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SEPTEMBER 2021

ISSUE 225



Local Business



Local Life



OXJAM is back!



Local Clubs



Local Services



JOHN FLYNN OPTICIANS HAS ACQUIRED JOHN YEOMANS OPTICIANS OF STAPLEFORD

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

WE ARE OPEN
AS (NEW) NORMAL

SPECIALIST GLASSES FOR PEOPLE WITH

AMD
(MACULAR DEGENERATION)
GLAUCOMA
CATARACT
AND OTHER
RETINAL PROBLEMS



L-R Wendy, Anne, Annette, Lorna and Sue

Having acquired John Yeomans opticians of Stapleford and transferred all the clinical records and practice staff to Beeston, John Flynn Opticians is able to now provide eye examinations throughout the week on most days. John Yeomans himself has teamed up with lead optometrist Dr. Sheeraz Janjua for additional clinics on Devonshire Avenue. The practice has also a brand new Eyewear Styling Service for existing and new patients at their practice in Beeston after recently training their team as professional eyewear stylists. This individually dedicated consultation service, offers patients a unique and bespoke eyewear styling consultation to help them to discover their perfect eyewear to suit both their optical and style needs. The consultations are curated by Anne, Annette and Wendy.

The team has been professionally trained in how to assess individual colour analysis, colour psychology, facial and features analysis, style personality and

eyewear selection. This will enable all patients to feel assured they are being given an unparalleled consultation service to find them their perfect eyewear. This service adds to the dispensing of ophthalmic lenses by exceptional and superior manufacturers such as Carl Zeiss, Nikon, Seiko, Rodenstock, Essilor (VARILUX, TRANSITIONS), Kodak, Hoya and many others.

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

Low Vision Service for the Visually Impaired

Optometrist Dr. Janjua recently completed the College of Optometrists acclaimed - Professional Certificate in Glaucoma and also the Professional Certificate in Low Vision from Cardiff University. Together with the support of his staff he has launched a private low vision service using the highest quality low vision aids from Germany. Low Vision is when your sight is impaired, making it difficult to carry out everyday tasks with ordinary spectacles. This can be caused by various eye conditions such as Glaucoma and Age-Related Macular Degeneration (AMD). The aim of the service is to provide individuals who suffer from reduced vision, with a high quality service and products to improve their vision and independence.

Continued Blepharitis and Dry Eye Treatment

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

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BOOK A LOW VISION ASSESSMENT

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Listen to what our happy patients have to say:

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S. Giles

"John Flynn Optician is a small, very friendly practice that gives personal service. I have been coming here for a long time and have not been anywhere else for years. My new glasses are dead trendy. My eye examination was as excellent as ever. All the staff are friendly, helpful and professional."

R. Heslop

"I have been attending John Flynn Optician for years as I like the friendly and helpful staff. I love the style, comfort and colour of my new glasses - I've not seen anything else like them before. My eye examination with Dr. Janjua was very thorough and the rest of the team are very honest with their opinion and very helpful with their choices and information. Very, very, very, very good."

J. Marriott

- ✓ INDEPENDENT OPTICIANS ✓ 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!

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We are OPEN an continuing the Covid-19 protection protocols we have had in place to keep our staff and customers safe. Please call us on 0115 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 consultation, 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.**



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

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a message from breeze

keeping it

local

SINCE 2002



Back to School and ever hopeful we continue to stay safe and return to some kind of normality!

Our September Issue brings you news of our fabulous Oxjam.

Vicky McClure has again given her support to Alzheimer's Society's Memory Walk, read how you can join in. Plus we share what's going on locally for you to enjoy.

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-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.



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 SANDRA

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step up to the beat...

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Vicky McClure urges people in Nottinghamshire to step up to help beat dementia

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, fund research, campaign to improve care and create lasting change for people affected by dementia in England, Wales and Northern Ireland.

Dementia devastates lives. Alzheimer's Society research shows that 850,000 people in the UK have a form of dementia.

Dementia deaths are rising year on year and 225,000 will develop dementia this year - that's one every three minutes.

The total cost of care for people with dementia in the UK is £34.7 billion. This is the equivalent of more than £40,000 per person with dementia.

Alzheimer's Society funds research into the cause, care, cure and prevention of all types of dementia, committing to spend at least £100 million on research over the next decade, and is a founding partner of the UK Dementia Research Institute.

Until the day we find a cure, Alzheimer's Society will be here for anyone affected by dementia - wherever they are, whatever they're going through. Everything we do is informed and inspired by them.

Let's take on dementia together. Volunteer. Donate. Campaign for change. Whatever you do, unite with us against dementia.

Alzheimer's Society relies on voluntary donations to continue our vital work. **You can donate now by calling 0330 333 0804 or visiting alzheimers.org.uk.**

For over a decade, I have joined thousands of Alzheimer's Society fundraisers who lace up their boots each autumn to complete a Memory Walk in support of those living with dementia and their families.

Last year, while we couldn't walk together in person, I was determined that the circumstances wouldn't prevent me and my family from walking in memory of my nana, and I was in awe of the sheer number of people who also stepped onto their local streets to raise vital funds for the charity.

This year, I am delighted to say that people can again unite at 20 locations across the UK, including at **Wollaton Park, Nottingham, on 19 September, and Clumber Park, on 3 October**, to create new memories together and support the 850,000 people in the UK who are currently living with dementia.

With supporters also having the option to organise their own Memory Walk at a location of their choosing, there's never been a better or more important time to get involved.

Over a year since the pandemic began, people with dementia in Nottinghamshire are still bearing the brunt of coronavirus. Alzheimer's Society's Dementia Connect support services have been used over 5.5 million times since the pandemic began.

Sign up for free now at memorywalk.org.uk and with every step, you'll help change the lives of people affected by dementia who need us now more than ever

Thanks,

Vicky McClure

Alzheimer's Society ambassador





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Pollyanna Pickering was acclaimed as one of Europe's foremost wildlife artists. The most published artist in the UK, her work continues to sell in over eighty countries world wide. She was patron of the Wildlife Art Society International, and the University of Derby awarded her an honorary degree in recognition of her outstanding achievement in the arts.

In 2012 she was awarded the most prestigious International Award in the field of Wildlife Art – The Artists for Conservation's Simon Combes Conservation Award, recognising support for conservation through artistic excellence.

She was awarded Four Lifetime Achievement Awards – at The Inspirational Women Awards, Peak FM's Local Hero Awards in 2016, and in 2018 was the recipient of the Albert Nelson Marquis International Lifetime Achievement Award.

Find out more...

The September Meeting of the **Wollaton Natural History Society** will take place on **Wednesday, 15th September 2021**. This is entitled "An Artist Down Under" by Anna-Louise Pickering. Anna-Louise will share stories of her mother, Pollyanna's trip to wildlife sanctuaries in Australia.

We meet at **St. Leonard's Community Centre, Bramcote Lane, Wollaton, (opposite the Library) at 7.30pm**. Visitors are welcome at a cost of £3.50p. per person.

If you wish to attend, please email our Chairman, Nigel Downes, at nigel.downes@outlook.com or telephone 0115 9444671 so that your name can be added to the list. For more information visit our website at www.spanglefish.com/wollatonnaturalhistory or find us on Facebook.



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foodprint on wheels'

keeping it

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We are a social enterprise started by students at the University of Nottingham, selling surplus food at greatly reduced prices through our low-cost social supermarket in Sneinton, Nottingham. We also act as an intermediary between supermarkets, wholesalers, charities and the people of Nottingham to redistribute food.

Food waste shouldn't coexist with people struggling to afford nutritious food. We tackle this imbalance directly, redirecting food that is perfectly fit for consumption but would otherwise go to waste.

Between first opening in 2017 and now, we have seen great progression in our pursuit to reduce food waste from going to landfill, in addition to providing affordable food to our community. We have significantly expanded our redistribution network, partnering with more school breakfast clubs, food banks and other local organisations than ever before.

Our latest project 'Foodprint on Wheels', aims to bring affordable, surplus food to the Nottingham community with our newly renovated van, thanks to the support of the National Lottery Community Fund, and funding from alumni and friends of the University of Nottingham via Cascade. Another exciting project our team have been working on is 'Dried Apple Smiles'. Our dried apples are baked and prepared by the Open Wings organisation that provides support to adults with learning difficulties. We then redistribute our dried apples to school breakfast clubs, helping children to get the most nutrition out of their school breakfast meals.

Make sure to follow our Facebook to keep up to date with the progress of our exciting projects!



Our Goals



Reduce Food Waste

The UK throws away enough food to fill the Royal Albert Hall every single day, 60% of which is still fit for human consumption. This equates to 6 million tonnes of edible food per year.



Encourage Healthy Eating

It is thought that 3.7 million children in the UK can't afford a healthy, balanced diet, with more nutritious foods such as fruit and veg often being more expensive.



Combat Household Food Insecurity

In the UK, over 1/10 adults and almost 1/4 parents with children aged under 18 have skipped meals because of a lack of money.

Our Solutions



Intercept

We collect from numerous partners all over the city, intercepting perfectly edible food before it is tossed into landfill. We even collect surplus food from the partners we deliver to when they can't use it themselves.



Redistribute

We weigh and sort the collections at our shop and redistribute it for free to those who need it most. The surplus that can't be redistributed to food banks, community eating projects, or schools stays with us.



Sell

We sell the remaining surplus food in Nottingham's first social supermarket as cheaply as is sustainably possible, subsidising fruit and vegetables in particular to make healthy eating as affordable as possible.

Customer Reviews

“

A brilliant initiative - went by today to get some food and got lots of lovely things. All of which would probably have gone in the bin if Foodprint hadn't snapped it up. I'll come again for sure!

Rennaug Ellen Sevik Wiley

“

Foodprint is such a great shop and a wonderful idea! The lady who served me today was really friendly and helpful - I will definitely be returning!

Jessica Faulkner

“

Many thanks to Foodprint. From their fantastic food donation, so far we've made a fantastic banana pud that finished off our Tuesday meal nicely.

Pamela Jones

We are looking for Volunteers

Foodprint is looking for volunteers to open and run the shop, process deliveries and help us redistribute to our partner organisations.

This is an exciting opportunity for students and local people to partake in a University of Nottingham initiative!

Most importantly, this will allow you to have fun and meet new people, on our Friday, Saturday, Sunday, and Monday shift allocations.

We are extremely flexible and so sign-ups will fit around your schedule...

Volunteering with us can help you develop a variety of skills; from dealing with customer complaints, to partner management.

We want you to get as much from volunteering as you can!

If this is something that interests you, please fill out our brief application form on the website <https://www.foodprint.io> or send an email to volunteer@foodprint.io and we will get you part of the Foodprint family in no time! Alternatively, you can use our QR code to get started...



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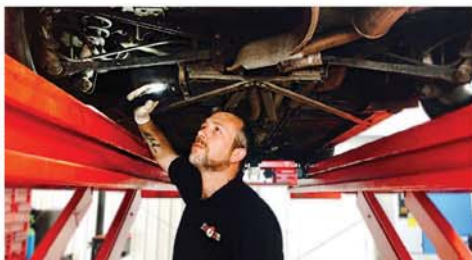
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living with Parkinson's

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SINCE 2002

Living with any condition can be daunting.

Meet and share experiences with our locals living with Parkinson's.

On July 17th Janet Barnes from Beeston Rylands alongside her friend Caroline and boxing coaches Maxine and Christian raised £4,300 for Parkinson's UK.

The team boxed for 12 hours non stop at the Mixed Martial Arts Gym in Sutton-in-Ashfield. The gym holds two weekly boxing training sessions specifically aimed at helping those suffering from Parkinson's, and many of the regulars joined in the 12 hour boxing challenge.

Janet who was diagnosed with Parkinson's three years ago at the age of 47 said "it was a fantastic day, full of positivity and really celebrated what people with Parkinson's can do rather than what they can't"

For more information on the challenge visit:
<https://www.justgiving.com/fundraising/janet-barnes10>

For further information about joining in the exercise classes talk to Christian or Maxine on 07813 775126

Pictured below: Christian, Janet, Caroline and Maxine.

On 17th February 2018 the first "Drop-In" Café was opened at the Parish Hall of The Assumption RC Church in Beeston. It was opened by members of the local support group of Parkinson's UK, the national charity for people who are living with Parkinson's, their family and carers. We put up adverts all over Broxtowe and distributed information letters to GP Practices.

On that first Drop-In morning, we had 21 people who all had Parkinson's or lived with someone who did. They were all keen to talk about their experiences and listen to others. At the last Drop-In before Covid interrupted us in March 2020, we had a visit from our new MP, Darren Henry.

There are approximately 60-100 people in Broxtowe living with Parkinson's today. About a dozen people would have been diagnosed since we last met 18 months ago. None of these have had access to the information, booklets and other resources produced by Parkinson's UK. Having the right information, the correct medication for the stage of your condition, and the positive frame of mind that can come from meeting others who share your experiences can help you improve the management of your Parkinson's. All this and more is available if you come along to our new drop-in ...

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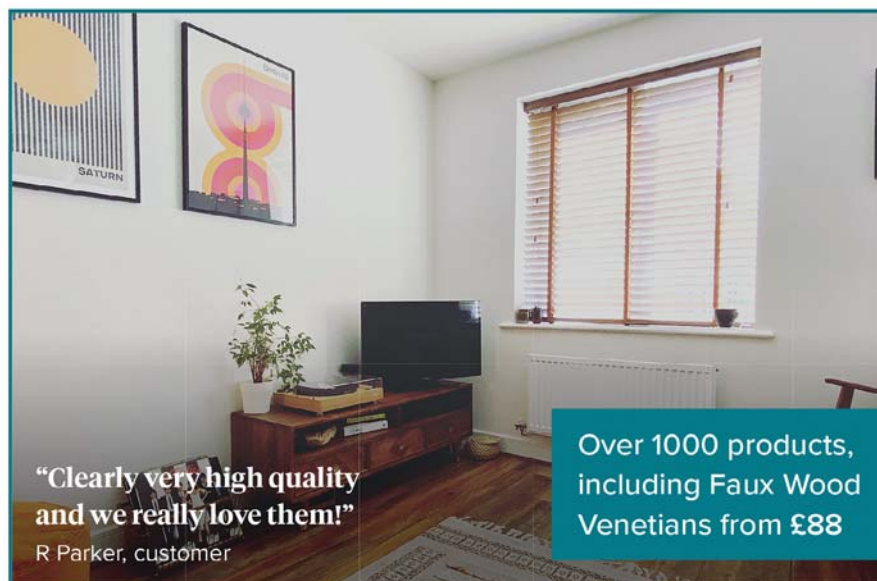
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beeston film festival

The COVID Festival Part 2

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The team worked hard to prepare our 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 19 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 Jenkins' Moonlight winning Best Picture at the Oscars in 2017, Céline Sciamma's Portrait of a Lady on Fire becoming an instant classic recently or Cate Blanchett delivering an acclaimed performance in Carol.

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.

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.

Pictured below 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 we 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@beestonfilmcom.



More details will be available on:

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Where - On the old Bowling Green at Inham Nook Recreation Ground NG9 4GQ

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the music is back!

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The record-breaking, award-winning Oxjam Beeston Takeover is back!



Providing music of all sorts and styles, this charity fund-raising festival returns to Beeston on Saturday 25th September after a year's break, bringing the music back to the people in pubs, clubs and coffee bars for a full 12 hours.

Last year - due to the you-know-what - the Oxjam Beeston Team were unable to bring you their regular festival, although they did provide the innovative on-line VOxjam, mixing pre-recorded videos with live performances, broadcast to people's computers.

The Oxjam festivals have taken place across the UK for 12 years. This year, Oxjam Beeston is celebrating its tenth anniversary, having already raised well over £100,000 for OXFAM: by far the biggest amount of any Oxjam in the country! For the Tenth Oxjam Beeston, the Team aims to bring the people of Beeston (and further afield) a Festival as close to normal as is possible, whilst - as ever - keeping everyone safe.

Artists have been applying to perform since June, with as big a mix as in previous years coming forward. Expect rock, 'covers', punk, indie, blues, Americana, singer-songwriters, folk, choirs: virtually anything you can imagine. Acts will include 'Goose McCoy', 'Blue Vulture', 'Lilac Grove', 'Foreign Accent', Jeannie Barton, Karen McCleod, 'Anteloup', 'Shiftin' Sands', 'The Inheritors' and many more. There'll also be firm favourite 'The Silent Disco'! There will even be an opportunity to 'tune in' if, for any reason, you can't make it down to Beeston: check the website near the date for details.

Most of the 'regular' venues will be participating again so for one reasonably-priced ticket customers will be able to move from place to place to hear their favourite artists and bands - and discover new ones. Venues involved include The Star (who are 'headline sponsors'), The Berliner, The Victory Club, Crown Inn, Totally Tapped, The Pottle, The Hop Pole, Circle Eatery, Beeston Methodist Church (Chilwell High Road) and Middle Street Resource Centre. And new for this year: The Commercial Inn.

The Festival is sponsored not only by The Star but also CP Walker, Foster Industrial, The University of Nottingham's Mixed Reality Lab and The Breeze Magazine.

Team leader Heather said: "We are delighted once again to offer artists an opportunity to perform and local people a chance to enjoy the music in the Oxjam Beeston 'takeover' - it's always proved such a hit in the past and we're sure it will be this year." In fact, for many, it's the musical highlight of the year!

'Early-bird' tickets are currently on sale from Oxjam Beeston's regular on-line seller 'wegottickets' priced £12 adults, £6 U18/NUS (plus a 10% booking fee). Under 12s are free.

Go to the website oxjambeestontakeover.org to find a clickable link: or type in <https://www.wegottickets.com/event/520867>

Physical tickets are on sale at the Oxjam Books and Music shop on Beeston High Road, again at the 'early-bird' price of £12/6.

The 'on-the day' price will be £15 adults, £7.50 U18/NUS.

An up-to-date list of artists and venues can be found at the website (see above) or on the Facebook page facebook.com/oxjambeestontakeover





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The 'Perennial problem'... or what to do now the garden is starting to show obvious signs that shorter days are closer and temperatures are cooling.

When annual flowering plants start to get exhausted your garden will start to look a little wilted too - if you don't have something ready to fill their role!

Interest in the winter may come from flowers, scent, berries, coloured stems or dramatic evergreen foliage. Plants with fragrance are best appreciated when planted by doorways or entrances in regular winter use. By using containers you can move these plants into a good visible position in winter and then away during summer when they may not look so good.

A great way of growing many of these plants is to use loam-based compost, such as John Innes No 2. Don't forget that flowering of shrubs can be sporadic over several weeks or months, depending on the severity of the winter so try to be patient and understanding - these are living things!

A nice example is Photinia: a tough, versatile shrub. The 'Red Robin' variety has glossy leaves which are bright red when young, gradually changing to bronze-green through to deep green. Photinia grows well in sunny borders, as specimen shrubs in large patio containers.

If you choose a climbing plant such as Clematis don't forget to factor in some sort of structure for it to attach to - a trellis or similar. This can be attached to a wooden tub so that you can move it around despite of being a climber.

Plan ahead and plant some hardy annuals ready for next year: Some good examples are Achillea 'Coronation Gold' which has vertical stems and flat horizontal flowerheads with a lovely combination of flower and foliage colour.

Another good one is Monkshood and is uncommon for bringing a rich lavender-blue colouring to the autumn garden which is more often filled with orange and rusty shades so it's a nice colour contrast.

Winter is not to be dreaded when it comes to the garden - just use your knowledge and let nature be your guide - after all she has been used to many more winters than you have!

As always, keep learning, get out in the garden whenever you can and most of all.... *Enjoy!*



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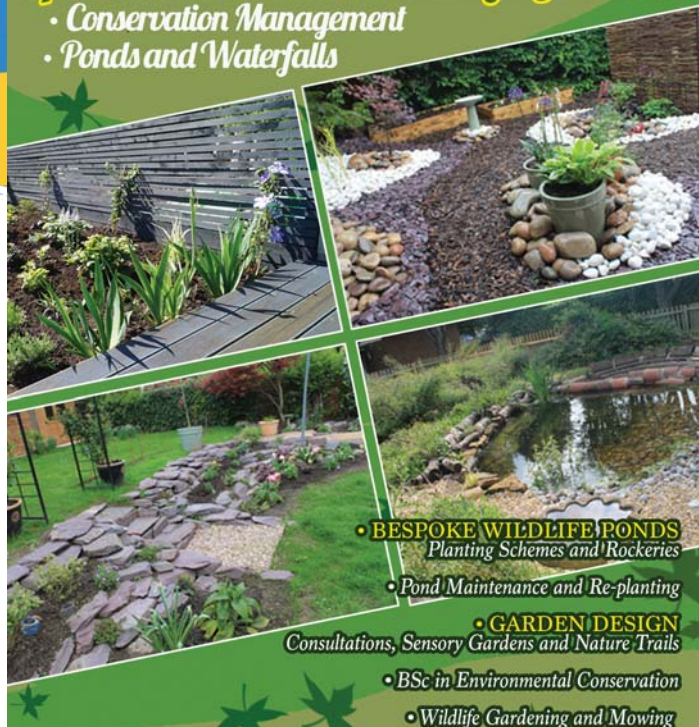
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SINCE
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I offer many services with my businesses from design to completion of wildlife gardens, bespoke ponds, waterfalls and streams, sensory gardens, nature trails, rockeries and planting schemes to encourage more wildlife and to increase biodiversity.

Nature is at the center of my heart and its more important now than ever to create habitats and to improve greenspaces. I am determined to help people create the garden of their dreams and to create a thriving place for nature".

Please visit Jack's websites for more information and reviews.
Contact Jack on 07425 524 092.

www.jkconservationprojects.co.uk

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roll with it...

keeping it

local

SINCE 2002

27/28 August

Following the success of the Olympic Winner, a new venture is all set for a skatepark at Central Avenue, Beeston with Betongpark and Skate Nottingham...

Millions watched Sky Brown win Bronze in Tokyo, alongside Japan's Yosozumi Sakura's Gold and Hiraki Kokona's Silver medals. As well as witnessing the skaters' physical achievements, this huge global audience also witnessed the friendship, warmth and camaraderie inherent to skateboarding culture.

Sky Brown became Britain's youngest ever summer Olympian, at aged just 13, and now all eyes are on Paris 2024, in which skateboarding will again feature.

Beeston To benefit

However, Beeston has not yet benefited from the proliferation of high quality, bespoke concrete skateboarding facilities that have appeared across the UK over the last 15 years.

The site in Beeston Fields, close to Central Avenue, was in particular need of attention, as the outdated modular forms had become almost completely unused by skateboarders and other wheeled sports practitioners.

Councillor Steve Carr, Deputy Leader of Broxtowe Borough Council, said: "I am very happy to support this exciting project. It will give young people something extra to do and who knows, given the success of Sky Brown, there may be a budding Olympic skateboarder in Beeston."

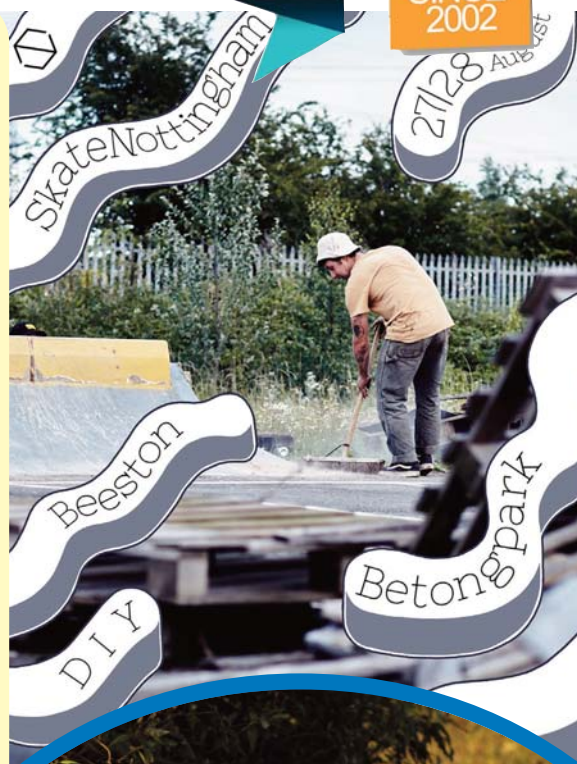
Collaboration and Cooperation

With support from Habito Mortgages, alongside grant funding from UK Research and Innovation (UKRI), Nottinghamshire County Council and local Councilors, social enterprise Skate Nottingham are working with the Beeston Civic Society, Beeston Street Art and Broxtowe Borough Council to enlist the expertise of Betongpark to create new concrete forms at the Beeston fields site, with local young people and adults working with them to learn new trade and professional skills.

Beeston Civic Society and Beeston Street Art had worked together with Skate Nottingham to identify potential sites for a 'Build it Yourself' project that would enable local people to volunteer under the supervision of leading experts to transform a space at a fraction of the cost of a build undertaken entirely by a commercial provider – also ensuring participants learn transferable and specialist trade skills as they work together to create a facility they can truly call their own. Broxtowe Borough Council kindly agreed to the project taking place at the site at Central Avenue and arranged for the old forms to be removed and the riding surface to be repaired with fresh tarmac, ready for the new elements to be created.

International Input

Betongpark are a Norwegian skatepark design and construction firm with a studio and build team in the UK and are leading the industry in adopting sustainable techniques, including use of low energy, low noise and low emissions equipment and in collaborating with community groups. Earlier this summer, they worked with Hackney Bumps community group to finish the renovation of the previously dilapidated 1980s concrete skatepark, building on work that had previously been undertaken by volunteers. They are also working with Skate Nottingham to advise the contractors working on behalf of Nottingham City Council on how to achieve a high quality 'skate friendly' public space at Sussex Street, near Broadmarsh, which will be the second of its kind in England.





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trees for the future

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SINCE 2002

Sherwood Forest Trust Plants 'Trees for the Future'

The Sherwood Forest Trust, a local charity established over 25 years ago, is working with the 'Miner2Major' Landscape Partnership Scheme to plant 10 'Heritage Trees' - celebrating the special place that trees play in the landscape and history of the Sherwood Forest area.

In July, the Trust was at Feel Good Gardens CIC, a community garden at Forestry Holdings next door to Sherwood Pines, hosting their third event as part of the Heritage Trees project.

Members of Feel Good Gardens - who carry out gardening at the site for therapeutic and wellbeing purposes - helped to plant 6 espalier apple trees, as well as a memorial tree. Members and volunteers grow their own fruit and vegetables on site, which they then go on to use in group cooking sessions and shared meals. So as well as being good news for wildlife and birds, the planting of these apple trees will provide tasty benefits for the future.

Amy Chandler, community ranger for Forestry England, attended the event and gave a talk to members about the work FE does within the area, focussing on the importance of trees for our climate, physical wellbeing and mental health.

Gary Joynt from Major Oak Heritage Crafts gave members green woodworking demonstrations and led 'have-a-go' sessions. Gary said, "I loved every minute and I was inspired by the great work going on at Feel Good Gardens and the lovely folks who attended. Hats off to the Sherwood Forest Trust for organising this event and raising awareness of how important trees are to our heritage, wildlife and local landscape."

The Sherwood Forest Trust hope that the event might become a joint annual event at Feel Good Gardens, working with members and the local community to emphasise the importance of trees and community co-operation for the future of Sherwood Forest.

The Sherwood Forest Trust is a registered charity based in Edwinstowe, and established 25 years, focussed on conserving, preserving and celebrating the nature and heritage of the former Royal Hunting Forest of Sherwood. www.sherwoodforesttrust.org.uk.

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out and about with our CAREGivers...

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Here at Home Instead we have had a busy few months. As the country has been coming out of lockdown we have worked hard to ensure that our clients and CAREGivers have remained safe.

As the weather improves and further restrictions are lifted, we are looking for more CAREGivers to help support our lovely clients. Our visits generally include three types of activity; sometimes all three during the same visit.

Home help which includes helping with light housework, cooking and shopping. Personal Care which can include helping clients with a bath or shower and assisting to the bathroom. Companionship which includes going out for a walk, taking a drive to a garden centre while having a chat or out for coffee and cake.



Janet and Karen celebrating with a much loved client



Julia and Marie with a centennial on her very special birthday

The photos show some of our CAREGivers receiving Recognition Awards, nominated by their clients or colleagues: From top left to right:

Doreen, Miranda, Rebecca, Lesley and Gina. There are some photos of one of our lovely clients EB who was always out and about before lockdown. The first photo was taken on a sunny day with her enjoying a cuppa sat outside for the first time in months. Some of the CAREGivers in her team helped her to celebrate her birthday, she is pictured here with two of them, Janet and Karen.

Age Concern also invited her to a birthday lunch.

Earlier in the year another of our lovely clients GP celebrated her 100th birthday. She is pictured here with two of her CAREGivers, Julia and Marie.



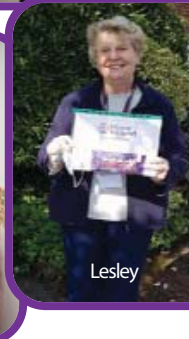
Doreen



Rebecca



Miranda



Lesley



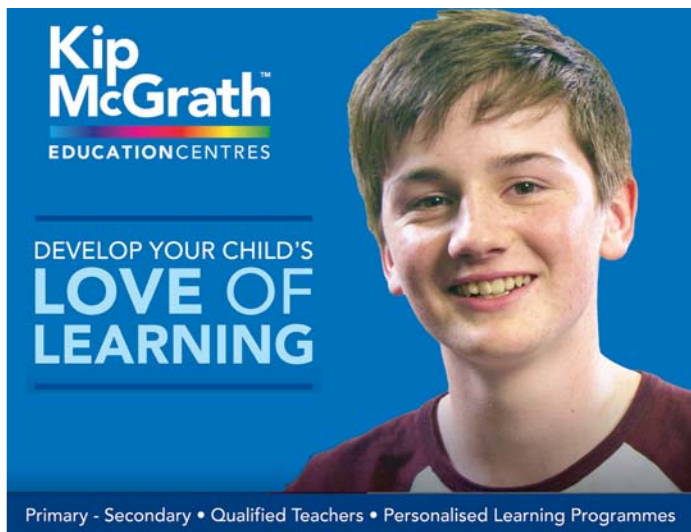
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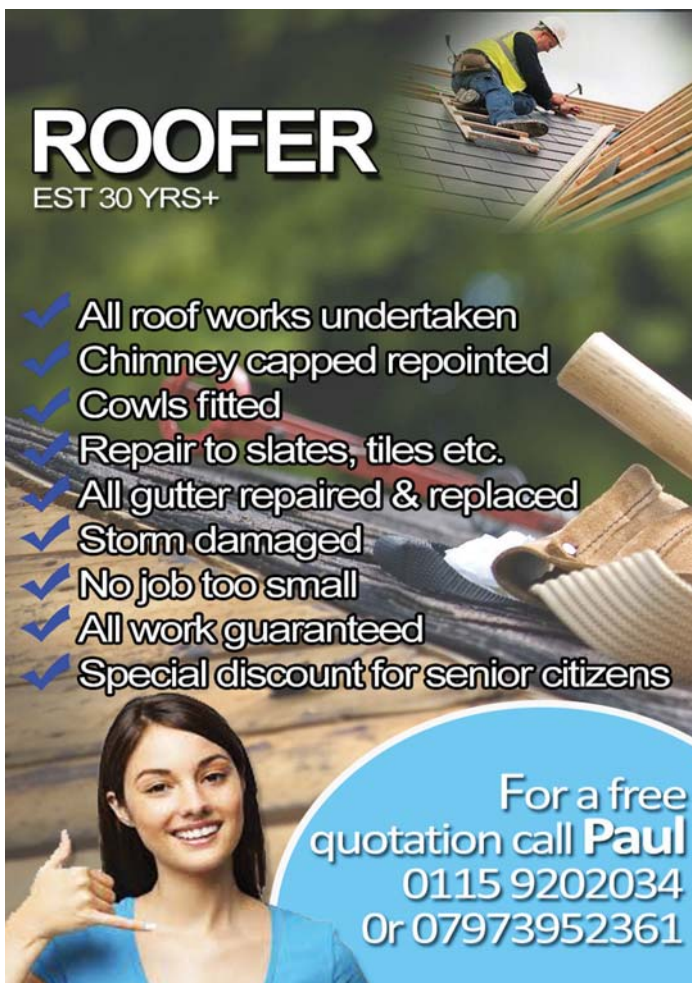
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breeze puzzler

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SINCE 2002

Welcome to our brain teaser page - Enjoy!

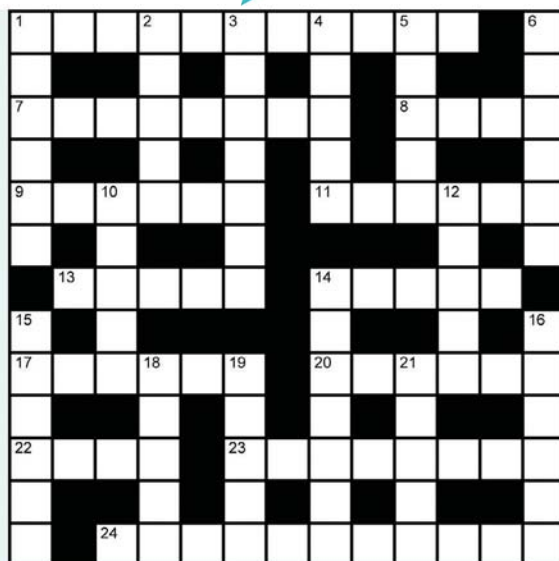
CROSSWORD

Across

- 1 Sun with the celestial bodies that revolve around it (5,6)
- 7 Change, amendment (8)
- 8 Thought (4)
- 9 Mythical monster said to live in watery places like swamps (6)
- 11 Arm covering (6)
- 13 Construct (5)
- 14 Journal (5)
- 17 Launch an attack on (6)
- 20 Cotton fabric with a shiny finish (6)
- 22 Public passenger vehicle (4)
- 23 US state, capital Richmond (8)
- 24 Marginal resources for existence (11)

Down

- 1 Copyist (6)
- 2 Cordiality (5)
- 3 Accidentally slid or fell (7)
- 4 Air cavity in the skull (5)
- 5 Leave or strike out (5)
- 6 Bordeaux wine (6)
- 10 Words used to refer to people, places or objects (5)
- 12 Nest of a bird of prey (5)
- 14 Arid regions of the world (7)
- 15 Cardboard drink-container (6)
- 16 Enclose in (6)
- 18 Farewell (5)
- 19 Has existence (5)
- 21 Banal (5)



WORDSEARCH

FRUITS

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.

AKEE	LEMON	POMELO
APPLE	LIME	PRUNE
DATE	ORANGE	ROSEHIP
FIG	PASSION FRUIT	SATSUMA
GOOSEBERRY	PEAR	SLOE
GRAPE	PLUM	TAMARIND



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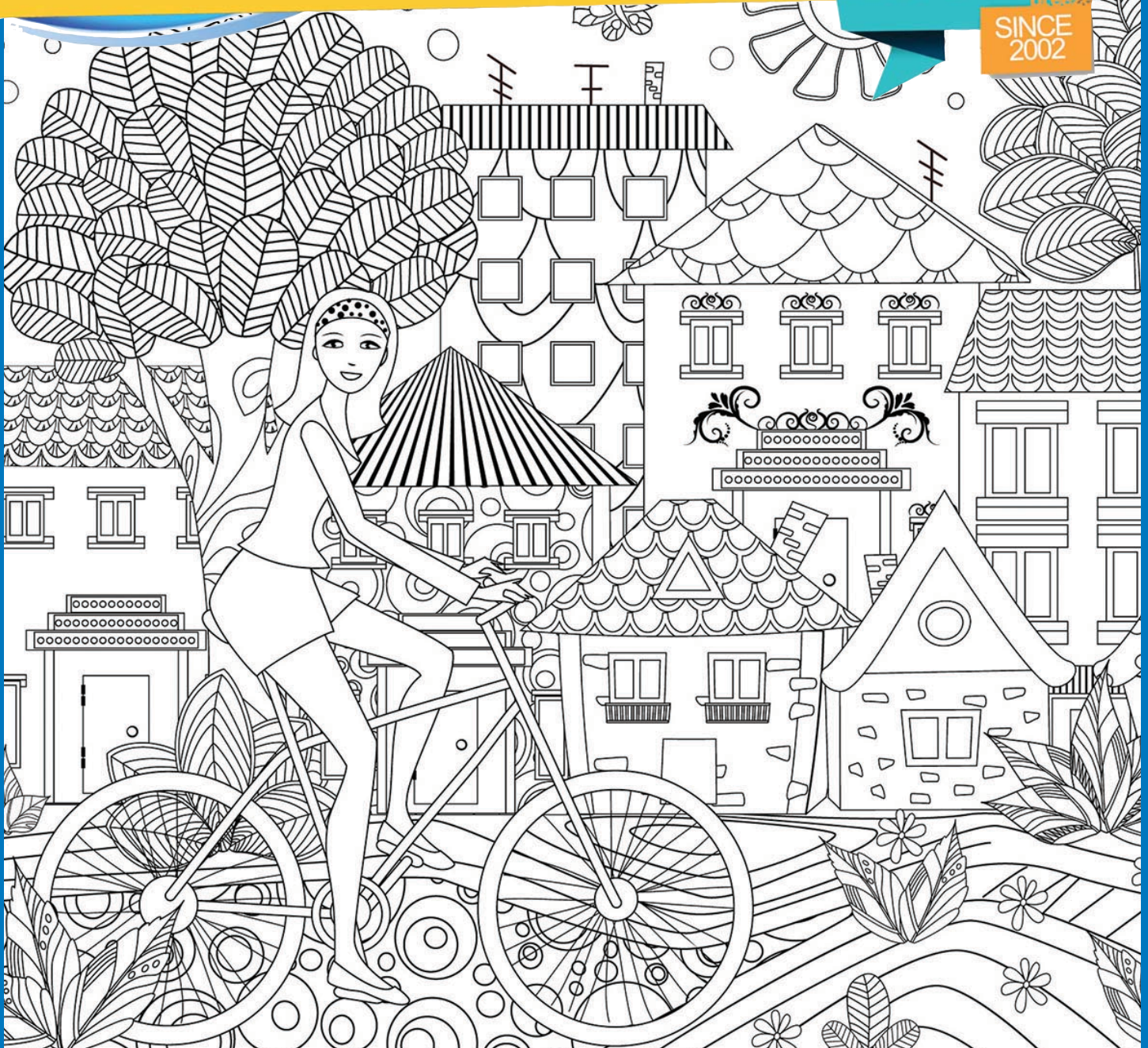
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