

Express Business

This is the official business page of The Beeston Express, where we feature local businesses, large and small, with news to share. Our aim is to keep Beeston Express readers living in the wider community up-to-date with what's going on in the business world, either as items of general interest or if it may directly affect them (such as changes to tax laws, for instance). However, we request that, if we are running advertising editorial, advertising in The Beeston Express supports it.

ADVERTISING FEATURE

Have you made a will yet?

IF you haven't already made a will, life might become very complicated for your loved ones after your death.

For a limited period only, local solicitors Ellis-Fermor & Negus (EFN) are inviting clients to make a will at a discounted price. They say: "Things can become very complicated if you die without leaving a will. You may need to consider some of the following points and plan ahead just in case..."

- If you've been married more than once, have you made proper provision for the children of the first marriage?

- Would your partner be protected financially if something happened to you?
- Who would look after your children should both you and your partner die?
- Would your children be protected financially if something happened to you?
- Do you want the Government to receive all your money?
- Are you worried about Inheritance Tax?
- What would happen if your partner was admitted to residential or nursing care?

- Who would look after your pets and would they be properly provided for?"

As well as making wills, EFN also store clients' wills for free, review previous wills that clients may have made (even if with another solicitor) and can help with other probate matters such as estate administration and Lasting Powers of Attorney. They can also advise about Care Home fees.

If you would like to find out more about making a will, or any of the matters mentioned above, contact Kathryn Preston or Sarah Jordan at the Beeston office on 922 1591.

ADVERTISING FEATURE

Dealing with hectic, stressful lives

"WE all need to have some 'me' time in our busy, hectic, often stressful lives," says Complementary Health Therapist Philippa Dean.

As a woman, Philippa Dean knows how much juggling with all the various areas of their lives women have to do. "We sometimes get 'overload' when we know we just can't take on any more but still do!" she continued. "This is the time to reflect on exactly why we are doing this and how to help ourselves to cope better."

As an experienced Complementary Health Therapist, Philippa sees this 'overload syndrome' in many of her female yoga clients. The syndrome can lead to stress, anxiety, depression and physical symptoms: back and neck problems, migraines and headaches, digestive or bowel disorders, insomnia and tension.

Philippa started her successful yoga-based 'Relax and Stretch' classes at Bramcote Memorial Hall three years ago to help women especially cope with their lives in a more constructive way and to help them feel more relaxed, balanced, flexible, energised, stronger and more in control of their own bodies.

In her classes, students learn a routine of postures and gentle movements. These are combined with breathing techniques designed

to induce a maximum state of bodily relaxation and awareness. The aim is to regulate the flow of breath in coordination with the movements of the body and is an important part of what she teaches.

Students frequently report deep relaxation, enhanced sleep patterns, ease of joint mobility, increased flexibility and suppleness, better concentration, tension release, and improved circulation and breathing. Conditions such as backache, tension, headaches, high and low blood pressure, period pains and menopausal symptoms may all be alleviated with yoga, but she emphasises that regular yoga practice is necessary to obtain these benefits.

"There are many health benefits from practicing regular yoga, especially concerning strengthening and building up the spinal muscles in the back," she said.

Philippa advises that anyone with serious back problems would need to talk to their doctor before joining a yoga class.

A new class starts on Thursday, May 1, at Beeston Youth & Community Centre, West End, Beeston, 6.45 pm to 8.15 pm.

To book your place or for more details, contact Philippa on tel: 925 1184 (www.enquiries@acupuncturepaincentre.co.uk).

Local support for 'Wear It Pink' campaign

WESTERMAN Homes of Chilwell is to donate all of the money raised from sales of a booklet charting a pictorial record of the company's 75 year history towards the Breast Cancer 'Wear it Pink' campaign.

Westerman Homes Sales & Marketing Manager, Julie Whitehouse, has supported the charity for more than five years, and has been instrumental in organising many fund-raising events. The 'Wear it Pink' campaign, which culminates in October, saw Julie in pink pyjamas for the day last year and raising £300. This year she hopes to beat this target.

"With 1 in 9 women being diagnosed with breast cancer in the UK alone, it is inevitable that nearly everybody has been touched by breast cancer in some way," said Julie. "I am thrilled that the Westerman directors are willing to donate the sale proceeds of their 75th Anniversary book towards the campaign."

The Westerman company was formed in 1933. It remains a local family-owned business, building its first pair of houses on Cator Lane North, Chilwell, in 1935.

If you would like to purchase a copy of 'The 75 Year History of W Westerman Ltd.' send a cheque/postal order for £5 with your name and address to: W. Westerman Ltd. 'History Book', 158 Bye Pass Road, Chilwell, Nottingham NG9 5HQ. All proceeds will go to the charity.

Life Alchemy

by Fiona of Inspirations Therapy

Boxing Clever

IN the last issue, I spoke of the value of fulfilling dreams and potential, and received such a response I thought I would share an illustration of someone who has done just that: boxer Joe Calzaghe.

In Las Vegas next weekend, Calzaghe will fight in what promises to be a glittering pinnacle to a long, tough and often times unrewarded career.

Calzaghe won BBC Sports Personality of the Year in 2007; recognition that he has achieved more than any other British boxer in recent history.

To achieve such success takes dedication to your goal, determination to overcome difficulties and confidence in your abilities – something we Brits aren't always very good at! Whilst over the pond the idea of the American dream encourages individuals to think big; on this side an ingrained quasi class system and a pessimistic streak seems to run through our society, meaning those who want to strike out to greater things often have to face negativity and disapproval from others.

For Calzaghe, his careers advisor laughed when, at 14, he told her

that without doubt he would be a World Champion boxer. However, encouraged by his father, an Italian immigrant who grew up in poverty, the young Joe would consistently train hard, even when he didn't want to, knowing that every small step of progress would eventually reap benefits. When Joe said he wouldn't go out jogging in the snow, his dad responded by saying that, if he didn't, his dream would not materialise, so the young Calzaghe put on his running shoes and forced himself to train. Now that his place in sporting history is assured, and a £million payday guaranteed, you can see how the years of hard work have paid off.

These days of reality TV can create the illusion of instant and easy 'success' but overwhelmingly, the most successful people are those who, like Calzaghe, keep fighting for their dream.

We must teach our children to be determined and confident so that they too can become champions, whatever their dreams.

Last words to ponder: "The road to success is always under construction."

Next issue: Age ain't nothing but a number!

ADVERTISING FEATURE

Try the new trios at the Bakery Wine & Tapas Bar

The Bakery Wine & Tapas Bar
100 Chilwell Road, Beeston

THE Bakery Wine Bar has recently added a tasty range of tapas to its already extensive menu of wines and beers. To entice *Beeston Express* readers, the Bar is offering a special menu from Monday to Thursday – three tapas and a bottle of their recommended house wine for just £14.95.

In addition, lovers of live music can look forward to family-friendly lounge jazz sessions on Sunday afternoons, following the success of the unique monthly music night, the 'Music Quarter', at the Chilwell Road venue in Beeston.

Bar owner Richard Abraham said: "Following extensive refurbishment of the premises, we have created a relaxing oasis where customers can enjoy food, wine and atmosphere."

Richard has hand picked the bands for the free live jazz being

introduced on Sunday afternoons between 1.30pm and 3.30pm. These will include trios featuring singers such as Wendy Kirkland and Chris Watts as well as the hugely popular Carmina. The Music Quarter will continue on the penultimate Thursday of each month.

Richard continues to offer the free function room upstairs at the Bar. The function room has proved a popular venue for parties and receptions and can offer catering and music if required.

Tapas are being served seven nights a week from 6pm, and Sunday afternoons from noon.

If you would like more information call Richard on tel: 922 0121 or visit the website, www.bakerywinebar.com, which includes details of music and menus.