

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









L-R Wendy, Annette and Anne

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

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

Nikon, Seiko, Rodenstock, Essilor (VARILUX. LOOKING TRANSITIONS). Kodak, Hoya and INDEPENDENT FOR many others. SERVICE AND

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

Low Vision Service for the Visually Impaired

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

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

Continued Blepharitis and Dry Eye Treatment

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

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

Do you suffer with dry eye and blepharitis?

Do you want a personal **Evewear Styling** Consultation?

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



Listen to what our happy patients have to sav:

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

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

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

✓ PROFESSIONAL EYEWEAR STYLING SERVICE

✓ LOW VISION AIDS AND SPECIALISTS LENSES FOR MACULAR DEGENERATION (AMD), GLAUCOMA AND MORE

✓ DRY EYE AND BLEPHARITIS TREATMENT
✓ UK OPTICIAN AWARD RUNNERS-UP 2018!

Purveyors of Luxury eyewear since 1938

Olinical Eyecare ■ Quality Eyewear

protocols we have had in place to keep our staff and customers safe. Please call us on O115 925 5051. email us at enquiries@johnflynnopticians.co.uk or contact us on our social media channels to request an appointment for all optical services including eye examinations, styling consulation, spectacle

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

We are OPEN an continuing the Covid-19 orotection

Transiti@ns **VARILUX**

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





a message from breeze





So what will this month bring to our area? The Arc Cinema is up and running and if you haven't experienced it, we can't recommend it enough.

Entertainment is a massive part of our lives and as things start opening up more and more we wish for you all to stay safe as well as make the most from our area.

To Our Advertisers

people working in, visiting

https://www.gov.uk/guidance/ working-safely-during-coron-

Download the full guidance for or delivering to other people's homes:

avirus-covid-19/homes

Pictured on our Front Cover is local reader, Imogen who runs zumbini classes for 0-4 year olds at Hocus Pocus in Beeston. See more @ 'Little Legs with Imogen' on Facebook and Instagram



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

MEET

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 advertiser.

MP4 Design Limited is registered in England: Company Number 8081955

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









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.

T: 0115 925 5848

15% OAP Discount







- Central heating installations
- All plumbing & gas work undertaken









- Energy Efficient **Engineers**
- Bathroom Suites

Boilers & Bathrooms

AFFORDABLE PRICES!

The right time to





Varm 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...

immerse yourself...

Have you tried out the new and fully licensed screens with their luxurious leather electric recliner seats, with very generous legroom cinema yet? Have a look at some of the exciting new releases we are expecting for the rest of 2021.

Release dates may be subject to change





Croods: A New Age - 16th July



Space Jam: A New Legacy - 23rd July



ungle Cruise - 30th July





The HYPERSENSE screens deliver the very best in projection and audio technology to convey the drama of every scene with maximum impact and precision.

GIANT SCREENS

When we say giant screens we mean "wall-to-wall", 14m wide, absolutely huge screens guaranteed to make a really massive impact.

4k LASER PROJECTION

HYPERSENSE is powered by 4K Laser Projection For those not in the know 4k has four times the detail of 2k which means you get superb clarity and the very best quality image that a cinema can provide.

IMMERSIVE SOUND

Go Inside the Story with Breakthrough Sound.

ARC CINEMA, 2 STATION ROAD, BEESTON, NG9 2WJ Buy Tickets Online: www.ArcCinema.co.uk Oron the mobile app, or in person, at the cinema counter Also: Foyer self-service ticket machines collect pre-booked tickets, or buy tickets with a debit/credit card



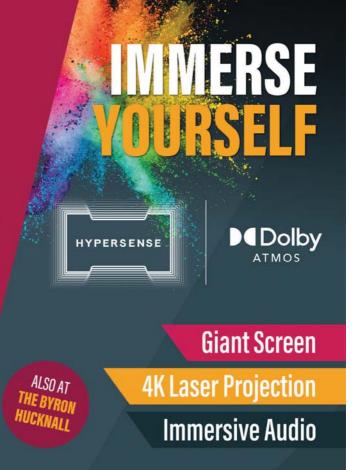
STATION ROAD **BEESTON**

NOW OPEN

700 RECLINER SEATS 8 LICENSED SCREENS A WARM WELCOME!







ARE OPEN!

please drop in to see our opening offers

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





















Telephone: 0115 849 9909

Address: 121 Queens Road, Beeston, NG9 2FE

(opposite Subway and KFC)



Search for us on Facebook

Email: info@fireplaceandstoveshop.co.uk

www: fireplaceandstoveshop.co.uk

* Terms and conditions apply: offers end 31st May 2021, only one offer can be used per household. Not available in conjunction with any other offer. Subject to availability.



- Luxury Vinyl Tiles
 - Carpets
- Vinyls Laminates
 - Carpet Tiles
- Engineered Woods





Tel: 0115 9222 586

114 Station Road, Beeston NG9 2AY

Parking on the tarmac area at the front











www.blacklockcarpets.co.uk

keepingit

to your home loca add rustic charm







Whether you want to tackle that mountain of shoes at the front door or simply need a place to sit and relax in the garden, The Chunky Monkey has the solution... They also have an exclusive offer for readers of Breeze.

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

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

Small beginnings...

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

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

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











Hand Made Rustic Furniture

Shoe Racks · Shelving · Planters · Benches · Tables + Lots more! Add some rustic charm to your home!

<u>ww.thechunkymonkey.co.uk</u>





So far, their customers agree..

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

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

"Looks great in our hall. Sturdy shoe bench with plenty of space. I love being able to sit on it to put my shoes on! Great quality!"

"Well made and looks great!"



Check out the website at thechunkymonkey.co.uk and enter the code: BREEZE21 at the checkout for a discount exclusively for Breeze readers.

'NXT-GEN' RUTLAND n conservatory **COMPOSITE DOOR OFFER**

Get a 'next generation' front door, plus a back door for £1,795. Yes, both for only £1,795!

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.















independent customer reviews. www.klg.co.uk

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

REVIEWS.co.uk

Visit our website to read our

SHOWROOMS OPEN Mon-Fri: 9.00 - 17.00 Sat: 9.30 - 15.00 Sun: Check website



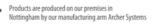














keepingit

local

Claremont Avenue Bramcote Nottingham NG9 3DG

POA



property of the month











We have great pleasure in offering for sale this substantial five bedroom detached family residence located in one of the areas best addresses. Offering spacious and adaptable living accommodation ideal for growing or extended families with three reception rooms to the ground floor as well as two studies one of which can be used as a ground floor bedroom as it has a connecting en-suite shower room. There is a semi open plan feel with a generous sitting room opening through to a large lounge/diner which enjoys aspects over the rear garden, great for entertaining. There is a generous kitchen/diner and useful utility room.

The principal bedroom suite is lavish in size offering over 50m2 of bedroom space with fitted wardrobes, en-suite bathroom, twin aspect and door opening to the front balcony with far reaching views over the surrounding area. Also on the first floor are four further well proportioned bedrooms, the guest with an en-suite shower room, family bathroom and separate WC.

Situated on a generous and enclosed plot with gated in and out driveway providing parking for several vehicles, double garage and attractively landscaped and private rear gardens with lawns, generous patio and summer house. Located on Claremont Avenue, a prime address within Bramcote, which offers an eclectic mix of individual and prestige

housing, great for families and commuters alike. Offered for sale with no upward chain, an early internal viewing is highly recommended.

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

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





KEEPING YOU SAFE IS OUR BUSINESS

Looking after your vehicle has never been easier.

Whether you need an MOT, tyres or a major service our Beeston team can help.



READER OFFER | SAVE 10%

Visit our Beeston branch & receive 10% discount! Simply call the team & mention "Breeze Magazine OFFER" or use the code BREEZE10 when you book online at www.edentyres.com

Take the stress out of vehicle maintenance by calling into our Beeston branch. Our experienced & knowledgeable team are passionate about delivering high quality automotive care & the very best customer service. Whether you need some expert advice, a free safety check or vehicle repairs we can help.

See why Eden Tyres & Servicing is the garage of choice for thousands of drivers across the East Midlands & why over 7000 customers have rated our garages as Excellent on review site TrustPilot.



























The whole experience from start to finish was excellent and better than any I have had with main dealerships

 \star \star \star \star

I took my car here for an MOT. The team were very polite, very nice and the garage is spotless!

* * * * *

Excellent service.. very friendly and helpful. It's ideally located right next to Beeston train station as well!

* * * * *







Unit 2 Trent Gateway Technology Drive Beeston NG9 1DA



Next to Beeston railway station

Monday - Friday 8.30am - 5.30pm Saturday 8.30am - 1.00pm

FREE COURTESY CAR





Over 7000 customer reviews | Rated as Excellent



01156 714955

Covid protection measures in place









edentyres.com

young creatives

local

After another bumper year of entries, showcasing the creative talents of Nottingham's young people, the winners of this year's Young Creative Awards have today been announced.

SINCE 2002

Nottingham's annual Young Creative Awards – is now in its 12th year. The awards are open to anyone aged 11 to 24 who lives, studies or works in Nottingham. There are 11 different categories: Animation & Digital Media, Creative Writing, Dance, Design & Architecture, Fashion & Textiles, Film, Graphic Design, Music, Photography, Theatre and Visual Art.

This year's Young Creative Awards were entered by just under 600 young people from all over Nottingham. 31 talented young creatives (aged 12 to 24) have been named as the cream of this year's crop. Winners receive cash prizes, as well as special showcase and development opportunities.

Past YCA winners include singer-songwriter **Rob Green**, poet and performer **Bridie Squires**, dancer **Jamal Sterrett Phoenix** and make-up artist and Instagram sensation **Romanie-Jade Tulloch**.

The annual Young Creative Awards always gives a vibrant snapshot of the issues and themes occupying the minds of Nottingham's young creatives, and this year has been no different. Entrants used their creativity to address important issues including racism, gender stereotypes, mental health, homelessness, female body image and, of course, the ongoing impact of Covid-19.

13 year-old **Daisy Bartram**, from Nuthall, was a winner in the Photography category, commended by judges for her striking images capturing the loneliness of lockdown. 15 year-old **Phoebe Anderson**, from Gedling, wrote and performed a powerful monologue reflecting on the suicide of a friend – a piece of writing that the Theatre category judges, who named Phoebe a winner, described as "raw, bold, and brave."

In the Visual Arts category, Nottingham College student **Bekithemba Ncube** (18) won for his emotive series of collages, inspired by Black Lives Matter protests in 2020. The judges agreed Bekithemba's entry was "dynamic, responsive, and important – a great example of what contemporary art does."

Nottingham Trent University student **Tom Hennegan** (21) was judged to be a winner in the Film category for his short, thoughtful documentary about Nottingham-born Richard, who has been homeless for over four years. There was plenty of humour too. 22 year-old **Alfie Eyden**, from Ruddington, was a winner in the Animation & Digital Media category with his bright and entertaining animation for children which asks the question "What If Humans Had Tails Like A Monkey?". And 18 year-old **Emily Clarkin**, who studies at Confetti, won a Creative Writing award for a memorable absurdist

script which imagines - with dark humour - a mother and daughter being confronted by a mysterious body part in their kitchen...
The Young Creative Awards is run by registered charity Young Creatives Nottingham. Andrew Tucker – himself a 2019 Creative
Writing winner – is now a Trustee of the charity and was one of the judges of this year's Creative Writing category. Andrew

said:

"When I entered, the YCAs had become a focal point in the city's creative calendar, with a full-hearted mission to bring new talent to light. Getting the recognition - that someone doesn't think you're wasting your time - is a crucial piece of scaffolding when you're trying to keep at a rickety creative hobby, and even turn it into an eventual profession. "I maintain that it's a brilliant way for Nottingham's young people to grow into their talents and to secure contacts that'll prove valuable. For those who want to launch a creative career, it's an opportunity that must be snatched."

Other category judges included professional artists, former YCA winners, representatives from key city arts institutions and a range of industry experts. One such expert is Neil Ladkin, Creative Director at Serif (one of the Young Creative Awards' headline sponsors), who was part of the Animation & Digital Media panel.

Please visit our website at www.youngcreativeawards.org for further details including videos celebrating this year's winners and finalists.

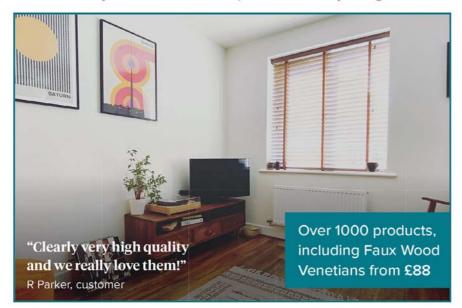






YOUR LOCAL BLINDS, CURTAINS & SHUTTERS SPECIALIST

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



- 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



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



High Street, Long Eaton, Nottingham NG10 1HY

Tel: 0115 973 6336 Opening Hours: Mon-Sat 9am-6pm, Thur 8am-8pm, Sun 10am-4pm

www.unitedcarpetsandbeds.com **f** Oshop: In store/online/mobile

† Offer available on selected products. Products subject to availability. *Every carpet fitted free applies when you buy the equivalent size Total available of selected products. Products supplied to deviations, "Every curper linear fee applies when you buy in equivalent size.

Foliar Air State of Treadmore underlay. Stall is surcharge applies. Free filting offer does not apply to laminate, wood, viny! 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 59.62 per week. United Carpets and Beds is authorised and regulated by the Financial Conduct Authority in relation to credit broking. Minimum order applies.



beeston film festival

local

SINCE 2002

Now entering their 7th year, The Beeston Film Festival team pride themselves on championing international films from around the globe. Faced with the challenge of the Pandemic, they took to the internet to stream the selected entries and awards ceremony and to ensure the show would go on.

The team at Beeston Film Festival worked hard to prepare their biggest festival once again online, putting all of the amazing films submitted to the festival onto one program.

"It was an amazing effort to make sure all nineteen sessions aired as planned. Filmmaker support during on the on-going pandemic we awesome".

This year, much coveted 'Best in Festival B'Oscar went to Marleen Valien, a Berlin Film Student, for 'A Small Cut'. A hilarious, and incredibly crafted period film about an uptight Jewish finance director of a lavish Baroque court who unexpectedly finds himself forced to convince his hot-headed young ruler to get a circumcision. A classic bold and striking film by a filmmaker determined to make an impact. Original and challenging films is the hallmark of a great festival.

New to this year's festival is the 'Pride' category, uplifting queer voices and giving a platform to present stories of love, struggle, or both. The film industry is crucial in normalizing same sex love.

"We have seen some positive steps, such as Barry



The winner of the inaugural Pride B'Oscar, Manchester Pride Parade: The Movie, offers a masterfully crafted look at the legal and cultural history of LGBTQ+ from the past century in Britain.

Showing the arduous fight towards equality helps everyone understand, especially those outside of the queer community, just how hard people had to fight to simply not be arrested for loving a person of the same sex. The second half of the film features people from right now, representing the community and celebrating it at least in this symbolic way.

B'OSCAR W

Shown below are the 2021 B'Oscar Award winners....



If 2021 was great, then 2022 will be fantastic as we are delighted to be partnering with the wonderful Arc Cinema. As the festival hub it will provide a state of the art cinema to showcase the festival's international short films.

ANNA

Picture from left to right is John Currie, Festival Director, and Senior Programmers, Karen Stainer and Chris Smedley, enjoying the Arc opening night and it's screening of Shane Meadow's 'Somers Town'. In the near future the team will be announcing a regular series of short film nights prior to the 2022 festival. And that festival is already taking entries so if you want to be part of the programming team then email john.currie@beestonfilm.com

More details will be available on:

Website - http://www.beestonfilm.com Facebook - https://www.facebook.com/beestonfilm





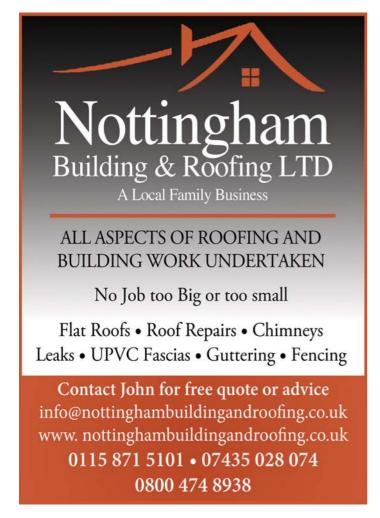
Based in Beeston, I'm a fully qualified, conscientious, safe & friendly electrician.

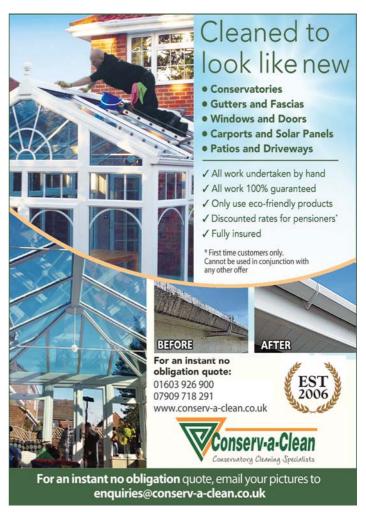
Call for a **FREE** quote. No job too small.











online event...

keeping It

local

SINCE 2002



This fascinating collection of post WW2 family letters takes you on a journey of discovery behind the Iron Curtain in Russian controlled East Germany with Mutti (Mother), dovetailed with life in Leicestershire for her son, POW Hans, and a budding romance. This treasure trove of 950 letters chronicle post-war social history in Britain and Germany from 1946 to 1951. On the one hand between Hans, a POW in England, and his mutti (mother) in East Germany and on the other between Hans and local girl Jean. Hans was a 19 year old German soldier, shot and captured in France in 1944. He was transported to America but was shipped back to the UK at the end of the war. The letters begin as Hans is held in POW camps in Leicestershire where he eventually works as a cook when they become hostels for the Leicester War Agricultural Executive Committee, the LWAEC. Jean worked on the switchboard for the LWAEC (aka 'The War Ag') and lived in Leicester with her widowed mother. The letters detail their blossoming romance against a background of suspicion and secrecy. Hans has the option to return to his damaged and divided homeland or stay in Britain and build a new life as a farm hand at a Poultry farm in Pickwell. Meanwhile his mother and younger brother are struggling to survive behind the Iron Curtain in East Germany. In February 1945, their home in Western Pomerania is destroyed by the advancing Russian army and they are forced to flee with little more than the clothes they stand in. They are now destitute refugees. Her husband is missing, believed to be a prisoner in Russia and she yearns for news of his fate. Through the letters we see her trying desperately to rebuild a life

for herself and her son who has become a hardworking hairdresser. Foraging in the fields for food and firewood they struggle to survive. The letters cover the harshness of daily life and the determination to rebuild their home life. She makes several attempts to cross the border to the West in search of a better life. Two steps forward and two steps back challenge Mutti's resolve whilst Hans works hard to build his own future in England.

This talk is given by Angela Klawitter, author of the books "In Search of Home" and "Sending Sunday Greetings" based on this amazing collection of letters from her family.

One ticket is needed per household. Please cancel tickets no longer needed as places are limited. This talk is hosted by the Spirit of Wartime Sherwood project with thanks to the National Lottery Heritage Fund. Attendees will be sent a brief survey following the talk, it would be much appreciated if this could be completed and returned to enable us to provide future activities.

Thu, 29 July 2021, 18:00 - 19:00 BST

ending Sunday Greetings

Visit to register: https://www.eventbrite.co.uk/e/letters-of-ww2-life-for-those-behind-the-iron-curtain-and-pows-in-england-tickets-156089565091?aff=erelpanelorg



PROVIDING QUALITY PLASTERING FOR THE LAST 25 YEAR Internal & External Small Repairs To Full Renovations Plastering/Coving Rendering/Artexing Plaster Boarding/Re-skimming Pebble Dashing Tel: 07815 769968

FREE Quotes Given





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





- 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

celebrating 25 years in sherwood forest



Positive start to 2021 signals bright future for The Sherwood Forest Trust in its 25th year

Nottinghamshire-based conservation charity, The Sherwood Forest Trust, has its sights set on an exciting 2021 after new hires, significant funding and a string of new projects have heralded an exciting first quarter of this year.

The Trust, like many, felt the effects of the pandemic in 2020, but has kickstarted this year with a number of positive developments – which is all the more special, as it is celebrating 25 years of working for Sherwood.

The first is the election of a new Chairman, Andy Statham, who takes over from former Chairman, Terry Yates, after 10 years' service. The Trust has also appointed three new members of staff - Matt Smith as Conservation Manager, Emma Leverseidge as Community Conservation Officer, and Katie Doull as Nature Volunteer Coordinator. These new hires will allow the charity to widen its reach and provide more projects to the benefit of its local communities.

Reflecting on his appointment as Chairman, and the Trust's new staff, Andy said, "I would first like to place on record my sincere thanks and best wishes on behalf of the team to Terry for all of his hard work over the past decade. He has put fantastic foundations in place for us to continue to succeed and we can certainly build on those over the coming years."

"I would also like to welcome Matt, Emma and Katie on board as we look to the future and how we can continue to diversify what we do and how we do it - to the benefit of conservation in and around Sherwood Forest."

Andy has big ambitions for the Trust, and has set out his strategy for the coming years - as he goes on to explain. "Despite a challenging past eighteen months I am delighted that the Trust is now in a much better position than it has been for some time, mainly due to the hard work and perseverance of our CEO Patrick Candler and his small team.

Our success in bidding for and being awarded a range of new funding enables us to fully pursue the Trusts goals and ambitions.

With an enlarged and enthusiastic workforce, possessing a wide range of skills and abilities I look forward to engaging positively with our existing partner organisations and stakeholders and developing new partnerships within our broad sphere of operation. The Trust can offer a wide range of expertise and support and it is my stated aim to help develop as many positive and mutually beneficial working relationships as possible."

The Trust also recently received the news that it was the only environmental charity in Nottinghamshire to secure funding from the Green Recovery Challenge Fund - enabling the team to undertake a wide range of new environmental, conservation and community-based projects. These include restoring lowland heathland sites at Sherwood Heath, Oak Tree Heath and The Neutral Ground at other sites.

The charity is also planning to work with local communities to improve the environment and undertake new community tree planting initiatives. More than 15,000 trees are expected to be planted in 2021 alone, alongside setting up a new Community Tree Nursery in partnership with the local CIC, Feel Good Gardens.

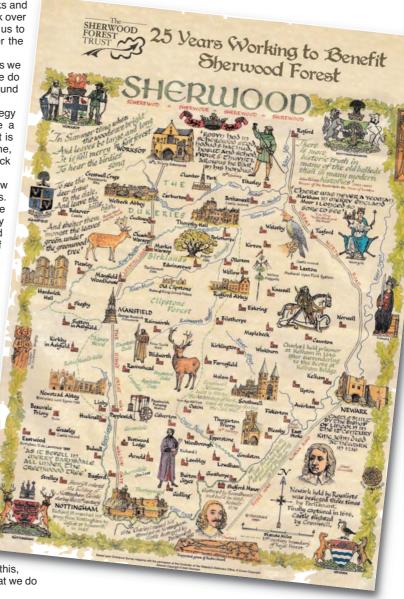
Sherwood Forest Trust's Chief Executive Officer, Dr Patrick Candler, is delighted with the funding support the organisation has received and is excited by the breadth of opportunity that now awaits it. "As with many organisations similar in stature to ourselves, the pandemic has made a significant impact, but the funding we received from the Green Recovery Challenge Fund has unquestionably helped us through a very tough period," He continues, "We've come out of the past twelve months much stronger

which no one could have foreseen. New staff, a new
 Chairman and new projects signal a bright year ahead for us in this, our 25th year, and we're excited to get back out there, doing what we do best – building back greener!"

Alongside the regular conservation projects the Trust organises, it also hosts events to mark significant moments in Sherwood Forest's history. Recently these have included virtual talks under the title "Spirit of Wartime Sherwood".

In February, Joanna Foat shared stories from women of the Timber Corps, the Lumberjills, while in April, historian Ria Chambers explained the rationing system and Ministry of Food-led initiatives. More such talks are planned, including a talk from Megan Kelleher from the Commonwealth War Graves Commission about the work of the CWGC and its role in the First World War and beyond.

"These talks are essential as part of our mission to keep the spirit of Sherwood Forest alive," explains Patrick. "While we very much remain focused on conservation and securing the future of the Forest and the surrounding area, we must not forget its past. It's important that we remember its story, and the part that this beautiful setting has played in key moments in the nation's history so that we keep those memories alive for generations to come."





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.

HERE TO HELP!



Would you like a quote or do you have any questions? 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.













STORAGE





& MEETING SPACE







GREAT LOCATION



ACCESS



Sandiacre, Nottingham, NG10 5AD













park life..





Thanks to a £73,440 grant from funding body FCC Communities
Foundation and a contribution of £5,000 from United Living

(the Councils' Hausing Construction Partner) to gother with the

(the Councils' Housing Construction Partner) together with the Borough Council's own funds as part of the Broxtowe Borough Council "Pride in Parks" initiative, the park has seen a £120,000 refurbishment. The grant, awarded by FCC Communities Foundation, was used to completely refurbish the play area at Dovecote Lane Recreation Ground in Beeston with modern, exciting equipment, all set on a rubber safer surface making the area more accessible and available for play throughout the year. Cheryl Raynor, FCC Communities Foundation Local Grant Manager said: "We are delighted to have supported Broxtowe Borough Council in bringing this project to fruition. This is an important facility for local people in Beeston, and we are pleased to see it open and available to use".

Councillor Skinner added: "The play area has been designed to incorporate play equipment and features that were asked for through extensive consultation with local people in summer 2020. The zip line adds excitement and the large wooden fort provides for more imaginative play, plus, we have chosen recycled materials where possible and safe to do so, making sure this park refurbishment is as environmentally-friendly as it can be".

The parks team at Broxtowe Borough Council make every effort to ensure new construction projects are as eco-friendly as possible, to support the council's Climate Change and Green Futures initiative. All the wood, concrete and steel from the old play area was taken away for recycling, the redundant bark surface was reused as a mulch and soil improver. In order to fill the old bark area, 300 tonnes of recycled stone from local demolition works was used. The majority of the play equipment is made from recyclable materials and the main unit is made from Robinia wood, a very durable hardwood grown sustainably in Europe. Even the rubber surface is 70% recycled material, with the area using 30 tonnes of old car tyres, (which is around 3,000 old tyres recycled in total)!

Broxtowe Borough Council are very proud of their parks. With 51% of green space being Local Nature Reserves and many play areas, recreation grounds, and open spaces throughout the Borough, there are plenty of places to enjoy the great outdoors. There are 44 parks and open spaces in the Borough in total, some with playgrounds, open green spaces, walkways, planting and places to sit and enjoy nature. FCC Communities Foundation is a not-for-profit business that awards grants for community, conservation and heritage projects from funds donated by FCC Environment through the Landfill Communities Fund and Scottish Landfill Communities Fund. For more information please visit www.fcccommunitiesfoundation.org.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.







"I will assure you of a quick response and a reasonaby priced service." Call John now on: 0115 8990284 john@aeselectricalservices.co.uk

www.aeselectricalservices.co.uk



- FROM SIMPLE DOOR REPLACEMENTS TO COMPLETE FITTED KITCHENS
- FULLY INSTALLED BY LOCAL PROFESSIONALS IN JUST A FEW DAYS
- CHOOSE FROM A LARGE SELECTION OF DOORS, WORKTOPS AND APPLIANCES
- 84 SHOWROOMS NATIONWIDE

Proud members of

9.7/10 Checkatrade.com
Where reputation matters

See what our customers have to say

DREAM DOORS°

NEW LIFE FOR OLD KITCHENS

www.dreamdoors.co.uk

CALL US NOW FOR A FREE ESTIMATE

0115 874 1428

VISIT OUR SHOWROOM:

39 Wollaton Road, Beeston, Nottingham, NG29 2NG



keeping it
local

in the garden...

Colour in our garden can really lift our spirits. It rewards you even further with just a little investment of your attention and regular care throughout the summer. This will ensure your displays look fabulous and continue to give months of visual delight beyond well into the autumn even.

Remember how we have said that planning ahead is the key to a flower-filled garden or patio? Well consider this: whilst most of our summer colour comes from the brilliant displays of bedding plants it is the summer-flowering bulbs - especially dahlias and begonias - that have all the potential to bloom for months on end. Not only having thought ahead and planted them last autumn (hint: think around now what you might like next summer ready to buy and plant your bulbs this autumn!) it is also by checking these seasonal plants regularly and giving them the care they need to ensure their displays continue well into the cooler season to come.

The three things that you need to check are watering, feeding and deadheading and these benefit your bedding plants as well. A quick 10-15 minute check every day or so is all that's needed.

Feed: a general purpose liquid feed (follow the instructions please - don't just chuck it onto the plants!) will go a long way to help matters and it's very inexpensive. Usually watered in every two weeks in high season.

Deadheading: a simple process of plucking off the slumped and spent flower heads to give more nourishment to the new heads that are popping out. Do this as and when each/every other day.

Watering: this should need no introduction: just enough will do: these aren't water lillies! We have mentioned this before but a good basic watering system with a battery powered controller works superbly once set up. Don't just use the 'micro-pipe' that some very cheap set ups provide, use the dual sized arrangement we described previously. This is basically a 13mm feed pipe (all plastic here - no copper) and this 'mains' water pipe is then tapped into using small 4mm tapping inserts that gently screw into the main pipe and allow the small gauge of water pipe to be attached. At the end of each of the 'micro-pipes' is inserted an adjustable sprinkler head. All these are small and do not intrude visually. At the tap end we should have a water press

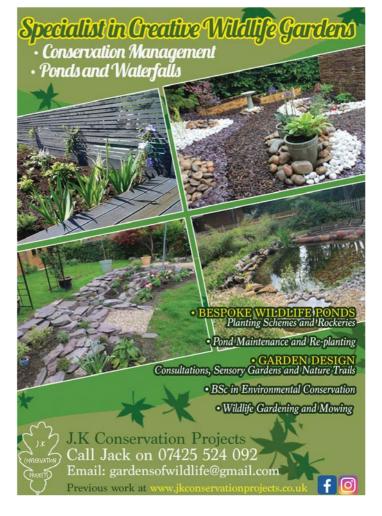
adjustable sprinkler head. All these are small and do not intrude visually. At the tap end we should have a water pressure reducer (commonly available online & in larger DIY stores) plus a battery powered water timer/valve. You leave the tap open and the auto valve does the rest once you set the times you want the plants watering. No more coming back to withered plants after a holiday, no more tired looking plants after a hot and long day at work (you I mean!). This is probably *the* best thing you can do for your plants especially those in tubs and smaller pots.

It remains for us to wish you a nice high summer, to stay safe and most of all to get out into the garden and.... Enjoy!















THE PAVING & DRIVEWAY SPECIALISTS

Installing patios & driveways throughout Nottingham for over 25 years



- Tarmac
- Block Paving
- Imprinted Concrete
- Resin Driveways
- Patios
- Landscaping
- Garden Walls& Fences

0115 8717906 edpaving@gmail.com www.edpaving.com

3-5 Carlton Road, Long Eaton, Nottingham NG10 3LF



REVOLUTIONISING LAWN CARE

with our passion for innovative solutions and most importantly, our love for lawns, we'll ensure your lawn takes pride of place as your garden's

crowning glory, all year long.

Let's create the lawy we both love



Start your Lawn Care journey today: Call: 01780 461146 Visit: greenthumb.co.uk Email: nottssouth@greenthumb.co.uk



increase wildlife local in your garden local



We all love spending time in our gardens, and enjoying the wildlife it brings to them. Research has revealed

that engaging with wildlife can lower stress and lead to better overall mental health. **Encouraging biodiversity**

is good for the ecological balance in the garden. The wildlife you attract will also be carrying out a useful function in keeping your garden healthy - whether that's by pollinating plants or by eating pesky plant pests

Some of these most recognisable British animals and insects are in decline and so anything we can do to help them is very important. Our gardens

can be safe habitats for wildlife and even small steps, like introducing homes create shelter and food can make a big difference.

Here we explore how you can take steps to make even the smallest of gardens into a wildlife-friendly zone...

Bees - Bumblebees are by far are the most well-known pollinators and without these little buzzing creatures there would be far fewer flowers, fruits and vegetables growing around us. According to a BBC report, bees pollinate approximately 70 of 100 crop species that feed 90% of the world, with honey bees alone being responsible for \$30billion a year worth of food.

However, research by Friends of the Earth has revealed that nearly one in 10 of Europe's wild bee species are facing extinction while 13 species of bee have been lost since 1900 due to having lost much of their natural habitat due to urban development, change of land use and intensive farming. Wildlife gardening has now become high on our agenda with people placing wildlife-friendly products and plants in their gardens and spreading the word about just how important it is to help save Britain's bees.

Butterflies - Butterflies are one of nature's most enchanting and delicate insects and an important pollinator in our gardens. There are about 60 types of butterflies in the UK but they are declining more rapidly in urban areas. A major scientific report from Butterfly Conservation shows that almost three quarters of the UK's butterfly species in the UK have suffered population declines over the last 10 years. A loss of habitat is cited as a major factor, as well the combined intensification of land use and climate change. Aside from planting butterfly plants in your garden, if you have fruit trees or old fruit in your house, you could help feed butterflies by placing on a plate on the ground or table. Provide them with a safe and relaxing space to drink too by filling a saucer with water and place some stones at the bottom for them to rest their weary wings.

Insects - There are a number of other in sects that play a vital role in helping

your healthy garden thrive. Ladybirds are one of the popular amongst the UK gardener and can consume up to around 50 aphids a day, meaning that are not only just attractive, but a biological pest control method. Hoverflies are often mistaken for wasps or bees due to their similar appearance. They help with the fight against aphids, thrips and caterpillars so are a welcome sight in the garden.

Birds - Attracting garden birds to your outdoor space is both hugely enjoyable and very rewarding. Just watching them flit from tree to tree and feed helps to regulate our moods and behaviour, perfect for when life is stressful and busy as it helps us reconnect with nature.

Hedgehogs - These prickly mammals are a firm favourite and evoke images of woodland and the British countryside. One of the greatest challenges facing hedgehogs is a lack of connected habitat

and unfortunately, numbers in the UK have fallen by around 50% since the start of the century, due to intensive farming disturbing their natural resting and nesting sites, such as hedgerows and field margins.

And with awareness of our spiky friends' plight growing, there's no better time to do our bit to make sure our gardens are hedgehog-friendly. They like to eat beetles, caterpillars, worms, slugs and snails so creating a friendly and accessible outdoor space will give a hog a home.

Hedgehog houses provide shelter and food and can also act as a lovely design feature and focal point in your garden. Gardens are crucial for hedgehogs and other ways you can help include leaving part of your lawn to grow wild as they love hiding in long grass, as well as making a hole in your fence or hedging so they can travel between gardens at

Planting for Wildlife - Plants are important to wildlife and our advice is to grow a wide range of plants that offer nectar, food and shelter.

Make sure you add bee-friendly flowers to your patch to create a garden buzzing with activity all summer long. Why not plant rich blooms to help bees find the food they need and create a "nectar café"?

We recommend primroses crocus, bluebells, sunflowers. lavender, foxgloves. echinacea, salvia, chives, rosemary to provide nectar all through the











urgently needed!



Nottingham homes urgently needed for trainee guide dogs

Sight loss charity Guide Dogs urgently needs volunteers in Nottingham to care for trainee guide dogs, whilst they prepare to become life-

The charity's volunteer Fosterers provide temporary homes for dogs, as they complete the latter stages of their guide dog training. Guide Dogs covers the cost of all the food, veterinary care and equipment required for each dog and provides volunteer Fosterers with full training and support.

The organisation is in urgent need of at least 25 new homes in the Nottingham area for its future guide dogs.

Tracey Leigh, Operations Manager for Guide Dogs in Nottingham, said: "This is a great opportunity for an individual or a family to care for dog, on a temporary basis.

"On weekdays, the dog you are caring for would attend training sessions at our specialist centre a dog, on a temporary basis. based in Phoenix Business Park, just outside Nottingham City Centre.

"On weekends, the dog can spend time with you and enjoy time out from training sessions. "After a few months, they will move on to the next stage of their training, eventually becoming a life-changing guide for somebody living with sight loss. "You can then look forward to caring for a new dog, as and when you are ready to do so.

As part of the role, Fosterers would be required to drop dogs at the Nottingham Guide Dogs centre in Phoenix Business Park, just outside Bulwell, on weekday mornings and collect them again in the evening.

A guide dog begins its formal training at around 12-14 months old and, in normal circumstances, most dogs qualify as working guide dogs

Volunteer Fosterers usually care for dogs that are between 14-24 months of age.

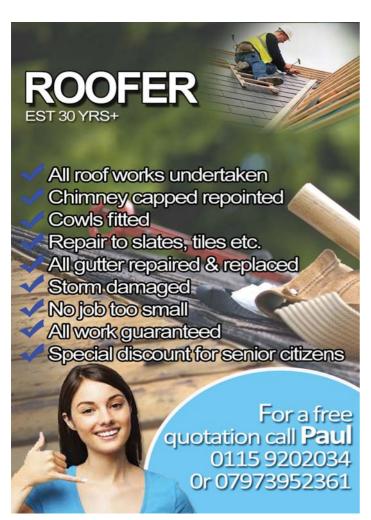
The two main breeds the charity uses are Labradors and Golden Retrievers, which are crossed to gain the best characteristics of each breed. A small number of German Shepherds, Curly Coat Retrievers and Labradoodles are also used within the Guide Dogs breeding programme. Tracey added: "This is an incredibly rewarding volunteering role, suitable for anyone aged 18 or over. "We also welcome applications from people who have other pets at home.

"We're in urgent need of new volunteers as soon as possible. If you're from Nottingham or the surrounding area and think you could help, please do get in touch."

At any one time, Guide Dogs is responsible for 8,400 puppies and dogs across the UK.

If you think you could provide a loving, temporary home for a trainee guide dog in Nottingham, contact Volunteering Coordinator Melanie Brown via melanie.brown@guidedogs.org.uk or call 0800 781 1444.











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 LTD 93 High Road, Beeston, Nottingham NG9 2LE

Email: info@nottinghamhearing.co.uk 0115 857 2900



releasing your freedom

Equity Release can help people whose plans depend on raising a lump sum of money but who don't want to sell up and move.



It's a type of mortgage loan, providing a cash advance for use as you wish and with no need to repay during your lifetime.

Instead, you can let all loan and accrued interest payments 'roll up' for the rest of your life or until you sell your home and move into long-term residential care.

Of course, you must own your home and not have a large outstanding mortgage. And you must be aged at least 55; but the older you are, the more you can borrow.

People increasingly release equity to help their families with property purchase – their inheritance when it's needed most - but the most popular uses are home improvement and boosting retirement income.

Ignore the myths!

The truth is you'll still own your home; and leading providers guarantee you won't have to pay back more than its market price, even if that's less than the amount of the debt.

What's more, if the value of the home exceeds the debt, the surplus is yours - so you can still pass something on to your family.





41 Wollaton Road | Beeston | Nottingham | NG9 2RN

Pensions - Investments - Mortgages Tel: 0115 922 8282 | Fax: 0115 922 7616

Email: info@JRTLtd.co.uk | www.jamesryanthornhill-ifa.co.uk

James Ryan Thornhill Ltd is authorised and regulated by the Financial Conduct Authority







move well. move more. move happy.

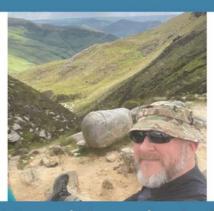
- · Noticed a drop in your fitness or function over lockdown?
- Want to get back to what you love doing? walking in the hills, swimming, running, gardening, cooking, craft, pottering in the house....
- We can help you regain the fitness and movement you would like
- Experts in rehabilitation including musculoskeletal and neurological conditions such as Stroke, Parkinson's Disease, MS
- Experienced in older person care
- Home visits available
- Online and face-to-face exercise classes led by a qualified physiotherapist





Get back to what you love doing!

Call us or book online



Owen Moore (Director) enjoying the view, on a beautiful day in the Derbyshire Peaks

Telephone: 0115 922 6600

www.mooremovement.co.uk









keeping it

breeze puzzler

local

SINCE 2002

CROSSWORD

Across

- 1 Gesture involving the shoulders (5)
- 4 Variety of mandarin orange (7)
- 7 Maritime (5)
- 8 Worn to shreds (8)
- 9 Dog's lead (5)
- 11 Magician (8)
- 15 Unwarranted, without foundation (8)
- 17 Inexpensive (5)
- 19 Inflammation of a nerve accompanied by pain (8)
- 20 One stroke over par in golf (5)
- 21 Strategy (7)
- 22 Stony hillside (5)

Down

- 1 Data point (9)
- 2 Ecstasy (7)
- 3 Had one's revenge (3,4)
- 4 Involuntary expulsion of air from the nose (6)
- 5 Ocean floor (6)
- 6 Has in mind (5)
- 10 Item of equine footwear (9)
- 12 Lower someone's spirits (7)
- 13 Mythical being, half man and half horse (7)
- 14 Dormant (6)
- 16 Rectifies (6)
- 18 Disorderly outburst (3-2)

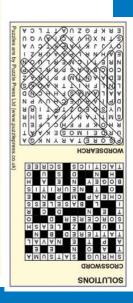
1	Т	2	Т	3		4	Т	5	T	6	Т
			┢	┢		-		\vdash			
							7				
В		Т	Г	1	Г						
_				\vdash			9	┡		┡	10
		_		L				_			
11											
							12		13		
_			14	1	15	16					Т
17	18		┪		١.						
					19	Н	┡		1		┞
20	┡		┡		٠		Н				
							_				
D.4	_		L			ш			_		L
21	1	l	1	1	1		22	ı	1	1	1

WORDSEARCH ASTEROIDS AND SATELLITES

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.

P	S	0	R	E	T	Α	R	Y	Ν	K	G	Α
U	R	D	Ε	E	M	0	S	Ε	K	Α	Α	Т
R	Н	0	K	F	F	F	Н	C	L	F	E	U
S	M	Т	Т	Α	Ν	Υ	P	Α	Т	S	Н	R
U	Υ	S	D	Е	D	Z	Т	Р	Т	1	R	R
D	P	1	Α	R	U	E	С	Н	U	V	P	Ν
Α	Α	L	Α	М	Α	S	F	Н	Н	С	Ν	D
L	Ν	L	F	Н	1	Т	T	K	Α	0	K	S
Ε	D	Α	Α	Ν	Т	M	F	Ρ	1	R	Α	Z
С	0	С	В	Е	Α	S	Р	R	R	L	0	Р
Ν	R	Е	Т	1	С	Μ	Е	R	L	U	0	N
Ε	Α	Н	Ν	R	L	Р	Α	Α	G	R	Z	1
0	Υ	J	J	K	Υ	Α	P	K	Т	С	V	Α
S	Т	Ν	X	Н	٧	Х	C	1	Α	٧	Q	U
Ε	R	K	F	G	Z	U	Α	T	Т	L	С	Α
100			(5)	-		10000	0.500.000				_	

CALIBAN	GALATEA	PANDORA
CALLISTO	HYDRA	PORTIA
CHARON	HYPERION	PROTEUS
DEIMOS	MIMAS	PUCK
ENCELADUS	NAMAKA	RHEA
EROS	PALLAS	TETHYS





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



Stay Safe





Email: charliefoggs@btconnect.com















KITCHENS • BATHROOMS • BEDROOMS • TILES









Your local leading estate agent



Call now to arrange a free valuation



Sales

Lettings

Beeston Long Eaton Stapleford 0115 922 0888 0115 946 1818

0115 949 0044

0115 922 9090 0115 946 6946 0115 949 6740 robertellis.co.uk









