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ISSUE 252



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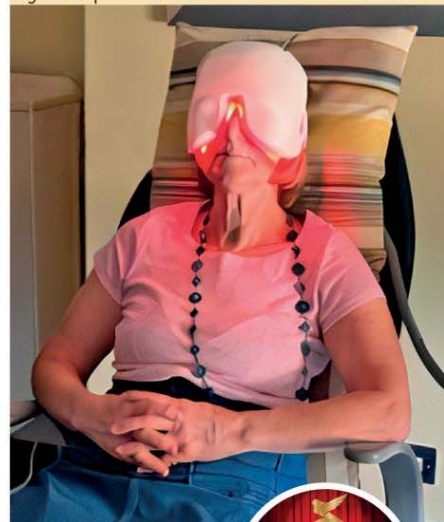
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Dr Sheeraz Janjua



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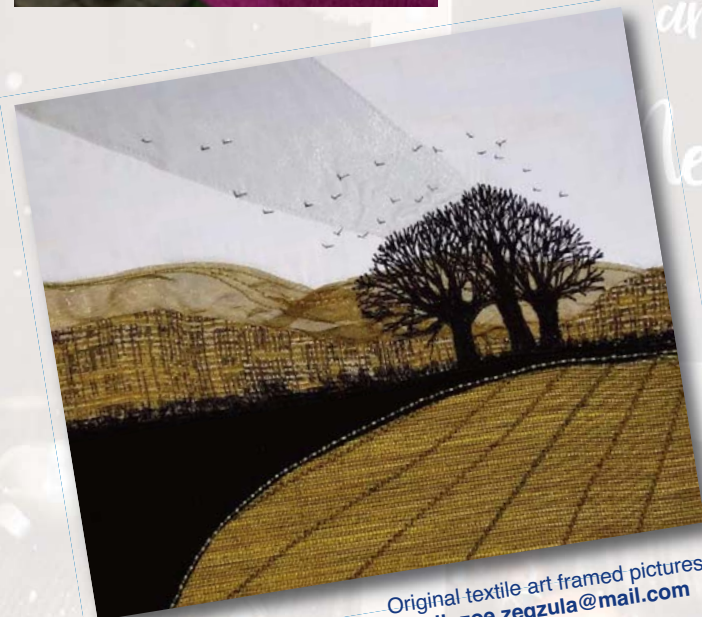
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voluntary awards

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Nine volunteers have been recognised for their commitment and dedication to improving the lives of people in Broxtowe.

Brian and Beryl Hickling (pictured top left) were awarded the lifetime achievement award for their work with Elderberries, Greasley, a weekly club which provides opportunities for elderly residents to meet, share a cuppa and enjoy entertainment together. Brian and Beryl have been organising and facilitating the club for more than 25 years.

Other winners include:

Benefitting Broxtowe Award - Stephen Richardson

Stephen works hard to ensure the food banks of Stapleford and the wider areas of Broxtowe are fully stocked and supplied.

Community Hero Award – Marwa Soliman

Founder of Heya Nottingham, Marwa (pictured left, middle) has devoted her time and resources too ensure that woman and families can participate in activities that foster a sense of belonging within and among the Arab community, as well as promoting cohesion with other groups.

Culture and Heritage Award - Marwa Soliman

As part of her work with Heya, Marwa has also been instrumental in ensuring the Arabic culture is celebrated and shared with British and other cultures.

The Green Futures Award - Heather Brunt

Heather has been instrumental in setting up Incredible Edible Beeston, a community group bringing Beeston together by reclaiming unused patches of land to grow food for everyone.

Sporting Volunteer Award - Adam Thomas

Adam and his team of coaches have reinvented football within Brinsley, coaching and hosting matches, as well as fundraising to help local groups get involved. This has included setting up an exchange for grown out football boots and kits to allow children to start playing football.

Youth Work Volunteer Award - Jaime Ellis

Jaime has been an officer in the Boys Brigade, Stapleford for over twenty years, giving up his evenings to help run the local branch, as well as acting as Vice Chair for Brigades in Nottinghamshire and hosting events for young people to participate in.

The Young Volunteer Award - Christopher and Emma Boneham

Christopher, 7 and Emma, 5 (pictured left) join their dad and other members of the Kimberley Big Clean Team to help pick litter in the local area. They have always had the option to stay home but every month they ask to join in and spend a couple of hours litter picking around Kimberley.

Mayor of Broxtowe, Councillor Teresa Cullen said: "There are so many wonderful volunteers across the whole Borough of Broxtowe and it is my absolute honour to be able to recognise some of them through the Broxtowe Volunteer Awards. Community spirit is alive and kicking in Broxtowe and our winners are evidence of that. I hope that their stories help inspire others to carry on their incredible work."



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The January Challenge 2024: Creativity Champions including poet Michael Rosen and the Jo Cox Foundation invite people to explore curiosity, care and belonging through creativity

64 Million Artists announces its 11th January Challenge for 2024 with thirty-one Creativity Champions. Children's Laureate Wales, Alex Wharton, artist Krystal Lowe, CBeebies' presenter Nigel Clarke, poet Michael Rosen and a host of community partners are joining in. Each day, one Creativity Champion offers a suggestion for creative thinking, making, seeing and doing. The January Challenge activities are all free, accessible, and available in person at local workshops and online.



Images: left to right Alex Wharton, Krystal Lowe, Nigel Clarke and Michael Rosen

"Creativity is... trial and error without fear of failure." Michael Rosen

64 Million Artists is a social enterprise inviting everyone in the UK to explore their creative potential and unlock the power of their imagination. Since 2012, every year over 50,000 people across the UK have explored their individual creativity with The January Challenge. Every morning throughout January, an inspiring invitation to be creative is emailed directly to everyone who is signed up.

The January Challenge is a mass participatory national campaign designed to boost creativity during the gloomiest month of the year and improve well-being and happiness. It is a celebration of everyday creativity across the UK featuring well-known and local community Creativity Champions from across the UK, including writers, makers, and community groups. They have contributed ideas for the daily creative challenges and will host virtual events, contribute to podcasts and run in-person workshops for the 31 days of January.

"Creativity is... Doing It Yourself, Doing It Together. Creativity is... How we survive this, how we imagine a different world, how we craft it together." Lea Cooper

Creativity can be explored alone, with friends and family or as part of a teaching plan, library event, or team engagement at work or in any community setting. The January Challenge encourages people taking part online to build a community by sharing what they have created on social media.

Also taking part is Ica Headlam from We Are Here Scotland, artist and illustrator Shilpi Sahu from India, graphic artist Nadina Did This from Marseille in France and Edinburgh-based Zine maker and librarian Lea Cooper.

Community organisations taking part as Creativity Champions include Frimley NHS, The Jo Cox Foundation, HMP Berwyn in Wrexham, Scottish Libraries, The Warm Welcome Campaign and Hill Care Homes.

Michael Rosen, Poet says: "The January Challenge is a lovely idea for people to think about the fact that you've got creativity inside you. Everybody has - they're doing gardening and thinking, 'Well, I'll put this over there, and do this over there, I'll just try that out' - that's actually creativity! If you just name five of the major problems of the world, or whatever it is, you can be sure that they need creative ways of dealing with them. Because if you're not creative about them, you'll just repeat your mistakes. So we need creativity. When you put something out there, either onto a piece of paper, or what you've actually done, is taken something out of your head, and this enables you to look at yourself taking you beyond feeling satisfied, it takes you into a kind of serenity."

Nigel Clarke, founder of Dadvengers and CBeebies' presenter said: "I think The January Challenge is amazing. It's really accessible for people because it just allows people to get into whatever might interest them. One creative prompt could be paints and things like that and another one could be music. I do a lot of work with parents and families and I started something called Dadvengers, we're using that platform to share The January Challenge creative prompts for families and specifically for dads and men to get involved as it's usually a little bit more difficult to get men involved in creative activities."

Jo Hunter, Co-founder and CEO, 64 Million Artists said: "The January Challenge has supported thousands of people to be creative even when they didn't think they could be. Ideas have the possibility to change the world, and seeing ideas spark in so many people throughout this usually gloomy month brings joy to everyone who joins in. This year we are thrilled to have 31 incredible Creative Champions delivering fun and thoughtful suggestions to brighten the dark winter days. We really believe that using our creativity can make positive change in our lives and the world around us."

Interviews with Creativity Champions Alex Wharton, Michael Rosen and Nigel Clarke can be found on the 'Creativity is...' podcast by 64 Million Artists on all podcasting apps.

To find out more about The January Challenge, sign up and get involved in 2024 visit www.64millionartists.com

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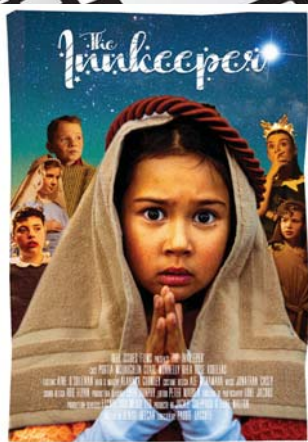
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Happy Holidays from Beeston Film Festival
by Sam Kurd



December already? I guess it's true what they say: time flies when you're having fun watching independent films from all around the world for the Midlands' best film festival! It's a very specific proverb, very niche, I think it might be French.

Let's be honest, though; it's been another tough year, at home and abroad. It can sometimes feel like the darkness is overwhelming and hope is just a flickering candle on the windowsill. But this is just the time of year for hope, and a host of candles can keep the dark at bay.

So look after that spark of hope, nurture it in your friends and neighbours, and let's all do our best to take care of each other. Eat good food together, laugh together... and watch excellent films together!

At the time of writing we've had nearly 850 submissions, a new record for us, with plenty of time for more to come in before we shut up shop at the end of this month.

Here's a few top-scoring standouts:

In keeping with the season, there's **The Inkeeper**, a heart-warming Irish film about a little girl in a nativity play who absolutely doesn't want to turn Mary & Joseph away. It's extremely funny, but surprisingly moving once you realise why she's so set on it.

Art is a comedy that follows a Cornish pensioner who turns to painting to save herself & her husband from financial ruin. I'd never heard Cornish before, it's a beautiful language!

Supertramp is an animated film that doesn't so much tug on the heartstrings as yank on them! It's about a stray puppy that's adopted by a little girl but goes through terrible hardship to be reunited with her, many years later, after they get forcibly separated. Bring tissues!

Dear Vladimir is a cheeky thumb-nose to a certain Russian statesman from a Ukrainian refugee living in the UK. It's a little slice of life and a powerful reminder that refugees are human beings and not statistics.

And finally there's punnily titled **Period Drama**. Have you ever wondered what a Jane Austen story would look like if the heroine got her period at a most unsuitable time? Hilarity and chaos ensue!

That's all for this year – happy holidays from all of us at Beeston Film Festival!



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Robert Ellis are pleased to be instructed to market this stunning home which is positioned on a private plot with Southerly facing gardens overlooking open fields. This beautiful property was built approximately 12 years ago by the current owners and for the accommodation and privacy of the gardens to be appreciated, it must be viewed by interested parties who are in search of a property of this calibre between Nottingham and Derby.

The property is constructed of block and beam flooring to both the ground and most of the first floor, which also has underfloor heating, there are 14 solar panels to the roof and a rainwater harvester which provides water for two toilets and two outside taps. As people will see when they view each bedroom has a highly appointed en-suite bathroom/shower room and there is the open plan dining/living kitchen which was fitted by Steven Christopher with glass fronted charcoal coloured wall and base units, Corian work surfaces and several high quality integrated appliances and from the dining/sitting room part of this room there are bi-folding doors leading out to the landscaped rear garden.

The property is constructed of an attractive facia brick to the external elevations with stone lintels and sills to the windows under a pitched tiled roof with the spacious and tastefully finished accommodation benefiting from the underfloor heating system to two floors and radiators to the second floor and triple glazed sash style windows throughout.

This beautiful home is entered through a solid wood panelled door from the porch to the reception hall, from which there are stairs with a glazed balustrade leading to the first floor and Porcelanosa tiling runs from the hall into the living/dining kitchen and study.

Outside there is the integral double garage, the drive at the front with electric gates out to the private road which leads off Mount Street and there are paths either side leading to the private gardens at the rear which has extensive patio/seating areas with retaining walls, mature beds with a water feature and steps leading down to a lawn where there is a garden room and a bridge over the Golden Brook and open fields beyond.

**For more information contact Robert Ellis
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ducks away!

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local

SINCE
2002

**The 32nd Annual Duck Race will take place on Monday 1st January 2024
at Manor Park Toton. Starting at 1.00pm**

The Mayor of Broxtowe will start the race by releasing over 1300 plastic ducks into the River Erewash. They will swim down the river and be caught at the bridge approximately 600 yards downstream. The owners of the first 10 ducks to cross the winning line will receive a prize, all donated by local business.

"Since 2016 we have included a 'Corporate' race. We already have several local businesses sponsoring ducks and we are continuing to invite others to join this prestigious corporate event. For just £25 local business owners can sponsor a duck or 2 for the bargain price of £40. Each business will have an opportunity to win a prize to share around their employees. This race which takes place immediately before the main race has become a popular and integral part of the day!

The Duck race is always a great day for all the family, with a number of fun things to do. We will be serving Mulled wine, mince pies, tea, coffee, hot chocolate, hot dogs and delicious doughnuts. There will be a tombola, prize every time cuddly toy stall and face painting for the children and a chance, for a small donation, to own one of our 'retired ducks'.

For just £1.50 people can have the opportunity to sponsor a duck and win a prize.

We usually gather around 1pm and we aim to launch the ducks by 2pm. There is lots to keep everyone busy during the lead up to the race and we try to make sure that everyone who wants to purchase a ticket at just £1.50 can do so however it is possible to buy your ducks on line now to avoid the queue on the day.

Angela Barnes, fundraising manager for Age UK Derby & Derbyshire said, "The Duck Race has become a tradition and attracts hundreds of local people and many family pets. It is one of the few events that all of the family can enjoy together. And there is always a great atmosphere. The people in the Toton/Beeston/Long Eaton/Sandiacre, Stapleford, Nottingham and Derby area now attend as a matter of course. After all what else can you do on New Years day?

All of the money raised will be used to benefit local older people.

To reserve a duck, go to our website:

www.ageuk.org.uk/derbyandderbyshire or call Angela Barnes – 01773 766922/ 07745 191777 or email fundraisingteam@ageukdd.org.uk



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fundraising drive...

keeping it

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SINCE
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Local rugby club, Nottingham Casuals, is tackling its way to a revamped clubhouse with a fundraising drive that's capturing the imagination of the local community.

The ambitious crowdfunding campaign, aiming to raise £25,000 by Christmas, is set to kick the club into a sustainable new era starting with solar panels, an irrigation system, and a kitchen refurbishment. These projects will save vital money on energy, make the pitches playable throughout the year and enable the club to accommodate more visitors. They'll then move on to installing new floodlights and extending the clubhouse. It's a massive challenge, but they're tackling it head on!

Local businesses have been donating "rewards" to help the Casuals team achieve their goal. Ranging from gift voucher and discount offers to experiences days, the generosity of our community has been amazing. Anyone can buy the rewards, you don't have to be a club member to take part, so please take a look for some great offers.

The club isn't just relying on local support; they've enlisted the star power of international rugby stars to add some extra flair to their fundraising. Sadia Kabeya, England Red Rose and Loughborough Lightning player, recently visited Canalside to help raise awareness of the project and Ella Wyrwas, England Red Rose and Saracens player will be joining us in the new year.

Following an hour's coaching session led by Sadia, the young players and coaches had the opportunity to engage in a lively Q&A session with her. The questions were amazing and really showed the passion that our young people have for the sport and their club. Even the smallest players were brave enough to take the mike and ask for advice! The event was really inspiring, proving why the club is so dedicated to ensuring that the planned improvements can help widen participation in rugby across Nottingham. It's not just about rugby as a sport, but a huge amount of support in other areas of the Casuals family's lives. Fundraising committee member, Penny Nichols, expressed gratitude for the overwhelming support: "The generosity of local businesses and the enthusiasm from the community are driving us closer to our goal. We're confident that with everyone's support, we'll hit our target and transform the Casuals clubhouse into something truly special."

As the countdown to the Christmas deadline continues, the team at Casuals is encouraging everyone to get involved in the festivities. Whether it's buying reward items on the Crowdfunder website, attending upcoming fundraising events, or simply spreading the word, every contribution brings them closer to their £25,000 goal.

If you that would like to donate a reward from your business, sponsor a team, attend an event or volunteer some time to help, please contact the crowdfunding team at casualscrowdfunding@outlook.com or check out NCRFC's website.

With the community firmly in their corner and international rugby stardust settling on the club, Nottingham Casuals RFC is hopeful for a win both on and off the field. So, join your local rugby club in this exciting journey to transform their clubhouse into a buzzing community hub!

Nottingham Casuals are based at Canalside, NG9 1NG and welcomes new players of all ages. If you'd like to join them, pop down or call 07902 867364.



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SINCE
2002

From choosing the right Christmas tree to keeping the wildlife happy. Here's this month's gardening...

With the festive season underway, Brits are being told of important signs that indicate their Christmas tree is healthy.

Experts at have listed seven important elements that a healthy tree should display.

Many families prefer real trees over artificial ones for their fresh pine scent and nostalgic feel.

A healthy tree will keep its charm throughout December ensuring it still looks great on Christmas Day.

Key indications of a healthy tree include a strong and sturdy trunk, a bright colour and a fresh aroma.

Chris Bonnett, the founder of said: "Picking out a Christmas tree is a significant festive tradition for many families, but with the abundance of different options, it can be overwhelming to choose the right one."

"Our representatives keep an eye on our Christmas trees as they grow in sustainably sourced plantations to ensure all customers get a healthy tree that will keep its spark all the way until Christmas Day. There are certain things they look out for to ensure a tree is up to standard."

"Instead of relying solely on appearances, it's important to inspect the tree to determine how fresh it is."

"Simple checks like running your hands through the branches and checking for signs of dryness or needle loss can tell you a lot about how healthy the tree is."

Seven signs of a healthy Christmas tree:

1. Fragrance of tree

Different trees will have different scents but a strong, pleasant and fresh aroma is a good indication of a healthy tree. Musty and mouldy smells are signs of potential decay.

2. Evenly distributed branches

Evenly distributed branches show that a tree has been taken care of properly. Any bare spots show that the tree has been under stress meaning it won't last until Christmas Day.

3. The colour

Colour is a prominent sign of a healthy tree! You want your tree to look as bright and green as possible. Don't forget to take a close look at the whole tree to make sure there isn't any grey or brown colouring, as it can be a sign of a dying tree.

4. The location of the tree

Opt for a tree that has been kept in a partially shaded spot. Trees that have been kept in a partially shaded spot allow for a smoother transition when the tree is brought indoors, as it has already acclimated to protection from direct sunlight.

5. Condition of needles

Evaluate the needles for their flexibility, as sturdy needles that snap easily indicate an unhealthy tree. The needles should be resilient and pliable so you can easily hang your ornaments on them.

6. Shedding of needles

Gently run your hands through the branches or tap the tree trunk to check for needle shedding. While some needle loss is expected, excessive shedding should be a red flag. This indicates the tree may not be as fresh as desired.

7. Sturdy trunk

A sturdy trunk is essential for safety and is a positive sign of a healthy Christmas tree. It indicates the tree has been well cared for and has developed properly.



Photo credit: Pexels

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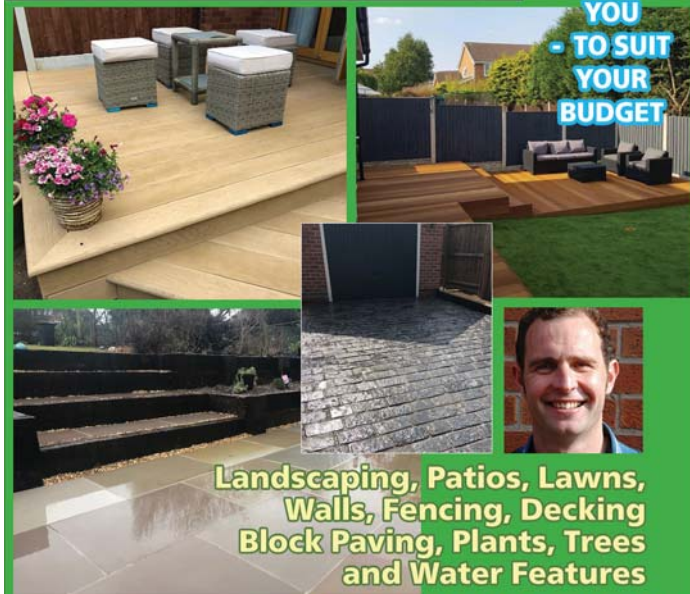
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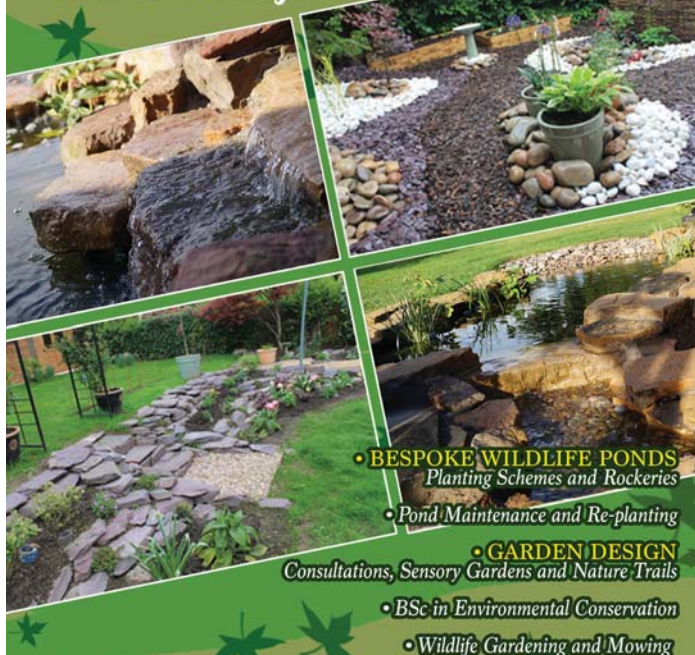
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acorn hunt...

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SINCE
2002



Breeze finds out more about the Sherwood Seedbank, a one-of-a-kind community tree nursery based near Sherwood Pines, invited members of the public to collect 10,000 acorns with them in the heart of Sherwood Forest, right next to the Major Oak.

They saw an incredible turnout, despite the weather, with 117 people joining in the fun. From locals, to holiday makers, to school trips, the Seedbank bought a great selection of people out to help.

Alex, the Community Tree Nurse Officer, hosted an acorn sowing event at Vicar Water Country Park. With the help of volunteers, she managed to sow around 1,000 acorns, which is a fantastic start to the planting season.

The Sherwood Seedbank is run by the Sherwood Forest Trust – an independent charity based in Edwinstowe – who carry out a planting programmes each year with local schools, landowners and community groups, helping to increase the number of native trees in the Sherwood Forest area. One of the trees most associated with Sherwood Forest is the English oak, but it can take 2-3 years to grow saplings to a size suitable for planting out.

With the new community tree nursery, the Sherwood Seedbank are now able to collect and sow seeds, which are then propagated and grown on to healthy young trees and native plants ready for planting out. They will be able to collect all types of Sherwood tree seeds, grow them on and then plant them out to extend Sherwood Forest!

Reflecting on the recent activities, Matt Smith, Conservation Manager for SFT, said “it has been a great effort by everyone involved in the collection and sowing of the acorns and we look forward to nurturing them into the next generation of Sherwood oaks before returning them to be planted in the Sherwood Forest area”



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what's on locally

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SINCE 2002

Look out for Beeston Roundtable

Santa Claus is Coming to town with a Brand New Sleigh!!

Beeston Roundtable will once again be running our Santa's sleigh this year to raise money for local charities and good causes, whilst spreading Christmas Cheer around the streets of Beeston, Chilwell, Toton, Attenborough, Bramcote and Stapleford. After over 35 years of service we've had to retire our old sleigh and we've been busy in Santa's workshop building a brand new one, thanks to local donations and crowdfunding so we look forward to showing it off. Please see below for our routes and dates:

Monday 4th Dec - Chilwell & Attenborough

Tuesday 5th Dec - Attenborough

Wednesday 6th Dec - Stapleford

Thursday 7th Dec - Chilwell

Sunday 10th Dec - Bramcote/Stapleford

Monday 11th Dec - Beeston Hillside

Tuesday 12th Dec - Beeston Central

Wednesday 13th Dec - Chilwell Meadows

Thursday 14th Dec - Beeston Rylands

Sunday 17th Dec - Meet Santa at The Star Beeston

Monday 18th Dec - Toton North

Tuesday 19th Dec - Toton South

Wednesday 20th Dec - Bramcote Hills

Last year we raised over £6500 for local charities and youth projects, all of which affect people in the local area. As per last year, we won't be knocking on doors so please check out all of the routes and dates to avoid disappointment. Donations can be made using Cash, Card or via our funding website. Every night you can track Santa's live location via our Facebook page - @Beestonroundtablesanta

Interested in joining us? Open to 18-45-year-old men. Make new friendships, gain new experiences and make a difference in your local community. If you're female 18-45 why not talk to Long Eaton Ladies Circle who help us on the sleigh. Contact us on email: beeston@roundtable.org.uk or via instagram or facebook @beestonroundtable for more info.

Nottingham Triathlon Club is a British Triathlon affiliated club catering for all ages and abilities.

Awarded East Midlands Triathlon Club of the Year in 2022 and the British Triathlon Bronze TriMark award in 2019 the club runs a wide range of training sessions for both adults and juniors with all training led by British Triathlon qualified coaches.

We're friendly, inclusive and supportive of people wanting to do their first triathlon through to competing at GB level internationally. All training led by British Triathlon qualified coaches.

The club offers over 118 training places in the swim, static bike and run at 4 venues across Nottingham.

Nottingham Triathlon Club is a British Triathlon affiliated club catering for all ages and abilities. Awarded the British Triathlon Bronze TriMark award in 2019 and East Midlands Triathlon Club of the Year in 2022.

If you would like to get in touch and talk about joining contact us at hello@nottinghamtri.com visit: <https://www.nottinghamtri.com>



BEESTON WILDLIFE GROUP

A group of enthusiasts affiliated to Nottinghamshire Wildlife Trust who aim to engage others in the whole wildlife experience by providing access to a range of walks and talks.

Upcoming talk: Birds and Climate Change with David Parkin.

Monday 18th December at 7.30pm.

Exploring the evidence for climate change, the consequences for some of our best-known birds and cast an eye towards future colonists and extinctions. £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



WELCOME TO WARM SPACE

Beeston Methodist Church, aware that many people are worried about how they will manage another winter with current cost-of-living prices and high fuel bills. They re-launched the Warm Space project last month.

Fortnightly sessions are held on alternate Tuesdays in the church hall from 2pm to 4pm. Everyone is welcome with free hot drinks, soup and friendly conversation on offer. The next two meeting dates are December 5th and December 19th and provisional dates for the new year are January 2nd, 16th and 30th, February 6th and 20th and March 5th and 19th.

For further information please contact the church office on 0115 9431164.

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Friday 15th 10am - 4:30pm

Christmas Tree Festival
Saturday 16th 10am - 4:30pm

Christmas Tree Festival
Sunday 17th 12:30pm - 4:30pm

Christmas Tree Festival
Sunday 17th December
6:30pm Christmas Carol Service

Thursday 21st December
7pm 'Blue Christmas' A service of solace for the longest night

Sunday 24th Dec Christmas Eve
4:00pm Christingle
9:15pm The First Mass of Christmas

Monday 25th Dec Christmas Day
10am Parish Family Celebration

St John the Baptist Church
Middle Street, Beeston NG9 1GA

Church Wilne Rotary

Recently, Huw Morgan conducted a service of remembrance with representatives from the local community in front of the Co-op, Borrowash to commemorate the Lynette Shandley memorial.

Lynette was a long standing and much respected Lollipop Lady who kept local children and their family's safe by managing traffic crossings during peak times.

Those in attendance included members from the local Parish Council, the Ockash Trust, family and friends of Lynette and Church Wilne Rotary members, whose charitable donation of £500 paid for the memorial wood sculpture, carved by Andrew Frost.

Family members of Lynette, Susan and Borrowbrook in Bloom are planning to further develop the memorial site by planting flowers from Lynette's Garden, as a lasting memory.

Further details about Church Wilne Rotary may be found on our website here:

<https://www.churchwilnerotary.org.uk/index>
Or you may contact the Secretary via email at: rccw1220@gmail.com

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shining a light...

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SINCE
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Despite the weather Beeston's Light Night was a great success, here's a few of the highlights...

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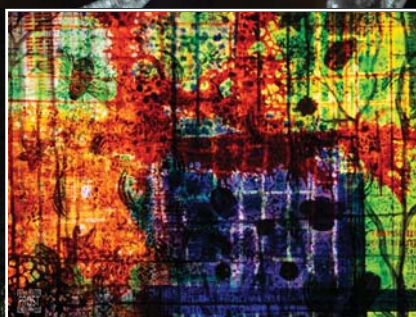


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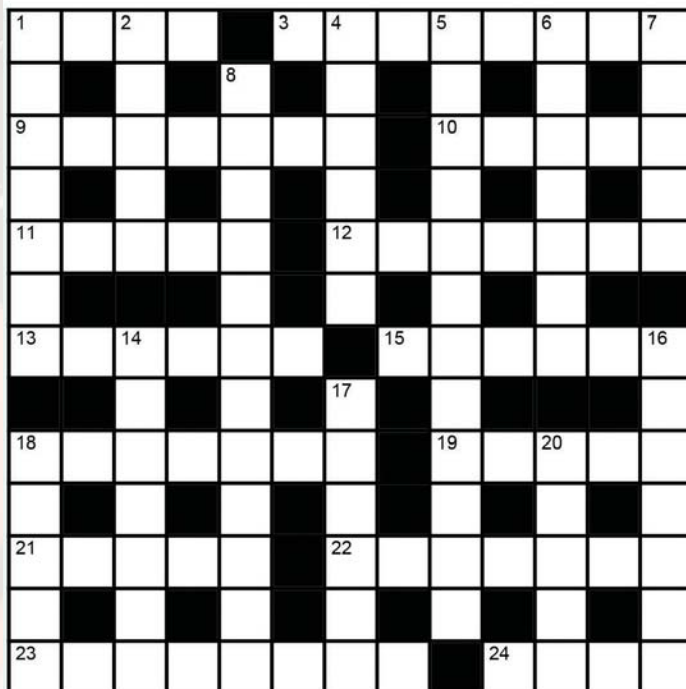
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CROSSWORD

Across

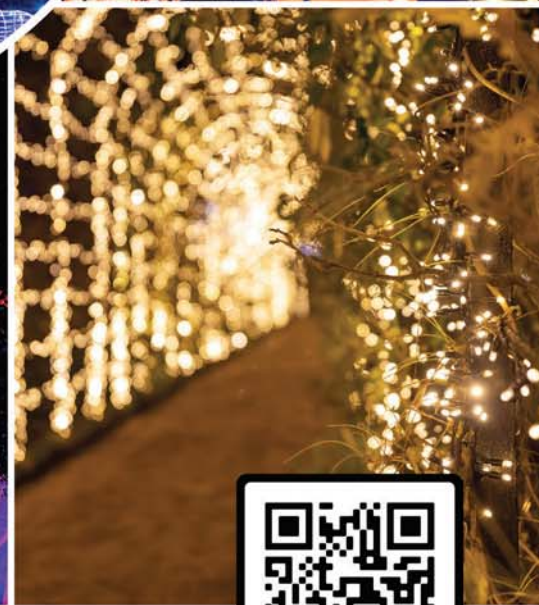
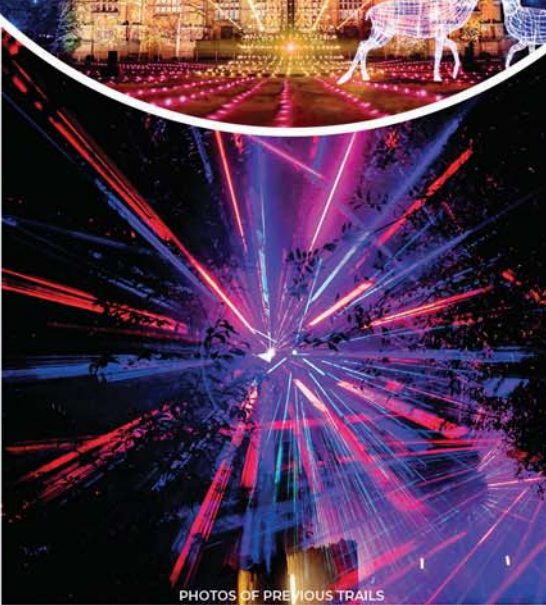
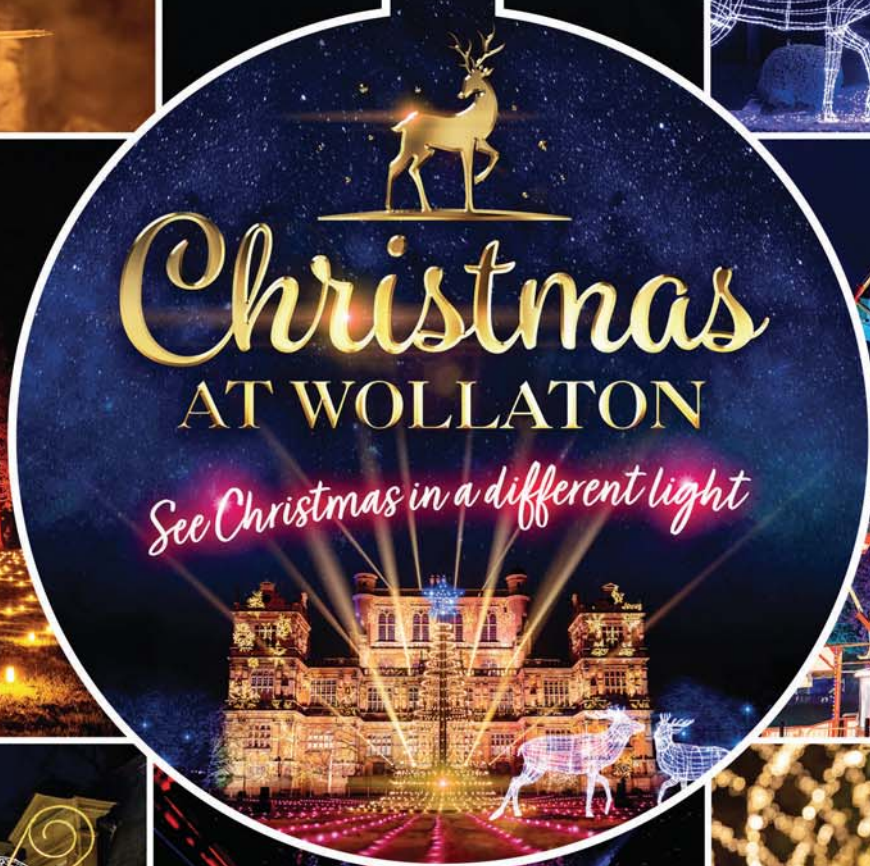
- 1 Cylinder (4)
- 3 Funds (8)
- 9 Prompts the memory (7)
- 10 Gamut (5)
- 11 Matter that is in dispute and must be settled (5)
- 12 Maths system based on tens (7)
- 13 Showing extreme courage (6)
- 15 Nearer (6)
- 18 Indigenous people (7)
- 19 Distress (5)
- 21 Scour (5)
- 22 US state on the Gulf of Mexico (7)
- 23 Hangs freely (8)
- 24 Incision (4)

Down

- 1 Relating to the country of which Ankara is the capital (7)
- 2 Irregular prominences on a surface (5)
- 4 Interior (6)
- 5 Relating to rural matters (12)
- 6 Places where movies are shown (7)
- 7 Aroma (5)
- 8 Incredible (12)
- 14 Sends back (7)
- 16 Recant (7)
- 17 Ground surrounded by water (6)
- 18 Birds' homes (5)
- 20 Will (5)



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