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AUGUST 2021

ISSUE 224

Local Business



Local Life



Local People



Local Services



JOHN FLYNN OPTICIANS LAUNCHES A BRAND NEW LOW VISION SERVICE AND EYEWEAR STYLING CONSULTATION SERVICE!

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AS (NEW) NORMAL

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AMD
(MACULAR DEGENERATION)
GLAUCOMA
CATARACT
AND OTHER
RETINAL PROBLEMS



L-R Wendy, Annette and Anne

John Flynn Opticians has launched a brand new Eyewear Styling Service for existing and new patients at their practice in Beeston after recently training their team as professional eyewear stylists. This individually dedicated consultation service, offers patients a unique and bespoke eyewear styling consultation to help them to discover their perfect eyewear to suit both their optical and style needs. The consultations are curated by Anne, Annette and Wendy.

The team has been professionally trained in how to assess individual colour analysis, colour psychology, facial and features analysis, style personality and eyewear selection. This will enable all patients to feel assured they are being given an unparalleled consultation service to find them their perfect eyewear. This service adds to the dispensing of ophthalmic lenses by exceptional and superior manufacturers such as Carl Zeiss, Nikon, Seiko, Rodenstock, Essilor (VARILUX, TRANSITIONS), Kodak, Hoya and many others.

Wendy said: "From our experience, we have often found that patients find choosing eyewear a difficult and sometimes daunting and stressful experience. Due to this, we felt it was necessary to invest in a process to better help patients discover and select eyewear which they not only just feel happy in, but delighted to be wearing! Our whole team has recently been professionally trained in becoming experts in eyewear styling and we are delighted to be able to offer this bespoke, brand new eyewear styling consultation service to existing and new customers. Clients of all ages, gender and style preference will now be able to find their perfect and most suitable eyewear in our practice."

Low Vision Service for the Visually Impaired

Optometrist Dr. Janjua recently completed the College of Optometrists acclaimed - Professional Certificate in Glaucoma and also the Professional Certificate in Low Vision from Cardiff University. Together with the support of his staff he has launched a private low vision service using the highest quality

Low Vision aids from Germany. Low Vision is when your sight is impaired, making it difficult to carry out everyday tasks with ordinary spectacles. This can be caused by various eye conditions such as Glaucoma and Age-Related Macular Degeneration (AMD). The aim of the service is to provide individuals who suffer from reduced vision, with a high quality service and products to improve their vision and independence.

Continued Blepharitis and Dry Eye Treatment

A comprehensive dry eye and blepharitis treatment and nutrition plan devised by Dr. Janjua during his doctorate at Aston University in 2017 is continued to be implemented by the staff at John Flynn Opticians who have now been trained in ocular hygiene. Products supplied are by market leaders and often preservative free.

Do you suffer from poor vision or know anyone who may benefit from specialist spectacles and aids?

Do you suffer with dry eye and blepharitis?

Do you want a personal Eyewear Styling Consultation?

Book an appointment with Dr. Janjua and the team today 0115 925 5051



Listen to what our happy patients have to say:

"Just picked up my third pair of specs from Flynn's. I've used them for years and cannot fault them, from the excellent care with my sight test to Annette and Wendy who are on hand to advise, make sure your specs fit and sit properly and just generally make you feel welcome. Nothing is too much trouble. Thank you all. Until my next visit." **A. Smith**

"I was recommended to come to John Flynn Opticians by family. They have lovely staff who explain everything in detail, much more thorough than other opticians I have been to. I love my new glasses, the shape and the colour. My eye examination was very thorough and detailed and the optician explained what all the technical words meant." **R. Fazal**

"The service and lenses I get from John Flynn's are so superior to the other opticians I have been to. I like the personalised care and excellent advice as well as the brilliant quality of the lenses. My eye examination with Dr. Janjua was thorough and reassuring. Everyone has been superb in looking after me. It's always a pleasure to come here." **A. Qureshi**

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dispensing, fittings or collection appointments. We will advise you about the protocols in place for your attendance. Our social media will keep you informed on any future changes that may be put into place. Thank you for your patience during these difficult times. We look forward to seeing you again in our practice very soon. **Take care and stay safe.**



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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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At Alexandra's School of Dance and Theatre they are proud to offer a fun learning experience for our children, based on good teaching, challenging but achievable goals and a fun and caring environment for all.

Founded in 2002, Alexandra's School was for many years at Friesland Sports Centre until last year when it had to relocate to Ilkeston owing to the closure of the Sandiacre facilities. But from September 2021 they will be moving to make their permanent home at Bramcote Leisure Centre, Derby Road, Bramcote Nottingham, NG9 3GF.

"At Bramcote we will have three dedicated dance studios all equipped with mirrors and ballet barres as well as access to all the excellent facilities. To see the facilities why not have a look at their website and take a virtual tour of the centre?"

With all this fantastic space we can offer a variety of classes for youngsters starting from 2 years of age in our Tiddly-peeps Pre-School class, up to our young adults who are working on intermediate and advanced performance classes".

Alexandra also offers pre-associate training for those looking for a career in dance. "We teach many different styles of dance within the IDTA's two branches using both the Theatre and Freestyle syllabuses to include Ballet, Tap, Theatre Craft, Musicality, Freestyle, Street Dance, Contemporary and Modern Jazz. We also offer the Royal Academy of Dance Silver Swans ballet classes for the more mature learner.

It is not all about examinations at Alexandra's; we perform regularly on presentation days, showcases and our biannual show is performed at the Duchess Theatre in Long Eaton. From September we will be working towards our next performance at the Theatre which will be in November 2021.

Come along to one of our Open Days from 10am on Saturday 4th or Saturday 11th September at Bramcote Leisure Centre to meet the teachers and find out a little more about this family friendly dance school.

You can contact Alexandra at info@alexdanceschool.co.uk , or via mobile 07926 057 201, or by using the enquiry/registration form on the website www.alexdanceschool.co.uk



I look forward to meeting you soon".

Alexandra Tavener

Principal of Alexandra's School of Dance and Theatre.



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uk jewellery awards 2021

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For locals in Beeston the name 'McCulloch'

has a long standing history in the area.

We catch up with the owner, who has some exciting news...



The UK jewellery awards is the UK's longest running awards event run by a retail jewellers magazine. Now on its 29th year, fiercely independent in its selection it has a very stringent policy. McCulloch Jewellers has been selected finalist for Two Awards: Bespoke Jeweller of the 2021 and Shop Redesign of the year 2021, which is truly a great achievement to the company and a fantastic and welcoming news to Beeston.

There has been a jewellers since 1891 when William Kitch established himself as a watch and clock repairer at Wollaton Road, Beeston. It has changed hands many times since.

In December 2017, Mr Has De Silva acquired the business, bringing new and exciting dimension to jewellery with a personal service they are proud of. The shop has been renovated and redecorated. Bringing it up to the 21st century. The De Silva family are known for being successful jewellers and Has de Silva wanted to pursue his family's tradition and is a fifth - generation jeweller. Has's journey began at the University of Canterbury, where he obtained a BA(Hons) in Jewellery Designing, Silversmithing and Jewellery Manufacturing.

After completing his degree, Has worked for few notable jewellers in Mayfair, London and in Winchester, Hampshire before embarking on his own business.

"We have met challenges thrown at us with limited resources and dwindling retail sales due to the pandemic. Not letting this deter our future goals we've let our passions and dedication lead us through this challenging times At McCulloch Jewellers we pride ourselves on customer service, customer care and jewellery making to high standards".

Since Mr De Silva took over the business with his wife Duleesha and their strong team, the business has grown from strength to strength building quality and relationships with the fellow community of Beeston".

Has has also done a complete shop re-design throughout the whole jewellers. Again he puts his customers first, by doing so he allows the space for his clientele to look around choosing his bespoke jewellery, but also to allow wheelchair access and pram access for his customers.

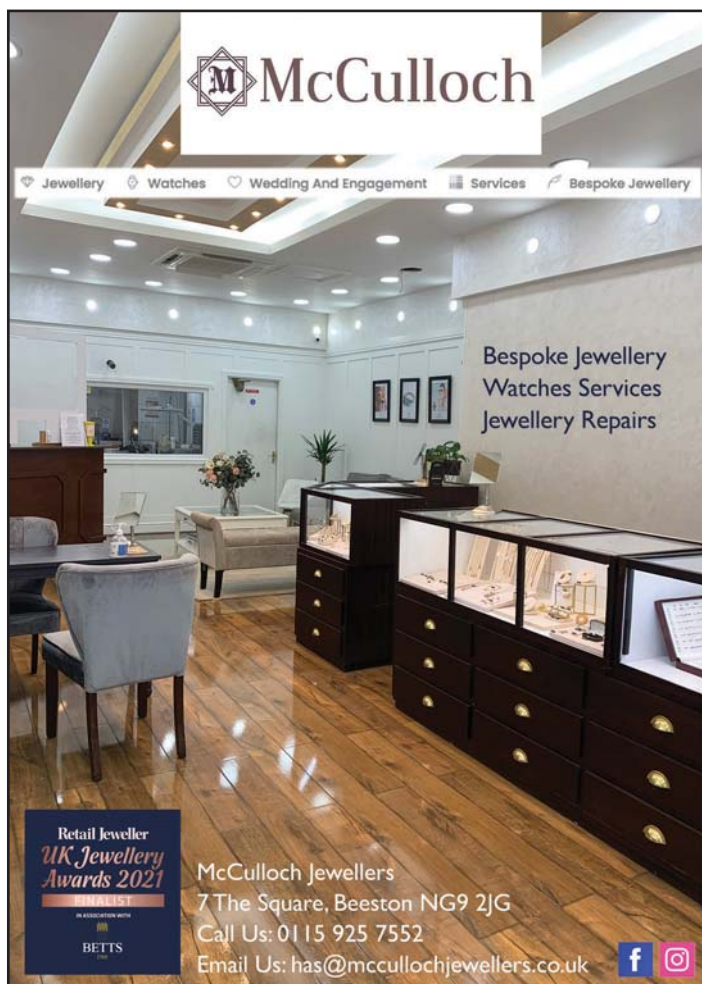
"At McCulloch's we have an in-house workshop with a dedicated design team. We offer our customers a bespoke jewellery design and manufacture service, beginning this journey with a simple artist sketch.

With a free no obligation design we will use the pastes 3D design technology to create realistic computer generated images that truly represent what the customer wants to envisage. Once approved we carry on producing the item right here in Beeston.

We thrive to exceed expectation and provide meaningful and valuable experience for our clients. Our business reviews speak for its self."

Why not visit their newly refurbished premisses and see for yourselves.

Nothing is too much for McCulloch's. Has specialises in bespoke jewellery, making this service completely unique to his customers.



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A stylish and substantial modern four bedroom detached house finished to a high standard. Offering a bright and contemporary feel throughout this recently finished generous and versatile property has a most appealing living space with generous room sizes and a particularly impressive open plan kitchen/diner living space and principal bedroom with en-suite and dressing room.

In brief the beautiful interior that has been finished to exacting standards comprises: A spacious entrance hall, WC, large open plan kitchen/diner and living space, utility room and principal bedroom with generous en-suite and dressing area. Rising to the first floor are three further double bedrooms one of which has an en-suite and a family bathroom.

Outside the property sits on a corner plot with a large driveway and raised borders to the front and to the rear the property has an enclosed and landscaped garden with patio, decking, seating area and an outside bar.

Occupying an established and sought after residential location convenient for a wide range of local amenities including excellent transport links and schools this totally unique property finished to exacting standards throughout simply must be viewed to be truly appreciated.

For more information contact Robert Ellis
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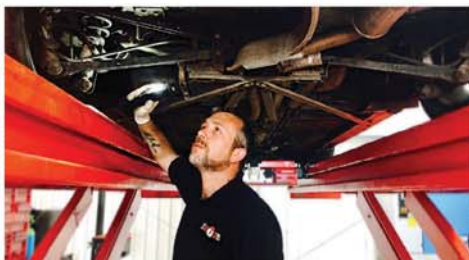
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If you are interested in this rewarding and fun role, please visit their website for more information www.literacyvolunteers.org.uk or ring 0115 876 5474 or email contact@literacyvolunteers.org.uk.



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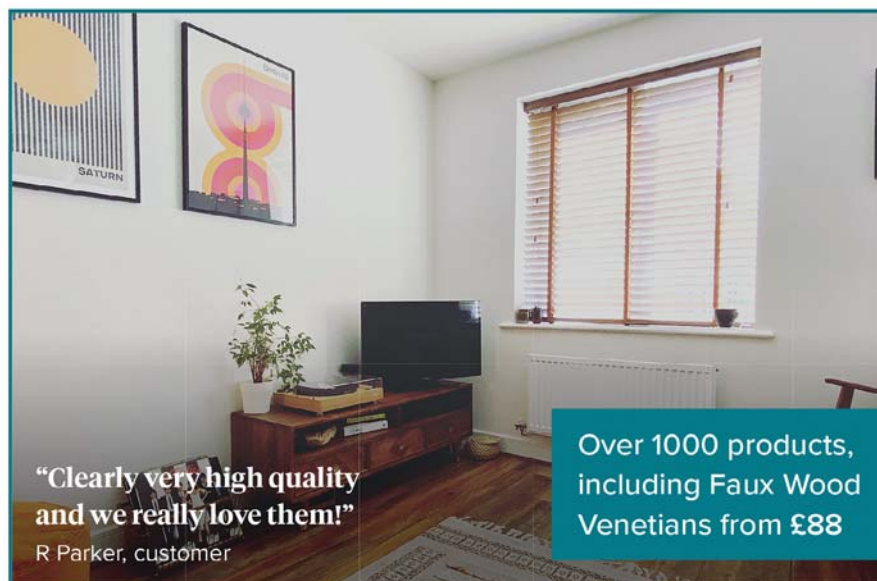
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beeston film festival

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We're on the Telly!

The Beeston Film Festival is delighted to announce a series of one hour short film programmes to be broadcast on Notts TV. Earlier this year, before the 2020 Festival, Notts TV hosted the first one hour special. It contained a wide range of films including the wonderful, "Hard Shadow", from Iran, and hilarious Nottingham comedy, "Socks and Robbers".

The series starts with a fantastic collection from this year's Pride category. This category attracts international films, whether fiction or nonfiction, about love, heartbreak, art, history and justice from the LGBTQ+ community. This is linked in with this year's Notts Pride 2021. Headlining the programme is the Pride category winner, Manchester Pride

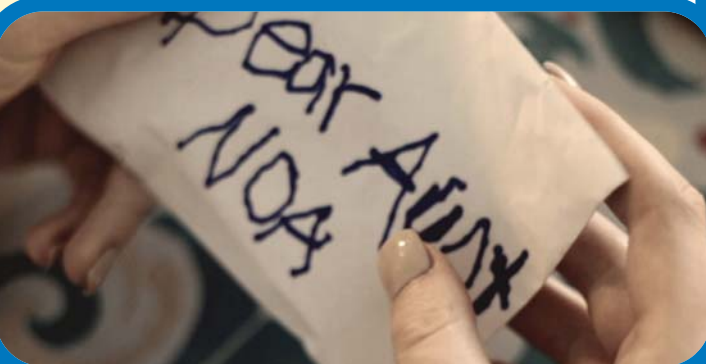
Parade: The Movie. The annual Manchester Pride event spans 4 days, the event celebrates and recognises the LGBTQ+ community with live music acts (e.g. Ariana Grande, Years & Years, Jake Shears etc), art exhibitions and a huge, 300-float Parade. The parade takes centre-stage at the event, drawing in over 150,000 people from across the country. The film also journeys back to the founding years of Pride in Manchester and the wider fight for gay rights within the UK, exploring the darkness the LGBTQ+ community has fought against over the last 50 years, highlighting how they have been strongest when they fight together. Amongst all the chaos and division of 2020 the community must, as they have done in the past, unite as one.

Other films included in the Pride night are the tender school story, "Hidden", made by the Leicester's talented, Jess O'Brien, as we follow Solomon as he reads aloud a poem with a beauty that surprises his classmates except one, Katie. The poem has a meaning and two secrets only they know about; "Mourning Rites" from Germany, where a Ouija board, a laundrette and a drag queen bring solace to a grieving heart; and the USA film, "Dear Aunt Noah", where a worldly transgender environmental activist from bustling LA and a struggling family-man mechanic from small town Ohio walk into a bar, their years of friendship tested by shades of gray in a modern America desperately masquerading in starkly contrasting monotones.

Future programmes will include a Best in the Festival collection of films from 2021; a comedy night; and, as winter draws in, a night of Horror films to keep you awake at night. The festival aims to attract the best international short films from around the world, and we are overjoyed to give a selection of those films a broadcast opportunity thanks to the fabulous people at Notts TV.

Each programme will be broadcast at 9 PM on the following dates:-

26th August - Pride (ahead of Notts Pride on September 11th)
30th September - Best of 2021
28th October - Horror
25th November - Comedy



More details will be available on:

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**A rare chance to walk among the dinosaurs
on a Jurassic journey of discovery in a brand new immersive
outdoor experience is coming to Nottinghamshire.**

Dino Kingdom takes over Thoresby Park for two weeks this autumn with 100 prehistoric beasts set to be unleashed to roam across the plains and woodlands of the beautiful historic landscape.

The epic adventure will bring ancient history back to life with jaw-droppingly realistic dinosaurs including the gigantic T-rex, King of the Jurassic era, and all kinds of other animatronic creatures that can move and roar!

Coming from the creators of the award-winning Lightopia Festival, this will be a chance to journey back millions of years to the time when these majestic beasts reigned over the land and see them as they would have lived in a natural outdoor habitat.

Technology will bring the prehistoric world to life with loads of innovative features packed into the state of the art experience from 3D anatomy mapping to a nerve jangling encounter with holographic dinosaurs hiding amongst the ancient woodlands.

Offering a perfect blend of education and entertainment, Dino Kingdom visitors will discover all kinds of things about these amazing creatures inside and out as they are brought to life in a completely new and exciting way. A Dino Kingdom app has been created for the Jurassic journey with loads

of content to give a unique insight into how dinosaurs lived, millions of years ago.

As well as the natural outdoor setting, there will be indoor activities including lots of fun interactive features from designing a dinosaur to see it come to life in a virtual kingdom or feeding the hungry beasts in a Dino Keeper VR experience.

An excavation sand pit for budding paleontologists, dinosaur eggs, fossils, smouldering volcanoes, a giant dinosaur skeleton head and a walk-through fossil tunnel as well as fairground rides for all ages and plenty of family friendly food and drink look set to make this an unforgettable experience.

With more than two thirds of the tickets for the inaugural Dino Kingdom opening in Manchester already sold three weeks ahead of the opening date, organisers are confident the event will be welcomed by dinosaur fans of all ages when it arrives in Nottingham.

Dino Kingdom creator Ian Xiang said: "We can't wait to bring our Dino Kingdom to Nottinghamshire as we know how much families and friends will appreciate the chance to enjoy a safe outdoor experience together that will capture the imagination of all ages. Forget the dusty museums of old, this is a totally new way of getting up close and personal to these fantastic beasts that will last long in the memory."

A sign up page offering access to early birds tickets is now live. Sign up at <https://dinokingdom.com/nottinghamshiresignup1/> to secure a 20 percent discount on tickets, and to keep with all the latest updates.

Dino Kingdom Thoresby is coming for two weeks only from 15th to 31st October 2021 with pre-booked timed slots available every day.

Advance tickets are priced at £15 for adults, £13 for children (under 3s are free) and £54 for a family ticket.

Join the Jurassic journey here: www.dinokingdom.com



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spotted dog art group

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Centred on Beeston, but drawing members from the wider Nottingham area, the Spotted Dog Art Group welcomes members from all walks of life, from absolute beginners, hobbyists and professionals with formal training: all are welcome.

The Spotted Dog Art Group (SDAG) is a non-profit organization run by volunteers. It was formed in 1995 by a small group of artists, serious about their art and wanting to learn more. Starting from small beginnings, the group has grown organically over the years. "The group has a varied programme throughout the year of tutored workshops; evening events; open-air painting sessions in the summer and exhibitions of our members' work. Regular newsletters about the groups activities and the local arts scene are published for our members information. We are a supportive, friendly group of like-minded artists.

Many people with an interest in art have helped to form the present shape of the programme by responding to questionnaires. Future activities will continue to be guided by the wishes of members as interpreted by the committee. Any help, in time, skills, exhibition arrangements and hanging, publicity, distribution of brochures and notices is welcome and appreciated.

And for those of you who are not too keen on canines, you'll be glad to know the name of our group is simply in remembrance of the founder's beloved pet 'Spot' - rest assured you do not have to own, love or have any interest in dogs to join our group!"



SPOTTED DOG ART GROUP EXHIBITION 2021

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www.spotteddogart.org.uk



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Rustic. Homely. Affordable. That just about sums up this local furniture maker's ever-expanding product range. These well made products are both stylish, yet functional and wouldn't look out of place in any home (or garden!)

Being hand built from super-solid scaffold boards this range of furniture is certainly built to last, add a waterproof, hard wearing wood stain and you have a piece of furniture that will last for years to come.

Small beginnings...

The Chunky Monkey was started by accident. A happy accident of course, but they never meant for it to get as popular as it has. Since their tiny beginnings, they have made hundreds of shoe racks, scores of benches and (literally) a shed load of shelves!

Since then, they have gradually built up their small business, honing their skills and adding to the product range.

At The Chunky Monkey, a good percentage of their work is also commissioned, one-off pieces that suit a specific need, sometimes it's impossible to buy furniture 'off-the-shelf' to fit that awkward space! The quality of their products is down to the passion they have for making them, cutting, sanding, planing, staining... "We just enjoy the whole process and get a real buzz from creating something great out of wood"

So far, their customers agree...

"This is so beautiful that I can't stop looking at it! Such high quality. It is perfect to make you feel home upon the very entrance! I absolutely love it!"

"It has become a beautiful and functional piece of furniture in our front porch. The kids loves it too!"

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gardening...

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With August comes full bloom of your bedding plants and many flowering shrubs. Plan ahead now if you want to keep the colour going into Autumn...

A bold block of cerise pink nerine flowers make a breathtaking sight on a bright autumn morning and Nerines give you just that - perfect for a dramatic end to the season! These colourful bulbs save their display until September or even later, while the long strap-like foliage remains intact over winter, unscathed by cold weather. Nerine Lilies are surprisingly easy to establish and Nerine bowdenii is perfectly hardy in the UK, despite its South African origins.

PLANTING NERINES

Plant your bulbs as soon as you get them, plant each one into a 9cm pot filled with a mixture of 50% multipurpose compost and 50% loam based potting compost, such as John Innes No 2.

When planting, make sure that the roots are spread out and only the bottom half of the bulbs are below the compost level. The top half of the bulb has to remain above it. If planting in the ground then wait until the roots fill the pot before planting out into the garden, at the same level.

They do best in a well-drained site with full sun and love it at the base of a sunny, south-facing wall. A good summer baking encourages plenty of flowers in autumn. Water them in well. Nerines do well in pots permanently - as well as in the ground so, use the same compost mix as above, planting so the tip of the bulbs show above the compost surface. Bring them inside when in flower for brilliant and long-lasting houseplants, moving them outside again when they've gone over.

Mulch clumps when they've finished flowering for winter protection.

If you think the flowers are getting less, year on year, feed during the summer with a potash-rich fertiliser.

Nerines don't like being disturbed, so once planted try to avoid moving them. After planting, the bulbs should grow some strap shaped leaves until mid summer, and then they will die down. If we have a wet summer they can remain green. In September/October flower spikes will emerge and bloom without the foliage. Avoid planting next to daffodils.

If there are no blooms in the first autumn, don't worry. Nerines are notoriously temperamental when they have been moved/replanted. They will flower the following year. After many years the bulbs will become congested. Do not divide them as they flower much better when grown like this.

As always, keep learning and most of all.... Enjoy!



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projecting beeston

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Beeston Street Art, in association with The Beeston and District Civic Society, have organised over thirty art attractions in Beeston Nottingham since 2018. These colourful artworks have brought much joy during recent dark times and breathed life into our community and high street.

When the clocks change this autumn and we lose our daylight again, we would like to bring an extra lift and another type of art attraction to our town - a light night event called #alightinBeeston.

Images at the Interchange

Images would be projected on the large wall facing the interchange. Other material can also be projected such as the 'I Am Beeston' photo documentary of local residents. We also hope to attract local light artists to display temporary installation works around the town centre, in the square and in Beeston Parish Churchyard.

There is endless potential to display the culture and creativity of Beeston to those who alight from trams and buses. The project provides more reasons to make a visit to the town worthwhile - evoking a sense of pride of place for those who live and work here.

The initiative for this project comes from well-known local musician and vocalist Jeanie Barton, also responsible for the acclaimed Beeston Street Art. Miss Barton commented:

"The more creative attractions Beeston has the better it is for our High Street and our community, bringing more visitors to our area"

Technology meets Creativity

Highly regarded local photographer Lamar Francois is involved with the project technical and creative aspects. He commented: "Digital projection is a medium that's immediate, versatile and eye-catching. It creates fantastic images that are positive and memorable - using video, portraits, prose and stills.

Images that create lasting impressions, generating pride in place - adding to the 'Buzz in Beeston' theme. It's a natural extension of the acclaimed Street Art project and harmonises with the nearby ARC cinema."

A step nearer

The ambition to create Beeston's own light-night this autumn has moved a step closer with the launch of The Year of the Roses project by Art-Culture-Tourism "Our roses and what they mean to us".

Marysia Zipser, founder of Art-Culture-Tourism, commented: "This otherwise boring brick wall will become the centrepiece of Beeston's own Light-Night. It will inspire and inform local people and visitors alike. Projecting these images to the wider world is an integral part of the ACT mission"

Visit www.artculturetourism.co.uk/yearoftheroses2021

Shout out business

A combination of sponsors and a crowdfund will go towards the hire, or even purchase, of a digital projector. The commercial beneficiaries are Beeston's businesses - so this is an appeal aimed at them to sponsor the project - so if you are in business in the town then do get in touch.

For details of how to help contact: Jeanie Barton at beestonstreetart@gmail.com

Jeanie commented: "We are reaching out for business sponsors and can offer publicity for them surrounding the event - the bigger it is the more publicity that will be!"

We would like to buy a permanent neon style light installation to be hung by Broxtowe Council saying #alightinBeeston

To support this dynamic initiative please go to the dedicated crowdfunding page:

<https://www.crowdfunder.co.uk/alightinbeeston-a-light-night-event-for-beeston>



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or "Root-to-Stem" is a growing food trend that focuses on using the parts of fruits and vegetables that we wouldn't typically eat, such as the leaves, skins, seeds, and stalks.

Quite often, we may throw away and waste parts of fruits and vegetables such as the skins, but quite often, these parts can actually be the most nutritious. For example, vegetables and potatoes consumed with their skins on can contain more fibre than without the skins, and a lot of nutrients found within fruits are contained in or just under the skin. Increasing your fibre intake can help to reduce your risk of heart disease.

Here are some quick and easy ways that you can use the edible trimmings from fruits and vegetables:

- Make your own vegetable stock by simmering peelings from spring onions, carrots, and parsnips; and add celery leaves/tips to add flavour to soups, stews, and ramens
- Make cauliflower crisps by baking slices of cauliflower at 200 degrees Celsius for 20-25minutes until they have crisped up.
- Cut broccoli and cauliflower stems into batons and add to a stir fry to bulk out the vegetables; adding one of your five-a-day.
- Don't throw the seeds away from your pumpkins; remove any stringy bits from the seeds, wash, and bake at 180 degree Celsius for 10minutes for a tasty snack.
- Make potato wedges with the skins on to add fibre to your homemade wedges, just give the potatoes a good wash first.
- If you have any citrus fruit peelings left over from oranges, lemons, or limes; use these to make a favourable citrus marmalade; or add to water with ice cubes or crushed ice to make a refreshing glass of flavoured water.



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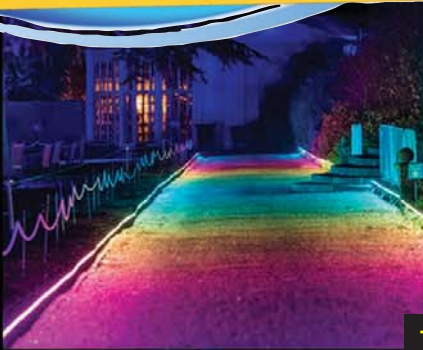
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let there be light!

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SINCE
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The organisers of the hugely successful Christmas at Wollaton have announced another dazzling light trail this year.

Enjoying rave reviews, Nottingham's Wollaton Hall & Deer Park was transformed last December into an enchanted light experience to create Christmas at Wollaton Hall - a unique, socially distanced festive outdoor light installation, a first for Nottingham.

Following the sell-out event, Wollaton Hall and Nottingham City Council along with award winning team Kilimanjaro have revealed plans for Christmas at Wollaton 2021.

With a completely new designed trail as twilight descends Wollaton Hall will again turn into an enchanting world of light and music. The formal gardens around Wollaton Hall will be transformed into a magical wonderland to captivate visitors of all ages, with awe inspiring illuminations.

Back after a sell-out 2020 event, Christmas at Wollaton once again promises a visually stunning multi-sensory experience.

Stuart Galbraith, the CEO of Kilimanjaro added "We're delighted to be back bigger and better with Christmas at Wollaton 2021. So, after this sensational debut, Christmas at Wollaton will once again offer a visually stunning multi-sensory experience and this year will be even more magical than ever. A seasonal classic with a contemporary twist that will become an annual tradition."

The event will open on Friday 26th November 2021 running until 9th January 2022. As well as running for longer, there will be a more visitor time slots to meet anticipated demand.

After listening carefully to feedback from the first event, Christmas at Wollaton 2021 will also have a new Twilight Viewing Package, which starts at 4pm and will run every day from Friday 3rd December to Saturday 1st January.

With the challenges that COVID-19 brought to the country the illumination trail was massively popular, despite having to close slightly early due to the Government's Tier restrictions.

The organisers worked hard to ensure the event was COVID-safe, with measures such as limited timed slots, group restrictions, social distancing, contactless payments and e-ticketing. All were hugely popular ensuring visitors enjoyed a little bit of festive normality last Christmas.

Christmas at Wollaton was granted the use of Society Of London Theatre & UK Theatre's 'See It Safely' mark, certifying that the event was compliant with the latest Government and industry COVID-19 guidelines.

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SINCE 2002

Welcome to our brain teaser page - Enjoy!

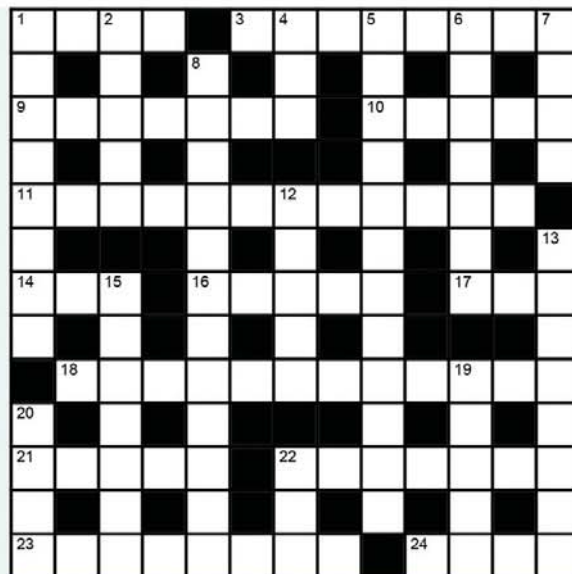
CROSSWORD PUZZLE

Across

- 1 Chances (4)
- 3 Put a ring around (8)
- 9 Overhead surface of a room (7)
- 10 Pursue (5)
- 11 Picture of yourself created by yourself (4-8)
- 14 Electrical resistance unit (3)
- 16 Paved area which adjoins a house (5)
- 17 Foot digit (3)
- 18 First half of the Christian Bible (3,9)
- 21 Blossom (5)
- 22 Workplace where people are very busy (7)
- 23 Informal photograph (8)
- 24 Professional charges (4)

Down

- 1 Specified event (8)
- 2 Bore a hole (5)
- 4 Over-worked horse (3)
- 5 Formed or united into a whole (12)
- 6 Two-wheeled horse-drawn battle vehicle (7)
- 7 Divisible by two (4)
- 8 Thick-skinned herbivorous animal of Africa (12)
- 12 Customary practices (5)
- 13 Constantly in motion (8)
- 15 Country, capital Chisinau (7)
- 19 Depart from a country (5)
- 20 Wading bird of warm and tropical climates (4)
- 22 Hoot with derision (3)



SUDOKU

Place a number (from 1 to 9 inclusive) into each square in such a way that every digit appears once in each horizontal row, each vertical column and each box of nine squares.



WORDSEARCH

UNDER THE GROUND

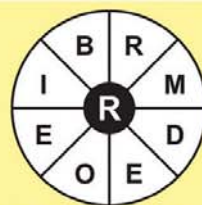
Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.



- | | | |
|---------|-------------|-----------|
| AQUIFER | DRAIN | POTATO |
| CARROT | FOUNDATIONS | ROOTS |
| CAVE | GOLD | TUBER |
| COAL | GRAVE | TUNNEL |
| CORM | MINESHAFT | UNDERPASS |
| CRYPT | PEANUT | VAULT |

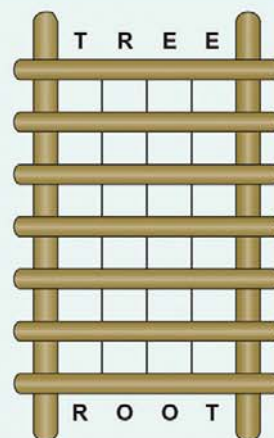
WORDWHEEL

Using the letters in the Wordwheel, you have ten minutes to find as many words as possible of three or more letters, none of which may be plurals, foreign words or proper nouns. Every word must contain the central letter and no letters can be used more than once per word unless they are in different spokes of the wheel. There is at least one nine-letter word to be found.



WORD LADDER

Change one letter at a time (but not the position of any letter) to make a new word – and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.





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