

LOCAL LINKS

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

ISSUE 145
FREE

HOT STUFF!

Alternative flask fillers for
winter walks

SPICE UP YOUR LIFE

A look at the flavours
of Christmas

WIN an EXPERT WATCH REPAIR
from Repairsbypost.com

Check out our

What's On Guide

full of local and community events

Your independent, free local magazine

Delivered free to Ahewas, Barton under Needwood, Fradley, Rangemore, Tatenhill & Yoxall

GOLDING

SKIP HIRE



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

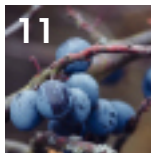


www.golding-skips.co.uk

BOOK ONLINE OR CALL:
01283 544389

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

LOCAL LINKS



Dear Readers,

As the year draws to a close, many of us are finding ourselves totally in awe of the year we've just had... and no doubt a few of us will be glad to see the back of it! But, ever the seekers of silver linings, we've found a few things to be thankful for, have a read on pg13. This Christmas be thankful for your loved ones, lost and living.

We'll certainly be heading out for walks between bouts of feasting, so in the spirit of spirits, we've found some fun and festive drinks to fill your flasks with!

And as is the flavour of the month, we take a look at "Why is it we associate spices with Christmas?".

Wishing you health and happiness for the festive season.

Love always,

The **LOCAL LINKS** team

ISSUE 145

SALES

Heather Digby
Sarah Deakin

DESIGN

Liona Baldwin

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:

Ewe Move, Angela Sargent,
Repairsbypost.com, Scarsdale
Vets

Next issue deadline:

Tue 22nd December

Next issue out from:

Wed 13th January

This magazine

Alrewas,
Barton,
Fradley,

Rangemore,
Tatenhill &
Yoxall

We also deliver a
magazine free to:

Branston,
Brizlincote Valley,
Rolleston,

Stretton &
Walton on Trent

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 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.



**FULLY FITTED
ROLLER
GARAGE
DOORS**

FROM **£895** * WAS £1,000 INC VAT

* Offer valid on all quotations for the above roller doors. Excludes Cornwall, Devon, Dorset, Devon, Somerset, Devon & Cornwall.

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

Made To Measure...
ROLLER GARAGE DOORS

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

CALL US TODAY

Phone: **01283 430 233**
Mobile: **07537 149 128**

CE Approved

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



Simon Richardson
Legal Services
Limited

Former partner and head of private client services at Smith Partnership with over 30 years experience in all areas of the law, latterly specialising in:

- Advice on protecting against care fees and inheritance tax
- Lasting Powers of Attorney
- Administration of deceased estates including contested estates
- Property matters including disputes
- Appointments available 7 days a week, within and outside office hours

Telephone: 07495 491328
or email: richsdr@aol.com

STAY SAFE



 **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



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

From as little as...
£297 +VAT

Over 15,000 people have chosen us to fit their loft ladders, this is because we offer:

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

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

more than ladders
"most effective space"

TOP FURNITURE

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



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

Cash4Clothes4You

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

Burton Upon Trent
Unit 2
Manor Trading Estate
Burkiss Lane
Burton Upon Trent
DE14 9RX



14.99 per 10 items
Free to call 0800 111 111

YES PLEASE

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

NO THANKS

- ☒ Soiled or damp clothes
- ☒ Duvets and Pillows
- ☒ Work clothes or bagged 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



Our guardian Angels help you to stay safe and stay connected

Visiting Angels are continuing to deliver vital care and support in the community

We know that Covid-19 is a major concern for our clients and their families, even more so when they cannot be together. So our carers are trained to help you stay connected to loved ones when you can't be with them in person, with sanitised smart phones and iPads and appropriate PPE, they will assist with regular facetime calls.

They will also help with socially distanced trips out into the community as necessary, to help clients stay connected, whilst staying safe by following all the current guidelines.

We can help with shopping, personal care and companionship, to hospital discharge support and end of life care. We can visit from one hour each week to every day, for as long as you need us to help with:

- Companion & Social Care
- Personal Care
- Dementia & Alzheimer's Care
- Post-Hospital Stay Care
- Palliative
- End of Life Care
- Staff fully trained on infection control
- Extensive stocks of PPE

Find out how a Visiting Angel can help on **01283 319 400**
www.visiting-angels.co.uk/eaststaffs | eaststaffs@visiting-angels.co.uk

Visiting Angels. 
QUALITY AT HOME CARE

Hot Stuff!

Many of us have taken to enjoying the outdoors, whether it's short walks from the home or longer rambles in the countryside, getting some fresh air has been worthwhile. As the colder weather sets in, there's no reason to discontinue stretching your legs and headspace, just fill a flask with something warm and head on out! But if you're weary of tea or coffee, and now that the festive season is upon us, why not try something a little different or a touch more decadent!

Mulled Apple Drink

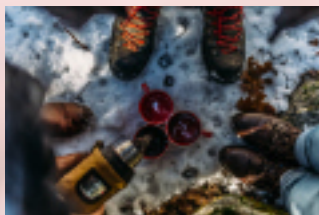
We're sure many of you have tried this as an alternative to mulled wine but try this recipe that uses apple juice instead of cider so that it's suitable for children and designated drivers. You can always make the 'adult version' by adding a splash of brandy or rum!

Ingredients (serves 4-5)

2 cinnamon sticks
4 allspice berries (or pinch of ground allspice)
4 whole cloves (or pinch of ground cloves)
Peel from 1 orange
Peel from 1 lemon
2 tbsp maple syrup
1 litre of apple juice

Method: Put the cinnamon sticks, cloves, allspice, orange peel and lemon peel into a large sauce pan. Add the maple syrup and apple juice then heat until almost at

boiling. Reduce heat to low and simmer for 30 minutes. Serve in a mug and add a splash of rum for the grown-ups!



Peppermint Mocha Chocolate

Try this very decadent hot chocolate recipe. The coffee and the mint schnapps will certainly put a spring in your step! This could be adapted for children by leaving out the schnapps and substituting the milk chocolate for mint chocolate to keep the minty flavour.

Ingredients (serves 1-2)

1 cup of milk
1 tsp of coffee
50g dark chocolate
25g milk chocolate
A splash of mint schnapps
Whipped cream
Crushed candy canes

Method: Heat the milk in a saucepan over a low heat. Add the coffee and both types of chocolate. Whisk until everything is melted and combined. Remove from heat and stir in the schnapps. Serve in mugs topped with whipped cream and a sprinkle of crushed candy canes. Absolutely delicious!

Modern Hot Toddy

According to legend, the Hot Toddy originated on the damp streets of Edinburgh, mixing whiskey with hot water and spices, with the water said to come from Tod's Well, hence the name. It's origin is also said to be traced back to British-occupied India and the Hindi word "taddy", referring to a fermented drink made from palm sap, originating from the 1600s!

Whatever the true history there is no doubting that when the cold weather demands a stiff drink, this one is hard to beat. Try this very modern twist on a classic drink!

Ingredients (serves 1)

2-3 cardamom pods
1 tsp butter
2-3 slices of fresh ginger
1 tsp brown sugar
Pinch of orange zest
Pinch of nutmeg
Vanilla essence
1 measure of whiskey
Hot water

Method: Add the dry ingredients (including the butter) to a mug. Mix the whiskey and hot water then pour over the spices etc. Mix well and serve with a cinnamon stick and a drop of vanilla essence.

Whether you're out walking or snuggled up at home in front of the tree, we're sure you'll enjoy!

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



Lockdown Paint at Home Click & Collect Takeaway Kits

See our Website
for details

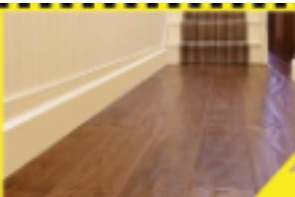


Barton Marina, Barton under Needwood, DE13 8AS

Tel: 01283 711341

www.themugtug.co.uk

HOME of FLOORS



BURTON'S WOOD, LAMINATE & KARNDEN FLOORING SHOWROOM

HOME of FLOORS

With over 300 Laminates and 100 Real Wood designs on display

Karndean ✓

Balterio ✓

Underfloor Heating ✓

Parquet ✓

Carpet ✓

Quick-Step

COREtec

Aqua Step

Vinyl Click

Installation Service

Call 01283 544 486

Unit 2, Burton Enterprise Park, Hawkins Lane DE14 1QG
(next to Heron Villaville, opposite Speedy Hire)

www.homeoffloors.co.uk



FREE UNDERLAY WITH ANY FLOORING PURCHASE OVER 10M² WITH THIS ADVERT
*Terms & Conditions Apply



Christmas Turkey

With UK turkey farmers talking of the difficulty of fulfilling Christmas orders due to Covid-related staff shortages, or turkeys being too large for many families in the UK facing the possibility of a more modest celebration this year, due to restrictions on gathering numbers under current rules, it might be time to look at alternatives to the traditional turkey roast or to look at some creative ways of making the most of the inevitable turkey leftovers.



Lemon Turkey Soup

Something a little lighter after Christmas Day excess!

Ingredients (4 people)

Olive oil

1 red onion, chopped

1 garlic clove, minced

1-2 carrots, thinly sliced

1 stick of celery, chopped

1/2 red pepper, diced

500ml chicken stock

250g cooked turkey, chopped

2 tbsp lemon juice

2 tsp lemon zest

Handful of spinach leaves

Salt and pepper

Method: eat oil in a large pan on medium heat. Cook onion and garlic for a couple of minutes until fragrant. Add carrots, celery, pepper: cook until carrots start to soften.

Add chicken stock to the pan and bring to a boil. Reduce heat to low and simmer for 20-30 minutes.

Stir in the chopped turkey, lemon juice, lemon zest, spinach leaves and simmer until spinach is wilted. Season with salt and pepper and serve.



Turkey Paella

Try this take on a Spanish classic.

Ingredients

100g chorizo, chopped

1 onion, chopped

2 cloves garlic, chopped

1 green pepper, chopped

250g white rice

1 can chopped tomatoes

1/2 tsp saffron

1 tsp smoked paprika

250g cooked turkey

1 tbsp chopped parsley

100ml white wine

1 litre chicken stock

Method: In a large pan, fry the chorizo in oil until coloured. Add onions and pepper and cook for 5 minutes. Add garlic, paprika, salt, pepper and the saffron. Add the rice and cook for a couple of minutes until coated with the cooking oil. Add the wine and cook until almost evaporated. Add the turkey, tomatoes and half of the chicken stock. Cover and cook for 10 minutes. If it gets too dry add more stock. Continue cooking until rice is just tender, 20-30 mins. Serve and sprinkle with the chopped parsley and lemon wedges.

Or if you fancy, dispense with the turkey this year and try an alternative bird:

Pheasant, Grouse, Duck, or a Partridge or a Pidgeon per person looks like a feast treat!

Taking the uncertainty out of divorce

Going through a divorce isn't easy, a lot of uncertainty lays ahead. But getting legal advice is the first step in this difficult time and can help put your mind at ease. We have accredited and experienced professionals that can help guide and advise you every step of the way.

Contact us for now for advice on divorce and the processes involved to put your mind at ease.



Astle Paterson
Solicitors with a history

01283 531366
astlepaterson.co.uk



Family
Law



resolution
First for family law

MCB 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.electriciansinburtonuponrent.co.uk

5 Nucleus Close, Bramston, Burton on Trent, Staffordshire DE14 3HP

BROKEN LOCKS?

Call the Experts!

Friendly, professional,
experienced local
locksmith established
for 18 years



- uPVC door & window locks
- Composite door locks
- Wooden door locks, mortice etc
- Garage door locks
- Aluminium door locks
- Burglary repairs

All Work Fully Guaranteed

Call Anthony

01283 686123

access-locksmith.co.uk

Access
LOCKSMITH

TRUSTED
TRADE

By The Barn *by Angela Sargent*

*"They gave him of the corn
land, that was of public right,
As much as two strong oxen
could plough from morn till
night." - Chaucer*

Under lockdown, unlike so many in cities across the UK, we are so lucky to live where we do! The beautiful English countryside, particularly here in Derbyshire, has never been so appreciated by us and those that live nearby.

Whilst we welcome anyone exercising or just enjoying a ramble on our many footpaths, it is important that notice is taken of the countryside code-gates left as they are found, litter taken home, care taken when near livestock and not allowing dogs to roam too freely (disturbing and displacing wildlife) and please be aware you are walking through someone's home and workplace.

December is a mixed month-short days, dark nights and cold, bleak, dreary weather and we are bringing in our remaining cattle, to pass the next few months indoors. Dairy cattle will be in already and cattle are quite happy to be dry, warm and well fed and

watered. Just like us, they won't move far if everything is to hand.

We let ours out into the yards whilst we scrape out and bed and some will jump and skip about, happy to stretch their legs, others have to be pushed out and lurk by the gate, ready to come in at any opportunity. We also take the chance to check water troughs and electrics when they're out of the way.

It's a fallacy often promoted by single agenda groups, that farmers do not care about the welfare of their animals. Of course there are those who don't (as in society as a whole) but mostly, our livestock is treated fairly and sensitively and the UK ranks as one of the only four countries world wide reaching the highest grade for commitments to animal welfare. There is also a strong legal framework alongside assurance initiatives.

We have put the rams in with the ewe flock and they have been on fresh pasture to make sure they've had enough nutrition for their pregnancies. Last years lambs have been sold in batches through the

livestock market, but we still have quite a number left.

The question is do we sell all as quickly as possible, because of brexit (at the time of writing no trade deal with the EU, our largest customer has been done and there is no 'third country' legislation in place either for imports/exports), or do we keep them and assume everything will be sorted?

Luckily over a million people lobbied to make sure there was a trade and standards commission in place to scrutinise deals on the agriculture sector's behalf, showing consumers do care how their food is produced.

Our fields are full of wheeling crows and pigeons and field fares chatter as they swoop and settle then lift and swirl around to land again further along. The plaintive cry of a young buzzard as he flaps clumsily after his parents echoes eerily and sparrows argue as they feast on hedgerow fare of hips, haws and left over sloes.

Wishing you a good Christmas, whatever your circumstances for what the year ahead brings.

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

FAMILY FUNERAL DIRECTOR OF THE YEAR



T. J. PARRY & FAMILY
INDEPENDENT FUNERAL DIRECTORS

Our family, caring for your family

- Private Chapel of Rest
- Grey Mercedes hearse and fleet
- Established family business
- Floral and masonry services
- 24 hour professional and personal service
- Pre-paid and pre-arranged funeral plans
- Dove Bereavement Support Group
- Horse-drawn carriage, VW hearse, motorbike hearse and alternatives available



t: 01283 205285

e: info@tjparryfunerals.co.uk

w: www.tjparryfunerals.co.uk

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



Yoxall Podiatry

Specialist in the
diagnosis & treatment
of foot conditions

Problem nails, diabetic foot issues,
skin conditions, painful feet
Need help to care, improve your foot
health and function?

For all your foot health needs,
with over 17 years NHS experience

For clinical appointments call Lydia's Beauty
Rooms Yoxall on:

01543 473767

For home visits call: 07486 646571
Georgina Wilson
BSc (Hons) Podiatry MCPod



Auld Lang Syne or Good Riddance?

Let's face it: for many people 2020 has been a fairly terrible year. Is it all bad though? Well, believe it or not there are many positive outcomes from the consequences of lockdown.

Community Spirit

Despite lockdown, many communities have thrived during the pandemic with support groups springing up to help the vulnerable. From volunteers doing shopping and collecting medicine for the elderly and nearly a million people responding to the Governments plea for NHS volunteers.

Reduced Carbon Emissions

With the slowing down of the economy, fossil fuel usage has also diminished. It's estimated that carbon emissions have reduced by nearly 10% in 2020. This has led to significantly cleaner air and beautiful blue skies in many locations across the planet.

Love For Essential Workers

Ordinarily, delivery drivers, shelf-stackers and supermarket cashiers are not thought of as heroes. But the pandemic has highlighted the essential roles played by key workers that we all depend on in our daily lives. Across the world, people have been publicly applauding medical staff and suddenly these often low-paid workers are getting the appreciation they deserve too.

Families and Friends

While a lot of us have spent a lot of time in isolation, many people have reported being more in touch with their family and friends than ever. Furloughed workers suddenly have found themselves with more free time and through technologies such as Zoom and other video platforms, it's possible to connect with loved ones online. With less time spent commuting to the office families have also had more dinners together.

Life Restructuring

It's a common idea that time alone provides a healthy opportunity to stop, breathe and reflect on your current situation and direction. While lockdown rules are limiting people's normal social lives, it's also been a good time to think about what really matters to you. Whether it's pursuing a new career, moving to the countryside or focusing on your family, now is the time to make that change.

Learning Has Increased

During the pandemic there has been an incredible surge in people spending time to learn: whether it's a new language, an instrument, how to bake bread or virtual museum tours via the internet - learning is definitely one of the biggest positives of lockdown.

So despite the disconnection from the 'normal' treadmill, we've found a reconnection with some very important things. Stay well and be safe!



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
enquiries@nichearchitecture.co.uk



Alrewas Fryer

Fish & Chips
Kebabs - Burgers - Wraps
Sausages & Pies - Chicken
Sides & Sauces - Drinks



We are open as normal for walk in
customers and also call and collect orders

41 Main St, Alrewas, Burton-on-Trent, DE13 7AE

Phone: 01283 790432

Open as normal: Monday - Saturday 12pm - 2pm & 4.30pm - 9.30pm

*Merry Christmas to all our customers
from Chris and Staff*



www.facebook.com/alrewasfryer



Peter Coates Traditional Butchers Alrewas

Coates Home Delivery Service

Now Shop online at

www.coatestraditionalbutchers.co.uk

ORDER NOW FOR CHRISTMAS

**A family
Business
for over
110 years**

100 Main street
Alrewas
Burton on Trent
Staffordshire
De13 7ae



*Free delivery available
See champagne
Fine wines
Staffordshire Gin*



**PACKINGTON
PORK**

TEL: 01283790205

info@coatestraditionalbutchers.co.uk

HAPPY CHRISTMAS AND NEW YEAR FROM THE BCOSY TEAM!



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!

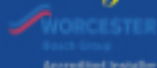
t:01283 713592

text/whatsapp: 07961024732

w: www.bcosyheating.co.uk

e: service@bcosyheating.co.uk

Bcosy Heating Ltd



CW Tree Services



Burton Tree Surgeons. Specialists in Tree
Care and Maintenance with over 25 years
experience

Fully qualified to NPTC standard and fully
insured for peace of mind

Hedge cutting & maintenance work

Ecology & Recycling - as well as taking
trees down, we strive to recycle as much
of the tree as possible

Thinning, shaping and pruning - we can
deal with all your garden maintenance

Stump grinding service also available

We undertake Local Authority, Private
Business and Commercial contracts and
also provide services for the general public

Tree surveys & mortgage reports
undertaken



Call us today on:

01283 711 702 / 07774 917 385

Email: cwtreeservices@gmail.com

www.cwtreeservices.co.uk

at the cedars

Luxury gifts and accessories which are a
little bit different but a lot more special!

WE ARE OPEN AGAIN!

NOW 10.00am to 4.00pm, TUESDAY TO SATURDAY

*We appreciate people's concerns so if you want a
private viewing even outside normal opening times,
please call or email us to make an appointment.*

**PLEASE CONSIDER SHOPPING LOCAL AND SUPPORTING
SMALL BUSINESSES DURING THESE DIFFICULT TIMES**

SHOP ONLINE:
www.atthecedars.co.uk
tel: 07973 549685

Just off Main Street (behind No.48)
Barton-under-Needwood DE13 3AA

Christmas Top Tips by Robert Woodward BVetMed MRCVS

We at Scarsdale Vets want Christmas to be not only a happy and enjoyable time for you and your family, but also for your household pets. Here are some top tips to keep your pets safe and content this holiday:

Secure your Christmas tree

Christmas trees are a seasonal favourite but can pose hazards to pets. Firstly make sure that your tree is secure so that it can't be easily pulled over. Also try to hide or cover electricity cables for Christmas lights so that they are not easily accessible to chew. Food items should also not be left beneath the tree that animals could eat.

Amazingly we do see the odd animal every year with pine needles stuck in their foot causing irritation or infection. For this reason it is recommended to keep the floor around the tree clear of needles and restrict access of pets to the room where the Christmas tree is kept.

Keep Christmas decorations away from pets

Decorations are lovely but should always be placed away from easy access to animals. Ribbons or tinsel when ingested can cause gut obstructions. Mistletoe is also poisonous when eaten or chewed.

Give your pet the right treat

Of course it is fine to give your pet the occasional treat, so long as it is not given in such amounts as to replace their daily diet. Small bits of chicken or turkey are fine and generally well tolerated by many healthy animals. If your pet is on a prescription diet we even have recipe's available for you to make your own treats out of their food.....please feel free to contact the surgery for more details.

Chocolate, some nuts and dried fruit (raisins, sultanas and currants) should all be avoided as they can prove very toxic to dogs.

Give your pet space to relax

Christmas can be a stressful period not only for us adults, but also for our pets. The sudden influx of visitors and increased attention can be overwhelming. Here just giving your pet a space to escape away from activity can be a real help to relieve stress. Pheromone sprays or diffusers are also available to promote a calming environment for dogs and cats. Come in and ask us for advice if this is a concern.

Care exercising your pet

Keep your dogs wrapped up, warm and dry this winter with the large selection of coats available in our shop. If we don't have what you want....don't be afraid to ask and we can get most items in by the next day.

Care should be taken in exercising your dogs in icy conditions, especially around lakes or ponds, where putting them on the lead is advisable.





Pool House Equine Clinic

Putting your horse first

Our seventeen equine vets are all passionate about providing a wide range of top quality care for your horses and ponies. We offer a unique range of expertise which, coupled with our modern equipment, enables us to provide bespoke treatment for your horse.

All Routine Work
Colic Surgery
Fertility Work
Performance Investigation
Headshaking Treatment
Standing MRI Scanner
Advanced Dentistry
Lameness Clinics



Crown Inn Farm, Rykneld Street
Fradley, Lichfield, Staffordshire, WS13 8RD
01283 799700
equine@poolhousevets.co.uk

www.poolhousevets.co.uk

Wrapping Tips

It's the job that always takes longer than you think and ends with a good dose of backache when you're done. Make wrapping easier by:

- ◆ Don't buy flimsy paper! You'll poke more holes than your sanity can handle!
- ◆ Cut bigger than you think you need so you don't have a gap where the paper should join!
- ◆ Wrap at a table or standing at a counter so your posture is better. Sitting on the floor will destroy you... not to mention add fluff to your tape!
- ◆ Lumpy items? Find a box, straight edges are much easier to wrap!
- ◆ Listen to Christmas music and enjoy a festive drink or seven... your wrapping will look spectacular to you when you're done!



Specialists in Tree Care

FAIRVIEW ARBORISTS LTD

Fairview Arborists Ltd
Professional tree surgeons

All Aspects of Tree Surgery
INC. STUMP GRINDING

We provide a full range of arboricultural services to domestic & commercial clients throughout the Midlands

For a FREE quote call: **01543 473255**
www.fairviewarb.co.uk



Yoxall Windows & Plastics Ltd
Specialists in all types of UPVC

- 10 YEAR INSURANCE-BACKED GUARANTEE
- FENSA REGISTERED
- ENERGY A-RATED WINDOWS
- COMPOSITE DOORS
- CONSERVATORIES



www.yoxallwindows.co.uk
e: info@yoxallwindows.co.uk • m: 07748 845 959



Some **great news** for denture wearers

“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

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 Technicians can create all types of comfortable, secure and stable dentures that will restore your smile and transform your appearance.

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 894875
Coalville 01530 886209
Burton-on-Trent 01283 809679
Wolverhampton 01902 275575

www.beautifuldentures.co.uk

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

GET ONE AREA CLEANED, SAVE 50% ON ADDITIONAL AREAS
+ FREE STAIN GUARD

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

WIN!

Expert Watch Repair by Post!



This month's Local Links lucky readers will be in with a chance to win one of several watch repair prizes worth over £350!

Family run for over 21 years, Repairs By Post, is the first 5* company to offer qualified, fully guaranteed, secure, door to door watch repairs online, by post.

All top brands are covered e.g. Swiss quality battery replacement and service for TAG Heuer, Omega, Ebel and many more, all fully insured.

Passionate about watches, specialists with over 30 years' experience, combine industry knowledge with high-end watches, repairing over 20,000 watches for over 500 brands.

Founder Jonathan Goldstone says: "It is recommended a watch is serviced professionally every 3-5 years to maintain optimum condition, accuracy and extend its lifespan.

Repairs By Post takes pride in every watch, is forward thinking, straightforward, transparent, focused on quality at a fair price. It is obsessively passionate about helping customers maintain and optimise their emotional and financial investment.



1st Prize - Service of a quartz movement watch including battery or mechanical replacement up to the value of £200.

2nd Prize - Quartz service up to the value of £100 for brands such as Michael Kors, Mondaine, Emporio Armani. Please see website for brands.

3rd Prize - Battery replacement up to the value of £59.99 for the

likes of Maurice Lacroix, Tissot, TAG Heuer or x 2 fashion watches.

There's also 10% off list price, for the first 10 readers to apply, using code: links*102020.

For more information visit: www.repairsbypost.com

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
Repairs By Post 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 12th of January, and the winners will be announced in our February edition. Good luck to everyone who enters!

*Terms and Conditions apply.



Need to extend or re-model your home?

Making your Plans reality

- Design Concepts
- Building Plans
- Planning Permissions
- Building Control
- Project Tendering
- Project Management



Call now: 01283 703160

makingplans-architecture.co.uk



After

GET INTO YOUR LOFT & GET INTO THE FESTIVE SPIRIT

If you're thinking about pulling decorations out of the loft or just decluttering for the holiday season – let us make it safe and easy for you this Christmas.

OUR SPECIALIST SERVICES

- Loft ladders & loft hatches
- Boarding, lighting & insulation
- Super simple storage solutions for Christmas & all year round

YOUR PEACE OF MIND

- Professional & friendly
- No fuss or mess
- Lifetime Guarantee



01785 595146

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

Spice Up Your Life!

Not just for adding to curry recipes, spices play a key part in many of the well-known tastes of Christmas: from mulled wine to adding an extra taste to your ham joint.

One theory is that the Crusaders brought back the idea of using Spices in food and associated it with the celebration of Christ since he was born in modern day Palestine. It also helped to firmly establish Christmas as a Christian holiday, replacing the pagan Sol Invictus. Another theory is that the strong smell and taste of spices helped to mask the taste of meat that was past its best!

Many spices also have natural medicinal properties. We take a look at the four most used spices at Christmas.

Allspice

Despite its name, Allspice isn't a mixture of many spices it's actually a single spice. It's Caribbean in origin and is the dried berry of the Pimenta Diocia tree, a relative of Myrtle. It was the English who gave it the name Allspice when it was discovered in the 1600s due to it tasting similar to a combination of cinnamon, cloves and nutmeg.

Allspice can be used in both sweet and savoury dishes but it's perhaps best known in Caribbean/Jamaican 'jerk seasoning'. It also has many

medicinal properties with many folk medicines using it as a key ingredient. It's often used to treat colic, stomach upsets and for general pain relief.

Cloves

Cloves are a very pungent spice made from the flower buds of an evergreen tree called, appropriately, The Clove Tree!

The dried buds are shaped like a small reddish-brown spike and they can be used whole or ground. Ground cloves are very pungent so be careful with the amount you use in recipes!

Cloves are grown in India, Madagascar and Indonesia. At one time, the trade in Cloves was so lucrative in the Spice Islands that in 1667, following the Second Anglo-Dutch War, the British relinquished the Spice Islands to the Dutch in exchange for New Amsterdam, which is now known as Manhattan Island!

As well as being used in many sweet and savoury recipes, the essential oil from Cloves is very commonly used in aromatherapy for stress relief. Cloves are often used in Indian and Chinese medicine as a warming and stimulating substance.

Cinnamon

True Cinnamon dates back to Chinese writings in 2800 B.C and is native to Ceylon (Sri

Lanka). So prized, centuries ago it was said to be worth fifteen times the same weight in silver!

As well as a key flavour for many sweet and savoury cuisines, Cinnamon was widely used by doctors and medieval physicians. The spice was also valued for its preservative qualities for meat - the phenols it contains inhibit bacteria responsible for spoilage, with the added bonus that the strong aroma masked the stench of aged meats. The Egyptians also used it in their embalming process!

Ginger

Ginger is the root of the giner plant *Zingiber Officiale* and belongs to the same family as turmeric and cardamom. It's widely available in six different forms: fresh, dried, pickled, preserved, candied and powdered and is easily used in sweet and savoury cooking. The taste of fresh ginger compared to powdered ginger is very different and is not easily exchanged in recipes.

Ginger also has many health benefits especially stomach upsets or gastrointestinal problems. There is also scientific evidence that it can help control nausea, reduce pain and improve joint function for people with arthritis and is a natural antibacterial.

Virtual Christmas What's Online Guide!

MONDAY 14TH DECEMBER

Christmas Story and Rhyme Times

Free event! Starts 2pm-2.30pm. Join us for our special Christmas themed story and rhyme time. Suitable for under 5s and their parents/carers. This event will be taking place via Zoom. www.eventbrite.co.uk/e/christmas-story-and-rhyme-times-tickets-127871580339?aff=ebdssbnonlineasrch

TUESDAY 15TH DECEMBER

See Ability's Christmas Concert

Free event! Starts 7pm-8pm. Join us virtually for an evening of special songs and some of your Christmas favourites performed by Bryan Ederly and Amy Boujenah. www.eventbrite.co.uk/e/seeability-christmas-concert-tickets-128259572835?aff=ebdssbnonlineasrch

WEDNESDAY 16TH DECEMBER

Christmas is Murder

Starts 7pm. The Queen of Crime Val McDermid, master of the dark and sinister story, presents Christmas is Murder, a festive collection of chilling tales. Tickets £3 - £10: www.eventbrite.co.uk/e/a-christmas-zoom-chat-with-val-mcdermid-christmas-is-murder-tickets-127439321441?aff=ebdssbnonlineasrch

THURSDAY 17TH DECEMBER

Zola the Kind Hearted Elf

Free event! Starts 4.15pm-5pm. Follow the story of Zola the Elf on a wonderful Christmas adventure that begins on Christmas Eve when Santa is out and about delivering presents to children all over the world. This is a special, festive workshop that focuses on the themes of selflessness, kindness, friendship and fun. www.eventbrite.co.uk/e/zola-the-kind-hearted-elf-tickets-129852898515?aff=ebdssbnonlineasrch

FRIDAY 18TH DECEMBER

Festive Quiz & Social

Free event! Starts 4pm-6pm by zoom. Test your trivia knowledge and get in the festive spirit at the Drama and Film online quiz and social! Silly hats and festive outfits very welcome! www.eventbrite.co.uk/e/festive-quiz-and-social-tickets-130410466215?aff=ebdssbnonlineasrch&keep_tld=1

SATURDAY 19TH DECEMBER

Virtual Storytime with Santa

Spreading some christmas cheer with a virtual storytelling session with Santa, the elves and Mrs Claus. The event will feature 2 short stories and will be read by an authentic Mrs Claus. This will be followed by a virtual Christmas quiz for all the family to enjoy! Tickets £6: https://www.eventbrite.co.uk/e/virtual-santa-claus-story-session-tickets-130718848595?aff=ebdssbnonlineasrch&keep_tld=1

Big Christmas Concert - Live

Starts 7.30pm. Watch and be part of Alistair Griffin's live streamed Big Christmas Concert from Castleton Church. With a stirring mix of festive tunes with Alistair and his band in a magical candlelit setting. Tickets £15: www.eventbrite.co.uk/e/big-christmas-concert-livestream-tickets-129030683247?aff=ebdssbnonlineasrch

SUNDAY 20TH DECEMBER

Don Giovanni - Royal Opera House

1st - 27th December. Kasper Holten's visually striking production accentuates the beauty and invention of Mozart's dazzling tragicomedy. Available to watch for £3: <https://stream.roh.org.uk/packages/don-giovanni-2019>

MONDAY 21ST DECEMBER

Humbug

Starts 10am. Deep beneath the city a secret world full of wonder awaits; where wizards bake endless gingerbread, goblins bottle festive cheer, and there's a whole department devoted to detangling fairy-lights! Tickets £10: www.divegehub.org/hub/humbug

TUESDAY 22ND DECEMBER

The Snow Queen

Starts 11am and 2pm. From the comfort of your home, join Holly this Christmas for a magical, snow-filled adventure, inspired by the classic fairy tale by Hans Christian Anderson, 'The Snow Queen'. Clap your hands, make some magic and join in with the whole family, wherever they are in the world. Tickets £20: [https://iris theatre.ticket solve.com/shows/873616142/events/128289744?utm_source=thelists&utm_medium=listing&utm_campaign=snow _queen](https://iris theatre.ticket solve.com/shows/873616142/events/128289744?utm_source=thelists&utm_medium=listing&utm_campaign=snow_queen)

WEDNESDAY 23RD DECEMBER

Cinderella

Starts 1pm & 6pm. You shall go to the ball next Christmas, with the Fairy Godmother of all pantomimes Cinderella! With sparkling sets and lavish costumes, amazing song and dance numbers, giggles galore and bags of audience participation, fun and laughter is guaranteed for the whole family. Tickets

THURSDAY 24TH DECEMBER

Father Christmas Storytime

Free event! Starts 6pm. He is very busy getting ready for Christmas but he has found the time to read a bedtime Christmas Story to you, recite some poems and have a little chat! If there is time at the end he will give a few shout outs and a hello! <https://fantasticforfamilies.com/online-events/13475/father-christmas-bedtime-storytime?StartDate=2020-12-24-1800&EndDate=2020-12-24-1845>

FRIDAY 25TH DECEMBER

Christmas Day All-Day Events

Free event. Starts 10am. Start your Christmas day with a powerful Pilates session, end with some cocoa and a festive film! It wouldn't be a The Social Programme Christmas without our Christmas Day events. This year we have a whole day of events ready for you – so mark your calendars, and get ready for one of the busiest, jolliest days of the year! www.eventbrite.co.uk/e/christmas-day-activities-ual-social-tickets-130790007433?aff=ebdssbnonlineasrch

Christmas Day Church Service

Free event! Starts 8am. A live traditional language eucharist service streamed online: www.lichfield-cathedral.org.

SATURDAY 26TH DECEMBER

Virtual Christmas Lights Tour

Starts 6pm. Explore London by night on this 90 minute guided Christmas tour, when we walk among the illuminated streets in all their glimmering splendour. We discover hidden passages, fashionable Mews and meticulously decorated designer shops accompanied by historical stories of those shopping and living in the area. Tickets: £16.76: www.eventbrite.co.uk/e/virtual-christmas-lights-tour-tickets-127985027663?aff=ebdssbnonlineasrch

SUNDAY 27TH DECEMBER

Enigma Variations - Royal Opera House

4th December - 3rd January. Enigma Variations portrays the essence of British ballet, with music by Elgar, period designs by Julia Trevelyan Oman and Ashton's signature choreographic style. Available to watch for £3. <https://stream.roh.org.uk/products/enigma-variations-2019>

MONDAY 28TH DECEMBER

The Big Christmas Quiz

Free event! Starts 6.30pm. 'Tis the season to get quizzing – a great opportunity to challenge your family and friends in our live, interactive online quiz. www.eventbrite.co.uk/e/the-big-christmas-quiz-tickets-131075429137?aff=ebdssbnonlineasrch

TUESDAY 29TH DECEMBER

A Festive Evening

Starts 7pm. Streaming LIVE online in high quality from Penny Cars Stadium in Airdrie. Join us for a festive evening of fun, live music, surprise guests, live interviews, interactive audience Q&A and celebrity santa will be giving away signed goodies to random viewers. Tickets £16.50: www.wegotickets.com/event/509106

...helping you stay safe.

THURSDAY 31ST DECEMBER

London of Charles Dickens

Starts 7pm. An affectionate celebration of the real places behind this timeless classic. A revealing virtual tour of the City Dickens knew so well. Tickets £8: <https://www.eventbrite.co.uk/e/the-london-of-charles-dickens-a-christmas-carol-tickets-126752962523?aff=ebdssbonline>

FRIDAY 1ST JANUARY

Festive Meditation

Free event! Starts 11am. The sessions last 30 minutes, ideal for you to implement into your morning routine! Mental and physical wellbeing are important for all. www.eventbrite.co.uk/e/festive-meditation-with-alix-ual-social-tickets-130699432521?aff=ebdssbonline

MONDAY 4TH JANUARY

Acting Lessons for Young People

Free event! Starts 6pm. Ages 11-14. Lesson are for all abilities and are designed to help young people develop their performing arts skills and confidence. www.eventbrite.co.uk/e/acting-lessons-for-young-people-aged-11-14-tickets-121231840699?aff=ebdssbonline

TUESDAY 5TH JANUARY

Public Speaking for Beginners

4 weekly 2hr sessions. Starts 7pm. Dread speaking in front of others? You're not alone. We can help you to conquer that fear painlessly, enjoyably and from your own home! Course £20-£25. www.eventbrite.co.uk/e/master-the-fundamentals-of-public-speaking-for-beginners-tickets-129739563527?aff=ebdssbonline

WEDNESDAY 6TH JANUARY

Grief Sessions

Free event, starts 11am. This is an opportunity to remember people and things that have died, fallen apart or have been lost in today's complex world. www.eventbrite.co.uk/e/grief-sessions-tickets-131174838473?aff=ebdssbonline

THURSDAY 7TH JANUARY

Singing Lessons for Young People

Free event! Starts 5pm. Ages 11-16. Our free sessions are for young people who enjoy singing. No need to read music or have any previous singing experience, just a love for music! <https://www.eventbrite.co.uk/e/singing-lessons-for-young-people-aged-11-16-tickets-121230970095?aff=ebdssbonline>

FRIDAY 8TH JANUARY

The Beginner's Guide to Whisky

Prebooking essential so that you can be sent whisky samples. Starts 7.30pm. - You will receive a "World of Whisky"

Tasting Pack (6x 25ml whiskies), a Whisky Club bespoke Glencairn tasting glass and a guided whisky tasting experience via Zoom hosted by Amy, owner of The Whisky Club. Tickets £42.40: www.eventbrite.co.uk/e/online-tasting-the-beginners-guide-to-whisky-tickets-127472450531?aff=ebdssbonline

SATURDAY 9TH JANUARY

DIY Mask Sewing Workshop

Free event, starts 11am. Delivered online and are designed to help develop new skills, promote connectivity and reduce social isolation as a result of the pandemic. www.eventbrite.co.uk/e/diy-sewing-workshop-sew-your-own-face-mask-tickets-126705241789?aff=ebdssbonline

SUNDAY 10TH JANUARY

Silent Mindfulness Online Retreat

Free event! Starts 9am. Relax and listen to teachings on mindfulness and silence - and practise mindfulness techniques that nurture tranquillity, serenity, equanimity, and insight in these challenging times. www.eventbrite.co.uk/e/register-your-interest-for-silent-mindfulness-online-day-retreat-tickets-128853627669?aff=ebdssbonline

TUESDAY 12TH JANUARY

Online Writer Training

Starts 7pm. A 2-hour online workshop to learn the tricks of how to make sure you make the most of the writing time you have, and keep your motivation. Tickets £30: www.eventbrite.co.uk/e/online-writer-training-session-how-to-get-writing-and-keep-writing-tickets-121526175061?aff=ebdssbonline

Is That a FACT?

Starts 7.30pm. Help your kids tell fact from fiction online. Webinar for parents (grandparents and other adults) to help children spot misinformation in their newsfeeds, searches and social media. Tickets £15. www.eventbrite.co.uk/e/is-that-a-fact-help-your-kids-tell-fact-from-fiction-online-tickets-130245005317?aff=ebdssbonline

WEDNESDAY 13TH JANUARY

Book Club: The Courage to Be Disliked

Free, starts 6pm. Wildly popular in Japan, written by Ichiro Kishimi. Everyone assumes that their past behavior influences how they think about the world, but it is not our patterns that control us in the present, but our goals. www.eventbrite.co.uk/e/book-review-discussion-the-courage-to-be-disliked-tickets-123285693829?aff=ebdssbonline

FRIDAY 15TH JANUARY

Virtual Charity Skincare Party

Free event, please make a charity donation! Starts 5pm. As the sessions are virtual anyone can attend from the comfort of their homes. Before each session, participants will be sent free Mary Kay sample products which they would use during the skincare sessions. www.eventbrite.co.uk/e/virtual-charity-skincare-party-registration-123671513827?aff=ebdssbonline

SATURDAY 16TH JANUARY

Tales Tattled & Told on Zoom

Free event, donations welcome. Starts 7.30pm. Lichfield-based storyteller Maria Credali joins the Tales Tattled & Told crew for an evening of storytelling by and for grown-ups. www.list.co.uk/event/1612963-123671513827?aff=ebdssbonline

Mind Charity Comedy Gala

Starts 8pm. Oxfordshire Mind and Jericho Comedy are taking over The North Wall Arts Centre for their annual Oxfordshire Mind Comedy Gala. Tickets £11.37: www.eventbrite.co.uk/e/oxfordshire-mind-comedy-gala-2021-streaming-tickets-only-tickets-130587714369?aff=ebdssbonline

COMPETITION WINNERS

Congratulations to our **Boar's Head** competition winners, each winning a **£25 Voucher**:

Les Allen, Barton-under-Needwood
Jenni Curtis, Stretton
Michelle Wright, Burton-on-Trent
Helen Rakic, Burton-on-Trent
Paula Bates, Rolleston-on-Dove
Joanne Alderson, Barton

Look out elsewhere in **LOCAL LINKS** this month to win Expert Watch Repairs worth up to £200!

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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



Say no to dieting in 2021... ✗ Say yes to a healthy relationship with food

- ✓ Nutrition and mindset support packages personalized to you and your lifestyle
- ✓ 1-2-1 Initial consultations and follow up support
- ✓ Family support package including a home visit
- ✓ Online, live and interactive 8 week course to develop intuitive eating
- ✓ Supported by a qualified Nutritionist (BSc, MMedSci) with further training in behaviour change and intuitive eating
- ✓ Burton-upon-Trent based

Sign up by Friday 18th December to receive a **10% discount off the 8 week Online Intuitive Eating Course**. Visit www.healthyintuition.co.uk for further details.

Call to book your place 0751514666

www.healthyintuition.co.uk
support@healthyintuition.co.uk



Healthy Intuition
nourish your future

NEEDWOOD
PLUMBING & HEATING SYSTEMS

INSTALLATION MAINTENANCE
& REPAIR TO DOMESTIC PLUMBING
& CENTRAL HEATING SYSTEMS

Telephone: 0845 838 7808
Mobile: 07760 780842
email: info@needplumbing.com
www.needplumbing.com

ESTABLISHED 1983

iphe

Barton Handyman Services

HOME REPAIRS & REFURBISHMENT & MORE
PAINTING / DECORATING
GARDEN TIDYING FENCE REPAIRS
NO JOB TOO SMALL
FROM CHANGING A BULB TO POINTING A WALL GIVE ME A CALL

PHONE PETER 07740026085

CRB / DBS CHECKED TRADES PERSON

Wishing everyone a safe Christmas

I'm Dreaming of a Green Christmas!

Christmas really doesn't necessarily have to be all about excessive consumption and unwanted gifts that are destined for landfill. Here are some alternative ideas for more ecological and ethical gifts this year.

Zero Waste Starter Kit



£26.00 from LowToxBox

This eco-friendly set is a great way to help reduce your daily plastic consumption and help save the planet. Plus, for every box purchased a new tree is planted. Kit includes a reusable Tote bag, mesh shopping bag, reusable vegan wax food wrap, stainless steel straw and other sustainable items.

Book: Plant Conservation



£14.99 from RHS Bookshop

For the keen gardener, this book discusses ways to adapt our gardens to make a positive local contribution to tackling environmental issues.

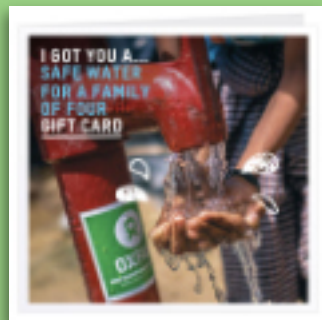
Ethique Pinkalicious Shampoo Bar



£12.99 Holland & Barrett

Wash away the guilt of those pesky single use plastics with this delightfully refreshing shampoo bar to keep your hair heavenly. The turtles will thank you!

Charity Gift Card



From £10.00, Oxfam

This is the perfect present for someone who doesn't want a physical gift.

Oxfam have a range of e-cards and gift cards that help fight poverty. For a limited time, all proceeds of Unwrapped gifts are helping people affected by the coronavirus pandemic

Life is already challenging enough for people facing conflict, disaster and poverty. There couldn't be a better time to use your gift to help others.

E-mail us at local@locallinksmedia.co.uk or call us on **01283 564608** 27



PURE AND SIMPLE PLANNING THAT PROTECTS WHAT MATTERS MOST.

Put your estate and lifetime wealth in good hands.

- Wills
- Lasting Power of Attorney
- Trusts
- Probate & Estate Administration
- Funeral Plans

Your local Consultant, Nicki Evans, based in Barton-under-Needwood will be happy to visit you for a 'no obligation consultation' in the comfort of your own home, at a time that is convenient for you.

Nicki will listen to your concerns, assess your current estate planning requirements and discuss any areas where you may be exposed.

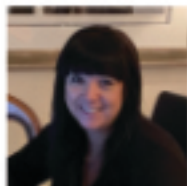
Please contact Nicki today for a telephone appointment using the link or number below.

Nicki Evans

Your local Estate Planning Consultant

0800 993 0427

www.honeyfriends.co.uk/nickievens



A Gift
For You
20%
Discount

Please present this leaflet for a 20% discount on Honey Legal estate planning products and a free Will consultation.

Feeling Festive

Local estate agent EweMove is feeling festive! The local agency is celebrating the season by giving their For Sale boards a Christmas makeover. Their quirky sheep mascot; Ewenice, has been given a Santa Hat to keep her warm this Christmas.

Branch Director Victoria Sylvester commented 'The reaction from our customers has been "baa"rriliant, we often get lots of comments about our sheep logo and we thought giving our mascot Ewenice a Christmas makeover would be a bit of fun!'

'Anyone who lists their property for sale before

Christmas will have a Christmas board outside their property. It's a great way to increase the exposure of the property too and get more interest from buyers'.

Victoria is participating in a 'reverse' advent calendar this year. This involves putting an item of food in a box each day, and at the end of the 25 days



donating the items to Burton Food Bank. She is encouraging others to join in with this idea and she will be happy to collect complete boxes of food donations and deliver them to the food bank. You can contact Victoria on 01283 247 076 to request a collection.

She is also getting involved with Christmas Jumper day for Save The Children by sporting her best Christmas jumper on Friday 11th December. To show your support and donate £2 simply text TEAMEWEMOVE to 70050. If you want to join in, get involved and make sure you tag EweMove Lichfield & Barton-under-Needwood on Facebook!

ChipsAway

LIKE IT NEVER HAPPENED

✓ BUMPER SCUFFS

✓ KERBED ALLOYS

✓ PAINTWORK SCRATCHES

✓ MINOR DENTS

Don't delay, repair it today!

Professional quality automotive paint and bodywork repairs that are quick convenient and fully guaranteed.

Professional Quality

- Our state of the art Car Care Centre allows us to deliver quality repairs to everyday damage
- Painless Dent Removal specialists

Convenient

- Same day repairs
- Collection and return service from home or work
- Mobile estimates

Value for Money

- We specialise in repairing everyday car paint and bodywork damage and because we don't deal with major crash repairs, we don't have the expensive overheads that a traditional bodyshop might have - meaning we can pass these savings onto our customers.

For a **FREE** no obligation estimate, pop into our Car Care Centre, or call **01283 529 309**
www.chipsaway.co.uk/davidscott

FIND US HERE

ChipsAway Car Care Centre
Unit 7
Trent Industrial Estate
Wetmore Road
Burton-upon-Trent
DE14 1DY

LOCAL LINKS SUDOKU

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

Sudoku is a logic puzzle where you follow one simple rule:
Simply fill in the boxes so that the nine rows, the
nine columns, and the nine 3x3 squares
all contain every digit from 1-9.

LLJ-72-30

R.E. Russell - Trading as

Fabriclean
SPECIALIST CLEANERS

Upholstery inc:

Leather, Carpets, Oriental Rugs,
Curtains & Soft Furnishings

Deodorising inc:

Carpets & Fabric Protection Products
All Services Fully Insured

Contact

Bob Russell

Telephone: 01543 432356

Mobile: 07701 027311

email: bob-russell@hotmail.co.uk

A friendly, efficient service from an
established family business since 1988.

*Thinking of all my customers and friends
at this trying time. Best wishes, Bob.*



**Barn Store is
an independent
self-storage business**

**We rent private storage
units from 40 sq. ft
through to 320 sq. feet
for COMMERCIAL or
DOMESTIC USE**

WHY STORE WITH US?

- FAMILY RUN BUSINESS - we live on the site
- RURAL LOCATION
- EASY ACCESS - no traffic congestion
- ALL ON ONE LEVEL - no lifts
- CLEAN, DRY, INSIDE STORAGE
- 24/7 ACCESS
- VERY COMPETITIVE RATES

YOU HAVE

- EXCLUSIVE USE OF YOUR OWN SPACE
- THE ONLY KEYS
- NO NEED FOR LADDERS
- UNDERCOVER LOADING BAY
- SECURE, SAFE STORAGE

OUR FACILITIES

- ELECTRONIC FOB DOOR ENTRY
- CCTV
- FULLY ALARMED
- FREE USE OF TROLLEYS
- PACKAGING
- SPECIALIST UNITS - store paintings, books, etc



Winner



SSA
self storage
association
UK & Ireland



Tel: 01283 711 564 Mob: 07815 741 729
www.barn-store.co.uk

Sheehall Lodge,
Dunstable,
Burton on Trent
DE13 6BN

VOTED NO.1 MOBILITY RETAILER IN THE UK



MOBILITY ESSENTIALS

**LARGE RANGE AVAILABLE IN STOCK OR DELIVERED
WITHIN DAYS. ASK STAFF FOR DETAILS**



**FREE
HOME
DEMO'S**

IF YOU NEED HELP DURING ISOLATION PLEASE CALL AND WE WILL HELP WHERE WE CAN. WE ARE TAKING EXTRA PRECAUTIONS

3 FOR 2



ON SELECTED CONTINENCE CARE

**FREE CONTACTLESS
HOME DELIVERY**



WITHIN 30 MILES*
SEE IN STORE OR VISIT OUR WEBSITE
FOR MORE DETAILS. *Subject to order volume.

RISER RECLINERS

FROM ONLY £299*

DELIVERED BEFORE CHRISTMAS



LARGE RANGE AVAILABLE
ASK IN STORE FOR STOCK AVAILABILITY

ADJUSTABLE ELECTRIC BEDS

**CALVERLY 3 FOOT
FROM ONLY
£549***

DELIVERED BEFORE CHRISTMAS



STAIRLIFTS



**OFTEN FITTED
WITHIN DAYS**

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

New Straight Stairlifts:
FROM **£1245***
ONLY

New Curved Stairlifts:
FROM **£2995***
ONLY

FREEPHONE 0800 096 5440
FOR A FREE NO OBLIGATION SURVEY



BURTON
ABLEWORLD

Second Avenue, Centrum One Hundred
Burton-upon-Trent, Staffordshire, DE14 2WE

Tel: (01283) 546867

burton@sibleworld.co.uk

Close to Morrisons Supermarket

Further details on all our stores can be found on: www.ableworld.co.uk



Reverse Advent Calendar



1 Cereal	2 Peanut Butter	3 Rice Pudding	4 Coffee
5 Biscuits	6 Tinned Fruit	7 Jam	8 Tinned Tuna
9 Tea Bags	10 Apple Sauce	11 Long Life Fruit Juice	12 Cranberry Sauce
13 Baked Beans	14 UHT Long Life Milk	15 Rice	16 Custard
17 Pasta	18 Tomato Sauce	19 Chicken Soup	20 Tomato Soup
21 Tinned Sweetcorn	22 Pot Noodles	23 Tinned Carrots	24 Christmas Cake

On each day, add an item to a box.
Then on Christmas Eve, donate the
box to a food bank.

Victoria Sylvester
Branch Director

Our reverse advent calendar is a great way for you to donate food for families living in poverty in the local area, to give them a treat this Christmas.
If you're struggling to get to a food bank, you can contact me on 01283 247 076 and I will collect it from you.

EweMove.com/BartonUnderNeedwood

