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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).

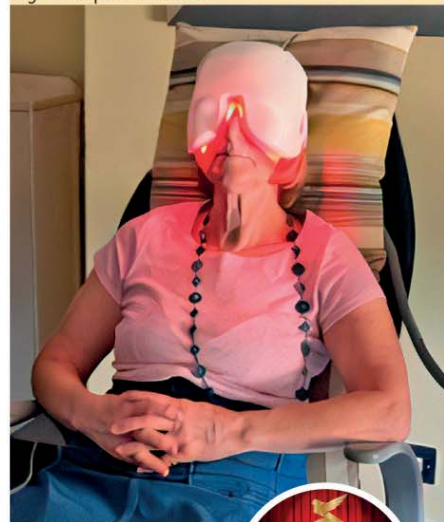
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear 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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Breeze Magazine shares the love this month...



Like our cover image? Breeze has gone all techy this month! Our front cover is generated by AI! The first of its kind for Breeze.

We do our utmost to bring you the best in our area. So we thought we'd try out the latest in technology. We're really pleased with it!

We also thought we'd give the AI Writer a go, here's what it had to say for us....

'Love Our Area' garners its uniqueness by offering a powerful mix of features designed to spotlight the local marketplace. By advertising in our magazine, local businesses can harness the power of targeted exposure, reaching out to an audience that values and supports neighborhood businesses. The

magazine's layout is meticulously crafted to showcase advertisements in the most engaging way, inviting residents to discover and patronize local establishments.

Local businesses are often owned by people who live in the community, which means that they have a vested interest in the community's welfare and future. They are more likely to contribute to local causes and participate in community events. Local businesses tend to provide better customer service, as they have a direct relationship with their customers and a personal touch that is often missing in larger, impersonal corporations.

We couldn't of said it better ourselves!

Love our area, love the businesses in it. We hear from some locals and how they are keeping our area the best place to live!



Blacklock Carpets

Well into its fourth decade in Beeston, Blacklock Carpets is the well known local favourite among local shoppers and beyond.

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So whether it's a hardwood floor in an apartment, a taped stair runner in a period home, or something off our on site stock rolls for a quick bedroom revamp, pop in to see us at our store on **Station Road in Beeston** to check it out.

Alternatively, for those comfy on the sofa you can make a start and visit us on our socials at www.blacklockcarpets.co.uk, Facebook at www.facebook.com/blacklockcarpets, Instagram at [blacklockcarpets](https://www.instagram.com/blacklockcarpets) or X / Twitter at www.twitter.com/blacklockcarpet.

Thank you for the fourth decade Beeston, roll on the fifth!



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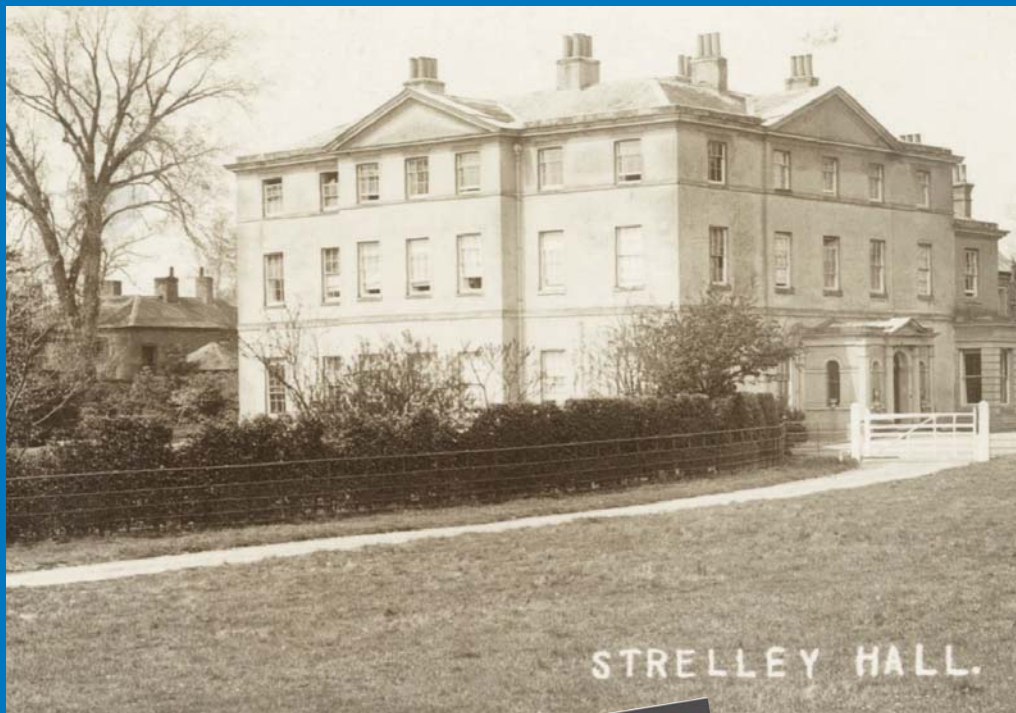
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Might you glimpse the ghost of Sir Nicholas Strelley wandering the corridors at Strelley Hall? Or sense the presence of the late Miss Edge in the Castle Room at Strelley Hall?

We've been researching Strelley Hall's past to see what interesting stories we could find! Strelley Hall was originally built around the 1300s by the knights of Strelley – the beautiful Church that Sir Sampson de Strelley built was a 'thank you' to God for sparing his life from the Black Death (which killed almost half of the Strelley villagers) and for his safe return from the Crusades.

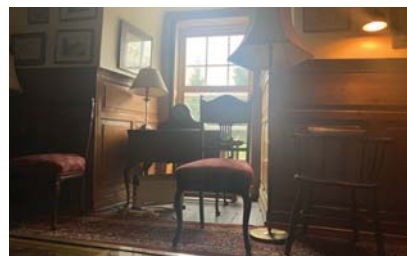
We know that during Elizabeth I's reign, there was a big fire at the Strelley Castle. Little is known about the what the Strelley family did after the fire; but we do know is that Sir Nicholas Strelley lost Strelley Hall to the family's lawyers, the Edges, in the mid 1600s. This may have been due to Sir Nicholas' large gambling debts, and rumour has it that his ghost now haunts the Hall, appearing most often to young ladies in the dead of night.

Squire Thomas Edge, who died in 1931, was rather a fearsome chap. Anyone caught poaching on his land would be beaten and thrown in the dungeons at Strelley Hall. Schoolboys had to stop and take their caps off if he passed by. He hated seeing grass growing in the gutters of a cottage and would make the occupier remove it. One incident was recounted by a man who worked for a Kimberley firm: "We were to carry out some repairs and were told to arrive at 8.00am. It was winter, snow was on the ground, and we had to push a cart loaded with tools over the fields. We arrived at 8.05am to find the Squire waiting for us; and were promptly told that we were late and had to go home, and he would send for us at a future date."

The Squire's daughter Mary Edge took over Strelley Hall after his death. She lived alone with 3 servants, using just 6 rooms of the 100 or so rooms in Strelley Hall, so many rooms became quite dilapidated. Her favourite room was the Castle room, part of the original 1300s Strelley castle, and visitors have reported some ghostly sights and sounds in there that could well be Miss Edge!

Richard Henshell and his family, together with his computer firm, moved into Strelley Hall in 1980, renovating the building over 20 years or so. Richard and Marian still live there today and nowadays the Hall is a business centre and some of its large elegant rooms can be hired out for parties. Afternoon Teas are served on some days at the Hall, and in the Stables Courtyard the popular Mulberry Tree Café and beautiful little shops attract plenty of visitors every day.

Richard now runs fascinating tours of Hall which are bookable in advance, see www.strelley.com and look on the Afternoon Teas page to see the next available dates.







STRELLEY HALL
NOTTINGHAM

Afternoon Tea

Afternoon Tea at Strelley Hall

Will be held on these dates in the coming months:

- Saturday 24th February 2024
- Saturday 9th March (for Mother's Day)
- Wednesday 20th March
- Wednesday 27th March
- Wednesday 3rd April
- Saturday 6th April

Call 0115 906 1200
or book online www.strelley.com

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Are you thinking of remortgaging your property? Here are some tips from Mark Davies, a local mortgage adviser based in Chilwell covering NG9 and nearby areas.



Just Mortgages

Don't Remortgage without doing these five things first...

- **Compare the market.** Don't just stick with your current lender. They may not have the right rates or terms for you. The mortgage market changes all the time, so shop around and see what's available.
- **Do take advice on the right option for you.** While you can research the market yourself, it's always better to get professional advice. A mortgage adviser can help you find the right deal for your situation. They can also check your eligibility and avoid rejections.
- **Don't ignore the fees.** Remortgaging can be expensive, so be aware of all the costs before you sign up. Fees can affect your monthly payments and affordability. For example, early repayment charges apply if you pay off your mortgage early. Exit fees apply if you switch lenders or products. Legal fees cover the paperwork. Valuation fees cover the property assessment.
- **Don't leave it too late.** If you have a fixed-term mortgage product, secure a new deal before it ends. Otherwise, your lender could move you to their standard variable rate (SVR), which could increase your interest rate and make your repayments more expensive.
- **Consider your changes.** When remortgaging, review your personal circumstances. For example, has your income changed? Have you paid off any debts? Have you changed jobs? These factors can affect how much you can borrow. By keeping track of these changes regularly, you can ensure that your remortgage remains affordable and your financial protection is suitable for your needs.

If you want to find out more about Mark Davies and his services, you can follow his Facebook page for regular posts giving hints and tips on mortgages and protection. **You can also contact him directly on 07413 185842.**



Mark Davies Just Mortgages
Link to Facebook Page

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Catherine Moore
Director and Senior Partner



Owen Moore
Director and Senior Partner



Dr Theresa Harvey-Dunstan
Associate

"We are pleased to announce that Owen Moore is returning full time to the practice after a small hiatus due to the pandemic.

As well as Owen joining we are installing new rehab equipment in the clinic and plan to start working towards being able to offer diagnostic ultrasound imaging in the coming year.

What then of Catherine?... Catherine has a contract with University of Derby two days a week from February to write their new undergraduate curriculum for Physiotherapy commencing in September 2024. She will continue her work at the University of Nottingham with Cripps GP practice, the David Ross Sports Village Hydrotherapy pool and will continue to see people at home.

All new patient musculoskeletal in clinic appointments will be taken by Owen, and Catherine will see her follow up patients by request. Dr Theresa Harvey-Dunstan (our associate) is still on hand to deal with any respiratory problems.

So if you think we can help with any ache, pain, breathing or mobility problem please get in touch 0115 922 6600 www.mooremovement.co.uk Moore Associates Physiotherapy Ltd, 1a Regent Street, Beeston NG9 2EA.

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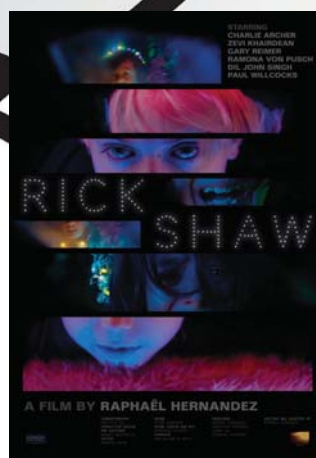
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SINCE 2002

The Selections are in!
by Sam Kurd



We here at Beeston Film Festival are often asked: What's the hardest part of running the biggest international short film festival in the Midlands? Is it marketing, ensuring our reach is wide enough to get films from all around the world? Is it the logistics of putting the event on, liaising with film-makers and bringing in an audience of film-lovers?

No, of course not – it's choosing what films to screen! With 918 films submitted, we've put in a Herculean effort this year, whittling them down to the very best. As always, we wish we could include them all, and a few of my favourite gems just narrowly missed out, but 156 short films from 28 countries is a fantastic result!

Here's a few more of the top scorers that you can catch at the Arc this April:

Wild Animal is a psychological horror following a successful woman who spirals into disorienting confusion after finding an abandoned baby. It's about the weight of motherhood and the extreme loss of identity that can sometimes accompany it. It was also long-listed for the 2024 Oscars, which is very exciting!

No less weighty, **Unconditional** is a moving documentary about canine behaviourist Will Atherton, whose dog lifted him from a dark depressive period. It's life-affirming and emotional, a must watch.

In the Animation category there's **Dandelion**, a Chinese film about a robot in a dystopian future factory who is awed to discover something he's never seen before: a dandelion. Gorgeously animated, it was a

hit with the selection team and it's bound to be a hit with the festival-goers too!

Rickshaw is an impressive Student film about a young boy whose birthday rickshaw ride with his parents is upset by an unexpected and disturbing encounter. It's a film about class conflict and the razor thin line between the haves and have-nots.

There's also **I'll Fares the Land**, in which a young boy discovers a beached mermaid while his older brother struggles to fit in with the violent crowd he's a part of. It's a timely and hard-hitting film about the swelling tide of far right nationalism and the impact that hatred has on young minds.

Lots of the films I've highlighted in previous articles have also made it in, so make sure you keep an eye out for when tickets go on sale!



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In brief, the internal accommodation comprises: Entrance hallway, lounge, dining room, kitchen/breakfast room, sun room, utility and WC to the ground floor, with a light and airy well proportioned landing, four good sized double bedrooms, a bathroom and a shower room to the first floor.

To the front of the property you will find a generous block paved driveway with ample car standing, a range of mature shrubs and trees, access to the front of both garages and gated side access to the rear where you will find a private and enclosed, well maintained sunny garden which includes a patio with a lawned area beyond, a range of stocked beds and borders, a water feature/pond, a useful brick built storage shed, a range of mature trees and shrubs and a door to the office.

Offered to the market with the benefit of no upward chain, gas central heating and double glazing throughout and a versatile living space, this great property is well worthy of an early internal viewing in order to be fully appreciated.

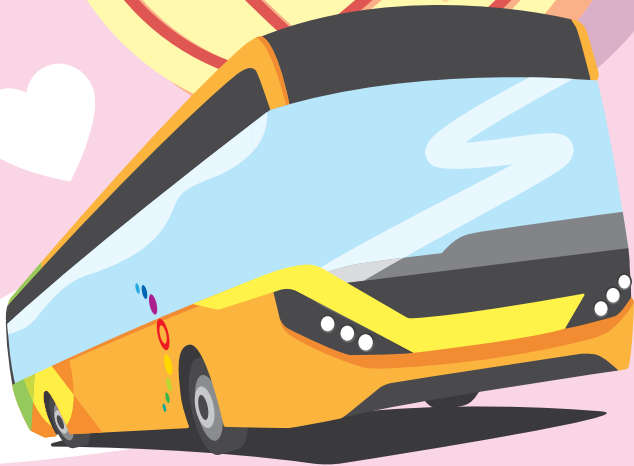
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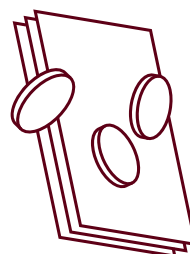
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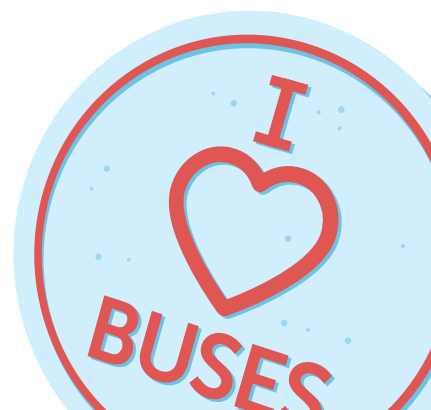


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West Bridgford Operatic Society proudly presents
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Tuesday 13th February
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at the Squire Performing Arts Centre,
Nottingham.

West Bridgford Operatic Society are returning to The Squire Performing Arts Centre with their hilarious production of the musical 'Betty Blue Eyes'. The talented principals and chorus will sing and dance to a live orchestra under the baton of Adam Wright and will be directed by long serving society member Tom Parry with choreography by Ali Biller. It is 1947, war has ended but Britain's long-suffering citizens are suffering under the burden of food rationing, high unemployment and the coldest winter for decades. The only bright spark on the horizon is the impending marriage of Princess Elizabeth and Prince Philip.

Twenty six years ago Alan Bennett and Malcolm Mowbray wove this story into a hilariously funny but sharply observed comic film called 'A Private Function', which centred around Betty, an adorable pig, who is being illegally reared to ensure the local dignitaries can celebrate the Royal Wedding with a lavish banquet while the local population make do with Spam. Ron Cowen and Daniel Lipman have brilliantly adapted and expanded this story for the stage and George Stiles and Anthony Drewe have written a deliciously infectious, toe-tapping, retro contemporary score. The result is an utterly British musical, full of eccentric characters, such as the strange, odd couple, Gilbert – an evangelistic chiropodist, and Joyce – a nobody determined to be somebody; Inspector Wormold – an obsessive destroyer of illegal meat; Mother Dear – 'She's 74 and ravenous'; along with a weird assortment of bullies, spivs and snobs and of course, our star, Betty the pig. Don't miss out on all the fun. Get your tickets now!

The Squire Performing Arts Centre has great facilities and is easily accessible by tram or NCT and has ample, free on-site parking.

<https://squirepac.co.uk/whats-on/betty-blue-eyes/>

Date & Time: Evening Tuesday 13 - Saturday 17 Feb 2024 at 7:30pm
Matinee Sat 17 Feb 2024 at 2:00pm

Tickets: £17 standard £15 concession (60+) £11 under 16s & students
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'All That Jazz' Charity Dinner: A Night of Music and Glamour

The Mayor of the Borough of Broxtowe, Councillor Teresa Cullen is offering a tempo-rare evening escape to her 'All That Jazz' speakeasy themed dinner in support of the Broxtowe Community Fund.

Councillor Cullen invites residents to join her for a jazz themed evening at Beeston Youth and Community Centre on Friday 22 March 2024, 6pm-10.30pm. The evening will include a three-course meal, music from the fabulous Shell's Belles featuring jazz singer Jeanie Barton, and a charity raffle.

The food will be cooked and served by Pulp Friction, a Nottinghamshire based charity who offer those with learning disabilities and autism the chance to develop their social and workplace skills.

Councillor Cullen said: "My year in office has been all about community based events. I have created the Broxtowe Community Fund, an independent financial resource available for voluntary and charity organisations in Broxtowe to ensure we support Broxtowe residents first.

All That Jazz is an event for all of the community, featuring local musicians and local food. Tickets are now on sale, so come and join us!"

Businesses wishing to sponsor the event can contact the Civic Office on civic@broxtowe.gov.uk or call 0115 917 3210.

Tickets can be purchased for £27.50 per person, or a table of eight for £200.00 at www.broxtowe.gov.uk/allthatjazz



Photo By Chris Richard's and Angie Harrison

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motion for the ocean

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Campaigners have praised Nottingham City Council as they voted unanimously to back the Motion for the Ocean aimed at improving the health of the ocean through better stewardship of waterways.

This makes the authority the biggest city in the UK to back the plan, and the furthest inland. Nottingham City Council has been applauded by campaigners for remaining committed to the move. Green Hustle - local Motion for the Ocean campaign leads - thanked City Councillors and branded it "a ray of light" showing "vision, hope and perseverance".

The Motion for the Ocean, developed by ocean experts, highlights the essential actions that councils must take, recognising the source-to-sea link between local waterways and the ocean, and its effects on the local economy and communities. Twenty-three councils across the country have already passed a Motion for the Ocean.

Green Hustle co-director Adam Pickering said: "This motion shows the city's commitment to leading the way on climate and nature. Carbon Neutral Nottingham 2028 and reducing our emissions is vital in heading off climate disaster, but our oceans do untold good towards keeping atmospheric CO2 in check too, as well as underpinning biodiversity and our food system. On a local level, clean and thriving blue spaces benefit us all."

Emily Cunningham, Midlands-based Ocean Conservation Expert and Co-founder of the #Motion4theOcean movement said: "The burden of taking care of our ocean is often left to communities at the coast; but they are at the end of the line, receiving litter and pollution from inland communities like ours. Actions that we take here in the Midlands can have a significant impact, benefitting local and coastal communities alike."

"This admirable environmental leadership from Nottingham City councillors and the local people that backed the campaign recognises that no matter where we live, we impact, and are impacted by, our ocean. I applaud the councillors and look forward to seeing what they achieve together with local partners and communities."

Cllr Corall Jenkins, Portfolio Holder for Energy, Environment and Waste Services and Parks, said: "Labour councillors are delighted that the Motion for the Ocean passed unanimously at full council last week. Although we are one of the furthest cities away from the ocean, we understand that we have a responsibility to help protect it, and that the wellbeing of our citizens depend on it."

"We are determined that Nottingham maintains its reputation as a national leader on climate and nature, and look forward to working with the Green Hustle team to translate these commitments into action."

The commitment was taken following concerns from residents on the state of the ocean, highlighted through an open letter to Council which gained 220 signatures from a wide range of concerned



members of the public including a nurse, a bricklayer, and a GCSE student as well as academics and the business community.

The campaign was amplified via Nottingham's Green Hustle Festival, which took place in June 2023, and included a large schools project reaching 540 pupils through a "School of Fish" upcycled art project, which was exhibited throughout the event on Old Market Square.

A metal heron art installation made by sculptor Michelle Reader out of old bikes and reclaimed canal waste was also installed at Nottingham Canal, a project delivered in collaboration with Raleigh and the Canal and River Trust. All this formed part of the diverse community-led event's "Oceans and Waterways" theme, with the motion being the political aspect of what organisers called a "celebration of life, nature, community action, and creativity".

Following Monday's declaration, 24 councils across the country have now passed a Motion for the Ocean, ranging in size from Town and Parish to City and County Councils. They are coastal and inland, including in the Midlands. The Motion for the Ocean has recently gained attention from local authorities overseas and will be presented at the upcoming UN Ocean Decade Conference in Barcelona.

Experts created the Motion for the Ocean in response to the decline in the state of our ocean, recognising that local authorities have a unique and significant role to play in reversing this trend and helping recover ocean health.

Our ocean provides every second breath we take, food on our plates, the gas and electricity we rely on, climate regulation, and is a source of joy, calm and leisure for many of us. Without action, we stand to lose many of these functions with major impacts on human health, wellbeing and economies. The Motion for the Ocean is the catalyst for turning the tide.

Looking to the future, Green Hustle invited people to get in touch with ideas for their next festival, with a nautical twist: "The voyage continues. If you want to help us catch the next wave our 2024 festival theme is "Common Ground" - send ideas for how we can keep growing Nottingham's green (and blue!) ambition via message in a bottle."



Find out more about Motion for the Ocean
www.lgacoastalsig.com/motion-for-the-ocean
For Green Hustle information and contact details, go to
www.greenhustle.co.uk/contact

Photo's Credit: Tom Morley



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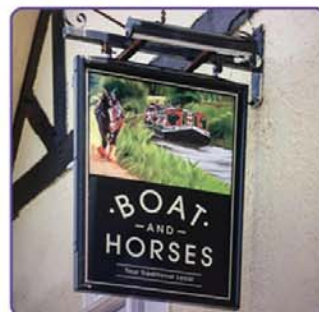
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Prevent dry Winter skin with houseplants...

Brits struggling with dry winter skin are being told that houseplants could help improve their indoor air quality and help with skin issues.

The experts at GardeningExpress.co.uk have named seven skin-benefitting houseplants that act as natural humidifiers and air purifiers.

With central heating being one of the biggest triggers of dry skin and irritation over the winter months, it's worth considering integrating humidifying houseplants into your living space.

Certain types of houseplants can contribute to creating a more comfortable indoor environment by adding moisture and purifying the air.

They go through a process called transpiration and release water vapour from the plant's leaves into the air which helps regulate the humidity levels.

Plants with high transpiration rates, such as Peace Lilies and Spider Plants are best at providing humidity benefits.

Houseplants not only provide moisture but also filter the air around them by releasing fresh oxygen and absorbing harmful compounds.

This process helps eliminate airborne pollutants that may otherwise clog pores and trigger acne.

Chris Bonnett from GardeningExpress.co.uk said: "Although indoor heating systems are a winter necessity, they can have an unfortunate side effect of sapping the air of moisture and this is why many people experience skin dryness during winter.

"To prevent the skin from drying out, we recommend placing humidifying plants strategically around your living spaces to increase humidity levels and purify the air.

"From delicate Peace Lilies to tropical Areca Palms, there are plenty of houseplants to choose from, so you can opt for plants that suit your preferences and indoor decor.

"To further boost humidity, try grouping the plants together so they can create a little micro-climate and benefit from each other's transpiration."

Here are GardeningExpress.co.uk's best houseplants for preventing dry winter skin:

1. Peace Lily

Peace Lilies are not only attractive but they're also an excellent choice if you want to increase the humidity in your home. This is because they absorb and release a high volume of moisture through transpiration. Regular care, including proper watering and occasional misting, can further enhance their ability to contribute to a more humid environment.

2. Spider Plant

Spider Plants are great air purifiers and humidifiers. They're also low-maintenance and easy to care for, making them an ideal choice for those who are new to plant parenting. They can thrive in a variety of conditions, including moderate to low light, so you can even place them in rooms that don't get much sunlight.

3. Rubber Plant

Rubber plants have a high transpiration rate and are great for boosting humidity. They're also known for their air-purifying qualities as their large thick leaves are great at absorbing airborne chemicals and improving air quality.

4. Areca Palm

Areca Palm has one of the highest transpiration rates, making it an extremely effective plant for hydrating skin. Areca Palms are thirsty plants that need a lot of water and in turn they release a large volume of water vapour. They also reduce indoor pollution and their large leaves help produce more fresh oxygen.

5. Boston Fern

Boston ferns are lush, feathery plants that thrive in high humidity. They're great natural humidifiers and air filters. They can be placed in hanging baskets or on pedestals to add a touch of greenery to your home.

6. Snake Plant

Snake Plant, also known as Mother-in-law's Tongue is extremely effective in eliminating some of those invisible nasties from the air that can clog our pores. As Snake Plants are great at releasing oxygen, it's best to place them in your bedroom to aid in the skin regenerating process while you sleep.

7. Aloe Vera

Aloe vera adds moisture to the air which strengthens your skin barrier. This plant also offers the benefit of its soothing gel, which has strong anti-inflammatory properties and can be used to alleviate dry skin.



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Embrace wildlife in your garden during the chilly season

In the colder months, Brits are being encouraged to foster a welcoming environment for wildlife in their gardens.

The experts at GardeningExpress.co.uk have shared their top tips for creating wildlife-friendly gardens that serve as safe havens for birds, insects, and other creatures.

From hedgehogs to frogs, birds and a variety of insects, the wildlife inhabiting gardens all over the nation is starting to prepare for the impending winter season.

By making sure that these creatures have access to food, hydration, and shelter, we can significantly increase their odds of enduring the challenging winter conditions.

The experts suggest leaving out food and water for wildlife, creating cosy habitats for bugs, avoiding turning compost piles and delaying some gardening jobs like trimming hedges.

Chris Bonnett from GardeningExpress.co.uk said: "The colder months can pose challenges for insects, birds, and wildlife that visit our gardens but there are numerous actions we can take to make their lives easier.

"Simple things like piling leaves and logs to create natural habitats, putting up bird boxes and leaving out a shallow water disk will all contribute to a wildlife-friendly garden.

"Besides helping out the wildlife and ecosystem, you also get the delightful experience of observing birds, squirrels, and other creatures frolicking in your outdoor space."

Here are GardeningExpress.co.uk's tips for attracting wildlife into your garden:

Avoid cutting hedges - If your garden hedge is in need of a trim, consider postponing the task until the end of winter. Hedges serve as valuable habitats for wildlife, and their berries often provide food for birds and other animals.

Put up a bird box - Consider installing a bird box in your garden. This can provide warmth and shelter for birds during chilly nights. Offer your feathered friends some food by filling the box with some of their favourite snacks, such as seeds, suet, or nuts.

Create habitats for bugs - Create cosy havens for insects by piling logs, rocks, wood or leaf litter where the little creatures can find shelter. Bugs play a vital role in ecosystems and they also offer natural pest control.

Provide water - Place a shallow dish of fresh water at ground level for wildlife seeking hydration. This is particularly crucial during cold snaps when their usual water sources may be frozen.

Avoid disrupting the compost pile

Compost piles offer a cosy refuge for wildlife, thanks to the natural warmth they generate. Make sure to be careful when turning your compost heap. During winter months, consider minimising or even avoiding unnecessary disturbance as much as possible

Leave out food - Placing food out for animals to eat without needing to hunt or scavenge is a simple but effective way to look after local wildlife. Vegetables, fruit, seeds and rolled oats are great options for our furry and feathered friends.

Avoid pesticides Try to avoid using chemical pesticides where possible and instead opt for natural and eco-friendly pest control methods to avoid harming or deterring wildlife.



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Producing three stage shows a year, the next production, *Passing Strangers*, being performed on Thursday 14 to Saturday 16 March.

They are now on the hunt for new members for future productions!

Breeze finds out how you can get involved and maybe join them...

"If you have ever been tempted to tread the boards, help backstage or front of house, then now is your time! Come and join us on the evening of **Thursday 15th February** when we'll be hosting an open play reading ahead of our June 2024 production.

This is your chance to meet new people, gain confidence, or try that 'something new' resolution you promised yourself at New Year.

What to expect? Well tea and biscuits are guaranteed! You'll also get to meet existing members and chat about our experiences and past shows. We'll collectively read the likely script for our next show, giving you your first taste of being a part of the theatre in a safe and friendly environment. Play reading nights are always lots of fun, enabling everyone to get involved while taking turns to read from the script. No acting on the night is required.

We rehearse every **Thursday, 7.30-10.00pm at Bramcote CofE Primary School, NG9 3HE**. So if you're over 18 and interested, pop along on the 15th or any Thursday. You'll get a sneak preview of how rehearsals are going and can still chat to members over a cup of tea. We're also hosting another open night on Thursday 16 May as we plan our November show.

Contact us via Facebook Messenger or email contact@riversidedrama.com if you have any queries.

Want to check us out before committing? Come and see our March show, *Passing Strangers*, a comedy by Eric Chappell, writer of sitcom *Rising Damp*.

Set at a singles night in a deserted hotel bar we meet Clive, a hospital porter masquerading as a doctor, who has just been left by his wife, and Malcolm a confirmed bachelor and "big in imports" - really a market stall trader. They meet two recent divorcees; upwardly-mobile Julie and cynical, defiant Liz. Malcolm is determined to break down Liz's defences while trying to pair off Clive with Julie. But the women have a few tricks of their own, and Malcolm soon finds that life, like the evening, is full of surprises.

Our cast for *Passing Strangers* includes a few familiar faces to Riverside show regulars. Directing and also starring as Clive is Jonathan Greaves. Market stall Malcolm is played by John Sully. Lizzie Norris plays Julie and Donna Osmond is Liz."

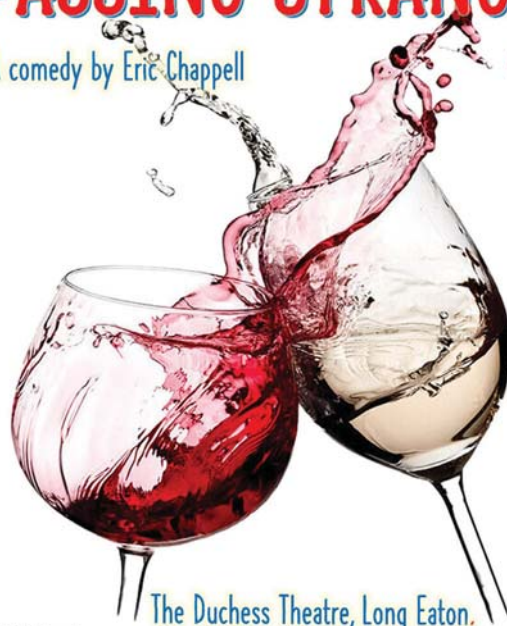
Tickets are £10 and it will undoubtedly be an evening full of laughter. Tickets are available to buy online by visiting our website www.riversidedrama.com or visit the Duchess Theatre what's on page. The clever QR code, made popular again post 2020, will also direct you to our tickets page!

We look forward to seeing you at a Thursday evening soon or at the show in March!

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WORK BEGINS ON LIFTS AT BEESTON STATION

Friends of Beeston Station (FOBs) are over the moon today as work has begun on building lifts at Beeston Station.

This has come about through seven years of FOBs quietly campaigning to make the Station accessible to all rail users, including those in wheelchairs as well as those less able to climb stairs.

Trish Roberts-Thomson, the Chair of FOBs, said 'It's been a long road but we've got there in the end. We're delighted that workmen have finally gone on site today!'

Trish said 'We're particularly grateful to the Department of Transport and their Access for All Fund, responsible for providing the money for the lifts, and to Network Rail, supported by East Midlands Railway, who put forward the

bid.

'Over the years there has been a lot of collaboration between the authorities, the landowners and the community along with a shared commitment to make the Station accessible. We're very grateful to everybody involved.' Trish said.

One of the key moments in the journey was in successfully challenging the designation of 'accessible' that the Station had had before. In 2019 Nusrat Ghani MP, the then Minister for Rail, came to the Station on a wet and bleak day in February and realized that a 500m round journey from one platform to the other, stretched even her understanding of an 'accessible station!'

The building of the lifts and the new stairs is expected to be completed in autumn this year. In the meantime there will be some disruption to station users as the construction takes place.

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: Let's Talk Rubbish with Lesley Taylor. Monday February 19th at 7.30pm. Have you ever wondered what happens to the contents of your recycling bin? This illuminating talk will explain everything about recycling and assist us to 'do our bit' to help the planet.

£3 Adults. Children free. Trent Vale Infant School, Trent Rd, 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



The February Meeting of the **Wollaton Natural History Society** will take place on Wednesday, 21st February 2024 at 7.30 p.m. The Talk is entitled 'Nottingham's Urban Forest' by our own Tree expert, Graham Pearce. Graham will take us on a tour of Nottingham's Urban Forest to discover what we should be looking out for as the year progresses.

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 website www.spanglefish.com/WollatonNaturalHistory, find them on Facebook or telephone Chairman Nigel Downes on 0115 944 4671.

SPOTTED DOG ART GROUP

A friendly and encouraging group who meet monthly on a Saturday and hold professional Tutored Art Workshops (from September to June) usually at Bramcote Memorial Hall. Occasionally they have a 'members only' workshop day.

'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".

FEBRUARY WORKSHOP: Sat 17th February

Mixed Media with tutor: Doreen Hunt 10.00am - 4.00pm.

Doreen is one of our favourite tutors who always inspires! Doreen will decide on the theme at a later date. She will provide all the necessary materials, but people will need their own aprons, kitchen roll, water pots, brushes, table covers and other staple items.

TO BOOK: Please contact: Janet Waters

Email: janetwaters32@gmail.com.

MEMBERSHIP: Fee is £15 per year.

If you are interested 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.

LONG EATON NATURAL HISTORY SOCIETY WILDLIFE GROUP

Meet Paul Dyson Wildlife Artist, Paul will present a slideshow The Life and Travels of a Wildlife Artist.

Date: Wednesday 24th January
Meetings start at 7.00pm in the
United Reformed Church, Midland Street,
Long Eaton NG10 1HQ.

Cost £1.50 for LENS members, visitors £2.50.

Tea and biscuits at half-time, all welcome.

Email: lensnaturalhistory@gmail.com



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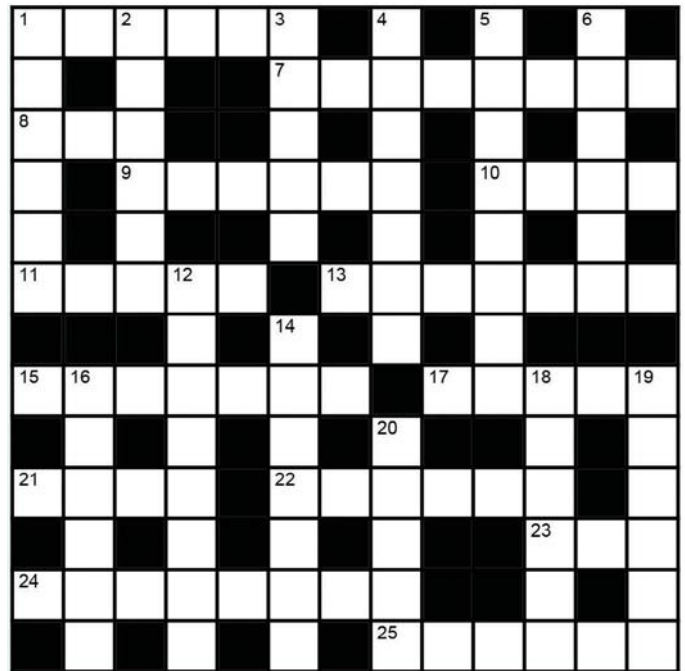
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CROSSWORD

Across

- 1 Stings (6)
- 7 Person to whom money is owed by a debtor (8)
- 8 Alias (initis) (3)
- 9 Belonging to those people (6)
- 10 If not, then (4)
- 11 Scatter in a jet of droplets (5)
- 13 Opposite (7)
- 15 Goods lost at sea (7)
- 17 Flexible twig of a willow (5)
- 21 Metal food containers (4)
- 22 Expresses gratitude (6)
- 23 Donkey (3)
- 24 Army unit smaller than a division (8)
- 25 Extraterrestrial beings (6)

Down

- 1 Trembles (6)
- 2 Personification of a familiar idea (6)
- 3 Firm open-weave fabric used by window-cleaners (5)
- 4 Childhood disease (7)
- 5 Enduring (8)
- 6 Brags (6)
- 12 Aesthetic (8)
- 14 At a more distant point (7)
- 16 Guide (6)
- 18 Mad (6)
- 19 Type of monkey, macaque (6)
- 20 Indian side dish of yogurt and chopped cucumbers (5)





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