

# Nottinghamshire in CIS



Issue 235



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Story continued Nottingham has confirmed that it is looking to nowned local artists Archi-House have been a local meeting, gathon page tects of Air.

bid for European Capital of Culture 2023.

The announcement took place in a spectacular luminarium - a structure of luminescent colour and light - created by internationally re-

Price 20p

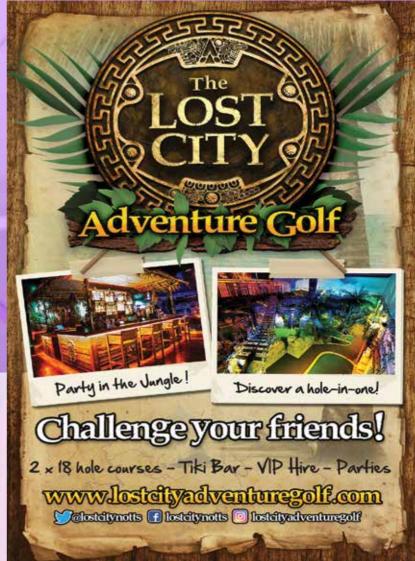
ISSN 2052-2606

Competing against Belfast, Dundee, Leeds, and Milton Keynes, Nottingham's European Capital of Culture 2023 bid team is confident Nottingham's entry will be heavily supported by people across the Midlands and beyond, and is calling on locals to become Nottingham 2023 'Cultural Lions'

Paul Russ, Chairman of Nottingham's Cultural Strategy Partnership and Chair of the Nottingham 2023 board said: "The lions outside the Council

ering and rallying point for decades, we are a proud and inclusive city and urge people of all backgrounds to 'join our pride' and help us get to the next stage of the bid by becoming Cultural Lions. "Nottingham is an ambitious, young and diverse city with a culture of grassroots collaboration and a history of rebellious innovation.

"As part of the bid, we want to give everyone in Nottingham the opportunity to take part in a project, production or experience and nurture the next generation of creative producers and cultural





# nformation



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Ashfield Centres have been awarded £1,000 from Tesco Bags project 'The Big Day Out'. The project help families to come together to learn new



# Slimming World

#### ASPLEY

ASPLET
St Margarets Church Hall
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Tuesday 6:30pm
Tel: Mary on 01159287316

#### BEESTON

Beeston Resource Centre 74 Middle Street Thursday 10.00an Tel: Margaret on 07877 615284

The Royal British Legion (Next to Wilko's) 12 Donington Road Monday 5:00 & 7:00pm Tel: Sarah (NEW CONSULTANT) on 07979 006707

Community Centre South Church Drive South Church Drive Wednesday 3:30, 5:30 & 7:30pm Tel: Jackie on 07877055117

The Royal British Legion (Next to Wilko's) 12 Donington Road Wednesday 9:15 & 11:15am Friday 8:00 & 10:0 Tel: Sacha on 07515 172984

#### COTGRAVE

Candleby Lane School Tuesday 5:15 & 7:00pm Tel: Maria on 07718 999033

EAST LEAKE East Leake Academy Cafeteria Lantern Lane (use staff car park) Tuesday 5:30 & 7:30pm Tel: Meg on 07792 943873

East Leake Leisure Centre Dance Studio Room (Opposite Reception) Saturday 8:30an Tel: Meg on 07792 943873

#### GOTHAM

Nottingham Ro Wednesday 5:00 & 7:00pm Tel: Sarah on 07979 006707

#### HUCKNALL

St Peters & St Pauls Community Hall, Ruffs Drive Wednesday 5:30 & 7:30pm Tel: Kerry on 07804 493162

The John Godber Centre Ogle Street Saturday 9:00 & 11:00am Tel: Kerry on 07804 493162

#### KEYWORTH

he Methodist Church Hall Selby Lane Monday 5:00 & 7:00pm Tel: Naomi on 07734 791608

#### LONG EATON

Tuesday 9:30 & 11:30am

#### LONG FATON

United Reformed Church (Near ASDA) Tuesday 9:30 & 11:30am Thursday 5:00 & 7:00pm Tel: Sue on 07903378552

Moorlands Club rsday 5:30 & 7:30pm Tel: Judith on 07711 043213

Sawley All Saints Church 561 Tamworth Road Tuesday 7:00pm Tel: Judith on 07711 043213

#### RUDDINGTON

Jubilee Clubhouse Loughborough Road Monday 5pm & 7pm Tel: Wendy 07870 830097

#### STAPLEFORD

The Haven Wadsworth Road Next to Wadsworth Fields Primary School Monday 9:15am Tel: Dawn on 07872 648833

St. Helens Church Hall Monday 5:30 & 7:30pm Tel: Dawn on 07872 648833

#### WEST BRIDGFORD

Gresham Sports Pavillon Gresham Park Road Off Wilford Lane Off Wilford Lane Monday 7:00pm Tel: Gillian on 07463856253

Edwalton Golf Club Wellin Lane Tuesday 7:00pm Tel: Sacha on 01159287316

Gresham Sports PavIII Wednesday 7:00pm Tel: Shirley on 07946727077

West Park Sports PavIIII Loughborough Road Thursday 5:00 & 7:00pm Friday 8:00 & 9:30am Tel: Athena on 07792 045221

The Rugby Club Stamford Road Saturday 8:00 & 10.00am Tel: Naomi on 07734 791608 people in their community.

The Children's Centres run by Nottinghamshire Children and Families Partnership, a partnership between Nottinghamshire Healthcare, Family Action and North Nottinghamshire College, applied for a grant earlier this year to fund the project.
The 'Big Day Out' project in-

cludes a five-week preparation family learning course for local families, leading to an outing to Sherwood Pines Forest Park available to the wider community, thereby creating a sense of unity across the community and peer support amongst local fami-

The course will focus on strategies for coping with children throughout holiday periods, cheap and easy play ideas, as well as improving adults' confidence in learning.

Michelle Squires, Community Development Worker for Hucknall Children's Centre was delighted to hear they had won and

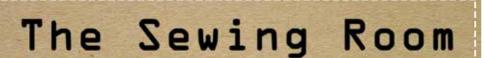
"Lots of families find it difficult to have an affordable day out with their children and aren't aware of free, local places to go. Some families also often struggle to think of cheap and easy ways to keep their children busy during holiday periods and this funding will help families to gain new skills whilst bringing together the local community."

Three groups in every Tesco region were shortlisted to receive cash awards for local projects that bring benefits to the community. The Tesco initiative is a community grant scheme where money raised by the 5p bag charge funds local community projects.

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# **European Capital of Culture 2023 continued from cover story**





"We're proposing a 'cultural change' programme that will transform the lives of people in the Midlands; harnessing the power of creativity, stimulating innovation, attracting investment and creating new international networks that will redefine our relationship to Europe and the world."

Nottingham has one of the youngest and most diverse populations in the UK, with an average age of just 34. Spearheading the Nottingham 2023 bid is Nottingham's Strategic Cultural Partnership, with support provided by Nottingham City Council, the University of Nottingham, Nottingham Trent University and Marketing NG

Professor Edward Peck, Vice-Chancellor of Nottingham Trent University said: "Nottingham Trent has a proud 175-year history of contributing to the cultural and economic development of the region, so we are delighted to be backing the bid and the enormous opportunities that being capital of culture will bring to the City and County."

The city and surrounding county has a history of pioneering new ways of thinking and working together, from the legend of Robin Hood, computing pioneer Ada Lovelace, and the writings of DH Lawrence, Alan Sillitoe and Jon McGregor, to the work of fashion designer Sir Paul Smith, singer-songwriter Jake Bugg, and nationally celebrated theatre makers Adam Penford, Emma Rice and Jenny Sealey.

The European Capital of Culture programme is an annual competition in which cities from two selected European countries bid for the title. In 2023 both the UK and Hungary will host a European Capital of Culture. Nottingham has until 27 October 2017 to produce its bid.







## For more information and to show your support visit www.Nottingham2023.co.uk







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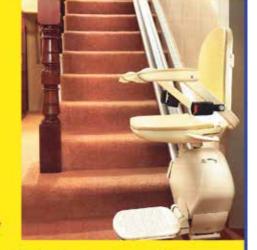
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# Nottinghamshire FunCUS

# **Nottingham Rugby Shortlisted**

Nottingham Rugby is delighted to announce that their North Notts Community Partnership, with Hall-Fast Industrial Supplies and Paviors Rugby Club, has been shortlisted for a 2017 Crabbie's National Rugby Award, in the 'Club Sponsor of the Year' category

Paviors RFC have been working alongside Nottingham Rugby, over the past two years, to increase the numbers of young people, aged 2-5, involved in the sport, through its Little Ruggers programme, which has proved to be a huge success.

The thought behind Little Ruggers

was to bring new families to the game, whilst parents and guardians enjoy playing with their children, in a fun, safe and friendly environment. The programme is continuing to grow, and is being rolled out to more schools, clubs and organisations over the next twelve months.

Many schools, including Mansfieldbased Fountaindale SEN School, have also benefited from the partnership over the last four years, with physical activity and movement skills sessions being delivered to the stu-dents by coaches from Nottingham

Rugby's Community Department. Nottingham Rugby, along with Nottingham Corsairs, has also been shortlisted for a 'Rugby Lifetime Achievement Award', with David Rhodes being nominated.

Steve Smith, General Manager of Nottingham Rugby said: "It's fantas-tic to see David being shortlisted for this award. He puts a huge amount of time into the grounds at Lady Bay, supporting the playing side of things,

from our professional team, right the way down to Corsairs' Little Ruggers and Under-6 teams.

"As with every sports club, there are always a group of dedicated volunteers who clubs simply cannot function without and we would like to thank every single one of them for supporting us. The site here at The Bay caters for over 750 rugby players per week and a wide variety of other sports too, and without David, it certainly would be nowhere near as good.











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# Hospitals **Praised For** Support for

Nottingham's hospitals have been recognised for the support they give to those who serve in the Armed Forces.

NUH has been given Gold Award status by the Ministry of Defence's Employer Recognition Scheme, for the second time. The Awards recog-nise employers who actively support the Armed Forces community in their workplace and also encourage others to follow their lead.

NUH currently has over ten serving Army Re-

servists and one Royal Navy reservist.

Nicky Hill, Director of Human Resources at NUH, said: "We're delighted to receive this award for a second time. It's wonderful to have recognition of our commitment to our Reservist staff. We see them as a really valuable addition to our workforce. Their Reservist activities equip them with a whole host of skills that are useful in their working lives, not least bravery, commitment and determination.

'We will continue to support staff who decide to join the reserves and ensure they receive every opportunity to develop their interests."

The gold status lasts for three years and will be reviewed in 2020. It was previously given to the Trust in 2014.

Defence Secretary Sir Michael Fallon said: "These companies and organisations have shown the gold standard of commitment to supporting members of the Armed Forces, veterans, and their families. They have taken meaningful steps to ensure the Defence community are not disadvantaged by the sacrifice they make in helping keep this country safe. The actions of these employers make it crystal clear that regardless of size, location, or sector, employing people with military skills is good for business."



# Nottinghamshire FunCUS

Trust Fund has announced a new digital campaign, aimed at saving water, which will also benefit the environment and help people manage their

water bills more effectively. The #savewater initiative is supported by Severn Trent Water, who have donated two 190 litre water butts for recycling water in the garden and two Mira Eco water saving shower heads.

The campaign was launched on 11 August and will run for seven weeks, with the prizes going to the most original water saving tips submitted during the campaign.

The Trust, which offers grants and help to those in debt in the Severn Trent Water area, aims to raise awareness of how to manage water usage and share useful water saving tips.

The competition will run via social media and a list of all the tips suggested will be made available when it comes to a close.

Carol Arnold, Commercial Director of Auriga services, the administrators of the Severn Trent Trust Fund com-mented, "We are delighted to announce this new online campaign. With plenty of summer still to come, it is a great time to start to think about saving water."



**Irent Launch Water** 

To join the campaign follow @STtrustfund or like the Severn Trent Trust Fund Facebook page. Visit www.sttf.org.uk for more information

Grateful Father Thanks Hospital for Saving Son's Life

The grateful family of a baby, who doctors feared may not survive, have may not survive, have written to thank Notting-ham Children's Hospital for saving his life as he reaches his first birthday. Alex McQueen was JUST two weeks old when he was admitted to Notting-ham Children's Hospital in August last year suffer-

ing from meningitis. He was transferred from Good Hope Hospital in Birmingham and his condition was so serious that his parents were warned

to expect the worst.
Paediatric Consultant at Nottingham University Hospital, Charlotte Goedvolk said: "When Alex was admitted we weren't sure he would make it through the night.

"By morning he had sta-bilised and improved enough to come off the ventilator but we were still concerned he would have serious long term health prob-

Alex has gone on to defy doctors' predictions and is now a healthy one-year-old, after celebrating his first birthday on the 28th July. His dad Martin said: "My wife

Lindsey and I have always said that without the support from Charlotte and her team he wouldn't have survived the first night. They have given us the best gift anyone has ever

"After he was released from QMC he went back to Birmingham for a week, and since then he seems to have made it his business to prove he can do all of the things we were told he would never be able to do. We really think we have witnessed a miracle. He's turning in to such a lit-tle monkey. He's mastered crawling, is now close to

walking and is eating us out of



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A father and son team is playing a key role in building new social housing for Nottingham City Homes as Robert Woodhead builds 39 new homes to deliver Ultra Site.

Mark Hackleton, Site Manager with Robert Woodhead Ltd, is leading a team at the former Morley School site in St Ann's that includes his 19-year-old son, Tyler. The site, the only social housing considerate constructors scheme (CCS) Ultra Site in the UK, is part of the Building a Better Nottingham programme that is creating more affordable homes for local families across the city.

The CCS accredits sites which show they are taking into consideration the local environment, the surrounding community, working conditions and facilities for those working on site, and training and employment opportunities for local residents. Ultra Site

status is given to sites that go above and beyond the basic expectations of the CCS

"A key part of being designated an Ultra Site is boosting employment, training and work experience opportunities," said Mark. "My son, Tyler, and many other young people from the local area have been benefitting from working on site, getting an insight into what it's like to work in the construction industry and developing their own skills.

"We also have 12 apprentices on site, and we're supporting local labour and supply chain providers, using around 20 different sub-contractors across plumbing, electrics, painting, joinery, tiling and roofing.

Mark's son Tyler, who has been working on site since last November and is undertaking a Construction and Built Environment Level 3 Ap-

**NO JOINING FEE** 

prenticeship, feels he has benefitted enormously from working alongside his dad. He said: "Working with dad has been great - he has lots of experience, so I've been able to learn a lot from him. He treats me just like everyone else on site, so he doesn't go

Philippa McKenna, Senior Develop-ment Manager at Nottingham City Homes, said: "It's wonderful to see these new bungalows and family homes transforming the local area, but the wider community benefits are just as important. Work experience placements, apprenticeship opportunities and the use of local businesses are providing a very important boost for the local economy.

When completed, the former Morley School site will include nine threebed houses, 24 two-bed houses and six bungalows.



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Nottinghamshire FunCUS

# Arts Business Makes First Acquisition





Newark-based Teaching Art Limited has made its first acquisition following a £4m investment from PHD Equity Partners and Praetura Commercial Fi-

The company has acquired ArtGallery (UK) Ltd, an online gallery operator which is based in Tetbury, Gloucestershire which allows artists to sell their work to buyers worldwide via its website. It plans to integrate the gallery business into its existing operation to enhance the services it offers to members of its club, the SAA.

Teaching Art supplies arts and crafts products to consumers and the retail trade. Its club, the SAA, is now the world's largest art community with 43,000 members who have their own exhibitions, awards and events and benefit from discounts on products.

Andy Dodd and Craig Richardson of PHD Equity Partners, said: "This acquisition is the first step in Teaching Art's growth plans, and follows on very quickly from our recent investment. We see huge potential for the company to expand the services of the SAA, develop new products and services and grow

its sales in Europe and beyond." Carl Gamble, who joined recently as Managing Directo, said: "Artgallery. co.uk is one of the leading online gallery operators and will provide SAA members with a new channel to sell their work internationally. It is all part of our mission to 'Inform, Encourage and Inspire' artists across the UK and



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Eastbourne Sat 9th-Sat 16th Sept Hadleigh Hotel £435 Paignton Mon 18th-Fri 22nd Sept Redcliffe Hotel 2839 Mystery Weekend Sat 23rd-Sun 24th Sept,

> Mystery Hotel £89 £20 Llandudno Tue 26th-Sat 30th Sept,

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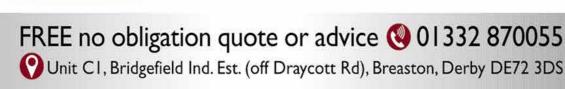
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# complete out & about guide

How will you be spending the Chugust Bank Holiday? You don't



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are so many attractions available right on your doorstep.

Based in the heart of England, the Midlands offers a diverse range of activities for any age, all available within a short commute. From history lovers to seaside fanatics, living in the heart of England makes a range of UK holiday destinations easily accessible to everyone by car or public transport. Dive into England's culture and visit the local heritage hotspots. Teaming with lavish houses, historic hilltop castles, beautiful gardens and scenic walks, a day out in the Midlands is an adventure for all the family. Gain spectacular views at the Cotswolds, explore the Peak District and roam the grounds of Bolsover Castle to experience the rural surroundings and rich history.

If you're looking to treat the kids, an active adventure will be sure to keep everyone happy. Spend the day at an aqua park and enjoy a splash landing, or visit the seaside with a bucket and spade to build your very own sandcastles and hunt for seashells. Stop by a fish and chip shop for a traditional treat and soak up what's left of the summer sun before the brisk winter months begin.

If you prefer to keep dry, visit an amusement park with the family to play on arcades, or treat the little daredevils to a day of rollercoaster rides for fun thrills. Discover your wild side with a trip to West Midlands Safari Park or White Post Farm to get up close and personal with some amazing animals. If you prefer to shop, there are plenty of little local towns with interesting markets and boutique shops bursting with hidden gems. Discover an antique treasure whilst browsing the shelves or curl up with a book at a coffee shop that you've not been to before. If you're looking to travel further, there are many major shopping cities which you can reach in just a few hours by train such as Leeds, Manchester, York and London.

Whatever your plans are this bank holiday, make the most of the activities available right on your doorstep and discover something new near you.



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# What's on your Doorstep? ...



Spend 25 – 28 August in Warwickshire, Shakespeare's England, with a host of special activities and events. Attend a family festival, go on a trivia trail quiz, get spooked on an evening ghost walk or take a picnic with your dog at Anne Hathaway's Cottage. There is plenty to keep the whole family entertained whatever the weather!

'Camper Calling' returns to Ragley Hall in Warwickshire from 25 - 27 August. This year the Family Festival is headlined by Cast, Reef and The Lightning Seeds. Listen to amazing music, enjoy family entertainment, adventure playgrounds, activities and tasty food and drink.

Learn more about Anne's role at Anne Hathaway's Cottage from 26 – 28 August before she was swept off her feet by William. Bring your dog to celebrate National

Dog Day and enjoy 20% off admission in the gardens on 26 August.

Join in one of the Trivia Trails 90 minute quiz trails for a mix of historical, obser-

vational and fun questions in Stratfordupon-Avon on 26 August (2pm) and 28 August (12noon) and in Warwick on 27 August (2pm).

August (2pin).

Go on an evening Ghost Walk on 26

August from 7:30pm – 9pm around the 'haunted' streets of Stratford with Stratford Town Walk. Discover the ancient buildings, seeping with tales of ghosts, witches, murder and mayhem. Booking is necessary.

War is coming to Warwick Castle until 3 September with a horseback jousting spectacle. Families must pledge allegiance to either the House of York or the House of Lancaster and join a 2,000-strong cheering crowd in the jousting arena as the pummeling of horses' hooves and the splintering of lances reverberates throughout Wars of the Roses.



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Rigg Lane, Ravenshead NG15 9AJ www.papplewickpumpingstation.org.uk Following a successful set of brewery tours, which have been running one night a month since April, Welbeck Abbey Brewery is now preparing to give a warm welcome to the winter months.

come to the winter months. The last few tour dates are available in August and September 2017, which will give visitors the opportunity to join an expert brewer on a guided tour around the traditional microbrewery for a rare opportunity to take a peek behind the closed doors. After September, the tours will be returning from April 2018.

Specialising in handcrafted English ales from the Welbeck estate, the brewery also hosts private parties or corporate bookings, where guests can book the venue for a range of occasions set in the beautiful listed barn. Why not celebrate this season with a party at this stunning venue, nestled within Sherwood Forest?

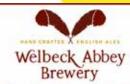
Brewing more than 15,000 pints a week, Welbeck Abbey Brewery supplies to pubs, restaurants and specialist bottle beer shops within a 35 mile radius. Making the perfect

present for ale lovers, you won't find these bottles in supermarkets as Welbeck believe that top-quality, hand crafted ales should only be available at outlets which pride themselves on sourcing the best quality, locally produced beers.

Why not treat someone special to a gift from the Welbeck Farm Shop? With a range of real ale products available, you'll be sure to find the perfect brew to meet anyone's taste.

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### 2017 BREWERY TOURS

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Join one of our expert brewers for a guided tour around our traditional microbrewery. Tours run from 7.30pm to 9.30pm and cost £10 per person. With this you will enjoy two pints of our lovingly hand crafted real ale, plus learn a little more about the ingredients and passion which go into each pint. Tickets can be purchased at Welbeck Farm Shop, Portland House in Sheffield, or from the brewery directly using the contact details below.

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# What's on your Doorstep? -



# REDHILL MUSIC FESTIVAL SOUTH NOTTS 25, 26 & 27TH AUGUST 12-12PM

Volunteers wanted to help with this event. Do you fancy being involved in a festival? We need people to Marshall ticket holders, set up the events infrastructure and closure. Bring new ideas and personal skills. There is room for more stall holders and we are looking for Bands, Choirs, Singers and other, to make this August Bank Holiday Charity event Magical!

Call Neil Martin for details on: 07715 124861

# Summer Fun!



Join Cranwell Aviation Heritage Museum on Sunday 27 August for a day of family fun!

Cranwell Aviation Heritage Museum will be flying high with lots of fun activities on Sunday 27 August from 11am to 4pm. There will be a Jet Provost Dashboard to explore as well as vintage fire engines from the Museum of RAF Firefighting. Take part in children's crafts, face painting or have a go at our cunning trail!

The museum will also be open with its flight simulator and lots of interactive activities for all ages. Please note children under the age of 16 must be accompanied by an adult. Whilst you're there stop by their current

exhibition High Flying Women – Pioneering Aviators which celebrate remarkable female aviators from around the world. It also examines their struggles and rebellion against the conventions of their respective times, in order to realise their dreams; and how they fearlessly took to the air when aviation was a far greater risk than it is today.

For more information about Cranwell Aviation Heritage Museum visit www.cranwellaviation.co.uk

# Golden Palm Resort

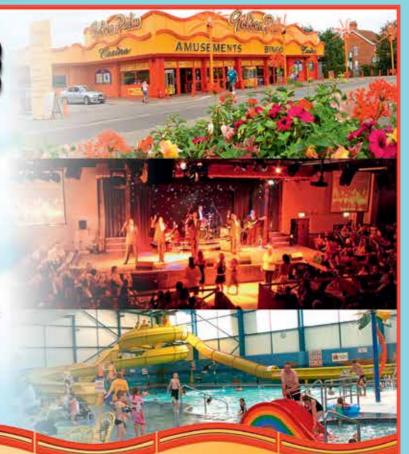
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**Mansfield Palace** Theatre recently enjoyed their most successful year yet, with 100,000 visitors choosing to see shows in the Leeming Street venue.

As they continue to build on their reputation as the town's premier entertainment offering, they have put together a programme with something to suit all tastes this autumn and winter.

You are invited to escape down the rabbit hole to Wonderland with Expressions Academy of Performing Arts on Saturday 2 and Sunday 3 September, where they will take you on a journey filled with song, dance and musical theatre in their annual showcase

**The Dreamboys** are coming to town on Monday 11 and Tuesday 12 September for the ultimate girl's night out.

from 5.00pm with cocktails and prosecco available! The theatre bar will also play host to a fun Gin Tasting event on Tuesday 10 October where you can learn about the history of this juniper flavoured spirit, whilst sampling four varieties of it!

Four family shows are on offer in the coming season, starting with a double bill of The **Sooty Show on Sunday** 9 October.

Older children will enjoy booing and cheering at American Wrestling on Sunday 22 October, with the whole family catered for in Cirque Enchantment on Thursday 26 October.

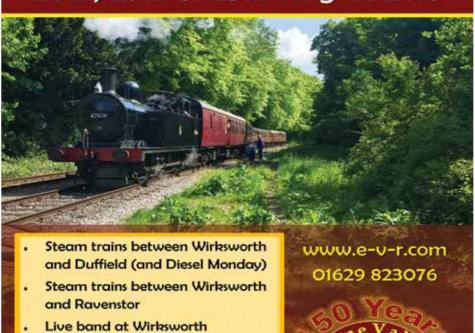
To see the full list of what's on, visit: www.mansfieldpalace.co.uk



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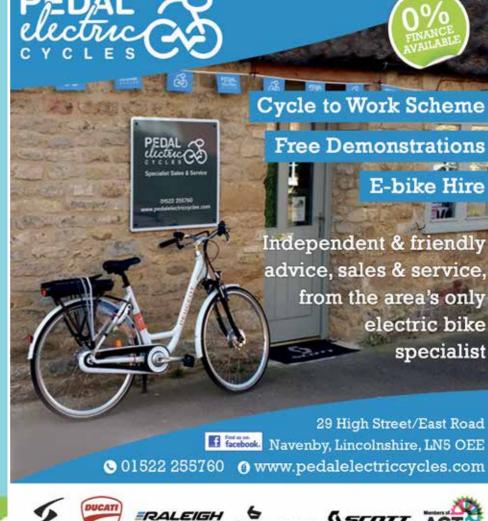
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# What's on your Doorstep?

# - SUHHER time to have fun'

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## Airships over Lincolnshire... Lighter than Air



Cranwell Aviation Heritage Museum will take to the skies with a new exhibition, due to open next month.

Opening Saturday 30 September, Cranwell Aviation Heritage Museum's upcoming exhibition – Airships over Lincolnshire... Lighter than Air will open to the public, exploring the vital role of airships and hot air balloons have played and the involvement of the Lighter than Air section at Cranwell.

See their development over time, including the types of balloons and airships which operated from Cranwell; learn about the working life of an airship's crew; find out about Zeppelin raids on Lincolnshire as well as the career of Barnes Wallis, a designer of airships.

This exhibition is open to the public from Saturday 30 September 2017 to Sunday 25 March 2018. Admission is free.

For more information about this exhibition please contact Cranwell Aviation Heritage Museum on 01529 488490 or email

01529 488490 or email cranwellaviation@n-

kesteven.gov.
uk. For more information about
Cranwell Aviation
Heritage Museum
please visit www.
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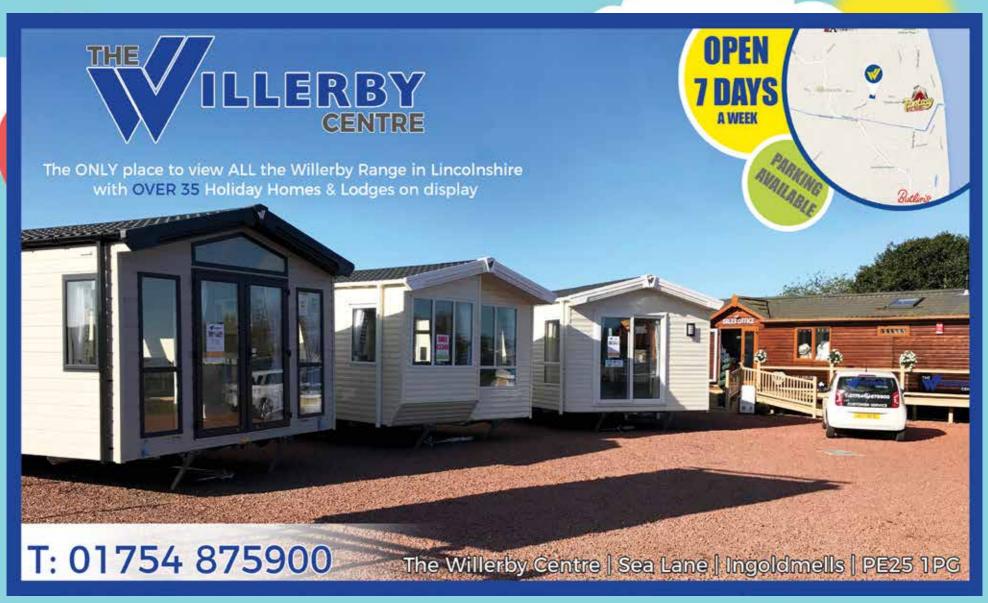
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# What's on your Doorstep? --





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# **CROSSWORD**

33 Lacking light (4)

34 Three feet (4)

35 Martial art (4)

38 Popular yellow fruit (6)

39 Obvious, clear to see (7)

44 Tatty and well-worn (10)

48 Mound or growth (4)

54 Stretchy rubber (7)

57 Christian festival (6)

58 Competitive fun event (4)

59 Power-cables support (5)

60 Awful apprehension (5)

61 Envelope fold-over (4)

40 Sculpting tool (6)

42 Sticky band (4)

47 Story (4)

52 Form (5)

55 Respond (5)

1 Manager (4) 3 Rice field (5)

10 Light beer (5)

12 Large town (4)

13 Re-heat or prepare

for athletic activity (4,2)

14 Walkways (5) 15 Second-hand item

of clothing (4-3)

16 Hold up in time (5)

17 Without charge (4)

19 Difficult (4) 21 Middle defender

in old-time soccer (6,4)

24 Undergarment (4)

27 Drinking house (6)

28 Palm fruit (7)

30 Arctic inhabitant (6)

31 Tot of liquor (4)

1 Basin (4)

2 Wait at table (5)

3 Young dog (5)

4 Garbage can (7)

5 Bread-making

ingredient (5)

6 Lacking tautness (5)

7 Convincing evidence (5)

8 Ineffectual brawl (7)

9 Ride a bike (5) 11 Absolute truth (6)

18 Closed (4)

20 Fantasy (5)

21 North American (8)

22 Pudding grain (4)

23 Seek out and chase (4)

25 Faint-hearted (5)

26 Migraine or a worrying problem (8)

28 Shape with a knife (5)

29 Grilled bread (5)

32 Bake in fat (5)

35 Elbow or knee (5)

36 Grape drink (4)

37 Care for practically (4)

41 Salacious look (4)

43 Agog (3-4)

45 Communal residence

or refuge (6)

46 Organise (7)

48 Gate-house (5) 49 Enjoying life (5)

50 Buttered cake (5)

51 Plait (5)

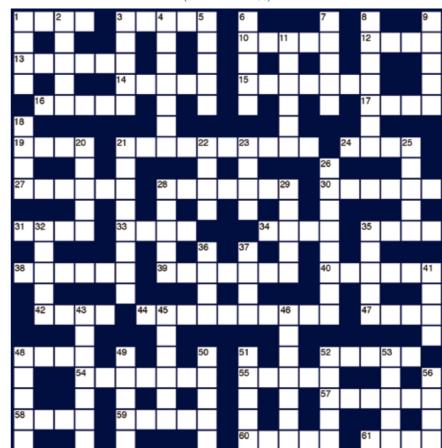
52 A mount (5)

53 Flower part (5)

56 Excursion (4)

#### ISSUE 234 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Tranquilliser 9 Rolls 10 Objectionable 13 Hit 15 Rev 16 Camp 18 Excess fare 19 Envy 20 Rise 23 Emperor 25 Studio 26 Mix 27 Coxswain 28 Propose 30 Obese 32 Ski 34 Disclosure 35 Crosswords 37 Tie 38 Adore 40 Freeman 41 Register 43 Gag 44 Dallas 45 Except 47 Helm 48 Kin 49 Profitable 51 Glum 53 Nit 54 Pep 56 Assembly rooms 60 Often 61 Extraordinary
ANSWERS DOWN
1 Third 2 Nab 3 Incisor 4 Sin 5 Rob 6 Creche 7 Clam 8 Ash 10 Over-exposed 11 In force 12 Averts 14 Invoice 17 Peruse 21 Sea floor 22 Amend 24 Employers 25 Snow scene 29 Squiggle 31 Strengthens 32 Set 33 Ice 36 Soggy 38 Avarice 39 Oblong 40 Fretful 42 Simple 46 Caterer 47 Humans 50 Italy 52 Lots 55 Pop 57 She 58 Mat 59 Men



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# Ice Stars Returns for a Third Series

The popular CBBC series Ice Stars is back for a third series on Friday 25 August 2017. Packed with excitement, drama and a whole load of emotion, the series takes us through the highs and lows of the skaters from the National Ice Centre in Nottingham, both on and off the ice.

Following three years of filming at Nottingham's National Ice Centre, Chief Executive Martin Ingham said: "It's been

a pleasure to Drummer TV over the past three years to showcase the array of sporting activities and talented skatthe National Ice Centre. We all look forward watching this third and final series and hope it en-



# Free Advice for Broxtowe Businesses

Broxtowe businesses can get a free health check and advice next month at a drop in session at the Council Offices in Beeston. Advisers from D2N2 Growth Hub and Beeston based Wren Accountancy will be on hand on Wednesday 20th September between 10.00am and 3.30pm to offer advice and support.

Each one-to-one session will last approximately 90 minutes and will give you the opportunity to ask questions and get practical tips.

D2N2 Growth Hub Health Checks provide:

Valuable advice and insight to help your existing business flourish

- Relevant information on access to finance to expand, guidance on the latest
- legislation or practical business support.

  The right advice for your business needs.
- Wren Accountancy advice sessions will include:
- Tax and accountancy support to prestart, start up and existing businesses, information on what is the best accounting or book-keeping package for your business and tips on ways to keep your business tax liability to a minimum.
- Free guides on starting up in business, tax saving tips and ways to grow your business will be available by email to those interested.

Appointments are available for each adviser at 10:00am, 11:30am, 2:00pm and 3:30pm and can be booked at Business Health Check or through Broxtowe Borough Council's Economic Development Team on 0115 917 3826 or email economic.development@broxtowe.gov.uk.

# Mansfield Welcomes Cyclists to Town

On 5 and 6 September Mansfield town centre will see professional cyclists in the Market Place in preparation for the OVO Energy Tour of Britain cycling race to begin from approximately 10.30am on 6 September.

It is the biggest free to watch sporting event on the calendar, and the first stage to ever be hosted by Nottinghamshire.

The council welcomes responsible cyclists to the town to view the race and wants to encourage as many people as possible to support the event, which will be controlled with public safety barriers in place in the town centre and rolling road blocks along the rest of the route

The council is encouraging people who are choosing to attend the event on their bikes to cycle with care and consideration.

Councillor Dave Saunders, Portfolio Holder for Regeneration and Growth, said: "We expect it to be very busy so please take care wherever you decide to see the race. In the town centre there will be bike racks available for cyclists' convenience and we would encourage them to dismount and push their bikes through the pedestrianised areas in crowded spots for the safety of others."

spots for the safety of others. On a normal day when a special event such as this isn't taking place, Space Protection Orthere is a Public der in place that cycling in a pedesprohibits antisocial area. trianised someone could cause distress or gerous to pe-can be asked danbecome destrians they dismount b y council officer. Failure to dismount could result in a fine.

Nottinghamshire FOCUS

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# Don't make assumptions when it comes to Wills and Wishes

When somebody dies, it's a sad time for family and friends. And while those left behind often think they know the wishes of the deceased or assume they can get hold of a Will, it isn't always as straightforward as you might think.

Deciding what you want to happen to your possessions after you're gone is one of the most important decisions you can make. In our experience, a lot of our clients decide to make a Will after someone they know has died because their own experience brings home to them just how important a Will is. And do you know, Will making can actually be quite simple, depending on the kind of advice you need.

If you don't make a Will, the law will dictate where your money will go. And it is not always certain that your spouse, or even your children, will get your money in that case. Assuming what will happen without putting it into a Will can lead to upset and stress for those left behind. We don't think you would want to do that, so, if you haven't yet made a Will, visit www.fidler.co.uk to find more details of the firm's services, or to arrange an appointment, call us on 01623 782 615 or email rhoward@fidler.co.uk





When life is so busy, it's easy to put off making your Will

Most people know they should do it, but then get caught up in their everyday lives. It's worth setting a little time aside to sort out what will happen to your affairs after you die.

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# Making Sense of Dementia



This specialist programme consists of seven, two hour weekly sessions, at

venues throughout Nottingham and covers a different aspect of dementia in each session. The groups are facilitated by specialists in dementia group work and will give carers a chance to learn more about the illness, the services that are available and gain support from other carers. Help with respite services and transport may be available.

with respite services and transport may be available. We hope that by reaching out to carers who are coping with managing their own lives as well as caring for someone with this very

debilitating disease there will be an opportunity to gain a better understanding of dementia by understanding the changes in communication and behaviours, learning how to look after themselves as well as those they care for, under-standing nutrition, infection control, avoidable dementias and manage continence

We also have information on other services, respite care, carer's assessments and we dis-cuss the legal implications of caring for someone with dementia, look at the Mental Capacity Act and what it means as well as welfare

benefits.

All this will hopefully improve the quality of life of both the carer and the cared for by increasing carer's knowledge of dementia and improving coping skills, confidence and morale. The sessions also aim to reduce the sense of isolation.

The Programme is free to those who live in the Nottingham City and the County, all we ask is for a small contribution for refreshments.

For more information or to book a place on one of our programmes please ring Bev Pearson on 0115 9786133 or 07745956880.



# Do you look after someone with Dementia?

Important information is now available for YOU!

Introducing a programme of support sessions for carers of people with dementia

The programmes are at various venues in Nottingham

"This has helped me understand my dad more and look after him better" - Carer of father with dementia

"This has made all the difference for me and my family"



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care



# Woodthorpe Is Making Giant Strides with Refurbishment Programme



strides with its refurbishment project, which will provide a huge boost for patients, staff and consultants.

The private hospital in Nottingham is being completely transformed to give a fresh look to the interior and exterior of the building. Public areas of the hospital, including

consulting and treatment rooms, are being refurbished as part of the develop-

Upgrades are also being made to patient bedrooms on the ward which have been fitted with modern laminate flooring and plush en suite bathrooms. Other stages of the renovation include a

new reception space, a new lounge for private patients and a larger gym and physiotherapy department.

Hospital corridors are also being rejuvenated and the appearance of the building outside is also being changed to create a lasting first impression on

patients. Woodthorpe Hospital General Manager Mark Lacey said: "This project will en-

externally.

'As a private hospital we want to create a home-from-home environment for our patients, whether they are here for day surgery or require overnight stays following their operation.

"Patients can look forward to staying

in impressive surroundings and the private rooms with en suite bathrooms on the hospital Ward look particularly impressive and will help to make a patient's stay with us as comfortable and convenient as possible." Woodthorpe Hospital pro-

vides a range of surgeries and services including hip and knee surgery, spine and neck care, eye surgery, foot and ankle surgery and cosmetic

It has been providing healthcare services for the people of Nottingham since 1897 and offers superb facilities including two operating theatres and 41 private en suite rooms for patients.

Mark added: "This refurbishment pro-

ject can only enhance the service we provide for all our patients.

We are really excited about the completion date for the project which is now only just around the corner.





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# Yana Whitehouse Appointed Home Manager at the Grand

Fast growing care home operator, New Care, has appointed Yana Whitehouse, from Chesterfield in Derbyshire, as registered manager for its flagship care home, The Grand in Nottingham.

In her new role, Yana takes responsibility for the state-ofthe-art 82-bed care facility on Greythorn Drive, its 82 residents and 100-strong employee team. She will work consistently to deliver an exceptional service for residents and ensure that the home is safe, caring, responsive, effective and

She is also tasked with ensuring the home complies with Care Quality Commission (CQC) regulations and will oversee ongoing training and development to ensure the staff team meets New Care's exacting standards. Having worked within the industry for more than 30 years, Yana is well qualified for her new challenge and continues to be passionate about making a difference to those in her care.

She commented: "I'm delighted to have been appointed by New Care and am looking forward to being part of the company's growth in the future. I will work with my team to ensure that The Grand is the care home of choice in Nottingham, with a reputation for outstanding provision in care for the elderly and a safe and happy environment that offers peace of mind for loved ones and family members.

Before joining New Care,

Yana held other similar senior level positions for a number of different care home operators. She was attracted to New Care and The Grand for its friendly, supportive and genuine ethos and committed approach to only the highest standards of

"The Grand really is a remarkable care home, setting new standards in the provision of

ues: "From continthe attention to detail that has gone into the interior design of the home to the changing daily menu, innovative activities programme and high level of care, compassion and personal attention that is shown to every individual resident, I am proud to be part of this team and will maintain the excellent reputation that has already been established."

CEO at New Care, Chris McGoff, added: "We were impressed when we first met Yana and knew that she would be a great asset to our team in Nottingham. I'm very confident that she will build upon the already high standards at The Grand and that the home is in good hands under her leader-

When not working, Yana takes every opportunity to be involved in the lives of her four children and grandchildren. She also likes motorbikes, knitting and enjoying the great out-doors close to where she lives in Clowne, Derbyshire.

New Care is one of the UK's fastest growing development-led care home operators. Ca-tering for the aspiring needs of its residents, homes provide high quality, person-centred care and an exceptional clinical offering, including residential, general nursing and specialist dementia care services, in an expertly designed purpose-built environ-

In addition to communal lounges, formal dining rooms and gardens, residents enjoy the privacy of their own wellappointed and restful bedroom, complete with en suite wet rooms, and a host of hotelstyle services including fine dining, a hair salon, nail bar, concierge and a busy and varied programme of activities and

For further information on New Care and its care homes across the UK, please call Dawn Collet on 0161 927 2940 or email enquiries@newcarehomes. com. Alternatively, please visit www.newcarehomes.com.

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0115 9224826

(mornings)

Email: abelcollinsadmin@btconnect.com or write to the Administrator, 13a Collin's Homes, Derby Road, Beeston, Nottingham, NG9 2TF.

Our website is www.abelcollins.org.uk Registered charity No 214833

care



#### NEWARK COMMUNITY FIRST AID



Registered Charity Number: 1152694



### We need YOU as a Volunteer



In the last year our volunteers attended 378 events in the Newark area providing high quality first aid. This first aid saved lives and reduced suffering.

#### Find out how YOU could join our team.

If your over 16 years of age - looking for a new challenge - please contact us. We are a friendly local team devoted to helping our local community. We would be delighted to hear from you.

Contact Philip - Telephone: 07973 904808 or 01636 683202

Email: newarkcommunityfirstaiders@hotmail.com

Find out more at our website: www.newarkcommunityfirstaid.co.uk

www.facebook.com/newarkcommunityfirstaid

### **More Volunteers Needed To Meet Demand**

Newark Community First Aid is seeking more volunteers to meet the growing demand for its ser-

Last vear saw the charity attend 388 local events, an increase of 17% on the previous year.

Jonathan Brown NCFA's Events Manager said "We are pleased that so many local events use our services, we aim to provide a quality service and feedback from organisers shows that we are rated highly.

"However, we have had to turn down events in the peak summer months as we quickly booked up on some dates - we would like to be able to meet all requests but need more volunteers

The charity provides first aid cover to events in Newark and the villages in the

of events are covered, in the last few week's events as diverse as religious festivals, netball, Tech - a rock music event tique fairs, the Robin Hood Festievents have kept the volunteers

Philip Jessop, NCFA Training Manager, said: "Becoming a volunteer is great way of meeting people and learning new skills combined with the satisfaction of being able to help people who become ill or injured.

"We welcome trained first aiders. but you do not need to have training or experience to join, as we

val, agricultural shows and horse

provide a comprehensive training package. Membership

for young people interested in a career in health or childcare." At the moment the charity has 60 volunteers but needs at least

years of age; it is ideal training

another 20. Full training is provided, weekly meetings/training sessions are held on Monday evenings at the Newark Academy on London Road at Balderton near Newark.

All volunteers are fully insured and provided with a uniform. As well as training in first aid a range of other training is provided in areas such as health and safety, safeguarding, moving and handling and infection control.

Volunteers once trained can choose which events to attend, as clearly work and family life have to be considered.

> recruitment events & drop in training sessions for the public in the Butter Market in Newark Market Place on Fri 25th and Wed 30th August and Fri 22nd and Wed 27th September.

ity would be de-lighted to speak to anyone interested in volunteering at our recruitment events or at any time via email: newarkcom-munityfirstaiders@hotmail.com or phone 07973 904808.





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12th September (Tues) Mary Potter Health Centre, Hyson Green Nottingham

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perfect look. When was the last time you gave your home and garden a makeover? With summer coming to an end, now is the perfect time to tidy up the garden before the winter nights start to draw in.

Make the most of what's left of the summer sun and do some much needed gardening and start by swapping your summer plants for winter shrubs. If you're not the hands on type, there are many pro-

fessional gardeners can transform your garden for you at a minimal cost. afraid of a little DIY, give the garden fence a lick of

paint or get some new decking fitted to achieve a fresh new look now that the seasons are changing. If you're not a fan of maintenance, you can speak to a professional about paving or artificial grass options which will help to make the garden more manageable. If you're home needs a little love,

now is the perfect time to get start ed on building and design projects

so that your property is ready to welcome winter. Don't be afraid to experiment with new colours if you don't have much of a budget a new feature colour or a splash of paint can give a whole new look for a fractional cost.















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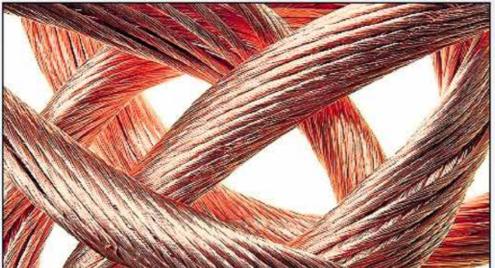


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