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JUNE 2024

ISSUE 258



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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).

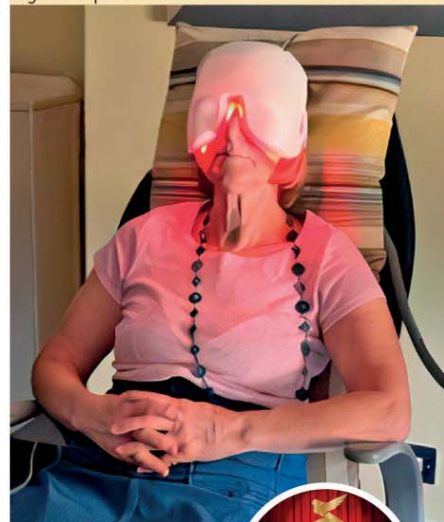
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear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

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10th Anniversary of the Sherwood Forest Trust Woodland Festival

The Sherwood Forest Trust is thrilled to announce the return of the much-anticipated Sherwood Forest Trust Woodland Festival, celebrating its 10th anniversary on **15th and 16th June**. Held at the picturesque **Thoresby Park (NG22 9EP)**, this free festival invites families and nature enthusiasts alike to immerse themselves in the rich heritage of Sherwood Forest.

Join them for a weekend filled with heritage crafts, captivating storytelling, and artistic exploration. Delight in outdoor cooking over campfires, master the art of willow weaving, and unleash your creativity with hands-on crafts and woodwork activities. As they commemorate a decade of this beloved festival, we invite visitors to discover the enchanting tales and history of Sherwood Forest, a cherished symbol of England's natural beauty and cultural legacy.

Jessica Smith-Launay, Marketing and Communications Officer for the Trust said: "We're thrilled to mark the 10th anniversary of the Sherwood Forest Trust Woodland Festival at Thoresby this year. This festival is a testament to our commitment to preserving and celebrating the wonders of Sherwood Forest. We invite everyone to join us for a weekend of fun, learning, and exploration in this beautiful setting."

Admission to the festival is free, with on-site parking available for £3 per day. Thoresby Park provides the perfect backdrop for a family-friendly adventure, offering plenty of activities for all ages to enjoy.

Don't miss this opportunity to experience the magic of Sherwood Forest first-hand. For more information, visit sherwoodforest.org.uk or contact

jessica.smith-launay@sherwoodforesttrust.org.uk

Event Details:

Date: June 15th and 16th, 2024

Time: 10am to 4pm

Location: Thoresby Park, NG22 9EP

Admission: Free entry; £3 parking fee per day



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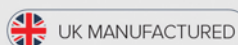
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Nottingham Playhouse has announced the appointment of a new Chair of their Anti-Racism Action Group, Jenny Williams BEM.

Jenny is a Founding Director of Take the Space, an inclusive consultancy and creative production hub for Black and multi ethnic talent. With 28 years experience in the arts and cultural sector, her work focuses on engagement, new audiences and inclusive approaches that break down barriers to cultural activity, particularly through the lens of race equity.

Prior to founding her company, Jenny held numerous senior positions in the cultural sector including CEO & Creative Director for Revolution Arts; Head of Diversity for Arts Council England; Education Director, The Kiln (formerly The Tricycle); Fundraiser English Touring Opera; as well as Arts Development Lead for two Local Authorities.

Jenny commented: "I am thrilled to be appointed as Chair to support the Anti-Racism Action Group (ARAG) at Nottingham Playhouse. The group brings together the diversity of roles and perspectives from all parts of the organisation. I am honoured to hold space that will enable us to co-create approaches that are resonant and reflective of Nottingham communities. We will also continue the important, national role Nottingham Playhouse has played in this work over time."

Stephanie Sirm MBE, Chief Executive of Nottingham Playhouse, said: "We are delighted to have Jenny joining us, with her wealth of experience and knowledge. Diversity, equality and inclusion are at the heart of everything Nottingham Playhouse is trying to achieve and we welcome her invaluable advice and guidance to our ARAG group."

Jenny is a Board Member of The Towner Eastbourne and chairs the Diversity Task Group; a Partnership Member of the South Downs National Parks Association; ROSS Consultant for National Lottery Heritage Fund, Board Member for East Sussex Culture and is a member of Arts Council England South East Area Council.

Jenny was awarded a British Empire Medal (BEM) in the 2020 New Year's Honours for services to culture and creativity.

Nottingham Playhouse established a Diversity in the Workforce Group in 2020, with the remit of diversifying its permanent workforce to better reflect the rich diversity of the city. Successfully achieving many of its initial targets, the group recently merged with the Anti-Racism Action Group to create a single, more powerful entity.

The Anti-Racism Action Group (ARAG) was set up in 2021 to look at the wider culture and environment at Nottingham Playhouse, and to advise the Executive team and Board of Trustees on matters of diversity, inclusion and equality. Its aim is to ensure that Nottingham Playhouse is a safe and fully representative organisation, which reflects the full breadth and richness of diversity within the local community.

The ARAG is made up of employees, Trustees and co-opted members. The co-opted members, who were recruited through an open call out, include people from within and outside the region, and those who work in the cultural sector and also outside of it.

Work by the ARAG in recent years has included the creation of an anonymous Reporting Racism Mechanism; a review of all HR policies; the provision of guidelines for recruiting and engaging freelancers; mandatory Anti-Racism training for all staff and Zero Tolerance signage around the building.

For more information about Nottingham Playhouse visit www.nottinghamplayhouse.co.uk





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Middle Street Local Resource Centre is open to everyone and has plenty of hidden gems!

If you need a place to pop in for a cuppa, or to find a meeting room for your work or hobby, look no further.

Middle Street is a friendly, welcoming place for everyone in the local community. It is just next to the Middle Street tram and bus stops and there are plenty of car parks nearby.

Activities at Middle Street

Middle Street is a charity run by dedicated staff and volunteers. The centre puts on courses under its own 'Mindset Programme', which is geared towards positive mental health. Courses are offered for free or for a donation towards materials. Activities available include art, crafts, music and walking groups, amongst others.

You can see the timetable online at: www.msrc.org.uk/timetable

MSRC also hosts several outside clubs and groups that hire the meeting rooms. However, since the pandemic, room hire has been far lower, and yet the centre depends on this income to pay for its services.



Room Hire - Operations Manager Michael Baldry said: "We have several spacious rooms available to hire, and we have an accessible café offering hot and cold food, Barista-style coffee, and a warm welcome. We try to keep prices affordable for everyone. Hiring our rooms, and using our café, keeps customers in the heart of the community and supports our vital work."

Here's a little taster of all the resources the Resource Centre offers!

- **The Café** – a large, light, and airy space. Open to all during weekday daytimes. It can be hired in the evenings and weekends for hobby clubs, religious groups, and one-off events such as poetry readings or personal celebrations.
- **The Garden** - Beeston's best-kept secret! A peaceful, lush green oasis in the heart of our town. Grab a coffee, a friend or a good book and enjoy this open space.

There are 7 rooms for hire, starting from just £17 per hour, depending on size and timings. These include:

- **Large Activity Room** – a valuable space for presentations, choirs, clubs, and wellness classes. Holds up to 70 people with natural daylight.
- **Large Meeting Room** – this can fit 20 people and has views of our lovely garden.
- **Mindful Room** – great for meetings, one-to-ones, and other activities. Holds 10-15 people with large windows and comfy chairs.
- **Small Meeting Room** – ideal for small groups of up to 8. There is good availability in the evenings and weekends.
- **Art Room** – holds up to 20 and is ideal for arts, crafts, and group meetings.
- **Woodwork Room** – complete with benches and tool kits, this is the perfect setting for woodwork and DIY sessions.

- **Music Room** – fully stocked with keyboards, guitars, and drums etc. It almost rivals Abbey Road!

So, whatever your needs, Middle Street is a great option. Get in touch now as the friendly team will be happy to help you with any enquiries.

Call now on 0115 9252516 or email: admin@beeston-community-resource.org
Or for more information see the website: <https://msrc.org.uk/room-hire>

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B'Oscar Winners and Broxtowe Creates By Sam Kurd

Here at Beeston Film Festival, we've once again opened our digital doors to the hordes of wonderful independent international short films that come flooding in, watching and rating and sifting and sorting already. It may only be June, but 2025 will be on us before we know it, so we've got to be ready with the best selection of films to show!

Speaking of the best selection, here's our list of 2024's B'Oscar winners:

Best in Festival: Roses
Best Feature: Migrants
Best Drama: Ill Fares the Land
Best Crime: Under the Blue
Best Comedy: The Pros and Cons of Killing Yourself
Best Horror: The Witching Hour
Best Non-Fiction: Unconditional
Best Animation: Dandelion
Best Women's Voices: Wild Animal
Best Student: CoD and Chips
Best Science Fiction & Fantasy: Ill Fares the Land
Best Pride: Sally Leapt Out Of A Window Last Night
Best African Voices: Father's Day
Best Direction: Beth Park for Wild Animal
Best Script: David Ledger for Rejoyce!
Best Cinematography: Jean-Baptiste Rière for Dark Cell
Best Performance: Kate Dickie for If Not Now, When?
Best Sound Design & Soundtrack: George Castle & Madil Hardis for By Any Other Name

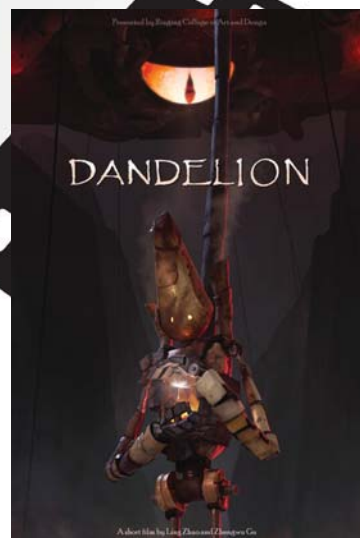
Congratulations to the lucky winners!

If you missed this year's festival, then fret not – as part of the Broxtowe Creates Festival, we're putting on 3 screenings of The Best of Beeston Festival, showcasing a selection of the best of this year's entries! This includes B'Oscar winners like CoD and Chips, Under the Blue and Best in Festival winner Roses.

You can catch them at Arc Cinema Beeston 7th June 8.00pm, Kettlebrook Lodge in Kimberley 15th June 7.30pm and 27th June Stapleford Library at 4.00pm. Tickets for the Arc Cinema screening are only £8 and can be bought on their website, while the Eastwood and Stapleford screenings will be pay-what-you-can on the door.

For more information on this and other Broxtowe Creates Festival events, check out the festival page at <https://www.broxtowe.gov.uk/broxtowecreatesfestival>.

Other events include theatre performances and workshops, live music and art competitions and workshops. It's a whole month of celebrating and nurturing the creative flame that burns inside us all, so don't miss out!





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Robert Ellis are pleased to be instructed to market this individual detached residence which provides a lovely family home which is coming to the market for the first time in several decades. The property is positioned on a large plot with formal gardens at the rear and a managed woodland garden to the side which provides a lovely area to walk around throughout the year. For the size of the accommodation and gardens at the rear and side to be appreciated, we recommend that interested parties do take a full inspection so they are able to see all that is included in this lovely home for themselves. The property is well placed for easy access to the local amenities provided in Draycott and Breaston as well as to excellent transport links, all of which have helped to make this a very popular and convenient place to live.

The property stands back from the road and is constructed of brick to the external elevations under a tiled roof which has been replaced over recent years. The accommodation derives the benefits of having gas central heating and being mostly double glazed and includes an open porchway leading through an original front door to the reception hall which has the Minton tiled flooring and a ground floor w.c. off, to the right of the hall is the main lounge and to the left a sitting room/study with the dining room being positioned to the rear.

The kitchen was fitted approximately 2 years ago by Wren and has extensive ranges of soft closing, handle-less wall and base units and granite work surfaces and there is also a most useful pantry/utility room. To the first floor the landing leads to the four double bedrooms, the master bedroom having a bathroom en-suite. There is also a main shower room.

Outside there is a double detached garage positioned to the right hand side of the property, a driveway and well stocked gardens to the front, with the more formal gardens being at the rear where there is a large lawned area, various paths and planted beds, a vegetable/fruit garden area with two greenhouses and to the right hand side there is a picket fence and gate leading to the woodland garden which has a series of pathways, rockier beds, a wild pond, various woodland planted beds, mature trees and fencing to the boundaries.



For more information contact Robert Ellis
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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.

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Mrs. Catherine Moore can help you identify any women's health issues and continence in support of the "World Continence Week"



Top tips to #LoveYourLungs this summer:



Enjoy the great outdoors



Drink more water during summer months



Exercise regularly to improve your sleep pattern



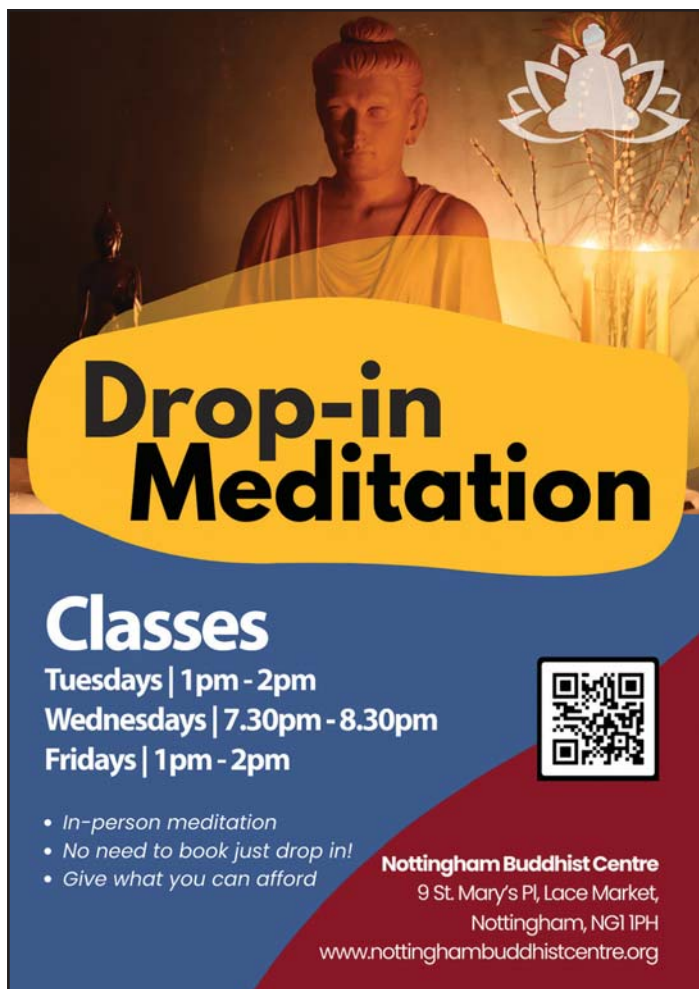
Activity with a friend or in a group makes it more enjoyable



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crazy little sing called pub!

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SINCE
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Crazy Little Sing Called Pub is a new, community singing event in Nottingham, founded by choirleader and singer/songwriter Abi Moore.

It promises to “make an epic, harmonised choir out of a pub full of total strangers,” and first started life sixmonths ago as a one-off trial at Nottingham’s Malt Cross. It blossomed immediately and now runs monthly across the city, bringing together between 150- 200 strangers to sing in harmony.

Open to any Over 18s, regardless of singing ability- whoever comes along will learn an anthemic, pop/ rock song that Abi has arranged for them in multiple harmonies. To keep everyone on track, Abi guides the vocals and her bandmate Ed Mayle plays guitar. At the end, the final result is professionally filmed, recorded and shared online.

Their first video (of the song Sit Down, by the band James) has attracted over 26,000 views on Youtube and was described as “wonderful” by James’ lead singer, who shared it online with their fan base.

So who comes along to Crazy Little Sing Called Pub? Abi explains: “It’s really popular with people who enjoy singing, but usually only do it in the shower, or the car, or when they’ve had a few drinks! We don’t care if people are a bit rosey- I take everyone from scratch, help them work out if they’re a high, middle or low singer and then rally them all in to shape, and pretty soon, they’re sounding amazing!”

When she’s not leading pub-goers in song, Abi is Musical Director to her Nottingham acappella choir, Totally Vocolly, who perform regularly across Nottingham. She’s also one of the UK’s most prolific Acappella Arrangers- her internationally published vocal arrangements are enjoyed by choirs all over the world. The accompanying videos she makes for her Acapella With Abi YouTube channel receive thousands of views. And if that doesn’t keep her busy enough, her successful career as touring original singer/songwriter certainly does- she released her fifth album of original material No More Chasing last year and did a full UK tour to promote it.

There’s been an explosion of enthusiasm for Crazy Little Sing Called Pub across our community, with local Meetup groups encouraging people who might be hesitant to come along on their own to join them. Abi has recently been on Notts TV and BBC Radio Nottingham to talk about its impact and future. Says Abi: “I’m really passionate about the benefits of



community singing on people’s mental health and wellbeing and I’m amazed at how many people come to each event. It’s incredible to see the joy they’re all singing with and the sound they make. We’ve just been invited to lead our biggest event yet at Hockley Hustle in October, so we’re looking forward to singing with even more people this year!”

**Next Events: SUNDAY 28th JULY -
The Big Shed @ Trent Navigation, Meadow Lane
SUNDAY 18th AUGUST – Malt Cross, St James Street
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going wild!

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Wildlife Trust delighted at response to Wilder Nottinghamshire Network and launches new Wilder Nottinghamshire Awards to recognise local action for nature.

For 60 years Nottinghamshire Wildlife Trust has worked to protect and enhance some of the most important places for nature in the county. The charity, which is currently celebrating its 60th Anniversary, is passionate about creating a healthy natural world which benefits everyone – but in the face of a combined nature and climate crisis the charity recognises that it can't achieve its goals alone.

In setting out its vision to create a Wilder Nottinghamshire by 2030 the charity highlighted the need to involve and inspire more people than ever before to act locally for nature's recovery. In November, the Trust established the Wilder Nottinghamshire Network - a community for everyone involved in nature's recovery across the county to celebrate action, encourage collaboration and inspire others to act.

In less than six months, the fledgling network now includes over 50 groups the length and breadth of the county. Members include groups caring for local greenspaces and campaigners seeking to limit the use of chemical weedkillers on local streets. The Wildlife Trust feels strongly that all positive action for nature – from the creation of micro-habitats and local campaigns to landscape-scale projects should be recognised and valued.

Speaking about the Wilder Nottinghamshire Network, Liz Fleuty, the Trust's Head of People & Nature said: "Such is the scale of the challenge that we can't hope to achieve our goal of a Wilder Nottinghamshire alone. There is so much amazing work being done by volunteers, communities, landowners and businesses across the county, but we felt more could be done to celebrate positive action and ensure people felt part of a wider movement for change. By connecting individuals, groups and organisations to share knowledge, expertise and resources we hope to inspire even more people to act."

Nottinghamshire Wildlife Trust, which manages nature reserves, stands up for wildlife within the planning system, campaigns for greater protection for wildlife and provides advice to other landowners was established 60 years ago by local people who wanted to act for nature. Six decades on, the charity still has volunteers at its heart and knows that local action, by people who know their areas best, will make the difference.

Groups already part of the network include Wild.NG, Bulwell Forest Garden and Basford Road Baptist Community Garden in Nottingham; Friends of Bingham Linear Park, Leyton Crescent Park Wildlife Group (Beeston), Wild Things Keyworth; the Lost Garden of Everton, Clarbrough Primary School Gardening Club and Rufford Avenue Allotment Group; Green Southwell and Winthorpe Road Community Garden (Newark) and St Willfred's Church (Kirkby-in-Ashfield).

Speaking about the Wilder Nottinghamshire Network, Trish Evans of Wild.NG said: "As like nature, when we connect, we thrive. It's so inspiring to be part of the Wilder Nottinghamshire Network as it brings us closer to many great local projects, and we can grow a collective and positive movement."

The Trust is committed to being part of a mass movement of people taking action for nature at all levels, creating much more space for wildlife to thrive and speaking up for nature's recovery - and is calling on more groups to join the growing network. Support already offered to network members includes advice on setting up groups, information on wildlife gardening and habitat creation workshops.

Liz added: "We know local action makes a difference but recognise that it can be daunting. People may feel that they cannot make a difference on their own and we hope that by shining a light on the amazing work taking place in communities across the county, the Wilder Nottinghamshire Network will provide inspiration and support, and grow confidence. We can all be part of a people-powered movement for nature's recovery, and we need to act together now."

Alongside the Wilder Nottinghamshire Network, the Wildlife Trust is launching the Wilder Nottinghamshire Awards to recognise and reward local action. Awards will be offered in five categories covering individuals, communities, schools, farms and businesses



The Awards are open for nominations/applications until 17th June.

Speaking about the Awards, Liz said: "We know from experience that award schemes can play an important role in showcasing great people and projects. They can also serve as inspiration for others to act. In developing the Wilder Nottinghamshire Awards we wanted to ensure that we reflected the different parts of the Wilder Nottinghamshire Network and that entry was as simple and straight forward as possible. We can't wait to hear about all the exciting action to support nature's recovery across our amazing county."

Entry for the Awards should be made via the Trust's website and applications/nominations take only a matter of minutes.

To apply or nominate a person, school, community or business just tell us who is doing what and provide information about the impact activities are having for nature. Awards will be made in five categories:

Wilder Community Award - Recognising the efforts of groups making a difference for nature in the local community

Wilder Champion Award - Recognising the impact of individuals making a difference for nature in their community (Awards will be made in two age groups – Under 25s and Over 25s)

Wilder School Award - Recognising the contribution of schools to making space for nature and developing young nature champions

Wilder Farming Award - Recognising the efforts of individual farmers and farm businesses making space for nature and embracing wildlife friendly farming practices

Wilder Business Award - Recognising the contribution of businesses - large and small - to protecting and restoring nature within their communities.

Details of how to join the Wilder Nottinghamshire Network and the Wilder Nottinghamshire Awards can be found at www.nottinghamshirewildlife.org





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Large gardens are not essential for growing fruit and veggies, meaning those with limited space can still benefit from the financial and mental health benefits of growing their own edible garden.

A spokesperson for GardenBuildingsDirect.co.uk said: "Many people think a big garden with top-quality raised beds are necessary for growing a selection of fruit and veg - but they are wrong.

"One of the most rewarding parts of gardening is using homegrown produce in your kitchen, and there is no need to miss out on this if you only have a balcony.

"We have rounded up a list of the best fruit and veggies that even those with the smallest outdoor spaces can still grow."

GardenBuildingsDirect.co.uk's top picks for green-fingered balcony owners:

Root vegetables

Contrary to popular belief, raised garden beds are not essential for growing veggies such as carrots, turnips, potatoes and parsnips. Balconies are a great place to harvest root vegetables - ensure the pots used for your crops are at least 40cm deep to give the vegetables enough room to grow.



Tomatoes

Growing tomatoes, especially the cherry variety, are ideal for balcony owners as they love the sun but must be covered from the rain. Tomatoes also grow well when potted so they are perfect for those with a small space to plant. Once harvested, keep tomatoes outside of the fridge or else they will lose flavour quickly.

Peppers and chillies

Add some delicious flavours to the kitchen by planting homegrown peppers and chillies. These plants require hours of sunlight, so they can be placed in pots on sunny window sills inside. Use different varieties of peppers and chillies to add fabulous colours to the balcony.

Strawberries

are one of the most straightforward fruits to grow on balconies, producing tasty results, and there are several easy ways to plant them. Use only 20cm of special strawberry compost, or use a pot which has been specifically designed for strawberry plants. Those with a smaller balcony should try hanging baskets and ensure to give the strawberries at least 30cm of depth and width to grow.

Climbing fruits

Consider sowing climbing fruit plants to utilise the balcony wall for extra space saving in the outdoor space. Make your own colourful and mouth-watering fruit garden outside and plant raspberries, gooseberries, blackberries and grapes.

Herbs grow fantastically in containers, making them ideal for planting in small spaces. Herbs are straightforward plants and do not require much attention. Add a lovely smell to the outside space by choosing to grow herbs, which will make dinners extra tasty by using homegrown flavours.

For more expert gardening advice on how to make use of outdoor spaces, visit <https://www.gardenbuildingsdirect.co.uk>

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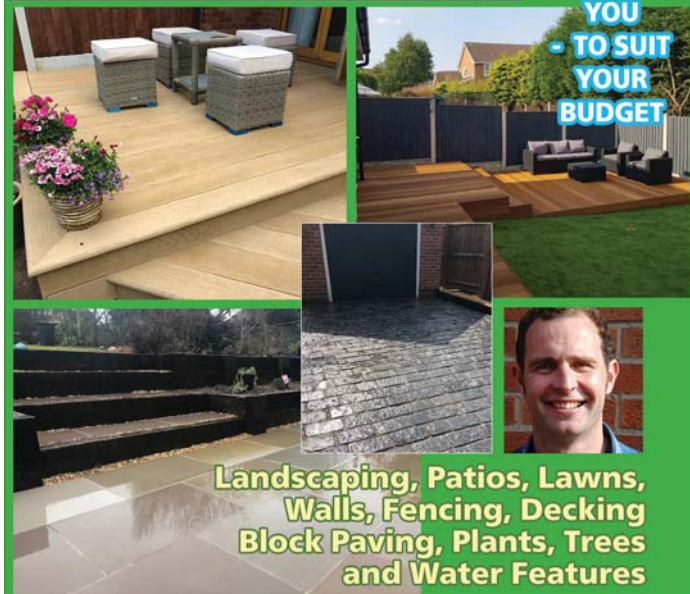
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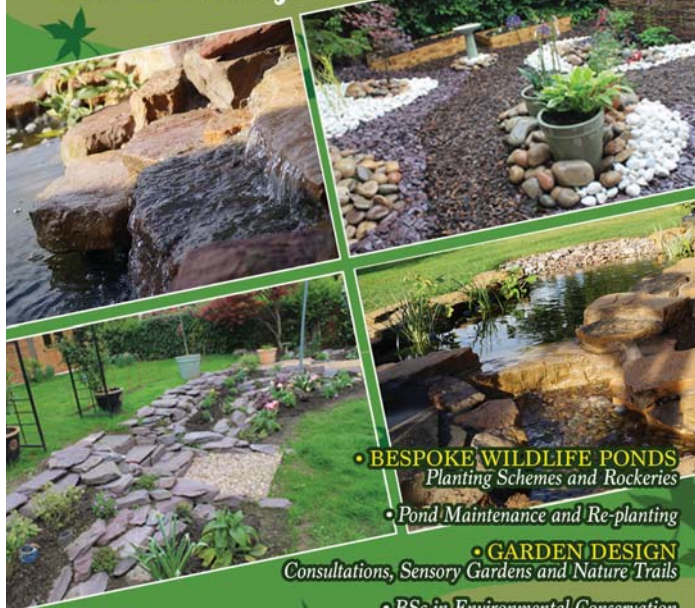
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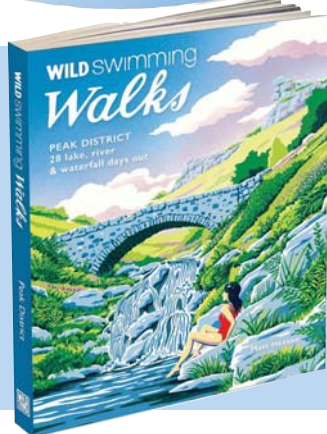


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Wild Swimming Walks, Peak District:
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**It's an informative and beautifully
photographed, highly recommended
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This beautifully designed book is a part of the best-selling Wild Swimming Walks series. It explores some of Britain's oldest National Parks.

With 28 adventures it includes detailed directions, maps and downloadable route information to print out or take with you on your phone.

Whether it's a gentle stroll and a picnic you are after or a more adventurous scramble up streams and waterfalls. This is the book for you.

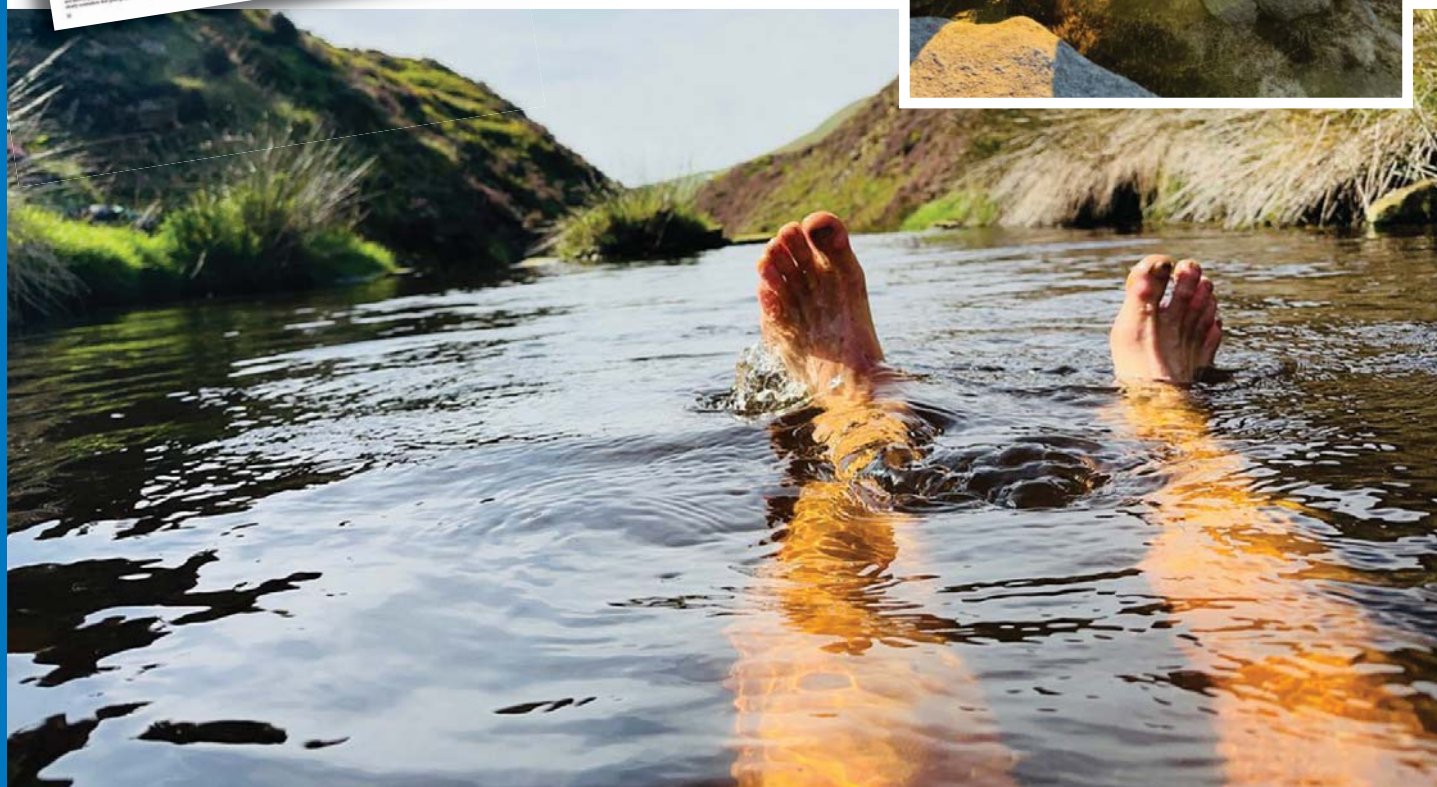
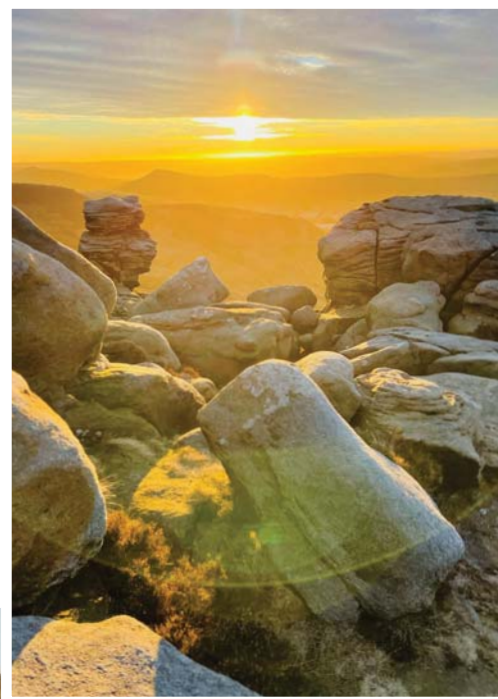
Each walk takes you on a journey, with sections collected together so you can decide what type of walk you can enjoy. For instance there's a whole section on walks to do with young kids, or specially chosen picnic havens.

The Peak District is a truly spectacular place, to be enjoyed. The photographs in this book don't disappoint either, just looking at them makes you want to pack a costume, put on your walking shoes and head off!

You'll find out about the local history, enjoy the stories and be guided with ease through the pages.

This book will appeal to wild swimmers, family explorers, nature lovers and walkers alike.

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ARTS COUNCIL



Broxtowe Creates brings you Summer Craft, Chill and Chat Tuesday, 25 June, 6.00pm until 9.00pm at The Plessey Centre, Marconi Drive, Beeston, NG9 1NX £15 per ticket and all materials are provided

Broxtowe Creates is a new Arts Council funded festival of cultural events and activities taking place across Broxtowe throughout June.

As part of the festival, three local artists have teamed up to bring you a night of arts and crafts. Summer Craft, Chill and Chat is a great opportunity to come along alone or with friends and spend time getting creative in a relaxing environment. All materials will be provided, all you have to do is come along and enjoy yourself.

Try your hand at three different crafts and take home your finished pieces. Each artist will guide you through the techniques needed to create your masterpieces and will work with you in small groups.

Areas covered will include:

Watercolour Painting with Anjana Cawdell
Willow Art with Katrine Scott-Mitchell
Glass Painting with Lisa Norman

About each artist:

Anjana Cawdell is a nature inspired watercolour artist based in Chilwell, who loves to paint in a loose, impressionistic style. This session is designed to get you excited about using watercolour paint and the beautiful results that can be achieved. Have a go with this fascinating medium and create your own unique artwork to take home. You can find Anjana's work at www.anjacawdell.co.uk

Katrine Scott-Mitchell is a talented willow artist based in Beeston.

If you fancy twisting 'sticks' and creating something unique for your home or garden then Katrine can show you how it's done. Some manual dexterity is required due to the nature of the materials used but help will always be on hand. You can find Katrine's work on Instagram @the.willowloft

Lisa Norman is a nature inspired glass artist based in Chilwell. Lisa specialises in creating hand painted glassware with floral designs in a thicker acrylic paint making this different to the usual stained-glass products you often find. This session will allow you to paint tealights or a wine glass and anything created during the session can be baked and set in the oven when you get home. You can find Lisa's work at lisanartstudio.etsy.com

Spaces are limited so booking is essential at <https://tinyurl.com/broxtowesummcraft> or at www.abcartstrail.co.uk/broxtowecreatesart

You can find out more about the other events taking place during #Broxtowecreates by visiting www.broxtowe.gov.uk/broxtowecreatesfestival



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The June Meeting of the Wollaton Natural History Society will take place on Wednesday, 19th June 2024 at 7.30pm.

The Talk is entitled 'The Pantanal' by Max & Christine Maughan. They will be telling us about their recent visit to the Pantanal region of Brazil. This is a natural region encompassing the world's largest areas of tropical wetland and flooded grasslands.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.15pm. for 7.30pm. Free to Members, visitors welcome £3 on the door. **For more information visit our website [Natural History](#), find us on Facebook or telephone Chairman Nigel Downes on 0115 9444671.**

HELP RAISE FUNDS FOR EADIES BIG 10

"Our eldest daughter Eadie was born on 18th December 2014 and was healthy and perfect in every way. In March 2015 we were on a family holiday when Eadie became a fussy with her feeding and sleeper than normal but nothing to cause concern. We took her to the walk-in centre at Kings Mill Hospital to see if she needed more fluids and within a few minutes of being in the initial assessment room, the nurse had picked her up and ran through to the emergency room.

Eadie was then on the resuscitation table with a team of specialists trying to determine what was wrong. It was a blur of people running about, pipes and tubes being inserted to Eadie's nose and legs, people talking to us about what was going on (I cannot remember any of what was said), phone calls to try and arrange a transfer to another hospital and then a nurse coming over asking me to hold Eadie's hand.

And then I knew...they asked me to hold Eadie's hand as they stopped resuscitation. In that instance our world and very existence was shattered.

We had to wait seven painful months to find out the post mortem results. During that time it was a struggle to get updates and we had to continually chase to understand the progress. We eventually found out that Eadie had died of a rare, undetectable heart condition called Endocardial Fibroelastosis. This causes the heart to grow scar-like tissue rather than muscle tissue, which caused Eadie's heart and organs to suddenly stop working.

We have since fundraised to raise awareness of baby loss, congenital heart defects, neonatal death, stillbirth and to help support other families facing the devastating loss of a baby.

In December 2024, Eadie would be turning 10 and to celebrate her 10 years we are on a mission to raise £10,000 for two charities very close to our hearts- Forever Stars and Tiny Tickers. Forever Stars are an East Midlands based charity dedicated to supporting families who've suffered a stillbirth or infant loss. Our nephew Harrison was stillborn in 2016 and Forever Stars have been there for our family ever since. Our second charity is Tiny Tickers who are helping to improve the detection, care and treatment of babies with serious heart conditions."

Please follow us on Facebook www.facebook.com/eadie.s.big.ten and Instagram to get up to date information on all of our events. You can also e-mail eadiesbig10@foreverstars.org to get involved or if you would like to show support by sponsoring an event and helping us on our mission to raise £10,000. <https://www.justgiving.com/team/eadiesbig10>

SPOTTED DOG ART GROUP

JUNE WORKSHOP: Saturday 15th June 2024

Flowers and Plants (loose and non-traditional) in Watercolour,
Inks and Drawing with Kate Houghton
from 10.00am until 4.00pm Venue: Bramcote Memorial Hall.

Summer Flowers:

A workshop exploring how to capture this visual delight of summer in paint. The day will include demonstrations and advice on breaking down flower painting into simple steps using a variety of media. It will offer a chance to explore your approach with your preferred materials or even to dig out that box of paints that you've never opened.

FOR MORE DETAILS AND TO BOOK: Please contact:

Janet Waters - email: janetwaters32@gmail.com.

MEMBERSHIP: £15 per year. If you are interested in joining please contact: Gwynneth Johnson ~ email: gwnneth2023@yahoo.com

Please Bring: The workshop will start with a few simple collage exercises to loosen up and broaden approaches to this sensuous subject. Tissue papers in a variety of colours will be provided along with paste. Moving through the day you will be able to experiment with how paint and marks can be used to bring depth and life to your art work alongside developing your own painting.

Volunteering Opportunities

Wollaton Park is a 500-acre park, open to the public all year-round and offers a variety of activities, such as walking, cycling, and picnicking. Volunteers from Friends of Wollaton Park work with the Park staff on the upkeep of the gardens and conservation tasks. In 2022, over 150 people contributed to volunteering tasks in Wollaton Park.

Volunteering Opportunities:

- Walled Garden (Tuesdays & Thursdays)
- Formal Garden (Wednesdays)
- Conservation Tasks (Selected Fridays & Saturdays)
- Litter Picking (Last Saturday of the month)

The Benefits of Volunteering

- Volunteering has been shown to reduce stress, improve mood, and boost self-esteem. It can also help you stay physically active, especially if you volunteer for activities that involve physical work.
- When you volunteer, you are making a difference in the lives of others. This can give you a sense of purpose and satisfaction that you may not get from other activities.
- Volunteering is a great way to meet new people who share your interests. This can lead to new friendships, professional connections, and even romantic relationships.
- It teaches you new skills.
- Volunteering helps to build a stronger community by connecting people and providing resources to those in need. When you volunteer, you are helping to make your community a better place for everyone.

Check the website at

<https://friendsofwollatonpark.org.uk>
for details of specific times and dates.

Email: info@friendsofwollatonpark.org.uk



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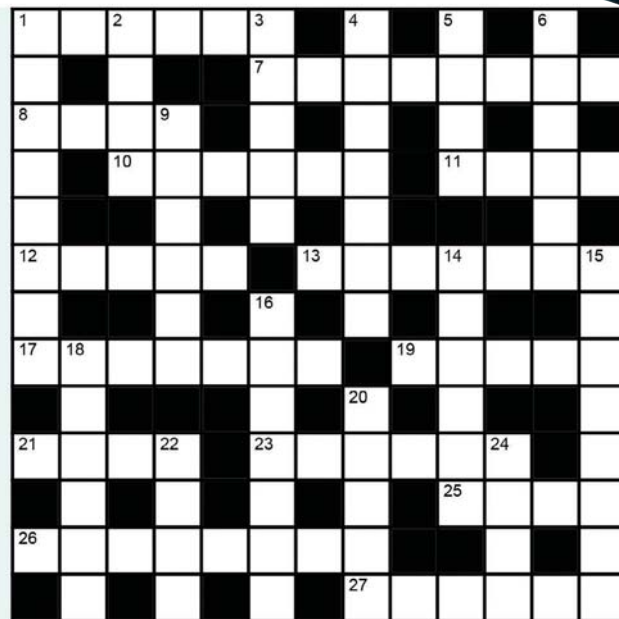
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Across

- 1 Sea in northern Europe (6)
- 7 Animal that has died after being hit by a vehicle (8)
- 8 Unwanted email (4)
- 10 Well-seasoned stew (6)
- 11 Roman cloak (4)
- 12 Discernment (5)
- 13 Not in good condition (7)
- 17 Heavenly body also known as Sirius (3,4)
- 19 Kindly endorsement and guidance (5)
- 21 Rounded thickly curled hairdo (4)
- 23 Departs (6)
- 25 Flightless bird (4)
- 26 Certain to be successful (4-4)
- 27 Baby's toy (6)

Down

- 1 Infatuated (8)
- 2 Fabricator (4)
- 3 Shepherd's staff (5)
- 4 Cocktail of vermouth and gin (7)
- 5 Short theatrical episode (4)
- 6 Large metal or pottery vessel (6)
- 9 Insect which rests with forelimbs raised as if in prayer (6)
- 14 Icebreaker (6)
- 15 Providing no shelter or sustenance (8)
- 16 Sensationalist (journalism) (7)
- 18 Piece sliced from a larger piece (6)
- 20 Tier (5)
- 22 Be compliant (4)
- 24 Closed (4)



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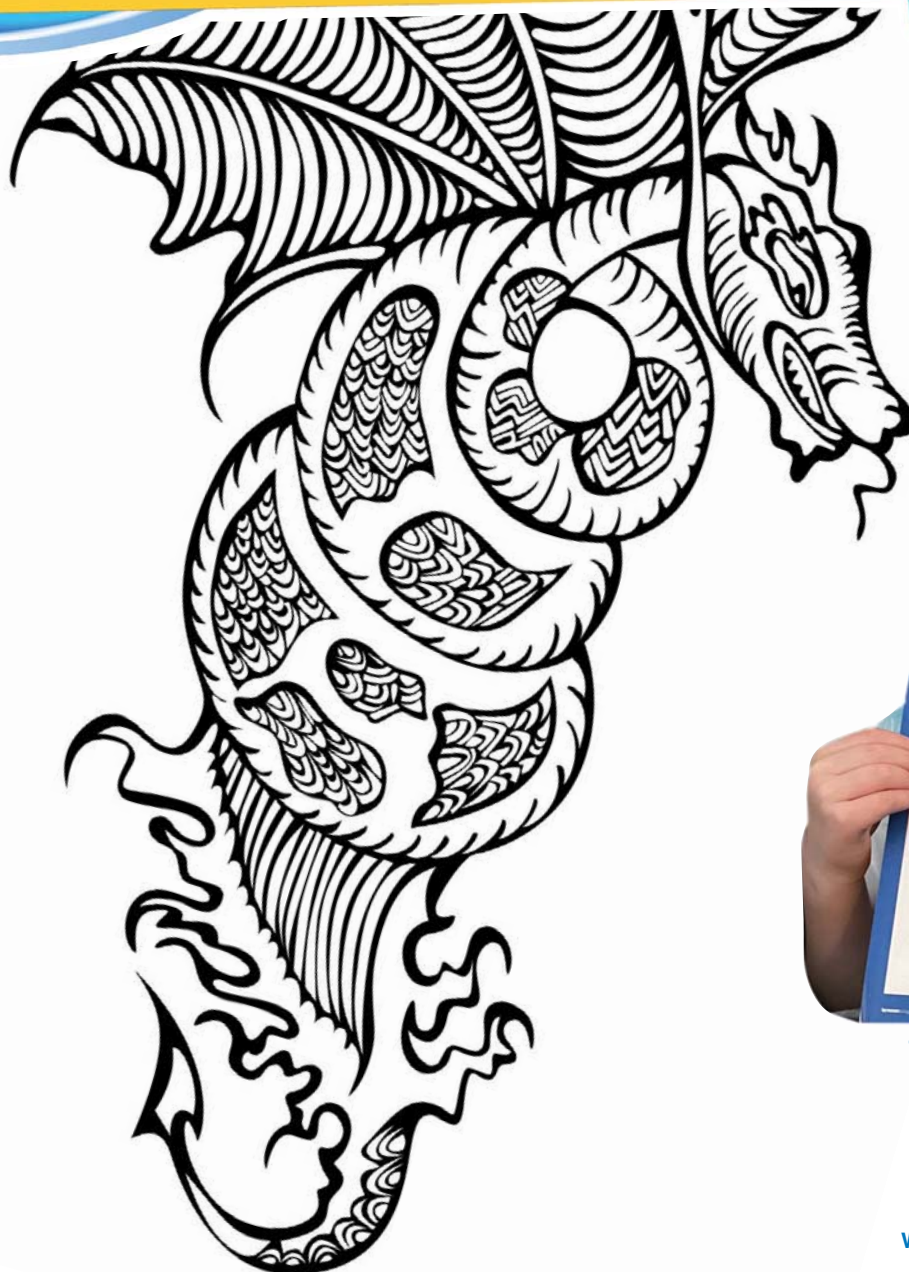
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