

JULY 2026

FREE ISSUE 284

breeze

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SINCE
2002



Local Clubs



Local Appeal



Local Gig Guide



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.

Don't just take our word for it, see what our customers are saying...

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



The whole experience of my first time visit was exceptional! All the staff are very friendly and professional making my visit easy and relaxing.



Fully recommended. I needed explanations about eye conditions & I needed someone prepared to spend the time explaining & answering my questions.

Do you suffer from Dry Eyes or Dry AMD?

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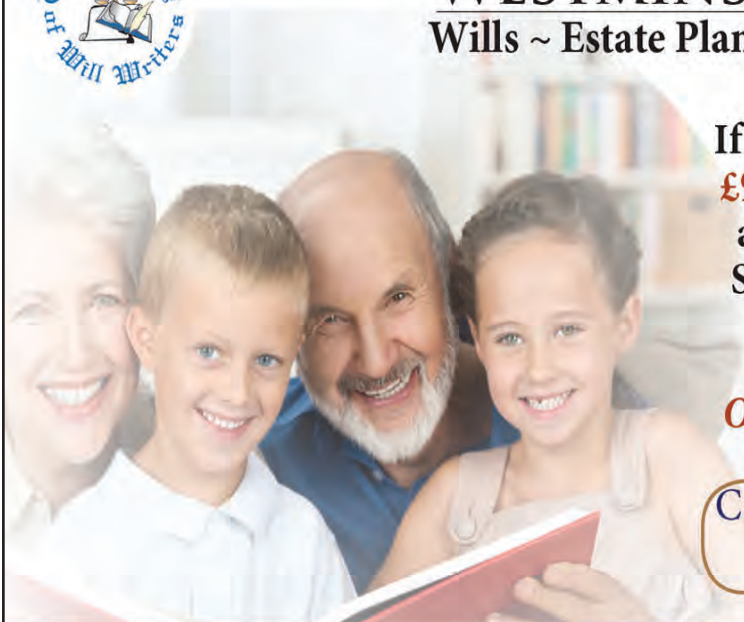
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summer breeze

EVENTS FOR THE JULY

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SINCE 2002

TUE
14
JUL



BEESTON Italian Bread Baking Class

Learn to make focaccia and ciabatta in a practical baking workshop.

- 🕒 10:00am – 1:00pm
- 📍 Pippley Walled Garden in Beeston
- 💷 Paid booking

FRI
24
JUL



ATTENBOROUGH Remembrance Walk

Gentle accessible walk around the reserve to remember loved ones in peaceful surroundings.

- 🕒 10:00am
- 📍 Attenborough Nature Reserve
- 💷 Donation / booking

FRI
24
JUL



WOLLATON Open Air Theatre – Pinocchio

Outdoor performance of the classic family story by Illyria Theatre.

- 🕒 7:30pm
- 📍 Wollaton Hall
- 💷 Ticketed

SAT
25
JUL



BEESTON Craft & Gift Fair

Independent makers and artisans selling handmade gifts, crafts and local products.

- 🕒 10:00am – 4:00pm
- 📍 Beeston Square
- 💷 Free

SAT
18
JUL



BEESTON Beeston Food Fair

Street food, artisan producers and speciality food stalls in Beeston town centre.

- 🕒 Daytime
- 📍 Beeston Square
- 💷 Free

SAT-SUN
18-19
JUL



WOLLATON Splendour Festival

Nottinghamshire's flagship music festival with multiple stages, family entertainment and food village.

- 🕒 All day
- 📍 Wollaton Hall & Deer Park
- 💷 Ticketed

TUE
21
JUL



BEESTON Watercolour Workshop

Beginner-friendly botanical watercolour painting workshop.

- 🕒 10:00am – 12:30pm
- 📍 Pippley Walled Garden in Beeston
- 💷 Paid booking

SUN
26
JUL



WOLLATON Parkrun – Wollaton Hall

Free weekly 5k run, jog or walk for all abilities in the beautiful park.

- 🕒 9:00am
- 📍 Wollaton Hall & Deer Park
- 💷 Free (register online)

TUE
28
JUL



BRAMCOTE Community Art Session

Relaxed art session for adults – all materials provided. Meet new people and get creative.

- 🕒 10:30am – 12:30pm
- 📍 Bramcote Community Centre, LE3 9GZ
- 💷 Suggested donation

SAT
1
AUG



LONG EATON Summer Community Day

Family fun day with stalls, live music, children's activities and local groups.

- 🕒 11:00am – 4:00pm
- 📍 Long Eaton Town Centre
- 💷 Free



WEEKLY THROUGHOUT JULY

- **Friday18** – Every Friday evening in Beeston (from 6pm)
- **Places of Welcome** – Every Friday morning at Toton Library (10:30am – 12pm)
- **ESOL Conversation Café** – Every Friday in Beeston
- **Wollaton Walled Garden volunteering** – Tuesdays & Thursdays
- **Formal Garden volunteering** – Wednesdays at Wollaton



LOOKING AHEAD

SAT 1 – SUN 2 AUGUST

Robin Hood Festival

Medieval entertainment, jousting, crafts and family activities.

- 🕒 All day
- 📍 Sherwood Forest
- 💷 Ticketed / Free elements





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breeze appeal

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local

SINCE
2002

Do something huge this year and take on a challenge for Maggie's! From marathons and cycling events to cultural walks and social get-togethers – here's two local events...

ROBIN HOOD HALF MARATHON

Take on 13.1 miles and run the picturesque route around Nottingham city centre in support of people with cancer. Maggie's will support you every step of the way, from helping you with fundraising inspiration to cheering for you on race day.

As a valued member of Team Maggie's, you will get:

- A free high-performance Maggie's running vest for raising awareness in your training and on race day
- Encouragement and support on the day from one of the loudest cheer points on route
- Continued support, ideas and advice throughout your training and fundraising
- The reassurance that you are making a difference to the lives of people with cancer and those who love them

You'll need to fundraise a minimum of £250 for Maggie's in the run up to the event. But, If you have your own paid place already, there is no minimum fundraising target, but every pound you raise will make a difference in helping us continue to support people with cancer and their loved ones. Our dedicated fundraising team will offer you tips and fundraising ideas to help you reach your target.

Sign up today via Eventbrite or contact us via email at nottinghamfundraising@maggies.org

EDALE SKYLINE

Take on this renowned route across the Edale Skyline. You'll experience one of the most rewarding adventures, taking part with fellow hikers in support of Maggie's. Your vital steps could help families find their feet after cancer has turned their worlds upside down. Choose from 10 or 20 miles – both are circular routes starting and ending at Edale Village Hall with a fundraising target of £200 for 10 miles and £300 for 20 miles with a registration fee of £40- £50 depending on distance.

What to expect:

- Fully supported route with experienced marshals including front and back markers
- Refreshments provided
- Training plans and advice
- Expert fundraising support including a dedicated Fundraiser at your local Maggie's centre
- Opportunity to visit and tour your local Maggie's centre
- Maggie's t-shirt
- Medal to commemorate your achievement

Please note that this is a fairly challenging event, and to take part you will need to have a good level of fitness. Some training is advised, and we'll provide plans and information to help with that.

Sign up today via Eventbrite or email us on nottinghamfundraising@maggies.org



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family festival

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Enjoy a magical, all-inclusive family adventure in the heart of the countryside - Gloworm Festival, Thoresby Park, 7th – 9th August 2026

Ahead of its 10th anniversary celebrations this summer, the Nottinghamshire festival is revealing the secret ingredients that have helped it grow from a 3.5k family event in 2016 into one of the country's most loved family weekends.

Gloworm, which returns with the promise to be bigger, better and bolder, says the centrepiece of its recipe has never changed – creating a space where parents and children can properly experience a festival together.

The hugely popular Playmobil Rave with DJ Sparky has become one of the festival's most iconic traditions, returning year after year as families dance together.

Quieter moments, including CBeebies Parenting Bedtime Stories, camping under the stars and interactive meet and greets have become just as important to returning families as the bigger stage shows and performances.

New for this year is the Adventure Zone, featuring the adrenaline filled Drop Tower, grass sledging, laser tag, trampolining, parkour and air track experiences. Returning favourites include free fairground rides until 5pm, the Playmobil Rave, CBeebies Bedtime Stories, PAW Patrol meet and greets, TV Party Tonight, Peaceful Possums Yoga and Gloworm's Got Talent.

The Big Top returns hosted by Molly Kidz TV, with Q20 Events bringing performances including Peter Pan, Mad Hatter's Tea Party, Pirate Pandemonium and Justin Credible and the Gems of Power.

Music and live entertainment across the weekend includes S Club's Jo O'Meara performing live exclusively for campers on Friday night alongside Kevin & Perry, the return of the K-Pop Hunters Party, The Vengaboyz Experience, Swift & Styles, Spiceworld The Tribute and Black Lace legend Dene Michael.

CBeebies series presenter, Maddie Moate, first attended the festival in 2021, and is returning this year with a lot of energy and stories to tell. She said: "It's been so special to watch the festival grow over the years, and I'm absolutely thrilled to be coming back again this year for the 10th Gloworm Festival this year."

The camping experience goes beyond the main arena, offering exclusive Friday-night entertainment and early access to the site. With Park & Pitch running low and Glamping nearly sold out, it's time to act to secure a booking.

All entertainment and activities are included in the ticket price, with a range of ticket options available, including family passes, single parent tickets, VIP upgrades and glamping.

For more information and where to buy tickets, go to www.glowormfestival.co.uk





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The home features three inviting reception rooms, providing ample space for relaxation, entertainment, and family gatherings. The generous plot offers a delightful outdoor area, perfect for children to play or for hosting summer barbecues. With plenty of parking available, convenience is assured for both residents and guests.

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Whether you are looking to settle down in a peaceful community or seeking a project to make your own, this property on Old Road is a rare find. With its blend of space, potential, and prime location, it is sure to attract considerable interest. Do not miss the chance to explore the possibilities that await in this delightful home.

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FRI 17TH FREEWAY 8PM

FRI 24TH GROOVZILLA 8PM

FRI 31ST WEST O' THE MOON 8PM



HOP POLE

HIGH ROAD, BEESTON

SAT 11TH ZENYTHS 9PM

SAT 18TH MAX JONES 9PM

SAT 25TH RAPTURE 9PM



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SAT 18TH LOOK BACK DUO 9PM

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FRI 17TH KEV SMITH JONES 6PM

FRI 24TH HIGGS BO'SUN 6PM

FRI 31ST ROUNDABOUT JAZZ 6PM



WHITE LION

TAMWORTH ROAD, SAWLEY

SAT 11TH STARSREEN 8.30PM

SAT 25TH JD & THE PARROTS 8.30PM



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SUN 12TH ROB BURGUNDY 4.30PM

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SUN 26TH LIV JD 4.30PM



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SINCE
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After eighteen years at the heart of Nottingham summers, organisers of the much loved festival in Wollaton Park have revealed this month will be its final outing.

Now it's full steam ahead towards Splendour weekend with a huge line up led by The Wombats, Primal Scream, The Ks and Hard Life on Saturday 18th July and Snow Patrol, Editors, Craig David Presents TS5 and The Flaming Lips on Sunday 19th July.

It's all part of a plan to help Nottingham come together to send off Splendour in style, with the weekend festival becoming a much-loved staple of the city's summer for tens of thousands of people.

Many attendees first experienced the festival alongside their parents and now return with their own children, while others have forged lifelong friendships and created memories that have kept them coming back year after year. The festival has been the setting for countless personal milestones for fans, from first dates and meeting future partners to anniversaries, marriage proposals, retirement celebrations and other commemorative moments, becoming part of many people's lives and family traditions along the way.

Splendour has also been a longstanding champion of Nottingham's music scene too. Hundreds of local artists have taken to its stages, performing alongside national acts and gaining invaluable exposure to new audiences.

2013 saw a headline appearance by Nottingham's Jake Bugg, only two years after opening the acoustic Courtyard Stage, while ALT BLK ERA opened in 2022 after winning the Future Sound of Nottingham. Returning to the Main Stage this year, they have since secured a record deal, performed on arena tours and won a MOBO Award for Best Alternative Music Act.



Craig David.
Credit Ejatu Shaw®

More than 150,000 discounted tickets for residents and 30,000 free tickets for children have been given out since the festival began in 2008 with headliners Kate Nash and Paolo Nutini.

Festival organisers said: "We've loved bringing Splendour to you since 2008. We know how special it is to this community. We want to let you know upfront that this will be the last one so we can celebrate together in style."

"The ambition is to make the final Splendour a big celebration and a moment of togetherness for Nottingham so if you've ever been or never been, this is your chance to bring along friends and family for one last time."

The Lathums, Estelle, Cast, Neville Staple from The Specials, Kingfishr, The Futureheads, The Pigeon Detectives, The Sugarhill Gang, Say She She, Divorce and ALT BLK ERA join the headliners. Splendour 2026 will also have the full line up of artists on the Bodega New Music Stage, the Day Fever clubbing experience, Vicky McClure and Our Dementia Choir and Future of Nottingham winners the TWO 2'S and Omari Marsalis opening the festival.

DHP Family MD George Akins said: "We're really proud of Splendour. It has truly played an important part in the lives of many people, and is much loved for its family-friendly environment, as well as its genre and era-spanning line-ups that have seen some huge artists come to play in Wollaton Park. Thanks to everyone for your loyalty and support over the years, we couldn't have done it without you."

"Like many independent festivals, Splendour has had to navigate a very different landscape in recent years, with the cost of staging events rising sharply at the same time as household budgets have come under pressure and the festival market has become much more crowded. After a lot of careful thought, we feel the right thing to do is to make this year a proper celebration of everything Splendour has meant to Nottingham and give it the send-off it deserves. Please do come along and help us go out on a high."

Splendour has a proud history of bringing international artists to Nottingham's Wollaton Hall with past line ups featuring Paolo Nutini, Noel Gallagher, Madness, Pet Shop Boys, Calvin Harris, Rag N Bone Man, Scissor Sisters, Blondie, Paloma Faith, Manic Street Preachers, The Specials, Dizzee Rascal, Jess Glynne, Anne-Marie, Becky Hill, The Human League and many many others.

A special 2 for 1 offer has been released, giving the opportunity to buy a day ticket and receive another completely free. Offer applies on like for like general admission tickets.

The Final Splendour Day

Ticket 2-for-1 Offer is available from: www.splendourfestival.com



Photo Courtesy of Louisa Tomson

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Cannes is the ultimate pilgrimage for any passionate devotees of cinema.

Breeze catches up with Holly from the Beeston Film Festival team, who shares her raw, transformative journey from a first-time attendee to navigating the festival's prestigious, high-stakes world.

"Attending Cannes Film Festival is a milestone for any filmmaker. World premieres in the presence of cast and crew, champagne at glamorous parties, and the tantalising buzz of possibility and opportunity spotlighted by the French Riviera sunshine. To maintain this prestige, access is strictly limited through an accreditation system.

Applications are vetted and often denied. In my case, it was third time lucky, and I boarded my flight on 10th May 2026 with dreams larger than my overweight suitcase.

Growing up in Stoke-on-Trent, with the nearest cinema a three-hour round trip by public transport, I never considered film as something accessible until I moved to Nottingham for university.

I joined the Beeston Film Festival team in 2025 as a Front of House intern and was promoted to the selection team for the next edition, analysing short films to help shape the programme while honing my own craft.

I put my name forward for Cannes accreditation and was approved just before reading week in my second year. Feeling out of my depth, I asked previous attendees for advice. They all said some variation of the same thing: you won't sleep; you will be overwhelmed; you will have the best week of your life. The more prepared I became, the less prepared I felt.

For the average attendee, outside the red carpets, Cannes is far from luxurious. I shared a bed and a 980km car journey with a woman I met in a WhatsApp group chat. We survived on take outs and increasingly stale baguettes on special offer. There was no concierge service or paparazzi, but our shared love of film sparked a genuine friendship, and my next planned trip is to visit her in New York.

Above all, Cannes was a learning experience. I learned practical things, such as how much formalwear I would need and how to get creases out of silk without an iron. I had my first real taste of imposter syndrome on my third day, when everyone I knew seemed to have meetings to attend. Anxiety crept in that I was wasting the opportunity.

That insecurity led to my most important lesson. Accredited attendees can access a register of events taking place during the festival. I spotted one I desperately wanted to attend, found the organisers' website, and sent a cold email requesting an invitation. They said yes. There I met Steven Knight, creator of *Peaky Blinders* and a personal hero for his influence on the West Midlands creative industry.

I left Cannes having discovered the power of asking for things. I met people who wanted to help me and inspired me to see what is possible. What started as a four-day internship allowed me to achieve dreams I didn't even know how to imagine, and I will always be grateful to Beeston Film Festival for the opportunity."



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How to create a bird friendly garden - Brits are being told of several ways to make their outdoor space more bird friendly this summer.

Garden experts from Gardening Express are sharing their top tips for creating a garden that is attractive to birds.

Key elements include providing food, shelter, and water which are all essential for encouraging birds to visit.

Incorporating plants that offer food sources like berries and seeds or produce nectar is a great place to start.

Shrubs and hedges, like holly and yew, are also important because they provide shelter and nesting sites, creating a space where birds can retreat after foraging and hide from predators.

Providing fresh water in a bird bath, where birds can drink and bathe, also plays a vital role in encouraging them to return regularly to your garden.

Just make sure that you replace the fresh water each day to prevent disease from spreading.

Chris Bonnett, founder of Gardening Express commented: "Birds are naturally drawn to places where they can quickly find nutrients and shelter, so incorporating a variety of plants into your garden can greatly increase its appeal to birds."

"Plants should vary from food bearing varieties and hedges or shrubs that offer protection from predators and harsh weather, helping to keep birds nearby."

"Choosing native shrubs, trees, and flowers offers the most effective support for local wildlife."

Continued...

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5 ways to create a bird friendly garden:

Create shelter -

Birds need shelter to rest, nest, and hide from predators. You can help by adding dense shrubs and evergreen bushes, like holly and yew, to your garden to create natural hideaways. Also, consider placing a birdhouse or two in quieter corners, and add a handful of leaves or moss to encourage them to settle in your garden.

Supply fresh water -

Birds need fresh water for drinking and bathing, so adding a bird bath to your garden is a brilliant idea. Place it in an open spot where birds feel safe, but close enough to some cover for a quick escape from predators if needed. Just be sure to top it up regularly, especially during the warmer months.

Provide food -

Supporting local birdlife with food is a lovely way to invite them into your garden. Planting seed, berry and fruit-bearing plants will offer birds a natural food supply. This could include honeysuckle, elderberry and poppies. You can also include shop bought seeds, nuts, and dried insects in a bird feeder, just make sure to keep a clean bird feeder to prevent illness.

Don't forget about ground-feeding birds -

Some birds such as blackbirds and robins feed on the ground rather than on bird tables or feeders. These birds tend to rely more on worms, beetles and other insects found in the earth so you may want to leave a patch of bare soil for them to forage.

Encourage insects -

Insects are a vital part of many birds' diets, and you can attract them by planting a variety of flowering plants rich in nectar, pollen, and vibrant colours. This not only supports insect populations but also provides birds with a natural food source, encouraging them to return to your garden.

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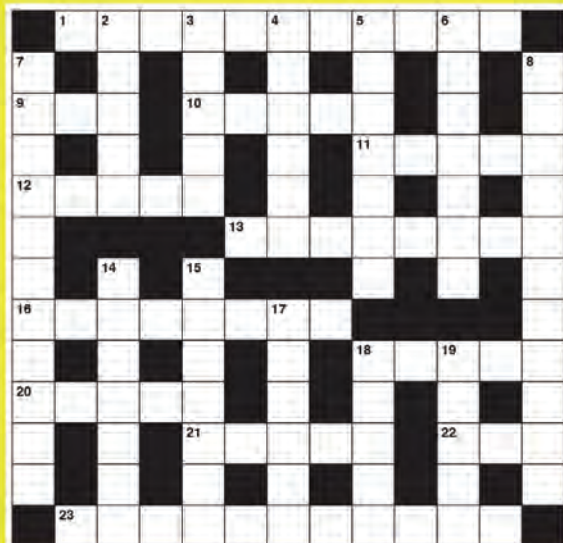
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CROSSWORD



Across

- 1 - Eternal (11)
- 9 - Vital plant juice (3)
- 10 - Largest moon of Saturn (5)
- 11 - Extreme displeasure (5)
- 12 - Fault (5)
- 13 - Sheets and pillowcases (8)
- 16 - Rushing (2,1,5)
- 18 - Money (5)
- 20 - Eg arms and legs (5)
- 21 - Warning sound (5)
- 22 - Female sheep (3)
- 23 - Testimony (11)

Down

- 2 - Venomous snake (5)
- 3 - Armature of a generator (5)
- 4 - Opposite of passive (6)
- 5 - Plausible; defensible (7)
- 6 - Pestering constantly (7)
- 7 - Basically (11)
- 8 - Pairs of round brackets (11)
- 14 - Article of clothing (7)
- 15 - Throb (7)
- 17 - Meal (6)
- 18 - Threshold (5)
- 19 - Doctrine; system of beliefs (5)

WORDSEARCH

Eastenders Characters

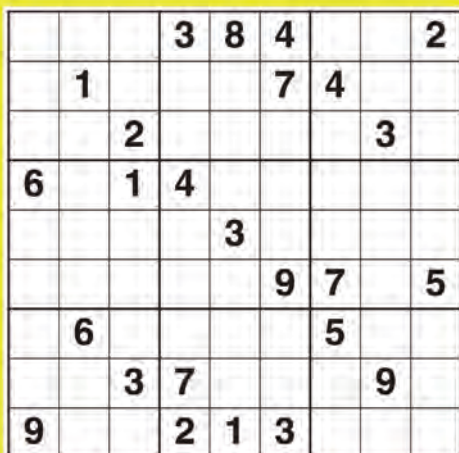


ALFIE
CINDY
DENISE
ELAINE
IAN
JACK
JEAN
KATHY
LAUREN
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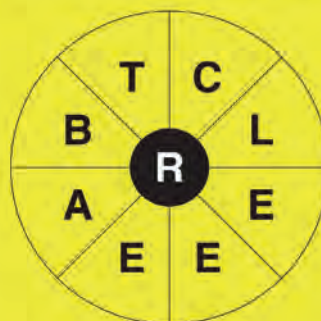
Find each of the words in the grid of letters. Words may be hidden horizontally, vertically or diagonally and in either a forwards or backwards direction.

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The classic sudoku puzzle. Place the numbers 1-9 once in each row, column and 3x3 bold-lined box.

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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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MEET UPS FOR YOUNG COELIACS AND FAMILY *Let's get our Young Coeliacs connected!*

The Nottinghamshire Gluten Free Food Event takes place at Oxtown Village Hall (Main Street, NG25 0SA) on Sunday, 19th July. This dedicated gluten-free market runs from 10:30am to 3:30pm, featuring local vendors like Craving Crust, Bee Gluten Free, and Dotties Bakery.

Nottingham Young Coeliacs group is for young coeliacs and their families to come together, to offer advice, share resources and support each other.

Established in July 2024, the group was formed after the organiser's daughter was diagnosed. "She did not know anyone else who was coeliac, she felt isolated, felt like she did not belong, and was having to constantly explain to others what she could eat or couldn't eat, which was a challenge as she was still getting use to what it meant to be coeliac."

Coeliac is an autoimmune response which means the body cannot consume gluten as it causes damage to the gut and other long-term illness. Gluten is found in lots of foods such as bread, pasta and cereal and comes in many different forms such as wheat, barley, rye and spelt.

The group initially was set up to connect young people in the Nottingham(shire) area, however it was apparent from the first meet up that parents gained as much out of the meet ups as the young people they were supporting, and that the geographical area was bigger due to not having any other groups in the surrounding counties.

"We have regular monthly meet ups in various easily accessible places such as parks, or community spaces.

If you are aware of any young coeliac let their families know about us. You can find us on Facebook and Instagram."

Nottinghamshire Gluten Free Food Event with Crafts

Oxtown Village Hall, Southwell, NG25 0SA

Sunday 19th July 2026 - 10.30am - 3.30pm

Tickets from: www.ticketsource.com/nottinghamshireglutenfree

Attenborough is holding its 2026 Scarecrow Festival on Saturday 26th and Sunday 27th September.

HQ will be at the Attenborough Village Hall.

This year's theme is in honour of 100 Years of David Attenborough and his Wildlife Programs. That should give plenty of scope for people's imagination!

As ever scarecrows will be placed around the village, with maps costing £2 available at the Village Hall, The Bird Hide Micro Pub and the Long Lane Bistro. Visitors can vote for their favourite Scarecrow, with the winners getting a prize.

There will be a number of stalls around including food. All marked on the maps! Any money raised will be going to local charities.

If you live in Attenborough then why not enter your own scarecrow!

More information is available at www.attscrow.uk or email at attenboroughscarecrowfestival@gmail.com

CARERS' GROUP at Beeston Methodist Church on Chilwell Road welcomes new members. The group meets the last Saturday of each month from 10.30am to 11.30am for a friendly, confidential chat about any issues that affect carers.

For further information call 0115 9431164.

Do you have an event or information about your local Charity group?

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GEM Connection recently celebrated their 28th Birthday with an afternoon of song where they were presented with a birthday cake from their hosts.

The GEMs are now preparing for our National competition which is to be held at Harrogate in October.

"We will always warmly welcome any prospective new members or visitors to any of our Thursday night rehearsals which are held at **The Queens School, Queens Road West, Beeston, NG9 5HL** from 7.15pm."

If you would like to find out more about GEMs, please visit the website www.gemconnection.org



House of Fun is a full-throttle touring theatre show celebrating the sound, style and attitude of the UK's legendary 2Tone and Ska era.

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Whether you were there the first time around or you're discovering 2Tone and Ska revival for the first time, expect non-stop dancing, hands-in-the-air choruses and serious feel-good vibes from start to finish.

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The Summer School fee: £190 for MfE Members, £160 for non-members, £85 for Students, covers all music, tuition, refreshments at breaks, and drinks and buffet after the showcase concert.

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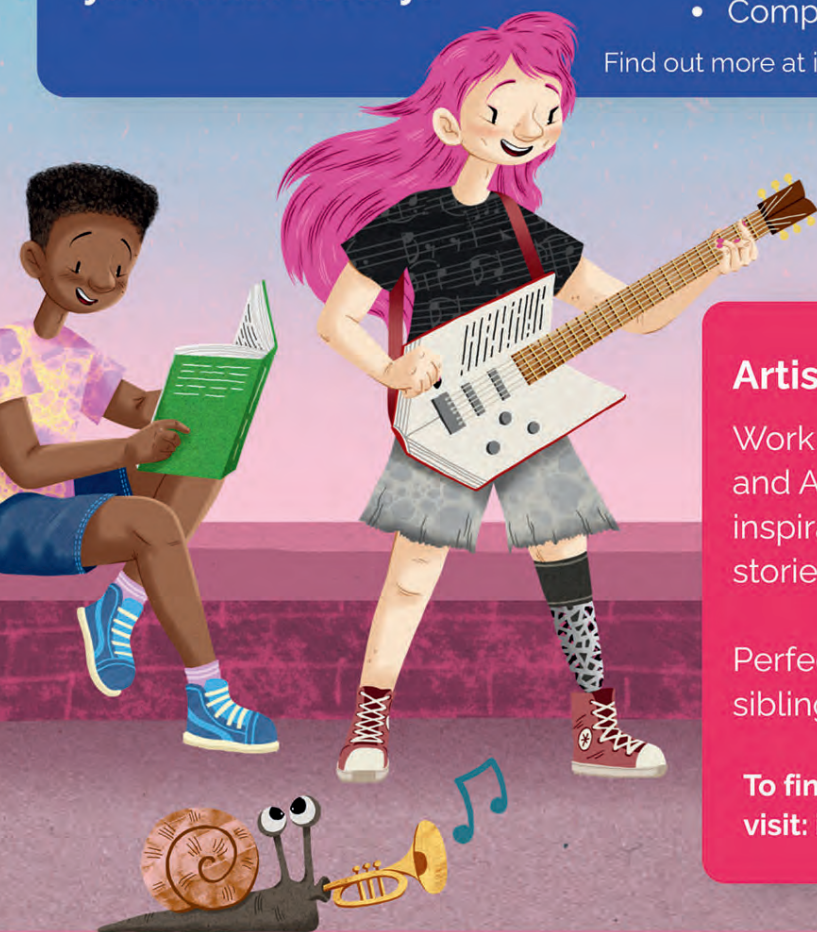
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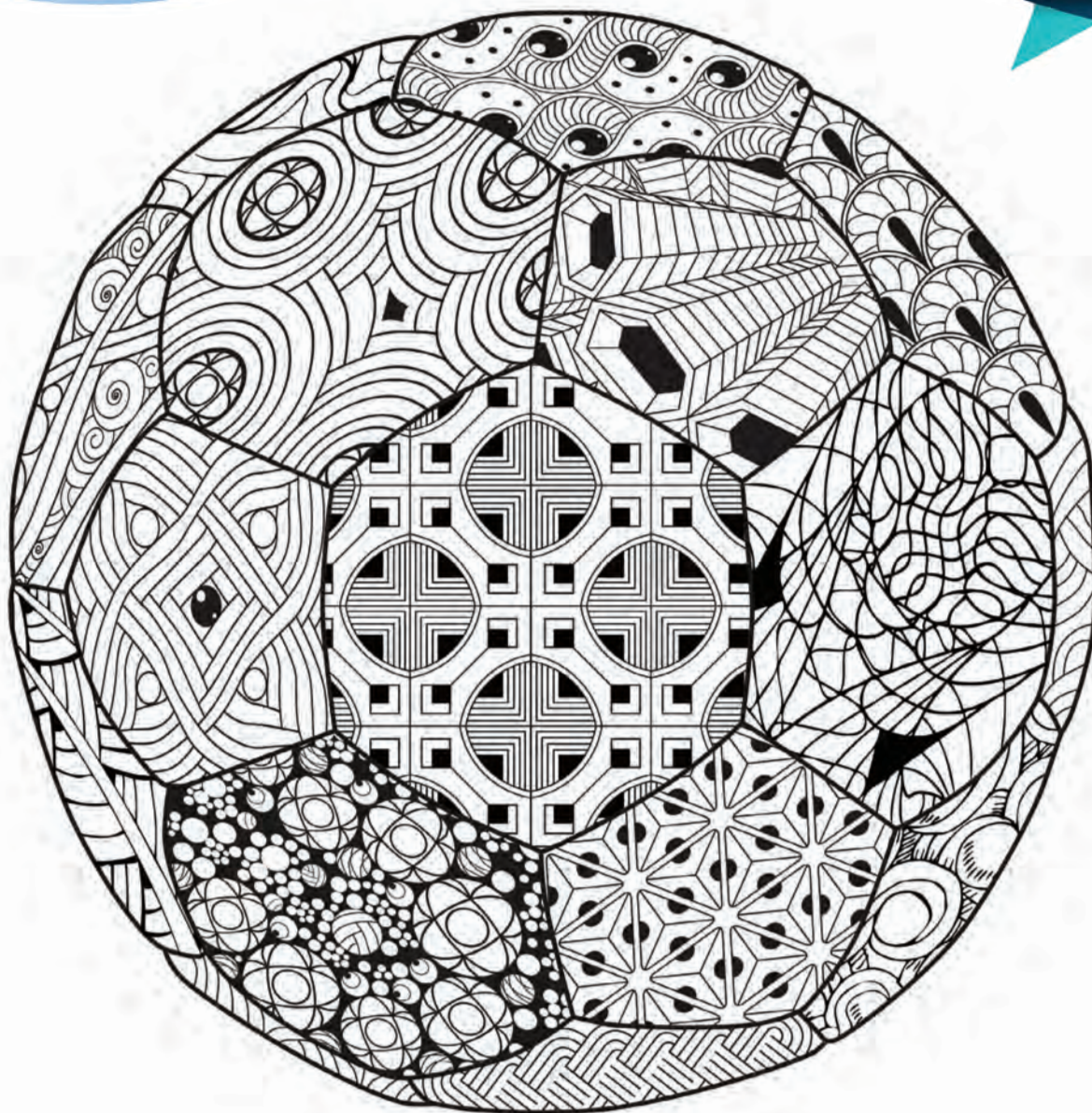
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