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FRIENDS OF BEESTON STATION

The Secretary of State for Transport, Mark Harper MP, has visited Beeston Station to see the work of the Access for All Fund and progress on the construction of lifts at the Station.

Friends of Beeston Station were delighted to welcome him and his party, Network Rail, East Midlands Railway and Darren Henry MP to the Station.

FOBS told the Secretary of State that they had been quietly campaigning about the need for lifts at the Station for 7 years. He commended them for their perseverance!

Mr Harper explained that community support made all the difference in decision making around competing funding dilemmas faced by the rail authorities.

The Secretary of State, who had previously been the Minister for Disabled People, praised the Access for All Fund for its ability to back major rail projects which support those with disabilities. He said the scheme was highly valued by the government for its community focus enabling station improvements which otherwise may not have been prioritized by the rail authorities.

However, he expressed real concern, supported by the representatives of Network Rail and East Midlands Railway, about the safety at the Station while the lifts are being constructed. One staircase has already been dismantled and passengers need to allow time to walk safely around the well-marked route to get from one Platform to the other.

FOBS was delighted to see the Secretary of State's interest in the lifts, the Station, and the further proposed developments there. He said the expected completion date for the lifts was November 2024.



VOLUNTEERS AT ATTENBOROUGH STATION, THE ATTENBOROUGH ELDERFLOWERS

New Train arriving on Platform 1

The latest attraction at Attenborough Station is a mural alongside Platform 1. This adds to the over 50 pieces of street art in Beeston and the surrounding area and the 25 planters on the platforms. The mural has now been completed despite the need to stop and start throughout the period of inclement wet weather.

The mural itself has been painted by the artist Elliott Caine who has carried out similar projects locally and it features some of the main attractions of the village – the Nature Reserve and Centre and the Norman Church whose steeple can be seen from miles around. It also shows a Midlands Rail train in its original livery with 1864, the date the station was built. We hope it will encourage more people to come by train to see the village, its nationally listed buildings, the conservation areas and all the Reserve offers.

The volunteers at Attenborough Station, the Attenborough Elderflowers, was an off-shoot of the local gardening club in 2017.

In 2018 thirteen planters made from recycled materials and made by volunteers were installed on Platform 1 to Nottingham. A dozen planters and a topiary station master were installed on Platform 2 where trains go to Derby and Leicester.

Since then each planter has been tended by a volunteer and the platforms are blooming. In 2019 storyboards giving the history of the village and station were added and a bug hotel installed.

There is no water tap on the station but some water runoff from the pedestrian bridge is captured in butts, which soon empty in summer - so many of the volunteers take water from their homes to the planters.

Many passengers, station users (often young people with parents watching the trains go by), rail staff and even railway police have complemented the Elderflowers on their continuing efforts. Funding has been from various sources including the national lottery, local people and businesses, the County and Borough Councils and East Midlands Railway.

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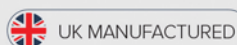
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Nottinghamshire health initiative is helping people to live healthier, more active lives and longevity through a range of free support.

Many of us think about going on a health-kick after months of winter hibernation, making resolutions that 2024 really will be the year that we move more, lose weight, drink less or stop smoking. Whilst some of us with unwavering will power will succeed, many of us fail, simply because the goals are too high or that life gets in the way, with busy schedules, work, or caring for children or elderly relatives.

Free healthy lifestyle support

Your Health Notts, a public health funded integrated wellbeing service, is focussing on sustainable behavioural change for members of the public, offering free support to help lose and maintain a healthy weight, increase physical activity in everyday life, improve children's health, reduce alcohol, and stop smoking.

The range of programmes are delivered by a dedicated team of qualified health professionals including nutritionists, physical activity specialists, and smoking and alcohol advisors.

Tailored sessions are provided one to one and also throughout the county in accessible local community venues. Anyone can refer themselves if they meet the eligibility criteria.

"The way our lives and communities are structured is often against us when it comes to maintaining good health. Making even small changes can have a significant impact over time, reducing our risk of heart attack, stroke and diabetes as well as increasing our mood, energy, mobility, and immune systems. Our programme is ultimately about helping people to live longer, healthier lives. Your Health Notts isn't a quick fix. We offer support through a range of programmes that focus on the whole person, helping make lasting healthy changes that fit into our lives."

Recipes, workouts and podcasts

The Your Health Notts website has advice and tips on a range of topics, from weight loss, exercise and healthy eating to improving mood and energy, heart health and reducing diabetes risk, as well as many other ways to lead a healthier and happier life.

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Your Health Notts focuses on sustainable behavioural change for members of the public, offering **free** support to help lose and maintain a healthy weight, increase physical activity, improve children's health, reduce alcohol, and stop smoking.

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Alcohol advice

Navigate alcohol understanding with expert advice tailored to you.

At Your Health Notts, we offer guidance that matches your experiences and challenges.

Recipes, workouts and podcasts

The Your Health Notts website has a whole range of advice and tips on topics, from weight loss, exercise and healthy eating to improving mood, energy, heart health and reducing diabetes risk, as well as many other ways to lead a healthier and happier life.

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Photo courtesy of Chris Hill.

Tri club born out of lockdown named 'best in East Midlands'

A triathlon club which held its first sessions online during the Covid pandemic has been named the best in the East Midlands.

Nottingham Triathlon Club scooped three awards, including East Midlands Club of the Year, in the Triathlon England Awards.

The club, which has gone on to boast more than 100 members including Great Britain age group athletes, will now take part in a national contest to discover the best triathlon club in the country.

Triathlon events incorporate swimming, cycling and running, meaning competitors have to learn a range of skills and develop strong all round fitness levels.

The win is the second time in the last three years that the Nottingham-based club has taken the top prize, after also being named the area's top triathlon club in 2022. The result effectively means the group has retained its title as the rules of the awards state winners are not allowed to defend their accolades, meaning the club did not compete in the awards last year.

At a ceremony at the club's swim session at Harvey Hadden in Bilborough, the club also won the region's Engagement Award, while Susan Wheatcroft won the individual Volunteer of the Year category.

In all, Nottingham Triathlon Club received nominations in multiple categories, with three members being nominated for the Volunteer of the Year award.

The Engagement Award is given to the club or individual which has made a remarkable impact in engaging both active triathletes and the broader swim, bike, run community by fostering a sense of belonging, motivation and community spirit.

The awards, which celebrate those who give their time, energy and passion to making triathlon a supportive and welcoming sport, shine a spotlight on the work done by triathlon clubs up and down the country.

Nottingham Triathlon Club was formed during lockdown in the midst of the coronavirus pandemic, with initial sessions being held online in 2020. In all, it now has more than 100 junior and adult members, including representatives of Great Britain age category teams.

Fully-coached sessions take place at multiple locations in Nottingham including Harvey Hadden and Southglade. As well as providing training for triathletes, the club caters for those who want to stay fit or improve their running, swimming and cycling individually.

Chair of Nottingham Triathlon Club, Mike McCabe, said: "To have been nominated in so many categories is an honour, but to have won three awards is just testament to our members and the passion for the club and sport.

"We strive to be engaging, inclusive and enthusiastic for swim, bike, run so to be recognised for these traits is certainly something to be proud of."

"It is great to be able to hear about all of the work that goes on behind the scenes to grow and sustain the sport of triathlon."

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A Full Week of Films and Fun! By Sam Kurd Whew, what a week!

Our 10th Anniversary Extravaganza was just as big and glitzy as we'd hoped, a wonderful gathering of film-makers and a film-loving audience in the heart of Beeston.

This year we were bigger than ever, with a whole week of shorts and feature films and workshops and a very topical curated selection of films about Protest & Resistance. We cast our net wide for the 10th festival, and we were duly rewarded with our best selection yet!

We had hugely talented local film-makers showcasing their brilliant films like Red Black Green and A Different Place alongside international gems like Father's Day from South Africa and Shut from the Netherlands. Our recent BIFA accreditation netted us some of the best that UK short film has to offer, with the likes of Oscar-longlisted A Wild Animal, the Joanna Lumley starring A Week With Maisie and the stunning Kate Dickie film If Not Now, When?.

If you were at the event, particularly at our glamorous Opening Night or Awards Ceremony evenings, we hope you had a wonderful time! As you can see from the pictures, it was definitely not one to miss! It's an honour and a privilege to put on the Festival every year and to bring the best short films from around the world to your doorstep. We're proud to be a fixture in Beeston and to be able to support local, national and international film-makers in bringing their amazing films to the world!

So what's in store for next year? Will we go even bigger, maybe with jugglers and fireworks and a live orchestra? Er, probably not! Planning and putting on a 10th Anniversary Extravaganza has been so much fun, and we've learned a lot, but for now we're just going to focus on bringing the best of the best that the world of short film has to offer, with fewer bells and whistles.

After all, if you have cake for every meal, then what'll you have when it's your birthday?

Our thanks go out to all the lovely film-makers who submitted their work and attended the event, and to Arc Cinema Beeston for their gracious hosting – and to you, readers, the film-loving people of Beeston; we couldn't do it without you!

See you next year!



Ciaran Shea & Tommy Draper



Dan MacFarlane, Teresa Cullen, Janet Shipton



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Outside the property has a drive to the front providing car standing with the garage beyond and the rear has enclosed landscaped garden which is primarily lawned with a patio.

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Take on 60 Miles in May to Support Dogs in Need

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Dogs at our heart



This May, Jerry Green Dog Rescue is challenging you to complete 60 miles throughout the month to support their cause, raising vital funds for dogs in need. After great success with last year's 60 Miles in May challenge, Jerry Green Dog Rescue is once again asking you to lace up your trainers, grab your swimsuit or dust off your pogo stick.

The challenge is tailored to individual preferences, therefore participants are encouraged to complete their miles in a way that suits them – whether that be running, walking, swimming, or even pogo-sticking. With as little as two miles per day, this fundraising initiative is a great way to stay active while supporting Jerry Green Dog Rescue's mission.

Upon registration, participants will receive a comprehensive welcome pack, including a free '60 Miles in May' t-shirt which allows you to keep track of progress and can be proudly worn during the journey of the challenge. Additionally, in the spirit of motivating others and championing success, Jerry Green Dog Rescue has created a dedicated Facebook group where participants and supporters can share their progress, and connect with fellow participants.

In recognition of their fundraising efforts, participants will also receive enticing rewards, starting with each participant being awarded a complimentary t-shirt and certificate from Jerry Green Dog Rescue. Participants that raise £30 will earn themselves a coveted '60 Miles in May' medal. Achieving £150 in fundraising will earn participants a stylish '60 Miles in May' water bottle. Challengers who go above and beyond, demonstrating their efforts by raising an incredible £300 or more will be awarded with a distinguished '60 Miles in May 2024' hoodie.

Bethan Killelay, the Digital Fundraising Lead at Jerry Green Dog Rescue, expresses, "We are eagerly anticipating the participation of as many individuals as possible in this challenge to aid dogs in need. The 60 Miles in May challenge offers not only an opportunity for personal achievement but also brings a vibrant and supportive community together".

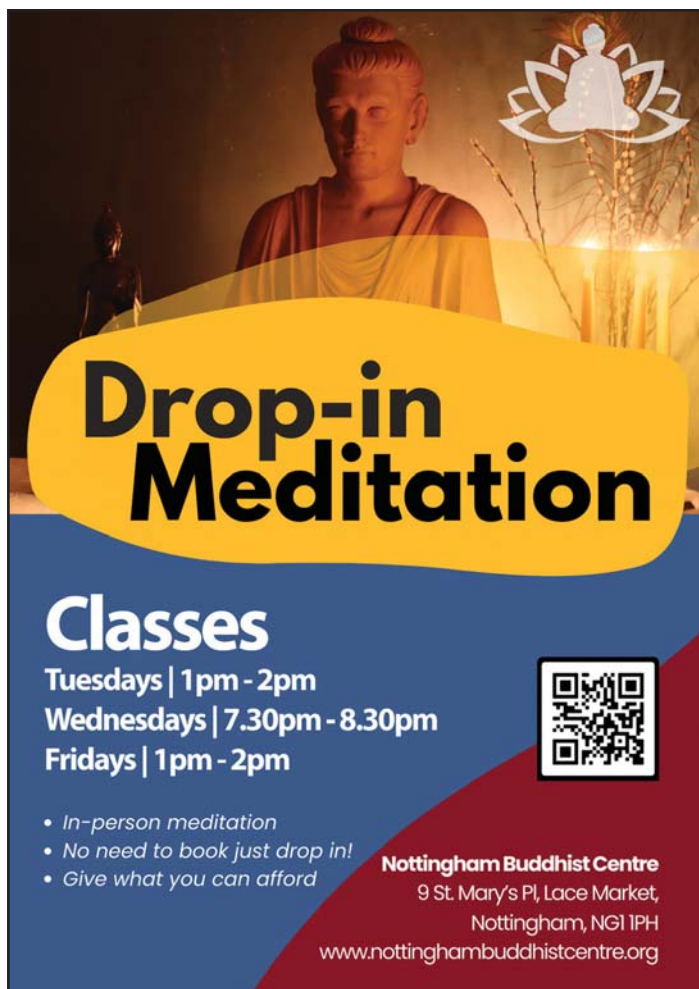
Whether participants embark on this journey individually, with family, or as part of a group, fundraising contributions play a pivotal role in providing compassionate care for dogs in need as they embark on their journey to forever homes. All funds raised will go towards the ongoing care of dogs within the rescue and the surrounding communities.

This challenge is not limited to specific regions but can be undertaken nationwide, allowing participants from all corners of the country to join in and support the cause. Additionally, the 60 Miles in May challenge is open to individuals of all ages; children under 16 are welcome to participate with parental permission to fundraise, making it an inclusive and family-friendly challenge.

Jerry Green Dog Rescue encourages supporters to seize the opportunity to make a meaningful impact and champion their cause towards helping dogs in need. Join the 60 Miles of May 2024 challenge to be part of a community, working together for a brighter future for rescue dogs.

For more info visit <https://www.jerrygreendogs.org.uk>
Or sign up for free online: <https://givp.nl/register/KAROJLO5>





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John Flynn Opticians are offering free-of-charge eye clinic in Beeston on Thursday, 13th June.

A new way to monitor and improve the health of your eyes...

As we get older, some people find that their central vision unfortunately deteriorates markedly, with blurriness and shadowing. These effects cause difficulties in everyday life, whether it's watching TV, or reading - even if reading glasses are used.

Some sufferers find too that it is often impossible for them to recognise faces: this can make socialising very difficult.

At the back of the eye there is an area called the macula which has to be in good health for us to see clearly in the centre of our vision. That area can deteriorate with advancing age, causing the problem of poor central vision. That's why the problem is called Age-related Macular Degeneration, or AMD.

Recent scientific research has found that compounds called carotenoids have a great influence on the macula and on the brain as well. There are more than 700 carotenoids in nature. They are plant pigments found in brightly coloured fruits and in green leafy vegetables.

Three carotenoids are present in the macula in the eye: Lutein, Zeaxanthin and Meso-Zeaxanthin. Low levels increase the risk of developing AMD.

Until recently, it has been difficult to assess whether a person's levels of carotenoids are adequate to protect the health of their eyes. New research has come up with a simple non-invasive way of assessing carotenoid levels: the 'LifeMeter' measuring device is the product of years of research. It works by shining special light onto a forefinger and measuring the reflected light. The person being tested just has to put the tip of a forefinger into the reading device. After a few minutes, the test is complete.

If the person's carotenoid levels are lower than recommended for continued eye health, food supplement tablets containing suitable carotenoids will be prescribed. Improvements in levels soon occur, and can be confirmed by further testing after about a month.

Carotenoid levels are not just important for eye health: they are now thought to influence brain health, and low levels may increase the risk of developing Alzheimer's disease.

On Thursday, 13th June, John Flynn Optician in Beeston is holding a by-appointment free clinic for evaluating patients' carotenoid levels.

If you'd like to have your carotenoid levels measured, you're invited to call 0115 925 5051 or 0115 939 2421 for your free-of-cost appointment.



John Flynn Optician, Beeston



The LifeMeter device being used to measure a patient's carotenoid levels. The patient just puts a forefinger into the LifeMeter measuring instrument.

There are no needles, and nothing to feel. The measurements are made by shining special lighting onto the finger.

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



Now available in Beeston

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.

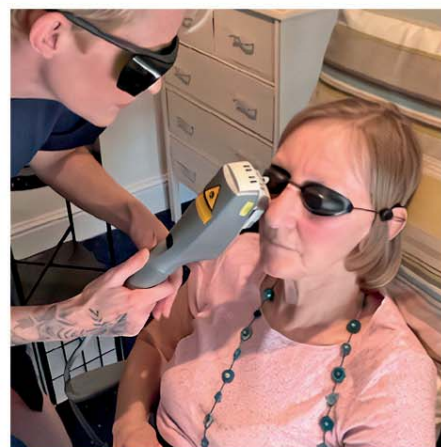
This new therapy for Dry Eye Disease offered at Flynn's in Beeston is safe, non-invasive, painless - and doesn't involve any eyedrops. It is known as Intense Pulsating Light (IPL) and Low Light Level Therapy (LLLT), though it may also be referred to as Photobiomodulation (PBM).

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.

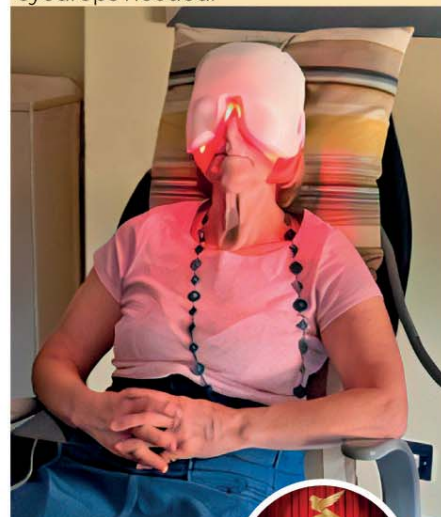
Dr Sheeraz Janjua is now providing this new treatment at his special clinics held regularly at John Flynn Optician in Beeston. He can be contacted on 0115 925 5051.



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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OPEN STUDIOS NOTTS 2024 - 'BRINGING ARTISTS INTO VIEW'

Open Studios Notts invites you once again to meet artists and makers in their studios, workspaces and other venues around Nottinghamshire and Nottingham. Through May and June, you can meet the artist themselves and view their art & craft. Their varied work includes painting, ceramics, jewellery, textiles, photography, sculpture, glass work, wood carving, printmaking and more.

Alongside these artists events are a trio of exhibitions at Southwell, West Bridgford and Worksop libraries, running until Sunday 9th June 2024 - as curated by Inspire: Culture, Learning Libraries. These exhibitions shine a light on the creative process using photographs of selected participating artists in their studio workspaces, together with examples of their work, all alongside details of where and when studios are open.

Look out for the Open Studios Notts brochure available from local libraries and other outlets around the county and city such as tourist information points, museums, cafes and independent shops. The brochure lists all the events, art trails, participating artists and venues and includes a map so you can find them.

ARTISTS OPEN STUDIOS

Lady Bay Arts Trail (18th - 19th May)

Patchings Art Festival (11th - 13th July)

Inspire Libraries Exhibitions (upto 9th June)

Full details are also available at www.osnotts.co.uk and you can follow Open Studios Notts on Instagram @osnotts, Facebook @openstudiosnotts, YouTube @openstudiosnotts2027 and X @OSNotts



The Open Studios Notts initiative is organised and co-ordinated by volunteers and operates on a not-for-profit basis. It is supported by Inspire: Culture, Learning and Libraries on behalf of Nottinghamshire County Council.



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no mow may!

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More and more people are embracing wilder lawns and the bountiful biodiversity benefits they bring says Plantlife, as it reveals that 92.4% of those who surveyed lawns last year chose to No Mow May – give the lawnmower a month off and let wild flowers get summer ready.

Plantlife's No Mow May - the blossoming grassroots movement towards wilder lawns – benefits Spring wild plants as they are able to set seed before they are felled by mower blades. The increased plant diversity provided by letting a variety of wild plants get a foothold in May is a boon for pollinators, including bees and butterflies, who feed on plants through the summer.

Plantlife is highlighting the importance of garden lawns and green spaces against the backdrop of the alarming decline of grassland habitats. A staggering 97% of wildflower meadows have been eradicated in less than a century and this has moved once widespread plants like Ragged Robin, Field Scabious and Devil's-bit Scabious on to the Near Threatened list in England.

"The immaculate bright green bowling green lawn with its neat stripes may have historically been the desired garden aesthetic but, increasingly, we're seeing a cultural shift which sees wilder lawns buzzing with bees and butterflies becoming highly valued. A radical shift in attitudes towards lawn management is underway and it is to the benefit of plants, pollinators, people and planet."

As people prepare to let their lawns go wilder and let nature weave its magic this month Plantlife reveals the wild plants most recorded on British

lawns. Daisies, Creeping Buttercup, Yellow Rattle, Common Birds'-foot

Trefoil and Field Forget-me-not comprise the top five, with Meadow Buttercup, White Clover, Common Mouse-ear, Oxeye Daisy and Dandelion rounding out the top ten. The proliferation of Yellow Rattle on British lawns is a biodiversity boost as the semi-parasitic plant possesses an unrivalled ability to act as 'nature's lawnmower', reducing coarser grasses and allowing more delicate wildflowers to flourish. The appearance of Common Birds'-foot Trefoil on lawns is especially great news for other wildlife; the 'super plant' - that resembles eggs and bacon - is a rich source of food for 140 different insect species.

Nicola Hutchinson, Director of Conservation, Plantlife, issued a rallying call: "Wild plants and fungi are the foundation of life and shape the world we live in. However, one in five British wildflowers is under threat and we need to urgently address and arrest the losses. With an estimated 23 million gardens in the UK how lawns are tended makes a huge difference to the prospects for wild plants and other wildlife. The simple action of taking the mower out of action for May can deliver big gains for nature, communities and the climate so we are encouraging all to liberate lawns as never before."

A more relaxed mowing regime for our lawns can help combat the climate crisis in more ways than one. Plantlife botanists recommend a balanced approach to lawn care throughout the year with collection of the cuttings. This can involve a mixture of shorter zones and taller, more structural areas, which will boost floral diversity and supports other garden wildlife too.

Find out more www.plantlife.org.uk

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Leading wildlife charity, Butterfly Conservation, has revealed the dates of this year's highly anticipated Big Butterfly Count, which will take place from 12th July - 4th August.

The annual citizen science programme attracts tens of thousands of people out into their garden, local green space or the countryside to spend 15 minutes counting butterflies and helping to inform conservation action.

Hot on the heels of that proves counting butterflies is good for your mental health and wellbeing, reducing anxiety by almost 10%, the charity is calling on people to get out for the Count this summer.

Dr Zoë Randle, Senior Surveys Officer at Butterfly Conservation said: 'We need as many people as possible to take part in this year's Big Butterfly Count to help us see what's happening with our butterflies and moths.'

'We're getting reports that although many species have been seen early this year, likely due to the very warm early spring, sightings are actually down, which is probably a result of the very wet and windy weather. So people getting out and counting will be invaluable in helping us to gauge what's going on!'

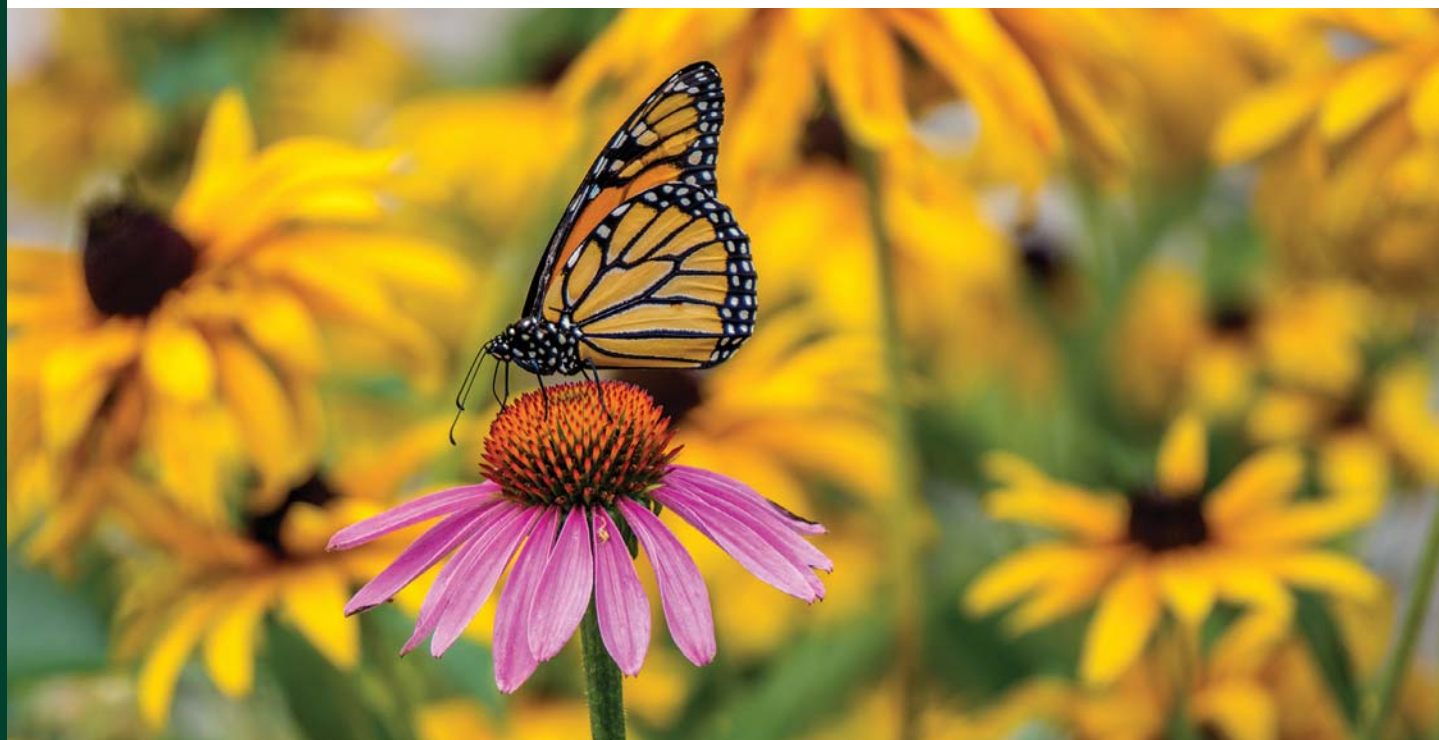
Butterflies are indicators of a healthy natural environment, and with half of Britain's butterfly species already threatened or near threatened with extinction, it's never been more important to understand how our insects are responding to the changing climate and to take action to protect them.

Butterfly Conservation's Big Butterfly Count is the largest citizen-science project of its kind and is a positive way that everyone can help. As well as contributing to important scientific data collection, taking part in the Count is a great way to enjoy time outdoors, connect with nature and have fun. Whether done with friends and family, or in a moment of quiet calm and solitude, the Big Butterfly Count is free, fun and takes just 15 minutes. It is open to anyone, of any age, in any part of the UK - towns, cities or the countryside. No green space is too small - a back garden, a small terrace or balcony with some pot plants, a public park, allotment or country lane are all important spaces to explore, track and report.

Last year more than 135,000 Counts took place up and down the country, with participants spending a combined total of almost four years counting butterflies. The information gathered helps scientists to understand how butterflies and moths are faring, informs conservation projects, government policies and supports other experts with their research and vital work to protect our planet.

Dr Zoë Randle said: 'In total, over 1.5 million butterflies and day-flying moths were recorded in last year's Count, with the Red Admiral reigning supreme with almost 250,000 sightings. This was the first time this iconic species hit the top spot and we're curious to see whether the warmer winter will enable it to keep its number one position or whether another species will come out on top this year.'

This year's Big Butterfly Count runs from Friday 12 July - Sunday 4 August. For more information and to take part simply visit or download the free Big Butterfly Count app.



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Popular friendship group coming to Beeston – NEW EVENT TO BE KNOWN AS COFFEEFELLOWS

A new social group is being launched in Beeston following the success of other similar schemes in the Nottingham area.

Nottingham Trent Oddfellows, which hosts a range of affordable and accessible events in and around the city, is setting up a monthly meetup at The Beeston Social on Station Road so residents have the opportunity to meet like-minded people in the area.

The first meeting will be on Wednesday **15th May between 11am and 12pm**, and the first coffee and brownie will be complimentary. The regular coffee morning will continue on either a Wednesday or Thursday each month.

The group is also looking to arrange regular group visits to the 'Silver Screen' showing at the nearby Arc Cinema, which costs £5 for people aged 65 and over with a free tea or coffee served before the film.

The launch comes off the back of Nottingham Trent Oddfellows setting up new local friendship groups in other areas in recent years, which includes Grantham and Southwell.

Karen Pye-Smith, Branch Secretary at Nottingham Trent Oddfellows, said: "Our events are always well attended, with people from all sorts of backgrounds and different interests coming along.

"We think it's important that people have the opportunity to get together and connect with other friendly people in their community, so we're excited to welcome the people of Beeston to give our new group a try and to spread the word."

Nottingham Trent Oddfellows is made up of 350 mostly older and retired local members and anyone is welcome to join. It is one of 99 branches that make up the Oddfellows' nationwide network, which is one of the oldest and largest of its kind in the UK.

The Society aims to improve its members' lives through friendship and support. As well as its events, Oddfellows members can access a variety of benefits including care and welfare support and a travel club. There are also opportunities to take part in fundraising and volunteering initiatives.

To find out more about the new Beeston meetup and its planned activities or Nottingham Trent Oddfellows, get in touch with Karen on Karen.Pye-Smith@oddfellows.co.uk

or 07921 821 866.

More information about the Oddfellows can be found at www.oddfellows.co.uk.

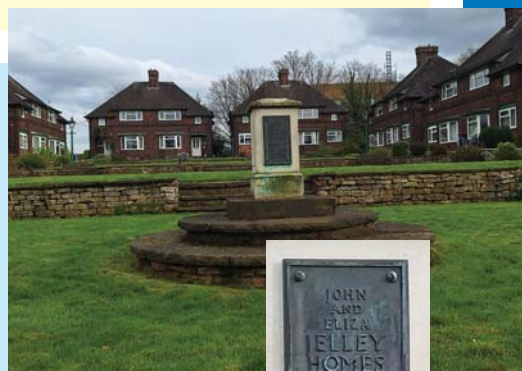


The John and Eliza Jelley Homes (A registered Almshouse charity)

The Almshouses are situated 350 yards from the main entrance to QMC on Derby Road, Nottingham, and consist of 26 properties (semi-detached two-bedroomed houses for couples, and ground and first floor one-bedroomed flats for single people) which are maintained to a high standard.

The Charity provides independent living for people over the age of 60, who are of good general health and modest means, who are unable to earn their own living due to age and/or health, and who have lived in or near the City of Nottingham for many years.

There are currently some vacant properties, and any person who may be interested in becoming a resident is invited to request an application form from Anna Chandler on 07354875035 or email anna@chandler-cc.co.uk.



SPOTTED DOG ART GROUP

We are 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 we 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!

**MAY WORKSHOP: Saturday 18th May 2024
"Pastel Sunrise Landscapes" with Stella Brookes
from 10.00am until 4.00pm.**

Stella will demonstrate two ways of underpainting using watercolour or pastel and water, or rubbing alcohol. Ideally you will need pastel paper that can take water media. Watercolour paper or mixed media paper would suffice if you have good soft pastels. Materials list: pastel paper (UART sanded is good) and/or watercolour paper. Soft pastels, watercolours, or acrylic ink, brushes, waterpot, reference photos.

TO BOOK:

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MEMBERSHIP:

Membership fee is £15 per year.

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Our website is under construction
and will be up and running very soon!

Facebook: SD Art Group
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u3a is the ideal vessel for filling a gap and replacing contact circles. Many members get to know people at groups over time and this results, more often than not, in steadfast friendships.

Find out more with 'Friends' newsletter

Friendship and togetherness are at the heart of u3a, and the 'Friends' newsletter brings together stories and interests from across the u3a movement. The newsletter has information access to learning opportunities via Interest Groups Online.

To find out more visit <https://www.u3a.org.uk>

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SINCE 2002

'The May Meeting of the Wollaton Natural History Society will take place on **Wednesday, 15th May**. The Talk is entitled 'The Golden Eagle' by David Fox. David is a Falconer, Author and Naturalist and he will tell us all there is to know about these majestic birds. We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the Library) at 7.15pm. for 7.30 p.m. start. Free to members, visitors £3 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 9444671.**



Middle Street Resource Centre will be blooming lovely this June! The centre is once again taking part in the Beeston and Chilwell Garden Trail.

Details: Saturday 8th and Sunday 9th June, 1pm to 5pm each day.
£5 entry allows access to 20 gardens in the trail, children free.
See: www.beestonandchilwellgardentrail.org.uk

The garden at Middle Street is probably one of Beeston's best-kept secrets. It has large and lush green lawns, framed by pretty flowerbeds, a variety of trees and a flourishing greenhouse! There will be plenty to look at and the centre will also be hosting musicians, gardening and craft stalls. They will also be offering refreshments in their convivial café. So, make a date in your diary and head on over to enjoy the sights and sounds!



Long Eaton Silver Prize Training Band in aid of the Speech, Sign and Song Club presents a Charity Concert

Enjoy an evening with the Long Eaton Silver Prize Training Band listening to classic and fun tunes like YMCA, Let's Twist Again, Livin' on a Prayer...

**Toton Methodist Church Hall
 Saturday 22nd June 7:30pm**

There will be light refreshments include with a prize raffle and guess the jelly babies in the jar.

**Tickets available from bit.ly/lesptb
 £7.50 each – under 12s free**

Local artists will be offering free art workshops next month as part of the Broxtowe Creates Festival, a new festival funded by the Arts Council.

The workshops will compliment a host of a diverse cultural events which will take place as part of the festival, including theatre performances, art workshops, film showings, live music, a children's writing competition and an art exhibition.

The event will be a fun and enjoyable evening where you try your hand at watercolour painting, willow art and glass painting and take home your finished pieces.

Each artist will lead you through the techniques needed to create your own masterpiece whilst working with you in small groups. All materials and tools will be provided, all you need to do is come along and enjoy yourself!

Tickets cost £15 and spaces are limited so booking is essential. All workshops can be booked at: www.abcartstrail.co.uk/broxtowecreatesart/workshops

On Friday 1st June at 7pm, the all ladies Choir Sonara Singers, along with Barbershop Quartet, Okie Dokie will be hosting a special charity concert in support of Eadie's Big 10, raising money for Tiny Tickers who support the early detection of heart defects in babies and local charity Forever Stars who are dedicated to supporting families who have suffered a stillbirth or infant loss.

Tickets are £10 per person including a refreshment. Light snacks will be available to buy at the interval and a raffle with some great prizes to win!

Please contact Jen on 07925 893850 to buy your tickets!

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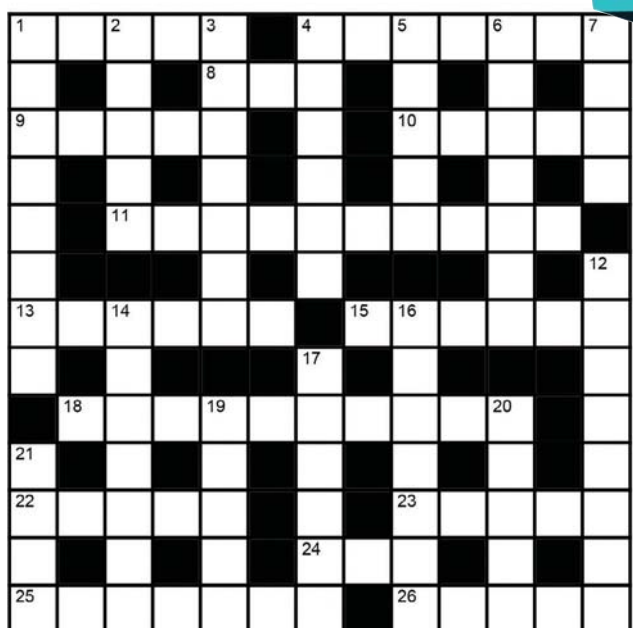
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Across

- Metric measurement (5)
- Material used to form a hard coating on a porous surface (7)
- Speck (3)
- Spokes (5)
- Transmitting live from a studio (2,3)
- Intestinal viral disease of pigs (5,5)
- Light evening meal (6)
- Equipment for taking pictures (6)
- Part of a theatre stage in front of the curtain (10)
- Organ of a flower (5)
- Carried (5)
- Nought (3)
- Earnest (7)
- Culture (5)

Down

- Magnanimity (8)
- Periodic rises and falls of the sea (5)
- Large imposing building (7)
- Gazed (6)
- Dwelling (5)
- Scholarly life (7)
- Mountain lake (4)
- Female hereditary title (8)
- Be relevant to (7)
- Disposed to please (7)
- Calm, with no emotional agitation (6)
- Panache (5)
- Spring month (5)
- Spinning toys (4)

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