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# Advanced Eye Exams for

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- GLAUCOMA ● POOR SIGHT

By Dr. S A Janjua BSc(Hons) MCOptom DOptom Prof Cert Glau Prof Cert LV  
Prof Cert Med Ret DipSV Director & Doctor of Optometry

**Brand new, state-of-the-art equipment at John Flynn Opticians in Beeston is now facilitating the very best diagnostic capabilities to ensure the best eyecare in the country. Optometrist Dr. Janjua's new equipment provides hospital-standard insight into your health and is one of just a handful of such machines anywhere in the UK...**

Foresight. Hindsight. Insight. It's quite clear how much importance we place on sight. We've all come to recognise that a first-class optometrist will not only make your vision sharper, as a result of the prescription they determine you need, but will also help to assess your overall health, using your eyes to as an indicator of your general health. As eye-care technology has finessed, some optometrists have invested in decent technology, but some diagnostic equipment remains the preserve of dedicated eye-care departments in specialist hospitals such as Moorfields, Manchester Royal Eye Hospital and Nottingham's Queens Medical Centre. Those specialist facilities and teaching hospitals have previously been able to boast the best diagnostic technology, which High Street opticians could only look upon with envy... that is, until now. Beeston's **John Flynn Opticians**, established in 1938, recently took delivery of its new Heidelberg Spectralis machine which is – without exaggeration – the best OCT scanner available for any eye-care practitioners and one which most dedicated hospital eyecare departments would covet. It's one of just a handful of machines here in the UK and as Dr. Janjua says, it's the gold standard for dedicated eye hospitals, let alone a High Street optician, providing him with unprecedented accuracy and clarity when making a diagnosis.

An OCT (Optical Coherence Tomography) machine is used to take a 3D scan of the eye to allow a specialist to assess the health of the optic nerve, macular and to detect and monitor the progression of conditions like age-related macular degeneration (AMD) and glaucoma. **John Flynn Opticians'** new machine, though, builds on this technology to create 4D imagery accurate to just a single micron – one hundredth of the width of a human hair.



Above: **John Flynn Opticians new Heidelberg Spectralis OCT machine is one of the few in the UK, and is best in class, offering hospital-standard diagnosis of eye health for the optician's patients.**

The system also uses artificial intelligence to track the exact position of successive scans, overlaying them precisely to check changes over successive months or years. Fast, contact-free and painless, the system can also send images to hospital departments for other clinicians to review in the event of a referral.

*"We can use the technology to examine tiny details that help us to detect eye disease at the earliest stages, reducing the risk of sight loss and improving our patients' lives," says Dr Janjua.*

Naturally technology is nothing without expertise, and so Dr. Janjua is committed to interpreting the results of a scan and explaining findings in an accessible way. With the highest quality diagnostic information comes the most accurate prescription, and alongside the very best ophthalmic lenses from across the industry – Zeiss, Nikon and Hoya – the practice's state-of-the-art equipment is crucial, but only when used alongside the very best diagnostic skill and the provision of quality ophthalmic lenses and luxury frames.

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**E. Taylor**

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**J. West**

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# meet local barista

Breeze meets local business man Anthony,  
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Anthony Simpson has lived in Beeston with his wife and two (almost grown up) children for nearly twenty five years.

"We love Beeston and support the local shops and restaurants. Many people visit a coffee shop and want barista quality coffee at home or the office. Like many others, I bought a coffee machine and expected great coffee, but became very disappointed with the result. The search for great coffee inspired me to research all types of coffee making equipment and the skills and technique involved. I learned that the coffee machine, the grinder, coffee bean and puck preparation all play a huge role in making a great cup of coffee. Throughout this process, I discovered there was no place local to help offer guidance or support. It took time to research the perfect machines and develop the correct coffee making skills."

"My aim now is to help others by simplifying the buying and coffee making process so that we can all enjoy barista quality coffee at home without the learning curve I endured."

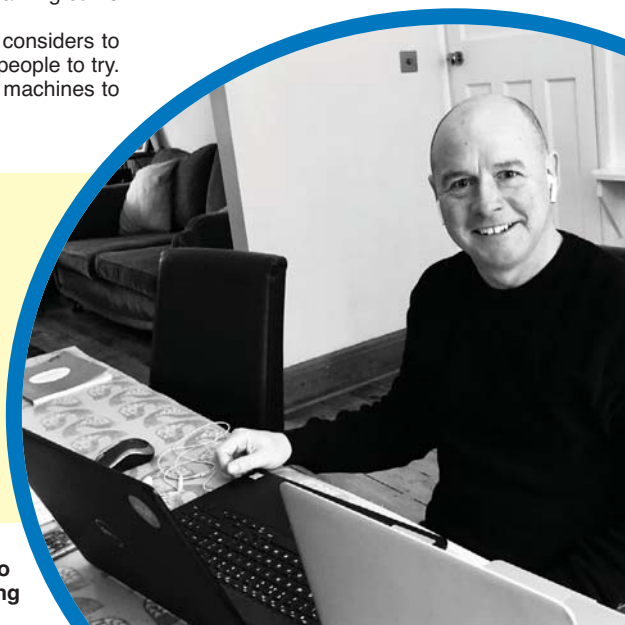
Having carefully selected what Anthony considers to be the best equipment for home and office use, he has these available for people to try. He is also able to add 'certified' modifications to the Gaggia Classic coffee machines to enhance the performance.



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# dementia connect

New personalized service those impacted by dementia in Nottinghamshire



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Endorsed in the NHS Long Term Plan and forming a key part of Nottinghamshire's Dementia Well Pathway, the Alzheimer's Society are delighted to be able to launch their new Dementia Connect service in the county, providing support, guidance and hope to individuals with dementia, as well as their carers, friends and families.

Dementia Connect's dedicated team of dementia advisers are on hand to assist residents with a wide range of different support types, from simply wanting further information on dementia as a condition, to creating a dementia-friendly home, to support with legal and financial documents and signposting on to dementia groups and partner organisations, Dementia Connect allows for that early intervention so badly needed in our society. A new service user will work with their allocated dementia adviser to agree individualised outcomes to work towards, and once these are completed, they have the option of setting new outcomes or simply wishing to be checked in with every few months to see how they are.

Dementia Connect is a completely free service, it's easy to access (there's no need to be referred by a professional) and can genuinely make a positive difference to the lives of those who access the service. Dementia Connect is also accessible to people even if they don't have a dementia diagnosis, with support being available to those with a mild cognitive impairment or those who are concerned they may be experiencing symptoms.

The Alzheimer's Society labels the word 'dementia' as describing a set of symptoms that over time can affect memory, problem-solving,

language and behaviour, mainly affecting individuals over the age of 65. Alzheimer's disease is a type of dementia and is also the most common. There are currently around 900,000 people in the UK living with dementia, with women accounting for a greater percentage of this number than men (62-38%). Of the total number of those with dementia in the UK, the condition accounts for 1 in 14 people over 65, with the figure rising to 1 in 6 for those over 80. Around 1 in 20 individuals with dementia are under 65, accounting for around 42,000 people. In the county of Nottinghamshire, by 2025 the estimated number of people living with dementia will be approximately 18,000, with the figure due to rise to around 21,000 by 2030, according to the new Dementia Well Pathway set out by the Nottingham and Nottinghamshire Integrated Care System.

The Alzheimer's Society have been running the Dementia Connect services in many areas across England, Wales and Northern Ireland, and are delighted that Nottinghamshire residents can now seek to benefit from the introduction of its services. At the time of writing, residents will also soon have the opportunity to access Cognitive Stimulation Therapy for those with mild to moderate dementia, and carers' information sessions, both of which are unique to the service in the county.

**For more information on dementia and the charity itself, please go to <https://www.alzheimers.org.uk>**



## DEMENTIA CONNECT

Find out more about Dementia Connect—get in touch today!

T: 0333 150 3456

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# property of the month



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Extended by the current vendors, yet offering great potential for further extensions and alterations (subject to the necessary consents) this attractive and individual property is a fabulous opportunity.

Retaining much of its original character and charm, the internal accommodation briefly comprises: Entrance porch, entrance hallway with cloaks cupboard, large through sitting room, dining room, breakfast kitchen, garage, utility and WC to the ground floor, rising to the first floor is a spacious landing, a master en-suite bedroom, four further bedrooms and family bathroom.

Outside the property occupies a particularly generous plot with established and mature primarily lawned gardens to both front and rear and a driveway with the garage beyond.

Occupying an extremely desirable location, convenient for Wollaton Park, the centres of Nottingham and Beeston, the Queen's Medical Centre, A52 and M1, this excellent house is well worthy of viewing.

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12 High Road, Beeston, Nottingham, NG9 2JP

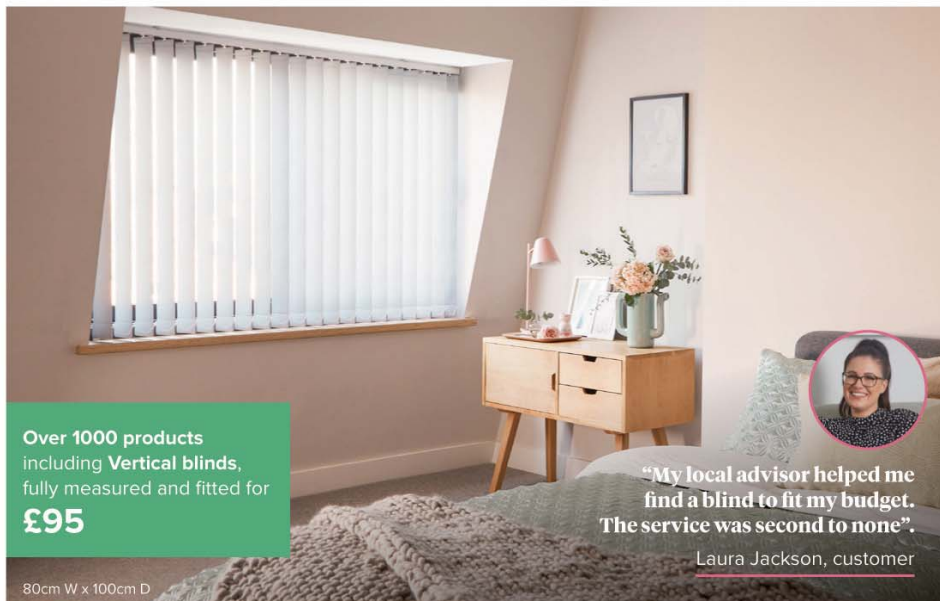
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# premier league!

We share some amazing celebration pictures from local Breezers celebrating the win!

## The longest ever wait for a Premier League return is over - Nottingham Forest are back.

It has been 23 years since top-flight football was last played on the banks of the River Trent.

Sunday's 1-0 Championship play-off final victory against Huddersfield Town to seal promotion at Wembley came 8,414 days since Forest's last Premier League game when relegated in 1999.

They have played 1,069 league and play-off games trying to get back.

Getting to those matches and and back has seen them clock up more than 100,000 miles - the equivalent of circumnavigating the globe more than four times.

Two banners were unfurled by fans just before kick off at Wembley, which read "far have we travelled" and "much have we seen".

A total of twenty different managers have been at the wheel on the long road back, with Steve Cooper the man to drive them all the way to English football's promised land.

Forest's Nottingham-born captain Joe Worrall is only too aware of the long journey the club has taken supporters on.

"Thank you," he said to the fans after Sunday's win. "You've followed us across the country for many years."

"It's been a tough football club at times, and all that has been repaid today. Forest are back in the Premier League."

Source BBC.co.uk





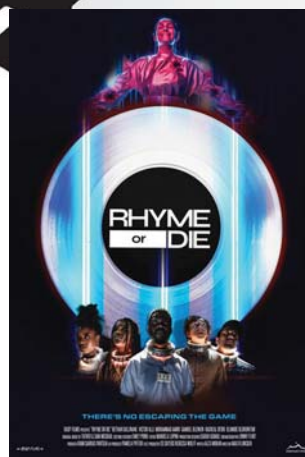




# beeston film festival

Beeston Film Festival Goes BIFA!  
By Sam Kurd

30  
years  
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The Beeston Film Festival is open for submissions once more! We don't like to rest on our laurels, so once the dust has settled we leap into action and get working on the next year's event.

We opened up submissions on March 1st, and we've already had over 50 submissions, with some really fantastic entries among them so far. It looks like the skyrocketing trend in quality is set to continue – this is going to be another busy year for us on the selection team!

There are a couple of big changes this year. First is the return of our East Midlands Focus category, dedicated to showcasing the best of our region's home-grown talent. I'm glad to see it back, because it's our way of supporting local film-makers and bringing their work to an audience who may not have realised such talent is on their doorstep.

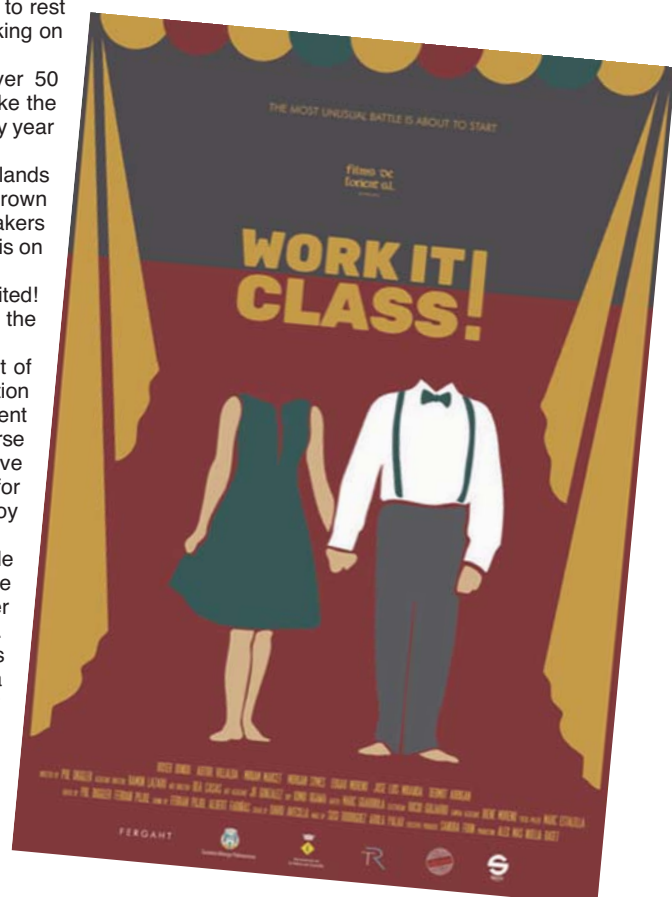
Second is a great achievement – the Festival is now officially BIFA-accredited! This means that films selected for screening will be eligible for nomination in the prestigious British Independent Film Awards!

Festival Director John Currie says: "This is an awesome acknowledgement of work done by the team over the past eight years. By team I mean the selection crew, our fabulous jury, the sponsors, and so many interns from Nottingham Trent University, working hard to celebrate film and celebrate film-makers. And of course this would not have happened without the over 3,000 film-makers who have submitted their pride and joy to the festival. So many thanks to BIFA for recognizing the effort and commitment of all to provide a platform to enjoy emerging international cinematic talent".

Some of the best entries so far: in Horror there's Rhyme or Die, in which people are forced into a deadly rap battle with high stakes and gruesome consequences. On the other end of the spectrum there's the Animated film 'After the Rain', a beautifully sad story of long-distance friendship and drifting apart.

We've revamped our Science Fiction category to encompass Fantasy films too, and we've already had a stand-out with the Kazach film Mergen, a historical fantasy that's an epic despite its short runtime. And for Comedy there's Work it Class!, a commentary on class division that breaks the fourth wall and plays with audience expectations.

In all, it's shaping up to be another great year for the festival!





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# rush to represent GB

Nottingham's Rush to represent Britain at upcoming Youth Worlds



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Nottingham's Ellie Rush is one of sixteen of the country's most promising young sailors have been selected to represent Great Britain at the Youth Sailing World Championships.

The talented youngsters, all aged 18 or under, will represent the British Youth Sailing (BYS) Team in eight classes at the 51st edition of the prestigious youth event at The Hague, Netherlands, from 8th-15th July 2022.

The sailors gained selection to the team for their performances in the 29er, 420, Nacra 15, ILCA6, iQFOiL and kiteboarding at the recent RYA Youth National Championships.

Previous Youth Worlds participants include some of today's best-known sailors including the world's most decorated Olympic sailor Sir Ben Ainslie and 2008 Beijing gold medallist Pippa Wilson.

Among those selected and making a first appearance at the Youth Worlds, Santiago Sesto-Cosby (Royal Lymington YC) is looking to draw upon venue knowledge and home similarities as the secret to success in the 29er alongside returning crew, Leo Wilkinson (Maidenhead SC).

"Qualifying for the youth world championships is an all-time dream for me," said Sesto-Cosby. "Now is the time to build up towards it to be the

best we can be to represent Great Britain.

"I have sailed in the venue when I qualified for my first Optimist European Championship in 2018 and I loved it. I did well there because it's a tidal venue, very similar to Lymington. It can be very wavy too. I'm really looking forward to going back there. It will be fun in the 29er!"

Lucy Kenyon (Parkstone YC), who returns to the BYS team for a second Youth Worlds appearance, is also looking to call on previous knowledge to go one step further in 2022.

"I'm mega excited to be selected for the girls iQFOiL place for the youth worlds in The Hague. It looks like it's going to be a great event and I'm looking forward to working hard over the next few months trying to beat last year's fourth place.

It'll be an awesome start to this year's international racing season and I'm excited to kick it off with a bang."

Making a third appearance at the Youth Worlds will be Nacra 15 helm Jasmine Williams, this time sailing with crew Sam Cox (both Restranguet SC). Charlie Dixon (Blackwater YC) takes on the boy's iQFOiL fleet with Ellen Morley and Hazel McDonnell (both Hollowell SC) contesting the 29er girls.

Thommie Grit (Royal Hospital School) was picked in the boy's ILCA6 with Wales' Honor Procter (Cardiff Bay YC) taking on the girls.

Procter said: "I'm so thrilled to be selected for the Youth Worlds, it's been a long and hard winter of training and now I'm looking forward to competing against some of the best ILCA6 youth sailors in the world."

Megan Farrer (Emsworth SC) and Ellie Rush (Nottinghamshire County SC) were picked in the girls' 420 class with Alice Davis (Draycote Water SC) and Oliver Raynor (Yorkshire Dales SC) in the mixed.

Returning to take on the kite fleet is Ella Geiger, who is looking to improve on her debut sixth position last year, and Mattia Maini who make up the final spots on the BYS squad.

The squad will be coached and supported by the returning team of Olympian Kate Macgregor, current British Sailing Team iQFOiL women's coach Sam Ross and BYS squad coach James Hadden.







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# what's on

## Drop in Cafe

Receiving a diagnosis of Parkinson's can be an anxious time for patients and their loved ones. Information may be available in leaflets at the hospital or GP surgery or online at [www.parkinsons.org.uk](http://www.parkinsons.org.uk) (the major charity that offers support and information). But nothing compares with sharing concerns and receiving reassurances from someone who has walked that path before you, whether as a person living with Parkinson's or a Carer. This is what awaits you if you visit a Parkinson's UK Drop In Cafe.

It is estimated that around 300 people are living with Parkinson's in Broxtowe, with about the same number in Long Eaton, Ilkeston and West Nottingham. The Beeston Drop In Cafe meets on the 3rd Saturday of every month at The RC Church Hall on Foster Avenue. With the tram and bus station so close, and a free car park and step free access, people living with Parkinson's and their carers in the area can enjoy 2 hours of chat, advice and a plentiful supply of tea, coffee and cakes. We also have visits from health professionals and others who can provide specific advice on Exercise, accessing services, etc. There is no charge although donations to the tea fund are welcome.

**Our next session will be on Saturday 18th June from 10am to Noon. So please do "Drop In". If you want to know more about what to expect, please call Sheila on 0785 165 1988.**

## NOTTINGHAM & NOTTS FUCHSIA SOCIETY 50th ANNUAL SHOW

**TO BE HELD AT Attenborough Village Hall,  
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**On Saturday 13th & Sunday 14th August 2022**

**Open to the Public:**

**Saturday: 1.30p.m – 5.00p.m Sunday: 10.00a.m – 4.00p.m**

Admission: £1.00 (children under 15 admitted free with an adult)

**For further details contact:**

**Jayne Daykin on Tel: 0115 8758928**

**or email [jayne.daykin@ntlworld.com](mailto:jayne.daykin@ntlworld.com)**

## Street Art

Beeston Cabaret, at the Royal British Legion, commissioned the 47th Beeston Street Art installation.

Designed and executed by Nottingham mural artist Anna Wheelhouse and brokered by Beeston Civic Society

The colourful design extends to 30 meters featuring bright red poppies with bees flying from the Beeston Civic Society beehive logo.

The motto 'lest we forget' along with the silhouettes of two 'tommy' soldiers add poignant reminders of battles fought and lives lost.

Anna, who works from her studio workshops in Nottingham's Gamble Street commented: 'This commission is both an honour to undertake and provides playful elements as bees intermingle emanating from the Beeston Civic beehive to take flight across the mural'.

The club's entertainment officer Dave Clifford said: 'We are delighted to have joined with Beeston Civic Society, who introduced us to the artist through Beeston Street Art. Our members are enthusiastic about the artwork which has certainly brightened the approach to our club'

The entertainment featured singer Jay Harrison, who does a very good impersonation of Neil Diamond. Besides providing some top-quality entertainment, it was also an opportunity of showcasing what the Cabaret Club has to offer, with the big stage, impressive lighting and quality surroundings

The June Meeting of Wollaton Natural History Society will take place on **Wednesday, 15th June 2022**. This is entitled 'Wildlife Adventures' by Stephen Williams'. Stephen will take us on an adventure starting with the Masai Mara in Kenya, winter in Hungary, Spring in Norway, visiting Dumfries & Galloway and ending up closer to home in the Peak District. More information visit our website:

[www.spanglefish.com/WollatonNaturalHistory](http://www.spanglefish.com/WollatonNaturalHistory)

**Also find them on Facebook  
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## Up-cycling Exhibition

**Saturday 25th June 10am – 3pm**

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- Have you inherited pieces of furniture that need a new lease of life?

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Show a piece of furniture/item you have up-cycled and chat to people about the processes involved – please contact Hilary or DeVonne to tell us what you will be bringing.

"Come and browse to pick up ideas, buy materials, talk to experts and watch a chalk painting demonstration".

Take part in a workshop provided by Sarah, owner of 'Studio Home and Interiors'

Sell old furniture that is ripe for up-cycling or ready done from the carpark for a small donation to church funds.

**Please contact Hilary or DeVonne to book your space before 2pm on Wednesday 22nd June. NB You are responsible for removal if not sold.**





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# royalty on screen

By Justin Trefgarne, course leader at MetFilm School



Love them or loathe them, the Royal Family in its various forms has been entertaining, enthralling and fascinating us for centuries. The British Monarchy's catalogue of blood feuds, forbidden love affairs, wars, abdications and endless scandals has supplied material for the writers of every age. From Shakespeare's thinly disguised commentaries on Elizabeth and James I respectively to Peter Morgan's reimagining of the Royals as high-end Soap Opera in *The Crown*, the audience for these gilded dramas has never waned.

And now, as Elizabeth II, and indeed millions of Britons, celebrated her becoming not just the longest serving British monarch but the third longest serving monarch in world history, we take the opportunity to cast our gaze over some of the best Royalty-themed films of the first century of cinema. By the time your breeze lands on your doorstep, the cake and homemade crowns and celebrations will all be over! In no particular order, here are the top 10 picks to watch.

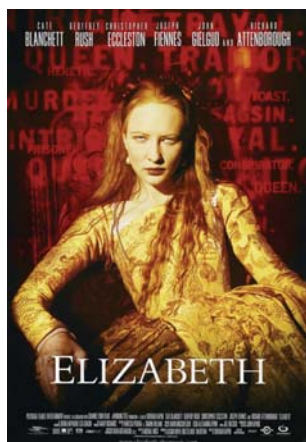


## The Queen

Given the intense scrutiny the modern day Royals find themselves under, it's quite rare to find Elizabeth II at the centre of a movie narrative. Helen Mirren transcends as a Queen in semi-exile after the death of Diana, facing a crossroads in her reign and, more immediately, a beguiling stag that haunts her estate in the Scottish Highlands.

## Elizabeth

Radical choice of director (Shekhar Kapur): tick. Young actress ready for super-stardom (Cate Blanchett):



tick. The rise of Elizabeth retold as *The Godfather*: tick. A period film for all the ages.



## The King

I confess to being on the fence about Timothée Chalamet until I gave this film a whirl. And it's astonishing. His spindly, hungover, sad rendition of Prince Hal slowly morphs into something raw, timeless and utterly believable. Joel Edgerton and David Michôd's masterful retelling of the 'Henriad' exerts a compelling, epic grip that makes it one of the best historical films since *Gladiator*.

## Mrs Brown

Judi Dench cemented her reputation as one of the world's most accomplished screen actors with this moving portrayal of a grieving Queen Victoria. But perhaps the film's biggest surprise was the unexpected, nuanced performance of Scottish comedian Billy Connolly as the 'commoner' who encouraged her to return to public life.



## The Lion In Winter

One of three stage plays adapted for the screen on this list, *The Lion In Winter* brings together the titanic screen presences of Katherine Hepburn and Peter O'Toole for a heady dose of relationship fireworks. They really don't make 'em like this any more. Notable too for Anthony Hopkins making his screen debut.

## A Man For All Seasons

I was forced to watch this at school and was ready to write it off until the genius of writer Robert Bolt's characters and the play's moral conscience completely captivated me. A film as relevant now as it was when first released. Watch out for a late-period Orson Welles filling up the frame with his interpretation of Cardinal Wolsey.

## The Madness Of King George

A film in which the a King descends into 'madness' only to be retrieved from the abyss by a radical form of treatment. Gentle, funny, heartbreaking and sumptuous all at once, this is British period filmmaking at its finest.

## Viceroy's House

If all this feels too much like Royalist propaganda, then cleanse the palate with Gurinder Chadha's brilliant, bold dismantling of the accepted history of the Queen's Uncle's attempt at managing the Partition between India and Pakistan. Moria Bufini and Chadha's masterful script weaves the political and the personal together seamlessly to challenge and confront the dissolution of the 'British Raj'.

## Sid & Nancy

Since *The Sex Pistols* blew up pop music in the late 1970s, no Royal celebration is complete without an airing of their alternative jubilee anthem, 'God Save The Queen'. And why not indulge, then, in the film that launched the careers of Oscar Winners Gary Oldman, Roger Deakins, maverick director Alex Cox and Working Title chief Eric Fellner?



## Spencer

Kristin Stewart brings her own brand of sparkle and unpredictability to this intense, poetic take on Princess Diana. Whether Diana was really like this or not is sort of missing the point. Pablo Larraín's film is a tightly wound character study of a woman unravelling under intense pressure and as a consequence plays out as much as a psychological horror as it does conventional drama.



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# gardening...

Prepare now for kids summer garden activities



Experts at [GardenBuildingsDirect.co.uk](http://GardenBuildingsDirect.co.uk) are urging parents to involve their children in small, manageable garden tasks, giving them a fun responsibility over the summer break.

During the six week summer holidays, keeping the kids entertained is more important, and difficult, than ever. This is why it is important to plan tasks ahead.

Experts suggest gardening is the best way to keep children engaged throughout their break and promotes a good work ethic through small, hands-on tasks such as taking on their own patch of land, building a den or painting plant pots.

A spokesman for [GardenBuildingsDirect.co.uk](http://GardenBuildingsDirect.co.uk) said: "The six week holidays can be somewhat daunting for parents who struggle to think of ideas to keep their kids entertained and engaged away from screens and video games.

"Encouraging your child to take on gardening tasks gives them a sense of responsibility, which kids love! Tasks like making their own flower bed or creating a vegetable patch are great for the holidays as they can keep coming back to check on their work and upkeep the land."

"It is important to get your garden prepped ahead of the summer holidays to ensure your kids are able to make a start straight away and see the fruits of their labour."

## TOP TIPS TO GET PREPPED FOR SUMMER HOLIDAY ACTIVITIES:

### Create their own vegetable patch

Whether your kids enjoy eating vegetables or not, make it more fun for them by allowing them to grow the veggies themselves! Ahead of the six week break, make sure you have a good stock of vegetable seeds and seedlings.

Offer your child a good amount of choices of seeds to grow, but explain to them some will take longer to grow than others. They may want to plant a mix of fast growing seeds like radishes and slower growing veggies like asparagus and parsley.

### Building a den

A great way to make the garden a more exciting place for you kids is to get them to build their very own den from garden materials. Make sure they have plenty of branches and lumber to build a structure with.

Once the den has been built, children can plant vining plants near the base of the structure. As the plants grow, encourage the kids to guide the vines upwards to cover over their den and create an enclosed space.

### Painting plant pots

Plant pot gardening is a great way to ease kids into getting more involved with the garden!

Have you got any old plant pots which could do with a bit of decorating? Let your children get creative with some pot designs and personalise them.

Ahead of the summer break, start to gather up supplies like acrylic paint (which weathers well outdoors) paint brushes, sponges, stamps and stencils. When your child is off school, encourage them to have a go at painting their very own pots. This is a great task to do with a sibling or friends. Leave to try for 24 hours and your pots will be ready for displaying some beautiful flowers in your garden.

### Take responsibility for a part of the land

Parents with slightly larger gardens may consider allowing their child to take over the gardening responsibilities for one part of the land. This could mean watering plants, trimming hedges, planting new bulbs or making a new growing area for vegetables.

Ahead of the summer break, decide what part of the garden you want your child to take over and prep a couple of jobs ahead of time. Maybe let the hedges overgrow slightly or plant some new summer-thriving flowers like delphiniums or roses which your little one can look after when they start to bloom.

### Make their own flower bed

Before the kids break up for summer, consider buying some

children-sized gardening tools. This will make it easier for them to mirror your movements when making a flower bed and will help them to feel a sense of having ownership over their little plot.

Let your child dictate the shape and placement of the flower bed, your child might want to make a round, square or abstract shaped area. Let the kids assume responsibility for planting, watering and weeding in their flower bed and help them along if needed.



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# shine a light

Notts mum praises network of support to urge more people to become foster carers



A caring Nottinghamshire woman has spoken about the 'amazing' life-changing experience of giving children a settled and loving home as a foster carer.

Amy, who has been a foster carer with Nottinghamshire County Council for five years, says the fulfilling role 'has filled us with the most amazing love, empathy and adoration'.

She has shone a light on life as a foster carer as part of Foster Care Fortnight, a national campaign which ran until 22th May and raises awareness of foster care and the need for new carers.

This year's campaign focused on #FosteringCommunities and aims to highlight the many ways people across the fostering community support each other, as well as celebrating the various communities involved in fostering.

Amy said: "Fostering, in a nutshell, is giving a child the chance to live in a family and be loved and adored unconditionally.

"Fostering has changed our whole life. It's tested our strengths and given us moments of deep sadness, but it has filled us with the most amazing love, empathy, and adoration.

"And it's those feelings that overpower everything and give us an uncontrollable passion to do it all again – and again, and again.

"Seeing a child arrive at your door in desperation and then leave with the biggest contented smile is addictive.

"Fostering for Nottinghamshire County Council feels like a circle of support all around you.

"There is always someone to turn to whatever and whenever you need help, along with a vast array of focused training available.

"On top of that is the added bonus of days out for birth children, talent shows, foster carers hubs, picnics, discounts and vouchers."

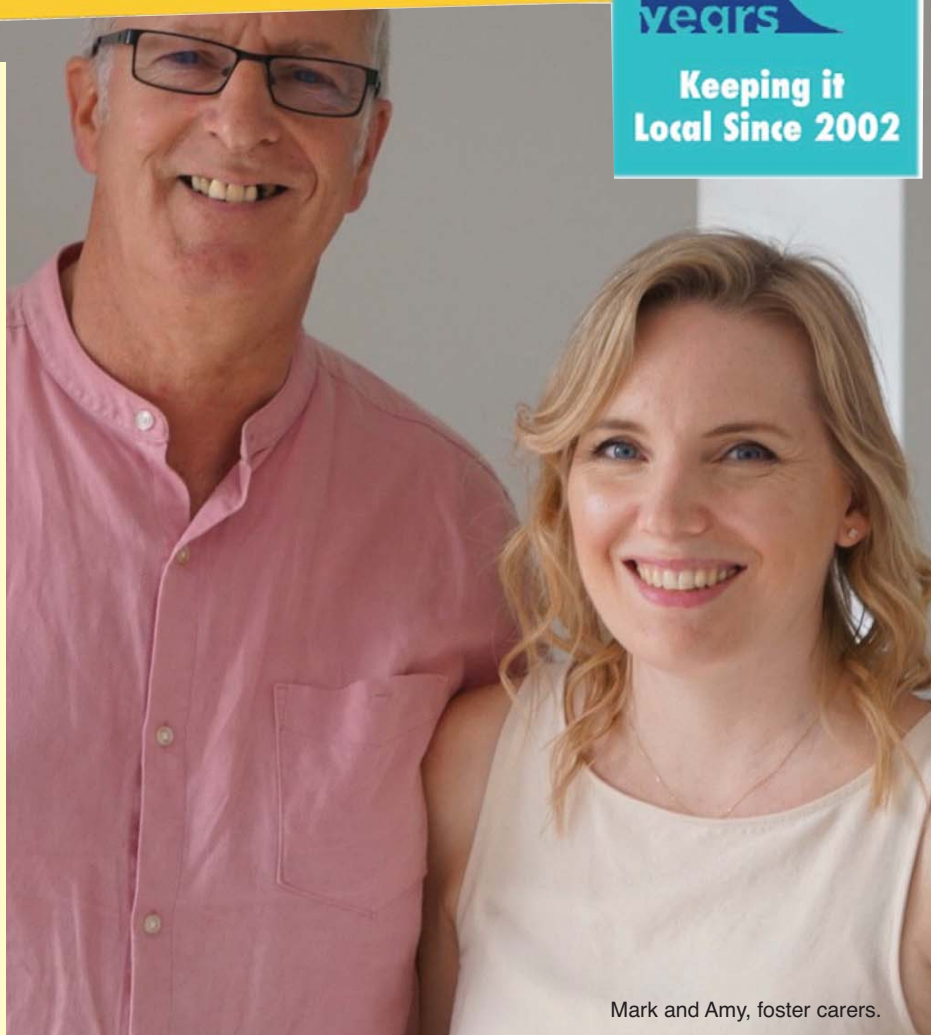
There are more than 232 children living with foster families in Nottinghamshire and the number needing foster care keeps rising.

Youngsters can enter foster care for a variety of reasons and could be due to a parent's illness or a specific problem which means they cannot be cared for by their own family.

Some children may have witnessed domestic violence or drug abuse, and others may have been abused or neglected.

Several foster families look after children on a short-term basis but, for many, fostering offers them a secure, permanent home.

Foster carers provide support and care in a family setting and enable children to stay in their local community to minimise further disruption to their lives by helping them stay in their school, close to their friends, and maintaining connections with other family members.



Mark and Amy, foster carers.

Throughout Foster Care Fortnight, there was a focus on this year's theme . . . fostering communities.

Nottinghamshire's foster carers benefit from support hubs, which meet on a regular basis and talk about different issues as well as offer advice and help.

There is also the Fostering Liaison Advisory Group (FLAG) committee run by the foster carers, which provides an opportunity for carers to meet regularly and hear updates from the fostering service, professionals, and other organisations about the children they look after.

The county council also hosts a range of events for foster carers and their families, such as the annual Fostering's Got Talent night, and Sons and Daughters' Day which is dedicated to the birth children of foster families.

Councillor Tracey Taylor, Chairman of the council's Children and Young People's Committee, said: "Our foster carers do an amazing job taking care of vulnerable

babies, children and teenagers, but we need more carers to ensure that every child in need can have a safe, loving, and stable home environment.

"If you think you have the space in your home and your heart, and the skills needed to help children thrive, please get in touch with our friendly fostering team.

"You can become a foster carer no matter your age, gender, relationship status or sexual orientation.

"We're really hoping that more people will consider becoming part of our wonderful fostering community."

**Anyone interested in fostering, or with any questions, regardless of whether you are ready to begin your fostering journey, can get in touch with the Fostering Recruitment Team at Fostering in Nottinghamshire | Nottinghamshire County Council or by calling 0115 804 4440 or emailing [fostering@nottscc.gov.uk](mailto:fostering@nottscc.gov.uk)**





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## Rotheras partner receives Lifetime Achievement Award



Rotheras are delighted to announce that our partner and Head of Wills and Probate Jayne Smith has won the Lifetime Achievement Award at the Nottinghamshire Law Society Awards.

Jayne, who has been with the firm for 40 years and is based at Rotheras' Beeston branch, was nominated for the award because of her impact in the local community, her involvement with Nottinghamshire Law Society's International Committee and her contributions to charitable organisations.

**Jayne said:** "I was completely surprised and somewhat overwhelmed to receive this award. I have been fortunate to have had such a marvellous career in the law and to have this recognised by my peers is a true honour."

Jayne joined Rotheras in 1982 as an articled clerk. She qualified in 1984 and in 1986 was invited to set up and manage an office in Wollaton. Just two years later Jayne was made partner.

During her time at the firm Jayne has mentored trainee solicitors, been managing partner, and is a member of Nottinghamshire Law Society's International Committee. She is also regularly involved in community initiatives, giving talks to Treetops Hospice and the Alzheimer's Society and established the firm's relationship with Cancer Research UK and their free wills scheme, raising £3 million for the charity in legacy gifts.

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Mikron Theatre Company celebrate 50 years of touring with their new play

# red sky at night



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**Tuesday 14th June at 7pm**  
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Mikron Theatre is celebrating its 50th year of their unique style of touring by canal, river and road this year and is producing a new show *Red Sky at Night*, Lindsay Rodden's new play about the nation's obsession with the wild and wonderful world of weather.

Through the chronicles of history, people have gazed up and marvelled at the mysteries of the weather. Generations have tried to master the elements and understand the magic of the skies. Hayley's sunny, beloved dad was the nation's favourite weatherman. He could make a typhoon sound like a tickle. Hayley is now following in his footsteps, to join the ranks of the forecasting fraternity. Or at least, local shoestring teatime telly.

When the pressure drops and dark clouds gather, Hayley is melting faster than a lonely snowflake. She's seen the future's forecast, but will anyone listen?

Playwright Lindsay Rodden said: "Through an incredible half-a-century, whatever the weather, Mikron have travelled the country, chronicling our histories, our struggles, our passions and our lives. I am over the moon to write just one of these stories, and say Happy Birthday Mikron, fighting fit and fifty years young!"

The production's cast will feature Thomas Cotran (*Atalanta Forever*, Mikron Theatre and *Great Expectations*, Dundee Rep/Horsecross Arts); Alice McKenna (*Beauty and the Beast*, Theatr Clwyd) and James McLean (*Revolting Women*, Mikron Theatre and *A Christmas Carol*, Derby Theatre) and newcomer Hannah Bainbridge.

*Red Sky At Night* is directed by Artistic Director Marianne McNamara, designed by Celia Perkins (*Raising Agents*, Mikron Theatre and *Dick Wittington*, Oldham Coliseum), with music composed by Sonum Batra (*The Railway Children*, Hull Truck Theatre) and Musically directed and arranged by Rebekah Hughes (*Atalanta Forever*, Mikron Theatre and *Pride and Prejudice*, Grosvenor Park Open Air Theatre).

Based in the village of Marsden, at the foot of the Yorkshire Pennines, the company are like no other. For starters, over the last 50 years they have toured 66 productions on board a vintage narrowboat and spent over 34,000

boating hours on the inland waterways.

Secondly, they perform their shows in places that other theatre companies wouldn't dream of; a play about growing-your-own on an allotment; a play about bees performed next to hives, a play about fish and chips to audiences in a fish and chip restaurant, as well as plays about hosting performed in YHA Youth hostels and the RNLI, performed at several Lifeboat Stations around the UK.

Over the last 50 years the company has performed 5200 times to over a staggering 436,000 people.

*Red Sky at Night* will be touring nationally until 22nd October. It will be performed alongside *Raising Agents*, Maeve Larkin's play about the Women's Institute.

**For further information on *Red Sky at Night* and *Raising Agents* visit <http://mikron.org.uk>**

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# breeze puzzler



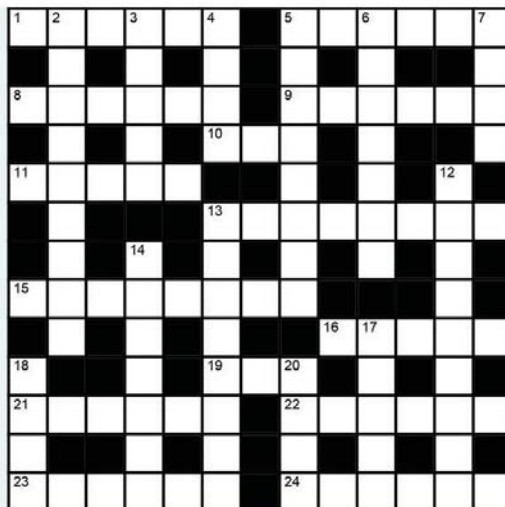
## CROSSWORD

### Across

- 1 Be preoccupied with something (6)
- 5 Formerly the basic unit of money in Spain (6)
- 8 Size of writing paper (6)
- 9 Breadwinner (6)
- 10 Synthetic hairpiece (3)
- 11 Impudence (5)
- 13 Judge the worth of something (8)
- 15 Plant scientist (8)
- 16 Church building (5)
- 19 Consume (3)
- 21 Alternative (6)
- 22 Edible shellfish (6)
- 23 Hang freely (6)
- 24 Attractive woman (6)

### Down

- 2 Undergrowth, twigs and small branches (9)
- 3 Suggestive of the supernatural (5)
- 4 Frozen rain (4)
- 5 Carrying a child (8)
- 6 Arrange or order by classes or categories (4,3)
- 7 Askew (4)
- 12 Expiation (9)
- 13 Importance owing to marked superiority (8)
- 14 Sponsorship (7)
- 17 Iraq's second largest city (5)
- 18 Cross a river where it's shallow (4)
- 20 Grave (4)



## WORDSEARCH SUMMER

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.

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

BEACH	LAGER	TENT
HAY FEVER	LAWNMOWER	VACATION
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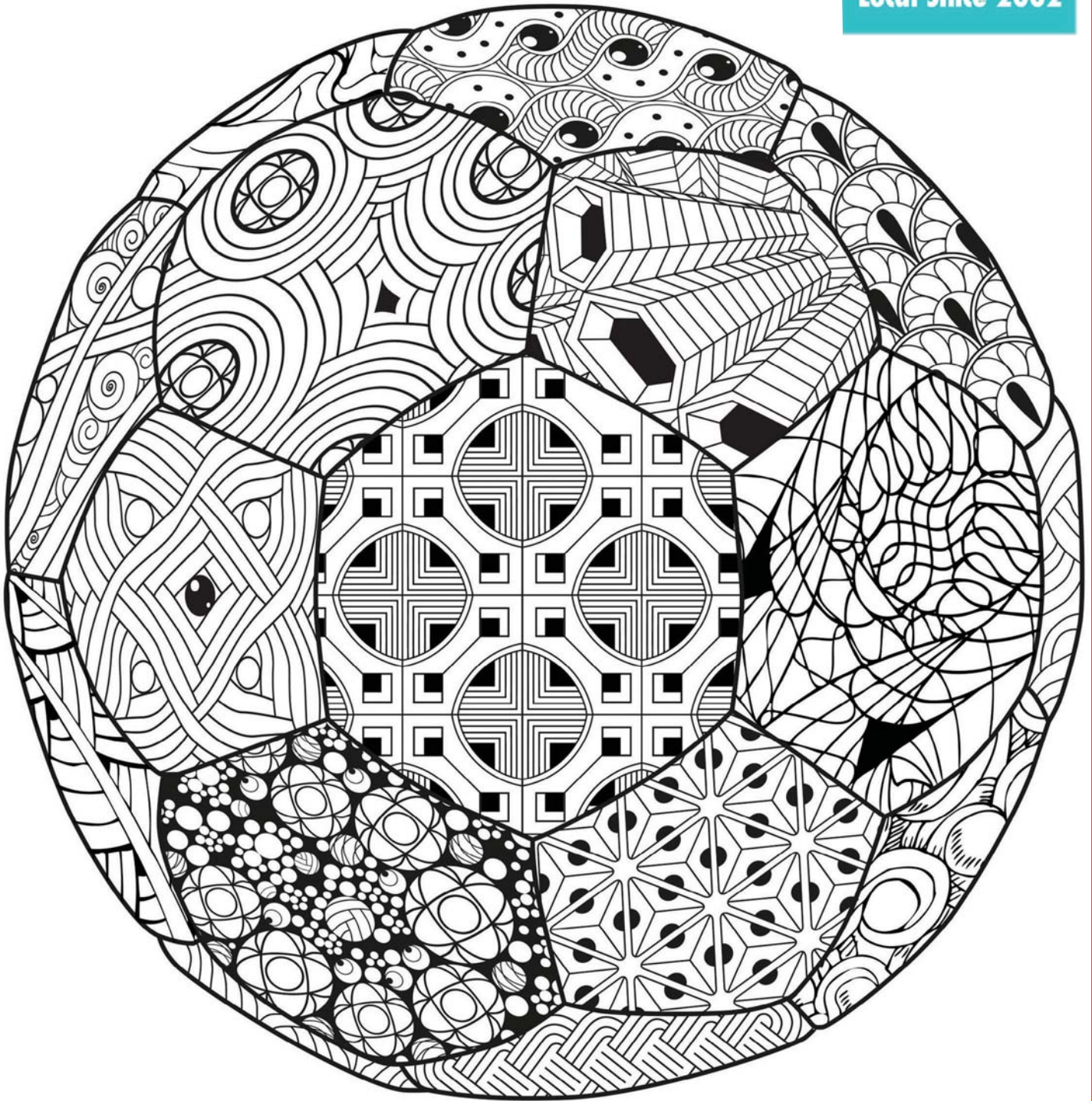
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