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welcome to breeze issue 200!

Welcome to our Special Issue
Celebrating our 200th -

Look out for our fabulous competitions

The team at Breeze wish to thank everyone that has supported us so far. We aim to bring the best of what our area has to offer for many, many more issues.

www.breeze-magazine.co.uk



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breeze celebrates!

To celebrate the 200th Issue of Breeze Magazine, we are delighted to announce that we are printing even more copies!

And this month we've some fantastic Competitions in the magazine to say thank you to all our loyal readers. Remember you've got to be in it to win it! Good Luck!

To add to our Door-to-Door distribution we are adding in further copies for you to pick up from your local outlets. Making a total of 17,000 copies covering our area. Some of the collection points are listed here. Please keep an eye out for your monthly issue. Since 2002 we have bringing you the best our area has to offer.

From local businesses to amazing charity work, clubs and local people. Breeze has been the place to showcase everything positive in our area. We aim to continue this by showcasing all the local businesses and local people that bring the best to our area.

If you are a business and would like to be a part of the Breeze success then contact our Simon
07967 282558,
Email: sales@breeze-magazine.co.uk

Drop Off Points for you to pick Breeze up from...

Charlie Foggs, Beeston	The Star, Beeston
Whitegates, Beeston	Middle Street Resource Centre
The Sewing Room, Beeston	Commercial - Kathmandu Beeston
Oakes Medical Centre, Beeston	West Park Leisure Centre, Long Eaton
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To celebrate our 200th Issue - Breeze has teamed up with some big entertainment giants in our area to give you the chance to enjoy a night out on us! Look for the other competition opportunities in this special issue -

our 200th!

For Your chance to win just state 'Motorpoint Arena Tickets' in an email your name, address and daytime telephone number to info@breeze-magazine.co.uk

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Christine puts the success down to being part of a team. CVH Accounting is very much a family business, with her brother Michael heading the daily management of the team.

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"We are able to focus on producing Breeze Magazine knowing that the ever changing business and tax matters are being taken care of by CVH Accounting."
Breeze Team



Christine Hibbert



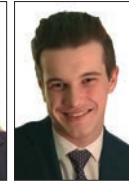
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Tel Dawn 07872 648 833

TUESDAY

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

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

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

WEDNESDAY

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Victory Club,
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9.30am
Tel Gemma-Louise 07947 303 897

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

Trowell

Parish Hall 3.30pm, 5.30pm &
7.30pm
Tel Debbie 07738634284

Bramcote

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

Wollaton

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

THURSDAY

Beeston

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

Wollaton

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

Long Eaton

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

Chilwell

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

FRIDAY

Wollaton

Wollaton Park Comm Centre
Harrow Rd.
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Tel Louise 0797 473 1277

SATURDAY

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The Resource Centre
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breeze gig guide

Do you have LIVE acts on at your venue?

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We know there are loads of local pubs with some great talent being showcased - Let our readers know about them!



Twitchel Inn, Long Eaton
 Fri 5th Loaded Revolver
 Fri 12th Oasis
 Fri 19th Pirates Rock

Barge Inn, Long Eaton
 Sat 13th Rainer
 Sat 20th Jury Dogs
 Sat 27th Talisman



Twitchel Inn Fri 12th June

oasis

To be sure of appearing on this page. Email your gigs by the 10th of the month, to appear in next months issue. To info@nottinghamgigguide.com

Beeston Victory Club
 Every Thursday Night Quiz Night
 Every Friday Night From 7pm Karaoke
 Every Sunday From 2pm Sticky 13's
 Every Sunday From 7pm Karaoke
 Fri 5th Sal Solo (2pm)
 Sat 6th The Fab 4 (8pm)
 John Halton (8pm)
 Sun 7th Graham (3pm)
 Fri 12th Steve Thompson (2pm)
 Sat 13th Zephyr 4 (8pm)
 Andy Walker (8pm)
 Sun 14th John Halton (3pm)
 Fri 19th Alan Squires (2pm)
 Sat 20th Eclectic Duo (8pm)
 Deano (8pm)
 Sun 21st Vinny (3pm)
 Fri 26th Ray Vonn (2pm)
 Sat 27th Good Time Rockin (8pm)
 Colin Powell (8pm)
 Sun 28th Karolina (3pm)

BEESTON VICTORY CLUB



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

DEADLINE FOR AUGUST 19 ISSUE: 23rd July 2019

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:

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The Importance Of Wearing Sunglasses In The Summer

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

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

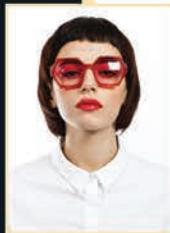
Polarised lenses

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

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 a **50% discount** on your second set of lenses including all of our polarised lenses. T&C's 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."

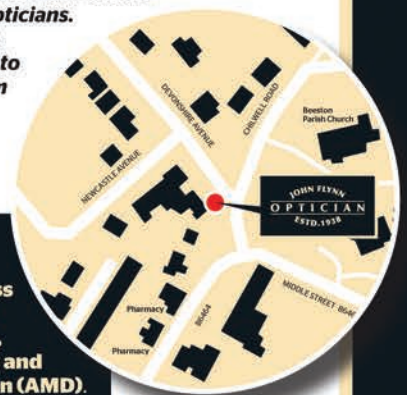


"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the 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).



Open Monday to Friday from 9am to 5.30pm. Saturday 9am-5pm

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

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



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breeze promotion

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Lisa, who has previously worked at many Nottingham based practices including Smilestyle Signature in Aspley, will listen carefully to your concerns and work with you to create the result that works best for you.

You can find Lisa and her team at The Castle Clinic, 67 Castle Boulevard, Nottingham, NG7 1FD. To find out more about the treatments and service they provide, please telephone 0115 855 6123 or visit the practice website at www.thecastleclinic.net.

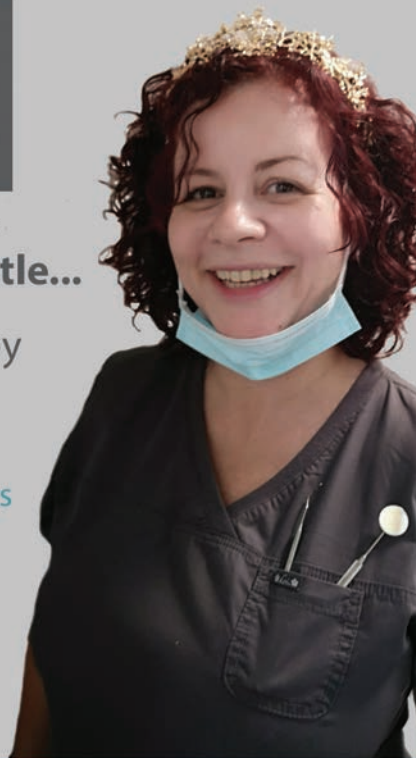


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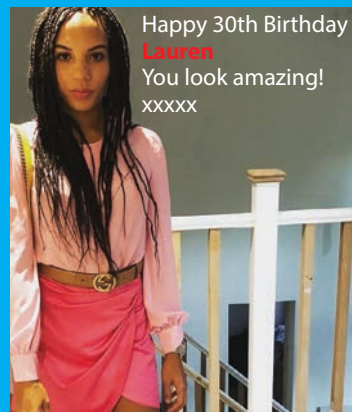
Happy Birthday **Uncle Pete**
Have a great July Birthday! xxxxx



Happy Birthday **Michael**
Enjoy the fun and games this month! xxxxx



Happy Special Birthday **Clare**
Looking forward to celebrating with your friends and family
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Happy 30th Birthday **Lauren**
You look amazing!
xxxxx



Happy Birthday **Dave**
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Happy Birthday **Winnie**
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xxx xx

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DEADLINE FOR AUGUST 19 ISSUE:
23rd July 2019

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

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Closing Date for all this months
competitions: 31st July 2019.
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Summer Nights has announced more film screenings and venues to the 2019 Outdoor Film Festival, which runs from 4th July to 22nd September.

Summer Nights Outdoor Film Festival, now in its ninth year, has expanded to twenty-one locations across the country. Presented by QUAD on a giant inflatable screen, Summer Nights is the chance to enjoy a unique open-air cinematic experience at stunning heritage venues. Tickets for the films are £15.50 for adults or £10.50 for those aged under 12, tickets for children aged under five years are free. Tickets for group bookings of eight or more people are £12.50 for adults or £8.50 for those aged under 12.

Wollaton Hall is showing:

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

For more information on all venues or to buy tickets see www.summernightsfilm.co.uk



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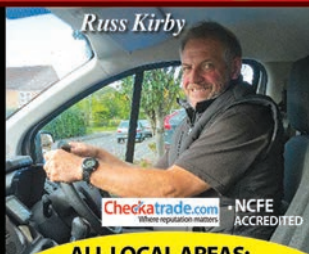
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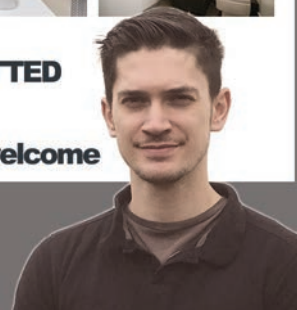
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breeze stars

What will this month have in store for you?

Aries

Focus your mind on what is important rather than expend your energies on people who are not worth the time of day. Huge changes in the work place look likely that could result in you benefiting in several different ways including having more money in your pocket to play with. Business and work commitments play havoc with your social and personal life. Not everyone understands your situation and this is where the problems start.

Taurus

People are not always what they seem at first meeting, so it's important that you do your homework and listen to your intuition at all times. Even though you are in the mood for fun and excitement, it's imperative that you err on the side of caution before jumping in feet first into a situation that could throw you off balance either emotionally or financially.

Gemini

Recent worries concerning a loved one will begin to ease. You can't be in two places at once, although you endeavour to do so most of the time. Legal documents need attention. Home improvements or relocating to a different area take up much of your time and any spare cash you have. Big projects never come cheap so make sure you have a nest egg tucked away for a rainy day.

Cancer

Finances may still be slow to recover, so it's imperative that you don't over spend on items that are completely unnecessary. Retail therapy is a short term fix that often lands people in debt. Recent information that has come to light was not totally unexpected as you tend to have a gut feeling for these things and have often proved the sceptics in your circle wrong.

Leo

A first date may go surprisingly well to the point where you carry on chattering on the telephone, making subsequent arrangements to meet up again and feeling excited at just where this new journey is taking you. Interference from an envious friend will annoy you to the point where you will have to put your foot down and tell them to mind their own business.

Virgo

You are living in some very exciting times and they look all set to get even better. You are on the verge of a major breakthrough in both your career and personal life that is going to point you in a brand new direction. Some much overdue good fortune will come your way soon that will restore your faith in the universe.

Libra

New doors are opening indicating that you will have several opportunities to meet people who are exciting, good conversationalists and who may be able to help you in the future. An old flame still has not completely given up hope of reconciliation, but it's doubtful that you will choose to travel down that road again because your interests lie elsewhere.

Sagittarius

Lovely though some of your friends are, you can't always rely on them to be dependable or supportive. People often make promises they can't keep and are full of lame excuses when it comes to the crunch. You may secretly harbouring money and work concerns because you don't have as much disposable income as you would like. The sensible thing to do is to cut your cloth accordingly.

Scorpio

You know what must be done and the time to start is now. This is one of the best times of the year to launch new plans and projects. Family disputes and other matters will surface just when you thought the coast was clear. Someone is obviously intent on 'having a go' probably because they are jealous of your enthusiasm and energy.

Sagittarius

You are straight talking and to the point. If someone does not like the answer you give them, they should not ask the question in the first place. You are on a collision course with someone who lives in a dream world and who dislikes the truth and reality. This time it looks as though you will sever ties entirely because the situation is non productive and incredibly boring.

Capricorn

A wonderful surprise in your personal life will lift your spirits. News and confirmation regarding a subject that is important and dear to your heart restores your faith in life again. Waste no time in sorting out the wheat from the chaff both at work and in your social circle. The last thing you need are even more hangers on and people who set you to drain your energies, not to mention your finances.

Aquarius

Something could spark off a major quarrel and a complete breakdown of communication. Rather than stick your head in the sand hoping that the troubles will eventually go away, because they won't, you need to be more assertive by dealing with things once and for all.

Pisces

Be canny and on the ball when dealing with a delicate family matter. A huge measure of self control at work will be required if you are to succeed in attaining your goals as you have a number of awkward, arrogant types to deal with who insist that they are right all the time, when you know they are not.



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breeze gardening

It's all go with summer colour now so get cracking if you've not started with your summer planting!

This month is about the latest to get started with any bedding plants and flowering plants that need lots of sunshine to get going. Don't despair if you haven't, until now, had time to plant the colour - get started and look at these possibilities - we do garden for enjoyment don't we? So, no need to be down - just get planting & see the results!

Try these in your garden:

- **Marigolds.** Yes, a classic, and with good reason - a lovely flower and great for kids to plant as well.
- **Clematis.** Flowers in late summer.
- **Sun Flower** ("fun flower"! Kids love these so why not? Make sure you support with a simple garden can. Grows in pot or in the ground (grow in a pot first before planting in the ground though).
- **Rosa.** Repeats flowering until late in the year. Olive-green foliage, thrives on north-facing walls.
- **Anthemis.** Masses of lax pale yellow daisies with silver filigree foliage.
- **Geraniums.** A wide sprawler with flowers from until late summer. Good mottled foliage.



- **Busy Lizzie.** Easy and undemanding plant with real colour power!
- **Petunia.** Able to take the British weather.
- **Begonia.** A sturdy plant with masses of compact colour.
- **Sweet Pea.** A nice good coverage plant which delights with a riot of bright and mixed colours (depending on which variety is chosen).

All of these are good summer plants and will help keep the colours swinging in your garden.

Around the garden this month:

Elsewhere in the garden you should look at your perennials and cut back half of all that have flowered, such as lupins and delphiniums. This should persuade more flowers to grow later on in the season, helping to keep the blooms coming!

Weed and deadhead your existing flowers regularly making sure that you check for any pests. All faded heads on the annuals should also be removed and cuttings can be taken of non-flowering shoots of shrubs and climbers. This is also the time of year pests rear their heads. One common pest in the garden is our old friend the aphid:

Aphids

From time to time, aphids may attack almost any garden plant. Treatment can include Lambda-cyhalothrin and deltamethrin. Both are contact insecticides which are effective only when sprayed directly onto the aphids.

(continues...)

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A suitable systemic insecticide is thiacloprid which is taken in through the leaves and is taken up by the feeding aphids. Naturally occurring insecticides such as pyrethrum and fatty acids can also be used.

Don't over-feed plants. Too much fertiliser will lead to lots of soft, sappy growth which will encourage aphid attacks.

Fruiting Trees

All fruit trees should be pruned and fruit should be protected from birds using netting, however, check regularly to make sure no birds get trapped - let's keep up our eco-friendly intentions as covered in previous gardening articles.

The Greenhouse

Make sure you keep an eye out for pests and diseases such as whitefly - fumigate or spray the greenhouse. Keep adequate circulation as a good defence against diseases when growing such as tomato plants. Although we may have cool air in the UK the sun can still be powerful under glass so to avoid wilting try whitening out part of the glass area in the height of summer. It's also worth the very modest investment in those mechanical spring type self opening windows (the metal inside gets warm when it's sunny and the long spring uncoils to operate the window opening mechanism allowing heat out. It closes when it cools - perfect!).

It's a lovely time of year to be in the garden enjoying a cuppa in the warm evenings. The bats will be out now as well so keep an eye out for them flitting away above you, in and out, looking for insects to feast on. A basic bat detector allows you to hear them as well!

So, reap your previous efforts and enjoy July to the full!

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breeze competition



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breeze what's on



Last week Beeston welcomed the annual return of ACT special guest Roberto Alborghetti from Italy who is the official biographer to Pope Francis, visual artist, best selling author and award winning environmental journalist.



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During a four day organised program, a publicised event took place at The Garage / Gallery events venue at Bartons Chilwell on Wednesday 5th June - 'The Ghost Bus 2019 - In Conversation with...Roberto Alborghetti'.

It was a fascinating and engaging evening hosted by native Italian journalist and Director-Producer, William Ranieri from TheLatestTV in Brighton.

As a visual artist Roberto had already started, nearly 20 years ago, a project called "Laser/Actions" focusing on images of natural cracks and scratches, urban and industrial tokens and materials.

Roberto explained about how, while touring the classic vehicles at Bartons during his first 2014 visit, he chanced upon the Ghost Bus, a 1956 URR 865 Reliance, which had spent 20 years slumbering in an open Suffolk field. He started to take macro photographs of what he 'saw' in the old vehicle - Lands, Horizons, Seas, Skies. He left inspired to make a short film about the Ghost Bus which was premiered at Bartons March 2015 when the old bus was stage illuminated. In October that year, the film was shown in Piancastagnaio Tuscany during a week long ACT tour by eight Beeston friends. His Ghost Bus images have since spawned designs for fashion like The Volcano Dress, textiles and wine labelling.

The Ghost Bus 'Roads' Project is now touring.

Since 2016 Roberto has been collaborating with Beeston singer/songwriter Jeanie Barton to create visual and musical films including Colours of Nottingham Streets to "Can I Think of Love?" and Images of Beeston to "Soon", featured on Jeanie's newly launched CD album 'Moments of Clarity'.

He talked about Pope Francis and latest best seller "Dining with Pope Francis" translated into 15 languages, food and food waste and his guide books for children - the 'Social or Dis-Social' boom and one about the use of smartphones and cyberbullying. When asked about what Robin Hood means to him today, Roberto answered "...positive rebellion and courage."

The Mayor of Broxtowe, Councillor Michael Brown said, "I was pleased to be invited to this event and was fascinated by the excellent work. It's delightful to see the creative community bringing events like this to our Borough."

The whole conversation with film/music clips and stills was LIVE streamed and can be seen via <https://www.facebook.com/artculturetourism/>

For further information about Roberto Alborghetti and The Ghost Bus events please see www.artculturetourism.co.uk
Email: events@artculturetourism.co.uk
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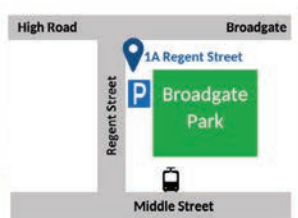
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It's not long now until the awesome **OXJAM BEESTON MUSIC FESTIVAL** is back for its 9th year, kicking off with an evening of **OPERATIC ARIAS** on 12th October at Beeston Parish Church, followed by the big **TAKEOVER event on 19th October** when Beeston literally comes alive with music, as a diverse range of local artists and bands perform at venues across the town centre from midday to midnight. And to finish off the festival there is the enormously popular **OXJAM CEILIDH** on 23rd November at the Beeston Royal British Legion Club.



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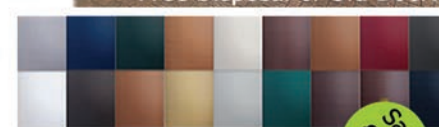
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breeze what's on

360° sound brings immersive technology to family theatre production.

A new family theatre show is set to tour Inspire local libraries this summer bringing audience members a unique theatre experience.



The Girl of Ink and Stars – a tale of maps, myths and monsters – will be presented through individual headsets to provide the audience with an immersive 360° sound experience as they watch the action unfold in front of them.

The headsets will allow the audience to hear the full soundscape of the mythical island of Joya. They'll listen to the story's main characters, Isabella and Pablo, on their quest into the Forgotten Territories to uncover the truth behind an ancient myth.

The Girl of Ink and Stars is a brand-new play written by Satinder Chohan and based on the award-winning book by Kiran Millwood Hargrave. The play has been created and produced, on behalf of Inspire, by The Spark Arts for Children, a charity that offers children the opportunity to discover and enjoy the arts.

Inspire have commissioned the production, with funding from Arts Council England (ACE) as part their National Portfolio Organisation status, to build on their ambitious programme of high-quality arts and cultural events for children, young people and their families.

Aimed at children aged 7+ and their families, the story tells of a young girl called Isabella. Forbidden to leave her island, she dreams of the faraway lands her father once mapped. When a girl from the village disappears into the island's Forgotten Territories, Isabella and her lifelong friend Pablo go in search of her.

Following her map and an ancient myth, Isabella discovers that beneath the dry rivers and smoky mountains, a fiery legend is stirring from its sleep...

eter Gaw, Inspire's Chief Executive commented, "We are particularly excited about The Girl of Ink and Stars given the thrilling 360° sound element which will really immerse children in the mythical world of this tale."

The Girl of Ink and Stars will make its debut at Beeston Library on Friday 26 July at 11am and 2pm, followed by a tour of 19 other Inspire Libraries across Nottinghamshire throughout the summer holidays. It will then go on to tour the East Midlands visiting a total of 47 libraries across the region.

For performances at Inspire libraries across Nottinghamshire tickets are £3 each for library members (adult or child) and for non-members tickets are £6 each. Full details of all the Inspire tour dates and booking can all be found online at <http://www.inspireculture.org.uk/inkandstars>

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breeze health



Let the beat drop - your guide to a heart-healthy festival
We're in the heart of the festival season now with a calendar full of blood-pumping events over July and August. The euphoric feeling of wellbeing simply from being in the open fresh air and listening to music – you can't beat it.



It's all too easy to dance around the subject of heart disease and stage dive into the abundance of unhealthy pickings on hand at festivals. But with the right choices, a festival could be a wonderful platform for improving the health of your heart. If you love music and don't want to skip a heartbeat, follow our tips on how to 'let the beat drop':

Fill your boots - Festival food should be tasty, filling and easy to eat in one hand while you cut some grooves. With an abundance of deep fried and over-priced snacks, fill your boots with a selection of heart-healthy snacks so you're one step ahead. A tin of tuna in a hand-sized wholemeal pitta with colourful salad is an easy and heart-healthy sarnie. As the night draws in, get the takeaway BBQ going with some charred corn-on the cob and veggie skewers

Dance to your heart's content - Dance styles vary with age and style and so does the amount of energy you'll burn moshing, bopping or jerking. One thing we do know is that while you keep moving those dancing shoes (or wellies) you'll do wonders for your heart and your waistline, helping to control blood sugars, cholesterol and blood pressure. So what are you waiting for? Get that heart pumping

Sing for your heart
Being surrounded by friends in the great outdoors with some cracking tunes will make you want to sing. Whether you belt out a tune like a rock star or sound like a foghorn, singing lifts your mood. When your heart is happy and free from anxiety, blood pressure drops and your heart becomes much better at doing the job it's meant to be doing- keeping you alive

You are what you drink - Festivals are very active places with all that singing, trudging through mud and jumping around. You'd have to be raving mad not to take bottles of water with you. A slight drop in water levels will thicken the blood and make your heart work harder. So drink up and wise up when it comes to knowing your alcohol limits

If you're planning a trip to a music festival this summer, stay safe with every heartbeat. Go prepared and put your heart and soul into the abundance of opportunities for living a healthier, happier, longer life.

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breeze what's on



The Autism Friendly, Spectrum Festival returned with over 1300 people enjoying two days of fun filled activities in Derbyshire. Families from right across the country made the trip to the Peak District to access this unique event.

Spectrum Festival aims to create an environment that can allow families to enjoy activities that they perhaps couldn't attend previously, "Outstanding event! Today was our first time and without a shadow of doubt we will be going back in September and every year after that. It was so lovely to feel relaxed in an environment where no one judges your child, stares or makes you feel uncomfortable. All the staff were so friendly and helpful. We have two delighted little boys and two very happy parents"

The festival provides families affected by autism the opportunity to enjoy a day out in an environment designed to be autism-friendly. Families who perhaps cannot easily access more mainstream environments, such as co-founder of the event Peaks GO's David Ryan, "I am overwhelmed by the support and positivity that came from running this event. So many smiling faces from parents, children and adults alike, from all walks of life. If only every day out could be like this for people on the spectrum."

The festival supported the regions largest autism specific charity, Autism East Midlands who have supported Spectrum Festival from its initial idea, ensuring that the environment and activities were as autism friendly as possible. The charity, which provides a wide variety of services across the East Midlands, was present on the day to support festival and provide information about their services.

One parent who attended commented on their experience of Spectrum Festival, "We visited yesterday and all I can say was it was amazing. We don't often have a family day out and have so much fun or feel at ease. The fantastic staff really made the day. They not only chatted to but interacted and engaged with my son in a way that left him grinning ear to ear. We loved the fact that there was lots of areas that we could go to when it was getting a little too much. We can't wait to do it again."

Hosted at Lea Green, Spectrum Festival allowed attendees the opportunity to access the centre's high wires, climbing wall and zip wire. The festival was also packed with organisations who offered information about their services.

"After spending the whole day (10:30-5) at this fabulous event my son is already asking when can we go again. There was a great range of activities, catering for every type of child. The staff were amazing with the children and there was a great friendly, family atmosphere."



Tickets are still available for the September Spectrum Festival and can be purchased from <https://spectrum2019.eventbrite.co.uk>

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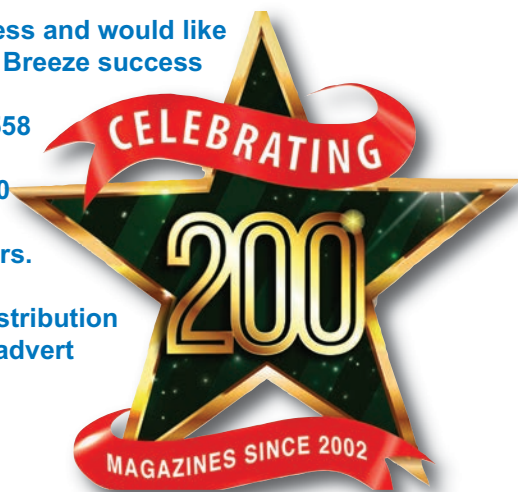
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breeze noticeboard

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!

BRCA's social dining club for the over 60's "Friday Club" is to expand to weekly thanks to funding from the East Midlands Peoples Health Trust - we'll now be providing transport, more activities and a weekly meet (rather than fortnightly to meet demand). Feel free to turn up and enjoy company, afternoon tea and activities. We are also always welcoming new volunteers.
For more information or to book transport, call Janet on 07904 067160.

BRCA's youth club that meets every Monday night is now offering breakdancing lessons on Saturday afternoons delivered by the fabulous Beeston Breakers. Youth Club is open to 12-15 year olds between 6.30pm-8.30pm, and Breakdancing is open to all ages over 6, and runs 3-5pm. Both events are at Beeston Rylands Community Centre, Leyton Crescent. **For more info visit www.beestonrylandscs.wordpress.com, or call Janet on 07904 067160.**

DEVELOPMENT AFTER-SCHOOL CLUB SESSIONS AT THE PEARSON CENTRE
The Pearson Centre for Young People, Nuart Road, Beeston, offer a fantastic variety of after-school groups for primary school ages 5 – year 6. On a Monday, The Centre offer an Athletics group operating from 4:30 – 5:30pm and a Cookery Club on a Tuesday running from 4 – 5pm. The Centre also offers groups on a Wednesday which are Discovery and Dodgeball club running from 4 – 5pm. On a Thursday, The Centre offer Find Your Art operating from 4 – 5pm and Youth Gym which is for school years 6 – year 8 running from 4:30 – 5:30pm.
Come along to The Centre and join in with the fun activities that we offer. Whether you would like to learn a new cookery recipe, dodge, duck, dip and dive in Dodgeball or become the next creative genius then The Pearson Centre is the place to be!
To find out more information about our clubs then please visit our website or contact Hayley Wattis, Development Worker at The Pearson Centre for Young People on 0115 9254112, developmentworker@thepearsoncentre.org.uk

Volunteer Befrienders

Our volunteers befriend people who are lonely, isolated or housebound. This can be anything from calling in for a weekly chat and a cuppa goes a long way. The aim of the Befriending Scheme is to enhance the quality of life and alleviate social isolation by fulfilling emotional needs, contributing to the maintenance of mental health and preventing deterioration of the person. This is achieved by giving the person undivided attention with emphasis on listening to them. **COULD YOU HELP?**
For more information please contact:
Linda Brown
Erewash Voluntary Action, Granville Avenue, Long Eaton, NG10 4HD
Tel: 0115 9466740
Email: volunteers@erewashcvs.org.uk

SATURDAY SINGERS CHOIR

Singers wanted
Are you looking for a new hobby?
Want to join a choir, but struggling to find a free evening?
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The Saturday Singers are an active mixed choir of all ages, who like to sing a variety of music from opera to pop with a few spirituals in between. Meeting on Saturday mornings from September to April at the Masonic Hall, Goldsmith Street, Nottingham NG1 5LB
We currently have spaces for new members and urge anyone interested to get in touch. There are no auditions; the only qualification is that you enjoy singing.
Choir member Jo Ward said 'It's lovely to have the opportunity to learn and enjoy singing such a wide variety of music'.
Choir Chair Dick Huskinson said "We are a happy and friendly bunch and it is a lovely way to spend Saturday morning"
If you are interested, please contact Contact Dick on 07968 463933 or by email on dickhuskinson2@gmail.com
We look forward to welcoming you soon.

The Cat and Fiddle Windmill, in West Hallam, Derbyshire is having a Charity Open Day on the 17th August.
Organised by Church Wilne Rotary Club in association with the mill owners, the mill is not normally open to the public so this is a great opportunity to get up close. The Windmill will be open throughout the day with lots to do including a fun dog show (Bring your dogs) & vintage vehicles on display as well as stalls. Rotarian, Adrian Perkins who is helping to organise the event explained tours of the mill itself can get very busy so to reduce waiting times visitors can go to www.churchwilnerotary.org.uk

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Notts/Derbys Hemlockstone Lions Club Support Local Projects

Hemlockstone Lions Club have recently donated £1465.10 to the Lincs/Notts Air Ambulance. The Club would like to acknowledge the support of the local community in raising funds for this worthwhile cause. The Club's next fund-raising activity will be a Fashion Show to be held at The Middle Street Centre, Beeston on July 19th at 7.30 PM. Tickets are now available from members and The Middle Street Centre or just turn up and pay on the door! **More information can be obtained from Hemlockstone Lions 07743 875 461 or Beeston Memory Café 07968 398 700.**

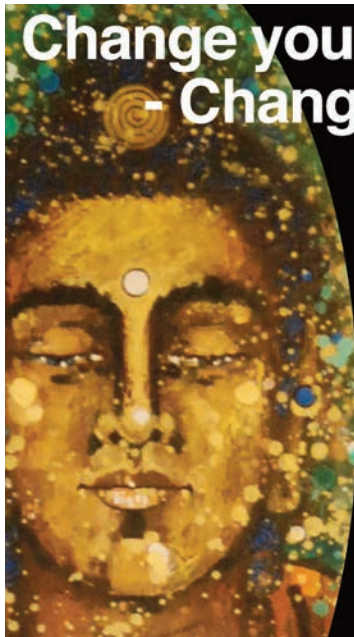
Are you part of a group or charity that you would like to tell our readers about?

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