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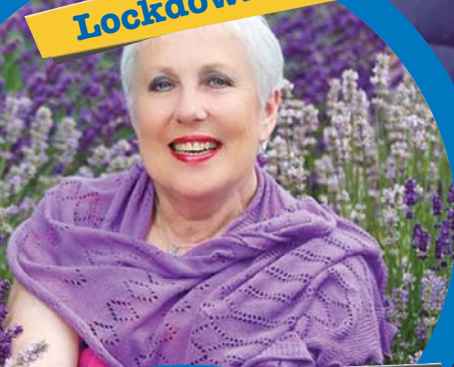
JUNE 2020

ISSUE 210

Local Heroes



Lockdown Stories



Keyworkers



Gardening



Coping with Self Isolation



Support your Local Businesses





CORONAVIRUS

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

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

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

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

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

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

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

PREVENTION:



wash hands
often with soap



avoid touching
your face



disinfect objects
and surfaces



avoid close contact
with people



stay home



Avoid contact
with sick people

TREATMENT:



no vaccine
to prevent
2019-nCoV



no specific
treatment
for 2019-nCoV



drink plenty
of liquids

a message from breeze

keeping it

local

SINCE 2002



Welcome back! Oh it's good to see you all! Well what a year 2020 has turned out to be!

This month we share our readers stories during lockdown. We look at ways to support Black Lives Matter.

Guidelines have been released from the government for working safely during coronavirus. Supporting local businesses is as important as ever, so please follow these guidelines and Stay Safe.

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

MEET SANDRA

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

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"Beeston Under 13's usually meet once a week for training and play on a Saturday. Since lockdown all this has had to stop. But that didn't mean their skills have gone to waste!

The team have been taking part in set football challenges, submitting their progress via videos in a team WhatsApp group. This has meant that they can still keep in touch socially as well as having the opportunity to practise the game they love whilst keeping safe during lockdown.

Controlled socially distance training is resuming soon and the boys are eager to spend time together with their friends from a safe distance whilst being able to continue to play the sport we all love.

There is still some uncertainty as to if the 2020/2021 season will start this year, so we are waiting eagerly for updates".

Beeston Under 13's

"Like the rest of the nation I started to deep clean my house! Then took advantage of the wonderful weather and many hours in my garden. I was one of the lucky ones getting hold of compost.

My greatest find during lockdown was my fabulous neighbours, people offering to help anyway they could, but the prize goes to David and Chris. David using his skills as a pub manager of the Risley Park organised events every Saturday night from our front gardens, from window bingo to fancy dress to disco nights. These are the people who keep our spirits up. Fabulous neighbours fabulous, weather, my house looking great I was indeed one of the lucky ones".

Sandra, Breeze Sales Manager



Going into hospital to have our twin girls was extremely scary in these circumstances, I'm sure any pregnant lady can relate! Luckily, we had them just as coronavirus started so visiting was limited but not stopped altogether. My husband was allowed to stay the whole time and our two year old little boy could visit us in the afternoons which I am so thankful for. We were home and settled a week before Boris announced lockdown!

At this time, (obviously my hormones were wild anyway!) but I remember my anxiety was through the roof. I'm sure I'm speaking on behalf of everyone that became parents during the pandemic when I say that it feels as though our babies have missed out on so much. Time and cuddles with family and friends that they will never get back. A social aspect of going to baby groups, meeting people for coffee to talk about what a sleepless night you've had etc. The normal things that you expect to do when you go on maternity leave! Instead I felt very lonely, I felt overwhelmed with tiredness and worry that we had to keep these tiny premature babies safe and healthy. The usual support we would have had from both of our amazing, supportive families just wasn't there and it was really hard to comprehend for us both. It wasn't the help we missed, it was getting your head around the fact we were the only ones that were ever going to see the twins so small, to know what it felt like to hold them at 4lbs. To be honest I've not come to terms with our families missing out on them growing from newborns to these smiley, happy three month old babies. It makes me very emotional even now.

On a more positive note, Daddy has been at home with us the whole time which has been incredible. In normal circumstances, he works away a lot so to have him at home with the kids has been really special and we have cherished every second together. Working from home has been very stressful for him but we have coped by looking after each other at the hardest of times. I couldn't have done it without him. He is the absolute best.

We have had lots of picnics, crafting, baking, reading stories, paddling pools, ice lollies, walks to count the squirrels, lots of jigsaws, screentime, far too many sweet treats, and we have mastered potty training (hooray!). I'm sure my son will remember this precious time he's had with mummy, daddy and his new baby sister's forever. He will look back on this as a fun and happy time in his life which brings me so much contentment.

But as we have attained our 'new normal', I couldn't be more grateful for this special time that we have had to bond and love each other. I am continually grateful for our three beautiful children and it makes me so proud every single day that I get to be their mummy'.

Amy Matthews, Breeze Read and new mum!



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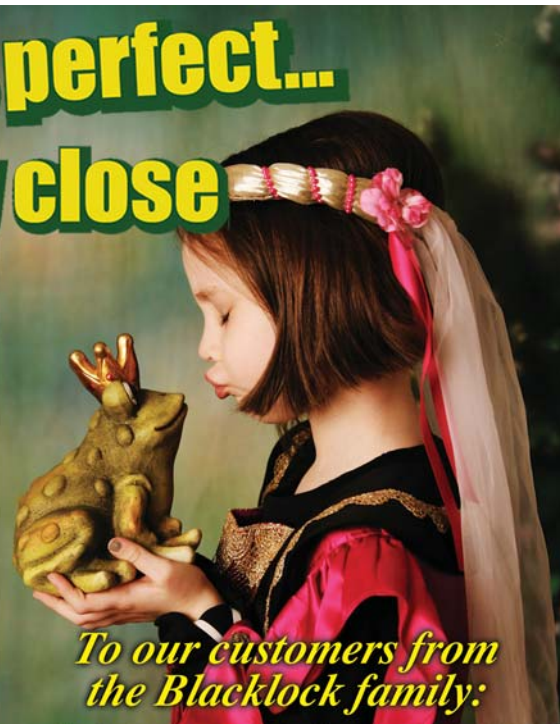


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home improvements

Plan Your Post-Lockdown Home Improvements

keeping it

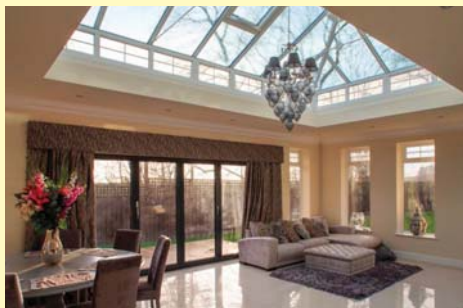
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SINCE
2002

With much of the UK still stuck at home, this period of time has prompted many of us to reflect on our surroundings and start contemplating potential post-lockdown home improvements. The extra time indoors presents an opportunity to plan ahead and think about the changes that would raise your quality of life (and the value of your house!)

As well as looking to the future and pondering your dream extension, there are some small home improvements that you can get on with yourself during the lockdown. DIY home improvement ideas range from quick, inexpensive fixes to full-on projects that get the whole family involved, so there's plenty for everyone to keep themselves busy with.

Over the course of this, we'll look at a wide range of ideas that you can try out now and plans that you can make for the future. Beginning with a focus on DIY projects, we'll then move on to explore more significant home improvements that you can plan to give yourself something to look forward to.



DIY home improvement ideas

DIY projects are great for keeping the household occupied and giving everyone common goals to work towards. Whatever your budget, there are small, achievable changes you can make to your home to create a more enjoyable environment to live in. Given that there's no definite answer as to when things will completely return to normal, now is the time to upgrade your living space.

Cheap (or free) DIY projects

Even inexpensive home improvement projects can have a considerable impact. If it's needed, giving your rooms a fresh lick of paint is an excellent place to start. Now that some DIY stores have reopened, you'll be able to buy paint (or use up those old tins you've got lying around). Simply repainting a room is rewarding, but there's also the opportunity to pick out a new shade and revitalise the space.

You can keep you and your family busy for a longer period with more extensive projects such as renovating old items of furniture. Try taking a tired, dilapidated chest of drawers, sand the

wood down, then repaint it in a bright pastel shade to add a splash of colour and give your space a shabby chic feel. Reupholstering furniture can also be a really satisfying project that breathes some individuality into your home.

Larger DIY tasks

Investing some money into your DIY home improvement opens up a wealth of new opportunities. Whilst you might not want to replace your furniture altogether until you can visit the full range of stores in person, you can upgrade existing features using only equipment that can be bought online. Vinyl wraps are a popular way of revamping your kitchen units without splashing out on replacements, whilst sinks and countertops can be updated by adding a simple overlay.

Post-lockdown home improvements

Once you've had enough of creative DIY projects, you can start planning post-lockdown improvements that will revolutionise your experience of being at home and increase the value of the property. Doing your research now will save you time and money in the future.

Now that home improvement companies like KLG Rutland are beginning to reopen, you'll soon have the opportunity to put your home improvement plans into action. At the time of writing, we are now open for business, with staff prepared to provide consultations and quotations for your project plans!



Invest for the long term

When you're comparing the different options available for your project, it's really worth thinking about the long term and investing in home improvements that will stand the test of time. Many homeowners opt for the cheapest manufacturer and installer, only to regret their decision in a few years when the signs of poor workmanship begin to show.

This advice applies not only to choosing a home improvement company but also to selecting the components that go into your project. For example, whilst composite doors may be a more expensive option than uPVC when replacing the back door in your home, it's worth investing in the stronger material for greater security and longevity.

Solid composite door

Whilst the age-old adage that you get what you pay for may not always apply these days, it is certainly the case when it comes to home improvements. Research your project thoroughly, check out all of the possible options, and avoid rash, inexpensive purchases that could cost you money down the line.

Hopefully this has provided you with some useful home improvement inspiration. If you're planning a project with a focus on doors, windows, or conservatories, get in touch with us for a free consultation.



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we've all coped in different ways, enjoy our diaries...

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Lock-down Blues by Sharon Lynch

I'm in my spare bedroom with my

phone, laptop and screen.
Its Tuesday, No it's Wednesday!
"It's Thursday" the kids scream!
Every day seems the same under Lockdown, as I stare at the 4 walls.

At least at work I see other faces as I walk down the halls.

I know, we still chat using Google Teams and Zoom.

But nothing beats having flesh and blood in the room.

No school for the kids, so I'm trying to be teacher too.

My patience is waning already and it's only 10 past 2.

We've done fractions, Henry VIII and about sedimentary rocks.

But really all we want to do is 'Renegade' moves on Tic-Toc!

4pm, its back to reality, which 3 musketeers are at the podiums today?

My shoulders tense, my heart beat quickens, another 300 lives taken away.

It's still out there, taking the ones we love. It's time you left now Disease.

We want to get back to normal, just give us some peace.

Donning my mask and trainers I'm out for a walk and clearing my head.

Then back home safe in the bubble, don't want it to spread.

Later, I close my eyes and I can see you are all there in my daydream.

I smile to myself and long for that day as I finish my 97th custard cream!



"Lockdown 2020, for me it started with me burning the midnight oil researching and communicating with accounting professional bodies and the government to obtain all the knowledge to be able to offer accurate ongoing services to our business clients.

On commencement of the lockdown, we knew the importance of our roll to alleviate our clients concerns. From the outset we listened, advised, offered guidance and support to relieve the business concerns our clients had about income, taxation, new legislation changes and schemes that would affect so many throughout this pandemic.

In line with government guidelines we needed to ensure social distancing, for the safety

of staff and clients so we transformed the "traditional working week" and the "traditional work place" environments. Weekdays and weekends merged. We set up new staff rotas to enable us to offer our clients a service and our expertise throughout.

For the first few weeks it was work/sleep repeat and I found it absolutely relentless, but then matters began to settle as we all began to understand exactly what we were up against.

I have found it trying, with some of the hardest of times going through this pandemic losing loved ones, not being able to spend time with family and friends. Online conversations and quiz nights have helped but can't replace the face to face hugs!

My best highlight going through this is that I decided to share my lockdown with my 82 year old mother Mabel, this is a true delight! Encouraging her to exercise, cook, tend to the garden and join together with our neighbours clapping, singing and dancing to show our appreciation for all the key workers, truly a memorable time.

Now that some of the restrictions have been lifted I am extremely grateful that we can all restore some normality back into our lives, mine trying to find my golf ball that somehow didn't go straight down the middle of the fairway.

It's been a very testing and challenging time for all but as we continue through, this will be seen as an historical period of change".

Michael, CVH Accounting



"Wow what a crazy start to the year.. With the new opening of The Commercial Inn on hold until we get the go ahead, the current situation has lead me to take a step back in time and has taken me back to my old Saturday job at Fred Hallams! It's been great to be working and being kept busy during this time!

I love the great community spirit Beeston has and I really can't wait to see everyone again!

I have found myself enjoying the little things in life such as trying out new recipes, going out on walks in places locally I didnt even know existed! Finishing that book I never got round to and becoming a quiz pro on zoom!

**Hopefully see you all soon for a pint or two
Lots of love, Gemma Brown**

"During lockdown, I was lucky enough to still be working for The Fire Fighters Charity. We came up with an idea for an event which enables anyone, with all abilities to take part positively supporting physical, social and mental health during lockdown at the same time as raising essential funds for fire service personnel, our communities keyworkers, across the UK.

The event was the #FireFamilyChallenge and I took part to raise funds for our Charity.

I did 9 days of challenges, each challenge being repeated 111 times, so adding up to 999! Here's my fundraising page with more information: <https://www.justgiving.com/fundraising/laura999firefamilychallenge>

The event is still open for us all as lockdown continues, so if anyone else would like to take part, they can find out more here: <https://www.firefighterscharity.org.uk/get-involved/fundraise-for-us/fire-family-challenge>

Laura Challis, Fire Fighters Charity



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Pictured above: Monty, Head of Security at Dream Doors, on one of his many walks!

"We had a great time enjoying the fantastic weather, discovering new paths whilst dog walking, getting very savvy with the bbq and ice cream making, and like lots of others catching up with all those jobs we never get round to doing in the garden and house.

Ben our son had to sit his final degree exams in the spare room, not the kind of end of university life he had planned! Harriet our daughter had to finish her first year of uni studies on the kitchen table!

Missing seeing family and friends was very hard but thanks to Zoom had some laughs and were able to feel connected.

Work wise we kept in contact with our customers that we had to postpone, but we also had a lot of new enquires to deal with by phone or email.

All our safe distancing protocols are in place and we are looking forward to being able to reopen the showroom on the 15th June".

Hilary, Dream Doors, Beeston

"Three weeks before lockdown I chose to go on a planned painting retreat in Wales and had 20 days of self-imposed isolation and painting. When I came back to Beeston I was well practiced at social isolation, but lockdown was still quite a shock. Having Parkinson's disease means that if I catch the virus the symptoms may be amplified and it would effect my medication, so I decided to stay in for the first six weeks.

I kept busy by fundraising, making cakes and planning the deliveries for the charity I work and volunteer for Beeston Rylands Community Association.

We've been delivering up to 170 lunch bags twice a week to those isolating and in need of support within the community.

I've also been painting, and my arty chum Liam and I have set ourselves a weekly painting challenge. We take it in turns to choose a subject and then see how we interpret it. I've also been keeping fit doing online boxing classes, and yoga with the help of Zoom, My lockdown has brought a multitude of emotions and the opportunity for a slower pace, but ultimately I've ended up being busier than ever!

Janet Barnes, Artist



Self portrait, May 2020,

Grace is 7 years old and a pupil at Alderman Pounder Infant School. Grace really wanted to help raise money for our amazing NHS workers. Every Sunday at 12 noon Grace runs 5 kilometres, the local community has been a wonderful support and has given Grace so much encouragement, so much so the neighbours all come out and cheer to offer there support, it's a real community affair. So far Grace has raised a fantastic £1,525.

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lockdown stories

We've all coped in different ways, enjoy our diaries...

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breeze
SINCE
2002



"Suddenly I was thrust into this strange 'lockdown'! I live alone. I decided to self-isolate.

It was Spring and I enjoyed daily walks in the park. I was struck this year by the beauty of the daffodils, and I enjoyed watching the swans. I took loads of photos. In my own garden I was thrilled to see daffodils come up and some unusual tulips in the window box beneath my kitchen window. I painted some tulips. I also did an colour sketch of my daffodils, illustrated here! And I used my creative gifts to make bookmarks for friends. I felt life

had become like it used to be, simpler and slower paced. The sunny weather was a bonus!

Online church services and my Bible Study group have sustained my faith. I have used the phone more to talk to friends. I have got used to not seeing anyone except my next door neighbour as we hold conversations across the garden shed! I long for the day when I can meet people in person again, but I am content here in my own little house and garden where I have planted new things. I love sitting in my garden!"

Janet, member of Spotted Dog Art Group



"As the country went into lockdown, frankly, I was depressed; being a musician by trade I could see that my income, career and sense of purpose was gone for the foreseeable future. I had invested my profits in releasing 2 albums during the last 3 years and so was not eligible for government help, I had also lost the events at which I would normally sell them. So, I buttoned down the hatches and became teacher to my 7 year old son Elson. I have tried my best to adjust and to focus on the positives, such as more family time and enjoying our house and garden.

To keep mine and others' spirits up I started my #lockdownlift project; taking requests at my piano and posting videos on Facebook, Instagram and YouTube for donations in my PayPal hat. This venture has gone better than I could have imagined, quickly my version of Glen Miller's 'In the Mood' I rewrote about lockdown called 'Lift Your Mood' went viral and got 20k odd hits in just a few weeks. Doing this has brought me a wider audience and also expanded my repertoire; people have asked me to turn my hand to many hits of all genres, even rock and punk songs! I'm enjoying the challenge of reimagining numbers like American Woman for a solo singer/pianist, I also started to dress up to add to the entertainment factor.

Subsequently I've been approached by venues like the Bonington Theatre in Arnold, The Stamford Arts Centre and the Hippodrome in London to put on virtual shows for their audiences, so it seems my job has forged a new direction until events and venues are allowed again. Do get in touch if you would like a request for yourself or friends/family - I would be very happy to oblige."

Jeanie Barton, Musician



"In school, preparing for lockdown started way before the need to panic buy toilet roll! As the virus began wrapping itself around the Earth, the need for rapid planning was necessary. Staff sprang into action, assessing risk and preparing letters and schedules in readiness.

Since 23rd March, we have been open every day for some children. The children have been amazing and have enjoyed making dens, painting rainbows, sharing afternoon tea, baking flapjacks and generally enjoying the sunshine. They have developed resilience, self-confidence and have made huge gains in independence and imagination.

The office, site, catering and cleaning staff have worked tirelessly to keep the business of school running safely and seamlessly. The teaching teams have made learning fun, different and memorable each day and I am indebted to them for their courage and commitment to the children and their families.

As the school begins to open more widely, I am reminded each day of the dedication of the staff to their colleagues and the rigour they apply to all that they do. The staff at John Clifford School deserve high praise indeed. You are phenomenal professionals and I am very proud of all that you have achieved together."

Janine, Head Teacher, John Clifford School

lockdown loneliness

A time of reflecting on things that maybe you should address...

keeping it

local

SINCE 2002



Del-Ryan Rafter shares his time during lockdown and what it meant to him to continue working:

"The start of lockdown was not very pleasant for me as I was suffering with virus symptoms and therefore quarantined for 14 days at home.

It took almost another month until I felt normal, struggling with fatigue and tiredness, during this period I was working from home as were all of my staff.

When I was well enough, I returned to working from the office, partly because it was easier for me personally and to help deal with post/deliveries, I am also classed as a 'Key Worker' by FCA regulations.

During this time, we have celebrated birthdays from home, taken part in countless 'Zoom'

quizzes, endless games of 'Monopoly' and various 'App' based group games, which I have never heard of.

Since the 1st of June we have officially been open again, initially with a reduced number of staff choosing to work from the office voluntarily.

I am no longer in the office alone!

Now feels like a good time to take stock of things and maybe you should to:

- Do you have enough saved?
- Have you made a will?
- Do you have a pension?

These are just some of the areas to think about.



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lockdown stories

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"I am a mum of 3, wife to a fire fighter and a children's nurse. Life has been pretty challenging during the lockdown with juggling busy and emotional shifts, recovering from the tiredness, entertaining the children and doing home teaching. My husband and I have been lucky enough to work opposite 12 hr shifts as we are unable to rely on child care. School has not been an option for us as we start at 7am.

My job as a nurse has been challenging but also extremely rewarding. The children we look after are fantastic and have been so strong. However, with restriction being put in place, It means only one parent can visit and must stay during the admission of their child. As a mother myself, I have found this particularly hard as I know the emotions and difficulties that are involved in being a parent, however adding an unwell child into the mix can often be a strain. Being able to support families is a huge part of my role, one that is key particularly during this time.

The support we have had from the community has been fantastic. A friend of mine Chelsea Reason has kindly been organising donations to thank staff and support patients. Family members often find it difficult obtaining essential items, and through contributions this has helped to ease the anxiety for them. I thank everyone who has been involved."

Kerry Ann, Keyworker



"I never imagined my 12 years at school would end the way it did! With no GCSE's which left me, and I'm sure, many others feeling anxious about what my final results will look like after years of working so hard towards them.

Chilwell School did an amazing job of putting on a Leaver's Assembly at such short notice with the news of school closures the day before. This also left me wondering how I would occupy my time having no revision and coursework to complete.

A few things I've enjoyed during these difficult times has been baking, running and spending time with my family at home. Although there has been a few lows during lockdown the highlight of mine has been the new addition to our family, Betsy, the Cavapoo who is bringing so much love and joy to me and my family."

Louise, Breeze Deliverer

Kay Sullivan shares some ☺ and ☹ of Lockdown

☺ Celebrating my 50th Birthday! I had a great day celebrating with the kids and felt extremely humbled with so many amazing gifts. I can't wait to fly over Chilwell in a microlight! Later it was clap (blow!) for NHS/Carers followed by distanced Prosecco on the drive!

☺ Making new friends via mutual aid groups - I now shop for a couple in Attenborough, who are isolating.

☺ Clap for NHS and carers - since it began on in April, my son and I have blown Reveille on our bugles to 'Wake everyone up.'

☺ New faces have appeared on our lane. VE Day events were cancelled. However, I still played Last Post on the roadside to represent the Royal British Legion @ 11am and 2.55pm.

☺ Proud of Grace, in Oak class, who has ran 5k for the NHS every Sunday.

☺ So proud of my colleague's mum Barbara Pass (82) who has made and donated hundreds of masks, headbands and laundry bags, whilst she has been in isolation since it all began.

☹ Unable to hug close bereaved friends and attend funerals.

☹ Unable to hug my dad whilst his chemo and radiotherapy still continued and he was still going in to work.

My sister getting dad's boss to have a word and send him home to work. Sorry dad, blame us and not him!



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Watch now

The Empire Windrush arrived 71 years ago - bringing with it a new generation of black Britons. But black British history didn't begin there, and two new digital series from the BBC, *Alt History* and *Black To Life*, seek to explore the untold stories of minority communities in Britain that make up an important, but often overlooked, part of our history. Both series will be published by BBC Stories on YouTube.

David Olusoga says: "When I was growing up, I learnt nothing about black British history at school. It was as if we had no history. These *Alt History* films reveal the black presence in the great events of a hundred years ago."

Daisy Griffith, the BBC's digital commissioner in factual, says: "The black experience is an important part of British history, but too often it's overlooked, and undertaught. The stories featured in both *Black To Life* and *Alt History* are fascinating insights into a world we often hear about - such as the First World War, or Queen Victoria's court - through an angle we rarely hear much about. We hope that both series will help people to think again, and to learn about and gain a new appreciation of our shared history."

The *Unwanted: The Secret Windrush Files*, is another film by David Olusoga where he opens secret government files to show how the Windrush scandal and the 'hostile environment' for black British immigrants has been 70 years in the making. David reveals how today's scandal is rooted in the secrets of the past. The first Windrush generation were Commonwealth citizens - many of them ex-servicemen - coming to rebuild war-torn Britain. Yet even before arriving, they were viewed by the government with hostility. Civil servants and MPs warned of dire consequences if what they called a 'coloured element' was introduced into the UK. This program shows how the injustice is still affecting Black lives today.



Broxtowe Borough Council stands in support of those who are campaigning for equality.

Councillor Milan Radulovic MBE, Leader of the Council said: "There is no place for racism or hate in Broxtowe or anywhere else in the world. We have been incredibly shocked by what has happened in America and it is a reminder that no one should be complacent about racism. We stand in solidarity with people of all races and backgrounds to ensure that we can eradicate racism and inequality for good."

Councillor Steve Carr, Deputy Leader of the Council added: "Everyone in Broxtowe has the right to be treated fairly, with courtesy and respect and without discrimination and prejudice. We need change to be long lasting and we can only achieve this if we tackle inequality head on. Here in Broxtowe we will do just that. Leaders, both nationally and locally, should be bringing people together not driving them apart." Last year, the Council signed a Nottinghamshire Hate Crime Pledge as part of its commitment to tackling hate crime.

If you think you have been the victim of a hate crime, please report it via 101 or online via True Vision at www.report-it.org.uk
In an emergency always call the Police on 999.

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The extensive accommodation situated over four floors (cellarage and attic rooms) has an abundance of versatility for any family combination with large garden and double car port/boat shed/garaging amongst many other fantastic features. In brief the accommodation summary comprises entrance hallway,

all accessed of a feature six pane door with fan light, all within this lightly projecting pediment porch. Sash windows with Tudor hoods found with a view to the rear garden, conservatory sun lounge, dining room, snug, morning room, fitted kitchen with adjoining breakfast kitchen, lobby to walk-in pantry/scullery and cloakroom/w.c. Doorway to lower ground floor with four plus separate rooms, study, wine store, games as well as a full laundry with natural light and a gas boiler.

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gardening during lockdown

Many of us took advantage of the weather and enjoyed our gardens

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SINCE 2002



"Normally I would have been publicising LEOS Youth Group's July production at the Duchess Theatre but, of course, all theatres have had to close with all performances cancelled until further notice.

Like so many people I started thinking how on earth am I going to fill my days. For a while it was a novelty, not having to rush to be out for whatever commitment I had that day or evening, to be able to sit and read the paper or do a crossword and have a cup of tea whenever I wanted. That soon became boring and I got twitchy! However, it has been quite a thought-provoking experience because I have always been active, and I do find it difficult to relax and slow down.

I found the garden a great bonus and with the weather being so beautiful it has been a pleasure to be able to have the time to potter in it. The most difficult issue for me has been the isolation from family and friends - I expect everyone has felt the same - but I am hopeful we will come through this difficult time together and be the stronger for it".

Margaret Butcher, LEOS Youth Group.



"During lockdown my passion for 'grow your own' has flourished. I've cut a large circle in our patio, put some paths through it and planted veggies in it.

The greenhouse is filling up with tomato plants and cucumbers, so hopefully soon we will be munching on fresh vegetables and salads.

It's also been a good time to re-paint the office, wash the van, clean the car and catch up on all those little nagging jobs around the house.

It was great to take part in the 'clap for carers' every Thursday and we really enjoyed the VE Day celebrations with the flags on the house and sandwiches on the front garden with the neighbours.

Now it's time to get back to work, and with the massive demand on caravans and motorhomes the staycation has never been more popular.

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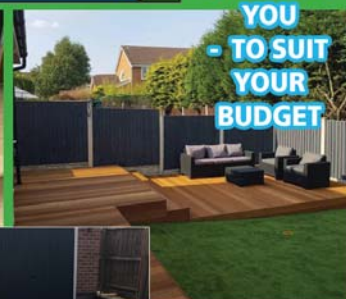
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lockdown stories

We've all coped in different ways, enjoy our diaries...

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SINCE 2002



Church Wilne Rotary Club are giving free bicycle bells to cyclists along Route 6 of the National Cycle Network which runs between Breaston and Borrowash.

As the lockdown eases, more people are using the cycle paths around the area but occasionally their cycles do not have a working bell. This is the reason why the Club decided to give away 300 bicycle bells as part of a 'Share with Care' campaign.

Club member Adrian Perkins, who is in charge of the project, said: 'We wanted people to know Rotary is still doing good in the Community during the lockdown and to remind everyone to be mindful of each other whilst out and about'.

The times of the Giveaways are shown on the Club's facebook and website but are usually at weekends between 10.00am and 2.00pm on the cycle path at the junction with Hopwell Road, Draycott.

If you wish to know more about the Rotary Club of Church Wilne and how the members aim to make a difference in the local community please visit the Club's website:

<https://churchwilnerotary.org.uk>



"During the pandemic, Paul Allen has still been going out and dealing with all your plumbing emergencies! Although it has been stressful time for everyone, the Allen household have tried to wind down in various ways to keep coping.

As we have been lucky with the weather recently, Paul and Teresa have been outside in the garden, planting many vegetables including tomatoes, chillies and butternut squash! Being able to go out and enjoy the time within the garden has allowed us to get our green fingers on growing many plants.

In lockdown, we have also been able to spend time with our family pet, Buddy the budgie; he has been loving all the attention whilst everyone is in the house! Our budgie is always chatting away and giving us plenty of kisses!"

Teresa and Paul, Paul Allen Plumbing

"Lockdown came as a big shock and I took the decision to suspend my business immediately for very real health and safety reasons firstly because my wife Barbara is a critical care nurse and would be on the front line of this pandemic and secondly to reduce drastically contact with others I would come into contact with but hopefully we are beginning to see the light at the end of the tunnel.

During lockdown I became a house husband and took to learning to play the Bass Guitar plus grappled to revitalise my worn out sad looking lawn, the lawn is looking better but the bass guitar requires a lot more work but I'm getting there!

I have just returned to restart my business which is 'we-fix-windows' but in a very limited way with just two visits a day. Lets hope the situation will improve and we can all get back to normal soon as possible and I would like to thank all my customers who been patient and understanding."

Martin Brown, we-fix-windows.com

Art-Culture-Tourism has been enjoying lockdown and the digital world. We switched our monthly What'sOnLocal podcasts and Facebook LIVE streaming to What'sOnDigital with great success and audience growth.

Our show guests have included best selling Tudor biographer, novelist, broadcaster and commentator on royal affairs, Sarah Gristwood (March); Beestonian and Inspirational Director of Donne & Associates, Justin Donne with storyteller Robin Hood Adam Greenwood, of the Robin Hood Experience (April); visual artist, author, journalist and The Ghost Bus short films producer, Roberto Alborghetti, LIVE from Bergamo, with our own Beeston Jazz Angel, Jeanie Barton singing out her Lockdown Lift lyrics to the melody of Glen Miller's 'In the Mood' (May).

ACT team Beeston photographer Inna Schutts and Toton's Dawn Lindson have been talking about the best global digital resources covering art, culture and tourism, and giving their updates on Home Teaching. Marcus Gilmore, graphic artist and illustrator, has been reporting on "Crafting in a Crisis". All these ACT events have been masterly produced by Caron Lyon of PCM creative.

All links can be watched and heard anytime via <https://www.facebook.com/artculturetourism> our website home page and Podcasts section. Our next 30 minute What'sOnDigital show is scheduled for Tuesday 30th June so please register your interest.

I've been busy writing, blogging, publishing, tending to my garden and surprisingly become a BBC Radio Star!

Marysia Zipser, Art-Culture-Tourism
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lockdown stories

We've all coped in different ways, enjoy our diaries...

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"My mum is Ann Russell, she's a volunteer for Stopgap, Treetops Hospice and Babbington Rescue. Over the weekend, and through the week she works as a dinner lady / cleaner at the school my boys attend, but the day after Mother's Day she was given a confirmed diagnosis for Coronavirus, which has made her extremely ill. She's now in recovery and has donated plasma for other coronavirus patients to aid their recovery. During lockdown, my mum celebrated her 60th birthday!

We also kept in touch with messages of support to my sister Lindsey, as she recently became a new mum, as well as celebrating her 30th birthday during lockdown was very hard for us all.

So with two very special birthdays, I drove around delivering mini cakes to family here in Long Eaton. For those we couldn't reach, my other little sister used photoshop to put cakes into the hands of our further away family! Dad went to the house in Wales before the lockdown, as he was worried that if he got the virus he wouldn't be able to cope with it, and my brother Pete and his wife Hannah were in lockdown in a campervan in Spain with their two boys Angus and Felix!

We've all been worried about them both and not being able to visit most days has been hard, as we're usually a really close family, but their birthdays were even harder!

So as you can see we were all separated and missing each other. The composite images helped to bring our households together when we couldn't be there physically, but goodness knows we can't wait until the lockdown truly lifts so we're able to properly celebrate their special birthdays.

Pippa Owen, Breeze Reader

"I live alone, so I am used to coping with 'self isolation'. But I have missed the freedom of jumping on a bus to go into Nottingham or Derby to visit the museums and shops, or just have a coffee with a friend at Waterstones - or visit the local library. I've also missed the Talks and company of friends at the Societies I belong to i.e. Wollaton Natural History Society and WHaCS, plus the weekly half hour service we have at St. Mary's, my local Church, and the fellowship of friends there too.

On the plus side, it has been wonderful to spend more time in the garden relaxing! But the most important thing I have been able to enjoy is visiting Straws Bridge Nature Reserve near Ilkeston and the Nottingham Canal, watching the new wildlife emerge during this unique Spring. We have seen several swans' nests, one on the Nottingham Canal with nine cygnets as well as chicks, insects, blossom, returning swallows and much more.

I have coped very well during lockdown, thanks to the kindness of local friends, but shall be pleased to return to 'normal life', whenever that may be."

Patricia McHale, Wollaton Natural History Society

"Chilwell Olympia Sports Centre was shut down in March due to the lockdown regulations. In order to ensure our students continued to enjoy the benefits of karate training we set up online classes catering for different levels. Alongside these classes our federation (Shotokan Karate International G.B.) set up short online classes three times per week with participants and senior instructors from all over the world.

The federation even organised an online competition with the participants performing kata (forms) at home and Chilwell Karate School managed to win a gold and silver. People have been very appreciative of these new classes and we have had some old students coming back to train as well as others that have moved away from the area. We do, however, hope to be able to train together in a more traditional way as soon as possible.

Pasq Mura, Chilwell Olympia Karate School



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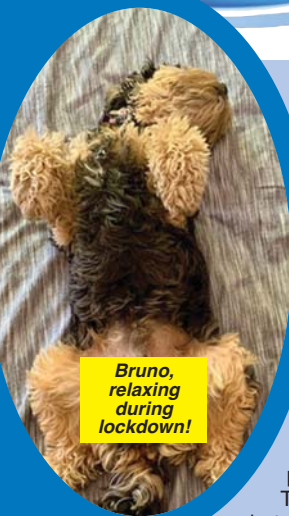
lockdown stories

We've all coped in different ways, enjoy our diaries...

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Bruno, relaxing during lockdown!

"June 2019, we (husband and our two teenagers) went to Alton towers for my birthday (I've always loved the adrenaline rush of the big rides). Alton Towers might be shut right now but I feel like I've been on a roller coaster of emotions, navigating the twists and turns of this unwelcome new ride (we'll call it The 'Rona')!

But it's not all been bad. Lockdown has brought our nearest and dearest closer to home (literally) and also to our hearts. Our local community has pulled together and provided support for each other; even if it's just a 'are you doing okay?', or a smile and a wave across the garden gate, these acts of kindness have given me hope, strength and positivity.

This rollercoaster may have slowed down for now but taking what I've learnt so far, I feel more prepared, both on a practical and emotional level, for the next loop on The 'Rona'.

P.S. Bruno, our gorgeous boy, isn't into rollercoasters and so he's riding the wave in the way dogs do best. Take care and stay safe".

Michele, Breeze Reader

The New Normal for GreenThumb

What a challenging few month's these have been for everyone. At the start of lockdown in the UK, we, like many other businesses, didn't know what this meant for us. Thankfully, this became clearer when Government Guidelines announced that we'd be able to continue operating safely adhering to social distancing and increased hygiene measures.

This was great news for us as a business and great news for our customers who had been chasing up when their next treatment could happen! For many of our customers, our Lawn Operatives visit could be the only interaction they have that day, particularly for those who were and still are self-isolating. Whilst they may not be able to have the full interaction they're used to, a smile and a wave from the garden has proved to go a long way – we want to share our care to those who need it.



We call ahead to ask our customers to open any gates, we ensure no contact is made and always adhere to social distancing. This way, we can keep the safety of our customers and our employees at the forefront whilst giving them a beautiful lawn to enjoy during this prolonged time spent at home.



Beeston Road Club have been doing virtual roller and turbo sessions. During lockdown they also celebrated the club's 75th Birthday on VE Day. The club was founded by ex-servicemen at Wollaton Park on VE Day.

"We will do a bigger event later in the year, but to mark the day we all rode in our family groups to the memorial near the house."

Beeston Road Club

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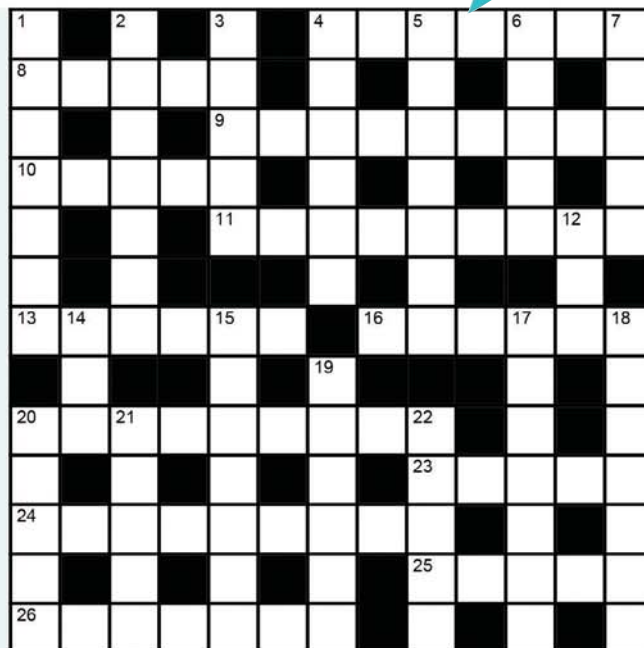
CROSSWORD

Across

- 4 World's largest ocean (7)
8 Adult insect (5)
9 Place in a different order (9)
10 Fillip, incentive (5)
11 Angular distance above the horizon (9)
13 Want strongly (6)
16 Rich and fashionable people who travel widely for pleasure (3,3)
20 Conjecturing (9)
23 Submerged ridges of coral (5)
24 Native Australian (9)
25 Dodge (5)
26 Double-barrelled firearm (7)

Down

- 1 Break up (a group, company, etc) (7)
2 Restraining straps (7)
3 Furze (5)
4 Participant in a game (6)
5 Savage and excessive butchery (7)
6 Mushrooms, toadstools, etc (5)
7 Remove dirt (5)
12 Lyrical poem (3)
14 Large flightless bird (3)
15 Disturbing the peace, going wild (7)
17 Quite a few (7)
18 1996 film with Helen Hunt and Bill Paxton (7)
19 Fawning dependant, underling (6)
20 Chairs (5)
21 Picture taken by a camera (abbr) (5)
22 Rapacity (5)



WORDSEARCH NUTS AND SEEDS

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.



ALMOND

CASHEW

FLAX

ANISE

CHESTNUT

PECAN

ANNATTO

COBNUT

PINE NUT

BETEL

COCONUT

SESAME

BRAZIL

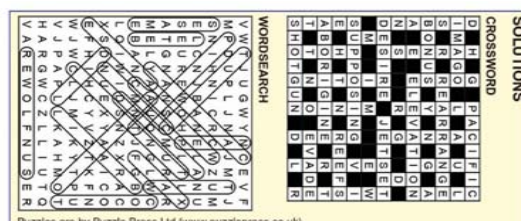
CUMIN

SUNFLOWER

CARAWAY

DILL

WALNUT



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