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Local Mum Inspired by "Miracle" Baby

A mother, whose son spent 129 days in Neonatal Intensive Care Unit (NICU) at Nottingham University Hospitals after being born prematurely, pays tribute to the team who cared for him by nominating them for a NUHonours award.

In March this year at 25 weeks pregnant, Helena Bee, a solicitor from West Bridgford, attended the antenatal clinic at QMC, after a bad reaction to some pain relief. Helena was asked to stay in over-night. That afternoon Helena went to use the bathroom on the unit and went into early labour.

The mum of two said, said: "It was terrifying - the team very quickly moved me from the bathroom to the labour suite whilst shouting at me not to push. Alexander was born and the neonatal

team took him to the intensive care unit. From then onwards, they were just absolutely fantastic the whole time we were with them, the team are absolute experts and treated me and my family with such respect, everyone was so caring."

Helena has nominated the Neonatal Intensive Care Unit at QMC for the Team of the Year award at the annual staff recognition and celebration ceremony NUHonours in November. This is one of 1,100 nominations received for staff and teams at Nottingham Hospitals.

When Alex was born he weighed just 780g. He's now six months old and is doing well,

attending regular clinic drop-ins with mum Helena, and dad Arran, as part of his development and support.

Helena added: "People keep saying it is a miracle that Alex is here. But it's not miracle, because that does not showcase the skill,

hard work, knowledge and dedication of all the people involved in Alex's care."

NUHonours is the annual award ceremony recognising and celebrating staff and teams working at NUH who go the extra mile. For more information visit www.nuh.nhs.uk.



Year Five and Six pupils at West Bridgford Junior School are in with the chance of seeing their creative work included in a new animated show to be aired on Sky in 2019.

See story on page 2.

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Local Pupils Make Animation History



FROM THE COVER

Year Five and Six pupils at West Bridgford Junior School are in with the chance of seeing their creative work included in a new animated show to be aired on Sky in 2019.

In a world first, the pupils have taken part in a workshop run by the creators of Night Zookeeper which will soon be brought to life in a 10 part series of shows. Best known for its award-winning digital platform which encourages literacy and writing amongst children aged seven and over, Night Zookeeper, is used by thousands of schools not only in the UK, but across the world. It inspires children to invent their own magical animals and then write stories about them.

Following the workshop which was led by Emma Shaw and Paul Hutson from Night Zookeeper, Brett Summersby, Year Six

teacher, commented:

"The children were extremely excited to learn about Night Zookeeper. The fact they had the chance to contribute characters, plots and background designs to the new TV show was a fantastic opportunity and shows them that their ideas are just as valuable - if not more so - as those of the professionals."

Paul Hutson of Night Zookeeper added:

"Finding new and exciting ways of encouraging and nurturing creativity in the classroom can sometimes be a challenge. We hope that this new way of accessing the world of Night Zookeeper will provide teachers with fresh ideas to stimulate self-expression, storytelling and confidence amongst younger pupils."

"The fact that Sky is providing children with a real audience for their

work will, no doubt, have a huge impact of the literacy skills of children across the UK. The pupils here at West Bridgford Junior School have created a rich and diverse selection of potential characters and story plots and I can't wait to see what other children around the country are inspired to write, draw and create."

Night Zookeeper will be the first animated children's show in the world to collaborate with thousands of children on the creation of each episode. A free microsite and teacher/parent guide for the project will soon launch so that anyone can easily get involved. The show will launch on demand on all Sky platforms, including the Sky Kids App and Now TV Kids Pass, where the animated episodes will be accompanied by an HTML game, in February 2019.

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Hat-Trick of Honours for Local Tram Network

Nottingham's tram network has scooped three prestigious accolades during a high-profile event celebrating excellence across the worldwide light rail sector.

While Patrick Randle-Bass and Paul Heslop were named 'Employees of the Year' at the Global Light Rail Awards, NET was also highly commended in two other key categories, Best Customer Initiative and Technical Innovation.

Following the event in London, Paul Robinson,

NET's Director and General Manager, commented: "With such a strong showing at the awards, against strong competition from the rest of the UK and as far afield as Australia, Europe and the US, we've once again shown that NET is a world-class tramway that the people of Nottingham can be proud of."

In the Best Customer Initiative category, judges recognised NET's 'Service Reliability and You' campaign. The initiative included a video highlighting

NET's performance and the factors that impact on reliability, as well as a new 'friendly-face' approach to social media.

The installation of state-of-the-art tram simulator technology, in partnership with supplier Tram Pro, caught the eye of Technical Innovation judges. The simulator is the first of its kind in the UK utilising artificial intelligence to present drivers with scenarios they may face out on the network.

Receiving their award from TV presenter Nicholas Owen (left) are Patrick Randle-Bass and Paul Heslop with NET HR Manager Maria Dobney. Photo: Mainspring/J. Hill.

Lighting Up Mansfield in Style

long Christmas Market, and includes a marching band and a host of festive activities in

This year's Christmas celebrations in Mansfield will begin on Sunday 18 November with the Big Switch On event.

Attracting thousands of spectators every year, The Big Switch On will again feature a variety of music acts, children's entertainment, panto stars and Santa himself before a spectacular laser show and fireworks display.

The day also marks the opening of a month-

the Four Seasons Shopping Centre.

The event is just the beginning of a packed programme of festive entertainment with brand new attractions to wow residents and visitors.

Following approval at Full Council, Mansfield District Council will for the first time ever, host an ice rink in the Market Place during December.

All this takes place alongside Mansfield Palace Theatre's pantomime, Snow White and the Seven

Dwarfs, Christmas Artisan markets, late night shopping, the Four Season's Grotto and more.

Executive Mayor of Mansfield Kate Allsop said: "The Christmas lights switch on event is well known for being a spectacular family show which never fails to get everyone into the festive spirit.

"I'm really excited about this year as it marks the start of an even bigger programme of Christmas entertainment. The ice rink will be a real spectacle and I hope as many people as possible from Mansfield and the surrounding areas are able to come along and have a go."

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HONOURING COMMUNITY HEROES

Nottinghamshire Police and Crime Commissioner Paddy Tipping is appealing for nominations for his two coveted awards honouring the county's unsung community heroes.

The PCC is now accepting entries for his Partnerships Award and Community Safety Award in this year's Nottinghamshire Police Awards.

The annual ceremony takes place at Albert Hall on Wednesday 14 November and organisations have until 5pm on Friday 26 October to enter.

Launching the nomination process, Mr Tipping said: "Nottinghamshire has a wealth of passionate and dedicated people making a difference to their communities and I always look forward to hearing about their fantastic efforts.

"Strong partnership working really is the bedrock of good community policing and I'm privileged to be in a position to reward those organisations which have gone above and beyond to help vulnerable people stay safe."

Successful nominees must show evidence of how they have protected people from harm, helped and supported victims, tackled crime and antisocial behaviour or transformed services to increase public confidence by working closely with partnership agencies.

Meanwhile, the PCC's Community Safety Award is open to organisations or teams which have made a positive contribution to community safety by either helping to raise public awareness of a safety issue, increasing public confidence to report crime, enabling groups of people to enjoy their communities safely or by gathering and using intelligence to disrupt crime and antisocial behaviour.

To find out how to nominate visit www.nottinghamshire.pcc.police.uk.

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Below: The winners are The Nottingham Emmanuel School! Hadiqa Banford, Charlotte Blatherwick, Mymona Haque, Lois Rodell, Destiny Sullivan and Abigail Norman with Phil Hart from The Institution of Engineering and Technology. **Left:** Worthy contenders were another Nottingham Emmanuel team, Megan Lister, Noah Crew, Athisham Hussain, Scarlet Marsh, Jack Ward and a member of the team not pictured Lewis Hodgson.



Local Students Tackle Engineering Challenge

Students from five schools converged on The Nottingham Emmanuel School in West Bridgford to take part in The Faraday Challenge, each attempting to design the most efficient and innovative solution to an engineering task.

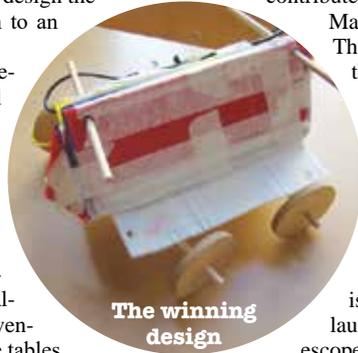
In the running were teams representing The Nottingham Emmanuel School, Bluecoat Wollaton, Bluecoat Aspley, Bluecoat Beechdale Academy and Ellis Guildford School – all striving to win the task and secure their school's place on the project's national league table.

Phil Hart from the Institution of Engineering and Technology ran the challenge and said that 178 schools will eventually take part, with the top five in the tables competing in a National Final in Edinburgh next summer. "This project gives students a much wider view of what engineering is about. We look at all aspects of the

field, like the budgeting side of it, the teamwork, finance and paperwork, bringing lots and lots of different skills contribute to the work."

Matthew Ashmore, an Academic Mentor at The Nottingham Emmanuel School hosted the event and said, "All of the students were very capable, even though the complex nature of the challenge could easily have deterred them. However, they rose to the challenge in all aspects of the task, not just the science and engineering concepts, but especially the teamwork where all of the teams coped admirably."

The winning team designed a motorised truck for delivering a telescope for launch, using a prism shape to hold the telescope securely on its journey and which opened at the top for access. Destiny Sullivan (Yr8) said, "I haven't really thought much about engineering before today, but I really enjoy it now!"



The winning design

Work Starts on Victoria Centre Roof Garden

Work on a new roof garden has started at the Victoria Centre flats, directly above the shopping centre.

Built by Nottingham City Homes as part of its Decent Neighbourhoods programme, it will be based on the fourth floor of the flats and will feature a range of different seating areas; timber raised beds, two wall murals, and trees and planting chosen specifically for the urban environment.

The work started last week and is expected to take 18 weeks to complete and a group of residents will help to maintain the garden in the future. Victoria Centre flats resident Dave Pitt said: "It's great news that work has now started on our new Roof Garden, and I'm looking forward to having a green and pleasant outdoor space for all residents to enjoy. The plans look really good and I can't wait to see it take shape."

Nick Murphy, Chief Executive of NCH, said: "I look forward to seeing the transformation of the garden over the coming weeks. There has always been an outdoor space for residents at Intu Victoria Centre, but it needs to be brought back to life and made accessible and inspiring for those who live there."

"The garden has been designed to create a place people can go to relax, meet with friends, and enjoy a sunny day."

The project has been designed by Nottingham Landscape Design specialists, Hosta Consulting, and is being delivered on NCH's behalf by the highways team at Nottingham City Council. Cllr Dave Liversidge, Portfolio Holder for Transport and HR at Nottingham City Council, said: "It's great to be working with NCH on this project and the garden is going to look impressive when it's complete. Our teams can't wait to get stuck into transforming the area to benefit NCH residents."

NEWS in brief...

New Neighbourhood Watch Scheme

Residents in an area of Balderton are being urged to help set up a new Neighbourhood Watch group as part of an initiative led by Balderton Safer Partnership and Newark and Sherwood District Council's Cleaner, Safer & Greener campaign.

A meeting, organised by the partnership, will give residents the opportunity to get involved and help deal with issues of anti-social behaviour and crime. The meeting will be held at Balderton Parish Council Offices on Tuesday 16 October at 6.30pm.

If established, the new Neighbourhood Watch group would initially cover the section of London Road adjacent to the Lakeside Shopping Centre, Coronation Street, Smith Street and Grove View Road.

Balderton district councillor John Lee said: "I fully support this campaign and unless we all work together with residents, councils and partners, we cannot resolve the issues in the area."

Adoption Plea to Help Children in Care

Nottingham City Council is renewing its appeal for people to give a permanent home to children in care as part of National Adoption Week this week 15-21 October.

Around 80 children in Nottingham are waiting for adoptive families to provide a healthy, stable and nurturing home.

The information service First4Adoption runs National Adoption Week to highlight the important role an adoptive parent plays in the life of a young person.

People over the age of 21 can adopt and, in particular, the council's Adoption Team welcomes enquiries from any background, religion and marital status.

Councillor David Mellen, Portfolio Holder for Early Intervention and Early Years at the council, said: "Adopting a child is one of the best things a person can do for a young person in care. It ensures they have a loving, stable home with parents who will stick by them through good times and bad."

You can find out more about adopting with Nottingham City Council by visiting www.nottinghamcity.gov.uk/adopt or calling 0115 876 3335.

School Pupils Step Up to Save Lives

More than 15,000 young people across the East Midlands will be taught how to save a life as part of National Restart a Heart Day.

On Tuesday, 16 October, East Midlands Ambulance Service (EMAS) will provide free CPR (cardiopulmonary resuscitation) training in 44 primary schools, 33 secondary schools and six colleges. They will be doing this with the help of partnership organisations including Derbyshire Fire and Rescue, Derbyshire Police, Northamptonshire Police, Northamptonshire Search and Rescue, Nottingham University Hospitals NHS Trust, Nottingham Fire and Rescue, LIVES and Lincolnshire Police.

Throughout the day, pupils will be trained in how to perform CPR on someone in cardiac arrest. In a life-threatening emergency seconds count and chest compressions keep oxygen flowing around the patient's body increasing their chance of survival.

National Restart a Heart Day has been organised through the joint effort of leading UK charities and emergency services, including the Resuscitation Council (UK) and the British Heart Foundation, which is donating free training kits to the schools taking part.



Chetwynd Barracks: a vibrant new neighbourhood



Initial masterplans for the future redevelopment of the Chetwynd Barracks site in Chilwell are being unveiled at a series of public exhibitions by the Defence Infrastructure Organisation (DIO), part of the Ministry of Defence (MOD).

The DIO is committed to promoting the 75-hectare site for redevelopment to create a vibrant new neighbourhood that provides a sustainable mix of housing, retail, employment and leisure opportunities for the local community. Opportunities exist to improve transport connectivity through and across the site as well as between adjacent neighbourhoods and transport routes.

The Chetwynd Barracks site could, subject to planning, include 1,500 homes that would be well suited for families, and could accommodate both homeowners and renters in a variety of types of accommodation. The disposal process for the site will commence in 2021. The first phase of development on site may begin prior to the scheduled closure of the current military site.

The site's military heritage would be fully integrated into the design of the new development through retaining and enhancing buildings and structures of historical importance.

Come along, view the plans and have your say at our public exhibitions on the proposals for the redevelopment of Chetwynd Barracks.

To support the site's allocation in Broxtowe Borough Council's Local Plan, DIO has prepared a range of material to demonstrate how the plan for the site can be delivered and accommodate the number of properties proposed.

This public exhibition sets out the DIO's long-term vision for the future use of the site and we would welcome your comments on the proposals.

Although at this stage no planning application has been prepared, we would like to hear from local people as we develop our plans for the site.

The public exhibitions will be open on the following dates and locations:

Thursday 18th October - 2.00pm-8.00pm
Village Hotel Chilwell, Brailstord Way, Chilwell, Nottingham, NG9 6DL

Friday 19th October - 2.00pm-8.00pm
1st Attenborough and Chilwell Scout Group Hall, Depot Corner 1. Attenborough Lane, Chilwell, Nottingham, NG9 5JN

Saturday 20th October - 1.00pm-6.00pm
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NEWS in brief...

City Celebrates All We Have In Common

City Celebrates All We Have In Common Thursday 4 October, National Poetry Day, saw the release of a special video poem entitled "Our Nottingham Things". Crafted by LeftLion Editor, Bridie Squires, and Nottingham's Young Poet, Laureate Georgina Wilding, the poem celebrates all that we love about the city we share. Released ahead of National Hate Crime Awareness Week (13-20 October) the poem is a warm-hearted response to the serious issue of community cohesion. It was commissioned by Nottingham Together; the City Council's programme working to bring together Nottingham's diverse communities. A documentary video about the making of the poem was recently released by LeftLion at 10am on Thursday 11 October using #NottinghamTogether.



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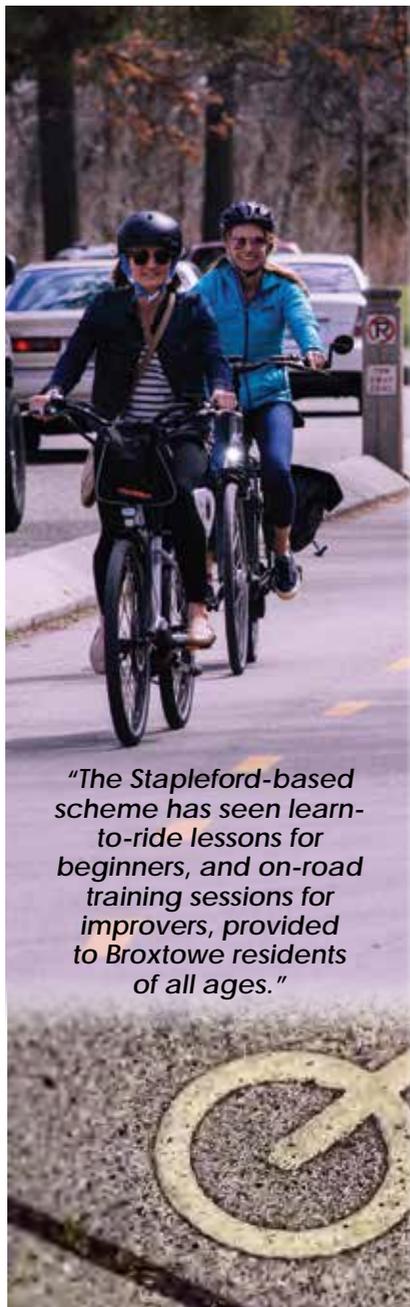
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Local Cycle Centres Finalise for People's Award



"The Stapleford-based scheme has seen learn-to-ride lessons for beginners, and on-road training sessions for improvers, provided to Broxtowe residents of all ages."

A Broxtowe Council-funded initiative overcame stiff competition from across the UK to make the shortlist of six finalists.

A Council-led project to create two new cycle centres in Broxtowe has been named as a finalist of the inaugural People's Award, announced by the Transport Planning Society.

The centres are in the running to win the Award, which recognises the most significant transport planning initiatives of the year. The organisers invited communities to demonstrate how transport planning projects, whatever they might be, had made a positive impact in their local area.

The Stapleford-based scheme has seen learn-to-ride lessons for beginners, and on-road training sessions for improvers, provided to Broxtowe residents of all ages. Support was also provided for journey planning and the purchase of equipment.

Almost 300 cyclists have benefitted from the centres.

The competitive judging process was led by Stephen Joseph OBE, former Chief Executive of the Campaign for Better Transport. The panel looked at community schemes that had made a real difference to people's access to services, quality of life and wellbeing.

The overall winner will be announced at the Transport Planning Day, on 13 November at the Institution of Civil Engineers in London.

Helen Hemstock, CEO of the Sustainable Travel Collective and a key driver of the initiative, said:

"I'm thrilled that our work to increase the uptake of cycling among Broxtowe residents has been recognised. Encouraging more people to travel by bike will ease traffic in the local area, benefit the environment, and create a healthier, happier community."

NEWS in brief...

Record Nomination Levels for Prestigious Local Awards

Following a flood of applications from Nottinghamshire's finest tourism and hospitality establishments, the nominations for the 2018 Nottinghamshire Hospitality STARS Awards are being reviewed by the independent body of judges.

The entries from each of the categories – including coveted titles such as Hotel of the Year, Visitor Attraction of the Year, and the Taste of Nottinghamshire Award – are being discussed by the judges ahead of the awards ceremony on Thursday 1 November.



Back by popular demand, these awards have been organised by Visit Nottinghamshire and are produced in affiliation with the Nottingham Hospitality Association and the national VisitEngland Awards for Excellence.

Brendan Moffet, Chief Executive at Marketing NG, said: "We would like to thank all those who submitted a nomination and we are looking forward to celebrating the fantastic achievements of our tourism and hospitality businesses at the awards ceremony."

Although entries for nominations have now closed, sponsorship of the awards and table sales for this event are still open. For more information and to sponsor this event or book a table or tickets, visit www.visit-nottinghamshire.co.uk/nottinghamshire-hospitality-stars-awards.

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Huge Investment for Bingham

More than £7.5 million pounds is set to be invested in and around the Nottinghamshire market town of Bingham thanks to a new development by housebuilders Barratt and David Wilson Homes, Romans' Quarter.

The funding forms part of the planning agreement for the new development, which plans to bring 317 homes to the area, and will be used to support services and improve facilities for both new and existing residents.

Among the contributions is more than £5.8m towards education provision for purchasers at the development, including primary and secondary schooling.

Also included is more than a £270,000 contribution towards the railway station and parking, and over £600,000 for various transport, traffic and road facilities in the area.

Chris Southgate, Managing Director at Barratt Homes North Midlands, said: "As a five star housebuilder, we pride ourselves on our commitment to the local community and strive to support it wherever we can. Investing in local communities is an extremely important part of building a new housing development."

John Reddington, Managing Director at David Wilson Homes East Midlands, added: "As Romans' Quarter begins to progress we will not only be contributing to the area financially, but also in terms of the jobs we have created for local people and the quality homes we are building."

Romans' Quarter, located on Chapel Lane, is a brand new development which will provide a selection of two to five bedroom homes in the quaint market town of Bingham.

Residents at the development will benefit from easy links into Nottingham city centre, which is just a 30 minute commute away.

A range of local amenities will also be within reach, including Ofsted rated outstanding schools, the nearby Bingham Train Station and an array of local shops, bars and restaurants.

John Reddington
and Chris
Southgate



Gedling Borough Council has approved plans to increase the age of exemption from burial fees from 12 years old to 18 year olds.

The plans were approved by Cabinet members on Thursday 11 October and will come into force with immediate effect. This means that no cost will be levied against residents who are arranging the burial of a child under the age of 18.

The increase in the exemption from paying a burial fee, which is currently offered for burials of anyone aged up to 12 years old, aims to help reduce the burden of a sudden and unexpected cost to families trying to cope with the tragedy of losing a child.

Charges will still apply to non-resi-

dents who do not contribute to services in the borough by paying Council Tax. The new fees exemption does mean that charges for residents for a full burial, burial of a casket or scattering of ashes will be removed altogether for anyone under the age of 18.

Deputy Leader of the Council, Councillor Michael Payne said;

"Losing a child at any time is absolutely heart breaking and the last thing families should worry about is the financial burden of burying a child. Removing these costs is the right thing to do, we are a compassionate council whose ethos is serving people, improving lives and this is an example of how we can support residents during their darkness moments."

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The Future of Social Housing



Nottingham City Homes residents raised their tenant voice once again at their Big Conversation event to get their thoughts and ideas on the social housing Green Paper.

The Government announced proposed reforms to social housing that they say will “re-balance” tenant-landlord relationships and pave the way for stronger communities.

The Social Housing Green Paper was published in response to the Grenfell Tower fire and has been billed as a “fundamental rethink” of the system.

The Government has asked for views on their plans, so Nottingham City Homes brought residents together

at a big event at the Council House in Old Market Square, to have their say and help shape something so important.

More than 80 people attended the event, NCH resident Sue Stevenson was one of them and said: “I’m grateful that we have a landlord like Nottingham City Homes who actively seeks out the views of their residents. I’m proud to be a council tenant and proud of my neighbours and community.”

In the Green Paper, the Government has come up with new ideas – some of which NCH residents have already helped to shape. The topics include

ending the stigma of council housing and celebrating our communities, building more council housing, giving tenants more of a voice about the services you receive and more.

Nick Murphy, Chief Executive at Nottingham City Homes, said: “Together, we’ve already got the Government to give decent homes funding to Nottingham, scrap their plans for fixed-term tenancies, scrap their plans to force us to sell off larger council houses and scrap their plans to charge some tenants more rent – these are big wins for Nottingham tenants!”

The consultation closes at 11.45pm on Tuesday 6 November.

Fighting Homelessness across Nottingham

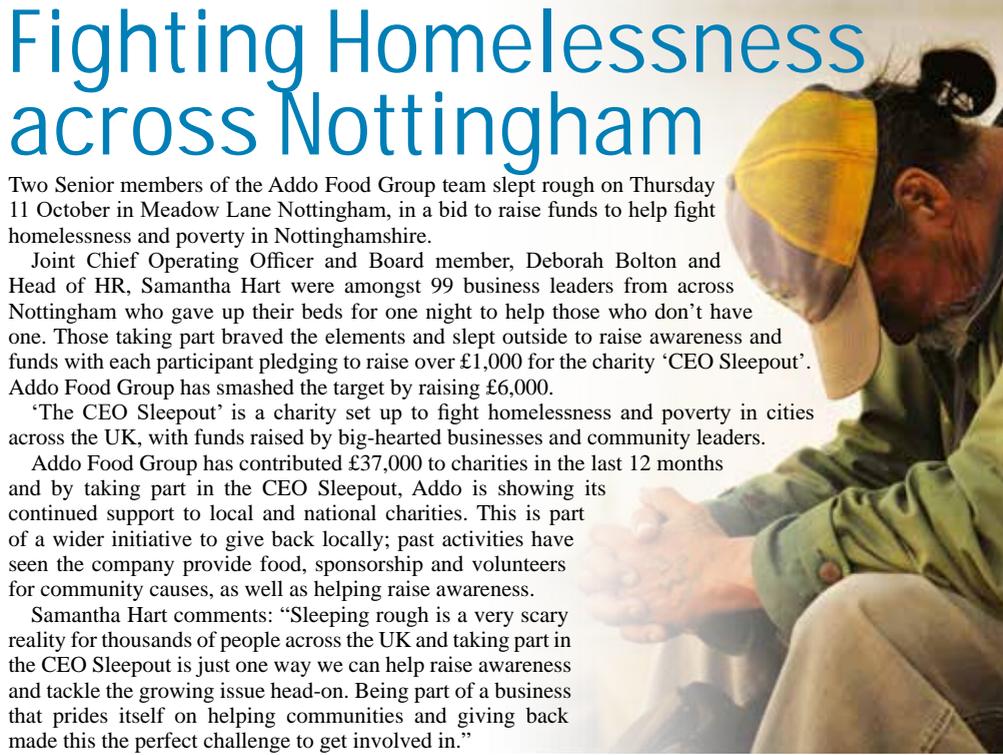
Two Senior members of the Addo Food Group team slept rough on Thursday 11 October in Meadow Lane Nottingham, in a bid to raise funds to help fight homelessness and poverty in Nottinghamshire.

Joint Chief Operating Officer and Board member, Deborah Bolton and Head of HR, Samantha Hart were amongst 99 business leaders from across Nottingham who gave up their beds for one night to help those who don’t have one. Those taking part braved the elements and slept outside to raise awareness and funds with each participant pledging to raise over £1,000 for the charity ‘CEO Sleepout’.

Addo Food Group has smashed the target by raising £6,000.

‘The CEO Sleepout’ is a charity set up to fight homelessness and poverty in cities across the UK, with funds raised by big-hearted businesses and community leaders. Addo Food Group has contributed £37,000 to charities in the last 12 months and by taking part in the CEO Sleepout, Addo is showing its continued support to local and national charities. This is part of a wider initiative to give back locally; past activities have seen the company provide food, sponsorship and volunteers for community causes, as well as helping raise awareness.

Samantha Hart comments: “Sleeping rough is a very scary reality for thousands of people across the UK and taking part in the CEO Sleepout is just one way we can help raise awareness and tackle the growing issue head-on. Being part of a business that prides itself on helping communities and giving back made this the perfect challenge to get involved in.”



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BONFIRE – GOODBYE Mr. FAWKES!	7.15pm
A 'CRESCENDO' OF GALACTIC FIREWORKS	8.30pm

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NOTTINGHAM CELEBRATES PURPLE FLAG STATUS

The city of Nottingham has celebrated having Purple Flag status since 2010 with a raft of activity around the city including the yambombing of Goosie, the Left Lion and Rob Hood.

The culmination of this activity was an evening of entertainment at Trinity Square for the public to enjoy including an appearance by local band the Real Monsters who played music with a purple theme culminating in Purple Rain, flash mob dancers and LED Glow Fire Performers.

Having Purple Flag accreditation is important to the city as it confirms

that Nottingham is an entertaining, diverse, safe place and enjoyable night out, in a similar way to the Green Flag award for parks and the Blue Flag for beaches.

Nottingham Business Improvement District (BID) is the main driving force behind the city securing Purple Flag accreditation, working in partnership with other organisations in the city, including Nottingham City Council and Nottinghamshire Police.

"This accreditation is important for our city as it shows everyone that Nottingham is a great and safe place for a night out,"

STATUS

said Andy Crawford, a director of Nottingham BID.

Councillor Toby Neal, the City Council's Portfolio Holder for Community Protection, said: "Being awarded Purple Flag status for the ninth consecutive year is great for Nottingham as it's recognition that we're a city with something for everyone to enjoy on a great, safe night out."

"This award recognises the sheer hard

work, dedication and commitment of many organisations to make Nottinghamshire the place it deserves to be," said Chief Inspector Donna Lawton.

Police and Crime Commissioner Paddy Tipping said: "This is good news for Nottingham's businesses, residents and visitors as it confirms that this vibrant, popular city offers an entertaining, diverse, safe and enjoyable night out."



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Ruddington Museum Receives National Lottery Funding



The Framework Knitters Museum in Ruddington, Nottingham, has received initial National Lottery support for an exciting new project called 'A Right Good Yarn'.

Made possible by National Lottery players, the project aims to expand the museum into an adjacent property, purchased in 2013, and redevelop the existing space. The monies will also allow vital conservation and renovation works to take place.

Development funding of £114,300 has been awarded by the Heritage Lottery Fund (HLF) to help the Framework Knitters Museum progress their plans to apply for a full National Lottery grant at a later date.

'A Right Good Yarn' will transform the Framework Knitters Museum site, enabling new displays and exhibitions to be installed as well as providing an enhanced visitor experience. There will be a new visitor route connecting the museum's three sites, as well as new and improved shop and café facilities. The additional space will also enable the museum to expand its popular programme of events, which include an annual 1940s day, a Victorian Christmas fair and even a Steampunk day.

The Framework Knitters Museum is a unique surviving example of a nineteenth century framework knitters' yard.

Commenting on the award, Chair of the museum's Trustees, Professor Julian Ellis, said: "We're delighted that we've received this support thanks to National Lottery players. We are excited about the future of this museum and plan to have the extended museum complete in time for our 50th anniversary in 2021."

Aries
 Not only are you ready to decide on the next stage of your life but you are also about to embark on a fantastic new journey which will stretch your mind and increase your chances of fulfilling a life long ambition. A troublemaker who is obviously jealous of your success will be exposed leaving space to fly. This is an excellent time for you to consider a career move. Take time out to catch up on old jobs. A home move could be seriously be considered because you are more than ready for a change of direction.

Taurus
 The course of true love never seems to run smoothly and often advances really does make the heart grow fonder. Even though it's hard to accept, your whole life is slowly changing direction because you are now starting to grow more inwardly confident, thus knowing what it is really want and need out of life in order to be happy. Never take anyone at their word and always question their actions because people are all too kind of making false promises. If you have still not been paid back money which is owed to you, wait its time you recovered the debt.

Gemini
 Your love life is set to blossom and now that you are beginning to view life and certain people from a totally different perspective, in some instances you are beginning to wonder why you even tolerated them at all in the first place. As a result of much soul searching its evident that you are starting to really to enjoy your own company as much as doing things as a couple. A huge amount of money may be needed to complete a project or some home renovations.

Cancer
 You have a good business brain and ready to put a practical approach to the more important affairs of your life. Due to some very heavy responsibilities, you may have to cut down on certain social gatherings until you have more time to meet up with certain friends. An opportunity to further yourself should be seized before its too late because there is always someone waiting in the wings to step into your shoes. Time waits for no one and your time is now.

Leo
 Life can be very complicated at times especially where close relationships are concerned. If you are romantically involved with someone who is difficult to live with, yet you love with all your heart, you will have to do some very deep thinking about what is best for you in the long term because leopards do not change and will eventually revert back to their old ways. At work, less is more, so remain focused and succinct when making your point because right now, patience is needed.

Virgo
 Expressing your feelings to someone who refuses to listen or take on board your feelings is like fighting a losing battle. If you feel unappreciated, alone and lost, then it is down to you and you alone to think long and hard about your future prospects. A number of recent incidents that have occurred lately have probably shaken you right to the point where now you are more than aware of who your true friends are and which people have really earned your trust and respect. A complete change of direction in your life horizon will seem very unexpected good luck coming your way soon.

Libra
 If there is one thing you cannot abide nor live with it is dishonesty and disloyalty and there has been plenty of that going on recently. Hangons are being turned out big style because you are fed up with their attitude and mischievous making. As a result of taking control of your life you are about to realise a number of dreams and ambitions coming true because you are putting yourself and your need first rather than living in with others just to keep the peace. Don't even question whether or not to take a holiday because a change of scenery is long overdue.

Scorpio
 Always be gracious with everyone you meet and do business with because it is your reputation and good name which is on the line. Recently you may have detached and withdrawn from certain people and associations because they no longer serve a purpose and you have more than outgrown their company. Your ability to pay attention to detail will make a very good impression on someone who matters either personally or professionally and the chance to travel and explore may appeal to the more adventurous side of your nature.

Sagittarius
 Although you love socialising, meeting new people and can think of nothing more entertaining than throwing a party for a group of newcomers, right now you are thinking twice because of the state of your finances. Money does not grow on trees and so its important that you seriously cut back on unnecessary expenditures until a later date. If single and interested in finding a new love partner, you may decide to spend some quality time on the dating scene with a view to meeting someone totally different to anyone you have previously formed an involvement with.

Capricorn
 After a lot of thought you are getting ready to announce your plans. A romantic weekend away with someone extremely attractive and full of personality will light up your life and open a few doors that could lead to exciting holiday destinations. A new job or other financial opportunities will bring improvements and boost your confidence. You may be asked to help someone and be valued for advice regarding a deeply personal and delicate issue.

Aquarius
 You may be tired of dealing with work, family and financial issues and wish you had more time for yourself. Perhaps this is the right time to consider changing your routine. A night of passion may lead to either a full blown romance, not without its complications, or a simply goodbye. Someone from your past may also turn up unannounced expecting to speak to you about the possibilities of starting the relationship over again. You have some tough choices to make and must think carefully regarding your next move.

Pisces
 A delicate political situation at work is proving explosive with you centre stage and if you are not careful, you could find yourself implied regarding something serious that does not really concern you. In your personal and social life things are starting to look more optimistic because you are on an exciting journey of self discovery. If single and looking for love and adventure, your fortunes are about to change for the better as someone quite interesting suddenly steps into your world and succeeds in turning it upside down.

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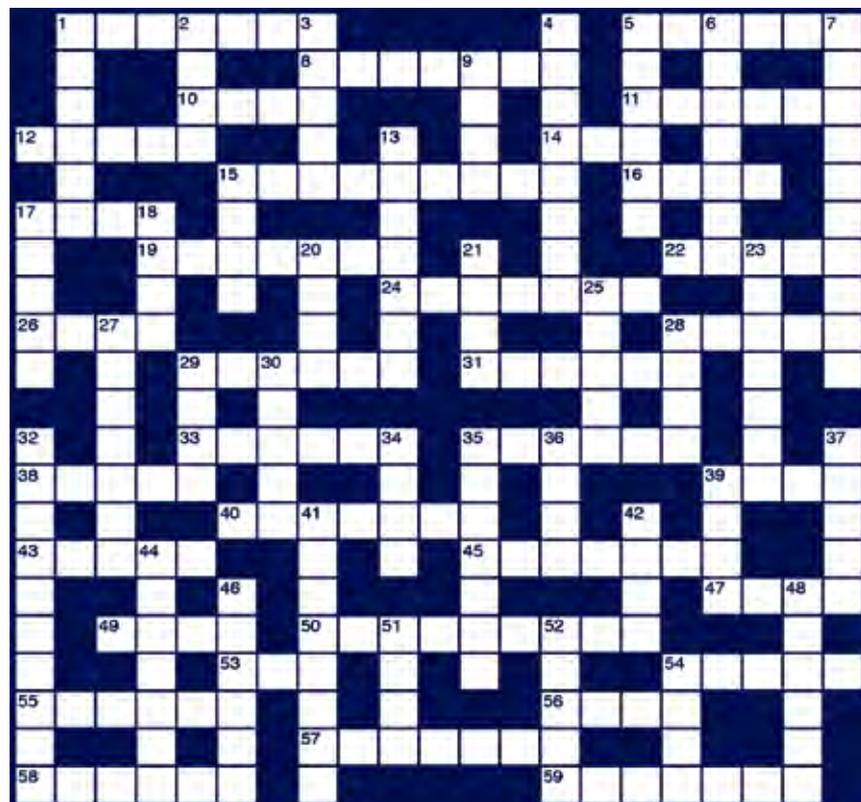
See below for answers

ACROSS

- 1 Female film star (7)
- 5 In competition against (6)
- 8 Speak softly (7)
- 10 Lane bollard (4)
- 11 A teaching period (6)
- 12 A subtle skill (5)
- 14 Joke (3)
- 15 Football fan (9)
- 16 Fresh and breezy (4)
- 17 Events reported (4)
- 19 Matrimony (7)
- 22 Brief kisses (5)
- 24 Domestic fowl (7)
- 26 The ultimate in quality (4)
- 28 Swimming stroke now classified as freestyle (5)
- 29 Brass instrument (6)
- 31 Drive forward forcedly (6)
- 33 Tropical lizard (6)
- 35 Sincere and blunt (6)
- 38 Frequently (5)
- 39 Ultramarine (4)
- 40 Dizziness (7)
- 43 Portable light (5)
- 45 Help from the state (7)
- 47 Bout of violent anger (4)
- 49 At liberty (4)
- 50 Stolen for ransom (9)
- 53 Chum (3)
- 54 A period at work (5)
- 55 Spiritual session with a medium (6)
- 56 Express a desire (4)
- 57 Genuine (7)
- 58 Happy and proud (6)
- 59 To answer (7)

DOWN

- 1 Get even for (6)
- 2 Stone or boulder (4)
- 3 Clear with a brush (5)
- 4 Aromatic (8) substance (10)
- 5 Coarse and common (6)
- 6 Retain for future use (7)
- 7 Beach construction (10)
- 9 To breath in gasps (4)
- 13 Pilot's area (7)
- 15 Team (4)
- 17 Not in my backyard (5)
- 18 Smack a fly (4)
- 20 Not closed (4)
- 21 Machine for moving water (4)
- 23 Strait (7)
- 25 Swift (5)
- 27 Criminal's gun (7)
- 28 Lump of earth (4)
- 29 Metal money (4)
- 30 Red face-powder (5)
- 32 Dental cleaning
- 34 Eagerly desirous (4)
- 35 Iron lever (4-3)
- 36 Christmas (4)
- 37 Wait on at table (5)
- 39 Mild or bitter (4)
- 41 Devil-may-care (8)
- 42 Hairless (4)
- 44 Small crown (7)
- 46 To rely on (6)
- 48 Born clever (6)
- 51 Mend with interwoven stitches (4)
- 52 Force of strength (5)
- 54 Sea-going vessel (4)



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Winter Is Coming With Aldi's On-Trend Home Range

With the temperature set to drop and the evenings drawing in, it is the perfect time to update home interiors. With everything from soft faux fur cushions to sumptuous rugs, Aldi's Luxury Winter Home range has all the essentials needed to create a warm and cosy space.

The Luxury Winter Home range is available to pre-order online from 14 October and to purchase in stores from 18 October. With prices starting at just £7.99, shoppers will need to be quick, as with all Specialbuys, once they're gone, they're gone!

Add a touch of indulgence to interiors with Sequin and Velvet Cushions (£8.99). Available in five different colour variations, they are the perfect accessory for the upcoming festive season.

Get the log-cabin chic look and keep toes cosy with Aldi's Faux Sheepskin Rug (£14.99) available in grey, white and pink. Why not pair it with the Faux Fur Stool (£14.99), available in

white, light grey and dark grey.

The opulent Luxury Shaggy Rug (£29.99) is ideal for layering floors and creating a luxuriously soft, warm feel underfoot. Available in a choice of white, light or dark grey – it's a must-have addition to any winter home.

Aldi's glittering Twig Lights (£9.99) are perfect for bringing a touch of sparkle. Add warmth to any room with a traditional Wood Burner Lantern (£9.99) or LED Christmas Candle (£7.99). Both are available in various sizes with two stylish designs and are perfect for bringing a cosy glow during colder evenings.



Into the Jungle

Industrial style homes are one of the largest contemporary interior trends of the past decade – think stripped back design, natural materials and darker colour tones. The industrial look is easy to achieve with a few key pieces of well-crafted furniture and a quirky flair. So where does the Urban Jungle look differ from regular Industrial style?

Greenery everywhere!

Botanical prints and themed accessories are a huge home décor trend right now. You can introduce this into your home by including a selection plants (real or fake), printed wall paper, cushion or rugs and tropical style accessories! Palm trees instantly signal the jungle, so try décor pieces to add a splash of tropical colour to your décor.

Go Wild

To complete the jungle theme add animal inspired items such as canvas prints and animal heads to create character and add a quirky twist to your living space. Melody Maison has a fabulous selection of antelope, buffalo and stag heads for you to choose from to help add those all-important finishing touches that can make or break this style.

But what happens if you love this trend but want to glam it up a little?

Gold, Silver or Copper accents are the best way to achieve this. The metal tones won't clash with the rustic nature of the look yet will still look glam when juxtaposed against natural materials such as wood or metal.

Ultimately the Urban Jungle looks key ingredients are wood, metal, greenery and animals – don't stray too far from this recipe and you can't go wrong!

View the full Melody Maison collection online and recreate this style in your home at www.melodymaison.co.uk/urban-jungle/.



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SPARE ROOM?

Spare rooms are often seen as wasted space, guest bedrooms or dumping grounds – but there's so much more scope for putting your spare room to good use for the family. Transform your spare room as part of your spring home improvements with some inspiration from David Wilson Homes.

Jason Hearn, Sales Director at David Wilson Homes East Midlands said, "For those who may not require the extra bedroom in their new home, they have the freedom to use the room however they wish." David Wilson Homes' top spare room suggestions are:

Manage Your Fitness Goals

For those who like to visit the gym, using the spare room to create a home gym may be the perfect solution to keeping on top – especially if you're short on time.

Work from Home

A peaceful area to work in would be an absolute luxury for working professionals and homework doers, in the comfort of your own home.

Enjoy Family Time

For many, a dream home would become a reality with a games room, offering a great area to unwind after a hard day's work or a space to spend quality time with family.

Indulge Your Fashion Needs

A dressing room is both a wise utility for those looking to avoid the early morning rush and an excellent option for shopaholics; an extra room to store clothes and support an ever-growing collection of shoes.

For more information about any nearby developments, please call the David Wilson Homes sales team on 0844 811 5544 or visit www.dwh.co.uk.



From being used as a year round dumping ground for Christmas decorations and suitcases, to acting as completely wasted space with no real purpose – transform your loft with a conversion to maximise space in your home.

Contrary to popular belief, your loft can become an incredible family space with just a little time and effort; whether you add an extra bedroom, walk-in wardrobe or a playroom for the kids, a loft conversion provides you with more space whilst adding value to your home.

Upgrading your home with a loft conversion opens the door to many different options, you will have an all new storage space whilst creating another room to be utilised as a master bedroom, for guests to stay or as a family hub such as a home cinema or games room!

Add flair to your property with natural light and stunning high views, a loft conversion can unlock a whole new perspective of your surroundings.



Improving Your Family Home

You don't have to move to upgrade your space; simply expand upwards to save lots of money and effort, as most loft conversions don't require planning permission. Avoid the stress of finding a new, perfect property by upgrading your family home. From a home office to a relaxation space, create a cosy retreat in the confines of your own house and discover endless options to upgrade your space.

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remains at the very heart of day to day life at Fernwood Fuels Limited and is the driving force behind everything the company does.

Keep up to date on all the products and special offers and find out more information online at www.fernwood.co.uk or call 0115 938 9378. The Coal Site, Main Road, Wainall, NG16 1HA.



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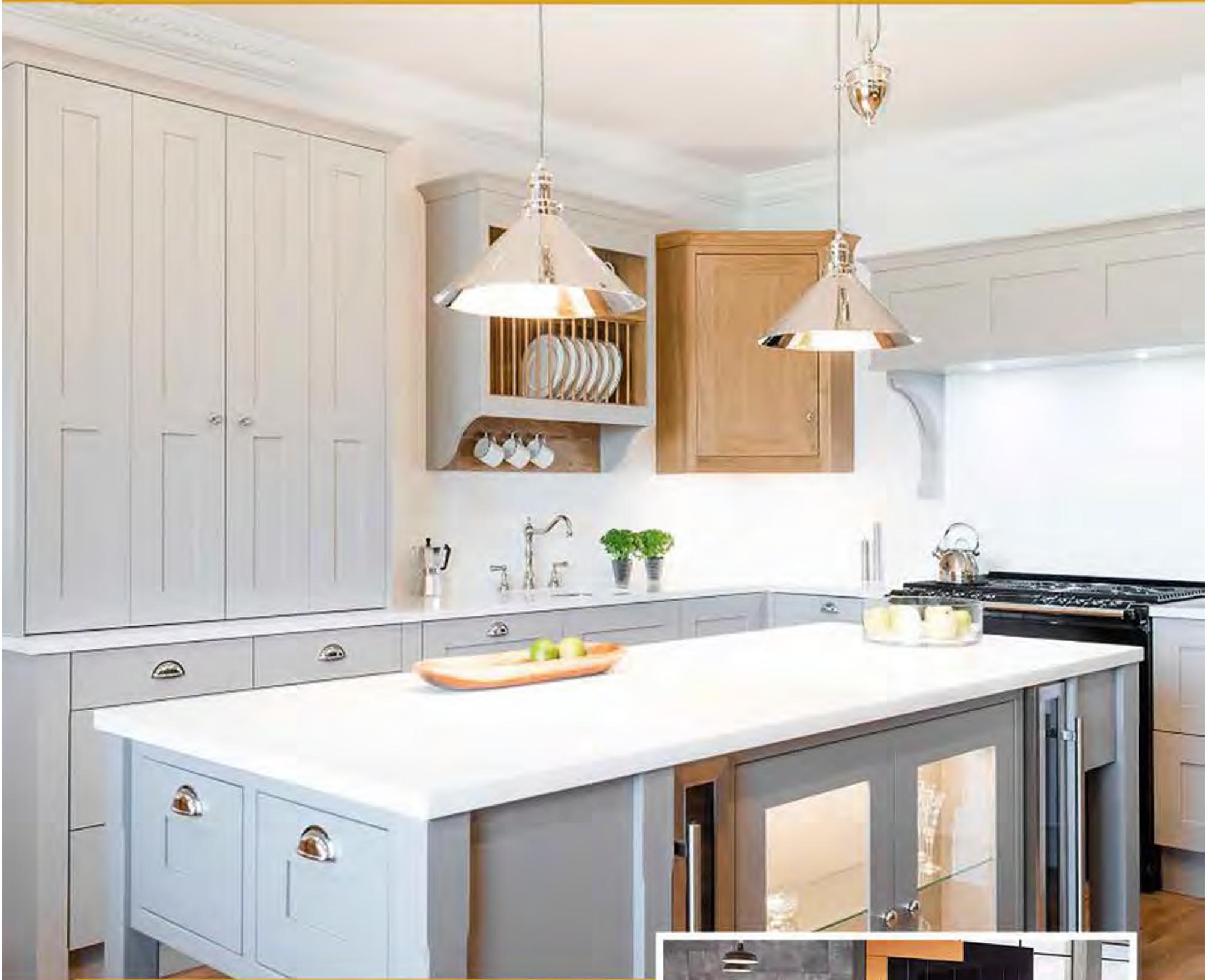
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An Autumn Garden Guide

Autumn is here, meaning it is time to prepare your garden for the coming seasons – whilst you may think you don't need to tend to your garden as much during these colder months, a little TLC ensures the perfect canvas for when spring comes back around.

Maintaining the health of your outdoor space whilst the temperature is dropping and the nights are drawing in faster allows wildlife to thrive in a safe, stable environment whilst giving them a home for hibernating or sleeping. Put your lawnmower away and say hello to a few easy and handy tips that will make your garden a woodland paradise for flower and fauna this season.

Leaves, leaves, leaves

Autumn is epitomised by kicking through the crispy golden leaves, leaving a satisfying crunch in their place.

Whilst fallen leaves may look pretty and inject colour into your otherwise green garden, they are little devils in disguise. If you leave organic leaf matter on the ground too long they become a moisture and fungus trap, preventing natural sunlight from reaching the ground, killing or damaging your plants and grass. Make sure to rake your leaves as soon as possible and dispose of them correctly.

Wildlife

It isn't just the plants and trees which are undergoing change, whilst you prepare for the colder months, small woodland animals are doing the same – storing food, making safe nests and protecting their young.

Wild animals and birds are particularly vulnerable at this time of year, adding a bird feeder to your tree and regularly filling it with nuts and seeds will provide vital supplies to your cute garden inhabitants.

Make your space interesting with a bird bath or bird house in the trees to attract natural beauty into your garden – creating an outdoor sanctuary for squirrels, birds and other small creatures alike.

Better Safe than Sorry

Locking your equipment away is important all year round but even more so as the biting cold moves in. The cold weather and damp conditions can severely damage any garden equipment which isn't stored correctly from lawnmowers and electrical equipment to manual handheld tools such as spades, rakes and hoes. A lockable shed or perhaps a garden storage unit is the perfect solution to all your outdoor needs.

Dark and cold nights are thriving conditions for cunning opportunists who spy your expensive garden equipment; ensuring they are always out of sight and safely stored prevents prying eyes.

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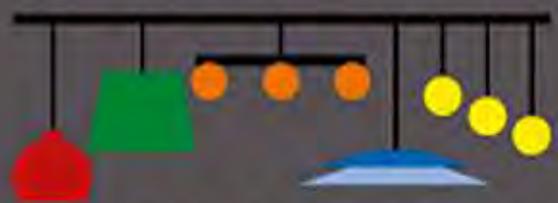
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DODDINGTON HALL 'O'WEEN: GHOST HUNTER

How para-normal are you? Do you see ghosties and ghoulies? Have you got spirits in your cupboards? Is there something strange in your vestibule? Who are you going to telegram?

This Halloween, Lincolnshire's Doddington Hall is going all out spooky as it plays host to Dr VanBurger's 'Ghost Hunter' - a scary but light-hearted Victorian themed experience for all ages.

This piece of theatrical fun is collaboratively produced along with professional designers, actors, and the Production Arts department from the Lincoln College group, to bring you a night that begins with a very eerie walk through the gardens.

Dr VanBurger, the original Ghost buster's travelling ghost

show 'Ghost Hunter', a dark and hair-raising experience, awaits you in an outdoor theatre. The chilling tale of No.39 and an introduction to ghost hunting techniques from the Dr will open the door to the 'other side'... dare you step through?

Finishing off your evening's entertainment in the walled kitchen garden, there will be a small selection of hot restorative food and calming tonics on sale for the emotionally perturbed and disturbed.

Book your tickets for a spooky, dark and fun evening for all the family, 24-27 October, shows at 7.30pm and 9pm, Adult £14, Child £7, booking is essential. More information and tickets are available online at www.doddingtonhall.com.

PICK YOUR OWN PUMPKINS AT DODDINGTON HALL

What makes the perfect pumpkin? Do you like to find the largest one, the roundest one or a gnarled one? Visitors can pick their own between 20 and 31 October in Doddington Hall's Pumpkin Patch. Take your pumpkin home to carve up a creepy scene for your doorstep or pick up delicious seasonal recipe ideas from the Farm Shop. Get your wellies on, dress up if you want to in your spookiest costumes or mask, and follow the signs to the Pumpkin Patch. (While stocks last. Pumpkins paid for by size at the Patch; cash only please).

For more information about Doddington Hall 'o'ween Half Term please visit www.doddingtonhall.com.



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Vaughan Williams: The Lark Ascending

Britten War Requiem at Royal Concert Hall, Nottingham
3pm Sunday 4th Nov

To commemorate the Centenary of the end of the First World War the opening concert of the Nottingham Harmonic's 163rd season presents, in association with the British Legion, two moving twentieth century masterpieces.

Despite its pastoral associations, The Lark Ascending was composed against a background of military manoeuvres and expresses

a sense of impending loss. The Harmonic is delighted to welcome Braimah Kanneh-Mason as violin soloist. In addition, in a tribute to the Nottingham-born VC-decorated Albert Ball, Braimah and his sister Jeneba will play Dvorak's Humoresque on the flying ace's own violin, specially restored for the occasion.

Written for the consecration of the new Coventry Cathedral after

the Second World War, the War Requiem is a profound statement of Benjamin Britten's pacifist convictions which are relevant to any conflict. With orchestral guns and canons and Wilfred Owen's words, the work graphically conveys the agony of war. Tickets are available from the Royal Concert Hall Box Office 0115 989 5555. Visit the choir website for more information at www.NottinghamHarmonic.org.

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Boston Christmas Market

Thursday 29th November 2018
Noon to 8.30pm in Boston Town Centre

- ❄ Light switch-on by Christmas in Boston
- ❄ Festive street performers
- ❄ Christmas carols
- ❄ Santa's grotto
- ❄ Seasonal surprises
- ❄ Stalls
- ❄ Lots more attractions





Christmas

Tis the Season

Boston will be the place to visit for Christmas this year with lots of events for families to enjoy. During the Christmas Market on 29 Thursday November, the Christmas lights will be turned on. The Christmas Market running from 12noon - 8pm will have street entertainers, Santa's Grotto, Face painting and live entertainment - it's an event not to miss. This year will also see the fourth Illuminate parade hosted by Transported.

For the second year running the community led group, Christmas in Boston will light the town. For more information on the project and the work they do please visit <https://christmasinboston2018.co.uk>.

Boston will also be the destination to get your

gifts from late night shopping on 6, 13 and 20 December, with festive evening entertainment in the Market Place and free parking from 4.30pm - 8.30pm

- make sure you pay a visit. This year will also see the return of a Santa Run in Boston, running in conjunction with the Festive Market on Sunday 16 December, 10am - 3pm. Be entertained by local singers, and the ice carvers will make a return to provide an artistic flare. As well as the Christmas extras, Boston Market continues to run every Wednesday and Saturday from 8.30am - 3.30pm in Boston Market Place with additional stalls on Bargate Green on a Wednesday. For more information on all events in Boston please visit www.visitbostonuk.com.



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Autumn Wedding Fayre
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Sunday 21st October | 11.00am to 3.00pm | Free Entry

Christmas Craft Fayre
Join us at the hotel for a family fun filled festive day! There will be a wide variety of stalls selling a range of goodies for you to purchase.
Sunday 25th November | 11.30am to 3.30pm | Free Entry

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Kids Celebrate Autumn at Award-Winning Nottingham Nursery

Pre-schoolers at the award-winning Edwalton Day Nursery are celebrating as falling autumn leaves provide a new focus for fun and creativity in the garden. Ofsted inspectors described as 'second to none'.

As Sarah Johnson, Manager of the Ofsted-rated 'Outstanding' Edwalton Day Nursery in Melton Road, explained all-year-round, all weather play is essential for children's healthy development and learning. "We are continuously developing the large nursery garden to attract our children into the fresh air, and nature is definitely playing its part. It is an exciting time for children and staff," she said.

Willow weaved dens, a complex wooden climbing frame and an innovative 'water and pulley' zone are

just some of the outdoor attractions at the day nursery which holds the prestigious Eco-Schools Bronze Award for environmental awareness and conservation.

Babies have their own separate area offering safe, clean play and crawling all year round and older children armed with magnifying glasses study insects in special garden 'bug hotels' or plant, tend and harvest vegetables in the allotment area learning simple maths and science as they go.

"Outside play provides opportunities for large scale imaginative and multi-sensory play and exercise which also develops children's problem solving and social skills," said Sarah.

To contact the nursery, call on 0115 945 2741.



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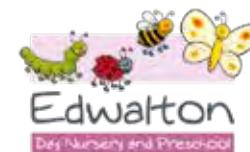


"Staff have very high expectations of all children and endeavour to give them the best possible start in life. Thorough detailed discussions with parents at the beginning of children's placements, mean that staff are able to plan effectively for each child right from the start."

Ofsted inspection 2013, www.ofsted.gov.uk

Please call 0115 945 2741 or email edwalton.nursery@childbase.com

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www.childbasepartnership.com

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The Robert Carre Trust

OPEN MORNING Wednesday 17th October 2018

Open for visits from 9.15am-12.30pm (appointments are not required)

Carre's Grammar School

- Outstanding academic success year after year at KS3, GCSE and A Level
- Links to local community via sport, outreach and partner primary schools
- Academic success combined with sport, music, art and much more
- Excellent pastoral care and support for children with SEND



OPEN MORNING Wednesday 17th October 2018

Open for visits from 9.15am-12.30pm (appointments are not required)

Kesteven & Sleaford High School

- Outstanding academic success year after year at KS3, GCSE and A Level
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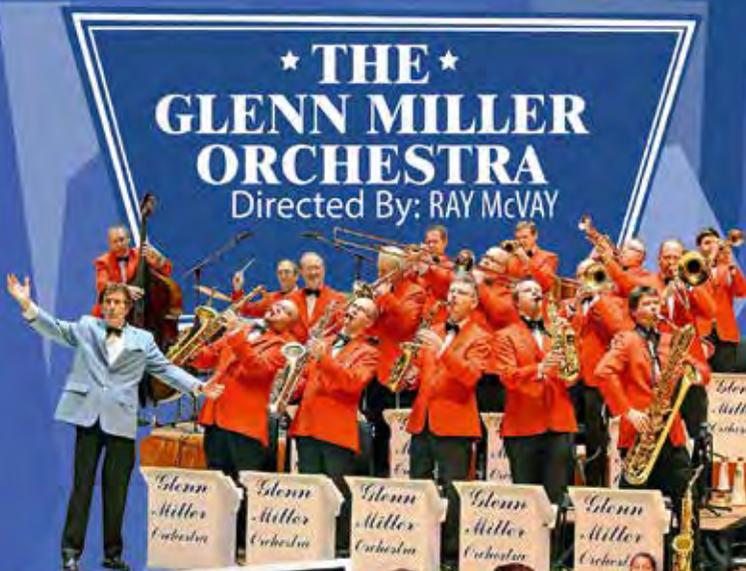
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Part of the Robert Carre Trust
Executive Headteacher:
Mr N Law, Northgate, Sleaford
NG34 7DD
t: 01529 302181
e: enquiries@carres.uk
w: www.carres.uk



Kesteven & Sleaford High School
Part of the Robert Carre Trust
Head of School: Mrs J Smith
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A showhome at Bellway's
The Foresters at Middlebeck

Homes are Selling Fast at The Foresters at Middlebeck

Home-hunters in Newark are getting in early to secure their favourite plots at a new housing development in the town.

Bellway, which earlier this year secured five-star builder status with the Home Builders Federation (HBF), is building new homes at The Foresters at Middlebeck, off Bowbridge Lane – where 15 per cent of the homes had been snapped up before the showhomes opened on site.

Two showhomes and a view home are now available to visit at the development, offering people the chance to see the typical layout and design of a new Bellway home.

Carolyn Watkinson, Sales Director for Bellway East Midlands, said: “We’re delighted by the response we’ve had to The Foresters at Middlebeck, where the first properties on sale have been selling fast.

“I’d encourage anyone thinking of making this exciting new development their home to come along to visit us without delay to find out more.”

Middlebeck is a new community being built to the south of Newark and will provide up to 3,150 new homes once complete. Bellway is building 64 new homes at The Foresters at Middlebeck, while plans for the wider development include a new primary school, a new link road, public open space, community facilities and employment space.

There’s a choice of three and four-bedroom houses currently available to reserve at The Foresters at Middlebeck, priced from £190,000 and £228,000 respectively.

Bellway’s five-star rating was achieved after more than nine in ten customers who responded to the HBF’s National New Home Customer Satisfaction Survey said they would recommend Bellway to a friend.

More information is available by visiting www.bellway.co.uk.

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A Chocolate Lover's *Paradise*

Special Edition Chocolate is a small artisan company tucked away in the foothills of the Lincolnshire Wolds. With a bespoke chocolate shop on site as well as an on-line shop, you can browse the mouth-watering treats at your leisure.

Specialities include dark, milk and white handmade bars, each available in plain or with amazing flavour combinations for an extra special touch; for example dark chocolate with chilli and ginger, milk chocolate with butterscotch and white chocolate strawberry with black pepper to name just a few.

Offering continental chocolate to the highest standard and catering to a variety of special diets within their vegetarian, vegan, gluten free, dairy free and diabetic chocolate ranges – you’re guaranteed to find something to tickle everyone’s taste buds.

Delicious gifts include beautiful hand moulded novelties; the range features farm animals, tractors, cars and motorbikes, which adorn the shelves in the quaint chocolate shop. Tantalise your taste buds with a visit to Special Edition Chocolate’s shop to make your visit to Lincolnshire even more delightful (and a lot more delicious).

For more information visit www.specialeditionchocolate.co.uk or call on 01673 844073.



National Chocolate Week

National Chocolate Week is the UK’s biggest chocolate celebration running from 15-21 October. Returning for the 14th consecutive year, the nation’s favourite themed week recognizes delightful sweet treats that the whole family love.

Hundreds of UK companies, from chocolatiers and cocoa companies to hotels, bars and restaurants are hosting a range of exciting events over the week on the scrumptious topic we all love – chocolate.

Celebrating fine, delicious chocolate of every kind; delve into the history of this tempting treat with talks, tastings, demonstrations and sampling, as well as creating exclusive products, new launches, offers, chocolate meals, cocktails and recipes using some of the best chocolate brands from around the world – experience all things chocolate.

Explore new flavours, textures and combinations as you unravel a history of chocolate with a series of mouth-watering events. National Chocolate Week aims to promote fine chocolate, independent artisan chocolatiers and the chocolate companies working in direct partnership with cocoa farmers, encouraging consumers to pay a fairer price for their chocolate.

You can get involved this National Chocolate Week by attending local events near you or registering your event, for more information visit the website at www.chocolateweek.co.uk.



Care



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A Home from Home

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At Four Seasons, we know that moving home is an emotional and challenging time at any age, even more so in later life. Our 'Home to Home Promise' helps make this transition as easy and comforting as possible.

Before a resident moves in, we get to know what and who are important to them and their needs. Their favourite foods, activities, hobbies they wish to continue and new things they want to try. So their care is focussed on them from the moment they arrive.

Our homes are situated in the communities our resi-

dents grew up in. They run activities ensuring residents stay young at heart, keeping in touch with the community they have always been a part of.

Jacky Reed, Managing Director said: "Understanding our residents' needs is at the heart of everything we do. We believe that quality care is about more than supporting a person's physical needs but knowing and making sure a person is enjoying experiences that are special to them."

"Our Quality of Life Programme allows us to log and act almost immediately upon every comment

from residents, relatives, carers and professional visitors about the experience and care we provide. It's all linked to our quality assurance programme giving you peace of mind that every aspect of our service is being monitored."

Visit www.fshc.co.uk for more information.



Exceptional Home Care Ltd is a home care company based in the East Midlands helping people in their own homes. Whether you require a sit in visit, personal care, shopping call or just a chat, Exceptional Home Care is here for you. Morning, lunch, tea and evening calls available based on either 30-minute calls through to 6-hour calls.

If you require any more information then please contact us on our office number 01509 733205 or our 24-hour mobile number 07598517358



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0115 8283698

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01909 521508

www.fshc.co.uk



New Care, a development-led care home operator, has opened the doors to a new £12 million care facility on Ruddington Lane in Ruddington, its second care home in Nottingham.

RUDDINGTON MANOR



Ruddington Manor is comfortable, cosy and a true home-from-home.



Having only recently opened, Ruddington Manor is a new, state-of-the-art care facility in Nottingham.

With the first residents now moved in and very settled, the team are looking forward to warmly welcoming new residents to the vibrant community that has been created.

The stunning 66 bed care home provides an exceptional offering, including residential, nursing and respite care services.

A true home-from-home, Ruddington Manor has been expertly designed and purpose-built to provide stylish, comfortable, cosy yet practical accommodation for elderly people who are finding it increasingly difficult to remain in their own homes.

Enhancing the care services provided are the meaningful and purposeful daily activities offered at Ruddington Manor, which encourage independence where possible and build confidence.

With inviting lounges and elegant dining rooms, as well as spa assisted bathrooms, a hairdresser and nail bar, Ruddington Manor offers luxury facilities that cater for every residents' requirements.

Leading the team at Ruddington Manor is award-winning manager Kad Daffe. Kad, together with the team, ensures each and every resident receives compassionate, person-centred care, with a bespoke, tailor-made care plan to suite their individual needs.

Externally, there are also beautifully landscaped gardens and grounds plus a terrace to the first floor, with the team actively encouraging residents to enjoy the outdoors.

With winter drawing in and the long, cold nights almost here, now is the time to visit Ruddington Manor for a tour of the facility.



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www.newcarehomes.com

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Ruddington Gardens, Ruddington NG11 7DD

Care



Most of us are so busy with work or spending time looking after our own family that we forget to reach out a helping hand to those that live in our greater community. It's easy to become complacent when it comes to showing that you care for those that live near to you, but even the smallest of gestures can

help to transform a person's day and also boost your own wellbeing in the process.

If you notice that one of your neighbours has been having a stressful week or doesn't seem to be behaving as they usually do, invite them over to yours for a cup of tea and a slice of cake. Sometimes just talking about the problem with an outsider can help to alleviate a person's stress massively.

Most of us will have elderly people that live in our community and often these people may need extra care and support, but sometimes they are too shy to ask for it. Loneliness is also a big problem for the older generation, and this can lead to low mood and even depression. Consider freeing up some time on an evening or during the weekend to visit an elderly person that lives on your street. You could ask if they need any help with jobs around the house or need anything fetching from your local supermarket.

However you choose to reach out and support that people that reside in your community, always remember that it's the little things that make the big things happen.

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