

# LOCAL LINKS

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ISSUE 133  
FREE

## SPOOKY DECORATIONS

Ghostly lights to make you shiver

## FALL OF THE WALL

Looking back on Berlin's 30 year anniversary

WIN a FUN & SKI DAY  
from Swadlincote Ski Centre

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## What's On Guide

full of local and community events

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# LOCAL LINKS



## ISSUE 133

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We also deliver a  
magazine free to:

Alrewas, Rangemore,  
Barton, Tatenhill &  
Fradley, Yoxall

Dear Readers,

Woooooooooooo!!!! The scary season is upon us! This 31st October is the day we dread when all the monsters and evil-doers plan to come out and celebrate with their howls and cackles and terrifying grins!

If you fancy a much lighter take on Halloween, this month we've got some cute Halloween decorations that you can make to brighten the dark corners of your house as the clocks go back on Sunday 27th October.

We're also celebrating the 'fall' and not in an American sense, although leaves are all turning golden. The 9th November sees the anniversary of the fall of the Berlin wall. What a lovely moment in history it was to see families reunited and love and solidarity triumph!

See... it's not always so ghoulish out there!

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**Next issue deadline:**

Tue 5th November

**Next issue out from:**

Wed 13th November

This magazine  
delivered free to:

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Stretton &  
Walton on Trent

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# Frightening Fireworks



While firework displays and parties are fun for us all, our pets can often become distressed at the loud noises and lights that Bonfire Night brings. During fireworks

season (from November to December inclusive), you will need to ensure your cat is safe and sound. Keep them in after dark and provide them with a litter tray, food and water bowls and a place to hide. You'll need to make sure all cat flaps, doors and windows are closed to ensure your cat doesn't escape. If your cat becomes lost because of fireworks, contact [lostandfound@derbybranch.cats.org.uk](mailto:lostandfound@derbybranch.cats.org.uk) asap to get it on our website and facebook page.

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# Fall of the Wall

This 9th November we see the 30th anniversary of the fall of the Berlin Wall. Many of us remember that exciting day when news reports started flooding the world that the Berlin Wall had fallen.

## How it All Started

After World War II the country of Germany was divided up into two separate countries. East Germany became a communist country under the control of the Soviet Union. At the same time West Germany was a democratic country and allied with Britain, France, and the United States. The initial plan was that the country would eventually be reunited, but this didn't happen for a long time.

## The City of Berlin

Berlin was the capital of Germany. Even though it was located in the eastern half of the country, the city was controlled by the four major powers that fought the Nazis; the Soviet Union, the United States, Britain, and France.

## Defections

As people in East Germany

began to realize that they did not want to live under the rule of the Soviet Union and communism, they started to leave the eastern part of the country and move to the west. These people were called defectors. Over the course of the years 1949 to 1959, over 2 million people left the country. In 1960 alone, around 230,000 people defected.

## Building the Wall

Finally, the Soviets and the East German leaders had had enough. On August 12th and 13th of 1961 they built a wall around East Berlin to prevent people from leaving. At first the wall was just a barbed wire fence. Later it would be rebuilt with concrete blocks 12 feet high and four feet wide. The wall became the symbol of the "Iron Curtain" that separated the democratic western countries and the communist countries of Eastern Europe throughout the Cold War.

There were also many guard towers along the wall. Guards were ordered to shoot anyone attempting to escape.

It is estimated that around 5000 people escaped over or through the wall during the 28 years it stood. Around 200 were killed trying to escape.

## The Fall of the Wall

In 1989, a series of revolutions in nearby Eastern Bloc countries (Poland and Hungary in particular) caused a chain reaction in East Germany that ultimately resulted in the demise of the Wall. After several weeks of civil unrest, the East German government announced on 9th November 1989 that all East German citizens could visit West Germany and West Berlin. Crowds of East Germans crossed and climbed onto the Wall, joined by West Germans on the other side in a celebratory atmosphere. Over the next few weeks, euphoric people and souvenir hunters chipped away parts of the Wall. To this day sections of the wall still survive in Berlin.



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# By The Barn *by Angela Sargent*



**F**resh October mornings, bright and breezy with a crisp chill in the air heralds in the autumn season. The scents of ploughed land, over ripened berries, damp earth and strong fox odour become a constant.

Smells are an intrinsic part of agriculture: from the new mown silage grass of Spring, through the warm harvested corn, to the stench of fresh manure. The scent of hay

bales stacked high in the barn and the vinegar pong of silage fermenting when a contaminated bale is opened. Sometimes we forget to use our senses but catching the merest whiff of something familiar can transport us back in our minds to an event otherwise forgotten!

Our failed bird seed mix has been resown with slug pellets- a successful legal challenge meant that metaldehyde can still be used, as long as very stringently and carefully. This is to provide food and cover for all sorts of birds and insects over winter, when such things become scarce because of the season and is part of our conservation steps taken here

on farm (like many other farmers).

We are continuing to market our own home bred lambs via Bakewell , however, who knows what is likely to happen to trade in these uncertain weeks and months. The 'store' lambs (those we bought in to grow on a bit before selling) are just beginning to finish and these too will go through the market.

We hear Tawny and Barn owls screeching as the afternoon fades into evening and into night and have seen Little Owls. Sounds as well as smells abound!

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# Treat Yourself Right

**W**ith the weather getting colder, it's pretty much guaranteed that at some point between now and Christmas you will feel a bit under the weather. But what if you feel worse? Sometimes the winter season can set some nasty bugs and viruses upon us, so do you know what to do or where to go for help? Here's our handy guide below:

## Self-care

A lot of common illnesses can be treated at home by using over-the-counter medicine and getting plenty of rest. It is worth keeping paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer in your medicine cabinet. Self-care is the best choice to treat very minor illnesses and injuries.

## Visit Your Pharmacy

Pharmacists are experts in medicines who can help you with minor health concerns. As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains.

If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP.

All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice.

Many pharmacies are open until late and at weekends. You don't need an appointment – you can just walk in.

Most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

Pharmacies can give treatment advice about a range of common conditions and minor injuries, such as:

- aches and pains
- sore throat
- coughs
- colds
- flu
- earache
- cystitis
- skin rashes
- teething
- red eye

If you want to buy an over-the-counter medicine, the pharmacist and their team can help you choose. Antibiotics will not be available over the counter to treat minor conditions.

## See Your GP

Make an appointment with your local GP when you have an illness or injury that will not go away, including persistent vomiting, ear pain, stomach ache or back ache. Get the treatment you need at a convenient time and place and reduce the demand on our emergency services. Registering is free and means you can make an appointment with a doctor for medical advice, examinations and prescriptions. For help finding

your nearest GP, use the online search on [www.nhs.uk](http://www.nhs.uk) or call 0300 311 22 33.

## Go to the Hospital

An A&E department (also known as emergency department or casualty) deals with genuine life-threatening emergencies, such as:

- loss of consciousness
- acute confused state and fits that are not stopping
- chest pain
- breathing difficulties
- severe bleeding that cannot be stopped
- severe allergic reactions
- severe burns or scalds
- stroke
- major trauma such as a road traffic accident

Only go to A&E if you have experienced any of the above symptoms.

You can help to alleviate the strain on our NHS by following these guides. Please also follow weather warning advice in ice and snow, helping to take the pressure off A&E for avoidable injuries caused by slips and trips. If you don't have to go out, don't.



# Steve Frost

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# Water Water Everywhere?

**Y**ou might think that in rainy old blighty we've got plenty of water sloshing about, and most of the time we do! But, have you ever considered how much energy and resources is used to make the lovely clean water that comes out of your tap? This wasted water treatment costs us and the environment everytime we waste our water. Try to conserve and reduce your water usage by doing some of the following:

1. Turning the water off when brushing your teeth or washing your hair can save a lot of water. In fact, as much as 70 cups of tea!

2. Stop using extra water by avoiding using the toilet as a bin. Avoid throwing cotton

wool, make-up remover pads and tissue when you blow your nose in there, you'll automatically flush it. Every time you flush your toilet, you use up to 9-12 litres of water.

3. When washing clothes, make sure that you are washing full loads of laundry only. You are wasting a lot of water washing only half of a load. Same rule applies when using the dishwasher – keep it full.

4. Take shorter showers. You would be surprised at that just a few minutes off your shower time could reduce the amount of water you are using greatly.

5. When washing your dishes (without the dishwasher) do not leave the water running to rinse.

6. Keep water in a jug in the fridge instead of running the tap when you want water to drink.

7. Rainwater harvesting for your garden is a good idea. The water is untreated so is better for your plants too! Consider it!

8. Use a layer of mulch around your plants and they will retain moisture for a longer time period.

9. Do you know how to shut off your water system in the event of an emergency? If not it is time to learn how to do this.

10. Teach your kids how to conserve water and help them do it. Rewards are a great incentive!

11. Use only one drinking glass for your water for the day. You'll save on the amount of washing up!

12. Using the right size pans when cooking is yet another surprising way that you can save on your water consumption and only use enough water to just cover your veg. Same goes for in the bath!

13. Check your hoses and pipes for leaks, cracks, and other damage. You might be losing lots of water this way.

14. Don't run the water while you are waiting for the water temperature to adjust without the plug in the bath as you are unnecessarily running the water away.

15. Do not brush teeth in the shower. You end up wasting gallons of water as you stand in the shower for several minutes brushing your teeth. Instead, use a small cup for brushing teeth.



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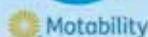
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# Stressless Vet Visits

Preparing for a visit to the vets can be very stressful for cats and their owners. How can you help make your cats visit to the vets less stressful? Here are some tips for reducing the stress levels for your furry friend in order to help keep them as calm as possible.

## Keeping Calm:

Cats can sense if you yourself are stressed or anxious therefore, it is best to try and be as relaxed as possible. Try using a calming and reassuring voice when communicating as this should keep them at ease.

## Your Cat's Carrier:

It is a good idea to leave this out around the house even if you are not planning a trip to the vets. This is so that you cat gets used to it being around and doesn't associate the carrier with a stressful trip to the vets. Make sure you add some comfy bedding into the cat carrier and use a calming pheromone as this will help lessen your cat's anxiety.

### Avoid Strangers Approaching The Cat Carrier.

Cats aren't happy when they are in a confined area so being in a cat carrier can be very stressful, especially when they are surrounded by a new environment, strangers and different smells.



It is very tempting to present your cat to fellow cat lovers and to staff to show them your lovely pet but having strangers peering into the basket can be

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very intimidating for a cat especially when their usual coping behaviours have been removed by being in a cat carrier.

## Avoid Feeding:

It is best to avoid feeding your cat a good few hours before your journey to the vets as this will help to reduce them being nauseas whilst travelling.

## The Journey:

Ensure you take extra care when travelling with your cat, especially in the car. The best places to store the carrier are in the footwell or on a seat, secured by a seatbelt. When driving always be cautious whilst taking corners and using your breaks to make sure that the drive is as smooth as possible.



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# A Rough Night's Sleep

Following on from our article last month, YMCA Burton have been in touch with us to ask you: "Could you spend a night in a cardboard box so that others don't have to?"

Please join YMCA Burton for their annual Sleepout - 19 this year - their eleventh year and it will be their biggest event yet! This is a fundraising event and YMCA Burton ask everyone taking part to raise money to help change lives.

They have several options for you to choose from. Take part at Pirelli stadium where you can choose to sleep inside the tunnels where you will have some overhead cover. If you are willing to brave the

weather elements then YMCA Village may be the perfect option for you to sleep in a box or pop up tent. This is also at Pirelli Stadium but slightly more challenging as there is no cover. This year they are again offering the Xtreme night at St Modwens Church graveyard.

Tickets cost £10 per adult and under 18's are half price (must have parental permission and be accompanied by an adult.)

Individuals, friends, families and teams are all welcome to join in. Please contact YMCA Burton if you wish to register a team. Thank you.

## Why give up your bed?

Homeless people do this on a nightly basis, could you do this

for one night? You will meet new people, have fun, reflect on our community, team build and network as well as raising money for our vital services.

## Whats included?

- An official YMCA Burton wristband
- A cardboard box
- Bubble wrap
- Soup kitchen
- An impromptu gig at Buskers corner
- A breakfast cob and hot drink on completion!

It really is a super experience - we hope you can join them.

You can purchase your ticket online here: <https://ymcaburton.nutickets.com/54958142>

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## A Ski & Fun Day for 4 people!



**F**or this month's competition we have a **SKI & FUN DAY FOR 4 PEOPLE** at **Swadlincote Ski and Snowboard Centre** to give away.

The day includes a Private Ski Lesson & Slide Ride & Drop Deal for a family or group of 4 including a refreshment drink worth over £200.

This huge prize can be enjoyed by the whole family, as even the Tobogganing and Sno-Tubing can be enjoyed by ages 4 and up when accompanied by an adult, and can provide a whole day of fun and frolics.

For those wanting to learn new skills or prepare for a

winter sports holiday in the mountains, the centre offers Lessons or Open Practice in both Skiing & Snowboarding. From Tots classes to Group Lessons, Private Lessons or Full Day Courses, these structured lessons are designed to guide you through from complete novice through to expert. With their high-tech misting system, you can rest assured the slopes will be great on every visit.

For more details call now on 01283 890089 or go online and check out their website at [www.jnlswadlincote.co.uk](http://www.jnlswadlincote.co.uk)

To enter this month's competition, all you have to do is put your name, address and daytime telephone contact

number on a postcard and send it to:

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

Alternatively, you can e-mail your details to:

[local@locallinksmedia.co.uk](mailto:local@locallinksmedia.co.uk)

The closing date for entries is the 12th of November, and the winners will be announced in our December edition.

Good luck to everyone who enters!



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# Burton Should Lead The Way



**B**urton Upon Trent based Guide Dog Owner Barry Marsden has had an amazing first year as a Guide Dog Owner, so much so that he is keen to set up a fundraising group in the Burton area, to put it on a par with other local areas across the region.

East Staffordshire has an estimated Visually Impaired population of nearly 4,000, the vast majority of whom are aged over 65, and Barry can relate to them all to well. "I lost my wife eight years ago, and my sight deteriorated I found that I was spending more time at home alone worrying about the future. Getting out and about without walking into obstacles or people was such a concern".

Having previously worked with a Guide Dog Owner Barry had seen firsthand the amazing benefit they could

offer their Owners, so in May 2018 Barry plucked up the courage and decided to begin the process of applying for a Guide Dog. Despite being informed that it could take up to twelve months to find a Dog that was a suitable match. Six months later Barry got the call, there was a yellow Labrador cross Retriever called Woody, and they thought he might be the right fit. Woody is a tall rangy character who walks with a spring in his step and a purpose in his stride. It was love at first sight when the pair were introduced, and Barry was given the best Christmas present, when the pair qualified together and Barry became a fully-fledged Guide Dog Owner.

In the months since, with his best friend faithfully by his side, Barry has rebuilt his confidence and his independence "I now have the confidence of getting around without worrying if I am going to hurt someone by walking into them". Barry and Woody can be seen pounding the pavements of Burton whether it's to travel to the local shops, or to one of the many social groups, it is clear that Barry now has the motivation and the means to be independent, and he doesn't want to stop there.

"I am so happy with Woody, but I can't shake the feeling of what would have happened if we hadn't met, my life would have been so different, I'd be isolated, dependent on friends, stripped of my independence and the truth is for many people living with sight loss that can be their reality, and that's why I want to support Guide Dogs".

Andy Farrell Engagement Officer at Guide Dogs explained "It costs approximately £56,000 to support a Guide Dog partnership through it's lifetime and Sight loss is a growing issue in the country, as we expect to have 4 million people in the UK living with a Visual Impairment by 2050, empowering those who are living with sight loss for independence is important for so many reasons."

If you would like to find out more about how to join the Guide Dogs Burton Fundraising Group, then you can contact Mary Conner Community Fundraising Development Officer for Guide Dogs for further information or call 0345 143 0226 to speak to your local team. You can also visit [www.Guidedogs.org.uk/volunteering](http://www.Guidedogs.org.uk/volunteering) for more information or to apply.

# What's On Guide

## MONDAY 21ST OCTOBER

### Stapenhill WI

We meet at Immanuel Church Hawthorn Crescent Stapenhill from 10am to 12pm on the 3rd Monday of every month. Join us for friendship and an interesting programme of events. New members and visitors are assured of a warm welcome. Contact Teresa Tel 07720 863097

## TUESDAY 22ND OCTOBER

### 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 23RD OCTOBER

### 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 24TH OCTOBER

### 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.

### Stars

Stars is a weekly club for senior citizens held at Yoxall Parish Hall. Every Thursday 2-4pm. Variety of activities including quizzes, arts, crafts, special events and lots more. £3.50, includes tea or coffee, cakes, biscuits and raffle ticket into the weekly prize draw. For more details call Claire 01543 472145

## FRIDAY 25TH OCTOBER

### Tots, Pots & Teles

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.

## Coin Valuation Day

Do you have collections of old British/foreign coins lying around? Come along and have them valued for free or sell. 10am - 3pm at Barton-Under-Needwood Village Hall, Crowberry Lane, DE13 8AF. Call 0800 233 5456 for more info.

## Beginner's Latin In-line Class

At the Priory Centre, Church Road, Stretton, DE13 0HE - 11.15-12.00 pm NO PARTNERS REQUIRED - £4.00 Ring 07598159744 for more details.

## SATURDAY 26TH OCTOBER

### 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

## Coin Valuation Day

Do you have collections of old British/foreign coins lying around? Come along and have them valued for free or sell. 10am - 2pm at Walton Village Hall, Main Street, DE12 8LZ. Call 0800 233 5456 for more info.

## MONDAY 28TH OCTOBER

### 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 29TH 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 30TH OCTOBER

### 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 Flower Club

A demonstration by Beverly Artis entitled "Flowers with Attitude" 7-30pm at St James church hall visitors £6.00 refreshments and sales table, raffle. Everyone welcome.

## THURSDAY 31ST OCTOBER

### Beginners Ballroom & Latin Dance

Learn to dance 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 1ST NOVEMBER

### 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

## FitSteps with Rose - Free taster

Fitness class based on steps from ballroom and Latin dances including: cha cha cha, jive, tango, quickstep and more. NO PARTNER REQUIRED. Will help you burn calories, build tone and improve balance and flexibility, all while having fun. Suitable for adults of all ages, shapes and sizes. Beginners welcome. Want2Dance with Victoria, Wharf Road, Burton. Contact Rose: 07562 331041 to book

## SUNDAY 3RD NOVEMBER

### 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 4TH NOVEMBER

### 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 5TH NOVEMBER

### Painting For Pleasure

Every Tuesday from 1pm to 3.30pm. Painting for Pleasure is a meeting place for artists to practise their skills in a friendly group. The cost is £12 per month, for the room hire. There are occasional visits and demonstrations from visiting artists, and an annual Christmas lunch. New members are welcome to come along and see for themselves. Contact Dave Jones for more information on: 07429 074758

## WEDNESDAY 6TH NOVEMBER

### 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

### 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

### 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 7TH NOVEMBER

### 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. Want2Dance with Victoria, Europa House, Wharf Raod, Burton, DE14 1PZ. For more information contact Victoria Neale on: 07791 204903

## FRIDAY 8TH NOVEMBER

### YMCA Big Sleep Out

YMCA Burton's biggest fundraising event of the year where people give up their bed for one night so that others don't have to. YMCA ask people to join them to help raise awareness of homelessness and raise money towards their vital support services. Friday 8th November at 2 venues. Pirelli Stadium and the Graveyard at St Modwen's Church, Market Place, Burton. Visit [www.burtonymca.org/sleep-out](http://www.burtonymca.org/sleep-out) for more information

## SUNDAY 10TH NOVEMBER

### 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 11TH NOVEMBER

### 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 12TH NOVEMBER

### 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](mailto:helentarr2002@yahoo.co.uk)

### 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

### 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

## WEDNESDAY 13TH NOVEMBER

### Stretton & Claymills Women's Institute

Meeting in the back room of the Priory Centre, Church Road, Stretton at 7.15pm on the second Wednesday of every month and new members are very welcome. For info [www.strettonandclaymillswi.wordpress.com](http://www.strettonandclaymillswi.wordpress.com) or [strettonandclaymillswi@gmail.com](mailto:strettonandclaymillswi@gmail.com)

### 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 always welcome, whatever your level of experience. Contact Sandra: 01283 329743

## THURSDAY 14TH NOVEMBER

### 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 15TH NOVEMBER

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

## COMPETITION WINNERS

Congratulations to our **Alrewas Motors** competition winners, each winning a **£50 Voucher**:

**Mrs. Janelle Jones, Barton**  
**David Allsop, Alrewas**  
**Ken Moore, Rangemore**  
**Andrew Simpson, Stretton**

Look out elsewhere in **LOCAL LINKS** this month to win a Ski & Fun Day from **Swadlincote Ski & Snowboarding Centre!**

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# Right At Home: Open For Business

Right at Home East Staffs will provide highly personalised care services for adults and older people across the Burton-upon-Trent, Swadlincote and Ashby-De-La-Zouch areas, who wish to remain living independently in the comfort of their own home.

Owner and Managing Director, John Houghton along with Registered Manager, Melanie Rowland are in the process of building a team of compassionate, committed, and highly trained CareGivers to deliver great support and companionship services within people's homes.

John, who lives locally said: "I decided to open Right at Home East Staffs as my second branch

to Right at Home Derby after I realised the huge growing need for reliable, top quality in-home care that promotes people's independence and is delivered in the 'right way' - with dignity and respect and a holistic approach to someone's well-being.

When providing support, we place great emphasis on the emotional well-being of our Clients and importantly, their families. We promote minimum one-hour visits with regular CareGivers, allowing our team to really get to know their Clients. Something as small as sharing a cup of tea and having a chat can make a huge difference to a person's state of mind, reducing the significant problem of loneliness in the elderly.

Our services are highly personalised, yet flexible to meet the needs of the people we support. We can provide support on a short-term or long-term basis ranging from an hourly daily visit through to 24-hour live-in care, 7 days a week.

Our homework care services include, but are not limited to:

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  - Live-in care
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  - Medication support
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- For more information please visit: [www.rightathomeuk.com/eaststaffs](http://www.rightathomeuk.com/eaststaffs)

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# Ghostly Delights

**H**alloween is one of our favourite holidays! The 31st of October just fills us with sheer dread! All the ghouls are due to be out celebrating and taunting good decent folk with their terrifying antics!

If you're throwing a Halloween party, we thought you might enjoy making these adorable little ghost lights! They're sure to brighten even the darkest corner!

## You will need:

A string of LED lights  
Ping pong balls (one per bulb)  
White fabric (something thin like muslin, chiffon or light weight cotton)  
craft glue  
An empty egg box  
A black felt-tip pen  
A small cross head screwdriver or large nail  
small scissors

## Method:

Cut your fabric into squares approximately 8"x8" in size. Pull the threads to fray the edges a little to make the fabric

look tatty.

Place a ping-pong ball into the egg box to hold it still and stop it rolling around.

Use your nail or screwdriver to carefully push a hole into the ball, being mindful to make the hole just big enough to push the bulb light in without it being loose. It needs to be a snug fit.

Apply some glue around the hole in the ping-pong ball and stick the centre of your cloth squares to it. Use your scissors to snip the fabric where it covers the hole.

Take your felt-tip pen and draw some ghoulish faces onto your little ping-pong ghosts. You can use the egg box to keep the balls steady and stop them rolling around while you try to draw the faces.

Take each ghost and insert the lights into the top of their heads.

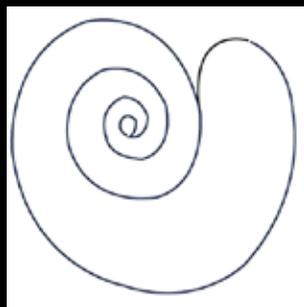
You can now use your lights to terrify your friends and neighbours!



## EASY SPOOKY HANGING GHOSTS

Why not give these cute hanging ghost decorations a go too? They're super easy to make!

Just cut a large spiral with a rounded end out of a piece of paper and draw on a spooky face. You can hang them from the ceiling with some thread to make them look like they're floating!



## LOCAL LINKS SUDOKU

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

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.

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