

LOCAL LINKS



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ISSUE 160
FREE

BUNNY BUDDIES

Make these cute sock bunnies for Easter

EASTER TRADITIONS

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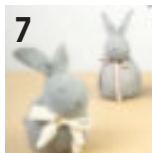
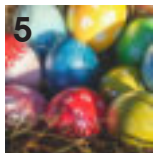
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LOCAL LINKS



ISSUE 160

Dear Readers,

Spring is on the horizon, officially starting on March 20th and we're finally feeling, dare we say it, optimistic for 2022! Hurrah for a smidge of normality settling upon us. We hope you're feeling a lighter mood too!

Bunnies are the order of the day around here as we get ready for Easter. Why not have a go at making the sock bunnies that we've got in this issue for you. Please, for godsake, use clean socks though. Nobody needs a cheesy bunny. Unless it's Welsh Rarebit. Apologies, there was no need for that cheesy joke!

Speaking of food though, why not try our tasty spring lamb pie recipe this month. Hearty and warming after a cheeky tiptoe amongst the tulips!

Happy spring everyone!

The **LOCAL LINKS** team

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Weds 6th April

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Easter Traditions Around The World

Though today it is perhaps most celebrated as a time to gorge ourselves on various egg-shaped chocolate delicacies, Easter is celebrated differently around the world.

EGG KNOCKING

In the US state of Louisiana, they've been knocking eggs together for around sixty years. It's all part of a competition where you're knocked out if your egg cracks, leaving just one winner remaining.

SILENT FRENCH BELLS

Church Bells in France and parts of Belgium and the Netherlands stay silent for a number of days in the run up to Easter. The tradition says that the bells fly out of their steeples and fly to Rome, returning on Easter morning bringing both coloured eggs and hollow chocolate shaped like eggs and rabbits.

GERMANIC EASTER FIRES

Much like Bonfire Night in the UK, the northern and eastern parts of the Netherlands, as well as many parts of Northern Germany, light fires at sunset

on Easter Day. This is a pre-Christian tradition, dating back to Saxon times when the people believed that the fire helped spring to become victorious over winter.

HOT CROSS BUNS

Traditionally associated with Good Friday, but now eaten throughout the year, these delicious spiced buns are served primarily in Britain, but also in the United States, Australia and New Zealand (where currants are often substituted for chocolate chips) and also in the Czech Republic, where it is a cake known as Mazanec.

OPENING DOORS

In Portugal, a catholic tradition of Easter is to join the family, open the doors of the house and receive the blessing of the Holy Cross. In that moment, a blessing is read and the house is sanctified, as well as the family. After that, the family gets together to eat and chat, and it is usual for grandparents and godparents to give money or presents to children.

GIANT OMLETTE

Every year, thousands of spectators gather in the town of Bessieres, located in southwestern France, to watch cooks prepare a 15,000 egg omelette.

SMASHING MORNING

Starting at 11 a.m. on Holy Saturday, you probably don't want to be walking through the streets of the Greek city of Corfu. Residents throw pottery from their windows in a noisy tradition that has been linked to a Venetian ritual in which people threw their possessions out the window in hopes of receiving new ones.

SCANDINAVIAN WITCHES

For children in Sweden, Easter looks much like Halloween, children dress up as Easter witches and travel door-to-door collecting candy in return for paintings and drawings.

Finnish children follow a similar tradition, but they hand neighbors catkin branches and recite healthy wishes instead of artwork.





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Bunny Buddies



This Easter, why not make a host of cute bunny buddies to gift to friends and relatives? What's great about these little fellas is you don't need to be able to sew!



You will need...

- Odd socks
- Scissors (sharp enough to cut the sock material cleanly)
- Rice for stuffing (or an alternative of your choice)
- Twine or string
- Ribbon
- A marker pen
- Tape

Step 1

Fill a sock with rice (or your choice of stuffing) up to the beginning of the heel. You can make your life a little easier by

using the tape roll to hold the sock open while you stuff it (by passing the sock through, then folding the ankle of the sock back over the roll). The sock needs to be able to stand vertically on its own when stuffed.

Step 2

Form a "pear" shape with more stuffing at the bottom than top. Pinch 2/3 of the way up the stuffed area to push the stuffing up into the heel and form separate head and body parts. The ankle of the sock above the "head" will be used to form the ears.



Step 3

Tie off the sock immediately above the stuffing that forms the head using twine or string.

This distinguishes the ears from the head. Ensure you tie it off tightly & securely as this will keep the stuffing in the sock.

Step 4

Using another piece of twine or string, tie off the neck of the rabbit between the head and the body.

Step 5

With the heel (which will become the face) facing toward you, cut down the centre of the ankle of the sock to form the ears. Shape these as you wish by trimming material from the ankle – long and floppy, short and oval, asymmetric – it's your bunny!

Step 6

Give your sock bunny eyes and a mouth with the marker, dots for the eyes and an X for the mouth work really well!

Step 7

Add a ribbon around your bunny's neck, tying a bow to one side.

You could also add a tail by pinching & tying off a small section with more twine.

What's great about these bunnies is you can make subtle bunny coloured ones or if you have crazy socks, some bonkers coloured bunnies!

SALE NOW ON! - SALE NOW ON! - SALE NOW ON!

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

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Midlands Bowel Cancer Support

The Midlands Bowel Cancer Support Group, Burton - Lichfield, has resumed face to face meetings again.

We are an established patient led support group and offer a social atmosphere where patients, their family and friends can meet others in similar situations. We can also offer information or signpost people to other helpful organisations. We have a wealth of experience of Bowel Cancer, and a chat over a cuppa and some cake is sometimes just what a person needs, and to know they are not alone.

The Burton meetings are now every 2nd Monday of the month at the Riverside, Branston 6.30pm - 8.30pm

And the new Lichfield meetings every 4th Thursday of the month at Whittington Village Hall 10.30am - 12.30pm



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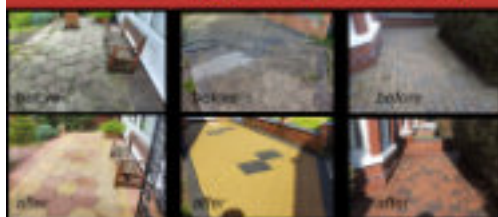
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Young Carer Day is the 16th March and it's a day where we raise awareness of the plight of young people who fulfil caring roles in their families. Your support by donating can provide support to many young carers around the UK.

By definition, a young carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too.



The Children's Society has worked with children as young as five years old who care for someone but there could be child carers who are even younger.

800,000 - young carers aged 5-17 care for an adult or family member in the UK

27% - of young carers aged 11-15 miss school

1 in 3 - young carers have a mental health issue

80% - of young carers felt more isolated during the pandemic

39% - young carers said nobody in their school was

even aware of their caring responsibilities

Having to care for someone can often mean missing school or having to bail on friends. It can put their childhood on the back burner. Many young carers, and the people around them, don't even realise they're carers.

The Children's Society believe every young person deserves a good childhood

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By The Barn *by Angela Sargent*

March heralds spring and very welcome too! The dawn chorus is increasing as the weather improves and the extra warmth and sunshine bring out the early leaves.

Busy farmers will be out fertilising the grass fields, sowing any Spring crops as early as they can, to get a head start on jobs and lambing.

We, unfortunately, had dogs upsetting our young sheep earlier in the year. The ewes are now either heavy in lamb or have young lambs at foot, it is as crucial that they are not upset. Anything like we experienced will result in deaths and mismothering, causing unnecessary trauma. Who can run 100m in 5 seconds? Dogs can, you can't!

The glint of purple of a Dog violet from under a hedge or on a sunny bank is a lovely sight and reminds us that the earth is reawakening after winter.

Follow Angela on
Twitter @bythebarn



ScarsdaleVets

Senior Pets

A talk with Paul Uglow

Secretary Manager at Northbrook Laboratories

Thanks to better care, pets are living longer now than they ever have before – but as pets get older, they require a little extra care and attention.

Regular health checks with your vet can detect problems in older pets before they become advanced or life-threatening, and improve the chances of a longer and healthier life for your pet. But what can we do as owners to help our pets?

**Thursday 24th
March 7pm**

Scarsdale Vet Centre is pleased to host Dr. Anna Dixon and her team. Joining her will be Dr. Paul Uglow, an experienced vet. Together they'll take you through some of the common ailments our furry friends may experience as they get older. They'll also advise you on helpful products or when you should seek help and when to consider euthanasia.



The talk will be hosted at Dr. Dixon's Veterinary Centre*

*Light refreshments and a certificate of completion will also be provided.

Limited tickets available.

*Our Senior Pet Talk will also be streamed online via Zoom should you prefer to view it from the comfort of your home.

Tickets cost just £7.50 per person (VAT included) under £10 off.

Advanced booking is essential. Tickets are strictly non-transferable. Supporting support dogs for people with sensory disabilities. Children aged 16+ will be considered for free admission if they bring a letter from a GP or social worker.

Dr. Dixon will be accompanied by Dr. Paul Uglow, an experienced vet. *VAT included.



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Get to know, how to mow!

-When expecting dry weather, increase the height of your cut from 25mm (1 inch) to 50mm (2 inches). This helps to keep the grass cool and stops it from drying out too quickly.

-The more often you mow your lawn, the better it will look. Weekly cuts during summer

would be a good general rule. -Do not let your lawn grow too long before mowing it, and never scalp it!

-Check your mowers blade is sharp and remove any debris. How to water during dry weather

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Perfect Spring Pie

Pies are quintessentially British, we are a nation of pie eaters! Though not a British invention (we have early Egyptians and Romans to thank for that), it's hard to think of another dish that is so much a part of the DNA of our food culture.

Lamb has long been the centerpiece on spring holiday menus in England, Greece, Italy, and France, where sheep are raised. On the Passover and Easter tables, lamb is an ancient tradition. The meat is closely associated with Passover; later Christians made the Passover lamb a symbol of Jesus. It is also now that at this time of year, young lambs, born last winter, are available.

So dust off your rolling pins and get baking for Pie Week between 7th - 12th April! Here's a super spring filling idea: try something new instead of meat and potato or apple. If making pastry is not your thing there's no shame in using shop-bought pastry!

Lamb Pie (Gloucestershire Squab Pie)

Ingredients:

- 3 tbsp plain flour
- ½ tsp flaked sea salt, plus extra, to taste
- freshly ground black pepper, to taste
- 1kg lamb neck fillet, fat trimmed, cubed
- 2-3 tbsp rapeseed oil
- 2 onions, peeled, halved and sliced
- ½ tsp freshly grated nutmeg
- ¼ tsp ground allspice
- 1 sprig rosemary eaves finely chopped
- 500ml chicken or lamb stock
- 300ml cold water
- 2 Cox apples peeled and sliced
- 4-5 large fresh sage leaves, finely sliced
- Ready roll pastry
- 1 egg, whisked

Method:

Mix the flour with some salt and pepper and coat the lamb pieces. Fry in small batches until brown. Fry the onion until softened. Transfer the lamb and onion to a large

heavy pan or casserole dish. Add the nutmeg, allspice and rosemary to the pan then pour over the stock and water. Bring to boil then reduce heat and simmer until the lamb is tender and the liquid is a gravy consistency. Season to taste then leave to cool for at least 30 minutes.

Mix the apples together with the sage and some black pepper and set side.

Line your pie tin with pastry and add half of the lamb mixture, then half of the apple mixture, then lamb and then apple again.

Top with pastry and decorate with lattice made from strips of leftover pastry. Brush with egg wash. Pierce a hole in the centre of the lid to let steam escape during cooking.

Bake at 200C for 25-30 minutes.

If you wish, serve with spring greens, baby carrots and buttery mash for the perfect pie dinner. Not forgetting some extra gravy! Yum!

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Saints Among Us!

Given how famous Saint Patrick is both in Ireland and around the world, it's perhaps no surprise that many people don't know that Ireland actually has three patron saints. They are Saint Patrick, Saint Brigid and the lesser known Saint Columba.

Saint Brigid

Saint Brigid is Ireland's only female patron saint. She was born around the year 451 AD. During her life she was an early Irish Christian nun and founder of several convents.

Her most famous was the one built in Kildare in 480 AD. According to tradition she picked that place because it

was the location of a shrine to an Irish goddess also called Brigid.

There are many legends told about Saint Brigid, perhaps the most famous one was her apparent ability to turn water in to beer. During her life though she was totally devoted to God and was well known for her compassion and generosity towards the poor.

There is much crossover between stories of the history of Saint Brigid and the pre-Christian goddess Brigid. Like the Saint, the pagan goddess is associated with poetry, healing, protection and the care of animals.

Saint Columba

Born in 521 AD in what is now known as County Donegal, Saint Columba was an Irish abbot and missionary. He is known as Saint Colmcille in Ireland and is credited with spreading Christianity from Ireland to Scotland.

The saint founded an abbey on the island of Iona off the west coast of Scotland. It soon became an important and influential centre for the spread of Christianity in Scotland and quickly became a place of pilgrimage - it's said that 48 Scottish kings, 8 Norwegian kings and 4 Irish kings are buried there!

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Give Back to the Soil



Hey there! 14th - 21st March is Compost Week for all you green-fingered readers!

Seasoned gardeners have long known the importance of composting their garden waste and food scraps. Not only does compost enrich the soil, but it also loosens compact clay soils and enhances drainage while reducing many disease issues. These benefits mean better plant health, higher yields, and a more balanced moisture content. As a top dressing, compost slowly releases nutrients to soil and can help suppress some weeds.

The Composting Council lists the following physical, chemical, and biological benefits to composting:

- Modifies and stabilises soil pH
- Increases the soil's ability to hold essential nutrients
- Increases beneficial soil microorganisms
- Binds contaminants and degrades compounds
- Helps with wetland restoration and

erosion control Suppresses weeds and many pathogens

Here's some Dos and Don'ts for your compost heap maintenance:

Do: Add garden and other organic materials to the compost pile, including leaves, grass clippings, straw and hay, sawdust, and finely chopped or shred tree and shrub pruning.

Do: Build the compost piles in layers with 6 to 8" layers of plant material with a one inch layer of soil or previously made compost in between.

Do: Add a combination of green and brown plant material. The green provides the nitrogen and the brown adds the carbon. Both are necessary for the microbes that break down the organic material.

Do: Shred or cut large items before adding them to the compost pile, such as branches and twigs, newspaper, etc. Smaller particles decompose faster.

Do: Add food scraps from produce items, such as apple cores, banana and orange peels, melon rinds, etc. You can also put coffee grounds

and eggshells on your compost pile.

Do: Turn the pile over occasionally or turn into another bin to mix; this aerates the material for more rapid decomposition.

Do: Add water occasionally if it doesn't rain so the pile is damp, but not soggy.

Do: Have patience. It will take two to four months for plant material in a compost pile to decompose if it is turned regularly. Otherwise it may take six months or more.

Don't: Add meat scraps, bones, fat, whole eggs, or dairy products to the compost pile because they decompose slowly, cause odours, and can attract rodents and pests.

Don't: Add pet faeces or used cat litter to the compost pile.

Don't: Add diseased plant material or weeds that have gone to seed.






Don't: Consider compost a substitute for fertiliser in your garden, but rather a supplement. The nutrient release from compost is often too slow to supply all the nutrients necessary for good plant growth.



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Conkers is an award winning attraction at the Heart of the National Forest with a unique mix of indoor and outdoor experiences which will keep you and your family engaged for hours! In the Discovery Centre there's lots and lots to find out about and it's great fun

too – check out over 100 interactive exhibits.

Conkers is a great day out for all the family. Explore, get creative, be immersed, discover, meet nature, journey above the treetops, all in one day!

If you get peckish with all the activity there are restaurants and cafés to enjoy a well earned rest. Don't miss out on a visit to The Trading Post shop for all those souvenirs + gifts too!

We think you'll agree, these are fabulous prizes to win!

You can find more information at: www.visitconkers.com

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
Conkers Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ**

The closing date for entries is the 5th of April and the winners will be announced in our May edition. Good luck to everyone who enters!



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Furry Family Planning *by Derby Cats Protection*

The mating season is about to start and hormones are flying high in the feline world. "Why should I get my girl cat neutered," you ask? Well, she can become pregnant from 16 weeks old so do not let her out until she is spayed!

If your male cat is unneutered, he will SPRAY, he will roam, he will get lost and he will fight with other cats. Unneutered males are at high risk of injuries and bite wounds, needing antibiotics and expensive vet care.

Both males and females are also at risk of being infected with FIV (the cat version of HIV) for which there is no cure.

Cats Protection Derby and District Branch can neuter your cat for £10 help if you are on a low income. To find out if you are eligible, contact the Catline on 01332 206956 or enquiries@derbybranch.cats.org.uk



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Virtual & Outdoor Events What's On Guide!

MONDAY 14TH MARCH

Burton Prostate Cancer Support Group
Every second Monday of each month at the Scout headquarters in Rolleston on Dove DE13 9AB, meetings start at 7pm to 9pm. Everybody is very welcome, Tea, coffee and cake. Contact details email: burton.prostate.cancer.suppgrp@gmail.com Tele: 07478 88957

Midlands Bowel Cancer Support Group

The Burton meetings are now every 2nd Monday of the month at the Riverside, Branston 6.30pm - 8.30pm. For further information about the group please call Martin Vickers 07369 224653

TUESDAY 15TH MARCH

Marstons Club - Over 50s

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

WEDNESDAY 16TH MARCH

Winhill Learning Without Limits

Parent reading session from 2.30 - 3.30pm at Winhill Village Primary & Nursery School, Brough Rd, Burton-on-Trent, DE15 0DH, 01283 247570. Email: win-office@win.jtmat.co.uk

THURSDAY 17TH MARCH

Tai Chi Classes

Free event, every day. Starts 10am, 3pm or 7pm. www.eventbrite.co.uk/e/lockdown-tai-chi-lee-style-online-global-daily-classes-registration-104447912518?aff=ebdssbonlinesearch

FRIDAY 18TH MARCH

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 to book a place.

SATURDAY 19TH MARCH

High School Musical

Adapted for young performers, this musical includes favorite High School Musical songs. With its inspiring message of friendship, self-discovery, and teamwork, you'll be singing and cheering along. At the Brewhouse, Time: 5pm & 7.30pm. Price: £12.50-£15. For more information visit: www.brewhouse.co.uk/events

SUNDAY 20TH MARCH

Wedding Fair

Wedding Fair at The National Brewery Centre, Horninglow Street, Burton-on-Trent, Staffordshire, DE14 1NG. With over 30 of the best local producers and suppliers to make your big day perfect, plus staff from The National Brewery Centre will be onsite all day to advertise their stunning wedding venue. 11am - 3pm Free entry.

MONDAY 21ST MARCH

St. John's Passion

English Touring Opera perform with singers from local choirs to inspire audiences with Bach's sharp storytelling and intense vision of hope. Starts 7.30pm at Lichfield Cathedral. To book tickets visit: https://www.eventbrite.co.uk/e/english-touring-opera-st-john-passion-at-lichfield-cathedral-tickets-228897467487?utm_medium=display&utm_source=bachtrack.com&utm_campaign=listinglink

TUESDAY 22ND MARCH

Tuesdays Art Class

Every Tuesday morning 10am-1pm, during term time. In Tatenhill and online. Suitable for beginners and improvers. £18 paid per session, or £15 paid per half-term in advance. For more information phone or text 0779122888 or email helentarrart@gmail.com

WEDNESDAY 23RD MARCH

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 24TH MARCH

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 25TH MARCH

LDN Wrestling

The Superstars of LDN Wrestling are coming back to the Brewhouse for a night of rip roaring action. Expect to see edge of your seat, death defying moves as the stars of Wrestling take part in action packed matches for the whole family to enjoy! At the Brewhouse, Time: 7pm. Price: £15. For more information visit: www.brewhouse.co.uk/eventsTime

SATURDAY 26TH MARCH

Northern Soul 70s Crossover

Burton Caribbean Association host the Northern Soul & 70's Crossover event at The B.C.A Community Centre in Burton on Trent. On the decks for the launch night we will have SPIV & STEVIE YATES playing all those track that you like to hear. This will be a strictly vinyl event, and they will be a combination of rare Northern Soul and 70's Crossover music. £5.00 entry, doors open at 8.00pm and we will be going on until 1.00am. To book your tickets please call us on 01283 512182 / 07970094828

SUNDAY 27TH MARCH

Jim Ghedi & Cinder Well

Jim Ghedi & Cinder Well is at the vanguard of a different kind of transatlantic folk revival, one forged amidst the uncertainty of a global pandemic. At the Brewhouse, Time: 7.30pm. Price: £12-£14. For more information visit: www.brewhouse.co.uk/events

MONDAY 28TH MARCH

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 29TH MARCH

Neil Sands: Happy & Glorious

We are pleased to welcome Neil Sands and his wonderful West End Cast for an afternoon trip back down memory lane with their hit new production for 2022. At the Brewhouse, Time: 2pm, Price: £11 - £13. For more information visit: www.brewhouse.co.uk/events

WEDNESDAY 30TH MARCH

Unite Performing Arts Festival

Join us in celebrating 20 years of Unite Performing Arts Festival. The festival is organised by the performing arts department at Burton and South Derbyshire College and invites local secondary schools and community dance schools to perform. Time: 7pm. Price: £8 or £5. For more information visit: www.brewhouse.co.uk/events

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THURSDAY 31ST MARCH

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 1ST APRIL

Just the Tonic: Comedy Club

We are delighted to work with Just The Tonic, one of the UK's leading comedy clubs, to bring a mixed bill monthly comedy club to Burton upon Trent for 2022. Expect to see some of the UK best comedians right here at The Brewhouse. Time: 8pm. Price: £13. For more information visit: www.brewhouse.co.uk/events

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

SATURDAY 2ND APRIL

Spring Ball

At Burton Town Hall a beautiful setting awaits us where we will dress to impress! Get out the glitz and the glam, the tux and cocktail dresses and let's have a ball of a time! Time: 7.45pm. Price: £15-£20. For more information visit: www.brewhouse.co.uk/events

SUNDAY 3RD APRIL

Small Street Market

Join us at 10am for our first pop up market at Burton-on-Trent town hall. Filled with local independent traders you are sure to find something to take home with you. Food, crafts, children's wear, home fragrances and so much more. It's an event you don't want to miss. For more information please email smallstreetmarkets@gmail.com

MONDAY 4TH APRIL

Easter Disco

From 1pm to 2pm at Winhill Village Primary & Nursery School, Brough Rd, Burton-on-Trent, DE15 0DH, 01283 247570. Email: win-office@win.jtmat.co.uk

TUESDAY 5TH APRIL

Barton Arts

Every Tuesday 10 til 12.30 Barton Village Hall, Casual Arts and crafts, 'Bring your thing', and join our friendly chatty group, all abilities, just bring your thing. £15 per month. For more information contact: Judith Freeman by Email: judithmick.f@hotmail.co.uk or call: 01283550344

WEDNESDAY 6TH

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 7TH APRIL

Beginners Salsa Class

This class is specially designed for you who think that you are incapable of learning how to dance salsa. Or think that you got two left feet! From 7.30pm to 10.30pm at BCA Centre, Burton-on-Trent, DE14 3JS

FRIDAY 8TH APRIL

Through the Decades: Roy & Buddy

A show dedicated to Roy Orbison & Buddy Holly, this two-hour uplifting Rock n Roll Show is full of pure nostalgia with all their Hits and a few earlier ones too! Time: 7.30pm. Price: £18. For more information visit: www.brewhouse.co.uk/events

SATURDAY 9TH APRIL

Electronics Club For Children

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

SUNDAY 10TH APRIL

Photography for Children

Free event, every day. Starts 7pm. Little eyes, Big stories A photography course for children aged 6+ to encourage them to think creatively and use what they have around the house. www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbonlinesearch

MONDAY 11TH APRIL

Watercolour for Beginners

At Tutbury Village Hall each Monday 10am - 12noon. 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.

TUESDAY 12TH APRIL

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=ebdssbonlinesearch

WEDNESDAY 13TH APRIL

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 2022. www.eventbrite.co.uk/e/gcse-yr-11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbonlinesearch

THURSDAY 14TH APRIL

Coffee at the Castle

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

FRIDAY 15TH APRIL

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.

COMPETITION WINNERS

Congratulations to our **Uttoxeter Racecourse** competition winners who won 4 Premier Passes:

David Staples, Stretton
Chris Wells, Burton

Look out elsewhere in **LOCAL LINKS** this month to win various prizes from Conkers!

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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Stress Awareness Month

This April we highlight how stressful modern life can be. With the fast pace and never having enough hours in the day, it's easy to feel like life is running away with you. Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body.

Here are some tips to reduce stress in your life...

Coping with Chaos

Chaos often causes physical stress, a common side effect of

anxiety. Try to breathe mindfully and find a moment of calm from within. Breathe out to release tension.

Talk to yourself as a friend would talk to you. Be kind to yourself. Give yourself permission to be peaceful

Life Focus

Give yourself permission to let problems and anxious feelings fall away naturally; look at them with indifference and spend your time mentally reinforcing the positive instead.

Manage Anxiety

Allow thoughts to come and go, but as soon as you realize you're lost in negative thought,

pivot your thinking back to the more positive and productive things in your life.

Stop focusing on your effort to achieve

When you're overwhelmed imagine the light beam filling up each part of your body, from your toes to your head. Allow the warmth, light, and spaciousness to melt away any tension in the body.



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

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

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