

A BREATH OF FRESH AIR EVERY MONTH

# breeze

DECEMBER 2019

ISSUE 205

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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:  
[www.breeze-magazine.co.uk](http://www.breeze-magazine.co.uk)

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# breeze competitions

We've teamed up with some local events to give you the chance to win tickets to join them! Send your entries on email to [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)



win

Nottingham Playhouse's classic pantomime is set to return with a dazzling production of **Sleeping Beauty**.

This Christmas family favourite – written and directed by Kenneth Alan Taylor in his 36th pantomime with the Playhouse – will take to the stage from November 2019 in a whirlwind of sparkling costumes, stunning sets, silliness and songs.

This year the excitement is set to begin from the moment families' step through the door, as the Playhouse is being taken over by glittering lights and festive decorations. Adding even more magic to the pantomime experience are VIP packages, a pyjama party and dates when Father Christmas will be making a special appearance. Playhouse Pass members can also book onto an exclusive rehearsal supper and a set tour. More accessible performances – including dementia friendly, relaxed, audio captioned and BSL interpreted are also available.

Sleeping Beauty will be performed at Nottingham Playhouse now until Saturday 11th January 2020.

We've got 4 tickets to giveaway for Thursday 9th January 2020, 6pm performance.

TO ENTER: Just email us and let us know why you want to see **Sleeping Beauty**!

Closing date is 20th December 2019.  
All entrants must also supply, full name, address and a daytime telephone number – Good Luck!

Tickets and more information can be found at:  
[www.nottinghamplayhouse.co.uk/whats-on/family/sleeping-beauty-2019](http://www.nottinghamplayhouse.co.uk/whats-on/family/sleeping-beauty-2019)

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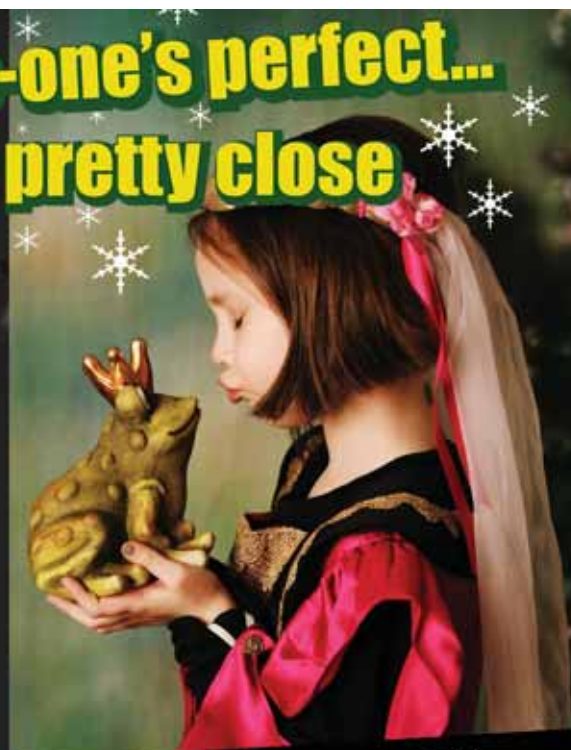
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# breeze community

It will be beginning to feel a lot like Christmas at the Canalside Heritage Centre in Beeston. Why not pay them a visit this season and support your local community...



Canalside Heritage Centre is situated at Beeston Lock and is managed and maintained by a small, independent charity. Once a set of weir cottages, the buildings that now comprise the Heritage Centre had been abandoned and unloved for decades. As a result of the vision and hard work of a dedicated group of local people, passionate about engaging people in the heritage of waterways, it is now a welcoming and thriving heritage centre having opened its doors to the local community in June 2017.

## Today they offer:

- An affordable tearoom and gift shop.
- Formal and informal learning for local schools and groups.
- Opportunities for people to research the heritage of the waterways.
- Community open days and events.
- Volunteering and training opportunities.
- A community garden which is maintained by volunteers and local groups.

Nicola Wood, Visitor Operations Manager said: "We absolutely love Christmas time here at Canalside Heritage Centre and our staff and volunteers work incredibly hard preparing decorations and activities to make the site feel extra special for visitors."



Canalside Heritage Centre, 2-3 Weir Cottages, Canal Side, Beeston, Nottinghamshire, NG9 1LZ  
Telephone: 0115 9221773  
Website: [www.canalsideheritagecentre.org.uk](http://www.canalsideheritagecentre.org.uk) Email: [info@canalsideheritagecentre.org.uk](mailto:info@canalsideheritagecentre.org.uk)  
Facebook: [www.facebook.com/CHCBeeston](https://www.facebook.com/CHCBeeston) Twitter: [www.twitter.com/CHCBeeston](https://www.twitter.com/CHCBeeston)

The Canalside Heritage Centre is a registered charity (Charity Number: 1155914)

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# breeze stars

What will this month have in store for you?

## Aries

Determined to have your own way regarding a matter close to your heart, you will stop at nothing to achieve your goal. Someone close to you does not agree with your actions. Perhaps they are selfishly thinking only about their own needs rather than yours. A planned holiday will turn out to be enormous fun, better than you anticipated. Someone may twist your arm into parting with some money.

## Taurus

Having second thoughts about either a business arrangement or a situation in your love life? What seemed like a good idea initially is rapidly turning into a nightmare situation. Suddenly you are realising the pitfalls. You are looking for an escape route before it's too late. Suddenly you know exactly what you are prepared to put up with and what is totally unacceptable. Keep an eye on your spending. You cannot afford to be reckless with money. Someone new on the scene will catch your eye.

## Gemini

There are certain things you are not prepared to compromise on. You work hard and enjoy playing hard. You may utter romantic and daring words to your lover letting him or her know exactly how you feel and how you see your future together, or not...? Exciting deals could soon be thrashed out over the boardroom table. You will be made an offer that is too good to refuse indicating a complete change of direction.

## Cancer

Initially a task may look tough but if you take a moment and step back you will soon discover an easier way of dealing with the situation. Your love for a certain person will be questioned. You will be asked just how deep does your love go? You will amaze people by revealing a hidden side of your personality.

## Leo

It's time to cut back on your commitments and doing favours for others, when you are utterly exhausted and have run out of steam who is prepared to drop everything and come running to your side? At work, gossip mongers are going into overdrive, but you are smart enough to get the facts, putting you in much stronger position.

## Virgo

Bide your time and sit tight. Something you are hoping to achieve or receive will be yours for the taking and the best bit is, someone else is willingly paying for it. All too often you have worn your heart on your sleeve and its rarely paid off causing you to feel dejected and at a complete loss as to where you have gone wrong. Experience has taught you to keep your ace cards up your sleeve. A deep conversation with a trusted friend confirms that you are on the right track.

## Libra

For the first time ever you are pleasing yourself. Unafraid to cancel social arrangements that you find completely boring and a waste of time, you prefer doing things and taking part in activities that are fulfilling, interesting and rewarding. Avoid confrontation with someone who you know is making a huge mistake in life because even though they ask you for your opinion, its evident they are unprepared to listen, so why waste your breath?

## Scorpio

You see a relationship as worth the effort involved. Usually your tolerance levels are low. You are prone to boredom quickly and find sticking around a complete waste of time and energy. You are attracting more love interest than you think There is more than one admirer on the scene.

## Sagittarius

Someone who in many ways is your opposite could be the key to success in love. Instead of fretting about what to say and getting into a state, just start talking. You can only ever be yourself in these situations. You can, if you wish, put off finishing something that is boring you rigid.

## Capricorn

Loyalty is your middle name. Its even cost you time and money in the past, but once you swear your allegiance, no one could wish for a better friend. Once that trust has been broken, there is no going back. You systematically remove yourself from the situation without comment, explanation or the need to justify your reasons.

## Aquarius

As you start to take yourself and your ambitions more seriously, so will everyone else. A major breakthrough both at work and in your personal life will result in you feeling positive and enthusiastic about your long term prospects. Get your business hat on and bring financial matters into focus.

## Pisces

Your mind is extra sharp and you are thinking and working faster than ever at absorbing new information and putting plans into action. Doubts are starting to disappear and your renewed self belief system is showing in the way you are confidently projecting yourself.

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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**  
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**Beeston / Chilwell**  
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Chilwell High Road  
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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** - New Consultant  
St Leonards Comm Centre,  
Bramcote Lane. 5.30pm. & 7.30pm  
Contact details: see website

## 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**  
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Tel Jude 07711 043 213

**Chilwell**  
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(off Inham Rd), 5.00pm & 7.00pm  
Contact details: see website

**Trowell** - New Consultant  
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9.15am  
Tel Annette  
07490 956807

## FRIDAY

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

## SATURDAY

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

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When you visit John Flynn Opticians, based in Beeston, you are in expert hands. Dr. Janjua was a 2018 finalist in the UK Optician Award, OPTOMETRIST OF THE YEAR 2018.

Director and senior Optometrist at John Flynn Opticians, Sheeraz Janjua was recently awarded the degree of Doctor of Optometry from Aston University for his research in Dry eye syndrome. Doctor Janjua is one of only 25 Optometrists in UK with this qualification. He has been at the helm in Beeston since 2016 and leads a small team of Optometrists and long standing Optical Assistants.

In 2018, Dr. Janjua was runner-up in the UK Optician awards for Optometrist of the Year out of over 14,000 optometrists nationwide. New services have been introduced including dry eye and blepharitis appointments and treatment plans in a practice which already uses a state of the art examination suite with Optometric eye testing software. The practice continues to advise and provide a clinically enhanced eye examination and complete eye health checks; using an OCT instrument to produce a macular, retinal and optic nerve scans to aid early diagnosis of various ocular conditions.

## New Opening Hours

The practice is now open all day Monday to Saturday. Off street parking is available in the practice own car park. The practice is proud of its FREE home eye examinations. This service involves all the usual staff at the practice. Patients will be able to choose from the same frames and lenses that are available in the practice. Established in Beeston, Nottingham over 80 years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell Road. The aim is to create a warm and welcoming environment within the traditionally furnished surroundings.

Emphasis is placed on personal service, correctly fitted frames and accurately dispensed ophthalmic lenses by exceptional manufacturers such as Carl Zeiss, Nikon, Seiko, Rodenstock, Essilor, Hoya and many other superior independent lens suppliers including one that makes the THINNEST lens in the world 1.76 INDEX!

## Dr. Janjua Launches Specialist Lenses for Macular Degeneration (AMD)

The practice dispenses specialist spectacles, tints and coatings which can help people with various daily tasks such as driving, vision in low light level and VDU work. It also supplies Austrian lenses which use 'PinSharp' honeycomb lens technology to improve the vision for those who struggle to see well enough.

Dr. Janjua also introduced specialist lenses from the USA 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 in helping those with visual impairment see better!



## Designer Frames to Suit Your Face

The team are genuinely passionate about providing the best possible product for the needs of the client. The largest range of quality niche eyewear such as Bevel, Etnia Barcelona, Face a Face, Kirk & Krik, Orgreen, ProDesign, Salt and Silhouette and polarised sunglasses such as Maui Jim are stocked.

The practice specialises in the finest German, Italian and Japanese titanium and acetate frames. It even offers frames which are virtually unbreakable - where the sides (arms) are based on the human shoulder joint and ones with nose pads that soften when they touch the skin around the nose.

## The Personal Touch In Eye Care

In a market dominated by larger optical groups here is a practice dedicated to providing patients with a reassuring, individual and professional service. Indeed, Dr. Janjua advocates the following guidance "The prescribing and dispensing of spectacles are very closely linked and it would be in your best interests to have your spectacles dispensed where you had your eyes examined. It is more difficult to resolve problems you may have with your spectacles when prescribing and supply are separated." The College of Optometrists, which is the professional, scientific and examining body for optometry in the UK working for the public benefit, has issued this advice regarding your spectacle prescription.

The practice also offers a contact lens fitting and aftercare service. Spectacles and contact lenses have never been more affordable since the launch of the monthly 'Eyeplan'.

John Flynn Opticians welcomes the registration of new patients.

**Now open all day Saturday. John Flynn Opticians in Beeston**

*Merry Christmas and a Happy New Year  
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## WHAT SOME OF OUR CUSTOMERS SAY ABOUT US:

*John Flynn Optician is a friendly welcoming practice with a knowledgeable and professional team that give you a personal touch. I like the history I have with this practice and familiarity with the staff. I le my new glasses - I can see better! My eye examination with Dr. Janjua was professionally done and he always takes the time to get the correct diagnosis.*

F. Johnson

*I chose John Flynn Optician as it is local to me a well recommended. I like that it is an independent practice and not a large chain. They also have good quality frames and lenses. My eye examination with Dr. Janjua picked up an astigmatism that had not been previously recognised. It made a positive difference to my headaches. All the staff are a delight - friendly and helpful. It's a pleasure to visit.*

A. Chidlaw

The practice is open from Monday to Friday from 9am to 5:30pm. Saturday 9am-5pm.  
Telephone 0115 9255051 to make an appointment.  
e:enquiries@johnflynnopticians.co.uk  
www.johnflynnopticians.co.uk



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.



With over 45 years of experience between us we have 2 goals:

Provide a friendly, welcoming, homely environment with a passion for great customer service and to combine the best ophthalmic lenses from some of the most respected lens manufacturer's alongside some of the finest hand-made frames from around the world.



## 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.

Ordinary tinted sunglass lenses only cut down on the ambient light that reaches the eye but by their very nature, they cannot block glare only polarised lenses can block out this dangerous, often blinding glare, they can also enhance visual acuity, colour contrast and visual comfort, blocking 100% of harmful UVA/B light.

Don't forget we offer multiple pair discount on your second set of lenses including all of our polarised lenses. T&Cs apply



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

"I was recommended to go to John Flynn Optician by family members. I love everything about the practice and I will now only ever use John Flynn's. The glasses are well made, well fitted and I can see much better. My eye examination with Dr. Janjua was very informative and he put me at ease - very good. All the team at John Flynn's have treated me well and I cannot fault them."

"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."

We also dispense specialist lenses for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and Macular Degeneration (AMD).



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John Flynn Opticians welcomes the registration of new patients and parking is available in the practice's own car park.

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Want to stay up to date with the latest news and arrivals? why not follow us on Instagram and Facebook @johnflynnopticians

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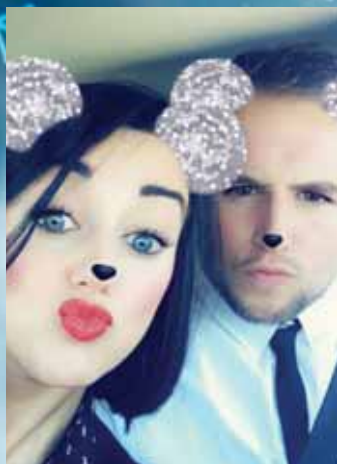




# breeze celebrations

Got something to celebrate?

Why not share with our readers or surprise a loved one by having their picture and a few words printed - we'd love to hear from you... and it's FREE!



Happy anniversary baby!  
13 years! Love you most! Xxxx



Happy 30th Birthday  
**Katie!** Have a lovely day  
love you lots xxxxxx



Happy 1st wedding  
anniversary **Katie** and  
**Matt** we love you both  
so much xxx



Happy Christmas Birthday **Tracy**  
Let it Snow or is it Go?!  
xx



Happy 50th Birthday  
**Anthony**  
Enjoy your celebrations!  
xxx



Happy 10th Birthday! Our beautiful  
**Hope** we love you to the moon and  
back ALWAYS! xxxxxxxxxxxx

**JUST SOME BORING  
(BUT IMPORTANT!) STUFF  
TO BEAR IN MIND WHEN  
SENDING IN YOUR PICTURES!....**

- We do not accept any professionally taken photographs.
- Whilst every effort will be made to agree with copyright laws on the images provided it is the senders full responsibility to obtain permissions on such copyright images before supplying to Breeze Magazine.
- The editor reserves the right to shorten or modify any material submitted.
- Any requests for insertions of a child under the age of 16 must be accompanied with a sign letter of agreement from the Parent or Guardian of that child. With full address details\*\*

Send your entries BY EMAIL: [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

DEADLINE FOR JANUARY 20 ISSUE: 28th December 2019

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## **CHILDREN'S Dance Classes Every Saturday**

9.00 - 9.30 Rosettes (4-7 yrs).  
Ballroom Latin and Freestyle

9.30 - 10.15 Freestyle (7-16 yrs)

10.15 - 11.15 Stars (7-10 yrs)  
Ballroom and Latin

10.15 - 11.15 Medalist Latin (11-16 yrs)

11.15 - 12.00 Medalist Ballroom (11-16 yrs)

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**For details call Sharron on 07846093936**  
or email [smoncaster@yahoo.co.uk](mailto:smoncaster@yahoo.co.uk)



# breeze promotion

## Competition success for The Dojo Beeston



The Federation of Shotokan Karate Championships took place at the Rushcliffe Arena in October with clubs from around the country competing in over twenty five categories. The Dojo in Beeston had over forty competitors in the event and came away with a haul of medals in both senior and junior events. They will be competing again in November in this country and in January Cadets and adults will be competing in Italy.

Please contact us on 01158754212 or email [info@karatenottingham.co.uk](mailto:info@karatenottingham.co.uk)

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# breeze promotion

## The English Expert is a top class local tutor...



The English Expert Professional Tuition Services is led by John Micallef, an experienced and qualified professional teacher based in Beeston.

John has been an English teacher for over twenty years, so has a wealth of knowledge and experience to share with students. He is also an AQA Examiner which means he can give his students better insights into what examiners are looking for, how to address assessment objectives and how to maximise your exam marks.

Working on a 1:1 basis he welcomes students whatever their ability level or learning requirements. He teaches GCSE and A Level English courses to any student

needing to boost their grades, their confidence, or those who just require some extra notes, revision or exams advice.

John has also taught many pupils who are home schooled, to prepare them for their examinations.

With a friendly, approachable manner, John always focuses on the specific needs of his students and designs tutorials based on what they require. The learner receives a unique personal service from a successful teacher with a proven track record of academic success - just have a look at the testimonials on his website.

Online lessons are also available via Skype or FaceTime.

For more information, please visit website:  
[www.theenglishexpert.co.uk](http://www.theenglishexpert.co.uk)  
or call John Micallef on 07792 271 969 for a chat.

The initial consultation meeting with students and their parents is free of charge.

## The English Expert

### Professional Tuition Services

[www.theenglishexpert.co.uk](http://www.theenglishexpert.co.uk)

Contact John on 0779 227 1969 [theenglishexpertuk@gmail.com](mailto:theenglishexpertuk@gmail.com)



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# breeze finance

Why use a financial adviser? Planning your finances on your own can be difficult and time consuming. An adviser will take these into consideration when developing your financial plan – and make sure you don't miss out on opportunities to reduce the tax you're paying on your returns

keeping it

local

SINCE 2002

Obtaining guidance from a professional adviser could help you start 2020 on a firm financial footing – and save you money. Research shows that people who receive financial advice could be £40,000 better off within a decade (International Longevity Centre UK, July 2017) so it's worth speaking to an expert.

*"People who receive financial advice could be £40,000 better off within decade."*

Five things a financial adviser can do for you:

#### 1 Offer you extra insight and expertise

Even if you're an experienced investor, it's always a good idea to get a second opinion from a professional

– especially when it comes to your finances.

An advisor can give you that extra knowledge and expertise you need to help you achieve your goals.

Obtaining guidance from a professional adviser could help you start 2020 on a firm financial footing - and save you money.

Research shows that people who receive financial advice could be £40,000 better off within a decade (International Longevity Centre UK, July 2017) so it's worth speaking to an expert.

#### 2 Build the right financial plan for you

First and foremost your adviser will focus on you; listening to what you want out of life. Once they know more about you and your hopes, they will then build a long-term financial plan that's right for you.

#### 3 Help you make the right decisions

They will make personal recommendations, help you

make the right decisions,

highlight what pitfalls to avoid, and support you in looking at the bigger financial picture. With years of experience behind them, they know the drawbacks to look out for and how to steer clear of them.

#### 4 Help make your investments as tax efficient as possible

Tax is always a bugbear especially if it gets in the way of your financial plans. But there are ways you can improve the tax-efficiency of your investments.

#### 5 Access the right tools and resources

With thousands of products on the market, finding the right one can be difficult.

An adviser has access to a range of resources, which can help them to recommend suitable products for you.



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# breeze shop locally

Once again, not just for this Christmas, we're encouraging you to use the independent businesses on our High Streets in our area. We have some fantastic businesses and locals that work hard to keep our community alive. So make sure you support them at this time and throughout the year!



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**HAPPY CHRISTMAS TO ALL OUR CUSTOMERS OLD AND NEW**

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## celebrating 92 years!

Since 1927 there has been a cycle shop on Chilwell Road. Let's keep it that way!

The original shop started out in 1927 owned by the Panter family. It was taken over in 1973 by local cycling legend Sid Standard. Sid gained significant recognition and continued to run the business until his retirement in 2000.

The shop is now under the ownership of Jamie Ireland, long term customer and local cyclist. Jamie brings a wealth of experience having worked in both the cycle and motorcycle trades for the past 30 years.

Kev Jackson continues to work alongside Jamie, having started out as Saturday lad in 1978! The shop continues to be a local hub for cyclists from all around the area.



We look forward to you visiting our shop,  
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*Merry Christmas and a Happy New Year  
To All Our Lovely Customers*

★ We will be closed from Tuesday 24th December until Thursday 2nd January - Hope to see you then! ★

**'Kent' checked throw.**

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# Christmas Shopping in the Stables Courtyard at Strelley Hall

Visit Strelley Hall this Christmas, a real gem of a place right on our doorstep...



The **Mulberry Tree Café** and the growing collection of fabulous little shops in the Stables Courtyard make for a great day out at Strelley Hall.

In addition to **Created by Hand** (selling high-end locally-made gifts and crafts) and the Mulberry Tree Garden and Gift shop, there is now a Teddy Bear Hospital (Nottingham Teddy Repairs).

**Nottingham Teddy Repairs** has recently moved to Strelley Hall after trading for more than 10 years, repairing and sympathetically restoring bears of up to 115 years old. Pop in with your old bear and have a chat with Debbie! They also have teddies for sale as well as a large selection of old fashioned sweets.

Also new to Strelley Hall this year is an **Art Gallery** space in the Game Larder room near to the main Hall building. Tony and Janet have a wide choice of artworks on display that are available to purchase, they also provide a high-quality picture framing service.

Not forgetting the **Pop-Up Craft Market**, a select handful of local makers selling beautiful crafts in the room above the Mulberry Tree Café, running every weekend up to and including 21st/22nd December.

**Calling all therapists!** Available now for hire on a day (£30) or half-day (£20) basis is a small therapy room with its own bathroom, plus use of a waiting area.

## mulberry tree café

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# gift something different

Run by Local Anita Kincade, every gift is personalised by hand

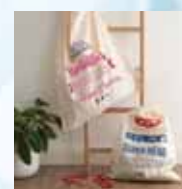
Gift something different this Christmas and take a look at what The Little Handcrafted Company has to offer. Run by local mum Anita Kincade, every gift is personalised by hand in her purpose built studio (based in Long Eaton, Derbyshire).

The Christmas range is aimed at children and consists of a 1st Christmas babygrow and baby blanket. There are also Super Hero and Princess themed gifts which include dress up costume storage bags, cushion covers, t-shirts and bags.

For adults the aprons (in particular the 'Best BBQ's in Town' apron) are always big sellers in the lead up to Christmas. There is also an 'Order Takeaway Quick' joke apron for those less gifted in the kitchen.

Already proving popular is the new 'Sits Here' cushion cover. This is great for customisation as not only does it feature the recipient's name but also 2 things they like to do to relax.

Breeze readers can enjoy 15% off the entire range as well as free UK delivery; use the code BREEZE15 at checkout. Offer ends 31/12/2019 order by 18th December for delivery in time for Christmas.



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# breeze competitions

Send your entries on email to [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

The closing date is 16th December 2019.

All entrants must also supply, full name, address and a daytime telephone number - Good Luck!



Christmas returns to the National Ice Centre in a big way this December with festive skating and special themed events to suit the whole family. Surrounded by twinkling lights, a majestic tree and a life size snow globe to have your photo taken inside - the National Ice Centre is the ideal place to get into the Christmas spirit this year!

The magical events include the special opportunity to visit Santa when he sets up his grotto beside the ice over two Christmas themed family fun weekends!

The Winter Family Fun Weekends are happening on 14th & 15th December and 21st & 22nd December, 11am – 4pm and will feature festive arts and crafts, face painting, foam parties (21st Dec only) as well as Santa's grotto.

We have teamed up with our friends at the National Ice Centre to offer one lucky family of 2 adults and up to 3 children the opportunity to win a family ticket to 21st or 22nd December plus extra tickets for children to meet Santa on Sunday 22nd December!

**TO ENTER:** Just email us and let us know why you want to get your skates on!  
PLEASE STATE WHICH DATE YOU WOULD PREFER



For further information or to book your festive skating session at the biggest ice rink in Nottingham, head to [www.national-ice-centre.com/christmas](http://www.national-ice-centre.com/christmas), call 0843 373 3000 or visit in person at National Ice Centre, Bolero Square, The Lace Market, Nottingham.



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## Tristram's are Expanding!

After an exciting 4 and a half years since Tristram's Sales and Lettings was first formed, James Tristram and business partner Fraser Barron have completed an exciting expansion at the Bramcote, NG9 office which is located on Derby Road, 50 meters down from the Bramcote/A52 Island.

Tristram's Sales and Lettings was formed by James and Fraser in June 2015, after working together as Landlord and Agent within a corporate company. The idea was for Tristram's to offer an independent and personal service from the start, with an affordable fee for Sales and Lettings services. The service provided by the Tristram's team has been fantastic and is proven by the record number of Google reviews. Found by searching "Tristram's Sales and Lettings" in the Google search bar.

The fee structure that Tristram's charge is mirrored on the opposite page to this editorial. We sell properties for 0.75%+VAT of the agreed sale price (paid upon completion of the sale) and just £35+VAT pcm for our full lettings property management service!

Tristram's are trying to get more involved in the community by supporting local charities and sports teams, including Stapleford Town FC and Wollaton FC.

We cover Sales and Lettings all over the East Midlands with the main focus on Nottingham & Derby. If you have a property to Sell or Let or even just want to know what your property is worth, Tristram's are well worth a call!



## Happy Tristmas!

## breeze competitions

Send your entries on email to [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

Be quick on this one, the closing date is 10th December 2019.

All entrants must also supply, full name, address and a daytime telephone number - Good Luck!

**Win**



The Overtones proudly announce new band member - Jay James - and promise 'best tour yet' and **we've got two tickets for you to win to their concert on Friday 13th December at Nottingham Royal Concert Hall.**

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breezemagazine24

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# breeze gardening

Buying a garden tool as a gift this Christmas? Use our quick guide to help buy something that lasts...

Sadly there are many 'pale imitations' in the tool world so keep your eye out for some of the signs and best avoid if possible:

- **Plain metal:** good tools are usually made from plain metal, whilst poor ones are often painted to mask the low quality materials beneath.

- **Stainless steel:** for toughness, durability and to avoid rust.

- **Forged:** tools forged from one piece of steel retain their strength and are less likely to break than cast tools.

- **Brand:** it's best to stick with brands that are known for their exceptional craftsmanship and longevity.

- **Wood:** the closer the grain, the stronger the wood.

- **Fibreglass or tubular steel handles:** handles are normally one of the first things to snap, but strong fibreglass or tubular steel handles can last a lifetime.

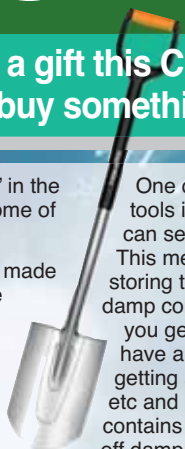
**Good makes include:**

Burgon and Ball, Spear and Jackson, Felco and Wolf.

One of the big problems with quality tools is that before they break they can seize up if left stored incorrectly. This means keeping moving joints oiled & storing them in a dry place - avoid some damp corner of a storage box or anywhere you get damp air trapped. If you don't have a place that's dry then consider getting a large airtight box for secateurs etc and placing a large 'dry bag' that contains moisture absorbing silica to ward off damp.

A gift idea that is not an 'obvious choice' are the Big Foot welly slippers - sure to raise a smile and useful too when popping in and out of the house in wellies to grab a cuppa or cool drink when digging.

Another unusual gift idea is the bluetooth plant monitor. There are a variety of makes and they vary in sophistication but generally send detailed information about the plant who's soil they are placed in to your smartphone. No more



Big Foot welly slippers



dried out and nutrient depleted favourite plant! Ideal for those also interested in what makes a plant tick. Why not? - It's Christmas!

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Olla watering pot

Bluetooth plant sensor

Whatever gift you buy this Christmas don't forget, keep enjoying our wonderful hobby into 2020!

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# breeze wildlife

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## A YEAR IN THE LIFE OF A WILDLIFE GUIDE - Neil Glenn

**Monday 16th December**

7.30pm - 9.30pm Trent Vale Infant School  
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### About the Author

Neil Glenn lives in Nottinghamshire where he has been a keen birdwatcher since his teens. His childhood holidays were spent in Norfolk engendering a love of that county, culminating in him writing the critically acclaimed 'Best birdwatching sites in Norfolk' many years later. He is a regular contributor to Bird Watching magazine and his birding has taken him to five continents.

### About the talk

Neil is local to Nottingham but spends his year dashing around the globe showing people wildlife. The variety of species Neil sees in a year is huge. We get a glimpse of some of the best wildlife tourist destinations in the world and what they have to offer!



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# breeze what's on

**Budding young musicians are reaching for the stars in a new rock and pop school in Nottingham.**



The newly launched Rock Project teaches 7-18-year-olds how to play guitar, bass, drums and to sing before performing together as a band.

Not only do they get to perform the music they love, but they learn at the hands of a real-life "rocketman"!

Guitarist Austin Goode, who worked previously for the European Space Agency, has opened The Rock Project with his partner Louise Weekes in Beechdale Academy, Bilborough.

Austin said: "The Rock Project is all about students learning to play the music they love in a fun, supportive environment.

"There are small group sessions in the student's chosen instrument for one hour, then in the second hour they put what they've learned into practice when everyone comes together to play as a band."

The Bilborough sessions take place every Wednesday and are one of 90 similar schools across the UK.

As a self-taught guitarist, Austin helped his own children develop their musical talents, and has assembled a team of gigging musicians who will tutor the students.

Partner Louise has spent her career working with children, from setting up youth clubs, through to volunteering as a Scout Leader and working with children in a residential setting.

Louise explained her belief in the importance of giving young people the opportunity to learn new skills and develop their self-confidence.

She said: "The Rock Project is part of a nationwide network of schools and has a tried and tested formula to help students learn quickly and develop performance skills at the same time.

"We progressively build their confidence towards the end of year gig, which is a full-scale rock concert in July."

The Rock Project takes place in Bluecoat Beechdale Academy, Harvey Rd, Bilborough every Wednesday.

There are separate sessions for juniors, aged 7-11 (4pm-6pm), and seniors who are 12-18 years-old (6.15pm-8.15pm). All instruments are supplied.



For more information and to book a taster session contact [nottingham@therockproject.com](mailto:nottingham@therockproject.com), telephone 07795 936245 or go to [www.therockproject.com](http://www.therockproject.com).



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# breeze appeal

**Oxjam Beeston Music Festival** - this entirely volunteer led community event just goes from strength to strength! Takeover Day saw people heading to the town in droves to celebrate the best of local music in a carnival atmosphere, bringing the streets of Beeston alive once again.



The Oxjam Beeston team, headed by Heather Greenan, are hugely grateful to the 127 amazing artists and bands who all performed for free, a fantastic crew of enthusiastic volunteers who put in a few hours to make sure this phenomenal event ran to plan, not to mention dedicated sound engineers, 14 quality venues, Headline Sponsor The Star Inn as well as other generous sponsors, and most importantly all the festival goers from far and wide who make the event such a success. The legendary Beeston community spirit is alive and kicking!

All funds raised go to Oxfam to make a difference to communities in urgent need around the world. Following Takeover the total raised stood at over £25,000 largely from Takeover, but also an Operatic Arias evening and several private house concerts. Well Done to everyone who took part! Can't wait for next year!



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# breeze advice

Are you starting to feel slightly panicky about the prospect of Christmas Day arrangements already? Awkward relatives with specific demands, cooped up in the house with everyone expecting a great day without lifting a finger... Time to get help! Here is the Breeze guide to lowering stress levels and really enjoying Christmas this year.



Traditionally, Christmas is supposed to be a time to get back to family, friends and forgetting, albeit briefly in some cases, about our worries - even merriment gets a mention!

So why do some people get uptight just at the thought of it? After all it doesn't come without any warning - we all know that date well in advance!

The big killer of Christmas joy and merriment is stress and we all know that, somehow, certain people get more stressed than others.

So how do we deal with the effect that these feelings have on us when, yes there's the knock at the door and it's not the secret police but your elderly relatives, all 'tooled up' with a suitcase of 'absolutely necessary' belongings for their overnight (or maybe even longer) stay.

Well before the great day arrives there is the usual steady drumbeat of preparation leading up to the 25th: Christmas shopping, wrapping up presents and getting them where they should be in time (don't you use Santa's services?), deciding on what kind of food items to have in and getting the best deals on all of this plus the drinks that will most probably be consumed as well.

## Let's take the run up to Christmas:

### Christmas shopping

• **Local shops and others are on your side** and are well aware that they have to offer you realistic prices to attract you - they are working hard to earn your business. Furthermore there is a general acceptance that some degree of belt tightening is happening in the current circumstances so you are not likely to be on your own. That said it is the time of year when many simply wish to spread a little happiness and do what they can to still make this Christmas a great one so bargain hunting becomes part of that process.

• **Be honest about what you can afford.** Do budget for presents, the extra consumption of food, a few luxuries and some recreation, such as day out somewhere - maybe a steam train ride in the country or a nice walk followed by a peaceful pub lunch somewhere you find relaxing and don't visit often.

By being mentally and physically prepared in this way you can regain some of the control that you may feel you have lost before you even get to Christmas day itself and this will help maintain composure when dealing with the (sometimes inevitable) stress moments.

### Delegate

If you feel particularly bothered by something (come on, be honest with yourself!) it is well worth looking at getting some help from outside. There are a variety of services available to help you to get things sorted without you doing all the heavy lifting - and with prices becoming ever more competitive you can pick and choose your offers.

Maybe the living room carpet is there somewhere in the back of your mind? Properly cleaned it will look nicer and) dare we say it) smell nicer too. After all, most carpets get quite a lot of wear and tear over a year.

There's a saying that goes 'if you want to make sure you tidy your house up simply invite some guests who you don't see everyday'. How true! So now you issued the invites and guess what? The cooker smells when it gets hot! Yes, I know you didn't mind it so much all this time but give it a break and your sense of smell too - get a professional oven clean and you won't have all that horrible cleaning fluid over your hands and arms. Plus, it will be clean as never before as professionals use industry standard equipment and chemicals.

What about the outside of your home? It's lovely to see all those beautiful led Christmas lights we seem to have adopted as the standard adornment to our front gardens but what if you haven't yet got round to clearing up the leaves and cleaning the patio which is looking decidedly slippery? Once again help is on hand with services which offer to clean up your garden and even attend to any niggly problems that need fixing whilst at it such as a broken gate or weed covered block paving. Furthermore many of these services will put your garden lights out for you if you have them higher up or simply haven't the time to do it yourself. You can just plug in and enjoy!

Now we're all prepared we can look forward to....

*Here's a Merry Christmas to all Breeze readers!*

It's not just christmas time that we need to spruce up our homes! If you are a local trades business and want our readers to know about the services you offer - email our team at [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk) to ask about showcasing your business in Breeze!





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**NOTTINGHAM GIGGUIDE**

## Soldiers & Sailors, Long Eaton

Sun 8th Lavidia  
Sun 15th Brothers in Soul  
Sun 22nd Ricky & the Retros  
Tue 24th Jay Harrison  
Sun 29th Sons Connection  
Tue 31st Retro Brothers

## Brennans, Long Eaton from 4.30pm

Sun 8th Sebastian  
Sun 15th Maddison  
Sun 22nd L Wood  
Sun 29th John Halton

## Stumble Inn, Long Eaton

Every Sunday open mic 5-8pm  
Fri 6th The Lapels  
Sat 7th Verbal Warning  
Fri 13th Sub Culture  
Sat 14th Talisman  
Fri 20th Stuck in 2nd  
Sat 21st Indie Division  
Fri 27th Modest  
Sat 28th Synner

## The Cornmill, Chilwell

Fri 6th Drivin Miss Crazy  
Fri 13th Audiopirates  
Fri 20th Gin & Coke



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**BEESTON VICTORY CLUB**  
**NEW YEARS EVE**  
**ZEPHYR 4**  
PLUS PARTY DISCO

**BEESTON VICTORY CLUB**  
**SATURDAY 25th JANUARY**  
**THE 80s THEORY**  
Plus BLONDIE TRIBUTE  
PENNY DIAMOND  
SHOW STARTS 8PM

Beeston Victory Club, Station Rd, Beeston. NG9 2AW. Karaoke every Friday 6pm with Dave and every Sunday 7pm with Steve

Fri 6th Rob Martin (2 - 5pm)  
60's to 90's Guitar Vocalist  
Fri 13th Steve Thompson (2 - 5pm)  
60's to 90's Guitar Vocalist  
Fri 20th Sebastian (2 - 5pm)  
50's 60's 70's Vocalist  
Fri 27th Karl Howard (2 - 5pm)  
50's 60's 70's Vocalist

**Christmas Eve** The Hit Factory Band  
Plus Party Disco

Sat 7th Vinyl 45 (8pm)  
Plus Andy Walker  
Sat 14th Backline Duo (8pm)  
Plus Alan Squires  
Sat 21st One Night With you (8pm)  
Plus Jay Harrison  
Sat 28th Back On Track (8pm)  
Plus Mel Barmley

**New Years Eve** Zephyr 4  
Plus Party Disco

Sun 8th Paul Rhodes (3 - 6pm)  
60's to 90's Guitar Vocalist  
Sun 15th Chris Bevans (3 - 6pm)  
60's to 00's Vocalist  
Sun 22nd John Halton (3 - 6pm)  
60's to 00's Guitar Vocalist  
Sun 29th Kev Smith Jones (3 - 6pm)  
The Reggae Man

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To be sure of appearing on this page. Email your gigs by the 10<sup>th</sup> of the month, to appear in next months issue. To [breezegigs@gmail.com](mailto:breezegigs@gmail.com)



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**NEIL ELLIOT**

FRI 20 DEC

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**MERLE FORBES**

FRI 27 DEC

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# breeze competitions

Closing date is 20th December 2019.

All entrants must also supply, full name, address and a daytime telephone number. Please state the date you wish to visit - Good Luck!

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BRIGHT  
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win

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Join the Webb sisters as they hunt for their little pet mouse on Christmas Eve and stumble across some of their favourite fairy tales!

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- ★ Christmas craft activities every weekend in the Victorian kitchen
- ★ Santa every weekend 11.30-4.00pm £6 Courtyard Grotto (Book alongside entry ticket)
- ★ Festive Afternoon Teas every weekend in the West Front Suite Booking required £15pp (Book alongside entry ticket)

Park opens at 11am | House open 12 – 4pm (last admission 3pm) | Café & shop open 10am–3.30pm  
Parking £6, includes access to grounds and gardens only.

#### Christmas Candlelit Tours - Thursdays in December

Tour includes mulled wine and mince pies  
7.30pm | £20pp

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A family ticket  
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Newstead Abbey  
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subject to availability.

TO ENTER: Just email us and let us know  
why you want to visit A Storybook Christmas!

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**Serves 2, Preparation 20 minutes, Cooking 35 minutes**



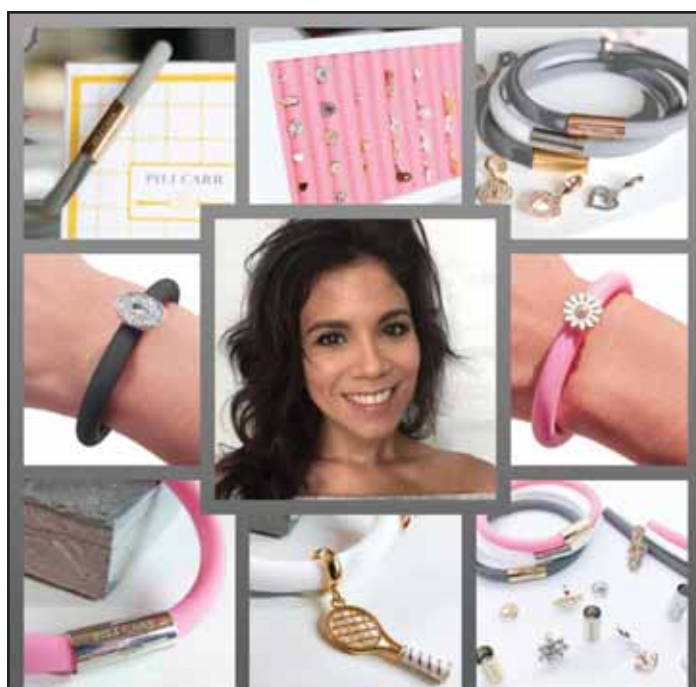
- 2 tbsp olive oil
- 1 onion, sliced
- 150g mushrooms, sliced
- 1 yellow pepper, chopped
- 2 cloves garlic, crushed
- 50ml vegetarian port or red wine
- 25g mixture of pumpkin and sunflower seeds, toasted
- 50g walnuts, broken
- A handful of fresh parsley, rosemary and thyme, chopped
- Salt and cracked black pepper, to taste
- 1 packet filo pastry (you will need to use 2 sheets for this recipe)
- 50g butter or vegan margarine, melted
- 200g vegetarian Wensleydale cheese with cranberries or 180g soya cheese with 20g cranberries\*

Bake in oven for 30-35 minutes, until cooked.



**The Vegetarian Society is the place to go for everything you want to know about the world of vegetarian food. Their mission is to inspire, inform and enable people to be vegetarian. visit: [www.vegsoc.org](http://www.vegsoc.org)**





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Kegworth Christmas Lights Switch - 1st of Dec. 1-5pm

Brackenhurst Christmas market at NTSU in Southwell - 3rd Dec. 10am-3pm

Michaelmas Shopping Extravaganza at The Elms - 6th Dec. 2pm-6pm

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# breeze what's on

This month on our Notice Board, we bring you everything festive in our area! Whether you fancy a sing-a-long or an afternoon tea, there's something for everyone this season...



## Family Carol Concerts

Saturday 21st December 2019,  
5:00 pm (note earlier start) and  
**Monday 23rd December 2019,**  
7:00 pm, **Royal Concert Hall,**  
**Nottingham**

Forget the shopping for a while and get in the Christmas mood singing familiar carols with the audience and listening to less familiar but immediately appealing Christmas music from the choir and the Thoresby Colliery Band. Children will be invited to come on stage to play their part in the festivities.

Tickets: £10 - £21  
(concessions, student, child and group discounts available; family ticket £25-£52.50)

Tickets are now on sale for  
Erewash Musical Society's  
production of:

**'Snow White and The Seven  
Dwarfs- A Family Pantomime'**  
"OH NO THEY'RE NOT"  
"OH YES THEY ARE!"

Book your tickets via website  
<https://www.erewashmusicalsociety.co.uk>

Or call box office on  
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**Carols by Candlelight**  
**Nottingham RC Cathedral,**  
**Derby Road, Nottingham,**  
**Nottinghamshire, NG1 5AE**  
**Nottingham Cathedral**  
**Friday 13 December 2019**  
**7.30 - 8.45pm**

Free admission

Escape the hustle and bustle of the pre-Christmas season with an evening of traditional carols and readings in the beautiful setting of Nottingham's Pugin-designed Cathedral, featuring the Cathedral Choirs and the dazzling Essentially Brass! Seasonal refreshments will be available afterwards in Cathedral Hall.

Admission is free but there will be a retiring collection for Cathedral funds

This is an extremely popular event - early arrival is advised to ensure a seat.

**Attenborough Friendship Group** has been running for 43 years and is always pleased to welcome new members. They have a varied programme including guest speakers, meals, outings and musical afternoons. They meet fortnightly on Wednesdays between 2.30pm and 4.00pm in **Attenborough Village Hall.**  
**For further information, or to join, please contact Shirley Porter on (0115) 922 1183.**

**Christingle and Crib Service**  
**Beeston Parish Church**  
**Vicarage, Middle St, Beeston**  
24th December  
4.30pm Christingle and Crib Service  
11.15pm Midnight Mass  
25th December  
Parish Family Celebration

**Christingle Services**  
**Toton Churches**  
**83 High Road, Toton**  
Christmas Eve.  
A family celebration named after the Christingles that are lit during the service. Christingles are made from an orange decorated with red tape, sweets and a candle. We also hold a collection for The Children's Society to support children and young people.  
3.00pm and 5.00pm  
Christingle Services at St Peter's  
4.00pm Christingle Service at Toton Methodist Church

**St Leonard's Church**  
**Wollaton Road, Wollaton**  
**Festive Family Fun.**  
15th December 3 - 5pm  
Wollaton Vale Community Centre. Free. Carols, Crafts and refreshments.  
**Carols round Pump.**  
22nd December 6.30pm  
Outside the Admiral Rodney/  
St L community Centre  
**A Messy Nativity.**  
24th December 3pm.  
St Leonard's Church

**Christmas Grotto**  
**at Rufford Abbey**  
**Rufford Abbey Country Park,**  
**Ollerton, Nottinghamshire,**  
**NG22 9DF**

Every weekend in December  
(plus Monday 23rd December)  
Come and visit the main man this festive season at the annual Rufford Christmas Grotto.

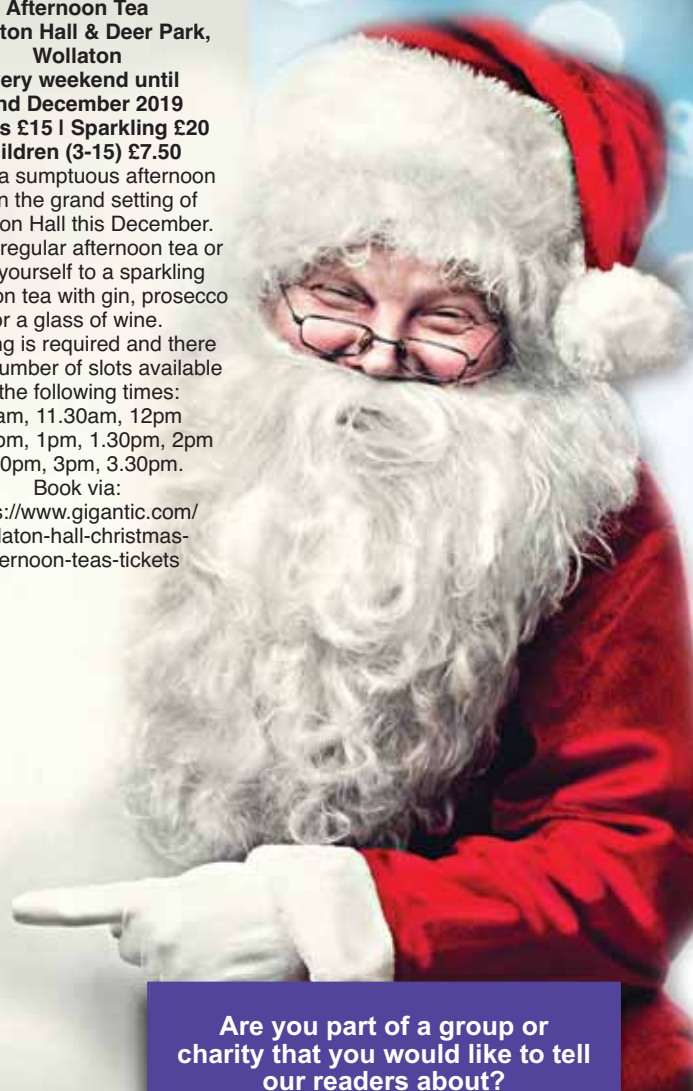
Santa will be visiting the grotto from 10.30am - 4.00pm every weekend.  
£5 per child  
(include suitable gift)

**Wollaton Hall Christmas**  
**Afternoon Tea**  
**Wollaton Hall & Deer Park,**  
**Wollaton**  
**Every weekend until**  
**22nd December 2019**  
**Adults £15 | Sparkling £20**  
**Children (3-15) £7.50**

Enjoy a sumptuous afternoon tea in the grand setting of Wollaton Hall this December. Take a regular afternoon tea or treat yourself to a sparkling afternoon tea with gin, prosecco or a glass of wine.

Booking is required and there are a number of slots available at the following times:  
11am, 11.30am, 12pm  
12.30pm, 1pm, 1.30pm, 2pm  
2.30pm, 3pm, 3.30pm.

Book via:  
<https://www.gigantic.com/wollaton-hall-christmas-afternoon-teas-tickets>



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

Send your entries BY EMAIL: [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

DEADLINE FOR JANUARY 20 ISSUE: 28th December 2019

Send in about 500 words plus images to:  
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and you could have a feature in Breeze Magazine for Free!



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# breeze puzzler

Welcome to our brain teaser page - Enjoy!

keeping it

local

SINCE 2002

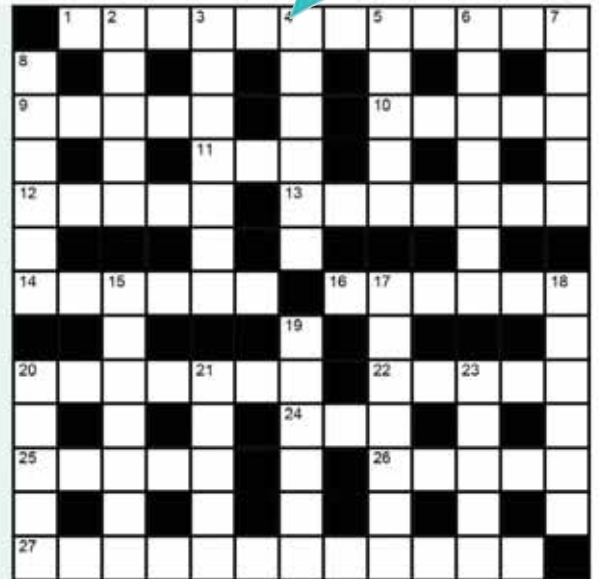
## CROSSWORD PUZZLE

### Across

- 1 Sad beyond comforting (12)
- 9 Map book (5)
- 10 Headdress worn by a bishop (5)
- 11 Sound made by a dove (3)
- 12 Colour slightly (5)
- 13 Place for young plants (7)
- 14 Frightened (6)
- 16 Disarrange or rumple (6)
- 20 Circus performer (7)
- 22 Conclude by reasoning (5)
- 24 Went faster (3)
- 25 Adjust finely (5)
- 26 Make speeches (5)
- 27 Till which calculates a bill in a shop (4,8)

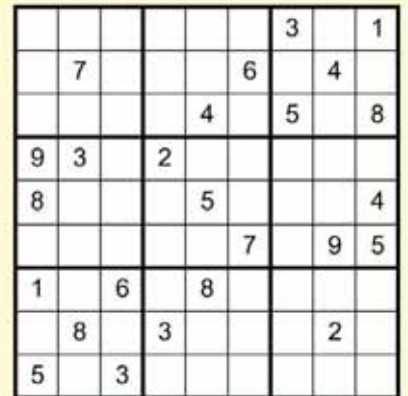
### Down

- 2 Synthetic fabric (5)
- 3 Lewd (7)
- 4 One sixtieth of a minute (6)
- 5 Madagascan primate (5)
- 6 Swimmers (7)
- 7 Opponent (5)
- 8 Prickly desert plant (6)
- 15 Stuff (atmosphere) (7)
- 17 Presaging ill-fortune (7)
- 18 Deserved by one's efforts (6)
- 19 Twine (6)
- 20 Trick (5)
- 21 Bread-maker (5)
- 23 Crystal of snow (5)



## SUDOKU

Place a number (from 1 to 9 inclusive) into each square in such a way that every digit appears once in each horizontal row, each vertical column and each box of nine squares.



## WORDSEARCH CHRISTMAS

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.



- |              |        |                |
|--------------|--------|----------------|
| BETHLEHEM    | HYMNS  | ROBIN          |
| BOWS         | JINGLE | SAGE           |
| ELVES        | LIGHTS | SANTA          |
| GAMES        | MYRRH  | SNOWBALL       |
| GOODWILL     | NOEL   | SPICES         |
| GUIDING STAR | PRAYER | WRAPPING PAPER |

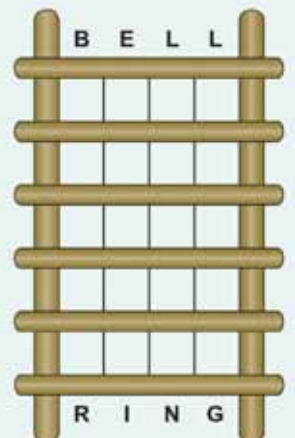
## WORDWHEEL

Using the letters in the Wordwheel, you have ten minutes to find as many words as possible of three or more letters, none of which may be plurals, foreign words or proper nouns. Every word must contain the central letter and no letters can be used more than once per word unless they are in different spokes of the wheel. There is at least one nine-letter word to be found.



## WORD LADDER

Change one letter at a time (but not the position of any letter) to make a new word – and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



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"I'm Mandy Smith and I've been a multi award winning Consultant for The 1:1 Diet by Cambridge Weight Plan for over twelve years.

I help people of all ages to lose weight safely and to help them keep it off. It's been around for thirty five years now and has been developed, tested and validated by expert nutritionists and researchers. Your body gets all the nutrients it needs and uses its fat stores for energy. And because the diet is high in protein, you don't lose muscle mass or have cravings.

You may be a bit nervous before your first face-to-face meeting, but don't worry.

We'll have a chat, get to know each other and I will weight and measure you. We'll talk through The 1:1 Diet options, and together we'll choose the perfect Step for you.

You'll typically see me once a week for a weigh in, a catch up and to order your products, but I will be in touch with you on a regular basis with call and texts between appointments. I'm here to support you and you can lean on me when the going gets tough – as it sometimes will. I know exactly how to keep you on track. Please call me for more information."

**Contact: Mandy Smith**

**Tel: 079606 45505**

**Based at:**

**Pastiche Therapy Centre, Beeston, Nottingham NG9 2LN**

**e: [MandySmith.one2onediet@gmail.com](mailto:MandySmith.one2onediet@gmail.com)**

**fb: [@one2onedietmandysmith](https://www.facebook.com/one2onedietmandysmith)**

**w: [one2onediet.com/mandysmith](http://one2onediet.com/mandysmith)**

**THE 1:1 DIET**

by Cambridge Weight Plan

## Want the weight gone?

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# breeze appeal

New Year 'Recycle for Charity' campaign launches in Nottingham helping to raise funds for Nottinghamshire County Council Chairman's Charity Motor Neurone Disease (MND) Association.

In December 2019 and January 2020 Nottinghamshire residents are encouraged to make a recycling resolution by taking their WEEE (waste electrical and electronic equipment) to one of the 12 Recycling Centres in Nottinghamshire. This will help to raise money for Motor Neurone Disease (MND) Association, Nottinghamshire County Council Chairman's chosen charity. The charity works to improve care and support for people with MND, their families and carer as well as funding medical research into the condition..

Throughout December and January, we are donating £5 for every tonne of WEEE taken to the Recycling Centres.

228 tonnes were collected in 2017/18, and 221 tonnes were collected in 2018/19 we have promised to donate an additional £500 bonus to the charity if the total reaches 500 tonnes by the end of January this year.

## What is WEEE?

Every year an estimated 2 million tonnes of WEEE items are discarded by householders and companies in the UK\*

WEEE stands for Waste Electrical and Electronic Equipment. It includes everything from electric razors and toothbrushes to vacuums and phone chargers – pretty much every electrical item you find in your home with a plug or battery. Electrical items (including but not limited to those marked with a symbol of a wheeled bin with a cross through it) can be repaired or recycled – saving natural resources and the environment.

Most electrical waste consists of multiple materials, including metal, glass, plastic, precious metals, lead and mercury. This complex and dangerous mix of components means that WEEE from Nottinghamshire households should always be recycled at the Recycling Centres and never put into the kerbside bins.

For the December 2019 / January 2020 Recycle for Charity Campaign the tonnage is based on Small Domestic / Household Appliances. For example this includes items such as: Vacuum cleaners, Irons, Toasters, Clocks, Mobile phones, Kettles, Fans.

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