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ISSUE 161
FREE

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Celebrate in style this April

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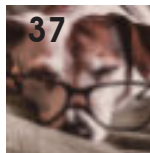
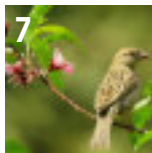
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ISSUE 161

Dear Readers,

We hope you've been enjoying the bright spring weather over the last few weeks. It makes the inevitable April showers bearable... just look for the rainbows!

It's officially British Summertime and along with it comes a host of British summertime traditions. We've got some fab events that you can visit with the family this year and we take a look at some May Day traditions peculiar to Staffordshire and Derbyshire.

Spring is the time for nesting, if you've found yourself with a little addition to your family, did you know 4th-9th May is Weaning Week? Moving babies onto solid food can be a minefield, so we've got a helpful article on what to avoid feeding too soon to keep your baby happy and healthy!

We love to hear from our readers, so why not give us a follow on Facebook and share your local stories with us!

Our very best wishes,

The **LOCAL LINKS** team

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Weds 18th May

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Be a Birdy's Best Friend

Not only is May the 4th (be with you) Starwars Day, it's also Bird Day!

During the spring, migrating birds move to their summer nesting grounds. It's an excellent time for those new to birdwatching to learn to identify birds by species. Enthusiasts also know that birds will migrate through gardens and stop for a rest, a bite to eat, and a drink if the right habitat is provided. Stand prepared by your window with binoculars and watch as new visitors arrive daily. At this time of year birds are also nesting with the last of the frosts safely out of the way. Rearing young is exhausting and a plentiful supply of food is important.

Did you know that certain birds favour different foods?...

Small seeds, such as millet, attract mostly house sparrows, dunnocks, finches, reed buntings and collared doves.

Flaked maize is loved by blackbirds.

Peanuts and sunflower seeds are the food of

choice of tits and greenfinches.

Mixes that contain chunks or whole nuts are suitable for winter feeding only.

Pinhead oatmeal is excellent for many birds.

Avoid seed mixtures that have split peas, beans, dried rice or lentils as along with wheat and barley only the large species like pheasants, pigeons and doves can eat them dry. These are added to some cheaper seed mixes to bulk them up.

Also avoid any mixture containing green or pink lumps as these are dog biscuit, which can only be eaten when soaked.

peanut butter onto a pinecone and rolling in birdseed? You can also spread it onto slices of fruit like apple and hang from trees for a variety of treats.

You can also mix suet with birdseed and press into hollowed out orange halves for another hanging alternative.



Mealworms are a great natural food for birds and can be used to feed them throughout the year.

For more information on bird species you'll see in your garden and what to feed them, visit the RSPB website here: www.rspb.org.uk

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Here Comes the Aeroplane!

Anyone who has a new baby will understand how anxious a time what and when to feed their little one can be. Weaning week is 4th-9th of May and there is lots of information out there to help make sure your baby's transition to solid food is a smooth one. The NHS website provides tip and recipes to help you navigate what is best for baby. <https://www.nhs.uk/start4life/weaning/>

Here are a couple of recipes that can be used for the whole family that you may like to try.



Creamy Hotpot

This tasty chicken hotpot dinner with leeks and cream cheese is a great family all-rounder – perfect for your baby too. You can also freeze any leftovers.

Age: 7-9 mths
Serves: 4 portions
Prep time: 15 mins
Cooking time: 20-25 mins
Suitable for vegetarians? N

Ingredients

- ½ medium leek
- ½ medium carrot, peeled
- 1 small potato, peeled
- 1 tbsp green beans
- 1 small chicken breast fillet
- ½ tbsp vegetable oil
- 150ml water
- 1 small spear broccoli
- 1 tbsp full fat cream cheese

Method

1. Chop the leeks, carrots and potatoes. Trim and chop the beans.

2. Dice the chicken.

3. Heat the oil in a large pan. Add the chicken and fry for 2-3 minutes.

4. Now add the leeks, carrots, potatoes, green beans and water, bring to the boil, cover and simmer for about 20 minutes until the chicken and vegetables are cooked. If you'd like extra sauce, add a little more water during cooking.

5. Meanwhile, bring a small pan of water to the boil, add the broccoli and cook for 3-4 minutes until soft (or microwave if you prefer).

6. Turn the hotpot off the heat and stir in the cream cheese.

7. Blend or mash the cooked hot pot until it is smooth with soft lumps. Serve ¼ of the hotpot with the cooked broccoli as a finger food.



Mashed Beany Wrap

An interesting sandwich alternative, five bean salad blended with cheese and served wrapped in a tortilla. This recipe is great as a healthier snack for older

children in the family to enjoy too. For over 5s simply swap to reduced fat hard cheese.

Age: 12 mths +

Serves: 1 portion

Prep time: 15 mins

Cooking time: N/A

Suitable for vegetarians? Y

Ingredients

- 50g (3.3 tbsp) canned five bean salad, no added sugar and salt, drained
- 15g full fat hard cheese, grated
- 1 small (or ½ a large) tortilla wrap (30g)
- 1 tbsp lettuce (5g)
- 1 wedge red pepper, washed and sliced into sticks
- Finger length stick celery, washed and sliced into thinner sticks

Method

1. Mash the mixed beans with a fork

2. Grate the cheese and roughly chop the lettuce.

3. Divide the beans between the wraps and top with some cheese.

4. Roll up and slice as needed.

5. Slice the red pepper and celery into finger sticks, and serve alongside the bean wrap.



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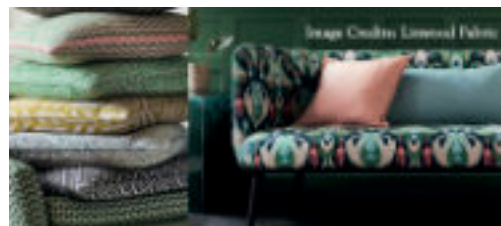
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By The Barn

by Angela Sargent

Spring has sprung, finally! Longer days, lighter nights and warmer weather heralds a sprin in grass growth.

Our ewes are well into lambing and the mothers and young lambs will be turned out into the bigger fields, to take advantage of the extra grass available to them. Until our older pasture gets growing (it's always slower than the newer varieties), we may have to supplement them with some silage or hay and corn, just to make sure they're having enough to milk well.

Tiredness is a problem for farmers, at this time of year, with late nights lambing and long days working. This is when we have to be especially

careful from a health and safety aspect.

The Front field pasture is covered in celandines, with Buttercups beginning to grow too, along the ridge and furrow and the line of stout Ash trees give shelter to the cattle if the wind bites.

The neighbouring field, 'Horse close', probably named as it used to belong to the neighbouring farm (a farm no longer) and was possibly where the work horses were kept, has been sown with a temporary grass, hopefully, to provide us with extra grazing for our sheep and lambs or we might make silage of it. Field names are interesting and can give an indication of previous

use or a historical meaning and we have our fair share as does every farm.

Any of last year's male lambs that are still here will be weighed regularly and sent to market asap, preferably before they get two teeth.

Ted is now seven and knows when he can get close to the sheep and when he must keep his distance. Having been on the wrong end of an angry and protective ewe, he has learnt to keep well away from sheep when they have lambs at foot!



An advertisement for TOP Furniture. The background is a collage of four images showing different furniture sets: a bedroom with a white bed and yellow blanket, a living area with a wooden hutch and sideboard, a dining room with a wooden table and chairs, and a bedroom with a white bed and wooden chest of drawers. Overlaid on the center is the 'TOP FURNITURE' logo, with 'TOP' in large black letters and 'FURNITURE' in smaller white letters. At the bottom, the text reads: 'VISIT US AT STATION ROAD, UTTOXETER, ST14 8AX' and 'WWW.TOPFURNITURE.CO.UK * TEL - 01889 560999'.

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St. George's Day Events



With 2022 being the first taste of normality we're excited to share with you some of these fabulous St. George's Day events happening nearby! Why not get out in the sunshine with the family and enjoy our return to normality!

Tamworth's popular St George's Day extravaganza is back for 2022 with an exciting new line-up of entertainment set to take over the Castle Grounds, with medieval-themed fun for the whole family on Saturday, April 23, from 10am – 5pm.

The line-up will include all the festival favourites that have led to the event becoming well-known up and down the country, such as jousting, archery, a living history camp, walk-about medieval grave diggers comedy, stalls, fairground rides and children's activities.

Come and meet St George and the amazing new dragon for 2022. Soaring at 3.5 m long and 2.3 m high, this animatronic dragon will amaze children and adults with his roaring, tail swinging and eye movements; enthralling the crowd as he roams around the Castle Grounds.

Please check the Tamworth Castle website for opening times and admission prices: www.TamworthCastle.co.uk



Join us from 11am until 4pm in Derby centre as we celebrate Merrie Olde England, with Morris dancing, a craft fair, and lots of English eccentricity.

The event will feature our well-loved St George's Day

parade which will be leaving The Spot at 11:30am.



Chatsworth House, the Palace of the Peak, is the stunning setting for a St. George's Day Concert in aid of the Chairman's Appeal for Ashgate Hospice. The venue is being used by kind permission of the Duke and Duchess of Devonshire.

Guests will arrive at Chatsworth at 6.30 p.m. for a reception in the Inner Court of the House. You will be able to admire the 17th Century architecture surrounding the fountain and sculpture 'Leaping Hare on a Curly Bell' by Barry Flanagan. You will enjoy a 'glass of fizz' and be entertained by Charlotte Beth. Charlotte's career includes performing at venues such as the Royal Albert Hall. Tickets from £21.



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Did you know that snoring noise and sleep disturbance is it a threat to our health? This April we've got 'National Stop Snoring Week' taking place from 18th to 22nd April.

The sound of snoring is irritating and annoying and can lead to sleep deprivation for the bed partner. But the noise of snoring can also cause a number of health problems.

We all know how it feels if we have not had a good night's sleep – we feel tired and sleepy

all day, bad tempered, lacking concentration, and generally irritable. Bed partners who are disturbed every night by snoring they experience these symptoms every day.

The noise level that starts to have an effect on sleep is around 40dB. The noise of snoring can range from about 50dB to 100+dB, and research has consistently found that when exposed to noise at these levels, it can have a negative effect on all areas of our wellbeing.

Sleep disturbance can cause hearing impairment, daytime functioning, mental health problems, cognitive issues and negative social behaviour can

be symptoms of being subjected to loud noise over a period of time. Sleep deprivation can also have a negative impact on body systems such as hormonal release, glucose regulation and cardiovascular function, leading to overall poor health.

So how can these issues be resolved?

The snorer must acknowledge the problem and take steps to resolve it. Snoring will not go away – it will only get worse if not addressed.

For some self-help remedies – visit the website: www.britishsnoring.co.uk for help & information.



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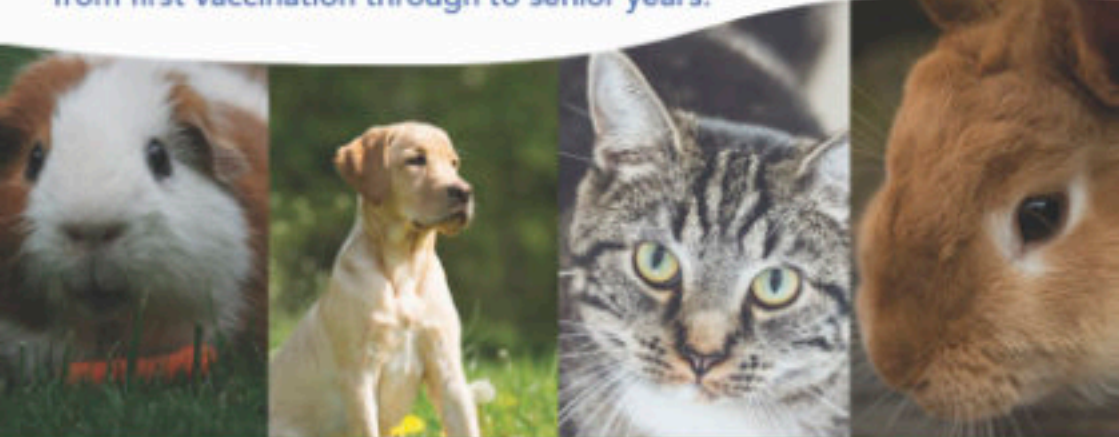
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Our simple prostate screening service is comprehensive and led by a specialist nurse and you'll get your results within 48 hours, giving you peace of mind or treatment if you need it, as quickly as possible.

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- Urinating more frequently
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To book your prostate screening today, call **0300 790 6190**



May Traditions

This May why not reconnect with some traditional customs to celebrate? There are many things that happen, from 'well dressings' to maypoles and morris dancing, here we look at where you can see some!



Well Dressing

An ancient custom known as Well Dressing is peculiar to England, and Derbyshire and Staffordshire in particular. The practice of well dressing dates back to the Celts but early Christians were not happy with the custom of dressing wells – they considered it water worship and promptly put an end to it!

Well dressing involves the decoration of springs and wells with pictures made from living plants and flowers, and usually happens in the summer and early autumn. Some places to visit well dressings are:

Chester Green Derby: At Marcus Street Well there are usually 3 dressings at the well at the end of Marcus Street. Chester Green is located on Mansfield Road, Derby, about

1.5km north of the City Centre. Use DE1 3SA for nearest map location.

Etwall: There are up to nine Well Dressings to be seen in the village. The village sometimes hosts Have-a-Go Well Dressing, providing a demonstration and an opportunity for everyone to try their hand, is made in a marquee on The Green during the course of the weekend. Etwall is located just off the A516. Use DE65 6LP for map location.

Tissington: There are up to seven Well Dressings. Tissington was the first village to re-introduce well dressing in 1349, after the village managed to escape a terrible outbreak of the Black Death that swept through England at this time. Tissington is located to the east of the A515 Ashbourne to Buxton road, north of Fenny Bentley. Use DE6 1RA for map location.

Maypole

A maypole is a tall wooden pole erected as a part of various European folk festivals, around which a maypole dance often takes place.

The festivals usually are held on 1st May. In some places the Maypole is a permanent feature that is only utilised during the festival, although in other cases it is erected

specifically for the purpose before being taken down again.

The good folk of Wellow in Nottinghamshire are rightly proud of their permanent Maypole and public May Day celebration take place on the Village Green every year on the Bank Holiday nearest to May Day. Use NG22 7EW for map location.



Morris Dancing

This is a traditional English form of folk dancing from the 15th Century, often performed on May Day by groups of men or women who wear different outfits depending on which part of the country they are from. Their clothes are white with coloured belts across the chest. There is Morris dancing at Mercia Marina at 8:30 on the 12th May

If you're interested in having a go at Morris Dancing, why not get in touch with the Ryknild Rabble. You can visit their website at: ryknildrabble.co.uk



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Our lucky First Prize winner will receive a complementary studio photo session, plus £200 worth of product vouchers, while our runner-up will receive not only a studio photo session, but also a complementary 7"x5" print too.

To enter this month's competition, all you have to do is email your name, address and daytime telephone contact

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Alternatively, you can post your details to:

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The closing date for entries is the 17th of May and the winners will be announced in our June edition. Good luck to everyone who enters!

**No cash alternative is available to vouchers. One entry per person.*

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Vacuum daily and pay attention to nooks and crannies along skirting boards and under furniture. Empty the

bag or canister each time you vacuum. Wash your cat's bedding weekly in hot water and hang outside in the sun.

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Monday - Friday 9 - 5:30 Saturday 9 - 5 Sunday 10 - 4

Monday - Friday 9 - 5:30 Saturday 9 - 5 Sunday Closed

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

TUESDAY 12TH APRIL

Movement for Mobility

Every Tuesday morning, Priory Centre, Church Road, Stretton, Burton on Trent. Includes balance classes with a cardio-vascular section. New people welcome to these friendly, fun groups. 9.45-10.45am or 11.15 -12.15pm. Please phone or text Sue on 07875 952 874 to find out more.

WEDNESDAY 13TH APRIL

Needlework & Craft Group

Meetings at Kings Bromley Village Hall 1.30pm to 4pm on 2nd, 3rd and 4th Wednesday of each month. Free car park, disabled access and facilities. Needlework and craft group, learn a new skill or share your skill with others. Everyone welcome from absolute beginners to experts. Tel 07479 945403 for more information or to book.

THURSDAY 14TH APRIL

Easter at West Midland Safari Park

From the 9th to 24th April, the Park has planned a whole host of fun, including an amazing competition, trail, chocolate prizes and the chance to meet our very own Easter Bunny. For more info visit: www.wmsp.co.uk

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.

SATURDAY 16TH APRIL

Mercia Archers: Archery for Beginners

At Gresley Old Hall starting Saturday 9th April, 10am to 12noon. For an enrolment form and more information contact: jamesonderek17@gmail.com

SUNDAY 17TH APRIL

Easter Eggstravaganza

At the National Forest Adventure Farm every day until 24th April. Including Easter Pantomime, tractor rides, baby animals, outdoor adventure playground and indoor soft play. For tickets visit: www.adventurefarm.co.uk

MONDAY 18TH APRIL

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 19TH 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=ebdssbnonline

WEDNESDAY 20TH APRIL

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 21ST APRIL

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=ebdssbnonline

FRIDAY 22ND APRIL

Earth Day Goddess Gaia Workshop

10.00 to 12.30pm at Tutbury, also an Earth Day Guided Walk at 2pm. For more information call: 07580551979

SATURDAY 23RD APRIL

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=ebdssbnonline

SUNDAY 24TH APRIL

Vinyasa Flow Yoga

Every Sunday 10am. Contribution £5-£15 (pay what you can - contact for reduced rate due to financial circumstances). My yoga is for everyone. www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbnonline

MONDAY 25TH APRIL

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 26TH APRIL

Tuesdays Art Class

Painting and drawing classes which alternate each week between my studio in Tatenhill and on-line Zoom classes. Every Tuesday morning 10am-1pm, during term time. Suitable for beginners and improvers. Classes £18 paid per session, or £15 paid per half-term in advance. To discuss further or to book your place please phone 0779122888 or email helentarrart@gmail.com.

THURSDAY 28TH 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=ebdssbnonline

FRIDAY 29TH APRIL

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

SATURDAY 30TH APRIL

Electronics Club For Children

Free event. Every Saturday, starts 6pm. 1 hour session every weekend on Electronics during weekends (delivered through Zoom). www.eventbrite.co.uk/e/electronics-club-for-children-weekend-session-tickets-135845482495?aff=ebdssbnonline

SUNDAY 1ST MAY

Intro to Coding Workshop

Free event. Every Sunday. Starts 1pm. Intended for children with little or no experience in coding and want to find out if a career in web development is right for them. www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonline

MONDAY 2ND MAY

Drink & Draw

Free event. First Monday of the Month. Starts 7pm. Drink&Draw is a casual event, run by London ACM SIGGRAPH hosted online every first Monday of each month. www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbnonline

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TUESDAY 3RD MAY

Barton Arts

Every Tuesday 10 til 12.30 Barton Village Hall, Casual Arts and crafts, 'Bring your thing', and join our friendly chatty group for all abilities. £15 per month. Contact: Judith Freeman for more info on 01283550344 or judithmick.f@hotmail.co.uk

WEDNESDAY 4TH MAY

Barton VI

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 5TH MAY

Tahitian Dance with Hinatea

Free event, every Thursday, starts 6pm. 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 6TH MAY

Knitting Group

Free event. Every Friday. Starts 3.30pm. Whatever your knitting level is, we pass on tips, show what we are doing and learn at the same time. www.eventbrite.co.uk/e/knitting-group-tickets-134008140957?aff=ebdssbonlinesearch

SATURDAY 7TH MAY

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 8TH MAY

Vintage Motorcycle Club Parade

Starting at Marston's Sports & Social Club, Shobnall Road, Burton. Up to 100 machines dating from the early 1900s to the 1980s will leave after 10:00am on routes into Staffordshire, calling at "The Blythe" inn for a coffee stop before returning to Marston's, where the machines will again be on display. Public viewing welcome before start and after return.

MONDAY 9TH MAY

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.support@gmail.com Tele: 07478 88957

TUESDAY 10TH MAY

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

WEDNESDAY 11TH MAY

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 12TH MAY

Morris Dancing

Celebrate summer by watching Morris dancing at Mercia Marina at 8:30.

FRIDAY 13TH MAY

Pick'n'Mix Craft Session

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

MONDAY 16TH MAY

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 17TH MAY

Marstons Club - Over 50s

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

THURSDAY 19TH MAY

Creative Writing Workshop

Free event every Thursday. Starts 7pm. All levels and abilities welcome. www.eventbrite.co.uk/e/creative-writing-workshop-tickets-152882023247?aff=ebdssbonlinesearch

FRIDAY 20TH MAY

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.

COMPETITION WINNERS

Congratulations to our **Midland Karting** competition winners, each winning a £25 Voucher:

Marie Swift, Stretton
Victoria Knight, Barton
Rebecca Ellerton, Tatenhill
James Charteris, Stapenhill
Carol Gibson, Stretton
C. Benning, Barton
Dawn Ford, Bransdon
Sarah Pritchard, Marchinton

Look out elsewhere in **LOCAL LINKS** this month to win a **Photography Session** with by Lucinda Smith.

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



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*Thinking of all my customers and friends
at this trying time. Best wishes, Bob.*

Local Chippy in Top 50!



The Alrewas Fryer in Alrewas has been named as one of the UK's 50 Best Fish & Chip Takeaways 2021/2022 - the only chippy in the County to make the prestigious list.

It follows two rounds of mystery dining by leading trade publication Fry Magazine in which an anonymous judge sampled the food and assessed key aspects

of the business from the cleanliness of the premises to staff knowledge and professionalism to social media presence.

Alrewas Fryer scored an impressive 98% with the mystery diner praising the high quality fish, menu choices, the smart and professional staff, freshly cooked to order food and covid safe measures.

"The chips were perfect, crisp on the outside and fluffy on the inside as proper chips should be," was just one of the positive comments, alongside customer service with the mystery diner noting: "The staff were friendly and efficient in their service."

Alex Eleftheriou, Owner of Alrewas Fryer said: "it's a huge honour to be recognised for all our hard work and effort we put in to producing quality Fish & Chips!"

Reece Head, competition organiser, comments: "Fish and chip takeaways have really had to up their game over the past year in order to handle the growing number of click and collect and delivery orders generated as a result of Covid and integrate these new ways of working with their walk-in customers. "It is with great pleasure that we congratulate them on being one of the UK's 50 Best Fish & Chip Takeaways."

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Life on the Allotment *by Tim Brooks*



From the early 19th century, there was sustained growth in the creation of allotments, sites created by rural landowners and the church. Urban allotments rented out to the working classes also appeared in this period, with plot numbers increasing from 243,000 in 1873, to 445,000 in 1890. To around 600, 000 in 1913. Food shortages after WW1 lead to even more being created. By 1914 there were 1,500,000 plots made, on land designated for growing food crops.

Sadly after WW2 things changed, as lifestyles altered and land was required for housing, industrial buildings and less interest. So many were lost to redevelopment of the land.

Today around 330,000 allotments exist in Britain. Many have long waiting lists, due to a lack of space for growing vegetables at home,

as gardens are much smaller and folk have busier lifestyles generally. I myself am secretary and treasurer at our Bradmore Road Allotment site in Burton and not often do we have many vacant plots available.

We grow many crops ourselves, much is frozen too, for winter soups and stews. Things like runner beans, squashes, leeks, swedes, carrots, broad beans, parsnips, are all useful for winter use. We store squashes and pumpkins in our house as they make great soups and pies.

One thing allotments are good for is exercise and fresh air. You don't need a gym membership! Plus you meet interesting folk and its a great place to escape the daily stresses in life.

You could of course buy everything from a supermarket, but chances are your shop bought veggies and fruit have been sprayed with insecticides. I never use sprays, preferring growing without any chemicals at all. Even avoiding slug pellets, which are a big contributor to killing many hedgehogs in the UK. We grow enough for ourselves and rarely lose much to bugs.

We need a balance of wildlife and insects to help in a garden. Bees are lower in numbers now, so we grow sunflowers on our Allotment. The Bees love them and later on the birds eat the seeds. Its always a good idea to grow flowers among your vegetable beds. For instance, growing Calendula (marigolds) planted next to runner beans, help deter black fly aphids. We need Bees for pollination, so plenty of flowers can only be a good thing.

We find a polytunnel invaluable too, as you can grow crops that need a warmer climate, like tomatoes, chillies and peppers, plus aubergines.

As secretary of our Allotment association, I recently decided to apply for a community lottery grant, as we needed a few new sheds. We were delighted to be successful with our application. So now this spring this project should take shape. Its important for the community to have these places to enjoy the outdoors and experience growing their own food, along with their families, bringing their children along and they can all get involved and maybe the children will get a passion for growing things too. This way, allotments will thrive for future generations as well, protecting vital green areas.

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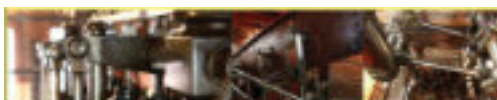
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7 Signs Your Dog is Ageing by Scarsdale Vets

As our dogs age, we begin to see changes in their appearance and behaviour. While many of these changes are normal as a dog enters their golden years, it's important to be aware of the signs that could indicate your furry friend is unwell. Here at Scarsdale we have put together a list of seven signs that your dog is ageing, so that you can be proactive in monitoring their health and ensure they're living a full and happy life.

1. Your dog is slowing down and getting stiff

You may have seen from time to time your dog is taking a little longer to get up in the mornings, or they have more trouble with stairs or jumping up onto furniture, this could be a sign of stiffness. This could be a sign they are suffering from arthritis, which is quite common in ageing dogs as 80% of dogs over 8 suffer from it.

2. Your dog has trouble hearing or seeing

It can sometimes be tricky to decide whether your dog is losing their hearing or deciding to ignore you, but it could be a sign if your pooch always comes running for a treat! Loss of hearing isn't something you should particularly worried about if they're not experiencing pain or discomfort, but you may want to take extra care taking

them off the lead.

3. Your dog is losing muscle mass

Thinks links to number 1, as it is key muscle mass is kept to keep them active and bouncy for as long as possible. Keeping your dog active with exercise and adjusting their diet would be the best actions to take moving forward

4. Smelly Breath

A whiffy breath could be one of the first things you spot as a dog mum or dad, and this could be a sign of gum diseases, which can become more severe with age. You may also see tartar developing around their teeth if you are in the habit of monthly mouth checks.

5. Sight Loss

Although this may be very gradual over time, you may notice your dog loses track of the ball during a game of fetch, or maybe lose a stick and come back with a completely different one! You may also see their eyes have a bluey white shine in their eyes, this could be nuclear sclerosis and

is normal for older dogs.

6. Your dog is eating and drinking less than usual.

If you notice your dog leaving food in their bowl consistently, this could be a sign of a behavioural change in their eating. Older dogs may be less efficient digesting food, leading them to leave pieces of their meals. On the other side if the scale, older dogs can tend to have a slower metabolism, meaning they could gain weight too!

7. Grey Hairs

Many dog breeds will grow grey hairs and become a 'silver fox' as they start to age gracefully. Most commonly this can be seen around the mouth but this is completely normal for dogs as they age.

If you have noticed any of these signs in your dog and would like more information and advice for preventative measures, come to our Senior Pet Talk at Pride Veterinary Centre on March 24th at 7pm. Tickets can be booked online via our Eventbrite page: www.seniorpettalk.eventbrite.co.uk



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

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