

A BREATH OF FRESH AIR EVERY MONTH

breeze

APRIL 2020

ISSUE 209



Support your
Local Businesses



Local Takeaways

celebrating
local spirit

Pulling our Community
together in light of the
Coronavirus

Coping with
Self Isolation

Sporting Heroes



Gardening



Local Appeals





CORONAVIRUS

Advice on how to combat Coronavirus
(COVID-19) Supplied by GOV.UK

THE ADVICE FOR ANYONE IN ANY SETTING IS TO FOLLOW THESE MAIN GUIDELINES.

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately. Then wash your hands or use a hand sanitising gel.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

At the current time and based on our understanding of what is known of COVID-19 and other similar respiratory viruses, it is likely that older people and those with chronic medical conditions may be vulnerable to severe disease. As more information emerges, recommendations may change.

PREVENTION:



wash hands
often with soap



avoid touching
your face



disinfect objects
and surfaces



avoid close contact
with people



stay home



Avoid contact
with sick people

TREATMENT:



no vaccine
to prevent
2019-nCoV



no specific
treatment
for 2019-nCoV



drink plenty
of liquids

a message from breeze

keeping it

local

SINCE 2002

In recent days, we have all become familiar with concepts like 'social distancing', 'self-isolation' and 'flattening the curve' – all part of our individual and collective efforts to slow and limit the spread of COVID-19. Never did we think, like most of you, we would be facing this kind of challenge. Our April 2020 Issue is here to show you that businesses are still out there. People, your family, your friends, your neighbours are coming together to make the best of our community spirit and what a proud job they are doing of it!

Some of our advertisers have understandably closed for the foreseeable so this issue may look different. Hopefully during this period when many are self isolating we can bring you some comfort and information to help you through this time. We aim to be here for you and our community, thank you for your support and may you and all yours keep safe.



We have a Facebook Page and a Facebook Group - Please feel free to share on these pages updates about your business or community event. We are here for you to share and inform.

Please note all we believe all information given was correct at the time of going to press.

MEET SANDRA

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help is at hand...

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SINCE
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Wondering what you can do to get help, or help your neighbours?

Support has been overwhelming with locals offering unlimited acts of kindness...

Freedom Press have encouraged areas all across the country to create Mutual Aid Groups for the areas they live in. Crises times can make us feel like each person has to look out only for themselves -- in reality, we know we have better chances if we stick together and support one another. Knowing that some of us may not be able to leave our homes much and certainly not go very far, we are working to build some structure locally - even block-by-block - to care for one another. Everyone has something to offer and everyone has things that they need. Needing things is not a personal failure - we are living in a profoundly unequal society without safety nets. This is not your fault AND we believe in taking collective responsibility for getting everyone through times of crisis. All flourishing is mutual, with many in our community taking a step further and creating community WhatsApp groups so they can communicate with each other what is needed. Its been so heartwarming and shows what a fantastic area we have. The groups can be found on Facebook. But for those of you who are not on Facebook, schemes are in place to make you not feel alone.

COVID-19 UK Mutual Aid groups in our Area On Facebook:

Nottingham Coronavirus Mutual Aid
Beeston Chilwell Area Mutual Aid Group
Long Eaton & Sawley COVID 19 Mutual Aid Group

If you are not on Facebook to offer or ask for help, think about who you know locally. Swap phone numbers with people you trust in your street or nearby. Here's a form for you to fill in and share. Pop it through neighbours' letter boxes to ask if they need help with shopping, running errands, or just want a chat on the phone.

Support shops online

Lots of small businesses are struggling as people are staying home, and while now is not the time to be meeting in restaurants and bars, try to buy some things online from them locally. Also, consider buying gift vouchers to use in the future. Many are offering home deliveries. Breeze will keep our Facebook Page updated as much as we can to share updates on what's happening locally.

Stay safe and healthy as the kindness in our community is what will get us all through this.

Our Advertisers

Staying safe from the coronavirus when you have work in your homes

For plumbers, repair people and trades people, staying safe means asking questions.

Call ahead. Don't work in a home where someone is sick.

Collect payments remotely and use the customer's sink and soap.

Discuss the details of the job in advance over the phone or via email or text to minimize time in the house.

Take care of payments digitally if possible.

Book advanced work

Let the customer know that you are healthy. Let them know you plan to keep your distance — at least 6 feet apart.



HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping

☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

Information from freedomnews.org.uk
An independent, radical co-op controlled by its volunteers,
Freedom runs Britain's oldest anarchist press and its largest bookshop.

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celebrating 20 years

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SINCE 2002

Beeston independent financial advisers celebrate their first twenty years

The James Ryan Thornhill 'rubic cube' logo first appeared in the early months of 2000, when the Independent Financial Advisers and Mortgage Brokers opened for business in Beeston.

They've now been serving clients from the same office for twenty years.

It's a family-centred concern that sees itself mainly as a community practice, but it serves a regional market too - and wider still! Clients are dotted round the UK from Devon to Scotland - via the Home Counties, the Isle of Man, and Northumbria.

As proprietor and advising director, Del-Ryan ('Del') Rafter told us, 'We're fortunate to have a loyal and growing client base. With our help, they survived the crash in 2008 and stayed with us. So we must be doing something right! And we'll still be supporting our clients in another twenty years!'

The Firm focused more closely on pension and investment planning in 2015, when its general and commercial insurance operations split off to form a totally separate company - now thriving in its new location nearer the city centre.

The firm still specialises in mortgages, and in life and health insurance.

Keen to be a 'one-stop-shop' for their clients' wider needs, the Firm has recently launched Lasting Powers of Attorney and Advance Decisions ('living wills') as a new 'Lifetime Planning' Service.

That distinctive black and white logo? It was designed by Del's wife, established graphic and fine artist Jane Rafter. You can even buy her prints in the firm's offices: how many financial advisers can show you a painting while arranging your pension!

The Firm isn't promising a twentieth birthday street party. 'Maybe when we're fifty!' hinted Ella Rafter, Del's daughter and the Firm's newest recruit. (But a little bird tells me they are planning a few mini-events and promotions throughout their anniversary year.)

In relation to investments & pensions, mortgages, and life & health insurance, we are authorised as intermediaries: we do not provide financial products directly. We therefore must never be described as 'insurers', 'pension providers' etc.

We also offer advice and recommendations on a range of non-regulated products such as buy-to-let mortgages, Lasting Powers of Attorney, and Advance Decisions ('living wills')

We do not advise on general insurance products such as motor, holiday and pet insurance.

Meet The Team...



DEL-RYAN RAFTER
Director & Independent Financial Advisor
Dip PFS CeMAP Certs CII (MP & ER)
Diploma in Regulated Financial Planning



COLIN BUSFIELD
Independent Mortgage Adviser
& Protection Consultant
Cert PFS Certs CII (MP & ER)



COLIN FELL
Independent Financial Advisor
Dip PFS Cert CII (MP+ER)



JIM HINCHEY
Independent Financial Advisor
Dip PFS Certs CII (MP & ER)



ANDREW JANE
Independent Financial Advisor
Dip PFS Certs CII (MP & ER)



GEMMA JOHNSON
Senior Administrator
& PA to The Director



SCOTT MCINTOSH
Financial Services Manager



LES CLARK
Compliance & Operations Consultant
LLB (Hons) ACIL DipPFS MinstLM
Chartered Insurance Practitioner



SHERYL RAFTER
Compliance Manager



JOANNE BROOKS
Mortgage Advisor CeMAP



MAX BROWN
Trainee Paraplanner



LUKE HINCHEY
Trainee Mortgage Advisor



PAUL RUDD
Financial Services Administrator



BIANCA SWAIN
Trainee Mortgage Advisor



ELLA RAFTER
Trainee Financial Service Administrator

.....COVID-19 Update.....

To help stop the spread of the virus a decision has been made that for the foreseeable future we will not be having face to face meetings with Clients and seeing clients in the office.

We will still be available as usual on the phone on the same number and via e-mail (see Contact us).

Online meetings - However, we will be conducting meetings over the phone.

Remote working - All of our staff are now able to work from home and have full access to remote working capabilities, so we can continue to support you from any location should we need to close the office.

Our focus remains on the wellbeing and safety of our colleagues and clients and we will do everything we can to support you through this changing environment.

James Ryan Thornhill Ltd

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ideas to entertain at home...

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Looking for ideas to keep you entertained?
Here's few suggestions...

Virtual Museum Tour

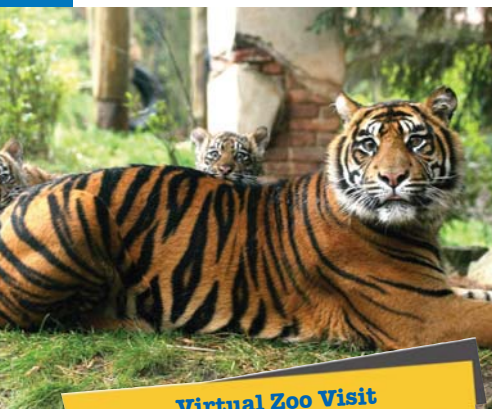
Stuck at home? These 12 famous museums offer virtual tours you can take on your couch

Going into a self-quarantine can have many complex issues and complications beyond having enough food and supplies for two weeks. In terms of entertainment, it also probably means you're in for a lot of boredom, a lot of Netflix, and a lot of browsing the internet. But there is a way to get a little culture and education while you're confined to your home. According to Fast Company, Google Arts & Culture teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.. Now, you get "go to the museum" and never have to leave your couch.

Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science. This collection is especially good for students who are looking for ways to stay on top of their studies while schools are closed.

Take a look at just some of Google's top museums that are offering online tours and exhibits.

<https://hellogiggles.com/news/museums-with-virtual-tours/>



Virtual Zoo Visit

Many zoos that offer live streams - see giraffes, koalas, pandas, tigers, penguins & more

How good does it sound being able to stay in your pjs and watch some really cute animals live? We brought you a list of virtual museums now we have found 13 fab zoos and aquariums that offer live streams of their animals.

Zoo's may be closed or we are unable to visit due to being on a lock down so the next best thing is watching them live and see what they are up to in real time.

There are many zoo's across the world offering this service giving you the opportunity to see some animals that you may not usually get to see as they are not in a zoo near you.

Edinburgh Zoo (UK)

Panda, Koala, penguin & Tiger cams
<https://www.edinburghzoo.org.uk>

Marwell Zoo (UK)

Flamingo, Penguin,
Giraffe & Lemur cams
www.marwell.org.uk

Dublin Zoo (Ireland)

Elephants, Penguins, giraffes, rhinos,
ostrich & zebras cams
<https://www.dublinzoo.ie>

San Diego Zoo (USA)

Panda, Penguin, Baboon, Polar Bear,
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Condor, Elephant & Tiger cam
<https://zoo.sandiegozoo.org>

Houston Zoo (USA)

Giraffe, Gorilla, Chimp, Elephant,
Leafcutter Ant & Rhino cams
www.houstonzoo.org

Some Entertainment Ideas...

When you aren't used to spending so much time at home, it can get really boring really fast. To help you pass the time, we've rounded up some entertainment ideas during this period of social distancing.

Watch TV:

A reason not to feel guilty when you tell Netflix for the 129387th time that yes, you're still watching (after all, you can't go anywhere!). Ask friends for suggestions on Box Sets an favourites to watch. Then call and have a chat about your viewing experience and share your thoughts!

Read more books:

You now have all the time in the world to read those books that have been on your list—the library is closed. Fortunately, Kindles also exist, with unlimited access to any book you feel like reading. Set up a network of book reviews with friends - see what they are reading, and again share your reviews over the phone.

Expressing your innermost thoughts:

Maybe you've always wanted to write the great novel. Or maybe you simply want to word-vomit exactly how anxious/bored/irritated/lonely you feel being stuck inside indefinitely. No matter your reason, keeping a journal is a great (and productive) way to pass the time.

For when you're tired of screens: A jigsaw puzzle

Yes, there are ways to entertain yourself that don't involve staring at a screen. Like a good old-fashioned jigsaw puzzle.

Embracing your inner child:

Adult coloring books are all the rage. Remember how you used to spend hours coloring as a kid? Well, you still can, thanks to the rise in popularity of adult coloring books. Many books are full of gorgeous, hand-drawn designs that require focus and creativity to color (i.e. perfect for forgetting how bored you are!). Try ours on Page 30.

Try Meditation:

There are endless sources of guided meditations on line. Never done it before? Don't worry just find yourself somewhere comfortable to sit. Close your eyes, take a couple of deep breaths and then follow your natural breath in and out of your nose. Notice any thoughts that come up and let them pass through your mind. Any anxious thoughts, take another couple of deep breaths and notice again your breathing. Focus your mind on your breath. In , Out, do this a few times. Open yours eyes and notice how much more relaxed you feel. Doing this a couple of times a day helps to ground us in this anxious time.

For challenging your brain:

A book of puzzles - Rather than zoning out in front of the TV, opt for something a little more engaging—and something that actually requires a little brainpower. Have a go at Sudokus, word searches, crosswords, and logic puzzles. If you haven't any books ask a neighbour to post one by. Start by trying ours out on Page 28.

Feeling nostalgic: A stunning digital photo book

Imagine: All your pics in one beautiful book! Between Instagram, Facebook, and your phone's camera roll, you have hundreds of photos just sitting there. Organise them on your laptop or get that dusty box out from the loft and sort your prints in to an order and reminisce about the good ol' days!

Try new hobbies: From finally learning how to knit to taking classes from your favorite celebrities, there are plenty of new things to try now that you have all the time in the world.

Workouts at Home:

Both your physical and mental health are more important than ever right now. And at-home workouts—or even just a few minutes of stretching every day—can majorly help with that. Look online for classes to enjoy or create your home workout to suit your own level.



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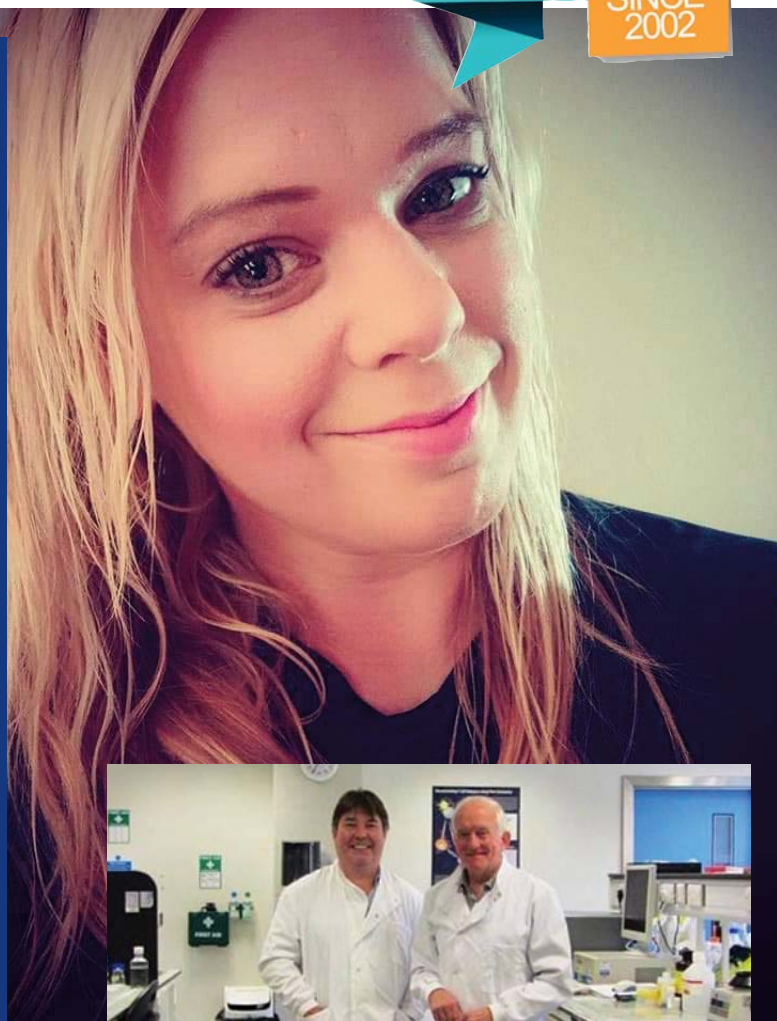
SINCE 2002



Many local people will remember the enigmatic Victoria pub landlord Neil Kelso – who passed away recently.

The Vic is a long term and generous sponsor of the John van Geest cancer research facility, based at Nottingham Trent University - NTU Clifton campus.

One of Neil's former colleagues, Kim Butler, is running the London Marathon to raise funds in memory of Neil



KIM'S STORY

"Thanks to the Jon Van Geest Cancer research Centre, I have been allowed the absolute privilege of running the London Marathon 2020 in memory of Neil Kelso, a dear friend, boss and family member who sadly lost his battle with cancer earlier this year.

Neil's passion for this particular charity was very clear for all to see. He worked relentlessly to gather as much money as possible for JVG, raising tens of thousands of pounds over the years through various charity events, festivals, tombola's, raffles and wine evenings. Even during Neil's weakest days, he still found the strength to continue raising money for the organisation he held so dear in his heart.

When Neil created the 'Vic' he also created a community of friends. It is these friends who have played such a significant role in the amount raised for JVG, without Neil's determination and your support combined, we could have never raised such a tremendous sum of money.

With your help, I believe that we can keep Neil's legacy alive forever. His dedication and passion for the Jon Van Geest Cancer Research Centre can live on through us all.

The Jon Van Geest Cancer research Centre is locally based at Nottingham Trent University. The aim of their ground breaking research is to improve the early diagnosis and treatment of cancer, Something that will be particularly poignant to all of us whom have suffered at the hands of this awful disease. The charity relies on the support of public donations alone so all awareness and money raised will go a very long way in supporting the centre.

Thank you for taking the time to read".

Kim



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<https://uk.virginmoneygiving.com/KimButler5>
and do please donate directly via this site.

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temporary takeaways

keeping it

local

SINCE 2002

Information may be subject to change.
Correct at time of going to press.

The Government has granted permission for pubs and restaurants to operate as takeaways as part of coronavirus response, so here's a few suggestions for you to support our locals...



Amores Restaurant, Beeston is still offering a takeaway service. Takeaways will be available between 5:30 - 9 pm. The À la Carte menu is available for takeaway with a delicious 20% discount!
Contact number:
0115 922 4224



Katies Kitchen is in the heart of Borrowash Village.
We are making lasagnes, a variety of homemade pies and a few sweet treats too - all of which can be frozen. Delivered to your door or collected.
Just drop a message on Facebook @kkborrowashltd or call 01332 820200 for more details and prices.

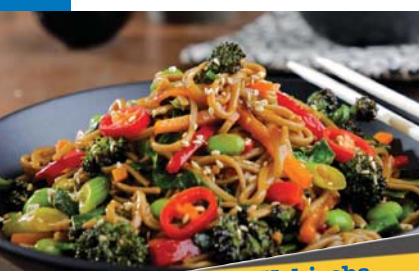


The Cods Scallops in Wollaton, Carrington and Long Eaton are offering takeaway for all those wanting their fish and chip fix. We are offering cod, haddock and plaice alongside our award winning pies and tasty sides.
"Please come and see us!"



Sora, Japanese kitchen in Beeston, are offering Bento boxes, Onigiri, Sushi and Japanese baked goods to takeaway for collection or delivery! **To order, contact us on FB, Instagram or call us to 0115 922 7212.** We are open on Wed, Thurs, Fri & Sat from 18:00 to 20:00 and Sat lunchtime from 12:00 to 14:00.
"My husband is delivering so please be patient as wait times may be long during busy times".

Time on our hands and apparently lots of pasta in many homes! Why not try this delicious recipe...



Japanese Yakisoba with Spring Vegetables

A fresh and vibrant Japanese style stir-fry using seasonal spring vegetables and traditional sauce ingredients.



Caffè Torta is a community cake in Borrowash
"We will be offering meal plans to anyone who is vulnerable. As well as take away meals. All meals will be cooked fresh and will be suitable for freezing. All meals can be delivered or collected from the cafe. Please call 01332 663529 or message us at Caffè Torta Borrowash on Facebook for more details"



Cheesecake Shop, Bramcote Lane, 175 Bramcote Lane
"We will be selling take away whole cakes, quarters and slices and hot drinks to take away. We we're doing take away sandwiches etc but it doesn't seem like people are buying these.
Number to call is:
0115 928 6680
From 9-6 Monday to Saturday.
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(Sun - Roast lunch served 12-3)
We are able to provide most of your essentials from meat boxes, bread, dairy, vegetables and more with our village shop (Pre orders required)
We can also deliver most things locally if you are self isolating or collect directly from the pub".

Ingredients for the sauce

3 tbsp mirin
2 tbsp low-sodium dark soy sauce
2 large cloves garlic, crushed
1 small red chilli, finely chopped
20g ginger, grated
1 tbsp cornflour, mixed with 2 tbsp cold water

For the Stir-fry

2 tsp sesame oil
4 spring onions, sliced diagonally
1 large carrot, peeled and cut into matchsticks

1 red pepper, deseeded and cut into strips
200g purple sprouting broccoli, trimmed and cut into three equal pieces
400g frozen edamame beans
75g spring greens, shredded
50g kimchi
200ml vegetable stock made with 1 low-sodium stock cube
300g soba noodles, cooked as directed on the pack and drained
1 tbsp toasted sesame seeds
1 red chilli, sliced for garnish
Black pepper, to taste

Method

Place all of the sauce ingredients into a small bowl and mix well until combined.

Heat the oil in a wok or large frying pan. Add the spring onion, carrot and pepper. Stir-fry for 2-3 minutes.

Add the broccoli, edamame beans, spring greens and kimchi. Stir-fry for a further 2-3 minutes.

Pour the sauce over the vegetables along with the stock. Gently bring to a simmer for 2-3 minutes until the sauce thickens. Add a splash of water if the sauce looks a little too thick.

Stir in the noodles and heat gently for 1-2 minutes until piping hot. Season with black pepper to taste.

Transfer the noodles to warm bowls. Sprinkle over the toasted sesame seeds and garnish with sliced red chilli.

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keep britain singing!

keeping it

local

SINCE
2002

Rock Choir announce live daily sing for the entire uk public to join in with - #keepbritainsinging



Rock Choir is the largest contemporary choir of the UK and remains unique with over 32,000 Members participating in approximately 400 local communities across the UK. With coronavirus gripping the country and with many of their Members in isolation, Rock Choir Founder and Creative Director, Caroline Redman Lusher, has announced how Rock Choir will 'Keep Britain Singing'.

Rock Choir is known for its unique formula that leads to a natural high and change of mood experienced by its Membership on a weekly basis and confirmed by a singing experiment featured on BBC2's Trust Me I'm A Doctor. Rock Choir is built on an uplifting ethos of family, fun, friendship and community spirit and for many thousands taking part, it's a lifeline! Not only does Rock Choir improve lives, but some Members have reported that they've come off anti-depressants, found new confidence in themselves and discovered pure happiness. With the entire UK public facing isolation, the natural and immediate step was for the Rock Choir Team to find a way to support every individual and family across the UK to offer them a daily boost of Rock Choir.

The current and future well-being of the general public and the Rock Choir Members is now the biggest priority for Rock Choir and with many individuals now going into isolation, it was important to come up with a project that would benefit everyone. Therefore Rock Choir are encouraging the whole country to join with them for a daily fun sing-a-long of uplifting contemporary pop songs via their Facebook

page <https://www.facebook.com/TheRockChoir/>

From Monday 23rd March, Rock Choir will go live from their Facebook page at 3pm and will commit to this event EVERY DAY until their normal rehearsals can resume. The Rock Choir Team of talented musicians and singers will take part in leading the singing and will rotate in front of the camera on a daily basis to deliver an uplifting, positive song via Facebook Live. Each individual or family in isolation will be encouraged to join in and sing with the Leader along with the thousands of Rock Choir Members who will be excited to be singing every day too. The Rock Choir team is committed to making this event happen every day to give everyone some stability and a routine until the self-isolation guidelines are lifted.

Rock Choir has positively impacted not just its Members but their relationships around them too; their family, friends and colleagues. With their new 'Keep Britain Singing' project, the hope is that everyone will continue to feel better and stronger the more they sing.

Each song will be announced the day before each session is broadcast and the activity will include the mass sing-a-long as well as fun extras, singing tips and ideas to help everyone connect with music over this period of time. Song requests and interaction will also be very welcome!

Rock Choir has also announced to their Members today that they will be teaching their normal choir rehearsal schedule using live interactive teaching sessions online. All Members will be asked to login and participate at their normal rehearsal time and will therefore be able to interact with one other and their Leader. None of the current Rock Choir Membership will miss out on any of their sessions and this is vital for morale and well-being in these testing times.

Caroline Redman Lusher Comments –

"The well-being of our Members is and will always be our absolute priority and now we have the whole country to consider too! We have 32,000 'Rockies' in Rock Choir who, along with the rest of the general public, will each be facing uncertainty. Some will be scared, some lonely and others will be in isolation potentially for a long length of time. As well as committing to running our normal rehearsal schedule we are encouraging them and the public to join us daily and benefit from the well-being effects of Rock Choir whilst we ask that our Rockies reach out to their family, friends and neighbours to all become part of a much bigger community of support. We have been hearing some inspirational stories from our Rockies who are already true community heroes during this crisis. I implore everyone to join in and sing with us each day. We can then contribute to everyone's daily routine and be a reliable and constant source of support for our Members and the UK community.

We would also love any of our celebrity supporters to get in touch and consider giving up five mins of their day to get involved with our Keep Britain Singing campaign. It would be such a morale booster for our Rock Choir community!

We know that singing boosts our levels of Endocannabinoids – neurotransmitters thought to be the cause of the 'natural high'. As well as giving us a 'buzz', these chemicals are linked to improving mood and reducing anxiety and stress. This is essential to our well-being and we aim to try and replicate these feelings with our online singing activities!"



Log in and join in the daily 'Keep Britain Singing' Live show from 3pm from Monday 23rd March - <https://www.facebook.com/TheRockChoir/>

To find your closest Rock Choir and find out more information, visit www.rockchoir.com



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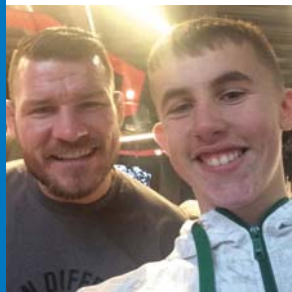
breeze appeal

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SINCE 2002

Youngsters are finding ways to raise awareness and funds for vital charities, can you help...



Meet Jamie Martin, a young lad, born and bred in Beeston. Last year an amazing opportunity was open to Jamie that he thought he couldn't refuse!

"The offer to go to Siem reap and

phnom Penh in Cambodia to help poor communities and make the future better for people less fortunate than ourselves.

The trip costs £4,000 and is a huge amount of money. We have so far raised around £3,200 and hope we can raise the full about by the deadline in May of this year.

On the trip, which takes place from July 26th until August 23rd, the team will be building accommodation, toilets and classrooms for families who live on less than a Dollar per day. "I believe everyone should be safe, warm and have the basic things we need such as food, water etc.

We will also help maintain farms, maintain water pipes/pumps to make sure the people have a sustainable and safe source of food and water.

Of course £4,000 is a huge sum of money to me as a 14 year old boy, and raising it seemed impossible. Since then, I worked my socks off by gardening, car washing, music events and even working with football clubs/players!

Hopefully with your help, you can help me raise the last few hundred pounds so I can help some of the poorest communities in Cambodia".

Please contact Jamie for further info on:

Email: jamieharrymartin@gmail.com

Tel: 07753 865 528

Web: www.jamiescambodia.com

"Let's shape the future, together"
Jamie's Cambodia 2020

Young people and staff from Inspire Learning's study programme at Stapleford Young People's Centre will sleep out on the streets of Stapleford on 5 March 2020 to raise money for Broxtowe Youth Homelessness.

Broxtowe Youth Homelessness is a charitable organisation working in partnership with The Lottery Fund, Broxtowe Borough Council and Rushcliffe Borough Council, providing support for young people aged 16 – 25 years old who have experienced or are at risk of homelessness. They aim to prevent homelessness in the first instance or help the homeless to rebuild their lives.

Inspire Learning's study programmes for young people aged 16-24, delivered in partnership with Nottinghamshire County Council and the Education Skills Funding Agency, are designed to give young people a first step in to further study, employment, traineeships or apprenticeships. Young people work towards a recognised qualification, plus GCSE or Functional Skills Maths and English. Community group work placements such as this are an integral part of the programme.

The charity work will also contribute to the learners teamwork AIM Award which they are currently studying for. Learners must plan and work as a team to ensure that the sleep out goes smoothly.

Kerry Stanley, tutor for Inspire Learning Study Programmes in Stapleford said "we chose to do a challenge that would be really tough and let us feel what it would be like to be less fortunate. The learners are keen to support this charity because it is local, and they can relate to the young people it helps. I am proud of our learners as they have planned the sleep out as a team and have worked hard to get everything done".

Details of the fundraiser can be found online:

<https://broxtoweyouthhomeless.charitycheckout.co.uk/page917a3#/>

Learners are also appealing for food and warm clothing to donate to Broxtowe Youth Homelessness. There is a collection point available at Stapleford Young People's Centre.

Further information can be found at

<https://www.inspireculture.org.uk/skills-learning/study-programmes/>.

Further information about Broxtowe Youth Homelessness can be found at:

<http://broxtoweyouthhomeless.org.uk/>



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kids stuck at home

keeping it


local

SINCE
2002

Don't let kids' learning fall by the wayside. Children are stuck at home, but fun educational activities can keep their brains ticking

As it sinks in that most schools probably won't re-open until September, parents of young children are scrabbling around in the dark trying to work out the best way to cope. If your children are at home with you and you're concerned that they keep up with their school work, education expert and former primary school teacher **Becky Cranham of PlanBee** has some great ways to embed learning in fun activities

What's cooking?

Baking provides a wealth of learning opportunities – and produces delicious results! Working through a simple recipe with your child will help develop measuring skills (Maths), following instructions (English) and can help them understand reversible and irreversible changes (Science).
Top tip: Ask your child questions as you work through the recipe, such as 'What do we need to do next?', 'How does our mixture look different now to before we added the flour/butter/sugar?'.


Nurture nature

Planting seeds and watching them sprout and grow is always rewarding. And you don't need a garden. Pop some multi-purpose compost in a plant pot, plastic cup or old yogurt pot, sprinkle the seeds in and cover with compost. Encourage your child to take responsibility for making sure the plant has enough water and sunlight, and challenge them to record what happens to the seed each day.
Top tip: Fast growers include mung beans (2-5 days), cress (3-7 days), lima beans (4-7), sprouting seeds (4-12), radishes (7-14), pumpkin (7-21), nasturtium (14-21). Lettuce, basil, chives, mint and parsley are also relatively easy to grow.

Make them an expert

Are they crazy about LEGO? Challenge them to find out when it was invented, by who and how it became so popular. Do they love singing and dancing? Challenge them to write and perform their own songs, or even create a music video. Crazy about science? Challenge them to put together a demonstration or presentation about their favourite scientist.
Top tip: Give your child the role of the 'teacher'. If they feel like experts in a particular field showing off their knowledge to others, it's more likely to keep them on track.

Keep them moving

YouTube is an endless source of great exercise and dance videos for young children: Dance 'n Beats for fun dance routines
Just Dance: more challenging videos for older children.
Cosmic Kids Yoga: tie them in knots!
Jump Start Jonny: free high-energy workouts
Top tip: Make sure children warm up and warm down before and after each workout session.

Code with confidence

This is much easier than it may sound. One of our favourites is Scratch. Children can program their own interactive stories, games and animations while learning a bunch of key skills along the way.
Top tip: The main Scratch site is designed for children aged 8-16, but there is also an easier version called ScratchJr for 5-to-7s.

Telling a story

Ask children to pick a main character, a setting and a special object and let their imaginations run riot! To present them to the world too, they could stick with the good old traditional pen and paper or try creating an eBook. Book Creator is a great free app.
Top tip: Encourage your child to use this handy formula for story writing: SOMEBODY (a space ranger) WANTED (to save the world from an evil alien lord) BUT (their space ship broke down) SO (they hitched a ride with a friendly alien) THEN (they made it just in time to destroy the evil alien lord).

Keep reading

Check out Epic, which has access to 35,000 children's books, learning videos, quizzes and more. You can try it free for 30 days.
Encourage your child to act out the finished story or create a puppet show.
Top tip: Ask them about what they have read. Use a free Reading Question Matrix.



Model making

Use playdough or modelling clay to make a model of the solar system or to show the animals and plants in a habitat or food chain. Or use recycled objects, such as boxes, food packaging, bubble wrap, newspaper to make a medieval castle, a space ship, a dinosaur or a Tudor galleon.
Top tip: Get your child to test ways of joining materials before they begin. Glue or masking tape, staples or glue?

Getting creative

Here are our top fuss-free art activities that don't require too much equipment (or mess!).
Rock painting: grab some small rocks or pebbles next time you go out for a walk and paint them as animals to create pet rocks!
Photo cut-outs: Print off any picture and cut it in half using zigzag lines. Stick one onto a plain sheet of paper and challenge your child to complete the picture.
Copy the old masters – or 'modern' ones such as Piet Mondrian or Kandinsky.
Still life: plop an apple, a vase, a glass or a flower in front of them and ask your child to draw what they see.
Squiggle art: use curvy or straight lines.
Challenge your child to turn it into a drawing.
Top tip: For additional arty inspiration, Pinterest is an excellent port of call.

And finally...

Treasure hunts: Hide challenges or calculations around your home which have to be found and solved to get a prize.
Sorting objects: Gather household objects and challenge your child to sort them into groups. How many ways can you sort them? What criteria can you use?
Create a board game: get your child to make their own version of snakes and ladders, or a quiz game.
Create puzzles: can your child devise a Maths puzzle or secret code to email to a friend?
Turn the tables: Invite your child to be the teacher and teach you something you don't know!

Visit PlanBee for great free resources and lesson plans to use at home. Becky Cranham is an education expert and former primary school teacher. She is a director of PlanBee.

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Gardening can be a great way to productively pass the time during social distancing, self-quarantine and self-isolation while also adding greenery and potentially some food to your home. Plus with many schools closed until further notice, indoor gardening is one way to keep kids entertained (and perhaps teach a few science lessons!).

Small containerised water feature

The basic idea is simple: a completely waterproof tub (preferably heavy duty black plastic) set inside either a wooden container or a soil within a larger container. You then drop in a small water feature type pump and instead of setting it to sprinkle you use the nozzle that comes with it to push water out as a single jet and run back into the water to create a gurgling sound when the tub has been filled.

Plant flowers or rockery type plants around the edge and you have an almost instant mini water garden/feature to place right where you sit so it relaxes & delights whenever you switch it on. This is the basic idea so have a play with the concept and see what you can come up with - it's great fun! Just make sure you use an RCD outlet for the pump of course and follow all electrical safety advice such as never touching anything electrical with we/damp hands when it is live.

Bunting

A really simple way to cheer up your garden or patio instantly. Take a look round or order online and have some fun with it - maybe go for a hippy style with colours that remind you of the sixties!



Step Ladder Planter

So easy! Just look round for an old set of wooden step ladders or make your own 'fake steps' from old discarded floorboards or even decking, which you can 'distress' by hitting it with an old bike chain or similar (take your frustrations out on your favourite piece of wood!).

Either way you can then use a rag to mark it with furniture dye to add some character (use antique oak colour) then you can either varnish it with exterior varnish or leave it as is to age naturally.

There are so many possibilities with this idea - you can just have some fun and make it look rustic - you don't need carpentry skills.

Create personalised containers

Get the kids involved with growing with their own personalised containers! Fruit crates are ideal for this. Stencil or paint their names onto the containers and let them choose what to grow. Maybe start them off with their own herb garden?

(continues....)

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Small Garden

Make the most of your entire space by vertical gardening!

Walls, Fence, and even above your head. By going vertical you add a unique touch to your garden.

Save your old coffee tins and paint them with either spray paint (obliterate them with some white first though) or use a tough gloss (again, undercoat the tin first). These can then be screwed onto wooden fencing or you can make

your own display area by building a simple 'vertical raft' out of decking wood & decking screws - it's not difficult even with basic tools like handsaws etc.

Once you have decided on your vertical space you can also grow vine type plants up it or a mix of runner beans and sweet peas - there are so many possibilities and you will have a riot of green & colour if you plant with care. Use grow bags as your soil if you are planting on a balcony or yard.

So, as you can see, there are lot's of ideas here to keep you busy and upbeat during the next few months. Don't forget to plan ahead and get looking at this years summer flowering plants too! Avoid planting anything but hardies until the frost threat has cleared though.

Fertilise the lawn

And, while we're at it let's set your lawn to be a brilliant green by adding fertiliser. Spring lawn feeds are rich in nitrogen, which promotes fresh, leafy green growth. Sprinkle on as per the packet instructions and let the rain water it in. It won't take long at this time of year for the results to show.

Seaside your shed

get out the light blue and cream shed paint. Obliterate any darker colours with the cream paint first and then go over the shed panels with light blue first then again with the cream in-between.

You will have the basis of a cheery and seaside themed shed to hang various accessories onto and around reminding you of those lovely days on the beach as a kid!

Plant some window boxes

So you can see flowers from inside the house plant boxes full of tall bedding plants like geraniums.

Top dress containers

By adding a decorative gravel over the top of soil you not only retain moisture but also give an instant smart finish. Try some of the more colourful varieties now on sale in garden centres & builders merchants.

Label your plants properly

Weathering can wear the writing on plant labels off. Keep it there for longer by painting over the top with clear nail varnish.

We'll be back with more tips & ideas so as always keep learning and.... Enjoy!



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How to get ten times more pollinators on your lawn, with simple changes in mowing can result in 10 times more bees...



Every Flower Counts is the largest-ever survey of the humble lawn. New results reveal not only the astonishing diversity of wild flowers (over 200 species!) growing on Britain's lawns, but that simple changes in mowing can result in 10 times more bees...

At the end of May 2019, Plantlife asked the public to count the flowers they found in a random 1-metre square patch of their lawn. Over half a million individual flowers were counted, including over 190,000 daisies. From orchids to rare meadow saxifrage, knotted clover and eyebright, our lawns are havens for wild flowers.

And where wildflowers lead, wildlife follows. Every Flower Counts found that 80% of lawns can support the equivalent of around 400 bees a day from the nectar sugar produced by lawn flowers such as dandelion, clover and selfheal. But 20% of lawns were found to be supporting 10 times as many – up to 4000 bees a day. Plantlife asked participants how often they mowed their lawns and those who had followed 'No Mow May' revealed very different – and exciting – results for our beleaguered pollinators.

- The highest production of flowers and nectar sugar was on lawns cut once every four weeks. This gives 'short-grass' plants like daisies and white clover a chance to flower in profusion, boosting nectar production tenfold.

- Areas of longer, unmown grass were, however, more diverse, with other nectar-rich plants like oxeye daisy, field scabious and knapweed increasing the range of nectar sources and extending nectar availability into late summer.

Botanical Specialist Dr Trevor Dines explains, "The sheer quantity of flowers and nectar production on lawns mown once a month can be astonishing. It seems that

some species like daisy, white clover, selfheal and bird's-foot trefoil are superbly adapted to growing in shorter swards. These 'short-grass' plants stay low down, out of the way of the mower blades, but continually produce large numbers of flowers every few weeks. If these flowers are cut off by mowing, it just stimulates the plants to produce yet more flowers."

In contrast, 'tall-grass' species like oxeye daisy, red clover, field scabious and knapweed grow more upright and take longer to reach flowering size. They cannot cope with being cut off regularly, so only bloom in grass that's not been mown for several months or more.

Dr Dines believes these findings could pave the way for new guidelines on how to manage our lawns for wildlife. "In any garden, we'd now advise keeping two lengths of grass. Leave some patches completely unmown to let taller flowers like oxeye daisy and field scabious come into bloom. For the rest of the lawn, you can keep the grass short by mowing once every month to a height of 1 or 2 inches. You'll cut off some white clover, daisy and selfheal flowers when you do mow but they'll come back quickly; you can even rotate patches around your garden so there are always some areas in flower."

The first ever National Nectar Score has been calculated:

In 2019, the average square metre patch of lawn surveyed...

- produced 41,900 micrograms of nectar sugar per day
 - which is enough to support 3.8 honeybees per day
- While the average lawn as a whole...
- produced 12 grams of nectar sugar per day
 - which is enough to support 1,088 honeybees per day
- When combined, all the lawns in our survey produced...
- 23 kilograms of nectar sugar per day
 - which is enough to support 2.1 million honeybees per day, or around 60,000 hives of honeybees.

Dr Dines adds, "For the first time ever we've quantified the amount of nectar sugar being produced on our lawns and, with a third of British wild bees and hoverflies in decline¹, Every Flower Counts shows how everyone with a lawn really can play their part. Between 1980 and 2013, every square kilometre in the UK lost an average of 11 species of bee and hoverfly, so the dense patchwork of lawns across Britain really can throw our pollinators a lifeline. We just have to let the flowers bloom."

CAN WE BEAT THIS SCORE IN 2020? If more people let the flowers grow on their lawns, can we improve the National Nectar Score? Will daisies flower more or less abundantly in 2020? And how might a changing climate affect the score?

Plantlife is calling on everyone with a lawn to take part. It SO simple but could transform your garden in to a haven for starving pollinators:

- Simply leave your mower in the shed for "NO MOW MAY" and let those flowers grow.
- Then on the 23rd May to 31st May, and again on 11th July to 19th May sign up to "Every Flower Counts" and count the number of flowers in a random square metre of lawn
- Send Plantlife your findings and receive your OWN Personal Nectar Score, showing exactly how much nectar is being produced by the flowers on your lawn and how many bees it can support.

Plantlife is the charity speaking up for the nation's wild plants. We work hard to protect wild plants on the ground and to build understanding of the vital role they play in everyone's lives. Plantlife carries out practical conservation work across the UK, manages nature reserves, influences policy and legislation, runs events and activities that connect people with their local wild plants and works with others to promote the conservation of wild plants for the benefit of all.



To take part in Every Flower Counts, please register at [Plantlife.org.uk](https://www.plantlife.org.uk)

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Going for a walk independently is an excellent way to maintain health and well being. Please take care and follow guidelines

Official Government advice states that, apart from people who are in households with symptoms or who have pre-existing health conditions that put them at increased risk of contracting COVID-19, going for a walk independently can continue and is an excellent way to maintain health and wellbeing - provided independent walkers stay more than two metres from others. Please see Public Health England's guidelines on social distancing.

For anyone walking in more remote areas, we continue to ask them to stay well within their limits, to avoid any need to call on mountain rescue or other emergency services.

All you need to know about changes to Wollaton Hall & Deer Park during the Coronavirus (Covid-19) outbreak.

"As top priority is to ensure the Health and Safety of customers and staff, Wollaton Hall have set up a dedicated page and would ask visitors to check the website for any changes to Wollaton Hall & Deer Park before making each visit.

Owing to the recommendations from the government to reduce social contact, under which the advice was given to avoid visiting pubs, clubs & theatres, we have decided at Wollaton Hall & Deer Park for the Health & Safety of customers and staff to temporarily make the following changes.

Wollaton Hall, the **Camellia House**, the **Formal Gardens** and the **Nottingham Industrial Museum** are temporarily closed, including all cafe, shops & toilets.

Wollaton Park will remain open, and our teams will facilitate access to ensure everyone is able to walk safely throughout the grounds.

All public events & activities, between March and May, will be postponed and suspended with immediate effect to help minimise non-essential travel.

www.wollatonhall.org.uk



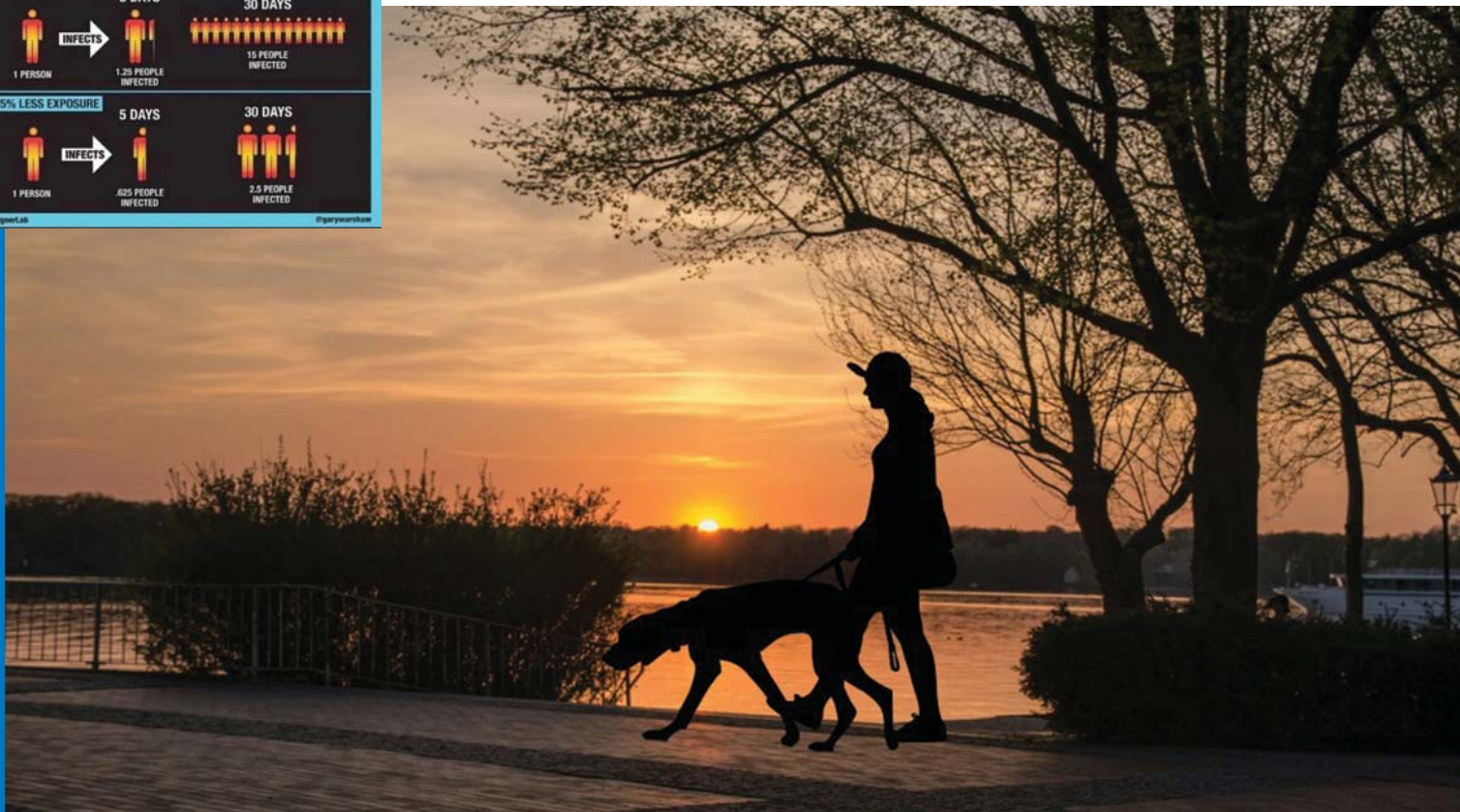
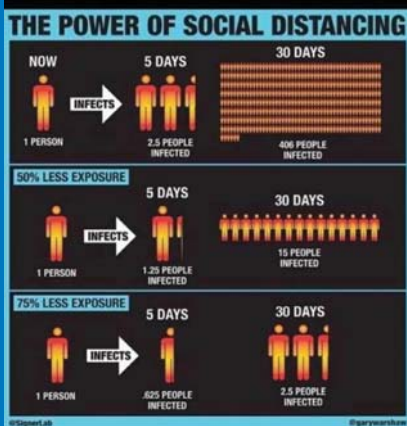
The National Trust's latest statement on coronavirus

UPDATED - 1.00pm on Sun 22 March 2020

"We've sadly taken the decision to close our parks and gardens, in addition to our houses, shops and cafés, to help restrict the spread of coronavirus.

Many of our car parks for countryside and coastal locations will also have to close due to high demand. We urge people to stay local and observe social distancing. Please do not travel.

Information on which National Trust outdoor places are open can be found at www.nationaltrust.org.uk



Canal & River Trust



Canal & River Trust: Our response to coronavirus

"In these unprecedented times, our priority is to support the national effort to keep people safe, following the Government's advice and taking the appropriate action to protect our colleagues and partners, and everyone who visits, or lives on and around, our canals and river navigations.

There is an increasing awareness of the importance of waterways in supporting our mental health and physical wellbeing. That's why - whilst we are closing our museums and visitor attractions from Friday 20 March* - we are doing all we can to keep our 2,000-mile network of canals, towpaths, and river navigations available and safe for everyone to visit and enjoy - free of charge*.

Our green and blue network runs through towns and cities across the country, bringing the countryside into urban areas, providing the opportunity to experience nature and the great outdoors without having to travel far from home; with over 8 million people living within a short walk of their local canal.

Keep up to date and enjoy digital content at
www.canalrivertrust.org.uk

**Towpaths are free to everyone; use of the water requires the appropriate licence.*

At the time of going to press Twycross Zoo was still accepting visitors... "Whilst the government continues to encourage individuals to walk outside as part of the latest mental wellbeing recommendations, we will continue to remain open to the public. However, to reassure all visitors, we are also following the latest social distancing recommendations and, to this end, from immediate effect we can confirm that:

All indoor animal viewing areas will be closed until further notice, including but not limited to Chimpanzee Eden, Butterfly Forest, Lorikeet Landing and Gibbon Forest. The restaurants are closed but there will be refreshments available on a 'to go' basis. The soft play is closed. The gift shop has limited availability on site from 12pm.

We ask that all of our visitors continue to respect the guidance of staying two metres apart from other visitors and from our dedicated staff who are there to help you continue to enjoy our 100 acres in the fresh air, whilst also providing a safe home, nutritious food and veterinary medicine to our 500 animals".

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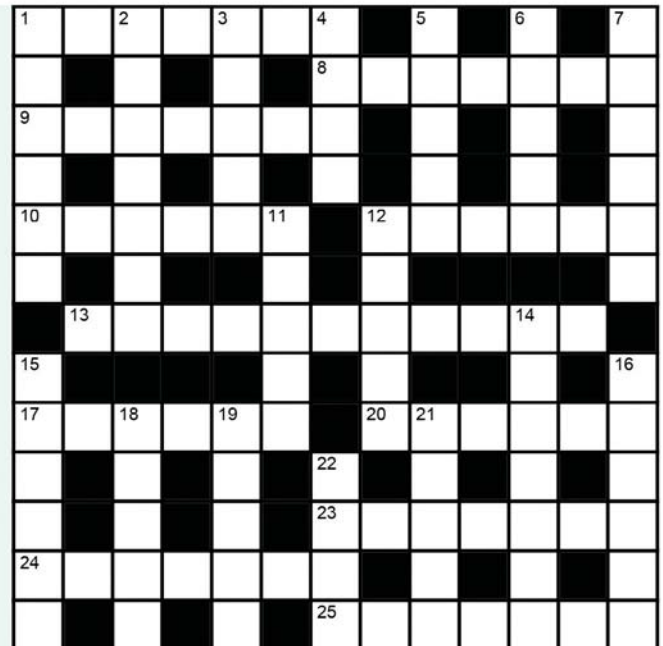
CROSSWORD

Across

- 1 Banded with pieces of contrasting colour (7)
- 8 Copy (7)
- 9 In the latest fashion (1,2,4)
- 10 Starter course of a meal (6)
- 12 Headgear for a horse (6)
- 13 Retail store serving a sparsely populated region (7,4)
- 17 Receive willingly (6)
- 20 Motor (6)
- 23 Resounding (7)
- 24 Lockjaw (7)
- 25 Pupil (7)

Down

- 1 Weighing machine (6)
- 2 Nuclear plant (7)
- 3 Means of communication (abbr) (5)
- 4 Depicted (4)
- 5 Long pointed weapon (5)
- 6 Area where animals graze (5)
- 7 Graceful, dramatic dance routine (6)
- 11 Have actual being (5)
- 12 Brass instrument without valves (5)
- 14 Self-annihilation (7)
- 15 Soft decayed area in a tooth (6)
- 16 Tallness (6)
- 18 Divisions of a dollar (5)
- 19 Pointed projection on a fork (5)
- 21 Prime minister of India from 1947 to 1964 (5)
- 22 Not as much (4)



WORDSEARCH

STATES OF AMERICA

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.

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

ARIZONA

IOWA

OHIO

ARKANSAS

MAINE

OREGON

COLORADO

MICHIGAN

RHODE ISLAND

HAWAII

MISSOURI

TEXAS

IDAHO

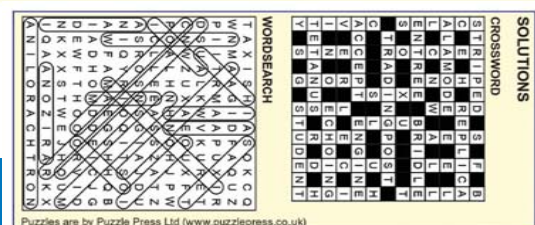
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NORTH
CAROLINA

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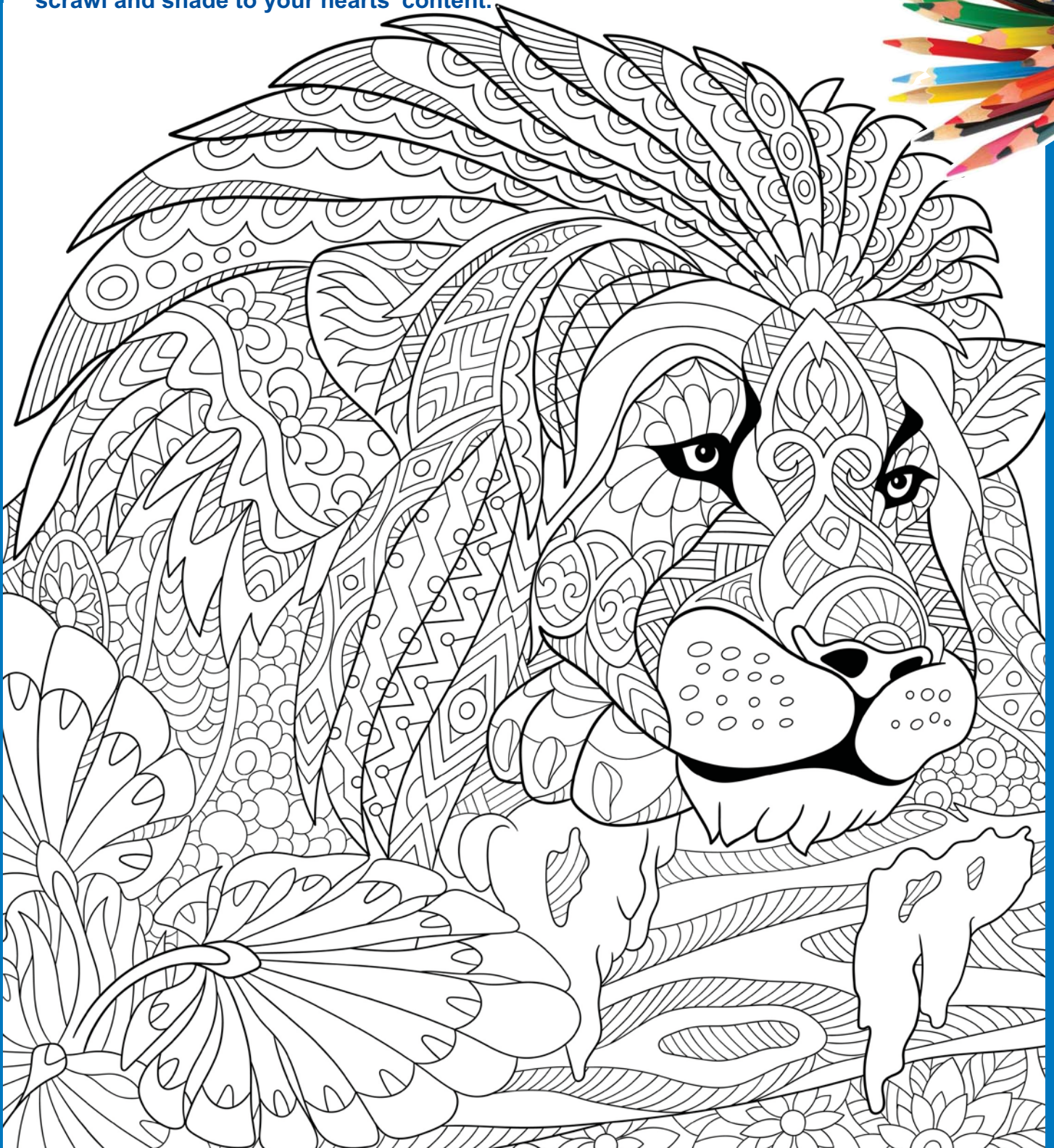
colour therapy

keeping it

local

breeze
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