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MAY 2025

ISSUE 270

Local Clubs



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YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002

In 2025, Get Ready for an Effortless Eyewear Experience!

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Get Help Choosing Glasses

Choosing glasses can feel like you're trying to find a needle in a haystack. There is an effective way to select the right glasses rather than just trying on frames at random. So, if you don't know what suits you; if you can't find glasses that fit you or look good; if you go from optician to optician searching for, but never seeing anything you feel good about wearing, or simply 'they all look the same' we can help!

Eye Examinations with Dr. Janjua

Your eye examination with Dr. Janjua will last around 40 minutes. The reason we allow a longer time for your appointment is not just about the technical bits of doing an eye exam. The extra time that Dr. Janjua spends with you means we can give you better advice and recommendations.

Advanced Eye Exams With Dr. Janjua

During an Advanced Eye Examination, Dr Janjua will make a very thorough assessment



Showing how Dry AMD can progress



Dry AMD treatment session

of your eyes. This examination includes Optical Coherence Tomography (OCT), using our Heidelberg Spectralis which is hospital-grade equipment to assess, measure, and record tiny details of your retinas.

Dry Age-Related Macular Degeneration (AMD) - TREATMENT!

As we age, our sight tends to become less clear, and some of us will develop what is known as "Dry Age-related Macular Degeneration". When this happens, the central area of our vision darkens and becomes blurred, making it difficult to see detail, and preventing activities such as driving, reading, watching TV, using computers, tablets, and so on. Even recognising faces can prove difficult.

Dry Eyes Treatment

If your eyes feel dry, irritated, or painful for most or all the time, you probably suffer from Dry Eye Disease (DED), especially if you continually feel "there's something in my eye". Having researched dry eye syndrome while gaining his doctorate, Dr Janjua has been treating patients for this condition since 2023. The treatment is known as Intense Pulsating Light® (IPL) and Low-Level Light Therapy® (LLLT), also known as Photobiomodulation (PBM). We combine IPL and LLLT with the complimentary steaming, cleaning, and massaging of your lids and glands as part of a comprehensive treatment protocol.

"The results seemed good looking at the scan."
Mrs C

"Positive experience, quick and easily administered and non intrusive. The 'drusen' effect seems to be less than previously experienced and would recommend."
Mrs H

"Very positive, noticeable difference in macula, would recommend to prevent sight deterioration."
Dr P

"Improvement in both eyes." Mrs B

"Clearer vision noticed immediately upon driving, would recommend."
Mr W

"Good experience, the letters were much clearer at the end of the sessions."
Mrs S

"I can now read the letters in the eye test more easily. I would recommend because it slows the progress of dry macular, prevention is better than cure."
Mrs A

"After the first session white window frames seemed brighter. I can see more clearly all round, my eyes feel more relaxed and normal."
Mrs W

"I can read for longer without blurred vision and headaches."
Mrs M

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Published By
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MP4 Design Limited is registered in England:
Company Number 8081955

Registered Office: 210 Lower Regent Street, Beeston,
Nottingham NG9 2DP

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music for everyone

keeping it

local

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FAMILY FESTIVAL DAY

1pm - 5pm, Saturday 7th June 2025
Middle Street Resource Centre, Beeston NG9 2AR

Singing
for under
5s

Cake
stall

Drumming
workshop

Music in
the
garden

Family
Sing-a-long

Music for Everyone is delighted to be back
at Middle Street Resource Centre in Beeston on
Saturday 7th June for another Family Festival Day!



From World Drumming workshops to singing sessions for the whole family to take part in and music to enjoy in the garden, there is something for everyone. There will also be a cake stall, second hand bookshop and games/activities in and around the venue.

Have a go at West African drumming with Milla Hanna on djembe drums. Join our singing leaders in the Family Sing-along workshop, where children aged 5+ can join in the singing with their mums, dads, grandparents, carers, aunts and uncles – the whole family, friends too! Singing is great for health, togetherness, confidence and fun. Advance booking is recommended for the drumming and family sing workshop sessions to avoid disappointment! All details and the booking form are available on our website at: <https://www.music-for-everyone.org/event/family-festival/>

A special free Nursery Rhyme and Lullaby Time singing session for under 5s with our expert and experienced singing lead Rachel is also open for all to join.

If a workshop isn't for you, there will be performances from local community music groups throughout the afternoon from 1pm – 5pm including MfE's Nottingham Chamber Singers, Open Voices, Daytime Voices and Sunday Big Band. Other groups joining us to perform are Beeston Community Drumming Circle (BC/DC) and the Second Time Around Folk Club.

Come along and enjoy a slice of homemade cake and have a go on the popular tombola while listening to the variety of music on offer. Entry to the festival is FREE for Beeston and Chilwell Garden Trail ticket holders.

The festival will open with a performance from Beeston Open Voices, which is one of Music for Everyone's choirs that meets on Tuesday mornings at Middle Street Resource Centre. Open Voices are MfE's health initiative designed to suit adults with learning disabilities. More information about the Open Voices regular sessions can be found on the MfE website: www.music-for-everyone.org/health-well-being/

Music for Everyone also run a variety of singing and instrumental groups for adult and youth across Nottinghamshire, open to all.

For more details, see our website, or ring the office and speak to the friendly office team about the opportunities we have in Beeston and surrounding areas on 0115 9589312.



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it's carnival time!

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Join in the excitement and community spirit that is the Long Eaton Community Carnival. On Saturday 21st June the streets of Long Eaton and West Park will be turned in to a day to remember!

Long Eaton Community Carnival was set up in 1931 for the local community to enjoy. It comprises of a road parade around the town, followed by many different displays and events, stalls, and a music marque all on West Park.

The Road Parade sets off at 11am, from the event field at West Park and arrives back on the Carnival site approximately after 1.30pm.

This is when you can enjoy all there is on offer at the Carnival site. **The best bit is that Long Eaton Carnival is a FREE event!**

Fundraising takes place throughout the year, with Car Boots every month from April to October; JustGiving page; Bucket and chalice collections along the parade route; and now even a card machine reader!

The Long Eaton Community Carnival Association is a group of volunteers who stage the Long Eaton Community Carnival each year. The primary objective of the association is to involve all sections of the community in engendering community spirit by organising an annual Carnival and associated events (according to the association's constitution). We are always looking for additional hands and helpers, acts, businesses and organisations who might want to be involved on the day and in the lead up to it. So here is how you can get involved:

The Grand Parade is undoubtedly the highlight of the Carnival Day, the people of Long Eaton take over the streets in a colourful parade and it's fun and easy to get involved:

As a Walking Party

The simplest way is to dress up and join in, you don't need to have a lorry or a fancy car, if there is a group of you, why not decorate bicycles or scooters and ride along the route?

Floats and lorries

The biggest and most challenging way to enter the parade but can produce the most striking results is to decorate an HGV and trailer or a flat back lorry.

In a decorated car, vintage car or another unusual vehicle

Motor cars and vans supporting a group of walkers are permitted in the parade but should be decorated in a Carnival theme. Classic or vintage cars, tractors, fire engines and tanks are also welcome to take part.

Commercial vehicles

Commercial vehicles promoting a business will be asked to provide a donation to the carnival fund; if you're promoting a business in the parade, the best way to get yourself noticed is through excellent decoration, usually following the theme of the Carnival

Carnival Royalty

Each year the committee ask for nominations of young people who make a difference and stand out, so they can be treated like Royalty on Carnival Day.

Each year the Carnival has a theme, suggestions are taken from the local community, and the voting is carried out by the local community which is agreed from the majority.

Many local organisations have stalls on the Carnival Showground on West Park, and with around 5,000 members of the public visiting the Showground, it's a great way to do some fundraising or promote what you do. Both indoor and outdoor pitches are available.

There is trophy awards offered for the parade "best dressed" – Best Walking Party; Best Children float June Johnson; Best Adult float Mary Parker; Best on Parade Martyn Barrett. Also, a trophy award for displays of bunting along the parade route – Best dressed premises Irene Parker.

Plus the hugely popular Music Marque hosting Party in Park, with live bands from around the region belting out some fantastic music to get the crowd involved until later into the evening.





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garden trail

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One of Nottinghamshire's most beloved community events is back. The Beeston and Chilwell Garden Trail will take place on Saturday 7th and Sunday 8th June, from 1pm to 6pm (at most gardens) each day, offering a rare opportunity to step behind the gates of some of the area's most stunning private gardens.



Now in its 29th year, the Garden Trail showcases a diverse selection of twenty gardens, ranging from cottage-style plots and contemporary courtyards to vibrant wildlife havens and creative allotments. Whether you're an avid gardener, a casual plant lover, or simply looking for a relaxing weekend activity, the Trail promises inspiration, tranquility, and a warm community spirit.

Tickets are just £5 per adult (valid for both days), with children admitted free when accompanied by an adult. Visitors can purchase tickets in advance online or pay at the first garden they visit (cash only). Proceeds go to charities chosen by each garden holder.

This year's highlights include:

- **New and returning gardens** – each with its own story, style, and surprises.
- **Live music, refreshments, and plant sales** at selected locations.
 - **Interactive features** like scarecrow displays, poetry bunting, and talks on sustainable gardening.
 - **Fundraising supporting local charities** – over £7000 was raised in 2024, and organisers aim to top that in 2025.

"Our community puts heart and soul into this event," say organisers Ian and Maggie Paul. "It's a joyful celebration of creativity, sustainability, and togetherness. We're proud to open our gates again and welcome visitors into the green heart of Beeston and Chilwell."

An interactive map, garden profiles, and online ticket sales information are available on the official website: www.beestonandchilwellgardentrail.org.uk

You can also follow the Trail on Facebook and Instagram for latest updates and posts, search 'Beeston and Chilwell Garden Trail'.



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beeston film

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Beeston Film Festival 2025 – What a Blast! By Sam Kurd

Roll up the red carpet and sweep up the popcorn kernels, another Beeston Film Festival has come and gone. Another weekend of highs and lows, laughter and tears, flickering screens and movie magic.

And this year, I'm afraid I'm going to have to shatter some illusions and offer a peek behind the scenes at how the cake is made, if you'll forgive the mixed metaphor.

Because this year, due to the alignment of the stars and publishing deadlines and the dates the festival fell on... I'm actually having to write this before the festival itself has actually happened!

In fact, at the time of finishing this up, the big Gala Opening Night is tonight!

I know, I know. Magic ruined. I wanted to wax eloquent about how electric the atmosphere was, how lovely the film-makers were, and what an honour it was to bring the people of Beeston our 11th year of lovingly selected top quality international short films. But it would be tricky to do that without any pictures of the event, and without being able to reveal who won our B'Oscar awards.

Instead, I'll just have to ask you to sit with me and pretend it hasn't happened

yet, inviting you to share my enthusiasm. After a whole year of planning and watching and reviewing and building anticipation, it's finally here!

I'm looking forward to the opening night, meeting all the film-makers who are eager to see their film splashed across the big screen. There's nothing quite like the buzz that goes through a crowd who are all gathered with unity of purpose, especially when creative people get together. It's electrifying!

I'm looking forward to revisiting the films I helped select. They were brilliant when seen at home, but in the cinema they're going to be fantastic. I also can't wait to catch the ones I haven't already seen. Don't judge me, we had over 1000 submissions, I couldn't watch them all! That's why we have a team of fantastic film buffs, to ensure that between us we can cover it all.

Anyway, that's all from me. Enjoy the pictures of previous festival attendees, and I hope I will have seen you at the festival this weekend/last month!

Next month, a proper recap, with pics and B'Oscar winner results!

Watch this space!



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Baxter Green will officially be launched in May, appointments for further details within the sales office can be booked thereafter.



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The Hanley

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local design awards

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SINCE 2002

The fourth of Beeston Civic Society's biennial Design Awards is now open for nominations...

The Society's campaign began in 2018 with an aim to show that Beeston is a great place to do business and live, whilst encouraging good design in buildings, landscaping, and public spaces – as well as fostering a greater sense of belonging and pride in the community.

The awards offer an opportunity for all local people, organisations and businesses to acknowledge projects they feel make a positive difference to the area, and show good design in and of themselves. There are three award categories, and projects can fall into one or more of them:



Projects of all sizes qualify, whether large developments, a single new build, or small project. Some examples of the sort of projects which could be entered include: new or improved shop fronts; creating better natural habitats; improved front or back gardens; new building(s) (from houses to larger residential or commercial developments); an old building restored to use; retrofitting energy efficiency measures; public space improvements; new play areas; public art; or new parks.

Better by Design

Nomination is open to everyone - including members of the public, developers, builders, property owners and local authorities, and is easy to do via the website. A panel of expert judges has been drawn from sectors such as: architecture, urban design, sustainability, heritage, and conservation. All nominated projects will be assessed by the panel, and winners drawn from category shortlists. An Overall Winner will also be selected and, new for 2025, a People's Choice award will be decided by public vote. Society Treasurer, Gary Smerdon-White, who is leading the project this year, states, "Our Design Awards are a great chance for everyone to show their support for a better and more vibrant Beeston."

There will be a special presentation evening in November for all those shortlisted, winners, kids' competition winners, and special guests.

Kids' Corner - As well as a Design Awards very definitely for grown-ups, the Society is running a competition for local primary schoolchildren to enter called The Dreamiest Bestest Building Ever!! – where local children can submit their design of the best building they can imagine and draw. The winners will be the ones showing a good building design; shown to be made of the best materials and doing the coolest things. Gary explains, "We hope that the designers and decision-makers of the future will get involved and show us all what they think makes a building really good for the planet, or cool, or useful."

How to Enter - Full information on the Awards and how to nominate are on the Society website beestoncivicsociety.org.uk/designawards, and primary school children from schools in Beeston, Attenborough, Bramcote Chilwell or Toton can enter the competition at beestoncivicsociety.org.uk/competition. There will also be printed entry sheets available from Beeston Library.

Sponsor Opportunities - The Society welcomes local businesses wishing to support the awards through sponsorship – a great way to gain brand association with caring about how Beeston develops, looks and combats the impact of climate change to an engaged audience of industry professionals, and design and sustainability enthusiasts.

Further details can be found on the website, or by contacting them at: designawards@beestoncivicsociety.org.uk
Deadline for entries: 31st July 2025.

- **Beeston Character** – adding to our area with good design
- **Climate and Sustainability** – reducing carbon emissions
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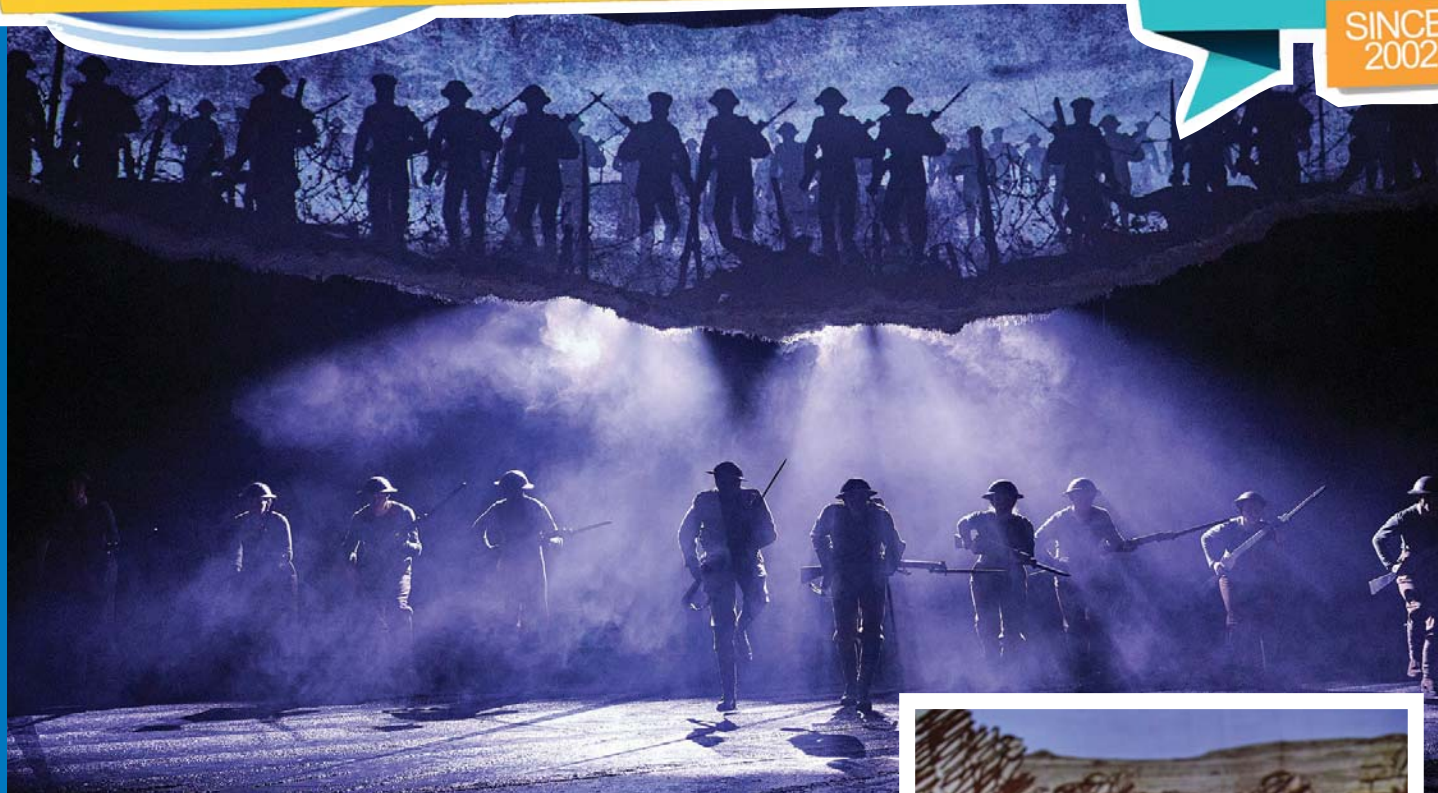
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The National Theatre's global smash-hit production of War Horse, the unforgettable theatrical event based on Michael Morpurgo's beloved novel, will embark on a major 18-month UK Tour visiting the Royal Concert Hall, from Wednesday 7th to Saturday 17th May 2025.

War Horse, adapted by Nick Stafford and originally directed by Marianne Elliott and Tom Morris, has become the most successful play in the history of the National Theatre, winning more than 25 major awards and has been seen by over 8.3 million people worldwide. This all-new tour is co-produced with Michael Harrison, Fiery Angel, and Playing Field.

War Horse tells the remarkable story of a young boy called Albert and his horse Joey, set against the backdrop of the First World War. This powerfully moving and imaginative drama is a show of phenomenal inventiveness, filled with stirring music and songs, featuring ground-breaking puppetry work by South Africa's Handspring Puppet Company, which brings breathing, galloping, charging, horses to thrilling life on stage and has inspired a generation of theatre-makers since its premiere in 2007.

Director, Tom Morris said, "It is a huge privilege to be invited to revisit War Horse and to share this powerful story once more with audiences around the country. Michael Morpurgo's brilliant idea, to explore the crushing violence of war through the experience of a horse, makes his story as powerful and resonant today as it has ever been.

At the outbreak of World War One, Joey, young Albert's beloved horse, is sold to the Cavalry and shipped to France. He's soon caught up in enemy fire, and fate takes him on an extraordinary journey, serving on both sides before finding himself alone in no man's land. Albert, who remained on his parents' Devon farm, cannot forget Joey. Though still not old enough to enlist he embarks on a treacherous mission to find him and bring him home.

This tour of War Horse marks 110 years since the start of the First World War and follows the 40th anniversary of the publication of Michael Morpurgo's global best-selling novel, which has now sold over 35 million copies world-wide and in 37 different languages.

TICKET INFORMATION: War Horse, Royal Concert Hall, Nottingham
Wednesday 7th to Saturday 17th May 2025
£23 to £65.50 plus discounts for Members, Under 26s, Groups, and Schools**
Age Guidance 10+
www.trch.co.uk Box Office 0115 989 5555

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Discover the new Mulberry Tree Bakehouse at Strelley Hall...

The Mulberry Tree Bakehouse is a brand-new artisan bakery at Strelley Hall, situated in a corner of the main Strelley Hall building, close to the Mulberry Tree Café and the range of small independent shops in the Stables Courtyard.

Whether you're a sourdough devotee or simply searching for the perfect croissant, this new bakery promises to delight every craving with its handcrafted creations and warm, welcoming atmosphere. New seating around the lovely gardens at Strelley Hall provides ample space to enjoy a takeaway coffee and a pastry from the Bakehouse.

The Bakehouse is a passion project brought to life by skilled bakers and the team behind the Mulberry Tree Café with an emphasis on quality, tradition, and flavour.

Everything is made fresh on-site each morning using time-honoured techniques and carefully sourced ingredients. Their signature sourdough loaves—crusty, tangy, and full of character—are already earning a loyal following. Alongside them, you'll find buttery croissants, indulgent pastries, tasty fruit loaves and a delicious range of savoury bakes, all freshly prepared by hand. The Pistachio and White Chocolate Croissant is fast-becoming legendary!

But it's not just the bread that draws people in. The setting is equally magical. Tucked away in the beautiful grounds of Strelley Hall, with its picturesque gardens and peaceful ambiance, the Bakehouse offers a unique escape from the hustle of everyday life. The ever-popular Mulberry Tree Café (open 7 days a week) is now using fresh bread made by the Bakehouse in their new summer menu.

**The Mulberry Tree Bakehouse is open Thursdays,
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Expert tips for creating a Feng Shui garden...

Homeowners looking to refresh their gardens this spring are being encouraged to follow the rules of feng shui to create a relaxing outdoor space.

The outdoor experts at LightingLegends.com have shared their tips for creating a zen garden.

The ancient Chinese tradition of Feng Shui focuses on balancing energy to create a peaceful, positive and welcoming space.

This is done by creating a layout where energy can flow freely, using natural elements, soft lighting and thoughtful placement throughout the garden.

Adam Wilkins from LightingLegends.com said: "Feng Shui has become popular over the years with more people wanting to create a space with positive, calming and relaxing energy."

"The garden should be an extension of our homes and another place to unwind and enjoy your own company or get together with loved ones which is why it's more important than ever to turn it into a peaceful space."

"Creating ambience with lighting, incorporating natural sounds from water features and rustling trees are just some of the ways to help you tap into nature and create a relaxing garden."

How to create feng shui garden:

Opt for curved edges

Keep the energy flowing through your garden by choosing curved edges over any straight, harsh lines where possible. Curved edges feel softer, more natural and create the illusion of a continuous flow of energy through the garden.

Add the five elements

The five Feng Shui elements are water, earth, fire, wood and metal, all of which can be incorporated into

your garden. This can be done through garden features such as ponds, firepits and benches or it can be shown through plants that represent the elements.

Soft lighting

Soft lighting can be used to create a gentle ambience for the evenings in Feng Shui gardens. Stay away from harsh bright lights and go for softer and warmer colours. LED lighting around pathways can help create a continuous flow of energy even in the dark. You can also use accent lighting to highlight different elements of your space such as water features, plants or sculptures.

Be mindful of seating arrangements

Keep your seating area facing the nature in your garden, this could be plants or the open sky. You'll also want to place the back of your seating against a solid support such as a hedge, fence or solid wall to represent stability and protection.

Incorporate sound

Sound is a great way to create a positive energy and create a relaxing space. Opt for sounds that are gentle and natural and avoid anything too loud. Water features, wind chimes, the rustling of leaves from tall trees and small fire pits are all great ways to add natural sounds to your space.

Use plants for scent

There are plenty of plants and herbs that provide scents which are known for promoting calmness and relaxation and it's worth incorporating these into your space. For soft and soothing scents consider planting things like lavender, jasmine and chamomile. If you're looking for something sharper you'll want plants with a stronger scent such as rosemary, peppermint or spearmint.



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Breeze introduces Tamar, a local talent that offers her creativity to transform your garden...

Hortulus is the creative venture of Tamar. "I worked as a printer and graphic designer for NTU School of Art & Design for more than twenty years. Leaving that role in 2019 was a significant change, but it inspired me to combine my design expertise with my enthusiasm for plants to start my own business."

Her guerrilla gardening project, We Dig NG9, collaborates with local councils and groups. Since 2014 it has transformed a neglected verge into a pretty, vibrant habitat, earning recognition from the RHS.

As a trustee of Beeston Civic Society she is a volunteer graphic designer, and leads local campaigns. "Native wildlife is an important, inherent part of gardens. I'd never advise pesticides; use floral foam, or recommend fake grass, for example. However, I also know that we need to take people with us on these issues, so friendly advice is always a better start than being judgy."



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Love Chilwell Spring Campaign: Join a Day of Community Action This June



A new community initiative is blooming in Chilwell this spring – and everyone is invited to be part of it. Love Chilwell is a growing community initiative led by Chilwell Parish, in partnership with Barton's The Garage, aimed at spreading joy and sharing hope through practical acts of kindness. Through seasonal campaigns, Love Chilwell brings people together to support neighbours, improve shared spaces, and create a stronger, more connected community.

After launching in December with a successful Christmas campaign, where volunteers delivered over 400 gifts to local care home residents, Love Chilwell is now turning its attention to spring renewal. The upcoming Spring Campaign will culminate in a Day of Action on Friday 7th June, and everyone is encouraged to get involved.

"We were overwhelmed by the generosity and warmth shown during our Christmas campaign," says Claire Tufnell from Christ Church Chilwell. "One resident said, 'It's not the gift, it's that you knew we were here and cared.' It's a reminder that small gestures can have a big impact. This spring, we're inviting you to help bring that same hope to others."

Love Chilwell is now calling on residents, businesses, and volunteers to join a day of hands-on community action on Friday 7th June. From garden makeovers and DIY repairs to local clean-ups, multiple projects will take place across the area – each one bringing fresh life to people and places. Local traders and community groups are also invited to lend their time, materials, or support.

On the Day of Action, teams of volunteers will work across Chilwell on a range of uplifting projects, including:

- Garden makeovers for residents who could use some help
- Community clean-ups in shared outdoor spaces
- DIY repairs and spruce-ups for local people and facilities
- Pop-up kindness stations offering small gestures of care

The day will finish with an evening celebration, bringing together volunteers, supporters, and community members to share stories, food, and friendship.

"This is about what happens when people come together," says James Barton from The Garage. "Showing up for each other and making Chilwell a place where kindness is visible, practical, and joyful."

There are many ways to take part:

- Volunteer your time and skills
- Donate to help fund tools, materials, and supplies
- Partner with us as a local business, trader or organisation

You can meet the team and find out more at The Garage Markets every Sunday in April and May (10am–2pm). To stay updated, visit www.lovechilwell.co.uk and follow @lovechilwell on Facebook and Instagram. Together, let's make 7th June a day of transformation – and help love take root right here in Chilwell.

SPOTTED DOG ART GROUP

The Spotted Dog Art Group is made up of members from all walks of life. "We welcome beginners, hobbyists and professionals alike. Whatever your experience of art is, you are welcome!"

MAY WORKSHOP: Saturday 17th May 2025

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MEMBERSHIP: Membership fee is £20 per year.

If you are interested in joining please contact:
Gwynneth Johnson - email: gwnneth2023@yahoo.com.
Website: www.spotteddogartgroup.co.uk.
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"The May Meeting of the WOLLATON NATURAL HISTORY SOCIETY

will take place on Wednesday, 21st May at 7.30pm. The Talk is entitled "Nottingham's Urban Forest" by Graham Pearce. Graham, the Society's Tree Expert, will take us on a walk through Nottingham, discussing the types of trees planted and their growth over the years.

Meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.15pm. Free to members, visitors welcome £3 on the door. For more information visit website:

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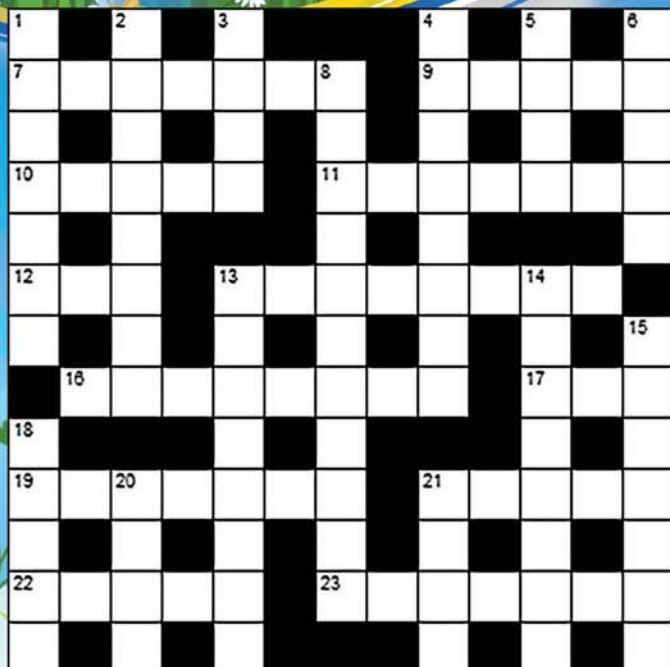
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E A D E D T O D W J V A O X W
R M O C J L E O H A E C G I W
F B R C O N L R Q T R G E B P
U O E J E N L I G H T M T L H
L T E S A N V D Z I I F H E M
B T R J P A E E E G C P E I D
V O P V A V P D X H A Q R I E
W M P C O N C A V E L C G C S
W U P R Z Z D V R S D I T O P
L K P B E F O R E T R E R L I
L M I S E R A B L E P Q E D S
I S H A L L O W D A R K K P E

						4	5	
			1					2
	3	6	2			1		
	4		9		1	3	2	
1		5				9		6
	9	2	6		5		4	
		7			4	5	6	
9					7			
	6	1						



Crossword Clues

Across

- 7 Baby of the King of Beasts (4,3)
- 9 French word for red (5)
- 10 Ground meat (5)
- 11 In the customary way (2,5)
- 12 Large flightless bird (3)
- 13 Observing (8)
- 16 Undoes a necklace (8)
- 17 Cereal similar to wheat (3)
- 19 Tranquil (7)
- 21 Flash of light (5)
- 22 Patriarch, veteran (5)
- 23 Fearful, concerned (7)

Down

- 1 Sleep (7)
- 2 Change for the worse (8)
- 3 Unit of measurement for land (4)
- 4 Squats close to the ground (8)
- 5 Hindu spiritual teacher (4)
- 6 Largest instrument in a string quartet (5)
- 8 Establishment that offers facials and pedicures (6,5)
- 13 Large destructive woodland blaze (8)
- 14 Storyteller (8)
- 15 A little hungry (7)
- 18 Made an effort (5)
- 20 Type of yeast-free bread (4)
- 21 Put in order (4)

SOLUTIONS





Calling All Young Minds for Growing up & Brain Study!!

Study recruiting Children & Teens Ages 9-16 years.

Help us uncover the mysteries of cognition (attention, memory, flexible thinking) during and around puberty!

Researchers have launched a study to investigate how body changes during early teenage affect our attention, memory, flexible thinking, and decision-making skills.



Image by Freepik

Volunteers are needed to take part in the study being run by the University of Nottingham's School of Psychology. The researchers are investigating physical changes in puberty and daily responsibility patterns and their potential impact on cognitive function, covering aspects such as attention, memory, flexible thinking and decision-making.

Puberty represents a phase of teenage marked by significant biology, cognition, and hormonal changes. Most research about how our brains work has mainly considered a person's age in years. However, the changes happening in our bodies during early teenage years may have a more impact on our brain development. Since skills like focus, memory, planning, and decision-making are essential in daily life, this study aims to explore if the changes that come with early teenage can cause any differences between individuals in the development of cognitive function.

We are looking for children and teens aged 9 to 16 years to take part. Participants will be invited to visit our lab at the University of Nottingham, where they will complete two questionnaires about growing up and everyday responsibilities and four fun, computer-based tasks to assess memory, attention, and flexible thinking.

For more information or to take part, please contact lp-lifespanlab@nottingham.ac.uk.

What's Involved:

-  Computer-based tasks
-  Growing up and daily activities survey

 **Duration:** Around 35 to 40 minutes

 **Location:** School of Psychology
University Park Campus

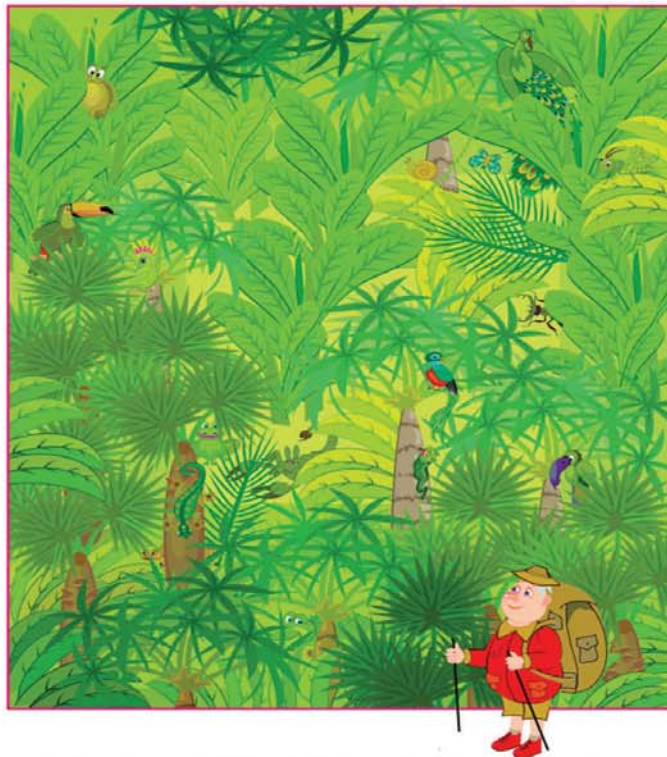
Your Contribution:

-  Contribute to scientific understanding growing up and how brains develop!

You will receive an inconvenience allowance for your time.

Ethically approved study Ref: S1604

A collection of 15 colorful cartoon animals arranged in a grid-like fashion. The animals include: a yellow and brown turtle at the top left; a toucan with a large orange beak at the top right; a green crocodile with a wide smile; a green frog with large eyes; a green lizard with orange spots and small flowers; a peacock with vibrant green and blue feathers; an owl with large yellow eyes; a scorpion with orange and black segments; a green grasshopper with long legs; a yellow snail with a spiral shell; a parrot with green, blue, and red feathers; a butterfly with blue and yellow wings; and a green beetle with large antlers at the bottom right.



G	A	N	T	E	A	T	E	R	R
T	O	T	G	S	L	O	T	H	Y
A	O	R	A	N	G	U	T	A	N
P	N	G	I	W	Q	W	E	N	A
I	N	O	A	L	M	A	F	A	O
R	C	C	I	R	L	P	C	C	K
X	A	X	U	M	H	A	M	O	A
M	U	M	T	O	U	C	A	N	P
A	E	J	A	G	U	A	R	D	I
L	O	C	E	L	O	T	Z	A	F

anaconda
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jaguar
lemur
macaw

ocelot
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 tapir
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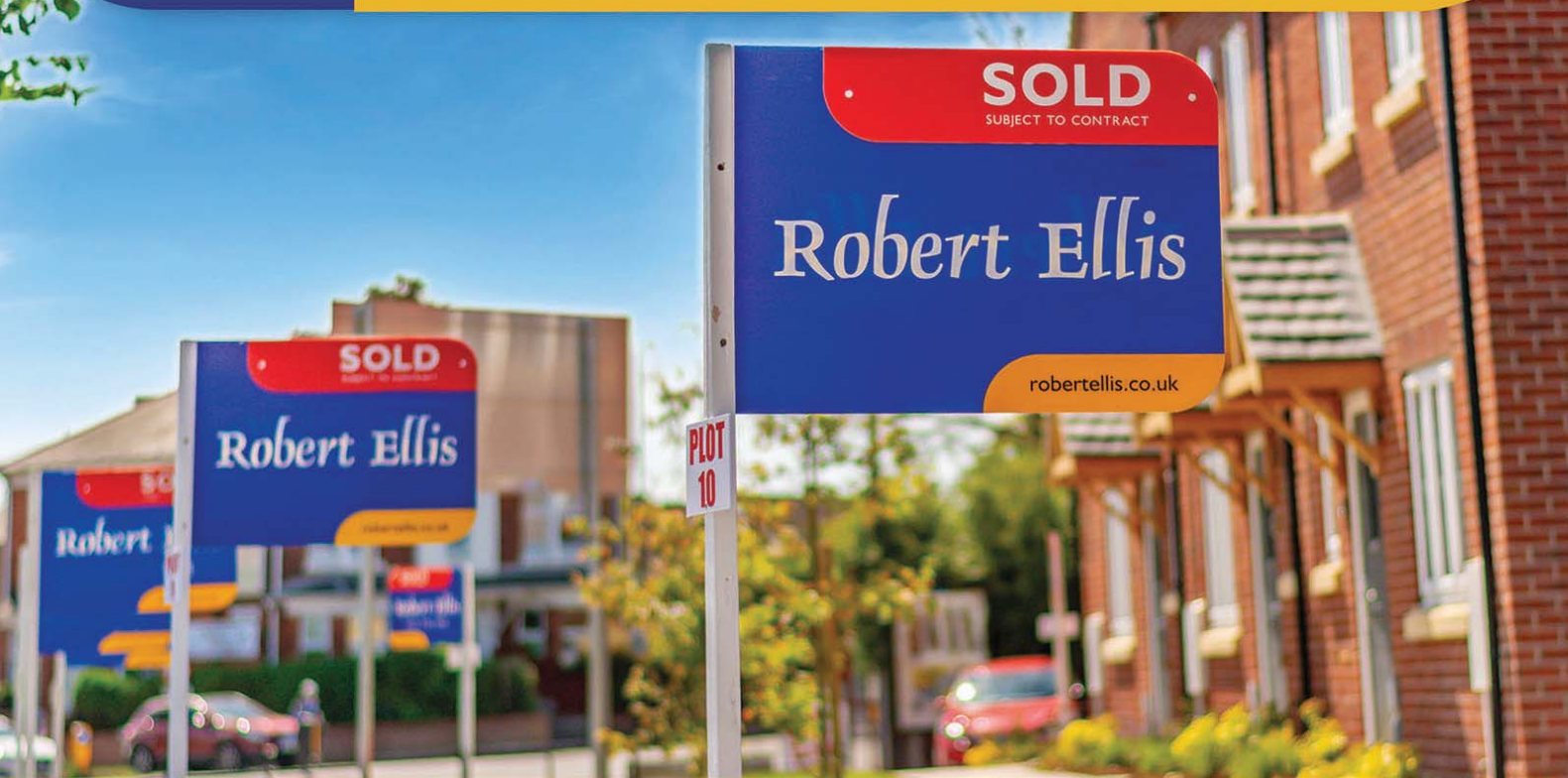
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