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SEPTEMBER 2022

ISSUE 237



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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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"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."

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



Photo courtesy of Beeston Social

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MP4 Design Limited is registered in England: Company Number 8081955
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20
years

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Saturday 15 October sees the 11th anniversary of Oxjam Beeston where, once again, our local community comes alive, showcasing talented musicians from in and around Beeston. The Organising Team (all volunteers) are in full flow getting this amazing music festival together – but we cannot do this alone.

VOLUNTEERS get free entry to all the live music and we need as many as possible to make sure Oxjam goes ahead. All that's needed is your time and enthusiasm for a few hours on the day (particularly in the evening!) to work with The Organising Team.

SIGN UP on the **VOLUNTEERS** link on the homepage www.oxjambeeston.org or get in touch via Facebook to find out more. You will receive training for your role, free tickets and be part of a fun, friendly team. It's good work experience too and looks great on your CV! Get your friends and family involved – volunteer shifts can be scheduled together. If you have any sound systems experience or are able to loan any sound equipment, the Oxjam Beeston Team particularly would like to hear from you.

Many of you will have been to Oxjam Beeston music festivals in the past but for those of you that may not know about it, here's a glimpse into the festival day...

LIVE MUSIC starts at mid-day and happens in and around the Town Centre. It usually kicks us off in The Square and you will see some of the fantastic volunteers around with buckets for you to drop in your donations. Music in the afternoon is FREE so please be generous with your donations. You will find solo artists and groups doing their thing in the pubs, bars and coffee shops, showcasing all genres of music including choirs (in the Parish Church), folk music (Middle Street Resource Centre), Indie, rock and pop, covers, blues, jazz and a bit of punk thrown in for good measure! To enjoy the evening 'acts' (from 6pm onwards) you will need to buy a wristband which will get you into any of the evening venues.

There will be well over 100 artists appearing - they're wonderful and give their time for free, so give them all your love and support! There's also the now legendary Silent Disco at The Victory Club – if you've never been it's a MUST!

Oxjam Beeston has been the most successful Oxjam in the country, for several years, raising around £150,000 to date for Oxfam. Now, perhaps more than ever, we are seeing the results of poverty, both at home and abroad and Oxjam Beeston will rise to the challenge to raise whatever we can to support Oxfam's fantastic work.

Thanks also from the Oxjam Team to all the sponsors: once again this year the headline sponsor is The Star Inn, in Beeston; others are CP Walker, Foster Industrial, 'The Mixed Reality Lab, University of Nottingham and, of course, The Breeze.

TICKETS are available to buy online and at Oxfam Books and Music on the High Street – keep your eye on the Facebook page or www.oxjambeeston.org for a link to the online seller, and for details of the programme for the day as it emerges.

It's been a tough few years and the Team wants everyone to have a fantastic day and evening on 15th October, so this year ticket prices are reduced to £10 for everyone. That way, we hope we can see as many of you as possible as we know you will have an amazing time! Of course, we will be asking for donations throughout the day and evening, so any spare change will be gratefully received... it all adds up!

Oxjam for a tenner: got to be this Autumn's 'best buy'!
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Photo's courtesy of Christopher Frost - 'A Touch of Frost'

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fundraising success

School children from The Lanes Primary School campaign to raise funds...

Pupils at **The Lanes Primary School** have raised over £6000 for the installation of two new defibrillators on the school sites. The campaign was led by the Year 6 ambassadors, who raised much of the money themselves as well as arranging fundraising events over the school year.

Pupils were able to take part in various fun events such as toy sales and sponsored exercise. The ambassadors had fun creating a multimedia campaign to educate the school community about the importance of defibrillators and to get everyone on board with fundraising. "We deliberately chose sporting activities to highlight the importance of exercise as well as to raise money," explained Holly Chambers, Year 6 pupil and ambassador.

The children were inspired to install the defibrillators following the death from a heart attack of a Nottingham boy whilst playing football. "We are incredibly proud of the teamwork showed by the entire school in raising money for this brilliant cause," said ambassador Joshua Kite, 11. "Thanks to all the school, one day we might actually save someone's life," added fellow ambassador Evie Phillips, 11.

Mrs Revill, Head teacher of The Lanes Primary School said, "I am so proud of this group of children. They have represented the school so well and with such enthusiasm and commitment. It has been a real privilege to be a part of their school life and I am amazed at how much money they raised with this campaign."



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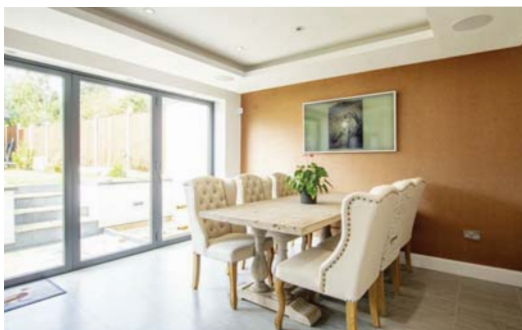
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property of the month



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**Hurts Croft
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This contemporary family home offers a large living space comprising: Entrance hall, living room, study, open plan kitchen/dining room, utility room and WC to the ground floor. Rising to the first floor is a spacious landing with access to four double bedrooms, the master with en-suite and family bathroom.

The property has been extensively renovated throughout, to include an extension to the side and rear, fitted underfloor heating to the ground floor, high specification kitchen and bathrooms and Sonos speakers in the main living areas.

The property also benefits from a recently added detached Annex which is currently used as a gym, but with the option to tailor to any purchasers needs. This has the advantage of its own heating system and an outlook over the rear garden.

The home benefits from a driveway to the front for multiple vehicles, walled boundaries and a front porch. Gated side access leads to the rear, where there is a private primarily lawned garden with a paved seating area and fenced boundaries.

Occupying a sought after location, convenient for a wide range of local amenities including tram and bus stops. Schools for all ages are within easy reach and for those looking to commute further afield, the A52 for Nottingham, Derby and junction 25 of the M1 motorway is a short drive away with East Midlands Airport being approximately 20 minutes away.

This immaculately presented and well maintained property with high specification interior is a truly beautiful family home and an early viewing comes highly recommended.

For more information contact Robert Ellis
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Harry's Home Improvements share their story so far...



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As I approached 60, the goal for myself was concentrate more on the customer service side within the trade, so after taking a look around Long Eaton town centre back in 2020, an affordable unit became available on the high street. I decided to set up a base by opening up a showroom. This is when my step daughter Jess came on board, with her having over 10 years of experience within the customer service industry, I thought that it would work well for us as a company for her to manage the showroom. Since opening the showroom, my fitting partner of 15 years joined the team and another Father and Son fitting joined us too. As a whole, we have a great team who work to a very high standard taking pride in our work.

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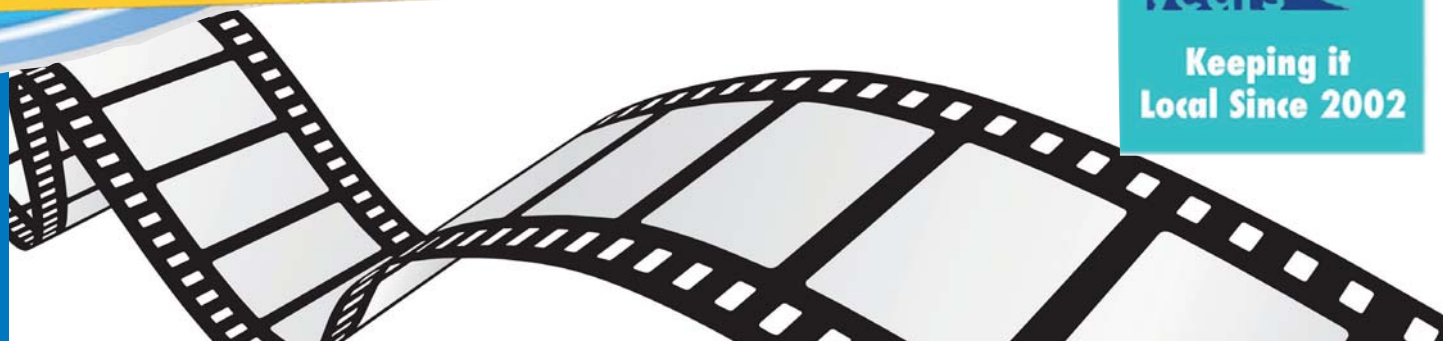
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beeston film festival

Bringing Hollywood to Beeston
by Sam Kurd



Changing the Latinx Role in Hollywood



December 10



"As the nights start to draw in and Autumn knocks the damp dead leaves off its boots, we here at the Beeston Film Festival step up our efforts to watch and evaluate the haul of submissions we've had up til now. Time marches on, after all, and the new festival will be upon us sooner than we think!

What a haul it's been so far! At the time of writing, we've passed 500 submissions from 53 countries. It's a treasure trove of small, independent films telling grand stories on an international scale.

But just because a film is independent doesn't necessarily mean it can't be glamorous. One thing we've noticed this year is that we're getting a growing number of films featuring some familiar faces, some very exciting stars!

Here's a few I've spotted so far:

First is **The Cunning**, a powerful and moving film starring Gemma Arterton (The Girl With All the Gifts) and Bethany Asher (The Dumping Ground) as sisters accused of witchcraft in 18th Century England.

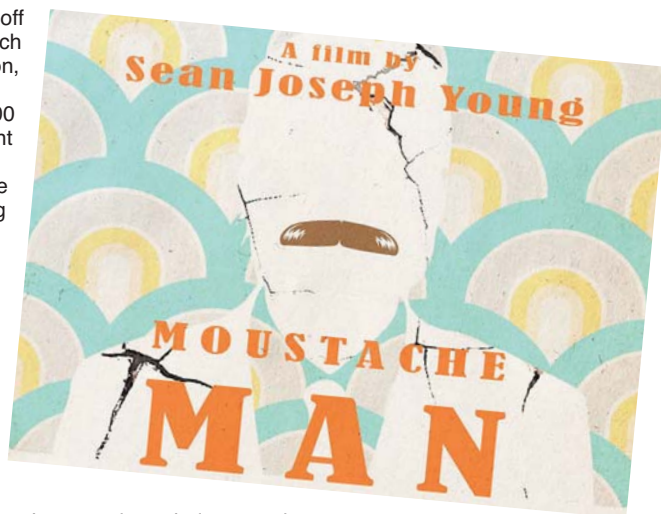
Then there's the Sci-fi film **Daylight Rules**, starring T'nia Miller (Years & Years) and David Ajala (Star Trek Discovery). In the future, some humans have the dangerous ability to harness the power of the sun and are hunted out of fear and ignorance. It's a film about family, trust and facing our fears.

Moustache Man stars Sean Joseph Young (Shoebbox Zoo) as a young man who struggles to balance caring for his Alzheimer's-stricken mother (played by improv legend Josie Lawrence) and impressing his smarmy boss (played by comedian and writer Mark Gatiss). This one really doesn't pull its punches!

Norma is a dark comedy starring Susie Blake (Coronation Street) as a long-suffering pensioner whose attempts to celebrate her birthday highlight the deep resentment between her and her husband. Shot in one location and conceived over lockdown, it's an excellent portrayal of how claustrophobic and stifling a relationship can grow to become.

Finally, in our Non-Fiction category there's **Bad Hombrewood**, a thoughtful documentary about racism in Hollywood faced by Latinx people both in front of and behind the camera. There are many great interviewees here, but most notable are Melissa Fumero (Brooklyn 99) and legendary director Guillermo del Toro (Pan's Labyrinth).

Here's hoping these films make it into the final selections, so we can bring a little bit of Hollywood magic to Beeston's doorstep!"



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sound the bells

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have returned with a new production



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There's something stirring in the bell tower.... as Nottingham Operatic Society prepares for one of its biggest musical productions: *The Hunchback of Notre Dame* at Nottingham's Theatre Royal in October.

It marks the return of the Society's annual shows after an absence of two years. Rehearsals are well underway, with a cast of 50, for this new musical, based on the original Victor Hugo novel and songs from the iconic Disney film.

Nottingham's Theatre Royal, will stage the seven performance production from Wednesday 26th to Saturday 29th October 2022.

Simon Theobald, Chair of Nottingham Operatic Society (NOS), who appears in the production as Dom Claude Frollo, the Archdeacon of Notre Dame, commented: "As the Society enters its 130th season this show promises to be one of our most challenging and powerful productions. It is an epic story of passion, hope and redemption and has everything- stunning music, a spectacular story, sword fights, puppets and a stellar local cast."

Simon explained: "Nottingham Operatic Society approached Disney Theatrical Productions five years ago to seek the rights to stage this musical and asked Disney to support our plans for a real community production in one of the UK's leading touring venues. We were thrilled when Disney Theatricals and MTI said yes!"

He added: "I am so proud to be Chair of this amazing and transformative Society.

All members and our musical, production and support teams have pulled together throughout the two years when we couldn't

perform but have become stronger and more creative. The Society kept working musically through the pandemic, rehearsing in many unusual spaces around Nottingham."

The musical has powerful leading roles for experienced local singers and actors including: Quasimodo, played by Zak Charlesworth; Sarah Millington as Esmeralda; Richard Groves as Captain Phoebus de Martin and Chris Grantham as Clopin Trouillefou. They are supported by narrators, choir and ensemble.

International Director Andrew Miller makes his NOS debut as the show's Director and the accomplished Morven Harrison returns as Musical Director, leading the 18 piece orchestra. The unique gargoyle puppets used in the show have been created by local company Promotional Props and Costume.

The *Hunchback of Notre Dame* comes from Academy Award winners Alan Menken (*Little Shop of Horrors*, *The Little Mermaid*, *Aladdin*) and Stephen Schwartz (*Godspell*, *Pippin*, *Wicked*) with a dramatic book by Peter Parnell, originally developed by Disney Theatrical Productions and presented by arrangement with Music Theatre International (Europe).

Since it was founded in 1893 as one of the Nottingham Mechanics Institution's social groups, Nottingham Operatic Society has performed over 135 shows and concerts in all of the City's famous venues. Since 1925, its spiritual home has been Nottingham's Theatre Royal. NOS has been a registered charity since 1958. Its last show pre-pandemic was the hugely successful *Sound of Music* in 2019.

The *Hunchback of Notre Dame* opens with a matinee and evening performance on Wednesday 26 October and runs until Saturday 29 October 2022. Tickets are on sale via the Theatre Royal at 0115 989 5555 or TRCH.CO.UK.



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Previously achieving my college diploma in Fashion Design, I soon realised that the design of an individual's costume was more stimulating and so I continued on to study 'costume' at university.

Costume is one of the best visual displays of character and without this, tv dramas, plays and films would not form the iconic roles that they do.

Continually, I discovered my love for historical dress (with the Tudors being a personal favourite) and have continued in this direction since; having recently completed my Masters degree in the history of design. Some highlights of my career thus far include the addition of a 17th century reproduction gown featuring in a museum exhibition at The Bowes Museum and Tudor garments for children to try on at English Heritage's Old Gainsborough Hall.

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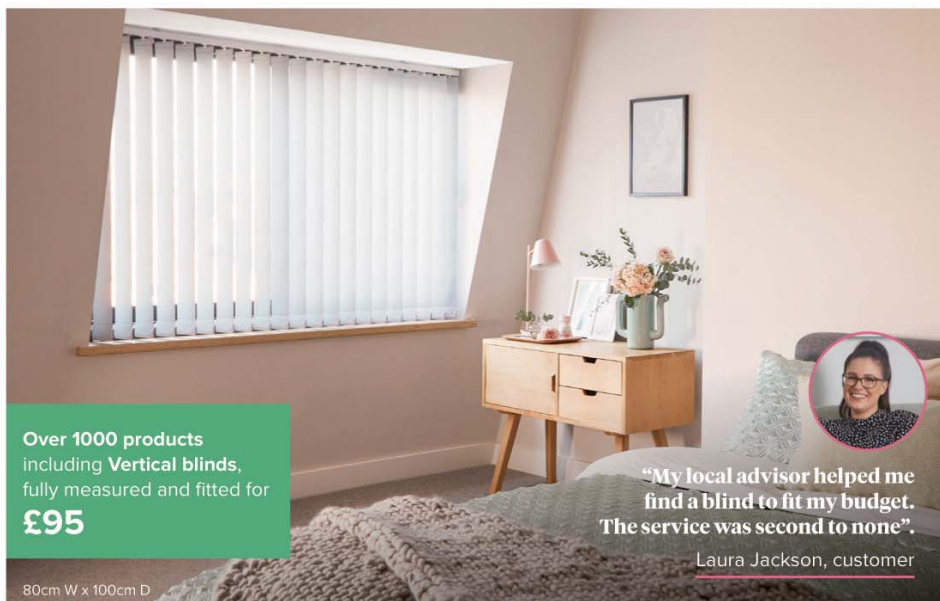
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one in four women

Charity Worker Hopes First Book Will Help Thousands



A Nottinghamshire charity worker who has helped hundreds of women recover from their experiences of Domestic Abuse hopes to reach thousands more, by sharing her wisdom in a new book which is now available to buy on Amazon.

One in Four Women is the first book by Sandra Reddish, who gained her in-depth knowledge of men's abuse of women over 34 years, most recently as an Outreach Worker at Nottinghamshire Domestic Abuse charity, Broxtowe Women's Project (BWP).

Kindly, Sandra has decided to donate all proceeds from the first year of sales directly to the charity.

In the self-published book, Sandra shares her incredible knowledge of the vital steps to recovery for women who have been abused. Starting with their gaining a solid understanding of the complexity of abuse they've faced, and perpetrator's behaviour.

Sandra said: "Because Domestic Abuse is intended to confuse, understanding patterns of abuse can be hugely validating and liberating for survivors. I have personally seen the relief women felt and the progress they made when they properly understood what had happened to them, which is why I wrote this book."

With chapters on coercive control, physical abuse, isolation, sexual abuse in intimate relationships, and self-blame, the book builds on Sandra's popular blogs which have reached international audiences.

In the powerful introduction, Sandra acknowledges Domestic Abuse does not discriminate, and spans all ages, sexes, culture and social classes. It also takes many forms: men's abuse of women, women's abuse of men, abuse in same sex relationships, abuse of parents by their adult children, abuse by carers and honour-based abuse.

"The knowledge and advice I wanted to share with readers of One in Four Women comes from my specific experience of men's abuse of women where there is or has been an intimate relationship," added Sandra. "I wrote it for women, or professionals helping women to recover from Domestic Abuse and go on to live happy and empowered lives, free from abuse."

BWP's CEO, Colette Byrne, said: "We are unbelievably proud of Sandra who has put her passion for raising awareness of Domestic Abuse and her writing talent together to create this incredible book. It will help people to understand their experiences, and the tactics of abusers."

"With knowledge, comes power. I'm confident that this book, with its powerful and enlightening messages and insight, will empower women worldwide to take the action that they need to lead safe, independent lives without abuse."

"We are also really excited that BWP will be using Sandra's book and course to deliver 'The Survivor's Programme', our new recovery programme."

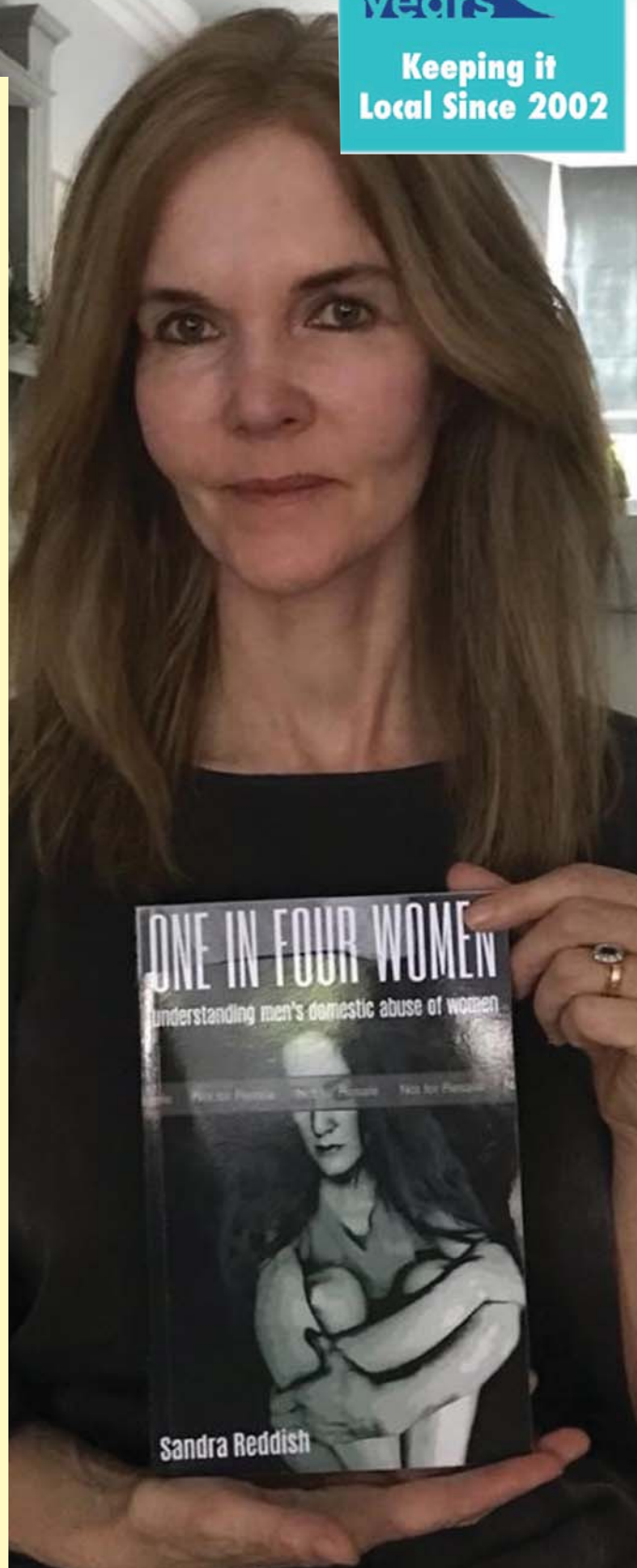
"We would also like to thank her for very much for kindly donating all proceeds of sales for the first year. She knows better than anyone how essential donations are for us, and that we will maximise every penny."

Throughout the pages are powerful images created by Sandra's daughters, who also wanted to contribute to the book.

To buy the book, please visit
www.broxtowewomensproject.org.uk/book
or on amazon.co.uk search 'One in Four Women, by Sandra Reddish'

To read Sandra's blogs, visit
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9 tips to turn gardens into a wildlife heaven...



Bird boxes

Bird boxes make great havens for flying visitors, but it is important to install them high up in a sheltered area. Putting out food such as fat balls and seeds, also encourages birds to the gardens. Place feeders close to a covered bush to discourage unwanted cats.

Bug hotels

Bug hotels are a great activity to do with children, and can really encourage all kinds of insects into outside spaces. Simply organise a selection of twigs, rocks and rotting wood in piles around the garden. Soon enough, bugs such as beetles and spiders will be settling in!

Grow native flowers

Flowers add a beautiful scent and colourful landscape to gardens, but they also importantly provide food for insects. Grow lots of varieties of flowers to ensure that bugs are provided with food all year round. Pick out native flowers specifically, as insects and bugs have already evolved to feed off these.

Leave the weeds

In a patch in the garden, have a break from weeding. Weeds such as nettles, buttercups and daisies may be unwanted in some gardens, but will really attract wildlife. Insects rely on weeds as important sources of food because they flower throughout the year when other food sources may be scarce.

Compost

Using homemade compost will not only heavily enrich the soil of gardens, but also provide habitat for insects. Worms, woodlice, frogs and slowworms will all make home in composts, and will speed up the decomposition process too. To avoid any rats, ensure to only add raw foods into the compost.

Hedgehog highways

With rapidly declining levels of hedgehog populations throughout the UK, clear a 'hedgehog highway' in the garden to help the animals. Leave gaps in the fence for hedgehogs to move through, and ask neighbours to do the same. This way, during their nighttime travels, hedgehogs can stick to the safety of gardens and avoid any urban dangers.

Plant climbers

Plant climbers up garden walls and fences to encourage a wealth of bugs, insects and birds. Flowers and seeds from ivy provide a great source of pollen and food, as well as long term cover for visitors such as caterpillars. Pyracantha is also a great climber for wildlife as its spring flowers and autumn berries give seasonal food for garden visitors.

Herbs

Herbs can be grown in the garden for not only culinary purposes, but to also attract wildlife. The flowering thyme will encourage butterflies and bees, as well as the nectar and pollen from flowering sage plants. Angelica gives food for insects too, and birds will eat the seeds.

Wildflowers

Grow a garden sized meadow to encourage a wildlife haven. Scatter seeds of poppies, cornflowers, cowslip, nigella and varieties of grass. Wildflowers are fantastically low maintenance, look wonderful, and insects love them for food and shelter purposes.

For more expert advice on encouraging friendly garden visitors and other wildlife tips, visit www.gardenbuildingsdirect.co.uk

Green-fingered homeowners are being urged to help bugs and birds this season by creating a wildlife haven in their own back garden.

Gardening experts at GardenBuildingsDirect.co.uk have named their top tips to help keen horticulturalists attract a wealth of wildlife into their gardens.

From scattering wildflowers to installing bird boxes, there are lots of simple ways for gardeners to help out local friendly visitors by providing plenty of food and shelter in their outdoor spaces.

Inviting wildlife to gardens has many benefits: visitors will create a stable ecosystem in the garden, meaning there will be less outbreaks of disease. Also, bugs and birds will help in pollinating the plants and eating away any pests which are damaging shrub growth.

"We have put together our nine top tips on how to create the perfect wildlife haven in your own back garden to encourage wanted visitors. These tips are really easy and quick to do, but will provide your garden with the long term benefits of having wildlife buzzing and crawling about."

GardenBuildingsDirect.co.uk's tips to create a wildlife haven in the garden

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Sighted guide volunteers needed across Nottinghamshire



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Guide Dogs is appealing for volunteers across Nottinghamshire who could help people with sight loss build confidence in their local area.

Partnerships are matched based on common interests and the service helps people with a visual impairment build their confidence, independence and do the things they enjoy.

Sighted Guide volunteer

Louise is partnered with Iffy and the pair regularly meet up to do a range of activities.

Louise said: *"I love being a sighted guide volunteer and Iffy and I get on really well. We enjoy walking to different places each time, doing a bit of shopping and just generally being outside in the sunshine. Iffy has such a great knowledge of the local area, although I am there to guide him, he's the one who knows which route we need to take!"*

"The training and support you receive from the charity is great and I would recommend it to anyone, I find it really rewarding."

Iffy said: *"It is a great service, and we have a lovely time."*

"I like to try new places and Louise's help gives me more confidence to enjoy them."

Volunteers undergo training to learn how to safely guide someone with sight loss and navigate different environments.

Elizabeth Felgate, a My Sighted Guide Volunteering Experience Officer at Guide Dogs, said: "We have a growing number of people across Birmingham waiting for support from a volunteer sighted guide, who are keen to build their confidence again."

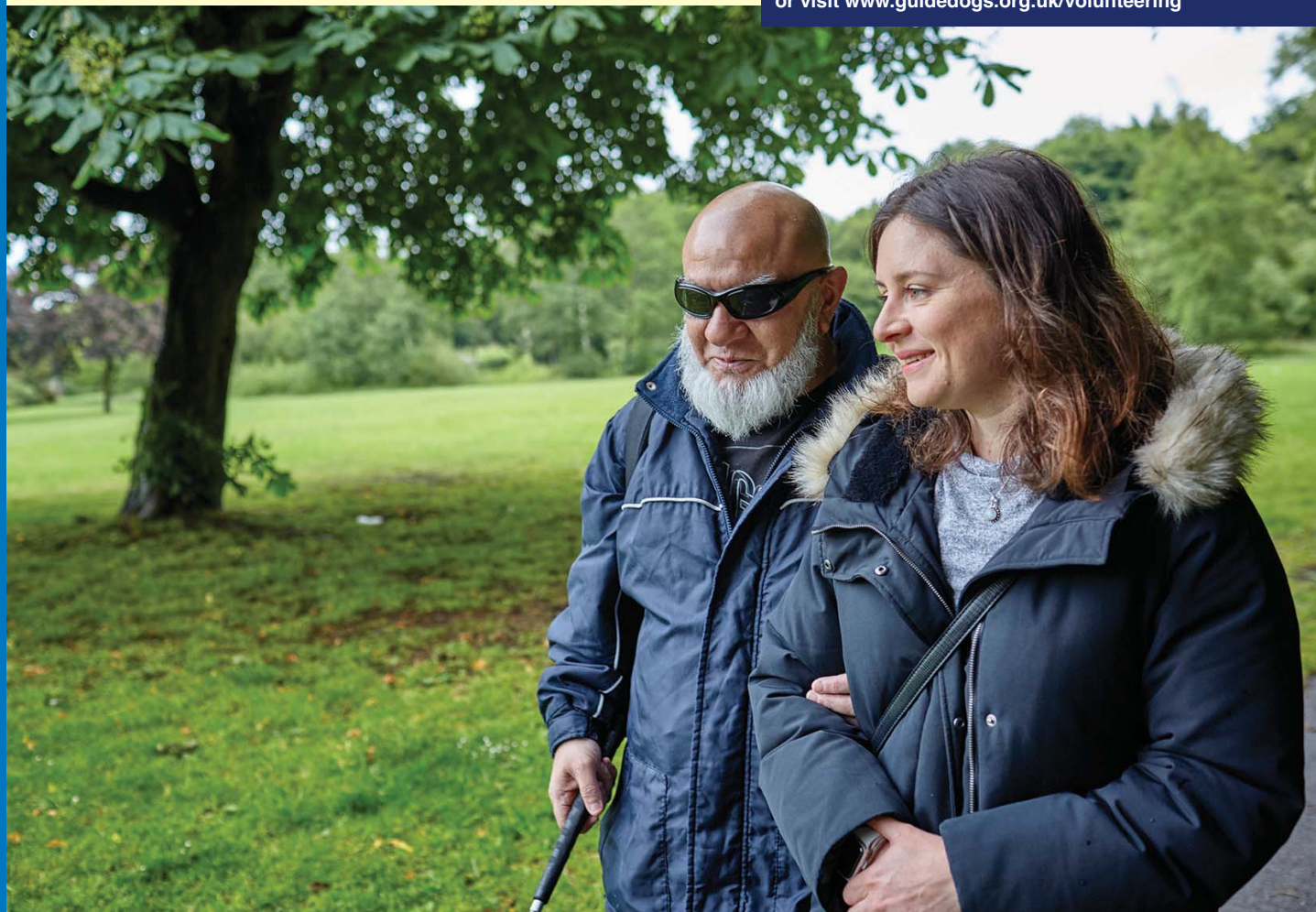
"Volunteers can give as much or as little time as they like."

"If you think you could help someone living with sight loss in your area, please get in touch."

Volunteers must be 18 or over and an Enhanced Disclosure check is required as part of the role.

Full sighted guide training will be provided for volunteers, delivered using a mixture of different learning techniques e.g. e-learning modules and face to face workshops.

**To find out more, email midlandsmg@guidedogs.org.uk
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"To slightly misquote Gloria Gaynor, "We have survived!". In fact, Wollaton Singers are ready to blossom once more.

Through the pandemic/lockdowns, we kept the choir going on Zoom (a bit odd to sing on your own), then socially distanced in a room with all the windows and doors open wide (although it was cold, we were keen!) but we are now back singing together, performing and looking to grow.

Although you can drop in and try us on any Tuesday evening in term time, this year we are having a special Taster Session on Tuesday 6th September for ladies who like to sing and would like to try singing with others. Rehearsals (7.30pm to 9.30pm, with a tea break) are at St Barnabas Church, Inham Nook – a lovely big space with good acoustics, right on the 36 bus route and near the tram.

Don't be put off by the name 'Wollaton Singers' as this is the result of our history and we now rehearse and perform mostly in NG9.

Also as a result of our history, the choir is for women only and we sing mostly in 3 parts: soprano 1,2 and alto. Music is provided and we sing short pieces from a wide range of styles. Our recent concerts included pieces such as 'Bridge over Troubled Water', 'A Nightingale Sang in Berkeley Square', 'This is me!' and the theme tune to 'The Vicar of Dibley'. We have also performed songs from various musicals including 'Sister Act', 'West Side Story' and 'Les Misérables'.

We are extremely fortunate in having an outstanding Music Director in Sophie Pascall who is not only very knowledgeable and experienced, but also encouraging and fun. With her guidance over the past 5 years, the choir has developed markedly. One long term supporter commented, "You have come on so much. The attack, the contrasts in dynamics, articulation and sheer musicality have massively developed" (JBH). Sophie is ably supported by our accompanist, Rebecca Temple, who also brings extensive experience with other choirs to bear.

Our year runs from September until June, and we take breaks at Christmas and Easter, with concerts being put on towards the end of each term. Occasionally, we do additional performances to raise money for charities, e.g., Christmas carol singing in Tesco's, or singing at the Memory Café in Beeston. We are a very social group with a wide range of ages from twenties to eighties and have a well-earned reputation for welcoming new members.

Being able to read music is not essential (although obviously helps). There are no auditions, but we are a choir that is always seeking to improve our sound and vocal techniques so an ear for music will help you keep up! Anyone who is interested in trying us out, is welcome to attend for 2 or 3 weeks before deciding whether or not to join. We are particularly keen to develop a more diverse membership to reflect the community."

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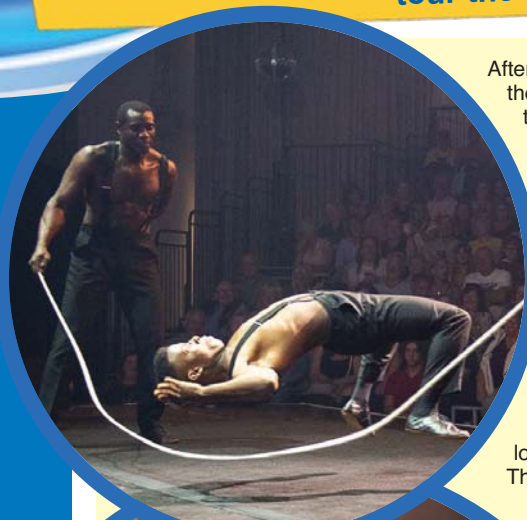
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Edinburgh smash-hit The Black Blues Brothers
tour the UK this autumn



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After a sell-out, five-star run at the Edinburgh Festival Fringe, demand in the UK has been so great that new dates have been added to the UK tour of The Black Blues Brothers. The autumn tour will follow a month long run at the Edinburgh Fringe before these amazing Kenyan acrobats travel the length and breadth of the country leaving audiences speechless and smiling.

This incredible troupe of acrobats have dazzled audiences around the world performing for Pope Francis at the Vatican and the British Royal Family at the Royal Variety Show. If you haven't seen them before, now is the moment to catch them in this spellbinding acrobatic tribute to the legendary cult movie, The Blues Brothers.

Set in a nightclub, reminiscent of the Cotton Club, a vintage radio blasts out nostalgic '80s hits from the film's iconic score, including Gimme Some Lovin', Sweet Home Chicago and Soul Man. As the barman and waiters transform into performers, the acrobats perform jaw-dropping balancing acts, high-octane drumming, a fire-laced limbo routine and extraordinary human pyramids! Using every chair, table and coat rack available, The Black Blues Brothers brings together contemporary circus and musical comedy in a spectacular night out for all the family. Everybody needs someone to love, and The Black Blues Brothers need you, you and you to get up and get down with them! This exciting acrobatic ensemble trained at the Sarakasi Trust in Nairobi, a trust that teaches acrobatics and dance to the youth in Nairobi and surrounding areas. The Sarakasi Trust presents the best of Kenyan creativity and empowers trainees and contracted artists by giving them tools to manage their craft and careers. There they met Alexander Sunny, Circus Historian and Professor of History of the Circus and Street Performances, with whom they created this original and mind-blowing show.

The Black Blues Brothers has been acclaimed by over a quarter of a million people in Europe alone, in more than 200 cities. The troupe was named as the best acrobatic theatre show at the Adelaide Fringe by the Australian newspaper, The Advertiser.

The fearlessness in their tumblers and hand balances, the ease with which they fly and flip into the air, then plunge to the floor speaks of years of focussed training.

The Scotsman.

Website: www.blackbluesbrothers.live

Instagram: @circoedintorni

Facebook: /blackbluesbrothers



Credit Images: Roberto Ricciuti

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breeze puzzler



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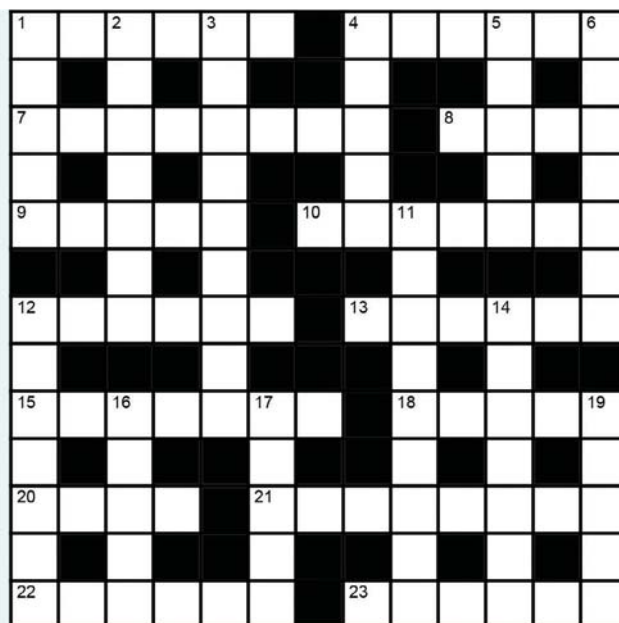
CROSSWORD

Across

- 1 Of late (6)
- 4 Filament (6)
- 7 Wide view (8)
- 8 Capital of Latvia (4)
- 9 Bloodsucker (5)
- 10 Be false to (7)
- 12 Steps consisting of two parallel members connected by rungs (6)
- 13 Closed political meeting (6)
- 15 Volatile liquid used chiefly as a solvent (7)
- 18 Hinged lifting tool (5)
- 20 Weedy annual grass (4)
- 21 Matter deposited at the bottom of a lake, for example (8)
- 22 Thick and smooth, soupy (6)
- 23 Clergyman assisted by a curate (6)

Down

- 1 Disgust (5)
- 2 Maintain or assert (7)
- 3 Compass point at 315 degrees (5-4)
- 4 Empty area (5)
- 5 Excuse for failure (5)
- 6 Boxlike containers in a piece of furniture (7)
- 11 Land along the edge of a sea (9)
- 12 Insane person (7)
- 14 Become obstructed (7)
- 16 Rid of impurities (5)
- 17 Arctic sled dog (5)
- 19 Forest god (5)

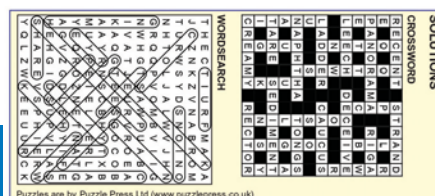


WORDSEARCH HARVEST TIME

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.

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

- | | | |
|-----------|-----------|----------|
| BEET | HUSK | SHARE |
| CABBAGES | ONIONS | SHEAF |
| CROPS | PODS | TEAMWORK |
| FRUIT | PRESERVES | TRAILER |
| GRAIN | RIPENING | WAIN |
| HAYMAKING | RYE | YIELD |





Just for fun! See if you can spot the eight differences between the pics A and B

The image shows Newstead Abbey - photo by Robin Macey

20
years

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spot the difference

Images courtesy of Nottingham & Derby Hot Air Balloon Club

The club are currently looking to recruit a few more members. No previous experience is required although it is essential to be a car driver. Anyone who would like to know more about the club can phone 0115 8541028 or visit www.facebook.com/ndhabc.



A

B

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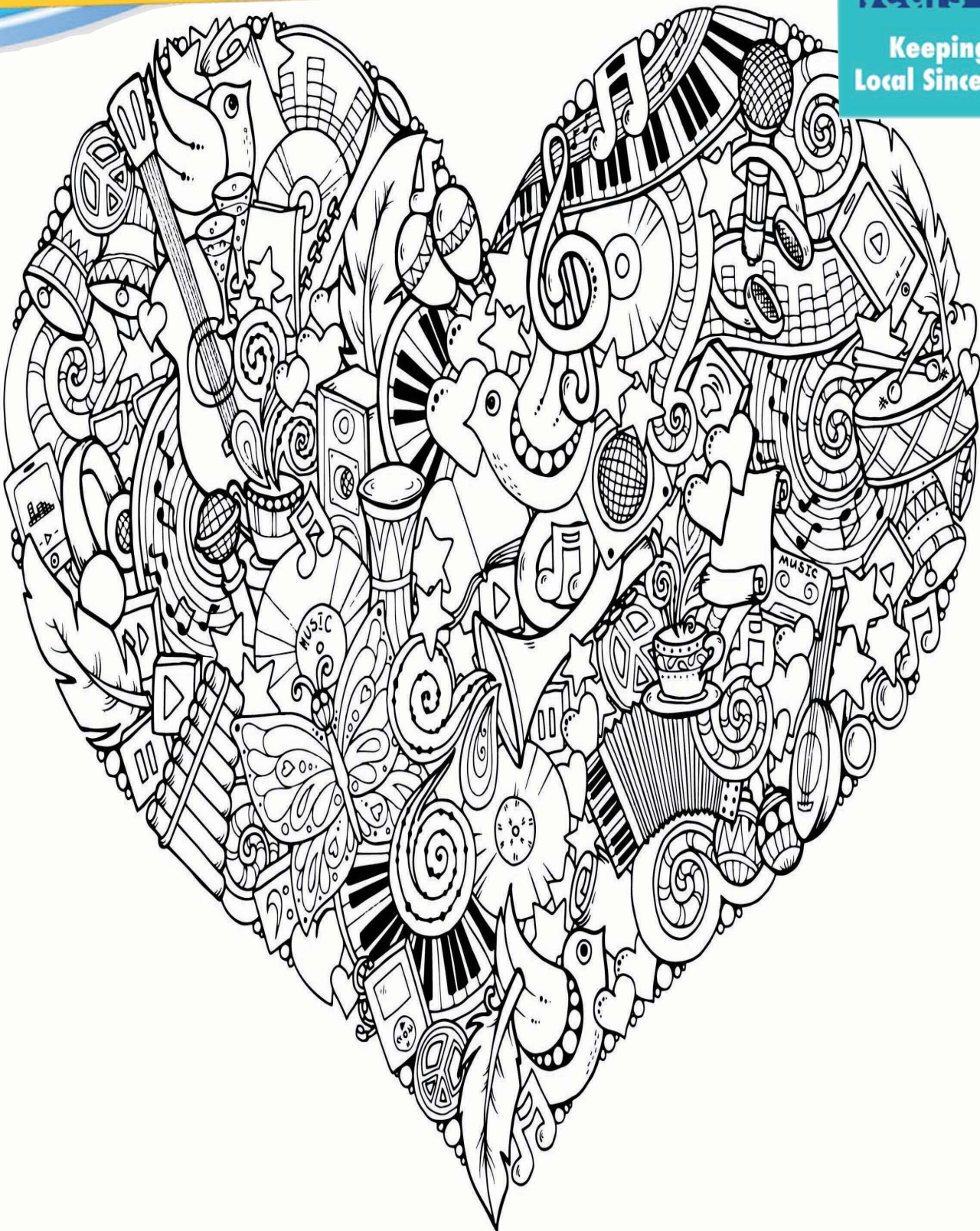
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