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breeze

OCTOBER 2025

ISSUE 275

Local What's On



Local Spotlight



Local Events



Local Talent



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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Celebrating Our Local Businesses...

Welcome to our October Issue! As ever, we're dedicated to bringing you the best our area has to offer.

This month, we're celebrating Black History Month. We're also casting a special spotlight on the very backbone of our community: our incredible local businesses.



MEET SANDRA
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**Please note: We believe all
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black history month

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Celebrating Black History Month, we feature community events that reflect this year's theme - Standing Firm in Power and Pride.

Ballet Black: SHADOWS – Friday 24th October, Theatre Royal

A double-bill evening of Cassa Pancho's Ballet Black starting at 7:30pm with a dark comic adaption of the novel *My Sister, The Serial Killer* by Oyinkan Braithwaite. Oyinkan is a Nigerian British author whose debut Novel was originally published in Nigeria in 2017 before being published in the USA in 2018. The evening then follows with Chanel DaSilva, an award-winning choreographer, Chanel has made history, being the first Black woman to choreograph for The Joffrey Ballet. She explores the practice of shadow work in Cassa Pancho's Ballet Black.



Garvey Windrush Traore Night Market – Saturday 25th October

Forest Recreation Ground
Join Nottingham's First Black History Month Night Market. The outdoor evening market will be a celebration of Marcus Garvey's vision for worldwide unity, pride, and empowerment of people of African descent, recognition for the resilient Windrush generation and African leadership such as Ibrahim Traore. You can expect a night of African and Caribbean Street food, fashion from the Windrush era to present, live music and performances and so much more.

Jah Makin' It Happen - A Reggae Musical

**Nottingham Arts Theatre
12 George St, NG1 3BE
www.nottingham-theatre.co.uk**

An inspirational theatrical production that tells the story of a Jamaican family's journey from Jamaica to the UK during the Windrush era. Told through the vibrant sounds of reggae, the musical portrays the family's challenges, resilience, and eventual triumphs as they adapt to British life. Johnny dreams of becoming a reggae star, determined to provide the best life for his wife and children in the land he loves - Jamaica. But when devastation from a Hurricane leaves him jobless, he leaves in search of new opportunities.
**Tickets: £20 to £25
Age guidance: PG12**

And Still I Rise: Bold & Unapologetic Artists announced for dynamic Black History Month Tour

2Funky Arts has selected 12 exceptional artists from Black, African, and Caribbean backgrounds, as part of their And Still I Rise showcase that will tour across the Midlands during Black History Month this October.

Each artist will debut a powerful new performance, inspired by Maya Angelou's Still I Rise, Black history, and their own lived experiences - tackling themes of identity, heritage, and liberation head-on.

Audiences can expect radical, ground-breaking work across dance, spoken word, poetry, rap, visuals, and song. The performances will be unapologetic in their honesty, heroic in their spirit, and compelling in their storytelling - offering a unique celebration of Black perspectives in the Midlands today.

2Funky Art's Director Vijay Mistry commented: "This showcase represents a rare opportunity for emerging artists to express themselves on topics surrounding Black history and culture."

All 12 artists are from the Midlands and have been specially commissioned by 2Funky Arts to develop pieces that not only showcase their unique artistry but also honour the enduring influence of Black heritage and culture.

**And Still I Rise
Nottingham Arts Theatre
12 George St, NG1 3BE
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Friday 24th October 7.30pm
Tickets: £10 standard, £6 conc. £25
Family ticket (4)**



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For more information visit:
<https://tetsudo.org>

Call Ian Tapper on 07544 843 476
Stapleford Community Pavilion
Hicking Lane, Stapleford NG9 8PB

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The Noble Art of Tetsudo has its roots in Tibet, and its essence lies in the cornerstone that Mind and Body are inextricably linked.

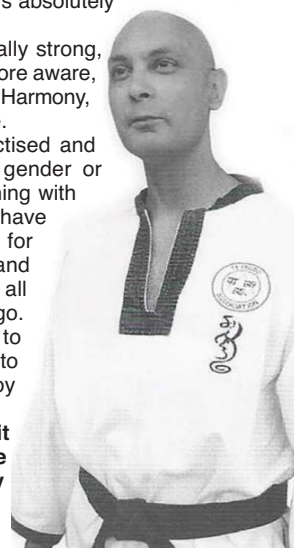
Master Dhaliwal personally invites you to visit a new club opening in Stapleford. He guarantees you will receive a warm welcome and any questions you may have concerning the training will be answered by the Black Belt instructor conducting the lesson.

"On the first visit you can simply watch or if you wish we will allocate a senior grade to be at your side to assist you, so that you can take part in your first session without any worries and it's absolutely FREE of charge."

Tetsudo training makes the body physically strong, agile and healthy and the mind to become more aware, perceptive and focused. When the two are in Harmony, the seemingly impossible becomes possible.

Tetsudo is martial art which can be practised and enjoyed by everyone regardless of age, gender or fitness level. "Some people who begin training with us are already physically fit; but others may have lived a sedentary life and are looking for something that will make them fitter and healthier. Tetsudo can benefit everyone – all you need to do is to turn up and have a go. There is no need to compare yourself to anyone else in the class, do what you can to the best of your ability, and most of all, enjoy your training."

Call Ian Tapper on 07544 843 476 or visit on the 30th October 7.30pm - 9pm for the new opening at Stapleford Community Pavillion, Hicking Lane, Stapleford, NG9 8PB.



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Meet Natalie Dean, the dedicated professional at the helm of Dean CBT Services Ltd, a private therapy clinic rooted in the heart of Toton. Driven by a commitment to mental well-being, the clinic provides more than just standard treatment; she offers compassionate, highly tailored care designed specifically to meet individual needs.

Alongside Natalie's private practice, she also works within the NHS, where she teaches and supports the next generation of mental health professionals.

"This dual role allows me to combine clinical expertise with a genuine passion for helping people, ensuring the care I provide is both effective and compassionate.

As an accredited Cognitive Behavioural Therapist (BABCP) and Registered Mental Health Nurse with over 16 years of experience in the mental health field across the NHS, criminal justice, and education. After many years in specialist services, setting up my private practice gives people more choice and flexibility in accessing therapy. My aim is to provide a safe, confidential space where clients can start therapy when it's right for them, with care tailored to their individual needs.

My main focus is Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing (EMDR), both well evidenced for treating trauma, anxiety, depression, stress and more.

What I love most about my work is seeing how these approaches make a real difference, not just in helping people recover from difficulties, but also in building confidence, resilience, and wellbeing for the future. CBT in particular can be used as much for prevention as for treatment, giving people practical tools to manage challenges before they escalate.

From my base in Toton, I see clients face-to-face or online for convenience and accessibility. I routinely support people with PTSD, panic disorder, OCD, anxiety disorders and depression. Tailoring my approach to neurodiverse clients, including ADHD and autism. My approach is warm, collaborative, and person-centred, helping clients gain perspective, develop coping strategies, and make positive changes in their lives.

Alongside 1-to-1 therapy, I deliver training and workshops in educational settings and workplaces to promote mental health awareness, improved wellbeing and early support. I truly love the work I do, and being part of someone's journey toward improved wellbeing is incredibly rewarding and fulfilling.

If you are considering therapy, whether to address a current difficulty or to strengthen your mental health for the future, CBT or EMDR could provide the support you need."

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In brief the generous interior comprises: entrance porch, open plan hallway, dining room, kitchen diner, WC and through lounge to the ground floor, rising to the first floor are four bedrooms and a bathroom.

Outside the property sits in a generous and mature private plot, a drive providing car standing with the garage beyond, and mature and well manicure gardens to both front and rear.

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Where craft meets community: The ABC Arts Trail brings its best artists and designers to Beeston.

The Attenborough, Beeston, and Chilwell Arts Trail (ABCAT) is set to transform the heart of Beeston into a vibrant hub of creativity, hosting an exclusive Artists & Makers Fair featuring the finest designer-makers from its recent annual spectacular.

If you believe that true art lies in the connection between the maker and the materials, this is an unmissable event. The Fair showcases a carefully curated collection of 21 peer-selected artisans, all of whom recently delighted audiences during the highly successful ABC Arts Trail. This is your chance to meet the creators face-to-face, discuss their processes, and take home genuinely original, high-quality art crafted right here in Beeston.

A Tapestry of Talent - From 10am to 4pm, visitors will be treated to a kaleidoscopic display of expert craftsmanship, demonstrating the breadth and depth of talent within the ABCAT community. The selection guarantees something unique for every taste and budget, making it the perfect destination for finding bespoke gifts or investing in local, handmade pieces.

Celebrating a Decade of Art - The staging of this Artists & Makers Fair comes at a particularly celebratory time for the organization. The Attenborough, Beeston, and Chilwell Arts Trail will officially mark its 10th Anniversary in 2025.

As the organizers reflect, "The time has flown!"—and indeed it has. Over the past decade, ABCAT has blossomed from a local initiative into an established and much-loved fixture in the community's cultural calendar. It has successfully showcased a diverse multitude of artists and makers, utilizing local venues to create accessible and innovative art installations designed to engage, entertain, and enthuse the local neighbourhood.

The ABCAT Ethos: Originality and Community

The success of ABCAT is driven by its strong core values: a commitment to featuring individual artists who are dedicated to producing creative, handmade, and polished work. The exhibitors are a diverse group, peer-selected to ensure high standards and artistic variety.

Crucially, ABCAT remains a community effort, funded primarily by the artists themselves. This commitment is bolstered by the fantastic support received from dedicated local sponsors, suppliers, and venues, demonstrating a true partnership between the creative sector and the wider community.

By attending the Artists & Makers Fair, you are not just acquiring a beautiful piece of art; you are providing essential, direct support to local designer-makers and contributing to the sustainability of this vital community arts organization.

Happy 10th Anniversary to us! Onwards and Upwards!

"We thank you for your support and hope you enjoy our event. Come and experience the best of local craft and creativity right here in Beeston."

St. Johns The Baptist Parish Church,
Church Street, Beeston. NG9 1EJ.
Saturday 15th November
10:00am – 4:00pm
<https://abcartstrail.co.uk>



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Saturday 15th Nov 2025,
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Curious about how long a divorce takes, what your financial rights are, or whether there are alternatives to divorce?

Rothera Bray's Family Law Associate Solicitor Charley Kelly answers the most frequently asked questions about divorce, separation and finances. Offering clear, practical guidance to help you understand your rights and options.

How long do I need to be married before I can get a divorce? You must be married for at least one year before applying for a divorce.

What paperwork do I need, and what if I've lost my marriage certificate? You'll need your original or certified copy of your marriage certificate. If you've lost it, you can order a replacement from the gov.uk website.

Can I separate our finances without divorcing? Not fully. To obtain a financial order, you must be in divorce proceedings and have obtained the Conditional Order. Only a sealed clean break order can fully sever financial ties.

When can I remarry after divorce? You can remarry once the Final Order is granted. However, if you haven't resolved financial matters, seek legal advice first to avoid the "remarriage trap", which could limit your ability to make financial claims.

Mediation or solicitor-led negotiation can help reach an agreement. Independent financial and legal advice is strongly recommended.

Every family situation is different. If you're facing separation or divorce, speaking to a qualified solicitor can help you make informed decisions and protect your future.

Disclaimer: This article is for information only and does not constitute legal advice. If you need legal advice please contact a qualified solicitor

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GOBS Collective are a group of spoken-word poets. Founded by local writers **loney Smallhorne** and **Bridie Squires**, GOBS host poetry performances, workshops, events, book clubs, masterclasses and education programmes. Find out how you can join them...

These passionate wordsmiths hold their own showcases, publish anthologies, and have performed alongside poetry legends such as Yomi Sode, Randolph Matthews, Casey Bailey, and Debris Stevenson. GOBS are proud of their Nottingham roots, and they form an invaluable part of our city's flourishing arts scene.

GOBS Collective launched in March 2020. A group of poets met in Nottingham Trent University's (NTU) Dance Studio, starting on a journey of development in a series of creative-writing workshops. Shortly after, the world went into lockdown following the news of the COVID-19 pandemic. GOBS Collective continued their workshops in online video-chat sessions and worked towards a digital stream of pre-recorded poetry films instead of the once-planned live showcase at NTU's University Hall.

Since then, the Collective has gone from strength to strength – many poems written and performed, lessons learned, friendships formed, and memories made.

All this wouldn't have been possible without the funding and support of their long-term partners Apples and Snakes, and all their venue and organisational partners.

How can you get involved?

Some opportunities provided by GOBS – such as their annual showcases and residential trips – are only available to a limited number of poets. You might need to audition, and provide examples of your work, to try and land a spot. However, many GOBS events are open to anyone.

Whether you're a confident writer and performer or a nervous beginner, everyone is welcome. GOBS offer a friendly and inclusive environment where you can experiment with poetry, listen to the work of other writers, and have fun. There is no pressure to share your words with others if you don't feel comfortable doing so. But if you do want to try out some spoken word poetry, GOBS provide a warm and receptive audience, giving helpful feedback to help you develop your skills. All they ask is that you help them maintain a warm and welcoming atmosphere by treating others with respect and kindness.



WHAT'S ON...

GOBS Poetry Book Club: Victoria Adekwei Bulley – Quiet
Saturday, October 18th
11:00am to 1:00pm

Nottingham Central Library
Join GOBS in-person or via Zoom to chat about Victoria Adekwei Bulley's *Quiet*, followed by writing activities inspired by the collection.

GOBS Poetry Book Club: Haia Mohammed – The Age of Olive Trees

Saturday, November 22nd
11:00am to 1:00pm

Nottingham Central Library
Join us in-person or via Zoom to chat about Haia Mohammed's *The Age of Olive Trees*, followed by writing activities inspired by the collection.

GOBS Showcase and Pamphlet Launch
Sunday, December 7th
3:30pm to 5:00pm
Waterstones Nottingham (Sillitoe Room)

Celebrate the launch of 16 individual poetry pamphlets, produced by GOBS Collective members, and prepare for a performance showcase featuring their incredible work developed this year.

To find out more and book a place, go to www.gobscollective.org/events



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SINCE 2002

Moonlighting: The garden lighting trend of autumn

Homeowners are being told how to create autumn's newest garden trend in their outdoor space as the evenings begin to draw in.

The outdoor lighting experts from LightingLegends.com say that moonlighting is set to be a popular lighting trend in the coming months and are sharing how to recreate the gentle effect.

As summer begins to wind down, many Brits are still looking to make the most of their gardens, and this new trend brings a calm, inviting ambience to outdoor evenings.

Moonlighting refers to a style of lighting that mimics the natural glow of the moon, subtly casting shadows and creating a soft, dappled light similar to that of moonbeams.

Achieving this look relies on selecting the right type of lighting and carefully considering its placement to ensure the effect is as natural as possible.

Placing lighting high up helps to emulate the way moonlight filters down through trees and across open spaces.

It's important to ensure that all fixtures are securely fastened and that someone is on hand to help avoid accidents.

Adam Wilkins, managing director at Lighting Legends, commented: "As summer slowly draws to a close and the evenings begin to get darker, outdoor lighting will help you make the most of your garden in the autumn and winter months.

"Using this effect will make you feel as though you're wrapped up in nature, with gentle light filtering through just like moonlight."

How to create the moonlight effect with outdoor lighting:

Types of lighting - To create a moonlight effect, opt for simple lighting that casts soft shadows across the lawn, and avoid decorative options like lanterns and fairy lights. LED spotlights are a great choice, as they can be placed strategically to subtly mimic moonlight and create natural-looking shadows.

Choose a tone that mimics the moon - To closely replicate the silvery appearance of real moonlight, cooler-toned lighting is more effective. Cool whites tend to produce a soft, ethereal glow that mirrors the natural moonbeam effect.

Placement of lighting - Lighting should be subtle and kept out of direct eye lines to avoid discomfort when lounging in the garden. Angle your lights downwards and position them behind plants or foliage to cast natural-looking shadows and create gentle silhouettes on surfaces.

Ensure the lights are high enough - Moonlighting works best when lights are placed high, as though they are shining down from the moon itself. Installing lights in trees or high structures helps cast branch shadows and prevents harsh spotlighting, creating an ambient feel in your garden.

Less is more - Lighting shouldn't be harsh or eye-piercing, it should be gentle. Using fewer lights allows shadows to stand out and prevents the area from becoming too brightly lit.

Take safety precautions - When installing lights in trees or other high-up spots, it's important to consider safety. Always ensure ladders are stable and ideally have someone assist you during installation. Make sure all fittings are secure to prevent lights from falling and causing injury in the future.

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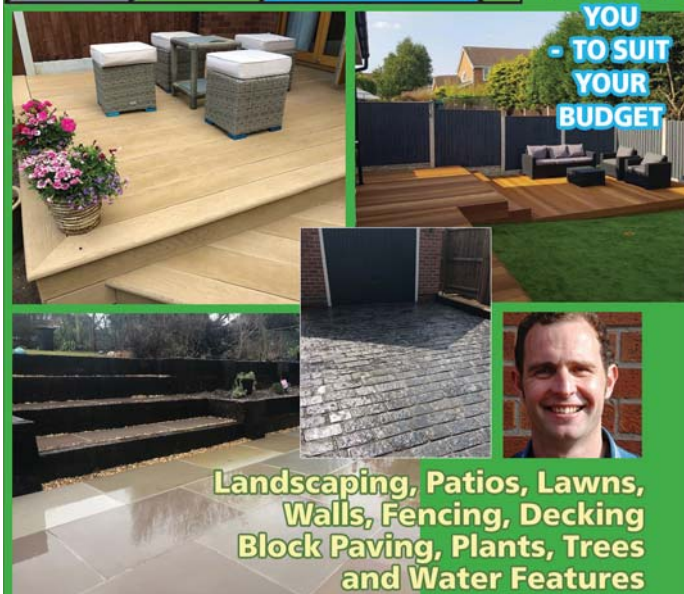
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SINCE 2002



What's On in October, once again Olivia has listed local events and must-attend experiences.

Nature-inspired Mixed Media Embroidery Workshop - Attenborough Nature Reserve 18th October From 10:30am - 3pm at Attenborough conference room.

This workshop is for people of all abilities and will give you the opportunity of learning to combine a range of techniques, to create a unique and beautiful observation of seed heads, grasses and flowers. A hot drink and cake are included in the ticket price of £50.

Fish Identification Course with Jack Perks - Attenborough Nature Reserve 18th October.

Jack perks will be running this fish identification theory course from 9:30am -4pm in the community room. Beginning the day with a talk on his new book, the afternoon will be for a walk and a pond dipping session on the reserve. Both beginners and experts are welcome. The course is £50 and includes refreshments and lunch.

The Big Draw 2025: Drawn Together Workshop - Beeston Library 30th October

No booking or fee required for this exciting workshop! Running from 10am-12pm, head to the library where you will be drawing oak tree leaves to celebrate The Big Draw 2025: Drawn Together. As well as the opportunity to watch their brand-new Virtual Reality film 'Leaf Number Three' created from drawings by Nottinghamshire community groups.

Wollaton Hall Events...

Hidden History Tours: daily from 11am-2pm until November,

the tour is £8 per person plus standard Hall admission. You will have the opportunity to explore the prospect room, Tudor kitchens, the Cave, and the Admirals Bath.

Park run: A free event every Saturday at 9am, join the community for a 5km run, jog or walk through Wollaton park. Registration is required before attending.

Middle Street Resource Centre - Regular groups

The Resource Centre always has plenty of groups available, here is just a few regular ones...

Spirituality group: Exploring spirituality and how it can help mental health, every first and third Monday of the month, 1-2pm. No booking required.

Prayer space: welcome to people of all or no faiths, every Wednesday, 3pm-30pm. No booking required.

Beeston memory cafe: a friendly and safe space for those with dementia and the people supporting them. Every Thursday 1:45pm - 3:45pm, £3 per couple. Contact the Beeston memory cafe directly to get involved.



Nottingham Operatic Society invites you to enter a world of pure imagination as Charlie and the Chocolate Factory arrives at the Theatre Royal for the first time in October 2025!

This scrumdiddlyumptious musical is based on the beloved books by Roald Dahl, and the 1971 film starring Gene Wilder.

The reclusive Willy Wonka, chocolate maker extraordinaire agrees to open his marvellous, mysterious factory for the first time to the winners of five golden tickets, hidden in Wonka chocolate bars. Here is the story of young Charlie Bucket who joins four other children on a marvellous life-changing journey through chocolate waterfalls, dancing squirrels and of course the Oompa-Loompas who run the factory.

Don't miss out on your 'golden ticket' for this brand new production, from the company that brought you the spectacular Chitty Chitty Bang Bang.

Nottingham Operatic Society: Charlie & The Chocolate Factory
Wednesday 29th October - Saturday 1st November.
Tickets £15.50 to £34.00. Box Office: 0115 989 5555

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.

October talk: Birdtopia with Jack Baddams. Monday October 20th 2025 at 7.30pm.

BBC Springwatch's Jack Baddams looks at our British birds. Their names, calls and mythology will be explained. Why do we have an 'unkindness of ravens' or an 'exultation of skylarks'?

£4 Adults. Children free. Trent Vale Infant School, Trent Road, Beeston Rylands, NG9 1LP. If you would like to find out more information or speak to someone about the group please contact Nigel Slater on 0115 916 6518 or visit www.beestonwildlifegroup.org

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The hugely popular **Young Hustlers Festival** returns on **Sunday 19th October** pledging to deliver a joyful burst of creativity to children and families in Nottingham.

The all day programme for the Young Hustlers music and art festival can now be revealed. With just over a month to go, the team behind the festival made possible by increased Arts Council funding have pulled together a blinding line up.

Young Hustlers 2025 will feature DJ masterclasses, pizza making, street food sampling, lantern painting, drumming workshops, interactive poetry, Lego building, samba dancing, bhangra beats, aerial circus skills, flag making and more!

The packed programme is designed to offer the chance to explore cultures around the world through all kinds of hands-on fun as well as enjoying live music and street entertainment around the Sneinton Market Avenues.

Tickets for children and young people (2-17) are £4 plus booking fee. Adults are £11 plus booking fee (adult wristbands can be used for Hockley Hustle).

For more information and tickets, go to www.younghustlers.co.uk
Follow on socials to keep in touch www.instagram.com/younghustlersuk
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DO YOU HAVE AN EVENT OR INFORMATION ABOUT YOUR LOCAL CHARITY GROUP?

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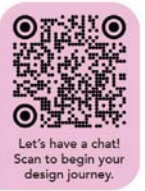
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Bramcote's White Lion Roars Back: A Legacy of Love, Life, and Hope for Teenage Cancer Trust

This month marks more than just the reopening of the White Lion Pub in Bramcote after extensive renovations; it signifies a powerful testament to family, community, and an enduring legacy. Beneath the fresh paint and gleaming new features, including a stunning garden, lies a story deeply rooted in love, loss, and an unwavering commitment to the Teenage Cancer Trust.

At the heart of this poignant reopening is the memory of Mike Richardson, beloved husband to Caroline and father to Ben. Mike, who passed away at the age of 52, had chosen the Teenage Cancer Trust as his nominated charity. Since his untimely death, Caroline, Ben (Mike's son who now manages the pub), Mike's brother Andy Richardson, and a dedicated team of friends, have tirelessly continued Mike's mission, raising vital funds for the charity through various events.

The team have worked together and created a remarkable transformation in the newly created garden. What was once described as a "wilderness" has been lovingly cultivated and reimagined into an attractive, vibrant oasis – a tranquil place for patrons to eat, drink, and gather. This beautiful space stands as a living memorial to Mike.

"It was his local pub for many years," Caroline shares, "a place of comfort and camaraderie. Creating this garden in his memory has been a deeply healing process for us all. Every plant, every paving stone, reflects the hard work and love poured into it by Ben, Andy, myself, and our incredible friends."

Even before the grand reopening, the spirit of generosity has been alive. The White Lion recently hosted a successful fundraising event at the pub, gathering crucial donations for the Teenage Cancer Trust – a cause that meant so much to Mike. This commitment is unwavering, with fundraising through events at the pub set to continue long into the future.

Ben, who now proudly manages the pub, carries on his father's connection to the White Lion. "It's more than just a pub; it's a part of our family history," Ben explains. "To be able to run it, and to continue raising money for the charity my dad believed in so strongly, feels incredibly meaningful."

The transformation, clearly visible in the attached photos, is a testament to their dedication. It's not just about creating a beautiful pub; it's about channeling grief into purpose, and celebrating a life well-lived by continuing to help others.

As the White Lion invites the community of Bramcote and beyond to experience its refreshed charm, enjoy the beautiful, memorial garden, and become a part of a story that honours Mike Richardson's legacy by supporting the vital work of the Teenage Cancer Trust. Come and raise a glass to new beginnings, enduring memories, and a truly worthy cause.

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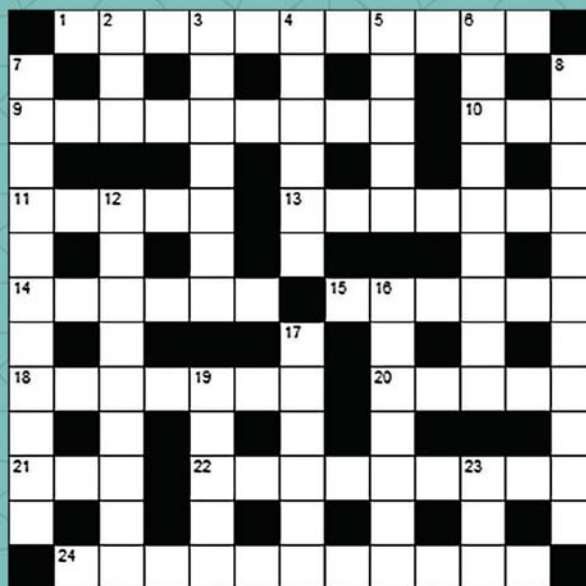
Across

1. Said by a magician (11)
9. Postmortems (9)
10. Sound from a sheep (3)
11. Alternative (5)
13. Nonconformist, hippie (7)
14. Young child (6)
15. Reward, settlement (6)
18. Regular oval shape (7)
20. Russian spirit (5)
21. Munch, scoff (3)
22. With sore, open wounds (9)
24. Use of medication to prevent pain sensation (11)

Down

2. Autonomous computer programme (3)
3. Painkiller and blood thinner (7)
4. With hands on hips (6)
5. Bewildered (2,3)
6. Had a band of merry men (5,4)
7. Instrument used to measure thermal change during a chemical reaction. (11)
8. Deck (4,2,5)
12. La-di-da, pompous (9)
16. Detrimental (7)
17. A three-line verse of poetry (6)
19. Wait, delay (5)
23. French for 'you' (3)

Crossword



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