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# breeze

FEBRUARY 2023

ISSUE 242



Local Property



Local Appeal



Local Clubs



Local Business



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Catherine  
from  
Derby

YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002



# Breakthrough treatment for DRY AMD eye problems now available locally

DON'T  
JUST TAKE  
OUR WORD  
FOR IT...  
READ WHAT OUR  
PATIENTS  
HAVE  
TO SAY...

As we age, our sight tends to become less clear, and some of us will develop what is known as "Dry Age-related Macular Degeneration". When this happens, the central area of our vision darkens and becomes blurred, making it difficult to see detail, and preventing activities such as driving, reading, watching TV, using computers, tablets, and so on. Even recognising faces can prove difficult.

Until recently, there were no effective treatments for Dry AMD, the only suggestions being lifestyle changes or dietary supplements. Now, sufferers will be delighted to learn that there is a newly developed treatment available locally. It is a safe, non-invasive, painless therapy which is fully approved under European and UK directives.

This breakthrough treatment is known as photobiomodulation (PBT or PBM) and uses a cold laser system to produce low levels of red, yellow and infra-red light to stimulate the centre of vision by energising and providing oxygen for cell repair.

Results from extensive monitored trials of the therapy show that for many Dry AMD sufferers, there can be an improvement in sharpness of vision corresponding to some 5 or 8 extra letters on the testing chart.



Showing how Dry AMD can progress



Dry AMD treatment session

This therapy has also been shown to help diabetics who have certain eye problems related to their diabetes.

Dr Sheeraz Janjua carries out advanced eye examinations which includes Hospital Grade 4D OCT scans of the retina and is now providing PBM treatment at his special clinics held regularly at Flynn's Opticians in Beeston.

Please call **0115 925 5051** or **0115 939 2421** to arrange an appointment.



Dr. S A Janjua

"Would recommend Flynn's wholeheartedly, very professional and knowledgeable and excellent service from all staff."

Mrs E Hartley

"The treatment was very quick, painless and easy. Improvement of vision it was clearer, new spectacle lenses were needed to allow for improved vision. Very friendly staff and we are very fortunate to have this treatment locally."

S. Clarke

"I'd had no sight loss as yet with my AMD but I did notice an improvement on my Amsler test - less wavy lines and greyness after treatment. THANKYOU!! Dr Janjua is so thorough and took time to explain my sight and AMD. Wendy and Sonia were so warm and friendly plus professional when giving the treatment."

Mrs Trueman

"Excellent, no difficulties and a very easy and comfortable experience splendid staff. Improvement noticed after five sessions, spectacular final result. Dr Janjua and his excellent team are top of the range!"

P. Dawson

"So pleased there has been an improvement. Sight is invaluable and I hope to preserve what I have. Thank you!!"

Mrs Lewis-Jones



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

**enquiries@johnflynnopticians.co.uk www.johnflynnopticians.co.uk**

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Want to stay up to date with the latest news and arrivals? why not follow us on **Instagram** and **Facebook @johnflynnopticians**

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A circular graphic with a red border and a yellow center. Inside the yellow center, the text "The right time to replace your boiler?" is at the top. Below it, "Boiler Scrappage Scheme" is written in large, bold, black letters. At the bottom, "NOW ON!" is written in white letters on a red rectangular background. A small clock icon is on the left side of the yellow center.

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MP4 Design Limited is registered in England:  
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Nottingham NG9 2DD  
**Office Address:** By Appointment Only  
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breeze**magazine**3



# love your area

keeping it

# local

breeze  
SINCE  
2002

## Beeston Civic Society present their last Winter Talk of the season... NET ZERO CITIES by Professor Lucelia Rodrigues

Spotlight: Yellow Wood Cafe, by Iain Paterson-Stephens

As humans need oxygen, cities need carbon to stay alive. Therefore, delivering 'Net Zero Cities' is a seriously wicked problem. Are Net Zero Cities achievable? What does this even mean?

### About the Speaker

Professor Lucelia Rodrigues is the Chair in Sustainable and Resilient Cities of the University of Nottingham and the Head of the Department of Architecture and Built Environment.

Her work is very cross-disciplinary, aiming to inform the sustainable practice of architecture and enhance the quality of the built environment. She is particularly interested in the resilience of communities and buildings in a changing climate and has been involved in several projects focused on different aspects of sustainability, particularly energy, carbon management and comfort.

She is the founder director of the Transport, Mobility and Cities at Nottingham initiative and the MArch in Architecture & Sustainable Design programme, and the Deputy Director of the Energy Institute, and a part of a number of advisory boards supporting cities in their journey to carbon neutrality.

**Date and time:** Wed, 8th March 2023, 19:00 – 20:30  
**at The Royal British Legion, 16 Hall Croft Beeston NG9 1EL**  
**7pm Doors / 7:15pm Spotlight / 7:30pm Talk**

**Book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)**



Image: © Professor Lucelia Rodrigues.

## hear this!...



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Feel Clear has quickly built up a positive reputation as a 5-star reviewed service provider for private hearing aids, advanced hearing tests and ear wax removal throughout the city. Its founder and audiologist Kareem Palmer has several years of experience in the industry and prior experience in audio engineering for artists throughout Nottingham and London.

"We offer free home visits for all house bound and retired clients, open Saturdays as well as through the week for that and recently providing in clinic appointments upon request in Chilwell - Gym Group and Ruddington Chiropractic."

**For more information or to book an appointment with Kareem at Feel Clear Hearing contact: 0115 998 7352 or 07882 348081 Or visit [www.feelclear.co.uk](http://www.feelclear.co.uk)**



  
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# forever stars...

keeping it

# local

SINCE  
2002

**Forever Stars heads back to the 70's  
to help today's baby loss families...**

Forever Stars, a Beeston based charity, that is dedicated to supporting baby loss families in Nottingham and Nottinghamshire, are hitting the dance floor on 24th March at the Chilwell Manor Golf Club to help raise much needed funds.

Forever Stars opened the Serenity Centre on Wollaton Road, Beeston in October 2021 and have been developing a schedule of activities to help parents, siblings and wider family and friends that have been personally affected by the loss of a baby.

In 2023, the charity now have clay therapy workshops for children and adults, flower arranging workshops, chocolate making sessions along side yoga and mindfulness classes and in March they launch their very first Rainbow Baby Sensory Group, which will be supportive group for families that wish to attend a baby sensory club for their baby, but are looking for an empathetic, safe space to attend, that understands the emotional experience of attending such groups following a previous baby loss.

In the past year alone the charity has connected with, and helped over 400 families locally and it is expected that within the next 18 months this figure will be in excess of 1000.

On the back of a great 80's Night, the Forever Stars team are putting on their flares and with host FennersDJ, are celebrating all things 70's. The event takes place on Friday 24th March from 7pm at the Chilwell Manor Golf Club, tickets are £20 per head and include food. All money raised will go towards funding the well-being and mindfulness workshops at the Serenity Centre.

Tickets are already selling fast but it would be fabulous to have a full house and make the evening great fun for everyone!

Fancy dress is optional, there will be a prize for the best on the night!

Forever Stars is funded entirely by the generosity of the general public and local companies, without their financial support, the charity wouldn't be able to provide the support it does.



**70's Charity Party Night**

**2 COURSE MEAL**

**SPECIALITY 70'S DISCO**

**FANCY DRESS COMPETITION**

**Friday 24<sup>th</sup> March 2023**

**7pm to 11.30pm**

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**At Chilwell Manor Golf Club, NG9 5AE**



SCAN ME



Alternative booking details:

Web: [www.foreverstars.org](http://www.foreverstars.org)

Email: [enquiries@foreverstars.org](mailto:enquiries@foreverstars.org)



If you would like to follow Forever Stars, they have a Facebook page @Foreverstars, Twitter account @FSFundraising and an Insta account @Foreverstarscharity. If you think Forever Stars could help you or someone you know, please email [enquiries@foreverstars.org](mailto:enquiries@foreverstars.org)



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# Let's raise a mug

to some warming charity news

keeping it

# local

SINCE 2002

Good news goes down as well as a nice cup of tea does, as Nottingham's Bird & Blend Tea Co. store announced that Broxtowe Women's Project (BWP) will be their 'Store Chari-TEA of the Year' for 2023.

BWP visited Bird & Blend's Victoria Street store this January to meet with the team and choose their 'ChariTEA' tea blend. All of the profits of sales from the Chari-TEA blend in Nottingham will go directly to BWP – supporting their work enabling women to live independent lives free from Domestic Abuse.

BWP's CEO, Colette Byrne, said: "We connected with the wonderful team at Bird & Blend Tea back in November when we reached out to them to support with an event; they were so welcoming and generously supported us. After learning more about the work that we do in raising awareness and supporting women and families who have experience Domestic Abuse, they chose BWP through their fantastic 'ChariTEA of the Year' initiative, and we're absolutely delighted, not just to be selected and supported in this way but for the beginning of what we're sure will be a very special partnership."

Rob Holdroyd, Trainee Store Manager from Bird & Blend Tea Co Nottingham, said: "Bird & Blend is on a mission to spread happiness & reimagine tea. We're passionate about supporting causes that are close to our hearts and that help the people and the environment around us. BWP are a fantastic example of charities we love to support. They're small, they're local and they'll use every penny we raise from the sale of our 'ChariTEA' this year to make an incredible difference."

As well as tea sales, BWP and Bird & Blend Tea Co will work together on fundraising and community initiatives, such as bringing people together for a cuppa.

Broxtowe Women's Project chose the Nottingham speciality-TEA, Tea From the Hood. Give it a try and know that your purchase is doing great things in the community!

**For more on this, or to find out more about BWP, you can visit their website on [www.broxtowewomensproject.org.uk](http://www.broxtowewomensproject.org.uk)**



**Broxtowe Women's Project** is a company limited by guarantee and a registered charity (Charity number: 1125946). It was set up in January 2001 to provide an information and support service for women and their children living in the Borough of Broxtowe who are experiencing or have experienced domestic abuse.

It provides a confidential helpline, outreach service, training courses and drop-in sessions, and a variety of well-being programmes all aimed at empowering women and young people helping them survive domestic abuse. It does not provide refuge housing directly but works with those affected by domestic abuse – signposting them to additional housing support if necessary, empowering survivors, nurturing children and young people to build resilience and develop healthy relationships, and preventing domestic abuse through awareness raising, training and campaigning.

BWP can support businesses by helping to produce a Domestic Abuse Policy and the related procedures, advising on implementing the Policy, providing awareness sessions to support those affected by domestic abuse, and providing resources for employees.

For more information visit: <https://broxtowewomensproject.org.uk>



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# property of the month

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In brief, the internal accommodation comprises: Entrance hallway, lounge, dining room, kitchen/breakfast room, sun room, utility and WC to the ground floor, with a light and airy well proportioned landing, four good sized double bedrooms, a bathroom and a shower room to the first floor.

To the front of the property you will find a generous block paved driveway with ample car standing, a range of mature shrubs and trees, access to the front of both garages and gated side access to the rear where you will find a private and enclosed, well maintained sunny garden which includes a patio with a lawned area beyond, a range of stocked beds and borders, a water feature/pond, a useful brick built storage shed, a range of mature trees and shrubs and a door to the office.

Offered to the market with the benefit of no upward chain, gas central heating and double glazing throughout and a versatile living space, this great property is well worthy of an early internal viewing in order to be fully appreciated.

For more information contact Robert Ellis  
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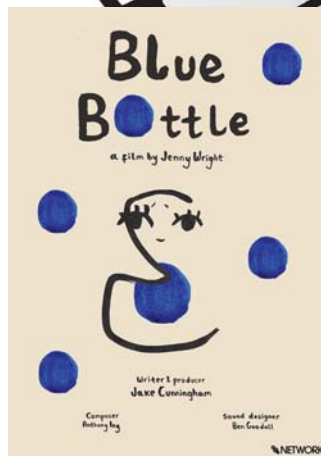
# beeston film

keeping it

local

SINCE 2002

It's February, and the Beeston Film Festival has officially closed its doors to submissions!  
by Sam Kurd



We received a whopping 807 films from all around the world – at least one from every continent but Antarctica, in fact! Cross your fingers for next year, let's hope the penguins get the cameras we shipped them.

We've made our selections and sent the very tip-top bestest ones to our Jury for B'Oscar deliberations. It's an exciting time! I'm happy to say that most of the films I've mentioned in these pages across the last few months have made it into the festival, and several of them have been nominated... but you'll just have to wait to find out which ones!

**For now, here's another handful of excellent films that I can confirm will be screening in the festival this year:**

French drama **Women of Virtue** follows Etel, a 9-year-old girl in the Parisian Hassidic community, as she gets her period for the first time. It's a touching story of family bonds, religious obligations and the pressures we face as we come of age.

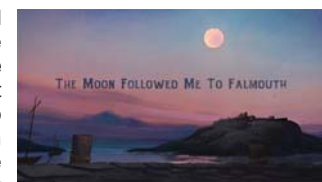
**Hello, Muscles** features a young carer, a girl who struggles with a difficult home life caring for her mum and butting heads with her mum's boyfriend. Determined to work on her physical strength, she finds herself building up her internal strength as well.

Over in the Music Video and Animation categories, we were wowed by **The Moon Followed Me To Falmouth**, a folksy song that tells the tale of a young man who left Falmouth to seek his fortune on the sea, and the bittersweet love he found out in the world. It's beautifully animated and the song itself is a joy to listen to.

**Blue Bottle** is another superb animated film, much smaller and simpler in scope. On the surface it's about a hot water bottle that goes cold, but its themes run much deeper: it's about rejection, independence, self-determination and how to love without giving too much of yourself away. A very powerful piece!

Finally there's **Two-Spirit**, a non-fiction piece from Colombia about a transgender woman who lives on the fringes of her village, rejected and disdained by her neighbours. It's a desperately sad film, a reminder of the need to band together as a community and find strength and love in unity.

*That's all from me this month, stay tuned for more Festival news!*



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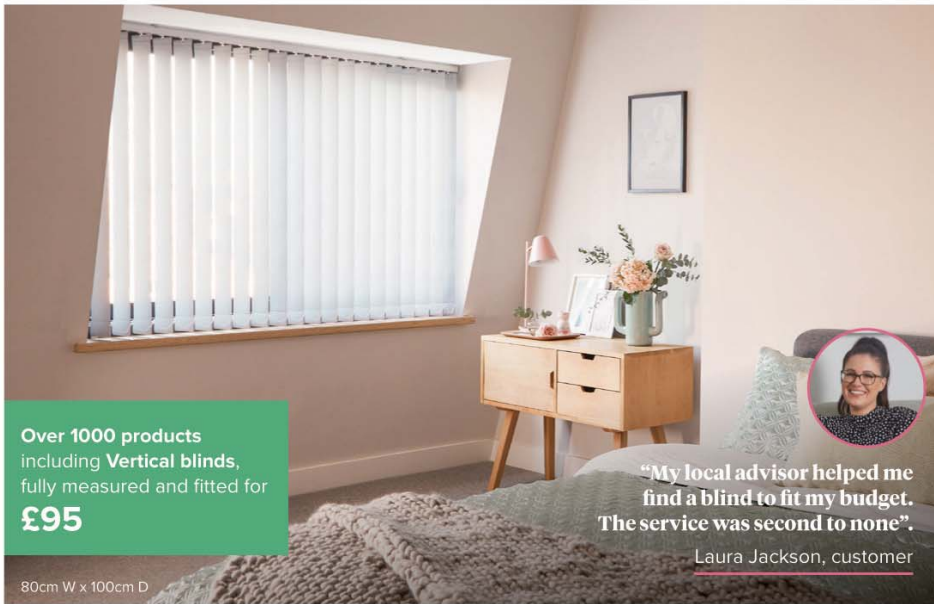
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# local creatives...

keeping it

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SINCE  
2002



Over the weekend of 11th - 12th March 2023 the members of Gwen Scott's local art classes will proudly be displaying their watercolour paintings and drawings in Bramcote Memorial Hall, Church Street, Bramcote, Nottingham. NG9 3HD.

"It will be the first time for some of the members who will take pleasure in sharing their achievements as do the more seasoned amateur artists. There will be over 200 pieces of original paintings and drawings for you to see.

Many of you reading this have supported our exhibition in the past for which we're very grateful. Please come again if you're able and tell your family and friends. Newcomers, it's a great way to spend a few hours as well as supporting a worthwhile charity. All are welcome, please come, join us if you can.

It is free admission but donations at the door are welcome. We will be selling tea/coffee, soft drinks and homemade cakes with all proceeds and door donations going to Cancer Research UK.

**Saturday 11 March 11:00am - 5:00pm**

**Sunday 12 March 10:00am - 4:00pm**

Please note that it is a cash only exhibition as we have no card readers. We look forward to seeing you!"

**For more information about Gwen Scott and her art classes and workshops her website is:**  
[www.gwenscottwatercolours.co.uk](http://www.gwenscottwatercolours.co.uk)





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# wild about nature

keeping it

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## Annual nature dates for your diary:

**Wild About Gardens** – our new campaign for wilder lawns, led with RHS, will start mid-March.

**30 Days Wild** – the challenge to do one wild thing every day during June.

**National Marine Week** – seaside events, activities and inspiration from 22nd July – 6th August

**Big Wild Walk** – our annual fundraising challenge at the end of October.

“In June we’ll celebrate the 10th anniversary of Coronation Meadows. It is a decade since the scheme was launched by King Charles III to commemorate the 60th anniversary of Queen Elizabeth II’s Coronation. Over sixty wonderful new wildflower meadows have been created or restored by Wildlife Trusts”.

**Attenborough** – vast wetlands bustling with wildlife, a stone’s throw from Nottingham city centre. Starling murmurations can occur here through the winter. Relax at the visitor centre cafe with balcony views of the lakes and islands or stroll along water’s edge and enjoy the summer warblers and a large colony of terns. Idle Valley a beautiful network of lakes, with eel pass, wetland, and grassland, one of the richest birding sites in the region. At Rainworth Heath visit one of the last remaining heaths in the county

## MONITORING BEAVERS

The Trust is monitoring the activity of eight beavers, a pair, and a family with four kits, who were released into a special enclosure at Idle Valley nature reserve late last year. Soon afterward signs of beavers coppicing trees indicated they’d quickly settled into their new home. The enclosure is not open to the public, but by booking a special beaver tour, people can venture inside with a guide in search of signs of beaver activity and discover how they’re transforming the habitat. Book a beaver tour here: Reserve at <https://www.nottinghamshirewildlife.org/events>

## WORKING FOR NATURE TRAINEES

The Trust gives a helping hand to young people who want a future in conservation. Nottinghamshire Wildlife Trust work alongside Derbyshire and Sheffield and Rotherham Wildlife Trusts to provide six trainees one year’s work learning practical skills to start them on their career path with nature. This year’s trainees have just started. Read about two of the young people from previous schemes here.

## DORMOUSE MONITORING

The Trust is monitoring to discover the latest on dormice which were released three years ago, into a woodland it owns. The 11 dormice were released to bolster an existing reintroduced population of hazel dormice already in the area. It was hoped increasing genetic diversity would help the long-term survival of this endangered species.

## MINER TO MAJOR

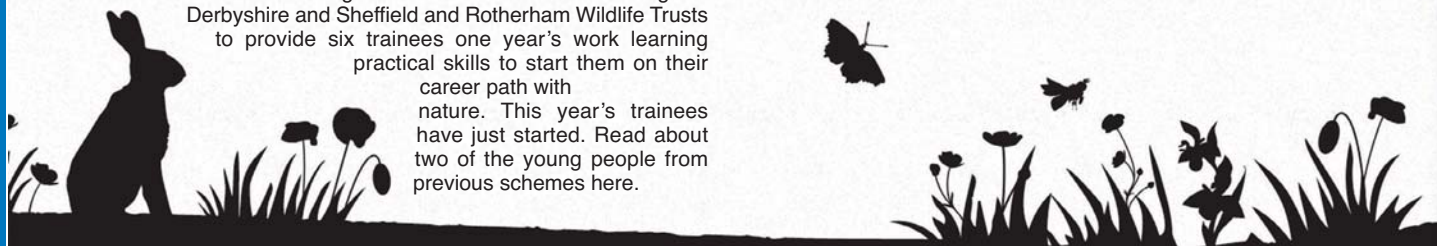
Sherwood Forest is famous as the home of Robin Hood and magnificent veteran trees such as the Major Oak. Sherwood Forest has an abundance of wildlife but sadly, what remains of the forest is fragmented and under pressure. The Trust, with the collaborative Miner to Major project wants to restore the once-great Sherwood Forest heathlands and oak forests that linked Nottingham to Worksop, bringing back the song of the woodlark and the churring of nightjar heard throughout this landscape, sand where views of brown argus butterflies, green tiger beetles, lizards and red deer are common once more. Recent work includes replanting creeping willow.

## A GREEN HEART TO NOTTINGHAM

The Trust wants to see nature brought back to the heart of the city as plans are made to re-develop the former Broadmarsh shopping centre site. The Trust has called for it to be re-imagined as greenspace keen to ensure vision for more than three hectares of greenspace and wildlife habitats becomes reality. Over 15,000 people signed an e-action backing the Trust’s call and the idea generated huge support locally as well as national and international interest.



Broadmarsh vision credit Nottingham City Council







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# join local art group

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breeze  
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The Spotted Dog Art Group (SDAG) is run by volunteers. "We are a friendly, supportive group with members from all walks of life. We welcome those who are beginners and hobbyists alike. Some members are professionals with formal training.

Whatever an individual's experience of art is, they are welcome!

We meet monthly on a Saturday usually at a local Beeston venue where we hold Professional Tutored Art Workshops, from September to June.

Art tutors include: Stephen Ashurst, Doreen Hunt, Rachel Grigor, Mark Beavan, Claire Botterill, Gwen Scott, Tas Severis and many, many more have shared their artistic knowledge and skills with us enabling us to create our own art work as we explore different media, techniques and subject matter.

We foster an open mind and experimental attitude to drawing, painting, design and the use of colour. Workshops are always fun and enjoyable! A willingness to have a go is all that is needed!

During July and August, we arrange open-air painting sessions to (usually local) places of interest, like Beeston Marina where there is a lot of interesting things to paint by the Canal. This can be more enjoyable when the weather co-operates of course!

We have exhibitions every year where members' work can be offered for sale".



Holme Pierrepont Watersports Centre,  
By Artist Rita Mitchell, Mixed Media, 106 x 80



## **SPOTTED DOG MARCH WORKSHOP: SATURDAY 18th MARCH from 10.00am until 4.00pm**

This will be a MEMBERS ONLY Club Day at Bramcote Memorial Hall. For as little as £10 for the day members can bring their own work, it is a chance to complete an unfinished piece, or do something different. Paint what you like in the company of likeminded people.

If you like bring sketchbooks to look at and share with everyone. Chair, Maureen Scott will be giving a short talk on using acrylic medium. Tea/coffee and biscuits provided.

To book: please contact the Bookings Secretary: Janet Waters.  
Email: [janetwaters32@gmail.com](mailto:janetwaters32@gmail.com).

**To become a Member of the Spotted Dog Art Group it is only £15 for the year.  
For further information contact: Gwynneth Johnson (Membership Secretary).  
Email: [gwynneth2011@hotmail.co.uk](mailto:gwynneth2011@hotmail.co.uk).**



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# gardening...

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## get busy in the garden

Among the tasks are preparing for the milder months ahead by building raised beds, preparing seed trays and cleaning pots ready to fill them with bright spring bedding plants.

For gardeners planning to grow fruit and vegetables, February is a good month to begin preparing seed beds and chit early potatoes.

Chris Bonnett from GardeningExpress.co.uk said: "Although your garden may look dormant now, there is lots to be getting on with ahead of Spring.

"With longer and hopefully milder days ahead, make the most of the sunlight and get outside to prepare your space for planting. There are other important jobs to tackle too like pruning, feeding the soil with some well rotted manure and giving the greenhouse a good clean down.

"February is a good month to take stock of what you have in the garden, the changes you want to make and to get ordering to make sure it all happens."

Here are GardeningExpress.co.uk's February gardening jobs:

### 1. Prepare seed beds

Start preparing seed beds this month and sowing some vegetables under cover. Invest in some seed trays - this will make it easier when it comes to moving the fledgling plants outside. Try starting with some salad veg, broad beans and summer cabbages. You can start these in the greenhouse in seed trays, or outside under cloches to protect the seeds.

### 2. Pruning

February is a good time to begin pruning dormant plants. Climbers, wisteria and rhododendron are all ones to look at as well as summer flowering clematis.

### 3. Ornamental grasses

Cut these back in February so they're ready for new growth in the spring. Deciduous grasses can be cut right back. For evergreen varieties, remove dead blades at the base.

### 4. Build raised beds

If you want to grow some vegetables in raised beds, get those built now before growing season gets well underway. Raised beds are great for growing - the soil warms up faster and drainage is better.

### 5. Snowdrops

Split and replant snowdrops in February to guarantee a glorious display next year. As the flowers fade, dig up, tease the bulbs apart and replant in clumps.

### 6. Prep for spring planting

If you're planning to plant pots with spring colour, brush down and wash this month so they're ready for you to get creative in March.

*Continued...*





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# gardening...

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### 7. Install a waterbutt

If you don't already have one, install a waterbutt. It's a much greener way to keep your plants well watered during the warmer summer months.

### 8. Chit potatoes

Start chitting early potatoes. Lay them out in trays or egg boxes until they show signs of sprouting. Think about planting out towards the end of the month when it begins to warm up.

### 9. Feed the garden

Cover your flower or vegetable beds with well rotted manure or compost and fork it in. This will feed and warm up the soil ready for the months ahead.

### 10. Clean the greenhouse

If you have a greenhouse, clean the windows to allow maximum light in and clear any gutters. If there's been any damage during the winter, make sure it gets fixed.

### 11. Plan ahead

On those colder days, spend time planning out your garden for the months ahead, select the plants, fruit and vegetables you want to grow and order the bulbs, seeds and plants.

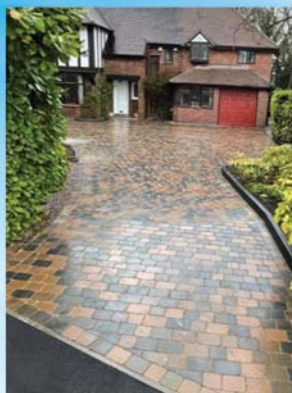
Take a look at the [GardeningExpress.co.uk](http://GardeningExpress.co.uk) garden style guides to help you plan your garden.



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# local what's on

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**Beeston Memory Café,**  
which offers support  
to people with dementia  
and their carers,  
meets weekly at  
**The Middle Street  
Resource Centre**  
from 2 – 4 pm.



"We started the New Year in January 2022, determined to resume 'as normal' after the disruption of the pandemic. This had meant no meetings at The Middle Street Resource Centre for a time and a period when communications were continued in various ways with those who had attended the sessions. As soon as meetings could be held in a limited way, a rota was established and people attended once every two weeks.

On January 6th 2022, the first open meeting was held and weekly meetings were held all year. There is a pattern. On the first Thursday pupils from John Clifford come and play table games for an hour with the guests.

Relaxation Therapy by three ladies is available on both the first and third Thursdays. On the second Thursday the carers are able to have an hour together while Mary Hastings leads singing for those with dementia, supported by our volunteers.

The third and fourth Thursdays are usually led by visiting individuals and groups. These can include entertainment, exercise, craft etc. and it is good that people with dementia can feel involved in what is provided.

There are some 'special' sessions, so in July there was a Garden Party, in September Memory Café celebrated its 8th birthday and in December there was both a Christmas Party and a New Year's Eve Party.

All of this is not possible without the support which is given in various ways. Financially there is a grant from Nottinghamshire County Council and we receive donations in memory of guests and from local groups who recognise what Memory Café offers. For our 'special' occasions there is also good support from local businesses in the form of food and raffle prizes.

Beeston Memory Café relies very much on its Trustees and Volunteers who are all dedicated to providing an enjoyable experience to all who come and also act as a provider of good advice, particularly to new carers as they come to terms with the situation.

We are particularly keen to increase our volunteer numbers. This would suit someone who has had personal experience of caring for someone with dementia or is interested in it. Volunteers need to be over 18 years old.

**If you are interested in finding out more about Beeston Memory Café, either because you are a carer or interested in becoming a volunteer, please contact us on 07846 403342 or email [info@beestonmemorycafe.com](mailto:info@beestonmemorycafe.com)**  
The website is <http://beestonmemorycafe.com>

"The February Meeting of the Wollaton Natural History Society will take place on **Wednesday, 15th February 2023**. The Talk is entitled "Svalbard - Days Without Nights" by Paul Bingham.

A summer journey incorporating native wildlife as well as Svalbard's heritage sites of polar exploration.

We meet at St. Leonard's Community Centre, Bramcote Lane (opposite the Library) Wollaton NG8 2ND at 7.30 p.m. Free to members, visitors welcome £3 on the door.

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

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**Noda Award Winning LEOS Youth Group**  
**Roald Dahl's Matilda the Musical JR**  
– Wed 15th to Sat 18th Feb.  
Evenings 7.30pm and Sat Matinee 2.30pm  
**The Duchess Theatre, West Gate,**  
**Long Eaton NG10 1EF**

Rehearsals are under way! LEOS Youth Group are learning their lines, perfecting their pitch and mastering their moves as they prepare for their next show.

Following on from previous sell out performances, this NODA Award winning group are excited to bring to the stage Roald Dahl's MATILDA the MUSICAL JR.

Packed with high-energy dance moves and catchy songs, MATILDA JR is a joyous romp that will delight children and adults alike.

Tickets are on sale now priced £10 and £9 (concessions, matinee only) and are available from

[www.duchess-theatre.com](http://www.duchess-theatre.com)

**Or The Duchess Theatre, West Gate,**  
**Long Eaton NG10 1EF on Saturday mornings.**



**A heartfelt thanks was given to Bestwood Male Voice Choir's Welfare Officer...**

The choir's Minute Secretary and unofficial Welfare Officer, Bryce Clare (on the right), a lifelong Notts. County fan, was presented with a signed Notts. County away shirt by the choir Chair, Colin Pursglove.

It was in recognition and heartfelt appreciation of Bryce's continued and constant checking of member's welfare during and since the covid pandemic, phoning and sending cards when appropriate and reporting back to the choir at regular intervals.

This continued even during Bryce's own period of illness and was thoroughly appreciated by everyone in the choir, including wives, widows and partners and was well and truly above and beyond the call of duty!



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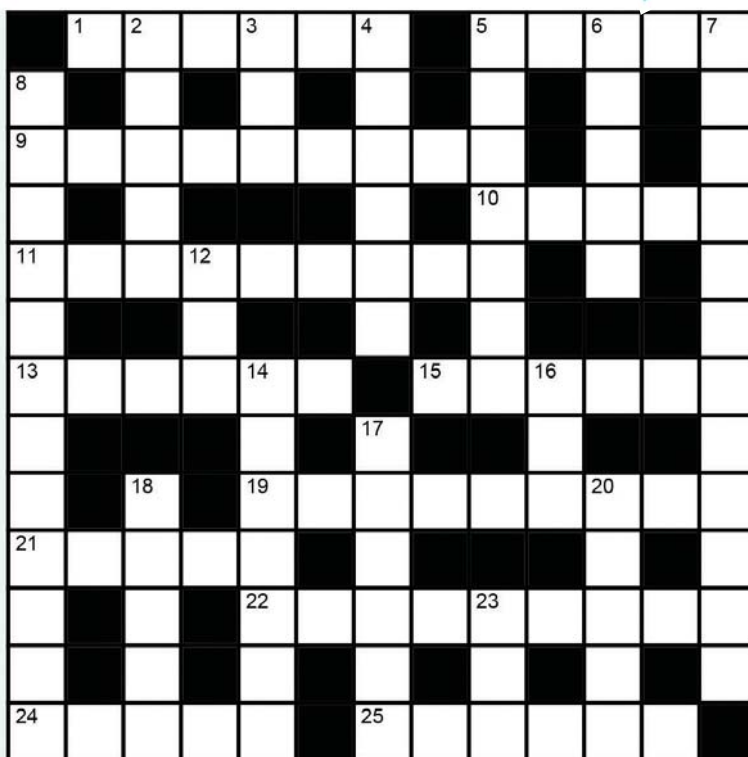
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# breeze puzzle

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## CROSSWORD

### Across

- Husband of the late Queen Elizabeth II (6)
- Native New Zealander (5)
- Small firearm which shoots pellets (3,6)
- Former Portuguese province on the south coast of China (5)
- Splendid and expensive-looking (9)
- Ensign (6)
- Ring road (6)
- Study of the physical properties of sound (9)
- Salvers (5)
- Become one (9)
- Kinswoman (5)
- Name derived from the name of a person (6)

### Down

- Women's quarters (5)
- Hawaiian floral garland (3)
- Travel around an area regularly to maintain security (6)
- Sweet Madeira wine (7)
- Delayed, postponed (2,3)
- Body's protection against disease (6,6)
- Port and resort in northern Spain (3,9)
- Metal cooking vessel (3)
- Slippery (7)
- Quarry (3)
- Baby's shoe (6)
- Ancient tale (5)
- Country, capital Rome (5)
- Gunge (3)



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