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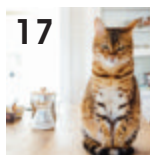
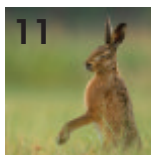
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ISSUE 152

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Dear Readers,

Here we are, July already! This month we've got a super easy lollipop craft that will certainly satisfy your sweet tooth!

With the country's vaccine rollout enjoying some success we find out that August is the month celebrating Immunisation Awareness. We take a look at the history of vaccinations, following the journey of smallpox and give our scientists a big ol' pat on the back for helping to eradicate some of the most life-threatening diseases in history. Give yourselves a pat on the back too if you've recently been vaccinated! You're doing your part for the greater good!

For a bit of fun we also give our feline friends pride of place and look at the contributions they've made to society too!

Have a wonderful summer!

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Next issue out from:

Wed 11th August

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On The Good Ship Lollipop

You can't deny the popularity of this sweet treat - the lollipop! The Chordettes sang 'Lollipop', Millie Small sang 'My Boy Lollipop' and Shirley Temple sang about an airship named after it, and those are the first that spring to mind! Who knows how many more songs the lollipop is immortalised in!

On the 20th July, the humble lollipop gets its day to shine and this food holiday is devoted to these sweets on a stick that come in various shapes, flavors, sizes, and colours.

The first confectioneries that closely resemble modern-day lollipops date back to the Middle Ages. They were made with boiled sugar. Who knew that lollipops had been around for so long?

Lollipops as we know it are thought to have been invented in the early or mid-19th century. According to the most popular theory, the modern version of the lollipop was invented by George Smith in the early 1900s. His lollipops were soft, rather than hard. He named them after Lolly Pop, a popular race horse.

Lollipops usually consist of hardened sugar and syrup with added flavouring. Lollipops come in dozens of flavours, colours, and shapes. Sometimes they contain

fillings, such as a soft centre or bubble gum.

Lollipop Day is the perfect occasion to enjoy the confectionery that reminds most of us of childhood. Grab a lollipop to celebrate and buy some for your family and friends, too!

If you're feeling adventurous, why not try making your own lollipops!

Confetti Lollipops



You will need:

- Hard boil sweets (e.g. Fox's Fruits / Fox's Glacier Mints / Rhubarb & Custard / Apple Drops / Pear Drops / Humbugs)
- Cookie cutters
- Tinfoil
- Cooking oil spray
- Baking sheet
- Sandwich/ziploc bags
- Rolling Pin
- Tea-towel
- Royal icing
- Lollipop sticks (or BBQ skewers cut to size)
- Sprinkles or Hundreds & Thousands

Method:

- Preheat your oven to 150C/ 130C fan
- Line your baking tray with tinfoil and spray with cooking oil
- Place your boiled sweets in your sandwich bag, place inside a tea-towel and crush the sweets into smallish pieces with the rolling pin.
- Spread the crushed sweets on the lined and oiled baking sheet so that there is good coverage.
- Liberally spray your cookie cutter shapes with oil so that the candy releases easier from the cutters.
- Place the sweets in the oven for 3 minutes until just melted but not scorched, they may need a little longer so keep an eye on them after about 2 minutes.
- When you remove the melted sweet sheet from the oven the hot sugar will be dangerously hot and can cause burns so be very careful not to get any on your skin.
- Carefully press the oiled cutters into the candy, making sure that the cutter goes all the way through.
- Sprinkle your toppings onto the candy inside your cutter and wait until cool and set.
- Remove the cutters and attach your lollipops to your sticks with a dot of royal icing.



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The Big Listen

SAMARITANS

Every July, Samaritans branches across the UK and Ireland hold local events to talk about the services they offer in their communities. This year 'The Big Listen' takes place on the 24th July, so get involved in the worthwhile cause of raising awareness for the important work that The Samaritans carry out.

When you fundraise for Samaritans you help them be there for those who need them most. From bake sales to bike rides, marathons to mufti days, there's a fundraising idea for you! Why not consider taking part by...

Events and challenges

Whether you're couch to 5k, ultra marathon, or something in between, there will be an event running raising money for The Samaritans. This July, run, jog or walk 26.2 miles, whenever and wherever you like. You don't need to be a marathon runner to take part in Samarathon. Take on 26.2 miles in your own time and pace to help Samaritans save lives.

Do your own thing

There are loads of fun and easy ways to raise money - from bake sales to fun runs, football matches to party nights and more besides.

Celebration giving

Share the love of birthdays, anniversaries, or for your

wedding by asking for donations instead of a gift. It can inspire your friends and family to help save lives on your special day.

You can also get involved in Samaritans Awareness Day on Twitter using the hashtag #SamaritansAwareness

For more information on fundraising and support, visit: www.samaritans.org





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By The Barn *by Angela Sargent*

July brings with it the shearing of ewes and rams, if not already done and spraying of lambs to keep flies away.

Silage making is taking up a lot of time for livestock farmers and for arable ones, the end is nearly in sight for this year's corn crops as they begin to ripen in the summer sun- a long period of settled weather is appreciated by all!

Hay making is usually carried out now but needs a long fine spell to dry the mown grass, allow it to be turned a couple of days and then to be rowed up, baled and moved under cover- bad luck if you suffer from hayfever (as hubby does).

Here we grow corn to feed our livestock, as we try to keep input costs down, but other farmers prefer to buy in feed as it's easier to make sure that there is a more complete nutrition available. Mixes can be tested and supplements obtained if necessary.

Harvest also brings its own worries- is the corn store cleaned and vermin proof (particularly for milling grain), is the grain dry enough (too dry and there are deductions /too damp and there are also deductions), is the machinery serviced and working properly, are staff on standby?

Harvest is a dusty, grubby job and usually means long hours- please take care when in the vicinity of mechanical equipment- it's so easy for accidents to happen, through tiredness, through desire to get the job done and through inexperience.

We've seen many hares around the farm and several leverets and they are a joy to watch as they zigzag away- even the dogs don't bother chasing as they know they'd never catch one (not that we'd let them!).



Steve Frost

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Have You Had Your Vaccine?

This August our friends across the pond are marking Immunisation Month, all things considered we thought it's something we should celebrate too!

The campaign aims to raise awareness of the importance of vaccinating people of all ages against a number of serious and sometimes deadly diseases. It might surprise you how long ago vaccination in some form was first being used!...

1,000 AD - Early Chinese Inoculation: The method involved grinding up smallpox scabs and blowing the matter into nostril! Lovely!

1700's - Benjamin Jesty: English cattle farmer, inoculated his wife and two sons from a cowpox lesion. Having already contracted cowpox himself, he believed he was protected from smallpox. When a serious smallpox epidemic hit his Dorset village, his wife and children survived, and the boys, showed no symptoms.

Dr. Edward Jenner: inoculated a child with matter from a cowpox sore who felt poorly for several days but made a full

recovery. In July 1796, Jenner then infected the same child with human smallpox. The child remained healthy.

1853 - Mandatory Vaccination in UK: The United Kingdom Vaccination Act of 1853 made smallpox vaccination mandatory in the first three months of an infant's life. A parent's penalty for not complying was a fine or imprisonment.

1882 - Anti-Vaccination: The Anti-Vaccination League of America held its first meeting in New York. They promoted the idea that smallpox was spread by filth not a virus - both an incorrect and dangerous argument.

1893 - Low Vaccination Rates Lead to Outbreak: A smallpox outbreak in Indiana, USA, illustrated the effect of low vaccination rates. A local doctor noted that vaccination there had been largely neglected since the last epidemic of smallpox in 1876.

1980s - Smallpox Declared Eradicated: The World Health Assembly declared the world free from smallpox.

What is 'herd immunity'?

Contrary to the term's recent misuse, 'herd immunity' is not achieved by encouraging a population to contract a disease. 'Herd immunity' is achieved by vaccination. Depending on the disease a population is only considered to have 'herd immunity' when 70-90% of a population are

immunised. As a result, the whole community becomes protected—not just those who are vaccinated. This helps to protect vulnerable people with health conditions who might not be able to be vaccinated.

Get Vaccinated!

- Vaccines protect against serious diseases.
- These diseases still exist and outbreaks do occur.
- Vaccines are recommended and are already used throughout our lives.
- Vaccines are very safe.

There are many debates around the safety of many of the vaccinations available, however governments across the world, acting upon the advice of leading scientists and medical professionals overwhelmingly support immunization schemes. Despite this, the growing voice of the anti immunization supporters (and some other factors) has lead to a decrease in the number of people becoming vaccinated and there is little surprise that the number of people affected by diseases that in some cases had been eliminated from some countries is on the rise again.

What is a virus' best friend? - People

Viruses do not travel - people do. They cannot travel large distances by themselves, they rely on the movement of people to spread them widely. Continuing to wear a mask, even when vaccinated, will continue to stop the spread of Covid-19.



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Caturday

August the 8th is International Cat Day, and it's not hard to see why our little feline friends hold such a special place in our affections.

Funny cat videos, memes and cute pictures of cats are some of the most viewed content online, which just confirms our obsession with the furry things. While research shows that watching funny cat videos online can boost a person's energy and create positive emotions, according to the experts owning a cat can also be good for your heart. Petting a cat is said to reduce stress levels, and with people having such hectic lives, they can be an easier and less demanding choice of pet than owning a dog.

Cats are far from a new internet fad, humankind has been loving these fluffballs for centuries... sometimes even worshipping, which let's face it, any cat owner will tell you that a cat considers that the most appropriate default mode!

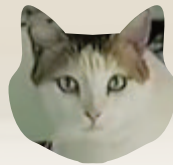
The God: Bastet

In ancient Egypt, Bastet was the goddess of protection, pleasure, and good health. Probably the most famous of all the cat gods. You've likely seen images of her in her most common form, with the head of a cat and the body of a woman.



The Astronaut: Felicette

In 1963, Felicette became the first cat in space. She survived the spaceflight and was sent by French scientists in an effort to understand how reduced gravity impacts animals. It is said she was chosen thanks to her calm disposition.



The Oldest: Creme Puff

Creme Puff was the oldest cat ever recorded, she was a domestic cat living in Texas. According to the Guinness World Records, Creme Puff passed away in 2005 at the age of 38 years and 3 days old.

The Mayor: Stubbs

Named Stubbs after its stub tail, he was elected town mayor in July 1997 by voters after they felt the human candidates were not good enough. Amazingly, Stubbs was mayor of Talkeetna for 20 years until his passing in 2017.



Downing Street Staffer: Larry

Chief Mouser to the Cabinet Office of the United Kingdom at 10 Downing Street since 2011.



The Fashionista: Choupette

A pretty little Birman cat who was the beloved pet of German fashion designer Karl Lagerfeld until the designer's death in 2019 at 85yrs old.



Cats have more than earned their extra treats and cuddles this International Cat Day, so go on, show your appreciation to that moggy in your life or buy that extra pack of cat food at the shops to donate to your local rescue centre as a little thanks to our four legged pals!





Explore, Discover and Remember this Summer

The National Memorial Arboretum has something for visitors of all ages to enjoy, from walks and talks to family holiday activities and uplifting evening events best shared with family and friends.

Plan Your Visit

The Arboretum is open daily to pre-booked visitors from 10am – 5pm and is free to enter.

Daily activities, including trails, Everyday Heroes Activity Packs and Outdoor Escape Challenges are available upon arrival. A parking charge will apply.

To book visit thenma.org.uk

What's On Summer 2021

Throughout the year we hold a range of enjoyable events and activities. Here are just some of our forthcoming events, but please visit our website thenma.org.uk/events for many more.

The Stick Man Trail Available Daily - Free

Outdoor Escape Challenges

Available Daily until 31 October
Operation Kingpin £12 | Operation Vault £15

Our Everyday Heroes Activity Packs

Available Daily 10 July – 5 September
£2 per activity pack

Summer Proms at the Arboretum*

7 & 8 August - Advance tickets from £24

The National Forest Trek* 17 – 19 September

Self-funded and fundraising options available

*Tickets available from thenma.org.uk

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paints and accessories. You can also join their Facebook Group for upcycling hints and tips: www.facebook.com/groups/Furniture.Painting.Hub

Shabby Nook stock a range of: glazes, wax, chalk paint, metallics, stains, decorative accents, brushes, Bombay Duck knobs and handles and custom painted one off pieces of boutique furniture.

You can find more information at: www.shabbynook.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
DE14 9NQ

The closing date for entries is the 10th August and the winners will be announced in our September edition. Good luck to everyone who enters!



Shabby Nook
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Claymills Pumping Station News



We were delighted last week at Claymills, when after over a year of inactivity, our boilers passed their all important steam test. Our giant - 5 storeys tall - beam engines, and all the other, smaller engines that helped them to do their job in the days when the station worked day and night

pumping sewage and brewery waste away from Burton, are waiting to come back to life.

That will happen with our Gala Reopening on 29th and 30th August. As that's near the end of the school holidays we're wanting to make it a fun day for children, and we hope to have some interesting things for them to do, as well as our Ratty Trail to follow.

Copies of our famous 'Ratty Tails' will be on sale, the exciting three volume saga of how the Rats of Claymills came to find their home here, met Bram the stoker, and defeated the evil Gripper.

Bram's an apprentice, and wears his fine, bushy moustache to conceal the fact that he's only about 16. Being young himself, he found it easy to make friends with the young ratlings, and teach them about Claymills. He is the only human who knows of their existence! The pictures show him showing the rats CD Engine House, and explaining how the boilers work.

We think you'll enjoy the stories; come and visit Claymills, and learn more.

For more information visit: www.claymills.org.uk



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Virtual & Outdoor Events What's On Guide!

MONDAY 19TH 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 20TH JULY

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 21ST JULY

Dino Summer at NF Adventure Farm

Meet dinosaurs including a T-Rex, Velociraptor, Triceratops and a Spinosaurus. Navigate the dinosaur themed maize maze and brave the Raptor Run and evade the Velociraptor to retrieve a dino egg from the nest. Every day from Saturday 17th July to Wednesday 1st September from 9.30am to 5.30pm. Tickets start from £14.99. Guests are asked to pre-book a time slot for the indoor play area when booking. www.adventurefarm.co.uk/event/dinosummer

THURSDAY 22ND JULY

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 23RD JULY

Latin In-line Dancing

Get fit, lose weight, have fun! Learn cha-cha, salsa, mambo, rumba, merengue, samba, waltz, quickstep every Friday. Advanced class 9.45-10.45am £5.00, Intermediate class 11.00-11.45am £4.00, Beginner class 12.00-12.45pm £4.00. Venue: Priory Centre, Church Road, Stretton DE13 0HE. No partners required for any class - Solo dancing - Ring 07598159744 or email larhiney@hotmail.com for more details

SATURDAY 24TH 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 25TH 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

MONDAY 26TH JULY

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 27TH 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

WEDNESDAY 28TH JULY

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 29TH 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 30TH 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 31ST JULY

Sounds of Summer at NF Adventure Farm

A Night at the Musicals with The Barricade Boys present – hits from stars of the West End stage. Doors open at 6pm for a 7pm start. Festival street foods including wood fired pizzas and a grill are all available as well as a licensed bar. Tickets cost £18 with a gazebo upgrade at £40 for a maximum of 6 people to include a gazebo and picnic table. www.adventurefarm.co.uk/event/soundsofsummer

SUNDAY 1ST AUGUST

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 2ND AUGUST

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=ebdssbnonlineasrch

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 3RD AUGUST

Eating & Autism

Tickets £6.85 - £33.82. Starts 8pm. We are starting to learn more about the connection between eating and autism. www.eventbrite.co.uk/e/eating-autism-1-hour-webinar-with-sam-tickets-15747081189?aff=ebdssbnonlineasrch

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WEDNESDAY 4TH AUGUST

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=ebdssbnonlineasearch

THURSDAY 5TH AUGUST

Gardening for Wildlife

Free event. Starts 6.30pm. This talk will focus on one of the most important conservation research projects: the Sheffield BUGS project. This comparative study of the wildlife of a range of Sheffield gardens helps us to answer the question: what makes a good wildlife garden? www.eventbrite.co.uk/e/gardening-for-wildlife-the-sheffield-bugs-project-by-ken-thompson-tickets-131081651749?aff=ebdssbnonlineasearch

FRIDAY 6TH AUGUST

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 7TH AUGUST

Sounds of Summer at NF Adventure Farm Disco Inferno - a night of 1970's floor fillers. Doors open at 6pm for a 7pm start. Festival street foods including wood fired pizzas and a grill are all available as well as a licensed bar. Tickets cost £18 with a gazebo upgrade at £40 for a maximum of 6 people to include a gazebo and picnic table. www.adventurefarm.co.uk/event/soundsofsummer

SUNDAY 8TH AUGUST

Witchcraft Curses of the 20th Century

Lecture on the collection of curses and cursed objects at the Museum of Witchcraft and Magic in Cornwall. www.eventbrite.co.uk/e/witchcraft-curses-of-the-twentieth-century-drlouise-fenton-zoom-tickets-152845197099?aff=ebdssbnonlineasearch

MONDAY 9TH AUGUST

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=ebdssbnonlineasearch

TUESDAY 10TH AUGUST

Royal Icing Workshop

Tickets £3.50. Starts 10.20 am. Erica is always a popular demonstrator with unique, on trend, funky and fresh ideas. Her workshops are always achievable for those attending. www.eventbrite.co.uk/e/erica-fernando-royal-icing-essentials-workshop-tickets-155217940037?aff=ebdssbnonlineasearch

WEDNESDAY 11TH AUGUST

Tips & Advice for Interviews

Free event. Starts 3pm. Delivered by qualified Careers Advisers, this interactive, 60 minute digital session is designed to give you the advice, techniques and confidence needed to help you perform well in your next video or face to face interview. www.eventbrite.co.uk/e/tips-and-advice-for-interviews-east-midlands-residents-tickets-141266827885?aff=ebdssbnonlineasearch

THURSDAY 12TH AUGUST

The History of Afternoon Tea

Free event. Starts 3pm. Is it 'scone' as in stone or 'scone' as in gone? Jam then cream, or cream then jam? When do you serve tea in a silver tea pot rather than a china pot? Participants are guaranteed to laugh and learn the colourful history of tea, cakes, scones and sandwiches in this short webinar. www.eventbrite.co.uk/e/the-history-and-rituals-of-afternoon-tea-free-webinar-tickets-157505423963?aff=ebdssbnonlineasearch

FRIDAY 13TH AUGUST

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-1454339957829?aff=ebdssbnonlineasearch>

SATURDAY 14TH AUGUST

Sounds of Summer at NF Adventure Farm

The Best of Queen with Majesty - a tribute to the music legends. Doors open at 6pm for a 7pm start. Festival street foods including wood fired pizzas and a grill are all available as well as a licensed bar. Tickets cost £18 with a gazebo upgrade at £40 for a maximum of 6 people to include a gazebo and picnic table. www.adventurefarm.co.uk/event/soundsofsummer

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=ebdssbnonlineasearch

SUNDAY 15TH AUGUST

Sunday Church

Free event. Starts 4pm. From the nations of the World, we look forward to welcoming you virtually every Sunday for prayer. www.eventbrite.co.uk/e/sunday-church-without-walls-tickets-138192253751?aff=ebdssbnonlineasearch

Photography for Children

Free event, every day. Starts 7pm. Little eyes, Big stories A photography course for children aged 6+ to encourage them to think creatively and use what they have around the house. www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbnonlineasearch

COMPETITION WINNERS

Congratulations to our **Ascot Bespoke Kitchens** competition winner, who has won a deluxe set of 'Prestige' cookware:

Sue Challoner, Barton

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

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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Post Lockdown Pets *by Scarsdale Vets*

It's great news for us all that COVID-19 restrictions are beginning to ease. However, this may not be the case for some dogs, especially if you've acquired a furry friend during the beginning of lockdown. For them, all they have known is a limited number of people who have been able to have close contact with them. Their walks have been quiet, with limited noise, people and traffic. They haven't experienced new places, different areas and new smells. With changes becoming more apparent, what will post-lockdown life for dog's entail? After all, it's been an unusual year or so.

Below are several tips to help your companion adjust to life post-lockdown.

New situations

Too many challenges will overwhelm them and can cause nervous behaviour which could develop into a fear phobia. It's therefore a good idea to gradually introduce your dog to new situations.

To prevent a fear phobia occurring, slowly build up new experiences by providing lots of praise and rewards. Linking new exposures to positive training methods will enhance your dog's ability to cope.

For example, instead of inviting friends into your house

where your dog is not used to having strangers, you could arrange to meet up with friends and go for a dog walk which exposes your dog to new people paired with fun distractions.

Out and about

Take a trip to an outdoor shopping centre where you and your dog can sit and watch the world go by. Take treats with you to reward calm behaviours in a busy environment. Staying too long may overwhelm your dog so it's a good idea to keep visits short but often until they get used to different environments.

Slow and steady changes

Have you been working from home during the pandemic? Slow changes to your routine will help your dog to adjust to their new way of life. Dogs often find it difficult to be left on their own as they're very sociable, hence why they make great additions to the family. It's a good idea to prepare them to cope without you at home. Start by leaving your dogs when they are sleeping, eating or playing – Try closing the door behind you and sitting in another room.

Keeping your dog company

If you haven't had time to get your dog used to being left alone, or you've recognised that your dog is not coping well, don't ignore the situation. Act quickly to

prevent it from getting any worse. While you go out, ask family or friends to sit with your dog or arrange for a dog walker to walk your dog when you go back to work. This will limit the time your dog is left on their own. If you are going to be away for a long period of time possibly look into a doggy day-care facility.

Training

Training classes can help you to deal with the adolescent teenage years of your dogs' life. It is part of their normal development however, it can sometimes be a difficult time for dog owners as their beloved friend seems to have forgotten lots of what they were taught. A little help from a dog trainer can really help get your dog get back on track. At Scarsdale Vets, we offer a 4-week puppy training course. It's designed to help with a range of puppy challenges such as toilet training, socialisation, play biting and chewing plus much more. For further information or to book, please call our Park Farm practice on 01332 554422.

The last year has been challenging for us all. Let's make sure your four-legged friend can cope with post-lockdown life.



LOCAL LINKS SUDOKU

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

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.

LJS-62-15

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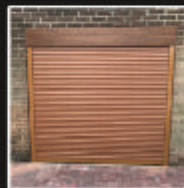
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EASY GLIDE GARAGE DOORS



The EASY GLIDE Garage Door is an exceptional garage door system - THE BEST IN THE UK.

Open and close the door at the push of a button from within the comfort of your car. Our automatic garage doors enhance the look of your property and have great thermal values keeping your property warmer.

Unit 11, Falcon Business Center, Hawkins Lane, Burton o Trent DE14 1SG

01283 480 505 / 01156 719999

www.easyglidegaragedoors.co.uk



We take out your old door, remove from site and replace with a new insulated electric roller door complete with 2 remote controls

FOR ONLY £749

Based on a white door 7ft x 7ft

Prostate cancer is the most common cancer in men in the UK



Think you might have symptoms of prostate cancer? It can be daunting but above all, it's important to get things checked out.

Our simple prostate screening service is comprehensive and led by a specialist nurse and you'll get your results within 48 hours, giving you peace of mind or treatment if you need it, as quickly as possible.

What to look for:

- Urinating more frequently
- Difficulty when you try to urinate
- Blood in your urine.

To book your prostate screening today, call **0300 790 6190**



Nuffield Health Derby Hospital
Rykneld Road, Littleover, Derby, DE23 4SN

SALE NOW ON! - SALE NOW ON! - SALE NOW ON!



OPENING TIMES: MON-FRI 7.30AM - 4.30PM & SAT 7.30AM - 4PM

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