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breeze

JANUARY 2024

ISSUE 253



2024

YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002

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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).

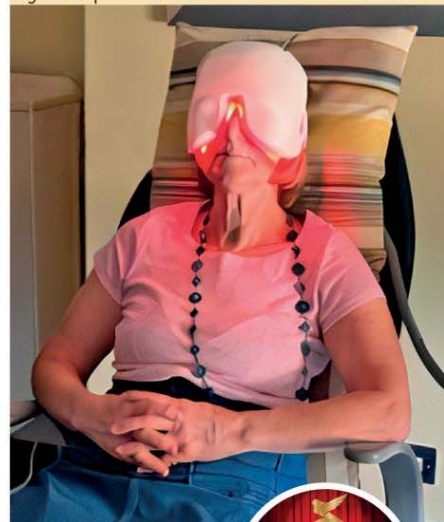
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear 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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Happy New Year to all our readers.
What will you experience locally this year?



ANNUAL EVENTS CALENDAR



MARKETING
NOTTINGHAM

FEBRUARY

Light Night

(VARIOUS VENUES)

As darkness descends, stunning light installations and special events bring the city centre to life for after-dark adventures.

APRIL

The Magnificent Spiegeltent

(OLD MARKET SQUARE)

Experience several weeks of music, circus, cabaret, theatre, comedy and burlesque inside a beautiful, century-old travelling dance hall.

JULY

Nottingham Beach

(OLD MARKET SQUARE)

Enjoy a trip to the seaside with sand, sea and a range of thrilling rides, traditional sideshows and great food & drink for the whole family.

Nottingham Riverside Festival

(VICTORIA EMBANKMENT)

The East Midlands' biggest free festival on the banks of the River Trent, with live music, craft stalls, fairground rides, street entertainment, dragon boat racing and a Saturday night fireworks display.

Outdoor Cinema & Theatre

(VARIOUS HERITAGE ATTRACTIONS)

Settle down for a relaxing afternoon or evening under the stars watching a variety of outdoor film and theatre performances at some of Nottingham's best-loved heritage attractions.

Nottinghamshire Pride

(NOTTINGHAM CITY CENTRE)

Watch Nottingham's city streets come to life with a colourful parade, live music, and inspiring speeches and performances.

AUGUST

Robin Hood Festival

(SHERWOOD FOREST)

Enjoy seven days of live re-enactments, song, dance, storytelling, sword-fighting, archery and adventures with the outlaws, along with lots of wonderful nature to discover in the forest too.

Nottingham Carnival

(VICTORIA EMBANKMENT)

Watch the city's liveliest parade in a celebration of Nottingham's Caribbean heritage while enjoying great food, live music and the energetic atmosphere.

MAY

Dot to Dot Festival

(VARIOUS VENUES)

A jam-packed one-day festival of experimental music, hot new talent and established acts from all over the globe.

MAY

Nottingham Puppet Festival

(VARIOUS VENUES)

Local, national and international puppet artists bring their talents to the city, with a medley of free street theatre, shows, workshops and music and plenty more spectacular sights and sounds taking place.

JUNE

Detonate Festival

(COLWICK COUNTRY PARK)

Party in the idyllic surroundings of Colwick Country Park to a soundtrack of the best underground and electronic music.

JULY

Splendour

(WOLLATON HALL AND DEER PARK)

Nottingham's favourite family festival where you can watch a fantastic line up of new artists and international superstars in the beautiful backdrop of Wollaton Park.



SEPTEMBER

Festival of Food & Drink

(CLUMBER PARK)

Join some of the UK's best culinary creators as they congregate to offer mouth-watering fare, with celebrity chefs, a cookery school, live music, stalls and children's activities.

Ikano Bank Robin Hood Half Marathon

(VICTORIA EMBANKMENT)

Join thousands of runners for the Half Marathon, Mini Marathon, Mile Challenge and Corporate Challenge.

Hockley Hustle

(VARIOUS VENUES)

See the venues and streets of Hockley fill up with fantastic music, performers, art and food while raising money for some excellent local charities.

Old Market Scare

(OLD MARKET SQUARE)

Experience Halloween in Nottingham's scariest square where you'll find an array of spooktacular family rides and attractions, a giant pumpkin, and plenty of other eerie entertainment.

NOVEMBER

Bonfire Night

(FOREST RECREATION GROUND)

Enjoy the East Midlands' biggest bonfire and a fantastic fireworks display for free.

DECEMBER

Winter Wonderland

(OLD MARKET SQUARE)

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Garden birds are counting on you! Big Garden Birdwatch 2024

- RSPB's Big Garden Birdwatch is the largest garden wildlife survey in the world and provides a snapshot of how garden birds are faring in the UK.
- In 2023, over half a million people across the UK took part, counting more than 9 million birds.
- With birds now facing so many challenges due to the nature and climate emergency, every count matters.

This year's event takes place on 26th, 27th and 28th January 2024. People across the UK are asked to spend an hour watching and counting the birds in their garden, balcony or local park, then send their results to the RSPB. This year's event marks 45 years since the first Big Garden Birdwatch. Starting in 1979, it has since become a much-loved annual citizen science event, that gives the RSPB a valuable snapshot of how our garden birds are doing in the UK. Over that time, 185 million birds have been counted and nearly 11.5 million hours spent watching and counting garden birds. Beccy Speight, the RSPB's Chief Executive, said: "By taking part in the Birdwatch you are joining hundreds of thousands of people from across the UK, united in a love of nature, to play an important role in helping us understand how our UK birds are doing. Big Garden Birdwatch demonstrates the power that people have when they come together for nature. Join us for Big Garden Birdwatch 2024 and together let's take action to help birds and other wildlife thrive for generations to come." House Sparrows celebrated their 20th year as the number one bird spotted in UK gardens in 2023. While nearly 1.5 million were spotted across the January weekend, House Sparrows have sadly suffered severe declines. In fact, the number spotted in gardens has dropped by nearly 60% since the Big Garden Birdwatch first began in 1979. Over its four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. The Long-tailed Tit, a much-loved species, rose five positions in the rankings last year, with numbers 39% higher than in 2022. However, Long-tailed Tits are susceptible to harsh weather conditions, with the numbers recorded fluctuating since the Big Garden Birdwatch began.

Meanwhile, Greenfinches and Chaffinches have been badly affected by a disease known as Trichomonosis. As a result, the UK Chaffinch population has declined by 37% over the last decade, while Greenfinches have declined by 62% over the same time frame.

The Birdwatch was first to alert the RSPB to the decline in Song Thrush numbers, which are down 80% compared to the first Big Garden Birdwatch in 1979. This species was a firm fixture in the top 10 in 1979 but by 2009, its numbers were less than half those recorded 30 years beforehand. The Song Thrush scraped in at number 20 in the rankings this year, seen in just 9% of gardens.

Beccy added: "The birds we see in our gardens, from our balconies, and in our parks, are a lively, colourful and endlessly fascinating part of all our lives. They connect us with the vital natural world. By taking part in the Birdwatch, you and hundreds of thousands like you, play an important role in helping us understand how UK birds are doing. With birds and other wildlife now facing so many challenges due to the nature and climate emergency, every count matters."

To take part in the Big Garden Birdwatch 2024, watch the birds on your balcony, in your garden or in your local green space for one hour at some point over the three days. Only count the birds that land, not those flying over. Tell us the highest number of each bird species you see at any one time – not the total you see in the hour.

To receive your FREE Big Garden Birdwatch guide, which includes a bird identification chart, top tips for your birdwatch, RSPB shop voucher, plus advice on how to help you attract wildlife to your garden, text BIRD to 82727 or visit www.rspb.org.uk/birdwatch



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The Licensing Register, and full details of this application can be viewed at the offices of the Licensing Authority at Licensing Section, Broxtowe Borough Council, Council Offices, Foster Ave, Beeston, NG9 1AB (www.broxtowe.gov.uk) between the hours of 9.00am and 4.30pm Monday to Friday by prior appointment. **Interested parties or responsible authorities can make representations in writing to the Licensing Authority at anytime up to 31st January 2024.**

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Recycling should be 'one of East Midlands' last resorts' says Keep Britain Tidy ahead of 'Buy Nothing New Month' campaign. Environmental charity encourages people to make 2024 the year of saving pennies and the planet...



As people across the East Midlands prepare for the year ahead, environmental charity Keep Britain Tidy is issuing a challenge: **can you manage to buy nothing new, for just one month?**

Award-winning campaign Buy Nothing New Month, which will run until the end of January, encourages people to save their pennies - and the planet - by making small changes to their buying habits, such as resisting purchases, buying preloved or finding innovative ways to reuse, repair or rehome things that might have been destined for the bin.

The challenge comes following a YouGov poll on behalf of the charity, which found that 67% of adults in the region - Lincolnshire, Northamptonshire, Derbyshire, Nottinghamshire, Leicestershire and Rutland - mistakenly believe recycling is the best thing they can do to reduce the environmental impact of the things they buy. Alarming, a further 80% believe that recycling is a form of waste prevention.

The "waste hierarchy" - a framework that ranks how we manage our waste according to what is best for the environment - gives priority to preventing waste in the first place, followed by re-use, recycling, recovery and, last of all, disposal.

Keep Britain Tidy's Chief Executive Allison Ogden-Newton OBE said: "It's time to connect the dots. Buying new things has an impact on the environment.

"To tackle the damage done to the planet by our excessive consumption, the focus needs to shift from mindlessly throwing things away to thinking about what we buy in the first place and what we do with things we no longer want or need.

"Fifty-seven per-cent of adults in the region agreed they are concerned about the carbon footprint of their purchases, and so our award-winning Buy Nothing New Month campaign is the perfect time to stop and consider whether we really need something new.

"We need to stop kidding ourselves that recycling is a solution - it's a last resort."

Encouragingly, three quarters (75%) of East Midlands adults in the YouGov survey agreed they are aware of things they can do, in addition to recycling, to reduce the environmental impact of the things they buy.

Buy Nothing New Month is managed by Keep Britain Tidy and supported by our partner Olio, the local sharing app where people can find and share items with others living nearby.

Tessa Clarke, CEO and co-founder of Olio said: "We have more than enough 'stuff' in our local communities, which is why Olio is thrilled to support the Buy Nothing New campaign. We really hope this campaign will inspire millions more Brits to start sharing instead of shopping. It's a great way to start the new year - by saving money, saving the planet, and supporting your local community."

Throughout January, Keep Britain Tidy and sustainability and lifestyle experts will share tips on how people can resist the lure of January sales bargains they really don't need or maybe can't afford; signpost them to options such as repair, renting, borrowing, or reusing what they already have in their homes.

Everyone can play their part by finding simple alternatives to buying new, such as abstaining in the first place, repairing instead of replacing, buying pre-loved, or borrowing items from community sharing apps. Around 81% of people we surveyed after 2023's campaign agreed they 'feel proud' of themselves for trying to buy less new stuff.

So why not make Buy Nothing New Month your New Year's resolution? Visit www.keepbritaintidy.org/get-involved/support-our-campaigns/buy-nothing-new-month to sign up and receive weekly tips to use throughout January and beyond.



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10 stone loss!

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A slimmer who transformed her life by losing 10 stone is using her success to help other people change their lives and achieve their weight loss dreams

Yvonne trained as a Consultant for Slimming World, the UK's largest group-based weight loss organisation, at their national training academy in Derbyshire. Members at the group are getting ready to welcome Yvonne as their new Consultant when she officially takes over the group on 6th January.

She says: "Obesity is becoming such a huge issue across the UK. When I first joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight but now I just can't wait to get started in Beeston. It will be a privilege for me to be able to pass on the experience, insight and understanding that helped me, so that I can give my members the support they need to get to target."

"Support is really the most important thing. It all starts with feeling that you're not alone. I couldn't have lost 10 stone without the weekly help, encouragement and understanding of my own Consultant and group. As someone who has lost weight myself I know the challenges people can face, which is why, along with the group, I will be there to support every one of my members all the way to their chosen target weight. Setting targets, sharing recipes and other ideas, and working together as a group to overcome challenges and celebrate success is so important to a successful journey. That's why, at my Slimming World group, there'll be tons of support, encouragement and fun."

"Like a lot of slimmers, I had tried to lose weight so many times before by following numerous diets but they were never sustainable because I'd always get tired of restricting what I ate. I thought I was destined to struggle with my weight for the rest of my life, but when I came to Slimming World it was different. I never felt like I was on a diet. The eating plan encourages you to eat lots of tasty, filling foods like pasta, rice, potatoes and lean meat and fish, you are never hungry and no foods are banned so there's no deprivation. I couldn't believe I'd found a way to lose weight without starving myself."

"Slimming World isn't just about changing what you eat. Becoming more active is important too. Our Body Magic programme takes the threat out of activity by showing people, many of whom have unpleasant memories of being forced to take part in activity at school, how they can build activity into their daily routine without having to take up traditional forms of exercise like going to the gym or running. Everything counts from walking to gardening to washing the car. I love Hula Hooping to get my Body Magic! As a Consultant it's my role to create that warm, supportive atmosphere to get people sharing their ideas and experiences to help others - it's going to be great fun!"

Yvonne's Slimming World group will be held at Middle Street Resource Centre, every Saturday at 7.30am and 9am. For more information or to join Yvonne's group either pop along or call her on 07717 307 007.

Yvonne's
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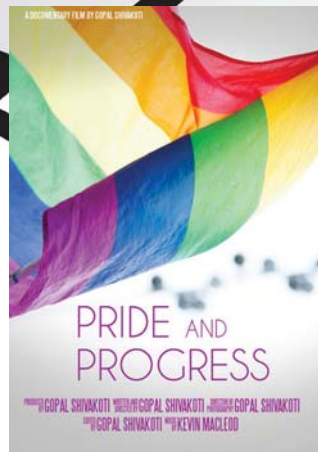
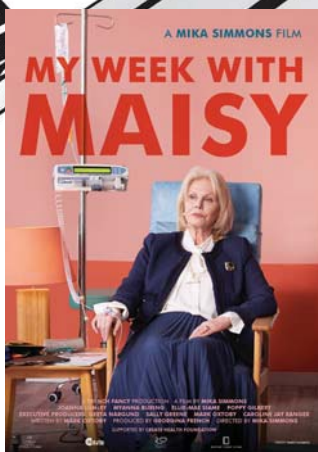
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Happy New Year Beeston Film Festival
by Sam Kurd



Another long year has come to an end. It's time to take down the tinsel and pack away the ornaments: Christmas is over, and so is 2023. The beginning of a new year is a time for reflection and rebirth, a time to work together to make the world that little bit brighter this year.

At Beeston Film Festival we are going to do our part by making sure that this year's festival, our 10th anniversary, will be the biggest and best that Beeston's ever seen. We've closed our digital doors for the year, and with around 900 submissions to go through, we've certainly got our work cut out for us!

Here's a few more of the top scorers that will hopefully make it to the Arc this year:

Rejoyce! is a quietly beautiful bittersweet comedy-drama about an elderly vicar's wife, recently widowed, who rediscovers her lost passion for writing erotic fiction. Guaranteed to raise a smile!

Staying with the theme of bereavement, **CoD and Chips** is about a grieving father and teenage son struggling to cope in the wake of their recent tragedy. It's a powerful and moving look at masculinity, loss and emotional connection.

Spoor is a psychological body horror about a young woman who cares for her vitriolic, dementia-suffering mother. As her mother's condition worsens, so too does her own: a horrible throbbing growth that has sprouted from her shoulder and spews a mysterious substance. Not for the squeamish or faint of heart!

My Week With Maisy stars Dame Joanna Lumley as a prickly cancer patient who finds herself sharing her treatment room with a little girl who simply will not leave her alone. As hilarious as it is heartbreaking, I'm not ashamed to say I wept like a baby by the end of it.

There's also **Pride and Progress**, a documentary from Nepal that celebrates the work of LGBTQ+ activists in the region and follows trans woman Pinky Gurung as she campaigns for election to the House of Representatives and State Assemblies. This is an uplifting and important must-watch!

That's all for this year – Happy New Year from all of us at Beeston Film Festival!



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SINCE
2002

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Price Guide £700-725,000
Freehold**



This is a substantial individual detached family home which includes extensive ground floor living accommodation and four double bedrooms with beautiful south facing gardens to the rear.

Robert Ellis are pleased to be instructed to market this individual detached home which is positioned within a few minutes walk of the centre of Breaston village. The property is being sold with the benefit of no upward chain and for the size of the accommodation and the privacy and extent of the rear garden to be appreciated, we recommend that interested parties do take a full inspection so they can see all that is included in this beautiful home for themselves. Breaston village offers a number of local amenities including schools for younger children, shops and various pubs whilst there are excellent transport links within easy reach, all of which have helped to make this a very popular place to live.

The property stands back from Wilsthorpe Road with a recently laid tarmac driveway at the front. The house is rendered to the external elevations all under a pitched tiled roof and the well proportioned and spacious accommodation derives all the benefits from having gas central heating and double glazing and being entered through an open porch and the original recently refurbished front door. The accommodation includes a reception hallway with a ground floor w.c. off, lounge which has a feature fireplace and French doors leading out to the rear gardens, a dining room, a second sitting room/study and the living/dining kitchen is positioned on the left hand side of the house and this includes a sitting area at the front, the kitchen is fitted with wooden units and granite and wooden work surfaces and the dining area is in the conservatory extension at the rear which again has doors leading out to the rear garden. To the first floor the landing leads to the four double bedrooms, the main bedroom having an en-suite shower room and a walk-in wardrobe and the main family bathroom which has a stand alone bath and a separate shower. Outside there is the adjoining garage to the right, the recently laid driveway and car standing area at the front which is screened from the road with a wall and hedging to the front boundary and at the rear there is the beautiful South facing garden which has an Indian sandstone patio extending across the rear of the house, a large lawn with a wide variety of established plants and bushes to the sides with a second patio at the bottom of the garden with the rear garden being kept private by having quality fencing to the three boundaries.

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design awards

keeping it

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SINCE
2002

Spectacular success for Beeston Civic.

Response from the local community to this year's Design Awards was spectacular – with upwards of 50 nominations for over 20 distinct projects from Beeston and the surrounding areas.

An audience of civic society members, guests and representatives of nominated projects mingled together at Beeston's Royal British Legion for the competition Awards Ceremony, which takes place every other year.

Greeting the audience Beeston Civic Secretary, Mervyn Brown, commented: "Beeston Civic Design Awards are a focal point for the community; they help to enhance a sense of belonging, developing visual awareness - Design Awards enhance our Pride in Place and put Beeston Civic front and centre in our community - demonstrating an appreciation of what we have around us"

Presentation s to the award winners was made by mayor of Broxtowe Borough, long term friend of Beeston Civic, Councillor Teresa Cullen. Judging had been carried out by an independent panel of highly regarded individuals, including practicing professionals and senior academics.

Councillor Cullen commented: "I was delighted to present certificates to the Design Awards winners, I think we should celebrate all of the entries for their inspiring work. It was a lovely evening overall including the very informative talks"



Main photo shows L-R; Mervyn Brown, Beeston Civic, Broxtowe Mayor Cllr. Teresa Cullen and Sally Mitchell, John Clifford School – Photo Credit Sarah Matthews

Category Winners

Nominated for the Residential category an impressive two storey extension to a 1929 semi-detached on Bramcote Avenue – became a worthy winner. Judges commented: "Every detail appears thoughtfully considered, ensuring that the essence and character of the original architecture remained intact throughout the renovation process". Elated owners of the upgraded property, Roger Fokerd & Mary Venning, enthused: "We love living in Beeston so we're very pleased the time and effort spent by everyone involved in our project is seen to have made a positive contribution to this community."

Additional winner was the Residential scheme on a brown-fields site of former railway sidings adjacent to Beeston station. It stood out to our judges who said: "This modular scheme was constructed off-site, it minimised disruption to neighbours by speed of construction. It is built to high standards and shared equity options make homes affordable"

A new category; Energy Conservation featured a major scheme at the British Legion and a comprehensive domestic property retrofit scheme – which won the category. Measures taken to reduce the total energy usage are exceptional and could be a model for retrofit for similar houses – they are documented and available as a community resource: <https://elm-ave-beeston.weebly.com/>

The Commercial Building category was less hotly contested, of two retail outlets nominated on Chilwell Road, Ford & Guy, and Yellow Wood Cafe. The café was adjudicated winner. Owner of the café, which incorporates work spaces and therapy areas, Iain Patterson-Stephens, remarked: "It was a fantastic surprise and great honour to receive the award at the lovely awards event. The award means a great deal to us, to be recognised for our efforts developing the site, it is very much appreciated and now takes pride of place within the café".

Outright winner

Highly contested our final category encompassed Landscape, Biodiversity and Visual improvement. The category winner was recognised for: "Educating our young people - the next generation of decision makers - is fundamental if we are to address issue of climate emergency. The outdoor learning area allows school children to explore first hand, issues that are affecting nature and biodiversity". John Clifford School Outdoor Learning Centre was chosen as the Competition over Overall winner.

For more information, please go to beestoncivicsociety.org.uk where full details can be found.

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SINCE
2002

7,900 people homeless in the East Midlands today *Homelessness rises by 33% in a year as housing emergency escalates*

New research from Shelter shows at least 7,900 people in the East Midlands spent Christmas without a home, including 3,600 children. This is a stark increase of 33% in one year.

Shelter's comprehensive analysis of official homelessness figures and responses to Freedom of Information requests reveal homelessness in the region has risen rapidly in just 12 months: 213 people are sleeping rough on any given night (18% increase) and 7,300 are living in temporary accommodation (31% increase) - most of whom are families.

Shelter's research also looks at places across the East Midlands where homelessness is most acute. Nottingham has the highest number of people without a home, with 2,000 people homeless, followed by West Northamptonshire where 1,330 people are homeless and 970 people in Leicester.

Councils have a legal duty to house families and people who are vulnerable, but the acute shortage of affordable homes means they are having to rely on temporary accommodation for long periods. The growing emergency is leaving families stuck for months in grotty hostels, B&Bs and cramped bedsits, often having to share beds with no, or inadequate, cooking and laundry facilities. People not entitled to accommodation may end up on the streets, sofa-surfing or in dangerous living conditions.

Shelter's frontline services are dealing with the grim reality of rising homelessness every day from supporting families crammed into a one-room B&B with mouldy walls and bed bugs, to providing emergency assistance to people faced with a night on the streets. The charity has launched an urgent appeal calling on the public to help it be there for people experiencing homelessness this winter.

Polly Neate, chief executive of Shelter, said: "Homelessness is on nobody's Christmas list, but 7,900 people in the East Midlands will have spent this time of year in a tiny hostel room or freezing in a doorway.

"The housing emergency is out of control. Chronic underinvestment in social homes has left people unable to afford skyrocketing private rents and plunged record numbers into homelessness. It is appalling that the government has allowed thousands of families to be packed into damp and dirty B&B's and hostel rooms, which are traumatising children and making people desperately ill.

"Until the government takes this emergency seriously, our frontline services will do everything they can to help people keep or find a safe home this winter. It is only with the public's support that we can continue to provide vital advice and support and fight for the solutions people want and need to end homelessness. To donate to Shelter's Urgent Appeal, visit shelter.org.uk/donate. "

To donate to Shelter's Urgent Winter Appeal and give people experiencing homelessness the support and security they need, visit www.shelter.org.uk/donate



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24 ways in 2024...

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SINCE 2002

Green-thumbed experts have shared 24 tips to elevate the garden in 2024.

Many will find that the New Year is a great time to start planning what they want their garden to look like for the year ahead.

Some decide it's time for them to get their hands dirty by learning to plant flowers or grow their own veggies.

To make it easier to decide what to focus on in the new year, the experts have tallied up 24 jobs that can add value to the space or simply make it healthier for plants to thrive.

Chris Bonnett, founder of GardeningExpress.co.uk said: "New year is the perfect time to take care of the garden and make something of the space.

"Even a simple mow and water schedule will go a long way, as it'll make the garden healthier and more pleasant to look at, especially as the weather starts to brighten up.

"It's also a great way to learn how to plant items like flowers and veggies. Some hard work and dedication can go a long way in the garden.

"We've come up with 24 ways to elevate the space in 2024 from easy-to-follow tasks to some which may take a few months to master."

Here are 24 ways to spruce up the garden in 2024:

1. Keep on top of weeding

A tedious, yet necessary task, pulling weeds is a must for every garden owner to prevent plants from dying and the space from looking tarnished.

2. DIY Greenhouse

Building a greenhouse in the garden is a great way to grow veggies without the risk of pests ruining them. It'll also stand out as a centrepiece in the garden.

3. Prune bushes

Removing the damaged and weakened branches from the bushes can help to improve its health.

4. Create a watering chart

Keeping on top of watering is one of the most essential roles in ensuring plants and flowers survive. Check how often each type needs to be watered and put it in a chart.

5. Plant ahead of the seasons

Knowing which plants and flowers thrive in which seasons will make it easier to ensure their survival. Some may need to be planted as early as January to bloom by Autumn.

6. Learn to compost

Composting can improve your garden soil by making it easier to retain moisture, making plants healthier.

7. Create wildlife habitats

Wildflowers are a great way to attract bees and wasps while placing logs around the garden can welcome toads and frogs.

8. Invest in bird feeders

If you want to attract blue tits and robins into your garden it's worth investing in bird feeders to hang on the shed or around the trees.

9. Paint the fence

A simple recoat of the garden space can make the space look modern and chic. Blacks and space greys are popular options.

10. Mowing the lawn

While we don't advise doing the first mow of the year until March, it's important to keep on top of mowing throughout the year. A simple mow can be the deal breaker in a garden's survival.

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SINCE
2002



11. Build a DIY bar - A bar in the background can be the perfect job to work on before summer comes around. It could boost the property value depending on size and functionality.

12. Grow veggies - It's worth growing your own veggies to save money throughout the year. Broccoli, cabbage and leeks are great options to plant in winter.

13. Landscape the space - Landscaping the garden can make it look neat and presentable. It's great if you want to divide sections of the space, for example, one area for planting and one for garden furniture.

14. Add a water feature - A water feature such as a fountain can enhance a garden's appearance and give it a modern edge.

15. Build a Koi pond - A Koi pond is a popular feature that many find relaxing to have in their garden as they can watch the array of Japanese koi fish swimming around all day.

16. Make a raised bed - Having a raised bed can make it easier to grow plants or veggies if you're tight for space in the garden.

17. Plant fruit trees - Lemon and apple trees are great choices to plant in the garden. Make sure to water thoroughly and monitor for any pests.

18. Build a firepit - Building a firepit is the perfect way to entertain guests and will allow you to make the most of the space even in colder climates.

19. Create a sensory garden

A sensory garden is supposed to trigger the five senses to help relax you as you stroll through the space. Keep all five senses in mind, when picking the flowers, plants and objects.

20. Seal any possible entryways - Check around the garden for any loose panels in the fence or any gaps where animals can escape or enter.

21. Add outdoor lighting - String lights and heated lamps are modern choices to add to the garden space to make it more appealing to sit and relax in.

22. Place garden mirrors - Adding garden mirrors can create the illusion of a bigger space.

23. Hanging plants - Add hanging plants to make the most of the space. They can be hung off the shed or even on trees to spruce up the garden.

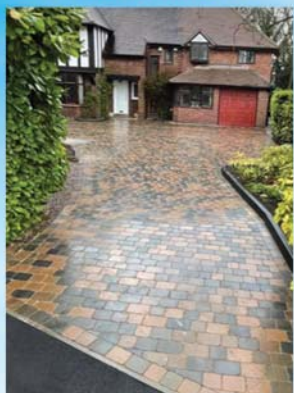
24. Add a hammock - If you want to enjoy nature's finest, adding a hammock can help you to relax, read a book and or enjoy a nap.

For more on how to spruce up the garden for 2024, please visit:
<https://help.gardeningexpress.co.uk/knowledge-base/kickstart-your-garden-with-these-steps/>

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Beeston Station and Beeston Sidings were once thriving operations employing far more people than they do today. Although a reserved occupation, a number of railway men from Beeston volunteered to fight in the war or were later conscripted.

Sarah Hampton, Secretary of FOBS and co-ordinator of the project, said, 'This has been an interesting piece of work, which we may develop further in future years. We know that many local men joined the armed forces and of these, at least 16 worked at Beeston Station or the Sidings. We have included information about two of them who died in the war'.

The two men who died were Rifleman Harry Barnes and Lance Corporal Arthur Charles Russell. Both were awarded posthumous military decorations, and their names can be seen on the memorials in St John's Church, Beeston.

The display also includes 170 'recycled' red poppies representing all those soldiers from Beeston who died in the war.

FOBS would welcome information about men and women associated with Beeston Station between 1914 and 1918, which they might be able to include in their display later in the year.

'It would be good to know more about those who worked at the station and either kept the railways running or fought in the war,' Sarah said. 'Any family memories would be interesting'.

Please contact FOBS at
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what's on locally

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local

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The January meeting of the **Wollaton Natural History Society** will take place on Wednesday, 17th January 2024. The Talk is entitled "The Beetles Top The Charts" by Tim Sexton. Tim is the Senior Species and Recording Officer at Rutland Water and will discuss a Study to create a baseline of beetle records there and to find out how the Reserve has improved for vertebrates since its creation.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the Library) at 7.30 pm. Free to members, visitors welcome £3 on the door. For more information website www.spanglefish.com/WollatonNaturalHistory, find us on Facebook or telephone Chairman Nigel Downes on 0115 9444671.

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: A Suburban Garden Throughout The Year with Mike Davey.

Monday January 22nd at 7.30pm.

If you need ideas on how to improve your garden, this is the talk for you!

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WELCOME TO WARM SPACE AT BEESTON METHODIST CHURCH

Beeston Methodist Church is continuing its Warm Space project throughout the winter months, meeting at 2pm on alternate Tuesdays in the church hall on Chilwell Road. Dates for the New Year are January 16th and 30th, February 6th and 20th and March 5th and 19th. Everyone is welcome with free hot drinks, soup and friendly conversation on offer. **For further information, contact the church office on 0115 9431164.**



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

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We work in a variety of mediums and subjects including (though not exclusively) abstracts, mixed media, still life, landscapes, seascapes, watercolour, acrylics, pen and wash and collage. A willingness to have a go is all that is needed!

Local tutors have included Kate Houghton, Kay Power, Doreen Hunt, Lorna Hamilton and Mark Beaven.

From further afield Kate Wigglesworth, Jason Skills and Claire Leggett. Our tutors bring us fresh ideas and inspiration helping us to experiment and develop our own creativity.

Our programme for January,

February and March is as follows:

Saturday 13th January ~ Member's Club Day * * Please note that this is only for members of SDAG.

£10 only. Enjoy a day (or as long as you want), with fellow artists and friends, doing your own art work. There will be no tutor, but always someone who can help if needed.

Cake and refreshments.

Saturday 17th February ~ "Mixed Media" with Doreen Hunt. Doreen is one of our favourite tutors who always inspires!

Doreen will decide on the theme at a later date. If people bring along their usual painting equipment Doreen will supply the rest as usual.

Saturday 16th March ~ "Heritage Buildings - simplifying a Village Scene." with Ruth Gray. Ruth uses acrylics with some Mixed Media. She will demonstrate her methods in the morning and support us in our own work in the afternoon. More information available on booking.

TO BOOK:

Please contact: Janet Waters ~ email: janetwaters32@gmail.com.

MEMBERSHIP:

Membership fee is £20 per year.
If you are interesting in joining please contact: Gwynneth Johnson ~ email: gwnneth2023@yahoo.com.
Our website is under construction and will be up and running very soon!

Facebook: SD Art Group Nottingham.

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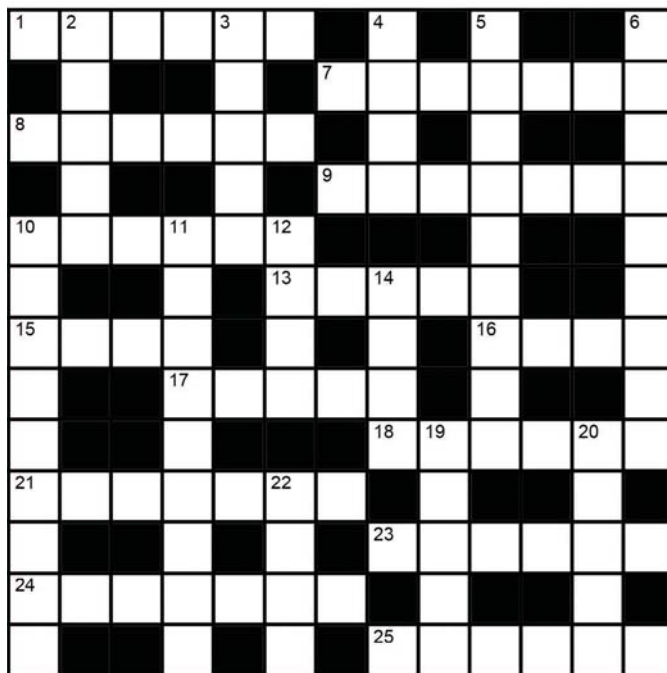


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CROSSWORD

Across

- 1 Excessive pride (6)
- 7 Night attire (7)
- 8 Force (6)
- 9 Deprive through
death (7)
- 10 Discrimination against
a person in the latter
part of life (6)
- 13 Computer code
representing
text (inits) (5)
- 15 Bulk (4)
- 16 Type of food
shop (abbr) (4)
- 17 Cloth with parallel
diagonal lines (5)
- 18 Financial (6)
- 21 Make a chirping
sound, like a bird (7)
- 23 Receive (6)

24 Catch (7)

25 Stocking gauge
measure (6)

Down

- 2 In line with a length
or direction (5)
- 3 Plait (5)
- 4 Cattle shed (4)
- 5 Range oneself with one
party or another (4,5)
- 6 Vital (9)
- 10 Truce (9)
- 11 Organisation (9)
- 12 African republic,
capital Bamako (4)
- 14 Young of a cow (4)
- 19 Permeate (5)
- 20 Equally (5)
- 22 Work for reward (4)



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Brits gear up for 'Sunshine Saturday' as psychotherapist reveals why our brain 'needs' a holiday - and how many to take per year...

Sunshine Saturday (6th January) is traditionally the most popular day of the year to book a getaway – an expert has shared why we don't just want a holiday, our brain literally "needs it".

TV psychotherapist Anna Williamson has shared how researching holidays and pressing the 'book now' button can alter our brain chemistry for the better.

The 42-year-old also reveals reasons why a weekend break might be better than a longer trip and how many days into a journey our mind and body really start to relax.

Anna also answers one key question: how many holidays do we really need per year to feel rested? "I would say we don't just want a holiday... we need it," said Anna, who worked with TUI on this project. "The minute December festivities are over, many people experience a hormone crash. "Our brain chemistry is altered by this heightened state of joy and so it is craving another oxytocin and dopamine hit – which are our brains' reward, comfort, and love hormones. "That's why we scramble to book a holiday in January, inspiring the phenomenon known as Sunshine Saturday, to help re-create the buzz."

Studies show that so-called 'braincations' trigger the release of neurotransmitters and can boost mood, reduce stress and improve cognitive function.

A holiday also improves our ability to think creatively and can have lasting effects on the nervous system, allowing it to better recover from injuries such as strokes and improve heart health.

According to TUI's study, most Brits would have started looking for this year's holiday on New Year's Day and around four in 10 (37%) are likely to book a summer holiday around this time of year.

On average it takes the typical adult 53 hours – more than two days – to find their dream holiday.

So, what is the optimal number of holidays per year? The answer is a little complicated. Anna said: "There is no definitive amount of time humans need in order to stay healthy, however [at least] two holidays a year is deemed to be a realistic sweet spot for most."

"Many studies suggest that taking a break every two months, even if that is a day or two, is necessary to avoid feelings of anxiety, stress, fatigue, and physical illness."

"Other research suggests that little and often can be a very good solution to keeping rested – as opposed to saving yourself for one trip per year."

As for what type of trip to take – a weekend city break or a two-week-long beach holiday – it's up to you, but there are some interesting facts to consider. Anna said: "Research has found that three days into a holiday is when people feel most well-rested, less anxious and in a better mood."

"As a complete curveball to this though, if a longer holiday is preferred, some studies suggest that eight days is the sweet spot."

"Though often the pressure of one annual holiday can be counter-productive due to the stress in trying to have enforced fun, which can often overwhelm the whole point of going away."

The joy of holidays and travelling doesn't just happen on the trip itself – even just planning a journey affects the brain.

Anna said: "When we start scrolling online and looking at the holiday deals tempting us, that first spark of attraction ignites within our brain, recognising a potential reward is coming. "This hormone release is so powerful, that it starts producing dopamine, the chemical that gets released and replicates feelings humans get during activities such as eating a nice meal, shopping, or having sex."

"Dubbed the 'pathway to pleasure', the sensory experience our representational system (see, hear, feel, taste and smell) goes through is tingling with pleasure – the visuals, the memories released from previous holidays, the glossy hotel pictures. "It's all-consuming."

Previous research by TUI reveals that Brits get into a 'peak' holiday feeling 43 hours into a trip and the average person loses this sensation around 3.7 days after unpacking their bags. Meanwhile, over 2 in 10 people book their next holiday less than a month after returning home.

TUI is expecting this year's sales to be stronger than January 2022, and January 2020, before the pandemic struck.

Holidays are also known to improve sleeping patterns, which could last up to two weeks after you arrive back home, according to one study.

What you do during the holiday can also make a difference in how rested you feel afterward.

Neuroscience studies suggest that the brain gets a 'novelty' hit each time you experience something 'new' – like seeing your hotel room or having that first pool dip.

It's even been found that meditation during a trip could help you keep the 'holiday high' going for longer.

Anna said: "Be really clear with yourself and the people you are holidaying with on what you want to get out of the holiday."

So what you waiting for? Have you got your holiday plans...?

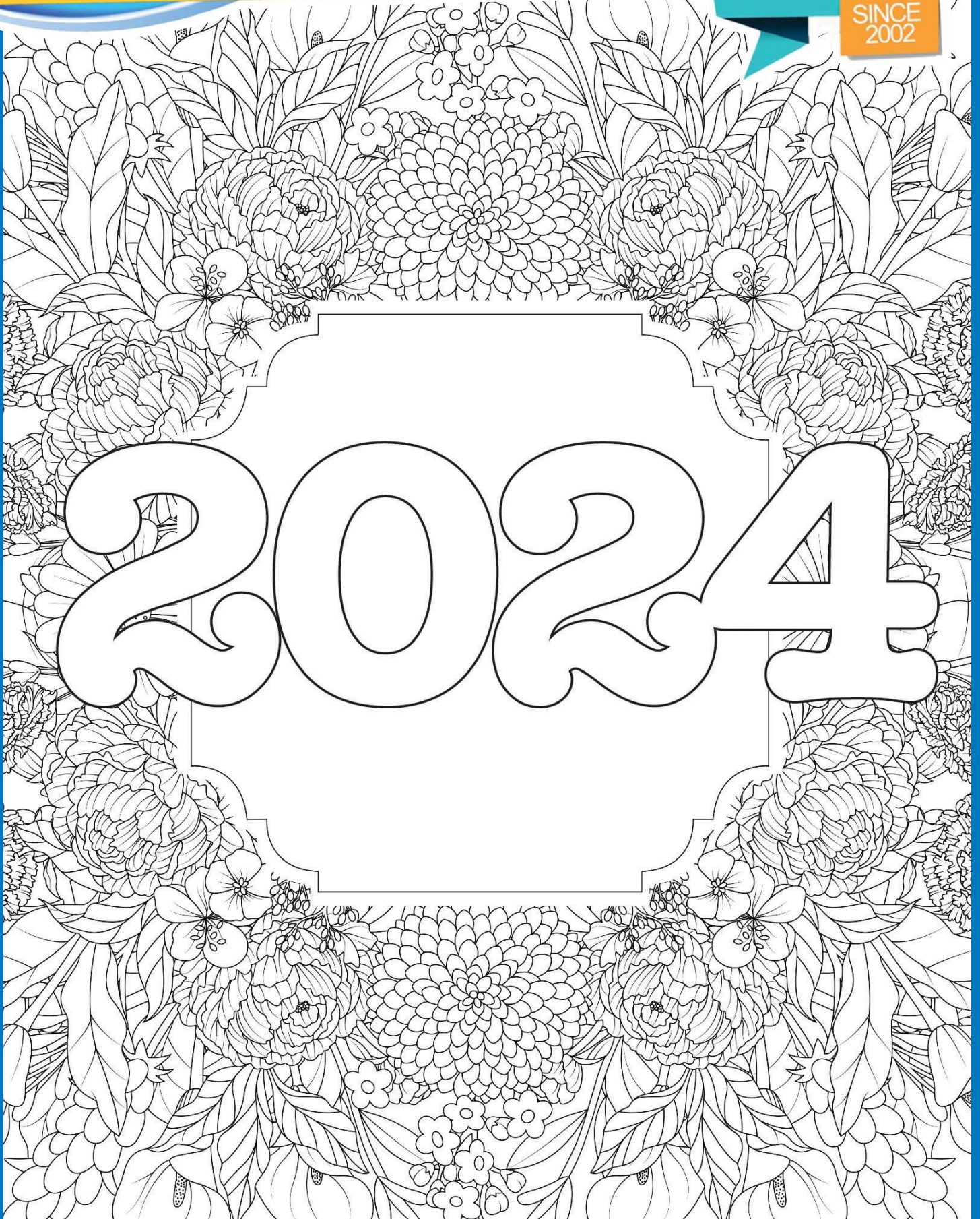


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