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A Sensational Start to 2019

A local five year old girl rang the End of Treatment Bell at Nottingham Children's Hospital on Tuesday 1 January, New Year's Day, to mark the end of her treatment for a brain tumour.

Poppy McGill and a dozen family members and friends visited ward E40 at Nottingham Children's Hospital on New Year's Day as she rang the bell to mark the end of her chemotherapy treatment, 12 months after being diagnosed with cancer.

Poppy's dad, Steve McGill, 39 years old said: "We are very thankful that this day has come. It was very tough in the beginning but it got easier with help from staff at the hospital and now we are able to look



forward to and focus on Poppy's recovery. The bell ringing on New Year's Day is great timing."

Janet Hagan, Ward Manager at Nottingham Children's Hospital: "It is always fantastic to see patients who are able to ring the bell at the end of their

treatment on our wards. It is a special occasion for not just the patient, but their family and friends who go on this journey with them. Poppy has had a rollercoaster year and we look forward to being able to support her and her family as she continues her recovery."

It was in January 2018 when Poppy had not long returned from a family trip of a lifetime to Lapland, when her parents were told she had a tumour the size of a golf ball growing in her brain.

Since her diagnosis, Poppy had undergone thirty doses of radiotherapy and eight cycles of chemotherapy, and is looking forward to being able to enjoy school and to continue to focus on her recovery.

Steve McGill said: "Essentially ringing the bell marks the end her chemotherapy treatment. It is a relief really when you know what the stuff does to you. She will still be requiring medication and probably a couple more transfusions. And of course there's medication for the next two, three or four months to go yet. But they're all to aid recovery.

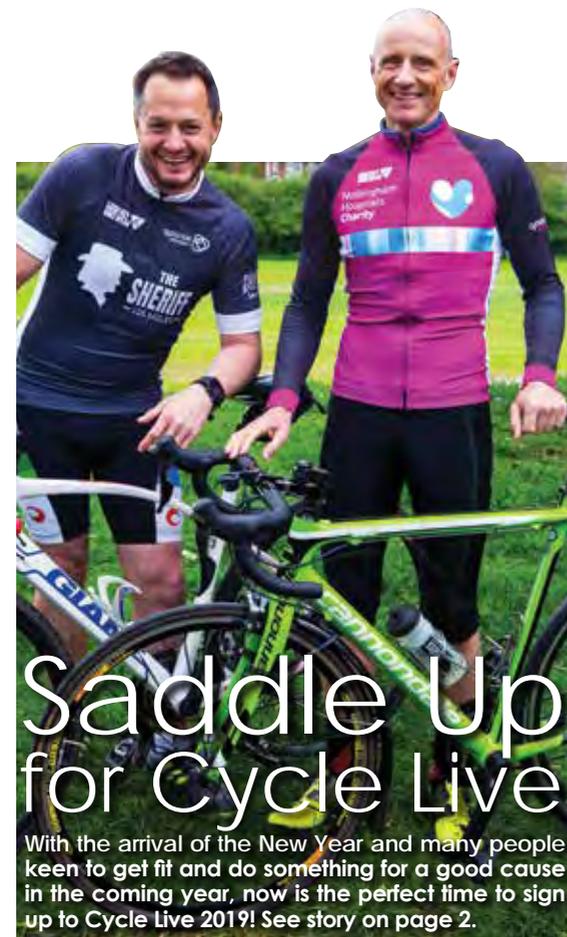
"We are grateful to the staff that have helped and supported Poppy and our family over the last few months at Nottingham Children's Hospital."

Poppy was one of the patients stories that featured starred in the BBC Two series 'Hospital' documentary filmed at Nottingham University Hospitals in early 2018, during what was widely described as the toughest winter on record for the NHS.

In October this year Poppy and family are hoping to celebrate her sixth birthday with a trip to Disneyland Florida, a way to mark and celebrate what has been an incredibly tough year for the family.



On New Year's Day Poppy McGill rang the bell to mark the end of her chemotherapy treatment, 12 months after being diagnosed with cancer.



Saddle Up for Cycle Live

With the arrival of the New Year and many people keen to get fit and do something for a good cause in the coming year, now is the perfect time to sign up to Cycle Live 2019! See story on page 2.

Mr Amar Alwetry

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Saddle Up for Cycle Live

With the arrival of the New Year and many people keen to get fit and do something for a good cause in the coming year, now is the perfect time to sign up to Cycle Live 2019!

Cycle Live takes place around the lanes and scenic countryside of Nottinghamshire on Sunday 23 June and there are distances to suit cyclists of all abilities, ranging from 25 to 125 miles.

This year's Charity Partner is once again Nottingham Hospi-

tals Charity, with many cyclists choosing to support the Charity's Big Appeal for Nottingham Children's Hospital. Riders in last year's Cycle Live raised a fantastic £25,000 for Nottingham Hospitals Charity.

Chris Simon, Managing Director at Nottingham-based Perfect Motion, which organises Cycle Live, said: "We are really pleased to once again be supporting Nottingham Hospitals Charity at this year's Cycle Live. Our riders

raised a fantastic amount for the Charity at last year's event, and we hope to see more of the same in 2019.

"This year's event will feature the more challenging 100 and 125 mile routes, along with the family-friendly shorter routes. We hope to see lots of local families and businesses coming together to take part and enjoy a great day of cycling."

Nigel Gregory, Director of Development at Nottingham

Hospitals Charity, said: "We're delighted to be the chosen Charity Partner for Cycle Live for the second year. This is a fantastic, family-friendly event, which I hope the people of Nottingham and Nottinghamshire will continue to get behind."

For more information about taking part in Cycle Live in aid of Nottingham Hospitals Charity, please go to www.nottingham-hospitalscharity.org.uk/events or call 0115 962 7905.

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A Record-Breaking Year

From delivering almost 10,000 babies to a patient arriving at Queen's Medical Centre's Emergency Department every 3.5 minutes, Nottingham's hospitals have had their busiest year ever.

2018 was a big year for Nottingham University Hospitals Trust (NUH), with BBC Two's 'Hospital' documentary being filmed at the Trust in the first two months of the year during the worst winter on record for the NHS, which was watched by over two million people every week across the series. This was followed by the Trust marking the 70th anniversary of the NHS with a BBC radio first ever live broadcast of open heart surgery from the Trent Cardiac Centre based at Nottingham City Hospital.

An army of 15,000 staff and 1,600 volunteers keep Nottingham's hospitals (QMC and Nottingham City Hospital) running 24/7, 365 days a year – many of them behind the scenes.

- In 2018:
- Received 1.7m calls to switchboard
 - 46,138 MRI Scans carried out
 - 570+ work experience placements supported
 - 48,902 ultrasound scans



- 385k+ nursing assessments completed in Nervecentre
- 4.3m pieces delivered to laundry
- 5,240 people interviewed for jobs within Team NUH

Tracy Taylor, Chief Executive at NUH said: "There is so much for us to celebrate and be proud of in 2018, and very many examples of how we have further improved our services for patients and their families over the last year.

"I would like to say a huge thank you and happy New Year to all our staff and volunteers for all they do throughout the year to keep our hospitals running. Every member of Team NUH has a vital role to play in providing the best possible experience for our patients, for which we are grateful."

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EXPLORING Local History

Children from Carnarvon Primary School and St Peter's C of E Academy have both been given a glimpse into the rich history of Bingham after archaeologists visited the schools with some recent finds from a new Barratt Homes development.

Clemency Cooper from Oxford Archaeology South, who were commissioned to do an archaeological dig as part of the new Chapel Lane development, took some of the finds from the excavation to show to the pupils and teach them about the history discovered.

The fascinating finds show that there had been people living and working on the site about two thousand years ago.

The pupils were able to literally take history into their own hands, as they were given the chance to hold many of the artefacts, including Samian ware sherds, glass beads, a coin and some other pottery.

They took part in several activities and learnt about what materials survive in the ground for archaeologists to find; what they can learn from analysing the bones of

skeletons; and got the chance to dig for their own artefacts in some 'mini dig' boxes.

Clemency said: "I was delighted to meet about 150 children at the two schools on my visit to Bingham, all of whom were studying the Romans this term. They were very excited to have the chance to see real archaeological artefacts and learn about what was happening during the Roman period so close to where they live."



Don't miss the **CROSSWORD** on page 30

A CAREER IN PHLEBOTOMY



Most have experienced it. A doctor says you need some blood tests and a half a dozen stabs and prods later – sometimes more – the doctor has your blood sample and the patient has a sore arm that resembles a pin cushion.

Many healthcare institutions such as GP surgeries and hospitals now employ phlebotomists to perform the role of collecting blood from their in-patients and out-patients. Skilled phlebotomists – the healthcare professionals who take your blood – are the experts who have been gradually replacing nurses and doctors and who specialise in just collecting blood samples. Phlebotomy posts are usually very flexible and can vary from full and part-time hospital posts to part time work in surgeries and clinics.

Geopace Training has built a nationwide reputation for teaching phlebotomy the right way and Geopace tutors travel from across country and even internationally to be train phlebotomy students.

Each Geopace class lasts two full days and at the end of the course students will have attained an accredited certificate in phlebotomy. Students need no prior experience in healthcare and come from all walks of life and all ages. The Introduction to Phlebotomy Course provides a very thorough grounding in both theory and practical elements

and prepares students up to the point of 'live blood draws'. "It's also a lot of fun" says Amy, admin manager at Geopace Training.

"Many students email us after completing the course to say how enjoyable it was whilst others email us to let us know that they have been accepted for phlebotomy jobs".

Geopace instructors are some of the most elite in the industry and the training programme is constantly updated to keep up with new developments and changes, so students receive the most current information and training available.

Students attending the course are very hands-on, practicing on artificial arms which pump fake blood, with a choice of veins to perform and practise on. There is also a theory element to complete although there are no exams at the end. Students complete modules as they process through the course and it's almost impossible for anyone to fail. Once completed the course awards a nationally recognised and accredited certificate in phlebotomy (accredited at Level 5 in Ireland).

If you like the idea of working in the healthcare profession then why not visit the Geopace Training website for more information at: www.geopace.com. Courses are running in Nottingham on 2-3 February 2019.

Launch of Local Charity

A new website went live on Friday 28 December to promote the work of a Newark charity set up to benefit the people of the town. The Gilstrap

Charity, a legacy of the 19th philanthropist Sir William Gilstrap, aims to support individuals, groups and local organisations with grant aid towards sustainable projects. Online information is now available on its history, aims and purpose in addition to details of projects it has supported in the past and how to apply

for grants. For more information, go to www.thegilstrapcharity.org.

Among the activities the charity has supported financially are historical re-enactments and living history events which have been held at Newark Castle.

Chairman of the Board of Trustees Councillor David Payne said: "Historically, Sir William made an important contribution to the town and this continues to this day through the work of the charity. We would welcome applications to help finance projects that mark the history of the town and enrich the lives of local residents."



Each class lasts two full days and at the end of the course students will have attained an accredited certificate in phlebotomy.

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David Robinson



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lights twinkle and *Tornado's* reassuring rhythmical exhaust sets the seal on a memorable day out. However you choose to travel, you can be assured of a magical day out on a railtour with *Tornado*.

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There will be a break of over two hours for passengers to explore the city; Carlisle is England's biggest city by area and is the county town of Cumbria. The city sits on the doorstep of both the Lakes and Hadrian's Wall and blends 2000 years of human occupation with everything you would expect from a vibrant 21st century city. The Cathedral is within a few minutes' walk of the spacious pedestrianised Greenmarket –



a focal point for street entertainment and Farmers' Markets. Nearby, the formidable fortress of Carlisle Castle stands proud over the cityscape. Overlying this rich heritage is a vibrant town centre of modern shops, pavement cafes and leisure facilities, that rivals most other cities in the north of England.

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NEWS in brief...



Cracking Down On Alcohol Risks

Off-licences are being warned of the consequences of selling alcohol to underage drinkers after a number of retailers in Newark and Sherwood failed to "Challenge 25" as part of district council compliance testing.

Shops were visited to see if they checked customers' age ID as set out under the Challenge 25 strategy which aims to stop alcohol being sold to under-18s.

The exercise was part of a series of actions being taken as part of the Community Alcohol Partnership (CAP) which was launched in Ollerton, Boughton and Edwinstowe in October 2018 to address alcohol-related issues among young people.

The premises which failed the tests have been warned that selling alcohol to someone under-18 could result in fixed penalty fines, prosecution and loss of their licence to sell alcohol.

District council licensing staff and local police have given retailers in the area support and training including safeguarding, conflict resolution, identifying fake identification and how to make a challenge.

Women Celebrate National Story Telling Week

Founders of Connected Sisters, the online and social media platform for women to share true life stories, will be telling their own personal stories during this year's National Story Telling Week 26 January – 2 February 2019.

Featuring true stories from women of all backgrounds, cultures and countries, the global digital women's circle aims to share real life experiences, offering wisdom and support for females by publishing stories online across their Facebook and Instagram platforms.

The founding duo, real life sisters Jodie and Paris Welton, have developed the Women's Circle to give females a platform to tell their stories in a non-judgmental, un-edited, truthful environment. They said: "Historically, women's circles have been an important and sacred part of females' lives, today we often experience digital disconnection from one another, with love and support harder to find. We aim to reconnect women with the power of the circle online, a place where females are safe to express their true experiences and every voice holds equal importance."

To be part of the project go to: www.connectedsisters.com.

To advertise in these pages call **01159 313879**

Deli Crowned in Newark Christmas Competition

A popular café has picked up the prize for the best festive window in Newark after a hugely successful public vote.

Little Cherry Deli on Martindale Lane received more than 950 votes for its display, beating 40 other local independent businesses to claim the Newark Wonderland trophy.

From displays comprising of over 1,000 fairy lights and 1980s movie themes to decorations made and donated by customers and local artists, retailers across Newark got involved to promote the town as a fantastic Christmas shopping destination. The public response was overwhelmingly positive with more than 6,500 votes cast.

Keran Spence of Little Cherry Deli said: "We are overwhelmed at the amount of support we received – to get more than 900 people voting for us on Facebook is unbelievable.

"The customers have absolutely loved the tree in the window and have even made some of the decorations for it. We're still fairly new having only opened last year, so having so much support is great for our business and we're hoping to see even more customers now we have won this award."

Retailers were tasked by Totally Locally Newark and Newark and Sherwood District Council to create windows to stop shoppers in their tracks, encouraging them to spend their money with the independent businesses Newark has to offer.

For further information on Totally Locally Newark visit www.facebook.com/TotallyLocallyNewark/



Above: Keran Spence and Karen Spence of Little Cherry Deli with the Newark Wonderland trophy. Below: Jill Brown (Totally Locally Newark), Keran Spence (Little Cherry Deli), Richard Huthwaite (Newark and Sherwood District Council)



Nottinghamshire Principal Scoops Lifetime Achievement

The Principal of Academy Transformation Trust Further Education (ATTFE) in Nottinghamshire has picked up the Lifetime Achievement Award at the CHAD Business Awards. The CHAD Business Awards, based in Mansfield, recognise the very best in local business and commerce.

Liz Barrett has extensive expertise and experience within the Further Education sector and is passionate about ensuring that all students can engage in learning, whether in a vocational or non-vocational setting. She has been Principal of ATTFE for over two years, and shown her commitment to lifelong learning throughout her career.

An apprentice at ATTFE also picked up an award to make it a double success for Academy Transformation Trust.

ATT is a multi-academy trust of 22 academies, 80% of which are rated Good or better by Ofsted. Serving communities in the West Midlands, and the

East of England, it has been ranked the 11th best multi-academy trust in the country for GCSE results (in 2017) when measured by Progress 8, the main Government measure of performance for secondary schools.

Liz Barrett, Principal of ATT Further Education, said: "I'm thrilled to have won the Lifetime Achievement Award. Helping post-16 students access high- quality education that suits their skill

Tackling Community Issues

Residents' concerns over crime and anti-social behaviour were top of the agenda at a recent meeting in Newark.

More than 40 people attended the Newark Neighbourhood Watch meeting to discuss issues of burglaries, speeding, inconsiderate parking and general anti-social behaviour around the Boundary Road area of the town.

The district council's deputy leader Keith Girling and the anti-social behaviour team, which is part of the council's Community Safety team, in partnership with Nottinghamshire Neighbourhood Watch (Notts.Watch), organised the meeting to listen to concerns from residents about issues that affect them.

A community-led Speedwatch group has been set up in partnership with the council's anti-social behaviour team, with the support of the local police, to monitor vehicle speeds using detection devices.

Councillor Keith Girling, who is also the ward's county councillor, listened to residents' experiences of seeing unknown individuals on their streets behaving in a suspicious manner.

He said: "Local residents have a really important role in assisting the councils and police to deal with the issues we are experiencing. We must all work together to report issues so that we can identify areas where general nuisance is being caused and speak with those responsible."



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Author Keen to Inspire Young Readers

Magnus Church of England Academy welcomed author Chris Priestley in December, who ran a workshop and read to students from his latest book.

Mr Priestley said he hoped his visit would inspire the students to develop a love of reading. "I have been talking to students about how I came to write my latest book which the school has given to each of the students taking part. I hope that my visit will help to engender a love for reading for pleasure, rather than reading stuff only when you have to, or because your teacher is telling you to. I hope that students will come in to the school library and choose books about things that interest them, -any subject, that is how I became a reader myself."

Chris says he believes parents can have a positive impact on

The visit was such an inspiration to some students that before the author had even left the school, they had made a start on their new book.

young people and their reading habits: "One of the best things that parents can do to get kids reading is to lead by example, not just reading with your children, but showing that you read for your own interests too."

Laura Donaldson, Senior Leader of English and Literature at Magnus said the visit was an inspiration. "I think it is incredibly important that students get opportunities to meet authors, so they can start to fully appreciate

texts as conscious constructs and understand that the literature they study is a reflection of the world around them. I hope, by meeting Chris, they will understand his motivations for writing the book and appreciate the writing process that has gone into making this book a reality."

Students were also given a copy of Chris Priestley's latest book, 'The Last of the Spirits' a new take on Charles Dickens classic tale, 'A Christmas Carol'.

The visit was such an inspiration to some students that before the author had even left the school, they had made a start on their new book. Cassie-Anne Glaves, a Year 7 student said: "I have never met an author before and his visit really made me want to read his book, in fact I've read a whole chapter already!"

Nottingham Tennis Centre Recognised at National Awards

Nottingham Tennis Centre has performed well in two recent national award ceremonies. The centre took the gold medal at the TRP Customer Service Awards and was shortlisted in the category of Most Improved Performer at the recent APSE awards (Association for Public Service Excellence) where they were runners up.

The gold award is based on the Nottingham Tennis

Centre's Customer Experience scores throughout the year. This is recognised internationally. The centre placed 33rd of 196 UK Leisure Centre facilities placing them as one of the top centres across the country for customer service.

APSE awards are based on the centre's participation, events, community engagement and financial performance over the last three years. To be recognised at this

level across the UK is a fantastic achievement.

Recognised as the largest community indoor centre in Europe the Nottingham Tennis Centre has approximately 1,100 adults and children participating in a weekly coaching programme. Tennis facilities include eight indoor courts, 19 outdoor courts with four floodlit, close proximity to UK major tournaments and access to quality coaching

programmes plus much more.

Chief Operating Office, Mike Wisner said: "This is a fantastic reward for a great 12 months of huge commitment from our hardworking and dedicated teams from Nottingham City Council and Active Nottingham as well as our partners at the LTA with whom we work to manage and grow the centre and its reputation in this country and beyond."



Ashleigh Barty of Australia celebrates victory in the Womens Singles Final during Day Nine of the Nature Valley Open at Nottingham Tennis Centre on June 17, 2018 in Nottingham, United Kingdom. Photo: Ben Hoskins/Getty Images for LTA

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LOCAL MUM PRAISES NEONATAL TEAM

A Nottingham mum has praised staff on the Neonatal Unit at Nottingham University Hospitals NHS Trust (NUH) after they cared for her son for more than a month after he was born prematurely.

Emma Croghan from Arnold has thanked the team for their outstanding medical care after they cared for son Theo, who was born weighing just 3lbs 10oz, and spent 44 days on the neonatal unit at QMC in August last year.

The 33-year-old said: "We went to visit the unit before he was born in preparation for what was ahead and although it was an alien to us seeing all the wires and systems that were going to be used, when Theo was born it did help us understand the next steps would be."



Little Theo was born at just 31 weeks old, and was a complex birth following an earlier problem with Emma's liver.

Emma added: "The team were lovely. They were very in control of the situation but allowed us to parent as much as possible in the situation. They were genuine people who really cared not just about Theo but about us his family."

Dr Stephen Wardle, Consultant Neonatologist at Nottingham University Hospitals, said: "The main risks of having had a liver transplant are that the immunosuppressant drugs used to treat patients could affect the baby's growth and lead to a small

baby who might be born early. We try hard on the neonatal unit to provide care for the whole family and involve parents with the care of their baby and it is pleasing to hear that Emma felt that we achieved this and that they all felt cared for."

Funding Cuts for Local Council

Austerity isn't over for Nottingham, with the City Council's main Government funding slashed by three quarters since 2013 – plummeting from £127m to just £25m for this year.

On top of this financial blow, the Government is once again demanding that councils reduce their budgets to help address the national debt – meaning the City Council is looking to agree £22m of savings to balance its 2019/20 budget.

This places greater burden on the money raised through Council Tax to fund council services – it's therefore proposed that Council Tax is increased by 2.99%.

As in previous years, the council is doing what it can to offset the impact of the Government's cuts. This includes bringing in over £20m a year through commercial activities such as reducing energy bills and generating income from installing solar panels on council buildings, increasing income from the Royal Centre and opening cafes.

Nottingham City Council Leader, Councillor Jon Collins, said: "The Government is once again drastically reducing the amount of money it provides for council services in Nottingham, and expecting local people to contribute more through their Council Tax.

"However, we do remain ambitious for Nottingham and so wherever possible we are finding ways to invest in the city's future, through improved education, training and job opportunities, key capital projects that bring growth and prosperity and enriching our local communities with better housing, transport and affordable leisure activities."

Show Support for Our Street Community

A new website has been launched to encourage people to help the homeless community in Mansfield through charities and projects.

Mansfield Street Support is a campaign led by Mansfield District Council in partnership with Nottinghamshire Police, Framework and backed by the Mansfield Homeless Network and the town centre Business Improvement District (BID).

Its aim is to raise awareness of local charities and groups, which are helping the Mansfield street community, and to ensure that offers of cash, food and volunteering time are directed in the best way.

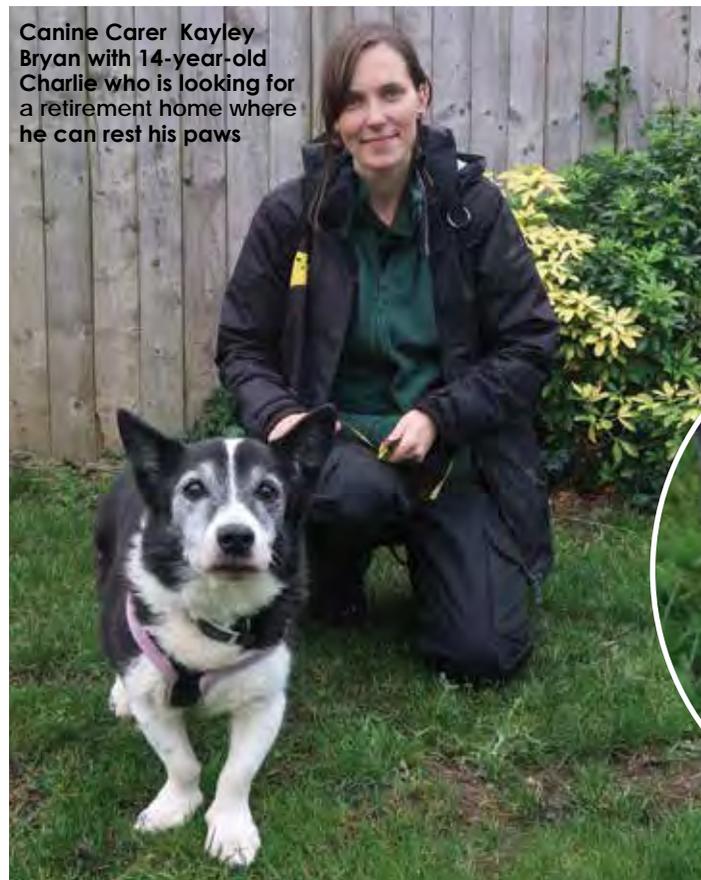
Executive Mayor Kate Allsop said: "People in Mansfield want to help those who appear to be rough sleeping or spending their time on the streets of Mansfield. We want to encourage donations to a well-established network of outreach, charities and groups who work daily with our street community."

At the centre of the information campaign is a new website www.mansfieldstreetsupport.co.uk, including information on how to donate money, food and clothing, and how to volunteer.

It lists support services available in Mansfield, including soup kitchens and night shelters, so people can see what is already in place, and has a direct link to the street outreach team for people to report any sightings of rough sleepers.

Old Age Pooch Hopes for His Forever Home

Canine Carer Kayley Bryan with 14-year-old Charlie who is looking for a retirement home where he can rest his paws



The oldest dog waiting for his forever home at Dogs Trust Loughborough has his paws crossed in the hope that the New Year will soon see him enjoying life at the heart of a new family.

14-year-old Border Collie Charlie arrived at Dogs Trust Loughborough in October after a change in his owner's circumstances meant he could no longer stay with them.

Now this Old Age Pooch (OAP) is more than ready to find his spot on a comfy sofa and the rehoming centre team are hoping they will be waving a fond farewell to him soon.

At 14, Charlie doesn't need as much exercise as he used to but enjoys short walks. He likes his own space but once he gets to know his new owners, the team say his affectionate side will shine through.

Celine Di Crocco, Manager at Dogs Trust Loughborough, says, "Like all of us as we get older, Charlie enjoys his routine, likes an afternoon snooze and is happy to watch the world go by whilst enjoying some peace and quiet. His hearing and eyesight aren't quite what they used to be, so he would like to live in a quiet, adult-only home where he is the only pet so he can relax to his heart's content."

If you think you could provide Charlie with his ideal retirement home, call Dogs Trust Loughborough on 0300 303 0292. You can visit the Rehoming Centre at Hill Farm, Wide Lane, Wymeswold, LE12 6SE.



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Take the Plunge in 2019

From January 2019 the City Council has increased availability of spaces on Nottingham Swim School, the largest Learn to Swim programme for children in the city. By creating 400 new spaces, waiting lists can be reduced and more children can be offered the lessons they want, where and when they're needed.

The council's seven pools across the city already offer a wide range of learn to swim sessions that start with the popular Aqua Babies sessions for 0-3 year olds where parents help their children gain water confidence.

Councillor Dave Trimble, Portfolio Holder for Leisure and Localities, said: "Nottingham City Council is delighted to be able to offer more opportunities to learn to swim, ensuring that our children will not only learn this important life skill, but as a member of Nottingham Swim School they'll also be fitter and healthier through regular physical activity."

Nottingham Swim School Lessons start from £21.50 per month and benefits include free access to public swimming at all leisure centres, continuous progression, highly qualified instructors, easy direct debit payments and more.

For more information visit: www.activenottingham.com.



"We had the highest number of entries this year so the 10 teams who have made it to the grand final have done incredibly well..." See *National Young Mathematicians' Awards* on page 12.

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Call for Male Blood Donors

NHS Blood and Transplant is urging men in Nottingham to become a blood donor for their New Year's resolution.

Figures show that last year 303 women in Nottinghamshire became blood donors, compared to only 119 men, despite male donors being more likely to have blood that can be used for products such as platelets and allogeneic serum drops.

Donors of every gender are welcome; however, men's blood can contain fewer antibodies against blood cells because women often make these antibodies during pregnancy. Men generally have higher iron levels than women too, so they are less likely to be deferred from donating due to low haemoglobin.

Nottingham based Mike Stredder, Director of Blood Donation for NHS Blood and Transplant, said: "It's vital that more men start donating blood because their blood is used to provide life-saving products like plasma and platelets – to save victims of burns, car crashes and treat to patients with cancer."

It is quick and easy to make, view and change appointments by calling 0300 123 23 23, using the GiveBlood app, or going online at www.blood.co.uk.



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Over the past 33 years Tom Browns has built a reputation for being one of the finest eateries in Nottingham, serving high-quality, fresh cuisine, which is always paired with superb service.

Renowned for delivering a stellar fine dining experience the A la carte menu changes seasonally, incorporating fresh ingredients, which are locally-sourced where possible. The menu includes a Brasserie Classics section which boasts British favourites like Fish and Chips and Carbonara Pasta, while the Early Bird menu provides diners with a selection of delicious starters, mains and afters at competitive prices – perfect for those that enjoy casual meals. Now also on offer, an outside catering service, from Garden Party BBQ's, to weddings or Hire Our Chef! Offering arguably the best

Sunday Lunch in Nottingham, with deliciously pink sirloin of beef, crispy beef dripping roasties and massive home-made yorkies – you definitely have to try it!

Fancy a sophisticated
“Over the past 33 years Tom Browns has built a reputation for being one of the finest eateries in Nottingham...”

afternoon tea? Since launched in 2015, the quirky Afternoon Tea has become incredibly popular boasting freshly hand-made cakes and delicious drinks to try.

Guests are often surprised to discover the highly inventive cocktail menu, incorporating signature drinks with a school theme. Favourites include Teacher's Pet and Geography Trip, both of which use the freshest ingredients in surprising ways, perfect for a girl's night out or friendly catch ups.

Taking pride in being the perfect venue for glitzy celebrations, Tom Browns host an exciting calendar of events. In November enjoy the famous Beaujolais Breakfast Party in the 250 seater marquee, or perhaps you'd prefer a night of magic at the winter or

summertime ball? The venue also plays host to beautiful, bespoke wedding receptions throughout the year.

The extensive refurbishment which concluded in January 2017 helped to ensure that the venue remains up to date and continues to delight everyone that walks through the doors. The various accolades received over the years, including 2 AA Rosettes, being listed in the Michelin Guide, and being crowned winners of 'Best Independent Out Of Town Restaurant' 2017/18, are telling of their esteemed reputation as one Nottingham's best food and drinks venue.

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“The visit was such an inspiration to some students that before the author had even left the school, they had made a start on their new book.” *Read Author Keen to Inspire Young Readers on page 6.*

National Young Mathematicians' Awards: Finalists Revealed

The results are in! After weeks of battling it out to become the best young mathematicians in the country, the top ten schools have been revealed! Teams of primary and secondary school children took part in regional heats and semi-finals up and down the country to see who knew the most when it comes to arithmetic and angles, prime numbers and pythagoras, equations and equilaterals!

They were set problem solving tasks and the five highest scoring primary schools and secondary schools will now take part in the grand finale on Wednesday 9 January where they will meet maths guru and University Challenge legend, Bobby Seagull!

The five primary school finalists are Boughton Leigh Junior School in Rugby, St George's Weybridge, Elvetham Heath Primary School in Fleet, Rothersthorpe C of E Primary School in Northampton and Nelson Primary School in Twickenham. The five secondary school finalists are



Pupils from Bluecoat Wollaton Academy – Ansh Desai, Genevieve Acton-Phillips and Tawheed Amjad.

“We had the highest number of entries this year so the 10 teams who have made it to the grand final have done incredibly well...”

Lawrence Sheriff School in Rugby, John Hampden Grammar School, High Wycombe, Bluecoat Wollaton Academy in Nottingham, St John's on the Hill, Chepstow and Altrincham Grammar School for Boys, Altrincham.

The National Young Mathematicians' Awards, organised by tuition provider, Explore Learning and NRICH at the University of Cambridge, is now in its ninth year.

Charlotte Gater, Head of Curriculum at Explore Learning says: “We had the highest number of entries this year and so the 10 teams who have made it to the grand final have done incredibly well to not only beat their neighbouring schools but also to get the highest scores in the country.”

“We can't wait to see the excitement of the grand final on the 9th January where the youngsters will display their amazing array of maths skills. Good luck to them all!”

Recreation Ground Awarded Reputable Status

Bulwell Forest Recreation Ground has been designated a Centenary Field commemorating those lost in World War One. The new status is marked by the planting of three native Oak trees on the site. Local ward councillors Councillor Eunice Campbell-Clark, Councillor Cheryl Barnard and Councillor Nick McDonald, along with representatives from The Royal British Legion and The sons of Rest Veterans Group, planted the trees at 11am on Thursday 3 January.

Working in partnership with The Royal British Legion, the Centenary Field programme aims to protect parks, playing fields and other recreational spaces in perpetuity to honour the memory of the millions who lost their lives in World War One. By

dedicating land, local authorities and other landowners can ensure valuable green space is protected as a living remembrance to those who fought and lost their lives in World War One.

The trees have been funded by the Bulwell Forest ward councillors, the site was chosen due to its strong association with WWI, having been a training ground for soldiers going off to fight in the Great War.

Councillor Dave Trimble, Portfolio Holder for Leisure and Localities, said: “We are very proud to be a part of the Fields in Trust Centenary Fields programme. Nottingham and Nottinghamshire lost 14,000 men and women during World War One, all of whom will be remembered with the new Centenary Memorial.”

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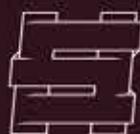
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A Blooming Partnership with Nottinghamshire Wildlife Trust

Newark based manufacturer Centrum Pile have announced a new corporate partnership with Nottinghamshire Wildlife Trust, the county's leading conservation charity for the benefit of local wildlife. Centrum Pile have also become corporate sponsors of the Beacon Hill Conservation Park in Newark, and a business supporter of the Nottinghamshire Nature Reserves Fund.

Nottinghamshire Wildlife Trust campaign tirelessly for wildlife to protect threatened habitats and species. They influence government policy and local planning decisions that affect the future of wildlife and the quality of the environment. As well as moni-

toring the planning system to look out for damaging proposals, they provide developers, councils and planners to shape plans for local areas.

Holly McCain, Senior Development Officer at Nottinghamshire Wildlife Trust commented: "We are very excited to welcome Centrum Pile as a new Corporate Partner of our charity through our Wildlife Guardian Corporate Supporter scheme, which helps fund our important wildlife conservation and habitat restoration work across Nottinghamshire."

Nottinghamshire Wildlife Trust has been safeguarding wildlife and special green spaces since 1963, and with the support from Centrum



Pile, they can now do even more.

Centrum Pile's General Manager Paul Pendleton said: "We are looking forward to developing a long and fruitful relationship with the Nottinghamshire Wildlife Trust, an organisation dedicated to the im-

provement of local areas and wildlife where our employees live."

For more information about Nottinghamshire Wildlife Trust's Corporate Supporter scheme, visit www.nottinghamshirewildlife.org.

NEWS in brief...

Contractor Appointed for Broadmarsh Redevelopment

intu has announced the appointment of Sir Robert McAlpine to deliver the £86 million transformation of intu Broadmarsh in Nottingham ahead of the contractor starting on site in early 2019 to deliver the next phase of the project. This latest news from the shopping centre owner comes after Nottingham City Council's announcement that it has confirmed its approval to the award of the contract for the intu Broadmarsh redevelopment.

Preparatory work has been ongoing throughout 2018 including the relocation of the centre's management office and improvements to the Wilkos store to make way for The Light cinema.

Martin Breeden, development director at intu, said: "We are looking forward to this next stage in developing the centre into a great place to eat, relax and play from day time through to evening. The redeveloped intu Broadmarsh will draw people in from further afield and complement the existing retail offer in Nottingham."



Sensational Solar Power

Solar power systems installed on a range of Nottingham City Council buildings have generated one million kilowatt hours of green energy during 2018.

Well-used city buildings including libraries, leisure centres, schools and offices all

host the council's solar infrastructure; silently generating clean and green energy whilst the buildings users go about their day. Britain's heat wave this summer certainly helped boost the generating capacity at these sites and some council sites experienced

periods of being entirely powered by solar.

One million kilowatts would power over 300 typical domestic homes for a year, or meet the entire annual energy needs of the Theatre Royal & Royal Concert Hall, powering their shows, hospitality

and all the back office operations.

Installing solar PV on operational sites has made sound economic sense for the council and is playing an important part in plugging the council's budget gap and protecting front line

services. It has offset the need to buy peak-time electricity from the grid, has put unused rooftop space to good use and helps to insulate the council from future electricity price rises.

Councillor Sally Longford, Portfolio Holder for Energy and Environment at Nottingham City Council, said: "We are beginning to see the huge benefits to decarbonising our operations both financially and environmentally. With savings of over £300,000 per year, we are really seeing that it pays to be green. We know that Nottingham people care about the environment so it's great that we can have a real impact for the better on the environment whilst saving money and creating skilled local jobs."



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NEWS in brief...**New Year's Resolution:
Reduce Plastic Waste Forever!**

Turtle Savers, a brand with a mission to reduce our use of billions of single-use plastic straws, believe people around the world should cut down on their use of plastic as their New Year's resolution.

Traditionally, New Year's resolutions are personal goals to better ourselves, which can range from getting in-shape through to taking up a new hobby.

Instead of focusing on setting a personal goal, let's come together and dramatically reduce our use of single-use plastic that is causing harm to our planet.

Simple ways to reduce your use of plastic:

- 1 Wrap your packed lunch in bees wax food wraps
- 2 Carry and use a reusable cloth tote shopping bag
- 3 Buy loose fruit and vegetables
- 4 Use a bamboo toothbrush
- 5 Stop using cotton buds
- 6 Use a stainless-steel reusable straw

Paul Gibson, founder of Turtle Savers, says "The new year gives us a chance to review our lives and make changes. It's refreshing to see people looking outwards to make a real change to their environment."

**Exceptional Trustee Receives CBE**

Dr Margaret Wilson, a trustee of Academy Transformation Trust, which leads two schools in Nottinghamshire, has been awarded a CBE for her services to education in the New Year's Honours List.

Dr Wilson has been a trustee of Academy Transformation Trust (ATT) since February 2018, providing leadership and challenge to the multi-academy trust which sponsors Sutton Community Academy in Sutton-in-Ashfield and The Dukeries Academy in Newark, among 22 primary and secondary academies in total across the country.

Dr Wilson is also Chief Executive Officer of the Zenith Multi Academy Trust in Essex and has been headteacher and executive head of two large 11-18 schools in London



and Essex. Her career has included taking The King John School to being rated Outstanding by Ofsted and she has a strong record of supporting schools in challenging circumstances, becoming an adviser to the Department for Education's academies division.

Dr Wilson said, "I am delighted to be awarded such an accolade and just didn't expect it at all. Part of the award must go to all the people who have supported me."

Bernard Dickenson, Chairman of the Board at Academy Transformation Trust, said: "All of us at Academy Transformation Trust are incredibly proud of Margaret for receiving such a wonderful honour."

"Margaret has been a superb trustee since joining our Trust last year and her career in education has been and continues to be, outstanding."

Plans to Transform Newark Estate

An outline planning application to transform and regenerate the Yorke Drive estate in Newark has now been submitted.

The master plan proposals, drawn up by Newark and Sherwood District Council and approved by the council's policy and finance committee on November 29, include a scheme for hundreds of new homes, better sport and play facilities and a new community pavilion.

The plans follow an extensive consultation with local residents with the focus on making the area a safer and better place to live. Everyone who lives, works or is involved in some way with the Yorke Drive estate has had the

opportunity to get involved and this will continue throughout the scheme.

It is anticipated that the earliest the programme will start is 2020 and will take approximately 10 years to complete.

The plans follow an extensive consultation with local residents...

Council Director - Safety Karen White said: "We believe these plans set out an exciting new future for the Yorke Drive area and residents have played, and will continue to play, a crucial role in the consultation process."

"This is a real opportunity to bring positive transformation and deliver housing growth and regeneration to one of the council's most deprived wards."

By Maddie Storey

With the freezing weather, the spread of illness and post-Christmas debt currently invading our lives, it's easy to see why people get so down in the dumps during January.

Whilst the second week in January is known as the most depressing, staying positive as we enter 2019 is very important for both our physical and mental wellbeing.

The Christmas holidays can leave us feeling sluggish and miserable knowing we have eaten our body weight in cheese, indulged in a tippie or two too many and have resolutions to stick to which we already know are never going to make it past February.

If you, like many others, returned to work with the 3-day hangover from hell following New Year's Eve, you are most likely already feeling the impact of the January blues, but fear not – it's time to turn it around!

Work It Off

How many people set 'going to the gym' as their New Year's Resolution, I know I do? But how many people ACTUALLY go? That's what I thought. If getting fit is your goal for 2019 then going to the gym isn't your only option, there are plenty of cheaper and more fun ways to find motivation to exercise which don't involve venturing to your local fitness centre. Going for a walk, purchasing a home workout tape or even doing a little office stretch on your lunch hour are all perfect ways to implement small but effective changes into your everyday routine.

Let's Talk About It

There's nothing worse than bottling up your problems – especially when you're stressed or upset. January can bring with it a lot of financial worries, anxiety and a plethora of problems which make it really easy to feel overwhelmed.



Talking to a close friend, loved one, colleague or even a health professional is a great way to unleash your problems and seek the appropriate help or solutions.

Make Plans

Having nothing to focus on or work towards makes it really easy to lack motivation in your day-to-day life. Why don't you use this time in limbo start making plans for the upcoming year?

Making plans gives you something to be excited about and allows you to turn your attention from a mundane January to a relaxing summer holiday on a faraway tranquil beach or perhaps an exhilarating city break with that special someone.

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What's on



Experience Nottinghamshire this January

With Christmas behind us and freezing temperatures ahead, January can be a miserable time for many of us. Luckily, there's a huge variety of cultural events across Nottinghamshire to distract you from the cold, so get out there and make the most of it!

Art

2019 marks The Harley Gallery's 25th anniversary and the popular Open Exhibition will return to start this celebratory year (Sat 19 Jan - Sun 24 March). The gallery is inviting all artists working in any wall-based form to apply to the exhibition, whether working in paint, print, photography or other mediums.

Still I Rise at Nottingham Contemporary (until Sun 27 Jan 2019) is a timely exhibition exploring the role that women have played in the history of resistance movements and alternative forms of living.

Music, Theatre & Performance

After six UK #1 singles, five UK #1 albums and 25 years together, Irish boy band Boyzone have announced details of a farewell UK and Ireland arena tour which comes to

the Motorpoint Arena Nottingham on 29 January 2019 – an evening of nostalgic sing-alongs is the perfect remedy for those post-Christmas blues so don't let this one pass you by!

Nottingham's Comedy Festival continues into January with the £1 Comedy Night at the Canalhouse (Wed 9 and Wed 23 Jan) – a double award-winning show at the Midlands Comedy Awards with a mixture of established acts trying new material and up-and-coming talent – a great night out for those who are feeling the pinch after Christmas.

Saint Petersburg Classic Ballet at the Royal Concert Hall (Wednesday 16 – Thursday 17 Jan) will be an enchanting spectacle to take your breath away, combining classical training and technique with the best-loved Russian ballets, outstanding soloists and full orchestra for a magical experience.

History

For those interested in delving into local history, The Mayflower Pilgrims Story (Wed 23 Jan) at Southwell Library is a fascinating talk delivered by local historian Adrian Gray about why so many of the Mayflower Pilgrims and other radicals came from Nottinghamshire.

The Candle Lit Memorial for Holocaust Memorial Day at Green's Windmill & Science Park (Sun 27 Jan) marks Holocaust Memorial Day with a candle lit ceremony, lighting one for each group targeted during the Holocaust. This is a free event and hot drinks will also be served free of charge.

For more information visit www.visit-nottinghamshire.co.uk #lovenotts.



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The Legend Continues

Get ready to moonwalk the night away at a thrilling new show which promises to take fans closer than ever before to an original Michael Jackson concert.

KING OF POP starring Navi is currently on tour in the UK and promises to take the Motorpoint Arena Nottingham by storm when the production rolls into town on Saturday 11 May 2019.

Organisers say the show is now bigger and better than ever before and are excited to announce that Navi will be joined on stage by Michael's original guitarist, Jennifer Batten, who comes direct from the USA. With her blonde mane and commanding stage presence - Jennifer was Michael's most iconic musician who he referred to as his "right-hand woman" for over 10 years.

Navi is regarded as the leading and most successful MJ tribute artist on the planet - a claim that is backed up by an incredible list of

achievements chalked up in a career spanning three decades with shows in a staggering 61 different countries on 6 continents.

"To meet Michael was one thing, but to perform in front of the greatest entertainer of all time and to perform his songs was no easy feat and extremely nerve-wracking," said Navi.

Talking about the tour, Jennifer said: "I'm really looking forward to playing Michael Jackson's music again with a top-notch tribute in the UK. I remember the crowds in UK were mad crazy for Michael. Not too many acts could fill Wembley stadium day after day, and year after year!"

Tickets go on sale at 10am on Friday 4 January and can be purchased online at www.motorpointarenanottingham.com, via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.



SPENDING FAMILY TIME OUTDOORS

Families should make a New Year's resolution to spend more time together in the outdoors, says leading youth charity YHA (England and Wales).

Having adventures together outside promotes positive family relationships as well as helping children become happier, healthier and more confident.

"By getting outdoors and having adventures together you also provide an opportunity to reconnect and create shared memories, which are vital for family harmony and wellbeing," explained Professor Karen Pine, who is championing YHA's Adventure Effect campaign.

The youth hostelling charity's Adventure Effect campaign responds to a growing body of re-

To help families benefit from the power of adventure, YHA is offering 25% off the cost of accommodation in selected YHA properties between 1 January - 27 April 2019.

search which shows that stress, anxiety and depression amongst young people is higher than ever before. Only 1 in 5 children regularly play outside yet studies also show that just 5 minutes of 'green exercise' can improve a child's mental wellbeing.

Time together outdoors could

also be the antidote to the decline of the family meal in contemporary Western society. Karen added: "Having a meal together as a family has become a thing of the past and this was traditionally the time when everyone could discuss the day they've had, download their worries, reconnect and give each other support."

To help families benefit from the power of adventure, YHA is offering 25% off the cost of accommodation in selected YHA properties between 1 January - 27 April 2019.

"Planning a short adventure holiday offers enormous benefits for both parents and children," says Karen. "It can provide an escape from everyday chores and the pressures of work and school."

Following its sold-out London run, the National Theatre is currently touring Shakespeare's most intense tragedy, Macbeth.

This epic and visually daring production will visit the Theatre Royal Nottingham from Tuesday 22 January to Saturday 26 January as part of an 18-venue tour of the UK and Ireland.

Sleep no more... The ruined aftermath of a bloody civil war. Ruthlessly fighting to survive, the Macbeths are thrust towards the crown by forces of elemental darkness.

Directed by NT Artistic Director Rufus Norris (Cabaret, London Road) and designed by Rae Smith (War Horse, This House) this new production

MACBETH

propels Shakespeare's classic title into a post-apocalyptic world of anarchy and uncertainty.

Scottish actor Michael Nardone will play the title role, with Kirsty Besterman joining the cast as Lady Macbeth.

For more information or to book tickets visit www.trch.co.uk or call 0115 989 5555

Pictured right: Tom Mannion, Joseph Brown and the cast of Macbeth. Photo: Brinkhoff Mogenburg 1000



Horrible Histories Bring Foul and Fascinating Facts to Nottingham

In 1993, the first Horrible Histories books were published. Now, in 2019, Horrible Histories Live On Stage is coming to Nottingham. Appearing at the Theatre Royal from Tuesday 26 February to Saturday 2 March, there is a chance to catch Terrible Tudors and Awful

Egyptians in two hilarious shows featuring eye-popping 3D special effects!

In Terrible Tudors take a trip through the horrible Henries to the end of evil Elizabeth and hear the legend (and the lies!) about the torturing Tudors. Find out the

fate of Henry's headless wives and his punch-up with the Pope. Meet Bloody Mary and see Ed fall dead in his bed. Survive the Spanish Armada as it sails into the audience!

Awful Egyptians invites you to meet the fascinating Pharaohs, gasp

at the power of the pyramids and discover the foul facts of death and decay with the meanest mummies in Egypt. Are you ready to rumble with Ramesses the Great? Dare you enter through the Gates of the Afterlife? It's the history of Egypt with the nasty bits left in!

Horrible Histories Live on Stage is written by Terry Deary from his bestselling Horrible Histories books and directed by Neal Foster, design is by Jackie Trousdale, lighting by Jason Taylor, sound by Nick Sagar and music by Matthew Scott.

These two hilarious historical journeys through the squelchiest and yuckiest moments in British and Egyptian history are perfect entertainment for anyone aged from 5 to 105! For information and tickets go to www.trch.co.uk or call on 0115 989 5555.



Awful Egyptians



Terrible Tudors by Birmingham Stage Company
Photo: Mark Douet



OTTH

Occupational Therapy



COGNITIVE STIMULATION THERAPY SESSIONS TO AID MEMORY LOSS

Cognitive Stimulation Therapy aims to engage people and maintain independence for people with dementia or memory difficulties, whilst providing an optimal learning environment with the added social benefits of a group. The effects of CST are comparable to those reported with the currently available anti-dementia drugs. Our Cognitive Stimulation Therapy session treatments usually take place in residential homes, hospitals or day centres. Each session covers a different topic and is designed to improve the mental abilities and memory of someone with dementia.

WHAT WE ARE OFFERING:

- Weekly sessions running for 7 weeks aiming to improve forgetfulness and memory loss.
- 2 sessions will take place in one day with lunch provided in between sessions.
- Groups are deliberately small, often consisting of up to 10 people.
- If preferred one to one sessions are also available in the home.
- Treatment without medication approved by the National Institute for Clinical Excellence (NICE)
- Hosted in a safe, non-judgmental environment with friendly advice and support.
- Lunch provided for all group sessions.

We recommend rolling group or individual sessions running for 7 weeks. All groups will be closed groups due to the nature of the therapy so once a 7-week course has begun, others will have to wait for the next 7-week course to start. It can be difficult finding the right support for you, your family or friends with dementia so we aim to help you. Please contact us to discuss any issue. It may be new and possibly worrying for you, but we have the experience and understanding to assist, and we look forward to hearing from you.

If you would like to discuss our Cognitive Stimulation Therapy sessions further please contact Tanya:

TEL: 07837 384 473 | **EMAIL:** tanya@occupational-therapy-midlands.co.uk

WEBSITE: www.occupational-therapy-midlands.co.uk



Linda Lancashire
 07764 466381
 01773 762675
 E: contact@lindalancashire.co.uk
 www.lindalancashire.co.uk

Artes
 Don't worry about a large work requirement that's coming too slowly. You know that it would from the start, but only you with your incredible ability to hold and turn everything that is said coupled with your experience of life and people to make it a reality. Success. Growing concerns over a family member will reach points where you feel you have to say and do something to make that person realise something has to be done immediately. You may also become the knight in shining armour to a loved one who desperately needs your help and support in a complicated personal matter.

Taurus
 Someone very close to you may be very nervous and there and will need some social support from you. News from a distance could be just what you need to hear and will spur you into the next phase of your life. Avoid getting into unnecessary arguments with someone who could become extremely influential. Now is not the time to take risks. There is too much at stake financially as you will be leaving behind your means yet again at the time of year. Remember, whatever you have borrowed will need paying back as usual over the coming year with too many commitments.

Gemini
 Don't make the mistake of trying to turn the clock backwards thinking you can return into an old cosy situation because there are important lessons to be learned if you are to move forwards. Invest in a new image, update your wardrobe and look and feel a million dollars. Business and career doors will open in unexpected places some of which will take you by surprise. A chance meeting could lead to re-encounter with someone you will not be able to stop thinking about. An invitation to spend some time away with an attractive person must be kept secret.

Cancer
 Sudden communication either by phone, email or letter or text may force you to change your plans. You are entering a highly noticeable time with much excitement in the air. Certain problems are raising their ugly head again making you even more determined than ever to eventually make all the necessary changes in your life in order that you can attain peace of mind and more time for both yourself and loved ones. You may be tempted to join a club or society that will enable you to make powerful new connections, bearing in mind its not what you know, but who you know. You have enough claim to get anything you want when you try.

Leo
 A deep meaningful personal relationship will turn yet another corner and there could be some celebrations in store with one or two announcements that will shock you a few people. Not everyone will agree with your decisions or wish you well, but its your life and only you can live it. You have been up against a lot of criticism for most of your life and still appear to be doing well despite the statistics who surround you. A fortunate venture or career move will put you in the limelight once again. Doors of opportunity are opening that will lead you to unexpected places and new friends who will be worth knowing and hanging out.

Virgo
 Trivial worries and strange happenings concerning family and close friends have been creating much stress and sleepless nights. Everything will rectify itself leaving you free to look forward to a lot more happiness and peace of mind. If single and not particularly looking toward the future stars, now is the perfect time to look out for new love by socialising more or taking the plunge and going online. You never know when a chance meeting could lead to more than you ever expected. A job offer which could change the course of your life will become the making of you. Nothing ventured, nothing gained.

Libra
 You are eager to enjoy life and not prepared to waste another minute either being miserable or entertaining toxic people. Its going to be a busy week with you juggling all you have and there hoping that a certain person does not follow your trail as you may not be at the destination you had someone to believe. You may have to get your ideas together for a major discussion with either a loved one or someone connected with business. A make or break situation regarding a close relationship will put you under pressure but nothing you cannot deal with in the fullness of time. Hold your head up high and always harness your own power.

Scorpio
 You may be proud of a certain achievement at work. Make sure that someone else does not try to take away your victory by taking credit for themselves. A business venture will be a great success bringing financial security your way. New neighbours will either turn out to be really good friends or the sort who come from hell. Look after your health and eat properly. High fibre, plenty of water and regular vitamins and rest. It's been one hell of a year and it's almost do your appearance. You may be advised to seek medical help. Don't take any unnecessary risks and always be your own best friend.

Sagittarius
 Both your home and work situation may suddenly become very complicated. Bedtime may have set into one particular relationship and you may feel as though you are just waiting for an excuse to make a hasty exit. Certain people have long been an emotional drain on your life but you are just too polite and considerate, good-natured even to complain openly. However, something more important and pressing is beginning to take its toll. Could it be that you are involved with someone who is playing with your life? Sleepless nights and not knowing which way to turn will have an effect over the coming weeks.

Capricorn
 An opportunity to relocate or work overseas could turn out to be a really good idea. You need to talk about this with someone who knows what is entailed and who could have some valuable connections. Others may feel you are looking too much on your own needs and forgetting about them but if you do not look after yourself and put your needs first then no one else will. A last minute change of plan will be a nice move under the circumstances. You may get to know the truth about something or someone that has been treating you in the dirt.

Aquarius
 Meetings at work will put you on an edge, especially if you are talking money and job security for the future. Don't underestimate your ability to take on a more demanding role because you are more equipped than most to tackle everyday challenges. Your emotions have been up and down for months because of all the storm you have been forced to weather, but you are doing great and happier and brighter days are on their way to you. Its chance to travel and make new friends will lead you to exciting destinations and perhaps a new romance.

Pisces
 A new romance could suddenly become uninteresting because the other person is blowing hot and cold causing you too much hassle and frustration. If you find the situation intolerable, move on. Top many late nights, strange happenings and living the high life will begin to show. Its time to respect your body more and have some early nights. A work colleague or business partner will begin to put you under a great deal of pressure. Some tough decisions will have to be made. Make sure you are not the loser financially. You enjoy a good standard of living and would not like to start at the bottom again. At your time of life.

Take a Leaf Out of Veganuary

Going vegan is a hot topic and numbers are on the rise

Going vegan is a hot topic and numbers are on the rise. Reasons to ditch animal products like meat, cheese, eggs, milk and honey usually root in concerns about the world around us, but the vegan diet has also been linked with lower rates of heart disease.

Whatever your beliefs and preferences, eating well for a healthy heart means getting the right amount and a variety of good wholesome foods on your plate. Think colour and crunch!

Get the right balance and keep things interesting by trying out some of our Vegan Inspired Healthy Heart Tips:

Keep Your Arteries Oiled
 Rapeseed oil, walnuts, green leafy vegetables and soya foods like tofu contain an important type of omega-3 fat which helps to protect your heart and arteries. For a traditional pasta or chilli dish, replace mince with lentils, beans or chickpeas and add some crushed walnuts.

Top Up
 Vitamin D helps build stronger bones and may also protect you against heart disease. It's found in sunlight and everyday meat products so if you're not careful you could miss out. This time of year everyone in the UK should get out in the sunlight when possible, but you should also consider taking a supplement.

Stay Strong
 If you're a regular gym user there's no need to worry about missing out on protein, just practice combining the right foods. Plant-based foods eaten in combination can deliver all the essential amino acids – the building blocks your body needs to build and repair. Try vegetable and chickpea couscous, hummus with pitta bread, rice and peas, quinoa-stuffed peppers, tofu stir-fry with nuts or even beans on wholemeal toast.



A Healthier Way of Life

In a bid to encourage healthy eating for patients, staff and visitors, a brand new fresh fruit and veg stall will be pitching up outside the main entrance of King's Mill Hospital from Monday 7 January.

The stall will be run by local stand operators Laiten McGuigan and Roxanne Burrows and will be open Monday – Friday 8:30am – 4:30pm accepting both cash and card payments.

Recent research for the area has shown that in Nottinghamshire only 30% of adults are meeting the recommendation for fruit and veg. In children aged 11 to 18 years only 10% of boys and 7% of girls met the 5-a-day recommendation.

Laiten and Roxanne have been working on local markets for 20 years, they have also worked at several hospitals and after seeing how much of a success it was, they wanted to give King's Mill Hospital the opportunity of excellent produce in an accessible place.

Laiten said: "It is great that we will be providing fruit and veg to local residents and offering them a healthy alternative, we are really looking forward to meeting our new customers. We have done this at other hospitals in Nottinghamshire and it has worked really well and people have really embraced the healthy choices that we offer, so I am hoping that we can have a similar impact at King's Mill."

Stop the Spread this Winter

With cases of norovirus (commonly known as the winter vomiting bug) appearing in our communities, Sherwood Forest Hospitals and Nottinghamshire Healthcare are reminding patients and visitors experiencing symptoms of the virus to stay at home and telephone NHS 111 for advice, unless their condition is life-threatening.

The illness can spread easily in public places and its impact in hospitals and care homes can be severe. It can expose already poorly patients and residents directly to infection and can also increase the chances of NHS staff becoming ill.

The most common symptoms of Norovirus include nausea, vomiting and diarrhoea, with some people also having a raised temperature, headaches and aching limbs. People that have shown signs of these symptoms in the past 48 hours, or have been in contact with someone showing symptoms, are advised not to visit hospitals and care homes, unless their condition is life-threatening.

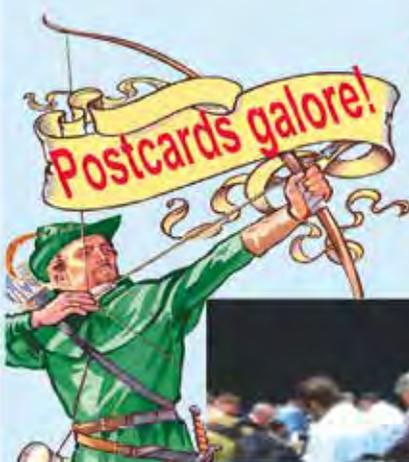
Sherwood Forest Hospitals' Medical Director, Andy Haynes, said: "If someone suspects that they have Norovirus we ask them to please ensure that they do not visit our Emergency Department or Urgent Care Centre, or other patients in our hospitals, to reduce the risk of passing it on to others.

"Because of its highly contagious nature, Norovirus can quickly spread through a hospital and once it gets into a hospital environment it can be difficult to control, resulting in us having to close wards and restrict visiting."

There's no specific cure for stomach bugs such as Norovirus and it can be treated at home:

- Stay hydrated
- Take paracetamol
- Prevent spread
- Stay at home for two days after symptoms clear

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New Year, New Home and New Beginnings in Vibrant West Bridgford



The New Year brings about an opportunity for fresh starts, so why not make yours in a spacious new home? Situated in the heart of bustling West Bridgford, Wilford Fields is a new development with a variety of homes to suit every kind of buyer.

Those in the market for a large family home will be drawn to the 4 and 5-bedroom options, both of which boast excellent specifications, not to mention more space than your average new build. There are two versions of the five-bedroom properties, one of which is The Papplewick; this large family home features a stunning master bedroom with an en-suite and its own dressing room, as well as plenty of room for everyone to enjoy in the combined kitchen, dining and family room downstairs.

The Jacksdale is one of six exceptional four-bedroom properties available and boasts generous square footage and plenty of room for entertaining. To the rear of the property is the spacious kitchen, dining and family area which benefits from bi-folding doors that lead out onto the garden. If you're keen to get a taste of what life might be like in The Jacksdale, you can visit the show home. Since it opened its doors there has been an influx of visitors, with the sales office having already welcomed over 500 people through the doors. With its stunning interior, it's easy to get ideas about how you could decorate your very own four-bedroom dream home.

Wilford Fields, an exceptional development of 2, 3, 4 & 5-bedroom homes in a prime location from Linden Homes

It's not just great properties that make the Wilford Fields development such a desirable place to purchase either. Every homeowner knows the importance of location, and the development certainly delivers in that aspect. Excellent transport links mean that getting to work or into Nottingham city centre couldn't be easier; the Wilford Lane tram stop is within walking distance of the development and Nottingham train station is just 2 miles away for services throughout the Midlands and the North.

Families with children of all ages will also benefit from the wide range of nurseries, primary and secondary schools, colleges and universities that are nearby, including West Bridgford School. Those keen to experience excitement right on their doorstep will find plenty in West Bridgford, which benefits from an excellent high street with a variety of shops, restaurants, cafes and salons. Improving fitness in the New Year is

easy at the nearby health club Roko; with three swimming pools, fitness studios and a state-of-the-art gym, it's the perfect place to hone your physique and boost your mood. Accessing a variety of sporting endeavours is also easy from the development, with Trent Bridge, the third oldest Test Match ground in the UK, situated nearby, not to mention both the Nottingham Forest and Notts County stadiums, both within walking distance of the development. Thrill seekers can get their fix at Holme Pierrepont, where they can enjoy a variety of water sports.

Browsers keen to take the next step in owning a property will be glad to know that the team at the Wilford Fields development can offer a variety of incentives to buy, including Help to Buy, Part Exchange and Assisted Move. It is worth bearing in mind that all of these schemes will be plot specific.

For more information and to check availability at the Wilford Fields development, call the sales team on

01158 281 481

or visit www.lindenhomes.co.uk





Great Plans for Nottingham Suburban Venue

Specialist business property adviser, Christie & Co has completed on the sale of the former Townhouse Bar & Kitchen site in Arnold, Nottingham to a buyer with a strong background in hospitality.

The Townhouse Bar & Kitchen historically traded as a bar and restaurant, regularly hosting popular live music events and enjoyed a strong local reputation until it ceased trading in summer 2018.

The owner of the property, Nick Howdle, previously ran The Townhouse himself and decided to sell the leasehold interest so that he could focus on

a new business venture. New owner, Julie Haynes has a background in the hospitality industry and is keen to take the opportunity to rebuild the previously popular and successful business.

She comments, "Arnold is very much an up and coming suburb of Nottingham, The Townhouse Bar & Kitchen is the perfect opportunity to be the 'best out of town'. We will be bringing top entertainment alongside great food & drink to a premises that has previously been very successful and greatly missed."

Sipping With Love

Bubbles are so passé! This Valentine's Day celebrate your love with a romantic cocktail from Belvoir Fruit Farms instead.

Belvoir has worked with a range of mixologists to come up with their very own versions of Love Potion number 9. Try this one out or for more cocktail and mocktail ideas, visit www.belvoirfruitfarms.co.uk.

Belvoir Sweet & Sour

Every relationship has its ups and downs and the Sweet and Sour perfectly reflects those highs and lows but with a very happy ending!

Ingredients

- 3 basil leaves • 25ml lemon juice
- 1 heaped tsp runny honey • 1 shot of gin
- Top with Belvoir Raspberry Lemonade

Method

Build the ingredients in a tall glass and mix until the honey is dissolved, then fill with ice. Garnish with a sprig of basil and fresh raspberries frozen in ice-cubes!



NEWS in brief...

Benchmark Build by Nottingham City Homes

Nottingham City Homes (NCH) has reached a significant milestone – having now built over 500 affordable homes for local people across the city.

As well as being UK Landlord of the Year, NCH works closely with Nottingham City Council to build high quality homes for Nottingham people and has delivered over 500 new affordable homes to rent across 28 sites in Nottingham since 2014.

Over the last few years there have been some major developments, one of the biggest, the Lenton Green development, saw 142 homes created in Lenton, including 88 family homes, two commercial units and 54 Independent Living apartments.

Strelley Court in Strelley is the latest new development to open, Susan Walters-Peace is NCH's official 500th resident in one of their new build homes and at the opening of Strelley Court she was presented with flowers by City Council Deputy Leader Councillor Graham Chapman and officially cut the ribbon to open the flats.

She said: "I feel honoured to be the 500th resident of an NCH-built home. The flowers were so unexpected and being able to cut the ribbon was a really nice touch to mark the occasion."

Shaping the Future of Vaping Research

Smokers, vapers and non-smokers are being invited to help shape the future of medical

research into the safety of e-cigarettes by taking part in a new online survey

run by the University of Nottingham's UK Centre for Tobacco and Alcohol Studies.

Smoking is the leading cause of preventable death and e-cigarettes are now the

most popular method used by people trying to give up. 37% of smokers use them for quit attempts, and 2.6 million adults are currently vaping as a safer alternative to tobacco. Recently, Public Health England estimated they are likely to be 95% safer than cigarettes but very little is known about possible long-term effects of vaping.

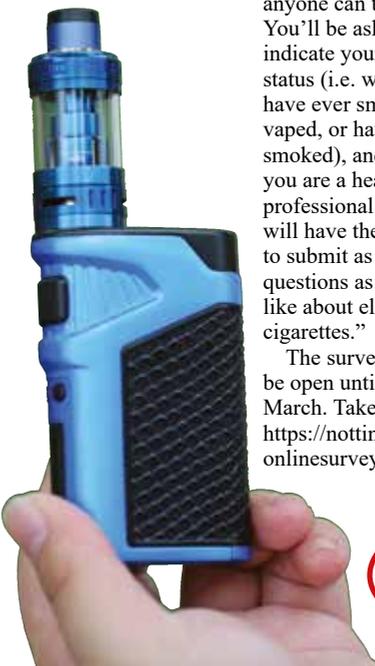
Researchers want to find out what people think are the most important questions that need answering about vaping, so they can prioritise for future

research into the safety and effectiveness of e-cigarettes. They are also asking doctors and health professionals to take part in the survey which went live on Monday 7 January.

Leading the study, Dr Abby Hunter said: "Vaping has revolutionised the 'quit smoking' industry and has certainly helped millions of smokers give up cigarettes. However, because e-cigarettes are a fairly recent product, very little is known about the long-term health effects of using them.

"The survey is available online and anyone can take part. You'll be asked to indicate your smoking status (i.e. whether you have ever smoked or vaped, or have never smoked), and whether you are a healthcare professional. You will have the chance to submit as many questions as you like about electronic cigarettes."

The survey will be open until 7 March. Take part at <https://nottingham.onlinesurveys.ac.uk>.



Pictured above: The Mayoress, Sonia Burnett and the Mayor, Councillor Derek Burnett BEM in foreground, along with Paul Summers, Councillor Richard McRae, Kevin Powell, Donna McRae, Jeff Jones and Paul Stevenson.

Stapleford's Christmas Clean Up

Volunteers burnt off their Christmas dinners at a tree planting and litter pick at Ilkeston Road Recreation Ground, Stapleford as part of Broxtowe Borough Council's Clean and Green campaign.

On Thursday 27 December, the Mayor of Broxtowe, Councillor Derek Burnett BEM was joined by volunteers from the Stapleford Community Group who helped plant six trees and carried out a litter pick of the Recreation Ground and surrounding areas as part of the Clean and Green campaign.

The trees were a mixture of Beech, Hawthorn and Cherry, all chosen for their aesthetic value and benefit to wildlife.

The Borough Council's Parks Team assisted with the session, demonstrating planting techniques to ensure good establishment and healthy trees.

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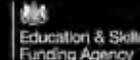
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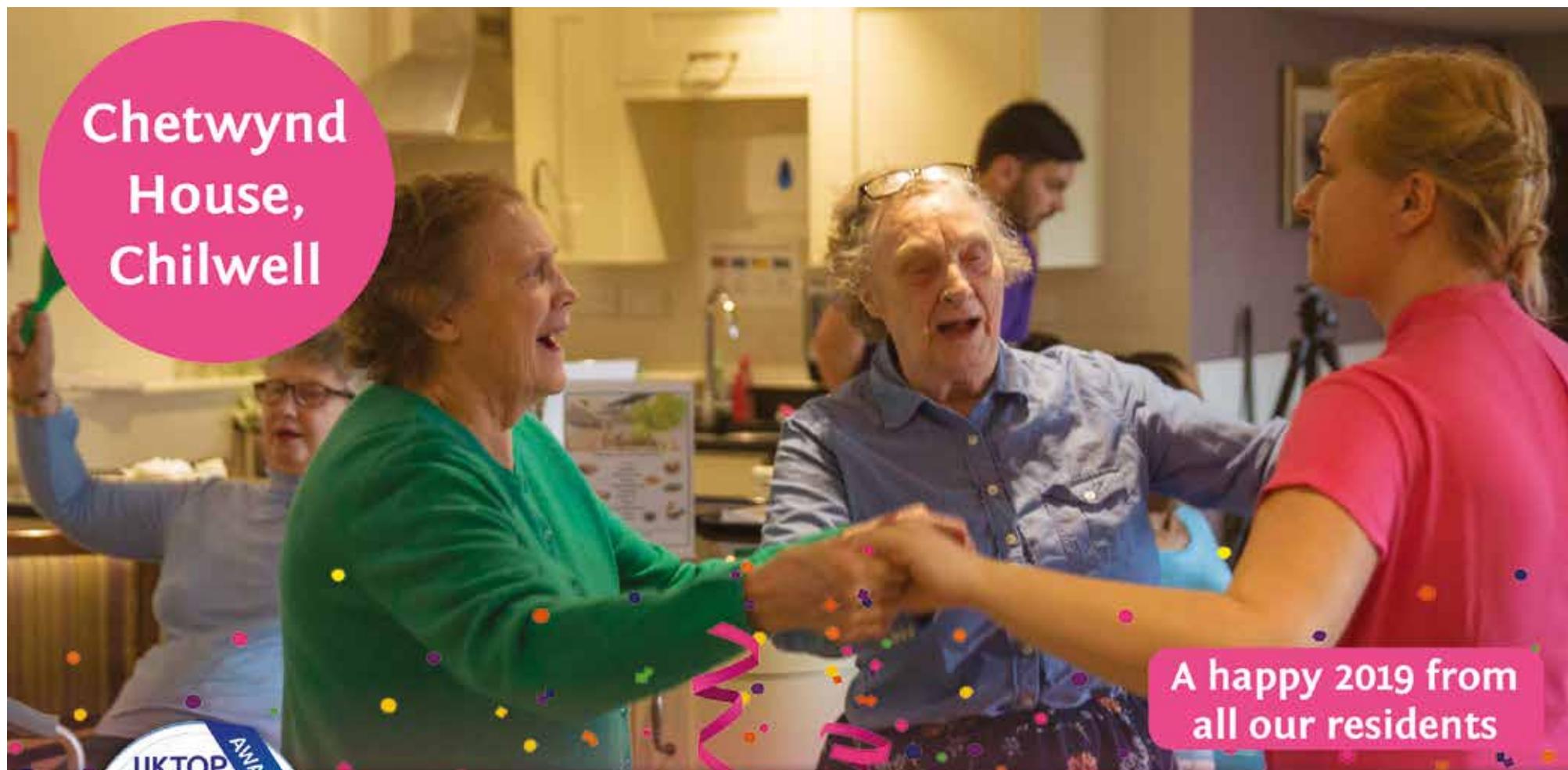
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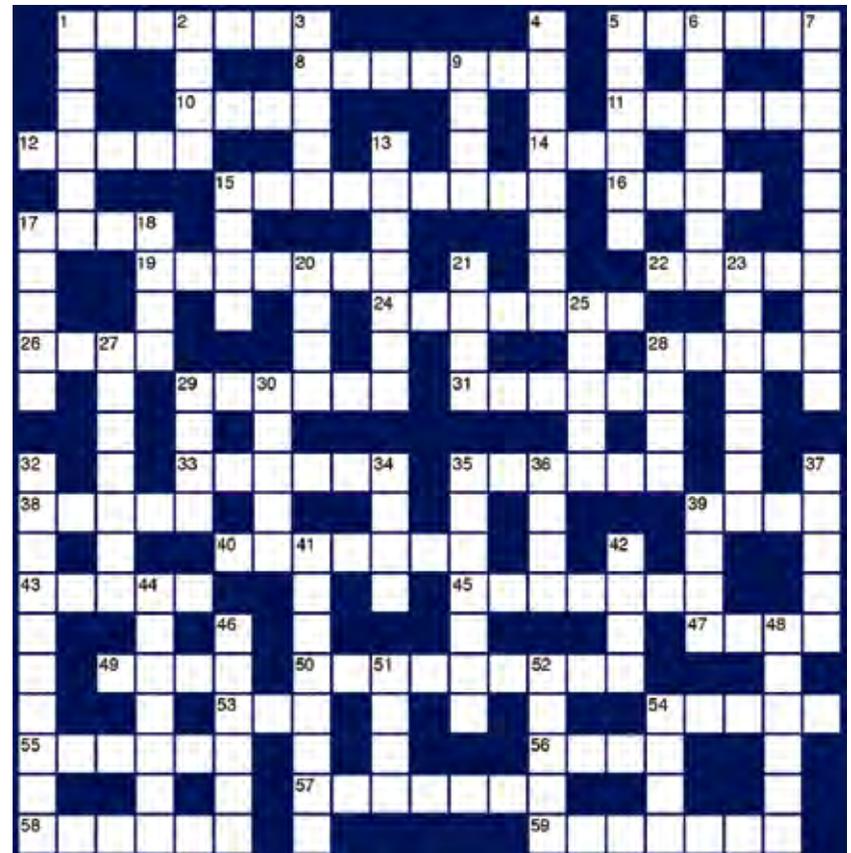
CROSSWORD

ACROSS

- 1 Belly (7)
- 5 Hundred cents (6)
- 8 Dig up and expose (7)
- 10 Friend (4)
- 11 Surface of the land (6)
- 12 Alien in Doctor Who (5)
- 14 Drop behind (3)
- 15 Letter pal (3-6)
- 16 Test of knowledge (4)
- 17 Complete failure (4)
- 19 Circus entertainer (7)
- 22 Viper (5)
- 24 The kind of friend who is loyal and trusty (7)
- 26 Sudden acceleration (4)
- 28 Large wild ox (5)
- 29 Concave or empty (6)
- 31 A small intricate part of a painting (6)
- 33 Street brat (6)
- 35 Blue and red (6)
- 38 Freshwater mammal (5)
- 39 Obstruct and prevent (4)
- 40 Hug (7)
- 43 Number of cheers (5)
- 45 Grave in significance (7)
- 47 Principal (4)
- 49 Village festival (4)
- 50 A thousand metres (9)
- 53 Down in spirits (3)
- 54 Nut tree (5)
- 55 Scaly reptile (6)
- 56 Free from danger (4)
- 57 Beaming with happiness (7)
- 58 Haphazard, lucky dip (6)
- 59 Specimen (7)

DOWN

- 1 Untidy writing (6)
- 2 To ridicule (4)
- 3 Mortal (5)
- 4 Young people (8)
- 5 Stabbing knife (6)
- 6 Spotted cat (7)
- 7 Edible berry (10)
- 9 Fit of passion (4)
- 13 Woodworker's fine-toothed cutting tool (7)
- 15 Component (4)
- 17 Stroke of pure luck (5)
- 18 Fill a suitcase (4)
- 20 Bird's beak (4)
- 21 Difficult (4)
- 23 Sweet course (7)
- 25 Leg pain (5)
- 27 Close group of stars (7)
- 28 Sad colour? (4)
- 29 The time (4)
- 30 Deputy doctor (5)
- 32 Black German dog (10)
- 34 Undiluted (4)
- 35 To suppose or take for granted (7)
- 36 The tail-end (4)
- 37 Rate of movement (5)
- 39 Sliding window frame (4)
- 41 Slow in development (8)
- 42 Manage to do, get by (4)
- 44 Gemstone (7)
- 46 Rarely (6)
- 48 Street (6)
- 51 Flashy and vulgar (4)
- 52 Try by eating a little (5)
- 54 Steering handle on a boat (4)



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Whilst 2018 brought with it some beautiful designs, funky patterns and awesome interior trends – 2019 is the year where you passionate house-proud's can really have some fun. But, before you commence the wonderful task of redesigning your home, there are a few things you need to prioritise on your to-do list in order to prep for these changes.

A Clean Slate

Your home should be a relaxing sanctuary to escape from the stresses of work and other commitments. The festive period can sometimes leave your home full of clutter, presents, food and alcohol which are still yet to be used – not ideal when you're trying to envision a new look.

Start by clearing your space of any unwanted items to ensure everything has a place and you are

not overwhelmed by mess. Hiding things does not count – if it is no use to you, throw it away, there is no time for hoarding in 2019!

Be Prepared

A lot of time and effort has to go into your home to make it perfect and with our busy day-to-day lives consuming most of our days, it can be difficult to squeeze it all in. Set aside one evening a week or perhaps a weekend to home improvement – use this time to visit home stores, sample colours and design your ideal haven. Take some time off work if you have the holiday allowance and dedicate it to transforming your space for your family.

Expanding?

If you're looking to do any work on your house whether this be a kitchen renovation, extension or adding another room, it is important that this gets done before any decorating to minimise damage to furniture and other household objects.

Consider if your family need more space, larger rooms or perhaps you have been after an en-suite. Most importantly, do not be afraid to experiment!



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