

OCTOBER 2026

FREE ISSUE 287

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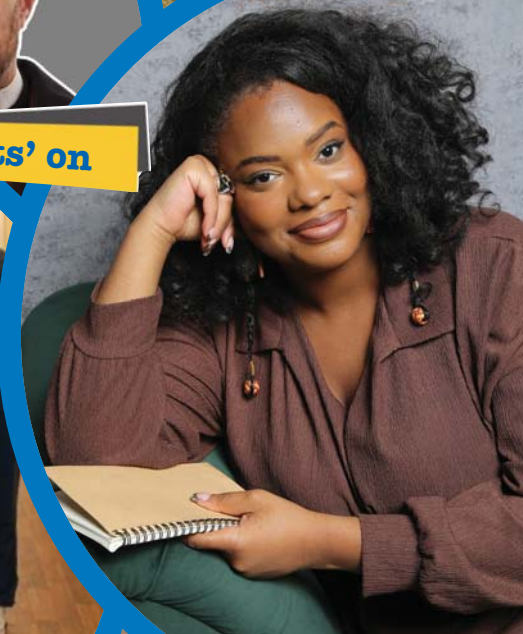
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Local Whats' on



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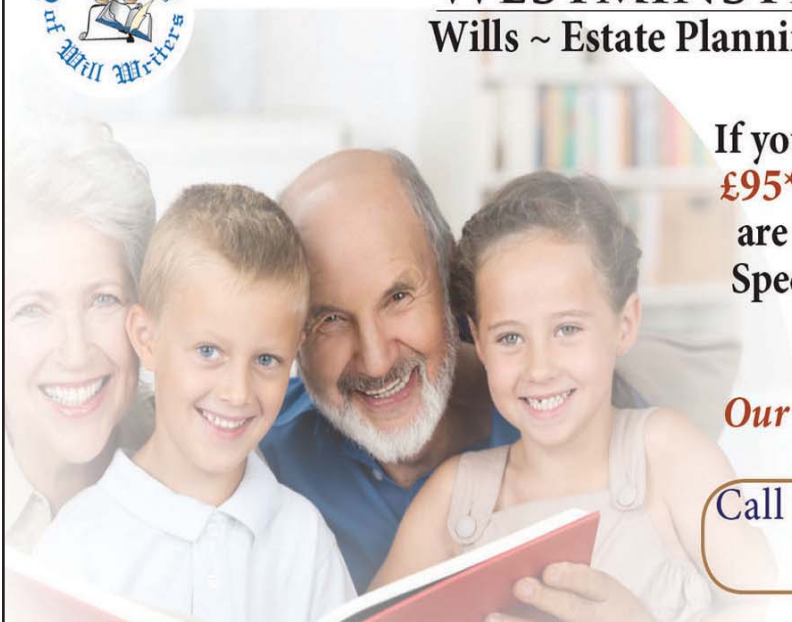
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walking together

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Meet Melanie Blair, 46, from Chilwell. Melanie has called the Broxtowe Borough home for almost twenty five years. Her own journey through healing, loss and rebuilding her life inspired her to create something she had always felt was missing in her community - a place where women could simply come together, connect and feel supported.

Wellness Walking Nottingham was founded in July 2025 and has grown into a thriving women's walking community, now reaching more than 900 members across its social media platforms.

For Melanie, walking has always been about much more than exercise. During some of the most difficult periods of her life, being outdoors and surrounded by nature helped her to heal, breathe, and find her way forward. After experiencing the trauma of unexpected bereavements, her plans to do something within the community were temporarily put on hold. But eventually, Melanie decided it was time to turn those experiences into something positive.

Since starting the group, she has organised more than 14 walks in 14 months. Every walk is about connection — women talking, laughing, sharing stories, supporting one another, and sometimes having the conversations that are difficult to have anywhere else.

And there is always music. Uplifting music brings energy, laughter, and plenty of smiles, creating an atmosphere where women can let their hair down and simply enjoy themselves.

The group has also grown beyond Nottingham, with wellness coach trips taking women to beautiful places further afield that they may not otherwise have the opportunity to visit.

Melanie says seeing women arrive as strangers and leave having made new connections is one of the most rewarding parts of what she has created.

For her, Wellness Walking Nottingham is not just about walking. It is about healing, friendship, belonging, and reminding women that they don't have to walk through life alone.

Women walking together in wellness — stronger together.

To join the Wellness Walks, check out our socials:

- Instagram/Facebook: [@wellnesswalkingnottingham](#)
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Joanne Lowe
Front of House



Aimee Marshall-Horner
Front of House

When Toothbank was created, the idea was simple: dentistry should feel less intimidating, less confusing and much more human.

Rooted in Beeston and shaped by strong working-class values, Toothbank was built around the belief that everyone deserves access to honest, straightforward and affordable dental care. No pressure, no unnecessary jargon and no feeling rushed into making decisions.

For the team, good dentistry starts with listening. That means taking the time to explain treatment clearly, being upfront about costs and making sure every patient feels comfortable asking questions. Whether someone is visiting for a routine check-up, needs treatment or is thinking about changing their smile, the aim is always the same - to help them feel informed, confident and supported.

The practice itself reflects that approach. Toothbank has been designed to feel modern and welcoming, with flexible appointments intended to fit around everyday life. The team understands that visiting the dentist can feel daunting for some people, so creating a relaxed environment is an important part of what they do.

And at Toothbank, there is no such thing as a "perfect" smile. Every person is different, and every smile has its own story. Rather than offering a one-size-fits-all approach, the team focuses on care that is built around the individual - their health, their needs and what feels right for them. It is this people-first approach that sits at the heart of Toothbank.

As a Beeston business, being part of the local community is equally important. The team is proud to support local charities, fundraising events and community projects, whether that means helping with food drives, donating prizes or getting involved in initiatives happening across the area.

For Toothbank, looking after people goes beyond what happens in the dental chair.

"We want people to feel that they can walk through our doors and be treated exactly as we would want our own families to be treated - with honesty, kindness and respect."

Based in the centre of Beeston, Toothbank hopes to become a familiar part of the community for years to come - looking after local smiles while building lasting relationships with the people behind them.

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To celebrate its 25th anniversary, UK wide venue consortium 'Music Beyond Mainstream' has unveiled a bold and dynamic touring programme for 2026. Showcasing a rich spectrum of boundary-pushing artistry, the season features the incredible African Soul Rebels bringing together Les Amazones d'Afrique, Gasper Nali and N'famady

African Soul Rebels, Music Beyond Mainstream's trailblazing live series, is reborn for a new era, celebrating fearless artists who reshape tradition, challenge borders, and put rhythm at the centre of resistance and joy. Leading the charge are the electrifying Les Amazones d'Afrique, the powerhouse collective of West African artists whose music fuses ancient roots with urgent, future-facing sounds and a message of strength, unity and change.

From the Pyramid Stage at Glastonbury Festival to the playlists of Barack Obama, their voices resonate around the world. Female warriorhood has never sounded so fierce — or so irresistibly danceable. Ahead of the African Soul Rebels tour, Les Amazones d'Afrique are releasing their brand new single 'Ifé' on 11th September through Real World Records. A multilingual celebration of love, 'Ifé' brings together four voices and geographies within the collective: newest member Adeola from Nigeria, Alvie Bitemo from the Republic of Congo, Dobet Gnahoré from Ivory Coast and Mamani Keita from Mali. Passing its message from voice to voice and language to language, across

Yoruba, Lingala, Bembé, Bété and Bambara, the song turns intimate declarations into a shared affirmation.

Les Amazones d'Afrique say: "It is an honour to be asked to be part of the African Soul Rebels tour this October, which will give us the biggest platform we've had so far in the UK to share our music. Each show we perform is an opportunity for us to inspire and to energise people with the messages and testimonies contained in our songs in support of gender equality, female empowerment and calling out violence towards women and girls. It means so much for us to do this in some of the most prestigious concert halls in the country."

Joining them is the phenomenal Gasper Nali, a not-so-traditional babatoni player from the shores of Lake Malawi.

With his 3-metre-long, one-stringed homemade bass guitar, a stick and an empty beer bottle, plus a cow-skin kick drum and collaborators on percussion and guitar, he creates impossibly danceable Afro beats with playful, joyful hooks.

Also on the bill, N'famady Kouyaté, who has been building an enthusiastic UK audience with his unique musical style ever since he relocated to Wales from Guinea in 2019. His primary instrument is the balafo, a traditional wooden xylophone, sacred to West African culture and his family heritage of the griot/djeli. Winner of the 2023 Glastonbury Emerging Talent Competition, N'famady's music is a blend of his West African heritage and western musical influences from the likes of Super Furry Animals and The Flaming Lips.

Tamsin Austin, Music Beyond Mainstream Director says "The MBM network was established 25 years ago, to empower venues to take real ownership of their programmes and bring bold, imaginative work to audiences at scale.

MBM plays a vital role in offering artists the space and support to realise exceptional creative projects outside the constraints of the usual touring cycle, opening the door to work that otherwise might never be realised or tour. In addition to its direct support for artists, MBM is also a UK wide network of peer venues, dedicated to promoting innovative work at scale to ensure audiences around the country can enjoy high-quality artistic experiences right on their doorsteps".

See African Soul Rebels featuring Les Amazones d'Afrique, Gasper Nali + N'famady Kouyaté at Nottingham, Royal Concert Hall on 15th October or visit the website www.musicbeyondmainstream.org.uk



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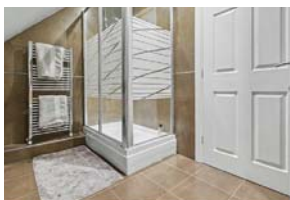
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Outside the property is approached via a gated archway which leads through to a courtyard style garden, with parking a garage and to the rear the property has an impressive and enclosed landscaped rear garden.

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cultural life...

keeping it

local

breeze
SINCE
2002

Meet Rastarella:

Culture, community and the power to bring people together. Nottingham's culture is shaped by the people who create spaces for others to be seen, heard and celebrated. Rastarella is undoubtedly one of those people.

Breeze Finds out what inspires her..



Image by Tom Platinum Morley

A Creative Producer, Associate Artistic Director, radio host and empowerment speaker, Rastarella has spent more than 16 years championing creativity, identity and community, while amplifying voices that have not always been given the platform they deserve.

Through Cultural Vibrations (Unity Through Music), Rastarella has built something that goes far beyond putting on events. Using music, culture and storytelling, she has helped create connections between communities, celebrate Nottingham's diversity and introduce audiences to artists and sounds from across the world.

Her work is rooted in a simple but powerful idea: culture can bring people together.

Originally from Trinidad and Tobago, Rastarella's own story has shaped much of what she does. Her journey to the UK, raising her family – a mother of three daughters, one with a learning disability (a rare chromosome disorder) – and building a career within the creative industries has given her an understanding of resilience, identity and the importance of creating opportunities.

As an empowerment speaker, she draws on those lived experiences in a way that is open, relatable and positive. Her approach is centred around people and their stories, encouraging audiences to recognise their own potential, change limiting mindsets and feel confident in who they are.

Today, Rastarella brings that same energy to a number of roles across Nottingham. She is Associate Artistic Director at New Art Exchange, Founder and Creative Producer of Cultural Vibrations, and a radio host on 97.5FM Kemet FM.

Whether behind a microphone, producing an event, developing an exhibition or speaking to an audience, there is a common thread running

through everything she does – bringing people together and ensuring that different cultures, stories and experiences are represented.

18 years of Cultural Vibrations at Hockley Hustle - Sunday 25th October 2026

Music remains at the heart of Rastarella's work, and this year she will once again represent Cultural Vibrations (Unity Through Music) at Nottingham's Hockley Hustle.

Remarkably, this will be Cultural Vibrations' 18th year at the festival.

Rastarella will be hosting at The Queen of Hockley Bar on Broad Street from 2pm–7pm, with an afternoon of live music featuring:

2pm – Sugar Lion
2.30pm – The Days of Tomorrow
3pm – Lisa Hendricks
4pm – Gambino Akuboy
5pm – Empire Sound
6pm – Sing It BOLD Community Gospel Choir

The 20th Hockley Hustle will see around 500 acts performing across 50 venues, with one £20 wristband providing access across the festival.

Since launching in 2006, Hockley Hustle has raised an incredible £250,000 for 27 local charities, combining Nottingham's creative energy with support for organisations working within the city.

It feels particularly fitting that Rastarella continues to be part of that story.

For nearly two decades, she has been doing something very similar through her own work – creating opportunities for artists, celebrating different cultures, building communities and using creativity as a force for connection.

Nottingham is a city made richer by the many cultures and stories within it. But those stories need people willing to champion them. Through music, radio, art, storytelling and community, Rastarella has consistently done exactly that.

And perhaps that is what makes her contribution so important: she doesn't simply take part in Nottingham's cultural life..... She helps create it.

Rastarella's motto is:

"Unity is easy when you look within, not at the skin"

**Keep up to date with Rastarella via Social Media:
@culturalvibrations**

Familiar Strangers – the story of Hyson Green

One of Rastarella's latest projects places the people of Hyson Green firmly at the centre of its story.

Familiar Strangers is a photographic exhibition exploring the enduring spirit of Hyson Green through the faces, memories and experiences of 15 people with longstanding connections to the area.

Their stories stretch from the 1960s through to the present day, offering a deeply personal picture of the people, communities and cultures that have helped shape Hyson Green into the vibrant multicultural neighbourhood it is today.

Contemporary portraits by Tom Platinum Morley sit alongside each participant's story told in their own words.

The exhibition also brings together rarely seen archive photography of the former Hyson Green Flats, film, music and interactive elements including handmade Ludi and dominoes boards.

Together, these pieces reveal something that can easily be forgotten when we talk about the history of a place: communities are not simply buildings and streets. They are people, relationships, memories, music, conversations and everyday experiences passed from one generation to the next.

Commissioned by New Art Exchange and funded by Arts Council England, Familiar Strangers runs at New Art Exchange from October 2026 until 16th January 2027.



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SINCE
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Christmas is on its way, and Homecraft Interiors is getting ready to welcome customers old and new to its much-loved Annual Christmas Evening Event on Thursday 19th November, from 6pm.

Always a lovely way to start the festive season, the evening is a chance to enjoy a relaxed night of Christmas shopping, seasonal treats and plenty of festive cheer.

Visitors can look forward to special discounts and exclusive offers, along with festive goody bags, Christmas music and delicious food and drinks. There will also be a charity raffle, giving everyone the opportunity to support a good cause while enjoying the evening.

For the team at Homecraft Interiors, the event has become a special part of the run-up to Christmas and a chance to spend time with the customers who have supported the business throughout the year.

Whether you're looking for Christmas inspiration, searching for a special gift or simply fancy getting into the festive spirit, everyone is welcome to come along.

Thursday 19th November 2026. From 6pm

Come along, enjoy the festivities and help make it another Christmas evening to remember!

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beeston film

keeping it

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SINCE
2002



The
Beeston
Film Festival

selection team is buzzing like bees! They are tirelessly clocking in hundreds of reviewing minutes of submitted films. Counting almost 30 members, the reviewing process provides a diverse, honest, and enthusiastic critique.

Christie Sietos explains the process...

The submission window is fixed every year: Submissions opened on May 1st and are being accepted exclusively through the FilmFreeway online platform which closes on December 31st, while the reviewing process continues until January 15th.

This is a very strict deadline for the team!

"Our reviewing process is simple and fair. Reviews begin as soon as a film is submitted, and all reviews are completed through FilmFreeway. Reviewers must watch each film in its entirety before submitting their scoring and partial viewing is strictly not permitted. This reflects the festival's respect for film-makers and its commitment to providing a thorough, informed review of every entry.

Category Leads monitor the progress of each film category, ensuring that the reviewing process remains on track and that all festival rules are adhered to. Every submitted film must receive at least two independent reviews, while the highest-scoring films are reviewed by at least five team members. Category Leads are very good in highlighting which films are in need of a review and make sure all films receive, at least, the minimum required number of reviews.

To date, 770 short films have been submitted for consideration, and 2133 reviews have been completed. Only five films currently have no review logged yet, while 66 have received one review. This is a good place to be as a selection team.

Even though we have three months remaining until the submission deadline, the selection team has already started formulating a list of favourites and anticipation of whether those films will make the cut into the final selection is growing. They are also looking forward to discovering which other creative cinematic work from around the world will be submitted! The competition is looking fierce again this year and we still have a long way to go until selection day!"

If you want a sneak peek of which films have been submitted for consideration, please follow our YouTube page.

You will find trailers and short clips.
<https://www.youtube.com/@beestonfilmfestival8135>



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breeze gardening

keeping it

local

SINCE 2002

How to make your shed more eco-friendly. Homeowners are being encouraged to follow easy hacks to make their outbuildings more eco-friendly.

As awareness of sustainability and eco-friendly options grows, Britons are being urged to also consider their outbuildings.

Simple things like installing a rainwater collection station, opting for eco-friendly lighting solutions and using recycled materials for insulation can make the average garden shed a much more sustainable and usable space.

A spokesperson at Garden Buildings Direct said: "Sheds are versatile outbuildings which can be used for much more than simply housing garden tools.

"While some use their shed to house an extra fridge, others use them as workspaces.

This could be as simple as switching light bulbs to LED. This makes them a more financially sensible choice, especially for those spending long periods of time in their shed.

Other tips include making your very own compost in your shed, insulating with eco-friendly materials and using efficient appliances."

Rainwater collection - You can set up a rainwater collection system to reduce your reliance on water supplies. Use a large container to collect water from your downpipes.

Make your own compost - Your garden shed is a great place to store homemade compost. You can save money on bagged compost from garden centres and instead fill a box or bag with lawn clippings, wood ash, hedge trimmings, tea bags, egg cartons, leaved, shredded newspaper and veg peelings.

Use eco-friendly appliances - Many people use their shed or outbuilding to run appliances like an extra fridge or freezer. If you are looking to add an appliance into your shed, opt for an eco-friendly model with high efficiency ratings to minimise electric consumption.

LED lighting - You can switch up your lighting options to be more environmentally friendly by choosing LED or solar-powered lights. LED lighting is not only the more eco-conscious option, but they also last longer than traditional bulbs.

Insulation - Insulating your shed is the best way to control both temperature and moisture coming into your outbuilding. Proper insulation is essential for saving on excess heating, and



there are lots of eco-friendly options to choose from including foam boards or repurposed fabric and jeans.

Solar panels - Another way to make your shed work harder is to install solar panels. In order for them to be efficient, avoid installing any panels on a shed that is overshadowed by trees or other buildings.

Create a green roof - Improve biodiversity, air quality and noise levels by installing your very own shed green roof. The layers of soil and plants provide sound insulation for your shed, while providing food and shelter for a number of birds, insects and other wildlife.

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beeston players

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SINCE
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Beeston Players are delighted to announce their performance of Portrait of Fear, a ghostly murder thriller by Edward Taylor...

"Portrait of Fear" is a play that combines elements of a ghost story with a murder thriller.

The story begins with a team from Crescent TV filming a documentary about ghosts at Renfield Hall.

However, the filming takes a turn when a heavy lamp falls, injuring a technician. The portrait of Philomel, a young beauty murdered at the Hall in Victorian times, reveals the chilling parallels in the lives of everyone present.

Portrait of Fear is a blend of ghostly encounters and murder mysteries, offering a unique and suspenseful experience for the audience

Performance dates:

Wednesday 18th November at 7.30pm

Thursday 19th November at 7.30pm

Friday 20th November at 7.30pm

Saturday 21st November at 2.30pm

Venue:

Roundhill School, Foster Ave, Beeston, Nottingham. NG9 1AB
(Sat Nav - NG9 1AB Two minutes from Beeston bus interchange)

Tickets available online at

www.beestonplayers.org

or on the door £8 (£7 concessions)



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This amateur production of PORTRAIT OF FEAR is presented by arrangement with Concord Theatricals Ltd. on behalf of Samuel French, Ltd. www.concordtheatricals.co.uk

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The **Beeston Players** were formed in 1968 and have performed in Beeston and Chilwell area throughout this time.

For rehearsals and weekly meetings and more information visit:
www.beestonplayers.org

With thirty regular members, Beeston Players has an age range from 17 to 60 something! As productions demand, extra actors and backstage staff are pulled from friends and family.

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tuneless choir

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SINCE 2002



Do you enjoy singing but couldn't hold a tune if your life depended on it? Then Beeston Tuneless Choir may be just what you are looking for.

Singing is good for you, releasing endorphins which reduce stress and anxiety, whilst also producing dopamine and serotonin which improve your mood. Benefits supposedly also include a lower risk of dementia or memory loss. Not bad for a hobby that is so easy to do.

However, for those whose singing voice got them relegated from the choir at primary school, these benefits have always seemed out of reach, until now.

Tuneless Choirs were first created in 2016 in West Bridgford and there are now more than 30 branches across the country. The Beeston branch was established in 2017.

The whole ethos of the choir is that it welcomes those who 'lack the ability, practice or confidence to sing in tune' and everyone is welcome regardless of background or singing ability. Beeston Tuneless Choir's Manager, Ayesha Thompson, explains that 'when someone can't sing, this is often a stigma that they have carried since childhood. Many members have been derided by teachers, family or peers about their singing voice. This can really dent someone's confidence and hold them back from many social situations.'

Although members are very aware of their wonky notes, missed timings and abstract take on some songs, they really don't care. Everyone is in the same boat, and everyone is having a good time. There are no auditions, no songs to learn, and no tricky harmonies. They sing a range of well-known tunes from across the decades and often have a theme for each session.

Beeston Tuneless Choir's Leader, Ellie Wood, is the only self-proclaimed tuneful one in the room, coming from a singer/songwriter background. However, at Tuneless she happily leads members to just 'sing like no one is listening'. She is aware of how much choir sessions can mean to people. Some members may be dealing with illness, grief, caring responsibilities, etc and being able to sing together gives them some welcome respite. Others find it a great way to meet new people, relieve stress or simply to improve their mood.

The choir even get booked for 'gigs' where they perform for the unsuspecting public. Taking part in such events is always optional for members. Venues are well aware that they have booked a 'Tuneless' choir but love the fact that everyone sings with such joyful abandon and don't take themselves too seriously. In the upcoming months Beeston branch will be singing at Stapleford Library's festive market on 14th November, and at Beeston Library for the Christmas Lights switch on event on 5th December.

Beeston Tuneless Choir meet on the 1st and 3rd Fridays of the month at Beeston Methodist Church, NG9 1EH from 7.30 until 9pm. New members are always welcome to just come along and see for themselves.

If you would like further details, do take a look at the choir website www.tunelesschoir.com/beeston or follow their Facebook page <https://www.facebook.com/tunelesschoirbeeston>. Alternatively feel free to send them an email beeston@tunelesschoir.com



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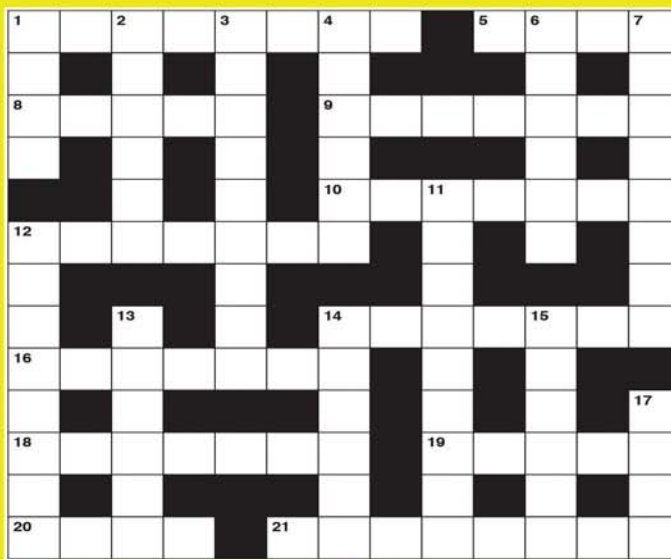
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breeze puzzles



Across

- 1 - Complete (8)
- 5 - Liquid food (4)
- 8 - Praise highly (5)
- 9 - Decide firmly (7)
- 10 - Cries for (7)
- 12 - Remains (7)
- 14 - Pompous person (7)
- 16 - Burn unsteadily (7)
- 18 - Plant with starchy tuberous roots (7)
- 19 - Relation by marriage (2-3)
- 20 - Transaction (4)
- 21 - Hermits (8)

Down

- 1 - Cooking appliance (4)
- 2 - Attributes (6)
- 3 - Not in possession of the facts (2,3,4)
- 4 - Move with great speed (6)
- 6 - Lubricating (6)
- 7 - Agreeable (8)
- 11 - Mammal with a pouch (9)
- 12 - Blushing with embarrassment (3-5)
- 13 - Spanish festival (6)
- 14 - Refined in manner (6)
- 15 - Fruits with pips (6)
- 17 - Inspires fear and wonder (4)

SUDOKU

			9	6	8			
				1			5	2
8								6
		8					2	
	4	1				8	9	
	2					4		
7								9
4		6			5			
				7	3	1		

SOLUTIONS



4	9	1	3	7	6	5	8	2
8	7	3	1	5	2	6	4	9
6	9	5	2	8	9	7	1	3
2	7	8	5	6	4	3	1	9
5	4	1	3	2	6	8	9	7
6	3	8	7	4	1	6	2	5
8	7	2	5	3	4	9	1	6
3	6	4	1	9	7	5	8	2
1	5	9	6	8	2	7	4	3

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

keeping it

local

SINCE
2002



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?

colouring in



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breeze what?

Beeston Civic Society launches 2026-27 talks programme. Audience talks programme, bringing expert speakers and local organisations to Beeston for a series of free public events exploring heritage, transport, climate change, the environment and community action.

The programme begins on **14th October 2026** with landscape architect Chryse Tinsley discussing listed buildings and Beeston's developing Local Heritage List. Future speakers include East Midlands Mayor Claire Ward on regional transport, Broxtowe Tree Officer Jakob Doran during National Tree Week, EMCCA's Michael Gallagher on climate resilience, and University of Nottingham academic Emily O'Donnell on flooding and climate challenges.

The series also celebrates local volunteering, with a panel featuring organisations including The Plane Tree, Pulp Friction, Boomerang Bags and Beeston Repair Café, before concluding with Friends of Beeston Station sharing the story of their award-winning work caring for the town's historic railway station.

All talks take place at the Royal British Legion, Hall Croft, Beeston, starting at 7pm. Entry is free for Beeston Civic Society members, with donations welcomed from non-members. **For the full programme and further information, visit www.beestoncivicsociety.org.uk/talks.**

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

OCTOBER WORKSHOP: Saturday 17th October

Interesting Backgrounds for Bird Paintings. In Mixed Media and Acrylics With Kay Power. She often paints birds in motion and with character in lively colours. Kay says, "My paintings explore identity through the form and motion of birds. Each bird acts as a portrait-capturing not just appearance, but presence, spirit, and internal energy."

We have had Kay before and she was very popular, it is sure to be fun and educational.

To Book and ask for more details contact:

Janet Waters email: janetwaters32@gmail.com.

MEMBERSHIP: Membership fee is £20 per year.

If you are interested in joining please contact:

Gwynneth Johnson ~ email: gwnneth2023@yahoo.com

www.spotteddogartgroup.co.uk.

Facebook: SD Art Group Nottingham.

The October Meeting of the **Wollaton Natural History Society** will take place on **Wednesday, 21st October 2026**. This Meeting is the AGM, followed by the Colin Hartley Photographic Competition Presentation, with the winning photographs announced.

"We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.30pm. Free to members, visitors welcome £3 on the door.

For more information visit our website www.spanglefish.com/WollatonNaturalHistory, find us on Facebook or telephone Chairman, Nigel Downes on 0115 9444671."

Nottingham Operatic Society presents Chess, the musical.

A return to the Nottingham Theatre Royal for the first time since 2010 in a bold new reimagined production.

Nominated for multiple Tony, Drama Desk and Olivier awards, Chess won two Best Musical awards in 1986 and the Ivor Novello award for "I Know Him So Well".

Originally launched as a concept album by Tim Rice, with music by Benny Andersson and Bjorn Ulvaeus of ABBA, the first production ran for three years in the West End in 1986, and has continued to be staged around the world.

Set against the gripping backdrop of American and Russian political rivalry, this powerful love story is brought to life through a dazzling score featuring "One Night in Bangkok", "Anthem", "Heaven Help My Heart" and "I Know Him So Well".

Don't miss your move – the game is on. **Theatre Royal, Nottingham Wednesday 28th - Saturday 31st October.**

Visit: trch.co.uk or Call the Box Office: 0115 989 5555

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.

October talk: Garden Bugs with Linda Birkin.

Monday October 19th 2026 at 7.30pm.

Garden Bugs have a bad reputation, thanks largely to the herbivorous shenanigans of a few 'pest' species. Yet invertebrates play vital roles in the garden ecosystem, including providing pollination, pest control, soil health and nutrient cycling. Join Dr Linda Birkin for an entertaining introduction to the marvellous minibeasts and how you can help (or hinder) them when you're in your garden.

£4 Adults. Children free. Trent Vale Infant School, Trent Road, Beeston Rylands, 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

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Lessons alternate between singing and drama, giving children the opportunity to enjoy and benefit from both. Pupils can also take yearly LAMDA exams, helping develop valuable communication and performance skills in an enjoyable, positive environment. **Classes run on a Thursday at Toton Methodist Church, and parents are invited to book a FREE trial lesson to see what Little Voices is all about. Call Sammi on 07449 990116 or Email: nl@littlevoices.org.uk**



Pictured Above: Sammi Panesar-Vale, Little Voices Principal of Nottingham & Loughborough

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Then there's our Click Bricks Build Lounge – a place to sit down, build and enjoy LEGO without having to buy a kit to take home. At our pop-up Build Lounges, each person pays for a building session and chooses from our collection of LEGO kits to build. Once you've chosen your kit, simply settle in, follow the build and enjoy putting it together. At the end of the session, the kit stays with us ready for another builder to enjoy. There are kits suitable for different ages, interests and abilities, so children, adults, families and experienced LEGO fans can all get involved. You can build together, build alongside each other, or simply enjoy some relaxing, screen-free time.

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Build Lounge bookings and enquiries: clickBricks.bookings@gmail.com

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 PROPERTY ASSOCIATES
 178A High Road, Beeston,
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31 October
 4pm-6pm

Halloween Fun at Argyle Property Associates

This Halloween, Argyle Property Associates is inviting local families to join them for a fun and friendly afternoon of Halloween celebrations.

"We're opening our doors and welcoming little witches, wizards, ghosts and ghouls to come along in their favourite costumes and enjoy some traditional trick-or-treating with us."

Our team will be getting into the Halloween spirit too, with plenty of decorations, pumpkins and spooky touches around the office. There will be treats for the children, so come along dressed up and ready for some Halloween fun! We will be raising funds for 'Operation Orphan' charity.

When: 31 October 2026

Time: 4:00pm - 6:00pm

**Where: Argyle Property Associates,
 178A High Road, Beeston, NG9 5BB**

Come and say hello to the Argyle team, show us your Halloween costumes and enjoy a few treats along the way.

We look forward to seeing lots of familiar faces and meeting some new ones! Happy Halloween from everyone at Argyle Property Associates!"



Caribbean Pioneer Gardeners step into the spotlight at Beeston Library.

This autumn, Inspire libraries is bringing the stories of Nottingham's Caribbean gardening community into the spotlight with the Caribbean Pioneer Gardeners Exhibition at Beeston Library.

Running from last month to 4th November, the free exhibition celebrates six Caribbean gardeners from the Windrush generation and their contributions to Hungerhill Gardens at St Ann's Allotments – England's largest and oldest allotments.

The exhibition is based on the book *Caribbean Pioneer Gardeners: Hungerhill Gardens, St. Ann's Allotments* by Colin Haynes and published by the local Five Leaves Publications. Colin was a tenant of Hungerhill Gardens and was asked by English Heritage Open Days to conduct oral history interviews of gardeners for an exhibition in 2005, featuring 'Pipeman' Rowe, Sid Fuller, Henry Francis, Tom Oliver, Lee McCalla and Oscar Reid. He carried on visiting and photographing them over many years.

Through photographs, interviews and bonus audio material, visitors to the new exhibition can discover how the gardeners of Hungerhill Gardens lived and thrived at the allotments, and how they created a taste of home in the unfamiliar British climate.

As part of the exhibition, Nottingham City of Literature's Nature Poet Laureate Cara Thompson has created a new poem titled *The Giants* (Caribbean Pioneer Gardeners Tribute Poem) inspired by their stories. Her work took centre stage on Thursday 1 October, when Beeston Library hosted Cara Thompson: An Evening of Poetry and Heritage in Celebration of Caribbean Pioneer Gardeners.

The special evening, which was the finale of the Inspire Poetry Festival and National Poetry Day, began with an opportunity to explore the exhibition before Colin Haynes talked about his book and the stories behind it. Cara then took to the stage with her poetry, bringing the richness and complexities of her Caribbean-British heritage to life. As part of her performance, Cara performed *The Giants* live for the first time. To accompany the evening, audience enjoyed a drink from the bar (ginger beer, of course!) and a playlist of music inspired by the gardeners themselves – in particular, Don 'Pipeman' Rowe whose generator-powered sound system provided a joyful backdrop to the allotments.

Whether you're a keen gardener, a poetry fan, interested in local history or simply curious about the stories behind some of Nottingham's green spaces, the Caribbean Pioneer Gardeners exhibition will undoubtedly provide some inspiration to all.

Want to find out more? Keep an eye out for the latest edition of *Caribbean Pioneer Gardeners: Hungerhill Gardens, St. Ann's Allotments* by Colin Haynes at your local library or Five Leaves bookshop. The new edition will feature the poem *The Giants* by Cara Thompson, commissioned by Inspire, and will also include a brand-new introduction by National Windrush Commissioner, Clive Foster.

**Beeston Library,
Foster Ave, Beeston
NG9 1AE**

**Discover more
events taking place at Beeston Library at
inspireculture.org.uk/Beeston**



Image above:
Colin Haynes and
English Heritage

Pictured:
Cara Thompson



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