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breeze

SEPTEMBER 2019

ISSUE 202

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feel the breeze!

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!*

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breeze what's on



The most talked about event in our area and it's nearly here!
Oxjam tickets are now on sale...
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RECORD BREAKING BEESTON!

Last year saw Beeston once again raise more money than any other of the 40 or so Oxjam Music Festivals across the UK - a record breaking £27,116, bringing the total raised for Oxfam by the town over its 8 year history to well over £100,000, the first Oxjam to reach six figures! All made possible by a small team of volunteer organisers, with support from loyal residents, performers, organisations and businesses who share their talents, time, and resources for free. It's a tough act to follow but this year's team are busy preparing for another fantastic festival!

Here's what's in store for 2019:

OXJAM BEESTON TAKEOVER

Saturday 19th October, all day throughout
Beeston Centre

The much loved Takeover, when the town literally comes alive with music, kicks off in Beeston Square at midday. Then it's 12 hours of awesome music at various venues throughout the town centre. During the afternoon, bars and cafés offer free music. Access to Oxjam evening venues after 6pm is by wristband only, purchased in advance for £10, or on the day for £12. At either price it's a bargain!

The Takeover programme is being finalised, but safe to say that you'll be spoilt for choice from a diverse line up of 100 or so performers and bands, including Goose McCoy, The Outriders, Jeannie Barton, The Frandells, Claire Shaw, Jack Chapman, and Dog Explosion to name just a few! There's rock, pop, jazz, soul, blues, Americana, indie, singer-song writers, djs and community choirs. New for this year we have Kitchen Dancing to get you into the groove, and of course the ever popular Silent Disco! Watch our website or follow us on Facebook for the latest information.



OPERATIC ARIAS

Saturday 12th October, 7pm, Beeston
Parish Church

Following the inaugural Arias event two years ago, Oxjam Beeston is thrilled that Il Bel Quattro vocal quartet, with Richard Laing conducting the Oxjam Beeston Chamber Orchestra, will be back on stage for an evening of operatic delights including excerpts from Mozart - Requiem; Offenbach - Barcaroll; Bellini - Casta diva; Verdi - Requiem; Delibes - Sylvia; and Rossini - Barber de Seville.

OXJAM CEILIDH

Saturday 23rd November, 7.30pm,
Beeston British Legion

Get your dancing shoes and cool moves ready, the enormously popular and brilliant OXJAM CEILIDH is back! Once again Beeston will be jigging, reeling, shimmying and do-si-do-ing the night away to the foot stamping, toe tapping music of the Beeston Ceilidh Collective. This is a popular event for all ages, and with the humour and patience of Steve Benford to guide you through the dances, it doesn't matter if you don't know what to do; in fact it's probably even more fun if you don't!

TICKETS FOR ALL OXJAM EVENTS ARE AVAILABLE FROM
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breeze promotion

The building continues apace at the Archway Learning Trust...

Bluecoat building the future

During the last twelve months a great deal of building work and site development has been happening at Bluecoat Wollaton and Aspley.

At Aspley there is a major new building project underway which is still ongoing, allowing the academy to remove old poor quality buildings with brand new ones. The first of these is the fabulous new science block which was completed last winter and is now being used by the students. There are plans for a second new block to provide an additional thirteen new classrooms and a brand new activity studio to complement this state of the art science accommodation.

Over at Wollaton Park there has been enhancement of the catering provision to allow for a quick service at lunch time offering a wider range of choices for students. In addition there will soon be a new covered area allowing students to sit outside more comfortably.

Both sites now enjoy lots of outdoor table tennis tables, basketball hoops and space for the students to run around and play sport. We have enjoyed our summer celebration where students are rewarded for all their hard work during the year by spending time at a fun filled Summer Festival hosted at the Wollaton Park site.

This provides students with lots of different games and fun activities to celebrate their many achievements and start preparing them for the summer holiday.

Sian Hampton Chief Executive Officer ~ Archway Learning Trust



An artist's impression of the new block at Bluecoat Aspley Academy.



The new science block at Bluecoat Aspley Academy.

Bluecoat Aspley Academy

Year 6

Open Evening

Thursday 12th September 2019
at 6.30pm



Bluecoat Aspley

An opportunity to visit Bluecoat Aspley Academy

Aspley Lane,
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www.bluecoataspley.co.uk

[@BluecoatAspley](https://twitter.com/BluecoatAspley)



Bluecoat Wollaton Academy

Year 6

Open Evening

Wednesday 18th September 2019
at 6.30pm



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Sutton Passays Crescent,
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breeze appeal



Beeston woman set to do a 24-hour danceathon challenge for Parkinson's UK. Why not get your dancing shoes on and join in!

Janet Barnes, 48, from Beeston Rylands, Nottingham will be dancing with her Sister Kathryn Higgins for 24 hours from 10am on Saturday 26th October to 10am Sunday 27th October 2019 to raise vital funds for the charity Parkinson's UK.

Janet and Kathryn are hoping to raise not only vital funds to support Parkinson's UK's work, but also raise awareness of a condition that can affect people of all ages. This is particularly important to Janet as she was diagnosed in September 2018. They want to raise vital funds for research in a fun way where friends, family and the community can come along and get involved.

Parkinson's UK is the leading charity driving better care, treatments and quality of life for those with the condition. Its mission is to find a cure and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.

The challenge requires either Janet or Kathryn to be on the dance floor at all times, and they are hoping lots of people will come along, have a dance and keep spirits high.

Janet, Kathryn and James Brown the DJ have been planning the event for some time and are now appealing to the local community to get involved in their challenge and help them raise money for a cause that is close to their hearts.

Janet said: "We hope lots of people will turn up to the event to dance with us and keep our spirits high throughout the 24 hours.

"It's going to be tough but hopefully a fun way to help raise money for Parkinson's UK researchers find a cure. We're asking of a £5 donation entry fee and there will be the opportunity to pay £3 for a 3 song request. Anyone can come and dance for as long or little time as they like. Fancy dress is optional, and participants are invited to bring their own food and drink to keep them going.

"Every penny makes a difference and I'm hoping to raise as much as I can."



About Parkinson's

Every hour, two people in the UK are told they have Parkinson's. It affects 145,000 people in the UK – which is around one in 350 of the adult population. Parkinson's is a degenerative neurological condition, for which there currently is no cure. The main symptoms of the condition are tremor, slowness of movement and rigidity. Parkinson's UK is the UK's leading charity supporting those with the condition. Its mission is to find a cure and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.

For advice, information and support, visit www.parkinsons.org.uk or call its free, confidential helpline on 0808 800 0303

To sponsor Janet and Kathryn please visit <https://www.justgiving.com/fundraising/janetandkathryndanceathon> To find out how to fundraise for Parkinson's UK visit www.parkinsons.org.uk/fundraising

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golden party hats at the ready!

Slimming World is a fabulous 50 years old this month!

Slimming World turns 50 this September, and there's one birthday gift we want more than any other – and it's a wish for you.

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Every group will be holding a special golden birthday party week commencing 23rd September for all our friends old and new. It's a perfect opportunity to make that wish come true.

We'd love to see you there, and everyone is welcome to bring friends and family along too to make it the biggest and best 50th do ever!

And here's the icing on the birthday cake: for the whole golden anniversary week, all existing members will have a chance to win £50 worth of shopping vouchers!

All you need to do is present your member card at 'pay' as usual and if you're one of our lucky golden winners, a member of our social team will be thrilled to let you know. Details of how to claim a prize will also be provided.

Not a member yet? No need to worry as we've even got a special money saving offer for all new members:

- ★ FREE membership when you commit to a 12-week Countdown during our birthday week*

We'd love to see you there and we can't wait to celebrate with you in true Slimming World style – together!

*Pay £49.50 on week one. Offer ends 5th October 2019. See website for full details.



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TUESDAY

Toton
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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
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Chilwell

St Barnabas Church, Barncraft
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Tel Paul
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FRIDAY

Wollaton

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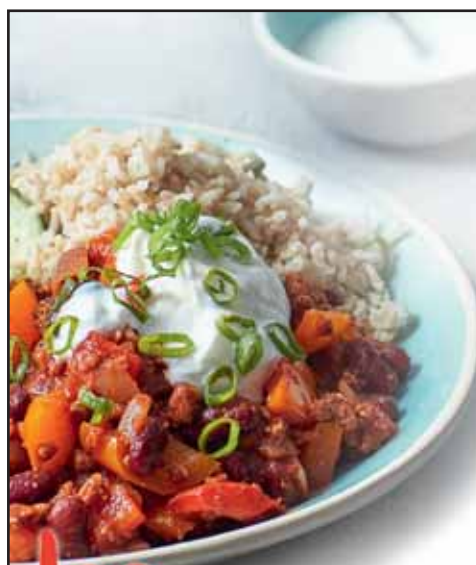
SATURDAY

Beeston

The Resource Centre
Middle Street, Beeston
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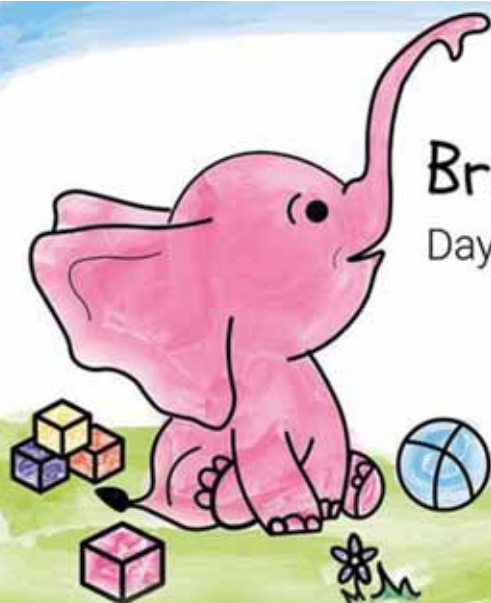
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breeze what's on



Exciting times ahead for Beeston Cycling Club...

Beeston Cycling Club (BCC) is delighted to announce that it has helped with establishing and accessing a racing skills and development pathway for its youth riders (14yrs-16yrs) to enable them to be the best racer they can be.

BCC and a few parents, including other local clubs identified that there was limited opportunities for youth riders to develop their race craft. This was causing major issues for potential young riders who felt isolated and as a result would not be well prepared for the up and coming senior levels of racing.

BCC approached their local former professional Bryan Steel (double Olympic medallist) for his help and guidance on how to remedy this development and skills gap in youth racing. Bryan had already established a successful senior cycling academy

With our support Bryan Steel agreed to expand his Academy and the Bryan Steel Youth Academy was formed in March 2019 to help develop a pathway for young racers (14yrs-16yrs). The Academy has 10 young riders from different clubs and it enables them to get the best coaching in the region where they can race competitively for their own respective clubs. This marks a significant opportunity for individual clubs to retain their talent and develop a lasting pathway up to senior racing.

John McCay, Chair of BCC says: "This is a great platform for Beeston Cycling Club and other local clubs to be able to offer a clear and proven pathway for the skills and development of their young riders, thus securing a bright future for cycle racing in the East Midlands."

At this early stage Nottingham based company RizkMcCay has invested funds into the Academy and is sponsoring three BCC riders. Six months into season 2019 we are seeing tangible benefits in the development of the young riders and BCC will look to secure further sponsorship to expand the offering in 2020".



Beeston Cycling Club

offer a wide range of cycling and social activities with rides taking place most days of the week.

The club was formed in 2009 by a group of cyclists following the successful Beeston to Paris bike ride to raise money for Round Hill Primary School, Beeston. Beeston Cycling Club actively encourages cyclists of all abilities to meet their personal goals. Whether you cycle for fun, for the health benefits or for the competition, Beeston CC welcomes you.
<https://beeston.cc>



BCC is actively looking for young racers between 14 – 16 year olds that have a passion for racing and want to be the best they can be.
Contact John McCay 07958 231 499 or Email: John.mccay1@ntlworld.com

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

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

Polarised lenses

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

Ordinary tinted sunglass lenses only cut down on the ambient light that reaches the eye but by their very nature, they cannot block glare only polarised lenses can block out this dangerous, often blinding glare, they can also enhance visual acuity, colour contrast and visual comfort, blocking 100% of harmful UVA/B light.

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"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."

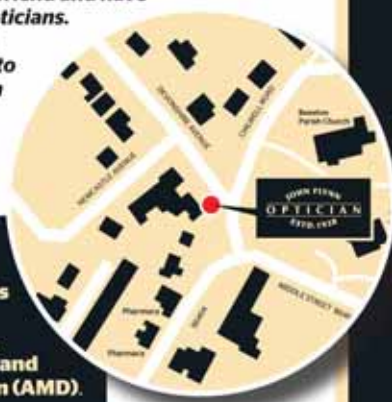


"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the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



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



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breeze stars

What will this month have in store for you?

Aries

Your determination in the realm of romance isn't lacking. When you want someone or something, you refuse to stop chasing until you get it. You may even do something deliberately to attract attention just to be sure that everyone is in your life and taking notice. At work, a disagreement can actually be beneficial, especially when you discover that someone is being economical with the truth.

Taurus

You sometimes like to keep your romantic agenda to yourself, private, if not completely hidden. Someone may try to force you to put your cards on the table, but you will find ways of avoiding answering poignant questions. It's a good time to make a big splash treating yourself to a massive purchase, something that you have always wanted. Not everyone will see things your way, but your headstrong attitude will ignore common sense as you plough your way forwards with your big ideas.

Gemini

You are in a stronger position to make that bold move forwards with an ambition you have been harbouring for some time. Tackle challenges as they happen and take one day at a time. There is no need for you to rush or push anything because what is meant for you will not go past you. Soon you will be happily basking in the knowledge that you did things your way and dreams are starting to become a reality.

Cancer

So much to do and so little time to spare. There is so much you want to say but reluctant to cause any upset. A blast from the past takes you by surprise, but ask the question, 'what do they want?' A dream holiday arrangement gives you much to look forward to, but firstly you have to sort out matters in hand. Useful information comes to light and a winning ticket or other financial windfall could change the course of the rest of your life.

Leo

There is serious talk of a massive shake up. You may be privy to some important information, the problem is, do you 'spill' or do you keep quiet? Avoid getting lulled into a false sense of security. Someone's mask will slip and you will see the truth about someone who has kept their secrets well hidden. Some things can be achieved, but one or two other ideas are a bit 'pie in the sky', so think carefully what you commit yourself to and how much money it may end up costing if you make the wrong decision.

Virgo

It can take years to discover ourselves but only one thing matters. Love is our greatest wealth. Giving someone your time is the most precious gift of all. It does not cost money, it just requires you to reorganise your busy schedule and re prioritise. It's the simple things that people remember, so be that special person who makes someone smile.

Libra

Life takes an upward swing causing you to be exceptionally busy. Always be mindful of people who won't look you in the eye. They are either trying to hide a lie or hiding their feelings. If you try to force someone to say the words you want to hear or do things against their will, you will never know the real truth about what they are really thinking.

Scorpio

It's time to open the windows and let some fresh air into your thinking. With a much welcomed boost of energy, you will be in the mood to tackle anything or anyone that insists on standing in your way. Someone from your past will suddenly get back in touch, expecting you to be pleased to hear from them. Ask they question. What is it they want? Listen to your gut feelings regarding this situation.

Sagittarius

An unexpected windfall may leave you speechless and could exceed anything that you could have imagined possible. New encounters will be particularly favoured, especially with the arrival of a new love or someone who will be very important to you. There will probably be a whole new series of auspicious events that will help you make new friends and live a rich life.

Capricorn

You will soon see for yourself to what extent someone will go to in order to manipulate you into doing their bidding. A job offer will open up new horizons of intense and wondrous opportunities that put you in touch with so many other like minded individuals and the chance to really prove to yourself what you are capable of achieving.

Aquarius

Money will be a major factor, with a few tidy sums being discussed and dealt with. A significant change in your personal life will restore your faith in the universe once more and if you are alone and searching for that special soul mate, you will meet someone who will make a most favourable first impression.

Pisces

Your greatest blessings come through family and loved ones. You will find helpers offering support and encouragement as you battle through one of the toughest times of your life. You may have to put a few plans on 'hold' until you are in a stronger position to fulfil your ambitions, but as long as you remember that every situation is temporary and that nothing lasts forever. Looking for your 'forever' home? You may just chance it very soon.



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breeze celebrations



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Happy Birthday
Ant on the decks!
Have a fab time x x x x



Happy Birthday, beautiful **Caroline**
Enjoy your birthday celebrations
x x x x



Happy Birthday
next month
to our very own
Sandra
Fifteen years
working for
Breeze and
she's still
smiling!

Enjoy your day
x x x x

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

- We do not accept any professionally taken photographs.
- Whilst every effort will be made to agree with copyright laws on the images provided it is the senders full responsibility to obtain permissions on such copyright images before supplying to Breeze Magazine.
- The editor reserves the right to shorten or modify any material submitted.
- Any requests for insertions of a child under the age of 16 must be accompanied with a sign letter of agreement from the Parent or Guardian of that child. With full address details**

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Happy Birthday
Father
Looking forward
to celebrating
with a meal and
a glass or too!
x x x x



Happy Birthday **Gina**
Cheers and enjoy your day!
x x x x



Happy Birthday **Mum**
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x x x x

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

DEADLINE FOR OCTOBER 19 ISSUE: 23rd September 2019



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As Margaret approached the end of her final year at West Dean College in 2015 she noticed that the students' studios would be empty during the summer. "So I asked the college if I could use the space to hold an exhibition. They agreed and that was the first Heallreaf exhibition."

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Colleen, Owner

breeze appeal



New Beginnings is an art group for those who have found themselves facing the huge challenge of not being able to work anymore due to ill health.



Going to work brings with it many benefits not least financial ones, but suddenly discovering you have serious health problems and can no longer work can be hard to cope with. Many people faced with this also find themselves feeling isolated, depressed and looking at financial uncertainty.

New Beginnings was set up in 2009 thanks to a grant from the Arts Council England. The aims being to provide a place where people in this situation could meet up with others who had been through a similar experience and where they could enjoy the therapeutic benefits that come with painting. Several of our initial members had never picked up a paintbrush before, others had found it too difficult to actually access buildings or attend other art groups so had just stopped trying to paint.

Now, many years later the group is still going strong providing an accessible, affordable and friendly environment for members to come together. Being part of the group provides differing opportunities and outlets for different individual needs, but all our members enjoy the opportunity to be creative and develop their skills. It is a group where physical or mental health problems or indeed artistic skill are not a barrier; we just concentrate on the art and enjoy each other's company.

"We use a variety of mediums including watercolour, acrylic, pastels etc. Members are of mixed abilities and encourage each other all the way. We engage visiting tutors to guide us through our development, and are presently opening up our Group to new members".

Meetings are held on Wednesdays, during term time, between 1:30 & 3:30 at the Oasis Christian Centre, Union Street, Beeston.

Facilities include level access and disabled toilets. Refreshments are provided. We keep costs very low at £20 per half term. We recently celebrated our 10th birthday with an exhibition (and a cake!) which attracted many people to view the very high quality and imaginative art work of our members.

Another recent initiative is a page on the Broxtowe Lotto web site: tickets cost £1 a week for a possible maximum win of £25,000, and for every ticket we sell our group will receive 50p (20 tickets over the course of a year will earn us £500!).

You can view our page on the Broxtowe Lotto web site www.broxtowelotto.co.uk/support/new-beginnings-art-group.

We are a very friendly group, and we would like to meet you. So why not get in touch!

New Beginnings Art Group

Meeting at: The Oasis Centre, Union Street, Beeston NG9 2LU

www.newbeginningsart.co.uk

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breeze winner!

British Athletics Championships at Alexander Stadium Birmingham saw Notts AC Annabelle Crossdale win Silver medal at the British Athletic Championships 2019 in the Women's Hammer at Alexander Stadium Birmingham.



In April Annabelle season started with a personal best at the start of the season in Notts AC Spring Spruce competition of 61.09m. This form was carried through the next few months, by retaining her Midland Counties title before being invited to compete at the British Championships. Having set another first by beating the pre event favourite Jessica Mayo at the final UK Woman's league fixture, less than three weeks previous and who was competing at her home stadium their rivalry was renewed in Birmingham.

The competition started by Pippa Wingate (Kingston & Poly AC) with a throw of 58.85m, which eventually gained her the bronze medal. In the second round Annabelle was the first thrower over 60m throwing the 4kg hammer 60.41m to take the lead. Mayo responded with 64.69m in the third round before the Barry Hawksworth (Derby AC) coached athlete consolidated her silver medal status by throwing 60.94m in the fourth round and 61.95m (pb) in round 5, with BBC sport athletics commentator Steve Backley (former world record holder in javelin) stating "Come to a British Championships and do your best"

Congratulations Annabelle, we're all really proud of you.



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breeze appeal



Meet Pushbike Paul! On behalf of Treetops Hospice Care he's raising funds with a Bike Appeal...

"I started volunteering for Treetops Hospice Care a couple of years ago, mainly at outdoor events and leaflet dropping, while at the same time repairing bikes to help raise funds for Draycott church, then jointly for Treetops.

Eventually, Treetops produced a 'Bikes Wanted' leaflet and started to advertise the scheme on their Facebook page and that's when it all really took off.

So far, this year alone, the scheme has raised over £6000 and is still going strong.

I have always enjoyed working on bikes and since retiring this has kept me well occupied and all for a very worthwhile cause!

We can take bikes, trikes and mopeds of any age, condition and size so please keep this scheme in mind if you're having a clear out! Local collection available.

Just email info@treetopshospice.org.uk with your details.



About Treetops

Treetops Hospice Care provides nursing care and emotional support for adults with life-limiting conditions and their families across Derbyshire and Nottinghamshire. Services include confidential advice and guidance from diagnosis onwards, wellbeing services, a Hospice at Home service, counselling for adults, children and families, art therapy and complementary therapy.

Treetops needs to raise almost 70% of its running costs – more than £3 million each year – through donations and events. This is why we rely so heavily on the support of people and organisations in the communities we serve.



For more information about Treetops, please go to www.treetopshospice.org.uk or call 0115 949 1264.

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breeze promotion



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Anthony & David

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breeze gardening

This month we look at a way you can keep texture in the forthcoming season by planting now...

TEXTURE YOUR GARDEN

As we move gently into cooler months (what was that about the summer season being cooler?) we can look at texture as a way to bring life to our little spot and allow us to use lights to accent this as we get into the longer evenings.

Evergreens in all their forms, give foliage and texture all year round and are ideal as a starting point when it comes to either potting up or planting in the ground.

If you are using pots ensure they are on the larger side to give them space to grow. Some of the newer decorative plastic planters are excellent if you want to move your plants around for each season. Perhaps you will make a new arrangement using your shrubs and evergreens to set them up where you have lights that you can take advantage of to light them from below.

SHRUBS

These can complement any flowering shrubs you may already have such as Viburnum and serve as a backdrop to winter flowering plants such as Jelena Witch Hazel which can flower through the darkest months. Another good shrub is Chimonanthus for winter colour.

SHELTER FOR YOUR PLANTS AGAINST WIND

Don't forget to look at your shelter whilst we're at it: this is a good time whilst it's fine to work on any areas that get a bit of a bashing come the stormier weather. It's far easier and more enjoyable to be working outdoors on this sort of project than when it is inclement and you will tend to do a better job as a DIY'er as a result.

USE NATURE TO ADD INTEREST

It is always worth taking a look at your garden and asking yourself 'what can I do to make my garden more friendly, more responsive to the needs of nature'?

Why does it matter? Well, whilst globally speaking, bio-diversity is in decline, gardeners can really help in the fight to slow this as much as possible. This makes sense if you consider that a large part of natural decline is due to homes being built on land where nature was; place some of the elements back that were lost and we have a much improved prospect for life in all its diversity from the clearly visible and beautiful (birds, dragonflies, voles etc)

down to the not so beautiful (at least to our eyes) such as worms, beetles, moths etc and even the invisible (but essential) micro bacteria that breaks down garden waste products and contributes to the food chain. Why not leave a few hanging fruits for the birds, hedgehogs and other animals for instance. (continues...)



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breeze gardening

Have you planted a fruiting tree yet? Well, if you did, then you may just be one of our readers who are seeing sweet tasting plums just ready for picking about now. You can of course plant one ready for another season - even large containers will suffice if the tree is planted properly.

An example of an easy to grow and tasty fruiting tree is cherry. The Stella variety remains the most popular dessert cherry. It produces the white cherry blossom in spring followed by an abundant crop of large, dark-red, sweet fruit in late July. Initially growing with an upright habit, it will gradually spread as it matures. Height is 4m if left unpruned but can easily be maintained to just 275cm. These can be purchased & supplied as root-wrapped 1.2m high pruned tree from a good supplier or garden centre.

To get started choose a sunny site and use well drained soil. Prior to planting, incorporate plenty of well rotted manure or garden compost into the planting hole. Fruit trees should be fastened to a stake to prevent them from rocking in windy weather. Water well. When growing cherries in containers, repot into well drained, soil based compost such as John Innes No. 3. As container grown plants increase in size they will require repotting into increasingly larger pots up to 60cm diameter.

Did you know? Cherry trees are known as 'sakura' in Japanese. These pale blooms are a symbol of more than just spring—they stand for renewal and hope.

HARDY ANNUALS

Planning ahead why not plant out some Hardy Annuals around now ready for next spring? The time to plant for flowers next autumn would be in the spring time so, again, plan ahead if you feel your Autumn garden could do with a touch more colour.



To sow directly into the ground here is what you do:

Either use broadcasting (scattering seed over the soil surface) or drilling (sowing more precisely in rows).

No matter which method you choose, prepare the soil bed for the best results and here is how to do that:

- The area to be sown must be weed-free.
- Dig over the soil to a spade's depth, rake it over and firm.
- Plan the area to be sown by sprinkling grit or sand on the soil or score the ground with a cane to mark out sowing areas. Decide what should go where according to height, habit and flower colour.
- It is important not to sow into a soil that is too rich, since this may encourage leafy growth at the expense of flowers, - avoid using fertiliser.

There! - keep learning with us and as always.... Enjoy!

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breeze what's on

Erewash Musical Society present this Christmas musical, **Miracle on 34th Street** at the Duchess Theatre in November, with tickets already selling fast...

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The action of this musical takes place in and around Macy's Department Store in New York, which is preparing for the annual Thanksgiving Day parade.

Doris Walker, a single mother who works for Macy's, is sceptical about the myth that surrounds Santa Claus and doesn't want her daughter, Susan, to have her head filled with romantic notions. However, Doris is tasked to hire a Santa Claus who will happily pose with the children who come to visit him with their Christmas wishes.

She hires a man named Kris Kringle, who claims that he is the real Santa Claus. His claims are scoffed, but a lawyer, who just happens to be Doris and Susan's neighbour, comes to his defence and represents him in the Supreme Court. The outcome of the trial helps to spread a wave of love across New York City to melt even the most cynical of hearts.

This heart-warming family musical is being presented at the Duchess Theatre from Wednesday 13th – Saturday 16th November. Featuring the song, "It's beginning to look a lot like Christmas", 'Here's Love' and 'Pinecones and Holly Berries', this musical will put you in the mood for the forthcoming season.

The Duchess Theatre, West Gate, Long Eaton, Nottingham NG10 1EF
Wednesday 13th - Saturday 16th November

Miracle
ON
34TH STREET



Tickets can be booked online from www.erewashmusicalsociety.co.uk, the Duchess Theatre website or at the Duchess Theatre on their regular Saturday coffee mornings.

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breeze what's on



Your guide to a super September in Nottinghamshire
Summer's nearly over, but don't despair; September is filled to bursting with exciting happenings across the city and county to distract you from the fact that the days are getting shorter. From spectacular circuses and trails, to tours and after-dark adventures, you won't be short of things to do as we head into autumn.

Some of Nottinghamshire's best loved attractions are flinging open their doors this September, giving you the chance to discover hidden treasures and enjoy a wide range of tours, events and activities - **without paying a penny.**

On selected dates, you can explore beautiful heritage sites including [Creswell Crags](#), the [Malt Cross](#) and [Thoresby Park](#), museums including the [D.H. Lawrence Birthplace Museum](#) and [The Workhouse](#), try your hand at [printmaking at Debbie Bryan](#) - and much more!



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Nottingham's Literary Lions Tour and Afternoon Tea 21 September

A guided walk covering all the essentials of No1's literary heritage, from novels to poetry to the scandalous private lives of its most famous authors - all topped off with a luxurious afternoon tea at the Lace Market Hotel.



All information and images courtesy of www.visit-nottinghamshire.co.uk

Check out their full listings, it's a wonderful website!

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breeze gig guide



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DEADLINE FOR OCTOBER 19 ISSUE: 23rd September 2019

Saturday 28th Sept Martin Jackson
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breeze local group



The Pearson Centre for Young People is celebrating its 110th anniversary this month....



The Pearson Centre for Young People was originally called Beeston Lads' Club and changed its name in 2000 to recognise the work it also undertook with girls and young women.

Stephen Hetley Pearson founded the organisation on 25th September 1909 which was originally 17th Nottingham Boys' Brigade. The first night attracted 120 boys to their premises in Anglo-Scottian Mills and various activities were organised for every day of the week except Thursdays.

The BB Company grew and was soon outgrowing its premises and in 1911-1912 the 250 members set up a scheme for every member of the population of Beeston to subscribe 1 shilling (5p) for the purchase of 2 bricks. A factory on Station Road soon became available and in 1913 Beeston Lads' Club moved, with the official opening of the premises being conducted on 11th October 1913 by the Founder of The Boys' Brigade – Sir William A Smith Kt.

A number of members went to war including Stephen Hetley Pearson (*pictured left*) and it was in December 1917 that the sad news of the death of 2nd Lt S H Pearson was received. Since that date there have been various BB Captains and thousands of young men have been members.

In 1974 the 30th Nottingham Girls' Brigade was formed under the leadership of Mrs Margaret Goodman. Some of the founding members are now leaders with the current group which is led by one of those members – Mrs Karen Jowett. The GB group quickly grew and began partaking in many activities jointly with the boys including the annual pantomime, band and the week's camping residential.

For many years there were discussions around moving the organisations to new up to date premises and it was not until 2007 when plans were finally approved for the new Centre on Nuart Road. The move, on 22nd October 2007, not only enabled the Centre to continue its work with children and young people through the auspices of The BB and The GB, but enabled it to grow the programme. The Centre now offers after school activities and holiday clubs not only for its BB and GB members but for other children and young people in the area. The vast facilities also enable other members of the local community to use the premises and is home to many community groups, a local church together with being used by local businesses too.

To mark the anniversary the BB are holding parties for their members. There has also been a week's summer residential for the BB & GB members aged 11 years upwards, when they travelled to France for a week of adventure and fun including a short visit to Euro Disney.

BB and GB continue to meet at the Centre during term time. BB Anchors meet on Tuesdays 6.15 – 7.30 pm, BB Juniors on Tuesdays 6.15 – 8pm; BB Company & Seniors on Mondays 7 – 9.30 pm. GB members all meet on Thursdays with the younger girls (Explorers) meeting 5.45 – 7pm; Juniors 6.30 – 8 pm and the Seniors and Brigaders 7 – 9.30 pm.

Our Development programme offers after school activities during term time: Mondays 4.30 – 5.30 pm is athletics, Tuesdays 4 – 5 pm is cookery, Wednesdays 4 – 5 pm dodgeball, Thursday 4 – 5 pm Find Your Art. All these are open to children aged 5 to the end of school year 6. In addition we offer a youth gym session for young people in school year 6 to 11 and this runs on Thursdays 4.30 – 5.30 pm. During the school holidays we run holiday clubs for children aged 6 to the end of school year 8.



The Pearson Centre for Young People
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Anaphylaxis can occur when someone with allergies is exposed to something they are allergic to (known as an allergen). Reactions usually begin within minutes and rapidly progress but can occur up to 2-3 hours later.

Two of the most frequently visited sections of our website are the Factsheets and Knowledgebase pages. These pages are dedicated to informing those affected by severe allergies, as well as those looking after them.

If you're looking for the essential and in-depth information on allergens and anaphylaxis, the factsheets page has a collection of downloadable PDFs containing general advice and guidance. These factsheets mainly focus on the 14 major allergens, and contain a huge amount of information on what to look out for and what can trigger a reaction. Two of the most visited pages are the most important general advice articles: and . These two factsheets contain everything you would need to know if you or your child has recently developed a severe allergy and have been prescribed adrenaline, including symptoms, emergency care and advice on how to manage your allergy.

The Knowledgebase is a collection of articles on shorter topics of which there is less scientific research. There are over 35 different articles listed on the Knowledgebase ranging from banana allergy, specific tree nut allergies to allergy testing. Our most recently updated articles have gained a huge amount of attention on our social channels – as allergies become more understood, more people are interested in finding out about them.

All of our Knowledgebase articles and Factsheets are produced to a strict standard. They are based on high quality evidence and are reviewed by medical experts and by members of the Anaphylaxis Campaign. At the end of each factsheet, you will find a lengthy list of references – these medical journals are used to back up the information provided in the factsheets, and are listed so that people can read further into their work in order to find out more about the topic. As the number of people living with allergies and the number of previously undocumented allergens continue to rise, our information will be more needed than ever. Thanks to the increasing wealth of information provided by medical experts, we will be able to continue reviewing and expanding our Knowledgebase and factsheets for another 25 years and beyond'.



For all the fact sheets and more information visit www.anaphylaxis.org.uk
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breeze recipe



Courtesy of www.vegsoc.org

Why not try your hand at making these delicious burgers?...

Sweet Potato Burger with Griddled Pineapple & Chilli Salsa

Serves 4-6

Ingredients

For the Burgers:

- 4-6 tiger roll buns
- 600g sweet potatoes
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 tsp ras-el-hanout
- 1 tsp rose harissa
- 100g breadcrumbs
- 50g almonds, coarsely chopped
- 100g pumpkin seeds, crushed
- 5 pineapple rings to coat gram flour

For the Simple Moroccan side salad:

- 250g cooked chickpeas, drained and rinsed
- 1 red onion finely sliced
- 2 tomatoes, chopped
- 100g finely sliced ready to eat apricots
- 100g watercress
- 1 tbsp olive oil
- ½ tsp cumin powder
- Salt and pepper to taste

For the Relish:

- 3 birdseye chillies, finely chopped
- 2 spring onions, finely chopped
- ½ lemon, juiced
- 1 tbsp tomato puree



Method

Preheat the oven to 220C. Cut the sweet potatoes in half and bake in their skins on an oil coated baking tray for 30 minutes. While the potatoes are cooking you can start on the burgers. When they are cooked scoop out the flesh and set aside.

Fry the onions in a little olive oil until soft then add the garlic and ras-el-hanout. Continue to fry for another 30 seconds.

Chop one of the pineapple rings into small cubes and put in a big bowl with the cooked sweet potato flesh, fried onions, rose harissa, breadcrumbs, almonds and pumpkin seeds. Season to taste.

Form the mixture into burgers. You can make one normal burger or two thin ones per bun. Coat them in the gram flour and shallow fry until golden on each side.

While the burgers are frying make the relish by mixing all the ingredients together. At this point also start to griddle the pineapple rings on each side.

Assemble the burgers by placing one burger in each bun, followed by the griddled pineapple then the relish. Add the second burger on top if using.

Serve with fresh salad

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

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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!



Glowing Older Exhibition

A photography exhibition featuring portraits of Nottingham's older residents in the style of old paintings has proved so popular it's going on show at St Peter's Church in the heart of the city so that it can be enjoyed by even more people – complete with free guided Wednesday Walkthroughs led by the artist behind the portraits, fine art photographer Grace Eden from St Ann's.

The exhibition, called Glowing Older, will open to the public at St Peter's Church, St Peter's Gate, Nottingham, NG1 2NW from Tuesday 10th September from 10am-4pm on weekdays and Saturdays – until Friday 27th September. Find out more at renewaltrust.co.uk

St Chad's Church Wilne (near Draycott) DE72 3QH
Saturday Sept 21st at 7.30pm
Music for Pleasure presents Solo and duet songs from the shows Also, 1940s songs and operetta
Tickets on the door £7
Refreshments available.

Sawley Strength & Balance Classes

Strictly No Falling project lead by Age UK Derby & Derbyshire and DCHS run strength and balance classes at **All Saints Church Hall, Sawley on a Tuesday afternoon 2.30-3.30 or a Thursday morning 10.30-11.30.**
For more information contact Janet (07906 367553) or Jo (07837 277252)

Dementia Friendly Dinner

Landermeads Care Home has worked with Lagan, a local Indian tapas restaurant, to create a Dementia friendly dinner.

At 2pm on Sunday the 29th September, the restaurant will open its doors to anyone who is living with a dementia and any family and friends that would also like to come along.

The afternoon consists of a simple picture menu, choice of either a vegetarian or non-vegetarian option.

A team of our staff members at Landermeads will be there at the event to help serve and offer any support to ensure the event is a success. We hope that this afternoon encourages individuals who may have stopped dining out to dine out more. We want to share stories and memories across good food and with our help hopefully the corners won't feel so sharp.

The price for the meal on the evening is £22.95 per person - this includes four small starters and a choice of main.
The restaurant has wheelchair access. **If you have any questions or if you want to RSVP to say you will join us: email: bronte@landermeads.com.**

St Leonard's Church in Wollaton are counting down to the start of OneLIFE Mission that is taking place in Southwell and Nottingham from 12th-15th September 2019.

Churches across the diocese are taking part, and many have planned outreach events and activities with the aim of sharing the good news of Jesus with their local communities.

Led by the Archbishop of York, Dr John Sentamu, and working with Bishops Paul & Tony, other Bishops from North of England will be in the diocese to attend and support events.

St Leonards Church in Wollaton are holding a free Family Funday event on the 14th September between 2pm-5pm.

Everyone is welcome to enjoy, Tea, Cakes, games, stalls, bouncy Castle, face painting, interactive storytelling, mini Messy Church and much more.

"We are really looking forward to the event and hope the local community enjoy it too.

On Sunday 15th September 10am, there will be an all age welcoming service for anyone who would like to come along and Join us at our Sunday morning worship.

We would like to welcome all ages to both events and why not "invite your family, friends and neighbours along too?"

Tee Off For Charity

Tickets are on sale for the Mayor of Broxtowe's annual Charity Golf Day helping to raise money for the Nottingham Hospitals Charity.

Last year 21 teams of golfers helped to raise over £1,500 for charity and we're hoping for another hole in one this year.

You're invited to take to the fairway at the prestigious Chilwell Manor Golf Club on **Friday 20th September from 11:30am** to play in an 18 Hole – 4 Ball Am-Am Stableford tournament.

£40 tickets are on sale from the Civic Office for the event and golfers will receive bacon sandwiches and a one-course carvery along with a chance to win the prize for the 1st, 2nd, and 3rd place teams, the prize for getting Nearest the Pin, or the prize for the Longest Drive.

Businesses are invited to sponsor one of the 18 holes for £30 in support of the Mayor's charity. Any businesses who are keen to get involved will have their logos taking pride of place at their hole.



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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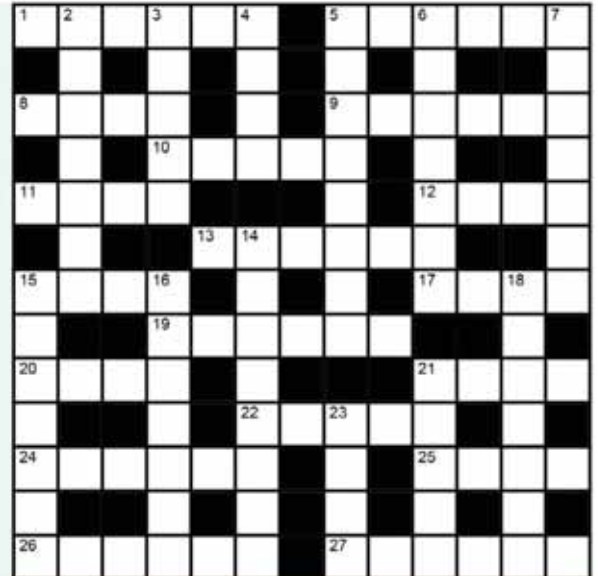
CROSSWORD PUZZLE

Across

- 1 Eight-legged creature (6)
- 5 Loud noise (6)
- 8 Blood vessel (4)
- 9 In short supply (6)
- 10 Cleaner of chimneys (5)
- 11 Cook in an oven (4)
- 12 Food used in a trap (4)
- 13 European country (6)
- 15 Becomes firm (4)
- 17 Fully developed (4)
- 19 Positioned (6)
- 20 Contest of speed (4)
- 21 Face covering (4)
- 22 Emergence (5)
- 24 Planetary paths (6)
- 25 Squad (4)
- 26 Gave a grin (6)
- 27 Large, edible bird (6)

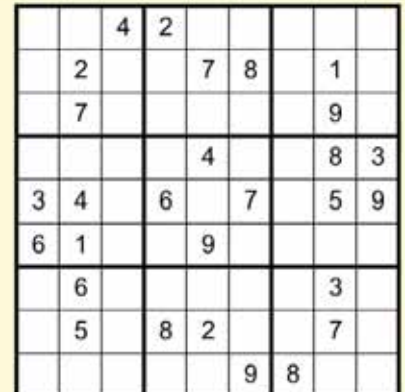
Down

- 2 Make ready (7)
- 3 Closely crowded together (5)
- 4 Fury (4)
- 5 Answer (8)
- 6 Sleeping room (7)
- 7 Entertainment venue (7)
- 14 Became fully aware of (8)
- 15 Lacking in playfulness (7)
- 16 Out of the ordinary (7)
- 18 Corridor (7)
- 21 Measuring device (5)
- 23 Table condiment (4)



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.



WORDSEARCH

THINGS THAT GO ROUND

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.



- | | | |
|--------------|------------|-----------|
| CAN OPENER | FAN BELT | SPINDLE |
| CASTOR | LAZY SUSAN | TURBINE |
| CEMENT MIXER | MILLSTONE | TURNTABLE |
| COMET | MOON | WHEEL |
| CYCLONE | PLANET | WHIRLIGIG |
| DREIDEL | RECORD | YO-YO |

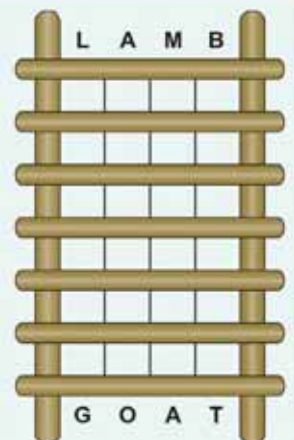
WORDWHEEL

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.



SOLUTIONS

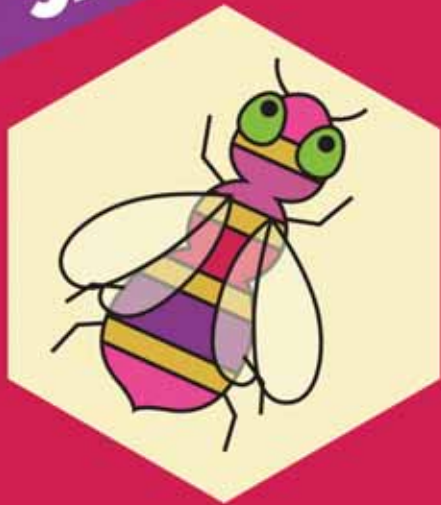


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