

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.

The best things in life ain't necessarily free!

ATTENBOROUGH Preparatory School is holding an Open Day on Saturday, April 26, and owner/head Robert Everist is inviting prospective parents along to have a look at what the school can offer. Pupils will be at the school on The Strand between 10am and 2pm taking part in music, sport and general academic subjects.

The small preparatory school in the village of Attenborough could almost be said to be one of the best-kept educational secrets in the area – and yet it has enjoyed almost 100 years of teaching success. Children taught at APS find themselves 'courted' by the top local independent schools when they get to secondary level for their academic skills and the way that they conduct themselves.

Now the school, which takes children between the ages of four and 11, is advertising for the first time ever to counteract the effect of what Mr Everist refers to as 'the missing generation'. He explained: "School numbers are dwindling as an entire age group of children has gone missing – the children who should by now have been born to parents who, already having

married later in life, then decided to wait a few more years before starting a family."

It is three years since Robert and his wife, Susan, bought the school from retiring owner and head Marianne Cahill. They have not looked back since.

"We own another prep school at Mansfield Woodhouse and had heard about APS," he said. "Coming to have a look round, we stopped the car outside the Upper School (originally the Village Institute) on the Strand. I said to Susan: "This isn't us." However, seeing as we were there, we decided we should be polite and at least have a look.

"But the minute we stepped inside the school we knew it was a special place. It can't be explained, it was simply there: the atmosphere throughout the school, the attitude of the children, who knows what creates it? We just fell in love with it on the spot."

The school, with places for 80, offers a wide and enriched curriculum. The staff to pupil ratio is high and the dedicated team, headed by Mr Bricklebank, helps the pupils work towards their personal targets whilst encouraging

them to demonstrate high standards of behaviour and a positive attitude. All of the Year 6 leavers have passed their entrance exams and gained places at the schools of their choice.

Mr Everist added: "The school is well respected in the local community and by the local independent and state secondary schools, who are keen to offer places to our pupils when they transfer at the age of 11.

"We invite parents to come and have a look on April 26, especially those who think they cannot afford private education for their children – they might be surprised. The school is non-profit making, and the benefits difference of what a private education turns out as a citizen in terms of social skills and conduct is staggering."

This interview was conducted on the veranda of the cricket pavilion overlooking Attenborough Village Green, where APS children enjoy their summer sports. Looking out over the green, through the willows and across the Trent valley, Mr Everist summed up: "Look at this. It is such an idyllic, wonderful setting. I never want to move from this school."

Life Alchemy

by Fiona of Inspirations Therapy

Age ain't nothing but a number...

..or so the saying goes. And of course, it's right! Increased life expectancy and better living standards means that many of the retired generation are living a time-rich and comfortable life. These are the perfect days, then, to rediscover old hobbies or learn something new. Society generally doesn't celebrate older age but just take a look at some of the examples below to see how age is certainly no barrier to achievement!

- 'Grandma Moses' was an American artist who began painting in her seventies after arthritis prevented her from continuing with needlecraft. She quickly achieved international recognition for her work and Rockefeller, the New York Governor, named a day after her.
- 'Colonel' Sanders of Kentucky Fried Chicken fame: now this fast food may not do your arteries any good but it worked wonders for the bank balance of this entrepreneur! Harland David Sanders (his real name) started cooking for his family at the age of seven after

the death of his father meant his mother had to work outside the home. At the age of 62 he franchised the company and became a very successful and wealthy man. His caricature is still used as the face of KFC today.

- Sadie and Bessie Delaney were sisters and civil rights activists who succeeded in their careers to break new ground for African American women against a backdrop of racial prejudice. This pioneering pair was entered into the *Guinness Book of Records* in 1993 as the world's oldest authors. That was until...
- Harry Bernstein came along! His book *'The Invisible Wall'* was published in 1997 when he was 96. Loneliness after the death of his beloved wife of 67 years prompted him to write about his complex childhood. He is now working on a sequel.

So to all you 'more mature' readers: be inspired and give those young ones a run for their money!

Last words come from American actress and wit Billie Burke: "Age is something that doesn't matter, unless you are a cheese."

ADVERTISING FEATURE

An A – Z of acupuncture: C is for Coughs, Colds and Chest Infections...

...or, as doctors say: "Conditions of the upper respiratory tract!"

In western medicine, we usually say that a virus or bacteria causes chest infections. In Chinese medicine, climate is blamed. Standing in the wind, we catch a chill. Chinese medicine says: 'we have been invaded by the wind'.

The antibodies that protect our lungs are made in lymph glands between the shoulders. If they get cold, they don't work properly. Consequently, the reduced production of antibodies allows opportunist infections to take hold. A chill!

Acupuncture stimulates points on the upper back to release the wind. The points have an instant effect on antibody production. Suction cups are often placed over the same points to improve the immune response. We could say that

'expelling the wind' wakes up our antibody response.

Different kinds of 'cold' are classed according to their symptoms 'Wind heat' is accompanied by a sore throat, headache, fever and coughing. That is a wind invasion with toxic heat!

'Wind cold' comes with shivering, sneezing and a runny nose – wind invasion with toxic cold. Each requires a different set of points to be stimulated. Some points remove heat as in fever. Other points disperse cold as in shivering. Treatment usually induces sweating and, if caught early enough, will clear a cold in 30 minutes.

As well as acute chest problems, there are chronic conditions. These are also classed according to their symptoms. Take phlegm, for example.

Phlegm is classed either as damp,

damp heat, damp cold, or phlegm fluids. Acupuncture points on the legs, back and arms can stimulate damp removal by the body; I have witnessed dramatic improvement in the breathing of some patients, simply by resolving dampness in the lungs.

It is said that the spleen allows damp to build up, but the lungs store it. The spleen is supposed to get rid of damp, so if damp is building up, it follows that the spleen can't be working hard enough. Any pathogenic factor, if not expelled properly, will lead to a chronic condition.

It is not enough to kill a bug with a pill. We must strengthen the body so that the pathogenic bug can neither stay in, nor get back in once expelled.

Dave Yeomans
Beeston Natural Therapy Centre

Find rewarding work with Citizens Advice

THE Citizens Advice Bureau of Broxtowe was formed when the bureau of Eastwood and Beeston merged. It recently underwent a rigorous audit, carried out every three years, to ensure it can remain a member of the National Citizens Advice Association and also retain its Legal Services Quality Mark.

At the last audit, Citizens Advice Broxtowe was said to offer very good advice. The quality of advice provided was rated "very good" and its administration, finances and other systems were up to the standard expected of a Citizens Advice Bureau guaranteeing quality.

"However," said Guidance Tutor David Higgins, "Citizens Advice Broxtowe can only operate if it maintains a supply of members of the public who wish to be trained as volunteer advisors!

"We are extremely fortunate in the volunteers we have. They are a dedicated and happy bunch of

people who are a pleasure to work with. Each of them goes through approximately six months of training before they can help clients resolve their problems. If you ask our volunteers why they do the work, they'll invariably say it's because of the satisfaction of helping a client sort out his or her problems. To see a client enter the bureau stressed and not knowing where to turn, and then to see that same client leave feeling reassured because someone has cared and offered some good advice, is a real buzz.

"At Beeston and Eastwood, we are always happy to hear from anyone interested in volunteering. They are always welcome to come to the bureau for a no-obligation chat to find out more about how the bureau works and training."

Anyone interested in becoming an advisor should contact David Higgins (Guidance Tutor) on 01773 768 363.