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ISSUE 262



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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).

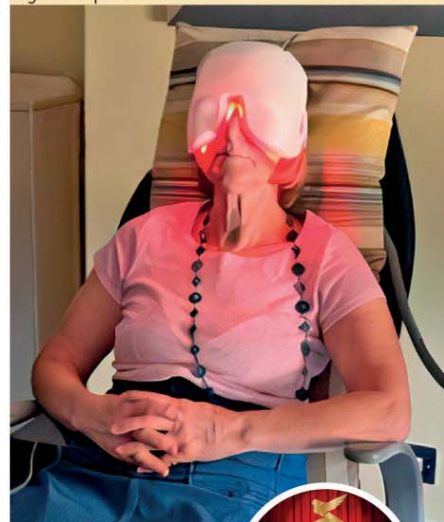
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear 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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Black History Month 2024:

what's the story?

by Lynda-Louise Burrell

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"It is wrong if nearly every time we hear a black or Asian actor portraying their lives they are actually speaking the words of someone who has never experienced their reality."

This quote by Lenny Henry really captures the theme of this year's Black History Month – 'Reclaiming Narratives'. It's vital that more Black stories are told to shine a light on Black history, heritage and culture, but what also matters to us is who's telling them.



Joseph and Mabel, who as part of the Windrush generation answered the call to help rebuild Britain after the war. These pioneers paved the way for generations to come.

To reclaim the narrative, Black people also need to reclaim the spaces where their stories are being told and the means to tell them, whether it's through film, TV and the media, or in heritage spaces like museums and galleries. Only then can Black people decide what stories they want to tell, how and why they want to tell them, and who they want to tell them for.

Through their partnerships with a range of heritage organisations – from national institutions to local museums – Museumand are helping to bring Black history, heritage and culture to a wider audience with exhibitions and events created and curated by people who have experienced the reality.

For example, their current exhibition at the Bank of England Museum in London shares the experience of those who used (and still use) the Pardner Hand system when they were denied access to mainstream banking services during the Windrush Generation – in their own words. "Working in partnership in this way enables us to reclaim narratives in the very places that are also part of the story. In this case, the heart of the financial system that unfairly discriminated against the Windrush Generation.

What's also important to us, is that we tell the stories of those who may otherwise be overlooked by history – the everyday men and women who made (and continue to make) such an important contribution to the UK.

Our touring exhibition, 70 Objekts & Tings, currently on at York Castle Museum, tells the stories of the Windrush Generation in their own words, through some of the objects and things that they hold dear. Our partnership with York Castle Museum is also helping to tease out the threads of history that have woven together Black history with Yorkshire history – underlining the fact that Black history is also British history."

What does Black History Month mean to you?

"I use these precious days to remind myself of the wealth and legacy of my ancestors and share it with others so they realise my cultural identity is rich, strong and diverse." *Catherine*

"It's my community's time in the spotlight. A time for us to reclaim and retell our own narratives. A time when people can listen and hear about my cultural heritage and not just take from it. They can acknowledge and applaud the great achievements of all peoples of Black African descent." *Lynda*

Museumand Pardner Hand exhibition is on at the Bank of England Museum until 20th December. **To find out more visit: www.museumand.org**

Pictured above Joseph and his colleague working on the construction of Ratcliffe-on-Soar Power Station in 1963.

LOCAL WINDRUSH HERITAGE TRAIL by Lynda-Louise Burrell

To celebrate national Windrush Day, Museumand launched a heritage trail in Nottingham exploring places of national significance to Caribbean history and heritage.

Designed for both residents and visitors to Nottingham, the 60-minute 'From Midland Station to the Meadows' heritage trail has been created by Museumand and funded by the National Lottery Heritage Fund.

The heritage trail starts at Nottingham Train Station (also known as Nottingham Midland) and includes seven stop points of interest around The Meadows – inviting people to follow in the footsteps of the Windrush Generation on a journey of discovery through the city suburb where many Caribbeans made their home.

Nottingham was one of the original destinations for the Windrush Generation and many people settled in the city from countries including St Kitts and Nevis, Antigua, Trinidad and Jamaica. Work on offer included jobs in Nottingham's factories and mines, but many Caribbeans also chose to work for the railways.

Catherine Ross, Museumand Founder and Director, emigrated to the UK from the Caribbean island of St Kitts with her parents and sister in 1958 and the family lived in The Meadows.

Catherine explained: "The Caribbeans who came to Nottingham added to the culture, creativity and entrepreneurship of the city and beyond. For example, the UK's first Caribbean Carnival started here. They also impacted Britain's political and social development – with Caribbean protests in Nottingham paving the way for the landmark Race Relations Act 1968, which made it illegal to refuse housing, employment, or public services on the basis of ethnicity or nationality.

"With the help of the Caribbean community in The Meadows – or 'The Medders' as many locals have always pronounced it – we've created this unique heritage trail as a 'moving' exhibition to help residents and visitors explore the extraordinary national and local history made in Nottingham and the fascinating stories of the Windrush Generation as they settled into life in The Meadows throughout the post-war era and beyond.

"Each stopping-off point explores an interesting person, place or event that has made a significant contribution to our shared Caribbean and British history, including those that are now part of Nottingham folklore."

The heritage trail's stop points include The Midland Railway Station, The Grove Inn (now The Vat & Fiddle), Welbeck Infant and Junior School (now Welbeck Primary School), WJ Furse & Co Ltd, Bridgeway Hall Methodist Church (now Bridgeway Hall Mission), Queens Walk Community Centre and The Carnival at Trent Bridge.

To find out more visit www.museumand.org

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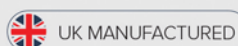
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ROAST PUMPKIN AND SWISS CHARD RISOTTO

Ingredients

600g pumpkin
4 tbsp olive oil
1 tbsp maple syrup
Pinch cinnamon powder
50g blanched almonds, chopped
225g trimmed leek, finely chopped
250g Arborio or Carnaroli risotto rice
100ml vegetarian dry white wine
900ml-1litre light vegetable stock
150g Swiss chard (leaves only) roughly shredded
1 ½ tbsp single cream
Salt and pepper to taste

Method

1. Heat oven to 190°C/gas mark 5. Cut the pumpkin into quarters, peel and de-seed. Then cut into thick slices/segments (approx 12-15cm) and place in a roasting pan. Mix together 2 tbsp oil, maple syrup and cinnamon and drizzle over the pumpkin. Roast for 25-30 minutes until tender, take out of the oven and cut into large dices.

2. In a small frying pan, heat 1 tsp oil and lightly toast the almonds until golden. Set aside.

3. Heat the remaining oil in a large frying pan and sauté the leek until soft. Add the rice and stir until the grains are well coated and slightly golden. Pour in the wine and stir until it is absorbed.

4. Add one ladle of hot stock and simmer until absorbed. Repeat. After 10 minutes, add the chard and let wilt. Continue to add stock at intervals and cook until absorbed into the rice (you may not need all the stock). Season well with salt and pepper.

5. Once rice is tender but still very slightly al dente, add the cream and cook for a further minute before adding the pumpkin. Remove from heat, cover and rest for 2 minutes. When ready to serve, sprinkle over the roasted almonds and a squeeze of lemon juice.

' The Vegetarian Society



SLIMY SNAILS



Ingredients

For the 'snails':
12 large conchiglioni rigati pasta shells (cook a few extra in case any split)
2 little gem lettuce
50g mangetout
200g cream cheese or vegan cream cheese*
3 tbsp fresh coriander, chopped
3 tbsp fresh flat leaf parsley, chopped
2 spring onions, finely chopped (including some green)
4 cocktail gherkins, finely chopped
1 clove garlic, crushed
1 lime, zest and juice
½ cucumber, sliced

For the slime trail:

5 tbsp extra virgin olive oil
1 tbsp mixed green fresh herbs, chopped

Method

1. Cook the pasta shells for 10-15 minutes. Once the pasta is cooked, but still firm, drain and cool down quickly under cold water. Set the shells aside.
2. Remove the larger of the little gem leaves and set these aside. Shred the remaining leaves. Make antennae for later by cutting two of the mangetout length ways (you need 24 slithers in total) and finely chop up the rest to go in the filling for the next step.
3. Combine the cream cheese, coriander, parsley, spring onions, gherkins, chopped mangetout, garlic, lime and 3 tbsp of the shredded little gem leaves.
4. Assemble the snails by stuffing the filling into the shells and place each one onto a slice of cucumber. Place each snail onto an individual little gem leaf. Add the mangetout antennae to the snails.
5. Make the snail slime by whisking together the olive oil and herbs with a fork. Drizzle this over the snail and leave to make a slime trail.



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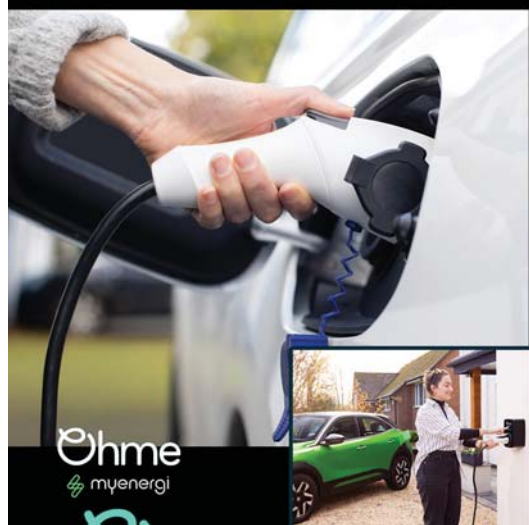
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THE ABC ARTISTS & MAKERS CHRISTMAS FAIR 2024

For the last three years, the ABC Arts Trail Committee have staged a very successful Arts Fair at Attenborough Village Hall in early October which showcased some of the current exhibitors from the ABC Arts Trail.

This year it has been decided to change the date to be more towards Christmas and the venue, to be more central to Beeston. The group have now hired Beeston Parish Church (St John the Baptist) which is located on Church Street, Beeston NG9 1EJ close to the bus station and tram stop. This fantastic location provides much better connections for bus and tram and easy walking distance from Beeston Town Centre and Chilwell, hopefully making this wonderful venue much more accessible to everyone.

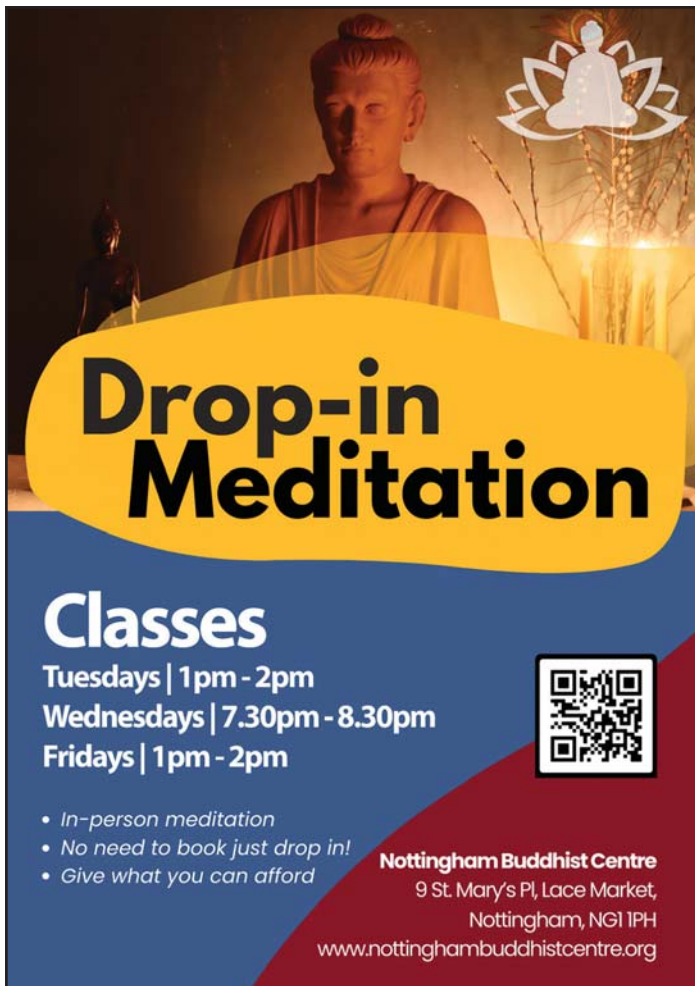
The event will present around 22 local artists and makers in the main part of the church, ranging from paintings, landscapes, portraits, abstract, watercolour, sculpture along with jewellery, fused glass, carved wood, bags and purses, rugs, lino prints, willow weaving and textile art.

This is a fantastic opportunity to come and meet the local artists and designer makers that took part in the ABC Arts Trail in early September and purchase a unique piece.

The ABC Artists & Makers Fair is on Saturday 16th November from 10:00am to 16:00pm.

It is free to come in and the church are providing refreshments to help raise their funds, please bring cash for a donation.





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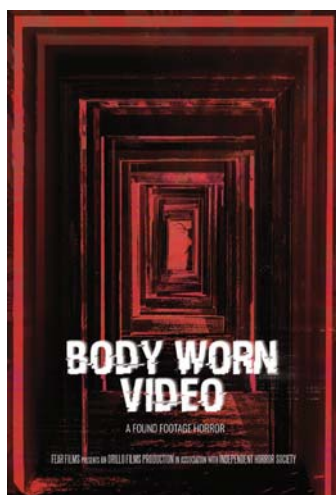
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Spooky Season is Back!
by Sam Kurd



Quick – go to the window, look at the nearest tree. See all those lovely crunchy brown littering the grass around the trunk? That can mean only one thing – it's Autumn at last!

That's right, the season of pumpkin spice and cardigans and wondering if it's worth putting the heating on is back. It's my favourite time of year, partly because of the beautiful golden brown colour scheme, but mostly because it means we've finally hit Spooky Season – time to grab some popcorn and peep between the fingers at all sorts of ghosts and goblins and things that go bump in the night!

Horror always gets a strong showing at the Beeston Film Festival, and this year is no different. We've had some bloody brilliant (yes, pun intended) entries, guaranteed to raise the coolest pulse and send a shiver down the sturdiest spine.

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

Voyager follows a shy, socially anxious janitor in Barcelona who discovers a mysterious drug that sets her spirit loose from her body, allowing her to get close to the people and the party scene she covets so badly... but at a heavy cost.

Collection Only, a comedy-horror from Wales, sees a couple of friends picking up a free chair from a mysterious old woman with a sinister secret. It's creepy, gross, daft and fun!

For lovers of slow-burn films that ratchet an uneasy mood up to near unbearable levels, there's Dutch film **Dormant**, in which a man who cares for his comatose wife at home fears something dangerous has awakened in her.

Burn Out is a corporate horror, a film about the lengths we'll go to in order to impress a boss, the sacrifices (no matter how painful or costly) we'll make to nail that promotion. Produced by superstar Jamie Lee Curtis, this one mustn't be missed!

And finally there's **Body-Worn Video**, an absolutely terrifying found footage film that's as good (or better) than any segment in the V/H/S films. We follow two cops on a routine domestic disturbance call out who find themselves in way way over the heads – it's gory, but not at the expense of the chill factor. Destined to be a Beeston Film classic, methinks!

That's all for this month, stay spooky everyone!



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Situated on a generous plot of approximately a third of an acre, accessed via a private road, sits this exclusive five-bedroom detached house, with a gated entrance and a particularly private outlook to both front and rear.

In brief, the stylish and contemporary interior comprises: spacious entrance hall with guest cloakroom, large open plan kitchen diner and living space, dining room, sitting room and media room. Rising to the first floor is a master en-suite bedroom with dressing room, four further good sized double bedrooms, one of which has an en-suite, and a family bathroom.

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Notes from a

small island

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**Riverside Drama Company
will be performing Notes from
a Small Island, originally**

**written by Bill Bryson and then adapted for the
stage by Tim Whitnall, at The Duchess Theatre
Long Eaton from the 14-16 November 2024.**

It's 1973, and a young man from Des Moines, Iowa in the United States of America has arrived by ferry in Dover. He intends to conquer the whole of the island, like Caesar attempted before him. But Caesar didn't have to deal with counterpanes, kippers, Cadbury's Curly Wurlies, or Mrs Smegma the landlady's eccentric house rules.

As Bill travels the length and breadth of Britain, through villages with names like Titsey and Little Dribbling, something strange starts to happen. Can it be true? Is he really starting to feel at home?

Bill Bryson's smash-hit memoir and travelogue *Notes from a Small Island* spent three years in The Sunday Times bestseller list, sold over two million copies, and was voted the book which best represents the UK. First performed in 2023, the show is a fabulous celebration of one of the nation's most beloved books, and a brilliant dissection of the enduring quirks of our small island.

Taking place between 1973 and the early 90s, the show moves forward and backwards in time, seeing Bill, performed by Jonathan Greaves, visit over 25 different locations, from Calais to John O'Groats, coming into contact with a myriad of locals. Over 80 different characters are portrayed during the course of the evening by a talented pool of only 12 actors, under the careful guidance of director Celia Billau.

Come along and join this tour of Britain, Wales and Scotland with Bill as he navigates the nuances of when to stand and order at the bar or when to sit and wait for his order to be taken!

Tickets are £10 and are available to buy online by visiting our website www.riversidedrama.com, the Duchess Theatre what's on page, or by scanning the QR code.

Riverside Drama Company is a long established, friendly drama company, performing plays from a wide selection of genres at the popular Duchess Theatre in Long Eaton.

"We produce and stage three shows a year and rehearse every Thursday, 7.30pm

-10pm at Bramcote CofE Primary School, NG9 3HE. So, if you're over 18 and interested in performing on stage, directing or helping backstage, pop along any Thursday. You'll also get a sneak peak into how *Notes from a Small Island* is coming along.

Contact us via Facebook Messenger or email contact@riversidedrama.com if you have any queries."



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Compassionate support for baby loss families.

Forever Stars is an East Midlands charity dedicated to providing compassionate support to families who have experienced the heartbreaking loss of a baby or infant.

Founded by Michelle and Richard Daniels in the wake of their own tragic loss, Forever Stars supports all families who have been impacted by baby and infant loss.

Michelle and Richard's journey began on December 19th, 2013, when they faced every parent's worst nightmare with the stillbirth of their beloved daughter, Emily.

After their experience, they decided that the facilities and ongoing resources to support bereaved families needed additional funding in order to help families come to terms with their loss in a healthy environment that enables the family to move forward and embrace the memory of their baby.

Driven by their own experience, Michelle and Richard established Forever Stars in January 2014. From those early days, their focus has been clear: to promote and protect the health of parents and the wider family of those affected by stillbirth or infant loss, offering unwavering support and guidance during their darkest hours.



FOREVER STARS FACILITIES AND SUPPORT SERVICES

Serenity Suites

The Forever Stars purpose-built Serenity Suites, at both Nottingham University Hospitals, enable families to stay together and spend precious moments with their baby. Whilst in the suite families are able to hold naming ceremonies, take pictures with their baby and

make plans for life after

their loss. There are no time limits for the families whilst in the Serenity Suites and the suites include a cold cot, which helps to preserve the baby for as long as possible. Very often these suites are used to create a lifetime of memories in a few short days.



Befriending

The befriending support service at Forever Stars is designed to provide a caring and understanding companion for those dealing with baby or infant loss. The Forever Stars befrienders are individuals who have either experienced similar loss or are deeply empathetic to the journey. They offer a listening ear, a comforting presence, and a source of ongoing support to ensure families don't feel isolated.

Signposting

The Forever Stars signposting service guides families toward the resources and support they need, when you need it. Whether it's professional counseling, legal advice, or specialised support services, Forever Stars connect families to trusted organisations and professionals who can assist with their unique needs.

Serenity Garden

Providing a place to relax, reflect and remember.

The Serenity Garden at Nottingham Highfields Park, provides a tranquil space for families to relax, reflect and remember.

The Serenity Garden has two beautiful sculptures - the Fallen Acorn and the Forever Star - designed by Nottingham Artist Rachel Carter. These sculptures provide a focal point for families who can add their baby's name and date of birth to the sculptures in the form of special petals that are created by Forever Stars.

These petals are added to the sculptures at special 'installation days', where families attend and select where they would like their petal installing.

The Serenity Centre

The Serenity Centre, located in Beeston, Nottingham, provides a safe and supportive space for baby loss families. The Centre regularly hosts workshops, playgroups and wellbeing sessions, as well as hosting regular get-togethers for a variety of specific support groups.





ACCESSING THE FOREVER STARS SERVICES

You can find out more about the services Forever Stars offers, along with their latest events in the following ways:

Website: The Forever Stars website provides extensive information about Forever Stars, including the services the charity offers, along with details of upcoming events, many of which can be booked online: www.foreverstars.org

Email: enquiries@foreverstars.org and one of the friendly Forever Stars team will gladly help with your enquiry.

Social media: Forever Stars is active on a variety of social media platforms, including Facebook, Instagram, LinkedIn and TikTok. The charity regularly shares details about upcoming events on its social media platforms. Follow along to keep updated.

How you can support Forever Stars: Forever Stars relies on the generosity and kindness of individuals, businesses, and communities to continue providing vital support to families affected by baby loss. Here are some meaningful ways you can make a difference:

- 1. Make a donation:** Support Forever Stars with a one-off, regular, or in-memory donation. Every penny helps families in need of comfort and care. Alternatively, donate clothes for the charity's Vinted shop (email enquiries@foreverstars.org to arrange a drop off).
- 2. Fundraise:** Turn your passion into action by hosting events, taking on challenges, or creating online fundraisers. Your efforts raise essential funds and awareness.
- 3. Volunteer your time:** Volunteering is a rewarding way to contribute to our mission. From helping at events to providing support at the Serenity Garden, your time and skills can make a huge impact.
- 4. Corporate support and partnerships:** Partner with Forever Stars through corporate donations, employee fundraising, or sponsorships. Your business can make a positive difference.
- 5. Leave a legacy:** Leaving a gift in your will ensures your compassion continues to support families long into the future. A legacy donation is a powerful way to make a lasting impact.
- 6. Attend Forever Stars events** Go along to the charity's various fundraising and memorial events. Your presence helps support families and raises awareness.

Baby Loss Awareness Week (BLAW) takes place from October 9th – 15th, 2024.

PROGRAMME OF EVENTS:

- Wednesday 9th Oct** – Forever Chasing Stars Quiz Night
- Thursday 10th Oct** – Cake Sale at the Serenity Centre in Beeston
- Friday 11th Oct** – Pink & Blue Day & 26-mile fundraising walk
- Sunday 13th Oct** – Forever Stars FC v John Pye Auct. Charity Shield
- Monday 14th Oct** – Make Lemonade Comedy Night
- Tuesday 15th Oct** – Wave of Light Walk at the Serenity Garden
– light a candle at 7pm

Pink & Blue Day - 11th October

Support BLAW by getting involved in Baby Loss Awareness Day.



For more information on how you can get involved, please visit www.foreverstars.org or contact enquiries@foreverstars.org

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Attenborough Scarecrow Festival



Welcome to our new Q & A section.

Our latest Breezer, Joe, is out and about bringing you all that is good about our area...



Last month Attenborough Village hosted its annual 'Scarecrow Festival' with residents and local businesses setting up food and craft stalls to raise money for local charities. Children and grown-ups alike enjoyed all the fantastic and creative displays with this year's theme being 'Board Games and Video Games'.

Breezer Joe, caught up with organiser Chris Parking, to ask him a few questions about the event...



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Q: How long have you been running the Scarecrow Festival?

A: It has been running for a while, but I have only been involved since the pandemic. In 2021 we did a 'Scare Festival' which was Halloween themed. Then last year we did the actual Scarecrow Festival and ran it again this year. This is our third event.

Q: What types of themes have you done?

A: The first theme was Halloween, last year we did Kings and Queens and the theme for this year was Video Games and Board games.

Q: How popular is the Scarecrow Festival?

A: It has been very popular this year! Feedback from the stall owners has been really positive, all confirming this year has been much more popular than last year. There have been hundreds of people walking around the village which has been amazing and we also sold hundreds of maps. It's really turned into a fantastic family event!

Q: What was the most popular theme?

A: As of right now we don't exactly know which theme has been the most popular. However, I think that this year's theme in general has been extremely successful, especially with the children. We have seen lots of Mario and Luigi scarecrows, Snakes & Ladders and Monopoly Boards.

Q: What local charities does the festival support?

A: Women's Aid, Men's Shed, Butterflies, Toton United, The Woodland Trust, The Nottinghamshire Wildlife Trust as well as the village hall.

Q: How many people usually participate in the festival year on year?

A: So last year there were 17 houses that participated and this year 24 houses. Also a few businesses have supported the festival. This year, the Guides created a brilliant scarecrow displayed at the Cricket Club which everyone enjoyed.

Q: Where did the idea of the Scarecrow Festival come from?

A: Before the pandemic, the organisers put it together in order to support local village activity. They were inspired by other scarecrow festivals that happen in places like Draycott and Kimberly. The main aim is for the Attenborough festival to grow year on year and become increasingly popular so that we can provide a great day out for the family.

Q: What has been your favourite theme?

A: My favourite theme was definitely Halloween! There were some really great scarecrows that year. There were witches, ghosts and all sorts of spooky things. The winner from that year was a giant zombie. It really got creative and a little competitive!

Q: How much money did you make last year and how much do you expect to make this year?

A: We made about £700 plus last year. We haven't got the final total for this year yet but we are all ready way over £1000.



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As we head into October, green-fingered Brits are being given a range of gardening jobs to get done this Autumn.

The gardening experts at GardeningExpress.co.uk have put together the most important jobs to get done this Autumn which include planting final veg like garlic and onions.

It's also important to prepare the garden for colder weather by adjusting your watering schedule and bringing delicate container plants indoors.

Chris Bonnett, founder of GardeningExpress.co.uk said: "October is a key time for gardeners, it's time to prep the garden and get it ready for some colder weather."

"The first frost usually comes between September and November, so you'll want to adjust your watering schedule according to the weather to avoid freezing the roots of your plants as well as bringing more delicate plants inside."

"You can also plant some vegetables if you never got the chance earlier in Spring. You can go ahead and plant garlic and even some varieties of onions and these will be ready to harvest around mid-summer."

1. Harvest pumpkins

If you've planted your own pumpkins in time for the spooky season then now is the time to harvest them. You'll want to do this pretty early on if you can to avoid any frost ruining your hard work.

2. Continue building your compost bin

October is a good time to continue building your compost bin and if you don't have one already, now's a great time to start! You can begin to collect fallen leaves that drop throughout Autumn as well as collecting grass clippings from your final lawn trim before the Winter hits.

3. Prepare for frosts

The first frost is known to strike anywhere between September and November in the UK so if you haven't thought about this already now is the time to get prepared. For example, you may want to consider bringing in container plants or moving them to a greenhouse.

4. Trim hedges

Now is a good time to trim any garden hedges you have. Their growth will be slowing down so cutting them now will mean they have more chance of staying in shape throughout Autumn and Winter. Shears will work fine when trimming hedges, but if you're after a sharper look you may want to consider a powered hedge trimmer.

5. Clear the pond

If you have a pond don't forget to keep on top of clearing out any fallen leaves and debris to keep it as an inviting environment for wildlife.

6. Give the lawn some TLC

We've had quite the heatwave in the UK so you'll want to give your lawn some extra care to bring it back to life. It's also a good idea to aerate your lawn with a garden fork to avoid any waterlogging. It will also allow oxygen and those all important nutrients to really sink in and reach the roots of your grass.



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For the first time in its 130-year history, Nottingham Operatic Society is set to produce the great musical fable of Broadway about rolling the dice and falling in love: Guys and Dolls.

The production, originally planned for 2020 to coincide with the show's 70th anniversary, was postponed due to the pandemic and time-limited opportunities to perform *The Hunchback of Notre Dame* and *Chitty Bang Bang*.

In October 2024, the beloved Broadway smash and current hottest ticket in London will transform the Theatre Royal, Nottingham into Times Square, New York City.

Rob Harrison will play the role of Nathan Detroit, with Louise Grantham-Lang as Miss Adelaide. Bara Erhayiem as Sky Masterson and Abby Wells as Sarah Brown.

Principle cast is completed by Simon Theobald as Nicely-Nicely Johnson; Owen Patten as Benny Southstreet; Jarrod Makin as Rusty Charlie; Paul McPherson as Arvide Abernathy and Linda Croston as General Matilda B. Cartwright.

Best known for "Luck Be A Lady" and "Sit Down You're Rocking The Boat" and celebrating Damon Runyon's comic book world of 1940s New York City bustling with gamblers, gangsters, showgirls, and more, the show features a cast of characters who have become legends of musical theatre.

Former member Chris Sims returns to Nottingham Operatic Society for his directorial debut and is joined by Rob Murray as musical director and Justine Lee as choreographer for this toe-tapping extravaganza!

This amateur production is presented by arrangement with Music Theatre International (Europe). With music and lyrics by Frank Loesser and a book by Jo Swerling and Abe Burrows.

The Tony and Olivier Award Winning musical will run at the Theatre Royal, Nottingham from Tuesday 29th October to Saturday 2nd November 2024. Tickets are now on sale via the Theatre Royal at trch.co.uk or by calling 0115 989 5555.



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Beeston Players have pleasure in inviting you to their 124th Production!

Following our last show in May 2024, which won recognition from NANDA (Nottingham and Notts Drama Association) at the Annual Awards ceremony, we are embarking on this very funny play which we hope you will enjoy.

Performances are at **Round Hill School, Foster Avenue, Beeston.**
Sat Nav: NG9 2NJ

**Wednesday 20th November, Thursday 21st November,
Friday 22nd November at 7.30pm. Saturday 23rd November,
one performance ONLY at 2.30pm in the afternoon.**

To get the choice of the best seats in the house, book online in advance, or pay at the door if you prefer.

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By turns hilarious and touching, this well observed comedy will bring smiles and groans of recognition to all those who have ever been involved in this situation, and a few rueful warnings to those who have not!

CAST

Mandy – Laura Burke

Piper – Sue Frost

Jim Baxter – Rob Jackson

Mary Baxter – Sarah Nicholson

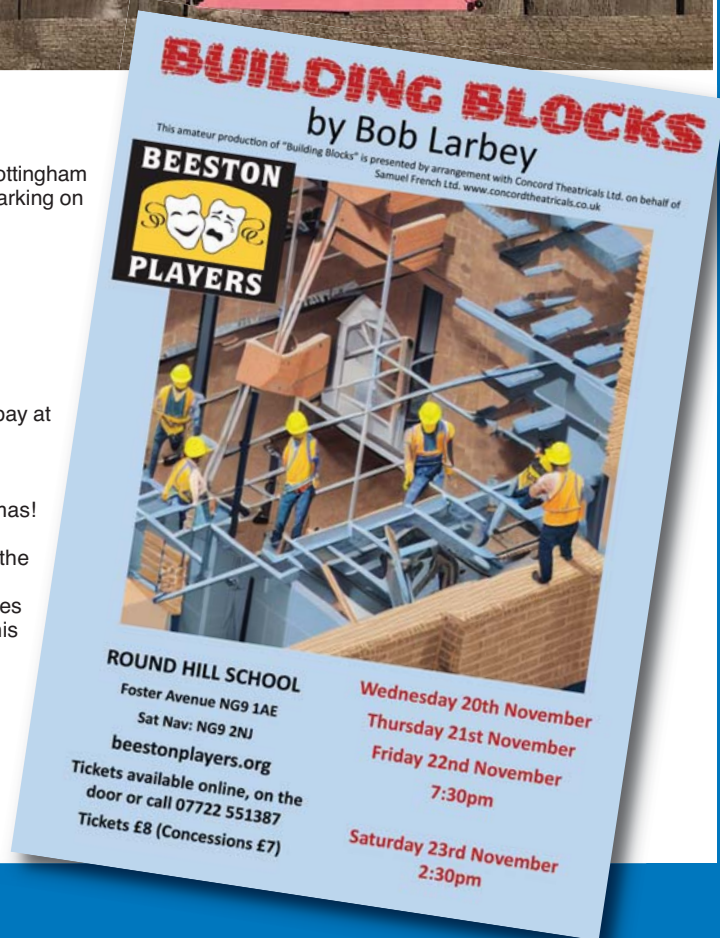
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SPOTTED DOG ART GROUP OCTOBER WORKSHOP: Saturday 19th October 2024. Woodland Landscape (Acrylics) with Laura Donaldson. From 10.00am to 4.00pm at Bramcote Memorial Hall. This is the opportunity to produce a Woodland Landscape in a bright modern style either from your own Photographs or pictures or from Laura's examples. She will demonstrate 2 paintings throughout the day and people are welcome to do 1 or 2 paintings themselves. She uses canvas board, around 12x16" and a tabletop easel, but you can work on whatever background you wish. She sometimes uses permanent marker pens.

FOR MORE DETAILS AND TO BOOK:

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MEMBERSHIP: Membership fee is £20 per year. If you are interested in joining please contact:
Gwynneth Johnson, email: gwnneth2023@yahoo.com.
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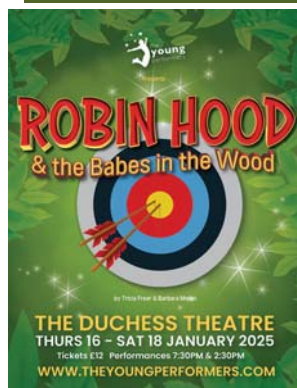
A group of enthusiasts affiliated to Nottinghamshire Wildlife Trust who aim to engage others in the whole wildlife experience by providing access to a range of walks and talks.

Upcoming talk: Bird Ringing with Mark Grantham. Monday October 14th at 7.30pm.

Mark works for the BTO in Cornwall. He will tell us how ringing is carried out and what it has taught us about migration, local bird movement and how long birds live.

£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



2025 marks the fortieth anniversary of **The Young Performers**, youth drama group. To start the celebrations, the group is going back to its roots with a pantomime. "Babes in the Woods," an original script written by the groups founders Barbara Moran and Patricia Freer, has been revamped and updated to present a modern show but with all the familiar traditions of a magical pantomime.

The Babes are being cared for Maid Marian and their nanny Mistress Opey until their parents return.

Marian and Robin Hood are in lover and want to marry but Robin has been stripped of his title, money and lands and now his Merry Men are living in poverty as outlaws in Sherwood Forest. The people of Nottingham are desperately disheartened and defeated by the bullying barons who are unbelievably wicked and greedy. And one of the most evil barons is Sir Guy of Gisborne with his sycophantic sidekick, The Sherriff of Nottingham. Furthermore, he has designs on the beautiful Maid Marian, not only for her beauty but also her lands and riches. Marian despises Gisborne but what

evil plans is he plotting to try gain her hand and wealth, in marriage? Sadness and despair is all around almost as if evil forces are at play. But where their is evil there is also good magic. Is there anyone who can make things better? Can there be a Good Fairy to help them?

The only way to find out is to come and watch The Young Performers in their magical pantomime, "Robin Hood and the Babes in the Wood," at the Duchess Theatre in Long Eaton. January 16th-18th 2025. Evening performances commence at 7:30 with a matinee performance on Saturday commencing at 2:30pm.

Tickets are available from <http://www.theyoungperformers.com> or by popping into the theatre.

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Upcoming talk: Bird Ringing with Mark Grantham. Monday October 14th at 7.30pm.

Mark works for the BTO in Cornwall. He will tell us how ringing is carried out and what it has taught us about migration, local bird movement and how long birds live.

£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

DO YOU HAVE AN EVENT OR INFORMATION ABOUT YOUR LOCAL CHARITY GROUP?

Why not send your details in to Breeze and share with our readers.

Send to: info@breeze-magazine.co.uk

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Congratulations and well done to local readers dad and daughter, Louise & Geoff Green.

Last month they completed the Robin Hood Half Marathon, raising funds for Huntington's Disease. For Geoff this was his 30th time completing the marathon. Yes '30th' incredible!

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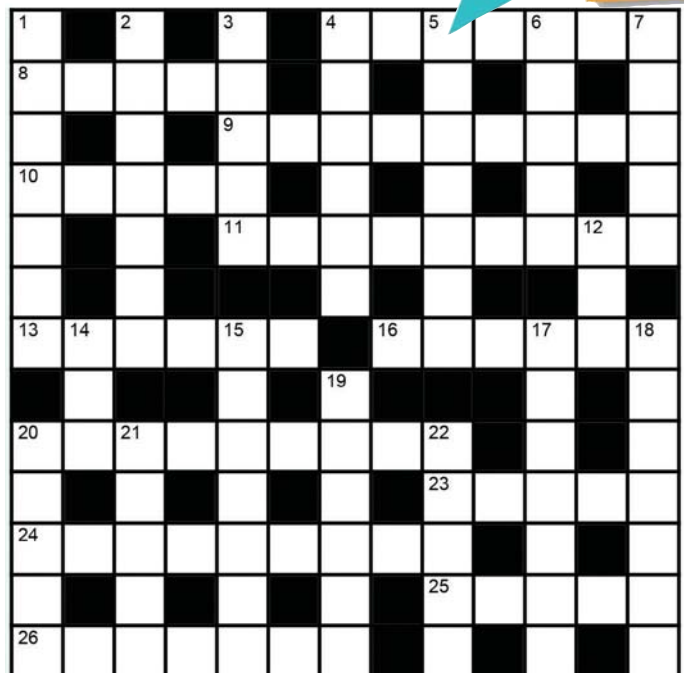

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CROSSWORD

Across

- 4 Sleep (7)
- 8 Hoard (5)
- 9 Determine beforehand (9)
- 10 Supple (5)
- 11 Bulbous spring-flowering plant (9)
- 13 Grade or level (6)
- 16 Service of china or silverware, used at table (3,3)
- 20 Lively Brazilian dance similar to the samba (5,4)
- 23 Paces (5)
- 24 Sword lily (9)
- 25 Sing the praises of (5)
- 26 Game of chance (7)

Down

- 1 Wild duck (7)
- 2 Going different ways (7)
- 3 Trembling poplar (5)
- 4 Fortified wine (6)
- 5 Resurrect (7)
- 6 Boasts (5)
- 7 Orders (5)
- 12 Expend (3)
- 14 Umberto ____, author of *The Name of the Rose* (3)
- 15 Probe (7)
- 17 Three score and ten (7)
- 18 Supporting framework (7)
- 19 Covered with a fungal growth which causes decay (6)
- 20 Ring-shaped bread roll (5)
- 21 Of limited quantity (5)
- 22 Thing of value (5)

SOLUTION

CROSSWORD

1	W	I	L	D	D	U	C	K	7									
2	G	O	I	N	G	D	I	F	F	E	R	E	N	T	W	A	Y	7
3	T	R	E	M	B	L	I	N	G	P	O	P	L	A	R	5		
4	F	O	R	T	I	F	I	E	D	W	I	N	E	6				
5	R	E	S	U	R	R	E	C	T	7								
6	B	O	A	S	T	S	5											
7	O	R	D	E	R	S	5											
8	H	O	A	R	D	5												
9	D	E	T	E	R	M	I	N	E	9								
10	S	U	P	P	L	E	5											
11	B	U	L	B	O	U	S	9										
12	E	X	P	E	N	D	3											
13	G	R	A	D	E	6												
14	U	M	B	E	R	T	3											
15	P	R	O	B	E	7												
16	S	E	R	V	I	C	E	3										
17	T	H	R	E	E	7												
18	S	U	P	P	O	R	T	7										
19	C	O	V	E	R	E	6											
20	R	I	N	G	5													
21	L	I	M	I	T	5												
22	T	H	I	N	5													

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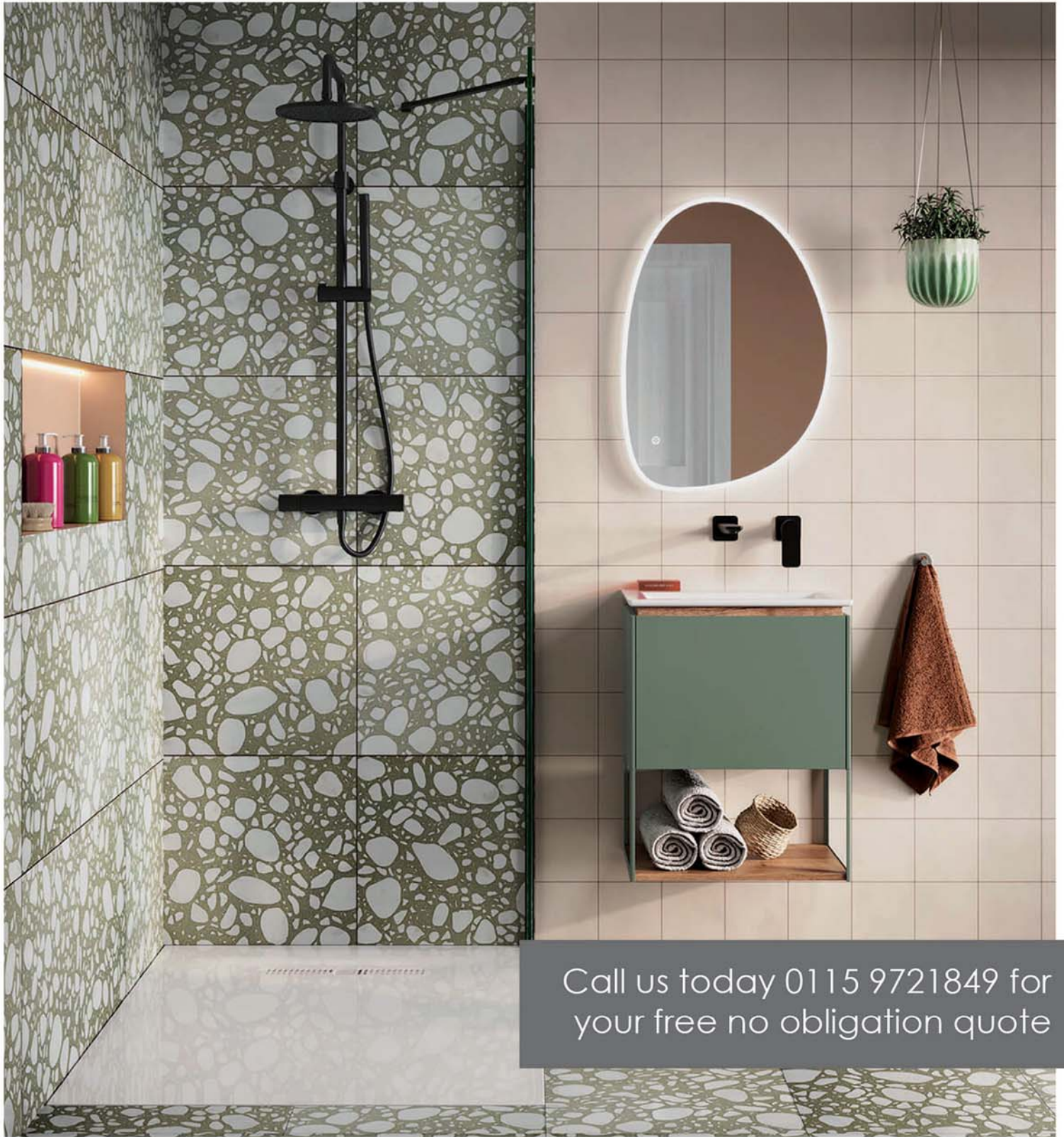
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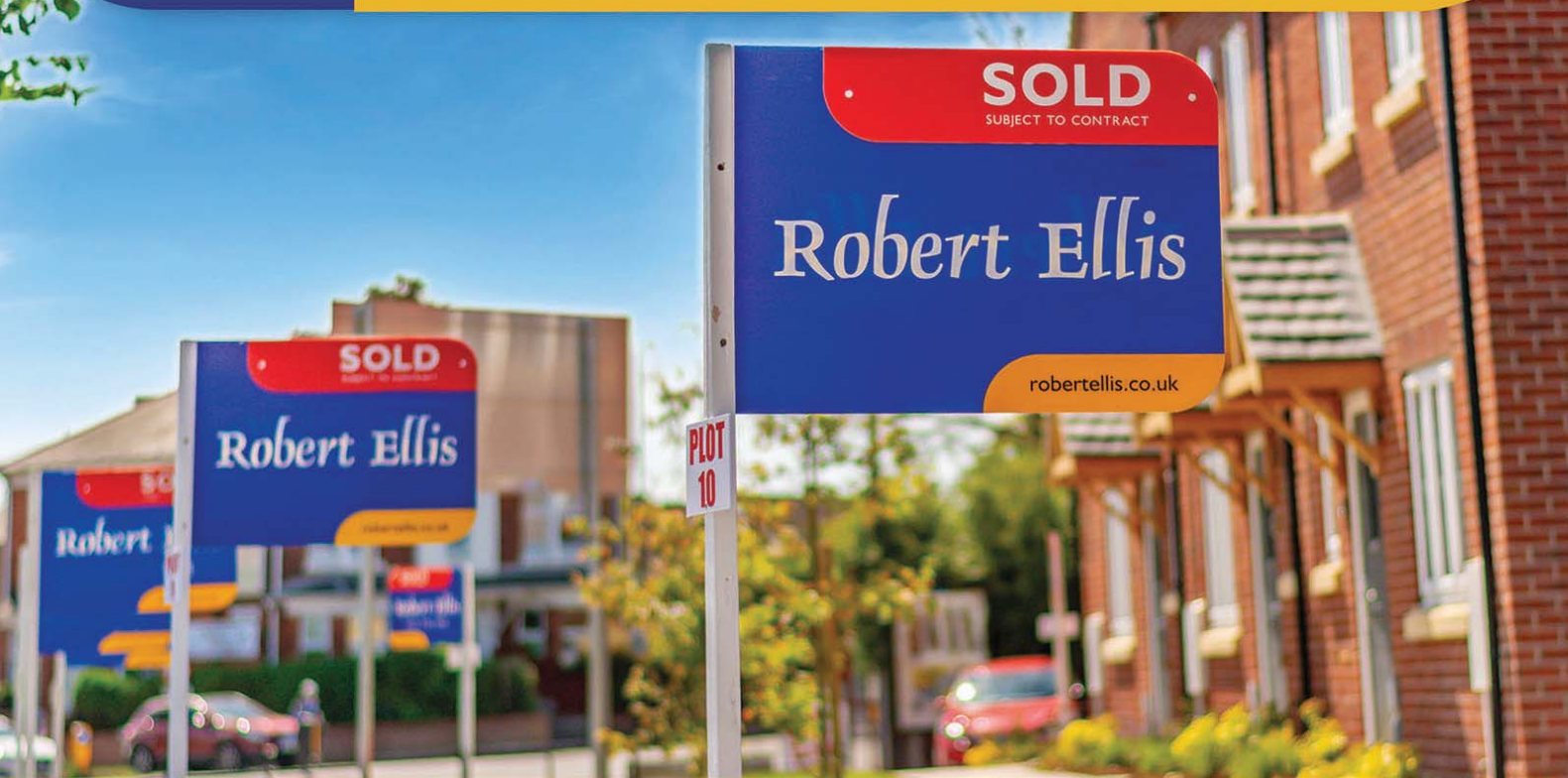
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