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OCTOBER 2019

ISSUE 203

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Welcome to this months Breeze Magazine. Hope you enjoy our pages this month. We encourage you to use our local trades and businesses, after all, *if you don't use it, you lose it!*

See back issues at:
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breeze what's on



Christmas cards are already in the shops! But we've not had Halloween or Bonfire Night yet! So what do you have planned for this month before you start thinking of wrapping pressies!

Saturday 19 and Sunday 20 October 2019
Newstead Abbey 11am to 5pm

Adult £15.50 Children £11.50

Family £45.00 (up to 2 adults and 3 children)

All Pageant ticket holders also receive complimentary admission to Newstead Abbey and grounds (worth up to £10 per person)

As you enter through the forest, the sounds and smells of Robin Hood's encampment will guide you to his merry band of outlaws hiding out. Close by, a royal hunting party, led by the evil Sheriff of Nottingham, is about to snare their biggest prize of all. Will word get out on Robin's location? Will the Sheriff's men ride in to challenge his supremacy of the forest?

Who will win the hearts of the people?

Plus see local minstrels, artisans and characters. Eat, drink and be merry. Learn a trade or two. Have a go at archery to see if you make the cut to become one of the merry band of outlaws. You may even meet the man who would become a legend.

All arena activities are included within the price of your ticket with the exception of food, drinks and retail.

It's the perfect Half Term treat for all budding outlaws

Under 2s go free

Child's ticket is aged 15 and under

Usual car parking charges apply

Ghost Tours

National Justice Museum, High Pavement,

The Lace Market, Nottingham, NG1 1HN

Voted the 'most haunted building' in the UK!

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12 Oct 2019

19 Oct 2019

26 Oct 2019

Nottingham Contemporary

Saturday 19 October –

Sunday 3 November 2019 - 11am - 3pm

(closed Mon)

Free

This October half term, make costumes and props to become a moving sculpture.

Suitable for all ages.

No need to book, just drop in and stay as long as you like.

Halloween Pumpkin Trail at Wollaton Hall

Saturday 19 October - Sunday 3 November

Follow the Pumpkin Trail around the Hall

£2.00 per trail sheet available in the House Shop.

Horror Hotel - Live Action Scare Maze
Old Market Square, Nottingham, NG1 2BY

Friday 25 to Thursday 31 October

Tickets: £7 per body or £25 per family (2 adults, 2 under 10's).

Opening times:

Monday - Thursday 1pm - 11pm

Friday - Saturday 11am - 11pm

Sunday - 11am - 10pm

Check-in and freak out as the Horror Hotel opens its doors to unsuspecting guests. Hotel proprietor Vincent Ravenghast invites you into a twilight world of faded Victorian grandeur, where a good night's rest is the last thing you can expect! Navigate your way through the old hotel where the unquiet dead stalk the halls in a labyrinthine journey towards 'Room 13'.

And for folk who prefer to keep their feet firmly on the ground there will be various food stalls and a themed bar where you can enjoy a witch's brew and more, all centred around a huge lit-up Halloween pumpkin.

Entry to the Horror Hotel is £7.00 per person.

Family tickets available for 2 adults & 2 children at £25.00.

Hockley Hustle - Various venues

Sunday 27 October 2019

The Hustle returns in October, featuring 100s of acts on stages across the City Centre.

With the help of Nottingham's finest promoters and creative groups, the venues and streets of Hockley will be full of fantastic music, performers, art, food and, for the icing on the cake, raising more money for local charities while we're at it.

OXJAM BEESTON TAKEOVER

Saturday 19th October, all day throughout Beeston Centre

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breeze what's on



The most talked about event in our area and it's nearly here!
Here's a reminder of the good times had by all last year.
Photo's courtesy of Christopher Frost - A Touch of Frost Photography



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breeze stars

What will this month have in store for you?

Aries

Even though your social and working diary is bursting at the seams with forthcoming invitations and commitments, you are determined to spend as much time as possible with a loved one because you know how important this is. No longer are you prepared to listen and put up with feeble excuses from those who think they can play for time and stretch your patience that little bit more.

Taurus

Time spent with a loved one enables you to determine exactly which direction you must go in next. Despite obstacles and worrying times regarding numerous areas of your life, it's important to stand firmly by what you believe is right for you. A surprise announcement could force you to change your opinion regarding a certain person.

Gemini

You are never happier than when you are on top of things, in control and helping others to make the most of their talents. An unresolved personal situation needs urgent attention if you are to make any headway or progress. Dealing with stubborn, selfish types is never easy, but with your gift of the gab, you will succeed in persuading them that white is black and black is white. Invite a friend over for dinner.

Cancer

After a long period of feeling as though you have been treading in a bucket of treacle, you are rapidly reaching a point where 'enough is enough' because you are ready for a change of direction in life. At work you may find yourself confronted daily by people who really don't know what they are talking about nor what they are supposed to be doing, looking towards you every time for leadership and mental stimulation.

Leo

Recent events, not to mention a mammoth catalogue of disasters has taken its toll in your patience. Now wonder you are feeling a trifle worse for wear and thoroughly fed up with a certain person. Rather than sitting there feeling sorry for yourself, it's time to get tough and get a grip on the situation. Play fire with fire, play them at their own game if you are to regain full control again.

Virgo

No wonder you are feeling confused and undecided about which way to go in next, or who to believe any more. Its been drama, drama, drama, with you centre stage. Come on, give us all one of your winning smiles because things are not really that bad are they? Take heart, everything happens for a reason and it's possible that you have given someone more credit than they are worth just to butter them up.

Capricorn

So far, it's been a long, hard year and you have not stopped dashing around like a headless chicken. Forever seeing to this and that, not to mention the needs of selfish, demanding people who assume that you are always available at the 'drop of a hat', you are right in making a stand, once and for all. Many of you will be making the great escape and taking off on holiday somewhere pleasant, preferably hot with a view to relaxing and recharging your ailing batteries.

Aquarius

After all the twists and turns in your daily work or personal life, reassuring news from an unexpected source will succeed in putting a happy smile on your face as well as a few extra quid in your pocket. You will surprise a number of people who thought they knew you well and did not expect you to make so many radical changes in both your working and personal life.

Libra

There could still be a sour taste in your mouth after a showdown with a lover, friend or relative. You'll arrive at the conclusion that this time there is no turning back.

Business matters will soon begin to show signs of recovery which will give you a well deserved boost and more confidence in the long term future of your ambitions and projects.

Scorpio

Take a back seat for a while and allow others to do their bit. Its been such an eventful time recently, there have been times when you must have thought your head would explode!! You've made some tough decisions, some of which were long overdue, but at least now you are on the right track. Progress is being made in all areas of your life. Avoid getting involved with someone your gut feelings tell you is 'bad news'. Leopards do not change their spots.

Sagittarius

They say love is blind and other peoples good advice is quickly falling on stony ground. Because of your absolute refusal to listen or see sense regarding a certain person or situation, its highly probable that you are in for a few shocks and surprises because you are ignoring all the warning signs and determined to go through 'red lights' whatever the cost or consequences may be.

Pisces

What is meant for you will not go past you. No matter how hard you may try to find a needle in a haystack, the chances are you won't unless you are destined to. An exciting encounter with a stranger could lead to further meetings because you will both share a similar need to be with someone who has an intelligent, stimulating mind coupled with a great sense of humour. One thing will lead to another and before too long you will be making some great plans with this person to go places, see things and enjoy a good life.



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Stapleford Lane
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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
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

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St Leonards Comm Centre,
Bramcote Lane. 5.30pm. & 7.30pm
Tel Paul
07952 674468

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

Trowell - New Consultant
The Parish Hall.
9.15am
Tel Annette
07490 956807

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
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breeze what's on



See *My Fair Lady* this month performed by the wonderful
LEOS Musical Theatre Company...

LEOS Musical Theatre Company are delighted to be performing Lerner & Loewe's award-winning musical, 'My Fair Lady', this October in May Hall at Trent College. And it will be the first show produced under their new name; the company recently renamed themselves, having formerly been known as Long Eaton Operatic Society.

The last time LEOS MTC performed this well-loved musical was forty-two years ago, in 1977, so they are very excited at the prospect of finally getting to do it again! Based on George Bernard Shaw's play *Pygmalion*, 'My Fair Lady' is that rare musical by which all others are measured. It features one of musical theatre's greatest scores, including: 'Wouldn't It Be Lovely?', 'With a Little Bit of Luck', 'The Rain in Spain', 'I Could Have Danced All Night', 'On the Street Where You Live', 'Get Me to the Church on Time', and 'I've Grown Accustomed to Her Face'. When Lerner & Loewe's 'My Fair Lady' opened on Broadway, it collected six Tony Awards, including Best Musical, while the film version took home eight Oscars, including Best Picture.

It tells the story of Eliza Doolittle, a cockney flower girl whose unmistakable accent keeps her on the lower rungs of Edwardian society, selling her flowers in Covent Garden. It is there that she meets arrogant phonetics expert, Professor Henry Higgins, who makes a bet that in six months, by teaching her to speak beautifully, he could pass her off as a duchess at an Embassy ball. As Professor Higgins takes on the challenge of transforming Eliza into an elegant lady, an unlikely friendship begins to flourish.

LEOS Musical Theatre Company have been performing shows at May Hall since 1969, though the company was established in 1955, and are well known for the high quality of their musical performances, having won many NODA and Eagle awards. With a hugely talented cast, a superb set and beautiful costumes, this show promises to uphold the very high quality LEOS MTC are known for, and to provide an excellent evening's entertainment.

And just in case you needed another reason to book your tickets for 'My Fair Lady', you will be among the first to sit on the brand new raised seating at Trent College. Those who have seen LEOS shows in the past will know that the seating arrangement in May Hall wasn't ideal, and the seats definitely weren't the most comfortable! They are very excited, therefore, about the installation of the new raised seating as it is guaranteed to enhance the comfort, view and enjoyment of their loyal audiences, as well as those coming to see LEOS for the first time.

You can see *My Fair Lady* at May Hall, Trent College, Long Eaton from 22nd - 26th October 2019.
Evening performances: 7.15pm; Saturday matinee 2.30pm



Tickets available via the Box Office at DerbyLive on: 01332 255800 or via the website at <https://www.derbylive.co.uk/whats-on/buy-tickets?event=250025>.
Ticket prices: £14 tickets £12 concessions (Tues & Sat matinee only) available for over 65s and under 16s.

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

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

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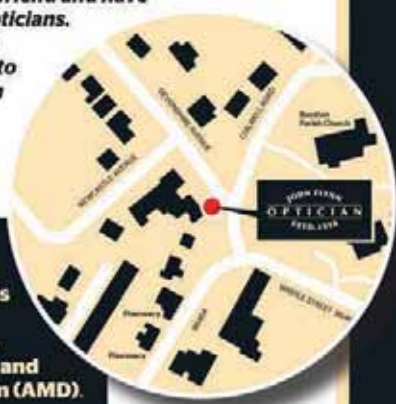
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breeze what's on



'Wave of Light' to return to Notts skyline for Baby Loss Awareness Week

A scene that illuminated the Nottinghamshire skyline via some of its most iconic landmarks is set to return again this October as the international 'Wave of Light' marks Baby Loss Awareness Week from October 9th-15th.

The week is an opportunity for parents, their families and friends to acknowledge and remember their precious babies who have died. It is a collaboration of over 60 charities in the UK, including Nottingham based Forever Stars.

It was set up in 2013 by Beeston parents Richard and Michelle Daniels, who were dealt one of life's hardest blows when their beautiful daughter Emily was stillborn.

Now, together with a board of dedicated trustees, patrons, ambassadors and supporters they work tirelessly to raise the necessary funds to build facilities and to improve care for parents who also find their precious child has gone too soon.

The charity's major focus in 2019 is the funding and creation of a Remembrance Garden on Highfields Park to help bereaved parents of stillborn babies and early baby loss by creating a place of "focus, relaxation and reflection for families".

However, for the next month, the team's focus will be squarely on raising awareness of baby loss locally, regionally, nationally and across the globe as part of Baby Loss Awareness Week.

Richard Daniels explains;

'Baby Loss Awareness Week is a very special opportunity for bereaved parents and families across the world to commemorate their babies' lives. It is also a chance to break the silence around pregnancy or baby loss in the UK and to ensure all bereaved parents in the UK get the best possible care, wherever they live and whenever they need it.

'The "Wave of Light" is a truly global phenomenon now and is the culmination of the week, which is also recognised as International Pregnancy and Infant Loss Remembrance Day. Families across the world light a candle at 7pm local time and leaving it burning for at least one hour to remember all babies that have died too soon. It is an incredibly powerful and hugely emotive moment for everyone and something raises a huge amount of awareness of this very difficult subject.'

Whilst the Nottinghamshire skyline is transformed, helped by the kind support of some of the county's biggest employers and organisations, it isn't the only thing happening that week.

There is also a whole lot more going on, from coffee mornings at local cafes, bars and restaurants, a Forever Stars charity ball featuring Nottingham's own Faith Tucker, a baby loss service at Southwell Minster and something that everyone can join in with 'Show Us Your Socks' Saturday.

'This is something new we've created this year which gives people a chance to raise awareness and show their support in a fun but subtle way, concludes Richard.

'Of course, they may not want to go for the subtle approach, they can wander about in shorts, skirts or a kilt with their socks proudly displayed if they wish but it is perhaps a little more discreet for those people who wish to be. We also have our pin-badge and wristbands if people want to show their support that way or they can always donate direct via our dedicated funding page: www.foreverstars.org/get-involved/donate/

'It really is up to each individual, family or organisation on how they get involved but whatever they do to help us raise funds or awareness will be supporting our vision of a world where fewer babies die and helping to ensure that every bereaved family, wherever they live in the UK, gets the care and support they need, when they need it, for as long as they need it.'



Forever Stars & Baby Loss Awareness Week 2019
Turn Nottingham Pink & Blue October 9th - 15th

Thursday 10th October Talk About Them Thursday	Friday 11th October Forever Stars Pink & Blue Charity Ball	Saturday 12th October Show Us Your Pink & Blue Socks Saturday
Sunday 13th October Baby Loss Service at Southwell Minster	Tuesday 15th October Wave Of Light	

To find out more visit www.foreverstars.org or email jo.sharp@foreverstars.org

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breeze community



This summer saw the installation of two new defibrillators at Bramcote Hills Primary School, Moor Lane, Bramcote. These two vital pieces of life-saving equipment were funded by the pupils of the school who held a 'Healthy Heart' sponsored event, raising over £3000.

Children and staff at Bramcote Hills Primary School, Moor Lane, Bramcote joined in with a variety of physical activities as well as learning about the heart and how it works. The impressive amount raised enabled the school to install two life-saving pieces of equipment.

One of the defibrillators is housed in the school office and is accessible during normal school hours. The other is sited on the external school fence which will be accessible to the local community as well as the large number of clubs and residents who use the school playing fields. Research suggests that if a defibrillator is used within the first minute of collapse, the victim's chances for survival are close to 90 percent. For every minute that defibrillation is delayed, survival decreases by 7 percent to 10 percent. School staff have received training on the use of defibrillators and the children will also be taking part in some basic first aid training.



The school is always looking for ways that it can support the local community and is very proud of its achievements.



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■ **9th & 10th** – Game dinner – Celebrating the best of British game, 5 courses, £55pp

■ **11th & 12th** – Autumn menu launch – Sample our new seasonal menu, 5 courses, £55pp

■ **25th & 26th** – Steak night – Enjoy an indulgent 5-course menu including a 52 day aged sirloin, £55pp

NOVEMBER

■ **1st** – Vegan night – hosted by our award-winning wine supplier Hallgarten Wines, 6 courses & wine flight £70pp

■ **7th & 8th** – Italian night, opera & wine – this is an

unmissable evening of opera from Victoria Gray – 6 courses & wine flight hosted by Hallgarten Wines and accompanied by stunning opera in an intimate private setting – only £120pp

■ **21st & 22nd** – Winter menu launch – Taste our new season menu in this fabulous ticketed event – 5 courses, £55pp

DECEMBER

■ **Festive party menu** – 4 courses, including arrival drink £55pp – book now for lunch or dinner – dates available throughout December & January – minimum 10 people to maximum 22 people

To find out more about menus or to book call 0115 7080221 or email bookings@topfloordevelopment.co.uk



breeze finance

There's a saying when something makes you shudder – 'Someone's walked on my grave'. At the risk of walking on your grave, let's think about funerals.



Costs are rising faster than retail prices, average earnings, and investment returns. Quite simply, investing money to pay for your funeral will still leave your family to find part of the cost.

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breeze gig guide

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Send your entries BY EMAIL:
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DEADLINE FOR NOVEMBER 19 ISSUE:
23rd October 2019

Cornmill, Chilwell
Fri 25th Peashooter

The Barge, Long Eaton
Sat 5th Velvet Gorilla
Sat 12th Adams & Co.
Sat 19th Verbal Warning
Sat 26th Madison Ave

Brennans, Long Eaton from 4.30pm
Sun 6th Paul Rhodes
Sun 13th Penny Diamond
Sun 20th Andy Walker
Sun 27th John Halton

Soldiers & Sailors, Sawley
Sun 6th The Conspirators
Sun 13th Get in 2
Sun 20th Phil Jolly
Sat 26th Michael Jackson Tribute Show
Sun 27th Ricky & The Retors

Soldiers & Sailors, Long Eaton
Sat 26th October
Danny Glover, Michael Jackson Tribute
Tickets £7 from the club

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

Fri 4th	Steve Thompson (2 - 5pm) 60's to 90's Guitar Vocalist	Sat 5th	Reggae On The Rocks (8pm) Plus Craig Deegan	Sun 6th	David Lacey (3 - 6pm) 60's to 00's Guitar Vocalist
Fri 11th	Sebastian (2 - 5pm) 50's 60's 70's Vocalist	Sat 12th	Ready Steady 60s (8pm) Plus Paul Gene	Sun 13th	Chris Bevans (3 - 6pm) 60's to 00's Vocalist
Fri 18th	Al (2 - 5pm) 60's to 90's Guitar Vocalist	Sat 19th	Domino Duo (8pm) Plus Penny Diamond	Sun 20th	Tony Marx (3 - 6pm) Personality Vocalist
Fri 25th	Karl Howard (2 - 5pm) 50's 60's 70's Vocalist	Sat 26th	The Northern Line (8pm) Plus Colin Stevens	Sun 27th	Kim (3 - 6pm) 60's to 90's K/Board Vocal



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

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breeze promotion

The Living Threads Group, present their 19th Exhibition
"Connections" An inspiration in Fabric and Thread



The Living threads Group was formed in 1982, evolving from an Adult Education In-Service Training Course in textiles for Derbyshire County Council and now has 60+ members. The exhibition is a biennial event, eagerly awaited, and a must see for those who appreciate fine textile art.

The exhibition showcases new and exciting work from its members whose aim is to produce experimental, original and contemporary work. Their skills include machine and hand embroidery, dressmaking and costume, beading, canvas work, knitwear, felt and printmaking. Members workbooks will be available to read showing how an idea evolves, through sketch and samples, from inception to completion. Many of our members pass on their skills through workshops and these are run throughout the year.

Samples and demonstrations from these workshops will be on display throughout the exhibition. An up-to-date list of available workshops can be found on the website and Facebook page.

A great variety of textile treasures will also be for sale in the shop.

Refreshments are available so give yourself time to wander around the exhibition, buy a little gift from the shop, before having a welcome cup of tea in the cafe.

To find out more about
The Living Threads Group,

its members and their work, workshops and Facebook page visit
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breeze gardening

This month we look at what we can still look forward to in the garden in winter - it's not all gloom you know!

Why is this period of dormancy so important for plant survival? Just like we struggle with cold weather, plants are the same. If plants were actively growing during the winter, the water in the trunk, stems and leaves would freeze, causing tremendous damage to these structures.

Winter also has less sunlight for trees and plants to use. Water becomes scarce with the ground frozen, making it difficult for plants to collect enough water to endure the cold weather months. Dormancy is a mechanism vital to plant survival. Some plants though have become adapted to take advantage of the winter whilst other plants rest - it's what nature does all the time whenever there is the slightest possibility of life to thrive.

So which plants do grow in winter? Well here are a few:

Heather

Winter-flowering heather is a brilliant plant for low-growing texture. It also looks fantastic in pots and comes with pink, white and purple flowers. Winter heather is a member of the heather family (Ericaceae) and particularly occurs in the cooler parts of Western Europe. There are hundreds of species, and it's a survivor that can even thrive on the coast.

Winter Aconites

This plant has lovely yellow flowers and are suited to growing underneath deciduous trees and shrubs. They prefer rich, moist soil.

Winter Flowering Pansies

Winter-flowering pansies are a gardener's staple - ideal for filling pots and window boxes for a flash of colour to be seen from indoors.

Helleborus

Hellebores are often known as the Christmas Rose because they can flower in midwinter. Look out for H. Orientalis varieties in white, green and even dark red for spectacular colour.

Winter Flowering Cherry

Prunus subhirtella autumnalis is an ornamental cherry tree that bears pale pink flowers from late autumn to early spring.

So why not get planting some of these from the garden centre or an online supplier and have something to watch grow even during the colder winter months? It's therapeutic to still have something in the 'little plot' that is there for you all the way through until the summer plants & shrubs fire back up again. Some energy saving led lights outside can help lift your mood of a winter eve so try these to illuminate your plants.

(Continues...)



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breeze gardening

(...Continued)

Eco Gardening

Garden designers say they are creating more ecological gardens to cope with the extreme weather conditions experienced in the UK in recent years. Advice is many and varied but a trend is to plant the right plants for the conditions of each garden as they are now Store water for dry periods and allow excess water to be collected then dissipated through the soil so it doesn't add to flooding (which is where hard surfaces have been causing an issue in city areas).

Professional garden designers are planting schemes that are drought-resistant and try to use plants which can largely fend for themselves in a drought. This something to be planning for this winter ready for next summer - who knows, it could be a scorcher!

Inside Out

Have a think about how you want to use your garden next summer - making an outdoor space an extension of the indoors is a huge trend for this year. As we see sofas, rugs and cushions dressing our patios in the same way they would our living rooms. Perhaps the really hot summer we had last year has contributed to this and more are expected in the coming years according to meteorologists.

With the theme on environmental awareness gardeners are starting to see the benefits of industrial and reclaimed materials and encaustic tiles to be used more and more in urban gardens so look around now.



Plants in the bedroom may aid sleep

So there is plenty to get excited about even in the coming winter. Get your thinking cap on and make a start - even if it's just to get some nice indoor plants going - we all feel better for them. Lay your plans for next summer now as you have plenty of time to set things up so you can enjoy the garden later.

Keep learning and..... Enjoy!

Indoor Environment

There is a growing trend spurred by the desire to garden for both physical and mental health benefits. Indoor plants are coming back into fashion in a big way and not purely for aesthetic reasons. As well as purifying the air we breathe of harmful toxins according to NASA, indoor plants can also reduce stress, control humidity and lower sound pollution.

The Air That We Breathe

To promote better sleep, place snake plants in your bedroom which give out bursts of oxygen at night to support better breathing. Aloe Vera works well in kitchens to neutralise benzene found in detergents and plastics.

Flower Power

Not seen since the Seventies, indoor hanging planters are making a comeback as a quirky way of displaying houseplants. Group different colours, shapes and textures together for maximum impact.

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breeze promotion

Home Instead Nottingham are excited to share our new TV campaign which depicts the story of family members talking to their loved one about getting extra help at home.



Shown in the East Midlands, our advert 'The Third Stair' shows client Stanley reflecting on the memories he has in his home, including of his late wife Margaret.

One of the memories is Margaret asking him to fix the 'creaky' third stair which now reminds him of her. "That's home," he says.

The advert shows Stanley's family member telling him: "Listen you don't need to go anywhere dad, meet Christine, she's going to help you around the house."

It's the little things like this which make your house feel like 'home' and at Home Instead Nottingham we're here to help you or your loved one to stay in the place you feel the happiest for longer.

- Our services include everything from personal care and home help to companionship and dementia care
- We pride ourselves on the personal approach by matching clients with CAREGivers based on shared interests
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We know that talking about care with loved ones can be difficult, but we're here to help you have that conversation about care if you need.

Contact us to find out more and arrange a consultation to evaluate your needs and prepare a tailored plan to support you or a loved one. Call us now on 0115 922 6116 or email information.nottingham@homeinstead.co.uk

CAREGiver of the Month



Congratulations to Oyunmaa Pain, our CAREGiver of the Month for August! Oyunmaa was nominated by Natasha Warren, our Deputy Care Manager. Oyunmaa, who has been with us for two years now, interprets the Care Plans correctly and carries out her visits in a warm and friendly manner. Oyunmaa always has a ready smile which is infectious and a very happy disposition. She always takes a positive approach to her work regardless of any challenges she faces. Absolutely fabulous! What a star!



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breeze what'on keeping it local

SINCE 2002

The Hive WI are bringing an opportunity to be creative to the local adult community.
'Bee Crafty for Christmas'
Saturday November 16th, 2-4.30pm,



During an active year investigating how we can 'Make Time for Mental Health' and reduce the stigma associated, we discovered that crafting was one of the activities that offers mindfulness, focus and relaxation resulting in a positive impact on our mental health; you just need to find the right craft for you. With this in mind our craft subgroup have organised this Bee Crafty event.

For an entrance fee of £6 you will have the opportunity to try up to six Christmas crafts, suitable for all abilities. You do not have to be 'crafty', so don't be put off if your knitting tension is too tight, you cannot thread a needle or you always get more glue on you than the paper. One of our talented craft subgroup members will be there to give you instructions, support and everything you need to make the crafted items. Additional craft packs will be available to buy if you want to make more at home – be warned – some of these crafts are addictive! It is also a great opportunity to spend time with old friends, make new friends on the day, or just to get out of the house and be around other people.

What is a trip out without shopping opportunities? Our talented members have been busy making handcrafted items to sell and there will also be a select number of individual retailers with stalls. So don't forget to bring money to start your Christmas shopping and of course it would not be a WI event without a cup of tea and some homemade cake! We are always very grateful to our member volunteers who bake tasty buns, biscuits, scones and cakes for our members meetings and events, and we are looking forward to sampling the Christmas baking bounty. A little bird (perhaps a partridge?) has told me there may even be mince pies! Finally we will be holding a raffle with many craft based prizes, which will be drawn on the day.

There is free parking after 1pm and a bus stop outside the church, with the tram stop within easy walking distance. So if you fancy an afternoon of crafts, cake and Christmas shopping save the date:

'Bee Crafty for Christmas' Saturday November 16th, 2-4.30pm,
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breeze what's on



Nearly sixty members of local walking group, Broxtowe Ramblers, celebrated the 30th anniversary of the formation of the group, with a buffet lunch at Middle Street Resource Centre.

Members, including some who had helped form the group, were welcomed by current Chair, Heather Fortnum and the Mayor of Broxtowe, Councillor Michael Brown, who congratulated the group and proposed a toast. Some of the original members cut the birthday cake.

Members then enjoyed a buffet prepared by staff and volunteers at the Centre, and opportunities to chat and reminisce. There was a continuously running slide show of pictures from thirty years of rambling in Nottinghamshire, Derbyshire and beyond and a raffle, with prizes donated by Magic Mountain in Beeston, and members of the group.

Organiser Val Tucker said, "This was a delightful event with people getting an opportunity to chat and relive old times. Middle Street Resource Centre provided an excellent buffet and a lovely venue."

Heather Fortnum, Chair of Broxtowe Ramblers, added, "Anyone is welcome to join us on our walks. We offer two walks every Wednesday - a short and a medium length (about four and eight miles) and a longer walk on most Sundays. Details of all walks are published in a brochure and on our website <https://www.broxtoweramblers.org.uk/>. We also have a Facebook page.

Walks are circular and usually have a lunch stop at a pub or cafe but walkers usually bring a packed lunch.

"Anyone wishing to join us can ring the walk leader whose number is shown, or simply meet at the appointed start point with decent footwear and

clothing appropriate to the expected weather. No fee is payable but if you get the 'bug' we would urge you to join the national Ramblers organisation. This is a great way to keep fit and meet new friends."



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breeze appeal



New Beeston Collection Point needed for Refugee Charity

Derbyshire Refugee Solidarity, a registered charity based in Derby, has been running for four years. "We started in 2015, in response to the growing refugee crisis. We now have up to 45 volunteers, many who are refugees or asylum seekers themselves, meeting every Thursday and Saturday mornings to sort clothes, fill vans and much, much more! As we have grown, we have also become a community group offering English sessions, Yoga, gardening, carpentry, DJ workshops music, art and bicycle maintenance and repair.

The wonderfully generous people of Beeston, home of the UK's most successful Oxjam two years running, have been using The White Lion as a place to drop off donations and hold fund-raising events. Sergio has worked closely with one of our volunteers, Julie, who lives in Beeston, to keep a regular supply of donations coming to fill our "Sorting Bins". These are then sorted for different destinations; Calais, Dunkirk, Paris, Syria and Greece. Nothing is wasted: anything not suitable for refugee camps is sold on ebay or at car boot fairs and jumble sales or sent to "weigh in". We don't really turn anything away. If we can't use it or sell it, we pass it on to other charities.

We would be so grateful if someone could help us maintain this link between DRS and Beeston! Sergio kept the donations in the cellar at The White Lion and people could drop off during pub opening times. Ideally, we need somewhere where people can make drop offs at specific times but another option would be if someone has a spare garage/shed space, Julie could be there once or twice a week to open up and accept donations. We at Derbyshire Refugee Solidarity already miss The White Lion – and especially Sergio - very much".



If anyone can help us, or would like to know more about our work, please contact us: Phone: Julie James 07790900017
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breeze what's on

At a special rehearsal, 95 years old George, a member of Bestwood Male Voice Choir for 45 years, was honoured to be appointed to the rank of 'Chevalier in the Ordre National de la Legion d'Honneur'.



The award was presented to George by the French Consul in Nottingham, M. Jean Claude LaFontaine, who thanked him for his incredibly brave service to France, Great Britain and the world in general at Sword Beach on 'D Day'.

"Before the medal presentation, Sir John Peace, Lord Lieutenant of Nottinghamshire, also paid tribute to George and expressed what a huge amount we had to thank him and his fellow comrades for, many of whom were so young.

George recounted how, as a Royal Marine, he arrived at Sword Beach in a landing/assault craft attached to the Commandoes in the thick of the fighting on 'D Day'. He described himself as one of the 'lucky ones', having seen many of his comrades slaughtered, including men of various Nottinghamshire and Derbyshire regiments. He also remembered the horror of some tanks not making it off the landing craft and their crews drowning. After only 7 days leave, George continued his war service by being sent off to India, Burma and Singapore before eventually ending up in Bangkok.

Around 100 people attended the special event, including the Deputy Mayor of Gedling, Meredith Lawrence, Mrs Wendy Lawrence, Councillor Christopher Barnfather, Mrs Tracy Barnfather, three generations of George's family, two Royal British Legion standard bearers, as well as members of Bestwood MVC, their wives and partners.

During the evening, George was also presented with a certificate of Honorary Life Membership of Bestwood MVC by it's Chairman, Colin Pursglove." Congratulations George, we are all very proud of you.



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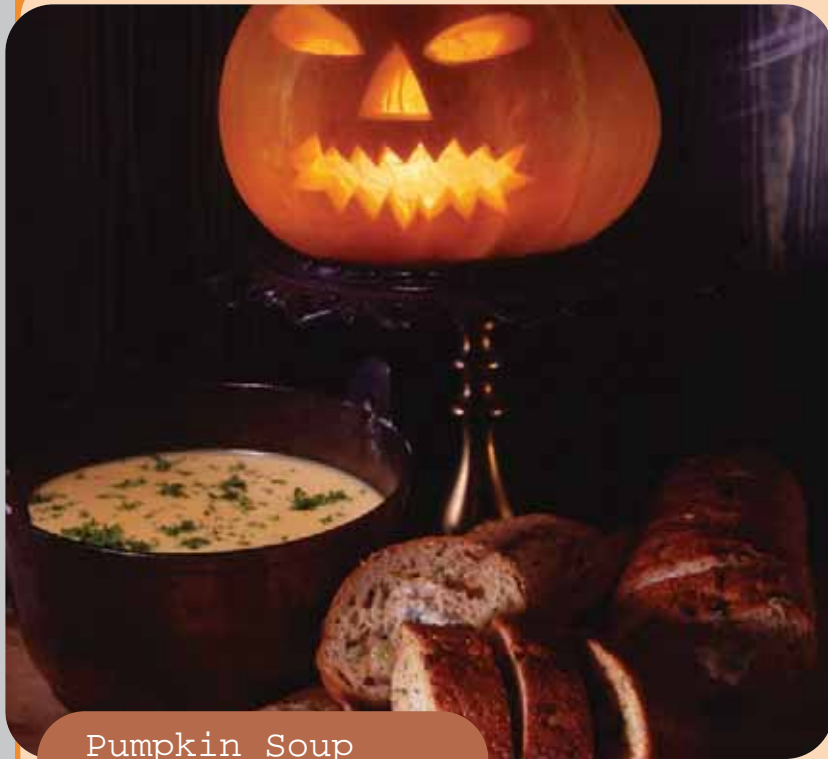
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breeze recipe

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Pumpkin Soup

Serves 4

2¼ lb/1kg pumpkin
2 onions, chopped
1oz / 25g butter or vegetarian margarine
1 medium potato, peeled and diced
2 garlic cloves, crushed
1 pint / 600ml water
1 pint / 600ml vegetable stock
5 fl oz / 150ml single cream
chopped parsley to garnish
salt and freshly ground black pepper

Method

- 1 Remove the skin and seeds from the pumpkin; dice the flesh.
- 2 Fry the onions in the butter or margarine for 10 minutes, then add the pumpkin, potato and garlic and fry for a further 5 minutes.
- 3 Add the water and vegetable stock and simmer for 20 minutes.
- 4 Purée the mixture in a food processor or blender, add the cream and seasoning to taste.

Heat through again gently without boiling, garnish with the chopped parsley.

Devilish Red Cabbage

Serves 4 as a side dish

- 1 tablespoon sunflower oil
- 1 onion, chopped
- 450g / 1 lb red cabbage, shredded
- 225g / 8oz cooking apples, peeled, cored and diced
- 2.5-cm / 1-in piece fresh root ginger, peeled and grated
- pinch of ground cinnamon or allspice
- 150ml / 1/4 pint vegetable stock
- salt and freshly ground black pepper

Heat the oil in a large saucepan. Add the onion, red cabbage and apple and cook gently for 5 minutes. Add the ginger and cinnamon or allspice and the vegetable stock. Bring to the boil, then reduce the heat and simmer gently for 15-20 minutes until most of the liquid has evaporated and the vegetables are tender.

Season to taste and serve.



See more delicious vegetarian and vegan recipes
<https://www.vegsoc.org/recipes>

breeze promotion



Did you know that training your puppy to stay calmly in one place can help both of you feel settled in your daily routine?

Learning to stay can be a useful behaviour to teach your dog when you need them to remain in a certain place.

Begin by asking your dog to sit, and reward them with a treat. Encourage them to stand up, and repeat, gradually building up the time until they can stay sitting for 5 seconds. Next, introduce the word 'stay'. Ask your dog to sit, then say 'stay' and wait 5 seconds before rewarding them with a treat. Gradually continue to build up the time that your dog stays sitting still.

Once your dog can sit still for about 10 seconds, keep the amount of time unpredictable! Ask for 3 seconds before rewarding and releasing them, then 4, and so on. You can now gradually begin to lean away and then start moving away, just one step at a time, ensuring you go back and reward your dog for being still.

For more ways to make life for you and your puppy a walk in the park, visit Dogs Trust Dog School.



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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!



Sing in harmony with Grand Central Chorus.

Are you male? Do you enjoy singing but have nobody to sing with? Afraid your vocal technique may be inadequate but feel you want to put it to the test with others? Grand Central Chorus has the men, it has the music, it has the harmonies and it has the vocal coaches to introduce you to acapella singing.

A free four-week course on Wednesday evenings starting on the 6th November 2019, is on offer. It finishes on the 27th November and is followed on the 4th December, with an open rehearsal and showcase for friends and relatives.

It will happen at Harrington Junior School, Derby Road, Long Eaton, NG10 4WT. (5 minutes from J25 M1) Formal coaching will be from 7.30pm. to 9pm and then you will have the opportunity to stay until 10pm and learn how coaching techniques are applied to a larger group. All teaching materials will be provided.

Singing is proven to enhance both physical and mental wellbeing, improve your voice, your confidence, your breathing and (not least) your social life! With all this in mind you may well wish to join Grand Central Chorus after the course but there will be no obligation to do so. Look forward to seeing you.

For more details and to register for the course call or text Bryan on 07549049551 or e-mail him on bckc50@sky.com

To find out more about the chorus visit our website www.grandcentralchorus.com see our Facebook page and check twitter @grandcentralmen

The Erewash Mental Health Partnership will be holding an Information Café at The Elephant Rooms, South Street, Draycott DE72 3PP from 11.00 am – 1.00 pm.

The aim of the Information Café is to provide people with information about local community and voluntary groups and activities in Erewash as well as how to get started with volunteering including signposting to volunteering opportunities. Information will be available about the Erewash Mental Health Partnership.

Catriona Paterson, who is leading the Erewash Mental Health Partnership and mental health peer volunteers, will be available to provide information and guidance on local opportunities.

There is no need to book just drop in anytime between 11.00 am and 1.00 pm.

There will be free tea, coffee and cake available on the day.

For further details contact Catriona at Erewash Voluntary Action Tel 0115 9466740 or email catriona@erewashcvcs.org.uk

Attenborough's annual Autumn Craft Fair
this year will be held on Saturday 2nd November from 10.00am until noon in Attenborough Village Hall on Attenborough Lane. There'll be over 20 quality craft stalls, a raffle and refreshments. Admission is £1.00 and all proceeds are in aid of this year's chosen charity, Blue Cross for pets.

Saturday, November 9th - 7.30pm Beeston Methodist Church, Chilwell Road, Beeston

Concert by The Bookshop Band
Beth Porter: cello, vocals, ukulele, recorder, dodgy clarinet
Ben Please (Urusen): guitar, glockenspiel, vocals, ukulele, harmonium

The Bookshop Band is the offspring of an artistic love-affair between two award-winning songwriters / composers and their local independent bookshop - Mr B's Emporium of Reading Delights in Bath.

Their songs are the musical outpouring of the band's own response to books they have read.

Beth and Ben bring the books - along with a travelling bookshop in case you discover your new favourite - to the stage along with a multitude of instruments and their distinct voices, creating a cinematic sound that draws the audience right in to a highly intimate performance, at once touching and mesmerizing, heart wrenching and funny.

**Adults £10.50 (£9 in advance), Student/Child £6
- available from 0115 9431164**

Nottingham Harmonic Choir: 2019-2020 Season

The Nottingham Harmonic's 164th Season gets off to a thrilling start with Mozart's Requiem, (7:30 pm, Friday 1st November 2019, Royal Concert Hall, Nottingham) when the Choir joins Sinfonia Viva for a Nottingham Classics concert.

The Christmas period sees the Choir sing its popular annual performances of the Messiah (7:00 pm, Saturday 7th December 2019) and Family Carol Concerts (5:00 pm, Saturday 21st and 7:00 pm, Monday 23rd December 2019), all at Royal Concert www.NottinghamHarmonic.org



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

Send in about 500 words plus images to: info@breeze-magazine.co.uk and you could have a feature in Breeze Magazine for Free!

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

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breeze puzzler

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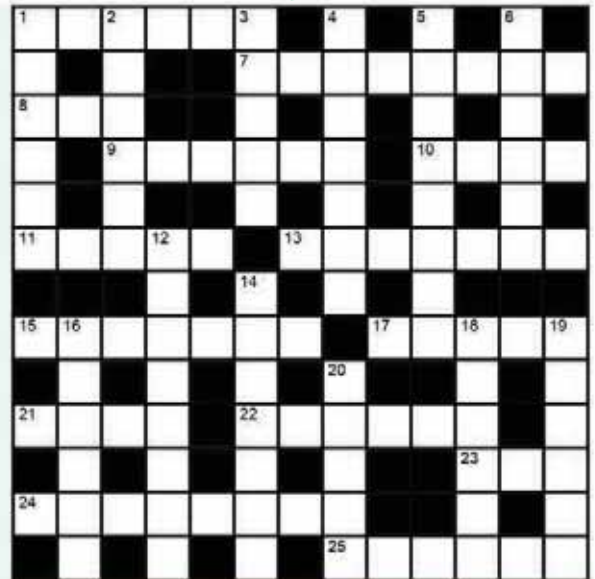
CROSSWORD PUZZLE

Across

- 1 One dozen (6)
- 7 In accordance with the time of year (8)
- 8 Large body of water (3)
- 9 Rectangle with four equal sides (6)
- 10 Pavement (4)
- 11 Powdery (5)
- 13 To a greater extent (7)
- 15 Imaginary line around the Earth (7)
- 17 Organ enclosed within the skull (5)
- 21 Sleeping places (4)
- 22 Instrument used in an attack (6)
- 23 Make a knot (3)
- 24 Bear in mind (8)
- 25 Most secure (6)

Down

- 1 Examined (6)
- 2 Rubs out, obliterates (6)
- 3 Literary composition (5)
- 4 Exercising caution (7)
- 5 Machine for performing calculations automatically (8)
- 6 Rook in the game of chess (6)
- 12 Move from one place to another (8)
- 14 Spiders' structures (7)
- 16 Waits in a line (6)
- 18 Uncle's wife (6)
- 19 Most recent (6)
- 20 Bristles (5)



SUDOKU

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

	8	2		9		5		
		7	6		1	3		
4				3				8
8	1						2	9
		2				7		
6	7						4	3
1				6				5
		3	5		2	8		
	9		8		3		7	

WORDSEARCH LUMPS AND BUMPS

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

K	D	D	P	M	U	L	C	F	B	S	F	T
R	O	R	I	E	E	J	U	L	W	S	Z	U
I	L	M	A	I	G	S	K	E	C	R	K	P
R	C	D	V	B	M	D	L	N	G	E	N	Q
R	I	X	U	H	U	L	E	R	U	T	U	F
E	W	R	M	G	I	Y	S	W	E	H	R	J
G	H	M	D	N	B	L	R	Y	S	U	C	W
U	N	U	G	U	U	J	W	S	C	S	A	G
L	O	A	R	B	S	G	A	C	K	D	T	V
A	V	R	R	B	X	M	G	L	N	O	D	E
R	A	E	N	L	Z	U	L	E	L	C	S	Q
I	O	A	C	C	E	X	H	L	T	A	P	D
T	T	U	B	E	R	U	S	L	Y	D	B	Z
Y	N	I	Q	P	I	M	P	L	E	R	J	W
W	R	V	B	H	I	P	M	Z	U	M	H	L

- | | | |
|-------|--------------|----------|
| BALL | IRREGULARITY | PIMPLE |
| BURR | KNUR | SLUB |
| CHUNK | MASS | SWELLING |
| CLOD | NODE | TUBER |
| CLUMP | NUGGET | WAD |
| GNARL | PIECE | WEDGE |

WORDWHEEL

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



WORD LADDER

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



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