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ISSUE 137

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LOCAL LINKS



ISSUE 137

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Dear Readers,

What a lot of rain we've had, but thankfully recently a few beautifully sunny days too! It is certainly beginning to feel like spring is springing! We didn't seem to get much of a winter though, which is worrying. If you'd like to start making a positive impact on the climate, we've got some tips in this issue.

Mothers' Day is around the corner and if you're stuck for an idea of what to buy, we have a super DIY gift idea that will certainly win you brownie points!

If like us you get caught out by Pancake Day every year, then this is your heads up warning! You're welcome! We've even included a recipe for you so that you can be sure to be prepared!

All best wishes,

The **LOCAL LINKS** team



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Tue 3rd March

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Wed 11th March

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Professor Pumpernickle

Meet Professor Pumpernickel, with his crazy blue hair and dodgy German accent, he travels the country with his laboratory of lunacy. His mission:- to enthuse children of all ages and abilities about science, in hope of seeding the dreams of future young inventors, explorers, researchers, life savers and superheroes. If you like fire, explosions, loads of mess and mind-bending magic, you'll love Pumpernickel. And you might get chosen to help him with an experiment!



Pumpy will be at Claymills on 22nd and 23rd February, with two FREE shows each day! Admission to Claymills is the usual Steaming day price. For more information call us on: 01283 509929



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Mothers' Day Blooms

This year Mothering Sunday falls on 22nd March, the perfect time for showing your affection with spring blooms! We thought we'd give you a little advanced warning, if you wish to give this make a go, you'll have time to gather supplies!

Spring Bulb Basket Gift

You will need:

- a pretty container or basket (at least 6" deep)
- potting compost
- spring flower bulbs
- decorative stones
- ribbon

Instructions:

- Choose a pot deep enough for the root to grow properly, at least twice the depth of the bulb.
- Fill it to about 3/4 with potting soil.
- When planting several bulbs in the same pot, leave about a pencil width of space around each bulb.
- Many garden centres at this time of the year sell sprouting spring bulbs, they've done all the hard work for you!
- Top up with soil to the top

of the bulb, keeping the green shoot above the soil.

- Complete by filling in around the shoots with decorative stones and tying ribbon around the container in a bow.

In no time at all, the blooms will grow and be a pretty addition to any room or outside on a patio, doorstep or outdoor table.

To make it extra personal, why not consider the flower meanings of common spring bulbs.

Hyacinth: Well known for their amazing scent and architectural flower spikes, just a few blooms will scent several rooms. Each colour has a different meaning. white mean "i'll pray for you," blue mean sincerity, purple mean sorrow, yellow stands for jealousy, and red/pink mean "let's play!"

Daffodils: These pretty yellow flowers stand for new beginnings. You should always give a bunch, which mean joy and happiness; whereas a single daffodil foretells

misfortune. Giving daffodils signify appreciation for honesty or for forgiveness.

Iris: Like hyacinths, different colours have different meanings. The purple iris stands for wisdom and compliments, white irises stands for purity, and yellow symbolise passion. Blue irises means faith and hope.

Crocus: For the Greeks this flower is a symbol of eternal love and youthfulness. It also symbolises glee and happiness. Gifting someone his flower is a symbol of being glad you met this person or seeing this person.

Tulips: Last but not least, tulips signify a declaration of love! Tulips also signify determination. Who doesn't love tulips?



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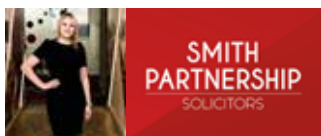
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Buying Your New Home *by Sarah Southall*



There are things to note when buying your new home here, consider;

Conveyancing Fees

Conveyancing costs can vary therefore, it is important to make sure that the conveyancing quote given to you at the start of the transaction is a complete quotation and that there will be no hidden costs to surprise you further down the line.

Legal Fees

You will be charged a Legal Fee for the work carried out by your solicitor during the transaction. Each transaction is different therefore, it is important to give

as much information as possible about the transaction at the outset to make sure the quote you are being given is accurate. If this isn't done, there may be additional costs down the line which you had not accounted for. This turns, what initially looked like a cheaper quote, into something far more expensive.

Some factors which may increase the fee are as follows:

- The Tenure of the property – Leasehold properties will attract a higher fee.
- Shared Ownership Leases.
- Gifts from Third Parties.
- Using Help to Buy or other government schemes.
- Unregistered Property.
- New Build Property.

Disbursements

Disbursements are costs which are paid to Third Parties during

the transaction. The cost of the disbursements shouldn't vary too much between quotes and are costs which cannot be avoided.

Usual disbursements include:

- Land Registry Fees.
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- Search Fees.
- Identification & Money Laundering Checks.
- Bank Fees.

Your total costs will include both the legal fees and disbursements.

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By The Barn *by Angela Sargent*



Short though February is and half way to Spring, it can still take us by surprise and there's the old saying- "as the days get longer, the cold gets stronger".

But after the wet of Autumn and Winter, the drier January and hopefully February might mean that some winter seed can still be sown, if ground conditions are suitable. Oats should be ok and some

varieties of Wheat and Barley and that might help cash flow, as it's not wasted after all.

We still have some lambs to send to market when they are ready and continue to check and weigh them regularly. Picking the long brambles off their wool is a painful business, as they love ivy and the two seem to grow together!

Their mothers, who should be in lamb, are also checked for condition as we don't want them too fat or too thin. This means a lot of work for Ted.

We've had a couple of new born calves and these have been tagged, castrated if necessary and dehorned before they are too old- they

don't like being separated from their mum while we do it and she certainly doesn't want us to interfere with it! The cattle are still inside and bedding is running short by now- we may need to buy in.

The Agricultural industry still has the worst record for deaths and serious injury-falls, livestock and machinery being the main causes. It's still too easy to be rushed and cut corners, or try to save a few pounds and do it yourself and animals are unpredictable, large and determined. If something happens to you, what happens to your farm? It pays to be safe on the farm.

Follow Angela on twitter @bythebarn.

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Pancake Panic

It ALWAYS catches us out. Pancake day arrives when we've run out of eggs or lemon! Shrove Tuesday is on 25th February so we're determined to be prepared and squeeze a pancake or 10 into our bellies this year!

This has got us wondering... what are the world pancake records? Largest? Most eaten?... well if you're now wondering too, wonder no more!...

Worlds Largest Pancake

Cooked in Rochdale in 1994 this pancake had to be flipped by cranes, it was nearly 50ft (15m) in diameter!



Most Pancakes Eaten

Competitive eater Matt Stonie ate 113 pancakes in just eight minutes at a competition in Chico, California, USA in 2016. However eating competitions are highly dangerous and there are numerous deaths caused by entering them. At a Sacred Heart University (Connecticut, USA) event in 2017, a 20-year-old female student died as a result of a pancake-eating contest. She died by choking, so do not try this. Ever.

Tallest Pancake Stack

The tallest stack of pancakes is 101.8 cm (3 ft 4 in) and was made by Center Parcs Sherwood Forest (UK), on 8th February 2016. The stack was made of 213 pancakes.



Basic Pancake Recipe

Makes 12

Ingredients:

100g plain flour
2 large eggs
300ml milk
1tbsp butter
lemon
caster sugar

Method:

- Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
- Set aside for 30 mins to rest if you have time, or start cooking straight away.
- Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.
- When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.
- Serve with lemon wedges and caster sugar, or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.



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Go Greener

With the recent out-of-control wild fires that have engulfed the world in the last 12 months, few continents have remained unscathed. In 2019 we saw California and The Amazon Rain Forest burn, including “unprecedented” wildfires in Serbia and Alaska (places well within the Arctic circle) and most recently Australia. The sight of wildlife burning to death is enough to prompt anyone to change their habits!

It is indisputable now that our love-affair with carbon based fuels must cease, but many people feel they have little control when so much of our global economy and way of life is built on its use. That doesn't mean that we shouldn't all do our part...

“The person who removes a mountain begins by carrying away small stones” - proverb.

However, all is not lost, we can each take steps to help prevent climate breakdown from getting worse. Here are some things that you can do:

Take little steps!

- Switch to a green electricity provider like www.bulb.co.uk, it only takes a few seconds online!
- Avoid disposable plastic as not only does it pollute

our oceans it is also made of petroleum.

- Reduce the amount of meat you eat. Maybe go veggie a couple of nights a week!
- Cycle or walk for short journeys you make often.
- Buy less, it takes an awful lot of carbon to more stuff around the planet. Especially fast fashion.
- Contact your local MP and demand that they prioritise climate issues.
- Switch your bank to one that prioritises ethical investments that support the environment and communities. Check out www.triodos.co.uk who aim to make the world a fairer, cleaner and more humane place working with charities, investors and entrepreneurs.

Make big leaps!

- Consider making your next car an electric one! ...and if you've already switched to green energy at home, you can be sure your travel is working wonders for the planet.
- Holiday in the UK or places you can get to by train. Train travel can also feel like part of the holiday as you'll see so much that you wouldn't otherwise!
- Switch totally to a plant-based diet. Meat and dairy production are responsible for 14% of global climate changing emissions.

So don't despair! There's lots that we can all do to ensure a brighter, cleaner future for our children, the planet and the animals that we share it with!

5 tips for buying a New Build

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WE COVER ALL OF THE MIDLANDS

How To Choose the Right Care

Choosing care for a loved one is one of life's most stressful events, Right at Home is here to help

If there's a noticeable decline in thinking and reasoning in a loved one, you should ask their doctor to arrange tests for cognitive function. It is important to act fast, as early medication is an important factor if dementia is diagnosed.

Accepting help is not always easy to do, especially if it may signify that someone is 'slowing down'. No-one welcomes ageing and the subject of receiving care is always one that should be approached tactfully, to avoid undermining the confidence of the person involved.

When introducing the idea of care, involve your loved one in discussions from the start. Maintaining control is a significant factor in accepting help into your home and private life.

When it comes time to choose care, do not rush into the first option put to you.

Discuss with family and friends what outcomes you would like to achieve.

Speak to a care provider such as Right at Home and ask:

- Will you allow me to select my own care team?
- Do you provide companionship, anti-isolation and activities

to stimulate and provide enjoyment to people's lives?

- Will you arrive on time, at a time of my choosing, stay for at least an hour, and, and how will you evidence that the services were completed?
- Are you accredited with the Care Quality Commission, UKHCA and what are your latest inspections?
- Are carers eligible to work in the UK, have recent DBS (criminal records) checks and have received NVQ's, Care Certificate and specialist person centred training?
- Do the carers wear tunic's or are they dressed smartly appropriate to the activity plan for the day?
- How do you keep family members informed and included in the care?
- What happens if there is an escalation or emergency, will the carer stay and resolve?
- Are you able to provide male and female care teams as appropriate?
- Will we be able to add to our schedule, move calls, cancel calls and have flexibility to change as required?
- Will you provide a Care Plan and how often will we have reviews and quality assurance checks?
- Do you have independent reviews and case studies to evidence you have delivered what you promise?
- Will you assist with

funding, how do you invoice and are Direct Debit facilities available?

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Good, Better, Bed

When did you last change your mattress? This simple question can send us into palpitations! We know they don't last forever, we know they can cause health problems when they get worn... but the risk of replacing your mattress and hating it! The horror!

Well the month of March is time to face those demons as it is National Bed Month, instigated by The Sleep Council!

Firstly, if your mattress was handed down from the Pharaohs then, no matter how comfy you think it is, you'll probably be comfier on a new one. The damage you could be doing to your spine, hips and neck is not worth hanging on to it.

In a survey conducted by the Sleep Council, only 22% of people surveyed thought that a new bed would improve their sleep despite previous research that found that when replacing an uncomfortable bed, a new bed was associated with an increase of 42 minutes sleep! Wow! That's a whole lot more rested!

A comfortable, supportive bed will ensure you move less, wake less, aren't disturbed by your partner as much and are less likely to wake up feeling tired or aching.

If you're unsure whether your bed is past its best, then look out for the signs such as its age, has it become noisy, do you and your partner roll towards each other unintentionally, is it sagging or even lumpy?

You know that wonderful feeling of drifting into a blissful sleep between clean, crisp bed sheets? Heaven!

1. Short change

Over half of us (52 per cent) know that we should be changing the bed weekly as recommended, yet shockingly almost 70 per cent don't do this.

2. The dirty work

Over two-thirds of people questioned in the survey didn't know that dirty bedding could cause allergic reactions, illness, infections and spread viruses.

3. Mattress munchies

Fess up, those of you who have the munchies and make a mess in their bed – all 57 per cent of us! Chocolate is the preferred bedtime snack with a quarter admitting to sneaking a bar of chocolate or two in bed and a fifth will also leave a trail of toast crumbs regularly.

4. Furry friends

But we're not the only cause of bacteria in the bed – almost three-fifths let their pets sleep on their bed, adding to the dangers of what could be lurking in the bedding, with

over a quarter of us letting our furry friend in every night!

5. Peculiar priorities

Even though we take to our beds every evening, 62 per cent of people do the hoovering more often than changing the bed!

6. The heat is... off

With 60 degrees being the optimum temperature at which to kill dangerous bacteria, it's surprising that many people don't wash bedding at this temperature.

7. Forgetting the extra mile

Bed linen aside, quite a few of us have never thoroughly washed the rest of our bedding, with 37 per cent of people never cleaning their mattress, 30 per cent failing to freshen up their pillows and 24 per cent declining to dry clean the duvet. In fact, a quarter owned up to not replacing pillows after three years, while a fifth fail to swap their duvets. Twenty-two per cent admitted to not buying a new mattress after the recommended eight years, and a tenth of us have never replaced the mattress!

Most people would be rather surprised by the things you can find in an old mattress. Mould spores and bacteria build up over the years and although invisible, you could be breathing in these harmful spores at night.

LOCAL LINKS SUDOKU

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

LLS-47-19

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Celebrating a new spring and over 30 years of keeping lawns green, our competition for this month is in partnership with lawn treatment service **GreenThumb**.

For those who have never experienced the delights of a professional lawn treatment, **GreenThumb**, covering Ashbourne and Burton on Trent, is offering one lucky winner a whole year of free treatments, courtesy of **LOCAL LINKS**.

Not only that, but 100 Runners-up will win a free, one-off, non-obligatory lawn treatment to give their gardens a vitality boost for spring.

GreenThumb provides customers with a healthier, green lawn, using four seasonal pre-scheduled treatments which can be carried out whether the householder is in or not. Its unique Nutragreen mix has more active ingredients and its visible effects last longer than alternatives.

In addition to the First Place and Runner-Up prize, every **LOCAL LINKS** reader who contacts **GreenThumb's** team on **01283 735675** can have a free, non-obligation lawn survey and soil analysis.

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,
P.O. Box 8049
Burton-on-Trent
DE14 9NQ**

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

The closing date for entries is the 10th of March, and the winners will be announced in our April edition. Good luck to everyone!

** Prizes are for lawns up to 400 square metres. Runner-up winners will be contacted by GreenThumb directly.*



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Team Spirit

Dig out those trainers and pick up a sponsorship pack because Sport Relief is on the horizon, returning on Friday 13th March!

Sport Relief exists to create a just world free from poverty. The money you raise each Sport Relief is used to tackle major issues across the world including homelessness, domestic abuse, child poverty, mental health and more.

When you donate online or raise money for Sport Relief, you'll be helping to transform lives both in the UK and internationally.

Sport Relief brings the nation together to raise money through the power of sport. With your help, Sport Relief fights inequality wherever it is found to create a better, fairer world – free from poverty.

Since 2018, the British public have helped to support an incredible 13m people across the UK and around the world.

When you donate to Sport Relief you're supporting people living incredibly tough lives, in the UK and around the world.

The charity works with local organisations who've proven that their approach to solving peoples' problems work - and they invest in them as they grow, to:

IMPROVE MENTAL HEALTH SUPPORT...

Every year, 450 million people worldwide experience mental health problems, and the discrimination that comes with them. The charity helps to make sure they get the support and empathy they need.

ENSURE PEOPLE HAVE A SAFE PLACE TO BE...

1 in 5 people around the world don't have adequate shelter. Day by day, person by person Sport Relief is working to ensure people have a safe place to call home.

HELP CHILDREN TO SURVIVE AND THRIVE...

Every year, millions of children

die before their fifth birthday, or grow up in poverty and neglect. So Sport Relief helps child after child survive and grow.

REDUCE FEAR, VIOLENCE AND DISCRIMINATION...

The idea that some of us are worth less because of our gender leads to real violence, abuse and discrimination. The charity works for a world with less judgement and fear where people can take control of their lives.

There are lots of ideas for you to get fund raising, whether it's by undertaking a sporting event and getting sponsored by friends or colleagues, or by organising a workplace themed day. There are lots of ideas for you to choose from on the Sport Relief website: www.sportrelief.com



What's On Guide

MONDAY 17TH FEBRUARY

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

Dance Exercise Class

Fun and easy to follow low impact dance based exercise class suitable for all ages and abilities. Every Monday from 10.30-11am at the Priory Centre, Stretton. Contact. 07851239165

TUESDAY 18TH FEBRUARY

Burton Dance & Social Club

Every Tuesday evening 8-11pm at Marstons Sports and Social Club, Shobnall Road. 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

Anslow Art Class

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 Helen on 07791 228 881 or email: helentarr2002@yahoo.co.uk

Shakespeare Group

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

WEDNESDAY 19TH FEBRUARY

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 20TH FEBRUARY

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 21ST FEBRUARY

Beginner's Latin in-line Class

Get fit & lose weight! Learn cha-cha, salsa, mambo, rumba, merengue, samba etc. Beginner's class 11.15-12.00 £4.00, Advanced class 10-11.00am £5.00. Every Friday at Priory Centre, Church Road, Stretton DE13 0HE. No partners required for any class. Ring 07598159744 or email larhiney@hotmail.com for more details

SATURDAY 22ND FEBRUARY

Claymills Victorian Pumping Station

Come and see four giant beam engines and more than 20 other stationary steam engines in action. Children's activities, other attractions, great café! This Saturday & Sunday we will be visited by Professor Pumpernickle with his amazing mad science show! An event not to be missed! 10am - 5pm. Contact: 01283 509929

SUNDAY 23RD FEBRUARY

Ryknild Rabble Morris Dancers

Ryknild Rabble begin their winter dance practices, to be prepared for their busy 2020 dance programme. It is an ideal time for new dancers to come and join this lively and fun group of dancers. We have over 30 years' experience of teaching Border Morris dancing and a warm and friendly welcome awaits you. FREE. Every Sunday morning - 11 am to 1 pm at Kings Bromley Village Hall, Alrewas Road. DE13 7HW. See <http://www.ryknildrabble.co.uk> or Facebook.

MONDAY 24TH FEBRUARY

Meno Class with Sam

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

Pianist Simon Trpeski

7.30pm at Abbotsholme School, Rochester. Macedonian pianist, Simon Trpeski has established himself as one of the most remarkable musicians, to have emerged in recent years - praised for his powerful virtuosity and charismatic stage presence. His programme includes Mussorgsky's Night on Bare Mountain, Prokofiev's Piano Sonata No.7 and Liszt's Soirées de Vienne. Tickets £20 (under 25s, £5) available at the door on the night.

TUESDAY 25TH FEBRUARY

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 26TH FEBRUARY

Burton Folk Dance Club

Meet every Wednesday (except 2nd Wednesday each month) at Rough Hayes Community Centre, Henhurst Hill, DE13 9PX 7.30 to 9.30pm. New members welcome. Socialise and exercise. Contact 01283 812645.

THURSDAY 27TH FEBRUARY

Mini Movers

Mini Movers Dance is a growing class for tots. This dancing and singing class is specially created to develop balance coordination, confidence, speech and imagination. The first class is free - £4 per class, paying for each half term in advance. Every Thursday, 9.30am to 10.15am at Want2Dance with Victoria, Europa House, Wharf Road, Burton upon Trent, DE13 1PZ. Contact Victoria on: 07791 204903

FRIDAY 28TH FEBRUARY

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 29TH FEBRUARY

Barton Bowls & Social Club

Now open every evening! Darts, pool, dominoes, crib and crown green bowls during bowling season. Members, members guests and new members always welcome

SUNDAY 1ST MARCH

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 2ND MARCH

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. First Monday in the month except Bank Holidays. Always call to check meetings: 07478 889577, or email on: burton.prostate.cancer.support@gmail.com

Find more events on our website

TUESDAY 3RD MARCH

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. Contact Dave Jones for more information on: 07429 074758

WEDNESDAY 4TH MARCH

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 5TH MARCH

New Beginnings

Mature Singles Friendship Group (55yrs+). If you enjoy socialising but don't want to do it on your own, then come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue: 07742 801681

FRIDAY 6TH MARCH

Burton Flower Club

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

SATURDAY 7TH MARCH

Gresley Male Voice Choir

Making a welcome return to St James' Church, Barton under Needwood at 7.30pm to perform in aid of The Children's Society. Tickets are £8.00 which includes interval refreshments. Tickets are available from Barton Post Office or from 01283 712809.

Tuned Events - Life Music

The Albion Taphouse, DE14 2BE, doors open 7.00pm. Admission £5. Featuring: The Pacemakers, Stuart Cooper, Phil Kavanagh, Joe Eadon, Lyra, GD.

SUNDAY 8TH MARCH

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 9TH MARCH

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 10TH MARCH

Walton-on-Trent WI

Every 2nd Tuesday of the month at 7.15pm at 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. Contact Mrs Barbara Reeves, President, Tel. 01283 546536

WEDNESDAY 11TH MARCH

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 email: strettonandclaymillswi@gmail.com

Priory Art Group

Every Wednesday morning 9.30 to 12. We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton. New members welcome! Contact: Sandra Tel: 01283 329743

THURSDAY 12TH MARCH

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

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 13TH MARCH

FitSteps with Rose

Fridays 18.00 at Want2Dance with Victoria, Wharf Road, Burton £5 per class. FitSteps is a fun class, based on ballroom and Latin dance steps, with no need for a partner. Beginners always welcome Contact: Rose 07562 331041 to book

SATURDAY 14TH MARCH

Rolleston WI Literary Lunch

At Scouts HQ a delicious lunch will be served at 12.30pm. Following this Rebecca Tope Crime novelist will talk about her work. Tickets £10 to include lunch on sale from Verity Conner 01283 813414 from January. Proceeds to WI funds.

MONDAY 16TH MARCH

Leagues 4U Social Netball

19:00 - 20:30 at John Taylor Free School and cost just £5. For further information visit leagues4you.co.uk or text 07723414160.

TUESDAY 17TH MARCH

YMCA - Pamper & Shopping Night

Join us for our fundraising pamper & shopping night! From 7-9pm at Pirelli Stadium, Princess Way, Burton on Trent DE13 0BH. Contact: 01283 538802 or email fundraising@burtonymca.org

COMPETITION WINNERS

Congratulations to our **Frost Fitness** competition winner, who has won **8 x Personal Training Sessions**:

Gemma Griffey, Barton-under-Needwood

Look out elsewhere in **LOCAL LINKS** this month to win **12 Months of Lawn Treatments from GreenThumb**

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

If You're Having A Difficult Time

You can get in touch with The Samaritans about anything that's troubling you, no matter how large or small the issue feels.

Sometimes just sharing what is hurting you with someone that you don't know can offer an outlet for your pain and ease your emotional suffering. Telling someone that you are hurting is the first step to recover, no matter how low and dark you feel.

They're there for you to listen, no judgement, no pressure, and will help you work through what's on your mind. They will never tell you what to do. The Samaritans are not afraid of going into difficult areas with you.

When you're desperate or on edge, they can help you get through that moment, they'll help you make sense of what you're feeling and find you other help if you think you want it.

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Worms In Dogs & Cats by Scarsdale Vets

Animals can carry various types of parasites including worms. Worms weaken the immune system, and by moving through major organs can cause other illnesses such as pneumonia. Whilst pets with less severe infestations may show no external signs, they are still a possible source of infection to others, including humans.

What Are The Main Classes Of Worms?

Intestinal worms include roundworms, hookworms, whipworms and tapeworms. Heartworm is more of a problem abroad where they are transmitted by mosquitoes. Lungworm is a parasite that is present in pockets in the UK and for dogs is contracted by eating infected slugs or snails.

How Do I Know If My Pet Has Worms?

Many infections are subclinical. That means that you may not even know if your pet has worms. However, with larger burdens intestinal worms can cause diarrhoea and potentially weight loss. The intestinal roundworm *Toxocara canis* is always a concern as it can be transmitted from dogs to humans through ingestion of worm eggs often on hands etc. Although the incidence of larval migration in humans to organs such as the eye (causing blindness) or the brain is low, with 50-100 new cases in the British Isles currently reported yearly, regular worming is essential to reduce numbers of worm eggs in the environment.

Lungworm is always a big concern in dogs as this may cause a cough or exercise intolerance. However, in more severe disease clotting issues can also be seen which can be life threatening. Treatment is available but prevention is always better than cure for those pets who are at risk (those that eat slugs and snails).



How Do I Treat My Pet For Worms Or



Prevention is better than cure – whatever their age

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Prevent them?

There are several options. This can come in the form of tablets or skin “spot on” formulations. There are individual worming tablets available as well as “dual treatment options” that would help treat internal parasites such as worms and external parasites such as fleas or ticks.

So A Solution “Spot-On” On The Back Of The Neck Of My Pet Can Kill Internal Parasites Such As Worms & External Parasites?

Yes, each solution has a different spectrum of treatment. This means that different treatments may suit different pets depending on the diet and lifestyle of your animal.

If you suspect your dog has worms, then ensure you visit your local veterinary practice as soon as possible.

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A lush, green and healthy lawn

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

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

The pièce de résistance of The Lawn Makeover is 'Diamond Green' - our bespoke grass seed. Diamond Green is an exclusively developed,

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

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

A beautiful, vibrantly green and weed-free lawn is possible with The Lawn Makeover, the best way to achieve the ultimate lawn - the GreenThumb lawn.

For a no obligation quote please ring

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or e mail Ashbourne@greenthumb.co.uk



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