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ISSUE 138

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LOCAL LINKS



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Dear Readers,

Can you believe it's March already! How have the New Year's resolutions held up? We hope there's some flexibility for easter though... it would be a shame to miss out on all the fun treats like hot-cross buns and easter eggs... and our delicious easter egg cheesecake in this issue! Yum! If you have a go, why not share a pic with us on our facebook page: www.facebook.com/locallinksmagazine

We hope you enjoy this Easter issue and hope you've got some lovely things planned over the long weekend. If you're out and about shopping or lunching, why not choose local businesses and coffee shops instead of big multi-national chains? Read more about how supporting local business owners can help our area on page 27.

Happy Easter!

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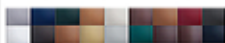
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Smarter Safety

It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

Create a safe space to talk.

Talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- reassure them that you're interested in their life, offline and online.
- recognise that they'll be using the internet to research homework as well talking to their friends.
- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- ask them if they're worried about anything, and let them know they can come to you.
- ask them about their friends online and how they know they are who they say they are.
- listen for the reasons why your child wants to use apps or site you don't think are

suitable, so you can talk about these together.

- ask your child what they think is okay for children of different ages so they feel involved in the decision making.

How can I make use safer?

All mobile phone providers offer free parental control services which limit the content children can access via the internet to content suitable for under 18s. However, they may not always be automatically switched on. Check with your service provider that the parental control settings are switched on, and ask for them to be switched on if they are not. You should be able to do this via your account settings on your provider's website.

Stay safer offline.

There are several apps available to track your child's movements, a great free one is 'Hollie Guard'.

If your child is in danger they can shake their phone or tap the screen to generate an alert. Their location and audio/video evidence will automatically be sent to emergency contacts who can take action to help them quickly.

The Journey feature allows your child to notify you of their movements while traveling. Enter your start and end point, and an SMS & email will be sent to your emergency contacts when you've started and safely completed your journey.

To register for a FREE account and for more information visit www.hollieguard.org.

Hollie Guard was developed by the Hollie Gazzard Trust (HGT) to help people stay safe. HGT supports young hairdressers and charities fighting domestic abuse and anti-knife crime. The app was created in honour of Hollie Gazzard, a hairdresser who lost her life to domestic violence.



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Pom-Pom Easter Bunnies



Nothing says easter more than a cute little fluffy bunny. So we thought it would be super fun to share this little pom pom bunny make with you!

You will need:

Small amount of black, grey and pink felt
Small amount of fabric glue
Scissors
Ball of grey wool
Glue gun

Method:

- Make two grey pom-poms, one smaller than the other and a small white pom-pom using the method here, following steps 1 - 10 (see right).



- Use the hot glue gun to stick the smaller grey pom-pom (the head) to the larger one (the body) and then the small white pom-pom (the tail) to the larger grey pom-pom.

- Cut two ear shapes out of the grey felt and a smaller ear shape of



pink felt and glue on top of the grey. Glue and pinch at the bottom to finish the ears and then glue to the top of the bunny's head.

- Cut two small circles out of the black felt for eyes and a small circle out of the pink felt for a nose. Stick to the bunny's face with fabric glue.
- If you want to, why not make some funny accessories for your bunnies to wear!

We'd love to see your attempts at making these cute little critters, so why not share them with us on our facebook page at: www.facebook.com/locallinksmagazine



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Frazer's Challenge *by Adrian Wedgwood*



Burton born Gold Medal Commonwealth winner Frazer Clarke popped into the gym at Branston Golf & Country Club on his way home from training at the Sheffield base of Great Britain Boxing last week to spar with Donna Smart, the Club's health & fitness manager and brief the Branston team on his plans to qualify for the Tokyo Olympics. 'I've been boxing since I was 11' said 28 year old 6'6" and 18 stone 'gentle giant' super heavyweight boxer Frazer who

attended Burton's de Ferrers School and, having tried other sports, settled on Boxing & trained at the town's Amateur Boxing Club.

'Richard Joyce & Trev Marler were my inspiration at Burton ABC, setting me on my way to fame and full-time Boxing for my Country' commented Frazer who now lives in Newhall and follows an exhausting weekdays training schedule with other Team GB Boxers at England's Institute of Sport in Sheffield and locally at the South Derbyshire Boxing Academy.

Frazer's partner Danni-Leigh Robinson and Larhah, their nine year-old daughter,

together with his parents are his biggest fans. 'As well as his training he's been Boxing all over the World, with trips to Australia, Italy, Germany, Mexico & Russia so he hasn't had time for us to get married but has promised we will straight after Tokyo - and I'm not letting him off!' exclaimed Danni-Leigh.

Frazer's next big challenge is the Boxing Road to Tokyo Olympic Qualifying event at London's Copper Box Arena on 14th March. 'I'm confident I'll get through the knock-out competition and into the last four that'll see me on the way to Tokyo' exclaimed Frazer who is leading the eight-strong British squad.



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By The Barn *by Angela Sargent*



Brimstone butterflies glowing against early bright green leaves are a wonderful spring sight, if you're lucky enough to spot one this March. The caterpillars feed on buckthorn and Alder and you might spot them along roadsides and hedges.

When out walking, now is the month to spot hares racing and boxing in the open fields - this is the time they come together

(being a naturally solitary animal) to breed. Persecuted by coursing, in which big money is invested, in the more eastern counties, the hare is declining in some areas. Because of successful police action in Lincolnshire, it has driven the practise further afield and a lot of damage is done to farmland at the same time.

Much of our pasture has begun to grow, although some will take time to recover from the autumn/winter wet weather and farmers will be fertilising and rolling where they can, giving the tender growth some much needed tlc and feed.

Grass is an important crop

- the newer varieties being much more nutritious for high yielding livestock - full of energy converted from sunshine, eaten by animals and converted into milk or muscle. We are so good at growing grass in this country - we have ideal weather and a lot of land that cannot grow anything else.

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Arranging Nature *by Barbara Buxton*

As we slip into spring there are a beautiful array of seasonal flowers becoming available. Do you buy a bunch and aren't entirely sure about how to care for them properly and arrange them beautifully? Here are some super tips from Barbara Buxton of Burton Flower Club. Barbara advises...

Buying your flowers

Whether you buy your cut flowers from a Florist or Supermarket avoid those displayed near fruit, in sunlight, draughts or open to the elements. They need to be fresh with crisp stems, foliage not wilting or turning yellow or brown. Daisy type flowers should have tight greenish centres and Carnations open with no white "threads" showing.

Help your flowers live longer

Some guidelines are necessary to promote the life of your flowers. All your containers, scissors and secateurs must be scrupulously clean to avoid bacteria developing and entering the cut surface of the flowers/foliage. Also, make sure that your scissors and secateurs are sharp to avoid damage to the stems.

Basic conditioning

Cut approx. 2.5cms off strong flower stems (e.g. Roses)

at an acute angle to enable the flower to take up water efficiently, remove all lower leaves that will be below the water line because they will encourage bacterial growth. Make a vertical slit and scrape the bark for about 2.5cms on stems of woody foliage, place flowers and foliage in buckets of deep, tepid water.

Soft fleshy stems (e.g. Tulips) need shallow water.

Don't forget to add cut flower food to both woody and soft stemmed arrangements.

As always there are some exceptions to these guidelines but treating your flowers this way should suit most types of flowers. Now let's progress to containers...

Choosing your container

The flowers and container should combine so that one doesn't dominate the other. Consider where the flower filled container will be placed so that it has enough space, be it a jam jar, cup and saucer or even a juice carton!

Help with stability

You can use various mechanics to help stabilise stems such as floral foam, pin holder, wire, pebbles etc. If you're interested in a simple seasonal

display without the need to use these, at the moment you can buy a bunch of Daffodils and arrange in glass jar together with some stems of Pussy Willow or Catkins for added interest.

Watering

Remember to top up the water using long spouted can to avoid disrupting your arrangement.

Most importantly ENJOY!

If you're inspired to give flower arranging a go, why not pop along to a local flower arranging club, such as: Burton Flower Club, they meet at the Priory Centre on Church Road in Stretton on the first Friday of most months at 7.30pm. They are very welcoming to visitors and new members. Why not give them a call to find out more: 01283 814800 / 01283 704180.





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Easter Egg Cheesecake

This is truly the most perfect and easy no-bake cheesecake. By following this no-bake cheesecake recipe, you'll be gifted with a smooth and creamy dessert that sets beautifully in the refrigerator. Unlike regular cheesecake, no-bake cheesecake isn't overly heavy. It's lightly sweet and perfectly refreshing!

EASTER EGG CHEESECAKE

Ingredients

3 x small easter eggs (15cm tall)
3 bags mini eggs (half crushed and half left whole)
3 creme eggs
200g digestive biscuit crumbs
67g light brown sugar
115g unsalted butter, melted
300ml whipping cream
680g full-fat cream cheese, softened to room temperature
100g granulated sugar
15g icing sugar
60g sour cream, at room temperature
1 teaspoon pure vanilla extract

Instructions

Cut your three easter eggs in half top to bottom along the seam. If the eggs are well stuck together heat a knife blade up in boiling water to separate the halves.

Stir the digestive crumbs, brown sugar and melted butter together and divide into the bottom of each easter egg half. Gently compact with a spoon being careful not to crack the easter egg shell.

Freeze for 10-20 minutes as you prepare the filling.

Using a hand mixer or a stand mixer fitted with a whisk attachment, whip the cold heavy cream into stiff peaks on medium-high speed, about 4-5 minutes. Set aside.

Whisk the cream cheese and granulated sugar together on medium speed until perfectly smooth and creamy. Add the icing sugar, sour cream and vanilla extract. Beat for 2-3 minutes on medium-high speed until smooth and combined. Stir in the crushed half of the mini eggs.

Using a spatula, slowly fold the whipped cream into the cheesecake filling until combined.

Remove the egg halves from the freezer and spread filling into them.

Refrigerate for at least 6-8 hours and up to 2 days. For best results, 12 hours is best. Don't be tempted to cheat this step otherwise they won't be set.

When ready to eat, decorate each egg cheesecake with the remaining whole mini eggs. Use a hot knife to cut the creme eggs in half lengthways and place on top.



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Spring Has Sprung! *by Deb Walker*

'Spring has sprung!' is a mixed exhibition, featuring watercolours and large Indian ink paintings by resident artist Deborah Walker RI RSMA, original prints by several artist printmakers, jewellery by Lynn Kendall, stunning ceramics by John Stroomer from Australia and glass by Kim Bramley from France. Deb welcomes visitors to her studio gallery Thursday to Saturday, 10am to 4pm, throughout the year.

Deb Walker is an elected Member of the Royal Institute of Painters in Water Colours (RI) and a Member of the Royal Society of Marine Artists (RSMA), both of which are based at the Mall Galleries, just off Trafalgar Square in London. To view paintings by Deb prior

to visiting 'the gallery' please visit: www.walker-art.co.uk. The annual exhibition of the RI at the Mall Galleries runs from 2-17 April this year, open daily from 10.00am - 5.00pm. With over four hundred watercolours to view, this makes a great day out in London for lovers of the medium! For more information, or to view the work online please visit: <https://www.mallgalleries.org.uk/whats-on/exhibitions/royal-institute-painters-water-colours-208th-exhibition>

Deb will also be exhibiting at the Spring Affordable Art Fair in Battersea from 12-15 March, represented by John Noott Galleries of Broadway. For further information please visit: <https://affordableartfair.com/fairs/battersea-spring/exhibitors>

[com/fairs/battersea-spring/exhibitors](https://affordableartfair.com/fairs/battersea-spring/exhibitors)

Workshops at Ridware Arts fill up fast, but you can view the current workshop programme by visiting the website's Workshop page. Alternatively you can call 'the gallery' for details of remaining places on 01889 504102.

For further information about the current exhibition, please contact Deb at 'the gallery' by telephone or by email at deb@walker-art.co.uk

For directions to 'the gallery' from the A515 Kings Bromley to Yoxall road, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

the gallery@Ridware Arts

Blythe House Farm, Hamstall Ridware, Staffordshire, WS15 3QQ

T : 01889 504102

E: deb@walker-art.co.uk

W: www.walker-art.co.uk



Spring has sprung!

a mixed exhibition of paintings, original prints, ceramics, jewellery and glass

Opening Saturday 14th March

Gallery open Thursday – Saturday, 10am – 4pm

(at other times please call 01889 504102 - if we're in, we're open!)

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware. Continue to turn or bear left at every opportunity leading to Ridware Arts at Blythe House Farm.



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Easy Lifting

Now that spring is well and truly on the way, there are lots of jobs to do in the garden at this time of year but don't be too gung-ho or you could end up doing yourself a mischief!

Typical Gardening Aches and Pains

The most common gardening related complaints are back pain or pain in the knees or hands. This is no surprise given the repetitive tasks, sustained bending, frequent lifting and awkward positioning that is involved, always remember...

Lift Heavy Items Safely

A common cause of low back pain while gardening is poor lifting technique. Whether you're lugging new plants in

from your car or carrying bags of fertilizer here are some tips to keep your back safe while lifting outdoors:

- Stand with your feet hip distance apart. Closer or further away makes you more unstable.
- Now, squat down, bending at hips and knees, and keeping your back long – your safest posture is to keep your spine in a neutral position.
- Lift slowly and avoid quick, jerky movements – engage your core muscles by drawing your navel towards your spine to support your lower back.
- Bring the load as close to your body as possible – minimize the force required to lift or carry the object.
- Slowly straighten your legs – remember that your leg

muscles are stronger than your back so be sure to generate force with your lower body.

Avoid twisting or turning at the waist while carrying something heavy – change direction using your feet rather than rotating through your spine.



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For this month's competition, FOUR lucky readers can win a £50 FOOD & DRINK VOUCHER* from **Dovecliff Hall**.

Dovecliff Hall is an elegant Grade II listed Georgian Manor House dating from 1790, situated in stunning grounds overlooking the River Dove.

The hotel which has been under new ownership since July 2017, is undergoing extensive improvements and redecoration.

Dovecliff Hall is the perfect location for any occasion from an intimate lunch or dinner for 2, a large family celebration, wedding, baby shower, business conference.....

They pride themselves on being able to provide a personal and bespoke experience.

Dovecliff Hall is open for breakfast, champagne breakfast, lunch, afternoon tea & dinner

as well as Sunday Lunch throughout the year.

They also have a full event programme throughout the year (see: www.dovecliffhallhotel.co.uk) including regular gourmet food and wine evenings.

Upcoming events :

- Mother's Day Lunch - 22nd March
- Easter Sunday Lunch - 12th April
- Murder Mystery Evening - 22nd May
- Abba Tribute Night - 29th May
- Ladies Day at Ascot - 18th June
- Father's Day Lunch - 21st June
- Summer Ball - 11th July
- Halloween Ball - 31st October
- Michael Buble & Friends tribute night - 5th December
- Christmas Party Nights in December
- Christmas Day Lunch
- Boxing Day Lunch
- New Year's Eve Ball

You can find more information at: **www.dovecliffhallhotel.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
Dovecliff Hall Competition
PO 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 14th of April and the winners will be announced in our May edition. Good luck to everyone who enters!

* Vouchers not valid in conjunction with any offer. No change given. Not refundable. Booking essential.

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Give Your Feet a Treat by Georgina Wilson

Did you know the 9th - 15th March is National Feet week? Its designed to encourage people of every age to prioritise foot health. We automatically book check-ups at the dentist or optician, but fail to consider the benefits of an annual foot examination or having our feet regularly cared for. Feet help keep us mobile, considering the average person walks 115,000 miles in a lifetime. Enough to circle the globe 4 times! Don't ignore common foot problems as they can lead to more serious issues and pain. If your feet are a concern contact Georgina at Yoxall Podiatry.

What can a podiatrist help me with?



The infographic shows two footprints with various foot conditions listed inside them. The left footprint includes: Sweaty Feet, Ingrown Toenails, Gout, Heel Pain, Verrucae, Toenail Discolouration, Cutting Insoles, Corns, and Plantar Fasciitis. The right footprint includes: Heel Spurs, Blisters, Fungal Nails, Chilblains, Athlete's Foot, Footwear Bunions, and Hammer Toe. A circular logo for 'NATIONAL FEET WEEK' is in the bottom left corner.



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What's On Guide

MONDAY 16TH MARCH

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 17TH MARCH

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. All levels welcome. Fees: £11 per class paid on the day or £9 per class for 6 weeks. For further details phone Helen on 07791 228 881 or email: helentarr2002@yahoo.co.uk

WEDNESDAY 18TH MARCH

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

T'ai Chi for Arthritis

Every Wednesday find renewed vitality, improved health and increased mobility, emotional calm and a greater sense of self confidence through T'ai Chi movements and related exercises. Classes at the Priory Centre Stretton 1.15pm to 2.30pm. £5 per class plus £25 annual membership.

THURSDAY 19TH MARCH

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. Admission £9 on door from 7.30pm, for 8:30pm start, no membership, all welcome.

Rangemore and Tatenhill WI

Third Thursday of the month at Henhurst and District Recreational Club. We enjoy a variety of activities including regular craft sessions, interesting speakers, trips and excursions. Visitors and new members are always welcome. Any enquires please contact Marian on 07752 160996

FRIDAY 20TH MARCH

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

Community Cafe

Every Friday from 10am to 12 noon at St Mary's Church Hall on Hillfield Lane, Stretton. Somewhere to meet friends old and new! Join us for lovely coffees and speciality teas, plus delicious homemade cakes. There's also a toddler area with lots of toys and games. Everyone welcome! For more details contact Claire on 07983 437500

SUNDAY 22ND MARCH

Mother's Day Lunch

Come along for Mother's Day Lunch at Dovecliff Hall. Call now to book: 01283 531818

MONDAY 23RD MARCH

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

TUESDAY 24TH MARCH

Carers + Cafe

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 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 25TH MARCH

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.

'Best Foot Forward' Flower Arranging

Barton Under Needwood flower club would like to invite you to a demonstration by Linda Smith entitled "Best Foot Forward" on Wednesday 25th March at St James Church Hall 7.30pm there will be refreshments and a raffle of the arrangements non members £6.00 everyone welcome.

THURSDAY 26TH MARCH

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 27TH MARCH

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 28TH 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

SUNDAY 29TH MARCH

East Staffordshire Ramblers

Walkers of all abilities are welcome to join us on Wednesdays, Fridays & weekends for walks in Staffs, Derbs & Leics. Visit www.eaststaffsramblers.org.uk or contact 01283 713209.

MONDAY 30TH MARCH

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. 07851 239165

TUESDAY 31ST 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 1ST APRIL

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

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.

Find more events on our website

THURSDAY 2ND APRIL

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

Burton Friendship Club

For the over 60's, we meet at 10.30am on the first Thursday of every month at The Institute Tutbury. Come and join us and make new friends. We have speakers, social time, days out, holidays and much much more. Contact Stuart and Penny on 01283-716626 for more details.

FRIDAY 3RD APRIL

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

SUNDAY 5TH APRIL

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 6TH APRIL

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.suppgrp@gmail.com

TUESDAY 7TH APRIL

Shakespeare Group

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

WEDNESDAY 8TH APRIL

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 9TH APRIL

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 10TH APRIL

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 11TH APRIL

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.

SUNDAY 12TH APRIL

Gresley & Wychnor Model Railway

At Gresley Social Centre 5a Park Road Church Gresley, Swadlincote, DE12 9QE Sunday & Monday 10am-4pm. 8 plus layouts ranging from N-gauge up to Garden size, light refreshments and local unmade-up parking. Adults £3.50; Children £1.00 Families £7.50, Under 5s free. Contact: 07946 522712

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Come and see four giant beam engines and more than 20 other stationary steam engines in action. Children's activities, other attractions, great café! 10am - 5pm. Contact: 01283 509929

MONDAY 13TH APRIL

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 07580 568883

TUESDAY 14TH APRIL

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

SATURDAY 18TH APRIL

Handel's Messiah

The Needwood Singers perform Handel's Messiah at St. John the Baptist Church, Shenstone, WS14 0JB at 7pm. Featuring The Queens Park Orchestra. Tickets £15 pre-booked (£20 on the door). www.theneedwoodsingers.co.uk

COMPETITION WINNERS

Congratulations to our **Golding Skip Hire** competition winner, who has won a skip:

Mrs. M. Wilson, Branston

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6	2	3	1	7	4	5	8	9
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As a local magazine we love to champion our local businesses, but have you ever thought about the benefits of using local businesses?

Benefits the Local Economy:

Local businesses are the backbone of our economy, the epitome of the high street. But what you may not know is that shopping at a local business, rather than a large chain, is actually better for the economy of your community. Research shows that £10 spent with a local independent shop means up to an additional £50 goes back into the local economy. This is simply because the nearby shop owners, who you are spending your money with, will then put that money back into your local community by going into local pubs and restaurants etc, thus circulating the money and allowing your community to thrive.

Creates Local Jobs:

Shopping with and investing

in local businesses means you can have a very strong and positive effect on the health of the local jobs in your area. Small, local businesses are surprisingly the largest employer of jobs nationally and provide the most local jobs to communities. Helping to grow the number of jobs in your area makes for a better place to live and work which then creates a healthy economy for the community.

Better Customer Service :

You can't beat the personal touch of a local owner who knows everyone in the area. They can offer you a product that is suitable for you, your house and even your area. Building relationships between the local owner and the local customer goes further than just a purchase. It is also worth remembering that local shops stock an inventory based on their own customer's choices rather than national fashion trends. This is so you can find what you want rather than finding what they want to sell you.

Local Incentives:

Local governments often provide tax incentives to entice nationally-owned companies to their communities. However, if these corporations are paying less in taxes it means that local residents are paying more. But, when you buy from local companies it lessens individual tax burdens and creates up to 75 per cent more tax revenues for your community.

Better Aftercare:

It's important to know that if anything was to go wrong you have a local company to go to, someone to talk face to face with. Large commercial companies will often provide you with a phone number for their customer service team and make you wait for what seems like an eternity until you get to speak to someone. This simply is not the case with a local business. They will often prefer to meet up face to face, rather than on the phone, and find out exactly how they can help fix the problem.





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

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-48-29



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