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breeze

FEBRUARY 2019

ISSUE 195

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LOCAL MUSICIAN - RYAN FARMER INTERVIEW

A close-up portrait of a young Black woman with a joyful expression, wearing black-rimmed glasses with red temples and a light blue headband. She is wearing a pink, textured, sleeveless top. The background is a soft, out-of-focus grey.

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welcome to breeze

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breeze competition

Do you want to enjoy a fun filled, family-friendly day out at Nottingham's biggest and bounciest trampoline park?

We've teamed up with Red Kangaroo to give away two family passes, worth £50 each, to two of our lucky readers.*



The trampoline park, based in Bulwell, is one of Nottingham's newest, family friendly destinations.

Since it opened in 2017 it's become a family favourite with Nottinghamshire families looking for a fun day out in all weathers.

The park on Dabell Avenue on the Blenheim Industrial Estate in Bulwell has a huge main court of 100 wall to wall trampolines making it easiest the largest in the city.

It caters for all age groups from one-year old tots upwards with sessions designed for different age groups. The tots and new parents' sessions, Kanga Tots, is aimed at children aged between one and five. This is a great time for little ones to experience bouncing in a safe and spacious environment away from older children.

Kanga Family is a fun filled session for bouncers between the ages of two - 12 and their parents, with Kanga Bounce aimed at age four upwards. This one-hour unlimited bounce allows access across the park including Ninja Warrior, the Airbag and Gladiator Beam.

There's even a calm bounce session every Sunday when the music is switched off and the lights turned down. This is perfect for children with anxiety, autism sensory needs or access requirements.

Monday to Thursday the park holds a term time

Happy Hour. Each ticket includes a two-hour bounce time and free Polar Krush Slush.

It's ideal as a post-school treat or for burning off energy after being in the classroom all day.

As well as 100 wall to wall trampolines for bouncy fun, Red Kangaroo has lots of other exciting activities the whole family can enjoy.

The mega ninja course will test skill and stamina and the tumble track is the place to go for springy somersaults.

Three gigantic foam pits, one featuring a gladiator beam is great entertainment for the whole family. There's also a power tower, a slam dunk arena and a dodgeball court where players can battle it out against each other.

Other fun features include a mad cat's cradle of giant elastic bands to clamber through and a power slide to go down once you've found your way through and a parkour course.

The spacious mezzanine is ideal for a break in between bounces, the perfect space to watch over children while they bounce or simply to relax and enjoy something to eat and drink in Café Roo.

Red Kangaroo has four party rooms available for a bouncy, fun-filled birthday celebration.

Parties run for around two hours with a one-hour bounce session and time in the party room with food and drinks provided.

To find out more and book your session, visit <https://www.redkangaroo.co.uk>

TO WIN TICKETS - Send your entry to info@breeze-magazine.co.uk

With your Name and Address and just tell us what the name of the cafe is called at Red Kangaroo!

*The pass includes entry for two adults and two children, plus Red Kangaroo socks for all four and a one-hour bounce session.



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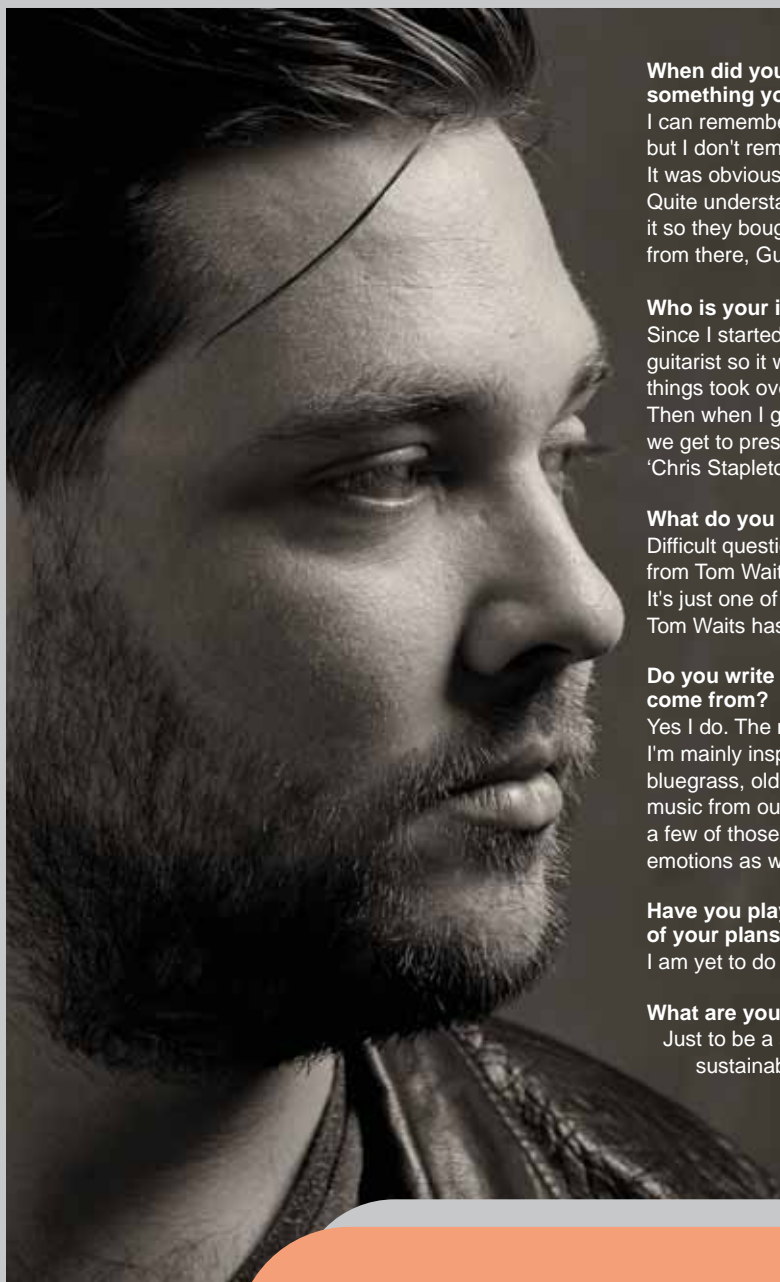
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breeze interview

Breeze meets up with local lad, Ryan Farmer to find out what started him off in the music business and what inspires him.

Ryan is one of the many talented young artists that we have in our area. Ryan invokes the sounds of the States through thoughtful songwriting of his own and storytelling with a soulful voice.



When did you first get in to music and playing guitar, was it always something you wanted to do as a kid?

I can remember asking my parents for a drum kit when I was about 13, but I don't remember actually being into music in any way at the point. It was obviously just an idea I thought was cool at the time. Quite understandably, I don't think my Mum and Dad were massively keen on it so they bought me a guitar instead and that's where it started. I got into music from there, Guns 'n' Roses were probably the first band I was properly into.

Who is your idol in terms of music?

Since I started playing there's been a few, back then I wanted to be a lead guitarist so it was Slash. But as I got older, the singing and songwriting side of things took over so then it became Noel Gallagher, I was obsessed with Oasis. Then when I got turned onto the blues it was 'Seasick Steve' for a while, until we get to present day where I'm writing country music and now I'd say it's 'Chris Stapleton'. All have played their part in different ways.

What do you think the greatest lyrics are that you've ever heard and why?

Difficult question! I think "there ain't no devil, it's just god when he's drunk" from Tom Waits' 'Heart Attack and Vine' will always be up there for me. It's just one of those lines you wish you'd thought of and a great image. Tom Waits has lots of those.

Do you write your own stuff. Where does your own inspiration come from?

Yes I do. The new album, 'Just Another Night', is made up of 10 original songs. I'm mainly inspired by the American styles of music I listen to, country, bluegrass, old time, gospel and blues, but also some of the traditional folk music from our side of the pond. Lyrically, I love story songs and I have quite a few of those myself, but songwriting is also a good way to put down your emotions as well.

Have you played in America or visited Nashville, is this included in any of your plans?

I am yet to do that, but it's certainly right up there on the list of plans.

What are your long term plans with your music?

Just to be a successful recording and touring artist and to make it a sustainable living. Here's hoping that the debut album is a good start!

**Ryan launches his new album - February 23rd 7.30pm
at The Running Horse, 16 Alferton Rd, Nottingham NG7 3NG**

<http://www.ryanfarmermusic.com>

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breeze weddings

People often don't realise that there is a great place to hold a wedding right on our doorstep – Strelley Hall in the picturesque Strelley village. It's a beautiful Georgian stately home with elegant function rooms and lovely grounds which provide a perfect backdrop for a very special wedding day.

To showcase what Strelley Hall can offer, they are hosting a Wedding Fayre on Saturday 23rd March 11am-3pm, entry is free and visitors will receive complimentary a goodie bag and glass of fizz.

The rooms will be dressed for a wedding and there will also be a catwalk show of bridalwear from Priscils Collection (based at Strelley Hall) who offer weddingwear and accessories. There will be local suppliers to meet - photography, cakes, cars, hats, entertainment and more. The Lash Lounge (also based at Strelley Hall), and their 'In House Make-up Artist' Gracie Belle, will be chatting all things wedding beauty, and offering free skin, hair and make-up advice to all brides to be. Moodoo Hair Salon at Strelley Hall will be doing the bridal hair for the day. If you're planning a larger wedding, then the lawns at Strelley Hall are perfect for a marquee or even a tipi, staff will be on hand to discuss at the Fayre. The Mulberry Tree Café based in the Stables at Strelley Hall are able to provide wedding catering; café staff will be available to discuss your requirements. For those that like to be right on trend, you can even have a Deluxe Wedding Afternoon Tea complete with delicious homemade Mulberry Tree quiche, cakes and scones, with of course plenty of Prosecco or Pimms. Alternatively, how about a tasty hog roast served in a giant tipi on Strelley Hall's front lawn!



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What a man!

Slimming World helps Paul turn his life around after having Cancer.

Since December 2017, Paul has lost 2 stone 5 pounds and gone from a 38 to a 32 inch waist, proving that Slimming World works just as well for men.

Like many men, Paul thought that slimming clubs were aimed at women and assumed the focus would be on 'diet' food and talking about people's emotions. However, he decided to give it a try after he had suffered with cancer.

"I felt sluggish, lethargic and couldn't be bothered to get up and do things. I was in a dark place at the point of joining Slimming World. Emotionally I was struggling to hold it together and physically I was exhausted" said Paul. Having previously had cancer which involved two operations.

It was Christmas 2017 and Paul was getting more and more depressed. "My clothes were not fitting me and I was anxious about going out and meeting people. After talking things through with Sue, my wife, I decided to take back control of my life and we decided I should join Slimming World. I found my local group and she came in with me for moral support."

After walking through the doors and meeting his Consultant, Louise, Paul was put at ease as she was very understanding of the dark place that he was in. "I was pleasantly surprised, to find out that no one looks down on you, they just rally round and give advice by making suggestions on what to try and what works for them."

"I have made so many changes to the foods that I eat. I have learnt how to move away from fried foods to oven cooked, I used to buy sauces in jars but now with all the amazing Slimming World cookbooks and the ideas from the group I can now make healthier meals."

"There are lots of health benefits from not buying processed foods and using more fresh produce."

me focus on things and take each day as it comes. I started by doing my bronze and silver body magic awards and I am now working towards my Gold.

Paul has now trained as a Consultant for Slimming World at the national training academy in Derbyshire and is now getting ready to take over the Chilwell Group on the Thursday 28th February.

"Slimming World has given me back what the cancer had taken away. I have gone from not being in control of my own life to being an active member of the community. It has not only changed my life, but saved my life."

Paul will be getting ready to welcome the members at St Barnabas Church every Thursday at 5.00pm and 7.00pm from 28th February.



As the weight came off, Paul found he had more energy and so he was eager to use it: "As a man I always thought that physical activity would be the best way to lose weight, but at the beginning I just had no drive to do it." "Slimming World helped me to break it down into chunks and by starting small I've managed to build up my activity gradually. I started walking and I now walk about twenty five miles per week which gets me out of the house more and helps

For more information please contact any of the local consultants on the details shown below.

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Community Centre,
The Old School,
Montpelier Road 5.30pm
Please check website
for contact details

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

WEDNESDAY

Beeston *NEW DAY & VENUE*
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 5.30pm & 7.30pm
Tel Debbie 07738634284

Bramcote

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

Wollaton

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

THURSDAY

Beeston

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

Wollaton

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

Long Eaton

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

Chilwell

St Barnabas Church, Barncraft
(off Inham Rd), 5.00pm & 7.00pm
Please check website
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FRIDAY

Wollaton

Wollaton Park Comm Centre
Harrow Rd.
9.15am & 11.15am
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SATURDAY

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The Resource Centre
Middle Street, Beeston
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Sun 24th John Halton

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Michael Jones (8pm)
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Established in Beeston, Nottingham over seventy years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell Road (opposite corner to Ellis-Fermor & Negus Solicitors).

Director and senior Optometrist at John Flynn Opticians, Dr Sheeraz Janjua is one of only twenty five Optometrists in UK to be awarded the degree of Doctor of Optometry from Aston University for his research in Dry Eye Syndrome.

Having been at the helm in Beeston since 2016, Dr Janjua provides private and NHS patients with the option to benefit from an enhanced



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We stock hand-made frames made by expert manufacturers, largely in France, Italy and Japan. The quality of these frames speak for themselves. We also have a range of beautiful frames at a lower price point, so you can have a pair for every outfit!

With that in mind let us introduce you to Hove native '**Kirk&Kirk**' our new collection of handmade acrylic frames with a mission statement to create unique eyewear that is exciting and easy to wear. You will get a sense that this collection is something different, the choice to use the best french made acrylic allows the light to flow through the frame and make the colours pop.



Model 'Victor' as worn by Pru Leith on the 2018 series of 'Bake off'

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

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

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

For motorists that drive mainly in the evening we would recommend the Night Drive lens from Tokai or the Enroute Pro from Hoya. We also supply the new **Nikon SEECOAT Drive** an everyday lens coating with enhanced driving performance that can be paired with their finest lenses and available with **Transitions/Transition Xtractive**.

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Telephone 0115 9255051 to make an appointment. enquiries@johnflynnopticians.co.uk www.johnflynnopticians.co.uk

Meet the staff...



Dan



Annette



Wendy



breeze what's on

It's many happy returns for West Bridgford Operatic Society this season as they take to the stage at the Squire Performing Arts Centre, Nottingham Girls' High School (The space) to perform the ever successful 'Calamity Jane'

After a successful transition from the Arts Theatre with their sell-out show 'Fiddler on the roof' in February last year.

West Bridgford Operatic Society are also returning to the Wild West (well the United States anyway!) having performed 'Oklahoma' to full houses the year before.

You can hear the music in your head right now if we simply mention 'The Deadwood stage', 'Black hills of Dakota', 'Higher than a Hawk' and 'Just blew in from the Windy City'. All are performed with polished style and great enthusiasm by an accomplished line-up of principals and a talented and experienced chorus.

The accompanying thirteen piece orchestra will be under the baton of the multi talented Meng Khaw, the Society's Musical Director who is also directing the production.

Make sure you get your tickets and enjoy the somewhat farcical plot revolving around the heroine and her associate Wild Bill Hickock in the small South Dakota town of Deadwood.



West Bridgford Operatic Society proudly presents 'Calamity Jane'
Tuesday 19th February to Saturday 23rd February 2019 in 'The Space' at Nottingham Girls' High School

Tickets are priced from just £8.50 - Available from West Bridgford Operatic Society hotline 07968 711 534
or via their website www.westbridgfordoperaticsociety.co.uk

nurturing nurseries

at Wollaton Village Day Nursery Group

Wollaton Village Day Nursery Group, consisting of Childcare Wollaton, Childcare Bramcote and Childcare Eastwood offers parents from all areas a choice of high quality care which encompasses learning and play amongst dedicated and professional caring teams. Their aim is to provide a secure and happy environment for your child which will enable them to develop to their full potential.



WOLLATON DAY NURSERY

We are a family run business in the heart of Wollaton providing child care for children aged 6 weeks to 11 years. After opening in 1991 we are proud to have our most senior staff still with us since our doors first opened. We are an inclusive setting which provides



exceptional care for all the children attending our nursery.

Our main focus and priority is the well-being and happiness of the children in our care. At Wollaton Village Day Nursery we believe that every child should have positive self-image. We provide a bright, fun, happy, stimulating and educational home-from-home environment with a wonderful outside area, which each room has full access to. We have regular dance classes, events for children of all ages and visits to our local library plus lots more within our local community.

Whilst in our care the children have a wide variety of learning experiences which enable them to learn and develop at their own pace with their own interests at heart, whilst having lots of fun with their very first friends!



EASTWOOD DAY NURSERY

We offer high quality child care for children aged 6 weeks to 14 years. Based in a small yet busy town & are easily accessible from the main road. With 120 childcare places including out of school care. We pride ourselves in being flexible and offer various sessions to cater for varying family needs.

Four different child care areas that are fully equipped with age appropriate resources and equipment with our baby room the smallest which enables us to have a 'home from home' environment. The baby room consists of a black and white area, a cosy area to rest, a carpeted area in which we vary the resources depending on the needs of the children and an area with a wipe able floor which allows the children to explore paints, play doh and all things messy!

Our toddler room caters for children from approximately 18 months to 3 years of age & is extremely spacious with numerous areas in which the children can play and learn.

We have a role play area, cosy book area, heuristic area, creative area including messy play alongside numerous activities that enable to the children to have opportunities to be imaginative and develop physical skills, early language and imagination.

Our pre-school room caters for children aged 3 to 4 years & is extremely spacious with numerous areas in which the children can learn and play. Learning is play based



and we encourage the children to be inquisitive and young explorers. The children have free access to mark making tools, a creative station, and a messy area & encouraged to enjoy books from an early age.

Our outdoor area has a wide range of accessible activities for children of early ages, including an outdoor reading area, mud kitchen, construction area alongside a range of bikes, trikes, climbing equipment and slides, a large grassed area alongside a large playground.

BRAMCOTE DAY NURSERY

Bramcote Day Nursery opened in 1995 and operates from a single storey building in the village of Bramcote, close to the A52 and within easy reach of both Nottingham and Derby

A maximum of 50 children may attend the nursery at any one time. There is a baby room to cater for babies and crawlers up to the age of eighteen months, an area for walkers, another area that accommodates toddlers and an area for the pre-school children.



Children are grouped according to age and developmental stage. All children have access to a secure outdoor area which offers a hard play and grassed surface and when weather permits the facility makes use of nearby parks.

There are eight staff who work directly with the children. Five of these, including the manager, have relevant early year's qualifications. We have an area manager who holds Early Years Professional Status.

The nursery is open each weekday from 08:00 to 18:30 throughout the year, closing only for Bank Holidays

Wollaton Village Nursery

Wollaton Road, Wollaton Village
Nottingham, NG8 2AN
Tel: 0115 928 2239

Eastwood Day Nursery

Church Street, Eastwood
Nottingham NG16 3HS
Tel: 01773 711 721

Bramcote Day Nursery

Chapel Street, Bramcote Village
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breeze stars

What will this month have in store for you?

Aries

Someone's behaviour is really starting to get on your nerves! And once again you are making threats to 'so something' but, and there is always a 'but', we have been down this road before and you made excuses and backtracked on your decisions on more than one occasion so who are you expecting to take you seriously now?

Taurus

You are right in feeling optimistic about your long term future outlook because you are preparing yourself for a brand new beginning which involves joining new groups of people, societies, social gatherings giving yourself the chance to do some dating and flirting. Soon you will be in the company of a new friend, possible lover, who will tick all your boxes.

Cancer

A complete change of direction in your social life will give you the lift and lightness of heart that you need in order to function on all cylinders. If self employed, you can expect an extremely busy time ahead with existing and new customers. Rather than spend hard earned cash on stuff you don't need neither for yourself nor for your home, save your money for when you may need it in the future.

Leo

Just when you thought you were in control of a certain situation something or someone will change all that putting you in a very insecure position indeed. A romantic dinner with a loved one will confirm that either the relationship is to continue or that it will end with a huge full stop!!

Virgo

You need more adventure in your life and you are about to get it! Someone new will casually stroll into your world causing mayhem because of the highly charged electrical chemistry that will exist between you. Others will look on in amazement but you are not to be deterred insisting that you want to see more and more of person.

Libra

A close friend or relative may start demanding more of your time. You may start feeling guilty or extremely uncomfortable because they have the knack of making you feel like this. You may receive a party invitation that initially will not appeal to you at all, but if you make the effort to go it's possible that you will meet someone that you will become very fond of in the future.

Scorpio

Bide your time. Someone who may have recently upset you will be in touch but the burning question is.... are you prepared to kiss and make up? The answer will probably be 'no' because once you have experienced problems with a person in the past there is a big chance that you will have them to deal with all over again in the future.

Sagittarius

Someone you thought you knew really well will surprise you with their arrogance and unreasonable behaviour. Not only will you dislike their attitude but you may also lose respect for them as well. Spending time alone is important for you at various intervals, just so that you can gather your thoughts and take a break.

Capricorn

Your wicked sense of humour is also spiked with bits of the truth. You are very good at putting your point across charmingly with the listener hanging onto your every word. Although you may try to warn a friend about their current actions and decision making, your wise words of advice will fall on stony ground and the relationship could be jeopardised.

Aquarius

You refuse to be bullied into submission and this could cost you a friendship or working relationship. However, you are resourceful and a survivor. No matter what life throws your way you somehow manage to get through in one piece and start over again. If you are internet dating or chatting to someone on line, a social arrangement will soon be made allowing you both to meet up in person and have a good chat.

Pisces

Right now you have x-ray vision and can see the wood for the trees. Your advice and guidance will be sought by a close friend or someone who respects your opinion. As always you will put your finger on what is the immediate problem and offer your opinion as you see it. Finances will start to improve and if self employed you can expect a boom time as your reputation will begin to precede you.



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breeze memory lane

Were you one of 'The Gang' in 1969?
If so, then Girlguiding Nottinghamshire wants to hear from you!

If you were one of the 29 pioneering girls who made local Gang Show history back in 1969, then Girlguiding Nottinghamshire would love to hear from you!

Rehearsals are currently underway for the 2019 Nottingham Gang Show, which is due to run at the city's Theatre Royal from 4-9 March.

These days it's a joint production by members of Scouting and Girlguiding from across the county, but that hasn't always been the case: the 2019 show will mark 50 years since girls from Girlguiding Nottinghamshire joined members of Nottinghamshire Scouts on stage for the first time.

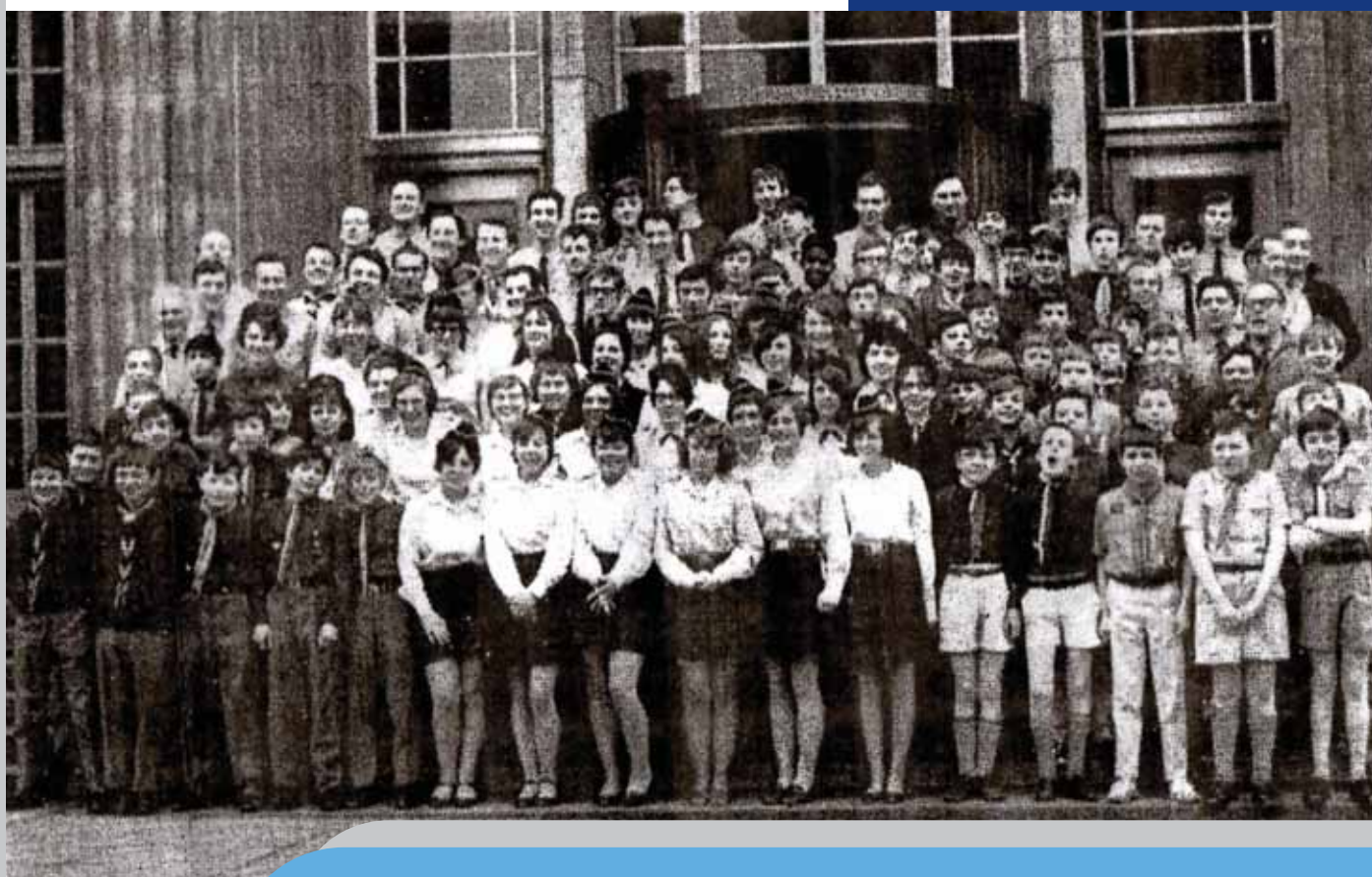
'Nottingham's Gang Show had always been a male-dominated tradition so it was a real milestone when girls were at last welcomed aboard,' says Girlguiding Nottinghamshire's County Commissioner Jackie Brocklehurst. 'Those first 29 girls were true pioneers and opened the door for so many other young performers – watching the rehearsals in progress this week, it's amazing to see that girls and young women now make up most of the cast!'

About Girlguiding UK

Girlguiding is the leading charity for girls and young women in the UK, with 553,633 members. Thanks to the dedication and support of 100,000 amazing volunteers, we are active in every part of the UK, giving girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference to their lives and their communities. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

We run Rainbows (5 - 7 years), Brownies (7 - 10 years), Guides (10 - 14 years) and The Senior Section (14 - 25 years).

Registered Charity No. 306016.
www.girlguiding.org.uk



Girlguiding Nottinghamshire's archivist has unearthed a grainy picture of 'The Gang' in 1969. Anyone who was there is invited to share their memories and impressions – drop an e-mail to office@girlguidingnottinghamshire.org.uk or add some comments on social media.

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breeze good times

Why not share a celebration 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!



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 you look amazing!
 From all your family xxxx



REYNE

Happy Birthday this month
 Reyne. Hope you have enjoyed
 your travels around Europe
 - Safe journey back. Love Always xxxx



JESS

Congratulations
 on being part
 of the
 Women's
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 fantastic game!
 So proud of you
 xxxx



DAD

Enjoy your Birthday Dad, hope your
 night out is Halfway to Paradise!
 Love Always your Daughters xxxx



MATT

Enjoy your
 Birthday Matt.
 Looking
 forward to
 seeing you
 and enjoying
 a catch up!
 From all your
 family xxxx



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

• 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 signed Email of agreement from the Parent or Guardian of that child. With full address details.

Let's face it no-one's perfect... ...but we come pretty close



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"This is the second time we've used Blacklock as we were very impressed by the first job they did for us a couple of years ago. Firstly we had a luxury vinyl kitchen floor fitted and this week we had a large area, stairs and landing fitted with carpet. The kitchen floor still looks like new; the carpets look amazing and have been very well fitted. We shall definitely return to Blacklocks for future work. A lovely family run business that care about your needs and do a fabulous job! What more can I say but thank you".

"Fantastic service from everyone at Blacklock Carpets. It's great to see a family run business where everyone involved is so very helpful. Due to illness I couldn't visit the store so the store was brought to me! A few weeks later and all the work complete. Fabulous service, fabulous carpet from fabulous people! Thanks again."

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for more reviews

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breeze appeal



Put a Spring in your Step with the Daffodil Dash!

Marie Curie, the leading UK charity for people with terminal illness has teamed up with Virtual Runner UK to develop an exciting new challenge for March 2019.

The Daffodil Dash is a virtual challenge that requires participants to run or walk 28km throughout the month of March. Challengers can run, walk or even skip the 28km over a number of days, to help raise much needed funds for the charity.

Sponsorship raised from the challenge will help Marie Curie to raise the 2.8 million pounds needed to fund Marie Curie research underway across the UK.

Rebecca Davies, the Marie Curie Community Fundraiser for Nottinghamshire said, "Many people don't know that Marie Curie are the UK's largest charitable funder of palliative and end of life care research. We invest in research that improves care for people living with any terminal illness.

We believe it is important to find better ways to care for people at the end of their life. This is why we're encouraging local people to get onboard and sign up to the Daffodil Dash.

Experienced participants can Daffodil Dash in one go, whilst newer runners and walkers can dash 1km a day.

If you're a busy bee, why not include your daily walking mileage? For example, picking the kids up from school, walking to work or walking to the shops. It couldn't be easier to get involved!

Setting yourself a target of raising £28 in sponsorship for your Daffodil Dash will collectively make a huge difference to the work we do – who knows, you might go on to raise a whole lot more!"

It's just £12 to enter the Daffodil Dash and 20% of each signup fee will be donated to Marie Curie with 100% of sponsorship coming to the charity.



You can find out more information and get signed up by visiting www.virtualrunneruk.com/product/daffodil-dash/
You can find out more about the research Marie Curie funds by visiting www.mariecurie.org.uk/research

Your local fundraiser is Rebecca Davies and can be contacted at Rebecca.davies@mariecurie.org.uk or by calling 07825 044 305 for sponsorship forms and further support.

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breeze dining out

New dining concept comes to Nottingham

The first of its kind in Nottingham, Top Floor Development offers a unique dining experience, where your meal is cooked and plated before your eyes as you dine on the perimeter of a professional kitchen.



Top Floor Development is a new dining concept created by well-known local award-winning chef and owner of The Cods Scallops John Molnar. The development/production kitchen was originally created to evolve The Cods Scallops by producing its daily salads, sauces and specials. Chef Leroy Allen was brought in to manage this, however with their chef skills, knowledge and creativity, the idea of The Table at Top Floor Development was born.

Leroy and John have worked together for nearly 20 years. Leroy is well known in the city for his cooking ability and has been paramount in helping to launch this unique concept.

Tucked away on the top floor of The Cods Scallops on Mansfield Road, Carrington, Top Floor Development is accessed through a secluded door in the main entrance.

At the top of the stairs you will be stunned by a beautiful warehouse-style private dining room with an impressive Zinc banqueting table, street art and artistic light displays. It's a grown-up space that seats up to 24 and tickets are sold on an individual basis or the venue can be hired exclusively for bespoke events.

You are invited to be as involved as you wish and help yourselves to aprons and join in the cooking, or simply sit back, relax and enjoy decadent wine and food all cooked and served to your table by award-winning chefs.

The menu is ever changing and the ticketed events are on a first come, first-served basis with dates announced on the soon-to-launch website and their Instagram, Twitter and Facebook page, so make sure you follow them to stay in the know.

As well as ticketed three-course and five-course events, they regularly hold one-off pop-up nights, such as the recent Meat & Malbec and Tour Of Italy events.

The Table's wine selection is outstanding and has been chosen to complement the food and season, all of which can be bought by the glass or bottle.

The whole space is available to hire exclusively for any groups over 10 for special occasions, team building or corporate events. This includes your own personal award-winning chef and waiter for your party with prices starting from just £55 per person.

Follow Top Floor Development on Twitter, Facebook and Instagram to find out about their latest dates.

To book The Table for a private party or buy tickets for the next events, please ring Eva on 0115 7080221 or email eva@topfloordevelopment.co.uk



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breeze gardening

Even though we are going to get cold snaps for some time to come it is clear to see that life is re-energising in the garden



Growing your own potatoes is easy and, in it's own way, rewarding - with so many different types to choose from so why not start some yourself?

Kids can get involved and this can be rewarding in showing them where their food really comes from.

Start off with seed potatoes (these can be bought from a garden centre or seed supplier). Choose 'earlies' which are suitable for planting now. Then place them in old egg boxes or seed boxes with the end with most of the eyes on it (the 'rose' end) face up. You leave them

like this in a cool but light place such as an unheated room or a porch area but out of direct sunlight if possible. Leave them until small purplish coloured shoots appear of about one inch long.

Using either a compost filled bag or your garden soil (you can buy potato sacks which open at the bottom if you prefer) plant the sprouted (this is referred to as chitted) potatoes as follows;

• **Potato bag planting:** fill about one third with multipurpose compost then plant two of your seeded potatoes, sprouts facing upwards, on top and cover with more multipurpose compost to about two thirds full. Then you can add two more seed potatoes here and cover up to the top with your compost. Water in and give them a potato feed every other week. Maintain watering to keep the compost moist.

You should locate the growing bag in a bright and frost free position. You should have potatoes ready to harvest in about ten weeks. You can check in the soil to see how big they are and leave a little longer (around a week or so) if they look too small.

You can also plant potatoes in plain soil but if you are a beginner gardener try this more convenient option as it involves less risk of failure which can be disheartening.

continued...



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Plant a container grown fruit tree

This is such a nice way to have a long term project that you can nurture & even enjoy the products of! This may be a good time to look at planting out a container grown tree as it will not be so susceptible to frost.

To get your tree started in a container then, half fill a large tub with your soil-based potting compost and place the tree on top. Fill the tub in with more soil to the base of the tree and water well. Feed regularly to keep it growing throughout the early spring, summer and beyond.

You can try a variety of tree types including fig which can eventually deliver the fresh figs that are a real treat over the dried variety. Your tree can be purchased in either a container or as bare-rooted plants and you should look for well-developed fibrous roots.

Start your soil prep around now

Make sure you continue to dig over existing beds and borders, incorporating as much organic matter as you can.

This aeration using a garden fork not only helps prepare the soil for spring, it helps reduce pests by exposing them to hungry birds and hedgehogs!

Keep frost at bay

Any tender trees and shrubs will greatly appreciate a generous application of dry mulch to protect their roots from freezing conditions.

Reduce damp risks

Remember not to let leaves accumulate around your alpenes - they will die if left damp for long. Cover bare patches around clumps with gritty compost to encourage regrowth.

Put (an early) spring in your step

Why not try sowing some lobelia this month? Sprinkle seeds on a surface of a good seed compost and gently firm down. Place the seed tray in a propagator (plastic covered tray) at a temperature of 18-24C (indoors near a window is ok). Keep the soil damp but not wet. Do not exclude light as this aids germination which usually takes around two weeks and will take us towards March and early spring!



So, even though we still have some more cold weather to come, don't think that we can't start the growing process once again for the year ahead.

So now you have something to look out for - always part of the magic of gardening so keep looking after your seeding and, as always - Enjoy!

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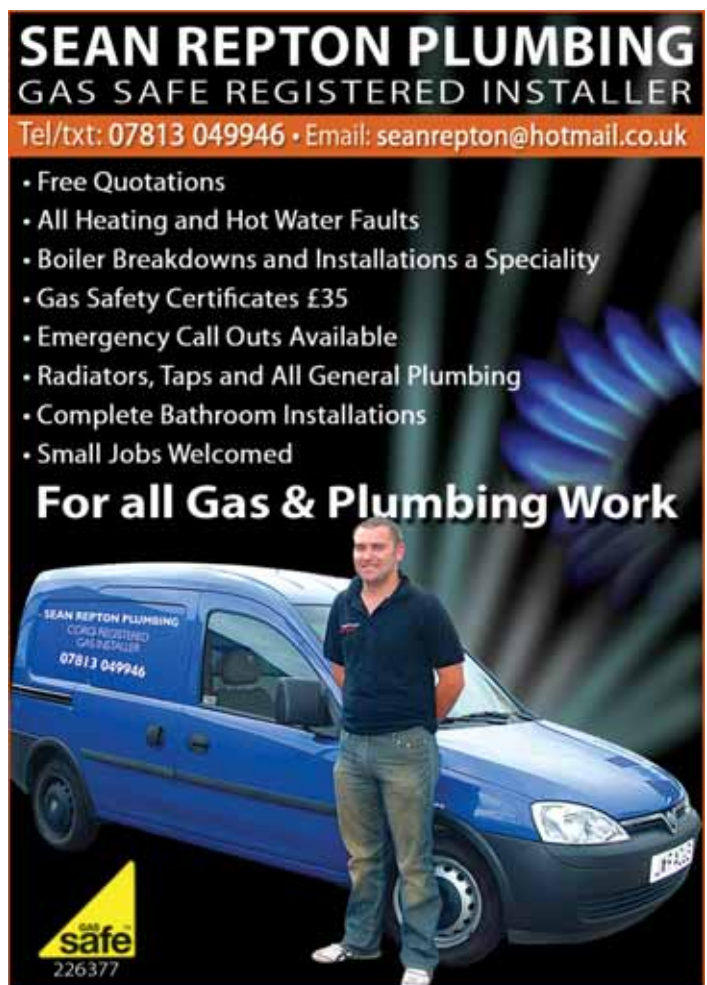
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breeze promotion

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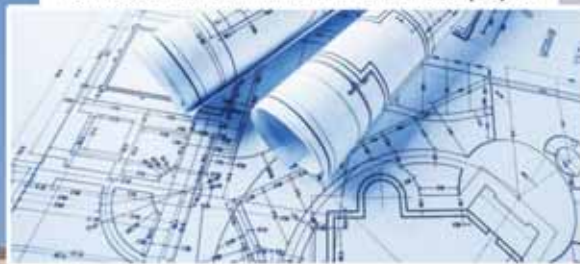
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breeze community

The local community reflected on the Holocaust at the annual memorial event 1st month, they stood together at a short ceremony to mark the 19th annual event in the Walled Garden at Bramcote Hills Park.

Speakers at the Holocaust Memorial event gather by the Holocaust Memorial sculpture, Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM joined fifteen-year-old Youth Mayor William Mee, in delivering readings to reflect the theme of this year's event, 'Torn from Home, along with people whose circumstances have led them to make Broxtowe their home.

Attendees were also invited to write postcards to genocide survivors about their own personal ideas about what home means for them.

"There have been many tragic incidents across the world in the past year and the theme 'Torn from Home' is an important message for us to think about. We need to think about those who have lost their homes as a result of genocide and war and how we can offer them a welcoming home within our own Borough." said Councillor Burnett.

Each year for the past nineteen years Broxtowe Borough Council has held a ceremony at Bramcote Hills Park to mark Holocaust Memorial Day.



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breeze what's on

SICK is a funny, entertaining and at times tragic show about the impact of austerity on the National Health Service. As scriptwriter and performer Shey Hargreaves draws on her real life experience as a receptionist in a busy A&E unit, we find out how government funding cuts have impacted on patients, their families and friends and the staff who care for them.



SICK comes to Nottingham Arts Theatre on 21st and 22nd February as part of a UK tour.

Amidst the organised chaos of the emergency department, with queues in the waiting room, phlegm and bodily fluids aplenty and targets to meet, Shey attempts to remain calm and imperturbable. **SICK** gives us a behind-the-scenes insight into the relationships, protocols, and bureaucracy of the NHS

and how it works. We also see glimpses of Shey's personal life and her own coming-out story, leaving her boyfriend, meeting her wife and becoming a parent.

Littered with well timed jokes and frequently laugh out loud funny, whilst telling tragically sad stories, **SICK** is a bizarrely charming and entertaining show. A bittersweet study of what makes us human, and a funny and approachable call to political arms told in Hargreaves' appealing, warm and honest style.

'perfect for our times, and thanks to Hargreaves undeniable talent, a really enjoyable night out' Outline magazine

Shey said, 'During my years working on an emergency ward I saw the impact of government changes in health policy and what that meant for staff, patients and the NHS. When I left

I decided to write about it, bringing issues down to individual true stories that help us understand what's happening on a bigger scale. At the same time I wanted the show to be funny and entertaining as that actually helps get the serious point over. I don't consider I've done my job unless people have had a Right Good Time'.

After leaving university with an MA in scriptwriting Shey worked as a receptionist on an Accident and Emergency unit for four years. Her desk was right in the middle of the ward and events unfolding around her the role gave her a unique viewpoint on life in the NHS. 'The medical staff had to be so focussed and intense but while I was incredibly busy and right in the heart of it I had a unique viewpoint of the bigger picture and could see individual stories unfold' added Shey.'

SICK is written and performed by Shey Hargreaves and directed by Molly Naylor.

Shey Hargreaves is a scriptwriter and performer.

She studied at the University of East Anglia after which she trained to be a sushi chef before joining the NHS. She runs creative writing workshops and projects for the National Centre for Writing, British Art Show 8 and the Requiem project. **SICK** is her first autobiographical show.

Molly Naylor is co-writer and creator of Sky One sitcom *After Hours*. Molly wrote and performed the autobiographical show *Whenever I Get Blown Up I Think Of You*, which toured internationally and was adapted for BBC Radio 4. She recently directed her first short film, *Callback*.



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breeze exhibition

Beeston Camera Club's 63rd Annual Photographic Exhibition will be on display in Beeston Library, Nottingham (1st Floor) from 16th - 28th February.

On display will be approximately 80 prints covering all aspects of photography - Landscape; Portrait; Nature etc.

The Mayor of Broxtowe, the Right Honourable Councillor Derek Burnett BEM will be presenting the awards on Saturday, 23rd February 2019, at 10.30am to the winners in each of four categories: Colour; Mono; Nature and Most Creative.

The Mayor will also give an Award for his personal choice of Best Photograph.



Beeston Camera Club meet each week at 8.00pm, from the first Thursday in September to the last Thursday in April, at the British Legion, 16 Hall Croft, Beeston, Nottingham, NG9 1EL. Most of the members use digital cameras, they cater for a full range of photographers, from absolute beginners to professionals. See <http://www.beestoncameraclub.org/>

Photograph of presentation of awards at the 2018 Exhibition, Exhibition Secretary Mike Leatherland and Lady Mayoress Councillor Halimah Khaled MBE.

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Since the official opening in April of 2018 the practice has proven extremely popular and quickly gained a reputation as a centre of excellence for anyone with hearing difficulties.

With a combined experience spanning several decades across both the NHS and Private sector, you can be assured of a friendly and expert experience at our practice or in the comfort of your own home. Joanna spent many years working within NHS audiology departments. Working closely alongside E.N.T consultants has proven to be highly beneficial for both Joanna and her patients alike.

Alan is an award-winning audiologist and has always practiced within the private sector. During his career Alan has gained extensive experience with all the major hearing aid manufacturers and their respective product portfolios and really enjoys guiding his patients through the minefield of choices available today.

The Nottingham Hearing Practice has been set up with a different

perspective and principles to that of the High Street audiology chains that both Alan and Joanna have previously worked for.

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breeze noticeboard

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

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

Wollaton Natural History Society.

A Journey to Northern Lands and Beyond. On Wednesday February 20th Stephen Williams will be taking us up into Scotland, on to Shetland and then a surprise destination, entertaining us with superb wildlife photography.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton (opposite the library) at 7.30 pm.

Annual subscription is £15 (less than £1.40 per meeting). Visitors are very welcome at £3.50 on the door.

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

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

Their programme for 2019 continues on 21st February with a talk by Steve Lovell on the topic of 'Growing Vegetables on a Small Scale'. They are a friendly club which has been running for well over 40 years; as well as guest speakers on gardening related matters, meetings include a raffle, some light-hearted competitions and occasional visits to gardens are organised.

Visitors and new members are most welcome – just come along – £2.50 including refreshments.

See more details of the 2019 programme on the website; www.hemlockgardenclub.co.uk

The Inner Wheel of Wollaton Park invite you to their Annual Spring Fare To be held at St Leonard's Community Centre, Bramcote Lane, NG8 2ND.

Opposite Wollaton Library, Bus number 30 or the 2. Entry fee £1 which includes Tea or Coffee, soft drink for children.

Stalls include: Cakes, Garden, Plants, Books, Tombola, Raffle, Sundries. All proceeds will go to our 2 local charities, Billy's House and Studio House. We look forward to seeing you all!

Sparkling Afternoon Tea Concert - Sunday March 3rd at 3pm in Attenborough Village Hall performed by Blackwood Clarinets.

'Blackwood Clarinets represent most members of the family - from the shrill Eb clarinet to the booming contrabass clarinet. This gives the ensemble a wide range of musical textures.

We play a wide variety of music from classical to jazz, show tunes to festive classics. Blackwood performs all over the East Midlands, in both public concerts and private functions.

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Sit back, relax and enjoy a selection of finely cut sandwiches, scones with clotted cream and jam, and a slice of cake. Accompanied by a glass of prosecco, unlimited tea and soft drinks, all served on vintage crockery courtesy of Gladysbee Vintage.

This would make a perfect treat for Mothering Sunday or birthday.

Tickets £15 - in advance only - available from Windblowers, Derby Road, Nottingham - 0115 941 0543

For more information, please contact either sales@windblowers.com or info@blackwoodclarinets.co.uk

On Friday March 1st the Women's World Day of Prayer Service will take place at 10.30am at the Resource Centre, Middle Street, Beeston.

It will be hosted by members of Beeston Baptist Church who now worship at the Resource Centre since they have sold their premises on Dovecote Lane Beeston. The service itself has been written by the women of Slovenia and is called 'Come – everything is ready.' Members of several churches in Beeston will be taking part in the service. Everyone welcome.

More details are available on the World Day of Prayer website: www.wwdp.org.uk

Rotary Club of Church Wilne says a big "THANK YOU" to the local community.

In December, the Rotary Club of Church Wilne were lucky enough to be out and about with Santa. He appeared with our Christmas floats and supermarket collections in Borrowash, Draycott, Oakwood, Ockbrook and Sainsbury's at the Wyvern. Also, for the first time, for two weekends at his Grotto, in Collyer's Nurseries, Borrowash. All visits to Santa were free but our generous local community donated a record-breaking £6,626. We want to say a "big thank you", to everyone in the community who supported our Santa events. Since 2000 our

Santa floats and collections have raised nearly £70,000. This money is used to support the local community.

If you know a local charity, organisation or individual you would like to be considered for support from this fund, please contact our Secretary, Mick White at: rccw1220@gmail.com

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

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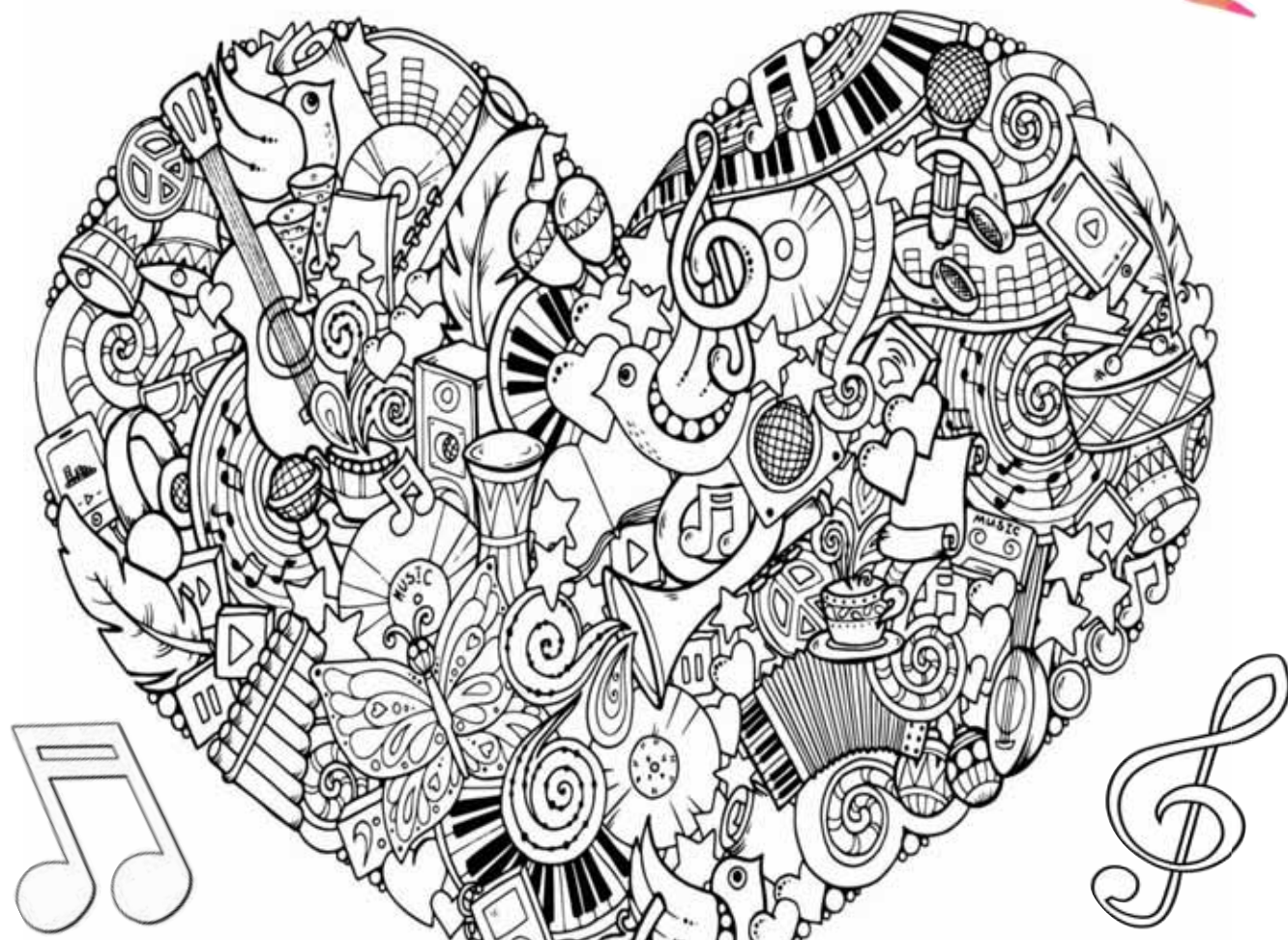
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breeze recipe

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For the Pancakes:

50g/2oz plain white flour
50g/2oz gram flour, sifted
15g/1/2oz poppy seeds
300ml/1/2 pint soya milk
pinch of salt
5ml/1tsp sunflower oil
150ml/5floz natural soya yoghurt

For the Filling:

2 ripe bananas, chopped
juice of 1 lemon
50g/2oz ready-to-eat dried apricots, chopped
50g/2oz toasted almonds, chopped
5ml/1tsp groundnut oil

To decorate:

1tsp poppy seeds (optional)
thin slivers of lemon zest

Method:

- To make the pancakes blend the flours, poppy seeds, soya milk and salt in a blender or food processor.
- Leave to stand for 20 minutes.
- Meanwhile, make the filling by mixing the bananas, lemon juice, apricots and almonds together.
- Heat a little oil in a non-stick pancake pan.
- Use a 50ml/2oz ladle to measure the batter for each pancake.
- Pour the batter for one pancake into the pan, swirling it around to cover the base evenly.
- Cook until set and golden brown underneath, then flip the pancake over and cook the other side.
- Make 8 pancakes and layer to keep warm.
- Fill each pancake with a couple of spoonfuls of the filling and fold into quarters.
- Arrange 2 on each serving plate with a spoonful of soya yoghurt.
- Sprinkle poppy seeds.



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