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MARCH 2024

ISSUE 255



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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).

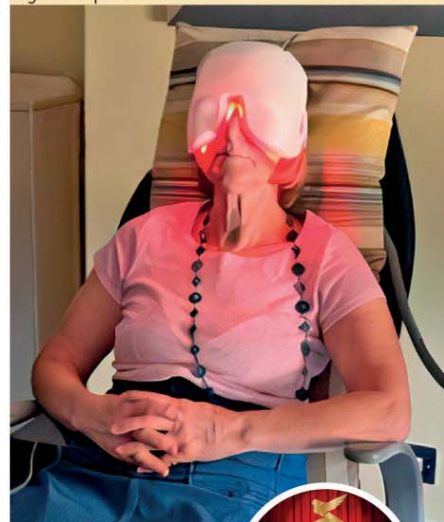
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear 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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Romy is a 14yr old singer songwriter and performer, and has been described as an Artist to watch in 2024 by Dean Jackson (BBC Introducing).

Breeze catches up with Romy to find out what's inspiring her...



Local talented singer songwriter, Romy's songs have received Radio Airplay in the UK and Internationally. In 2023 she was the youngest person to ever receive a nomination by Radio Wigwam for their 'Best Female Artist' category.

It's fair to say that since her radio debut in 2021, just as she was about to turn 12, her songwriting and music have gone from strength to strength.

You may have spotted 14 year old Romy out and about busking, playing at 'Beeston Oxjam', 'Friday 18' and even more recently 'The Hockley Hustle' in Nottingham.

Romy's donated a chunk of her busking money to a local charity, 'Broxtowe Women's Project (BWP)' and following her performance at the D.H Lawrence Festival last year where BWP were involved, The Charity asked Romy if she might consider writing a charity single for them.

This request was very timely as she'd recently written a song which she thought might work. Romy had been inspired by a doodle she had drawn all over her hand in a lesson at school, as soon as she got home she picked up her guitar and wrote 'Tattooed Skin'. She thought this would be the perfect song for them.

'Tattooed Skin' is beautifully poignant and Romy's depth of emotional intelligence shines through her lyrics. She's hoping that 'Tattooed Skin' will raise awareness of Domestic Abuse and to generate some much needed funds. The money raised will be used to provide a range of services aimed at supporting and empowering women (and their children) to live free from abuse.

So, on 23.02.2024, The charity single 'Tattooed Skin' was released to coincide with BWP's first ever Gala Dinner at Chetwynd Barracks in Chilwell. Romy performed the song live and there wasn't a dry eye in the house! Then in return for a signed CD, donations were abundant!

BBC Introducing have already endorsed 'Tattooed Skin' by giving it airplay across the East Midlands and a number of other Radio stations are also lending their support to Romy on this project.

Colette Byrne, BWP's Chief Executive said 'We're incredibly grateful to Romy for creating this charity single for us in the hope of generating donations to fund our vital work, and of course for giving her time to perform at the event'.

T-Shirts, designed by Romy, are available to buy from the BWP's shop and this same handy link can be used to donate after listening to the song! All profits go to BWP!
<https://broxtowewomensproject.org.uk/shop>

Romy's looking forward releasing more music this year and also performing with her new band 'Romy and The RHADS'. They have their first Single coming out in May and will be appearing at a few gigs and festivals over the coming months.

If you would like to follow Romy and her music she can be found here:
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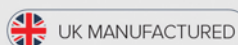
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In the Autumn term children in Key Stage 1 at Alderman Pounder Infant school explored the thought-provoking enquiry question "What impact do our choices have?". Through this question they were able to learn about the effects of the choices we make on our environment.

The children were inspired by the remarkable story of Greta Thunberg and were excited to learn about Greta's school strike for climate and the amazing impact that her small voice had on the world. Her quote 'nobody is too small to make a difference' empowered the children to want to take action to make their own difference!

This led to the children designing and making their very own protest placards with slogans including 'If you want to be cool, cycle to school!', 'Don't drop litter, be a picker!' and many more! The children loved sharing these with their parents when we invited them to our very own climate change protest!

We also learnt all about Sir David Attenborough and the impact his actions and documentaries have had on the environment over his long life! He helped us to learn about the 3 R's; reduce, reuse, recycle and we enjoyed learning about the different ways we can reduce and reuse our own waste.

We were lucky enough to be joined by a scientist and PHD student from Nottingham university who came to speak to the children about climate change and the importance of reducing plastics. The children were shocked to find out how long it takes for different waste items to break down and we couldn't believe that it could take up to 1000 years for a mobile phone to decompose!

At the end our enquiry we wanted the children to have a chance to have their passionate voices heard, so through our English lessons the children wrote persuasive letters to the people of Chilwell to persuade them to make changes to protect our planet!



Here is what some of the children had to say:

'Greta taught us no-one is too small to make a difference and you can make a difference too! Did you know that climate change is destroying the homes of poor animals, and our spectacular world is getting hotter? I am urging you to stop creating horrible gases like carbon dioxide and methane!'

Joseph Year 2

'I hope you know about climate change because it is destroying our beautiful planet, and you are making it happen by throwing plastic in our oceans!'

Annabelle Year 2

'I am desperately writing to you because you need to help me save the planet now! You should not use plastic bags, because it will save money and will help our poor planet!'

Orion Year 2

'Dear adults, I want to save the planet so don't waste plastic! Turn off lights because it helps climate change.'

Ruby Year 1

'We need to recycle because if we don't recycle it will hurt our animals!'

Isla Year 1

Through these letters, our children hope to inspire their community to make more environmentally conscious choices in their daily lives.

We also hope that all our learning has helped to nurture a generation of passionate and empowered individuals who will go on make great choices to shape a brighter and more sustainable future for us all.



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"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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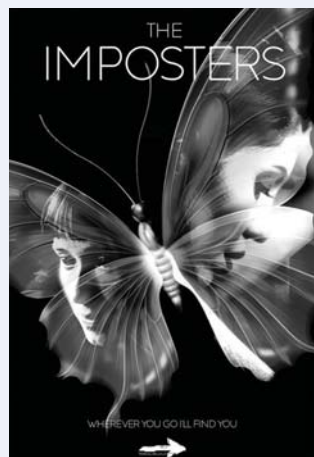
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Not Just For Short Films!
by Sam Kurd



There's only a month left until the 10th Beeston Film Festival, our town's yearly celebration of international and local short film!

We're pulling out all the stops this year and putting on a week-long extravaganza, from Tuesday 23rd through to Sunday 28th of April at Beeston's own Arc cinema. The selected films have been carefully collected into themed sessions like 'The Space Between', 'Finding the Light' and 'Home Grown', and as ever there are films from every genre, something to suit every palate.

Did I say 'short film' just now? Well, my mistake - one of the things that's quite different this year is the inclusion of feature films for the very first time! We received plenty of exciting full-length films, and we're very excited to present the very best of them for our 10th Anniversary event!

In **The Imposters**, a tense English romantic thriller, newly-single Maya meets the enigmatic and alluring Hattie. Maya is impressed with Hattie's success & attitude towards life and they fall for each other, but soon Maya realises that Hattie is perhaps not who she says she is.

The Football Aficionado is an Iranian documentary that follows Zahra, a woman who supports one of Tehran's biggest football teams but is not allowed to attend matches because of Iran's prohibitive segregation. A reminder of the great importance of standing up to injustice.

The Show is a twisty-turny mind-bender from Spain, in which the boundaries of fiction and reality are blurred when a man's experience in a woman's apartment goes sour. I can't explain it without giving it away, but it's a stylish and grim film that left me reeling by the end!

Sitting in the Fire is a documentary that examines the spillover effect of rehabilitation programs in US prisons on gun violence prevention in communities. Former inmates share their stories and we see how they work tirelessly to reach out to youths and end gun violence in their neighbourhoods.

That's all very exciting... but that's not all!

This year we're also showing a curated selection of classic feature films on the subject of Protest and Resistance. Alongside the films in competition, you can catch **Suffragette**, **Made in Dagenham**, **Mapantsula** and **The Old Oak**, all powerful stories of resistance in the face of bigotry and oppression. It's a timely collection and their message is needed now more than ever.

See you in April!



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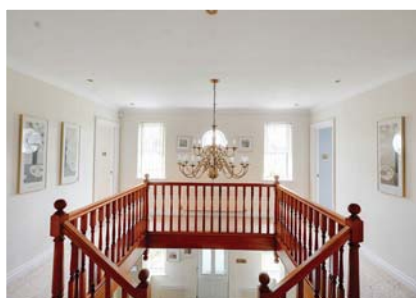
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Last seen in the Breeze of April 2023, we've been keeping an eye on Nottingham athlete, Nick Wild who last year played for the England under-16s basketball team. Breeze catches up with him and his latest achievements...



Breaking news from Basketball England is that Nick Wild has been selected to play for England in the under-18s age group, which is no mean feat as he's still only 16. He will be travelling to Dundee in April to compete in the Four Nations tournament playing the home countries and Ireland.

At a playing height of 6'11", Nick is an intimidating defender and is often seen hanging from the rim after slam dunking the ball in the basket! Nick has already attended a GB under-18s Combine earlier this year and will be looking to further impress the GB selectors whilst going into battle for England.

Nick has been lucky enough to be taken on as an Eligible Athlete by local leisure group, Lleisure which means that he has access to all of their facilities at Bramcote Leisure Centre, Chilwell Olympia and Kimberley Gym and Swim. Nick has also started working with 2Tall.com; an online store who provide slim fitting clothes for men above 6'3" which is just ideal for his 6'11" frame.

Currently at the Derby College Trailblazers Academy, Nick is competing in the Elite Academy Basketball League, the highest

college league in England. The Derby Trailblazers under-18s club side compete in the National Basketball League Premier Division and most recently made it to the Cup Final played at the impressive National Basketball Performance Centre, Manchester.

Already starting to get interest from America, Nick will be firmly keeping his feet on the ground for now, developing and improving his game. Who knows where this journey will lead, but for sure, Nick has his sights set on becoming a professional basketball player. Breeze wish him all the best as he proudly pulls on his England vest in April.

Follow Nick's basketball on Instagram: [@gingerbballer](#)
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SINCE 2002



Join Chilwell Memorial Hall as they turn 100 years old! Celebrations throughout the day on the 4th and 5th May from 10.30am - 4.30pm. Including an exhibition of Chilwell and the Hall's history.

Everyone welcome!

The Chilwell Memorial Hall was gifted to the local community 100 years ago by local business men to commemorate those from our area who died in WW1. It is a not for profit registered charity and for the last 100 years has been providing a friendly place where local people of all ages and backgrounds can meet and enjoy social activities and sports.

Outdoors there are two grass tennis courts and a multi purpose court for floodlit tennis, walking netball and walking football. Indoor activities include badminton, table tennis and short mat bowls.

The hall is also hired out to dance classes, pilates, keep fit groups, church groups, the W.I. and the local History Society.

There will be an opportunity to see some of the activities and possibly have a go. (Please wear trainers). Refreshments will also be available. More details will be released with a programme of activities.

To follow the announcements visit: www.chilwellmemorialinstitute.org



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social-ice-ing!

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SINCE
2002

**National Ice Centre
Partners with
Nottinghamshire Mind
To Launch 'Social-Ice'
Sessions. A new weekly
social session has
launched at the National
Ice Centre in partnership
with Nottinghamshire
Mind to offer adults the
chance to meet new
people, socialise and
skate.**

The #Well Café sessions are designed to give people the chance to connect with others in the community, enjoy conversations and take part in physical activity with the aim of boosting wellbeing.

Taking place every Monday 10:45am - 12:30pm, the weekly drop ins will be hosted by Nottinghamshire Mind in the rinkside Encore cafe.

Open to all aged 18 and over, people can pop along for some or all of the session. This comes with the opportunity to ice skate for a reduced price of £5 from 11am - 11:30am. Skate hire is included and the ice is accessible to all.

Beth Williams, Supportive Listening Administrator, Nottinghamshire Mind, said: "Mental health is becoming a lot more prominent in people's lives. The chance to talk about it in a safe place with like-minded people may be just what someone needs to tackle difficulties in their lives. Our cafes are also a chance to socialise and meet new people in your area, developing a sense of belonging."

The initiative has been launched following a long-standing relationship between the National Ice Centre and Nottinghamshire Mind. The charity was present to offer support for those struggling with the recent tragedy involving the Nottingham Panthers.

Beth added: "We hope that people find comfort in our cafes and reassurance that they are not alone, with the overall focus on improving people's wellbeing. We aim to help individuals with their mental health and provide support wherever they are in their journey."

By throwing ice-skating into the mix, the organisers hope the new 'Social Ice' will attract a wider range of people who would be keen to take up the opportunity to be active. The first session took place in February and is now up and running each Monday.

One of the participants at the first session was Crystal, who said: "Being on the ice gives me a sense of freedom that I don't get elsewhere, and it helps me to open up about things that are on my mind."

Kaylie Bickle, Operations Manager, National Ice Centre, said: "We're delighted to be supporting Mind to hold the weekly social meet up and skating sessions. We know how much fun our customers have on the ice, it's a great way to break down barriers and enjoy time in a safe and supportive environment."

The charity holds #Well Cafes all over Nottinghamshire with the National Ice Centre being its first in a city centre location. As well as just turning up, people can fill out the referral form on the Nottinghamshire Mind website or calling their general line - 0800 470 0203, so they will know who to expect and can answer any questions about the group beforehand.

**For more information, go to
www.nottinghamshiremind.org.uk/well-cafe**

**To find out more about the National Ice Centre, go to:
www.national-ice-centre.com**



#Well Café SOCIAL-ICE

Our cafes are designed to connect individuals to like-minded people in the community, sharing well-being tips, interests and skills.

This comes with the opportunity to ice skate for a reduced price of only £5 from 11am - 11:30am. Skate hire is included and the ice is accessible to all.

WHEN: Every Monday 10:45am - 12:30pm

WHERE: National Ice Centre, Bolero Square, The Lace Market, Nottingham, Nottinghamshire, NG1 1LA

 mind Nottinghamshire





Easter Egg Hunt and Family fun day

Friday 29th March 2024 - 10am to 3pm



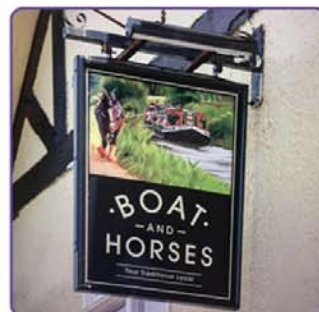
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SINCE
2002



Homeowners are being advised to clean their greenhouses with Glass experts from www.MeandMyGlass.co.uk who have shared five ways to clean a greenhouse ahead of the brighter Spring days.

Avid gardeners will be aware that a clean greenhouse is very important in providing plants with plenty of sunlight needed for growth.

Windows can become covered with general dirt, algae and residue which will restrict the amount of light that is let in.

Experts are advising using a newspaper rather than a cloth can be more effective when it comes to buffing away stubborn streaks and dirt.

The pages of a newspaper tend to be more abrasive when crumpled allowing them to remove marks, they're also lint free so won't leave behind fibres after cleaning.

John Cutts, founder of MeandMyGlass said: "Gardeners will know a clean greenhouse is really important for letting in enough sunlight for your plants.

"Naturally the windows can become covered in dust, dirt and other residue over the winter months so it's definitely worth giving them a good clean before we head into Spring.

"There are a few ways you can clean the greenhouse, one of the most effective is to switch your cloth out for some crumpled up newspaper instead.

"Newspaper is slightly more abrasive and will be much more effective in removing stubborn stains that have been on the windows for months.

"Creating a baking soda paste is also a great method for removing stubborn stains. Just ensure you let the paste sit on the stain long enough for it to work its magic."

FIVE WAYS TO CLEAN YOUR GREENHOUSE:

1. Spray the greenhouse with a hose

Before you begin, remove all of your plants and spray your greenhouse down with the garden hose. This will help loosen any dirt which will make the cleaning process easier.

2. Newspaper method

Switching out your cloths for crumpled newspaper can be a more effective way to remove stubborn dirt that has built up over the winter. Its abrasive texture is likely to remove residue much more effectively without leaving behind any lint.

3. Vinegar and water solution

Mix equal parts of water and vinegar into a spray bottle. Spray it onto the glass and use newspaper to wipe it down. Vinegar is great at cutting through grease, grime, mould and mildew and it'll also leave your greenhouse sparkling.

4. Baking soda paste for stubborn stains

For particularly tough stains make a paste using baking soda and water. Apply it to the stain and leave it to sit for a few minutes before scrubbing it with a soft bristled brush. Rinse the area with water to reveal a perfect finish.

5. Lemon juice solution

Break down grime by mixing lemon juice and water together. Lemon juice contains natural acids that will help break down dirt while leaving behind a fresh scent.

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SINCE
2002

Green-fingered Brits are being offered advice on how to tidy up hedges and shrubs as Spring approaches.

The outdoors experts at GardeningExpress.co.uk have revealed five tips to keep on top of having the best garden hedge in the neighbourhood.

Often picked over traditional metal or wooden fences, hedges bring benefits to local wildlife as they provide free movements for feeding and breeding opportunities.

They are also a beautiful, natural addition to any garden and offer noise reduction from busy streets, can mitigate flooding, and capture pollution.

A spokesperson for GardeningExpress.co.uk said: "There are a wide variety of hedges and shrubs available to border the garden, decorate certain areas and encourage wildlife.

"They boost the privacy of any space and add some bloom or flower which can brighten any space.

"Getting the hedges in fully grown, or growing them yourself, can be time-consuming and a bit of a slog. However, they are easy to look after and have many benefits.

You can always give one of our gardening experts here in Breeze a call too.

GardeningExpress' advice for shaping hedges:

1. Good plant picks

Those looking for a leafy finish to their garden barrier could pick the fast-growing Hedging Laurels. They are much lower maintenance than other varieties like the Leyland Cypress hedge and even produce small white flowers in mid-spring. The hedge also offers amazing garden privacy by growing like a dense, bushy, evergreen shrub with large glossy, dark green leaves which can grow up to 7 feet tall.

2. Safety

Safety is of utmost importance when trimming hedges. The process can involve heavy, or sharp, dangerous tools. It is also important to stay safe whilst reaching up or using steps or ladders. If using a handheld tool, make sure that it is sharp and in good condition. Blunt blades are less effective and can be dangerous, especially when on an electric tool.

Wear sensible clothing which will protect you from flying twigs or leaves. It would also be a good idea to have a thick pair of gardening gloves when handling branches and some safety goggles when cutting and shaping the hedge.

3. Wildlife watch out

If you suspect birds are nesting in the hedge, make sure that you do not attempt to trim or cut it down. Under the Wildlife & Countryside Act 1981, it is an offence to damage or destroy the nest of any wild bird, when in use or being built. Nesting season tends to happen between 1st March and 31st July, so be particularly cautious around that time.

4. Trimming

For formal, uniform hedges, start by trimming the top flat. It can be quite tricky to do by hand. Those that are unsteady or can't cut by eye can use string as a guide. Simply tie it around fence posts or hammer two stakes into the ground. Cut the sides, ensuring that they are slightly narrower at the base or the plant than they are at the top.

Flowering, informal, non-uniform hedges naturally keep their shape, but it doesn't mean they wouldn't appreciate a bit of pruning. Remove old or dying stems with secateurs and cut branches down if they start to stray out of their allotted space.

To prevent the spread of fungal diseases, rake or brush off trimmings once cut.

5. Maintenance

It might take a bit of elbow grease to get your hedge trimmed to your desired shape, but once it is, water and mulch the plants to keep them in good condition. If a plant becomes poorly, give it some special attention. Occasionally hedge plants die or become damaged through disease. If it's not possible to save the plant, wait until autumn and replace it.



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Mother's Day can be a difficult time for those who have lost their mother figure, or for mothers who have lost a child. Whether the death was recent or many years ago, the lead up to the day and the day itself can be tough, when others may be thinking about celebrating.

Local charity, Treetops Hospice, has shared advice and guidance on how you can cope at this time of year.

Therapeutic Services Senior Counsellor, Julie Wright, explained: "Anniversaries and celebratory days can be hard for someone who's experiencing grief. For example, there are cards and gifts in the shops and people are making plans to celebrate.

"It is difficult and not always possible to avoid these things. But even just talking this through with a family member or friend can be helpful and can help alleviate those fears. In fact, letting people know how you are feeling and what you might need can make a big difference to how you cope"

Other advice from the hospice includes:

Acknowledge Mother's Day and its impact on you...

- If you know Mother's Day is likely to be a more challenging day than normal, it's important to do what feels right for you. You may want to be on your own, being quiet and reflective. Or you may prefer company and to share memories with family or friends.

- Others around you may also be grieving. It's important to remember that everyone grieves differently and at their own pace. Talking to others might help you negotiate how you manage the day together, according to what you all need and how you all feel. For example, time to be together, and time for space apart if you need it.

Be kind to yourself...

- Give yourself permission to put yourself first and be compassionate with your own feelings. It is okay to not be okay. Don't expect too much of yourself.

- Feelings associated with your bereavement are a natural, normal part of the grieving process and individual to you. It's okay to allow yourself to feel those emotions.

Remember the person who has died...

- Consider what you might like to do to either think about your mum, or celebrate your mum, on Mother's Day. This might be connected to places that you've been or things you've done together. Find ways to connect with their memory that feel special to you.

- There are many ways to remember your loved one. You could light a candle, plant something in the garden, play some music, write your feelings down in a card, or do something you used to enjoy doing together.

- Online tributes can also be a helpful way of reflecting on how much your loved one meant to you. You could post a message or photo on social media, or share a video with family and friends.

"Everyone feels emotion and grief when they've experienced the loss of a loved one and that's normal. However, Treetops is here if you are one of those people that feels like you need a bit of extra help. Please do contact us."

Treetops Hospice counsellors support children, young people and adults struggling with the death of a loved one.

For further information, contact Treetops on 0115 949 6944 or go to www.treetops.org.uk



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SINCE
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Earth, Sea, Sky provides the inspiration behind the latest **Living Threads Exhibition** at the Nottingham Society of Artists, 71-73 Friar Lane, NG1 6DH.

Open from March 19th to March 29, 10am to 4pm with free entrance.

Come and enjoy the creative interpretations of this East Midlands group or textile artists.

Join the Rotary Club of Beeston for their 27th Annual Charity Golf Day at Chilwell Manor Golf Club, NG9 5AE on Thursday 16th May 2024.

£220 for team of 4. Price Includes Golf 1/2 Way House, 3 Course Dinner and Prizes

In support of: 'Operation Orphan' This charity aims to keep orphans and vulnerable children safe, warm, healthy and learning. www.operation-orphan.org

'Forever Stars' This East Midlands Charity provides support to families who have suffered a stillbirth or infant loss. Currently they are raising funds to improve the caring environment in Ward A23 at QMC. www.foreverstars.org

For more information visit: <http://tinyurl.com/4jf86k57>

The March meeting of the Wollaton Natural History Society will take place on Wednesday, 20th March 2024 at 7.30 p.m. The Talk is entitled 'The Body In the Woods' by Chris Terrell-Nield.

This is a forensic-related Talk regarding the discovery of a body in the woods and looks at how biological evidence is used to determine how long the remains have been lying in a habitat.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton, NG8 2ND (opposite the library) at 7.30 pm. Free to members, visitors £3.00 on the door.

For more information visit our website

www.spanglefish.com/WollatonNaturalHistory

Find us on Facebook or telephone our Chairman, Nigel Downes on 0115 944 4671

NottAlone

NottAlone.org.uk

NottAlone is here to help with strong feelings, stressful situations and anything you might be worried about.

How are you, really?



NottAlone is a dedicated website providing information and support for young people's mental health across Nottingham.

NottAlone isn't a mental health service, so they do not offer contact details for you to get in touch with them directly. Instead, they are there as a touch point to connect you to get help from the right places.

If you need urgent help, you can call 0808 196 3779 to speak to a mental health professional 24/7.

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: Fabulous Fungi with David Fox. Monday March 18th at 7.30pm.

David introduces us to fungi. Discover beautiful and interesting fungi as well the worldwide importance of fungi in food, agriculture, medicine and beyond.

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

If you would like to find out more information or speak to someone about the group please contact Nigel Slater on 0115 916 6518 or visit www.beestonwildlifegroup.org

SPOTTED DOG ART GROUP are a friendly and encouraging group who meet monthly on a Saturday and hold professional Tutored Art Workshops (from September to June) 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".

MARCH WORKSHOP: Saturday 16th March 2024
"Heritage Buildings - simplifying a Village Scene."
with Ruth Gray from 10.00am until 4.00pm.

Ruth is a new tutor for us and a very experienced artist from Belper. Her work reflects the post-industrial landscape she has grown up with in the East Midlands. She is fascinated with buildings that were once thriving manufacturing hubs or houses that have decades of lived history. 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.

TO BOOK:

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

MEMBERSHIP: Membership fee is £15 per year.

If you are interested in joining please contact:
Gwynneth Johnson ~ email: gwnneth2023@yahoo.com.

The website is under construction and will be up and running very soon! Facebook: SD Art Group Nottingham.

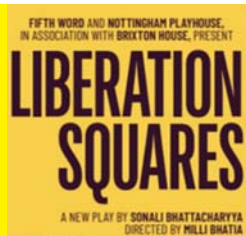
This April, don't miss Nottingham Playhouse's brand-new co-production with Fifth Word - a comedy about friendship, protest and Prevent.

In Liberation Squares three teenage girls undergo a political awakening when they forge an unlikely friendship at a creative writing workshop. Discovering the workshop is connected to the state surveillance Prevent programme, they realise they have to fight back. The only question is how?

Friendships fracture and loyalties are tested as they pursue different avenues of resistance. Why does being an outspoken Muslim girl have to be so damn hard?

Seen through the eyes of the three protagonists, and inspired by everything from graphic novels to real life activists, this funny, playful and humane play is by award-winning playwright and screenwriter Sonali Battarchya. (Sonia Friedman Production Award and Theatre Uncut Political Playwriting Award for Chasing Hares) and directed by Milli Bhatia (Seven Methods of Killing Kylie Jenner, Jerwood Theatre; Blue Mist, Royal Court).

Liberation Squares premieres in the Neville Studio on 12th April and runs until 27th April. Nottingham Playhouse, Wellington Circus, NG1 5AF. Box Office: 0115 941 9419



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A fruitful partnership between Broxtowe Borough Council, Incredible Edible, Canopy 2050 and the 2nd Chilwell Scout Group will provide local people near Cator Lane Recreation Ground with a new community orchard.

The Mayor of Broxtowe, Councillor Teresa Cullen was joined by partners to plant four varieties of fruit trees last month.

The new orchard comprises of thirteen fruit trees and includes apple, pear, plum and cherry which will provide a variety of fruits that can be harvested by residents throughout the growing season. The free fruit that will grow in the orchard will provide a helpful resource through the challenging cost-of-living crisis as it provides a locally grown source of food for the community.

These trees will also supply shade and habitat for animals and help store carbon dioxide, providing cleaner air quality, all whilst helping to mitigate against climate change.

The Council have also made the most of the available resources as the old bark chips from the nearby play area have been reused as mulch for the trees. This will help to support the new orchard, reduce waste and the need for watering.

Portfolio Holder for Environment and Climate Change, Councillor Helen Skinner said, "The orchard will be a valuable addition to this lovely park. I look forward to seeing the trees bear fruit, in years to come, for residents to enjoy. It's a great idea to use the bark from the play area as mulch."

The orchard is part of a wider programme of improvements at Cator Lane Recreation Ground, including improvements to its play area, accessible rubber surfacing and an inclusive play panel.

This work has been carried out as part of the Council's Climate Change and Green Futures strategy, which sets out its plans for tackling climate change and reducing the carbon emissions of its own operations to become carbon neutral by December 2027.



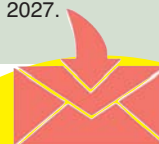
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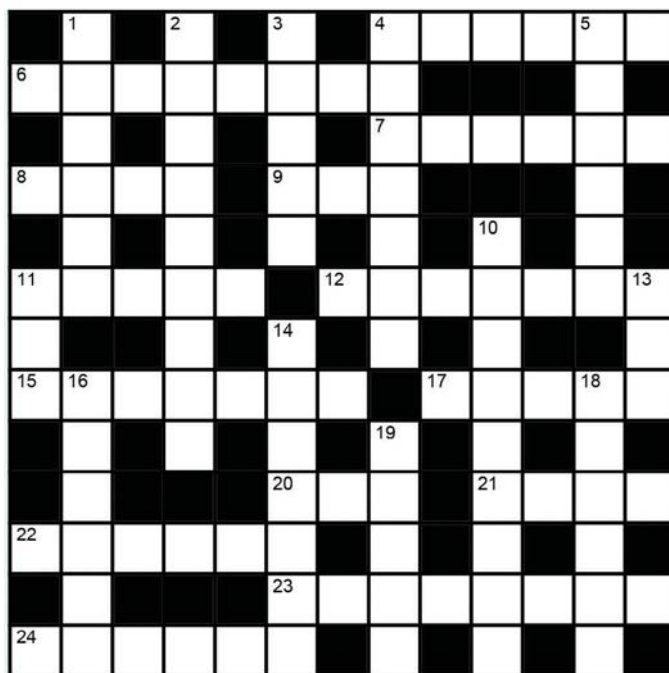
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Across

- 4 Attained maximum intensity (6)
- 6 Jaunty (8)
- 7 Sharp-eyed birds (6)
- 8 Clubs used in the game of cricket (4)
- 9 Deciduous tree (3)
- 11 Daisy-like flower (5)
- 12 Systematic plan for therapy, often including diet (7)
- 15 Child learning to walk (7)
- 17 Of considerable weight and size (5)
- 20 Likewise (3)
- 21 Rotation (4)
- 22 Dock (6)
- 23 Destined, meant (8)
- 24 Bonfire signal (6)

Down

- 1 Colourful flower parts (6)
- 2 Unfinished business (5,4)
- 3 Assigned to a station (5)
- 4 First in rank or degree (7)
- 5 Appear (6)
- 10 Distance indicator at the side of a road (9)
- 11 Appropriate (3)
- 13 Word indicating a negative answer (3)
- 14 Positive (7)
- 16 Of a sphere, flattened at opposite sides (6)
- 18 Aim at (6)
- 19 Largest artery of the body (5)

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