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Breakthrough treatment for Dry Eye Disease (DED)

If your eyes feel dry, irritated, or painful for most or all of the time, you are quite probably suffering from Dry Eye Disease (DED), especially if you continually feel "there's something in my eye".

One in five, and nearly 800 million people worldwide, suffer from DED. Over 50% of females over the age of 40, and over 90% of menopausal females, are thought to live with this condition. More recently, the condition has become more common in all ages and genders due to environmental factors, use of cosmetics and medications, excessive screen use, and underlying conditions such as blepharitis and Sjögren's syndrome.

The front part of your eyes is lubricated by a special moist film consisting of a mucous layer nearest your eyes, a middle, watery layer derived from your tear glands, and a third, outer layer, which is oily (lipid) and produced by special glands (the Meibomian glands) in your upper and lower eyelids. If your Meibomian glands are not producing enough oily film, the other lubricating layers will continually dry out and that is

what causes the irritation and other symptoms of Dry Eye Disease.

This new therapy for Dry Eye Disease offered at Flynn's in Beeston is safe, non-invasive, painless - and doesn't involve any eyedrops. It is known as Intense Pulsating Light (IPL) and Low Light Level Therapy (LLLT), though it may also be referred to as Photobiomodulation (PBM).

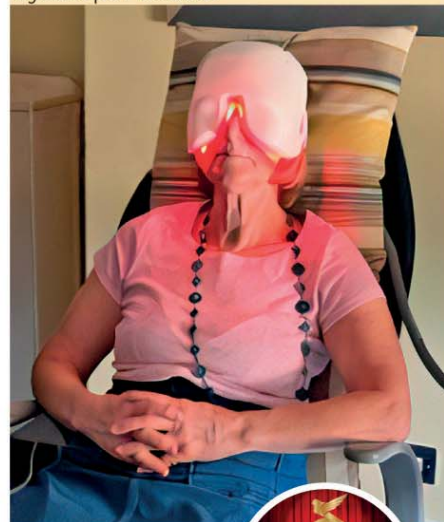
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear film. The treatment provides an immediate relief of symptoms.

Dr Sheeraz Janjua is now providing this new treatment at his special clinics held regularly at John Flynn Optician in Beeston. He can be contacted on 0115 925 5051.

Dr Sheeraz Janjua



The new therapy for Dry Eye Disease uses Intense Pulsating Light and Low Level Light to warm a patient's eyelids to stimulate the Meibomian glands. This improves the patient's tear film and gives immediate relief from the symptoms of Dry Eye Disease—no eyedrops needed!



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DRAW BACK YOUR BOWS AND AIM FOR PARIS Archery GB is encouraging everyone to have a go at archery this summer...

In what is set to be a spectacular summer of sport, Archery GB's Aim for Paris events will see archery clubs and providers across the country open their doors to potential archers, giving people of all ages and abilities the chance to try archery for the first time.

Across the UK and throughout the summer, Aim for Paris events will invite adults and children to give archery a go. One of the most accessible and inclusive sports around, it's perfect for anyone wanting to try something new, either on their own or with family and friends.

And in an Olympic and Paralympic year, what better time is there to encourage as many people as possible to give archery a go, while having fun at the same time? Whether you've tried archery before or have never thought about picking up a bow and arrow, this is an ideal chance to try it.

"Aside from its brilliant social appeal, archery has many health benefits for both body and mind, and is for everyone, regardless of physical ability," comments Gayle Pink, Head of Participation at Archery GB. "Every Aim for Paris archery taster event is not only an opportunity to give archery a go, but also to start your archery journey and discover more about these benefits for yourself."

Megan Havers, who is just 16 and has been selected to compete for Great Britain at Paris 2024, first picked up a bow when she was seven on a Haven family holiday: "I'm so excited about heading to France to represent Team GB, but I wouldn't have had that opportunity if I hadn't been able to try archery for the first time all those years ago."

"We just decided to give it a go and the instructor said I was a natural. Then I got a beginner's course as a present for my eighth birthday and I bought a bow a few months later. My mum always jokes to me how different things would have been if we hadn't gone on that Haven holiday. It really was the start of my archery journey and I'd encourage anyone, if they have the opportunity, to give it a go."

"Archery also supports increased mindfulness, enhances mental and emotional wellbeing, reduces stress and boosts confidence as well as developing strength and fitness," concludes Gayle."

For more information about Start Archery and how to get involved, please visit <https://startarchery.co.uk/start-my-journey/find-an-experience>

All equipment will be provided on the day and coaches will be on hand to guide people through the basics, ensuring a safe and enjoyable introduction to the sport.

Photo credit: Archery GB



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Before the schools go back and the nights draw in - why not go outdoors and make the most of our area, and all it has to offer...

The Major Oak, Edwinstowe

Sherwood Forest, a 450-acre country park and nature reserve, is home to the well-loved veteran oak tree the Major Oak, which is known throughout the world for its connection to Nottinghamshire's legendary hero Robin Hood.



Major Oak - Credit Nottinghamshire County Council

Nottingham Carnival on Sunday 18th August at the Victoria Embankment 1pm - 8pm

Numerous troupes from Nottingham and beyond will be taking part in the colourful Carnival Parade which starts at 2pm and is free to watch.

As before, the Parade route will start on the Victoria Embankment, head up Wilford Grove, Felton Road and Green Street before making its way back down to the Embankment via Bunbury Street returning to the Carnival site via Wilford Grove, where they will perform on the dedicated stage within the Carnival site. The complete parade should take no more than 2 hours and you can watch the parade at any point along the Carnival route.

On the Carnival park this year, there will be three music zones featuring an international headliner (to be announced soon), live bands, and more than 20 DJs and sound systems. As always, the music will include Soca, Reggae, Afrobeats, Calypso, Samba, RnB, Soul, Dancehall, Jungle, Grime, Baseline House.

There will also be trade stalls, world food stalls, a licensed bar and fairground rides within the Carnival park, as well as a kids zone with activities for little ones.

Tickets visit

<https://nottinghamcarnival.co.uk>
£5 in advance (plus booking fee).
£7 on the door. Children 12 and under: Free

The parade is FREE to watch at any point along the route.

<https://bit.ly/nottingham-carnival>



Arboretum Beer Festival - Credit DHP Family

Saturday 24 August 2024, Nottingham Arboretum

The Arboretum Beer Festival is coming back for a fourth year,

bringing the warm and fuzzy summer vibes to Nottingham's historic green heart.

The all-day event at the Arboretum will once again showcase dozens of great real ales and craft beers from local breweries and beyond. Located around the park's Victorian bandstand, the event will blend the tasty food and beer selection with live music and entertainment.



William Booth Birthplace Museum

Discover the life and work of William Booth - Nottingham's most

famous preacher and social reformer and founder of The Salvation Army

Eric Irons Plaque

Eric Irons OBE, Britain's first black magistrate and well-known

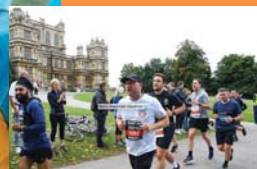
campaigner for social justice and workers' rights in Nottingham's black community.

In October 2019 a plaque in his honour was unveiled on the façade of the National Justice Museum, the site of the city's former Shire Hall courts where Eric Irons presided in the 1960s. Irons made history in 1962 when he became Britain's very first black Justice of the Peace (magistrate). As a champion for social justice, Irons also received an OBE in 1978 and continued to serve on the bench in Nottingham for 29 years until retiring in 1991. Eric Irons sadly passed away in August 2007 having paved the way for equality in the city.



For more ideas of what's on in our area visit www.visit-nottinghamshire.co.uk

Join thousands of runners for the **Robin Hood Half Marathon** events. Victoria Embankment, Nottingham



The first ever Robin Hood runners took to the streets in 1981, and since then the event has become a firm favourite in

the race calendar for thousands across the country. In the past decade alone, over 100,000 runners have laced up, taken to the 13.1 mile course and proudly collected their finishers' medal.





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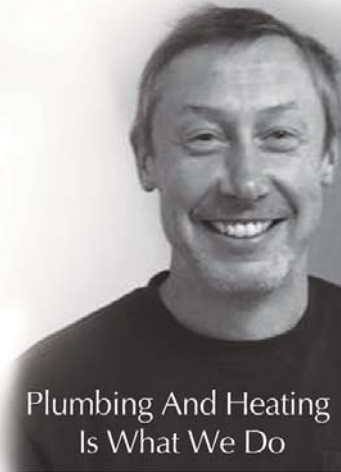


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cultural events

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The annual D.H. Lawrence Festival will return this summer with an extended six-week programme of cultural events celebrating Lawrence himself, as well as art, music, heritage, literature and community, plus a host of family friendly activities in and around the area.

The festival, which has been co-produced by the D.H. Lawrence Birthplace Museum, D.H. Lawrence Society, Haggs Farm Preservation Society, Broxtowe Women's Project, Eastwood Town Council and Ben Mark Smith of the D.H. Lawrence

Music Festival will open on 1st August until 14th September with a packed programme of thirty plus events to enjoy.

The D.H. Lawrence Birthplace Museum on Victoria Street, Eastwood is inviting visitors to pop in to the museum on 1st August between 1.00pm and 4.00pm for refreshments, to pick up their festival brochure and learn more about this year's festival programme from museum experts.

Carolyn Melbourne, Museum and Collections Officer said, 'We're very excited to be extending this year's D.H. Lawrence Festival over the summer holidays to give more opportunities for families to get involved in some of the events on offer.

Cultural events like this are so important for the local area, bringing people into the town centres to support businesses and providing events for people to engage with and to meet others at. There really is something for everyone, whether you're familiar with Lawrence or not.

The programme includes:

VISUAL ARTS

The Pentrich Revolution In Art: Eastwood, until 30th August, D.H. Lawrence Birthplace Museum - Explore the hidden history of England's last armed rebellion, The Pentrich Revolution and its links to Eastwood through an exhibition of artwork. Open during usual museum opening hours and special events throughout the festival.

Lawrence Portrait, throughout the festival, D.H. Lawrence Birthplace Museum - There's still time to see the last portrait of Lawrence, painted by Dutch artist Joep Nicolas in Suresnes, France, 1929 which is currently on loan at the museum until 28th August.

LITERATURE

Wellbeing Walk, 6th August, 10.00am, meet at the D.H. Lawrence Birthplace Museum - A guided walk in the local countryside that Lawrence described as "The country of my heart." The walk offers gentle exercise with local heritage and a chance to connect with others.

Children's Writing Competition Exhibition, 31st August – 31st October, D.H. Lawrence Birthplace Museum - A special exhibition showcasing the winning entries of the annual D.H. Lawrence Writing Competition: Children's Prize. Open during usual museum opening hours and special events throughout the festival.

Wellbeing Walk, 3rd September, 10.00am, meet at the D.H. Lawrence Birthplace Museum - Join us for this guided walk in the local countryside, where we explore the "Power of Words" to inspire wellbeing writing of our own. There is the option to just come along for the walk, or to stay for the creative writing session which will take place at the museum straight afterwards. This event is in partnership with Broxtowe Women's Project.

HERITAGE

Breach House Open Days, 3rd August and 7th September, 11.00am – 3.00pm, 28 Garden Road, Eastwood, NG16 3FW - A chance to visit and have a guided tour of The Breach House, a typical miner's cottage from the 1880s, D.H. Lawrence's childhood home and the setting for The Bottoms in his novel Sons and Lovers.

Talk 'The Monastic ruin in the field', Friday 6th September, 7pm at Beauvale Priory, NG16 2AA - A now significant Carthusian monument, this talk investigates its immense importance and how it creatively has inspired many artists. The talk is followed by Medieval Monastic Compline in the ruins (weather permitting).

D.H. Lawrence Birthplace Museum Heritage Open Days, 7th and 8th September, 10.00am – 4.00pm - Step back in time to experience the traditional Victorian wash house, see the parlour; a room only for special guests and have a wander around the parental and other bedrooms – all completely free as part of the National Heritage Open Days. The museum's permanent exhibition features items from Lawrence's family and even paintings created by the author himself, including acoustic music in the museum garden (7 September) and readings from local writer Annette Pateman (8 September).

Walking in Lady Chatterley's Footsteps, 11th September, 10.30am – 1.30pm, Starts and finishes at Teversal Trails Visitor Centre, Carnarvon Street, Teversal, Sutton-in-Ashfield, NG17 3HJ - A three-hour heritage and literary walk around Teversal and Stanton Hill. Led by Sid Harvey and David Amos.

FAMILY AND COMMUNITY

Summer holiday activities, 15th, 16th and 17th August, 10.00am – 3.30pm at the D.H. Lawrence Birthplace Museum - Free children's activities during the summer holidays, including pebble painting and Victorian themed colouring.

Food Fair and Market, 24th August, 11.00am – 3.00pm at the D.H. Lawrence Birthplace Museum and Scargill Walk Car Park - Food stalls, local artisans, crafts, gifts and more.

Power of Words Family Day, 31st August, 10.00am – 4.00pm at the D.H. Lawrence Birthplace Museum - Storytelling, book stalls and other activities for all the family, in partnership with Broxtowe Women's Project.

Festival Walk, 12th September, 1.30pm, meet at Greasley Church, NG16 2AB - Meet outside Greasley Church for this 2.5 mile guided walk. There is the option to have tea and cake at The Parish Oven tea rooms after for £8 per person, cash only. Please pre-book the tea room refreshments through bamford46@googlemail.com or call 07905 161 420 or 01773 436776.

Coffee morning, 14th September, 10.30am, D.H. Lawrence Birthplace Museum - Join the coffee morning to hear more about the museum, upcoming projects like the refurbishment of the Blue Line Trail and about how you could support them by volunteering. Plus there will be delicious cakes to enjoy!

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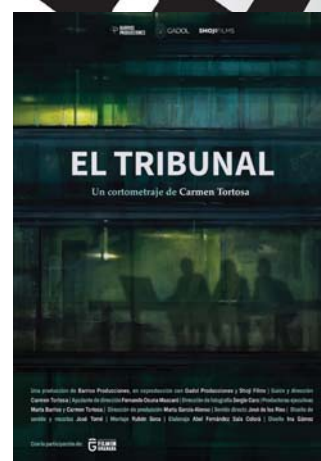
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Summer Lovin!
by Sam Kurd



Yes, it's the season of ice creams, hiking, ball games and sundry other outdoor activities that fill you full of Vitamin D from the sunlight.

That's why we here at Beeston Film Festival are... sitting inside and watching hundreds of short films, of course!

Don't worry, we'll have plenty of fun in the sun, but these excellent film submissions won't watch and rate themselves, you know. No matter how effective AI may get, we'll always prefer the human touch when it comes to that!

Here's a few of the top-rated entries we've had so far:

Umm Salama the Matchmaker is a film from the United Arab Emirates about a mother trying to urge her reluctant daughter to marry and settle down soon. Her hunt for suitors brings her closer to understanding her daughter in this touching story of motherly love.

Sticking with motherhood, there's **Exchange Rate**, a poetic and deeply moving story about a woman struggling to care for her daughter, and the sacrifices parents in poverty must make to care for their children.

What if your inner anxieties were manifested in the form of a cute teddy-bear like creature that never leaves your side? **Poppet** is a hilarious and insightful take on the issues many face with their mental health, and how they can impact your life.

For a rather less fun take on the impact of mental and physical health, **The Board** is a documentary from Spain that features interviews with workers on prolonged sick leave or who request a permanent disability assessment. They tell their stories and relate their experiences with the Medical Board, in this look at how difficult it can be for people who need help to get it.

And for horror hounds who love their gory effects there's **What a Catch**, in which a Victorian fisherman discovers that just as the hunter can be come the hunted, so can the fisher become the fished... as grimly ironic as it is grisly!

Enjoy the sunshine, and don't forget the sun tan lotion!



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We have great pleasure in offering for sale this brand new, individually designed, and high quality built, four-bedroom detached cottage.

The property sits on the original site of Pear Tree Cottage and the developer has paid particular attention to create a characterful home, whilst having the benefits of the latest technologies and modern comforts of 21st century build design.

This instantly attractive double fronted property has a large welcoming central hallway which provides access to two well-proportioned reception rooms and leads through to a superb family breakfast kitchen, finished with a high-quality German engineered kitchen with an array of 'Siemens' built in appliances. There is a useful separate utility room and a cloaks/WC.

Rising to the first floor the spacious landing gives access to four well-proportioned double bedrooms, the master with ensuite shower room, a large family bathroom completes the accommodation.

As one would expect, this very energy efficient home benefits from a central heating system which is gas fired with a pressurised hot water system. All the walls & ceilings have the maximum acoustic insulation installed for sound proofing and heat retention. The property is finished with exacting standard throughout and has new floor coverings. Windows have fitted blinds.

Set back from the road, there is off street parking for two vehicles to the front, (provisioned for electric car charging) and enjoys a private and contemporary garden to the rear.

This brand-new property is finished to a high specification with great energy efficiency and a ten-year LABC build warranty and the developer has recently been awarded 'Most trusted home builder for the East Midlands 2024' by UK enterprise awards.

Situated in this popular residential suburb, adjacent to another individually built, four-bedroom detached house by the developer. Conveniently placed on a regular bus route.

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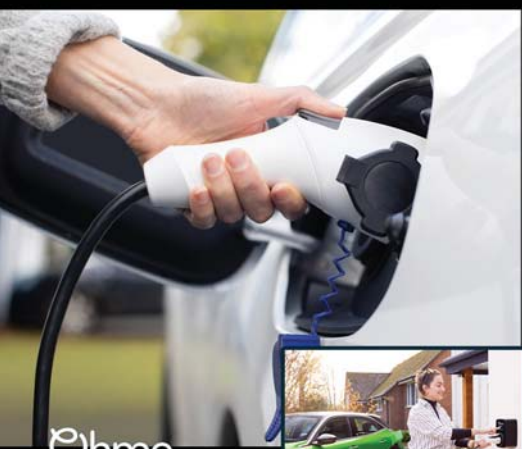
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Owen Moore
Director and Senior Partner



Dr Theresa Harvey-Dunstan
Associate

"We are pleased to announce that Owen Moore is returning full time to the practice after a small hiatus due to the pandemic.

As well as Owen joining we are installing new rehab equipment in the clinic and plan to start working towards being able to offer diagnostic ultrasound imaging in the coming year.

What then of Catherine?... Catherine has a contract with University of Derby two days a week from February to write their new undergraduate curriculum for Physiotherapy commencing in September 2024. She will continue her work at the University of Nottingham with Cripps GP practice, the David Ross Sports Village Hydrotherapy pool and will continue to see people at home.

All new patient musculoskeletal in clinic appointments will be taken by Owen, and Catherine will see her follow up patients by request. Dr Theresa Harvey-Dunstan (our associate) is still on hand to deal with any respiratory problems.

So if you think we can help with any ache, pain, breathing or mobility problem please get in touch 0115 922 6600 www.mooremovement.co.uk Moore Associates Physiotherapy Ltd, 1a Regent Street, Beeston NG9 2EA.



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With years of experience, our team has transformed countless kitchens for our customers, from simple door swaps to full renovations involving wall removal. We project-manage every installation, no matter the size, ensuring a seamless experience for you. All our doors are made-to-measure here in the UK to the highest standards and come with a six-year guarantee. We can transform any kitchen with bespoke doors, units, and accessories that suit your room and needs. Our expert team provides quality advice to maximize your kitchen's potential and ensures efficient installation, often completed in just two or three days.

We actively encourage our customers to review our services on Checkatrade, where we maintain an impressive 9.91 out of 10 rating. Founded in 1998, Checkatrade aims to raise standards for consumers by verifying each review with the customer, ensuring genuine feedback. We're proud of our high standards and have won the Checkatrade award twice.

At Dream Doors, we believe in treating each customer with care and professionalism, offering honest advice. This season, we've launched new colours in our range, with greens and dark blues proving very popular. With over 800 door and colour combinations to choose from, our friendly team members Tina and Dawn are here to guide you every step of the way.

Visit us at 39 Wollaton Road, Beeston (NG9 2NG), for a free consultation on how to bring new life to your kitchen. We are open Monday to Friday between 9am and 5pm, and 10am to 4pm on Saturdays. You can also reach us by phone at 0115 874 1428 or email westng@dreamdoors.co.uk.

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Have you thought about learning a new language? Have you got friends or family who are Deaf and want to communicate better with them? Why not join one of our BSL courses today and expand your knowledge around Deaf culture and receive a full qualification. All of our Courses are registered with exam body Signature.



NEW COURSES STARTING FROM THIS SEPTEMBER!

British Sign Language Level 1 – 30-week Accredited Course

The Level 1 Course is perfect for those wanting to see what BSL is all about. Whether it's just the Alphabet you know or a few basic signs, this course is perfect for beginners.

Our next Level 1 intake is;

Monday 2nd September 6-8pm

Tuesday 3rd September 10am-12pm

British Sign Language Level 2 – 30-week Accredited Course

Have you just completed your Level 1 BSL Qualification?

Our Level 2 is aimed at those wanting to polish their signing skills and delve deeper into the language.

Our next Level 2 intake is;

Thursday 5th September 10am-1pm

Tuesday 1st October 6-9pm

Wednesday 27th November 6-9pm

British Sign Language Level 3 – 36-week Accredited Course

Level 3 is aimed at those wanting to take their Signing skills to the next Level and who wish to work within the Deaf Community, learning all about Deaf History & Culture;

Our next Level 3 intake is;

Monday 7th October 09:30am-12:30pm

Monday 4th November 6-9pm

British Sign Language Level 6 – 45-week Accredited Course (Level 3 Qualification or Above Required)

Thinking about becoming an Interpreter? This course is perfect for those who are already working within the Deaf Community, and wish to go onto BSL Translation Courses. This course is brand new and starting on;

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For more information and Course fee's, head to www.nottsdeaf.org.uk. Email training@nottsdeaf.org.uk or call 0115 9700516.

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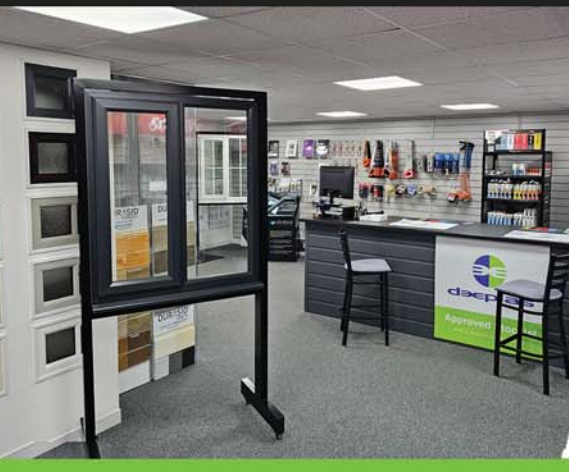
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What's in store for our gardens in August? With prices rising why not look at growing your own veg?

Research shows that the average UK family spends over £700 on fruit and vegetables.

Food expert shares their top tips on growing fruit and vegetables at home to save money and support Brits during the cost of living crisis.

Coming up this month is World Honey Bee Day (19th August), reminding us of the vital role bees play in our food ecosystem, with many crops benefiting from bee pollination.

As prices of essentials continue to rise, more and more people are looking for ways to save money. One way to cut back while supporting the environment is to grow your own fruit and vegetables at home.

Research indicates that in 2023, the average household has the potential to save £706 on fruit and vegetables by cultivating their own at home. By growing items like garlic, potatoes, tomatoes, carrots, and other seasonal vegetables, households throughout the country could achieve substantial savings whilst contributing to a more sustainable ecosystem where bees can thrive.

In this endeavour, embracing bee-friendly practices enhances pollination and aids bee population growth, leading to increased yields that ensure a more bountiful harvest, as well as, contributing to the improvement of produce quality.

The team at HelloFresh are helping to educate the UK on how to grow their own fruit and veg with a helpful and easy-to-follow video and guide, with expert tips from expert, Mimi Morley.

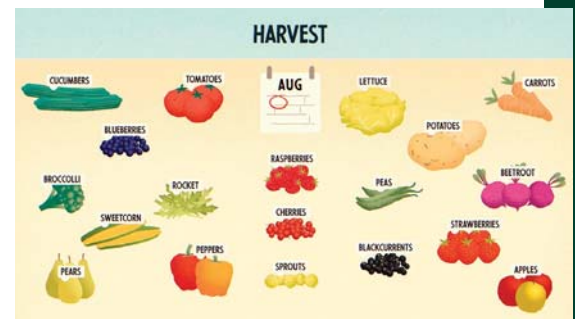
What's in Season in the UK and What Can You Grow at Home?

Mimi, shares her top tips on growing your own fruit and vegetables, including the easiest

vegetables to grow and when to sow and harvest them.

"Growing your own ingredients saves money, benefits the planet and is fun too! Here are the top fruits and vegetables that you can grow easily in the UK climate, saving yourself some serious money along the way. Potatoes and carrots are some of the easiest vegetables to grow, so they're a good place to start for beginners.

A lot of fruits and vegetables like to be sown or planted in the UK in early spring, meaning there's no better time to grab your gardening gloves and get started! Remember, everything you do when starting a vegetable patch is an opportunity to learn and experiment, so don't worry if you don't get perfect results the first time round."



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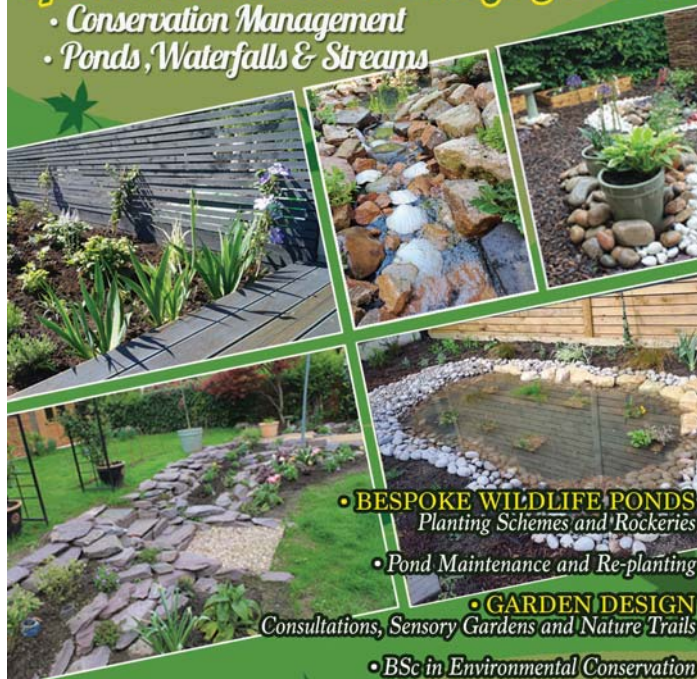
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Nottinghamshire Wildlife Trust launches new appeal to help protect, restore and sustain some of the county's most important remaining wildflower meadows.

Despite traditionally being considered a 'green and pleasant land' the UK is one of the most nature depleted countries on the planet. Shocking figures about levels of species and habitat loss have become so commonplace to a point where they seem to lack impact - but the statistics relating to the loss of wildflower meadows are so shocking that they cannot simply be ignored.

Across the UK, it is estimated that we have lost 97% of wildflower meadows, sometimes called hay meadows, since the 1930s but here in Nottinghamshire the loss is believed to be as high as 99%.

Today, the Trust, which cares for nature reserves across Nottinghamshire has launched a funding appeal to raise at least £10,000 to support its work to protect

the meadows in its care, support habitat restoration and to sustain the annual cycle of management which supports an array of species - including vital pollinators and ground nesting birds such as the skylark.

Speaking about the new appeal, Head of Communications Erin McDaid said: "Meadows are havens for wildlife and home to some of our rarest and hardest working species. They provide a feast for the senses as well as being fundamental to protecting our increasingly fragile natural environment."

A healthy meadow surrounded by a traditional hedgerow can host a vast array of species, from wildflowers including great burnet, pyramidal orchid, red

clover and ox-eye daisies. These flowers are not just important for their beauty, they also support a multitude of invertebrates ranging from vital pollinators such as industrious bumblebees to marvellous butterflies such as the eye-catching marbled white butterflies.

They are also home to small mammals, including protected pipistrelle bats and harvest mice as well as birds ranging from beautiful yet threatened skylark, turtle dove and yellowhammer to larger birds of prey like barn owls and kestrels.

Nottinghamshire Wildlife Trust has approximately 28 hectares of meadows in its care including jewels like Ashtons Meadow near Retford, Glebe Field at Attenborough, Besthorpe Meadows alongside the Trent north of Newark and at Skylarks Nature Reserve at Holme Pierrepont, which its team of staff, volunteers and nature-grazers are dedicated to keeping in top condition.

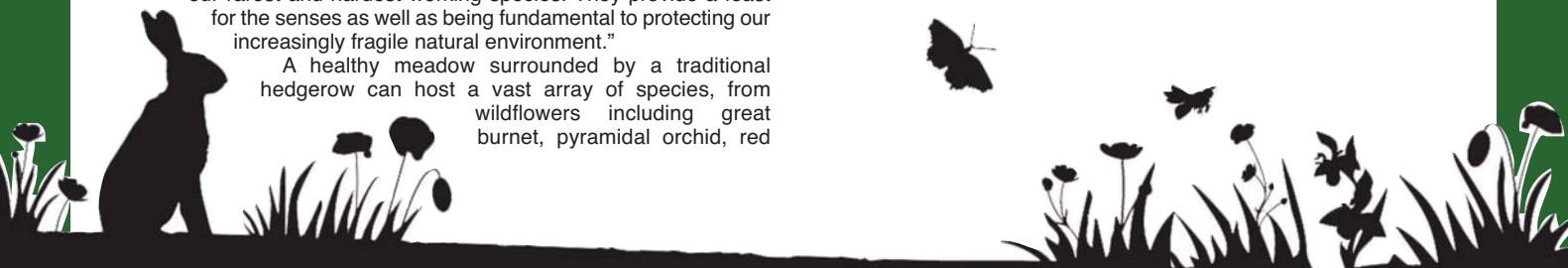
Erin continued: "Meadows not only help the wildlife that thrive within them, but they are also a value part of our cultural heritage, inspiring artists and poets and lifting our spirits. They also provide natural services such as acting as natural flood defences and locking away carbon which helps limit the impact of climate change - the biggest driver of nature loss. As well as being worth protecting for their inherent value to people and nature, as we face up to the combined climate and nature crises - the value of these functions should not be understated."

The Trust, which last year celebrated its 60th Anniversary, is dedicated to restoring and keeping its meadows in top condition and its team of staff, volunteers and nature-grazers work year-round to sustain the important annual cycle which helped create these magical habitats. Meadows need to be cut once a year, usually in mid-late summer after the wildflowers have set seed (Nottinghamshire Wildlife Trust leaves 10-20% uncut to continue to provide food and shelter for wildlife). Cutting helps remove excess nutrients from the soil and limits the growth of more robust species that would otherwise outcompete delicate grasses and wildflowers.

This work is completed with a mix of traditional tools such as scythes or on larger sites, using specialist machinery. Once cut, meadow and grassland areas are grazed by traditional breeds of sheep and cattle, helping prevent the encroachment of scrub like brambles and to tread in wildflower seeds that have dropped to the ground.

Erin added: "Given the rarity and importance of the meadows in our care it is vital that we have the resources to ensure that we can continue the vital cycle of annual management that helped shape them. By supporting our appeal people can ensure that we have the tools and equipment our staff and volunteers need to manage the sites we protect and that we have the resources to maintain our nature grazing programme which is so vital to restoring and sustaining these cherished habitats."

Further details about the Trust's Meadows Appeal, including ways to donate and where to see remaining meadow habitats can be found at www.nottinghamshirewildlife.org/meadows-appeal



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Parks and Open Spaces Survey
Survey now open

Broxtowe park goers asked to help shape green spaces
Residents have the opportunity to share their experiences on a number of selected parks through Broxtowe Borough Council's annual Parks and Open Spaces Survey.

Councillor Helen Skinner, Portfolio Holder for Environment and Climate Change said: "Our green spaces are valuable for everyone in our community. Whether they're being used for health and wellbeing, to support our wildlife or to bring people together for local events, they are vital areas of our Borough. How ever you use your parks, please take this survey as it is your opportunity to help us shape these spaces."

Responses to the consultation can help to guide improvements to green spaces across the Borough. Last year, Broxtowe residents said the play area at Queen Elizabeth park in Stapleford could use some equipment for toddlers. The Council's Parks team took on this feedback and completed improvements at this site, including the addition of a range of exciting new toddler play equipment.

The selection of parks in the survey is determined through a regular cycle, which ensures all of the Council's parks are surveyed over the course of three years as part of the Pride in Parks initiative.

The survey only takes a few minutes and asks residents to tell the Council how they feel about selected local parks and open spaces by providing ratings on signage, cleanliness, facilities and the approach to nature and wildlife.

Residents can have their say by completing the survey online
<https://www.surveymonkey.com/r/parksandopenspaces>
The survey will be open until Friday 30th August 2024.

The consultation also supports the Council to uphold the Broxtowe Parks Standard. This standard is achieved by sites with high resident satisfaction, which this survey helps to assess.



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At one time Museums were stuffy old places where few would visit, but today they are magical places for young and old, with animated displays, interactive screens and live role play volunteers whose wealth of knowledge is amazing.

The Friends of Nottingham Museums help to support our local heritage and help keep Nottingham's fascinating and long history alive for future generations. The funds we generate are used to help purchase artefacts; sometimes from abroad that are of local significance and whose rightful place should be here in Nottingham.

"We meet once a month for talks by guest speakers on a vast range of local and national historical interest. We organise trips to local and national places of historical interest.

If you are interested in our group, come along to the Industrial Museum at Wollaton Park on August 20th 2024 from 12 am; where just for one day entry will be free and the Beam engine will be in steam. Friends of Nottingham Museums will be holding a stall with all the information about our society and an opportunity to obtain discounted membership which will give you free access to all of Nottingham city council Museums."

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For full details and info on how to sign up, visit our website: <https://www.music-for-everyone.org/event/recorder-workshop-day> All materials are sent out in advance, the ability to read music is essential, for other queries, call and chat to the friendly MFE team on 0115 9589312.

Married at First Sight UK is looking for brave singles! Are you ready to swipe left to the dating apps and say "I do" at the altar?

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Married at First Sight UK is a bold social experiment where single people, matched by experts, marry total strangers, who they meet for the very first time on their wedding day. After meeting one and other at the altar, the newlyweds will go on a luxury honeymoon, before moving in together, alongside the other couples within the experiment. Each week the couples will be put through challenges, carefully designed by the experts, to help strengthen and expedite their relationship. They will then attend weekly dinner parties with the other couples, as well as a weekly Commitment Ceremony, to discuss their relationship with the experts. The couples must then decide if they want to stay in the experiment or whether they want to go their separate ways.

Please note: Any views or opinions are solely those of the author and do not necessarily represent those of Channel Four Television Corporation unless specifically stated.

The Pearson Centre for Young People is located at the heart of Beeston next door to Round Hill School. It is the home of the 17th Nottingham Boys' Brigade and 30th Nottingham Girls' Brigade.

"It has been our home now for 17 years and before that we were at the Lads Club on Station Road for 97 years where Tesco now is. You can see our blue plaque outside of Tesco Beeston for Beeston Lads' Club and Stephen Hetley Pearson the founder of the Boys' Brigade in Beeston.

We do lots of activities with the Young People of Beeston, from life skills, games, baking, outdoor games, crafts and much more. Both Brigades are recruiting, we take children from 4 years old. Boys on a Monday night and Girls on a Thursday night. So, if you are looking for an evening activity for your child/ren then why not come along and see what we do.

We are also holding an Open Day on **Saturday 14th September** for both Brigades so parents, carers & guardians can have a look around the Centre and see what we have to offer. It is from 1:30pm – 3:30pm, you can come and meet all the Brigade staff do some fun crafts, games and have a cuppa and a chat with us all.

We also run after school clubs Monday – Friday from Athletics Monday, Cookery Tuesday, Table Tennis Tuesday, Dodgeball Wednesday, Football Wednesday, Youth Gym Thursday & Senior Cookery Friday these are all 4pm – 5pm. And we run Ofsted registered Holiday Clubs throughout the school holidays, where again we do lots of different activities and have some outings. For more information, please contact Claire.blades@thepearsoncentre.org.uk

Our Centre has lots to offer from a dance studio, sports hall, all-weather 5 aside astro football pitch, kitchen, circulation lobby, badminton courts, table tennis tables, stage and meeting rooms".

"We look forward to meeting you".

Remembering husband, father, and grandfather who 'lived life to the full' in upcoming hospice Moonlight Walk

Ellen Busby is joining the **Treetops Hospice Moonlight Walk on Friday 6th September**, walking in memory of her late husband John, affectionately known as 'Buzz'.

Treetops nurses helped care for Buzz, 72, at the end of his life earlier this year. Ellen, 72, will be joined by her daughter Zoe and friends, raising money to say thank you to the charity.

Proceeds from the sponsored 10k night walk help fund Treetops nursing care for local patients at the very end of life, in their own home.

"It's so important to us to fundraise for Treetops to give something back and say thank you. We've got quite a lot in our 'Team Buzz' now and we're looking forward to it. Buzz would love it and he'll be with us, all the way."

The Treetops Moonlight Walk entry fee is £18. Everyone who takes part is encouraged to raise £48 in sponsorship. This will help to fund four hours of Hospice at Home nursing care for local patients at the very end of life.

Interested in taking part? Sign up to the Moonlight Walk online at www.treetops.org.uk/moonlightwalk2024



Ellen, Buzz and children celebrating their 50th wedding anniversary L-R: Daughter Zoe, son Lee, Ellen and Buzz

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:
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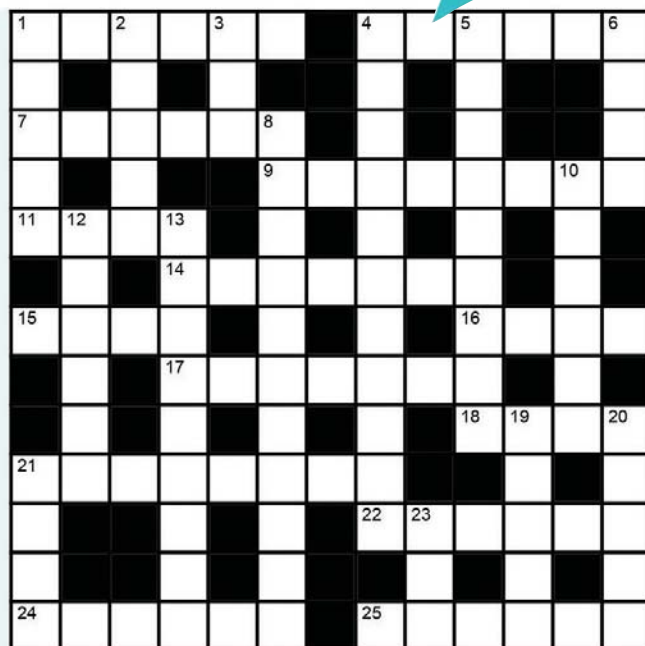
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Across

- 1 Descend by rope (6)
- 4 Small and compactly built upright piano (6)
- 7 Again but in a new or different way (6)
- 9 Dish of beaten eggs (8)
- 11 Border (4)
- 14 Those who suffer for the sake of their principles (7)
- 15 Handle (4)
- 16 Looked at (4)
- 17 Synthetic fabric (7)
- 18 Finishing line for a foot race (4)
- 21 Accidental collision that is narrowly avoided (4,4)
- 22 Line of contrasting colour (6)
- 24 Has faith in (6)
- 25 As follows (6)

Down

- 1 Not in a state of sleep (5)
- 2 Branchlet (5)
- 3 ___ and butts, objections (3)
- 4 Toughened or laminated transparent substance (6,5)
- 5 Meet at a point (9)
- 6 Narration (4)
- 8 Movies with gruesome or bloodcurdling themes (6,5)
- 10 Absorb (4,2)
- 12 Signify (6)
- 13 Cause to feel self-conscious (9)
- 19 Endure (5)
- 20 Each one, without exception (5)
- 21 Not diluted (4)
- 23 Beverage (3)



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