

A BREATH OF FRESH AIR EVERY MONTH

breeze

MARCH 2019

ISSUE 196

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welcome to breeze

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breeze appeal

Organisers of a leading local music festival were given an insight into the charity they have been fund-raising for, when members of the Oxfam Beeston Team were invited to tour Oxfam GB's emergency warehouse in Bicester

The Oxfam Beeston Team were fascinated to hear about the complex logistical organisation of acquiring and sending equipment to emergencies abroad, and to learn more about the work of Oxfam GB.

Oxfam's Supply and Logistics Project Manager, Sheena Wolsey, explained that Oxfam is recognised as the world's leading authority on providing clean water in difficult emergency situations, as well as ensuring health and hygiene by setting up latrines and washing facilities

The group were shown other such innovative pieces of equipment that can be set up and used in situ, including for boring wells and piping, storing and decontaminating water. The Beeston Team members also met Humanitarian Officer, Ben Phillips who had recently worked for Oxfam in Bangla Desh where he had helped with the sprawling camps hastily set up for the Rohingya refugees who had fled Myanmar (Burma).

He was able to give them 'first hand' insights into the plight of the refugees and the ways in which Oxfam had been able to help. They learnt of the importance Oxfam places on working with the recipients of aid and of therefore being sensitive to their needs. This included ensuring dignity and security in refugee camps and sensitivity to local culture. Oxfam Beeston is widely seen as the leading 'Oxfam Festival' of the many dozens that take place every year in the UK. Last year they raised more than £27000 and over eight years have raised well in excess of £100000, the first Oxfam in the country to reach six figures.

The visit had a significant impact on the visiting Beeston Team members. Retiring Festival Director, Colin Tucker, who has overseen the Beeston Festival in recent years, said, "I am stunned at the complexity of the operation and in awe of the slick way in which



they manage to achieve so much with the money we raise." Heather Greenan, who has for several years taken responsibility for organising the 'Takeover' - a multi-venue day of music, performed by well over 100 artists, and which raises the bulk of the money - was also hugely impressed. "Obviously we are supporters of Oxfam but this visit has boosted my commitment. Ever since I got back I've been singing the praises of Oxfam!"

Also visiting were Penny Benford, who is responsible for Marketing and PR, including liaising with sponsors, Julia Barton, Finance Coordinator, and her husband Steve who plays a key role on 'Takeover Day'. Joining and meeting the Team for the first time was Leonie Hudson, Community Engagement Manager for Central England and the Team's new link to Oxfam GB.

Pictured, Simon, representing Breeze Magazine and Sue, Manager of Beeston Oxfam Books and Music, for their fantastic and continuing support of Oxfam Beeston Music Festival, and contributing to an awesome amount of money raised for Oxfam.





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breeze interview

Blue Planet II – Live In Concert will transport you, via the gigantic 4K Ultra HD LED screen and through the power of music, deep underwater for two hours of drama, entertainment, stunning visuals and majestic orchestrations.

Breeze catches up with Anita Rani, who will be hosting the event.



What would you say to people that have enjoyed watching Blue Planet II on the TV who are thinking of going to the Live in Concert?

If you watch Blue Planet II, I don't think there's a person who watched it that didn't fall in love with it. It was more than a TV show, it was a moment, and it's a moment that's gone down in television history already. So, if you watched it, you loved it, then you cannot miss this live tour because it's a fully immersive experience. You'll be able to see those iconic moments – surfing dolphins on a huge screen with an 80 piece live orchestra playing that incredible soundtrack by Hans Zimmer. It's not to be missed, you'd just be bonkers if you didn't come!

Are there any parts of the event that you're personally looking forward to?

I can't wait to be part of it! The penny hasn't quite dropped that I'm hosting it because I will be standing there in front of 12,000 people at The O2 and all the various arenas that we're going to, and holding the show together... which will be interesting! I just can't wait to be part of it; it's such an honour to be asked to do this show. I've done the Strictly tour, which was an incredible thing to be part of, but to be part of the Blue Planet brand, which is so well loved and is some of the greatest tele on earth.

What inspired you to join Blue Planet II Live in Concert?

It was a no-brainer for me. I love everything the NHU produce, obviously growing up, David Attenborough was a huge part of my life as he is with everybody, and Blue Planet II is just an overwhelming television programme that just stayed with me, so to be asked to host the tour is, yeah, such an honour.

Blue Planet II has highlighted the damage plastic does to the marine life. Have you made any changes to using single-use products, such as plastic straws? Do you have any tips for people wanting to make changes to their own lives where plastics are concerned?

I think Blue Planet, it just shows the power of television, and it really did change the attitude of the nation I think towards single-use plastic and made us aware about the damage we are doing to our beautiful planet and our oceans. What am I doing? I'm doing as much as I can at the moment. So there's lots that people can do, and you're quite right, the first thing people can do is stop using plastic straws, because we're adults... we don't need straws, we can drink from a glass! * laughing * Carrier bags – I think that's really sunk into people's brains. Little things that you can do, just have a canvas sack with you when you go to the supermarket. There's lots you can do and there's lots I'm discovering as well.

Our planets, and especially our oceans, are often misunderstood due to how vast they are. How do you think the event will ignite more people's curiosity?

I think it's very easy to live in our little concrete bubbles that we do and programmes like Blue Planet and all those natural history programmes open our eyes to the world – that's television at it's best. That's why I love working in television because it's a medium that can really impact people and show them what's happening elsewhere outside of their living rooms. Two thirds of our planet's surface is ocean and we know so little about it. The alien kingdom isn't over there in the stars somewhere, it's right here, and this programme has taken us deeper than we've ever been and shown us all those bizarre creatures that have been there for way longer than we have; the one that sticks in my mind is the Bobbit Worm, do you remember the Bobbit Worm? The weird alien creature that's about a metre long, and I think the fact was, which really stuck with me, it's been on Earth for 400 million years! So, it kind of puts us into perspective really, doesn't it? We'll be long gone but the Bobbit Worm will still be going!

The best part about attending Blue Planet II Live in Concert is... It will change your life!

Blue Planet II – Live In Concert 15th March – Nottingham Motorpoint Arena

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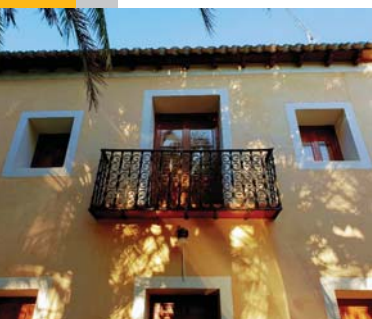
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breeze wellbeing

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Retreats – what are they and is it for you?

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

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

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

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

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

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

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5.30pm & 7.30pm
Tel Jude 07711 043 213

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St Barnabas Church, Barncraft
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Tel Paul
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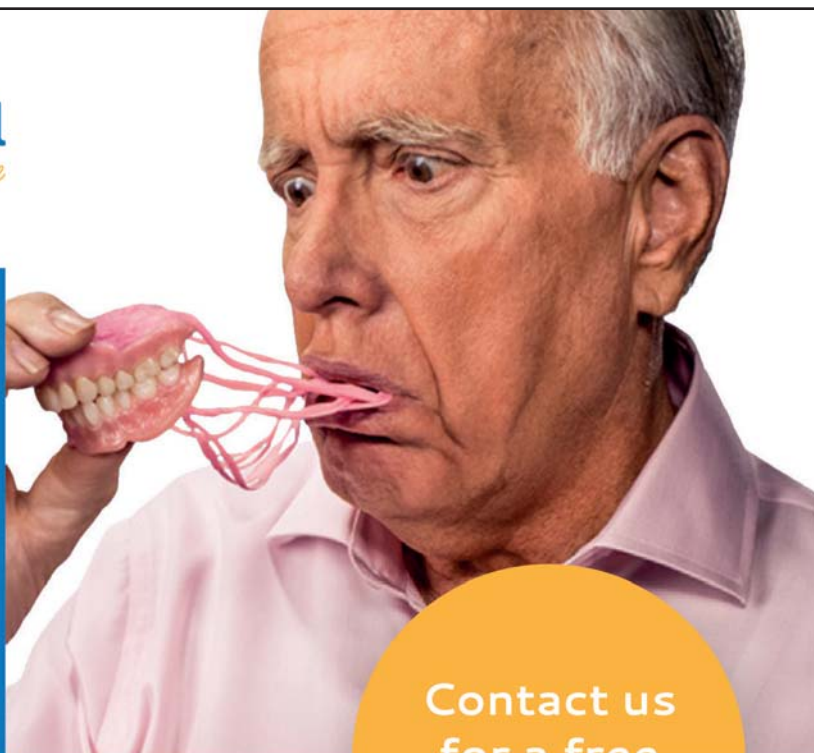
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Fri 29th El Duderino
Sat 30th Hells Eyes

Twitchel Inn, Long Eaton

Fri 8th Hell Bent For Priest
Fri 15th Oasis by Oasis
Fri 22nd Exhibit A

April

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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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breeze promotion

Rothera Sharp expands services offered at its Beeston office

As a result of the increased demand from clients for family law services in Beeston, Rothera Sharp's Family Law Associate Ruth Tyas, who historically worked at the firm's Beeston office when she joined the firm in 2009, returned to the branch in November 2018 after spending several years working predominantly at the firm's main Lace Market office.

Ruth has 15 years' experience in family and matrimonial law and nine years' experience specialising in private law children matters and domestic abuse cases. She can advise clients on marriage and relationship breakdown and associated financial matters, domestic violence, children matters and has supported clients in transgender cases. Ruth has historic links with Midlands Women's Aid and several key employers in the locality.

Ruth said: "Having been originally based at the Beeston office, I have really enjoyed returning to the branch after being based at Rothera Sharp's main Lace Market office for a number of years. This move has given me the opportunity to support my clients in a holistic manner, develop my caseload and support and develop our presence in the Beeston community."

The branch also recently bolstered its conveyancing department with the appointment of conveyancing associate Emily Weston who transferred to the branch from the firm's Wollaton office. Emily can help with sales and purchases, remortgages, transfer of equity and right to buy and is joined by paralegal Grace Millward, secretaries Emma Dickens and Paula Peters and trainee solicitor Paige Regardsoe.

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breeze stars

What will this month have in store for you?

Aries

A fresh start is needed, despite a major clash of wills with someone who is extremely obstinate, if any kind of compromise is to be reached. When you're at your best, you can move mountains, and right now, you have the inner strength to do just that. Do some serious fact finding before agreeing to invest or spend large amounts of money. Rather than cave into persuasive sales jargon, cancel an appointment or look elsewhere for a better deal.

Taurus

Something or someone is severely testing your patience. If you appear too assertive, you could lose the goodwill or confidence of others because they won't realise that actually, you feel threatened and trying to bolster yourself up to look and sound convincing. Love and romance is rarely smooth because of all the complications involved, but if you really want something so badly, you have got to allow things to develop naturally.

Gemini

Even though on the surface you appear to be calm and happy, deep down you probably feel increasingly frustrated by a number of things that seem to be beyond your control, especially if you are experiencing a cash flow problem. Getting others organised and more in control of themselves is proving tough. People appear to be living in a dream world of their own and quite happy to keep you waiting around. Patience is a virtue.

Cancer

You're under pressure to get a job done. Keeping your mind focused on any project is difficult when your head is buzzing with some great ideas. Whilst you are confident in many respects, there are areas in which you suffer self doubt. Use your charm and negotiating skills in order to secure a better deal. Over the coming weeks, the spotlight will be on romantic relationships and if single, meeting someone who ticks all the right boxes.

Leo

Intimate relationships promise to brighten your life, especially if you have been feeling under the weather or just bogged down with work. A new friend will prove very helpful and supportive, especially if they understand your situation in life and able to point you in the right direction. Someone in your family appears to have a very short memory expecting you to forgive and forget each time they have a tea time tantrum and throw their rattle out of the pram!

Virgo

Major changes at work will not be good for everyone involved, but for you they will be wishes fulfilled. Certain people will find themselves out of the loop whilst you suddenly take centre stage. A budding new romance looks likely to hot up with you wanting more than just a casual friendship. You have always cut to the chase and dislike wasting time messing about.

Libra

By asking all the right questions you will squeeze the truth out of a certain person. You want answers and you want them now!! You feel a great urgency to get on with your life rather than continually waiting for other people to make their minds up which direction they are heading in once and for all. A new friendship could blossom into something more important and meaningful indicating that at last you have met someone who is exactly on your wavelength. You need a break.

Apologies to all the Gemini's out there - it seems we omitted you last month!

Scorpio

Someone you are endeavouring to sever ties with is not about to completely give up the fight. By following your instincts, you can read a person just like a book. Often people are fickle and full of false promises there is no need to feel disappointed. When it comes to issuing social invitations out, choose the people whose company you enjoy and not the ones who bore you rigid or whom you have long since lost respect for.

Sagittarius

You are allowing your heart to rule your head instead of the other way around. Little wonder you are behaving indecisively and dithering over the most trivial matter. Someone will make a declaration of their feelings for you that will come as an enormous shock. An impromptu dinner invitation will result in you forming some very useful contacts for the future. A long lost friend will look you up because they want a favour. Don't be a fool by allowing yourself to be sucked in by a sob story.

Capricorn

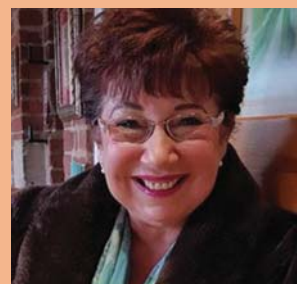
Recently you have made many life changing decisions that have initially proved daunting to the point of traumatic, yet necessary if you were to move forwards with your life. Friends will tell you how much better you sound and look because you have finally taken control and got a grip on things. The good news is that because you actually enjoy your own company these days and not interested in putting up with any more rubbish, you will now begin to attract new people into your orbit who are more suitable and understanding of who you are and what you stand for.

Aquarius

You appear to have done fantastically well recently in a number of situations that at one time you would have lost sleep over and made yourself ill. Your true leadership skills are coming to the fore and you now know how to handle certain people who are very anal and who haven't an ounce of common sense. A potential new lover will blow hot and cold. One minute you will be bombarded by text messages, e mails and phone calls and in the next instance, complete silence. Come on, you have been down this road before, so are you really daft enough to fall into the same trap again? A brand new business venture shows all the signs of making lots of money and keeping you very busy indeed.

Pisces

Although you may not automatically accept a proposal, either romantically or work wise, you are right in insisting that you need time to think things over before jumping in at the deep end. Part of you is very cautious these days because you have been stung in the past, many times. You don't trust people easily and they have to earn your respect. If you are currently experiencing domestic problems then it's important that you are honest about how you are feeling and how the situation is affecting you, because after all, your health is your wealth and you cannot afford to involve yourself in an overly stressful situation at this current time.



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breeze local history

Nottingham City Transport and local historian, Robert Howard, have officially launched "History Bus 35", a guide to discovering the area's rich history by travelling along one of the City's longest bus routes.

Also: coming up is a special Bluebell Day on 4th May...

NOTTINGHAM CITY TRANSPORT'S 35 HISTORY BUS

The History Bus is a bus with a difference and runs between Bulwell and the Victoria centre via the Broxtowe Estate, Bilborough, Strelley, Wollaton Vale, Wollaton Park and the Derby Road.

It also serves two university campuses and Lenton before reaching the city centre.

Taking an about an hour journey time, it packs a lot of history in.

"Right now I want to tell you about a walk from Bilborough village to Oldmoor Wood and to make the walk extra special, on Saturday 4th May between 11am and 3pm I will be handing out NCT's 35 History Bus guide plus a more detailed map and walk guide.

I am trying to arrange access to Bilborough and Strelley parish churches as well and there is a guided walk by Woodlands Trust volunteer John Revill at 1pm (see below), one of a number he organises each year in partnership with the Mulberry Tree Café, who are in the stable block at Strelley Hall. Of course you can go on your own at any time but sometimes we're happier with others about.

The 35 History Bus walk takes in Oldmoor Wood, two Domesday settlements (Norman era), a secluded community garden, two medieval churches, coal pits, and you also cross the line of the world's first recorded railway, which ran between Strelley and Wollaton from the beginning of the 17th century, plus an ancient way and, of course, Strelley Hall.

I'm hoping the 35 History Buses will have bluebell stencils on some of their windows to remind local folk that the easiest and best way to explore Oldmoor Wood is by bus. So, please, put the 4th May in your diary. I look forward to seeing you."

Robert Howard, historybybus.blogspot.com



JOHN REVILL'S MULBERRY TREE CAFÉ OLDMOOR WOOD BLUEBELL AND BIRD WALKS – 2019

Book with the café for these guided walks by telephoning 0115 9061305 or check online for more details at: Go to the 'News and events' section.

John will take you on a gentle 90 minute walk to visit Oldmoor Wood and explore this beautiful ancient woodland, preserved and maintained by the Woodland Trust. The wonderful carpet of bluebells are a magnificent display. John will also identify birds by song and sight. He really is an extra-special guide.

Days and times as follows: Thursday April 25th, 10am; Sunday April 28th, 10am; Wednesday May 1st, 10am; Saturday May 4th, 2pm;



The best way to travel on "History Bus 35" is with an all day ticket, which gives unlimited travel for the day and enables people to hop on and off the bus to get closer to the historical points on route.

Adult all day travel is £4 on the bus or £3.80 on the NCTX Buses App; a Grouprider – covering up to 5 people (min 1 adult, max 2 adults) is £5 after 09:30 on weekdays or any time at the weekend.

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breeze at a glance

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breeze good times

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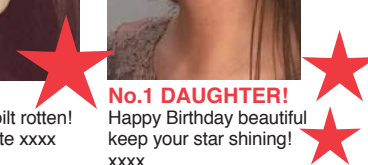
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Enjoy every minute xxxx



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xxxx



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

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• 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.

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...but we come pretty close**



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We are a family run business with day nurseries in Wollaton, Eastwood and Bramcote each offering high quality care which encompasses learning and play delivered by dedicated, professional and caring teams. Our aim is to provide a secure and happy environment for your child which will enable them to develop to their full potential.



Bramcote Day Nursery
Chapel Street, Bramcote Village, Notts. NG9 3HB
Tel: 0115 922 2454

Caring for children 6wks - 12yrs. Bramcote Day Nursery opened in 1995 and caters for 50 children in specialised areas for babies and crawlers up to the age of eighteen months, walkers, toddlers and pre-school children plus a new purpose built unit for out of school care and holiday clubs. Children are grouped according to age and developmental stage. All children have access to a secure outdoor garden and, when the weather permits, we visit our nearby parks.

Offsted:

"Parents speak highly of the nursery"

"Parents feel very well informed about their children's learning"

"Support for children with special educational needs and/or disabilities (SEND) is very good"



Wollaton Day Nursery
Wollaton Rd, Wollaton Village, Notts. NG8 2AN
Tel: 0115 928 2239
Caring for children 6wks - 11yrs. We are proud to have our most senior staff still with us since our doors first opened in 1991. We are an inclusive setting which provides exceptional care for all the children attending our nursery. 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.

Eastwood Day Nursery
Church Street, Eastwood, Notts. NG16 3HS
Tel: 01773 711 721
Care for children 6wks-14yrs. With 120 childcare places, including out of school care, we pride ourselves in being flexible and offering varied sessions to meet all our families' needs. Our four different child care areas are fully equipped with age appropriate resources, equipment and toys and include cosy corners to rest, play and get messy! Our outdoor area has a wide range of accessible activities for children of all ages, including an outdoor reading area, mud kitchen and construction area, plus a range of bikes, trikes, climbing equipment and slides, a large grassed area and a large playground.

breeze community

Beeston Memory Café is a safe, friendly venue open to anyone living in the community with dementia and those supporting them.

Cafe sessions include social activities and a chance to meet and get to know new people. More importantly, it's somewhere to have fun!



TIME: 2-4 PM

14 March

21 March

28 March

4 April

11 April

18 April

25 April

2 May

9 May

16 May

23 May

30 May

WHAT WILL WE BE DOING?

Theme: School days, Entertainment: OK! DOKI singers

Time to Chat with Marie Potts and Time to Sing with Mary Hastings

Activity: Poetry, Facilitator: Kevin Harvey

Fun & Games: board games, craft and quizzes, Reflexology & Massage

Theme: Spring Talk: Alzheimer's Society Entertainment: Singing group

Time to Chat with Marie Potts and Time to Sing with Mary Hastings

Activity: Fun with clay Facilitator: Stephen Jon

Fun & Games: board games, craft and quizzes, Reflexology & Massage

Theme: 1950s Entertainment: Jayne Darling

Time to chat with Marie Potts and Time to Sing with Mary Hastings

Entertainment: Students from Alderman White

Activity: Exercise Facilitator: TBC

Martin Perry with guitar Games for All

BEESTON MEMORY CAFÉ SAYS THANK YOU

Beeston Memory Café would like to thank everyone for the support it has received from local performers, clubs, businesses and individual donors. In 2017, the Co-op chose the café as a local charity. Last Christmas, café guests and volunteers were overwhelmed by the generosity of many local businesses. Bendigo Lounge, Boots, The Cadland, Café Nero, Costa, Greggs, Hallams, Rudyard's, Sainsbury's, The Star, Tesco, Thorntons, Wetherspoons and others donated to a party attended by 70 people. Contributions in cash and in kind are vital because our core funding from Notts County Council is conditional on raising some of our costs from other sources.

FURTHER DETAILS

Beeston Memory Café meets every Thursday at Middle Street Resource Centre, Beeston from 2-4pm. Now in its fourth year and run by volunteers, the café offers a warm welcome and things to do for people with dementia and their supporters. Contributions in kind help to make café events lively and engaging, while cash donations help to cover costs like room hire and to pay professional facilitators to lead activity sessions. It is estimated that there are about 5,000 people with dementia in Nottingham, and about 1,000 live in Broxtowe.

Cost per session:

£2 per person;

(Maximum £4 per group of Café guest plus 1, 2 or 3 supporters)

Beeston Memory Café meets every Thursday at Middle Street Resource Centre, Beeston from 2-4pm. Middle Street Resource Centre, Middle Street, Beeston NG9 2AR

For more information about attending the Cafe or volunteering, please contact us: Telephone: 07960 398 700 Website: <http://beestonmemorycafe.com>

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breeze community

A new refurbished community space for all:
Beeston Rylands Community Centre receives major refurb,
thanks to local generosity

Beeston Rylands Community Association are a local charity who run the Leyton Crescent Community Centre. They provide community initiatives such as the social dining club 'Friday Club' and the setting up and running of the Beeston Rylands youth club. It has received funding, and generous donations from local businesses to enable the charity to renovate the centres kitchen, bathrooms and main hall. Providing a much needed fit for purpose facility for the local community. £30,000 was received from one of the UK's largest charitable funders; the Garfield Weston Foundation, and £5,800 from The National Lottery, Awards For All.

Local Borough Councillor,
Teresa Cullen, Chair of Trustees at
The Community Association says:

"The community centre had
become very run down and was in
such a poor state that people did
not want to use it. This much-
needed refurbishment has
resulted in a community
centre that the local
community can
now be

proud of
and it perfectly complements
the total refurbishment of the
Leyton Crescent Park that it
stands within. I am really
proud to have worked with
local residents to help this
transformation and am very
grateful to all the local
businesses that have
supported us.

Other groups that benefit from regular use
of the centre include: a local Kung Fu club,
a dog training class and a church group.
We also rent the space for private birthday
parties, and hope to bring
occasional music and
arts events to the
community."



"The hall is available to hire for regular group bookings, and one-off parties and events.
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breeze at a glance

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breeze gardening

This month we look more in detail at the type of micro-climate we see in the garden to help the beginner in the forthcoming spring and beyond.



AN OVERVIEW OF YOUR GARDEN

Wind: Take a view on your garden surroundings - even just beyond its borders: are there any buildings or trees sheltering it? Does it lie where it is exposed to wind? Does the come from a westerly or southerly direction (which means the wind is relatively mild and wet). Are there any buildings, trees, hedges or walls which have sheltered warm spots or are there any exposed windy corners and corridors? See what potential there is for siting new hedges, shrubs and trellis to create sheltered areas.

Air flow: Check if cold air can flow from higher ground or even nearby trees into your garden and can it escape? or is likely to collect in cold pool of air?

Sun/shade: A compass is handy if you want to be sure of where the sun will be most apparent in your garden: know the orientation of your garden as south facing means lots of sun and anything other than that will mean less light in varying degrees - one of the biggest factors the gardener faces. Some gardens are low-lying which affects drainage. Identify those dank, sunless areas that make life hard for many plants.

A handy way to check shady areas is to take a photograph in the

morning, noon and late afternoon and view the results - the human eye is very good at adapting to these conditions and tends to 'fool' us into not noticing shady areas.

Tip: when shade is a problem a greenhouse can often be the best solution to take advantage of an area less suitable to open growing - and it avoids the heat build up problem in summer when growing under glass.

Frost pockets: A garden in a frost pocket is at significant risk of late and early frosts and has a shortened growing season between the first and last frosts. Avoid early flowering plants in these areas. Cold air can collect behind barriers which sit at the bottom of a slope such as a fences or hedge. Creating a gap in the barrier can give the air a pathway to drain away which helps alleviate a frost pocket.

With all of these factors coming into play to one degree or another it is helpful to use the situation to your advantage: if you want to test this then put a plant you don't care about in a persistently windy position: it will not flourish unless it happens to be one of those very hardy types that grow in such conditions.

Continues...

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Now you can plant those seed potatoes out that you may have started - or simply buy some from your local garden merchants. A tasty treat to look forward to if they are those lovely early new potatoes!

HERB UP YOUR GARDEN

Why not start your own herb supply for this spring and summer's gourmet efforts? Anytime in later March should be ok (except tender herbs such as Basil which require a coldframe or greenhouse in early spring - or a windowsill of course).

Herbs do have differing requirements but can be broadly split into two growing 'sectors': those such as thyme, sage, rosemary, french tarragon and oregano that like full sun; and those that like partial shade, such as rocket, sorrel, mizuna, mustard, parsley and chervil.

For your typical window box full of herbs try starting off on the sunny side of the house with chives, oregano, lemon thyme and a creeping rosemary to drape over the edge. Looks good and offers those wonderful tastes and aromas for your cooking!

For the shady side of the house why not get your second window box up and running with wild rocket, chervil, French parsley and red mustard?

In both cases use a soil based compost such as John Innes potting compost as very few herbs grow in peat. Also, soil based composts don't dry out as quickly which keeps your herbs refreshed all day long (as long as you water them in the morning!).

We've had a very easy February so don't be fooled by planting bedding plants out just yet - keep up with us as we learn. Let's look forward to longer gardening days, keep on learning and.....Enjoy!



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breeze promotion

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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.

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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 what's on

Mention Fame to anyone and they are bound to think of the exuberant Oscar-winning title song with its high energy chorus. Fame, The Musical is the stage show full of more of the same breathtaking singing and dazzling dancing! Your'e going to remember the name, Long Eaton Operatic Society!



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Long Eaton Operatic Society will be bringing Carmen, Schlomo, Nick, Serena and many more characters to light up the sky like a flame in Long Eaton this April. **Fame The Musical is on from Tuesday 9th - Saturday 13th April 2019 at 7.30pm with a 2.30pm Saturday matinee at May Hall, Trent College, Derby Road, Long Eaton, Nottingham, NG10 4AD.**

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breeze wildlife

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breeze at a glance

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breeze health

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Adult Weight Management

If you are a Broxtowe resident with a BMI above 25, you may be eligible for our free 12 month community based weight management service. We offer a 12 week group based programme, including nutrition and physical activity sessions, with on-going support. Current groups run at Beeston Youth and Community centre (Tuesday afternoon & evenings) Stapleford Scout Hut (Saturday morning) and Greasley Sports Centre (Monday morning)

Family Healthy Lifestyle Programme – Alive 'N' Kicking

A free 12 week programme packed full of interactive activities for children and their families, including healthy eating advice and fun physical activity. Sessions running at Kettlebrook Lodge (NG16 2HX), Wednesday's 4 – 5.30pm, more added soon!

Healthy Me, Healthy Baby - Maternity Lifestyle Service

We support pre and post-natal women with a BMI above 30 by providing healthy eating and physical activity advice. This 1:1 service is available in Beeston, Stapleford and Greasley – get in touch to find out more or visit our website.

ENGAGE – Get up and go Exercise/Falls prevention

A group exercise programme for adults over 55 which aims to improve balance, increase confidence and provides an opportunity to meet new friends. Sessions run at Yew Tree Court, Beeston 10am Tuesday, £3 per session.

Health Walks

Everyone Health have set up FREE health walks across Nottinghamshire, designed to get people more active and to provide an opportunity for the community to come together. The walks are led by friendly, fully qualified walk leaders and last between 30 and 60 minutes – all welcome no matter you age/ability/fitness level, bring along your friends and family, coffee and a natter to follow!

Walking groups in Broxtowe: Highfields, University Park Beeston (NG7 2RD) on 3rd Friday of every month, meet 10am outside the café.

Colliers wood, Newthorpe (NG16 3QU) on 1st Friday of every month, meet 10am in car park. For more information about the walks contact your Community Engagement Coordinator, Grace Blackburn: graceblackburn@everyonehealth.co.uk.

Are you interested in supporting the delivery of our health walks? We are looking for volunteers to help deliver health walks across Nottinghamshire alongside Everyone Health staff. If you are interested, or know of anyone who would benefit from helping their local community, get in touch!

To get involved with any of our services, please call 0333 005 0092 or email changeointnotts@everyonehealth.co.uk

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breeze appeal

Lipreading is a technique to aid speech understanding by watching the movement of lips, face and tongue when their accompanying sound is not sufficiently loud or clear to hear. Contextual comprehension can further clarify what the speaker might be saying. It takes time and patience to learn and the expertise of a good tutor to teach the skill.

New tutors are desperately needed to teach lipreading, could you help?

It can be exasperating watching television and relying on subtitles for explanation. When you are hard of hearing, it is occasionally quite funny when words incorrectly captioned construe a totally different interpretation to the one the newsreader intended. But, add it to all the other frustrations that the deaf and those suffering from loss of hearing shoulder and you realise how difficult it is to make sense of communication. Sometimes, the subtitles trail so far behind that the task is abandoned and the viewer left with a tantalizing message such as ... "as a result, Alice Meadows, a nurse from Bromwich will not now be able to get...." Get what? A job, half a dozen eggs, her pension? Subtitles are useful; other things help too.

We know it is irritating for our hearing friends and family to have to repeat sentences constantly – even if you don't actually tell us, we can see it written on your face! And technological advancements have improved our lives no end. Audio devices and hearing aids, loop systems, agencies for the hard of hearing that devise aids and awareness to help us hear more clearly, are invaluable.

For many of us, using a hearing aid will help. Up-to-date technology now offers us better clarification and sound quality. For some, surgery will offer an improvement in hearing. But there are limitations as well as benefits with most forms of help and learning lipreading skills can be such a help to us.

Not just to us but to our friends and family as well – so we can all communicate with each other more effectively. Facing the listener when we speak, enunciating clearly, checking out whether the deaf person has understood. It all sounds so serious but believe me, there is plenty of humour in the process too, particularly when mistakes are made. One of the lighter features of lipreading classes is sharing some of the embarrassments and funny moments with others in the same position. It makes us feel less silly somehow about what we've misunderstood.

So come on – a plea to you good folk out there! There must be plenty of people with the potential to make good lipreading tutors. People who care enough to help us communicate more productively with them and with each other. We need you – particularly we need you in the Leicestershire /Nottinghamshire area.

The Leslie Edwards Trust is offering the opportunity to train as a lipreading tutor by offering a professional qualification which involves a one-year distance learning course. The cost of course fees, travel and books will be covered by the Trust. Tutors are freelance

but paid the Association of Teachers of Lipreading to Adults recommended hourly rate, plus travel and expenses. Being a tutor is a part-time occupation and generally involves teaching on average three two-hourly sessions weekly, based on a 30 week year.

If you would like to find out about this challenge, please contact leslieedwardstrust@gmail.com



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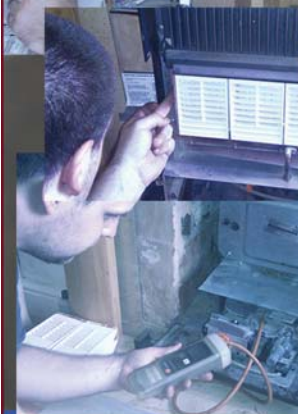
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breeze what's on

Greenwood Step Clog dancers are looking for new members.
So if you fancy putting on some dancing clogs, why not join them?

They perform throughout the year locally and are a delight to see!



Step Clog is described as "Rhythmic, Percussive Dancing." It is performed wearing clogs with wooden soles (ideally made of Ash wood) and leather uppers. The best surface to dance on is a smooth, resonant surface such as stone, slate or hard wood. Wooden soled shoes were once common in industrial areas, particularly in Northern England, Southern Scotland and South Wales. Step-clog dancing has been performed in these areas since the middle of the 19th century. It involves fast, intricate steps, but we choreograph all dances to SUIT our members and create a varied spectacle. Greenwood Step Clog dancers were formed in Nottingham, UK, in 1974 as an off shoot of the NTMC (Nottingham Traditional Music Club 1967-1989) by Sue Grimes whose husband at that time was our musician. It consisted of the wives/morris widows of Dolphin Morris, Sullivans Sword, Old Oss Mummers and a rapper side. We even danced for the official opening of the Nottingham Broadmarsh shopping Centre in 1975!

Currently, they dance out at festivals and local pubs with 'The Foresters' Morris Men during the summer months between May and July. They practice indoors from September to March in Nottingham city centre. "Our music consists of traditional British folk tunes, together with some Music Hall songs and is generally played on an accordion but other musicians are most welcome! We encourage all abilities, male and female.

Our aim is to have FUN, keep fit as well as uphold a long tradition. We can probably even lend you a pair of clogs to get you started... So get in touch! Find our page and Like us on Facebook".

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www.greenwood-clog.org.uk

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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!

Erewash Phoenix Choir Spring Concert
Erewash Phoenix Choir, in conjunction with Radcliffe Ladies' Choir, will be holding a concert on Saturday 6th April commencing at 7.30pm at Trinity Methodist Church, Cross Street, Long Eaton NG10 1HF. Tickets are £5 each-either contact the Choir on 0791 4083911, buy from Trinity Church or on the door on the night. Refreshments will be available. Come along for an enjoyable, entertaining evening of music old and new!

WOLLATON HISTORICAL & CONSERVATION SOCIETY

Meet at St Leonard's Community Centre, Bramcote Lane, NG8 2ND opposite Wollaton Library 7.30pm – 9.00pm.
Bus: pink line 30, or the Two.

Wednesday 27th March Stephen Flinders
"Terror from the Skies".
The night the Zepellins came.

Wednesday 24th April a brief Annual General Meeting followed by John Taylor presenting "The History of Bolsover Castle".

Sunday 28th April, Wollaton Village Dovecote Museum open 2.00pm – 4.30pm for Radio Nottingham Big Day Out. NG8 2NB, Dovecote Drive off Bramcote Lane opposite Wollaton Library. Admission is free. No booking required. Free for members of the Society, £2.00 visitors. Membership costs £5 per person per year. Join now, renew in April 2020. Free refreshments after the talk.

Enquiries to Angela Gilbert
0115 9283414 or see website
<http://www.spanglefish.com/WollatonHistorical>

Hemlockstone Lions Support Brain Tumour Research

Lions Clubs International have pledged their support for research in to childhood cancers and as part of this initiative, Hemlockstone Lions recently made a presentation of £202 to Dawn Broomfield representing QMC Children's Brain Tumour Research. Over the past 21 years this group have worked to improve diagnosis and treatment resulting greatly improved survival rate for children diagnosed with brain tumours. The money donated was a result of the Club's Christmas collection at Tesco store Toton and they would like to thank all who supported them with this.

As a small group we work hard to raise funds and support our local community.

If you would like to learn more about us or consider joining please visit:
www.e-clubhouse.org/sites/nottsdh;
our Facebook page or email:
hemlockstonelions@gmail.com

Melbourne Operatic Society proudly presents its annual Gilbert and Sullivan production of **The Yeomen of the Guard at the Duchess Theatre, Long Eaton from Wednesday 10th April to Saturday 13th April, commencing 7.30pm.**

The Society has been performing an annual Gilbert and Sullivan operetta since 1954 and is proud to be one of the few remaining groups who regularly perform a fully staged Gilbert and Sullivan production; in full costume accompanied by a 13-piece orchestra, in the local area.

Tickets can be purchased via the website, www.melbourneoperaticsociety.com, from the Duchess Theatre on a Saturday morning between 10.00am and 12.00pm or by phoning the box office on 07763 278981. Tickets cost £12 standard, £11 for concessions, and free for children age 16 or under if accompanied by an adult.
For more information contact Gill McGhee on 07980 421453 or email mos@melbourneoperaticsociety.com.

The Inner Wheel of Wollaton Park invite you to their Annual Spring Fare On Saturday 27th April 2019, from 10.00am to 12 noon

To be held at St Leonard's Community Centre, Bramcote Lane, NG8 2ND, opposite Wollaton Library.

Bus number 30 or The Two.

Entrance 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, a home for families to stay while children undergo cancer treatment in hospital.

And Studio House, Drug and Alcohol Rehabilitation Services.

Hemlock Garden Club

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

Their programme for 2019 continues on **21st March** with Steve Hickman from Hoyland Plant Centre, South Yorkshire, talking about those beautiful plants 'Agapanthus, Tulbaghia, Nerines & Dierama'.

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

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

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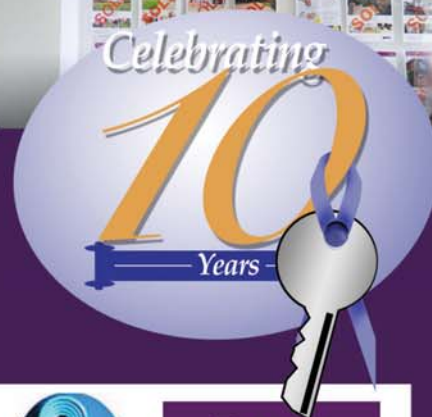
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breeze recipe

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

Cauliflower, Chickpea & Coconut Milk Curry

Serves: 4

Preparation and Cooking: 40 mins

Ingredients

600g tinned chickpeas
2 limes
2 tsp ground coriander
2½ tsp garam masala
1 tsp turmeric
2 tsp cumin
1 red chilli, grated
1 cauliflower, broken into florets
1 bunch of fresh coriander, chopped
1 tin coconut milk
4 tomatoes, finely chopped
2 brown onions, finely chopped
3 cloves garlic, finely chopped
1 large chunk ginger, grated
Salt and pepper
Olive oil for frying

Method

1. Finely chop 2 onions and 3 cloves of garlic. Grate a big chunk of ginger. Throw into a pan with a little oil and let soften for 5 minutes over a medium heat.
2. Add 1 teaspoon of turmeric, 2 teaspoons of cumin, 2 teaspoons of ground coriander and 2½ teaspoons of garam masala. Mix it all in.
3. Break your cauliflower into little florets, and add that to the pan. Coat the cauliflower in the spices. Add a bit of water from the chickpea tin to loosen the curry.
4. Finely chop 4 tomatoes and add these to the pan. Season everything with salt and pepper, and then add 600g of chickpeas. Add a can of coconut milk, and mix everything together. Add a grated red chilli.
5. Allow the curry to putter away on a medium heat for 20 minutes, or until it is nicely thickened.
6. Add a large handful of chopped coriander at the end, and squeeze over the juice of a lime. Enjoy!



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