

LOCAL LINKS



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ISSUE 156
FREE

12 THINGS TO CHRISTMAS

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WINTER WEATHER

Ways to keep your pooch warm this winter

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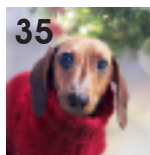
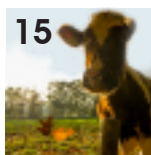
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ISSUE 156

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Dear Readers,

Brrr... it's starting to get colder. We've recently pulled out our coats and dusted off the winter boots to keep our toes warm! You can't have the spring without the winter though and there's something cosy about snuggling up on the colder days.

Don't rest on your laurels though, Christmas is fast approaching so this month we've got 12 handy things to do to get you ahead of the festive game. We've also got an article to help you keep your furry friend warm too!

The darker days can impact on our mental health, so please read about Burton & District Mind who are looking for volunteers and fundraisers.

Stay warm and well!

The **LOCAL LINKS** team

Next issue deadline:

Wed 1st December

Next issue out from:

Wed 8th December

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Pinecone Wreath

This year, if you want to do your bit for the environment, dispense with plastic garlands and why not have a go at making this adorable pinecone wreath! You can make it to match your Christmas colour scheme this year!

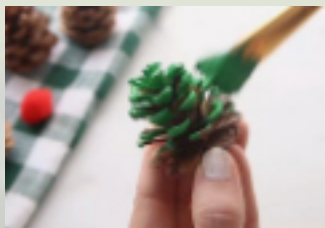


You will need:

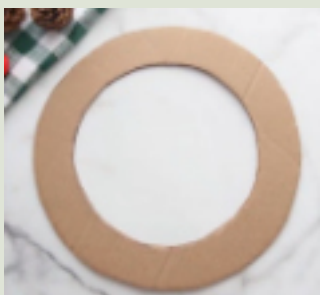
- Pinecones
- Cardboard
- 3 x shades of green paint
- Paintbrushes
- Small pompoms or circles of felt or buttons or large beads
- Wide ribbon
- A hot glue gun and glue sticks
- Scissors

What do do:

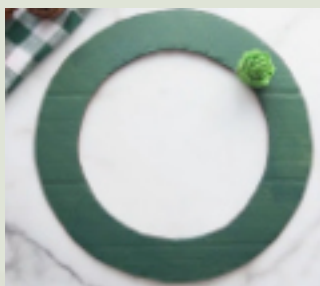
1. Paint your pinecones using your three colours of green paint, making sure to get in between all the pinecone spines.



2. Cut out a donut shape out of your cardboard, making it any size that you like.



3. Paint your cardboard donut using your darkest shade of green paint.



4. When your pinecones and cardboard donut are dry, heat up the glue gun and carefully glue your pinecones around your donut at different angles.



5. Stick your pompoms, felt, buttons or large beads to the top of each pinecone.



6. Tie a bow and glue it to the bottom of your wreath.

7. Glue a loop of ribbon to the top of the back of your wreath. Once cooled and the glue has set you can hang your wreath wherever you like!

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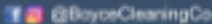
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Anti Bullying Week

What is Anti Bullying Week? Anti-Bullying Week is coordinated in England and Wales by the Anti-Bullying Alliance, an international organisation that aims to eliminate bullying from society.

Bullying is a serious issue that affects many children, teenagers and adults.

One of the most important things we can do to fight bullying is to raise awareness about it among all people involved in this process — parents, teachers, and students. It's also crucial for everyone to know what they should do if they witness or experience bullying.

Kindness has never been more important than right now. It's a time where kindness can break down barriers and brighten the lives of those around us! That's why 'One Kind Word' was chosen as our Anti-bullying week theme this year – from November 15th to 19th, you'll be able to take part in all sorts of activities with other people who want their communities filled up by love instead of hate.

Anti-Bullying Week was started in 2005 and since

then has grown into one of the biggest anti-bullying events in England with thousands of schools taking part each year. The idea behind this week is simple — bring together as many people as possible under one umbrella so that we can work together on this common problem and make our world a better place for everyone!

When is Anti Bullying Week?

Anti-bullying week is a nationwide event that takes place in England from November 15th to 19th. This annual campaign, organised by the Anti Bullying Alliance and supported by schools across Great Britain aims at raising awareness among children about the issue of bullying; especially within their own neighbourhood or school community.

Parents, carers and teachers will also be asked to play an active role in preventing bullying, with the main focus this time around is

demonstrating different ways to support young people and provide an open platform for them to talk about any issues they have with bullying. The main role that carers can provide is creating a safe environment where young people can feel like they are able to talk about their feelings and problems and will receive support.

How can I help raise awareness for Anti Bullying Week?

One word can change someone's day. One kind phrase, and it could be the difference between feeling hopeful for a moment or sinking into depression all day long- we should say "Hey" more often!

One gentle sentence spoken aloud has an astonishing power: It impacts us as much (if not more) than those around us; because once that person feels seen by us—and heard too—their mood improves exponentially.

To find out more about how you can help a child who is being bullied, visit:

www.anti-bullyingalliance.org.uk

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By The Barn *by Angela Sargent*

*"The leaf drops: earthworms
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*At night- time noiselessly,
The fingers of birch and beech
are skeleton- thin*

And yet on the beat are we."
Thomas Hardy

November and we hope the weather is kind- dry and crisp, not dank and wet. With the days noticeably shorter now (and getting shorter day by day), with some of our livestock still outside, we must tend to them whilst we can easily see- taking out silage if needed, checking for signs of illness etc.

Our younger cattle have been brought inside already, with a view to marketing when they are at their peak and we will be selling some of our older cows too, this winter, having tested for bovine TB last month- part of our twice yearly (fingers crossed) routine. These require daily feeding and regular bedding- hopefully our grain and straw /silage harvests will see us through until spring.

We have more grass about this time, with giving the arable

ground a grass break as part of the crop rotation and this will provide extra keep for our sheep- ewes and tups, our own lambs and bought in lambs. The latter two categories will be sold throughout the autumn/winter as they grow to a suitable size for our clients. Hopefully the ewes have mated and will produce strong and healthy lambs from March onwards, especially if we look after them well. But they can remain outside.

Striding out across the fields we notice the hedges beginning to get that empty look as the birds clear them of the berries that gave them the red hue, leaves also blowing off as the winter storms hit too! Slipping on the muddy banks of ditches, the thistles are still prickly enough and the nettles are still coarse enough to give a sharp nip.

The streams are bordered by brown and grey straggly remains of the colourful Willowherb, reeds and grasses, providing cover for all manner of small birds and animals and probably harbouring insect eggs and dormant adults.

These streams that form our boundary, have watered our livestock and provided hours of entertainment for our children as they were growing, as paddling pools, fishing ponds and for sailing on with home- built rafts. Flooding often at this time of year and over the winter, they've also fertilised the meadows of which they border, but also left stray branches, flotsam to dam them and slow the water down.

Other farms will be harvesting the maize crop now, a high nutrition addition to the feed mix for highly performing cattle. Unfortunately, it's usually muddy and some, unavoidably, carries onto the road. This is cleared up as soon as is reasonably possible, but please be aware when driving along the rural lanes.



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St. Andrew's Day - 30th November

Saint Andrew has been the patron saint of Scotland for centuries, thousands of years in fact and he was made patron saint in 1320. This was when Scotland declared independence.

The day of the 30th November to commemorate St Andrew was actually started by a group of expats from the USA. These expats wanted a day to connect with their roots in Scotland and also remember St Andrew and celebrate all that he stood for and his contribution to Scottish society.

St Andrew has been celebrated for over a thousand years in Scotland, with celebratory

banquets being held in his honour since the time of 1000 A.D. In 1320, St Andrew became the official patron of Scotland after the signing of the Declaration of Arbroath. St Andrew is a respected patron of Scotland, so much so that the Scottish flag carries his cross as a reminder of him.

One of the reasons St. Andrew became such a Scottish icon is that he epitomises the true Scottish spirit humility, generosity and strength. The amazing thing is that this special day isn't only celebrated in Scotland but in other parts of the world too such as Barbados and Poland.

Did you know that St. Andrew is also the patron saint of Russia? Being one of Jesus' twelve apostles, Andrew travelled quite a bit spreading the word of Christ. During his lifetime he travelled to Georgia, Ukraine, Belarus, Romania, Cyprus, Malta and Spain as well as Scotland.



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12 Things to Christmas

Christmas is not far off and now is a great time to get a head start so that December can be a time of celebration instead of frustration. With that in mind, here are...

Twelve Things to do this November in preparation for Christmas:

1. A really deep clean.
Prepare your home for Christmas decorating by getting things spiffy clean. During the busyness of December you will be able to get by with just some maintenance cleaning.

2. Go to the Salon.
Dye your hair, get your eyebrows waxed, do whatever cosmetic things you like to do but won't have a lot of time for during the Christmas rush. You can bet appointments will be hard to come by closer to Christmas!

3. Put the Paint Pots Away
Finish up any home decor projects that are hanging over your head.

4. Plan the Party Wear
Buy Christmas outfits for the whole family. Get this out of the way before the shops fill with frantic shoppers. You'll be all sorted for those family visits!

5. Fill the Calendar
Set the date for any get-togethers and parties you would like to attend or host and try to send out invites one month prior to the date of the party. With families trying to juggle visits on both sides you'll stand more chance of avoiding a clash of dates.

6. Stock the Cupboards
Make sure to get all your Christmas baking essentials, so that you don't have to rush out for marzipan along with everyone else!

7. Food Prep for the Run-up
Double a couple weeknight dinners and freeze half for busy December days. You'll thank yourself when you get in from the wind and the rain, laden down with shopping bags.

8. Hang Outdoor Christmas Lights
While the weather is still reasonably dry is a good time to put them up. You'll have to resist turning them on until December though!

9. Plan your Presents
Make a list of everyone you need a gift for and brainstorm some gift ideas. Set a budget and try and keep to it!

10. Prepare a Christmas Bucket List.
List things you'd really like to do as a family this holiday season and then find time for them on the calendar before it starts to fill up with other events.

11. Plan Ahead the Entertainment
Research good games and activities to keep sugar laden children distracted and entertained. Be sure to stock up Christmas films too!

12. Hide Yourself Some Treats
Christmas is about giving but if you're the primary household organiser you can feel run ragged by the holidays so do something a little selfish. Make yourself a pamper box of bath bombs, your favourite treats, a book or anything else you enjoy doing and keep them hidden and safe. That way, when things get hectic you can disappear for an hour and treat yourself in the safety that your favourite chocs or ginger biscuits haven't already been eaten by the family!



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Decembeard

We've all heard of Movember but have you heard of Decembeard? All across the country men will be putting away the razors and growing

beards for December to raise awareness and money to support vital research and lifesaving work to stop bowel cancer.

Whether you're new to facial fuzz or an experienced beard grower it's easy to join in; just clean shave on 30th November and watch your beard blossom. Already bearded? Ditch or dye your beard for December and get sponsored to sport a new look for the month.

Bowel cancer is the second biggest cancer killer in the UK. However it shouldn't be. It's treatable and curable especially if diagnosed early.

Dads, brothers, sons, uncles, nephews, grandads you can give hope and help stop bowel cancer this December.

Just email community@bowelcanceruk.org.uk for more information and to register to take part!

If growing a beard isn't for you, but still want to raise awareness, you can still download a purple beard from the organiser's website and spread the word!

www.bowelcanceruk.org.uk/support-us/fundraise/decembeard/



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BURTON ALBION FOOTBALL CLUB

Enjoy the special matchday experience at Burton Albion with a hospitality package for four people on offer in this month's competition.

The Brewers play in Sky Bet League One alongside big-name clubs such as Sunderland, Portsmouth and Sheffield Wednesday.

Well-known for being family-friendly and offering a warm and welcoming matchday experience, the Pirelli Stadium is also a great place to enjoy a pre-match meal with hospitality packages available in private boxes or in the spacious Albion Suite for all home matches.

A hospitality ticket provides you with a delicious four-course meal, your own reserved seat in the Carling Stand, a copy of the Matchday Brewer programme, a teamsheet and reserved parking. It's a great way to treat friends, family or business colleagues to a fantastic day of football. If you



are enjoying a birthday or celebration, you will also receive a card signed by all the players, and a souvenir digital photo.



You can book now for all future games including MK Dons on Saturday, December 18; Bolton Wanderers on Wednesday, December 29 and Crewe Alexandra on New Year's Day. To discuss our matchday hospitality options, please call our hospitality and events team

on: 01283 565938 or email: hospitality@burtonalbionfc.co.uk.

Enjoy all the excitement of Sky Bet League One football and all the comfort of a matchday hospitality package at the home of Burton Albion throughout the 2021/22 season.

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
Burton Albion Competition PO
Box 8049
Burton-on-Trent
DE14 9NQ

The closing date for entries is the 7th of December and the winners will be announced in our January edition.

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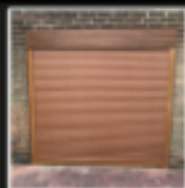
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Local Minds

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Burton and District Mind will listen to you because you are worth the help.

Burton and District Mind is a charity focusing on supporting people with mental health problems. We are here to make sure anyone that has a mental health problem has somewhere to turn to for advice and support.

Through various services and resources offered, we help over 3000 people a year across Burton on Trent and East Staffordshire, Lichfield and Tamworth. We started in 1991 and will not stop until everyone experiencing a mental health problem gets both support and respect.

It is often reported that 1 in 4 people experience a mental health problem of some kind each year in England. This is why we urge anyone who feels they need help that we are always here, we are listening and together we will find you help.

The services available include visits to community groups, counselling, peer support, eco-therapy, holistic therapy, as well as resources to help within the workplace.

Services such as counselling provide the opportunity to explore issues people may be experiencing with one of our fully qualified counsellors. The

most straightforward route into this is a phone call to the Staffordshire Wellbeing Service on 0300 3030 923. As part of a project funded by Children in Need we work with several schools across the area to help students who are struggling with mental health problems.

For those who are wanting to help out, there are several ways that you can do that. This could be through fundraising with us by helping to promote donations or by volunteering a few hours a week to help your community. Every little bit of help is appreciated.

This year is our 30th Birthday and as part of that we are running a 30 for 30 campaign. We have invited anyone to join in! All you need to do is do 30 of something whether it be something new or a hobby and get sponsored for it. As part of our celebrations, we have been chosen as the charity of benefit by the Big Burton Carousel sculpture trail in 2022.

For anyone interested in learning about what we offer or wish to get involved please check out our website or get in contact with. We will do what we can to answer any questions that you may have about us.

If you feeling unsure or nervous, it is okay to ask for help. We don't judge and will do what can to get you the support you need.

www.burtonmind.co.uk/
info@burtonmind.co.uk
01283 566696



*Featured below left to right,
John Holt, Zainera Liaqat,
Anthea Howard, Lynne Barrell,
Kelly Weatherer, Lynsey
Sheehan, Keri Lawrence and
David Bush*



E-mail us at local@locallinksmedia.co.uk or call us on 01283 564608 27

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

MONDAY 15TH NOVEMBER

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

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

TUESDAY 16TH NOVEMBER

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 17TH NOVEMBER

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 18TH NOVEMBER

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=ebdssbonlinesearch

FRIDAY 19TH NOVEMBER

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 20TH NOVEMBER

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=ebdssbonlinesearch

SUNDAY 21ST NOVEMBER

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=ebdssbonlinesearch

MONDAY 22ND 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 23RD NOVEMBER

Anslow Art Class

Our friendly art classes restart at Anslow 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: helentarrat@gmail.com or call 07791228881

WEDNESDAY 24TH NOVEMBER

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=ebdssbonlinesearch

THURSDAY 25TH 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-class-registration-104447912518?aff=ebdssbonlinesearch

FRIDAY 26TH NOVEMBER

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. Donations welcome. www.eventbrite.co.uk/e/abstract-art-workshop-tickets-13421729843?aff=ebdssbonlinesearch

SATURDAY 27TH 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 28TH NOVEMBER

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=ebdssbonlinesearch

MONDAY 29TH NOVEMBER

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

TUESDAY 30TH 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/bwc-virtual-antenatal-breastfeeding-workshop-mothers-and-support-partners-tickets-131607223749?aff=ebdssbonlinesearch

...helping you stay safe.

TUESDAY 30TH 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

WEDNESDAY 1ST DECEMBER

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 DECEMBER

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 3RD DECEMBER

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 4TH DECEMBER

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 5TH DECEMBER

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=ebdssbonlinesearch

MONDAY 6TH DECEMBER

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

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=ebdssbonlinesearch

TUESDAY 7TH DECEMBER

Marstons Club - Over 50s

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

WEDNESDAY 8TH DECEMBER

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 9TH DECEMBER

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 10TH DECEMBER

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 Laraine on 07598159744 or for more details about the class.

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

SATURDAY 11TH DECEMBER

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 12TH DECEMBER

Carols by Candlelight

The Needwood Singers are presenting 'Carols By Candlelight' at St James Church, Barton under Needwood on Sunday 12th December at 6.00 p.m. Do come along and listen to a four-part choir with a selection of Christmas music in the magical glow of candlelight. Tickets £10 each (under 16s free) to include refreshments - from 07973 239693 or any member of The Needwood Singers.

COMPETITION WINNERS

Congratulations to our **Middle Bell** competition winners, each winning a £25 Voucher

Claire Hunt, Barton
Linda McDonald, Branston
Wendy Hughes, Stretton
Ryan Coffey, Lichfield
Joanna Lawrence, Barton
Nigel Saunders, Barton
Betty Dennis, Barton
Colin Brittle, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a **Matchday Dinner for Four from Burton Albion!**

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Tree Trends

Have you got your tree up already? If so, you need to have a word with yourself! What on earth were you thinking putting your tree up in November!!!! Mainly because you're missing out on our top tree trends for 2021!

This year, the trend is very much dominated by understated overstatement! Simple colour ways like white and natural greens but a huge helping of warm metallics! Think champagne, bronze and gold!

Winter White

Fresh and frosty and white. Give your tree a light and airy feel with this trend!

Warm Metal

Sparkly but still cosy, warm metals give a sense of festive opulence. They also work well with natural wood and brown paper to keep things from becoming too Liberacé inspired!



Classic Green

Fresh and fun bring the outdoors in with a little bit of glitz. Keep your decorations green but in metallics they'll subtly catch the light!



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:

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Just a stones throw away from Lichfield, our Centre is home to many brilliant independent businesses, retailers, artists and designers with several also offering fantastic, highly-rated workshop experiences including Foxglass, Kara Strachan – The Art Loft, and Metamorphic Charm. There's also the opportunity for a sit down and a bite to eat in Thyme Kitchen. Come and see us soon!

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To find out more & for a full list of all of our businesses, visit: curboroughcountrysidecentre.com




Winter Weather for Dogs

by Scarsdale Vets

Despite the dangers winter can sometimes present, winter walks with your dog can be safe and enjoyable providing you take the necessary precautions.

Take a look at our nine top tips to keep both you and your dog safe while walking during the winter months.

Consider a coat for dog
During the winter months, it's important to keep your dog warm. Let your dog's coat grow and for short-haired breeds, senior dogs and puppies, it may be worth investing in a winter dog coat.

Winter walks
Walking your dog during the cold, dark mornings and nights can present its challenges; poor visibility being one of them. If you're walking when it's dark, it's a good idea to make sure your dog is visible either with a flashing collar light or a high-vis jacket.

It's important you're also dressed for winter. Think about your own footwear when you're venturing out with your dog and make sure you're just as visible as your dog.

Beware of deep snow
The British weather is often unpredictable. Keep your dog on a lead if it's snowing. There could be some deep pockets of snow or snow which maybe covering up some unsafe areas.

ID tag and microchipped
It's important to ensure that your dog is wearing a collar, ID tag and is microchipped. It's also vital to ensure your microchipping database is up to date with your address and contact details.

Returning from a walk
When you and your dog return from a winter walk, remember to wipe your dogs' legs, feet and stomach. The grit from roads and dampness from rain or snow can irritate their skin.

Don't leave your dog in a car
Leaving dogs in cars is dangerous all year round, even in winter. You should never leave your dog unattended in a car.

Frozen ponds
Don't let your dog walk across frozen ponds. The ice may not be thick enough to take the weight of your dog.

Anti-freeze is poisonous
Even the smallest amounts of anti-freeze can have a very

harmful and it can often have a fatal effect on your pet. Keep anti-freeze well out of pets' reach and clean up any spillages right away.

Check leads, collars and harnesses
It's a good idea to check items such as leads, collars and harnesses are all in working order. They can often get damaged by the winter weather e.g. wet weather may make metal clips rust.

If you're having difficulty choosing the correct sized harness or coat for your dog, please visit our pet care retrieval store at Pride Veterinary Centre where our friendly retail team will be able to provide advice.

Brrr!





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Trouble Getting Your Leg Over?

By Albion Bathrooms Kitchens Electricals

Getting in and out of the bath can become a problem at any time of life, whether it be due to an illness, or you've reached an age when your legs and hips don't work as well as they should. The options to replace the bath are now very comprehensive and can mean that your bathroom still retains its modern look.



Baths with doors

There are a multitude of baths with doors available, from a straightforward modern bath replacement to 'hip' baths with seats incorporated and more expensive shower baths with glass doors and shower screens. The baths have high flow drains to take away the water quickly, so you don't get cold waiting for it to empty.

Showers – level access and wetrooms

If the joists run the 'right' way or the concrete floor can be channelled out a shower tray can be a 'level access' which effectively means it can sit flat on the floor and there is only a small lip for you to step over or in some cases nothing at all. This is the most cost-effective way of installing a level access shower and it can be made a walk-in shower with the addition of a

glass panel or a shower cubicle with a sliding or opening shower door. A wetroom is a more expensive option as it involves more preparation to ensure the room is 'tanked' to prevent leakage. In essence a wetroom means that you have one level floor (whether it be tiles or one-piece composite flooring) leading to the shower which can again be fitted with shower screens or shower doors depending on your need.

Shower Accessories

Modern grab rails, drop down seats and lowered showers both electric and system are available to complete your new safer more accessible bathroom.

Albion Bathrooms Kitchens Electricals are specialists in all types of bathrooms and offer no-obligation home visits to discuss your needs. Call them on 01283526555 to make an appointment or drop into their large showroom in Burton.

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

Sudoku is a logic puzzle where you follow one simple rule:
Simply fill in the boxes so that the nine rows, the
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APPOINTMENT OF CONVEYANCING DUO

Smith Partnership have appointed Mother and Daughter team Debbie and Kayleigh Haynes as an expansion of existing expert Burton Residential Property department.

If you're climbing the property ladder or making your first step on to it, this is undoubtedly an exciting time. With the right conveyancing solicitor on your side, you can focus on enjoying this moment whilst our professionals handle the stress.

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Our **Dementia Centres of Excellence** are designed specifically to support people living with dementia and associated complex needs. **Amber Wood**, in **Burton-upon-Trent**, and **Bowbrook**, based in **Fradley**, are now welcoming new residents - whether individuals or couples - and pets can even move in too.*

Spacious en suite bedrooms

Communal kitchen diners

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Hair salon, coffee bar and shop

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"The level of care has been very good. All staff are professional, attentive, supportive and friendly, which has enabled my wife to make the sometimes difficult transition to full-time care as smooth and stress-free as possible. Food is good and she looks forward to her meals and daytime activities. The family are very pleased with our choice and have no hesitation in recommending it." **Husband of a GreenSquareAccord resident**

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

*Two rooms are required for couples. Pets are subject to satisfactory checks by the Registered Manager and in agreement with other residents in the home.