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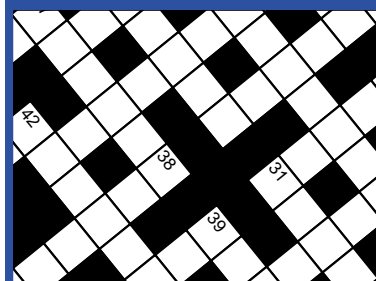
06 Four local heroes are honoured



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Liam thanks air ambulance with fundraising day



When Liam Gawthorne fell out of a tree last August the air ambulance was on the scene within minutes, so Liam decided to say thank you in a special way – by organising a fund raising day.

Luckily Liam's injuries turned out to be minor, but the 15-year-old from Broxtowe received emergency first aid from the flying paramedics very quickly. As a result Liam and his friends from Evolve Community Group decided to organise a special family fun day at the weekend to raise funds for Lincolnshire and Notts Air Ambulance to say thank you.

The event at Phoenix Adventure Playground in Broxtowe featured lots of free activities including sports, crafts, cake stalls and a tombola.

Liam said: "I realise how lucky I've been and I wanted to find a way to say thank you and give something back. The air ambulance is a cause close to my heart. You never know, you might one day need their service for a close friend or member of your own family."

Iona Wells, Evolve Apprentice, who helped Liam to coordinate the event said: "We were all in shock when the air ambulance flew down to help Liam. We're so glad he wasn't seriously hurt."

"All of the young people at Evolve were amazed at how much it costs for emergency services to be deployed. They also discussed how much false alarms must impact on the system. So they decided they'd like to do something to help."

Councillor Graham Chapman, Councillor for Aspley Ward, said: "I am extremely proud of these young people and the estate should be very proud of them too. What a great way to give something back to the emergency services, by putting so much effort into bringing the community together for a great cause".

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Representatives from Nottinghamshire County Council's Outdoor Education Team and the Peak District National Park, joined Councillor Tracey Taylor (NCC) and Councillor Andrew McCloy (PDNPA) and pupils from Haddon Primary and Nursery School.

First Ambassador Centre for the Peak District National Park

Nottinghamshire County Council's St Michael's Environmental Education Centre is the first to become an Ambassador Centre for the Peak District National Park, following approval by the council's Children and Young People's Committee earlier this year. The partnership

agreement between the County Council and the Peak District National Park Authority (PDNPA) has awarded the centre 'Ambassador Status' by the National Park Authority.

The aim of this partnership is to support the National Park in its efforts to conserve, en-

hance and promote opportunities for outdoor enjoyment within the Peak District. Through unique residential experiences, children of Nottinghamshire can gain a greater appreciation of the National Park.

St Michael's Environmental Education Centre is owned and operated

by the county council and has been providing high quality outdoor learning experiences for primary school children for over 34 years. Set in Hathersage in the Peak District, St Michael's is perfectly placed to promote the shared message about the importance of national parks and the environment. Each year, more than 1600 children and young people benefit from outdoor learning experiences at the centre.

Councillor Tracey Taylor, Vice-Chairman of Nottinghamshire County Council's Children and Young People's committee commented: "I am very proud that St Michael's is the first Ambassador Centre for this area. This partnership will mean an enhanced outdoor learning experience at the centre. In addition to the experienced team at St Michael's, young people will directly benefit from conservation and environmental education and training provided by a team of expert rangers caring for the environment."

Britain's Got Talent band aids Newark Women's Refuge

A swing band that were finalists in Britain's Got Talent, are tonight (15 October) appearing in Newark in aid of Newark Women's Refuge, which is threatened with closure after running for over 45 years.

Jack Pack is the UK's most successful swing group and they are playing at Newark's Palace Theatre to raise funds to support the charity that helps women and children fleeing from situations of domestic violence.

Newark Women's Aid has been run as a local charity for over 45 years. It provides safety and security for women and children. It is the only one in our local area and is part of an essential national network that provides safety for families when

all other solutions have failed, usually in the most extreme or violent circumstances.

Its primary funding from the Ministry of Housing, Communities and Local Government

is due to end in March 2020.

The Jack Pack will be backed by a full live band and the show will include songs from the greatest jazz and swing singers.

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Volunteers needed for an 'African Adventure' in Ghana

Notts County Football in the Community is offering supporters and the local Nottinghamshire community a once in a lifetime opportunity to travel to Ghana for an unforgettable volunteer experience. In partnership with African Adventures, Notts County Football in the Community staff and volunteers will fly out in October 2020 and spend ten days undertaking a number of projects to positively impact the lives of local people in the village of Woe.

Volunteers can choose to support children's education by assisting teachers with lessons for ages 3-17 or by getting involved in the building and renovation of new learning spaces.

Notts County Football in the Community is looking for volunteers from the age of 16 to help support these essential programmes in Ghana.

A launch event is being held in the 1862 Suite at Meadow Lane next month (20 November) from 7pm onwards, providing anyone interested with all the information on the trip.

All money raised will go back into African Adventures and Notts County Football in the Community. African Adventures work with 25 community educational projects in developing areas of Ghana, Kenya and Zanzibar, impacting the lives of the 20,000 children who attend.

Notts County Football in the Community provide high-quality accessible life changing opportunities through sport and physical activity, improving people's health, education, confidence and skills, increasing positive behaviours and bringing enjoyment to the local Nottinghamshire community which they service. If you're interested in this once in a lifetime experience, please register your interest through the website <https://www.african-adventures.co.uk/nottscounty/> or email matt.winn@nottscountyfite.org.uk for more information.



TV presenter Nicholas Owen (far left) presents the award to members of the NET team, (left to right) Paul Robinson, Director and General Manager of NET operator Keolis; Deputy CSM Luke Taylor; CSM Constantina Samara and Operations Manager Trevor Stocker. Photo: M. Graham/Mainspring.

NET celebrates prestigious win

Nottingham's tram network has scooped a top award at a high-profile industry event after recording record customer numbers.

NET fought off stiff competition to be crowned 'Most Improved System' at the Global Light Rail Awards held in London recently to celebrate excellence across the light rail sector.

Judges were impressed by how NET had boosted customer journeys by 5.7 per cent to more than 17.7 million, invested in a major tram refurbishment programme and introduced a range of initiatives to drive operational performance.

Paul Robinson, Director and General Manager of NET operator Keolis Nottingham, explained: "This year has been a fantastic one for the network, which has recorded record-breaking patronage figures, exceptional customer satisfaction ratings and significant investment."

"To be recognised by colleagues across the wider sector is particularly heartening and reflects the hard work of everyone at NET to do their best for customers."

"We'll never become complacent though and this latest accolade will inspire us to further enhance a world-class tram service that the people of Nottingham can be proud of."

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Parkgate Academy staff and pupils with Councillor Rita Crowe, district council chairman Councillor Rob Crowe and Councillor Lee Brazier.

Local government lessons for junior councillors

Junior councillors from an Ollerton primary school learned all about the work of local government during a recent visit to the headquarters of Newark and Sherwood District Council.

The four 'aspiring politicians' from Parkgate Academy, New Ollerton, toured the offices on Great North Road in Newark after being welcomed by council chairman Councillor Rob Crowe, Councillor Rita Crowe, Councillor Lee Brazier and Democratic Services Officer Catharine Saxton.

During the visit the youngsters checked out the busy planning department where Senior Planner Clare Walker explained the planning application process while electoral services manager Mark Jurejko described the council's role in preparing for elections and referenda.

Next up were discussions about caring for the

environment with anti-social behaviour officer Susan Miller.

Later, the four pupils, who all sit on the Ollerton Junior Town Council, enjoyed the opportunity of putting their hosts in the hot seat by asking if they had a favourite politician.

The young politicians also met council chief executive John Robinson, council leader David Lloyd along with a number of other council staff. The visit concluded with the presentation, by Councillor Rob Crowe, of council lapel badges to each of the junior councillors.

Councillor Brazier, who represents Ollerton ward on the district council, said: "It has been a super honour to bring the first school visit to Castle House. I think it is extremely important to introduce children to politics as it is key throughout life."

'Day of Action' in Ollerton

An extensive range of activities have been lined up for Newark and Sherwood District Council's latest 'Day of Action'.

Ollerton is the location in which the council will be tackling a range of environmental, safety and welfare issues, building on the sense of pride in the community and the desire to maintain clean and safe neighbourhoods.

The day, scheduled for Wednesday 23 October, follows five successful days of action in the last 20 months, including three in Newark and one each in Boughton and Blidworth.

In the five days of action to have taken place since February 2018, nearly 70 tonnes of waste has been collected with each event hailed as a major boost to communities.

Joining the district council team on the day will be partners including the police, Ollerton Town Council, Nottinghamshire County Council's Youth Service and Newark and Sherwood Homes as well as community volunteers.

Ollerton ward councillor Donna Cumberlidge said: "I am really looking forward to the Ollerton Day of Action. We saw in March 2018 the positive impact that these days can have when local residents supported the district council and other groups in a big clean-up of Boughton. It was amazing how many people turned up and supported on the day and also how the residents felt afterwards taking great pride in their neighbourhood."

"I am looking forward to what we accomplish in one day when we all work together. The only thing better than a spring clean is an autumn clean! The Cleaner Safer Greener campaign has done some fantastic work since it was launched and I look forward to Ollerton being an even cleaner, safer and greener place for people to live."

Anyone who is able to offer support or who wants to become involved in the community litter-pick should email customerservices@nsdc.info or telephone 01636 650000.



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Aries



The time is coming for you to reassess a close romantic relationship or friendship you are harbouring doubts about. Perhaps a change of heart is justified, but you have been stalling for time in the hope that things may resolve themselves. You will have your work cut out regarding an important project because several people will insist on putting you under pressure.

Taurus



Your attitude to life is altering considerably because you are beginning to look at things and certain people in a brand new light. This is no time to give way to fears and emotional insecurities because that will only stand in the way of your success. A professional or romantic offer may come your way soon that will prove to be even more interesting than you expected and could be the very thing you need to move forwards.

Gemini



Although you will receive lots of good advice from close friends and supporters, you prefer to follow your instincts on many matters because they have always proved right in the end. If you are still entertaining individuals or someone who is not trustworthy, this could cause you a great deal of angst somewhere down the line. An ex partner may reappear back on the social scene hoping to reconnect with you once more.

Cancer



It's time to get on with that project you have been keeping under wraps before you go off the idea all together. Take your head out of the clouds because people are relying on you to take your responsibilities seriously. In love and romance, you must be prepared to make some intelligent decisions if you are to safeguard your finances and material wealth. This is not a good time to let your heart rule your head.

Leo



You are entering a period of great drama where most of it will be caused by those closest to you. The pressure for your attention appears to be piling up leaving you no where to hide. Peace and quiet is needed but right now there is so much going on around you that its very difficult for you to relax or take it easy, however, don't lose heart because change is in the air and brighter days are just around the corner.

Virgo



You can look forward to enjoying a few days off in your own back garden or find yourself jetting off on an exotic holiday. Friends will invite you to join them in their celebrations because they know only too well that you are the star of the show. A romantic encounter with someone quiet mysterious with unusual, fascinating looks will set your pulse racing with excitement and the need to discover more.

Libra



Sometimes, when you are not looking for it, romance can creep into your life and take you by surprise. Whatever your current circumstances, everything is about to change throwing you into a state of confusion and disbelief because the future looks so exciting. At work you may have to be forceful to make people sit up and take notice, but there is success coming your way regarding a brand new business venture.

Scorpio



Something quite remarkable is about to happen in your world and it could even begin with innocent friendship that will slowly develop into simmering passion of the heart and mind. Suddenly your everyday existence will take on a new meaning with events developing daily that will put a refreshed spring into your step. Worries and concerns regarding money and business will gradually erase themselves.

Sagittarius



Lady luck is smiling upon you and you seem to be acquiring the knack of being in the right place at precisely the right time. Friends will appear to agree with everything you have to say, but it won't be long before someone starts making uninvited snide comments about your recent acquisitions of good fortune. Never allow anyone to undermine your confidence with their jealousy. You know exactly who your true friends are and you are wise to keep details of your finances to yourself.

Capricorn



Being a private person and one who respects and values discretion pickiness in others, all newcomers should be viewed with scepticism until they have passed your tests. Job interviews will go more smoothly and successfully than you anticipated which could also indicate a big turning point in your professional fortunes all boding for the better. Plan a long overdue holiday, even if its only a weekend away from all the madness.

Aquarius



Someone may ask you to do them the kind of favour or make a request that you don't feel comfortable about granting so don't be afraid to decline and remove yourself from their company. If you are in the mood for love and romance, a little bit of magic is going to find its way to you soon because the chances are that you will meet a most charismatic and interesting individual whom you feel instantly attracted to and the feelings will be mutual.

Pisces



A worrying financial matter will show signs of resolving itself which will enable you to feel a lot more confident about the future, but its also important that you do not overspend on trivia either. Niggling health issues and minor accidents and injuries could slow you down immensely. A marvellous opportunity to visit places of interest, takes a break, enjoy a holiday in order to recuperate and gather your strength will become possible.

It's beginning to look a lot like

Christmas

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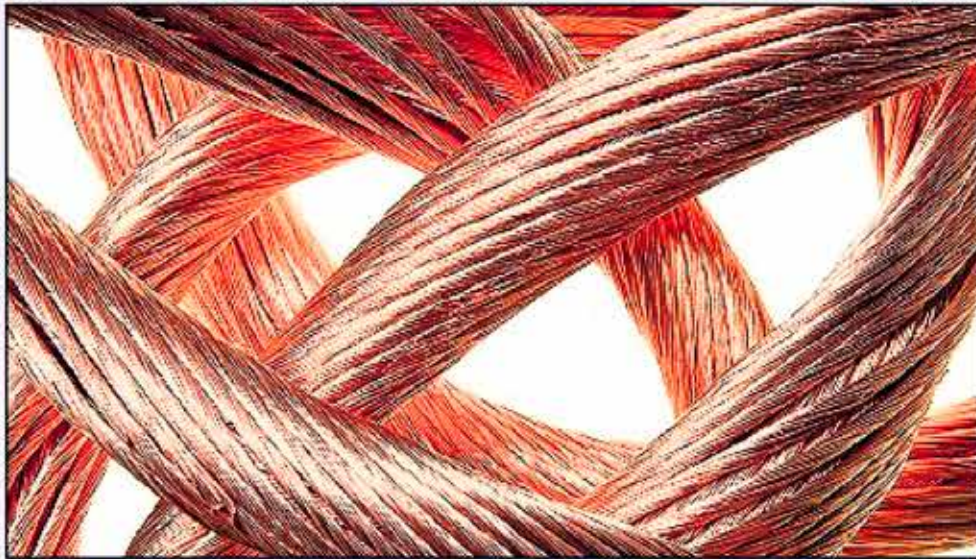
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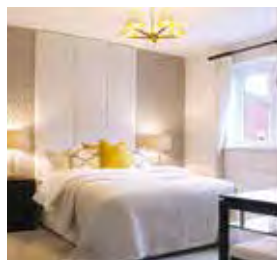
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Awards at Goose Fair dinner honour the best of Nottingham

Four local heroes who have helped the homeless, parents and children in disadvantaged communities, disaffected young people and children with disabilities have been honoured in the Nottingham Awards 2019.

The awards, now in their eighth year, were held at the Council House recently following the historic 725th Goose Fair opening and dinner.

They celebrate those who have helped to make Nottingham the great city that it is, and each winner has made a lasting contribution. The categories and winners for 2019 are:

Private Sector - George Akins

George has turned his live music business DHP Family into a major brand, with local venues such as Rock City, the Rescue Rooms and the Bodega now nationally and internationally known names, along with iconic venues in London and Bristol. DHP Family has won the national promoter of the year award on a number of occasions, and undertook the world's biggest ever tour with Ed Sheeran.

The award is in recognition of George organising the Beat the Streets festival to raise money for homeless people, which has raised almost £200,000 for Framework over the past two years.

Voluntary Sector - Dalton Stephens

Dalton Stephens is well known in St Ann's where he has lived since being young, when he made some poor choices, and is now known for turning his life around dramatically over the last five years. He has gone on to help young people in the city to widen their horizons by sharing his negative experiences and consequences of his past, helping them avoid going to prison.

As a volunteer he has established and developed a successful all-year-round weekly sport session in a local park, helped to develop relationships between the community and local police and engaged young people through a community recording studio.

Special Awards - David Stewart

David Stewart has benefited many Nottingham children and families, some of whom have very complex needs. He has been described as a great role model of kindness, passion, determination, and effective teaching. He retired as Head of the Oak Field School this summer, having previously been Head at Nottingham Shepherd School.

For nearly 30 years he directed the College St Inclusive Theatre Company, which won an Edinburgh Festival Fringe First. He oversees several arts clubs for adults with learning disabilities in the city. David is internationally recognised for his work and is an honorary doctor of the University of Nottingham.

Public Sector - Phyllis Brackenbury

It is 40 years since Phyllis Brackenbury became a midwife at Nottingham City Hospital. Since then she has worked with children and families as a midwife, or in leadership roles within the NHS, Nottingham CityCare and Nottingham City Council. She became a parental participation manager in 'Sure-Start' in St Ann's and developed centres in Radford and Hyson Green. She then oversaw extending the provision of eight Sure Start Centres to 18 Children's Centres.

In 2014 she led a successful bid which brought the £45 million 'Small Steps, Big Changes' (SSBC) to Nottingham, which has so far improved the life chances for 3,500 0-3 year olds in Aspley, Bulwell, Hyson Green, Arboretum and St Ann's. Phyllis also played a leading role in Nottingham becoming the UK's largest Imagination Library to encourage children to read.

Councillor Rebecca Langton, Portfolio Holder for One Nottingham, said: "The people who have received a Nottingham Award this year are very worthy winners who have made a real and lasting difference to the lives of vulnerable local people.

"It's right that we recognise their contribution to the life of the city and thank them on behalf of the many people who have benefited from this. People like these make Nottingham what it is – a warm, welcoming and inclusive city where people look after each other."

George Akins



Dalton Stephens



David Stewart



Phyllis Brackenbury



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WORK BEGINS ON ARNOLD PARK

The Muirfield Road Recreation Ground in Arnold will be improved thanks to £100k funding from FCC Communities Foundation, a not-for-profit business that awards grants for community, conservation and heritage projects.

The funds are donated by waste and resource management company FCC Environment through the Landfill Communities Fund as well as contributions from local residents group, Warren Hill Action Group.

Work on the play park began on Monday 7 October and is expected to be completed by the end of November. The funding bid was made jointly by

Gedling Borough Council and the Warren Action Group, a local residents group.

Councillor Peter Barnes, Portfolio Holder for Environment, said: "It's great to see the works starting, there

"It's great to see the works starting, there are some fantastic new facilities planned for the site, and it's something I'm sure will be enjoyed by the local residents for many years to come."

— Councillor Peter Barnes, Portfolio Holder for Environment

are some fantastic new facilities planned for the site, and it's something I'm sure will be enjoyed by the local residents for many years to come. A huge thank you to the Warren Action Group for all the work they've done alongside council officers, and who have contributed to the costs, and of course, to FCC Communities Foundation who have granted the funding and worked closely with us to make this happen."



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Property firm appointed to support bid for new Heathrow terminal

Property consultancy, Bruton Knowles has been appointed by Heathrow West Limited to provide land agency services in support of its application to develop a new terminal at Heathrow Airport.

A new terminal, which would be located to the west of the current airport site, would provide capacity for up to 40 million passengers each year, and would service the proposed new, North West runway.

Bruton Knowles has an office on Castle Gate in Nottingham's city centre and is led by Managing Partner, James Bailey.

The national property consultancy has been retained by Heathrow West Limited to deliver land referencing and associated services for its competitive bid.

James Bailey said: "Heathrow Airport is one of the UK's leading assets, playing a vital role in the nation's economy. As such, we are incredibly proud to be involved with the development of Heathrow West Limited's plans to submit a development consent order (DCO) application later in 2020, an alternative to Heathrow Airport Limited's (HAL) application."

Carlton Brown, CEO of Heathrow

West Limited added: "Bruton Knowles undoubtedly stands out from the crowd. Having witnessed first-hand their dedication, experience, deep understanding and sensitive handling of land referencing projects, Heathrow West Limited has no doubt that the consultancy is the right choice to support us in our proposals. We are confident in their ability to help us put forward the best solution for airport expansion."

Bruton Knowles' role would include landscape and visual impact assessments; land and property services including community compensation packages.



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Over four in five people say money problems effect their mental health

TSB has announced that it is an official partner of Every Mind Matters, a new way of empowering people to manage and improve their mental health, launched by Public Health England (PHE), in partnership with the NHS.

Every Mind Matters shows people the simple steps they can take to be better prepared for life's ups and downs. The new resource, which has been endorsed by the Royal Col-

lege of General Practitioners (RGCP), will enable people to create a personalised action plan recommending a simple set of self-care actions to deal with stress, boost mood, improve sleep and feel more in control.

The announcement comes as TSB releases new research that uncovers over half (51%) of people living in the East Midlands have experienced money related issues, with 86% saying it has impacted

their mental health.

The findings reveal that 77% of people living in the East Midlands with money issues have experienced stress (45%), anxiety (51%), depression (41%) and low self-esteem (24%) as a result of financial pressures. Over half (51%), said that poor mental health can make it more difficult to manage finances with two fifths of those who have experienced mental health issues (40%)

having experienced difficulty coping with and managing change and uncertainty, and (24%) experiencing difficulty in forming and maintaining good relationships with others. According to the Money and Mental Health policy institute, almost one in five (18%) people with mental health problems have financial worries. People experiencing mental health problems are three and a half times more likely to be

in problem debt than people without mental health problems (5%).

TSB's data also shows that 20% of people living in the East Midlands say they worry about money on a daily basis. Top worries include and 'not being able to afford the lifestyle they want' (50%), 'worrying about not being able to make ends meet' (28%), and 'not having enough money for day-to-day expenses, such as groceries' (27%).

The secrets to happiness



A close-knit family, laughter - and a good cup of tea are among the secrets to happiness, according to Brits.

Other ingredients for a cheerful existence include regular exercise, being kind to strangers and singing in the shower. Getting 'enough' sleep also helps make life more enjoyable

as well as going on holiday at least once a year and indulging in the occasional tittle. The study of 2,000 adults, commissioned by Bupa Care Homes, found regularly catching up with loved ones and getting involved in the local community are also important.

The research was carried

out to celebrate Silver Sunday, a nationwide event that took place on 6 October aimed at tackling loneliness by bringing different generations together.

The study saw spending time with the kids, having a pet and dancing feature in the top 40 secrets to happiness.

Being able to forgive

others and being able to forgive yourself for your own mistakes both made the cut too. And so did cooking or baking, being able to laugh at yourself and having a hobby.

It also emerged 83 per cent consider having a good relationship with family and friends to be 'vital' in order to lead a contented existence.



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Cllr Jo White (S80 View), Joe Sentence (Bid Ambassador), Richard Blagg (S80 View) and Sally Gillborn (Bid Chief Executive).

Businesses in the North Notts BID area have recently benefitted from the installation of a new CCTV network across industrial premises in Retford and Worksop.

Cameras with automatic number plate recognition (ANPR) are now in operation on the Dukeries Industrial Estate in Worksop and the Randall Park Way and Hallcroft industrial estates in Retford.

The network – installed by CCTV specialist S80 View – will increase security across the estates, logging details and registrations and identifying unauthorised vehi-

cles though high-quality footage.

Sally Gillborn, chief executive of North Notts BID, said: "We're very happy to see the CCTV fully operational across these three sites.

Security is a key concern for BID members, and it is one of our focuses as we look to ensure North Nottinghamshire is seen as a safe place to work, live and visit. Harworth and Tuxford will follow shortly

"This project is the latest in a number of schemes we are working on alongside local businesses as we look to make improvements

across the area and deliver great results for the region."

The camera network is the latest initiative introduced by the BID, with coverage of Harworth and Tuxford to follow shortly. The BID has also recently launched free Wi-Fi across town centres in Worksop, Retford, Harworth and Tuxford, as well as introducing its maintenance support services to keep the area well maintained and tidy.

To find out more about the events run by North Notts BID visit northnottsbid.co.uk.

Motorists encouraged to switch off engines for cleaner air

Nottingham City Council will begin taking action against idling – drivers who leave their engines running while waiting, particularly outside schools, at taxi ranks and at level crossings.

In a survey last year, 82 per cent of respondents supported taking action against engine idling, and the council will now be able to issue drivers leaving their engines running with a £20 fine.

Councillor Sally Longford, deputy leader of Nottingham City Council and portfolio holder for Energy and Environment said: "Clean air is important for us all to lead healthy lives and this is even more significant in children whose lungs are still developing. Switching your engine off while waiting is such a simple change but can have huge benefits for air quality and public health.

"City wide we've taking bold steps to ensure that we have cleaner air. Transport emissions are one of the largest contributors to poor air quality, so many of our efforts have focused on this area – we've cleaned up older diesel buses, invested in biogas and electric buses, installed 300 charge points for electric vehicles, improved cycling facilities and of course the electric tram.

"This newest measure is to promote cleaner air on a local level; signs will be going up to promote the anti-idling message. The purpose of this is not to fine drivers but to educate them. Our Community Protection Officers will be outside schools talking to drivers waiting with engines running about the health implications of idling, asking them to switch off their engines. Only those who refuse to switch off when asked will be issued with a fine."



Local firm marks milestone with staff party

A Nottingham surveying specialist marked its milestone 30th anniversary with an evening of celebrations.

Surveyors and operations staff from SDL Surveying were invited to an outdoor party, which included pizzas from a wood-fired oven, an inflatable pub and classic hits spanning the three decades the company has been running.

SDL Surveying arranges mortgage valuations and home surveys through its 100-strong team of operations staff, 80 in-house surveyors and nationwide network of 280 independent surveyors.

During the event, held at the firm's Chilwell head office, Simon Jackson, managing director at SDL Surveying, thanked all those who had helped make the company a success: First founded as Direct Valuations in 1989, SDL Surveying now works with well-known banks and building societies, completing more than 180,000 mortgage valuations last year.



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Out & About at Half Term!



Half term fun in Eastwood

Kick start the October half term with some fantastic hands on children's workshops at the D.H. Lawrence Birthplace Museum in Eastwood.

Starting off on Thursday 24 October, there is a free **Comic Book workshop** from 11am-3pm for young people aged 11-25. The guided workshop is led by comic book artists Selina Lock, Jay Eales and Caroline Parkinson and will enable participants to create their very own magazine.

Spooktacular pumpkin carving workshops take place from Tuesday 29 to Thursday 31 October either at 10.30am or 1.30pm in the museum's secret garden. There is no need to take anything along, apart from a warm coat, as carving tools and templates are provided. All completed pumpkin designs will be entered into the Pumpkin Parade at the Eastwood Spectacular Firework event taking place on Friday 1 November.

On Friday 1 November there is a workshop for little **Lego lovers**. As well as building Lego masterpieces there will also be games and activities to take part in. Spaces are limited so please book to avoid missing out. Sessions are taking place at 10.00am and 1.30pm

On Saturday 2 November youngsters can create their own artwork from objects in the museum and experiment with different materials. The workshop is led by local artist Catherine Bostock and is suitable for 8-13 year olds but anyone can join in. Materials will be supplied but you are welcome to take along some of your own artwork or favourite pictures as inspiration.

All half term workshops can be booked online at www.leisure.co.uk/events



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Out & About at Half Term!



SPOOKY FUN in Sherwood Forest

Half-term at Sherwood Forest promises to be lots of spooky fun, from following a creepy trail around our 'haunted woods' to a range of Halloween-themed activities.

We have a whole host of scary characters visiting Sherwood, including the Sheriff of Nottingham, who'll be leading a family-friendly walk around the forest, unravelling the legend of his arch enemy, Robin Hood, and talking about who he may have been. Join him on October 23, 27 and 30.

Sherwood's Baddies will also be here on November 1 and 2 – a ruthless gang of outlaws, sharing tales of the darker side of life in the greenwood, whilst we've chosen some particularly gruesome guides to tell tales of sinister Sherwood as they lead a dusk walk through the forest on Halloween night (over 12s only).

Younger witches and warlocks can come and build some awesome dens on October 29, and then spend some time in them, enjoying a mug of hot chocolate and listening to some fun Sherwood stories. There's also a spooky Halloween trail to follow, archery at weekends and lots more.

It's a fantastic time to come and visit the forest, which looks stunning in its autumnal colours. Grab a map and head off on one of our marked trails, find some of our gnarly old ancient oak trees or venture further and have your own self-lead adventure!

Advance booking is essential for many of our organised Halloween events. Check out the website for full details of times and prices www.visitsherwood.co.uk.



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Out & About at
Half Term!



DRAWN TO LIFE EXHIBITION



An exhibition opens at Mansfield Central Library on Saturday (19 October) that tells the story of young artists from Nottinghamshire special schools who have been working with kinetic sculptor Jim Bond to use his inventive drawing machines.

By removing direct control away from the artist and challenging the way we think about making a mark Jim and the young artists have enjoyed meeting the challenges of adapting and making drawing machines accessible for all.

The exhibition celebrates the fun of

drawing in different ways and shows how Jim uses his drawing machines to change the way we think about drawing.

The Big Draw is the world's biggest drawing festival. This year The Big Draw Festival #DrawnToLife focuses on the vital role of creativity for health and well-being for living a healthier and happier life.

The exhibition is free and runs until Wednesday 18 December at the library on West Gate. There is no need to book, you can just turn up and try the drawing machines for yourself.



Spooktacular pumpkin carving workshop

Enjoy pumpkin carving with the kids this October half term at the D.H. Lawrence Birthplace Museum in Eastwood. The events runs in the morning (10.30am-12.30pm) and afternoon (1.30pm-3.30pm) and the workshops are taking place from Tuesday 29 to Thursday 31 October.

The workshops are the perfect opportunity to let the kids get messy and create something spooktacular to take home in the secret gardens of the D. H. Lawrence Birthplace Museum.

A pumpkin will be provided for each paying child and all the pumpkin carving tools will be provided to help you and the little

one make a spooktacular pumpkin to take home.

Children must be supervised and assisted by an accompanying adult. Please dress warmly as the session will be outside in the secluded secret garden. At the end of the session you will be able to take your carved master piece home. Each child will also be entered into the Pumpkin Parade at the Eastwood Spectacular Fireworks on Friday 1 November.

D.H.Lawrence Birthplace Museum is situated at 8a Victoria Street Eastwood Nottingham NG16 3AW. Email events@lleisure.co.uk or call 0115 9173824.

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Two local firms are finalists in British Takeaway Awards

Two local takeaways are among the finalists for this year's national British Takeaway Awards (BTAs). Alaskan Ice in Hucknall and Rikshaw Urban Indian Kitchen in Nottingham are two of the five East Midlands winners who will attend the star-studded national awards ceremony in London in January.

The BTAs, which are run in association with Just Eat, pay homage to the unsung heroes who serve our favourite takeaway food. The awards ceremony will take place at The Savoy in London on 27 January next year.

The winners will be chosen by a panel of judges who will take into consideration the number of votes each finalist received, feedback from a mystery shop, and by reviewing a written submission from the restaurant owners. The panel will then identify the regional winners and crown an overall winner for the coveted Best Takeaway in Britain award. As well as the

accolade of best takeaway, each regional winner will receive £1,000 and the Best Takeaway in Britain will receive £5,000.

The panel of judges include Ainsley Harriott - celebrity chef, TV star and best-selling author, Sarah Willingham - entrepreneur and former star of BBC2's Dragons' Den, Graham Corfield - Chief Operating Officer of Just Eat, Ibrahim Dougus - Chairman of the British

Takeaway Campaign and James Hacon - Managing Director of Think Hospitality. Andrew Kenny, Managing Director of Just Eat said: "We are excited to be back for the fifth year

running to celebrate the local takeaways across Britain that provide their communities with quality food, outstanding customer service and joy. This year, we saw a tremendous amount of votes in the East Midlands. The calibre of restaurants is high so the judges will have their work cut out picking a winner!"



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Following a sold-out run at Hampstead Theatre, Terry Johnson's *Prism* returns to the stage as part of a national tour with Robert Lindsay reprising his role as the double Oscar-winning cinematic master Jack Cardiff. The tour will visit the Theatre Royal Nottingham from 21-26 October.

Jack Cardiff has retired to the sleepy village of Denham, Buckinghamshire. His days of hard work - and play - on some of the most famous film sets in the world are now long behind him, as are his secret liaisons with some of the most famous women in the world... Surrounded by memorabilia from a lifetime of 'painting with light', the writing of an autobiography should be an easy matter - were it not that Jack would now rather live in the past than remember it...

Greg Ripley-Duggan, Hampstead Theatre's Executive Producer said: "It's wonderful that *Prism* is having this further life. It was a massive sell-out hit at Hampstead in 2017, and Terry's fascinating play and Robert Lindsay's brilliant performance are still talked about by our audiences. So we're delighted that people all over the country will have the opportunity to see what caused the excitement and to enjoy this very special piece of theatre."

Born in Ilkeston, Derbyshire, Robert Lindsay grew up in the local area, attending Gladstone Boys' School

A man with dark hair, wearing a black t-shirt, is leaning forward from the left side of the frame. He is looking intently at the hands of a woman sitting in a wooden chair. The woman has long brown hair and is wearing a brown patterned button-down shirt and dark blue jeans. She is holding a small object in her hands. The background is a bright, out-of-focus interior space with a window and a black music stand visible.

and then enrolling in the drama department of Clarendon College in Nottingham. His visit to the Theatre Royal Nottingham with PRISM in October 2019 will mark a rare return to the stage in his home city.

Tara Fitzgerald plays Nicola. Her theatre work includes Shipwreck (Almeida Theatre); In Praise of Love (Ustinov Studio, Bath) The Secret Theatre (Wanamaker Theatre); Macbeth (Shakespeare's Globe); Gaslight (Royal & Derngate, Northampton); Farewell to the Theatre (Hampstead Theatre, London); The Winter's Tale (RSC at Stratford and tour); Broken Glass (Tricycle/Vaudeville, London); The Misanthrope (Comedy, London); A Doll's House (Donmar) and The London Cuckolds (both National Theatre). Tickets are available from www.trch.co.uk or from the Box Office on 0115 989 5555.

Oliver Hembrough (Mason), Robert Lindsay (Jack), Tara Fitzgerald (Nicola) and Victoria Blunt (Lucy) in rehearsals for *Prism*. Photos: Manuel Harlan

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Following an acclaimed season at the Edinburgh Festival, multi award-winning comedian Matt Richardson has announced he will take his latest stand-up show 'Imposter' on the road with a brand-new nationwide tour that visits Nottingham's Nonsuch studios on 13 March next year.

Fresh from appearances on ITV2's The Stand Up Sketch Show, Celebrity Juice, Love Island: Aftersun, and Comedy Central's Roast Battle, join the Red Bull Soapbox host for a trademark hour of high energy comedy.

Imposter tells the story of Matt's adventures in showbiz and television, and how he deals with the imposter syndrome that accompanies these worlds. He does not just feel like an imposter in show business, but in the business of being an adult in general. Imposter is an hour of unrestrained, raucous laughs with audience interaction.

Nonsuch Studios are on Lower Parliament Street in Nottingham. For more information call 0115 8371950.

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Out & about



Waterloo – The best of ABBA show announces Nottingham date

Capturing the unique ABBA sound and feel with incredible attention to detail, Waterloo – The Best Of ABBA will bring a full live cast and band, stunning costumes and breath-taking choreography to the stage in Nottingham on Friday 24 January 2020.

Waterloo – The Best of ABBA looks back at the sensational rise to stardom of the Swedish pop group ABBA and recreates it so impeccably that fans, old and new can still experience the thrill of a live ABBA show. The iconic lyrics composed by Benny and Bjorn are sung in wonderful, captivating harmony from the opening refrain to the final sing-along chorus of this two-hour spectacular.

ABBA were honoured at the 50th anniversary celebration of the Eurovision Song Contest in 2005, when their hit 'Waterloo' was chosen as the best song in the competition's history. The group was inducted into the Rock and Roll Hall of Fame in 2010. In 2015, their song 'Dancing Queen' was inducted into the Recording Academy's Grammy Hall of Fame.

From the iconic 'Waterloo', 'Mamma Mia' and 'Voulez Vous' and so much more, Waterloo – The Best of ABBA thank ABBA for the music with this sensational show; it's an experience not to be missed by any ABBA fan.

For more information and to book tickets go to: <https://www.motorpointarena-nottingham.com/Online/article/the-best-of-abba>.

Calling all budding writers

If you have always wanted to write but have never had the time then a free event in Kimberley may be for you. From Wednesday 23 October there will be a free tutor led writing workshop from 10am to 11.30am at Kimberley Library. The group meets on the fourth Wednesday morning of each month at 10.00am – 11.30am. It is suitable for adults of all ages. There is no need to book, simply turn up and take part. The library is situated on Main Street at Kimberley.

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Park & Ride direct to the event at Wilford Village tram stop, next to Nottingham Moderns Rugby Ground NG11 7AA. If you book online (voucher) or purchase a ticket, we have secured a £2 return fare 'Event Ticket' available at your local tram stop. This offer applies to pre-purchases only.

Extensive car parking facilities off Wilford Lane at local schools, a short walk along well lit footpaths to the event. Or catch the tram adjacent Becket School for a one-stop ride.

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PRIME COMFORT: a premier mobility showroom in Grantham

Living up to its name is Prime Comfort in Market Place Grantham. Stocked full of new and used mobility scooters, electric recliners, adjustable beds, walkers, wheelchairs, wide-fitting comfy shoes, slippers and a range of personal hygiene and toileting products; it offers prime comfort and reliability with just about every mobility aid product you could think of.

The company has its own stairlift division, complete with a team of highly trained technicians. They install a comprehensive range of stairlifts to suit all homes and budgets, making getting up and down stairs a breeze. Unlike many other mobility centres, they also have their own servicing and repair department.

Prime Comfort has recently started to stock a new brand of shoes called Cosyfeet. The shoes are approved by healthcare professionals and are a wider fit brand. The new brand will sit alongside other already in stock, like DB Shoes, wide and deep fitting shoes and Sandpiper, extra wide shoes in a range of contemporary

styles and a wide range of men and women's slippers.

There is also a wide range of orthopaedic products to deal with any sports injuries, including stock slings and cast protectors.

For customers looking for a powered wheelchair then one make in stock that is proving particularly popular is the Freedom A08L chair which can go over all terrains and also has a 27 mile span, which is huge for a powered wheelchair. There is also a range of refurbished scooters in store - all with a year's warranty and three months free insurance. As winter approaches the new Cabin Car is set to become the star of the show. It comes complete with a heater for the colder weather and also features reverse parking video assist. With models in stock customers can go along for a free test drive or call to arrange a free home demonstration.

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Education & training



Obesity increased in reception children in 2018-19

Obesity among reception-aged schoolchildren in England increased between 2017-18 and 2018-19, new statistics from NHS Digital show.

The National Child Measurement Programme, England – 2018-19 report, published recently shows that the prevalence of obesity in four and five-year-olds rose from 9.5% in 2017-18 to 9.7% in 2018-19. This equates to 58,000 children.

This is a decrease of 0.2 percentage points from the earliest comparable year in 2006-07 when obesity prevalence in reception-aged children stood at 9.9 per cent. Among year 6 pupils, who are aged 10 and 11, obesity prevalence was 20.2% in 2018-19 (121,000 children). This is similar to the level in 2017-18 when it was 20.1%.

The earliest comparable figures for year 6 pupils date back to 2009-10 when obesity prevalence was 18.7%. This is an increase of 1.5 percentage points over nine years.

The National Child Measurement Programme (NCMP) – overseen by Public Health England and analysed and reported by NHS Digital – measures the height and weight of over one million children in England annually and provides robust data on the number of children in reception and year 6 who are underweight, healthy weight, overweight, obese or severely obese.

In 2018-19, 22.6% of reception children and 34.3% of year 6 children were either overweight or obese. The report also shows:

- Around three quarters of reception children were a healthy weight (76.5%). In year 6 it was around two thirds (64.3%).
- Severe obesity prevalence was higher in year 6 (4.4%) compared to reception (2.4%).
- The proportion of underweight children was higher in year 6 (1.4%) than in reception (1.0%).

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Monday 21st October: **Murder Mystery and Mayhem Book Club** 2pm Relax and enjoy talking about our book. 108 Burton Road, Carlton NG4 3BG. Free

Tuesday 29th October: **Breakfast Club** 10am What better way to start the day. Hole in the Wall, Main Road, Underwood NG16 5GQ. Price As per menu

To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766
www.oddfellows.co.uk

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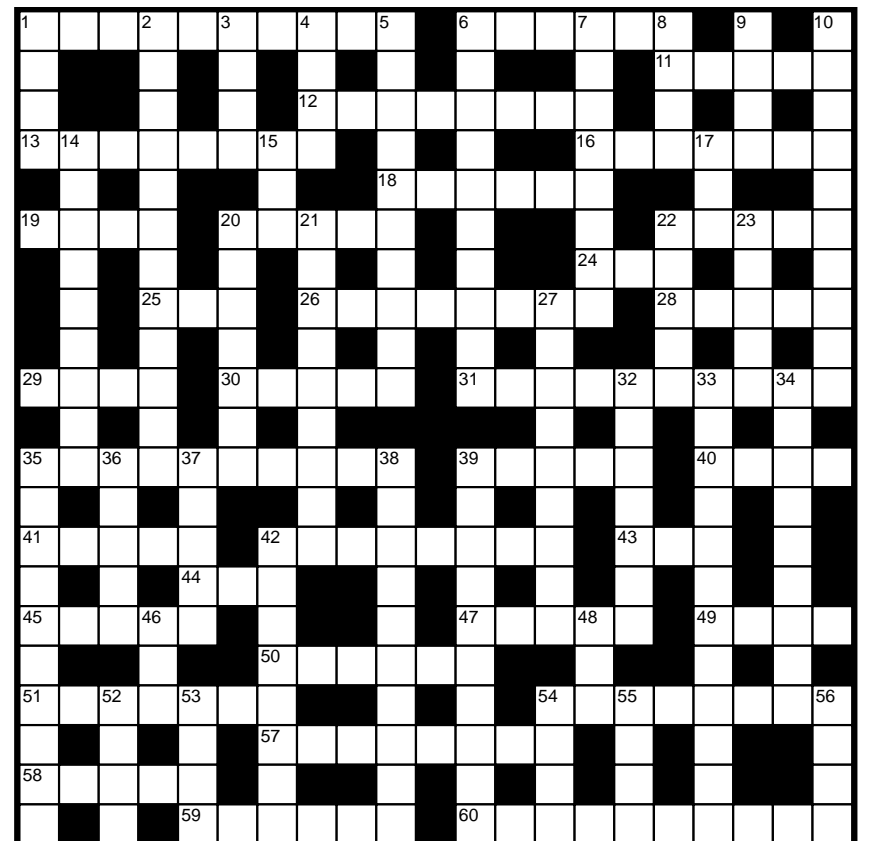
ACROSS

- 1 Back-stabbing foul play (5,5)
- 6 Alarming predicament (6)
- 11 Surpass (5)
- 12 Not fit to be eaten (8)
- 13 Small-wheeled motorcycles (8)
- 16 Caught in a snare (7)
- 18 Still in one piece (6)
- 19 Brick boundary (4)
- 20 Once more (5)
- 22 Secrecy symbols (5)
- 24 Important age (3)
- 25 Heating fuel (3)
- 26 Leaps from snowy slopes (3,5)
- 28 Law violation (5)
- 29 Paws and trotters (4)
- 30 Compass point (5)
- 31 Harvested manually (4-6)
- 35 Jaffa skin (6,4)
- 39 Wading bird (5)
- 40 Ceremonial gown (4)
- 41 Furious (5)
- 42 Fester or rot (8)
- 43 Dove's call (3)
- 44 Badly lit (3)
- 45 Goggle-box (5)
- 47 Cuddly bear (5)
- 49 Roof slate (4)
- 50 Function of a bra (6)
- 51 Tranquil (7)
- 54 Maths with diagrams (8)
- 57 Be at odds with (8)
- 58 Curling irons (5)
- 59 Three times (6)
- 60 Fragile items (10)

DOWN

- 1 Dishonoured cheques (4)
- 2 Help to clarify (5,5,2)
- 3 Fairy story (4)
- 4 Eye part (4)
- 5 Curry favour (4,2,4)
- 6 Decorator's tool (10)
- 7 Deprived urban areas (8)
- 8 Roman robe (4)
- 9 Footfall (4)
- 10 Comply ungraciously (10)
- 14 VIP's driver (9)
- 15 Cleaning cloth (3)
- 17 In favour of (3)
- 20 Lack (7)
- 21 Capable of soaking up (9)
- 22 Spiny desert plants (5)
- 23 Tea or coffee (5)
- 27 Letters pal (3,6)
- 32 Agitated through fear (7)
- 33 Maize item (4,2,3,3)
- 34 Office fraudster (9)
- 35 Blot out completely (10)
- 36 Iron forge block (5)
- 37 In a whirl (5)
- 38 Genuine and lawful (10)
- 39 Romeo or Juliet (5-5)
- 42 Burn slowly (8)
- 46 Destiny (3)
- 48 Owed (3)
- 52 Bucket and spade medium (4)
- 53 Abstain from food (4)
- 54 Sequence of DNA (4)
- 55 Porcine grunt (4)
- 56 Barks sharply (4)

See below for answers



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Out with the old as the weather turns cold

With the winter creeping in it's the perfect time of year to say goodbye to sunny summer décor to welcome deep winter shades into your home.

There is no need to break out the paintbrushes or move your rooms around too much – as we all know how much effort that can take – just follow these simple steps to achieve a warming winter look without the hassle.

Fluffing Up

Swapping out your soft furnishings such as cushions and blankets can make the world of difference to a room, instead of eye-catching bright colours for a cool summer vibe; opt for deep reds, forest greens or greys for a cosy look in the heart of your home. Curtains and lampshades can also be changed to add extra texture and warmth to your space.

Au Natural

Bring nature indoors at winter by swapping out your potted greenery for bare sticks, twigs, pinecones and other garden discoveries. Implementing these into your house creates a warm and pretty effect and they also require no maintenance. Adding some fairy lights can also add a warm and cheerful glow to a room.

Smell Divine

The use of candles in your home provides a warm glow, making your room look cosy and full as well as smelling amazing. Choose Christmas related smells such as a cinnamon, trees, spiced apples and gingerbread to fill your home with festive cheer. Buy your candles in warm and deep shades to add splashes of winter colour to your shelves and mantelpieces.



Nottingham lettings agency named one of the UK's best

Nottingham-based lettings agency FHP Living Lettings has been named one of the leading agencies in the UK, at a national awards ceremony in London.

The 'Best Estate Agent Guide' in collaboration with Rightmove identified the very best agencies in the sector. Judged on the level of its listings, results in terms of letting properties and quality of customer service provided, FHP Living Lettings was celebrated as one of the best in the country.

Luke Pritchett, director of FHP Living Lettings, said: "Our team work incredibly hard to deliver the highest possible standards in terms of service offering to landlords, current tenants and prospective tenants."

FHP Living Lettings is based by Weekday Cross in Nottingham's Lace Market, but has offices across the city and West Bridgford and a standalone student office. Its team of 18 property experts help prospective tenants find their perfect home in areas such as The Park, Mapperley Park, The City Centre and West Bridgford. Luke added: "It was great to be able to share this award with the team we were able to take down to London, but it's something that is a credit to everyone who works for FHP Living Lettings. We've had a fantastic year, letting some of the best properties and developments across the East Midlands."

For more information on FHP Living Lettings visit www.fhpliving.co.uk.



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Home improvement



The Help to Buy scheme is open to first-time buyers and existing homeowners on properties up to £600,000.

Help is on hand for homebuyers

Barratt Homes is reminding keen homebuyers that they are able to use the Government backed Help to Buy and bespoke Movemaker schemes together to secure their dream home at Romans' Quarter.

Surrounded by open green farmland and with all the great amenities of Bingham town centre less than two miles away, Romans' Quarter is a fantastic location for both first time-buyers and families to call home.

A range of offers are available on selected properties such as upgraded kitchens with integrated appliances, flooring included throughout, Stamp Duty fees paid and a contribution towards moving costs.

The Help to Buy scheme is open to both first-time buyers and existing homeowners on properties up to the value of £600,000. The scheme helps you to buy a home with an

equity loan of up to 20% of the full price of the property and just a 5% deposit. You won't have to pay any interest charges on this loan for the first five years.

The popular Movemaker scheme aims to make the homebuyers move as stress-free as possible by acting as a one stop shop for house hunters.

When buyers reserve a Barratt home, they will receive a complimentary estate agency service with two no obligation valuations on their existing property. Once a selling price has been agreed by the buyer, an estate agent will be instructed to start selling their previous property and Barratt Homes will pay the estate agent fees.

For more information about Romans' Quarter, visit the website at www.barratthomes.co.uk/new-homes/nottinghamshire/h768201-romans-quarter or call the sales line on 033 33558472.

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Parking is £4 for the day and the forest is free to enter. There will be a small charge for some organised activities.

Please check out our website www.visitsherwood.co.uk for full details of what is happening and when this half-term holiday. If you dare!



Half-term Halloween-themed activities at Sherwood Forest

For more information head to our website www.visitsherwood.co.uk

Sherwood Forest visitor centre,
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