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music from the soul

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Meet Chai Larden and Benjamin Hibbert, local singers performing together for over six years.

Breeze finds out more about their success and how you can book them for your special event or venue...

Chai and Benjamin started singing together after meeting at a live music event organised by 'Acoustickle', where they were both working as solo artists with the same house band. They instantly became friends and bonded over their similar tastes in music. They started meeting up weekly for 'jamming' sessions with other artists and soon realised that their style complimented each other.

They began writing and performing together and very quickly started taking bookings in and around Nottingham. Their ability to cover songs requested by customers in their own unique style gained them popularity. They have a very relaxed presence on stage and genuinely enjoy each others' company when they're providing the music for any type of event.

Chai and Benjamin have performed live on Notts TV, BBC Radio and also travelled together as a duo across Europe. Their song 'She Said (wise words)' was used for a music video that was filmed during the pandemic and was shown on online festivals.

The duo enjoy sharing their love of creating music purely for the joy of playing and they both have a passion for writing music from the soul.



Going forward, they have a new project in the making, working with local music producers and experimenting with different styles and genres of music, but their true passion will always be acoustic soul.


2023 has been a year of playing live events and working on different types of sets for different types of events. Their sets comprise of two forty five minute sections. Playing in bars, restaurants and weddings with popular tracks like Amy Winehouse's 'Valerie' and Blackstreet's 'No diggity' proving to be crowd pleasers.

At more relaxed live music events, they tend to play their original songs and test out new ones to see how they are received. They can be very versatile depending on where they're playing and tend to have the knack for picking the right songs for the crowd that they're entertaining!

You can find Chai and Benjamin at local pubs including The Commercial in Beeston.

**If you would like to book them directly contact Chai & Benjamin on 07848 938 452
or Email: chai.larden@gmail.com
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Meet Liz, a local business woman, creating fabulous mini clay figures. And now your child can join in!

"My name is Liz and I have been a primary school teacher for 28 years. I started Mini Me Cake Toppers in 2017, making personalised celebration cake toppers out of clay. In 2022 I became a register baker and now also offer cookies and cakes for your special day.

In 2022 I expanded my business to include Mini Me Clay Club. I run Clay Clubs at weekends and school holidays where children learn how to use the air-drying clay to make models, finger puppets, jewellery and many other clay related crafts. As well as giving the children step-by-step guidance to make models, I encourage the children to use their imagination to create their own masterpieces!

I also offer clay birthday parties where children can choose a theme such as dinosaurs, aliens or animals. I can package together a whole party if required, including clay games, prizes, party bags as well as, of course, the birthday cake! I am a firm believer in learning through play, and am about to launch a new Clay Club aimed at pre-school children. It will equip them with many skills needed for their first year at school by introducing a new letter sound each week, supported by songs, stories, games and lots of clay play. It promises to be lots of fun!

Working/playing with clay has significant therapeutic benefits. It is relaxing and mindful, and has the ability to completely de-stress, thus making it a perfect activity for adults too. I encourage parents to book on to a workshop with their child and enjoy some valuable time together! Projects in the pipe-line include workshops for children and teenagers who may be struggling with their mental health.



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Discover how you can play your part in helping the Lincs & Notts Air Ambulance – delivering life-saving treatment, day and night.

At a time when every second counts, the arrival of the iconic yellow helicopter of the Lincs & Notts Air Ambulance (LNAA) really can mean the difference between life and death.

Covering both Lincolnshire and Nottinghamshire, last year the LNAA team were called to 1,610 potentially life-saving missions. And this year is set to be equally as busy with the crew responding to 147 missions in April alone.

The crew are called to the most serious incidents ranging from road traffic accidents to agricultural, horse-riding and other sporting incidents. The doctor-paramedic team are highly trained, able to administer advanced pain relief, carry out enhanced life-saving medical procedures and give blood transfusions. This level of care and the speed at which the pilots can get to patients and get them to hospital is crucial. This is especially so when patients need to be taken to a Major Trauma Centre, the nearest being either at Nottingham or Hull. In some cases, this really can make the difference between life and death.

LNAA operates a 24/7 service with the helicopter able to take to the skies from 7am until 2am the following morning. After 2am, the critical care car takes over, ensuring that the equivalent of an A&E department can be brought to an incident whatever the time of day.

But this amazing service comes at a price. For each mission costs on average £4,000. As a charity, the Lincs & Notts Air Ambulance receives no direct government funding and is not part of the National Health Service. It relies solely on the generosity of the hundreds of volunteers, supporters and public donations to keep its helicopters flying and Critical Care Cars on the roads.

For more information on the Lincs & Notts Air Ambulance and to discover how you can play your part in helping keep this treasured emergency service operational, why not take a look at their website: ambucopter.org.uk



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Constructed by Swallow Hill Homes, this fabulous property is the first to be released in this small and exclusive development of 14 premium individual houses.

Oak House provides a luxurious and contemporary living space that briefly comprises: A generous entrance hall with WC and utility off, an impressive open plan kitchen/dining area with further snug, study and living room.

Rising to the first floor is a bright and airy galleried landing, master en-suite bedroom with dressing room, further en-suite bedroom, two further double bedrooms and a family bathroom.

Outside the property has a driveway to the front with the garage beyond and to the rear has private and landscaped gardens.

Tucked away in a private and extremely desirable location conveniently situated for excellent transport links, the centres of Beeston and Nottingham and a wide range of other facilities.

Seldom to properties of this quality come to the market, therefore viewing is considered essential to truly appreciate this once in a lifetime opportunity.

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Beeston goes to Cannes Again! by Sam Kurd



Festival in the sunny South of France – and this time I got to go along too!

It was absolutely lovely and I may have eaten twice my body weight in cheeses and pastries, but it was no cushy holiday, let me tell you! Our days were spent pacing the halls of the Film Market, looking for international film commissions and production companies to forge relationships with and to help us put Beeston on the global map when it comes to film.

Because here's a bit of surprise news for you: next year, we're expanding into feature films! We're still dedicated to bringing the best short films that the world has to offer, but now we're aiming to take the next step and showcase independent feature films too, films that otherwise might not even get the chance to be screened at cinemas like Broadway, let alone the big multiplex chains.

With this in mind, we met with film-makers (and at least one diplomat!) from all over the world – Romania, Ukraine, Jordan, Chile, Mongolia, South Africa, Brazil and even Birmingham!

We made our intentions plain: as we expand, we want to bring the world to Beeston and Beeston to the world. We caught a few of the official Cannes screenings, and we're making moves to invite them to screen at next year's 10th Beeston Film Festival, as part of our spectacular anniversary extravaganza.

A few of the highlights we saw, which I hope we'll be able to share with you next year:

Inshallah A Boy – A powerful drama from Jordan about the struggles of a woman who stands to lose her house after her husband dies because they didn't have a male child together. A snapshot of the struggles many women still face in the Arab world.

Le Règne Animal – As an epidemic causes people to mutate into animals, a father bonds with his son as they search the woods for the family's missing mother, who has become a wolf. As poignant as it is beautiful!

Steadfast – a documentary about the inspirational life of Dr Jean Augustine, a Canadian immigrant from Grenada who became the first Black woman elected to Canada's House of Commons. An important story of resilience in the face of hardship.

Cross your fingers that we'll be able to screen these remarkable films at our 10th Anniversary!

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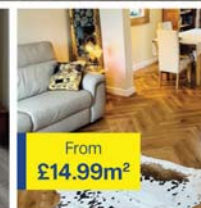
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Living with dementia and caring for someone with dementia can be hard, so having a place to go to which offers support, fun and new experiences makes life a little less stressful. This is what The Studio in Beeston aims to provide.

"We are a small charity (No. 1199448) whose purpose is to give carers time and space for themselves and to give people living with dementia opportunities to be creative and - most importantly, to have fun.

The Studio has a varied programme of individual and group activities including outings to places of interest and Sporting Memories on Tuesday afternoons.

At The Studio carers can take time out, leaving the person with dementia with trained staff for a morning or an afternoon.

"To see David happy and contented in an environment that he feels comfortable in helps not only his wellbeing but the rest of the family who love him."

Alternatively, couples can come along to a 90-minute session where carers socialise separately whilst the people with dementia enjoy singing and conversation facilitated by experienced volunteers.

"We help one another knowing we are not going through the process on our own. These sessions are lifesavers for us and keep us sane."

Often carers feel isolated, particularly if the person they care for is in a home or has passed away. At The Studio we also provide a space for these carers to meet socially over a cup of tea to chat, share experiences and support each other.

The Studio is based at the Royal British Legion Hall, 16 The Hall Croft, Beeston, NG9 1EL and currently runs sessions Monday to Wednesday.

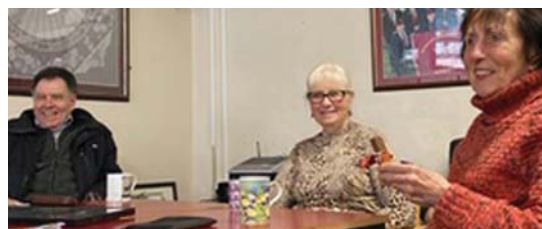
"We will be having an Open Day on Saturday 8th July to coincide with 'Thank You Day 2023', a national campaign organised by Music for Dementia.

Come and along and meet us, find out what we do, join in with some singing (not compulsory!) and enjoy a cup of tea".

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The Wildlife Trusts and the Greener NHS programme at NHS England are encouraging people to go wild for wellbeing this June by participating in the UK's biggest nature challenge, 30 Days Wild.

The month-long initiative invites people of all ages to connect with nature in an easy and accessible way every single day throughout the month of June.

Spending time in nature is proven to benefit people's mental and physical health. Evidence shows that people who connect with nature every day are more resilient, experience reduced social isolation and loneliness, and have better all-round health and happiness.

As part of the NHS' 75th Birthday celebrations the Greener NHS programme at NHS England is partnering with The Wildlife Trusts to shine a light on the great work of colleagues from across the NHS who have created, maintain, and make the best use of green spaces for the benefit of patients, staff and the environment.

Greener NHS will be showcasing NHS gardens and green spaces that support biodiversity, improve air quality, and provide health benefits for staff and patients, both physically and mentally – across the NHS estate.

Dr Amir Khan, NHS doctor and vice-president of The Wildlife Trusts, says: "Being in and around nature is so important for our health and happiness, whether that's exercising outdoors, breakfasting in the garden, or lying in the park and enjoying the birds. I am delighted the NHS is encouraging people to get outside this June. Taking time each day to pause and purposefully observe and enjoy nature can do wonders for our wellbeing, while motivating us to do our bit to help wildlife. I urge people right across the British Isles to get involved in 30 Days Wild this year!"

Dr Nick Watts, Chief Sustainability Officer, NHS England, says: "The NHS was founded to provide high-quality care for all, now, and for future generations. We are joining 30 Days Wild to celebrate the hard work and commitment of NHS staff, past and present who have created and cared for green spaces and gardens in hospitals, GP surgeries, outpatient facilities and across our NHS estate. These spaces improve health, aid patient recovery and support staff wellbeing, while improving biodiversity and air quality. We'd like to encourage all NHS organisations, staff and volunteers to get involved and make the most of your green spaces for 30 Days Wild."

Charlotte Church, singer and environmentalist, says: "The more time I spend in nature, the more obsessed I become with it! 30 Days Wild is such a wonderful idea, it's an easy way to spend a bit of time connecting with nature every day in June and there are so many options. Whether it's stargazing, watching a flower bloom or listening to the soothing sound of the wind rustling through tree branches, it's about finding things you enjoy and resting your mind. I'm looking forward to tuning in to birdsong and cold-water swimming. So, sign up and invite your friends and family to join in the fun too!"

Free activity packs provide inspiration about different 'acts of wildness' to do each day throughout June. Register at www.wildlifetrusts.org/30dayswild

Visit www.england.nhs.uk/greenernhs to find out more about the Greener NHS, and follow them on twitter to see all the 30 Days Wild action – @GreenerNHS



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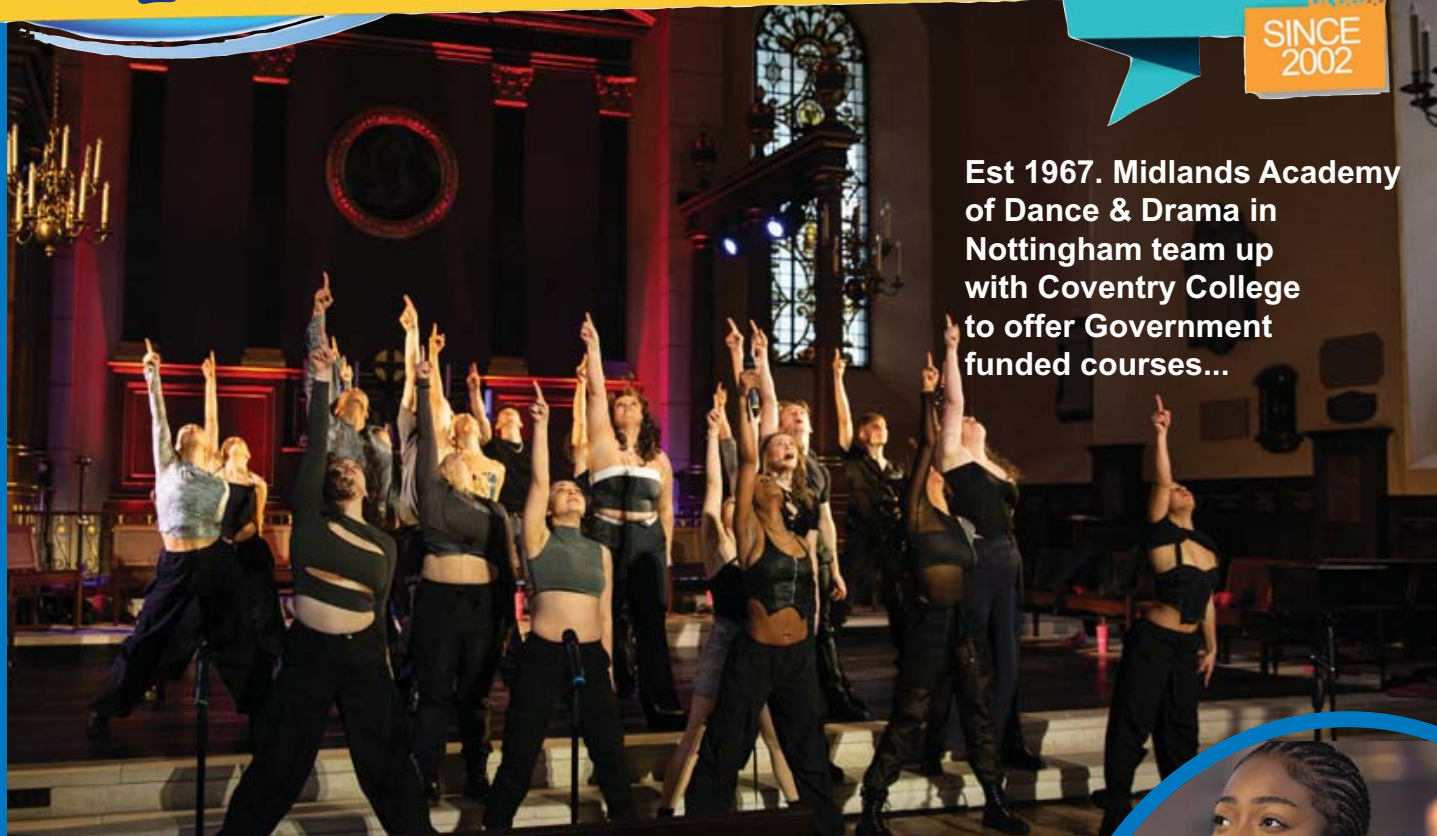
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Est 1967. Midlands Academy of Dance & Drama in Nottingham team up with Coventry College to offer Government funded courses...

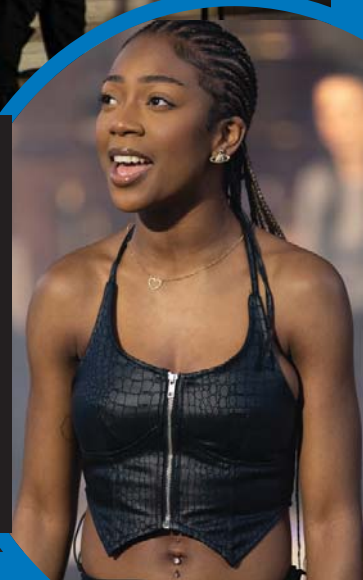


From September this year over 18's will be able to study a Level 4 Higher National Certificate (HNC) in Musical Theatre or Dance at MADD College with the opportunity to upgrade to an HND in Performing Arts. Over 16s will also be able to audition for a 2-year BTEC Level 3 Extended Diploma in Performing Arts equivalent to 3 A Levels in conjunction with SCL & Lead Education.

These new courses open the opportunity for a career in performing arts to even more young people.

Principal Edward Nudd explains; "In 1988, 35 years ago, a Three-Year Musical Theatre Diploma Course was developed, which is accredited by the Council for Dance, Drama and Musical Theatre (CDMT) and validated to deliver the Level 6 Professional Musical Theatre by Trinity College, London. We will continue to offer these plus our intensive foundation, top up and part time courses but are delighted to add to our curriculum these new opportunities, which should encourage many more students to audition for MADD, which is one of the UK's oldest Musical Theatre Colleges. Our Graduates consistently excel in professional theatre, film, and television, many of our alumni return to teach and participate here, like Mark Hedges, who is currently resident director for the national UK tour of the musical 'The Bodyguard'. He is conceiving and directing the end of year graduation production post covid, which is aptly named 'The Next Chapter' at the Nottingham Playhouse on 1st July. This is new era for us; it is exciting for both staff and students - we are proud of our past and ready to embrace our future."

To learn more and apply for entry in September 2023 visit <https://www.maddcollege.co.uk/>



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How to create shade in the garden

Brits hoping to make the most of the warm weather are being encouraged to seek shelter from the sun by creating shady spots in their garden.

The gardening experts at GardeningExpress.co.uk are giving Brits tips on how to create shade in order to protect themselves from the beaming sun.

As much as Brits look forward to the hot weather, it's important to give ourselves a break from the sun by getting into some shade.

And if you plan on entertaining it's important to remember that not all guests will want to sit in the sun for hours, so think about creating shady spots where people can still enjoy the outdoors.

Founder of GardeningExpress, Chris Bonnett said: "We love making the most of the sun when it's out but it's really important to have some shade spots in your garden to give yourself a break from the harsh rays.

"Sitting in direct sun for hours on end isn't good for us and can also feel a bit unbearable. Creating shady spots is a great way to still be able to enjoy the warm outdoors without sitting in the sun.

"This is something you really want to consider especially if you have young children or if you plan on entertaining over the summer. It may be that some of your guests will prefer the shade.

"The obvious option is to buy a parasol but you can do other things like invest in shade sails or even garden furniture with a built-in canopy."

Gardening Express' ways to create shade:

1. Invest in a parasol

The easiest way to create a shady spot in your garden is by purchasing a parasol. You can buy free standing ones that are easy to move around the garden, allowing you to create a shady spot anywhere.

2. Look into shade sails

Shade sails get hooked onto your home, trees or posts and allow a sheet to sit on top in order to block out any direct sunlight. The good thing about this option is that the sides are left open which will bring in a nice breeze.

3. Hanging plants

You may not have space in your garden to grow plants and trees to create shade but the good thing is you can replicate this with hanging plants. Plants like English Ivy and Ferns are great for this because they're full and leafy. They look good and will continue to grow in the shade which is a bonus.

4. Consider a pergola

Depending on the size of your garden and your budget you may want to consider a pergola. These are great long term investment for those who do spend a lot of time outside. Their build provides relief from harsh sun but doesn't completely block it out.

5. Invest in the right furniture

If you are someone who does prefer the shade then make sure you're investing in the right garden furniture. Some garden sofas nowadays come with a built-in canopy. Not only will this save you the hassle of purchasing one separately but it will match your furniture and the prices of these kinds of garden sofas usually aren't more expensive than normal garden sofas.

6. Use plants and trees to block the sun

Positioning tall plants and trees will create a dappled shade, which will be enough for those who are looking to get away from the sun. The Gardening Express experts recommend Cotinus Coggygria 'Royal Purple' or bamboo and Silver Birches for this. For more information on shade loving plants read this handy guide.



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Spring had definitely sprung, and our gardens are once more looking full of life and colour. If the last few years through the pandemic have taught us anything, it is the importance of green spaces in our lives—for pleasure, exercise, and our mental well-being.

Local readers share with us their passion about everything blooming...The Beeston and Chilwell Garden Trail taking place once more on the 10th and 11th June. This year we are celebrating our 25th opening, and will be joined by Professor Martyn Poliakoff who is opening the trail.

The trail was started by a group of friends who had found a connection through gardening, and wanted to share their enjoyment with others. It has gradually developed over the years, so that this year we have twenty gardens opening, and thirty five different gardens have been involved at one time or other!

There is a wide diversity of gardens, some large, some small, but all cared for. We have some serious gardeners involved, who have special interests and include rare and exotic plants in their collections. But others are just ordinary gardeners, seeing what works in their context and making the most of what they have, often within a limited budget.

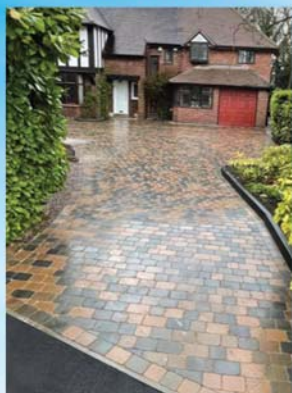
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As the Trail has developed over the years, so has the range of interests. We are now joined by two allotment groups, who showcase what can be grown and creative ways of encouraging nature. We were joined a couple of years ago by the Hedgepigs hedgehog hospital in Imperial Road, offering another example of how we can work positively with the wildlife in our gardens. And many have developed their gardens in response to comments from visitors or our conversations with one another.

To complement the gardens, several venues offer refreshments—a day in the garden is never complete without afternoon tea! We also have wider community involvement with local craftsmen and women giving demonstrations and selling their wares, community choirs, and plenty of activities for children. Many are offering plants for sale, cuttings and seeds that they have grown from their own gardens. So you can come and see the plants, then take them home with you and grown them yourself!

Since my wife Maggie and I took over organising the Trail last year, we have realised what a significant contribution the Trail, and gardening more generally, makes to the local community. It has been a lovely way to get to know more of our neighbours—and we have enjoyed seeing their wonderful gardens too.

Come and join us on the Trail!

Full details of the gardens can be found on our website www.beestonandchilwellgardentrail.org.uk

The site includes links to each garden, and an interactive map so you can find your way around. **Tickets are only £5 for the weekend, and accompanied children go free—and all the proceeds go to charity. We look forward to seeing you!**

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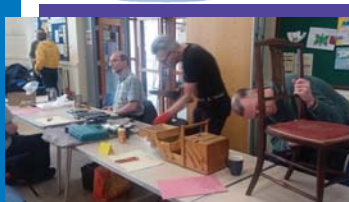


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You bring a broken item, and a volunteer fixer tries to mend it while you watch and learn.

What items can be repaired?

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How to book

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You can also follow us 'Beeston Fixers' at www.eventbrite.com to receive details of upcoming events. Alternatively, you can email us at: beestonrepaircafe@gmail.com

Why Repair Café?

You also get to enjoy refreshments and cake.

East Midlands hospice invites you to explore virtual tour

of buildings and grounds. Leading adult hospice, Treetops, is the first hospice in the East Midlands to welcome people to explore inside its buildings and grounds with a new interactive virtual tour.

Treetops Hospice, which is celebrating its 40th anniversary this year, is wants to showcase the warm and welcoming environment people will experience when visiting the hospice and dispel some common myths about hospices.

The 360-degree virtual tour takes you into all areas of the hospice, based in Risley, Derbyshire. The tour includes the drop-in Wellbeing Café, children's counselling rooms and contemplation courtyard, as well as the assisted bathroom and training areas. Touchpoints located around the tour provide more information on the hospice care available.

Treetops Hospice provides nursing care and support for adults with life-limiting conditions, and their loved ones. The hospice also offers counselling for children and adults who are struggling after a bereavement.

Julie Heath, Treetops Hospice chief executive, is excited for people to take a look:

"It's wonderful to launch this new virtual tour during our 40th birthday year. Since the hospice opened, we've cared for thousands of local people and their families at the most difficult time of their lives. "There are a lot of myths about hospices being dark and depressing places where people come to die. This just isn't the case, and now people can see for themselves what wonderful facilities we have here." "The virtual tour can give people a lot of reassurance," Julie continues. "For example, parents with children who need bereavement support, can show them inside our child-friendly counselling rooms. Patients with a life-limiting condition can see that our rooms aren't 'clinical' and very different to what they might experience inside a hospital."

The tour is available on the Treetops Hospice website here: www.treetops.org.uk/explore



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Volunteers are needed to help primary school children with their reading and communication skills. Volunteers read and play word games with selected children on a one-to-one basis away from the classroom, to give them confidence and help them enjoy reading and communicating.

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Jenny Mckenzie Workshop

17th June 10.00am – 4.00pm at Bramcote Memorial Hall

A great opportunity to work with acrylics and suitable for all levels of experience.

About the Artist - Jenny Mckenzie is an abstract impressionist artist based in Derbyshire. She lived and worked as an artist in France for fifteen years before moving back to the UK in 2019.

She has worked in many types of media and has a variable style – from watercolour, collage and ink to acrylics with mixed media as well as oils and cold wax. Her work is inspired by her life and surroundings. She uses colour, variable perspective and scale to create abstract impressionist work that finds a juxtaposition between 'place' in real 3me and the feelings and emotions evoked by it. In the process of creating a finished piece of work, she makes sketches en plein-air, in pen and colour as well as taking photographs as reference.

The Workshop - On the day we will explore acrylic techniques with palette knives and other tools. We will prepare preliminary sketches and colour choices and then move into creating our final scene.

Materials - We will be using acrylic for a landscape using collage, mixed media and textured canvas. Jenny will bring materials like texturing materials, collage and glue as well as acrylic inks, palette knives and other tools for applying acrylic. You will need to bring photos of a familiar landscape, a sketch book, a canvas, canvas board or acrylic paper and a board and an easel (preferred but not essential), acrylic paint and brushes but Jenny will have spares.

To book please contact the Bookings Secretary:

Janet Waters. Email: 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

Website: www.spotteddogart.org.uk

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Rotary Club of Church Wilne, £1,000 donated to the Community Food Bank.

The Rotary Club of Church Wilne have been working with the Community food Bank, Rev Tim posted their thanks on Facebook: "Community Food Bank update: we continue to support up to 50 local residents. Thank you again to everyone who supports us with food donations, finances and time. A special thanks to Church Wilne Rotary Club for a recent £1k donation (Tony is pictured with Tim, Sarah & Dan).

And a big thank to Borrowash Coop for the ongoing support package.

For more information about our club and its activities or you can email the Secretary at rccw1200@gmail.com Or visit our website at - <https://www.churchwilnerotary.org.uk>

THE BIG DIG AT STRELLEY HALL – DISCOVERING A HIDDEN CASTLE

Strelley Hall was the setting for an episode of The Great British Dig programme, when the team led by Hugh Dennis explored the site to uncover the remains of an old medieval castle under the Georgian stately home.

The archaeologists, assisted by a team of local volunteers, dug three trenches in the car park and gardens of the Strelley Hall. They found the old castle walls buried in the ground, plus several artefacts which enabled them to deduce a surprisingly detailed picture of what the medieval building would have looked like. No skeletons – but some other fascinating finds including interesting animal bones and oyster shells to help us understand what the castle's residents would have dined on, and medieval artefacts from the Great Hall of the castle. You can watch the programme which is due to be broadcast on More4 channel on Thursday 6th July.

Richard Henshell, who has lived in Strelley Hall for over 40 years, provides fascinating historical tours of the building. The next date is Wednesday 30th August, starting 1pm and followed by a delicious cream tea.

Throughout the centuries, Strelley Hall has been a wonderful party venue. There are stories of some amazing parties held in the 1930's hosted by the Edge family of Strelley Hall; and today you can hire the beautiful rooms for your own event. Visit the website www.strelley.com or call 0115 906 1200 for more information.

Or if you have no parties planned, why not meet up at the Mulberry Tree Café at Strelley Hall for lunch then spend a relaxing afternoon browsing the lovely shops and walking around the grounds or the pretty village of Strelley. Recently opened is Palmer & Wood, who sell gorgeous flowers, plants and great gifts and homewares.



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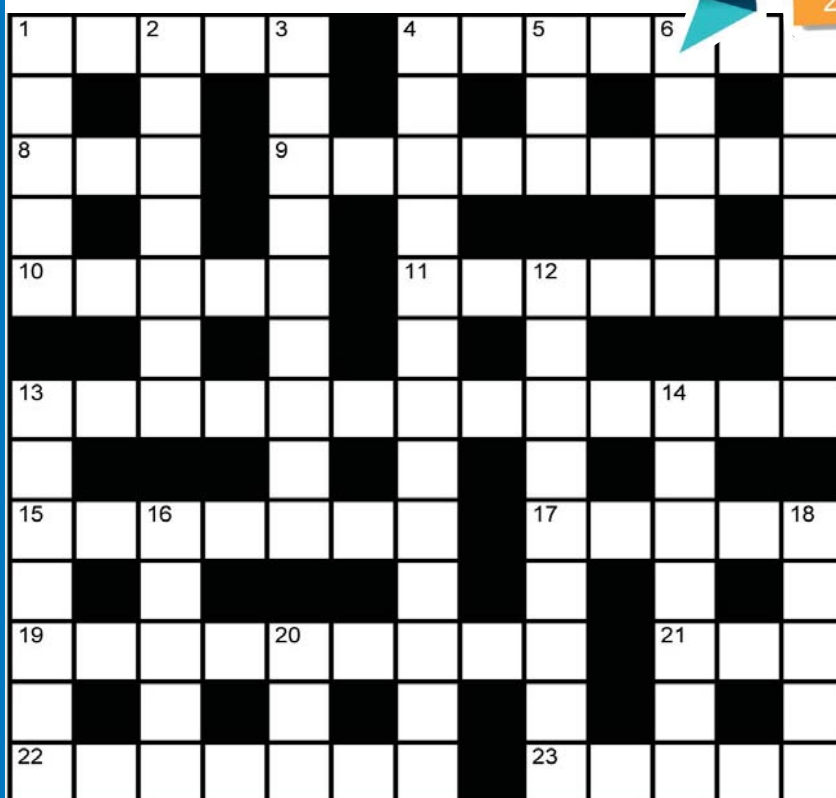
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CROSSWORD

Across

- 1 Small and delicate (5)
- 4 Highest female voice (7)
- 8 Listening organ (3)
- 9 Grudging (9)
- 10 Tea-time sweet bread roll (5)
- 11 Schoolgirl's sleeveless garment (7)
- 13 Roman priestesses vowed to chastity (6,7)
- 15 Verbal defamation (7)
- 17 Skin covering the top of the head (5)
- 19 Transversely (9)
- 21 Charged particle (3)
- 22 Preparing for publication (7)
- 23 Subject (5)

Down

- 1 Level betting (5)
- 2 Marked by extreme and violent energy (7)
- 3 Nanny (9)
- 4 Autonomous, not controlled by outside forces (4-9)
- 5 Type of plastic used as a rubber substitute (abbr) (3)
- 6 Take advantage (5)
- 7 Eight-limbed sea animal (7)
- 12 Confused multitude of things (5-4)
- 13 Small fluid-filled bladder or cyst within the body (7)
- 14 Suppose (7)
- 16 Garlic mayonnaise (5)
- 18 Pasta in short tubes with diagonally cut ends (5)
- 20 Glide over snow (3)

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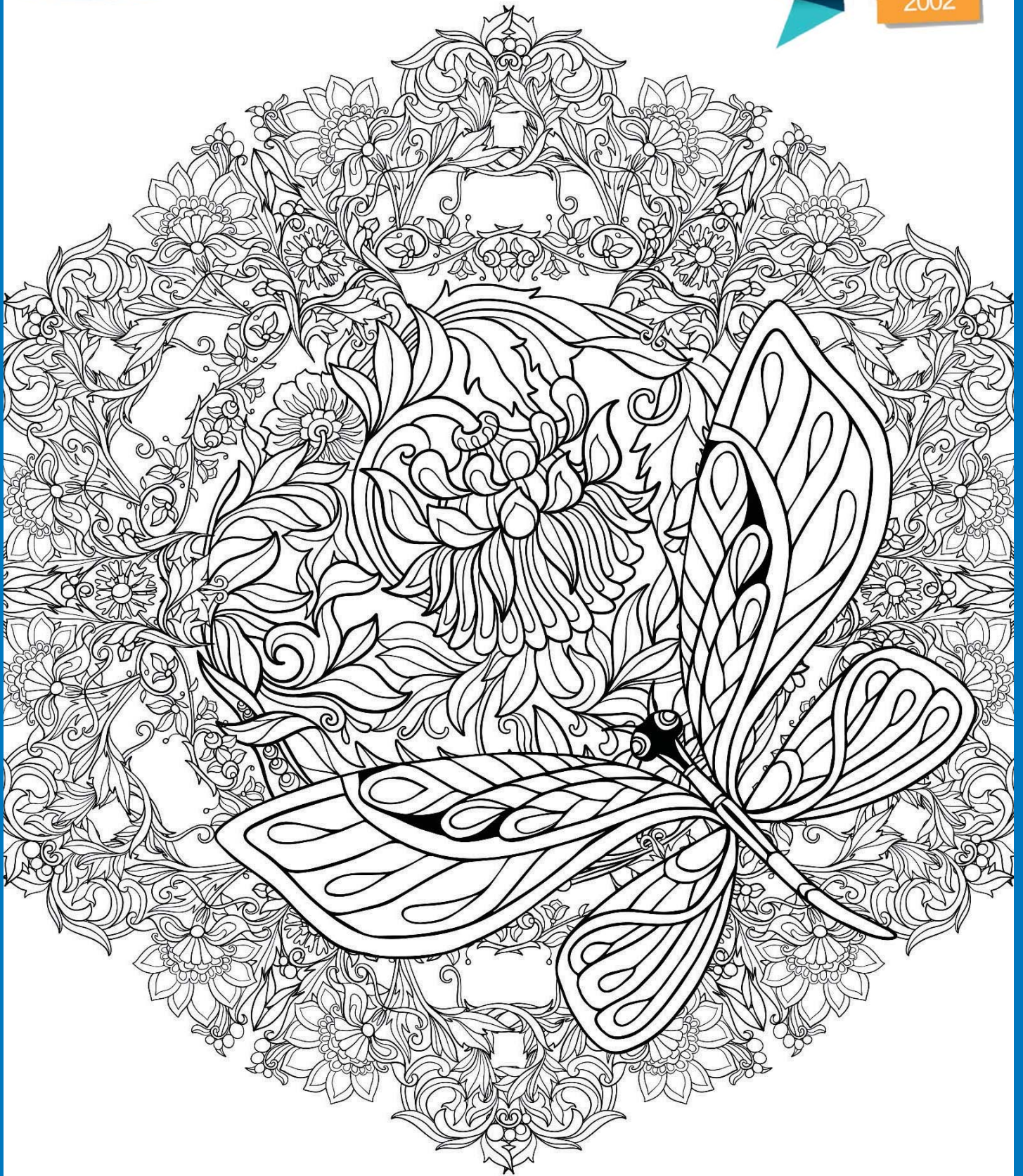
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