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APRIL 2023

ISSUE 244

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# local appeal

keeping it

local

SINCE  
2002

**Meet Ruby a local reader, fundraising so that she can volunteer for a year with Project Trust. As part of this journey Ruby also wants to share her love of Netball with Africa. Can you help Ruby?...**

Later this year local reader Ruby Chambers is embarking on an exciting adventure, volunteering in Ghana. With the aid of Project Trust an organisation with over 55 years experience in providing training and resources, Ruby is calling out for our community to help get her there.

Ruby is a keen Netball player and has been playing Netball since she was 12 years old, currently playing Bramcote Netball club.

"I'm looking forward to helping and hopefully making a difference in the place I will be posted. My motivation for choosing to take this time out, is to learn more about the world and different cultures whilst teaching English to others where it may not be their first language. By doing this, I hope to be giving to those who may not have had the same experiences as myself and help them in anyway I can.

One of my greatest passions is taking part in Netball. Whilst I'm out volunteering, I'm looking to bring the sport to the children there too. I think it will be a great way to interact and enjoy some down time from the challenges I may face".

Project Trust encourage individuals to take part of the fundraising on themselves. Doing so is an important part of the Project Trust experience and an opportunity to learn and develop skills for life.

So far Ruby, who works part time at The Commercial in Beeston has had a jar on the bar. "I'm so grateful to the many donations I have had over the last few weeks, it's all helping towards my goal of just under £7000.

As well as the jar, I've had cake sales, carboot sales and generous donations from my Just Giving Page."

Whilst Ruby is out volunteering, she also hopes to take several items to give out to the children when she arrives. To do this she is looking for companies to support her by taking on sponsorship of items.

Netball Tabards, PE Bags, and Personalised Wristbands are amongst some of the items she'll be taking.

"I'm asking all local businesses to help me on my endeavours to make a difference and bring a smile to the childrens' faces when they receive the equipment.

**If you would like to sponsor Ruby, please contact her on her Facebook Page: Ruby's Volunteering Year**

**Or contact the Breeze team on email at: [info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)**



**Project Trust** offers young people aged 17-25 in the UK and Europe the opportunity to explore their potential through a year-long teaching or youth development placement in either Africa, Asia, or Latin America. Since 1967, over 8,000 Project Trust Volunteers have developed new skills, learned from another culture and contributed to a community abroad.

Through long-term international volunteering experiences, Project Trust empowers young people to develop their confidence, resilience, awareness, and leadership skills. Engaging in cross-cultural exchange, Volunteers have a positive impact within host communities and share their learning and understanding when they return. Project Trust strives to offer volunteering opportunities contributing to the United Nations' Sustainable Development Goals, specifically in the promotion of Quality Education.

Project Trust volunteering placements will push young people out of their comfort zone. Through this, young people are challenged to explore their potential, building on existing skills as well as learning new ones. It is also a unique opportunity to explore a different culture and contribute a positive impact on the community.

Project Trust works with partner organisations around the world and projects are carefully chosen to ensure young peoples' skills can be put to good use and will not take work away from local people.

**To find out more visit <https://projecttrust.org.uk>**







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# learn, laugh, live

keeping it

## local

SINCE  
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### Adventure calls for retired Beeston civil servant who scales dizzying heights with u3a

Nigel Statham doesn't consider himself an action man, but he does love to keep active and busy. After retiring from the Civil Service, he joined national learning movement u3a and signed up to the Adventures Outside Your Comfort Zone group – just one of a number of high-octane adventure groups across the movement.

The organisation supports older adults to learn new skills and develop friendships in networks online and in person for as little as £20 per year. It's open to anyone who is no longer in full-time work.

Nigel, a member of Beeston u3a says: "I retired just before lockdown which was very frustrating but gave me time to sort the house out and all the paperwork I'd accumulated over the years. It also helped me really appreciate my local area."

But he was yearning to fire up his social and active life again once it was over, that's when he joined u3a. There are more than 1,000 u3as across the country with hundreds of interest groups to choose from.

Nigel quickly signed up for table tennis, family history, the landscape and environment group and singing for fun. His head was really turned by the new Adventures Outside Your Comfort Zone group. "And a climbing wall was certainly outside of my comfort zone", laughs Nigel as he recalls scaling the wall of his local climbing centre with other new members. "I'm not an action man at all but it was a great opportunity, and I was really up for giving it a go."

It gave the original group of six a taste for excitement, and their numbers have swelled to two dozen members with ambitions take part in zip lining, paddleboarding and even axe throwing. Friendships have been forged and a couple of adrenaline-junkie members have signed up to do a sky dive together.

Nigel says he is delighted to have joined the u3a movement and adds: "It is a great way to meet people, try different things and continue your search for knowledge, no matter your age."

From walking to talking, geology to genealogy – there is something for everyone at u3a.

**Why not find out how you can get involved? Visit [www.u3a.org.uk](http://www.u3a.org.uk)**



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# property of the month

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SINCE  
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**Old Post House  
745 Wollaton Road  
Wollaton**

**Freehold £1,350,000**



Tucked away in a secluded and enviable position behind a walled garden in the heart of the village of Wollaton sits The Old Post House, a charming six bedroom detached family home with extensive gardens and outbuildings.

A versatile detached property with incredible character and history, believed to date back to broadly 1800 and have retained a wealth of original character and charm yet also display a fabulous opportunity for the incoming purchaser to upgrade and re-model to their taste and requirements.

In brief, the stunning individual property offers: A generous entrance hallway, WC, dining room, lounge, conservatory, breakfast room and dining kitchen with pantry to the ground floor. Below are two cellars.

Rising to the first floor are five bedrooms, two bathrooms, a WC and study with a further attic bedroom and attic space above.

Outside the property has a gated driveway beyond which is a garage and two storey stable/barn which could be utilised for a number of purposes subject to the necessary consents and extensive and mature gardens to both front and rear with lawns, patios, well stocked beds and borders and mature shrubs and trees.

Available to the market for the first time in 60 years, the property benefits from chain free possession and displays considerable development potential that can only be truly appreciated through viewing.

**For more information contact Robert Ellis  
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## family business

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**Meet Harry and his team in Long Eaton. Harry's Home Improvements share their story so far...**

"Hello my name is Harry and I'm the owner of **Harry's Home Improvements**. I began working in the double glazing industry over 35 years ago doing domestic and commercial installations. Around 5 years ago my son Kye started working alongside me, so we became a father and son installation team.

As I approached 60, the goal for myself was to 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. Last year another father and son installation team joined us, and as a whole, we have a great team with a fantastic work ethic who work to a very high standard taking pride in our work, and ensuring that our customers are satisfied with the overall installation.

We supply and install a variety of products, composite and UPVC doors, conservatories, windows, porches, patio/sliding and bifolding doors, Fascia and Soffits, we also cover most repair work as well. All of our products come fully guaranteed. We offer free quotations and advice, and in most cases operate on a 0% deposit system, with the balance due upon completion of the installation".

**Harry's Home Improvements is:**

- A Certass Registered company (a government-authorised industry standard for self-certification of compliance with Building Regulations. It covers the replacement of external windows, doors, roof windows and roof lights in England and Wales)
- A member of QANW (one of the UK's leading insurance backed guarantee provider)

Within the 35 years of being in the trade, it has allowed myself and Harry's Home Improvements to build up great customer rapport and 100% satisfaction, with many happy returning customers.

Being a small family business, you will always get the highest level of service and aftercare, whether its one window getting installed, general advice or a full house installation.

**Feel free to visit our showroom, 8 Market Place Long Eaton NG10 1LS** (opposite Costa on the high street) to take a look at the range of composite doors, windows and conservatories we have on display. We also take pride in having a wall full of before and after installations with many customer reviews for you to take a look at.

**Our showroom opening hours are Monday – Friday 9am-4pm, and Saturdays 9am-3pm**  
**Find us Facebook** where we have many 'before and after' photos of installations that have been completed over the years to browse through, or maybe even get some inspiration for yourself!

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# slam dunk!

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local

SINCE 2002

Nick Wild of Bramcote, Nottingham has been selected to represent the England under-16 Basketball team as they head out to Dublin this month to compete in the Four Nations tournament, playing the home countries and Ireland.

Nick will be hoping to catch the GB selectors' eyes at this tournament ahead of a busy international summer schedule for those selected.

Standing at 6'8" and still only 15 years old, Nick has always been taller than all of his peers. This height is ideal for his position of Centre which means that he's responsible for stopping the opposition getting near the basket, blocking shots and fighting for rebounds.

From age 5 Nick was taken on by coach Tracey West from the local basketball club; Chilwell Comets who train at Chilwell Olympia. He competed in the Nottinghamshire Open under-12s league from age 6 alongside his sister (see picture) and later represented Nottinghamshire at County competitions.

Nick then moved to Derby Trailblazers Basketball Club at age 10 in order to compete in National League competitions and went on to represent the East Midlands region in Basketball England's Aspire programme.

A major operation put Nick out of all sport for 6 months, but his love of the game saw him fight back to full fitness, eventually playing in both the under-16 and under-18 age groups in the 2022/23 season.

Currently attending the George Spencer Academy, Nick has had much to balance with his upcoming GCSEs and his basketball commitments.

From September, he will be part of the Derby Trailblazers Basketball Academy running out of the Derby College group. Trailblazers compete in the Elite Academy Basketball League (EABL), the highest college league in England.

Who knows where this journey will lead, maybe to playing College Basketball in America, maybe to a team in the UK or Europe. But for now, we will all be behind Nick as he takes his first steps onto the international stage in April.

Follow Nick's basketball on Instagram: [gingerbballer](#)  
Nottinghamshire Basketball Association: [nottsbasketball@gmail.com](mailto:nottsbasketball@gmail.com)  
Nottinghamshire Open under-12s league: [nottsminisbball@gmail.com](mailto:nottsminisbball@gmail.com)



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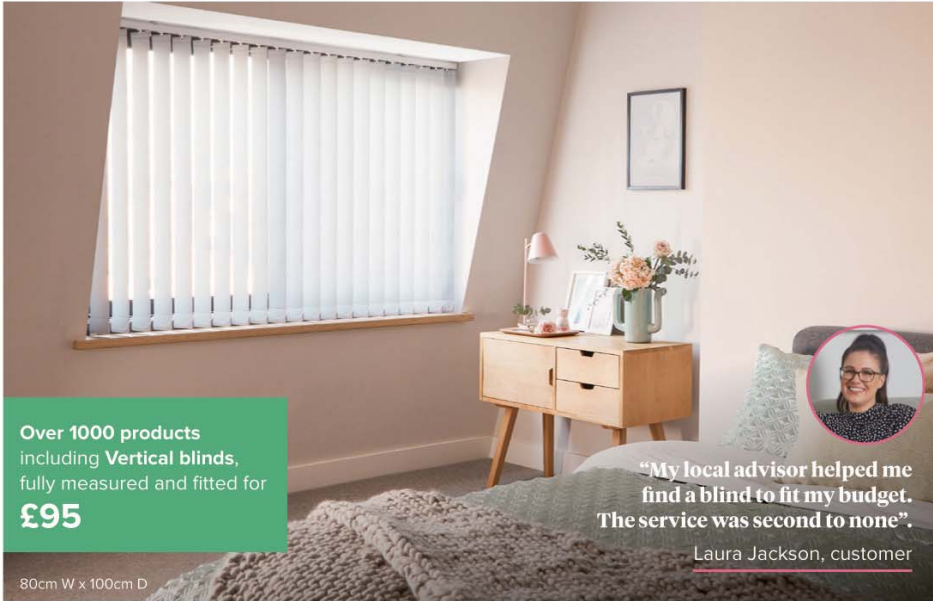




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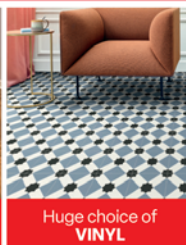
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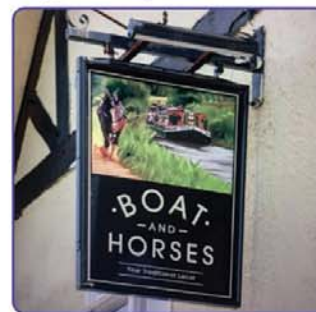
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# beeston film festival

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SINCE  
2002

The 9th Annual Beeston Film Festival is here..  
By Sam Kurd



It's April, and you know what that means... it's Beeston Film Festival month!

Unfortunately, because of how publishing works I'm writing this in advance of the festival! I was tempted to write this as a Schrodinger's Festival piece, referring to the Festival as both 'about to happen' and 'has already happened'... but I've wisely decided that it won't be as funny on paper as it is in my head, so I tossed a coin and 'has already happened' won, so...

What a great festival that was! So much fun, so glamorous! Who could believe that we'd sell out every session and break box office records? And the celebrities, wow, I was blown away!

OK, perhaps that's taking it a little too far.

In any case, we're so proud to be able to bring our humble film festival back for the ninth year in a row, and we're so grateful for the continued support of our beloved home town.

Next month we'll cover which films won our coveted B'Oscar awards, but for now here's a few more of the outstanding short films you will see/have already seen (sorry) at the festival:

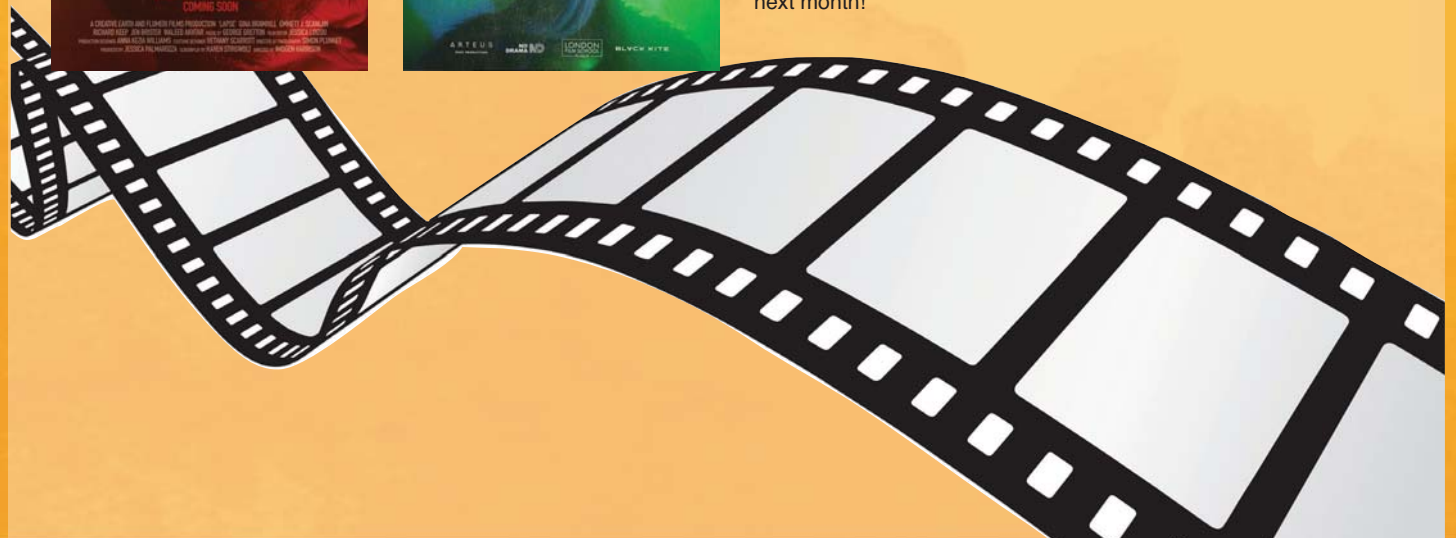
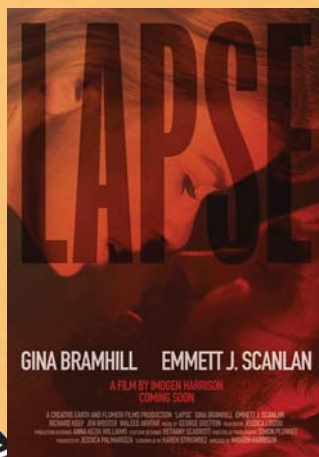
**Bona Vacantia** is a drama about a council worker whose job is to investigate the homes of the recently-deceased. It's a tough unsung job, and it's no wonder she finds herself fixating on death so much.

**Unders** follows a group of teens in Glasgow at an under-18s club night, exploring the toxic behaviour of these boys and how it affects their girl friends. A sobering look at a very serious problem.

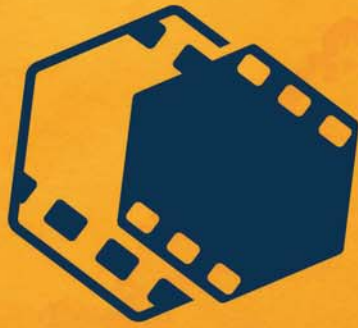
Over in the Horror category there's **Hidden Mother**, a period film about a businesswoman in the late 19th Century who discovers her client's deeply upsetting family secret. It's not a bells-and-whistles and jumpscare-aplenty affair; this is a superb exercise in how to ramp up tension and unease.

Sticking with uneasy moods, **Lapse** is a psychological thriller about the danger of one-night-stands, especially if you're already married. While it may be innocent fun or a mostly harmless lapse of judgement most of the time, our cardiologist heroine discovers the hard way that sometimes you just don't know who you're taking to bed. It's a gender-flipped Fatal Attraction!

That's all for now, keep your eyes peeled for our B'Oscar round-up next month!







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BREAST CANCER

# pink ribbon walk

ARE BACK

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2002



Breast Cancer Now's iconic Pink Ribbon Walk is returning to beauty hotspots in the UK and calling on outdoor lovers to step forward for people affected by breast cancer at the 10 or 20-mile walks.

Taking place in two beautiful countryside locations in May and July, the Pink Ribbon Walk events are one of the Breast Cancer Now's biggest and best-loved fundraising events – having raised more than £14.5 million for world class breast cancer research and support since its first walkers crossed the finish line in 2005.

Returning to Blenheim Palace on Saturday 13th May and Chatsworth House on Saturday 8th July, Breast Cancer Now's Pink Ribbon Walks are perfect for newbie walkers and seasoned hikers alike. You can walk your way – in a group, on your own, or even with your dog!

Your support has never been more important. Breast Cancer Now estimates that by 2030, 1.2 million women will be living with breast cancer. With every step, walkers at the Pink Ribbon Walk events will help Breast Cancer Now to be here for everyone affected by the disease and fund life-saving research, to give that all-important hope for the future.

Claire Pulford, Associate Director, Community and Events at Breast Cancer Now, said: "It's absolutely fantastic to once again be inviting everyone to put their best foot forward and get sponsored to join us for one of our Pink Ribbon Walks at two of our most treasured venues- Blenheim and Chatsworth.

"Whether it's a new challenge or breath-taking views you're looking for, this is a chance to come together with friends, family, your four-legged companion or to walk solo, for an enjoyable day while making a real difference to anyone affected by breast cancer. We'll be ready and waiting with a hero's welcome, your well-earned medal and a meal to celebrate your achievement with you at the finish line.

"Help us to create hope with every step. Register for a Pink Ribbon Walk now, we look forward to welcoming you at the start line!"

Walkers will be supported all the way with a clearly marked route, expert guides and regular rest stops with snacks - allowing those taking part to soak up the spectacular scenery and focus on reaching that finish line.

**Challenge yourself to a Pink Ribbon Walk and help fund life-changing research and support.**

**Find out more and register today at <http://www.breastcancernow.org/ribbonwalk>**



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# gardening...

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Gardening expert Chris Bonnett from GardeningExpress.co.uk says last year's unprecedented weather with record high temperatures and water shortages could be seen again this year if current rainfall levels are anything to go by.

Already experts are talking about drought conditions. A recent meeting of the National Drought Group noted 63% of rivers are currently below normal levels for this time of year.

Rainfall over the next three months will be vital in reducing the drought risk for the summer.

Now gardeners are being encouraged to think about what they plant and opt for drought tolerant varieties to keep their garden looking healthy.

Chris Bonnett from GardeningExpress.co.uk said: "Last year was unlike any summer I've ever seen and these intense periods of heat and lack of rainfall are likely to become more prevalent.

"Gardeners need to adapt and think about what they can grow that's tolerant of these difficult conditions. There are lots of options from favourites like lavender to more unusual plants like passion flowers.

"There's also other things gardeners can be doing now like installing water butts to collect rainwater to water their garden."



## Here is GardeningExpress.co.uk's suggestions for drought tolerant plants:

**Lavender** is a staple in a UK garden with the beautiful blue flowers and the distinctive fragrance. It's also a good drought tolerant plant. Try planting close to a path or in a garden border to fully enjoy the scent. Lavender also works well in planters on the patio or deck. And the added bonus? Beneficial insects like bees and butterflies love them.

### Passion Flower -

This exotic climber copes with a lack of rain well and thrives during hot summers. This is a show stopper in the garden. The white flowers with central rings of purple, blue and white spiky filaments are in full bloom from July to September, followed by egg-shaped, orange-yellow fruit. These are perfect for a tropical garden but look stunning whatever your garden theme.

*continued...*



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# gardening...

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2002

**Cordyline Australis** - Drought tolerant, cordyline creates a statement in the garden with its upright, palm like appearance and green, sword like leaves. These hardy plants flourish in full sun. Mature plants have fragrant, white blooms in clusters which appear during late spring.

**Hebe** - Drought tolerant Hebes are the ultimate foliage plants providing interest all year round. These evergreen shrubs will add colour and texture to your outside space. The low growing domes of densely packed leaves can be planted just about everywhere. They're virtually maintenance free, frost hardy, drought tolerant and tolerant of shade, sun and poor soil.

**Perovskia** - This drought tolerant small shrub is also known as Russian Sage. Its aromatic leaves and upright spikes of violet blue flowers make a lovely display in the garden. It flowers from late July through to September. Try planting alongside a path to fully enjoy the sage-like fragrance of its leaves.

**Artemisia Powis Castle** - The silver Artemisia Powis Castle is a wonderful plant that acts as the perfect foil for more showy flowers. Its finely cut foliage is what allows this plant to survive under drought conditions.

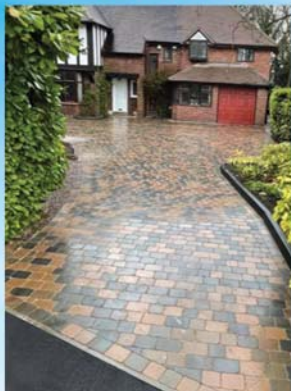
Mediterranean garden styles tend to be drought tolerant, for more advice head over to Gardening Express' garden guide.



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- ☐ Make an eye-test appointment.
- ☐ Put a torch by the bed, keep landing/hall lights on at night.
- ☐ Remove/tape down frayed carpet, replace worn-out slippers and clear clutter, especially in passageways, bedroom and round doorways.



Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



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# open studios

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inspire  
SINCE  
2002

Open Studios Nottinghamshire is back! Over 50 venues around Nottinghamshire and Nottingham will be opening their doors to the members of the public, giving them a chance to discover the work of over 100 artists.



Studios will be open over the last three weekends of May 2023 and will showcase a wide range of works from the arts world including: Painting, Drawing, Jewellery, Textiles, Print-making, Sculpture, Ceramics, Book Art, Photography, Fashion design, Woodworking, Furniture making, Glasswork and Papercutting. Visitors will have the chance to meet the makers behind their crafts, see something of their creative process, and have the opportunity to purchase works.

"We have an array of artists and makers both around Nottingham City itself and further out into the county! To name a couple, in the Beeston area we have Ian Jones with his Neo-expressionist paintings (opening his studio on 20th – 21st and 27th – 29th May 10am-4pm) and Zoe Zegula who will be showing her contemporary textile wall art at the Canalside Heritage Centre on 20th – 21st May 9.30 – 4pm. Further into the city at Greens Windmill in Sneinton we have another textile artist, Jane Marrows, whose nature inspired mixed media pieces, prints and cards will be on display 21st May 11am – 4pm.



For full details of all these events and many more, check out the OSNotts website [www.osnotts.co.uk](http://www.osnotts.co.uk) and follow our socials for updates: @osnotts on Instagram @openstudiosnotts on Facebook and @OSNotts on Twitter. The OSNotts brochure will also give full details of all events and will be available from April in Inspire libraries and other venues around the county and beyond!

Alongside the studios, Inspire Culture/Learning/Libraries will be hosting a number of supporting exhibitions, shining a spotlight on a selection of OSNotts artists and providing information on all OSNotts studio events.

The exhibitions are free to view and will run from Saturday 29th April to Sunday 4th June 2023 at Arnold, Beeston and Worksop libraries. For more information see: [www.inspireculture.org.uk/arts-culture/community/open-studios-notts](http://www.inspireculture.org.uk/arts-culture/community/open-studios-notts)



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**For further information contact: Gwynneth Johnson (Membership Secretary). Email: [gwynneth2011@hotmail.co.uk](mailto:gwynneth2011@hotmail.co.uk).**



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All visitors welcome!

[www.spotteddogart.org.uk](http://www.spotteddogart.org.uk)

Facebook: SD Art Group Nottingham

'The April Meeting of the Wollaton Natural History Society will be held on Wednesday, 19th April.

The Talk is entitled 'Green Is The New Black' by Tim Sexton, Species and Recording Officer at Rutland Water Nature Reserve.

Tim will look at some of the species he encountered during the transformation of the Rufford Abbey Coal Field.

**For more information visit our website [www.spanglefish.com/WollatonNaturalHistory](http://www.spanglefish.com/WollatonNaturalHistory)**

**Find us on Facebook or telephone our Chairman, Nigel Downes on 0115 9444671**

### Bestwood Male Voice Choir – Spring Concert

will be presenting their Spring Concert on **Saturday 11th March, 7.30pm at the Central Methodist Church, Baker Street, Hucknall.**

As well as being the first concert of the year, it is also the concert when the choir pays tribute to its founder, Len Hogg.

The choir was formed very soon after Len arrived at Bestwood as manager of the village colliery in the autumn of 1952, its first concert was held at Bestwood Village Hall in November 1953.

The varied programme will include some well known favourites of the choir, including 'Bring him home', 'Working man', 'Take me home', 'What would I do without my music', as well as new items such as 'This is the moment', 'One day like this', 'Something' and 'A million dreams'.

**Tickets are £10, available on the door, from Colin on 07789 987819 or online at: [www.bestwoodmvc.org.uk](http://www.bestwoodmvc.org.uk).**

Proceeds from the concert will be divided between the church and choir funds as well as a bucket collection for the Turkey/Syria Earthquake Appeal.



The choir's founder, Len Hogg

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are on Broadgate Park NG9 2EA.**

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**Hemlock Garden Club** A friendly local garden club which has been meeting for over 50 years, welcomes gardeners of all levels with a varied programme of visiting speakers on many different aspects of gardening and gardens great and small.

### Next talk:

**Thursday 20th April 2023 at 7.30pm.**

'Container Plants – Gardening in Containers and Veg in Pots'. A talk by Rachel Barrowcliffe, garden consultant, professional horticulturalist and garden adviser at Hodsock Priory, who should inspire with new ideas about planting up floral containers and those who thought they had no room to grow vegetables!

New members and visitors always welcome, members free entry, visitors £2.50 including refreshments. 3rd Thursday of the month from September to June. **Bramcote Memorial Hall, Church Street, Bramcote, NG9 3HD.**

**To find out more visit**

[www.Hemlockgardenclub.co.uk](http://www.Hemlockgardenclub.co.uk)

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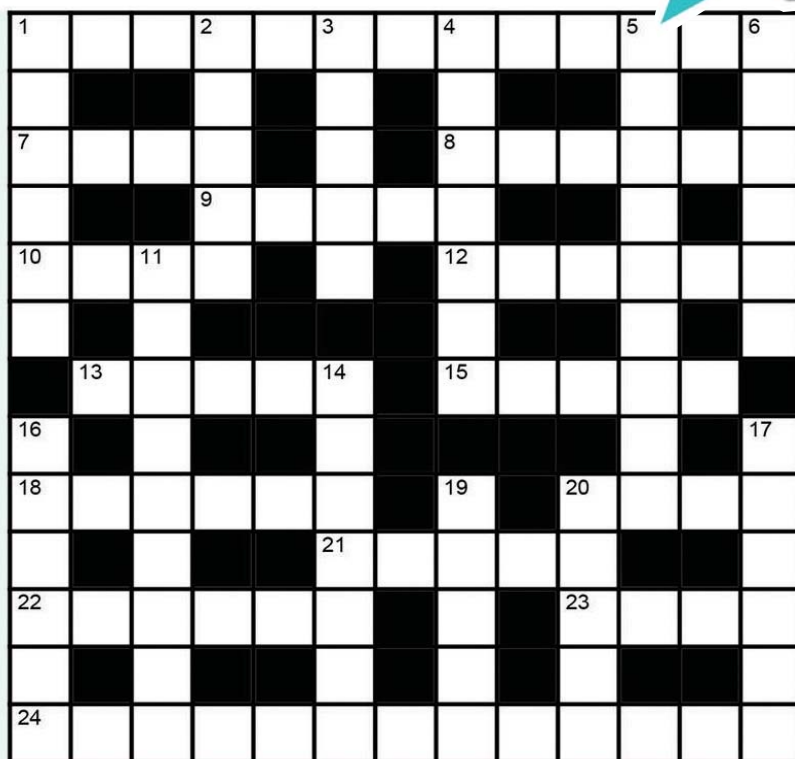
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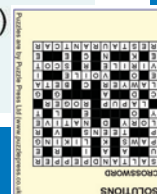
## CROSSWORD

### Across

- Common condiments (4,3,6)
- Cats' feet (4)
- Being moderately fond of (6)
- Time of life between the ages of 13 and 19 (5)
- Australasian parrot (4)
- Indigenous person (6)
- Take in with the tongue (3,2)
- Jolly \_\_\_\_, pirates' flag (5)
- Attorney (6)
- Greek letter (4)
- Light semi-transparent fabric (5)
- Potent, energetic (6)
- Native of Glasgow, for example (4)
- Train carriage reserved for eating (10,3)

### Down

- Furnish with (6)
- Appetising (5)
- Bare (5)
- Pale lager with a strong flavour of hops (7)
- Honour (9)
- Remorse (6)
- Repairs to the highway (9)
- Upstart (7)
- Ingenious (6)
- Covering for the lower leg and ankle (6)
- Latin for 'about' (5)
- Plagued (5)



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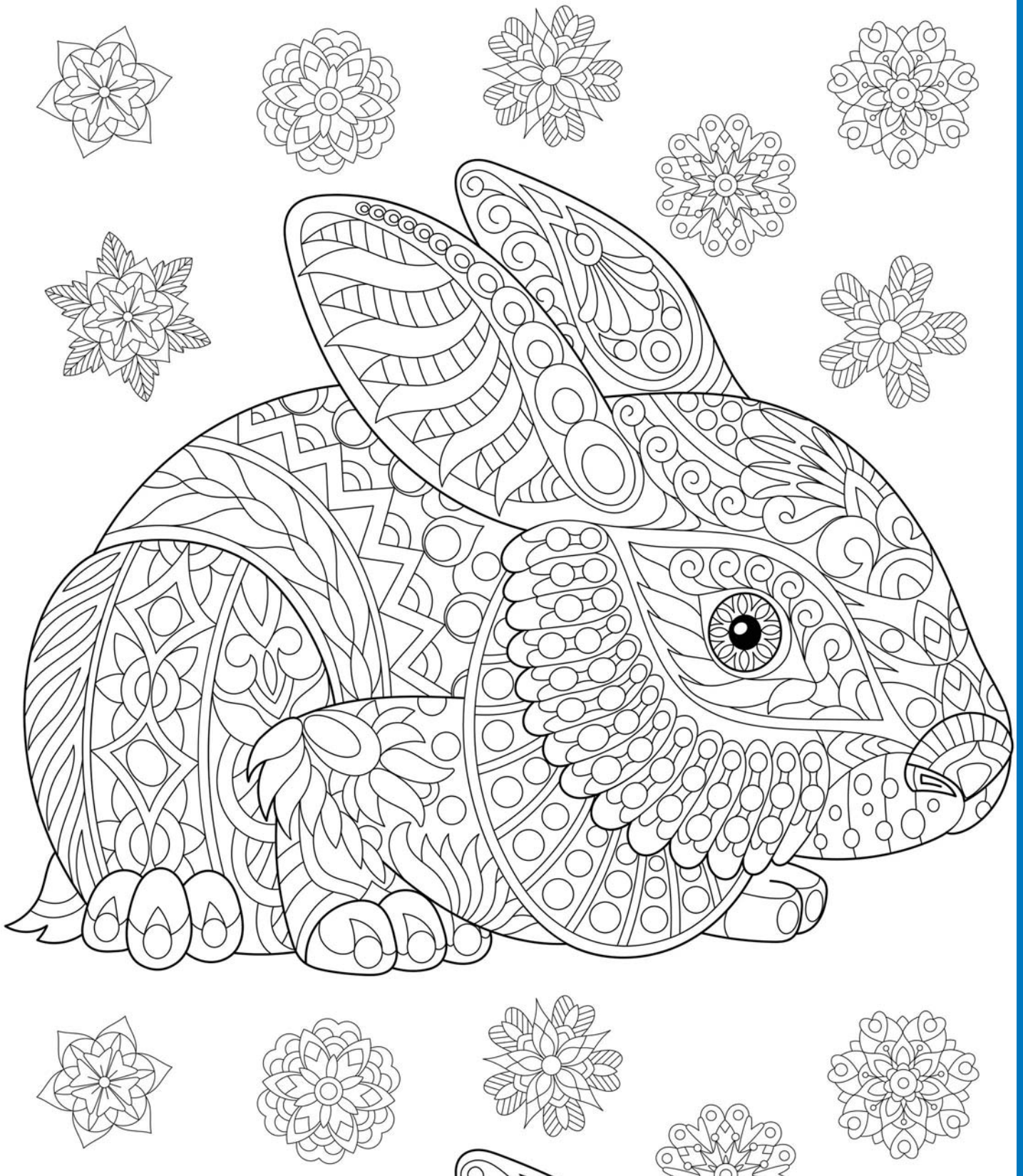


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