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breeze

MAY 2018

ISSUE 186

WELCOME

WHAT'S ON

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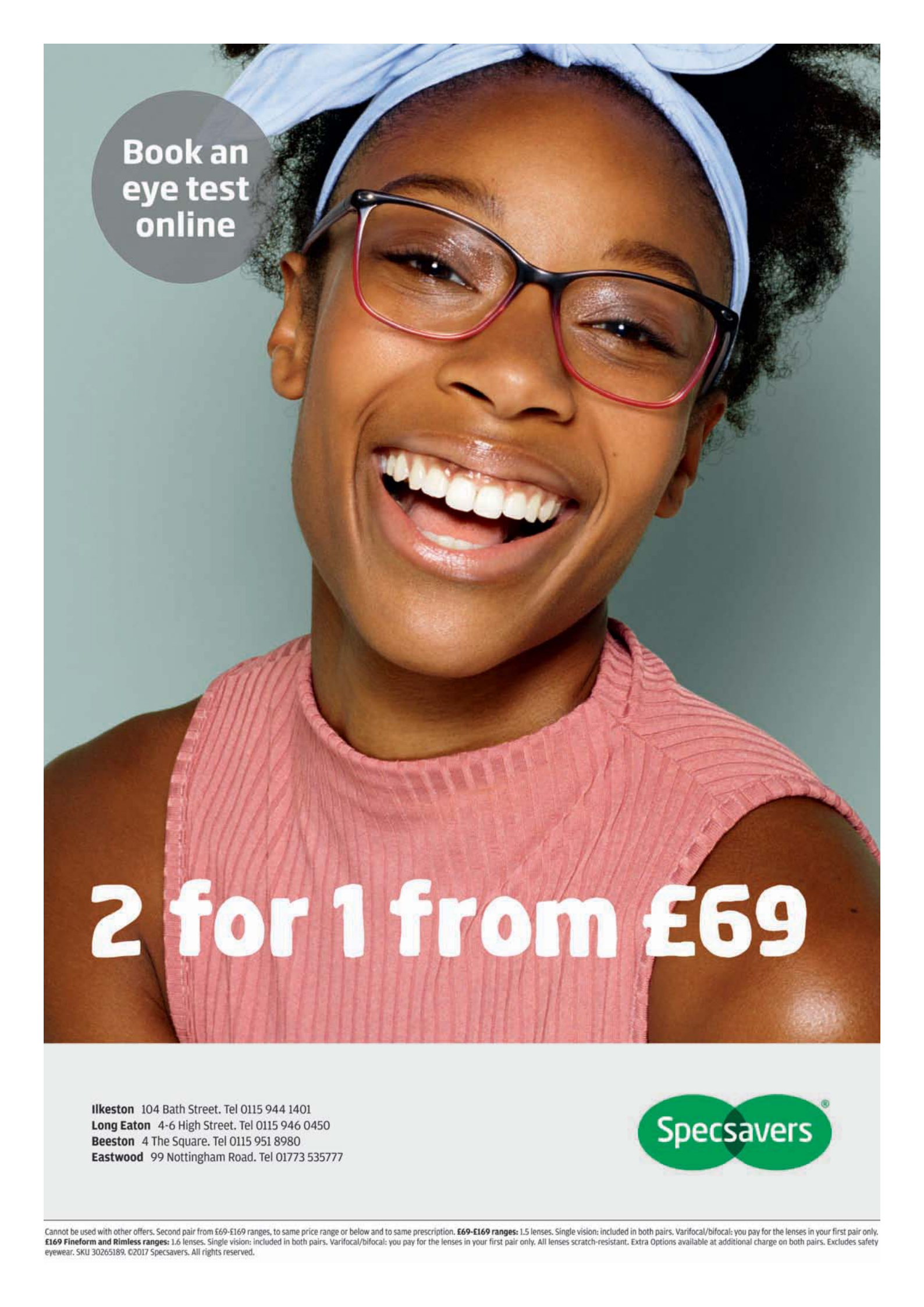
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WELCOME TO BREEZE

We've been around now for no less than **sixteen years** and in that time we have received such a warm reception from our loyal readers. The Breeze Team has a new team member - we look forward to welcoming Simon and continuing our success.

We are online as well don't forget, giving you the chance to look up back issues and see what we've covered over the year so don't worry if you ever misplace us - we're on facebook or simply pop online at www.breeze-magazine.co.uk

Are you a reader with an idea of what you want to see in the magazine? Do you have an interesting activity or run a local club in our area? Well why not get in touch?

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Buddhist centre open day



The Nottingham Buddhist centre opens its doors for a day and invites newcomers (as well as regulars!) to enjoy a cuppa, in a relaxed, friendly and open atmosphere. You are welcome to join us on **Saturday 26th May** for cakes and plenty of tea throughout the day. **10am - 4pm**

Suitable for all ages; come and learn a little about Buddhism while children are entertained with fun, child-friendly activities, including crafting and colouring Buddhas. Enjoy our relaxed and friendly atmosphere, amidst the hubbub of the city, where the family can hang out for a while.

Find out about our weekly Meditation sessions and our introduction to Buddhism Courses that we run throughout the year. We also have a large range of Buddhist books and a selection of gifts for you to browse.

We are situated in the Lace Market, the historic quarter-mile square area of Nottingham. Look out for Lace Market Square it is on the south-east side of Nottingham City Centre, in between Fletcher Gate and St Mary's Gate. It's about 50 metres from the Lace Market tram stop.

Nottingham Buddhist Centre, 9 St Mary's Place, NG1 1PH
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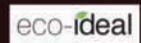
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book donation



Primary schools around the UK are being asked to donate unwanted English language books as part of the 'Help a South African School' scheme.

The nationwide initiative, now in its seventh year, encourages primary schools to support young children in South Africa by donating unwanted English language and reading books. Some 1,100 boxes of books were donated from 80 different schools last year. Only 7% of South African schools have libraries and illiteracy is a big problem, which means their schools are in desperate need of resources. The boxes were stored by Manchestt's in Warboys, Cambridgeshire over the collection period. The South African fruit industry also worked with transport companies MyHermes, Damco and Maersk, who kindly donated their services to ensure that the books reached South Africa safely.

This is part of an ongoing campaign to promote South African fruit. Jacques du Preez, General Manager Trade & Markets, Hortgro said: "This project illustrates the strong link between purchasing South African fruit and making a difference to the country; it has galvanised support from across the industry and beyond"

James Hammond, Damco said: "We have been delighted to assist with this tremendously rewarding and worthwhile project and couldn't have done so without the magnificent assistance of our colleagues at Maersk Line in the UK and our friends at LCL in South Africa. All parties involved gave their time and resources to ensure that the books were collected and delivered in the appropriate manner. It's great to be involved in this project from all in the Maersk organisation."

Hortgro are also giving UK school children the opportunity to learn about South Africa and the chance to win one of three cash prizes to spend on school resources and a bespoke workshop by BBC presenter Stefan Gates. All they need to do is create a collage depicting "A South African Journey"

More information on the competition and book donation can be found at: www.helpsouthafricanschool.co.uk



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of your own family. Indeed, many of our CAREGivers do not have formal experience of working as a carer before they join our team, but have looked after a family member and want to make a difference to an older person's life by using the experience they have gained.

Our service is companionship led and so a considerable responsibility of a CAREGiver is to stimulate and encourage the client through a range of different activities that sustain or improve their quality of life. A CAREGiver's responsibilities can also include accompanying clients to appointments and social events, light housekeeping, planning and preparing meals and helping with daily living routines.

We are looking for friendly, kind, compassionate people who like to spend time with older people and build a friendly but professional relationship. Therefore we don't believe in onerous application forms, we prefer to meet face to face for a chat to make sure you match our values and most importantly for you to see what Home Instead is all about. Don't worry if you don't have sector experience, we have extensive training and on-going development opportunities that will enable you to deliver our special brand of relationship-led care.

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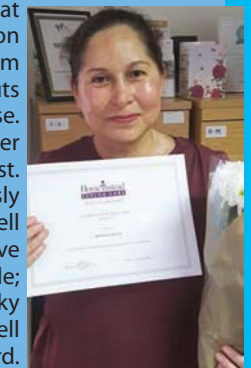
CAREGIVERS OF THE MONTH

A big well done to Vicky Cox and Monica Smith, our joint CAREGivers of the Month for March. Both CAREGivers have been with us for less than six months but they have both taken to the role naturally.



Vicky is always happy to help out when she can, and shows sensitivity towards the individual needs of her clients. Even when the visit has been challenging, Vicky still comes in with a smile on her face.

Monica has a great deal of compassion and her calm demeanour puts people at their ease. She always puts her client's needs first. We're tremendously proud of how well both CAREGivers have taken to the role; congratulations Vicky and Monica on a well deserved award.



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music for everyone



Last month a large audience enjoyed a feast of music at St Mary's Church Attenborough at a Spring Concert arranged by Notts/Derby Hemlockstone Lions Club featuring music from a wide repertoire and performers of all ages and abilities from 7 – 70!

Those taking part included, The Wollaton Singers who displayed enthusiasm, harmony and musicality ably conducted by Sophie Pascall and accompanied by Chris Foster. They are always on the look out for new members for more information visit their website:

www.wollatonsingers.org.uk

St. Mary's Young Musicians provided solo items on violin, piano, flute and trumpet they were fantastic! "Such confidence and ability!" We'd also like to thank Malcolm Bachelor for the encouragement he gives these young people and for his own contribution on the organ. Further solo items were provided by Graeme and Jill Barker on piano and violin with a range of music whisking us through Norway, Russia, Spain and then on to South America!

As a result of the evening a donation will be made to 'Music for Everyone' especially their 'Open Voices' singing groups which are particularly suited to adults with learning disabilities – those who go along have a fun time singing, making friends and acquiring new skills and confidence.

A new initiative in Beeston began on Tuesday 19 April at The Middle Street Centre. *(Please contact for more information)*

This is their 'Year of Youth' with the focus of bringing the joy of music-making to even more young people in Nottinghamshire. New activities planned include performances in public spaces, outreach work and collaborations with the Teenage Cancer Trust and Nottinghamshire's Child and Adolescent Mental Health Service.

It was an excellent evening demonstrating the wealth of talent in our local community and the Lions theme of Friendship and fun! A big thankyou to all concerned.



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Sun 13th Keith Buck
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Sun 27th John Halton

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Sun 13th Shytot
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Sun 27th Vinyl 45

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Every Sunday From 2pm Sticky 13's
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Sun 6th	John Belmont (3pm)
Mon 7th	Karaoke (2pm till late)
Fri 11th	Jon Alex (2pm)
Sat 12th	Glitz 70s Glam Band (9pm)
Sun 13th	David James (3pm)
Fri 18th	Al (2pm)
Fri 18th	The Beer Monsters (9pm)
Sat 19th	Andy Walker (9pm)
Sun 20th	Maxxine (3pm)
Fri 25th	Rob Martin (2pm)
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why it's a volatile world!

We've seen Kim Jong-un's finger hovering on the nuclear trigger. President Trump has threatened retaliation on an unimagined scale.

Faith in technology has shattered in the face of lax security in social media.

It's hardly surprising that investment markets have followed world events. Volatility has certainly returned after a period of steady growth through 2017 and early weeks of 2018.

Looking back, Kim Jong-un was posturing for world attention. So perhaps was Mr Trump. Now, just six months later, the two leaders plan to meet face to face. Social media are learning lessons: and commuter trains are still crowded with avid users. The world breathes a sigh of relief and carries on!

And what of investment markets? A widely used volatility measure (VIX, dating from the early 1990s) puts the current spate

of volatility into context. Recent daily variations have scored as high as fifty, and the current 50-day average is 20.1. But that's close to the VIX lifetime average. Perhaps we must get used to volatility and learn to profit from it.

Source – *Investec Weekly Digest*: 9 April 2018.

What can we learn from all this?

A few weeks is a long time in world events – and in investment markets!

In volatile market conditions, it's tempting to 'cut and run'. But classical investment theory says 'Buy low. Sell high'.

Why forsake a winning formula and 'sell low'?

Putting it another way - In shark-infested waters, is it a good idea to jump overboard?



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Aries

It all comes down to will power and you being tested to see just how much you have got. Someone may be trying to persuade you in the realms of romance, but are you sure that you are not being led up the garden path? In work and business, you plans will work out exactly as you had hoped. Any further surprises that pop up now will be to your benefit. Expect to see some great personal and financial satisfaction over the coming months.

Taurus

You have a natural talent for investigation and the skill to use information to take preventative measures. Much is taking place on a deeper, subconscious level as you work through feelings, memories and issues. Events shape this into one of the most pivotal weeks of the year, especially where personal matters are concerned. Something you thought you would never understand suddenly becomes crystal clear.

Gemini

Don't make the mistake of changing yourself to please others. Always be yourself and you will attract people towards you who will love the real you. A major breakthrough regarding a very difficult situation puts you in the driving seat once again, but this time, hold onto your power and don't be so willing to give credit where it is not deserved. There are questions you should be asking yourself, but it may take time to acclimatise to all the dramatic changes that are about to take place.

Cancer

The mind is a powerful thing and once you start filling it with positive thoughts, everything around you begins to change. Time to let go of the past, after all, you cant do anything about it. What is done is done and what is gone is gone. The important things is that you have learned valuable lessons and now in a position to proceed forwards and get on with living a happier life. Love and romance indicate magic in the air and if you allow yourself to get to know someone, you will be glad you did.

Leo

You're a person of many moods and events taking place during the following weeks will certainly put you through your paces. Beware of saying something you might regret later, otherwise its 'hello roller coaster!' If you are in a difficult personal relationship, your inner strength is obvious in wanting to make something work. You may feel the urge to sweep someone off their feet, but remember, you can lead someone to water, but you cant make them drink.

Virgo

You are all to likely to get overly carried away by someone who sweet talks themselves in and out of situations. A bit of dangerous flirting could get out of hand with you finding yourself deeply involved with an individual who does not do commitment. Willpower and ambition will not make your bank account grow, what you need is a plan to help things along.

Libra

Romance and personal relationship will be high on your agenda. There could even be a parting of the ways regarding a certain friendship. Someone will confide in you so its important that you don't repeat what you hear otherwise you will lose credibility. Be especially careful with your money, especially if someone tries to make you part with your hard earned cash.

Scorpio

Your hunches regarding a certain person and a situation will be proved right. Someone who has previously upset you will endeavour to make amends, but you are not a creature that forgives nor forgets easily. Home demands your attention whether its a personal issue or just a floor that needs mopping. Do it, get on with it and plan a much deserved pleasant activity or holiday.

Sagittarius

Set yourself goals and targets because you will receive a massive confidence boost and other good news that will encourage you to make the most of every opportunity that is presented to you. Not everyone will share in your good fortune because that is people for you, but the important thing is that you are now putting yourself in a completely different position to the one you found yourself in previously.

Capricorn

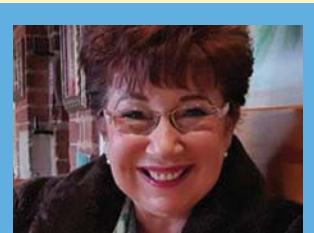
You may have a tough business like side to your personality, but you also have an incredibly soft, romantic side. Balancing these two is not always easy because you don't want to appear vulnerable to the wrong people. At work you will be gunning for a fight, but its also important to choose your battles wisely and not make the mistake of underestimating someone. If you tread carefully, you will find yourself way ahead of the game.

Aquarius

Being frank and honest may either clear up a misunderstanding or lead to further complications. Use your superb instincts to tell you which way to go. Make time in your busy schedule for loved ones otherwise they will soon complain that they do not see enough of you. You might just meet your match on the romantic scene by connecting with someone whom you feel strongly drawn towards. Keep your dare devil activities to a minimum as carelessness could lead to accidents and other mishaps.

Pisces

You have a broad imagination and it takes a lot to surprise you but despite that, you wont quite know what to make of a certain situation. Your creative streak is far from over, in fact, you are probably only just getting started. Your terrific personal energy helps you make a 'silk purse out of a pigs ear' and whilst others stand in awe, complimenting you on your skills, you are already onto the next project. A bunch of romance is coming your way, but not without its complications.



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Objeks & Tings...



Nottingham's National Caribbean Heritage Museum launches books, beer and exhibitions to celebrate Windrush 70th Anniversary

The National Caribbean Heritage Museum, known as Museumand, is based right here in Nottingham, and it's helping to lead the Windrush 70th Anniversary celebrations in the city and around the UK – including the launch of their very own Windrush beer, lager and pale ale to get the party started!

The Windrush 70th Anniversary celebrates 70 years since the pioneering Windrush generation arrived in Britain from the Caribbean – after being invited by the British Government to help rebuild the UK after the Second World War. The Windrush Generation are named after the SS Empire Windrush, the ship that brought the first passengers from the Caribbean, arriving at Tilbury Docks on 22 June 1948.

Museumand are marking the anniversary throughout the year with a whole range of projects, events and exhibitions, here in Nottingham and around the UK, including some innovative ways for people to get involved in the celebrations.

As well as their Windrush tipples, Museumand are launching a collectable, coffee-table magazine called '70 Objeks & Tings' which will feature 70 Caribbean-inspired activities for everyone to try – as a fun way of finding out more about Caribbean culture and the Windrush 70th Anniversary.

The magazine will also feature 70 objects associated with the Windrush era, which many Caribbeans in Nottingham may still have in their homes. The magazine will be available in time for Windrush Day on 22 June.

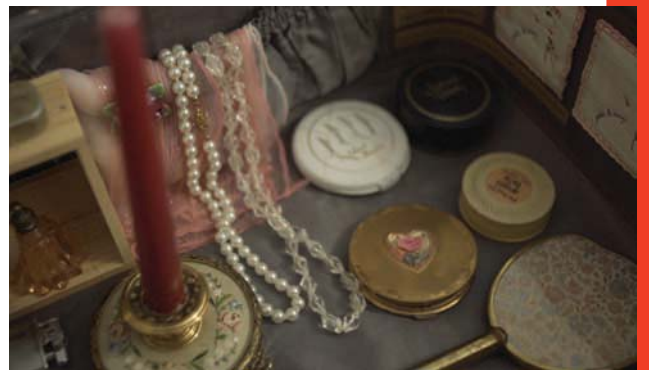
People can also mark the Windrush 70th Anniversary by sharing their stories with Museumand, or by donating or loaning items to the museum's collection and archive. You're welcome to donate anything that relates to Caribbean heritage and culture, including objects, photos, letters and memorabilia like posters.

The museum asks everyone who contributes to write 100 words about themselves or the item they're donating/loaning – to collect, record, preserve and share Nottingham's Caribbean history for present and future generations.

Caribbean Journeys

Museumand have recently published a book called 'Caribbean Journeys' as part of their Windrush 70th Anniversary celebrations, with researchers Sofia Aatkar and Kelsi Delaney. The book features travel writing by Caribbean elders in Nottingham, recording their journeys from the Caribbean to the UK, providing a platform for their voices to be heard and creating a legacy for future generations.

The book has been funded by Midlands3Cities, a partner of Journey to Justice, and will be available online at www.museumand.org. The book will also be preserved as part of UK and Caribbean history in The British Library in London.



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The members of the Rotary Club of Long Eaton Dawnbreakers would like to say a huge thanks to our readers for their amazing response to their appeal for old tools and other equipment to send to Africa.

Past President Paul Burrows says, " From day one we have been inundated with so many people offering us tools and other equipment of all shapes and sizes. We have already despatched two full vans which equates to over six tonnes of tools. They will all very soon be helping someone in Africa to learn and carry out a new trade which in turn allows them to become financially self sufficient in supporting their families. The response has been so great that we will continue to collect tools whilst ever people are generous enough to offer them to us."

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Creative Mindfulness retreats for the most reluctant of meditator!



Hello, I am a qualified Social Worker, Mindfulness Instructor, Coach and Life Coach and having now trained and qualified as a Colour Therapist, I have chosen to

follow my dream to teach accessible mindfulness practise to people who struggle to meditate and find mind peace.

An expert on the art of obtaining mind peace, I have struggled with Attention Deficit Hyperactivity Disorder throughout my life. Luckily, five years ago I found Mindfulness, trained to be an instructor, taught Mindfulness at Leicester De Montfort University and found a new way to promote mindfulness. Practical, fun and engaging Mindfulness. Mindfulness capable of taming the most scattered of mind!

Now qualified as a Colour Therapist and enjoying the connection between creative art and mindfulness, I am running four Mindfulness day retreats at Tranquility Holistic Therapy Centre and Studio, Chilwell. Each retreat engaging people in creative and fun mindfulness practise and total relaxation.



THERE WILL BE FOUR MIND ALIVE RETREATS
all incorporating colour, creative craft and embodied learning to engage all types of learner in guaranteed relaxation and mindfulness!

12th of May

Simple artwork, music meditation, guided mediation and crafting will take place during the Creative Mindfulness retreat during the 12th of May.

26th of May

Mindfulness meditation and Colour therapy will then help participants work through troubling thoughts and find resolution to problems on the 26th of May during the Solving Problems with Mindfulness retreat.

9th of June

A former fashion writer, I teach about the use of colour in clothing during the Mind, Body and Clothes show live retreat on the 9th of June where participants will also get to meditate whilst drinking a glass of Prosecco!

16th of June Creative crafts take place during the Confidence Building and Self Appreciation Retreat on the 16th of June as a process to enable effective results from guided meditation thereafter. Do come along to gain instant stress relief whilst undertaking simple and not challenging art and crafts.

I shall also be holding a two day mindfulness retreat at Attenborough Nature Reserve in September 2018.

To book any or all of the events visit www.eventbrite.co.uk or www.mind-alive.co.uk to book your tickets or call 07736 330 769

Please go to www.mind-alive.co.uk to register for mindfulness updates including timings of retreats

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Friday 14th September 2018
at St Mary's Church, High Pavement NG1 1HN
7.30pm

Nottingham Soroptimists are excited to announce a charity concert to be performed by the Kanneh Mason family. All money raised will go to two charities: WeRHere a local charity

helping families or individuals experiencing domestic abuse or violence after divorce. Street Child works particularly in Sierra Leone providing support and education to young women who would otherwise be vulnerable to trafficking.

Tickets (£15, not allocated) are now on sale and are expected to sell quickly. Get yours at sinottinghamconcert@gmail.com or from Nottingham Tourist Centre Tel 08444 775678.



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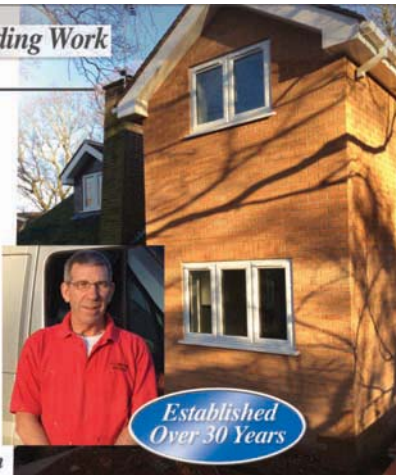
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dramatic june!



Nottingham Playhouse will be going back to the 1950s this June when award-winning play Shebeen will be taking over the main stage.

Centred around Nottingham's Caribbean community in St Ann's, **Shebeen** shines a light on a community under siege and the sacrifices people make for love.

It all starts in a hot, humid August 1958, tempers are flaring and the rum is flowing, and Jamaican immigrant couple, Pearl and George are running an illegal bar in their home - a Shebeen. However, the party doesn't go to plan when an act of violence changes their lives forever and their future together hangs in the balance.

Shebeen's writer, Nottingham local Mufaro Makubika, won the 2017 Alfred Fagon award for best new play by a black British playwright and chose to write a story inspired by true events, celebrating the Caribbean shebeen and blues party culture in Nottingham.

Also showing in June is powerful drama **Lava**, which explores grief, masculinity and the power of expression when a natural disaster hits the capital city.

Lava is about a young man named Vin who is struggling mentally and is finding it hard to talk after small asteroid hits the capital city. Vin then meets Rachel who notices his struggle and helps him find his voice again, although when her family take in the articulate and charismatic survivor, Vin's silence is no longer her first priority.

Presented by Fifth Word, and written by award-winning playwright James Fritz, Lava rocks with raw emotion and sharp humour in this timely play about overcoming the effects of a natural disaster.

SHEBEEN LISTINGS:

Nottingham Playhouse
Friday 1 June – Saturday 16 June
Matinees 1.30pm or 2.30pm
Evenings 7.30pm
There is also an audio described performance at 7.30pm on **Thursday 14 June**, a British Sign Language interpreted performance on 7.30pm on **Friday 15 June**, and a performance which is both captioned and audio described, at 2.30pm on **Saturday 16 June**.

The Caribbean Shebeen and Blues Party Culture in Nottingham
In conjunction with our production of Shebeen, Museumand:

The National Caribbean Heritage Museum will be hosting a day of events celebrating the Caribbean shebeen and blues party culture in Nottingham on **Friday 4 June**
Free drop-in session
12pm-4.30pm
Stalls Foyer,
Nottingham Playhouse

Free pre-show talk 6.15pm-7pm
Ustinov Room,
Nottingham Playhouse

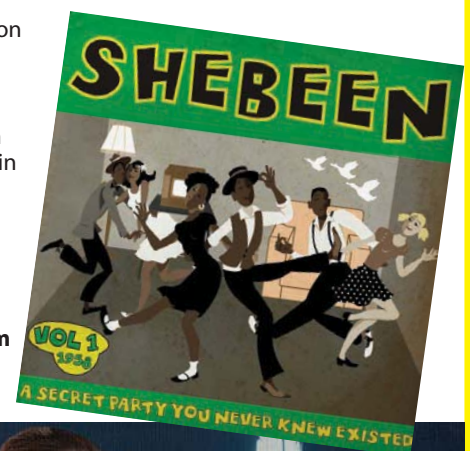
LAVA LISTINGS:

Nottingham Playhouse –
Neville Studio
Thursday 14 June – Sat 30 June
Matinees 2pm
Evenings 7:45pm

Box Office Information:

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For more information about Nottingham Playhouse visit www.nottinghamplayhouse.co.uk





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seeking inspiration

gardening

Feel let down by the recent weather? It will pass! Here are some ideas to get you re-started in the garden...

DIY Tower planter

- Used plastic drinks bottles
- Zip ties/long
- Existing fence or a 2x2inch wood batten
- Standard compost
- Bedding plants
- Fun music whilst you work!



The important thing is to have fun and fire up your enjoyment of growing loveliness in your little patch!

First off, locate where your planter will be - perhaps just outside the door near to where you sit to help nurture and enjoy it easily.

Then remove the caps off (but keep) and cut the bottoms off four or five 1litre soft drink or water bottles. Pierce two small holes about an inch from the top (where the cap was) for drainage.

Put a cap back on the bottom bottle (to keep the compost in) and fill it with general purpose compost. Fasten this to the fence/post using the zip ties, at the lowest point and a few inches above ground or more. Add more bottles to the height you desire.

Finish the top bottle by putting a cap back on and drilling a small hole in it to allow it to slowly release water when filled - this is your drip waterer.

In each plastic bottle simply cut a small (2 inch square) panel with a craft blade, at the middle

(where the compost is) and plant into these. The flowers will obscure the bottles as they grow.

It's fun, easy, cheap and space saving!

Decked area

Whilst more of a 'project' it is surprisingly easy to establish a decked area for when we do get the warmer weather & nicer evenings. Look for a corner that would benefit from looking more inviting if it was the dry wooden surface that decking can provide. Consider a small wood burner to add a cosy glow and use our previous guides on container planting to complete the picture.

(continues...)

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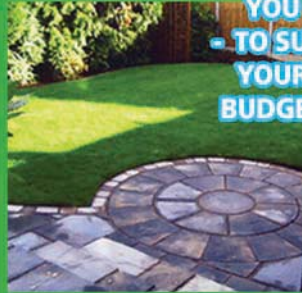


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gardening

(....continued)

Just a small area really gives you scope and also opens up other modest landscaping possibilities using gravels and turfing as well as a small water feature.

Jobs & planting around the garden

- List & divide spring flowering bulbs such as daffodils. Try planting out some seeds such as primrose, sweet william, cauliflower, spinach and radish.
- As long as your patio is sheltered or under cover, hanging baskets & containers can be planted up with fuchsias and tender perennials about now.
- Another way to get ahead is to plant some dwarf dahlias into containers. These will be ready to provide colour from mid summer to early autumn.
- Re-pot any plants that show signs of becoming root-bound - plants need room to grow in their soil or compost and this is a common mistake when learner gardeners simply leave a plant 'where it is' forgetting it has doubled in size in leaf area!

When we have had the slow start to our summer, as we have this year, it's easy to feel like not bothering. But remember: plants will grow and the flowers will come... if you plan ahead and start them off now!
As always: learn, plan and **Enjoy!**...



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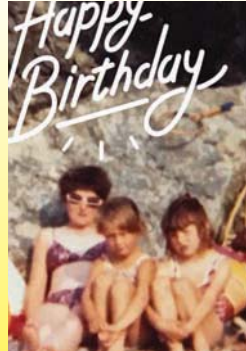
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Happy Birthday **Jacqueline** Have a lovely day - just like you! xxxx



Happy 51st **Deb** Mardy bum! xxx



Our brother **Geoffrey** An early birthday message for a day of madness! Love you xxxx

Send your entries **BY EMAIL:** info@breeze-magazine.co.uk

DEADLINE FOR JUNE 18 ISSUE:
23rd May 2018

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It was in 1997 that Marion Wallwork pictured above in her garden in 1998 started it all off. She got together with five other local people to open their gardens to raise money for Chilwell Road Methodist Church. They raised £1200 and were so pleased that they did it again the next two years! From then on, the baton has been passed to other gardeners to organise and more and more people have become involved. It is now a community event with gardeners nominating their own charities. "Last year, 15 gardens were open and we raised almost £5000 for various charities and had over 800 people visit.

This year we have a record 19 gardens opening. Some will provide teas, plants for sale, entertainment and activities for children. We are pleased to have John Stirland, Radio Nottingham's gardener, to open the event at Trent Vale Infant school on the Saturday; he has then agreed to go round some of the other gardens where you will have chance to ask him gardening questions".

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March this year saw a group of instructors from Warsaw in Poland visit for training and one taking his Black Belt examination. This precedes a second visit to Poland by the Chief Instructor at the Dojo Aidan Trimble 8th Dan in May assisted by Tomasz Kacperski, a 6th Dan instructor from the Dojo Beeston.

Other Dojo events:

- In February the Dojo once again held a Women's self-defence course that proved very popular and was attended by all ages and levels of ability.
- In March The Dojo was happy to sponsor the 'Best in Festival' Award at the Beeston Film festival.
- Easter weekend will see Dojo member Sonny Roberts 2nd Dan compete in the Karate 10K event in London. The event brings together thirty two of the Worlds top fighters on one night with the winner leaving with £10,000!

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happy birthday!

interview

Samba Drumming, 80's Dancing and Cocktail Making - Beeston WI Celebrates its First Birthday! Breeze finds out how it all started...

A year ago, when five friends got together with thoughts about setting up a new WI for Beeston, 'jam and Jerusalem' couldn't be further from their minds! One year on they are celebrating the success of hundreds of women getting together to socialise, learn and have fun.

At their first exploratory public meeting, over 200 women turned up talk about the things that interest them at a 'conversation café', as Beeston WI President Claire Montgomery explains:

"After lots of research into different groups and support from the Nottinghamshire Federation of the WI, we felt ready to launch a new type of WI for Beeston."

"We were thrilled to see over 200 ladies at our first meeting - it was incredibly overwhelming experience, like nothing any of us had ever done before. Following that meeting we signed up 100 members and had a waiting list of over 80 ladies. We were left in no doubt there was a desire for this type of group in Beeston"

Over the following weeks committee members grew in numbers and as the year progressed, monthly meetings provided a wonderfully wide range of activities to take part in.

The first official meeting of the newly formed Beeston WI kicked off in April and the programme of events with a bang - quite literally, as Samba drumming proved a very popular way to de-stress!

Other activities over the past year have included a French Conversational Café with plenty of wine, cheese and an Edith Piaf based quiz. Leg warmers and day-glo clothing were essential for '80s dancing and in July the members got crafty making flower arrangements and decorating glasses - which came in very handy for Beeston WI's first Christmas party which included cocktail making.

A year later and with over one hundred members, Beeston WI celebrated their first birthday in March 2018 with a 'Beeston WI Bake-Off' with women as the theme for their scrumptious cake creations. The cake entries were inventive, fun and very tasty. Five star bakers received prizes and all the WI members and guests enjoyed slices of the delicious treats created to celebrate a truly memorable year.

Beeston WI members also get to together for social events outside of the meetings, organise book swaps and support local charities and national campaigns. In 2017/18 the WI nationally has been a strong campaigner against the overuse of plastics as part of their 'End Plastic Soup' campaign. With a 98.9% majority nationally, members all over the country voted overwhelmingly to support the campaign highlighting the damage and contamination of the oceans caused by microplastic fibres. These fibres are shed from synthetic clothes when laundered and end up in the sea and wider environment, the campaign called for research and development of solutions to help end such contamination.

The activity both nationally and locally is something that means a lot to those involved. Claire continues to be overwhelmed by the enthusiasm of Beeston WI members:

"I think personally my proudest achievement has been the fact we have managed to create an opportunity for the women in our local area to meet, share experiences and 'escape' from normality, even if it's just for a couple of hours in an evening each month and to be a part of something that makes a difference in so many ways.

"I'm so happy we took the initiative and together we have created a space for this to happen; opening the doors for women to get together and support each other, so much so, another WI (The Hive WI) opened their doors in January and they have been just as popular. Hearing our WI being referred to as 'a brilliant group' by members is truly awesome."



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bird boxes fly into Bramcote Hills



With spring in the air our feathered friends are busy looking for places to rear their broods. To help provide suitable homes a group of local volunteers have spent the winter months building and putting up nest boxes in the woodland at Bramcote Hills Park.

A total of 27 boxes have been erected, all made from recycled timber. They have been built to suit a variety of birds, including Tawny Owl, Blue Tit, Great Tit, Coal Tit, Nuthatch and Tree Creeper. All of these species were recorded in a bird survey of the woodlands which was carried out in spring 2017.

The introduction of the additional nesting opportunities should help to sustain and hopefully increase populations.

With over 100 hours volunteer time already invested in the project, the group will now monitor the boxes through spring and record the birds that nest in them and their breeding success. This information will be provided to the British Trust for Ornithology (BTO) as part of their nest record scheme, providing valuable data to help monitor the health of our bird life nationally.

The project will help benefit local wildlife and is a great partnership between the local volunteers, Broxtowe Borough Council and the BTO.

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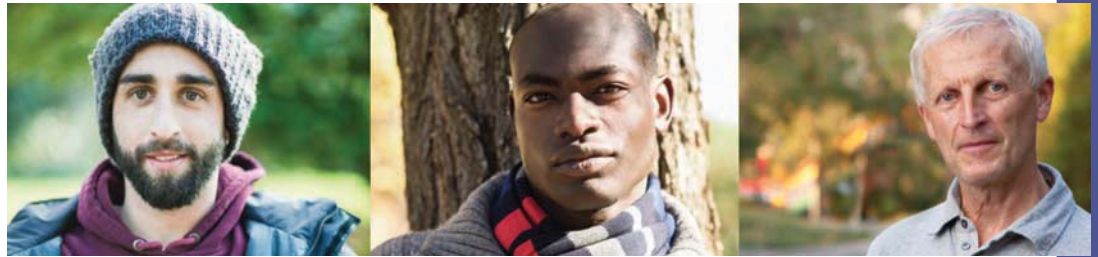
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F.A.C.E. up to prostate cancer



A new survey released this month by male cancer charity, Orchid. It highlights a worrying lack of awareness



amongst men of prostate cancer, its symptoms and risk factors.

Of particular concern is the lack of awareness amongst those men at potential high risk of developing prostate cancer – men aged over 50, black African and black Caribbean men and men with a family history of prostate cancer.

The survey reveals that 21% of men in Nottingham say that they know nothing about prostate cancer whilst 60% say they are not confident in identifying the signs and symptoms of prostate cancer. More worrying, is that despite being at higher risk of developing the disease, UK men aged over 45 are the least knowledgeable when it comes to prostate cancer and 57% of black African and black Caribbean men were not aware that ethnicity affected their risk of developing prostate cancer. In addition, 23% of men with a family history of prostate cancer were not aware that this affects their own risk of developing the disease.

“It’s not acceptable that we are seeing 40% of prostate cancer diagnoses in the late stage, and a mortality rate that is unnecessarily high. Too many men are not facing up to prostate cancer and their own individual risk and they are not seeking help and advice earlier enough” says Rebecca Porta, Orchid Chief Executive. “If we can tackle this from both sides, by getting many more men and GPs to talk about prostate cancer risk, we can help to improve outcomes in the longer term – both for patients and the health service”.

In response to the survey results, Orchid has launched a ‘F.A.C.E. up to prostate cancer’ campaign to encourage men to think about and be aware of 4 key risk factors:

FACE UP TO PROSTATE CANCER

FACE up to prostate cancer risk and consider these key factors:

F

FAMILY HISTORY

Having a brother or father with prostate cancer may double a man's risk compared to men with no family history of the disease.

A

AGE

The most common risk factor for developing prostate cancer is age; the older a man gets the greater the risk. Prostate cancer most commonly affects men over the age of 50.

C

CHANGES IN YOUR PEE

Changes in the way and how you pee are not always a sign of prostate cancer but they can be a symptom.

E

ETHNICITY

Black African and black Caribbean men are at double the risk of developing prostate cancer than caucasian men. They may also develop the disease earlier, as it most commonly affects black African and black Caribbean men over the age of 45.

If you are affected or worried by any of the above, you should have a conversation with your GP



ORCHID
FIGHTING MALE CANCER

For more information on prostate cancer and the help and support that Orchid offer, please visit orchid-cancer.org.uk

Orchid National Male Cancer Helpline 0808 802 0010

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Family history - having a brother or father with prostate cancer may double a man's risk compared to men with no family history of the disease.

Age - the older a man gets the greater the risk, with prostate cancer most commonly affecting men over the age of 50.

Change in urinary habits – changes in urinary habits are not always a sign of prostate cancer but they can be a symptom.

Ethnicity - black African and black Caribbean men are at double the risk of developing prostate cancer than caucasian men and may develop the disease earlier too, most commonly affecting men from this group over 45.

Orchid is asking men who are affected by any of these risk factors to consider having a conversation with their GP about prostate cancer and urge anyone who experiences a change in urinary habits and thinks they are at risk to seek medical advice.

Further information on prostate cancer is available at www.orchid-cancer.org.uk or to speak to a specialist male cancer nurse about prostate cancer call the freephone Orchid Male Cancer Helpline on 0808 802 0010.

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June Deadline: 23rd May

TREETOPS HOSPICE CARE

Go yellow for Treetops Hospice Care in June to raise awareness and funds to help us keep providing vital services. Get your school, business or community group involved by fundraising with your own yellow event or by selling our sunflower pin badges for £1. Alternatively get involved by helping our Day Care centre Go Yellow with your arts and crafts. Contact fundraising@treetopshospice.org.uk for more information and to receive your fundraising pack

'FAVOURITES OLD & NEW' FROM NOTTINGHAM CONCERT BAND
A packed house heard 'Favourites Old & New' performed by Nottingham Concert Band in Beeston Methodist Church at Chilwell Road last month. The evening was presented under the baton of Music Director Robert Parker and included popular numbers selected by band members and supporters. Proceeds from the event were donated to two local charities - Lincs & Notts Air Ambulance and MindSet. Founded in 1991, Nottingham Concert Band rehearses weekly in West Bridgford. **Interest in membership and concerts is always welcome: call Jill or Jeff on 01949 860126, e-mail music@nottinghamconcertband.org or visit www.nottinghamconcertband.org**



TOTON OVER FIFTIES (TOFS)

This is a friendly group of men and women that meet every Thursday afternoon between 2.00-4.00pm at the Greenwood Community Centre, Chester Green (off Banks Road), Toton. We have speakers most weeks and quiz afternoons. As speakers start at 2.00pm please arrive in plenty of time. Further information is available from Graham Pointez, Chairman, on 0115 9170956.

WOLLATON NATURAL HISTORY SOCIETY

On Wednesday June 20th Wollaton Natural History Society will be presenting a talk on Skylarks Nature Reserve. Katie Last, Nottinghamshire Wildlife Trust Reserves Officer, will inform us about this recently extended local nature reserve from its inception, its progress so far and any future developments.

We meet at St Leonard's Community Centre, Bramcote Lane, Wollaton (opposite the library) at 7.30pm. Members free. Visitors are very welcome at £3.50 on the door.

For more information on our programme visit our website at www.spanglefish.com/WollatonNaturalHistory <<http://www.spanglefish.com/WollatonNaturalHistory>> or find us on Facebook.

CHILWELL LAWN TENNIS CLUB

Would like to invite you to come along to support the LTA's Great British Tennis Weekend on

Sunday 13th May and 21st July between 10:30 to 16:30 .

"We are a small and friendly club with three grass courts. We welcome new members of any ability, any age and offer coaching courses for those who want to learn and improve. We have a successful juniors programme linked with Lanes Schools. Open from April to October each year and have one of the lowest membership rates in Nottinghamshire. Visit ClubSpark on the below link to view additional information and book on sessions".

ARE YOU INTERESTED IN OR GOING THROUGH THE MENOPAUSE, PERIMENOPAUSE OR POST-MENOPAUSE? FANCY TALKING ABOUT IT WITH OTHERS?

We provide an informal, accessible, respectful and confidential space for anybody interested in sharing their stories, experiences and questions, so please bring your thoughts, ideas and interest. We're a really friendly group and welcome all genders and ages!

When: Wednesday, 9 May - 7pm - 9pm

Where: Rudyards Tea House, 82 High Road, Beeston, NG9 2LF
Register: The event is free, but please register with us on the email address below, so we know how many to expect.

For more information about this event, please contact:
Koren 07547 459 625 koren@flourish.international
or Bridget 07503 953 848

Want to know more about the Menopause Café movement?
Visit <http://www.menopausecafe.net>

Come and sing with Beeston Open Voices – a BRAND NEW choir especially suitable for adults with learning difficulties.

Open Voices is Music for Everyone's latest community project. The idea is to provide singing sessions especially designed for adults with learning difficulties. Following on from the success of Open Voices: Sherwood and Open Voices: West Bridgford, April sees the start of Open Voices Beeston. This group will meet on a **Tuesday morning from 10.00am – 12 noon at Middle Street Resource Centre, Middle Street, Beeston NG9 2AR.**

The final session of each term will include and informal performance to friends and family. Come and try it for FREE! The first session for everyone will be a FREE TASTER SESSION. After this, there will be a fee of £2 per session, covering everything you need, plus a 'half time' cup of tea or coffee and biscuits! Subsidised places are available. INTERESTED? Please give us a ring on **0115 958 9312** or send us an email admin@music-for-everyone.org to let us know you are planning to come along. Dates for the term can be found on our website: <https://www.music-for-everyone.org/whats-on/adult-music/open-voices/>
Let's get everyone singing!

RETIREMENT OF LONG EATON PASTOR

Last month, Long Eaton Baptist Church held a farewell lunch for their much loved pastor, David Shaw who retired on 31st March after almost six years as their Pastor.

During the lunch David was presented with a gift from the church by Mrs Eileen Fletcher senior elder and church member.

He is well respected in the local community through his work and support for many organisations.

David and his wife Susan will continue to live in the area and remain members of the church.


Thank you David for six wonderful years of ministry to Long Eaton Baptist Church and the wider community.



SPRING FAIR, MONDAY MAY 28th FROM 1.30pm, IN AND AROUND ALL SAINTS CHURCH, MAIN STREET, STRELLEY VILLAGE NG8 6PE


It's that time of year again! Why not join us in our annual Spring Fair. Admission is free (donations welcome) - all proceeds to the

Parish of Bilborough and Strelley. This year we are including Bric-a-Brac, Books, Children's Quiz, Crafts, Home-made cakes, Jewellery, Music, Raffle, Refreshments and much more. The church, churchyard and war memorial will be open to visitor too. Hope to see you!



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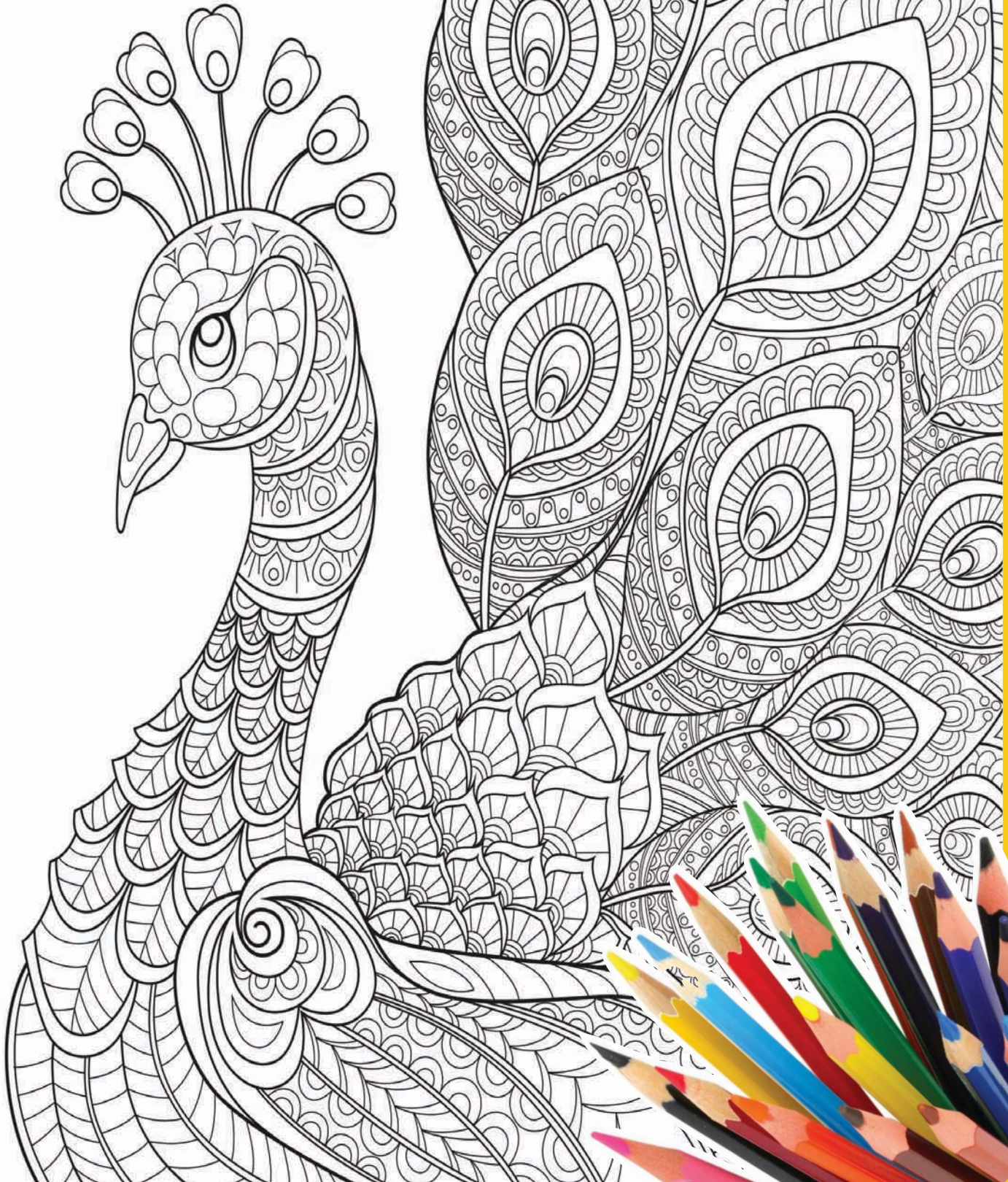
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