

A BREATH OF FRESH AIR EVERY MONTH

breeze

AUGUST 2025

ISSUE 273

SUPPORT

LOCAL
BUSINESS

Local What's On



Local Restaurant



Local Spotlight



Local Events



YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002

In 2025, Get Ready for an Effortless Eyewear Experience!

DON'T
JUST TAKE
OUR WORD
FOR IT...
READ WHAT OUR
PATIENTS
HAVE
TO SAY...

If you're searching for eyewear from an optical practice that strives to be the area's best, then after reading this article you will have found it. Choosing an optician and choosing new glasses can be challenging, especially when you're looking for one proven to provide top-notch eye care and advice and innovative frames and lenses.

At John Flynn Opticians, our team knows what it takes to provide all this and more. We offer personalised service with results and quality you won't find anywhere else. We bring you individual and exclusive eyewear from around the world, combined with a unique 'Eyewear Style Consultation' with experienced, eyewear experts like Wendy, Sonia, and Jon.

Frames You'll Love Wearing

If you're looking for something different from what you find on the high street, the frames at John Flynn Opticians are for you. Here you'll discover a new world of eyewear and choose a pair of glasses from a selection you won't see elsewhere, ones which are often handmade from the highest quality materials - individual glasses that you'll love wearing.

Get Help Choosing Glasses

Choosing glasses can feel like you're trying to find a needle in a haystack. There is an effective way to select the right glasses rather than just trying on frames at random. So, if you don't know what suits you; if you can't find glasses that fit you or look good; if you go from optician to optician searching for, but never seeing anything you feel good about wearing, or simply 'they all look the same' we can help!

Eye Examinations with Dr. Janjua

Your eye examination with Dr. Janjua will last around 40 minutes. The reason we allow a longer time for your appointment is not just about the technical bits of doing an eye exam. The extra time that Dr. Janjua spends with you means we can give you better advice and recommendations.

Advanced Eye Exams With Dr. Janjua

During an Advanced Eye Examination, Dr Janjua will make a very thorough assessment



Showing how Dry AMD can progress



Dry AMD treatment session

of your eyes. This examination includes Optical Coherence Tomography (OCT), using our Heidelberg Spectralis which is hospital-grade equipment to assess, measure, and record tiny details of your retinas.

Dry Age-Related Macular Degeneration (AMD) - TREATMENT!

As we age, our sight tends to become less clear, and some of us will develop what is known as "Dry Age-related Macular Degeneration". When this happens, the central area of our vision darkens and becomes blurred, making it difficult to see detail, and preventing activities such as driving, reading, watching TV, using computers, tablets, and so on. Even recognising faces can prove difficult.

Dry Eyes Treatment

If your eyes feel dry, irritated, or painful for most or all the time, you probably suffer from Dry Eye Disease (DED), especially if you continually feel "there's something in my eye". Having researched dry eye syndrome while gaining his doctorate, Dr Janjua has been treating patients for this condition since 2023. The treatment is known as Intense Pulsating Light® (IPL) and Low-Level Light Therapy® (LLLT), also known as Photobiomodulation (PBM). We combine IPL and LLLT with the complimentary steaming, cleaning, and massaging of your lids and glands as part of a comprehensive treatment protocol.

"The results seemed good looking at the scan."
Mrs C

"Positive experience, quick and easily administered and non intrusive. The 'drusen' effect seems to be less than previously experienced and would recommend."
Mrs H

"Very positive, noticeable difference in macula, would recommend to prevent sight deterioration."
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

"After the first session white window frames seemed brighter. I can see more clearly all round, my eyes feel more relaxed and normal."
Mrs W

"I can read for longer without blurred vision and headaches."
Mrs M

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YOUR LOCAL COMMUNITY MAGAZINE SINCE 2002

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breeze

keeping it

local

SINCE
2002



August's Heartbeat: Celebrating Our Local Businesses...

Welcome to our August Issue!
As ever, we're dedicated to bringing
you the best our area has to offer.
This month, however, we're casting
a special spotlight on the very
backbone of our community:
our incredible local businesses.

We've delved into the heart of our community to highlight the array of services and wonderful, positive places that truly give our area the vibrant "vibe" we all enjoy. From the cosy coffee shop that knows your order to the independent trades that serve our homes, the family-run restaurant serving up comfort food, or the specialist shop offering bespoke services – these aren't just commercial entities. They are the vibrant threads that weave the tapestry of our shared experiences, shaping the distinct character we all cherish. They provide meeting points, offer unique products you won't find anywhere else, and often serve as cultural hubs, adding charm that chain stores simply cannot replicate.

What we are continually reminded of is a profound, yet simple truth: every business owner in our community is, at heart, a neighbour. They are the parents at your children's school, the faces you see at the local park, the volunteers at community events. They invest their lives, their savings, and their dreams right here, in our shared space. Their success directly recirculates within our local economy, supporting local jobs, funding community initiatives, and contributing to the overall wellbeing of our area.

This brings us to a crucial, yet often overlooked, reminder: the principle of "use it or lose it." It's not just a catchy slogan; it's a stark reality. When we choose convenience over community, or online giants over local gems, we risk eroding the very fabric that makes our area special. Each closure of a beloved local shop or service leaves a void that is hard, if not impossible, to fill. It diminishes the diversity of our high street, reduces local employment, and slowly chips away at the unique character of our neighbourhood.

So, as you enjoy the warmth of August, we urge you to make a conscious choice. Grab a coffee from the independent cafe, browse the wares of a local artisan, book a service with a neighbourhood expert, or dine at that family restaurant you've always meant to try.

Your support doesn't just keep a business afloat; it strengthens our entire community, ensuring the "vibe" we love continues to thrive for years to come. Let's actively nurture the vibrant, positive places that give our area its unique pulse.



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breeze puzzles

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SINCE
2002

Kids' Page

Can you solve our park crossword?

ACROSS

1 Duck
3 Trees
6 Swing
8 Squirrel
9 Bench
7 Bicycle

DOWN

2 Kite
4 Slide
5 Roller coaster

Everyone is tangled up. Who does the dog belong to? And who owns the truck?

Puzzle Solution

W B E N C H
K R E L
S Q U I R R E L
B
S W I M M I N G
T R E E S
L
D U C K

Puzzle

FOR GROWN UPS...

Clues

Across

1 Prejudiced (6)
4 Whiten, decolour (6)
7 Maritime, used on the ocean (8)
8 Rhododendron-like shrub (6)
9 Particle (4)
10 Shortcrust, flaky or puff (6)
12 Every twelve months (6)
14 Socially awkward (6)
17 Daredevil (6)
20 Ruffian, thug (4)
21 Ceramic artist (6)
22 Items of jewellery (8)
23 People who look after others (6)
24 Abrupt (6)

Down

1 Church official (6)
2 Warning devices (6)
3 Delicate, fragile (6)
4 Married to two people at the same time (6)
5 Mistake in print (6)
6 Shrub with waxy scented flowers (8)
9 Bowed structure (4)
11 Large South American snake (8)
13 Welsh name (4)
15 Oxen and cows (6)
16 The act of leaving a place (6)
17 dancing, type of folk dancing. (6)
18 Stretched out the body or neck to see better (6)
19 Toxic substance (6)

Can you find all of the ocean-dwelling life hidden in the grid?

V B O L Y L I M P E T W L U W
A K C Z K C G V N C D H A K N
E M R L A N G O U S T E V W S
R L U I W B M G K S Z L E I Q
H P S E L E P F I B B K R R U
S L T M N L L E I R A B F X I
T A A A B S G A S T R O P O D
A N C M U R E X G P N A S P L
R K E F X O E G L X A C O Q V
F T A S P E Y E C E C L K H O
I O N C T S K S W A L R U S L
S N B A O N B M T A E S C M U
H W N W O R C A C E O R L K T
Z A C R A B A S H A R K A D E
M A Y W G F O L E H W M M Q S

anemone
barnacle
clam
coral
crab
crustacean
gastropod
kelp
krill
langouste
laver
limpet
manatee
murex
orca
oyster
plankton
scallop
shark
squid
starfish
volute
walrus
whelk

8 7 1
9 6 8
2 8
2 3 5 1
4 1 6 3 9
8 7 1 2
3 9 4
1 5 3 8 9 6

SOLUTIONS

DOWN
1 PREJUDICED
2 WARNING DEVICES
3 DELICATE
4 MARRIED TO TWO PEOPLE AT THE SAME TIME
5 MISTAKE IN PRINT
6 SHRUB WITH WAXY SCENTED FLOWERS
7 MARITIME
8 RHODODENDRON-LIKE SHRUB
9 PARTICLE
10 SHORTCRUST
12 EVERY TWELVE MONTHS
14 SOCIALLY AWKWARD
17 DAREDEVIL
20 RUFFIAN
21 CERAMIC ARTIST
22 ITEMS OF JEWELLERY
23 PEOPLE WHO LOOK AFTER OTHERS
24 ABRUPT

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a great day out...

AT STRELLEY HALL

keeping it
local
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If you are stuck for something to do during the summer holidays, why not pop over to pretty little Strelley Village and visit Strelley Hall, there's always plenty going on...

Strelley Hall is an attractive period building set in parkland in the splendidly preserved Strelley Village. Originally built as a castle about 1200 AD, the majority of Strelley Hall as we see it today was built in the 1780s.

It's a real gem of a place, right on our doorstep. With lots to enjoy, here's a list of what's on offer:

■ Visit the **Mulberry Tree Café** (pictured left) for lunch (quiches, chips and goujons, jacket potatoes, panini etc.) or for coffee and a cake with some Bluebell Dairy ice cream. Open 7 days, 9.30am-4pm



Browse the shops in the **Stables Courtyard**:

- Created by Hand for locally handmade gifts, cards, craft workshops
- Milly Melts for home fragrance and more
- The Hayloft Art Gallery
- Old Fashioned Sweet shop
- The Coach House for home interiors and plants
- Nottingham Teddy Repairs

■ Try some tasty goodies from the new **Mulberry Tree Bakehouse**, open Thursday, Friday, Saturday 10am-3pm and selling delicious handmade pastries, cakes and savouries plus of course tasty artisan bread



■ Dog friendly – and there are also two enclosed dog exercise fields on the Strelley Hall site, run by **The Doggy Cool Company**. Coming this autumn: The Mucky Pup self-service dog wash!



Gardens at Strelley Hall to walk around and enjoy, plus many beautiful local walks, visit mulberrytreestrelley.co.uk/local-walks and download guides to the walks

■ Bucket swing, mini picnic bench and lawns for children to play on

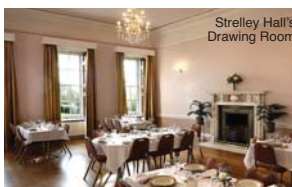
■ The beautiful big function rooms in the main **Strelley Hall** building are bookable for events such as parties, funeral wakes, visit www.strelley.com for details

■ **Afternoon teas are held at Strelley Hall** on selected dates, see the advert on this page.

■ **FREE car parking!**



Above: The Panelled Room at Strelley



Strelley Hall's Drawing Room



Afternoon Tea at Strelley Hall

Dates for the coming months:

- Saturday 30th August 2025
- Wednesday 1st October
- Saturday 18th October
- Wednesday 29th October
- Saturday 8th November
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**Meet the team at Haveli:
Where authentic Indian
home cooking finds a fine
dining home in our area...**



Welcome to Haveli, a name set to resonate with connoisseurs of authentic Indian cuisine across the region. Far from the commonplace interpretations, Haveli arrives as a beacon of genuine culinary artistry, dedicated to transporting diners to the heart of India through its most cherished tradition: authentic, home-cooked food.

At the core of Haveli's philosophy lies a profound respect for the true flavours and preparations of Indian home cooking. This isn't just restaurant food; it's an unwavering commitment to recreating the comforting, rich, and nuanced dishes typically found on family tables across the subcontinent. This dedication is passionately upheld by a team of highly experienced and fully trained chefs, each possessing many years of invaluable industry expertise. For the culinary masters at Haveli, cooking is more than a profession – it's a devotion.

Every single dish is prepared with boundless passion, love, and an unwavering commitment to using only the finest, freshest ingredients, ensuring that the true essence of Indian cuisine shines through with every bite.

Yet, Haveli's allure extends far beyond its exquisite menu. The restaurant prides itself on delivering an unparalleled dining experience, meticulously crafted by a team renowned for making every guest feel extraordinarily special and genuinely welcome. This dedicated front-of-house staff possesses not only an innate warmth and hospitality but also a remarkable depth of knowledge about Indian cuisine. They are on hand to guide diners through the menu, offer recommendations, and share insights into the traditions behind each dish, enhancing the culinary journey for every patron.

At Haveli, the goal is not merely to meet expectations but to consistently exceed them. The team's collective enthusiasm, sophisticated style, and unmistakable panache ensure that each visit is transformed into a truly memorable occasion. From the moment you step through the doors until the last lingering taste, Haveli promises a dining experience that combines the comforting authenticity of Indian home cooking with the refined elegance and exceptional service of fine dining.



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OR ORDER
TO
TAKE AWAY



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A simply breathtaking, unique five plus bedroom detached house, constructed to an exceptional standard with contemporary living accommodation approaching 8,500 sq feet, over three floors. Set in a stunning private and secluded location with driveway, triple garage and office space.

Nestled in the charming area of Bramcote, this impressive detached house on Moor Lane offers a perfect blend of space and comfort for modern family living. With five generously sized bedrooms, this property is ideal for larger families or those who simply desire extra room for guests or a home office.

Upon entering, you are greeted by an impressive entrance hall with glass atrium over and doors off to two reception rooms perfect for entertaining and relaxation. These versatile areas can be tailored to suit your lifestyle, whether you envision a formal sitting room or a casual family space. The layout of the home ensures that natural light flows throughout, creating a warm and welcoming atmosphere.

The property boasts four well-appointed bathrooms, which is a significant advantage for busy households. This feature ensures that morning routines run smoothly, and guests are comfortably accommodated.

For those with vehicles, the property offers ample off road parking and three garages, a valuable asset in this sought-after location. The outdoor space surrounding the house provides opportunities for gardening, play, or simply enjoying the fresh air.

Situated in a desirable neighbourhood, this home is conveniently located near local amenities, schools, and parks, making it an excellent choice for families. With its spacious interiors and practical features, this detached house on Moor Lane is a wonderful opportunity for anyone looking to settle in the vibrant community of Bramcote.

For more information contact Robert Ellis
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Email: beeston@robertellis.co.uk
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forever stars

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SINCE 2002

Local baby loss charity Forever Stars is once again leading the way in marking Baby Loss Awareness Week (9th–15th October) with a heartfelt programme of events designed to raise awareness, honour precious lives lost too soon, and bring the local community together in support and remembrance.

Founded in Nottingham, Forever Stars is dedicated to supporting families affected by stillbirth and baby loss. Through its Serenity Centre in Beeston, the charity provides specialist bereavement support, play therapy, workshops and a safe space for grieving families to connect and heal.

This October, the charity is hosting a packed calendar of events that invite individuals, families, and local businesses to get involved in a variety of ways. Highlights include:

Pink & Blue Ball - 3rd October - The Village Hotel, Chilwell

An elegant evening of entertainment, fundraising, and remembrance. Tickets are available on the Forever Stars website - www.foreverstars.org

Quiz Night - 9th October - Wollaton Sports Association

Put your knowledge to the test while supporting a good cause.

One Step at a Time - 26-Mile Awareness Walk - 10th October - Starts at the Harrington Arms, Sawley

This powerful walk takes in iconic Nottingham landmarks and offers the chance to walk all 26 miles – or just a portion – to help raise awareness of baby loss. Local businesses are encouraged to get involved by taking part in the walk, providing a refreshment or cheer stop for walkers, or displaying the Forever Stars sign.

Register to take part in the walk at www.foreverstars.org.

If you're a local business who would like to show your support, email enquiries@foreverstars.org



Afternoon Tea – 'Who Has Been Your Rock?' 11th October Serenity Centre, Beeston

As part of Baby Loss Awareness Week, Forever Stars is hosting a special thank you afternoon tea to honour the people who have stood beside families through their baby loss journey.

We all remember the person who helped us feel less alone during the darkest times - a partner who held us together, a friend who listened, a midwife who offered quiet reassurance, or a family member who helped us find strength. This event is a chance to say thank you and shine a light on those unsung heroes.

Nominate your rock to receive a personal invitation to the afternoon tea, where we'll share stories, raise a toast to kindness, and celebrate those who have made a difference.

To nominate, email: enquiries@foreverstars.org

Find out more at www.foreverstars.org

John Pye Charity Football Match - 12th October - Forever Stars FC takes to the pitch for a cause close to the heart.

Cake Sale - 13th October -

The Serenity Centre, Wollaton Road, Beeston

Delicious homemade cakes for sale to raise funds and community spirits. Cake donations welcome!

Wave of Light & Pink & Blue Walk - 15th October -

A peaceful and poignant evening of remembrance to close the week, with the community invited to light candles and join in the final walk in memory of all the babies gone too soon.

Get Involved

Forever Stars is encouraging individuals and local businesses to support the week in any way they can, from taking part in the walk to sponsoring events or creating a pink & blue window display.

To find out more, nominate someone for the afternoon tea, or get involved as a business, visit www.foreverstars.org or email enquiries@foreverstars.org.



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abc arts trail

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Celebrating their 10th Anniversary is The Attenborough, Beeston & Chilwell Arts Trail (ABCAT) will be taking place

This years will take place on Saturday 6th and Sunday 7th September in nineteen venues in the area, open from 11am to 5pm both days.

"We are thrilled to announce that this years' event is our tenth anniversary! The Trail has grown in importance over the years and has become an established favourite in our community's diary.

With a diverse range of forty artists, designers and makers showcasing and selling their work, there is plenty to see. A great opportunity for you to meet local creatives and find out what they are working on. Not only do visitors get the chance to purchase original handcrafted items to suit all tastes and budgets, some of the exhibitors will also be doing demonstrations of their skills.

With artists participating from a wide range of disciplines, including painters, printmakers, photographers, textile artists, ceramicists, jewellery designers and sculptors. The ABC Arts Trail is excited to welcome 9 new faces to this years' event who will join those who have taken part before.

Every year the event goes from strength to strength, putting the spotlight on local creative talent and bringing people together on an art adventure. This hugely popular weekend has become a firm fixture on the community calendar and further afield.

Whether you are looking for that perfect gift, a treat for yourself, or just want to visit the trail being inspired, intrigued and entertained, you are sure to have an enjoyable day out.

Due to the fantastic support of local businesses the ABC Arts Trail remains free to visitors. Download from the website or pick up a map/brochure locally, or from the venues themselves."

**Open 11am - 5pm both days,
Saturday 6th and 7th September.**

**For further details visit
www.abcartstrail.co.uk**



Attenborough Beeston Chilwell

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SINCE
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Health-conscious gardeners looking to add more nutrients to their diets are being told about the top superfoods they can grow at home.

Experts at GardeningExpress.co.uk have revealed seven nutrient-rich superfoods that are simple to grow and packed with health benefits.

Superfoods are a big trend at the moment, and with many Brits looking to cut down on their weekly food shop bills, growing these nutrient-packed plants at home is an excellent option.

Superfoods like kale, blueberries and spinach are rich in essential vitamins and antioxidants, and many are surprisingly simple to grow, even in smaller outdoor spaces or containers.

Chris Bonnett from GardeningExpress.co.uk said: "Growing your own superfoods is a great way to add more nutrients into your diet, and it will also save you money in the long run.

"You don't need a huge garden, just a bit of space, some sunlight and regular care.

"Whether you're growing leafy greens in containers or berries in pots, these plants are packed with health benefits and are incredibly rewarding to grow."

HERE ARE SEVEN SUPERFOODS GARDENERS CAN GROW AT HOME:

1. Blueberries are rich in antioxidants, anti-inflammatory properties, fibre and vitamin C, making them great for boosting immune health and supporting skin and heart function. Blueberry bushes grow well in pots with acidic, well-drained soil and need a sunny, sheltered spot.

2. Kale is a much-appreciated superfood because it's packed with vitamins A, B6, C, K, folate and fibre. It's one of the most resilient superfoods, as it thrives in both sunny and shady spots, and isn't fussy about the soil. It grows well in raised beds or in containers.

3. Spinach is full of iron, folate and vitamin K. It's also a very fast-growing superfood - it can be ready to harvest within weeks of planting. Sow in partial shade, in fertile and moisture-retentive soil.

4. Beetroot is known for its heart-friendly nitrates, as well as being a great source of potassium, magnesium, and vitamin C. It's easy to grow from seed and does well in full sun and well-drained, fertile soil.

5. Tomatoes are one of the most versatile and popular superfoods. They're rich in vitamin C, potassium and lycopene, which is a powerful antioxidant. They thrive in pots, growbags or greenhouses, and come in a wide range of varieties.

6. Chilli peppers are full of vitamin C and capsaicin, which can help prevent heart disease and reduce inflammation. They grow well in pots, window boxes or greenhouses, and are ideal for sunny spots.

7. Broccoli is another popular superfood, as it's versatile and packed with vitamins C and K, fibre, and cancer-fighting compounds. It thrives in cooler climates and should be planted in well-drained soil. It's best to first grow your seedlings in containers and then move them to raised beds so they have more room to grow.



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Meet the team at Grays Locksmiths. For almost four decades, Grays Locksmiths has stood as a cornerstone of security in Nottingham.

Established in 1987, this reputable firm has built an unwavering reputation as a trusted provider of comprehensive, reliable, and professional locksmith and security services for both residential and commercial clients across the city.



Andy Palmer left and the team on the right



At the heart of Grays Locksmiths' outstanding reputation is decades of proven experience. "Our dedicated team of highly qualified trade professionals brings together over 200 years of combined expertise, ensuring no security challenge is too complex. Whether you're dealing with a lockout or looking to implement an advanced commercial system, our experience delivers reliable, effective results every time.

We are proud to be approved by the Master Locksmiths Association (MLA) — a respected accreditation that reflects our commitment to the highest standards of integrity, skill, and service."

In addition, Grays Locksmiths are accredited by several leading industry bodies, including:

- The Guild of Architectural Ironmongers (GAI)
- FIRAS, for fire protection installation
- The Fire Door Inspection Scheme (FDIS)
- SafeContractor Approved, for health and safety compliance

When you choose Grays Locksmiths, you're working with a company that's trusted, verified, and genuinely passionate about your security.

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Whether you need to protect your family home, secure a growing business, or respond to an emergency, Grays Locksmiths offer a comprehensive range of services, including:

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Security issues don't wait for convenient hours, that's why Grays Locksmiths offers a dependable 24-hour callout service, ensuring rapid response when you need it most. "We understand the stress that comes with unexpected lock or security issues," says Andy Palmer, Master Locksmith and owner of Grays Locksmiths. "Our job is to restore your safety and peace of mind without delay."



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Olivia, shares her favourite 'What's On' this month

Beeston summer fete – Saturday 16th August at Broadgate Park

Beeston Summer fete will be a day of fun, music, and food for everyone to enjoy! The fete will kick off with a carnival parade starting at 12pm in Beeston Square, travelling through the high road and ending at Broadgate Park. A range of free activities will be available for both children and adults such as live stage performances, fairground rides (fees may apply), face painting, community stalls and more! **The food fair can be found in Beeston Square from 8am-2pm.**

Teddy Bears' Picnic – Wednesday 20th August at Bramcote Old Church Tower

A fun filled afternoon, perfect for family time. No Booking required, just £1.50 entry fee on arrival and be sure to bring your favourite teddy bear and picnic! Beeston players will be there to bring story time to life, plenty of outdoor space will be available for playing and exploring, and hot and cold drinks will be available throughout the afternoon.



Wild exchanges:

A home for hedgehogs – Wednesday 20th August at Attenborough Nature Reserve

This event is one for the animal, wildlife and nature lovers! Join the Wild exchanges: A home for Hedgehogs to discover how to help the hedgehogs thrive! The event is free of charge (book on their website) and held at Attenborough Nature Centre Cafe from **5:30pm-9pm**. The evening will involve inspiring talks and panel discussion including a headline talk from the National Hedgehog Monitoring Programme, lightning talks and Q&A with local expert as well as the chance to meet and connect with like-minded people. Pizza, sweet treats and drinks will be available to purchase from the cafe on the night.

Anna Whales Band – Saturday 30th August at the Malt Shovel

An evening of live music with Anna Whales Band on **Saturday 30th of August at 8:30pm**. Anna Whales Band is a Female guitarist/vocalist backed by accordion bass and drums. The band performs covers from the 60s to present day hits, perfect to get your weekend fix of upbeat music and vibes!



Small World Cinema: Miniscule – Saturday 30th August at Beeston Library

Suitable for families and children above 5, head to Beeston Library at 10am for a fun and crafty morning to celebrate the small creatures that do big things for the planet! There will be a chance for the little ones to create bug headbands and get creative and play with light and shadow with cut out insects to create projections on the big screen during activity time. At 10:30 the film will commence with the dialogue free French animation Minuscule: Valley of the Ants bringing the insect world to life.

Blessin Adams - Monday 1st September at Beeston Library. 7pm for just £5

Join Blessin Adams, former police officer and historian, at Beeston Library as she delves into a gripping history that uncovers stories of women whose crimes and violence shattered the narrow confines of gender in early modern England. Blessin will be recreating each of the cases chilling motivations and settings.

Fundamentals of rewilding course - Saturday 6th / Sunday 7th September at Attenborough Nature Reserve

This will be a two-day course from **9am-4:30pm** at the Nature Reserve's conference room that will explore rewilding in detail, it will include presentations, guided walks, and group activities. Lunch and refreshments will be included on both days. The event is booking only and can be done via their website the total cost of the course is £100.

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Founded in 1974, which makes us one of the longest established clubs in the area. We have helped numerous students achieve black belt level and beyond and also the school has produced many competitors who have represented Great Britain in European and World Championships.

Chilwell Olympia Sports Centre
Bye Pass Road, Beeston NG9 5HR

Telephone: 07789 095 467
Email: info@chilwell-karate.co.uk
Web: www.chilwell-karate.co.uk

on keeping it local

SINCE 2002

Beeston u3a extends a very warm welcome to new members in our community who are retired or semi-retired.

"We are part of a huge national organisation where people learn together, make friends and have fun.

Beeston u3a is a vibrant group of 1200 members who share the load to run nearly 100 varied interest groups.

We are regularly setting up new groups - every time volunteers come forward to run them. Some of our members also run multiple outings and events.

You can be sure of a hearty welcome to our monthly open meetings at **Beeston Methodist Church, Chilwell Road, on the first Thursday of each month at 10am**, where we drink tea together, have a chat and listen to a wide variety of invited speakers.

Whatever your previous experience you will be sure to find something that interests you or something you haven't done since your youth that you'd like to revisit.

The membership cost is £15 per year and the only other cost is shared room hire (usually around £2 per session), and tickets for outings and events."

**Have a look at the website www.beestonu3a.org.uk
Follow them on Facebook - Beeston u3a**

**"Come to any of our monthly Open Meetings,
first Thursday of the month at 10am at BMC"**

An Adult Singing and Playing Event - Saturday 6th September from 10-5pm each day at NTU Clifton Campus

"Join us for an inspiring day of recorder playing where all players will have the opportunity to build confidence while exploring beautiful music in a supportive setting and for the more experienced players there will be the chance to dive into exciting, advanced repertoire.

The workshop will be led by principal recorder player of the renowned Dunedin Consort, László Rózsa, who will also be giving a short performance and take a Q & A session. Laszlo will tutor the advance repertoire sessions in the afternoon, and we are thrilled that Nigel Martin will join us in the afternoon to conduct the main ensemble.

The music chosen reflects a broad sweep of styles from the heyday of the Renaissance to the present day.

The Recorder Day fee: £22 for MfE Members, £25 for non-members, £10 for Students, covers all music, tuition and refreshment breaks."

Tickets are available to buy online

**<https://www.music-for-everyone.org/event/recorder-workshopday/>
or by calling the office
on 0115 958 9312.**

**DO YOU HAVE AN EVENT
OR INFORMATION ABOUT YOUR
LOCAL CHARITY GROUP?**
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Breeze and share with our readers.
Send to: info@breeze-magazine.co.uk

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The Plessey Centre, Beeston

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on
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Beginners session at 2.00pm
Further sessions at 3 & 4.00 pm

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Quickstep & Rumba
starts on
Wednesday 10th September 2025
Beginners start at 6.45 pm
Intermediates at 7.45 pm
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Paper Crane Poets Showcase

at Beeston Library

An evening of original spoken word with Beeston Library's resident poetry collective.

Friday 26 September, 7:30pm

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Beyond the Spectrum: Poetry for Neurodivergent People

Workshop at Beeston Library

Celebrate autistic creativity with writer Pippa Hennessy, suitable for poets and beginners alike.

Saturday 27 September, 11am

£3

Social Model Writers Sharing

Performance at Beeston Library & online

Join this collective of disabled writers for a lunchtime sharing session, featuring poems, stories and Q&A.

Monday 29 September, 12pm-2pm

FREE

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Performance at Beeston Library

Mark the launch of two new pamphlets with Nottingham publisher Five Leaves.

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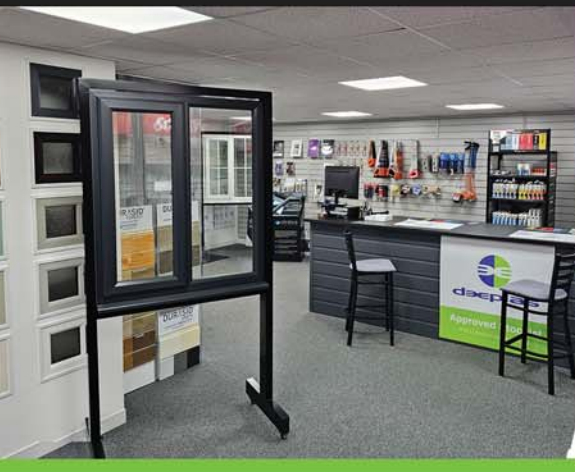
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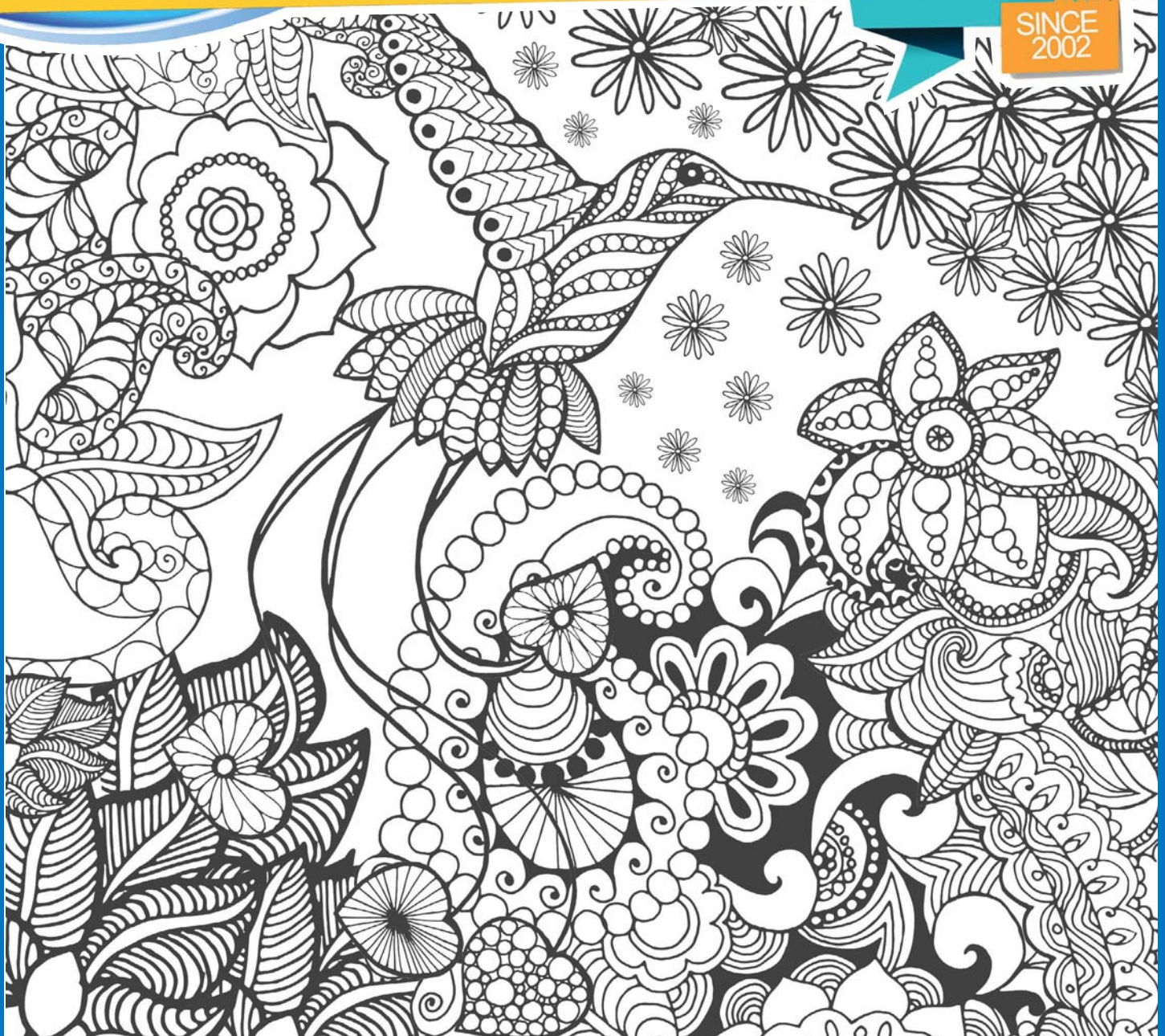
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Nursery Admission September 2025

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Further information on the Parents section of the school website or scan the QR code to register your interest in a place for your child.



We look forward to hearing from you!

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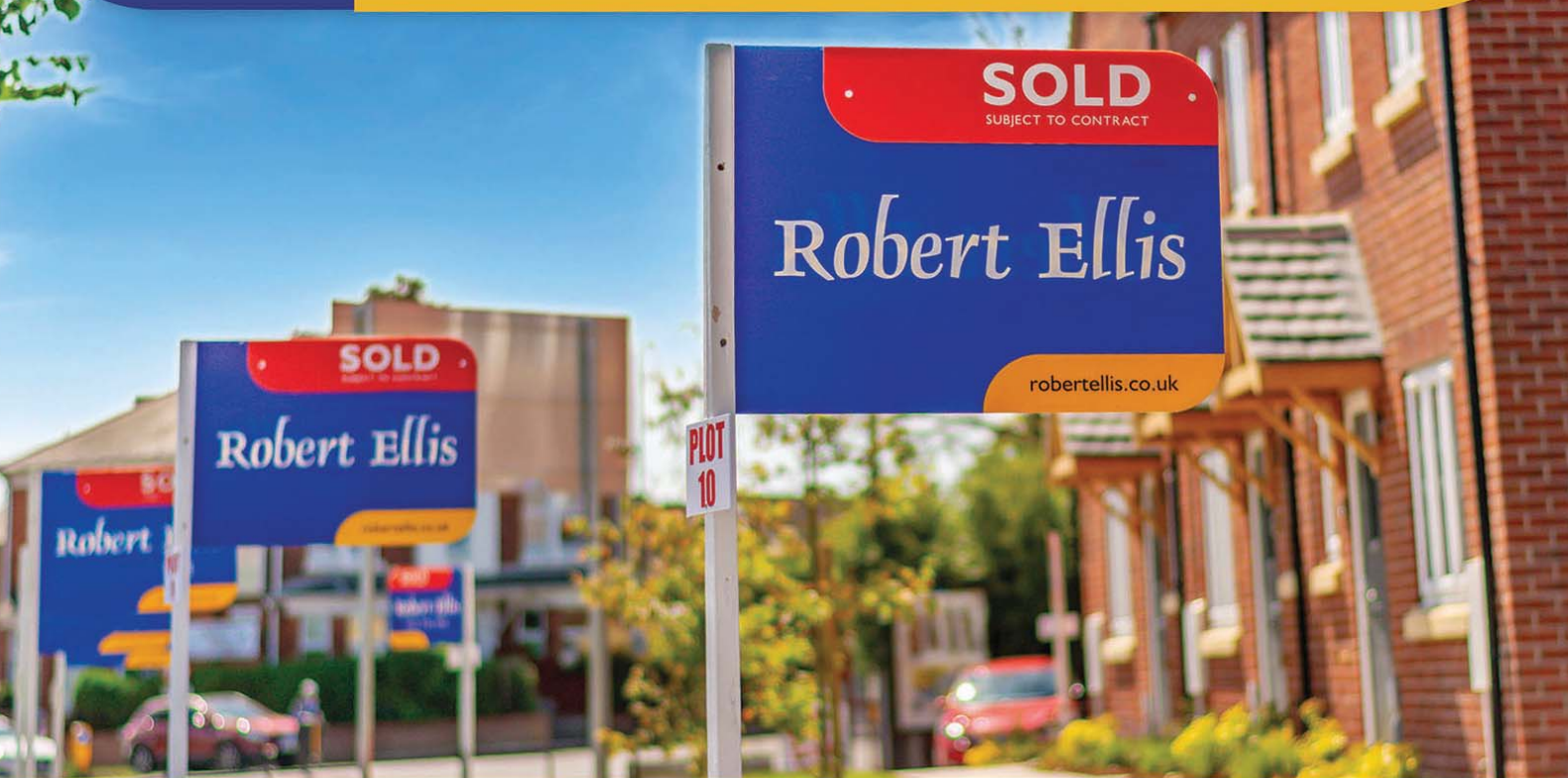
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