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MARCH 2023

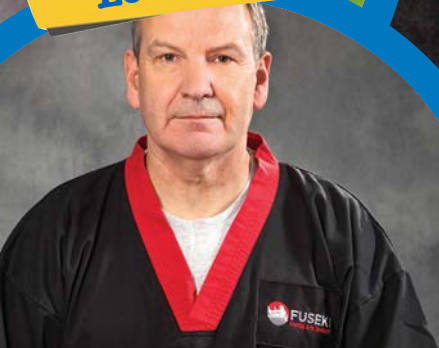
ISSUE 243



Local Property



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Learn Local



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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Wollaton singers sing for spring!

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Following lockdown, it really seemed like Wollaton Singers, after nearly 65 years, might cease to exist. From a membership of almost fifty ladies in 2019, our summer 2022 concert in Attenborough Village Hall only had seventeen singers!

It was very scary. Fortunately, we had a very successful recruitment drive in Beeston, Chilwell, Wollaton and Toton, in summer 2022 and, of those that joined us, the majority stayed, then brought more friends and colleagues along as well.

The reason for the success is simple: we are a very friendly, welcoming group of ladies of all ages that love to sing! We have a fantastic Music Director in Sophie Pascall who makes Tuesday evening rehearsals (at St Barnabas Church, Chilwell) fun as well as challenging. She also selects great pieces, often by modern, female composers that suit our style, as well as some older favourites. As a result, we are back to around forty five members, singing in three sections (soprano 1 and 2, and alto) and are looking forward to our next concert on **Saturday 22nd April at 7pm in Christ Church, Chilwell**. Although we have sung in this lovely venue before, this time we will be sharing the concert with the well regarded Bestwood Male Voice choir. So, there will be short pieces celebrating spring by each choir plus some joint songs.

Ticket prices remain low (£5 for adults and £2 for children) and can be purchased at the door – cash only. Refreshments will be provided after the concert and there will be a collection in support of Rainbows Children's Hospice.

We had an amazing Christmas concert at St Michael's Bramcote (see picture) and raised £300 for Framework, Nottingham. We would love to match that, but also to see the church packed once again with people enjoying our music. And if you are tempted to come and join us, so much the better!

For further information about the choir contact the Secretary, Sue Hogg at contact@wollatonsingers.org.uk



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With Mother's Day approaching this month.
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Whether it's a trip away, a gift to keep, or to try
out something more energetic!

Here we have a few suggestions from
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"The courses we run are: Waltz and Cha Cha, Slow Foxtrot & Jive (Social Foxtrot in the beginners course, Rock & Roll in the beginners course), Quickstep and Rumba, Tango and Samba.

Before most courses we run a Workshop in one of the dances so you can have a taster before committing to a full course.

For more details contact Doug at Start Dancin'.

Christchurch Hall, Lime Grove Avenue, Chilwell, NG9 4AR
To register email: doug@startdancin.co.uk Tel: 07760 112277
www.startdancin.co.uk

Dance away the Easter Eggs

Start Dancin'

Christchurch Hall Chilwell

Foxtrot Workshop

Sunday April 16th 2023

Beginners session starts at 2.00pm
Further Sessions at 3, 4 & 5 pm

Foxtrot & Jive Course

Our next 7-week course
starts on

Thursday April 20th 2023
Beginners start at 6.45 pm
Intermediates at 7.45 pm
Advanced at 8.30 pm

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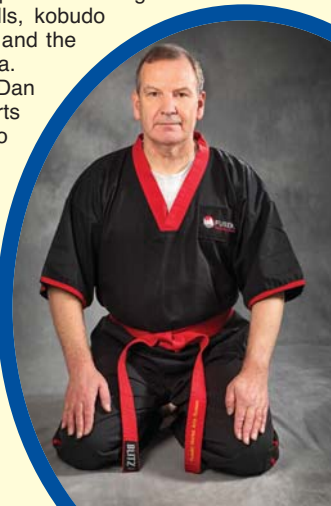


Many people have trained over the years at some point in a martial art and equally for various reasons stopped having reached a certain level. If you have achieved a brown or black belt level and are looking to get back into training or you are currently training and seeking a bit of a change in your training schedule the Nottingham Traditional Martial Arts Group may be for you.

The NTMAG is a small group of experienced martial arts practitioners who meet on Sunday afternoons every few weeks. Our sessions cover a range of traditional martial arts aspects including traditional karate kata, training drills, kobudo weapons skills, Aikido based skills and the philippino martial arts skills of Eskrima.

NTMAG is led by Martin Smith 8th Dan who has 50 years martial arts experience. Training is steady with no egos and meant to help develop skills in those who are keen to learn the arts and not necessarily the sport.

If you are interested contact Martin for a chat with no obligation to join, he will aim to answer questions and give you as much information as possible. Email directly on info@fuseki.co.uk for more information, looking forward to hearing from you.



Nottingham Traditional Martial Arts Group



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**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

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Alternative booking details:

Web: www.foreverstars.org

Email: 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

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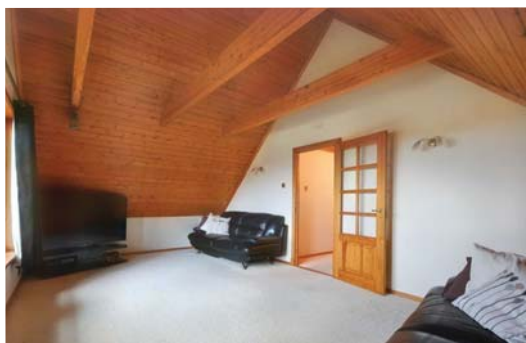
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**The Hollies
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£1,150,000 Freehold



A beautifully presented and well proportioned 8 bedroom detached chalet style detached house with a double garage. Situated in this sought after and well established residential location, readily accessible for a variety of local shops and amenities including schools, transport links, the Queen's Medical Centre and the A52 and M1 for further afield, this fantastic property is considered an ideal opportunity for a range of potential purchasers including growing families.

In brief, the internal accommodation comprises: A grand entrance hall, a spacious modern and contemporary kitchen/diner, utility room, gym, lounge, formal dining room, two double bedrooms, shower room and a double garage to the ground floor. Rising to the first floor you will find a master bedroom with walk in wardrobe and en-suite, five further double bedrooms, a family bathroom and a kitchen.

To the front of the property you will find a concrete driveway with ample car standing, a lawned garden with mature shrubs and gated side access to both sides of the property leading to the private and enclosed rear garden which includes a patio and steps leading to the raised second patio with Swimspa and lawn, a gravelled area with mature trees and shrubs, a useful storage shed, summer house and fenced boundaries.

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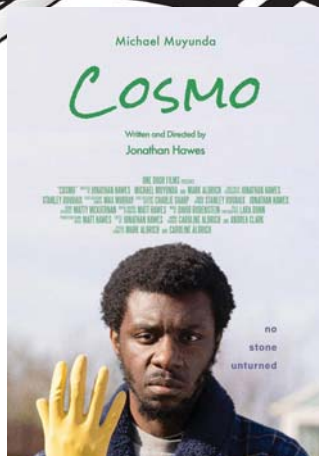
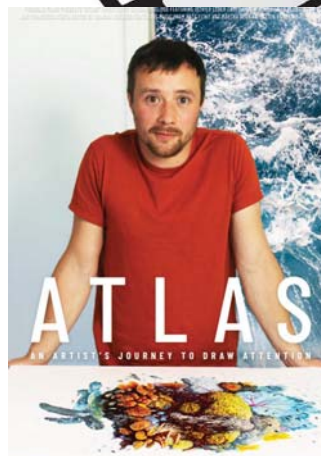
beeston film

keeping it

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SINCE 2002

Lights! Camera! Action!
by Sam Kurd



Well, that time of year has come around again – the 9th annual Beeston Film Festival will be hitting town next month. I'm sure I speak for all of us on the Beeston Film Festival team when I say how excited we are to be invading the Arc Cinema once again!

We've come such a long way in the last nine years. From a cosy room at the top of The White Lion, to sessions in The Berliner and on the University of Nottingham campus. Now here we are, once again bringing Hollywood and World Film to Beeston's very own cinema.

This year it's not just films from all around the world, though. We've brought back our East Midlands Focus category, to showcase and celebrate local film-makers from across the region. Here's a few of the best local films you can catch at the festival next month:

A Last Resort is an emotional, bittersweet comedy about a mother and daughter whose already-strained relationship is tested by a tough decision that would change their lives forever. As funny as it is moving, you'll definitely need tissues out for this one.

Atlas is a documentary film about ocean wildlife artist Oliver Leger as he plans out his latest painting 'Atlas'. It's about environmental issues and ecological concerns, but also about the nature of creativity and what it takes to create a beautiful and poignant piece of art.

Then there's **Good Grief**, a drama about four mothers who experience the agony of child loss, featuring BAFTA winner Vicky McClure. A hard-hitting subject that's often difficult to discuss, this handles the topic with sensitivity and grace. One of my favourites of the year.

If you're in need of a good laugh there's **Cosmo**, which is actually set right here in Beeston Rylands. It follows a man who is locked in conflict with a feline nemesis who constantly leaves 'presents' on his lawn. Not to be missed!

And if you like some thrills with your chuckles, check out horror comedy **Spooky B*tard**, in which a couple find themselves trapped in a clichéd horror film and must survive until dawn.

There you have it! Come along to the Beeston Film Festival next month, April 13th to April 16th at the Arc Cinema in Beeston – keep an eye on our website www.beestonfilm.com and www.beeston.arccinema.co.uk for tickets.

See you there!

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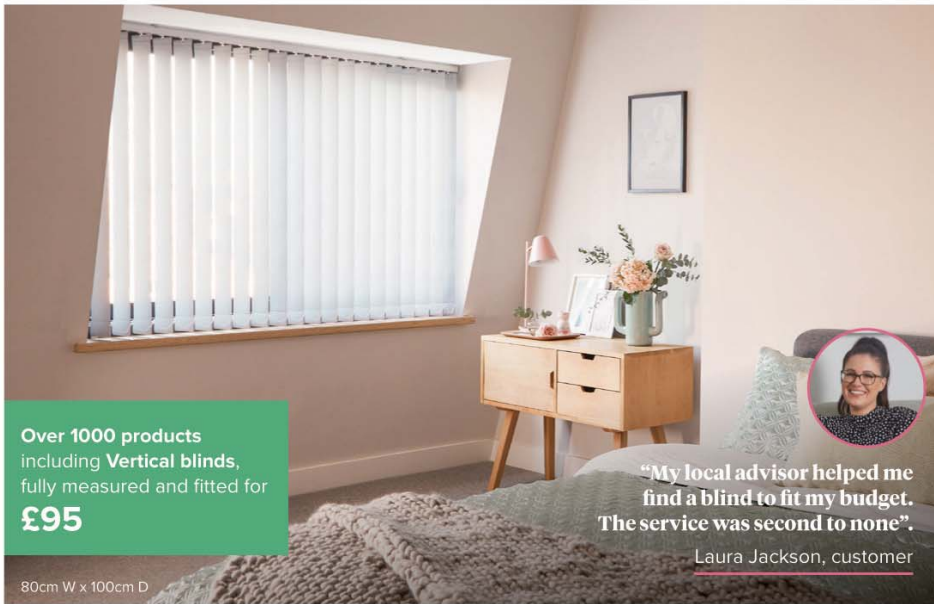
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Hundreds of thousands of East Midlands #LitterHeroes are doing their bit to clean up our country. Six times as many people litter pick in the East Midlands than visited the final resting place of Richard III* in the region!

New research by environmental charity Keep Britain Tidy reveals that at least 544,576 adults** – 14% of the adult population – in the East Midlands have done litter-picking at least once in the past six months.

The research was carried out to mark the launch of this year's Great British Spring Clean, the country's biggest mass-participation environmental campaign, running from March 17 to April 2.

Every year, hundreds of thousands of individuals take part in the campaign, picking up the litter that pollutes our streets, parks and beaches and showing the world that they care about the environment on their doorstep.

Last year, more than 430,000 volunteers, including school children, faith groups,

businesses and community groups, pledged to take part, collecting a staggering 449,406 bags of rubbish across the country, from the north of Scotland to the Cornish coast.

Litter-picking is a simple action that anyone can do to make an immediate and visible difference to their area and can increase the sense of pride that people feel about the community in which they live. Of those who took part in last year's Great British Spring Clean, 85% nationally reported that taking part made them feel more pride in their local area.

Keep Britain Tidy believes everyone should live in a community of which they can be proud, but less than half of adults (42%) in the East Midlands currently agree that they feel proud of their community.

This level of pride is also reflected in the extent to which people feel part of their community, which in the East Midlands only accounts for 41% of adults.

Commenting on the findings, Keep Britain Tidy Chief Executive Allison Ogden-Newton OBE said: "It is amazing to see that so many of us are now taking action in our day-to-day lives to improve our environment.

"Litter is a blight on our communities, our parks and our beaches and can make people feel unsafe in an area. It pollutes our watercourses and, ultimately, our oceans, choking marine life with plastic.

"The Great British Spring Clean is a moment when all those individuals making litter-picking a part of their lives – currently 544,576 people in the East Midlands – can show their pride and join us, because small, individual actions, when taken collectively, can make a huge difference."

Across the East Midlands, which incorporates Lincolnshire, Northamptonshire, Derbyshire, Nottinghamshire, Leicestershire, and Rutland, three per cent of people – just over 116,500 – revealed they took part in litter picking, either alone or in a group in their neighbourhood or other public spaces, at least once a week, with a further 12% saying they litter-pick at least once every six months.

The charity wants to encourage everybody to take pride in their area by taking part in the #BigBagChallenge – pledging on its website to pick a bag or more of litter, helping make a huge difference to the environment.

This year's campaign is made possible thanks to media partner Clear Channel, as well as supporting partners KFC, McDonald's, Nestlé, Mars Wrigley, Coca-Cola, Walkers and Pepsi MAX. We also thank players of People's Postcode Lottery for raising funds to support this campaign.

To find out more and to make a pledge visit www.keeptobritaintidy.org



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"The March Meeting of the Wollaton Natural History Society will take place on Wednesday, 15th March 2023.

The Talk is entitled "Times They are a-Changing" by David Parkin. David will discuss climate change and its consequences for migrating birds and their survival.

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

For more information visit our website www.spanglefish.com/WollatonNaturalHistory

Find us on Facebook or telephone our Chairman, Nigel Downes on 0115 9444671

PUSHING THE COLOUR

Workshop with Kate Houghton

Saturday 15th April 2023 10am - 4pm

For more information visit: www.spotteddogart.org.uk

Facebook: SD Art Group Nottingham

Join the Spotted Dog Art Group for their day of experiment exploring how colours can work with each other to push the illusion of picture space. Starting the workshop with a few simple collage exercises to see the spacial effects made by different colour groupings. (Tissue papers and paste will be provided for this). Moving on in the afternoon to making a simple still life painting in materials of your choice where you will be able to try out contrasting colour combinations that bring life and depth to the 3 dimensional form.

Kate will give a short demonstration using pastel and wash and will encourage group discussion on colour. General advice on setting up a composition and colour choice where requested.

SPOTTED DOG ART GROUP SPRING EXHIBITION 2023

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www.spotteddogart.org.uk

Facebook: SD Art Group Nottingham

Long Eaton Operatic Society are proud to present 'Kiss Me Kate' this March from Tuesday 28th March – Saturday 1st April at May Hall Theatre, Trent College, Long Eaton.

A joyful jazzy musical set in Baltimore 1948. Egotistical leading man, director, and producer Fred Graham is forced to work alongside his ex-wife, Lilli Vanessi, playing opposite one another in a new production of Shakespeare's Taming of the Shrew. As the two bicker and fight, it becomes clear that they are, in fact, still in love. Throw comedy, big band jazz and dance into the mix and you'll get somewhere close to Kiss Me Kate. This wonderful show includes the hits 'Brush Up Your Shakespeare', 'Too Darn Hot' and 'Another Op'nin, Another Show', as well as lesser known gems such as 'I Hate Men' and 'Tom, Dick or Harry'.

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10 Gardening Jobs for March...

Green fingered Brits are being offered a list of gardening jobs they should get ahead of in March to prepare the garden for Spring.

Gardening experts at GardeningExpress.co.uk have put together a selection of gardening tasks to carry out over the coming weeks.

Jobs include planting summer bulbs, keeping on top of weeding and keeping slugs and snails at bay.

Other jobs involve cleaning the patio and reviving the lawn after winter months.

Chris Bonnett from GardeningExpress.co.uk said: "Spring is just around the corner and if you want to have a gorgeous garden then you should start working on it now.

"The days are getting brighter and longer so it's a perfect time to keep on top of weeds, prepare your soil and start nurturing your lawn.

"If you find there's still some cold snaps where you live then you may want to put off certain jobs like planting summer bulbs. There's still plenty to get on with though, like cleaning your patio and tidying your lawn."

1. Plant summer bulbs

As Spring settles in, the soil will be warming, making it a good time to plant bulbs so that they're ready for summer, giving you a beautiful and bright garden for entertaining.

2. Keep on top of weeding

Unfortunately, as plants start to arrive in Spring, so do weeds. Weeds tend to germinate in the Spring so tackling them now means you may be able to prevent them from fully sprouting.

3. Keep slugs and snails at bay

As much as we love warm weather, so do slugs and snails so it's best to take precautions now and start scattering slug and snail pellets before they ruin your garden.

4. Prepare the veg plot

If you're hoping to grow some veg this year then now is a good time to prep and improve the soil. Most vegetables grow best in rich soil and you can enrich yours by adding things like bark, manure and grass clippings.

5. Plant rocket potatoes

Most potatoes will need planting in April but rocket potatoes can be planted earlier, towards the end of March, meaning they'll be ready for harvest in June/July. Rocket potatoes are considered to be one of the better varieties of potatoes because they're great for boiling.

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6. Refresh pots

Perennials In pots will need some TLC. Take out the top layer of compost and replace it. This will give your plants a bit of a boost.

7. Plant onions

Another veg that you can get ready to plant in March is onions. Onions need fairly dry and warm soil and planting them in March will give you a nice harvest in the late summer or early autumn.

8. Grow strawberries

For those hoping to grow their own fruit this year, why not try growing strawberries. Planting now gives you a harvest around early summer. Strawberries are ripe and ready to harvest when they're bright red, however, it's worth noting that they don't remain fresh for too long once ripe, so eat them sooner rather than later.

9. Don't neglect the lawn

Tidy the edges of your lawn and prepare any new areas for sowing grass. Treat unwanted moss that has grown over the autumn and winter. To get rid of moss simply apply some moss killer or lawn sand.

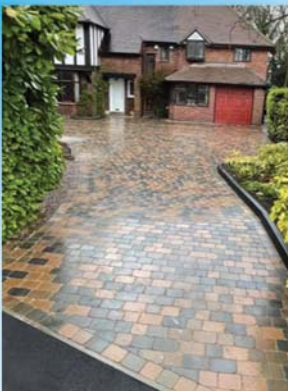
10. Clean the patio

After the winter months, there's probably a build-up of dirt and grime so the beginning of Spring is a good time to get this all cleaned. This can be done with a jet wash, or by mixing water and vinegar together and scrubbing with a garden broom.

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Wildlife Trust re-issues plea not to feed birds at Attenborough Nature Reserve.

Charity highlights ongoing risk to wild birds and thanks visitors for their continued support.

Following news that the current worldwide Avian Influenza outbreak is the largest ever and shows no sign of ending, Nottinghamshire Wildlife Trust has re-issued a plea to visitors to Attenborough Nature Reserve, its most popular site, not to feed the birds.

Back in January 2022, the Trust, which cares for over 40 nature reserves across the county, urged visitors not to feed the birds at Attenborough due to the ongoing risk of Avian Flu to wild bird populations. Last summer, despite efforts to prevent the spread, the charity had to deal with one of the worst inland outbreaks which killed around 500 birds.

Following news that the current outbreak has killed over 200 million birds, including millions here in the UK, and shows no signs of slowing, the Trust is once again urging visitors to the popular nature reserve, which sits alongside the River Trent south of Nottingham, to play their part in preventing the spread amongst wild birds. As birds arrive from the continent to breed again this year, it is likely that more outbreaks will be detected across the UK and the Trust, a registered charity is urging visitors to play their part in protecting birds at Attenborough.

Whilst the evidence suggests that the worldwide outbreak was caused by poor conditions in poultry farms in Asia, last summer's outbreak at Attenborough Nature Reserve, now believed to be one of the largest affecting inland wild birds in the UK, was made worse because of the level of bird feeding on the reserve.

Nottinghamshire Wildlife Trust Chief Executive Paul Wilkinson said: "Sadly, the Avian Flu outbreak shows no signs of letting up, with the risk of highly pathogenic avian flu in wild birds classed as very high. With spring bird migration underway, the

chances of infected birds arriving at Attenborough will increase and we are therefore re-issuing our plea to visitors to help us keep the wild birds at Attenborough safe by no longer feeding them.

Last summer, despite all our efforts, we had to deal with one of the largest inland outbreaks in wild birds in the UK. Seeing so many birds succumb to the disease was distressing for everyone, not least our staff who had to deal with the sick and injured birds on a daily basis. With confirmation that bird flu remains a significant problem world-wide we need the public's help to prevent the virus sweeping through the reserve again."

Experts now believe that the popularity of bird feeding at the reserve contributed to the high numbers of birds affected. With so much food on offer, many birds, particularly the swans and geese, had not been moving between sites and mixing with other birds. As a result, they had built up little or no immunity to Avian Flu since the latest outbreak began in October 2021.

Paul explained: "Feeding ducks, geese and swans at Attenborough has been a favourite experience for generations and has traditionally been a great way to get close to nature. However, now that we know bird feeding made the outbreak worse, we want to share the information so that people can help us help the wildlife they care passionately about. We knew that it was important to prevent birds congregating to feed, we were not aware that past feeding had also put Attenborough's birds at increased risk.

Whilst this is a difficult message, we know that visitors won't want to be making life difficult for our wild birds – so we're highlight that people can help by simply not feeding the birds."

Anyone finding dead wild waterfowl (swans, geese or ducks) or other dead wild birds, such as gulls or birds of prey, should report them to the Defra helpline (03459 33 55 77).

Beeston Wildlife Group

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

Upcoming talk: Black Is The New Green with Tim Sexton. Monday 20th March 2023 at 7.30pm.

The site of the former Rufford Colliery has been transformed into a large mosaic of heathland, grassland and woodland. Tim looks at some of the species he has encountered during survey work undertaken over the last couple of years on the site: black is now the new green!

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

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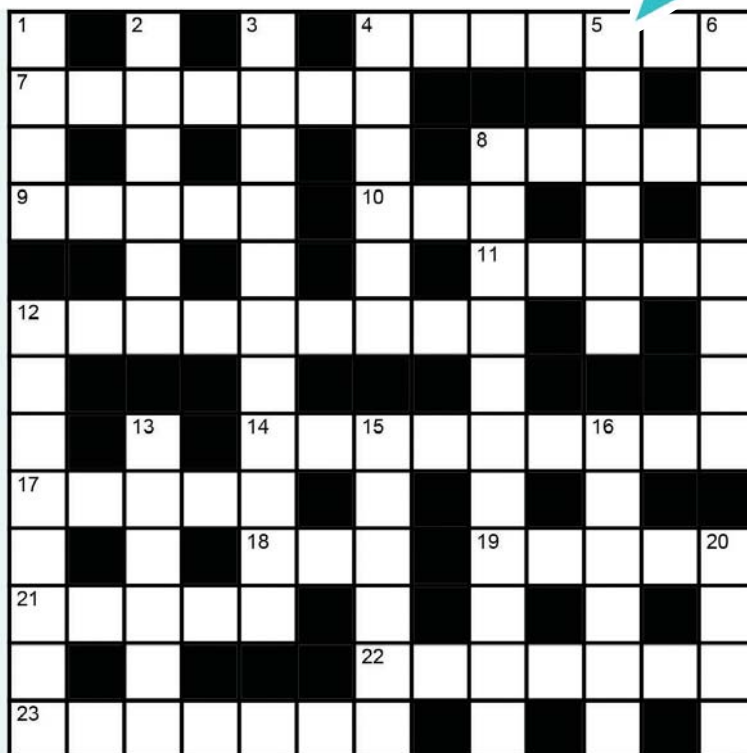
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Across

- 4 Filled with bewilderment (7)
- 7 Stipulated condition (7)
- 8 Scorches (5)
- 9 Remains (5)
- 10 ____ Lanka, country (3)
- 11 Not drunk (5)
- 12 Guide for conduct or action (9)
- 14 Subway (9)
- 17 Tight-fitting trousers, usually of tartan (5)
- 18 Of a thing (3)
- 19 Saltpetre (5)
- 21 Shrimp-like crustacean (5)
- 22 Oblivious (7)
- 23 Piercing cries (7)

Down

- 1 Musical composition (4)
- 2 Give to a charity (6)
- 3 Child of an aunt or uncle (5,6)
- 4 Tiny Japanese tree (6)
- 5 Tattered (6)
- 6 Having a wish for something (8)
- 8 Female to whom one is related by marriage (6-2-3)
- 12 Egg-laying, Australian creature (8)
- 13 Fix (6)
- 15 Object thrown in athletic competitions (6)
- 16 Real (6)
- 20 Optical organs (4)



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