

A BREATH OF FRESH AIR EVERY MONTH

breeze

NOVEMBER 2025

ISSUE 276

**SUPPORT
LOCAL
BUSINESS**

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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keeping it local
SINCE 2002

Welcome to our
November Issue!

This month, we are thrilled to be shining a spotlight on and celebrating our incredible local businesses.

Our pages are dedicated to showcasing your amazing neighbours right here in our area.

We strongly encourage you to explore what they have to offer and make a conscious effort to support them, as we're reminded that it truly is a case of...

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Please note: We believe all information given, was correct at the time of going to press.

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breeze spotlight

ON LOCAL BUSINESS

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Well into its fourth decade in Beeston, Blacklock Carpets is the well-known local favourite among shoppers and beyond. While operating a busy local store, Blacklock's remains dedicated to its core principles, focusing intently on great customer service and ensuring exceptional value for money for every customer.

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Thank you for the fourth decade Beeston, roll on the fifth!



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TAKE PART IN THE **wellness** WALK

SINCE 2002



Meet Chilwell's Melanie Blair as she shares how donating a kidney to her sister inspired the launch of **Wellness Walking Nottingham** - a community group bringing good energy, music, and wellbeing to NG9.

Based in and around NG9, Wellness Walking Nottingham is a community walking group created to bring people together through the simple yet powerful act of walking. Founded by 45-year-old Melanie Blair, a Chilwell resident, the group has its roots in a deeply personal journey of recovery, resilience, and rediscovery.

"In June 2022, I donated a kidney to my sister - one of the most meaningful and emotional experiences of my life. Just two weeks after the operation, I found myself lacing up my trainers and heading out for short walks around my local area. At first, it was simply to rebuild my strength, but it quickly became something much deeper.

Walking helped me heal not just physically, but mentally and emotionally. It gave me clarity, calmness, and a new appreciation for life's small moments — the fresh air, the quiet of the trees, and the rhythm of my own footsteps.

That experience sparked something inside me. I realised how beneficial walking could be for others too - not only for fitness, but for peace of mind, connection, and joy. That's how Wellness Walking Nottingham was born.

We meet once a month, usually on a Wednesday evening, to explore the beautiful green spaces in and around NG9. So far, we've completed three walks - each one filled with laughter, conversation, and a real sense of community. The group welcomes people of all fitness levels; it's not about pace or distance, but about showing up and sharing positive energy.

One of my favourite parts of each walk is bringing along a small speaker. Music has such a powerful way of lifting the mood, so I play feel-good soul, funk, and old skool tunes to set the vibe. It's amazing how a little rhythm and good company can turn a simple stroll into a soulful experience.

As the group continues to grow, my goal is to spread the word and encourage even more people to join in. Walking together has become something special - a reminder that wellness doesn't have to be complicated or expensive. It's about movement, connection, and taking time for yourself in a supportive space.

Looking ahead, we're excited to announce our first Wellness Coach Trip, taking place on December 13th. It'll be a chance to explore a beautiful new location, enjoy good music, and make even more wonderful memories as a group.

Every walk reminds me how far I've come - and how far we can all go when we move together. So, if you've been thinking about trying something new for your wellbeing, come and take that first step with us."

Contact: wellnesswalkingnottingham@gmail.com
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Meet Rob and his dedicated team, a group of local lads passionate about helping you unlock your home's full potential.

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Imagine reclaiming that underused space above your head, transforming it from a dusty repository into a functional, valuable extension of your home. The prospect might seem daunting, filled with questions of feasibility, cost, and disruption. But what if we told you there's a way to explore this potential with complete ease and zero commitment?

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**Bicycle Lane,
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**£625,000
Freehold**



A beautifully presented four-double bedroom detached house with a garage.

Constructed in 2021, this stunning property is a perfect blend of modern day living and Georgian character, with both contemporary and period style features.

Situated in this sought-after and convenient residential location within walking distance of a variety of local shops and amenities including Beeston town centre, schools and transport links, this fantastic property is considered an ideal opportunity for a range of potential purchasers including growing families.

In brief the spacious internal accommodation comprises: a generous lounge., open plan kitchen diner, and a utility room and WC to the ground floor. To the first floor you will find four good-sized double bedrooms, two of which have an en-suite, and a family bathroom.

To the front of the property you will find a small lawned area with mature shrubs, which leads down the side of the property, where you have gated access to the enclosed rear south-west facing garden which is well-maintained and includes a blocked paved patio and Indian stone paved patio, lawned area, a range of mature shrubs, stocked borders, outside tap, wall lights, and to the end of the garden you will find a gravelled driveway with gated access in front of the garage.

Offered to the market with the benefit of a range of modern fixtures and fittings throughout, ready to move in condition and a light and airy versatile living space, an early internal viewing comes highly recommended in order to be fully appreciated.

**For more information contact Robert Ellis
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"I'm Lindsey, an interior designer with international experience in New Zealand, Australia and England, now based between Nottingham and Derby in beautiful Derbyshire. My greatest passion, after designing beautiful, functional spaces? Empowering others to create homes they truly love to live in – with confidence, clarity, and just a little professional guidance along the way.

As 2025 draws to a close, I'm expanding how people can access professional interior design: launching digital downloads on Etsy for ready-made design solutions, and hosting creative workshops on interior design principles - from moodboards and colour schemes to proportion, scale and pattern.

This sits alongside my usual services. Whether you need help refining layouts and colour palettes, managing a renovation, or simply refreshing a tired room, I offer online and in-person design support to suit a range of budgets. My approach is rooted in Colour Therapeutics for Interior Design - using light and colour to support mood, focus and wellbeing as much as style.

I work comfortably across most styles, grounded in proportion, flow and colour psychology. I'm colour-confident and detail-driven, with a touch of quirk and humour where it fits.

Design isn't just something I do - it's something I love to share. Whether I'm designing your space or teaching you how, together we'll create a home you'll love to live in."



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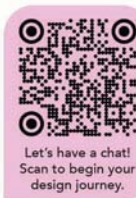


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Chris pictured, has joined the team to help provide a mobile repair service and work alongside Anthony.

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All the best for Christmas and New Year"

The Stylistic team



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Laughs, Lies & Lawn Chairs: Riverside Drama Company Dives Into Domestic Chaos this month...

Get ready for a season of suburban satire, and social awkwardness as Riverside Drama Company bring three sharp witted comedies to The Duchess Theatre, Long Eaton. Kicking off this month with *Lucky Sods*, followed by *The Good Life* and *The Unfriend* in 2026, this trio of plays promises big laughs and brilliant storytelling.

Lucky Sods

What would you do if you won the lottery? When Morris and Jean win the National Lottery to the tune of two million pounds, they can't believe their luck.

But when the cracks in their marriage start to appear, their past catches up with them and it looks as though Morris' prophecy that bad luck always follows good might just turn out to be true.

With a cast of colourful characters and John Godbers witty dialogue and spot on humour, *Lucky Sods* is a hilarious, moving and fast paced comedy.

Set in the 1990s, it's a stark reminder that you can never quite leave your problems and yourself behind, no matter how many balls come up! "You've got to be in it, to win it" so they say.... but be warned because "It could be you!"

The Good Life

Jeremy Sams' stage play, based on the hugely popular sitcom by John Esmonde and Bob Larbey, reunites the well-loved characters Tom and Barbara Good and Margo and Jerry Leadbetter (not forgetting Geraldine the goat) as they get themselves into and out of scrapes – some old, some new, all hilarious.

The Unfriend

Steven Moffat's darkly hilarious comedy follows Peter and Debbie, a polite British couple who befriend Elsa- a brash, Trump-loving widow from Denver—while on holiday. They agree to stay in touch... but what happens when she actually shows up? *The Unfriend* is a masterclass in manners, murder, and modern awkwardness.

Steven Moffat is an award-winning writer whose internationally successful television shows include *Doctor Who*, *Sherlock* and *Dracula* – the latter two co-written with actor and writer Mark Gatiss, who made his stage directorial debut with *The Unfriend*.

Book now at www.riversidedrama.com, via the Duchess Theatre What's On page

Dates for your diary

- *Lucky Sods*: 13th - 15th November 2025
- *The Good Life*: 12th - 14th March 2026
- *The Unfriend*: 25th - 27th June 2026



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Gardeners are being advised on how to care for their compost heaps throughout autumn as temperatures begin to drop.

Horticultural experts at Gardening Express are sharing their top tips for creating rich, healthy compost ready for next year.

During autumn, compost heaps often require slightly different care compared to the summer months.

Compost thrives in a warm environment which speeds up the breakdown of organic matter and produces rich and healthy soil.

During the autumn, increased rainfall can make heaps overly soggy, while falling temperatures may cause the compost to cool down too much, slowing the decomposition process.

Providing the right conditions at this time of year is important to ensure materials continue to break down efficiently and create rich, healthy compost for next year.

Healthy foliage can be composted but it's important to remove any diseased or damaged clippings left over from late summer pruning as this can ruin the heap.

Maintaining airflow is also essential, as it allows oxygen to circulate through the pile, supporting the microbial activity needed for effective decomposition.

Garden boss and founder of GardeningExpress.co.uk, Chris Bonnett, said: "Composting remains one of the most effective and sustainable ways to return nutrients to the soil, and it plays a key role in maintaining a healthy garden throughout the year.

"Autumn is an ideal time to check in on compost heaps, as cooler temperatures and increased rainfall can affect how efficiently materials break down.

"With the right balance of moisture, airflow and organic matter, compost will continue to develop through winter and be ready to enrich the garden when spring returns."

Top tips for caring for compost in autumn:

Remove diseased clippings

At the start of autumn, most people will be pruning back old stems and leaves, some of which may have been affected by disease during the damp weather. It's crucial not to include these in your compost. Compost thrives in a warm and moist environment and if it contains diseased clippings, it can encourage plant diseases to flourish and turn your compost into a breeding ground for future problems in the garden.

Compost healthy pruned clippings

Healthy clippings should be chopped up before adding them to your compost. Smaller pieces break down better and can help speed up the decomposition process. If you have worms in your heap, they'll find it much easier to digest the material and turn it into rich, crumbly compost more efficiently.

Avoid adding wet or slimy foliage

Overly wet leaves can become compact and restrict airflow which can prevent oxygen helping the decomposition and can leave your heap with an unpleasant smell. Spread out any wet foliage on a tarp or store in breathable bags like hessian to dry out before adding into your compost.

Add fallen leaves

At this time of year, there are plenty of leaves on the ground to collect for your compost, and they are one of the best free resources you can use. Dry leaves mix better with other compost materials and provide a valuable carbon-rich 'brown' that balances wetter, nitrogen-rich materials like food scraps.

Layer with twigs for air flow

Twigs and dense foliage create pockets of air within your compost that allow essential airflow throughout the heap. Good air circulation is a crucial part of the decomposition process, helping to keep the compost healthy and encouraging the microbes that break down the material to thrive.

Don't turn the pile too often in cold weather

As the temperature drops, turn your heap less frequently to prevent losing the built-up heat inside. Aim to turn it once every couple of weeks, this will allow it to maintain airflow while retaining warmth.



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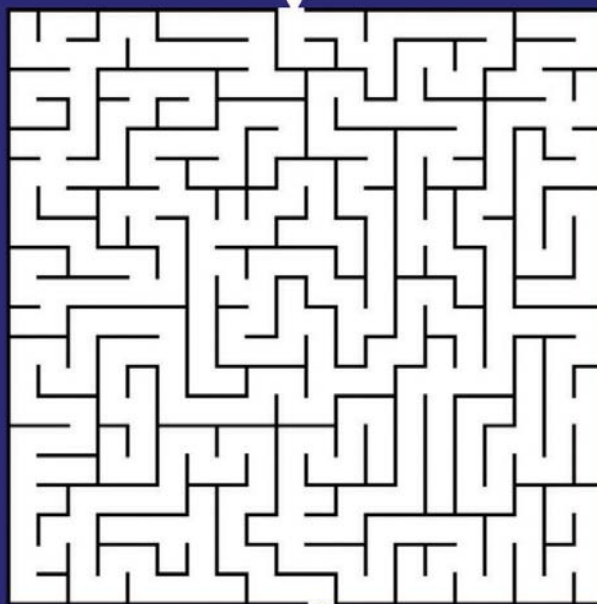
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SINCE 2002

Can you get these three friends to the firework display?



Can you find all the firework-related words inside the letter grid?

bang
boom
fizz
glow

pop
sparkle
spin
whizz

zoom

S	P	A	R	K	L	E	M
W	Z	L	C	L	T	J	F
F	H	B	G	L	O	W	B
Z	I	I	A	B	M	K	O
M	O	Z	Z	N	V	S	O
G	P	O	Z	Z	G	P	M
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What's On in November, let's find out from Olivia and her recommendations for this month...

Inspire Community Open Exhibition: Held at Beeston Library until 20th December, the exhibition will be an opportunity to uncover local artist's original work. Available for over a month, all day during the libraries opening hours, there is lots of time to visit! You can expect to see a range of diverse work from a variety of local talent. This will be a great chance to support our community creators.

It's that time of the year already, when Beeston is getting in full swing for the festive season and lighting up the streets with the annual **Christmas light switch on**. From 12pm **15th November** there will be lots of festivities in Beeston. There will be a Christmas market and fairground in Beeston Square, Santas Grotto at Beeston Library and live entertainment. The lights will switch on at 5:30pm followed and the evening will finish with a fireworks display at 6:30pm.

Heritage Talk – Women of the British Civil Wars.

Held at Beeston Library 19th November from 2pm, you can experience a taste of history with local historian, Sandra Berrington, who will be showing the significant roles women played during the conflicts of the British Civil Wars, specifically Nottinghamshire women. Booking is required and is a £3 fee.

Wollaton Natural History Society meeting will take place on Wednesday, 19th November at 7.30pm.

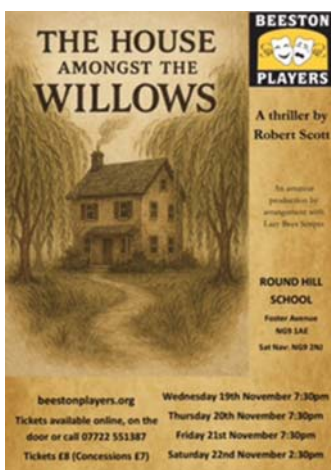
The Talk is entitled "Living with Nature by Day and by Night" by Alan Williams. Alan will present a Talk about the Reserve, which was established in 2002 by Alan and his wife from eleven acres of unimproved grassland in Staffordshire. **Meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.15pm. for 7.30pm.** Free to members, visitors welcome £3 on the door.

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feel the breeze

As the world outside experiences a spectacular descent from vibrant gold to the stark beauty of bare branches, doesn't it feel like an invitation to look inward?

Just as nature prepares for a period of rest and renewal, the crisp autumn air often sparks a quiet call for a seasonal check-up of our own. But what if we use this time as a canvas for growth and genuine connection?

This month, instead of simply retreating, let's explore ways to thrive. From tapping into our trusted local experts to guide your well-being journey, to discovering the surprising joy and connection of clubs right here in our community, there's a wealth of opportunity and engagement...

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Join 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.

November talk: **Scenic Coastal Rambles with Mike Davey. Monday November 17th 2025 at 7.30pm.**

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* Please note a change of tutor, as Doreen Hunt, previously advertised is tutor on this occasion.

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22nd November 2025

9 am - 11 am

Entrance cost: Adults £1, Children 50p

Trent Vineyard Church,
Easter Park, Lenton Lane, NG7 2PX

Get involved with Kwon Sale

It is a fantastic sale that helps so many people in so many different ways - the charities in Uganda and the Philippines, local Nottingham charities supporting children but not least the people coming to buy the items, as they get so much for so little money.

The Kwon Sale is a huge sale of quality second hand baby, children's and maternity clothes, baby equipment and toys and games. The next sale is on the **22nd November from 9am till 11am at Trent Vineyard**. Entry is £1 for adults and 50p for children. This is a fantastic opportunity to get your children kitted out for the winter and to buy bargain Christmas presents.

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OFFICIAL OPENING 4th NOVEMBER

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Tuesdays and Thursdays 8.40am-7.40pm

Initial Consultation - WAS £60 NOW £40 (until 31/12/25) and receive a 10% off voucher for your next treatment

Treatment £40



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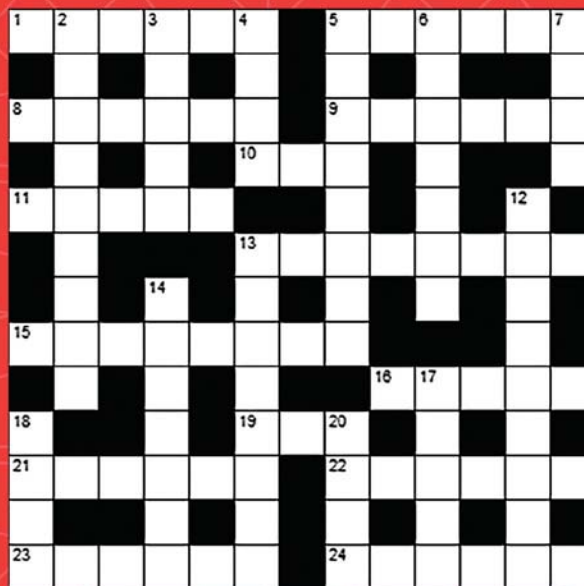
Across

1. Bordering (6)
5. Gradually pour from one container to another (6)
8. Bitter leafy green vegetable (6)
9. Beams of light (6)
10. Seventh letter of the Greek alphabet (3)
11. Mild and pleasant (weather) (5)
13. Fuel derived from petroleum (8)
15. Exist passively (8)
16. Hits with an open hand (5)
19. Neither liquid nor solid (3)
21. Bring back to consciousness (6)
22. Device which warms (6)
23. Thoroughfare (6)
24. Wrote (6)

Down

2. Jeans with a bib and straps (9)
3. Turn of phrase (5)
4. Joy, satisfaction (4)
5. Be of different opinions (8)
6. Elucidate (7)
7. Errand (4)
12. Clock or watch (9)
13. Mournfully resonant, sonorous (8)
14. Coldblooded vertebrate (7)
17. Discover (5)
18. Weapons (4)
20. Sea-going vessel (4)

Crossword



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