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breeze

APRIL 2019

ISSUE 197

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welcome to breeze

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MP4 Design Limited is registered in England: Company Number 8081955
Registered Office: 210 Lower Regent Street, Beeston, Nottingham NG9 2DD • Office Address: 156 High Road, Beeston, Nottingham NG9 2LN

Published By MP4 Design Limited Est. 2002



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breeze local hero

Nottingham hero recognised for life-changing volunteering

Chris Spencer, is being honoured by Rotary in Great Britain and Ireland with a prestigious Champions of Change award.

Champions of Change are part of Rotary's Champions Awards, which are held annually to recognise the outstanding and inspirational humanitarian and community service of volunteers from around the country.

Chris, a member of Nottingham Rotary is among 14 winners who will receive their awards at a ceremony in Nottingham in May, as part of Rotary's Annual Conference and Showcase event.

Chris has shown huge dedication to his local community of Strelley, Aspley and Broxtowe. With very few activities in this underprivileged area for young people, the threat of becoming involved in a life of anti-social behaviour and crime is very real.

He set up a youth club and coaches a 5-a-side football team in the area, which has offered a safe haven and environment for dozens of young people to channel their energy into something positive.

He has also been deeply affected by personal tragedy after the loss of his daughter at the age of 10. But in her memory, Chris created a scheme to collect, repair and distribute unwanted toys to children who often don't receive presents. The scheme has been running for 9 years, a total of 9404 toys were handed out to children in the community.

The search for this year's winners was carried out across Rotary's vibrant network of over 1,700 Rotary clubs, with Rotary members and also members of the public having their extraordinary work recognised. This ranged from

tackling mental health and supporting education, to alleviating poverty and fighting prostate cancer. Debbie Hodge, President of Rotary International in Great Britain & Ireland, commented,

"The Champions Awards is about giving those who pioneer, lead and support some amazing volunteering projects the recognition they deserve. "The selfless and truly life-changing impact of our champions really demonstrates how we can make a difference and touch people's lives."

"Rotary is certainly a place where people can turn their passion and ideas into lasting change. There are so many heroes out there and to them I say "thank you and keep doing what you're doing".

"Chris' work is invaluable in helping provide opportunities for young people in his local area, and he is a very worthy recipient of one of this year's awards."

Chris Spencer added, "Being a Rotarian enables me to support my local community. The most important activity for me is to help the young people on these underprivileged estates to CHANGE the misconceptions of them. These youngsters are the citizens of tomorrow, we MUST be prepared to guide and support them in their efforts to succeed."



For more information about Rotary's Champions Awards visit:
<http://www.rotarygbi.org/events> www.rotarygbi.org/events

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breeze promotion

The Thistle Teahouse is a wee business run by Maggie, with help from daughter in law Shaz.

Their aim is to bring a taste of Scottish hospitality to the heart of Beeston, along with some incredibly delicious home baking!

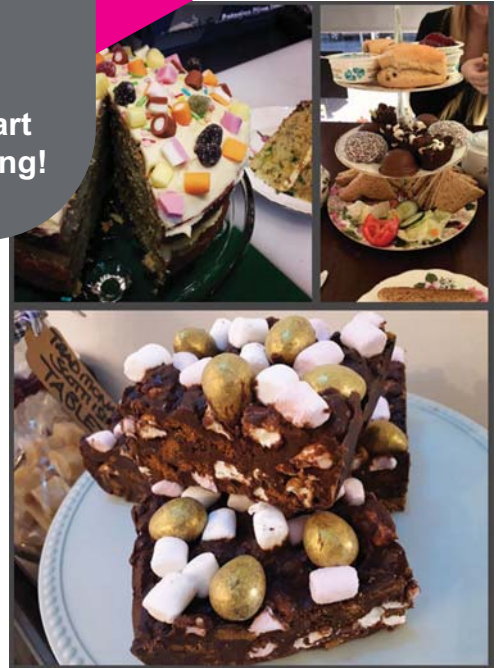


Thistle Tea House is a unique tea house in Beeston, offering up an interesting selection of loose leaf tea, including gin and tonic green tea and Islay whisky tea, barista style coffee and luxury hot chocolates.

If you're after something a bit colder, you could go for an ice cream milkshake or one of the many refreshing soft drinks available (and of course Irn Bru!)

If you're feeling peckish, home made soup and quiche are available every day along with paninis, sandwiches, toasties, breakfast rolls and the speciality Thistle Brunch which includes toast topped with crispy bacon, black pudding and poached egg.

Just make sure you save room for a sweet treat! There is always a great selection of home baked goodies and traditional Scottish tablet available or even better, treat yourself to afternoon tea with all the trimmings. Bringing you traditional treats from the highlands of Scotland, fused with a more modern take on a few dishes, our ultimate goal is to create a taste of 'home'.



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breeze wellbeing

Nottingham City Council has launched a new campaign aimed at increasing the number of people with disabilities taking part in sport and leisure activities.

The council aims for Nottingham to become the fastest growing city for disability sports participation, and the new campaign will raise awareness of leisure activities available to people with a disability or long-standing health conditions.

To engage more people living with a disability or long-term health condition into inclusive activity, the council is delivering two funded projects with this focus - Disability Sport Insight and Participation project, funded by Sport England, and the Get Out Get Active project, funded by Spirit of 2012 and delivered by Activity Alliance.

The City Council has taken bold steps such as:

- Improving accessibility to leisure centres and enhancing its existing swim, gym and fitness offers to be more inclusive
- Training leisure centre staff (entry level disability confidence training) to enable them to better advise customers needing extra support
- Supporting , a Sport England funded bespoke programme designed to engage disabled people in the fitness industry as gym instructors and gym users with job opportunities with Nottingham City Council following successful completion.

Cllr Dave Trimble, Portfolio Holder for Leisure and Localities, said: "We want to help people living with a disability or long-term condition to do what they can, when they can and feel confident when accessing our service, regardless of age, ability level, and whether they've exercised before or not.

"We need to get the message out there that our leisure centres are fully accessible to all customers. The significant investment through our leisure centre transformation programme and commitment to achieve accreditation is something we are incredibly proud of.

We also need to show what options are available to appeal to different individuals, depending on their personal preferences. For example, our gyms are

very friendly and we can even adjust the music depending on the time of day to suit different tastes. We have opportunities to take part in a disability specific activity or sport, such as wheelchair or visibility impaired tennis. Others might be looking for a way to unwind and de-stress and would benefit from visiting one of our health suites."

Exercising in water can lower joint or muscle discomfort, making it a safer option for people with limited mobility. Improving water confidence is the first step for many people who haven't swum for a while or may need help getting in and out of the pool. Swim for Health sessions include a Poolside Helper to offer advice and assistance for anyone who needs it. Sessions are available at all seven pools across the city at different times and days to offer a range of options. Swimmers can also wear a cover up item of clothing to feel more comfortable.

The council is also looking at how to develop a more comprehensive knowledge base across teams to better support people accessing its services to ensure positive customer experiences.

Understanding and removing the barriers to participation and supporting disabled people to understand how exercise can benefit them and help motivate them to take part is critical to the success of the work being undertaken.

"The people who play the National Lottery make initiatives like the Disability Sport Insight and Participation Project possible. The Nottingham City Council has already consulted widely, set up a disability sport network in the city and provided community activators to support disabled people. Continuing this work, the 'It's For Me' campaign will raise awareness and increase disabled people's knowledge about what opportunities to get active are available to them."



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The Old School,
Montpelier Road 5.30pm
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Stapleford
St Helens Church Hall,
Frederick Road
5.30pm & 7.30pm
Tel Dawn
07872 648 833

TUESDAY

Toton
Toton Methodist Church,
Stapleford Lane
3.00pm & 5pm & 7pm
Tel Tracey
07989 448 421

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Station Street,
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Tel Gemma-Louise
07947 303 897

WEDNESDAY

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Station Street,
9.30am
Tel Gemma-Louise
07947 303 897

Beeston / Chilwell

Beeston Methodist Church,
Chilwell High Road
3.30pm & 5.30pm
Tel Kerry McKenna
07855 321 220

Trowell
Parish Hall 5.30pm & 7.30pm
Tel Debbie 07738634284

Bramcote
Bramcote Memorial Hall,
Church Street 5.30pm & 7.30pm
Tel Margaret 07877 615 284

Wollaton
Wollaton Park Comm Centre,
Harrow Rd. 5.30pm. & 7.30pm
Tel Louise
0797 473 1277

THURSDAY

Beeston
The Resource Center,
Middle Street Beeston 10am
Tel Margaret 07877615284

Wollaton
St Leonards Community Centre
Bramcote Lane 6.00pm
Tel Louise 07974 731277

Long Eaton
Moorlands Club, Curzon St.
5.30pm & 7.30pm
Tel Jude 07711 043 213

Chilwell
St Barnabas Church, Barncraft
(off Inham Rd), 5.00pm & 7.00pm
Tel Paul
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Wollaton
Wollaton Park Comm Centre
Harrow Rd.
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Fri 19th Shamus O'Blivion
Fri 3rd May Band from County Hell

Barge Inn, Long Eaton

Sat 6th Two Guitars Clash
Sat 13th Atlantic 54
Sun 14th Lil Jim 6pm
Sat 20th Atomic Pig
Sat 27th Grey Cafe
Sun 28th Whiskey Bob Shaker 6pm

Brennans, Long Eaton from 4pm

Sun 7th Steve Thompson
Sun 14th Scott Carr
Sun 21st John Halton
Sun 28th Fletch

Soldiers & Sailors, Sawley

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Sun 14th The Conspirators
Sun 28th Spirit of The 60's

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Every Sunday From 2pm Sticky 13's
Every Sunday From 7pm Karaoke

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Sat 6 80s HIT FACTORY (8pm)
AL (8pm)
Fri 12 TBA (2pm)
Sat 13 MATRIX 80s (8pm)
KEV SMITH JONES (8pm)
Sun 14 Kim (3pm)
Fri 19 STEVE THOMPSON (2pm)
TWO GUITARS CLASH (9pm)
Sat 20 ANNMARIE (8pm)
CARLSON AND BAILLE DUO (8pm)
Sun 21 CJ JACKSON (3pm)
Fri 26 SHANE STEVENS (2pm)
Sat 23 VINYL 45 (8pm)
COLIN POWELL (8pm)
Sun 28 TBA (3pm)

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Pete Donaldson Band 8.30pm

Friday 26th April:
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One of our most popular lens ranges year round but especially during the darker months are our Drive specific Lenses from Zeiss, Hoya, Tokai and Essilor.

For motorists that drive mainly in the evening we would recommend the Night Drive lens from **Tokai** or the **Enroute Pro** from **Hoya**.

We also supply the new **Nikon Seecoat Drive** an everyday lens coating with enhanced driving performance that can be paired with their finest lenses and available with **Transitions/Transition XTRActive**.

We also dispense specialist lenses for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and Macular Degeneration (AMD). These special lenses change the direction of light to alternative healthier parts of the retina. Combined with a special filter to improve contrast - they have been a huge success with our patients.

Don't take our word for it - here's what our patients are saying about us:

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"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the quality - everything. Dan and Annette have been brilliant from the minute I walked in the door. They are very friendly and provided perfect service in every way. I will be coming back and will share my experience with others."

"I came to John Flynn Optician through a recommendation from a friend and have never been to another opticians. My eye examination was thorough and explained to me very clearly. The team at John Flynn's are very helpful and cheerful. Carry on the good work."



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breeze community

Broxtowe Borough Council has secured a deal to bring The Arc Cinema to Beeston town centre as part of its plans to create a vibrant hub of leisure facilities and new homes in Nottinghamshire.

Arc Cinema signed up for the eight-screen cinema, which will form part of the mixed-use development which will include a greater choice of food and drink outlets and 132 new homes.

Negotiations continue on 50 per cent of the commercial units available for food and drink outlets and the sale of the residential site has been agreed.

Councillor Richard Jackson, Leader of the Council for Broxtowe Borough Council said: "This is a significant milestone in Beeston's development which we are excited to announce. We

have been in negotiations with three leading cinema operators for several months and selected Arc Cinema because of its approach to delivering high-quality screenings tailored to local communities."

Director for Melcorpo, Brian Gilligan said: "We are delighted to be launching The Arc Cinema in Beeston; I'm confident our cinema will complement the successful regeneration of this thriving town centre.

"The Arc Cinema offers customers a premium cinema experience combining 700 supremely comfortable electric recliner seats, cutting-edge technology like laser projection with a friendly, personal atmosphere."

Work is expected to start on the site in August with an anticipated opening date in late 2020. The new cinema will contribute to Beeston's night time economy, revitalising the town centre and creating a vibrant new hub where people want to spend time.

Councillor Richard Jackson added: "The Arc Cinema will be an asset to Beeston and I'm really pleased the operator has selected the town as one of its locations to launch its UK rollout of 10 sites over the next three years. Our development presents an exciting opportunity for restaurants, bars and cafes looking to expand in the East Midlands."

The scheme forms the second phase of a £50 million development which involved the refurbishment of the shopping precinct, new and improved public transport connecting the town to the NET tram network, more retailers, cafes and a gym.



The development is being marketed by agents HEB Tel: 0115 950 6611 and JLL Tel: 0115 908 2120. The project is also being supported by the D2N2 Local Growth Fund pt 3 N2TC Fund.

For more information on the scheme and to view the designs, visit <https://www.broxtowe.gov.uk/for-business/town-centres/beeston/beeston-square>

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breeze stars

What will this month have in store for you?

Aries

Lately there have been times when you have experienced abrupt changes. Something seemed to be going well, then came a bombshell out of the blue to disrupt everything again! After this rather unpredictable phase you can now look forward some very pleasant surprises indeed that will make you feel that at long last you are getting something right.

Taurus

Sort out your budget and if you feel that you are in a strong enough position, splash out on a project or home improvement idea that will benefit both you and your family. If you are in one of your sociable moods and want to put on a spread for loved ones and friends, now is the perfect time to invite people over and let your hair down.

Gemini

The continuing presence of someone you were once deeply involved with may be stopping you from moving on with your life. You may feel somewhat snubbed by someone who has not been returning your calls or text messages. Sudden changes at work could throw you off course and send you reeling in a different direction. You may even decide to look for a new job as a result.

Cancer

You will be given some breathing space to sort out your priorities. What you wanted in your life in the past you are no longer interested in. By now you confidently know just who your true friends are and where your loyalties lie. If you are attached in a relationship with someone who is extremely stubborn and difficult to deal with, it seems as though you are at last learning how to handle this person.

Leo

Once you make up your mind to do something, nothing can change your mind. You are now starting to achieve what once seemed impossible. If you have been on a weight loss plan or starting to do more exercise because you want to both look and feel a million dollars, you are most definitely on the right track, so much so, that you are attracting a whole load of attention from all kinds of interested parties.

Virgo

There is something of a honeymoon atmosphere surrounding you and your loved one. Even if you have been at logger heads with one another previously, it looks as though you are both calling a truce and now starting to talk calmly rather than raving and screaming. A job offer may soon come along that promises a better future financially, which is rare in this day and age.

Libra

Take your time in dealing with any financial negotiations. Something relating to the past calls for attention and you may have to make a decision regarding a special relationship, especially if it involves arranging clandestine meetings away from prying eyes. A friend may think its OK to ask penetrative questions about your personal life.

Scorpio

Others are noticing that you appear much happier and calmer than you have in the past. One of the main reasons is because you are not allowing anything or anyone that is negative into your arena. You do right in making your own decisions and following your gut instincts. You may meet someone soon who could become more than just a good friend because neither of you are in any rush to jump head long into something that could go wrong just as quickly.

Sagittarius

Never being one to suffer fools, it looks as though you are going to put one or two people smack bang in their place. Someone may cheekily ask you some very personal questions relating to your finances. Well, you won't like that one bit, will you?? None of their business. A romantic gesture made by someone you know well may be just that little bit too late, probably because you no longer feel quite the same.

Capricorn

If you know that someone has promised you some money or a favour, you will be sticking around for as long as it takes for you to get it....then you will be off and away on a different path altogether. A surprise dinner party invitation could mean that you will meet your soul mate or someone you want to strike up a relationship of one kind or another with.

Aquarius

It's possible that someone you are closely linked with is still pulling the wool over your eyes even though you protest their innocence. Shock events and developments that have taken place very close to home recently have affected you more than you care to admit. A friend that you used to socialise frequently with may have changed their behaviour lately and now all you have are long telephone conversations. What is stopping you from visiting this person and making the first move instead??

Pisces

Now that you know just who your real friends are you will be feeling a lot more secure and confident about sharing your secrets. Someone who has cheated or fleeced you out of some money will get their just rewards. Its pay back time for them and you can look forward to receiving some very unexpected money or the chance of starting a brand new business venture. Relax by spending time in the garden or clearing out cupboards, lofts, sheds and garages. There is money to be made out of your old junk. There is always someone out there willing to pay good money for it.



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breeze appeal

71 pupils, parents and staff from Beeston Rylands Junior School took part in the first ever Rylands BIG Sleep out to raise money for Framework's Street Outreach Team. Everyone slept outside in the school quad in their dens made from cardboard, gaining some awareness of rough sleeping.

The pupils and parents took great delight in building dens from cardboard, tape and plastic sheeting, they added fairy lights and decorations and prizes were awarded to the most creative.

After the den building the pupils enjoyed a film followed by hot chocolate before turning in for the night. Most of the dens survived the night with only a couple needing repairs in the early hours of the morning.

The chorus of birdsong, geese and early morning sunrise awoke everyone at 5.30am which added to this unique experience.

Before being collected at 8.00am a well-earned breakfast of tea and toast was enjoyed by all followed by the packing up of all their belongings.

The response and support from pupils, parents and carers has been fantastic, making the first ever Rylands BIG Sleep out a huge success. The sponsor money raised is still coming in, but the school is well on the way to raising over £1000.



Well done to all those who joined in and contributed to this amazing cause, without you all this would not have been possible.

breeze finance

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breeze good times

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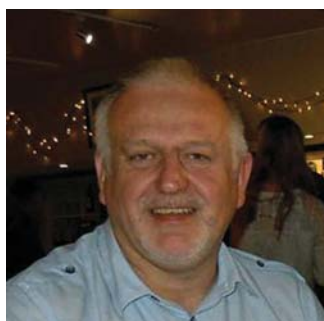
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To our beautiful friend - Never forget - It's five o'clock somewhere!
 From all your bestest friends xxxx



MICHAEL

Sending you big hugs on your Birthday from your hugable aunties!
 xxxx



BRIAN

Have a fab birthday Bri, looking forward to a few beers together!
 xxxxx



SIMONE

Hope you get spoilt rotten!
 Enjoy every minute xxxx



JESS 18 ...THIS MONTH!

Can you believe our little beauty on the far left is 18 this month! Jess is part of the Womens England Basketball team and has just been accepted to Sheffield University to train to be a teacher!

As they say time flies when youre having fun!

Happy Birthday Jess, we are so proud of you. xxxxx

Send your entries BY EMAIL: info@breeze-magazine.co.uk
 DEADLINE FOR MAY 19 ISSUE: 23rd April 2019

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• The editor reserves the right to shorten or modify any material submitted.

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breeze appeal

On the Saturday May 11th the Bramcote and Wollaton Branch of Nottinghamshire Leukaemia Appeal is holding its 50th Annual sponsored walk.



"We would really like your help to make this anniversary event special and raise as much money as possible. If you would like to have fun and get fit please join us for the walk. Alternatively if you would just like to donate to this charity please do so at www.nla-appeal.org, hitting the donate for the walk button on the home page.

This is a 9 mile sponsored walk leaving from Moor Lane Bramcote and travelling through Bramcote, Cossall, Ilkeston and Stapleford. There are 3 check in stations on route with drinks provided and it ends at the Methodist Church Hall in Bramcote Village, where well-earned refreshments and free cream teas are served. There is no entry fee and dogs are welcome to take part!

Many people who have done the walk over the past years have been directly affected by these illnesses and benefitted greatly from the huge amount of research that has been carried out.

"Local family on the left is one of these, as their daughter was diagnosed with Acute Lymphoblastic Leukaemia aged seven, they benefitted greatly from the charities involved and are very happy to say she survived and we now they have three lovely grandchildren".

Funding into Leukaemia and Lymphoma Research was founded in 1960 when a child who had cancer had almost no hope of survival, today many survive. Anyone can get a blood cancer at any age. Around 30,000 people from babies to grandparents are diagnosed with blood cancer every year in the U.K.

The Bramcote and Wollaton branch started in 1969 and aims to raise funds for research into Leukaemia, Myeloma and Lymphoma. Over the years the branch has raised over £250,000, this year it is hoping to raise a record amount to celebrate 50 years.

Some of the money raised has helped contribute to the recognition of the City Hospital Transplant unit, as the very first centre of excellence in this country. Currently over 170 patients are treated with transplants each year and many pioneering developments have been made, in particular the first ever successful transplant for Leukaemia using stem cells harvested from the blood rather than the bone marrow.



Please help us to make this 50th year special by joining us for the walk, or donating on the website at www.nla-appeal.org

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breeze promotion

New owners set to increase Dream Lodge Group's UK presence by 50%. Offering prime holiday and "home from home" luxury Lodge properties in seven idyllic settings across the south of England, the new owners are uniquely placed to successfully oversee the expansion of the Dream Lodge brand...



With increasing unease over Brexit and its potential impact on the cost of foreign travel, coupled with the UK's ever-growing "staycation" love affair, the new owners of the Dream Lodge chain of five-star holiday and parks have revealed their intention to further invest in the brand by expanding its UK presence.

Tony Barney, Chairman of Baslow Parks Ltd, which is one of the largest, family owned businesses operating in the sector, bought the brand out of administration last month for an undisclosed eight figure sum and he believes the timing is perfect to expand the Dream Lodge chain by 50%, taking it to 11 locations over the next 18 months.

In addition to the forthcoming investment in the Dream Lodge brand, Mr Barney also confirms that, as the new owners of the company, his Board has unanimously passed a motion to honour this summer's 300 holiday bookings, which were in doubt when the Dream Lodge Group went into administration in January.

Currently offering prime holiday and "home from home" luxury Lodge properties in seven idyllic settings across the south of England, the new owners are uniquely placed to successfully oversee the expansion of the Dream Lodge brand, which they have added to their existing portfolio of 21 UK residential and holiday parks.

Mr Barney says; "My family has successfully operated in the luxury park sector for three generations, so we have an inherent understanding of the market, gained over 50 years. We are passionate about the Dream Lodge brand, which we believe is by far the best in the sector, so now we have secured the brand's future and that of its 40 employees, we intend to move the Dream Lodge name forward by increasing opportunities for families wishing to have a holiday home and also private individuals ready to downsize."

Customers typically include individual families looking for a holiday home, as well as residential park homes for those seeking to release equity in their homes to buy a lodge as a second home. It also appears that a new type of customer is emerging as Mr Barney explains;

"Overall, the future is looking bright for the sector as a whole, particularly on the residential side. Interestingly, though we are experiencing a marked increase in demand from retiring couples seeking to sell up completely and instead live in the tranquil and luxurious setting of a "gated community" park with like-minded people. This is a booming market within our sector and we believe The Dream Lodge Group is ideally placed to have a significant presence in this arena."

The Dream Lodge Group - Where serenity resides



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Example shown are for illustrative purposes

Figures shown in "100% market value part exchange guarantee" graphic are for illustrative purposes and may not be typical. Images shown are used for illustrative purposes; it is recommended that a viewing with one of our specialist consultants take place before an order be placed. All Residential Parks are exclusively for over 45's. Bespoke options available.

breeze gardening

Care for your early flowering plants & avoid late frost damage

The signs of frost-damaged plants are easy to see as their growth becomes limp, blackened and twisted. Even evergreen plants can turn brown. The leaves of tender plants (such as bedding plants) take on an almost see through appearance.

Problems with frost damage can often be made worse where plants face the morning sun, as this causes rapid defrosting which ruptures cell walls.

The wisest path to success here is to choose carefully those plants which reliably grow in our climate - or even choose ones that can take a slightly harsher environment just to be sure. Also it is best to not rush out to get your bedding plants to early - around mid - late May is best for those.

Tactics such as avoiding high-nitrogen fertilisers as they encourage plants to make lots of sappy leafy growth that is particularly susceptible to damage, especially early and late in the year are also helpful.

A ray of light from a bulb

Why not plant out some bulbs ready for early summer? Like buried treasure they will rise up and lighten our hearts with the promise of growth and colour.

Bulbs are on sale now and you should look for nice healthy and firm bulbs with no signs of mould. The soil temperature should be around 13c. Place with the pointed end upwards in it's own hole and cover gently with soil. If you plant into pots these can then be lifted in winter and stored, ready for next springs plant out. Bulbs just keep dividing so it's very cost effective and fun. You will need to lift summer flowering bulbs as they won't be hardy in winter and will die off. Store them wrapped in dry paper (old newspapers will do) and away from frost so indoors is best - under the stairs, in a porch cupboard etc.

Sow some Land Cress

Land cress, sometimes referred to as 'American cress', is a tasty watercress substitute (It has a peppery taste, like watercress)

For cropping during the summer, sow directly into the soil between March and August sowing thinly, 1/2 in deep, in rows 6 inch apart. Thin the seedlings out to 4 inch apart for baby leaves or to 12 inch for full-sized plants

The plant will tolerate shade and prefers fertile, cool, moist soil, so do not allow to dry out and keep the area weed free. You can harvest them approximately within 7-8 weeks of sowing.

Harvest baby leaves by picking a few leaves from each plant. To harvest mature plants, pull the whole plant up and trim the roots off.

Cut plants regularly while they are fresh and young as this will encourage further growth.

As always, keep learning & improving and... Enjoy!

Points to watch this month:

- Deadhead daffodils and Narcissi and feed them with liquid feed ready for next year. Leave the leaves on.
- Tidy & hoe spring borders before the growing season really takes hold and over runs you!
- Add mulch where needed again before growth blocks where you want to go with it. Your own garden compost, out of date grow bags or manure are all good.
- As the soil warms up add general purpose fertiliser before covering with your mulch on borders and fruit or veg patches. Give tubs & pots a feed too
- Attack slugs and snails before they get chance to colonise your garden. Encourage birds to help keep other pests down.



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breeze promotion

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"We sell a range of seasonal plants and a wide range of gift and homeware for all occasions. We are continually reviewing our products to bring that special unique gift for that special person or something just for you.

Using mostly local suppliers for seasonal plants where ever possible. Our customers are key to our high standards and quality, we pride ourselves on the customer service that we deliver.

Since we established the Mulberry Tree Garden Shop in November 2017, we have been able to continually improve on our service by listening to our customers and we welcome any feedback or general comments on our we are performing.

This is a beautiful location at all times of the year, offering some local walks as well as the Broxtowe trail.



The Stable court yard has grown organically over the past few years offering a small selection of unique retail outlets, Created by Hand, Pricils and the main highlight being the Mulberry Tree Cafe but not forgetting our own unique garden and gift shop."

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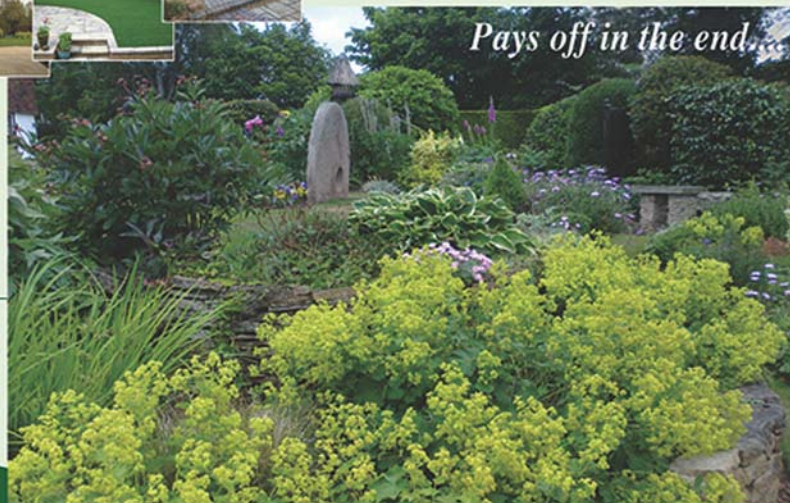
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breeze wellbeing

Life too hectic? Join Happy Retreats and return home feeling relaxed and re-energised!

Organised and hosted by locals to our area, they offer you a warm, welcoming and friendly atmosphere where you can sit back, relax, come out from your shell, and do as much or as little as you want. Why not join them and feel home-from-home...



Retreats – what are they and is it for you?

You may have heard people talk about 'going on a retreat', but what does that mean? A definition of retreat is 'to withdraw to a quiet or seclude place'. There are many types of retreat, but the main principle is to get away from the daily grind, relax in peaceful surroundings, and enjoy a little time for yourself.

Many people choose to go on a retreat independently and over the past couple of years there's been an increase in people choosing this as an option, travelling independently, even if they have a partner.

However, you can equally enjoy a retreat as a couple or in a group.

About Happy Retreats

Happy Retreats offers you the opportunity to withdraw to a wonderfully peaceful part of Spain which enjoys more than 330 sunny days each year.

At Happy Retreats you'll find a warm, welcoming and friendly home-from-home where you can sit back, relax, come out from your shell, and do as much or as little as you want. It's a place where you can nourish your soul, body and mind.

Our traditionally Spanish rustic house is set within a spectacular 60-hectare estate belonging to a Marquis; it's filled with huge palms, orange and lemon trees. There are two lounge areas, five bedrooms (offering twin beds) and three large bathrooms. The views from the property are wonderful. There's plenty of space so you can have time to yourself. Oh, and did we mention the pool!

We offer a range of activities from yoga and mindfulness, to more active retreats that include walking, cycling, and kayaking, or you can choose our 'Be Curious' retreat that includes visiting historical cities, bodegas and have a day at the beach. On site there are arts and crafts, books, puzzles and other activities if you feel the urge to be more creative.

We're located just on the edge of a small traditionally Spanish village, Ulea, nestled in the Ricote Valley, under an hour's drive from both Alicante and Murcia

International Airports, and 20 minutes from Murcia city. Think meandering river, lush green plantation and dramatic ridgeback mountains and you'll be there!

The Happy Retreat Recipe

Our theme specifically focuses on your wellbeing and happiness and is underpinned by our very own happy retreat recipe to help you on your well-being journey, this includes:

- having a good night's sleep to look after our brain;
- eating delicious healthy vegetarian and vegan food to nourish and fuel our body;
- enjoying regular exercise to improve physical and mental well-being and energy levels;
- taking time to contemplate and appreciate life;
- feeling the warmth of the sun to boost our system; and
- doing activities that bring us joy.

Never been on a retreat before?

Don't worry. We understand that deciding to go on a retreat may be a little daunting, especially if you want to join us independently. We'll be there to hold your hand along the way. We'll answer your questions honestly, and we can meet you from and take you back to the airport so long as you let us know you want us to manage your transfers. Most of the low-cost flight carriers fly into Alicante and Murcia International on a daily basis – but we'd advise that you book early to get the best price on flights.

We're sure you'll leave us feeling more liberated, more confident, and more energised, as well as being refreshed and ready to face the world again.

All retreats are full board - start from €160 - €880 (exc. flights and transfers)

**For more information visit www.happyretreats.eu
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breeze what's on

Summer Nights Outdoor Film Festival has announced venues, dates and films for its 2019 festival which runs from 4th July to 22nd September. Back for a ninth year the festival has expanded to twenty locations across the country.

Presented by QUAD on an inflatable screen, Summer Nights is the chance to enjoy a unique open-air cinematic experience at stunning heritage venues. Brand new venues for 2019 include Bolsover Castle and Kenilworth Castle, Coughton Court, Witley Court, Ormesby Hall and Battle Abbey.

Screenings include recent blockbusters including The Greatest Showman, A Star Is Born, Mamma Mia: Here We Go Again and the Oscar winning Bohemian Rhapsody alongside the return of the ever-popular Dirty Dancing, Ghost, Grease and Pretty Woman. There are also one-off titles such as Terminator 2: Judgement Day, Monty Python And The Holy Grail and Purple Rain, plus further screenings to be announced.

The start times of the films vary, the screenings will start just after sunset. Many screenings have English subtitles for the Deaf and hard of hearing. Tickets for the films are £15.50 for adults or £10.50 for those aged under 12, tickets for children aged under five years are free. Tickets for group bookings of eight or more people are £12.50 for adults or £8.50 for those aged under 12.



The venues dates and films that have been announced are as follows:

Kedleston Hall, Derbyshire

Friday 5th July Bohemian Rhapsody (12A)
Saturday 6th July Ghost (12A)

Bolsover Castle, Derbyshire

Friday 26th July Bohemian Rhapsody (12A)

Calke Abbey, Derbyshire

Thursday 1st August Bohemian Rhapsody (12A)

Mickleover Sports, Derbyshire

Tuesday 13th August Bohemian Rhapsody (12A) Subtitled
Wednesday 14th August A Star Is Born (15)

Hardwick Hall, Derbyshire

Friday 16th August	Pretty Woman (15)
Saturday 17th August	Bohemian Rhapsody (12A)
Sunday 18th August	The Rocky Horror Picture Show (15)

Subtitled

Wollaton Hall, Nottinghamshire

Thursday 22nd August A Star Is Born (15) Subtitled
Friday 23rd August Bohemian Rhapsody (12A)
Saturday 24th August Labyrinth (U)
Sunday 25th August Purple Rain (15)
Monday 26th August Mamma Mia: Here We Go Again (PG)

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breeze at a glance

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breeze appeal

Companies, clubs and organisations from across the region are getting their teams together and signing up to take part in the eagerly anticipated Nottingham Riverside Festival Dragon Boat Challenge which celebrates its 11th anniversary this year. Taking place on the River Trent at the Victoria Embankment on Sunday 4th August in aid of Rainbows Hospice for Children and Young People and is one of the key attractions of the Riverside Festival.

To take part in the dragon boat racing and help raise money for Rainbows, no previous experience is required, just plenty of team spirit and enthusiasm! The dragon boats, qualified helms and all racing equipment are provided and each crew is guaranteed a minimum of three races. Teams and spectators also benefit from being part of one of the region's largest family festivals with a bustling fair and vibrant mix of music, dance, crafts and food from around the world, staged by Nottingham City Council.

All the crews are encouraged to raise sponsorship for the Challenge's official charity, Rainbows Hospice for Children and Young People, and help make a difference to over 400 children and their families that the charity supports across the East Midlands.

Tom Stanyard, Corporate Partnership Fundraiser at Rainbows, said, "The Dragon Boat Challenge is an amazing event. With up to 50 companies competing for a number of prizes the day has a great atmosphere. More amazing than the event however is the generosity of the crews who take part. It is only through your support at events like this that we are able to help and care for those families who need it most."

The top fundraisers for Rainbows will win the charity trophy plus a special prize of a premiere escape room experience at Escapologic.



For more information and an entry form please call Gable Events on 01780 470718 or visit www.dragonboatfestivals.co.uk/nottingham

For information about the services of Rainbows Hospice for Children and Young People call Tom Stanyard on 01509 283919 or visit www.rainbows.co.uk

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breeze appeal

Oxjam in da house!

Did you know that private house concerts are now part of the Oxjam Beeston portfolio?

The first Oxjam Beeston House Concert took place last June on a sunny Sunday afternoon when Beeston builder, composer and pianist Richard Hinsley captivated his hosts and their friends with his beautiful compositions. Since then there have been 4 more and over £1000 has been raised for Oxfam.

What are house concerts?

A Oxjam Beeston House Concert is a small intimate acoustic or unplugged concert held in someone's home on a date that suits them at any time of the year. The aim is that each concert will raise at least £100 for Oxjam, although how this is done is up to the hosts – perhaps by selling tickets to friends, refreshments or simply by making a donation - whatever suits the host. House Concerts are private events that don't need to be advertised or ticketed publicly.

Personalised gigs of all shapes and sizes

The great thing about a house concert is that the host gets to choose the what, where, when, how and who of the event.

Oxjam house gigs so far have included solo piano performances, a singer song writer double bill Tilly Greentree and Steven Lai (plus impromptu after show jam from the host and various members of the audience), the first ever shoeless gig by popular local five piece The Phil Langran Band, and "Tim Fest" a mini garden festival and celebration of the host's birthday. And they haven't been restricted to Beeston either – there have been house gigs in far flung places such as Long Eaton and Newthorpe!

The most recent house concert on St Patrick's Day featured local pianist Edwina Crowder who premiered her arrangements of traditional Irish tunes. Hosts Steve and Penny said "We are grateful to Edwina for her creativity and hard work in putting this outstanding performance together, and also to friends who helped by providing photographic skills, chairs, gluten free goodies, special Irish cheeses, and emergency supplies of soda bread, as well as bringing warmth and community into our home."

'Tim Fest' host said "The afternoon was a wonderful experience, we had so many comments and e-mails from those that attended and performed, saying how much they had enjoyed the event. Many thanks to Shiftin' Sands and all our other acts for making the event so enjoyable. If you like music, I would thoroughly recommend the Oxjam initiative, as it is a great way to raise money with family and friends."



INTERESTED IN HOSTING A HOUSE CONCERT?

Oxjam Beeston organisers are thrilled with this new initiative and are looking for more people to host their own private gigs. They can help put you in contact with performers. Just visit <https://oxjambeeston.org/event/oxjam-house-concerts/>

to find out more and look at the list of artists, of all genres, who have expressed interest in performing for free at a house concert.

Or you might like to approach another performer who you already know – either way Oxjam Beeston would love to hear from you!

OXJAM 2019 – SAVE THE DATES!

Operatic Arias 12th October

Takeover 19th October

Oxjam Ceilidh 23rd November

Watch this (Oxjam website/Facebook) space for more details!

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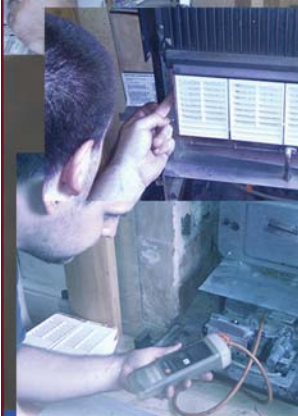
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breeze what's on

MAKE A DATE TO JOIN THE RACE FOR LIFE IN NOTTINGHAM!

People across Nottingham are being encouraged to get 2019 off to a great start by making a date to join Cancer Research UK's Race for Life.

This year, for the first time, Cancer Research UK is inviting everyone in the area – women, men and children – to join the Race for Life. There are events for people of all ages and abilities taking place at Victoria Embankment on Sunday 2nd June 2019 and Holme Pierrepont on Saturday 7th September 2019.

Lorna Hartley, Cancer Research UK's Nottingham Event Manager, said: "Our Race for Life events are fun, colourful, emotional and uplifting. They help people with cancer by raising money for research, including clinical trials, which give patients all over the Midlands access to the latest treatments.

"Our Race for Life events have been women-only since they started, over 25 years ago. But we now feel the time is right to open them up so that everyone – women, men and children – has the chance to participate together.

She added: "You don't have to be sporty to take part. You don't need to train or compete against anyone else. All you need to do is go to the Race for Life website, pick an event, sign up and then have fun raising money in whatever way you like."

Cancer Research UK's Race for Life, in partnership with Tesco, is an inspiring series of 5k, 10k, Pretty Muddy and Pretty Muddy Kids events which raise millions of pounds every year to help beat cancer by funding crucial research.

Lorna continued: "The Race for Life is a powerful, inspirational movement which unites participants in the West Midlands with the whole of the UK.

"Taking part in our Race for Life events enables like-minded people to get together and remember loved ones lost to cancer or celebrate the lives of those who have survived. At the same time, they are helping to make a difference to people with cancer, right now.

"One in two people in the UK will be diagnosed with cancer, at some point during their lifetime. Sadly, this means nearly everyone is touched by the disease, either directly or through a loved one or friend.

"To make a significant difference in the fight against cancer we need to harness as much energy and commitment as possible – so what better way than involving everyone in the community in our events."

Lorna continued: "We're urging mums, dads, nans, grandpas, brothers, sisters, friends and workmates to show their support by joining the Race for Life. It's a perfect example of everyday people doing an extraordinary thing – uniting in a common cause to beat cancer."



Thanks to everyone who raises money, Cancer Research UK can fund research to fight 200 types of cancer. The good news is more people are surviving the disease than ever before. Cancer survival in the UK has doubled since the early 1970s and Cancer Research UK's work has been at the heart of that progress.

To enter Race for Life today visit raceforlife.org or call 0300 123 0770.

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breeze noticeboard

There are many fantastic local clubs and charities around in our area.

This page is especially for you! Let our readers know what is going on and promote your non profit event free of charge!

WOLLATON NATURAL HISTORY SOCIETY

On Wednesday 15th May 2019 come with us on a trip to Madagascar - Earth's Eighth Continent. This magical island off the coast of Africa is the subject of a talk by Jack Baddams, Ornithologist and Educator. We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton (opposite the library) at 7.30pm. Members free. Visitors are very welcome at £3.50 on the door.

For more information visit our website at www.spanglefish.com/WollatonNaturalHistory, find us on Facebook or 'phone Chairman Nigel Downes 0115 9444671.

ROTARY CLUB OF CHURCH WILNE – PAPPLEWICK PUMPING STATION

The Rotary Club of Church Wilne welcomed Peter Nicholls to its recent speaker evening. He gave a fascinating talk on the history of Papplewick Pumping Station, which supplied Nottingham with clean water from 1885 to 1969. Following extensive renovations in 2003-2005, it is now Britain's finest working Victorian water pumping station. The engine room is home to the original twin beam James Watt and Co engines and is a testament to the outstanding combination of Victorian engineering and artistic design. Visitors are impressed by the splendour of the stained-glass windows, elaborately decorated columns, polished mahogany and brass work. There are many attractions to see on a visit, the pumping station, underground reservoir, working blacksmith, miniature railway, woodland play area, picnic areas and tea room. Making this a great family day out. Best to arrive early for the reservoir tours. Since 1975, volunteers have been the backbone of activities at the pumping station. Should you wish to be involved in the preservation and maintenance of the Papplewick Pumping Station for future generations, the Association is keen to welcome new members. To find out more, please visit the website <https://www.papplewickpumpingstation.org.uk> or call on 0115 963 2938.

MAYDAY DOG SHOW 6TH MAY 2019 DUFFIELD FIELD, BREASTON

Registration from 11.00am

£1 per dog/category

The monies raised will be split between the Dog's Trust & Medical Detection Dogs. Jugding is 1.00 pm– 3.00pm. Categories – puppy upto 6 months, small dog, medium dog, large/giant, waggiest tail (2 classes), golden oldie & most obedient best in show for winners of each category. Sponsorship from many dog product manufacturers and local business there will be a collection box on the day for any food or other items that people may want to donate to the dog's trust.

HEMLOCK GARDEN CLUB

Hemlock Garden Club meets monthly every third Thursday from September to June at Bramcote Memorial Hall, Church Street, Bramcote NG9 3HD at 7.30pm.

Their programme for 2019 continues on 18th April with a welcome return visit by Andrew Ward of Norwell Nurseries and Gardens with a talk on 'Perennial Pleasures'.

They are a friendly club which has been running for well over 40 years; as well as guest speakers on gardening related matters, meetings include a raffle, some light-hearted competitions and occasional visits to gardens are organised.

Visitors and new members are most welcome – just come along – £2.50 including refreshments. See more details of the 2019 programme on the website; www.hemlockgardenclub.co.uk

HEALTH AND WELLBEING FAIR

Saturday 12:30-16:30 11th May, The Hive WI is hosting a Health and Wellbeing Fair in Assumption Church Hall on Foster Ave. Browse our creative stalls, enjoy self-care retail therapy, stop for refreshments, and experience taster sessions from complementary therapists. Entrance is £3. To find out more about The Hive WI, please go to www.thehivewi.com or [facebook.com/thehivewiBowlsClub](https://www.facebook.com/thehivewiBowlsClub).

BEESTON CIVIC SOCIETY - HERITAGE WALKS 2019

Once again these ever popular strolls around Beeston are to be led by Professor John V Beckett.

Open to all they provide insights into how the area once was - perhaps provoking how it might be in the future. They take place on Sunday afternoons; all begin at 2.30 and last between 2 and 2.5 hours:

16 June 2019 - East Beeston

Assemble at the entrance to Broadgate Park. We look at the Victorian suburb of East Beeston – the area that expanded in the later nineteenth century. Industrial premises included Humber works and Beeston Boilers. Rows of terraced houses still indicate where the workforce lived - and their leisure pursuits spent in pubs and churches.

28 July 2019

The Freehold Land Estates

Assemble at Wilmot Lane car park. Freehold Land Societies, not unlike modern Building Societies, were invented by the Victorians to try to enable middle class people to own their own home. The walk takes us through various estates - Park Road and Grove Avenue, Belle Vue Park, Imperial Park, St John's Grove, and Chilwell High Road – then back to the start.

BEESTON UNITY BOWLS CLUB

Beeston Unity Bowls Club opens for the 2019 season on Wednesday May 1st. We are located at Broadgate Recreation Ground in Beeston and we're looking forward to welcoming you to our green. Whether you've played before or never played you'll find us to be a friendly and supportive club. If you've recently moved into the area and are looking for a club to join then we could be the club for you with our participation in league matches on Tuesday evenings and Saturday afternoons.

If you've never played before but you want to learn then you'll be welcome to come along to our Monday afternoon coaching sessions starting at 2.00pm or our Thursday afternoon coaching sessions starting 1.30pm where you will find friendly club members who will be happy to coach and encourage you.

Both of these coaching sessions are free of charge and we have a good selection of bowls for you to try. All you need to bring is yourself and a flat pair of shoes to wear on the green.

For more information you can email us at m.towlson@ntlworld.com or visit our Facebook page Beeston Unity

Send your entries BY EMAIL: info@breeze-magazine.co.uk

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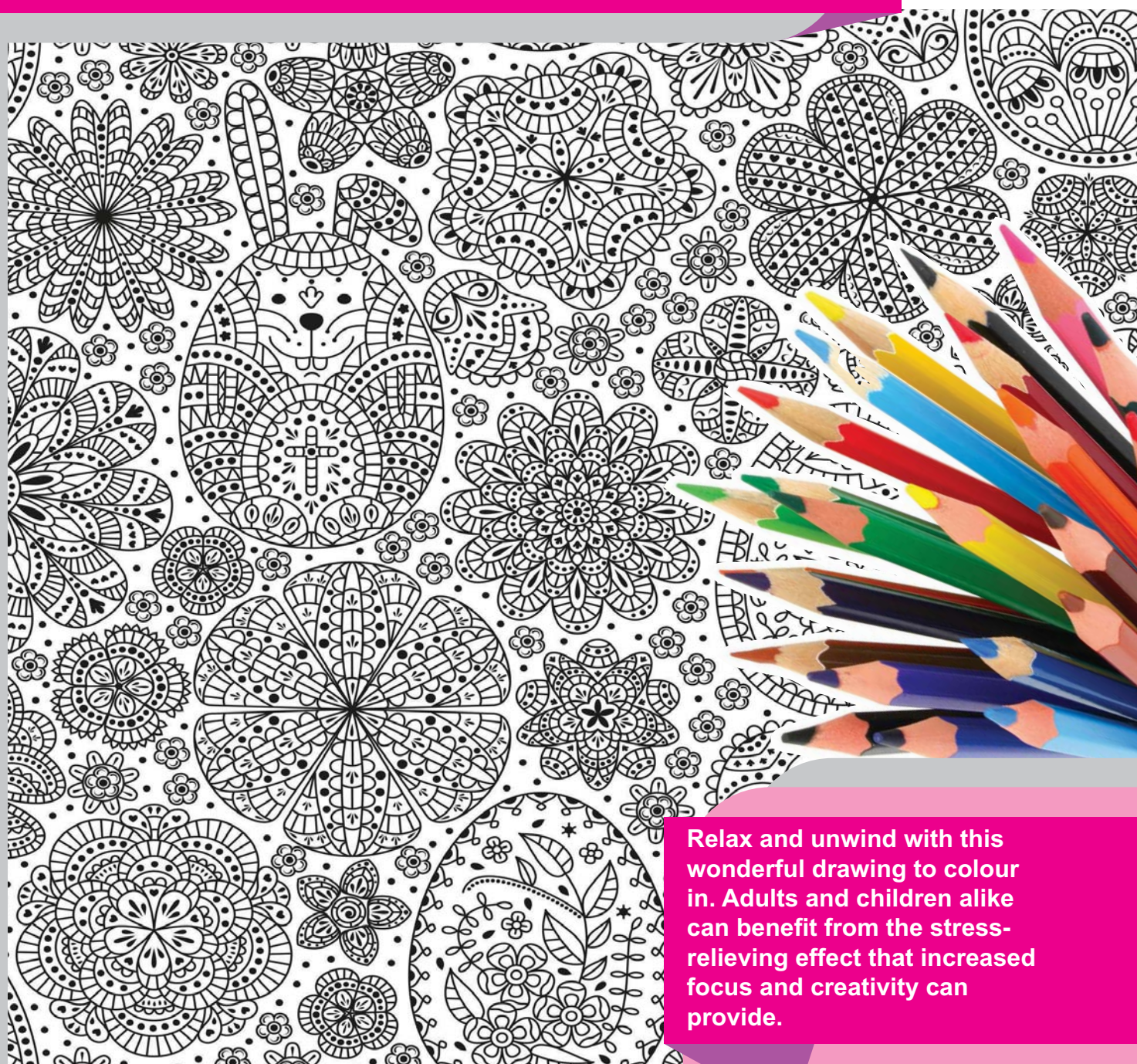
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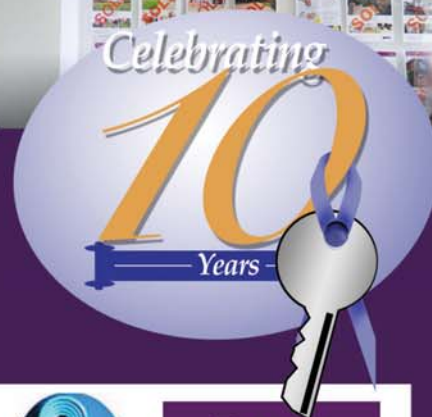
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breeze recipe

Why not try our Gluten Free, vegetarian, creamy, healthy, delicious and vegan recipe this month.....

Cauliflower, Chickpea & Coconut Milk Curry

Ingredients

- 3 aubergines, cubed
- 1 red pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, finely sliced
- Thumb sized piece ginger, grated
- ½ tsp turmeric
- 1 ½ tsp garam masala
- 1 tbsp peanut butter
- 400ml reduced fat coconut milk
- 1 x 400g can chickpeas, drained
- 100g spinach
- Handful fresh coriander, chopped
- 1 lime
- 400g Basmati rice

Method

Cube your aubergines. Add them to a pan with no oil and cook on a medium heat until they are nice and browned and shrivelled. Remove them from the pan and set aside.

Add a splash of oil to the pan and then throw in the chopped red pepper, chopped onion, 2 finely sliced cloves of garlic and the grated ginger. Add the turmeric and the garam masala. Mix everything together.

At this point, get your rice on (cook following pack instructions).

Once the onions are softened, add the peanut butter.

Mix it in, and then pour in the coconut milk and the chickpeas (with the chickpea water). Mix everything together, and then add the aubergines and the spinach.

Bubble the curry down until it is nice and thick (should be 5-6 minutes on a medium heat).

When the curry is ready, add a handful of chopped coriander and squeeze in the juice of the lime. Season with salt and pepper, then remove from the heat.



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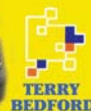
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