

LOCAL LINKS

www.locallinksmedia.co.uk
www.facebook.com/locallinksmagazine

ISSUE 140
FREE

**IS IT SAFE TO RECEIVE CARE AND
SUPPORT IN A COVID-19 WORLD?**

with Right at Home

HANDY SONGS FOR CLEAN HANDS


Bored of the Happy Birthday song? Let's switch it up!

SUMMER FRUIT TART

A simple & delicious seasonal recipe!

WIN a 12-MONTH GYM
MEMBERSHIP from GYM UNITY

Your independent, free local magazine
Delivered free to: Branston, Brizlincote Valley, Rolleston, Stretton & Walton-on-Trent

A close-up photograph of a jeweller's hands working on a ring. The jeweller is using a pair of tweezers to hold a small, rectangular piece of metal, likely a setting for a diamond, on the band of a ring. The ring is resting on a wooden workbench. In the background, a gold bracelet is visible on a perforated metal tray.

“Keep your watch ticking and your
diamonds sparkling”

Quality in house Jewellery and watch repairs by the experts.

HENRY ROSE

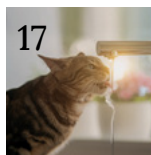
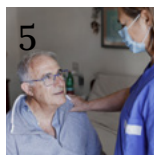
Fine English Jewellers

Phone: 01283 511113 - Email: sales@henryrosejewellers.co.uk
www.henryrosejewellers.co.uk

29 The Octagon Centre, Orchard Steet, Burton-on-Trent, DE14 3TN

follow us:  Henry Rose Jewellers  [henry_rose_jewellers](https://www.instagram.com/henry_rose_jewellers)

LOCAL LINKS



ISSUE 140

SALES

Heather Digby
Sarah Deakin

DESIGN

Rebecca Whitehurst

ACCOUNTS

Jan Evans

01283 564608

local@locallinksmedia.co.uk

Local Links Media
PO Box 8049
Burton-on-Trent
DE14 9NQ

www.locallinksmedia.co.uk

[facebook.com/
locallinksmagazine](https://facebook.com/locallinksmagazine)



CONTRIBUTORS

Including: Right at Home,
Angela Sargent, Willow
Coby & Alison Williams

Dear Readers,

Well, another month has quickly come around! Lockdown is easing but as we know, even some large companies are struggling to recover. That's why it's crucial that we continue to support small local businesses and tradespeople.

In this issue, we have a simple yet delicious summer fruit tart recipe for you to try. We also have a new reading section with book reviews from Willow Coby, some 20-second handwashing songs to replace the Happy Birthday song, and an interesting list of words whose meanings have completely changed over time. Plus, if you are looking to get into shape once the gyms reopen, we have an amazing competition from Gym Unity where you could win a 12-month gym membership worth over £200!

Happy reading and please continue to stay safe everyone!

The **LOCAL LINKS** team



■ Extensions ■ Conversions
■ Commercial Buildings ■ New Builds
■ Planning Applications ■ Building Regulations

Call us on 01283 499451
www.nichearchitecture.co.uk
enquiries@nichearchitecture.co.uk



Next issue deadline:

Tues 4th August

Next issue out from:

Wed 12th August

This magazine is
delivered free to:

Branston
Brizlincote Valley
Rollleston

Stretton
Walton-on-Trent

We also deliver a
free magazine to:

Alrewas
Barton
Fradley

Rangemore
Tatenhill
Yoxall

DISCLAIMER - The accuracy or content of any advertisement is not warranted by Local Links Media, nor do Local Links Media endorse or guarantee any of the products or services advertised, except any advertisement expressly relating to our services. We are not to be held responsible for any inaccuracies in the adverts nor to any consequences arising from inaccuracies. We are not to be held responsible for error in printing, damage or loss. It is the advertisers responsibility to ensure conformity with the Trades Descriptions Act 1975; Business Advertisements Disclosure 1977; Sex Discrimination Act 1975; and consumer Credit Act 1974. All artwork created by Local Links Media remains the property of Local Links Media and therefore must not be used in any other media without permission, as this is a breach of copyright laws.



TRUSTED CARE IN YOUR OWN HOME

Keeping you and your loved ones safe during this challenging time



Our services include:

- Companionship • Meal Preparation • Personal Care • Light Housekeeping • Dementia care
- Respite Care • Shopping • Medication Reminders • Running Errands • 24-Hour Live-in Care

We follow Public Health England guidelines around the use of Personal Protective Equipment* and all of our CareGivers are trained in COVID-19 infection prevention and control.

* Photography taken before COVID-19 outbreak

Contact us today for more information:

01283 77 77 00

www.righthomeuk.co.uk/eaststaffs

**Right
at
Home®**
Quality Care in Your Home



BLAKENHALL PARK
High Quality modern Offices, Storage and Containers in beautiful rural settings

**Fed up with the city?
GO GREEN!**

- Enjoy Barn Converted offices with original features
- Benefit from ample parking for your staff and visitors
- Secure site with CCTV • Comfort heating/air conditioning
- Flexible container/storage options



www.blakenhallpark.co.uk
Blakenhall Park, Barton under Needwood, Burton on Trent, DE13 8AJ.
Tel: 01283 713 901 Email: info@blakenhallpark.co.uk

Simon Richardson
Legal Services
Limited



All advice during the Coronavirus pandemic will be given by e mail and/or telephone.

Discounted services during this period:
Wills - £120.00
Powers of attorney - £225
Reduction of 25% for NHS employees

**Telephone: 07495 491328
or E-mail: richsdr@aol.com**

LAW



STAY SAFE

IS IT SAFE TO RECEIVE CARE AND SUPPORT IN A COVID-19 WORLD?

by John Houghton

It is widely documented that the number of people accessing health services for conditions unrelated to Covid-19 has dropped dramatically recently. Public Health England and the NHS are encouraging people to seek assistance via the normal channels for all health concerns and the message is official; the NHS is open as normal.

The repercussions of delayed treatment for conditions are yet to be seen, as are the mental health and wellbeing repercussions of isolation. It is widely accepted that isolation and a lack of human contact are not good for the health of most people. Some studies even suggest that loneliness has the same mortality rate as smoking 15 cigarettes per day.

The most at-risk group for loneliness are those that are also most vulnerable to the Coronavirus. So, in a Covid-19 world, how can you receive safe care and support in your home?

Home care providers such as



Right at Home have always trained carers in infection control and the safe use of PPE. Incorrect use of PPE can be as infectious (if not more so) than no PPE and all of our carers are trained in the correct process of donning and doffing PPE. Covid-19 has, however, increased the level of PPE that Right at Home has introduced, including:

- Carers digitally recording their temperature before every care call
- Covid-19 testing kits available at all times
- Fluid-repellent face masks for all care calls
- Clear face visors for all care calls
- Increased handwashing and hand sanitisation protocols
- Antibacterial disinfectant provided for all care calls
- Aprons and appropriate gowns for care calls

As well as increased and appropriate PPE, it is important to keep the

number of visitors to a minimum. Care providers such as Right at Home, who match carers to the needs of their clients, are able to create small teams of carers for each client group. This reduces the social circle and risk of wider infection.

For individuals with increased health needs, there is now an obvious fear of going into nursing/residential homes. For this reason, there is an increasing demand for live-in care. This allows the individual to remain in their own home and to have one carer living with them. It is also a cost-effective alternative to a nursing home whilst providing the safest and most person-centred care.

In a Covid-19 world, it is more harmful than ever to ignore your health and wellbeing and you are encouraged to reach out for the right care and support.

EASY GLIDE

GARAGE DOORS



The EASY GLIDE Garage Door is an exceptional garage door system - THE BEST IN THE UK.

Open and close the door at the push of a button from within the comfort of your car. Our automatic garage doors enhance the look of your property and have great thermal values keeping your property warmer.

Unit 11, Falcon Business Centre, Hawkins Lane, Burton on Trent DE14 1SG

01283 480 505

www.easyglidegaragedoors.co.uk

We take out your old door, remove from site and replace with a new insulated electric roller door complete with 2 remote controls...

FOR ONLY £699

Based on a white door 7ft x 7ft

TIME TO RECLAIM YOUR LOFT SPACE

We are specialists in loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation solutions. Call us now to find out how we can help you turn your lost space into a really useful loft space.



WHAT MAKES US DIFFERENT

- No waiting around. We arrive on time, every time
- Lifetime Guarantee
- Reliable, local company working in your home
- Extra confidence because we are accredited by Which? Trusted Traders
- Absolutely no mess and no fuss



Call Sam to book a FREE survey & quotation WWW.ACCESS4LOFTS.CO.UK

01785 595146

Tiny Toez
East Staffordshire
Children's Centre
Waterloo Street
Burton on Trent
Staffordshire
DE14 2NJ



- Staffed by fully qualified, experienced, dedicated professionals in childcare.
- **FREE** places available for 2*, 3 and 4 year olds
- 'Good' OFSTED report.
- Meals freshly prepared on site
- 30 free hours funding accepted

**SPECIAL OFFER!
BABIES ONLY***

One month free childcare for 0-2 year olds.
*Terms & conditions apply

For more information call
Manager Christine Leeman on:
Telephone - 01283 741343 or
Email - eaststai@s@tinytoez.com
www.tinytoez.com

**Premier No.1
Burton Paving**

BLOCK PAVING - PATIO SLABS
LANDSCAPING BRICKWORK - TURFING
FENCING - PRESSURE CLEANING
GRAVEL - TARMACADAM

- **NO DEPOSIT REQUIRED**
- **NO PAYMENT UNTIL COMPLETELY SATISFIED**
- **7 YEAR GUARANTEES**
- **QUALITY YOU CAN AFFORD**
- **14 DAY COOLING OFF PERIOD**
- **REFERENCES AVAILABLE**

OFFICE: 01283 295 514 - DIRECT: 07772 006 036
87 Anglesey Road, Burton-On-Trent, DE14 3PF
Email: premier.no.1paving@gmail.com



**WE ARE NOW
OFFERING A
25%
DISCOUNT**

**Some great news for
denture wearers**




BEFORE **AFTER**

If you have denture problems – perhaps you're uncomfortable, embarrassed when you smile, or unable to enjoy the food you like – we can help!

Our expert Clinical Dental Technician's can create all types of comfortable, secure and lifelike dentures that will restore your smile and transform your appearance.

Thank you so much for all your kindness, patience & understanding. Above all else your skills are amazing. You managed to get the end results!

Paul

Strictly by appointment only. All measures possible will be taken to protect the safety of our patients with the guidelines provided.

Book your FREE consultation today!

Derby 01332 896875
Coatville 01530 886209
Burton on Trent 01283 809679
Wolverhampton 01902 275575

BEAUTIFUL DENTURES
Look Young & Feel Great!

www.beautifuldentures.co.uk

Have you made a Will yet?

Did you know that 55% of adults don't have a Will? Is this you?

Now is the time to think about protecting your family's future. Your Will is important because, when you die, your property and affairs need to be dealt with in a way in which you would want. Our experienced team of solicitors can help you every step of the way to write your Will quickly and easily and ensure your assets are protected.

Contact us now and make that Will.



AstlePaterson
Solicitors with Notaries

01283 531366
astlepaterson.co.uk



Alex Rivers
Head of Wills
& Probate



M C B Electrical OVER 25 YEARS EXPERIENCE



- Rewires, New Builds, Extensions
- Consumer Unit Upgrades
- Showers, Cookers, Heating
- Sockets & Telephone points
- Internal / External lighting
- Testing & Inspecting
- Fully Insured & Compliant to IEE Regs



Free, Friendly, No Obligation Quote

Tel: 01283 532074

Mob: 07890 003 979

Email: m.c.b.electrical@btinternet.com

Web: www.electriciansinburtonupontrent.co.uk

5 Nicklaus Close, Branston, Burton on Trent, Staffordshire DE14 3HP

Meadowview GARDEN SERVICES

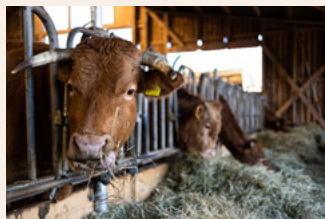
- ✓ Tree services
- ✓ Hedge maintenance
- ✓ Grass mowing
- ✓ Garden clearance
- ✓ Ground maintenance
- ✓ Full waste carriers licence
- ✓ Planting
- ✓ Woodchip
- ✓ Logs for sale
- ✓ Fully insured



M: 07835 218 041 T: 01283 763572

E: gt.meadowview@gmail.com

W: www.meadowviewgardenservices.co.uk



Over halfway through the year (what a year it has been so far!) and with life slowly returning to a new form of normality, the farming cycle to provide your food is getting close to harvest.

Some crops will be ready earlier than usual due to the hot dry May. Silage and hay will be got as and when able to supplement winter feed supplies, but straw may well be in short supply as

harvested crops are shorter. Spraying to maintain crop health and production hasn't been able to take place in some cases, and this will also reduce the amount harvested. If this is similar globally then prices may rise to feed the increasing global population.

Sheep will be sheared – following necessary Covid-19 rules. This is a welfare issue as it protects the animal from fly strike (where fly eggs are laid in the dirty, sweaty fleece and resulting maggots cause irritation, inflammation and even death if left untreated).

Soft fruits and salad vegetables are at their peak and are picked and

packed on farm, hopefully with enough staff to ensure produce doesn't go to waste.

We will be cutting thistles and nettles to stop them encroaching on the pasture but there are still plenty about for butterflies and seed-loving birds such as goldfinch to feast on.

Ted is 5 and a half now and working as well as he will. He enjoys a stint moving sheep around or gathering them for bringing in and his instinct is showing. Pip, on the other hand, is more concerned with chasing him, so has to be kept on a lead or shut in when we want him to work.

Follow Angela on twitter: [@bythebarn](https://twitter.com/bythebarn)

TURN YOUR LOFT INTO A Safe, Surefooted, Space



LOFT LADDERS...



LOFT FLOORING...



LOFT LIGHTING...

Plus FREE FITTING in less than a day!
ALL EXPERTLY FITTED, FULLY GUARANTEED

Over 10,000 people have chosen us to fit their loft ladder, this is because we offer:

- A large selection of ladders to choose from
- A FREE home visit
- A FREE written quotation
- Fully guaranteed

From as little as... £297 +VAT

more loft than ladders
 "most effective space"

Call us now on:
0800 035 9880
 or **01332 800411**
 Or visit www.morethanloftladders.co.uk

DO YOU NEED A CLEANER?

Affordable, Reliable, Experienced, Professional

W: www.diamondhomesupport.com
E: joe@diamondhomesupport.com
T: 07563 246836

Fully Insured
 Choose from Weekly, Fortnightly or Monthly Cleans
 Same Cleaner Every Clean
 One off Deep Cleans
 Landlord Cleans

Diamond Home Support offer domestic cleaning, ironing and other domestic duties.



DIAMOND HOME SUPPORT
 SAVING YOU BACK THE TIME TO YOUR LIFE

Architectural Design

niche
architecture



Call us on 01283 499451
www.nichearchitecture.co.uk
enquiries@nichearchitecture.co.uk

@NicheArchitectureLtd
 nichearchitecture
 nichearch

LADY PLUMBER

A Pipe Dream

A Pipe Dream provides a full range of plumbing and heating services, from fitting a new kitchen tap, replacing or servicing your boiler, to fixing that leak that's been bothering you for ages!

If you want a plumber or a gas engineer that you can trust, give Abi a call



NO CALL OUT CHARGE

FREE QUOTES

NO JOB TOO SMALL!



T: 01283 716352
M: 07976 705189

www.apipedream.co.uk



Barton
DRIVEWAY CLEANING

PROFESSIONAL DRIVEWAY MAINTENANCE

WHY NOT HAVE YOUR DRIVE OR PATIO PROFESSIONALLY RESTORED TO ITS ORIGINAL CONDITION?

- All surfaces good as new!
- High-power pressure wash
- Low-pressure soft wash
- Removal of slippery moss & weeds
- Fully insured
- No mess
- Local Barton resident, est. 1998

CALL RICHARD ON: 07949 237 305



FOUND

BY ERIN KINSLEY

It's a parent's worst nightmare: you are waiting for your child to come home from school and they don't. This is the situation that Claire and Matt found themselves in when their 11-year-old son Evan did not come home from school after football practice. The police are called, and the search is on. Claire and Matt are torn apart by the events and as the months drift on they give up all hope of Evan coming home.

But, as the title suggests, Evan is indeed found. But the boy that returns to them is not the same

boy that went missing. Refusing to talk to anyone he is withdrawn, only finding short moments of happiness and peace when visiting his grandparents on their farm. The police try to ascertain what happened but to no avail. Until another boy goes missing.

What drew me to this book is the fact that the focus is on what happened AFTERWARDS. We all watch news reports of children who are abducted and sometimes there is a happy ending. For us, as onlookers, that is where the story ends. But is it possible for a family just pick up and carry on as if nothing happened? How on earth do you rebuild those lost moments with your child?

BALLERINA BELLA AND THE LUCKY LOCKET

BY JILLIAN HARKER

Bella loves to dance. Bella wants to be a ballerina. But there is a problem. No matter what she is doing she finds it almost impossible to concentrate as her imagination runs

wild. A cat in the garden becomes an escaped tiger from the zoo. A ribbon on the floor during her ballet class becomes a mouse. And a spider swinging from its cobweb makes her think of swinging on a swing as she forgets the exercise they are supposed to be doing. Everyone is exasperated.

But can Bella focus during her dance show? Can she prove herself to be the dancer she wants to be and win best dancer?

This lovely picture book will enthral young dancers with wonderful illustrations showing pirouettes, jetes, and arabesques. Any dance teacher will tell you that children get distracted and this is a lovely way of helping them understand the importance of staying focused.



Trust the domestic cleaning experts at **MOLLY MAID**

That's what tens of thousands of people around the world do!

- Uniformed and professionally trained staff
- 100% guaranteed and fully insured
- Regular or occasional cleans
- Free in-home estimate
- All materials supplied
- No contracts

CARPET
CLEANING
NOW
AVAILABLE



01283 351770

gill-dawson@mollymaid.co.uk

www.mollymaid.co.uk/burton-upon-trent



Could you make a difference every day?

Right at Home offers rewarding opportunities in quality care at home.

- Amazing job satisfaction from improving the lives of others
- Local work and hours that suit your lifestyle
- Full training, shadowing and career development
- CareGivers are carefully matched to regular clients



To enquire about joining Right at Home contact us today:

www.rightathomeuk.com/eaststaffs



01283 777 700

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

BAXI
APPROVED INSTALLER



WORCESTER
Bosch Group
Accredited Installer



- Heating repairs
- Replacement radiators etc.
- Leaking pipes repaired
- Controls replaced
- New taps & general plumbing repairs
- Free quotations & no call out charge*
- Gas safety inspections & certificates
- and much more!...

*excludes diagnostic work

W: WWW.BCOSYHEATING.CO.UK

E: SERVICE@BCOSYHEATING.CO.UK

01283 713592

♪ HANDY SONGS FOR CLEAN HANDS

BY ALISON WILLIAMS



As lockdown eases, we should be even more vigilant about handwashing. You can't catch coronavirus through your skin but if contaminated hands touch your face then all the belated social distancing in the world won't help you.

I don't know about you, but I am sick to death of the Happy Birthday song. I will never sing it again when this is over.

You still need to scrub with soap for 20 seconds to remove those pathogens and twenty seconds is a long time when you're standing at a sink, so here are a few alternative 20-second tunes which will probably give you

an earworm for a week!

- The chorus to Dolly Parton's hit single Jolene: "Jolene, Jolene, Jolene, Jolene, I'm begging of you please don't take my man. Jolene, Jolene, Jolene, Jolene. Please don't take him just because you can."
- As a teen I was in love with Morten Harket from A-Ha so I was delighted to find that the chorus of Take On Me is 20 seconds providing you hold the last note properly...and who wouldn't? "Take on me (take on me), Take me on (take on me), I'll be gone, In a day or twoooooooooooooo..."

- One friend also suggested reciting The Lord's Prayer, which is fine if praying is your thing, or you feel divine intervention is necessary!
- My favourite though was overhearing my friend's unbearably cute curly-haired three-year-old singing, "Twinkle, twinkle little star, look how clean my two hands are. Round my wrists and round my thumbs, link my fingers, almost done. Twinkle, twinkle little star, look how clean my two hands are!"

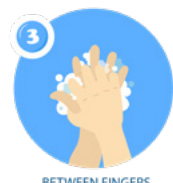
Stay safe everyone.



USE SOAP



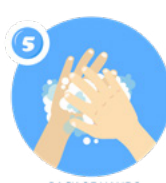
PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



WRIST

ALL SOCIAL DISTANCING AND HYGIENE MEASURES WILL BE ADHERED TO AS SET OUT BY THE GOVERNMENT

Dry Carpet Cleaning

Picture this... in your home

**Nice Fresh Clean
Upholstery on
Leather • Suede • Fabric**



Locally based

You can call us for FREE on

0800 180 49 30

zerodrytime.com

zero dry time™

Dry Carpet, Upholstery & Hard Floor Cleaners

- Removes spills & spots
- Sanitise & deodorise
- Deep cleans & lifts carpet pile

FREE Carpet Clean with any
3-Piece Suite Clean
+ **FREE STAIN PROTECTION**

We also clean hard floors, tiles inc Grout, Karndean, Amtico & Wooden Floors - ASK FOR A QUOTE



TJ PARRY & FAMILY
INDEPENDENT FUNERAL DIRECTORS

Our family, caring for your family



- Private Chapel of Rest
- Traditional hearse and fleet
- Floral and masonry services
- 24 Hour professional and personal service
- Traditional values with a modern approach
- Pre paid and pre arranged funeral plans
- Dove Bereavement Support Group
- Horse drawn carriage, VW hearse, motorbike hearse and alternatives available

01283 205285

info@tjparryfunerals.co.uk

www.tjparryfunerals.co.uk

2 Britannia House - Station Street -
Burton upon Trent - DE14 1AX

L&P Property Maintenance

- ALL TYPES OF ROOF REPAIRS
- EXTERIOR DECORATING
- PLASTERING
- UPVC FACIAS SOFITS
- GUTTERING
- JET WASHING DRIVES PATIOS
FACIA'S & GUTTERING

We are a family run business with
over 25 years experience.

FOR A FREE QUOTE CALL:

01283 310885 or 07413582565

10 ENGLISH WORDS WHOSE MEANINGS HAVE COMPLETELY CHANGED

The English language is complex and, as such, is constantly changing and evolving. Here, we take a look at 10 words whose meanings have completely changed.

1. AWFUL

In Old English, 'awe' referred to "fear, terror or dread." This later came to mean reverential wonder, and 'awful' and 'awesome' were synonymous with awe-inspiring. Later, 'awful' took on a negative connotation, and now means 'extremely bad.' 'Awesome,' however, evolved in the opposite way, probably around the mid-1900s, and came to mean 'extremely good.'

2. CUTE

Extracted from the word 'acute,' 'cute' originally meant sharp or quick-witted, and used to be written with an apostrophe in place of the missing 'A.' In 1830s America, it took on a new significance and came to mean attractive, pretty or charming.

3. FANTASTIC

Coming from the old French term 'fantastique,' 'fantastic' originally referred to things that were, or appeared to be imagined. Only recently has it come to mean 'extremely good' or 'wonderful.'

4. FLIRT

We now flirt by making eye

contact or mirroring body language, but flirting in the 1500s was described as a sudden sharp movement. Its original meaning was 'to give someone a sharp blow' or 'to sneer at.' The word took on a playful, cheeky meaning much later.

5. LITERALLY

This used to refer to things that were actually happening but is now used by many people for emphasis. Ex-footballer Jamie Redknapp is known for his expressions such as "these balls literally explode off your feet." This misuse is now so widespread that the Oxford English Dictionary has changed its definition.

6. MEAT

From the Old English mete, 'meat' once referred to all solid food including animal feed. Around the turn of the 14th century, it came to mean 'animal flesh for food.' 'Meat' in the figurative sense eg. 'the meat of the matter' - came about at the turn of the 20th century.

7. MYRIAD

Nowadays, a myriad is an extremely large, uncountable number of things. In Ancient Greece, however, it specifically referred to the number 10,000. During the Bronze Age, it was represented by the symbol of a circle with

four dashes.

8. NERVOUS

Meaning "of or belonging to the nerves," 'nervous' dates from the 1660s, with roots in the Latin 'nervosus.' It soon came to refer to a person medically "suffering a disorder of the nervous system" and in the 1700s also took on the meaning "restless, agitated, lacking nerve" which we now use to describe someone who is easily alarmed.

9. NICE

Derived from the Latin 'nescius' meaning ignorant, 'nice' began as a term for an ignorant or foolish person, then in the 1300s and 1400s, it began to refer to someone who was finely dressed, shy or reserved. By the 1500s, it was used to describe refined, polite society and came to be used in the positive manner we're familiar with today.

10. SPINSTER

It is thought that during the Middle Ages, it was easier for a married woman to find higher paid and higher status work, leaving unmarried women lower paid work such as spinning wool. Combined with the fact that it was common for people to use their occupation as identification in legal documents, 'spinster' soon came to refer to an unmarried woman.



SHOWERS

INSTALLED - REPAIRED - REPLACED

- Replace your bath with an easy access walk-in shower
- Cubicles - Doors - Trays
- Electric showers & power showers

Approved installer of 30 years

Call Alan Wright Showers on

01283 815171

01332 290198

ScarsdaleVets

Stapeuhill & Stretton

We are #stillhereforyou

Always available for you and your pets

We are still offering limited services at our practices, and hope resume normal service soon. Please bear with us as we need to do this in a controlled and safe manner, ensuring the welfare of pets and the safety of staff and clients at all times.

- Consults for sick pets
- Emergency and urgent procedures
- Medication orders & collection
- Primary vaccinations
- Telemedicine consults
- Some boosters

We are still maintaining social distancing



Call 01283 568162

or Stretton 01283 565333

Steve Frost

Windows. Doors. Conservatories. Fascia.

UPGRADE YOUR OLD CONSERVATORY ROOF FOR A NEW ALL YEAR ROOF

Replacing your old conservatory roof to a new warm roof stops you feeling cold in winter and too hot in summer.

- Upgrade your double-glazed units to planitherm energy saving glass, with argon gas infill and warm edge spacer bar to save more heat.
- All windows, doors and conservatories are made to suit your individual taste and design.
- We are always happy to arrange viewings of past installations to see our full quality and range available.



For your free no obligation quotation contact us on:

01283 701 458

email: steve@villagec.co.uk

65 Findern Lane, Willington, Derby, Derbyshire, DE65 6DW



TOP TIPS TO INCREASE WATER INTAKE IN CATS

Scarsdale Vets practice nurse Serena Cutbill shares
10 tips for ensuring your cat gets enough H₂O

1. Include wet food as part of their diet. This is by far the easiest way to increase your cat's water intake, but it should be done gradually. You can also try adding water to dry biscuits although this may reduce the palatability.
2. Increase access to fresh water by placing bowls on all floors of the house so they are always accessible. Provide one bowl per cat in the household plus one extra.
3. Use glass, metal or ceramic bowls rather than plastic ones. Felines usually like wide, shallow dishes but different sizes and shapes to see what your cat prefers.
4. Ensure water bowls are topped up to the brim.
5. Some cats prefer stale water so leaving a dish outside may be useful. Others tend to favour running water, so leave taps dripping or invest in a water fountain.
6. Leave some water in the bottom of a sink or the bath.
7. Offer different types of water to see what your cat likes – e.g. distilled water, warm water, tap water, rain water.
8. Offer flavoured water. Use the juices from meat or fish to create a 'broth' or freeze to make flavoured ice cubes.
9. Position water bowls in quiet locations away from food bowls and litter trays.
10. Some prescription diets contain slightly higher salt levels which encourages the intake of fluids.

Encouraging your pet to drink more will help to produce more dilute urine and will aid in the reduction of bladder inflammation. Along with reducing stress, this is one of the most vital aspects in preventing cystitis from recurring.



Have Your Windows Steamed Up?

Replace the pane, not the frame!

"I really liked the fact that they were a local community run business"

Janet Beard

All glazing backed by our

**25
YEAR
GUARANTEE**



We are a
Which?
Trusted Trader

Social distancing in operation

Faulty locks, handles or hinges?

cloudy2 CLEAR
WINDOWS
REPAIRING YOUR FAULTY DOUBLE GLAZING

Priority freephone
0800 61 21 118
www.cloudy2clear.co.uk

Love Your Home - Protect Your Windows - Save Money



BUZZ OFF!



WASP NESTS CLEARED

only **£44.00** inc VAT
UP TO GUTTER LEVEL



Rodents

Bird Control

Flies

Insects

Wasps & Bees

Call **01283 713768**

www.midlandpestcontrol.com

Midland Pest Control Ltd

Unit 3, Old Barn Farm, Rosliston Road, Walton-Upon-Trent DE12 8LR



from as
little as
£15

D-I-Why?



GreenThumb's annual treatments ensure your lawn looks lush, green and healthy. With prices starting from £15 per treatment, your lawn nightmare will soon be history.

Find us online at: www.greenthumb.co.uk

01283 735675

GreenThumb
LAWN TREATMENT SERVICE



RECIPE: SUMMER FRUIT TART

We have the perfect seasonal dessert recipe for you to try! This summer fruit tart is simple, delicious and contains vitamin c-loaded berries, so we like to think it is healthy too - that's our excuse anyway!

INGREDIENTS

1 x 500g block shortcrust pastry
3 eggs
135g caster sugar
125ml double cream
225g strawberries, hulled
80-100g raspberries
80-100g blueberries
Icing sugar to dust

INSTRUCTIONS

1. Preheat oven to 200°C/180°C for fan assisted ovens/ 400°F/ gas mark 6.
2. Roll out pastry large enough to line a 23cm/9" flan tin.
3. Blind bake for approx. 18 minutes, removing beans and paper for final 5-7 minutes. Reduce oven temperature to 160°C/325°F/gas mark 3.
4. Meanwhile, whisk eggs and sugar together until pale. In a separate bowl, lightly whip the cream until just holding

in peaks, then gently whisk into the egg mixture.

5. Cut half of the strawberries into quarters or 6ths depending on size and scatter over base of flan. Gently pour in the egg mixture into flan and return to the oven to bake for 35-40 minutes until mixture is just set. Remove and cool.
6. To serve, scatter remaining fruit (quarter the strawberries if desired) over the top and dust with icing sugar.





**MASKS & HAND SANITISERS
USED WHEN QUOTING**



PAINTER & DECORATORS

- High Class Finish
- Competitive Prices
- Friendly, Reliable Service
- Free Quotations



Contact Michael



07979 921895



01283 362279

e-mail: mgdecorator@yahoo.co.uk

44 Hurst Drive, Stretton, Burton upon Trent, DE13 0ED

IS YOUR CHILD A FOOTBALL WHIZZ?



We are an under 9's team (school year 4 in September) and we are on the hunt for new players. If you are interested in joining us, we'd love to hear from you!

Barton Rovers Football Club

Holland Sports Club
Potters Way
Barton-under-Needwood
Burton-on-Trent | DE13 8BB

Facebook: [@bartonroversjuniors](https://www.facebook.com/bartonroversjuniors)
Email: bartonroversjfc@gmail.com



GAROLLA
ROLLER
SHUTTER
DOORS



THERMALLY INSULATED ELECTRIC GARAGE DOORS



CE Approved

Acoustic & Thermal
Insulation



Brush Sealed Rails



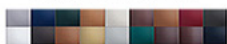
Pay on Completion



Two Remote Controls



18 Colours Available



Free Disposal of your Old Door!

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

LIMITED OFFER - ~~was £1354~~

NOW ONLY £895

INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

Save
£459



01283 430 233

Phone Lines Open 7 Days a Week

07537 149 128



- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

WIN!
a 12-month gym
membership
worth over £200!

Gym Unity
24 Hour

For this month's competition, one lucky reader can win a 12 month membership from **Gym Unity** worth over £200!

Owned and operated by Jamie Waterston along with a small team of highly trained and experienced staff, Gym Unity has everything you will need to achieve your fitness goals when gyms reopen!

Their first site in Lichfield opened in 2011 and has gone on to become the most popular independent gym in the city. It offers a fantastic cardio line-up with the latest Star Trac® equipment including built-in TV monitors. It also features a separate weights room plate-loaded with over 1500kg of free weights. If this isn't enough, they also have 2 studios which offer spinning classes and a wide variety of other classes, both indoor and out.

With other features

including shower rooms, a state-of-the-art air-conditioning system, mood lighting and more, you will feel like you are in a major brand gym but without the major brand price tag!

In January 2017 Gym Unity opened their Burton gym. This site is the best-equipped strength training gym for some distance. Fitted out with over 4000kg of free weights and hammer strength equipment, it can hit every muscle group possible. They have 2 world champions working on their team and over 15 competitive bodybuilders, both male and female, train on this site.

Gym Unity in Burton also offers a full Life Fitness® cardio balcony including the latest Stairmaster® and Airdyne® bikes on the market. Furthermore, they have a specialised posing area to practise show routines.

Sports massage is available at both sites and memberships are dual-site meaning you can use either at your leisure.

You can find out more about Gym Unity at: www.gymunity.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
Gym Unity 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 11th August and the winner will be announced in our September edition. Good luck to everyone who enters!

GYM UNITY

 Burton: 01283 740344
Lichfield: 01543 444444
 www.gymunity.co.uk

@ Jamie@gymunity.co.uk
 @gymunityburton
@gymunity
 gymunity_



TOP FURNITURE

VISIT US AT STATION ROAD, UTTOXETER, ST14 8AX
WWW.TOPFURNITURE.CO.UK • TEL - 01889 560999

Dirty Oven?

Karen's Ovens & Agas £5 Off Promotion*

Ovens, Hobs, Agas, Microwave Ovens, Range Cookers, Cooker Hood Extractors, etc.

Biodegradable, fume free, non corrosive.

Spectacular Results!

Find us on Facebook
www.facebook.com/karensovenbleam

01283 500065

www.karensovenbleam.com
Your Local Oven Cleaning Specialist

*Terms and Conditions apply. See www.karensovenbleam.com

Complete Construction & Maintenance Midlands Ltd

Building & Joinery Contractors
Windows, Doors and Conservatories
Drives, Patios and Fencing
Property Maintenance
Plastering, Painting & Decorating
Plumbing, Heating & Electrical
All needs covered

**ESSENTIAL KEY-WORKER
AVAILABLE FOR EMERGENCY
CALLOUTS**

07980110320



LOCAL LINKS SUDOKU

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

Sudoku is a logic puzzle where you follow one simple rule:

Simply fill in the boxes so that the nine rows, nine columns and nine 3x3 squares all contain every digit from 1-9.

413041

Cash4Clothes4You

Bring your bags to our Burton depot
Best prices in the area!

Burton Upon Trent
Unit 2
Manor Trading Estate
Hawkins Lane
Burton Upon Trent
DE14 1QX



£4.50 per 10
kilos
(excludes one bin
bag full)

YES PLEASE

- ☒ Clean wearable clothes
- ☒ Bags, belts, hats
- ☒ Pairs of shoes

NO THANKS

- ☒ Soiled or damp clothes
- ☒ Duvels and Pillows
- ☒ Work clothes or badged school uniform

Opening hours:
Mon - Sat 10am till 5pm
For enquiries or
collections please call
01283 480711
Free and easy parking

Like us on Facebook please:
Cash4clothes4you



Cash4Clothes4You

THINGS YOU SHOULD KNOW

LAST MONTH'S SUDOKU PUZZLE SOLUTION:

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

COMPETITION WINNERS

Congratulations to our February Magazine **GreenThumb** competition winner, who has won a whole year's worth of lawn treatments:

Christine Benning, Barton-under-Needwood

Congratulations also to our March Magazine **Dovecliff Hall** competition winners, who have each won a £50 food & drink voucher:

Rachel Bailey, Branston
Olwyn Hayes, Rolleston-on-Dove
Julia Bayly, Walton-on-Trent
Sally Brown, Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a 12-month gym membership with **Gym Unity**.

GOLDING

SKIP HIRE



- All skip sizes
- All areas
- Same day delivery
- Grab hire
- Fully licensed
- Road permits arranged



www.golding-skips.co.uk

BOOK ONLINE OR CALL:

01283 544389

**Nicolson Way, Off Wellington Road
Burton on Trent, Staffs DE14 2AW**