

# LOCAL LINKS

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ISSUE 139  
FREE

## CONNECTING WITH NATURE DURING LOCKDOWN

with [trentvalley.org](http://trentvalley.org)

## 13 VERSATILE USES FOR CUCUMBERS

Some of these may surprise you!

## WELLBEING & YOU

Ideas for self-love

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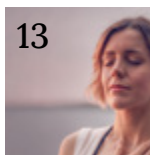
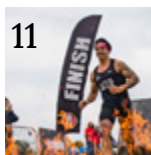
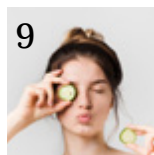
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# LOCAL LINKS



## ISSUE 139

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### Dear Readers,

Welcome back! It's been a strange few months hasn't it? Our first issue back and we are so happy to see lots of our returning advertisers. Supporting local businesses is as important now as it has ever been.

In this issue you will find some uses for cucumbers! Who knew they weren't just for a cheese sandwich?! Lose yourself in the adventures of Richard Burley or find some helpful tips for a healthy mind. We have a wonderful competition from TLC foods where you could win a £50.00 voucher to use at your discretion, whether you choose a treat box for yourself, to share or to put towards a catered buffet for the party we will be having when all this is over!

We also hope you like our cover image. Rainbows often appear when the sun follows a heavy rainfall. They remind us that there is hope, even after dark times.

Stay safe everyone!

The **LOCAL LINKS** team



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Tues 7th July

**Next issue out from:**  
Wed 15th July

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## FUNERALS DURING LOCKDOWN

Coronavirus restrictions are presenting unprecedented challenges for us all. As funeral directors, we have seen drastic changes within the industry. A part of our service is to offer comfort and support to grieving families and it has been especially hard to find new ways of comforting people in what is already a difficult time.

At most funerals, we give a firm handshake and, most of the time, people that leave the chapel thank us or give us a hug. During the lockdown period, we have been unable to offer this kind of comfort, unable to offer our car service and have had to limit the number of mourners to just ten. Within most immediate families, this number easily exceeds ten. Services have had to be conducted at the graveside as church services could not be carried out. Adhering to the two metre social distancing rule is hard. It makes you feel very distant from the family, but it's something that has had to happen.

We have equipped all staff with protective equipment, such as gloves and aprons, which does not sit naturally.

Not being able to carry the coffin has been especially hard to adapt to. It is a long-standing tradition that a lot of mourners get comfort from.

Families themselves are facing restrictions at funerals that make their darkest hours even more difficult, including having to respect social distancing rules. Giving a loved one a hug is not allowed.

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We have been using video to involve more people in services through live broadcasts. As an added gesture, we are offering memorial services later in the year to enable anyone who has missed out on attending a funeral or cremation, to celebrate the life of their loved one in a setting of their choice.

In light of the current safety measures that are in place, we would like to invite the public to respect an old tradition; to stop and pay their respects if they see a passing hearse. There's been a huge decline in people stopping in the street. So, if you see a hearse, please consider stopping, standing still for a moment and bowing your head as it passes. It would mean the world to the family in their time of sadness.

**We are now open again and following social distancing and enhanced hygiene measures including using PPE to protect our engineers and our customers.**

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# 13 VERSATILE USES FOR CUCUMBERS!

1. Cucumbers contain most of the vitamins you need daily. Just one cucumber contains vitamins B1, B2, B3, B5, B6, folic acid, vitamin c, calcium, iron, magnesium, phosphorus, potassium and zinc!

2. *Feeling tired in the afternoon?* Put down the caffeinated drink and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates and can provide a quick pick-me-up that can last for hours.

3. *Tired of your bathroom mirror fogging up after a shower?* Try rubbing a cucumber slice along the mirror. This will eliminate the fog and provide a soothing, spa-like fragrance.

4. *Are grubs and slugs ruining your planting beds?* Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area!

5. *Looking for a fast and easy way to remove cellulite before going out or to the pool?* Try rubbing a slice or two of cucumber along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility

of cellulite. Works great on wrinkles too!

6. *Want to avoid a hangover or terrible headache?* Eat a few slices of cucumber before going to bed and wake up refreshed and headache-free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body has lost, keeping everything in equilibrium and avoiding both a hangover and headache!

7. *Looking to fight off that afternoon or evening snacking binge?* Cucumbers have been used for centuries and, often by European trappers, traders and explorers for quick meals to thwart off starvation.

8. *Have an important meeting or job interview and don't have time to polish your shoes?* Rub a freshly sliced cucumber over the shoe. It's chemicals will give a quick and durable shine that not only looks great but also repels water.

9. *Out of WD-40 and need to fix a squeaky hinge?* Take a cucumber slice and rub it along the problematic hinge. Voilà! The squeak is gone!

10. *Stressed out and don't have time for a massage, facial or visit to the spa?* Cut up an entire cucumber and place it in a pot of boiling water. The chemicals and nutrients from the cucumber will react with the boiling

water and be released in the steam creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and in college students during final exams.

11. *Just finished a business lunch and realise you don't have gum or mints?* Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. *Looking for a green way to clean your taps, sinks or stainless steel?* Take a slice of cucumber and rub it over the surface. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. *Using a pen and made a mistake?* Take the outside of the cucumber and slowly use it to erase the error. Also works great on crayons and markers that the kids have used to decorate the walls!



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






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# MY EPIC JOURNEY

by Richard Burley, *Epic Action Imagery*

“Where has the money for the sofa gone?”

Hearing this question come from the hallway as I sat in the kitchen having breakfast on a Saturday morning, I realised I was rumbled. I sheepishly walked into the hallway to be confronted by a quizzical expression from my wife as she held out the bank statement from our joint account. I only really had one option and that was to confess that the money for a new sofa had been spent on a new lens for my camera and fuelling my interest in sports photography. I calmly explained the situation and was somewhat sharply told that I need to use that lens to make that money back again. Challenge accepted.

10 years later, there's been a total career change. 18 countries visited and over 1000 events covered, as well as a new sofa - eventually. Within a few weeks of that conversation I had formed my first company and covered my first events. Things moved quite quickly and through a moment of good fortune I made contact with the owners of a new race company called Spartan Race. It was these events that would accelerate much of my development both in terms of a business owner and as an event photographer. I've been fortunate to cover Spartan events in several

countries ranging from the desert in Arabia to a freezing ski hill in Sweden and I've learnt many lessons along the way.

Covering football was an early activity too. Initially this was local league and amateur matches but it wasn't too long before I found myself at Carrow Road covering Norwich City as they achieved back-to-back promotions.



I moved to Burton in 2012 for my proper job but the photo business had started to grow quite considerably, and by 2014 I made the decision to go full time and change my career completely.

The career change was quite a culture shock as, after 20 years in education,

things had been quite steady and I suddenly found myself in the more choppy waters of self-employment. The event calendar continued to grow and the destinations became more exotic. Events in Canada, Germany, Denmark and the Norway were swiftly followed by contracts in the Middle East, Far East and even a month-long trip to Australia. By 2019 we added events in the United States and formed a new independent company based in Montréal to manage the growing North American calendar.

More locally, I've been asked to cover for Burton Albion matches on behalf of the Burton Mail and this has been a real pleasure.

Whilst the past six years have been enormous fun and there have been some proper adventures, there's also been a lot of lessons and a lot of hard work.

I was recently asked what the most important skill for a sports photographer is. It was a tough question, but I think the most important thing is a genuine passion for being outdoors and a genuine enthusiasm to put the hard work in to get the images that people want.

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# WELLBEING & YOU: IDEAS FOR SELF-LOVE

by Yvonne Builth

**L**ife seems to move on so fast these days, leaving little time to devote to ourselves. We ask 'where does the time go?' Perhaps there is a need to address this issue and find ways stop and listen to our body because it tells us many things in many ways.

From the moment we rise in the morning we are programmed to 'get things done' and we berate ourselves if things are not completed on time. Then there is the overwhelming fatigue that quite often disables us. Are we tired or just not listening to the signs that our body is showing us? We find ourselves making endless excuses for not taking regular breaks or having that early night and then we don't sleep well when we do retire to bed.

## SLEEP

It is important that we look at our evening routines. If your sleep is often interrupted by the need to go to the toilet, then try to make sure that your last fluid intake is no later than 6.30pm. The

exception to this is a warm milky drink at bedtime which can aid restful sleep. Reading can also help us prepare for sleep. However, reading on the computer is not a good idea as the blue light it emits can detrimentally affect our sleep. Meditation can help although not all of us can achieve a good meditative state. Investing in an eye mask to promote a more relaxing sleep can be beneficial.

## GUIDED VISUALISATION

This is a great relaxation technique. Sit or lie somewhere comfortable, preferably in a dimly-lit room with some relaxing music playing. Close your eyes and bring to mind a relaxing image or scene. Maybe you are sitting on the beach under an umbrella with an iced drink. Immerse yourself in the moment, and drift as you hear the waves lapping onto the shore - you have nothing to do but relax. Feel the warmth on your body as your bones absorb some essential vitamin D.

## EXERCISE

Being sedate is one way of relaxing but exercise is another. Go for a walk - alone, with a friend or even the dog.

## YOU ARE WORTHY

Remember that you are very important, valued and special. Try jotting down words or phrases - positive affirmations on coloured post-it notes. Now place them on surfaces around the room, on the fridge, anywhere where they can be regularly seen and read by you and others. This way there is a constant reminder that you are worthy.

These are just a few small ways to promote your wellbeing and help others to do the same. You are so valuable - remember this, and enjoy your life with peace in your heart.

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\* Photography taken before COVID-19 outbreak



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# CONNECTING WITH NATURE DURING LOCKDOWN

It's been said too often now – these are strange times. At Transforming the Trent Valley Landscape Partnership Scheme (funded by the National Lottery Heritage Fund) we have had to cancel all of our face-to-face events for the foreseeable future due to COVID-19.

We had lots of exciting events planned, included guided walks for the National Forest Walking Festival, a Summer Solstice Bioblitz at Croxall Lakes and lots of Wildfamilies events over the summer holidays. But all is not lost! We will be back running events again in the Trent Valley once lockdown has finished – we have simply had to change our approach for a few months. The team have worked really hard to come up with lots of ways to continue to explore nature and help our own wellbeing from your homes and local areas.

A few activities that you can get involved in:

## LOCKDOWN BIOBLITZ!

Join us live on Twitter (@thetrentvalley) every Wednesday to discover what is in your garden or on your daily walk, and help us to record what species share our landscape in the Trent Valley. There is a different theme each week to help you explore nature in a variety of ways in your local patch.

## GETWILD TV WITH STAFFORDSHIRE WILDLIFE TRUST

Our Wildchild Officer will be leading nature crafts in our 'after school club' each Tuesday at 3.30pm, broadcast through our Facebook page (@thetrentvalley).

## TALES OF THE RIVERBANK

We're collecting memories of the Trent Valley through written words. Can you write a poem, a short story, a memory of an event you experienced along the river Trent, Dove or Tame and share it with us? Perhaps you could tell us about your favourite places to visit, or what games you used to play as a child within the river valleys. Have you had any exciting wildlife encounters in the landscape? We'd love to hear from you! Send your contributions by email to [Nicola.lynes@supportstaffordshire.org.uk](mailto:Nicola.lynes@supportstaffordshire.org.uk) or post them to Transforming the Trent Valley c/o Support

Staffordshire,  
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1AA.



## 5 WAYS TO WELLBEING

Above all, we want you to look after yourselves during this difficult time. Not everyone has a garden, but we can all open a

window at home and listen to birdsong, or watch the clouds and feel the wind on our cheeks. We can all take a couple of minutes to ourselves to sit with no distractions, and allow our minds to wander. For more tips on wellbeing during lockdown and how you can benefit from a connection with nature, we have interviews on our Youtube channel (Transforming the Trent Valley) with our Transforming Lives Officer.

We hope to see you all outside on the riverbanks soon.

For more information on any of the above, look on our website [www.thetrentvalley.org.uk](http://www.thetrentvalley.org.uk) or you can call us on 07837127165 for a chat with our Community Engagement Officer.

E-mail us at [local@locallinksmedia.co.uk](mailto:local@locallinksmedia.co.uk) or call us on 01283 564608 15

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# BARTON GARDENS FESTIVAL 2020 GOES VIRTUAL

Inevitably, the Barton Gardens Festival planned for June 2020 has been cancelled – but organisers are inviting residents to get into the festival spirit and bring much-needed smiles to the village.

The event, due to take place over the weekend of June 19th to 21st, would have included exciting rides for adventurous teddy bears, a colourful scarecrow trail, a concert and the chance to look round a number of beautiful local gardens.

“We were looking forward to celebrating the 20th year of our Teddy Rides and the 20th anniversary of our Scarecrow Trail,” said festival chairman Charles Theaker. “While the events we had planned won’t be going ahead, we are inviting people to get creative and bring a smile to Barton-under-Needwood.”

Here’s what you can do:

• **Make a scarecrow to put outside your home for June 2020. A big thank you to**

**everyone who has already made scarecrows to cheer people up during lockdown.**

- **Sit a teddy in a window of your house for people to see as they pass by.**
- **So that teddies don’t miss out on the fun, have a go at inventing your own teddy ride.**
- **Share pictures of your favourite garden flowers or shrubs – or even a video tour of your garden.**

You can post your photos on the Festival Facebook page at Barton Gardens Festival. To get ideas for teddy rides you can see videos of the Festival’s eight teddy rides on their website at [www.bartongardensfestival.org](http://www.bartongardensfestival.org).

Usually the Festival Scarecrow Trail is held as a competition but there are no prizes on offer at the moment, so this is just for fun. Please email enquiries to: [victoria.sylvester@ewemove.com](mailto:victoria.sylvester@ewemove.com) or [charles@theaker77.co.uk](mailto:charles@theaker77.co.uk).

For any further information please call Lindy Young on 07743 638942 or 01283 7130401.

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# WIN!

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For this month's competition, FOUR lucky readers can win a £50 FOOD VOUCHER\* from TLC Foods of Hanbury.

TLC Foods are a catering business based in Hanbury, Burton-on-Trent. Leanne and Adam are the duo behind the scenes, and they offer a wide range of services including:

- Hot and chilled meal delivery service for seniors, individuals & businesses
- Afternoon tea delivered to your door!
- Weekend treat boxes (including brownies, cookies and cheesecakes)
- Buffets for all occasions - from budget to bespoke, tailor-made menus
- Cakes for all occasions - from brownies and cupcakes to celebration cakes (including novelty designs!)

They deliver their homemade afternoon teas on Saturdays and Sundays, so bookings need to be made by the Wednesday evening before the weekend that you would like your delivery.

As well as hot meals, there is a teatime menu priced at £4.00 for a sandwich, crisps and home-made cake, or £2.50 for a sandwich only. This service runs from Monday to Friday.

They also offer weekend chilled dinners which are delivered on Fridays.

The meat used in their meals is locally-sourced from Wilds Butchers in Sudbury.

You can find out more about TLC Foods and order online at: [www.tlcfoodsofhanbury.co.uk](http://www.tlcfoodsofhanbury.co.uk) or you can call Leanne on 07805 009283 or Adam on 07870 988143.

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**

**TLC Foods Competition**

**PO Box 8049**

**Burton-on-Trent**

**DE14 9NQ**

Alternatively, you can e-mail your details to:

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

The closing date for entries is the 7th of July and the winners will be announced in our July edition. Good luck to everyone who enters!

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

**TLC Foods of Hanbury**

tel: Leanne: 07805009283

Adam: 07870988143

email: [tlcfoodsofhanbury@hotmail.com](mailto:tlcfoodsofhanbury@hotmail.com)

web: [www.tlcfoodsofhanbury.co.uk](http://www.tlcfoodsofhanbury.co.uk)

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# RABBIT CARE TOP TIPS

by Emily Tindall RVN FDS&

Scarsdale Vets practice nurse Emily Tindall shares her top tips for caring for your fluffy friend



## HOUSING

Rabbits require large amounts of space with grazing areas, access to outdoors and dry, well ventilated indoor areas, meaning the hutches you get from stores are usually not appropriate. Playhouses, sheds or even aviaries can be converted to be much more suitable accommodation for your bunnies. Rabbits need to be exposed to natural light to prevent vitamin D deficiency, so supplements or time outdoors needs to be factored into their daily lives, especially house rabbits. Suitable housing also prevents health problems such as upper or lower respiratory disease, therefore avoiding small, dusty and dirty environments is vital while ensuring there is suitable weatherproofing to avoid damp.

## FEEDING

The diet of a domestic rabbit should mainly consist of three things:

- Hay/grass (timothy hay being the preferred type)
- Rabbit pellets
- Mixed leafy green vegetables/herbs

Hay and grass should make up the majority of the rabbit's diet (a minimum of a ball of hay the same size as the

rabbit or larger per day) but a handful of leafy greens/herbs and a tablespoon per kg of ideal bodyweight of pellets will lead to a well-balanced diet. Treats, vegetables and herbs must be given in moderation and new food items should be introduced separately – one new item per week to allow time for any intolerances to show. Long-term changes to the rabbit's diet should be made slowly over 4-6 weeks to allow their sensitive digestive system to adapt and to reduce the chances of an upset stomach.

## BONDING

Rabbits are highly social animals and prey creatures, so without a buddy to watch their back, a rabbit may never fully relax. However, bonding can be complicated and can vary from pairing to pairing, from 2 weeks to as long as 3-4 months. On rare occasions, 6-12 months. Patience is key! Both rabbits should be neutered before being introduced to reduce hormonal influence. Bonding should start a month after neutering to allow for enough hormones to leave the other rabbit interested enough without going overboard. Place a second cage near to the original one but also near to neutral spaces so the pair can interact. Introductions

should be gradual and closely observed at all times.

## VACCINATIONS & HEALTH CHECKS

Rabbits should be fully vaccinated every year. There are two vaccinations available; a combination vaccination covering Myxo (myxomatosis) and RHD1 (rabbit haemorrhagic disease) and a single dose for RHD2 (a separate strain) – both are important and should be given 2 weeks apart. The combination vaccination can be given from as young as 5 weeks old but the single dose vaccine should be given from 10 weeks. Annual vaccinations ensure full protection.

Frequent health checks will help assess your rabbit's general growth and care. It is important to monitor how much they eat, drink and poo so you can spot any potential problems early on. It is also a good idea to get your rabbit used to being handled and having their paws touched – this will make health checks and nail clips much easier and reduce stress levels during vet visits.

## FLYSTRIKE

Flystrike coverage is also important during the warmer months and can be easily applied throughout the year. Speak to your vet for when best to apply flystrike protection.

# UNDERSTANDING YOUR DOG

by Bridget Digby

Many owners give up trying to train their dog or correct their behaviour after the first try and they often don't know where they are going wrong.

To understand why your dog is misbehaving, it is important to see why the behaviour started and how it has been reinforced. When you tell your dog to "SHUT UP!" when he barks excessively, all he hears is you joining in with him which encourages him to bark louder, thus you have just reinforced that behaviour.

All training experiences should be positive and rewarding, and it is all about how you respond to your friend's behaviour. Ask yourself if you are rewarding and reinforcing his bad behaviour.

Remember that you are communicating with an animal that speaks a different

language. You should try to teach your dog new commands every week using body language, hand signals and single-syllable words. This will help refresh his mind on old commands, provide mental stimulation and tire him out, making it less likely that he will misbehave.

Exercise is essential if you want a 'good dog.' If this only consists of a quick walk around the block or run in the garden, then he is not getting enough opportunities to use up his energy, and any excess will go into chewing your shoes or stealing your childrens' toys.

All your beloved dog wants to do is to please you, and the more you praise the good behaviour, the more they will want to behave well. It will take time to make your objectives clear to your friend so try to be patient and consistent.



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