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ISSUE 147  
FREE

## PANCAKES

Cook the perfect crêpe

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LAWN TREATMENTS  
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# LOCAL LINKS



## ISSUE 147

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Including:  
Angela Sargent, GreenThumb

Dear Readers,

*Here we are, February already and hopefully with the worst of the winter weather behind us! The evenings are starting to get a little lighter but that wintery cozy feeling is still lingering, so with that in mind we've included a delicious slow-cooker chicken recipe for you to try.*

*We have two important dates to remind you of, Pancake Day... that one always sneaks up on us and finds us without eggs or lemons and Mothers' Day, an important one to celebrate now more than ever! Ever wondered how Mothers' Day came about? Look no further than these fine pages!*

*Well it seems a long way off, but you'll be kicking yourself come summer when your lawn is a mess of weeds and moss. Enter this month's competition from GreenThumb with a chance to avoid summertime garden disaster!*

Stay safe!

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# Luscious Leeks

**S**aint David's Day is celebrated on the 1st of March. The date was declared a national day of celebration within Wales in the 18th century. St David was renowned as a preacher, founding monasteries and churches in Wales, Cornwall and Brittany.

A great way of celebrating St David's Day - even if you're not Welsh - is to make our simple and tasty Leek & Potato soup!

## INGREDIENTS

- 4 leeks, approx 500g
- 1 medium onion, chopped
- 2 potatoes, approx 500g
- 25g butter
- 1 ltr chicken or vegetable stock (or use 2 stock cubes in 1l water)

- 225ml (1/2 pint) milk

## METHOD

- Trim the leeks and chop finely, then wash them in water and drain well.
- Peel and chop the potatoes into roughly 2cm (3/4 inch) cubes. Peel and chop the onion finely, too.
- Melt the butter gently in a large saucepan. Stir in the leeks, onions and potatoes on a low heat for ten minutes to get a nice coating of butter over the vegetables.
- Add the stock and milk, then cover and simmer for 20 minutes, until the vegetables are soft and cooked through. Make sure it doesn't boil over.
- If opting for a chunky soup, serve now. For a smooth texture, let it cool for five minutes before emptying the

saucepan into a food processor and blending to a purée.

- Return the soup to the saucepan and reheat gently, seasoning to taste if required. Serve.

## DID YOU KNOW?

The leek was the favorite vegetable of the Emperor Nero, who consumed it in soup or in oil, believing it beneficial to the quality of his voice. Maybe that's why the Welsh are such great singers!





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# A Moment for Mum

**M**othering Sunday is the fourth Sunday of Lent, falling this year on Sunday 14th March. Although it's often called Mothers' Day it has no connection with the American festival of that name.

## MOTHER'S DAY

The concept of a national day to honour one's Mother was created by Anna Jarvis, of Philadelphia, Pennsylvania. Following the death of her mother, Anna Maria Reeves Jarvis, in 1905, Anna Jarvis dedicated herself to establishing Mother's Day as a national, and later an international, holiday. The first



Mother's Day was celebrated in Grafton, West Virginia, on May 12th 1907. Anna handed out 500 white carnations at her mother's church following her death. She dedicated herself to making Mother's Day a recognized holiday, a goal that was realised when President Woodrow Wilson declared it so in 1914.

Religious festivals celebrating motherhood have existed for thousands of years; in the Roman religion the festival was in honour of the mother goddess Cybele. As Europe converted to Christianity, celebrating mothers became

part of the church calendar as the fourth Sunday in Lent, to honour the Virgin Mary and the Mother Church.

In modern times, the day is a celebration of thanks to Mothers, and it is traditional for Mothers to have the 'day off' from household work, and be looked after for the day. Although the notion that it is mothers that should be solely responsible for the 'house work' is somewhat outdated too, thankfully!

This Mothers' Day, be sure to give your Mum that extra needed skype, zoom, facetime, or telephone call to remind her how loved she is.



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# By The Barn *by Angela Sargent*

So, going into the year ahead, what are our main concerns for the farm?

I hope that, amidst the Coronavirus problems, our government sees fit to support us with regard to consumption of our produce and to remain steadfast when it comes to upholding our standards.

We will see financial farm support start to reduce from this year anyway and if the market holds up for our produce then that's fine, but if there is the ever increasing run for lower prices then that becomes a problem.

Luckily a deal with the EU was obtained but it will be quite a

while before we see the effects, at least we have no barriers to trade.

The ewes are grazing out still and are quite insulated against snow and frost with their thick fleeces, which have regrown after summer shearing. They can usually find food no matter what the weather and have a metabolism which can utilise rough pasture. As they're not due to lamb for a couple more months, they are not under any physical demands yet, but will be supplementary fed as they get closer to lambing.

We still have a number of last years lambs, which have 'stood still' (not put any more weight on) because of the

weather but we have started giving them some corn to help them 'finish' for market and Ted has regular work rounding them up to bring them in for weighing and then taking them back out.

I have posted a number of short videos on Instagram/ Twitter, showing some of what we do. If interested take a look- @bythebarn



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## Ditch the diet....but don't give up

Do you want a better relationship with food? To be able to enjoy food without guilt, to socialise without shame and to choose food without constant restrictive thoughts. It is mentally exhausting.

Imagine if you could start to relax around food, reduce the constant thoughts about losing weight and start using that energy for the more important things in your life?

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# Pancake Puzzle

**W**hy do we associate pancakes with Shrove Tuesday? Whether eating them or even racing with them, Shrove Tuesday has become inextricably linked with Pancakes, much like Easter with chocolate eggs.

Shrove Tuesday, this year falling on 16th February, is the day before Ash Wednesday, which itself is the first day of Lent.

Lent is a period associated with fasting and prayer, though in modern times it has become a time to 'give up' something.

Foods seen as rich and pleasurable, containing things like sugar, fat and eggs, were restricted during this time.

To save wasting those types of food over the following forty days, Shrove Tuesday would see a final day of feasting before the ritual fasting, combining all the frowned-upon ingredients into a tasty dish. For this reason, the day is also known as 'Fat Tuesday'.

Shrove Tuesday is on 16th February this year, and there are many ways to get the whole family involved.

It can be a lovely family event. Take time and involve the children in a shopping trip, firstly to carefully write a list together and then let them select the ingredients for the pancakes at the shop. Back at home, toddlers can help weigh out ingredients, crack the eggs and stir the batter. Let your school-age children impress the family with their knowledge of Lent.

Set a pretty table and lay out an array of pancake toppings so everyone can help themselves and invent unusual combinations. If you find you are usually stuck in the kitchen tossing pancakes whilst everyone else is tucking in, try cooking in batches. Keep the pancakes warm in an oven at about 200°, (preferably in a single layer on a baking sheet wrapped in a tea towel to prevent them drying out) until ready to eat, so all the family can eat together.

## Shopping List to make about 8 Pancakes:

- 220g/8oz plain flour
- pinch salt
- 2 eggs
- 1 pint of milk
- 50g/2oz butter

### Method:

Melt the butter in the microwave using 10 second bursts so that the butter doesn't burn and is just melted.

Add the melted butter to the milk and add in whisked eggs. Combine the wet ingredients a little at a time into the flour and salt mix.

Once the batter is smooth, let the mixture sit in the fridge for 30 minutes.

Cook each pancake in a lightly oiled pan on medium high heat. Flip them when the top of the pancake starts to dry and is not runny.

Sprinkle when hot with sugar and lemon to serve!

**Top Tip:** When flipping pancakes have a broom handy for poking them off the ceiling and sweeping them off the floor.





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# Go Green!

**S**aint Patrick's Day (Lá Fhéile Pádraig in Irish) is an annual feast day to celebrate St Patrick who lived between 387 and 461AD, the most commonly recognised of the patron saints of Ireland, and is celebrated on 17th of March. The day is a national holiday in Ireland and his feast day marks the arrival of Christianity in Ireland.

Saint Patrick is not only the Patron Saint of Ireland, but he is also the Patron Saint of Australia, Nigeria, and Montserrat, which gives him a universal recognition in the Church and in the world.

St Patrick was most likely Scottish, by all historical accounts, Patrick was captured by an Irish raiding party

somewhere along the west coast of what is known today as Great Britain. It was more than likely Scotland because of its proximity to Ireland, although many would say Wales.

Patrick eventually escaped his slavery in Ireland and found his way back to his home but often thought about the Irish and prayed for their conversion to the faith. During his time in Ireland, even though he was a slave, he had developed a profound relationship with God and a great ability to pray.

Later, as he said himself in his "Confessions," he was tormented by the "Voice of the Irish," whom he had heard calling in the night: "Come back to us Patrick."

St Patrick, and have been since as early as the 17th century. St Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish. The main legend surrounding Saint Patrick is of how he banished all snakes from Ireland by chasing them into the sea.



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

# Comfort Slow Cooker Chicken

Slow cooking is the perfect solution for cold weather lazy days. Slow-cooking lends itself to using cheaper cuts of meat as the long time spent in the oven allows the meat to tenderise and take on the flavours of the spices, herbs and seasonal vegetables cooked with it. Add some liquid, such as wine or stock, and you can conjure meals with all the magic of traditional flavour.

Another important factor is energy efficiency - cooking uses a lot of energy because the oven, grill and rings operate at very high temperatures. Slow cookers, however, usually cook for around 8 hours (while you are out and about) and use the same amount of electricity as a light bulb - that is somewhere between 5p and 12p for 8 hours of use!

Most dishes can be prepared in a few minutes in the morning, thrown in the slow-cooker, and will be ready when you need it. Foods retain more flavour and goodness, and your meal is ready exactly when you want it.

As with any cooking method, however, there are a trick to ensure success every time.

## BROWN

Always brown meat or chicken for a few minutes before placing it in the slow cooker, so that it seals and doesn't become tough and rubbery. Make sure the oil is really hot and add the meat or chicken in batches otherwise it will not brown well. Browning the meat first will also give more depth of flavour to the cooked dish.

When you brown vegetables such as onions, garlic, peppers and carrots, add quicker-cooking vegetables last or they will become too mushy.



## RECIPE FOR SLOW ROASTED CHICKEN

15g butter  
1 tbsp olive oil  
3lb oven-ready chicken  
Salt and freshly milled black pepper

Finely grated rind of 1 lemon  
1tsp dried tarragon  
Juice of 1/2 lemon  
1 tbsp cornflour

1) Heat the butter and oil in a large frying pan, add the chicken and cook quickly, turning frequently, until browned all over. Transfer to your slow cooker

2) Lightly season the chicken with salt and pepper. Sprinkle on the lemon rind, tarragon and lemon juice

3) Put the lid on the slow cooker and cook on HIGH for 3-4 hours

4) Lift the cooked chicken out of the slow cooker and keep warm

5) Strain the juices into a jug and allow to settle for a moment, then spoon off the fat. Pour remaining juices into a small pan.

6) Blend the cornflour with a little cold water to make a paste and add to the juices in the pan, with enough water to make the required amount of gravy. Bring to the boil, stirring, until thickened. Season to taste and serve with the chicken.





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Celebrating a new spring and over 30 years of keeping lawns green, our competition for this month is in partnership with lawn treatment service **GreenThumb**.

For those who have never experienced the delights of a professional lawn treatment, **GreenThumb**, covering Ashbourne and Burton on Trent, is offering one lucky winner a whole year of free treatments, courtesy of **LOCAL LINKS**.

Not only that, but 100 Runners-up will win a free, one-off, non-obligatory lawn treatment to give their gardens a vitality boost for spring.

**GreenThumb** provides customers with a healthier, green lawn, using four seasonal pre-scheduled treatments which can be carried out whether the householder is in or not. The unique "Spring Ready Fertilizer" and Nutragreen mix has more active ingredients and its visible effects last longer than alternatives.

In addition to the First Place and Runner-Up prize, every **LOCAL LINKS** reader who contacts **GreenThumb's** team on **01283 735675**

can have a free, no-obligation lawn survey and soil analysis.

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,  
P.O. 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 16th of March, and the winners will be announced in our April edition. Good luck to everyone!

*\* Prizes are for lawns up to 400 square metres. Runner-up winners will be contacted by GreenThumb directly.*

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# Save Don't Spend

The best things in life are free, so they say, but we're charged for so much! This month we have ten top tips for keeping your money where it belongs, in your hands!

## 1. Cash machines

Some charge from £1.50 to withdraw cash with a debit card (often in local shops as a 'convenience'). Most bank-controlled ATMs won't charge you a penny.

## 2. ID fraud insurance

This is a total waste, as under the Consumer Credit Act and Banking Code you can claim back money from your bank or credit card if you're a fraud victim, without paying a penny.

## 3. Water in restaurants

Anywhere selling alcohol is legally obliged to offer tap water for free.

## 4. Calls abroad

Spending a fortune on phonecalls abroad? Download apps like Skype, Zoom or Signal for free international calls when you're on a WiFi network.

## 5. Debt Advice

If you're not sure who to turn to, ignore the services

advertised on TV, National Debt Line offer the service free.

## 6. Tupperware

If your favourite takeaway arrives in handy plastic containers with lids, keep them. Use them to store food or for taking sandwiches or pasta to work.

## 7. Books & Internet

Your local library may offer free internet, CDs and DVDs. Your taxes pay for the library, so get your money's worth!

## 8. Dental hygiene

Your NHS dental check-up should only cost £23.80, including a scale and polish, so why pay for a separate hygienist session? Check first with your dentist.

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# Peter Coates

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# Virtual What's Online Guide!

## MONDAY 15TH FEBRUARY

**Masterclass Nightscape Photography**  
Free event. Starts 8.30pm. For people with DSLR, lenses and a tripod, who already know their way around their camera's more detailed settings, the session is designed to give you some top tips to advance your nightscape photography skills. [www.eventbrite.co.uk/e/masterclass-nightscape-photography-kielder-battlesteads-observatories-tickets-134121146961?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/masterclass-nightscape-photography-kielder-battlesteads-observatories-tickets-134121146961?aff=ebdssbonlinesearch)

## TUESDAY 16TH FEBRUARY

**Online Life Drawing**  
Free event. Donations welcome. Every Tuesday at 7pm and Friday at 10am. Our life drawing sessions are perfect whether you're a complete beginner or the next Picasso! [www.eventbrite.co.uk/e/online-life-drawing-with-brixton-life-drawing-tickets-117373428083?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/online-life-drawing-with-brixton-life-drawing-tickets-117373428083?aff=ebdssbonlinesearch)

## WEDNESDAY 17TH FEBRUARY

**GCSE Yr11 Maths Top-Up**  
Free event every Wednesday. Starts 5pm. Supporting you, as you work your way through the Maths GCSE curriculum towards your exams in 2021. [www.eventbrite.co.uk/e/gcse-yr11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/gcse-yr11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbonlinesearch)

## THURSDAY 18TH FEBRUARY

**The Late Mary Shelley**  
Free event. Starts 5pm. A roundtable discussion about Shelley's later life and works, celebrating her many achievements after Frankenstein. [www.eventbrite.co.uk/e/the-late-mary-shelley-tickets-136636017005?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/the-late-mary-shelley-tickets-136636017005?aff=ebdssbonlinesearch)

## FRIDAY 19TH FEBRUARY

**Chinese Fan Dance Workshop**  
Free event. Starts 5.30pm. By the end of the lesson, you'll have learned a beautiful classical Chinese dance! The dance steps will be easy to follow, and you'll have a taste of Chinese culture while having fun. [www.eventbrite.co.uk/e/chinese-fan-dance-workshop-tickets-137490460669?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/chinese-fan-dance-workshop-tickets-137490460669?aff=ebdssbonlinesearch)

## SATURDAY 20TH FEBRUARY

**Harlots! – Covent Garden's History**  
Free event. Charity donations welcome. Starts 6pm. From the elegant Piazza to tiny gas-lit alleyways, unknown even to many Londoners, we will visit sites associated with some of the area's most fascinating characters. [www.eventbrite.co.uk/e/harlots-covent-gardens-sordid-history-tickets-133411945721?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/harlots-covent-gardens-sordid-history-tickets-133411945721?aff=ebdssbonlinesearch)

## SUNDAY 21ST FEBRUARY

**Vinyasa Flow Yoga**  
Every Sunday 10am. Contribution £5-£15 (pay what you can - contact for reduced rate due to financial circumstances). My yoga is for everyone. [www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbonlinesearch)

## MONDAY 22ND FEBRUARY

**Virtual Rhyme Time**  
Free event. Every Monday. Starts 10.30am. Join us via Zoom for a virtual rhyme time. Bring your instruments and play or sing along to your favourite songs and rhymes. [www.eventbrite.co.uk/e/virtual-rhyme-time-tickets-133087663785?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/virtual-rhyme-time-tickets-133087663785?aff=ebdssbonlinesearch)

## TUESDAY 23RD FEBRUARY

**Be Your Best Self**  
Free event. Starts 5.30pm. Join General Assembly as we present a panel discussion around mindfulness and empowerment. Come and learn tips and tools that will help you take control of your life and be your best self. [www.eventbrite.co.uk/e/be-your-best-self-mindfulness-empowerment-tickets-136961819489?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/be-your-best-self-mindfulness-empowerment-tickets-136961819489?aff=ebdssbonlinesearch)

## WEDNESDAY 24TH FEBRUARY

**Cuppa & Chat**  
Free event, every other Wednesday. Starts 8.30pm. An online get together with other SEND parents, carers and professionals who understand. [www.eventbrite.co.uk/e/cuppa-chat-online-tickets-102882187392?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/cuppa-chat-online-tickets-102882187392?aff=ebdssbonlinesearch)

## THURSDAY 25TH FEBRUARY

**The Pandemic and Privatisation**  
Free event. Starts 6.30pm. The new wave of privatisation in the NHS – and how to stop it. Join campaigners and health unions in developing new arguments and campaigns. [www.eventbrite.co.uk/e/the-pandemic-and-privatisation-tickets-133213835167?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/the-pandemic-and-privatisation-tickets-133213835167?aff=ebdssbonlinesearch)

## FRIDAY 26TH FEBRUARY

**The Baby Show Live @ Home**  
Tickets free to £10. 3 day event until 28th February, starts 9am - 6pm daily. Whether you are planning, expecting or already a parent, see 200 leading and boutique baby brands and listen to over 40 expert and celebrity speakers share their invaluable top tips and advice. [www.eventbrite.co.uk/e/the-baby-show-live-home-february-2021-tickets-132805381471?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/the-baby-show-live-home-february-2021-tickets-132805381471?aff=ebdssbonlinesearch)

## SATURDAY 27TH FEBRUARY

**Chinese New Year Traditions**  
Free event. Starts 10am. Join Business Confucius Institute teachers after the last day of the Chinese New Year period to learn about Spring Festival traditions. [www.eventbrite.co.uk/e/discover-chinese-new-year-traditions-tickets-137243273325?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/discover-chinese-new-year-traditions-tickets-137243273325?aff=ebdssbonlinesearch)

## SUNDAY 28TH FEBRUARY

**Biryani Masterclass**  
Tickets £39, starts 4pm. In this online class, we will cook 3 dishes- Chicken Biryani, Channa Masala and an accompanying Raita, which will all showcase how to use spices for flavour. [www.eventbrite.co.uk/e/online-biryani-masterclass-tickets-108668552566?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/online-biryani-masterclass-tickets-108668552566?aff=ebdssbonlinesearch)

## MONDAY 1ST MARCH

**Calling the Spirits**  
Tickets £4.77 - £11.04. Starts 7.30pm. Join author and screenwriter Lisa Morton to explore a history of Seances and how our fascination with talking to the dead grew and evolved. [www.eventbrite.co.uk/e/calling-the-spirits-a-history-of-seances-with-lisa-morton-live-on-zoom-tickets-137755001919?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/calling-the-spirits-a-history-of-seances-with-lisa-morton-live-on-zoom-tickets-137755001919?aff=ebdssbonlinesearch)

## TUESDAY 2ND MARCH

**An evening with Kazuo Ishiguro**  
Tickets £7.81 - £27.56. Starts 7pm. In his first global in-conversation event, Nobel laureate Kazuo Ishiguro will talk about his much-anticipated new novel, Klara and the Sun. [www.eventbrite.co.uk/e/an-evening-with-kazuo-ishiguro-tickets-132965476319?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/an-evening-with-kazuo-ishiguro-tickets-132965476319?aff=ebdssbonlinesearch)

## WEDNESDAY 3RD MARCH

**The Black History of Food**  
Free event, donations welcome. Starts 6.30pm. Conkies, Kenkes, Payme and Pasteles, Dukoonoo what are they? Hosted by Elaine Buchanan who has worked for three years as chef and head of hospitality at the Black Cultural Archives in Brixton. [www.eventbrite.co.uk/e/the-black-history-of-food-1-cornbread-conkies-and-cooking-tickets-129902685429?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/the-black-history-of-food-1-cornbread-conkies-and-cooking-tickets-129902685429?aff=ebdssbonlinesearch)

## THURSDAY 4TH MARCH

**Early Senses, Why Do They Matter**  
Free - £5.89. Starts 8pm. The webinar will outline the developmental role of sensation in early human development from conception until two years. [www.eventbrite.co.uk/e/early-senses-why-do-they-matter-tickets-13833832677?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/early-senses-why-do-they-matter-tickets-13833832677?aff=ebdssbonlinesearch)

# ...helping you stay safe.

## FRIDAY 5TH MARCH

### Games Advances from 2020

Free event. Starts 5.30pm. In this presentation we look back at some pivotal moments in gaming from 2020, a year when a locked down population found more time to play. [www.eventbrite.co.uk/e/games-advances-from-2020-despite-it-all-animation-and-games-sg-tickets-126988765817?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/games-advances-from-2020-despite-it-all-animation-and-games-sg-tickets-126988765817?aff=ebdssbnonlineasrch)

## SATURDAY 6TH MARCH

### Weekly Mandarin Corner

Free event. Every Saturday. Starts 2pm. Informal conversation sessions at two different levels (Beginner - Intermediate and Intermediate - Advanced) that enable you to get together with fellow classmates, make new friends and discuss Chinese language and culture in a relaxed, friendly environment. [www.eventbrite.co.uk/e/weekly-mandarin-corner-tickets-135709200873?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/weekly-mandarin-corner-tickets-135709200873?aff=ebdssbnonlineasrch)

## SUNDAY 7TH MARCH

### Online Life Drawing

Tickets £8. Starts 7.30pm. Life drawing online suitable for all drawing abilities and experience. Bella, a tutor from Draw Brighton, will run the class. [www.eventbrite.co.uk/e/online-life-drawing-with-bella-draw-brighton-tickets-1278861766987?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/online-life-drawing-with-bella-draw-brighton-tickets-1278861766987?aff=ebdssbnonlineasrch)

## MONDAY 8TH MARCH

### Kundalini Yoga & Gong Bath

Free event. Every Monday. Starts 7pm. Evening yoga class designed to inspire and give you the tools to transform your life and those around you. Open to all levels. [www.eventbrite.co.uk/e/kundalini-yoga-and-gong-bath-online-tickets-55890355558?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/kundalini-yoga-and-gong-bath-online-tickets-55890355558?aff=ebdssbnonlineasrch)

## TUESDAY 9TH MARCH

### Managing the Wobbles and Wobbles

Free event. Starts 6.30pm. Is your child wobbly & anxious? Are you unsure what to do, what will help & what won't help? Join in to our online seminar to find out more about managing anxiety in 4-11yr olds. [www.eventbrite.co.uk/e/managing-anxiety-in-4-11-year-olds-a-zoom-workshop-tickets-120949275539?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/managing-anxiety-in-4-11-year-olds-a-zoom-workshop-tickets-120949275539?aff=ebdssbnonlineasrch)

## WEDNESDAY 10TH MARCH

### Climbs in the Himalaya of Nepal

Free event. Starts 7.30pm. Mark has had a dozen climbing expeditions across a wide range of regions in Nepal. This includes his climbs on the easier trekking peaks. [www.eventbrite.co.uk/e/travels-and-climbs-in-the-himalaya-of-nepal-tickets-128139608017?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/travels-and-climbs-in-the-himalaya-of-nepal-tickets-128139608017?aff=ebdssbnonlineasrch)

## THURSDAY 11TH MARCH

### Ageless

Free event. Starts 7.30pm. Ageless is a guide to the science driving biology's biggest story: why we get old, and how we can stop it. With audience Q&A. [www.eventbrite.co.uk/e/ageless-the-new-science-of-getting-older-without-getting-old-tickets-136817415573?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/ageless-the-new-science-of-getting-older-without-getting-old-tickets-136817415573?aff=ebdssbnonlineasrch)

## FRIDAY 12TH MARCH

### Knitting Group

Free event. Every Friday. Starts 3.30pm. Knitting with others ensures we are not alone and yet we can be productive as well. Whatever your knitting level is, is irrelevant. We pass on tips, show what we are doing and learn at the same time. [www.eventbrite.co.uk/e/knitting-group-tickets-134008140957?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/knitting-group-tickets-134008140957?aff=ebdssbnonlineasrch)

## SATURDAY 13TH MARCH

### Secrets of Classical Guitar

Free event. Starts 3pm. Aimed at non-classical electric and acoustic guitarists, learn the secrets that classical guitarists use to develop your own playing. [www.eventbrite.co.uk/e/secrets-of-the-classical-guitar-tickets-129522775107?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/secrets-of-the-classical-guitar-tickets-129522775107?aff=ebdssbnonlineasrch)

## SUNDAY 14TH MARCH

### Intro to Coding Workshop

Free event. Every Sunday. Starts 1pm. This workshop is intended for those who have little or no experience in coding and want to find out if a career in web development is right for them. [www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonlineasrch)

## MONDAY 15TH MARCH

### Rebel Women - Female Pirates

Free event. Starts 6pm. Join us as we celebrate and discover more about the badass women who broke the rules. [www.eventbrite.co.uk/e/rebel-women-female-pirates-womens-history-month-tickets-137924695477?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/rebel-women-female-pirates-womens-history-month-tickets-137924695477?aff=ebdssbnonlineasrch)

## TUESDAY 16TH MARCH

### Murder, Sex & Mayhem in Churches

Tickets £5. Starts 7.30pm. Explore images or murders, sex and mayhem as found in carvings, paintings and stained glass within our churches, and the stories behind them. [www.eventbrite.co.uk/e/murder-sex-and-mayhem-in-english-churches-tickets-122986498929?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/murder-sex-and-mayhem-in-english-churches-tickets-122986498929?aff=ebdssbnonlineasrch)

## WEDNESDAY 17TH MARCH

### Virtual Story Time

Free event. Starts 10.30am. Join us via Zoom to hear some stories and sing some songs. A follow-up craft activity will be sent to all attendees after the event. [www.eventbrite.co.uk/e/virtual-story-time-tickets-133112469981?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/virtual-story-time-tickets-133112469981?aff=ebdssbnonlineasrch)

## THURSDAY 18TH MARCH

### Dealing with Study Stress: Covid19

Free event. Starts 6.30pm. The talk will focus on how resilience can play a role in dealing with stress. [www.eventbrite.co.uk/e/how-can-students-deal-with-study-stress-in-the-covid19-era-tickets-133068735169?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/how-can-students-deal-with-study-stress-in-the-covid19-era-tickets-133068735169?aff=ebdssbnonlineasrch)

## FRIDAY 19TH MARCH

### Abstract Art Workshop

Donations welcome. Every Friday. Starts 7pm. This workshop is for everyone who wants to relax, who feels isolated and hard to cope with lockdown or just enjoy art and explore new ideas. Children, adults, families, all welcome [www.eventbrite.co.uk/e/abstract-art-workshop-tickets-134217729843?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/abstract-art-workshop-tickets-134217729843?aff=ebdssbnonlineasrch)

## COMPETITION WINNERS

Congratulations to our **Repairs By Post** competition winners, each winning a prize:

- 1st - David Needham, Yoxall
- 2nd - Ken Moore, Rangemore
- 3rd - Jason Smith, Stapenhill

Look out elsewhere in **LOCAL LINKS** this month to win 12 Months of Lawn Treatments from GreenThumb!

## LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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# Much Needed Comic Relief

With recent events we need something more than ever to cheer us up and remind us of the good that still exists in the world, so happily, Red Nose Day is back on Friday 19th March and the excitement is building!

This year is extra special as for the first time the iconic Red Noses are 100% plastic-free, plant-based! Comic Relief are doing their part, not just for the benefit of people, but for the planet too! Truly good news!

In early 2019, Comic Relief received letters and emails from hundreds of school children from across the country, asking them to create a plastic-free Nose to help reduce single-use plastic waste and protect the environment. Hearing their voices encouraged the charity to step up a gear with their sustainability plans.

One school, Fourlanesend Community Primary School in Cornwall, received the backing of Sir David Attenborough when they wrote to him and shared their alternative Red Nose suggestion. Sir David sent them a handwritten letter which said, "you are perfectly correct to revise the question of replacing plastic products wherever we can, and I hope you get an adequate answer from Comic Relief."

Comic Relief are also taking steps to ensure that everyone who buys one of the new 100% plastic free Noses this year, can enjoy their Nose safely and responsibly while wearing a mask. Advice will be shared that aligns with the latest government guidance, these include:

- Wash your hands regularly – especially before and after using your Nose.
- Ensure the Nose is kept in a safe and clean place when not in use.
- Follow a one nose per Nose rule.
- There are lots of ways to enjoy your Nose if you don't wish to wear it on your nose.

This year the iconic noses have been given a nature theme makeover too!

Now more than ever the support that Comic Relief provides is needed. They aim to:

stigma - as well as making sure people get the support they need.

## Ensure people have a safe place to be

Around the world, a shocking 1 in 5 people don't have the shelter they need.

## No fear violence or discrimination

The idea that some of us are worth less because of our gender leads to real violence which costs lives. Supporting work on the frontline to help people speak out and seek help so they can escape fear, violence and intimidation.

So whether you're a magnificent mover or super shaker, daring dress-upper or brilliant baker, whatever your strengths, you can make a difference for people living incredibly tough lives this Red Nose Day. Order your fundraising pack from:

## Improve Mental Health

By tackling mental health

[www.comicrelief.com/rednoseday/fundraise](http://www.comicrelief.com/rednoseday/fundraise)





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## LOCAL LINKS SUDOKU

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

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

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

LLS-48-29

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