

A BREATH OF FRESH AIR EVERY MONTH

breeze

FEBRUARY 2021

ISSUE 218

Caring Locals



Celebrating Each Other

Month of Love



Feel the Breeze



Loving Local Life



JOHN FLYNN
OPTICIAN
ESTD.1938

WE ARE
OPEN
AS (NEW) NORMAL

SPECIALIST
GLASSES
FOR PEOPLE
WITH

AMD
(MACULAR DEGENERATION)
GLAUCOMA
CATARACT
AND OTHER
RETINAL PROBLEMS

Now official stockists of **Lindberg** - the best eyewear in the world



götti
SWITZERLAND

We are now stocking
Gotti Dimension
3D Printed Frames -
lightweight and durable
by **Gotti**,
Switzerland



HOYA



We only supply the best quality lenses from **Nikon, Hoya, Zeiss** and many other superior independent lens suppliers including the **WORLD'S THINNEST** lens 1.76 INDEX!!

Eye Examinations carried out by **Dr Sheeraz Janjua** BSc(Hons) DipSv MCOptom DOptom Director & Doctor of Optometry
Opticians Awards Finalist - Optometrist of the Year 2018 Opticians Awards Finalist - Independent Practice of the Year 2019

REGISTERING NEW PATIENTS

Open Monday to Friday from 9am to 5.30pm. Saturday 9am to 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 or 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



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

love from breeze

keeping it

local

SINCE 2002



It's the month of LOVE
So how do we cope with
Love in Lockdown?
Take some deep breaths
and think of the things that
are good in life for you today.
We share some of the things
that our readers and advertisers
love. An opportunity to celebrate
all the good that there is in our area.

Be kind to each other
and Stay safe.

To Our Advertisers

Download the full guidance for
people working in, visiting
or delivering to other people's
homes:

[https://www.gov.uk/guidance/
working-safely-during-coron-
avirus-covid-19/homes](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/homes)

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



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

MEET SANDRA

Sales Enquiries
07967 282558

Email:

sales@breeze-magazine.co.uk

Published By MP4 Design Limited Est. 2002



An independent company not connected with any other publication or group.
All material is copyright and should not be reproduced without permission. We
have made every effort to make sure any numbers on editorial or advertisement
or details that appear are correct, apologies if any are incorrect. The publishers
do not accept
liability for any loss or damage caused by an error, inaccuracy or omission in the
printing of an advertisement or editorial. By placing an advert you are agreeing
to and are subject to the publisher's terms and conditions, copies of which are
available on request. The publisher accepts no responsibility for works carried
out by any advertiser, any matters should be taken up directly with the adver-
tiser.
MP4 Design Limited is registered in England: Company Number 8081955
Registered Office: 210 Lower Regent Street, Beeston, Nottingham NG9 2DD
Office Address: 156 High Road, Beeston, Nottingham NG9 2LN

Now available to read on Smart
phones & Tablets.
Follow the PDF link via our Facebook
Page or website.



Your
**BOILER
SPECIALIST**

T: 0115 925 5848

— 15% OAP Discount —

C.T.H.
Plumbing & Heating

- Boiler repair/service/installation
- Central heating repair
- Central heating installations
- All plumbing & gas work undertaken
- Ex British Gas Engineers



- Combi Boiler Specialists
- Energy Efficient Engineers
- Bathroom Suites

**Boilers & Bathrooms
at
AFFORDABLE
PRICES!**

The right time to
replace your boiler?

**Boiler
Scrapage
Scheme
NOW ON!**

BAXI POTTERTON Glow-worm Remeha WORCESTER Ideal

“Warm again...”

Whether it's a new boiler with our 12 year guarantee to
replace your old, unreliable and inefficient one
**or a new bathroom suite with the latest
walk-in shower room**

We just get it sorted for you....

Quotes are free so give us a call and make your life
much more comfortable...

love our area

keeping it

local

SINCE 2002

Loving Books

The Friends of John Clifford ran a Christmas fundraising appeal to make sure that every child at the school got a Christmas gift including a book.

The response to the appeal was overwhelming (raising over £900) and we were able to give lovely gift bags to all the children at school in the last week of term.

"We'd love to say a HUGE thank you to everyone in the community who so generously contributed".



The Show Must Go On

"Here at **Nottingham Playhouse** we have been bowled over by the support of the local community – both opting to donate to us in these strange times, but also all of those watching our digital pantomime Cinderella. We are very much planning to continue with events in 2021/22 with Beauty and the Beast – tickets on sale now".
Nottingham Playhouse
Find us online: -
www.nottinghamplayhouse.co.uk

Seeing Clearly

Mr. Lewis came to **John Flynn Opticians** for a second opinion after being told by his previous optician that there wasn't much more that could be done to improve his eye-sight. He had even been told that he may have to give up driving and therefore was considering selling his car!

Dr. Janjua examined Mr. Lewis, he advised him to keep the car, and he dispensed him with specialist lenses from America to meet the DVLA standard keeping him legal for driving. He also referred him for specific laser therapy. The outcome was fantastic and he now had good vision – easily meeting the DVLA standard. He now wears specialist lenses from Austria to maximise his vision and has even brought a new car!

"Seeing an advert in the local magazine made me choose John Flynn Optician."

"They are a friendly, efficient and modern practice. I have visited other opticians, but this one stands out above the rest by a huge amount. My new glasses look good, fit well and are comfortable."

"My eye examination with Dr. Janjua was the most comprehensive I've ever had using state of the art equipment."

"Everyone at the practice helped to assist and relax me during my visit."

"I will highly recommend to my friends"

Mr. Lewis



t: 07570 465 710

e: drylineroofingservices@gmail.com
w: www.drylineroofingservices.co.uk

Covering Nottingham and Derby

Local, Long Established Family Run Business Based in Nottingham

- New Roof & Roof Repairs
- uPVC Fascias, Soffits & Gutters
- Pressure Washing
- Chimney Repairs
- Lead Work

- All Work Guaranteed
- Payment On Completion
- Free Estimates & Advice



★★★★★ 5 Star Reviews

Find us on



Steve Rockley Plumbing & Heating

- Qualified Plumber With Over 30 Years Experience
- Professional Boiler Installation With Warranty
- Central Heating and Upgrades
- Unvented Hot Water Systems
- Complete Bathrooms

m: 07970 464 012
Attenborough, Nottingham



Warm Hands, Warm Hearth this Autumn at the two top suppliers of all things lovely & warm in our area....

Free log basket or companion set*
when you place an order for a full stove installation



LONDON NEW YORK
CHESNEY'S

Contura

Carlin

FIRENZO
WOODFIRES

eco-ideal

oer

OPENING TIMES:
Tuesday to Friday
10am - 5pm
Saturday 10am - 4pm
Sunday & Monday
closed

Search for us on Facebook

the
fireplace & stove
shop

Telephone: 0115 849 9909

Address: 121 Queens Road, Beeston, NG9 2FE
(opposite Subway and KFC)

Email: info@fireplaceandstoveshop.co.uk

www: fireplaceandstoveshop.co.uk

* Terms and conditions apply: offers end 5th November 2019, only one offer can be used per household.
Not available in conjunction with any other offer. Subject to availability.



**Gas fire
and fireplace
fully installed
from £1200.00**

**Electric fire
and fireplace
fully installed
from £849.00**

Both fireplaces images are shown with gas fire.

* All prices subject to site survey.

**Get this look!
fully installed
from £1800.00**



**Welcome Home to some of
Nottingham's finest
electric, gas and solid fuel
fires and fireplaces.**

We have hand picked
suppliers from all over the country
to offer the best fires for you...

We have a range of micro marbles,
natural stone fireplaces and wood
along with multi fuel stoves &
high efficiency gas fires.

Tel: 0115 8548911

**e: info@thefireplaceboutique.co.uk w: thefireplaceboutique.co.uk
The Fireplace Boutique 102 Chilwell Road, Beeston
Nottingham NG9 1ES**



20 College Street, Long Eaton, Nottinghamshire NG10 4ND

www.sunshinedental.co.uk

 **Sunshine Dental**
for a brighter smile

We have a new Dentist joining us at Sunshine Dental.

Ashraf Eldawi qualified in 1999 and brings a wealth of experience and knowledge to the practice. As well as providing all aspects of general dentistry, Ashraf has a particular expertise in endodontics, which involves saving teeth which would otherwise be extracted with root canal treatment.

Sunshine Dental Practice is committed to providing the highest quality dental care in a welcoming and caring environment. Our team are dedicated to helping you keep your mouth, teeth and gums in the best possible condition.

**Please contact us to book an appointment with
any of our experienced Dental Clinicians**

0115 973 3591

info@sunshinedental.co.uk



love our area

keeping it

local

SINCE 2002

Loving Creatives

Have you ever dreamt of designing a dress for Beyoncé, having a book published or even a top 10 record? Past winners of **Nottingham's Young Creative Awards** have done all of these things - and this year's awards are now open.

Entries are open to anyone aged 11 to 24 who lives, works or studies in Nottingham. There are eleven different categories: Animation & Digital Media, Creative Writing, Dance, Design & Architecture, Fashion & Textiles, Film, Graphic Design, Music, Photography, Theatre and Visual Art.

It's free to enter, and with cash prizes and industry opportunities up for grabs, entrants have got nothing to lose and everything to gain. Participants can conjure up something new to submit or show off existing work, including pieces they've done at school, college or university.

It's a brilliant way for Nottingham's young people to show off their talents, develop valuable contacts, and perhaps even to launch a creative career. Winners and finalists will have unique opportunities to take part in exhibitions and showcase events, and to take up work placements and mentoring opportunities with creative businesses in the city.

18 year-old Sarah Mensah, was one of more than 500 young people who entered the Young Creative Awards in 2020. Sarah went on to win the Photography award (16-18 age group) for her beautiful set of studio portraits which explore issues of race and identity. Sarah said: *"Winning the YCA 2020 as a young artist gave me recognition for my work, which led to my first televised interview and publication."*

This experience has helped me develop confidence in my work, which has led me to work on various creative projects with different organisations such as Nottingham Castle, further developing my creativity and innovation as a young artist."

Last year's Young Creative Awards were celebrated online and through a special one hour special programme on Notts TV. Organisers are planning to build on last year's successes this year and are hoping that exhibitions and events in city centre venues, celebrating this year's participants, will be possible in the autumn.

Stacey Richards, Senior Human Resources Manager from one of this year's headline sponsors, software firm Serif, added: "We're really excited to be sponsoring the Nottingham Young Creative Awards for the second year running. Being in the creative industries, we know how important it is to support the creative community during challenging times like these, so we're delighted to be a part of such a great event. The level of local talent we saw last year - despite the challenges of lockdown - was outstanding, and we have no doubt that this year's entries will be just as impressive."

Entries are open until 21 April 2021.

To find out more go to www.youngcreativeawards.org

Loving Nature

"During the recent Lockdowns, various members of the **Wollaton Natural History Society** have enjoyed exploring local Parks and Nature Reserves, including Wollaton Park, the Beeston Canal, Butterley Reservoir and Colwick Country Park. We are so lucky to have these areas close by and there is always something interesting to see. Over the past year they have been a lifeline for many people, enabling them to exercise and enjoy the wildlife at the same time.

"At the end of December, Nigel & I spent a morning at Colwick Country Park. This was a first visit for me and it was so interesting to see the variety of ducks and birds on the Lake. We walked the entire perimeter of the area and saw a flock of Wigeon, as well as a Black Swan, which I had never seen before. That was very special and made the whole visit a worthwhile day out. With Spring not too far away, the next few months will be a perfect time to visit these areas and see the new born cygnets, ducklings and chicks".

Patricia McHale
Wollaton Natural History Society with thanks to Nigel Downes, Chairman

BRAMCOTE PLASTERING

PROVIDING QUALITY PLASTERING FOR THE LAST 25 YEARS

- Internal & External
- Small Repairs To Full Renovations
- Plastering/Coving
- Rendering/Artexing
- Plaster Boarding/Re-skimming
- Pebble Dashing

Family Run Business

Tel: 07815 769968

FREE Quotes Given

GARAGE DOORS

- FULL INSTALLATION
- SERVICING & REPAIRS
- AUTOMATION
- ALSO HOUSEHOLD INSURANCE RATED SECURITY GRILLS AND ROLLER SHUTTERS



FREE QUOTATIONS
NO OBLIGATION
NO CALL OUT FEE

A. S. MAINTENANCE SERVICES
TEL: 0115 917 2224 or 07823 885950

Best Deal

PROPERTY MAINTENANCE



SPECIALISING IN

Brickwork • Tiling • Fencing • Carpentry
Painting & Decorating • Paving
Extensions • Kitchens & Bathrooms
Property Maintenance
And all other building work undertaken
For free estimates call Gary on:

**0115 849 4587
OR 07821 560362**

**No job too big, no job too small
emergency plumbing 24hr call out**

'NXT-GEN'



COMPOSITE DOOR OFFER

Get a 'next generation' front door, plus a back door for £1,695.
Yes, both for only **£1,695!**

visit klg.co.uk/dooroffer



**A stunning deal that allows you to enjoy a new and secure look for your home,
and a warmer winter ahead for you and your family.**



BEESTON SHOWROOM

0115 922 11 55
Queens Road East NG9 2FD

ILKESTON SHOWROOM

0115 944 12 12
Nottingham Road DE7 5BB

SHOWROOMS OPEN Mon-Fri: 9.00 - 17.00

Sat: 9.30 - 15.00 Sun: 10.00 - 14.00 (Beeston only)

Visit our website to read our
independent customer reviews.

www.klg.co.uk

★ REVIEWS.co.uk



Products are produced on our premises in
Nottingham by our manufacturing arm Archer Systems



KLG Rutland www.klg.co.uk

For full offer terms and conditions visit www.klg.co.uk

Images for illustration purposes only. *Credit is subject to application and status. Terms and conditions apply. Minimum order £1,000. KLG Amazing Glazing Ltd is authorised and regulated by the Financial Conduct Authority. KLG Amazing Glazing, The Mill, Queens Road East, Beeston, Nottingham NG9 2FD act as a credit broker and not the lender. Credit is provided by Hitachi Capital Consumer Finance, a division of Hitachi Capital (UK) PLC authorised and regulated by the Financial Conduct Authority.

love our area

keeping it

local

SINCE 2002

Thank you NHS!

Ben and William are brothers aged 9 and 11. Their proud Dad is Chris Navarro - the Principal Dentist and owner of Beeston Dental Practice. Ben and William decided they wanted to raise money to say thank you to all the amazing people of the NHS. So, they are running 2.5km every lunchtime of home school until February half term. This means they will run a total of 70km each!

So far they have run over 35km each in sunshine, rain, snow and high winds with great enthusiasm. They even pulled a sledge one day! There have been a couple of tumbles and a lot of stitches but they chat and help each other along.

As soon as it's lunchtime they quickly grab their trainers and set off with Mum or Dad in tow. They're getting fitter and faster every day! Over the weeks they have started to notice some familiar faces getting their daily exercise too and wave at them along the way!

They have been so excited and grateful to their fantastic friends and family, and the wonderful patients from Beeston Dental Practice that have all so kindly sponsored them and helped them to raise over £700 so far!

Please donate to <https://www.justgiving.com/fundraising/sarah-navarro2>

Feeling the Love

"It's so easy to say what gets me through these difficult times - Reiki, a holistic Japanese therapy that promotes stress relief, deep relaxation, emotional and physical healing. As a Reiki practitioner and teacher much of my work in 2020 has been remote, but I love giving myself some reiki most days. It's not unusual to find me laid on my treatment bed or in an armchair, peacefully drifting off to sleep mid-session.

Reiki's kept me relaxed and peaceful in these challenging times, and I'm grateful to have worked during lockdowns providing remote/distance Reiki for clients throughout the UK".

Caron Keeton www.caronkeetonreiki.co.uk

Art from the Heart

Local Artist Rita Mitchell shares "I had done no painting since early November and was finding life difficult suddenly being on my own again as so many others have been. However I had a deadline to meet for the end of January to paint a watercolour of the Gower in South Wales.

A lovely couple who have collected my work for many years, who used to live in Wales, and are now in Australia, are setting up a company called 'The Gower Watch Company' and want me to be their 'in-house' artist. They aim to launch a new watch every year named after a Gower Bay. These will be in a beautiful presentation box with a miniature of my painting. My watercolour will remain with the collection they already have, but prints of the painting will be available at the launch and on their website and I will, of course, promote the company on mine.

My confidence was low so it took some time to get going. What a wonderful way to get me painting again.

This is Broughton Bay complete with the rock pool, just to remind us all of lovely summer days. www.ritamitchellstudio.com

PAINTING, DECORATING & HOMECARE SERVICES

FRANK CARTER

Tel: 0115 919 0044

Mobile 07922 035536

Email: frank.carter4@hotmail.co.uk

ALL ASPECTS OF DECORATING UNDERTAKEN:

- Interiors / Exteriors
- Paper Hanging
- Coving
- Dado's
- Small Joinery Works (shelving/door, window locks/security bolts/chains etc)

***Insurance work welcome**

Peveril Road, Beeston, Nottingham NG9 2HU



ACCOUNTING FOR EVERYDAY PEOPLE

PROUD TO SUPPORT BREEZE MAGAZINE SINCE 2002

210 VERONA HOUSE

CVH Accounting, Verona House,
210 Lower Regent Street, Beeston NG9 2DD
Telephone: 0115 922 0815
Email: info@cvhaccounting.co.uk

KM Joinery

and Property Maintenance

Small Jobs Welcome

- Competitive quotes
- Bespoke service
- Courteous & reliable

We provide joinery services from door hanging to kitchen fitting & flooring. **PROPERTY MAINTENANCE** including: plastering, plumbing, kitchen, bathroom installations & electrics.

Kitchens

Stairs

Doors

Decking

Storage

& fitted bedrooms

Call 07866 540302

or 0115 8089894

Email: enquiries@km-joinery.co.uk



TRADE ONLY

HOWDENS

Beeston

Now Open



Open a Trade Account today

**Unit 15, Trent Gateway, Beeston Business Park,
Technology Drive, Beeston, NG9 1DA**

Tel: 0115 904 1100

Howdens.com

property of the month

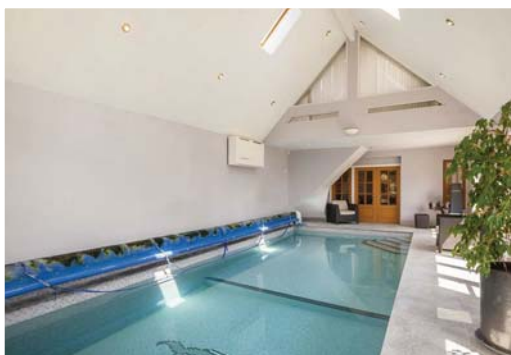
keeping it

local

SINCE
2002

40 Beeston Fields Drive
Beeston, Nottingham
NG9 3DB

£1,150,000



A 'WOW Factor' modern detached home offering four bedroomed family accommodation in this premier location with double garaging and internal swimming pool as well as games and entertaining rooms.

Beeston Fields Drive is regarded as the most highly rated address in this NG9 post code, the property itself enjoying a particularly attractive south-facing aspect with views over Beeston Fields Golf Courses first tee and surrounding undeveloped area.

Whilst being extremely convenient for ease of access to Nottingham, Derby and Leicester, the accommodation has a number of well noted independent local schools, namely Nottingham High Schools and Trent College, yet at the same time within walking distance of Beeston town centre and all amenities provided therein.

A truly delightful modern detached home immaculately presented and in a ready to move into condition offering sweeping in and out driveway having electric gates and double garaging and private enclosed safe gardens for young families.

For more information contact Robert Ellis
12 High Road, Beeston, Nottingham, NG9 2JP

Email: beeston@robertellis.co.uk
Telephone: 0115 922 0888

MEGA SALE

NOW ON!

PLUS UP TO
HALF PRICE
ON SELECTED CARPETS

PLUS NO DEPOSIT
UP TO **4 YEARS**
INTEREST FREE CREDIT[†]

PLUS
EVERY CARPET FITTED FREE*

PLUS **SHOP&PAY@HOME** FREE SERVICE

Available at our Long Eaton store only

FREE MEASURING & ESTIMATING

*We'll beat any quote**

OUR FREE SERVICE FOLLOWS HEALTH & SOCIAL DISTANCING GUIDES WHEN VISITING YOUR HOME

We'll bring samples to your home!

Chantilly Wilton was ~~£14.99m²~~
NOW ONLY £7.49m²



SAVE UP TO £250
In our Silentnight Collection
free delivery

Silentnight

Accessories not included

• Huge choice of rugs, laminates & vinyls • Carpet from £3.99m² • Every carpet fitted free*

UNITED CARPETS
WOODFLOOR & BEDS

High Street, **Long Eaton**, Nottingham NG10 1HY
Telephone 0115 973 6336

Opening Hours: Mon-Sat 9am-6pm, Thur 8am-6pm, Sun 10am-4pm

f t SHOP: IN STORE/ONLINE/MOBILE

Products subject to availability. *Every carpet fitted free applies when you buy the equivalent size of our Airstep or Treadmore underlay. Stair surcharge applies. Free fitting offer does not apply to laminate, wood, vinyl flooring or grass. Stocks vary from store to store. Colours in photos may vary slightly due to print quality. United Carpets accept no responsibility for printing errors. *Terms & Conditions apply. †Interest free credit available up to 4 years, payable monthly. Based on \$2000 total spend then 48 monthly payments of £41.67, equivalent to £9.62 per week. United Carpets and Beds is authorised and regulated by the Financial Conduct Authority in relation to credit broking. Minimum order applies.

EXTRA 10% OFF FLOORING & BEDS

On all orders over £50
In-store only at
United Carpets
Long Eaton

On production of this voucher at the United Carpets Long Eaton store. Not to be used in conjunction with any other vouchers.

light in the dark

keeping it

local

SINCE
2002

Online commemorations have taken place to mark Holocaust Memorial Day, as part of a community service being produced by Broxtowe Borough Council.

Students from Alderman White school, local residents and community leaders will join the Mayor of Broxtowe, Councillor Janet Patrick to take part in the service which will be shared on the Council's social media and website.

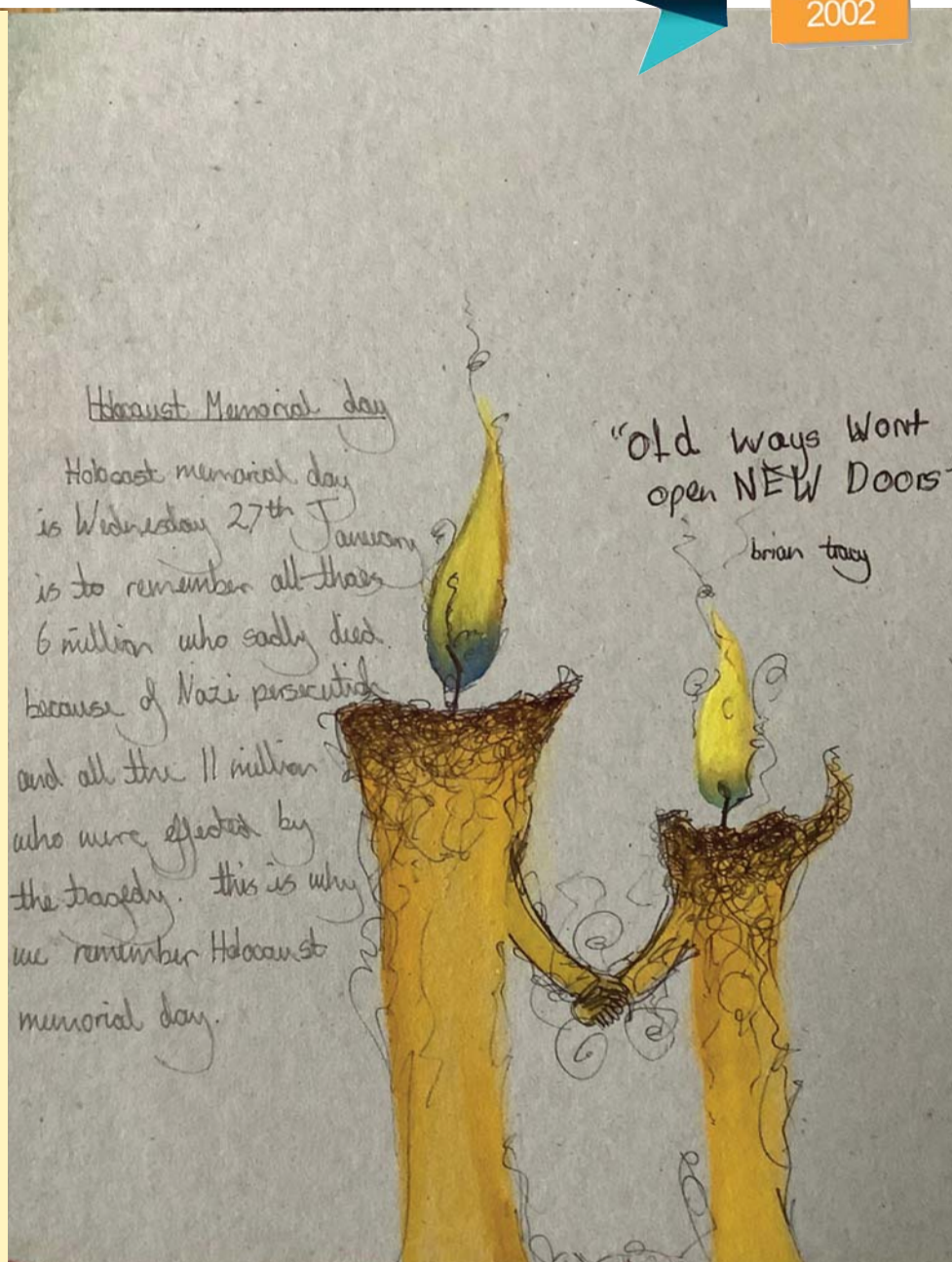
Shown here is a beautiful piece of work from Alderman White student Zac Draper with drawing of two candles holding hands.

Councillor Patrick said: "Every year people are invited to join the ceremony at Bramcote Hills Park in the Holocaust Memorial Garden, to come together as a community to mark this important event in the Borough calendar. Due to the pandemic, we are unable to invite people to join us physically but instead would like to unite together virtually.

This year's theme is 'be the light in the dark'. Holocaust Memorial Day acts as a beacon of light every January that shines on the darkness of genocides that have taken place around the world in the past. But it is not just something relegated to the past, every day ordinary people are facing persecution. It is imperative that we continue to remember these dark days so we can continue to forge ahead and create our own moments of light in the world."

Each year for the past twenty years Broxtowe Borough Council has held a ceremony at Bramcote Hills Park to mark Holocaust Memorial Day.

For more information about the Holocaust Memorial Day event, please contact Broxtowe Borough Council on 0115 917 3210, email civic@broxtowe.gov.uk or visit



aspects INSTALLATIONS

David Shakespeare has installed a wide range of bathrooms to fit each individual's budget and is looking forward to working with past and new customers once again.

- Full Bathroom Installs
- Free Design Service if required
- Tap/Toilet/Sink etc fitting
- Small jobs are also welcome

t: 07940 782 812 or 0115 946 2246
e: aspects-installations@outlook.com

In Partnership with ECH Plumbing Merchant for Accessible Washroom Space.



Allen Appliance Repairs

Colin Allen

07426 058875

26 years experience with Fox Electrical

Ovens

Washing Machines

Tumble Dryers

Vacuum Cleaners



Nottingham Building & Roofing LTD

A Local Family Business

ALL ASPECTS OF ROOFING AND
BUILDING WORK UNDERTAKEN

No Job too Big or too small

Flat Roofs • Roof Repairs • Chimneys
Leaks • UPVC Fascias • Guttering • Fencing

Contact John for free quote or advice
info@nottinghambuildingandroofing.co.uk
www.nottinghambuildingandroofing.co.uk

0115 871 5101 • 07435 028 074

0800 474 8938

Trent Caravan Services
Mobile Caravan & Motorhome Servicing



Approved Mobile Workshop Engineer

I come to you, at home or in storage.
Helping you look after your investment,
whether new or pre-owned.

- Mobile caravan & motorhome servicing in Beeston, Chilwell, Attenborough, Toton, Stapleford, Wollaton and the surrounding area
- Conveniently at your home, storage site or camp site
- Professionally trained AWS NCC engineer
- Competitive pricing
- Motor movers, solar panels & 4G WiFi extenders supplied & fitted
- Alde fluid changes by an Alde trained engineer
- If buying a caravan or motorhome, have a pre-purchase inspection
- Damp checks

Annual appointments can be
arranged so you never miss
a service date



Contact Andrew on Tel: 07976 723865

email: info@trentcaravanservices.co.uk
www.trentcaravanservices.co.uk



THE NOTTINGHAM
HEARING PRACTICE
INDEPENDENT HEARING SPECIALISTS

**The Highest Rated Hearing Care Provider
In The East Midlands**

- Over 50 years experience
- Fully independent advice
- Free trial of any hearing aids
- All models available (inc rechargeable)
- Latest earwax removal techniques
- Noise protection
- Tinnitus advice
- Home visits



WE ARE OPEN!

We have adopted all
recommendations for clinical
practice with your safety in mind.

Check out our amazing reviews at
www.nottinghamhearing.co.uk



THE NOTTINGHAM HEARING PRACTICE LTD
93 High Road, Beeston, Nottingham NG9 2LE

Email: info@nottinghamhearing.co.uk

0115 857 2900



20% OFF
Quoting
'Breeze Spring Special Offer' *
Offer ends 31st March 2021

* First time customers only.
Cannot be used in conjunction with any other offer

BEFORE

AFTER

Cleaned to look like new

- Conservatories • Gutters and Fascias • Windows and Doors • Carports and Solar Panels
- Patios and Driveways

- All work undertaken by hand
- All work 100% guaranteed
- Only use eco-friendly products
- Discounted rates for pensioners *
- Fully insured

No obligation instant quote:
01603 926 900 / 07909 718 291
www.conserv-a-clean.co.uk

EST 2006

For an instant **NO OBLIGATION** quote, email your pictures to
enquiries@conserv-a-clean.co.uk

Our CAREGivers give us their thoughts on why they love their clients

keeping it

local

SINCE 2002

As Valentines day is fast approaching, we asked our CAREGivers why they love being with their clients. Here are some of their responses.

I love being with my clients because...

They are so appreciative and nice.
I love making a difference and seeing them smile.
When I help them, it makes me feel useful.
We can have a nice chat together.

We can laugh together.

I love to hear and share in their remarkable social histories
and I benefit so much from their wisdom and thoughts.
It is an honour to be able to assist or help in their daily activities at home.

I love the moments where they give you a special smile
or perhaps a little giggle over something silly.

It is so special when you walk in early in the morning as they say
"I missed you yesterday, you always make me smile"

The words "Thank you for what you have done" humble me...
and fill my heart with compassion

They have become my extended family. I moved from London with my husband and the dog to Nottinghamshire shortly before Covid-19 surfaced. The idea of moving here was to be in the middle traveling distance between families. All our family and friends are based in London, Liverpool and Manchester, but we knew nobody in Nottinghamshire.



Live well, your way
with care at home

I joined Home Instead during the first lockdown, I applied for the CAREGiver role to enable me to meet and help people around my community, especially in these difficult times. Back then I didn't realise a year later we would still be in a pandemic!

I immediately knew I had made the right decision after my first visit. I don't see my job as a job, I see it more of a role that is needed and is something I enjoy doing. One of my clients once told me that she loves to hear the key turn and the click of the door at 8.15am every morning- there is no better compliment than that!

As I have got to know my clients, I see them more as extended family and during these times of me not being able to see my own family, I find the visits are good for my own mental health. Whilst working part time for Home Instead I have also been building up my own arts and crafts business, these skills have been useful on many home visits, one client if he is unable to go out likes to make crafts, it's fantastic being able to support and guide him when he's creating. In a nutshell I love being with my clients because they are good for me!

If you would like to become a CAREGiver with Home Instead and make a difference to our clients, see them smile, laugh with them, listen to their social histories, learn from them and help them in their daily activities while at the same time improving your own mental health then please get in touch.

Give Vicky, our recruiter a call on 0115 9226116. You never know we could be using one of your quotes in one of our future articles.

Image taken prior to current restrictions



Sliding Door Wardrobes Ltd



Quality
made-to-measure
fitted wardrobes

Just for you!

- 100's of designs
- Free design & quote
- 10 year guarantee
- Family business over 20 years
- We only use our own fitters
- Honest pricing policy
- All made in-house
- Fit within 3 weeks of order
- Installation within 1 day



Book your free design visit now

0115 975 6633 - wardrobesonline.co.uk

Beautifully Crafted Sliding Door Wardrobes & Bedroom Furniture

Factory showroom: Southglade Business Park, off Hucknall Road, Nottingham NG5 9RA

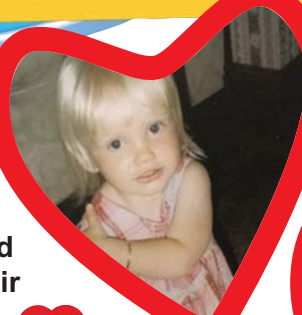
celebrate good times

keeping it

local

SINCE 2002

Got something to celebrate? Why not share with our readers or surprise a loved one by having their picture and a few words printed - we'd love to hear from you... and it's FREE!



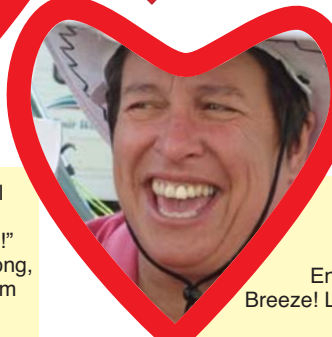
Look who's 21!
Happy 21st Birthday **Demi**
love Mum, Dad
and all the family xxx



Happy 18th Birthday
Alice xx



Happy 50th
Our **Simon**!
Looking forward
to the time we can
celebrate together xxxx



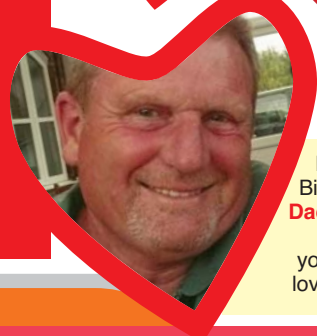
Happy Birthday
Annie,
Enjoy your
Breeze! Love you
xxxxx



Happy 50th **Sam**,
Love Paul,
Helen, Jayne
and Charlotte



To our Special
Mum
"Get Lost Virus!"
Keep staying strong,
we love you from
your family
xxxxxx



Happy Birthday
Dad,xxxx
Enjoy
yourday,
love you!

JUST SOME BORING (BUT IMPORTANT!) STUFF TO BEAR IN MIND WHEN SENDING IN YOUR PICTURES!....

- We do not accept any professionally taken photographs.
- Whilst every effort will be made to agree with copyright laws on the images provided it is the senders full responsibility to obtain permissions on such copyright images before supplying to Breeze Magazine.
- The editor reserves the right to shorten or modify any material submitted.
- Any requests for insertions of a child under the age of 16 must be accompanied with a sign letter of agreement from the Parent or Guardian of that child. With full address details**

Send your entries BY EMAIL: info@breeze-magazine.co.uk

DEADLINE FOR MARCH 21 ISSUE: 23rd February 2021

Homecraft
INTERIORS

Curtains, blinds, fabrics, cushions, flooring & upholstery

To Embellish Your Home

We are still working to make your house a home but at present the shop remains closed.

Please call to speak to us about consultations, fabric selections and how we can measure and fit in a covid safe manner.



60 Attenborough Lane, Attenborough, Nottingham NG9 5JW • Free Parking
e: curtains@homecraft-interiors.com w: homecraft-interiors.com
t: 01159 74 45 55



SHAUN DAKIN
PAINTING & DECORATING

01159 172 837

07954 348 790



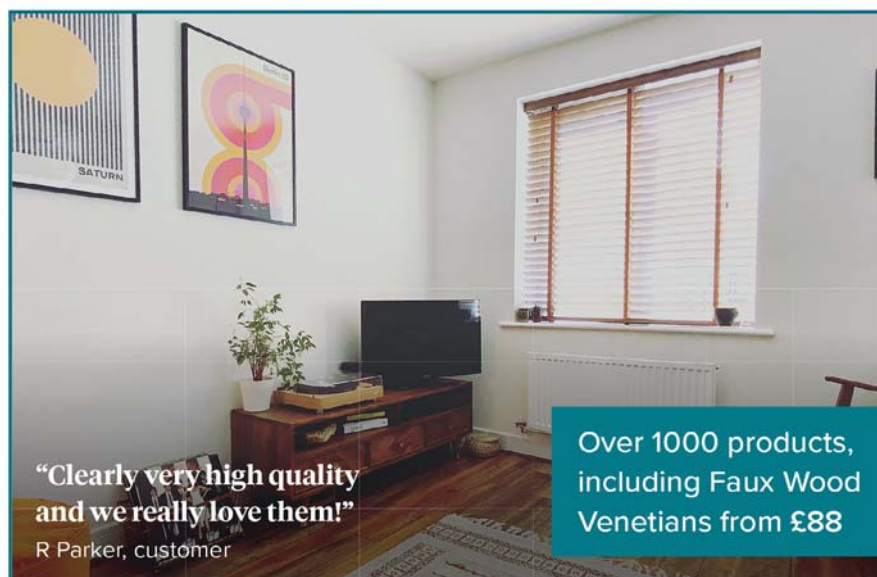
www.shaundakinpd.co.uk

Stay
Safe



YOUR LOCAL BLINDS, CURTAINS & SHUTTERS SPECIALIST

✓ Friendly local service ✓ Options for every budget ✓ Price includes measuring & fitting



**"Clearly very high quality
and we really love them!"**

R Parker, customer

Over 1000 products,
including Faux Wood
Venetians from £88

- I provide expert advice on the best window solutions
- Flexible appointment times
- Blinds & curtains made right here in the UK
- Ask me about multi-blind discounts
- I won't be beaten on price*

ROLLERS | ROMANS | VERTICALS | VENETIANS | CURTAINS | SHUTTERS | WOODEN BLINDS

Call me for a free in-home appointment:

Lucy Cartwright 07435043860

*Based on the same size, spec & levels of service.

HILLARYS
Ilkeston

No painting or repairs for 25 years? It must be a ColourFence!

**Won't
warp, crack,
shrink, rot
or peel!**

Visit our display at
**Notcutts
Garden centre**

- Landmere Ln,
Nottingham
NG12 4DE

Forget painting. Forget repairs. For the next 25 years*. With ColourFence, one of the most tedious, time-consuming jobs disappears. Not just for 2020 but for the next 25 years! That's because there's no need to paint or repair ColourFence. It's guaranteed not to warp, crack, shrink, or peel. Making it one of the world's best maintenance free fences. And, unlike other fences, ColourFence can withstand wind gusts of up to 130mph. There's a choice of colours to harmonise your garden's design. You'll find our prices surprisingly competitive too. **To see the full product range, call us today and find out why it makes sense to choose ColourFence.**

*Hose down occasionally - terms & conditions apply.

- No painting or repairs for 25 years*
- Guaranteed not to warp, crack, shrink, rot or peel*
- Maintenance-free until 2045*
- Professionally installed to withstand wind gusts of up to 130mph
- No maintenance costs
- Wide choice of colours, designs and sizes

*Hose down several times a year - terms & conditions apply

"Maintenance free for 25 years and great value too! Nothing compares to ColourFence!"

CALL NOW!

To see our full range of colours, designs and get a **FREE** 'no-obligation' quote – **CALL**

0115 933 3330

colourfencenottingham.co.uk



MADE IN BRITAIN

COLOUR FENCE

love your heart

keeping it

local

SINCE
2002

Maintaining Healthy Habits

New Year's resolutions can be a good starting point for making longer term health and lifestyle improvements, but most people who set New Year's resolutions do not stick to them. Reasons for quitting include a lack of time, a lack of support from other people and feeling daunted by unrealistic targets. This tip is aimed at helping you to succeed in maintaining your healthy goals in 2021.

Setting achievable goals

The first thing to consider is whether your New Year's resolutions is achievable and realistic. Often, goals are unachievable because they are too difficult, or they do not allow enough time for you to make gradual changes. There is nothing wrong with aiming high and being ambitious, but it is important that your goal is not too difficult or time-consuming as this could leave you feeling daunted. When setting a goal, ask yourself the following questions:

- Is the goal too ambitious?
- Is the timeframe for the goal realistic?

- What specific changes do I need to make to achieve my goal?
- Can I fit my new healthy behaviour around my other commitments?

Break down your goal

Breaking large goals down into smaller goals can make them feel more achievable and less daunting. For example, if you are aiming to lose weight, the NHS recommends that you aim to lose around 1 to 2lbs (0.5 to 1kg) a week. You should be able to achieve this by cutting down your calorie intake by about 500 to 600 calories each day. It might take you longer than you originally planned to lose the weight, but you are more likely to stick to it and not give up.

Plan for success

Make a plan of how you will achieve your goal and what changes you will make to ensure you stick to it. There are online resources available to help you plan your healthy activities, such as the NHS' couch to 5km programme or the NHS' programmes for stopping smoking, cutting down alcohol and losing weight:

Couch to 5km: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Stopping smoking:
<https://www.nhs.uk/live-well/quit-smoking/>

Cutting down on alcohol:
<https://www.nhs.uk/live-well/alcohol-support/tips-on-cutting-down-alcohol/>

Losing weight: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

Don't expect immediate results

The effects of your New Year's resolution may take time to appear. Try to be patient and don't expect the results from just one or two weeks of dieting to show on the weighing scales, as it may take longer.

Involving other people

A really good way to motivate you to stick to your goal is to involve other people. If you know someone who has a similar goal to yours, try to involve them as a "buddy" to provide mutual support for each other. They may even be able to push you a little bit harder, helping you to achieve your goals and resolutions sooner. You can also look for groups on social media who share your goal.

Do not beat yourself up

If you miss a fitness session, have an alcoholic drink, cigarette or bar of chocolate, try not to feel guilty about it. Think about what might have triggered the deviation from your goal and try to avoid it in future. Forgive yourself and aim to get back to achieving your goal as soon as possible.

Make changes that will last long term

On average, it takes between 21 and 28 days for something to become a long-term habit. Make goals that you want to be able to stick to long term, such as improving your overall fitness, stopping smoking or maintaining your weight. If you can make it through these first few weeks, you will notice that things will become much easier. drinking you can get support by visiting: <https://www.nhs.uk/live-well/alcohol-support>





Able Roofing Services
Quality roofing at affordable prices

ROOFING & RE-ROOFING SPECIALISTS

- SOFFITS & FASCIAS
- GUTTERING
- REPAIRS
- LEADWORK
- STORM DAMAGE
- ALL ROOFING WORK UNDERTAKEN
- PROFESSIONAL & RELIABLE

For a FREE no obligation quote please call:
0115 891 6576
or 07809 559782
www.roofersnottingham.com



Call Allan at **OVER 10 YEARS TRADING**

A.Y.H. PLUMBING

For all your plumbing...

- ✓ Taps old & new fitted or repaired
- ✓ Radiators fix or replaced
- ✓ Toilet syphons and overflows
- ✓ Outside taps
- ✓ Burst and leaking pipes
- ✓ Free Quotes

Call **07846 800 818** or **0115 875 1975**
188 Meadow Road, Beeston



Outside Taps Fitted

Small Jobs Welcomed

NO VAT

QUALITY KITCHEN FACELIFTS

Transform your kitchen and **SAVE £££s**

**Est.
1999**



Before



*why replace when
you can reface?*

- Door swaps to full kitchens - tailored to your needs
- Huge choice of doors, worktops, appliances, sinks and taps
- UK's leading kitchen facelift expert

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Proud members of
Checkatrade.com
Where reputation matters



Call for a Free Estimate:

0115 874 1428

www.dreamdoors.co.uk

VISIT OUR SHOWROOM:

**Dream Doors West Nottingham, 39 Wollaton
Road, Beeston, Nottingham, NG9 2NG**

in the garden

keeping it

local

SINCE
2002

By now many of us are ready to 'climb the walls' after our prolonged lockdown and the usual restrictions that winter can place upon us due to shorter days and inclement weather. However, there are some nice little gardening activities we can do indoors and these can be remarkably therapeutic.

So why not crack open a window to let in a little fresh air, spread an old sheet or a plastic tarp on the floor and grab a bag of potting soil ready to do a spot of planting for the 'inside garden'?

There are even special led lit propagators available online that lengthen the days for your plants with low energy use too.

We can grow fresh produce and herbs—or really any other plants that enjoy roughly the same level of warmth as do if we are growing indoors.

All you need to get started is a few pots, soil, and some fertilizer.

Quick and Easy Micro Greens

Why not start by growing microgreens? You can literally use an old casserole dish, soil, and some vegetable seeds - any variety will work, with beets, peas, and radishes a popular choice. Plant the seeds in a thin layer of soil, then place the dish in a warm, humid location until they germinate. When the little plants sprout, just water, harvest, and repeat! It's a great idea for kids too and something to focus on each day as they tend to them keeping them correctly watered.

Japanese style Bulb Planting

A Japanese moss garden can be a perfect spring centrepiece for your kitchen table or living room display area. Called kokedama, these beautiful arrangements are basically a bulb wrapped in a piece of sheet moss and secured with twine. You can use a spring bulb such as a tulip or daffodil. Or jazz it up a bit more by using the ball to hold an orchid, fern, or fun succulent variety.

Total Regrow (they'll be back!)

While some plants seem to want to deny us a second chance of growing them, other ones will do anything to keep on growing. If you take a look there are several items in your fridge that will keep growing if given the opportunity!

A lot of vegetable scraps will regrow roots and keep on flourishing if planted, allowing you to get another crop from them. One of the most common vegetables for this project is romaine lettuce. Here's what to do: just give the butt a few inches of water, and it will start sprouting new leaves in a matter of days! And you can also do this with celery, bok choy, and scallion.

These veggies can all grow back quickly. Now, if you're in it for the long haul, you can regrow potatoes, onions, and even pineapples believe it or not! Why not try it and prove it to yourself? It's a bit of fun and you can eat your rewards.

The Vertical Indoor Gardener

If you are you running out of surfaces to put your new houseplants you could also just create a vertical garden. Items like cut down wooden

ladders, pallets, and pipes can all be used to create vertical plant displays, helping you pack even more greenery into your home. Whilst you may have seen these outdoors they are a perfectly good way to grow the appropriate types of plants indoors as well.

Herbilicious

Try starting an herb garden on your kitchen sill, or see if you can get some seeds to germinate from a regular fruit such as an apple.

A good way to get started is using plain old paper kitchen towel. Simply wrap a few of your chosen seeds in a damp paper towel and place it inside a sealed plastic bag. Put the bag in a dark, warm place and check on it every few days, dampening the paper towel as needed (A small fine water mister is perfect for this as it doesn't saturate your seeds). Try apple, lemon, avocado or even an orange. When it sprouts keep it going and eventually you can pot it into a larger container up until it's ready to be acclimatised to the outdoors - what an achievement and something defiant about it amidst our woes!

This month:

Don't forget to order your seeds and bulbs for the upcoming planting season: it's something to look forward to and enjoy doing whilst at home more than usual.

Scarify the lawn on dry days and aerate it if you can with a spiked roller to keep oxygen flowing to the roots of the grass.

Clean your old pots with disinfectant, ready to use in the spring.

Cut back old woody stems from last years Perennials. This is to prevent pests and diseases hiding in the decaying leaves and stems.

As always: keep learning and trying something new with us. Keep safe, keep gardening and most of all..... **Enjoy!**

Trowell Landscape and Paving

Specialising in block paved driveways, natural sandstone patios and all hard landscaping

Trowell Paving is a family run business with over 25 years trading history. We have built an outstanding reputation based on quality workmanship and our dedication to customer satisfaction.

Contact:
Peter Young
0115 9398003
07977934640

www.trowell-landscape.co.uk • email: trowell.landscapes@ntlworld.com



All work carried out comes with our guarantee





Cut Above Landscapes

And Gardening Service Limited



**CUT ABOVE
THE
ORDINARY
WITH
OUR UNIQUE
DESIGNS
TAILORED
JUST FOR
YOU
- TO SUIT
YOUR
BUDGET**



**Landscaping, Patios, Lawns,
Walls, Fencing, Decking
Block Paving, Plants, Trees
and Water Features**



For a garden that's a cut above
Tel: 0115 9724956 or 07980 236120
www.cutabovelandscapes.co.uk

Nottinghamshire Tree Services

Specialising In The Following:

- Tree Felling • Tree Pruning
- Conifer Trimming & Reducing
- Hedge Cutting
- All Waste Removed
- NPTC Certified Contractors
- Fully Insured • Free Estimates

Over
20 Years
Experience

**Mobile: 07970 252032
Tel: 0115 917 8026**

E-Mail: Nottstrees@hotmail.com

Beeston, Nottingham | All Areas Covered

Martin Page *Your Local Tree Surgeon*
many times recommended

Have you considered your trees may need some maintenance from time to time?
Are your trees maybe too tall? Blocking light, unsafe or untidy?
Or maybe you need to remove that stubborn tree stump.
Do your hedges, Conifers or shrubs need trimming?
With 30 years of experience working with trees in your area I would be pleased to offer you free advice and a free quotation.
I also sell high quality hardwood logs.

- **Fully Insured** from
- **Local Family Business** Chilwell to Trowell
- **Clean & Tidy Service**

Call me now on
0115 906 8680
www.chnwoodtrees.com

lockdown love

Top Films to watch this month of love

keeping it

local

SINCE 2002

The month of Love can be a mixed bag. For some, an excuse to act out their wildest romantic fantasies in the name of love; for others, an excuse to rail against crass sentimentality. For another group it's an excuse to curate – for your friends, your lover(s), your family, or most satisfyingly just for yourself a movie marathon that speaks to love in all its forms.

We asked British film producer and lecturer at the world famous MetFilm School Anna Mohr-Pietsch for her top ten film picks for enjoying this Valentine's day in lockdown.

Platonic Love: STAND BY ME

(d. Rob Reiner, w/ Raynold Gideon/Bruce A. Evans, 1986)

Wonderfully nostalgic, endlessly quotable ("I lost the comb"), and the definitive ode to friendship, loyalty and the heartbreaking beauty of River Phoenix.

First Love: CALL ME BY YOUR NAME

(d. Luca Guadagnino, w. James Ivory, 2017)

With all the makings of a modern classic, Call Me By Your Name conjures so evocatively the unbearably painful joy of first love. And the peach is a Valentines poem all of its own.

Doomed Love:

PORTRAIT OF A LADY ON FIRE
(d/w. Céline Sciamma, 2019)

A breathtakingly poetic study of explosive, unforgettable, star-crossed love; and a searingly honest exploration of the many crosses women have had to bear for the patriarchy, and the strength they find from and with each other.

Parental Love: MRS DOUBTFIRE

(d. Chris Columbus, w. Randi Mayen Singer/Leslie Dixon, 1993)

Who doesn't sometimes wish their dad was Robin Williams, in a full skirt and heels, taking Pierce Brosnan down a peg or two and charming us all in the meantime? A joy and a delight, for all ages, and a reminder of all our parents do for us, both seen and unseen.

Love and the In-Laws: GET OUT

(d/w. Jordan Peele, 2017)

No one ever said meeting the in-laws was going to be easy, but there's nothing like watching Get Out to set the palms sweating before the big event. But it's not just a cautionary tale for Valentines – it's also a brilliantly layered, provocative and timely study of racism in all its forms.

In Sickness and in Health: THE BIG SICK

(d. Michael Showalter, w. Emily V. Gordon/Kumail Nanjiani, 2017)

Let's hear it for a truly modern rom-com that shows us how love can grow even in the messiest of circumstances. A delightful script and first-rate acting – Kumail Nanjiani can do no wrong in my book – make this a genuinely Valentine-friendly choice.

The End of Love: MARRIAGE STORY

(d/w. Noah Baumbach, 2019)

Not all love stories end in happily ever after, but somehow Marriage Story manages to bring out the romance in divorce. It's elegiac, beautifully composed and honest. It's also tortuous – but in a good way.

Till Death Us Do Part: TRULY MADLY DEEPLY

(d/w. Anthony Minghella, 1990)

It's got Alan Rickman serenading Juliet Stevenson on the cello. What more do you need? Michael Maloney hopping madly along the South Bank, that's what. Anthony Minghella's first film was quite possibly his best – and definitely his most romantic. Dead people can be really sexy too.

Perfect Love:

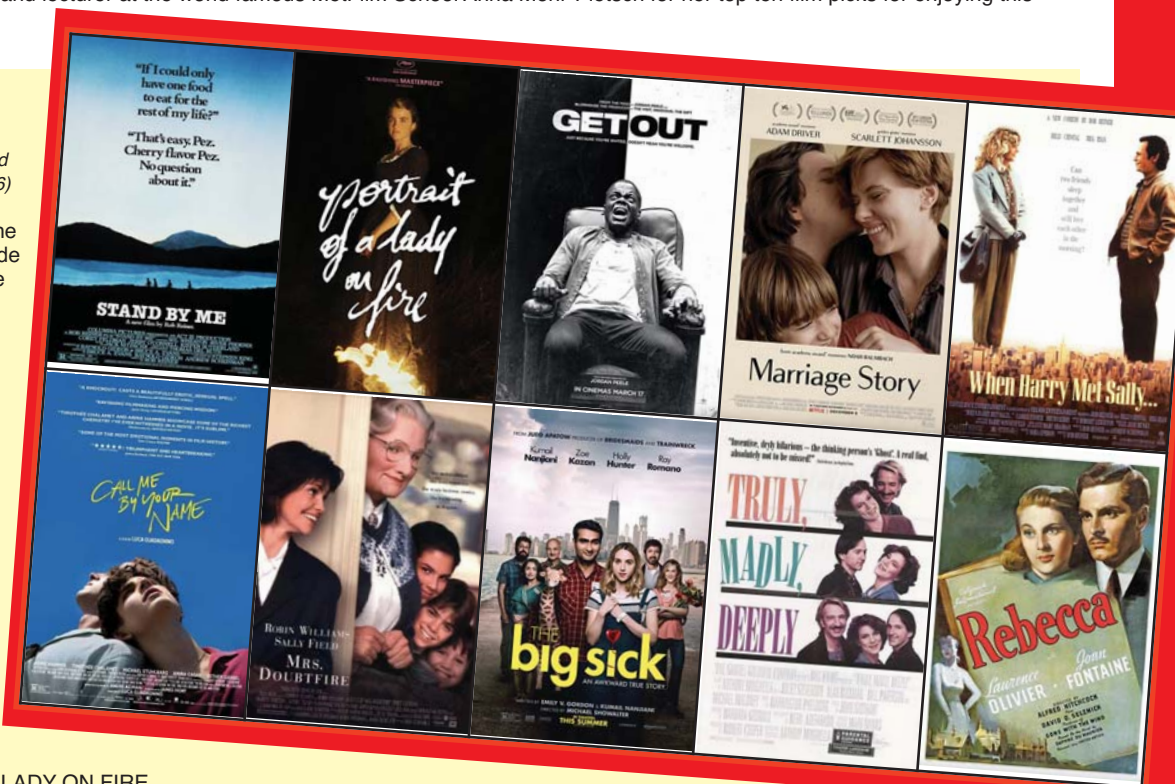
WHEN HARRY MET SALLY
(d. Rob Reiner, w. Nora Ephron, 1989)

After all the highs and lows, tears and fears, I thought I'd end with quite simply the perfect romantic comedy. The perfect script, the perfect setting, the perfect cast, the perfect score. It's a masterclass in comedy and, more importantly, in romance. For the perfect Valentines, nothing else will do.

Obsessive Love: REBECCA

(d. Alfred Hitchcock,

w. Robert E. Sherwood/Joan Harrison, 1940)
If the name Mrs Danvers doesn't immediately make the hairs on the back of your neck stand up, while simultaneously making you weep nostalgically for all she's lost, then you haven't watched (the original) Rebecca enough times! The sexual tension, the layers of suspense, that house. Unforgettable.



visit us online @ www.beestonwindows.co.uk

uPVC WINDOW & DOOR REPAIRS



Replacement Double Glazed Units / Locks / Handles /
Hinges / Letterboxes / Door Barrels / Mechanisms /
Energy Saving Windows / Patio & French Doors /
Composite & Upvc Doors & More!

MISTED UP DOUBLE GLAZING?

REPLACEMENT GLASS UNITS FROM £35 inc 5yr Guarantee

BEESTON WINDOWS

The Window & Door Repair Specialists

CONTACT PAUL **CERTASS**
t: 07535 704 648
EMAIL: info@beestonwindows.co.uk

Free Quotations
No Call Out Charges
All Work + Parts Guaranteed



Based in Beeston,
I'm a fully qualified,
conscientious, safe
& friendly electrician.

Call for a **FREE** quote.
No job too small.




Contact Steve Sharples:
Call: 07976 706623 / 0115 9677673
Email: steve@dovecote-electrical.co.uk
www.dovecote-electrical.co.uk

FIND US ON FACEBOOK
facebook.com/dovecote.electrical

Award Winning Plumbing and Heating Engineer

mchurch

PLUMBING & HEATING



All Plumbing & Gas Work Carried Out
Combi Boiler Specialist
Boiler Repair Service
Central Heating Repair
Power flushing
Bathrooms

Autumn/Winter Offer:
Boiler Serviced only £48
Fire Serviced only £48
Both for ONLY £84

Control Your Energy
Control Your Bills
with a smarter thermostat

City & Guilds
safe
535381



Tel: 0115 808 8012 or 07969 116189
mchurchp-h@hotmail.co.uk

Electrician

Do you find it difficult to get an electrician to come round and do a small job?

New fuseboards (consumer units).
Additional sockets. Extra lighting.
New installations and extensions.
Landlord and homebuyer inspections.
Solar pv maintenance. **EV Point**
Fault finding and repairs.

Qualified Electrician. Fully insured
Reliable service. Tidy work.
Free quotes. Flexible hours.
Reasonably priced. Satisfaction guaranteed.




AES Electrical
Your Local Electrician



Call John now on:
0115 8990284
john@aeselectricalservices.co.uk
www.aeselectricalservices.co.uk

"I will assure you of a quick response and a reasonably priced service."

dads in lockdown

keeping it

local

SINCE
2002

**Are Dads going to pull their weight
on home schooling this time round?**

As mums and dads return to home schooling, will the burden fall more equally this time round?

It turned out that mothers were picking up almost all the home teaching burden during the first schools lockdown, with just 11.8 percent of fathers taking the lead on helping their children keep up to speed.

That was the shock finding from a survey of hundreds of parents of primary school-aged children carried out by leading education resources and lesson plan experts PlanBee.

PlanBee's Oli Ryan, a former primary school teacher, said: 'We know that not all families are willing or able to help their children with home learning, but we were amazed to find that there was such a huge gender disparity in terms of who was taking up the teaching mantle.'

He continued: 'The vast majority of primary school workforce are women, but we still find it surprising that when it comes to home teaching Dads appear to be doing so little. If it's a sign that teaching young children is considered to be "women's work", it's pretty alarming.'

And parents – the vast majority, women – were allocating significant parts of their day to home schooling, with over a quarter (27.7 percent) spending more than four hours a day on it.

Now, many parents are reporting that because schools have had time to prepare their home schooling lessons, the quality is much improved. In March, an extremely limited number of subjects were being sent to pupils at home by their schools. Nearly all respondents said they had received work in maths (93.04 percent) and English (92.17 percent), with science in third place at just 38.26 percent.

Fitting in home schooling with other work and other commitments was the top challenge for parents, with over a third (35.29) per cent citing it. Keeping their children engaged with learning was second biggest bugbear, at 31.09 percent.

And just 10.92 percent said they were loving home-schooling their children!

Nearly 40 percent of the respondents were primary school teachers as well as parents. And home-schooling was having a big impact on parents' perception of teaching, with nearly one-third (33.6 percent) saying it had altered their attitude.

Parents have now deluged schools inspectorate Ofsted with emails and Tweets praising teachers and school staff for their work during the pandemic citing how quickly schools had set up work on short notice following the last-minute lockdown.

One respondent to the PlanBee survey remarked: 'Trying to get children engaged to learn is very hard! I know it's a challenging time, but my Year 4 struggles to engage if he doesn't like the subject and I can see how that would translate in the classroom! Hats off to all teachers!'

A teacher-parent said that home-schooling was quite different from work: 'I am a teacher but it's different when trying to teach your own!!'

And for teacher-parents, the challenges were particularly marked: 'I now have to teach the children in my class remotely as well as home school my own child. I respect myself and my colleagues a lot more.'

Another said: 'Although I work in nurseries and I'm qualified as a teaching assistant, I don't think I realised just how much work (and patience) goes into teaching.'

Mr Ryan said: 'It's great that so many parents are showing their appreciation for teachers by writing to Ofsted. As to whether Dads will do their fair share of home schooling remains to be seen!'





THE HOME OF SIMPLE, PERSONAL, SECURE STORAGE

Are you planning a house move, home renovation or do you need some extra space long or short term?

Are you looking for a secure, cost effective unit to run your business from?

Are you a tradesperson who wants somewhere to keep your tools/equipment secure overnight?

Do you have excess stock and you need some additional, flexible storage?

ContainerSelfStore.com is only 5 minutes from Junction 25 of the M1 and provides 20ft storage containers with daily access - ideal for tradespeople, small business owners, as well as those looking for personal storage solutions. Our customers also have access to our Business Centre to host meetings and for hotdesk working during the day with complimentary tea, coffee and WiFi available.

Find us online or contact us via email or phone (at the bottom of the page) to discuss your requirements and our friendly team will be more than happy to see how we can help you today.



SCAN HERE →
TO WATCH OUR
INTRO VIDEO



7 DAY PER
WEEK ACCESS



LONG TERM
STORAGE



BUSINESS
STORAGE



SHARED OFFICES
& MEETING SPACE



TRADESMAN
DAILY ACCESS



GREAT
LOCATION



FREE WIFI
ACCESS

 Sandiacre, Nottingham, NG10 5AD

 info@containerselfstore.com

 0333 2422780

   containerselfstore

bags of hope

Meet locals that have been making a difference in our area

keeping it

local

SINCE
2002

“Making sure we are here for years to come” charity supporting Nottingham patients appeals for support as it approaches its fifth birthday...

January 2021: The duo behind award winning cancer support charity **The Lewis Foundation** are using this year's Covid lockdown to focus on planning for the future and supporting more patients than ever before.

Lorraine and Lee Lewis officially launched their charity in April 2016, with the duo sourcing, packaging and hand delivering free gifts and support packs, called 'Bags of Hope' to adult cancer patients in Nottingham's City Hospital, Queens Medical Centre & Sherwood Forest Hospitals – and other hospitals across the UK. These are items they might find difficult to buy themselves or simply cannot afford.

Now, as the charity's fifth birthday approaches, the couple are focusing on appealing for more support and reducing their charity's costs – which include paying for monthly storage and financing their delivery van and petrol costs.

Lorraine explained: "Hospital can be a sad, frightening, and lonely experience for cancer patients – especially during COVID. Since we launched, we have distributed more than 63,000 gift packs, which we call 'Bags of Hope', to 10 hospitals in Luton, Milton Keynes, Nottingham and Northamptonshire.

"Our focus this year is on sustainability - making sure we are here for years to come."

For this reason, Lorraine and Lee are now appealing for support from local businesses to cover costs such as:



• **Website design support** – the charity created its own website five years ago and is now looking to create a clean, slicker one – less words, and an easy user journey. All the content is written, and photos gathered. A new website is now top of the wish list.



• **Storage** – the charity needs circa 1,500sq ft of storage (for donations, gift packs, its marquee, and a space for volunteers to make up the packs) and it must have its own secure entrance. Currently they pay more than £900/month. Can anyone help?



• **A contribution towards its van and insurance £550/month.** The van is proving increasingly essential as the duo now deliver packs and visit patients across the country.

In exchange for all donations and offers of help, The Lewis Foundation is pledging to thank all supporters by writing press releases, including company logos on their website, writing blogs, running social media campaigns and much more.



Lee explained: "When we first launched The Lewis Foundation, we had no idea how big we would become, how many people would need us and how much positive reactions we would have, not just from patients and their families, but also from the Charity Commission, and our local communities. We want to keep growing and to continue helping more people. More importantly we want to make sure we are future-proof and are here for many, many years to come. That is why we are making this appeal."

The Lewis Foundation was initially inspired by Lee's mum, who underwent years of treatment before finally being declared cancer free in 2016. Lee and wife Lorraine recognised a need for patient support, hence the launch of their charity which has won many accolades ... including, in 2020, a highly prestigious British Citizen Award, 'Rising Star' at the East Midlands Charity Awards and Points of Light award, awarded by Prime Minister Boris Johnson.

The Lewis Foundation delivers gift packs to the following hospitals:

- Nottinghamshire: Nottingham City, Queens Medical Centre, Sherwood Forest
- Northamptonshire: Northampton General, Three Shires (Northampton) Kettering General Hospital
- Bedfordshire: Milton Keynes Hospital

If you can help, please get in touch by emailing
thelewisfoundation@outlook.com
or telephone: 01604 532373.



MA
moore
associates
physiotherapy

move well. move more. move happy.

We take the time to get to the root of the problem so that we can help you get moving better - sooner

- Specialists in musculoskeletal problems such as neck, shoulder, knee or low back pain, arthritis and sports injuries.
- Experts in rehabilitation including neurological conditions such as Stroke, Parkinson's Disease, MS and for older people who may have lost confidence or fallen
- Online exercise classes led by a qualified physiotherapist
- We complete a full risk assessment prior to attendance to ensure your safety. We have online/telephone appointment options if required or preferred



Telephone: 0115 922 6600

www.mooremovement.co.uk



Pre to post COVID-19



Same cheesy grins behind the masks!
Strict COVID processes mean we can continue to see you in clinic or your own home



- Teacher led Pre-school
- 4 Outside Play areas
- Separate baby unit
- Home-cooked meals
- High quality childcare from specialist staff

DISCOUNTS AVAILABLE for:

- NHS staff
- Siblings
- Teacher/School package

Day Nursery and Pre-School
Open 7:30am to 6pm Monday to Friday
26 Town Street, Bramcote,
Nottingham, NG9 3HA

0115 943 0053
www.bramcotevillagenursery.co.uk

ROOFER

EST 30 YRS+

- ✓ All roof works undertaken
- ✓ Chimney capped/repointed
- ✓ Cowls fitted
- ✓ Repair to slates, tiles etc.
- ✓ All gutter repaired & replaced
- ✓ Storm damaged
- ✓ No job too small
- ✓ All work guaranteed
- ✓ Special discount for senior citizens



For a free
quotation call **Paul**
0115 9202034
Or 07973952361

love a breeze puzzler

keeping it

local

SINCE 2002

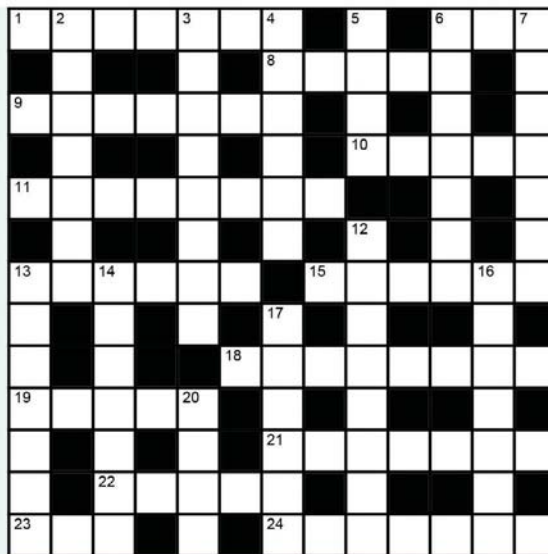
CROSSWORD

Across

- 1 Vehicles in motion (7)
- 6 Animal kept for companionship (3)
- 8 Hawaiian greeting (5)
- 9 Sharp-edged tooth (7)
- 10 Rod which forms the body of an arrow (5)
- 11 Placed very near together (5-3)
- 13 Thoroughfare (6)
- 15 Soft and mild (6)
- 18 Ornamental design in wood (8)
- 19 Pair of parallel rails (5)
- 21 Move in a sinuous, or circular course (7)
- 22 Pound, pulse (5)
- 23 Column of light (3)
- 24 Equivalent word (7)

Down

- 2 Curl of hair (7)
- 3 Clasp (8)
- 4 Pitch dangerously to one side (6)
- 5 Deprivation (4)
- 6 Low wall along the edge of a roof (7)
- 7 Sauce served with fish (7)
- 12 Keep under control (8)
- 13 Colonist (7)
- 14 Monarchy (7)
- 16 To a great extent (7)
- 17 Small pieces of bread, for example (6)
- 20 Stone edge of a pavement (4)



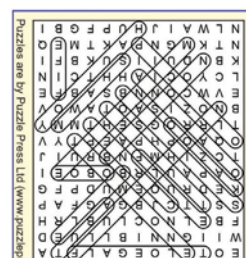
E O T E L O E G A L F T A
W I I G N N I B L L U E D
F B E L N O C L U B L R H
S S T T C J B G A G F A P
K E D R U O E M U D P F G
O A P A U L R B O B O E I
T C Z I H M F N B R U I J
O Q A O P H P A E P T Y V
T L R R O G S E H T M M Y
B N O Z I S A O T A W O V
E V W C O N N B S A B F E
L C Y O C I A H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

WORDSEARCH

WIND AND BRASS INSTRUMENTS

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.

BAGPIPES	FLAGEOLET	OCARINA
BASSOON	FLUGELHORN	PICCOLO
BUGLE	FLUTE	SHAWM
CORNET	HAUTBOY	TROMBONE
EUPHONIUM	KAZOO	TRUMPET
FIFE	OBOE	TUBA



TRENT
BUILDING & ROOFING LTD

NO JOB TOO SMALL

RIDGE TILES • CHIMNEY STACKS • SLATES
OR TILES FITTED • EXTERIOR PAINTING
GUTTERS REPAIRED OR RENEWED PVC
FASCIA BOARDS AND CLADDING

**FLAT ROOFS
REPAIRED
OR RENEWED**

Free Phone: 0800 191 081
Call Anthony Doran for a Free Estimate & Advice
Tel: 0115 871 46 56 Mob: 07417 413 255
www.trentbuildingandroofing.co.uk

**AARON AERIALS & SATELLITE
SERVICES**

**ALL TYPES OF AERIAL & SATELLITE WORK
CARRIED OUT**

EXTRA STATIONS- EXTRA POINTS
TV/SATELLITE/VIDEO IN EVERY ROOM
AERIALS FITTED FROM £65

LOCAL FAMILY RUN BUSINESS

TELEPHONE **0115 9783890**



Blending quality, craftsmanship and care for over 70 years. Call us now for a free quote for all your decorating requirements.

- 3rd generation family-run business for over 70 years (fully insured)
- A professional, quality and affordable service everytime
- All aspects of decorating works undertaken including high quality vinyls and bespoke timber finishes
- Private and commercial contracts - internal/external works and IPAF/PASMA certified
- Own access equipment for external works
- DBS checked and CSCS certified



Call us on 0115 9397347

or visit our website:

www.woodwardsdecorators.co.uk

and fill in the contact form to organise your quote!

Canalside Works, 8 Canal Street, Sandiacre, Nottingham NG10 5AZ

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS **£1,354**
INC VAT

* Offer Valid For Openings Up To 2.6m Wide & Inc:
2 Remote Controls, 55mm White Slats,
Internal Manual Override

WHATS INCLUDED:

ACOUSTIC & THERMAL
INSULATION

TWO REMOTE CONTROLS

EXPERT MEASURING &
FITTING

24 COLOURS AVAILABLE


GAROLLA
ROLLER
SHUTTER
DOORS
www.garolla.co.uk

Made To Measure...

ROLLER GARAGE DOORS

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY

Phone:

0115 882 1550

Mobile:

07537 149 128



Wollaton - Beeston - Chilwell - Bramcote



Paul Mills Electrical Services



electrical rewires replacement fuseboards security alarms intercoms
systems door entry electrical testing fault finding security lights immersion heat
ers garden lighting showers recessed lighting testing homecat5 data network
king SONOS multiroom sound system aerials extra sockets underfloor heating

**Your
Local
Electrician**

Tel 0115 9230222
Mob 07860 679 372

paul@paulmillelectrical.co.uk

PLUMBING • BATHROOMS KITCHENS

Covid Precautions taken
in line with gov.uk guidelines

BATHROOMS

Whether you are upgrading a dated bathroom or renovating for a sale we have a package to suit.



SMALL JOBS

We are pleased to also offer our services for small jobs. We pride ourselves on offering the same service no matter what is involved. Call us for a NO OBLIGATION QUOTATION

FREE
ESTIMATES

**Bathroom
mixer taps
supplied and fitted
from
ONLY
£120**
CALL FOR DETAILS

KITCHENS

Free on site planning and design services offered by off the shelf or bespoke manufacturers



RUBBER DUCK

PLUMBING, BATHROOM & KITCHEN SERVICES

FOR A RELIABLE AND EFFICIENT SERVICE CONTACT NIGEL

Mobile: 07842 186 097 / Telephone: 0115 854 7895

<http://www.1rubberduck.com>

love colouring

Relax and unwind with this wonderful drawing to colour in. Adults and children alike can benefit from the stress-relieving effect

keeping it

local

breeze
SINCE 2002



Every 37 seconds a home somewhere in Britain IS BURGLED...

NIGHT... & DAY SECURITY for your home

Special Offer
Upgrade your existing bell box for just **£79!** (with this ad)

VIEW YOUR PROPERTY...
FROM ANYWHERE IN THE WORLD... we fit internet CCTV systems to homes, businesses.

A family run business with over 25 years experience within home security, specialising in:

- Alarm Systems
- Modern Upgrades
- Hybrid Systems
- Wireless Ad-ons

FREEPHONE 0800 0113 808

www.farmerysecurity.co.uk • sales@farmerysecurity.co.uk

We prefer small jobs

PAUL ALLEN
YOUR LOCAL PLUMBER

TAP REPAIRS & REPLACEMENT
OUTSIDE TAPS
GENERAL PLUMBING & MAINTENANCE

We ARE LOCAL, Established 30 years and we GUARANTEE ALL OUR WORK with a friendly and reliable service

Call us on
0115 922 2664 or 07581 094230

4 Crofton Close,
Attenborough, NG9 5HX

no VAT

KITCHENS • BATHROOMS • BEDROOMS • TILES

IT'S NOT JUST THE EXQUISITE DESIGN, OR THE SHEER BEAUTY...

WITH A RAMSEY'S KITCHEN YOU GET SUPERB FUNCTIONALITY
WITH INTELLIGENT FITTINGS, ADVANCED STORAGE SOLUTIONS
AND A HUGE RANGE OF ACCESSORIES.



Ramsey's

RAMSEY'S IS A FAMILY RUN BUSINESS
CALL 0115 9721849 FOR ADVICE
OR TO ARRANGE A HOME VISIT.

GERMAN KITCHEN SPECIALISTS SINCE 1971

PROUD TO HAVE COMPLETED SEVERAL THOUSAND INSTALLATIONS IN AND AROUND THE LOCAL AREA.
VISIT OUR 6000 SQ FT SHOWROOM AND EXPERIENCE THE DIFFERENCE.

4 MAIN STREET LONG EATON NOTTINGHAM NG10 1GR TELEPHONE 0115 9721849

WWW.RAMSEYSONLINE.CO.UK

INFO@RAMSEYSONLINE.CO.UK

We continue to sell more properties in the area than any other agent
Having an experienced team ready to help you sell your home.



People say the nicest things...

Julia Carter ★★★★★

*"Helen was amazing!
Without her I doubt our move would have happened by now.
She was so much better than my own estate agents and I often
asked advice from her.
She was always happy to help and nothing seemed to phase her.
Her communication was open, honest and frequent. I can't recom-
mend her highly enough"*

Jane Brooks ★★★★★

*"Efficient, friendly, knowledgeable team. Had my initial
conversation at the house with Neil who gave me confidence
that Robert Ellis would take care of the sale.
I emailed and phoned them on a number of occasions and
was always met with courtesy.
Spoke to Caroline and she made me feel like a person and
not just a client. She couldn't have been more helpful!"*

If you are considering selling or letting a property, then please call
one of our local branches to arrange a
FREE VALUATION at a time to suit you.

SALES

Beeston 0115 922 0888
Long Eaton 0115 946 1818
Stapleford 0115 949 0044

LETTINGS

0115 922 9090
0115 946 6946
0115 949 6740

