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### welcome



Welcome Breeze readers! Hope you enjoy our pages this month. We encourage you to use our local trades and businesses, after all, if you don't use it, you lose it! See back issues at:

www.breeze-magazine.co.uk



MERRY

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### what's on - theatre



West Bridgford Operatic Society proudly presents 'Made in Dagenham' Tuesday 18th February to Saturday 22nd February 2020 in 'The Space' theatre Based on the 2010 film of the same name, Made in Dagenham is a musical drawn from the real-life sewing machinist's strike at the Ford factory in Dagenham. The story focuses on the leader of the strike, Rita O'Grady as she encourages the women of the Ford factory to walk out after they are re-classified as unskilled workers, while their male counterparts see their wages increase. Determined not to be treated like the poor relation the women vote unanimously to take radical action and strike for equality. This heart-warming, hilarious musical explores the relationships between these women, their families and the big names that tried to ignore them. 'The Space' has great on and off-stage facilities and is easy accessible by tram

The show runs from Tuesday 18th to Saturday 22nd February 2020 including a Saturday matinee and tickets are priced from £9 - £15.

www.westbridgfordoperaticsociety.co.uk

### FAIRWAY TO HEAVEN DUCHESS THEATRE, LONG EATON 12th - 15th FEBRUARY 2020

The Arcade Players are pleased to announce their second play of the season – Fairway to Heaven – set in a stately home. This hilarious farce has audiences laughing out loud as Trevor and his friend Bob lurch from dilemma to disaster and dead bodies start piling up. This fast-paced farcical comedy promises silly twists and turns – with innuendo a-plenty.

Tickets available online at duchess-theatre.com, by telephone 0115 882 3884 or at the Duchess Theatre Saturday coffee morning 10am – 12noon.

**NODA Award Winning LEOS Youth Group** SINGIN' IN THE RAINJR - Thursday 20th to Saturday 22nd February 2020 **Duchess Theatre, West Gate, Long Eaton** 

With songs including the classic title song this musical is certainly one to sit back, enjoy the nostalgia and watch the talents of LEOS Youth Group unfold.

(concessions Matinee only) and are available from: www.duchess-theatre.com (booking fee applies) LEOSYG Box Office - 07864 033663 or Chatsworth Centre on Saturday mornings

or NCT and has ample, free on-site parking. Tickets are on sale now priced £9 & £8 More information and ticket purchases can be made via the website or by email david.hemington@sky.com or for group bookings call 07968 711534









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### our space

Our Space is a group for children and young people with additional needs, their siblings and carers, where they can come and play together.

local

Our Space has been running now for three years and provides a warm welcome to many families at our monthly sessions at Christ Church Chilwell. New for 2020 is Our Space Plus, where we have table tennis, table football, pool and giant badminton and other ball games in the church hall. The church houses the sensory activities, toys and games, spinning toys, ball pool and small sensory room. Also, in the church is a parents' area with refreshments, with dairy-free and gluten-free cakes etc.

The need for a place that families can come to, where there would be no pressures on their children inspired Hannah and Judith to start 'Our Space' They also wanted to give parents a chance to meet up and support and encourage each other, as they all go through the difficult times of caring for a child or young person with additional needs. In addition, it gives siblings a chance to play with other siblings who get what it is like to have a brother or sister with addition needs.

There is a wonderful team of helpers who will play with or alongside the children, help with a craft activity or help kids explore the sensory trays. One of the organisers is a Makaton signer, and sometimes we all enjoy music and singing well known songs, also signed in Makaton.

If you or someone you know would be interested in finding out more or popping in for a visit we would love to welcome you and your amazing family, so why not come along and give us a try.



Our Space meets on the first Saturday of each month, from 1.30 to 3.30 at Christ Church Chilwell, NG9 4AS. The sessions are free, with suggested donation of  $\mathfrak{L}1.50$  per family towards equipment and supplies used during the sessions.



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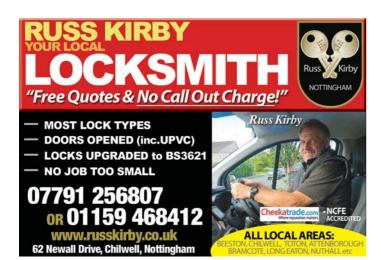
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### horoscopes

keepingit



You are starting to turn a corner and its so obvious that you are on stunning and charismatic form. Your popularity is increasing with both friends and

newcomers and you can afford to be as selective as you need to be as to whom you choose to spend your time with.



As you beginning putting your life and affairs in order, something most unexpected could result in costing you a lot

of money if a solution isn't found quickly. Doing something creative and fun will definitely put a swing in your step, for a short time that is. Your mind is on other things.



You enjoy living life to the full and will be thinking about embarking on a brand new adventure. Others respect you

for your experience and expertise when it comes to important matters regarding both affairs of the heart and business.



Taking a few days off and distancing yourself from the hum drum of everyday life will

act as an excellent tonic. During recent times you've had plenty of opportunity to do some very deep thinking about your current status and which direction you can see yourself going in next.



You always rise to a challenge and it looks like a triangle of love could develop which is bound to cause complications.

Someone has a hidden agenda up their sleeve because they may be trying to fool you.



to meet someone who compliments you will prove most challenging

You may feel that life has become a tad

tedious and predictable, but the subject of romance will be very high on the agenda. You are ready to pour time, money and effort into making a relationship or project work to your advantage, but that does not mean that you have to share your secrets with the rest of the world.



By always listening to your inner voice and gut instincts, you will find the strength to refuse certain people their demands upon your time. If

you have noticed, some people can be very think skinned and no matter how often you fob them off, they don't take the hint and come crawling back in the hope that you will meet their requirements.



Not everyone is honest, upfront and forthright and so its important that you accept that

no matter how hard you may try, some people are simply not trustworthy. The flirtatious side of you may have casually given out misleading signals and now have some explaining to do.



In the office you are keen to launch new projects and an interesting work or business offer indicates that its all systems go once you iron out all the teething problems and have taken professional advice where the

small print is concerned



Even though though you have been seemingly treading water for a while, you can look forward to an unexpected hint of development taking place in one of the most difficult areas you are currently tackling.

currently tackling.



Seek independent advice for critical matters rather than throw caution to the wind in the home that a last minute miracle may suddenly take place. Untangling a web of deceit which has been going

on for some time now will cause you to start rethinking your future plans and the big question is, who will you include or invite to join you on your next big adventure?

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Beeston Road Club run one of British Cycling's Go Ride programmes which means they offer cycling for kids aged 6-16

Recently the Annual Notts & Derby Cyclo Cross League finished. "We celebrated with a first place for 13 year old Caitlyn Beardsmore in the U14s and a second place for 8 year old Jason Field in the U10s.

We are getting ready now for the summer season and invite all youngsters to come along and have a go".

Email:

louiseoreilly2006@yahoo.co.uk



### Trent Vale Squash Club

Trent Vale Squash Club, Beeston Rylands. Are having an open night on Tuesday 18 February -6pm to 8.30pm. South Road, Beeston Rylands. "We are inviting

South Road, Beeston Rylands. "We are inviting people who used to play or have never payed and want to learn. There is a club coach, lessons and

leagues to get involved with. All ages welcome".

Trent Vale is an independent squash club ,run by the members for the members. They have about 70 members and the club is open every day. It's the most affordable club in the County! Only  $\pounds 4$  a game and  $\pounds 25$  annual membership.

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### celebrate!

Got something to celebrate?
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Happy Birthday, Maggi have a fab day! x x x x



Happy Birthday, **Mateo** Celebrate in style x x x x



Happy Birthday, **San** Enjoy every minute x x x x



Happy Birthday, Mum You're Simply The Best! x x x x



Happy Birthday brother, **Simon** Cheers! x x x x

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- Any requests for insertions of a child under the age of 16 must be accompanied with a sign letter of agreement from the Parent or Guardian of that child.
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high-profile celebrities are your typical LINDBERG customers. With 95+ international design awards including the prestigious Silmo Gold award, this multi award-winning Danish company is undoubtedly the best of the best in the world. Their craftsmanship is unmatched by ANY other existing brands today and now available in Beeston!

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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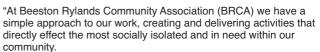
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### join in!

Looking for something to do? Well it's right on your doorstep...



In 2019 BRCA raised funds and managed a full refurbishment of the community centre on Leyton Crescent in Beeston Rylands. This has helped us to increase the hiring of the centre for a wide variety of activities including children's parties, kung fu, Tai Chi, pilates, dance classes, and children's cooking workshops, dog training and church groups"

For the full calendar of classes and more about the excellent facilities please visit www.beestonrylandsca.wordpress.com Any profits made from hiring out the centre are invested into these BRCA community projects that include:

### Friday Club

A social Dining club for the over 60's within our community. We meet every week, Friday 1.30-3.30pm and provide food, fun and friendship.

We have sandwiches, cake, hot drinks, and a variety of activities. Ages range for 60-90's Newcomers will be made very welcome.

### Youth Club

A club for 11-15 year olds. We meet every Monday evening 6.30-8.30am and provide a safe space, activities and food. We give young people a space of their own to meet others, express themselves. We have a games room, tuck shop, and have often provide a hot snack at 7pm. Come and give it a try!

### **Beeston Breakers**

In early 2019 we started breakdancing lessons for anyone aged 6 and over. We meet Wednesday evenings 6-7pm, and have a growing number of young people channelling their energy into a positive physical activity. The local tutors have used breaking to manage depression and bullying in their lives, and now share their experience and talent with others.



We have a fantastic team of volunteers, but are always in need of more helping hands. Please contact Janet for more information on our charity, our community groups, becoming part of our team of volunteers, or hiring out the community centre:

Telephone: 07904 067160 Email: janetmbarnes@ntlworld.com www.beestonrylandsca.wordpress.com





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### what's on gig guide

### Brennans, Long Eaton from 5pm

Martyn vviison Sun 16th Sun 23rd John Halton

### Soldiers & Sailors, Sawley

Sun 16th Jones & Junior Sun 23rd Relentless Band

The Cornmill, Chilwell Fri 28th Matt Symons as Freddie Mercury



### **Beeston Victory Club**

**Every Thursday Night Quiz Night** Every Friday Night From 7pm Karaoke Every Sunday From 2pm Sticky 13's Every Sunday From 7pm Karaoke

Fri 14th Colin Powell (2pm) Ready Steady 60s (9pm) Sat 15th Souvenir 80s Duo (3pm) Sun 16th Kev Smith Jones (2pm) Fri 21st Fri 21st Think Lizzy (9pm) Sat 22nd Pretty Big Guns (9pm) Eba (3pm) Sun 23rd Fri 28th Shane Stevens (3pm) Sat 29th George Michael Tribute (9pm)



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



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NEW INN

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### gardening

Inside and out....
we look at what we can do this month.



INSIDE

Houseplants are suddenly hip, but the new indoor gardeners are more likely to dangle orchids from the

ceiling or grow a fernery up the wall than merely plonk a yucca in the corner of the living room.

Inspiration comes from a fresh crop of plant stores that showcase how to use greenery creatively. These are good sources of advice and ideas to enliven any living room or bedroom.

There are even claimed health benefits just by having them around: it has been said that adding plants to hospital rooms speeds recovery rates of surgical patients. In rooms with plants, patients request less pain medication, have lower heart rates and blood pressure, experience less fatigue and anxiety, and are released from the hospital sooner imagine your house with a good stock of these natural friends!

OUTSIDE

Bulbs are slowly emerging from the ground, and the

days are getting longer at last. Now is the time to get outside again!

So let's look at a few tasks that may be in hand:

- **Prepare your seed beds.** If the ground isn't frozen, it's ok to cultivate beds & start to warm up the soil, with fleece, polythene or cloches, ready for sowing in the coming months.
- Organise this year's seeds by sowing date. Get hold of a box with dividers, and file your seed packets by the month they need to be sown in. You'll be so glad of this effort in the weeks to come.
- Check your tools are sound and your garden machinery is working.
- Blitz perennial weeds in your beds and kitchen garden. Dig them up, roots and all, to get a head start before the weather warms up.
  - Cut back shrubs, such as cornus and salix cultivars (grown for their colourful winter stems), down to their bases.
    - Trim winter-flowering heathers as the flowers disappear, to prevent plants becoming leggy.

- Move any deciduous trees or shrubs that need repositioning now, provided the soil is not frozen or waterlogged.
- Look out for hellebore leaf spot (rounded brown spots on the leaves) and remove any leaves that are affected.
- **Keep feeding the birds.** The weather is still cold this month so hang fat balls and keep bird feeders topped up.
- Install water butts now ready for the summer. Rainwater is particularly useful for watering acid-loving, ericaceous plants (tap water is often slightly alkaline).

There are many more things we can do in the garden of course but these tips will give you a nudge to take a look at your little patch and start thinking ahead - always the best way to get your outdoor space looking really good come the spring and summer.

As always, keep learning and Enjoy!





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### Why use a financial adviser?

Planning your finances on your own can be difficult and time consuming

Obtaining guidance from a professional adviser could help you start 2018 on a firm financial footing - and save you money. Research shows that people who receive financial advice could be £40,000 better off within a decade (International Longevity Centre UK, July 2017) so it it's worth speaking to an expert.

"People who receive financial advice could be £40,000 better of within a decade'

Here are five things a financial adviser can do for vou:

### 1 Offer you extra insight and experise

Even if you're an experienced investor, it's always a good idea to get a second opinion from a professional especially when it comes to your fnances. An advisor can give you that extra knowledge and expertse you need to help you achieve your goals

### 2 Build the right financial plan for you

First and foremost your adviser will focus on you; listening to what you want out of life. Once they know more about you and your hopes, they will then build a long-term financial plan that's right for you.

### 3 Help you make the right decisions

They will make personal recommendations, help you make the right decisions, highlight what pitfalls to avoid, and support you in looking at the bigger financial picture. With years of experience behind them, they know the drawbacks to look out for and how to steer clear of them.

### 4 Help make you investments as tax efficient as possible

Tax is always a bugbear

especially if it gets in the

way of your financial plans. But there are ways you can improve the tax-efficiency of your investments. An adviser will take these into consideration when developing your financial plan - and make sure you don't miss out on opportunities to reduce the tax you're

paying on your returns.

### 5 Access the right tools

and resources

With thousands of products on the market, finding the right one can be difficult. An adviser has access to a range of resources, which can help them to recommend suitable products for you.



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### notice board

### **Saturday Singers Club**

New Year? New Hobby? Want to join a choir, but struggling to find a free evening?

We have just the solution that you are looking for ....

The Saturday Singers are an active mixed choir of all ages, who like to sing a variety of music from opera to pop with a few spirituals in between.

Meeting on Saturday mornings from September to April at the Masonic Hall, Goldsmith Street, Nottingham NG1 5LB

We currently have spaces for new members and urge anyone interested to get in touch.

There are no auditions; the only qualification is that you enjoy singing. Choir member Jo Ward said, 'It's always lovely to have the opportunity to learn and sing new pieces of music in such a friendly environment.

Choir Chair Dick Huskinson said "We are a happy and friendly bunch and it is a lovely way to spend Saturday morning ' If you are interested, please contact Contact Dick on 07968 463933 or by email on dickhuskinson2@gmail.com

Rams in Kenya Cup 2020

"We look forward to welcoming you soon"

The Rotary Club of Church Wilne is sponsoring a walking football tournament organised by staff and volunteers from Derby County Community Trust.

The Rams in Kenya Cup will be contested on 13th March at Springwood Leisure Centre in Oakwood, Derby between local sides including a Rams Legends team.

Following on from a Rotary member's involvement last year the Church Wilne Rotary Club has decided to support the excellent work of the Trust.

This event is a fundraiser for the Rams in Kenya project, which sees volunteers spending up to two weeks in Kenya working with schools in the most deprived areas of the city of Naruku. Some of the work undertaken involves building classrooms and using sport to improve the lives of the children there

If you wish to know more of the work of the Derby County Community Trust's work in Kenya please visit their website: www.derbycountycommunitytrust.c

om/rams-in-kenya/ Further Information about Rotary, and specifically the Rotary Club of Church Wilne, may be found here: www.churchwilnerotary.org.uk



### The Chatty Crafters

card making, etc. and join the Chatty Crafters for a cup of tea and a chat? They meet every Friday afternoon between and a chat? They mest a community room at Tesco 2.15pm and 4.15pm upstairs in the community room at Tesco Do you like crafting? Extra, Swiney Way, Toton. A warm welcome awaits you there.





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### notice board - what's on

Beeston Film Festival

### **ANNOUNCING THE 6TH BEESTON** FILM FESTIVAL - March 2020

Don't miss the biggest International Short Film Festival in The Midlands! Takes place over 5 days in 3 venues, more than 150 short films from thirty different countries.

Choose your favourites from Drama, Comedy, Horror, Non Fiction, Animation and more.

### WHEN AND WHERE?

Wednesday 25th March at The Berliner, Chilwell Rd, Beeston 8pm Thursday 26th March at Nottingham University 7pm Friday 27th to Sunday 29th March at Middle Street Resource Centre, Beeston

Look out for session times and details www.beestonfilm.com /www.facebook.com/beestonfilm

Tickets. www.eventbrite.com /o/beeston-film-festival-18533710132

Hemlock Garden Club meets monthly every third Thursday at Bramcote Memorial Hall, Church Street, Bramcote NG9 3HD at 7.30pm. On 19th March there will be a talk about Flower Pod. Southwell's Horticultural Social Enterprise, by Jane Hufton. They are a friendly club which has been running for well over forty years; Cost is only £2.50 including refreshments.

Check out details of the 2020 programme on the website: www.hemlockgardenclub.co.uk

> The Studio at Padge Road, Beeston, is a unique arts-led centre for people with dementia. We would like to set up a volunteer driver scheme to assist clients to attend. Most of our clients have mobility difficulties that mean they cannot use public transport. Currently, people are brought by car by their family carers or in some cases by paid professionals. However many family carers do not drive and the cost of a taxi can be an obstacle. It is particularly difficult if the passenger needs to be accompanied in the taxi for any reason, and the carer-escort wishes to return home for a break from caring. Not only does this effectively double the cost of transport, but it reduces the respite time available to the family carer. Therefore we are looking for local drivers and escorts with time to help our clients and their supporters by giving lifts to and from The Studio.

We can offer fuel costs and dementia awareness training. We are holding an information session on Thursday, February 27th, 2020, at 11 am at The Studio, when we shall answer your questions about insurance and other aspects, with no obligation to join the scheme. Why not come along and find out more?

Please book by ringing 07543 534336 or email thestudio@imagineartsdem.co.uk

If you cannot attend on February 27th, just contact us for more information about the volunteer driver scheme.

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

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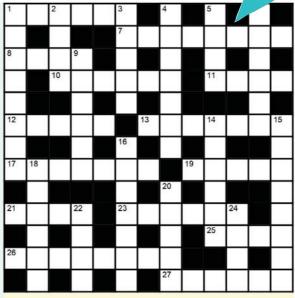
### CROSSWORD

### Across

- 1 Country, capital Belgrade (6)
- 7 T-shaped cleaning implement with a rubber edge across the top (8)
- 8 Exclude (4)
- 10 Song or hymn of mourning (6)
- 11 Eject fluid from the mouth (4)
- 12 Group of warships (5)
- 13 Duplicates (7)
- 17 Make free from confusion or ambiguity (4,3)
- 19 Expect (5)
- 21 Makes a wager (4)
- 23 Lines on which musical notes are written (6)
- 25 Dance party that lasts all night (4)
- 26 Turtle's shell (8)
- 27 Plot, plan (6)

### Down

- 1 Exhibitionists (4-4)
- 2 Complain bitterly (4)
- 3 Anaemiclooking (5)
- 4 Sale of goods in lots (7)
- 5 Lairs (4)
- 6 Next to (6)
- 9 Flair (6)
- 14 Water tanker (6)
- 15 Scenery intended to stand alone (3,5)
- 16 Day of the week (7)
- 18 In a single direction (3-3)
- 20 Earnings (5)
- 22 Make very hot and dry (4)
- 24 Wise man (4)

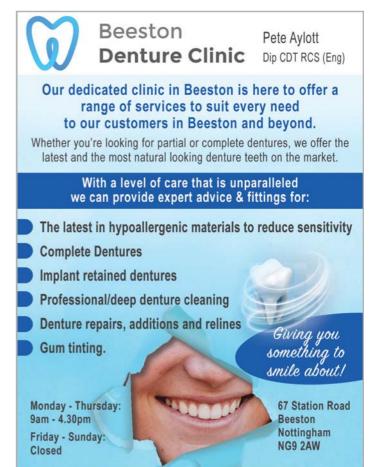




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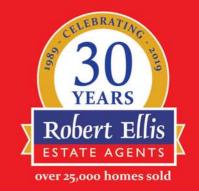


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