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DECEMBER 2024

ISSUE 264

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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).

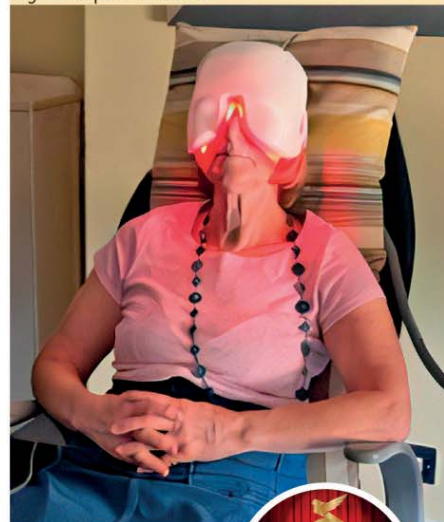
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear 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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ALL MAJOR CREDIT CARDS ACCEPTED

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step into christmas

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SINCE
2002



This Christmas, Entertainers, one of the UK's leading entertainment producers debut their first Christmas show; Step Into Christmas.

Grab your friends for a festive night out - oh yes it is!

Step Into Christmas for the most magical show of the year coming to the Royal Concert Hall in December. A perfect night out with your friends and family - or could this even be your works Christmas do?

It's the time when every Santa has a ball. Our amazing cast give you their hearts and do not take them away! in this warm-hearted family spectacular.

So, Step Into Christmas for the most wonderful show of the year, as we give you something special, full of festive cheer!

Step Into Christmas is a festive, feel-good show that brings all the magic of the season to life, with all your favourite Christmas songs including All I Want for Christmas Is You, Last Christmas, Jingle Bell Rock, Stay Another Day, Let it Snow, White Christmas, Do They Know it's Christmas, A Winter's Tale, Merry Xmas Everybody, and many many more!

The show is produced by entertainers, one of the UK's leading entertainment producers. entertainers is run by father and son team, Michael and James Taylor who were recently listed in The Stage Top 100, a list of the most influential people in the theatre industry. They have over 30 other productions in their portfolio including The Magic of Motown, Cirque: The Greatest Show, The Rocket Man, Fastlove, and The Makings of a Murderer all of which are touring the UK throughout the year.

**Royal Concert Hall, Monday 23rd December at 7.30p.
Tickets: <https://tickets.trch.co.uk>**

This is a tribute show and is no way affiliated with any original artists/estates/management companies or similar shows. Promoter reserves the right to alter the programme.



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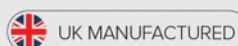
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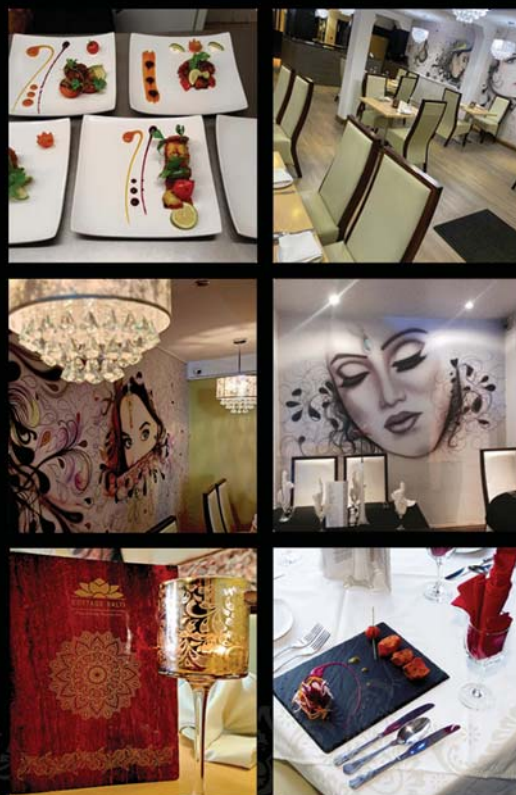


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ay up me duck

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Ay up me duck! Victoria Centre welcomes new nostalgic décor this Christmas

Victoria Centre is excited to welcome in the festive season with a nostalgic twist, introducing wonderfully eccentric, quirky 80s-inspired decorations, bound to make visitors smile and create a fun and welcoming shopping experience this Christmas.

In a nod to a much-loved Christmas tradition - the scheme features giant paper chains - as well as highly unusual and humorous tree decorations including Nottingham's own local hero Robin Hood and famous Left Lion, as well as festive favourites including green candy canes, reindeer and nutcracker adding a unique festive warmth to the centre.

On top of this, embracing Nottingham's local and much-loved phrase "Ay Up Me Duck," shoppers will be greeted by five huge ducks situated throughout the centre, bringing a splash of retro fun and charm to the holidays – and a welcome break from the norm!

Nigel Wheatley, Centre Director at Victoria Centre, commented: "We're delighted to launch our new festive décor as a playful nod to Nottingham's heritage. The decorations are designed to bring a smile to our customers faces – and celebrate the fabulous city we live in. We look forward to welcoming everyone to enjoy their Christmas shopping with us this year "

For more information on events and activities at Victoria Centre, visit www.victoria-centre.com.





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Nottingham Forest fan and cancer patient takes on a 140-mile walk to raise vital funds for charity

Liam Bradley and colleague, Mike Goodchild walked from Ipswich to Nottingham. Their aim, to arrive in time for Nottingham Forest v Ipswich Town football match in November

Mesothelioma UK, the national asbestos-related cancer charity, is supporting the remarkable fundraising challenge of Nottingham-based cancer patient, Liam Bradley. Liam is walking the 140 miles from Portman Road, home of Ipswich Town Football Club, to Nottingham Forest's City Ground, starting on 25th November and arriving in time for the Premier League game between the two sides on 30th November 2024.

Nottingham Forest fan, Liam and his work colleague, Ipswich fan, Mike Goodchild, will be joined by a variety of friends and colleagues as they walk the 140-mile route to raise money towards a £10,000 target, whilst increasing awareness of the asbestos-related cancer, mesothelioma. He walked with work colleagues from Bauder, the leading manufacturer and roof experts for commercial flat roof systems in the UK.

The money raised will be donated to Mesothelioma UK, the national charity, whose mission is to be there for anyone affected by mesothelioma. To donate to Liam's challenge, please visit the JustGiving page and follow the instructions.

Mesothelioma is a cancer related to exposure to asbestos and predominantly affects the lining of the lungs. The UK has the highest incidence of the disease in the world, with around 2,700 people diagnosed each year. There is currently no known cure.

Liam was just thirty years old when he was diagnosed with pleural mesothelioma in February 2017 after coming into contact with asbestos whilst working in the roofing industry. Liam is currently having regular scans but no treatment. He is still symptom-free, and his scans are showing no new growth of the cancer.

Liam Bradley said: "We are doing this walk to raise awareness of the disease and to raise funds for the amazing charity that is Mesothelioma UK, who rely solely on donations to fund nurses and to help patients and carers.

"The understanding of the dangers of asbestos in the construction industry and beyond hasn't really shifted over time. It can potentially impact anybody, so I'm committed to helping people to educate themselves about the danger that asbestos poses. I'd love to see a day when asbestos is removed from public buildings completely."

Liz Darlison, Chief Executive of Mesothelioma UK, added: "Liam is an incredibly courageous young man, and this challenge is the latest in a selfless campaign to help promote and support the charity, whilst raising awareness of the dangers of asbestos, particularly in the construction industry.



Pictured top: Liam Bradley and below, colleague Mike Goodchild

To donate visit: <https://www.justgiving.com/page/liamandmikebauderltd>

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Nissan Leaf	40kwh	17.4	5.7	17.4	5.7
Nissan Leaf	60kwh	27.0	8.9	27.0	8.9
Hyundai Kona	48.4kwh	21.0	6.9	21.0	6.9
Hyundai Kona	65.4kwh	28.4	9.3	28.4	9.3
Kia EV9	99.8kwh	43.4	14.3	43.4	14.3
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Eskdale Junior School is an averaged sized Junior School that is a Local Authority (Nottingham County Council) maintained school.

Pupils come from a wide area and have a strong mix of ethnic minorities and those with English as an additional language. The Headteacher, Mr Rob Scruton, has led his team of highly skilled and professional team to develop and deliver an ambitious and innovative curriculum that enables every pupil to feel safe, enjoy being an "Eskdaler", achieve their full potential and prepare them for the next step in their education journey.

A full graded inspection was carried out on the school on by Ofsted Inspectors on October 1st and 2nd this year.

The team of three inspectors carried out this graded inspection under section 5 of the Education Act 2005. During a graded inspection, they grade the school for each of the key judgements (quality of education; behaviour and attitudes; personal development; and leadership and management).

In all four criteria Eskdale was judged to be OUTSTANDING. This is the highest grading that is set by Ofsted in each of the four areas.

Below are comments copied from the inspectors report.

- Inspections are a point-in-time evaluation about the quality of a school's education provision.
- Inspectors carried out deep dives in these subjects: reading, mathematics, geography and Spanish. For each deep dive, inspectors held discussions about the curriculum, visited a sample of lessons, spoke to teachers, spoke to some pupils about their learning and looked at samples of pupils' work.
- Inspectors also discussed the curriculum, visited lessons and looked at samples of pupils' work in some subjects.
- To evaluate the effectiveness of Safeguarding, inspectors: reviewed the single central record; took account of the views of leaders, staff and pupils; and considered the extent to which the school has created an open and positive culture around safeguarding that puts pupils' interests first.
- Inspectors spoke to the Headteacher and deputy Headteacher. The lead inspector met with governors, including the chair of governors also the lead inspector spoke to a representative of the local authority.
- Inspectors considered the responses to Ofsted's staff survey. Inspectors considered the views of parents through Ofsted's Parent View, including the free-text responses. Inspectors spoke to pupils and observed pupils' behaviour during lessons and at social times.
- The lead inspector listened to pupils read to a familiar adult.

What is it like to attend this school?

Pupils thrive at Eskdale Junior School. They say they enjoy learning new things and that the staff are kind. The school has extremely high expectations of pupils' achievement. Pupils, including those with special educational needs and/or disabilities (SEND), achieve exceptionally well, particularly in mathematics and reading.

The school's 'STARS' values of 'Skills and knowledge for life, Take care, Aim high, Respond to challenge and Self-discipline' underpin all the school does. Pupils said these values help them understand behaviour and learning expectations.

Pupils quickly become confident and resilient learners. Pupils' behaviour in lessons and around school is exceptional. Pupils are polite and respectful to each other and to staff. They feel safe in school. Pupils have many opportunities to develop their character. They are keen to take up these opportunities. For example, pupils enjoy serving food at lunchtime. They also relish being on the school council, being a 'maths' ambassador or being part of the library squad. The school carefully plans the trips and visits that pupils experience. Pupils enjoy going to the theatre and sporting events. Many pupils enjoy attending the range of high-quality enrichment opportunities the school provides. For example, taking part in choir, football, netball, basketball, sewing and Mandarin club.

What does the school do well and what does it need to do better?

The school has developed an ambitious curriculum that outlines the knowledge, skills and vocabulary pupils should learn and when. This supports teachers in delivering the curriculum exceptionally well.



Teachers use their excellent subject knowledge to design activities that precisely match the intended learning. As

a result, pupils securely build on their knowledge over time. Pupils, including those with SEND, make excellent progress through the curriculum. They produce high-quality work. Teachers skilfully check how well pupils learn. They quickly address any errors or misconceptions that pupils may have. Teachers question pupils to develop their understanding highly effectively. They ensure that pupils develop their grasp of important vocabulary. This helps pupils express their thoughts and ideas clearly and accurately.

The school has ensured that reading is a top priority. Pupils who need extra support with reading get regular help from well-trained staff. This helps them to catch up with their peers. Teachers ensure that pupils have many opportunities to read a range of texts throughout the school day. Teachers are skilful in developing pupils' reading skills.

Pupils quickly learn the skills and knowledge they need to read confidently and fluently. Pupils enjoy story time at the end of each day and choosing books from the inviting library. This helps pupils develop a love of reading. The school accurately identifies any additional needs pupils may have.

The school ensures that pupils who speak English as an additional language get well-thought-out support so they can access the curriculum and achieve well. Staff know the needs of all pupils well. For example, they adapt activities and provide additional support to pupils with SEND. This helps these pupils achieve exceptionally well. Pupils learn in calm and orderly classrooms. They have excellent attitudes to learning. They consistently demonstrate the ability to persevere when they find something difficult.

The school is exceptionally well led and managed. Staff enjoy working at the school. They feel well supported with their workload and well-being.

Parents and carers are positive about the care and the quality of education their children receive. Those responsible for governance understand and fulfil their statutory duties effectively. They provide effective support and challenge.

The school continually strives to ensure that all pupils get the best education possible. The arrangements for safeguarding are effective.

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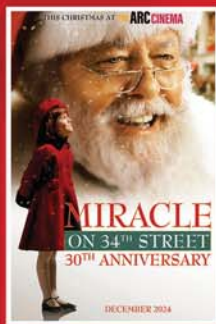
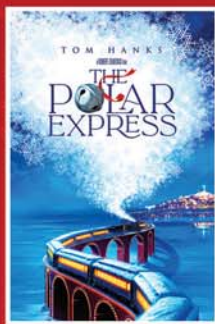
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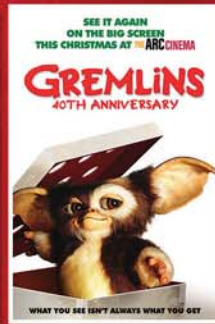
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A Winter wonderland of Films! by Sam Kurd



Brrrr! Hopefully you're reading this indoors, tucked up nice and warm, preferably by a nice radiator with a cup of tea. Winter's here, and it can get quite bitter out in the cold.

You're much better off staying in, popping your feet up and watching some quality films. That's what we at Beeston Film Festival are doing! At the time of writing, we've had 913 submissions, a mere 6 films away from breaking our record number of entries! We close our digital doors on the 31st, so there's plenty of time to smash it!

If you're looking forward to next year's festival (24-27 April, at the Arc Cinema as always!) then rest assured, we're hard at work watching and rating and arguing amongst ourselves in order to bring you the very best short films the world has to offer.

Here's a few of the top standouts so far...

The Pearl Comb is a dark folk tale from Cornwall, about a farmer whose magical gift from a siren comes with a deadly legacy left to his wife, who uses the gift to miraculously heal locals. All magic comes at a cost, of course...



On a lighter note we have **Lemonade Stand-Off**, in which two lemonade sellers turn to guerilla warfare in the park in a battle for customers. Filmed on Super 8 film with no dialogue, this is good old-fashioned fun!

In Animation there's **Root Note**, about four starving plants in wartime who manage to thrive and find new purpose – playing jazz music! It's a timely reminder that beauty and art can bring hope in the darkest of times.

The Silent Choice is a moving look at the perils of toxic masculinity and the strength needed to overcome it. Just released from prison, a man tries to reconnect with his family despite a restraining order, and his newfound growth is tested to the limit.

Finally there's **Give A Way**, a Russian film about a woman who's used to being meek and mild but finds her inner strength when she's caught in a traffic impasse with a brash man. Decorum is all very well and good, but sometimes you have to say enough is enough and put your foot down!



That's all for this month – stay warm, stay safe, happy holidays and a very happy new year to you all!



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Nottinghamshire residents are missing millions of opportunities to recycle at home

Residents in Nottinghamshire are throwing away the equivalent of around 57 million recyclable cans and newspapers every year.

Research commissioned by Nottinghamshire County Council and Veolia has revealed that 7% of the rubbish found in general household waste bins can in fact be recycled in Nottinghamshire in the kerbside recycling bin, so residents are now being urged to check before they chuck and rescue their lost recyclables.

HELP US

PLEASE RECYCLE PAPER



Paper is a big opportunity, with residents throwing away the equivalent of 15 million newspapers a year, missing the chance to give these materials a new life. Cardboard is another top recyclable material that is commonly put in the wrong bin; approximately half of the cardboard found in general waste bins is clean and could be recycled, but currently isn't.

The study also revealed that the equivalent of around 42 million food cans end up in the wrong bin every year.

Nottinghamshire residents could save these precious recyclable materials and dramatically improve the county's recycling rates by taking a few minutes to find out which bin to use for their rubbish at home. To make this as easy as possible, the council has a free Recycling Checker that is available in the MyNotts app or online at

www.nottinghamshire.gov.uk/recyclingchecker

The Recycling Checker is quick and simple to use – residents just need to type in the name of the item they are throwing away along with their postcode, and the Recycling Checker will tell them which bin it needs to go in or if it needs to be taken to a recycling centre.

Households in Nottinghamshire are reminded that they can recycle the following clean items in their recycling bin at home:

- Paper and card
- Food tins, drinks cans and aerosols (without the lid)
- Plastic bottles (keep drink bottle lids on but remove pumps and sprays)
- Margarine tubs and yoghurt pots

Glass is collected separately for recycling and, dependent on where you live, this is either at the kerbside or at glass bottle banks.

local legend

keeping it

local

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Pictured above, Santa, Mike, Caroline and children Jack, Ben and Emma helping collecting for the Round Table with their high viz on.



In aid of
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Family and friends

In Memory of Mike Richardson

Mike Richardson was a true local legend.
A member of the community supporting local charities
including Beeston Round Table.

Mike sadly lost his battle against cancer in Dec 2023 aged 52, and shall never be forgotten

His spirit and determination have been continued by his wife Caroline. Mike's funeral (celebration of life as his friends like to call it) raised around £3000 in donations for the Teenage Cancer Trust. Mike always said that there were people worse off than he was with so much to live for dealing with cancer. This inspired Caroline to continue with this worthy cause.

This was supported by Mike's children as well. Emma did a sky dive while in Australia and Ben, who manages The White Lion in Bramcote, has held various events at the pub to raise funds.

On Friday the 4th October, Caroline's birthday, she took on an incredible challenge 'To Brave The Shave.'

Caroline commented "Braving the shave was a great way to continue to raise funds and awareness for The Teenage Cancer Trust".

Caroline continued "It has been my choice to brave the shave, but so many Teenagers don't have a choice. I am turning a few heads at the moment but getting quite used to it. I'm not missing the time doing my hair and I no longer need to worry about getting caught in the rain."

As a family, Caroline would like to thank everyone for their kind donations and the awareness this has brought to the Teenage Cancer Trust.

With your help today, Teenage Cancer Trust can fund specialist nurses and youth workers to be there for a young person during the toughest times they've ever faced.

Their life-changing work relies on donations from the public – "we can't do it without you".

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How to make the most out of your garden in darker months

With winter here, Brits are being offered tips on how to make the most out of their gardens in the darker months.

Garden design experts at LightingLegends.com are encouraging homeowners to continue to make the most of their outdoor spaces even as temperatures continue to lower.

They suggest adding warm lighting and creating a cosy seating area that looks inviting for those crisp evenings.

Jon Saeed, Managing Director from LightingLegends.com said: "As we prepare to head into winter, we want to encourage people to continue to spend time in their gardens and embrace their outdoor space.

"There are plenty of changes you can make to ensure your garden is a cosy, warm and inviting space in the evenings.

"One of the most important things to do is create a suitable seating area. Add outdoor rugs, blankets and throws so that you and your guests stay warm while outside. An outdoor firepit is also a great investment for this.

"The garden in winter can be a really magical place to spend time especially when it's enhanced with warm, relaxing lighting and beautiful colours."

How to make the most out of your garden in the darker months:

Introduce vibrant foliage

Striking and vibrant foliage can make the garden look magical. Introduce plants into your garden that showcase warm colours like maples and dogwoods.

Add lighting

Warm up the area by adding some lighting such as warm-toned fairy lights or lanterns. If you have trees or plants in your garden like oaks, use spotlights to highlight their colours.

Create a cosy seating area

Turn your summer seating area into a cosy cocoon by adding warm throws, blankets, cushions and outdoor rugs. Fire pits are also a great investment to keep warm and allow you to extend your garden time during the evenings.

Incorporate seasonal decor

With Christmas on the way there's plenty of fun to have with seasonal decor. Use lighting to add a cosy charm and place decor and winter wreaths around your space to make the most of the festive season.

Add a water fountain

Not only is the sound of a water fountain relaxing but the feature will also provide birds with some much needed hydration during the colder months. Fountains are less likely to freeze over in cold conditions and are generally more insect free in comparison to ponds thanks to the constant flow of water.

Incorporate pathways

Now is a good time to incorporate more pathways in your garden for easier navigation during wet weather. Add stepping stones or gravel footpaths from your door to your seating area for easy access. It's also worth lighting the way with solar powered lights to give the garden an inviting look in the crisp early evenings.

Add garden accessories

To maintain interest in your garden try adding some garden accessories such as wind chimes and wind spinners.



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Children from Beeston Fields Primary and Nursery School join the action to look after their local environment

"We want our community to be happy by being nice and clean and tidy!" Maria, year 6 pupil

Children from Beeston Fields Primary & Nursery School have been supporting community efforts during Antisocial Behaviour (ASB) Awareness Week, in partnership with the local council and Nottinghamshire police.

The annual week of action seeks to raise awareness about what constitutes antisocial behaviour and demonstrates how the public can effect change in their own community. Children and staff from the school carried out their litter pick in Beeston town centre, - an effort which Year 6 pupil, Maria, was happy to join.

Maria said, "I think the litter pick was a great idea because it is important that we pick up our rubbish. Litter is not good for the environment and can be a safety problem. We want our community to be happy by being nice and clean and tidy!"

In all six children took part in the clean-up, alongside a school governor, staff members, and representatives of Nottinghamshire Police. Rubbish was carefully collected using litter pickers into bags for appropriate disposal.

Cathy Jackson is Family Support Worker at Beeston Fields Primary and Nursery School and said children were keen to help. "It was an amazing opportunity for Beeston Fields Primary & Nursery School to work with the Council's Communities ASB Team and Police during Antisocial Behaviour Awareness Week and Partnership Day. The children loved taking pride in their community and helping to make it a cleaner place for everyone to enjoy."



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SPOTTED DOG ART GROUP

Please note, we do not have a workshop in December 2025.

January Workshop: Saturday 11th January 2025. Members Club Day from 10.00am to 4.00pm at Bramcote Memorial Hall. This untutored workshop is for members only. Bring along anything you want to paint, draw, etc. This is a time to finish that painting you planned to do. A nice social time, with like minded people, discussing art, asking others advice on media and techniques, etc.

February Workshop: Saturday 15th February 2025. Abstract Collage with Ju Smith from 10.00am to 4.00pm at Bramcote Memorial Hall. Ju is a degree trained artist from the University of Nottingham, a member of KITH Artist Collective and a member of the Spotted Dog Art Group. Her work has intrigued us and she has kindly agreed to show us her unique way of working with collage. It is sure to be an enjoyable day with new and different ideas.

For more details and to book contact: Janet Waters ~ email: janetwaters32@gmail.com.

Membership fee is £20 per year. If you are interested in joining please contact:

Gwynneth Johnson ~ email: gwnneth2023@yahoo.com.

Website: www.spotteddogartgroup.co.uk Facebook: SD Art Group Nottingham.

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.

Upcoming talk: Weeds Are Wildflowers Too! with Nigel Slater. Monday December 16th 2024.

What could possibly be interesting about weeds? Widespread and much maligned, they are truly fascinating. Nettles are used to make clothing, dandelions are crammed full of vitamins and daisy petals diffuse light to attract pollinators. Found in the cracks in pavements and growing in every garden, there is a lot to discover about our most common plants.

£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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JOIN THE CHRISTMAS CELEBRATIONS AT BEESTON METHODIST CHURCH

Beeston Methodist Church (BMC), the distinctive building with a tall spire on Chilwell Road, warmly welcomes everyone to join the special programme of services to celebrate Christmas.

The Christingle service at 4pm on Saturday, **December 21st** is always a popular event and members of the Junior Church will present the Nativity service on Sunday, December 22nd at 10.30am. That evening at 6.30pm, BMC is looking forward to taking part in a joint carol service at Beeston Parish Church.

On **Christmas Eve**, the midnight communion service at BMC starts at 11.15pm and the Christmas morning service on **Wednesday, December 25th** starts at 10am.

Listen out for Beeston Methodist Carol Choir, who will be singing around local streets in the run-up to Christmas. For many years the choir, which was formed around 1870, used to sing until the early hours of Christmas morning and then set out again at 8.30am for a door a door collection.

This year the choir continues the tradition of singing at The Crown, Beeston on **Wednesday, December 11th** at 8.45pm and will figure prominently in the morning service at BMC on **Sunday, December 15th** at 10.30am. On Thursday, **December 19th**, the choir will sing on Cromwell Road, end of North Street, from 7.30pm and on Christmas Eve they will be at the bottom of Park Road from 7.15pm.

All money collected will support the work of the Beeston Benevolent Society.

**Beeston Methodist Church
on Chilwell Road**



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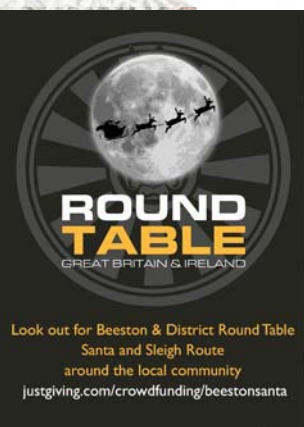


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Sunday 8th December 4pm
- Family Carol Service
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Saturday 21st December 5pm
- A service of solace for the longest night

Sunday 22nd December 6:30pm - Carol Service
Tuesday 24th December 4pm - Christingle
Tuesday 24th December 9:15pm First Mass of Christmas
Wednesday 25th December 10am - Parish Family Celebration
www.beestonparishchurch.co.uk



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IS COMING
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Wed 4th	Attenborough Village	6.30pm
Thu 5th	Chilwell	6.30pm
Sun 8th	Bramcote & Stapleford	3.00pm
Mon 9th	Beeston Hillside	6.30pm
Tue 10th	Beeston Central	6.30pm
Wed 11th	Chilwell Meadows	6.30pm
Thu 12th	Beeston Rylands	6.30pm
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Wed 18th	Bramcote Hills	6.30pm



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Beeston Civic Society presents Winter Talks, A Festive Event:

**Featuring Steve Simms and Professor Lynn Oxborrow, on 11th December 2024
at the Royal British Legion, Beeston. Doors open from 6:30pm***

SPOTLIGHT: an introduction to Plane Tree, a community arts centre on Beeston's high street. With festive live music, refreshments, and our civic raffle.

Go along and enjoy a warm welcome at the December festive evening and guest speaker event.

A collaborative talk from two experts in the field of planning, and small business growth. Steve gives excellent insight into retail planning, including recent changes nationally; the need for for attractive, connected urban realm, and the 'place-value' of heritage. Lynn shares just some of her vast expertise on strategic opportunities and obstacles facing the high street, including what support and capabilities are needed to implement change. A real must for SME owners and those involved in supporting local high streets – even if it's by just 'shopping local'!

About the Speakers

Steve Simms is Planning Manager at Broxtowe Borough Council – managing overall Planning function. He studied at UoN and has lived in Beeston for 23 years, so seen many changes.

Lynn Oxborrow is Professor of Sustainable Small Business Growth at Nottingham Business School. With a background working with small businesses in fashion, creative industries, retail, and other sectors, she currently specialises in supporting small business leaders to enhance their skills.

Festive Vibes

Doors open at 6:30pm for enjoying the festive vibes and socialising, with live music performed by Jeanie Barton, drinks from the licensed bar, mince pies, and our Civic Raffle – with beautiful prizes worth winning, including a seasonal door wreath worth £50!

Entry is free for Society members and their guest, so why join the Society today and help support the work they do.

Be More Civic

Beeston Civic Society is a charity run to care about the streets, buildings and natural environment in Beeston and the towns nearby. Membership and donations help support the work they do such as: tree planting, Planning watchdogs, street art, protecting heritage buildings, blue plaques, guided walks and much more.

Further monthly talk events are programmed until March 2025, and our guided Walks with an Expert run throughout the summer.

Entirely run by volunteers, the Society works hard to be welcoming and inclusive, and wants to actively engage with as much of the local community as possible. If you'd like to be involved by volunteering some time, you can contact them via their website – they'd love to hear from you.

Find out more: www.beestoncivicsociety.org.uk

Event Details

Venue: Royal British Legion (RBL), Hall Croft, Beeston, NG9 1EL

Doors and bar open: 6:30pm. Main talk: 7:30pm

Location: Hall Croft is just off Chilwell Road (on foot), and accessed via West End (car) Free parking to the rear.

Tram and buses all stop on Chilwell Road. All welcome.

Entry: FREE for Civic Society members and their guest.

Suggested donation of £5 for non-members, but give what you can afford – this event warmly welcomes everyone.





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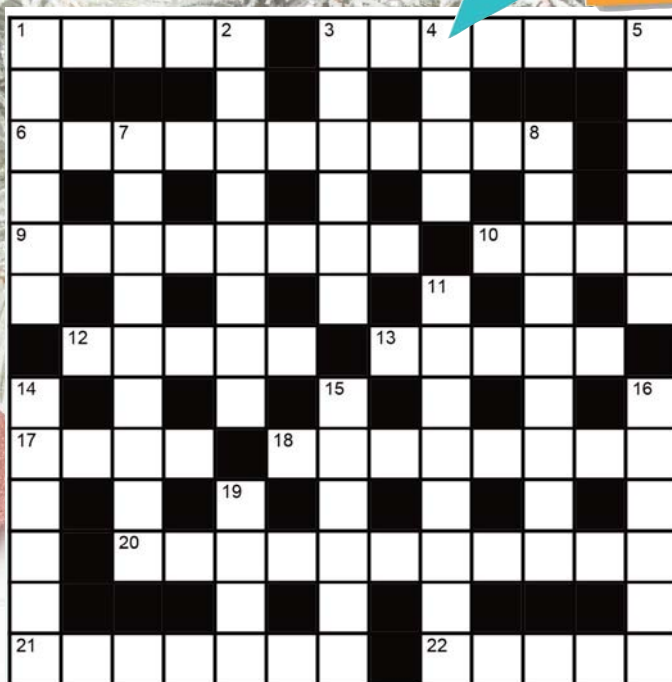
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Across

- 1 Confronts bravely (5)
- 3 Receptacles for shopping (7)
- 6 Suitable and fitting (11)
- 9 Qualified for by right according to law (8)
- 10 Narrow road (4)
- 12 Component parts of a skeleton (5)
- 13 Trembled (5)
- 17 Part of a flower (4)
- 18 Addition (8)
- 20 Splendid (11)
- 21 Expressed approval of (7)
- 22 Rapier (5)

Down

- 1 Was apprehensive about (6)
- 2 Removed the creases from (8)
- 3 Made a noise like a dog (6)
- 4 Remain (4)
- 5 Grabbed forcefully (6)
- 7 Crude oil (9)
- 8 Lose water due to heating (9)
- 11 Bright red fruits (8)
- 14 Not awake (6)
- 15 Loosened cords (6)
- 16 Hired (6)
- 19 Matures (4)





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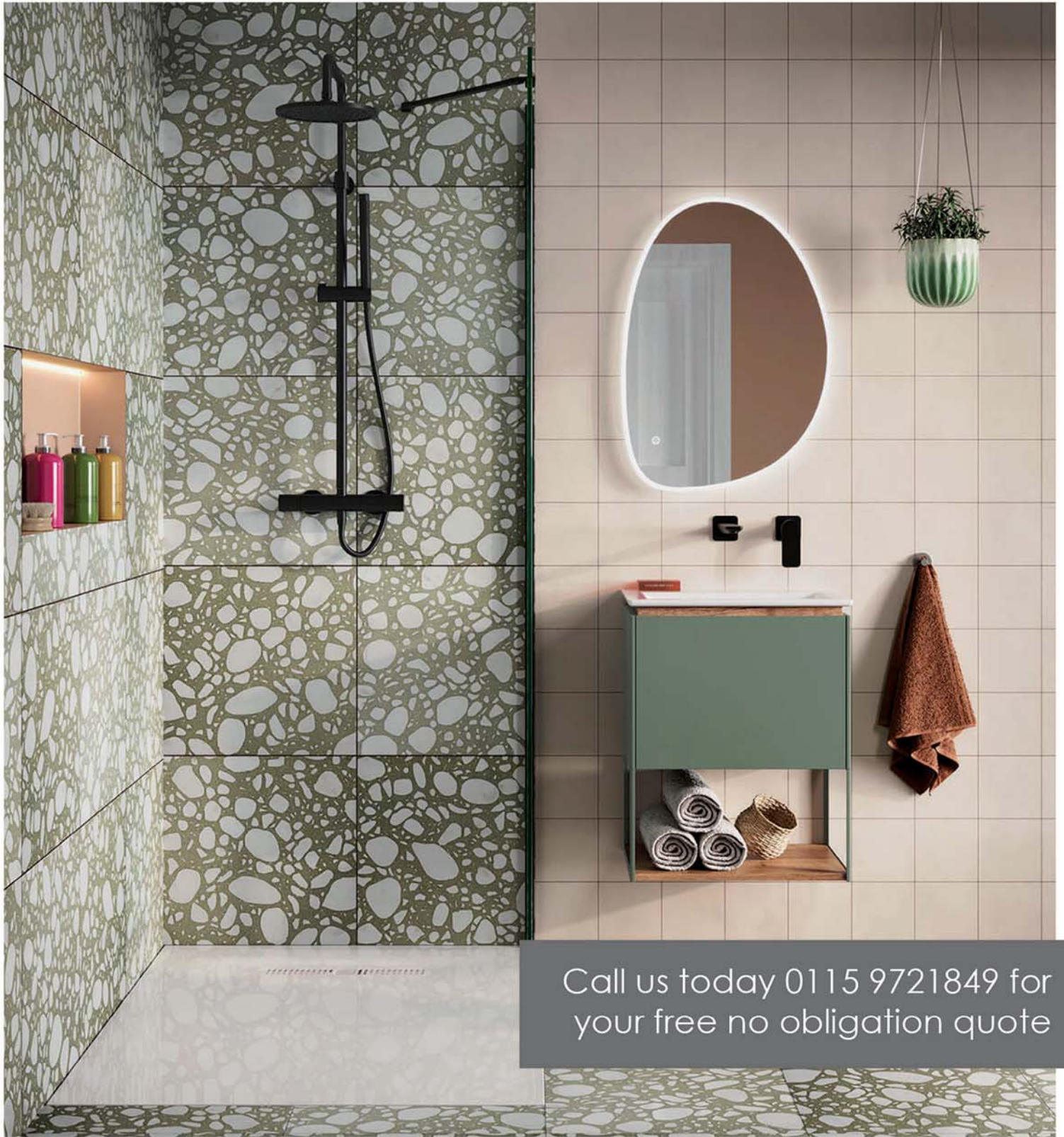
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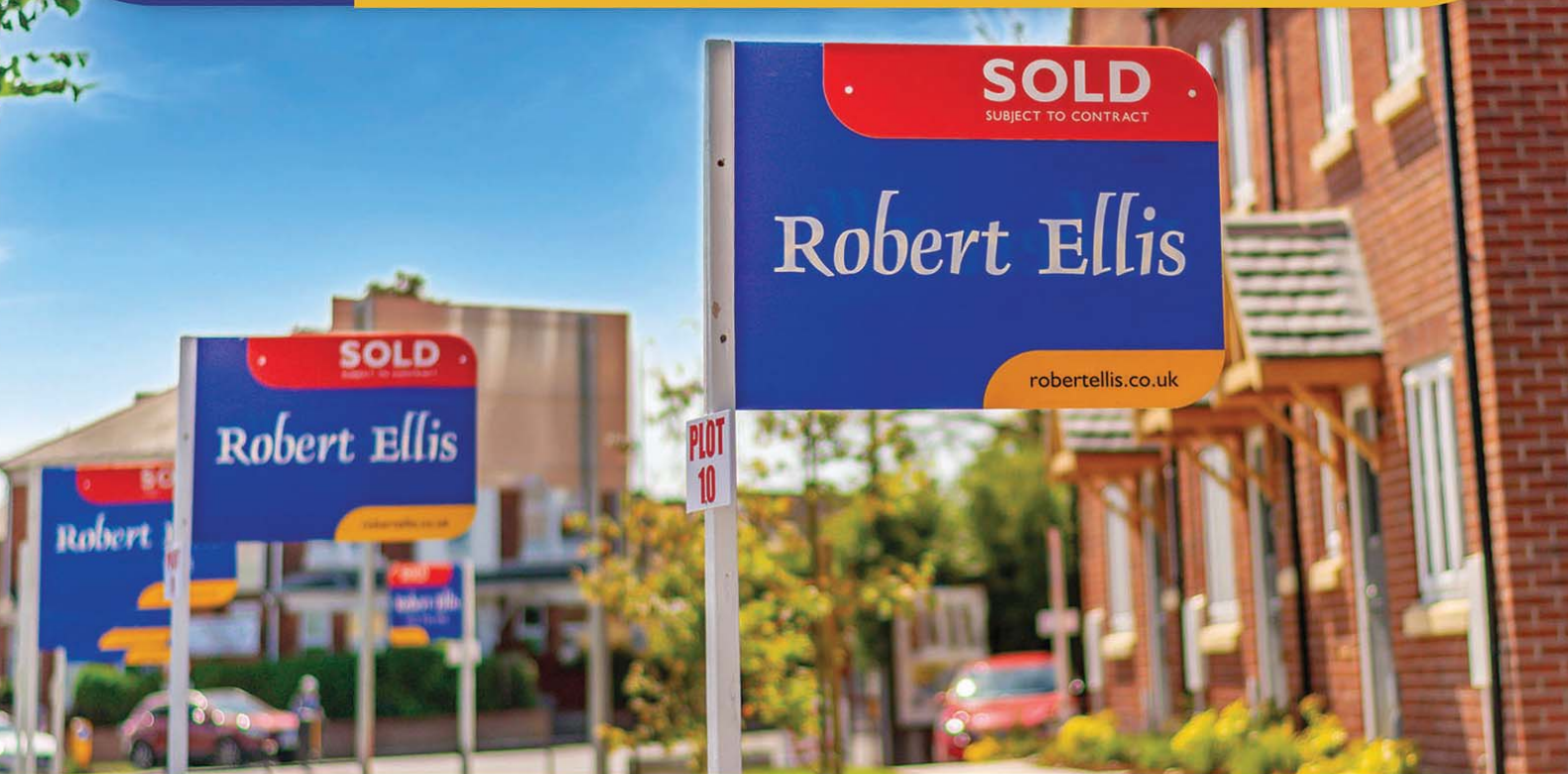
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