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breeze

MAY 2019

ISSUE 198

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welcome to breeze

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breeze environment

Climate Change is heavily in the news with the likes of David Attenborough and Chris Packham standing up for global change. Here's some basic food facts that might surprise you and give you an idea of what you can do to make a difference...

The year 2018 set all sorts of records

Last year saw record high temperatures in many places across the world amid an unusually prolonged period of hot weather.

Large parts of the northern hemisphere saw a succession of heatwaves take hold in Europe, Asia, North America and northern Africa - a result of strong high pressure systems that created a "heat dome".

We can all do more to help

While governments need to make big changes - individuals can play a role too.

Scientists say we all have to make "rapid, far-reaching and unprecedented changes" to our lifestyles, in order to avoid severely damaging climate change.

The IPCC says we need to: buy less meat, milk, cheese and butter; eat more locally sourced seasonal food - and throw less of it away; drive electric cars but walk or cycle short distances; take trains and buses instead of planes; use videoconferencing instead of business travel; use a washing line instead of a tumble dryer; insulate homes; demand low carbon in every consumer product.

The single biggest way to reduce your environmental impact on the planet is to modify your diet to include less meat - according to recent studies.

Scientists say we ought to eat less meat because of the carbon emissions the meat industry produces, as well as other negative environmental impacts.

A recent study published in the journal Science highlighted a massive variation in the environmental impact of producing the same food.

For example, beef cattle raised on deforested land produces 12 times more greenhouse gas emissions than those reared on natural pastures.

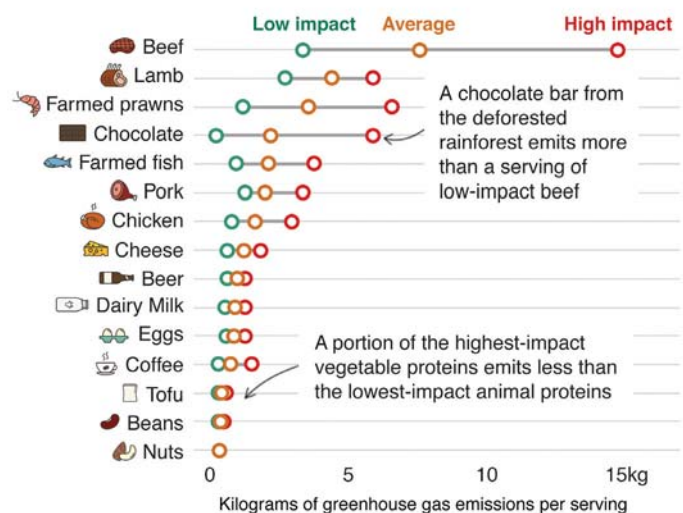
Crucially, the analysis shows that meat with the lowest environmental impact still creates more greenhouse gas emissions than growing vegetables and cereal crops in the least environmentally-friendly way.

But as well as altering our diets, research suggests that farming practices need to change significantly to benefit the environment.

By Nassos Stylianou, Clara Guibourg, Daniel Dunford and Lucy Rodgers

Beef has the biggest carbon footprint - but the same food can have a range of impacts

Kilograms of greenhouse gas emissions per serving



Source: Poore & Nemecek (2018), Science

BBC

Source – BBC News

<https://www.bbc.co.uk/news/science-environment-46384067>



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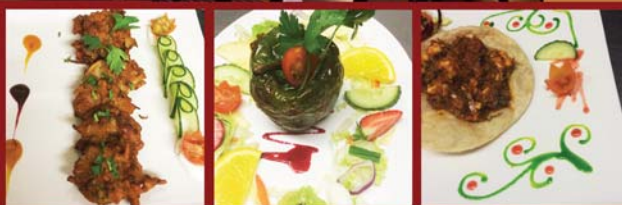
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"Service was superb, and so was the food! The lamb melted in the mouth! Everything was freshly cooked and flavours were clear and discernible - my main meal was singing with cardamom and star anise! We will definitely be returning on a regular basis!"



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breeze what's on

Presented by The People's Theatre Company 'Our House' is set to be an energetic performance not to be missed...

Get your tickets for the performances this month
22nd May - 25th May

Our House is a musical with music and lyrics by Madness and one song "It Must Be Love" written by Labi Siffre and a book by playwright Tim Firth. The show features songs from the ska/pop band Madness and was named after one of the band's popular hit singles, "Our House".

Director Chris Teasdale says "Our house is a fast paced show with the backing of the iconic tunes from Madness. We have a small enthusiastic cast who are working hard learning dance routines to compliment the huge tunes. I am confident it will be an evening of 80's nostalgia whilst following Joe Casey on his life journey".

The cast have had a masterclass workshop with Oliver Jackson, who was one of the original cast members of the Our House musical in the West End. Oliver played the part of Lewis, Joe's friend. Oliver's workshop was an amazing experience which brought energy and a real buzz to our cast and crew.

Synopsis -Our House the musical with music and lyrics by Madness, the show features songs from the ska/pop band Madness and was named after one of the band's popular hit singles, "Our House".

The story follows Camden lad Joe Casey who, on the night of his 16th birthday, makes a decision that will change his life forever when things take a turn for the worse.

Our House follows the two paths that Joe's life could take after that fateful night. Over a period of seven years and two alternative lives Joe deals with the consequences.

The show includes many of the Madness songs, including; "Baggy Trousers", "Driving in My Car", "Wings of A Dove" and "NW5" to name a few.

Cast working hard below....



PERFORMANCES:

Wed 22nd May 2019

at 7.30pm,

Thursday 23rd May 2019

at 7.30pm

Friday 24th May 2019

at 7.30pm

and Sat 25th May 2019

Matinee 2pm,

Sat 25th May 2019 at 7.30pm

Venue: Nottingham Arts Theatre, George Street, Nottingham, NG1 3BE

Ticket prices are

£15 adult £13 Concessions

Students,

Senior Citizens, Children

under 16 (for details please contact box office)

Groups of 10 (multiples of 10)

£14 each person

Visit www.nottingham-theatre.co.uk for show times and prices and to book tickets online.

Tickets are available from: - The Nottingham Arts Theatre Box Office on the door,

On line at www.nottingham-theatre.co.uk

and also from the Nottingham Tourism Centre, Smithy Row, off Market Square.

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breeze what's on

A local weekend of art and atmosphere

This year the Attenborough Beeston and Chilwell (ABC) Art Trail is excited to invite you to their free event, proudly displaying the new brighter logo!

WHEN IS IT?

1st and 2nd June 2019, 11am till 6pm.

WHERE?

Visit our website at <http://www.abcarttrail.uk> for a map of the trail with all the addresses of venues.

We will be showcasing 29 local artists and creative makers, some of whom will be opening their studios and exhibiting their work at 12 venues, most of which are within walking distance of each other.

It is a wonderful opportunity to see some private studios that are rarely open to the public.

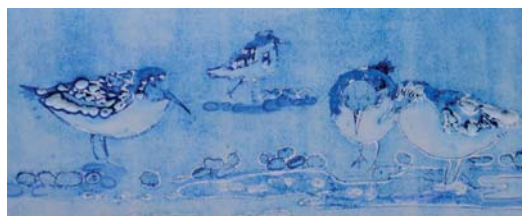
This year there will not only be paintings and prints, but also jewellery, ceramics, textiles, glass and much more.

Look out for fliers, which will be distributed around the area in libraries, local shops and house to house.

There will also be banners and signs in the area on the weekend to direct you to venues.



For more information and a map of the art trail you can visit <http://www.abcarttrail.uk>



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Colleen, Owner

From bags to riches...

Slimmers go for gold and raise over £3000 donating the clothes they've slimmed out of.

So confident they'll never need their larger sizes again, slimmers across Beeston and surrounding areas have raised £3100 by donating the clothes they've successfully slimmed out of to Cancer Research UK.

Local Slimming World groups collected a phenomenal 124 bags of clothes, shoes, homeware and accessories as part of the Big Golden Slimming World Clothes Throw.

The bags will be donated to local Cancer Research UK shops as part of the national fundraising campaign, which this year goes 'gold' as Slimming World celebrates its 50th birthday year. As part of the Big Golden Slimming World Clothes Throw, anyone who finds a special golden bag is in with a chance to win a VIP shopping and makeover experience.

The Big Golden Slimming World Clothes Throw aims to raise awareness of how keeping a healthy weight can reduce the risk of developing some types of cancer.

Each of the filled bags is worth around £25 to the charity, and this year's campaign is aiming to beat the total raised in 2018 – an incredible £3million in just two weeks. Since 2012 the partnership has generated more than £12million worth of stock.

As well fundraising, the partnership between Slimming World and Cancer Research UK aims to raise awareness of the links between obesity and cancer.

Consultants from local Slimming World groups are delighted to have raised so much money for charity. One consultant says: "I can't quite believe how many bags we managed to collect. I knew our members were amazing but I didn't expect such an incredible level of effort – wow!"

"Seeing members donate their too-big clothes is just the cherry on top for me as a Consultant. What I find so special is seeing members transform before my eyes as they lose weight."

"Many go from shy, apprehensive individuals who join with their confidence at rock bottom. They don't believe they could ever lose the weight they dream of losing. When I look them in the eye and tell them they absolutely can be the size they want to be – whatever that is – and that I truly believe in them, things start to change."

"At group members learn to remove feelings of guilt around food, and instead feel empowered by all the Free Food they can enjoy on Slimming World's healthy eating plan Food Optimising. Through Food Optimising, they learn to change the way they think about food by making changes to the way they shop, cook and eat, and they lose weight without ever feeling like they have to restrict a thing or go hungry."

"Members also make friends in group, they celebrate success together and they are there



Margaret Burton, Slimming World Consultant, alongside club members with clothes donations raised.

for one another through the more challenging times too. As the weight drops off and the energy levels soar, many of them become more active too – walking, swimming, playing with the kids... there really is no stopping them! They shed the shackles of their former selves – including the clothes they'll never fit in again anyway."

"So many people don't know how much of a difference losing weight can make to health – including reducing the risk of developing a range of problems including some types of cancer. Hopefully this campaign and our efforts for charity will help inspire more people to improve their health and change their lives by losing weight too."

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

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Stapleford 9.15am
Tel Dawn
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Stapleford

St Helens Church Hall,
Frederick Road
5.30pm & 7.30pm
Tel Dawn
07872 648 833

TUESDAY

Toton

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

Beeston *NEW VENUE*

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

Long Eaton

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

WEDNESDAY

Beeston *NEW DAY & VENUE*

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

Beeston / Chilwell

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

Trowell

Parish Hall 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

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

THURSDAY

Beeston

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

Wollaton

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

Long Eaton

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

Chilwell

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

FRIDAY

Wollaton

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

SATURDAY

Beeston

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

Stapleford

Stapleford Conservative Club,
Derby Road, Stapleford
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Sat 11th Jury Dogs
Sat 18th Freeway
Sun 19th Road Trip
Sun 25th Article IV

TwitcheI Inn, Long Eaton

Fri 10th Highway Junkies
Fri 17th Crazy Diamond
Fri 24th TBA

The Star, Beeston

Friday 3rd May:
The Shots indie acoustic duo 8.30pm

Friday 17th May:
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Friday 23rd May:
Dark horses covers band 8.30pm

Friday 31st May:
Eastbound and Down, acoustic duo 8pm

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Sat 11 BACK ON TRACK (8pm)
JAY HARRISON (8pm)
Sun 12 MICHAEL JONES (3pm)
Fri 17 FLETCH (2pm)
Sat 18 WILDEST DREAM (8pm)
ALAN SQUIRES (8pm)
Sun 19 TBA (3pm)
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DEADLINE FOR JUNE 19 ISSUE: 23rd May 2019

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Saturday 9am to 5pm

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

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



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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**.

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.

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."



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

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breeze what's on

Chapterhouse Theatre Company is excited to present its 2019 open-air tour for its 20th anniversary year. Throughout the summer, Chapterhouse will be bringing stunning performances of six classic stories to some of the UK and Ireland's most beautiful outdoor venues, promising to be one of the most enchanting and unmissable events of the summer.

"Our brand-new show for 2019 is an adaptation of Robert Louis Stevenson's swashbuckling adventure *Treasure Island*, which alongside *The Secret Garden* will provide fun for all the family. We will also be bringing back a firm Chapterhouse favourite, with a nod to the company's roots in Shakespearean theatre, with a magical production of *A Midsummer Night's Dream*. Another favourite with Chapterhouse audiences, Jane Austen's *Pride and Prejudice*, will join our 2019 productions. Emily Brontë's *Wuthering Heights* and Elizabeth Gaskell's *Cranford* will also take to the stage, meaning that most of our summer productions will showcase bold, exciting stories from women writers in the literary canon.

In our 20 years of touring, Chapterhouse has established itself as one of the most successful and acclaimed touring companies in the country, breathing new life into the texts of some of literature's most celebrated writers, from Shakespeare to Austen to the Brontë sisters.

This year, Chapterhouse is returning to the stage with exciting stories set in extraordinary places including many National Trust and English Heritage properties. So bring along a rug and a picnic and settle in for an evening of theatre beneath the stars..."

Wollaton Hall

The Secret Garden, **Friday 28th June**
A Midsummer Night's Dream, **Sunday 11th August**

Southwell Minster

Pride and Prejudice, **Wednesday 3rd July**

Newstead Abbey

Treasure Island, **Friday 19th July**
A Midsummer Night's Dream, **Thursday 1st August**

Creswell Crags Museum & Visitor Centre, Worksop

The Secret Garden, **Friday 16th August**



There will be regular updates about new and existing shows on the web page so please continue checking the website in the lead up to our summer tours. Remember to refresh the page if you have visited the site before for the most up to date information. Please bring rugs or low back seating. Performances go ahead in all but the worst weather. For tickets and further information visit <http://www.chapterhouse.org>

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breeze stars

What will this month have in store for you?

Aries

You have an interesting way with words and always speak your mind. People who dither often annoy and frustrate you. Don't hesitate in terminating a situation or relationship that is obviously going nowhere rather than continually banging your head against a brick wall. Your presence will be greatly in demand and with high drama and excitement on the cards.

Taurus

Your dynamism and enterprising spirit will wave its magic on those who have previously doubted you and you will find it easy to convince certain people that you can be trusted. There is so much whirling around in your head that is making you feel dizzy with all the excitement. Its as though everything is happening at once and serious decision have to be made.

Gemini

Its a bore to deal with accounts and mundane office stuff, but needs must if you are to keep your affairs in order. Keep your friends and your family in mind as you work through your busy schedule by arranging some fun time together. Holidays are a must if you are to re charge your batteries ready for the next onslaught of work and duties.

Cancer

This is an extremely sensitive time for many reasons, so don't be surprised if you find yourself examining feelings about which direction your life is going in. The fact that some people do not live up to their promise is annoying, but its better to know the truth than to live in a false sense of security. Matters start picking up the moment you stop trying to please others and for once in your life, you begin putting yourself and your needs first.

Leo

Tricky times are here and so tough decisions will have to be made and as usual, there is only you to deal with any of it as others just do not appear to appreciate the difficulties that lie ahead. People continue to make demands upon your time and some even clamour for attention. Deadlines or health issues all serve this to be an emotionally charged time so this is an excellent time to plan a much earned holiday.

Virgo

Trips and holidays that spark your interests are in the offing, but there is also a huge temptation to splash the cash even when you can ill afford it. Someone close to you needs advice and guidance as to which direction to go in next? Growing concern over a loved one will make you feel as though you have got to say something and get things out into the open.

Libra

You are ready for change and excitement but you may also feel unable to make a definite decision about anything. If alone and looking for love, there is someone out there for waiting to meet you, but everything happens when the time is right, not before. Stay grounded when dealing with money by refusing to be persuaded to spend cash you simply do not have.

Scorpio

You are always at your most efficient when your back is against the wall and surrounded by pressure and timelines. Finances may spark ill feelings with someone who is so obviously jealous of your lifestyle, so do the only sensible thing and give them a wide berth. Romantically you will be in the spotlight, but may have to choose between commitment or just enjoying a fun time.

Sagittarius

A new friend will turn out to become someone extremely special but watch your back because someone is feeling very envious of your success. Affairs of the heart rarely run smoothly and complications will set in, but not necessarily dealt with satisfactorily. You will begin to wonder who to believe and whose side to take regarding a very complicated and overemotional tangle.

Capricorn

Faced with life changing decisions, it would be wise if you took some time out to think things through carefully. At work, yours is a convincing plan, but not everyone will agree with you and you could find yourself locked in a stalemate position. A burst of energy puts you in the right mood for tidying and re organising your home and if you are getting ready to move house, this is the perfect time to put plans into action.

Aquarius

Try not to disagree over money because someone is not prepared to listen to common sense. Old friends from the past will be in touch, but you may try to avoid organising a meet up for personal reasons. Not a good idea to believe all the gossip that is going around about someone you care about because people love nothing more than to twist the truth.

Pisces

You are right not to take someone into your confidence if you know they are unable to keep secrets. Your personal life is of utmost importance to you for numerous reasons, especially if finances are a prime consideration. An annoying business matter will at last be resolved, but don't be surprised if you decide to look elsewhere for both inspiration and job satisfaction.



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breeze appeal

Keep Britain Tidy: charity welcomes government support for community litter-picking, as more than 350,000 pledge support for Great British Spring Clean

With the launch of the country's biggest mass-action environmental campaign, the Great British Spring Clean, the announcement of a £9.75 million fund for councils to support community litter-picking is good news for the environment.

Commenting on the announcement, Keep Britain Tidy Chief Executive Allison Ogden-Newton said: "We are delighted that the Government has decided to support all our thousands of #LitterHeroes by giving councils money to provide them with equipment and training.

"We know, given the scale of support for the Great British Spring Clean, that finding equipment for all those who want to take part can be challenging so this money will help as we continue to grow the campaign and our network of #LitterHeroes all over the country."

The Great British Spring Clean 2019 is made possible thanks to the support of headline sponsor Wilko and players of People's Postcode Lottery. The campaign is also supported by the Daily Mail, M&S, Coca-Cola, Mars Wrigley, Walkers, Red Bull, McDonald's, Clear Channel, Karcher and Costa

Keep Britain Tidy is a leading environmental charity that cares for the environment on your doorstep. "We work to eliminate littering, reduce waste and improve public space. We run programmes including Eco-Schools, the Green Flag Award for parks and green spaces and the Blue Flag/Seaside Awards for beaches."



'This campaign has been remarkable. It has shown that ordinary people do care about their environment and are willing to do something about it – a lesson that we need to take heart from as we look for ways to lessen the appalling impact our behaviours and lifestyles are having on our environment.' - Allison Ogden-Newton, Keep Britain Tidy CEO



To find out more about Keep Britain Tidy, the programmes and campaigns visit www.keeptobritaintidy.org.

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breeze what's on

If like us you ever-so-slightly overindulged when it came to chocolate consumption over Easter, why not get outside, enjoy some fresh air and check out an event or two - there's lots happening throughout the city and county this May.



Sherwood Forest Visitor Centre is hosting a on **11th May**, where you'll take a leisurely stroll through the forest, as you look and listen for spring birds. An expert guide will be on hand to point out all the resident birds of the forest, as well as some of its more unusual visitors. While over at Hanwell Wine Estate on 18 May, fabulous foraging expert Richard Mawby invites you to go . As part of this fun workshop, Richard will share knowledge, experience and information on the different edible plants, herbs, and foods that the countryside has to offer.



Celebrate spring and bring the family together for a fun-filled day at Newstead Abbey's on **25th - 27th May**. A selection of stall holders will be selling their wares in the historic Cloisters, and if the weather is nice, why not take a walk around the wonderful gardens?

Pedalfest 2019 18th & 19th May

A family cycling festival at Sherwood Pines packed with cycling demos, entertainment, music, stunt shows, animals and food. With a huge fleet of electric, mountain, hybrid and kids bikes to try, you'll be spoiled for choice!



Dot to Dot Festival 2019 26th May

Since starting in Nottingham in 2005, Dot To Dot Festival has established itself as the UK's premier festival for unearthing the best new talent, alongside renowned acts from all over the globe. See top live acts across the city.

Wheee! Festival 2019 26th May - 2nd June

High quality theatre shows, the famous Luminarium and the popular Free Family Weekend in the park - you and the little ones will be entertained and amazed at Nottingham Lakeside Arts' Wheee! Festival.



#CWC19 Fanzone in Old Market Square From 3th May - 2nd June

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Information Courtesy of <https://www.visit-nottinghamshire.co.uk>

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breeze wellbeing



Meet Andrea, some of you might recognise her. She's a local Beestonian with something very unique to offer our readers.

'Happy Retreats' is Andrea's home from home in Ulea, Spain, a slice of spanish heaven. Looking for something affordable and different this is the place for you....

DREAMS CAN COME TRUE ... by Andi O'Mahony

"Last year I had a dream ... a dream that I would open a retreat near the old Spanish town of Ulea, in the stunning Valley of Ricote, Spain where I live with my husband.

Although we'd been looking for a venue for months, there was always something missing. But in late January this year we found it ... the most wonderful rustic Spanish house set within a 60-hectare estate.

New doors opening

Slowly the dream started turning into reality and in April we opened our doors. We gave a very warm welcome to our inaugural guests, who joined us for our Women's Wellbeing with Mindfulness retreat. We couldn't have wished for a better start; our guests were wonderfully engaging, embraced the opportunity to make new friends, and were keen to get involved with the mindfulness and other activities we had on offer.

Connecting and re-connecting

It was a joy to see everyone making new friends and enjoying just 'being' in the present. The mindfulness and meditation sessions gave our guests the opportunity to experience the benefits of mindfulness; taking time to be fully present whilst walking, meditating by the river, and even practising silence (which was a little more difficult for some, including me!).

Mindful creativity in action

Tips and techniques were on hand so that guests could enjoy the practise when they returned home. Other time was spent doing arts and crafts, mindfully of course, and enjoying good food in one another's company.

It was also great to hear that our guests really found the opportunity to reconnect with themselves in a way they hadn't done for years. And I was really moved when I was told that the retreat had helped to strengthen bonds with loved ones.

The dream to create a space where people can escape from the noise and grind of daily life, enjoy a different way of 'being', and leave feeling refreshed and happier is a dream unfolding... I'm looking forward to the onward journey".

In addition to the beautiful Retreat Centre there is the opportunity to take full advantage of other activities during your stay. You may want to find time to have a little extra pampering, taking a dip in a thermal bath or having a massage can do you the world of good. The house is set in wonderful grounds that are a dream to walk around, with lemon and orange trees at every turn. There's also a beautiful pool should you want to take a dip. At Happy Retreats you can do as much or as little as you like.



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Definitely a Happy Retreat. Can't thank the team enough."

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breeze gardening

This month we look at ways you can be ready for the drier, warmer weather to come..



What gardeners get wrong about watering

Wind: Even on a cloudy but dry day pots, especially smaller pots & hanging baskets, dry out very quickly which stresses your plants.

Sun: It's ok to water plants in full sun - especially if you use a drip system such as the one illustrated on the right as it does not splash the leaves of the plants (some sources dispute water harms leaves in sun).

Overwatering: is bad for plants though: moist, not constantly soggy.

What is a micro irrigation system?

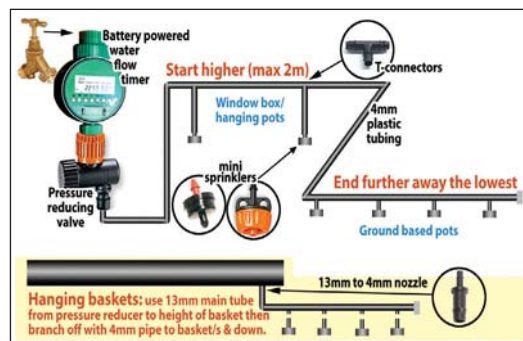
It is simply a series of small water drippers connected by 4mm flexible plastic pipe. In some cases a slightly thicker pipe is used (13mm diameter) than the 4mm pipes are fed to the pots etc. 13mm pipe is for when longer runs are needed (6 metres or more) and when a greater height than 2.5m is required - such as for hanging baskets. The thicker bore allows water to travel more easily higher/further, with 4mm still used near the ends (see diagram) as it blends in easier.

The tap does not feed either sized pipe directly as the pressure blows the plastic connectors apart so we must use a pressure reducer on the tap first of all (after the timer if one is fitted).

Equipment: The diagram shown above explains the basic layout.

The actual items used are available from several outlets online or at your local garden centre. You needn't use recognisable brands but avoid the really cheap sets available in bargain stores - the pipe is ok on these but buy better drippers and, especially, buy a proper pressure reducer. Timers vary in cost/sophistication but a battery operated one is around £15 and turns the water on/off to your chosen settings, this is best. Simpler ones turn flow off with a manually set wind-down mechanism.

Tip: If you set up a micro irrigation system such as this one you can use mini adjusters to reduce the flow to certain plants and increase flow to ones that need more (these allow water to by-pass them when reduced so do not restrict flow further down the pipe).



Benefits: Your plants get watered when you might not have time or on holiday, it's consistent and you get to enjoy your potted plants without as much daily chore

involved so you can focus on plant care such as feeding, dead heading etc. Uses less water - better for the environment and reduced water bills.

Planning ahead: that is the message here - so by setting this up now you are ready for those much drier summer days knowing your plants will really bloom!

As always, keep learning and.... Enjoy!

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If you are interested in trying our recipes, you can find them using the following link:
www.homeinstead.co.uk/recipes

Home care for the elderly

If you are worried about your loved one and are looking for some help to manage with preparing meals and ensuring they are enjoying a healthy balanced diet, then Home Instead Nottingham can support you.

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CAREGiver of the Month March 2019: Sophie



Our CAREGiver of the Month for March has been awarded to Sophie Longford. Sophie provides support to a client that is going through some difficulties, and we were thrilled to hear that Sophie's visits had lifted their spirits.

The client's family contacted us to let us know they were thankful for Sophie's help, and it was exactly what they wanted.

Sophie finds that using things in common with her clients to build a relationship and trust enables her clients to get the most from their visits.

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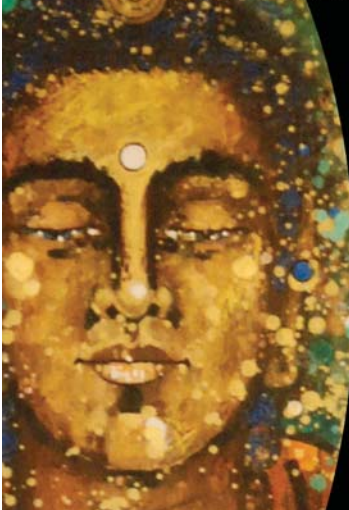
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Have you got Mobility problems? Locally help is available, Beeston Shopmobility is a scheme, run by unpaid volunteers, which lends manual wheelchairs and mobility scooters to members of the public.

How does Beeston Shopmobility help?

It provides a service that enables members to have independence while they shop and enjoy themselves in Beeston town centre, and is available to anyone over the age of 18 who has a permanent or temporary mobility problem.

It also offers a longer term hiring service for members to use on holidays in Britain, or whilst recovering from an operation.

What does it cost?

It is free to join, and with no yearly subscription. Members pay £1.00 to use a wheelchair or mobility scooter for 2 hours use in Beeston town centre.

Members may also hire a scooter for £30 a week or £20 a week for a wheelchair. Please note that we ask for a £30 returnable deposit from existing members, (£100 for a member with less than 3 months membership).

How do you become a member?

Call into our office in Oban House, 8 Chilwell Road, Beeston, NG9 1EJ, telephone 0115 9257972.

Oban House is opposite St John the Baptist Church in the town centre and 30 metres from Beeston Square and Beeston Centre bus/tram interchange. There are 4 parking spaces available.

We are open Monday to Saturday 10.30am to 3.00pm.

Comments from people using the scheme:

"I suffered a foot injury which required surgery, and I was unable to put any weight on my injured foot for some months. I was not very happy using crutches so I decided to use a mobility scooter which I hired from Beeston Shopmobility.

I had to take driving tuition to ensure that I could drive one safely, and this was thorough and good humoured, and included doing circuits outside their premises. I was also warned that when on a mobility scooter one is rendered invisible and people are liable to walk straight in front of you, or stop without warning. I quickly got used to driving around Beeston and, on reflection, I do not know how I would have managed without the help I received".

"I was a regular weekly user of Beeston Shopmobility scooters to do my shopping, but then I was invited to go on holiday with my family and I decided it would be good to take a scooter with me. The first surprise was how easily the scooter could be dismantled and placed in the boot of my son's car. The second was how useful it proved to be when I was away. I had no problem keeping up with the rest of the family and I didn't want to feel as though I was slowing them down. The result was that this was a family holiday that we all enjoyed.

Thank you Beeston Shopmobility. Role on next year!



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breeze care

Know Your Rights, launched last month is here to support, protect and empower people with Autism.

Autistic people make up about 1% of the population.

Autism affects the way that people communicate and interact with the world. Autism is a spectrum that impacts on everybody differently and can be very complex. The Autism and Care Acts were groundbreaking pieces of legislation, designed to ensure the needs of autistic people and their families were met. It enshrined in law that every autistic adult has the right to a needs assessment which must take in to account their autism, carried out by a trained individual with the skills, competency and knowledge to determine the support required.

The evidence of a new national survey from the Autism Alliance paints a troubling picture; 80% of autistic people told us that they needed more information on their rights. Two thirds of Local Authorities told us they were not using autism specific assessment tools. 75% of Local Authorities offered their staff less than a day's training on autism - you cannot understand the complex nature of autism and how it presents across the spectrum in single day.

The Autism Alliance is launching a campaign to support autistic people to – Know Your Rights - launched in April with a meeting of autistic people, families and carers, as well as representatives from Mencap and the NAS, at the Central Hall Westminster. The meeting followed on the heels of the annual Autism Accountability Meeting.

Every autistic adult in the UK has the right to:

- Have a care needs assessment that is autism specific
- Undertaken by an assessor with the skills, competency and knowledge of autism, sufficient to undertake that assessment.

Without proper assessment, autistic people run the risk of not receiving the support they require to have a fulfilled life, living as independently as possible. Without appropriate support the risk of people tipping into crisis is greatly increased. Autistic people are amongst the largest group currently residing in secure hospitals (we believe over half) which has been the focus of the national Transforming Care Programme.

The respondents to the Alliance Survey portray a system which is repeatedly failing to meet the rights of autistic individuals:

- "Lost in the whole process, family have to fight to get any help at all. It's not easy."
- "It is very hard to get a Care Assessment. If you get one, it's seen as a way of monitoring direct payments rather than focusing on outcomes. I have had assessors who couldn't spell 'autism' let alone understand the needs of my son."
- "More about saving money than meeting needs. Assessor hadn't a clue about autism. Rushed as assessor had lots of people to assess. I felt like they wanted to cut money and wouldn't listen to important things that would stop them cutting money"
- "Not had an assessment for some time. The last one I had was by someone I had never met before, who I believed specialised in elderly care."
- "I have a direct payment and cannot spend it. I feel useless because there are no services who want my direct payment. I feel services hear the word autism and reject me. I feel a failure because I cannot spend my direct payment."

Properly applied, the Autism and Care Acts have the capacity to change lives; ensuring that autistic people and their families can live fulfilled and independent lives.

Mary Simpson, CEO of Spectrum commented: 'we see the daily impact on autistic people and their families when the Care Needs Assessment does not reflect the support that they need. A lack of support can force people into mental health services or long stay hospital admissions which we know is not right for autistic people.'

The Autism Alliance is a network of 16 national charities who support thousands of adults and children across the UK. www.autism-alliance.org.uk

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Beeston and Chilwell Garden Trail 2019 – Reuse, reduce and recycle!

This year's Beeston and Chilwell Garden Trail (BCGT) is being held on Saturday 8th and Sunday 9th June, 1.00pm - 5.00pm.

"Last year we celebrated not only 21 years of the BCGT but super sunny weather too, leading to a bumper number of over 1000 visitors and £8000 was raised for a wide range of charities!

This year's Trail has 18 gardens opening including several new ones and a very topical theme – Reuse, Reduce and Recycle!

How do we as gardeners help to be environmentally aware? Can you spot the ways in which the garden owners have reused items within their gardens, reduced the amount of garden waste items going into landfill and recycled all kinds of household items?

Greening Beeston, a local community environmental group are pleased to join the Trail this year at Middle Street Resources Centre.

Come and join us for a 'Garden Trail Treat' – ideas, delicious refreshments, plant and craft sales, and activities for all the family!"



Trail tickets will be £4.00 per adult, children free. For more information go to the BCGT website – <http://www.beestonandchilwellgardentrail.org.uk>
www.beestonandchilwellgardentrail.org.uk

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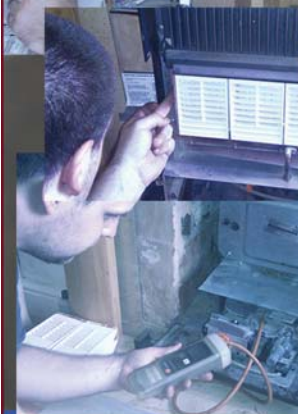
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breeze what's on

After a series of back to back sell-out concerts, the Tony Farrell Big Band invites you to join them for their 'Swings into Summer' concert. The Band brings you the best of big band music from the vintage era all the way through to modern day hits; perfect to sit back, relax and enjoy a summer evening.

Throughout the evening the Band will feature classic, laid back swing from the likes of Count Basie; energetic and flamboyant numbers from the library of Glenn Miller; vivid grooves from more modern masters; and rich vocal numbers as performed by Frank Sinatra, Michael Buble, Tony Bennett, Harry Connick Jr and many more stars of the big band world from the past and present.

Starting at 7:30pm on Saturday 6th July, you can listen and watch the band perform "Swings Into Summer" at Allestree Woodlands Theatre, Blenheim Drive, Allestree, Derby, DE22 2LW. Book your tickets early to avoid disappointment. Tickets in advance are priced at £12 and under 16s at £6 (excluding booking fee) and are available via ticketsource.co.uk/tonyfarrellbigband. Tickets on the door will be £15 and under 16s £8.

This energetic 18 piece big band has been performing for more than 25 years and has proven to be a winner with audiences up and down the country. "...this was a real crowd-pleaser ... people were clearly thrilled by the musical delights on offer." -- South Wales Evening Post. Whether you are a fan of the classics, mad on the modern, or entirely new to big band music, this show is sure to entertain and will provide you with unforgettable musical moments.



The band are pleased to support the charity Brain Tumour Research through this event. To find out more about all the hard work the charity does, visit www.braintumourresearch.org

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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!

Art Demonstration at Wollaton Vale Community Centre

Tuesday, 14th May 2-4 pm,
£5 including tea and biscuits
Local artist, John M Pooler, will explain and show us how he paints watercolour landscapes.
Everyone welcome

All Saints Church, Strelley Village, NG8 6PE Spring Fair, Monday 27 May 1.30pm In And Around The Church. Admission Free !

It's that time of year again...do come and join in. Lots of stalls, and entertainment by our favourite local folk musicians from The Second Time Around club, Beeston. Refreshments available, but you are welcome to bring a picnic and enjoy the lovely surroundings. We relocate indoors in the event of poor weather. Proceeds to the Parish of Bilborough & Strelley.

Stanton Clubhouse Bowls Club OPEN DAY

Sunday 28th April 2019, 2-5pm

Are you interested in playing the game of bowls?
We are an old-established flat-green Bowls Club looking to expand our membership.
We play mid-week evening games in the local leagues, and weekend friendly matches against like-minded clubs.
If you, your family or friends are interested, we welcome you to try this friendly sport.
Any age from 11 years upwards.
Do come along and see what it's all about.
Please wear flat-soled shoes.

Contact:

Secretary, Christine Worthington
0115 9250249 or 07786953067
www.stanton-bc.yolasite.com
or visit our Facebook page
Location: Lows Lane,
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Sawley Strength and Balance Class starting Tuesday 18th June 2019

Strictly No Falling project lead by Age UK Derby & Derbyshire and DCHS are starting a new strength and balance class at All Saints Church Hall on a Tuesday afternoon
2.30-3.30, starting on Tuesday 18th June.

If you feel you need to condition your muscles, get a little stronger and improve your balance then this is the class for you. The balance exercises are done in a seated or standing position according to ability.
For more information contact Janet (07906 367553) or Jo (07837 277252). Classes cost £4 per session including refreshments

2nd Beeston Sea Scouts

Cubs Monday 6.45pm -8.15pm
Beavers Thursday 6.15pm -7.30pm
Lilac Grove Beeston Rylands

MS Society - young people's group - known as "YUMS" meet every third Tuesday of each month 6pm to 8.30pm
at The Nurseryman Beeston NG9 3AE
All are welcome. Hosted by Deborah Hales
MS Society volunteer for YUMS.
Tel: 07950460639

On Wednesday 17th July 2019 Wollaton Natural History Society will be presenting a talk entitled Mountain Flowers of the Dolomites. David Charlton, co-author of a book on this topic, will also give information on how to grow some of them in our gardens. We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton (opposite the library) at 7.30 p.m. Members free. Visitors are very welcome at £3.50 on the door. For more information visit our website at www.spanglefish.com/WollatonNaturalHistory find us on Facebook or 'phone Chairman Nigel Downes 0115 9444671.

Open Gardens Draycott Village Fund Saturday 29th & Sunday 30th June 11am TO 5pm

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Classic Film Club Programme

Classic film club takes place fortnightly in the Weir View room at Beeston Canalside Heritage centre. Watch a classic film, meet new people and enjoy light refreshments in a beautiful setting. All films begin at 2pm
Tickets cost £5 and are sold on a first-come-first-serve basis. If you're planning to visit in a large group, please call ahead on 0115 922 1773 to let us know.

May 2019

Casablanca – 22nd May

June 2019

The LadyKillers – 5th June
On the Waterfront – 19th June

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CATS Abridged Edition –
**Thursday 11th to Saturday 13th July 2019
Duchess Theatre, West Gate, Long Eaton**
Following on from their sell-out performances of Hairspray, the above group are well into rehearsals for their July production of CATS Abridged Edition.
If CATS is one show you have never seen, then take the opportunity to come along and visit the Duchess Theatre, Long Eaton, and see for yourself a youth group show with a touch of feline class. Tickets are on sale now priced £9 & £8 (concessions Matinee only) and are available from:
www.duchess-theatre.com
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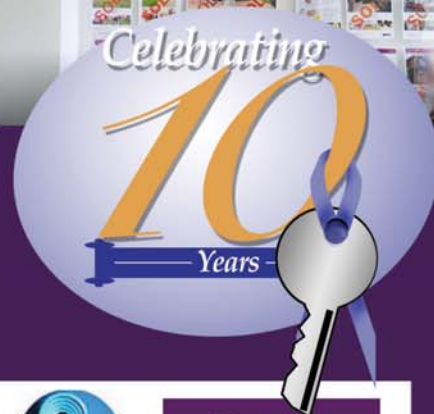
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breeze recipe

This family-friendly recipe is great for encouraging children to eat more vegetables! Why not give it a go....

Red Lentil Bolognese

Ingredients

- ½ tbsp oil
- 1 small white onion, finely diced
- 2 cloves garlic, crushed
- 2 carrots, finely diced
- 2 sticks celery, finely diced
- 120g dried red lentils
- 1 x 400g can chopped tomatoes
- 600ml vegetable stock
- 3 tsp fresh herbs, chopped
- 10 cherry tomatoes, chopped in half
- A little fresh basil, torn
- A little grated Italian-style hard cheese
- Spaghetti, cooked

Method

Heat the oil in a large pan and add the onion. Cook for 2 to 3 minutes until it starts to soften and then add the garlic, carrot and celery. Fry for another 3 to 4 minutes.

Add the lentils, tinned tomatoes, tomato purée, stock and herbs and bring to the boil. Reduce to a simmer and cook for 25 minutes until the lentils and vegetables are soft.

Remove from the heat and add the cherry tomatoes. Serve immediately with cooked spaghetti or other pasta and garnish with some fresh basil and some grated Italian-style hard cheese.



© The Vegetarian Society –
(recipe created by the Cordon Vert cookery school)
www.vegsoc.org



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