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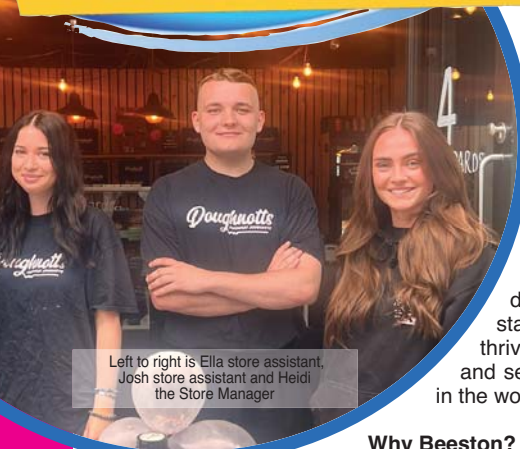


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Left to right is Ella store assistant, Josh store assistant and Heidi the Store Manager

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# standing tall

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**Beeston's tallest building gets a make-over**

Beeston's tallest structure - the 110ft high spire at Beeston Methodist Church on Chilwell Road – is being cleaned and repointed as part of a proposed programme of essential work to maintain and modernise the 121-year-old building.

Broxtowe Borough Council has granted planning permission for the redevelopment of the distinctive Victorian church, designed by Bradford architect William James Morley and opened in 1902.

The landmark spire became more visible after the demolition of several large mill buildings in the 1990s.

Andy Taylor, co-chair of the BMC Property Committee and a member of the Redevelopment Group, said: "Checks on the condition of the spire revealed that some re-pointing of the stonework had become necessary as well as surface cleaning to remove lichens, moss and some larger weeds. The work is being undertaken by ASC Steeplejacks, of Carlton."

The redevelopment project will focus on improvements to the church sanctuary and the main entrance at the side of the building. The church is currently expensive to heat. So, a new heating system will be installed and the church roof, which has come to the end of its natural life, will be re-slatted and insulated. The church windows will be doubled-glazed and new low-energy lighting installed.

The worship area will be re-modelled to meet the needs of a 21st century Methodist church while enhancing its role as an important community asset. The side balconies will be removed, allowing the impressive stained-glass windows in these areas to be fully revealed and bring extra light into the church.

A new level floor with insulation underneath will be installed to create a more flexible space, suitable for small and large group worship and a wide range of community events. The remaining ground floor pews will be removed and replaced with modern seating. The impressive pipe organ will undergo a complete overhaul as part of the redevelopment.

New audio-visual technology will facilitate live streaming of services and events, including concerts and other performances. The coffee bar area will be upgraded and automatic doors installed at the side entrance.

BMC, committed to making the building as accessible and eco-friendly as possible, is also considering fitting solar panels on some of the roofing towards the rear of the premises.

*Repair work in progress on the 110ft spire at Beeston Methodist Church*



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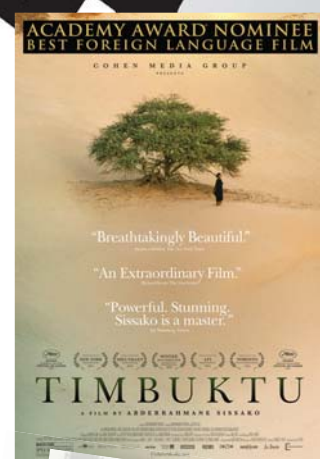
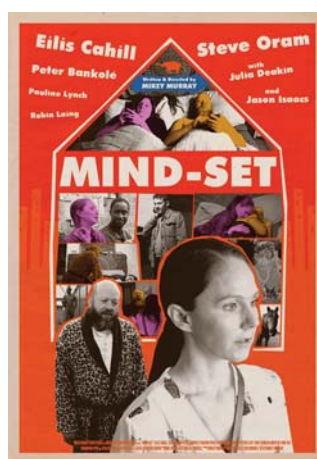
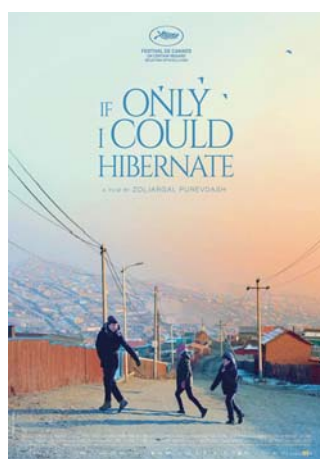
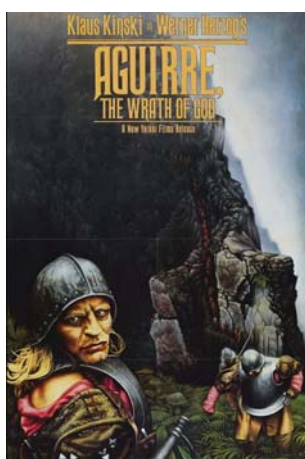
# beeston film

by Sam Kurd

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As the year marches on, we here at Beeston Film Festival continue to beaver away behind the scenes, watching and sifting and curating for next year's 10th Anniversary event.

We could be content to bring you the best that the international short film scene has to offer, but no! We don't like to sit on our laurels. That's why, in addition to branching out into feature films for the very first time, this year we're trying something new and exciting to whet your appetite ahead of the event itself – a Film Club!

Starting 11th October, every Thursday for six weeks, we'll be partnering with the ARC Cinema and showing a selection of independent feature films from around the world, along with a selection of the best shorts that this year's Festival had to offer.

A season ticket is only £25, with each individual session being £5.

## The sessions will be:

**11th Oct – Best of Fest 2023:** A selection of award-winning shorts from the 2023 Beeston Film Festival.

**19th Oct – Timbuktu:** An Oscar-nominated drama from Mali, about a cattle herder whose quiet life outside the ancient city of Timbuktu is disrupted by the Jihadists who hold sway in the city.

**26th Oct – Aguirre, the Wrath of God:** The classic Werner Herzog film about a disastrous expedition to find the legendary El Dorado, led by the insane Don Lope de Aguirre, arguably Klaus Kinski's greatest role.

**2nd Nov – Mind-Set:** A comedy-drama from the UK about a disillusioned office clerk in a disintegrating relationship who finds herself falling for a charismatic new co-worker. Winner of the 2023 Midlands Movies Awards.

**9th Nov – Steadfast:** An inspirational documentary about the remarkable life of Dr Jean Augustine, the first Black woman to be elected to Canada's House of Commons and the first Black woman to serve in Canada's federal cabinet.

**16th Nov – If Only I Could Hibernate:** A Mongolian drama about an ambitious teenage boy who hopes to win a Physics competition for a scholarship, despite the wishes of his mother who needs him to work and support the family. Nominated for the Un Certain Regard award at Cannes 2023.

It's a great selection, don't miss out! Tickets will be available on ARC Cinema's website soon, so watch this space!







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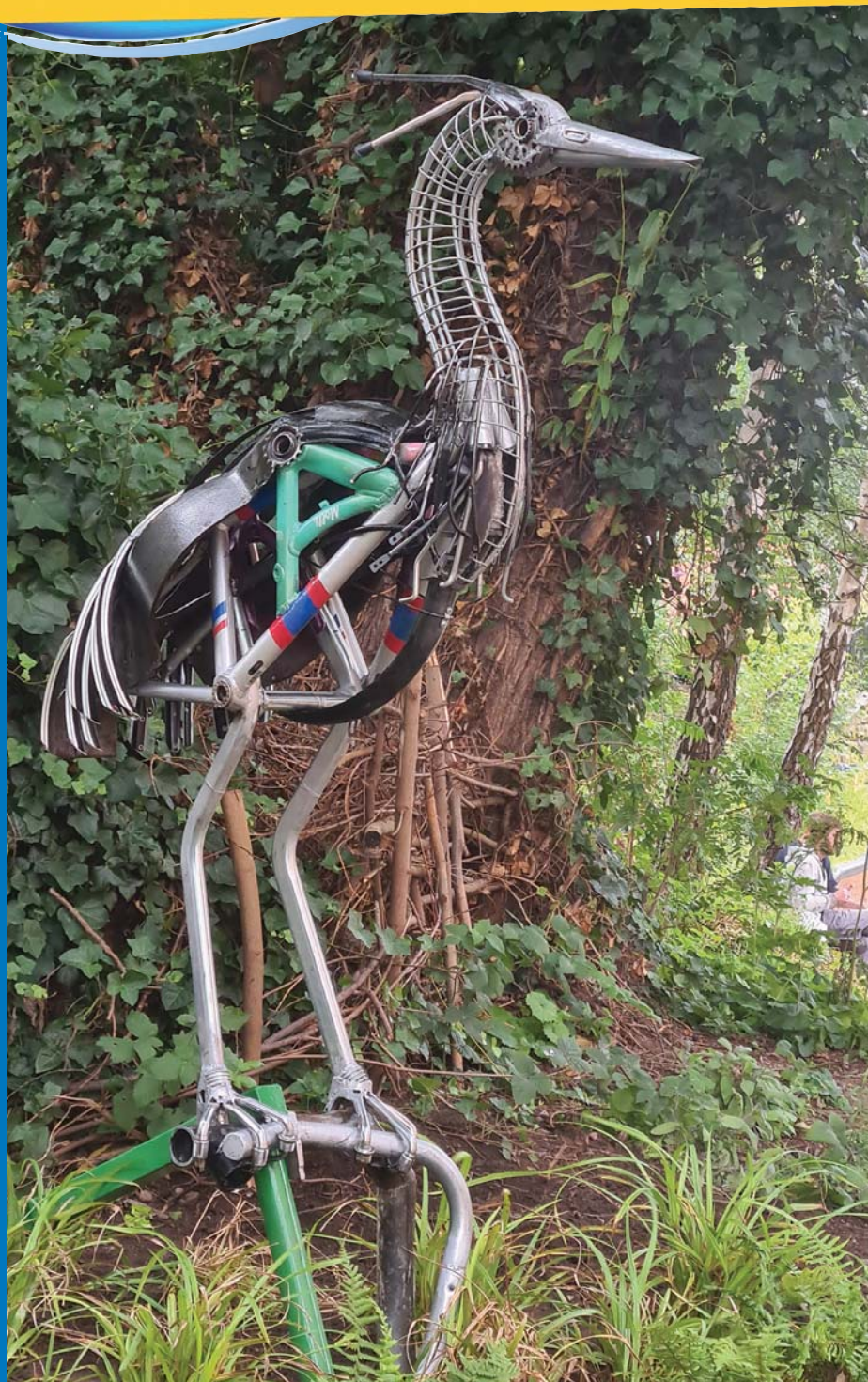


# transformed space

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## Heron Artwork Created from Raleigh Bikes Helps Transform a Neglected Urban Green Space

A heron artwork created from old bikes, a shopping trolley and other rubbish collected from the canal has completed the transformation of a neglected urban green space in Nottingham.

The Wilford Street Ramp project has seen the canalside location given a new lease of life through a partnership between Green Hustle Community Interest Company (CIC) and Canal & Rivers Trust.

Nottingham's bike maker Raleigh contributed £8,000 to the project which now features the heron created by local artist Michelle Reader from recycled Raleigh bike parts and other waste retrieved from the canal.

As well as reclaiming the space for the community, the project raises awareness about the importance of environmental stewardship. The site has been transformed with new habitats, wildlife zones, sensory and edible planting and child friendly interactive features.

Wilford Street Ramp, nestled by the canal near Nottingham City Centre, had long suffered from neglect, overrun by ivy and bramble. Recognising its potential as a biodiversity-rich haven, Green Hustle CIC, Canal & Rivers Trust, and local partners embarked on a journey to transform the space into a vibrant ecosystem teeming with native plants and wildlife habitats.

Adam Pickering, Green Hustle, said: "The Wilford Street Ramp Revamp is a shining example of how collaborative efforts and creative vision can transform neglected spaces into vibrant community hubs that celebrate nature and inspire sustainable living."

This ambitious project united the efforts of local artists, gardeners, and volunteers, alongside the expertise of organisations like Nottinghamshire Wildlife Trust and Nottingham Open Spaces Forum. The venture has empowered the community, sparking conversations about sustainability and impacting the local environment positively. Stakeholders and volunteers joined forces to unlock the site's potential, culminating in the design by gardener Andy Callow from Sherwood Garden Consultancy.







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Dr Sheeraz Janjua



## Now available in Beeston... Breakthrough treatment for a very common eye disease, Dry AMD

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', or 'Dry AMD'. When this happens, the central area of 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. This new therapy offered at Flynn's in Beeston is safe, non-invasive, and painless.

It is fully approved under European and UK directives. This breakthrough treatment is known as photobiomodulation (PBT) 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.

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



Using the new photobiomodulation instrument to treat a patient's Dry AMD eye problem.

**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.**



An impression of how Dry AMD can affect central vision, and gradually become more disabling.



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# memory walk

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**What:** Alzheimer's Society's Nottinghamshire Memory Walk's 2023

**Where:** 1. Clumber Park, Worksop  
2. Wollaton Park, Nottingham

**When:** Clumber Park Memory Walk  
October 1st, 2023 - Nottingham Memory Walk (Wollaton Park) - October 7th, 2023

**Why:** Memory Walk is back for 2023 and Nottinghamshire residents are being invited to take part and bring their support in the form of family, friends, colleagues and even pets in Nottinghamshire this Autumn.

With one in three people born today in the UK going on to develop dementia in their lifetime and over 12,700 already living with the condition across Nottinghamshire, this is the perfect opportunity to show people affected by dementia we care. Why not join thousands of others and sign up for free to Alzheimer's Society's Clumber Park Memory Walk or Alzheimer's Society's Nottingham Memory Walk, to help stop dementia from devastating lives.

Vicky McClure's friendly 'yearly reminder' for Alzheimer's Society Memory Walk Nottingham is on Instagram @vicky.mcclure

Alzheimer's Society supporters will feel it all on the day at Clumber Park (Worksop) and Wollaton Park (Nottingham), on October 1st and 7th, 2023 respectively. Whether it's the buzz of the crowd, time to reflect in quiet moments of remembrance, or the hug of a stranger who gets it, all while raising vital funds for the charity.

Whether supporters walk as one or walk with many, they'll be providing help and hope to people living with dementia. They may be walking for, or in memory of a loved one, or just wanting to support Alzheimer's Society's crucial work in their local community.

Every pound raised will make a huge difference. Supporters will be walking to fund faster diagnosis, ongoing support and vital research, helping people with dementia live more fulfilled lives now and in the future.

The sponsored walks at Clumber Park (Worksop) and Wollaton Park (Nottingham) are suitable for all ages and abilities – it's free to sign up and open to all. People can also choose to take on their own Memory Walk wherever they like, whenever they like if they aren't able to attend a hosted walk.

**To sign up and find out more, visit [memorywalk.org.uk](https://memorywalk.org.uk)**





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## Green-fingered Brits are being offered tips on how to create a stunning garden with limited outdoor space.

Those who only have tiny gardens, patios or balconies to work with can still enjoy the outdoors with some careful planning and space-efficient solutions.

Although they pose some challenges, small gardens have their benefits as well - they're typically much easier to maintain and also tend to be more budget-friendly.

Homeowners can make their gardens look bigger by choosing the right colour schemes and lighting options, as well as paying attention to how they position the plants depending on their size.

Vertical gardening, containers and hanging baskets are also very handy when it comes to small-space gardening.

Chris Bonnett, the founder of GardeningExpress.co.uk said: "Your gardening plans shouldn't be hampered by limited outdoor space, even a small garden has plenty of potential and can be turned into a cosy haven.

"With more and more people moving to cities, gardening has seen an incline, but you don't need much to grow your own plants.

"Even if you live in an apartment, all you need to start gardening is a sunny spot on your balcony or patio, a few containers and some quality soil.

Here are GardeningExpress.co.uk's top nine gardening hacks for small spaces:

### Here are 's top nine gardening hacks for small spaces:

#### 1. Use containers

Containers are perfect for small gardens because they take up minimal space. The best thing about containers is that they are portable, so you can move them around your garden as needed.

#### 2. Vertical gardening

Vertical gardening will allow you to make full use of all of the space you've got. You can use upright structures like walls, fences and balconies for growing plants by adding shelving, hanging baskets, trellises and living walls to them.

#### 3. Create raised beds

Raised beds are perfect for small gardens because they allow you to grow more plants in a smaller space. You can build your own raised bed or buy one from a garden centre. Raised beds are also great for controlling soil quality and drainage.

#### 4. Choose the right colours

Choosing the right colour scheme can make a small space look bigger. Vibrant flowers, shrubs and features can make small gardens appear lighter and bigger. If you want a more intimate look opt for warm colours, if you want to add depth and serenity then go for cool tones.



continued...

Photo credit: Pexels.com

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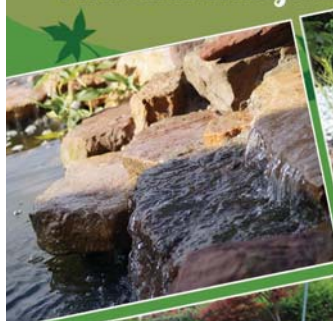
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### 5. Choose the right lighting

The best lighting options for small gardens should be subtle and highlight specimen plants to create shadows and give the garden depth. To avoid taking up too much floor space you can opt for wall, hanging and fairy lights.

### 6. Positioning of the plants

Use perspective to your advantage by carefully positioning small, medium and larger plants in sequence. This creates an optical illusion and makes the garden look larger.

### 7. Grow herbs

Herbs are easy to grow and take up minimal space in the garden. You can plant herbs in containers or directly in the ground. Herbs are also great for vertical gardening.

### 8. Choose space-efficient furniture

Compact and flexible garden furniture will allow you to still create cosy dining and relaxing areas even if you don't have much space. Opt for furniture that can be folded or stacked away when not in use.

### 9. Add a focal point

Draw the eye towards the longest axis in the garden, normally a diagonal, by adding a focal point into the furthest corner from the seating area.

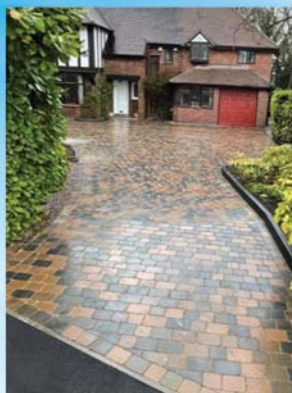
For more small-space gardening ideas visit:  
<https://www.gardeningexpress.co.uk>



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**Come and give our Green Festival a green thumbs up...  
Broxtowe Borough Council's Green Festivals are a great  
way to spend some time with the family while finding out  
about the ways in which we can all make small, simple  
lifestyle changes to reduce our carbon footprint.**

The next free to attend festival will take place on **Saturday 23rd September** at  
Coronation Park in Eastwood between 12.00pm and 3.00pm.

A wide variety of Nottinghamshire-based organisations and charities will be on hand offering  
a range of advice and activities to share how everyone can incorporate carbon-cutting actions  
in their everyday lifestyle.

Residents can get involved with activities they might not ordinarily try out including:

- Meet your local bee keeper with the Nottinghamshire Beekeepers Association.  
Try on a beekeeping suit, learn why bees are so important and buy some local honey.
- Learn to mend clothes so you don't have to throw them away in FREE mending workshops  
with Mary Broddle's embroidery for wellbeing.

Find out more about energy efficiency for homes with Green and Cosy Homes.

- Get FREE bicycle repairs from Women in Tandem and FREE bicycle security marking from  
the Broxtowe Borough Council Safer Streets team. Please book ahead for a FREE bicycle  
repair session at <https://www.eventbrite.co.uk>.

- Join in with the dog show hosted by Broxtowe Borough Council's Neighbourhood Wardens.  
The check in desk will open at 12pm, with the shows due to start from 12:30pm.  
Residents can also discover delicious, sustainable bites to eat with food vendors like Veggies,  
a volunteer led social enterprise that cooks tasty vegan snacks, favouring fairly traded and  
local sourced ingredients.

Portfolio Holder for Environment, Councillor Helen Skinner, said "Our Green Festivals are  
interactive. Climate change is such a serious issue but there are ways to learn more about it  
and the small changes we can all make to create a big difference, in a way which is fun for all  
the family. I'm really looking forward to meeting residents there and helping them to share in  
our ambitions to reduce our carbon footprint."

You can access Coronation Park via Plumtree Way in Eastwood. The rainbow one bus  
service and the 34 bus service which is run by Trent Barton also travel directly past the park.  
Please use sustainable transport if you can, but if you do need to drive, limited parking is  
available at Coronation Park.

**You can find more details on the upcoming festival along with other future events visit  
our Green Festivals page: <https://www.broxtowe.gov.uk/for-you/climate-change/broxtowe-green-festivals/> or contact the Climate Change Manager at  
[environment@broxtowe.gov.uk](mailto:environment@broxtowe.gov.uk).**

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Well established within the Beeston, The Dojo is run by Sensei Aidan Trimble. Aidan is celebrating the 40th Anniversary of his winning the World Championships in Tokyo, Japan in 1983.

He had previously earned his first black belt in 1977 at the tender age of eleven years of age. By the time he had reached the World Championship he was twenty two and was the first European to win such a title in Japan.

Now sixty two, he runs the Federation of Shotokan Karate from his Humber Road based Dojo.

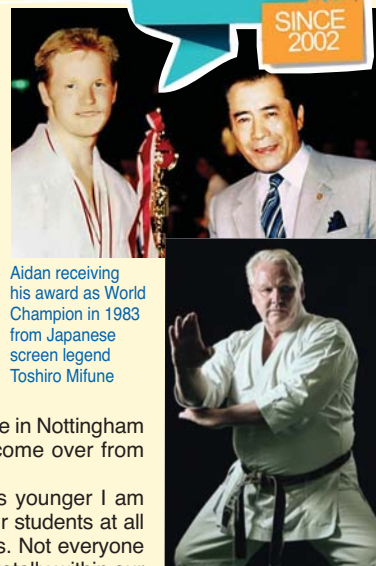
"We have a very good reputation here in Nottingham and internationally with teams that come over from as far away as Norway to train"

"By being a competitor when I was younger I am better able to coach and advise all our students at all levels to help them achieve their aims. Not everyone wishes or needs to compete which is totally within our ethos but for those who do I am hopefully an inspiration to them that they can do what I have done in their own way"

Aidan also coaches at the University of Nottingham and enjoys a place within the community in his sport.

"Adults often start on their own and end up bringing their children to train which is very gratifying as this is a sport that can teach self confidence and earn that child a well deserved tick on their later prospects in life if they stick at it" adds Aidan who has clearly stuck at it and deserves credit for bringing the Dojo to Beeston many years ago.

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Aidan receiving his award as World Champion in 1983 from Japanese screen legend Toshiro Mifune

Aidan today - image courtesy of Fabrice Gagos

## what's on...

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### Hemlock Garden Club

A friendly local garden club, which has been meeting for over 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 21st September 2023 at 7.30pm** - 'Perennials for Late Season Colour' A talk by Gary Leaver of Avondale Nursery - a family-run nursery near Coventry, which holds several National Collections, including Michaelmas Daisies.

Visitors always welcome, members free entry, and for visitors a suggested donation of £2.50 including refreshments. 3rd Thursday of the month, Bramcote Memorial Hall, Church Street, Bramcote, NG9 3HD.

To find out more visit [www.Hemlockgardenclub.co.uk](http://www.Hemlockgardenclub.co.uk)

### SPOTTED DOG ART GROUP SEPTEMBER WORKSHOP

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You can work on canvas or acrylic/watercolour paper with the minimum size being approx A3.

Mark will demonstrate how we can use flat and rigger brushes with acrylics to develop the painting.

To book:

Please contact the Bookings Secretary: Janet Waters.

Email: [janetwaters32@gmail.com](mailto:janetwaters32@gmail.com).

Website: [www.spotteddogart.org.uk](http://www.spotteddogart.org.uk)

Facebook: SD Art Group Nottingham.

### 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: The Making of Springwatch with Jack Baddams. **Monday 9th October at 7.30pm.**

Get a unique glimpse behind the scenes of BBC's popular Springwatch series. Find out how the show is put together and hear insights and stories from Jack, a brilliant naturalist and researcher on the programme for many years.

£3 Adults. Children free. **Trent Vale Infant School, Trent Road, Beeston Rylands, NG9 1LP.**

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](http://www.beestonwildlifegroup.org)

The September Meeting of the Wollaton Natural History Society will be held on Wednesday, 20th September 2023 at 7.30pm. The Talk is entitled "Nature's Life Cycles" by our Chairman, Nigel Downes. During his retirement Nigel has enjoyed observing and photographing a great variety of wildlife. His Talk will feature some birds and mammals, but mainly insects, including videos of eggs hatching, caterpillars pupating and butterflies emerging.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.30 p.m. Free to members, visitors welcome £3 on the door. For more information visit our website:

[www.spanglefish.com/WollatonNaturalHistory](http://www.spanglefish.com/WollatonNaturalHistory), find us on Facebook or telephone Chairman Nigel Downes on 0115 9444671.

### DO YOU HAVE AN EVENT OR INFORMATION ABOUT YOUR LOCAL CHARITY GROUP?

Why not send your details in to Breeze and share with our readers.

Send to:

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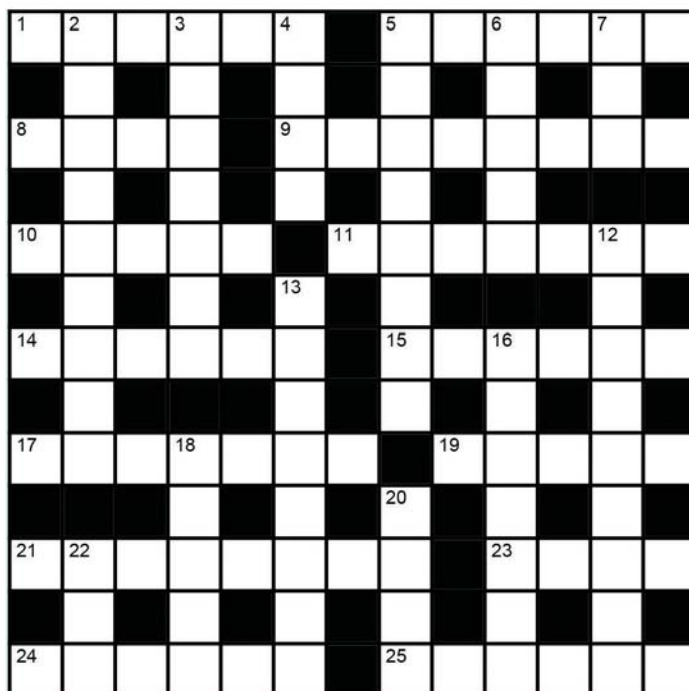
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### Across

- 1 Maltreater (6)
- 5 Produce (6)
- 8 Unforeseen obstacle (4)
- 9 Single-reed instrument (8)
- 10 Wooden pin (5)
- 11 Tooth doctor (7)
- 14 Armed fight (6)
- 15 Free-and-easy (6)
- 17 Educator (7)
- 19 Destined (5)
- 21 Herbaceous plant also known as the speedwell (6)
- 23 Summit (4)
- 24 Invasion by pathogenic bacteria (6)
- 25 Cavalryman (6)

### Down

- 2 Expression of goodwill at the start of a trip (3,6)
- 3 Put forward (7)
- 4 Stack of hay (4)
- 5 Fuse or cause to grow together (8)
- 6 Expel from one's property (5)
- 7 Definite article (3)
- 12 Pseudonym of an actor (5,4)
- 13 Branch of biology that studies heredity and variation in organisms (8)
- 16 Hone (7)
- 18 Cuts into pieces (5)
- 20 Bucket (4)
- 22 Adam's wife (3)

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