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Edwalton Primary Celebrates Ofsted Success

Edwalton Primary School, a member of the Flying High Partnership, is celebrating as its recent Ofsted report finds that the school continues to be Good. See story on page 3.

Is the Government Helping Nottingham's Tenants?

Nearly half of tenants in Nottingham don't actually understand their rights or the new laws the government has brought in to help them, according to a new study.

The research from online letting agent MakeUrMove has revealed tenants in the city struggle to get their heads around some of the most common pieces of legislation

associated with property rental.

Worryingly, 89 percent of tenants in Nottingham don't understand the upcoming tenant fees ban, despite widespread coverage of the impending policy.

The survey also revealed that 57 percent of tenants don't understand the costs they have to pay for referencing checks,

highlighting the need for greater clarity in the industry.

However, Nottingham tenants are bucking the national average when it comes to understanding the rules around deposits, with only 27 percent not understanding the Deposit Protection Scheme, compared to 41 percent nationally.

Alexandra Morris, managing director of MakeUrMove, said "While the government is adamant that certain legislations have been brought in to protect tenants, the reality is it's leading to additional confusion among

tenants, many of whom already don't understand their current position. The fact that such a high percent of Nottingham tenants still don't understand the implications of the impending tenant fees ban, despite it potentially coming into effect within the next few months, is particularly worrying."

"As letting agents, we have a duty to educate both tenants and landlords about their rights and responsibilities, this is

89%
of tenants in Nottingham don't understand the upcoming tenant fees ban, despite widespread coverage of the impending policy.

something made much more complex by ever-changing regulations. "The impact of these new regulations and lack of understanding of tenant rights is also making life much harder for the landlords in Nottingham, particularly the accidental and smaller landlords that make up a large proportion of the private rented sector."

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Young Burns Survivor Shares Her Inspiring Story

A 10 year old girl, who was badly burned after her clothes caught fire at her home in Nottingham, has met with a fellow young burns survivor at Nottingham University Hospital (NUH), to speak about her experience.

Adanaé Liburd-Graham was seven years old when her cotton dress caught fire during Christmas celebrations. She suffered 32% total burns across her body and has been receiving treatment for her injuries at Nottingham Burns and Plastic Unit at Queen's Medical Centre over the last three years.

Adanaé's Mum, Nicola from Arnold said: "It seemed to happen in a matter of seconds, we were initially taken to Birmingham before being transferred to the Nottingham burns unit, where we attend

regular appointments now. It has really helped coming to the Burns Unit everybody on the ward has been lovely and very supportive, being able to speak to other burns survivors is a really positive step and it's nice for other families to be able to share their experiences."

Adanaé met with five year old Maryam, who earlier this year experienced 5% total body burns and was taken to hospital after hot curry fell on her whilst in the kitchen at home, severely burning her arm and legs. Maryam's dad said: "You don't expect something like this to happen, it was quite shocking, I think with Maryam being young it can be difficult for her to talk about these things,"

Nottingham Burns



Advice for the public regarding burns and first aid:

Stop, Drop, Roll

Used when clothing catches fire - children get confused about when to stop, drop and roll. It is important to know when to do this. Stop, drop and roll should be used when clothing catches fire.

Cool, Call, Cover

First Aid advice from the British Burn Association

1. Cool the burn with running cold tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
2. Call for help 999,111 or a local GP for advice
3. Cover with cling film or a sterile, non-fluffy dressing or cloth - make sure patient is kept warm.

and Plastic Unit provides support and care for patients across the East Midlands, working closely with Burns Services in Leicester and Birmingham.

Andrea Cronshaw, Children's Clinical Nurse Specialist at Nottingham Burns and Plastics Unit said: "Adanaé has been a very positive throughout what has been a difficult time for her and her family. She has a very can-do attitude and has attended Burns Camp for young children and their families for the last three years, to help rebuild her confidence."

Oldest Patient Ever Gets Back On Her Feet

A Mansfield patient is thought to be one of the oldest knee replacement patients in the country after undergoing a successful knee replacement operation at the age of 100.

Inspirational Sherwood Forest Hospitals patient, Dorothy Crawthorne is nearly 101 and has undergone two knee replacement surgeries, with the latest operation taking place on her right knee, after having her first knee replaced at the age of 98.

Dorothy now aims to be able to walk independently again in the next few months and told Sherwood Forest Hospitals that she still does all her own housework and doesn't need any help because she doesn't feel 'old' at all. She said: "I couldn't get around at all by myself before, but now that I have had the operations it has made me feel more confident and steady on my feet."

Consultant Orthopaedic Surgeon, Mr Badhe (inset pic), said: "I am pleased to say that Dorothy is recovering well after a real team effort to get her back on her feet. The physiotherapy team has been excellent along with the nursing staff who cared for her whilst she was on the ward. Thanks to their help and dedication Dorothy was able to go home just two days after her operation."



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NEWS in brief...

Buyer Guarantees Future of Beeston Town Hall

Broxtowe Borough Council agreed to accept an offer by Cornerstone Redeemer Church to buy Beeston Town Hall on 17 October.

The decision comes following months of work with two community bidders to find an alternative use for the Town Hall.

Leader of the Council, Councillor Richard Jackson said: "The Council wanted to find a buyer who presented a strong business case which was sustainable, financially viable and provided significant community benefits and Cornerstone Redeemer Church's proposals met all of these requirements.

"They plan to create a new community hub for the people of Beeston with initiatives including support for international students, community fun days, English as a second language support, mid-week community groups, artisan-style workshops and exhibitions, children's groups, money and debt advice, community café, courses and supporting the work of Hope Nottingham."

Trentbarton for Bus Driver of the Year

Trentbarton bus driver James Kearney is in the running to be named the UK's best bus driver. skylink Nottingham driver James, who previously drove the mainline after joining trentbarton in 2004, is one of eight finalists in the Top National Driver category of the UK Bus Awards 2018, an award sponsored by Volvo.

The 46-year-old from Radcliffe-on-Trent will find out if he has won at a ceremony in London on November 20. He was nominated for the national award by trentbarton after winning its really good service awards Driver of the Year title in April.

Sharon Bailey, the operations manager who manages James, said: "He never has a bad day on the job. When driving he's so friendly with the customers. You only have to meet him to feel that you instantly have a relationship with him."

trentbarton managing director Jeff Counsell said: "Hugely deserved congratulations to James for making it to the national finals. We believe he's that special he can go one better and bring home the national prize."



Repair, Reuse, Recycle

Nottingham Fixers Repair Cafe is holding an event on Saturday 3 November, 2-5pm at the Sherwood Methodist Church, NG5 2EN.

At Nottingham Fixers we are focused on reducing the unnecessary waste of repairable household items getting throw away. Come along with your broken items and the team of volunteer 'Fixers' will help you learn how to repair them. From jewellery and bikes to small electrical items and clothing, restore all your household goods like they're brand new.

There will also be homemade cakes and hot drinks to enjoy. A new addition for the café; there will be a collection box for electrical items, old phones, jewellery, etc. that can't be repaired,

these will be sent away for the parts to be recycled and therefore spared from landfill.

More information available on the Nottingham Fixers Facebook page @ NottinghamFixers.

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Edwalton Primary celebrates Ofsted Success

Edwalton Primary School, a member of the Flying High Partnership, is celebrating as its recent Ofsted report finds that the school continues to be Good, reporting that 'the school has demonstrated strong practice and marked improvement in specific areas' and, '...the school has improved significantly overall.'

Describing a step change since its last Good Ofsted in 2012, the report highlights the impact of the new leadership at the school, and in particular, the changes made by Head Teacher Anthony Thomas, saying, 'Since your appointment, the leadership team, with support from the trust, has enabled Edwalton Primary School to flourish. The school is now achieving standards above those seen nationally in almost every area.'

Head Teacher Anthony Thomas said that the report reflects Edwalton's amazing children and the hard work and commitment of his staff. "We are delighted with the Ofsted report which recognises that we are on a rapid journey of improvement at Edwalton Primary School. Our wonderful children are at the centre of every decision we make; they are the reason that we will continue to push for further improvement whilst continuing to celebrate the school's uniqueness through our new curriculum.

"The staff and I would like to thank the parents and the wider community for their support, and most of all, we would like to thank the children for their enthusiasm and hard work which makes Edwalton Primary School the flourishing and vibrant school it is today."



Take off for Edwalton! Mr Anthony Thomas, Head Teacher at Edwalton Primary School celebrates with some delighted pupils.

Hospice Celebrates 340 Years of Service



Treetops Hospice Care has presented fourteen volunteers and four members of staff with long-service awards, whose contribution to the charity totals 340 years.

Certificates and long-service pins were presented on Monday 15 October at Treetops, based in Risley. Treetops provides nursing care and emotional support for adults with life limiting conditions living in Derbyshire and Nottinghamshire.

Of those receiving awards, roles have included assisting in the Treetops charity shops, helping in the hospice kitchen, providing admin support, nursing through the Hospice at Home service and providing counselling and emotional support.

The Mayor of Erewash, Councillor Chris Corbett presented the awards and said: "We've always supported the charity and to have over 650 volunteers here just goes to show that people of the area have taken Treetops to heart and how much we value the hospice. It's a wonderful facility and we're so proud and honoured to have it in Erewash - long may it continue."

Amongst those receiving an award was Geoff Saville, 78yrs, from Bramcote who has volunteered for the hospice for 20 years. Geoff volunteers at the Treetops charity shop based on Bramcote Lane in Wollaton: "I feel like I'm helping people and doing something for others. You can actually see the result of what you're doing and know that there are people who come to the hospice and receive great support and help, as well as their family and friends."

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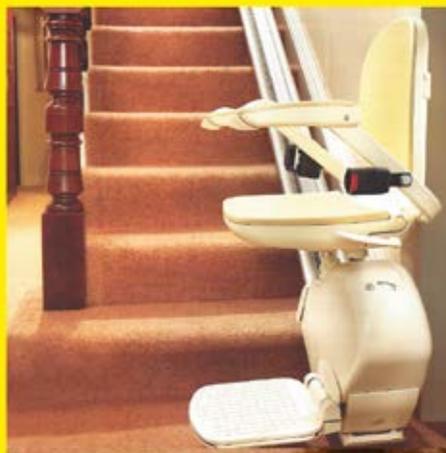
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SPLENDOUR CROWNED 'BEST FESTIVAL'



Photo: Jake Haseldine

Photo: Marcus Holdsworth

Celebrations for the special 10th birthday Splendour continue as the music event is crowned 'Best Festival' in this year's national industry awards organised by Live UK.

The 20,000-strong crowd were bathed in glorious sunshine all day at this year's Splendour and enjoyed special stand out moments from performers across three music stages. Headliner Paloma Faith shared the Wollaton Park festival's birthday and was touched to be serenaded by her band and the audience during her set.

Away from the music, there was so much to enjoy with fairground rides, Little Splendours area, fringe entertainment and a comedy stage. With the weather playing its part this year, it was truly a birthday to remember.

Organised by leading live music company DHP Family, MD George Akins said: "Splendour has become a staple on the Nottingham event calendar and I'm extremely proud to continue working on an event that means so much for Nottingham music. A big thank you to everybody involved and who contributed towards this year's award-winning event, and to all the people who attended and sang their hearts out."

DHP Family won big at the national awards, with an overall quartet of wins for its venues, festivals, shows and staff.

To stay in touch with festival news like '@splendourfestivalUK' on Facebook and follow '@SplendourFest' on Twitter and Instagram, using the hashtag #SplendourFest.

NEWS in brief...

New Youth Mayor for Broxtowe Borough

A 14 year old from Beeston has been elected as Broxtowe's new Youth Mayor. William Mee, from Alderman White School in Bramcote, was voted in at a recent meeting of Broxtowe Youth Voice. Will becomes Youth Mayor following a year as Deputy Youth Mayor, assisting outgoing Youth Mayor Alfie Russell. Will said: "I believe that young people do not get their say and I strongly believe that a society must have a young person's point of view also. I also wish to gain members of Broxtowe Youth Voice and encourage people to have their say."



William's first official engagement as Youth Mayor will be at the Beeston Remembrance Parade on Sunday 11 November, where he will read a poem as part of the service at the War Memorial.

For more information or if you'd like to join Broxtowe Youth Voice, contact Nottinghamshire County Council on 0300 500 80 80.

Local Stilton Maker Wins Best British Product

Family-owned cheese maker, Cropwell Bishop Creamery, is celebrating after its soft blue cheese, Beauvale, scooped top marks in this year's national Great British Food Awards.

Beating over 440 individual products sent in, Beauvale was declared Overall Best British Product of the Year in these prestigious awards, which celebrate the best of the best in the British food industry. "We are absolutely delighted to win this award - Beauvale was created as a British alternative to continental soft blue cheese and we have been overwhelmed by its popularity. To beat so many other products, not just cheese, in the Best British Food category is such a great achievement for our team" said Cropwell Bishop Creamery director, Robin Skales. The award-winning Beauvale can be purchased directly from Cropwell Bishop Creamery's Cheesemaker's shop in Cropwell Bishop village or throughout the country at cheese shops and delicatessens.

Eden Hotel Launches First UK Spa Academy

The award-winning Eden Hotel Collection, a luxury collection of nine UK boutique hotels, has announced the launch of its new Elan Spa Academy. The first of its kind to be launched in the UK, the Spa Academy allows talented and aspiring beauty therapists to earn as they learn as part of a new apprenticeship scheme.

Through a partnership with the International Beauty and Holistic Academy (IBHA), the Eden Hotel Collection now provides the opportunity for successful applicants to work for the luxury hotel collection on a full-time basis with monthly study release days. Recruits will gain a

bespoke Level 3 Beauty Therapy qualification - and a huge amount of practical workplace experience - via three days of modular training per month, across a ten-month learning programme.

Available to qualified and soon-to-be-qualified Level 2 Beauty students, or those who have completed a Level 2 apprenticeship elsewhere and are now looking to expand their knowledge in a luxury boutique spa environment.

Lisa Redding, Head of HR at Eden Hotel Collection explains why the group has launched

the scheme: "The new Elan Spa Academy has been designed to fast-track the skillset of aspiring beauty therapists within a high quality working and training environment, whilst underpinning the standard apprenticeship learning modules with premium product house training via ESPA."

The next intake for the Elan Spa Academy will be in September 2019 and will see the Academy expand to cover apprentices at Levels 2 and 3.

For more details, or to book a stay and/or spa treatment, visit www.edenhotelcollection.com.



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Say Goodbye to Restless Nights

Do you know how many hours of sleep new parents give up in the first year of having a baby? Over 750! Whilst sleep is a huge compromise for new parents to care for their child, it doesn't have to be this difficult. Embark on your journey to peaceful sleep with a unique new app which takes the stress out of snoozing.

Sam Saunders, aka the Baby Guru, baby sleep and weaning coach, has helped over 450 families around the world in the last ten years, easing your baby into a responsive and independent sleep routine with her training methods.

Using individually tailored sleeping plans and expert

advice, the easy-to-use app helps new parents to recognise their baby's behaviour, react with confidence to their cries and inject routine and discipline into their little one's sleeping pattern, meaning they'll be sleeping soundly by themselves in no time.

The app advises on feeding routines, nap time and anything else you need to know, all perfectly suited to your baby's exact needs – it's like having a professional in your pocket.

To get started, download the app, available on Apple and Android devices, enter your little one's details and watch the magic happen.

For more information, visit www.thebabyguru.co.uk.



Local Trust Introduce Menopause Campaign

To coincide with World Menopause Day on 18 October, Sherwood Forest Hospitals launched its new campaign to break the menopause taboo in the workplace and support female staff experiencing menopausal symptoms.

Four out of 10 women who work at King's Mill Hospital, Mansfield Community Hospital and Newark Hospital are over the age of 50, and with women living and working longer than ever before, it's likely that they will experience menopausal symptoms whilst still at work. That's why Sherwood Forest Hospitals has worked with the Government Equalities Office Menopause Report Team and Henpicked: Menopause in the Workplace, to put best practice in place.

The campaign, #MenoPAUSE4Thought, kicked off on 18 October with line manager training and events for staff, supported by the launch of a new menopause guide. The events aimed to normalise the menopause and change perception in the workplace, as well as raise awareness and make it easier for women to continue to work through symptoms.

Chief Nurse at Sherwood Forest Hospitals, Suzanne Banks, is leading the campaign. She said: "I am extremely passionate about how we support our female workers around issues surrounding the menopause.

"We're encouraging everyone to talk about it [menopause] openly, after all it's a natural phase in every woman's life and it's time that workplaces like ours understood that and put the right support in place for women that need it."

Will Universal Credit Rollout Stop in Nottingham?

The rollout of Universal Credit in Nottingham should be stopped if the Government is planning to make changes to the flawed new benefits system, says the City Council leader.

There are reports that the Department for Work and Pensions plans to halt the full rollout of the controversial system which aims to bring a range of benefits into a single support service, following significant

criticism of the system. The City Council has been calling for the Government to stop and rethink how the system is delivered.

Some benefit claimants in Nottingham have already been transferred to Universal Credit, with the full rollout underway as of Wednesday 17 October. This means that while current claimants with no change of circumstances will remain on their

current benefits, as of 17 October any new benefit claimants in Nottingham will have to claim Universal Credit.

"If the Government is finally recognising this is a flawed system, then that's welcome, but if that means they are halting Universal Credit roll-out, it needs to stop immediately in Nottingham," said Councillor Collins.

Universal Credit is six years behind schedule

and has been widely criticised for pushing claimants into debt, rent arrears and reliance on food banks – with millions of claimants still to be moved onto the new system.

Councillor Collins added: "We've only had a limited experience of Universal Credit so far in Nottingham but we're already seeing examples of rent arrears rising along with more debt problems."

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Nottingham Wedding Venue for Foodies

The exclusive Hart's opened in Nottingham city centre on the old ramparts of Nottingham Castle in 1997 and boasts beautifully manicured gardens, a boutique hotel with 32 bedrooms and is licensed for wedding ceremonies for up to 100 guests in Hart's Upstairs.

If you and your loved one are big foodies, your wedding breakfast will be an important aspect of your big day so you deserve a wedding venue that shares your passion. Hart's have been an exclusive wedding venue since 2001 and includes a restaurant which is renowned for fine wines and its two AA rosettes.

Head chef Dan Burrige has created a selection of menus with classic modern British dishes. There are lots of different styles of wedding food, depending on what type of day you are planning. You may like to go down the traditional route, starting the feast with delicious canapés followed by a three-course wedding breakfast. Mains include sirloin of beef wellington, loin of Derbyshire lamb, garlic potatoes, farmhouse cabbage, rosemary & red wine sauce or line caught wild sea bass, braised fennel, saffron & parmesan polenta & basil sauce.

Alternatively, you could go for a buffet option or a barbecue wedding breakfast all served with fresh salad

and Hambleton Bakery breads. If an afternoon tea is more your style, you can choose a champagne version full of sandwiches, cakes and scones. Hart's can even provide a separate children's menu so if you've got lots of little ones coming to your big day, you can feel confident that they will be catered for.

As well as great food, Hart's offers exceptional service and you can take advantage of pre-dinner drinks and canapés, all while admiring some spectacular views over Nottinghamshire in their private garden.

Their dedicated wedding planner is able to recommend hand-picked wedding suppliers from cake makers to photographers for you, so you know everything is covered just as well as the food. Wedding packages include a menu tasting for two people as well as a complimentary room for the bride and groom.

If you would like to discuss your wedding plans, please give Sally Thornhill a call on 0115 988 1900 or drop her an email at s.thornhill@hartsnottingham.co.uk.



WAR STORIES FROM WWI

Reflecting on conflicts from 1918 to the present day, David Brookes and Mick Whysall, who write and perform as The Woolly Tellers, present a new show 'Voices' at the National Justice Museum on the eve of Armistice Day. Featuring tales of those in uniform and the civilians on the home front, The Woolly Tellers interpret stories, tales and anecdotes with humanity and humour.

Tragically WWI was not to be 'the war to end all wars' and the evening explores many other narratives, telling tales of the brave fire watchers and air raid wardens of WW2, and the human cost of more recent conflicts.

David Brookes and Mick Whysall are both experienced storytellers and joined forces as The Woolly Tellers after performing with the Story Tellers

of Nottingham. Each with a distinctive style and delivery they have captivated audiences in Nottingham and beyond.

7.30pm Saturday
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Nottingham Celebrates Hoodwinked Success

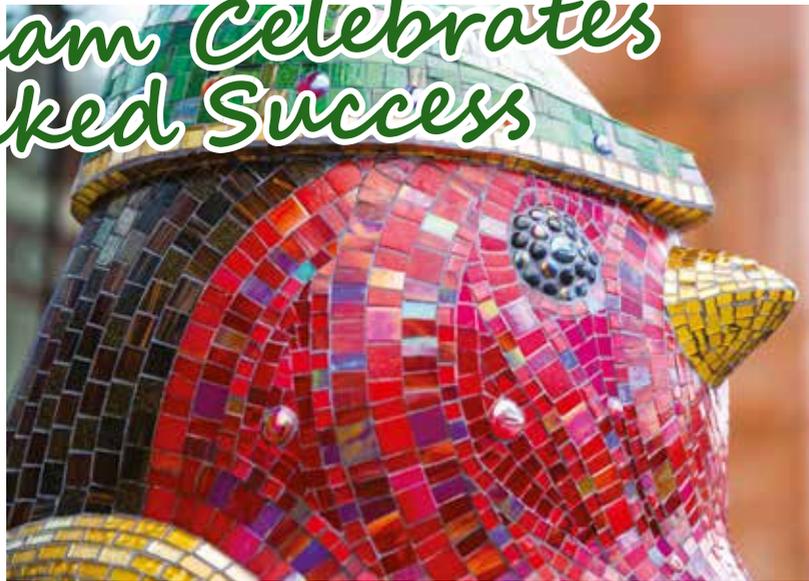
After two years of planning, three months on the streets of Nottingham, three days of farewell events and one big, hugely successful charity auction, our beloved Hoodwinked robins have flown the roost.

They've left their perches after entertaining visitors and locals and are migrating to their new forever homes after every robin sold at auction on 18 October.

An incredible £133,000 was raised for Nottinghamshire Hospice - a local charity which cares for adults with cancer and other terminal or life-limiting illnesses - at the auction held at St Mary's Church. Sale prices for each robin ranged from £3,000 to £5,800.

The robin bringing in the top price of £5,800 was Julie Vernon's beautiful mosaic 'royal robin redbreast' who has been a firm favourite with the public throughout the trail.

In Sherwood, a group who began a crowd funding page to bring one of the robins to Sherwood for the local community was hugely successful - raising over £7,000 and bagging Sherwood two fantastic robins. Daniel Walker, who organised the



Sherwood community bid, said: "We're so happy that our idea - only conceived a week ago - to bring a robin to Sherwood has been so successful!"

The Hoodwinked trail was brought to the city by Nottingham City Council in partnership with Wild in Art and Nottinghamshire Hospice. Council officers have worked hard over the past 24 months

to plan the trail.

Councillor Dave Trimble said: "Nottingham City Council are so proud to have brought the Hoodwinked trail to the city. We hoped people would embrace it and it would be a great, free activity for everyone during the summer holidays - but even we were surprised by just how much Nottingham people have taken the robins to their hearts."

School Attendance Improves in Nottingham

School absence has improved in Nottingham - with secondary pupils recording better attendance than the national average.

Nottingham City Council has led a tough stance on getting children into school - with a zero tolerance approach to persistent absence, while offering rewards and incentives to pupils with the best attendance. Latest figures for autumn term 2017 and spring term 2018 have been released by the Department for Education. They show Nottingham's attendance continues to improve, recording the

best figures for 10 years, while the national picture has worsened.

Welcoming the improvements, John Dexter, Director of Education in Nottingham, said: "These new figures show that Nottingham's schools continue to move in the right direction - well done to everyone who has played a part in this: pupils, parents, school staff and the council.

"We've taken a tough stance on attendance and give a very clear message to pupils: we expect you to be in school. The reason is simple - we want our pupils to succeed in

their education and we believe that being in school gives them the best chance to do this."

Fines of £60 per parent per child are issued through the courts for unauthorised absence. If this is not paid in 21 days, the fine doubles to £120 per parent, per child. If the fine is still unpaid, courts can impose tougher fines (with court costs) of up to £2,500 - and even have the power to issue prison sentences. More help and advice on attendance is available from www.nottinghamcity.gov.uk/schoolattendance.

What's the Stigma of Astigmatism?

The cornea (the clear window at the front of the eye) should be spherical to focus the light perfectly on the retina. A large proportion of us have some degree of astigmatism which is where the cornea is rugby ball shaped. Without spectacles the vision at all distances is blurry because half of the light hitting the retina is not in focus.

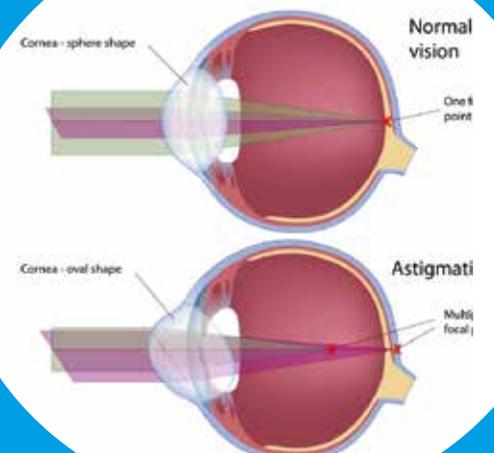
When we take a cataract out we correct the long or short sightedness but the astigmatism is unchanged. Sometimes the incision in the cornea can actually leave the cornea more rugby ball shaped than before.

If you have more than 1 dioptre of astigmatism (you can see how much you have by the second number in your spectacle prescription so for example a prescription of +1.0/-3.0D x 90 shows an astigmatism of 3 dioptres (D)) then this will significantly adversely affect your vision.

New technology means that we have the ability to correct your astigmatism by placing an intraocular lens (IOL) in the eye at the time of cataract surgery which will counteract the curvature of the cornea. It will mean that your vision will be significantly better than with an ordinary monofocal lens.

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Catherine Edwards

Leading Craft Market Returns to Nottingham

When the leaves turn brown and the night's draw, Lakeside Arts prepares to welcome you to Lustre, a craft fair for the style and design conscious seeking a unique Christmas gift or treat. Lustre is one of the highest quality craft events in the UK and the largest and most prestigious event of its kind in the East Midlands.

During this special weekend (3-4 November) visitors to the University of Nottingham's Lakeside Arts will find over 80 of the country's finest contemporary craft makers, selling everything from artisan jewellery, textiles and

bags to ceramics, glass and tableware. Each maker has been specially selected for the quality and uniqueness of their craft, and each one will be on hand to talk about the ideas and techniques behind their work. Lakeside's annual craft fair has become an eagerly anticipated landmark on Nottingham's arts calendar since its inception 17 years ago, and it is the perfect place to see and buy handmade gifts in the relaxed and friendly atmosphere of Lakeside.

Lesley Beale, Craft Coordinator at Nottingham Lakeside Arts, said: "We have such a great array of talent again this year, so I'm really

looking forward to the start of November. Make sure you don't miss Hothouse+ in the Pavilion where you may spot some familiar faces from last year and also check out the Young Meteors gallery which has some of the best talent from recent graduates."

The makers from Nottingham will be bringing an array of products to the high-end craft event, so if you are looking for a great way to ease yourself into the Christmas spirit or just treat yourself, then you will find plenty of beautiful things for you, a friend or your home.

Lustre will take place in venues across Lakeside Arts including the Djanogly Gallery and the DH Lawrence Pavilion.

For more information visit www.lakesidearts.org.uk/whats-on/lustre-2018.html.



Foto Ceramica



Dee Barnes

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Local Caterers Cook up a Storm at National Awards

The quality of food and drinks served up by Nottingham City Council's catering service has landed a prestigious award.

Nottingham Catering walked off with 'Local Authority Caterer of the Year' at the EDUCatering Excellence Awards, held at the Royal Garden Hotel in London.

The service is the largest school meal provider in Nottingham, serving around 12,500 meals every day to 60 schools.

Nottingham Catering's commercial arm also operates the Eat Culture restaurant and Bean Culture coffee bar at the Council's Loxley House headquarters, as well as cafes at Harvey Hadden Sports Village, Nottingham Tennis Centre, Bulwell Riverside and Mary Potter LIFT centres, and Woodthorpe Park pavilion.

Additionally, the Bus Stop Café is run in partnership with Nottingham City Homes at its Harvey Road base, while Café 1899 at Gedling Country Park is a joint partnership with Gedling Borough Council.

Councillor Graham Chapman, Deputy Leader at Nottingham City Council, said: "I'm delighted and very proud that we've received this

national award highlighting excellence in catering.

"It is testament to the dedication and commitment of everyone in the department who works so hard to ensure that the food and drink we serve is of the highest standard."

Nottingham Catering is also working with schools to promote the upcoming National School Meals Week, which runs from 12-16 November. Pupils across the country will be focussing on the nutritional value that a healthy and freshly-cooked meal provides and will be taking part in events and activities throughout the week. A key date is the National Roast Dinner Day, which Nottingham Catering will be serving on Wednesday 14 November

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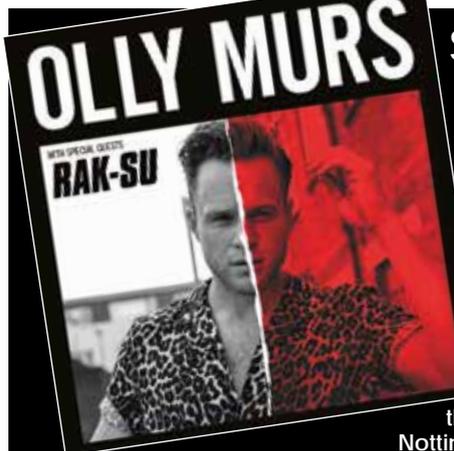
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SECOND NOTTINGHAM DATE FOR OLLY MURS

Due to overwhelming demand, a second date for Ollie Murs has been confirmed. Murs will perform at the Motorpoint Arena Nottingham on Tuesday 7 May 2019.

Ollie's first date at the Motorpoint Arena Nottingham on Monday 6 May 2019 has almost sold out and only a handful of tickets remain for this date.

Tickets for the second date went on sale at 10am on Tuesday 23 October and can be purchased online at www.motorpointarenanottingham.com via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.

Following the release of his swaggering new single 'Moves' featuring Snoop Dogg, Ollie Murs returns with his dazzling new album 'You Know I Know', out 9 November on RCA Records. 'You Know I Know' is a landmark release for Ollie Murs who celebrates a decade at the top with this, his sixth album, two discs that feature a brand-new album and a sparkling hits collection of songs everyone knows.

Now firmly established in his red chair as a judge on the Voice, Ollie has five multi-platinum albums under his belt, 4 #1 UK albums, 4 #1 UK singles and 6 #1 airplay tracks.

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Aries
People will never fail to surprise you and someone who thought they knew better than you is in for a shock. You are eight years ahead of them and will deliver news they don't want to hear nor acknowledge. Your popularity at work is growing rapidly as it seems you have found your niche in life. Love is in the air for both singles and those in a strong relationship. Plans for a dream holiday or to move house will cause excitement in the air. Suddenly you feel rejuvenated and full of life. That old sparkle is back twinkling in your eye.

Taurus
Do you know what makes you tick? Perhaps colleagues and associates are deliberately trying to confuse or trip you up. You are about to undergo some remarkable changes. Your horizons are about to expand as you bravely venture towards pastures new. Even though you may have felt under extreme pressure, rest assured a few missing pieces of a very complicated jigsaw puzzle are about to fall into place placing you in a very powerful position indeed.

Gemini
You have already warned your loved one of a false friend they have been entertaining...but now no more. Your advice has been heeded to so now you can rest easy. Changes at work may have felt uncomfortable initially yet now you can see they are working very much in your favour. An invitation to attend a celebration will put you in a wonderful mood. Younger family members who have caused much worry and angst are now starting to act less selfishly giving your feelings more consideration.

Cancer
Set yourself some challenges. A relationship issue continues to rumble along. Someone isn't being completely honest with you. A newcomer will start flirting with you outrageously and won't give a jot who is both listening and watching their performance. A friend may surprise you with theatre or cinema tickets. A scandal at work gets out of hand. You are right in putting distance between yourself and a troublemaker. Look after your health. You have been burning the candle at both ends rather too much just lately.

Leo
Hopes, dreams, secret wishes and inner desires will be met in more ways than you care to imagine. Someone or something is going to take your breath away and will probably transport you to another dimension. Plan a romantic time with your loved one and show them you care. Accept a dinner invitation from someone you find wildly attractive as you never know where a new adventure might lead to. Be on your guard regarding a false friend who is secretly envious and out to spite you.

Virgo
Prepare yourself for a period of great change in just about every aspect of your life. A job interview will go amazingly well giving you fresh hopes for getting a project off the ground. Someone at work may cause you to feel uneasy. Perhaps they are doing this deliberately because they want to see you fail. A declaration of love followed by an avalanche of promises from someone you have been intimately involved with may fill you with suspicion as to their sincerity. Always believe and follow your gut instincts relating to matters of the heart.

Libra
A financial matter is taking time to resolve, especially if you are currently trying to put all your affairs into order. A house move could soon be on the cards and once this happens you will be forced to prioritise your time because you cannot be in two places at once. Don't be quick to judge, especially when dealing with someone whose needs are different to yours. Give yourself plenty of time to absorb information before committing yourself to anything or anyone for that matter.

Scorpio
You know how to restrain yourself when you need to and right now there is so much going on concerning loved ones and their issues, you are right in refusing to become embroiled in their dramas. Let go of past romantic hurts. All you can do is learn from your mistakes and vow never to repeat them again. A new personal involvement will take you by surprise, especially if you are not really looking for anything in particular at this moment in time. A close friend will need your shoulder to cry on because you can be trusted to keep a secret.

Sagittarius
Changes affecting your work and career look unavoidable so it is important that you start thinking seriously about your long term prospects and future happiness. Someone who is wielding their power expecting others to agree to their terms could be in for a shock, but it is important that you reserve judgement and keep your opinions to yourself. Personal relationships may still present a problem, but as long as you are true to yourself and do only what feels right for you, then you will set some very important boundaries as to how you expect to be treated by others.

Capricorn
There is something deep in your heart and mind you are still struggling with that you are experiencing difficulties in coming to terms with. Accept a social invitation with a person who makes you laugh and makes you feel good. You want to put your life in order and only one person can do this and that is YOU!! Learn to say no to situations you know are bad for you and only take part in activities that are beneficial. Unexpected money is also winging its way into your coffers.

Aquarius
Having established to others that you are very much your own person is probably one of the reasons you are starting to feel more calm and relaxed about your long term prospects, even though you are under a lot of pressure both at work and domestically. Even if you are single and not in a relationship you are handling your situation with great dignity and starting to think more about your personal needs instead of dancing to someone else's tune. When the time is right everything will fall perfectly into place.

Pisces
Excitement is in the air and you are about to start living again. A social event could lead to a brand new love affair or romance transpiring after a few meetings and personal involvement with someone you find irresistible. You have a good business brain and you won't begrudge giving a subject a second chance if there is an opportunity to make some money. Look forward to arranging some long overdue holiday and travel plans.

Local Influential Receives Outstanding Award

Long-serving City Councillor Alan Clark, who died last year, has received a posthumous award for his outstanding contribution to the solar industry at this year's prestigious Solar Power Portal Awards.

The awards aim to recognise leadership, innovation and best practice in the field of renewable and clean energy.

Councillor Alan Clark was the Portfolio Holder for Energy and Sustainability from 2011 to 2016 and took a leading role in making Nottingham the UK's most energy self-sufficient city. Councillor Clark identified solar as a key part of Nottingham's sustainable journey as it lends itself to accelerating other council priorities such as tackling fuel poverty and income generation to protect front line services at the same time as meeting environmental responsibilities to reduce energy demand and carbon emissions.

As well as rolling out solar projects across the city, he was instrumental in thousands of homes and businesses being connected to the district



heating system and external wall insulation being fitted to thousands of homes, as well as setting up Robin Hood Energy, the UK's first council-owned energy company which has now 'gone green'.

Councillor Sally Longford, Portfolio Holder for Energy and Environment, said: "This award is richly deserved and I'm pleased that Eunice was able to accept it on Alan's behalf. Alan was passionate about his community and wanted to make it a better place for people to live and work."

New Campaign Enforces Tram Line Safety

A new campaign aimed at improving safety on Nottingham's busy roads has been launched by the city's tram network as of Thursday 18 October.

As the dark nights draw in, it urges motorists, cyclists and pedestrians to take care in areas of the city where trams operate, illustrating the importance of following traffic signals and road markings.

At the heart of the campaign is a video featuring accidents and near misses caught on CCTV, highlighting an increase in the number of road traffic collisions involving trams over the

past 12 months. Although nobody was seriously hurt in the incidents shown, they did result in significant disruption to tram services and inconvenience for NET customers and other road users.

Mike Mabey, Head of Operations at NET, explained: "The tram is one of the safest forms of transport, but over the year we've seen around 40 collisions, an increase of 15 per cent, and a doubling of close calls reported."

"In the majority of cases, these have involved cars and vans at junctions where the tram has the right of way, and we would urge all motorists to take extra care around these intersections."

The 'We're Safe Together' RTC video can be viewed on NET's website at www.thetram.net.

Council Plea for Poppy Helpers

Mansfield's People's Poppies tribute for Remembrance Sunday has topped a tremendous 7,500. Mansfield District Council would like to thank everyone who has taken the time and trouble to make poppies and sent them in. Now we need your help to tie them to the camouflage nets.

If you are in town shopping, there will be an opportunity to spend a few minutes attaching the poppies to the nets at a stall in Mansfield Market Place from Tuesday 23 October to Saturday 27 October from 10am to 3pm.

There will also be an opportunity to make a donation to the Royal British Legion whose members will be helping to man the stall along with council staff and Cabinet members.

Joining the poppy attachment platoon will be Deputy Mayor of Mansfield Cllr Mick Barton, who

said: "Even if you can just spare five minutes attaching the poppies it all helps. From my experience last year, it is a surprisingly therapeutic way to pass the time - you sort of get lost in it."

"It's very heart-warming to see all ages getting involved along with members of the RBL."

The People's Poppies project, launched in April, has seen knitters from the district and further afield donate thousands of knitted and crocheted poppies.

The display nets will be hung from the front of the Old Town Hall on Thursday 8 November in time for the Mansfield Remembrance Sunday parade on 11 November.

For more details about Remembrance Sunday, please see www.mansfield.gov.uk/remembrance



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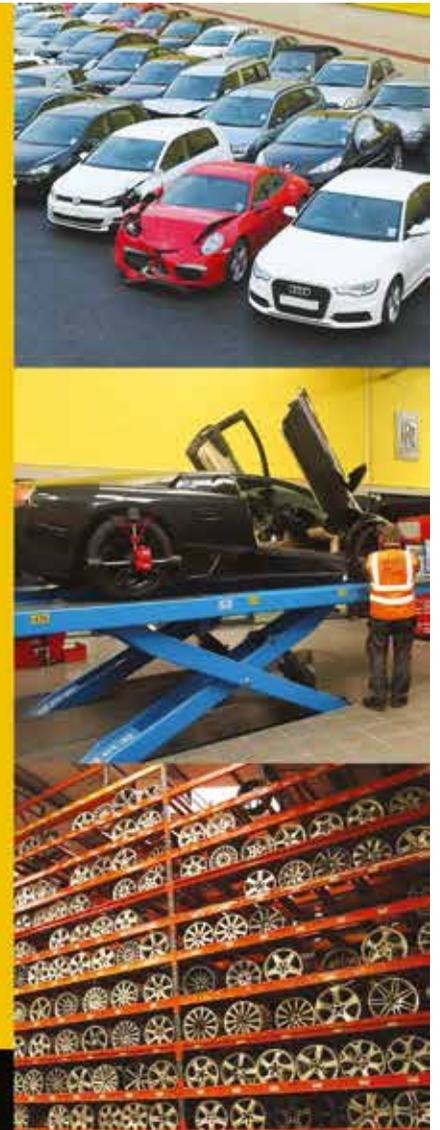
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Belvoir Interiors Ltd was founded over 45 years ago and has sold kitchens, utilities, bedrooms, studies and other household interiors for the previous 25. They sell a wide variety of Kitchens including Kuhlmann, Beeck, RWK and Prentice Kitchens as well as their own bespoke handmade kitchens

Belvoir Interiors also sell a wide variety of sinks and taps including Quooker, Zip, Franke, Blanco, 1810, Perrin & Rowe, Kohler and many others. Belvoir



Interiors can also provide all styles and colours of worktop including Silstone, Dekton, granite, Corian, glass, concrete, and have recently started to sell solid stainless steel tops.

Located in Newark Nottinghamshire on the Lincolnshire border, Belvoir Interiors have a large showroom with over 20 displays of fitted kitchens, sliding bedroom doors and fitted office furniture.

All of the kitchens at Belvoir Interiors are fully bespoke, and they offer kitchens for every budget and style to help you find the perfect kitchen for you.

For any information you require on any of the products or services mentioned, please contact Belvoir Interiors on 01636 705892 or email info@belvoirinteriors.com.

A SHINY NEW SPACE

Are you considering having a new bathroom fitted? Don't be daunted by the task at hand, check out our tips for ensuring that creating your dream space runs as smoothly as possible.

CONSIDER YOUR LAYOUT

If you are keen to change the layout of your bathroom, it's pays to think long and hard about whether it's the best option. Altering your layout is time consuming and costly, so sometimes it's best to leave things where they are. If you are adamant that you want a change though, make sure that you measure your bathroom carefully.

FIND YOUR STYLE

Everyone has certain looks that they are drawn to and it's important that your bathroom reflects your personal style. Invest in accessories and establish a colour theme

that you can incorporate in your bathroom. If you're struggling to settle on something that you love, you'll find plenty of great ideas online. Check out some hotel websites, especially small ones located in the country, for some inspiration.

DON'T FORGET STORAGE

Toiletry hoarders will know the importance of good storage in a new bathroom. If you're pushed for space, a storage tower that can be hung on a wall is a great investment. Stacked wicker baskets also look stylish in bathrooms with a nautical theme.

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What is BOHO STYLE?

Boho is umbrella term given to interior with an eclectic mixture of textures, patterns and materials. The word 'boho' derives from the word Bohemia – a central-eastern European country, the term bohemian was given to those who lived an unconventional and often nomadic or artistic lifestyle. Bohemian style was embraced during the

hippie movement of the 1960's and 70's as the look is born from a mixture of cultures. The great thing about boho style is it doesn't matter if your furniture or décor is vintage, rustic contemporary or shabby chic style; anything goes!

However, there are themes of boho style. So, what are they?

AFRICAN BOHO



When many people think of boho style, they think of African inspired bohemian, namely the bright colours, clashing prints and metal tones that are often introduced into the décor of a boho themed living space.

Include lanterns, jewel coloured cushions and ottoman style seating to achieve this laid back vibe.



EUROPEAN

European boho is a little more refined in its mix and match approach, though strives to look spontaneous. European style boho is characterised by vintage style furniture paired with rustic beaded curtains and quirky wall art.

WESTERN

Western bohemian style relies heavily on natural materials and fabrics to complete the aesthetic, think exposed beams, tribal prints and pouffe's or floor cushions rather than traditional seating.

CONTEMPORARY

Contemporary Boho

style borrows from its processors but combines elements of the classic boho styles with modern minimalists living. Think white wall and floors, wicker seating and animal head wall art. Cushions and rugs add splashes of colour while décor pieces can range from vintage, to African to contemporary.

View our full selection of Boho style items and create your own quirky heaven at melodymaison.co.uk.



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DON'T MOVE, IMPROVE

Burning up – Why Log Burners are Essential for your Winter Home Makeover

They're the stylish and modern alternative to fireplaces and there's a reason why log burners have become so popular in recent years – not only do they look gorgeous in both living rooms and kitchens, they are also much more efficient and cleaner than open fireplaces.

You can opt for different colours when it's time to choose a log burner for your home, but black, cream or white often look best as they are neutral and you can then decorate around them in any way that you like. Try placing items on either side of your log burner for a stylish look that will ensure that your new winter warmer really takes centre stage in your lounge. Invest in an on-trend wicker basket that you can fill with logs or other warming essentials like blankets and throws; you'll never want to leave the comfort of your living room again!

Log burners are really versatile and will work in rooms both small and large. If you are pushed for space, consider having yours fitted in the

corner of the room to take up as little floor space as possible.

Those with an aversion to cleaning will be glad to know that log burners are not as messy as open fireplaces; this is because the ash is contained behind the glass, meaning less time spent wiping and dusting at the end of the evening. You should still keep your log burner clean; use damp, crumbled up newspaper to clean the glass front and ensure that you can always see that roaring fire.

Not only will your living room look cleaner with a log burner, it will also be much warmer, too. With open fires, a lot of the heat escapes up the chimney, making them very inefficient. The heat from a wood stove radiates over a much larger area, meaning you'll feel the heat quicker and for longer, too.

With so many aesthetic and practical benefits, it's easy to see why a log burning stove is this season's décor essential.

WINTER IS COMING – IS YOUR BOILER READY?

The epic summer the UK has basked in cannot last forever, as we count down to the clocks going back, we are swapping shorts and T-shirts for jumpers and coats, and wondering if it is chilly enough to sneak the central heating on.

This is the time of year when we should be thinking about checking that our boiler is in good working order ahead of the hard work it has in store over winter. After months of inactivity, firing up the central heating again can put a considerable strain on boilers. If there are any underlying mechanical faults, the initial rude awakening from its summer slumbers is often when problems reveal themselves.

Having your boiler conk out that first time it drops cold; leaving you sat shivering in your own home, is not a pleasant experience. It is far better to check for any potential problems in advance so, when it comes to the weather changing, you have peace of mind that your heating will work.

In a recent consumer survey carried out on behalf of Go Assist, 51% of people who

took part said they had their boiler serviced regularly. A quarter said they did not get their boilers serviced, while 24% said they did not own a boiler.

If you are one of the 25% who do not have their boiler serviced annually, we would strongly recommend that now is a good time to change your habits.

Even if you do get your boiler serviced, that is no absolute guarantee that something won't go wrong over the course of the winter months. If we have a repeat of last year's 'Beast from the East', with sudden Siberian temperatures and heavy snowfall, domestic boilers will be put under considerable strain.

Having insurance to cover the cost of boiler repair or replacement means you don't have to worry about the financial implications of a failure. As boilers are not included in your home contents insurance, additional boiler cover gives you affordable assurance that you will be able to keep your central heating running throughout the winter.

The Heart of the Home

The kitchen is the most used room in the house for many people; it's where we cook, socialise and enjoy quality time with our family after a long day at work. As we spend so much time in our

kitchens, it makes sense to give them a little bit of TLC; just the smallest of changes can make the biggest difference. If you find that your surfaces are often crowded with utensils, consider investing

in some additional storage to keep your space looking organised. Hanging shelves are perfect for smaller kitchens and are easy to jazz up. Why not invest in some small potted plants to mix in with your pans?

Often people reserve their artwork for the living room or bedrooms, but there's no reason that you can't buy some art for your kitchen; it's one of the quickest and easiest ways to breathe life into the

room. Choose small, colourful prints with quotes or pictures of food on that can be clustered together in groups of three.

Those that aren't shy of a little bit of decorating can also paint their cupboards to update their kitchen. Why not opt for a pastel shade like green or pale yellow to create a homely feel?

Now that your kitchen is looking shiny and new again, it's time to get cooking!



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WINTER Warmers



It's the Most Wonderful Time of the Year

It's almost that time of year where the run up to Christmas begins to spring to life, from the bustling festivities of sending cards, stocking up on wrapping paper and organising your mouth-watering feast to ensuring your wardrobe and home are up to date with the latest winter prints.

Injecting winter colours and accessories into your home doesn't have to break the bank, for a quick festive fix during these colder months; we have the perfect tips for you.

Let there be light

As the nights draw in earlier, we are plunged into darkness by the time you get home from a busy day at work. The use of lamps and fairy lights in your home create a soft and cosy effect in any room. If you already have lamps which match your décor, simply change the bulbs to create a warmer ambience as LED lights can sometimes create a harsh effect.

Berry gorgeous

Berry reds are the perfect shade for winter, from accessorising with cushions and blankets to adding a quick lick of paint to your dining room, berry provides a festive tone to spice up your space.



There are plenty of colours which complement this gorgeous deep shade from forest greens and charcoal grey to crisp whites and beige – it suits every style.

Layer it up

Winter is the ideal time to freshen up your blankets, cushions, bed sheets and other soft furnishings. Opt for dark, warm colours such as burnt oranges and chocolate browns for a cosy effect or alternatively, choose a selection of light, airy shades like beige and white for a more contemporary feel. Add texture to your sofa or bed with lots of throws, runners and different sized cushions.



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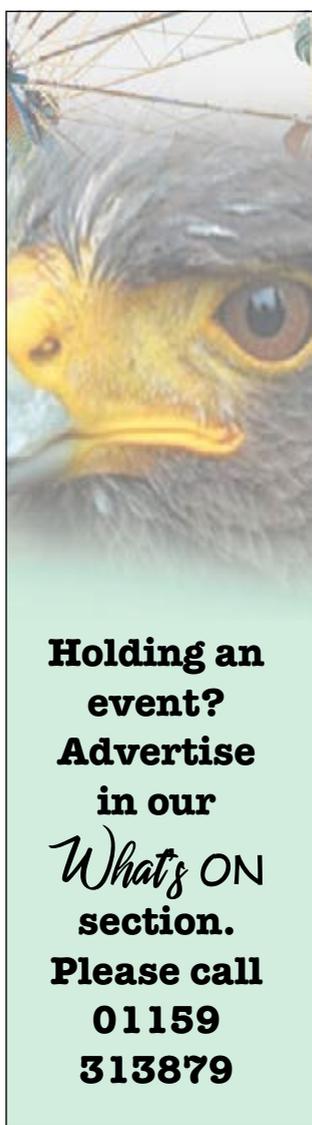
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Something Wicked This Way Comes

Nottingham is getting ready to welcome monsters, ghosts and ghouls this October half term when the It's in Nottingham Halloween Trail comes to the city centre on Wednesday 31 October.

With over 30 shops, restaurants and bars taking part

in this free event, it is the perfect opportunity to discover more of the city centre with your family.

The fun starts at the Tourist Information Centre where The Nottingham Ghostwalk team and Ghostbusters will be handing out free trick or treat bags between 10am and 1pm on the day. The trick or treat bag, which can be filled with goodies as you make your way around the trail, includes the trail map which shows all the venues taking part and details of special events and offers.

Look out for a pumpkin in the window of the businesses taking part and hunt out the hidden spooky characters. There will also be activities for people to take part in such as making a witch's broom at Rub Smokehouse; creating a wall of terror in Café Sobar; mask making at Paperchase; balloon modelling at Swatch; face painting at Urban Decay and spooky story-telling at Ye Olde Salutation Inn between 2.00-3.00pm.

The Ghostbusters car 'Ecto 1', possibly the rarest movie car in existence, is coming to into Victoria Centre for the day – the perfect opportunity for a selfie complete with some

special Nottingham Ghostbusters. Take a photo and post it to social media, tagging @itsinnottingham to be in with a chance of winning some fantastic prizes.

"This is the first time that we have organised the It's in Nottingham Halloween Trail. We thought it would be a brilliant way encouraging families to visit the city centre, and keep children entertained for free during half term" said Jeff Allen, chairman of Nottingham Business Improvement District.

Halloween also comes to the heart of the city, as a giant pumpkin arrives in Old Market Scare, where you can enjoy the UK's biggest mobile Ghost Train, visit the walk-through Haunted House and hear scary

stories to make your skin crawl, from Friday 26 to Wed 31 October 2018.

For further information about the Halloween Trail visit: www.itsinnottingham.com

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Will be holding a **FREE HALLOWEEN** event at Sconce Park on Saturday October 27th 2-5pm followed by **SPOOKY STORYTELLING**. Tasks to complete include, find a spider in the park, paint a rock and hide it, make a spider dreamcatcher, paint a scary face, and make a spooky plate.

THE BIG DRAW Monday October 29th 1-3pm at Millgate Community Centre, Pelham Street, Newark. Everyone welcome, FREE event.

LEGO CLUB Wednesday October 31st 10am-12pm at Millgate Community Centre. £3 per person. Everyone welcome - why not bring a grandparent?

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Building on its reputation as an event at which to do business in a friendly and informative atmosphere, this year the Midlands Machinery Show will celebrate its 5th year. Additional inside space is being made available in the Sir John buildings to accommodate the increase in exhibitor interest this year, with over 25% of the bookings coming from companies exhibiting at MMS for the first time. The organisers are very pleased to be also welcoming many returning dealerships and manufacturers who value the opportunity to meet new and existing customers.

Show Manager, George Taylor, said "We are delighted at the percentage of new

exhibitors for 2018. This is testament to the popularity of the show that prides itself on being a platform for small to medium-sized agricultural businesses to showcase their diverse range of machinery and innovations to those who work and have an interest in agriculture and its future."

The Midlands Machinery Show is a great opportunity to discover all that's best in agricultural machinery and products available in the Midlands and beyond. Visitors are encouraged to register online at www.midlandsmachineryshow.com with the chance to win one of 50 hot drinks that will be given away each week.

Exhibitors are also invited to take advantage of the free media package being offered by the organisers which includes a login to enable companies to upload their own press releases and product updates. Show Admin Manager, Una-Marie Palin, said "We are

pleased to be able to offer this new facility to our exhibitors, along with the usual website listing, email footers and inclusion in our social media marketing."

The organisers are delighted that two key sponsors, Flach & Le Roy and Woldmarsh have confirmed their sponsorship for 2018. A spokesman for Woldmarsh said, "There are a very small number of shows where you can virtually guarantee that all those attending are genuinely interested in what you are offering. That's why we like MMS. ... you can also be sure that those attending have the time to speak to you in some depth; a combination that is a win-win for all concerned".

For exhibitor bookings contact Rebecca.knight@newark-showground.com, for sponsorship opportunities contact una-marie.palin@newarkshowground.com. Follow us on twitter @midsmachinery #MMS18 and like us on Facebook.

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Celebrating 20 Years of Westlife

The UK's top selling album group of the 21st century, Westlife have announced that they will be touring the UK and Ireland for the first time in seven years, performing at the Motorpoint Arena Nottingham on 18 June 2019.

Celebrating Westlife's 20th anniversary, 'The Twenty Tour' will kick off in Belfast on 25th May, with the run of live shows ending in Dublin on 5th July.

The shows will see the global pop kings perform brand new songs, alongside their greatest hits and all 14 of their UK No.1

hits including as 'Swear It Again', 'Flying Without Wings', 'You Raise Me Up' and 'Unbreakable'.

Shane, Nicky, Mark and Kian announced their return to music two weeks ago to a frenzy of media coverage and social media activity. The band has signed a new record deal with Virgin EMI, and will release new music soon. These shows will be their first as a group since they played Croke Park in Dublin on 23rd June 2012.

Westlife have sold over 55 million records worldwide, and

are the only band to have their first 7 singles enter the UK chart at No.1. They also have the most singles of any artist to debut at No.1 in the UK. Overall the band have had an incredible 14 No.1 singles, behind only Elvis Presley and The Beatles. They have had 33 No.1 albums worldwide.

Tickets go on sale at 9am on Thursday 25 October 2018. Tickets can be purchased online at www.motorpointarenanottingham.com, via 0843 373 3000 or in person at the Motorpoint Arena Box Office.



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Our Pantomime this year is Cinderella on Saturday 22nd December, this is free for club members and £5 for non members.



Halloween night Wednesday 31st October we have fancy dress disco where prizes will be given for the best dressed people in our competition, everyone welcome.

We have rooms to hire for weddings, birthday parties both adult and children, christenings, funerals, training courses and meetings. our rooms are priced at £20

or £10 per hour or free if you have the clubs catering where our buffet lists can be found on our Facebook page Manton sports entertainment.

Sunday lunch carvery - we serve a carvery on sunday lunchtime between 12-3 where prices are £5 per adult or £3.50 per child and this is to eat in or take away. We deliver these meals too for the same cost.

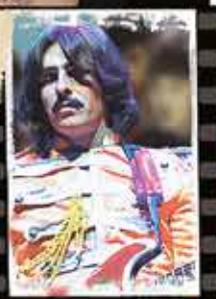
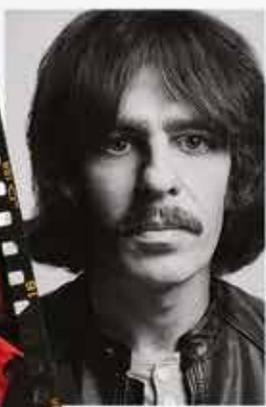
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A Cracker of a Switch on Show

This year's Big Switch On event on Sunday 18 November will feature live music from Mansfield-born professional opera singer Alexandra Stenson, Gary Barlow tribute act Dan Hadfield and Nottinghamshire based rock/pop duo Brotherhood.

At the Big Switch On in Mansfield Market Place Alexandra, a soprano, will be performing a Christmas piece with pupils from her old school, All Saints' Catholic Academy.

Dan Hadfield has sung with Gary Barlow himself and tours all over the UK and Europe, his various TV appearances have included the Xtra Factor and Miranda. Brotherhood will perform an exciting and fast paced show with a mixture of popular hits and Christmas classics.

Councillor Dave Saunders, Portfolio Holder for Regeneration and

Economic Growth, said: "It's going to be a corker of a show with something to please everyone and get them into the festive spirit. Christmas in Mansfield this year will be a real cracker!"

The musical acts form part of the Big Switch On stage show, which attracts thousands every year, and will include appearances from the Palace Theatre's panto stars, a dramatic laser show, Santa himself and a crowd pleasing firework display.

The event marks the start of Christmas in Mansfield which includes, for the first time ever in the town, an ice rink, funded by Mansfield District Council and sponsored by One Call.

The Switch On event is organised and funded by the council with support from Mansfield 103.2 and Four Seasons Shopping Centre.





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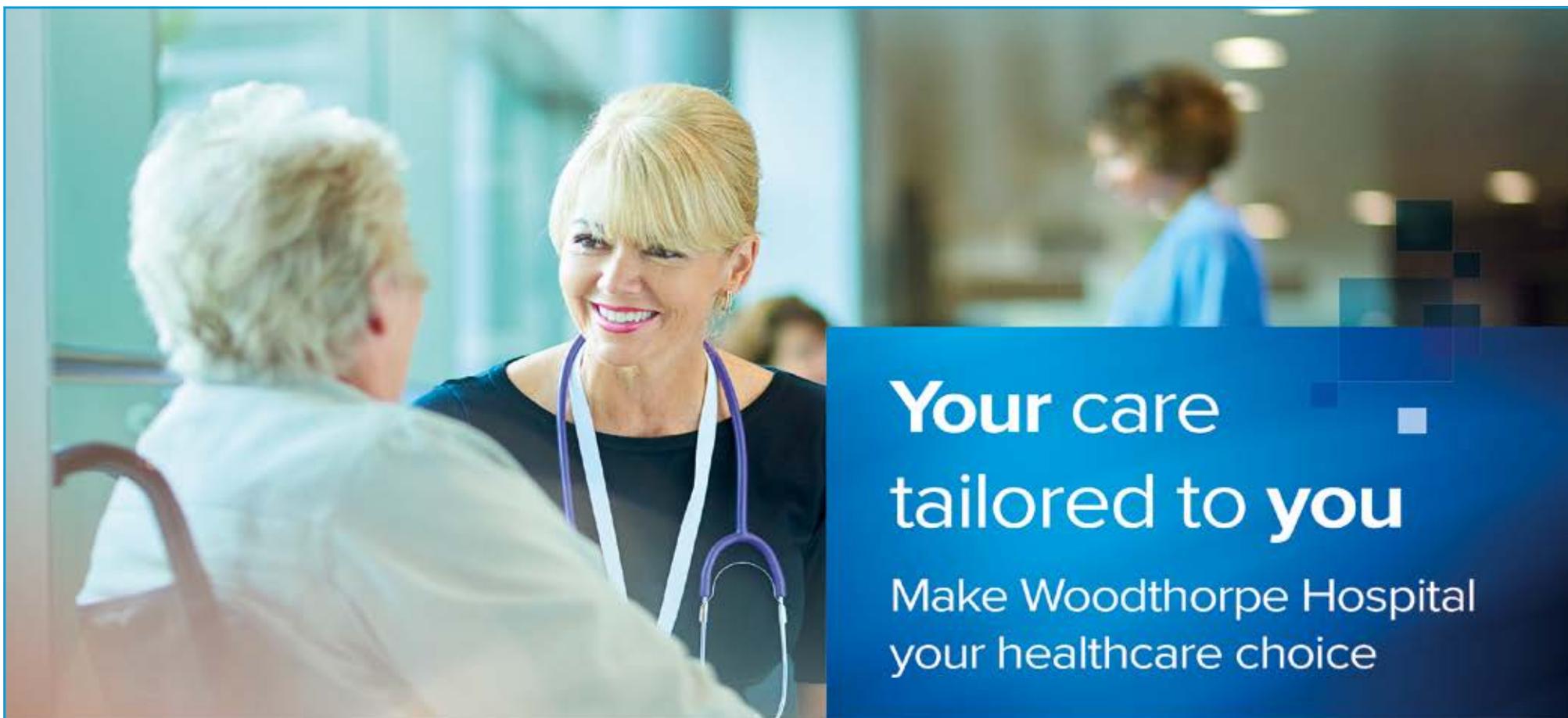


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Visit woodthorpehospital.co.uk/events or call **01159 209 209** for more information or to book your place.



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Fighting Fit, Whatever the Weather

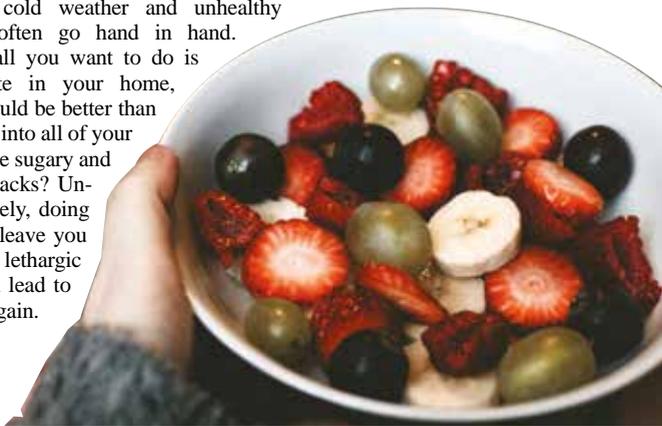
The weather may be getting colder and the days shorter, but that's no excuse to forget about your health and fitness goals. In fact, during the winter months, it's even more important to maintain a healthy regime. With colds and the flu in the air, ensuring that you eat a balanced diet filled with fresh fruit and vegetables will keep your immune system working effectively and will reduce your chances of getting ill.

If the dark evenings are deterring you from getting outside to do your usual workout, try an at-home routine instead. YouTube is a great resource for fitness videos and you can easily find ones that are tailored to your ability and goals. Alternatively, you could download a fitness app and track your progress.

The cold weather and unhealthy meals often go hand in hand. When all you want to do is hibernate in your home, what could be better than tucking into all of your favourite sugary and salty snacks? Unfortunately, doing so will leave you feeling lethargic and can lead to weight gain.

Instead of reaching for ice cream and cakes for dessert, opt for Greek yogurt and fresh fruit instead. Get creative in the kitchen by making your own soups filled with fresh vegetables, meats and grains.

When you leave the office and it is already dark outside, it can affect your mood negatively, so it's important that you also take care of your wellbeing during winter. Stay in contact with your close friends and invite them over to yours for a get together. Don't forget the importance of also doing things just because you enjoy them. Whether it is reading your favourite book, watching an uplifting film or indulging in some retail therapy, maintaining your hobbies and interests is a guaranteed way to get you feeling good, whatever the weather.



Feeling Better

When it comes to health, many of us only focus on making improvements physically. Whether it's building more muscle or losing weight, we all have goals with our fitness, but what about our mental health? It's important to nurture your feelings and make sure that your wellbeing is in check, too.

One of the quickest ways that you can boost your wellbeing is to practice gratitude. Recognising the things that you are blessed with and being thankful for them every day really does make you feel a lot more positive. Try writing down three things that you are thankful for before you start your day and see how much more positive you feel.

Your home should always be your sanctuary, so it's important that you create a haven for both yourself and your family. You can do this by filling it with smells and sounds that make you happy. Try burning candles or purchasing some essential oils that you love. Peppermint and lemon are both great choices. Turn off the TV and instead play some of your favourite uplifting music while you cook, eat and relax during the evenings.

Nothing makes us feel as good as being surrounded by the people that we love does, so be sure to always make time for doing things with your loved ones, even if it is just enjoying a home cooked meal together at the end of a long week.

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Care



Nottingham Company Win Best Employer in Care

Home Instead Senior Care, a company specialising in care at home for older people in Nottingham, has been honoured with a Best Employer in Care Award.

The accolade of 4 Star Employer was awarded by WorkBuzz (formerly Smith + Henderson), an independent company which conducted surveys with Home Instead's customers and employees.

In response to the independent

survey, one caregiver employed by Home Instead Nottingham said, "I feel part of the team and I really care about the clients I work with. All of the clients and staff at Home Instead are amazing. If I need anything at all the team are always there to provide support."

Steven Frost, CEO of WorkBuzz, the awards organisers said, "We would like to congratulate Home Instead Senior Care Nottingham on being



a 4 Star Employer. What makes this award extra special is that it's based on feedback from thousands of their caregivers and is only awarded to the top 10%

of companies that enter the Best Employers in Care Awards.

"The care sector too often receives negative publicity – in contrast Home

Instead Senior Care has a strong culture whereby caregivers have the right support and training; are well led and have a strong commitment to deliver

outstanding care."

To find out more about the work that Home Instead Senior Care do in your area visit: www.homeinstead.co.uk/nottingham.

Remembering Those We Have Lost

Families and friends of those we have lost over the last year at Sherwood Forest Hospitals are being invited to attend a series of special memorial services to remember their friends and loved ones.

King's Mill Hospital's Faith Centre will be hosting the special services on 1, 8, 15 and 22 of November at 7pm. There will be a service held at Newark Hospital on 26 November at Christ Church at 7pm and there will be a service for Mansfield Community Hospital on 19 November at 7pm.

The services are for all faiths, but will be led by the Sherwood Forest Hospital Chaplains and will include poems, the lighting of memorial candles, hymns and prayer. The services will include the opportunity for families to place a bauble for their loved one on an SFH Christmas tree.

Lead Chaplain for the Trust Edith Dawson said: "We always support families after they have lost someone, but we want to remind people that even after some time has passed, they are still in our thoughts and prayers."

If you would like to attend a service please contact chaplaincy by emailing: sfh-tr.chaplaincy@nhs.net.

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