

LOCAL LINKS

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ISSUE 170
FREE

TRUE LOVE TIPS

Valentines Dos & Don'ts

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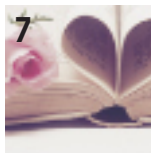
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LOCAL LINKS



ISSUE 170

Dear Readers,

Happy 2023! We hope you had a wonderful festive break and are ready for all that this year might bring? Have you made any resolutions? Here at Local Links we're excellent at making resolutions... not so great at keeping them!

This month we've got some Valentines Day tips for you, a vegan Burns Night celebration cake for you to make and advice on what to do when the weather turns freezing and you're out on the road.

We've also got for you a super competition this month from SoS Lingerie in Melbourne! What a wonderful start to the year!

May your New Year be a happy and healthy one!

The **LOCAL LINKS** team

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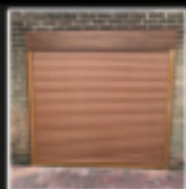
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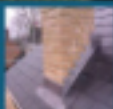
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True Love Tips

Valentines Day is one day of the year when you can really show the way you feel about that special someone in your life.

Unfortunately, there are so many pitfalls that it's easy to fall into one and you or your partner can end up feeling awkward or disappointed.

With this in mind, we've got all the Dos and Don'ts for Valentines Day to help make your 2023 an extra special one. Pay attention!

DO

☑. **Remember romance:** Take the time to do those little extras that will really be appreciated. Try picturing yourself as your partner sees you, then exceed that expectation with your words and actions.

☑. **Gifts:** consider spreading small gifts through the day rather than just one big expensive one. Something at

breakfast, then something before they go to work, then something when they return.

☑. **Write a love letter:** Not a text, or an e-mail, but an actual hand-written letter; it will be treasured.

☑. **Consider cooking:** A lovely restaurant is never a bad idea, but neither is letting them put their feet up while you do all the work for a change.

DON'T

☒. **Be lazy:** Don't wait until the day before. February 13th at 11pm is not the time to plan the amazing Valentine's Day that dreams are made of!

☒. **Be thoughtless:** Don't just buy the first card that you pick up. Take the time to find one unique and special that says just how you feel. If it doesn't, then put it into your own words.

☒. **Doom-scroll:** Turn off the electronics. Leave Facebook

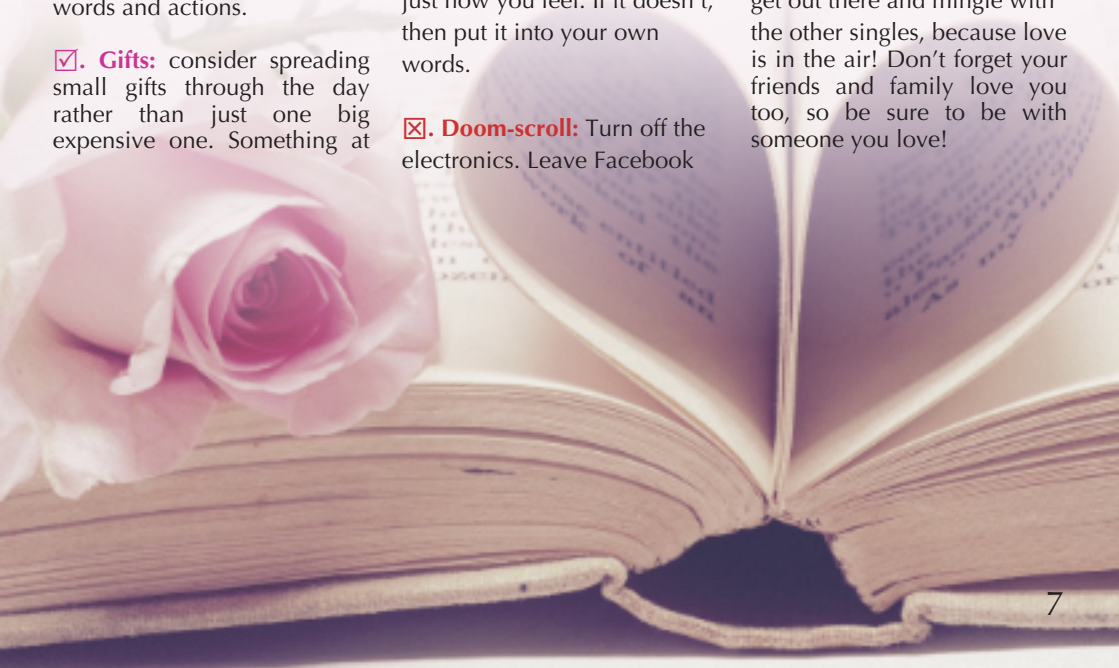
and texting alone to spend time with your partner because today is about them, not your friends or videos of cats.

☒. **Be practical:** An ironing board, blender, toolbox or printer may be useful, but they're not - repeat, not - romantic, nor amusingly ironic, either.

☒. **Be repetetive:** Even if it worked well, your partner will appreciate something new and different with the extra thought you'll put into it.

☒. **Break the bank:** Particularly if you share a bank account!

☒. **Give up:** If you're own your own this Valentines Day get out there and mingle with the other singles, because love is in the air! Don't forget your friends and family love you too, so be sure to be with someone you love!





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Burton Fields School Success



Member of Parliament, Kate Kniveton, visited Burton Fields School in Shobnall in November as it was recently awarded the UNICEF 'Gold: Rights Respecting Schools' award. The award is granted to schools that focus on the importance of children's rights throughout the school in its curriculum, practices and ethos.

The MP was invited along by teacher Miss Lucy Frost and her Year 4 class, to highlight their new campaign called 'Education Interrupted' which is aiming to ensure that children around the world all receive the education that they deserve.

Although Burton Fields School, like the rest of pupils in the UK, have been lucky to be able to continue learning throughout the COVID-19 pandemic, many others around the world will not be so fortunate, with the poorest

and most fragile countries likely to find it hardest to recover. The Burton pupils' campaign is calling for more investment in global education to ensure young people all over the world can continue to learn in order to create more sustainable, peaceful and resilient societies in the future.

During the visit, Kate Kniveton shared with the class that the UK is a founding member and a leading donor to both Education Cannot Wait, the global fund for education in emergencies, and the Global Partnership for Education, which helps to build and strengthen education systems in many fragile and conflict-affected states.



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By The Barn *by Angela Sargent*

A cold, dark start to the year and lots to do on farm!

Slurry spreading may be carried out to fertilise the fields and reduce the quantity stored, as livestock inside don't stop producing. But gas build up in slurry stores can be dangerous and care must always be taken.

Summer born calves will be weaned, if not when first brought inside, and a few noisy nights are endured until they get used to being without their mums.

Outwintered sheep may need extra feed if the weather turns particularly cold or snowy and that in turn can provide a problem if it's difficult to get to

them.

Early lambing ewes are heavy in lamb and need careful handling- if you drive past farms late at night you'll see the lights on in the lambing shed.

Repair work will be carried out now and maintenance of any farm machinery mostly used later on in the year.

We have left our farm now and what a spectacle the farm sale was as farmers and dealers (& old friends and family) came to spot a bargain.

From tractors to platters, ancient lawnmowers to sheep race hurdles, piles of bricks to childhood games - all went under the auctioneers gavel, in

field, yard and shed. Ninety years of collected items that couldn't be taken with us.

The empty buildings and fields felt bereft of life for several weeks until the next generation was able to bring livestock on to the place.

Our sheepdog, Ted, has also retired and taken to being a house dog like a duck to water. It doesn't seem like 5 minutes when he was first brought to the farm as a pup and had to start to learn his trade (but his ears still prick up when he hears a whistle!).

Happy new year!



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Vegan Dundee Cake *by Tim Brooks*

With 'Veganuary' in full swing and Burns Night around the corner on 25th January our regular contributor Tim Brooks has sent us his tried and tested Dundee Cake recipe to give you something seasonal to enjoy!

VEGAN DUNDEE CAKE

(Preparation time around 20 minutes)



Ingredients:

250g Light Brown Sugar
180g Dairy Free Margarine or Butter
4 Tablespoons of Marmalade
800g Self-Raising Flour
200g Ground Almonds
500g Dried Mixed Fruits
2 Teaspoons of Ground Cinnamon
1 pinch of salt
Plant based milk
Blanched almonds

Method:

- I used a 10 inch diameter x 3 inch deep baking tin. Line tin with quality baking paper.
- Heat up oven to 160 degrees centigrade
- Mix together in a medium size bowl the following ingredients:
250g Light Brown Sugar
180g Dairy Free Margarine or Butter
4 Tablespoons of Marmalade.
- In a separate large mixing bowl add the following Ingredients:
800g Self-Raising Flour

200g Ground Almonds
500g Dried Mixed Fruits
2 Teaspoons of Ground Cinnamon

1 pinch of salt

- Now add the other mixed ingredients to this large mixing bowl .

- Add some plant milk (either soya, almond, oat,) a little at a time and mix very well until it is a strong mix consistency, but not too firm.

- Add all contents of bowl into baking tin, smooth over top slightly with knife.

- Place blanched almonds over the top of the unbaked cake following layout in photo.

- Place baking tin and contents into oven for around an hour or so.

- Afterwards, remove from oven and test with clean knife into the cake. If knife comes out clean, cake is ready! Allow to cool and remove from tin.

- When it's cooled down, slice and enjoy with a cup of coffee!



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Winter Driving

With the inevitable turn in the weather are you sure that you're prepared for driving in inclement conditions? If not this could be a recipe for disaster. To make sure that you stay safe and on the road this season, follow this checklist when preparing for any journey.



- Check your headlights! You **MUST** use headlights when visibility is seriously reduced.
- Can you stop? In wet

weather, stopping distances will be at least double those required for stopping on dry roads. This is because your tyres have less grip on the road. In wet weather

- Keep well back from the vehicle in front.
- If steering becomes unresponsive, ease off the accelerator and slow down gradually.
- Remember the rain and spray from vehicles may make it difficult to see and be seen.
- In winter check the local weather forecast for warnings of icy or snowy weather. **DO NOT** drive in these conditions unless your journey is essential. If it is, take great care and allow more time for your journey. Take an emergency

kit of de-icer and ice scraper, torch, warm clothing and boots, first aid kit, jump leads and a shovel, together with a warm drink and emergency food in case you get stuck or your vehicle breaks down.

- You **MUST** be able to see, so clear all snow and ice from all your windows.
- You **MUST** ensure that lights are clean and number plates are clearly visible and legible.
- Make sure the mirrors are clear and the windows are demisted thoroughly.
- Remove all snow that might fall off into the path of other road users.
- Check your planned route is clear of delays and that no further snowfalls or severe weather are predicted.



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We can do collections of larger donations – either call into the Derby shop personally to arrange this or ring our Catline (01332.206956) or email enquiries@derbybranch.cats.org.uk. Collections are usually made on the last Thursday of the month.



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Resolute Resolve

Have you made some New Year Resolutions? 'Out with the old, in with the new', as the saying goes!

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SUPPORT

Women succeed 10% more when they make their goals public and get support from their friends. Resolutions are easier to keep when shared. Support from friends, family and colleagues certainly

makes a difference in success rate with new year's resolutions.

BITESIZE TARGETS

Men, on the other hand, manage to achieve their goals 22% more often when they set themselves a measurable target, such as, lose a pound a week, instead of "lose weight". When you set small goals, they are much more easily achievable. A list of small goals, one after the other, enables you to take each step at a time, rather than trying to keep the determination on a year-long quest to "get fit".

Pre-school age children are the ones who may need a little help to learn some simple behaviours that will last them a lifetime. These are the sorts of resolutions they can make:

- I will brush my teeth twice a day
- I will wash my hands after going to the loo and before eating.
- I will tidy up my toys
- I will try not to argue with my brothers and sisters
- I will be kind to other children and to pets
- I will do my homework in time.

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For this month's competition, ONE lucky readers can win a £100 VOUCHER & TWO lucky readers can win a £50 VOUCHER from **SoS Lingerie of Melbourne**.

SoS Lingerie has recently moved into new premises and is now located in the beautiful Georgian town of Melbourne, Derbyshire. They have created a relaxed environment offering personal lingerie consultations and a unique bra fitting experience by appointment. Something that often feels like a chore becomes a pleasant and enjoyable experience, seeing clients come back time and time again.

They also offer wonderful range of leisurewear, nightwear and gift collections with private shopping appointments also available.

Justine Oldfield, founder of this stunning Midland's Lingerie Studio has a vision for every one of her future clients. Gone is the old-fashioned style of the impersonal changing room for bra fitting and enter the bespoke personal fitting experience.

No longer do you have to feel embarrassed, daunted or intimidated by what can be, an inhibiting experience. Instead, Justine will ensure you feel safe, relaxed, uninhibited and extremely happy with your new figure sculpting choices. This fresh, personal, cutting edge approach is transforming the buying experience of the Midland's most discerning and aspirational women.

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You can find more information at: **www.soslingerie.co.uk**

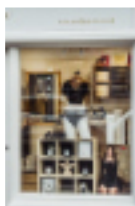
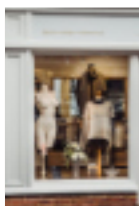
To enter this month's competition, all you have to do is email your name, address and daytime telephone contact number to:

local@locallinksmedia.co.uk

Alternatively, you can post your details to:

**Local Links Media
SoS Lingerie Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ**

The closing date for entries is the 14th of February and the winners will be announced in our March edition. Good luck to everyone who enters!



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What's On Guide

MONDAY 16TH JANUARY

Stapenhill WI

Meet every 3rd Monday of the month from 10am-12pm at Emmanuel Church in Stapenhill with speakers' crafts and outings.

Midlands Bowel Cancer Support Group

Barton Group will resume on Monday 16th January 2023 at the Riverside in Branton 6.30pm - 8.30pm, and there after every second Monday of the month. Various speakers and events planned. Please come along for tea/coffee/cake and a natter, everyone welcome.

TUESDAY 17TH JANUARY

Barton Arts

Every Tuesday 10 til 12.30 at 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. Contact Judith Freeman for more information judithmick.f@hotmail.co.uk / 01283 550344

Marstons Club - Over 50s

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

Walking for Health

Free event, meets every Tuesday at 2pm starting from Stretton Green. Walk for 1 hour and then meet afterwards for a drink. Friendly group.

WEDNESDAY 18TH 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 19TH JANUARY

St Mary's Coffee Morning

Every Thursday morning from 9.30am to 11.30am. Join the village community for coffee, biscuits, a chat and good company. At the Old Grammar School Room in the church grounds off Church Road Rolleston on Dove. Contact Lee Cooke on 07973 411431 or Bryan email secsltd@yahoo.com

YESS Emotional Support Drop-in Session

'Your Emotional Support Service' host a free session, every Thursday 10am-12noon at 23 Carter St, Uttoxeter, ST14 8EY. Please call ahead to register your place 01889 567756

FRIDAY 20TH JANUARY

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

Learn the Strictly Steps

Have fun and start the New Year with a new you! No need for the gym! No need for a partner! Latin 'In Line' classes on every Friday, 9.45am-10.45am Intermediate £6.00. 11.00-11.45am Beginners £5.00. Both classes back to back £7.00. Enjoy Cha Cha, Rumba, Samba, Salsa, Mambo, Quickstep, Waltz, Tango etc at the Priory Centre, Church Lane, Stretton DE13 0HE. Contact Lorraine on larinney@hotmail.com or 07598159744 to book a place.

SATURDAY 21ST 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. Online event: bit.ly/3dsbCev

SUNDAY 22ND 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. Online event: bit.ly/3QEt1zv

MONDAY 23RD JANUARY

Monday Night Bingo

Join us for Prize Bingo and Raffle at Branton Village Hall Clays Lane Branton on Monday 23rd January. Eyes down at 7.45pm. Everyone welcome bring a friend or come on your own and we will make you welcome. Tea and coffee served during interval. Look forward to seeing you there.

TUESDAY 24TH JANUARY

Online event 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! Online event: bit.ly/3oYWAj7

WEDNESDAY 25TH JANUARY

Stroke and Neuro Exercise group

Every Wednesday at 11am. Run by experienced neuro physiotherapists. All ages and abilities welcome. Circuit exercise class with exercises tailored to each individual. £10 per class. Run at our bespoke clinic in Needwood. Screening assessment and first class FREE! Please call or email to book. info@pathwaysphysio.co.uk / 07410 623439. www.pathwaysphysio.co.uk

THURSDAY 26TH JANUARY

YESS Parent Support Group

'Your Emotional Support Service' host a free parent support group on the last Thursday of every month from 6-7.30pm at 23 Carter St, Uttoxeter, ST14 8EY. Please call ahead to register your place 01889 567756

Creative Writing Workshop

Free event every Thursday. Starts 7pm. Flex your creative muscles, let your imagination flow and put your spiralling thoughts to paper in this light and friendly creative writing workshop. All levels and abilities welcome. Online event: /bit.ly/3AbWOsq

FRIDAY 27TH JANUARY

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. Online event: bit.ly/3zACdGW

SATURDAY 28TH 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. Online event: bit.ly/3poAZAO

SUNDAY 29TH 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. Online event: bit.ly/3Aw0OFx

MONDAY 30TH JANUARY

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 31ST JANUARY

Tuesdays Art Class

Every Tuesday morning 10am-1pm, during term time. Suitable for beginners and improvers. £18 per session, or £15 per half-term in advance. Newcomers taster session £15. For more info or to book your place please email helentarrat@gmail.com or phone or text 0779122888.

Find more events on our website

WEDNESDAY 1ST 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 2ND FEBRUARY

Coffee at the Castle

Free event, every Thursday. Starts 11am. A friendly results driven online networking event. Online event: bit.ly/3zFqn5g

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. Online event: bit.ly/3P6B1Yy

FRIDAY 3RD FEBRUARY

Solo Dancing

Every Friday. Solo dancing so no partners required. Learn to dance latin steps in line – learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. Intermediate 9.45 – 10.45am, £5.00. Beginner 11.00 – 11.45am, £4.00 (Attend both classes £7.00) Venue: Priory Centre, Church Road, Stretton DE13 0HE. Ring 07598159744 or email larhiney@hotmail.com for more details or just turn up.

SATURDAY 4TH FEBRUARY

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. Online event: bit.ly/3zyyGj2

SUNDAY 5TH FEBRUARY

Ryknild Rabble Morris Dancers

We welcome anyone who wants to come and experience the joy of traditional dancing. FREE and no obligation. At Kings Bromley Village Hall 11am to 1pm. Every Sunday. For more information call 07875 999673

MONDAY 6TH 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. Online event: bit.ly/3p0vjgb

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? Online event: bit.ly/3P7CC06

TUESDAY 7TH 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. Online event: bit.ly/3QC6zo

WEDNESDAY 8TH 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. Online event: bit.ly/3zxYBHO

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. Online event: bit.ly/3ZF6hrU

THURSDAY 9TH FEBRUARY

Burton Breast Care Support Group

Every 2nd Thursday of the month at Burton Library. Meetings start at 7pm. Friendly group with speakers, teas and homemade cakes. For more info email ann.davidson@sky.com

Smelly Wellies

Let your little ones imagination develop, grow and flourish through the wonderful world of play. Set in the imaginary town of Smelly Wellies. Aimed at walkers to 5 years, younger siblings are more than welcome. From 11am-12noon at Rugeley Community Church and Centre, WS15 2HX. £5 for up to two children, £7 for up to three children.

FRIDAY 10TH FEBRUARY

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 Online event: bit.ly/3QrNtTz

SATURDAY 11TH 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, in order to maintain sustainable high performance and consistency towards your business and life goals. Online event: bit.ly/3bk9Y7v

SUNDAY 12TH FEBRUARY

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. Online event: bit.ly/3p4i8L0

MONDAY 13TH FEBRUARY

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.suppgp@gmail.com Tele: 07478 889577

COMPETITION WINNERS

Congratulations to our **Paul Shum Family Butchers** competition winner, who won a Christmas Hamper worth £200:

Liz Graves, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a voucher from SoS Lingerie in Melbourne.

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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



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The Allotment Secretary *by Tim Brooks*

My usual monthly jottings here are usually focused on the outdoors and the ways of growing vegetables and fruit on the plots. But at this point of the year it's usually too cold and wet for outside work. Gardeners being confined to occasional visits to the greenhouse for making early sowings, long for the warmer and brighter days ahead.

However, being secretary and treasurer at our allotment site in Burton, there is always a range of tasks to do early in the year, such as preparing for the AGM (annual general meeting) which we have during January, as a rule, where all the committee members including myself and the chairman, face re-election or not as the case may be. The association members (the ploholders) get to vote at the meeting, who they'd prefer or want on the committee for the coming year.

AGM's are always interesting or memorable for various reasons. Someone might say something to provoke a heated debate, or a member may hold a grudge against another ploholder, so they might decide to try to vote him or her out of their position. I'm guessing it's the same everywhere that has a committee.

There are of course certain aspects of the secretary job,



which include discipline on the site and keeping allotment plots tidy through the year. If a certain plot gets too untidy, then that ploholder must either get it tidied up or face eviction, otherwise it is not fair on those who do keep their vegetable plots in a neat and well planted state, as weeds spread easily. At the AGM any potential new ploholders fill in forms to join. Our landlords are the local parish council, so they set out these rules that we all must follow. There is quite a bit of paperwork involved for a secretary on an allotment site.

As treasurer, I am entrusted with looking after the finances and spending at our site. Early this year we were fortunate enough to get a 'national lottery community fund' payment for some new sheds, which was fantastic and it has improved the site a lot. Recently I got another grant from another funding source, that has enabled us to get compost bins for all the plots on the site.

The rents taken each year would not fund much in the way of projects, so outside funding is essential nowadays for allotment sites to improve. Unfortunately a lot of allotment sites around the UK are being lost to developments, with councils facing pressures from government, to build more affordable housing. So I feel we must keep our site looking it's best to prevent it going the same way. The good news is, plots are currently in bigger demand due to rising food costs and the needs to improve mental health, which the great outdoors can be a big factor in helping with.

So, allotments play a vital part in fitness, providing food and our mental well being too.

Happy Gardening!
Tim.



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

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