

# A BREATH OF FRESH AIR EVERY MONTH

# breeze

DECEMBER 2021

ISSUE 228



**Local Charity**

Light Up the Night!



**Local Fundraising**



**Local Business**



**Local Life**





# JOHN FLYNN OPTICIAN ESTD.1938

INCORPORATING JOHN YEOMANS OPTICIAN  
(FORMERLY OF STAPLEFORD)

## JOHN FLYNN OPTICIANS AN INDEPENDENT PRACTICE IN THE HEART OF BEESTON

NEW LOW VISION AND EYEWEAR STYLING CONSULTATION SERVICE  
FOR NEW AND EXISTING PATIENTS!



John Flynn Opticians is able to now provide eye examinations throughout the week on most days. The practice has also 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 Annette and Wendy and this will enable all patients to feel assured they are being given an unparalleled consultation service to find them their perfect eyewear.

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CONSULTATION

BOOK AN EYE EXAMINATION

BOOK A LOW VISION ASSESSMENT

BOOK A DRY EYE/BLEPHARITIS  
CONSULTATION

DO YOU SUFFER FROM POOR VISION  
OR DO YOU KNOW ANYONE WHO  
MAY BENEFIT FROM SPECIALIST  
SPECTACLES AND AIDS?

0115 925 5051/939 2421

"I chose John Flynn Optician as it is local to me a well recommended. I like that it is an independent practice and not a large chain. They also have good quality frames and lenses."

My eye examination with Dr. Janjua picked up an astigmatism that had not been previously recognised. It made a positive difference to my headaches.

All the staff are a delight - friendly and helpful. It's a pleasure to visit."

A. Chidlaw

"Friends and people I know had told me how satisfied they were with John Flynn Optician, so I thought I would give it a try. I do not think my experience could have been bettered by any other practices."

I refer of course to the service and advice of the optician given to me two years ago at this practice at which time I was suffering with cataracts, and under his directive, I received hospital appointments where they were removed o.k. Dr. Janjua once again gave me a good examination.

He, like myself, was happy his last examination and my requirements had been correct.

The practice's team are very good. They are welcoming, happy and helpful. They are a pleasure."

J. Foster

"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

"John Flynn Optician have friendly and knowledgeable staff who take their time to help with frame choices. It's a local opticians with a large selection of frames and a fast service. My glasses are perfect and fashionable. Just what I wanted. The exam with Dr. Janjua was very professional and thorough. He takes his time to explain everything whilst being friendly and kind."

E. Collins

"I cannot speak highly enough of Dr Janjua and all his team at Flynn Opticians in Beeston. Due to wrong prescriptions in the past going to him changed my life. Not only do you get the best product on the market and expert advice, everybody is so helpful and kind. I would not go anywhere else."

J. West

DON'T  
JUST TAKE  
OUR WORD  
FOR IT...  
READ WHAT OUR  
CUSTOMERS  
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."

E. Taylor

"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the quality - everything. Dan and Annette have been brilliant from the minute I walked in the door. They are very friendly and provided perfect service in every way. I will be coming back and will share my experience with others."

L. James

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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 925 5051 to make an appointment.

enquiries@johnflynnopticians.co.uk www.johnflynnopticians.co.uk

Want to stay up to date with the latest news and arrivals? why not follow us on Instagram and Facebook @johnflynnopticians

0115 925 5051





# best wishes from breeze

keeping it

## local

SINCE 2002

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

## MEET SANDRA

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# Christmas Gift Guide

Welcome to our special Christmas Gift Guide, where we showcase the many talented locals in our area. Whatever you are looking for, you are sure to find that special gift amongst the unique and fresh ideas. Don't forget that these talented people are on hand in the new year to create a gift that will be fit for any other occasion, birthday, anniversary or just to say you're thinking of someone....



*Now more than ever,  
it is important to Shop Local.  
Support your local businesses  
and we'll get through this together*



"I am pleased to share with you the Bake Actually festive range which is now available to order in time for your Christmas celebrations. This year I have eight different gift and treat boxes to choose from with an exciting menu of festive Brownies, Blondies and Stuffed Cookies. Free collections are available from NG9 1PB, Beeston from 17th December with last collections on the 24th December. Local delivery to NG9, NG10 and Wollaton is also available on 23rd December".

Visit [www.bakeactually.co.uk](http://www.bakeactually.co.uk) or find me on Facebook/Instagram @bakeactually for more details & to order.



Original handmade silver jewellery designed here in Beeston.

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[www.handmadebyalex.co.uk](http://www.handmadebyalex.co.uk)



**Janet Barnes  
at Canal Side Art**

Arrange a visit to local artist Janet Barne's studio by the lock at Beeston Rylands. Original paintings, prints, cards, and gift vouchers are available to view and purchase.

**Contact Janet on  
07904 067160.**

**Instagram:  
paintingwithmrp**

**Website:  
[www.paintingwithmrp.com](http://www.paintingwithmrp.com)**



"My name is Jayne and I make bespoke gifts and cards here at 'It's a little something', I specialise in personalisation, but also eco friendly, sustainable, recycled materials where I can.

I make seeded paper cards to avoid landfill and plantable gifts. I also make jewellery and small trinket type gifts as well as pegdolls. I donate a percentage of my profits from Santa pegs to the local foodbanks, as I like to support local community projects where I can, last year raising over £200"

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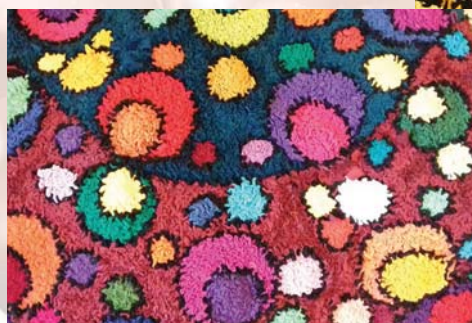
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**Telephone: 07813465071 or**  
**Email: [hello@southwell-holiday-cottage.co.uk](mailto:hello@southwell-holiday-cottage.co.uk)**



Oksana is a textile designer who designs and produces hooked rag rugs and wall hangings using recycled and scrap fabric.

"My designs have a heavy emphasis on colour and pattern and inspiration is drawn from stained glass and geometry".

See more work via Instagram  
**IG@oksanaoriginals**

**Or email: [oksanaholbrook23@gmail.com](mailto:oksanaholbrook23@gmail.com)**



©Anjana Cawdell

"A nature inspired watercolour artist based in Chilwell, I love to experiment with different ways of using colour and strive to capture the effect of natural light on the subject of my painting. Recent events have led me to explore local areas and many happy hours have been spent filling my sketch books. The image here is of a watercolour painting inspired by a snowy afternoon in Attenborough last winter.

My art and 2022 calendar containing local scenes can be bought directly from my website [www.anjanacawdell.co.uk](http://www.anjanacawdell.co.uk) I am happy to accept commissions".

**Portrait Gift Vouchers**  
 "At Double Image Photography, I've been creating beautiful, timeless portraits for over nineteen years and our Portrait Gift Vouchers are the ideal gift this Christmas. I offer a range of voucher options from just £25 and I will personalise your voucher for that special touch. My studio sessions are relaxed, informal and fun and I make sure your experience at Double Image is enjoyable throughout the process of creating your images".



**If you would like to know more or order a Portrait Gift Voucher, please contact Philippa at Double Image on 0115 925 2725 or email [info@doubleimagephotoography.co.uk](mailto:info@doubleimagephotoography.co.uk)**

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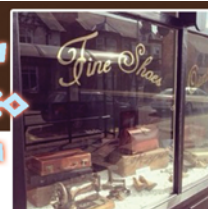


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Local Beeston Artist Mandy can provide you with a pencil drawing of your fur baby! A great gift for a loved one or a present for

yourself! Only £50 each. A4 original ready for you to frame. Email: [KeepKarmaArt@gmail.com](mailto:KeepKarmaArt@gmail.com) Mandy also has a shop on Redbubble with a variety of designs that inspire her. Check out the link below. [www.redbubble.com/people/KeepKarmaArt](http://www.redbubble.com/people/KeepKarmaArt)



Mark Lowe is a design studio and workshop creating bespoke handcrafted homeware through sustainable and honest design. For more information about Mark Lowe and its homeware collection, please contact Rosie Needham-Smith at [rneedhamsmith@gmail.com](mailto:rneedhamsmith@gmail.com).



"I love to work with sterling and Thai Tribe silver. Designing pieces in combination with semi precious stones and lava. Vegan leather / suede bracelets with semi precious stones. I take commissions, just send me an email with your request and I will be happy to come back to you. Every piece of jewellery is made with love and care!

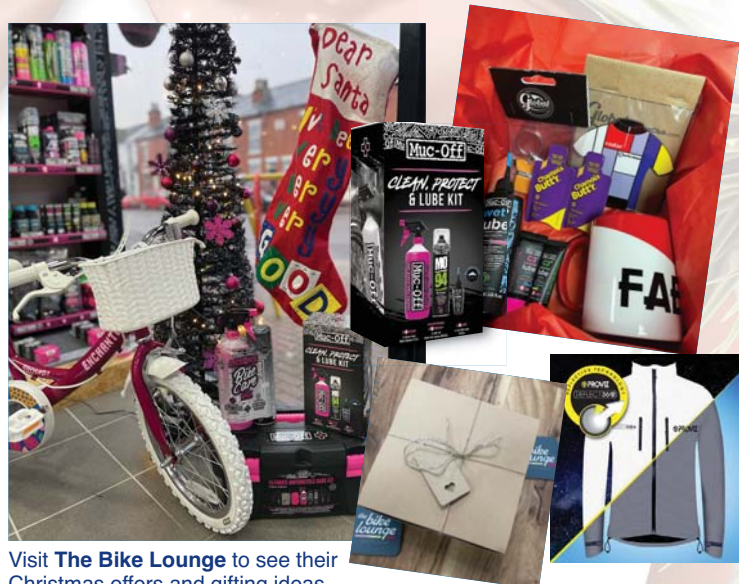
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Gift vouchers are available for any value and can even be posted or emailed. You can also combine them with one of the fully customisable Gift Boxes with come all ready to hand over, again these can be made to suit any budget and offer great value.

The Bike Lounge also currently have their last few 2021 bicycles at unbeatable prices and lots of other gifting ideas to suit all budgets.

**Why not pop in at 146 Wollaton Road, Beeston, or call them for further details on 0115 922 2009.**





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## Give Kids the Present of Positivity with the Deluxe Can of Can-Do this Christmas

Brighten up any child's life with our Deluxe Can of Can-Do, bursting with 31 mindfulness cards and beautiful fairy lights to create a wall of positivity.

Inside the can is a month's worth of cards - one side with a simple mindfulness exercise or positivity prompt, and the other side with inspiring and fun artwork. Great for a child to do on their own or as a family, they help kids (8 years+) to live in the moment, de-stress and build confidence.

Also included is a set of premium fairy lights and pegs so that your child can hang up the lights in their bedroom and peg their favourite cards on them creating a 'wall of positivity' - increasing their well-being in a fun and imaginative way. This inspiring wall art can change every time they pick out a new card.

The Deluxe Can of Can-Do is a unique well-being gift that helps create calmer, happier and more mindful children, building a more positive outlook and can-do attitude this Christmas.

Check out the full range of well-being cans for kids and adults at <https://www.positiveself.co/collections/our-little-cans-of-can-do>

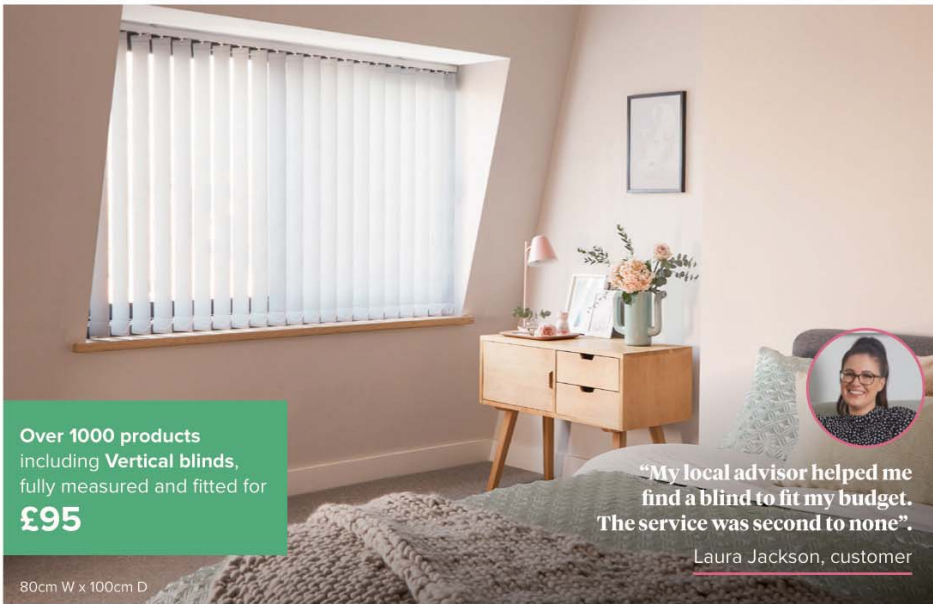




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# christmas at wollaton

All New Trail Unveiled

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Nottingham's Wollaton Hall & Deer Park has again been transformed into a spectacular woodland paradise as Christmas at Wollaton Hall - a unique festive outdoor light installation.

The multi-sensory experience of light and sound puts a contemporary twist on the classic seasonal tradition, with some amazing new features.

With a newly designed trail as well as the best loved favourite features of the inaugural event, the stunning illuminated 2km (1¼ mile) walkway, has been specially designed to fit into the natural landscape of the Formal Gardens. As well as Christmas at Wollaton the hall is also offering Yuletide Kitchens & Santa's Workshop, gifts & treats in the cafés & shops.

After a successful opening, Christmas at Wollaton was temporarily closed due to Storm Arwen, but is now open as normal.

Organisers commented "We're delighted to welcome everyone to the wonderful Wollaton at Christmas event, which is full of wonders for all the family to enjoy, the event is bigger and better than ever before and offers a real festive treat."

After a sell-out inaugural event for 2020 there will be lots of brand-new elements for 2021 for visitors to enjoy.

#### All new trail...

- Featuring best loved favourites as well as surprising new elements.
- New stars installation for this year, inspired by space and the galaxy.
- Amazing iconic forest creatures be featured this year!
- Specially composed music for a multi-sensory experience.
- Extra-long light tunnel

#### New features....

- Partnership with Nottingham's iconic local brewery Castle Rock.

#### More choice ...

- Additional slots, with the event running for 7 weeks.
- New Twilight Viewing Package, which starts at 4pm and will run every day from Friday 3rd December to Saturday 1st January.

Christmas at Wollaton is organised by award-winning event organiser Kilimanjaro for Nottingham City Council.

Cllr Eunice Campbell-Clark, Portfolio Holder for Leisure, Culture, and Schools at Nottingham City Council said: "It's great to be able to finally reveal why there are strange lights in the sky over Wollaton... We are pleased to be working with Kilimanjaro again to deliver this really popular event in the grounds of Wollaton Hall & Deer Park and we look forward to seeing lots of new visitors as well as those who were spellbound with last year's atmospheric displays.

**This year Christmas at Wollaton runs until 9th January 2022**

#### To ensure safety for all visitors

**Christmas at Wollaton has pre-bookable slots staggered every 30 minutes for the event.**

**Twitter and Instagram -**

**@wollatonlights**

**Facebook -**

**@wollatonhall**

[www.christmasatwollaton.org](http://www.christmasatwollaton.org)





Last weekend saw The Bike Lounge, Beestons newest bike shop organise a charity weekend fundraising for the Treetops hospice. The Bicycle shop and repair centre based on Wollaton Road,

Beeston organised several rides across both days including a Women only Breeze ride associated with British Cycling, a beginners gravel off road ride and a more serious cyclists road ride too which also attracted professional cyclists and Tour de France riders from the local vicinity including James Shaw from EF Pro Cycling and Lewis Askey from Groupama FDJ. Also riding was former Great Britain cyclist, Olympic and World medalist and Beeston bred Bryan Steel who was also introducing people new to cycling his community which brings people new to cycling together and helps with those first few steps into becoming a cyclist, including safer bike handling, reading the roads and cycle safety.

The weekend coincided with the launch of the stores new 2022 bicycle models from Lapierre a brand now distributed by Nottingham firm Raleigh, whom themselves had some of their own new bikes on display. Representatives from the brands also attended the weekend showing off new models, colours and technologies for the coming year.

Everyone had a great time whether it was with or without their bikes, lots of money was raised for the Treetops and the food, drink and refreshments were enjoyed by all.



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# light up the darkest hours

keeping it

# local

SINCE 2002

## Help Marie Curie light up the darkest hours of families affected by terminal illness in Nottinghamshire

Marie Curie is calling on everyone in Nottinghamshire to get involved in Light Up the Night and turn the shortest day into the brightest night to remember loved ones lost.

The charity's festive fundraiser will see people and businesses pledging £100 to dedicate a lantern in memory, to raise money and light up the festive season for local families affected by terminal illness. Each person taking part will receive a lantern of their own to display at home and Marie Curie staff will add a lantern with the person's message on to their display at Abington Park, Northampton on Tuesday 21 December.

Lauren Alexander, Marie Curie Senior Community Fundraiser in the East said:

"Christmas can be a difficult time for those who are bereaved, living with a terminal illness or caring for a loved one at the end of life. By taking part in Light Up the Night, you can help us continue to be there for everyone who will need us now and in the future. Thank you!"

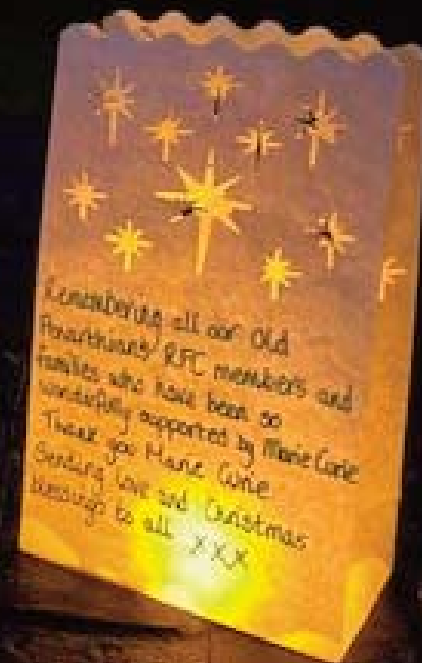
For more information on Light Up the Night and to sign up visit [mariecurie.org.uk/lightup](http://mariecurie.org.uk/lightup) or contact your local Community Fundraiser, Lauren Alexander on 07525801531 or [lauren.alexander@mariecurie.org.uk](mailto:lauren.alexander@mariecurie.org.uk)



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# winter appeal...

keeping it

local

SINCE  
2002

## Emmanuel House launches Winter Appeal to tackle homelessness over Christmas

Nottingham charity Emmanuel House has launched its Winter Appeal to raise vital funds to help prevent homelessness this winter. One of the projects funded by the Winter Appeal is the Nottingham Winter Shelter, which offers accommodation for up to 22 people per night, ensuring there are fewer people on the streets during the coldest months of the year.

Since opening the Nottingham Winter Shelter on 11th November 2021, Emmanuel House has enabled over 149 nights' protection and access to safe accommodation for 23 guests. The 24 hour wrap-around support means that it not only offers a safe night's sleep, but also works with guests to secure long-term accommodation. Guests are supported to overcome obstacles with access to and information about services that they are entitled to.

Emmanuel House's CEO, Denis Tully, said: "Anyone over the age of 18 can access the services regardless of their personal characteristics or cultural identity. Without the Winter Shelter, many people would be at risk, this year. Homeless people face not only the usual dangers from cold, wet weather, but also additional dangers of catching and spreading Covid-19 whilst sleeping rough or sofa surfing and unable to readily access healthcare."

### Covid-19's impact on homelessness

Denis added: "The Covid-19 pandemic has reminded us of the importance of home and hope, family and connection, but there are many people in Nottingham who will spend this winter without a safe place to call home. At the last count, every month there are over 100 individual people seen sleeping rough in Nottingham. Most of them are experiencing homelessness for the first time. Emmanuel House's beneficiaries are suffering the effects of the Covid-19 pandemic, with an increase in demand for housing, social isolation, complications with mental and physical health, worsening financial pressures, the end of furlough, Universal Credit cuts, unemployment, domestic violence and evictions.

"People we work with are in crisis and need intervention and support so we can prevent them from becoming homeless or help them recover from their experiences of homelessness."

### How can you help Emmanuel House tackle homelessness this winter?

Everything Emmanuel House does contributes to the work of getting people out of homelessness but a number of its key services receive no statutory funding, which means it has to fundraise to keep them going: the emergency Winter Shelter, culturally-specific support work, a warm and safe support centre with an Access Team that offers basic services, and a Wellbeing Support Team, offering mental health support to people that are homeless or vulnerable. By donating to Emmanuel House's Winter Appeal, you can help tackle homelessness and be part of its winter story.

### HOW YOU CAN HELP THIS WINTER

#### Donate money to Emmanuel House's Winter Appeal

- **£10** enables support workers to meet a homeless person for the first time, assess their needs and make a plan for support.
- **£50** provides three meals a day for the 22 guests in the Winter Shelter
- **£100** provides a package of support for someone in crisis, including showers, clean clothes, hot food, care of address and specialist advice.
- **£250** provides a package of support to get someone off the streets, helping to meet their basic human needs, liaising with other agencies and supporting them into accommodation.
- **£350** provides all the meals served in the Winter Shelter for one week.
- It costs **£1000** to run the Nottingham Winter Shelter for 24 hours.

The website has fundraising pack for ideas and inspiration. Find a list of food and clothes needed for the Support Centre and the Winter Shelter. Donate to Emmanuel House using Amazon Smile for your Christmas shopping. Amazon Smile automatically donates 0.5% of the purchase price of eligible products to your chosen charity when you shop on [smile.amazon.co.uk](https://smile.amazon.co.uk). It's a quick, simple and free way of supporting Emmanuel House whilst you're doing your online shopping.

**Why not Volunteer** at Emmanuel House's Support Centre and Winter Shelter. **Visit website for more information**  
<https://www.emmanuelhouse.org.uk>







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# Ring in the changes this Festive Season ...

keeping it

# local

SINCE  
2002

Another festive season is upon us and here at Home Instead, Nottingham we are bringing in the holidays with three new owners and some exciting news involving promising new technology in care which is happening at our national office.

**We would like to introduce Dawud Ahmad, Amar Shah and Harmeet Sehmi – new owners of Home Instead, Nottingham.**

These long-standing friends and qualified dentists for over ten years were looking for fresh inspiration in a new patient care environment. They found this within the care industry, heading up the team of dedicated care professionals.

Home Instead's core aim of helping people to stay as independent as possible, where they feel most comfortable in familiar surroundings is the main reason they chose the Home Instead organisation above any other.

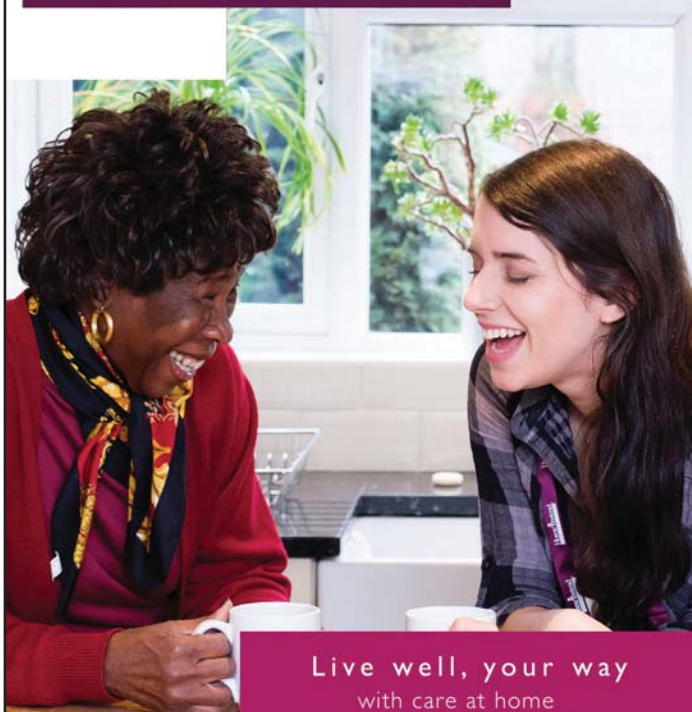
The relationship-based care given by a Home Instead CAREGiver makes our new owners proud to join a network of home care providers who have a heartfelt and sincere desire to help older people. In addition, Home Instead's national office is also seeing some change this season, having recently being acquired by Honor Technology, a leading home care technology and operations platform. This acquisition combines home care and technology in a way sure to transform the client and CAREGiver experience and revolutionise care for the elderly. Here at Home Instead, Nottingham we welcome the advances and are ready to be at the forefront of the technological change in the industry that will give our CAREGivers a better day to day experience.



**Our new owners are committed to our CAREGivers having a great work experience. To enhance this work experience we offer an amazing benefits package including double pay on Bank Holidays with the day back in lieu, free DBS check, paid call-to-call travel time, Diplomas in Health & Social Care and Dementia Training and a welcome payment for new starters of up to £100, depending on planned weekly hours.**



## Home Instead



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Image taken prior to current restrictions



If you are interested in becoming part of a team that use relationship based care to make a difference in people's lives or if you have spare time on your hands and think you could make a difference to our clients then please do get in touch and call Aliya on 0115 9226116. Alternatively, have a look at our website [www.homeinstead.co.uk/nottingham](http://www.homeinstead.co.uk/nottingham) to find out more about us and our CAREGiver opportunities.



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# gardening...

keeping it

local

SINCE 2002



## Are you one of those people who likes to pop out into the garden and grab a breather from all the indoor festivities?

Christmas can be such a lovely time - a part of the year when we have the excuse to chill out with friends and family. We all need a little space though sometimes, and this makes us better to be with, somehow more relaxed and calmer. So why not create that little sheltered spot for short stints in the garden?

### Simple Shelter

You can buy ready made canvas 'tarps' that come with eyelets and often their own guy ropes: inexpensive and they can look so inviting when set up in a corner of the garden with some mood lighting underneath them.

Use another tarp to make sides which block the wind - and can be moved to suit. These only have to hang like outdoor curtains on a strong guy line. There are eyelet kits that are easy to use if you need more eyelets to thread onto the guy line.

Find old fallen branches from your nearest woodland and make simple natural looking props to help support it or existing walls/structures such as a shed to fix hooks.

If you want to quickly transform a slightly boggy part of the garden then here's an inexpensive refinement: simply add one or two used wooden pallets and paint them with an outdoor coloured paint! Now you have your very own recycled patio area and it really can look good if you put sides onto the pallets so it 'dresses them'. You can even add in some fence panels and upright timbers into the mix and create a lightweight but more rugged wooden shelter - this will last into the summer too.

It really is that simple and gives you more of a light construction project to do in the garden when things are quiet in other ways - a little fun in that lull just before a New Years party perhaps?

**Low down and cosy** - Top it off with a low fire pit - there are many designs to choose from and to suit all budgets. It's these simple things that make our outdoor space all the more enjoyable and we can sometimes forget about the winter evenings that hold something special as we chat around a nice cosy fire with a cuppa or maybe a

As always ...*Enjoy!*

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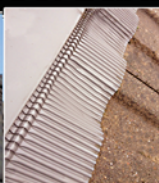
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# shoebox collection

keeping it

local

SINCE  
2002

## NATIONAL SHOEBOX COLLECTION WEEK LAUNCHES IN UK FOR OPERATION CHRISTMAS CHILD AFTER SUCCESSFUL DELIVERIES TO NINE MILLION CHILDREN IN 2020

Annual Christmas shoebox project Operation Christmas Child (OCC) - run by leading Christian international relief and development agency Samaritan's Purse - is up and running. The project seeks to bring joy and hope to vulnerable, isolated children, many of whom are living in some of the most difficult circumstances worldwide.

Over 1,000 churches, schools and local businesses across the UK will be opening their doors for the public to drop off their shoeboxes. Together with shoebox collections in other sending countries, children from over 100 countries will receive a shoebox through the help of 80,000 local churches. Despite the pandemic, OCC was able to safely deliver shoeboxes to over nine million children living in challenging conditions in 2020, including in Albania, Belarus, Georgia, Serbia, Central Asia, the Middle East, Nigeria and Liberia.

Nick Cole, UK Director of Operation Christmas Child, said: "Packing shoeboxes is a fun activity for individuals, families, organisations and churches that can make

a real difference in the lives of children who are facing some of the most trying situations imaginable. We must remember to love and look out for the most vulnerable in our societies and we are proud of the resilience the OCC community has shown in safely bringing joy and hope to children during the pandemic."

To ensure that children could receive the shoeboxes during lockdown, OCC volunteers in a church in Poland gave out shoeboxes to 300 children by running 12 events for five children each over five consecutive weekends. In Moldova, where gatherings were banned, OCC volunteers visited children individually door-to-door.

Though National Shoebox Collection Week has ended, individuals are still able to pack a shoebox online up until Christmas Eve. Shoebox Online enables people to pack tailored and personalised shoeboxes with a range of age appropriate, fun, hygienic and educational gifts, as well as the opportunity to include a personal note to the recipient.

Nick Cole continued: "We recognise that there are a lot of people out there who wish to participate in National Shoebox Collection Week but lack the time or resources to pack a shoebox. Shoebox Online is a quick and easy way to get involved and bring joy to a child who might not otherwise receive a gift this Christmas. In some cases, it will be the first gift the child has ever received."

Ana-Maria Goia from Romania, who received a shoebox as a child and now lives in the UK, said: "For me, this shoebox was a reminder that God is real and that I'm not alone. I considered it a miracle from God through which I experienced his love and that he cared about me and my brothers and everything we needed. This gift in the form of a shoebox gave me hope when I needed it most and changed my life completely."

To get involved visit <https://www.samaritans-purse.org.uk> and find your local drop off point, or take five minutes out of your day to pack a shoebox online.





# Why use a financial adviser?

Planning your finances on your own can be difficult and time consuming

keeping it

local

SINCE 2002

Obtaining guidance from a professional adviser could help you start 2018 on a firm financial footing - and save you money. Research shows that people who receive financial advice could be £40,000 better off within a decade (International Longevity Centre UK, July 2017) so it's worth speaking to an expert.

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

**Here are five things a financial adviser can do for you:**

## 1 Offer you extra insight and expertise

Even if you're an experienced investor, it's always a good idea to get a second opinion from a professional - especially when it comes to your finances.

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

## 2 Build the right financial plan for you

First and foremost your adviser will focus on you; listening to what you want out of life.

Once they know more about you and your hopes, they will then build a long-term financial plan that's right for you.

## 3 Help you make the right decisions

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

## 4 Help make your investments as tax efficient as possible

Tax is always a bugbear especially if it gets in the way of your financial plans. But there are ways you can improve the tax-efficiency of your investments.

An adviser will take these into consideration when developing your financial plan - and make sure you don't miss out on opportunities to reduce the tax you're paying on your returns.

## 5 Access the right tools and resources

With thousands of products on the market, finding the right one can be difficult.

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- 13:00 Strong and Steady** - strength and balance class suitable for all health conditions.
- 14:30 Neuro Exercise Class** - suitable for people with a range of neurological conditions.
- 16:00 Parkinson's High Intensity Class** - suitable for people with Parkinson's with good standing balance.

- 10:00 Dance** - movement to music class which can be done seated or standing.
- 11:00 Dementia Friendly Exercise Group** - Group exercise for people with dementia and supporters. **Run at the Studio, Padge Road.**
- 11:15 Yoga** - adapted yoga session which can be tailored to your condition - seated or standing.
- 12:45 Tai Chi** - adapted tai chi which can be tailored to your condition.
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Mind how you go with

# elf on a shelf!

keeping it

local

SINCE  
2002

Santa's little helper is a seasonal favourite, but parents should think twice about the messages he's sending to young children. Former primary school teacher, Emma Shingleton of education resource experts PlanBee is here to help

Who doesn't love Elf on the Shelf? The mischievous little fellow who encourages good behavior as Christmas excitement reaches fever pitch: the elves report back to Santa each night on whether children have been naughty or nice.

Your children may 'behave' while Santa's elf is keeping an eye on them, especially as it will result in presents as a reward for good behaviour. But what happens when your elf returns to Santa's workshop and is no longer keeping a beady eye on what your child is up to?

Typically, we often find smaller, more manageable goals easier to achieve. The same goes for children; asking them to be 'good' every moment of every day in December can feel overwhelming. Do we really want our children thinking they're being watched every moment of the day by these festive home invaders! Could the expectation be setting some children up to fail? If children don't succeed, parents may even feel they need to follow through with sanctions such as removing presents.

Parents can be forgiven for wanting children to be excited in the run up to Christmas, creating little scenes in which elves get up to mischief. Youngsters across the country wake up to find their cheeky little elf has been up to no good, delving into the

biscuit jar (strictly forbidden!), leaving a crumbly mess, or rolling down the stairs encased in a wayward roll of toilet paper. But are these naughty elves sending the right message? Or are they encouraging the exact kinds of behaviour parents are actually wanting to avoid?

Of course, I'm not suggesting parents scrap the tradition all together - where's the fun in that? Instead, we have come up with some alternative ways to enjoy the popular tradition - by modelling behaviour you would like to see and supporting children to make good choices.

Instead of a naughty elf, what about a helpful elf? Explain to your children that Santa's elf has been sent to homes to help them in the run-up to Christmas. They love to see children spreading kindness and joy, and then make the journey back to the North Pole each night to tell Santa all the lovely things children have been up to. Try to focus on positive behaviour instead of negative and allow children space to make better choices.

As any teacher will tell you, more than anything else children love becoming the teacher themselves. Perhaps your elf visitor needs to be taught how to do some helpful jobs around the house; the children could teach them, or even learn alongside their elf companion. The elf could be seen making funny mistakes around the home, which children need to help them correct. Maybe he can't reach the soap to wash his hands and needs to be shown how to do it correctly.

Why not steer your elf away from naughty antics and focus on helpful gestures instead? Get the elves to model the behaviour you want to see, rather than the behaviour you are trying to discourage.

## Elves could be seen:

- brushing their teeth
- taking a bath
- doing the washing up
- making friends with toys
- decorations on the christmas tree
- watering the plants
- reading a story to other toys
- making the bed
- tidying toys
- getting dressed
- giving something away
- helping to fill a shoebox to send to a child
- helping toys cross the hallway

The possibilities are endless, and encourage children to choose to do good because they want to, and not because they will get a reward at the end.

Check out the free 25 Days of Elf on the Shelf Ideas at <https://planbee.com/products/elf-on-the-shelf-ideas>







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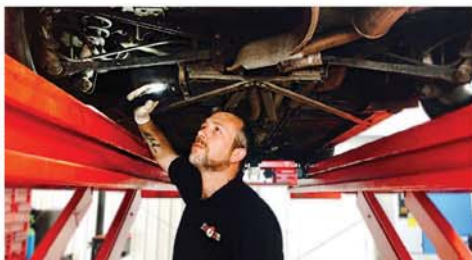
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"We couldn't be happier to announce that our much-loved Duck Race will be back on 1st January. All our ducks are fully vaccinated and rearing to go!

After the months and months of staying indoors and seeing no one we are free to mix once again and what better way than to say hello to family and friends at the Annual Duck Race.

At this stage none of us know what the COVID situation will be but we will of course be following whatever government guidelines are in place on 1st January.

Enjoy a warming cup of mulled wine with a mince pie, tea or coffee, a delicious hot donut or a tasty hamburger or hot dog. Have a go on our tombola with some lovely prizes to be won, for the little ones we have a Teddy tombola with a cuddly toy prize every time. Some new stalls for 2022, including a face painter for the little ones...definitely worth a look!

What a fantastic start to the new year, socialising and supporting a local charity.

This popular event is now in its 30th year- would have been 31 had it not been for COVID!

It takes place at Manor Park Toton, curtesy of Broxtowe Borough Council and sponsored by Michael Key MOT, Servicing & Repair, Long Eaton.

We will shortly be contacting all local businesses and requesting their participate in our 'Corporate' race – for just £25 they can sponsor a duck or 2 for the bargain price of £40. They will have a chance to win a prize to share around their employees. This race which takes place immediately before the main race has become a popular and integral part of the day!

We usually gather around 1pm and we aim to launch the ducks by 2pm. There is lots to keep everyone busy during the lead up to the race and we try to make sure that everyone who wants to purchase a ticket at just £1.50 can do so".

Tickets for the race are on sale now.

**For further details contact Age UK Derby & Derbyshire 01773 766 922/07745 191777 or Email: [fundraising@ageukdd.org.uk](mailto:fundraising@ageukdd.org.uk)**



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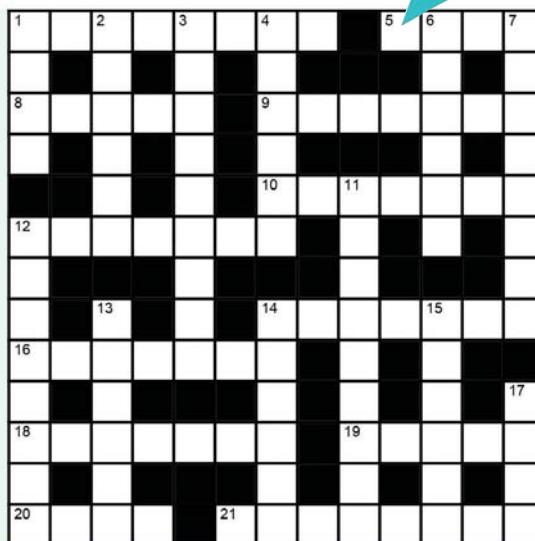
## CROSSWORD

### Across

- 1 County in southern England (8)
- 5 Contains the flow of (usually water) (4)
- 8 Empower (5)
- 9 Save from ruin or destruction (7)
- 10 Chemical used in reactions (7)
- 12 Thin skin at the base of a fingernail (7)
- 14 Muscular weakness caused by nerve damage (7)
- 16 Slim or small (7)
- 18 Sum of money paid in compensation (7)
- 19 Aqualung (5)
- 20 Estimate the value (4)
- 21 Filleted (8)

### Down

- 1 Witnessed (4)
- 2 Very small (6)
- 3 Voted back into office (2-7)
- 4 Make certain of (6)
- 6 Rhododendron-like shrub (6)
- 7 Structures that provide protection from danger (8)
- 11 Person to whom an envelope is written (9)
- 12 Think about carefully (8)
- 13 Solitary man (6)
- 14 "Hey \_\_\_\_", said by a magician (6)
- 15 Military greeting (6)
- 17 Cuts wood with a serrated tool (4)



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

## WORDSEARCH CHRISTMAS

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

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BOWS	JINGLE	SAGE
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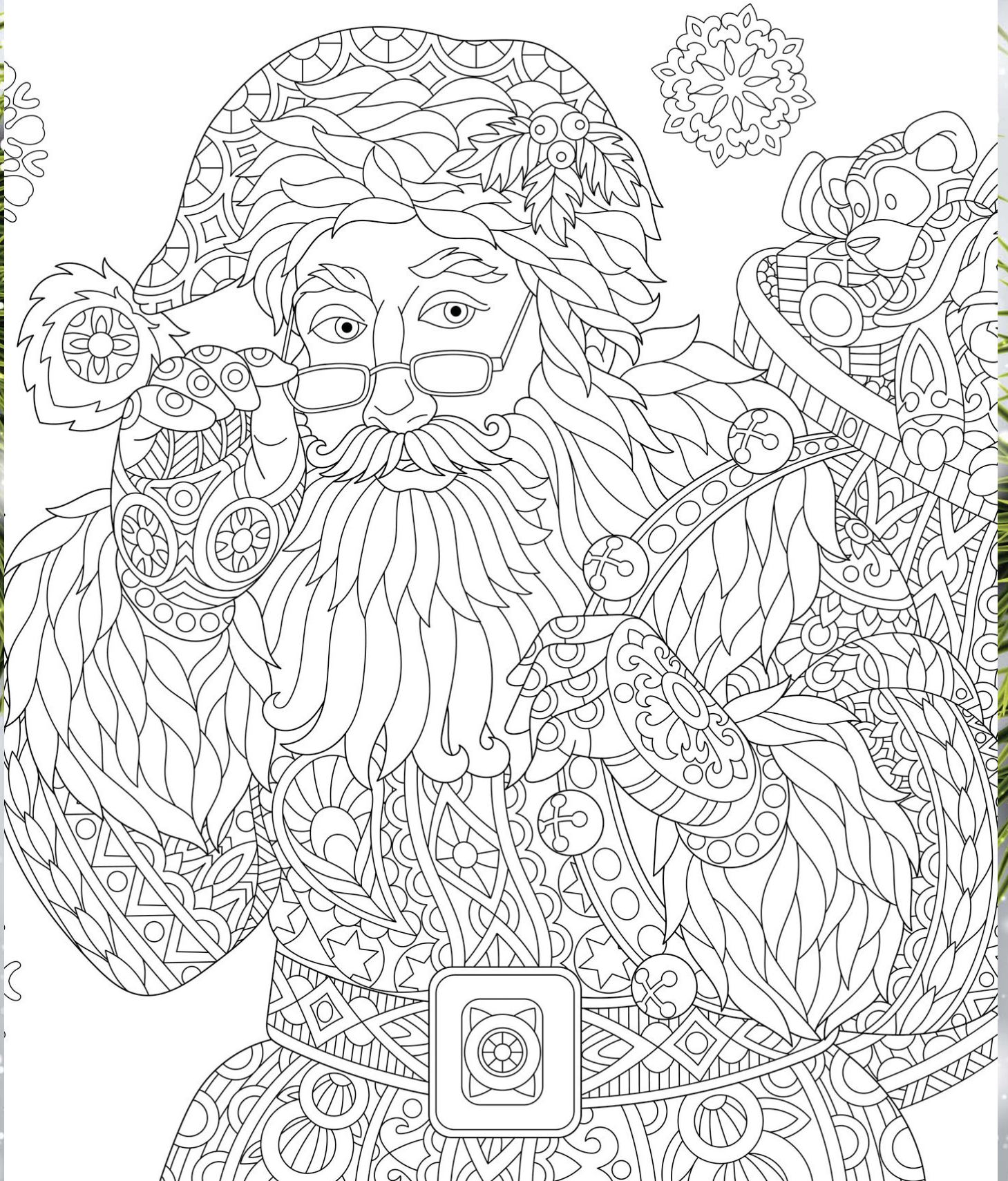


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