

LOCAL LINKS

A person wearing a traditional Scottish kilt with a red, green, and black tartan pattern. They are also wearing a black and silver sporran with a large tassel. The person is standing in front of a rough stone wall.

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ISSUE 158
FREE

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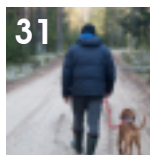
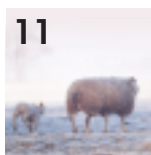
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LOCAL LINKS



ISSUE 158

SALES

Heather Digby
Rhian Warriner

DESIGN

Liona Baldwin

ACCOUNTS

Jan Evans

01283 564608

local@locallinksmedia.co.uk

Local Links Media
PO Box 8049
Burton-on-Trent
DE14 9NQ

www.locallinksmedia.co.uk

facebook.com/
locallinksmagazine



CONTRIBUTORS

Including:
Angela Sargent, Uttoxeter
Racecourse, Scarsdale Vets

Dear Readers,

Here we are in a brand new year! Hello 2022! What are your plans for the year? A change in job? A change in attitude? A change for the better? You know whatever your goals we wish you the very best over the coming months.

January can be a dull one, so if you're not partaking in 'Dry January' we've got a bright little whisky cocktail for you to enjoy on Burns' Night. However if you are being good, we've also got some tips for healthy resolutions you stand a chance of sticking to!

And if like us you're wondering when the spring will arrive, you might just have to stalk a badger on February 2nd!

Whatever 2022 brings, we hope you find happiness where you can and stay healthy.

The **LOCAL LINKS** team



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Next issue out from:

Wed 9th February

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Icy Fingers... More Than Just Cold

So one minute you're fine, carrying on your day, going about your business, then the next minute you look down and your fingers look like you've borrowed them from the morgue! Sound familiar?

This might just be cold fingers or it could be circulatory disorder called Raynaud's! February is Raynaud's Awareness month!



Raynaud's phenomenon is a problem that causes decreased blood flow to the fingers. In some cases, it also causes less blood flow to the ears, toes, knees, or nose, knees or nose (sorry we couldn't resist!). This happens due to spasms of blood vessels in those areas. The spasms happen in response to cold, stress, or emotional upset.

Raynaud's can occur on its own, known as primary form. Or it may happen along with other diseases, known as secondary form. The diseases most often linked with Raynaud's are autoimmune or connective tissue diseases such as:

- Lupus (systemic lupus erythematosus)

- Scleroderma
- CREST syndrome (a form of scleroderma)
- Buerger disease
- Sjögren syndrome
- Rheumatoid arthritis
- Occlusive vascular disease, such as atherosclerosis
- Polymyositis
- Blood disorders, such as Cryoglobulinemia
- Thyroid disorders
- Pulmonary hypertension

Treatment may include:

- Avoiding exposure to cold
- Keeping warm with gloves, socks, scarf, and a hat
- Stopping smoking
- Taking blood pressure medicines during the winter months to help reduce constriction of the blood vessels

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Burns Night Tipples

It's that time of year again where we see Burns Night being celebrated across the border on the 25th January, commemorating Rabbin Burns, Scotland's favourite poet. Scotland's identity can hardly be separated from a good glass of Scotch. It warms the heart and tastes of tartan. Scotland is not just famous for whisky though, there are a couple of other drinks that are just as much a part of the mythology of the country, here we look at a couple of them!

Irn-Bru:

Translation is "Iron Brew". This is Scotland's carbonated soft drink or nicknamed "Scotland's OTHER national drink" after of course whisky. This drink is a sweet and fizzy non-alcoholic drink that many think tastes vaguely of cough medicine.

Drambuie:

This is one of Scotland's most famous liqueurs. It is made of a heavy mix of aged scotch with a smooth local honey and warming spices. Enjoyed on its own or as part of a cocktail this is one warming liqueur.

Dark Matter Spiced Rum:

Now, you wouldn't think that a rum would come out of Scotland! It is a molasses-based rum that is distilled in Aberdeenshire. The rum is heavily spiced, there is pepper, ginger, cinnamon and allspice. Serve warm on its own or mix with ginger ale, this rum is a good Scottish alternative drink.

Scottish Craft Beers:

There are many craft brewers that have popped up in Scotland over the last 15 years. The most infamous being Brewdog. Known for their Punk IPA and punk attitudes, they entered the brewing arena and made their mark. There are lots of other smaller independents too such as: St. Andrew's Brewing Company, Burnside Brewery, Fettle, Windswept Brewing Co, Belhaven Brewery, Broughton Ales, Tempest Brewing Co and Edinburgh Beer Factory to name but a few!

If you really can't resist the draw of the Scotch though this Burns Night, why not try a

whisky with a refreshing twist...

Mint Julep



Ingredients

65ml whisky
10 mint leaves
12.5ml sugar syrup
ice, cubes and crushed

Method

Shake the bourbon, mint leaves and sugar syrup with ice and strain into a highball glass filled with crushed ice. Churn gently with a long-handled spoon and top with more crushed ice. Garnish with a sprig of mint and a straw and serve.

RECIPE TIPS

MAKE THE SUGAR SYRUP

Dissolve 200g sugar in 100ml water over a low heat. Leave to cool, then bottle. Store in the fridge for up to one week.

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By The Barn *by Angela Sargent*

A new year and jobs carry on as usual and the days are still short but there is the hope and optimism of Spring on its way.

This year we have much more grass available as we have used it temporarily as a crop break in all of our arable fields. This means the sheep and lambs have much more to go at. Any of last years lambs we still have here will be weighed regularly and fed well so we can get them away to market as soon as we can. Prices have, surprisingly, stood up well over the last year and I hope it will continue to do so- but it doesn't make up for the below

production prices of previous years. Maybe consumers are realising the benefit of home grown food.

Levels of home produced food consumption have been as low as 50-60%, dropping from near 80% in the nineteen eighties.

It's actually a time of gritting teeth and getting on with things, as often the weather is poor and the routine gets a bit repetitive. We get fed up with cold, wet hands and drying outdoor garments every

time they are taken off, or at least I do! Everything seems to take longer! Surprising what a bit of sun and blue sky can do even if it's cold and frosty, cheering up even the grumpiest of farmers!

Handling wet equipment, sloshing through puddles and traipsing through mud and muck can get you down and it's crucial we take time for ourselves if possible. Farmers who are calving or lambing at this time of year can easily get overtired.

Happy, healthy new year to you all.

For more information on all things farming, follow Angela on Twitter @bythebarn



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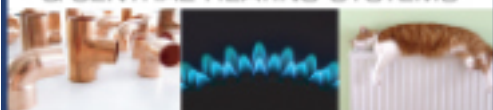
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Valentines Vegan Cheesecake

Off the back of the sugary indulgence over Christmas, Valentines Day can be sweet enough in its own right, so why not have a go at making this delightfully zingy raspberry vegan cheesecake? The lemon really gives it a bright note and stops the cheesecake being too sickly.

Note: This vegan cheesecake recipe requires each layer to be frozen before adding the next, so it's best to prep this at least one day before you would like to serve it.



Vegan Raspberry Cheesecake

Ingredients -

Walnut Crust:

1 cup walnuts
3 soft Medjool dates, pitted

½ tablespoon coconut oil
heaped ¼ teaspoon sea salt

Cheesecake Filling:

1½ cup raw cashews, soak 4 hours, then drain
½ cup full fat coconut milk
¼ cup + 2 tablespoons maple syrup
¼ cup fresh lemon juice plus 1 tablespoon zest
2 teaspoons pure vanilla extract
½ teaspoon sea salt

Raspberry Layer:

1 bag frozen raspberries, mostly thawed
½ teaspoon fresh lemon juice
2 tablespoons maple syrup
2 tablespoons chia seeds

Method-

Start by making the gluten-free crust by pulsing together walnuts, dates, coconut oil, and salt in a food processor. Press the sticky mixture into the bottom of a parchment-lined loaf pan, and pop it in the freezer for 15 minutes.

Blend together the ingredients for the creamy “cheesecake” layer. Then, pour them over the frozen crust, and slide the pan back into the freezer for another 2 hours.

Finally, blend up the vibrant pink raspberry layer. Pour it over the frozen cheesecake and freeze overnight!

Then, it's time to eat! Let the vegan cheesecake thaw slightly before slicing and serving.

Why not pair this cheesecake with a sparkling Rosé - vegan too of course!



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Kylie Minogue Prosecco Rosé
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Champagne Veuve Devanlay Nv Rose - £17.00 at Morrisons



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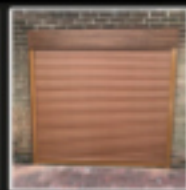
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Six More Weeks of Winter?

Groundhog Day is a popular North American tradition observed every February 2nd. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early.

Like most folk tales, though the tradition remains popular in modern times, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather.

The weather lore was brought from German-speaking areas where the badger is the traditional forecasting animal. This appears to be an enhanced version of the lore that clear weather on the Christian festival of Candlemas forebodes a prolonged winter.

The Groundhog Day ceremony held at Punxsutawney in western Pennsylvania, centering on a semi-mythical groundhog named Punxsutawney Phil, has become the most frequently attended ceremony.

The first reported news of a Groundhog Day observance was arguably made by the

Punxsutawney Spirit newspaper of Punxsutawney, Pennsylvania, in 1886, however, it was not until the following year in 1887 that the first Groundhog Day considered "official" was commemorated there, with a group making a trip to the Gobbler's Knob part of town to consult the groundhog. People have gathered annually at the spot for the event ever since.

The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania, where crowds as large as 40,000 gather each year (nearly eight times the year-round population of the town). The average draw had been about 2,000 until the 1993 movie Groundhog Day, which is set at the festivities in Punxsutawney. The official Phil is playfully pretended to be a

supercentenarian, having been the same forecasting beast since 1887.

If you are one of the few who haven't seen the film 'Groundhog Day' starring Bill Murray and Andie MacDowell you are missing out on a treat! The film is a comedy based around an obnoxious weather reporter who is sent to the small

down of Punxsutawney to cover the annual Groundhog festival. Due to unknown circumstances he gets trapped in a time-loop, condemned to reliving the same day over and over until he somehow discovers how to break the cycle.



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Children's Mental Health Week

Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together.

The organisers will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its eighth year, they hope to encourage more people than ever to get involved and spread the word.

From 7-13 February 2022, schools, youth groups, organisations and individuals across the

UK will take part in Children's Mental Health Week.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

1 in 6 children and young people have a diagnosable

mental health problem, and many more struggle with challenges from bullying to bereavement. Whether you're someone who works with children, a parent or carer, are someone who's passionate about spreading the word about mental health, or keen to raise vital funds for Place2Be, you can help them reach as many people as possible.

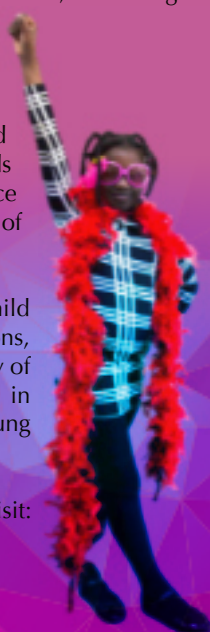
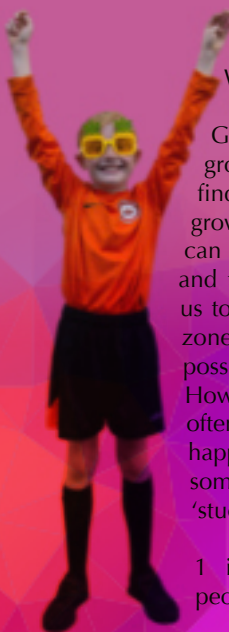
Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools, using tried and tested methods backed by research. They believe that children should not have to face mental health problems alone.

Place2Be offers a variety of different mental health and counselling services for schools, including

in-school support, expert training and resources. Their free Mental Health Champions – Foundation programme, and DfE assured Senior Mental Health Leads Training, enhance professionals' understanding of children's mental health.

Place2Be also offers child counselling qualifications, building an ever-growing body of professionals who specialise in working with children and young people.

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



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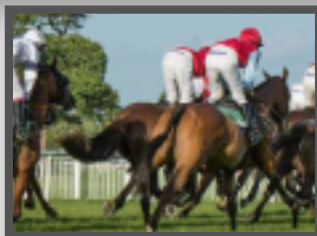
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The track at Uttoxeter Racecourse is an oval shaped course of one mile, and two and a half furlongs (which is around one and a quarter miles). While there is some rise in the track, the home straight is flat, meaning it is perfectly poised to offer competitive and exciting finishes to races.



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If you're not a lucky winner, why not book your tickets for the Midlands Grand National on the Saturday the 19th March.

Having called Uttoxeter it's home for over 50 years, this Staffordshire town is synonymous with the Boulton Group Midlands Grand

National. The class 1 race run every March is the second longest race in the National Hunt calendar, second only to the famous Grand National.

You can find more information: **www.uttoxeter-racecourse.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
Uttoxeter Racecourse Comp
PO Box 8049
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DE14 9NQ**

The closing date for entries is the 31st January and the winners will be announced in our March edition.

Good luck to everyone who enters!

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

MONDAY 17TH JANUARY

Watercolour for Beginners

At Tutbury Village Hall each Monday 10am - 12noon starting January 10th for 10 weeks. Fully structured classes, Ideal for total beginners. Friendly and relaxed atmosphere with Ann, a qualified tutor and professional artist. For details contact Ann on 07816 118776. Fully Covid compliant. Admission by prior registration only.

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

TUESDAY 18TH JANUARY

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=ebdssbonlin search

WEDNESDAY 19TH JANUARY

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 20TH JANUARY

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=ebdssbonlin search

FRIDAY 21ST JANUARY

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=ebdssbonlin search

SATURDAY 22ND JANUARY

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=ebdssbonlin search

SUNDAY 23RD JANUARY

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=ebdssbonlin search

MONDAY 24TH JANUARY

Kundalini Yoga & Gong Bath

Free event. Every Monday. Starts 7pm. Evening yoga class designed to inspire and give you the tools to transform your life and those around you. Open to all levels. www.eventbrite.co.uk/e/kundalini-yoga-and-gong-bath-online-tickets-5589035558?aff=ebdssbonlin search

TUESDAY 25TH JANUARY

Anslow Art Class

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 26TH JANUARY

GCSE Yr11 Maths Top-Up

Free event every Wednesday. Starts 5pm. Supporting you, as you work your way through the Maths GCSE curriculum towards your exams in 2021. www.eventbrite.co.uk/e/gcse-yr11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbonlin search

THURSDAY 27TH JANUARY

Habitat Explorers

Free event, starts 2pm. Boston Museum of Science educators will introduce students to a resident of the Museum's Living Collection. They will use their five senses of observations to find clues that determine each animal's ideal shelter and food. <https://www.eventbrite.co.uk/e/habitat-explorers-registration-166240089583?aff=ebdssbonlin> search&keep_tld=1

FRIDAY 28TH JANUARY

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=ebdssbonlin search

SATURDAY 29TH JANUARY

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=ebdssbonlin search

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=ebdssbonlin search

SUNDAY 30TH JANUARY

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=ebdssbonlin search

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MONDAY 31ST JANUARY

Monday Meditation

Free event. Every Monday, starts 6.30pm. A free meditation session, online through Zoom, every week. Free, spiritual practice to anyone who wants to practice meditation. www.eventbrite.co.uk/e/free-monday-meditation-live-online-tickets-10083019181?aff=ebdssbnonlinearsch

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=ebdssbnonlinearsch

TUESDAY 1ST FEBRUARY

Marstons Club - Over 50s

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

WEDNESDAY 2ND FEBRUARY

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 3RD FEBRUARY

Creative Writing Workshop

Free event every Thursday. Starts 7pm. 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=ebdssbnonlinearsch

FRIDAY 4TH FEBRUARY

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=ebdssbnonlinearsch>

SATURDAY 5TH FEBRUARY

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=ebdssbnonlinearsch

SUNDAY 6TH FEBRUARY

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=ebdssbnonlinearsch

MONDAY 7TH FEBRUARY

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=ebdssbnonlinearsch

TUESDAY 8TH FEBRUARY

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=ebdssbnonlinearsch

WEDNESDAY 9TH FEBRUARY

A Climate of Change

Free event every Wednesday. Starts 4pm for 8-15yrs, 6pm for 16-24yrs. Gives 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=ebdssbnonlinearsch

THURSDAY 10TH FEBRUARY

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=ebdssbnonlinearsch

FRIDAY 11TH FEBRUARY

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

Latin-in-Line Dance Class

Every Friday, 9.45am-10.45am Intermediate £5 & 11.00-11.45am Beginners £4 or both classes back to back £7. No need for a partner! At the Priory Centre, Church Lane, Stretton DE13 0HE. Contact Lorraine on 07598159744/larhiney@hotmail.com to book a place.

SATURDAY 12TH FEBRUARY

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. www.eventbrite.co.uk/e/how-to-reduce-procrastination-and-sustain-high-performance-tickets-134389696199?aff=ebdssbnonlinearsch

SUNDAY 13TH FEBRUARY

Erase Anxiety

Free event, starts 7pm. Every weekend a free introductory guided meditation events to help you erase anxiety from your mind. https://www.eventbrite.co.uk/e/erase-anxiety-tickets-151209689251?aff=ebdssbnonlinearsch&keep_tld=1

COMPETITION WINNERS

Congratulations to our **Burton Albion** competition winner, who has won **A Match-day Hospitality Experience for Four:**

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5	4	3	9	6	2	7	8	1
8	6	2	7	4	1	3	9	5
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Walk Your Dog Month *by Scarsdale Vets*

January 2022 officially marks Walk Your Dog Month. By taking your dog for regular walks, it provides the foundation for both positive physical and mental health. Walk Your Dog Month offers the perfect opportunity to get you and your dog moving. Why not kickstart your healthy new year's resolutions with more exercise and fresh air? Don't let the shorter days and chilly weather put you and your dog off.

Dogs require plenty of exercise throughout their lives and the best way to keep them active during the winter months is to take them for regular walks. Take a look at the following suggestions to help you and your dog celebrate Walk Your Dog Month.

Your walking route

It's a great idea to change your walking route. A different route will provide some new sights, sounds and smells for your dog. It will also leave them feeling excited, content and add to their overall mental stimulation.

A new treat for your dog

Why not treat your dog to a new coat, collar or toy? These little treats won't go unnoticed and they can help to make all the difference.

Teaching new tricks

Teaching your dog some new tricks is an opportunity for you to not only spend some quality time together, but it can also help to burn off some energy too. It's a great way for your

dog to get some all-important exercise in a fun, focused and enjoyable way.

Improve mental wellbeing

As your dog may be in the house more than usual during the winter months, a walk could really help to lift their mood. Afterall, physical activity releases endorphins which create a feeling of happiness.

The community

Walking your dog means you are much more likely to meet other dog owners within your community who are also out and about walking their dogs. This provides a great opportunity for your dog to enjoy some social interaction with new and familiar dogs.





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New Year Health Resolutions

The most popular New Year's resolution is getting in shape. It's a great goal but one that's hard to keep because most fitness resolutions, such as "Get in better shape", are too vague to put into effective practice.

Setting goals are extremely important, but equally important is setting realistic and specific goals. Keep your goals SMART (Specific, Measurable, Attainable, Relevant and Timely). If your goal is to get in better shape, then a SMART goal might be "Work out once a week to begin with, and increase by an extra hour per week each new month".

Here are some suggestions to motivate and keep your fitness goals on track:

1. Try a new and fun workout

The New Year is a great time to acquire a new skill, sport or try something that intrigues you. What about martial arts? Tennis? Dance? Bowling? If you find it fun, you're more likely to stick with it!

2. Schedule your workouts

Rather than say, "I'll work out this week," schedule exactly when you'll hit the gym or go for that walk. Add it to your calendar or smart phone with a reminder. Honour yourself by committing to it.

3. Find an exercise buddy

Take a walk, workout or book

a fitness class with a friend, co-worker or family member. It's great way to have some fun together, support one another and stay accountable!

4. Go to bed earlier

Take control of your social media. Late nights are hard on your body. Go to bed on a regular schedule and get your sleep. You'll feel better for it.

5. Book time with a fitness professional to get you started

Book a few personal training sessions to learn how to make your workouts effective and efficient.

6. Don't buy junk food when you're grocery shopping

They may satisfy a craving, but crisps and fizzy drinks are full of calories and have little or no nutritional value. Just skip that aisle so you're not tempted.

7. Avoid fast food for meals

We all know the scenario - you're running late and need lunch or dinner ASAP. How can you avoid the pizza and burgers? Plan your meals ahead of time (a written weekly plan is a great idea) or make a "smart" stop at the grocery store for a quick and healthy meal to go.

8. Eat more fruits and vegetables

Did you know that half your plate should be filled with fruits and vegetables? Packed with vitamins, this low-calorie food group may help reduce

the risk of cancers and diseases. Go for nutrient-rich dark green, red, purple, yellow and orange coloured fruits and veggies.

9. Keep healthy snacks on hand

Avoid the vending machine and the muffins at the coffee shop (which can be nutritionally equivalent to cupcakes). Pack healthy snacks, like nuts and fruit, when you need a boost. Carry a bottle of water with you wherever you go!

10. Celebrate your victories

Every time you stick to your commitment, give yourself a mental high-five and congratulate yourself for honouring your priorities. A positive mindset greatly helps with your goals.



LOCAL LINKS SUDOKU

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

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

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