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# breeze

AUGUST 2019

ISSUE 201

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# feel the breeze!

Welcome to this months Breeze Magazine. Hope you enjoy our pages this month. We encourage you to use our local trades and businesses, after all, *if you don't use it, you lose it!*

See back issues at:  
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# breeze review



**WOW! What an event, 25,000 people!**  
**Did you enjoy the events of the day at Splendour this year?**  
**We know we did, here's a reminder of how spectacular it was.**

Thankfully the weather didn't dampen the day! Starting off with local talent such as Rob Green the audience stood strong in their poncho's and with their umbrellas to enjoy the atmosphere. As the day unfolded so did more and more talent. Rag n Bone Man was outstanding.

What a fantastic line up and all on our doorstep! Yes our doorstep, attracting such talent and headliners is all thanks to the crew that are responsible for the event. They work tirelessly throughout the year to make it the biggest and best event in our area.

It's not just the music that makes the event such a success, there's lots more to enjoy, lots of activities to keep you entertained throughout the day, including a silent disco, independent market stalls, a funfair, a dedicated children's area, fringe entertainment and so much more.

The fringe area gave visitors the chance to sit in front of the majestic Wollaton Hall and be hilariously entertained by acts such as Mrs Green.

Wherever you went within the grounds it was filled with revellers of all ages, you didn't have to walk far before you saw someone you knew to say 'hello' and enthusiastically agree together what an amazing day you were having! Lots of smiling faces, even in such a massive crowd it felt very much like a local community event that we all could take pride in.

It wasn't long before the sun was shining down on us and families and groups of friends were all relaxing with their picnics and enjoying the atmosphere. Whether dancing at the front of the stage or enjoying the music further back, everyone was basking in the sun and sounds.

The highlight being everyone breathing in the amazing talented Rag n Bone man, everyone singing along to 'Human'. His dedication to one little guy who was holding a sign saying he was his biggest fan! What a community event where even the biggest of stars took time to include one person out of the massive 25,000 attendees. But you wouldn't expect any other we are only 'human' after all!





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# breeze promotion

The Living Threads Group, present their 19th Exhibition  
"Connections" An inspiration in Fabric and Thread



The Living threads Group was formed in 1982, evolving from an Adult Education In-Service Training Course in textiles for Derbyshire County Council and now has 60+ members. The exhibition is a biennial event, eagerly awaited, and a must see for those who appreciate fine textile art.

The exhibition showcases new and exciting work from its members whose aim is to produce experimental, original and contemporary work. Their skills include machine and hand embroidery, dressmaking and costume, beading, canvas work, knitwear, felt and printmaking. Members workbooks will be available to read showing how an idea evolves, through sketch and samples, from inception to completion. Many of our members pass on their skills through workshops and these are run throughout the year.

Samples and demonstrations from these workshops will be on display throughout the exhibition. An up-to-date list of available workshops can be found on the website and Facebook page.

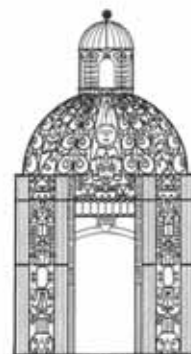


A great variety of textile treasures will also be for sale in the shop.

Refreshments are available so give yourself time to wander around the exhibition, buy a little gift from the shop, before having a welcome cup of tea in the cafe.

To find out more about  
The Living Threads Group,

its members and their work, workshops and Facebook page visit  
[www.livingthreadstextileartists.com](http://www.livingthreadstextileartists.com)



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# breeze promotion



## VOLUNTEERS NEEDED!

Come and enjoy local music while being part of the fantastic phenomenon that is The Oxjam Beeston Takeover 2019!

### WHAT'S OXJAM BEESTON TAKEOVER?

On **Saturday 19th October** Beeston becomes one multi-venue Music Festival! The town literally comes alive with music from an amazing array of performers, all giving their talent and time for free. During the afternoon, many bars and cafés offer free music to kick off the day. After 6pm access to all music venues is by wristband only, purchased in advance or on the day.

Organised by an enthusiastic band of volunteers, this very popular and successful community event has raised over £100,000 for Oxfam since it started in 2011. Last year it raised £27,000, once again breaking its own, and national, records. It really is THE local music event of the year, attracting large audiences and creating a great buzz around the town!

### HOW IS OXJAM BEESTON TAKEOVER ORGANISED?

A small group of local volunteers forms the Project Team. They use their experience from previous Oxjam Beeston events to plan all the activities for the day.

*However* - Takeover can simply not happen without a band of willing volunteers to help out for a few hours during the day.

If you've never been to an Oxjam Beeston Takeover, this is your chance to experience this fantastic event! Or maybe you already know how great our Takeovers are, and would like to be part of it all!

### WE NEED YOUR HELP! - WHAT HAPPENS ON THE DAY?

Members of the Project Team operate from a central hub taking responsibility for ALL aspects of the day. This includes ensuring all volunteers know what is expected and dealing with any queries.

The Project Team Volunteer Co-ordinators will be on duty all day to help all the volunteers know where they are needed and when.

### WHAT DO VOLUNTEERS DO?

Literally anything! - from delivering an instrument to a forgetful band member to selling raffle tickets! But the main activities we need volunteers to sign up for in advance are:

#### VENUE STAFF

There will be one Manager per venue who, in the larger ones, will also have support from an assistant to ensure smooth running of the venue programme. This involves welcoming performers, and liaising with the sound engineer and venue owner or landlord to ensure things run to time. Venue staff also welcome "Oxjammers", check they have tickets at evening events, and promote donations and raffle tickets sales. You may need to get on the microphone yourself to keep everyone up to date, and you'll be in contact with the Hub Project Team and with the event security team to ensure everything runs smoothly.

**FUNDRAISER** Though the evening events are ticketed, we need people during the day to raise money by selling raffle tickets or taking Oxfam collecting buckets to venues and other places around Beeston.

**RUNNER** Runners help to set things up around Beeston; move equipment between venues; collect cash boxes; supply additional raffle tickets; provide cover and support for other volunteers when needed. You'll work from the Volunteer Hub, and ideally have a bike or car.

**KIOSK STAFF** Our kiosk staff provide wristbands to people who have already bought tickets or booked online, and also sell them on the day. They also give out programmes and answer customer queries as appropriate.

### WHAT SKILLS DO VOLUNTEERS NEED?

The main things we need are your time, being flexible and approachable and some local knowledge. Any previous experience of helping out at a similar local event will be 'icing on the cake'.

### WHAT ABOUT TRAINING?

There will be a training session for you to attend shortly before the Oxjam Takeover Day. You'll also be given ID to ensure the public know it is an official event.



### HOW CAN I GET INVOLVED?

For full details of volunteer roles, information on the event, and to sign up for a slot visit: [oxjambeeston.org/volunteer/](http://oxjambeeston.org/volunteer/) or send us an email: [oxjambeesvols19@gmail.com](mailto:oxjambeesvols19@gmail.com)



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As Slimming World Consultants, we love to get out into the community to meet other local people. This summer has been no different with thanks to Beeston and Long Eaton carnivals. Armed with information on our never-go-hungry healthy eating plan, we were there to answer any question or queries people may have had. We also gave out goody bags, had a free raffle to win large hamper of healthy everyday foods, and also had a tombola which raised over £250 for Cancer Research UK. Missed the carnivals and want to know more? Feel free to give one of us a call or pop along to any of our friendly groups.



Join a warm and friendly group near you today...

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The Haven, Wadsworth Rd  
Stapleford 9.15am  
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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

**Beeston**  
Victory Club,  
Station Street,  
5.30pm & 7.30pm  
Tel Gemma-Louise 07947 303 897

**Long Eaton**  
Moorlands Club, Curzon St.  
7.00pm  
Tel Jude 07711 043 213

## WEDNESDAY

**Beeston**  
Victory Club,  
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 3.30pm, 5.30pm &  
7.30pm  
Tel Debbie 07738634284

## Bramcote

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

## Wollaton

St Leonards Community Centre  
Bramcote Lane  
5.30pm & 7.30pm  
Tel Louise 07974 731277

## THURSDAY

### Beeston

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

### Wollaton

St Leonards Community Centre  
Bramcote Lane  
6pm  
Tel Louise 07974 731277

### Long Eaton

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

### Chilwell

St Barnabas Church, Barncroft  
(off Inham Rd), 5.00pm & 7.00pm  
Tel Paul 07952 674468

## FRIDAY

### Wollaton

Wollaton Park Comm Centre  
Harrow Rd.  
9.15am & 11.15am  
Tel Louise 0797 473 1277

## SATURDAY

### Beeston

The Resource Centre  
Middle Street, Beeston  
8.30am & 10.30am  
Tel Gemma Louise 07947 303897

### Stapleford

Stapleford Conservative Club,  
Derby Road, Stapleford  
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# breeze what's on



DRAYCOTT – BLOOMING LOVELY! Don't miss it, make a visit.



The 'Dibbers' have had enormous fun this year creating the wonderful canal artwork which formed the theme for Draycott's entry into the East Midlands in Bloom competition. Hours of painting planters and assorted displays to adorn the village finally came to an end and it was time to place them in their designated locations and start the planting up. The results have been amazing.

If you haven't seen them yet, then take a drive through the centre of the village to witness it for yourself, or better still, do a walk-about around the village. There is a lot to see beyond the main road so pop down Market Street and see the 'Living Wall' (a particular favourite with the 'In Bloom' Judges) and then stroll along South Street to see the Memorial Garden. If you are driving, or want to take a longer walk, then a detour to St Chad's Church, Church Wilne and the Nature Reserve is always enjoyable. Make sure you study the information boards recently installed by the History Society to learn more about the area.

With a tearoom, coffee shop and various public houses in Draycott, there is always somewhere to get a drink, lunch or a delicious piece of homemade cake! Plus, you can also enjoy a little retail therapy at the same time! Or if you want to just relax for a few minutes, sit on the newly restored bench in the centre of the village, decorated with colourful artwork of course, and just watch the world go by!

Many people will already know how wonderful the village is through attending the Open Gardens Weekend in June. It was a huge success again, with hundreds of visitors, many already talking about coming back next year, so watch this space for the date in 2020.

With twenty gardens open this year, and with the amazing weather over the weekend, the village was thrilled to welcome its many visitors. All funds from this event are used by Draycott Village Fund and Draycott in Bloom to ensure Draycott remains the wonderful, and very colourful, place it is, to both live and work.

The next event on the calendar is the SCARECROW FESTIVAL over the August Bank Holiday weekend. Don't miss it! This is a really fun event, again attracting hundreds of visitors, and the imaginative scarecrow creations never cease to amaze! You really have to see them to believe them so make a note in your diary!

The results of the 'In Bloom' competition will not be available until mid-September, so everything is crossed for another 'Gold' award!! But whatever the result, it is the achievement, that through the hard work of local residents Draycott continues to look stunning, that really makes the village proud!



**The next event on the calendar in Draycott is the SCARECROW FESTIVAL over the August Bank Holiday weekend. Don't miss it! This is a really fun event, again attracting hundreds of visitors, and the imaginative scarecrow creations never cease to amaze!**



**Established in Beeston, Nottingham over 70 years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell High Road (opposite corner to Ellis-Fermor & Negus Solicitors).**

Director and senior Optometrist at John Flynn Opticians, Dr Sheeraz Janjua is one of only 25 Optometrists in the UK to be awarded the degree of Doctor of Optometry from Aston University for his research in Dry Eye Syndrome. He was also one of a select few nominated for the Optometrist of the Year award in 2018. Having been at the helm in Beeston since 2016, Dr. Janjua provides both private and NHS patients with the option to benefit from an enhanced eye examination using an OCT instrument to produce macular, retinal and optic nerve scans to aid early diagnosis of various ocular conditions.



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### The Importance Of Wearing Sunglasses In The Summer

Wear sunglasses this summer, not just as a fashion accessory but most importantly to protect your eyes from the sun's ultraviolet (UV) rays.

We are all aware of how hazardous the sun can be for our skin, leaving behind spots or lines causing premature aging. Of course the biggest danger is skin cancer including eyelid cancer, your eyelids are thin and sensitive pieces of skin that are just as susceptible to skin cancer as the other parts of your body that are exposed to the sun. However, many people don't realize that the sun is just as damaging to the fragile organs that are our eyes including short and long-term eye damage such as cataracts, age-related macular degeneration and other sun-related eye diseases. Remember Sunglasses are not all created equal, all of our sunglasses/prescription sun lenses offer upto 100% UV protection and bigger lenses are even better as they offer even more coverage of the sensitive eye area.

### Polarised lenses

We've all experienced glare in our daily lives whether it be driving in a car with the sun reflecting off the dashboard, road, windscreen and bonnet or the sun illuminating the surface of the water while spending the day at the beach. Usually glare is annoying and uncomfortable on the eyes, but when the angle of reflection is just right the glare can become blinding and often downright dangerous, as in the case of driving a vehicle.

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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."*



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# breeze promotion

Conserv-A-Clean has your conservatory squeaky clean, inside and out...

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A new conservatory is a fantastic addition to your property providing additional living space and room to relax and look out upon your garden.

A clean conservatory looks great and is something to feel proud of – a real welcome home when you have been out for the day and wish to sit relaxing in the late afternoon or into the evening.

However exposure to the elements will start to take its toll and over time the once-shining conservatory can become an eye-sore with algae, dirt and pollutants clinging to the framework and panels.

Without maintenance, damage is likely to occur to the joints and seals causing leaks, misted panels and overflowing guttering. This can lead to expensive repairs and even replacement units.

"Our conservatory cleaning services are designed to prevent this from happening and restore your conservatory to its original gleaming appearance. In the event that remedial work is required, we have qualified technicians on hand.

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Our multi-stage process leaves your conservatory looking like new again".

## IT'S VALETING - NOT JUST CLEANING!

"Our trained crews go through a process of several stages from the initial removal of the excess dirt through to the hand cleaning and polishing of the glass / polycarbonate panels, frames (PVCu or wood), gutters and ancillary items (finials, handles, clips, sills, ledges etc).

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The carefully selected chemicals that we use not only remove all soiling but also help to inhibit future algae growth meaning that your conservatory should not need a further clean for another two years!

One of the key points raised by our customers after the clean is that not only is the conservatory gleaming again but the light levels on the inside are far better too".

## BUT WAIT! -

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Stuart Milner, Director



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# breeze health



## Heart research UK Healthy tip - Take the lead to heart health

There are many good reasons why owning a pet can improve health and well-being but dog owners may be top of the league when it comes to heart health. If you own a pooch you're likely to be benefiting from lower blood pressure, higher levels of physical activity, lower stress levels and ultimately a longer life.

Make your four legged friend your heart's best friend. With only a chewed up pair of slippers to lose and so much to gain, here are some of our top dog walking tips to keep you streets ahead of heart disease.

### Start as you mean to go on...

Kick start your day by pounding the streets with your canine companion. A brisk walk of 15 minutes every morning will put you in a positive mind-set for the day ahead and help take the pressure off your heart.

**Train well...** Unlike a friend or colleague, man's best friend won't moan about the weather, cancel on you or slacken off the pace, so let them take the lead. Make them your running or cycling buddy.

**Up the pace...** Keep that tail wagging and your heart pounding towards a healthier you by outrunning your dog's pace or playing games like Frisbee and tug of war.

### Connect...

Connecting with people and giving your time to help others has could keep your mind and body healthy and happy. If you don't own a four-legged friend, why not look for volunteer opportunities in your area.

Whether it's your own, a neighbour's, or a new found foster buddy, if you have a four legged friend at your heels, make sure you pound the streets come rain or shine, grabbing the lead to a healthy heart.



If you'd like to support Heart Research UK's vital work into the prevention, treatment and cure of heart disease, please visit [www.heartresearch.org.uk](http://www.heartresearch.org.uk) for inspiration on how you could help.

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# breeze exhibition



Join The Spotted Dog Art Group for their Summer Jubilee Exhibition from Tuesday 13th August until Sunday 18th August

Saturday, 17th August brings in the celebration of twenty five years as an art group. At the exhibition, prizes will be awarded by the judge. There will be two categories; One for Judges Choice and one for the picture that best celebrates the The Spotted Dog Art Group Silver Jubilee.

"Please come along and invite your friends and relatives!"



## About the Spotted Dog Art Group

Centred on Beeston, but drawing members from the wider Nottingham area, the Spotted Dog Art Group welcomes members from all walks of life, from absolute beginners, hobbyists and professionals with formal training: all are welcome.

The Spotted Dog Art Group (SDAG) is a non-profit organization run by volunteers. It was formed in 1995 by a small group of artists, serious about their art and wanting to learn more. Starting from small beginnings, the group has grown organically over the years. The group has a varied programme throughout the year of tutored workshops; evening events; open-air painting sessions in the summer and exhibitions of our members' work. Regular newsletters about the groups activities and the local arts scene are published for our members information. We are a supportive, friendly group of like-minded artists.

Many people with an interest in art have helped to form the present shape of the programme by responding to questionnaires. Future activities will continue to be guided by the wishes of members as interpreted by the committee. Any help, in time, skills, exhibition arrangements and hanging, publicity, distribution of brochures and notices is welcome and appreciated.

And for those of you who are not too keen on canines, you'll be glad to know the name of our group is simply in remembrance of the founder's beloved pet 'Spot' - rest assured you do not have to own, love or have any interest in dogs to join our group!

**Opening Times:** 10.00 am to 4.30 p.m. daily with late night opening until 6.30 p.m. on Friday 16th August

**Location:** Nottingham Society of Artists, St Luke's House, 71 Friar Ln, Nottingham NG1 6DH

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# breeze stars

What will this month have in store for you?

## Aries

Love takes on a whole new meaning over the coming weeks. You are in a much stronger position than you realise to sort personal or professional matters out once and for all. Its always useful to have the ear of one or two important people who can point you in the right direction and give you some much needed reassurances. Every now and again you experience the odd wobble and secretly question your judgement of people and situations.

## Taurus

No wonder you've been chomping on the bit lately. People have done nothing but cause you frustration and delays. Time to put your foot down and tell them exactly what you think of their behaviour. Love is in the air and someone's surprise gesture will throw you right up in the air. Get ready for even more excitement on the financial front. Friends ask you for advice and guidance regarding numerous matters. Accept that impromptu luncheon invite....

## Gemini

If you cant wait to get away from it all, there is no time like the present to make your dream a reality. Investment issues must be handled properly. Seek legal advice before signing your life away on the dotted line. A highly charged emotional situation dominates your thoughts. Beware of caving in under pressure and regretting your actions later. Revelations come to light regarding a matter you've harboured suspicious about.

## Cancer

Work keeps you busy with your nose to the grindstone. An event you've been busy planning for many months begins to take shape. Use your determination and famous winning streak to reach those all important goals. Meanwhile, take a chance on romance by giving someone a chance to prove themselves. You would not be human if you didn't have moments of feeling uncertain, but it looks as though you are in for a few surprises that arrive in small packages.

## Leo

No wonder you feel under pressure and a touch irritable. If you feel as though other people have the upper hand in numerous areas, this is probably because you have taken your eye off the ball. In love, keep your wits about you. A new personal relationship will hit a few snags. A job offer could turn out to be exactly what you are currently looking for if you are to make any kind of positive progress both financially and career wise. A close friend will give you excellent advice and guidance if you listen to their gut feelings regarding your particular situation.

## Virgo

As your mind is at it's brightest and most ingenious, you will come up with some great ideas both in business and socially, putting you in great demand by just about everyone. Some much unexpected developments in your love life could leave you standing at a crossroads because you will be questioning your inner feelings for both the person involved and the situation you have found yourself.

## Libra

Not everyone will agree with your opinions but its imperative that you remain true to yourself and do what feels right for you. You are passionate, loyal and true, but woe betide anyone who causes you to feel suspicious and insecure. Not a good time to neither borrow nor lend money as it's

important that you keep a tight rein on your everyday spending. Certain family members will start showing you more support in your endeavours to create a better life for both yourself & those closest to you.

## Scorpio

You are living in some very exciting times. Having succeeded in breaking away from both people and situations that have drained your energies, you are now back on track and mean business. Have faith in your abilities to turn any negative situation into a positive one. Expect to enjoy a truly lovely time with someone quite new in your personal life because an initial friendship could develop into something more meaningful and important. An unforgettable holiday of a lifetime is soon to take place.

## Sagittarius

Bored? Fed up with the same old mundane routine? You may be instigating changes just for the sake of it. You don't like the feeling of life passing you by and you missing out on some great opportunities. Nothing is moving quickly enough for you and this could even result in you quarrelling with people who are normally very close to you. You may decide to talk things over with someone who is emotionally detached from you in order to make some sense of what is happening in your world right now.

## Capricorn

Even though at times you crave peace and quiet, the complete opposite can be true and you find yourself struggling to be in your own space for long periods which is why it's important that you come to terms with who you are and what you are about. If you are on the marriage market, it won't be long before you are faced with making a huge decision regarding a future commitment.

## Aquarius

Although you are easily frustrated and angered these days because of what you call, other people's incompetence, its also important that you look at your own behaviour and actions before pointing the finger of blame at an innocent person who was only trying to help. Where money matters are concerned, or legal issues regarding wills, probate and property dealings you will soon discover just who your true friends are and there could even be some surprises in that camp.

## Pisces

You are in one of the calmest and strongest positions you could ever find yourself in because you are at peace with your inner soul. No wonder everyone wants to know what your secret is because you are looking good and sounding confident and in control. It's about never looking backwards and always travelling forwards so that you don't repeat past mistakes and accept what fate has in store. Spiritually minded people will meet & help you personal development.

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# breeze what's on



It's the Summer holidays, we are so lucky in our area to have so much to see and do. Here's a few ideas...

School's out for the summer - what's on in Notts? Your guide to making the most of the summer hols in NottsLucky you - school's out and there's a long, hot summer stretching ahead of us here in Nottinghamshire and plenty of things to get stuck into to make the most of it. From fireworks to forest fun and circus performances to segways, we have helpfully picked out the very best events that you can enjoy across our beautiful county this August.

If you do like to be beside the seaside, there's only one place to be this summer and that's the fantastic on Old Market Square. It's bigger and beachier than ever before, with sand and sea, thrilling rides and entertaining sideshows, bars and BBQs, and a seriously packed entertainment schedule.

Grown-ups can head next door to the glamorous - a luxury beach style pop-up bar and restaurant with day beds and pool pods, cocktails and live entertainment - everything you need for a perfect summer day (and night!) out. Please note that families are welcome in the restaurant during the day, but it's for over 18s only after 5pm.

And don't forget, there's lots more happening throughout August and beyond - for more inspiration.

## Lantern Lit Evening Garden - Every Fri, Sat, Sun in August

For a lovely summer evening activity, visit the enchanting lantern lit garden at Pure Land Meditation Centre and Japanese Garden. This magical and beautiful experience based on an ancient Japanese tradition is sure to leave you feeling truly at one with the universe.

## 13-14 Aug and 20-21 Aug

Adventurous kids are sure to adore the Overnight Bushcraft for Families at Sherwood Pines. Could you survive a night in the woods with the rangers? You'll be channeling Bear Grylls by building shelters, cooking over an open fire and learning tons of survival techniques along the way.

## Victoria Embankment

Sunday 18 August 2019 | 12noon - 8pm

FREE PARADE Adults £3, U12s £1



Join thousands lining the route at the Victoria Embankment as the city's liveliest (and loudest) parade winds its way around in a celebration of Nottingham's Caribbean heritage featuring hundreds of colourful costumes made just for the parade and energetically displayed to music from moving sound systems and Samba drums.

Visit the four music zones (charges apply) with a traditional mix of live and DJ played music plus numerous cultural and information stalls, bar, fun fair and some of the region's best street food including the famous jerk chicken.

For all information of what's on in Nottinghamshire visit [www.visit-nottinghamshire.co.uk](http://www.visit-nottinghamshire.co.uk)

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Colleen, Owner



# breeze gig guide



Do you have LIVE acts on at your venue?  
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We know there are loads of local pubs with some great talent being showcased - Let our readers know about them!



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Sun 18th Gin & Coke  
Sun 25th Vinyl 45  
Mon 26th From noon  
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## **Brennans, Long Eaton. From 6pm**

Sun 4th Jon Alex  
Sun 11th Luke Tunaley  
Sun 18th Matt Symons  
Sun 25th John Halton

## **Barge Inn, Long Eaton**

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Sat 10th Lost Boys UK  
Sat 17th 69 Ers  
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Sun 4th The Reggae Man (3pm)  
Fri 9th Paul Rhodes (2pm)  
Sat 10th Junction 25 (8pm)  
Sal Solo (8pm)  
Sun 11th John Halton (3pm)  
Fri 16th Vass (2pm)  
Fri 16th Smoking Gun (9pm)  
Sat 17th One Night With You (8pm)  
Back On Track (8pm)  
Sun 18th Chris Bevans (3pm)  
Fri 23rd John Halton (2pm)  
Sat 24th Devante (8pm)  
Kim (8pm)  
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Send your entries BY EMAIL: [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

DEADLINE FOR SEPTEMBER 19 ISSUE: 23rd August 2019



# breeze promotion

IAN & KATH ARE BACK AT THE MALT SHOVEL



The Malt Shovel on Union Street in Beeston has always been known for quality cask ale and homemade food, especially the famous Sunday Roast Dinners. Landlord and Landlady Ian and Kath pictured left, ran the pub for three years until Summer 2018, and have been sorely missed. Customers old

and new are welcoming them back.

Summer has well and truly arrived at The Malt Shovel, the pub is celebrating throughout August by discounting their 2 Meals For £12 menu by a further £2! For £10 two of you can enjoy classic pub dishes such as; fish and chips, lasagne, gammon, homemade cottage pie and more including vegetarian options.

Also throughout August Kids Eat For £1, with an adult purchasing a main meal. So after you've been to Beeston On Sands you can bring the tired out little ones for dinner!

Ian is keen for Beeston to know that he's back in the cellar and is proud of his choice of cask ales and his quality. The Malt Shovel should be part of the same circuit as The Crown, The Star and The Hop Pole... Beeston is spoilt for quality real ale pubs!



## SUMMER DEALS

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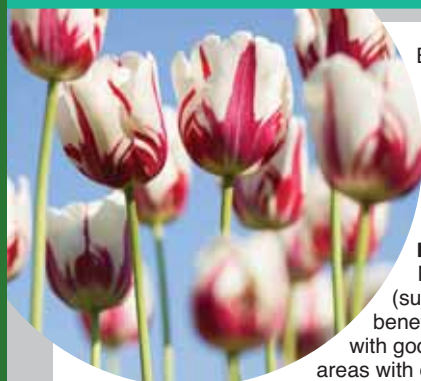
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# breeze gardening

This month we look at a way you can plan to keep the colour in the next season by planting now...



Buy or order spring-flowering bulbs. Some bulbs can be planted now, such as Colchicum, daffodils and Madonna lilies. Plant autumn-flowering bulbs, such as nerines, by late summer.

#### BULB INFORMATION ON SITING

Most of the hardy bulbs (such as tulips and daffodils) benefit from a warm, sunny site with good drainage (they are from areas with dry summer climates).

Other bulbs from cool, moist, woodland habitats, such as Cardiocrinum, need similar matching garden conditions to their origin so. improve light or sandy soils with garden compost and heavy soils with compost plus some grit.

When you buy bulbs they are dry, in a dormant, leafless, rootless state. You should plant as soon as possible after purchase (buy according to the planting season). If not they may flower poorly following later than recommended planting or after lengthy storage.

#### PLANTING IN BORDERS IN THE SOIL

Dig a hole wide and deep enough for your bulbs. Plant most bulbs at two to three times their depth. For example, for a bulb measuring 5cm (2in) high, dig a hole 10-15cm (4-6in) deep and sit the bulb in the bottom of it.

Place the bulbs in the hole with their 'nose', or shoot, facing upwards. Space them at least twice the bulb's own width apart.

Replace the soil and gently firm with the back of a rake. Avoid treading on the soil as this can damage the bulbs. If the ground is moist or the bulbs are autumn-planted, watering is not critical. Otherwise water straight after planting.

#### PLANTING IN CONTAINERS

Bulbs can be ideal for growing in containers, and this especially true for those with large, showy flowers, such as tulips, lilies, arum lilies and alliums.

For bulbs that are only going to spend one season in their container, use a mix of three parts multi-purpose compost with one part grit. For long-term container displays, use three parts John Innes No 2 compost mixed with one part grit.

Plant at three times their depth and one bulb width apart.

Water bulbs once after planting then regularly when in active growth, but you can reduce watering once the leaves start to die down and then through the dormant season. However, continue to check pots in winter, ensuring they do not dry out completely.

To promote good flowering next year, feed the bulbs every seven to ten days with a high-potassium fertiliser such as a liquid tomato feed. Begin feeding as soon as shoots appear, and stop feeding once the foliage starts to die down at the end of the season. If you bring pots of hardy bulbs indoors during flowering, put them in a sheltered spot outside as soon as flowering is over.

(Continues...)



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# breeze gardening

(...Continued)

## Bulb Issues

Bulbs are fuss free but look for bulbs that are healthy to start with (discarding any that are soft or show signs of rot). However, pests to look out for include slugs, snails, squirrels (which try to dig up the bulbs to eat! - being partial to tulips and crocus) and diseases such as daffodil viruses, grey mould in snowdrops, narcissus basal rot, tulip fire and tulip viruses.

## Have you missed planting your bulbs at the right time?

Perhaps circumstances meant you weren't able to get them planted when you should have. If that's the case then the best thing to do is get them in the ground or potted up as soon as you can. If you leave them until the autumn or correct time, they'll simply have deteriorated further.

Of course, discard any that are soft or rotten first but the remainder are worth a go, even if they have started to sprout. Some bulbs store longer than others (tulip compared to daffodil, for instance) so it will be a bit hit and miss. If you are relying on a display maybe top up with potted bulbs from the garden centre.

You might also find they don't perform as expected in their first year - short flower stalks for example - but if they're a type of bulb that comes back year after year they should get better in subsequent years. Try adding a well-balanced fertiliser into the soil at planting time to help them recover.

As always it's about planning ahead. A few hours gentle gardening now will brighten up your Autumn (just your spring planting has brightened up your summer)... Enjoy!

## OTHER JOBS AROUND THE GARDEN

- Towards the end of August sow hardy annuals directly into borders. They will overwinter and flower next summer.
- Don't neglect hanging baskets - deadheading, watering and feeding will help them last through until autumn.
- Deadhead plants such as Dahlia, roses and Penstemon and bedding to prolong the display colour well into early autumn.
- Feed containers, and even tired border perennials, with a liquid tomato food each week to encourage them to bloom into the early autumn.
- Keep picking flowers from the cutting garden to encourage more flower buds to form and open.
- Alpines that have developed bare patches of die-back, or have become weedy, can be tidied up by in-filling the patches with gritty compost. This will encourage new growth as well as improving their appearance.
- Most perennial weeds are best dealt with when in active growth, if necessary applying a weedkiller.

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# breeze appeal



Rotary is an international service organization of 1.2 million professional men and women who as volunteers, address needs of home and international communities.

Locally, Breeze catches up with The Rotary Club of Church Wilne.

## ROTARY CLUB OF CHURCH WILNE SPEAKER MEETING

Dr Cheryle Berry MBE gave an inspiring talk to the Club about Hope Community Village in Kerela, India. Her first visit to India was nine years ago when she arrived at Cochin railway station she saw young homeless children sleeping at the station and in rail carriages, her first thought, as a Rotarian was "I must do something for these children". The support started, in Kerela, a gentleman called John Beech bought a piece of land and Hope Village was created with the help of local Rotary Clubs.

The dream was to give a home and a family of brothers and sisters and most importantly a mother to one hundred destitute children. Ten houses were built, each to be a home for ten children and a mother who would bring them up with love and care and ensure a bright future.

The village is fully educational with sporting and other activities, a fun place to be with a real community feeling, the youngsters are taught trades, so that they can earn a living when they grow up.

The next stage is to build and staff a Medical Clinic. In time, the village will be fully run & financed by local Rotarians and local authorities. In the meantime Cheryle has raised in excess of \$10,000 and further funds are being raised to provide staff training and a water supply, currently the children have to collect water by foot, bike or whatever means.



The Rotary Club of Church Wilne welcomed Jack and Olivia to Monday's speaker meeting along with Rotarian Chris Smith. The club had funded their three day youth leadership and team building weekend at White Hall Education Centre.

The aim of Rotary Youth Leadership Award (RYLA) weekends is to help young people understand how important leadership and working in a team are through tackling a range of challenges including canoeing, raft building, pot holing, riding the zip wires & abseiling among other things..

The club were thrilled to hear how Jack and Olivia had enjoyed the course, making new friends, growing in confidence over the three days.



For more info please visit the web site  
<http://churchwilnerotary.org.uk>

For more info on RYLA visit: <http://district.rotary1220.org>

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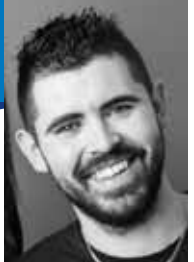
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# breeze appeal

Homelessness happens to ordinary people and it can be devastating to the lives of those who experience it. There are long-term consequences beyond housing: physical and mental health, financial stability, education, employment and self-esteem are all affected. Can you help volunteer?



**PEER IMPACT** "We believe that the best people to talk about the reality of homelessness are those who have experienced it first-hand. Peer Impact is the peer education element of the project – young people aged 16-25 volunteer to share their stories with other young people, with the aim of preventing future homelessness and offering a lifeline to those at risk of homelessness.

Our peer educators complete a level 2 extended award in personal and social development skills in preparation to volunteer with the project – if they choose to do so, they visit secondary schools in Nottinghamshire and Derbyshire with our project workers to tell their story in home street home workshops. This amazing group of young people have won numerous awards for their work, and leave a lasting impression on every group of students.

We have been delivering workshops to groups of students in secondary schools across Nottinghamshire and Derbyshire for many years. Our hour-long sessions are aimed at Year 10 and 11 students (and can be adapted for other age groups). We set out to challenge the stereotypes around homelessness and homeless people, raise awareness of the issue and – most importantly – equip young people with the information they need to recognise when they are at risk of homelessness and seek the right support as early as possible.

Home Street Home is interactive, innovative and based around the real-life experiences of our peer educators – it is an opportunity for students to find out about all aspects of the common causes and consequences of homelessness. If you would like more information about booking Home Street Home sessions for your school or youth group, please get in touch."



## Broxtowe Youth Homelessness [BYH]

BYH is looking for volunteers to join our Management Committee as trustees. The project delivers innovative homelessness prevention work across Nottinghamshire and Derbyshire.

We are looking for volunteers from a range of backgrounds who feel they have something to offer. As a Trustee, you will use your skills and experience to ensure that the charity runs effectively.

BYH is a registered charity that was formed in 1984. What we do has changed since then but we still continue to work to prevent youth homelessness, raise awareness of the issues surrounding homelessness, offer emergency assistance to those in need and provide training and volunteering opportunities for young people who have experienced homelessness.

For further information please call 0115 9396760 or email at [enquiries@broxtoweyouthhomeless.org](mailto:enquiries@broxtoweyouthhomeless.org). Learn more about the great services we offer, visit: [www.broxtoweyouthhomeless.org.uk](http://www.broxtoweyouthhomeless.org.uk)

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# breeze appeal



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October is Go Yellow! Will you join us in going yellow during Hospice Care Week, and raise money to support our vital work? In Hospice Care Week, we celebrate everyone who makes hospice care special - that means you!

Fundraise for us with your own event or help our wellbeing space to Go Yellow with your arts and crafts!

Here are a few ideas you may like to do:

- Hold a yellow themed bake sale
- Get crafty making sunflowers, yellow paper chains, pipe cleaner bouquets or yellow hand print paintings
- Sponsor a teacher, friend or colleague to sit in custard!
- Get Gunged, make some lemonade or maybe a custard pie tossing competition
- Do a sponsored walk or run in yellow fancy dress
- Have a yellow non uniform day or casual Friday

Please do contact us on the following email address [community@treetopshospice.org.uk](mailto:community@treetopshospice.org.uk) or call us on 0115 949 1264 and ask for Claire or Cheryl.



We also have our Superhero Challenge Event - KAPOW coming to Markeaton Park, Derby on Sunday 1st September. For more information visit [www.treetopshospice.org.uk](http://www.treetopshospice.org.uk)



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# breeze local group



## An adventure on the doorstep for 170 girls! Girlguiding Nottinghamshire's sleepover is 'a first' at Wollaton Hall

An adventure on their own doorstep awaited 170 members of Girlguiding Nottinghamshire, when they gathered for a special sleepover in Wollaton Hall. It is understood that this was the first event of its type ever to take place in the magnificent Grade One listed Elizabethan country house, which is owned by Nottingham City Council.

The girls are all members of Girlguiding Nottinghamshire's Hemlock Castle Division, which covers units in Bilborough, Bramcote, Lenton, Stapleford, Trowell and Wollaton. Ten different units took part in the sleepover, including Rainbows, Brownies and Guides, supported by Young Leaders, Guide Leaders and adult volunteers.

First to arrive were the Rainbows, all aged between 5 and 7, for whom an evening of activities ranging from a mini-beast hunt to deer-themed crafts was planned. The Brownies came next, ready to get to grips with lamp-building, truffle-making and a twilight tour of Wollaton Hall, whilst the Guides were greeted by a welcome quiz, an escape room challenge and competitive outdoor games. The girls gathered round a campfire before supper and bedtime, with each unit allocated a different part of the hall in which to bed down in their sleeping bags.

The wake-up call came early the next morning: breakfast was at 7.00am, followed by time to enjoy some more craft sessions and then pack away before the gates opened to allow the usual public access to the park.

'What an amazing and unique experience for the girls!' said Rachel James, Chief Operating Officer at Wollaton Hall and Deer Park, afterwards. 'This is one of the largest groups we've ever hosted, and a first for the hall as it's never been used in this way before. We're delighted to make these connections with the local community and to give opportunities like this to the next generation of young people.'

Hemlock Castle Division Commissioner Emily Hogan was also delighted that the event had proved such an exciting adventure for everyone. 'It was a joy to see so many girls of different ages having such a brilliant time exploring the hall and its grounds,' she reflected. 'Wollaton Hall and the deer park are on our doorstep, yet many of our girls had never been here before. And, of course, we were extra-excited to be the first Girlguiding group to have a sleepover in the hall itself!'

Girlguiding Nottinghamshire supports and encourages girls of all ages and abilities to get the most out of life, and enquiries about membership and volunteering opportunities are always welcome.



For details call County Headquarters on 0115 987 7220  
or visit [www.girlguidingnottinghamshire.org.uk](http://www.girlguidingnottinghamshire.org.uk)



# breeze promotion

## Stylistic Re-Upholstery Mobile Service update



Since we last updated you on the changes at Stylistic we'd just like to thank all our customers for using our mobile service and leaving us such great feedback.



**The service continues to go from strength to strength as we now give free in-house advice and no obligation free quotations. We can bring along a huge selection of fabric swatches to suit your needs which you are welcome to keep whilst you choose your ideal fabric in the lighting of your own home.**

One of the key advantages with our new system in place means that we only take your furniture away the day we are due to start work on it, so your furniture is returned to you within seven days to limit any inconvenience to you and your family, and all at lower prices now that our overheads have been lowered.

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In addition there is also small fabric showroom located at 60a Attenborough Lane next to our old showroom where you can peruse all the fabrics we have to offer, just call us to make an appointment and we'll do everything we can to find the right fabric for you. Bring a photo of the furniture you need re-covering and we'll be able to give you a rough estimate of cost, cost saving ideas and advice. So give us a call and we will tailor your needs to best suit you.

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*Thanks again to all our customers. Anthony & David*

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# breeze health

keeping it

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**Celebrate the annual Autumn Footprints Amber Valley & Erewash Walking Festival. Set in the heart of picturesque Derbyshire, enjoy sixteen days of walks, Saturday 14th September to Sunday 29th September 2019.**

This Walking Festival offers a range of 42 guided free walks over 16 days. The Walking Festival has proved to be very popular with both inexperienced and experienced walkers. The walks, led by volunteers and staff from over 20 organisations, will take place in Amber Valley and Erewash. These two areas are well known for their natural beauty, superb scenery, industrial heritage and attractive towns and villages.

The Walking Festival will begin on Saturday 14th September 2019 at 9.45am, with a launch event at Shipley Country Park Visitor Centre, everyone is welcome. This is followed by a circular walk (3 miles) at 10.30am which looks at the history and wildlife of Shipley Country Park.

Walking Festival Co-ordinator Marion Farrell from Groundwork, said: "Do join us this September. Walking is a great way to make new friends, learn more about the area and get fitter. All the walks are led by volunteers who are keen to share their knowledge of this beautiful part of Derbyshire.

All the walks are free of charge, and will take place in areas of local heritage and natural history interest, taking walkers alongside rivers and canals as well as through towns and villages. The walks are of varying lengths and gradient, ranging in length from one mile to ten miles, offering something for everyone no matter what their interests or abilities. They are all led by knowledgeable local people who are enthusiastic to show off their local patch.

This ever popular festival is jointly organised by Erewash Borough Council; Amber Valley Borough Council; Derbyshire County Council, several parish councils, community groups and Groundwork.

## SOME OF THE WALKS TAKING PLACE ARE:

**Wildlife walks include** St Chad's Water Wildlife and History on Sat 14 Sept 2pm led by Long Eaton Natural History Society Wildlife Group.

**Walks suitable for families with children 5 years and above:** Family Wellbeing Evening Safari Fri 20th at 5pm and Family Wild Wellbeing Safari Sat 10.30am – both are run by Derbyshire Wildlife Trust and Booking is Essential – call 01629 533991.

**Short Heritage walks include** – Historic Trees in Risley on Sun 15th at 2.15pm, Long Eaton Revealed on Mon 16th at 1.30pm, A Step Though Time: Ilkeston (2.5 miles) Thurs 19th at 1pm and "What's Left in Langley Mill?" Sun 22nd at 2pm

**Longer Heritage walks include** - Codnor Castle Circular (7 miles) on Mon 16th at 10.30am, Risley, Dale Abbey Stanton Circular (8 miles) on Tues 17th at 10.30am, In the Footsteps of the Rebels of 1817 [Ambergate] (6 miles) on Sun 22nd at 10.30am and Homage to the Canary Girls (8 miles) on Thurs 26th at 10am.

**Country walks include** – Draycott, Ockbrook and Derby Canal (8 miles) on Sun 15th at 10.30am, Belper and Shottle (7.5 miles) on Wed 18th at 10am, Smalley Common, Woodside & Brackley Gate, (6 miles) on Tues 19th, Lee Dethick & Holloway (7.5 miles) on Friday 27th at 10.30am and A Walk through parishes along the Derwent Valley (10.5 miles) on Sun 29th at 10am.

**Health Walks and short strolls include** Bell & Bridle (3 miles) on Tues 17th, Simon's Walk Horsley Woodhouse & Horsley (3 or 2.5 miles) on Wed 18th, Ripley Urban Walk (4 miles) on Sat 21st at 10am and Old Hall Loop with Monday Strollers on Mon 23rd at 10.15am.

**Nordic Walking Taster sessions** are on Sat 14th, Thurs 19th and Mon 23rd.

**Pick up a free comprehensive guide detailing all the walks and events from Shipley Country Park Visitor Centre or Telephone 01629 533 991 and it will be posted to you. Alternatively log onto [www.autumnfootprints.co.uk](http://www.autumnfootprints.co.uk) to download the full leaflet from the bottom of the homepage.**

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# breeze what's on

Saturday 9th September from 10.30am. Nottingham Buddhist Centre opens its doors for you to visit. Whether you are interested in Mindfulness, Meditation or Buddhism. The centre welcomes everyone of all ages to come and say 'hello'...



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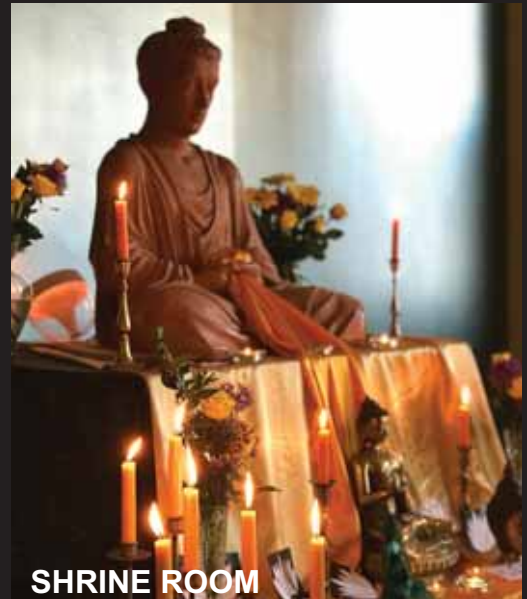
Why not call in for a cuppa and some cake! As soon as you walk in to the centre you will feel the benefit of the relaxed and friendly atmosphere. Also visit our shop, we are Nottingham's best-stocked Buddhist bookshop, which sells books on most Buddhist topics. We also stock cards, incense, jewellery etc...

Our Doors are Open from 10.30am until 4pm. Bring the little ones, we will have a supervised area for them to sit and draw.

The Centre is located in the Lace Market district of Nottingham, just around the corner from the Lace Market Tram Stop.

We look forward to you joining us and sharing our Open Day.

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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!



**Hemlockstone Lions** are once again organising a Friendship Walk at Attenborough Nature Reserve in support of Beeston Memory Café, Middle Street, on **September 21st**, starting and finishing at St. Mary's Church, Attenborough between 10a.m. and 12noon. Beeston Memory Café provides a safe, friendly and supportive venue open to anyone living in the community with dementia and those supporting them. Cafe sessions include social activities and a chance to meet and get to know new people. More importantly, it's somewhere to have fun!

We are hoping for fine weather so that anyone – young or old, two legged or four legged can take part in a sponsored walk Refreshments will be served in Church

by the Boys and Girls' Brigade including a tasty bacon butty!  
**More information can be obtained from Hemlockstone Lions 07743875461, their website where forms can be downloaded or Beeston Memory Café 07968398700.**

## Reducing loneliness and connecting people

The session will include a presentation on projects in Erewash that are helping to reduce loneliness and build connections in the community. Erewash residents are encouraged to attend. There will be opportunities to ask questions after the presentations.

Refreshments will be available

**Tuesday 3rd September 10am - 12 Noon Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD**

**Wednesday 4th September 1pm - 3pm**

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Please contact Stella Scott for more information

**email: stella@erewashcvs.org.uk or to book email:**

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## Heallreaf 2019 showcases the work of 40 exhibitors from all over the world.

The work of tapestry artists from across the globe has been selected for a prestigious international exhibition in Nottingham and London.

The exhibition runs from **September 7 to 21 at Surface Gallery, Nottingham** and then from October 15 to 26 at Espacio Gallery, London.

There is a 'People's Choice' prize and visitors will vote for the work they like best. The winning artist receives £250, sponsored by yarn company Weavers Bazaar.

There is also a Heallreaf Prize of £500, it will be announced on September 6th at the opening of the Nottingham Show.

## Chetwynd- The Toton and Chilwell Neighbourhood Forum.

An ambitious Neighbourhood Plan is released for community consultation to secure the best possible outcome from the growth and development plans for the Toton, Chilwell and Chetwynd area over the next 20 years.

The publication of the Plan launches a consultation period (ending 20th Sept 2019) for both residents and people who work in the area to provide their feedback and suggestions before its voted on by the whole community. A Neighbourhood Plan is created by the community, for the community, and aims to secure sustainable and life enhancing development in the area up to 2040.

Neighbourhood Forum Chairman Richard Hutchinson said:

"The ideas within the Plan are the direct result of listening and consulting with residents over the last 2 years and it seeks to secure the best outcome for all parties".

Housing is expected to grow from currently about 7,000 to around 11,000 homes with 3 large developments. A new plaza-style shopping area is to be created in Chetwynd Barracks to help form a new 'village centre' for the community. 10,000 new jobs are forecast to be created with the arrival of the HS2 Hub Station and the building of a world-class innovation campus. The anticipated relocation of George Spencer School, new roads and associated infrastructure, must be balanced by securing new green environmental areas and parks—improving walking and cycling options and securing places of historical interest plus a new Junior School, health and community facilities. These are a sample of the proposals in the Plan that can be seen in detail at [www.cttcnf.org.uk/plan](http://www.cttcnf.org.uk/plan). Following the consultation, the Plan will be amended to reflect the views received and will then be submitted to Broxtowe Council for formal adoption – a process that could take up to 12 months. Residents and businesses in the Area will receive leaflets through the door over the coming weeks

**Are you part of a group or charity that you would like to tell our readers about?**

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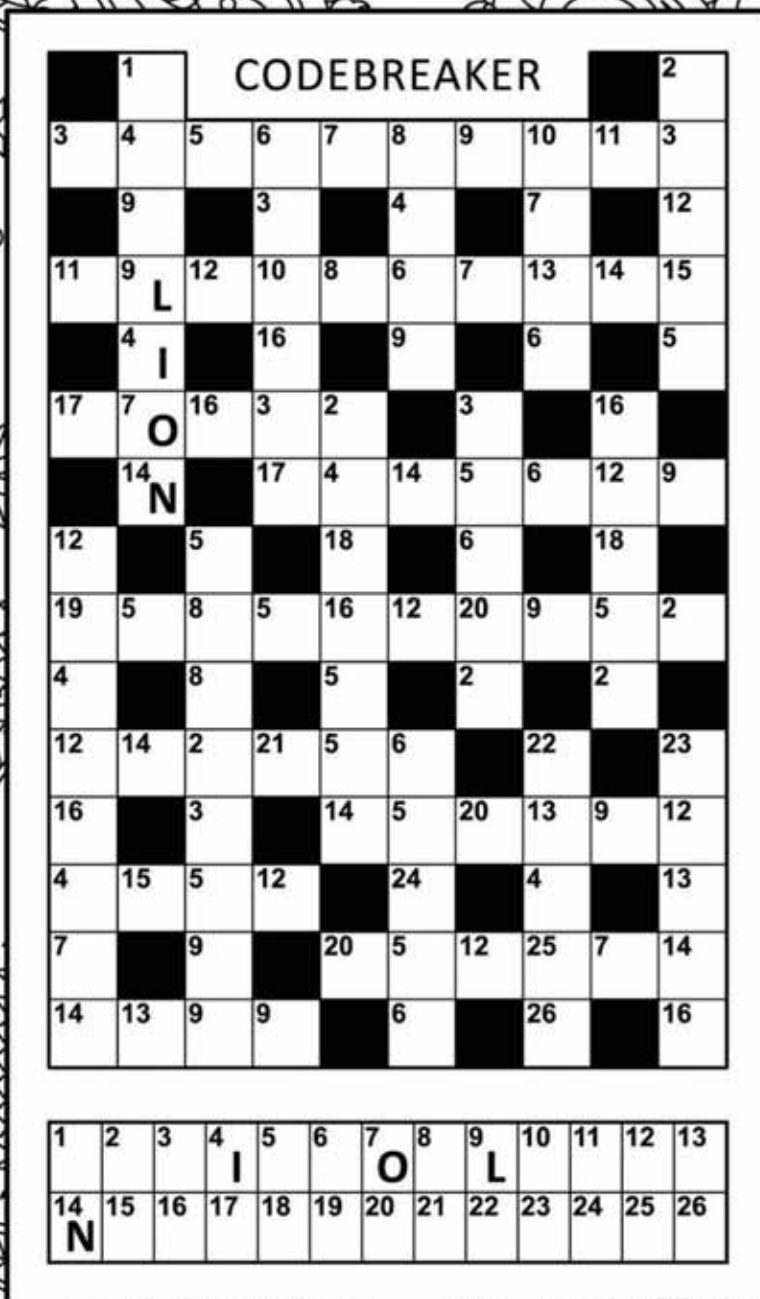
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