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SEPTEMBER 2020

ISSUE 213



Wellbeing at Home



Support
Twycross Zoo



Help at Hand



Back in Business



Community Spirit



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ESTD. 1938

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In light of the Government's relaxation of lockdown measures and following guidance from the Government, NHS England, our optical governing and advisory bodies, we are happy to announce we will be re-opening on Wednesday 1st July 2020.

Please call us on 0115 9255051, email us at enquiries@johnflynnopticians.co.uk, or contact us on our social media channels to request an appointment for all routine optical services including eye examinations, styling consultation, spectacle dispensing, fittings or collection appointments. We will advise you about the protocols in place for your attendance.

You can follow us on our social media channels where we can keep you informed on any further changes that may be put into place in the future.

Thank you for your patience during these difficult times. We all look forward to seeing you back in our practice very soon.

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

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The practice already dispenses specialist spectacles, tints and coatings which can help people with various daily tasks such as driving, vision in low light level and VDU work. It also supplies Austrian lenses which use 'Pin Sharp' honeycomb lens technology to improve the vision for those who struggle to see very well.

Low-Vision lenses are available from the USA for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and macular degeneration (AMD). These special lenses change the direction of light to alternative healthier parts of the retina. Combined with a special yellow filter to improve contrast - they have been a huge success in helping those with visual impairment see better!



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

The practice is now open all day Monday to Saturday. Off street parking is available in the practice own car park. Established in Beeston, Nottingham over 80 years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell Road. The aim is to create a warm and welcoming environment within the traditionally furnished surroundings.



Open Monday to Friday from 9am to 5:30pm. Saturday 9am-5pm

John Flynn Opticians welcomes the registration of new patients and parking is available in the practice's own car park.

Telephone 0115 9255051 to make an appointment. enquiries@johnflynnopticians.co.uk www.johnflynnopticians.co.uk



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a message from breeze

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Welcome.

September brings us back to school, in the hope we can bring back some normality. Businesses have suffered and as always we encourage you to support them as much as you can.

Local life must go on and we can all do our bit. We encourage you to stay safe as you go about daily life and be mindful of others.

Wear your masks if you can and keep yourself and others safe and well.

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

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



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

MEET SANDRA

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Twycross Zoo is need of your help, see how you can contribute...

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The Summer Holidays are officially over for Twycross Zoo which is looking ahead at a worrying winter with the certainty of less visitors, resulting in a significant drop in income. Time will only tell whether the Midlands zoo will make it through to next season or whether a breaking point is on the horizon. What is certain is that autumn and winter will be critical to the long-term survival of Twycross Zoo, which is home to over 500 animals, including some of the rarest species on the planet.

Achieving just 31% of its visitor capacity throughout the summer holidays, the latest BVA BDRC report on tracking consumer sentiment, on the impact of Covid-19, has indicated that the next few months are looking like they are going to be tougher. The survey results also suggest that the sentiment of the consumer is changing with 85% of people thinking that there will be a second wave that leads to another lockdown and the percentage of people who think the worst is yet to come continues to track upwards to around 50% of the population. Furthermore, people visiting outdoor attractions is flatlining at 43%, indicating that this could drop at any moment.

CEO of Twycross Zoo, Dr Sharon Redrobe OBE, commented: "Covid-19 has been the worst crisis we have faced in our 57-year existence and the past five months have been, in short, an emotional rollercoaster.

"Every day that we are open we are slowly clawing back the uncertainty that lockdown has caused but by no means are we out of the woods. If we ever faced another lockdown it's hard to imagine that our zoo would survive. We are fighting, our communities and supporters are fighting but disappointingly there has been no update from the Government on how it is going to support the UK's large zoos, which in all honesty is devastating.

"We have sadly had to make some difficult decisions and sacrifices over the last few months. Vital restructuring to help save the zoo has taken place across our teams, and has had a significant impact on our commercial and education departments. We have put on hold future development projects that would have brought a huge boost to our local economy however animal welfare is not an area that we can or will ever compromise on.

"With the summer holidays at an end and schools re-opening, our situation is even more critical and we call again on our local communities, MPs and supporters for renewed support to get us through these notoriously quieter months."

It costs over half a million pounds a month to run the 100 acre zoo and thanks to its supporters, Twycross Zoo has now raised over £360,000 through donations since it closed in March, which is an amazing achievement, but unfortunately, it hasn't touched the surface of the multi-million pounds of crippling debts faced by the zoo.

Support has come from all over the country and from those recognised across the world. Legendary actor, Brian Blessed OBE, has now joined the likes of actress, Dame Judi Dench, broadcaster and Professor, Alice Roberts and X-Factor winner, Sam Bailey who have all pledged their support to the zoo. In a moving video, Brian Blessed

who is a self-confessed animal lover, said: "Twycross Zoo needs to survive. It needs to continue its vital role in educating the next generation. It needs to care for its 500 animals and refuses to compromise on their welfare.

The zoo needs to continue its mission to protect the species with which we share our planet and without your help Twycross Zoo could close, and it's going to take an entire community to save this zoo from extinction."

Twycross Zoo's fight is still not over. For further information on Twycross Zoo's Summer of Survival campaign and to visit, donate, adopt an animal or become a member please visit www.twycrosszoo.org/summer-of-survival

FOUR WAYS YOU CAN SUPPORT US THIS SUMMER



Visit Us

A visit to our zoo is so much more than just a day out. Admission from each visitor contributes to saving Twycross Zoo from extinction, cares for our 500 animals as well as supports the conservation of endangered species across the world.



Donate Online

In the heart of conservation for 57 years. If you cannot visit our zoo you can still make an online donation. Every penny makes a difference to our conservation charity.



Become a Member

From only £50, join up and become part of the Twycross Zoo family and help protect our 57 year old zoo for future generations. Don't miss out on the exclusive perks and benefits too.



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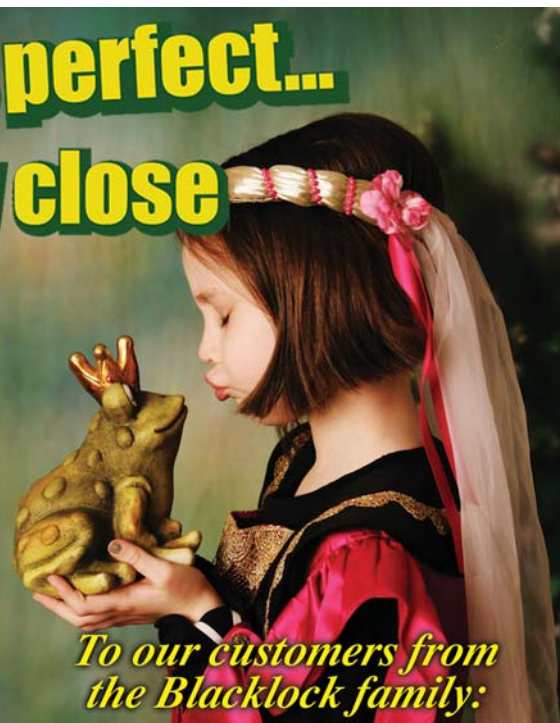
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10 tips for nurturing emotional wellbeing in the home...

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As families struggle to deal with the fall-out from exams chaos, don't forget that younger children also need support with their mental health – this year of all years. Although they're still on holiday, they may have worries about the new school year in September.

Children are out of the habit of formal learning, they probably haven't had one-to-one contact with teachers, they may have lost contact with many of the friends. And if that wasn't enough, the know the new school year will mean social-distancing, 'bubbles', and a host of changes to their learning environment.

Good mental health practices at home are in order to help you children feel calm and prepared for what lies ahead. **Here are 10 easy ways to do it.**

1. Relationships are important: create a nurturing environment where everyone feels valued and safe.

While the need may be innate, the skill of developing and maintaining connections is learned. You can create this environment at home by working as a team, sharing responsibilities and making sure everyone's efforts are appreciated. Think about ways your family is looking out for each other and remember showing appreciation and keeping the lines of dialogue open consistently will help your children learn these skills.

2. Adjust your expectations

We are in a very strange time. Our worlds have been turned upside down and almost everything we knew to be true has changed. Adults and children alike have been affected by changes to their lives and as a result things we used to be able to cope with might feel like huge mountains to climb. We all have something called a window of tolerance. If your window is smaller than usual at the moment, go easy on yourself and take the pressure off. Allow yourself and your children to be less productive than normal, and give yourselves time to process what you are feeling.

3. Allow everyone to have a voice

It is absolutely normal to want to feel in control and to hold on tightly to the things we can control. Whether your child breaks down over the wrong-colour socks or something else, see what practical choices you can give them to help them feel they have some control.

4. Be playful and have fun

Play fosters creativity, collaboration and problem solving, all of which are important for good mental health. Playing is a fantastic way to develop relationships and resilience. It also releases feel-good hormones. Children (and adults) learn through play. Children often explore areas they are finding challenging through their play. Role plays are a great example of this.

5. Create an atmosphere where all feelings are allowed

Name feelings and emotions as they arise. This gives children and adults the language to describe how they are feeling. Set aside a calm time to talk about feelings. You could show your children Emoticon Emotions Cards or Photo Emotions

6. Read stories

Spend time together and lose yourselves in a good book. Act out stories and make up your own narratives. Use your imagination or add props. Let books take you where you cannot physically go.

7. Keep some structure in the day This does not mean you need to timetable every second. For example, agree times that you will come together as a family. Agree a time that is for quiet activities, work, going outdoors.

8. Encourage curiosity

Take your children outside and follow their lead, see what they have questions about and research the answers together. Go on 'I spy challenge walks', find out how exercise changes their heart rate, have timed races, explore shadows, find mini-beasts, classify animals, identify plants and identify birds. The list is endless.

9. Give your child a safe space they can go to

See if you can create a den or something similar for your child to play in, and retreat to when they want to be alone.

10. Make time for family time

Designate time each week where there are no screens and no distractions. Use this time to work on something together. This might be building a den, cooking, painting, crafting, going on a walk. It doesn't matter what the activity is; the important thing is to spend some quality stress-free time connected, doing something together. Success has different guises: have a day where you forget about the end goal and the focus is on being together.

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"If this is you, we would really love to give you the help you not only need, but deserve. Our friendly outreach team are just a phone call or text message away from providing you with the support you need to live a life free from abuse. As well as being there to talk to you about your experience, the outreach officers at Broxtowe Women's Project can also supply you with vital information on housing, benefits, police procedures and legal issues.

We want you to feel empowered and providing you with this guidance and information will help you get there. Taking that first step might seem a bit daunting to begin with, but we will be there with you every step of the way.

Not only do we support people living through abuse right now, but we continue to keep a relationship with our service users for as long as they need us, whether they've been free from abuse for weeks, months or years. We know that the pain doesn't go away over night and we want to give you everything you need to be freed from abuse.

We also run coffee mornings where survivors are made to feel part of a safe community, alongside women who have been through experiences similar to their own. Our befriending service provides companionship for those who would like someone they can reach out to when they need it. We also provide a counselling service with a trained therapist who is there to listen and help find ways to deal with emotional issues.

Children can be affected by domestic abuse too and Broxtowe Women's Project also offers a range of services to support young people, giving them a safe environment to talk about their experiences. We don't judge anyone who gets in touch and it's our priority to ensure women and children affected by domestic abuse feel empowered to be safe and in control of their lives.

If you aren't experiencing domestic abuse but think you know someone who is, please tell them about Broxtowe Women's Project or get in touch with us to find out more".

**Opening hours: Monday to Friday: 9am to 5pm
Saturday and Sunday: Closed**

(but if you leave a message on our confidential answer phone or email us, we will get back to you the next working day).



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Is your child road safety aware? Nottingham MPs rally to plea to parents...

Most parents do not think their children understand road dangers or concentrate properly when near roads, a new survey reveals as pupils prepare to set off back to school from next week.

Safety campaigners have urged parents to help children learn the Green Cross Code "as they would their spellings or times tables". The call has been backed by all three Nottingham city MPs - Alex Norris, Lilian Greenwood, and Nadia Whittome.

In a survey by YouGov, commissioned for Injury Prevention Week (17-21 August) almost two-thirds of parents did not think their children had a good understanding of the dangers or concentrate near roads.

"One in eight parents went as far as to say they are very concerned about their children's safety," said Sam Elsby, president of APIL - a Nottingham-based, UK-wide not-for-profit group for injured people, which hosts Injury Prevention Week.

"The Highway Code states that children should not be allowed out alone until they can understand and use the Green Cross Code properly. So it is particularly important for those children who may be walking to school without a parent or guardian for the first time this term," said Mr Elsby.

"I urge parents to be proactive this Injury Prevention Week. Support children in their knowledge and understanding as it is their best tool for avoiding harm on the roads," he went on.

"Test your children this week on crossing between parked cars and on bends. And ask them if they know to look out for reverse lights so they know if a car is about to move backwards. Test them in the same way you would test them on their spellings or times tables," said Mr Elsby. Children aged 15 and under account for around a quarter of pedestrian injuries and deaths on British roads*

Nottingham North MP Alex Norris said: "As this YouGov survey shows, far too many children are unaware of the potential dangers when doing everyday things like walking to and from school, and APIL's Injury Prevention Week does an excellent job highlighting the dangers and helping parents and children alike to learn about the Highway Code and how to stay safe. I'm proud to support their work and hope together we can make a real difference to road safety."

Nottingham South MP Lilian Greenwood said: "Some of us will remember learning the Green Cross Code at school and with children accounting for a quarter of pedestrian injuries and deaths on our roads, those messages about how to stay safe around traffic are just as important today.

"Walking has huge health benefits and the current pandemic has encouraged more people to walk as an alternative to public transport. The Government's recent investment in making roads safer for pedestrians and cyclists is welcome and safe driving is vital, but education for young pedestrians still has an important role to play. I hope that Injury Prevention Week will be a timely reminder of the importance of good road awareness and encourage all parents to talk to their children about how to stay safe on our streets - these could be life-saving conversations," she went on.

Nadia Whittome, MP for Nottingham East said: "I am proud to support this year's Injury Prevention Week and I am really pleased to see that the focus is on pedestrian safety and particularly that of children. As part of a move towards a greener society, walking and cycling must become more integral to our way of life, and ensuring that pedestrians and parents feel safe, is a great step towards that".



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We were honoured to have Brian officially open Hope House in 2010. Hope's work of unity and service has spread all over Nottingham, with fifteen local foodbanks established by 2014. There has been an ongoing vision to see each of those food-

banks develop to provide holistic, supportive communities in each neighbourhood. It has been a real joy to see each one grow and mature.

Hope is working in partnership with The Arches/Trent Vineyard. With support from the Robin Hood Fund, Trent Vineyard and national and local government, Hope Nottingham has been able to purchase over £100,000 of food which The Arches is storing and distributing to foodbanks across Nottingham. Quite apart from this amazing provision the partnerships that have developed will certainly grow in the future as we seek to work in unity to develop holistic community hubs in neighbourhoods all around Nottingham.

"Our hope and prayer is that each of these hubs will provide crisis support with food and furniture, financial and welfare advice, job support and most importantly, welcoming loving community all over Nottingham. The last ten years have been at times extremely challenging as well as fruitful, bringing positive change to many communities—and we wouldn't have been able to do this without the support and generosity of countless supporters, staff, guests and volunteers over the last decade. The next ten years, with growing unity, we believe will bring even greater Hope to those that need it most".



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Hospice delivers flowers to shielding patients

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John Mozley, 74, from Long Eaton, is amongst fifty terminally-ill patients who are receiving flowers this week as part of their ongoing weekly support from local charity Treetops Hospice Care.

Treetops, based in Risley, had to close its doors to patients at the start of the Coronavirus lockdown but have continued to provide weekly 'Cake and Care' packages and regular wellbeing calls to their patients throughout the pandemic.

Treetops 'Cake and Care' packages have included practical food items, treats, activities and this week, a posy of flowers put together by local Sweet Williams Florist in Sawley, Long Eaton.

John had been going to Treetops for a couple of years until lockdown: "I miss it terribly. The people, the company, everything! I'd known about Treetops for a long time and then heard about it again when I was having chemotherapy.

"We can't go to the hospice anymore but they phone us up to see how we are and I look forward to the care parcels coming. I look forward to everything to do with Treetops."

John's wife Mary, 74, explained more about his condition: "John was diagnosed with bowel cancer twelve years ago. He was given the okay for years but then in 2015, he was sent for an X-ray because he had a wheeze and a cough and he had lung cancer.

"It was very slow growing. Then in February he started limping and they sent him for an X-ray thinking it was arthritis and he has bone cancer. He's been very positive and very well until last few weeks.

"We aren't going to hospital anymore. We've tried but especially now it's gone into his bones, we're not having any more treatment, we're just having palliative care."

Mary is also grateful for the support from the hospice: "They're so kind and John just loved it. He looked forward to going and it gave me a rest and a chance to do other things. He loves to chat and he could just go there and be himself.

"We both had complementary therapy when we first started going, we went to the drop-in Wellbeing Cafe and I used to attend the Carers meetings.

"Now we get regular phone calls to check if we're okay and they've brought bags with goodies and treats and information leaflets on getting food if that's been difficult.

"On VE Day we had a cream tea and on Wimbledon we had some Pimms. We've had books and quizzes - just things to cheer you up and look forward to. It means we still have the link with Treetops.

"It's been nice to have people there at the end of the phone if we need them. Things crop up when you're not very well and it's been a good thing to have. John misses it terribly."

John and Mary, who have three daughters, celebrated their 51st wedding anniversary during lockdown. John worked as an instrument technician for Courtaulds Engineering in Spondon, from age 16 to 62, when he took voluntary redundancy.

Treetops Senior Staff Nurse, Ali Jordan, explained that 'Cake and Care' is a lifeline for Treetops patients:



"We're very aware that as people return to work and children go back to school, there's a sense of settling into a 'new normal' for many.

"But most of our patients are still continuing to shield at home due to their terminal illness. They are still unwell, very vulnerable and want to protect themselves as much as possible."

Treetops has adapted its services accordingly, Ali continues:

"We're responding to patients' needs and bringing the care and support to them at home. We're going to continue this for as long as our patients need us.

"As well as 'Cake and Care', some of our Wellbeing Services are restarting as online, virtual sessions and we've re-opened our Wellbeing Café, though people must pre-book rather than drop in.

"It's the first time we delivered flowers to our patients and we know they'll brighten up their day and bring a smile to many faces. We're very grateful to Ian Daykin, 50, from Sweet Williams Florists for the lovely arrangements and for helping us out."

Treetops provides nursing care and emotional support for adults with life-limiting conditions such as cancer, motor neurone disease and heart and respiratory conditions.

Treetops is doing all it can to continue to support those in most need and the hospice is asking for donations to ensure they can continue to provide their services free of charge throughout the pandemic. Donations can be made online at www.treetopshospice.org.uk/donate

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Many of us are aware that lowland peat bogs and their wildlife are threatened through peat extraction for garden composts and other uses. Peatland wildlife such as dragonflies, butterflies and birds depend on peat for its survival and gardeners are constantly being encouraged to choose alternatives.

However, in the past some gardeners have complained that seed germination is slower in peat-free compost, the compost tends to dry out more quickly and it's too clumpy and impossible to sow very small seeds in.

Which? Gardening, the Consumers' Association magazine, tested nine widely available peat-free composts, assessing the performance of each compost for seed sowing, growing on young plants and growing plants in large pots, published in the latest edition.

Clearly, achieving a consistently reliable peat-free compost is difficult. This is because the waste products, such as timber and green waste, on which these peat-free alternatives are based, vary depending on their source. "They also continue to break down in the bag and as a result the nutrient levels in the compost are constantly changing. "Manufacturers need to address these issues in order to produce a peat-free product we can rely on." To give you the best chance of good results, buy the freshest peat-free compost and avoid bags with damaged or faded packaging.

Water your plants little and often and start feeding them four to six weeks after potting them up in peat-free compost, or use a slow release fertiliser mixed in at planting time, checking the bag for specific instructions.

Peat-free compost should be stored in a dry place as nutrients may be washed away if it becomes too wet. Preferably, choose peat-free compost with good on-label information. Read and follow the instructions on the packaging about the suitability of the mix for particular purposes.

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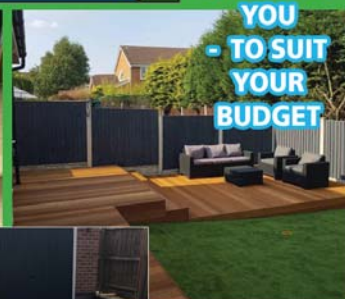
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With lockdown lifting across the country, people have been searching for ways to get outside. And it seems the nation's waterways, with angling, paddle sports and towpath use showing record numbers as people seek socially distanced ways to have fun and a surge in bookings of canal boat holidays for those looking for a UK staycation.

Interest in paddle boarding sports is growing, with a 145% increase to the Trust's pages in May and June. The biggest jump was on the 'Paddleboarding for Beginners' Page when restrictions were lifted compared to the end of March!

The number of people discovering their local towpaths soared over lockdown, as they proved the ideal place to get a breath of fresh air and connect with nature.

Jon Horsfall, head of customer service support at Canal & River Trust said: 'After being cooped up inside for months, people are itching to get outside and enjoy the open space, in a socially responsible way.'

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eating well guide

Using the Eatwell Guide to plan your meals

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SINCE 2002

A healthy, well-balanced diet is important for managing your weight and preventing serious health problems, including heart disease. The Eatwell guide is a visual tool that represents government guidelines on healthy eating.

In this Healthy Tip, we give you some tips for planning a healthy, well-balanced diet using the Eatwell Guide.

What is the Eatwell Guide?

The Eatwell Guide shows the proportions of different types of food that make up a healthy diet. This is represented as a plate, which is divided into five food groups.

The Eatwell Guide is appropriate for most people, but it should not be used in meal-planning for very young children. It is not essential to achieve this balance with every meal, but it is good to try to get the proportions right over a day or longer. Try to consume a variety of foods from each of the food groups to ensure you consume a range of nutrients.

Fruit and vegetables

Fruit and vegetables should make up over a third of the foods in your diet as they are a good source of vitamins, minerals and fibre. However, most people do not eat enough. Fresh, frozen, tinned, dried or juiced fruit and vegetables all count. Fruit juice and/or smoothies should be limited to around 150ml a day due to their high sugar and low fibre content. Try adding fruit to breakfast cereals and increase the amount of veg or salad in your lunches and evening meals.

Potato, bread, rice, pasta and other starchy carbohydrates

Starchy foods, such as pasta, rice, bread, breakfast cereals and potatoes provide us with energy and essential nutrients. These starchy foods should make up just over a third of your diet.

Choose wholegrain versions, such as wholemeal pasta, brown rice, wholemeal bread and wholegrain breakfast cereals.

You can also try to leave the skin on potatoes for extra fibre. Get your day off to a good start with a bowl of wholegrain cereal or a slice of wholemeal toast with some fruit.

Beans, pulses, fish, eggs, meat and other proteins

Try to include beans, pulses, fish, eggs, meat or other protein with most meals.

These foods are a good source of protein, vitamins and minerals. Try to choose a lean cut of meat, such as chicken without the skin, as it is lower in saturated fat. If you eat fish, aim to have two portions every week, including a portion of oily fish, such as salmon, mackerel or sardines as these contain the essential fatty acids that are good for your heart.

Oils and spreads

Try to choose unsaturated oils and spreads, such as rapeseed, vegetable, olive and sunflower oils.

Try to cut down on butter, hard margarine, coconut oil and animal fats as these are all high in saturated fat, which can increase your risk of heart disease. When cooking fatty meats, such as bacon, cut away as much of the fat

as possible. All fats are high in calories (energy) and should be consumed in small amounts.

Dairy and alternatives

Try to include some dairy or a dairy alternative with each meal. Products such as milk, cheese and yoghurt are a good source of protein as well as some vitamins. They are also a key source of calcium which is vital when it comes to keeping your bones strong. Choose lower fat and sugar dairy products where possible. This includes reduced fat cheese or fat-free and sugar-free yoghurt.

High fat, salt and sugar foods

Foods that are high in fat, salt and sugar should be consumed in small amount.

These foods, which can be eaten as an occasional treat, include chocolate, cakes, biscuits, sugary soft drinks, butter and ice cream.

Water, lower fat milk, sugar-free drinks.

Aim to drink around six to eight glasses of fluid every day. Water, lower fat milk and low sugar/sugar free drinks (including tea and coffee) all count. Fruit juice and smoothies can also count towards our fluid consumption. However, they can be high in sugar and low in fibre, so we should drink no more 150ml of these in a day.

You can find more healthy tips, recipes and advice at heartresearch.org.uk.



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children's wellbeing

Yoga is on the timetable at Firbeck Academy in Wollaton

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2002

"Yoga is very good for you and helps you stretch your core which is a really important strength for health and fitness." Harlem Carthy-Lewis (age 10)

Children at Firbeck Academy in Wollaton have been enjoying Yoga classes as part of the school's approach to ensure that both their physical and mental health are cared for.

Zoe Piponides (SENDCO and Year 5 Teacher) is wellbeing lead at the academy; and lucky for the children, Zoe is also a qualified Yoga instructor!

She said, "I have been practising Yoga for 10 years and it is so exciting to share my passion with the children. We have fabulous grounds at the academy, so we have been making most of the good weather and taking our classes outside. The children are responding so well that many are regularly doing Yoga at home now."

Zoe says that the Yoga instruction is proving to have a positive impact on how children approach their lessons. "In these testing times the children's wellbeing is a particular focus for us and daily Yoga lessons help to alleviate some of the stresses and worries children might be experiencing."

"All classes have given it a go since the beginning of lockdown, and it has been posted on the academy's website so that children could experience Yoga at home with their families too."

Deputy Head Teacher Sem Cao said that the Yoga classes are part of a broad program the school has established to support the whole child and foster the most beneficial environment for learning. "In our recovery curriculum our children's mental health and wellbeing is paramount which is why Yoga is being used at Firbeck; not only does it improve memory and concentration skills, it has also been shown to reduce anxiety and stress in children."

Pupil Evie Nicoll (age 10) is enthusiastic about the classes. "It's calm and relaxing and it gives me energy. You get to see how far you can stretch your body and feel good about yourself. I look forward to doing it and have been doing it every day since lockdown started!"

Fellow pupil Harlem Carthy-Lewis age 10 agrees. "Yoga classes are calming; they get me ready for work and motivate me. I like doing the 'full bridge' where you can turn your body into a bridge! Yoga is very good for you and helps you stretch your core which is a really important strength for health and fitness."

Whilst the benefits of improving memory, attention span and academic performance are all important, pupil Evie was quickly able to sum up why the children look forward to classes. "Yoga is also really fun to do!"



Children of Firbeck Academy in Wollaton have access to Yoga instruction at school as part of the academy's approach to caring for the development of the whole child.
Photo credits: Dave Edwards

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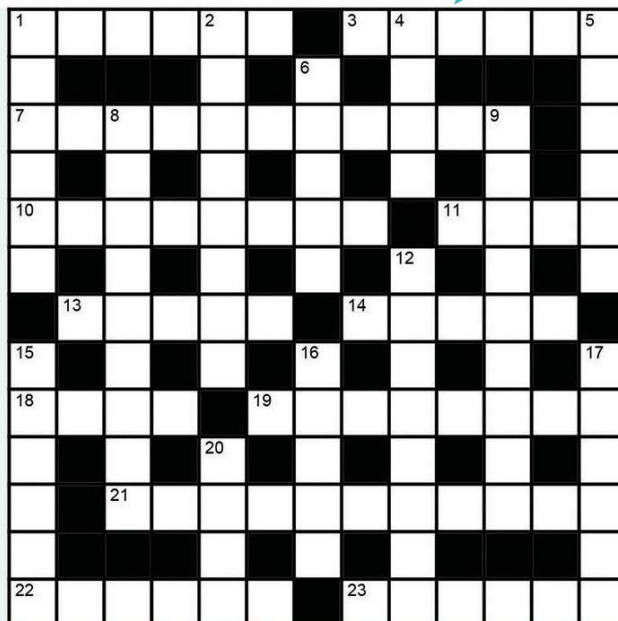
CROSSWORD

Across

- 1 Mother superior (6)
- 3 Frank and direct (6)
- 7 Caused to feel uneasy and self-conscious (11)
- 10 Driven insane (8)
- 11 Small area of land (4)
- 13 Papa (5)
- 14 Extension to a main building (5)
- 18 Protective covering of a building (4)
- 19 Deliberate act of destruction or disruption (8)
- 21 Happening without apparent external cause (11)
- 22 Unborn baby (6)
- 23 Fabric for a painting (6)

Down

- 1 Order of business (6)
- 2 Song sung beneath a lady's window (8)
- 4 As well (4)
- 5 Stabbing weapon (6)
- 6 Tall tower referred to in the Bible (5)
- 8 Primitive in customs and culture (9)
- 9 Bold outlaw (9)
- 12 Sleep disorder (8)
- 15 Wrinkle (6)
- 16 Coat with fat during cooking (5)
- 17 Against (6)
- 20 Australian term for a young kangaroo (4)



WORDSEARCH

CARTOON CHARACTERS

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.



BEAVIS

GUMBY

SMURF

DONALD DUCK

JERRY

SNOWY

DUMBO

PLUTO

TIGGER

FELIX

POPEYE

TINTIN

GARFIELD

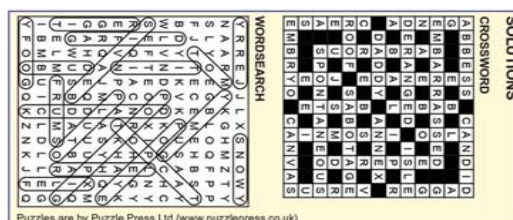
PORKY PIG

TOM

GOOFY

RAPHAEL

TOP CAT



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