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ISSUE 172
FREE

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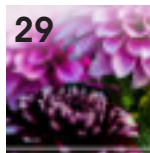
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LOCAL LINKS



ISSUE 172

Dear Readers,

Goodness! This issue is so spring! Spring overload!

We've got carrot cake for the Easter Bunny, daffodils, lambs, chicks, bonnets, Easter trails and events for all the family, seasonal seedling tips for both veg and flowers. This issue is truly bursting at the seams with springy delight!

There's no doubt that the season has firmly changed! Don't forget that even the clocks will be springing forwards by an hour on Sunday 26th March, so if you've got somewhere to be, be sure you've got the right time. Unfortunately, the clock is robbing you of that well deserved lie-in... but hurrah for lighter evenings!

Can you tell we're a little giddy? We hope you are too!

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Clean

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The Lawn Treatment Service *by GreenThumb*

Since taking over the Stafford Franchise in 2018 and winning the Franchisee newcomer of the year award, husband and wife team Daryl and Julie Harvey have now acquired the Ashbourne Franchise and are looking forward to taking care of their new and existing customers and continuing with the successful growth of their business.

GreenThumb Stafford & Ashbourne has an experienced team of professionally qualified Lawn Operatives and office support staff looking after all our loyal customers in our new combined territory. GreenThumb Stafford & Ashbourne were also runner-up GreenThumb Franchisee for 2022.

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As our **Lawn Treatment Programmes** have advanced, we felt it only fitting to give our programme names an upgrade. Our new **Basic Programme** gives you four seasonal treatments between January and December and includes an application of Oasis around the time of your 'Summer Ready' treatment, ensuring your lawn is cared for all year round.

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Please contact us for further information on how to make the change to our new **Basic, Standard and Ultimate** programmes.

If you have a question, please feel free to call us and ask. We are more than happy to visit and assess your lawns condition; this is free of charge and without any obligation. Let's create the lawn we both love!



Daryl and Julie Harvey
(Directors) GreenThumb
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Easter Carrot Cake *by Tim Brooks*

Perfect for the Easter bunny this delicious vegan carrot cake is a perfect antidote to all the chocolate Easter eggs and a good way to smuggle some extra hidden veggies into the kids! We promise you'll have no complaints here! Thanks to Tim Brooks for sending in this lovely recipe.

Ingredients:

In a Large Mixing Bowl...

700 g Self-Raising Flour
220 g Dark Brown Sugar
300 g Raisins or Currants
2-3 Medium grated carrots
2 tbsp Ground Cinnamon
1 tsp Nutmeg
Pinch of Salt
Mix together well.

In a Mixing Jug...

150 ml Vegetable Oil
600 - 700 ml Water or Plant Based Milk (Soya, Almond or Oat)
1 tbsp Vanilla Extract
2 tbsp White Wine Vinegar

For the Icing Later...

Plant based margarine

Icing sugar
Half a lemon

Method:

.....Stir well and add these to the Large Mixing Bowl and mix all together well, you need a 'firm mixture', not 'sloppy'. If mixture too firm add a drop more water or milk but not too much.

Baking Tin

Use a 10 inch diameter / 3 inch deep baking tin, lined with non-stick baking paper.

Add the mixed cake mixture to the tin.

Put tin in the oven for around 45 mins at 170 degrees celsius, then check with a knife in the centre. If knife comes out 'clean' cake is ready. If not, replace in oven for around 15 mins then check again. Repeat until 'knife is clean' when removed from the cake.

after baking is finished.

Icing the Cake

Add a knob of plant based margarine to a pan and melt ('Flora' plant based -low fat-works well)

Add around 2 cups of Icing sugar to a cereal bowl, pour in the melted margarine.

Squeeze half a lemon (removing pips) into the icing sugar. Mix very well.

Add more sugar if mixture is 'runny', as you need a firm mixture that does not 'drip' off a spoon. You can also grate some lemon peel into the icing sugar mixture. Adds more flavour.

When cake is totally cooled and placed onto a large plate, spread the lemon icing on top of the cake.

Slice cake and enjoy!

Allow cake to cool completely





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Daffodil Appeal & Day of Reflection

The Marie Curie Great Daffodil Appeal is observed in March every year. It's a month-long celebration of people joining together to support, by donation, one of the biggest annual charity events in the U.K. All proceeds go to Marie Curie nurses, who provide vital support, hospice care, and access to quality healthcare for patients with terminal illnesses as well as bereaved families. On this day, businesses and commercial establishments stock daffodils in front of their stores while individuals wear a daffodil pin on their shirts to show support. Find out how you can help raise awareness for this cause.

The Marie Curie charity, a fundraising organization, was founded in 1986 to support Marie Curie nurses, patients with critical needs, and families that lost their loved ones to illnesses. During its humble beginnings, volunteers would hand out fresh daffodils and collect donations from strangers willing to shell out any amount. By 1990, the Liverpool Marie Curie Society planted daffodils in the city's Sefton Park with the help of the Liverpool City Hall. This spot was then called the 'Field of Hope,' which became a public park to inspire cancer patients and carers. Liverpool's Spalding market donated the daffodils. This inspired several other places in the city to do the same, including Stanley

Park, Woolton Village, and Clarke Gardens.

In 1995, the Marie Curie organization replaced fresh flowers with fabric daffodil pins. This movement encouraged people to wear daffodils on their clothing as a sign of support for the cause. By then, three million pins had been given out and 1.47 million dollars were donated to the charity. But it wasn't until 2005 that the name 'Great Daffodil Appeal' was formally launched.

In March we also see Marie Curie's 'Day of Reflection' on 23 March. This day aims to bring everyone together for the third UK National Day of Reflection – an opportunity to remember our loved ones who've died, support people who are grieving, and connect with each other. Mark the day with a minute's silence at noon, a nationwide network of Walls of Reflection, and a series of grief-themed online programmes.

The walls offer a space to share memories of the family, friends, colleagues and neighbours who have died.

Create a Wall of Reflection in your school, workplace or community centre for this year's National Day of Reflection – download your toolkit and guide to get started! You can get your toolkit and find out more information here:

www.mariecurie.org.uk/get-involved/day-of-reflection



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By The Barn *by Angela Sargent*

"Pipe a song about a lamb!
So I piped a merry cheer.
Piper, pipe that song again;
So I piped: he wept to hear"
William Blake

Lambing ewes will be the course of action for many livestock farmers - the result of decisions taken last year and these represent a portion of the farm income. Quickly finished and sent to market is the preferred aim and the 3-4-month-old lamb is nothing like the cute newborn one. However, the farm might be carrying some of last years lambs, which may have been held back for any number of reasons (such as being ill, lame, not fit enough) and its best to get these gone before they get their two teeth (this means they are classed as adult and different rules apply.).

Slurry spreading will be carried out, again if weather permitting, and you will see brown tinged grass fields as it sprays behind the tractor and slurry tank (and may smell it

too), but it is using a natural product and replenishing nutrients which may have been lost over winter. The smell is soon gone, especially when it rains, and some farms inject the liquid manure directly into the ground. Whatever process is used records must be kept of dates/ amounts/where/weather conditions etc which can be inspected at any time (we used to call it 'the bullshit' book).

Getting rid of slurry is particularly important for dairy farmers as their storage quickly fills up at this time of year and build up of gases from the effluent can be especially dangerous if not handled carefully. It is easy to be overcome if you are unaware (or even if you are aware) of its dangers.

This month we can hear Great Tits loudly singing its two-tone song, loving gardens and woodlands, where you might see wild snowdrops poking through as spring gets nearer and the earth begins to

awaken.

Ted has got used to being inside and not working now, but he cannot yet adjust to the constant road noise and fast, splashy vehicles on the roads. This means he wont walkout far during the day but is happier to go further during the night (if I'm awake!), although we do take him for a brain detoxing run on the fields he knows, off the lead occasionally (thankyou to the new occupants of the farm!).



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Where Did You Get That Hat?

Did you know that 25th March is 'Wear A Hat Day'? Always a fan of a kooky celebration day it made us think of Easter bonnets!

We've all had a go at making them in school but for many of us enough time has elapsed where we have forgotten exactly why?

An Easter bonnet is any new or fancy hat worn by tradition as a Christian headcovering on Easter. It represents the tradition of wearing new clothes at Easter, in harmony with the renewal of the year and the promise of spiritual renewal and redemption.

The history of the Easter Bonnet goes back to the 4th Century. This is the time of Constantine the Great, widely regarded as the first Roman Emperor to embrace Christianity.

Keeping in line with the ancient springtime tradition of renewal, re-birth and now resurrection, it became fashionable for the Romans to

wear shiny new clothes on Easter Sunday, having spent the previous forty days of Lent wearing the same old, same old.

As the trend trickled down to the masses, it became bad luck if you didn't have new clothes to wear on Easter Sunday. This even got a mention in 'Poor Robin', a 16th-century satirical book, that noted in rhyme, "At Easter let your clothes be new, or else be sure you will it rue".

Over the pond in the US, there is a noted Easter Parade of 1870, when the post-Easter service congregation came out of St Patrick's Cathedral and walked down Fifth Avenue in their finery. The women's colourful bonnets stood out against the men's dark suits and hats possibly inspiring Irwin Berlin to write 'Easter

Parade' in 1933, which was immortalised by the eponymous 1948 musical starring Judy Garland and Fred Astaire.

So how is a bonnet different to a hat? Hats were often made of stiffer material such as felt or straw, worn on the top of the head with the crown and brim roughly horizontal, while bonnets were made of softer fabric and lace, worn on the back of the head with any brim framing the front of the face and held on with ribbon or a strap under the chin.





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Have an Eggciting Easter

This Easter there's lots of events going on in and around Burton for you to enjoy and take any little ones along to! Here are some of our favourite!...

EASTER BONANZA!

This is a fun weekend for everyone at Branston Golf & Country Club. There will be a gifts, arts & crafts fair and you can even meet the Easter Bunny! Taking place on Saturday 1st & Sunday 2nd April between 11am - 4pm and entry is free!

EASTER TRAIL

Something scaly has arrived at Moira Furnace in Swadlincote and there are large, strange-looking eggs all over the place. From 1st - 16th April (excluding Wednesdays) between 9am & 4pm, help the team find the eggs and solve the mystery of who put them there. There's even a prize at the end to say thank you for your help!

There's a small fee of £1 on the Sundays for parking as there is also the Furnace Food Fair. For more information visit: www.moirafurnace.org

GASWORKS EASTER HUNT

On Saturday 8th April, and with National Wildlife Week falling at the same time as Easter this year The Gasworks in Sudbury have gone hunt crazy with egg hunts, bug hunts and a nature scavenger hunt!

It is not just about the hunts. They will also have other craft based activities to get involved with including building sections for our Bug Hotel.

Each session will start with a timed Egg hunt! Don't forget to bring a small basket / bag to collect the eggs you find! There will be a sweet treat for all with an Egg-stra special prize for an Egg-stra special egg. Then it's time to explore nature and take part in the craft activities at your own pace.

There are 3 sessions to choose from, 10am -12pm, 12pm - 2pm or 2pm - 4pm so get in touch to book. For more information visit: www.sudburygasworks.com

EASTER EGG-STRAVAGANZA

On Sunday April 9th pop along to Burton on Trent Golf Club between 12:00 pm and 4:00 pm to join in the fun! There will be a craft corner, easter egg hunt, stuff and keep your own Peter Rabbit teddy and lots more activities. Entry is £15 per child and covers all activities.

EASTER EGG HUNT AND LIVE MUSIC WITH WOODING

On Monday 10th April between 2-5pm enjoy a family Easter Monday afternoon with an Easter egg hunt for the children and live music in the bar with the fabulous Wooding at Stretton Social Club. For more info visit: www.strettonsocialclub.co.uk



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Lay a Little Egg For Me!

In recent years many families have adopted a hen or two to keep in their back garden as a pet. What could be better than fresh eggs! Giving a home to an ex-battery hen can be rewarding but isn't for the faint hearted. If you're thinking of giving a home to a lucky clucker, here are some things to consider:

Home Sweet Home

You can convert a regular shed or outbuilding, build your own coop, or buy a purpose-built hen house. You also need to decide on your preferred system: keeping the hens in a smaller house with attached run, frequently moving it onto a fresh area of lawn or ground or building a larger permanently-sited aviary type enclosure. Most new coops and runs will have manufacturers' stocking rates; buy a hen house to accommodate more hens than you want.

Room to Move

Depending on the size of each chicken, they will need a MINIMUM of the following, but please give them as much space as you can. Hens are social creatures and need enough space to ensure good

social interaction. By restricting space, you are inviting unhealthy behaviour and stress in your flock.

- **Floor space inside the house** – minimum of 30 square cms per bird
- **Perch space** – minimum of 25cms per bird
- **Outside run** – ex-caged birds need minimum of 1 sq m per bird, ex-free range hens need a minimum of 2 sq m per bird, plus the ability to free range each day.

Friend for Their Life

Most ex-battery hens will go on to enjoy a long and happy free-range retirement. However, they have worked hard for almost 18 months so some will have a shorter lifespan than others.

New Environment

Initially ex-battery hens will not know how to shelter and may stand outside when it's wet and windy, so you may need to physically put them in the coop if the weather is inclement.

Food Glorious Food

Hens need speciality food that gives them enough of the nutrients they need. Ex-battery hens are used to finer food so start them on layers 'crumble' before moving to 'pellets'. It is fine to feed a small amount of mixed corn in the afternoon; this will guarantee they go to sleep with a full crop.

Never not overfeed your hens with treats or scatter food on the ground as this will attract mice and rats and may adversely impact egg production. They do LOVE a few mealworms from time to time and get excited, making a cute clucky noise when they see the bag!

If you want to keep backyard hens, you can find more information and advice here: www.bhwt.org.uk



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

The closing date for entries is the 11th of April and the winners will be announced in our May edition.

Good luck to everyone who enters!

*Terms & Contidtions: *Vouchers do not have a monetary exchangeable value and are intended for use towards service payment. In the event of a differenct between service value and voucher no change will be given, any service value in exess of voucher value is payable by customer.*



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Symptoms of Poisoning:

Depending on the plant species that has been ingested, the early signs and symptoms of poisoning can vary greatly.

Irritants may cause symptoms such as: irritation around the mouth, itchiness, swelling, and red or watery eyes.

If your cats' organs have been affected by ingesting a toxic plant, symptoms of poisoning may include: breathing difficulties, drooling, difficulty swallowing, drinking a lot, frequent urination, overall

weakness, or irregular heartbeat. Gastrointestinal symptoms of poisoning may include: vomiting and diarrhea.

To find our list of safe and unsafe plants visit: <https://www.cats.org.uk/media/10320/cats-and-outdoor-plants.pdf>



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What's On Guide

MONDAY 20TH MARCH

Stapenhill WI

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

TUESDAY 21ST MARCH

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 MARCH

Priory Art Group

Every Wednesday morning 9.30 to 12. We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton. New members always welcome. Contact Sandra 01283 329743 or call in and see us.

THURSDAY 23RD MARCH

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 MARCH

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.

SATURDAY 25TH MARCH

Footloose by Burton Musical Theatre Co. If you're looking to go out tonight, but you haven't got a stitch to wear, come along and experience 'The Smiths Are Dead'. An incredibly authentic ode to Morrissey & co. At the Brevhouse Arts Centre, 7.30pm. Tickets £16.

SUNDAY 26TH MARCH

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/3Q1E1zw

MONDAY 27TH MARCH

Walkie Talkies

Free event. New walking 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 MARCH

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 29TH 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

THURSDAY 30TH 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 31ST MARCH

Burton Flower Club

Our friendly club meets on the first Friday of most months 7.30pm at The Priory Centre, Church Road, Stretton DE13 0HE. We enjoy excellent Flower Arranging Demonstrations, Workshops (take part or watch and learn) all followed by a cuppa. Friday 31st March "A Spring Workshop". For more information contact 07778804038 or visit our facebook page

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 1ST APRIL

King Charles III Clothing Launch

His Majesty King Charles III will be launching his new clothing range for George at Asda Burton. Meet & greet available from 2pm onwards and a royal signed T-Shirt for every well wisher. Remember the date.

SUNDAY 2ND APRIL

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/3Aw00fX

MONDAY 3RD APRIL

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 4TH APRIL

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 helentarratt@gmail.com or phone or text 0779122888.

WEDNESDAY 5TH APRIL

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

Find more events on our website

THURSDAY 6TH APRIL

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.

Coffee at the Castle

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

FRIDAY 7TH APRIL

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 8TH APRIL

Electronics Club For Children

Free event. Every Saturday, starts 6pm. 1 hour session every weekend on Electronics during weekends (delivered through Zoom). Each weekly session will have unique content and will build on the knowledge from the previous sessions. Online event: bit.ly/3zyyGj2

SUNDAY 9TH APRIL

Ryknild Rabble Morris Dancers

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

MONDAY 10TH APRIL

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

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.

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 11TH APRIL

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 12TH APRIL

Lichfield Camera Club

A friendly club that meets every Wednesday from 7:45 to 10pm in Lichfield Methodist Centre, Backcester 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 13TH APRIL

Tahitian Dance with Hinata

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

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 14TH APRIL

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/3QrNtZ

SATURDAY 15TH APRIL

Reduce Procrastination Workshop

Free event, every day. Starts 7pm. Overcome procrastination and fatigue, in order to maintain sustainable high performance. Online event: bit.ly/3bk9Y7v

SUNDAY 16TH APRIL

Intro to Coding Workshop

Free event. Every Sunday. Starts 1pm. For those with no experience in coding. Online event: bit.ly/3p4i8L0

MONDAY 17TH APRIL

Monday Night Bingo

Now Spring has arrived come and join us for Prize Bingo at Branstion Village Hall Clays Lane Branstion. Eyes down 7.45pm. Tea Coffee and Biscuits served at half time followed by our Raffle (donations for raffle appreciated). Everyone welcome!

COMPETITION WINNERS

Congratulations to our **SoS Lingerie** competition winners, each winning a voucher worth:

£100 - Barry Calladine, Briz Valley

£50 - Lizzie Whitaker, Walton

£50 - Linda Charteris, Briz Valley

Look out elsewhere in **LOCAL LINKS** this month to win a £100 Voucher from Mezzo Clean!

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



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Ready, Steady... Go!

By Tim Brooks

Well hooray!.. it's another gardening season ahead of us and many keen gardeners may well have already begun sowing seeds in their greenhouses or heated propagators.

I for one have sown my Chilli, Pepper and Aubergine seeds in pots, then placed in the propagator till they emerge. Then take them out to 'adjust' to the cooler temperatures, otherwise the stems get too 'leggy'. But even so, they still grow well after being potted singly into pots. That is the 'fiddly bit', transplanting all the seedlings individually into their 3 or 4 inch pots. Best to incorporate some perlite in with the compost, to assist drainage and root development. Perlite is sold in bags at garden centres. Otherwise compost can get a bit soggy which can harm seedlings, the result being they rot at the stem bases.

Now is also time to think about sowing Tomato seeds indoors. There are many, many varieties of Tomato to buy, but we usually save seeds from the previous year of our desired varieties, saved on newspaper when wet. Then allowed to dry off totally, store the 'seeds/newspaper sheets', in an envelope. All you then need to



do is put compost halfway in a tray, lay a sheet of the 'newspaper/saved seeds' (trimmed to tray size) on the compost. Then add more compost over the 'seeds/newspaper', about a centimetre thick. Water well and place a propagator lid over the tray, or some clear polythene. Keep in a warm, lighted area, greenhouse or window sill. In about 2 – 3 weeks they should all emerge. When two leaves have developed, carefully pot up singly, adding the perlite to the mixture.

When ready do not handle seedlings by their stems, as this damages them. Carefully hold by the leaves, teasing the seedlings out of the compost

using a plastic plant label, then pot up and grow the plants on indoors until late May for outdoor growing or transplant into large pots or growbags for indoor growing in early May. Make sure there is drainage at the base of the planter or pots.

It is also time for sowing broad beans in trays or even outdoors direct. Along with onion sets outdoors in rows. Later in March you can prepare to sow carrots, parsnips and peas outside too. I generally wait till early April for my main sowings if the weather still seems too cold and wet.

There's still lots to do indoors, including sowing flowers like dahlias, which can be potted on into larger pots, especially the taller cactus and pompom varieties. They are planted outside in late May or early June, after frosts have passed and supported with canes and tied in. Regular deadheading and feeding encourages more flowers.

On our allotment plots it's a welcoming sight to see the plot holders starting to get back into action again. An exciting spring season of seed sowing ahead and optimism all gardeners have right now.

Happy Gardening!

LOCAL LINKS SUDOKU

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

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