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AUGUST 2020

ISSUE 212

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In light of the Government's relaxation of lockdown measures and following guidance from the Government, NHS England, our optical governing and advisory bodies, we are happy to announce we will be re-opening on Wednesday 1st July 2020.

Please call us on 0115 9255051, email us at enquiries@johnflynnopticians.co.uk, or contact us on our social media channels to request an appointment for all routine optical services including eye examinations, styling consultation, spectacle dispensing, fittings or collection appointments. We will advise you about the protocols in place for your attendance.

You can follow us on our social media channels where we can keep you informed on any further changes that may be put into place in the future.

Thank you for your patience during these difficult times. We all look forward to seeing you back in our practice very soon.

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After many meetings between the founder of the best eyewear brand in the world and Dr. Janjua, a license has been granted to John Flynn Opticians to stock the highly sought after **LINDBERG EYEWEAR**.

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The practice already dispenses specialist spectacles, tints and coatings which can help people with various daily tasks such as driving, vision in low light level and VDU work. It also supplies Austrian lenses which use 'Pin Sharp' honeycomb lens technology to improve the vision for those who struggle to see very well.

Low-Vision lenses are available from the USA for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and macular degeneration (AMD). These special lenses change the direction of light to alternative healthier parts of the retina. Combined with a special yellow filter to improve contrast - they have been a huge success in helping those with visual impairment see better!



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The practice is now open all day Monday to Saturday. Off street parking is available in the practice own car park. Established in Beeston, Nottingham over 80 years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell Road. The aim is to create a warm and welcoming environment within the traditionally furnished surroundings.

Open Monday to Friday from 9am to 5:30pm. Saturday 9am-5pm

John Flynn Opticians welcomes the registration of new patients and parking is available in the practice's own car park.

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



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a message from breeze

keeping it

local

SINCE 2002



Welcome.

It's Carnival time and during the month of August there's lots of amazing things to do locally.

Join in on-line or find local things to safely take part in. Businesses are doing there best to keep going and as ever rely on your support.

So wear your masks if you can and keep yourself and others safe and well.

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<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/homes>

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

MEET SANDRA

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Did you know...?

Nottingham was the first city in the UK to hold a Caribbean Carnival, when Caribbean residents in The Meadows, mainly from St Kitts, organised the Nottingham Caribbean Carnival in 1958 to ease community tensions after race riots in the city. A similar event was held in Notting Hill following race riots in London and Notting Hill Carnival went on to become an international attraction. Nottingham Carnival may not be quite as famous, but the city can be proud that we set the trend!

The original Nottingham Caribbean Carnival included food, drink, music and dancing, but many revellers also dressed up as traditional or Old Mas' characters. Mas' is an abbreviation of Masquerade, another word for a Caribbean Carnival. The form of Mas' brought over to the UK by Caribbeans has its roots in the era of transatlantic slavery, when the French introduced the celebration in Trinidad, wearing ornate costumes and dancing the Quadrille.

Originally reserved for sugar plantation owners and managers, emancipation in 1838 saw freed Africans make the European Mas' their own, by introducing Mas' characters that told their history. "The African" to remind them of where they'd come from, "The Negre Jardin" (Field Slave) who tended the sugar cane fields Europeans depended on for their wealth and power, "The Jab Molassie", said to be the spirit of a slave representing all those who had died producing sugar and rum who would forever haunt plantation owners, "The Red Indian", representing the original inhabitants of the Caribbean isles - the Taino, the Arawaks and the Caribs, and "The Moko Jumbie" a stilt walker said to represent the African god Orisha, the god of fate and retribution who protects people from approaching danger.

The skimpy costumes adorned with sequins, beads and feathers associated with contemporary Carnival are known as "Pretty Mas" because they're bright and beautiful and have evolved from Caribbean Carnival traditions, but they're very different to traditional Mas' costumes.

The Nottingham Carnival we know today started in 1970 and has become a familiar sight, with Carnival floats, dance troupes, bands and performers wending their way around the city. This year's Carnival has been cancelled because of coronavirus and it will be much missed by many, but it does give Nottingham the chance to reflect on the importance of Carnival as a celebration of Caribbean history and heritage, and its contribution to life in the city.

Nottingham Carnival 2020 - not on the road but online - Sunday 23rd August from noon. For more information visit:
www.nottinghamcarnival.com

Lockdown has caused some health concerns!

"Corona has mashed up Carnival this year!"

has been a familiar phrase among Caribbean Carnival organisers up and down the land this year. Some who refuse to be beaten by the virus have organised online Carnival sessions instead. But what exactly is Carnival and why is it so important to Caribbean culture?

Carnival has a long and rich history going all the way back to Egypt, before becoming a feature of many other cultures over time. In Africa, Carnival is a more spiritual affair, while here in the UK, contemporary Carnival has become a celebration of Caribbean culture in multicultural Britain – and a mega street party. Traditionally, English towns have had street parades and fetes, but Caribbeans introduced a new way of bringing people together back in the late 1950s, when the Windrush Generation brought Caribbean music and dance with them to the UK including Calypso and Reggae, along with cultural traditions like Carnival.



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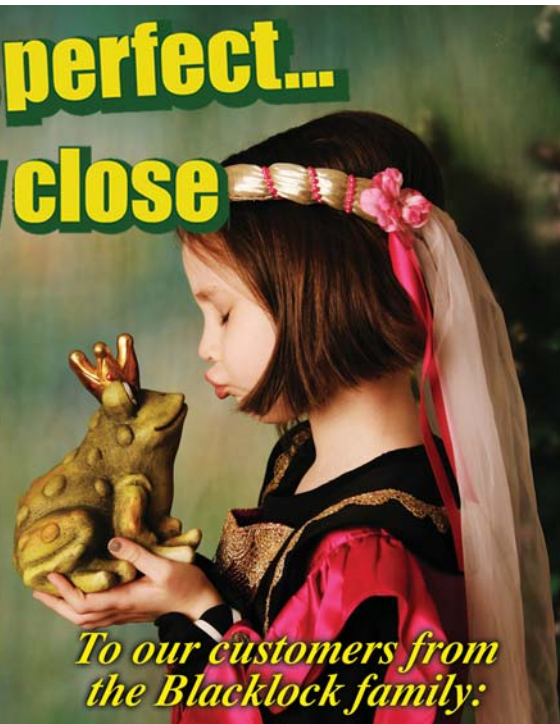


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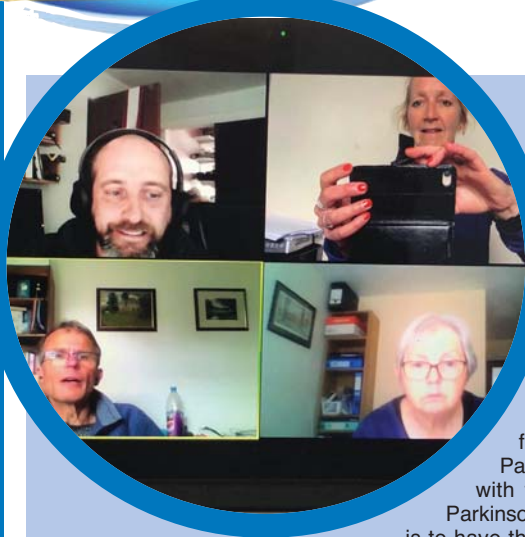
seven go fracking

The play that will have you shaking in your seat

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local

SINCE 2002



A group of Nottingham based thespians who all happen to all be diagnosed with Parkinson's Disease are creating a brand new piece of comedy theatre loosely based on the story of Snow White and The Seven Dwarfs, but with added ecology, neurology and laughs for all the family.

Parkinson's activists and fundraisers including Sheila North, Janet Barnes, Peter Harrison and Robert Jaques have not been deterred by neither the Covid-19 crisis nor their condition, but instead have been meeting online creating this brand new theatrical piece. The team are linking up with Beeston Rylands Community Association to enable different groups from the community the chance to contribute to and benefit from the project.

All active members of the Trent Bridge Parkinson's cafe, the team are hoping to raise not only vital funds to support the work of Parkinson's UK's, but also to raise awareness of a condition that can affect people of all ages. The aim is to raise funds for research in a fun way, whereby friends, family and the community can 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 team's plan is to have the production ready for performance Spring 2021. Initially the show will be performed at Beeston Rylands Community Centre, and the ambition is to then take it on tour. Sheila and the team have spent

many hours so far creating this unique piece and are now appealing to any local businesses to get involved through sponsorship and support to help put the performance together and ultimately raise money for a cause that is close to their hearts.

Janet Barnes said: "We hope to raise awareness of the condition in a fun and positive way. The play is packed full of topical references and gags, and takes a humorous view point on what is a pretty rotten disease". The show is for everyone, whether you've got connections to PD or not."

"Every penny will make a difference and we're hoping to raise as much as I can."

Parkinson's is a progressive neurological condition for which there is currently no cure. It affects around 145,000 people in the UK including 121,927 in England / 12,184 in Scotland / 7,692 in Wales / 3,716 in Northern Ireland. Parkinson's UK estimate that there are more than 40 symptoms of the condition. As well as the most widely known symptom - tremor - these range from physical symptoms like muscle stiffness to depression, anxiety, hallucinations, memory problems and dementia, but Parkinson's affects everyone differently. Katherine Bartrop, Head of Regional Fundraising at Parkinson's UK, said: "Our work supporting people with Parkinson's, and research to find better treatments and a cure for the condition is completely dependent on donations.

"To put it simply, without the support of our amazing fundraisers, the work we do just wouldn't be possible, and we're very grateful for this support."

To sponsor, get involved or find out more about this ambitious project contact JanetBarnes on 07904 067160, Email: Janetmbarnes@ntlworld.com

To find out more about local charity
Beeston Rylands Community Association visit
www.beestonrylandscommunityassociation.wordpress.com

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 0800 800 0303

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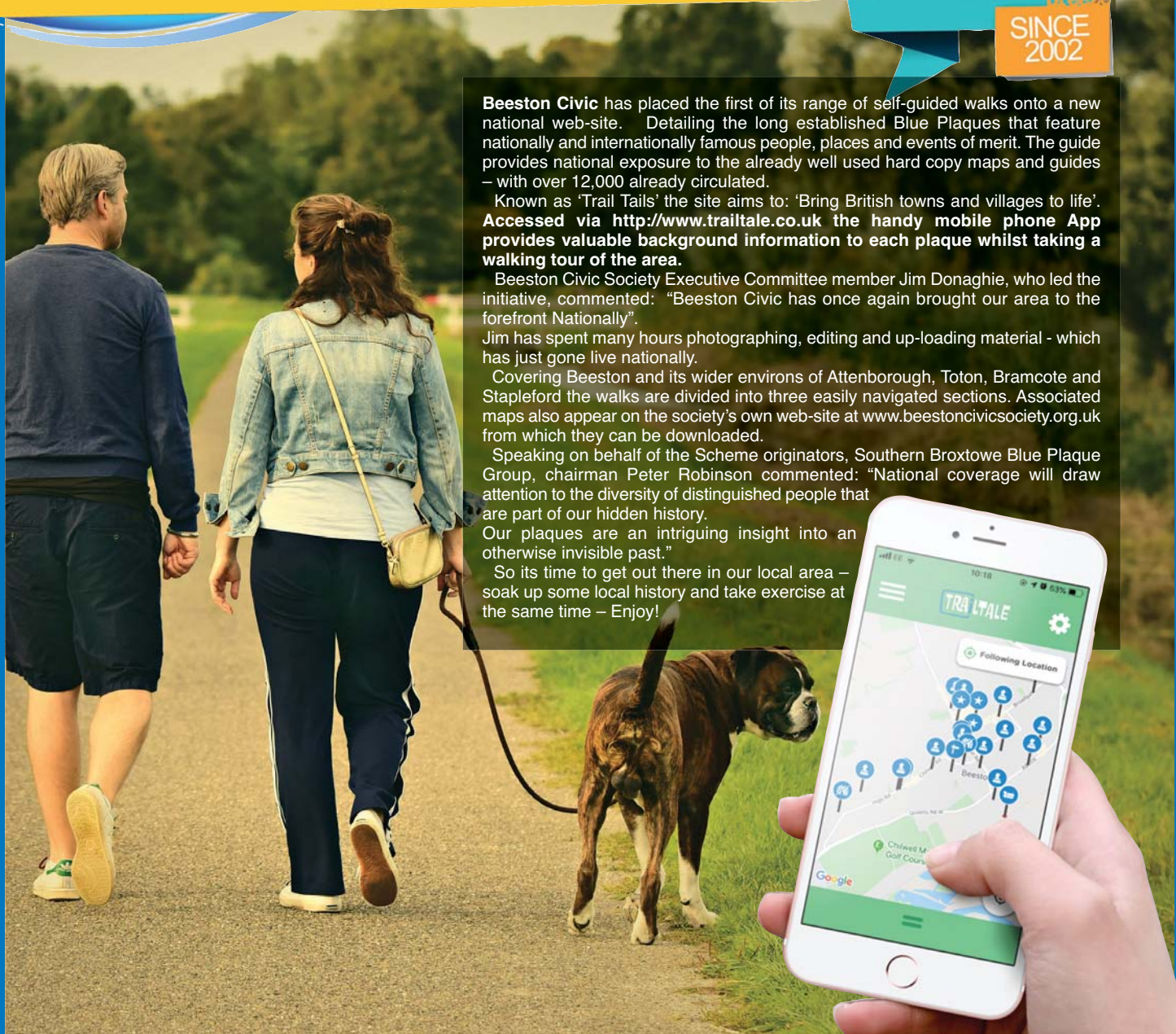
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Local society helping bring British towns and villages to life

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Beeston Civic has placed the first of its range of self-guided walks onto a new national web-site. Detailing the long established Blue Plaques that feature nationally and internationally famous people, places and events of merit. The guide provides national exposure to the already well used hard copy maps and guides – with over 12,000 already circulated.

Known as 'Trail Tails' the site aims to: 'Bring British towns and villages to life'. Accessed via <http://www.trailtale.co.uk> the handy mobile phone App provides valuable background information to each plaque whilst taking a walking tour of the area.

Beeston Civic Society Executive Committee member Jim Donaghie, who led the initiative, commented: "Beeston Civic has once again brought our area to the forefront Nationally".

Jim has spent many hours photographing, editing and up-loading material - which has just gone live nationally.

Covering Beeston and its wider environs of Attenborough, Toton, Bramcote and Stapleford the walks are divided into three easily navigated sections. Associated maps also appear on the society's own web-site at www.beestoncivicsociety.org.uk from which they can be downloaded.

Speaking on behalf of the Scheme originators, Southern Broxtowe Blue Plaque Group, chairman Peter Robinson commented: "National coverage will draw attention to the diversity of distinguished people that are part of our hidden history. Our plaques are an intriguing insight into an otherwise invisible past."

So its time to get out there in our local area – soak up some local history and take exercise at the same time – Enjoy!

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Our CAREGivers have been and continue to be, Home Instead Heroes. They have adapted the support they provide to ensure their Clients remain safe, have essential shopping and reduce anxiety and worry during this very difficult period.

One of our biggest challenges was ensuring stock of Personal Protective Equipment for our CAREGivers. Our Director worked tirelessly and we have managed to obtain a consistent supply of all equipment required.

All our CAREGivers wear full PPE: aprons, gloves and masks and follow hygiene guidelines by washing hands and cleaning all surfaces at every visit. We would like to say the biggest Thank You to every CAREGiver, Client and family member who has worked with us to ensure everyone remains safe. **If you would like to know more about our services and how we can support you or your loved ones please contact us on 0115 691 9528 for more information.**

Open Day

After these difficult times we were finally able to organise an open day while maintaining social distancing for our amazing CAREGivers on Friday 10th July.

Our office team showed off their baking skills by baking cakes for the event. The cakes went down a treat along with a cuppa. Our director made a Victoria sponge which went down a storm.

It was lovely to see so many of our fantastic CAREGivers attend and have a long overdue catch up with us and their colleagues. Each CAREGiver received a voucher and a round tuit to go a little way to show how much we appreciate them; we had some amazing feedback which makes us feel humbled and proud!

If you would like to know more about our CAREGiver role please contact us on 0115 691 9528 for more information.

CAREGiver of the Month August 2020: Primo



This month we honour our director, Primo Sule at Home Instead Nottingham's 10th year anniversary. We

have grown to provide care to our clients, transforming the lives of people in need. The vision, leadership and tireless commitment of Primo made this possible. Thank you!

A little known fact about our Director: Primo saw a need in elder care and left a successful job to make a difference. He chose to open the Nottingham branch of Home Instead Senior Care to concentrate on delivering compassionate, caring and individual services to people who are looking for help.

Well done Primo, and thank you for your hard work!

"Just wanted to say thank you for the very generous gift. It was very much appreciated and I don't think I could wish for a better company to work for with the support you have shown in these unprecedented circumstances."

Karen

"Just wanted to say a big Thankyou for the get together today, it was lovely to see other Caregivers and office staff again. Great food and a lovely card and present, your an amazing boss and team thankyou."

Carol

"I just wanted to say thank you very much for the lovely card and gifts, it was really kind, but we all do our job because we love it! Your victoria sponge was lovely. Will that mean every Thursday evening is baking night for you now? The office Friday treat!"

Michelle

"Thank you for the get together we all enjoyed on Friday. It was very nice to see some colleagues.

Thank you very much for the lovely card and the gift voucher. Thanks to all the office colleagues for the tea. It was absolutely ages since I had been to anything remotely social."

Susan

"Thank you all so much for today! I did not expect anything am just doing my job. I did not expect anything but appreciated! More important good to see everyone!! Great to see everyone please let everyone know that doesn't come up on my phone. Great to be part of home instead thank you for your support really appreciate and great to be part of such an amazing team!"

Lisa

"I'd just like to say Thankyou very much for the voucher, card and charm. I really appreciate them. It was really nice to see everyone and the cakes were yummy. Please send my thanks to all the girls in the office, its a pleasure to work for a brilliant caring company."

Ali

"Thank you for the lovely card and gift card that was lovely, I really enjoy working for home instead have meeting so many wonderful people."

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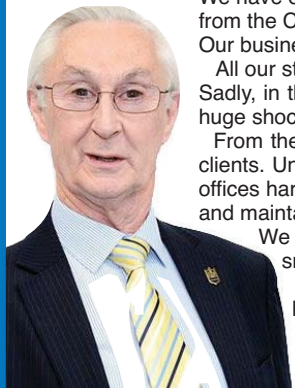
overcoming obstacles

Testing times for local firm, with a very sad loss and unexpected challenges

keeping it

local

SINCE 2002



We have overcome many obstacles since March with our Director Del-Ryan Rafter suffering from the COVID virus and being unwell and not able to work for over a month. Our business closed to face to face customers on the 23rd March as did most businesses.

All our staff were sent home to work, while still maintaining the level of service our clients expect from us. Sadly, in this time our beloved member of staff Les Clark died from a very short unexpected illness of Pneumonia, which was a huge shock and a very sad loss to us all.

From the 1st of June some of our staff were able to come back to the office to work and try to maintain a new normal for our clients. Unfortunately for us Beeston then suffered a flash flood from sheer amount of rain in a short space of time which hit our offices hard. We again had to send our staff back home to work, while skeleton staff remained to help with the clean-up operation and maintain the office.

We have been six weeks with, wet floors, no carpets, no skirting boards and little furniture, lots of dust not to mention the smell of contaminated water running through the whole building.

Our clients have been very understanding of our situation and staff have been very supportive and continued to work hard in these challenging conditions to keep things as normal as possible.

We are now in the process of carpets being fitted and furniture being delivered, and we will be ready to open our freshly updated office to our clients and staff from the 1st September. We can't wait to get all of our work family back together and are looking forward to seeing our clients in person, if they so wish, whilst adhering to any relevant guidelines.



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over the rainbow

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Wollaton Park golfers save pounds for local charity...

With no regular Tuesday golf competition, a group of golf friends at **Wollaton Park Golf Club** decided to save their usual

£1 weekly entry fee to donate to Rainbows Hospice for Children and Young People. Each player in the 10.30 Roll Up group had their own personalised collecting tin and every week a £1 coin was deposited in readiness for when the competition restarted. All of the savings from over 20 players have now been collected by Ron Turner, acting Treasurer, and a few days ago a fantastic donation of £527.50 was made to Gary Farnfield of Rainbows (pictured).

Like many charities, Rainbows has received very little fundraising income over the last few months so the money raised will be particularly valuable in ensuring they can continue to look after East Midlands families and children who urgently need respite, palliative and end of life care.



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staying connected..

Nottingham care home stay connected with Whatsapp...

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SINCE
2002



HC One's Silverwood care home have been staying in touch with their families this week by using Whatsapp.

Most of the Residents at the Nottingham care home have really taken to 'whatsapping' with the help of the Colleagues at the home.

There is a booking system to make sure that everybody gets a slot to talk to their loved ones. It really helps Residents by having these chats, it helps to reduce anxiety and enhances their wellbeing.

Relatives have commented on how they feel reassured that their loved ones are happy and safe, and love having this communication.

Relatives have said even after the pandemic is over they would love to continue on the Whatsapp slots as a way of communicating.

The device which the Residents use is quite light and easy to manoeuvre too.

One of the Residents commented "I enjoyed that, it was good to talk to them, it really was, thank-you".



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Life is not made up of minutes, hours, days, weeks, months or years, but of moments. We believe an ethos of kindness and genuine caring, ensures these moments are happier, and makes all of our journeys easier.

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New Home For Homecraft...

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The number will stay the same 0115 9744555, the service will stay the same, the staff will stay the same, we will just be in our new home at 60 Attenborough Lane, Nottingham NG9 5JW

Homecraft Interiors Established in 1992, making made to measure curtains, blinds, upholstery and soft furnishings for nearly thirty years.

Is there anything more exciting than moving home? Heather and Joanne from Homecraft Interiors have made the exciting decision to move premises from Wollaton to **our new home at 60 Attenborough Lane, NG9 5JW.**

The whole team will be moving with us including Pauline and Nigel our trusted fitter both of whom have been by our side for over twenty five years plus Rachel and Kate, we will all be there to help you. The move means we are still able to offer made to measure curtains, blinds and soft furnishings with the additional finishing touches to make your house into a home. The new premises will provide us with a bigger workroom on site and will be able to expand our offering with a great range of carpets, wood, laminate and luxury vinyl tile flooring, bringing the whole interiors package under one roof!

We will continue to run a free measuring and quotation service and when it comes to browsing fabrics you can join us in the shop or arrange a home visit. An appointment for our consultation service will guide you through your interior requirements everything from curtains, blinds, upholstery, wallpaper, flooring, rugs and even paint, or just pop in for a cuppa tea and have a chat we would love to see you!

Given the current circumstances we are unable to host the open day we hoped for, so we have decided to make it more social distancing open month!

Keep an eye out on our website and our social media throughout September and October for each weeks offer, we have some goodie bags and gifts to give away too!



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going back to nature

Local family farm gear up for the return of their visitors

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"Naturescape Wildflower Farm is a family owned business based in Langar, Nottinghamshire and specialises in the production of British native wildflower seeds, plants and bulbs. The total area of seed production in 2020 was 300 acres.

The company was founded in 1978 by Brian and Elizabeth Scarborough and has grown over the years to become the largest producer of native wildflower seeds in the UK.

The tearoom and visitor centre based in Langar was opened in 1990 and 45 acres of our wildflower fields are accessible to the public on this site. Visitors have the opportunity to see the wildflower crops and also see what can be achieved in terms of meadows, wildlife ponds and native hedgerows.

A large range of pollinating insects, including bees and butterflies, are attracted to the fields of flowers.

The tearoom is now open 7 days a week from 9am to 5pm Monday to Saturday and 10am to 4pm on Sundays and Bank Holidays.

We have a range of wildflower plants available to purchase in 9cm pots along with native climbers, roses and ferns. Native pond plants including water lilies are also available. 250 different species are available to purchase as seed packets and there are a number of different meadow mixtures tailor-made for different habitats.

Our extensive food menu can be found on our website.

We closed due to the Coronavirus lockdown on the 23rd March and reopened on the 4th July.

We have made a number of changes to the seating arrangement inside and added much more outdoor seating to create a safer environment for our customers and staff.

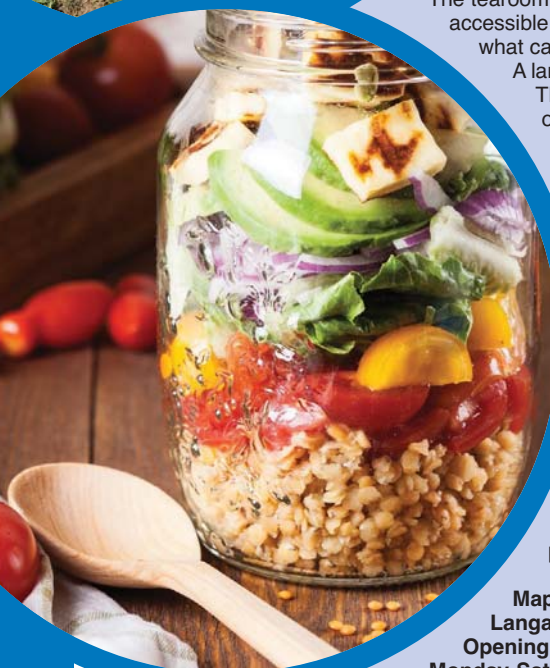
It is not necessary to book before coming as we have plenty of space". **The tearoom phone number is 01949 869705, for plant and seed enquiries please phone 01949 860592.**

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**9 Bye Pass Road,
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£450,000

A four bedroom detached house originally constructed by Rostance Homes, part of the Costain Group, as their 'Washington design' - this four bedroom house is being sold for the first time since construction.

Modernised and improved in recent years to include an extension at the rear creating a useful ground floor bedroom with shower room/WC.



In brief, the gas centrally heated and double glazed accommodation, which has been well maintained with attractive gardens, comprises: Entrance hallway, cloakroom/WC, lounge with open aspect to dining room, rear bedroom/reception, shower room and breakfast kitchen to the ground floor. Rising to the first floor are four bedrooms and family bathroom/WC.

Enjoying a well tended plot with driveway, single brick garaging and attractive gardens with a sunny southerly facing aspect to the rear, an early viewing of this family home comes highly recommended. Immediate vacant possession with no upward chain.

Situated off Bye Pass Road in the slip road the property has a driveway for car/vehicle standing, immaculately maintained lawns and flower borders, well trimmed herbaceous trees, wrought iron gates, enclosed further car standing leading to a single brick garage with up and over door, and rear courtesy door, rear brick paved patio area and lawned gardens, again with well stocked and screened flower and shrub borders.

Proceeding out of Beeston on Middle Street becoming Chilwell Road Beeston then High Road Chilwell, past the school playing fields on Cator Lane and Woodland Grove on your right hand side and past the continuation of High Road, proceeding into Bye Pass Road where the property can be located just off the slip road on the left hand side clearly identified by our for sale board.



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gardening

Whilst you certainly should be enjoying your own personal green space and not stressing about working hard in the garden. Right now it is a handy time to see what became of your plans from last year..

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SINCE 2002

Planning for a full year of flowering

Not entirely happy with everything you see? Think a few areas here and there might have gone better with a bit more care in planting choice? Well, grab a cheap sketch pad or better still, some graph paper and a pencil.

Look at the garden as you would if planning a room with walls, floor, 'ceiling' - in this case you may wish to install a tarp or a large parasol type umbrella. Consider any furniture locations - after all you will want to be sitting comfy when you have your garden as you like it!

A three-season garden requires three essential ingredients:

- Perennials that bloom copiously year after year

- Small shrubs with colour-saturated foliage all season long

- Plants that do not spread aggressively

Heuchera, Black-eyes Susan, Salvia and Asters all have these characteristics. Along with your annually bought bedding plants these can move your garden

forwards and help you get nearly year round colour rather than everything going dead at the end of summer.

Before you start planting, you need to create a garden plan by using graph paper and drawing a plan of your garden site to scale (this is not technical: just use one square or four squares to represent one metre in your garden). Plot every feature you find on your site, both natural and those already in place. Grab the measuring tape to get approximate measurements. It's also now helpful to note areas of sun and shade along with where the wind tends to blow - especially if you get any 'tunnel' type effects (wind can really blight plant growth).

Use general terms to express which type of plant might go where e.g sun-loving perennials etc. This way you keep the plan easier to execute later and not get bogged down.

Look forward to an even better garden and as always - Enjoy!



JOBS TO KEEP AN EYE ON THIS MONTH

The Greenhouse

Greenhouse plants must have regular attention. Tomatoes especially must be watered on a regular basis, as irregular watering will cause the fruit to split. Now is also the time to pinch out the centre shoot of any tomato plants so they can concentrate their growing energy on filling out the existing tomatoes, rather than producing more growth and more flowers.

Bedding Plants

The bedding plants you set out with in early summer with just buds and a few small flowers on them should be in full glory now but to maintain the florid display they must be fed with a liquid feed. Do not overfeed though.

Dead Heading

Always remove any dead flowers on your bedding plants and other decorative plants, if they are left to go to seed the plants will stop flower production before the summer is over.



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local community

Stapleford street parties support local hospice

keeping it

local

SINCE
2002

A group of neighbours from Perth Drive, Stapleford have come together to raise over £670 for local adult hospice Treetops in a series of socially-distanced street parties.

The neighbourly celebrations are being organised by Jan Gould, elected borough councillor and town councillor, and began with a special VE Day party in May.

Treetops Hospice Care, based in Risley, provides nursing care and emotional support for adults with life-limiting conditions and their families.

The charity has continued to offer its services during the Coronavirus pandemic, however it predicts a huge loss in income in the coming months, due to the temporary closure of their charity shops during lockdown and cancellation of many fundraising events.

Retired optical practice manager, Jan, recognised that the pandemic would have a "catastrophic impact on everything in the community":

"It hit home when I saw the closure of all the shops on our high street and in particular the Treetops charity shop. It was then I decided I had to come up with something to help raise funding.

"I guessed most of the focus would be on the NHS, a very fine and worthy cause, but our local charities must not be forgotten either.

Jan teamed up with neighbour and friend, Ann Popow: "Obviously we had to arrange for social distancing to be taken into account. We supplied a buffet and drinks, held a raffle to raise funds, a sing song and a quiz to raise spirits. It was a success and a good time was had by all."

The street parties have become a regular treat, as well as an opportunity to bring residents together.

"In terms of social cohesion, it has been amazing helping our neighbours through lockdown and giving them an opportunity to socialise, albeit at a distance.

"It is astonishing to experience the warmth and generosity these get-togethers have generated and we have had a lot of fun.

"Each event is a celebration - either a birthday, an anniversary or another special occasion. I am more than hopeful that these gatherings will continue as on each occasion more folk have joined. All the money we raise is given to Treetops. Cheryl Morris, deputy community

relationships manager thanked Jan and her neighbours on behalf of Treetops: "I want to say a huge thank you to Jan and her neighbours who have come together despite the unpredictable weather and raised some much-needed funds for Treetops. We really could not continue to provide the vital services for those who need us most, without amazing people like you!

"We are really looking forward to working together more and this is just the beginning of our relationship. I am hoping more people will follow suit and recognise that even though these are uncertain times, there are still ways to support us - just ask Jan! Thank you again and I look forward to hearing all about the next one."

Treetops is doing all it can to continue to support those in most need. However, the charity predicts a huge loss in income in the coming months, due to the temporary closure of all their charity shops, and postponement or cancellation of many fundraising events.

The hospice launched an Emergency Appeal earlier this year:

www.treetopshospice.org.uk/emergencyappeal

About Treetops Hospice Care

Treetops Hospice Care, the leading end-of-life care charity in Derbyshire and Nottinghamshire, provides nursing care and emotional support for adults with life-limiting conditions, and their families.

The charity provides support from diagnosis onwards for patients with conditions such as cancer, motor neurone disease and heart and respiratory conditions.

Founded in 1983, Treetops supports thousands of local people – and their families – through the most difficult time of their lives.

Our team of 47 Hospice at Home nurses provided over 28,000 hours of care to terminally-ill patients last year, working day and night to give much-needed support.

We have 36 bereavement counsellors here at Treetops who give 5,500 counselling sessions – over 1,000 of them to children and young people. Wellbeing team members provide valuable information and support to those who need it, while our experts in end-of life care and bereavement support dedicate many hours to training

NHS staff about death and dying.

Treetops are lucky to have over 500 amazing volunteers who help to keep the hospice running smoothly – but with no retail income due to the temporary closure of our Treetops charity shops and cafes, a 70% reduction in income from community events due to cancellation or postponement, plus several other factors, we are expecting a £280,000 loss in income this year.

It costs £4.2m each year to run Treetops. Counselling for a child following the death of a parent costs £50 for each session, while it costs the charity £105 for a nurse to spend the night caring for a patient.

We have amazing supporters. But we need more help. That is why we have launched an Emergency Appeal asking for donations to ensure that Treetops can continue to provide Hospice at Home nursing care throughout the Coronavirus pandemic.

Donations can be made at

www.treetopshospice.org.uk/emergencyappeal


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for the love of scrubs

Support a fantastic new initiative here in Nottingham

keeping it

local

SINCE 2002



Lockdown may be easing and people may be returning to work, but Nottingham still has a demand for scrubs and face coverings. The Nottingham FTLOS group has teamed up with Tiger Community Enterprise CIC to ensure this need can be fulfilled in the community.

The Nottingham chapter of the national 'For the Love of Scrubs' movement began 13 weeks ago. Originally being set up by three women who just wanted to help and all these weeks later and the group has 1700+ members, have raised £5,500 and have donated over 25,000 items to the NHS, frontline and key workers.

One of the original three founders of the community, Amy Gathercole joined up with local CIC – Tiger Community Enterprise CIC to offer the project longevity and a central hub. Tiger Community Enterprise CIC usually reside with their community-based textiles project downstairs at 38 Carrington Street but the partners of the Urban Room have kindly allowed them to use the Groundfloor space too, meaning they have a bigger and more accessible space – which is currently housing hundreds of items safely and securely, with volunteer drivers and bikers popping in (at a social distance) to collect items and deliver them across Nottinghamshire to those that need them. In the past 2 weeks 900 masks have been made and donated already, along with around 200 sets of scrubs.

As a way of funding the operation and supplies needed to make more face masks, scrubs and accessories going forward an initiative called 'Buy one, Give one' launched in June, specifically for non-surgical face coverings. This means that for every mask purchased, at least one will be given for free to key workers and frontline workers in the local community who request them.

For more information on this and to purchase a mask made by Tiger on behalf of FTLOS please visit <https://tigercommunitystore.co.uk>

The moment that the country realised there were not enough scrubs to supply the frontline, any seamstress and sewing enthusiast with access to sewing machines and a fabric stash took up the call to arms and started becoming home-based manufacturers.

There is still a demand for scrubs in local hospitals as well as for workers within the community as more and more professions return to work. Hundreds of wash bags, button headbands, earsavers and scrub hats are still being created after two months too. We are also working with Nottingham & Nottinghamshire Refugee Forum who are helping sew scrubs. However, as time goes on and as people return to work, we now more than ever need support to ensure we have enough fabric and supplies to support the demand.

**To donate financially to the cause visit <http://tiny.cc/FTLOSDonations>
Or to donate fabric or other supplies please contact us directly:
toni@tigerprojects.co.uk**

Amy said: "I'm not sure where the last 13 weeks have gone. The achievements of this group are amazing and so lovely. I've been completely taken aback by the support we've managed to achieve in such a short space of time, from local people and supporters.

As this project was set up as emergency aid in the time of a global pandemic being able to offer the project permanent support for as long as it needs it is invaluable. Linking with Tiger Community Enterprise CIC is the ideal match as they have the space, a central hub team now working away and also the experience."

Search 'For the Love of Scrubs Nottingham' on Facebook if you feel you are able to contribute to the movement. If you can sew, cut fabric, supply fabric or help with distribution, make sure to join the group and support a fantastic new initiative.





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canalside heritage centre

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2002



As for so many organisations, 2020 has been a difficult year for the Canalside Heritage Centre down at Beeston Lock. In line with the national lockdown, staff closed the Heritage Centre to the public in March with heavy hearts and not knowing what the future would hold. As a small, independent charity which relies on the income generated through the onsite tearoom and gift shop, these were potentially devastating circumstances and Canalside was in real danger of closing permanently, having only opened in 2017 after so much hard work.

Staff, volunteers and trustees, however, were determined that this would not happen, and an online campaign was started to raise much needed funds. The response to this from the local community and beyond was overwhelming and within three days of the campaign going live it had raised over half of the £10,000 total. After a week the total had been surpassed with an amazing £10,724 eventually being raised. Emergency funding from the National Lottery Heritage Fund and financial support from Broxtowe Borough Council also helped to secure the short-term future of the Heritage Centre.

During lockdown the time was used to make the site Covid safe with full social distancing and hygiene measures in place for when the Centre reopened. As well as this, a covered seating area was built in the garden for visitors and a new menu developed for the tearoom. The tearoom reopened in mid-June for a takeaway service and then on 4th July the garden and balcony were opened for visitors to relax and enjoy the tasty treats on offer from the tearoom. Since then business has been steady but it's hoped that more people will visit and enjoy the beautiful and peaceful surroundings on the River Trent, ensuring this community project, so loved by local people, has a bright future.

About the Canalside Heritage Centre

Canalside Heritage Centre is situated at Beeston Lock and is managed and maintained by a small, independent charity. Once a set of weir cottages, the buildings that now comprise the Heritage Centre had been abandoned and unloved for decades. As a result of the vision and hard work of a dedicated group of local people, passionate about engaging people in the heritage of waterways, it is now a welcoming and thriving heritage centre having opened its doors to the local community in June 2017.

Today we offer:

- An affordable tearoom and gift shop.
- Formal and informal learning for local schools and groups.
- Opportunities for people to research the heritage of the waterways.
 - Community open days and events.
 - Volunteering and training opportunities.
- A community garden which is maintained by volunteers and local groups.

Further information

The Canalside Heritage Centre is a registered charity
(Charity Number: 1155914)

Address: 2-3 Weir Cottages, Canal Side, Beeston, Nottinghamshire, NG9 1LZ

Telephone: 0115 9221773

Website: www.canalsideheritagecentre.org.uk

Email: info@canalsideheritagecentre.org.uk

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Covid Comeback for Moore Physio

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Moore Physio has had to endure the lockdown with the rest of us and has now returned strong again and ready to help patients regain mobility throughout their body.

Going into lockdown looked like it would spell disaster for our lovingly grown clinic. Initially we reeled from the sudden loss of patients to treat. Along with the rest of the community we were mourning the loss of what we held most dear. However, in true problem-solving Physiotherapy style we adapted and the pandemic has increased the quality of the service we can provide.

So what changes have we made? During lockdown we moved to online appointments and exercise classes.

As lockdown has eased we have resumed face to face physiotherapy, although exercise classes will remain online for a while longer.

We are running online exercise classes for patients with neurological and mobility problems.

Online classes have been really popular. The patients report that they like the fact they don't have to travel to get to the class as they can do them in the comfort of their own home. We now have plans to expand this service to offer more options for exercising with a disability during lockdown.

The virtual clinic appointments have been more of a challenge.

It is difficult to assess someone's back effectively through a video camera



and not everyone is comfortable using the technology. However, we do still do a virtual first appointment to take a thorough history, complete a risk assessment and COVID screening and ensure it is safe to see someone in person either at home or in clinic. This has increased the quality of the service we can provide once we meet face to face.

When we see people we have made several adjustments to ensure safety. Our therapists are in appropriate PPE, we leave half an hour between appointments for clean down and refresh of circulating air and we ask you

to wear a mask. All in all what could have been a disaster is fast becoming the new normal and in some respects a better normal.

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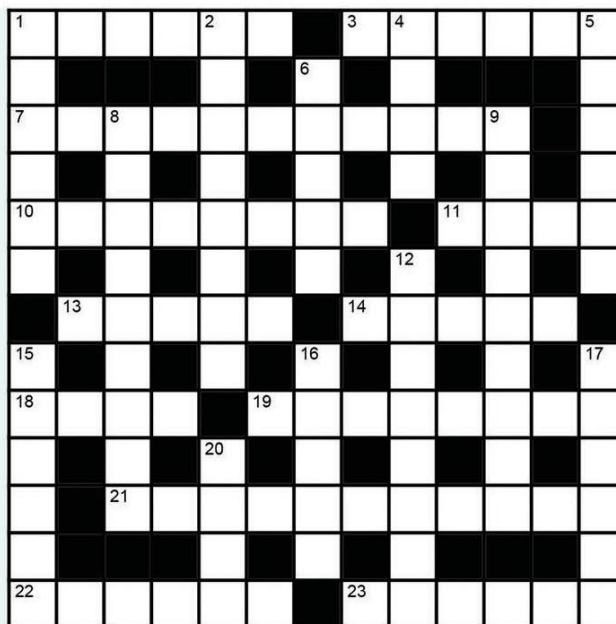
CROSSWORD

Across

- 1 Mother superior (6)
- 3 Frank and direct (6)
- 7 Caused to feel uneasy and self-conscious (11)
- 10 Driven insane (8)
- 11 Small area of land (4)
- 13 Papa (5)
- 14 Extension to a main building (5)
- 18 Protective covering of a building (4)
- 19 Deliberate act of destruction or disruption (8)
- 21 Happening without apparent external cause (11)
- 22 Unborn baby (6)
- 23 Fabric for a painting (6)

Down

- 1 Order of business (6)
- 2 Song sung beneath a lady's window (8)
- 4 As well (4)
- 5 Stabbing weapon (6)
- 6 Tall tower referred to in the Bible (5)
- 8 Primitive in customs and culture (9)
- 9 Bold outlaw (9)
- 12 Sleep disorder (8)
- 15 Wrinkle (6)
- 16 Coat with fat during cooking (5)
- 17 Against (6)
- 20 Australian term for a young kangaroo (4)



WORDSEARCH

CARTOON CHARACTERS

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.

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

BEAVIS

GUMBY

SMURF

DONALD DUCK

JERRY

SNOWY

DUMBO

PLUTO

TIGGER

FELIX

POPEYE

TINTIN

GARFIELD

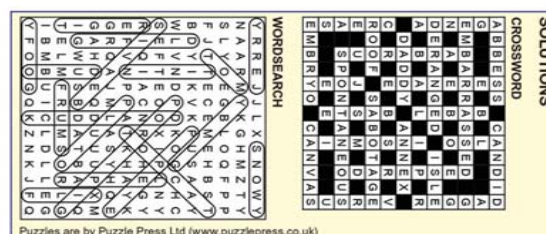
PORKY PIG

TOM

GOOFY

RAPHAEL

TOP CAT



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