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APRIL 2021

ISSUE 220



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welcome local

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Looking forward to businesses opening again and enjoying outdoor activities.

Keeping local is so important - support your local business!

MEET SANDRA

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



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Enable Support Limited are a care company provide care and support to older adults within the community. Covering the areas of both Nottinghamshire and Derbyshire, we have successfully been in operation for three and a half years.

The company provides support to people who wish to remain independent in their own homes. "We assist them to be as independent as possible, helping with personal care, shopping and social activities. The company and it's staff hold over twenty years of experience working in the support and care services and they are fully trained and DBS checked.

Enable Support Limited has worked with a full range of people experiencing difficulties with physical and mental health, in a calm and friendly manner. We can work with you to create a routine around you or a family member that meets their needs, whether it be helping with medication, cleaning or assistance with having a bath or a shower.

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Enable Support Limited is a home-grown care and support service, who are currently expanding and in a position to offer our services to other people within the community. We can offer single daily calls, or up to 3 visits daily. If you prefer, we can discuss with you or your family members how the service can meet their needs."

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at home service



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Founded by Sarah Kirby, Spruce Interiors is a creative and hands on Interior Design practice based in Beeston. The Interior Design service includes: Colour Designs, Interior Design, Kitchen Design, Bathroom Design and Project Management.

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Sarah Kirby
(Business Owner)

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leading the way

in the next generation of teachers

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Beeston Fields Primary & Nursery School receives prestigious 'Training School' status with Inspiring Leaders Teacher Training

Local School, Beeston Fields Primary & Nursery School has been awarded 'Training School' status with Inspiring Leaders Teacher Training (SCITT).

Alongside Beeston Fields Primary & Nursery School, a second school to receive the honour, Leamington Primary & Nursery Academy based in Sutton in Ashfield, also belongs to the same multi-academy trust, Nottinghamshire's Flying High Partnership, a founding member of Inspiring Leaders.

James Brown, (SCITT Partnership Director, Inspiring Leaders Teacher Training) said the accreditations mark the significant quality of experience and quality of the schools to provide an Outstanding training experience to teachers in their training year.

He said, "Training Schools are a brand-new pilot initiative which will see four Primary schools play a more significant role in hosting teachers in their training year. Each year our partnership trains up to 120 aspirant Primary and Secondary school teachers who go on to inspire and transform the lives of pupils across the region. Our newly designated Training Schools will be at the heart of helping continue to improve our school-based approach to training teachers in line with the ambitions of our partners trusts and the Department of Education's policies around teacher retention.

"We are thrilled to award both Beeston Fields Primary & Nursery School, and Leamington Primary & Nursery Academy this accreditation, and look forward to seeing how their work impacts our partnership in the future. We know that teachers play an enormous role in shaping the lives of pupils and this is why we are so passionate about ensuring we train the best teachers to work in our schools."

Chris Wheatley OBE is CEO of the Flying High Partnership and said, "On behalf of the Flying High family I would like to congratulate both schools for this brilliant achievement. It is wonderful that it has been recognised by Inspiring Leaders that both schools completely embody the environment, support, resources and expectations required to develop the best teachers to the profession, these attributes and conditions make the schools a perfect training ground for any aspirant, training teacher."

Beeston Fields Primary & Nursery School Head Teacher is Claire Lindsay who said,

"This is fantastic news for us as a school and wider Trust, and testament to the commitment of the staff in creating the richest environment we can for those training to be a teacher. The status of 'Training School' is a great honour, and one we intend to go on deserving and we look forward to proving ourselves worthy of the recognition.

"Teaching is one of the most rewarding jobs you can do, and our mission always has been to develop the highest calibre of teachers to give children the best educational opportunities possible."

Inspiring Leaders Teacher Training was formed in 2014 and has trained over 350 new teachers for schools in the region through its Ofsted outstanding school-based route. The partnership provides trainees with training which is led by expert teachers and an experience which is based in schools to help best prepare trainees for a career in teaching. Inspiring Leaders works closely with University partners to ensure trainees achieve Qualified Teacher Status (QTS) and Post Graduate Certificate in Education (PGCE) and is committed to inspiring the professional journeys of teachers in the area.





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anyone for tennis?

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This month sees the opening of outdoor sports.
We catch up with two great tennis clubs in our area...

The Tennis Club at the **Chilwell Memorial Institute** has been awarded the County-wide 'Club of the Year' award at the recent Notts Lawn Tennis Association Annual Awards

The President of the Club, Chris Clift, said the Award was "An amazing achievement for a small Club in the middle of lockdown. It's a credit to the contribution of all the members as well as our funding bodies."

Grants for the development of the all-weather court have been given by Sport England and Notts County Council. "The Club owes a debt of gratitude to these bodies for the faith they have put into the Club" said Chris.

Since summer last year the Club has converted one of its three grass tennis courts into a floodlit all-weather court enabling all year-round tennis and netball as well as other recreational activities.

Chris said Sport England and Notts County Council "were impressed by the Club's aim of using the new court to expand the range of recreational activities open to the community." The Club is now hoping that children and older residents will find it easier to take up tennis or other sports to get fit, make friends and have fun.

In addition to the all-weather court, the Club has also re-surfaced the two existing grass courts which needed improving. The Club has achieved a new tennis and community facility ready the forthcoming summer season.

The Club is a social tennis club and members play mostly mixed doubles. Several Open Days are held at the beginning of the season to encourage new members. It is looking to welcome players of all abilities, especially beginners, and those who have played before but would like to pick up it up again. "It's a great sport" Chris said.

A new Netball Club has also been established and members are looking forward to playing on the new court. The Netball Club plays walking netball which is fun for all age groups. England Netball has been encouraging the Club since the renewed interest in netball nationally.

Trish Roberts-Thomson, Chair of the Chilwell Memorial Institute said: "The Tennis Club have shown imagination and dedication in re-developing the courts and this Award from Notts LTA is a fitting achievement."

Anyone interested in playing tennis or netball please get in contact with the Tennis Club on 0115 972 3653 or Email: chilwelltennisclub@googlegroups.com



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year of the roses

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SINCE 2002

Art Culture Tourism UK
and OKAY! schools' magazine Italy
launch their international initiative "Our Roses
and what they mean to Us"



This wellbeing creative showcase project is a celebration of perhaps our most stoic flower, the rose. Held during such difficult global times, it aims to encourage artistic and emotional expression – to celebrate nature and our place within it.

ACT/OKAY! will post submitted material on their tele-matic channels and on social media, releasing an online showcase exhibition.

The best images and stories will be selected for a major online exhibition, a book, a video film and a fantastic outdoor Autumn event in Beeston and Nottingham, the Land of Robin Hood.

The rose is a sign for hope for the future. Because after the thorns, we need the roses.

"But he that dares not grasp the thorn should never crave the rose"
- Anne Brontë (from *The Narrow Way*)

This project is dedicated to roses in all their aspects, shapes and colours. You can send images of roses and gardens as drawings, paintings, mosaics, frescoes, decoupage, collages, whichever form. They can be documented in different situations e.g. gardens, interiors, furnishings, decorations, setups for events, celebrations etc.

Free to enter and open to anyone, all ages, individuals, groups (including family and school groups) and associations.
Link to the submission form can be found here:
www.artculturetourism.co.uk/yotr-form.html

Last day for entries: 20 August, 2021

*As Founder of Art Culture Tourism,
based Beeston-Nottingham, it's a fantastic opportunity
to collaborate with Italy's OKAY! schools magazine led by
Roberto Alborghetti for this international initiative
"Our Roses and what they mean to Us"*
- Year of the Roses 2021.

*We all need the creative inspiration that this will bring to
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Marysia Zipser

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a spring in our step!

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SINCE
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It finally feels like Spring! There seem to be more hours in the day as the mornings are lighter and the evenings stay lighter for longer.

"CAREGivers who recently joined us are Clare and Melanie. Clare told us 'I've been caring for the elderly for about twenty years, including grandparents. I think I am quite a bubbly person. I have three daughters and ten grandchildren.'

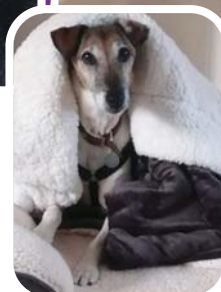
Melanie said 'I am so happy to have joined Home Instead and to help make a difference in the lives of people wanting to keep their independence. My children have all grown up and flown the nest and this is an area I know I can be a blessing to others and in turn find myself blessed in the process. Already in the short time I have been with Home Instead I have felt the genuine care and support of the company and people in it as well as finding fulfilment in helping different individuals I see each day within the community. I have raised three children and have two beloved pets Mouse, our cat and Gelo, our bouncy nine year old dog.'

Several of our CAREGivers have hobbies which they sometimes share with their clients. Jessica sent us this photo with the caption:

"In my spare time I enjoy roller skating! I'm always learning new tricks on the skate park and pushing myself to get better every time."

We're pleased to see that you're wearing a helmet Jessica!

These difficult times have shown the world how important Key Workers are. If you have had a change in circumstances because of the Covid virus, now is the time to take up the opportunity of making a difference to the elderly and vulnerable in the community and find a satisfying and rewarding career. If you would like to find out more then please give our Recruiter Vicky a call on 0115 9226116. The ability to roller skate is not essential!"



(clockwise from left)

The Cat called Mouse

Jessica - in action!

Gelo the bouncy dog



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A substantial four double bedroom detached family house in this premier residential location with a particularly good sized well groomed plot.

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In brief, the internal accommodation comprises entrance hallway with cloak storage and cloakroom/WC, lounge with feature window to the front, separate dining room, leading to a sun room and a further sitting room/snug morning room, additional study/ground floor bedroom 5, sizeable contemporary dining breakfast kitchen with adjoining utility room and rear porch. Rising to the first floor are four particularly good sized double bedrooms, the master with a very large refitted contemporary en-suite bath and shower room/WC, further family bathroom and separate WC, bedroom 2 having an attractive sun terrace overlooking the front garden. (Additional walk in storage cupboards offer further potential as well as a good size loft if further bedrooms were required subject to planning permission).

Externally the property has a private setting set well back from Beeston Fields Drive with brick/block paved driveway for car/vehicle standing and turning leading to a double garage and outside WC, the gardens are well groomed and maintained and the property is a genuine well-balanced family house of good size being in access of some 3,000 square feet internally.

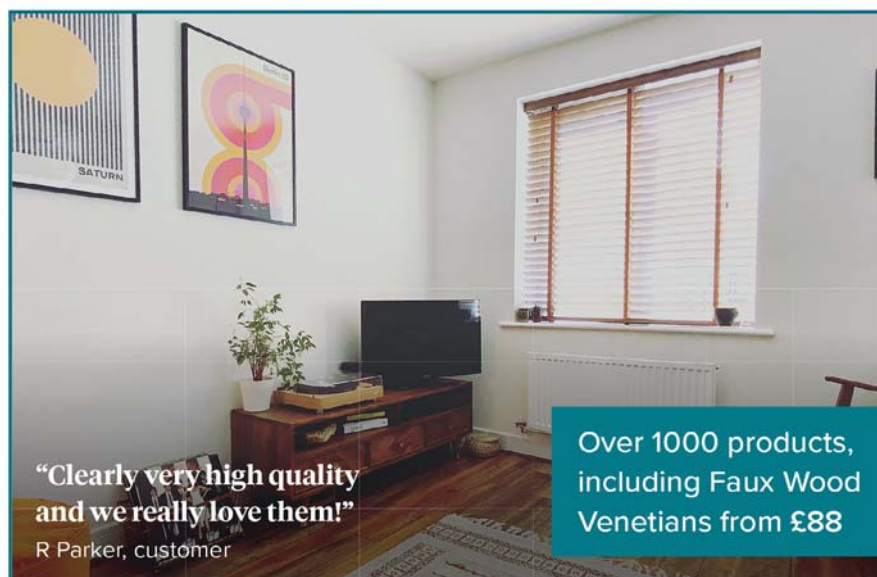
An early internal viewing comes highly recommended in order to avoid disappointment.

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Spring is the most glorious time of year, with a wonderful sense of optimism. Our gardens are slowly coming back to life, and we begin to anticipate summer and the long warm evenings ahead. Spring is the perfect time to engage with the outdoors from the comfort of your home.

Bring your indoor space to life with flowers and foliage. Our charming lavender and meadow flower wreath looks stunning displayed on a pale background, particularly when paired with blush pink accessories, and we suggest lightening up darker corners with TruGlow® candle lanterns.

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Save money and have the reward of growing your own plants - try starting with bedding plants as these aren't difficult.

You will need:

• Seed trays • Potting pots • Potting compost • Nitrogen based fertiliser • Clear plastic to cover the seed tray/s • Dibber

Couldn't be simpler could it? As always, get the fundamentals right and start off with good seed from a high quality commercial seed house. The individual seed packets will also have information on how to treat the seed, when to plant out, transplant the seedlings, etc.

If you've kept some seeds from last year (even more economical!) plant these a little heavier in the tray to make up for low germination rates. Smaller seeds such as Begonias are sometimes best bought as plants as they can be tricky to sow well.

Soil type to use

The next most important factor is the soil. Most seeds will be in the seeding tray (a shallow tray filled about three inches deep with seeding compost) initially for only a short time before you transplant them out into bigger pots. This soil does not need a lot of nutrients and you can get commercial potting mixes ready made.

Planting the seeds

Make sure you pack the soil firmly in the trays, level and smooth. It is important to water the mix before you fill the trays and then after you fill the trays and again, once more after you have sprinkled the seed. Follow the specific instructions on planting density on the packet. After sprinkling them on then cover with a thin layer of more compost.

Always add water from the bottom for newly planted seed by placing the tray on a wet cloth or sponge. This won't disturb the seed.

Cover with clear plastic and keep at room temperature as much as possible on or near a window sill. The first leaves are cotyledons, seed leaves and not true leaves. Wait until you get two or more regular leaves developed until moving to the larger trays.

Stress and disease

If the plants are stressed in the seed trays, they will mature too quickly, going to Flower early and giving you short, small, not very numerous Flowers. To avoid this problem don't let the plants get drought stressed in the trays.

• **Don't overheat - room temperature is ok**

• **Don't plant so as to be overcrowded**

• **Add nitrogen fertilizer to the second stage of planting to help stop them maturing ahead of time. Avoid potassium based fertiliser.**

Thinning out

Fill the small tray pots, (six or eight per flat), or even yogurt containers with soil all the way down. They will need drainage holes at the bottom but don't bother adding gravel to the bottom of the pot.

Take the small seedling from the seed tray by grasping the plant by the leaves gently, never by the stem. Water beforehand. Ease them out with an old kitchen fork.

Replant separately into each pot - make a hole with a dibber in the new soil, drop the seedling in and pack the soil up sideways around it with the dibble. You can set the seedlings a little deeper in the soil than they were before.

When the seedlings are thinned out you may want to add some sterilized black soil (avoids weeds growing) to the commercial mix to give it some body, some more minerals, and a little more nutrients for the plants. You will need to fertilize these pots over the growing period with your nitrogen based feed..

Grow them on in the pots and before putting them out in hanging baskets or in the garden then harden them off by putting them in an unheated porch for a few weeks to acclimatise gradually to the much less warm conditions outside.

Watering

Over watering is the most common cause of disease in bedding plants and the soil surface should not be constantly moist. Allow the soil to dry out between watering but do not stress the plants for lack of water, wilting will slow down growth and may cause the plants to harden up, and mature too soon. Feed with liquid feed once a week.

Disease

The most common disease problem in seedlings is "damping off" caused by several fungal pathogens living at the soil surface. The only true control is to not over water.

There - you now will have plants ready to use in your hanging baskets & pots. We haven't mentioned pests but they are always a potential problem in a variety of ways. They deserve an article all of their own so look out for one these next few months.

So, look forward to the next stages in our garden of chromatic excellence and, as always... *enjoy!*



Why aren't my plants growing properly?

It's the eternal frustration of every gardener as they start out. It happens to the best of us as well so do not blame yourself if a plant or two dies that you really love: there is always an explanation whether you know it or not.

Let's take a look at some common problems when plants fade or even die off...

• **Exposure to bitter weather:** a persistent wind is very damaging to many plants. If you had yours in a pot during the summer and it was doing ok and then died off during the winter it may be you didn't move it to a more sheltered spot during the colder months. Even if you 'huddle' your plants together behind a fence or shed to shield them it might save a plant or two and then you can move them back to your patio come late spring.

• **Unclean pots:** if you had a plant die and reused the pot did you thoroughly clean it with Jayes fluid or similar? Hot soapy water? If not you may well have laid the ground for the next plant to die if the previous one happened to succumb to a fungus or virus. Cleanliness is important, even for plants, in this regard.

• **Frost damage:** it's the roots that cause plants to die if they get damaged by cold snaps. Plastic pots help here as does lifting potted plants off the ground somewhat so the air is not quite so cold higher up.

• **Water damage:** soggy undrained soil will hold too much water and literally drown the roots of many plants. That's why there has to be some sort of drainage in your pots most times (and in some cases a lot of drainage depending on the plant). Sand, small gravel and pebbles all help but avoid any 'limey' stone chips as these will alter the ph of the soil.

• **Ph levels:** some plants like acid soils, others more alkaline. Read up on your specific plant's needs and get the correct compost. General compost is good stuff, it is not for every plant though.

• **Too little water:** more during the summer and affecting pots more. Enough and at the right time of day (usually morning and evening). A timed water irrigation system once set up is an real asset and allows you to laze during those warmer days in your lovely little patch!

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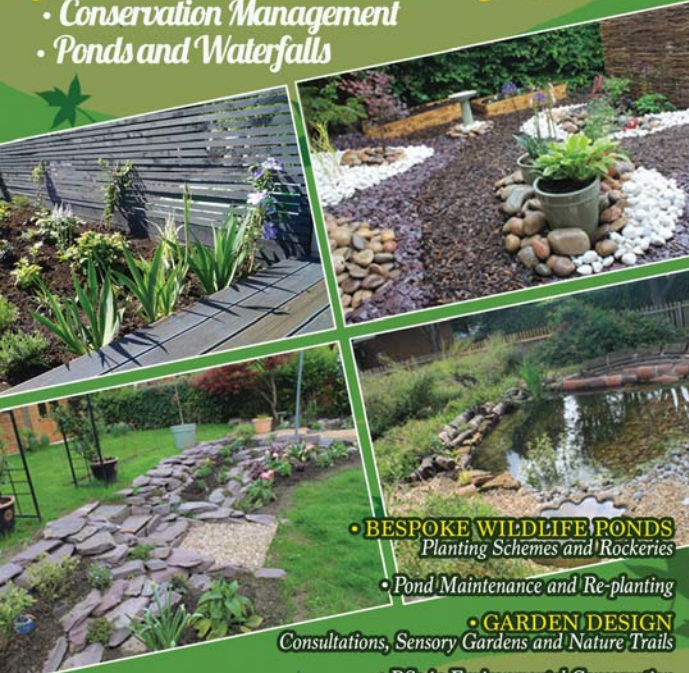
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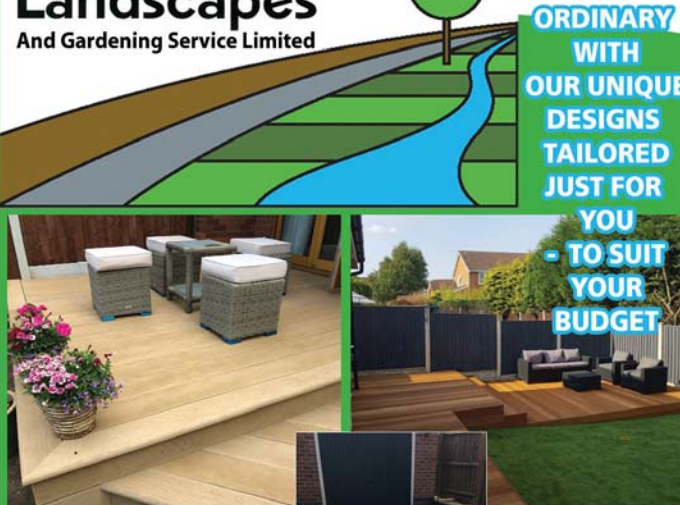
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Why poetry is just what we need to lift our lockdown mood...

Writing poetry has always been a way for people to express difficult feelings and emotions. There is something so cathartic about immortalising thoughts on paper, particularly if those words are arranged in a precise and pleasing arrangement of sounds and syllables.

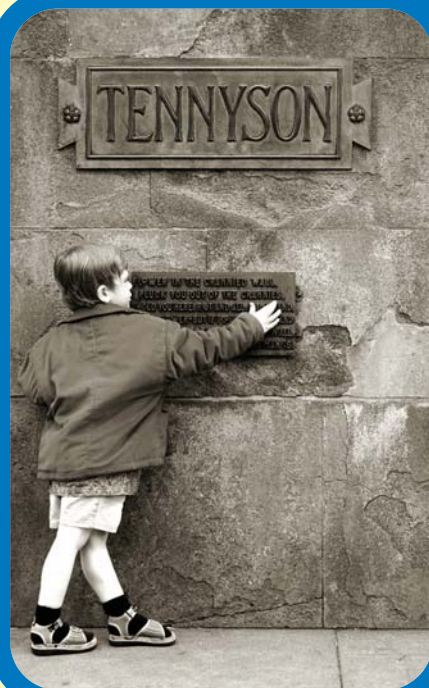
Yet as technology advances and people find other outlets for self-expression, poetry is becoming less and less mainstream. For those for whom poetry is unfamiliar, it can seem a daunting and curious art form, especially when it comes to introducing children. Where do you start? What forms should you teach? How do you condense something so vast into manageable and understandable chunks?

Part of the joy of poetry, however, is its simplicity. It doesn't have to be 'The Iliad'; it can be playful and silly and freeing. It can also be tender or thoughtful, pensive or angry, hopeful or despairing. Poetry can be anything you want it to be, and that is its unique beauty.

So how exactly can poetry help? First and foremost, poetry is fun! Search 'nonsense poetry' online with your children and you will find a plethora of hilariously stupid poems to make your children laugh. Or look up the poems of the nonsense king, Spike Milligan, for some classic nonsense such as 'Land of the Bumbly Boo'. Funny poems, whether nonsense or not, are fantastic at any time of day to lighten the mood – and we could all use a bit more of that at the moment!

Poetry is also a great way of encouraging children to explore their feelings. Children have had to deal with so much this past year: a scary virus, school closures, virtual learning, missing family and friends, as well as the loss of loved ones for many. Poetry gives children the chance to reflect on how they feel and give a voice to their feelings. Encouraging your children to write a poem, carefully choosing which words they want to include, can help them process difficult emotions.

It also affords children the chance to look to the future and the (hopefully) brighter days ahead. We all need a big old dose of hope right now and poetry can help children express what they are looking forward to about the future, helping them recognise that current events are just temporary and that life will look different soon.



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We know only too well how tough it has been for everyone as many of our members are essential workers so the opportunity for everyone to train together albeit online with others has been of great benefit both physically and emotionally.

One of the unusual results of the Zoom phenomenon is that the chief instructor at the Dojo Aidan Trimble has been in demand to do online courses for Karate organizations around the World to raise money for charity. Many of these online Zoom courses had people from around the World joining in their hundreds.

We will be opening on the 12th of April and will have our usual Covid protocol in place i.e. taking temperatures on entry, in and out entry and exit doors, hand sanitizers.

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We have been able to carry on operating thanks to the support of our club members and instructors and as a community club during the winter months we provided warm coats for rough sleepers in Beeston and in the City centre because as difficult as it is for us there is always someone worse off.



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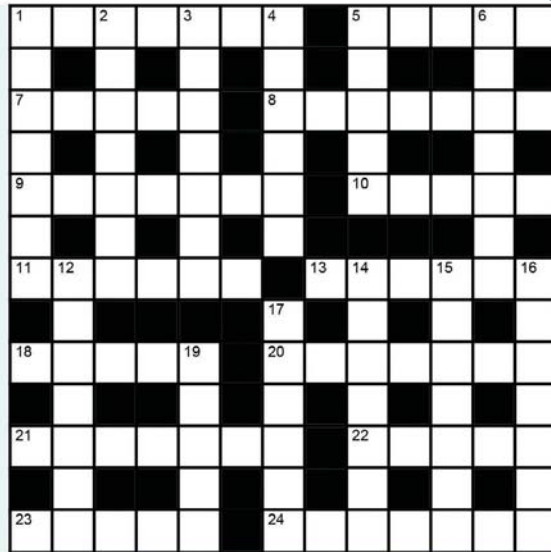
CROSSWORD

Across

- 1 Inquisitive (7)
- 5 Smelling of mould (5)
- 7 Determine the sum of (3,2)
- 8 Corroborate (7)
- 9 Flighty scatterbrained simpleton (slang) (7)
- 10 Calvin ____, fashion designer (5)
- 11 Pleasure obtained by inflicting harm on others (6)
- 13 Loan shark (6)
- 18 Fake, false (5)
- 20 Puts things in order (7)
- 21 Waterfall (7)
- 22 Outmoded (5)
- 23 Scoop out (5)
- 24 Whip used to inflict punishment (7)

Down

- 1 Short, curved sword (7)
- 2 No longer active in one's profession (7)
- 3 Tyrannise (7)
- 4 Withdraw from an organisation (6)
- 5 Capital of Belarus (5)
- 6 Rotary engine (7)
- 12 Pear-shaped fruit (7)
- 14 Person deemed to be despicable or contemptible (2-3-2)
- 15 Go back in (2-5)
- 16 Remainder (7)
- 17 Not if (6)
- 19 Person held in servitude (5)



WORDSEARCH COIN COLLECTION

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.

S B E Z A N T G I S Z W J
U Y U F J E Y Z R X G W L
K O K O Z C N K F O E I Z
S S E T A R P I D N A D U
N Z T H A L E R U E Z T S
O E O G E V R G I G M E L
O J W G Y N N E P R S I Y
L M N E N I E S E E T R D
B A M D L I R Z A A A D G
U I O L U L H A Q T T F V
O M I N B C Z T L T E R K
D H D R G Y A D R L R M Y
S A O G U W B T A A O M C
R C R O W N L E I A F D K
L I E L M L R N B F D V V

ANGEL

BEZANT

CROWN

DANDIPRAT

DIME

DOLLAR

DOUBLOON

DUCAT

FARTHING

GROAT

GUINEA

MOIDORE

PENNY

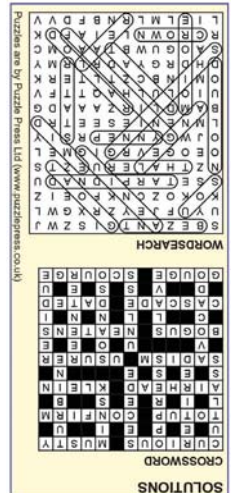
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SOU

STATER

THALER



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