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Martinis for Macmillan

Friday 28 September 2018 saw Colwick Hall host their second annual Macmillan charity ball. A huge success attracting over 250 guests dressed in their 'Bond' inspired fineries.

For the last 3 years, Colwick Hall have forged a strong partnership with Macmillan, raising proceeds from an afternoon tea/coffee morning, to their first 'Masquerade for Macmillan' ball in 2017, and most recently the 'Martinis for Macmillan' ball in 2018. Just a couple of weeks ago the venue was delighted to present another cheque, this time for £4,378 to the charity.

To date Colwick Hall has raised just shy of £10,000 for Macmillan Cancer Support. This has been a truly fantastic achievement under the leadership of Naomi Tupoulahi, Sales & Marketing Director, and the entire team at Colwick Hall.

Naomi said: "We are truly proud of our achievements over the last couple of years and can't wait to continue our fundraising journey. We can't tell you how rewarding it is to know that we are giving something back to such a worthy cause".

The Executive Director, Selva Muthalagappan, was delighted to deliver the cheque to Stacey Smalley of Macmillan Nottinghamshire and suggested that it was "a wonderful contribution to the community and that Macmillan was an enormously worthy cause for the team at Colwick Hall."

Martinis for Macmillan 2018 included a three course 'Bond inspired' menu with a martini - shaken not stirred - on arrival, and wine with the meal. Tables of 10 were beautifully decorated with giant martini and lime centrepieces and the entire

Lakeside Pavilion was dressed in glittering style. The evening was hosted by the hugely affable 'Iain Chambers' of both Notts TV and Gem Radio fame.

A special thanks has to be given to HSBC's Andrea Dowd, an attendee of the event and regular client of Colwick Hall. Andrea was a huge part of helping to raise funds, a lady who has gone above and beyond for the event and someone who the venue cannot thank enough!

Funds for the charity were also generated from a silent auction hosted by 'Blue Monday' and a bond themed raffle too. Colwick Hall were overwhelmed by the support from the long list of sponsors for the evening. With such a fantastic turnout and many loyal diners, Colwick Hall are no doubt continuing in 2019 with their themed annual ball.



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Broxtowe school children helped plant trees at Queen Elizabeth Park in Stapleford this week, as part of a project between Broxtowe Borough Council, The Woodland Trust and Broxtowe MP, the Rt. Hon Anna Soubry. See story on page 2.

Information



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COMMEMORATING THE COMMONWEALTH



FROM THE COVER

Broxtowe school children helped plant trees at Queen Elizabeth Park in Stapleford this week, as part of a project between Broxtowe Borough Council, The Woodland Trust and Broxtowe MP, the Rt. Hon Anna Soubry.

Pupils from various year groups at Fairfield's Primary Academy joined the Mayor of Broxtowe, Councillor Derek Burnett BEM and Anna Soubry MP to plant the trees as part of the Queens Commonwealth Canopy, a network of global tree planting initiatives to mark Her Majesty's lifetime of service to the Commonwealth.

Five of the trees have been donated by The Woodland Trust following an application made by Anna Soubry and will be planted, along with 95 additional trees supplied by the Council,

as part of its plan to plant 1,000 new trees in the Borough every year for the next five years, as well as its wider Clean and Green Campaign and Pride in Parks scheme. Dwarf daffodil bulbs were also planted at the base of the trees to provide additional interest in years to come.

The Rt. Hon Anna Soubry MP said: "I'm delighted that Broxtowe will be part of the Queen's Commonwealth Canopy which has seen a network of forest conservation projects created across the 53 commonwealth countries. The trees will contribute to the excellent work that the council is already doing to plant more trees in Broxtowe and it is fitting that they will be used in Stapleford's Queen Elizabeth Park."

Braving the Cold

With winter just around the corner, the Good Garage Scheme encourages all motorists to get their cars professionally checked to ensure that they are safe and reliable in the cold and wet months ahead.

Good Garage Scheme workshops across the UK are offering a Winter Check to help drivers protect their vehicles and reduce the risk of accidents, costly repairs and breakdowns.

Not doing so can increase the risk of having a collision, especially if a car's tyre pressures are low, making it hard to maintain grip and easy to skid on wet and icy roads.

Visibility is also important as the daylight hours decrease, making it essential to check all bulbs to ensure you can see and be seen; as well as inspecting the operation of heaters, windscreen washers and the condition of wiper blades.

The 21-point Winter Check provides an assessment of a vehicle's condition, covering essential areas including the condition and level of the coolant and engine oil, as well as the tyres, brakes, wiper blades, windscreen and lights. As a result, motorists taking advantage of the

Good Garage Scheme Winter Check can be confident that their car is well-prepared for the frosty months ahead.

What is the Good Garage Scheme?

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NEWS in brief...

Air Quality Plans Approved

The Government has announced it has approved Nottingham City Council's new plan to tackle air pollution in Nottingham city centre.

For the past three years, the council has been working with officials from Defra and the Department for Transport to identify measures to reduce levels of pollution in the shortest possible time and deliver compliance with legal air quality limits. The plans were assessed by government officials and cleared by Ministers. Nottingham is the first local authority to have their air quality plan approved as part of the government's plan to tackle harmful emissions.

Nottingham's plan will see the council retrofitting 171 buses with new technology, changing the emissions policy for hackney carriages and supporting an increase in low emission taxis. £1m from government will be used to provide a licensing discount for drivers, a taxi rank with charging points, fund home chargers and expand the council's 'try before you buy' scheme.

Councillor Sally Longford, Portfolio Holder for Energy and Environment, said: "We're looking forward to progressing these schemes to clean up the city's buses and taxis, building on our strong track record in improving air quality through investment in sustainable transport, such as the electric tram, our award-winning electric and biogas bus fleets and cycle network."

Go-Ahead Given for City Apartments

Nottingham Living, part of Nottingham City Homes (NCH) has been given the go ahead to build 21 new two-bed apartments on the site of the former Meadows Police Station as of Wednesday 21 November.

The development is a landmark one, and will act as a gateway to the Meadows opposite the Experian building at NG2.

The development's main frontage looks onto Meadows Way and Queens Drive, and the building will sit by one of the city's main road and tram routes. It will include 14 parking spaces and will be accessed via a new junction off Rutland Close that will connect it to Meadows Way. Nick Murphy, Chief Executive at NCH, said: "This is an exciting new development for the Meadows. We have been building new social housing here, and we plan to build more, but these market rent apartments will offer people another housing choice in the Meadows."

NCH will now appoint a construction partner in time for work to start in 2019.



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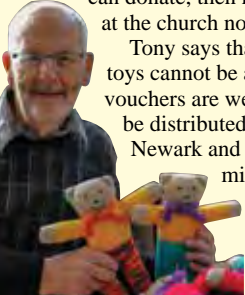
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NEWS in brief...**Last Chance to Donate: Christmas Appeal**

Tony Yates of St Mary Magdalene Church in Newark says that time is running out for those wanting to donate new toys or vouchers to the Christmas Toy collection. Tony said the generous donations will go to making Christmas a special time for children throughout the county. "If people can donate, then new toys should be left at the church no later than 1 December."

Tony says that unfortunately, old toys cannot be accepted, but gift vouchers are welcome. "The toys will be distributed to children throughout Newark and Nottinghamshire who might not otherwise receive a gift, ensuring that every child will get a Christmas present."

**A BRAVE SHAVE FOR CHARITY**

Elora Brailsford is a 13-year-old who contributes as much as she is able to her community. A student at Magnus Church of England Academy, she is also a member of Newark's St Mary Magdalene church choir, taking part in their morning Eucharist and Choral Evensong each Sunday.

Last year Elora cut her very long hair for the 'Little Princess Trust' but said that she decided to go a bit further for Macmillan Cancer Support after a family member needed their help earlier in the year. She said, "I wanted to raise money for Macmillan

because my Granny passed away at the beginning of this year and Macmillan supported her and my Grandad and other family members during her illness. It meant she could stay at home."

Elora has so far raised £362 and says that she thinks it's important to help others in whatever form that takes, and her family feel the same way. Mum, Christa Brailsford, says that Elora's sibling has 'braved the shave' for Marie Curie Cancer Care and that the family currently support retired greyhounds and rescued horses and donkeys. Christa said, "I am



very proud of Elora for organising this head shave through school and actually having it done at school in front of students and staff. She set up her 'Just Giving' page herself and made posters to put up around school as well."



Concerning her new hair style, Elora is taking it in her stride. "I wasn't really nervous before, I was just excited to have such a big change. I've always had really long hair and now it feels much better, and it's very easy to look after!"

Elora at St Mary Magdalene Church in Newark and after the transformation for charity at Magnus C of E Academy.

BIGGER**BOLDER****& BRIGHTER**

Boots' Mascot Race

Celebrations are officially in order for Boots UK and Boots Opticians! As their 2018 fundraising festivities for BBC Children in Need end on a high, the businesses celebrate raising an incredible £1 million.

Not only does 2018 celebrate a fantastic 15 years in partnership with BBC Children in Need, but even more Boots Opticians colleagues & practices are supporting the life-changing children's charity than ever before.

And if this wasn't exciting enough, 2018 also welcomes the return of Boots exclusive Go bright campaign. By inspiring the nation to use its love of beauty, Boots colleagues, customers and patients have gone bigger, bolder and brighter to improve the lives of disadvantaged children and young people.

Getting into the 'Go Bright' spirit, Boots UK teamed up with a selection

of brands to bring customers some brilliantly bold and beautiful looks at their exclusive Pudsey pop-up make-up spots and branded No7 counters. But the bright ideas didn't stop there! Boots UK boosted its fundraising with the return of its annual Go bright fireworks night in Nottingham, where its explosive evening of fireworks, fun and festivities were enjoyed by The Greenway Centre – a Sneinton-based project supported by BBC Children in Need. Appeal Day then saw hundreds of colleagues capture 'Boots Biggest Brightest Selfie'.

Simon Antrobus, Chief Executive of BBC Children in Need, said: "BBC Children in Need are incredibly grateful to everyone at Boots UK for their unwavering support during 2018, as well as throughout our 15 year partnership. As always, this year's fantastic total will go on to make a lasting difference to children facing a range of disadvantages."

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Wesleyan Foundation Supports Outdoor Learning



Over 40 children from inner-city Nottingham got to experience outdoor learning for the first time thanks to a donation of £4,378 from The Wesleyan Foundation. The money went to Wild Things Ecological Education Collective, a Nottinghamshire organisation that provides outdoor learning programmes for children from severe disadvantaged backgrounds, many of whom have never spent time out of the city and in woodland areas.

Wild Things used the money from The Wesleyan Foundation to run four sessions of its Forest Schools programme, an initiative that turns woodland spaces into outdoor classrooms.

Dunkirk Primary School was one of the schools to benefit. Teaching assistant Russell Gough was full of praise for the scheme's long-term benefits.

He said: "The children got the chance to bond and develop their relationships with each other out of their usual inner-city school environment. Most of our pupils do not get the chance to enjoy woodlands and open spaces; this was a real treat for them."

Kate Milman, Project Co-ordinator at Wild Things, said: "The children we work with need extra emotional, learning or social support to reach their full potential. It was incredible to see the positive effect the peace, tranquillity and space had on their emotional well-being and behaviour."

The programme ran for six weeks over the summer holidays where children were able to experience a range of outdoor activities including foraging, tracking, climbing trees, learning about nature, messy play, storytelling and singing.

For more information about the Wesleyan Foundation and to apply for funding visit www.wesleyan.co.uk/foundation.

Christmas Lights for Loved Ones

Treetops Hospice Care is inviting people to sponsor a light on their Christmas tree to shine in memory of someone special throughout the festive period.

The lights will be switched on during a special Light up a Life ceremony at the hospice on Sunday 2 December at 4pm.

Amongst those attending the Light Up a Life ceremony will be Mike Gregory, 56yrs, from Breaston and his family. Mike's dad, Tony, was supported by Treetops nurses and Mike explained how much difference this made:

"My family, Mum, my sister and Dad all lived together, so when Dad became ill and needed more personal care we were all there to care for him, attend to his needs and look after Mum too."

"But there came a time when my father required care throughout the night - someone to be awake for

him - someone to give him pain relief and to be a companion for him during those dark hours. We were truly amazed that Treetops could give us so much love and care."

Light Up a Life Dedication can be made by anyone who wishes to remember a loved one and those making a dedication do not have to attend the service.

The ceremony will include carols and readings and refreshments will be available from 3pm. Dedication will be on display in a Book of Remembrance. The ceremony is an outdoor event so those attending are advised to dress for the weather.

For those unable to attend Light up a Life, the Book of Remembrance will be available to view online at www.treetopshospice.org.uk/lights as from Wednesday 28 November.



Nottinghamshire Sexual Violence Support Services



Nottingham Muslim Women's Network

Support Services Triumph IN POLICE AWARDS

Nottinghamshire Police and Crime Commissioner Paddy Tipping paid tribute to two community support services which scooped awards for changing the lives of vulnerable people. The PCC attended Nottinghamshire Police's annual awards ceremony on 14 November where he presented his Community Safety and Partnership Awards, honouring work taking place in the community to increase safety in Nottinghamshire.

Nottingham Muslim Women's Network (NMWN) was presented with the Community Safety gong for its unstinting commitment to increasing the voice of Muslim women and developing initiatives which increase their safety. Meanwhile, Nottinghamshire Sexual Violence Support (SVS) Services was announced winner

of the PCC's Partnership Award honouring almost 40 years of independent, non-judgemental and specialist support for survivors of sexual violence. Commenting after the ceremony, Mr Tipping said: "My warmest congratulations go to Nottinghamshire NVS and Nottingham Muslim Women's Network for winning these prestigious awards. Competition was tough and the judging process very challenging, however both these organisations continue to make a tremendous difference to the lives of vulnerable people in our county and are worthy winners."

"We simply cannot build safe and inclusive neighbourhoods without the contribution and support of organisations like these which support people to better cope with their lives or prevent them from becoming victims of crime."

Mr Amar Alwitary

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Upgrading Communication in Arnold

The Arnold Shop Watch Radio Scheme will have new digital radios thanks to funding granted to Gedling Borough Council. Large chain stores Asda and Sainsbury's, shops and licensed premises are all signed up to the scheme which lets them communicate with each other and the council's CCTV control room to report any anti-social behaviour or suspicious activity.

Gedling Borough Council bid for funding from the office of the Police and Crime Commissioner and received £10,000 towards the radios as part of its Community Safety Service. The new digital radio system, replacing the current analogue system, will increase the quality of communications between shops.

The radios will be distributed in known hot spot areas on Front Street, Arnold and in licensed premises in the town centre. At present, 35 radios will be distributed to the shops and licensed premises.

Security Team Leader at Asda Arnold, Martin Holmes said: "The new radios are much better, we can hear everything clearly now. The old analogue radios were not working and most of the time we couldn't use them, the new radios will make it much easier for us to talk to other shops if any incidents occur."

For more information about the scheme or if you are a shop owner interested in signing up to the scheme, contact the Community Team on 0115 901 3845.

Nottingham's First Gin Lab Experience

A local master gin distiller has revealed the opening date for his latest venture. Juni on Low Pavement, Nottingham is set to open to the public on Friday 30 November at 11:00 am.

The gin lab, restaurant and bar, which will occupy the former Prezzo unit, will serve a Balkan-influenced menu, a selection of gin cocktails made from the brand's own gin and will also feature Nottingham's first gin lab experience. Private gin lab experiences, distilling classes, wine tasting and cocktail making courses will all be available from the restaurant.

Juni is a joint venture between the owner and four private investors. Owner, Tom Masters from Nottingham, previously worked as a distiller and tutor at the Burleigh's Gin School in Leicestershire. He is opening the bar with the support of his partner, Harriet Unwin-Miller and general manager, James Dexter formerly of The Orange Tree in Loughborough.

Tom Masters said: "We are really excited to be able to open Nottingham's first gin lab. At Juni you can eat, drink and even make your own bespoke bottle of gin in our specially designed lab at the back of the restaurant."

The bar will serve a selection of craft gins alongside the full range of Juni 93 gins including a London Dry gin, a raspberry and plum flavoured gin and a juniper cask aged, which will also be available by the bottle to take home.



Gin lab experiences, cocktail making master classes, wine tasting and tutored gin tasting sessions will be announced following the launch. Further information can be found at www.juni93.com or on Facebook and Instagram.

The Great British Dish

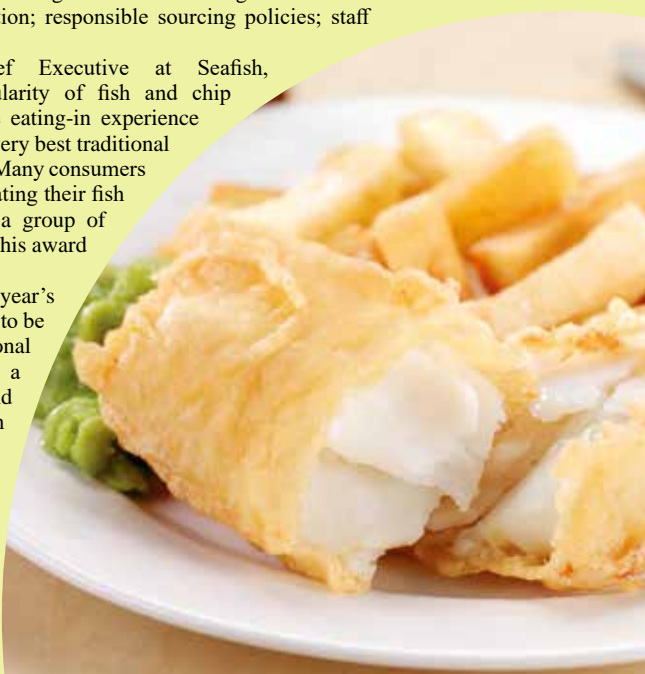
Seafish, the public body that supports the £10b UK seafood industry, has revealed The Cods Scallops, Nottingham as one of the UK's top six restaurants as part of the 2019 National Fish & Chip Awards. The business will now compete against five other businesses to take home the enviable title of the 'UK's best fish and chip restaurant'. To reach this stage, the restaurants have scored well from mystery visits to their respective premises in order to gauge quality standards. Key award judging criteria included great customer service; serving superb fish and chips and maintaining a first class dining environment. Judges were also looking for excellence in menu development and innovation; responsible sourcing policies; staff training and marketing.

Marcus Coleman, Chief Executive at Seafish, commented: "With the popularity of fish and chip restaurants on the increase, the eating-in experience has now come up to par with the very best traditional fish and chip takeaway businesses. Many consumers are now looking to dine out when eating their fish and chips, perhaps with family or a group of friends, reinforcing the importance of this award category."

Chef Phil Vickery who will host this year's awards commented: "It's a great pleasure to be hosting the awards ceremony for the National Fish & Chips Awards for 2019. I have a lifelong passion for Great British food and I've always been very proud to ensure fish and chips take pride of place on my menus."

The winner of the Fish and Chip Restaurant of the Year Award will be announced at The National Fish & Chip Awards' 31st anniversary ceremony in London on 24 January 2019.

To see the full shortlist visit: www.fishisthedish.co.uk or follow @fishisthedish #FishnChipAwards.



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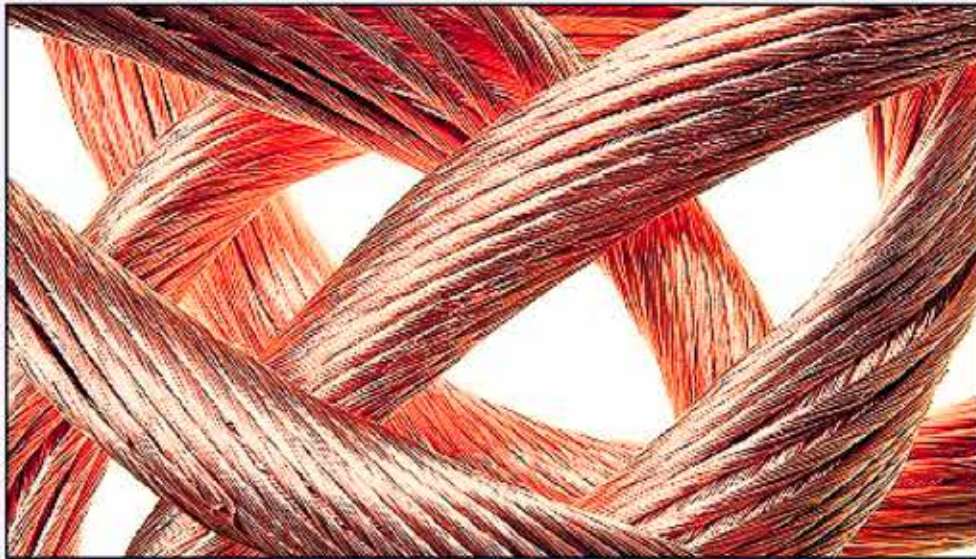
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Homeless Vet Service Funds New Mobile Clinic

Students from The University of Nottingham who provide free veterinary care for the pets of homeless and vulnerably housed people are fundraising for a new specially-equipped mobile clinic.

Over the six years since the launch of the Vets in the Community scheme, the student volunteers from the University's School of Veterinary Medicine and Science have seen more than 1,400 consultations. Since the charity's recent relocation, the service has

been operating from temporary accommodation while fundraising for a trailer which will serve as a dedicated mobile clinic.

Supporters donations from events such as the Robin Hood Half Marathon have brought the service closer to reaching its £30,000 target – but it has now launched a Crowdfunding appeal to ask for help in raising the final £1,500.

Dr Jenny Stavisky, clinical lecturer in the University's School of Veterinary Medicine and Science said: "We work hard to make the clinic a welcoming space, with hot drinks and cake always on offer, and time to listen to people's concerns."

Homelessness is at an all-time high nationally, with Nottingham being the second fastest-growing area for rough sleeping in the UK. Pet ownership is common among homeless people, and provides a vital source of companionship, support and security in an unstable situation.

At fortnightly clinics, the service sees clients from all walks of life, ensuring that their pets are healthy and protected from disease. The clinic also provides free neutering vouchers and important small items such as collars, blankets and pet food, the majority of which are donated. Anyone who would like to support the Vets in the Community project

can make a donation at www.crowdfunder.co.uk/vetsinthecommunity or follow its Facebook page for information.



Silver Awards for Local Employers

Public and private sector businesses from across Nottinghamshire have been formally recognised for the support they provide to the Armed Forces community, during a black-tie event in Leicestershire. During the ceremony at Beaumanor Hall on Thursday 15 November, organisations received a Defence Employer Recognition Scheme Silver award in recognition of their support for Defence personnel.

John Wilson, the Ministry of Defence's Regional Employer Engagement Director, explained: "This special presentation event was a great success; thirty-three organisations received a Silver award, confirming the strong commitment to supporting members of the Armed Forces community throughout the East Midlands."

"Employing military trained personnel is beneficial to employers; the skills and experiences developed through military training help employers to fill skill gaps in their businesses. These Silver award winners recognise that and

actively seek to take advantage of it."

The awards were presented by Air Commodore Simon Edwards MA RAF. In Nottinghamshire there were five winners, they are Bridgeway Consulting Limited, J. Tomlinson, Noble Electrical Contractors Ltd, Nottingham Forest Community Trust and Mansfield District Council. Calum Osborne, the COO / Deputy CEO of Nottingham Forest Community Trust, explained: "Receiving the ERS Silver Award reaffirms our commitment to the Armed Forces community and also recognises the outstanding transferable skills that ex-serving personnel bring to our organisation."

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Nottinghamshire Scheme Goes Nationwide

Treetops Hospice Care has received a donation of £1000 made in memory of Nottingham's official Maid Marian, Dr Sally Pollard, who died of breast cancer last year.

The donation was presented at the hospice by Sally's husband, Tim Pollard, Nottingham's official Robin Hood, and Sally's father, Stephen Plummer.

Sally, who was a doctor of genetics at the University of Nottingham, received Hospice at Home care which was 'utterly invaluable' as Tim explained:

"I can't overstate the difference the Hospice at Home nurses made. I was caring for Sal at night and doing my best, as I'm sure everybody does, and we had family support, but it was burning me out.

"I wanted to show Sal how much I loved her by doing it all but it got to the point where I just couldn't. When Treetops came in,



Nottingham's Robin Hood Tim Pollard, Stephen Plummer and Claire Baxter, Treetops community fundraiser

Donations In Memory of Local Hero

it allowed me to have just a few hours' sleep and know that she was in good hands. That if she was in pain, there was somebody there to help her."

"When Sal died, we agreed

to have no flowers at the funeral and ask people to contribute to a number of charities that helped us. I thought that if we can raise £50 that would be great but because I'm Robin Hood and Sal was my Maid Marian – and there was a lot of press interest in us – we were getting donations from people we'd never even met before. It ended up being thousands of pounds that we could share with all the organisations that helped us."



Rob Goodwin

An initiative piloted in Nottinghamshire to introduce physiotherapy as a first point of contact service for people with musculoskeletal complaints is to be rolled out across the country.

The initial pilot scheme funded by Nottingham City Clinical Commissioning Group (CCG) in 2013 has now been endorsed by NHS England. At least one pilot scheme will now be rolled out to each of the 44 Sustainability and Transformation Partnerships (STPs) across England.

Rob Goodwin, candidate and Clinical Lead Physiotherapist who works for community health service Nottingham CityCare Partnership, undertook an evaluation of the scheme and has gone on to research first point of contact

physiotherapy within his PHD. Rob evaluated physiotherapy as a first point of contact in two Nottingham GP practices, this demonstrates that patients got better with physiotherapy and they welcomed the service. The service also helped reduce the 'burden' on GPs and administration staff and made considerable financial savings.

Rob said: "The 12 month pilot scheme was the first step in transforming health, care and wellbeing among patients, who traditionally experience a long wait to see their GP for musculoskeletal complaints. Not only will it improve their experience but also help to relieve the burden on GPs".

Professor Kamlesh Khunti, Director of NIHR CLAHRC East Midlands and Professor of Primary Care Diabetes and Vascular Medicine at the University of Leicester, said; "It is very pleasing that an initiative pioneered in Nottingham is having an impact nationally. Health research and pilot schemes like this provide us with the opportunity to learn more about conditions and how best to manage their treatment."

Staveley Hall Event List

14th December

Meet The Ghosts of Staveley Hall

(please visit www.wegottickets.com for tickets)

5th December

Christmas Market

(Stalls from Market Square up to the Hall. £15 per stall)

13th December

Turkey 'n' Tinsel

(Festive Dinner & Singing by Soprano Lily Taylor-Ward
£15 per ticket)

2019 Tribute Acts

14th February

The Dreamettes Soul & Motown

(£15 per person – supper included in the price)

11th April

Rod Stewart Tribute

(£10 per person – supper included in the price)

9th May

Gary Barlow Tribute

(£10 per person – supper included in the price)



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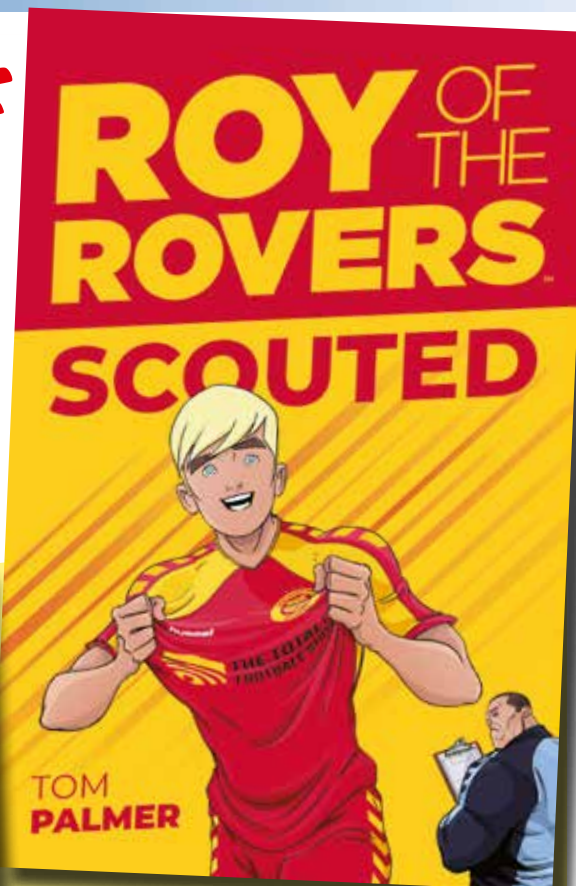
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THE RETURN OF ROY OF THE ROVERS

REBELLION, THE PUBLISHER OF THE 2018 ROY OF THE ROVERS REBOOT, HAS TEAMED UP WITH THE NATIONAL LITERACY TRUST TO GIVE AWAY 10,000 BOOKS FROM THE BRAND NEW SERIES TO RELUCTANT READERS ACROSS THE UNITED KINGDOM.

The return of Roy of the Rovers has been greeted with enthusiasm across the UK, especially in the football community, where the comic and its central character, Roy Race, are thought of as icons.

The books are being distributed through National Literacy Trust Hubs – areas where the charity works with communities and local partners to tackle low literacy levels that are seriously impacting on people's lives. The National Literacy Trust Hubs that will receive books through this giveaway include Swindon, the North Yorkshire Coast, Peterborough, Middlesbrough, Bradford, Nottingham, Hastings, and Stoke-on-Trent.



Rebellion CEO Jason Kingsley commented: "We're delighted to be bringing brand new Roy of the Rovers comics and novels to children up and down the country. Over the years Roy was many youngsters' route into reading, and we often hear from journalists, authors and, of course, footballers, who went on to have careers inspired by the comic."

Rebellion and the National Literacy Trust will be launching an exciting competition for schools in 2019. Teachers can find out more and register their interest in taking part from today here: www.literacytrust.org.uk/competitions/roy-of-the-rovers/.

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AUTISM EAST MIDLANDS

offer a range of services supporting children and adults affected by Autism; this includes family services, a specialist school for children aged 4-19 years old based in the centre of Nottingham; and a range of adult day and accommodation based services in; Nottingham, Nottinghamshire North, Nottinghamshire South and Derbyshire.

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Autism East Midlands RECRUITING NOW!!

As an organisation, our mission is to advocate, provide and develop high-quality services, information and support in partnership with others for all those whose lives are affected by autism. Our approach is individualised and person centred; recognising and responding to the needs of the individual enabling people with autism to live their lives with dignity choice and independence.

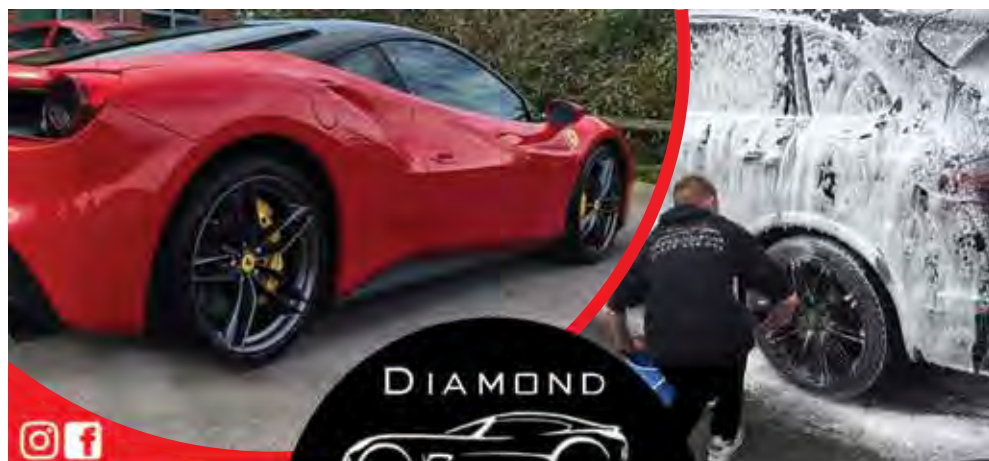
It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

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Autism East Midlands
Quality of Life for People with Autism



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Beeston

Andrew McColloch Jewellers – 25% off all diamond jewellery on 1 December.

Beeston Fields Golf Course – Seasonal Breakfast £14.95.

Beeston Bed Centre – Extra

5% discount on none credit card single item sales over £400.

Euphoria – Festive Facial for only £25.

Nottingham Physiotherapy Services – Full assessment and treatment for £30 on 1 Dec.

Physio Direct – 20% discount to anyone who makes their first appointment on 1 December.

Sewing Box – 10% Off.

Synergy NG9 – Free tea or coffee and mince pie for people visiting our creative & wellbeing hub between 9.30am and 1.00pm.

Whitegates – 20% discount on all fees (Valid until 31/12/18).

Eastwood

Eastwood Town Fish Bar – Enjoy a mince pie and custard with your lunch for £1 when you eat in between 12 noon to 2pm, plus mystery bonus item or two when you place an order over £6 for delivery.

Floral Innovations – 10% off

all Christmas Wreaths & Swags

ordered & paid for on 1 Dec.

Not Just Crafty – Free goody bag with every purchase on the day.

Kimberley

The Print & Stitch Company – 10% discount to all customers with new enquiries submitted on December 1.

Your Move SDS – Fixed selling fee of £995.00 + VAT which is on a NO SALE NO FEE basis and includes all aspects of marketing (viewings, photograph etc.).

Stapleford

Two for Tea – Free mug of Breakfast Tea (one per customer and free with any other purchase made).

Business looking to get involved can still email the Council details of their exclusive one day only discounts right up to Friday 30 November.

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Aga Oven, Tops & Extractor	£180	£88	£92!
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Six Rooms, Stairs & Landing	£295	£155	£140!
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Wednesday 5th December



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Christmas

Dear Santa...

What better way to celebrate Christmas than with author Rod Campbell's festive story *Dear Santa*. From the author of the popular children's book *Dear Zoo*, *Dear Santa* is the perfect Christmas treat for the under 7's. Packed with Christmas songs and lots of audience participation there is also the chance to meet and receive an exclusive Christmas gift from Santa himself!

Dear Santa, tells the story of Santa's determination to deliver the most fantastic Christmas present to Sarah. But things don't go well, and he doesn't get it right straight away! With the help of his cheeky Elf, he finally settles on something 'perfect', just in time for Christmas Eve.

Rod Campbell's *Dear Santa* is the perfect introduction to theatre for those aged 2 to 7 years old and is sure to be one Christmas present children and parents alike will never forget. Featuring a cast of three, Santa is played by Paul Croft, an actor, comedian, and a trained singer. Due to his good looks and perfectly white beard, he is often playing Father Christmas (*Sail With Santa*).

Santa's helper Elf is played by Sam Hoye who is no stranger to children's theatre having performed as Crow/Puppeteer in *The Snow Queen* (Polka Theatre). Bethany Higgs takes on the role of Sarah. Bethany recently graduated from Momentum Performing Arts Academy. Credits include *The Secret Garden* (The British Theatre Company) and *Snow White and the Seven Dwarfs*.

Dear Santa runs for five performances at the Theatre Royal Nottingham from Thursday 29 November until Saturday 1 December 2018. For more information visit www.dearsantalive.com.



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In December 2017 more than 60,000

first-time buyer and home-mover mortgages were completed – that's around eight per cent of all house moves taking place in the run up to Christmas. NHBC, the UK's leading warranty provider for new homes, is offering all home movers some tips to make your move less daunting this December:

Tell Santa

If you are moving home with children your top priority will be to let Santa know. The Post Office will give you his address, and while you're there, organise for your post to be redirected. Also, pop your new address details into your Christmas cards to save money on postage.

Packing

Moving in December doesn't mean you have to forget all about feeling festive. Clearly label your Christmas decoration packing boxes. Ask the removal company to put the boxes in the bathroom as this will make them easy to find.

Decorating Your New Home

You don't need to make your house look like Santa's Grotto to feel Christmassy. A few glittery touches will make Christmas in your new home one to remember. Focus your efforts on the spaces where you will spend most time – a family room, or perhaps the kitchen-diner.

Meet the Neighbours

Now you've moved in and got some decorations up, it's the perfect time to meet your new neighbours. Invite them round for some mulled wine and mince pies; you can ask them for tips on things to do in your local area too!



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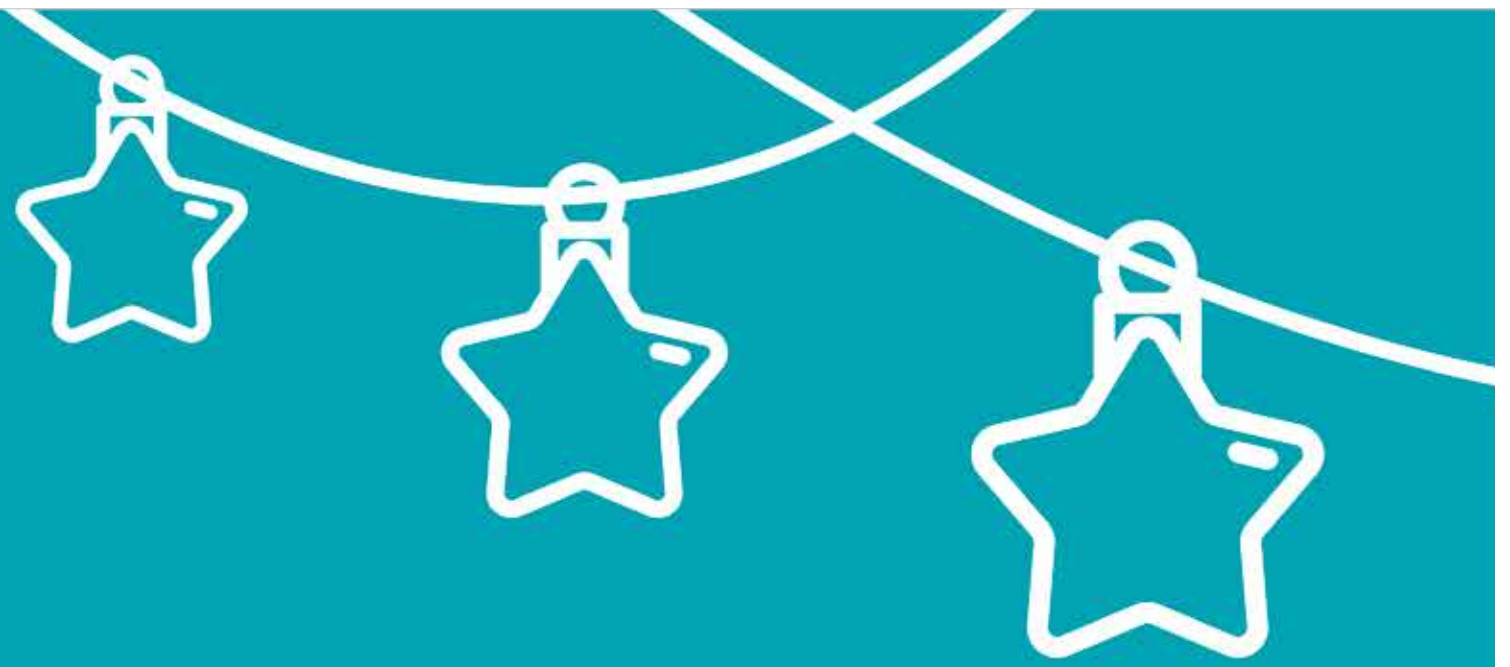


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The National Ice Centre is gearing up to host a big Winter Family Fun Day on Saturday 1 December. Book a skating ticket and enjoy a host of free activities including face painting, arts & crafts, write letters to Santa, classic Christmas films, meet & greets with characters from Frozen, My Little Pony and more, balloons & stickers for each child, hockey shoot out, cookie decorating and much more!

Brookfields Garden Centre will be in attendance with a fabulous range of Christmas gifts and tutorials on how to put up the perfect Christmas lights, and singers from the Loughborough Student Union 'Sing' society will be singing Christmas carols throughout the day. Plus, Jungle Jo has just been confirmed; she'll be at the event with live animal handling displays. For further information, or to book your festive skating session at the biggest ice rink around, head to www.national-ice-centre.com/christmas call 0843 373 3000 or visit in person at National Ice Centre, Bolero Square, The Lace Market, Nottingham.

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Out & ABOUT

Discover Fairy Grotto

Christmas wouldn't be Christmas at the D.H. Lawrence Birthplace Museum without a visit from the Christmas Fairy. She will be appearing in her grotto at the Museum, along with her woodland helpers, as part of the Eastwood Christmas Lights Switch On event on Tuesday 27 November. Children can ask for their Christmas wishes to be granted, and they will receive a special goody bag and a little sprinkling of her magic. There will be something for the adults too, with free mulled wine and cakes to try in the Gift Shop. The shop is a great place to find unusual gifts, traditional toys, and original little stocking-fillers for all ages.

The Fairy Grotto is open from 6.00pm till 8.00pm, but will open at 5.30pm for those with access needs. There is no need to book, just come along. Other fun activities at this year's Eastwood Christmas Lights Switch On include an arts and crafts fair and entertainment in the Scargill Wall car park, along with music acts and a fireworks display on Alexandra Street. There will be a road closure in place from 6.00pm-9.00pm along Nottingham Road in Eastwood. For more information call 0115 917 3824.

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Out
 & ABOUT

Melton's Victorian Christmas Weekend!

30th November until 4th December 2018

Put the first weekend of December in your diary when Christmas kicks off to a flying start in Melton Mowbray again with the Victorian Christmas Weekend.

The stage will again be host to a huge array of local schools, bands and artists over the three days to entertain shoppers and visitors throughout the weekend, including star performances from singers Yolanda Offodile, Charlie Russell, Dylan Hutchinson, Hannah Castledine, Performing Stars and the Rock Choir.

This Christmas bonanza starts with the Christmas Lights Switch On event on Friday 30th November, where the star-studded cast of Melton Theatre's Aladdin, including Ricky Groves, Stuart Earp and Lucy Rollason, will switch on the lights with the Mayor of Melton, Cllr Pru Chandler, followed by an awe-inspiring firework display and fantastic local talent performing on the stage until 7.30pm.

Santa will be transported to his Grotto through the town centre at 4pm, by Melton's local Trumpton and will be in residence throughout the whole weekend with a huge sack of Christmas gifts.

The Victorian Christmas Market will be held over the Friday, Saturday and Sunday with over 150 stalls clothed in Victorian attire for a truly Dickensian market. Traditional festive gifts, local produce and hand-crafted wares to inspire visitors and residents alike to shop local and support the wealth of specialist businesses and producers home grown to Melton and the surrounding area.

There is a full programme of on stage and street entertainment throughout the weekend, including the Morris Dancers and the immensely popular

Street Beggars. Queen Victoria will be mingling with the crowds over the full three days with the unique opportunity to join her in a local café for tea and sandwiches! This year it is rumoured that she may even knight a few worthy Meltonians!

A visit to the Christmas Tree Festival in St Mary's Church is a must over the weekend, the largest Christmas Tree Festival in the country with over 220 organisations taking part and over 1340 magical trees, open Friday to Tuesday. The Festival of Cribbs will also be held in the Sage Cross Methodist Church on Saturday and Sunday, with a fantastic display of over 100 nativity cribs from all around the world.

This year, St John the Baptist Church, Thorpe End will also be opening its doors, with an opportunity to view the entries for the new Christmas Wreath Competition. The competition is open to all and only costs £1 per wreath to enter. Please contact Frances Lavette on 07790 631635 for more details.

Melton Livestock Market will also be holding a Christmas Fair on Saturday 1st December and launching the opening of the Round Corner Brewery, with free brewery tours available throughout the day.

FREE parking will be available in all of the Melton Borough Council Long Stay car parks over the three days so a perfect opportunity to shop local, with late night shopping on the Friday and all day shopping on the Sunday!

And of course, don't also forget to see one of the Christmas Panto's at the Melton Theatre.

Full details of the Christmas events can be found at www.melton.gov.uk/events or facebook/meltonbc and www.victorian-fayre.co.uk/

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 Monday 26 – Wednesday 28 November 2018
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MURDER FOR TWO

Following acclaimed runs in New York and London, Murder For Two is heading to Nottingham this Autumn, playing at the Theatre Royal from Monday 26 to Wednesday 28 November.

When famous novelist Arthur Whitney is found dead at his birthday party, it's time to call in the detectives. The only problem is, they're out of town. Enter Officer Marcus Moscovicz, a neighbourhood cop who dreams of climbing the ranks. With the clock ticking, it's up to Marcus to prove

his super sleuthing skills and solve the crime before the real detective arrives.

A hilarious high-energy musical whodunit, Murder For Two is a madcap murder mystery with a twist. Two actors play thirteen characters - and the piano - in this acclaimed new musical.

Ed MacArthur and Jeremy Legat, who both starred in the European Premiere in 2017, will both reprise their performances as 'Officer Marcus Moscovicz' and 'The Suspects'.

It was recently a huge hit Off-Broadway, playing at Second Stage Theatre in 2013 before transferring to New World Stages, where the run was extended several times. Murder For Two is directed by Luke Sheppard (In The Heights, King's Cross Theatre) with musical direction and sound design by Tom Attwood (Peter and the Starcatcher, Theatre Royal Northampton) and design by Gabriella Slade (The Importance Of Being Earnest, Vaudeville Theatre).



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CROSSWORD

ACROSS

1 Panic, fail to cope (2,2,6)

6 Animal able to suckle its young (6)

11 Less than or below (5)

12 Setting for a film (8)

13 Sewn together (8)

16 Health breakdown (7)

19 Oak or ash (4)

20 The witness box (5)

22 Immobilise illegally parked cars (5)

24 Kangaroo (3)

25 Personal pride (3)

26 Skilfully (8)

28 Slightly damp (5)

29 Japanese wrestling (4)

30 Decorate by brush (5)

31 A liking for sugar (5,5)

35 Off-road cars (4,6)

39 Jeans fabric (5)

40 Defrost and melt (4)

41 Odd number (5)

42 And suchlike (8)

43 Impish sprite (3)

44 Religious lady (3)

45 Baton-passing race (5)

47 Pageants and galas (5)

49 Ship's body (4)

50 Further up (6)

51 Widely disperse (7)

54 Red-winged insect (8)

57 Superseded (8)

58 Kingdom or province (5)

59 Adorn with Christmas decorations (6)

60 Familiar know-how (10)

DOWN

1 Courage (4)

2 Unofficially, between you and me (3,3,6)

3 Twelfth of a foot (4)

4 Chilly (4)

5 Somewhat inferior (6,4)

6 Still (10)

7 The M in MoD (8)

8 Calm before a storm (4)

9 Lazy (4)

10 Grumpy grouch (10)

14 Large tropical spider (9)

15 Chew and swallow (3)

17 Zero (3)

20 Sign of the zodiac (7)

21 Buildings designer (9)

22 Heavenly body (5)

23 Spanish comrade (5)

27 Hide before ambushing (3,2,4)

32 Meddles (7)

33 Unexpectedly (3,2,3,4)

34 Gypsy or Romany (9)

35 Final option (4,6)

36 Belly button (5)

37 Inclined to liquefy (5)

38 Drawing pad (10)

39 Frozen food chest (4-6)

42 Wrap around (8)

46 Aesthetic skill (3)

48 Extravehicular activity, spacewalk (3)

52 Absent from home (4)

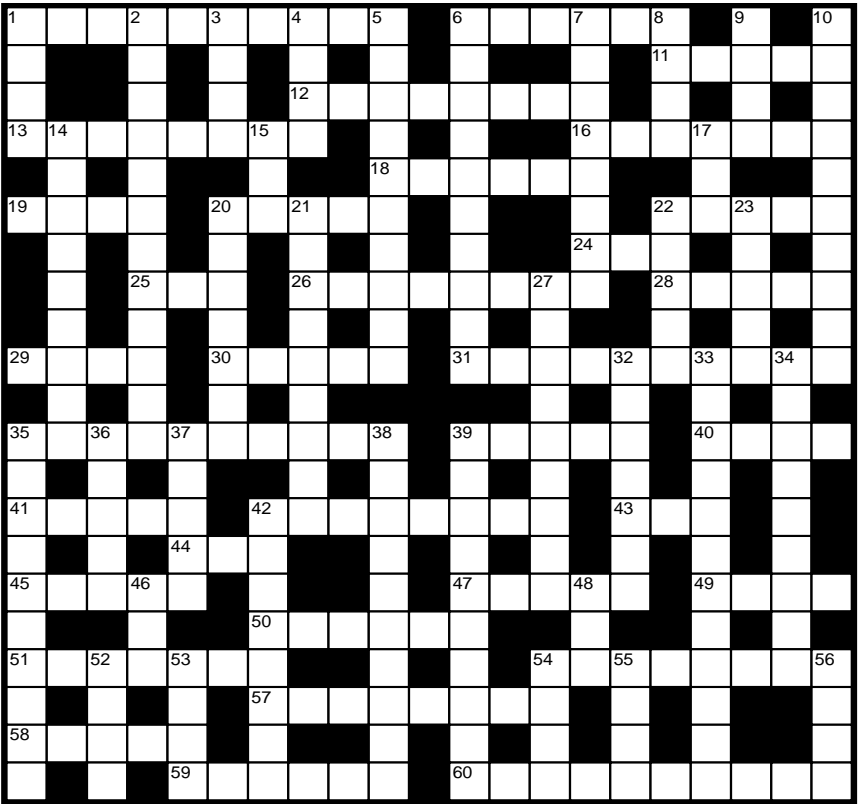
53 Mausoleum (4)


54 Jump (4)

55 Gateway (4)

56 Stupefy with drugs (4)

See below for answers



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CROSSWORD ANSWERS ACROSS: 1 Go to pieces 6 Mammal 11 Under 12 Location 13 Stretched 16 Illness 18 Nooses 19 Tree 20 Stand 22 Clamp 24 Room 25 Egg 26 Cleverly 28 Moist 29 Sumo 30 Point 31 Sweet tooth 35 Land Rovers 39 Dearth 40 Thaw 41 Seven 42 Electra 43 Elf 44 Nun 45 Relay 47 Fries 49 Hall 50 Higher 51 Scatter 54 Ladybird 57 Obsolete 58 Realm 59 Bedrock 60 Experience ANSWERS DOWN: 1 Guts 2 Off the record 3 Inch 4 Cold 5 Second best 6 Motionless 7 Ministry 8 Lull 9 Idle 10 Crosspatch 14 Taramula 15 Eat 17 Nil 20 Scorpio 21 Architect 22 Comet 23 Amigo 27 Lie in wait 28 Tampers 33 Out of the blue 34 Traveller 35 Last resort 36 Navel 37 Runny 38 Sketchbook 39 Deep-freeze 42 Enstruck 46 Art 48 EVA 52 Away 53 Tomb 54 Leap 55 Door 56 Dope



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Artes
 The phone will be hot, but so will any opportunity that means earning extra money. You will be feeling very lucky indeed and a few windfalls, not just one, will come your way and that trend will follow on for many months ahead. A very close friend, who has worked you for some time, will ask for some financial advice. You are going to spend hours with this individual because you are so concerned about what is happening to them. If you are alone and looking for a companion, there is someone around the corner who is going to enter your social life and make such a huge difference.

Taurus
 You deserve to be happy after all the hard work you have put into transforming both your personal and working life. You have come through such an enormous amount of hardship, facing tough challenges and made lots of sacrifices along the way. As a result you are now so much more, wiser and far more resilient than ever before. A romantic proposal needs careful consideration before you give your final answer because there will be a lot at stake. Travel plans may also need changing because of other pressing appointments and issues which cannot be avoided nor ignored.

Gemini
 Make a list of everything you want in life and work out the simplest and most cost effective way to get it and then set to work and do not let anything nor anyone stand in the way of progress. In business, there is much success to be enjoyed once you set your stall out and decide to go for gold. You may find yourself travelling to new venues, picking up new contracts and associating with people who are more likely to open important and influential doors that will increase your chances of success more than ever before. An old flame is still struggling to let go but you have other ideas on this particular stand.

Cancer
 If you are not careful in whom you place your trust, you may find yourself inadvertently the centre of attention amongst friends, work colleagues and just about everyone around. You may have caused gossip and jealousy because of your recent lifestyle choices and all these escapades will have cost quite a lot of money along the way. Suddenly, as though you want to be that little bit different to everyone else and trying to find new ways of doing things, even though not all your ideas are based on common sense. An important decision will have to be made regarding a close and personal relationship.

Leo
 You are challenged by disruptive universal forces and so it's hardly surprising you are so busy and rushed off your feet. Everyone looks to you for expert advice, but where do you go? You are nearly at the end of what has been a difficult year, but still have quite a way to go. Demands are continuously being made on your time when all you want to do is flop down and relax. An unexpected bit of good news relating you to someone will put a smile on your face reminding you to feel much happier about your future prospects. A family reunion could lead to you meeting someone very attractive and intriguing and a possible new romance.

Virgo
 The more sensitive side of your character could mean that your imagination is beginning to run riot, forcing you to read into people and situations and jumping to the wrong conclusions. There is tension in the air and if you think about everything sensibly, it really is not worth falling out with someone just because you have got the wrong end of the stick and have taken things somewhat personally. Spend quality time with relatives, good friends and children in the family and work on doing things that bring joy to your world away from the pressures of work and business and still that plays havoc with your emotional and spiritual well-being.

Libra
 You don't normally like cold weather and the winter and feel like packing your bags and saying goodbye to the snow. Because there are huge expectations being made of your time and efforts both at home and at work, it's understandable that you often feel near to breaking point, especially at this time of the year. You are going to say a big fat 'yes' to anything that does not feel right, especially if a close friend asks you to let them or wants to borrow money. If you are interested in moving house because you want a fresh new start, put plans into action whilst they are fresh in your mind.

Scorpio
 Some things are destined to remain uncertain, especially the outcome of a loved one's personal choices, even though you can feel the pit falls and have endeavoured to point the truth out to them. Sometimes it is better to leave events to run their natural course and refrain from interfering too much. Friends will soon begin to look more healthy now that you have made a wise decision to stop spending in certain areas of your life. Look closely at making some good investments and if necessary, seek professional advice and guidance, especially where pensions and property matters are concerned.

Sagittarius
 It's going to be a roller coaster of a month especially if you are feeling uncertain about your romantic life. You are still undecided about what to do for the best and even doubting your own ability to make a good decision. Instead of enjoying yourself with friends and having some fun, you are choosing to remain quiet and undisturbed because you are more interested in taking a break and well preservation. Watch your spending because your money is likely to run out if you are not careful. This is not a good time to throw caution to the wind and party later, otherwise you risk digging a deep hole for yourself financially.

Capricorn
 A delicate situation will arise at work that could drain you of energy and if not one of it will be any of your fault. Stand up for yourself and refuse to be walked over because this is a time when it is imperative that you lay down some very firm boundaries and refuse to be treated as a pushover. A romantic relationship, with someone you find irresistible and immediately attractive could bring the sparkle in the work, creating stress and turning you into making a very important decision. As time to start thinking about making a few holiday plans for the future because going yourself something special to look forward to will work as an excellent tonic during these dark, wintry days.

Aquarius
 You are preparing yourself for the onslaught of the Christmas adventure and whilst you love all that goes on with friends, family, food and presents you will be glad when it's all over and to drink will be counting the cost. You are far more at home with the normalities of life and getting down to the basic necessities of survival. You are in a period of romance and excitement and it will be to your advantage to be aware of the infamous approach of someone who finds you most interesting and tries to stir up a conversation. A former love may still find they are in with a chance, but you may not be nearly as keen to reconcile as they are.

Pisces
 If there is ever a time to be cautious and sensible with money it is now. You are in the position of being off more than you can chew. The grass is always greener on the other side, but because of the parties, looking through rose coloured spectacles an admirer may appear to look like holly and mistletoe when in fact the real view is actually poisonous. You are notoriously extravagant, never mind the cost and out to impress in order to keep up with your neighbours and friends. But none of this high living comes cheaply. Take a closer look at what is going on at work because changes are appearing on the horizon which could affect your job or future security.

Fitness for the Future



Gym owner Matt Kirk-Ellis; gym worker Amberlie Baker; Riaz Dudhia and Nicola Clarke of Nelsons.

A local personal trainer has brought a state-of-the-art gym and new job roles to Keyworth – following a commercial property transaction supported by Nottingham-based law firm, Nelsons.

Aspire 4 Fitness is a new venture for Matt Kirk-Ellis, who spent more than four years in the Royal Navy as a Royal Marine before becoming a personal trainer, based in Mansfield, for the past six years.

The new gym, located on the Keyworth Trading Estate, features personal trainer-led boot camps and high-tech equipment, including Wattbikes, SkiErgs and Versaclimbers. It has also created

one part-time and two full-time receptionist roles, as well as five self-employed personal trainers.

Matt, who opened Aspire 4 Fitness with support from a private investor, said: "I'm really excited to be bringing this new facility to the Keyworth community. The location offers a great opportunity as we will be the only standalone gym in the village."

"Having recently moved to the area from a town with a large number of fitness facilities, I felt there was something missing. I hope to provide a supportive, encouraging fitness facility with reasonable prices for the locals of Keyworth and the surrounding areas."

The gym opened on the 1 November. Memberships are non-contractual and discounts are available for emergency services workers, members of the armed forces and students.

Matt added: "Having worked in the health and fitness industry for many years I felt frustrated with the lack of support offered from large health clubs, leaving members feeling unnoticed and personal trainers working long hours."

"I hope that Aspire 4 Fitness will grow and develop in line with my original vision and will provide a fitness facility that the local community is proud to have and be part of."

Creating Construction Jobs in Nottingham

Government funding of £1 million has been given to Nottingham to get more people into construction training and jobs.

Partners in Nottingham have been given a slice of a £22million funding pot, which will be used to launch construction academies with Nottingham College.

These academies will bring training to construction sites, allowing learners to apply their knowledge in a real-world environment. The money will be used to help local residents secure industry jobs and will pay for training and resources.

The Construction Skills Fund was launched in June 2018 and Nottingham has been chosen as one of 26 successful bidders from across the country.

It is anticipated that the fund will help meet the needs of employers and tackle the construction skills shortage, while also supporting those who want to join the industry, particularly adult learners. The 18-month scheme is funded by the Department for Education and will be administered by the Construction Industry Training Board (CITB).

James Whybrow, Nottingham College Vice Principal – Partnerships, Apprenticeships and Enterprise, said: "As one of the largest construction training providers in the Midlands, we have invested significantly in our facilities. Our state-of-the-art Basford campus, with its industry-standard construction workshops, means students are well equipped to enter the world of work."

"This funding will give hundreds of local people the opportunity to develop their skills on site and secure jobs in construction."



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The Flying High Partnership has announced that Mr Karl Clowery will become the new Head Teacher of the state of art school to be built in the new Harrier Park community, off Watnall Road, Hucknall.

Karl, who has a proven track record of leading schools to outstanding status will now oversee the development of the most recent member school of the Flying High Partnership; a primary multi-academy trust ranked the 4th highest performing in the country.

Deputy CEO of the Flying High Partnership, Paul Goodman, said his team were delighted that Karl accepted the role. "Our goal for the appointment was to find someone with the passion and experience to create the school we all dream of sending our own children to. During the competitive and rigorous application process we saw that Karl's skills, coupled with his ethos and excellence, made him our 'stand out' candidate."

"We are all thrilled to support his vision for the new school, knowing that the future of Hucknall Flying High Academy is secure in his hands and that every child who attends, will be given the best opportunities that education has to offer from this outstanding head teacher."

Mr Clowery who has been working in education since 2002 says he is relishing the challenge and opportunity of his new role. "All children have the right to reach their full potential in a secure, caring environment; my priority is setting high expectations - teaching to enable pupils to be their best self and building strong relationships based on mutual

respect. This provides children with the optimum atmosphere to develop and mature emotionally, physically and socially.

"I feel that my ethos embodies the vision of the Flying High Partnership, where a relentless pursuit of excellence is a day to day expectation. Working at Hucknall Flying High Academy will provide me with the opportunity to develop this within the context of a brand-new school and furthermore, impacting positively on a newly established community, in which the school can be something that everyone is proud of".

Nick Layfield, Operations Manager at the Flying High Partnership says the admission window for those wanting to attend the school is open until 15th January 2019. He said, "For Reception and Year 3 pupils, as well as 'in year' applications, families should telephone Nottinghamshire County Council on 0300 500 80 80." Mr Layfield says that there is also time for the local community to influence how the school benefits the community. "The formal consultation for the school continues until the 21st December, and community questionnaires are available at meetings or online. Those interested in participating can submit their views on the school's nursery provision, extended school provision for pupils, and the use of the school's facilities to support the local community."

The Flying High Partnership will hold a drop-in session on December 14th at Rolls Royce Leisure, Watnall Road, NG15 6EP between 11 am and 2 pm, where families can meet the new head teacher.

**Trent Vale Infant
& Nursery School**

**We have places for 3 and 4 year olds for
a minimum of 15 hours up to a maximum of 30 hours**

**WHAT IS AVAILABLE?**

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(from September 2019)

8.45am - 11.45am

Supervised Lunch Club:
(at a cost of £3.00 or £5.50 inc. hot dinner)

11.45am - 12.30pm

Afternoon Session:
(available now)

Mon - Fri 12.30 - 3.30pm

These sessions are term time only and we can provide information for wrap around care.

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By attending our school based nursery your child will have the opportunity to play and develop social skills within a safe and exciting environment. The staff are very warm and friendly and encourage children to love learning. They provide them with skills to have a positive start to school life with a smooth transition into our school if you wish.

School places also available for 4, 5, 6 and 7 year olds. Open days coming soon in October, November and December. Please phone the school office for more details.

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

WINTER AT RUDDINGTON MANOR



Ruddington Manor is a stunning new care facility located off Ruddington Lane in the village of Wilford, providing an exceptional clinical offering, including residential, nursing and respite care services.

With the long, cold, dark nights now upon us, winter can be a very lonely and worrying time for many, particularly the Christmas and New Year period. Warm and welcoming, cosy and comfortable, Ruddington Manor is a wonderful place to live where residents have already created a friendly and vibrant community.

What sets Ruddington Manor apart from the rest is its excellent care offering, with the compassionate yet professional team ensuring each and every resident receives person-centred care to suit their individual needs.

Enhancing the care offering are the meaningful and purposeful daily activities, which have been selected specifically to appeal to residents, as well as build confidence and encourage independence.

The expertly designed, purpose-built care home boasts 66 spacious bedrooms, each featuring an en suite wet room. Residents are encouraged to personalise their bedrooms with soft furnishings, helping them settle in and feel at home.

There are also several luxurious communal lounges and elegant dining rooms at Ruddington Manor that have been dressed and styled immaculately by an interior designer. With spa assisted bathrooms, a hairdresser and nail bar, Ruddington Manor really does cater for its residents, with their health and wellbeing paramount.

The beautifully landscaped gardens allow residents the opportunity to enjoy the outdoors, with delightful floral displays and wood carvings creating a picturesque place to sit with family and friends.



Open for just a few months, feedback from residents and their relatives has been fantastic – here are just a few:

"Ruddington Manor is a welcoming, warm place, with superb facilities."

"Residents are treated with dignity and respect and receive the highest standard of care. It is a happy and friendly environment."

"A warm and welcoming care home. Staff go above and beyond to ensure residents are comfortable and happy."

"10 out of 10!"

.....

A true home-from-home, a visit to look around and learn more about the fantastic facilities at Ruddington Manor is a must.

If you, or a loved one, are finding it increasingly difficult to live at home independently, or for further information, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com.

Alternatively, please visit www.newcarehomes.com

Ruddington Manor Care Centre,
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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.

For more information or to make an appointment, contact Mrs Leisa Blewitt, PA to Mr Alwity on 0115 7722058 or visit www.mids-eyecare.co.uk.



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care



HEARING

THE CONNECTION TO YOUR WORLD

Hearing is about so much more than sound, don't you think? It's our connection to the world, to our community and to our friends and family. And our bond with our loved ones is never more precious than at Christmas time.

Lose our hearing and we lose a big part of that connection.

For most of us, the quality of our hearing declines as we get older but, because it can be so gradual, we don't really notice until someone points it out. Or until we notice that we've subtly changed our life and routines

to accommodate our increasing hearing loss.

Sound familiar? If this is you, give us a call. As well as the isolating effects of untreated hearing loss, there are health dangers too. Did you know that untreated hearing loss tops nine risk factors that contribute to the risk of dementia?

We advise everyone over 55 to have their hearing checked regularly. But whatever your age, if you're concerned about your hearing, get in touch. We can help.

We're passionate about caring

for every aspect of your hearing. Our new Correct Hearing TotalCare is our unique hearing healthcare plan that delivers the best care for your hearing. When you trust us with your hearing care, TotalCare is our promise to deliver and your peace of mind.

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Use the code NIF918

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Correct Hearing, Oakdale Road, Carlton, Nottingham NG4 1AD.
And at Optique of Southwell, 30 King Street, Southwell, NG25 0EN. Call 01636 816255

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ARE YOUR PIPES READY FOR WINTER?

Ahead of what is forecast to be a cold and frosty winter, Severn Trent is encouraging households and businesses across Nottingham to wrap their pipes before temperatures start to dip.

The water company is advising its customers to take steps to insulate unheated pipes in lofts and to cover external taps to prevent them from bursting in freezing temperatures.

Howard Perry, Energy Manager at Severn Trent, said: "Extreme temperatures, snow and ice can cause huge problems for household water pipes so, before the winter weather hits us, we're helping customers to understand how they can look after their home's pipes."

"Many people don't

realise that as water freezes within a pipe it expands, putting pressure on joints which can result in splits or pulling joints apart.

"Lagging helps to insulate them and can potentially save thousands of pounds as bursts are not only devastating, but messy and expensive to fix." Howard added that Severn Trent is helping customers find reliable WaterSafe certified plumbers ahead of winter.

To support homeowners and businesses, Severn Trent is providing information on its website where people can learn how to lag pipes, the key things to look out for, and how to fit external tap guards at www.stwater.co.uk/my-supply/winter-ready/.



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Home IMPROVEMENTS



Property Ladder Progression in Nottinghamshire



Five star developer David Wilson Homes is reminding Nottinghamshire house hunters that now is the best time to take the first or next step on the property ladder after an increase in UK house prices.

Recent findings from the Office for National Statistics (ONS) showed that whilst house prices have risen significantly across the country, the East Midlands has witnessed the greatest growth by 6.5%.

In the year to August, the average UK home rose in value by 3.2%, ensuring keen property seekers should be taking this opportunity to make their dream move as house prices continue to inflate.

In light of the recent research, David Wilson Homes is urging homebuyers to act quickly to secure a new property and with schemes such as Help to Buy and Part Exchange available.

John Reddington, Managing Director at David Wilson Homes East Midlands, said: "As a leading housebuilder, we strive to reassure our potential customers that now is as good a time as any to take their first or next step on the property ladder."

The Sales Advisers at each David Wilson Homes development across the county are on hand to make recommendations tailored to buyers needs with no obligation.

These specialists will complete all of the application paperwork and liaise with the lender throughout the process, meaning customers can benefit from a speedy and comfortable service.

Eager homebuyers can visit the David Wilson Homes website to learn more information about mortgages and why now is a great time to purchase a home at www.dwh.co.uk.



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