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ISSUE 153

FREE

HERITAGE DAY

History for all

A CALL FOR WALKERS

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What's On Guide

full of local and community events

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Autumn Festival

18 - 19 September 2021

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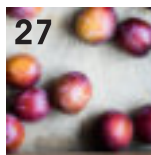


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LOCAL LINKS



ISSUE 153

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Dear Readers,

The summer so far has been a scorcher and many of us have enjoyed staycationing in the UK. Fear not, your enjoyment of our home country needn't cease as we head into September as we can enjoy Heritage Day where many of our historic sites will open up for free!

We also have a shoutout from two charities, Parkinsons UK & St. Giles Hospice looking for fundraising participants to help them out, so read on to find out how you can get involved.

Last month we celebrated our furry feline buddies but as luck would have it our perfect pooches aren't left out this month as they get their own celebration day too!

Have fun!

The **LOCAL LINKS** team

Next issue deadline:

Tues 7th September

Next issue out from:

Wed 15th September

This magazine
delivered free to:

Alrewas, Rangemore,
Barton, Tatenhill &
Fradley, Yoxall

We also deliver a
magazine free to:

Branston,
Brizlincote Valley, Stretton &
Rolleston, Walton on Trent

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Photo Day

Since the first photograph was taken by an inventor named Joseph Nicéphore Niépce in 1826 in Saint-Loup-de-Varennes, France, photographers around the globe have been documenting the worlds most momentous and moving moments. August 19th is World Photo Day and here are some of the most iconic moments ever caputred on film.



Niépce – View from the Window at Le Gras 1826

The first photograph in history – by Joseph Nicéphore



Tank Man, Jeff Widener 1989

The Hindenburg Disaster, Sam Shere 1937



First Mobile Phone Picture, Philippe Kahn 1997



The Iconic V-J Day in Times Square by Alfred Eisenstaedt 1945



Neil Armstrong, NASA 1969



background: Unsplash.com/Alex Azerbachne



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Claymills

Victorian Pumping Station

Heritage Open Days

Established in the early 1994, the Heritage Open Days is England's way of contributing to the European Heritage Days by celebrating the regions culture and much more through the festival.

Every September thousands of volunteers across England organise events to celebrate our fantastic history and culture. It's your chance to see hidden places and try out new experiences – all of which are FREE to explore.

The Council of Europe and European Commission set up the Europe Heritage Days in 1991 to raise awareness and appreciation of the rich and diverse Europe's cultural assets as well as the need for care and protection for posterity. The central principle behind the days was simple and compelling.

They would throw open all the doors to historic buildings and monuments especially those that are normally closed to the public. Currently, they are held in September in almost 50 signatory states to the original European Cultural Convention.

Heritage Open Days is England's largest festival of history and culture, bringing together over 2,000 organisations, 5,000 events and

40,000 volunteers. Every year in September, places across the country throw open their doors to celebrate their heritage, community and history. It's your chance to see hidden places and try out new experiences and it's all FREE.

Some Staffordshire Locations Taking Part!

St. Modwen's Church

Market Place, Burton-on-Trent, Staffordshire, DE14 1HA



The building is a fine example an early 18th century church with original box pews, galleries and staircases. The tower affords a panoramic view over the surrounding country.

Claymills Victorian Pumping Station

Meadow Lane, Stretton, Burton-on-Trent, Staffordshire, DE13 0DA

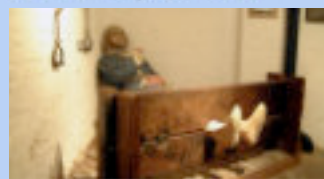


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Victorian Pumping Station, hear how expansion of the breweries in Burton on Trent caused a waste problem, how Claymills was built to deal with it, ran for 87 years, and was then saved after over 20 years of dereliction.

Old Guildhall Prison Cells

Bare Street, Lichfield, Staffordshire, WS13 6LU



Lichfield's Old Guildhall Prison Cells will be open to the public on Saturday 18th September. Visitors can explore original cells and the history of law and order in the city on the site which has been in use as a prison since 1548.

Samuel Johnson's 312th Birthday Celebrations

Breadmarket Street, Lichfield, Staffordshire, WS13 6LG

Join us on Saturday 18th September as we commemorate Samuel Johnson's 312th Birthday. We will be hosting free activities throughout the house, including storytelling, poetry, and family crafts.

Heritage Open Days 2021 will be 10-19 September. For more information visit: www.heritageopendays.org.uk



heritage open days

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Sourdough September



background: Unsplash.com/Mullakhalibakova
It seems that Sourdough bread is everywhere these days. Sourdough even has it's own month - but what exactly is Sourdough?

Sourdough is a unique type of bread because it does not require any yeast as an added ingredient, as do other rising breads. It features a wild yeast and bacteria culture that arises

naturally from microorganisms present in flour. A starter culture can be added, to produce a specific flavor depending on the type of healthy bacteria present, but it is not necessary. All one needs to make a sourdough culture is flour and water.

The bacteria in a sourdough bread culture is Lactobacillus, or lactic acid bacteria, which is also used in such foods as sauerkraut, kimchi, pickles, cheese, and yogurt. It is this bacteria that gives this bread its characteristic sour flavor, while the yeast allows the bread to rise. The yeast and bacteria naturally present in flour are activated by mixing in water and leaving it in a warm

environment. Different types of flour are more or less rich in microorganisms, and sometimes unwashed organic grapes are added to the mixture to increase the natural yeast and help the culture to develop.

Sourdough starter is fed daily with yeast and water.

A sourdough culture, also known as a starter or sponge, must be "fed" daily when it is young with fresh flour and water. As the culture matures, it can be refrigerated and fed less often. A part of the culture is used for every new loaf of sourdough bread. A well maintained sourdough culture can serve a baker for many years!

BUZZ OFF!



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bedding over winter. I'm hoping the weather will be kind this month and send some benevolent, settled warmth so we can all combine and bale relatively unstressed- some chance, I fear!

Summer agricultural shows are few and far between because of uncertainty over Covid (as they take many months and much financial investment to keep them running) but they are an important social occasion in the rural and agricultural way of life.

Wildlife, such as mice and hares run along the stubble and big, grey pigeons scavenge dropped grain. Collared Doves- a pale beige colour, first seen in this country in the fifties- also tuck in.

The Elephant Hawkmoth is especially attracted and lays its eggs on the Willow-herb and the caterpillar is quite spectacular, rearing up when disturbed and showing 'eye spots'.

Follow Angela on Twitter
@bythebarn

[illegible]

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Business Champions



Congratulations to T.J. Parry & Family Independent Funeral Directors, who have been awarded the Staffordshire Business Champion 2021. This prestigious award has been launched to highlight the achievements of the UK's very best micro and small businesses who are keeping community spirit alive in their local area.

amongst 1000's of other businesses throughout Staffordshire, Tim and his team were one of 3 Staffordshire finalists that were invited to an awards ceremony in London. Facing tough competition T.J. Parry were named champions as they embody spirit of the awards.

The Town & County Business Champions 2021 have been launched to highlight the achievements of the UK's very

best micro and small businesses who are keeping community spirit alive in their local area.

Awards director Damian Cummins said: "This year, more than ever, we have learned to appreciate our local independent businesses the Business Champions are all about the story. We want to know why you are the best in your area and how you support the local community. These are truly local, transparent awards, celebrating local success stories."

www.townandcountybusinesschampions.co.uk

Having been nominated

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It's a Dog Day

Last month we celebrated Cat Day and this month it's the turn of our slobbery pooch buddies to get their day in the sun! So This 26th Auguts give your dog a cuddle and marvel at their canine contribution to society and being human-kind's best friend!

Buddy



Buddy, the first seeing eye dog, came to the U.S. in 1928. He had been trained in Switzerland by Dorothy Harrison Eustis for Morris Frank, a young blind man. Buddy demonstrated his skills in front of a crowd of news reporters by safely guiding Frank across busy Manhattan intersections.

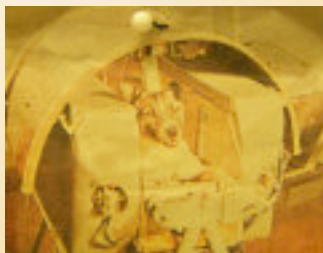
Greyfriars Bobby



In his early years, Bobby accompanied his owner on his rounds as a night watchman on the Edinburgh police force.

At a glance the little Skye Terrier may not have looked like much of a watchdog, but what he lacked in size he made up for in loyalty. After his owner's death, Bobby kept watch at his grave in Greyfriars Kirkyard for 14 years; he was fed and cared for by local people till the end of his days.

Laika



In 1957 with the Soviet launch of Sputnik 2, Laika, a mixed breed stray from the streets of Moscow, became the first animal to orbit the Earth. A monument in her honour was built near the military research facility in Moscow that prepared Laika's flight to space. It portrayed a dog standing on top of a rocket. She also appears on the Monument to the Conquerors of Space in Moscow.

Apollo



Appollo and his partner Peter

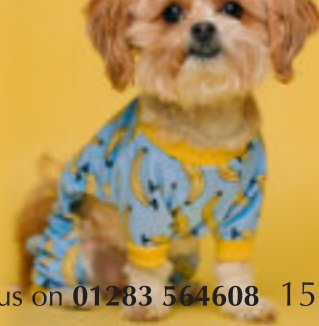
Davis were members of the New York City Police Department responsible for saving many lives on the dreadful September 11th. The German shepherd was just one of over 350 search and rescue dogs that day on the Twin Towers site.

Bobbie



In 1923, Bobbie was traveling with his family from Silverton, Oregon to Indiana. At some point he got separated from his owners and got lost. The family searched high and low for their two-year-old dog, but ultimately returned home after failing to find him. But six months later, in February 1924, Bobbie suddenly appeared on their doorstep. He was dirty, skinny, and weak. His feet were worn to the bone because Bobbie walked over 4000 kilometers across the US.

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"It's also been a year when we've spent so much time in lockdown in our own communities, so there's surely no better way to get a real breath of fresh air and change of scenery by stretching our legs with an epic journey through some of the most fantastic coastline that this country has to offer. The event will be taking place in accordance with all COVID-19 guidelines."

Muteen Ahmed, (39) from Burton, has just (June 12) completed a Snowdon by Night challenge in aid of St Giles. He said: "I wanted to really push myself and to raise some money for St Giles because they gave my friend - who died at the hospice - absolutely fantastic care in his last days. When we climbed

Snowdon it was a tough challenge, but we really enjoyed it and got a great sense of achievement when we made it to the top."

Participants pay an £80 registration fee for the event and pledge to raise a minimum sponsorship of £600 for St Giles Hospice, which will fund care for patients and their families living with a terminal illness. Everyone taking part will receive food and accommodation, transfers within the trek, Discover Adventure leaders and drivers throughout the challenge.

As a member of #TeamStGiles, walkers will also get an exclusive St Giles T-shirt, a bespoke St Giles Hospice fundraising pack, a dedicated member of the hospice fundraising team to assist them with training and fundraising and a supportive community and team to engage with ahead of the event and during the challenge.

For further information about the Cornish Coastal Challenge or to sign up visit www.stgileshospice.com/cornishchallenge

For more information about St Giles Hospice and the expert care it provides, please visit www.stgileshospice.com

St Giles Hospice is looking for energetic fundraisers with a passion for the great British outdoors to take part in a Cornish Coastal Challenge this summer.

The weekend trek, taking place between 10th and 12th September, will follow the dramatic coastline of North Cornwall where the spectacular landscapes feature rugged cliffs, hidden coves and old fishing villages forming a beautiful backdrop to the blue sea.

Chloe Herbert, Head of Fundraising at St Giles Hospice, said: "The Cornish Coastal Challenge is a brand new addition to our list of Treks and Trails events and we're looking for walkers who want to sign up and join our supportive team or come along with family, friends and colleagues.

"This walk will be a tough weekend challenge but it also promises to be a

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For this month's competition, **FOUR** lucky readers can win a £30 VOUCHER from **The Mug Tug**.

Visit The Mug Tug and create a lovingly made masterpiece for yourself or a loved one.

The focus of The Mug Tug is having a fun time painting a pottery item of your choice. With around 400 different shapes there's plenty to inspire you – from figurines, money boxes, trinket boxes, photo frames and wall plaques to more practical mugs, plates, bowls, teapots, vases and other tableware.

And it's not just for the children! Grown-Ups have more fun and find it very therapeutic. But whatever age, it's always a lovely way of having quality time with children, grand-

children, parents, grandparents, Aunties and Uncles and not forgetting friends.

Parties and celebrations are also a great reason to get a group of friends or family together to celebrate – with Birthday Party Packages available for children from 5 years upwards to older 'significant' Birthdays, Hen Parties and Wedding Anniversaries all have been celebrated on Board.

The Mug Tug are also Baby Handprint and Footprint specialists with nearly 11 years' experience. They provide the whole service of taking Baby's Prints, personalising with your chosen details and design before glazing and firing to create a beautiful Keepsake to forever remind you of how little they were.

And did we mention they are on

a Narrowboat? Open all year round, bookings are strongly recommended to guarantee you a table when you arrive.

For more information visit: www.themugtug.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

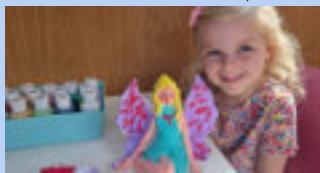
The Mug Tug Competition

PO Box 8049

Burton-on-Trent

DE14 9NQ

The closing date for entries is the 14th of September and the winners will be announced in our October edition. Good luck to everyone who enters!



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Cool Cats by Derby Cats Protection

Warmer weather is on the horizon so here are some tips to keep your cat cool:

- Provide plenty of shaded areas for your cat
- Place fans around the house
- Freeze a bottle of water and wrap it in a towel and put it in your cat's bed
- Place water bowls away from food bowls
- Avoid plastic bowls – use glass, metal or ceramic
- Use a large bowl with a big surface area
- Keep the water topped up so that your cat doesn't have to put its head 'in' the bowl
- Place water bowls in different places around the house

For more information contact Cats Protection Derby and District Branch on 01332 206956 or email queries to: enquiries@derbybranch.cats.org.uk

background: Unsplash.com/Zane Lee



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

MONDAY 16TH 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-155890355558?aff=ebdssbnonlineasrch

TUESDAY 17TH AUGUST

Marstons Club - Over 50s

Over 50s Bingo every Tuesday afternoon. 1 'til 3pm. For more information contact Christine Adams on: 01283 299833

WEDNESDAY 18TH 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-yr-11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbnonlineasrch

THURSDAY 19TH AUGUST

Tai Chi Classes

Free event, every day. Starts 10am, 3pm or 7pm. The class starts with warming up exercises, deep breathing or Tao Yin and Kai Men Qigong which opens the energy channels. This takes about twenty minutes, then we have twenty minutes of Tai Chi dance and the beginners class is concentrating on the first ten moves. www.eventbrite.co.uk/e/lockdown-tai-chi-lee-style-online-global-daily-classes-registration-104447912518?aff=ebdssbnonlineasrch

FRIDAY 20TH 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 21ST AUGUST

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=ebdssbnonlineasrch

SUNDAY 22ND AUGUST

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 23RD AUGUST

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 24TH AUGUST

Online Breast Feeding Workshop

Free event, every Tuesday. Starts 6pm. A virtual breastfeeding workshop for mothers to be and their chosen support partners. www.eventbrite.co.uk/e/bwc-virtual-antenatal-breastfeeding-workshop-mothers-and-support-partners-tickets-131607223749?aff=ebdssbnonlineasrch

WEDNESDAY 25TH AUGUST

A Climate of Change

Free event every Wednesday. Starts 4pm for 8-15yrs, 6pm for 16-24yrs. Everyone has had a different experience of COVID-19 and we want to give young people a unique opportunity to express themselves through music and the creative arts, to explore how the environment and social culture is changing around them. www.eventbrite.co.uk/e/a-climate-of-change-creative-sessions-for-young-people-ages-16-24-yrs-tickets-141594540081?aff=ebdssbnonlineasrch

THURSDAY 26TH AUGUST

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 27TH AUGUST

Sounds of Summer at NF Adventure Farm

Sounds of the 80s with The Zoots - pull on your neon legwarmers. 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

Reduce Procrastination Workshop

Free event, every day. Starts 7pm. Join this free 1-to-1 workshop to better understand how you can overcome procrastination and fatigue, in order to maintain sustainable high performance and consistency towards your business and life goals. www.eventbrite.co.uk/e/how-to-reduce-procrastination-and-sustain-high-performance-tickets-134389696199?aff=ebdssbnonlineasrch

SATURDAY 28TH AUGUST

Spanish Language Exchange

Free event, starts 5pm. Meet people and practice speaking Spanish! www.eventbrite.co.uk/e/online-english-spanish-language-exchange-weekly-tickets-139699024543?aff=ebdssbnonlineasrch

SUNDAY 29TH AUGUST

Knit & Chat

Free event, starts 4pm. Knitting & chatting to while away Sundays. We are a lively group who consider each other, show our knitting, offer tips etc. www.eventbrite.co.uk/e/knit-and-chat-tickets-137306733135?aff=ebdssbnonlineasrch

MONDAY 30TH AUGUST

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 31ST AUGUST

Understanding Domestic Abuse

Free event, starts 10am. This workshop explores the different types of domestic abuse, the national and regional impact of domestic abuse as well as the different laws and interventions that currently exist to combat it. www.eventbrite.co.uk/e/understanding-domestic-abuse-and-its-impact-tickets-107688294588?aff=ebdssbnonlineasrch

WEDNESDAY 1ST SEPTEMBER

Barton WI

Meeting the 1st Wednesday of every month at 7.30pm at St James's Hall Barton. For more information email pennycarthy@hotmail.co.uk

THURSDAY 2ND SEPTEMBER

Coffee at the Castle

Free event, every Thursday. Starts 11am. A friendly results driven online networking event. www.eventbrite.co.uk/e/virtual-coffee-at-the-castle-tickets-126994992441?aff=ebdssbnonlineasrch

FRIDAY 3RD SEPTEMBER

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

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SATURDAY 4TH SEPTEMBER

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=ebdssbnonlineasch

SUNDAY 5TH SEPTEMBER

BODIES - Filmed Theatre

Free event, starts 7pm. An experimental show - combines tragedy with comedy, ancient with contemporary stories about dilemmas of the body, mind & cancer experiences. www.eventbrite.co.uk/e/bodies-filmed-theatre-free-online-screening-tickets-156973266265?aff=ebdssbnonlineasch

MONDAY 6TH SEPTEMBER

Drink & Draw

Free event, starts 7pm. An experimental show - combines tragedy with comedy, ancient with contemporary stories about dilemmas of the body, mind & cancer experiences. www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbnonlineasch

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 7TH SEPTEMBER

Travel Geeks - The Yukon Wilderness

Free event, starts 7pm. We'll discover the mountains, icefields and rivers of Canada's last frontier, and find out about the Yukon's rich living history. www.eventbrite.co.uk/e/travel-geeks-online-adventures-in-the-yukon-wilderness-tickets-164279114253?aff=ebdssbnonlineasch

WEDNESDAY 8TH SEPTEMBER

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/cupachat-online-tickets-102882187392?aff=ebdssbnonlineasch

THURSDAY 9TH SEPTEMBER

ADHD Parent/Carer Talk

Free event, starts 7pm. Parenting a child with ADHD comes with it's own unique challenges and rewards. Join ADHD specialist teacher, trainer, psychoeducational coach Jannine Harris MA PGCE for this informative session. www.eventbrite.co.uk/e/adhd-parentcarer-talk-tickets-161205133895?aff=ebdssbnonlineasch&keep_tld=1

FRIDAY 10TH SEPTEMBER

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

SATURDAY 11TH SEPTEMBER

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=ebdssbnonlineasch

MONDAY 13TH SEPTEMBER

The Creative Corner

Free event, every Monday. Starts 7pm. Would you like to dedicate an hour out of your week to make that thing you still haven't made? Do you need a little extra encouragement? www.eventbrite.co.uk/e/the-creative-corner-tickets-139512835647?aff=ebdssbnonlineasch

TUESDAY 14TH SEPTEMBER

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

THURSDAY 16TH SEPTEMBER

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=ebdssbnonlineasch

FRIDAY 17TH SEPTEMBER

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=ebdssbnonlineasch>

Latin In-line Dancing

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SATURDAY 18TH SEPTEMBER

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=ebdssbnonlineasch

SUNDAY 19TH SEPTEMBER

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=ebdssbnonlineasch

COMPETITION WINNERS

Congratulations to our Dovecliff Hall Hotel competition winners, each winning a £40 Voucher:

Jill Gowers, Fradley
Mrs Bridie Shelton, Stretton
Mrs Jane Rezin, Stretton
Cathy Conlon, Barton
Naomi Barton, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a £30 Voucher from The Mug Tug.

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Plum Clafoutis

With the super summer we've had fruit is ripening quickly and this year will be super sweet with all those sunshine sugars. Did you know that 24th August is Plum Day? The perfect time to try this baked French dessert of fruit, arranged in a buttered dish and covered with a thick flan-like batter. The clafoutis is dusted with powdered sugar and served lukewarm, sometimes with cream.



Ingredients:

6 tbsp caster sugar
14 plums, halved and destoned
3 eggs
300ml semi-skimmed milk
75g plain flour
1 1/2 tsp lemon zest
1 dsp vanilla
1 pinch salt
1/2 tsp ground cinnamon
2 tbsp icing sugar

Method:

Prep:10min > Cook:1hr >
Ready in:1hr10min

- Preheat the oven to 190 C / 180 C Fan.
- Butter a 25cm fluted flan tin and sprinkle 1 tablespoon of caster sugar over the bottom.
- Arrange the plum halves, cut side down, so that they cover the entire bottom of

the pie dish.

- Sprinkle 2 tablespoons of sugar over the top of the plums.
- In a blender, combine the remaining 3 tablespoons of sugar, eggs, milk, flour, lemon zest, cinnamon, vanilla and salt. Process until smooth, about 2 minutes. Pour over the fruit in the pan.
- Bake for 50 to 60 minutes in the preheated oven, or until firm and lightly browned.
- Let stand 5 minutes before slicing. Dust with icing sugar before serving.





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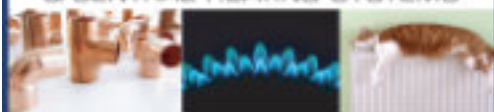
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Becoming a first-time dog parent is one of life's joys but are you fully prepared? Here are some things to consider and what to expect when you're pet-specting and to think about before getting a puppy:

- Ask the breeder if you can see the mum and dad. You should be able to at least see the mum if the puppies are there.
- Always ask to meet them in their environment.
- Ask for vaccination records and flea/worm treatment status.
- It is the breeder's responsibility to have the pup microchipped.
- Ask the breeder what food they have been feeding the puppy.
- A puppy usually comes with 4 weeks free insurance from the breeder.

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National Citizen Service *by Burton Albion*



Calling all year 11 and 12 young people!! After being stuck indoors for a year do you want to have an amazing summer with your mates...sign up to NCS now!

Want to make this summer one you'll never forget? Register for NCS today and get ready to meet a bunch of new mates, learn life lessons, skills and hacks, get your voice out there, and push yourself to new limits...in the best way possible!

Designed specially for 16 and 17 year olds, the NCS experience will give you a clearer idea of what you want from your future. The NCS help you realise that big, exciting things can come from feeling a little bit overwhelmed.

On NCS, you'll mix with a new crowd, and take on fresh challenges together. Before you know it, you'll be rooting for each other, as you all tackle your own little hurdles. Along the way, you'll also get a taste

for independence and pick up skills that'll help you smash your future goals.

And if that's not enough for you, you'll also be given a platform to have your voice heard and pursue a passion project. The NCS experience might last just a few weeks, but the impact? That lasts a LOT longer.

Over 500,000 people have already done NCS – want to join them? Register now for Monday 16th August - Friday 27th August.

If you are interested in signing up please complete this form www.forms.gle/vwhTR8y2njy6Wmjf6 or email gemma.lanchetser@burtonalbionct.org

	<p>SOLUTION FOCUSED HYPNOTHERAPY & PSYCHOTHERAPY TO SUPPORT YOU TO BECOME THE BEST VERSION OF YOURSELF</p>	<p>FEELING OVERWHELMED ANXIETY SLEEP DISORDERS DEPRESSION PHOBIAS WEIGHT MANAGEMENT POOR SELF ESTEEM OCD</p>
<p>Sarah Shaw HPD SBIT</p> <p>Call now for your free consultation via zoom or face to face in Barton Under Needwood. Tel: 07846356398 E Mail: exhale101@outlook.com www.exhaleco.uk</p> <p><small>Fully Insured - advance DBS checked - NCH reg</small></p>		

LOCAL LINKS SUDOKU

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

Sudoku is a logic puzzle where you follow one simple rule:
Simply fill in the boxes so that the nine rows, the
nine columns, and the nine 3x3 squares
all contain every digit from 1-9.

LLS-50-31

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



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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**



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The logo for 'Home and Trade' is centered. It features the word 'Home' in a large, blue, sans-serif font, with 'and' in a smaller, italicized blue font below it, and 'Trade' in a large, blue, sans-serif font below that. The entire text is enclosed within a blue outline of a house with a gabled roof.

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