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ISSUE 247

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military wives

CHOIR

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"Let me introduce you to Nottingham Military Wives Choir. We are a group of ladies that love to sing. It makes us come alive, laugh, and have fun with other ladies that all have one thing in common, we have a connection to military life. This may be because we are married to or are a partner of a serving member or veteran. We might have sons or daughters that are either serving or are married into the forces family or we might even be serving ourselves, whatever the connection we all have a unique understanding of what it means to share our loved one or our life with the military and right now we are looking for a new Musical Director, to help us continue our singing, could that be you?"

Being part of the military can be an amazing experience, but it also comes with times when you can feel very alone, homesick, or just be having a really bad day, your other half can be away for many months, and you are far away from family and friends. This is when opportunities like the Military Wives Choir can be a huge support. It's a chance to have a couple of hours just being able to forget whatever your worries, concerns or frustrations may be, surrounded by supportive people and just sing your heart out.

All Military Wives Choirs have a no audition rule, they are open to all eligible ladies, just turn up sing to the best of your ability and enjoy the night. Nottingham choir are now into our 10th year having formed in April 2013. We are based in Chetwynd Barracks in Chilwell and meet every Monday during term time from 7:15pm – 9:15pm.

We are part of a network of over sixty other choirs based in the UK, the Falkland Islands and British bases across the world and have over 2147 members. We are a charity that is self-funded and each choir is run and supported by volunteers. We raise money to support our own choir and other choirs that need financial support.

During our ten years we have been privileged to sing at some very special events, a few of which have included Southwell Minster, Lichfield Cathedral, De Montfort Hall, been part of 2 MWC CDs and being featured in the film "Military Wives". We have been part of many concerts and appearances both locally and around the country. Our network shares a core repertoire and commissions exciting new pieces from composers and genres such as Owain Park and Joanna Forbes L'Strange. We also sing a wide range of contemporary music from musicals to pop.

As I mentioned at the beginning of this piece, we are looking for someone to come into the role of Musical Director, do you think this sounds like something you would like to do, do you like to spend time with people that love to sing, are friendly and upbeat?"

If you are interested in the role of Musical Director please email: nottingham@militarywiveschoirs.org

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school holidays

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Free fun and food for eligible children during the summer school holidays

The Holiday Activities and Food programme (HAF) is back this summer to provide school children who receive benefits-related free school meals with a variety of FREE face-to-face activities to enjoy during the school holidays.

The programme works collaboratively with schools, young people's centres, district and borough councils, and external providers, to support the physical and mental wellbeing of school children through varied and fun activities, as well as a meal on the day.

Families across Nottinghamshire with eligible children should have received letters with their unique HAF code for booking activities, whilst some families will also have their letters sent home through schools. Parents can check if their child is eligible for free school meals by visiting the County Council's website below.

In 2022 the HAF programme reached 12,133 Nottinghamshire primary and secondary school children across spring, summer, autumn and winter through 138 venues. Children and young people took part in a range of activities, including bowling, ice skating, climbing, crafts, cooking, sports, dance, and adventure days.

Children who attended fed back their positive experience to the HAF team with 89% saying that they had fun and 96% wanting to join the programme again in 2023. The cost-free aspect was also greatly appreciated by parents with 100% agreeing that HAF has helped them with the cost-of-living increases.

Natalie, parent to a child who took part in the spring HAF programme, said: "I would definitely recommend HAF, it's very good for children's social skills. My daughter loves it here. All the new skills that she's learning are great".

Clare Harding, Head Teacher at Asquith Primary school, said: "There's a whole bunch of reasons why HAF is so important. It's somewhere children can go that's safe, they can socialise, they can enjoy themselves and where they can keep fit and help develop healthy lifestyles. Being able to come to an activity where food is provided where they're with their friends just gives children a sense of self-worth and self-esteem".

Councillor Tracey Taylor, Cabinet Member for Children and Families, said "It's incredible to see that the work delivered so far for children and families as part of the Holiday Activities and Food programme has been so well-received and had such a positive and impactful effect on families in Nottinghamshire.

"The HAF activity sessions are a wonderful opportunity for school children to socialise in a safe place and enjoy a variety of fun and engaging activities. I would encourage parents to find out if their child is eligible on the Nottinghamshire County Council website and sign up to the activities with their unique HAF code".

You can find eligibility criteria and register for free school meals on Nottinghamshire County Council's website: nottinghamshire.gov.uk/freeschoolmeals

Find out more about the Holiday Activities and Food programme for Nottinghamshire: www.nottinghamshire.gov.uk/hafprogramme





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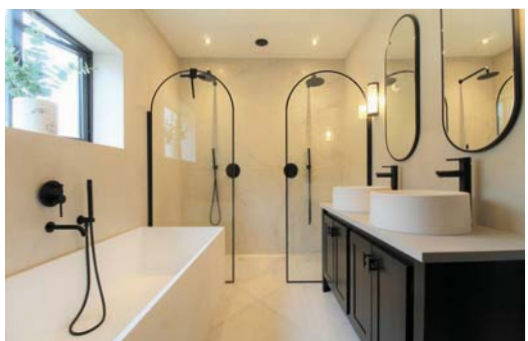
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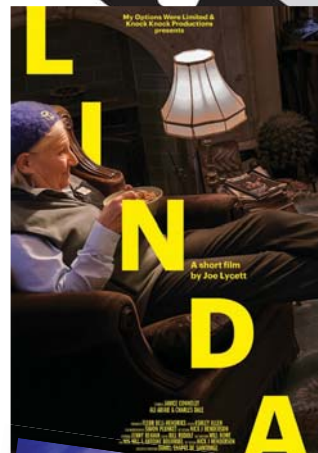
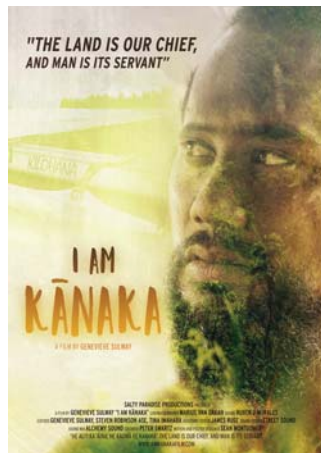
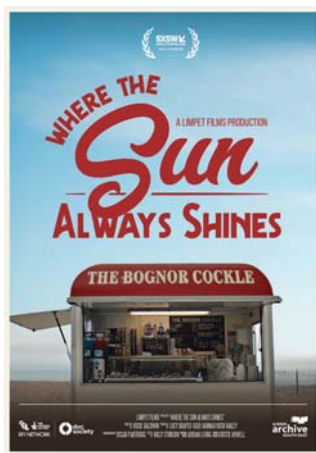
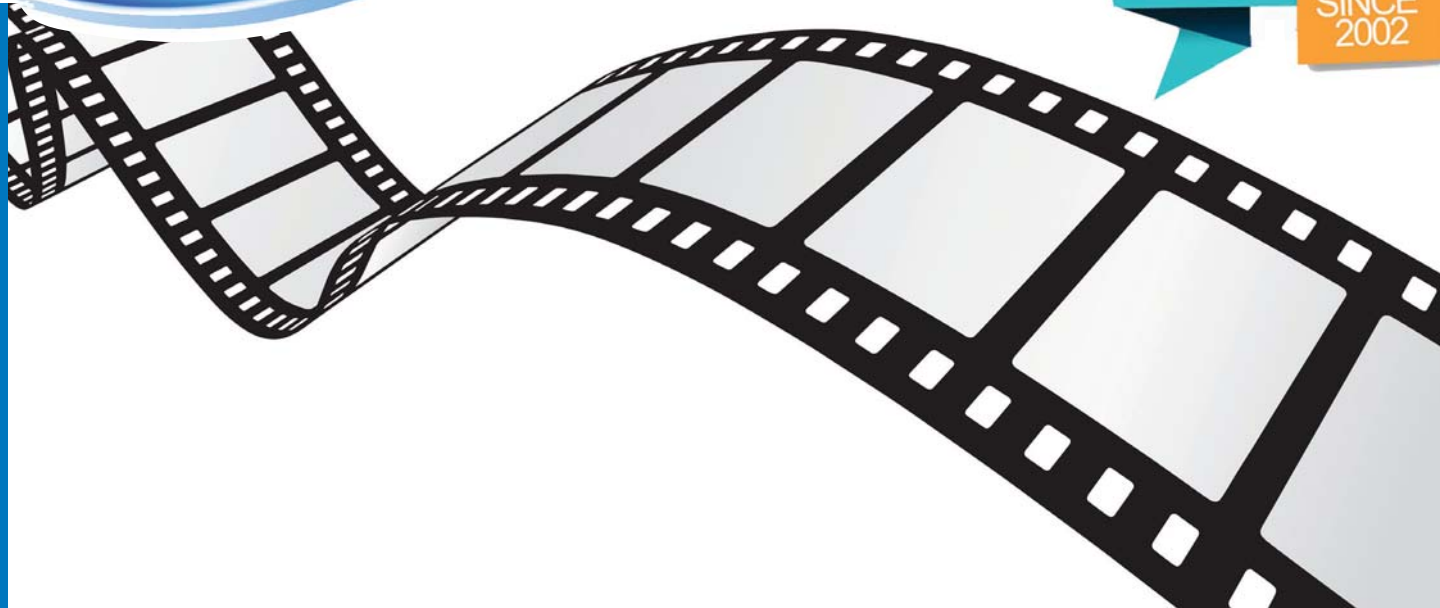
beeston film

by Sam Kurd

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SINCE 2002



Ah, late Summer, my favourite time of year! The heatwaves have (mostly) calmed down, cooler breezes are creeping in and the weather's just right for long evening walks... or for staying in and watching films, of course!

As next year is Beeston Film Festival's 10th Anniversary, we're taking extra care to make sure the very best films are selected. It's a tough job, but rewarding – there are so many gems, so many stories and perspectives from around the world that need to be shared.

At a time when writers and actors are on strike demanding fair pay from major studios and companies, we need independent and international film more than ever. We need to broaden our horizons and try stories we'd never normally consider, just to remind ourselves what a treasure trove there is beyond the blockbusters and franchises. We all love a good superhero action flick, but let's not neglect the small intimate pictures with stories worth telling.

Here are some more of the best of this year's short film submissions:

The Lure is a short sharp shock of a horror film, as nasty as it is brief, with an ending that can't help but startle a nervous laugh out of you.

On the other end of the spectrum is **Where the Sun Always Shines**, a documentary in which the residents of Bognor Regis reminisce on the town's glittering past and uncertain climate-change-threatened future. A quiet and thoughtful reflection.

Similarly, **I Am Kanaka** is a window into life in Hawai'i, exploring its dark past under colonialist rule and how its annexation by the USA has impacted its people. A sobering watch, it paints an image far from the tropical paradise tourists usually associate with the state.

On a cheerier note there's **Linda**, a comedy by writer and director Joe Lycett (him off the telly!). We've all met a Linda, someone who goes on and on with the tallest of tales and improbable personal achievements until it drives you mad! If you don't know a Linda, I'm afraid you might well be one...

Lastly there's **The Star and the Scribe**, a whimsical Studio Ghibli-esque animation about a rabbit astronomer who meets a new friend, a falling star, and must decide whether or not to join them in the night sky. Gorgeously animated, bound to be a hit among younger viewers!



That's all from me, until next time! **Sam**



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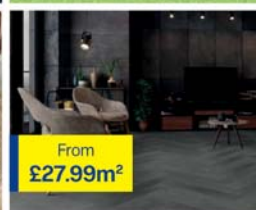
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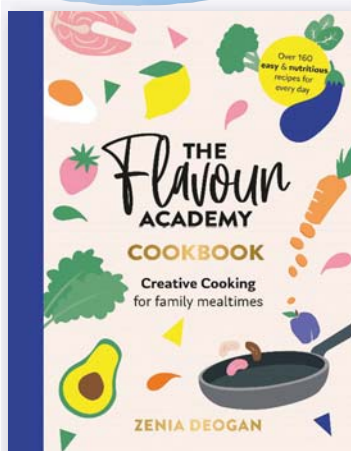
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flavour academy

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SINCE
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Nottingham mum and businesswoman releases her cookbook this month...

The Flavour Academy is a unique cookbook for all the family, featuring over 160 nutritious recipes that explore taste, texture and flavour. Based on the author's extensive knowledge of food and sensory sciences, these recipes are designed to create positive food experiences at home with ease. Home cooks of any skill level can use The Flavour Academy to reinvent everyday mealtimes, transforming them into fun, exciting experiences that offer nutrition and nourishment in more ways than one.

Much more than a recipe book, The Flavour Academy is also packed with fascinating information about how our five senses interact and influence our perception of food – and ultimately our individual food choices – making this a great resource for parents to gain a deeper understanding of the importance of introducing children to a wide range of foods early on. Every recipe includes ingredients that can be used to introduce little ones to solids whether through spoon-fed or baby-led weaning, alongside a whole chapter of tips and advice for parents to guide and inspire them on this journey.

Author Zenia's own interest in food stemmed from a very young age. She has a passion for creating delicious meals that not only taste great but also appeal to all five senses. Her approach to food and cooking is based on the principles of sensory science, which involves understanding how different tastes, aromas, and textures interact with our senses to create a pleasurable eating experience. Zenia's creations are delicious as well as

visually appealing, with emphasis on colour, texture, and presentation. She shares her knowledge through consultations, workshops, online courses, and collaborations with well-known brands.

Almost all the recipes in this book are easily adaptable, and several follow a unique format that focuses on a key ingredient while giving you five different ways to cook with it. 5 Ways with Lentils, for example, includes a pasta bake, savoury pancakes, soup, quiche and burgers. Other highlights in the book include Chocolate Chip Chickpea Cookies, Easy Rainbow Garden Loaf, Lamb Seekh Kebabs, Savoury Breakfast Biscuits and plenty more creative ideas. The book is designed to grow with your family and inspire everyone to learn more about food and get involved with cooking.

About the Author

Zenia Deogan is a nutritionist, food scientist, sensory scientist and founder of The Flavour Academy, a platform that offers individualised guidance for anyone seeking to build a strong foundation in nutrition and cooking, develop healthy eating habits, and create positive experiences at mealtimes. Zenia has been involved in consumer-based and innovation projects and training expert panels with brands such as Mr Kipling, Lloyd Grossman, OXO and Bisto. She has also worked with large retailers including Aldi, Lidl and Tesco as well as the water and beer industries. Combining her strong culinary foundation with this extensive experience, Zenia also specialises in recipe development and testing, culinary ideation, food styling, and photography. This is her first book.



The Flavour Academy is a 192-page hardback and retails at £25. It will be available to purchase from <https://www.theflavouracademy.com/product-page/the-flavour-academy-cookbook>, www.mezepublishing.co.uk, bookshops including Waterstones and Amazon.

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Local fencing company, JMI Fencing Limited has been voted 'The Best Fencing Contractor' in Nottingham for 2023.

An overall quality score exceeding 95% was achieved, making them the top ranked in Nottingham

Breeze finds out more...

JMI Fencing Limited are a family-run company specialising in fencing and gates. Their time-served team has over thirty years' experience in supplying and fitting fences and gates.

This year they have been awarded a 'Quality Business Award'. This award represents less than 1% of registered businesses in the UK.

This is the seal of quality that a business has achieved an overall quality score of 95% or greater. If a business has won a 'Quality Business Award', the dedication to providing a quality product and maintaining an overall fantastic customer experience is recognized.

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For the annual ABC Arts Trail 2023 Expect forty plus local artists, designers and makers who will be showcasing and selling their work across Attenborough, Beeston and Chilwell in various venues.

Over the two day arts trail you'll find painters, printmakers, photographers, textile artists, potters, jewellery designers and sculptors exhibiting and in many cases demonstrating their creative skills live.

The ABC Arts Trail began in 2015 and last year saw more exhibiting artists. and visitors than ever. We are excited about featuring several new artists this year.

Explore the trail map over the weekend and discover what local creative minds in Attenborough, Beeston and Chilwell have been bringing to life. The arts trail is an artistic adventure on your doorstep and a great way for everyone to get involved for free.

Proudly sponsored by local businesses, the ABC Arts Trail brings into focus local creative talent and provides an opportunity for the community to meet the artists, designers and makers.

ENTRY IS FREE so pick up a brochure map locally or on the trail. Open 11am to 5pm on Saturday 2nd and Sunday 3rd September. Find out more at: www.abcarttrail.uk



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The recent mix of sunny and rainy weather can make it hard when it comes to caring for your garden.

GardeningExpress.co.uk are offering advice on how to garden in our changing climate and look after your plants in heavy rain, windy conditions and extreme temperatures.

Green fingered Brits are being offered top advice on how to cope with the changeable weather this summer.

The gardening experts at have looked at small changes in the garden to help plants cope with extreme heat, heavy downpours and high winds.

They suggest adapting planting schemes to the changing climate and to use planting to create shade and windbreaks.

Other advice includes reducing hard surfaces to allow for better drainage, installing water butts and mulching to retain moisture in the soil.

Chris Bonnett from said: "In the last few weeks the weather has thrown everything at us. One minute we're basking in glorious sunshine, the next sheltering from thunderstorms and heavy bursts of rain.

"Unfortunately this is unlikely to change and gardeners need to begin to adapt their gardens to cope with changeable conditions.

"There are some very easy and simple steps we can all be taking now which will make a difference to the impact the changing weather has on our outdoor space."

Here are 's tips for gardening in our changing climate:

Extreme temperatures

Last summer the extreme temperatures took us and our gardens by surprise. To keep plants healthy as the mercury rises:

- Mulching is a good way to keep moisture in the soil rather than allowing it to dry out. Early autumn is a good time to mulch. It's also a useful cover during heavy winds to protect plants.
- Consider drought tolerant plants in your garden design. Cottage garden favourite lavender is a good choice, as are irises and verbenas.
- Native plants should be able to cope with changeable conditions. However, it's worth factoring that rising temperatures may mean Mediterranean plants will be well suited to the UK
- Creating shade for us and our plants will become crucial as it gets warmer. In a small garden, think about vines and climbing plants. If you have a bigger space, trees are a great option.

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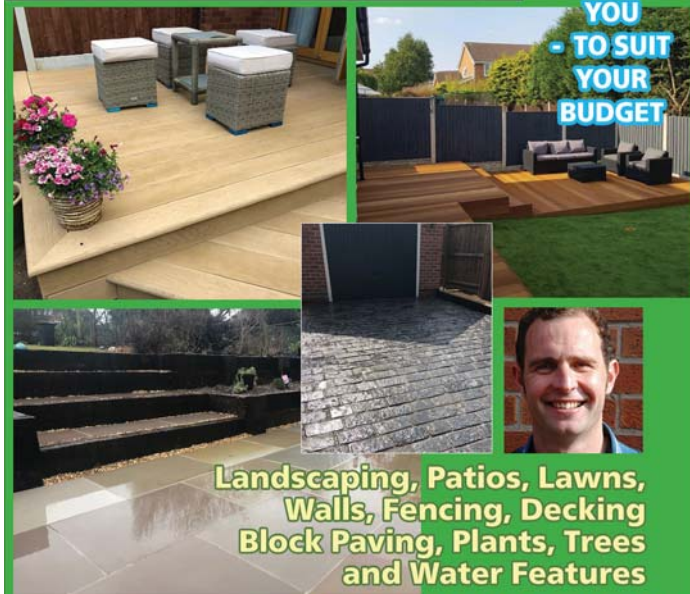
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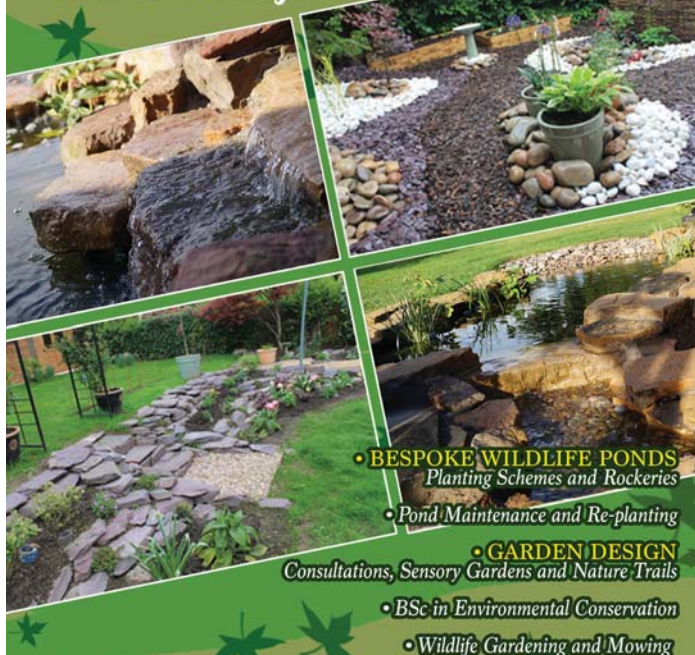
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Heavy rain

Heavy downpours and consistent rain leave surface water. To help drainage in your garden:

- Reduce hard surfaces to allow rainwater to drain away in the garden. Hard landscaping has a place in our gardens, but make sure you have grassed areas, flower beds and vegetable patches to soak up the rain.
- Collect rainwater by installing a water butt. When we do have water restrictions in place, you should have enough to keep your garden looking good.
- Improving your soil will improve drainage so dig in plenty of organic matter to get it in top condition.
- Raised beds are a good option if your garden is prone to excess surface water. These need to be raised above the water table to reduce the risk of flooding.

Windy conditions

High winds can batter our gardens. Planting changes could make a big difference:

- Plant wind tolerant plants or ornamental grasses which do well in breezy conditions. Plants with deep roots and bendy branches are the ones you want to look out for.
- Creating a windbreak with planting is an option if you live in a windy spot. Using the right trees and shrubs will create a shelter belt to limit the amount of breeze in the garden.

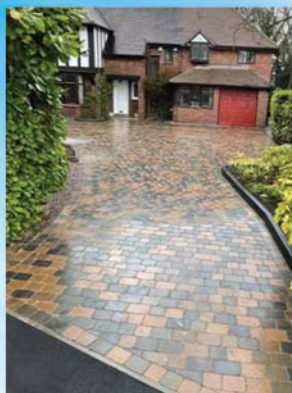
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Upcoming talk: The Geology of Planet Earth with Pete Webb. Monday 18th September at 7.30pm.

This fascinating talk will reveal how the earth was formed, describe the three types of rock and explain plate tectonics. Pete will also show us a variety of minerals, fossils and geological maps. You've heard of 'the water cycle', now it's time to learn about 'the rock cycle'.

£3 Adults. Children free. Trent Vale Infant School, Trent Road, Beeston Rylands, NG9 1LP.

If you would like to find out more information or speak to someone about the group please contact Nigel Slater on 0115 916 6518 or visit www.beestonwildlifegroup.org

SPOTTED DOG ART GROUP SEPTEMBER WORKSHOP

Seascape in Acrylic.

Tutor: Mark Warner

Saturday 16th September

Venue: Bramcote Memorial Hall.

10.00am to 4.00pm.

The idea of the workshop is to produce an acrylic seascape from an image provided. We will look at colour, contrast, movement and experimenting with a sense of atmospheric perspective.

You can work on canvas or acrylic/watercolour paper with the minimum size being approx A3.

Mark will demonstrate how we can use flat andigger brushes with acrylics to develop the painting.

To book:

Please contact the Bookings

Secretary: Janet Waters.

Email: janetwaters32@gmail.com.

Website: www.spotteddogart.org.uk

Facebook: SD Art Group Nottingham.

EREWASH PHOENIX CHOIR, based in Sandiacre, are seeking a dynamic, talented MD to lead our newly funded project "Phoenix spreads its wings"

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Sunshine on Leith follows the highs and lows of Ally and his friend Davy as they search for normality after returning from a tour in Afghanistan. A tale of love; love for family, love for friends, love for romantic partners and love for our homes. Secrets will be revealed, relationships will be made and lost, and broken hearts will be mended once more. And they will do it all while singing to the heartfelt music of The Proclaimers, of "I'm Gonna Be (500 Miles)" and "Letter from America" fame. With everything from up-tempo dance numbers to romantic ballads, high energy comedy scenes to gritty pathos, it's a heart-warming and uplifting tale.

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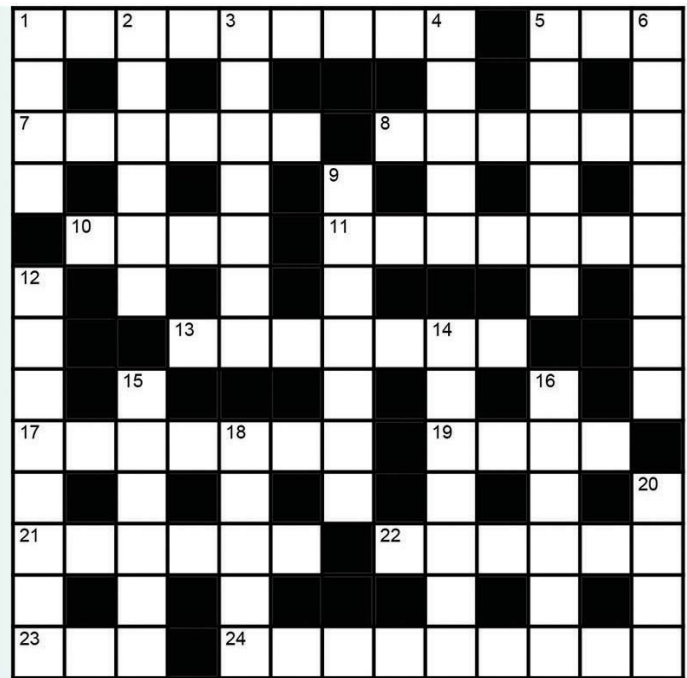
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- 5 Total (3)
- 7 Male reproductive organ of a flower (6)
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- 10 Waistband (4)
- 11 Funeral procession (7)
- 13 Play it again (2-5)
- 17 Run or skip about briskly (7)
- 19 Territory (4)
- 21 Amphibious animal renowned for its fur (6)
- 22 Mouth fluid (6)
- 23 Affirmative word (3)
- 24 Extra wheel (5,4)

Down

- 1 Mislaid (4)
- 2 Shingle (6)
- 3 Term of endearment (7)
- 4 Step (5)
- 5 Seven people considered as a unit (6)
- 6 Revealing supreme skill (8)
- 9 Appearance of a place (7)
- 12 Maybe (8)
- 14 Assemble in proper sequence (7)
- 15 Units of weight for precious stones (6)
- 16 Anything having existence (6)
- 18 Newspaper writers and photographers, collectively (5)
- 20 Hollow in a rock (4)

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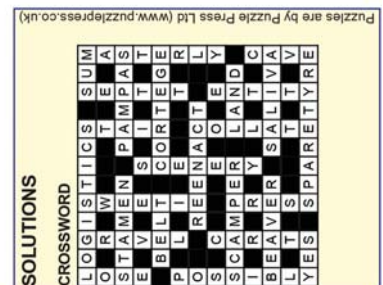
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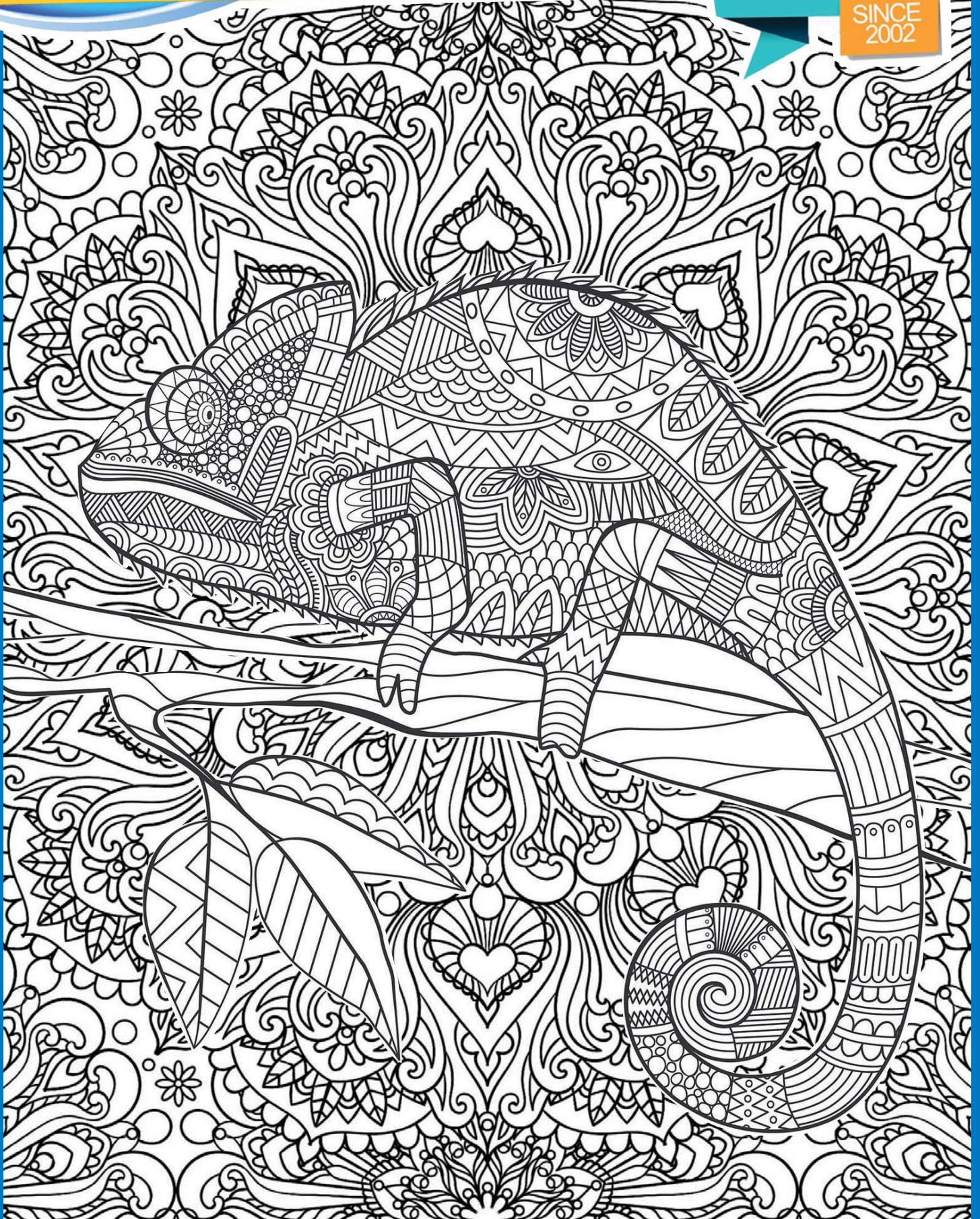
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