

AUGUST 2026

FREE ISSUE 285

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2002

Local What's On



Local Community



Local School



Dr. Sheeraz Janjua honoured as John Flynn Opticians leads advanced care for dry eye and dry AMD

Dr S A Janjua, director and senior optometrist at John Flynn Opticians in Beeston is now being repeatedly recognised for his exceptional commitment to his patients, as evidenced by his very successful adoption of the latest therapeutic non-invasive treatments for Dry Age-related Macular Disease and Dry Eye Syndrome.

The hospital-grade equipment Dr Janjua has installed at Flynn's facilitates extremely detailed scans of the back of the eye (the retina). The scans are retained on the patient's records, enabling old and new scans to be compared, thus allowing any subtle changes to be picked up as they occur.



Dr Janjua has also recently been inducted Fellow of the College of Optometrists, in recognition of his patient care and his extensive work in furthering his profession. His special interests include Dry Eye Disease, Dry AMD and Binocular Vision Dysfunction and Complex Spectacle Prescriptions and Vision.

This year has been an outstanding one for Dr Janjua, his dedication to clinical excellence and ongoing professional development truly sets him apart. John Flynn Opticians remain committed to providing a personalised, comprehensive service, ensuring every patient receives exceptional care from the moment they walk through the doors.

The practice welcome the registration of new patients. Call today to make an appointment with Dr Janjua for an advanced eye examination.



The picture shows Dr Janjua at the UK Optician Awards, where he was runner-up for the Optometrist of the Year Award.



HOME VISITING SERVICE NOW AVAILABLE

For those patients who have difficulty in travelling to our premises in Beeston, we are delighted to announce the reintroduction of our popular Home Visiting Service which provides eye tests and the dispensing of glasses in the comfort of your own home. Please ask about the service if you think it would be of assistance to you or to someone you know.

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Dr Janjua is patient, thorough and widely experienced, which gives you confidence that you are being looked after impeccably.



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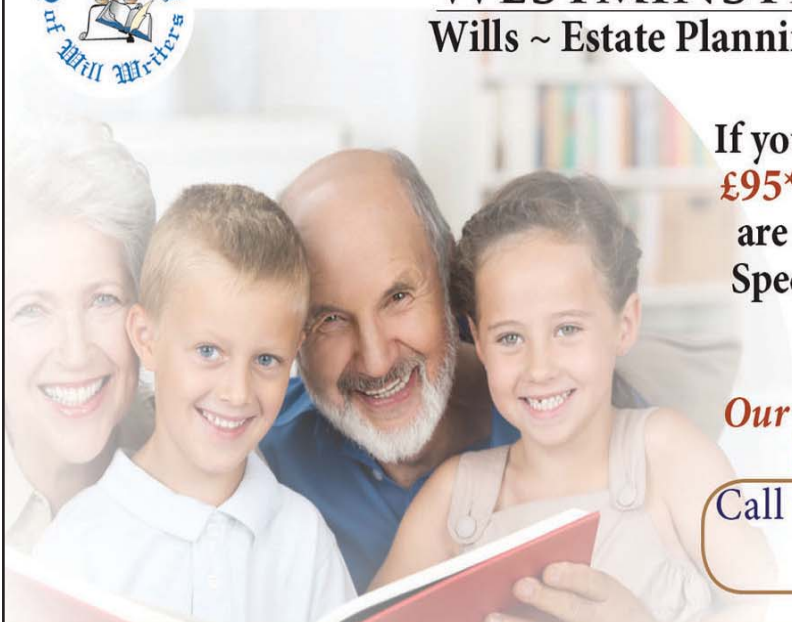
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Please note: We believe all information given, was correct at the time of going to press.

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SINCE 2002

Banks Road Infant & Nursery School is proud to have achieved OPAL Platinum Accreditation- the highest and most prestigious level of recognition within the OPAL programme.

Banks Road Infant & Nursery School is proud to have achieved OPAL Platinum Accreditation – the highest and most prestigious level of recognition within the OPAL programme. OPAL stands for Outdoor Play and Learning. It is a mentor-supported school improvement program used in primary schools to dramatically improve the quality of children's play.

OPAL PLAY INVOLVES:

- **Child-Led Exploration:** Children are given the freedom to choose where they want to play, what they want to do, and who they want to play with, utilizing the entire school grounds

- **Loose Parts & Imagined Play:** Instead of traditional, structured sports only, OPAL playtimes often incorporate "loose parts" like tyres, crates, fabric, and "mud kitchens". This encourages creativity, risk assessment, and problem-solving.

- **All-Weather Fun:** The program is built on the philosophy that "there is no such thing as bad weather, only inappropriate clothing." Children are encouraged to play outdoors year-round.

WHY DO SCHOOLS USE IT?

- **Happier Children:** Schools using the OPAL approach report that children are more active, resilient, and socially adept.

- **Fewer Disruptions:** By keeping children deeply engaged, schools often see a massive reduction in playground accidents and behavioural disputes.

- **More Learning Time:** Teachers and administrators recover valuable teaching time that would otherwise be spent resolving playground conflicts.



"In May our school had its final OPAL Audit. We are very pleased to announce that we achieved the highest level of accreditation and are officially a PLATINUM OPAL school! Dr Bobby Beaumont, our OPAL mentor, said "This is an exceptional accomplishment and one that reflects years of vision, commitment, and determination to place high-quality play at the very heart of school life. Platinum Accreditation is reserved for schools that demonstrate truly outstanding practice, where play is not simply provided but is embedded within the culture, values, and everyday experiences of every child. It is a remarkable achievement of which your entire school community should be immensely proud."

Bobby said, "The impact of your work is clear to see. Your children are developing resilience through challenge, creativity through exploration, confidence through independence, and empathy through collaboration. They are growing up in a school where joyful play is recognised not as a reward, but as an essential part of childhood and learning. They are confident decision-makers, imaginative thinkers, and caring friends because they have been given the freedom, trust, and opportunities to flourish through play."

Are you interested in finding out more about OPAL at Banks Road? Contact us, and find out if Banks Road Infant & Nursery School is the best environment for your child! We will be holding an Open Day on Saturday 3rd October from 9.30am to 11.30am. We will also be offering tours of our school during a regular school day."

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This year, Loughborough Building Society are proud to be celebrating 50 years of serving the Long Eaton community from their branch in Market Place.

"Since opening in the summer of 1976, we've been helping local people save for the future and find a mortgage for the home that's right for them. Over the years, we've supported generations of members through life's important milestones, building lasting relationships with families across the town.

A lot has changed since 1976. From flares to electric cars, cassette tapes to streaming services, and typewriters to smartphones, Long Eaton has seen five decades of change. Through it all, our branch has remained a familiar presence in the town centre, providing personal service and support to local people.

As a mutual organisation, we're owned by our members rather than external shareholders. This means we're able to focus on what matters

most - helping people work towards their financial goals while supporting the communities we serve.

The Long Eaton branch has been at the heart of our commitment to mutuality and community for half a century. Our colleagues take pride in getting to know customers personally, offering support with savings and mortgages, and helping people make informed decisions about their financial future.

We're also looking forward to marking this milestone with customers, members and local residents on 12 August, when branch colleagues will be celebrating 50 years in Long Eaton and reflecting on the many memories, stories and achievements that have shaped the branch since 1976.



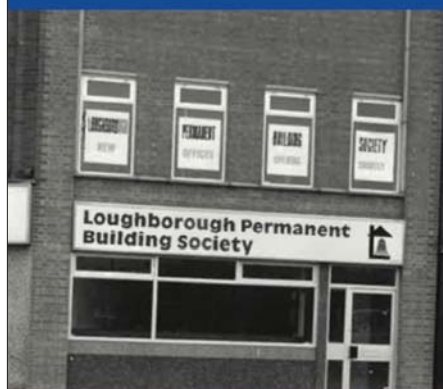
As we celebrate this special anniversary, we'd like to thank everyone who has supported us over the past five decades and helped make our Long Eaton branch such an important part of the local community. Whether you're looking to grow your savings, explore your mortgage options, or simply find out more about what we offer, we'd love to welcome you into our Long Eaton branch and speak to our team."

**The Loughborough Building Society,
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Celebrating 50 Years in Long Eaton

We're proud to be celebrating 50 years of serving the Long Eaton community and would love you to join us.

The Loughborough Building Society



Join us on 12 August for complimentary tea, coffee and cake as we celebrate 50 years serving the Long Eaton community. Everyone is welcome.

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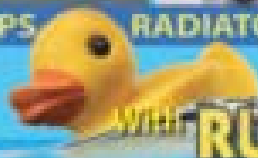
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Classique Interiors team are also available for everyday household repairs, improvements and smaller jobs - and no job is too big or too small.



With more than 25 years of experience, the company is well known for designing and fitting quality kitchens, bathrooms and bedrooms. However, you do not need to be planning a complete new interior to benefit from the team's experience. Classique Interiors also undertakes everyday household repairs, improvements and smaller jobs - and no job is too big or too small.

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Their **plumbing services** include general repairs, replacing taps and fittings, repairing leaks, installing sinks, toilets and showers, and carrying out bathroom improvements.

Joinery services can include repairing or replacing doors, cupboards, worktops, shelving, skirting boards and other fixtures around the home.

Electrical services are also available for a variety of household repairs, replacements and improvements.

Alongside individual repairs and smaller projects, Classique Interiors continues to provide kitchen and bathroom refurbishment services. This makes the company an ideal choice for homeowners who want to improve an existing room without the expense or disruption of a complete replacement. Updating cupboard doors, worktops, sinks, taps, lighting or bathroom fittings can transform a tired space while keeping costs manageable.

Every customer receives the same friendly, professional service, regardless of the size of the job. Because plumbing, joinery and electrical work can all be arranged through one established local business, customers can avoid the difficulty of trying to find several different tradespeople.

"Thank you!! I am thrilled with my bathroom. It is everything I hoped it would be!! All your work, from the planning to the installation, has been excellent!! Kind regards, Deb."

Whether you need one small repair, several jobs completed around your home, or a full kitchen or bathroom refurbishment, contact Paul at Classique Interiors for friendly advice and a free, no-obligation quotation. Telephone 0115 922 4424 or 07838 289191 Email: classiqueinteriorsltd@gmail.com

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This well appointed property is of course centrally heated and double glazed with features including two reception rooms, large orangery style conservatory and a family breakfast kitchen offering a great social space and a useful separate utility room. There is a central reception hallway with cloakroom/WC and dogleg staircase which leads to the first floor accommodation.

A generous landing provides access to the four bedrooms with a substantial principle bedroom, guest bedroom having partial vaulted ceiling and en-suite shower room, there is a generous family bathroom.

The property offers a degree of privacy from the road with electric vehicle gates opening to a courtyard where there is ample parking and a single garage. The rear gardens have an expansive area to lawn with attractive deep colourful bedding, a generous patio area beyond the conservatory and an ornamental pond with adjacent seating area towards the foot of the plot offering a different vista over the golf course.

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SINCE
2002

Nottingham's best kept comedy secret is right on Beeston's doorstep
There are two types of Sunday evening...

The first involves staring sadly at the clock, wondering where the weekend went and trying not to think about Monday morning.

The second involves leaving the house, laughing until your face hurts, enjoying brilliant live comedy and still getting home early enough to reclaim the sofa.

Welcome to Back Before Nine Comedy, better known to its friends as BB49...

Tucked away at the Village Hotel in Chilwell, BB49 has quietly become one of Nottingham's best kept comedy secrets. Although, frankly, we are getting slightly concerned that the secret is getting out with every show being a 400 sell-out!

Proper comedy, practically on your doorstep

BB49 was created around a simple idea. Going out is brilliant. Staying in is also brilliant. Surely, as an advanced society, we should not have to choose between them?

"That is why our Sunday comedy nights start early and finish early. You get the atmosphere, excitement and shared joy of watching live comedy, then head home at a civilised hour with enough time for a cup of tea, a raid of the snack cupboard and something good on television.

It is the night out with a night in built into it.

Our home at the Village Hotel in Chilwell offers a comfortable, welcoming setting, plenty of parking, drinks, food and a relaxed atmosphere. Shows typically run from 6.30pm until 8.30pm, which means you can enjoy a full evening of comedy without spending Monday morning looking as though you have recently returned from a three day music festival.

Look who has been round our way...

We are extremely proud of the comedians who have joined us at BB49.

Our audiences have enjoyed performances from some of the finest names on the UK comedy circuit, including Hal Cruttenden, Jessica Fostekew, Matt Bragg, Helen Bauer, Paul McCaffrey, Angela Barnes, Stephen Bailey, Jeff Innocent, Rachel Fairburn, Matt Richardson, Hayley Ellis, Angelos Epithemiou, Jo Caulfield, Daliso Chaphonda and our resident MC Scott Bennett.

These are comedians whose work has been seen on programmes and stages including Live at the Apollo, Have I Got News for You, Never Mind the Buzzcocks, the Royal Variety Performance and the Edinburgh Fringe.

Our very own Scott Bennett has appeared on Mock The Week, Live at the Apollo, The Royal Variety Performance in 2024 as well as being voted Comedians' Comedian at the 2021 Comic Awards. More importantly, he knows exactly how to welcome a BB49 audience and then make them cry with laughter.

We have hosted household names, rising stars and circuit favourites, all without requiring audiences to take out a second mortgage, travel into the middle of a city centre or stay awake until an hour usually reserved for foxes and takeaway drivers.

A new way to spend Sunday afternoon

As though brilliant early evening comedy was not enough, BB49 is now starting even earlier.

Our new Laugh and Lunch with BB49

events at the East Midlands Conference Centre bring together two of Sunday's greatest achievements: a proper lunch and a proper laugh.

Guests will enjoy Sunday lunch in the venue's banqueting hall before moving into its tiered, air conditioned theatre for an afternoon of first class live comedy.

Yes, you read that correctly. Sunday lunch followed by stand up comedy, enjoyed from a comfortable theatre seat in a room with air conditioning.

We have essentially taken the traditional Sunday afternoon, removed the washing up and added professional comedians.

The format brings together great food, outstanding entertainment and the warm, welcoming BB49 atmosphere that our audiences have come to expect. The BB49 website describes the new event as combining delicious food, first class entertainment and plenty of belly laughs, which sounds considerably better than arguing over who has to clear the table.

The BB49 welcome

Back Before Nine Comedy is not simply about putting a microphone on a stage and hoping someone funny turns up.

We care deeply about the whole experience. From the moment guests arrive, we want them to feel relaxed, welcomed and ready for a great time. Comfortable venues, friendly faces, excellent comedians and sensible timings all matter. We want every audience member to leave feeling that they have enjoyed something special.

We also want every comedian who performs with us to receive the best possible welcome. Comedy works best when the performer feels valued, the audience feels looked after and everyone in the room is there to have a brilliant time.

That relationship between the acts and the audience is what makes live comedy so much better than watching clips on your phone while pretending to listen to somebody else.

At BB49, the comedians receive a warm Nottingham welcome, the audience gets a fantastic show and everyone gets to go home before the Sunday evening existential crisis sets in.

Beeston, Chilwell and Nottingham deserve great comedy

Some of the best comedy nights are found in enormous theatres, famous clubs and busy city centres.

Others are hiding just around the corner. BB49 gives audiences in Beeston, Chilwell and the surrounding Nottingham area the chance to enjoy top quality live comedy close to home. No elaborate travel plans. No late finish. No need to write off the following morning.

Just brilliant comedians, a warm welcome, a room full of laughter and an evening designed around the revolutionary idea that people might enjoy going out and getting home at a reasonable time."

So, Nottingham's best kept comedy secret? It is right on Beeston's doorstep. Why not visit www.bbncomedy.com for more information about the latest shows for 2026.



Scott Bennett



Lucy Porter



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BEESTON
FILM FESTIVAL



"We can hardly believe the 12th edition of the Beeston Film Festival was three months ago! We're still reminiscing about the wonderful films we marvelled at on the big screen, and the fascinating networking and conversations about the craft of filmmaking. But while the memories are still fresh, our tireless selection team is very much back at work.

Since May, we've opened submissions for the next edition and welcomed a fresh wave of entries. To date, we've surpassed 500 submissions, which is a milestone that speaks to the reach and reputation the festival continues to build. Our dedicated selection team is reviewing every one of these films, and they've already expressed their awe at the amazing storytelling coming through.

The review process is thorough by design. Each submission is watched in full by multiple reviewers and scored against a set criteria, ensuring every filmmaker gets a fair and unbiased consideration. It's wonderful to see how favourites are already starting to emerge, and how certain films have that unique quality to polarize an audience, sparking exactly the kind of debate and discussion the festival thrives on. It's still early in the submission season, but it's already evident that this will be a fascinating and competitive year for a spot in the festival programme.

For filmmakers who haven't yet submitted, we try to provide additional incentives to do so. The festival's current promotion, "Crime Pays," offers a 50% discount on submission fees for short crime films, but only until July 31st. It's a way for us to be more accessible to those working with a very limited budget when it comes to meeting submission fees. We're also still within our early bird submission timeline, where fees are at their lowest. Early bird pricing runs until November 29th, after which regular submission fees will apply. Between the Crime Pays discount and early bird pricing, there's never been a better window for filmmakers to get their work in front of the Beeston team without the usual cost barrier.

If you would like to keep up with our Beeston Film Festival activities, we look forward to connecting with you on social media! We are active on facebook, instagram, tiktok and youtube. In fact, our youtube page is currently being populated with the 2027 submission playlist, filled with trailers from the wonderful submissions we have received so far!"



YouTube: @beestonfilmfestival8135

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COMEDY I Hate Helen	DRAMA INTERNATIONAL Nightfaces	CINEMATOGRAPHY The Tide	SCIENCE FICTION The Catcher
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SINCE 2002

Wedding flowers you can grow in your garden...

Couples planning their big day are being encouraged to grow their own wedding flowers to save cash and create something unique for their special day.

Experts from Gardening Express have named the best flowers to grow in your garden for table centrepieces, decorations and bouquets. With the strain of the cost of living crisis, many couples can't afford to splash out on their wedding and are looking for ways to save money on their big day.

Here are the top ten flowers to grow for your wedding from the team at Gardening Express:

Dahlias come in a variety of colours and sizes, making it easy to fit them into any wedding colour scheme. Dahlias are associated with love and commitment, making them a meaningful choice for wedding flowers.

Peonies are popular wedding flowers because of their delicate and romantic appearance. They also have a sweet, floral fragrance that can add to the overall ambience of the wedding.

Lilies symbolise love and purity and are very popular wedding flowers due to their eye-catching shape and elegant blooms. They can be used to create gorgeous bouquets, buttonholes, and floral arrangements.

Orchids are long-lasting and can stay fresh for up to two weeks after being cut, making them a practical choice for wedding decorations.

Freeseas have a delicate appearance and lovely fragrance. Freesia, with its bell-shaped blooms looks gorgeous on its own, but can also be used as an accent flower in bridal bouquets and arrangements.

Gardenias represent love, harmony, and grace, making them a fitting choice for weddings. They don't have a stem so they're mainly used for decorations, but can also be incorporated into the bouquet. They're well known for their wonderful fragrance.

Anemones are a popular choice for wedding flowers because they symbolise anticipation and excitement for the future.

Forget-Me-Nots are delicate little flowers with light blue blooms and are popularly used as wedding favours, table decorations and accent flowers in bouquets. Symbolising true love, faithfulness and remembrance.

Cornflowers are an ideal choice for wildflower-inspired Boho bouquets and countryside weddings.

Sunflowers add warmth and light to your flower arrangements. Their large and colourful stems are perfect for creating a statement, so they're a great option for brides looking for more bold and untraditional wedding flowers.

Courtesy of
<http://www.gardeningexpress.co.uk>



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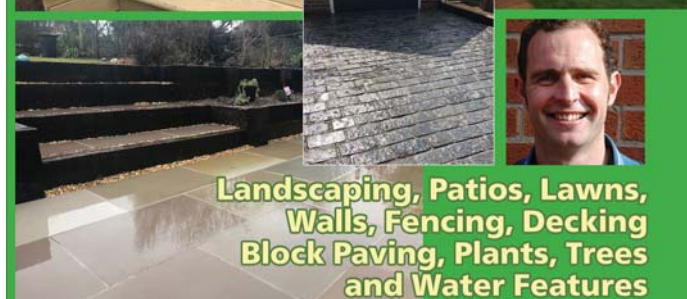
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ABC arts trail

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The annual Attenborough, Beeston & Chilwell Arts Trail (ABC Arts Trail) will be taking place on Saturday 5th and Sunday 6th September, from 11am to 5pm both days.

Having celebrated their 10th anniversary last year, the Trail goes from strength to strength, building on experience and making sure the focus is on the art and the artist.

Aiming the spotlight on local creative talent and bringing people together on an art adventure. This hugely popular weekend has become a firm fixture on the community calendar and further afield.

With a diverse range of artists, designers and makers showcasing and selling their work, there is plenty to see. A great opportunity for you to meet local creatives and find out what they are working on. Not only do visitors get the chance to purchase original handcrafted items to suit all tastes and budgets, some of the exhibitors will be demonstrating their amazing skills.

We are delighted to present participating artists from a wide range of disciplines, including painters, printmakers, photographers, textile artists, ceramicists, jewellery designers and sculptors. The ABC Arts Trail is excited to welcome again new faces to this year's event who will join those who have taken part before.

The ABC Arts Trail brings together local artists, makers, businesses and

neighbours to transform local spaces into vibrant showcases of imagination and expression. Whether you are a passionate art lover, a curious explorer or simply looking for a gentle day out, we invite you to wonder. You may find that perfect gift, a treat for yourself, or just want to visit the trail to be inspired, intrigued and entertained, you are sure to have a very enjoyable day.



Due to the fantastic support of local businesses including our main sponsor J & B Autos, the ABC Arts Trail remains free for visitors.

Download from the website or pick up a map/brochure locally, or from the venues themselves.

A celebration of creativity, community and connection, come and see for yourself.



Open 11am - 5pm both days, Saturday 5th and 6th September.

For further details visit www.abcartstrail.co.uk Also on Facebook and Instagram.



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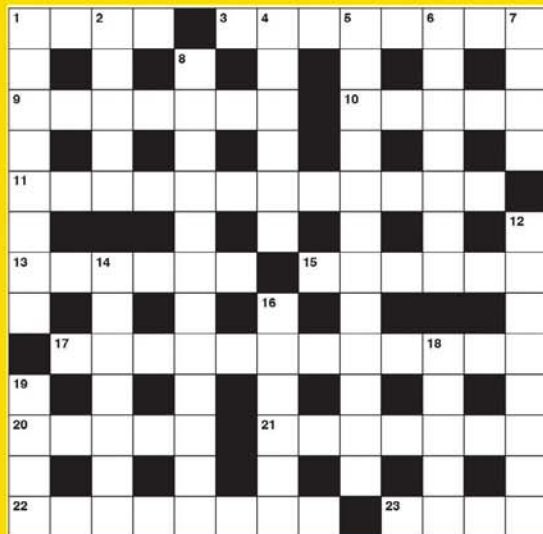
breeze puzzles

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SINCE 2002

CROSSWORD



Across

- 1 - Jewels; outstanding people (4)
- 3 - Uses a piece of machinery (8)
- 9 - Return to a former state (7)
- 10 - Egg-shaped (5)
- 11 - Disturbance; act of meddling (12)
- 13 - Argue against (6)
- 15 - Occupation or profession (6)
- 17 - Imprudence (12)
- 20 - Opposite of old (5)
- 21 - Food pantries (7)
- 22 - Plantation producing grapes (8)
- 23 - Strategy (4)

Down

- 1 - Military post (8)
- 2 - Strength (5)
- 4 - Elapsed (of time) (6)
- 5 - Large Brazilian city (3,2,7)
- 6 - Share; portion (7)
- 7 - Ooze or leak slowly (4)
- 8 - Invigoratingly (12)
- 12 - Male relation (8)
- 14 - Flightless seabird (7)
- 16 - Having only magnitude (of a quantity) (6)
- 18 - Perfect (5)
- 19 - Capital of Ukraine (4)

WORDSEARCH

Eurovision Countries



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AUSTRIA
BELGIUM
BULGARIA
CYPRUS
CZECHIA
DENMARK
FINLAND
FRANCE
GERMANY

GREECE
ITALY
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NORWAY
PORTUGAL
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Find as many words of three or more letters in the wheel as you can. Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine-letter word hidden in the wheel?

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- Bonington Theatre**
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- Box office: www.boningtontheatre.co.uk
- www.renaissancebigband.co.uk



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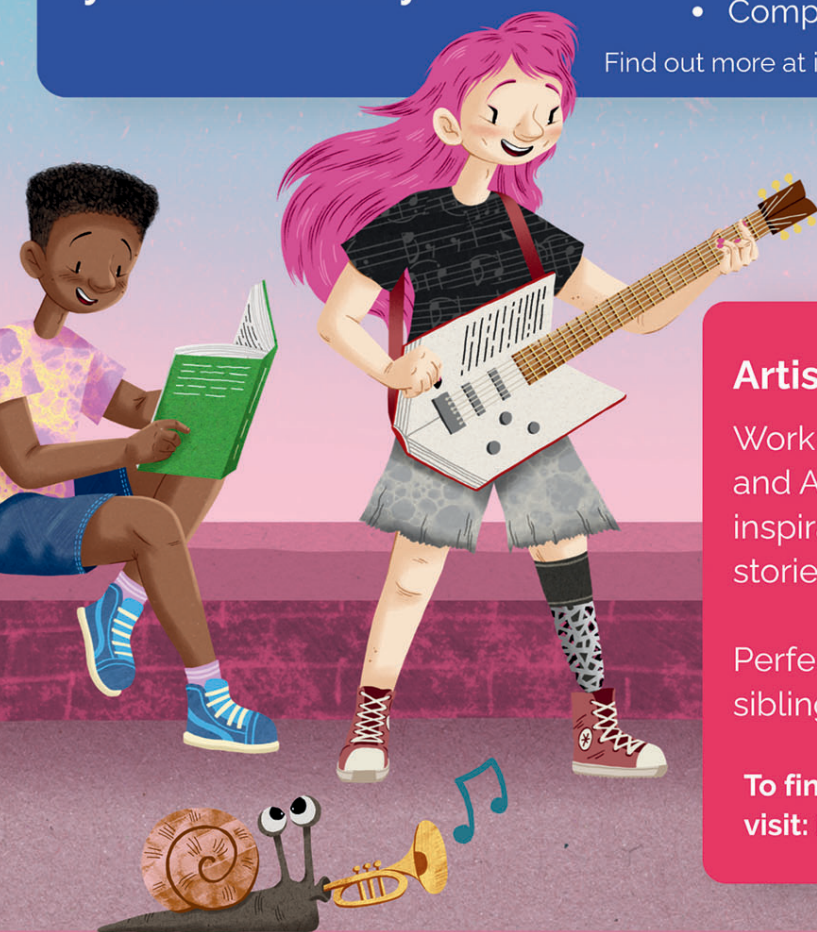
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oh yes it is!

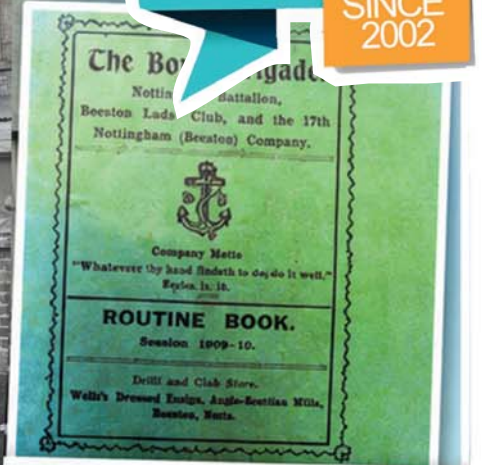
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SINCE 2002



17TH NOTTINGHAM BOYS' BRIGADE AT ANGLO SCOTIAN MILLS, 1913.



The never-before-seen archive of the brigades in Beeston – over 100 years, parades to pantomime...

This September for the National Heritage Open Days Festival, the historical archive of the Brigades in Beeston will be on public display for the first time. From the 1909 recruits book from the first days of the 17th Nottingham Boys' Brigade at Anglo Scotian Mills, to the iconic Beeston Lads Club in the centre of the town, the beginnings of the 30th Nottingham Girls' Brigade in the seventies and the move to Nuart Road just 20 years ago. The archive covers every move, event, show, parade and commemoration.

Tom Jowett, charity trustee and officer in both Brigades, took on the task of managing the archive from his grandfather Bob Wilson. "We're so thrilled to be able to show off this extensive collection," he said, "This year's Heritage Open Days theme is Everyday Histories and the Brigades have been part of the routines for so many young people in the local community over the years, myself included. For example, we know from the 1909-1910 Routine Book that the boys had something on every day, from Gymnastic Class to Company Drill. What we have here really covers a wealth of social history."

From military history (the founder, Stephen Hetley Pearson, lost his life in WWI) through to marching band items and perhaps even some costumes from their 75 years of pantomime history, the items will be available on Friday 11th September from 1pm until 4pm and on the Saturday 12th September, from 9am until 3pm, when the modern day Brigades will be on hand to show what they offer today's young people!

If anyone would like to explore a particular family link with the Brigades, they are encouraged to contact the Centre ahead of the event and the staff will endeavour to identify any items they can that may be of interest.



The Pearson Centre for Young People, 2 Nuart Road, Beeston, NG9 2NH
Telephone: : 0115 925 4112



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