# A BREATH OF FRESH AIR EVERY MONTH ISSUE 233 MAY 2022 Premier League Primary Stars Local Talent Local Star Local Entertainment Local What's On **Local News**

YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002



# **Advanced Eye Exams for**

- AGE RELATED MACULAR DEGENERATION (AMD)
- 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.

The result is great service, clear vision and true peace of mind; a holistic service that's clearly better at providing quality eyecare.

John Flynn Opticians provides eye examinations, prescription eyewear and contact lenses from its practice on **Devonshire Avenue**, **Beeston**, **NG9 1BS**, call **0115 925 5051 / 0115 939 2421** or see **www.johnflynnopticians.co.uk**.

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Until my next visit."

E. Taylor

"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."



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Telephone 0115 925 5051 / 0115 939 2421 to make an appointment.

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# enjoying our area



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# all about the music

I'm 13, in year 8 at Chilwell School, and an acoustic guitar playing, singer songwriter. My songs are original and through my music I like to tell a story. Often words for my songs pop into my head quite quickly and at any time. I literally try to write them down straight away, if I can't they just go around and around in my head until I can! That can be really inconvenient and distracting! Sometimes I just play a bunch of chords that I like and come up with a few catchy lines and then build my songs around them. My best songs happen quickly, they just pour out of my head!

I played my first open mic online when I was 11 during the first lockdown. It was very weird just playing to a screen, I had no idea and was amazed to find out that nearly 3 and a half thousand people had watched it! When we were allowed to play live again I went to an open mic and I was SO nervous I nearly didn't play at all, I didn't want to get out of the car! But I did, eventually,...and I LOVED it! Now, I've played at a bunch of open mic's around the East Midlands and here in Beeston. It's so great to listen to, and watch other musicians perform, I learn a lot from watching them. I usually play my own songs with a few covers thrown in. The best thing about playing my own songs though is that no one knows if I go wrona!

Last month I took part in a charity live stream to raise money to send to Ukraine, just before that, Beeston Light Night and last year I think I was the youngest performer at Beeston

Another charity I support is 'Harmless' and 'The Tomorrow project' which is Nottingham based. I like to go busking to raise a little bit of money for them.

I'm looking forward to playing at the Belper 'Nailed it' music festival in the summer and hopefully supporting Oxjam again here in Beeston.

Recently some of my tracks have been played on Erewash sound, BBC Radio Nottingham and BBC Introducing across the East Midlands which is mind blowing! One of my Tracks has also made it through to the final stages of the Song Academy UK young songwriter competition which is very exciting for me as I know that they have some famous

If you'd like to have a listen to my music you can find me on all the usual socials as 'Romy - RoSong Music'. You can also find my tracks 'Silence for the likes' and 'Breaking my bones' on Spotify and all the other major streaming services.

Thank you for reading and I hope you enjoy my music." Romy

Breezers wish you all the best and look forward to watching where this journey might take you - enjoy Romy!



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# flying high!

We find out what is happening in the world of girls' football...

organised by Nottingham Forest Community Trust and The Flying High Partnership, the emphasis of the tournament was for school children to have fun playing as many different teams as possible and to gain valuable playing experience. There was also a surprise visit by pro-footballer Naomi Powell of Nottingham Forest WFC who was able to meet and speak to the teams taking part.

Declan Barker is Head of Community Engagement at Nottingham Forest Community Trust and helped to organise the day. He said, "Nottingham Forest Community Trust is delighted to host and support the Flying High Partnership Girls' Tournament at The Forest Sports Zone. The Trust is committed to developing all forms of the girls' game across the city and county, and events like this enables players to build on their skills and confidence whilst having fun."

Taking part was year 5 pupil Lydia, from Haddon Primary & Nursery School in Carlton who said, "It has been amazing today, I never thought I would come here so I am so excited! It's been nice playing all of the other teams and everyone has shown good sportsmanship. It's been amazing. It is also incredible to meet a pro football player, Naomi Powell, and I want a picture with her so I know it's not a dream!"

Pupil Olivia is in year 6 at Hillside Primary & Nursery School in Hucknall and she said, "I have enjoyed the tournament and the rest of my team has too. We scored a couple of goals but also lost a couple of matches. Before today we have been able to play matches against other teams, but this has been different because we have played a lot of shorter games. I play in goal or on the wing and this is the biggest tournament I have ever played in. I play at school and go to football training, and I would encourage other girls to have a go and see if they like it too."

Naomi Powell is a pro-footballer playing for Nottingham Forest Women's Football Club and spent time with the teams answering questions and encouraging the children. "I wanted to come here today and speak to the teams because I think it is important for girls in football to have role models. I didn't have a female role model in football to follow when I was younger and felt it was important for me to come here, to

meet the teams so they can see where the sport can take you, and so they can ask me questions.

"I have loved sharing my experience with the teams. I hope to grow the women's

game and find there is so much potential in the UK for women's football to become really big. I hope the children today keep playing and learn to overcome any setbacks, developing resilience to move on in their game. So much can be gained from participating in sports."

vears

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Nicola Robinson is a parent of a child attending Hawthorne Primary & Nursery School in Bestwood Village and said this event felt like a good opportunity for pupils to meet each other on the field. "I think because of lockdown and because they go to senior school next year, this event gives them all a really good chance to play football and gain some experience. I think the event will encourage them to continue playing football."

Abi Moody is Engagement and Communications Manager at The Flying high Partnership and helped organise the event. She said, "It was great to bring our schools together again, especially after two challenging years. We wanted to hold an event for our children where we could connect and allow our children to have fun and this event did exactly that.

"Some of the children attending had never been to Nottingham or even played football before, and so working with Nottingham Forest Community Trust allowed us to offer something completely new for those children, making memories and making every day count."

During the friendly matches 13 teams played including Beeston Fields Primary & Nursery School, Learnington Primary & Nursery Academy (Sutton in Ashfield), Haddon Primary & Nursery School (Carlton), Hillside Primary & Nursery school (Hucknall), Hucknall Flying High Academy, Horsendale Primary School (Nuthall), Peafield Lane Academy (Mansfield Woodhouse), Stanstead Nursery & Primary School (Rise Park), Edwalton Primary School, Killisick Junior School (Arnold), Hawthorne Primary & Nursery School (Bestwood Village), Bilsthorpe Flying High Academy and Mapplewells Primary & Nursery School (Sutton in Ashfield).



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# property of the month

The Willows, Bridle Road, Bramcote, NG9 3DH £1,400,000 Freehold













The Willows is a simply stunning development of three fabulous individual architect designed six bedroom detached properties with innovative accommodation finished to exacting standards. Maltby Homes are scheduled to complete Plot 1 of this prestigious development in August this year.

This fabulous six bedroom detached property boasts 471m² (5060 ft²) of internal space that benefits from a large and impressive open plan kitchen/diner/living space with feature roof lights and quality Sheraton kitchen, feature vaulted ceilings in hall, stairs and master bedroom bathed in natural light and a particularly impressive master bedroom with en-suite, walk in wardrobe and terrace.

Situated in generous mature and landscaped gardens and being tucked away in a particularly private and desirable location off Bridle Road, this large and exclusive house is a once in a lifetime opportunity.

Seldom do properties of this style and quality come to the market. If you would like to arrange a viewing or require any information on these three fabulous properties please contact Robert Ellis.

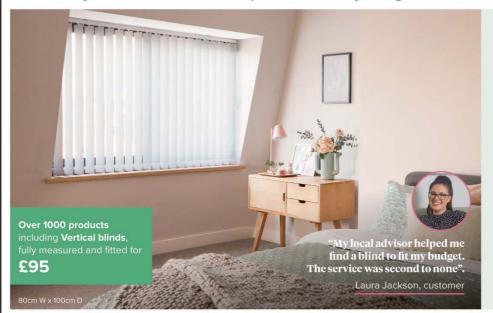
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# be inspired at Beeston Library!



"Beeston Library is so much more than just books! We're part of Inspire Culture, Learning and Libraries, and we deliver a range of cultural, heritage, learning and library services on behalf of Nottinghamshire County Council.

We have a friendly team of staff always happy to

help with anything, nothing is too much trouble. Library members can borrow up to 24 items at one time including fiction and non-fiction for adults and children, audio books, DVDs, heritage resources, and much more! Your membership also gives you

access to a wealth of E-resources including magazines, newspapers, E-books, and E-audio. If you're not already a library member, joining us is easy and free of charge. Simply pop in and visit us with a form of ID or visit our website.

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There's something for everyone at Beeston Library. Bring the little ones for stories, Rattle Rhyme and Roll sessions, colouring or craft activities. If building Lego is your thing, then Saturday's the day to visit! Our Lego Club runs from 10.30am to 12pm.

If you're looking for work or need help with your CV, then our Job Club on Tuesdays 10am – 12pm can help with that. Plus, with your library card you can access free Wi-Fi and use our PCs.

The library is a great place to socialise too. Drop in to one of our Places of Welcome sessions held every Friday at 10.30am and meet new people and chat over a free cuppa and biscuits.

Our new What's On guide for May – August is now available to pick up from the library. It is a packed season of inspiring events for all to enjoy. We're looking forward to hosting evening Jazz events this season, including Jazz Steps Live at the Libraries

Presents: Trish Clowes on 16th May and Rory Ingham Trio on 13th June, and an exciting family theatre production of Half Moon presents: Party on 28th May.

Beeston Library is home to a fantastic range of community and family learning courses with Inspire Adult Learning. Whether you want to fit in a new hobby or learn a new skill, we can offer a high-quality learning experience. Courses this term at Beeston Library include Balancing the Higher Chakras starting 27th May, ESOL Life in the UK on 6th June, and Yoga and Wellbeing for Beginners starting 7th June.

For more information, don't hesitate to pop in and see us. You can find us on Foster Avenue in Beeston town centre. For up-to-date opening times and event listings visit inspireculture.org.uk/beeston or call Ask Inspire on 01623 677 200. Don't forget we have a Facebook page @InspireBeestonLibrary where you can stay updated on our latest news,





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# beeston film festival

Celebrating and showcasing international short films in the heart of its community

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Can you believe it's been a whole month since the Beeston Film Festival? A whole month since a roller-coaster weekend of films and songs and popcorn and mayhem at Beeston's own Arc Cinema. It's always our aim to deliver the best that the world of international short film has to offer, and I think it's fair to say we hit the target this year!

The level of quality is high and competition is fierce, but only a few films can beat out the others and earn the top spots, snagging awards and taking home B'Oscars. The Jury had a tough job this year, but after much deliberation, the votes were cast and at our awards ceremony the following films received their accolades:

Best 'Drama': Iniquity (UK; dir. Oliver Goodrum)

Best 'Crime': A Roll in the Hay (France; dir. Geoffrey Fighiera)

Best 'Comedy': Numb (UK; dir. Natasha Jatania)

Best 'Horror': The Other One (Germany; dir. Lukas Baier)
Best 'Non-Fiction': Pointe Black (UK; dir. Rebecca
Murray)

Best 'Animation': The Soloists (France; dir. Mehrnaz Abdollahinia, Feben Woldehawariat, Razahk Issaka, Celeste Jamneck, Yi Liu)

Best 'Women's Voices': The Hollows of the Moon (Peru; dir. Paula D'Angelo Schmid)

Best 'A Better Place': "Perspective Shift" - Episode #2 - Prue Stevenson (Australia; dir. Josh Searle)

Best 'Student Film': Brutes (Estonia; dir. Raoul Kirsima) Best 'Science Fiction': Blank Shores (UK; dir. Alex Kyrou)

Best 'Pride': Bracha (Israel; dir. Mickey Triest & Aaron Geva)

**Best 'Music Video':** The World's Gone Nutz (USA; dir. Daniel Robert Cohn)

Best Direction: Iniquity (UK; dir. Oliver Goodrum)

Best Script: Embers (UK; dir. Tom Ganley)

Best Cinematography: Aska (Canda; dir. Clara Milo) Best Performance: Iniquity (UK; dir. Oliver Goodrum) Best Sound Design & Soundtrack: Guide Me Home

(UK; dir. Stefan Georgiou)

Best in Festival: Iniquity (UK; dir. Oliver Goodrum)

Well done to all our winners! A fantastic evening was had, capping off another successful festival year.

If you missed it then don't worry, we'll be back! If you'd like to help out by volunteering to join the Selection Team, if you have feedback or even if you just want a chat with fellow film-lovers, drop us a line on our website, we'd love to hear from you: https://www.beestonfilm.com/contact

In the meantime we'll be sitting back and reflecting on how we did this year, as well as working on making next year's festival even bigger and better. No rest for the wicked!







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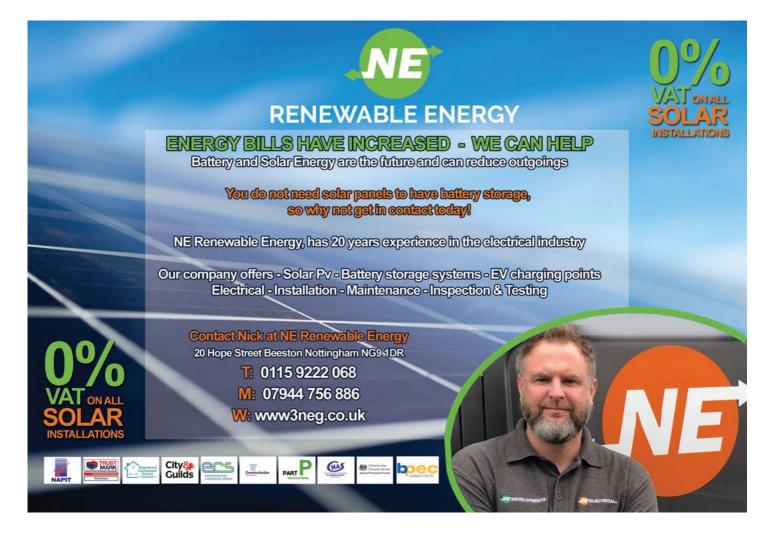
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Homecraft is a soft furnishings and interiors company with a passion for helping each customer transform their house into a home.

Started back 1992 (when a gallon of petrol cost £2.13!) by Mum, Heather who had the skills and determination to set up a bespoke curtains and blinds service.

The business originated in the family home and expanded into their first shop in 1996 at West Bridgford. With a subsequent move to their previous location in Wollaton, their current shop is now 60 Attenborough Lane.

Daughter Joanne joined in 2006 and brought with her the extended knowledge of interior design and visual merchandising she had trained in and having achieved a degree in Textiles.

The team has worked on a number of projects advising and developing full

interior schemes in the UK and abroad as well as Joanne providing consultancy services for interior designers, specialising in curtain and blinds design and technical specifications.

The rest of the Homecraft team have equally got exceptional credentials with a wealth of knowledge and over 80 years combined experience and are part of the extended family.







"In 2014 we doubled our fabric and wallpaper ranges which makes us one of the most well established and well stocked soft furnishing businesses in Nottingham. Joanne

Homecrafts speciality is beautiful made to measure curtains and blinds, but they also offer custom made soft furnishings, upholstery and flooring as well as other household items to enhance the look of your home. Homecraft can help you create the home you've always dreamed of.

Catering for both domestic and commercial projects, clients have included universities, hotels, care homes, restaurants and other retail and leisure outlets.

Why not pop in to join them for cake, bubbles and special offers to celebrate their 30 vears on June 17th 11am till 4pm Heather, Joanne and the team will be on hand to meet and greet so you can get to ask questions and maybe pick up some tips for your home!

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# take a seat...

Friends of Beeston Station announce new seats for passengers

Friends of Beeston Station (FOBS) have been delighted with the recent installation of new seats around the Ticket Office at Beeston Station.

The seats provide much needed seating for those less able to stand when waiting for taxis or family members to pick them up from their train journeys, or when waiting to use the ticket machine.

Trish Roberts-Thomson, the Chair of FOBS, said that 'Up until now there has been nowhere to sit and wait and theses seats really improve the facilities for passengers when they arrive in Beeston.'

She said that FOBS was very grateful to East Midlands Railways for the provision of the seats from their Community Development Fund. This Fund supports the activities of the station adoption groups in the region.

'FOBS is always working to improve the passenger experience at the Station in addition to our work gardening, and smaller improvements

around the signage and the look and feel of the station' Trish said.

'Many passengers have commented on our garden planters on Platform 1, as well as our gardens off Technology Drive where we work with Broxtowe Borough Council'.

Although the area around the station is affected by the construction of new homes on the Old Station Yard site, FOBS continues to work towards improving the local amenities for those using the trains.

FOBS is very aware of disability issues and this is just another small step in making the whole experience of train travel more friendly and comfortable for everyone who uses the Station.



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Members of FOBS Bob Curl (L) and Di Chisholm (R) take a rest on the new seats outside the Ticket Office at Beeston Station.







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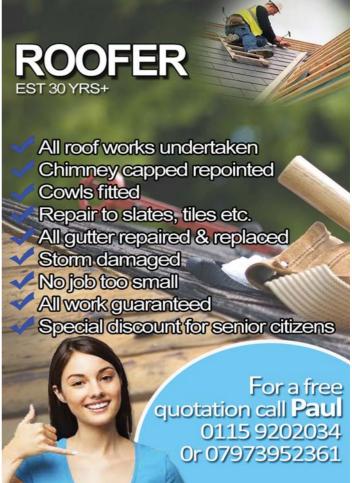
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# what's on

### **Action for Wildlife**

'Wild welcomes' for nature visitors given an energy boost from EDF

Nottinghamshire Wildlife Trust is delighted to announce that EDF, the energy supply company based at West Burton, are supporting the Trust's engagement program to encourage Nottinghamshire residents to take action for wildlife.

EDF are passionate to engage with their local communities so were keen to support

the Trust to recruit and train "Wilder Welcome volunteers" at the Trust's Idle Valley and Attenborough visitor centres in the north and south of the county respectively. These volunteers will greet visitors, provide information about each reserve and its wildlife and host introductory on-site activities.

Over the years EDF's West Burton and Cottam Power Stations in north Nottinghamshire have supported the Trust's local education programs, sponsored the Trust's Annual Environmental Awards and more recently the Trust's Wildlife on Your Doorstep (WOYD) awards. This focus on engagement is vital, especially when awareness of our environment, habitats and wildlife is critical to achieve the required changes to stem climate change and habitat loss by 2030.

EDF is one of the UK's largest investors in renewables, with 1GW of renewable generation in operation and over 4GW in construction, planning and development across a range of technologies including

onshore and offshore wind, solar and battery storage.

Blake Coghill, the Trust's Wilder Nottinghamshire Officer, said "The Wilder Welcome Volunteers play a vital role in creating engaging and inclusive spaces at our flagship reserves. They will provide accessible points of information as they walk around interacting and greeting visitors, sharing maps and discussing our local nature. We have started recruitment for this exciting role and have already begun to induct our new volunteers in learning more about our flagship sites and what makes them special so that they can share this with our visitors. We are still recruiting and welcome applications. The Wilder Welcome Volunteers are an exciting step in our aim to engage 1 in 4 people to take action for nature."

Gavin Lancaster is the Plant Manager for West Burton A. He said: "We have worked in partnership with Nottinghamshire Wildlife Trust for many years and welcome their input into our local community. It's very important to us to help where we can and the volunteering initiative will open up opportunities for visitors to find out more specific information about the local wildlife and their habitats and learn about the amazing wildlife in their areas."

For further information or to get involved then head over to The Trusts website nottinghamshirewildlife.org

To become a Business Partner or to read more about the opportunities involved for your organisation contact Emily Patrick, Business Partner Officer via email epatrick@nottswt.co.uk or go online nottinghamshirewildlife.org/supportus/business-partnerships.

The
May Meeting of the
Wollaton Natural History
Society will take place on
Wednesday, 18th May 2022
at 7.30p.m.

The Talk is entitled 'The Afar Triangle - Journey into the Danakil' by Tony Waltham. Tony Waltham, internationally known geologist, takes us to the lowest point of Africa, part of the Great Rift Valley, with salt-covered plains, lava lakes and active volcanoes.

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

For more information visit the website

www.spanglefish.com/ WollatonNaturalHistory Also find them on Facebook or telephone Chairman Nigel Downes on 0115 9444671 vegrs

Keeping it Local Since 2002

### Help Children

A Nottingham charity is asking people around the world to support children and young people in Broxtowe via the world wide web by Crowdfunding for the very first time.

Broxtowe Women's Project (BWP) who support children and young people, as well as women directly affected by Domestic Abuse, is joining thousands of other charities and fundraisers who raise money by asking lots of people to donate a little, via the web.

BWP's Children and Young People's Outreach Team have already helped hundreds of children and young people affected by Domestic Abuse, but need to raise vital funds to continue the service into the future.

Children's Service Coordinator, Ami, said: "Living in a home where Domestic Abuse is a daily experience has a huge impact on a child's emotional, physical, social, and mental wellbeing. We also see many young people aged 13 to 25 that are also experiencing abuse in their own relationships".

"We know that many people around the world care as much as we do about these children. By donating to us through our Crowdfunding page you can help us work with children and young people experiencing and surviving domestic abuse; to give them a safe space to rebuild their self-esteem and confidence, and understand healthy relationships."

To support the charity, visit
www.crowdfunder.co.uk/p/helpingchildrenaffectedbydomesti
cabuse today. To find out more about Broxtowe Women's
Project visit Help for women in Broxtowe experiencing
domestic abuse (broxtowewomensproject.org.uk)
For more information on Broxtowe Women's Project visit
https://broxtowewomensproject.org.uk/what-we-do/about-us
or call 01773 719 111

### Monday Lunch Club

Toton Methodist Church, Stapleford Lane, Toton, MONDAY LUNCH CLUB 2022

The Monday Lunch Club now runs on a fortnightly basis, on the first and third Monday of the month, except when there are Bank Holidays.

The dates for the remainder of 2022 are expected to be: 16th May, 6th & 20th June, 4th & 18th July, 1st & 15th August, 5th & 19th September, 3rd & 17th October 7th & 21st November, 5th December (Christmas Lunch & Carol Service)

All start at 12 noon and end 3pm latest

"We look forward to seeing you at any future lunch club"

Any queries please contact Julia on 0774 971 9781

Or email: julia1cpassmore@aol.com

"Stay just for lunch or as long as you like, to enjoy games, jigsaws, chat and company.

Please make a note of the dates we will be running the Club – we hope to see you there. If you are able to help out at all please speak to Julia or one of the team".

From West End to Broadway 24th April @ 3:30 pm Albert Hall, Come and revel in that Big Show sound! Nottingham Community Voices & Nottingham Concert Orchestra

KateTaylor soloist Simon Theobald guest presenter & soloist Angela Kay conductor

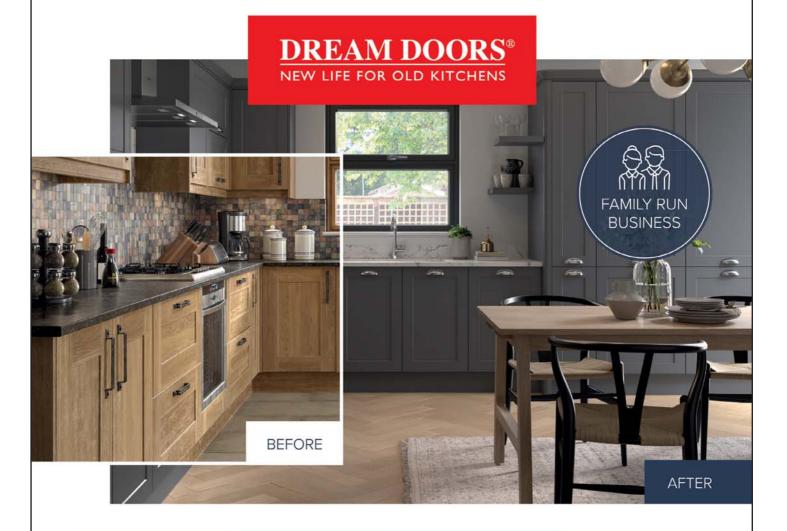
"A Sunday afternoon concert of foot-tapping music from well known films and musicals including My Fair Lady, The King and I, Les Miserables, Oklahoma and Irving Berlin's Let's Dance, plus solo items by our guests, Kate Taylor and Simon Theobald"

Tickets: Full £14, £10, £7; Conc. £13, £9, £6; Child/Student £6.50, £5, £3.50

Available to buy online via www.music-for-everyone.org or contact Box Office on 0115 9589312. In person: 10 Goose Gate, Hockley. Open Monday – Friday 10am – 5pm. Tickets will be for sale on the door, subject to availability.

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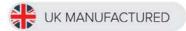
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# gardening...

Destructive garden bugs and how to keep them at bay

Green fingered homeowners falling victim to destructive garden bugs are being given advice on how to keep them away.

The team of outdoor experts at have provided some cheap and easy solutions on how to tackle these bugs.

As the sun starts to come out, Brits are making the most of their outdoor space and making them look as beautiful as possible.

Unfortunately, the likes of moths, slugs and snails also come out in the sun and can do a lot of damage to gardens.

A spokesperson for said: "It is inevitable that garden bugs will cause a bit of disruption, whether you're out relaxing, planting your own veg or growing your own garden. "This guide is full of some of the most destructive garden bugs and the top tips to help keep these at bay, so the outdoors can be stressfree."

### Slugs and Snails

Slugs and snails are some of the most common yet destructive garden pests. Salt has always been a fool proof way of killing slugs and snails, but if you want to stop them in their tracks, copper tape acts as a great deterrent, giving them electric shocks.

### Caterpillars

Caterpillars love to nibble their way through fruits, vegetables, and plants. One of the most natural and inexpensive ways to rid your plants of these pesky bugs, is to spray them with hot soapy water. This can then be poured into a spray bottle and used as many times as necessary.

### **Moths**

This type of garden bug can be especially damaging in the summer months. They love cotton and wool fibres so homeowners need to be aware that leaving outdoor cushions

and furniture in the garden could be targeted by moths. An easy solution for deterring them is to use herbal sprays in the areas you want to protect. Herbs like lavender and rosemary are not loved by these bugs, and they also smell nice too.

### **May Bugs**

Usually seen around May-time (up until July), which is how it earned its name, May Bugs can cause considerable damage to gardens. In their early years they live under the soil and feed off the roots of plants and flowers.

As there are not a lot of homemade options available to keep these bugs away, the best option is to use an insect killer.



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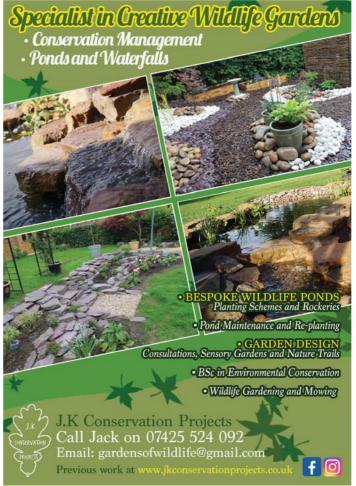


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# open studios nott BRINGING ARTISTS INTO VIEW WITH OPEN STUDIOS NOTTS 2022



Open Studios Notts are holding a Festival Fortnight from 11-26 June this year, where artists across the county will welcome visitors into their studios, homes and gardens to share their work and their process. Over 100 artists at around 50 venues will take part in the Festival Fortnight.

Hilke Kurzke (book art, printmaking, miniatures) and Clare Morgan (printmaking) are two of the local artists taking part in this year's events. Try your hand at printmaking and stamp making at their studio: Wash House Studio on Bridge Road in Wollaton. They will be open from 11am - 6pm on the weekend of 25-26 June.

To support Open Studios Notts, Inspire: Culture, Learning and Libraries commissions and curates a photographic exhibition 'Bringing Artists into View'. The photographs in the exhibitions capture rare and varied behind-the-scenes images of the working worlds of artists and makers. The photographs are taken by Nottinghamshire photographer, Neil

This year the Inspire exhibitions are in Arnold, Mansfield Central and Worksop libraries. The exhibitions are on through May and until June 5. Several artists from the Sherwood area of Nottingham are featured in the exhibitions.

There are plenty of artists to visit in and around Nottingham during the Festival Fortnight, and whatever type of art you prefer, you'll find an artist or maker creating it. For complete details of all the artists taking part visit www.osnotts.co.uk or pick up the OS Notts brochure in your local library.

For the latest news from OS Notts on social media follow @osnotts on Instagram, @openstudiosnotts on Facebook and @OSNotts on







vears

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Route announced for Nottinghamshire stage of

# tour of britain cycle race

The eagerly anticipated Nottinghamshire stage of this year's Tour of Britain cycle race will once again start in West Bridgford and finish in

It is the third time the showpiece event will take place in the county and follows the hugely successful staging of the race in 2017 and 2018.

This year's race returns to Nottinghamshire on Thursday 8th September and will see the fifth stage begin on Central Avenue in West Bridgford and end on Chesterfield Road South in Mansfield.

It will pass through several towns and villages in the county, including East Leake, Radcliffe-on-Trent, Calverton, Southwell, Retford and Worksop - as well as take competitors along the recently-opened £49 million Colliery Way road (Gedling Access Road).

The 190km route – approximately 118 miles – will also take in key county landmarks and attractions such as world-famous cricket ground Trent Bridge, the legendary Sherwood Forest and popular tourist attraction Clumber Park.

A global television audience of millions will watch the world-famous race, with the Nottinghamshire stage attracting 250,000 spectators in 2018 to make it the largest sporting event in the county's history.

It led to our area enjoying an economic boost, with £3.9 million being spent by participants and spectators on accommodation, food and drink and shopping.

The Nottinghamshire stage four years ago also started in West Bridgford and finished in Mansfield. Councillor John Cottee. Chairman of Nottinghamshire County Council's Communities Committee, said he was looking forward to seeing thousands of people lining the route to cheer on the competitors. He said: "The return of the Tour of Britain is fantastic news and today's announcement detailing the route heightens the sense of anticipation as we prepare to welcome a world class field of riders and teams to our wonderful county. "This provides us with a great opportunity to showcase our towns and villages along the route and we also look forward to welcoming the thousands of visitors who will flock here to watch the race and enjoy everything which Nottinghamshire has to offer ultimately providing a huge boost to the local economy.

"Nottinghamshire is known across the globe for its sporting heritage and hosting the race for a third time in five years is recognition that we have what it takes to successfully stage major sporting events.

"As a council, we're delighted that we've been able to bring the Tour of Britain back to Nottinghamshire and I'm looking forward to working with our district and borough council partners to ensure it's going to be the best stage of the race.

Rushcliffe Borough Council's Cabinet Portfolio Holder for Communities and Climate Change Cllr Abby Brennan said: "We're so pleased that the Tour will be coming back to Rushcliffe and Nottinghamshire, it's sure to be another wonderful spectacle that our communities and residents can embrace.

"We can't wait to give it another warm and rapturous reception as it races through so many of our towns and villages.

"We saw with the 2018 race here the incredible welcome Rushcliffe people gave to the riders, and this will be another great celebration that boosts many local businesses and will be a day for all to enjoy.

The latest on the Rushcliffe part of the route is available at www.rushcliffe.gov.uk/tob

Andrew Abrahams, Executive Mayor of Mansfield, said: "Mansfield was keen to support Nottinghamshire County Council and district councils to secure the Tour of Britain for a third time, and the opportunity to host a stage finish once more in our district.

"With support from the Towns Fund, we will be able to have a festival finale at the Civic Centre in September. "We'd like to thank the Tour of Britain team for working with us to develop the route and enabling communities in priority neighbourhoods to experience this once in a lifetime opportunity to view elite sport from their doorstep.

"We're looking forward to giving the tour the warmest of Mansfield welcomes again.

The Tour of Britain starts in Aberdeen on Sunday 4 September and finishes on the Isle of Wight seven days later - and, in addition to our county, passes through the Scottish Borders, Redcar & Cleveland and North Yorkshire, Gloucestershire and Dorset.

Cycling's premier road event in this country will feature the world's top teams and riders, alongside the best British-based cyclists, with a field comprising of Tour de France winners, Olympians and world champions. Nineteen teams and 114 riders are currently scheduled to take part in the

race - including Mansfield's Ross Lamb and Ollie Peckover, of Ruddington, who compete for the Ribble Weldtite Pro Cycling team.

Mick Bennett, Tour of Britain Race Director said: "We are pleased to be able to confirm the route for this year's Nottinghamshire stage and look forward to making returns to both West Bridgford and Mansfield, as well as many familiar locations along the way.

"The support of Nottinghamshire communities along the stage route in both 2017 and 2018 was incredible, so with 150 days to go until the race I hope that today's news will inspire everyone along the route to get excited and to start making their plans for 8th September."

The modern-day Tour of Britain was launched in 2004 and – apart from the Covid-19 pandemic forcing its cancellation in 2020 – has taken place annually every September over eight days.

Live coverage of the race is shown daily in the UK on ITV4, in addition to around the world. The Tour of Britain is part of the UCI ProSeries, making it one of the most prestigious sporting events in the sport's global calendar.

Visit https://www.nottinghamshire.gov.uk/culture-leisure/sport/tourof-britain for more information about this year's race.







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HHC's flagship clinic is based in Nottingham. Upon stepping into the clinic you'll find experienced staff and a calm, warm and welcoming environment that will instantly put you at ease. HHC's team have a reputation for clinical excellence, so it's no suprise that their industry renowned procedures are in high demand with patients of all ages.

At HHC the focus on patient-centred care truly shines through. Their experts even offer a guarantee that all veins they treat will be closed successfully.

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The People's Theatre Company present...

# all the fun of the fair

The People's Theatre Company (PTC) are so pleased to be back after the covid lockdown and have a mixture of new faces and old in the cast performing hit jukebox musical All the Fun of the Fair, which is a David Essex musical, packed full of his hits from days gone by. The cast and production team are finding it amazing to be back in the theatre building after Covid. The cast are having lots of fun during rehearsals.

Some of the cast in this show have also been on location at Wollaton Hall fun fair to get into the zone and have a photo opportunity.

Many people will remember these hits from yesteryear and with a storyline built around them, it's a great night out for friends and family alike, to grab a trip round yesteryear! Rock on!

All the fun of the fair is a jukebox musical set within the background of a travelling fairground. The story includes love, laughter, betrayal, and lots of fun, all supported with the many top hits of David Essex.

Hits include, Gonna make you a star, Winter's tale, Rock on, Father and son and many more.

If you want a nostalgic return to the music of the 70's and 80's, this is the evening of fun for you and the family. Performed on Wed May 25th - Sat 28th. 7:30pm and 2:30pm (Saturday Matinee) at Nottingham Arts Theatre, George Street NG1 3BE. Ticket prices from £12 To book, contact Box office 0115 947 6096 or online from the Nottingham Arts Theatre www.nottingham-theatre.co.uk

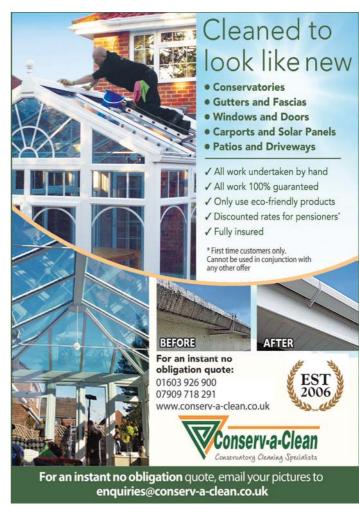


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# breeze puzzler



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### **CROSSWORD**

### Across

- 1 Thin varnish used to finish wood (7)
- 7 Having a streak of good luck or success (coll) (2,1,4)
- 8 Nipples (5)
- 10 Make-up used on the eyelashes (7)
- 11 Horde (5)
- 12 As fast as possible (4-5)
- 16 Impossible to satisfy (9)
- 18 Throws away as refuse (5)
- 20 Period during which some action is awaited (4,3)
- 23 Unjustified (5)
- 24 Wholly occupy (7)
- 25 Skeletal muscle having three origins (7)

### Down

- 1 Fires from a job (5)
- 2 Internal organs, collectively (8)
- 3 Universe (6)
- 4 Heating elements in an electric fire (4)
- 5 Method of meditation and exercise (4)
- 6 Swollen, distended (7)
- 9 Hollow under the upper limb where it is joined to the shoulder (6)
- 13 Took notice of (6)
- 14 Rush (8)
- 15 XV in Roman numerals (7)
- 17 Summer month (6)
- 19 Fertilised plant ovules (5)
- 21 Wise Men who brought gifts to Jesus (4)
- 22 King of the beasts (4)

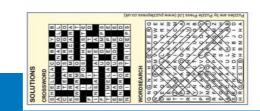
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### WORDSEARCH BRISK

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.

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Ε	G	Α	1	В	P	J	S	R	Α	L	U	Н
Α	Н	С	P	Α	X	U	L	Н	J	1	Α	В
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