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ISSUE 171
FREE

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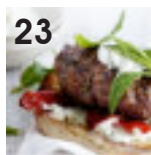
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LOCAL LINKS



ISSUE 171

Dear Readers,

This month we're very much looking forward to the onset of spring! Our regular contributor and allotment expert Tim has got tips for starting seedlings, and we've also got a brilliant spring lamb recipe.

Mothers' Day is on the horizon and we've got a great gift idea for you to make and give a personal gift. We also like to keep abreast of the trends and have noticed that pet birds are everywhere! If you've seen this too and been tempted, be responsible and read our article to find more information on pet bird safety.

This month we also see Eating Disorder Awareness Week. We were surprised to know that there are more than we realised so read on and help to spread awareness!

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Mothers' Day at The NMA

With over 400 memorials to see and 150 acres to explore, the National Memorial Arboretum has something to offer visitors of all ages and interests. Military and civilian memorials, peaceful woodlands, colourful gardens, riverside walks and fascinating wildlife are all waiting to be discovered.

As Mother's Day approaches, why not plan ahead by booking one of their freshly prepared Mother's Day meals, served on Sunday 19 March alongside stunning views and live music from a classical trio. From fresh pastries and smoked salmon bagels to tasty smoothies and granola bowls,

there's something to suit every taste at Mother's Day brunch. Alternatively you can enjoy a traditional afternoon tea, with freshly baked scones, tasty sandwiches and a selection of mini cakes, all served with your choice of speciality teas or freshly-brewed coffee.

If you can't make it to the Arboretum this Mother's Day, but are still searching for that perfect gift, don't forget you can purchase a gift voucher for a full or half day personalised tour of the woodland grounds. Accompanied by one of their expert guides, guests on Tailor Made Tours will enjoy a unique experience and discover incredible stories of service and sacrifice across the

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By The Barn *by Angela Sargent*

*"And did those feet in ancient time,
Walk upon England's mountains green?"
Blake*

As we move into March and the meteorological beginning of spring, the local farms become busier and busier.

As many sheep farmers are busy lambing still and the cattle herds begin spring calving, time becomes precious.

Ewes have been vaccinated in time beforehand, to also give the new born lambs immunity from infection in the first few weeks, but by the time the lambs are about 6 weeks old, that immunity can be wearing off.

Early calving is probably inside until the weather really improves and cattle overwintered in the sheds can be turned out. For us, spring heralded our regular TB test and, if passed, our cattle would go straight out (weather and ground permitting).

The saying, "a speck of March dust is worth a Kings ransom" says it all, really. After a wet February, a dry month allows for the spring work to be carried out in relative ease and the grass and crops can recover after winter, with the ground beginning to become

workable for any spring-sown varieties.

When asked if he could remember any sayings appropriate for the time of year, hubby announced all he could remember was "it was bloody hard work most of the time!"

Slurry spreading continues for that all-important nutrition and more fertilizer is used on crops and grassland. Prices since the Ukraine war have increased by 77%, according to Defra figures (whereas food inflation is at 16.9%), and this makes life extremely difficult for farmers who are already coping(or not) with reducing farm support.

Crop spraying will begin when growth and weather conditions are suitable. When products become expensive, they are used extremely judiciously and this applies to many products, covering the whole range of agricultural sectors.

Any hedge-laying needs to finish soon, as the hedge begins to shoot and trimming must cease

by the start of this month to allow for growth and nesting birds.

One of the earliest birds to start nesting is the Tawny owl, which will have its first clutch of eggs by the end of the month. Maybe this is partly because, until the grasses etc get growing, prey is more accessible and ensures the babies can be fed.

And who hasn't come across the fluttering in the window on a sunny day of an overwintered butterfly struggling to escape through the glass? Orange-tip and Brimstone tend to be seen outside as the weather begins to warm.

Ted, our ex- working dog has settled into retired life and has learnt to be happier ignoring other dogs while out walking and loves a snooze in the sun, much to our relief, whereas I, on the other hand, will be helping a farming friend out with their lambing season (but I can stipulate no night work!).





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Potty About Mum

Finding the right Mothers' Day gift can be a nightmare and with it fast approaching on 19th March this year, don't leave it too late to decide what to do. You know Mum deserves better!

If you're looking for a lovely gift that you can make yourself. Why not have a go at decorating a custom plant pot for your Mum, you can make it as classy or whimsical as you like to fit with their personal style. For extra brownie points, why not pick up a plant to go in it too?

Decorated Plant Pots

You will need:

- acrylic paints or paint pens such as 'Posca' pens
- brushes

- a pencil
- spray varnish (matt, silk or gloss depending on the finish you want)
- a terracotta pot (or other matt finish plant pot that isn't glossy otherwise the paint will slide around)

Method:

That hardest part is probably the design that you will paint on the pot. Have a play on a piece of card or paper first and experiment with the paints and your design.

Choose your base colour and paint the pot or leave natural if you'd prefer.

You could use stamps made from sponge, or professional ones from a craft shop to print designs onto the surface.

Try geometric shapes like dots, or stripes or zig zags. You

could even try more organic shapes like leaf shapes (trace around some) or wavy lines and blob shapes. The options are endless.

If you are working with multiple colours, let each colour dry before you paint next to it if you want clean lines between colours. Wet paint next to or on top of other wet paint will give a softer look.

When completely dry, spray with the varnish following the instructions on the can.



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Who's a Pretty Pet?

The pet trend of the last year seems to be keeping birds. From chatty Ringnecks and beatboxing Tiels to clownish Caiques these animals are all over TickTock and Instagram.

If you are thinking about taking on a bird as a pet we advise that you do not do this lightly. As with all pets, they can take over your life, but birds require an extra special amount of care and have specific veterinary needs and housing when you go on holiday.

Unfortunately, there are lots of things around our houses that could harm our birds and be potentially fatal.

Because birds have sensitive lungs, toxins in the air can be especially dangerous. In general, anything with a 'strong smell' should be treated carefully. As a rule, it's always best to keep any product that gives off strong fumes away and open windows to help ventilate the area.

When keeping pet birds, avoid:

Candles: This may seem obvious, but the fumes from incense and both scented and non-scented candles can be really harmful to pet birds.

Non-stick pans: Teflon and other non-stick coatings on pans release toxic fumes when they are heated up which can

cause sudden death in birds. Teflon coverings can also be found on irons, ironing board covers, heat lamp covers and on the inside of ovens.

Zinc: Zinc in wire cages, mesh, staples, nails and some toys is a common cause of poisoning in birds. Other sources of zinc can include fertilisers, some paints and pennies (minted after 1982).

Household cleaners: As with all pets, direct contact with many household cleaners can harm your pet birds. The fumes from cleaners can also harm them.

Beauty products: Hairspray and nail varnish can both cause harm to your birds, especially if used in close proximity to them.

Smoke: Smoke from any source, including cigarettes as well as from wood-burning stoves or open fires, can be fatal to pet birds. Remember some smoke can linger in the air and on surfaces after its source is gone. Don't let pet birds in rooms with fires even when they aren't on.

Plants: Many plants can be toxic to birds and birds like parrots and parakeets are particularly inquisitive and may be more likely to investigate plants by eating them.

Human foods: Parrots in particular like to chew anything they can get their claws on, which might include human food. It's best to avoid feeding them human foods that in general as many of our

foods (especially those high in fat, salt, sugar or dairy) can be harmful. Keep food like chocolate, alcohol and caffeine completely away from your birds. Avocado toxicity can cause sudden death so it should never be fed to pet birds.

Glass windows and doors:

Windows aren't just dangerous because your birds might escape if they're left open. Birds might not see glass clearly and may try to fly through it, even if it's shut. A collision can seriously hurt or even kill them. Try to make your windows more visible to birds by making glass panes more obvious with decals or use blinds or curtains.

Toys: Toys are an absolute must to keep your bird's mind active, and your birds will love to play with them. Most toys available to buy should be pet-safe for birds but there can also be potentially dangerous toys on the market.

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Welsh Wonders

The 1st of March is on its way and with it many a Welshman will be celebrating St. David's Day. Are you familiar with the achievements of these notable Welsh folks?...

Dame Shirley Bassey

Born in Tiger Bay in Cardiff to a Nigerian father and English mother, Bassey recorded three of the most iconic James Bond title songs: Goldfinger (1964), Diamonds Are Forever (1971), and Moonraker (1979). Dame Shirley as had albums in the UK charts in seven consecutive decades. All hail Queen Shirl!

Sir Anthony Hopkins

Hopkins' portrayal of serial killer Hannibal Lecter in *The Silence of the Lambs* won him his first Oscar in 1992; his second Oscar came at the age of 83 for his performance in *The Father*. Fellow actors Richard Burton and Michael Sheen are also from his home town of Port Talbot.

Catherine Zeta-Jones

The Swansea-born actress won an Oscar in 2003 for her performance in the musical *Chicago*, and a Tony in 2010 for her Broadway performance of *A Little Night Music*. She's one half of a Hollywood power-duo with husband Michael Douglas. 'Zeta', by the way, was the name of a ship that her great-grandfather sailed on.

Sir Tom Jones OBE

'Jones the Voice' released his 41st studio album, *Surrounded by Time*, at the age of 81. The son of a Pontypridd coal miner, Jones first hit the charts in 1965 with *It's Not Unusual*, and has explored multiple musical genres from R&B to gospel. A musical legend, Tom Jones has sold over 100 million records worldwide and is now a judge on the TV show, *The Voice*.

Laura Ashley

The textile and fashion designer was from Merthyr Tydfil. She was best known for her chintzy style and she had a love of patterns and simple elegance. She set up a home furnishing and clothing brand that still has shops around the globe.

Aneurin Bevan

Aneurin "Nye" Bevan PC was a Welsh Labour Party politician, noted for tenure as Minister of Health in Clement Attlee's government in which he spearheaded the creation of the British National Health Service. He is also known for his wider contribution to the founding of the British welfare state.

Roald Dahl

Roald Dahl was a British novelist, short-story writer, poet, screenwriter, and wartime RAF fighter ace. Dahl was born in Wales to affluent Norwegian immigrant parents. His books have sold more than 250 million copies worldwide. Dahl has been called "one of the greatest storytellers for children of the 20th century".



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Be Happier & Healthier with Food

Eating Disorders Awareness Week (27th February - 5th March) is an international awareness event, fighting the myths and misunderstandings that surround food related mental illnesses that affect 1 in 50 people in the UK.

Recovery is possible, is reliant on GPs to spot early warning signs that may have nothing to do with a person's weight or appearance. Their role is crucial and their responsibility is huge, but the average GP receives less than 2 hours of training on eating disorders throughout their entire medical degree. Often, people with eating disorders don't get the help they need because GPs just don't have the right training to diagnose them.

There are many different eating disorders and many people will have heard of Anorexia Nervosa, Binge Eating & Bulimia Nervosa but have you heard of these?:

ARFID - Avoidant restrictive food intake disorder, more commonly known as ARFID, is a condition characterised by the person avoiding certain foods or types of food. They might be very sensitive to the taste, texture, smell, or appearance of certain types of food, or only able to eat foods at a certain temperature. This can lead to sensory-based avoidance or restriction of intake.

They may have had a distressing experience with food, such as choking or vomiting, or experiencing significant abdominal pain. This can cause the person to develop feelings of fear and anxiety around food or eating, and lead to them to avoiding certain foods or textures. Some people may experience more general worries about the consequences of eating that they find hard to put into words, and restrict their intake to what they regard as 'safe' foods. Significant levels of fear or worry can lead to avoidance based on concern about the consequences of eating.

Orthorexia - Orthorexia refers to an unhealthy obsession with eating "pure" food. This doesn't mean that anyone who subscribes to a healthy eating plan or diet is suffering from orthorexia. As with other eating disorders, the eating behaviour involved – "healthy" or "clean" eating in this case – is used to cope with negative thoughts and feelings, or to feel in control. It can also cause physical problems, because someone's beliefs about what is healthy may lead to them cutting out essential nutrients or whole food groups. All eating disorders are serious mental illnesses, and should be treated as quickly as possible to give the sufferer the best chance of fully recovering.

Pica - Pica is a feeding disorder in which someone eats non-food substances that have no nutritional value, such as paper, soap, paint, chalk, or ice. For a diagnosis of pica, the behaviour must be present for at least one month, not part of a cultural practice, and developmentally inappropriate – generally, it's not diagnosed in children under the age of two, as it is common for babies to "mouth" objects, which can lead to them accidentally eating substances that aren't meant to be eaten. Often, pica is not revealed until medical consequences occur, such as metal toxicity, cracked teeth, or infections.

Rumination Disorder - Rumination disorder is an illness that involves repetitive, habitual bringing up of food that might be partly digested. It often occurs effortlessly and painlessly, and is not associated with nausea or disgust. Rumination disorder can affect anyone at any age.

For more information on food related mental illness visit: www.beateatingdisorders.org.uk



WIN!

A Skip Delivery & Collection!



This month a lucky reader can win a LOCAL SKIP DELIVERY & COLLECTION from Golding Skip Hire in Burton-upon-Trent.

Golding Skip Hire Ltd is a Burton Skip Hire Company that is family run and has been established in Burton on Trent since 1976.

Providing Skip Hire, Waste Disposal and Recycling services to private and commercial customers in and around the Burton area, their waste disposal skip hire service also extends to surrounding areas including Derby, Coalville, Ashby, Lichfield, Uttoxeter and Hilton. Golding Skip Hire's central location means that they can provide skip hire in Staffordshire, Derbyshire and Leicestershire.



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green waste, plasterboard, paper and cardboard, hardcore and film and packaging.

You can find more information at: www.golding-skips.co.uk

To enter this month's competition, all you have to do is put your name, address and daytime telephone contact number on a postcard and send it to:

**Golding Skip Competition,
Local Links Media,
PO Box 8049
Burton-on-Trent
DE14 9NQ**

Alternatively, you can e-mail your details to: local@locallinksmedia.co.uk

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

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Lovely Seasonal Lamb

As we head into spring, lamb is coming into season. Delicious as a traditional roast leg or shoulder is, it can be nice to find new ways to use this, hopefully locally farmed, meat.

Here we've got a superb lamb burger recipe for you to try with a fresh Greek twist!

Lamb & Tzatziki Burger

Ingredients:

Lamb Burgers

- 1kg lamb mince
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tsp ground cumin

- 1 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp dried chilli flakes
- 2 tbsp chopped flat-leaf parsley
- 1 egg
- Jar roasted peppers
- 6 ciabatta or sourdough rolls

Tzatziki:

- 280g Greek-style yoghurt
- 1 cucumber, grated
- 2 garlic cloves, grated
- 2 tbsp chopped mint, plus extra leaves to garnish

Method:

- Place the lamb, onion, garlic, spices, parsley, egg and some salt and pepper in a bowl. Mix with your hands until well combined, then form into six burgers. Chill for 30

minutes.

- For the tzatziki, combine yoghurt, cucumber, garlic and chopped mint. Season, then chill until serving. Preheat a frying or griddle pan to medium-high. Cook the burgers for 3-4 minutes each side until cooked through. Toast buns, spread with tzatziki and fill with roast peppers, lamb and extra mint leaves.





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What's On Guide

MONDAY 20TH FEBRUARY

Stapenhill WI

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

TUESDAY 21ST FEBRUARY

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 22ND FEBRUARY

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 23RD FEBRUARY

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

FRIDAY 24TH FEBRUARY

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

Latin Steps In Line

Time for a dance? Latin steps in line – (no partners required) learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. EVERY FRIDAY Intermediate 9.45-10.45am £6.00 and Beginner's 11.00-11.45am £5.00 (Both classes £8.00) Venue: Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details or just turn up.

Anglo-German Club

Last Friday of each month from 7.30 pm – 9.30 pm in the Lichfield Room at Wade Street Church, Lichfield. There is no need to speak German as meetings are held in both German and English. Meetings include talks, quizzes and films. We also hold a monthly conversation group for those wishing to practice their German. Please note that we do not teach German. For more info contact: Nicola Morris 07442135412 or nicster2001uk@yahoo.co.uk

SATURDAY 25TH FEBRUARY

Footloose by Burton Musical Theatre Co.

At De Ferrers Academy, Harehedge Lane, Burton on Trent 21st to 25th February 7.30pm and a Saturday Matinee at 2.30pm. Featuring songs such as 'Lets hear it for the boy', 'Holding out for a hero' and 'Footloose' the show is full of energy both singing and dancing. Tickets are available from www.burtonmusicaltheatre.co.uk or email: tickets@burtonmusicaltheatre.co.uk or phone 01283 541552.

SUNDAY 26TH FEBRUARY

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/3QIE1zw

MONDAY 27TH FEBRUARY

Walkie Talkies

Free event. New wlaing group. Meet every Monday at 2pm starting from Stretton Green. Plan to walk for 1 hour around Stretton and then meet afterwards for a chat. Everyone welcome.

TUESDAY 28TH FEBRUARY

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 1ST MARCH

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 MARCH

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

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/3AbW0sq](http://bit.ly/3AbW0sq)

FRIDAY 3RD MARCH

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 4TH MARCH

Summertime Concert

St Peter's Church Yoxall warmly welcome the Gresley Male Voice Choir at 7:30pm. Tickets are £10 and include a glass of wine and nibbles, and available from Diana Muir on 01543 473455 or by email dianamuir50@gmail.com.

SUNDAY 5TH MARCH

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 6TH MARCH

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

TUESDAY 7TH MARCH

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.

WEDNESDAY 8TH MARCH

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

Find more events on our website

THURSDAY 9TH MARCH

Coffee at the Castle

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

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

FRIDAY 10TH MARCH

Latin Steps In Line

Time for a dance? Latin steps in line – (no partners required) learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. EVERY FRIDAY Intermediate 9.45-10.45am £6.00 and Beginner's 11.00-11.45am £5.00 (Both classes £8.00) Venue: Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details or just turn up.

SATURDAY 11TH MARCH

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 12TH MARCH

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 1 pm. Every Sunday. For more information call 07875 999673

MONDAY 13TH 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.support@gmail.com Tele: 07478 889577

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

Midlands Bowel Cancer Support Group

Every second Monday of the month. Various speakers and events planned. Please come along for tea/coffee/cake and a natter, everyone welcome.

TUESDAY 14TH MARCH

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 15TH MARCH

Lichfield Camera Club

A friendly club that meets every Wednesday from 7:45 to 10pm in Lichfield Methodist Centre, Backcuster Lane Lichfield WS13 6JH. Photographers of all abilities are welcome. Visit lichfieldcameraclub.org for further details.

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 16TH MARCH

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.

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 17TH MARCH

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 18TH MARCH

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 19TH MARCH

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

COMPETITION WINNERS

Congratulations to our **Middletons** competition winner, who has won a **Rollerator Walking Aid from Middletons Mobility**:

Joy Jordan, Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a **Skip Delivery & Collection from Golding Skip Hire!**

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

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The Allotment Treasurer

by Tim Brooks

Well, the days are gradually getting longer and a gardener's enthusiasm gets more intense as the growing season begins to get nearer. Some may already have started sowing a few things and I myself this month will be starting in my greenhouse, using my heated propagator to give seeds a head start. First I will be sowing my chillies, peppers and aubergines and even tomatoes, in pots with a bit of "perlite" mixed in with the compost. It helps with drainage. It's available in bags from the garden centre. Do not water the pots too much, otherwise they can get a bit too wet and seeds don't germinate so well. As soon as the seeds emerge in the propagator, I remove the pots to prevent the seedlings getting "leggy", so as to try to slow them down a bit. Keep them in a bright area of the greenhouse, protected from frosts. Usually when seedlings get their first two leaves, you can pot them all up



into individual pots.

The past few weeks in my other role as "allotment treasurer" at our site, it's been a busy period of collecting the yearly rents from our plot holders and doing the "admin" side of things. Doing the accounts sheet, making sure we've enough to cover the twice yearly water payments, as our site is on a water meter. Also the site insurance cover, a possible hedge trim to part fund, helped sometimes by the Parish Council funding some of it too. You need to ensure there is enough in the bank to cover these things and more as well. Last year we needed to buy a new petrol mower to trim the footpaths and car park area. So you need to be careful with spending as it's a fixed income. We have no electric on-site which in some ways is unfortunate, as a CCTV system would be great to have, but then we save on not having any electric bills, which

currently would be impossible to keep funded. Over the years we've had plot holders who have suggested spending our funds on bigger projects, like having stand pipes to each plot, so each plot can have its own water supply. The dangers there are obvious. If someone left their tap running or an underground pipe burst, your water bill would be horrendous. Other suggestions included an onsite cafe/sitting room. I am not sure much gardening would have been done if that one had been approved! So spending has to be sensible and kept to a minimum.

It has certainly been a wet few months recently and little time to spend outdoors on the gardens. Hopefully we will get a decent springtime to catch up with the soil preparations and get an early start with sowing seeds. Last summer saw extreme heat, so think about sowing varieties that can withstand drier conditions in heat waves. Summers from now on could well be very similar.



LOCAL LINKS SUDOKU

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

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