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#BigAppeal
nottinghamhospitalcharity.org.uk/robin

Nursing a Passion for Cycling

Deputy Head Nurse Jamie Crew will be riding in aid of the Children's Hospital's Big Appeal.

Full story on page 3

Making Nottingham A Greener Place

DG Cars are one of the city's most reputable private hire operators and have operated within the city for many years. They have always been at the forefront of technology and are now pleased to announce the unveiling of six brand new Nissan Leaf electric taxis.

Nottingham City Council unveiled its

Taxi & Private Hire Vehicle Strategy last year with a view to 'go green' to clean up the city's air emissions. Whilst DG's fleet is already mainly compliant with the proposed minimum Euro 6 diesel and Ultra Low Emission standards, they are going the extra mile with the continued roll-out of their electric fleet. The new vehicles which cost nearly £30,000 offer zero emission, running on pure electric batteries that are capable of over 200 miles on a single charge.

Ajmil Ali, Director for DG Cars, said: "We have now invested in the latest models that give drivers the extended

range needed. We also have our DG Cars Booking App which the majority of our customers now use and we continue to invest in the business".

Councillor Toby Neal, portfolio holder for Community Protection, said: "Taxis and private hire vehicles play an important role in our transport network and we continue to work with the trade to ensure we have the best possible offer."

The new cars will be on display from 9am until 10am Tuesday 15th May in the Market Square and are available to book now through the DG Cars App or by calling 0115 9500 500.

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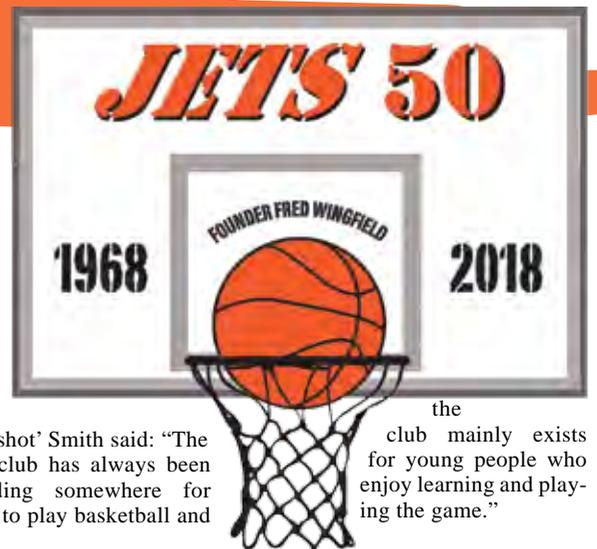
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Celebrating Nottingham Basketball

Former and current members of the Jets Basketball Club were joined by the new Sheriff of Nottingham, Catharine Arnold to celebrate 50 years since the club started. On Friday 18 May activities, such as matches and shooting competitions, were held at the Portland Centre to celebrate the team's success. The club was founded in 1968 and is the oldest junior basketball club still in existence in the city and county. The club started when Fred Wingfield (1929 - 2012) took his son on a trip to see the legendary Harlem

Globetrotters in the 1960s. When he returned to Nottingham he set up a team of his own, so his son and his friends could play. The current coach, American Jimmy 'Jumpshot' Smith, joined when his club Leicester Riders moved him to The Meadows at the end of 1976. Jimmy soon met Fred and became a coach - three years later Fred asked Jimmy to take over as head coach of the Jets Club. Over the years it has been known by different names but they have always been based in the city at vari-

ous venues in the Meadows and Wilford. For most of the past 20 years the club has been based at Portland Centre in the Meadows. Jimmy 'Jumpshot' Smith said: "The ethos of the club has always been about providing somewhere for young people to play basketball and



the club mainly exists for young people who enjoy learning and playing the game."

COUNTRY LIVING

From essential garden supplies to beautiful decorations and bird feed, you'll find everything you need for your home and garden this summer at Hall Farm. After recently celebrating the official opening of its brand new 3,240sqft development in May, Hall Farm has introduced some exciting new attractions including a large conference room with scenic views, a country style café lounge and large gift shop. Specialising in bird supplies, Hall Farm has expanded its range of bird seeds, feeders and bird boxes, alongside its gift range. Whether you're an experienced bird lover or have recently discovered your passion for nature, the friendly team at Hall Farm can advise you on everything you need. Add charm to your garden with the decorative range of specialist outdoor supplies, including a variety of pretty animal habitats, country themed gifts and garden accessories. After browsing the shop, why not take a break and enjoy a treat at the new Birds Nest coffee and cake lounge? Serving high-quality coffees and teas, this traditional country style lounge stocks a number of homely desserts prepared on-



ette. large space and scenic views, the conference room is an ideal venue for everything from business meetings to small private parties and events. Keep up-to-date with all the latest and events from Hall Farm (and the friendly farm dog, Maisie) on the regularly updated online newsletter at www.buybirdseed.co.uk.

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Nursing a Passion for Cycling



Nursing a Passion for Cycling With a passion for cycling as well as for cycle safety, Nottingham Children's Hospital's Deputy Head Nurse Jamie Crew will be bringing a unique personal motivation to his cycle challenge at this year's Cycle Live (Sunday 24 June), riding in aid of the Children's Hospital's Big Appeal. Jamie, who has worked at Nottingham Children's Hospital at QMC for almost twenty years, will be riding the 100 mile 'Little John' route aiming to raise as much money

as he can. Jamie said: "The Big Appeal will transform our facilities and equipment here at the Children's Hospital and despite all the challenging times we have seen over recent months, our staff do an amazing job here which I want to personally support. "For anyone interested in signing up or making a donation it can also give them the opportunity to support our wonderful Children's Hospital here in Nottingham!" Nik Emmonds, Events Director at Perfect Motion who organise Cycle Live, said: "It is great to see cycling enthusiasts at Nottingham Hospital who are so excited about taking part in Cycle Live. We are incredibly pleased Jamie is helping us promote Cycle Live."

Nottingham Hospitals Charity's Director of Development, Nigel Gregory, said: "The event is a Nottingham icon and the focus for us is to be at the heart of NHS care for the people of Nottingham. There are many keen cyclists among our 14,000 NHS in Nottingham so it is wonderful to see key staff like Jamie lead from the front. We wish him all the best."

You can find out more about the rides by visiting the website <http://cyclelive.nottingham.co.uk/>. The Big Appeal aims to raise £4 million over four years, to make a donation or get fundraising ideas, please go to www.nottinghamhospitalscharity.org.uk/robin

Work starts on new Nottingham cycle bridge

Plans to better connect the growing cycle network with Nottingham city centre has taken another step forward as work has begun on a new pedestrian and cycle bridge. The new footpath and cycleway will add to the City Council Big Track cycle network, linking Lenton and the Boots site directly with Nottingham Science Park and University Boulevard, offering access to tram and bus services via a 50-metre bridge over the Midland Mainline. It will also improve access to the University of Nottingham and the Queen's Medical Centre. Councillor Dave Liversidge, Portfolio Holder for Transport, said: "The Boots site is part of the Nottingham Enterprise Zone and is an important development site for the city. "This new bridge will better connect the sites, enabling access for pedestrians and cyclists, and providing wider op-

tions for travel by providing a link to the bus and tram network on University Boulevard, where it will also join up with the Western Cycle Corridor." The bridge will be reached by a footpath and cycleway off University Boulevard, between the ten- and land ear- for fu- ence After crossing the mainline, the path will follow

around the Boots site and connect with Thane Road and the Beeston canal. Construction firm Eurovia has been awarded the contract to build the bridge, ramps and associated paths, all of which will be well-lit. The bridge will be lifted into place over one night later this year to minimise disruption to the mainline.

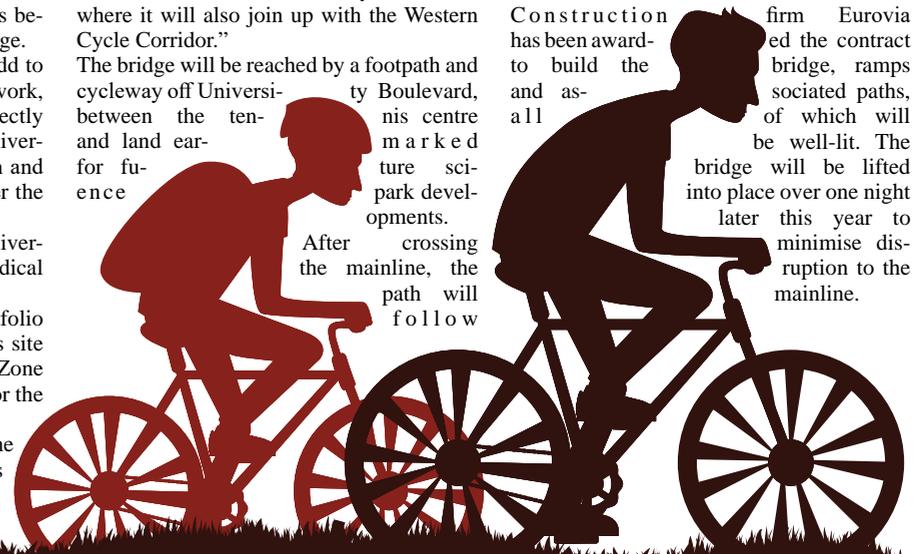


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National Tenner Award Recognise Young Entrepreneurs



Students from Nottinghamshire's Minster School who set up a business as part of the National Tenner Challenge, run by Young Enterprise and supported by BGF (Business Growth Fund) have won the Best Group award for their company Generation Thread. Students were given £10 and four weeks to set up a business and make as much profit as they could, this year 27,179 students took part. The winners, including Generation Thread, were announced at the awards ceremony on the 9 May, held at The Bank of England.

The winning teams' teacher, Clare McKeever-Williams said "Tenner is a brilliant opportunity for students to develop real-life work skills; skills to enable students to succeed in life, as well as skills to enable them to handle failure." The Tenner Programme gives students an opportunity to develop key employability skills and develop a better understanding of the connection between what they learn in school and how they can apply that learning in the world of work. 84% of teachers were attracted to the Tenner Challenge for the 'real

experience' it offers to young people. Students have a business idea and use this start-up capital to make it happen, using real money to take calculated risks to gain first-hand business experience of what it's like to be an entrepreneur. At the end of the month participants asked to return their £10 pledges with a £1 legacy donation to enable Young Enterprise to support even more people the following year. Students are free to keep their remaining profits, which many donate to a charity of their choice.

Extended Depth of Focus Lenses - Better quality of vision after Cataract Surgery

Cataract surgery involves removing the cloudy lens inside the eye and replacing it with a new synthetic lens. It is the most commonly carried out procedure within the NHS and is arguably the safest. Patients who have cataract surgery are generally delighted but some end up disappointed by the effect of cataract surgery on their intermediate and near vision.

The lenses we use in the NHS focus the light from the distance to the back of the eye but that means that the light from anything closer is not focussed and the vision is blurry without specs. We live on computers and tablets and the need to see these clearly is important to a lot of patients regardless of their age. Having to reach for spectacles to see these can be extremely frustrating. A new class of lenses has been developed to give patients good distance vision but also excellent intermediate and good near vision without spectacles. It allows much more functional

vision and dramatically reduces the reliance on spectacles. It is an evolution in cataract surgery and providing patients with a new calibre of vision.



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Get the Grill On

National BBQ Week returns for the 22nd year in 2018 and it is back with a huge boom, with an anticipated five million BBQs in the UK being dusted off and fired up.

Launching on Spring Bank Holiday and running the whole week from 28th May until the 3rd of June, the awareness week will have those that love food, healthy eating or gastro grilling, outdoors alfresco eating and sociable family and friends time, hitting the gas or the coal.

National BBQ Week this year is backed by leading big brand sponsors including Budweiser Prohibition Brew (Alcohol-Free), Walkers Max Strong, Branston & Primula, with Bodean's as the BBQ restaurant sponsor.

The much-loved BBQ Baptas video awards competition returns, where consumers will be encouraged to send in videos of their fun

Barbi's or grilling technique and results, with the aim of winning not only a coveted BBQ Bapta Award, but also a big money prize with Barbi Boxes, full of sponsor goodies for runners-up.

Brian George, founder of National BBQ Week, said: "National BBQ Week is one of the UK's biggest awareness weeks and has not only been the catalyst for growth in the BBQ Market, but has also fundamentally helped change consumer BBQ attitudes and usage from just 9 million in

1997 to over 130 million last year." For more information, visit nationalbbqweek.co.uk or tweet using #NatBBQWeek OR #GetTheGrillOn.



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ENGINE YARD LAUNCH AT BELVOIR CASTLE



FOR MORE INFORMATION ABOUT THE ENGINE YARD, PLEASE VISIT: WWW.ENGINEYARDBELVOIR.COM

An exciting new luxury destination for food, drink and retail therapy will officially launch at Belvoir Castle on Friday 15th June, following a £2.4 million investment. The Engine Yard, a collection of historic buildings by the entrance to the Castle that have been developed into an engaging and contemporary social space, will host a number of local businesses, luxury retail brands and food producers, as well as a restaurant and Belvoir Casa Spa. The first phase of the development, the Idle Mole plant centre,

will open to the public on Saturday 26th May. The centre will stock plants, homewares and gifts, and expert staff will be on hand to offer advice one-to-one and in workshops throughout the year. The Engine Yard will play host to the Duchess' Gallery, which will offer a fabulous range of clothing, accessories and gifts, curated by the Duchess of Rutland, the inspiration and driving force behind the development. Among the luxury retailers will be chocolatier Cocoa Amore, speciality coffee provider Cherizena,

craft and toy store Crafts4Kids, and homewares retailer Margo and Plum. The Duchess of Rutland explained that she hoped the venue would become a luxury destination for food and drink enthusiasts, to be enjoyed by the local community in the Vale of Belvoir and visitors from further afield. Close to the A1, and just a 10-minute drive from the A52, the Engine Yard is 15 minutes from Grantham and Melton Mowbray and 40 minutes from Nottingham and Leicester.

Nottingham's Young Leaders

On Thursday 24th May, the Archbishop of York Youth Trust will host a regional conference, at The Derbyshire Hotel for primary Head Teachers across the Diocese of Southwell & Nottingham. The conference will provide an opportunity for Primary School Head Teachers in community and church schools to learn more about the Young Leaders Award

and to share the experiences of those completing the Award. Rozy Brian, Strategic Lead for Primary Awards, said; "We look forward to sharing how taking part in the Award can empower pupils to develop in character and leadership and to make a difference in their communities." For more information on the Young Leaders Awards please visit www.abyyt.com

or contact The Archbishop of York Youth Trust on 01904 231010 or youth.trust@abyyt.com. To find out more about the Diocese of Southwell and Nottingham, please visit www.southwell.anglican.org

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Big Smiles in Store for Nottinghamshire



'tooth fairies', will be visiting various Children's Centres, schools and libraries to deliver activities for children and families.

Activities will include Brush, Book and Bed sessions, aimed at families with under 3 year olds, which will include a story, tooth brushing and singing and 'Tales with the Tooth Fairy' story time sessions aimed at primary school children.

Wednesday 23 May

2.00 pm, Prospect Kilton Children's Centre, Worksop - Brush, Book and Bed session

Tuesday 5 June

9.30 am, Holy Trinity Primary School, Newark - Tales with the tooth fairy

1.30 pm, Hawtonville Children's Centre, Newark - Brush, Book and Bed session

Wednesday 6 June

10.30 am, Hawthorne Primary School, Bestwood, Nottingham - Tales with the tooth fairy

1.30 pm, Beeston Fields Primary School, Beeston, Nottingham - Tales with the tooth fairy

Monday 11 June

2.00 pm, Arnbrook Primary School, Arnold, Nottingham - Tales with the tooth fairy

Tuesday 12 June

10.00 am, Eastwood Library, Nottingham - Brush, Book and Bed session

2.15 pm, Warsop Library, Mansfield - Brush, Book and Bed session

Wednesday 13 June

10.00 am, Morven Park Primary School, Kirkby-in-Ashfield - Tales with the tooth fairy

1.00 pm, Leamington Primary School, Sutton-in-Ashfield - Tales with the tooth fairy

Thursday 14 June - 10.00 am, Mount Primary School, Newark - Tales with the tooth fairy

For more information please visit www.smilemonth.org

Nottinghamshire Healthcare is encouraging children in the county to look after their teeth and mouth with important oral health messages delivered through fun activities during National Smile Month between 14 May to 14 June.

National Smile Month aims to promote and raise awareness of how important it is to maintain a healthy mouth and the Trust's Oral Health Promotion Team, better known as the



After two successful years of Foto Fest, Fotospeed are bringing the festival to the Midlands this summer with the launch of Foto Fest Central.

Taking place on 15 July at the Patchings Art Centre in Nottingham, the inaugural Foto Fest Central will play host to five of Britain's best photographers as well as the Foto Fest Market Place, which gives guests the opportunity to get exclusive deals from leading photography brands.

Toby Herlinger, Sales and Marketing Director for Fotospeed, said: "The best thing

about the photography community to us is the strong desire to help others learn and be inspired. We're ecstatic that we have been able to bring Foto Fest to more people and hope that we can continue to bring talks to photographers across the country."

Foto Fest Central brings together some of Britain's leading photographers to give

you an opportunity to hear about their photographic journeys, giving exclusive insight and expert knowledge to apply to your own work. Plus, the festival brings together all five photographers for a panel discussion and Q&A led by The Togcast.

An opportunity to get your hands on the latest gear and talk to industry specialists, Foto Fest Central will host the Market Place, bringing together a



range of notable brands. Get exclusive festival deals and speak to industry experts for the best purchase.

For more information and to register for Foto Fest Central 2018, go to the home, fotofest.org.

Patchings Art Centre, Nottingham, 15th July, 9.30am - 5.00pm Price: £40 (includes entry to Patchings Art festival on the same day).

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Nottinghamshire Show Home Hits Bullseye

Barratt Homes North Midlands is celebrating Nottinghamshire's best loved folk hero with a themed room in one of its Show Homes at Gateford Park in Worksop. The development recently opened the doors to its two brand new show homes with the children's bedroom in the four bedroom Kingsville boasting a Robin Hood theme, echoing the rich heritage of the county. With hand painted trees and inspirational canvases featured on the walls, this room is ideal for young children. The canopy bed aims to enthrall the mini house hunters of today by giving them the impression that they're camping under the stars. Other stand-out features in the room include a lantern, which fits perfectly with the woodland theme, and a grizzly bear

end table. A green 'grass' looking rug and Robin Hood themed teddy bears complete the room. Jan Ruston, Sales Director at Barratt Homes North Midlands, said: "The Robin Hood themed bedroom in the Kingsville is a great way for us to celebrate the county's rich history and provide parents the inspiration to do something similar in their own homes." The prestigious homes at Gateford Park have been developed by Barratt Homes, who have been awarded the coveted five-star rating in the Home Builder's Federation Customer Satisfaction Survey more than any other national housebuilder. To find out more about the homes available, please visit the Sales Centre and Show Homes, open Monday

12.30pm to 5.30pm and Thursday to Sunday 10.00am to 5.30pm. For more information about Gateford Park, please call the sales team



on 0844 811 3377 or visit www.barratthomes.co.uk/new-homes/nottinghamshire/H730101-Gateford-Park/.



Making a Difference in Community



Eighteen community projects across Nottinghamshire are making a difference to public safety thanks to funding from the county's Police and Crime Commissioner, Paddy

Tipping. The PCC has allocated £270,000 from his 2018/19 Community Safety Fund to support community-run projects which help people combat

their problems while also supporting the recovery of victims of crime and tackle hate crime and segregation. A special celebration event was held at Nottingham Forest Football

Club on 15 May to congratulate those organisations which successfully applied for funding to expand their work.

Mr Tipping said:

"My idea of good policing continues to be focused on prevention. By putting ourselves in the shoes of the perpetrators and victims of crime we can start to unravel the problems which increase risk or vulnerability and take action to prevent it."

Graham Moran, chief executive of Nottingham Forest Community Trust, said: "Nottingham Forest Community Trust is delighted to host the event and support the Police

and Crime Commissioner's investment in positive community engagement."

The Safer Living Foundation was selected and received £25,000 for its Prevention Project, which is aimed at individuals that are worried they may sexually offend.

To support community-based crime reduction, the PCC has issued £5,000 to NottsWatch for the launch of new NHW schemes and information hubs in high-impact areas to support existing NHW coordinators. £5,000 has also been provided to the Crimestoppers Trust's Rural Crime Initiative.

Other successful organisations include Al-Hurrayya, which provides mentoring to young people affected by substance abuse and crime.

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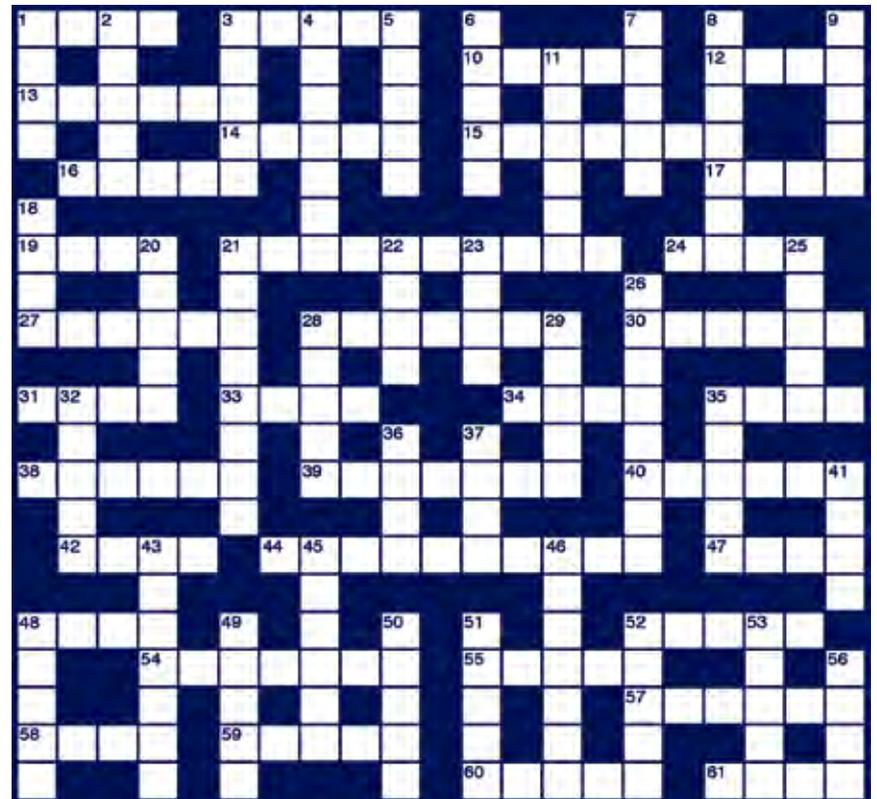
See below for answers

ACROSS

DOWN

- 1 Free from danger (4)
- 3 Tailback (5)
- 10 An aunt's husband (5)
- 12 Impolite (4)
- 13 A good moral quality (6)
- 14 Take by theft (5)
- 15 Devious crossword clue (7)
- 16 Begin (5)
- 17 Tight tangle (4)
- 19 Suspend (4)
- 21 Rate per hundred (10)
- 24 Assist (4)
- 27 Woman or girl (6)
- 28 Protective spectacles (7)
- 30 Citrus fruit (6)
- 31 Halt (4)
- 33 Remain (4)
- 34 In good health (4)
- 35 Playthings (4)
- 38 Horrible sprite (6)
- 39 Loose shoe worn at home (7)
- 40 Round stone (6)
- 42 Chore (4)
- 44 To shorten words (10)
- 47 A 3-foot measure (4)
- 48 An unlucky curse (4)
- 52 Magic formula (5)
- 54 Emblem of Scotland (7)
- 55 Homeless wanderer (5)
- 57 Burrowing animal (6)
- 58 Nagging pain (4)
- 59 To sense by use of the nose (5)
- 60 Father (5)
- 61 Excess body fat (4)

- 1 Rescue (4)
- 2 Before all others (5)
- 3 An adventurous search (5)
- 4 Head of an empire (7)
- 5 Before the due time (5)
- 6 Chew noisily (5)
- 7 Small landing wharf (5)
- 8 A brownish skin spot (7)
- 9 Festival with fine food (5)
- 11 Weeping (6)
- 18 Head cook (4)
- 20 Seize or clutch (5)
- 21 British game-bird (8)
- 22 Urges on (4)
- 23 Story (4)
- 25 Dwarf-like person (5)
- 26 Fall down unconscious (8)
- 28 Drinking-vessel (5)
- 29 Scornful look (5)
- 32 Freshwater fish (5)
- 35 Podgy and stout (5)
- 36 Seaside walkway (4)
- 37 Black-marketeer (4)
- 41 Terminates (4)
- 43 A sweet age to be? (7)
- 45 Fight between armies (6)
- 46 Overcome with remorse (7)
- 48 Named traitor (5)
- 49 A mummy's boy (5)
- 50 Stomach (5)
- 51 Rise to your feet (5)
- 52 A jet of vapour (5)
- 53 Maker's tag (5)
- 56 Pierce with a knife (4)



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Aries
Responsibilities and duties will soon be easier to handle because there is help on its way. Your popularity is beginning to grow daily so you can expect lots of invitations because everyone wants to be your new best friend. But you may find all the attention rather overwhelming. Focus on quality not quantity and that you will get the balance in just about everything absolutely right for you. Good news regarding money will encourage you to make an important decision.

Taurus
Conversations with like minded people will prove pleasurable and the free flow of social invitations will appeal to your idea of meeting new people and doing a bit of networking, especially if there is some money to be made. Don't be surprised if someone tries to borrow money or asks you for a favour that is just a "bridge too far" in this instance. Listen to your gut instincts before agreeing to anything which could compromise your good name and reputation.

Gemini
Expect some opposition whilst handling your daily business because its people just trying to be difficult. Don't assume that others are always able to understand your logic and reasoning. You are rapidly reaching the point where you only want to spend time with those you find genuine and feel comfortable with. You may decide to book a holiday with a difference rather than always doing the usual thing.

Cancer
You are no stranger to the flames of passion and may be overwhelmed by the magnetic attraction to someone very mysterious and reluctant to speak openly about their past. Work and business commitments nearly always result in you feeling tired and drained so perhaps its time to start thinking about you and your own personal happiness. Take up a new hobby or something that is mind stimulating and creative to balance the demands of your everyday life.

Leo
Everything that happens over the next few days will be with resonating consequences, some of which you will have little or no control over. Even the most trivial of interactions with people at work or in your personal life could result in you detaching yourself from their company. Family matters will be foremost in your mind, not to mention work situations that are changing on a daily basis.

Virgo
There may be some confusion over money in a connection with a friendship or close relative. Your career prospects look promising that could appeal to your sense of adventure and love of travel. A close friend may ask for your advice and then turn away and do the complete opposite. In future, don't waste your time or energy on anyone who is not appreciative of your friendship and wisdom.

Libra
If money is tight, do not allow yourself to get further and further into debt. A business associate may try to lure you into a money making scheme which is unviable. Socially you will be in great demand as suddenly the invitations start pouring in and a budding new romance shows signs of hotting up. A passionate encounter with a fellow work colleague will be followed by drama and unexpected complications.

Scorpio
Make the most of social situations and do not hesitate to accept every opportunity to experience new places, tastes and ideas, as this will lead to your horizons being broadened and you learning more about yourself and your needs in life. Love and romance will find a way into your busy schedule and you could surprise yourself by becoming increasingly attached to someone who is very much on your wave length and who interested in continuing the friendship.

Sagittarius
Its hard for you to get yourself heard and understood by certain people, whilst others are just not paying any attention. Romance looks all set to go up a gear and an existing personal relationship can only grow stronger so give it your best shot and make a positive go of things. Look at booking a much deserved holiday because regular breaks and just getting away from it all is often the best tonic for your healing and rehabilitation.

Capricorn
If others are not pulling their weight, its perfectly fine for you to say so although the truth hurts and it wont make you popular. If you are in a difficult relationship with either a lover or family member, don't make the mistake of giving all your power away. Alarm bells should ring when you are told you cannot survive on your own. Its time to put your personal affairs in order and start living your own life the way you want it.

Aquarius
You often prefer to stay behind the scenes and under the radar. You are right in not sharing all your news and information with all and sundry because you can never be too sure of who you can trust. Weigh up the cost of home improvements and if someone offers to help you finance a project, then accept. All work your mind wanders, perhaps because you are becoming bored and looking for a change of direction which offers excitement and new challenging experiences.

Pisces
You may come across as someone who is confident, but beneath the surface you are a worrier and just want everything to be perfect and for others to be happy. Your family are always of paramount importance and their well-being means everything to you, as does yours to them. A close friend will rely on your guidance regarding a very important matter and you are the right person to assist them whilst navigating a difficult journey through troublesome waters.

New Sherwood Community Shop



More than 500 visitors flocked to Nottinghamshire Hospice's new Community Shop in Sherwood on Saturday, opened by Nottingham's Official Robin Hood, Tim Pollard. Cutting the ribbon, Tim, who has personal links with the hospice, said: "My late wife Sal was really helped by the hospice and they are helping me and our family still." Shoppers browsed the extensive vinyl collection, span discs in the retro 70s listening booth and stepped back in time to try on vintage clothing in Dr Who's Tardis - regenerated as a changing room. The shop, which moved to its new premises from a smaller location, did a roaring trade all day, and attracted 20 potential new volunteers. Penny Cooper, Area Retail Manager for Nottinghamshire Hospice says: "It was buzzing all day. People loved the layout of the shop and said it was a really good atmosphere." The Sherwood shop is one of nine shops across Nottinghamshire which bring in more than £1 million annually to benefit people with a terminal or life-limiting illness.

Have Your Say on Park Improvements

How is your local park or open space performing? Broxtowe residents are being encouraged to get online and have their say on a selection of the parks and open spaces in the borough to help ensure they meet the 'Broxtowe Standard'. The questionnaire is available at www.broxtowe.gov.uk/parkssurvey and asks residents to rate their chosen parks or open spaces on a number of areas including how welcoming they are, signage, cleanliness, access and facilities available. "We know that our residents share our love for our parks and want to keep improving them for future generations to enjoy. Half a million pounds has been set aside for park improvements over the next two years as part of the council's Pride In Parks initiative, which aims to ensure that residents across the borough have an opportunity to enjoy quality open space and facilities," said Councillor Shane Easom, Chair of the Leisure and Environment Committee. Following last year's consultation, the council have listened to residents and have made many improvements including:

- Two new self-closing gates and a new access path at Dovecote Lane Recreation Ground, Beeston.
- An upgrade to the play area in Sherman Drive Open Space, Chilwell for which funding has been identified for work in 2019/20.
- £47,500 is being invested in improvements at Redbridge Drive Play Area, Nuthall, where work will start shortly.

The questionnaire will run on the Council's website until 31st July. For more information, contact Broxtowe Borough Council on 0115 917 3643, email grounds@broxtowe.gov.uk or visit www.broxtowe.gov.uk to have your say.



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A pair of childhood friends from Long Eaton are gearing up to run 220 miles in seven days to raise money for charity.

Andy Price and friend Gary Bell will be running to raise money for Ronald MacDonald House, which provided accommodation to Andy and his family following surgery on his son Callum.

They will be running 32 miles a day across the Great Glen Way in Scotland at the end of May, from Lossiemouth to Ronald MacDonald House in Glasgow.



The pair, who attended The Long Eaton School in the 1980s and were also Sea Scouts together, are making the epic run to thank the charity for the support Andy received when his son, Callum was ill. Callum was born at Dr Gray's Hospital in Elgin, in 2016, but had to be airlifted to the Royal Children's hospital in Glasgow for an

operation to save his life.

Andy said, "The trauma of the events with Callum, coupled with him being in hospital over 200 miles away from home was naturally a struggle. But the stress and upheaval was made infinitely easier by the work of Ronald MacDonald House in Glasgow." They will set off from Lossiemouth

on Saturday 26th May, and aim to finish at Ronald MacDonald House in Glasgow on Friday June 1st.

To donate to Andy and Gary's efforts, visit: <https://www.justgiving.com/crowdfunding/thebigrun-2018>.

For more information about the Ronald MacDonald House charity, visit www.rmhc.org.uk



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Nottingham Agency Celebrates Record Breaking Award



Established independent Nottinghamshire agency, Royston & Lund, has been awarded five top awards at a recent industry ceremony in London – the best result in the company's 24 year history.

The company was awarded Best Estate Agent in the UK when attending the ESTAS at the Grosvenor House Hotel, London. Royston & Lund left the prestigious industry event with five top awards - not only winning Best Estate Agent in the UK but also picking up gold for

the East Midlands in the Sales and Lettings categories - voted for by clients for their high level of customer service - with silver for Lettings Services, as voted for by landlords.

The agency also claimed the top spot for the Best Guild Agent for Property Professionals. Royston & Lund has recently opened a second office in Keyworth, with demand for properties in the area continuing to grow.

Gary Lund, director at Royston & Lund said: "I'm particularly

proud to have taken two national awards back with us to Nottingham. There are more than 800 offices for the Guild to choose from and to have been named the Best Agent against such stiff competition is really fantastic.

"We're a forward thinking agency but we understand the importance of customer service and making sure that a customer understands the process of buying and selling a home so there are no hidden surprises along the way."

Trentbarton Ranked #1 Again



trentbarton drivers have retained their ranking as number one in the bus business, according to the latest Transport Focus survey of passengers. The survey, which ran across the final four months of 2017, saw trentbarton's drivers once again given the highest rating - an improved 94 per cent - of all the bus companies in the national study. Transport Focus asked hundreds of passengers nationwide for their views about punctuality, bus stops, waiting time, cleanliness and the drivers. The research included some of the

country's biggest companies and municipal-run operators. Ratings for driver appearance, greeting, helpfulness, attitude and giving time for passengers to sit down all topped 93 per cent. trentbarton's score for value for money held firm at 73 per cent. trentbarton managing director Jeff Counsell said: "Again the whole country is made aware that our drivers are the best in the country. "Our drivers' amazingly high scores are the fruit of many years of relentless focus on how our drivers work with our custom-

ers. Research tells us that having friendly drivers is vital to a successful transport network, and we go above and beyond to make sure we have a happy team." trentbarton is welcoming applications to join its award-winning driving team. First and foremost, applicants must be driven by customer service to exceed expectations and delight those that travel on its services. The driving team is growing as trentbarton continues to extend service routes and increase frequency. Applications are via: amazebus.co.uk.

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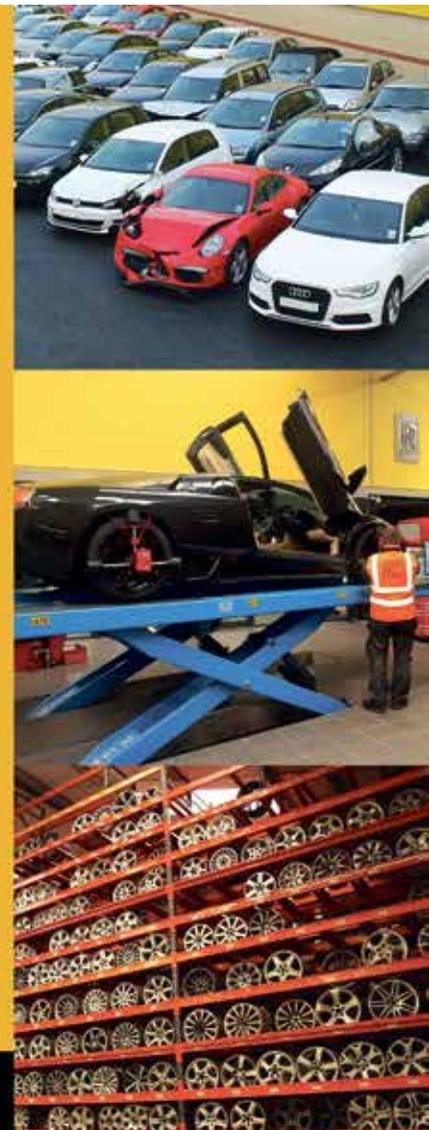
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Sunshine, Smiles and Spitfires at Notts County Show

Sunshine and smiles filled Newark Showground on 12 and 13 May for the 135th Nottinghamshire County Show



Heavy horses, record livestock entries and world-class show jumping were just a few of the highlights over the weekend which delighted the 16,000-strong attendees at the popular family event. The prestigious county show saw a range of exciting attractions and displays in the Main Ring on both days, including adrenaline racing stunts performed by Atkinson Action Horses, Lawnmower Racing hosted by Nottinghamshire Young Farmers Club and Derek Tindall's magnificent birds of prey display. Visitors were also delighted by an RAF special flyover on both days of the Show. Engines roared as the crowd looked to the sky to see a Hurricane fly over the

Showground on Saturday lunch time, followed by a Mark IX Spitfire on Sunday. George Taylor, show manager for the Nottinghamshire County Show, said: "This year's Show has been absolutely brilliant, and we couldn't have asked for better weather! It's been great to see so many families enjoying themselves

and having fun." Youngsters were seen queuing up to meet Froojamaflop - an 8ft stilted character, made up of 25 different fruit and vegetables - as he strolled around the Food Experience and Countryside areas with his gardening companion Fred.



The 2019 Show will be held on 11 & 12 May. For more information visit www.nottinghamshire-countyshow.com or call 01636 705796. Follow @NOTSCOUNTYSHOW #NCS18 for updates.

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Friday June 1, 7.30pm - The Boughton Piano Trio

Iva Fleischhansova, violin; Nikolay Ginov, cello; Tomas Visek, piano.

The artists making up the Boughton Piano Trio have all individually played at Harlaxton before, and come this time with a delightful programme of music both familiar and less well known. Their programme will include Trios by Suk, Schumann and Mendelssohn, a Duo for violin and cello by Schulhoff, and piano solos.

Friday June 15, 7.30pm - Chameleon

Tom Williams, counter tenor; Férdia Stone-Davis, recorder; Douglas Hollick, organ.

Tom Williams was a choral scholar at King's College Cambridge, sings with Polyphony, and has a busy career singing, conducting and teaching. He and Férdia have both performed before at Harlaxton with Douglas Hollick, and their programme will be of music by J S Bach - two alto cantatas, a sonata for recorder and organ, and organ solos - a treasure trove of wonderful music to round off the 2018 concerts!

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WOOL SPINNING DEMONSTRATIONS SHEEP CARE DEMONSTRATIONS & SHEEP SHEARING (WEATHER PERMITTING)
TRACTORS FOR THE CHILDREN. COME AND MEET THE LATEST ARRIVAL OUR NEW FEMALE HAURIZO AN ALPACA & LLAMA CROSS.

OPEN BANK HOLIDAY MONDAY
PRICES ADULT £6.00 CHILDREN 3+ £5.00 FAMILY £18.00

In the Tea Room you can sit down for a varieties of drinks, hot and cold lunches and even Afternoon Tea, there is a large on site free car park As you walk around the farm you'll see a lovely variety of animals, some of which you can buy food for to hand feed. The putting area is where you can really get up close and hand feed the sheep and alpacas. Some of the rare breeds you'll see include Toggenburg and Pygmy Goats, Saddleback and KuneKune Pigs and more. Animals to visit include a variety poultry, rabbits, guinea pigs, ponies, donkeys, cattle, goats sheep and alpacas. As well as the adorable animals there's an outdoor play area with ride on tractors for the children. Come and meet the latest arrival our new female Haurizo an alpaca and llama cross.

Free parking and free entrance to the tearoom and gift shop.

Rutland Farm Park, Uppingham Road, Oakham LE15 6JD. Tel: 01572 722122
enquiries@rutlandfarmpark.co.uk | www.rutlandfarmpark.co.uk



True-Life Story of Suffragette Heads to Nottingham



An original play that recounts the life of notorious suffragette Edith Rigby is heading to Nottingham to commemorate the centenary year of women having the right to vote.

Woman On Fire is being presented by award-winning company Certain Curtain Theatre and takes audiences into the fiery heart of one of the most dangerous women in history.

Written and directed by John Woudberg and performed by Claire Moor, the play explores both sides of this eccentric woman

"The story of Edith Rigby remains largely unsung"

who presented herself as a mild-mannered doctor's wife while concealing her other identity — that of a militant suffragette.

"The story of Edith Rigby remains largely unsung," says Claire, "She is best known for burning down Lord Leverhulme's house in Rivington — But she was a woman of 'firsts.' She founded one of the first branches of 'The Women's Social and Political Union' and devoted her life to improving the lives of girls and women. She was shunned by neighbours but her fiery spirit was not easily dampened. Her story and the wider suffragette struggle is one worth sharing and I hope audiences agree."

Woman On Fire will be performed at Chilwell Arts Theatre on Saturday 26th May at 7.30pm. Tickets: £12 (£9 concession) BOOK ONLINE: <http://buytickets.at/cctheatre/150910>

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OUT AND ABOUT

GO WILD IN JUNE

This June, The Wildlife Trusts are again asking everyone to do something wild every day, by taking part in the 30 Days Wild challenge - designed to delight and to encourage you to make room for nature - no matter where you are or how busy your life.

Making more time for nature and wildlife is fun and it can make you feel better too. Our connection with nature is becoming better understood and it is now accepted that even the sight of trees or a river in the landscape, or the sound of birdsong can enhance your mood.

Throughout June Nottinghamshire Wildlife Trust will be posting ideas and advice and encouraging people



wildlife on your doorstep at places including our Idle Valley, Attenborough, Besthorpe and Wilwell Farm Cutting reserves as well as an Urban Safari in Nottingham. Last year more than 800 people signed up

locally - so why not join them and get your summer off to a wild start? The 30 Days Wild sign-up page can be found at www.wildlifetrusts.org/30dayswild

share photos of how they are rising to the challenge. Even those who work in wildlife conservation can sometimes struggle to make time to connect, so 30 Days Wild will provide Wildlife Trust staff with a wonderful excuse to sneak wildlife into our days too.

In the middle of the month we'll also be hosting the first ever Big Wild Weekend, with events up and down the country, including plenty here in Nottinghamshire to give you a chance to see and experience

30 DAYS WILD



Photos supplied of Nick Upton

THE RAILWAY | LOWDHAM

July 7th, 2018 7pm-12am

THE EVENT OF THE YEAR!

SUMMER GARDEN PARTY

4 Live Music Acts

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INCLUDES SUPPER, ARRIVAL DRINK & ENTERTAINMENT

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Great Children's parties including guided tour, animal feed, small animal handling, private party room and buffet. Add on a pony ride.

WATCH out for Mr. Doodle Doo

SPECIAL EVENTS THROUGHOUT THE YEAR please see website for details

Come and hand feed and pet our wide range of animals.

OPEN 7 DAYS A WEEK

PARENT & TODDLER COFFEE MORNINGS

THE ARK MATLOCK FARM PARK NEW ALL YEAR ROUND ANIMAL BARN

THE RAINFOREST NEW AMAZING INDOOR PLAY AREA WITH COFFEE LOUNGE

CHILDREN'S BIRTHDAY PARTIES

SCHOOL TRIPS WITH GUIDED ACTIVITIES

SENIOR CITIZEN MEAL DEAL

INCORPORATING - Ridgeway Riding School & Trekking Centre

Fully trained instructors are available for group or private individual lessons. If you would like a lesson or to go pony trekking, then **booking is essential**.

A GREAT DAY OUT FOR ALL THE FAMILY

Daily Activities for Spring and Summer 2018:

- Bottle Feeding of Lambs
- Small animal handling
- Meerkat feeding
- Wallaby Encounter
- Ferret Racing
- Sheep Racing
- Short pony rides at weekends and school holidays

Matlock Farm Park

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OUT AND ABOUT
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Medieval Knights Season

Medieval Display Weekends

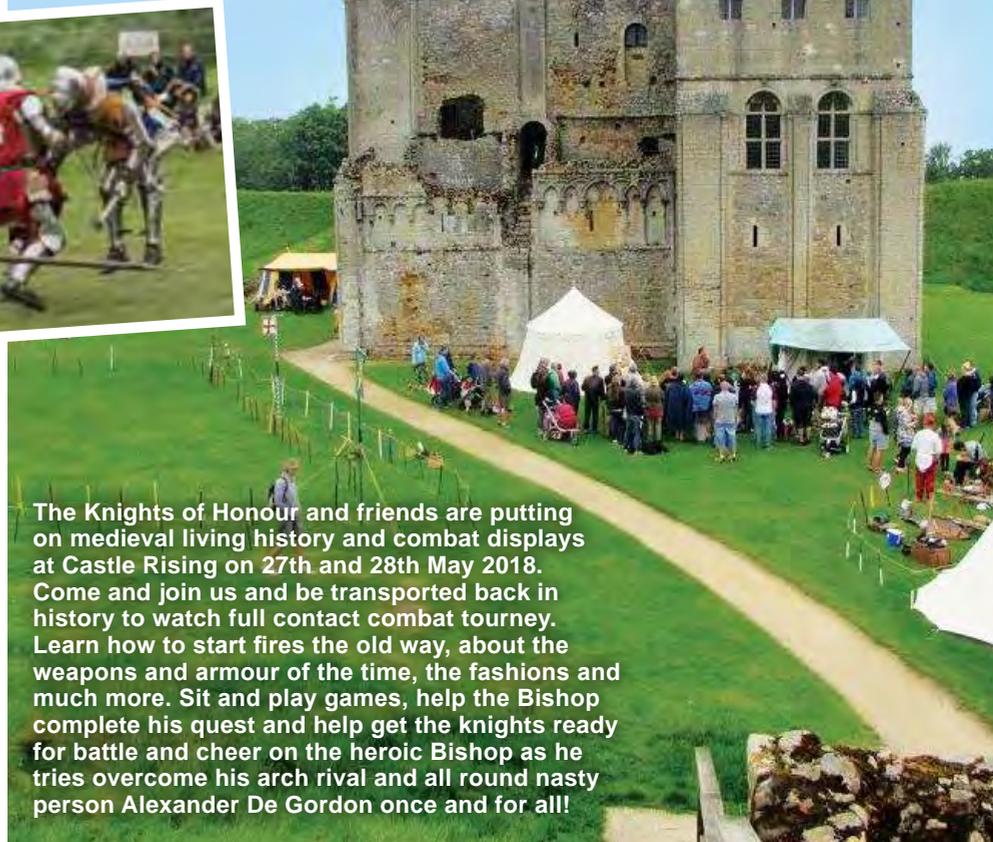
27th - 28th May - Knights of Honour
4th - 5th Aug - Black Knight Historical
26th - 27th Aug - Lion Rampant

Open Daily 10am - 6pm, 25th March to 1st November

Massive Ramparts • Audio Tour • Gift Shop
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MEDIEVAL HISTORY



The Knights of Honour and friends are putting on medieval living history and combat displays at Castle Rising on 27th and 28th May 2018. Come and join us and be transported back in history to watch full contact combat tourney. Learn how to start fires the old way, about the weapons and armour of the time, the fashions and much more. Sit and play games, help the Bishop complete his quest and help get the knights ready for battle and cheer on the heroic Bishop as he tries overcome his arch rival and all round nasty person Alexander De Gordon once and for all!

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OUT AND ABOUT

Celebrate Love Your Zoo Week at Twycross Zoo

Follow your heart to Twycross Zoo this May half term and enjoy a fun filled day out for all the family during Love Your Zoo Week. Meet more than 500 different animals at the award winning conservation charity and to enjoy Chimpanzee Eden, a brand new immersive jungle habitat. During Love Your Zoo Week from

everything from giraffes and elephants to meerkats, lemurs and penguins. Should the sun shine for the school holiday, children can cool off in Wet 'n' Wild outdoor water play park. For rainy days, Twycross Zoo has you covered with a whole host of indoor experiences including the award winning Gibbon Forest, a tropical Butterfly Farm and warm and welcoming Himalaya Centre featuring a large, soft play area and recently refurbished fully-licensed restaurant.



26 May to 3 June, budding Zoo Keepers will receive a free Conservation Passport and will be encouraged to collect special stamps as they stop to find out about and answer questions about the animals on route. Visitors are invited to enjoy a series of Keeper Talks and learn all about the animals in their care. The jam-packed calendar of daily talks will cover all sorts of species, great and small, and include

Located just off Junction 11 of the M42, Twycross Zoo is open to the public from 10.00 to 18.00, 364 days a year. For more information and to book tickets visit www.twycrosszoo.org or call 0844 474 1777.

tz Twycross Zoo
IN THE HEART OF CONSERVATION

MAY HALF TERM

Show your support and join us this May half term for Love Your Zoo Week!

26th May to 3rd June

BIAZA
Love Your Zoo

Visit twycrosszoo.org to book in advance!

1st-30th June

Can you do something **wild** every day for 30 days?

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Join thousands of people taking part in the UK's month-long nature challenge. Make daily time for nature, explore wild places near you and share your love of wildlife.

wildlifetrusts.org/30DaysWild
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Sunday lunches available
to eat in or delivered direct to your door
ADULTS £5 • KIDS £3.50
Lunches from 12pm to 2.30pm

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8/9/10 JUNE 2018

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Saturday 26th May
10.30 am

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Tiffin is a teahouse providing all the comforts of the great British tradition of afternoon tea. We serve fresh food, home baked cakes and a wide selection of speciality teas along with coffee, cold drinks and of course, Afternoon tea.

Our teahouse is a friendly, welcoming environment where people of all generations can share and enjoy the charm of Tiffin. We continue to create a nostalgic experience of days gone by, when there was always time for tea and a natter.

35 Abbey Rd | West Bridgford | Nottingham | NG2 5NG
 Tel: 0115 9816224 | www.tiffinteahouse.uk.com

A Vision for the Future

Based in a landmark timber framed building in the heart of Norfolk, the Green Britain Centre's mission is to inform, educate and empower people to help create a Green Britain through sustainable energy, transport and food together with making space for nature. Created by Ecotricity, the world's first

green energy company, the centre offers a unique experience and some amazing exhibits and organic gardens. Come and share our exciting vision for the future – a vision of a Green Britain powered by the wind, the sun and the sea, where electric cars take us from A to B, and where we no longer rely on

the meat industry to feed our families. Visitors to the centre are invited to experience Wind Energy in a totally different way. Release your adventurous side and make the 300 step journey up the only windmill in the world that is open for the public to climb and enjoy the view from a platform designed by

the famous architect Sir Norman Foster. Take a look at the electric transport of the future and enjoy excellent fair trade coffee and tasty vegan food at the café. Appreciate the peace and tranquillity of a walk through the organic gardens which supply some of the produce for our café kitchen.

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Free entry

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SPRINGS

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Looking for a holiday park with that country feel but near the seaside?
This could be the location for you!

Trusthorpe Springs - set in the grounds of 19th century Trusthorpe Hall and ideally located from the beaches of the East Lincolnshire coastline. Facilities include a heated swimming pool and a fully licensed restaurant with regular entertainment.

Lakeside Springs - is situated just one mile from the coastal Town of Sutton-on-Sea and has it's own seven acre fishing lake!

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Sutton Springs, Trusthorpe Springs, Lakeside Springs or **Anderby Springs**, all set on the East

Coast of Lincolnshire. All our parks offer something for everyone and you can enjoy any of our parks facilities no matter which park you have your holiday home located. Most makes and models of holiday homes supplied, plus many used static caravan holiday homes for sale. Part exchange allowances available. We offer affordable monthly payments and finance (subject to status). On park siting service, and full after sales and repairs service. Two of our parks have an extended season 1 Mar to 5 Jan.

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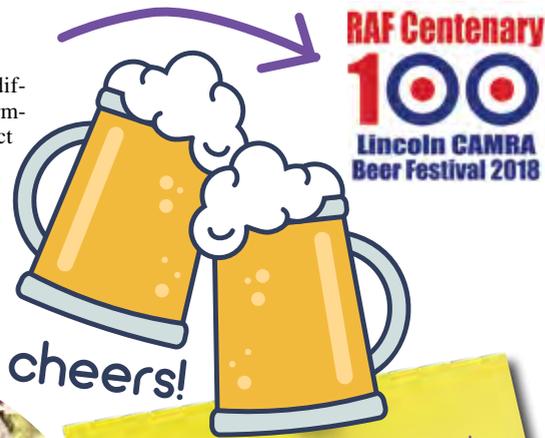
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Family Fun in Lincolnshire

Whether you're looking for a thrilling and fun-filled day out with the family or an intimate trip with your other half, Lincolnshire has something to excite all ages - whatever the weather. From festivals and exclusive events to interesting places to visit, explore what Lincolnshire has to offer today!

Lincoln Beer Festival - 24 May, 12pm-11pm

Head to Lincoln Drill Hall to taste over 100 different real ales as well as bottled beers, farm-produced cider and much more - the perfect event for a tittle with friends in the sunshine. The theme for 2018's festival is the centenary of the Royal Air Force, for which there will be a selection of ales and beers on offer which have been brewed specially. A souvenir Festival Glass will be given to you on arrival to enjoy your beverage in, with a refund on return or to take home and keep.



RAF Centenary
100
Lincoln CAMRA
Beer Festival 2018



High Street Farmers Market - 25 May, 9am-4pm

Visit the rows of food and goods stalls lining the picturesque streets of Lincoln city, boasting fresh local produce to visitors and residents alike. Enjoy tasty treats as you wander around the historic city for a fun family day out. You can find a farmers' market on High Street every Friday.

Illustration by Vecteezy.com

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Kid's Eat FREE Every Day After 4pm

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3pm-5pm Monday - Friday
TWO MEALS ONE GREAT PRICE

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Served from 12 Noon

1 COURSE LUNCH 8.45
2 COURSE LUNCH 10.95
3 COURSE LUNCH 13.45

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FRESHLY MADE SANDWICHES CHOOSE FROM THE FOLLOWING FILLINGS:
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FOR ONE 6.45 FOR TWO 10.95

visit our website for full details of all our party packages

KIDS' WORLD SOFT PLAY AREA

WHAT'S ON

Spring into Kids World Mon 28th May - Fri 1st June

arts & crafts, creative hair day & tattoos, make & eat your own pancake, party games, film & popcorn, colouring competition, PRIZES TO BE WON

THE GREATEST SHOWMAN

ONE DAY BIG EVENT
Tuesday 29th May
Time Slots: 12pm-2:30pm & 3:30pm-6pm
£10.95 per child per entry
Tickets available from kids world
Offer includes; entry, food, candyfloss, popcorn, sweets, face painting, sing-along and dancing. Our ringmaster will welcome you to the party!

Watch the FIFA World Cup Games Sunday 17th June

FATHER'S DAY
Free Tea or Coffee & Cake (1 per family)

SUMMER HOLIDAY FUN

23rd - 27th July Pirate Week * 30th Jul - 3rd Aug Circus Week
6th - 10th Aug Disney Week * 13th - 17th Aug Carnival Week
20th - 24th Aug 70's/80's Week * 27th Aug - 31st Aug back 2 Skool!

HALLOWEEN PARTY
Friday 26th October - 3pm til 7pm
Kids World ticket event for our spooktacular Halloween Party!
Join the staff and dress up, the best dressed wins a prize.
Party games, pinata, and competitions.

WATERFRONT RESTAURANT
Great Food, Great View
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Skegness Seafront

website: www.belleisure.com

Tel: 01754 896755 Facebook: Kidsworld At Lucky Strike

KIDS' WORLD
Telephone: 01754 611488

VISIT LINCOLNSHIRE

Family Fun in Lincolnshire

The Show Comes to Town 26 May, 10am-3pm

Take a sneak peek into City Square for the exciting line-up of this year's Lincolnshire Show. From tractors and farm animals to stalls bursting with delicious local produce – there's something for everyone at this county show. For kids, sit on the tractor and get up close and personal with the fluffy farm-yard friends.



Lincoln Makers' Market 2 June, 10am-5pm

Explore the market for a chance to find a variety of intricate and handmade pieces of art, furniture and crafts for your home. Seek a unique gift for someone special or treat your home to some lavish new décor from woodwork and glass to fine art pieces and fashion. You will find the Makers' Market at Castle Hill every first Saturday of the month and at Lincoln Cornhill every second Saturday of the month.

Comedy Feast 8-10 June, All day

Three days of the best British comedy including the Horrible Histories stage show – perfect for families. Boasting tasty street food and refreshing drinks in the gorgeous grounds of Lincoln Castle, this fantastic weekend is packed with entertainment.

Lincoln Bike Fest 10 June, 10am-5pm

Bikers and lovers of motors from across the Lincoln area unite on Lincoln's Brayford Waterfront for a day of music and entertainment alongside an impressive display of motorbikes. From old and traditional to new custom bikes, vehicles from across the country will be glorified at this exciting event.



CALL TODAY!

BOOKINGS: 01754 876008
HOLIDAY HOMES: 01754 876008

Coastfields

BOOK NOW



Coastfields is a holiday group consisting of six holiday parks that boast unrivalled accommodation, entertainment and facilities. Based on the beautiful east coast of England our holiday parks offer you the best of Lincolnshire, whether you're looking for a tradition seaside holiday full of entertainment or something more peaceful with golf, fishing and country walks Coastfields has it all.

Prices of holiday homes start at only £10,995 including 2018 site fees.

Butlin's

CARAVAN VILLAGE SKEGNESS



Purchase a holiday home at Butlin's Skegness, and you'll have all this on your doorstep...

- ◆ Blue Flag beach ◆ Splash Waterworld
- ◆ Funfair for all ages
- ◆ Live entertainment day and night



CARAVAN OF THE MONTH

Carnaby Helmsley Lodge 2018
3 bedroom model was £57,373
Now £49,995
including all fees to pay until 2019!!



HOLIDAY HOMES FROM
£18,995
Pitch Fees Paid until 2019!!

A HOME FROM HOME WITH ALL
THE MAGIC OF BUTLIN'S
AT YOUR FINGERTIPS

Quote 'NOTTS IN FOCUS' to get £1,000 off any caravan

The Caravan Village Showground is open 7 days a week.

Come and see us to find out more, you'll find us at Roman Bank, Skegness, PE25 1NJ. Or call us on 01754 614499.

This offer is only applicable to new sales and cannot be used in conjunction with any other offer. All sales must be complete by December 2017 to receive the gift.

KEY craft

Open the door to a whole new world of outdoor garden buildings...

Our show-site in Hucknall, Nottingham is a great place to view and buy a selection of garden buildings, summer houses, garden sheds, log cabins, playhouses, green houses, concrete garages, sectional garages, carports, timber garden workshops, garden offices, stables, bespoke garden buildings, dog kennels, potting sheds, smoking shelters, aviaries and more, all built with a quality wooden construction.

We also have concrete garages from Hanson, greenhouses from Alton, Eden, Halls, Robinsons, Clearview, Elite and Nordic. Great products at keen price all you need for your home or business. Because we manufacture on-site we can build any bespoke structure to virtually any specification. In addition, we can supply log homes, log offices, log chalets and log kits.

The new Keycraft garden centre in Hucknall near Nottingham offers a stunning selection of plants and shrubs as well as composts, mulches, decorative aggregates for your garden. In addition we have a wide selection of chimeneas and working water features on display. We also have a range of high quality timber decking products onsite.

The Keycraft gift and coffee shop is now open offering a variety of stylish and seasonal gifts at very reasonable prices. Our coffee shop serves a range of speciality coffees and drinks as well as delicious cakes, light lunches and snacks. Why not try one of our Afternoon Teas, available by appointment only every Monday, Wednesday and Friday from 12-3pm, £20 for 2 people. The coffee shop is situated in the garden centre section of our base in Hucknall, Nottingham and has a 5 star food and hygiene rating.



Afternoon Tea
£20 for 2 people



SPECIAL
OFFER
Drink & Cake
Only £2.50



NEW FOR 2018
Childrens Play Caravan



Fostering Care Fortnight



14 - 27th May

Could You Foster?

"Becoming a foster carer is the best thing I've ever done. Every day I'm helping young people to turn their lives around."

Foster Care Fortnight is The Fostering Network's annual campaign to raise awareness of fostering opportunities and to show how foster care transforms not only the lives of children and parents, but of everyone around them too. It is the UK's biggest foster carer recruitment campaign and will take place from 14 - 27 May 2018.

This year the aim is to show that anyone from any sector of society can be, and are, foster carers to try and eliminate myths that surround who can foster and present opportunities to everyone regardless of their ethnicity, background and other social factors.

Thinking Of Becoming a Foster Carer?

Every year, tens of thousands of children across the UK need foster carers while they can't live with their own families. That means thousands of new foster carers are needed every year.

Could you be one of them?

Just as there is diversity in fostered children, foster carers need to come from a variety of backgrounds and have different life experiences, skills and qualities to help meet the needs of children and young people in foster care. There are, however, some common criteria that most fostering services need from you:

- to be at least 21 years-old (although by law you

- can apply to foster from 18).
- to have a spare bedroom big enough for a young person to live in.
- to be a full-time resident in the UK or have leave to remain.
- to be able to give the time to care for a child or young person, often on a full-time basis.

Get Involved

Not everyone is in the situation where they are able to become a foster carer, but there are many different ways to get involved to show your appreciation and support of this fantastic cause. Find more details on how to raise awareness or get involved in the fostering system at www.thefosteringnetwork.org.uk.



New Film Highlights Impact of Foster Carers

Nottingham City Council has produced the short film 'There Was A Boy' in collaboration with 15 other local authorities across the Midlands for the annual Foster Care Fortnight campaign running 14-27 May 2018.

The storyline shows a vulnerable teenager's life in two parallel situations, one where he is fostered and one where he is not. The short film shows the positive influence foster carers have and how they have the power to make a huge difference to a young person's life. The hope is that the video, partly filmed in Nottingham, will inspire more people in the city to come forward as potential foster carers.

Councillor David Mellen at Nottingham City Council said: "We're making really good progress in recruiting foster carers but we will always need more to make sure that children can stay close to their schools, families and friends.

"People who join our fostering community make an enormous difference to the lives of the children they look after - often they perhaps don't realise how much."

Foster Care Fortnight is the UK's largest foster care awareness-raising campaign, delivered by The Fostering Network. Established for almost 20 years it showcases the commitment, passion and dedication of foster carers.

Kevin Williams, chief executive of The Fostering Network, said:

"There are thousands of fantastic foster carers from every walk of life who are proud to foster - but there is a need for more people who think they might have the skills and experience to foster to come forward."

You can find out more about fostering with the City Council at www.fostering-nottingham.com or by calling 0115 876 3335. You can also find the fostering team on Facebook by searching for @fosteringnottingham.



GET IN TOUCH TO FIND OUT MORE ABOUT BEGINNING YOUR JOURNEY AS A FOSTER CARER

RECRUITING NOW

We're looking for foster carers in the East Midlands

We offer competitive fees, extensive training and 24/7 support

- Local Offices
- Education Support
- Friendly Teams
- Life Assurance



Find out more: **0800 292 2003**
www.teamfostering.co.uk

Care



Cosmetic Surgery Open Event

Thursday 31st May 2018
(5pm-7.30pm)
At Woodthorpe Hospital

Benefit from a complimentary consultation with Mr Aftab Ahmed

Mr Ahmed's specialities include:

- Nose surgery (rhinoplasty)
- Blepharoplasty (eyelid surgery)
- Face, neck and brow lifts
- Non surgical procedures such as dermal fillers and muscle relaxing injections



Find out if these surgeries are right for you.

Free parking and refreshments available on the day.

Places are limited so please call us on **0115 6848 929** to book your place now.



Eating For Two

Pregnancy is a personal journey and no two are the same. It can be both exciting and daunting, from working out the benefits you're entitled to, to making sure you're maintaining a healthy lifestyle for you and your baby, there's a lot to consider.

According to CABA's expert Nutritionists at The Natural Alternative, the key to a healthy pregnancy is simple; eat a varied but healthy diet.

No to Nausea

Up to 85% of pregnant women experience nausea and vomiting during pregnancy and it can leave you feeling hungry and wanting to eat more regularly – but that doesn't mean you can eat for two. For many, the nausea is worse when blood sugar levels are low, so try grazing on a healthy snack every two hours, such as:

- Ginger - some women swear by using ginger to ward off sickness. Try ginger

tea, ginger ale or ginger biscuits.

- Natural yogurt with a piece fruit
- Healthy cereal
- Humous with raw vegetables (carrots, celery, peppers)

Energy Boosters

It's common for women to feel extremely tired, particularly in the first and third trimesters of pregnancy. Getting rest where you can, being even more organised and planning ahead will help, especially when it comes to meal times. Batch cooking can be a real-life saver when the last thing you want to do is cook.

Healthy Baby

As well as a healthy diet, many expectant mums also turn to prenatal supplements to improve their chances of producing a healthy baby; but knowing what to take and why can be a minefield. Here's an essential list:

- Folic acid
- Vitamin D
- Calcium
- Omega-3

It can be a daunting feeling, worrying whether you're feeding your body and baby the right foods, so take a daily pregnancy supplement – that way you're covering all bases! www.caba.org.uk

Chetwynd House, Chilwell's New Luxury Care Home

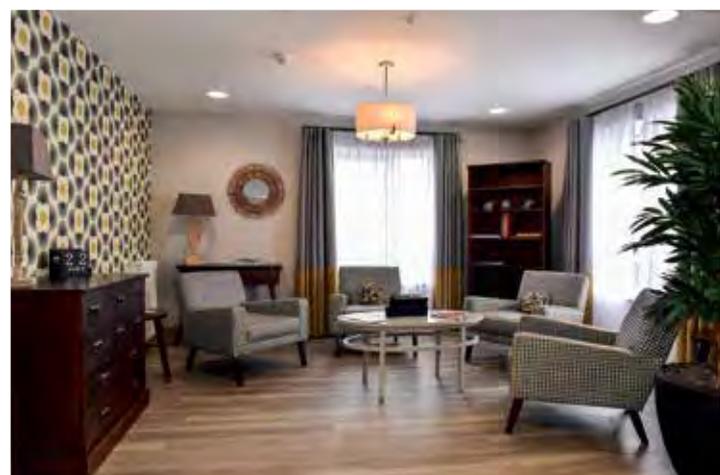


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a superb place to live or work **adeptcarehomes**

INTRODUCING THE TEAM



RUDDINGTON MANOR
CARE CENTRE

Nottingham's latest care home, Ruddington Manor, is set to open in four weeks.

The state-of-the-art 66 bed care facility has been expertly designed and purpose-built to provide stylish, comfortable, cosy yet practical home-from-home accommodation for elderly people who are finding it increasingly difficult to remain in their own homes.

The registered manager of Ruddington Manor is Kad Daffe. He will be supported by a team of talented and dedicated individuals. Together they will warmly welcome residents and help them feel at home, as well as provide compassionate person-centred care.

With job vacancies currently available

for Nurses, Senior Carers, Carers, Housekeepers, Hospitality, Kitchen Porters, Maintenance and Activities Assistant, you too can be part of a talented team that really makes a difference.

Ruddington Manor will offer residential, nursing and respite care services, enhanced by meaningful and purposeful daily activities, 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 and beautifully landscaped gardens plus a terrace to the first floor,

Ruddington Manor is a truly luxurious care home.

**For further information please contact dawn collett on 0161 905 0760
or email enquiries@newcarehomes.com**



Awareness Week

Correct Hearing TotalCare

At Correct Hearing we are passionate about what we do and want to have a relationship with people in our community who trust us to provide a total hearing healthcare service. Apart from assessing, testing and fitting hearing aids, we now see lots of people coming to us for ear wax removal, often having been referred by their GP. We also advise and support people with Tinnitus or other hearing healthcare issues.

We believe that hearing is a precious gift that needs to be looked after. We therefore, test people in our community free of charge. If they have hearing loss, we have a range of solutions we can recommend to enable them to hear better. Being independent we deal with all the major manufacturers of hearing devices, and therefore can always find the right solution to suit each

individual.

We also believe that hearing aids are just tools in the hands of the audiologist. Without a proper assessment of someone's lifestyle and expectations; without thorough testing and the right choice of device; without proper fitting and follow up, hearing aids are useless. It is also vitally important that clients have access to ongoing support and routine service for the years

after they have been fitted.

This is why Correct Hearing is launching TotalCare, a unique four-year comprehensive hearing healthcare plan that sets out everything we promise to deliver over that period.

Why not come and talk to us about your hearing healthcare needs and we can tell you all about TotalCare.



Deaf Awareness Week

Deaf Awareness Week is an annual event primarily owned and promoted by the UK Council on Deafness (UKCoD) to provide charities and interested organisations under the umbrella of UKCoD to join forces to raise awareness and challenges of Deafness and hearing loss faced by 1 in 6 people in the UK. The event ran from 14-20 May.

Together, the aim is to continue to:

- raise awareness;
- improve access to education, health, social care and employment;
- ensure people have the accessible information they need;

- advocate and inform Government and the public at large about Deafness and hearing loss;

- provide Secretariat support to the All-Party Parliamentary Group on Deafness;

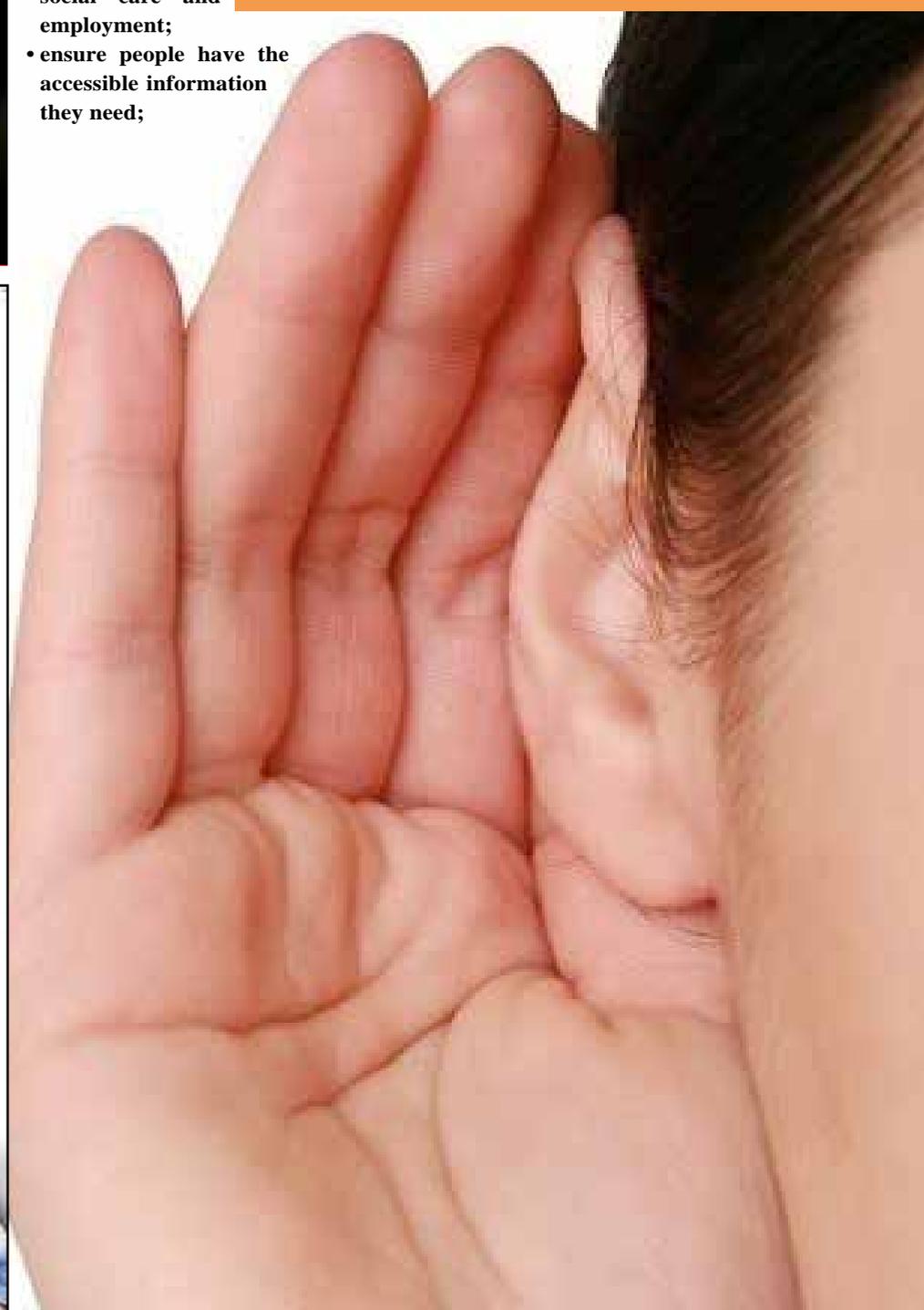
- raise awareness about the importance of embracing and recognising language and culture, preventing hearing loss; and

- improve the quality of ser-

vices for people who are Deaf or have a hearing loss.

In amongst all this, continue to raise the profile and importance of equality, accessibility and recognition through supporting sub-groups in Deaf Access in Communications (DAC), Employment (Access to Work), British Sign Language (BSL Inquiry) and the Deaflympics.

More information is available from the Deaf Awareness Week website at www.deafcouncil.org.uk/deaf-awareness-week



Correct Hearing TotalCare

This month sees the launch of the Correct Hearing TotalCare Initiative, which we have been working on for some time. We are really excited that we can now tell people about it for the first time.

At Correct Hearing we say that we don't sell hearing aids – we provide a hearing healthcare service. We are passionate about the wellbeing of people in our community and we want to make sure that we deliver an outstanding and comprehensive service that no one else can match.

This is why we have introduced our TotalCare scheme. When you trust us with your hearing healthcare, TotalCare is our 'promise to deliver' and your 'peace of mind'.

TotalCare includes many benefits that you will not get from any other provider. You will have check-ups every six months and annual full assessments. Things like batteries and ear wax removal may not involve any additional cost (depending on the level of technology you buy). The manufacturer's warranty may be extended up to 4 years - depending on what hearing aids you are fitted with - without additional charge. TotalCare also includes a Correct Hearing unique self-funded insurance scheme

to cover accidental loss or damage, and a generous scheme for early replacement of hearing aids should you wish to upgrade to better technology at any time.

We will also enrol you onto a scheme that gives you access to discounts and special offers for many high street stores, saving you hundreds of pounds each year!

For those who choose a hearing aid from our TotalCare Premier Range we are also introducing the Correct Hearing Premier Club. Members will be entitled to a number of exclusive benefits, which will be made available at various times of the year.

You may also have spotted our new logo. We've had the old one for eight years and decided it was about time for a change. I think that you will agree that this is much cleaner and more modern. We have done this as it reflects our desire to constantly improve. However, the lick is still there!

 **Correct Hearing**

Correct Hearing is an independent, community-based hearing healthcare practice and TotalCare is another area where our service goes beyond just the sale and fitting of hearing aids.

To find out more or to make an appointment phone 0115 961 8351 or email info@correcthearing.co.uk stating if you would like either a 15-minute screening or a full hearing assessment.

Also, now at Optique of Southwell, 30 King Street, Southwell, NG25 0EN. Tel: 01636 818255





Get Involved In Dementia Action Week

Dementia Action Week takes place from 21-27 May 2018 and Alzheimer's Society is calling on everyone in Nottinghamshire to unite and make a huge difference to people affected by dementia. There are more than 14000 people living with dementia in Nottinghamshire and too many face the condition alone. Here are some ways you can get involved in 2018:

Become a Dementia Friend

Alzheimer's Society's Dementia Friends initiative allows people to learn a little bit more about dementia and turn the understanding into action. The movement has already seen two million people become Alzheimer's Society Dementia Friends in England, Wales and Northern Ireland. To find your nearest Dementia Friends Information Session, visit dementiafriends.org.uk.

Arrange a quiz event

Sign up and compete to unite against dementia with an action-packed mega-quiz. Use the mighty power of the quiz

to raise funds – and have a lot of fun. Sign up today for your free Challenge Dementia Quiz pack at alzheimers.org.uk/challengedementia.

Join dementia research

In the UK, one person develops dementia every three minutes. Since 2013, the

number of clinical trials for Alzheimer's drugs has doubled. Alzheimer's Society will continue to drive research for effective treatments for dementia. Sign up to take part in research, visit alzheimers.org.uk/joindementia-research.

Get involved on social media

Whether you are planning your own fundraising event or attending a Dementia Friends Information Session, Alzheimer's Society wants to hear about it. Share what you are planning on social media by using #DAW2018. You can like or follow your local Alzheimer's Society pages on Facebook @AlzheimerSocietyEastMidlands and Twitter @alzsoecmidlands.

Join us for
Dementia
Action
Week 2018



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Four Seasons HEALTH CARE

Come and meet the team that care

Be sure to discover how our unique technology is setting a new standard in consistently delivering special experiences for the residents of our care homes at:

Nursing, residential and dementia care available

To find out more please call or pop in for a chat

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Charnwood 0115 8284243	The Sycamore and Poplars 01623 549832
Lawn Park 01623 549831	Tudor Grange 0115 8283698
Old Vicarage 01909 521508	

www.fshc.co.uk

Four Seasons: Creating A Home From Home

Growing old, needing help to care for ourselves and keeping our independence are concerns we'll all face at some point in our lives. For many, this can mean moving home to find that level of care and support. 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 residents 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.

ENGINEERED LEARNING



Providing accredited work experience in engineering workshops to Pre and Post 16 school students.

Key skills young people gain with us are in welding and steel fabrication. We offer nationally recognised BTEC and AIM Awards qualifications. Engineered Learning is an independently owned engineering training provider. Since its conception in 2012 it has delivered client focussed learning in a number of different frameworks & styles. Our company name was conceived to encompass all aspects of tailored learning.

- We are an alternative education provider offering school age students the opportunity to train with us. As each students' engineering skills improve, they can achieve nationally recognised BTEC qualifications.
- Educational courses are frequently designed to achieve a pre-determined set of learning outcomes in order to satisfy funding criteria or national curriculum objectives. Examples include building self-confidence, developing positive self-image working with others, developing team skills and raising motivation.



Below are comments taken from a local authority's quality assurance inspection report.

TEACHING

Students learn exceptional skills at this provision and make outstanding progress over their time here. Students learn to weld, grind and use various drilling machines. Students are working towards a level 1 qualification in Engineering.

BEHAVIOUR AND SAFETY

Students love to learn, have high standards, conduct themselves very well throughout the day and are extremely proud of their work. Behavioural incidents are very rare and staff have the expertise to control situations through their youth work skills.

OVERALL EFFECTIVENESS OF THE PROVISION

Teaching, behaviour, and safety are outstanding. Attitudes to learning, student knowledge and future preparation are also outstanding. Achievement is good. Expectations in terms of learning and behaviour are outstanding due to the ethos of the provision.

For any Schools or Academies interested in accessing our acclaimed training facilities please contact Dan Read on 07544390352

admin@engineeredlearning.co.uk – www.engineeredlearning.co.uk

Continue your journey to become a qualified counsellor

Level 4 Diploma in Therapeutic Counselling

Who accredits the course?

The course is accredited by AIM Awards a nationally regulated OFQUAL qualification.

What further training is available?

Once you've completed the Level 4 Diploma, you may enter on to our Level 5 course to finish your training as a qualified counsellor.

We provide regular CPD and networking opportunities to give you extra learning hours throughout the year, as a student you receive full membership for free, which gets you discounted rates to these events.

Who is the course for?

You must have obtained both Level 2 Certificate in Counselling Skills and our Level 3 Certificate in Counselling Studies to be able to progress onto our Level 4 Diploma in Therapeutic Counselling.

The qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context. It is designed to lead to an employed or voluntary role in a counselling agency in both health care and non-medical settings.

Learners with sufficient experience can also begin working as independent practitioners in private practice.

How long is the course?

This is a two-year part time course, delivered over one evening a week and one weekend once a month.

What will I be taught?

- To work safely and ethically
- To work within a counselling service organisation
- To use supervision to know how to work within your own limits
- Establish and sustain boundaries with the counselling session
- Establish and develop a therapeutic relationship with the clients
- Understand and work with diversity
- Challenge your own issues, fears and prejudices
- Maintain a user-centered focus
- Use a coherent framework of theory and skills to inform and enhance your counselling work
- To be able to reflect on your own work and feelings to allow for personal development.

What does it cost?

£2995 (per year). A deposit will be required on booking your place. We can also offer a monthly payment plan, please talk to us about this.

How do I apply?

Please contact us at: 01522 253809 or admin@nwcounsellinghub.co.uk to register your interest, complete an application form and book your interview.

Education and Training



FAST-TRACK YOUR CAREER INTO THE HEALTHCARE PROFESSION...WORK As a Phlebotomist!

An increasing demand for skilled healthcare professionals has led to a shortage of allied healthcare workers, especially phlebotomists - the skilled healthcare professionals who take your blood. Demand is at an all-time high with hospitals, clinics and GP Surgeries offering a golden opportunity for that "longed for" career change! If you have good people skills and manual dexterity, and like the idea of working in a busy healthcare environment, a phlebotomist job may be just the job for you!

Many people enter this profession when they are looking for a career change or a fresh start and they often have no previous qualifications or experience in healthcare. Phlebotomists can work part time (usually mornings) but also may choose to work full time as well as weekends, holidays and bank work. Blood samples are usually collected before mid-day and then analysed in your local hospital's Path Lab in the afternoon.

"We train people from all walks of life and all ages" explains Lauren, Geopace office manager. "We've had school leavers, shop assistants, receptionists, beauticians and dental nurses, as well as telesales staff, unemployed and the retired who are looking for a challenge. We also have referrals from job cen-

tres, who can sometimes fund your course in full" says Lauren.

Once you are on the healthcare career ladder there are often opportunities to progress into other areas, such as working in the hospital path lab or other departments. Promotion is much easier once you are 'on the ladder' and have some experience behind you.

Many Geopace students are now working as phlebotomists throughout the UK and a few have even chosen to work abroad where there is often a similar shortage and growing demand for this specialised skill. An interesting booklet featuring student's success stories is written by the student's them-

selves and looks at how they have made the move from wide and varied backgrounds to find themselves now working as phlebotomists. A copy can be downloaded from the Geopace website's testimonials page, www.geopace.com.

NOTTINGHAM:
27-28 SEPT. & 28-29 NOV. 2018
(at: Park Inn, Mansfield Road, Nottingham, NG5 2BT)



Learn how to take blood ...

TRAIN AS A PHLEBOTOMIST

Introduction to Phlebotomy
- TWO DAY COURSE -



- First step onto Allied Healthcare Career Path
- Accredited (Advanced)
- No previous experience needed
- Nationally recognised

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For more info, or to book online:
www.geopace.com

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IOSH Managing and Working Safely Courses

Also available.

Nationally recognised First Aid courses
all levels available.

Both can be taught internally or externally
Location: Cotgrave, Nottingham, NG12 3HS



Plans For Refurbishment Of Beeston Play Area Unveiled

Plans have been unveiled for the refurbishment of the play area at Leyton Crescent in Beeston. Over £110,000 will be invested for the refurbishment thanks to the Council's Pride in Parks scheme, along with other funding bids.

The play area will benefit from a complete refurbishment, the first in 20 years. Improvements will include a large multi play unit for juniors and toddler as well as a single point swing, trampoline and seesaw. All of the new apparatus will be set in an accessible rubber surface with a large sand pit.

As well as a £37k from the investment from the Council, funding has been boosted by £16k from Nottinghamshire County Council's Supporting Local Communities Fund, £8k from United Living and £50k from Waste Recycling Environmental (WREN).

Councillor Shane Easom, Chair of the Leisure and Environment Committee said: "We're really pleased to see the buzz the plans have created already and will be starting work as soon as we've appointed a company to complete the installation of the new equipment. Leyton

Crescent is an incredibly popular and well used play area and I'm looking forward to coming back later in the summer to see the finished product."

The design has been undertaken by Broxtowe Borough Council working in partnership with the suppliers of the play equipment, Kompan,

following consultation with local groups and park users.

The Pride In Parks scheme will see £0.5 million invested in the Borough's parks and open spaces over the next two years to ensure that all residents in Broxtowe have an opportunity to benefit from green space.



During promotional activities near Nottingham Castle on 10th March, Nottingham Hospitals Charity received a £1 donation from a very kind member of the public (Permit No: 100831)

Nottingham Hospitals Charity is raising money for their Big Appeal, which is enhancing care and facilities and funding research at Nottingham Children's Hospital.

For more information about the Big Appeal, visit: www.nottinghamhospitalscharity.org.uk/appeals/the-big-appeal

BIG APPEAL Nottingham Hospitals Charity

The ideal venue for your special day

Creswell Social Centre is an approved venue for civil marriages, civil partnerships and other civil ceremonies. So if you are looking for a beautiful venue to have just your ceremony, just your reception or both, we can offer hire to suit your needs.

Wedding Showcase

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Our beautiful ceremony room has a capacity of 70 and our main hall can hold up to 250 people.

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 Elton Road, Creswell, Nottinghamshire | 01909 721558
creswellsocialcentre@gmail.com | www.creswellsocialcentre.com

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 And introducing **The Incomparable Dave Moony**

For More Information and Booking Details, please call 07773147271 or visit:
<http://madameparboiledink.weebly.com/the-original-beggars-banquet.html>

IF YOU WOULD LIKE TO FEATURE ON THIS PAGE PLEASE CALL US 01159 313879

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FIRST TO SEE WILL BUY
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 PLEASE CALL ROB 07738 241 859 TO ARRANGE A VIEWING

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7x2 (4.8m) £13.60 each
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12ft half round rails £4.50 each
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4x4 £9.00 each



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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:

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

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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

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