

# LOCAL LINKS



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ISSUE 155  
FREE

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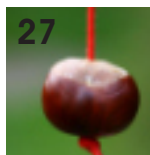
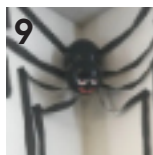
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# LOCAL LINKS



## ISSUE 155

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Dear Readers,

WOOOOOooooo! Ok, that's about as terrifying as we get here at Local Links! We're a big fan of all things holidays and with Halloween on the horizon, this month we thought it would be fun to share with you some easy and affordable decorations you can make for your home.

Outside the leaves are changing colour and we're feeling very autumnal! What could be more seasonal than a game of conkers? Just a bit of fun... or is it? Could you be a world champion? Read on to find out more!

With the turn in the weather we'll soon be sliding into the winter and if you enter this month's competition you could literally be sliding into it too! In a toboggan! Yeah, we know you're interested! How could you not be?

Hope you enjoy October's magazine!  
The **LOCAL LINKS** team

**Next issue deadline:**  
Tues 2<sup>nd</sup> November

**Next issue out from:**  
Wed 10<sup>th</sup> November

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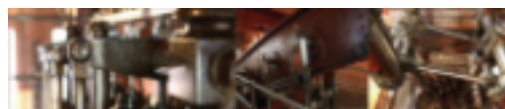


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# By The Barn *by Angela Sargent*

**W**hen we first moved into the farm and for the next few years, we cropped roughly half the land (wheat, Barley, later Oats, at times triticale, field beans and field peas).

Now only half of that ground is given over to arable crops, including field margins around each field and a section for wild bird seed. The changes were mostly to make life easier, as there were only the two of us.

Autumn has always been a busy time harvesting, followed by field work (which would mostly drag into this month and, hopefully, with the weather holding because,

being on red clay, once the Autumn/ winter weather settled in, the ground wasn't fit to get on.

We've always had an eye on our soils, trying to keep lots of organic matter in them. We've also tried Spring sown crops too, but our ground hasn't dried up enough for them to be successful these last few years and so have returned to Autumn sown crops.

Root crops, such as potatoes, will be lifted and moved into storage, needing a cool and dark place. Here ( before my time) sugar beet would be grown and transported to Colwick near Nottingham, where there was a processing

plant, now long since gone and before 'sugar' became a dirty word. Now sugar beet production is mainly concentrated in the east of the country.

Farmers may be able to take the day off for the ploughing matches, which can hopefully go ahead, where completions for all produce from silage to grown crops and cakes to pickles are judged alongside the plough and hedge laying competitions.





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# Halloween Home Style

**D**oes the thought of Halloween fill you with dread? Well it ought to, isn't that the point of its ghouliness? Don't let decorating your home for this terrifying holdiay wake you up in the middle of the night screaming though! Here are some creepy decorations that you can make without breaking the bank!

## A Cauldron of Bats

Did you know that the group name for multiple bats is a 'cauldron', we didn't but we do now! Use the bat outline in the background of this page to create your very own



cauldron of bat decorations!

### You will need:

- scissors
- black paper
- blue-tack (or white tack)

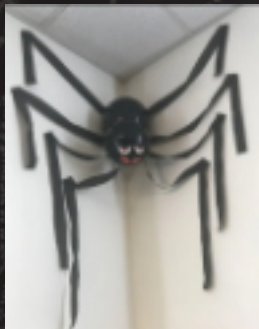
### Method:

Use the template on this page to cut out as many bats as you'd like (the more the better!) out of the black paper.

Slightly crease in half to give the wings a 3D effect and stick them to your walls and ceiling.

## Giant Spider

### You will need:



- 2 x black balloons
- white paper
- black ribbon or streamers
- pens
- scissors
- sticky tape

### Method:

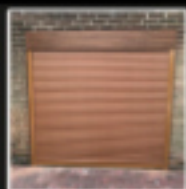
Draw & cut out eyes and fangs for the face.

Inflate one balloon smaller than the other and stick the face to the smaller balloon.

Stick the two balloons together and then attach 8 streamer legs to the largest 'body' balloon.

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# Autumn In The Garden



As the weather turns and the trees begin to drop their leaves, there's lots to do in the garden to keep things tidy, protect plants over the winter and give them a good head-start for spring next year.

Autumn is the perfect time to plant and move shrubs and trees. Also, the bare root and root-ball hedging season starts in November so it's a good

time to start planning any hedging projects. Here are some top jobs to be getting on with in the cooler weather:

## Top 9 jobs this month

- Plant shrubs and trees to fill gaps and add structure, planning for year round colour.
- Keep up with watering of newly planted or newly moved plants, using rainwater if possible
- Cut back herbaceous perennials that have died down, leaving those with interesting seed heads and apply a fresh layer of mulch

- Divide any congested herbaceous perennials and redistribute to fill any gaps

- Plant spring flowering bulbs

- Autumn is also a good time to lay new turf and re-sow bare patches of lawn.

- Cover leafy vegetable crops with bird-proof netting

- Continue to harvest and tidy the vegetable garden

- Clear dead leaves promptly once they start to fall, as rotting leaves can be a source of disease in the garden. Add some to the compost heap or bag up to create valuable leaf mould in time.

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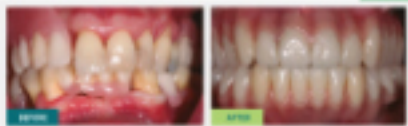
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# Remember, Remember...

**G**uy Fawkes Night (the original name for Bonfire Night) is a British celebration that commemorates the capture of Guy Fawkes, a man who was instrumental in trying to overthrow the king in the Gunpowder Plot of 1605. It falls on the 5th of November and is a night filled with bonfires and fireworks, and of course food! The weather is often freezing, but can sometimes be wet and warm.

No matter the conditions, though, the food is always at the center of the celebrations and is comforting and easy to eat as you're sitting around a bonfire. Bring cheer to the festivities with both traditional and current recipes.

## Bonfire Toffee

No Bonfire Night would be complete without Bonfire Toffee! The toffee is also known as Plot Toffee, understandably because of Guy Fawkes and his plot to blow up the houses of parliament.

This Treacle Toffee recipe for Bonfire Toffee is simple, quick, and easy to make but must be approached with caution; toffee gets very, very hot as it is boiled reaching temperatures as high as 140°C/ 270°F.

It is important that the toffee reaches the correct temperature or it will not be brittle and hard when it sets. It is worth investing in a sugar thermometer. That said, the toffee still tastes good even when a little soft and sticky, but it won't be real Bonfire Toffee. Treacle toffee keeps very well stored in an airtight tin so make enough for Bonfire Night and extra for Christmas!

Ingredients - makes 500g

- 2 tablespoon unsalted butter, softened
- 450 grams dark brown sugar
- 120 milliliters water
- 1/4 teaspoon cream of tartar
- 115 grams molasses
- 115 grams golden syrup

Butter a 30cm x 10cm or 18cm square tin, make sure you get the butter right into the corners.

In a saucepan dissolve the sugar and water over low heat. Once dissolved, add all the remaining ingredients, turn up the heat and bring to the boil. Using a sugar or toffee thermometer boil to 270 F/140 C (soft crack).

Note: If you do not have a sugar or toffee thermometer, keep a jug of cold water next to the stove, once the toffee has started to thicken, drop a little of the syrup into cold water, it is ready when it solidifies into threads as it hits the water, when removed

from the water, the threads should still be slightly flexible not too brittle as the toffee continues to cook for a while.

Once the temperature or the test above is reached (anything between 20 - 45 minutes at a good hard, boil) carefully pour the toffee into the prepared tin and leave to cool.

Once the toffee is cold remove it from the tin and break with a toffee hammer or solid sharp object and the toffee will crack into pieces. If your toffee is stuck in the tin, turn the tin over, and place it on a firm surface like a chopping board and tap sharply on the underneath of the tin a few times, the toffee will break up and fall out.

Store in an airtight tin until Bonfire Night if you can resist it long enough!





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# Colours of Autumn *by Deb Walker*

As summer fades and shadows lengthen, we are drawn to the direction of light, stunning sunsets and sparkling water. 'Colours of Autumn' is an exhibition of local views, large and small, opening on Saturday 9th October, by resident artist Deborah Walker RI RSMA. 'the gallery @ Ridware Arts' is situated at Blythe House Farm in Hamstall Ridware, just off the A515 between Yoxall and Kings Bromley.

Specializing in watercolour, Deb is a landscape artist with a fascination for painting 'watery subjects'; from rivers to the

sea. An elected Member of the Royal Institute of Painters in Watercolours since 2011 and the Royal Society of Marine Artists since 2018, Deb paints lakes, ponds, rivers and the sea in all its moods. While Deb exhibits in galleries throughout the country, she welcomes visitors to her studio gallery at the new open times, of Wednesday to Saturday, from 2pm to 5pm, throughout the year. If you would like to visit, please contact the gallery first and wear a face covering.

Coinciding with this exhibition here at 'the gallery' Deb will also be exhibiting as a Member of the Royal Society of Marine

Artists at the Mall Galleries in London from 30 September-10 October. All her latest paintings and many more can be viewed on her website at: <http://www.walker-art.co.uk>

For further information about the forthcoming exhibition 'Colours of Autumn', classes or workshops, please contact Deb at 'the gallery' on T: 01889 504102 or E: [deb@walker-art.co.uk](mailto:deb@walker-art.co.uk)

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

## the gallery@*Ridware Arts*

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W: [www.walker-art.co.uk](http://www.walker-art.co.uk)



## Colours of Autumn

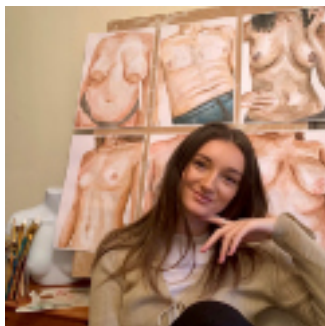
an exhibition by Deborah Walker RI RSMA

**Opening Saturday 9th September**

Gallery open Wednesday to Saturday, from 2pm to 5pm  
(at other times please call 01889 504102 - if we're in, we're open!)

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

# Every Body Exhibition



Local artist, Antonia Jolley, is hosting her first solo exhibition 'Every Body' at The Trinity from 22nd – 24th October showcasing her incredible art which centres around all body types, and celebrates the human body in all its forms.

After graduating with a first

class honours in Fine Art last year, Antonia Jolley has spent the last year painting the torso of over 120 models across the gender spectrum, to show how amazing and beautiful the human body is, in all its different shapes and sizes.

Every Body is a series of work centred around representing every body type. "We live in a world surrounded by Photoshopped adverts, magazines, Instagram posts, and edited highlight reels. This body of work is set to challenge the idea of perfection and empower, educate and appreciate every body, and prove that there is no beauty 'standard'" explains Antonia. Each painting comes

alongside a real story: a description by the model themselves with thoughts on their body, and their journey to loving themselves more. Some pieces come with trigger warnings regarding mental health, sexual abuse, eating disorders and diseases such as cancer.

The Every Body exhibition is free, and runs from 22nd – 24th October at The Trinity on George Street, Burton on Trent. Ticket entry only on the Friday night, and open to everybody from 11am – 4pm on the Saturday and Sunday.

For further information: email [info.antoniajolleyart@](mailto:info.antoniajolleyart@)



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# Not Just A Childhood Condition

Attention deficit hyperactivity disorder is not just a childhood problem. October is ADHD Awareness Month. Here's some potential signs and symptoms of adult ADHD - and what you can do about it.

## ADHD/ADD in adults

Life can be a balancing act for any adult, but if you find yourself constantly late, disorganized, forgetful, and overwhelmed by your responsibilities, you may have attention deficit hyperactivity disorder (ADHD), previously known as ADD. ADHD affects many adults, and its wide variety of frustrating symptoms can hinder everything from your relationships to your career.

While scientists aren't sure exactly what causes ADHD, they think it's likely caused by a combination of genes, environment, and slight differences in how the brain is hardwired. If you were diagnosed with childhood ADHD or ADD, chances are you've carried at least some of the symptoms into adulthood. But even if you were never

diagnosed as a child, that doesn't mean ADHD can't affect you as an adult.

Many adults with attention deficit disorder have found meaningful ways to manage their symptoms, take advantage of their gifts, and lead productive and satisfying lives. You don't necessarily need outside intervention—at least not right away. There is a lot you can do to help yourself and get your symptoms under control.

### Some ideas to help:

- Exercise and eat healthfully
- Get plenty of sleep
- Better time management
- Supportive environment
- Practice mindfulness

The good news is that no matter how overwhelming it feels, the challenges of attention deficit disorder are beatable. With education, support, and a little creativity, you can learn to manage the symptoms of adult ADHD—even turning some of your weaknesses into strengths.

If the symptoms of ADHD are still getting in the way of your life it may be time to seek outside support. Adults with ADHD can benefit from a number of treatments, including behavioral coaching, individual therapy, self-help groups, vocational counseling, educational assistance, and medication.

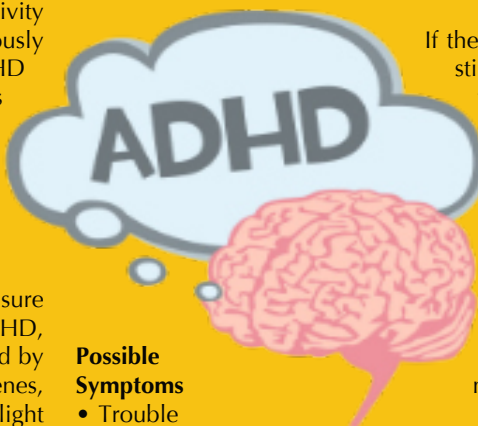
### Possible Symptoms

- Trouble concentrating
- Disorganization/forgetfulness
- Impulsivity
- Emotional difficulties
- Hyperactivity or restlessness

AADD-UK

Call: 020 8952 2800

Website: <http://aadduk.org/help-support/support-groups/>



# 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**





# Pumpkin Custom

Ever wondered why we carve Pumpkins at Halloween?

The jack-o'-lantern has a long history with Halloween, although our favourite demonic faces haven't always been carved out of pumpkins.

Their origin comes from an Irish myth about Stingy Jack, who tricked the Devil for his own monetary gain. When Jack died, God didn't allow him into heaven, and the Devil didn't let him into hell, so Jack was sentenced to roam the earth for eternity. In Ireland, people started to carve demonic faces out of turnips to frighten away Jack's wandering soul. When Irish

immigrants moved to the U.S., they began carving jack-o'-lanterns from pumpkins, as these were native to the region.

But how did jack-o'-lanterns become associated with Halloween? Halloween is based on the Celtic festival Samhain, a celebration in ancient Britain and Ireland that marked the end of summer and the beginning of the new year on November 1. It was believed that during Samhain the souls of those who had died that year travelled to the otherworld and that other souls would return to visit their homes.

In the 8th century CE, the

Roman Catholic Church moved All Saints' Day, a day celebrating the church's saints, to November 1. This meant that All Hallows' Eve (or Halloween) fell on October 31. Traditions from Samhain remained, such as wearing disguises to hide yourself from the souls wandering around your home. The folklore about Stingy Jack was quickly incorporated into Halloween, and we've been carving pumpkins - or turnips - ever since!



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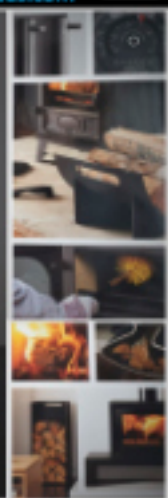
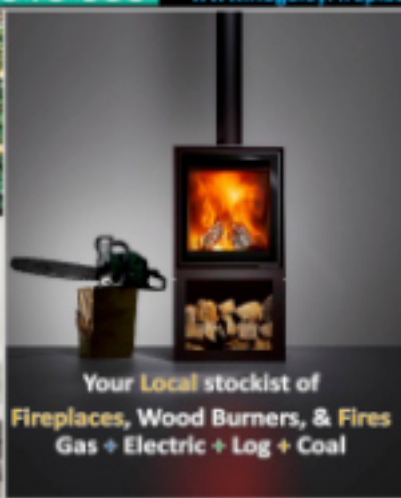
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# How to Help Nervous Pets *by Scarsdale Vets*

**F**irework season can be an extremely stressful time for our pets. However, there are many ways in which you can help to keep your pet pooch safe and calm during this time. For example;

- Provide a den: create your pet a 'safe haven' where they can retreat to and hide. One way to create an area is using a crate, covered with a thick blanket. If your dog already has an area they use to hide, make that area extra comfortable with blankets and a comfy bed. Also, cover the area with a blanket

- Maintain your normal routine and act normal around your dog as much as possible. Stay calm. Try and be mindful of the response you give to your dog if they are scared. Telling them off can make your dog worse. Comfort your dog if they want your reassurance, but do not force it on them

- Feed a high carbohydrate meal early evening before the fireworks start, this could be sweet potato mash, brown pasta or rice

- Walk only in the daytime, a well exercised dog will be less reactive. Try not to walk at dusk or after dark

- Close all curtains and consider using thick black out curtains on main windows and doors

- Turn up the TV or radio to muffle some of the firework sounds.

- Consider using interactive toys to mentally stimulate your dog during the day and while the fireworks are going off, toys could include Kong toys or a snuffle mat

- Give your dog the opportunity to chew. Chewing in dogs can be very stress relieving

- Consider using an Adaptil plug in

- Ask your veterinary surgeon for medications that can help your dog cope better.

## Common signs of noise phobia include:

- Hiding or trying to find an area to hide
- Trying to escape – digging, running away
- Urinating or defecating
- Shaking
- Pacing
- Panting
- Not eating
- Barking
- Drooling
- Chewing

For more information on how to help your nervous pet, please contact your local vet.

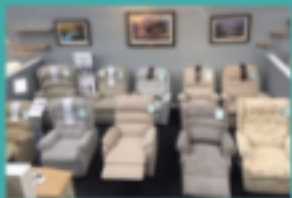


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The centre also has function rooms available to hire for special occasions and they also offer birthday party packages.



Are you passionate about snowsports? Why not get started with Swadlincote Snowsports Centre's courses and do what you love. They have plenty of courses available for those looking to get started. Snowsport England run various coaching courses at the centre.

You can find more information at: **[www.jnlswadlincote.co.uk](http://www.jnlswadlincote.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](mailto:local@locallinksmedia.co.uk)**

Alternatively, you can post your details to:

**Local Links Media  
Swadlincote Ski Centre Comp  
PO Box 8049  
Burton-on-Trent  
DE14 9NQ**

The closing date for entries is the 9th of November and the winners will be announced in our December edition.

Good luck to everyone who enters!



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# Bonkers for Conkers!

October and it's official conkers season! Did you know that there is a World Conkers Championships which is held in Southwick, Peterborough?

Set within the picturesque county of Northamptonshire, the World Conker Championships takes place each year in the beautiful village of Southwick near Oundle. Hosted in the grounds of the local pub, the Shuckburgh Arms, and supported by the villagers.

Thousands flock to the event to watch the competitors battle and to support our cause to raise money to help the visually impaired. As this is a 'world' championship, people come from across the globe to join the experience.

Organised by Ashton Conker Club, the competition has taken place since 1965. Through the years, it has allowed them to successfully raise a large sum for charity. The grand total currently sits at around £420,000.

## What are the origins of the game of conkers?

There are references in Robert Southey's memoirs published in 1821 to early games similar to Conkers being played with Snail Shells or Hazelnuts, but the first recorded game using Horse Chestnuts is in 1848 on the Isle of Wight. The game

spread gradually throughout Britain during the next hundred years.

It is reported that the Horse Chestnut tree was only introduced into England from the Continent in the late 1500's, so perhaps the raw materials were lacking until the tree spread further across the country.



## Official Conkers Rules!

1) The game will commence with a toss of a coin. The winner of the toss may elect to strike or receive.



2) A distance of no less than 8 inches or 20cm of lace must be between knuckle and nut. In turn, each player takes 3 strikes at the opponent's conker.

3) Each attempted strike must be clearly aimed at the nut, with no deliberate misses.

The game will be decided once one of the conkers is smashed.

4) If any conker remains on the lace, it will be judged play-worthy or not, by the stewards.

5) If both nuts smash at the same time then the match shall be replayed. Any nut being knocked from the lace but not smashing may be re-threaded and the game continued.

6) A player causing a knotting of the laces (a snag) will be noted. 3 snags will lead to disqualification.



7) If a game lasts for more than 5 minutes, each player will take up to 9 further strikes at their opponent's nut, alternating with 3 strikes each. If neither conker has been smashed at the end of the 9 strikes, then the player who strikes the nut the most times during this period will be judged the winner.

**To find out more, visit: [www.worldconkerchampionships.com](http://www.worldconkerchampionships.com)**



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# Is Your Home Secure?

By Jellybean Technology

National Home Security Month will be running during the month of October throughout the UK. Jellybean Technology is dedicated to increasing awareness when it comes to home security, an issue which is often overlooked. In this issue we will be offering tips and advice on how to keep you, your family and possessions safe.

## Light up the landscape

Criminals don't like to be in the spotlight. Keep them at bay with ample outdoor lighting. Place lights around the front and back of your property, along pathways, and near your garage and other outdoor structures.

Make your outdoor security lights even more effective with these tips:

- Use motion-activated PIR LED lights.
- Save energy with solar-powered lights.
- Set up schedules with smart light LED bulbs.

## Set up a security system

Your home should have some form of security system, whether it's a basic DIY system or one that is professionally installed with home automation. Today there are plenty of home security options for every budget and every level of protection.

To choose a system that you're comfortable with Jellybean Technology offers a free no obligation Home Survey, evaluating the needs of you and your property.

## Add security cameras

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All our systems utilize a mobile app, so you can see footage in real time and store it if you ever need to go to the police. We also advise taking proactive measures to protect your cameras from hackers too.

## Secure your WIFI network

Your home wireless network is a doorway to your personal and financial information. If you use home automation, it can also make your house vulnerable to a break-in. If your Wi-Fi network is connected to smart home gadgets or your security system, it could give criminals direct access to your home. Use our tips and tricks to keep hackers off your home network.

- Secure your wireless router.
- Enable WPA (Wi-Fi Protected Access) or WPA2 encryption.
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# Virtual & Outdoor Events **What's On Guide!**

## MONDAY 18TH OCTOBER

### Beginners Watercolour - Tutbury

Every Monday at Tutbury Village Hall from 10am - 12 noon. Ideal for anyone who has never painted before. For details or to enrol contact Ann on 07816 118776. Admission by prior registration only. [www.artmoves.co.uk](http://www.artmoves.co.uk)

## TUESDAY 19TH OCTOBER

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

## WEDNESDAY 20TH OCTOBER

### Prory 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 21ST OCTOBER

### 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=ebdssbnonline](http://www.eventbrite.co.uk/e/tahitian-dance-with-hinatea-online-tickets-148335865567?aff=ebdssbnonline)

## FRIDAY 22ND OCTOBER

### Every Body Exhibition

Free event from 22nd – 24th October at The Trinity on George Street, Burton on Trent. Ticket entry only on the Friday night, and open to everybody from 11am – 4pm on the Saturday and Sunday. Tickets can be purchased by email. The Trinity bar will be open for the duration serving drinks and refreshments. For tickets and further info email: [info.antonijolleyart@gmail.com](mailto:info.antonijolleyart@gmail.com)

## SATURDAY 23RD OCTOBER

**Abbotsholme Arts Society- Lucy Crowe**  
Starts 7:30pm at Abbotsholme School, Rocoeter, Uttoxeter. Soprano Lucy Crowe performs a programme that includes Richard Strauss' voluptuous Four Last Songs and Alban Berg's Seven Early Songs. Tickets £20 (£5 for under 25s) available at the door on the night or Tel: 01543 263304 or email: [aas@tetley.org](mailto:aas@tetley.org)

## SUNDAY 24TH OCTOBER

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

## MONDAY 25TH OCTOBER

### Beginners Watercolour - Uttoxeter

Every Monday at Thomas Alleyne's High School in Uttoxeter from 6.30pm - 8.30pm. Ideal for anyone who has never painted before. For details or to enrol contact Ann on 07816 118776. Admission by prior registration only. [www.artmoves.co.uk](http://www.artmoves.co.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=ebdssbnonline](http://www.eventbrite.co.uk/e/the-creative-corner-tickets-139512835647?aff=ebdssbnonline)

## TUESDAY 26TH OCTOBER

### 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=ebdssbnonline](http://www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbnonline)

### 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](http://www.artmoves.org.uk)

## WEDNESDAY 27TH OCTOBER

### 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=ebdssbnonline](http://www.eventbrite.co.uk/e/gcse-yr-11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbnonline)

## THURSDAY 28TH 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=ebdssbnonline](http://www.eventbrite.co.uk/e/virtual-coffee-at-the-castle-tickets-126994992441?aff=ebdssbnonline)

## FRIDAY 29TH OCTOBER

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

### YMCA Burton Sleep Out

Give up your bed for one night so others don't have to. At the Pirelli Stadium or take part by 'virtual' sleepout. For more information call: 07754045869 or email [paula.senior@burtonymca.org](mailto:paula.senior@burtonymca.org)

## SATURDAY 30TH 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-sessions-tickets-135845482495?aff=ebdssbnonline](http://www.eventbrite.co.uk/e/electronics-club-for-children-weekend-sessions-tickets-135845482495?aff=ebdssbnonline)

## SUNDAY 31ST 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=ebdssbnonline](http://www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonline)

## MONDAY 1ST NOVEMBER

### 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=ebdssbnonline](http://www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbnonline)



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## 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 2ND NOVEMBER

### Anslov Art Class

Our friendly art classes restart at Anslov Village Hall 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: helentarrart@gmail.com or call 07791228881

## WEDNESDAY 3RD NOVEMBER

### 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 4TH NOVEMBER

### 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 5TH NOVEMBER

### 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.

## 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

## SATURDAY 6TH NOVEMBER

### 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=ebdssbonlinesearch

## SUNDAY 7TH NOVEMBER

### 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=ebdssbonlinesearch

## MONDAY 8TH NOVEMBER

### 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 9TH NOVEMBER

### 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/bwv-virtual-antenatal-breastfeeding-workshop-mothers-and-support-partners-tickets-131607223749?aff=ebdssbonlinesearch

## Marstons Club - Over 50s

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

## WEDNESDAY 10TH NOVEMBER

### 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 11TH NOVEMBER

### 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=ebdssbonlinesearch

## FRIDAY 12TH NOVEMBER

### Latin In-line Dancing

Release your inner Strictly! No partners required for any class - Solo dancing - Dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba, waltz, quickstep etc. on Fridays Intermediate class 9.45-10.45am £5.00 Beginner 11.00-11.45am £4.00. At the Priory Centre, Church Road, Stretton DE13 0HE. Call 07598159744 or email larhiney@hotmail.com for more details

## Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

## COMPETITION WINNERS

Congratulations to our **The Mug Tug** competition winners, each winning a £30 voucher:

Wendy Huckerby - Branston

Andrea Alcock - Barton

John Brown - Rolleston

Colette Page - Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a Family voucher from Swadlincote Snowsports Centre

## LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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# Firework Season Safety by Derby Cats Protection



While firework displays and parties are fun for us all, our pets can often become distressed at the loud noises and lights that the Festive Season brings. During fireworks season (from November to December), you will need to ensure your cat is safe and sound. Keep them in after dark and provide them with a litter tray, food and water bowls and a place to hide. You'll need to make sure all cat flaps, doors and windows are closed to ensure your cat doesn't escape. If your cat becomes lost because of fireworks, contact:

[lostandfound@derbybranch.cats.org.uk](mailto:lostandfound@derbybranch.cats.org.uk)



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# Peter Pan in Panto



Don't miss the swashbuckling spectacular, All New Adventures of Peter Pan, as it flies into the Lichfield Garrick for the 2021 festive season!

The Lichfield Garrick Theatre has once again joined forces with Paul Hendy and Evolution Productions to bring audiences a real festive treat with this year's full-scale pantomime.

Lichfield legend, Sam Rabone, is back in a frock for his sixth year at the Garrick as he stars as Mrs Smee, as well as once again steering the ship as the show's director.

Sam says: "Finally we're back! It was great to be back at the Garrick and meet some of the cast! We're in for a right treat! I mean, I think we've actually got a real-life pirate playing Hook which is amazing! Bring on November!"

Karen Foster, the Chief Executive of the Lichfield Garrick, says: 'I'm thrilled that the Lichfield Garrick will be welcoming so many families back to the theatre to enjoy their traditional family Christmas outing. After the disappointment of closing last

year, we have looked forward to the time when we can bring the people of Lichfield and surrounding areas back to their local, independent theatre with a show which will be spectacular, funny and family friendly. The cast and staff of the theatre look forward to seeing you very soon. Oh yes we do!'

All New Adventures of Peter Pan promises to be a dazzling show with a brilliant cast, larger-than-life costumes, and more laughs than you can shake your hook at! The show opens on Thursday 25th November and runs until Sunday 2nd January 2022. For more info visit their website ([www.lichfieldgarrick.com](http://www.lichfieldgarrick.com)) or from our Crox Office on 01543 412121.



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## LOCAL LINKS SUDOKU

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

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**To find out more, contact Amber Wood or Bowbrook directly**

**Amber Wood** Belvedere Road,  
Burton-upon-Trent DE13 0QL  
Tel: 01283 743860

**Bowbrook** Worthington Road,  
Fradley, Lichfield WS13 8PG  
Tel: 01543 398510

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