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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).

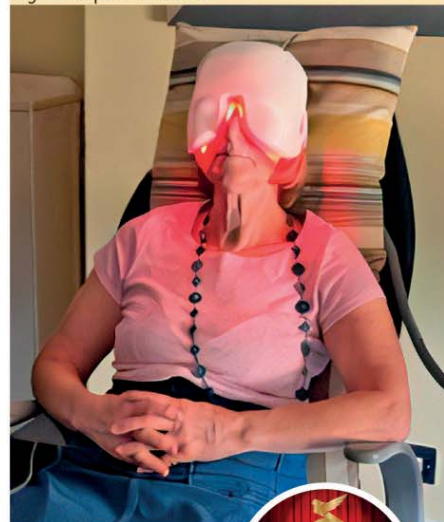
IPL uses thermal pulses to stimulate the Meibomian glands, and LLLT uses a specific wavelength of light to gently heat the eyelids. This revolutionary new treatment helps the Meibomian glands to work properly and therefore stabilises and improves the quantity and quality of the oily layer of the tear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

what's on locally

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Back to school, new terms and new times ahead.

We give you some ideas to keep you busy as we head towards Autumn...

SPOTTED DOG ART GROUP

"We are a friendly welcoming art group based mainly in Beeston, but drawing people from the wider community. Our next art workshop will be on **21st September**, when we will welcome Mark Beavan as our tutor for the day. He will be doing Still Life in acrylics or any other preferred medium. He will do a demo in the morning and an introduction to a natural odourless oil medium."

www.spotteddogartgroup.co.uk

Facebook: SD Art Group Nottingham



Are you living on your own or feeling isolated, new to the area or just struggling to meet people? Drop into Beeston Library on a Friday from 10.30am - 12.30pm for a complimentary cuppa and a chat with friendly faces. Meet new people, find things out or just have a drink and relax. Everyone is welcome and stay as long as you like.
Beeston Library - Cafe Area
Foster Avenue Beeston NG9 1AE

The Attenborough Scarecrow Festival 2024

"Join us for our local Festival, all in aid of two local charities. Attenborough Village Hall, a charity run community hub that was left in trust, we are raising money to update the building for disabled access, decoration and general running costs for the community groups and preschool that use it.

Secondly we are raising money for Attenborough Cricket Club, a volunteer run sports club, not for profit, but to put money back into the community for both adults and children to get active and enjoy thus sport. They'll be lots of stalls, face painting, tea, coffee, cakes, plus our matvellous Scarecrows to see on out trail!

The dates for this year are **28th and 29th September**. Maps are £1 (you'll be entered into a prize draw) available at the Bird Hide, The Village Hall and The Cricket Club, all monies raised go directly to the charities."

If you're a charity or community group and are interested in a stall, please get intouch at attenboroughscarecrowfestival@gmail.com



----- ADULT -----

Erewash Indoor Bowls Club

Club Off Station Road, Long Eaton NG10 2EE welcomes new players of almost any age! Whether you're an experienced bowls player or just fancy trying it out. We have a great social calendar over the winter season and our qualified coaches can help you get started. Bowls is a vastly underestimated yet fun and friendly sport whilst supporting improved physical and mental health. It appeals to non-athletes and can be inclusive of many disabilities. **Contact Alan for more information 07757 406 186**

----- JUNIORS -----

Erewash Indoor Bowls Club welcomes young people ages 8 to 16 in our junior bowls coaching sessions on Saturday mornings 10 until 12. Bowls is a vastly underestimated yet fun and friendly sport. We provide a mixture of structured coaching and competitive game play over our winter season starting in September. Qualified and DBS checked coaches are always in attendance. **Contact Alan on 07757 406 186**

See pages 16 & 17 about the forthcoming Beeston Oxjam event

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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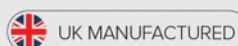
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**The Wollaton Park Rotary Club
Annual Charity Art Exhibition
is back again this year.**

**This one day event is
on Saturday the 26th
of October, from 10am,
at the St Leonard's Community
Centre in Wollaton.**

"Once again we'll be showcasing some fantastic local talent, exhibiting a diverse selection of work from Paintings to Photography, Local Crafts to Prints... there's something for everyone. All work is on sale (at very reasonable prices) with a percentage of all sales going towards local charities. It's always a great event, with lots to see and a great way to get out for an hour.

Need something to get the kids (or Grandkids) out of the house and off tech? Fancy enjoying a nice cuppa in peace while they do some free arts and crafts? Then look no further!

On Saturday we'll be painting, crafting, glueing, sticking and making some awesome things that you can take home and treasure for ever!

Last year we made so many wonderful things with the kids it made our heads spin! come and join us. Warning: don't wear your best clothes! (just in case!)

Delicious homemade cakes, tea and coffee will be on sale by Inner Wheel. Money raised from refreshments will go to Inner Wheel Local charities. Warning... these cakes are so yummy they sell FAST!

Come along and help to support a great local event, pick up a gift (or something for yourself) and get the kids off their devices... all in one go... hope to see you there!

www.wollatonartexhibition.co.uk





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Is Menopause Impacting Your Life?
Study recruiting women over 35 years of age.

**Help us uncover the
mysteries of cognition
(attention, memory,
flexible thinking) during
and around menopause!**



Researchers have launched a study to investigate women's experiences of changes in memory and concentration across different stages of the menopause.

Volunteers are needed to take part in the study being run by the University of Nottingham's School of Psychology who are investigating hormonal changes and lifestyle patterns and their potential impact on executive function, covering aspects such as attention, memory, and decision-making.

Menopause is defined as the permanent end of ovulation and menstrual cycles in women. The transition to menopause can be difficult with many women reporting problematic symptoms such as hot flushes, low concentration, lack of confidence and poor memory.

Some of these issues are attributed to oestrogen which fluctuates and declines during the transition to menopause. Lifestyle factors such as sleep disturbances, increased responsibility at work and multiple caring responsibilities are also common during these stages in a woman's life and could play a role in cognition difficulties.

The research team are looking for women aged between 35-65 to take part in the study from across the menopause stages. These stages comprise of women who have not yet started menopause (premenopause), women going through menopause (perimenopause) and finally, women who have gone through the menopause (postmenopause).

Participants will have the opportunity to visit the lab at the University of Nottingham where they will take part in two surveys and six computer-based tasks to assess menopause symptoms, memory and attention performance, and non-hormonal factors such as, lifestyle, working patterns and caring responsibilities.

For more information or to take part go to <https://menocog.wordpress.com/> or contact lp-lifespanlab@nottingham.ac.uk.

What's Involved:

-  Computer-based tasks
-  Lifestyle and health survey

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The best stories are the true ones
by Sam Kurd



We all love a good story. Whether it's superheroes battling a menacing foe from outer space, plucky teens fending off an axe-wielding maniac, or a crew of misfits trying to pull off a diamond heist, there's nothing like sinking into a bit of escapism and forgetting your troubles for a while.

But fact is arguably more compelling than fiction.

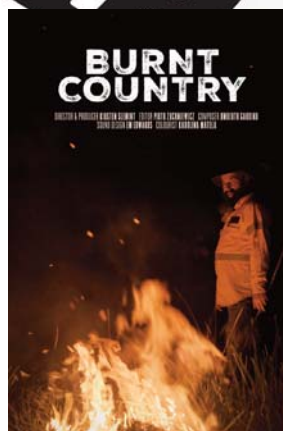
Part of the appeal of Beeston Film Festival is its international scope, and what better way to connect with strangers around the world than through sharing our own personal stories? Non-Fiction can provide us with a timely reminder that no matter our differences, at our core we are all human, with the same wants, needs and desires.

Nothing can bring us together better.

With that said, here's a few of the best Non-Fiction entries we've had so far:

The Curse of Stigma follows four Kenyans living with epilepsy, shining a light on the stigma and hardships they face. In a culture that historically has seen the neurological condition branded as a demonic curse, this film aims to help reshape the public perception of epilepsy for the millions of Africans living with the condition.

In **May We Talk About Loss?**, five women from different backgrounds and countries meet in Abu Dhabi to share the grief of miscarriage and speak out against stigma and prejudice. It's a tough watch, but extremely moving to see the connection and hear about their healing journey.



No One Is An Island is a rare animated documentary, a conversation with scientists on how it may be possible to live a good life ethically, without damaging the environment. This is a time of crisis, and we need to be aware of our impact on the world around us before it's too late.

On a similar note, **Burnt Country** examines the 2020 wildfires that ravaged Australia, and shows how indigenous practices of controlled burning prevent the spread of devastation. It's a call to respect ancient traditions that care for our surroundings, and not to trample the Earth in our march towards progress.

King Putt is a lighter film that follows Marc 'The Force' Chapman as he attempts to become the three-time Crazy Golf World Champion. The sport may be a fun one, but to many it's serious business, and it takes true dedication to reach the top and stay there consistently.

That's all for this month!



a familiar face

"I would also like to take this opportunity to say a big thankyou to you all for keeping me employed now for over four years.

It really has been a pleasure getting to know you all, and driving you to your destination throughout this time, along with being able to offer you the same familiar face for each journey you take...

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Dating back to 1682, this fabulous grade 2 listed, four bedroom detached cottage with an abundance of character and charm, truly is a rare opportunity offered to the market for the first time in over 40 years.

Having been extended and remodelled over the years, this property is now a generous and versatile four bedroom detached home, that will doubtless be of great appeal to a variety of potential purchasers.

In brief the charming interior with original beamed ceilings and numerous other attractive features comprises; dining room, lounge, gym/television room, kitchen diner, conservatory, rear hall, downstairs WC and utility/cloaks area. Rising to the first floor is a principle bedroom with en-suite, three further good sized bedrooms and family bathroom.

Outside the property sits on substantial plot set well back from the road within mature and private gardens, with a large drive providing ample car standing with a more recently built brick and tiled detached outbuilding that is currently being used as a pottery workshop, showroom and store but could be utilised for a number of purposes.

Situated in the heart of Chilwell, convenient for a wide range of local amenities and transport links this historic property has been a pub and a butchers amongst a variety of other uses and now is a wonderful and truly unique home.

For more information contact Robert Ellis
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Come and sing... In the King's Company!

Nottingham-based independent educational charity Music for Everyone (MfE) invites adult singers to join in and be part of an amazing choral experience performing a stunning concert with Nottingham Festival Chorus!

In October, Music for Everyone (MfE) will be singing the scrumptious choruses from Handel's *Acis and Galatea* and Rameau's *Castor et Pollux*, two towering 18th century dramatic works for the stage, performed in the King's capital by his most esteemed musicians.

Evoke the flowing waters and inspire the shepherdess in Handel's *London*, then mourn the death of great heroes and explore the horrors of the underworld in Rameau's *Paris*.

Don't miss this bombastic celebration of the giants of early opera! Also featuring music by Lully and Purcell, you'll get a thorough dose of royal pomp and majesty.

- Mixed choir of 100+ voices, no auditions
- Expertly led, highly enjoyable rehearsal weekends
- Distance learning music packs

All music materials, including scores and rehearsal tracks and links are sent out in advance of the event, giving you a chance to get to grips with the notes and familiarise yourself with the music in depth.

A workshop day on Saturday 5th October at Nottingham Trent University, Clifton Campus, lead by chorus master Rachel Parkes, Music for Everyone's Assistant Artistic Director, will take you further through the music, bringing together the 4-part harmony. The workshop also provides a social setting in which you can meet and chat with fellow singers. The choir will reconvene on Sunday 6th October at Beeston Parish Church for a rehearsal with conductor and Music for Everyone's Artistic Director Alex Robinson, followed by an afternoon concert in the beautiful church of St John. An excellent venue for such a royal performance, with easy access and central to the busy hub of Beeston town centre.

Along with choir items, the concert will also feature orchestral accompaniment and instrumental repertoire from members of the Nottingham Classical Players, Music for Everyone's semi-professional chamber orchestra.

What experience do singers need?

MfE events are open to all keen singers, you do not need to be a member to take part. The ability to read music and some previous singing experience is needed for this course.

Don't miss the chance to book your place now! For other queries, call and chat to the friendly MfE team on 0115 9589312.

For full details and info on how to sign up, visit our website: <https://www.music-for-everyone.org/event/nfc-singing-course/>

Music for Everyone is an educational charity committed to making a difference to people's lives through the creativity and enjoyment of music. It supports people to discover and develop their musical interests, abilities and aspirations at all levels. Music for Everyone is an open, welcoming and collaborative organisation. It builds a sense of community and belonging through the high quality musical experiences provided for participants, audiences and our staff. MfE aspires to enhance the inclusivity of its programme by building partnerships with likeminded organisations so we can reach more people.




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oxjam returns

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Great news - the biggest music festival in Beeston is back! Yes Oxjam Beeston will take place again this year on Saturday 5th October, thanks to the many supporters and sponsors.

So it's been busy times at Oxjam HQ in Beeston as they put together the event to ensure another amazing

day and night for all the generous Oxjammers to enjoy.

This year they will be raising funds for not only Oxfam but also for local charities, Middle Street Resource Centre and Hope Nottingham.

Breeze finds out what will be happening on the day...



"So if you've never been before, how does Oxjam work? We take over various coffee shops, pubs and bars in Beeston town centre with local musicians from across the East Midlands (and beyond!) playing live from midday until midnight. Until 6pm all the venues are free to enter but from 6pm you need a wristband which gives you access to all the venues and stages. The local community come out in their hundreds creating a magical atmosphere throughout the day and night, and at the same time raise thousands of pounds for good causes.

Oxjam Beeston HQ are currently in talks with the wonderful venues to ensure we can once again cater for all musical tastes, with smaller venues providing an intimate atmosphere and our larger venues, such as our headline sponsor Star Inn, giving Oxjammers the bigger bands and the party mood we've come to expect on Oxjam day.

We cover a multitude of musical genres across our venues covering rock, pop, folk, acoustic and everything in between. Back by popular demand will also be our now legendary Silent Disco! To make Oxjam a success we rely not only on our venues but also the amazing local musicians giving up their time and talent to play for free. We have already had well over 100 artists sign up to play on the day, and it's still not too late to join us. **So if you or your band would like to perform please go to www.oxjambeeston.org to complete our 'Artist Application' form.**

Like every Oxjam that has taken place over the years, we organise and run the day thanks to an army of volunteers, and so if you would like to get involved we would love to hear from you! We have a number of roles available, and you don't need any specific skills as we will give you training before the day, and on the day itself you are supported by the Project Team. All you really need to bring with you is some local knowledge to guide Oxjammers to the various venues, a friendly face and bags of enthusiasm. If this sounds like you and you would like to join us then please complete the **'Volunteer Sign Up' form on our website www.oxjambeeston.org**. In return for a volunteer stint you will get yourself a free volunteer wristband to enjoy the festival yourself. Honestly, it's a fun day and so rewarding knowing you've helped to raise thousands of pounds for good causes.

Massive thanks go once again to our incredible sponsors including Star Inn Beeston, CP Walker, Foster Industrial, University of Nottingham, Notts County Council, Broxtowe Borough Council and not forgetting The Breeze for all their support.

Now all we need is our fantastic Oxjammers to put 5th October in their diary and buy their wristbands early from Oxfam Books and Music on the High Road or via WeGotTickets.

Tickets are on sale now and are priced yet again at £10 for adults, £5 for 12-18 year olds and under 12's go free. More information can be found on our website – www.oxjambeeston.org

Can't wait to see you all there and knowing the amazing Oxjammers we will smash last year's total of £26,370 raised.

OXJAM IS SATURDAY 5TH OCTOBER - DON'T MISS IT!

OXJAM

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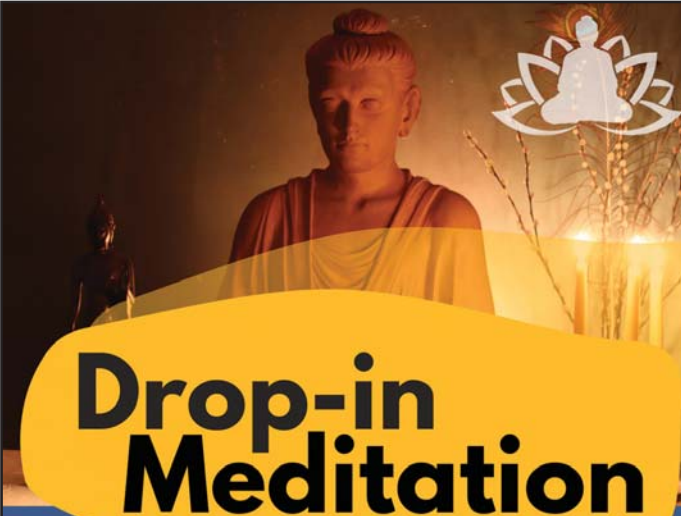
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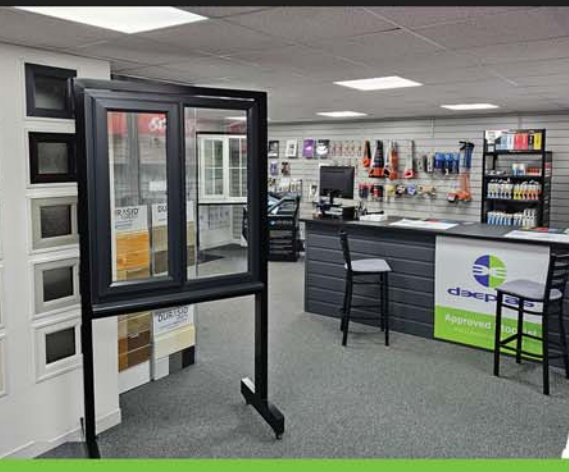
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How to prevent seven common Autumn bugs from ruining your garden...

Britons are being told of the most common bugs found in gardens during Autumn and how to prevent them from ruining the space. Gardening experts at GardeningExpress.co.uk have identified six pests that will start appearing in gardens this Autumn.

The change in season and shift to colder weather will result in a new flock of bugs and pests appearing in backyards over the coming weeks. While some cause little harm and can provide a healthy ecosystem to the space, nobody wants to discover that an infestation has resulted in damage to their plants. Bugs such as spiders, green shield bugs, slugs and even cockroaches are commonly found in gardens during Autumn. The experts are advising how to prevent the pesky bugs from ruining gardens without causing them any harm. Chris Bonnett from GardeningExpress.co.uk said: "As we head into the Autumn season, it's likely many Brits will find a new array of bugs in their gardens. "Creepy crawlies like spiders, cockroaches and slugs are common in gardens at this time of the year. Each have their own benefits in the garden and at times can be left alone to promote a healthy ecosystem." But nobody wants them ruining their garden by eating plants or damaging grass. That's why we want to offer advice on how to deter them from the garden without causing them any harm." Here is how to keep autumn bugs and pests away from gardens:

1. Spiders

September is prime spider mating season which results in many creepy crawlies spawning in gardens. They hate the scent of peppermint and mint, so it's worth either planting them around the garden or spraying their essence to deter these insects away.

2. Green shield bugs

Green shield bugs known as green stink bugs like to lay their eggs on plant leaves. They're attracted to lights, so try to keep any outdoor ones dimly lit when it gets dark.

3. Wasps

Plant herbs like basil and mint around areas you don't want wasps to invade as the strong scent will deter them away.

4. Fleas

Fleas can ruin a garden by damaging the lawn and creating bare patches. Make sure to keep on top of general garden care like weeding and mowing to remove any potential hiding spaces. It's also worth checking your pet's fur in case the fleas have latched on while they run around the garden.

5. Slugs

Don't be surprised if you start to see an array of them in your garden as mid-Autumn is the start of slug mating season. To lower the chance of them eating your plants, reduce evening watering so the top soil is not as wet at night, as slugs thrive in damp conditions.

6. Cockroaches

Gardens are home to many cockroaches in autumn as the weather begins to get colder. To limit this presence, make sure there are no food sources for them to have a reason to stay. Pick up any fallen fruit or any scraps in the garden.

7. Aphids

Aphids are most active during the Spring and Autumn months and can damage a range of plants, causing discolouration and stunted growth. The scent from planting things like onions and garlic can help keep them away.

Image credit: Shutterstock



Martin Page

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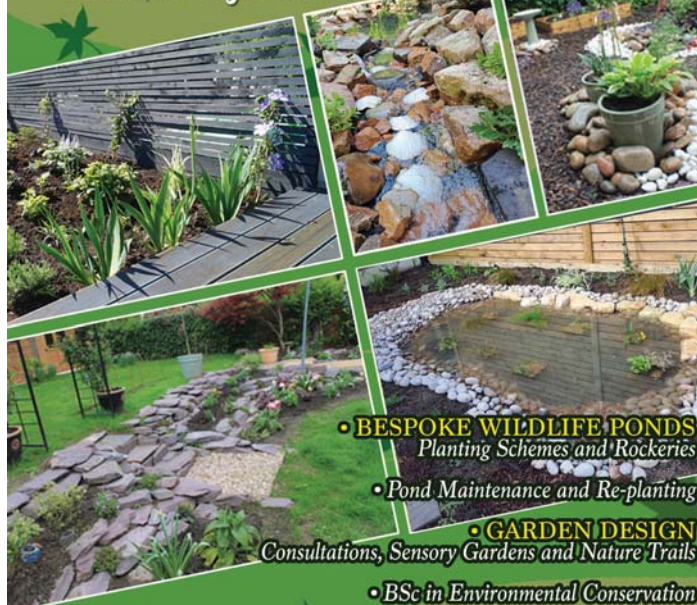
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awareness week

keeping it

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Baby Loss Awareness Week (BLAW) takes place from October 9th – 15th, 2024. The week, which takes place annually, aims to raise awareness of pregnancy and infant loss, and to support families impacted by baby loss. It also highlights the importance of bereavement support and the need to improve pregnancy outcomes and save babies' lives.

Forever Stars is a Beeston-based charity that supports families, across Nottingham and the East Midlands, who have suffered a stillbirth or an infant loss. During BLAW the charity will be holding a variety of events to support families and raise money and awareness.

PROGRAMME OF EVENTS FOR BLAW

Wednesday 9th October – Forever Chasing Stars Quiz Night

Thursday 10th October – Cake Sale at the Serenity Centre in Beeston

Friday 11th October – Pink & Blue Day & 26-mile fundraising walk

Sunday 13th October – Forever Stars FC v John Pye Auctioneers Charity Shield

Monday 14th October – Make Lemonade Comedy Night

Tuesday 15th October – 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.

Ways to show your support: Arrange a cake sale, dress in pink and blue, decorate your office or workplace, light up your building pink and blue, donate to Forever Stars, take part in the Forever Stars 26-mile fundraising walk that takes place on this day, share your pink & blue photos with us on social media (Facebook, Instagram and LinkedIn)

If you'd like to show your support during BLAW, or would like to find out more about the services and support we offer, visit: www.foreverstars.org or email: enquiries@foreverstars.org



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free events

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A Week of Heritage Events Comes to Beeston.

Heritage Open Days is England's largest community led festival of history and culture, involving thousands of local volunteers and organisations. It brings people together to celebrate their heritage, community and culture. Stories are told, traditions explored, and histories brought to life. It's your chance to see hidden places and try out new experiences – and it's all FREE.

This year, the week of events runs from **6th - 15th September**, and Beeston Civic Society has organised a programme of local events including guided tours, and a special guest speaker event.

Experts guide you around Beeston's heritage estate, and a local community nature garden which is educating our young people (the next generation of decision makers) about wildlife issues that are affecting nature and biodiversity opens its doors.

The main event always proves popular, and this year is no exception. Professor David Matless' talk, entitled 'About Beeston, About England', draws on Beeston and Attenborough as places exemplifying wider themes about English heritage and identity, and about environmental futures in a time of climate change. The evening includes music from Nottingham Youth Swing Band and Oriental Strings, as well as heritage information stalls.

All events are free, everyone is most welcome, and no booking is required.

For more information on each event, see beestoncivicsociety.org.uk/heritage-open-days or the Civic Society's Facebook page.



Image credits:
(L-R) Society Trustees
on a Heritage Walk
(photo by
Marysia Zipser)

HERITAGE OPEN DAYS
6 - 15 SEPT 24

WALK WITH AN EXPERT: OUR TOWN, YOUR PLACE
with Professor John Beckett

09 September 2024
Meet @ Beeston Square
2pm
FREE - all welcome.
Just turn up!

ABOUT BEESTON, ABOUT ENGLAND
Talk by Professor David Matless

11 September 2024
Royal British Legion,
Beeston, NG9 1EL
Doors from 6.30pm.
FREE

JOHN CLIFFORD SCHOOL + GARDEN TOUR

14 September 2024
Nether Street, Beeston
11am - 1pm
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WALK WITH AN EXPERT: COTTAGE GROVE REVISITED
with Professor John Beckett

15 September 2024
Meet @ Park Rd Churchwell
(opposite Chequer Pub)
2pm
FREE - all welcome.
Just turn up!

beestoncivicsociety.org.uk/heritage-open-days

HERITAGE OPEN DAYS
6 - 15 SEPT 24

ABOUT BEESTON, ABOUT ENGLAND
Talk by Professor David Matless

Plus:
Nottingham Youth Swing Band
Oriental Strings
Heritage Displays & Stalls

11 September 2024
Royal British Legion, Beeston, NG9 1EL
Doors from 6.30pm. Talk 7.30pm
FREE

David Matless is Professor of Cultural Geography at the University of Nottingham, and has lived in Beeston for around 30 years. His recent books, *About England* (2022) and *Unsettling the Ground* (2024) include discussion of Beeston and Attenborough as places exemplifying wider themes about English heritage and identity, and about environmental futures in a time of climate change. The talk will draw on this work to engage with the wider theme of future heritage.

beestoncivicsociety.org.uk/heritage-open-days

For further details go to the Heritage Open Days website, or our website below. Or scan the QR code.



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**Inspire Poetry Festival
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**Running from
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(National Poetry Day),
expect performances,
workshops, a film,
and an exhibition –
it's set to be a week of
wonderful words!**

Beeston Library welcomes a poetry taster session for neurodivergent people from Writing East Midlands' Beyond the Spectrum project. At this workshop, aimed at neurodivergent adults, participants will have the opportunity to work with an autistic professional writer in a group of like-minded people, to create and perfect a poem to reflect their own experience.

For those interested in watching live poetry performances, join Beeston Library's resident poetry collective Paper Cranes Poets for a fantastic evening of original spoken word. With performances that combine humour, social commentary, beauty, and truth, this performance features a range of exciting local poets with something to say!

Poet Andrew Graves will play host to a relaxed workshop at Stapleford Library and Learning Centre, Poeting the Past; attendees will be encouraged to use resources from the library's local heritage collection to inspire poetry. With a focus on work and local industries in Stapleford, this workshop will introduce you to mid-19th to mid-20th resources and the chance to create poetry and breathe life into the rich history of Stapleford.

The festival brings local and national poets to venues across Nottinghamshire, with headline act Daljit Nagra MBE at West Bridgford Library. In conversation with Bromley House Library's Clare Brown, BBC radio presenter and acclaimed poet Daljit Nagra will be sharing his Desert Island Poems, before reading from his own award-winning work. This event is not one to be missed!

The full Inspire Poetry Festival 2024 programme can be picked up now from local Inspire libraries across the county, or customers can book events online at inspireculture.org.uk/poetry-festival now.



Pictured Daljit , image by
Nagra Travis Elborough

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THE PAPER CRANE POETS SHOWCASE

7.30pm, Tuesday 1 October
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For details of the full programme and to book tickets visit inspireculture.org.uk/poetry-festival



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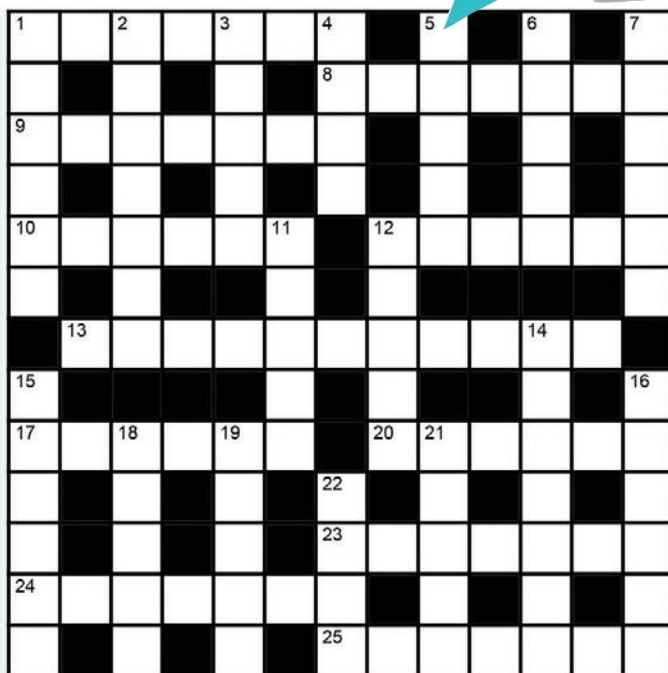
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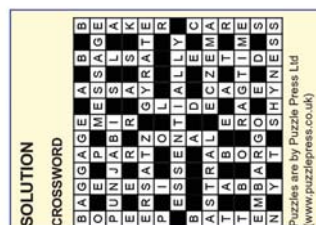
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- 10 Inferior substitute or imitation (6)
- 12 Spin around (6)
- 13 Basically (11)
- 17 Relating to the stars (6)
- 20 Disease of the skin (6)
- 23 Music of the early 20th century (7)
- 24 Trade stoppage (7)
- 25 Timidity (7)

- 4 Islamic ruler (4)

- 5 Put to the test (5)
- 6 Strong, lightweight wood (5)
- 7 Wide-mouthed cup (6)
- 11 Divided into regions (5)
- 12 Move smoothly and effortlessly (5)
- 14 Movement of the sea in the same direction as the wind (3,4)
- 15 Strip fixed to something to hold it firm (6)
- 16 Stroke lovingly (6)
- 18 Cat mottled with black (5)
- 19 Stop at an early stage (5)
- 21 Characterised by great caution and wariness (5)
- 22 God of love, also known as Cupid (4)

Down

- 1 Nursery rhyme shepherdess (2,4)
- 2 First book of the Old Testament (7)
- 3 Isolated (5)



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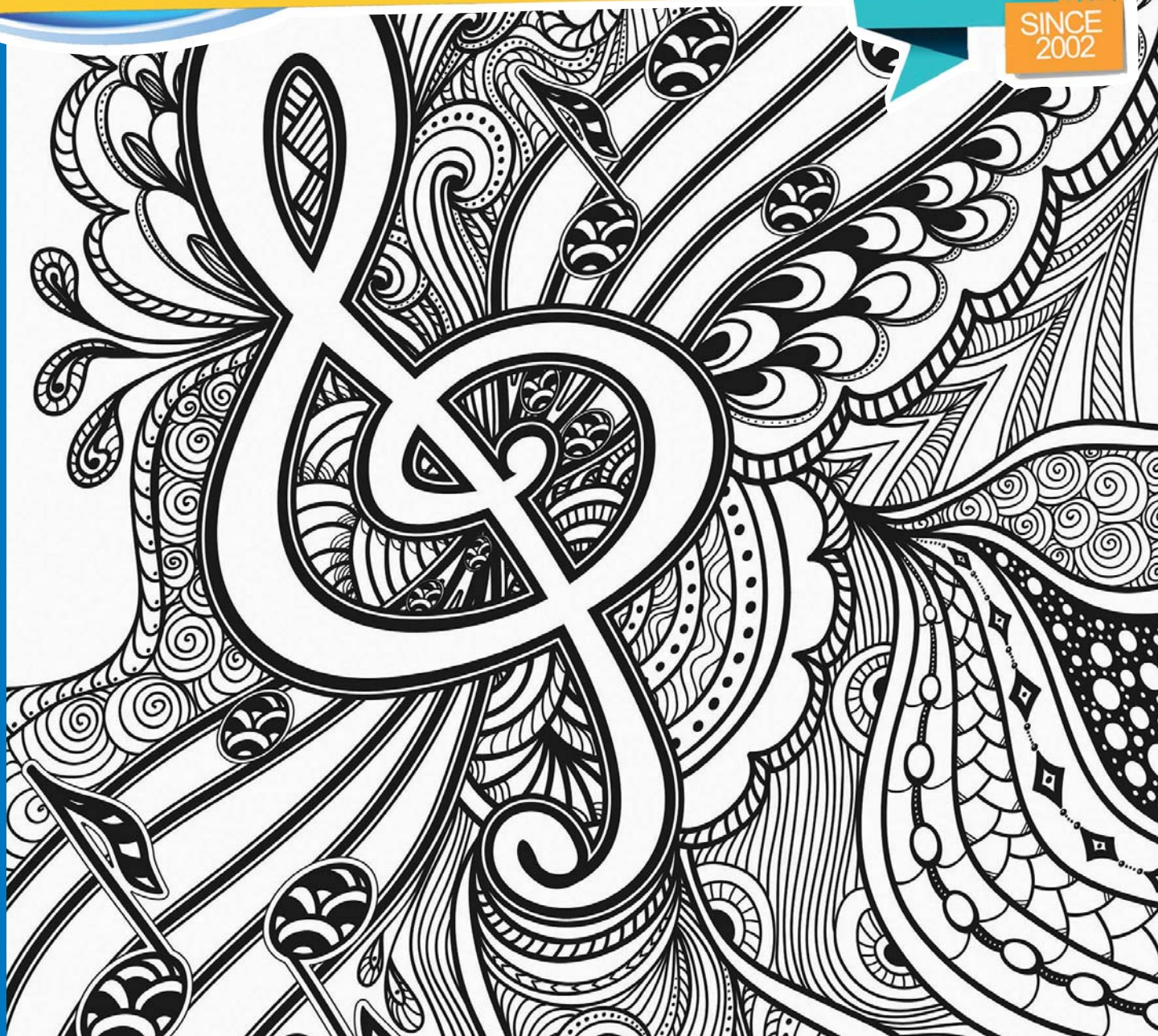
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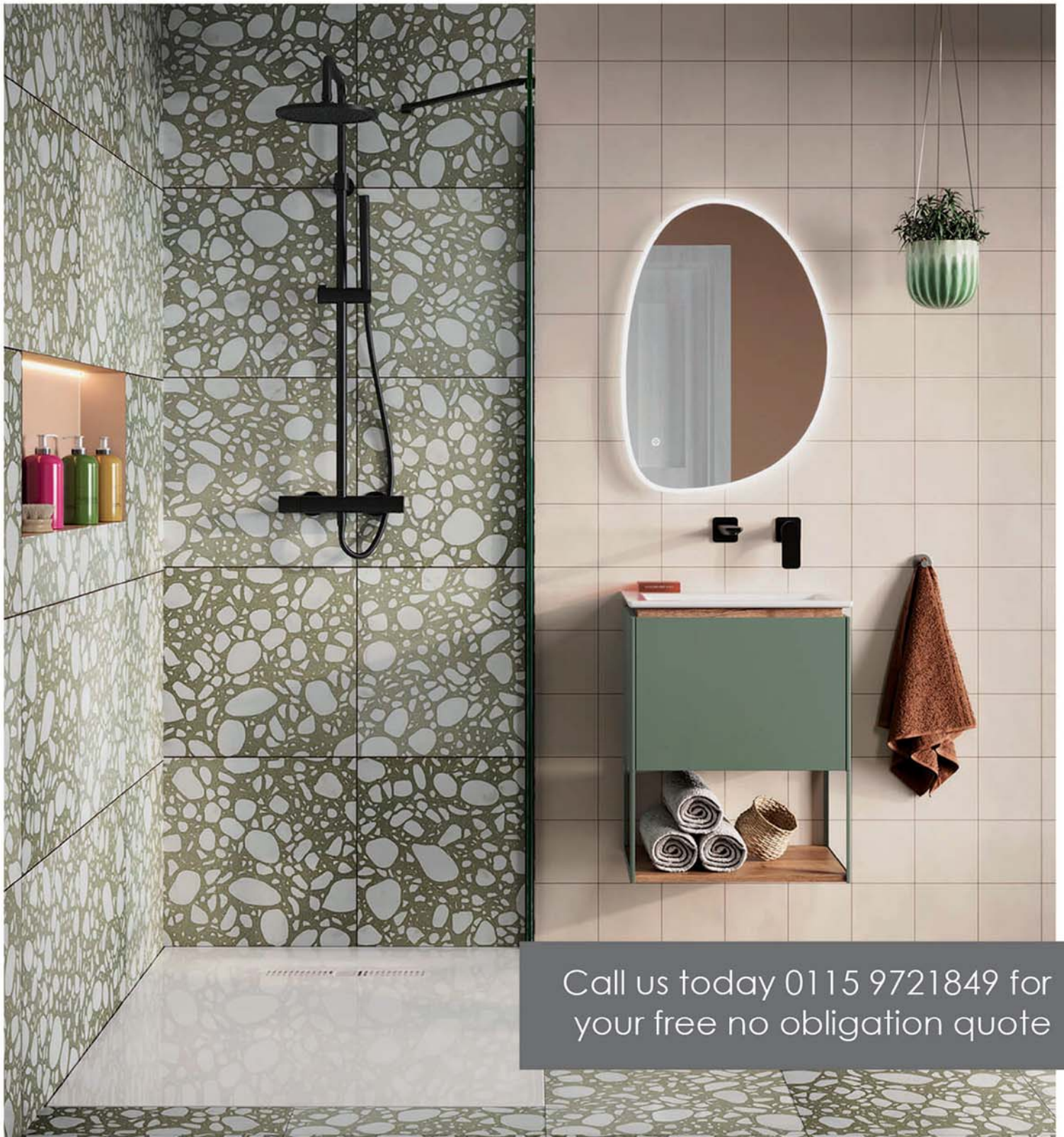
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