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ISSUE 150

FREE

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## ISSUE 150

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Dear Readers,

*Spring is in the air! The birds are singing and the countryside everywhere is busy!*

*This month we want to remember even though the birds are chirpy, not all of us feel the same. May is 'Teen Self-Esteem Month' and we'd like to shine a little light on the issue, particularly as many teens are suffering with their mental health due to events of the last year. Those who had been preparing for exams are particularly in our thoughts.*

*We grown-ups have many coping strategies and when we weren't a little glass of wine on occasion helped to get us through. We thought we'd exhausted all the options, but it seems not... read on as we have a recipe for white wine cookies! Oh you are so very welcome indeed! Don't mention it! The perfect beer-garden treat!*

*Be kind to yourselves and look after each other,  
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# Burton Prostate Support Group

It is a sad fact that 1 in 8 European men will be diagnosed with Prostate Cancer at sometime within their lifetime. Prostate Cancer can be found in men of 50 years and onwards, with the majority of Prostate cancers being diagnosed in men in their mid 60's. As a result of the recent increase in men being diagnosed with Prostate Cancer, something additional was needed to complement the clinical treatment for this disease and this additional something was 'Peer Support'.

Being diagnosed with a cancer is a devastating experience, earth shattering for the recipient. On reaching home following a diagnosis, many of us will feel alone, frightened and unsure of what the future may hold. The newly diagnosed sufferer may wish to talk with family or friends, or with someone who has already been diagnosed and being treated for Prostate Cancer. This is commonly known as Peer Support. Although there are many types of peer support available, the local support group format tends to be the most helpful and accessible.

The Burton Prostate Cancer Support Group (BPCSG) was founded in the January of 2017, being the brainchild of a Urological Surgeon working out of the Queens Hospital, Burton. This highly experienced surgeon decided, for patients coming through her clinics and having been diagnosed with Prostate Cancer, Peer Support could be their lifeline, allowing them to meet and talk with men who have already been treated for this dreadful disease. Following a meeting at Pirelli Stadium, Burton with 24 recent Prostatectomy patients in attendance, 2 appointee volunteers agreed to commence the setting up of the Burton PCSG, designed to be run on a 'for the patients, by the patients' basis. This new support group being independent from the NHS. Through the 5 years the Burton PCSG has been in existence, this group has not only become extremely successful, it has also helped support many patients from as far away as Derby, Ashby, Rugeley, Tamworth, plus all towns and villages within the East and South Staffordshire region. The group also visits health fairs

and goes out into the community providing Prostate cancer awareness presentations to various organisations. The group's constitutional aims are kept simple, being:

- Supporting Prostate cancer sufferers
- Raising Prostate cancer awareness

The Burton PCSG are a non-clinical group of patients who meet at least once a month, aiming to hold their meetings usually on the 1st Monday in every month. Should there be a Bank Holiday Monday in the month, the meeting is moved to the 2nd Monday. New members, together with their partners, are always made extremely welcome. However, due to current Covid restrictions, the group still meet every month, but on-line using Zoom conferencing software.

If you have been recently diagnosed with Prostate Cancer and are concerned, or perhaps need advice on Prostate cancer awareness, why not contact the BPCSG directly on 07478 889577, or write to them at [burton.prostate.cancer.support@gmail.com](mailto:burton.prostate.cancer.support@gmail.com).

For more information contact Burton Prostate Cancer Support Group via email: [burton.prostate.cancer.support@gmail.com](mailto:burton.prostate.cancer.support@gmail.com) or phone: 07478 889577



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# Teen Self Esteem

May is National Teen Self Esteem Month and is a great opportunity to raise awareness of the importance of ensuring our teens are self aware and feel confident about themselves. The effect that their self esteem has on their physical and mental well being is of paramount importance and a crucial focus of the awareness month.

The teenage years are a notoriously difficult time for the majority of young people and therefore this is a fantastic way of checking in and ensuring we are doing everything that we can to support and nurture the teens in our lives- be it family or friends. On top of the physical, hormonal and emotional changes going on, teens also have to contend with the added pressures of the current pandemic, social changes, new relationships, increased educational expectations, peer pressure and impossible societal standards perpetuated by the media, society and often parents.

Self esteem is often easily damaged and difficult to repair, so with the added complication of being a teenager it is

highly understandable that teenagers can be particularly fragile.

More young people are seeking counselling to help them deal with low self-esteem and loneliness, according to new figures from ChildLine.

ChildLine reports an increase of 10% in counselling sessions for young people dealing with low self-esteem between April 2020 and January 2021. That's over 50,000 counselling sessions.

The young people surveyed said that the internet had an ever-growing influence on their lives. Many said constant comparisons to others on social media made them feeling inferior, ugly and unpopular.

Despite the pressures from the internet, the study shows that young people are also using online options more and more when it comes to getting help.

There are many ways that we can engage more positively with teenagers and the character of the individual young person may respond more effectively to particular expertise and knowledge, however there are some really simple ways in which we can promote positive self esteem. And these tips aren't restricted to assisting only teenagers. Perhaps we could all make use of them:

## Lead by example

- Avoid negative self talk and criticism.
- Ensure you have open lines of communication – and if you don't, get advice on how to create this.
- Ensure you can be trusted
- Guide and advise encouraging their own decision making within reasonable parameters.
- Give them space
- Listen and take an interest in their developing lives.

Sometimes just a chat and some special time with your teen is enough to encourage and strengthen their self esteem.

**For more help and advice on supporting teenagers visit:**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



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SANDS month was created to

raise funds as well as awareness, to support research into neonatal death. Often the causes of death are unknown, but many neonatal deaths and stillbirths have no apparent cause, which is an extra anguish to the bereaved parents. Up to 15 babies a day die during pregnancy and labour or shortly after birth in the UK.

Sands supports anyone who has been affected by the death of a baby before, during or shortly after birth. Bereavement support is at the core of everything they do.

The awareness month offers vital fundraising opportunities to ensure that the money is

raised to provide that vital support, to make sure that parents can cope with the bereavement as best possible and understand that they are not to blame for the baby's death when sometimes there are no answers as to why it happened and to help them to keep coping with life during a difficult time that sometimes others around them may struggle to understand or know what to say.

**For support and to find out more visit:  
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# By The Barn *by Angela Sargent*

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stand and stare,  
No time to stand beneath  
the boughs  
And stare as long as  
sheep and cows.”*

That is something that many people have done during lockdown – taken note of nature and discovered how calming it is for the soul!

Birdsong will be increasing in volume by now, as nests are feathered, mates are found and fought over and eggs are laid. Nests are found in all sorts of places at times and not necessarily in the nesting box put up especially for them –

we found one at sheep level in the back of a lambing pen and, unfortunately it didn't survive a hungry sheep.

Insects are abundant, particularly where there are bodies of water or sweet-smelling blossom and they can cause issues for all livestock farmers, whether you are a dairy farm or otherwise. Insects can cause eye irritation in cattle and fly strike on sheep (and we will be shearing soon) so preventative measures have to be taken.

Ted has paid a visit to the vet to get his annual jabs and MOT and passed with flying colours, even though he got caught by a flying kick from a

young steer on turnout day. As a working dog and a crucial part of the team, it is important he is kept in tip top condition and, just as importantly, wormed regularly.

There is a serious parasite which dogs can carry (and suffer ill health from) and can pass on to cattle (and vice versa) causing abortion and illness- Neospora.

That's why it's important to pick up dog poop!



**For more information on all things farming, follow Angela on Twitter @ByTheBarn**

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# All Walks of Life

It's no surprise that the benefits of walking to school are being pushed harder than ever by Living Streets, the UK charity that sells the benefits of two feet over four wheels. Childhood obesity is now a bigger issue than ever in the UK, so the chance to get a few more Chelsea tractors off the roads for a five-day spell could make all the difference for the future health of kids around the UK.

The fun and engaging week-long activity for primary schools has been built to make pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life.

Every year for a five-day spell, Living Streets creates a themed challenge for schoolchildren and their significant others to take on while they're doing

the school walk. It's become incredibly popular, too; in 2017 alone, 400,000 children and their families took part in the challenge.

There is agreement on the need to travel more sustainably, both for our health and to tackle the climate emergency. This is reflected in the Government's announcement of £2 billion for walking and cycling over the next five years and a string of policy announcements to support the 2021 UN Climate Change Conference in Glasgow.

During the COVID-19 lockdown, millions of people rediscovered the simple act of walking – the oldest, cheapest and greenest transport there is. But the pandemic saw people struggling with narrow, uneven pavements, crossings that prioritise cars rather than people, and pavement parking.

The pandemic has highlighted inequalities. People from Black, Asian and Minority Ethnic groups and low

income groups – already at greater risk from traffic collisions and air pollution – have been disproportionately affected by the disease. The loneliness of older and disabled people has got worse.

The Government's renewed commitment to walking and cycling during the pandemic is encouraging, through its £250 million Emergency Active Travel Fund, the launch of Gear Change and, its support for local authorities to deliver long-term change.

The upcoming Transport Decarbonisation Plan, Spending Review, Bus Strategy and the second Cycling and Walking Investment Strategy should set out a positive future for walking.

So there really is no excuse!

**Walk to School Week 2021 is 17th -21st May.**

For more information on how to get **in involved** visit the **Living Streets campaign website at [www.livingstreets.org.uk](http://www.livingstreets.org.uk)**



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# Goth Day

Whether you're a full-blown cybergoth, a J-goth, gothabilly or anything in between, World Goth Day is there to celebrate you. It started out as Goth Day in the UK in 2009, but the following year, organisers pushed it out to salute goths all around the world.

It was accidentally engineered by DJ Cruel Britannia, who, despite noting that goths tend to shy away from the limelight, deserve a day to publicly embrace who they are. If you've gone to all that trouble to preserve what you believe is the 'real you', he says, don't you think you owe it to yourself to shine for a day?

The original Goths were a nomadic Germanic people who fought against Roman rule in the late 300s and early 400s A.D., helping to bring about the downfall of the Roman Empire. The western tribes of Goths, while those in the east were referred to as Ostrogoths. Ancestors of the Visigoths mounted a successful invasion of the Roman Empire and ultimately defeated them in the Battle of Adrianople in 378 A.D.

The Visigothic Code combined elements of Roman, Catholic and Germanic tribal law, establishing rules for marriage and the inheritance of property. Interestingly, the Code was remarkably progressive with regard to the

rights of women, who were allowed to inherit property and manage assets independently, separate from their husbands and male relatives. Under the Code, women could also represent themselves in legal proceedings and arrange their own marriages.

Goth is a subculture that began in the United Kingdom during the early 1980s. It was developed by fans of gothic rock, an offshoot of the post-punk music genre. The name goth was derived directly from the genre. Notable post-punk artists helped develop and shape the subculture include Siouxsie and the Banshees, Bauhaus, the Cure, and Joy Division.

World Goth Day celebrates the sub cultural aspects of the Goth subculture. Aspects of the culture like fashion, music and art are celebrated by fashion shows, art exhibitions and music performance. Many of the events feature local Goth bands, and some have taken on a charity aspect with events in the UK and Australia supporting favoured charities like the UK Sophie Lancaster Foundation, a charity that tries to curb prejudice and hatred against subcultures.

The murder of Sophie Lancaster occurred in England in August 2007. The victim and her

boyfriend, Robert Maltby, were attacked by a number of teenage boys while walking through Stubbylee Park in Rossendale, Lancashire. As a result of the severe head injuries Lancaster sustained in the attack, she went into a coma from which she never regained consciousness and died of her injuries thirteen days later. The police said the attack may have been linked to the couple wearing gothic fashion and being members of the goth subculture.

Twice a year at Halloween and in spring many Goths descend on the town of Whitby in Yorkshire, because of its links to Bram Stoker's novel Dracula, which was inspired by the abbey there. Accommodation is often booked up to two years in advance for the festivals and there are many shops and other businesses that cater for the goth and steampunk trade.

[www.sophielancasterfoundation.com](http://www.sophielancasterfoundation.com)



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# British Tipple

Ah, British wine the most famous of all the continental blends. Yet sarcasm aside, it's not exactly a small industry any more. According to Wines of Great Britain the organisers of English Wine Week (falling on the 23rd to the 30th of May) there are no fewer than 577 vineyards across the UK. While the colder climes might be a little sparser on the wine front Scotland has four, the north has 19 and Wales has 23 the south-east alone has 152 and the south-west has 136. So in the spirit of the week, here are a few recipes to try... because you don't have to just drink it!



## White Wine Biscuits

Know as Rollitos de Vino Blanco and no, not savoury! Sweet! A popular treat in Italy, Spain and Slovakia!

### Ingredients:

- 270g plain flour
- 100g caster sugar
- 80ml light olive oil
- 80ml white wine
- half a teaspoon of sea salt
- a quarter of a teaspoon baking powder
- icing sugar for dusting

### Method:

- Combine all the dry ingredients (except for the icing sugar) in a mixing bowl and mix.
- Add the oil and wine to the flour mixture and combine into a dough.
- Roll the dough into a sausage and cut into 20 equal size pieces.
- Form these into balls. Using your finger or the end of a wooden spoon, make a hole in the middle of each ball and stretch the hole more.
- Place them onto a baking tray lined with baking paper/silicone mat. Bake at 350°F/180°C/140°C fan assisted for 25 minutes or until the bottoms are golden brown.
- Let them cool down a bit before coating them in icing sugar.



## Courgette Tart

Perfect for using up an abundance of summer courgettes later this year!

### Ingredients:

- 60ml extra-virgin olive oil
- 225g thinly sliced leeks
- 240ml dry white wine
- 3 medium courgettes, cut lengthwise into 3mm thick slices, preferably on a mandolin

- 3 medium yellow summer squash, cut lengthwise into 3mm thick slices, preferably on a mandoline
- Salt and pepper to season
- 60g finely grated Gruyère
- 1 very large tomato, very thinly sliced crosswise

### Method:

- Preheat the oven to 425°F/220°C/200°C fan assisted.
- In a large frying pan, gently sauté the leeks in 1tbsp of oil stirring occasionally, until softened. Add the wine and cook until evaporated, about 2 minutes. Spread in a 9-inch round baking dish.
- Place the courgette, yellow squash and tomato slices onto flat baking sheets and brush with the remaining 3 tablespoons of oil; season with salt and pepper. Sprinkle with the cheese and let sit until slightly softened, about 5 minutes.
- Tightly roll 1 slice of courgette and place it in the centre of the pan with the leeks, edges pointing up. Continue coiling additional pieces of courgette, yellow squash and tomato around the centre piece creating a big spiral until you reach the edge of the baking dish. Scrape any cheese off of the baking sheets and sprinkle on top.
- Bake for 30 minutes, until the courgettes and squash are tender and browned in spots. Sprinkle with sea salt. Let cool slightly, then serve with crusty bread.

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# WIN!

## A Deluxe Set of Prestige Cookware!

For this month's competition, a lucky reader can win a DELUXE SET OF PRESTIGE COOKWARE worth £180 from **Ascot Bespoke Kitchens, Derby**.

Ascot Bespoke Kitchens (ABK) are a local family owned business spanning across three generations. Ascot are based just outside Derby City Centre on the industrial estate Parcel Terrace (heading out towards Derby Hospital).

They have a large showroom which showcases just some of the modern, traditional or contemporary kitchens that could be in your dream home.

ABK also own and operate a 10,000 SQ FT manufacturing

facility which helps them shape your kitchen before installation.

At Ascot Bespoke Kitchens, their goal is to help you design, build and install the kitchen of your dreams. With over 50 years experience, Ascot represents the very best in kitchen design and value for money.

All kitchens are fully bespoke using the latest manufacturing software, giving you the opportunity to personalise your project.

Why not book a free design session today or simply stop by their factory showroom for a coffee and a chat. In the meantime, you can explore their website to learn more about their services.

You can find more information at: [www.abkkitchens.co.uk](http://www.abkkitchens.co.uk)

To enter this month's competition, all you have to do is e-mail your details to: [local@locallinksmedia.co.uk](mailto:local@locallinksmedia.co.uk)

Alternatively, you can put your name, address and daytime telephone contact number on a postcard and send it to:

**Local Links Media  
ABK Competition  
PO Box 8049  
Burton-on-Trent  
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The closing date for entries is the 15th of July, and the winners will be announced in our August edition. Good luck to everyone who enters!



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# Volunteer Needed!



**D**o you love cats? Can you spare a few hours each month to help them? Then read on .....

Derby Branch of Cats Protection is seeking a volunteer to take on the role of Branch Secretary. The Branch meets once a month and is seeking a professional person with secretarial skills.

This may appeal to someone or who is retired or works part-time with access to a pc or laptop.

If you would like more information please email [shaki.mcfarland@cats.org.uk](mailto:shaki.mcfarland@cats.org.uk)



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# Virtual & Outdoor Events **What's On Guide!**

## MONDAY 17TH MAY

### 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](http://www.eventbrite.co.uk/e/virtual-rhyme-time-tickets-133087663785?aff=ebdssbnonlineasrch)

## TUESDAY 18TH MAY

### Discovering Women Sculptors

Starts 5.30pm Tickets £3.50. A celebration of international women sculptors, their artistic talent and their spirit, these talks document a rich artistic heritage of which women and young girls can be proud. [www.eventbrite.co.uk/e/discovering-women-sculptors-tickets-135926498817?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/discovering-women-sculptors-tickets-135926498817?aff=ebdssbnonlineasrch)

## WEDNESDAY 19TH MAY

### 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](http://www.eventbrite.co.uk/e/cuppachat-online-tickets-102882187392?aff=ebdssbnonlineasrch)

## THURSDAY 20TH MAY

### The Dark Side of the Universe

Free event. Starts 7.30pm. Just over 95% of our Universe comes in the shrouded form of dark energy and matter that we can neither explain nor directly detect. Talk by Catherine Heymans, Professor of Astrophysics at the University of Edinburgh. [www.eventbrite.co.uk/e/the-dark-side-of-the-universe-tickets-132914586105?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/the-dark-side-of-the-universe-tickets-132914586105?aff=ebdssbnonlineasrch)

## FRIDAY 21ST MAY

### 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](http://www.eventbrite.co.uk/e/abstract-art-workshop-tickets-134217729843?aff=ebdssbnonlineasrch)

## SATURDAY 22ND MAY

### Charity Virtual Skincare Party

Free event. Starts 3pm. Whether you are working from home or on the frontline, we all need to protect our skin from germs, infections and other skin stressors. In aid of Save The Children, Cancer Research UK & The Black Country Women's Aid. [www.eventbrite.co.uk/e/virtual-charity-skin-care-party-registration-123671513827?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/virtual-charity-skin-care-party-registration-123671513827?aff=ebdssbnonlineasrch)

## SUNDAY 23RD MAY

### 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 24TH MAY

### 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 25TH MAY

### 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](http://www.eventbrite.co.uk/e/online-life-drawing-with-brixton-life-drawing-tickets-117373428083?aff=ebdssbnonlineasrch)

## WEDNESDAY 26TH MAY

### Photography Workshop

Tickets £3.75. Starts 7pm. In this session, Glensy will show how she builds up some of her creative composites in Photoshop. This includes adding textures, making photographic brushes and more. [www.eventbrite.co.uk/e/photography-workshop-creative-composites-with-glensy-garnett-tickets-138431575569?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/photography-workshop-creative-composites-with-glensy-garnett-tickets-138431575569?aff=ebdssbnonlineasrch)

## THURSDAY 27TH MAY

### Tahitian Dance with Hinatea

Free event, every Thursday, starts 6pm. Through this class, there is no worry over performance. The focus is on feeling good about ourselves, being kind with ourselves and having fun with our body. [www.eventbrite.co.uk/e/tahitian-dance-with-hinatea-online-tickets-148335865567?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/tahitian-dance-with-hinatea-online-tickets-148335865567?aff=ebdssbnonlineasrch)

## FRIDAY 28TH MAY

### 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 29TH MAY

### Spirit Café

Free event. Every Saturday 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](http://www.eventbrite.co.uk/e/free-spirit-cafe-online-free-spiritual-readings-more-tickets-134687009471?aff=ebdssbnonlineasrch)

## SUNDAY 30TH MAY

### 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](http://www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbnonlineasrch)

## MONDAY 31ST MAY

### 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](http://www.eventbrite.co.uk/e/free-monday-meditation-live-online-tickets-100830191818?aff=ebdssbnonlineasrch)

## TUESDAY 1ST JUNE

### Catholicism and Literary Culture

Free event, starts 11am. This symposium, funded by the RSE, takes a comparative perspective on literature and Catholicism from the early modern to modern periods. [www.eventbrite.co.uk/e/catholicism-and-literary-culture-in-scotland-ireland-and-england-tickets-150503803929?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/catholicism-and-literary-culture-in-scotland-ireland-and-england-tickets-150503803929?aff=ebdssbnonlineasrch)

## WEDNESDAY 2ND JUNE

### The Craft of Bee Hunting

Free event, starts 7pm. In this talk, we will look at bee hunting—locating unknown colonies of honey bees—which is one of the most fascinating games in the world. [www.eventbrite.co.uk/e/dr-tom-seeley-the-craft-of-bee-hunting-tickets-135550510225?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/dr-tom-seeley-the-craft-of-bee-hunting-tickets-135550510225?aff=ebdssbnonlineasrch)

## THURSDAY 3RD JUNE

### Terrarium Thursdays!

Tickets £8 - £55. Starts 6.30pm. Online Terrarium making class with Terrarium making kit posted out to you. (Terrarium, equipment and plants included!) [www.eventbrite.co.uk/e/terrarium-thursdays-our-live-online-class-receive-your-kit-in-the-post-tickets-128842622753?aff=ebdssbnonlineasrch](http://www.eventbrite.co.uk/e/terrarium-thursdays-our-live-online-class-receive-your-kit-in-the-post-tickets-128842622753?aff=ebdssbnonlineasrch)

# ...helping you stay safe.

## FRIDAY 4TH JUNE

### Indian Cooking with Sangam

Tickets £10.50, starts 3pm. Join the amazing Sangam team in the kitchen for a 2-hour introduction to Indian cooking. Let your taste buds wander as the Sangam staff explore different spices and give practical demonstrations that will help you whip up a delicious storm in your own home! [www.eventbrite.co.uk/e/indian-cooking-with-sangam-tickets-142812162021?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/indian-cooking-with-sangam-tickets-142812162021?aff=ebdssbonlinesearch)

## SATURDAY 5TH JUNE

### 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-13570920087?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/weekly-mandarin-corner-tickets-13570920087?aff=ebdssbonlinesearch)

## SUNDAY 6TH JUNE

### Braiding & Cornrows for Beginners

Free event, starts 10am. Join me as I share with you some Braiding and Cornrow techniques for those of you who are new to this method of styling. [www.eventbrite.co.uk/e/braiding-and-cornrows-for-beginners-tickets-138751871583?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/braiding-and-cornrows-for-beginners-tickets-138751871583?aff=ebdssbonlinesearch)

## MONDAY 7TH JUNE

### Drink & Draw

Free event. First Monday of the Month. Starts 7pm. Drink&Draw is a casual event, run by London ACM SIGGRAPH hosted online every first Monday of each month. [www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbonlinesearch)

## TUESDAY 8TH JUNE

### Garden Stories 2021

Tickets £6, starts 5pm. Design solutions, ideas and inspiration from expert garden designer Carolyn Willitts FLI, hosted by London College of Garden Design. [www.eventbrite.co.uk/e/garden-stories-2021-tickets-143126470125?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/garden-stories-2021-tickets-143126470125?aff=ebdssbonlinesearch)

## WEDNESDAY 9TH JUNE

### 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 10TH JUNE

### Do I Have Tourette's Syndrome?

Free event. Starts 12 noon. Join Exceptional Individuals and see if your interactions and communication difficulties could be signs of Tourettes! [www.eventbrite.co.uk/e/do-i-have-tourette-syndrome-tourettes-awareness-day-interactive-tickets-120504631597?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/do-i-have-tourette-syndrome-tourettes-awareness-day-interactive-tickets-120504631597?aff=ebdssbonlinesearch)

## FRIDAY 11TH JUNE

### Kids Love Classics

Tickets £3.83. Starts 10am. This Kids Love Classics class will span space and time as we explore the gods of ancient Rome and their celestial namesakes, as told through the music of Gustav Holst! [www.eventbrite.co.uk/e/kids-love-classics-holsts-music-of-the-planets-tickets-151063160981?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/kids-love-classics-holsts-music-of-the-planets-tickets-151063160981?aff=ebdssbonlinesearch)

## SATURDAY 12TH JUNE

### Electronics Club For Children

Free event. Every Saturday, starts 6pm. 1 hour session every weekend on Electronics during weekends (delivered through Zoom). Each weekly session will have unique content and will build on the knowledge from the previous sessions. [www.eventbrite.co.uk/e/electronics-club-for-children-weekend-session-tickets-135845482495?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/electronics-club-for-children-weekend-session-tickets-135845482495?aff=ebdssbonlinesearch)

## SUNDAY 13TH JUNE

### Mindful Charcoal Drawing

Free event. Donations welcome. Starts 1.30pm. The main goal of this class is to relax and be creative. I promise I will not be talking about current events. This time is meant to be mindful and fun and anyone is welcome to join! [www.eventbrite.co.uk/e/mindful-charcoal-drawing-class-art-class-tickets-108869533706?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/mindful-charcoal-drawing-class-art-class-tickets-108869533706?aff=ebdssbonlinesearch)

## MONDAY 14TH JUNE

### Introducing Buddhism

Free event. Starts 6.30pm. Meditation, where to from here? Dr. Rachel Hilton is a practicing Buddhist and has been a member of The Buddhist Society for over twenty years. [www.eventbrite.co.uk/e/introducing-buddhism-by-rachel-hilton-tickets-148592922431?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/introducing-buddhism-by-rachel-hilton-tickets-148592922431?aff=ebdssbonlinesearch)

## TUESDAY 15TH JUNE

### Helping Children with Fears & Worries

Free event. Starts 1pm. This webinar will focus on supporting parents of Primary school aged children to manage anxiety in their child, learn strategies to support building confidence, and learn about local service for further support. [www.eventbrite.co.uk/e/helping-children-with-fears-and-worries-primary-tickets-128113455795?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/helping-children-with-fears-and-worries-primary-tickets-128113455795?aff=ebdssbonlinesearch)

## WEDNESDAY 16TH JUNE

### The Harry & Chris Show

Tickets £5 - £8. Starts 7.30pm. A collection of songs from teenage shenanigans, some of Harry's beautiful poems put to music and a whole joke section in an attempt to win 'best joke of the fringe'. [www.eventbrite.co.uk/e/the-harry-and-chris-show-tickets-144996140359?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/the-harry-and-chris-show-tickets-144996140359?aff=ebdssbonlinesearch)

## THURSDAY 17TH JUNE

### Book Club

Free event. Starts 6.30pm. We read mostly modern and contemporary fiction but will read anything suggested by group members. [www.eventbrite.co.uk/e/chelsea-library-reading-group-2021-tickets-122966404827?aff=ebdssbonlinesearch](http://www.eventbrite.co.uk/e/chelsea-library-reading-group-2021-tickets-122966404827?aff=ebdssbonlinesearch)

## FRIDAY 18TH JUNE

### Pick'n'Mix Craft Session

Free Event every Friday. Starts 10am. Pick'n'Mix is a free weekly arts and crafts session for young children, hosted by Shoe Lane Library. <https://www.eventbrite.co.uk/e/picknmix-tickets-145439957829?aff=ebdssbonlinesearch>

## COMPETITION WINNERS

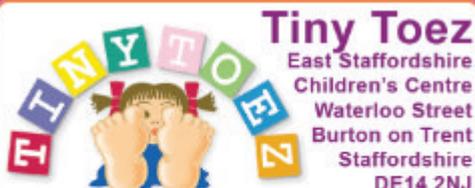
Congratulations to our **Chips Away** competition winners, each winning a £50 voucher:

**Tina Stringer, Branston**  
**Susan Udall, Stretton**  
**David Allsop, Alrewas**  
**John Mahon, Brezlincoot**

Look out elsewhere in **LOCAL LINKS** this month to win a set of Prestige Cookware from Ascot Bespoke Kitchens.

## LAST MONTH'S SUDOKU PUZZLE SOLUTION

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



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# Dog Theft *by Scarsdale Vets*

Dogs are the most commonly owned pet in UK households. With more and more households choosing to own a dog, the popularity of dogs has sadly led to a rise in dog theft. Fortunately, there are a number of preventative steps you can take to reduce the chances of your dog being stolen.

## Preventative Measures

Even the most basic of security steps can help to reduce the risk of your pet being stolen.

- Avoid leaving your dog unattended outside in a public space or in your car
- Secure your garden. If you do have a gate, fit a lock
- Try not to leave your dog unsupervised in the garden
- Installing security cameras

can act as a deterrent. If dog thefts are common in your area, this may be something to consider.

## Protecting Your Dog From Dog Theft

- Ensure that your dog is microchipped. All puppies must be microchipped by 8 weeks of age by law, and definitely before they leave their breeder
- Avoid putting your dog's name on their ID tag
- Take plenty of photos of your dog
- Make sure your dog is wearing a collar and has an accurate ID tag
- Keep your contact details updated, if you change your phone number or move house, be sure to update the information on your dog's ID tag

● Recall training is particularly important. Spend time practicing this and if it's safer, keep your dog on a lead.

## What should I do if my dog goes missing?

In the unfortunate event that your dog does go missing, you should report this immediately. Below is a checklist of who you should inform as soon as possible;

- The Police via 101
- Your neighbours
- Local community online pages
- Your local council
- Your vet and other local practices
- Local animal rescue centres
- The database with which your dog's microchip is registered.

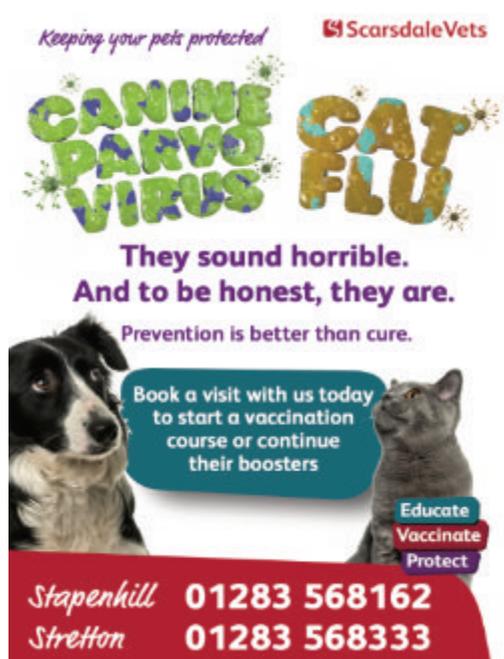


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## LOCAL LINKS SUDOKU

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

LLS-49-5

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