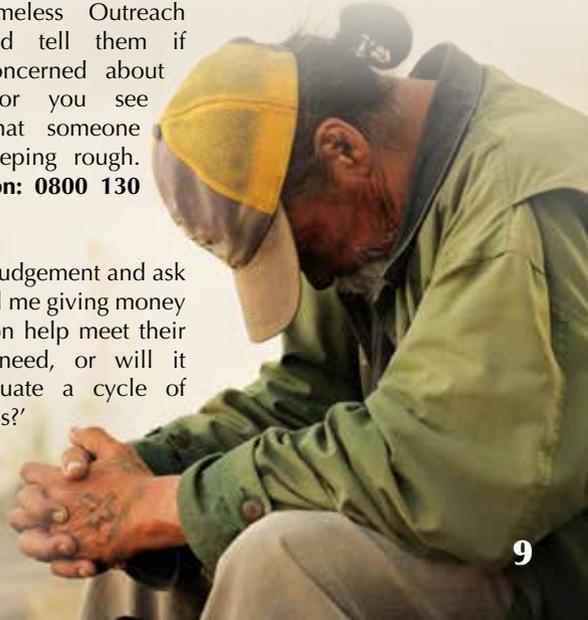
- You can phone the YMCA Homeless Outreach number and tell them if you are concerned about someone, or you see evidence that someone may be sleeping rough.
Call them on: 0800 130 3415

- 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**



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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!

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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.



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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.

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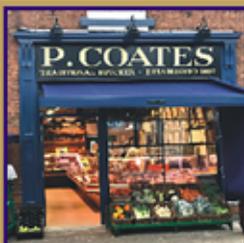
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Beside the Sea *by Deborah Walker*

As summer fades and shadows lengthen, we are drawn to the direction of light, stunning sunsets and sparkling water. 'Beside the Sea' is an exhibition of seascapes, large and small, opening on Saturday 14th September, by resident artist Deborah Walker RI RSMA alongside work by invited artists. 'the gallery @ Ridware Arts' is situated at Blythe House Farm in Hamstall Ridware, just off the A515 between Yoxall and Kings Bromley.

Specializing in watercolour, Deb is a landscape artist with a fascination for painting 'watery subjects'; from rivers to the sea. Elected to Membership of the Royal Society of Marine Artists in October last year,

Deb paints the sea and coast in all its moods, from the cliffs to the water's edge. While Deb exhibits in galleries throughout the country, she welcomes visitors to her studio gallery Thursday to Saturday, 10am to 4pm, throughout the year.

While featuring the sea, this Autumn collection also includes many small paintings from closer to home of watery locations surrounded by woodland. As well as paintings, the gallery exhibits beautiful glazed ceramics by John Stroomer from Victoria in Australia and Silver jewellery by local silversmith Lynn Kendall from Tutbury.

Coinciding with this exhibition here at 'the gallery' Deb will

also be exhibiting her first collection as a Member of the Royal Society of Marine Artists at the Mall Galleries in London from 10-19 October. All the latest paintings and many more can be viewed on her website at: <http://www.walker-art.co.uk>

For further information about the forthcoming exhibition 'Beside the Sea', classes or workshops, please contact Deb at 'the gallery' on T: 01889 504102 or E: deb@walker-art.co.uk

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

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

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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.

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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 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. 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 per 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:

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Debbie Griffin - Barton
Joy Jordan - Stretton
Stuart Walton - Stapenhill

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Ultimate Goey 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 Goey 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.



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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



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

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all contain every digit from 1-9.

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