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ISSUE 151
FREE

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CHILDREN'S ART WEEK

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ISSUE 151

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Dear Readers,

June already and summer is finally here! Lets hope its here to stay so that we can enjoy being outside, and what better way than with a picnic! This month we see National Picnic Week sneak upon us, so if like us you're a fan of all things pastry, why not give our picnic bites a go?

We also take a look at Armed Forces Day which falls on the 26th of June. There's more to it than just celebrating serving members, so read on to find out more.

If you've got children and are struggling to fill their days with amusement, you're in luck, this month we also see Children's Art Week make an appearance, so you're sure to get some inspiration for activities!

Stay safe and happy,

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Local Secrets - Anchor Church



Anchor Church, also known as Ingleby Hermitage is a series of caves on the banks of the River Trent. Ingleby is situated on the south of the River Trent on a rise between Stanton by Bridge and Repton.

The small series of caves in the sandstone were the homes of hermits. The word Ingleby means Village of the English.

Anchor Church Caves are beside the Old River Trent;

there is a public footpath at the bottom of the crag or at the top when the river floods in winter. The crag is over 100m long and up to 12m high and in a very attractive setting. The main feature is not the crag at all, but the Hermits Cave. This cave has been cut from the rock and is complete with door openings and window holes; it

is very unusual. The cave is very old, being mentioned first in 1648. The Old River Trent has an interesting history. The course of the river was altered artificially so that 300 acres 1.2 km² changed sides. This is commented on in Shakespeares play Henry IV, Part 1.



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Picnic Pastries

National Picnic Week 2021 takes place this year between 19th - 27th June. What better way to spend a lazy summers afternoon, responsibly social distancing, than in a lovely location with your family, playing games and tucking in to a picnic.

Although the concept of the picnic originated in France, the British have very much taken it to their hearts. An inexpensive day out, a picnic provides the chance for quality family time playing traditional games such as rounders or just relaxing with a good book.

The only real rule of a picnic is to tidy up when you leave. Apart from that the beauty of the picnic is it can be personalised to suit every family. So whether you are a traditionalist in the food you pack or an adventurous foodie, the important thing is just to be outside having fun.



Ricotta & Spinach Squares

Ingredients

375g pack ready-rolled puff pastry

100g bag young leaf spinach
150g ricotta
1 large free-range egg, beaten
20g freshly grated Parmesan

Method

- Preheat the oven to 220C/ 200C Fan. Cut the puff pastry evenly into 4 rectangles.
- Put the spinach in a colander and pour over boiling water to wilt. Cool under cold water then really squeeze out the water. Tip into a bowl and mix with ricotta, beaten egg, parmesan and season to taste.
- Spoon onto 1 half of each pastry rectangle and brush the edges with beaten egg. Fold the pastry over the filling, seal with a fork and transfer to a baking sheet. Brush with more beaten egg and bake for 15-20 minutes, until risen and golden.



Chorizo Chicken Puff Rolls

This recipe is great for using up leftover pasta sauce!

Ingredients:

200g leftover pasta sauce
1 cold cooked chicken breast
or pack of cooked chicken
50g finely chopped chorizo

320 g pack ready-rolled puff pastry
1 egg - lightly beaten (this will be your egg wash)
1 tsp black sesame or nigella seeds

Method:

- Preheat the oven to 200C/ 180C Fan.
- Mix together your pasta sauce, shredded chicken and finely chopped chorizo.
- Unroll the pastry and slice in half lengthways.
- Spoon chicken-chorizo mixture down the middle of the two lengths of pastry. Brush the edges with egg wash and fold the pastry over, so the edges meet. Use a fork to press down the edges.
- Brush the tops of the two long rolls of pastry with egg wash, then slice each roll into 9 or 10 pieces.
- Sprinkle with the seeds and transfer the pastry pieces to a large, non-stick baking sheet - leaving at least ½ an inch of space between each pastry.
- Place in the oven and cook for 15 - 20 minutes, until golden brown.
- Remove from the oven, allow to cool for 5 minutes (or completely if preferred) and serve.



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Celebrating Our Armed Services

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. There are many ways for people, communities and organisations across the country to show their support and get involved. Armed Forces Day takes place on the last Saturday each June - this year on the 26th.

Showing support for the Armed Forces provides a much valued morale boost for the troops and their families. The public show their support for the Armed Forces on Armed Forces Day, but did you know the Armed Forces Covenant outlines how the Government, businesses and communities support Armed Forces personnel past and present throughout the year?

So who does Armed Forces Day celebrate?

Currently Serving Members

The UK Armed Forces defend the UK and its interests. They are busy working around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

Veterans

A veteran is anyone who has served in the HM Armed Forces at any time (including National Servicemen, Regulars and Reserves). Armed Forces Day celebrates their continued role within the military community.

You can find out more information about support for Veterans on the Veterans-UK website or by calling Veterans UK on 0808 1914 218.

Reservists

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve.

An annual Reserves Day celebrates their contribution to

the Armed Forces. Reserves Day is the Wednesday ahead of Armed Forces Day - 23 June.

Cadets

The Cadet Forces (Sea Cadets, Army Cadets, Air Cadets and the Combined Cadet Force) currently support over 130,000 young people in more than 3,000 locations across the UK. Cadets learn life and career building skills as well as gaining vocational qualifications.

Families

Our Armed Forces couldn't do their job without the incredible support of their family and friends.

Charities

Although Armed Forces Day is not a charitable event, the Armed Forces have the support of several UK charities and many local events will offer opportunities to support them. To find out more about Armed Forces charities please see here.

www.armedforcesday.org.uk



Our Angels supporting you to connect with friends and family

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

We know that Covid-19 is a major concern however as more and more people are vaccinated, we will feel the desire to reach out and connect with our families and loved ones. As we take cautionary steps to more normal life, our Angels are there to support you in getting back to regular activities.

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By The Barn *by Angela Sargent*

*"Little trotty wagtail,
he went in the rain,
And tittering, tottering
sideways he near got
straight again."
John Clare*

June already and yet, where did spring go? Warmth and a few nightly showers to help grass and crops grow tall will be very welcome!

Farmers all over are limbering up for silage making if they haven't already started-machinery checked and filled, trailers hitched and everyone waiting for the off.

Silage preserves the grass for the winter- a bit like making pickles when there is a glut, that you can bring out when there's a lack in winter. It provides feed for livestock and isn't as reliant on the weather as hay making, but it doesn't need rubbish lurking in the long grass- fly tipped grass clippings/ wood and plastic get incorporated into the silage if it isn't spotted and can contaminate the end product, causing illness or even death of the animal.

It is crucially important that the machinery is working well

and everyone has the number of their mechanic to hand, as a breakdown is the last thing needed when we are so busy. Wasted hours cost and make for a grumpy farmer!

Most agricultural income goes back into the local economy- local mechanics, local workforce, local feed firms etc, so it makes sense to sustain a strong, profitable farming industry, whether that be dairy, livestock or arable.

As we come to the end of this seasons calving, the young cattle look content as they laze in the sun, tails twitching flies away, before leaping up to find their mums and suckle-foamy milk dripping from their mouths.

Our new lambs, getting on for two months old now, are

nibbling at fresh grass and inquisitively investigating whatever their mum is keen to eat. Cade (bottle fed) lambs have been weaned onto a full diet of grass and some lamb pellets to aid growth, but they still call and rush over whenever they hear my voice (which can make crossing the field a tricky experience as their sharp little hooves dig into my leg as they jump up and then get under my feet!).

As you walk the footpaths, you may see Burnet moths on our field margins (a strip of unworked/sprayed/grazed land running alongside arable ground) as they feed on the Birds foot trefoil and vetches. They have green forewings spotted with crimson and crimson hindwing, they take two years to mature. If its warm, you will see the Buzzards high up, circling on the thermals, calling eerily and, if you look down, maybe small animals or birds dashing out of your way.

For more information on all things farming, follow Angela on
T w i t t e r
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Children's Art Week

Running from June 28th - 18th July, schools, galleries, museums and community groups will be running visual arts activities for children and families. These activities give children and young people, together with their teachers, parents and carers, the opportunity to take part in practical art activities with artists, makers and educators.

Over the past months, the COVID-19 pandemic has highlighted how essential creativity and the visual arts are for learning, connecting and wellbeing. While our venues, cultural organisations and some school buildings may be closed, engaging in the visual arts is more important than ever.

Bringing Children and Art together for Children's Art Week takes place in the UK and is organised by Engage. All over the country various events will be held, giving young people and children the opportunity to get involved in a range of art activities.

What is Engage?

Engage provides support and training for gallery education. Gallery education refers to a field which works to widen access to the visual arts for everyone. It works with gallery owners and visual arts organisations. The aim is to encourage families, young people, disabled people, older people and early years groups to be more engaged with visual arts.

How Children's Art Week is Celebrated

Engage invites various organisations such as schools, museums, galleries and community groups to organise various visual arts events. Support is provided for organisers with regards planning, running and advertising events.

Teachers who want to take part in the celebration can get hints and tips if they want to plan a gallery visit. There are also ideas to include any gallery visits into the curriculum plan and to take the idea further.

Run an Event!

If you have activities, a campaign or programme already in action, think about how you can respond to this year's themes and join in!

All registered events or activities, excluding private events registered by schools or organisations, must be free or low cost to participate, and must be able to be accessed or distributed remotely. Organisers will receive support from Engage to plan, run and publicise their events or activities.

To take part visit:
www.engage.org/happenings/childrens-art-week



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Plastic Not-so Fantastic

Join millions of people reducing their plastic waste in 'Plastic Free July'. One of the most challenging things about creating a sustainable lifestyle is the amount of plastic in our life. Plastic isn't as bad as how we use it is and if we are sustainable with our practices and mindful a little can go a very long way.

Cloth Nappies: The vast majority of disposable nappies are not recyclable and by the time they are potty trained, it is estimated a baby could have used 4,000 to 6,000 disposable nappies.

Use Soap Bars: Do away with the plastic from shampoo, conditioner and bodywash bottles by opting for wash bars. Yes, you did read that

correctly, you can get hair conditioner in bar form!

Bamboo toothbrushes: The World Health Organisation recommends replacing your toothbrush every 3 to 4 months, so switching to bamboo would save a lot of plastic waste for a family.

Buy second-hand clothes: Many manmade fibres used to make cloth are plastic based, so avoiding fast fashion and getting creative with charity shop finds will help the environment.

Grow some veggies: The garden is an incredible gift if you are fortunate enough to have one. Growing veggies will easily lower your supermarket packaging waste.

Buy from brands focused on healing the planet: If you have the means to make choices about the food you put on your table, choose brands that are doing it right. It sounds simple, but it really does make a difference. How a brand sources ingredients, the materials they use for packaging, how they honor farmers, and the emissions they put out are all big parts of our own footprint. Not everyone can do this, but if you can, even one or two items can shift demand and support what is doing things better



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- 30-10-21 Murder Mystery Night
- 17-12-21 Rat pack swing show



Christmas party night evenings

25-12-21 Christmas Lunch

26-12-21 Boxing Day Lunch

31-12-21 New Years Eve Ball

For more information go to: dovecliffhallhotel.co.uk

To enter this month's competition, all you have to do is email your *name, address and daytime telephone contact number* to:

local@locallinksmedia.co.uk

Alternatively, you can post your details to:

Local Links Media

Dovecliff Hall Competition

PO Box 8049

Burton-on-Trent

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The closing date for entries is the 13th of July and the winners will be announced in our August edition. Good luck to everyone who enters!

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



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

MONDAY 21ST JUNE

Monday Meditation

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TUESDAY 22ND JUNE

Anslow Art Class

Our friendly art classes restart at Anslow Village Hall on 8th June for the next 6 weeks and every Tuesday in term-time from 1-3pm. Suitable for beginners and improvers, lessons are project based but one-to-one guidance will help you to achieve your personal goals. £10 per class paid 6 weeks in advance or £12 per class paid weekly. £10 taster rate for first lesson. Please get in touch for more details and to book your place: helentarrat@gmail.com or call 07791228881

WEDNESDAY 23RD 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=ebdssbnonlineasrch

Drag Aerobics Online

Tickets £8.14 - £22.15. Starts 7.30pm. It's Drag Aerobics online! Fabulous London drag superstar Dolly Trolley takes you through the campiest workout live in your living room. www.eventbrite.co.uk/e/drag-aerobics-online-tickets-136285580841?aff=ebdssbnonlineasrch

THURSDAY 24TH JUNE

Dragons

Tickets £5.82 - £11.04. Starts 8pm. In the Old World, western dragons have generally been malevolent, and the dragons of the Far East benevolent. So why is this, and why has the western attitude changed in the modern era? Also, did dragons ever exist, and could they exist, and why did so many humans believe in them if they did not? Talk by Professor Ronald Hutton who is Professor of History at the University of Bristol. www.eventbrite.co.uk/e/dragons-professor-ronald-hutton-zoom-lecture-tickets-145010356881?aff=ebdssbnonlineasrch

FRIDAY 25TH JUNE

Charity Skincare Virtual Party

Free event. Starts 5pm. In aid of: Save the Children, Cancer Research UK, and The Black Country Women's Aid. Donations can be made via www.uk.virginmoneygiving.com/JudithOnwubiko. www.eventbrite.co.uk/e/virtual-charity-skincare-party-registration-123671513827?aff=ebdssbnonlineasrch

SATURDAY 26TH JUNE

Beginners' Archery

Six week course run by Mercia Archers starting Saturday 26th June 2021 from 10:30 a.m. until 12:30 p.m. at Gresley Old Hall, Swadlincote. All equipment is supplied. For further information and an enrolment, contact Derek Jameson at jamesonderek17@gmail.com

SUNDAY 27TH JUNE

Intelligent Speed Dating

Free event. Starts 7pm. The UK's first fully automated speed dating platform that lets you personalise who you meet and is completely free to use. www.eventbrite.co.uk/e/intelligent-speed-dating-registration-140617028317?aff=ebdssbnonlineasrch

MONDAY 28TH JUNE

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 29TH JUNE

The Writing Hour

Free event. Starts 1pm. These sessions are designed for writers with their own ongoing practice or those used to writing alongside others in workshop situations. There is no formal guidance or teaching but simply a chance to come together, open our hearts, minds and language banks and connect with others in writerly solidarity. www.eventbrite.co.uk/e/the-writing-hour-registration-143766083225?aff=ebdssbnonlineasrch

WEDNESDAY 30TH JUNE

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 1ST JULY

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

FRIDAY 2ND JULY

Latin-in-Line Dance Class

A new class at a slower pace - Fridays 12.00-12.45pm at the Priory Centre, Church Road, Stretton, Burton on Trent DE13 0HF - £4.00 per class - please book with Lorraine on 07598159744 or for more details about the class.

SATURDAY 3RD JULY

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=ebdssbnonlineasrch

SUNDAY 4TH JULY

Clubmixed - Go Clubbing

Free event. Starts 7pm. A Virtual Reality Night Club open 24/7 New DJs Every Hour. www.eventbrite.co.uk/e/clubmixed-presents-g0-clubbing-tickets-144230323781?aff=ebdssbnonlineasrch

MONDAY 5TH JULY

Burton Prostate Cancer Support Group

Burton Prostate Cancer Support Group Join us online through Zoom, the first Monday of every month. Everyone is welcome and individual support is available. For more information Email: burton.prostate.cancer.support@gmail.com or call 07478889577

TUESDAY 6TH JULY

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

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WEDNESDAY 7TH JULY

Reading for Pleasure

Free event. Starts 4pm. Michael Rosen explores a rich mixture of text-based classroom activities, with the purpose of creating a 'Reading for Pleasure' culture in every classroom and across the wider school community – and why it's so important to do so! www.eventbrite.co.uk/e/virtual-session-michael-rosen-reading-for-pleasure-tickets-148567388057?aff=ebdssbnonlineasrch

THURSDAY 8TH JULY

A Brief History of Autism

Free event. Starts 12 noon. A Brief History of Autism and the Future of learning differently is a webinar by Exceptional Individuals. www.eventbrite.co.uk/e/autism-a-brief-history-interactive-webinar-tickets-141695917303?aff=ebdssbnonlineasrch

FRIDAY 9TH JULY

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 10TH JULY

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

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=ebdssbnonlineasrch

SUNDAY 11TH JULY

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 12TH JULY

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 13TH JULY

Salsa Dance Lessons

Free event. Starts 6pm. Challenge yourself and discover a passion for dancing that you may not have known you had. www.eventbrite.co.uk/e/salsa-dance-lessons-tickets-148787969823?aff=ebdssbnonlineasrch

WEDNESDAY 14TH JULY

Photography Talk - Impressionism

Tickets £3.75. Starts 7pm. In this talk, Steven LeProvost will show work from three Fellowship panels, the methods he uses, approaches to being creative, the pictures that work and those that didn't work. www.eventbrite.co.uk/e/photography-talk-a-feeling-of-impressionism-tickets-142501219985?aff=ebdssbnonlineasrch

THURSDAY 15TH JULY

The Geology of the Moon

Tickets £0 - £10. Starts 5pm. Dr Katie Joy will take us on a journey of lunar landscapes and rocks and how the moon formed. www.eventbrite.co.uk/e/the-geology-of-the-moon-tickets-149740669373?aff=ebdssbnonlineasrch

Creative Writing Workshop

Free event every Thursday. Starts 7pm. Flex your creative muscles, let your imagination flow and put your spiralling thoughts to paper in this light and friendly creative writing workshop. All levels and abilities welcome. www.eventbrite.co.uk/e/creative-writing-workshop-tickets-152882023247?aff=ebdssbnonlineasrch

FRIDAY 16TH JULY

Abstract Art Workshop

Donations welcome. Every Friday. Starts 7pm. A workshop for everyone who wants to relax, 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 17TH JULY

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

SUNDAY 18TH JULY

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

COMPETITION WINNERS

Congratulations to our **Shoulder of Mutton** competition winners, each winning a **£50 Voucher**:

Laura Gould, Yoxall
Mrs J Toms, Stretton
Becky Astbury, Branstion
Collette Kirkland, Stretton

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Coffee & Sugar Scrub

¼ cup Ground Coffee

¼ cup Sugar

2 tbsp Extra Virgin Olive

Oil

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Method

- Combine all the ingredients until you get a coarse paste.
- Cleanse your skin and apply this paste onto it.
- Use your fingers to gently massage the mixture, in circular motions, on your skin.
- Take 5-10 minutes to gently massage and exfoliate your body, spending 1-2 minutes on each part.
- Wash the mixture off your body using a hydrating body scrub and lukewarm water.

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Summer Safety

The warmer weather can be an enjoyable time for both you and your pet, however it is important you are aware of the risks hot days can bring.

Keeping your pets safe on a hot day

Conditions such as heatstroke can be easily prevented by taking precautionary measures on a hot day. Follow the steps below to ensure your pet is kept safe.

- Take your dog for walks early in the morning or late in the evening when the temperature is cooler
- Never leave your pet in the car, even with the windows open
- Ask a neighbour to check on your pet if they are kept outside
- Use fans to increase air circulation
- Add ice cubes to water to keep it cooler for longer
- Cover rabbits or guinea pig cages with a wet towel and put them in the shade
- If you think your pet has been stung, bathe the area in cold water and if possible, try to remove any stingers you can see
- Wet your pet with a hose pipe if they are panting heavily
- Spray small animals with a fine mist of water
- Keep your pet inside when possible
- Provide two bowls of water in case one gets knocked over
- Make sure your pet has a shaded area to relax in

• When barbecuing, keep your pet away from leftover bones or other foods that could get stuck in their digestive tract

• Provide your pet with a paddling pool to cool off in.

Symptoms of heatstroke

- Heavy panting and raspy breath
- Skin feels warmer than usual
- Anxious expression or staring appearance
- Seizures
- Elevated rectal temperature
- Vomiting
- Collapsing, stumbling or falling down
- Salivation
- Open mouth breathing
- Lying flat on cool surfaces
- Bright red gums.

What to do if you suspect heatstroke

If you suspect that your pet has heatstroke, follow the steps below;

1. Immediate veterinary attention is recommended.

Call your vet to tell them that you are on your way

2. Whilst travelling in a car, keep your air conditioning on or your windows down.

At the vets, treatment may include any of the following:

- Intravenous fluids
- Oxygen
- Blood test (to determine if any organs have been damaged).

Severe cases can have a significant risk of death and may require hospitalisation.

Which types of pet are most susceptible to heatstroke?

All pets can suffer from heatstroke, but some types are more susceptible than others. This includes;

- Dogs that exercise excessively in hot weather
- Short snout breeds
- Pets that have recently relocated to hotter climates
- Cats with shortened faces like the Persian
- Elderly or ill pets
- Pets with heart conditions
- Pets who have suffered from heatstroke before
- Caged pets that are unable to seek cooler environments
- Overweight pets.

If you are concerned that your pet may have heatstroke, please call your vet immediately.



LOCAL LINKS SUDOKU

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

TJL-74-11

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