

JANUARY 2026

ISSUE 278

# breeze

a breath of fresh air since 2002



2026

connecting our community  
connecting our community



# In 2025, Get Ready for an Effortless Eyewear Experience!

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JUST TAKE  
OUR WORD  
FOR IT...  
READ WHAT OUR  
PATIENTS  
HAVE  
TO SAY...

If you're searching for eyewear from an optical practice that strives to be the area's best, then after reading this article you will have found it. Choosing an optician and choosing new glasses can be challenging, especially when you're looking for one proven to provide top-notch eye care and advice and innovative frames and lenses.

At John Flynn Opticians, our team knows what it takes to provide all this and more. We offer personalised service with results and quality you won't find anywhere else. We bring you individual and exclusive eyewear from around the world, combined with a unique 'Eyewear Style Consultation' with experienced, eyewear experts like Wendy, Sonia, and Jon.

## Frames You'll Love Wearing

If you're looking for something different from what you find on the high street, the frames at John Flynn Opticians are for you. Here you'll discover a new world of eyewear and choose a pair of glasses from a selection you won't see elsewhere, ones which are often handmade from the highest quality materials - individual glasses that you'll love wearing.

## 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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Happy New Year!

Another year means another chance - another opportunity to support everything local. From our cozy neighborhood cafes to the independent trades that bring a sense of community to our area. Local businesses are the lifeblood of our community. They bring us together, create jobs, and foster a unique sense of identity and pride in where we live.

'Use Them or Lose Them!'

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WE ARE ALL NEIGHBOURS



## MEET SANDRA

Sales Enquiries

Call San on 07967 282558  
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# celebrate in 2026!

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**Strelley Hall – The perfect place for a celebration in 2026.**

**If you've got a big birthday or another family celebration coming up in 2026, have a look at what Strelley Hall can offer.**



A popular choice is an Afternoon Tea birthday party, book one or more of the beautiful big function rooms and the Mulberry Tree Catering team can provide you with a delicious Afternoon Tea served buffet-style for your guests to help themselves and mingle.

You will also usually have private use of the gorgeous lawn and terrace at Strelley Hall, perfect for the kids to run around or the adults to sit and relax with a chilled glass of wine.

Alternatively, for a smaller get-together you could book a Spring Afternoon Tea at Strelley Hall which is offered on selected Thursdays and Saturdays; for the first half of 2026 these are:

- Saturday 31st January
- Saturday 14th February
- Thursday 19th February
- Thursday 12th and Saturday 14th March (for Mother's Day)
- Thursday 9th April
- Saturday 25th April

The Afternoon Teas are very popular and book up fast so be sure to reserve your table early by visiting the website [strelley.com/afternoontea](http://strelley.com/afternoontea) or calling Strelley Hall's reception on 0115 9061200.

The Spring Afternoon Tea offers homebaked goodies such as the famous Mulberry Tree quiche plus bread and cakes from the newly-opened Mulberry Tree Bakehouse.

And... new for 2026 the Mulberry Tree Café is undergoing an extensive refurbishment in January followed by a new menu, follow on Facebook to see all the changes!



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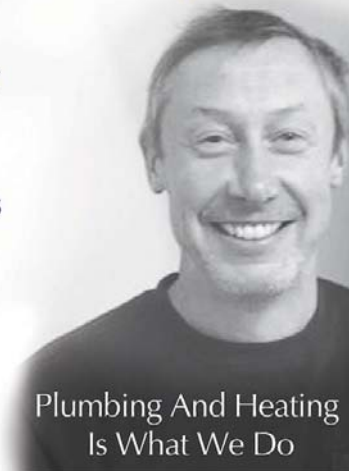
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As a mutual, we're owned by our members, not shareholders. That means our focus is on you – our members, their goals and the communities we serve. We've been supporting local people for generations and remain committed to keeping that personal touch alive.

Being part of Long Eaton matters to us. You might have seen us at the Long Eaton Carnival, and we're proud to support local events and initiatives. Our team is always happy to help, whether it's answering questions, providing information, or simply having a chat.

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# breeze spotlight

ON LOCAL BUSINESS

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### Looking ahead: Grays Locksmith Ltd – A local success story in 2026

For over three decades, Grays Locksmith Ltd has been a trusted name in Nottingham, renowned for reliability, expertise, and exceptional service.

In 2026, the family-run business is poised for an exciting year of growth, innovation, and continued commitment to the local community.

One of the company's key areas of expansion is fire door installation, maintenance, and inspection. With safety regulations evolving and businesses increasingly prioritising compliance, Grays Locksmith is ready to offer professional, certified services that help protect both people and property. Their experienced team ensures that every fire door meets legal standards, combining technical precision with a dedication to customer peace of mind.

Another major step forward is the launch of their mobile auto locksmith service in January 2026.

Recognising the growing demand for convenient, on-the-go solutions, Grays will bring its expertise directly to customers, whether they've lost their car keys, need a replacement, or require programming for modern vehicles. This mobile service will complement their existing automotive key services, making Grays a one-stop solution for Nottingham drivers.

Despite these new ventures, Grays Locksmith remains deeply

rooted in its core values: reliability, professionalism, and personalised service. Their reputation as a local success story comes from decades of hard work, skilled craftsmanship, and a genuine connection with the community.

As 2026 unfolds, Grays Locksmith Ltd is not only growing its service range but also reinforcing what has always made it a standout local business: a commitment to quality, safety, and customer satisfaction. For Nottingham residents and businesses alike, the future looks secure – and convenient – thanks to Grays.



Andy Palmer left and the team on the right



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# property of the month

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**Brownsmill Way,  
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**Guide Price  
£650,000 - £700,000**



An immaculately presented five bedroom detached house with a detached double garage.

Situated in this sought-after and well established residential location, within easy reach of a variety of local shops and amenities including, schools, transport links, Wollaton Park, Queens Medical Centre and The University of Nottingham, this fantastic

property is considered an ideal opportunity for growing families.

In brief the internal accommodation comprises: entrance hall, lounge, snug, light and airy open plan kitchen living diner, utility room, and guest cloakroom to the ground floor, and rising to the first floor you will find two good sized double bedrooms both with en-suites, a further two well proportioned double bedrooms, a single bedroom and a family bathroom.

To the front of the property you will find a small lawned garden with a tarmac driveway leading down the side of the property to the double detached garage, and gated access to private and enclosed landscaped rear garden, which includes two patio areas, artificial lawn, gravel area, and fence and walled boundaries.

Constructed in 2022, this modern and contemporary property is offered to the market with the benefit of range of modern fixtures and fittings throughout, double glazing gas central heating and fully insulated light and airy living space, and is well worthy of an early internal viewing in order to be fully appreciated.

**For more information contact Robert Ellis  
12 High Road, Beeston, Nottingham, NG9 2JP**

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# local legal advice

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## Local experts Rothera Bray advise on things to consider when dealing with speeding offences...

**Check the 14-day rule** - The Notice of Intended Prosecution / NIP must reach the registered keeper within 14 days of the offence. If not, you may have grounds to challenge it.

**Reply within 28 days** - Failing to return the NIP brings six points and a fine of up to £1000 plus prosecution costs. If posting, use tracked delivery.

**Identify the driver** - If unsure who was driving, you must show reasonable efforts—check diaries, GPS, fuel receipts, work logs, etc.

**See if you qualify for a Speed Awareness Course** - You may qualify if your speed falls within the threshold (generally up to 10% plus 2mph over the speed limit) and you haven't taken a course in the last three years.

**Get advice before contesting** - A fixed penalty is the lowest penalty available. Rejecting it and losing in court can be far more expensive.

**Check the Notice details** - Ensure registration, date, time, and location are right. Minor errors usually won't invalidate the NIP.

**Seek immediate advice if close to 12 points or travelling at an excessive speed** - Hitting 12 points or more risks a minimum six-month driving ban. Avoiding it requires proving exceptional hardship, which is a high threshold to meet. Driving excessively over the speed limit also risks a disqualification. Have a lawyer assess the case to see if a ban can be avoided.

**New drivers: Act fast if six points are possible** - Six points within two years can revoke your licence. Early legal advice is crucial. The Court can order a short ban instead which avoids any revocation.

**Request any available evidence early** - Before making decisions, you can ask for photos or basic evidence to help identify the driver. This isn't full disclosure, but it can clarify what happened.

**Keep all correspondence and deadlines organised** - Save letters, emails, and posting receipts. Missing a deadline or losing key documents can weaken your position if the case escalates.

**Have an accredited Police Station representative attend any police station interview if other additional charges are likely to be brought** - They may be able to persuade the Police certain offences shouldn't be pursued.

**Don't forget to update your insurers** - Otherwise you risk invalidating your cover.

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# learn martial art

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Established in 1974, Chilwell Olympia Karate School has a long and proud tradition of excellence in martial arts. The club is affiliated to Shotokan Karate International Federation GB (SKIF-GB), led by Asano Hanshi, 10th Dan, one of the world's most respected karate masters.

The chief instructor is Pasq Mura, 7th Dan, national coach for SKIF-GB. Pasq has achieved gold medals at national,

European and world championships and brings decades of experience, knowledge and passion to every class. Under his leadership, the school has helped countless students achieve high grades, while also developing successful competitors who have represented the club nationally and internationally.

Karate at Chilwell is about far more than learning techniques. Training offers huge benefits for both children and adults, supporting physical fitness, mental strength and personal development.

Physically, karate provides a full-body workout that builds strength, improves cardiovascular health and helps maintain a healthy weight. Precise movements, stances and blocks enhance coordination, balance, agility and reaction time.

Mentally and emotionally, students gain confidence by mastering new skills and progressing through the grading system. Regular training develops discipline, focus and perseverance, teaching students how to work consistently towards long-term goals and push through challenges.

Karate also teaches essential life skills. Students learn practical self-defence and situational awareness, alongside respect, courtesy and self-control. These values encourage positive behaviour, stronger social skills and greater resilience. Improved focus and mental toughness often carry over into better performance at school, work and everyday life.

Chilwell Olympia Karate School welcomes beginners and experienced karateka alike, offering a supportive environment where individuals can grow stronger, more confident and better prepared for life's challenges – both inside and outside the dojo.

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**Meet Christie Sietos, the vibrant new writer for Beeston Film, who shares insights with Breeze, as preparations for the 2026 Beeston Film Festival get underway.**



As January settles in, it feels like the perfect time to look back on the success of Beeston Film Festival 2025 and look ahead with excitement to what's coming next.

Held at the wonderful Arc Cinema Beeston, the festival once again proved itself to be a warm and welcoming celebration of short filmmaking, creativity, and community.

The 2025 edition delivered a programme full of memorable screenings and thoughtful conversations. A standout moment was the awarding of Best in Festival to *The Pearl Comb* by Ali Cook, a short film that quickly captured the hearts of audiences and jurors alike. Set against the misty cliffs and rugged seascapes of 1890s Cornwall, the film creates a richly immersive world, blending historical detail with subtle hints of myth and magic. Its mesmerising storytelling and atmospheric depth have since seen it shortlisted for the Academy Award for Best Live Action Short Film.

While the films are always front and centre, what truly makes Beeston Film Festival special is its atmosphere. There is a genuine sense of friendliness that runs through the entire event, from the moment audiences arrive to the conversations that continue long after the screenings end. Filmmakers, volunteers, and audiences mix easily, sharing ideas and enthusiasm. As one filmmaker put it after the 2025 festival:

"I had so much fun at Beeston Film Festival 2025! There were drinks in a local bistro every night of the fest, along with other meet-ups such as brunch and doughnuts. This is the stuff that really makes it easy to chat and connect with other filmmakers.

The technical quality of projection in the lovely Arc Cinema was fantastic, and the organisers are real legends - welcoming, creative, loving what they do.

Screen your film at Beeston! - That balance of professional presentation and relaxed hospitality has become a hallmark of the festival. Films are screened with care and excellent technical quality at the Arc Cinema, while the surrounding programme of informal events creates plenty of opportunities for connection and networking.

Looking ahead, there is already a real buzz around the 2026 edition, which will take place from 23 - 26 April 2026.

Submissions closed on 31st December, with over 960 films submitted across 12 categories. Behind the scenes, the selection team has already logged more than 3,200 reviews - a testament to the time, care, and enthusiasm that goes into shaping each year's programme.

As the new year begins, Beeston Film Festival is in a strong and happy place. With an exciting pool of films, a dedicated team, wonderful sponsors, and a supportive community, April 2026 promises four days of great cinema and great conversations. Above all, it will be a chance to come together again - to see old friends and make new ones - in the welcoming surroundings of the Arc Cinema in Beeston.



Pictured above Ali Cook





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# gardening

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**As the new year begins, gardening experts are revealing the outdoor trends set to take centre stage throughout 2026.**

Experts at GardeningExpress.co.uk have shared six key trends they believe will dominate next year, with homeowners embracing bolder aesthetics and prioritising functional gardens that feel like an extension of the home.

Gardens are set to become more purposeful in 2026, as they're increasingly being turned into calming wellness havens or welcoming sanctuaries for wildlife.

The UK has also been experiencing extreme weather in recent years, so gardeners have started thinking about incorporating hardier, weather-resilient plants that can cope with the harsh conditions.

Another way homeowners are making the most of their gardens is by installing smart lighting solutions that make the outdoor space look inviting even on dark evenings.

The "more is more" aesthetic is also expected to grow in popularity, with darker, bolder colours and statement containers and plants replacing the minimalistic and neutral garden styles that are now starting to feel dated.

Chris Bonnett, the founder of GardeningExpress.co.uk said: "In 2026, we're expecting to see a lot of gardeners adapting to harsher weather conditions by opting for more resilient plants which will help make the garden look good all year round.

"Many homeowners are also increasingly giving their garden more of a purpose by making it a haven for their local wildlife. Installing bird baths and feeders, and letting parts of their garden grow wild are some of the ways gardeners can make their outdoor spaces more wildlife-friendly.

"Bolder aesthetics seem to be a new trend as well, with statement pots and darker colours making a comeback."

**Here are six garden trends predicted to be popular in 2026:**

**Weather-resilient plants** - The unpredictable weather conditions we've experienced in the recent years has made gardeners start rethinking their plant choices. Many are now opting for more resilient plants such as lavender, sedum and salvia, which can cope with extreme conditions and look good all year round.

**Darker and bolder colour schemes** - Richer colours are taking over, replacing the neutral and pastel colour schemes that were the trend recently. Bold colours such as deep greens, burgundy, burnt terracotta and dark purples are being used to add drama and depth, making gardens look more modern and striking.

**Oversized statement pots and containers** - Large, eye-catching pots and containers are emerging as key design features. They add a statement to the garden and are a great way to showcase standout plants or small trees.

**Wildlife-friendly gardening** continues to grow in importance. Many homeowners are now installing bird baths and feeders, growing nectar-rich plants and letting areas of their garden grow wild to provide shelter, food and water for their local birds, insects and other small animals.

**Smart lighting solutions** - Technology is playing a bigger role in garden design, with smart lighting becoming increasingly popular. App-controlled and motion-sensor lighting allows homeowners to highlight features, improve security and make the most of their garden even in the darker months.

**Wellness gardens** - Many homeowners have started to promote relaxation and wellbeing in their gardens. Calming plants such as jasmine, lavender, chamomile and rosemary are being used for their relaxation-inducing scents. Water features are also popular, as their soothing sounds create a tranquil ambience. Quiet and comfortable seating areas are also being incorporated, giving homeowners a dedicated space to unwind.



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Many people rule themselves out due to common myths. You don't need to be married, own your home, or have parenting experience to foster. Age isn't a barrier either - what matters most is patience, empathy, and a willingness to learn. Fostering is also often misunderstood as something only suited to “perfect” families, when in reality, we welcome individuals from all backgrounds who can offer safety, stability, and care. We're here to guide you through each step, from the first enquiry to long-term support in your fostering journey.

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# breeze puzzles

- 1 Hoards, gathers supplies (10)
- 8 Salty, like the sea (5)
- 9 British language (7)
- 10 Series of boat races (7)
- 11 Verbal or written answer (5)
- 12 Someone who digs the dirt (colloq) (4-5)
- 15 Take an examination again (5)
- 17 Rust, weaken something gradually (7)
- 19 Comforter, rug (7)
- 20 Appetising (5)
- 21 Deserting, dumping (10)
- 2 Item (5)
- 3 Ambiguous, enigmatic (7)
- 4 Ready to assemble (building) (13)
- 5 German light beer (5)
- 6 Comfy indoor shoe (7)
- 7 Pronoun (4)
- 8 Naked (4)
- 12 Eyelash make-up (7)
- 13 Interview with a Vampire actor \_\_\_\_ Dunst (7)
- 14 Refute (4)
- 15 Red gemstone (4)
- 16 Chicken \_\_\_\_ Masala, popular Indian dish (5)
- 18 Citizen Kane actor \_\_\_\_ Welles (5)

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 2 | 8 | 6 | 5 | 7 | 1 | 3 | 9 |
| 3 | 5 | 7 | 1 | 2 | 8 | 9 | 4 | 6 | 4 |
| 4 | 6 | 8 | 9 | 2 | 1 | 7 | 5 | 3 | 9 |
| 5 | 3 | 1 | 7 | 5 | 4 | 3 | 8 | 6 | 1 |
| 6 | 1 | 9 | 4 | 2 | 7 | 5 | 4 | 3 | 8 |
| 7 | 8 | 3 | 2 | 6 | 5 | 8 | 7 | 1 | 9 |
| 8 | 7 | 4 | 2 | 3 | 6 | 4 | 2 | 8 | 7 |
| 9 | 6 | 5 | 1 | 9 | 3 | 6 | 4 | 2 | 8 |
| 0 | 7 | 8 | 4 | 2 | 1 | 9 | 3 | 6 | 5 |

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

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COMET  
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GRAVITY  
LUNAR  
MODULE  
NEBULA SO  
ORBIT  
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## Space Scramble

All the scrambled words below are linked to space. Can you work out what they are?

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BNAELU  
RBOIT  
VYRTIGA  
ACEOTSRSNUT

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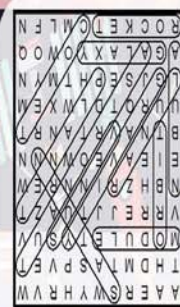
Can you decode their message to us for 2026?

NHHS ORRNQJ XS DQC  
GUHDP ELJ

**ALIEN MESSAGE ANSWER**

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Word Grid Solution





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You'll have probably spotted the mini-guide delivered through your letterbox, which contains details of courses in the Beeston area. But if you'd like to travel further afield, or just want to see what else they offer, drop into your local library to pick up a full guide, or view all our courses online.

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All our courses can be booked online through our brand-new Learner Hub. Once you've found your perfect course, click the 'book now' button and you'll be taken to our new Learner Hub, where you will be asked to create an online account and profile using your email address. After you've signed up, all you'll need to do to book a course from then on is enter your email and password. If you prefer to book by calling Ask Inspire, this process will stay the same!

**Make sure to keep an eye on our website, where we'll be adding new courses throughout the year!**

**Find out more and see all our courses at**  
[inspireculture.org.uk/learning](http://inspireculture.org.uk/learning)



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## Beeston Wildlife Group

A group of enthusiasts affiliated to Nottinghamshire Wildlife Trust who aim to engage others in the whole wildlife experience by providing access to a range of walks and talks.

**January talk: What Has Eight Legs and Flies? with Sara Goodacre.**

**Monday January 19th 2026 at 7.30pm.**

Spiders are absolutely amazing. They have silk as strong as steel, multiple eyes and some of them even fly! There is a lot to learn about these fascinating, yet misunderstood creatures. Don't worry, you will be safe tonight!

**£4 Adults. Children free. Trent Vale Infant School, Trent Road, NG9 1LP.**

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

**The January Meeting of the Wollaton Natural History Society will take place on Wednesday, 21st January 2026 at 7.30 p.m.**

The Talk is entitled 'Rivers: Source to Sea' by Jack Perks, a well-known photographer and cameraman on BBC television programmes such as Springwatch and Countryfile. Jack will take us down great British rivers, highlighting the wildlife and fish which inhabit these waters.

**Meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton, NG8 2ND (opposite the library). Free to members, visitors welcome £3 on the door.**

For more information visit the website [www.spanglefish.com/WollatonNaturalHistory](http://www.spanglefish.com/WollatonNaturalHistory)

Also find them on Facebook or telephone Chairman Nigel Downes on 0115 9444671.

**LENS Wildlife Talk - Amphibians and Reptiles in the Peak District National Park by Chris Monk of Derbyshire Amphibian and Reptile Group**

**Wednesday 28th January 2026 Start at 7pm finish approx 9pm.**

**Meet in the United Reformed Church, Midland Street, Long Eaton NG10 1HQ.**

Disabled access.

**Free for members.**

**Cost for visitors £2.50.**

Tea at half-time, all welcome.

Email:

[lensnaturalhistory@gmail.com](mailto:lensnaturalhistory@gmail.com)

**West Bridgford Operatic Society celebrate their 80th musical production by returning to The Squire Performing Arts Theatre, Arboretum Street, Nottingham from 17th – 21st February 2026, with the beloved musical Kiss Me, Kate.**

Rehearsals are well under way and the cast and creative team are very excited to be performing another 'show within a show' following on from their successful 2025 show 'Curtains'.

This time they have chosen the classic musical they performed previously in 2007 at the Nottingham Arts Theatre. Revived in 2024 at The Barbican, London starring Adrian Dunbar and Stephanie J. Block, this local amateur production brings the wit and brilliance of one of Broadway's most celebrated shows to life once again. Be prepared to be charmed by its unforgettable blend of romance, comedy, and the classic musical genius of Cole Porter.

Performances are at 7.30pm each evening with a Saturday matinee at 2pm on 21st.

The Squire Performing Arts Centre is a comfortable, modern theatre, easily accessible by bus or tram with ample free parking.

**Tickets and further information can be obtained via the website**

<https://www.westbridgfordoperaticsociety.co.uk/>

or directly from the theatre

<https://squirepac.co.uk/whats-on/wbos-kiss-me-kate/>

Large group bookings of 10 or more contact 07968 711534

## Community Panto Reaches 75 Annual Shows - "Oh yes they do!"

Hoist the main sail and climb the rigging, the Pearson Centre for Young People is preparing to set sail for Smugglers' Cove to bring all the landlubbers of Beeston a rip-roaring panto, Treasure Island.

The Centre has a long history of performance, with the 17th Nottingham Boys' Brigade first pantomime, Jack & The Beanstalk, brought to the stage of the old Beeston Lads' Club back in January 1950. The tradition has continued through the years, with the formation of the 30th Nottingham Girls' Brigade, the rebranding of the Club and it's move to Nuart Road in 2007.

**The production is on across the Thursday, Friday and Saturday nights, 29th to 31st January, together with a matinee performance on the 31st. Tickets are available at [www.ticketsource.co.uk/bbgbpproduction](http://www.ticketsource.co.uk/bbgbpproduction) or you can pop into the centre on weekdays between 9am & 5.30pm and purchase tickets directly. Refreshments will be available before the performance and at the interval.**





#### Local Wellness Walking Group Celebrates Successful Coach Trip to Clumber Park

A local wellness walking group based in and around NG9 is continuing to grow in popularity, according to organiser Melanie Blair, following the success of its first-ever wellness coach trip.

Melanie and thirteen members of the group travelled to Clumber Park for a day focused on wellness, connection and enjoyment. Transport for the trip was provided by family-run business Acorn Travel, based in Arnold, helping ensure a relaxed and comfortable journey.

Passengers were treated to Caribbean patties, classic Caribbean juices and water, generously supplied by Mitchells The Bowl on Alfreton Road, Nottingham. The coach journey featured classic funk and soul music, alongside a music-themed quiz with prizes, creating a lively and positive atmosphere from the outset.

The group was fortunate to enjoy a beautiful sunny day at the park, with attendees including parents, friends and solo walkers, all coming together to enjoy nature, movement and good company.

Following the success of the trip, Melanie has confirmed plans to organise two further wellness coach trips throughout spring and summer.

Reflecting on the experience, Melanie said: "I can't tell you how much of a buzz it's given me to be able to share my love of walking in nature with the community. To find out about the next event email:

[Wellnesswalkingnottingham@gmail.com](mailto:Wellnesswalkingnottingham@gmail.com)

Follow them on Instagram: [Wellnesswalkingnottingham](https://www.instagram.com/Wellnesswalkingnottingham).



**Do you have an event or information about your local Charity group? Why not send your details in to Breeze and share with our readers.**

**Send to:**

[info@breeze-magazine.co.uk](mailto:info@breeze-magazine.co.uk)

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