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breeze

JULY 2020

ISSUE 211



House of the Month



Windrush Celebrations



stay safe

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Back in Business



Lockdown Stories



JOHN FLYNN
OPTICIAN
ESTD. 1938

WE ARE
OPEN
AS (NEW) NORMAL

DR. JANJUA & TEAM
WILL SEE YOU
NOW



REGISTERING NEW PATIENTS

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- ✓ Do you want to see the most individual and niche frames with the finest optical quality lenses from around the world?
- ✓ Do you know anyone who may benefit from specialists lenses for Poor Vision, due to Cataract, Glaucoma, Macular Degeneration and other Retinal Disorders?



WE ARE OPEN (NEW) NORMAL AGAIN!!!

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.

John Flynn Opticians in BEESTON - Now official stockists of LINDBERG – the best eyewear in the world!

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**.

In 1969, Hanne and Paul Lindberg established LINDBERG Optik in Denmark. With their son, Henrik, they invented the first Air Titanium frames which resulted in a revolutionary change in the eyewear industry with their 'screw-less' frames

being incredibly lightweight, fashionable and extremely strong.

The Danish royal family, politicians, business tycoons, and 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!



Emphasis is always placed on personal service, correctly fitted frames and accurately dispensed ophthalmic lenses by using only exceptional manufacturers such as Carl Zeiss, Nikon, Seiko, Rodenstock, Essilor, Hoya and many other superior independent lens suppliers including one that makes the THINNEST lens in the world 1.76 INDEX!

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



Want to stay up to date with the latest news and arrivals? why not follow us on **Instagram** and **Facebook @johnflynnopticians**

0115 925 5051

1a Devonshire Avenue, Beeston, Nottingham. NG9 1BS



a message from breeze

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Welcome.

Our area like many others has started to open their doors to retail and leisure facilities. We hope you are all still taking care and following the guidelines by staying safe.

We find out this month how our regular advertisers have been getting back in the swing of things. We encourage you to use their services and keep the local economy alive whilst maintaining safety.

Stay Safe, Stay Well

To Our Advertisers

Download the full guidance for people working in, visiting or delivering to other people's homes:

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

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



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

MEET SANDRA

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Whether you need a replacement fence panel or would like to completely redesign the layout of your garden, the team at Cut Above Landscapes Ltd will aim to surpass your expectations.
We look forward to hearing from you". Call 0115 972 4 956 or 07980 236 120

We've all been yearning for the day when we can go on holiday again. Now, finally, it's a reality as campsites and the leisure industry are starting to open their doors again. The thought of 'Staycations' being the way forward for most of us, and in anticipation, it would be advantageous to have your caravan or motorhome serviced before you go on your first journey as your caravan may have been sitting around since last summer.

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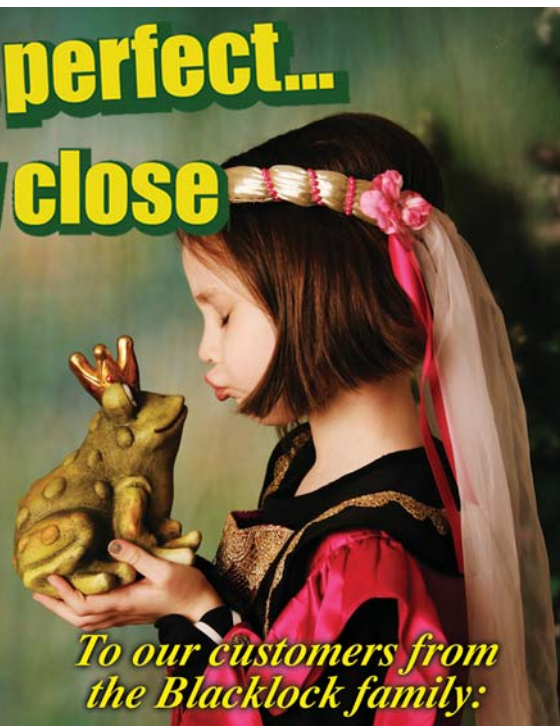
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The Nottingham Hearing Practice in Beeston welcome you back...

"We have recently been able to reopen but have to follow strict guidelines for all your hearing needs. We would like to outline how the guidelines affect how we work and keep everyone safe:

Firstly only the Audiologist and the customer (plus one family member from the same household) is allowed in the practice. The door is kept locked to prevent walk-ins.

The Branch Manager, Steve continues to work from home, making bookings, orders for sundries, taking payments and looking after our new puppy Isla, who eventually may be found lurking behind the desk in the branch.

After each customer we clean and sanitise the practice thoroughly using hospital-specification cleaning products.

Hand gel and the correct standard (IIR) face masks are provided for everyone and we wear the correct PPE as needed.

You will only be seen by a Professional Audiologist, NOT a Hearing Care Assistant or a Nurse. We practice all forms of wax removal (not just Microsuction) and have availability 5 days a week.

Lastly out of our 100+ reviews (Trustpilot, Google, Facebook) 100% of our customers rated us "Excellent". We look forward to welcoming you back!"

The Nottingham Hearing Practice Ltd. 93 High Road Beeston NG9 2LE

Telephone: 0115 857 2900

WELCOME

The Dojo Karate Centre in Beeston closed its doors on the 20th March like so many other gyms and dance studios however from day one they were determined to provide continuity for their members both adult and children alike. "We had to learn new skills like Zoom and the response from members has been more than enthusiastic, giving members in lockdown the opportunity to still train hard and to see some familiar faces. We have provided a welcome relief for our members who work in the NHS and other essential workers. We delivered training DVD's and books to every member to keep them engaged and inspired whilst they practiced in their kitchens bedrooms and even on balconies!

Aidan Trimble the chief instructor at the Dojo has been hosting two Zoom classes a day but what really surprised him was being asked by other National and International Karate groups to do online seminars for them, with the first having over 300 hundred participants from 46 countries.

I was in the Dojo on my own and teaching in front of a computer and answering questions from a guy in Rio De Janeiro or correcting someone's stance in Denmark! Its surreal" shares Aidan Trimble.

We have now started outside training alongside our Zoom sessions with the hope that indoor sessions are not too far off. Luckily lots of Karate training can be done whilst maintaining social distance and at The Dojo many measures are now in place such as IN and OUT systems, fitted hand sanitizers and more so we will be ready.

If you are interested in joining us call 0115 875 4212"



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During this time of uncertainty, **Dream Doors, in Beeston** want to reassure all their customers past, present and future about their position.

"We are complying and following all guidelines set out regarding showroom visits to make sure that we are all safe. We recommend that you make an appointment prior to visiting us.

Our Beeston showroom has re-opened following lockdown and the floods, in which we experienced a lot of water damage.

We had to close the showroom on Thursday to assess the damage and complete another thorough deep clean. Thanks to the amazing team at Dream Doors we re-opened again on Friday. It now seems that we need to complete some transformation magic at the showroom!

If you have been spending your days looking at your tired kitchen, call us or send us some pictures of it with a 'wish-list' of improvements and colours, and we can reply with ideas and approximate costs.

Why not visit our website www.dreamdoors.co.uk and have a play with our online visualizer?

Or visit our Checkatrade page online for reviews and examples of before and after pictures, or of course, follow us on Facebook (Dream Doors Nottingham) to keep up to date with news and offers.

We are very much looking forward to returning to normal and continuing our work fitting beautiful kitchens.

From all of us at Dream Doors, stay safe and well, and feel free to contact us for advice and help. Email westng@dreamdoors.co.uk or 0115 874 1428

Regards, the Dream Doors Team"



200 Degrees Coffee and members of the public have donated acetate to the Queens Medical Centre hospital (QMC) in Nottingham, to help alleviate the shortage of protective visors for NHS staff working on the front-line of the COVID-19 pandemic.

With the NHS under huge pressure and limited resources of personal protective equipment (PPE), specialist medical designers in the Orthotics department at QMC turned their attentions from insole production for foot conditions, to the production of vital protective equipment. Acetate forms a large part of the visors which are worn by NHS staff as part of their PPE.

200 Degrees Coffee initially bought 1,000 acetate sheets and put out a plea to the public for further donations. The people of Nottingham and Nottinghamshire stepped-up; bringing the total to approximately 10,000 acetate sheets which were collated at 200 Degrees' roast house on Meadow Lane, before delivery to the QMC.

Co-founder of 200 Degrees Coffee, Rob Darby, said:

"In the current COVID-19 crisis the NHS are working at the coalface and all efforts are being made to limit the spread, and to help support our NHS and the capacity at its hospitals.

"The NHS is doing an incredible job of looking

after us all during this pandemic and when we heard that they had limited resources on PPE, we wanted to help. The team at our local hospital, QMC, are doing an amazing job to create these visors in-house and we hope our donation can make a real difference in the effort to save lives.

"A big thank you to all those who supported us and donated acetate sheets, it was brilliant to see such a huge response from other people who just want to help anyway they can."

The specialist coffee roasters and self-proclaimed coffee geeks also delivered 50 cafetieres - each with a kilo of freshly ground coffee - to the Nottingham Hospitals Charity, which are now being distributed between NHS staff rooms at QMC and City Hospital in Nottingham. Thanks to all involved."



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Manager Craig, explains "We pride ourselves on giving the same service that we would expect for ourselves. We offer a 15% discount for OAP's and provide free quotations on request.

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SINCE 2002



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Office Manager at **Robert Ellis Estate Agents in Beeston**, Helen Roberts shares what it's been like for her and her team over the last few months....

"Following on from the government announcement that estate agents were allowed to re-open we had a busy week making the office a safe place to return to. Deep cleaning took place along with rearranging desks and marking out floor areas with tape. Supplies of masks, gloves and hand sanitizer were all delivered to help us stay safe. We opened on May 19th and immediately began contacting clients that had registered their interest in booking valuations and viewings whilst the office was closed. The demand was incredible and the diaries have been constantly busy since we returned having put many properties on the market and agreed sales on quite a few of them from the Beeston office alone.

We are operating a locked door policy and this has worked really well. It has been good to see people slowly returning to the town and nice to see familiar faces in The Square and passing the office offering a friendly smile and a wave.

This has certainly been an unprecedented time and I feel humbled that I have been able to help people move home in such difficult circumstances."

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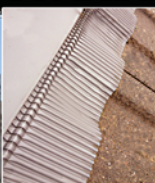
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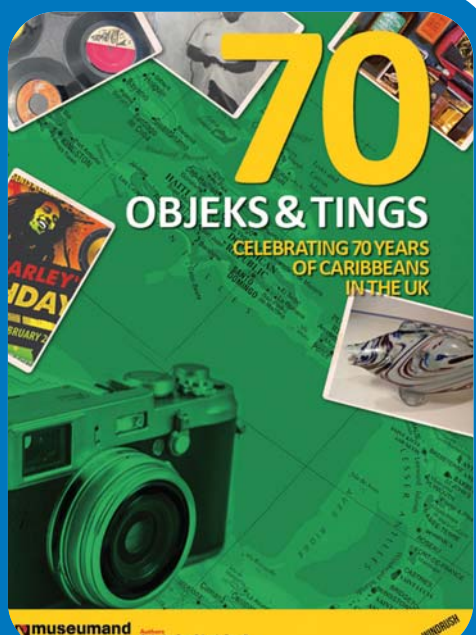
windrush celebrations

A new downloadable book celebrates everything Caribbean...

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SINCE 2002



Museumand, The National Caribbean Heritage Museum has launched the first instalment of a new book on Windrush Day 2020 to help everyone learn about Caribbean history, heritage and culture – and to tell the stories of members of the Windrush Generation around the UK and the amazing contributions they have made to life in Britain.

The Nottingham-based museum is the only museum dedicated to preserving Caribbean history, heritage and culture in the UK and its founders, Catherine Ross and Lynda Burrell, work with national institutions such as museums, galleries, libraries, archives and universities across the UK, as well as local communities and grassroots groups, to celebrate the Caribbean contribution to the UK and explore how British history and heritage can become more diverse, inclusive and representative.

Museumand's new book '70 Objeks & Tings' has been created to tell the story of the Windrush Generation and their descendants through everyday objects and experiences. Catherine Ross, the museum's Founder and Director explained:

"During our travels across the UK we see and talk to hundreds of people every week. Often, some of the everyday objects and references we talk about and share, the things that Caribbeans aged 40 years and up would say are typically Caribbean, are unrecognisable and unknown to younger generations. We hope this book will help them explore aspects of their heritage and culture they may not have discovered before in a fun, intergenerational way, while giving those who lived it a chance to reminisce and retell their stories, keeping our tangible and intangible history alive and at the forefront of our minds."

"Originally, we hoped to run workshops to gather and develop content for 70 Objeks & Tings, but due to the Covid-19 pandemic we've decided to launch the first section of the book digitally. That way, everyone can download a copy wherever they are and get involved. We'll be launching future sections very soon and we're planning to publish a printed version of the complete book in 2021 – when hopefully we can meet and get together in person again."

The first section of the book is all about food and explores some of the ingredients, recipes, dishes and snacks familiar to Caribbean families in the UK. From the origins of classics like Jerk Cooking and Hot Pepper Sauce, to the inspiration behind favourites like Jamaican Patties and how they're evolving to suit contemporary tastes. The book also includes a flavour of Caribbean sayings, riddles and songs – with plenty of fun and informative 'Did You Know's'.

Patrick Vernon OBE, who's successful campaign for 22 June to be recognised annually as Windrush Day, a national day acknowledging the migrant contribution to UK society, became a reality in 2018, has welcomed Museumand's book.

"70 Objeks and Tings is a fantastic resource as we celebrate national Windrush Day and the legacy of the Windrush Generation since the docking of the Empire Windrush on 22 June 1948. This book will provide fun and intergenerational dialogue with elders who have stories and narratives around these objects."

You can read the first instalment of '70 Objeks & Tings' via Issuu or on the museum's website at <http://museumand.org/objeksandttings>

Follow Museumand on social media to keep up to date with '70 Objeks & Tings' as well as the museum's latest news and plans for forthcoming exhibitions and events.

Tel: 0746 918 9550 Web: www.museumand.org

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starlight steps

Over £14,500 raised in sponsored steps for local hospice

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More than a hundred people completed 5,000 sponsored steps to raise over £14,500 for local charity, Treetops Hospice Care.

'Starlight Steps' took place on the original date of the charity's largest annual fundraiser, the Starlight Strut, now postponed due to the Coronavirus pandemic.

Starlight Steppers, old and young, walked, jogged and even bounced their 5,000 steps in their homes, gardens and on their lockdown walks.

Treetops, which provides nursing care and emotional support for adults with life-limiting conditions and their families, is doing all it can to continue to support those in need during the Coronavirus pandemic. The hospice is providing weekly Cake and Care packages for local patients self-isolating and Treetops Hospice at Home nurses are caring for patients at the very end of life in their own homes.

Pat Shirra, 77, from Beeston, took part to support the hospice who helped care for her mother in law, Frances Jones:

"Frances loved all her grandchildren when they came along - five boys and one girl - and especially her first and only granddaughter, Alison. She was very proud when Alison followed her into nursing, especially nursing cancer patients.

"All her working life, Frances had been involved with nursing and when she retired she became a Marie Curie Night Nurse for Derbyshire. When she was 90, she was awarded a Gold Award for her services, and her fundraising, for Marie Curie.

"Frances came to live with me when she couldn't care for herself anymore and was on end of life care. She had stomach cancer and was always very positive about her diagnosis.

"During the three months she was with me, we had nursing care from several places, including Treetops. I was very impressed with the care she received. She loved the nurses who came and found them very easy to get on with, especially when talking about nursing!"

Treetops also provided care for Pat:

"I was very surprised one day to receive a phone call from Treetops asking me if I would like to have some complementary therapy sessions. I was told that the hospice also looked after the person who was caring at home. It really touched me and made me cry! I really enjoyed my massage sessions and a nurse would sit with Frances whilst I had the sessions. I have supported Treetops Hospice Care whenever I can since.

"Treetops Hospice Care is one of our church's charities this year but because of the Coronavirus, fundraising has stopped. I decided I would try to raise money by doing Starlight Steps.

"I had thought for a while about doing the steps around my garden, as I have been on lockdown for 8 weeks now due to my age! I really enjoyed it, doing it a bit at a time and was amazed at the sponsorship I got. My original target was £200, but I soon had to raise it. I have now reached over £700 with still more to come in. I was so overwhelmed by the generosity of my sponsors, I decided I ought to double my steps to 10,000!"

Lorraine Ray, fundraising events lead, said:

"We are simply thrilled with the success of Starlight Steps and want to thank each and every one of our wonderful Steppers for getting involved and helping us raise such a fantastic amount for Treetops!

"We've received some lovely messages, photos and videos so we know everyone's really enjoyed getting involved and the money raised will make a big difference to the hospice. It means we can continue to support the most vulnerable patients in our local community with nursing care and emotional support."

Donations for Starlight Steps can still be made at: www.justgiving.com/campaign/starlightsteps





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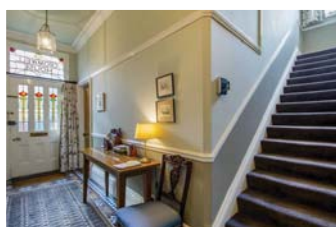
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In brief, the internal accommodation comprises an open entrance vestibule to entrance hallway with attractive minton tiled flooring, lounge, separate sitting room, an open plan kitchen to a sun lounge/morning room with dining space, utility room, cloakroom/ W.C and stairs to a twin compartment cellar. Rising to the first floor off an attractive dog leg staircase are four bedrooms, the master with an en-suite shower room, a separate family bathroom and an enclosed staircase via an additional landing to an attic second floor which provides two further bedrooms and a double shower room/W.C.

With walled-in, private gardens of a particularly good and generous size to mirror the internal accommodation, the property benefits from gas fired central heating and maintains sash style windows (some having been replaced with double glazed units, but retaining the sash style).

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SINCE
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It goes without saying that the benefits of enjoying gardens and other green space are well documented, particularly these days with all the other stresses which modern life can throw at us. Even just spending 10 minutes in my back garden after work, particularly in spring, makes such a difference. It's almost meditative, pottering about, noticing the development in the borders or listening to the birdsong and even if you just have a small space or live in a flat you can plant pots or window boxes for similar effect.

And of course, you can just pay a visit to one of the many wonderful parks and gardens in Nottinghamshire too. In the city I'd recommend the Arboretum, a stone's throw from the city centre. Reportedly inspiration for J.M Barrie's Neverland it's a green oasis and a beautiful spot to relax in the sunshine, you can also pop into the recently refurbished Arboretum Café.

There's also Holme Pierrepont Country Park and Holme Pierrepont Hall with its manicured gardens sat amongst the Grade I listed Tudor Manor House. Likewise, both Rushcliffe Country Park and Bestwood Country Park are lesser-known gems full of blooms in spring and summer, great places to walk the dog and if you go to Rushcliffe you can also pop into the Great Central Railway - Nottingham.

Further into the countryside the top spots include Pure Land Japanese Garden, north of Newark. It's not something you may be expecting to find in the middle of rural Nottinghamshire, but this traditional Japanese garden was built from scratch by the Buddha Maitreya nearly 40 years ago and is highly recommended by everyone who visits.

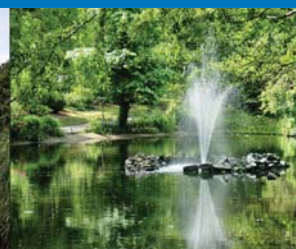
Elsewhere you can try Clumber Park's walled gardens, famous for its National Rhubarb Collection, or how about Naturescape, which is the largest producer of British wildflower seeds and has over 45 acres open to the public.

And if you're inspired to improve your own garden then we'd recommend both Notcutts Wheatcroft on the edge of the city and also Reg Taylor's Garden Centre near Southwell, which also has a nine-acre swan sanctuary no less.

I'll leave you with this quote from Luther Burbank:

*"Flowers always make people better,
happier, and more helpful: they are sunshine,
food and medicine to the soul."*

*This blog was written by Chris Hickman,
Communications Manager at Visit Nottinghamshire.
Courtesy of www.visit-nottinghamshire.co.uk*



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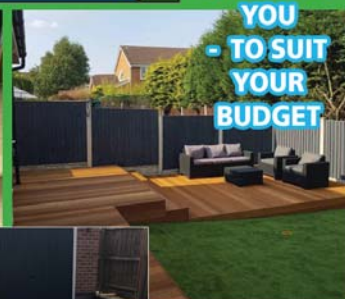
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local community

Keeping the local community spirit alive has never been more important

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This year is very different to others due to the current situation and lots of events to celebrate Volunteers' Week around the country have had to be cancelled unfortunately.

However, at the **Erewash Voluntary Action** they are open 9am to 3.30pm Monday to Friday and the team are concentrating on helping those housebound vulnerable members of the Erewash community who have no-one to assist them with essential shopping and medication collections.

Volunteers already registered and those who want to help during this time have been carrying out vital tasks as above and telephone befriending calls as home visits are on hold.

Hot meals are being prepared in their kitchen and volunteers are helping to deliver these to clients around the borough on Tuesdays and Thursdays.

Referrals are being received from Derbyshire County Council, Covid Response Unit, Social Services, Health Workers, other groups, families and friends who are not near as well as self referrals.

"A huge thank you to all those volunteers without whom we could not provide such a fantastic service, the support is much appreciated.

Anyone wishing to find out more about volunteering with us can call the team on 0115 9466740 or apply via the national volunteering website: www.do-it.org.uk

Our volunteering opportunities include shopping project (photo of shopper Cassie with Linda volunteer manager) transport scheme, home from hospital support service and befriending/sitting service, the latter currently being on hold. Our monthly Tea Dance will hopefully resume when safe to do so. From everyone at Erewash Voluntary Action we thank you and hope to see you soon!"



Nottingham-based charity **Refugee Roots** has launch an appeal for donations to help keep some of its services going during the Covid-19 lock down. The organisation has set a modest target of £3000 to raise as soon as possible. The funding will be used

to run a telephone-based befriending and advice service, as well as basic English lessons.

Refugee Roots, formerly The Rainbow Project, helps asylum seekers and refugees build relationships and navigate the complexities of coping with a new life in the UK. Before the Covid-19 lock down the organisation, based in Hyson Green, used the Access Project to give information, advice, and guidance, run art and social groups, food and clothing distribution and English lessons.

Adam Baker of Refugee Roots says: "Refugees are some of the most vulnerable people in this crisis. They are hit by a deeper isolation few of us could imagine and they simply can't cope alone. That's why we are asking the public for help. We are a small charity that is making a big difference. Extra cash support means we will be able to contact each person and make sure they have what they need. In normal circumstances we would be getting volunteers and asylum seekers together for a few hours a week. They'd practice English, perhaps join in an art project and we'd make every effort to link them with the many communities already based in the city. But we simply can't do this now."

Refugee Roots support worker Rose Henshaw has recently helped new mother Yara by arranging for food and other basic items, including nappies supplied by Grace Church Baby Basics, to be delivered to her home. Worried and concerned about the virus, and feeling isolated and alone, Yara said 'thank you for helping me; I will appreciate the regular phone support'.

To donate to the crisis work of Refugee Roots, please go to www.refugeeroots.org.uk and find the details in the Appeals section.



Nottingham Industrial Museum, the hidden treasure in the courtyards of Wollaton Hall and Deer Park have not let the Covid 19 Emergency get them down as their dedicated team of Volunteers continue to roll out the accolades.

Earlier in 2020, when travel was still possible, a team from the World History Project travelled to the UK to collect material for a series of videos that form part of the curriculum in approximately 8000 schools this year, mostly in the US but also many other parts of the world.

The films covered a range of large topics – Britain and the First World War, Origins of the Industrial Revolution, the Macartney Expedition to the Qianlong Emperor to name a few.

To the delight of the Researchers, Presenters and Production Team some of the most significant and affecting of the videos features the story of the life of 'Nailers' in Victorian times. The story adapted and portrayed by NIM volunteer Avi Benn (aka Mrs Mary Ann Bird in her Victorian Kitchen exhibit) has been quoted by Researcher, Professor Trevor Getz from University of San Francisco State as 'giving an extraordinarily well-designed, pedagogically intentional, and compelling history'.

This was further acknowledged as the Museum were named as Finalists in both the 'Volunteer of the Year' and 'Small Charity – Big Impact' categories of the East Midlands Charity Awards, on the same day! A fitting response to their hard work and dedication.

Dr Getz said 'We will forever remain grateful to the Volunteers at Nottingham Industrial Museum for providing us with such incredible resources and contributions of knowledge for our World History Project. The dedication and professionalism of the NIM Volunteers shone through and it was indeed a humbling experience to share in their work'.

Toni Thorncraft-Smith, NIM Operations and Fundraising Lead said 'As our Museum strive to share at all levels and with all people NIM remain both grateful and thankful to The World History Project for this incredible opportunity, for all that they have contributed to the future life of NIM and for helping History come even more alive, creating memories that we will take with us in all walks of our lives. We look forward to sharing the films when the Museum is able to reopen Post Covid 19.'

Meanwhile, previews of the films can be viewed at www.whp.oerproject.com and Nottingham Industrial Museum will re-open to the Public 11-4 on weekends, Spring and Summer Bank Holidays, with midweek Group and School Visits welcome, post Covid 19. www.nottinghamindustrialmuseum.org.uk

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keep 'footprints' afloat

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Forty years of specialist care and support for East Midland's families - disabled children's charity 'Footprints' hopes to celebrate four decades but faces funding challenges ahead

Hear from the Fisher family who share their son's story:

Footprints CEC (conductive education centre) has been a lifeline for families of disabled children in the East Midlands and beyond for almost 40 years. Now, it battles to stay afloat after experiencing a 40% funding loss since the coronavirus pandemic began.

The education centre provides weekly sessions for families of children with mobility or communication difficulties across the East Midlands, teaching them everyday life skills that are often taken for granted such as eating and walking.

One family who has been touched by the Nottingham-based charity's services is the family of 19-month old Jesse who has a number of health conditions which affect his development.

Mum Beth Fisher had been attending Footprints' conductive education centre with Jesse for nearly a year when the pandemic forced its closure.

Jesse was born prematurely at 31 weeks, and as result was very ill when he was born, having a collapsed lung at one day old. When he was just three and a half weeks old, his family were told he had severe bilateral brain damage/Periventricular leukomalacia (PVL) – which is a type of brain injury, most common in premature babies, that causes damage to the white matter of the brain. They were told before birth and in the first few days he might not survive, but he continued to go from strength to strength and was discharged after spending the first four weeks of his life in hospital.

Doctors said that Jesse was likely to have a number of physical and learning difficulties and may have epilepsy. It was also said to be likely he would have cerebral palsy, and he has recently been formally diagnosed with the condition which affects his movement, coordination and sight.

Jesse's development is delayed, and he is just learning to sit on his own at 19 months – something that is often done by babies between six to eight months. It is unclear if he will ever be able to walk, and if he does, he may need some form of walking aid.

Jesse was attending Footprints weekly where he works on his mobility and communication, as well as learning things other children would generally pick up naturally.

Beth said: "Footprints is a place of physical, emotional and social support for children and parents of disabled and special educational needs children.

"Through the weekly sessions, I've made great friends who understand how it feels to raise a disabled child. It can be difficult to go to regular baby groups where other children are all developing neurotypically and can all do the same things, so having other parents to relate to who understand how you feel means the world to us.

"At Footprints, Jesse gets the opportunity to work on everyday skills such as rolling over, standing and learning to turn pages in a book. Through the programme and conductive education classes, we can monitor things such as how he responds to certain activities like reaching or using his hands, and put these ideas into practice at home. The weekly sessions are amazing because he learns by repetition – he knows what's coming and he learns what to do next time.

"The sessions are very social, and since the temporary closure of the centre we have missed the simple things like sitting with the other families to have a snack, and just the support that being at the centre gives us as a family.

"It would be more than a massive disappointment for the children and their families if the centre had to close, it's our children's development which is at risk. We have come to rely on the centre and there aren't many other places like it, certainly not in our area, we don't know where else we would go to help Jesse.

"I can't thank the Footprints team enough for the way they have supported me and Jesse – it's life changing. I sincerely hope they are able to secure more funding to help the centre reopen in due course."

Nathalie Bailey-Flitter, manager at Footprints CEC said: "Despite the pandemic, we have seen some incredible support from the public and our ambassadors. We've been humbled by those trying really hard to fundraise and putting themselves out there to help us survive. We have a 40 year history of successful conductive education and we dedicate our services to people like Jesse and Beth.

"It's heart-breaking to think that we may have to rethink our strategy to survive, possibly making some difficult choices regarding our services. We desperately need more people to support us, particularly through annual corporate partners as that length of kind support helps us forward plan financially and helps us ensure we help as many families as we can."

Footprints currently supports 60 families and must raise a minimum of £17,000 a month to survive.

If you would like to support the charity, you can donate to its Keep Footprints Afloat campaign: <http://bit.ly/KeepFootprintsAfloat>



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Measure your waistline

Your waist circumference is an indicator of your risk of developing some serious health conditions, including heart disease. People who carry too much fat around their middle have a higher risk of developing heart disease, however, this risk can be reduced by losing weight. We explain how to measure your waist as well as providing tips for maintaining a healthy waistline.

What is a healthy waistline?

A healthy waistline for men is anything below 94cm (37 inches) and anything below 80cm (31.5

inches) for women. You are at a high risk if your waist circumference is 102cm (40 inches) or over for men or 88cm (34.6 inches) or over for women.

If you are a man from African Caribbean, South Asian, Chinese or Japanese origin, a healthy waist circumference is anything below 90cm (35.4 inches).

How to measure your waist circumference

Checking your waist circumference will help you to identify whether you are carrying too much fat around your middle. To measure your waist, you first need to find the bone at the top of your hip and your bottom rib. You need to wrap a tape measure around your middle at the centre of these two points. You need to relax and breathe out when the measurement is taken. Ensure the tape measure is touching your skin, but not pulled too tightly. You can repeat the measure two more times and take the average.

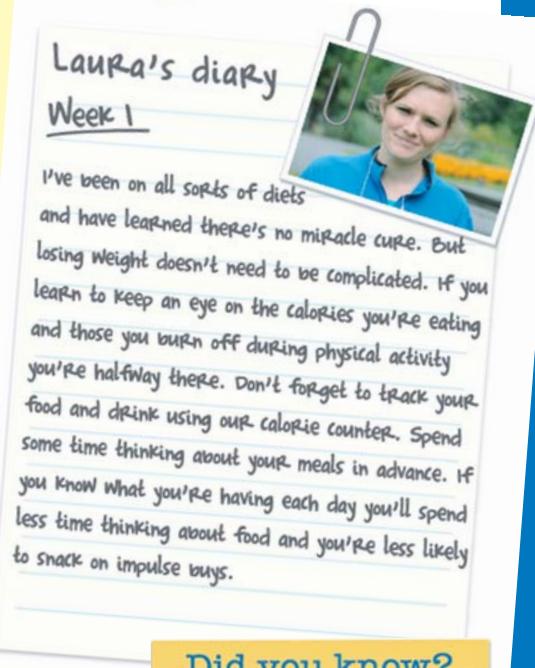
Maintain a healthy waistline

If your waist circumference is within the healthy range, this is great news. You should keep an eye on your waist circumference by measuring it from time to time. If your waist circumference is above the healthy range, you should try to lose weight. We gain weight when we eat more calories than we use up. By eating less and getting more physical activity, you should see your weight and your waistline reduce.

Did you know?

Research shows that it takes about 12 weeks on average to form new habits.

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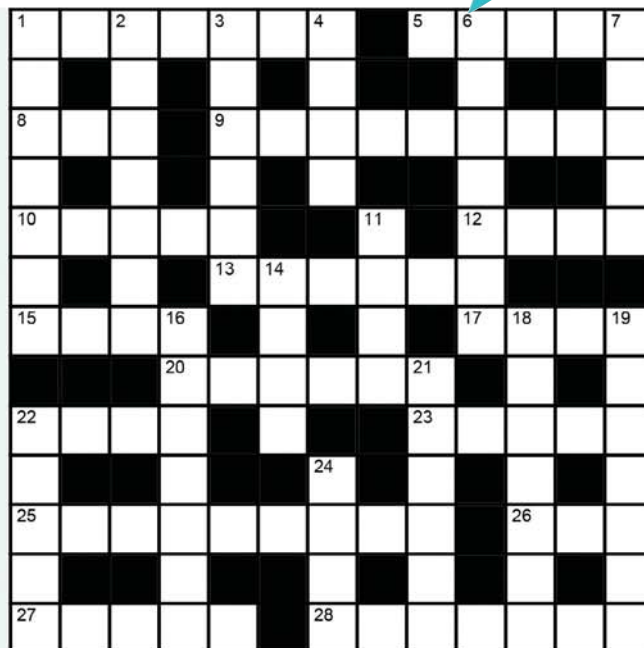
CROSSWORD

Across

- 1 Protecting from light (7)
- 5 Gasp for breath (5)
- 8 Direct (3)
- 9 Performance of a musical composition (9)
- 10 Devoutly religious (5)
- 12 Relieve (4)
- 13 Pester (6)
- 15 Was in debt to (4)
- 17 Stride (4)
- 20 Overabundance (6)
- 22 Formal offers at an auction (4)
- 23 Harden to (5)
- 25 Thoughtlessly hasty (9)
- 26 Beard found on a bract of grass (3)
- 27 Sleazy or shabby (5)
- 28 Using frugally or carefully (7)

Down

- 1 Hair cleanser (7)
- 2 Opening to which a sleeve can be attached (7)
- 3 Sudden arrival or entry of something (6)
- 4 Association of criminals (4)
- 6 Female stage performer (7)
- 7 Surface burn (5)
- 11 Nocturnal flying mammals (4)
- 14 Curved gateway (4)
- 16 Come down (7)
- 18 Huge destructive wave (7)
- 19 Former German coin (7)
- 21 Afternoon nap (6)
- 22 State of extreme happiness (5)
- 24 Head honcho (4)



WORDSEARCH

THINGS WITH WINGS

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.



ANGEL

BAT

BIRDS

BUTTERFLY

CHERUB

CRANE

EAGLE

EROS

HARPY

HAWK

MICROLIGHT

MIDGE

MOTH

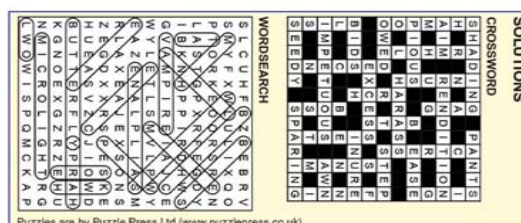
OWL

SAILPLANE

SPARROW

VAMPIRE

WASP



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