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Dry AMD treatment session

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Mrs H

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Dr P

"Improvement in both eyes." Mrs B

"Clearer vision noticed immediately upon driving, would recommend."
Mr W

"Good experience, the letters were much clearer at the end of the sessions."
Mrs S

"I can now read the letters in the eye test more easily. I would recommend because it slows the progress of dry macular, prevention is better than cure."
Mrs A

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MP4 Design Limited is registered in England:
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keeping it local film festival

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Beeston Film Festival: A Global Lens, Rooted in Community

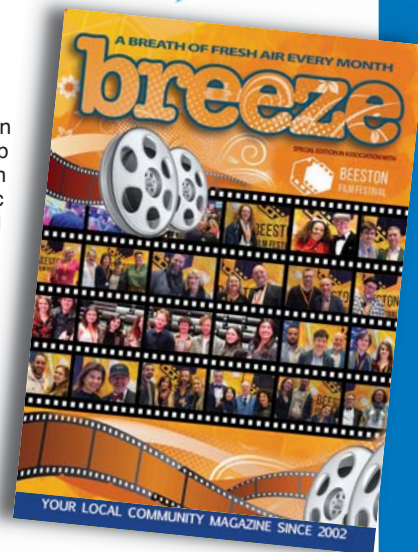
Beeston is set to once again transform into a cinematic hub with the return of the Beeston Film Festival. This dynamic event celebrates and showcases the captivating world of international short films, bringing a diverse range of stories and perspectives to the heart of its community.

The festival, eagerly anticipated by film enthusiasts and budding filmmakers alike, offers a unique opportunity to experience the power of short-form storytelling. Forget lengthy narratives; these concentrated bursts of creativity pack a punch, delivering compelling characters, thought-provoking themes, and stunning visuals in a concise and engaging format.

What sets the Beeston Film Festival apart is its unwavering commitment to building a strong connection with its local community. While the films originate from across the globe, the festival fosters a warm and welcoming atmosphere, encouraging interaction between filmmakers and audience members.

Beyond simply showcasing finished works, the festival also plays a crucial role in nurturing emerging talent. Through workshops, networking events, and juried competitions, the Beeston Film Festival provides a platform for aspiring filmmakers to develop their skills, connect with industry professionals, and gain valuable exposure. The festival's focus on celebrating and supporting independent cinema ensures that fresh voices and innovative ideas continue to thrive.

Whether you're a seasoned film buff or simply curious about exploring different cultures and perspectives, the Beeston Film Festival promises an enriching and unforgettable experience. Prepare to be transported to different corners of the world, challenged by complex narratives, and moved by the universal themes that connect us all.



Pictured some of last years winners

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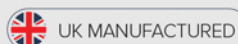
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The 2nd Beeston Sea Scouts have made history, bringing home the prestigious Otter Shield for the first time since 1938! This coveted award, first introduced in 1910, is presented to the top-performing Sea Scout swimming team in the UK.

For over fifty years, the competition has taken place at HMS Raleigh in Plymouth, where Royal Navy Recognised Sea Scout Groups from across the country gather to compete. Traditionally dominated by teams from the South, 2nd Beeston defied the odds, demonstrating exceptional teamwork, leadership, and skill to claim the title.

"This is a truly momentous occasion for our group," said Assistant Scout Leader Eamonn McDaid. "Our scouts showed incredible determination, going up against teams with national-level swimmers and coming out on top. Their achievement is a testament to their hard work and the unwavering support of our volunteers and families."

With limited resources, 2nd Beeston Sea Scouts rely on community support and donations to sustain their activities, including the upkeep of Barton Island, which provides vital opportunities for water-based training. A fundraising campaign is currently underway to continue supporting future generations of scouts.

As they celebrate this historic win, the group hopes to inspire young people to take on new challenges and create lifelong memories through scouting. If you would like to support them, visit their fundraising page or reach out to get involved!

For more information, contact 2nd Beeston Sea Scouts via their website <https://www.2ndbeeston.org.uk> or social media pages.



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A large photograph of Sir David Attenborough, an older man with white hair, wearing a dark blue jacket over a light blue shirt. He is standing outdoors, with a body of water and a modern building in the background. The building has a glass facade and a wooden deck. The sky is overcast.

Nottinghamshire Wildlife Trust is marking twenty years since Sir David Attenborough opened the iconic Attenborough Nature Centre – regaling the crowd with a story of how he first discovered his family roots in the village of Attenborough.



Whilst Sir David's Leicester roots are well publicised, his family history in the Notts village of Attenborough, from where both the iconic naturalist and campaigner and Attenborough Nature Reserve take their names is less well known.

Whilst officially opening the Nature Centre on March 18th 2005, Sir David – President Emeritus of The Wildlife Trusts – told how, as a young boy on an unsupervised trip to Nottingham by train, he stood to attention as the train guard shouted “Attenborough” – assuming his name was being called. The realisation that the call was for Attenborough Station led to Sir David investigating his roots in Attenborough and Long Eaton.

Sir David's visit to open the Nature Centre was his second official visit - having previously opened Attenborough Nature Reserve back in 1966.

His connection with the cherished reserve and Nottinghamshire Wildlife Trust which created the reserve continued with special recordings for an audio trial where he described the site as a 'lifeline to the natural world' and support for the charity's efforts to safeguard the long-term future of the site – which it purchased in 2020 – after six decades of stewardship.

The opening of the Nature Centre in 2005 marked a milestone in the reserve's history – with the realisation of a near 20-year campaign to deliver a centre which would help bring people closer to nature.

The centre has become a hugely popular destination, providing people with chance to catch up with friends in a natural setting, opportunities to discover more about the wildlife of the site and support the work of the Wildlife Trust across the reserve and wider county.

Despite challenges including pandemic lockdowns, the cost of living crisis and a serious outbreak of bird flu – since completing the purchase of the reserve in December 2020, thanks in no small part of the backing of Sir David, Trust members and the public, Nottinghamshire Wildlife Trust has been able to invest in a range of work to benefit wildlife and people at Attenborough Nature Reserve.

Alongside work to improve habitats for wildlife, investment to help people connect with and learn about nature has included, ongoing efforts to maintain and improve 9km of access paths including scrub management and grass cutting, new welcome and orientation signage, the creation of a Wilder Welcome programme including well-being walks and new volunteer roles and investment in the nature centre facilities with the creation of an optics demonstration area, the transformation of the nature garden areas in partnership with Beeston Wildlife Group and upgrades to facilities to support a wider range of events and activities.

Over the past 18 months the charity has also conducted its largest ever listening exercise to ensure it understands people's needs and expectations as it plans for future investment.

Speaking about the anniversary, Chief Executive Paul Wilkinson said: Having spent almost two decades working to create Attenborough Nature Centre we're delighted to mark its 20th Anniversary. Attenborough Nature Reserve is a special place for wildlife and people and the Nature Centre has enabled huge numbers of people to connect with nature since it opened. Our vision for the reserve builds on the site's value to nature and the special place it has in the hearts of so many. As well as having more diverse and abundant wildlife, we're determined that Attenborough continues to be a place where generations connect with nature and where nature supports people's wellbeing."

Over the next 12 months, the Trust will host a number of events and activities to help celebrate the Centre's anniversary as the charity gears up for the 60th anniversary of Attenborough Nature Reserve next year. The Nature Centre will host a three-day Wild Easter Weekend from Saturday 19th April to Monday 21st April.

For further details about the Nature Centre, Attenborough Nature Reserve or upcoming events include the Wild Easter Weekend visit nottinghamshirewildlife.org

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Green Hustle, the free festival in Nottingham, will bring together thousands of people to enjoy live entertainment, workshops, a makers market and hands-on activities to inspire greener living.

This year, the festival is proudly headlined by It's in Nottingham, the city's Business Improvement District (BID), reaffirming its commitment to supporting initiatives that make Nottingham a greener, more vibrant place to live, study, work and play.

Green Hustle will take over **Old Market Square on Saturday 31st May** for a day of free summer fun open to all, under the theme of Growing Together.

Already lined up for this year is live music and entertainment from Cultural Vibrations, dancers, circus acts and a makers market featuring local producers. A Community Garden showcase, an Action Cafe and new listening hub will provide inspiration along with the latest in Nottingham-led research on nature and environment.

'Pay what you feel' hot meals will return with Himmah Community Kitchen serving up 550 last year, along with other local food catering from Veggies and Abeyo Ethiopia. There will be plenty of ways people can get involved on the day, whether it's hands-on planting activities, creative fun or simply turning up to enjoy a hot meal.

Last year saw more than 10,000 people visit the free festival with 95 percent of those surveyed saying they were inspired to make a change such as volunteering and planting or changing buying habits and supporting local independents.

Festival co-director Adam Pickering said: "Green Hustle is a much needed opportunity to get together, regardless of age, what area you're from or your interests. Times might still be feeling hard for many, but we're determined to put everyone in the driving seat in making a difference and helping everyone in our community thrive.

"Like any great festival, there's something for everyone. But where else can you find it all for free? There'll be lots of different ways to get involved in taking climate action and helping nature. Whether it's fashion, live music, learning a new skill or enjoying some freshly made food, everyone can join in and enjoy a great day without paying a penny.

"Our theme Growing Together celebrates all that grows, and all that's yet to grow. It's all about hope. Our young people, our big ideas, our incredible potential to get together and do great things... all these start with a seed, and the conditions we need. So let's all grow together, and paint the town green."

The festival - established in 2020 - also has a lasting impact through projects such as the planting of the permanent beds and planters in Old Market Square and the donation of the University of Nottingham pop up garden to Welbeck Primary School, to help children learn about growing food.

Green Hustle also planted their 10,000th tree this winter in partnership with Trees for Cities. Ten Thousand Trees aims to connect people with local nature, especially young people, children and families living in built up urban areas.

Green Hustle is delivered with the help of more than 100 partners, community groups and organisations, with hundreds of volunteer hours given last year to help bring it to life.

To find out more, keep an eye on
www.greenhustle.co.uk



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A generous landing provides access to the four bedrooms with a substantial principle bedroom, guest bedroom having partial vaulted ceiling and en-suite shower room, there is a generous family bathroom.

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June 18th 2025



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appeal keeping it local

SINCE 2002

**An independent charity
helping children and teenagers
recover after sexual and domestic
abuse needs to raise £250,000 each year
to allow its vital work to continue.**

Can you help?

'Imara' has helped more than 2,200 children and young people and more than 1,500 families across Nottingham city and Nottinghamshire on their journey to recovery since 2011.

Now the charity says it will be forced to turn away those who need support after experiencing sexual abuse unless it can raise the vital funds. It has launched the Imara Impact Fund to raise £250,000 each year to enable their work helping people to recover from trauma to continue.

Imara CEO Cath Wakeman OBE said: "The reality is that there is insufficient funding for therapy services for children affected by abuse so there is a limit to the length of support we are able to offer, although these children may have complex needs. This leads to children who need longer term support being turned away before they are ready for the support to end. Imara does what it can to be flexible and respond to the need, but we don't have enough funding to do that in every case.

"Our vision is for children to receive the support they need, and this support has to be trauma responsive, available when they are ready and for as long as they need. Without the Imara Impact Fund, this is not possible and society as a whole fails our most vulnerable children and families. Often survivors of abuse need time to build trust allowing them to process their experiences at their own pace, without being judged.

"Our survivors tell us that receiving the equivalent of less than one day of therapy isn't adequate to heal a lifetime of abuse and trauma. Research shows support for families is also crucial, but the current available funding isn't sufficient. The Imara Impact Fund will enable us to continue to take a best practice holistic approach to supporting our clients for as long as they need."

This holistic approach includes the charity providing creative therapy to children and their families from their base just outside Nottingham city centre; educating and training professionals to understand trauma; supporting safe family members who may have experienced abuse and ensuring young people are not mislabelled with behavioural issues.

Imara plays a vital role in training professionals including teachers, social workers, police and foster carers in understanding and responding to child sexual abuse and offer placements to creative therapy and social work students. Testimonials from police officers praise the role the charity plays in supporting the young people through the criminal justice process.

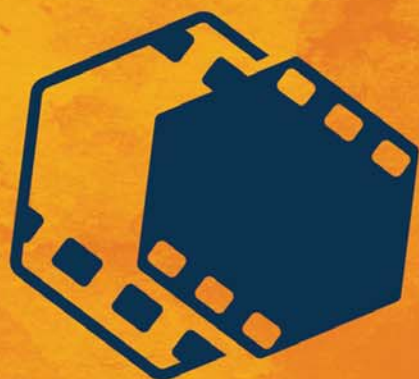
In one year, the charity delivered: 4,755 hours of therapy, 3,100 hours of sexual violence support, 6,865 hours of direct work with children, young people and their families around the criminal justice process, 1,750 hours working with professionals.

At their base just outside Nottingham city centre, Imara invites children and young people into safe therapeutic spaces where they can meet with a qualified professional to receive support through creative methods like messy play, writing, storytelling and art. Creative arts therapists also use dance, movement or music therapy in dedicated therapy rooms to improve emotional, cognitive, physical, and social needs.

**To find out more and how to donate, go to
<https://imara.org.uk/support-imara/imara-impact-fund>**



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GREETINGS, FILM FANS, AND WELCOME TO THE 11TH ANNUAL BEESTON FILM FESTIVAL!



Every year, we throw open our digital doors, inviting filmmakers from all around the world to submit their best work to us, and we're blasted with a tidal wave of brilliant international films.

I've been involved in the festival since 2018, and what's struck me most about the films I've watched over the years is how universal the human experience can be. Even the most arty of arthouse films connects us on the deepest of levels. No matter where we are in the world, from the UK to France to Palestine to Nigeria to Mongolia and beyond, we're all subject to the same emotional truths.

Love and hate, fear and bravery, insecurity and strength. All part of the spectrum of humanity, all laid out for us in the films we watch and the stories we tell each other. Storytelling is an immensely powerful pastime, stretching far back to the days of tribes huddled around their campfires trying to make sense of the world around them.

We've come a long way since then, but it seems that now more than ever we need to celebrate our commonalities, and learn to understand & appreciate our differences rather than fear and hate them.

Watching international films is an excellent way to remind ourselves that there's more that unites than divides us. No matter where we're from, at our base level we're all human. If you cut us, do we not bleed? If you entertain us, do we not clap? And if you bore us, do we not fall asleep and snore loudly in the cinema?

As conditions around the world heat up, and the giant and nebulous forces of politics & social media and so on pit us against each other, let's instead plant our feet, dig down deep and reach out to help each other.

It starts locally; that's why we're championing films from the East Midlands and ensuring they get the audience they deserve. It starts with your neighbours and friends and coworkers, and snowballs into an all-encompassing movement of support and community, all across the world.

So when the lights come back up and you head to the lobby for your next bucket of popcorn (I'll take salted, please!), think about the stories you've seen. Mull them over, digest them.

Because film isn't just a form of entertainment. It's our way of telling stories that matter, explaining the world around us like the shamans of old. The lessons we learn can be taken with us into our lives, and they can warm our hearts.

We can defeat The Empire. We can be as kind and polite as a Peruvian bear. We can champion the underdogs and speak truth to power. We can do anything if we do it together.

AND FIRST...
LET'S WATCH SOME FILMS TOGETHER.

Sam Kurd
Comms Lead

FESTIVAL GUIDE

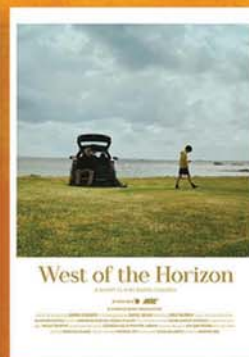
TIME	THURSDAY SCREEN 3	FRIDAY SCREEN 7	FRIDAY SCREEN 8	SATURDAY SCREEN 7	SATURDAY SCREEN 8	SUNDAY SCREEN 7	SUNDAY SCREEN 8
11:00				FESTIVAL BRUNCH THE WHITE LION		FESTIVAL BRUNCH THE WHITE LION	
12:00							
13:00				RISE TIDES NON-FICTION	EDITING FEATURE FILMS WORKSHOP	NERVOUS SMILE VARIETY PACK	LAUNCH YOUR ACTING CAREER WORKSHOP
14:00							
15:00		SAINTS & SINNERS VARIETY PACK		WORKING WITH EXTERNAL INVESTORS WORKSHOP	KALEIDOSCOPE PRIDE	HOW TO WIN A B'OSCARI! WORKSHOP	OPENING DOORS EMERGING TALENT
16:00							
17:00		SONGS FOR LIFE WOMEN'S VOICES	INSIDE SO STRONG DRAMA - INTERNATIONAL	SHUT UP SIR!! SCI-FI & FANTASY	BORN & REBORN WOMEN'S VOICES	EAT YOUR VEG! COMEDY	LIFE ON THE EDGE DRAMA - ENGLISH LANGUAGE
18:00							
19:00							
20:00	GALA OPENING NIGHT VARIETY PACK	DARK PARTY HORROR	CROSSING OVER VARIETY PACK	CLOSE TO HOME EAST MIDLANDS FOCUS	IT'S NOT ALRIGHT DRAMA UK & INTERNATIONAL	B'OSCARI AWARDS SCREEN 3	
21:00							
22:00	FESTIVAL CLUB BISTRO 66	FESTIVAL CLUB BISTRO 66		FESTIVAL CLUB BISTRO 66			
23:00							

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THANK YOU

A huge thank you to the Arc team for all their support. This festival truly values this amazing crew.

John Currie, Festival Director



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gardening

keeping it

local

SINCE
2002

Brits are being encouraged to familiarise themselves with the tell-tale signs that birds are nesting somewhere to avoid causing them distress and facing fines.

The gardening experts at GardeningExpress.co.uk have shared that broken egg-shells and scattered feathers could indicate that nesting birds are nearby.

Birds start looking for nesting spots to lay eggs and raise their young away from harsh weather and predators.

They choose their location based on factors such as safety and food availability with popular spots including trees, bushes, on top of buildings and roofs and nesting boxes.

Under the Wildlife & Countryside Act 1981, intentionally causing harm to a wild bird's nest could result in an unlimited fine and up to six months in prison.*

That's why the experts are urging homeowners to avoid approaching and disturbing bird nests if they spot them in their garden.

Instead, they should provide nesting boxes, leave out a fresh supply of water and avoid using pesticides in nearby areas.

Chris Bonnett, founder of GardeningExpress.co.uk said: "Spring marks the start of bird nesting season and it's important that we all support wildlife during this time.

"If you see birds flying back and forth to one location or spot egg shells, feathers or branches on the floor of your garden, it could indicate a bird nest is nearby.

"It's really important to avoid disturbing nesting birds, not only can it harm and startle them but it can also land you in trouble.

"There are a few ways you can actually help these birds without getting too close to them. A great thing to do is provide them with a nesting box and see if they decide to make it their home!

"You can also do some really simple things like leave out a fresh water supply for them daily.

"Leaving out dry materials like pet hair and dry grass clippings can also help birds build their nest."

Five tell-tale signs birds are nesting nearby:

1. Broken egg-shells nearby

Finding broken egg-shells nearby could indicate that a baby bird has hatched. Once their young have hatched, birds will often throw out egg shells to keep their nest tidy. You may see these under trees and bushes.

2. Scattered feathers

A few scattered feathers could be from young birds shedding their downy feathers. If the feathers are larger it could be a sign that a bird has recently left the nest. It's important to leave these feathers on the floor as the birds may come back and use them to support their nest.

3. Increased bird activity

If you spot birds frequently flying back and forth to one specific location then it's very likely that they are nesting there.

4. Bird droppings

An increase in bird droppings in a specific spot means there could be birds nesting above or around the area. You may notice this below branches and trees. This can be cleaned with warm water and soap but avoid using a jetwash as you may disrupt the birds.

5. Piles of twigs and other natural materials

Birds can get messy when building their nests so you might spot small piles of twigs and branches on the floor. It's important to leave these where they are as the birds may still come back and use them.



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writing competition

keeping it

local

SINCE 2002

D.H. Lawrence children's writing competition returns for World Book Day 2025

Short stories and poems written by children could be in with a chance of winning a Kindle and National Book Tokens, as the popular D.H. Lawrence Children's Prize.

This year's theme is 'Animals', inspired by Lawrence's collection of animal poetry such as 'Snake' and 'Baby Tortoise'.

Entrants should submit a short story or poem on the theme to be in with a chance of winning a prize across three age categories:

- Aged 4-7
- Aged 8-11
- Aged 12-16

First prize in each category will win a Kindle, with runner up and highly commended prizes of up to £50 in National Book Tokens. There will also be a special 'Best of Broxtowe' prize in each age category.

Successful entrants will be invited to an awards ceremony at the D.H. Lawrence Birthplace Museum on Victoria Street, Eastwood on 2nd August - and have their work entered into a digital exhibition on 28th August as part of the annual D.H. Lawrence Festival.

Entries close on 31st May and can be made online or by postal entry. Winners will be notified by 2nd July and invited to the award ceremony on 2nd August.

More details and terms and conditions can be found on the D.H. Lawrence Children's Prize: Writing Competition www.broxtowe.gov.uk/lawrencewritingcompetition

Carolyn Melbourne, Museum and Collections Officer at The D.H. Lawrence Birthplace Museum said, "We picked the theme of 'Animals' because Lawrence often wrote about them, using his powers of perception to portray how they think and feel. I think it will be a great theme to get young budding writers engaged and I'm very excited to see what they write."



The D.H. Lawrence Birthplace Museum is where this literary legend was born on 11th September 1885. The Museum is a must see for fans of literature, and for those wanting to delve deeper into Nottingham's literary heritage.

Step back in time to experience the traditional Victorian wash house, see the parlour; a room only for special guests, and have a wander around the parental and other bedrooms. The museum's permanent exhibition features items from Lawrence's family and even paintings created by the author himself.

Find out more at www.broxtowe.gov.uk/dhlawrencemuseum
Visit D.H. Lawrence Birthplace Museum at 8a Victoria Street, Eastwood, Nottingham, NG16 3AW.

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David Bryant

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After eight years of quiet campaigning
by Friends of Beeston Station (FOBS)
the lifts at the Station were opened by
the Minister for Future of Roads, Lilian
Greenwood MP.

Trish Roberts-Thomson, the Chair of
FOBS said: "this day is special for us
and is the culmination of lots of work
behind the scenes. Beeston Station
will look even better in the future. We
hope the lifts will make a difference to
many people."

The Station is now easy to use and,
with more work to come, will be even
more attractive."

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 April talk: Forensic Science: its use in nature with Jim Campbell.
Monday April 28th 2025 at 7.30pm.**

Jim leaves the courtroom and takes us outdoors to demonstrate how forensic
science can inform us about the natural world. he will tell us how it is possible to
detect the presence of great-crested newts from a tiny drop of pond water or if there
is dolphin meat in your tuna sandwich. a truly fascinating night
awaits! this meeting includes our brief AGM.

**£4 adults. children free. pay on the door.
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If you would like to find out more
information or speak to someone
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Slater on 0115 916 6518 or visit
www.beestonwildlifegroup.org



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SPOTTED DOG ART GROUP

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

APRIL WORKSHOP: Saturday 12th April 2025

Watercolour with Lynda Mayfield

from 10.00am to 4.00pm at Bramcote Memorial Hall

Loose Watercolour Hare Demonstration and chance to paint loose
watercolour pictures of your own choice with Lynda's help.

MAY WORKSHOP: Saturday 17th May 2025

Creative Drawing, Composition and Colour in Mixed Media.

with Jenny McKenzie

from 10.00am to 4.00pm at Bramcote Memorial Hall

A morning of sketching, colour work, composition and experimentation
with different mediums using still life objects. The main medium is watercolour
and will include other mediums like Indian Ink, oil pastel as well as collage
and wax etc. In the afternoon we will use our learning to put together a creative
still life composition.

FOR MORE DETAILS AND TO BOOK:

Please contact: Janet Waters ~ email: janetwaters32@gmail.com.

MEMBERSHIP: Membership fee is £20 per year.

If you are interested in joining please contact:

Gwynneth Johnson - email: gwnneth2023@yahoo.co.uk.

Website: www.spotteddogartgroup.co.uk.

Facebook: SD Art Group Nottingham.

On Saturday 26th April THE MICKLEOVER MODEL RAILWAY GROUP

are holding an open day at the
Clubrooms at the rear of the
Community Centre on
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from 10am to 4pm.

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Mickleover Model Railway Group
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**May Trains only Swap-Meet
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For more information Contact
Peter Stanton on 07798 858532.

"The April Meeting of the **WOLLATON
NATURAL HISTORY SOCIETY** will take
place on Wednesday, 16th April 2025
at 7.15pm. for 7.30pm.

The Talk is entitled 'Birds of Costa Rica'
by Max and Christine Maughan. Max and
Christine will present an up-to-date Talk
on birds seen during their most recent
visit to that country in 2023.

**Meet at St. Leonard's Community
Centre, Bramcote Lane, Wollaton NG8
2ND (opposite the library) at 7.15pm.
for 7.30pm. Free to members, visitors
welcome £3 on the door. For more
information visit website:**

www.spanglefish.com/WollatonNaturalHistory
Find us on Facebook or telephone
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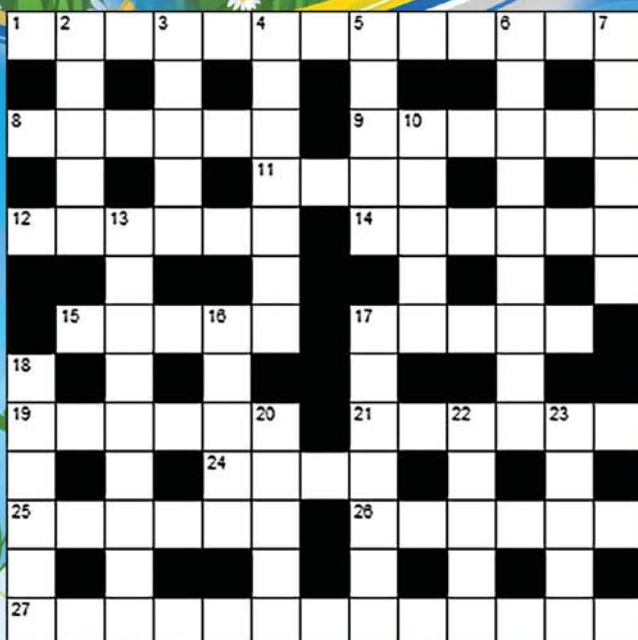
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	4			7			



Across

- 1 Useful kitchen gadget (4,9)
- 8 Panama, Suez, Caledonian _____ (6)
- 9 Friendly, united (6)
- 11 Large American wild cat (4)
- 12 Breakout, flee (6)
- 14 Communal, mutual (6)
- 15 Surface, side (5)
- 17 Series of linked metal rings (5)
- 19 Prejudiced, wrongful (6)
- 21 Glum (6)
- 24 Automobiles (4)
- 25 Flip, overturn (6)
- 26 Offer recommendation (6)
- 27 Tolerant, empathetic (13)

Down

- 2 Ellipses (5)
- 3 Play, production (5)
- 4 Admire, value (7)
- 5 Muscle spasm (5)
- 6 Genre of painting (5,4)
- 7 Curtail, dwindle (6)
- 10 Chuckle, guffaw (5)
- 13 Rich in underground seams of fuel (9)
- 16 Throw out, dislodge (5)
- 17 Starchy tuberous root (7)
- 18 Agency, office (6)
- 20 Grinds, rubs (5)
- 22 Extremely angry (5)
- 23 Builder (5)

SOLUTIONS

1. KITCHEN
2. ELLIPSES
3. PLAY
4. VALUE
5. SPASM
6. GENRE
7. CURTAIL
8. PANAMA
9. FRIENDLY
10. CHUCKLE
11. PUMPERNICKEL
12. BREAKOUT
13. RICH IN
14. MUTUAL
15. SURFACE
16. DISLODGE
17. TURNIP
18. OFFICE
19. WRONGFUL
20. RUBS
21. GLUM
22. FURIOUS
23. BUILDER
24. CARS
25. FLIP
26. RECOMMEND
27. EMPATHETIC

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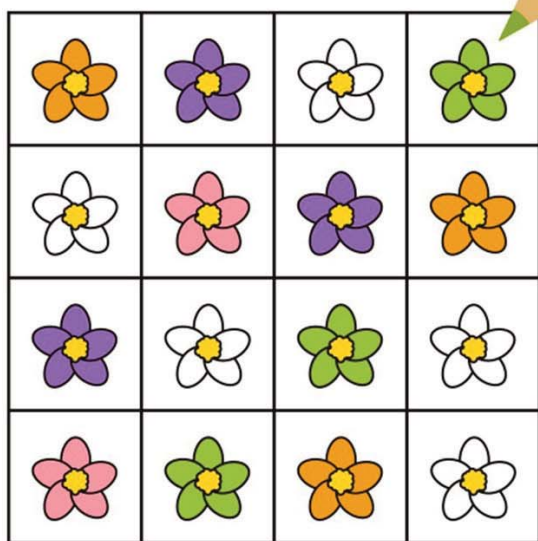
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Can you complete the puzzle by colouring in the white flowers so that no line across, down or diagonally contains two flowers of the same colour?



FUN BUG FACTS

Dragonflies have been on earth for 300 million years

A ladybird might eat more than 5,000 insects in

A single honeybee colony can produce around 100kg of honey each year – that's 220 jars!

Can you solve our bug puzzle?

Across

Down

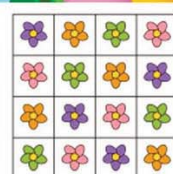


Q: Why wouldn't they let the butterfly into the dance?

A: Because it was a mothball.



Insect puzzle solution



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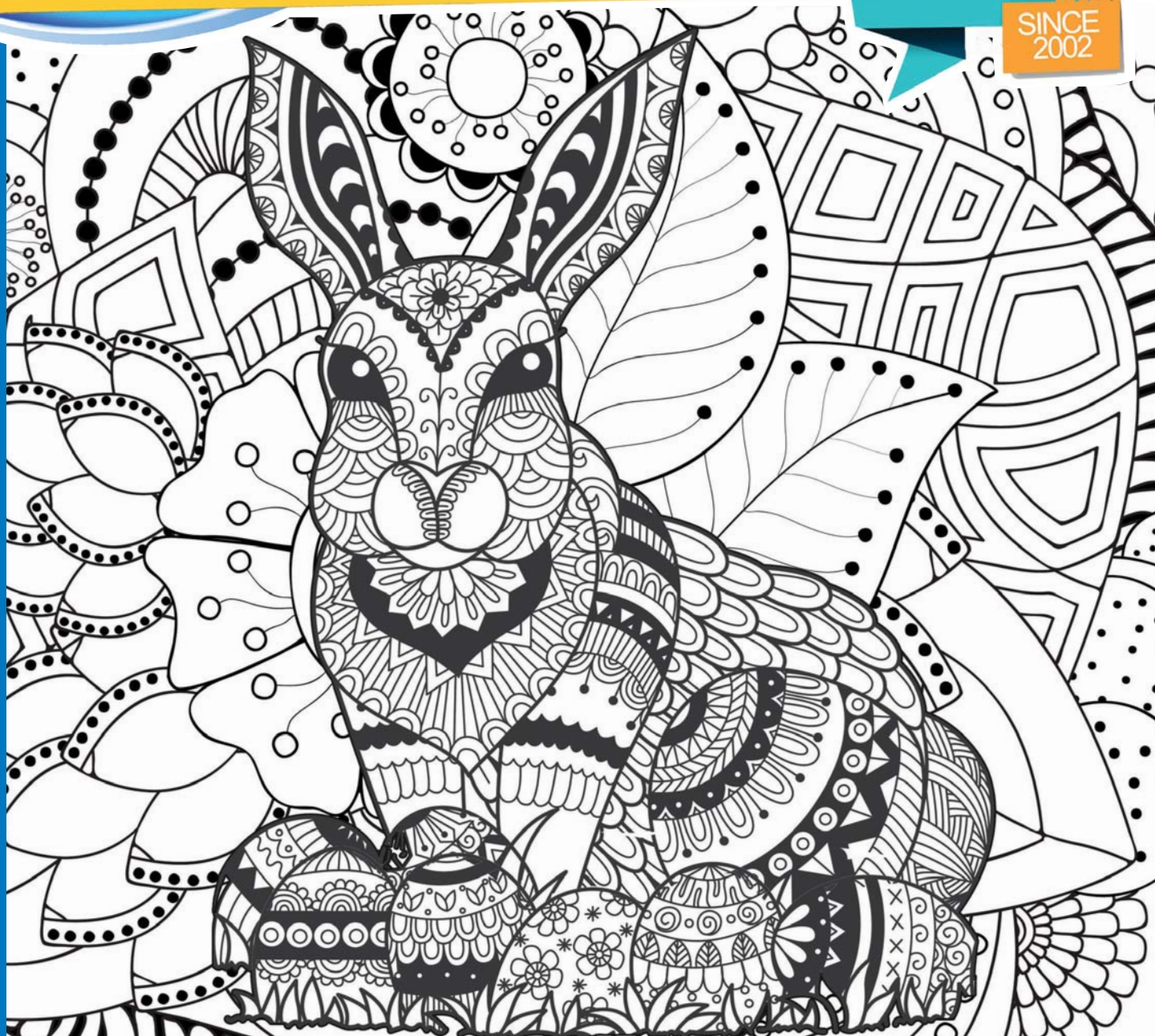
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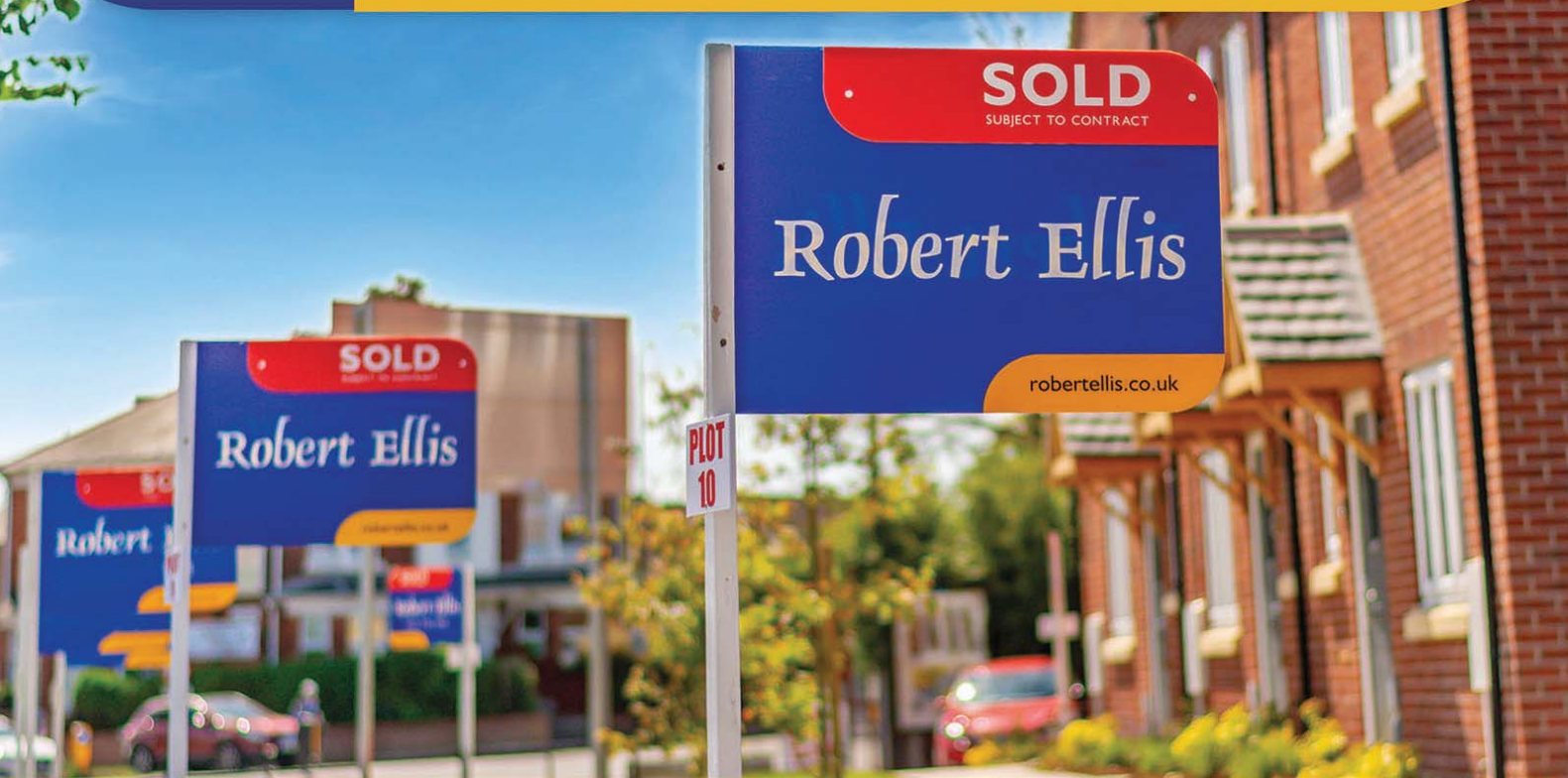
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