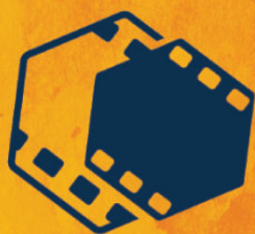


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TO SAY...

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.

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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



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.



Showing how Dry AMD can progress

"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."
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The Mulberry Tree Café at Strelley Hall has been given a warm, fresh new look just in time for spring, Breeze highly recommends paying it a visit.

The stables pens still retain their original hoof marks from the horses of long ago and have been refreshed by a coat of deep natural brown contrasted with warm taupe, enhanced with rich gold metalwork, plus refurbished natural wood tables and shelving. The warm greens of both the upholstered benches and the many new plants around the rooms reflect the countryside surroundings of Strelley Hall. Adorning the walls are prints of Strelley and Wollaton Park through the seasons by local photographer Avtar Ram.

Dating back to 1800, the stables at Strelley Hall is a large building reflecting the social standing of the Edge family who rebuilt Strelley Hall as we see it today. The horses' pens form the public parts of the café, with the kitchens and store areas converted from the old tack room, bacon store and the cheese room. The Café's disabled toilet was the room where the Edge children's governess housed her pony, you can see part of the old wooden manger which now contains a hand wash basin!

For April, the Café will launch its new spring menu with some new dishes such as a Mediterranean Platter served with Mulberry Tree Bakehouse handmade focaccia, alongside perennial favourites such as the homemade quiches, soups, panini and jacket potatoes. The Bakehouse also supplies the Café with its bread, cakes, scones and sausage rolls. With plenty of outdoor seating for warmer days, free parking, some lovely little independent shops in the Stables courtyard, it's perfect for a spring day out.



The Café's new look for Spring 2026



**Artisan bakery at Strelley Hall
selling sourdough bread,
pastries, savouries, cakes**

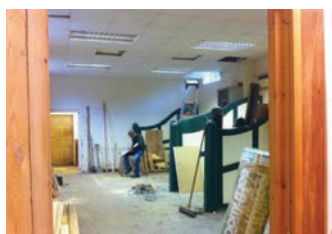


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Outdoor seating in the Stables Courtyard



The Stables undergoing refurbishment ahead of the Café opening in 2015



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century

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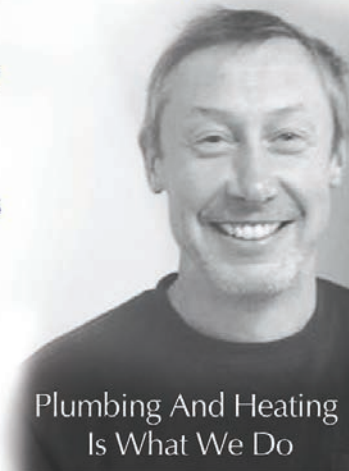
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Nestled in the heart of Bramcote, Mather Electrical Services is a name synonymous with reliability and expertise in the electrical industry. For over twenty five years, Scott Mather has poured his passion into every installation, and every client relationship. But as the world shifts toward sustainability, Scott's company is evolving too - proving that experience and innovation can coexist.

While Scott's years of experience are rooted in the electrical contracting industry the company has rebranded from M.E.S to Solsure Electrical Ltd recently to highlight its growing shift towards the renewable sector.

Through Solsure, the company now specializes in renewable energy technology projects, helping clients harness solar power, reduce carbon footprints, and embrace energy-efficient systems. Installing residential and commercial solar and battery storage installations and EV charging solutions.

"Solsure" blends Scott's decades-old expertise with cutting-edge green technology. "We have adapted to the market spending comprehensive time on market research and sourcing the best quality equipment in a sector with an abundance of options". While the name has evolved, the core offering remains: uncompromising quality across all electrical services. Solsure Electrical Ltd continues to support residential clients with everything from safety inspections, rewiring projects to full home automation, while commercially supporting businesses with tailored infrastructure upgrades, compliance checks, and energy-saving retrofits.

The new website, www.solsure.co.uk (which redirects from the original website www.matherelectricalservices.co.uk), showcases this duality, of the green shift blending technical proficiency with eco-conscious projects. Scott and his team pride themselves in their skillset and equally their dedication to client relationships.

"Whether it's a homeowner nervous about rewiring or a business looking to cut energy costs, we start by listening," Scott says.

"Our goal is to make the process stress-free and transparent, whether they want a simple upgrade or a full energy transition."

With a phone call to 07722 413 525, clients connect not just with a local electrician but with a partner in progress. Scott's ambition is clear: to help customers thrive in a world demanding smarter, cleaner energy solutions.

**For a trusted electrical partner in Bramcote and beyond, visit www.solsure.co.uk
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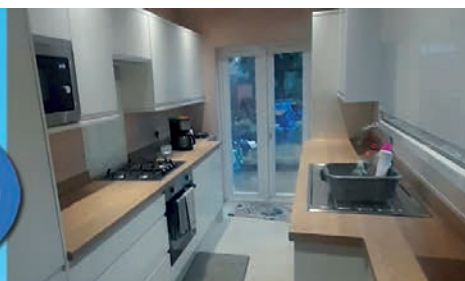
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10 things people often forget when making a Will...

Impact of marriage - any Will is automatically revoked when you enter into a marriage or civil partnership, unless you include a specific clause confirming you don't wish this to happen.

Funeral wishes - these are not binding but ensure the people dealing with your estate will know what you want.

Guardians - in your Will you can transfer Parental Responsibility ('PR') to chosen individuals. This will only take effect if there is nobody living with PR, e.g. both parents die before children turn 18.

Transport of gifts - consider whether beneficiaries are able to collect items you have left them or pay for transport, especially if they live abroad.

Failed gifts - if you have left an item in your Will that you no longer own, the gift may fail. However, if you are not careful with the precise wording, your executors may have a duty to purchase the object from estate funds to satisfy the gift.

Inheritance Tax ('IHT')

- when structuring your Will you should consider how IHT will be paid.

Foreign assets and residence - you should seek specialist advice if you hold assets abroad or may be classed as resident abroad.

Executors - you should choose people who are comfortable handling money and admin, are trustworthy and ideally are happy to act in the role.

Longstop ('catastrophe clause') - you should consider who you would want to benefit if your chosen beneficiaries have died before you.

Testator can't read the Will - whether due to illiteracy, blindness or not understanding English, there are specific rules on the signing procedure.

For further assistance, please do not hesitate to get in contact with our Private Client Team on 03456 465 465 or via email on enquiries@rotherabray.co.uk. We look forward to assisting you! Article written by Eleanor Robinson, Managing Associate Solicitor



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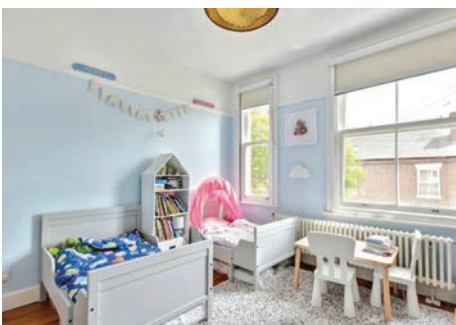
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Situated on Middleton Street, Beeston, this delightful semi-detached house offers a perfect blend of comfort and style, making it an ideal family home. With four spacious bedrooms, there is ample room for everyone to enjoy their own private space. The property boasts two well-appointed bathrooms, ensuring convenience for busy mornings and family life.

The heart of the home features two inviting reception rooms, providing versatile spaces for relaxation and entertainment.

Whether you wish to host gatherings with friends or enjoy quiet evenings with family, these rooms cater to all your needs.

The semi-detached design not only enhances the property's appeal but also allows for a sense of community, with friendly neighbours and a welcoming atmosphere. The location on Middleton Street is particularly advantageous, offering easy access to local amenities, schools, and parks, making it a perfect choice for families and professionals alike.

This property presents a wonderful opportunity to create lasting memories in a home that combines practicality with charm. Do not miss the chance to make this lovely house your new home.



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The Attenborough Sailing Club, delighted to make the Coneries Lagoon in the Attenborough Nature Reserve its playground, is inviting the local community to 'come and have a go' on Saturday 9th May from 10:30am to 4pm.

The Coneries Lagoon is the lake to the right as you drive to the Attenborough Nature Reserve Centre car park. Attenborough Sailing Club pride themselves on being a friendly club that attract many residents from the local area who want to enjoy being on the water in what is such a pleasant environment.

New members are always made to feel welcome. Over the last few years they have built a modern clubhouse with a viewing balcony overlooking the Nature Reserve with a fully equipped clubroom, changing rooms and access for the disabled.

"Many of our members have learnt to sail on one of our formal RYA courses that we run throughout the year; others may have learnt to sail whilst away on holiday and want to consolidate their experience by sailing with us.

There are others who just enjoy being in and around boats. Members of all ages enjoy a variety of racing, cruising and social activities.

Club racing takes place on Sundays and Wednesday evenings and youth events happen throughout the year. For those not wanting to race, social gatherings and cruising is increasingly popular on Friday afternoons and on into the evenings.

Our sport is not elitist. Our members are from many different walks of life. An individual membership is £130 a year and families, students and young people benefit from substantial discounts. Initially the club is able to provide new members with the use of club boats.

Once a new member has decided that the sport is for them and what type of boat it is that they want to sail, a nice, pre-loved boat can be purchased for a few hundred pounds. Boats are regularly exchanged within the club.

Our Open Days are always very popular with often over 300 people visiting us. This year on the 9th May between 10:30am and 4:00pm we welcome the local community to again "come and have a go".

Just bring an old pair of soft shoes that might get wet and be taken out for a boat ride by an experienced sailor for free or just sit and relax, enjoy a tea, coffee, ice cream, cake or a beer on our balcony and watch the activities."

More information can be found on our:

Facebook Group page: Attenborough Sailing Club

Web site : www.attenboroughsc.org.uk



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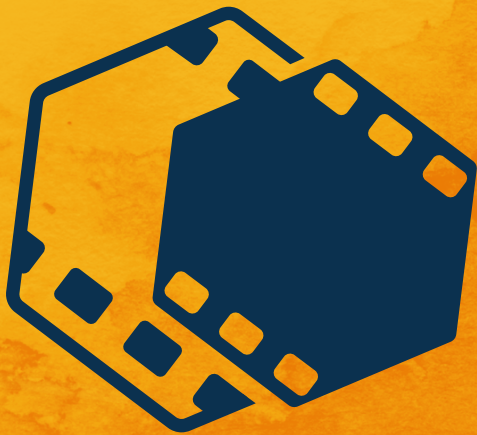
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BEESTON FILM FESTIVAL

23RD-26TH APRIL

THE ARC
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DRAMA, COMEDY, SCI-FI, PRIDE, CRIME, HORROR, ANIMATION,
WOMEN'S VOICES, EAST MIDLANDS FILMS, WORKSHOPS & MORE



FESTIVAL GUIDE



TICKETS



WELCOME TO THE 12TH ANNUAL BEESTON FILM FESTIVAL!



Between April 23–26, the lights will dim and the ARC Cinema screens will glow as we gather once again to celebrate the power of storytelling through film. We look forward to welcoming you and sharing the cinematic experience of the 96 remarkable short films our dedicated team has carefully reviewed and selected for this year's edition.

Film has the extraordinary power to evoke emotion in its purest form. A single image can move us. A quiet glance between characters can speak volumes. A story unfolding over just a few minutes can remind us of our deepest fears, our brightest dreams, and our shared humanity.

Cinema reflects who we are, not only as individuals, but as communities.

At Beeston Film Festival, we celebrate that shared human experience. We believe storytelling connects us across cultures, languages, generations, and borders. In a world that can feel divided, film invites us to sit together and truly see one another. It nurtures empathy. It sparks conversation. It opens our eyes to lives lived differently from our own and reminds us how much we have in common.

This festival honours both our commonalities and our differences. We champion stories that shape communities around the world from intimate personal

journeys to bold explorations of identity, justice, love, resilience, and imagination. We stand in awe of the creativity, courage, and craft of filmmakers who share their perspectives with honesty and vision. Through their work, we are invited not only to witness other realities, but to reflect more deeply on our own.

Short films hold a unique magic. Within a brief span of time, they capture entire worlds. They surprise us, challenge us, and linger in our thoughts long after the credits roll. Their brevity demands clarity, imagination, and emotional precision. Each screening at Beeston Film Festival is a carefully curated journey — a mosaic of voices and visions forming a vibrant global tapestry.

Join us for four unforgettable days of short films from across the globe. From powerful dramas and thought-provoking documentaries to imaginative animation and uplifting comedies, every session offers something to move, inspire, and surprise you.

Christie Sietos
Marketing Director

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

FESTIVAL GUIDE

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 AM			FESTIVAL BRUNCH THE WHITE LION	FESTIVAL BRUNCH THE WHITE LION
12 PM				
1 PM			SCREEN 7 WHAT'S LOVE GOT TO DO WITH IT? VARIETY PACK	SCREEN 7 LOVE LOUD & QUIET PRIDE
2 PM				SCREEN 8 THE HEART OF ENGLAND VARIETY PACK
3 PM	SCREEN 7 RESILIENCE NON-FICTION	SCREEN 8 GIVE & TAKE VARIETY PACK	WORKSHOP SOJO ANIMATION	WORKSHOP A SCREEN ACTORS LIFE
4 PM				SCREEN 8 ROUND THE WORLD VARIETY PACK
5 PM	SCREEN 7 I'M NOT OKAY VARIETY PACK	SCREEN 8 WEATHERING THE STORM VARIETY PACK	SCREEN 7 STANDING OUR GROUND WOMEN'S VOICES	SCREEN 7 THE KIDS AREN'T ALRIGHT VARIETY PACK
6 PM				SCREEN 8 YESTERDAY'S GHOSTS UK DRAMA
7 PM	PRE-DRINKS ARC FOYER	NETWORKING ARC FOYER	NETWORKING ARC FOYER	PRE-DRINKS ARC FOYER
8 PM	SCREEN 3 WE'RE NOT IN BEESTON ANYMORE GALA OPENING NIGHT	SCREEN 3 SCARES & GIGGLES VARIETY PACK	SCREEN 3 KEEP ON KEEPING ON EAST MIDLANDS FOCUS	B'OSCAR AWARDS SCREEN 3
9 PM				
10 PM	FESTIVAL CLUB BISTRO 66	FESTIVAL CLUB BISTRO 66	FESTIVAL CLUB BISTRO 66	
11 PM				FESTIVAL ENDS

THE ARC CINEMA

THANK YOU

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

John Currie, Festival Director



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Experts at GardeningExpress.co.uk have named seven essential tasks to focus on now as gardens begin to wake up.

Seven must-do garden jobs to tackle:

1. Revive the lawn

After months of cold and wet weather, lawns can often look patchy or worn. Rake away any moss or debris, aerate compacted areas and reseed bare patches to help the lawn recover. Mid-March is also a good time to give the grass its first light cut of the year.

2. Improve soil

Boost soil quality by adding in compost, well-rotted manure or organic matter to improve nutrients and structure. Feeding the soil now will help plants establish stronger roots and support healthy growth throughout the growing season.

3. Prune trees and bushes

Many deciduous trees and shrubs, such as Buddlejias and roses, benefit from pruning in early spring before new growth really takes off. Removing dead, damaged or overcrowded branches helps improve the shape of the plant and encourages fresh, healthy shoots.

4. Sow hardy plants

With the soil slowly warming up, March is the perfect time to sow hardy crops, such as kale, beetroot, spinach, onions and early potatoes. Hardy annual flowers like cornflowers and poppies also tolerate cooler temperatures and can be sowed directly outdoors.

5. Start tender plants indoors

More delicate crops, such as tomatoes, chillies and bell peppers, need warmer conditions to germinate successfully. These can be started indoors on a bright windowsill or in a heated propagator.

6. Clean the patio

Winter weather can leave patios covered in dirt, moss and algae. Giving the area a thorough clean not only improves its appearance, but also helps prevent long-term damage and slippery surfaces.

7. Maintain the greenhouse

Clean the greenhouse glass to allow in as much light as possible and remove any dirt that may harbour pests.

Remember to also open vents on warmer days and remove any bubble insulation from winter.

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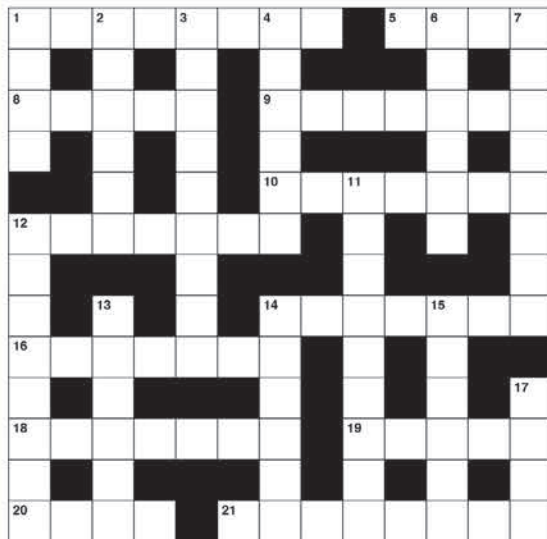
breeze puzzles

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CROSSWORD



Across

- 1 - Mind reader (8)
- 5 - Engrave with acid (4)
- 8 - Ladies (5)
- 9 - More spacious (7)
- 10 - Having two feet (7)
- 12 - Shows indecision (7)
- 14 - Opposite of pushing (7)
- 16 - Flat highland (7)
- 18 - Return to a former state (7)
- 19 - Vital organ (5)
- 20 - At that time (4)
- 21 - Least lengthy (8)

Down

- 1 - Settlement smaller than a city (4)
- 2 - Bewail (6)
- 3 - Contrition (9)
- 4 - Pulsates (6)
- 6 - Groups of three (6)
- 7 - Moving at speed (8)
- 11 - Book producer (9)
- 12 - Deject (8)
- 13 - Ruin; crush (6)
- 14 - Violent uprising (6)
- 15 - Inborn (6)
- 17 - Proofreader's mark (4)

WORDSEARCH

Collectables



ANTIQUES

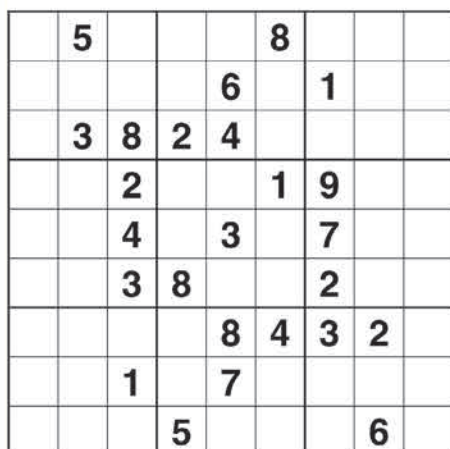
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Find each of the words in the grid of letters. Words may be hidden horizontally, vertically or diagonally and in either a forwards or backwards direction.

SUDOKU



The classic sudoku puzzle. Place the numbers 1-9 once in each row, column and 3x3 bold-lined box.

WORD WHEEL



Find as many words of three or more letters in the wheel as you can. Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine-letter word hidden in the wheel?

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Our mini-guides will soon be delivered direct to your letterbox, containing details of all the courses in your local area. But if you'd like to travel further afield, or just want to see what else we offer, drop into your local library to pick up a full guide, or view all our courses online. There's a huge range of subjects available – from recognised qualifications in Maths, IT and English, to local history, languages, music and arts and crafts.

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Website: www.spotteddogartgroup.co.uk.
Facebook: SD Art Group Nottingham.

The Kwon Sale is a huge sale of quality second hand baby, children's and maternity clothes, baby equipment, toys and games. The next sale is **on the 18th April 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 summer. The sale not only benefits you, the buyer, as you grab your bargains, but also a Ugandan hospital charity and a Philippines' Street Children Education Project, as well as local children's charities.

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To stay up to date with our events, follow us on
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The April meeting of the **Wollaton Natural History Society** will take place on **Wednesday, 15th April 2026 at 7.30 p.m.** The Talk is entitled 'Forensic Science - It's Use In Nature' by Jim Campbell. Jim, a Forensic Scientist, will demonstrate how forensic science can inform us about the natural world.

Meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton NG8 2ND (opposite the library) at 7.15 p.m. for 7.30 p.m. Free to members, visitors welcome £3 on the door.

For more information visit
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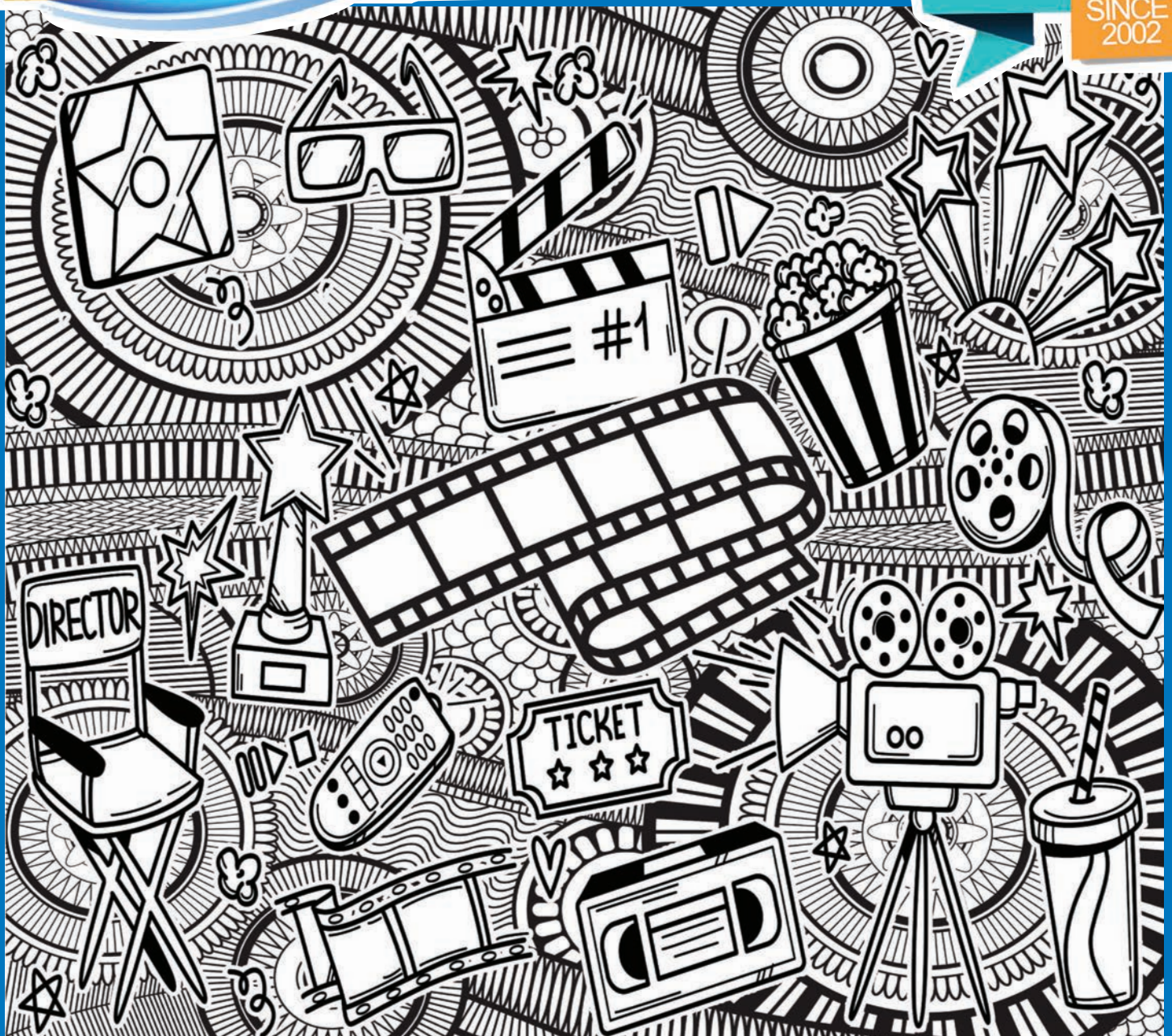
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