

# LOCAL LINKS

[www.locallinksmedia.co.uk](http://www.locallinksmedia.co.uk)  
[www.facebook.com/locallinksmagazine](http://www.facebook.com/locallinksmagazine)

**ISSUE 141**  
**FREE**

**IT'S BACK TO SCHOOL TIME!**

...but is your child emotionally prepared?

**THE NATIONAL BREWERY CENTRE  
ARCHIVES ARE NOW LIVE!**

**FRYING PAN PIZZA**

Yes, really!

**WIN a £50 VOUCHER**  
from **Sculpted by Rose**

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

# PUBLIC NOTICE!

Sell your gold and silver jewellery  
whilst prices are at a record high!



We buy any item in any condition and pay a  
premium for jewellery that is resellable

Call in for a free valuation

# HENRY ROSE

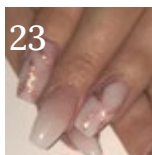
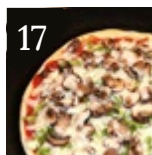
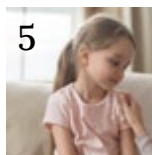
Fine English Jewellers

Phone: 01283 511113 - Email: [sales@henryrosejewellers.co.uk](mailto:sales@henryrosejewellers.co.uk)  
[www.henryrosejewellers.co.uk](http://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



Dear Readers,

We hope this edition finds you safe and well!

Since our last issue, face masks have become mandatory in shops. We hope this hasn't put you off shopping and supporting local businesses as they need your continued support. Some of the hardest hit businesses are those operating in the leisure and hospitality industry. One such business is *Claypot Lounge*, a local Indian restaurant who are part of the government's Eat Out to Help Out Scheme, and on page 16 you will find some dine-in offers. Hurry though, as these expire on the 31st August! If you are looking for some pampering, why not enter our competition on page 23 for the chance to win a £50 voucher from *Sculpted by Rose*, a nail and beauty technician based in Anslow.

We hope you enjoy this edition. Please continue to stay safe!

The **LOCAL LINKS** team

## ISSUE 141

### 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



### CONTRIBUTORS

Including: The National  
Brewery Centre Archives,  
Angela Sargent, Adam  
Jones, Jacqui Hollyhead,  
*Sculpted by Rose* &  
Scarsdale Vets



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

**Call us on 01283 499451**  
[www.nichearchitecture.co.uk](http://www.nichearchitecture.co.uk)  
[enquiries@nichearchitecture.co.uk](mailto:enquiries@nichearchitecture.co.uk)



**Next issue deadline:**  
Tues 8th September

**Next issue out from:**  
Wed 16th September

This magazine is  
delivered free to:

Branston  
Brizlincote Valley  
Rolleston

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.







The illustration shows a man in a blue shirt and red trousers pouring a green liquid from a can onto a lawn. Another man in an orange shirt is grilling food on a red barbecue. A young girl is playing in a small inflatable pool. In the background, a white van with a sun logo and the text 'Is your lawn a nightmare?' is parked. A red speech bubble in the top left corner says 'from as little as £15'.

# D-I-Why?

from as little as **£15**

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.

**01283 735675**

**GreenThumb**  
LAWN TREATMENT SERVICE

Find us online at: [www.greenthumb.co.uk](http://www.greenthumb.co.uk)

## BROKEN LOCK?

**Call the Experts!**

Friendly, professional, experienced local locksmith established for 17 years



- uPvc door & patio locks
- Wooden door locks, mortice etc
- Aluminium door locks
- Window locks
- Composite door locks
- Garage door locks

**All Work Fully Guaranteed for 12 Months**

Call Anthony  
**01283 686123**  
[access-locksmith.co.uk](http://access-locksmith.co.uk)

**access** 24HR LOCKSMITHS

**TRUSTED TRADER**



## 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**

## BACK-TO-SCHOOL TIME: IS YOUR CHILD EMOTIONALLY PREPARED?

Over the past months, our children have had to adapt to events which they are likely to remember for the rest of their lives. While some of us may tell tales of walking miles to school in icy conditions, or times when we had to stay home because we were very ill, the quarantine and school closures will be the stuff of legend for a whole generation of children.

For some kids this has been like an extended school holiday, either because they are naturally happy-go-lucky, or because they've been having a lot of fun at home. For others this has been a difficult time as they have been faced with a lot of complex issues which they've been expected to understand and adapt to quickly. Plus, there are the pressures that some of us have faced with working from home or being a key worker - not all of us have had the time to create comprehensive homeschooling programmes.

We've all pulled through as best we can, in the hopes that our children remember this as a time when the family worked together in the face of uncertainty.

The next challenge we face is preparing our children to return to school. How hard this will be will vary from child to child. Some will be desperate to get back to the classroom (and the playground!), but for some, there are important conversations to be had and we have some tips for topics to raise with your kids before the new term starts.

Though there are attempts to roll out national guidance, each school is going to be trialling different things and these are going to take some getting used to. If you haven't heard from your child's school already, check their website or give them a call to see if they have any specific guidelines. Talking these through with your child will give them the chance to raise questions which you can work through together.



Whatever challenges have been thrown your way in the lockdown, there are likely to be families who have experienced completely different ones. Encourage your child to think about the kinds of things their classmates may have gone through and how they've felt about them. If your child is feeling positive about going back to school, think together about why other children may have a hard time adjusting to a structured day and how they can be sensitive about that. Perhaps they may need others to show them compassion too, which can be a great place to start the conversation.

The most important thing is that we allow our children to raise their concerns and take them seriously. They will be well prepared to face the new term if they feel that they always have a loving support base at home when times are hard.



# FIRST CLASS UPGRADE FOR YOUR LOFT...

We are specialists in installing loft ladders and hatches.  
We also supply and install loft boarding, lighting and insulation  
– to take the heat out of packing your bags (and help you get  
away from all that clutter for good).



## 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 to book a FREE survey & quotation [WWW.ACCESS4LOFTS.CO.UK](http://WWW.ACCESS4LOFTS.CO.UK)

01785 595146



**COVID CLEAR**  
England Ltd

## SANITISATION SOLUTIONS for:

Buildings • Vehicles • Medical, Agricultural &  
Aquatic Settings • Indoor & Outdoor Event Spaces

99.99% fast-acting sanitisation of all known viruses including:

**CORONAVIRUS • BACTERIA • LEGIONELLA  
VIRUSES • FUNGI • MOULD**

- 100% biodegradable
- Food safe
- Tested to BS EN 14476: 2013 & AN: 2019
- COSH-trained operatives

free from: **SILVER, CHLORINE & ALCOHOL**

[www.covidclearengland.co.uk](http://www.covidclearengland.co.uk)  
email: [action@covidclearengland.co.uk](mailto:action@covidclearengland.co.uk)  
t: 01283 792154 or m: 07812 202415

## AN ODE TO NORMALITY

A POEM BY JACQUI HOLLYHEAD

A city hangs unhinged as  
heavy hearts plunge into hibernation  
and static suburbia is reduced to dust.

Eyes reaching through glass  
across the wrinkles of a lifeless map,  
scanning the horizon for scattered sounds  
or something.

I seek refuge in the arms of normality.  
My long distance lover.

I prithee, unburden me of this blood-curdling  
calm,

This creative infertility,  
Mind and body – drained and barren  
pays testament to monotony.

Never before has an embrace been existential.  
Sacred interactions and missing affections,  
Bedside mourning of quicksand hours.

I send postcards to normality,  
Adorned with saccharine promises  
In the hopes of a safe and fast journey home.

## ESCAPE ROOMS HAVE GONE ONLINE BY SARAH DAVEY

**D**o you like escape rooms? Have you always fancied having a go at one but never got around to it?

Escape rooms have become popular over the past few years with families and friends who like a challenge. Kind of like The Crystal Maze (remember that?) in concept, where you have to solve puzzles as a team to 'escape the room'.

As physical escape rooms have had to close, so these businesses have been quick to adapt and take the experience online. You can play as a family or with groups of friends as a social

experience.

There are many online; some are free and some are paid for. The free ones are a good way to try the experience to see if you enjoy it.


*Hogwarts Digital Escape Room* was created by an American librarian in Pennsylvania. It's loosely based on Hogwarts and the puzzles are fun. My family enjoyed it but found it quite easy and we were finished very quickly. But we discovered we enjoyed the concept and signed up for others which are more involved.

*Trapped In The Web* is a

game you can play solo or with a team to complete tasks that will take between one to two hours. It's reasonably priced at around £8 per person.

There are five themed rooms to choose from: *Space Race*, *Cabin Fever*, *A Night at the Theatre*, *School's Out*, and *Out of Hours*. There is a different storyline attached to each one and different clues to collect and puzzles to solve.

These family-friendly escape rooms will get you started, but if you find you've got the bug you can find many more complex versions online.



Can you  
escape?

E-mail us at [local@locallinksmedia.co.uk](mailto:local@locallinksmedia.co.uk) or call us on 01283 564608 7





## 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 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   **Coalville** 01530 886209   **Burton on Trent** 01283 809679   **Wolverhampton** 01902 275575

[www.beautifuldentures.co.uk](http://www.beautifuldentures.co.uk)



## A1 ROOFING

ALL ROOFING WORK UNDERTAKEN   PROPERTY MAINTENANCE   NO JOB TOO BIG OR TOO SMALL

- NEW ROOFS • UPVC FACIAS, SOFFITS & GUTTERING
- G.R.P. FIBREGLASS FLAT ROOFS • FELT FLAT ROOFS
- REFELTING & BATTENING • ROOF & CHIMNEY REPAIRS
- SLATE REPAIRS • LEAD REPAIRS & SEALING
- FLAT ROOF REPAIRS • STRUCTURAL ROOF BEAMS
- ROOF CLEANING • HIGH PRESSURE CLEANING
- ALL TYPES OF CLADDING • ALL TYPES OF REPOINTING

FOR A FREE QUOTATION OR ADVICE FREEPHONE:

**01283 591297**

OR CALL DIRECT ON: 07787 020270

29 ASHBY ROAD, WOOLVILLE  
Email: a1roofing69@yahoo.com

100% Positive reviews  
mybuilder.com

ALL WORK GUARANTEED

## 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**

**Which?**  
Trusted Trader  
We are a  
Which? Trusted Trader

Social distancing in operation   Faulty locks, handles or hinges!

cloudy2clear  
REPAIRING YOUR TAILED HOUSE GLASSING

Priority freephone  
**0800 61 21 118**  
[www.cloudy2clear.co.uk](http://www.cloudy2clear.co.uk)

Love Your Home • Protect Your Windows • Save Money



The dictionary defines hobby as “an activity done regularly in one’s leisure time for pleasure.”

Ah yes, hobbies - I remember those, just about. I just about recall these concepts from days gone by, of something called ‘leisure time’ and something else called ‘pleasure’.

And then we had kids.

So, my fond memories of reading, photography, playing the drums, swimming, cycling, making jam and chutney, and going to Scrabble club are becoming more distant as I now replace them with washing, serving up endless

snacks, picking up dirty socks, home-schooling, refereeing disputes and general crowd control. Not much leisure, not much pleasure, and certainly not much time!

So, hobbies seem to fill the gap left when you’ve done everything else you need to do, a gap which I don’t feel is very big right now. Maybe in a decade’s time I can pick up that book and swim a few lengths again. Until then, I’ll try to create the space for some other, smaller people to develop their own hobbies. Maybe I won’t tell them that they might only have a few years to enjoy

them until it’s their turn to wash the socks.

Now, if you’ll excuse me, I just have to go and chop fruit into small pieces, wash up, stick some washing on and then get dinner going. Then wash up again, run the bath, police the twice-daily rigmarole of teeth brushing and stay in a dimly-lit room until a small person falls fast asleep. Then when I creep out of the room, I look at my watch and consider what hobbies I can squeeze into the short time before my own bedtime.

But then, doesn’t that beeping sound mean that the washing machine has finished?

I’ll just be a few minutes...



# 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

## YES PLEASE

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



\$4.50 per 10  
kilos  
Covers over 100  
bag items

## 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

# Premier No.1 Burton Paving

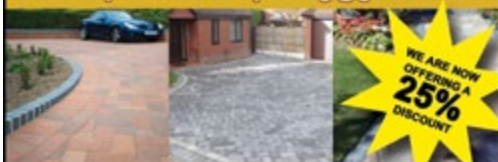
BLOCK PAVING - PATIO SLABS  
LANDSCAPING BRICKWORK - TURFING  
FENCING - PRESSURE CLEANING  
GRAVEL - TARMACADAM

- 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](mailto:premier.no.1paving@gmail.com)



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](http://zerodrytime.com)

**zero dry time**<sup>TM</sup>

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

This month farmers are busy harvesting what seems to be a variable crop - some fields have done well, some not yielded as much. Large machinery will be moving about the lanes and it's sometimes slower than you'd like - please be patient. It cannot always pull in safely to allow you to pass or needs room to turn into the field gate.

We've tried a few different crops over the years such as triticale (grain), field beans (similar to broad beans) and peas. Peas contain 15% recommended vitamin C intake in just one serving, more fibre than a slice of wholemeal bread and low in fat and sugar, but high in protein and folic acid. Although grown mostly for human consumption further east, we used peas as a protein food for our livestock and the resulting straw was much loved by goats in particular.

I can't believe, reading last years August Barn, when talking about the aim of agriculture to be net zero by 2040, I wrote the biggest impact would be the taking away of cars and planes and how this would

never happen! How wrong I was, as we saw industry and transport brought to a halt, more or less, by Covid-19. Suddenly the air was much cleaner and views seemed much sharper and more birdsong could be heard, with wildlife being seen in towns, cities and villages where it hadn't previously. And, yet, farming continued pretty much as it always had!

I read and see all the time about how swapping red meat and dairy for alternatives is better for the planet. But things like that are never quite straightforward, are they? For example, the carbon footprint of UK beef production is estimated at 18.2kg CO<sub>2</sub> compared to global average of 46kg CO<sub>2</sub>. Avocados are not as innocent as we would like to believe - mostly grown in South and Central America, leading to the removal of rainforest and using copious amounts of agrochemicals and water

(and also the involvement of drug cartels), they have to travel here (5500miles) using temperature-controlled storage facilities. Disease in the crop/shortages leading to price rises mean the local population cannot afford to buy them. Serious environmental consequences from buying habits and misinformation.

In our wild bird seed plot we can see red clover flowering, also a member of the pea family, much loved by bees. White clovers cover the grass fields, helping the soil retain nitrogen whilst providing nutritious grazing for our animals.

The lambs are being weighed and wormed. We have had some late-born lambs, probably due to the inclement weather we had last autumn and winter. Snails and slugs love humid weather too and one of their predators is the hedgehog. Mainly active at dusk, it moves and feeds quite noisily. Many meet a sticky end on our roads, many are predated on by badgers. Where predator control is practised, it has been shown that hedgehog numbers improve.





# DO YOU NEED A CLEANER?

Affordable, Reliable,  
Experienced, Professional

W: [www.diamondhomesupport.com](http://www.diamondhomesupport.com)

E: [joe@diamondhomesupport.com](mailto: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**

## 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](http://www.blakenhallpark.co.uk)

Blakenhall Park, Barton under Needwood, Burton on Trent, DE13 8AJ.

Tel: 01283 713 901 Email: [info@blakenhallpark.co.uk](mailto:info@blakenhallpark.co.uk)

WE ARE NOW OPEN AGAIN AND FOLLOWING SOCIAL DISTANCING AND ENHANCED HYGIENE  
MEASURES INCLUDING USING PPE TO PROTECT OUR ENGINEERS AND OUR CUSTOMERS



Leaking pipes • Heating Repairs  
General Plumbing Repairs

Boiler installations • Radiator, boiler  
& control replacements • New Taps

Free quotations (excluding diagnostic  
work)

Gas safety Inspections & certificates  
and much more!

t: 01283 713592

text/whatsapp: 07961024732

w: [www.bcosyheating.co.uk](http://www.bcosyheating.co.uk)

e: [service@bcosyheating.co.uk](mailto:service@bcosyheating.co.uk)

*Bcosy Heating Ltd*

WORCESTER  
Accredited Installer

**BAXI**  
HEATING SYSTEMS

**safe**





The 21st century desire to constantly do better and be better has somehow intensified over the past few months - this shouldn't be surprising and yet it is.

We are in the midst of a global pandemic. A totally 'unprecedented time' (everyone's favourite phrase at the moment) and a frankly devastating moment in modern history. And yet, chasing success and maintaining a level of productivity is presented in the media as a priority equal to PPE and social distancing.

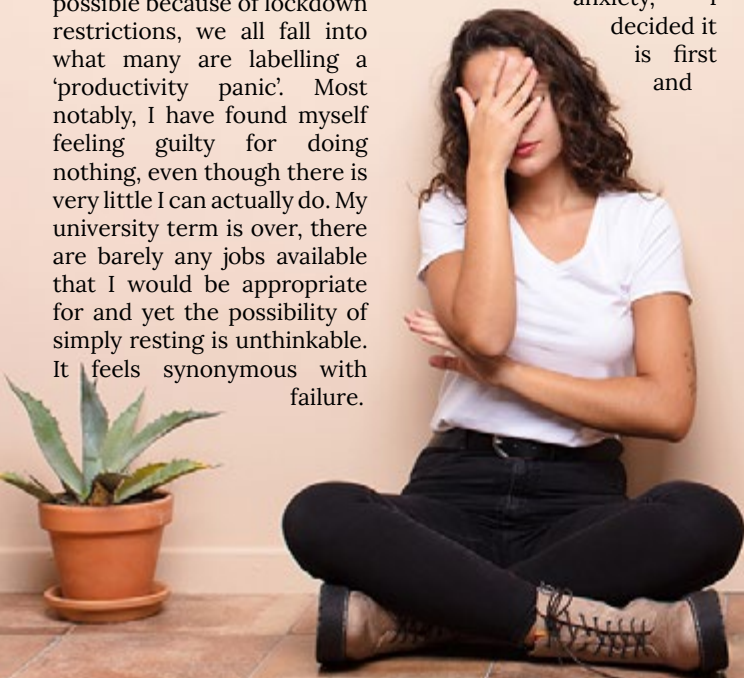
We are so used to filling every second of every day with a plan, a chore, a purpose, that when this is no longer possible because of lockdown restrictions, we all fall into what many are labelling a 'productivity panic'. Most notably, I have found myself feeling guilty for doing nothing, even though there is very little I can actually do. My university term is over, there are barely any jobs available that I would be appropriate for and yet the possibility of simply resting is unthinkable. It feels synonymous with failure.

I'm sure I speak for many people when I say that a huge source of motivation in life is feeling like you have a purpose. This could be as simple as a checklist of what you want to achieve in a day or an extensive bucket list for the next 10 years. Both are about looking ahead and being driven by the possibilities of the future but, most importantly, both are attached to a desire for order and stability. So, to have this ability to plan and control our everyday lives thrown headfirst into the socio-political hurricane that is COVID-19 has been unsettling to say the least.

Upon reflecting as to why this crisis has led to so much anxiety, I decided it is first and

foremost because there is no real end in sight. As a student with exams or deadlines, I can pinpoint the exact day when the worry will stop. Yet this current situation is totally unique in that, I, like the rest of the world, have no clue what will happen in the next week let alone the next year. That thought in itself is overwhelming and I have found myself wallowing in self-pity and secretly wishing I could sleep until this is over. But, without some serious safety concerns, that option isn't possible, so instead we must adapt and be kind to ourselves.

The media is overflowing with articles on 'making the most of lockdown', encouraging super-human workout routines, massive projects like writing novels and flaunting rose-tinted highlight reels of the 'new normal' metropolitan life. It is concerningly easy to take such content at face value and immediately feel bad about your comparative 'inadequacy'. It is true that some people will be thriving in this time, but others will just be working on surviving. And that is okay. However you cope, know we will get through this and that just existing right now is enough.





**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

## 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/eaststuffs](http://www.rightathomeuk.com/eaststuffs)



**01283 777 700**

## 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](http://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**

# THE NATIONAL BREWERY CENTRE ARCHIVES ARE NOW LIVE!

Information and images from a unique collection of historic items from Britain's brewing and pub companies will be accessible online for the first time from 27th July 2020 via The National Brewery Centre Archives: [www.nbcarchives.co.uk](http://www.nbcarchives.co.uk)

Creation of the online National Brewery Centre Archives has been supported by the National Brewery Heritage Trust (NBHT), a charity run by volunteers. The archives give access to an ever-developing catalogue of items covering 250 years of brewing in Britain. Currently, just 5000 of around 500,000 of these items are on public display at the National Brewery Centre in Burton-on-Trent. But now beer lovers and history enthusiasts can access many more via this online archive, which includes a substantial and growing number of digital images of adverts, pub and brewery photos, books and records.

The Archives tell the history of the UK brewing and pub industries and their impact on the UK's economy and way of life. Archive users can explore collections covering all aspects of beer and pubs including advertising, farming, brewing in

wartime and transport as well as search for information about brewing industry personalities and famous British brewing and pub companies. Closer to home researchers can seek out historic photos of their own local pub or brewery, as well as social and family history.



Some of the images from the archives.

**Top:** Royal Ales Outside Box (Landscape)

**Middle:** Interior view of Abbey Inn

Restaurant, Burton-on-Trent

**Bottom:** Colour Postcards

Credit: The National Brewery Centre Archives

Harry White, NBHT Chairman: "Our aim is accessibility so we're delighted that we've been able to start cataloguing

our unique collection of brewing and pub heritage and opening online access for people to use for research, education and general interest. We've started by digitising many of the more popular items in the collection, such as photos of historic pubs, breweries, brewing equipment, packaging and advertising, but this is a work in progress and more records and images will be added to the catalogue day by day."

The project has taken two years so far and will cost over £50,000. Generous grants were awarded by organisations including the Consolidated Charity of Burton-on-Trent, Staffordshire Community Foundation, the Campaign for Real Ale (CAMRA) and the Brewers' Research Education Fund. In addition, funds were raised from corporate and individual donors as well as via a crowdfunding campaign.

For images or further information about the National Brewing centre Archive or NBHT contact: Dr Harry White, Chairman on **07519 102404** or email: [fhw@btinternet.com](mailto:fhw@btinternet.com).

Or contact Lesley Allman, volunteer press officer on **07808 095803** or [lesley@allmancommunication.com](mailto:lesley@allmancommunication.com).



# 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](mailto:steve@villagec.co.uk)

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



INDIAN  
CUISINE  
WITH A  
MODERN  
TWIST



TUESDAYS & WEDNESDAYS

# 50% OFF\*

YOUR FOOD BILL

FRIDAYS & SATURDAYS

# £5 OFF\*

YOUR FOOD BILL

Claypot Lounge  
37 New Street  
Burton-on-Trent  
DE14 3QW

☎ 01283 619190  
🌐 [claypotlounge.co.uk](http://claypotlounge.co.uk)

*Claypot Lounge*  
THE ART OF FINE DINING

\*Both offers apply to dine-in only.  
Alcoholic drinks not included.  
Valid until 31st August 2020.

**PLEASE PRESENT THIS  
VOUCHER**



## RECIPE: FRYING PAN PIZZA

*Yes, you heard that right...  
and it is delicious!*

### PREPARATION TIME

Rise 2-5 days (yes this takes a little preparation but it's so worth it.)

### COOKING TIME

5 minutes + 35 mins

Makes 4 pan-sized pizzas

**IMPORTANT:** You cannot use a non-stick frying pan for this recipe. It has to be a cast iron pan or skillet.

### INGREDIENTS

#### BASE

500g Strong white bread flour (but if you have any Italian 00 flour, even better)

1½ tsp dried active yeast. I did not have any and used rapid dried yeast instead. I found that the rise time was quicker (2 days vs 4 days) so this might actually be a bonus.

1 tsp table salt

1 tsp sugar

#### TOPPING

1 400g tin chopped plum tomatoes

1 pack buffalo mozzarella

1 bunch basil

Extra-virgin olive oil, to drizzle

Plain is great but you can add any toppings you like.

### INSTRUCTIONS

1. Mix the flour, yeast, salt, and sugar then stir in 325ml water to a smooth dough. Cover and put in the fridge for two to four days. Remember, rapid yeast will activate faster and may only require two days or even one if you're in a hurry.

2. Tip onto a lightly-floured surface. Divide into four roughly equal portions, shape into balls, cover and leave for two hours.

3. While the dough is rising, take the cheese and toppings out of the fridge so that they come to room temperature.

4. Empty the tomatoes into a saucepan over a medium heat and simmer for about 30 minutes, until they form a thick sauce. Season this to taste with salt and a pinch of sugar.

5. Once the dough has proved, flatten it into pizza bases

to fit your pan. Heat the cast iron frying pan or skillet over a moderate to high heat. It's ready when you drop a little water into the base and it instantly hisses and bounces. Preheat the grill to between moderate and high.

6. Lightly flour your hands then stretch the dough into a rough round, keeping the edges a bit thicker. Cook in the pan until the top starts to dry out then add some tomato sauce and mozzarella. Wait a minute before adding any other toppings. Leave in the pan until base begins to char. When you're happy with the bottom, switch the pan to under the grill until the cheese bubbles and the edges brown. Finish with a few basil leaves.



# Providing solutions to your child arrangements

Are you worried whether your pre-existing child arrangements that were put in place for you and your ex-partner prior to the Covid-19 crisis still apply?

Astle Paterson have the answers, providing guidance to help separated parents with their child arrangements, helping parents come to solutions which are workable for both parties and, most importantly, are in the best interests of their children.

**Contact us now for help and guidance**



**AstlePaterson**  
Solicitors with Notaries

**01283 531366**  
astlepaterson.co.uk

**Justine Woodcock**  
Chartered Legal Executive:  
Divorce & Family



20% discount for all key workers • fully Covid-19 compliant

**CARPETS  
NEED A  
CLEAN?**

**Give us a call!**

Family business of 17 years offering commercial and domestic cleaning

- Carpets, sofas, curtains, leather & hard floors
- Curtains cleaned on-site
- CARPETS DRY WITHIN 1 HOUR!

Call Tim for a FREE quote:

**01283 531997**

**Mob: 07961 488893**

stainbusterseastmidlands.co.uk



## 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**



# 10 SURPRISING USES FOR APPLE CIDER VINEGAR BY CASSIDY FERRARI

Apple cider vinegar has been popping up more regularly in health food shops and on supermarket shelves over the last few years. It's not often we see a product sharing shelf space with both salad dressings and multivitamins, so it can be a bit confusing to work out what exactly we're supposed to do with it! Here are 10 ideas:

## 1. FOOD PRESERVATION:

People having been using vinegars for thousands of years to preserve food, and apple cider vinegar can hold your home-made pickled onions just as well as the more well known variations.

## 2. SALAD DRESSINGS:

For a quick and easy dressing you can combine apple cider vinegar with olive oil and dijon mustard, or you can experiment with additions such as maple syrup. If you're trying to cut down on oil then you can use tahini as a base instead for an even lighter salad accompaniment.

## 3. KEEPING YOUR SKIN CLEAR:

Apple cider vinegar has anti-inflammatory properties which makes it a great option for homemade facial toner. You only need to combine it with two parts water and you're ready to gently massage it

into your skin with a cotton pad as part of your skincare routine.

## 4. MAKING YOUR HAIR SHINE:

Many shampoos are high in alkaline which can cause your hair to become dull or brittle over time. Apple cider vinegar's high acidity makes it an excellent antidote, so you can use it as a post-shampoo rinse to get back your shine.

## 5. HOUSEHOLD CLEANING:

Simply mix with two parts water for an efficient DIY cleaning product which is both anti-bacterial and great for tackling streaky mirrors and other shiny surfaces.

## 6. KEEPING YOUR PETS FLEA-FREE:

Help prevent fleas from being attracted to your pet by spraying their fur with a diluted solution of apple cider vinegar, rubbing in gently and repeating on a weekly basis.

## 7. CLEANING YOUR FRESH PRODUCE:

If you like to give your fruit and veg a scrub before use, apple cider vinegar's antibacterial properties make it an excellent DIY alternative to chemical options.

## 8. LOOKING AFTER YOUR GUT:

As a fermented product, apple cider vinegar is full of probiotics which are

vital to good gut health. Adding it to your meals and even drinking a little a day can improve digestion and boost your immune system.

## 9. MAKING YOUR TEETH SHINE:

To make an all-natural toothpaste you can combine two parts apple cider vinegar with one part baking soda, which you can then rub directly onto your teeth before rinsing with water. Add this to your routine a few evenings per week and you will begin to see whiter teeth without using any harsh chemicals or expensive products.

## 10. REPLACING EGGS IN BAKING:

More of us are following a plant-based diet and one of the challenges this can pose is adapting our favourite bakes to be egg-free. Combining 1 teaspoon of apple cider vinegar with 1 teaspoon of baking soda will create a mixture equivalent to 1 egg, which you can use to get that perfect cake batter consistency.







**Tiny Toes**  
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 - eaststaffs@tinytoes.com  
www.tinytoes.com



**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  
f E: gt.meadowview@gmail.com  
W: www.meadowviewgardenservices.co.uk



**TOP**  
FURNITURE

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



# THE SHORT GUIDE TO SHORTS FOR MEN

BY TOM HANCOCK

*The shorts season is, well, short, which means we don't get a lot of practice styling them. Here's a helpful guide:*



## CHINOS

In a neutral stone or navy, they go with almost everything. They're smart enough to wear with a short-sleeved shirt to more casual offices but relaxed enough to wear with t-shirts. Look for a zip fly and button closure, a just above knee length, minimal pockets and details, and a mid-weight cotton twill material. Use a woven belt or a plaited leather belt and wear with sandals (no socks), or lightweight minimal trainers, deck shoes or espadrilles with trainer socks if you prefer.



## TAILORED SHORTS

If your office is hot and you want to be cool and look smart, these are the shorts you need. Tailored shorts have pleats and tucks that help them sit neatly and look elegant. Look for the same things you'd look for in tailored trousers: a good fit, a zip fly with a flap closure, thin belt loops and a sharp crease or pleat down the front of the leg. Wear them with crisp short-sleeved shirts, a lightweight blazer, slip-on summer shoes or even brogues (use trainer socks though).



## SWIM SHORTS

For maximum versatility (especially when packing for a holiday) choose swim shorts that look like normal shorts. Look for a zip fly; length that hits just above the knee; a solid colour; and fabric that's not too shiny. Shorts which have a drawstring closure or loud pattern are fine for swimming but won't double as normal shorts. They go with t-shirts, polo shirts or a linen shirt. Dress them down with flip-flops for the beach but if you go out for dinner choose shoes that are a little smarter such as canvas shoes.

In summary, plain is best and if you only invest in one or two pairs, chinos are the most versatile.

# 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.rightathomeuk.co.uk/eaststaffs](http://www.rightathomeuk.co.uk/eaststaffs)



**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](mailto:m.c.b.electrical@btinternet.com)  
Web: [www.electriciansinburtonupontrent.co.uk](http://www.electriciansinburtonupontrent.co.uk)  
5 Nicklaus Close, Branston, Burton on Trent, Staffordshire DE14 3HP

**BUZZ OFF!**

**WASP NESTS CLEARED**

only £44.00 inc VAT  
UP TO GUTTER LEVEL

Call 01283 713768  
[www.midlandpestcontrol.com](http://www.midlandpestcontrol.com)  
Midland Pest Control Ltd  
Unit 3, Old Barn Farm, Rosliston Road, Walton-upon-Trent DE12 8LR

Rodents  
Bird Control  
Flies  
Insects  
Wasps & Bees

**WIN!**  
a £50 voucher  
from...



**W**e think our readers could use a bit of pampering right now, so for this month's competition we are giving away FOUR £50 VOUCHERS\* to spend on any treatment from the lovely **Sculpted by Rose**.

**Sculpted by Rose** is a nail and beauty technician with 15 Years experience. Based in Anslow, Burton-on-Trent, treatments on offer include:

- Sculpted nail extensions
- Gel manicure
- Gel pedicure
- Gel manicure deluxe
- Gel pedicure deluxe
- Facial
- Dermaplane facial
- Microblading
- Ear piercing
- Waxing
- Lash lift
- Lash and brow tinting

For all upcoming appointments, all the necessary safety precautions will be taken including the use of PPE by Rose (mask, visor and gloves). Rose also kindly asks that you abide by the following regulations:

- Arrive at your appointment alone and on time
- Wear a mask or face covering
- Wash your hands upon entering the salon
- Make your payment via cash or bank transfer (hand gel and washing facilities will be provided should you wish to pay by cash)

You can rest assured that the salon is kept to a high standard of cleanliness with surfaces being disinfected between clients.

To find out more about

**Sculpted by Rose** and to view some of her work, please visit her Facebook or Instagram page: **@sculptedbyrose**, or you can call or text Rose on **07389725817**.

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**  
**Sculpted by Rose 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 8th September and the winners will be announced in our October edition. Good luck to everyone who enters!

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

## SCULPTED BY ROSE

The Florist Gate  
Main Road  
Anslow, Burton-on-Trent  
DE13 9QH

Tel: 07389725817  
Facebook: @sculptedbyrose  
Instagram: @sculptedbyrose



**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** 

 **Water Worx**  
Cleaning Services

**20% DISCOUNT FOR NEW CUSTOMERS**

**FIRST WINDOW CLEAN IS FREE!**

 Window Cleaning	 Jet Washing
 Gutter Cleaning	 Solar Panel Cleaning

**Call Paul on: 07572262300**

www.waterworxcs.co.uk | find us on Facebook:  
e: waterworxcs@gmail.com | @waterworxcs

**GAROLLA**  
**ROLLER SHUTTER DOORS** 

**THERMALLY INSULATED ELECTRIC GARAGE DOORS**

 Approved

- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available



Free Disposal of your Old Door!

**Great For:**  
Space Saving  
Kerb Appeal  
Ease of Use  
**0800 468 1982**

**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.**

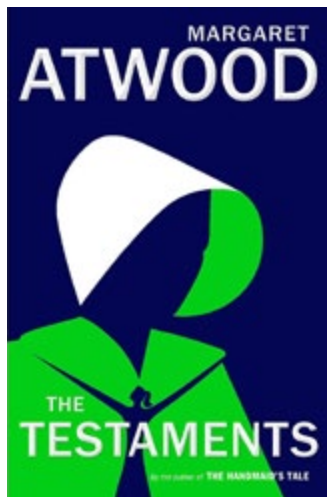
**LIMITED OFFER - was £1354**  
**NOW ONLY £895**  
**INC. VAT & FULL FITTING**  
**MADE TO MEASURE, CALL US TODAY**



**01283 430 233** **07537 149 128** 

**Phone Lines Open 7 Days a Week**

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



## THE TESTAMENTS BY MARGARET ATWOOD

Coming 30 years after her best selling *The Handmaid's Tale*, readers certainly had a long wait for this sequel.

For those not familiar, the original novel told the story of America in the not-so-distant future, where a totalitarian state called Gilead has been established in the east of the country after a civil war. Women's rights have been taken away from them and are subjugated in this patriarchal society.

This sequel tells us what happened next from the perspective of three women: Aunt Lydia, Agnes and Daisy. We learn something of how Gilead came to be in flashback accounts from

Aunt Lydia, how the outside world sees Gilead, and the life-changing decisions that are made for young girls in Gilead by society.

As a fan of the original, I found this to be a gripping read that did not detract from the power of the 1985 novel. Is it a satisfying ending? Is everything resolved with the end of Gilead? I'll leave it up to you to make that discovery.

## THEATRE SHOES BY NOEL STREATFEILD

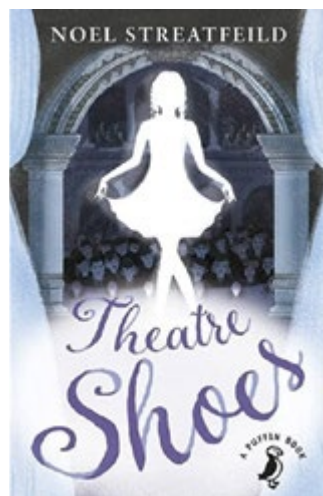
If you have a child who loves to perform – dancing, singing, acting – then this is the book for them! Noel Streatfeild is best known for her novel *Ballet Shoes*. Whilst it may not have the classic status that *Ballet Shoes* does, this is still well worth reading.

Originally published as *Curtain Up*, this follows the story of Sorrel, Holly, and Mark. After the death of their mother, and the disappearance of their father whilst serving in the Navy, the siblings are sent to wartime London to stay with their grandmother who they have never met. They find themselves in a world they have never experienced as they discover that their grandmother (and their mother) used to be a famous actress. She seems keen that the children follow in the

family tradition, even though they have no experience, and they find themselves enrolled at Madame Fidolia's Academy of Dancing and Stage training. Fans of *Ballet Shoes* will recognise this as the stage school attended by the Fossil girls.

Sorrel soon discovers a passion for performing, starring as Ariel in a production of *The Tempest*. Mark is determined to join the Navy like his father – despite being a talented singer – whilst Holly shines at dancing. Readers of *Ballet Shoes* will notice a similarity with the paths of the Fossil children, and they do indeed make cameos.

Ultimately, this story is about coming to terms with loss and discovering an extended family, albeit with the smell of greasepaint and a pirouette or two.



# VOTED **NO.1** MOBILITY RETAILER IN THE UK

## Budget 4 Wheel Walker



SAVE  
10%  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
**£39.99\***

- Height adjustable Arthritic friendly cable brakes
- Removable tray, shopping basket and a walking stick holder
- Easily manoeuvrable

## Adlington Riser Recliner



SAVE  
£100  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
FROM  
**£499\***

- Supportive lateral backrest with a lift over headrest for optimum comfort
- Upholstered in luxurious fabric and a convenient side storage pocket
- Max User Weight: 19.6 stone

## Explorer Boot Scooter



SAVE  
£100  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
**£799\***

- Height adjustable seat which swivels 360 degrees, for easy transfer on and off the scooter
- Black puncture proof, non marking tyres
- Suspension system
- 2 year Warranty

## Bellavita Bathlift



SAVE  
£300  
ON  
MRP

ONLY  
**£199\***

- Assists with comfortable bath transfers
- 3 recline positions for relaxation
- Fits to the base of the bath



## Budget Travelchair



SAVE  
£20  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
**£69.99\***

- Extremely lightweight and ideal for those who need to lift it in and out of a car regularly
- Seat belt for added safety
- Great for occasional use
- Max User Weight: 18 stone

**20%  
OFF ALL  
SLIPPERS**



## Scooter Lock



SAVE  
£5  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
**£7.99**

# SALE NOW ON!

## Round Bath / Shower Stool



SAVE  
£3  
ON  
PREVIOUS  
PRICE

SALE  
PRICE  
**£15.99\***

**£50  
OFF ALL  
POWER  
CHAIRS**

## STAIRLIFTS REPAIRS



**SAVE  
£200  
ON ALL CURVED  
STAIRLIFTS**

### 24 Hour Callout Service

We have people on the phone 24 hours a day, seven days a week plus overnight and weekend engineering support



## INSTALLATIONS

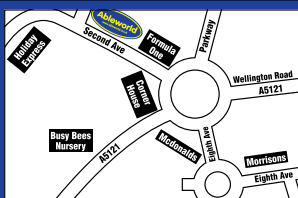
Reconditioned  
Straight Stairlifts:  
**FROM ONLY  
£495\***

New Straight Stairlifts:  
**NOW FROM ONLY  
£1145\***  
Saving £100  
ON SELECTED MODELS

New Curved Stairlifts:  
**NOW FROM ONLY  
£2795\***  
Saving £200

**INCLUDES FITTING & WARRANTY**

**FREEPHONE 0800 096 5440 FOR A FREE NO OBLIGATION SURVEY**



## BURTON ABLEWORLD

Second Avenue, Centur One Hundred  
Burton-upon-Trent, Staffordshire, DE14 2WF

**Tel: (01283) 546867**

burton@ableworld.co.uk  
Close to Morrisons Supermarket

Further details on all our stores can be found on: [www.ableworld.co.uk](http://www.ableworld.co.uk)

facebook.com/ableworld twitter.com/ableworldUK  
**www.ableworld.co.uk**

Voted UK's no.1 Mobility Retailer 2019,  
by Access & Mobility Professionals



NHS Vouchers Welcome Where Applicable

\*VAT Exempt - Ask in Store for Details

MRP - Manufacturers Recommended Price.

Previous Price - Sold for 28 Days in Last 6 months at our Nantwich Store

Insurance/Warranty is arranged by Ableworld UK Ltd and provided through Mark Bates Ltd t/a Premier Care, Premier House, Lendesthorpe Road, Grantham, Leics, NG31 6SN

who are authorised and regulated by the Financial Conduct Authority. FCA 308300.

Calls made to this number may be recorded for monitoring and quality purposes



## REASONS TO GIVE BADMINTON A GO! BY TRACEY ANDERSON

Badminton is a great sport for people of all ages and fitness levels. Those who play regularly are more mentally alert, with better fitness and agility levels. It's also a very social game and what we need right now are low-risk ways to socialise, because socialising is good for our mental health. Played at a high level it can burn up to 450 calories an hour but even a gentle to-and-fro with the grandkids in the local park will burn 150-200 calories.

Badminton, like tennis, requires total engagement. Players need to predict how an opponent will play a shot and then plan a counterattack, which improves mental agility. There is research to suggest that sports which involve a combination of both mental and physical activity offer a protective effect against dementia.

Badminton requires a lot of movement, in multiple directions. It requires short sprints, jumps, stretches, and lunges as players strive

to reach the shuttlecock, which means that legs, arms, and core muscles are all being worked. This builds strength and flexibility.

Badminton is a great 'build-up' sport. You can start as slow as you like, tapping the shuttlecock over the net, trying to keep a rally going for as long as possible. As you improve and become quicker on your feet your shots will naturally increase in speed and strength, and you will almost certainly want to introduce an element of competitiveness. Played at higher levels the shuttlecock travels at impressive speeds. Badminton is actually the fastest racquet sport in the world. Professional players can smash the shuttle at speeds of over 200mph! This speed encourages players to improve co-ordination and core stability. Again, studies have shown that people with good core strength and co-ordination are less likely to suffer falls as they age.

The best way to get started is to find a friend of similar fitness level and get out and give it a go. Having a practice partner will make you both more likely to commit to playing regularly. It's near impossible to play properly competitively outside as you are at the mercy of any breeze and a shuttlecock is 12 times lighter than a tennis ball. But if the aim is to improve agility and fitness while socialising and having fun, don't let that stop you. By the time sports facilities open back up your confidence will have grown, and you may be ready for the next step of joining a badminton club or regular session. And the beauty of badminton is that it can be played indoors all winter, so rain never has to stop play. If you're a more accomplished badminton player who is missing their fix you could try crossminton, which is designed for outdoor play, doesn't need a court, and combines elements of badminton, tennis, and squash.





**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](mailto:mgdecorator@yahoo.co.uk)

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

**ScarsdaleVets**

Stapenhill & Stretton

*We are #stillhereforyou*

## We are still here for you and your pets

Please bear with us whilst we implement necessary safety precautions for pets, clients and our teams. We are working hard to ensure that we can offer the best veterinary service possible during these challenging times. We are still offering:

- 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**

# 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](http://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*

# PET TOP TIPS - TREATS

Scarsdale Vets practice nurse Hollie Azzini RVN shares her tips for ensuring your pet's treats are both tasty and safe!



## Human Food

Check before giving your pet human food. Many foods can be high in fat and cause tummy upset or even toxic and irreparable damage to their organs. Our pets have allergies too and human food can cause very scary side effects - even healthy food like fruit and veg isn't always safe.

## Dental treats

Keeping your pet's teeth clean is essential for their health, however dental treats aren't always the best way to do this. They often contain a lot of fat and can add to your pet's waistline while not actually doing much for their teeth. Use sparingly!

## Puppies and Kittens

Young animals have very different needs when it comes to treats. Their baby teeth are fragile so it is important to ensure treats are soft and suitable for puppies and kittens. Bones and hard treats can cause fractures in baby teeth and cause a lot of pain, leading to tooth removal.

## Dairy

It is very common for people to give their pets

yogurt or milk as a treat. Unfortunately our pets are not able to digest dairy very well and it can affect their digestive system, giving them stomach ache or diarrhoea. It is better to avoid dairy altogether and buy specific dog or cat milk instead.

## Excessive treats

It is important to ensure we don't give too many treats - some pets will eat all their treats as well as their regular meals and start to gain weight. This can cause health problems such as joint pain, diabetes and breathing issues. Others will eat less regular food when full of treats but this can be just as bad! While they won't gain weight, their nutrition is being affected. Complete pet food contains everything your pet needs whereas treats don't, so they could be missing out on essential nutrients.

## Training

Using treats when training is important so that they know when they are doing something right. However, this can lead to using excessive amounts of treats. Use small breakable treats or ones they can lick so

they still get a reward but it is smaller in volume. They really don't mind if the treat is tiny! Toys can also be used as rewards.

## Health concerns

Some pets with certain health problems require particular food and nutrition. Treats can get in the way of this and cause unwanted issues. It is important that treats are suitable for your pet's condition as well as their main diet.

## Appropriate timing

Inappropriate timing of treats can accidentally lead to rewarding unwanted behaviours and can confuse our pets. It is important to reward the behaviour we enjoy, so time the treats carefully and if not during training always ask for a command your pet knows, such as "sit," before they receive the treat.

*For more information or any concerns you may have, please call 01283 568162 or 01283 565333 (Stretton) to make an appointment to see our clinic nurse for a free chat.*



## LOCAL LINKS SUDOKU

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

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.

13/87

## 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**

## THINGS YOU SHOULD KNOW

### LAST MONTH'S SUDOKU PUZZLE SOLUTION:

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

### COMPETITION WINNERS

Congratulations to our June Magazine **TLC Foods** competition winners, who have each won a £50 voucher:

*Rebecca Ellerton, Tatenhill*

*Becky Roberts, Lichfield*

*Mrs W. Brown, Stretton*

*Janelle Jones, Barton-under-Needwood*

Look out elsewhere in **LOCAL LINKS** this month to win a £50 nail and beauty voucher from **Sculpted by Rose**.

# **GOLDING**

**SKIP HIRE**



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



[www.golding-skips.co.uk](http://www.golding-skips.co.uk)

**BOOK ONLINE OR CALL:**

**01283 544389**

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

# Architectural Design



niche  
architecture



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

We provide the complete architectural service from planning through to construction. Our drawings are of the highest quality and accuracy with exceptional attention to detail.



Call us on 01283 499451

[www.nichearchitecture.co.uk](http://www.nichearchitecture.co.uk)

[enquiries@nichearchitecture.co.uk](mailto:enquiries@nichearchitecture.co.uk)

