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NOVEMBER 2020

ISSUE 215



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

a message from breeze

keeping it

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Welcome.

November usually goes with a Bang.
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**Please note all we believe all information given
was correct at the time of going to press.**

MEET SANDRA

Sales Enquiries
07967 282558

Email:

sales@breeze-magazine.co.uk

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walk this way!...

Autumn Footprints is a little different this year, head to their website for more info...

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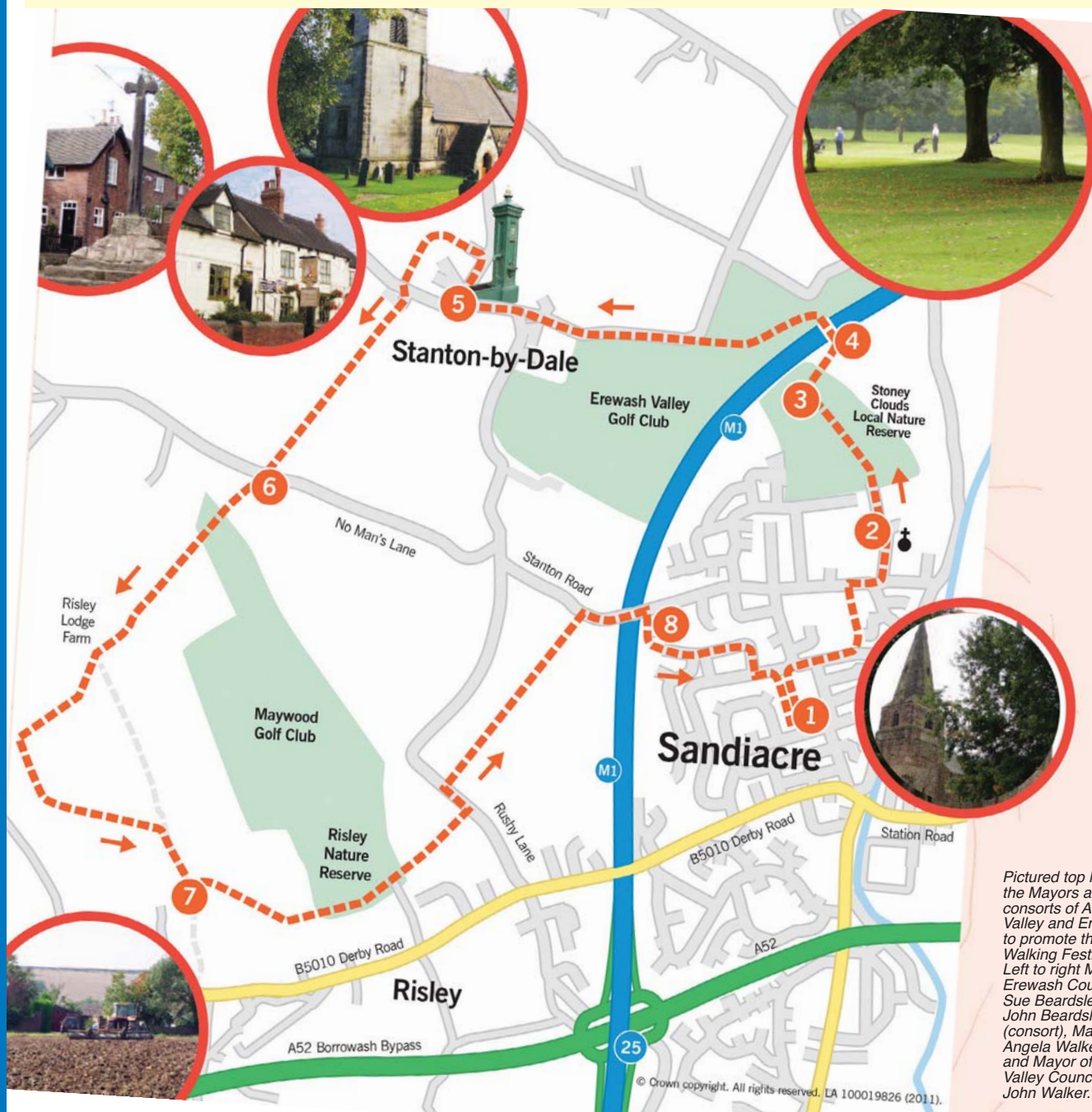
This year Covid-19 has put a stop to our usual annual Autumn Footprints Amber Valley & Erewash Walking Festival.

Normally this would consist of a range of guided walks led by local knowledgeable volunteers over sixteen days in September. However with Covid-19 restrictions this has had to be revised and there will be no led/guided walks. Instead we have collected together some previously produced walk leaflets onto the website for you to enjoy in your own family/friends group – obviously observing strict social distancing guidance.

We hope that you will discover what wonderful walks there are in Amber Valley and Erewash in the heart of picturesque Derbyshire. Both boroughs are well known for their natural beauty, superb scenery, industrial heritage and attractive towns and villages. Both boroughs have extensive ranges of countryside walks leaflets, created in partnership with Groundwork.

Log onto www.autumnfootprints.co.uk to download the leaflets from the homepage.

Please note the leaflets have been produced over the last 20 years, so well before the Covid-19. Therefore, it may be that there are some public houses and cafes that are no longer in existence. There may be some sections where the paths are narrow. All routes are to be walked in accordance with strict government guidance on social distancing. Walking Festival Co-ordinator Marion Farrell from Groundwork, said: "Do download a leaflet from our website and get out and enjoy a local walk this September in beautiful Derbyshire. Walking is a great way to lighten your mood and get fitter." www.autumnfootprints.co.uk



Pictured top left: the Mayors and consorts of Amber Valley and Erewash to promote the Walking Festival. Left to right Mayor of Erewash Councillor Sue Beardsley, John Beardsley (consort), Mayoress Angela Walker and Mayor of Amber Valley Councillor John Walker.

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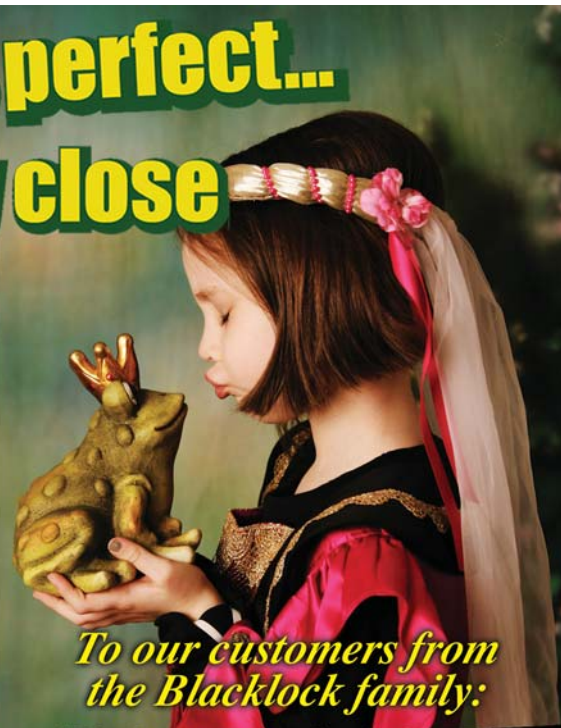
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Image taken prior to current restrictions

Meet one of our CAREGivers Natalia who started working for us in April.

We caught up with her to ask her some questions.

Q. When you started working for us you also had another job during the day, how did you manage doing two jobs?

A. As I was working from home the amount of time I was travelling was reduced and my workload was reduced. I didn't want to be at home in the evenings doing nothing and worrying. I enjoyed going out and spending time with my clients.

Q. How did you feel when you found out that you were being furloughed from your other job?

A. I was anxious as I didn't know what was going to happen, initially I was furloughed until June, then they extended it until September.

Q. Did it help that you were able to pick up extra hours with us when you were furloughed?

A. Absolutely, I loved being able to spend more time with my clients. It gave me something to do, it gave me a 'lift' knowing I was able to help. It also helped financially too.

As Furlough comes to an end are you looking for rewarding work, no experience required?

You can put a smile on the face of those who need it most!

We are looking to recruit CAREGivers who are passionate, to support local people to remain independent in their own homes by providing companionship, home help and activities of daily living throughout Nottingham NG8, NG9 and NG10.

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memory lane

Meet local reader, John Green as we reminisce about his contributions to our area via his work as a stonemason...

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Our local reader John, shares his happy memories of a career spanning over five decades...

"Having lived in Beeston all my life, at the age of 83 I have quite a few stories to tell! At 15, I left school. Having lost my dad, my mum remarried again to Jack Pearson, a local stonemason, who already had four daughters. So when I came in to his life he was delighted to offer me an apprenticeship. I thought 'well, yes I'll give it a go, not really knowing what it was about!' So I started on my 15th birthday at William Woodsends". Established in 1837, Woodsends is famous for being commissioned to build the war memorial on the Trent Embankment, of which John's stepfather Jack had worked on.

"Over the next five years I served my apprenticeship, then came my 'National Service'. For the next eighteen months I spent my time in Malaya, returning to Woodsends for another year. In search of more money I moved to Furse. From there I worked on places like Hardwick Hall and Thoresby Hall, beautiful historical buildings that I was proud to be working on. Although in 1963 we had sixteen weeks of frost, that was quite a challenge!

At the end of 1963 I got married, to my wife Christine, at the same time I changed jobs again and went to work for Norman Douglas for seven years. After that I decided it was time to go and work for myself. I teamed up with three architects and over a period of time I have worked on nearly sixty churches and buildings, including the Nottingham University, Sandbeck Park and Lichfield Cathedral. My proudest work has to be St Mary's Cathedral in Nottingham. I visited last year to check out my buttresses! A couple asked why I was there, and when I told them, they shook my hand in admiration!

As chairman of the Beeston Boys Brigade for over thirty five years, I ran the local cricket team, captained the Chilwell Cricket Club for over twenty five years, ran the Old Boys football team and shared many happy memories with friends.

I've met lots of different characters along the way...

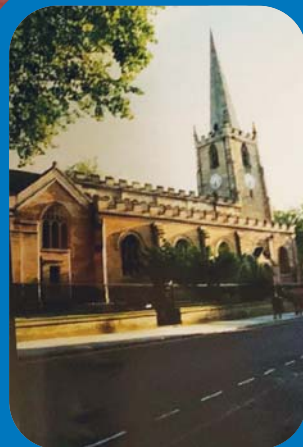
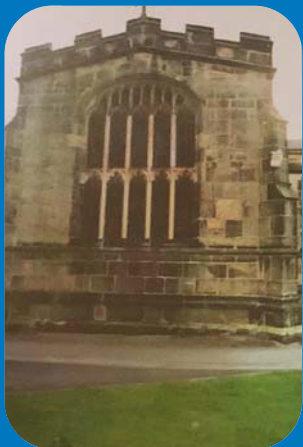
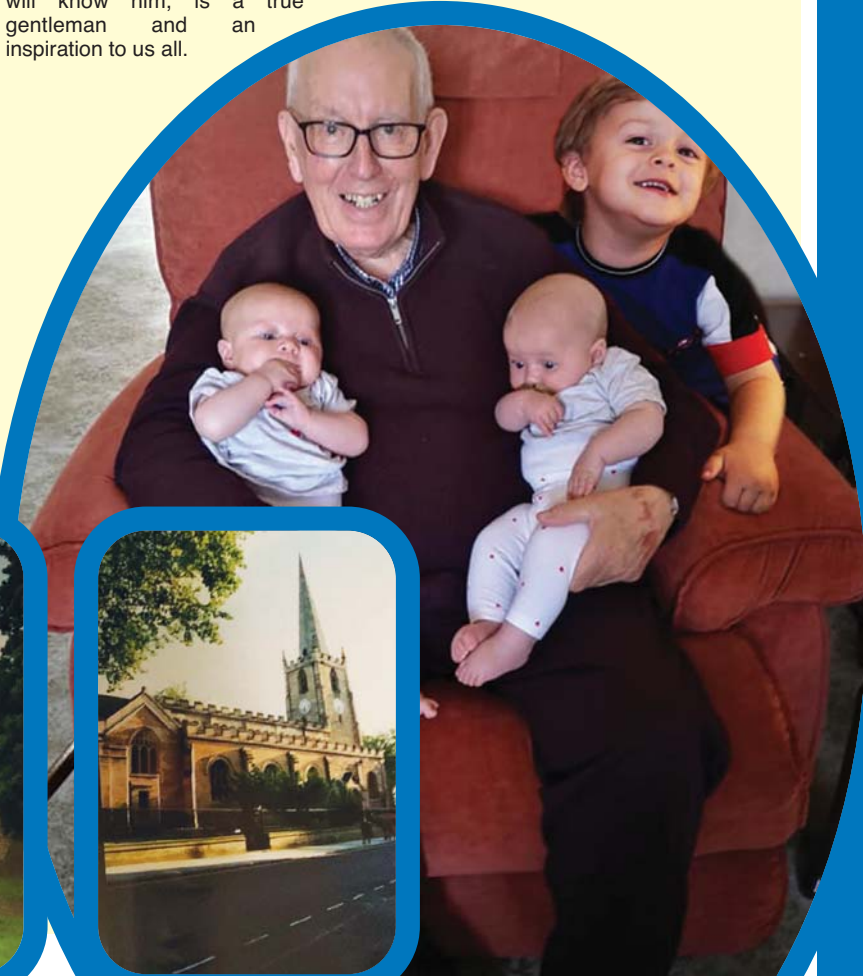
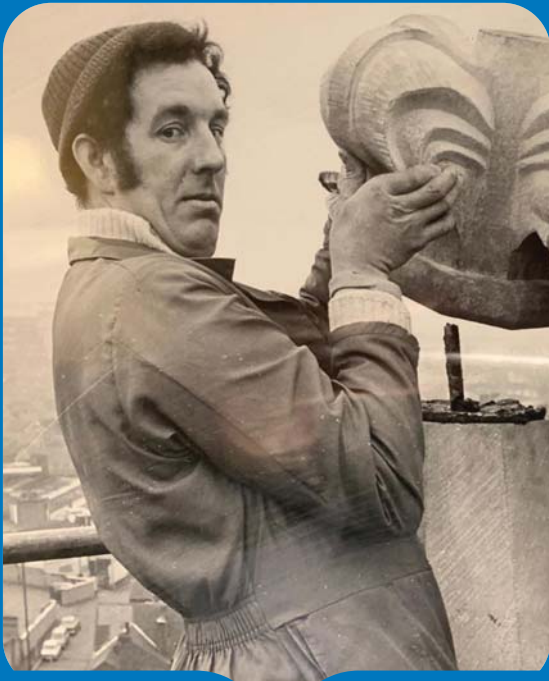
A notable feature of the Park Estate in Nottingham is the gas lights, one of the largest current networks of gas lights within the UK and outside of London. I worked on them, and remember the 'Lightlighter' coming round lighting the gas, such a character! Lady Manvers of Thoresby Hall, approached me one day asking if my jug of tea was one of hers - it was my old billy can tea jug! I've also shared a drink with the Earl of Scarborough on completion of working at Sandbeck Park.

There's so much I could share as I have spent over fifty years doing the job I loved.

Many of the churches in our area I have proudly done work on and take great pleasure in visiting, knowing I have contributed. Of course the pandemic has put pay to that and restrictions have been hard to digest, but I can still sit with my thoughts and look forward to when I can return again with my family".

All this from a man who when hearing the Beatles said - "they'll never last!"

Thank you John for sharing your memories of life and work as a member of our local community. 'Nobby' as some of you will know him, is a true gentleman and an inspiration to us all.



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**Field House,
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£935,000 Freehold



A stunning period grade ii listed 'late regency' detached residence with modern fitment internally.

Field House is offered to the market for the first time in over 40 years with no upward chain and represents a rare opportunity to acquire a beautifully appointed family home. We are both excited and proud to be able to sell this period property which combines character and quality throughout. Mentioned in Margaret E Cooper's 'In search of historic Beeston' and immaculately maintained, this quite stunning family home is possibly one of the 'best' properties we have offered for sale in the last 32 years we have been as Robert Ellis in Beeston.

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.

Rising to the first floor off a stick baluster staircase, cornices and doors with feature door surrounds and dado rails. Four bedrooms, the master with full en-suite and further family shower room/w.c. Stairs to three further attic rooms which provide options for additional storage, playroom and bedroom.

An elegant frontage with in-out driveway and associated parking, maturely planted walled and fenced bordering, with side drive leading past an extensive garden with remote sensor double gates, further car standing and car port/boat shed/double garaging, 'Hartley Botanic' greenhouse, vegetable garden, expansive lawns, well stocked shrubbery – a versatile garden space for all the family.

Seldom are such properties ever offered to the market and an early viewing comes warmly recommended.

**For more information contact Robert Ellis
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At a time we are encourage to stay home as much as possible we still have to maintain our health. Sitting too long isn't good for us. So here's some welcome suggestions....

Reduce time spent sitting

Unless you are a wheelchair user, there is evidence to show that prolonged periods of sitting can increase your risk of developing heart disease. Modern technology has changed how we spend our work and leisure time. It is not uncommon for people to spend several hours every day sitting behind a desk, watching TV, playing computer games or sitting at the wheel of a car.

We have some tips to reduce the amount of time you spend sitting.

The NHS provides advice on activities that are suitable for wheelchair users with different physical abilities: <https://www.nhs.uk/live-well/exercise/wheelchair-users-fitness-advice/>

Take regular breaks from your seat

Whenever you are going to be sitting for prolonged periods of time, set an alarm to remind yourself to get up and move around regularly. If you are sitting watching TV, why not use the advert breaks to prompt you to get moving. You could use this time to run up and down the stairs, dance around the living room or do some star jumps.

Step away from your desk

The government has recently advised us to work from home over the winter if we can. As a result of this, many people are missing out on their active commute to work, such as walking or cycling. If you are working from home without moving much, you could set a timer to remind yourself to get up and move at regular intervals. Why not set yourself a 5 to 10 minute chore to complete once an hour that will get you moving, such as hanging laundry, Hoovering or cleaning windows.

Active phone calls

Avoid staying seated during phone calls. Use the opportunity to walk around or do some squats and lunges. If you own exercise equipment, such as a stationary bike or treadmill, you could hop on for the duration of your phone call. Be careful not to get too out of breath during your phone call. You could pump up the pace for a few minutes after the call ends.

Choose hobbies that will get you moving

If your hobbies involve lots of time sitting, such as needlework, computer games, board games, reading or painting, try to get up and move around at regular intervals. You could set a timer to remind yourself to move more often. You could also look for new hobbies that will get you moving more, such as gardening, walking and DIY. If you enjoy reading, why not listen to

an audio book through headphones while you take a walk or read while you pedal on a stationary bike.

Is online shopping keeping you in your seat?

Unless you are shielding or self-isolating due to COVID-19, you could switch from sitting in front of a screen to do online food shopping and start walking or cycling to the shops instead. Not only will this increase your physical activity, but it will also free up supermarket delivery slots for vulnerable people who need them the most.



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A range of pop up cycle lanes, street closures and cycle parking facilities have been put in place across the city to encourage more active travel during the covid-19 pandemic.

The last cycle route, funded through Nottingham City Council's Emergency Active Travel Fund, is being installed in the Carlton Road area this week.

The measures aim to support social distancing by making it easier for people to walk and cycle, and to deter cut-through driving.

The latest cycle route is being installed as new 'High' level restrictions are introduced by the Government in Nottingham and Nottinghamshire, including advice to reduce the number of journeys people are making, if necessary walking or cycling, or avoiding busy times and routes on public transport where possible.

Councillor Adele Williams, Portfolio Holder for Transport, said: "Our pop up cycle lanes have focused on developing new and improved cycling corridors on key routes in the north and east of the city.

"We've also introduced two low traffic neighbourhoods, in the Arboretum and Derby Road areas, to deter motorists using these residential areas a cut-through and, by doing so, create a more inviting environment, and more space, for people to walk or ride a bike.

"These measures are all about keeping Nottingham moving safely, by encouraging more active travel and reducing demand on public transport while social distancing guidelines are in place.

"We are monitoring all these schemes and inviting residents, businesses and road users to let us know what they think."

The following trial cycle lanes are now signed and lined with easy to spot orange paint, and most of the routes are segregated to some degree. In some locations this hasn't been possible, due to access required to bus stops, or driveways, or due to impact on public transport.

Hucknall Road – An important corridor connecting the City Hospital and ring road. This is the trial phase of a proposed longer route.

St Ann's Wells Road – Cycle lane, with some segregation and improved pedestrian crossing opportunities, and more space for cycling and pedestrians. A permanent scheme is now being considered.

Carlton Road – We're creating a quieter route away from this busy road, ideal for less confident cyclists, linking Porchester Road to the city centre including a new temporary pedestrian crossing. Plans are also being developed for a more permanent solution for the whole of Carlton Road and Porchester Road.

Station Street/Canal Street – A segregated route through the city centre connecting the various routes into and out of the city in all directions.

Oundle Drive – Improvements to existing facilities on Middleton Boulevard/Oundle Drive, where the layout is hindered by poor visibility and footway width. We've moved cyclists off the shared path and onto a dedicated two way cycle lane set back from residential entrances for safety. We are looking to put in an enhanced permanent facility following discussions with residents.

Derby Road – Temporary cycle lane created on the inbound lane to complement the existing bus lane for outbound cyclists.

In addition, the council has installed several pop up cycle parking racks in the city centre and at locations including Colwick Park, Forest Recreation Ground and Victoria Embankment, while security improvements have been made at the permanent cycle hubs at Clifton South and Toton Lane park and ride sites.

These are the latest emergency active travel scheme measures to be put in place, following the closure to through traffic of Victoria Embankment at the beginning of August, and the creation of car-free streets outside eight schools in the city in September.

The fund has also been used to support the provision of bikes to more than 160 jobseekers, and to run pop up Dr Bike sessions.

The City Council is also inviting suggestions from residents on further areas for improvement. This can be done at the Let's Keep Nottingham Moving Safely.



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serenity garden

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Work starts on a new 'Serenity Garden' for bereaved families of child loss set for Highfields Park

The garden is being created with support from Nottingham City Council, Nottingham based baby loss support charity, Forever Stars and the FCC Communities Foundation, who award grants to community projects.

The creation of the 'Serenity Garden' at Highfields Park, will be designed to provide a welcoming space to allow reflection and thoughtfulness for both the families of baby loss but also the wider community too.

The garden will have informal planting, a water feature, special seating areas and two locally designed and built sculptures, created by Nottingham artist Rachel Carter, which will allow for parents to request the names of their little ones to be attached by the artist as a lasting dedication

Forever Stars are a Nottingham based baby loss support charity, supporting parents and families of still birth and early infant loss, founded in January 2014 by Richard and Michelle Daniels following the devastating still birth of their daughter Emily in Dec 2013.

To mark the start of construction, that should be complete by the end of the year, Richard and Jo Daniels from Forever Stars joined Lillian Greenwood MP, Cllr Sally Longford, deputy Leader of Nottingham City Council, Portfolio Holder of Leisure, Culture and IT, Cllr Dave Trimble, local ward Cllr Pavlos Kotsonis to break ground.

Cllr Dave Trimble, Portfolio Holder for Leisure, Culture and IT, said: "We are happy to support Forever Stars in creating such a poignant and important garden for local families.

"We have been transforming previously underused areas of Highfields Park for some time now and this new garden will not only give parents a place to grieve and remember - but it will offer the wider community a new space to enjoy and appreciate in the park."

Cheryl Raynor FCC Community Foundations local grant manager says: it's great to see this fabulous project underway. FCC Communities Foundation is always happy to consider grant applications for projects that make a difference to local communities and we are looking forward to seeing the finished garden."

Richard Daniels, Co-Founder and Chair of Forever Stars, said: "We are delighted that the Serenity Garden is becoming a reality with the wonderful support of Nottingham City Council, FCC Community Foundations and of course our amazing fundraisers, the garden will be such an important resource for baby loss families in Nottingham over the coming years."

"Whilst it will be lovely for baby loss families to be able to use the space, we know it will be a beautiful spot for everyone, where they can relax and enjoy the sculptures, as the Serenity Garden becomes another attraction for the people of Nottingham in Highfields Park."

To find out more about Forever Stars, you can visit www.foreverstars.org



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A ghost or restless spirit is known as a 'Duppy' in Jamaica, or a Jumbie in many smaller Caribbean islands.

Traditionally, a good duppy is usually a deceased family member or friend who 'dreams you' – meaning they appear in your dreams and give you advice or information. Bad duppies on the other hand can be harmful or malevolent and can be set on you by someone who doesn't like you, through a supernatural practice called Obeah, that dates back to the days of slavery.

Many duppy stories originate from the transatlantic slave trade in the 1600s, with the most popular stories featuring the Rolling Calf, a huge, wicked calf-like creature that rolled along the road blocking the way and was sucking the molasses; and the Ol'Hige, a witch who sheds her skin and flies by night, taking the form of an owl. She harms people by sucking their breath while they're sleeping and was especially dangerous to babies.

Here's a very short duppy story:

Once a man was travelling in a dray packed with sugar. The molasses off the sugar was trailing underneath the dray. Two duppies came up and was sucking the molasses, an' say, "After the molasses so sweet, how is the sugar?" The drayman happened to hear it, wheeled his whip in the air an' give the duppy a good lick. The Duppies ran off, crying, "Me dead one time, me dead one time, me can't dead two time!"

Duppies are everywhere

Duppies feature in all kinds of places, from books and songs to Caribbean sayings and even PlayStation games, with some games having characters known as duppies.

They appear in Ian Fleming's James Bond novel 'Live and Let Die', which mentions them and the Rolling Calf in the chapter 'The Undertaker's Wind'. Bob Marley's song 'Duppy Conqueror' in 1971, which saw Marley as the conqueror and the duppy anyone draining his energy. Plus Tony Matterhorn's song 'Dancehall Duppy' in 2011.

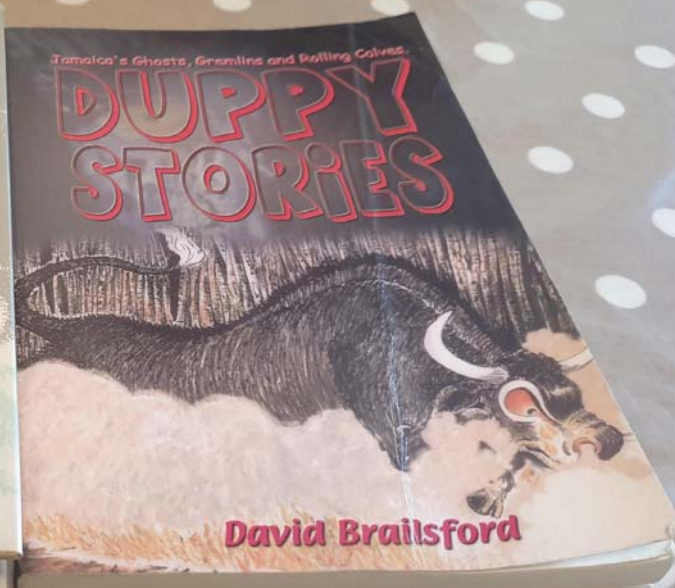
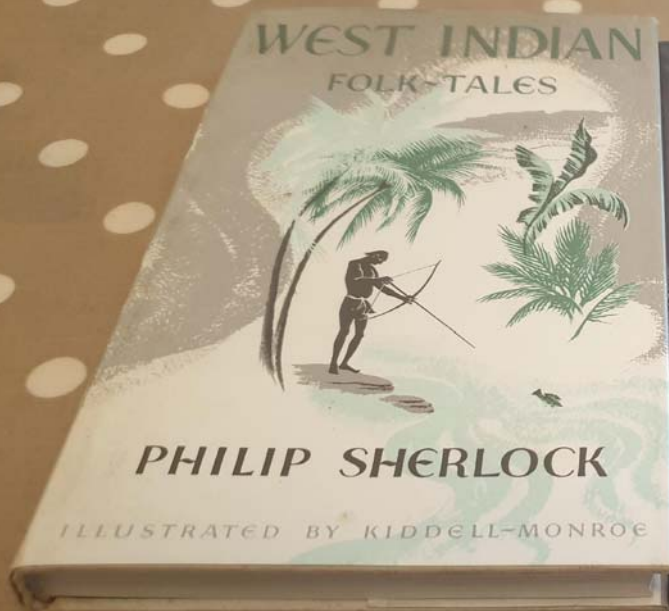
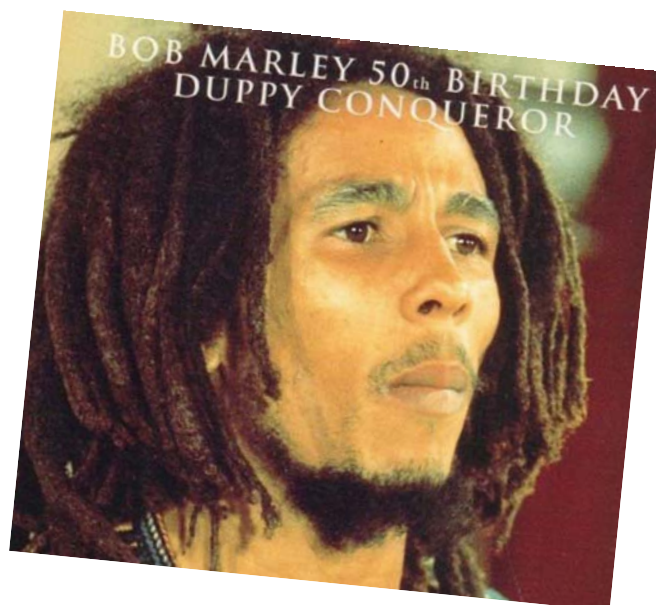
There are lots of Caribbean sayings and phrases featuring duppies, including:

'duppy know who fi frighten' – which means bullies know who to pick on and how to exploit the weak; and
'I couldn't sleep last night at all duppies ride me whole night and brek up my rest' – the sensation that you've been woken from sleep and want to move but it feels as if someone is holding you down and you can't open your eyes. You want to scream, but no sounds comes. 'Duppy riding you' is a frightening experience!

In the Caribbean, toadstools are known as Duppy or Jumbie umbrellas, and you can hear people complain when these unwelcome plants appear in their gardens 'Duppy umbrella spring up all in the front of the house'. Similarly, parents and adults would often use duppies to discourage children from staying out late by saying things like 'Careful how you walking back home, duppies gwine be out this time a night'.

Duppy know-how

It's said you know when a duppy is present, because it feels as if your head is growing larger, or there's an unexplained heat affecting your body. Eating salt will help you to 'run' i.e. chase away a duppy, as they hate salt. You can also run a duppy by wearing your clothes inside out, or shame them by cursing or exposing your private parts!



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"People who receive financial advice could be £40,000 better off within decade."

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An advisor can give you that extra knowledge and expertise you need to help you achieve your goals.

Obtaining guidance from a professional adviser could help you start 2020 on a firm financial footing – and save you money.

Research shows that people who receive financial advice could be £40,000 better off within a decade (International Longevity Centre UK, July 2017) so it's worth speaking to an expert.

2 Build the right financial plan for you

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

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make the right decisions,

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

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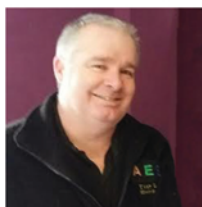
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gardening

This month we consider the colder weather to come and what to buy and where to plant it without losing your precious stock. The Hardiness index gives us an idea to guide us.

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WHY EVERYONE'S WINTER GARDEN IS DIFFERENT

The RHS (Royal Horticultural Society) Hardiness Rating runs from H1 (mild/indoor climate) to H7 (UK outdoors). These are guides for the UK that dictate which plant species can grow outdoors and which plant species will require either an indoor environment or a greenhouse, heated or unheated. Plants fully exposed to the elements need to match around H5-6 rating to survive through a winter reliably.

We can see though how much a winter can vary even in a small geographic area, as well as from year to year. If you add 'milder winters' into the equation this can make a big difference. The Met Office says that the decade 2007-2016 had the mildest winters in the UK in three centuries, with an average winter temperature of 4C.

So even if you're reading winter gardening advice for your area, it may not be the right advice for you. It's a question of understanding your own patch and adapting what you do, based on what you find works. Take into account the 'micro-climate' of your garden.

The nightmare conditions in the UK are a warm February, a week of bitter frost in early March, and then a fortnight of cold, wet, dark conditions. The first causes plants to start growing, the frost damages the new growth and the miserable conditions allow the plant to become attacked by bacteria and fungi. This sort of thing really does happen, and causes considerable damage to our plants when it does.

So as a rough guide we might say that a plant graded as H4 would be okay in a sheltered spot during an average winter but keep an eye out for very cold spells and maybe cover with fleece if needed. A plant graded as H5-H6 should withstand a typical UK winter in most circumstances but remember the 'micro-climate' plays a part in this as well! For instance, if you plant where there is a persistent wind then the colder months will really take their toll on all but the very hardiest plants due to the extra cooling and general beating they will experience. You can match these grades to their US equivalents when buying as well but the RHS has created this guide specifically for the UK.

KEEP OFF THE GRASS?

Don't put away the lawn mower so readily come the darker days as most of the time the temperature is above freezing so the lawn keeps growing. When a winter garden looks bare, it looks much better to have a smart lawn.

Some professional gardeners say that they don't think that people walking on frosty or snowy lawns does discernible harm whilst others are adamant that it damages the lawn.

It's perhaps a case of whether a lot of walking takes place - and the condition you like to keep your lawn in. A family lawn gets a lot more use than a decorative lawn but any damage is considered ok - nothing to worry about and fixed next spring.

TO DIG OR NOT TO DIG?

If we don't get any winter frosts then there will be little benefit from digging soil over in the autumn. One thing you can do though is to layer manure or compost on the beds in autumn. The worms and micro-organisms then dig the soil for you! Then again, digging can be therapeutic so there's no harm in that either.

Hopefully this mini guide will give you some thoughts on what to buy for your garden this autumn & winter. Bulbs can be planted ready for next spring so take a look there as well - something to look forward to as we journey through another season. All stay safe and learn with us but most of all... **Enjoy!**



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Sight Loss Charity announces continued COVID-19 support after successful radio scheme during pandemic

The sight loss charity, **British Wireless for the Blind Fund** is heralding the success of its latest project after the innovative BWBFConnect service helped more than 600 vulnerable people with sight loss to maintain their independence and fight isolation during the height of the pandemic. The charity will now extend the program for several more months to provide ongoing support for those who are continuing to shield at home for age or health reasons.

BWBF provides specially adapted audio equipment such as DAB/FM radios free of charge to those with sight loss. It was forced to make the difficult decision to suspend face-to-face home installation services in March as a direct result of social distancing regulations. Committed to finding alternative ways to support the vulnerable and minimise isolation and loneliness, the organisation fast tracked the launch of a COVID-secure alternative, offering doorstep delivery of their devices along with telephone support during receipt, unboxing and installation of the radios.

To date, more than 600 free radios have been issued under the BWBF Connect scheme. The devices play a significant role in delivering vital news and information, along with entertainment and, perhaps most importantly of all, a friendly voice and essential companionship at a time when many people are separated from their friends and families.

Sophie Wheldon, BWBF Regional Development Manager said, "Having never attempted anything of this scale before, we were naturally unsure about whether a socially-distanced installation and support service would be possible, but we have been completely overwhelmed by the success of the scheme. We are very proud to have been able to deliver more than 600 devices to people living with sight loss at a time when they really were needed most.

"We've carefully listened to feedback, and we know that many of the people we support are continuing to shield, which is why we've made the decision to extend the adapted BWBF Connect service for the foreseeable future."

The charity has received incredibly positive feedback during the scheme's trial period, with one radio recipient noting that, "At first I couldn't put on the radio stations. A BWBF team member talked me through it over the phone and he was so clear. He couldn't have been better; patient and understanding."

Due to social distancing regulations and an urgent need to protect the health of the vulnerable, the charity will continue to offer direct courier delivery and a telephone set-up service.

BWBF phone lines have remained open during the pandemic, and will remain open with staff and volunteers carrying out many of their duties from home to continue providing necessary support for those with sight loss.

To find out if someone you know is eligible for a free device under the BWBFConnect scheme, visit www.blind.org.uk or call 01622 754 757.

About British Wireless for the Blind Fund

A national charity with a regional focus which aims to improve the daily lives of visually impaired and blind people. It provides a lifeline to the world to those who are unable to afford a specially adapted radio and who meet criteria by supplying equipment on a free loan basis. To qualify for a radio, recipients must have sight loss, and be in receipt of a means-tested benefit. The new BWBF Connect service has been instrumental in reducing isolation and loneliness during the COVID-19 outbreak, with equipment installed at-home with telephone support.



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could you be a foster carer?

Nottinghamshire County Council calling out for
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Throughout the coronavirus pandemic, the need for foster carers in Nottinghamshire has remained high, and Nottinghamshire County Council is appealing for anyone who is interested in fostering to come forward and find out more about the rewarding role. The global pandemic has impacted people from all over the county, with many residents experiencing important life changes including some people finding themselves without work.

For many, facing redundancy and looking for a new source of income can seem daunting, especially in the current climate. However, the need for foster carers will always be prevalent, and Nottinghamshire County Council foster carers receive competitive weekly payments to help support them in caring for Nottinghamshire's Looked After children.

It is as important as ever for people to come forward as foster carers during the coronavirus crisis, as children and young people continue to face challenges and turbulent home lives, foster carers are able to step in and help them.

Even those who have been able to work from home during the pandemic have often found that their perspective on work/life balance has changed, and increased time spent with their loved ones has benefitted the whole family.

By becoming a foster carer, your time is prioritised around your family and the children in your care. While some foster carers continue to work, others see fostering as their full-time role, allowing them to spend quality time with the children they care for. Whatever your situation, if you are interested in fostering, the Nottinghamshire County Council's fostering team want to hear from you.

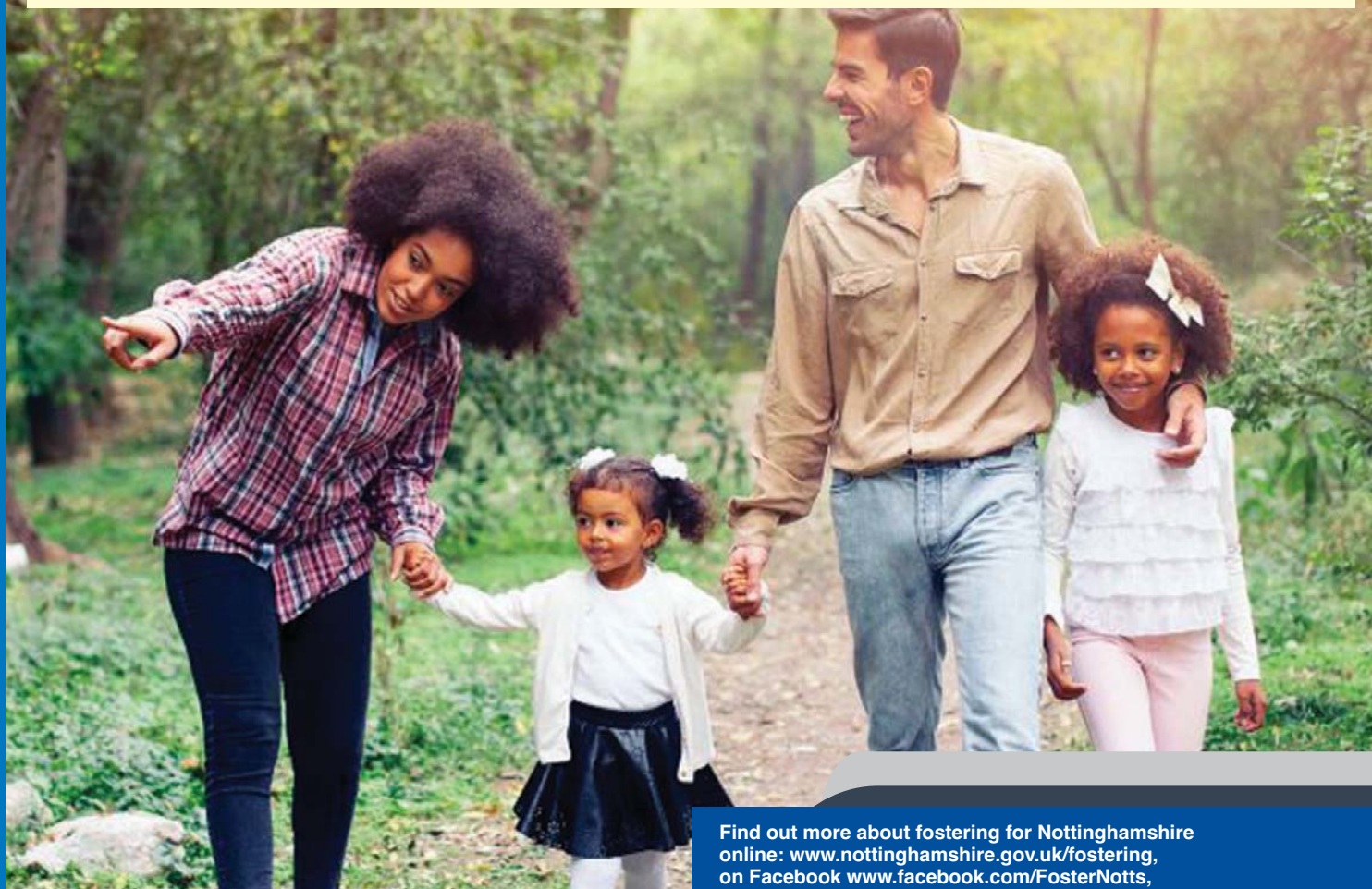
Full time foster carer, Helen, decided to leave her previous job as a Probation Officer to become a foster carer. She said: "I really wanted to make a difference to people's lives and my job wasn't fulfilling for me at the time. My husband was a full-time foster carer and I could see how rewarding it was and I loved being involved in fostering while I was at home. After I left my job to foster full-time, I saw the benefits straight away. I know I have made a difference to children's lives, and since I started fostering I have also had two children of my own, and having other children in the house has enriched their lives too. "The support from Nottinghamshire County Council is really good, there is always someone at the end of the phone, and the training is excellent. "If anyone is thinking of fostering, I would say – definitely look into it more. It's really rewarding and the matching process between a child and their foster carer is great."

As the pandemic continues to evolve, the council is calling for more foster carers, like Helen, to help transform the lives of young people across the county. Nottinghamshire County Council offers high-quality bespoke local training to all foster carers and provides ongoing support.

Councillor Philip Owen, Chairman of Children's Services for Nottinghamshire County Council, said "While the country currently continues to have restrictions and guidelines due to the coronavirus pandemic, it is important to remember that there are still children and young people out there who need our help. "We really value our foster carers and pay them in line with the National Minimum Fostering Allowances, which sees foster carers receiving weekly payments plus additional allowances for special occasions, such as a Looked After Child's birthday, providing a regular income to support them in this important role.

"Foster carers approved by the Council provide a best value care placement when compared with other care providers, such as independent fostering agencies, so I would encourage anyone who is at a crossroads in their career or who has the time to dedicate to foster care, to find out more on our website and enquire about fostering with Nottinghamshire County Council."

While government guidance has meant that the fostering team has been unable to hold their usual public fostering information evenings, they are still very much available and are now holding regular 'virtual coffee and fostering chats' via Microsoft Teams video calls.



Find out more about fostering for Nottinghamshire
online: www.nottinghamshire.gov.uk/fostering,
on Facebook www.facebook.com/FosterNotts,
or call 0115 804 4440 to speak to a member of the fostering team.

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importance of outdoor space

Gardens can save our sanity - something gardeners have known for years - now its official says the national garden scheme report

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A new report from the National Garden Scheme emphasises the vital role that gardens and outdoor spaces played – and continue to play – in the physical and mental health and wellbeing of the nation during lockdown. Bringing together feedback from garden owners, viewers of their unique Virtual Garden Visits that aired throughout lockdown, and an online survey conducted in August, the National Garden Scheme report confirms that the power of gardens to do good has never been more important.

George Plumptre, Chief Executive of the National Garden Scheme said, “Anecdotally, from the responses we received to our Virtual Garden Visits during lockdown, we knew that gardens (real and virtual) were playing a significant and important role in people’s lives. In August, to back this up, we ran an online survey entitled ‘The importance of our gardens and outdoor spaces during lockdown’. Over 2,400 people responded giving us a set of key statistics which confirmed much of the feedback we had already established; that access to gardens and green spaces can play a vital role in our ability to cope in times of crisis.

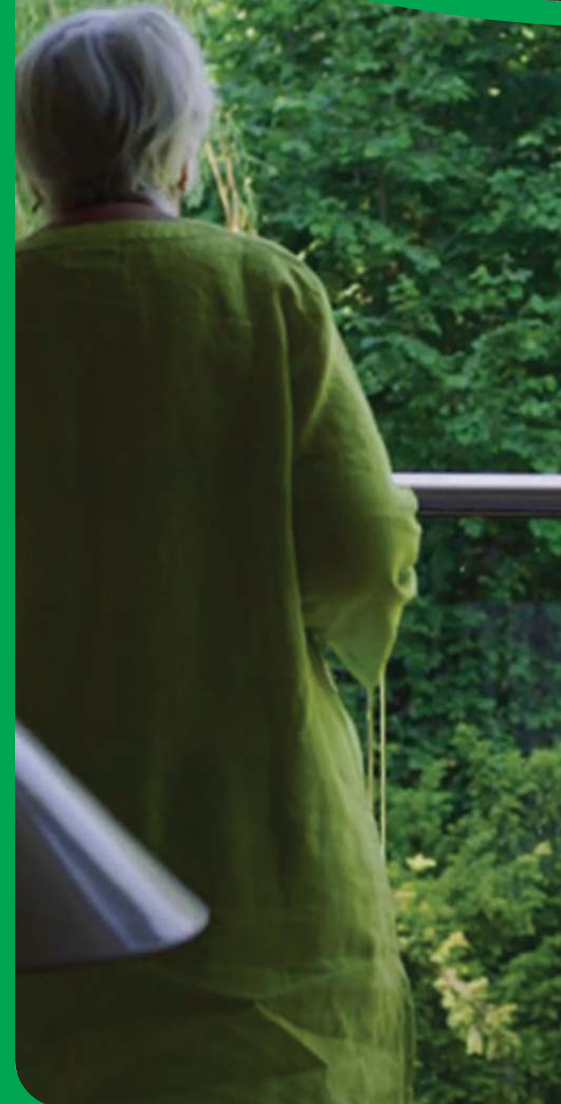
“The report lays out our findings, the statistics along with some of the long-form stories that survey respondents shared with us, and the feedback from a selection of our own National Garden Scheme garden owners.”

KEY FINDINGS: 2,419 people responded to the online survey. 92% said their gardens and outdoor spaces were ‘extremely important’ to them during lockdown in terms of health and wellbeing. 87% said that a key benefit gained from access to their garden/outdoor space during lockdown was ‘It helped to relieve stress.’ 100% of those with balconies or window boxes (35 respondents) said a key benefit was the reduction in stress – all of these respondents were within an urban or suburban environment

Of respondents with access only to a public outdoor space (20 respondents) 95% said that a key benefit was that ‘It helped to relieve stress’ (as opposed to 87% overall) 78% said that a key benefit gained from access to their garden/outdoor space during lockdown was ‘It helped them appreciate nature’

69% said that a key benefit gained from access to their garden/outdoor space during lockdown was ‘It kept them fit and contributed positively to their physical fitness’ 86% said they used their gardens more during lockdown. 77% used their gardens for relaxation

81% spent their time growing and propagating seeds. 70% grew their own produce. Enjoying time to watch and encourage wildlife, connecting with neighbours ‘over the garden gate’, completing overdue garden projects and enjoying the sanctuary of their outdoor spaces were common themes in the long form responses.





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The National Garden Scheme has been raising millions of pounds for nursing and health charities by opening private gardens across England and Wales since 1927.

In 2020, the Covid-19 pandemic forced the charity to close its garden gates from April to June - its key fundraising months - for the first time in its history, leaving a shortfall in funding for its beneficiary charities. As the single largest funder of Marie Curie's work, the longest standing partner of Macmillan Cancer Support and a key funder for Hospice UK, Carers Trust, Parkinson's UK and The Queen's Nursing Institute this shortfall is having a major impact on these key nursing charities.

The Great British Garden Party is an initiative designed to celebrate the key role played by our gardens and outdoor spaces in our health and wellbeing and to reduce the funding shortfall to enable key nursing and health charities to continue providing their vital services.

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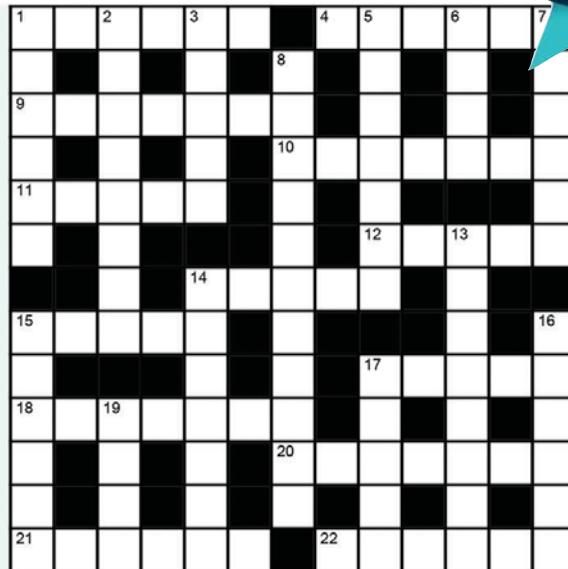
CROSSWORD

Across

- 1 Sikh headdress (6)
- 4 New World vulture (6)
- 9 Betrayer of one's country (7)
- 10 Print anew (7)
- 11 Go in (5)
- 12 Parasitic arachnids (5)
- 14 Thin pancake (5)
- 15 Ballroom dance of Latin American origin (5)
- 17 Relative magnitude (5)
- 18 Everlasting (7)
- 20 Resembling a lion (7)
- 21 Drool (6)
- 22 Give in, as to influence or pressure (6)

Down

- 1 Shred (6)
- 2 Response (8)
- 3 On the move (5)
- 5 Avert (7)
- 6 Platform (4)
- 7 Passengers (6)
- 8 In a mistaken manner (11)
- 13 Having the ability or power to construct (8)
- 14 Exclusive circle of people with a common purpose (7)
- 15 Dissertation (6)
- 16 Go back to a previous state (6)
- 17 Rock (5)
- 19 Female operatic star (4)



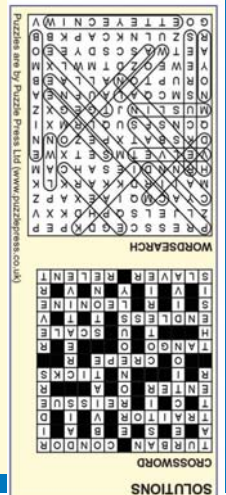
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Z L J E L S Q P H D K X V
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M A I I R D K K A R K L K
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V E L V E T M S E T X W E
D K S B A T X P E Z O N N
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Can 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.

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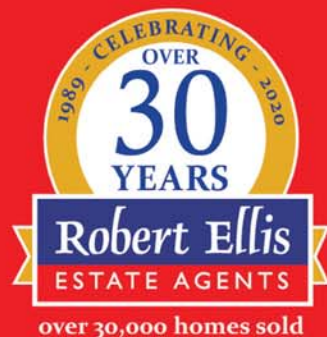
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