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ISSUE 148
FREE

EGGCELLENT EASTER

Traditions in other countries

A WILD RIDE

How to help zoos in 2021

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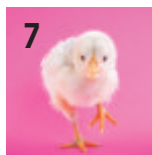
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LOCAL LINKS



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Dear Readers,

Easter is around the corner and we're excitedly looking forward to some more clement weather, sunshine is always a bonus! What better way to enjoy the dry days than getting out in our glorious countryside and enjoying the riverbank? Support Staffordshire have launched a project to get us locals involved in sharing 'Tales of the Riverbank' with them, read on and find out more!

We take a look at two festivals this month, one close to home and one quite a bit more exotic! Easter and Thai New Year. Read on and you might learn something new!

Don't forget to enter this month's competition for your chance to get those niggling scuffs, scrapes and dings fixed on your beloved vehicle, with a £50 voucher from ChipsAway!

As always lovely readers, we're hoping you keep well and stay safe!

The **LOCAL LINKS** team



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Tues 6th April

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Wed 14th April

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Eggcellent Easter!

Though today it is perhaps most celebrated as a time to gorge ourselves on various egg-shaped chocolate delicacies, Easter has, of course, a much deeper meaning behind it.

For Christians, Easter is the time to celebrate Christ's resurrection, proving that he was the son of God and their belief in the promise of eternal life. However, Easter did not always symbolize this; the meaning of Easter before the birth of Christianity was quite different than what is celebrated today. Originally, Easter was the feast of an Anglo-Saxon goddess known as Eostre or Eastre (pictured right, in "Ostara" - the High German version of her name - in 1884 by Johannes Gehrts).

It is thought that Eostre was the goddess of the dawn for Anglo-Saxons, and that the fourth month of the year, Eostur-monath, was named after her. Much theory and speculation surrounds her, as even in 725 when the Benedictine monk the Venerable Bede wrote his famous treatise 'De temporum ratione' ("On the Reckoning of Time"), he stated that the pagan rituals surrounding her had already died out.

Like many Christian holy days, the resurrection fell around the same time as the Saxon's feasting in honour of Eostre. So, in order to ease the conversion process, early

missionaries merged the two celebrations together to form the Easter as we know it today.

DECORATED EGGS

Anyone with children or grandchildren will probably be starting to think about either an Easter Egg Hunt, or Easter Egg decorating with the children and the simplest way to do that is to break out the acrylic paints!

More than 2,500 years ago, the ancient Persians were painting eggs for their New Year celebrations, which fell on the Spring Equinox. Sculptures on the walls of the ancient city of Persepolis show people carrying eggs for these occasions to the King.

DIFFERENT WORLD TRADITIONS:

EGG KNOCKING

In the US state of Louisiana, they've been knocking eggs together for around sixty years.

It's all part of a competition where you're knocked out if your egg cracks, leaving just one winner remaining.

SILENT FRENCH BELLS

Church Bells in France and parts of Belgium and the Netherlands stay silent for a number of days in the run up to Easter. The tradition says that the bells fly out of their steeples and fly to Rome, returning on Easter morning bringing both coloured eggs and hollow chocolate shaped like eggs and rabbits.

GERMANIC EASTER FIRES

Much like Bonfire Night in the UK, the northern and eastern parts of the Netherlands, as well as many parts of Northern Germany, light fires at sunset on Easter Day. This is a pre-Christian tradition, dating back to Saxon times when the people believed that the fire helped spring to become victorious over winter.

HOT CROSS BUNS

Traditionally associated with Good Friday, but now eaten throughout the year, these delicious spiced buns are served primarily in Britain, but also in the United States, Australia and New Zealand (where currants are often substituted for chocolate chips) and also in the Czech Republic, where it is a cake known as Mazanec.



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Living to the Last

Families can remember their loved ones and celebrate the lives they lived at a special St Giles Hospice memorial garden in Whittington this spring.

Relatives and friends are being invited to dedicate a unique 'Celebrate Lives Lived' orange Gerbera peg, personalised with the name of their loved one, in return for a donation which will help to fund the work of St Giles supporting patients living with a terminal illness.

For 2021, St Giles has also set up a special virtual garden with the name of your loved one shown next to a Gerbera in an online display which can be viewed at any time. This will be particularly useful for people who are self-isolating or who do not wish to visit in person.

The gardens will create a colourful display of Gerbera pegs dedicated to the memory of loved ones, whether they have been cared for at St Giles Hospice or not, which will then be open to visitors throughout May, following current Government COVID-19 guidelines.

Chloe Herbert, Head of Fundraising at St Giles Hospice, said: "Celebrate Lives Lived offers a special way to remember your loved ones each spring. You can come to the garden in a safe

and socially-distanced visit and at the end of the month you can take the Gerbera peg home as a special keepsake or to plant in your garden."



Lichfield police officer Gavin Farley (52) is supporting Celebrate Lives Lived this year in memory of his mother Sheila Watson, who died with leukaemia at St Giles Hospice last June at the age of 74.

Gavin said that although most people see going into a hospice as marking the end of life, for his mother St Giles was the beginning of a new phase of her life. "Despite her illness she enjoyed being there and made so many new friends," he said. "It wasn't just a place of sadness, it was a place of joy as well.

"Everyone is so caring and nothing is too much trouble. To mark VE Day, the hospice held its own celebrations and the staff did my mum's hair and makeup, which she really appreciated. Plus, when they found out that Monsters Inc. was her favourite film, they set it up on a laptop so that she

could watch it in her room. It's these little things that made such a massive difference.

"The staff at St Giles really went above and beyond what they had to do for their jobs – they were carers but became friends to us all, because they were as thoughtful and supportive to the families just as much as their patients.



"We'll definitely be supporting Celebrate Lives Lived, not only to thank St Giles for the way they looked after Mom, but as a way of celebrating her life and memory too. Despite the sadness of her passing, St Giles has so many good memories for us."

To dedicate your Gerbera, visit www.stgileshospice.com/celebrateliveslived or call 01543 432538 before midday on Friday 16th April.

PICTURE CAPTION: Gavin and Angela Farley with Gavin's mum Sheila Watson; Sheila with nurses at St Giles Hospice; and the Celebrate Lives Lived Gerberas.

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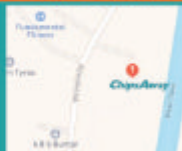
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By The Barn *by Angela Sargent*

March "comes in like a lion and goes out like a lamb", hopefully foretelling settled and warm weather for spring. The days are certainly longer (especially with the clocks going forward) and, somehow, there seems just more time to do things.

Which is just as well as there's a lot more to do. Turnout time is here for our cows, especially if the weather is benevolent, but they have to pass the Btb test first.

The longer daylight hours kickstart the new grass growth and as it grows quickly, it is sequestering Carbon. Fertiliser will be applied soon to make sure it has enough nutrients to

help it grow, although our old ridge and furrow won't get any as it is in a conservation scheme which forbids any improvement.

Dairy cattle will also be going out and making more and more milk as the nutrition in the grass improves. This spring flush does cause price to drop as there is plenty of milk available and there is a new dairy code of conduct being put into legislation, to set minimum standards of business practise- milk buyers have previously been able to change terms and introduce price cuts without negotiation. You might see secretive Bullfinches, with their exquisite deep red breast,

sitting and singing in shrubs or fruit trees and brimstone butterflies with their sulphur yellow wings around the alder trees, after over wintering in ivy. The alder trees themselves will be flowering before the leaves appear.

March, what a magnificent abundant month!

Follow Angela on twitter **@bythebarn** for more on all things farming!



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A Wild Ride

With many of the lockdown restrictions purported to be easing over the coming months one of the sectors most relieved will be Zoos and Wildlife Parks, who will be able to reopen from 12th April all going well.

Zoos and Wildlife Parks have borne a great burden during the pandemic, with visitor numbers eliminated and ticket sales at next to nil, much of the revenue relied on to feed the animals and pay for the specialist zoologists and staff that care for them has all but disappeared.

Our two nearest zoos at Twycross and Drayton Manor will need much help from the public if they are to continue to look after their animals and facilities.

The priciest animals...

We're not talking about your average house cat or parakeet here, if you've ever taken a pet to the vet for something extraordinary you'll appreciate how much investment of love and money it takes to keep animals, so imagine what the zoos are facing!

In general, the bigger the animal the more expensive. If we are talking about every single aspect, the most expensive would be the giant panda. China makes zoos pay millions per year for their leased pandas, they eat a ton of bamboo and they require very specific enclosures.

One that might surprise you are the smaller species of bat that live in giant flocks. Not only do they eat a lot, but they produce so much poop and ammonia it's a 24/7 job to keep enclosures clean.

In the wild a big cat can eat up to 45kg (7st) of meat and bone in one sitting. This is due to the fact that they're not the best hunters and may not catch anything else for a number of days. In captivity with a sedentary lifestyle, you would expect a large cat to eat between 4kg - 8kg five times per week. That's quite a shopping bill!

There are certain species of Asian langurs that are very picky eaters, so it can become costly to buy all of the special leaves they need to eat.

Hippos are known for being expensive. Not because they are very difficult animals to keep happy, not at all. It's the fact they poop so incredibly much that their bassinets usually look like chocolate milk. That's why the filters have to be on at all times and we aren't talking about small aquarium filters, we are talking about building sized filters.

...so in terms of upkeep, aside from food, who knew poop was such a costly factor!

In anticipation of the lifting of restrictions, why not plan your visit for after the 12th April. As always, please do keep up-to-date with all Government guidelines and restrictions in place, as ever, things can change fast and we must all do our bit!

In the meantime, you can help by:

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Thai New Year

The original Thai New Year starts on April 13th and finishes on April 15th. Called Songkran it was the official New Year until 1888, when it was switched to a fixed date of 1 April. Then in 1940, this date was shifted to 1 January in line with western countries. Following this the traditional Thai New Year Songkran was transformed into a national holiday. A much loved festival in the Thai calendar, many Thai people, using any excuse for a party, even extend the celebrations to six whole days in the northern city of Chiang Mai.

The Thai New Year, like the

Chinese New Year, is assigned an animal and this year is also the year of the Ox for the Thai people.

Each year the festival's figurehead, the holy child Lady Songkran is assigned different symbols and colours for the procession, depending on what day the festival falls on. This year the festival falls on a Tuesday, signified by the colour pink and lotus flowers, in her right hand she will hold a trident and in her left hand a bow.

The most common sight around Thai New Year is water fights, and during this time you will see people roaming the

streets with buckets and water pistols, soaking everyone in sight - April is the hottest month in Thailand, after all!



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Build a Mini Wildlife Pond

We've had a few days where it certainly feels like spring is springing and now is the time of year to consider supporting wildlife in your garden. Many animals will be looking for suitable places to call home and rear their young over the coming months. Building a mini-pond will not only support all kinds of different aquatic life and insects, but will provide drinking water for small mammals and birds too! Here's how to build one...

You will need...

- a watertight container such as an upcycled bucket or plastic tub
- old bricks, rock and pebbles
- some pond plants
- a spade

What you need to do...

1 Choose a spot. Your pond will need light, but not full sunlight all day. You can dig a hole and sink your container, or just have it sitting on top of the ground.

2 If the container isn't watertight, e.g. An old plant pot, then add a piece of pond liner.

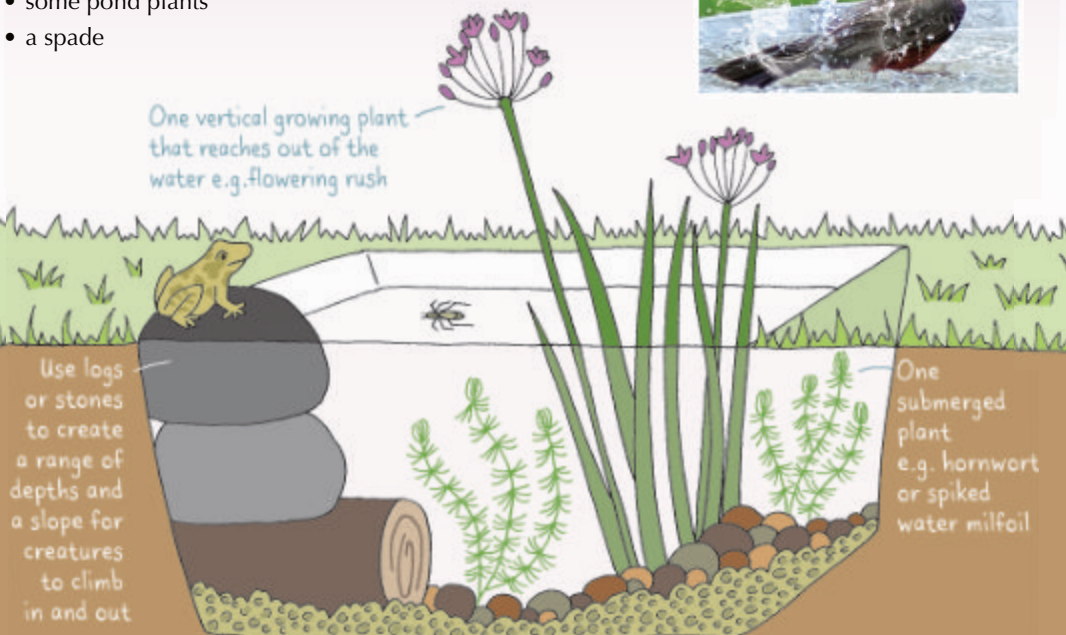
3 Add a layer of gravel and rocks.

4 Fill your pond with rainwater (tap water contains additives that

are good for humans but not safe for small wildlife).

5 Start planting, you only need two or three plants. When choosing your pond plants, consider choosing some that stick out of the water and some that live under the surface that can provide cover from predators.

6 Now watch and wait! Wildlife will come to your mini-pond of its own accord! Why not keep a nature journal of creatures that you spot around the pond?



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For this month's competition, **FOUR** lucky readers can win a **£50 VOUCHER** from Chips Away, scratch and dent repair specialists based in Burton.

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bumper scuffs, dents, and alloy wheel repairs. Customers love us, and have given us a coveted 5* Trustpilot rating! With over 200 mobile car body repair specialists in our growing network and more than 20 years worth of experience, our specialists deliver the highest quality of car body repairs. Our services include car paint scratch repairs, bumper scuff repairs, car dent repairs and alloy wheel repairs, and eliminates the inconvenience and

potential expense of using a traditional body shop.

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
Chips Away 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 13th of April, and the winners will be announced in our May edition. Good luck to everyone who enters!



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Tales of the Riverbank *by Sarah Coxon*

Are you missing reminiscing in your local? Do you miss long walks and rambles in the countryside? Are you finding home-schooling a thankless challenge?

Through the Transforming the Trent Valley Landscape Partnership Scheme (funded by the National Lottery Heritage Fund and led by Staffordshire Wildlife Trust) we are relaunching our Tales From The Riverbank project to give you the opportunity to tell us your stories, re-explore nature and to give you a break from learning restrictions at home.

The project would love to hear from everyone about their childhood stories and experiences of playing along the Trent Valley – the Dove, the Trent and the Tame in East Staffordshire or South Derbyshire – and will also provide a free downloadable resource pack for children to



revitalise their lockdown learning. If you regularly visit these rivers still or used to live by them we want to hear from you.

How many of you played in rivers and went home with a soggy bottom? How many of you played pooh sticks, set sail to distant climes or found treasures in the water? Have you been fishing and caught a whopper? Where did you play? What wildlife did you see?

How different are your memories to that of your family and friends? Can you help the project to showcase how outdoor play has changed over the generations?

Already we have received tales about motorbike mishaps, horseshoes being

found in streams and happy canoe trips under bridges. Can you top that?

Please tell us your stories by sending an email to: **nicola.lynes@supportstaffordshire.org.uk**, by visiting the Trent Valley website at **www.thetrentvalley.org.uk/childhoodmemories.php** or by posting them to:

Transforming the Trent Valley
19 Lower Brook Street
Rugeley
WS15 2BZ

For more information please have a look at our website **www.thetrentvalley.org.uk**, or you can call us on 07837 127165 for a chat with our Community Engagement Officer.

We look forward to reading about your memories of the riverbank.



Virtual What's Online Guide!

MONDAY 22ND MARCH

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=ebdssbnonlineasrch

TUESDAY 23RD MARCH

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=ebdssbnonlineasrch

WEDNESDAY 24TH MARCH

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/cuppachat-online-tickets-102882187392?aff=ebdssbnonlineasrch

THURSDAY 25TH MARCH

How to Create a Meadow

Free event. Starts 7.30pm. A practical step-by-step guide to meadow creation, restoration and management with meadows specialist Matt Pitts. www.eventbrite.co.uk/e/how-to-create-a-meadow-tickets-140971831543?aff=ebdssbnonlineasrch

FRIDAY 26TH 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

SATURDAY 27TH 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

SUNDAY 28TH MARCH

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=ebdssbnonlineasrch

MONDAY 29TH 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

TUESDAY 30TH MARCH

Churches of Rome

Free event. Starts 6.30pm. Take a tour of churches of the Eternal City with Olga! Expect to see some amazing frescos, stunning mosaics, sculptures, paintings and fabulous feats of architecture. www.eventbrite.co.uk/e/churches-of-rome-with-olga-cuckovitch-tickets-140987602715?aff=ebdssbnonlineasrch

WEDNESDAY 31ST MARCH

Get Drawing: Spring Blossom Workshop

Free event. Starts 3pm. Join in with this mindful art session where you will have the freedom and support to unwind and to get creative in a series of guided drawing activities with artist Pui Lee. www.eventbrite.co.uk/e/get-drawing-spring-blossom-workshop-tickets-143202435339?aff=ebdssbnonlineasrch

THURSDAY 1ST APRIL

LOOT: Britain & the Benin Bronzes

Tickets free to £11.37. Starts 6pm. The story of a powerful West African kingdom & British imperial greed. The dispersal of the Bronzes and today's debate about their future. www.eventbrite.co.uk/e/loot-britain-and-the-benin-bronzes-tickets-141702856057?aff=ebdssbnonlineasrch

FRIDAY 2ND APRIL

Abstract Art Workshop

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

SATURDAY 3RD APRIL

We're Going on a Story Hunt

Free event. Starts 10am. Join us for a scavenger hunt around your home finished with a story told by the fabulous storyteller John Kirk. www.eventbrite.co.uk/e/were-going-on-a-story-hunt-tickets-128770954391?aff=ebdssbnonlineasrch

SUNDAY 4TH APRIL

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

MONDAY 5TH APRIL

Monday Meditation

Free event. Every Monday, starts 6.30pm. A free meditation session, online through Zoom, every week. I provide this as a free, spiritual practice to anyone who wants to practice meditation, and pranayama, as a gift. www.eventbrite.co.uk/e/free-monday-meditation-live-online-tickets-100830191818?aff=ebdssbnonlineasrch

TUESDAY 6TH APRIL

The Women's Royal Naval Service

Free event. Starts 12.00 noon. The Women's Royal Naval Service - known as Wrens - was first formed in 1917 as the women's branch of the Royal Navy. Join HMS Unicorn for a look at the history of the Wrens. www.eventbrite.co.uk/e/online-talk-the-womens-royal-naval-service-and-the-association-of-wrens-tickets-132962443247?aff=ebdssbnonlineasrch

WEDNESDAY 7TH APRIL

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=ebdssbnonlineasrch

THURSDAY 8TH APRIL

Workplace Wellbeing

Free event. Starts 10am. April is Stress Awareness Month, focus on improving workplace mental health and wellbeing by raising awareness of stress and ways of tackling stress at work. www.eventbrite.co.uk/e/mental-health-online-workplace-wellbeing-tickets-128005077633?aff=ebdssbnonlineasrch

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FRIDAY 9TH APRIL

Virginia Woolf in London

Tickets £6 - £12. Starts 3pm. Virginia Woolf had a London home almost all of her life. In this tour we explore the various places she called home in London. www.eventbrite.co.uk/e/virtual-tour-a-room-of-ones-own-virginia-woolf-in-london-tickets-140263705519?aff=ebdssbnonlineasrch

SATURDAY 10TH APRIL

The Richard Jones Virtual Magic Show

Tickets £22.14. Starts 7pm. Britain's Got Talent Winner creates an interactive family show and will be reading your minds and performing unseen magic tricks. www.eventbrite.co.uk/e/the-richard-jones-virtual-magic-show-tickets-141271489829?aff=ebdssbnonlineasrch

Pen to Paper

Free event. Starts 10.30am. If you are just starting to write and need to build up your skills and confidence this is for you! If you would like to try your hand at creative writing, just keep in mind that whether you are trying to express a feeling or a thought, the first step is to use your imagination! www.eventbrite.co.uk/e/pen-to-print-online-creative-writing-class-with-ian-ayris-beginners-tickets-112978228924?aff=ebdssbnonlineasrch

SUNDAY 11TH APRIL

The Grief Café

Free event. Starts 4.30pm. The Grief Café aims to normalise the conversation surrounding both death and grief and is a supportive friendly community based group. www.eventbrite.co.uk/e/the-grief-cafe-tickets-141164947157?aff=ebdssbnonlineasrch

MONDAY 12TH APRIL

The Nightingale: by Sam Lee

Tickets £4.77 - £11.04. Starts 7.30pm. Come to the forest, sit by the fireside and listen to intoxicating song, as Sam Lee tells the story of the nightingale. www.eventbrite.co.uk/e/the-nightingale-a-zoom-talk-by-sam-lee-tickets-138904895281?aff=ebdssbnonlineasrch

TUESDAY 13TH APRIL

Short Story Super Club

Free event. Starts 7.30pm. The Machine Stops by EM Forster. Each Short Story Supper Club will explore a different tale: tragic, twisted or funny, to prove that a delicious nibble can be every bit as satisfying as a rich feast. www.eventbrite.co.uk/e/the-short-story-supper-club-with-racontesse-tickets-133370226939?aff=ebdssbnonlineasrch

WEDNESDAY 14TH APRIL

Catching Stardust

Free event. Starts 7pm. Icy, rocky, sometimes dusty, always mysterious – comets and asteroids are among the Solar System's very oldest inhabitants, formed within a swirling cloud of gas and dust in the area of space that eventually hosted the Sun and its planets. www.eventbrite.co.uk/e/catching-stardust-a-talk-by-dr-natalie-starkey-tickets-140050664307?aff=ebdssbnonlineasrch

THURSDAY 15TH APRIL

Supporting Bereaved Children

Tickets £45. Starts 9am. A 3 hour interactive online workshop which explores the experience of bereavement for children and young people and how best to support them. www.eventbrite.co.uk/e/supporting-bereaved-children-and-young-people-3-hour-webinar-registration-tickets-138225890359?aff=ebdssbnonlineasrch

When Will it Flower?

Free event. Starts 6.30pm. Plants now come into flower earlier than they used to, because of warmer spring temperatures driven by rapid climate change. The scale of change is dramatic but varies greatly among species. The talk will explore the reasons for that and its consequences. www.eventbrite.co.uk/e/when-will-it-flower-plants-and-climate-change-by-alastair-fitter-tickets-128052262765?aff=ebdssbnonlineasrch

FRIDAY 16TH APRIL

Around the World in Five Cheeses

Tickets £39.40. Starts 6.30pm. In this master class, you'll get to taste five amazing farmhouse and artisan cheeses from around the cheese making world. Your tasting pack will be delivered to your home. www.eventbrite.co.uk/e/around-the-world-in-5-cheeses-tickets-141529950893?aff=ebdssbnonlineasrch

SATURDAY 17TH APRIL

Spirit Café

Free event. Every week at 7.30pm. Live Spiritual Readings with our team. A great no pressure way to get insight, healing, and perspective. www.eventbrite.co.uk/e/free-spirit-cafe-online-free-spiritual-readings-more-tickets-134687009471?aff=ebdssbnonlineasrch

Bell Ringing

Free event. Starts 7.30pm. In this presentation, you will hear the fascinating history of ringing machines and simulators from 1876 onwards. www.eventbrite.co.uk/e/five-bellringing-talks-tickets-130556009539?aff=ebdssbnonlineasrch

SUNDAY 18TH APRIL

GCSE Science Saturday School

Tickets free - £13. Starts 3pm. GCSE Science tuition covering the entire AQA science syllabus - that's 2 years worth of content covered in 5 months! In time for exams 2021. www.eventbrite.co.uk/e/gcse-science-saturday-school-tickets-133621400205?aff=ebdssbnonlineasrch

The Decline of Roman London

Tickets £10 - £25. Starts 6.30pm. An exploration of what happened at the end of the Roman Period, and how the City became deserted, and then a Saxon, German speaking City. www.eventbrite.co.uk/e/the-decline-and-fall-of-roman-london-archaeology-virtual-walk-tickets-138334132113?aff=ebdssbnonlineasrch&keep_tld=1

COMPETITION WINNERS

Congratulations to our **Grace & May at Home** competition winners, each winning a £50 Voucher:

Jason Smith, Stapenhill
Emma Allen, Stretton
Tina Stringer, Branston
Janet Evans, Burton

Look out elsewhere in **LOCAL LINKS** this month to win a **£50 Voucher** from **Chips Away**.

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3	5	4	1	2	6	8	7	9
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But for those of you who still wish to buy, we strongly advise purchasers to do their homework first. Find out advice at: www.cats.org.uk/buying-a-kitten

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Caring for Your Pet's Teeth by Scarsdale Vets

The nursing team at Scarsdale Vets offer you some tips on keeping your pet's teeth in good condition.

1. Feed them an appropriate diet. This may sound silly, but if we all ate sweets all day we would have bad teeth too! Rabbits and herbivores need grass or hay to be 90% of their diet to allow their teeth to wear. Dogs and cats need dry food to crunch on and not just wet food. Dental treats are high in sugar and fat so should be used sparingly.

2. Start them young. Most dogs and a lot of cats will tolerate brushing their teeth if you start them as puppies or kittens. Starting with an older dog will be a hassle so as soon as you get your dog or cat, start putting your fingers around their mouth so they get used to it.

3. If you brush, do it every day – tartar can build up within 48 hours so daily cleaning is a necessity if you want to prevent dental disease.

4. Watch them eat – early signs of dental disease or mouth pain are subtle. Chewing on

one side, reluctance to eat or a change in what they want to eat can indicate that everything isn't alright in their mouth.

5. Not all dry foods are equal. Dental diets have larger kibbles and a more fibrous consistency which is better at keeping teeth clean.

6. Use an animal toothbrush and toothpaste. Minty fresh breath may not appeal to your pet, but chicken flavour toothpaste can help them tolerate brushing.

7. Other products available include additives to the water or food – your Veterinary Nurse will be able to advise you on what is most suitable for your pet

8. Get them checked: A vet or a nurse should check your pet's teeth every year. It should be done with their vaccinations and early signs can be spotted and managed before they become a problem

9. Let them chew. Rabbits can gnaw on some sticks and branches and there are various chews designed for cats and dogs. These not only help clean their teeth, but provide them with mental stimulation when you are not there. (as vets we would suggest avoiding meat bones as we see a lot of problems with these)

10. Check they have lost all their deciduous (baby) teeth by 8 months. If they remain they can push the adult teeth out of alignment and this can lead to additional tartar build up.

11. Remember how important their teeth are. Dental disease can lead to many other health problems, including liver and kidney problems. Looking after them will help your pet to live a longer happier life.

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	5				9	3		
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LJS-73-40

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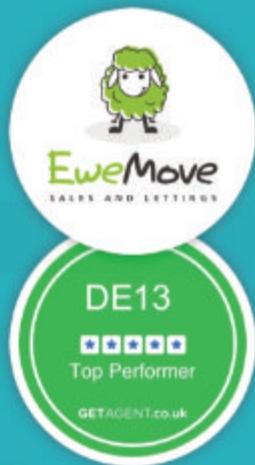
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