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breeze

JANUARY 2023

ISSUE 241



hello
2023!

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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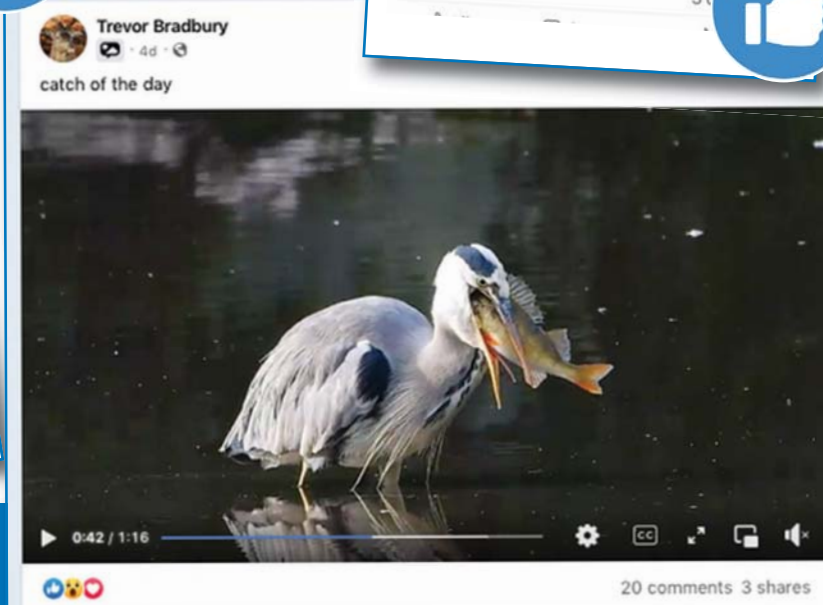
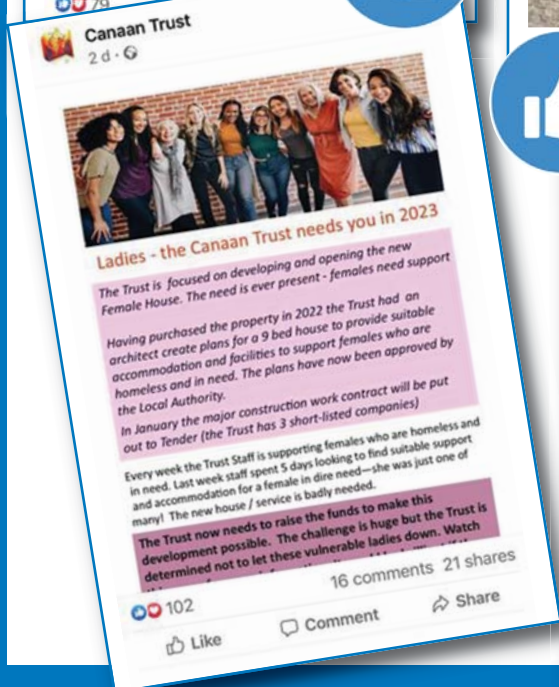
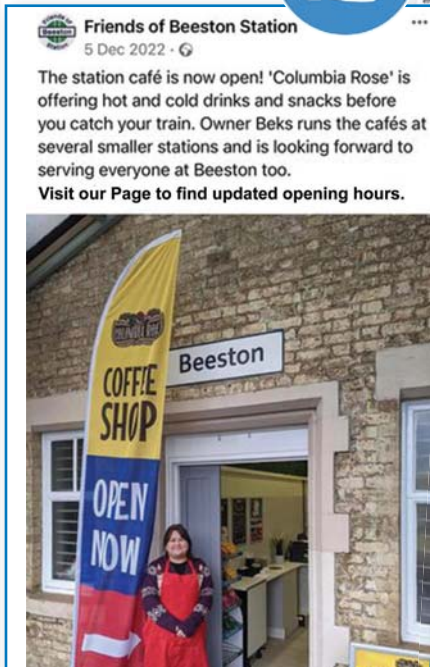
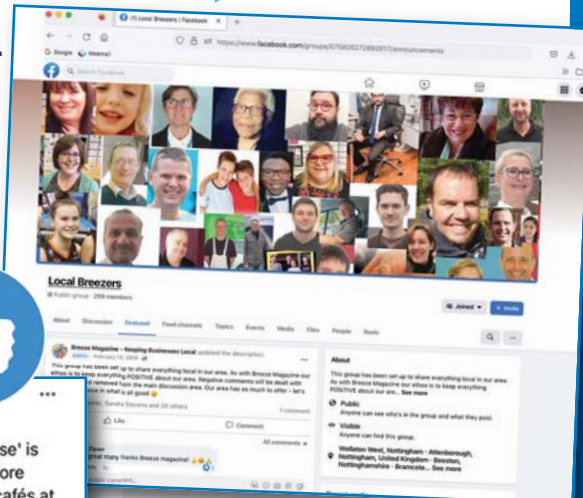
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SINCE 2002

Social media is now a part of most people's daily life, but not for all. Even if you do follow pages, posts, there is so much out there, you can't see everything going on in our area. So we thought it would be a great idea to share posts here on our pages too!

If you would like to share your posts with our readers, post on our Facebook Group - **Local Breezers** We'll share here in the magazine too!





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Janine Moore
23 Dec 2022 · 🌐

Since it's nearly Christmas, I thought some snowy pics from Wollaton park might be worth a look at as a distraction from the rain.. These were only phone shots taken 24th January 2021. Quality is not the best but I do like Wollaton Hall and Deer Park park in the snow. 🌨️🌲🎄🎅 Merry Christmas everyone!



Kate Loosemore-Poole
30 Dec 2022 · 🌐

Morning all, come and get yourself some soup, today's is roasted cauliflower and cumin, all of our soups are gluten free and vegan!



Erewash Museum
1 d · 🌐

Come and join us for an afternoon local history talk here at the museum, supported by the Friends of Erewash Museum. Entry is... See more



Jeanie Barton Music
3 d · 🌐

What a pleasure last night was, I'm never happier than when I'm singing. Planning to sing a lot more in 2023, do let me know if we can come play for you! JeanieBarton.com 🎵 #happynewyear #2023 #singer #singerpianist #singersongwriter #livemusic #musicismylife #1920s #gig #postmodernjukebox #electroswing #originalmusic #covers #fun #eventprofs



Romy RoSong Music
2 d · 🌐

I'm back in the recording studio today. Two more tracks in progress 'My Affliction' and 'Gold' 😊



👍❤️ 23

4 comments



David Myers
17 Dec 2022 · 🌐

A couple of photos of the official opening of The Plane Tree shop on Beeston High Road today by Director, screenwriter and actor Shane Meadows,



👍❤️ 242

21 comments 5 shares



ACCOUNTING FOR EVERYDAY PEOPLE

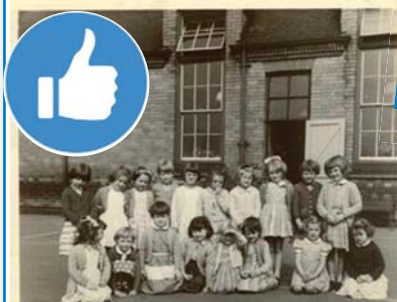
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James Belmega
23 Dec 2022 · 🌐

Charles Williams Infant School?
the back row, easily recognisable today.



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happy new year

to all our customers...

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SINCE
2002

2022 has been something of a turbulent ride hasn't it? With much comings and goings (literally in some cases!) One company that neither 'came nor went' is Stylistic Upholstery. Allow us to explain.....

"At Stylistic we have now been based away from the high street for more than three years and, for us, this has been a superb solution to the fact that we are a service that comes to you rather than you having to come to us. Despite the fact we have made known our move away from any high street premises we do still get the occasional customer who remembers us at Attenborough Lane and may arrive there nonplussed when they don't see our logo hanging over the door!

So we are happy to remind all of our customers, old and new that we are contactable by phone, email or WhatsApp and are here to answer any initial questions you may have via those means. We can then pop over to see you in person with any samples you wish to browse at leisure in your own home and enjoy a relaxed experience when deciding the colour, pattern and texture of any re-upholstery work you are looking to have done by us.

Fabric books can be left at the door for you to choose from and telephone assistance is available at any time should you have any queries.

Your furniture in most cases is collected and returned within seven to ten days so as to limit any disruption to home life.

Please give us a call if you're interested in anything reupholstery related be it settees, chairs, footstools or dining chairs and we'll happily talk you through your ideas.

Reupholstery and doing your bit to empty the oceans of plastic bottles

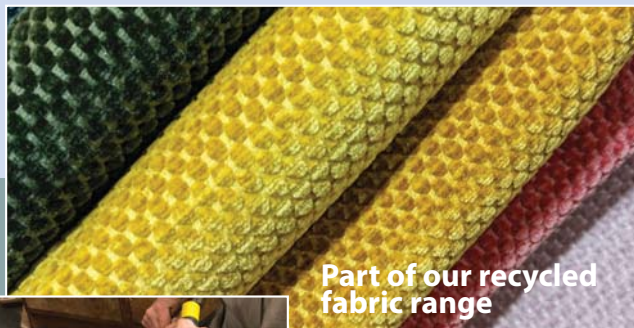
Reupholstery has become one of the latest ways to help the planet by repurposing your existing sofa to give it a new lease of life rather than sending it to landfill.

Now with the latest technology we can offer a fabric range that uses plastic bottles retrieved from the ocean and through many processes turns those bottles into soft and luxurious polyester. Cutting co2 emissions whilst also tackling one of the biggest issues the planet and it's ecosystem faces today.

Please give us a call for more details, and of course remember whatever fabric you finally choose you're still recycling by opting for reupholstery.

Finally thank you to everyone who supported us last year and here's to a hopefully much better 2023.

The Stylistic team"



Part of our recycled fabric range



Above: part of our recycled fabrics range available to rejuvenate your furniture without costing the planet. Left: Our highly skilled upholstery team re-work any existing tired furniture using time honoured methods and industry standard materials.

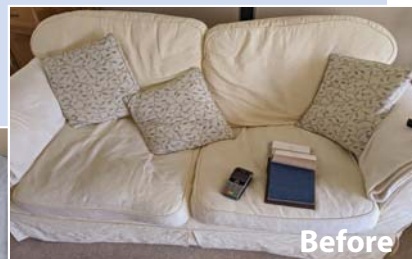
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property of the month

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SINCE
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Derby Road, Long Eaton, NG10 4AX £875,000 Freehold

Robert Ellis are pleased to be instructed to market this Edwardian detached residence which is impressive from the front, but even more impressive when you take an internal inspection to see the spacious and tastefully finished accommodation which is arranged on three floors.

In recent years the property has been extended at the rear and this has created a fantastic dining/living kitchen which has two sets of bi-folding doors leading out to the patio and garden at the rear. There is a private drive off Douglas Road which leads to a Presscrete parking area and a detached brick built garage block which could store up to three vehicles and therefore helps to make this an ideal home for a car or motorbike enthusiast or could be used as an ideal storage facility or a place to run a business from home.

The property still retains many of its original features such as Minton tiled flooring in the reception hall, there are original pine doors leading to all the rooms on the ground and first floor levels, cornices, picture rails and exposed pine flooring in several rooms. Most of the windows have been replaced throughout this beautiful home with UPVC sash style windows so they are in keeping with the original windows when the property was built at the beginning of the last century and at the front the main reception rooms and bedrooms have fitted shutters which will remain at the property when it is sold.

We cannot recommend enough the need for people in search of a period property in the West Nottingham area to have a full inspection of this lovely home so they can see the internal space provided and garaging at the bottom of the garden for themselves.

The property stands behind a stone wall on Derby Road and is entered through the original front door which leads into an impressive main reception hall which has Minton tiled flooring and stairs with a feature balustrade and wood panelling to the side leading to the first floor and the original pine doors leading to the three reception rooms, ground floor w.c. and beneath the stairs there is a pine door taking you to a most useful basement. At the end of

the main hall there is an inner hallway and a door leading to the superb living/dining kitchen which has been recently re-fitted with high quality Shaker style units and granite work surfaces and includes several integrated appliances which will all remain when the property is sold. This room really is a focal point of the property and we are sure it is the style of living space many people are looking for with its bi-folding doors leading out to the private rear garden and there is a large utility/laundry room off the reception hall which also provides excellent ground floor storage space.

The first floor landing is also spacious and has large windows to the front which are Southerly facing and therefore provide a lot of natural light into this part of the property, two possible main bedrooms from the four bedrooms on the first floor with the largest room being at the rear and this is adjacent to the main bathroom, but could easily have an en-suite bathroom facility created with a small extension at the rear of the property and then there is a second possible main bedroom which has a full bathroom en-suite with a roll top bath and separate walk-in shower. There are two further double bedrooms to the first floor and a walk-in airing/storage cupboard which houses the main gas central heating boiler and hot water storage tank. From the first floor landing there is a second flight of stairs taking you to the second floor where the landing leads to two further double bedrooms, both of which have vaulted ceilings and there is a full bathroom which has a separate shower as well as a bath.

The second floor space provides an ideal bedroom and a living area for older children who might want to have a certain amount of independent living while still being at the family home.

Outside there is a stone walled garden at the front and a path running down the right hand side through a gate to the rear garden. At the rear of the property there is a patio extending across the rear of the house and this includes a base for a hot tub and from the patio there is a recently laid astroturf lawn and a path which takes you to the bottom of the garden where the garage building is positioned.

Being located on Derby Road the property is very close to Trent College and The Elms independent schools and to other well known state schools for all ages of children, Asda and Tesco superstores and many other retail outlets are found in Long Eaton town centre, there are healthcare and sports facilities including the West Park Leisure Centre and adjoining playing fields, walks at West Park and in the nearby countryside and transport links.



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SINCE 2002

Happy New Year from Beeston Film Festival!
by Sam Kurd



Another year, and another holiday season has come to an end. It's been a tough one for many of us, with rising prices and biting cold. And after the feasting and festivities have died down, our thoughts turn towards the uncertain future with one question standing out above all others: what are my New Year's Resolutions, and will I stick to them?

OK, that's two questions...

Here at Beeston Film Festival, our resolution is the same as always: to watch all our submissions and pack our sessions full of gems for you to watch at the Arc Cinema this year!

Perhaps for your own resolutions you can take inspiration from some of our best submissions so far?

You could resolve to take action when faced with adversity and danger, persevering instead of giving up. In the animated film *Pirouette*, a ballerina figurine does just that when her music box breaks, leaving her abandoned and thrust into darkness. Never surrender!

Or maybe you can resolve to shine a light on an important issue, give a voice to the voiceless? *Scool* is an Iranian documentary in which schoolgirl Kimia interviews her classmates about their lives, their troubles and their hopes for the future.

'Step outside your comfort zone' is a great resolution, as it can lead to new experiences and a fresh perspective on life. *Joy Uncensored* is a documentary that follows 64-year-old poet Joy as she enters the daunting and unfamiliar world of rap battles, a scene that's rife with sexism and homophobia. Will her exuberant personality and razor-sharp wit win over her challengers?

Or perhaps you want to escape the rat race and find a new job? Be careful what industry you choose to go for, some are more dangerous than others! *Shiny New World* is a mock corporate video about the exciting life of a cleaner... who is sent in to clean up the aftermath of horrifying supernatural events. It's a very silly, bloody little mess of a film!

If you're having romance problems, you may resolve to do some introspection and work through them with your partner. The couple in dark comedy *Pet Name* have certainly hit that point; when Sophie discovers her partner James gave her the same pet name as his ex, she starts second-guessing what she could possibly mean to him.

Whatever you decide, we wish you luck and joy in 2023!

Happy New Year!

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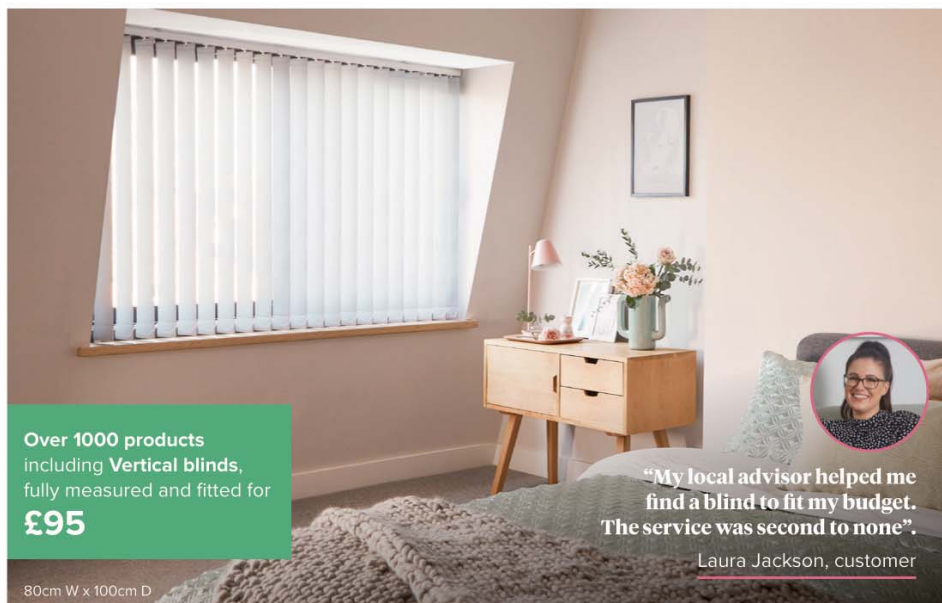
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We are pleased to introduce our readers to Kayt Radford, a Foot Health Practitioner, working in the locality.

Kayt was introduced to Foot Care by her husband, who is a qualified Podiatrist and owns and manages the Nottingham Footcare clinic in Beeston town centre. She has recently taken over his domiciliary visits which has allowed her husband Mark, to concentrate more fully on his clinical service. Kayt said that "I really enjoy meeting new people and offering a professional and caring service to my patients. I am committed to continuing my professional development to increase my knowledge and develop my skills and techniques."

She now offers an exclusive foot care service, specialising in Home visits. Kayt has availability to treat new patients but is also available to support care homes and nursing homes with their residents. Please feel free to contact her directly if you would like to discuss how she could help you with your Foot Health needs.

**Contact Kayt on 0790 567 5925 or her email is:
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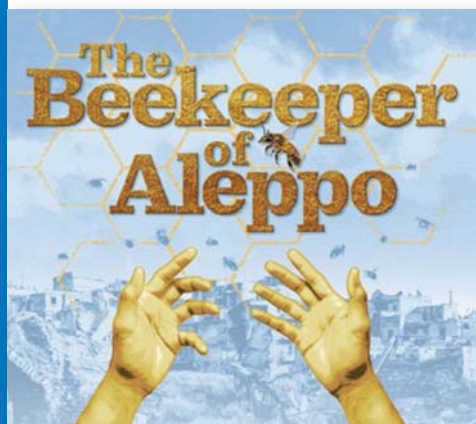
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L-R – Top row –
Alfred Clay,
Roxy Faridany,
Joseph Long,
Aram Mardourian

Bottom row –
Daphne Kouma,
Nadia Williams,
Elham Mahyoub,
Fanos Xenofós,
Lily Demir



in association with Liverpool Everyman and Playhouse and UK Productions Ltd...

Casting announced for the Nottingham Playhouse run and National tour of the world premiere of *The Beekeeper of Aleppo*.

Adapted for the stage by Nesrin Alrefaai and Matthew Spangler from the acclaimed novel by Christy Lefteri

Director - Miranda Cromwell
Designer - Ruby Pugh

Dates: Fri 3rd – Sat 25th Feb 2023

Today, Nottingham Playhouse, in association with Liverpool Everyman and Playhouse and UK Productions Ltd, announce the full cast of the world premiere of Nesrin Alrefaai and Matthew Spangler's stage adaptation of Christy Lefteri's gripping best selling novel, *The Beekeeper of Aleppo*. Reuniting the team that produced the international stage sensation *The Kite Runner*, the production opens at Nottingham Playhouse on 3rd February before heading to Liverpool Playhouse and then a national tour in the Spring and early Summer.

Directed by Olivier Award winning Miranda Cromwell (*Death of a Salesman* – Young Vic, Piccadilly Theatre and Broadway), the production will feature Alfred Clay (*The Winters Tale*, *The Comedy of Errors* – RSC) as Nuri, Roxy Faridany (*This Is Going To Hurt* – BBC, *Magic Goes Wrong* – West End) as Afra, Joseph Long (*Spiderman Far From Home* – Marvel Studios, *Captain Corelli's Mandolin* - tour & West End) as Mustafa, Aram Mardourian (*The Borrowers* – Polka Theatre, *The Night Of The Iguana* – Ustinov Studio) as Nadim, Fotakis, Ali and other parts, Daphne Kouma (*Dirty Dancing* – Secret Cinema, *Offside* – Pleasance Courtyard) as immigration officer, Dr Faruk, Dahab and other parts, Nadia Williams (*The Darkest Part Of The Night* – Kiln Theatre, *The Meaning of Zong* – Bristol Old Vic) as Angeliki, Lucy Fisher and other parts, Elham Mahyoub (*The Visit* – National Theatre, *A Midsummer Night's Dream* – Lazarus Theatre) as Mohammed and Sami and Fanos Xenofós (*Margot*, *The Most Famous Ballerina In The World* – King's Head Theatre, *Don Quixote of Algiers* – White Bear Theatre) - and Lily Demir (*The Secret Love Life of Ophelia* – Greenwich

Theatre, *Empty* – Soho Theatre) – as swings.

The Beekeeper of Aleppo tells the story of Nuri, a beekeeper; and his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo - until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape. On their terrifying journey, they must face the pain of their own unbearable loss alongside incredible danger. Above all, they must journey to find each other again.

This compassionate and beautiful play is a story of connection - between friends, families and strangers.

The creative team comprises Set and Costume Designer Ruby Pugh, Lighting Designer Ben Ormerod, Sound Designer Tingying Dong, Film Designer Ravi Deepres, Composer Elaha Soroor, Casting Director Christopher Worrall, Voice and Dialect Coach Khaled Abunaama, Cultural Consultant Nesrin Alrefaai, Dramatherapist Nikki Disney, Associate Director Nadia Emam, Associate Film Designer Luke Unsworth and Video Programmer Edward Freeman..

Christy Lefteri's novel was the Winner of the Aspen Words Award, Runner up for the Dayton Literary Peace Prize, and one of The Times top three bestselling books of 2020.

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OUR NEXT WORKSHOP

On Saturday 18th February 2023 we have a workshop with one of our most popular artists, Doreen Hunt.

This will be a Mixed Media session (Doreen's speciality) involving drawing, collage and painting, probably watercolour. There will be a reference to artists too. Doreen will provide all the necessary materials as usual, but people will need their own aprons, kitchen roll, water pots, brushes, table covers and other staple items.

A workshop to really look forward to, as Doreen is an enthusiastic and inspiring tutor!

Further information will be provided on booking.

To book please contact the Bookings Secretary Janet Waters: Email: janetwaters32@gmail.com.

Cost: Members £25. Non-members £30.

About the Spotted Dog Art Group

Centred on Beeston, but drawing members from the wider Nottingham area, the Spotted Dog Art Group welcomes members from all walks of life, from absolute beginners, hobbyists and professionals with formal training: all are welcome. Painting at any level can have huge benefits for our mental health and never has it been more important to support the local community through providing opportunities to help everyone develop their artistic side.

The Spotted Dog Art Group (SDAG) is a non-profit organization run by volunteers. It was formed in 1995 by a small group of artists, serious about their art and wanting to learn more. Starting from small beginnings, the group has grown organically over the years. The group has a varied and interesting programme throughout the year of professionally tutored workshops; evening events; open-air painting sessions in the summer and exhibitions of our members' work. Regular newsletters about the groups activities and the local arts scene are published for our members information. The Spotted Dog Art Group is an informal, supportive, friendly group of like-minded artists who have fun creating art.

Our group has been guided by many people with an interest in art, who have helped to form the present shape of the programme. We hope to continue providing future activities based on the needs of our membership. Any help, in time, skills, exhibition arrangements and hanging, publicity, distribution of brochures and notices is welcome and appreciated.

And for those of you who are not too keen on canines, you'll be glad to know the name of our group is simply in remembrance of the founder's beloved pet 'Spot' - rest assured you do not have to own, love or have any interest in dogs to join our group!

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23 tips for 2023

Novice gardeners are being offered 23 gardening tips for 2023 to help them make the most out of their outdoor space. The gardening experts at have looked at the things every gardener needs to know. Among the advice is planning out your garden, understanding what and when to plant and tips for looking after plants and the soil.

Other considerations pointed out by the experts include how to attract wildlife, areas of the garden to use for entertaining and creating shade incase of another hot summer.

Chris Bonnett from said: "Creating a garden and maintaining it can be hard work but it's very rewarding.

"Nothing beats seeing nature do its job - with a little helping hand from us gardeners - and create spaces that feed us, we can relax in, unwind after a busy day and enjoy

"We've put together our 23 tips for 2023 for people starting out with gardening with a few pointers on what they need to think about and look out for."

23 TIPS FOR 2023

1. Plan your garden

Sit down and figure out what you want to do with your garden over the coming year and how you want to use it. Think about what you want to grow and how you can best utilise the space.

2. Know your garden

Getting to know your garden is vital. For example, is it north or south facing? What soil type do you have? This will play a massive part in your planting scheme and where you place entertaining areas.

3. Understand what to plant when

Once you have a bit of a plan, it's time to think about planting. Do your research and make sure you plant the right ones at the right time in the right place.

4. Caring for your plants

Plants need looking after. Think about the weather conditions, where they're placed in the garden and how best to protect them. For example, pots in full sunlight on the patio may need moving somewhere shady during high temperatures.

5. Looking after the soil

Soil needs to be nutrient rich and well drained. You can add nutrients with different types of compost.

6. Watering

Develop a watering schedule to plan, especially during dry, hot sunny spells.

7. Growing fruit and vegetables

If you're going to grow your own fruit and vegetable, start small and opt for easy to look after, low maintenance varieties. Salad veg, potatoes and rhubarb are a good place to start.

8. Lawn care

If you have a lawned area in your garden, keep it cut and well looked after. It too needs watering and feeding, especially during the summer.

9. Controlling pests

Try to avoid spraying your garden with chemicals to control pests. Instead opt for natural methods like attracting beneficial insects.

10. Good bugs

Ladybirds, hoverflies, wasps, bees and spiders are the bugs you want in the garden to keep the nasty, plant eating bugs at bay.

11. Attracting wildlife

Do try and encourage wildlife into your garden. Birds are great at nibbling pests and bees pollinate the plants.

12. Composting

Why not create your own compost bin? Food scraps, grass cuttings and other garden waste all makes for great compost.

13. Outdoor entertaining

If you love entertaining, create an area within your garden for comfy seating, somewhere you can eat and a BBQ.

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14. Creating shade

Summer 2022 was hot so consider a shady area in the garden. To begin this may simply be finding somewhere for a large parasol, long term it could be a shady corner with trees and tall planting.

15. Water usage

Watering is essential but think about how you collect that water. Installing water butts is your best option.

16. Container gardening

Why not add some pots and containers to patio and decked areas? These add all year round interest and you can move them depending on how hot or cold it is.

17. Using your greenhouse

If you're new to using a greenhouse, start with something easy like tomatoes and courgettes. Make sure your greenhouse is well ventilated and clean.

18. Creating boundaries

Think about the boundaries in your garden - do you want fences, hedges or something different? Do let your neighbours know if you're planning to replace something already there.

19. Pruning

Don't be afraid to prune. Research the best time for the plants in your garden. You will be rewarded - regularly pruning equals a thriving plant.

20. Garden storage

Do think about storage in your garden. If you have a small space you may want to be creative about the storage areas you create.

21. Be patient

A beautiful garden doesn't happen overnight. Be patient and enjoy watching the different stages as you develop and add to it.

22. Maintaining your garden

Maintaining your outside space is a lot of work. Do jobs as you see them, try not to let them stack up and hopefully you'll keep on top of those garden chores.

23. Enjoy your garden

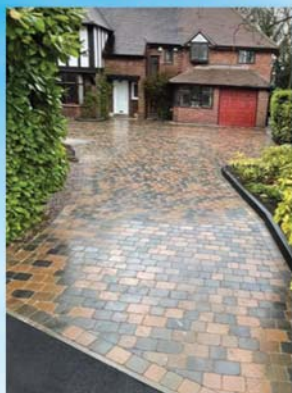
Do remember to enjoy your garden. Whether that's with a good book, a glass of wine with friends or watching the wildlife, enjoy your outdoor space.



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Can we take collective action to combat climate change and make Broxtowe a better place to live and work? Breeze finds out how we can together make a difference...

The message from the first **Broxtowe Community Climate Change Forum** (November 2022) was clearly 'yes we can' - if we act together. It was great to see so many individuals and local groups get together, at the invitation of Broxtowe Green Umbrella (community group), united by their concern for our environment. It was an enjoyable and constructive meeting of minds. Together we can make Broxtowe a great place to be now and for our children's future.

At the next Community Climate Change Forum (January 26th 6.30pm - 8.30 pm at Round Hill Primary School, Foster Avenue, Beeston) we will build on the ideas generated so far. Local groups will have the opportunity of a few minutes 'elevator pitch' to say what they do. There will be time to follow up your own interests, to chat, learn and exchange ideas.

We also encourage local groups to add their information onto website <https://econotts.org/add-your-organisation>

Projects include community food growing, repair café (fixing broken items), wildlife and biodiversity, community meals, recycling and reusing, sustainable transport and energy efficient homes and many more.

Everyone with an interest in making our area a sustainable and pleasant place to live and work is most welcome to come along. Together we can. We welcome people who came in November, new groups and individuals and businesses with green credentials. You do NOT need to have attended the November Forum.

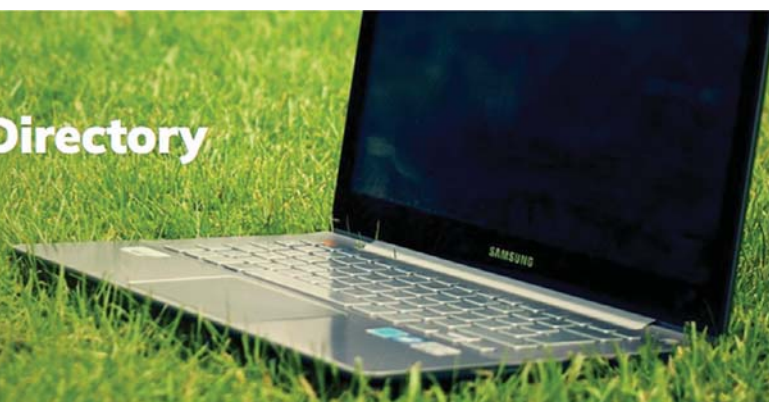
We would love you to email: broxtowegreenumbrella@gmail.com to let us know you are coming (and whether you want to speak) or look out for an Eventbrite link - but it's ok to just turn up on the night.

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Female Homeless:

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2023 sees the Canaan Trust moving forward with its plans to develop and open a new dedicated Female House for women who are homeless and in need.

The Trust purchased an additional property in 2022.

In the interim architects were commissioned to design a facility which could provide suitable, secure supported accommodation for 9 homeless females. These plans have now received approval from the Planning Authorities and so the Trust can now look to move forward to obtain tenders from appropriate construction companies to carry out the works. The works are extensive and will cost in the region of £400,000.

Females who are homeless and vulnerable invariably have potentially suffered physical or sexual abuse either prior to becoming homeless or possibly post their being homeless. Homelessness for females is NOT identical to the experience of homelessness for males and yet most of the data and resources are built on the male 'model' of homelessness.

Currently there are few facilities available to safeguard, support, and provide for females who are homeless or in danger of becoming homeless. The primary help available means that a female has to accept being accommodated in a mixed gender hostel invariably with men who may have a complex range of issues which are not necessarily appropriate for a vulnerable female who has experienced abuse.

The Trust has for many years recognised this grave need and has always looked to safeguard and support females in need enabling to access and obtain the appropriate help and support to address their homelessness. This has often been challenging. Prior to Christmas while supporting one female in need staff at the Trust had to phone services across seven counties seeking a place which was appropriate for her needs.

There is a dire need for a female only service and facility. Even now, with the Trust having announced that it is working to create and open such a house the Trust is receiving calls from statutory services (social care) asking when the service/facility will be available.

The Trust operates 24-7, 365 days a year as homelessness and need are not restricted to Monday to Friday, 9 to 5. The Trust provides more than a safe bed for the night. The Trust's objective is to enable and empower each unique individual to address the often complex issues which have contributed to their becoming homeless. Each individual is supported in a holistic manner – meaning that their physical, emotional, mental health, financial needs are provided for. The Trust has its own 'education facility' which provides access to training with an extensive range of 'Life Skills', Employability Skills, and Emotional Resilience. Clients can engage with the Trust's 'in-house' Counsellor enabling them to deal with the often deep seated traumas and hurts which may have been a significant catalyst in their becoming homeless.

Ultimately for the Trust the aim is to support, enable and empower each individual to "Re-Build their Lives" and to move forward to achieve independent living in the community.

Please visit the Trust's website to learn more: www.canaan-trust.co.uk. Your support for the Trust does help make a difference!



Sweet Potato Burger with Griddled Pineapple & Chilli Salsa

keeping it

local

SINCE 2002

Serves 4-6 Ingredients

For the Burgers:

4-6 tiger roll buns
600g sweet potatoes
2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, crushed
1 tsp ras-el-hanout
1 tsp rose harissa
100g breadcrumbs
50g almonds, coarsely chopped
100g pumpkin seeds, crushed
5 pineapple rings to coat gram flour

For the Simple Moroccan side salad:

250g cooked chickpeas, drained and rinsed
1 red onion finely sliced
2 tomatoes, chopped
100g finely sliced ready to eat apricots
100g watercress
1 tbsp olive oil
½ tsp cumin powder
Salt and pepper to taste

For the Relish:

3 birdseye chillies, finely chopped
2 spring onions, finely chopped
½ lemon, juiced
1 tbsp tomato puree

Method

Preheat the oven to 220C. Cut the sweet potatoes in half and bake in their skins on an oil coated baking tray for 30 minutes. While the potatoes are cooking you can start on the burgers. When they are cooked scoop out the flesh and set aside. Fry the onions in a little olive oil until soft then add the garlic and ras-el-hanout. Continue to fry for another 30 seconds. Chop one of the pineapple rings into small cubes and put in a big bowl with the cooked sweet potato flesh, fried onions, rose harissa, breadcrumbs, almonds and pumpkin seeds. Season to taste.



Form the mixture into burgers. You can make one normal burger or two thin ones per bun. Coat them in the gram flour and shallow fry until golden on each side. While the burgers are frying make the relish by mixing all the ingredients together. At this point also start to griddle the pineapple rings on each side. Assemble the burgers by placing one burger in each bun, followed by the griddled pineapple then the relish.

Courtesy of www.vegsoc.org



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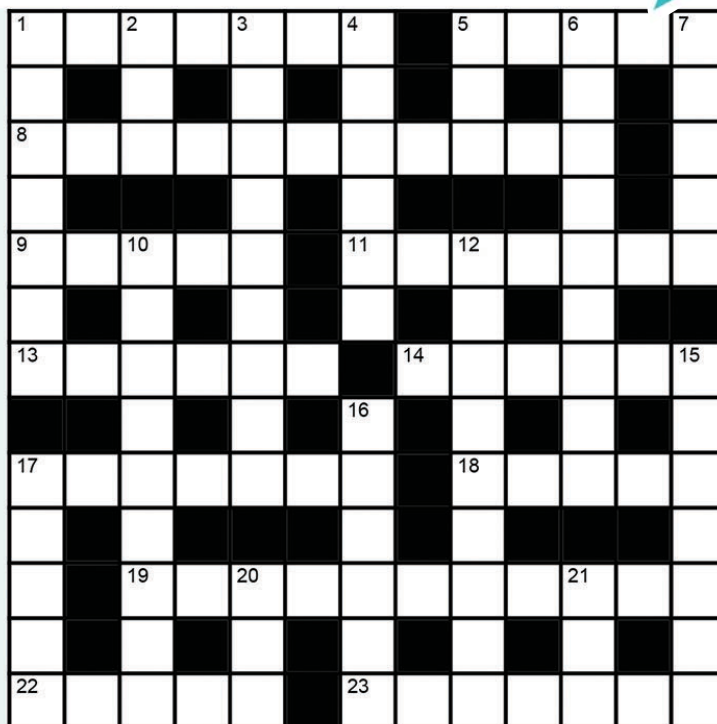
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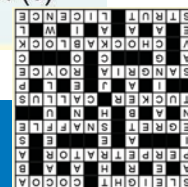
CROSSWORD

Across

- 1 Manual dexterity (7)
- 5 Bedtime drink (5)
- 8 Wrongdoer (11)
- 9 Type of heron (5)
- 11 Horse's bit (7)
- 13 Australian term for food (6)
- 14 Rough area on the skin (6)
- 17 Spiced Spanish wine (7)
- 18 Rolls-____, motor manufacturing company (5)
- 19 Crammed full of people or things (coll) (5-1-5)
- 22 Stiff pompous gait (5)
- 23 Excessive freedom (7)

Down

- 1 Acutely insightful and wise (7)
- 2 At all times, poetically (3)
- 3 Constellation of Ursa Major (5,4)
- 4 Beat the seeds out of grain (6)
- 5 Popular pet (3)
- 6 With caution (9)
- 7 Humble (5)
- 10 Fast motor vehicle used in competition (6,3)
- 12 Active in the absence of free oxygen (9)
- 15 Dapple (7)
- 16 Scavenging animal (6)
- 17 Preserves (5)
- 20 Cereal grass (3)
- 21 Be in possession of (3)



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