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NOVEMBER 2023

ISSUE 251



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Breakthrough treatment for Dry Eye Disease (DED)

If your eyes feel dry, irritated, or painful for most or all of the time, you are quite probably suffering from Dry Eye Disease (DED), especially if you continually feel "there's something in my eye".

One in five, and nearly 800 million people worldwide, suffer from DED. Over 50% of females over the age of 40, and over 90% of menopausal females, are thought to live with this condition. More recently, the condition has become more common in all ages and genders due to environmental factors, use of cosmetics and medications, excessive screen use, and underlying conditions such as blepharitis and Sjögren's syndrome.

The front part of your eyes is lubricated by a special moist film consisting of a mucous layer nearest your eyes, a middle, watery layer derived from your tear glands, and a third, outer layer, which is oily (lipid) and produced by special glands (the Meibomian glands) in your upper and lower eyelids. If your Meibomian glands are not producing enough oily film, the other lubricating layers will continually dry out and that is

what causes the irritation and other symptoms of Dry Eye Disease.

This new therapy for Dry Eye Disease offered at Flynn's in Beeston is safe, non-invasive, painless - and doesn't involve any eyedrops. It is known as Intense Pulsating Light (IPL) and Low Light Level Therapy (LLLT), though it may also be referred to as Photobiomodulation (PBM).

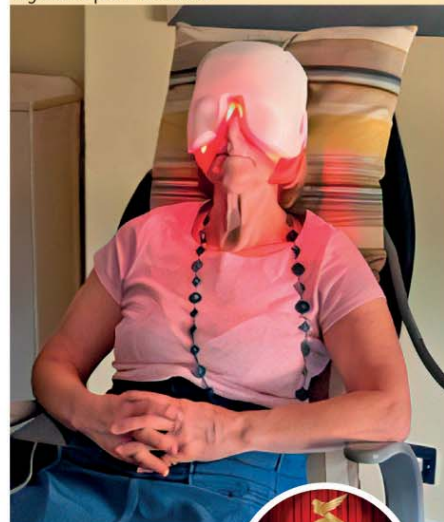
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear film. The treatment provides an immediate relief of symptoms.

Dr Sheeraz Janjua is now providing this new treatment at his special clinics held regularly at John Flynn Optician in Beeston. He can be contacted on 0115 925 5051.

Dr Sheeraz Janjua



The new therapy for Dry Eye Disease uses Intense Pulsating Light and Low Level Light to warm a patient's eyelids to stimulate the Meibomian glands. This improves the patient's tear film and gives immediate relief from the symptoms of Dry Eye Disease—no eyedrops needed!



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Enchanting cast revealed for Cinderella at Nottingham Playhouse

Nottingham Playhouse today announces the cast for its legendary pantomime, the magical tale of Cinderella.

With everyone's favourite dame, John Elkington, marking his 25th year since his first panto at Nottingham Playhouse, it's a guaranteed spectacular festive treat for all the family.

John plays the fragrant Rose, and joining him as sassy sibling Violet, is the multi-talented Tom Hopcroft (Sister Act, UK Tour, The Comedy About a Bank Robbery, UK Tour), and the energetic Danny Hendrix (Dick Whittington, Nottingham Playhouse) returns this year as Buttons. Jewelle Hutchinson makes her professional debut as the dazzling Cinderella, having just graduated from Mountview Theatre School. Liam Marcellino (Sound of Music, Chichester Festival Theatre) plays the dashing Prince, with Nottingham-born Georgia-Mae Price (Dick Whittington, Yvonne Arnaud Theatre) as Dandini. And Alice Redmond (Tracey Beaker Gets Real, Nottingham Playhouse) takes on both Fairy Godmother and Her Ladyship.

14 local youngsters appear as the Youth Chorus, playing circus folk, woodland creatures, footmen, and puppeteers, amongst other roles. The tasty Team Pumpkin are Isla Farrell, Ruby Hardy, Nathan Hayward, Effie Lennon, Amiya Maxwell, Henry Pavier and Olivia Richardson. The sparkling Team Slipper are Isla Granville, Max Huson, Matilda Lamb, Logan Miles, Ayanna Mzungu, Sahasra Peddi and Josie Samuels.

Adam Penford, writer and director said: "What a sublime cast and the best dame in the land in John Elkington. I'm delighted that for two of the performers this is their first job out of drama school, and that five of the performers are from our region, celebrating the wealth of talent on our doorstep. Cinderella is everyone's favourite pantomime with a dramatic story, magical transformation, romance and hilarious baddies."

Written and directed by Nottingham Playhouse Artistic Director, Adam Penford, with long-standing Musical Director John Morton at the helm. Set and Costume design is brought to sparkling life by Cleo Pettitt (twice nominated for Best Panto Design at the Great British Panto Awards) and Rosanna Bates (Dick Whittington, Nottingham Playhouse) this year takes on the role of choreographer. With Lighting Design by Tim Mitchell, Sound Design by Adam Fisher, Video Design by Raphael Achache and Casting Directors Natalie Gallacher CDG and Richard Johnston for Pippa Ailion Casting.

Polish your glass slippers and line up your pumpkins for you SHALL go to the Ball. The legendary Nottingham Playhouse panto is the most enchanting story of them all – the magical tale of Cinderella!

We'll be booing the surly sisters, Rose and Violet, swooning at Prince Charming, marvelling at the Fairy Godmother, cheering on Cinderella and enjoying an added touch of fabulous glamour and glitz from Nottingham's favourite panto dame John Elkington.

With live music, dazzling dance, and comedy chaos galore, it's the perfect festive treat for all the family.

Cinderella is kindly sponsored by Nottingham City Transport.



Nottingham Playhouse, Wellington Circus, Nottingham NG1 5AF
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The Boys' and Girls' Brigades of Beeston perform their 73rd Annual Pantomime 'Rumpelstiltskin', last performed in 1978! A rewrite of the script has been completed, costumes are being sewn, stage scenery and props are being built and rehearsals are well under way. Dame Daffodil, played by Tom Jowett and the cast from the Boys' and Girls' Brigades in Beeston can't wait to meet you all in January.

This story of Rumpelstiltskin, is about a magical woodland imp, played by Boys' Brigade member Jacob Emuss, who tries to hoodwink our heroine Annette, into a life with him unless she can guess his name. Annette is played by Girls' Brigade member Eve Slater, who needs to spin gold for the King, played by Boys' Brigade member Josh Swinscoe, or she faces a life in the treacle mines.

With lots of twists and turns along the way, love, laughter and song, the Brigades' pantomime will be a great night out for all the family. So please come along and support the young people of the Beeston Brigades and join in the fun.

The performances are **Thursday 25th, Friday 26th** and 2 performances **Saturday 27th January 2024**. Start times are 6:30pm for the evening performances 2pm for the matinee performance on Saturday.

Tickets can be bought online, please scan the code and it will take you to the Ticket Source website. You can also buy tickets in the Pearson Centre Office or buy on the night at the door.

The performances take place at the Pearson Centre for Young People, 2 Nuart Road, Beeston. More information can be found on the Facebook page 'The Boys and Girls Brigade Beeston Annual Pantomime' where you can also message the team.



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property of the month

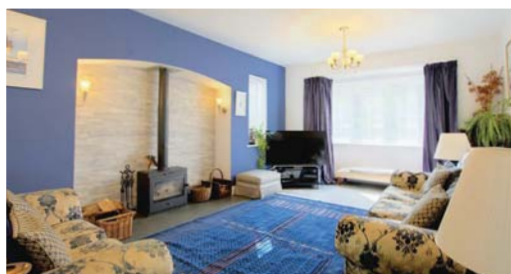
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**Winchester Avenue,
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£1,300,000 Freehold



An Immaculately Presented and Spacious Five Double Bedroom Detached House with a Garage. Situated in this sought after and well established residential location, within easy reach of a variety of local shops and amenities including schools, transport links, Beeston town centre, Queens 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 of an entrance hall, sitting/granny flat, shower room, lounge, open plan living kitchen/diner and utility to the ground floor. Rising to the first floor you will find the primary bedroom with an en-suite and dressing room, two further double bedrooms, both with en-suite's and additional two double bedrooms and a family bathroom.

To the front of the property there is an electric gated entrance to a generous resin driveway offering more than enough carstanding, stocked beds and borders, mature plants and shrubs, external lighting and gated side access leading to the private and enclosed rear garden which includes a large patio with a raised artificial lawn beyond, range of stocked beds and borders, mature trees and shrubs, summerhouse, decked area to the rear, external lighting, water tap and power and fenced boundaries.

Enjoying this quiet and peaceful cul-de-sac position and having undergone a full programme of renovation and modernisation including extensions, this luxurious house is like new. Offering a range of modern fixtures and fittings throughout, security alarm and light and airy open plan living this excellent property truly must be viewed in order to be fully appreciated.

**For more information contact Robert Ellis
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Hello Compà,

"We are a Sicilian family who moved to England in 2017. My husband and I fell in love with this country in 2007, during a wonderful holiday in southern England. We promised ourselves we would move here but life always takes unexpected turns and since then ten years have passed before the "big step".

Our passion has always been cooking. We have always shared the love for authentic Sicilian cuisine, that our grandmothers and our mothers have taught us. Growing up, our home has always been full of friends with whom to share our culinary creations. When we first arrived in the UK almost six years ago, everything was new and complicated. Last year we decided that our dream of opening a Sicilian restaurant had to become true, and so here we are! We are Angela and Massimo, find us in the kitchen preparing delicious Sicilian recipes for you.

Our restaurant is like us: simple, clean and imperfect, but always ready to welcome you with the warmth and friendliness of the Sicilian soul. As I always say, we don't just sell food, we sell experiences.

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800+ Films To Choose From!
by Sam Kurd



The year's drawing to a close, and so is our submissions window here at Beeston Film Festival. So far we've had 800+ short films, and we've been diligently watching and rating and discussing them all.

When December 31st rolls around, we'll shut our digital doors and whittle the submissions down to only the best of the best for inclusion in our festival next year. As you know, we're committed to bringing only the finest independent and international films to Beeston, and next year's our 10th anniversary so it's shaping up to be a special one!

Here's a few standouts among the recent submissions:

Cut Short: Fighting Against Knives in the North is a documentary about the impact of knife crime on youths and families in the North of England, with testimonials from ex- and current gang members and grieving families affected by knife crime.

Sticking with non-fiction, **Patricia in the Dark** is an interview with a 95-year-old trans woman who came to accept herself late in life. It's a fascinating insight into how societal attitudes evolve over time, and a moving story of self-love and acceptance.

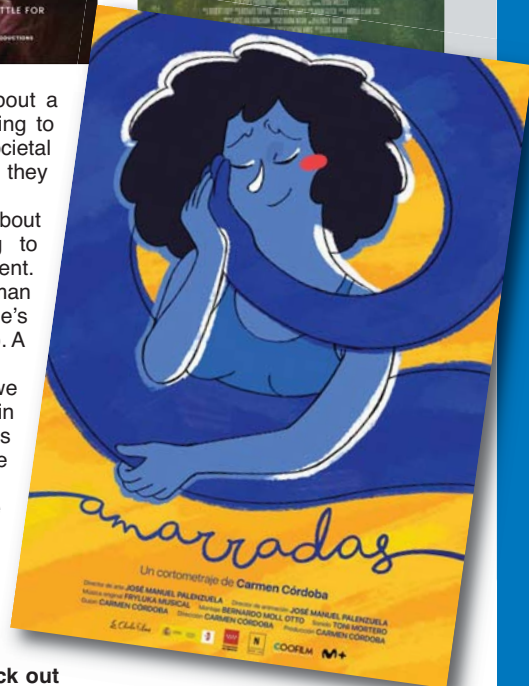
In a similar vein, **Weightless** is about a woman (played by Toyah Wilcox) trying to swim freely while weighed down by societal expectations and the inner turmoil that they can bring.

Ceres stars Juliet Stevenson and is about a mother and daughter attempting to reconnect after a period of estrangement. It's a clever and moving take on the Roman myth of Ceres & Prosperina (or Greece's Demeter and Persephone, if you prefer). A must-watch!

Sticking with that maternal theme we have **Roped**, an animated film from Spain about the eternal bond that connects mothers and daughters, no matter the distance or circumstances.

As always, it's a tough job to choose what gets selected, but I've got a feeling that we'll be seeing most of these in the festival next year, so keep your eyes peeled!

Don't forget our Film Club is in session throughout November, check out **Arc Cinema Beeston** for tickets, £5 per session!



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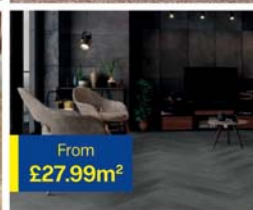
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Maintaining an active and enjoyable lifestyle is a priority at Meadow Lodge Residential Care Home. The staff are dedicated to helping residents pursue their interests and hobbies and engaging with the community through various activities and events such as summer and Christmas fayres. The care home also has a large dining room for meals and entertainment, two TV lounges and a secluded, gated garden for residents to enjoy.

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Admission to Meadow Lodge is on a six-week trial basis, giving residents the opportunity to get to know the home and the staff to understand their individual needs and preferences. The home is fully insured with a Nursing Home Insurance policy, offering peace of mind to residents and their families.

Our Care Team

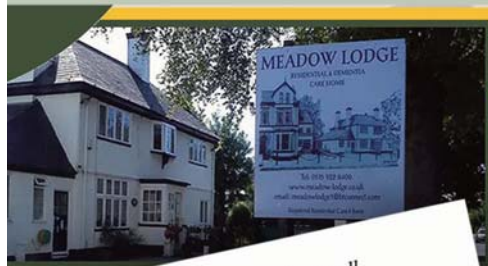
The Carers at Meadow Lodge are selected for their compassionate and responsible attitude, and the home is staffed 24 hours a day, ensuring that residents always receive the highest level of care and support.

Some of our carers have been working with us for over 30 years, passionate about their role in the daily lives of our valued residents. The chef at Meadow Lodge prepares nutritious, home-cooked meals and can accommodate special diets.

The care home is registered with the CQC (Care Quality Commission) and is regularly visited and inspected by the departments officials. We are proud of our "Good" rating which is a testament to the hard work and dedication of our staff.



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From Craig, Elizabeth & Lydia



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The story of how Christmas came to be what it is today - in Horrible Histories style!

When Christmas comes under threat from a jolly man dressed in red, it's up to one young courageous boy to save the day – but can he save Christmas?

When you think of the festive season, many things usually come to mind - family, joy, goodwill, presents... but how about Oliver Cromwell (fact)? Or Henry VIII (fact)? A Horrible Histories take on Christmas means only one thing – something Horrible, for both the kids and parents alike to love. Whilst the audience will be treated to sing-a-longs and a bit of 'behind you', do not expect the usual Christmas pantos.

From Victorian villains to Medieval monks, Puritan parties to Tudor treats, join us on a hair-raising adventure through the history of Christmas in the company of Charles Dickens, Oliver Cromwell, King Henry VIII and St Nicholas as they all join forces to save the festive season!

Director/actor of Horrible Christmas, Neal Foster; last seen directing and starring in the Horrible Histories BBC Prom 'Orrible Opera at The Royal Albert Hall says "Christmas is a special time of year and it's wonderful to perform in a heart-warming show about the importance of family in the company of Horrible Histories, who always know how to have fun! It makes it even more exciting to be performing in these extraordinary venues and we can't wait for Horrible Christmas to roll round!"

Bring the whole family to enjoy this horribly historical adventure as Horrible Histories presents the terrific tale of Christmas. It's a celebration in the most wonderful, funny and moving way you'll ever see.

'That rare gem of a family show that genuinely appeals to all ages from four years old upwards. If you think you know about Christmas, this show will make you think again!' Manchester Theatre Awards

'A flash, bang, wallop of a production!' British Theatre Guide

'Jam packed with brilliant, catchy tunes, hilarious jokes and lots of audience participation. I went with children aged between 7 and 12 and they loved it!' Cambridge Edition

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Lincs & Notts Air Ambulance (LNAA) celebrated recently with campaigns to raise awareness of the charity as it anticipates busiest year yet...

So far this year, LNAA's crews have responded to 1,162 missions, signalling that 2023 will be the busiest year on record. At the same time last year, they were called to 1074 emergencies, the year before 1007 missions and 3 years ago 616.

Head of Operations Chris Bailey said: "The rise in missions that LNAA now respond to is twofold, firstly we have increased our ability to reach incidents and we now fly the air ambulance at night, the only Helicopter Emergency Medical Services (HEMS) unit in the region to do so. We have also increased the number of highly skilled and qualified doctors and paramedics we have on the LNAA team, and this year we will cover over 900 twelve-hour shifts".

"Secondly, we have given our teams additional equipment and training to do more for the critically unwell patients they treat. We have provided our crews state of the art patient monitors, increased the amount of blood we can carry (and have so far transfused 90 units of blood products this year), and are constantly developing and using high end prehospital interventions such as invasive blood pressure monitoring. All this results in LNAA being able to reach more patients, both day and night, and ultimately we are able to save more lives".

This increase in life-saving capabilities comes at a cost and with missions on the rise, the charity needs to raise £10m this year. Across Lincs & Notts the crew is called to the most seriously ill and injured patients, taking the hospital to the scene, whether that is at the roadside, in remote countryside or along the coast.

Whether by air or by road, the doctor-paramedic team carry state-of-the-art equipment to perform a range of procedures, from anaesthetics to surgery – all at the scene of the incident.

All of this is made possible by donations from supporters of all kinds, of all ages and from a range of backgrounds.

To encourage people to find out more about LNAA's work, the charity will take over roadside billboards and supermarket billboards across Lincolnshire and Nottinghamshire.

CEO Karen Jobling said: "Our vision to be by the side of more patients delivering world-class care, is underpinned by our values of Teamwork, Respect, Innovation and Compassion. To this end, we strive to continually innovate to make that happen. We hope that this awareness campaign, along with Air Ambulance Week, will encourage people to find out more about our work.

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Plan now for blooming Spring

Here are GardeningExpress.co.uk's tips for using bulbs in the garden:

1. Masses of flowers

If you want a stunning display to kick off Spring, plant large groups of bulbs together. Try two or three different types of bulbs in a loose pattern following the shape of your flowerbed.

2. Colour

Planting one colour of bulbs looks great - planting multiple colours together can look amazing. To keep the cost down, think about using pre packaged bulbs in a mixture of colours.

3. Bulb lasagne

A bulb lasagne is when you plant layers of bulbs in pots. Put those that are likely to flower last at the bottom with layers of early flowering bulbs as you move up the pot. You'll have a beautiful, colourful display crammed with blooms lasting throughout the spring months.

4. Create a meadow

If you want to create a meadowy feel, try planting crocus bulbs and grape hyacinth under trees or even scatter them over your lawn or garden and let them grow where they land.

5. Unusual varieties

All gardeners are familiar with the traditional daffodils, and snowdrops so how about looking for more unusual varieties? Take a look online to see what's available and experiment with different species.

6. Plant with perennials

To mix things up, plant bulbs with perennials. Hardy bloomer pansies are great with Spring bulbs for a colourful start to the season.

For more on bulb care -

<https://help.gardeningexpress.co.uk/knowledge-base/how-to-plant-a-bulb/>

Green fingered Britons are being advised to get planting now for a colourful spring display.

The experts at GardeningExpress.co.uk are encouraging gardeners to get creative with the daffodils and snowdrops for a riot of colour early next year.

They can be planted directly into the soil or in pots around the garden and can be left to look after themselves.

With so many varieties and eye-catching colours, they're the perfect way to welcome in the warmer months.

Nick Wood from GardeningExpress.co.uk said: "If you love a riot of colour as Spring hits, now's the time to start planting all your favourite bulbs. Nothing beats seeing new plants emerge as winter draws to a close and the days begin to warm up.

"Don't restrict yourself to simply putting them into the ground - you could create a clever design or even a bulb lasagne where bulbs of different heights will flower one after each other.

"Think too about when they'll flower. That way you'll have interest in the garden through the spring and summer, rather than just a quick flurry at the beginning."

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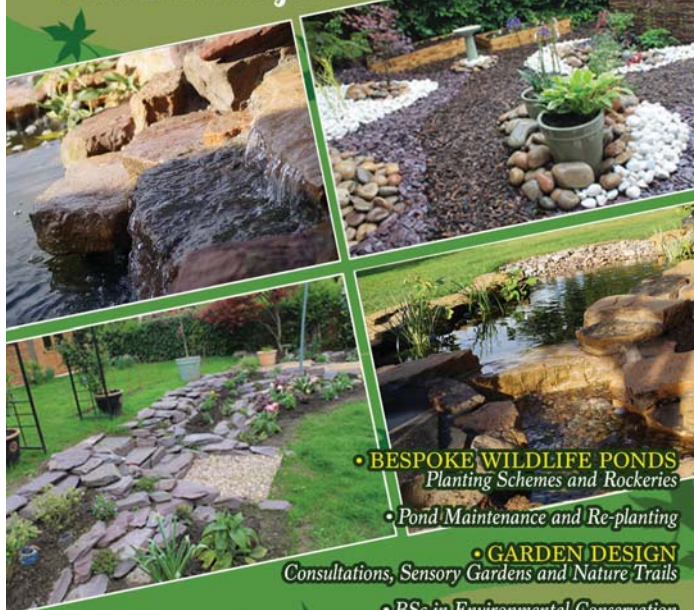
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HOW TO REUSE HALLOWEEN PUMPKINS IN YOUR GARDEN

Brits are being encouraged to reuse their Halloween pumpkins in their gardens to prevent contributing to greenhouse gas emissions and food waste.

Here are 8 effective ways to repurpose Halloween pumpkins from the team at:

Add them to the compost

Pumpkins can be added to your compost pile. They are rich in organic matter and will break down over time, adding valuable nutrients to your compost.

Turn them into bird feeders

Carved pumpkins can be used as DIY bird feeders by adding some string and hanging them in your garden. Fill them with delicious bird food to attract your feathered friends to the garden.

Use them as planters

Carved pumpkins can be turned into attractive autumnal planters. Just line them with weed fabric, fill them with potting soil and plant some hardy flowers. To prevent the pumpkin from rotting, make sure to apply a water-repellent lubricant like petroleum jelly or vegetable oil.

Seasonal decorations

If your pumpkins are still in good condition, you can use them as beautiful seasonal decorations in your garden. Arrange them on pathways, steps, or near your garden beds to add a touch of autumn charm. Don't forget to lubricate the pumpkins so they preserve better.

Create a shelter for bugs

Place small pumpkins or pumpkin halves in your garden as hiding spots for beneficial insects like ladybugs and ground beetles. These insects can protect your precious plants from hungry pests.

Plant the seeds

While you're carving out your pumpkin, harvest the seeds so you could use them for next year's planting. Store the seeds somewhere cold and dry and save them for spring.

Cook something

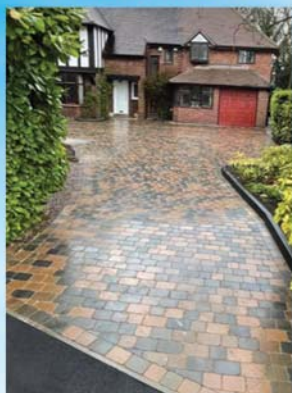
Alternatively, if you can't find use for your pumpkin leftovers in the garden but they're still in good condition then the tastiest way to dispose of them is to eat them. Make delicious recipes like pumpkin soup, pumpkin pie or pumpkin butter.



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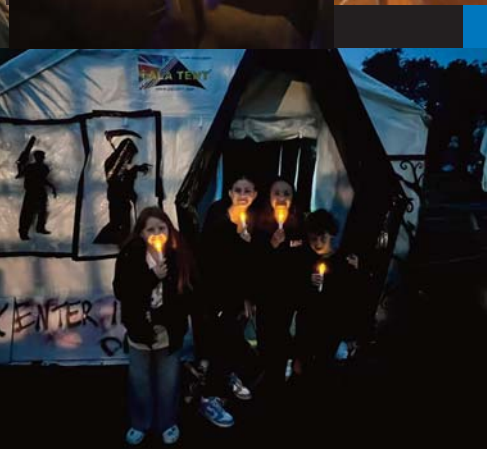
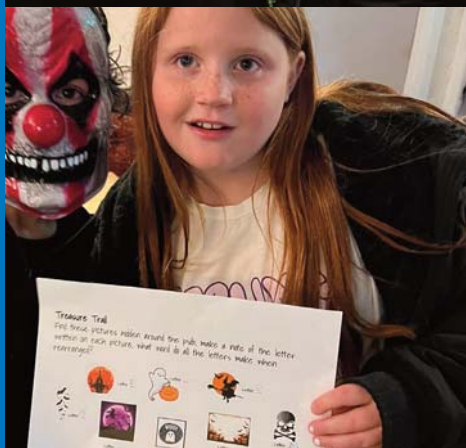
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2002

Locals join in fundraising at The White Lion in Bramcote Village, with a haunted house...

"We came up with idea of holding a Halloween event at our local pub The White Lion in Bramcote. With four witches at the ready we scoured charity shops, picked up fireplaces, rocking chairs, dolls houses and lots more to create a Haunted House in the pub garden. The graveyard led to the hall, dining room, kitchen and finally the nursery. With lots of surprises along the way.

Over 200 families, of all ages, ventured through our house. Along with games on the evening we raised £300 for The Rotary Club".



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Look out for Beeston Roundtable

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

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

Monday 4th Dec - Chilwell & Attenborough
Tuesday 5th Dec - Attenborough
Wednesday 6th Dec - Stapleford
Thursday 7th Dec - Chilwell
Sunday 10th Dec - Bramcote/Stapleford
Monday 11th Dec - Beeston Hillside
Tuesday 12th Dec - Beeston Central
Wednesday 13th Dec - Chilwell Meadows
Thursday 14th Dec - Beeston Rylands
Sunday 17th Dec - Meet Santa at The Star Beeston
Monday 18th Dec - Toton North
Tuesday 19th Dec - Toton South
Wednesday 20th Dec - Bramcote Hills

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

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

CHRISTMAS COFFEE MORNING

Saturday 18th November 2023, 11am to 1pm

The Assumption Church Hall, Foster Avenue, Beeston.

Seasonal refreshments are available.

Stalls include: Cakes, Raffle, Bottle Stall, Christmas cards / Advent candles, Bric a Brac stall and Children's lucky dip. Come along and enjoy the fun!

The November Meeting of the **Wollaton Natural History Society** will take place on **Wednesday, 15th November 2023 at 7.30pm**. The Talk is entitled 'Top 10/20 Birds' by Mike Hill. Mike is the Senior Conservation Ranger at Sherwood Center Parcs and will talk about his favourite birds and how they behave.

We meet at **St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.30pm**.

Free to members, visitors welcome £3 on the door. For more information visit our website, find us on Facebook or telephone our Chairman, Nigel Downes on 0115 9444671

HEMLOCK GARDEN CLUB

A friendly local garden club, which has been meeting for 50 years, welcomes gardeners of all levels to their autumn programme of visiting speakers on different aspects of gardening and gardens great and small.

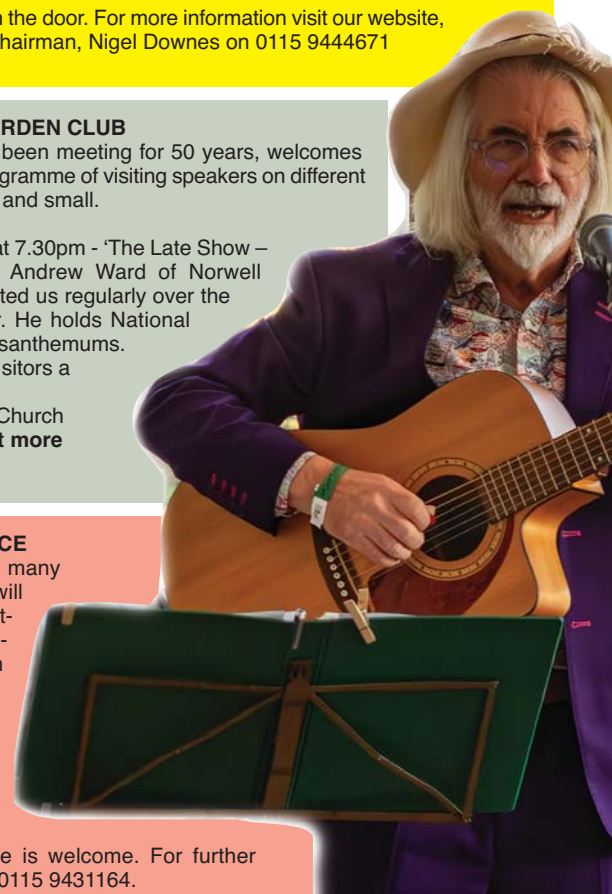
Next talk: Thursday 16 November 2023 at 7.30pm - 'The Late Show - Autumn's Floral Finale', a talk by Dr Andrew Ward of Norwell Nurseries near Newark. Andrew has visited us regularly over the years and is always a popular speaker. He holds National collections of Astrantias and Hardy Chrysanthemums. Visitors welcome, members free entry, visitors a suggested donation of £2.50 including refreshments. Bramcote Memorial Hall, Church Street, Bramcote, NG9 3HD. **To find out more visit www.Hemlockgardenclub.co.uk**

WELCOME TO WARM SPACE

Beeston Methodist Church, aware that many people are worried about how they will manage another winter with current cost-of-living prices and high fuel bills, is re-launching its Warm Space project on Tuesday, November 7.

Fortnightly sessions will be held on alternate Tuesdays in the church hall from 2pm to 4pm. Meeting dates for the rest of the year are November 21, December 5 and December 19.

Free hot drinks, soup and friendly conversation will be on offer. Everyone is welcome. For further information contact the church office on 0115 9431164.



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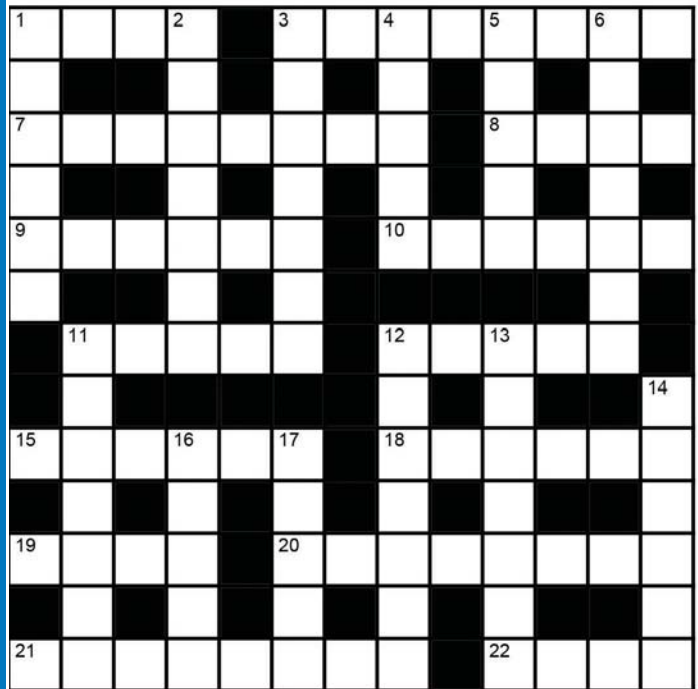
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puzzle

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Across

- 1 Addition (4)
- 3 Container for a letter,
thin package, etc (8)
- 7 Popular dessert (5,3)
- 8 Buddy (4)
- 9 Alternating between
discouragement and
encouragement (4-2)
- 10 Fine white clay (6)
- 11 Dogma (5)
- 12 One of the Seven
Dwarfs (5)
- 15 Elderly male (3,3)
- 18 Large underground
chamber (6)
- 19 Greenish-blue (4)
- 20 Relating to the stars
or constellations (8)
- 21 Acknowledged
defeat (8)
- 22 Back garden (4)

Down

- 1 Compliment (6)
- 2 Shallow depression in
the ground in which
brine evaporates to
leave a deposit (7)
- 3 Abuse (7)
- 4 Front of a jersey, cut
to a point (1-4)
- 5 State of being
disregarded or
forgotten (5)
- 6 Turn to stone (7)
- 11 Hunt cry telling that
the fox has been
sighted (5-2)
- 12 Made up one's mind (7)
- 13 State of having little
or no money (7)
- 14 Set at a slant (6)
- 16 Frenzied (5)
- 17 Pried (5)

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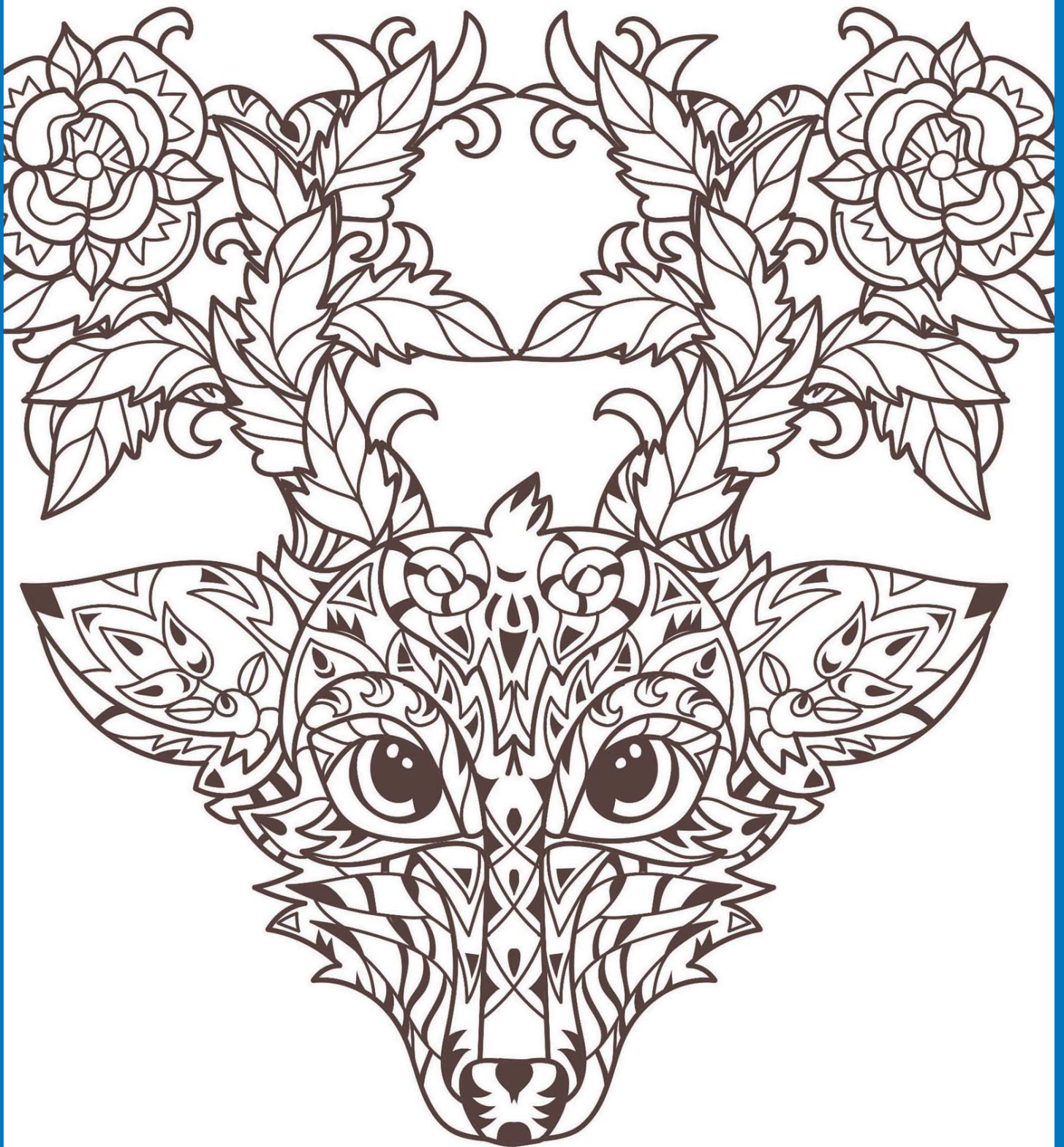


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