

LOCAL LINKS



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ISSUE 154
FREE

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What's hot for the snuggle factor

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Warm delights for cooler evenings

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LOCAL LINKS



ISSUE 154

SALES

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Dear Readers,

As we roll into the cooler evenings and the latter few months of the year, this year is a fluffy warming hug! We have fluffy squirrels and fluffy rugs and warming soups to keep you happy.

We've also got information on Macmillan's 'World's Biggest Coffee Morning' that will give you a warm and fluffy feeling in your heart if you take part and raise some cash for such a deserving cause.

If all that isn't enough, this month you can enter our competition to win some vouchers towards a cosy night out at The Middle Bell in Barton-under-Needwood. Roll on the snuggly evenings!

Look after each other!

The **LOCAL LINKS** team

Next issue deadline:

Tues 5th October

Next issue out from:

Wed 13th October

This magazine
delivered free to:

Alrewas,
Barton,
Fradley,

RangemORE,
Tatenhill &
Yoxall

We also deliver a
magazine free to:

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Put The Kettle On - 24th of September!

The Worlds Biggest Coffee Morning which has been going since 1990, is organised by Macmillan Cancer Support to raise funds for the charity.

Macmillan offer much needed support service for those diagnosed with cancer and their families. Macmillan is at the forefront of understanding the needs and experiences of people living with cancer. They do this by analysing public health data, evaluating services and healthcare economics, conducting surveys, funding academic research and working closely with people affected by cancer and our professionals and partners on the ground.

The coffee morning event grew from a local fundraising event in the first year to a countrywide event the following year. With over two thousand people registering to host an event in year two it was swiftly dubbed the

World's Biggest Coffee Morning. In 2014 over 154,000 people registered their coffee morning and a record £20 million was raised – that is quite staggering!

Even if you are a non-coffee lover who thinks they can't take part coffee isn't the only brew on offer. In the years since it started the event has grown to include something for everyone. Now amidst the coffee mornings you can find karaoke nights, pub quizzes and garden parties.

We often say to a friend 'do you want to meet up for a coffee?' The key aim being getting together with a friend to have fun. Macmillan Cancer Support is saying the same; get together with friends and family, have fun and raise money for a good cause.

You might even fancy trying to beat a world record attempt such as the Highest Coffee Morning that took place in 2004 or the World's Deepest Coffee Morning in 2002.

So grab your organic fair trade coffee, gourmet Colombian coffee and fair trade coffee beans and join in with the Worlds Biggest Coffee Morning!

And what's more the M&S Cafe are the official partner of the World's Biggest Coffee Morning – so if you don't have chance to host your own coffee morning, just pop along and have your cuppa with M&S, and you'll still be helping to raise funds for this important cause.

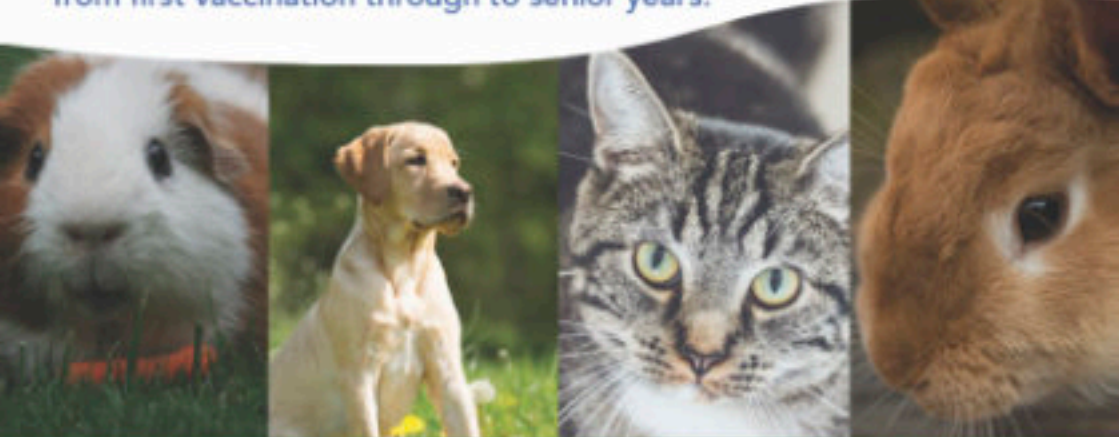
For more information on how to get involved, visit:
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Soups for the Soul



Taco Chicken Soup

1 onion, chopped
1 red pepper, chopped
2 tsp salt
500ml chicken stock
1 tin chopped tomatoes
1 green chilli chopped
1 tin cream of mushroom soup
Cooking oil
1 tbsp mexican spice mix
1/2 tsp ground cumin
1/4 tsp ground black pepper
500g diced chicken breast
Small bunch of fresh coriander
Some grated cheddar

Fry onions, red pepper and 1tsp salt in a large pot until softened, add stock, chopped tomatoes, mushroom soup and green chilli. Gently simmer.

Mix 2 tablespoons of cooking oil with the mexican spice mix, 1tsp salt, cumin and pepper in a bowl and add chicken and stir to coat.

Add spiced chicken to soup and simmer until the chicken is cooked through.

Serve and sprinkle with grated cheese and chopped coriander.



Broccoli & Stilton Soup

1 onion, chopped
1 tbsp olive oil
2 heads broccoli, chopped
2 potatoes peeled & cubed
1ltr vegetable stock
Stilton cheese (to taste)
Salt
Pepper

Sautee onions in olive oil until softened, add potatoes and vegetable stock.

Simmer until the potatoes start to soften and then add the broccoli and cook until tender.

Carefully blitz the vegetables with a hand blender (using a clean tea towel over the pot to prevent hot soup splashes).

Crumble the stilton into the soup and salt and pepper to your preferred taste, you may need less salt than you would normally use.



Warming Noodle Soup

200g cooked tofu pieces
170g soft udon noodles
1 small red chilli pepper
1/2 inch fresh ginger
1 ltr vegetable stock
1 carrot, matchstick chopped
6 spring onions, chopped
1 pak / bok choi
150g shitake mushrooms
Sesame oil
Light soy sauce

Bring vegetable stock to a gentle simmer, finely chop the ginger and add to stock.

Add the carrots, white parts of the spring onions, mushrooms and noodles to the stock.

Cook until noodles are almost ready. Add sesame oil and soy sauce to your preference and then add bok / pak choi to cook until wilted.

Serve in bowls garnished with finely chopped red chilli and green parts of spring onions.

Whether you're a meat eater, veggie or vegan, we hope you will enjoy trying one of these three delicious and comforting autumn evening warmers!



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By The Barn

*"To bend with apples the
moss'd cottage-trees,
And fill all fruit with ripeness
to the core."*

Keats -Ode to Autumn

As Autumn arrives we must not forget that we have a population of 70million people to feed and with floods in Germany and Austria and 'heat domes' in North America, we cannot presume that we will easily import any shortfall and if new governmental policies discourage or undermine farming, how will our needs be met?

Many will be starting to trim hedges as the bird breeding season has finished, especially along roadsides, where field work needs to be carried out or

where there is a need to manage the hedge(if it's getting slightly too tall maybe).

Here, we leave it as late as possible and only do half at once, not neat and tidy but providing lots of feed and habitat for wildlife.

We'll have some of our apples ready for picking this month, although most of our trees are later ripening varieties, along with the crab apples in the hedgerows.

We replanted an ancient orchard with Derbyshire varieties of Apple nearly ten years ago and they are maturing slowly, protected by a large hedge from the cold easterly winds. Most of our apples are used by cider makers but I manage to store

enough to feed us into the new year. After harvesting, the trees would sleep through Autumn until being 'wakened' bywassailing around January 17th (the old twelfth night) when they would be awakened by noise to drive off evil spirits and a feed of cider soaked toast! Somewhat like a harvest festival, thanks given for the production of food for the coming year.

For more news on all things
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Nuts About Squirrels

Running from 4th -10th October 2021, Red Squirrel Week gives you the chance to get involved with projects throughout the UK which have been set up to help our woodland friends.

It is estimated that there are only 140,000 red squirrels left in the UK. You're more likely to have seen grey squirrels, natives of the eastern and mid western United States, who are fast displacing our own native red squirrels.

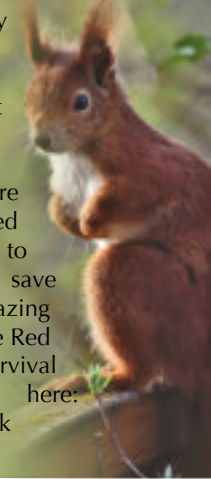
So what else do we know about our red-headed critters? Well they are quite mysterious animals! They like to hide out in tree tops and snack on cones. Not the ice cream kind,

the conifers! How will you know if there are red squirrels nearby if you can't see them? Their large dreys (nests) will be visible along with chewed pine cones scattered around the forest. And did you know that baby squirrels are also called kittens? Just like cats, although we can't imagine them hanging out with the feline kind any time soon!

If you want to get involved because you love wildlife, or because you remember Beatrix Potter's childhood story, The Tale of Squirrel Nutkin, then there are lots of projects and wildlife events to get involved with and 'see red' on Red Squirrel Week.

Across the country there are many red squirrel conservation projects. In the North of England you can become an active member of your local red squirrel group or donate to this very special cause. Or if you're simply nutty about squirrels, you can even adopt one!

To find out more and get involved with events to celebrate and save this amazing species visit the Red Squirrel Survival Trust website here: www.rsst.org.uk



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Give Peace a Chance



Each year on the 21st September the International Day of Peace is observed around the world. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

It's well known the pandemic has hit the underprivileged and marginalized groups the hardest. By April 2021, over 687 million COVID-19 vaccine doses have been administered globally, but over 100 countries have not received a single dose. People caught in conflict are especially vulnerable in terms

of lack of access to healthcare.

In line with the Secretary-General's appeal for a global ceasefire last March, in February 2021 the Security Council unanimously passed a resolution calling for Member States to support a "sustained humanitarian pause" to local conflicts. The global ceasefire must continue to be honoured, to ensure people caught in conflict have access to lifesaving vaccinations and treatments.

We must make peace with nature. Despite the travel restrictions and economic shutdowns, climate change is not on pause. What we need is a green and sustainable global economy that produces jobs, reduces emissions, and builds

resilience to climate impacts.

The 2021 theme for the International Day of Peace is "Recovering better for an equitable and sustainable world". The United Nations family invites you to join their efforts as we focus on recovering better for a more equitable and peaceful world. Celebrate peace by standing up against acts of hate online and offline, and by spreading compassion, kindness, and hope in the face of the pandemic, and as we recover.





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Love British Food!

What do parsnips, apples, oysters, crab, green runner beans, venison and blackberries have in common? They are all in season during British Food Fortnight!

British Food Fortnight 2021 takes place 18th September to 3rd October 2021.

This is the 20th year of the national celebration of the diverse and delicious food that Britain produces. The UK has a fantastic opportunity to bring our fabulous great British food to the fore! And we can show the rest of the world what we are made of.

Why buy British food?

- British food travels less far from farm to shop so has a lower carbon footprint than most imported foods.

- Eating British fruits and vegetables in season is good for you. Foods in season contain the nutrients, minerals and trace elements that our bodies need at particular times of the year.

- British meat is produced to some of the highest welfare standards in the world: no growth-promoting hormones are allowed and any antibiotics are administered only under veterinary direction.

- Britain's pig farmers operate

by UK law to standards of welfare that are some of the highest in the world.

- Britain's beef and sheep industries are the envy of the world; breeding livestock and genetics from our native breeds are much sought after by farmers in other countries. Protect our great native livestock industry by buying the real thing, not an imported substitute.

- Britain's cattle passport system means that each animal can be uniquely traced to its dam (mother) and place of birth.

- You will be supporting the economy; everyone from the farmer, to those who work in food processing and the shops, pubs and restaurants selling the food.

- You will play your part in protecting our environment as much of Britain's food is produced in a sustainable way that enhances the countryside.

Get Involved!

Fun activities, foodie lessons and special menus in hundreds of schools. Teachers are organising special lessons to teach the young about the food grown on their doorstep. School catering managers are running British Food Fortnight menus.

And the Local Authority Caterers Association is supporting at a national level.

There are British Food Fortnight promotions, meet the producer events and tastings in shops and markets. Look out for seasonal British food in the major supermarkets.

Communities are coming together to celebrate the food produced on their doorstep during British Food Fortnight. Villages, market towns and large cities are marking the national food celebrations. British Food Fortnight takes place at the traditional time for celebrating the harvest so it is a time worn tradition for communities to come together.

Wonderfully joyful food festivals giving people the opportunity to meet some of Britain's very best producers. From Thame Food Festival in Oxfordshire, to the Ginger and Spice Festival in Shropshire to the Abergavenny Food Festival in Wales; there are fabulous events for all the family to enjoy!





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WIN!

A £25 Voucher From The Middle Bell in Barton!



For this month's competition, Eight lucky readers can win a £25 Voucher from **The Middle Bell**.

In the heart of Barton-under-Needwood, The Middle Bell is Derby Brewing Company's newest pub. Serving delicious food and a great selection of drinks - including real ales.

Their menu combines small, tapas-style plates, main dishes and stone-baked pizzas and their Sunday Lunch menu is complete with Topside of Derbyshire Beef and a Cauliflower Cheese Wellington.

The Middle Bell in Barton is a family friendly venue, and has a dedicated children's menu - please bring your own crayons for the activities!

They also run a Quiz Night every Monday at 7.30pm and participants receive 20% off food so assemble your team and don't forget your £1 entry!

A pint or 2 after work? We've got you covered with our "After

Works" drinks offer that runs Monday-Friday, 4pm to 7pm!

Take advantage of selected draught products, DBC ales, wines and spirits being at a reduced price. Just ask staff for details!

You can find more information at: **www.middlebell-dbc.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 Middle Bell Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ**

The closing date for entries is the 12th of October and the winners will be announced in our November edition.

Good luck to everyone who enters!

The Middle Bell
33 Main Street
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Shiver Me Timbers!

Did you know that September 19th is Talk Like A Pirate Day?

Created by two friends in 1995 as a joke, Talk Like a Pirate Day has become a beloved faux-holiday that lets everyone channel their inner Jack Sparrow.

Some Common Pirate Terms:

Ahoy - hello

Avast ye! - Stop you!

Landlubber - a person who is uncomfortable, or not incredibly skilled, at sea

Lily-livered - an insult for someone who displays cowardice

Briney deep - the ocean

Hornswaggle - to cheat, swindle

Crow's Nest - the place on the ship where the lookout stand is built

Seadog - an old sailor or pirate

Why not practice your pirate lingo while watching some of the most popular pirate films of all time:



Pirates of the Caribbean: The Curse of the Black Pearl (2003)

Blacksmith Will Turner teams up with eccentric pirate "Captain" Jack Sparrow to save his love, the governor's daughter, from Jack's former pirate allies, who are now undead.



The Crimson Pirate (1952)

During the 1700s, pirate Captain Vallo seizes a British warship and gets involved in various money-making schemes involving Caribbean rebels led by El Libre, British envoy Baron Jose Gruda, and a beautiful courtesan named Consuelo.

Treasure Planet (2002)



This fab film is a Disney version of "Treasure Island". The only difference is that this movie is set in outer space with alien worlds and other galactic wonders.



Treasure Island (1950)

The adventures of young Jim Hawkins and pirate captain Long John Silver. Enchanted by the idea of locating treasure buried by Captain Flint, Squire Trelawney, Dr. Livesey and Jim Hawkins charter a sailing voyage to a Caribbean island. Unfortunately, a large number of Flint's old pirate crew are aboard the ship, including Long John Silver.



Hook (1991)

When Captain James Hook kidnaps his children, an adult Peter Pan must return to Neverland and reclaim his youthful spirit in order to challenge his old enemy. Directed by Steven Spielberg and starring Dustin Hoffman, Robin Williams, Julia Roberts, and Bob Hoskins.



Pirates of the Caribbean: Dead Man's Chest (2006)

Jack Sparrow races to recover the heart of Davy Jones to avoid enslaving his soul to Jones' service, as other friends and foes seek the heart for their own agenda as well.

Although real pirates likely didn't use much of the vocabulary we now think of as "pirate lingo," Talk Like a Pirate Day gives us a fun opportunity to break out of our routine, learn some history, and celebrate a bygone era.



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

MONDAY 20TH SEPTEMBER

Watercolour Class for Beginners

At Thomas Alleyne's High School in Uttoxeter starting Monday September 20th, 6.30pm – 8.30pm for 10 weeks. The class is tutored by Award winning Artist Ann Stringer-Paget FRSA, an elected member of the Birmingham Watercolour Society. Contact Ann on 07816 118776 Admission by prior registration only. www.artmoves.org.uk

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=ebdssbonlinsearch

TUESDAY 21ST SEPTEMBER

Watercolour Class for Beginners

At Checkley Community Centre in Checkley starting Tuesday September 21st, 2pm – 4pm for 10 weeks. Class is tutored by Award winning Artist Ann Stringer-Paget FRSA, an elected member of the Birmingham Watercolour Society. Contact Ann on 07816 118776 Admission by prior registration only. www.artmoves.org.uk

WEDNESDAY 22ND SEPTEMBER

Priory Art Group

Every Wednesday morning 9.30 to 12. We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton. New members always welcome. Contact Sandra 01283 329743 or call in and see us.

THURSDAY 23RD SEPTEMBER

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=ebdssbonlinsearch

FRIDAY 24TH SEPTEMBER

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 25TH 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=ebdssbonlinsearch

SUNDAY 26TH 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=ebdssbonlinsearch

MONDAY 27TH SEPTEMBER

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=ebdssbonlinsearch

TUESDAY 28TH SEPTEMBER

Marstons Club - Over 50s

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

WEDNESDAY 29TH SEPTEMBER

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=ebdssbonlinsearch

THURSDAY 30TH 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=ebdssbonlinsearch

FRIDAY 1ST OCTOBER

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

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=ebdssbonlinsearch

SATURDAY 2ND OCTOBER

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=ebdssbonlinsearch

SUNDAY 3RD OCTOBER

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=ebdssbonlinsearch

MONDAY 4TH OCTOBER

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

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=ebdssbonlinsearch

TUESDAY 5TH OCTOBER

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=ebdssbonlinsearch

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WEDNESDAY 6TH OCTOBER

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

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=ebdssbonlinesearch

THURSDAY 7TH OCTOBER

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=ebdssbonlinesearch

FRIDAY 8TH OCTOBER

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=ebdssbonlinesearch

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 9TH OCTOBER

Electronics Club For Children

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

SUNDAY 10TH OCTOBER

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-sustainable-high-performance-tickets-134389696199?aff=ebdssbonlinesearch

MONDAY 11TH OCTOBER

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=ebdssbonlinesearch

TUESDAY 12TH OCTOBER

Anslog 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 13TH OCTOBER

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=ebdssbonlinesearch

THURSDAY 14TH OCTOBER

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=ebdssbonlinesearch

FRIDAY 15TH OCTOBER

Pick'n'Mix Craft Session

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

Release your inner Strictly!

Every Friday - no partners required for any class - Solo dancing - Dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba, waltz, quickstep etc. Intermediate class 9.45-10.45am £5.00. Beginner 11.00-11.45am £4.00. Venue: Priory Centre, Church Road, Stretton DE13 0HE. For more information call 07598159744 or email larhiney@hotmail.com to book a place

SATURDAY 16TH OCTOBER

Open Clock Club

Free-to-attend, starts 6pm. Aimed especially at beginners but open to anyone interested in repairing mechanical clocks. www.eventbrite.co.uk/e/open-clock-club-tickets-130181427153?aff=ebdssbonlinesearch

COMPETITION WINNERS

Congratulations to our **Shabby Nook** competition winners, each winning a £50 voucher:

Sally Morton, Yoxall
David Staples, Stretton
Claire Redfern, Rolleston
Sian Hussein, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a £25 voucher from The Middle Bell.

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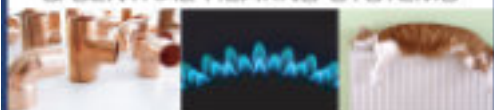
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A Blanket Excuse

So it's getting a little chillier now and with the world slowly finding its 'new normal' we're craving some creature comforts as we head back out into the big bad world. So we may not be able to don our pyjamas forever but when we get in from the evening chill, we can suggle up in a fluffy throw on the sofa. Here are some interior trends that we've curated for you!...



Ombre Stripe Throw - £95
www.johnlewis.com



Fire Legend Wool-Blend Blanket - £385.00
www.libertylondon.com



Cosy Knit - £65/£85
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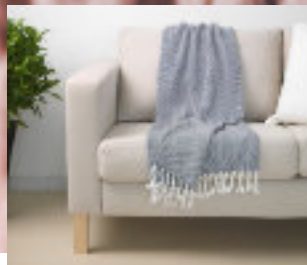
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Pet Treat Tips

Our furry friends are an extension of our family, and we delight in giving them treats and seeing them enjoy themselves. We all love a good treat ourselves, right? A little bit of cake, a bag of crisps – so why can't our fur babies have something tasty too? They definitely can! Here are some tips to ensuring treats are both tasty and safe for your pet.

Check human food is safe. There are lots of foods that are fine for us but definitely not for our pets. Always be careful and check before giving your pet any human food.

Many foods can be too high in fat and cause tummy upset or may even be seriously toxic and can cause irreparable damage to their organs.

Sometimes our animals have allergies just like us and human food can cause very scary side effects. Even healthy food like fruit and veg isn't always safe.

Give Dental Treats Sparingly
Keeping our pet's teeth clean is essential for their health, however dental treats aren't always the best way to do this. Often dental treats contain a lot of fat and can add to your pet's waistline while not actually doing much for their teeth. Use them sparingly.

While they are young our pets have very different needs

when it comes to treats. Their baby teeth, although very sharp, can be very fragile and cannot handle the same pressure as adult teeth. For this reason, it is important to ensure treats are softer and suitable for puppies and kittens.

Giving bones and hard treats can cause fractures in baby teeth and cause a lot of pain if the nerve becomes exposed and sometimes even requires the tooth to be removed.

It is very common for people to give their pets yoghurt or milk as a treat. Unfortunately, our pets are not able to digest dairy very well and it can affect their digestive system giving them stomach ache or even diarrhoea. It is best to avoid dairy all together and buy specific dog or cat milk if you like to give this as a treat.

Often when our pets have certain health problems, they require particular food and nutrition to help support them properly. Treats can often get in the way with this and cause unwanted issues for our pets. It is important that

treats are suitable for your pet's condition as well as their main diet.

It is important to ensure we don't give too many treats – some pets will eat all their treats as well as their normal dinner and start to gain weight.

The timing of when we give treats is also important to consider. Often inappropriate timing of treats can accidentally lead to rewarding unwanted behaviours and confuse our pets. It is important to reward for behaviour we enjoy so time treats carefully and if not during training always ask for a command your pet knows, such as sit, before they receive the treat.

For further information or if you have any concerns you have about giving your pets treats, make an appointment to see our clinic nurse for a free chat: 1283 568162



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

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