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JANUARY 2022

ISSUE 229

30

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JOHN FLYNN OPTICIANS AN INDEPENDENT PRACTICE IN THE HEART OF BEESTON

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



John Flynn Opticians is able to now provide eye examinations throughout the week on most days. The practice has also a brand new Eyewear Styling Service for existing and new patients at their practice in Beeston after recently training their team as professional eyewear stylists. This individually dedicated consultation service, offers patients a unique and bespoke eyewear styling consultation to help them to discover their perfect eyewear to suit both their optical and style needs. The consultations are curated by Annette and Wendy and this will enable all patients to feel assured they are being given an unparalleled consultation service to find them their perfect eyewear.

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BOOK AN EYE EXAMINATION

BOOK A LOW VISION ASSESSMENT

BOOK A DRY EYE/BLEPHARITIS CONSULTATION

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

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

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

A. Chidlaw

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

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

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

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

J. Foster

"I was recommended to come to John Flynn Opticians by family. They have lovely staff who explain everything in detail, much more thorough than other opticians I have been to.

I love my new glasses, the shape and the colour. My eye examination was very thorough and detailed and the optician explained what all the technical words meant."

R. Fazal

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

E. Collins

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

J. West

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

L. James

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E. Taylor

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new year celebrations



New Year celebrations in most parts of the world were muted events this year, but millions of us tried to mark the arrival of the 2022 in a Covid-compliant way.

But, what are the origins of our New Year traditions? Former primary school teacher Laura Steele of education resource experts PlanBee is your guide:

Out with the old, in with the new... 2021 is nearly over, and I think it's safe to say that most of us are eager to say goodbye to this year, and to welcome 2022 in the hope that it will be a better year for all.

Across the UK, on 31 December, as the clock strikes midnight, people (would, in an ordinary year) hold hands and sing 'Auld Lang Syne' to welcome the new year in. But where exactly did this song originate? And how much of it can you remember?

The song was written by famous Scottish poet Robert Burns in 1788, who based it on an old folk song. In the Scots language, the phrase 'auld lang syne' roughly translates as 'for old times' sake'. It is a song about reunion and reconciliation; a reflection of times past, and a promise to move forward together. It can evoke feelings of belonging and friendship.

Although its origins are in Scotland, 'Auld Lang Syne' is now sung all over the world on New Year's Eve.

In Scotland, 'Hogmanay' is the Scots word for the last day of the year. In a normal year the celebrations would begin on New Year's Eve and last until the 2 January (which is also a public holiday in Scotland).

Hogmanay's origins are thought to be Viking - the Norse invaders began by celebrating the winter solstice on the 21 December, culminating in wild parties at the end of the month. Modern-day celebrations include torch-lit parades, fire festivals, huge fireworks displays, and music performances.

Another popular tradition in Scotland is that of 'first-footing'. The first guest to enter a house in the new year must bring a gift (these can range from salt or coal to shortbread and whiskey). This is intended to bring luck to the householder. Traditionally, tall, dark-haired men are preferred as the first guests!

- In Spain, on each of the twelve strokes of the clock at midnight, a grape is eaten. This is thought to bring good luck for the coming months.

- Just before midnight, people in Denmark stand on chairs, ready to jump off them at midnight and 'leap' into January.

- On New Year's Eve in Greece, an onion is hung on the front door as a symbol of rebirth. On New Year's Day, parents wake their children up by tapping them on the head with the onion!

- In Brazil, people dress in white clothes to symbolise their hopes for good luck and peace for the new year. If you live near a beach, it is tradition to jump over seven waves - for each wave, you receive a wish.

- Doughnuts are eaten in Germany. They 'Pfannkuchens' are filled with jam or liquor. As a practical joke, some may contain mustard or other unsavoury fillings - if you are unfortunate enough to choose one of these, this is seen as bad luck!

- In Switzerland, it is traditional to drop a dollop of cream on the floor to bring a prosperous new year.

- On the last day of the year, people in Columbia carry an empty suitcase around with them in the hope of a travel-filled 12 months to come.

- In Estonia, on New Year's Day, people attempt to eat either seven, nine or 12 times throughout the day. These are all lucky numbers, and it is believed that the more they eat, the more plentiful the food will be in the coming year.

Many people across the world make New Year's resolutions or promises to themselves to achieve certain goals in the coming year. This seems to be one of the oldest traditions we follow - the ancient Babylonians are thought to have been the first people to make resolutions around 4,000 years ago. Their promises included paying debts and returning any items they had borrowed.

However you celebrated, lets hope 2022 is a good year for all of us!





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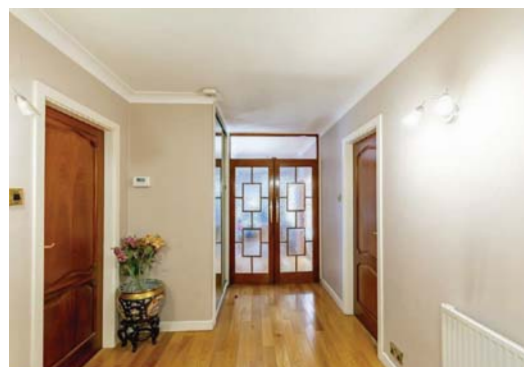
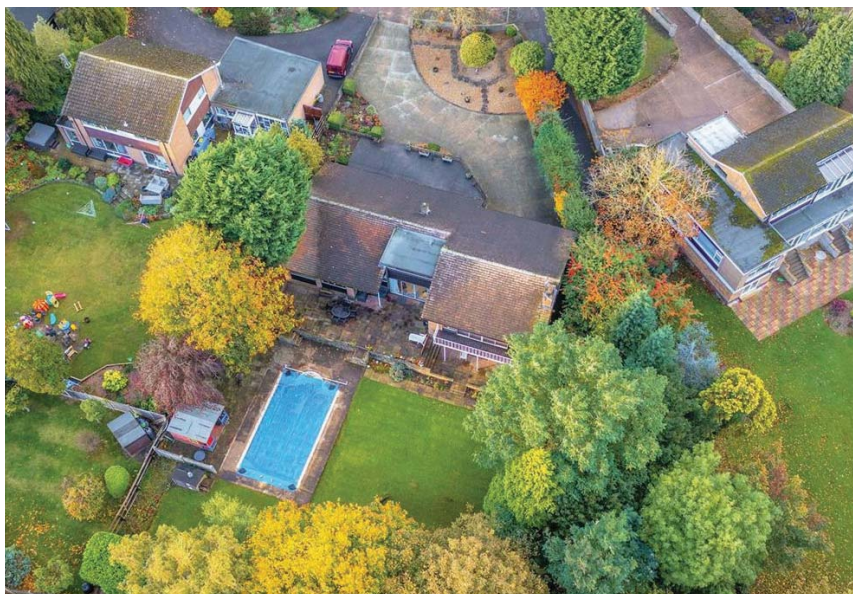
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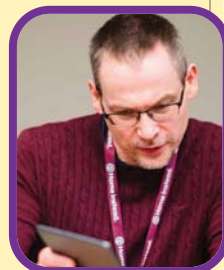


WHAT OUR CAREGIVERS DO

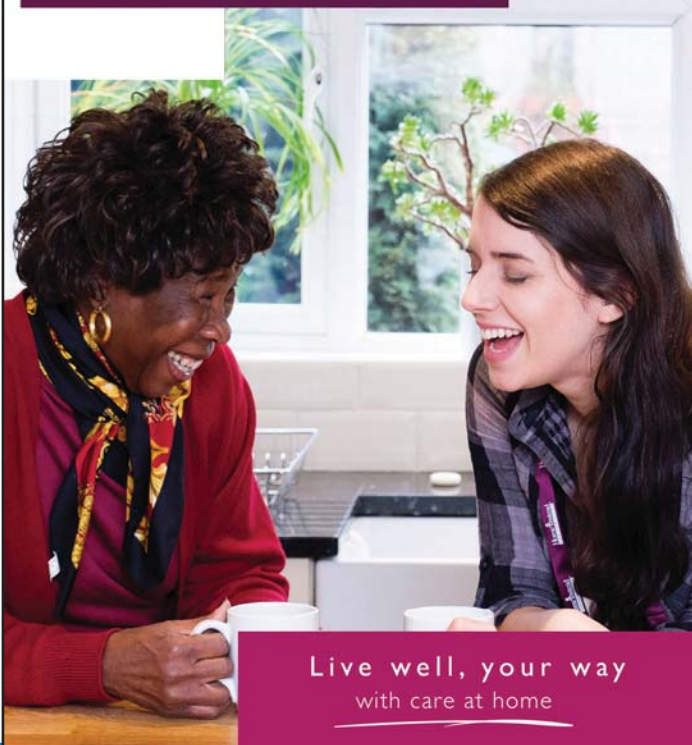
- As we often take our clients to appointments in the community, you will need to be able to drive and have access to a vehicle.
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- Ability to listen, communicate clearly and build relationships with clients and their families in a friendly and pleasant manner
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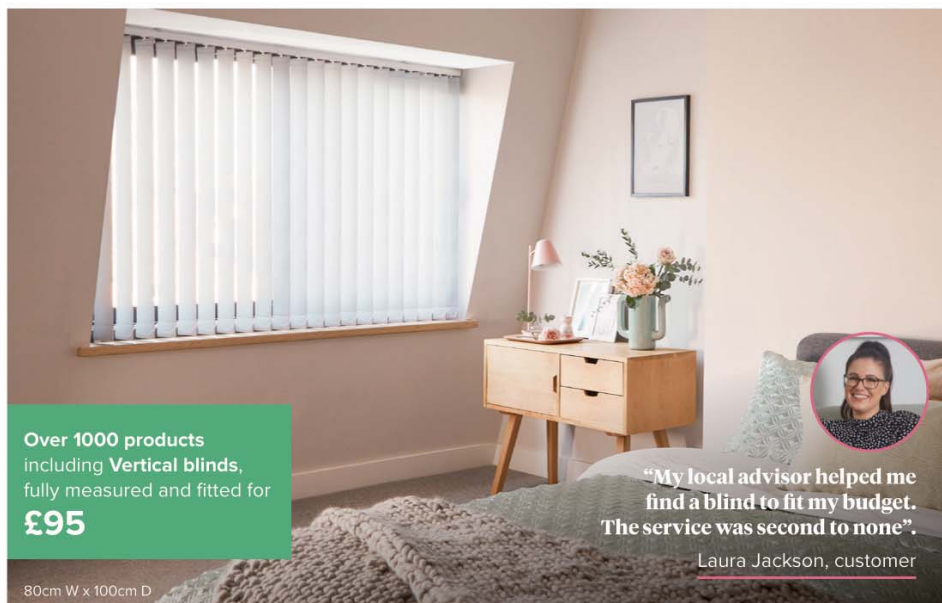


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beeston film festival

Share their New Year Resolution with us

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The carols have all been sung, the presents have been opened and the last of Gran's fruit cake from 2015 has been popped back in the cupboard for next year. It's time to take down the tinsel and pack away the ornaments: Christmas is over, and so is 2021. A new year lies ahead for us all, a chance to put aside our quarrels and work together to make things better, make ourselves better.

A key part of that, of course, is the traditional New Year's Resolutions. Will you decide to go to the gym more often? To do more work for charity? To work on yourself more, or to think about the needs of others more often?

We here at **Beeston Film Festival** know what our resolution is: to watch as many submissions as we can and pack our sessions full of gems for you to watch at the Arc Cinema this year! We're still beaver away, watching and rating and making notes as we whittle the choices down. No rest for the wicked, and all that!

Perhaps you'll want to take inspiration from some of our best submissions so far?

Take sexy French crime thriller 'A Roll in the Hay', for example. Cheating husband Laurent really should have made his resolution to be more faithful to his wife; maybe then she wouldn't have crashed his adulterous liaison with a gun... Or if you're feeling oppressed and ground down, pledge to be more like 'The Soloists'; the elderly singing sisters in this animated film won't let ridiculous unjust laws against singing groups (and dogs) stop them from doing what they love.

You could make a resolution to help combat sexism and catcalling on the street, like the women in 'Meat Market' – though hopefully with less extreme methods! Or you could decide to spend more time bonding with your family while you can, like the father and son in the poignant but off-kilter comedy 'Numb'. And learn a lesson from 'Ghost Girl': if your resolution is to focus on your career and work for that big break, some friends might not be as happy for you as they claim to be.

Whatever you resolve, whatever you choose to do, do it with gusto and with passion. Give it your best shot, and let's make 2022 the best it can be. We're rooting for you!



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new technology offers early detection of eye disease



John Flynn Opticians introduces latest technology imaging for 4D ADVANCED Eye Examination in Beeston

Following completion of higher qualifications in Glaucoma and Medical Retina from the College of Optometrists via Cardiff University Dr. Janjua and his team at John Flynn Opticians in Beeston continue to strive to make a difference in the fight against the 50% of sight loss cases that could be avoided each year. Highlighting the fact that more than 100 people in the UK start to lose their sight each day, they are promoting the importance of the earliest possible diagnosis. With an ADVANCED eye examination being much more than a new pair of spectacles or contact lenses, the practice has invested in the most advanced diagnostic technology so early changes in the eye can be detected, long before there are any obvious symptoms: this allows for early treatment and better results. With the latest **SPECTRALIS 4D** high definition Optical Coherence Tomography (OCT) imaging technology, Dr. Janjua is now able to identify and monitor the smallest change.

The **SPECTRALIS 4D HD OCT ADVANCED** eye examination is the same instrument that can be found at the QMC eye department and uses a patented eye-tracking system that allows Dr. Janjua to identify those at risk of eye disease more easily. The tracking system allows the 3D scan to be placed in exactly the same place (to one micron which is a 1/100th of a hair) at each visit, giving a true 4D view of change over time. This helps to reveal eye disease which may not yet be noticeable by the patient or detectable with a basic eye exam.

Fast, painless and non-contact, the scan does not include any bright flashes of light or puffs of air, and takes place in seconds.

"We are really excited to offer our patients this new 4D HD OCT advanced eye examination," said Dr. Janjua "Using the SPECTRALIS technology, we can examine tiny details that help us detect eye disease at the earliest stages, reducing the risk of sight loss and improving our patient's lives."

Common eye diseases can impair vision and cause permanent vision loss if not caught at an early stage. The best preventative measure to protect good vision is an annual ADVANCED eye examination, and treatment when needed.

John Flynn Opticians are dedicated to providing patients with the highest quality ophthalmic lenses and now the most technologically advanced care. For more information contact us at 0115 9255051 or 0115 9392421 or visit <http://www.johnflynnopticians.co.uk> www.johnflynnopticians.co.uk





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20 years on...



Since 2002 - we've seen lots of changes in our area, the tram, a new cinema, business come and go, local heroes and sporting achievements.

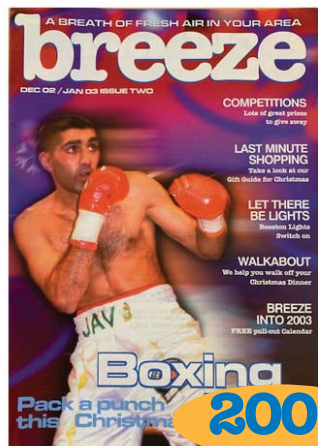
Twenty Years later we are asking 'Where are they now?'

Hope this brings back some great memories across the years.
If you want to update us on any of the stories, please get in touch
info@breeze-magazine.co.uk



2002

We've featured many sporting heroes over the years, on our cover in 2003 we featured Jawaid Khaliq, MBE, Nottingham former professional boxer. A world champion boxer, winning the IBO welterweight title in 2001 and defending it seven times before retiring three years later. He also held multiple regional championships, including the Commonwealth welterweight title in 2000.



2003



2006



2007

Our first cover back in 2002 was supplied by local group Beeston Camera Club. Founded in 1954 - one of the founder members was Harold Smith, father of the fashion designer Paul Smith.

We've featured many of our local Health & Beauty salons across the years, this cover was a make-over for a local reader.

2009



2004

Along the way we have supported many local sporting and social events. This year we enjoyed sponsoring the Attenborough Colts Football Team.

2005

Treading the boards local drama group enjoyed putting on a show for us in 2013

Local Artist Pollanna Pickering often visits our area to give talks and show her amazing works of art.

2013



Nottingham Casuals Rugby Football Club has been part of Beeston since 1922



Back in the day - local lad, Connor Green started his Table Tennis journey, today he's still championing the sport.



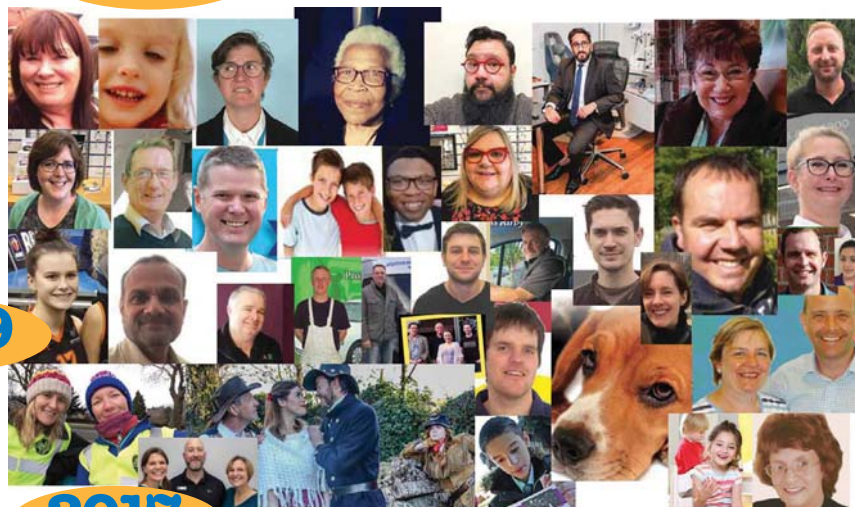
Local lad, Ryan Farmer featured in 2019, bringing the best of local talent to the forefront.

For several years we were the Official Programme for Moorgreen Show, a great opportunity to meet our readers - we had good fun! Photo by Brian Pettitt.

A popular feature back in 2012 we featured Charles Barn, a stomping ground in the 80's for locals.



We've some fantastic events in our area, including the Nottingham Carnival



Pictured above some of our many 'Breezers' that have featured over the years!

We've met Robin Hood across the years, one of our most famous tourist attractions.

Why use a financial adviser?

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

Obtaining guidance from a professional adviser could help you start 2022 on a firm financial footing - and save you money. Research shows that people who receive financial advice could be £40,000 better off within a decade so it's worth speaking to an expert.

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

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

1 Offer you extra insight and expertise

Even if you're an experienced investor, it's always a good idea to get a second opinion from a professional - especially when it comes to your finances. An advisor can give you that extra knowledge and expertise you need to help you achieve your goals.

2 Build the right financial plan for you

First and foremost your adviser will focus on you; listening to what you want out of life. Once they know more about you and your hopes, they will then build a long-term financial plan that's right for you.

3 Help you make the right decisions

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

4 Help make your investments as tax efficient as possible

Tax is always a bugbear especially if it gets in the way of your financial plans. But there are ways you can improve the tax-efficiency of your investments. An adviser will take these into consideration when developing your financial plan - and make sure you don't miss out on opportunities to reduce the tax you're paying on your returns.

5 Access the right tools and resources

With thousands of products on the market, finding the right one can be difficult. An adviser has access to a range of resources, which can help them to recommend suitable products for you.



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what's on in our area

Erewash Indoor Bowls Centre

Open Day Saturday 26th February 11.00am to 3.00pm, come and have a look at what we have to offer. Free taster sessions will be available on the day and our club coaches will be on hand to offer help & advice. Special membership deals and money off vouchers will be on offer in the weeks following the Open Day. Depending on demand we shall also be running a series of Beginners Coaching courses during March.

We are located on Grange Park in Long Eaton which is off Station Road, and offer social, league & competitive bowling for all ages and abilities. Our facilities include 9 bowling rinks, large bar/lounge, restaurant, small function room & private car park.

For more details on what we have to offer please call the club office on 0115 97253244 or email us on mail to: eibc@btconnect.com

You can also see more of what we have to offer, including full opening hours, on our Centre website www.eibc.co.uk

Wildlife at Center Parcs

The January Meeting of the **Wollaton Natural History Society** will take place on Wednesday 19th January 2022.

"This is entitled 'Wildlife at the Center Parcs Holiday Village' by Mike Hill, who will take us through what can be found at Sherwood and the challenges faced in ensuring the wildlife and habitat is cared for.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the Library) at 7.30 p.m. Visitors are welcome at a cost of £3.00.

For more information visit our website www.spanglefish.com/WollatonNaturalHistory, find us on Facebook, or telephone our Chairman Nigel Downes on 0115 9444671."

years

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information through to info@breeze-magazine.co.uk for our what's on section

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gardening...

2022: The Ultimate Starter Kit for Beginner Gardeners



Along with the New Year comes new resolutions, and garden experts are giving people across the UK the ultimate starter kit for those looking to get into gardening in 2022.

Experts at www.GardenBuildingsDirect.co.uk have put together all of the equipment newbies will need to get started with gardening.

Starting a new hobby can be overwhelming and often people don't know where to start. Lucky for you, these garden experts have offered up their list of essentials for first time gardeners.

A spokesperson for GardenBuildingsDirect.co.uk said: "Taking on new hobbies in the new year is a great way to develop your skills and fill your time. But when it comes to something like gardening, figuring out where to start can be a bit intimidating".

"There are loads of gardening tools that you may not necessarily need if you're a beginner". "And when it comes to the tools you do need, you can feel overwhelmed with choices". "Most things like a spade and a rake are pretty generic, they just need to be sturdy and have a good grip. But when it comes to things like pruning shears and garden hoses, there are more criteria they should fill". "Our list gives you the exact information you need if you're looking to get into gardening in 2022".



The Ultimate Starter Kit for New Gardeners:

- 1. Gloves** One of the most obvious pieces of equipment you'll need are gardening gloves. You can actually find different gloves for different jobs - like weeding versus working with roses. But for beginners, there's no need to spend ages researching this - a pair of all season gardening gloves are perfect!
- 2. Spade** Also high on the list of garden tools is a good spade. Chances are, you'll use your spade more than any other tool, so be sure to purchase one that will last you a while. Try to go for a standard digging spade that suits your height and is a suitable weight.
- 3. Secateurs** These are a bit like scissors for the garden and will be what you use to tidy, prune and deadhead your plants. Perfect for managing your plants when they get a bit out of control! A good set of secateurs will be sharp, have a short handle, feel sturdy to hold and will fit comfortably in one hand. Opt for a spring-loaded pair with a lock to make life easier (and safer!).
- 4. Garden fork** Garden forks are used for planting and are when digging to break up and turn compact soil when gardening. These tend to be general purpose and there isn't one ultimate garden fork that you must get. Just make sure whichever one you decide on is sturdy with a good grip. Remember, if you pick a metal fork, forged tools are stronger than those put together from multiple pieces.
- 5. Watering Can** Another obvious purchase you'll need to make is a watering can. Again, nothing fancy is needed. Bear in mind that metal watering cans will last longer and are a much more environmentally-friendly purchase than plastic ones.
- 6. Rake** Rakes are another essential to include in your starter gardening kit. You'll use your rake to break down the soil so it's ready for sowing seeds and even remove debris. Like the garden fork, ensure your rake has a good grip and is sturdy. We suggest starting with a metal garden rake (and you can always pick up a plastic leaf rake too!).
- 7. Hoe** In order to keep your garden free from weeds, you'll want to purchase a hoe. Ensure the hoe you purchase is fairly long (you can even get extending models). This will give you good reach when you come to use it.
- 8. Hose** Once you've gotten into gardening a bit, you may want to purchase a garden hose to make watering flower beds easier and quicker. A good garden hose will be lightweight and compact so it's easy to store. It's also worth getting a hose with an adjustable nozzle to ensure the water pressure is not too harsh on your plants.

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success for Notts teens

in night-time orienteering 'Shadow' event



More than 200 Nottinghamshire youngsters took part in the 47th year of Shadow - the night-time event in the heart of Sherwood Forest which promotes teamwork, resilience and problem solving through different challenges.

After a much smaller event in 2020 which followed Covid-19 guidance, Shadow came back in full swing in October this year, with 46 teams getting stuck in, following the Coronavirus guidelines which were in place at the time.

Shadow is an annual overnight navigation and team event coordinated by Nottinghamshire County Council's Youth Service and Notts Outdoors, aimed at teams of young people aged between 13 and 19 from all over the county. Teams were entered from Nottinghamshire's young people's centres and the cadets.

This year, each team had six hours in the forest to navigate around the sectors completing a variety of incidents or tasks, the more of the course they completed the more points they received.

The tasks included water safety and First Aid exercises, incidents around knife crime, and other tasks set to challenge and engage young people in different ways, so that all participants could get involved and take part.

A wide variety of organisations were involved in creating the team building challenges, including the Nottinghamshire Police, Nottinghamshire County Council's School Swimming team, Youth Service Interventions Team, Health, and more.

The winners of this year's event were 2502 B Team from the Cadet Forces and The Shadows from The Youth Service. Kieran, aged 17, who is a member of one of the winning teams, said: "It's a great experience for young people! It's awesome because you get to compete with so many others and have fun meeting people. Because it's a competition it feels like a proper achievement getting to the end."

Councillor Tracey Taylor, Chairman of the Children and Young People's Committee, said: "What a fantastic event and my congratulations go to the winners - and anyone else involved. "After a difficult 18 months for everyone, it was a pleasure to hear the chatter and laughter of all the young people involved in the event this year. "Shadow is a fantastic way for young people to develop skills that they will keep with them for life, from team work to learning how to tackle challenges head-on.

"This event would not be possible without all the people who volunteer their time and energy to ensure it is a success, so I would like to say a big thank you to everyone who makes Shadow possible year on year."

Find out more about Shadow and how to get involved next year:

<https://www.nottinghamshire.gov.uk/education/youth-services/young-peoples-centres/shadow-event>



big in beeston



"We've expanded our **Rotheras Beeston** branch. Despite the requirement to temporarily shut our branches due to the pandemic, we found demand higher than ever. In order to be able to cope with the influx of work we were signing wills in gardens, through windows and in ways that we had previously never thought possible until we were forced to adapt so quickly.

Our biggest surprise was the client response to our new client delivery methods. Looking back at client feedback data from the last 12 months shows us that clients prefer our alternative ways of working, with 97% of our clients agreeing they would use us again and a further 98% saying they would recommend us to their friends and family.

For all its frustrations, the pandemic gave us the opportunity to relook at our business model, upgrade our technology and consider whether we were truly optimising our client experience with our current branch structure.

This prompted us to make the decision to expand our Beeston branch by merging our Wollaton branch into our Beeston premises, providing a larger multi-service branch that can offer more for our clients. We will still provide face-to-face meetings where preferred, but it also facilitates our services in a way that reaches more people, ensuring that we can still provide the highest level of service to all our clients".

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light night in beeston



Keeping it
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A party atmosphere will take over Beeston as the town holds its first Light Night at the end of January.

The unveiling of a brand-new piece of neon street art (on Saturday 29 January) will form the centrepiece of the event, which is designed to showcase all that the creative town has to offer. The evening will also include large scale video projections on buildings, live music, fire spinning and more light night

The Light Night concept, designed to entice people to explore town and city centres on darker winter evenings, began in Europe and has become increasingly popular in the UK over the past few years, with Nottingham holding one every year since 2008.

This is the first time Beeston has held its own. It comes as the town centre has undergone a £50million transformation in the form of the Beeston Square development, which is already home to a multiplex cinema and will soon house a number of new bars and restaurants.

Local singer songwriter Jeanie Barton has organised the community led event, which will take place on January 29, alongside Broxtowe Council.

She said it felt like the right time for Beeston to celebrate. "This is the perfect opportunity to literally shine a light on Beeston's wonderful creative community, and to bring some cheer in to people's lives during the long, dark month of January," she said. "It's been a transformational few years for Beeston and we're looking forward to welcoming people into the town to showcase all it has to offer. It's a great way to celebrate being together again after a difficult period for everyone."

Jeanie, who started the town's Beeston Street Art group in 2017 is particularly excited about the unveiling of their new permanent light installation, which will be their 43rd artwork. The neon sign facing the tram interchange will read "#alightinBeeston".

"It emphasises all that's been achieved in our town," says Jeanie. "Things really are alight and vibrant, Beeston has become a destination; somewhere people want to come now, rather than ride straight through."

The event will feature a specially commissioned, locally-made film by director Katie Dawson on the precinct, as well as an immersive edition of the Beeston Film festival in the Parish Church on Middle Street.

This will showcase numerous submissions including a short film called The Year of the Roses, produced by Italian photographer Roberto Alborghetti, following a collaboration with Marysia Zipser from Beeston's Art Culture Tourism (ACT) group.

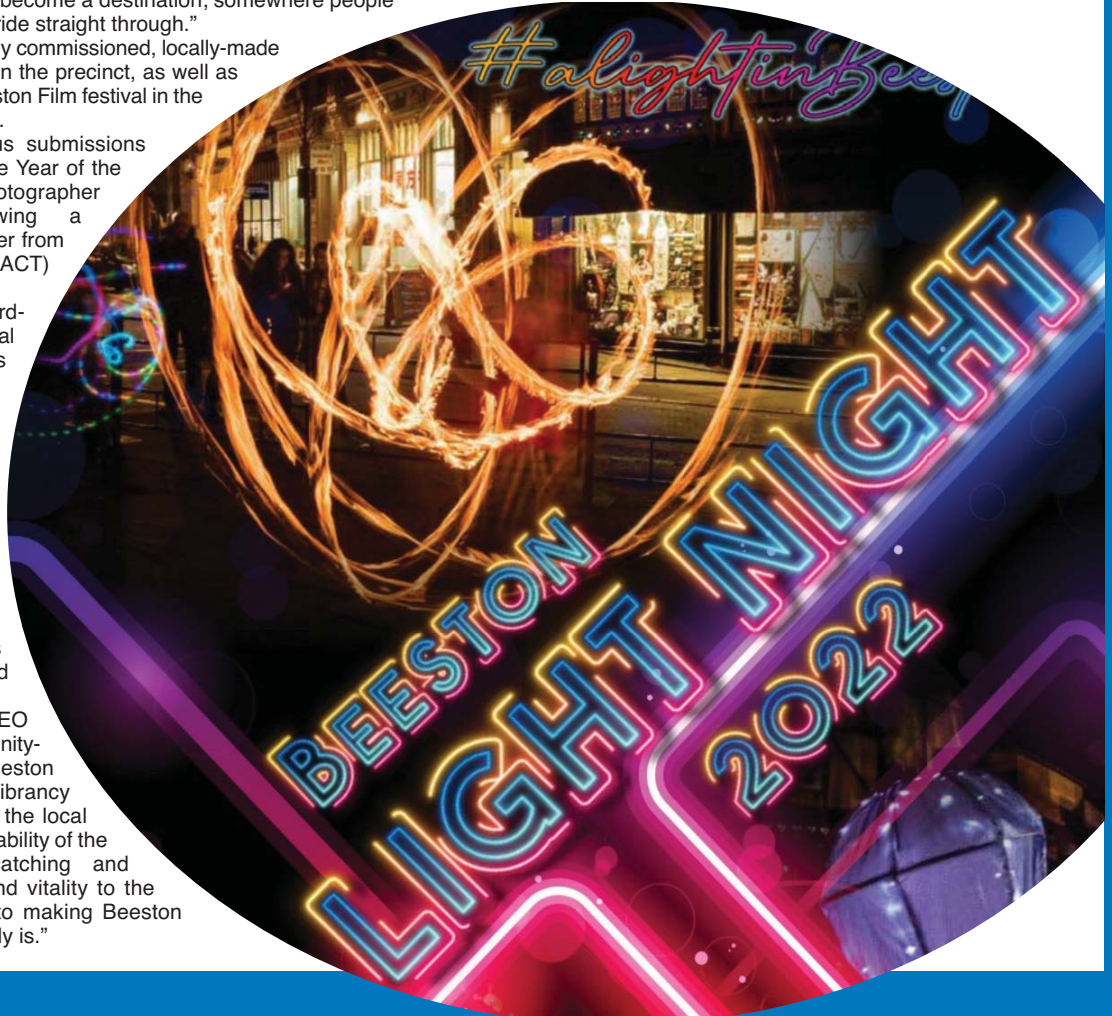
Roberto, who is also an award-winning journalist and the official biographer for Pope Francis has had a long-standing connection with the town, first visiting in 2014.

Marysia said: "We're very excited to welcome Roberto back to Beeston and to share this new film with everyone. It features contributions from across the world and stems from an initial post I put on social media during lockdown, asking people to share pictures of the roses in their garden and what they mean to them."

Broxtowe Borough Council CEO Ruth Hyde agreed: "The community-led civic art installations in Beeston have a sense of energy and vibrancy which reflects the character of the local community. The quality and durability of the work is outstanding, eye-catching and appealing, adds an interest and vitality to the street scene and contributes to making Beeston even more unique than it already is."



Photo credit: Dan Spencer





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achieve your weight goals

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As a mum of 2, Kelly Ashmore has personal experience of gaining weight and losing it over the years but now thanks to the One2One Diet by Cambridge Weight Plan she has also learnt to maintain it.

As an award winning consultant, she channels her passion of helping others do the same and reach their personal goals. "What is special and really works with this plan is the full one to one support that each client receives from me, they know that someone is at the end of the phone whether it's been a good day or a bad day for them. Each client can contact me as much or as

little as they need to throughout the week to make sure they stay on plan and feel fully supported," Kelly told us.

The One2One diet plan is medically backed and uses replacement products, each product is 200 calories on average and full of the vitamins and nutrients you need to lose weight. The plan is made up of six steps using a combination of replacement products as well as conventional food if wanted. "Which step you start on depends on your personal circumstances and body mass index (BMI)" said Kelly. "I make sure that each client is medically safe and that they are completely happy on the Step that they start on."

In terms of products is it just shakes? Definitely not, there are over 40 products to choose from including porridges, smoothies, meals such as chicken tikka, spaghetti bolognese, macaroni cheese and sweet and sour noodles. Let's not forget the soups and bars in amazing flavours from cherry bakewell, lemon yoghurt, chocolate chewy and the new cookies and cream.

The one to one support that Kelly supplies helps her clients address the relationship that they have with food, works on the triggers around food and focuses on portion control to make healthy steps to maintain weight loss once target goals are reached.

Kelly offers a free consultation with a no obligation sign up, if you want to know any more just get in contact with her on the information below for a casual chat and she'll be able to help you with any questions you may have. She also offers face to face consultations as well as virtual to be as flexible as possible around each individual's needs.

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4 stone gone for Aimee



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award winning karate centre



This year will mark our chief instructor Aidan Trimble's 50th year doing Karate. And in that time he has represented

Great Britain, won a World Title, gained an 8th Dan in Karate, written seven books, taught throughout the World winning many awards for his coaching and putting all that experience together just a few short years ago opened the Dojo in Beeston.

We have put that experience to good use at the Dojo creating programs for all ages and abilities and enabling many adults and children to achieve their black belts. We have created a safe and friendly environment to learn one of the most exciting and dynamic martial arts.

Throughout the pandemic we provided continuous training for our members and that has resulted in us being busier than ever providing quality instruction from our team of highly experienced instructors.

Why choose karate as your next fitness activity in 2022?

Karate consists of a good mixture of cardiovascular endurance, strength training and flexibility exercises that are designed to benefit the whole body. Our purpose is to make sure that you work at a level that is comfortable, yet challenging.

People feel good when their healthy, with a healthy body, you have a healthy mind. Everything from waking up in the morning, and thinking clearly at school or in our jobs in this fast paced society that we live in becomes easier to deal with and more enjoyable when your body and mind are in tune.

Helps with life's many challenges

Concentration is something that for many people has to be taught. Many doctors are now recommending people with learning difficulties to practice karate because of the concentration skills that are developed through the training; however we can all benefit from increased concentration, focus and coordination.

You have to feel good about yourself and you have to trust in your abilities to be confident. Karate teaches you how to handle pressure by applying a little bit at a time. Every individual has a comfort zone. Once you realize that comfort zone you can start to push it and feel good about trying something you never imagined you could before. Karate is an endless learning experience that provides constant challenge.

A shared interest with others

Not only do you benefit from learning the techniques and routines that karate provides, you do it with other people that share a common interest and more important it is enjoyable otherwise we wouldn't have the membership that we do. As well as the training itself we have an active social programme, often organized by the members themselves.

One of the many benefits of coming here to The Dojo is that it is a fully outfitted training centre with comfortable facilities such as the Lounge area with solid oak floors, leather sofas and flat screen TV, where you can observe training in the Main Hall.

The Hall (Dojo) is a fully air-conditioned room, 150 msq, fully matted with disabled toilet. One side of the hall is fully mirrored and ballet bars for stretching the length of the hall. There is a traditional Makiwara (striking post) as well as strike dummies, punch bags and many more pieces of training equipment.



The changing facilities are located through the lounge area and are well equipped with showers, toilets, mirrors and hairdryers so if you are training straight from work or haven't had the time to freshen up after work you can do so here and leave your training session feeling re-invigorated.

We always welcome new members as well as valuing and nurturing our existing regulars so if you want to kick off the New Year by getting fit, gaining confidence and learning to protect yourself contact us NOW and we can book you or your child in for a free class.

We have a comprehensive timetable that caters for all just call 01158754212 or check out our web site www.thedojonottingham.co.uk

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breeze puzzler



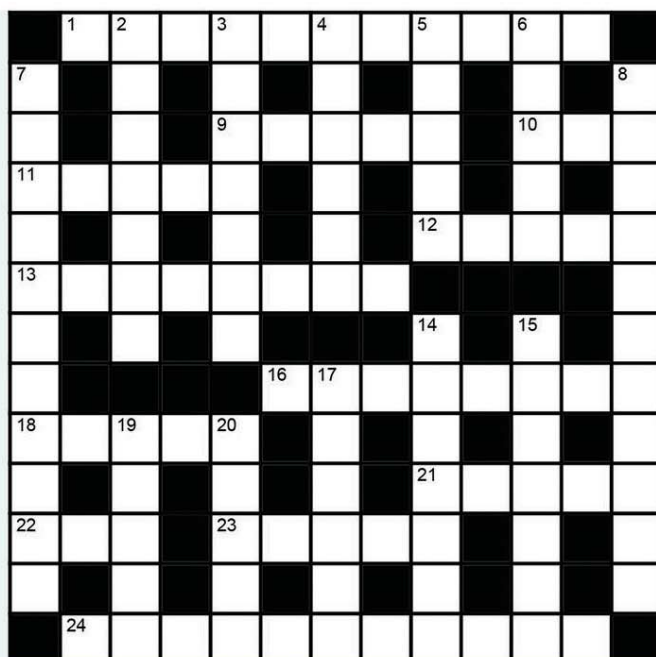
CROSSWORD

Across

- 1 Curved section of seats in a theatre or opera house (5,6)
- 9 Protective garment (5)
- 10 In the past (3)
- 11 Burn with steam (5)
- 12 Asian water lily (5)
- 13 Firm in purpose or belief (8)
- 16 Early Christian church (8)
- 18 Snares (5)
- 21 Hindu religious teacher (5)
- 22 Strange (3)
- 23 Name (5)
- 24 Digitally encoded recording, smaller than a phonograph record (7,4)

Down

- 2 Regress (7)
- 3 Wrap (an infant) tightly in strips of cloth (7)
- 4 Floor covering (6)
- 5 Relating to the kidneys (5)
- 6 Slightest (5)
- 7 Blockage (11)
- 8 Plant grown for its pungent, edible root (11)
- 14 Oil extracted from the flax plant (7)
- 15 Illegally seizes a vehicle in transit (7)
- 17 Acid found in vinegar (6)
- 19 Relating to sound (5)
- 20 Assemble (3,2)



WORDSEARCH

THINGS THAT FLOW

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.

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

BEER

BLOOD

EDDY

GEYSER

GRAVY

LIQUID

MAGMA

MILK

PARAFFIN

PETROL

RIPPLE

RIVER

SALAD

DRESSING

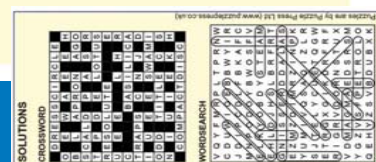
SMOKE

STEAM

STREAM

TIDES

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