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JANUARY 2020

ISSUE 206

2020

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happy new year!

Happy New Year to all our 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

keeping it

local

SINCE 2002



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breeze what's on

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The 5th Hangzhou-Nottingham Chinese New Year Temple Fair, Saturday 18 January 2020

Time: 11:00 - 17:00 Old Market Square, NG1 2DR Free event

Temple Fairs, also known as Miaohui, are Chinese cultural gatherings taking place during the Chinese New Year period. Temple Fairs were once held exclusively near temples (hence the name), but now are held in a variety of locations. To help local citizens better understand Chinese culture and enrich city life, Nottingham City Council has been organising the Chinese New Year Temple Fair since 2016. The upcoming Chinese New Year Temple Fair will continue to deliver the spirit of last year, showcasing Chinese culture, presenting a variety of activities and performance (singing, dancing, face changing, music instrument playing and dragon dance!). 40 local businesses are expected to join this culture feast this time.

The Harley Gallery Saturday 18 January - Friday 17 April Free Entry

Brick by Brick is an exhibition of work by 18 international visual artists who have taken inspiration from LEGO® bricks. Using this simple plastic construction block as their starting point, each artist has created stunning, thought provoking and often humorous artworks which will appeal to art enthusiasts and LEGO fans alike.

Opening Times
Monday - Sunday 10:00- 17:00

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- You are welcome to bring children along if supervised.
- Dress: loose, light comfortable clothing and flat shoes.

Light Night 2020

Friday 7 and Saturday 8 February
Light Night – Nottingham's famous night of eclectic and electric light installations – is back. This year it's going to be bigger and better than ever before, with the events spanning the length of two days rather than one!

Friday 7 and Saturday 8 February will see the streets of Nottingham City Centre come alive with the work of various artists and an incredibly innovative Augmented Reality trail. A trail of artwork by Jason Wilsher-Mills will be scattered throughout the city, and you'll be able to use your mobile phone to bring the pieces to life with the brand-new app.

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breeze appeal

Grab your clubs and join us at Your Golfer's East Midlands Golf Club of the Year for 2019 & 2020



The Fire Fighters Charity is holding a Charity Golf Day at Rushcliffe Golf Club on 4 May 2020 to raise funds for fire service personnel and their families to support them when they need it most.

"We're working with Nottinghamshire Fire and Rescue Service to host a Charity Golf Day raising much needed funds for The Fire Fighters Charity, supporting the fire service community physically,

mentally and socially during their times of need." says Event Fundraiser, Laura Challis. "The Rushcliffe Golf Club have very kindly enabled us to host this event at their course."

It costs just £160.00 for a team of 4 (Stableford, AM/AM), which includes a bacon, sausage or egg roll on arrival, 18 picturesque holes of golf suitable for golfers of all abilities and a one course carvery meal after their round. There'll be prizes galore in competitions such as 'Hole in One', 'Heads and Tails', 'Nearest the Pin', 'Longest Putt', 'Longest Drive', 'Beat the Pro' and there'll also be a raffle and auction, a cake sale at the halfway house, ice creams delivered by Golf Cart, a Whisky Roll competition and fines for missing the fairway!

'Club Clean' will be supporting the event, enabling participants to give their clubs a much needed clean after the competition, all funds raised from that also going to the Charity.

We're also looking for corporate sponsors of the event, so if your company is interested in getting involved and supporting The Fire Fighters Charity, please contact Laura Challis on 07798 725560 or by emailing her at lc Challis@firefighterscharity.org.uk.

To take part in the event, visit: www.firefighterscharity.org.uk/NFRSGolf

ABOUT THE FIRE FIGHTERS CHARITY

The Fire Fighters Charity offers specialist lifelong support for members of the UK's fire services community, empowering individuals to achieve mental, physical and social wellbeing throughout their lives. Through the provision of personalised support, tailored to the specific needs of each of our beneficiaries, our expert teams deliver the right support, in the right way, in the right place and at the right time to ensure the best long-term results for everyone we work with. Whatever their reason for coming to us – whether they are injured, recovering from an illness, suffering from stress or anxiety – we take the time to understand each person's mental, physical and social needs.

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breeze stars

What will this month have in store for you?

Aries

Surprising news could indicate a complete change to your social plans, but at work your patience will be severely tested because someone may attempt to confront you with their demands and expectations.

Taurus

Keep on top of your finances whether you are saving for something special or just trying to manage the daily running of everyday living expenses. Domestic and romantic pursuits will bring both yourself and loved ones closer together and exciting talks of holidays, long distance travelling and the opportunity to explore places.

Gemini

A colleague or loved one may think they know what is best for you and at times behave rather overbearingly, so much so, that you may be forced to put down some very firm boundaries in order to protect your personal space. Keep on top of work demands, especially if you are in business and there is much to occupy your mind.

Cancer

Counting your blessings and appreciating your loved ones will increase your happiness and feelings of inner contentment. By all means be sociable and spend time with good friends but refrain from discussing your personal finances with anyone.

Leo

By focusing your attention on home improvement projects or moving house will keep you busy and entertained for months to come. You know how to achieve the best results with careful planning and spending wisely.

Virgo

You could be asked to help in a community event or take part in some charity fund raising projects. Personal difficulties between you and a former or current partner will test your patience and could force you to issue an ultimatum if matters show no signs of resolving themselves.

Libra

Money making projects may not take off the ground as quickly as you expected causing you to resent wasting any more of your time on anything that does not show signs of a good return for your efforts.

Scorpio

By avoiding people who drain your energy you will start moving in a brand new direction. By associating with other like minded souls, you will never be stuck for anything to say and when you wave farewell and go your separate ways, you will feel so much more inspired and ready to move forwards with your plans.

Sagittarius

Legal documents and other paperwork may need your signature, but not until you have carefully scrutinised every line of an agreement and feel happy with entering into a new contract knowing that you have done the right thing.

Capricorn

Never be in a rush to enter into anything you feel unsure about and there may be a situation looming ahead where you will require a few questions answered before you agree to take things further.

Aquarius

You may find yourself feeling really happy about working along side someone you have always admired. A close and personal relationship will come under the spotlight and if you harbour any doubts about your involvement in this particular partnership, now is the time to make your feelings clearly understood.

Pisces

You will find the support you need amongst friends, but you may also be tempted to communicate with someone you have previously lost contact with. Sometimes friendships have to go their separate ways in order to reunite at a later point in time.



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Tel Louise 07974 731277

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The School's chief instructor is sensei Pasq Mura 6th Dan who has won gold medals at World, European and National levels.

Founded in 1974, which makes us one of the longest established clubs in the area. We have helped numerous students achieve black belt level and beyond and also the school has produced many competitors who have represented Great Britain in European and World Championships.

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Director and senior Optometrist at John Flynn Opticians, Dr Sheeraz Janjua is one of only 25 Optometrists in the UK to be awarded the degree of Doctor of Optometry from Aston University for his research in Dry Eye Syndrome. He was also one of a select few nominated for the Optometrist of the Year award in 2018. Having been at the helm in Beeston since 2016, Dr. Janjua provides both private and NHS patients with the option to benefit from an enhanced eye examination using an OCT instrument to produce macular, retinal and optic nerve scans to aid early diagnosis of various ocular conditions.



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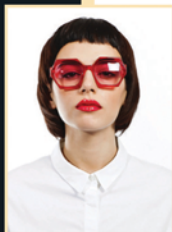
We are all aware of how hazardous the sun can be for our skin, leaving behind spots or lines causing premature aging. Of course the biggest danger is skin cancer including eyelid cancer, your eyelids are thin and sensitive pieces of skin that are just as susceptible to skin cancer as the other parts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

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Don't take our word for it - here's what our patients are saying about us:

"I was recommended to go to John Flynn Optician by family members. I love everything about the practice and I will now only ever use John Flynn's. The glasses are well made, well fitted and I can see much better. My eye examination with Dr. Janjua was very informative and he put me at ease - very good. All the team at John Flynn's have treated me well and I cannot fault them."

"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the quality - everything. Dan and Annette have been brilliant from the minute I walked in the door. They are very friendly and provided perfect service in every way. I will be coming back and will share my experience with others."

"I came to John Flynn Optician through a recommendation from a friend and have never been to another opticians. My eye examination was thorough and explained to me very clearly. The team at John Flynn's are very helpful and cheerful. Carry on the good work."

We also dispense specialist lenses for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and Macular Degeneration (AMD).



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SINCE 2002

It has been another incredibly busy term at Chilwell school. The school is rapidly developing as a successful centre of education and this has been about our commitment to providing a range of experiences for children.



We are delighted that the changes and improvements we have made are already being recognised as successful for students. The school's pupil parliament meet regularly with the head, David Phillips and have praised the work on transition and the raised expectations of outcomes for all students. Mr Phillips said "The raised expectations we have of our students in terms of behaviour and outcomes is being seen across the school. I am very proud that students and parents see Chilwell as a school that was judged as good in 2018 but that has made significant improvements since that time. We really are becoming a school which offers high challenge and an enjoyable all round education."

This term has seen some fantastic successes in sport and in the run up to Christmas there will be a number of joint events with our family of schools. Looking further into the future we already have all students looking forward to our activities week, an event that involves everyone at the end of the year, with trips abroad, adventure activities, sport camps, and cultural visits. Education is about getting the best and Chilwell is proud to be one of a small number of schools that ensures academic progress combined with a commitment to extra-curricular opportunities.

Our curriculum is broad and challenging, with a focus on developing key skills. We know that a strong education is based upon the building blocks of core skills, high challenge and a breadth of opportunity. A Chilwell education ensures that our students make strong progress to be confident adults.

Commitment to a successful education means a commitment to good behaviour, hard work and a respect for others. At Chilwell school we expect these from all who work and study here. We are proud that students and parents recognise that a Chilwell education is an academic education and so much more.

We understand the importance of informed choice in education. As a school we focus our energies on enabling students to make the best choices every day. We provide a caring environment with a focus on high expectations and excellent behaviour. Making the change from primary school to secondary school is an exciting time, with many new opportunities. It can also be a time when students are full of expectation and perhaps a little nervousness. This is why we are committed to ensuring that the process of transition is as smooth as possible.

We encourage students to have respect for themselves and all other members of the school community and to take responsibility for their actions. It is the right and responsibility of all students to achieve their full potential and to get the most from their education.

We are a school that believes strongly in partnership and so this informs our approach to working with parents. Through this, we can ensure that our children are supported to be the best they can be.

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A busy year at the Dojo Beeston



The adult section at the Dojo has gone from strength to strength in 2019 with all ages and abilities enjoying the benefits of learning karate through fitness, self-defence and the motivation to one day get their black belt. We ran a women's self defence course earlier in the year and due to its popularity we plan to run one again this year.

We had adult competitors in the FSK Karate Competition in October. We had students reach Black belt and even start to teach at the Dojo or even open their own clubs. It's also nice to know that our reputation spreads outside of the UK as we had groups coming to train at the Dojo from Norway and Poland.

We are looking forward to another busy year so if you want to be part of it call 01158754212 or email: info@karatenottingham.co.uk





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Wow! Another New Year!



I find this a contemplative time to review what is now past and to wonder what is yet to come. Rather like the man who stood at the gate of the year asking for a light to show the way, we must help ourselves by learning from the past and having trust in the future. It is true to say that it just doesn't work to keep taking out of the pot without first adding our own contribution towards a safer world for our children and future generations.

In honesty, I have no idea how to do this but if we all take a responsible part through kindness, consid-

eration and help for those in need, perhaps we are already on the way towards adding our own personal brick in the wall.

For me, work provides wonderful inspiration to get out there and do my best for my patients, helping where I can to restore comfort and ease. What a blessing to meet so many delightful people, each with a story to tell and share mutual friendship with me. What a blessing!

**Thank you everyone, a million times over.
I wish you all a Happy New Year!**

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Sun 26th John Halton

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Sun 19th The Rapids
Sun 26th The Beat Club
Fri 24th Wildest Dream-The End

Barge Inn, Long Eaton
Sun 5th Chris Langley 5pm
Sat 11th S.O.S. Band

The Cornmill, Chilwell
Fri 31st Dark Lightning



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50's 60's 70's Vocalist
John Halton (2 - 5pm)
60's to 00's Guitar Vocalist

Sat 4th Lex Icon (8pm)
Sat 11th Plus Steve Thompson
Gin & Coke (8pm)
Sat 18th Plus Paul Rhodes
Souvenir 80s Duo (8pm)
Sat 25th Plus Marcia Lynette
The 80s Theory Band (8pm)
Plus Debbie Harry Tribute

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Sun 19th Chris Bevans (3 - 6pm)
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breeze gardening

Enjoy the small things - put out something to look at this month.



This month is generally a quiet one in the garden. It may seem a strange thing to remind ourselves of but why not simply enjoy watching birds feed on the nuts & fat balls you hopefully

have put out for them? They are attracted at this time of year in particular as this is a hard season for wildlife.

Another thing you can do to enhance your pleasure is to put out some non festive lights to brighten up a dreary long night from your patio window. There are many waterproof and remote controlled battery powered led lights that offer great fun opportunities to create nice ambient (and colour changing if you wish!) glow to a structural shrub you already have. It's sounds like a crazy idea but just try it - it's affordable and really works, offering a focus for some time to sit and enjoy a drink whilst taking in the near outdoors, maybe with some relaxing music on...



This is the thing at this time of year - it gives us a little time to think what we really like about our outdoor space and this, in turn, can help us as we go into spring - planning how we want to enjoy the garden or patio you have. **We garden for enjoyment right?**

If you have any hedges that need trimming it might be worth getting them tidied up now rather than spring - did you know all wild nesting birds are protected by law? These means that you cannot deliberately disturb a wild birds nest between 1st March and 31st July. For many woody plants, winter is the best time for pruning and it avoids disturbing wild bird nests.

As we seem to be having milder winters weeds will continue to grow. Your gardener will be able to keep borders weed-free during winter visits. Remember, when your spring flowering bulbs and border plants start to flower, the borders will be harder (more time consuming) to weed. It makes sense to keep them tidy before spring. Also, many weeds are seasonal. Weeds make more weeds. Regular weeding means less weeding.

So, still stuff to do in the garden but don't forget to 'have a play' and enjoy it as well - even now! Until next month.... **Enjoy!**

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2020 will see further changes to our showroom with a new range of appliances to sit alongside, NEFF and Samsung, with additional storage solutions to offer our customers a true one stop shop for all your kitchen needs, not to mention our bedrooms!

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We are looking to welcome new dog walking volunteers to help a resident of Beeston and their adorable dog who would just love to go for a good walk.

What happens if illness, injury or just the fact that we all get older eventually affects our ability to look after our four legged companions? A large number of elderly or ill pet owners become very worried about their

ability to care for their pets, feeling that their only option is to rehome them, this is where our national network of dedicated volunteers step in to offer support enabling them to stay together. We'll walk the dog for a housebound owner, we'll foster pets when owners need hospital care, we'll fetch the cat food, even clean out the bird cage or litter trays.

All volunteers help in the ways that are most appropriate to them, they take it in turn to visit housebound owners to take the dog for a walk, volunteers foster pets as one of their family when owners face a spell in hospital, they take pets to the vet, even clean out the budgie's cage or cats litter year old trays.



If anyone would like to register or even have a quick chat about registering just call direct on 01736 758707 or email appeals@cinnamon.org.uk



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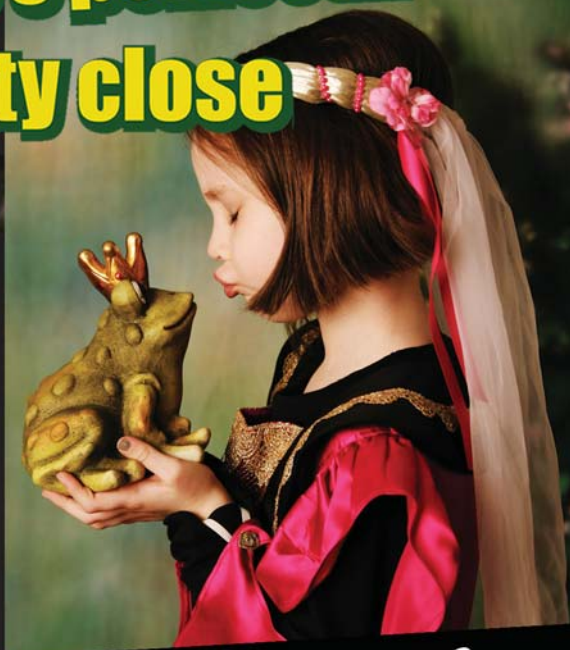
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Wollaton Natural History Society.
St. Leonard's Community Centre,
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(opposite the Library) at 7.30pm.

On Wednesday 19th February 2020

Annual subscription is £16. Visitors are very welcome £3.50p. on the door.
Vancouver Island -

The Treasure of British Columbia.-
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visit the website at

www.spanglefish.com/WollatonNaturalHistory,
find them on Facebook or telephone
Chairman Nigel Downes
0115 9444671.

Sawley Strength and Balance Classes

Strictly No Falling project lead by Age UK Derby & Derbyshire and DCHS run strength and balance classes at

All Saints Church Hall, Sawley on a Tuesday afternoon 2.30-3.30 or a Thursday morning 10.30 -11.30.

If you feel you need to condition your muscles, get a little stronger and improve your balance then this is the class for you.

The exercises are done in a seated or standing position.

For more information contact Janet (07906 367553) or Jo (07837 277252)

Monday 20th January

**7.30pm Trent Vale Infant School
Trent Road, Beeston Rylands NG9 1LP**

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NICK MARTIN

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**THE SPOTTED DOG ART GROUP
EXHIBITION 2020 IN BEESTON LIBRARY**

Tuesday 4th February until Saturday 22nd February

Open during library opening hours:

Monday to Friday 9am - 6pm; Saturday 9am - 4pm

Location: Beeston Library, Foster Avenue, Beeston, NG9 2NU.

All visitors are welcome! There will be paintings for sale.

Website: www.spotteddogart.org.uk

Centred on Beeston, but drawing members from the wider Nottingham area, the Spotted Dog Art Group welcomes members from all walks of life, from absolute beginners, hobbyists and professionals with formal training: all are welcome.

The Spotted Dog Art Group (SDAG) is a non-profit organisation run by volunteers. It was formed in 1995 by a small group of artists, serious about their art and wanting to learn more. Starting from small beginnings, the group has grown organically over the years. The group has a varied programme throughout the year of tutored workshops; evening events; open-air painting sessions in the summer and exhibitions of our members' work. Regular newsletters about the groups activities and the local arts scene are published for our members information. We are a supportive, friendly group of like-minded artists.

Many people with an interest in art have helped to form the present shape of the programme by responding to questionnaires. Future activities will continue to be guided by the wishes of members as interpreted by the committee. Any help, in time, skills, exhibition arrangements and hanging, publicity, distribution of brochures and notices is welcome and appreciated.

And for those of you who are not too keen on canines, you'll be glad to know the name of our group is simply in remembrance of the founder's beloved pet 'Spot' - rest assured you do not have to own, love or have any interest in dogs to join our group!



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

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Contact: Mandy Smith
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Based at:
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