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£14,000 Raised in 7 Days For Homelessness



Supporters of homelessness charity Framework have raised an astonishing £14,000 during a single week of high-energy fundraising. The charity, which supports thousands of people in the East Midlands, launched its annual Do it for Framework Week from Monday, June 26 – seven days of events and activities organised by supportive individuals, businesses, community groups and Framework itself. People did it by donating or doing. They did it in Nottingham, Mansfield and Huthwaite, they did it in Lincoln, Boston, Scunthorpe and Sleaford, they did it in Newark, they did it in Sheffield and they even did it

on the River Trent, raising a bundle of funds to help homeless people. In Lincolnshire Emma Tansley who previously was supported by Framework did a two day pony trek and said: "I completed my 20 mile horse ride (if not more) over the weekend. I am happy to announce I made £135. Thank you for letting me be part of your team to raise money to help others who helped me. Roll on next year!" The week also included a supporter fundraising appeal that was match-funded by lead campaign partner The Nottingham Building Society, whose staff and customers also took part in several fundraising events.

HOSPITAL CAR PARKING ENFORCEMENT TO BEGIN IN AUGUST

Drivers who park dangerously at QMC and Nottingham City Hospital will pay a financial penalty from 1 August. The charges are being introduced to make sure that emergency vehicles can safely access both sites and spaces for disabled drivers are not used inappropriately. Andrew Chatten, Director of Estates and Facilities at Nottingham University Hospitals NHS Trust, said: "Most people who park at our hospitals sites do so safely and considerately. However,

there are a small number who don't, and this has a disproportionate impact on the safe and effective flow of traffic, especially ambulances and fire vehicles. "Demand for parking at our hospitals far outstrips capacity. In Nottingham we are fortunate to have good public transport links, including the tram stop at QMC and the Medilink bus service linking both hospitals and the city's park and rides. We actively encourage staff and visitors to make use of these services wherever possible."

The introduction of penalty charges is part of a programme of work to improve access and parking at QMC and City Hospitals. Payment machines have recently been upgraded (to accept the new £1 coins and £5 notes) and we are exploring the possibility of creating more parking spaces at both hospitals. Parking at our hospitals is managed by Carillion and First Parking. A spokesperson for Carillion said: "Carillion is working with NUH to provide an effective car parking and traffic management service. Any penalty charges that are issued will be processed by 'First Parking', who are experts in this field. We hope the introduction of enforcement will improve safety and car parking access for patients, visitors and staff across QMC and City Hospital."

Penalty charge notices (similar to those issued in the city centre) will be £50 and reduced to £25 if paid within 14 days. They will also be issued for anyone breaching parking rules such as parking on verges or in a disabled bay without displaying a blue badge.

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Greythorn Primary School Pupils Jump For Joy!



James Henderson

West Bridgford based Greythorn Primary School has enjoyed a bumper week of sunshine and sports that made its pupils jump for joy!

The massive sports spectacular was aided by student Sport Leaders from the West Bridgford School and was well attended by families and friends. Head Teacher Sally Macdonald said that it had been a joyful occasion. "We've had a whole week of sport and it's been fantastic to see the children engaged in sporting activities that many of them have never tried before. We hope this will inspire them to continue to be involved in sport and develop

healthy habits for life. We would like to thank the student helpers from the West Bridgford School and the friends and families for helping us to make our sports week such a success. We would also like to say a big thank you to the fantastic Mr Scholar from Koala Klubs who did so much work with the children during the week and even got our parents and teachers dancing to begin each day!"

Children took part in running, speed jumps, throwing balls and javelins and the long jump whilst observing the school's strong ethos of respect and sportsmanship.



Lainie Tainton



Hayden Reekie

ACTIVITIES THIS Summer Holiday



Teddy Bears Picnic
SATURDAY 22ND - FRIDAY 28TH JULY

Join us for a daily Teddy Bears Picnic. Help Teddy find his picnic on a trail through the woods, then return to the farm to enjoy your picnic lunch with a little treat from Teddy. Bring your own picnic or order one from our café (various options available from £2.50) - lots of other activities including crafts and hunts including all the usual daily farm encounters. Feel free to bring your Teddy along with you. (Teddy Bears Picnic is just £1 per child surcharge).

Amazing Space Themed Week SUNDAY 29TH JULY - FRIDAY 11TH AUGUST



Glew the Alien and Friends
SATURDAY 29TH JULY

Join Glew the Alien and Friends to start our 'SPACE' themed week. Play party games, sing songs, tell jokes and stories. Win prizes and have fun with his friends. (Free with entry to the park).



Planetarium
SUNDAY 6TH AUGUST

The wonder of the planets in a 360 degree immersive cinema is brought to you! Inside the dome you will experience space and adventure in a wonderful and educational way. Shows on: 11am, 11.30am, 12pm, 12.30pm, 1pm & 1.30pm.

(This is a ticketed event so book your place early. Tickets available on the day on entry and each show is subject to availability. £2/person/show surcharge for a Planetarium ticket).

SEASIDE WEEK Seaside Family Favourites Week
SATURDAY 12TH - 25TH AUGUST

'SEASIDE' themed week with Punch & Judy joining us on 13th & 20th August, seaside crafts and hunts on throughout the week, add more fun with a Donkey Ride for just £2 (subject to availability). Punch & Judy - bringing children and adults the traditional magic and comedy without any violence. Traditional hand carved puppets. (Free with entry to the park).



Peak District Highland Games
SUNDAY 27TH AUGUST

Amazing Highland Games and also The Great Lorenzo Children's Entertainer. Stone Throw • Vehicle Pull • Stone Carry • Caber Toss • Log Press & Much More! Also on the day: Matlock Meadows Ice Cream, Bar & Craft Fair, Music & Competitions. (Free with entry to the park).



Pirates Week
MON 28TH AUGUST - SUN 3RD SEPTEMBER

Learn to be a Pirate on 3rd September - Captain Crabstick, Roxie and Scabby the pirates have been ship wrecked on a desert island and are searching for a crew fit to sail the murky waters of the seven seas! Train to become a barbaric buccaneer by learning how to fight like a pirate, bury treasure like a pirate and sing like a pirate! Can you earn your eye-patch in our fantastic interactive show! (Free with entry to the park).

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Family Fun Day to Help Raise Over £1,000 for Deaf People



L-R Melanie Smith Ambassador for The Ear Foundation, Mel Gregory, Chief Executive of The Ear Foundation, Lord Mayor of Nottingham, Councillor Mike Edwards, Lady Mayoress and Beth Bearder Trustee for The Ear Foundation

Nottingham based deaf charity, The Ear Foundation, held its Annual Open Day fundraising event on Saturday 1st July, raising over £1,000 towards its services to help deaf children, teenagers and adults at its centre in Lenton, Nottingham. There was fun for all the family including a bouncy castle, face painting and a magic show for the children, as well as arts and crafts, a tombola, raffle, cake stall and games, and everyone enjoyed the tasty food from the BBQ.

Sarah Hoyle, head of adult services at The Ear Foundation said: "All the money raised will go to support the work of The Ear Foundation with our services to help deaf children, teenagers and adults." The Ear Foundation was founded in Nottingham in 1989 when hearing technology, such as cochlear implants weren't available for children in England. Deafness in both childhood and adulthood has a devastating effect on language and communication developments and, since starting out, the charity has seen

hearing technology move from being controversial to being a routine provision today, bringing life-changing benefits to deaf children and adults. Sarah Hoyle, head of adult services at The Ear Foundation explains: "The Ear Foundation today bridges the gap between clinic-based services, where today's exciting hearing technologies, including cochlear implants and bone conducting hearing implants are fitted, and home, school and work where they are used by people in daily life."

Mansfield is Blooming this July

Mansfield was blooming, as judges from the East Midlands in Bloom competition were given a guided tour of the district. The judges, Sharon Sutton and Diane Moore, were welcomed by Mansfield District Council's Parks team and then shown around the district. They visited parks, allotments, community gardens and local nature reserves across the district as well as taking a tour of the town centre, which was led by a representative from the Mansfield Business Improvement District (BID) and the Town Centre Manager. Judges also met with volunteers carrying out work on nature reserves, allotments, community projects and gardens. During the whistle-stop tour, judges got the chance to meet with residents from Vale Court and volunteers from Maun Conservation group, who were joined by Councillor Kevin Brown from Oakham Ward, and pupils from King Edwards Primary School, who made sticky card collages using flowers and leaves found at the reserve. They also visited the Little Roots allotment project at Longyards allotments and made a visit to St Edmund's Community Orchard, meeting fundraisers and volunteers. Last year, Mansfield was awarded with a silver gilt award in the East Midlands in Bloom cities category. Mansfield

was also awarded the special Judges' award for improvements made to the River Maun conservation area and the environmental education and involvement of children. It is hoped that Mansfield will top last year's achievement with a Gold medal. Each town that enters the regional competition is judged and recognised for work carried out to improve surroundings through the use of plants and landscaping. The competition also looks at how towns create sustainable environments and develop community projects. Cllr Andrew Tristram, Portfolio Holder for the Environment and Wellbeing, said: "The judges were able to see some of the great work and projects taking place across Mansfield in our parks and open spaces. "I hope that all the hard work and dedication shown by everyone involved, from council staff to school children to the excellent friends and community groups, will be rewarded when the results are announced later in the year." Diane Moore, an East Midlands in Bloom judge, said: "At this stage, the competition is all

about seeing if the In Bloom teams have moved forward with recommendations made last year. "On behalf of us both I'd like to say thank you to all the teams involved for your hard work. We thoroughly enjoyed speaking with the community groups and can appreciate the amount of effort that has gone into each location." The results will be announced in September. Winners from the East Midlands in Bloom competition may then compete for the Britain in Bloom title.



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Paddlers raise over £8000 in Nottingham Hospitals Charity Dragon Boat Race

Over two hundred intrepid paddlers took to the River Trent on Saturday 1st July to take part in the Dragon Boat Race and raise money for Nottingham Hospitals Charity.

The charity race, which is inspired by an ancient Chinese boating tradition, took place at Trent Bridge over a series of heats and finals over a 250m course.

Twelve teams (each made up of 16 paddlers and one drummer) took part in the race, representing wards and departments from

across Nottingham University Hospitals NHS Trust, as well as local businesses.

The overall winners were Team Aston, headed up by Mark Disney from Swadlincote, who has been raising money for the Children's Cancer Wards at Nottingham Children's Hospital ever since his son Aston was treated there for leukaemia in 2012. Team Aston beat The Pirates of J Tomlinson and Children's Pick 'N' Mix in the Grand Final. The time difference between first and second place was a mere 0.4 seconds!

The fastest time on the day was recorded by a team from The Abdication Micropub in Daybrook, whilst Team LILO (made up of staff from Linden Lodge, the Neuro Rehabilitation Unit at City Hospital) was presented with the award for best dressed.

The Nottingham Hospitals Charity race was managed by Nottingham Anaconda Dragon Boat Club, with The Nottingham Britannia Club providing refreshments to paddlers and sup-

porters. Prize sponsors included 200 Degrees Coffee, M&S West Bridgford, Sainsbury's Beeston, Nottingham Greyhound Stadium, and the Larwood & Voce Pub and Kitchen.

The total sum is still being collected in from teams, but is set to exceed £8000. The entirety of this sum will be used to fund Nottingham Hospitals Charity's activities and facilities. Nick Lawford, Fundraising

Manager at Nottingham Hospitals Charity, said: "It has been such a fabulous day and we are so grateful to all of the amazing crews who have dressed up, got wet, competed hard, and raised so much money for Nottingham's hospitals. There has been a fantastic atmosphere, with lots of healthy competition and plenty of fun. Thank you so much to everyone who has taken part and made it such a special day".

Air Cadets to Pass on Life-saving Techniques

Air Cadets in West Bridgford are putting on a special event to help teach the local community vital life-saving techniques.

On Thursday 20 July the 209 (West Bridgford) Squadron Air Training Corps will be holding the Heartstart event at their Wilford Lane headquarters (NG2 7RL) from 7pm to 9pm.

The aim is for the cadets to pass on the life-saving skills they have learnt as cadets such as how to help someone who is choking, how to respond to serious bleeding and how to perform CPR.

Cadets have been inviting their family and friends to the event but it's also open to the public.

It's being run in conjunction with the British Heart Foundation's Heartstart campaign and is being supported by Trent Community First Responders.

Adult volunteer, Officer Commanding for 209 Squadron, Flight Lieutenant Jade Brock, said: "Our cadets have learned these life-saving techniques as part of the Air Cadet syllabus.

"You will never know when you might need them but they really could save someone's life and we're delighted to be able to pass the information on to the wider community.

"We look forward to welcome members of the public to the Heartstart event on Thursday 20 July."

To register your interest in attending visit adj.209@aircadets.org.

Scammers warning to Nottingham residents

People in Nottingham are being warned to keep an eye out for scammers, following a number of cases in the city/

Designed to con consumers out of their money, scams are conducted via post, the internet, and by telephone to name but a few methods. In Nottingham City alone, there have been a number of recent cases where elderly, lonely and vulnerable consumers have been caught in the scammers web of deceit, lies, fear and shame.

One elderly victim had been duped to such an extent that after spending £600 per month on entering the 'Australian Lottery' (that doesn't actually exist) she believed the scammers when they informed her she was the lucky grand prize winner of the Australian lottery and had won millions of pounds. She was even expecting a trip to Australia to collect her winnings. Needless to say that trip never came and the alleged winnings never arrived. The only thing that has changed for this consumer is that control of her finances were

passed to a third party as the victim was at risk of losing their home if they continued to respond to this heartless fraud.

Another victim of the bogus Australian lottery who was assisted by Community Protections Trading Standards Service has said:

"After we stopped sending money to those scam people, they sent us a £10 note in the post as a sweetener to encourage us to carry on with their scam, but we won't be doing it any more. Those scammers are abusing people. We're saving the money we would have sent to the scammers and are planning a holiday instead."

In other cases dealt with by the Community Protection Trading Standards Service, the scammers have even turned up at victims homes as part of an intricate courier fraud. In these cases, victims were led to believe their bank accounts were in jeopardy and were informed by the scammers who were posing as police and Trading Standards Officers that a courier

would collect their bank cards and pin numbers to keep them safe.

In Nottingham City, Community Protection Trading Standards Service are continuing to support a number of residents targeted by lottery scams, mail order vitamin scams, a bogus call blocker scam, a dating scam and a number of prize draw scams. They are reminding people to stay vigilant and keep an eye out for scammers as they mark Scams Awareness Month this July.

In addition, the Service is also working in conjunction with the National Trading Standards Scams Team to protect City residents, and are currently working through a list of several hundred names of residents that have been found on a mailing list used by scammers.

To help combat scams in the Nottingham City area, residents are being asked to remain vigilant and to speak out about the issue. Scammers rely on secrecy, fear and their target being too embarrassed to re-

port the matter in order to keep the scam going. The National Scams Team estimates that the detriment to UK consumers as a result of these scams is as much as £10 Billion a year. It is also believed the issue is also widely under reported.

As the work of Trading Standards is intelligence led, if you or someone you know is being targeted by a scam let Nottingham City Trading Standards Service know! Don't suffer in silence - action is being taken at both a local and national level to tackle scams by working with other agencies to cause disruption by closing down mail accounts, blocking telephone numbers used in scams, and where possible, by taking enforcement action - but this work can only be done with help from the public.

Any information regarding a scam can be reported in confidence via the Citizens Advice Consumer Service on 03454 040506 or by using the online reporting form found at www.citizensadvice.org.uk

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AUGUST 2017

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American Dream for Nottingham Trent Students



Two students from Nottingham Trent University have been awarded a prestigious scholarship which will send them on an six week adventure around the USA.

The Nottingham Roosevelt Memorial Travelling Scholarship will allow the pair to explore their topics of interest, carrying out research across different US states whilst meeting people from prominent organisations.

Graduate Miles Waghorn will use the opportunity to research the relationship between ageing and technology in American society which will help develop his technology business.

Whilst current student Angelena Efsthathiou will research how to increase community and youth engagement with wildlife, understand species re-introduction programs and continue her research into bat conservation.

Miles graduated from the university in 2015, and has since taken residence at The Hive – the university's centre for enterprise and entrepreneurship – where he runs TechSilver, an e-commerce company which sells technology and provides gadget advice to older people.

Miles also recently set up a music events company from The Hive, and writes a weekly column in The Lady – Britain's longest running women's weekly.

He said: "I'm really looking forward to the adventure, and I can't wait to see what I can learn from the US to improve my business. My plan is to meet with digital skills charities and Silicon Valley start-ups to gain advice on how to grow TechSilver and my new venture Square One."

"I'm the fourth person from The Hive to be selected for the scholarship, which shows how popular the US is for young businesses. This will be a great opportunity to build Nottingham's profile, make business contacts and immerse myself in the US culture."

Postgraduate student Angelena, who is from x and studies MSc Endangered Species Recovery and Conservation at Brackenhurst Campus, will visit 12 states and meet wildlife organisations carrying out research into bat ecology.

She said: "My passion is nature

and wildlife, and the US has some of the most beautiful and diverse landscapes in the world. This is an amazing opportunity for me to learn more about conservation in the US and find out how to increase youth engagement with nature.

"During my trip I will meet with wildlife organisations and leading universities to gather information that I hope will benefit Nottinghamshire's wildlife and people, and encourage them to become more involved with environmental protection."

The scholarship was set up in 1946 by Nottingham Lord Mayor Francis Carney to honour former President Roosevelt, and has since seen over 150 young people from Nottinghamshire visit the country.

Russ Blenkinsop, Secretary and 1983 scholar from the Roosevelt Scholarship, said: "We are delighted to have had strong candidates for this year's scholarship and to continue to develop our links with NTU."

"Miles and Angelena's project stood out from the other applicants and along with another of this year's scholars – Gareth Morgan – we are confident they will all benefit Nottinghamshire in their own way."

CEOs Show Solidarity With Homeless

Notts County's Meadow Lane stadium welcomes the return of the "CEO Sleepout", which is hoped will continue to generate thousands of pounds for local disadvantaged people. Two local sports charities, Notts County Football in the Community (FITC) and Nottinghamshire County Cricket Club's Trent Bridge Community Trust (TBCT) have teamed up to organise the local sleep out. The event which targets CEOs from local businesses will take place on Thursday 5th October including Notts County FC's very own, Alan Hardy. CEO Sleepout is also a registered charity and was set up to improve the lives of people battling with homelessness. After a number of successful high-profile events throughout the UK at major sporting grounds such as St James' Park, Lords and Villa Park, CEO Sleepout is returning to Meadow Lane, home of the world's oldest football league club. Having previously raised £46,700 last year, organisers from both Nottingham based sports clubs are optimistic that Nottingham CEOs will be keen to show their competitive spirit and join the event to help raise thousands of pounds to support the Nottinghamshire community.

James Bromley, Partnerships and Event Executive at FITC said:

Both sports charities (FITC and TBCT) work to improve the lives of thousands of local people each year, using the power of sport and the profile of their

respective sports clubs to deliver a range of sporting projects to many different groups of marginalised people. By joining together, this event will help to sustain the work of both charities. In addition to this, two local homeless charities will also benefit from the event with The Friary and Emmanuel House again being nominated as the homeless beneficiaries for the event.

A number of local CEOs, directors and senior management have already registered for the event with very little promotion. It is hoped many more will show their compassion by registering to take part in the coming weeks when news of the event spreads. Each CEO has a target of £1,000 to raise in sponsorship. CEOs from some of Nottingham's top companies will dust off their sleeping bags and take part alongside **Bishop Tony Porter and Alan Hardy, Notts County Football Club Chairman & Owner who said:**

"At Notts County FC we pride ourselves on being a community club and we're proud to be, once again, hosting the CEO Sleepout at Meadow Lane and raising funds for such an important cause. I'll be donning my sleeping bag along with many other local business owners to raise awareness of the issue of homelessness in Nottingham and I strongly urge all Business Leaders to join me for what will be an amazing experience".

Dawn Cragg MBE
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Newark Nursery Judged to be 'Outstanding in All Areas'

A children's nursery in Newark town centre has been placed in the top 13% of nurseries in England and Wales after Ofsted declared it to be 'Outstanding In

All Areas' following its latest inspection. Children 1st @ Newark Town, which is located on Appletongate, has been judged to provide outstanding

provision in all areas of its work following a recent inspection by Ofsted.

This is a wonderful achievement for the nursery, which is owned and managed by Children 1st Day Nurseries, whose second setting in the town, Children 1st @ Newark located just off the Great North Road, is also judged to be 'Outstanding in All Areas' by Ofsted.

The report abounds with so many positive comments about the outstanding achievements of the children and staff and, understandably, everyone at the nursery is delighted with this marvellous outcome.

Outstanding Outcomes for Children

Happy, settled, kind, caring and showing, 'excellent levels of independence and social confidence,' are the words used to describe the children at Newark Town which is music to the ears of parents and staff! Children's social skills were found to be 'excellent' as shown by how they 'share, negotiate and patiently take turns.'

The inspector found the quality of teaching and learning to be outstanding, with the children making 'excellent progress in their learning'

and 'exceptionally well prepared for their next stage in learning.' This includes being ready for school, with the older children developing early reading and writing skills through a range of fun activities. In addition, 'the superb range of high quality, challenging and interesting activities' were found to be having a positive impact on the enthusiastic children.

Describing the nursery environment as 'vibrant, inviting and highly stimulating, the inspector praised the staff for creating an environment which motivates learning and where the children benefit from activities that promote curiosity and ongoing access to the outdoor learning environment so they are able to enjoy plenty of physical activity.

Accurate and Sharp Focus on Improvement

The inspector, who scrutinised very thoroughly every aspect of provision at the nursery, was impressed by the vision shown by the outstanding leadership and management. With 'an uncompromising and highly successful drive to improve' the nursery manager ensures that everyone 'aims for excellence in all that they do.'

The ongoing professional development programme for the staff was seen as a significant factor in the high standards of provision at the nursery, with the inspector praising the 'ethos of reflection and evaluation' encouraged by the management team.

An ecstatic Alison Holmes, nursery manager, is pleased that the inspector highlighted the effectiveness of the staff.

"It's great to have the inspector endorse the impact of our staff development on the quality of provision at the nursery. As pointed out in the report, we regularly analyse our own performance and that of the children. We find that by closely examining our work we can build a very accurate development plan for the staff and the direction of the nursery and also make sure that learning opportunities for the children are finely tuned so they make good progress."



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Eggleston
Thursday 10:00am
Tel: Margaret on 07877 615284

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

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

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

Chilwell
St Barnabas Church
(off Inham Road)
Thursday 5:00 & 7:00pm
Tel: Nic on 07539 086885

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

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

East Leake Leisure Centre Dance
Studio Room (Opposite Reception)
Saturday 8:30am
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Tel: Gillian on 07463864253

Edwinton Golf Club
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Tuesday 7:00pm
Tel: Sacha on 01159287316

Gresham Sports Pavilion
Gresham Park Road
Off Willard Lane
Wednesday 7:00pm
Tel: Shirey on 07946727077

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

The Rugby Club
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Thomas Bow Constructs Fantastic Anniversary Celebration

CELEBRATING its 150th year in business, Nottingham-based Thomas Bow City Asphalt threw a big birthday bash to celebrate the milestone and raise money for the Lighthouse Club charity.

The event, which took place at Nottingham Rugby's Lady Bay ground, saw more than 400 employees - past and present - families, friends, clients, suppliers and more attend the celebration.

Thomas Bow, a civil engineering and surfacing company, went all out with its festivities hiring bouncy castles, laser clay shooting, giant Scalextric and high striker to entertain guests of all ages with the event culminating in an impressive fire work display.

Alistair Bow, sixth generation managing director and chairman at Thomas Bow, said: "The event was a resounding success and we were thrilled that

so many former employees who worked for the company decades ago were able to attend and have a good time."

Alongside the festivities, the event also showcased the entire Thomas Bow archives for the first time, displaying 150 years of heritage.

"It was great to reflect back on the firm's history as its impact across the region has been immense. It

makes me incredibly proud to know that anywhere you drive in Nottingham there are Thomas Bow buildings and roads," added Alistair.

"Construction is at the heart of our business so it was only apt to

we had a raffle with some incredible prizes from our generous suppliers."

The firm has constructed some of Nottingham's most distinguished landmarks, such as the Wilford Hill Crematorium, the former



have a construction theme running throughout the event. We had many of our large plant vehicles on site but also incorporated games such as mini digger hook-a-duck - which was extremely popular.

"Our chosen charity is also within the trade and we are very proud to support the Lighthouse Club as it carries out important work across the industry. To help raise money

branch of Barclays Bank in the Old Market Square and the Raleigh factory extension which was opened by the Duke of Edinburgh in 1952. It has also been responsible for providing thousands of homes across Nottingham.

To find out more about Thomas Bow City Asphalt, visit www.thomasbow.com or join the conversation on Twitter @thomas_bow.

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Ba (Hons)



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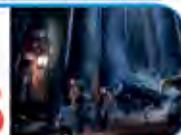
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Primary School Children Meet Newark's 'Indiana Jones'!

When Barnby Road Academy pupils were taken on a 'world of work' school trip to Saint-Gobain Formula's site at Balderton, they did not expect to see ancient pottery, animal bones and teeth – or to meet Newark's very own 'Indiana Jones'! But that's exactly what happened recently when the 20 pupils, aged 10-11, enjoyed a behind-the-scenes visit to the site which quarries gypsum and manufactures plaster products to be used in applications such as construction, dentistry or ceramics manufacturing. The trip was a 'Together for Newark' initiative run by Saint-Gobain Formula to promote a variety of careers to children about to embark on their secondary education. It included a tour of the offices, a chance to chat to a variety of different specialists in various careers, and a

session with 'Indiana', or rather our very own Lincoln-based archaeologist Adam Slater (as he is more normally known) of PCAS Archaeology Ltd.! The children discovered fascinating facts about the ancient history of the wider area but also the site itself (which has seen Iron Age and Roman settlements and an RAF base in the Second World War), at the same time as gaining an understanding of what it's like to be an archaeologist. Adam has been involved with Saint-Gobain Formula through recent excavations carried out at the company's adjacent Bantock quarry in preparation for the next phase of extracting gypsum. Adam, who works with PCAS Archaeology, said: "I showed the children some objects we found during our latest phase of archaeology; they were

animal bones and teeth and pottery mainly from the Iron Age and Roman period. They found it fun to guess what the various objects were. One pupil dressed up in the kind of work gear I would wear on a normal dig – and we compared this look to the slightly different Hollywood version of Indiana Jones. Through the objects, the workwear and the archaeological equipment I brought along, they got a pretty good idea of what my job is like!" He added that having worked with the Bantock Quarry team for the last year it was rewarding to be invited along to tell the local children about the life of an archaeologist as part of the careers initiative. "I hope some will be inspired to take up archaeology as a profession – we have so much rich history under



our feet, especially in this part of Nottinghamshire." Amelie Dickinson, Senior Human Resources Manager for Saint-Gobain Formula coordinated the 'world of work' visits. She said: "It is important for children to start understanding the many different careers and paths they can choose. We tried

to show them how what they learn at school will be useful when they go out to work. Having not only engineers and apprentices, but also support functions, sharing an insight of their day to day working life may inspire them to pursue a career with us one day." Barnby Road Academy

teacher Duncan Barnett added: "What a great experience for our children. Adam made history really come alive by letting them see and touch artefacts from Iron Age and Roman Newark. The whole trip opened children's eyes to the wider world around them and got them thinking."

Pinda Lancashire
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Aries
 Avoid toxic foods, beverages and people if you wish to distance yourself from negativity and all that is bad for you. A recovery period has commenced enabling you to heal old wounds and start making some good, positive decisions. An old hurt will slowly fade away allowing you to make new contacts and begin a more successful chapter with people who are far more sensitive to your needs.

Taurus
 A close friend's life will seemingly be running parallel to yours so there will be plenty you share in common and can help one another's self-esteem and confidence improve. Stress and pressure at work will continue to drain your energies as more and more responsibility is piled high on your plate. A make or break scenario in your career looks ever more likely, but before you start making any drastic changes, check your finances are all in order.

Gemini
 For good reasons of your own regarding a certain situation, you are wise to cut your losses and go back to the drawing board in an attempt to move forwards and head off in a completely new direction. It's not possible to change another person's thinking and if they refuse to see sense or at least compromise with you, it is worth the time and effort you have been prepared to put in just to walk away empty handed? It's time to start putting yourself and your own needs first.

Cancer
 Interesting developments in both your working and personal life will restore your faith in life once more as you realise that doors are beginning to open that are all indicating an excellent chance of connecting with new-like minded people. Even if you are happily single and not really in the mood for an intense relationship, you will find yourself growing close to someone you feel happy when in their company without giving up your much valued independence.

Leo
 Interesting developments will unravel themselves shortly that will change the course of your life forever. If you are disillusioned with your career or a personal relationship then you have some deep thinking to do because nothing will change unless you start thinking differently about your long term prospects. You may even embark on a brand new business venture and if single, be cautious about any new partner as it is important that you are aware of what you are letting yourself in for.

Virgo
 At times it's all going to get a bit much because certain people are flowing in and out of your life at such speed that it's difficult to either keep up with them or understand their reasoning. A change for the better is on the cards and a calmer spell of harmony and affection in your personal life enables you to enjoy a few treasured moments with loved ones.

Libra
 Devote time and attention to your loved ones and put home matters first every time. Events will cause you to re-think a long term strategy because it's vital that you put your emotional and mental needs first for a change. In the past you have been only too willing to go along with things going against the benefit of the doubt. Pay attention to finances because it is crucial that you do not fritter good money away on anything that is unnecessary at this moment in time.

Scorpio
 Money, wealth and financial security is mostly at the top of your agenda and you have some decisions to make regarding an investment. An appointment to visit the bank at some point may be necessary. By joining a new social group you are sure to meet other like minded individuals who are fun to be and full of stimulating conversation away from your every day routine and if single, it won't be long before you are enjoying the company of someone raw and interesting.

Sagittarius
 An announcement will create buzzing optimism and feelings of goodwill with both yourself and those you are closest to encouraging you to make new plans that have been whirling around in your mind recently. A few sacrifices and compromises may have to be made but nothing you cannot take in your stride. Someone who has treated you badly in the past may try to get back in touch.

Capricorn
 A complicated situation will come a full circle forcing your hand as you approach one of the biggest crossroads of your life to making a decision about which direction to go in next will not prove easy. You may even seek advice from someone who trust but not only that, your restlessness may also drive you to want a change of job because you feel ready for a complete change. Certain friends will not all be surprised at these developments because they understand how difficult life has been for you.

Aquarius
 Recent circumstances will have dictated about which friends you are interested in keeping in touch with and whom to distance yourself from. Overseas travelling looks likely and if you are interested in purchasing a holiday home, now is the time to look forward to the sale of this century. Singles can look forward to new admirers and some dinner dates as you never know where chance meetings will lead to because there is magic in the air.

Pisces
 Dedicate your time to getting back into balance. New and exciting doors are starting to open because you are ready to make some positive advancements in both your personal and working life. Someone is going to offer you an enormous amount of help and encouragement that will enable you to really find the peace of mind and emotional stability that you have lived so hard to find but which always remained elusive, until now.

National Lottery funding awarded to develop community allotment and garden

Nottinghamshire Healthcare has been awarded £10,000 of National Lottery funding from the Big Lottery Fund. The grant will enable the Highbury Live Team to further develop our Come Grow with Me Project at Highbury Hospital which is a community allotment and garden. The project aims to support people with their recovery journey by providing them with a safe, welcoming green space to come to. The grant will mean we can employ a

community gardener three mornings a week for one year. This worker will provide guidance and support in developing sensory and soft fruit areas for the garden as well as providing a programme of horticultural workshops for Highbury service users and staff. It will also fund nine new raised beds, the creation of a sheltered area and the horticultural equipment and materials needed to further develop the allotment and garden. The Come Grow with Me Project is now in its second year and has already

proven a great success, gaining positive feedback from service users, staff, carers, volunteers and the wider community. Claire Blakey, Live Project Occupational Therapist and Lead of the project said: "The Come Grow with Me Project was initially developed in response to feedback from staff, service users, carers and volunteers. The feedback identified the need for a green space where people can come to relax, socialise, take part in horticultural activities and feel valued

members of the community." "We are thrilled to have been awarded this grant from the Big Lottery Fund to develop this further and believe it will make a big difference to everyone." There is a full timetable of groups which is supported by the Live Team and volunteers. There are also bookable slots to enable Highbury staff to use the space to facilitate their own groups and/or individual sessions. In addition to this the allotment and garden is open each lunchtime Monday to Friday for all to enjoy.

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The Nottingham Beach returns for its 9th year to Nottingham's Old Market Square from Thursday 13th July until Sunday 3rd September.

We're sure that this year's **2017 NOTTINGHAM BEACH** event will make the Market Square the destination to be this summer.



A new addition this year will be our **brand new 'Gin Garden'** featuring over 30 different gins for you to try. The 'Beach Bar' is a **perfect place to relax and unwind** for the adult audience.

Opening from **Thursday 13th July at 12pm**, then daily at 10am - 11pm, Sunday to Thursday, and 10am - 11:30pm Fridays and Saturdays.

We have a **brand new cocktail menu** that will

brighten up the summer even more. We're serving a full range of drinks including quirky cocktails, served in anything from a fresh pineapple to a baked bean can or a coconut. With classics such as 'Mojito's' and Margarita's making a welcome return, and with twists like **'The Cobbled Raspberry'** we're very sure there will be **something to suit everyone's tastes.**

As always we will be putting on **live entertainment** with local bands and singers, and DJ's making an appearance at the Beach. Once again, we've teamed up with Capital FM who will be bringing their street team and will be **giving away prizes** and providing some amazing entertainment for the whole family to enjoy.

EACH YEAR THE EVENT GETS BIGGER AND BETTER WITH 2017 SET TO BECOME THE BIGGEST YET WITH MORE THEMED ATTRACTIONS, ENTERTAINERS, LIVE ACTS AND DJ'S.

The event is designed so that everyone can enjoy their visit and keep the kids entertained whether that be building sandcastles on

the beach, or enjoying the family friendly rides such as the 'Sand Dune Racer', 'Surfs UP' swing, and the 'Bungee Trampolines'. For the more adventurous out there, we've got the **'Crazy Wave'** and **'Around the World'** attractions.

If you want to keep your feet on the ground then head over to the **traditional** seaside arcade where you'll find fun games like 'Hook a Duck', 'Basket Throw' and 2p push games.

This year's food offering will feature a **brand new 'Burger Shack'** serving everything from amazing hot dogs and burgers to tasty jerk chicken, and more traditional favourites such as 'fish and chips' to bring the authentic British seaside feel to life. If it's more of a

sweet thing you're looking for, we'll have a variety of different ice creams, crepes, pancakes and traditional donuts, as well as a **brand-new milkshake bar.**

Regular free entertainment, DJ's and live acts will be running throughout the week on both the decked bar area and on the main beach area.

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What's On

SCHOOLS OUT!

IT'S THE BIGGEST EVER SUMMER IN NOTTINGHAM AND EVERYONE IS INVITED!

Summer 2017 is set to be the best ever in the city, with everything from amazing new events like the world-exclusive Dinosaurs of China Exhibition and the British Triathlon Mixed Relay Cup – which will be broadcast live on the BBC – to popular free family events like Riverside Festival and the Beach, as well as smaller community events taking place in neighbourhoods across the city.. Nottingham City Council's new campaign 'Nottingham's BIG Summer' launches tomorrow (Tuesday 4 July) to highlight the range of events and activities on offer.

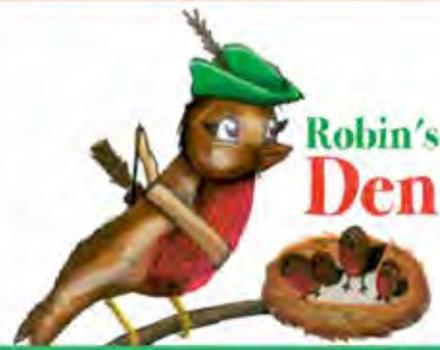
For families with young children who will be off school from 27 July – 30 August, there's no shortage of fantastic things to do, from the £1 a day School's Out scheme, to free events in parks and around the city at New Art Exchange, Nottingham Contemporary and many more. Nottingham residents can also take advantage of the discounted METRO travel offer with Trent Barton when they visit events taking place in Derby, such as the Derby CAMRA Summer Beer Festival from 5-9 July, getting £1 off an all-day ticket. Nottingham will also proudly celebrate our award-winning parks this

summer. Nottingham city parks are in consideration for 35 Green Flag awards, with a decision being made by 19 July. Councillor Dave Trimble, Portfolio Holder for Leisure and Culture at Nottingham City Council, said: "There's so much to be proud of about our fantastic city – and our brilliant events have got to be one of the best things about Nottingham. "There is a huge amount going on this summer, from big sporting events and festivals, to the world exclusive Dinosaurs of China exhibition, and events in your local neighbourhood.

THE BIGGEST EVENTS INCLUDE:

- Dinosaurs of China from 1 July
- Poppies: Weeping Willow at Derby Silk Mill until 23 July
- Wollaton Arts Festival 1-16 July
- Derby CAMRA Summer Beer Festival 5-9 July
- Outdoor Theatre at Nottingham Castle, Newstead Abbey and Wollaton Hall 7 July -1 Sept
- Independents Festival 8 July
- Nottingham Beach opens 13 July
- Love Parks Week 14 - 23 July
- Smooth Cinema 21 July -13 August
- England v South Africa at Trent Bridge 14 - 18 July
- Splendour Festival 22 July
- Nottingham schools summer holidays begin 27 July
- Nottinghamshire Pride 29 July
- Riverside Festival 4 - 6 August
- Nottingham Caribbean Carnival 20 August
- Outdoor Cinema at Wollaton Park 24 - 28 Aug
- Great Food and Drink Fest at Newstead Abbey 26 - 28 Aug
- British Triathlon Mixed Relay Cup 2 September
- Nottingham MELA Festival 8-10 September
- Heritage Open Days- FREE entry at Nottingham Castle and Newstead Abbey 9 & 10 September
- Robin Hood Marathon, Half-Marathon and Mini Marathon 24 September

For all enquiries, please contact kerry.edwards-kelsall@nottinghamcity.gov.uk 0115 8763350



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Call now to book a place or for further information on 07490959433 or 01623420200 or email robins.den@outlook.com

Please note at least 3 working days' notice is required to cancel a place or you will be charged and fees are to be paid in advance or on the day.



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This voucher entitles the bearer to £1.50 OFF every ADULT/CHILD (over 90cm) DAY TICKET to Sundown Adventureland when purchased at the attraction entrance until 5th November 2017. This voucher cannot be used with any other promotion, concession, advanced booking or ticket bought online or by phone. Please bring this voucher along with you to qualify for the discount.

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Funfair

Dako Flying Angels

Wild Bunch Cowboy Display & Shoot out

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IF YOU'VE GOT A STORY

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What's On

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*Offer valid until 30th November 2017, excludes Saturdays and purchase of gift vouchers. Discount code must be entered at time of booking. Only valid at Sherwood Pines. †Calls cost 7p per minute plus your phone company's access charge. Participation and supervision ratios apply - please see our website.



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Trusthorpe Springs – a heated swimming pool, where the Park is set around the grounds of the 19th century Trusthorpe Hall. Tourers are always welcome and we have a range of superb quality letting vans available for hire.

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Anderby Springs – a quiet location that's just a stroll from the wide beach with the bright lights of Skegness just a short journey away

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UPCOMING EVENTS IN 2017

at **Woodys Bar & Restaurant**
Lakeview Restaurant



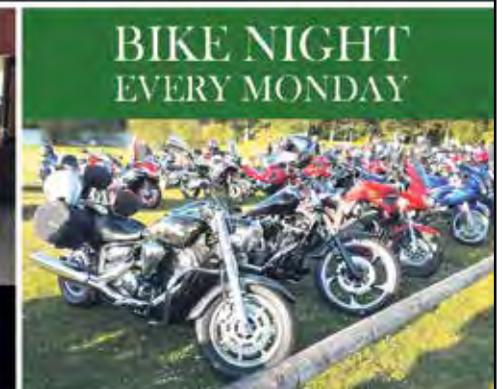
Northern Soul Nights

Sat 30th Sept • Fri 27th Oct

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EVERY MONDAY**

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IF YOU'VE GOT A STORY

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www.festivaloffireworks.co.uk

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Large variety of stalls, Fun Dog Show, Bouncy castle, plus many other events & activities



Contact Woodborough Community Association on 0115 9654158
www.woodborough.org.uk



BOSTON MARKETS

Boston's open air markets are the largest in Lincolnshire and have been held for hundreds of years. The markets take place every Wednesday and Saturday in the historic Market Place. Whether you want to do your weekly shopping or purchase a special gift, everything is catered for. On Wednesdays there are additional stalls on Bargate Green, alongside an auction which sells a wide variety of items including plants and garden ornaments, toys and games, musical instruments and furniture. Whilst visiting the Market Place why not explore some of the many surrounding lanes with their cosy cafes and independent eateries.

For further information on Boston markets please visit www.boston.gov.uk or contact Boston Borough Council on 01205 314200 or email markets@boston.gov.uk

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THE 86th ASHOVER SHOW

WEDNESDAY 9TH AUGUST 2017



A TRADITIONAL AGRICULTURAL SHOW WITH ENTERTAINMENT FOR EVERY MEMBER OF THE FAMILY TO ENJOY

THE RECTORY FIELDS
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9.00AM UNTIL DUSK

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15th - 16th July 2017
at Doncaster Racecourse
OPEN: SAT 10am-5pm / SUN 10am-4pm

THE UNMISSABLE CRAFT EVENT OF THE SUMMER

Crafting Live invites you to the award winning craft show at Doncaster Racecourse. Meet your favourite celebrity crafters and stock up on some amazing crafting supplies!

TICKETS AVAILABLE NOW!

Join your favourite crafting celebrities for FREE Make & Takes. Booking on the day is essential but we will have plenty of places available!

Tickets: £5.00 Adult
£4.00 Concessions
Or £7.50 / £6 for both days!
Under 16s (accompanied by an adult): FREE

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GET £1 OFF EVERY TICKET USING CODE NA17 (ENTER CODE AT CHECKOUT)

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Also find Stoneleigh Park, Coventry: 30th Sept - 1st Oct 2017 Peterborough Arena: 11th-12th November 2017
us at Sandown Racecourse, Surrey: 26th-27th Jan 2018 Titanic Exhibition Centre, Belfast: 26th-27th April 2018

What's On

SCHOOLS OUT!

SEARLES HUNSTANTON **First Choice Resort** **SEARLES HUNSTANTON**



Now that spring is here and summer on the way, what better time to buy your own holiday home, and what better place than at Searles multi award winning 5 star Leisure Resort and Country Park?

Just a few of the many reasons to make Searles your first choice resort:

- Family owned resort stretching back four generations
- Close to the wonderful expansive beaches of North West Norfolk
- A short distance from the lovely Victorian resort of Hunstanton
- Unrivalled sporting, leisure and entertainment facilities for all the family
- Two golf courses, driving range, tuition from our own PGA golf professional
- Two fishing lakes, bowls, tennis, pétanque, archery and sports field
- Country Club and Fountain Sports Bar with outside terrace and super views
- Indoor and outdoor heated pools with jacuzzi and sauna
- Fully equipped Fitness Studio
- Lounge bar with restaurant and the Sundowners air conditioned family entertainment venue
- Great entertainment from our own "Superstars", plus visiting acts
- Sideways soft play area and activity centre
- On park supermarket, takeaways, laundrette, hair and beauty salon and hire shop
- Ten and a half month season for caravans - eleven months for lodges
- Exclusive Owners' Activity Weekends

Pre-owned and new caravan from £14,995 to £45,995

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New for 2017 - Indoor Interactive Splash Pool, Sidney's Outdoor Play Area and Outdoor Fitness Park (14 years +)

For more information call us now on 01485 536026, or to make an appointment to view.
www.searles.co.uk | www.searlesnorfolklodges.co.uk
 Email: holidayhome@searles.co.uk
 Searles Country Park, South Beach, Hunstanton, Norfolk PE36 5BB

Away Resorts **TATTERSHALL LAKES** **Tattershall Lakes Country Park**



Looking for that ideal Park to get away from the everyday stresses of life?

Holiday homes starting from only £17,995 all 2017 fees included!

- 10 months season with the option of 12 months!
- £12 million investment! new refurbished amenities, brand new pitch developments with your very own driveways, mains gas & electric.
- 4 Fishing lakes.
- 9 hole golf course.
- Jet Skiing, waterskiing, wake boarding, kayaking, private beach,
- Spa, fitness centre, heated indoor swimming pool.
- Onsite Shop.
- Rental program available.

WHY NOT CALL 07935 235926 ask for to John Buchanan TO BOOK YOUR DAY OUT VIEWING THE BEST PARK AROUND! john.buchanan@awayresorts.com

Tattershall Lakes Country Park, 57 Seafood Road, Tattershall, Lincolnshire, LN4 4LR

THE COTTAGE MUSEUM WOODHALL SPA **WOODHALL SPA COTTAGE MUSEUM**



Taking place at the Museum during July & August

1st June - 31st August - Sports Display

Live Music in the Museum Garden
 On the following Sundays:
 • 30th July • 6th, 13th, 20th, 27th August from 2pm - 4pm
 Various artists, soul, jazz & 80s music.
 Refreshments available, free entry into the garden.
 Donations welcome.

Children's Activities - during School Holidays
 A variety of activities including, creative clay, play, paint and others.

Telephone: 01526 352456
www.cottagemuseum.co.uk



Classic Transport Weekend
 Saturday 15th & Sunday 16th July 2017



- Display of classic road vehicles
- Pullman Buffet refreshments
- Steam trains along the valley

Wirksworth Station, Coldwell Street, Wirksworth, DE4 4FB
www.e-v-r.com : 01629 823076




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Europe's largest truck show

Making a huge return to Newark and Notts Showground on 15th & 16th July

TRUCKFEST
15th & 16th JULY 2017 *Original*
NEWARK & NOTTS SHOWGROUND, NEWARK
In Association with 



Truckfest Original will return to its original birthplace at the Newark & Notts Showground in July and this year it's going to be huge and, with loads of new events and acts coming, it's bound to be a great weekend.

Each year the event grows with more trucks and people attending the hugely popular outdoor event and this year brings more trucks, more celebrities and more entertainment! Whilst retaining its unique feel, the Truckfest events are set to enhance the visitor experience with new elements not previously seen at any of the Truckfests bringing them right up to date with all that's best in the road haulage industry, entertainment features and main arena action.

Ice road Truckers stars Lisa Kelly and Todd Dewey will be greeting fans all weekend and new to the event this year the outrageous Jesse McClure from Storage Hunters will be joining Todd Dewey in the main arena as hosts so be prepared for some fun and frolics! Who knows what could happen!

And the fabulous Monster Truck Slingshot will be in action in the main arena with lots of stunts and car crushing which is always a popular attraction with the kids and the big kids too!

With live action and stunts from our top stunt man Terry Grant and live action shows from him in the main arena all weekend

there is always plenty to do and see all weekend at Truckfest Original.

The Truckfest Event is without a doubt the largest truck event within the UK and has been pulling in truck enthusiasts and Industry key players for over 35 years. The logistics sector contributes £85 Billion to the UK economy and many of the major fleet operators and their drivers attend TruckFest. With over 150 fleet operators including some of UK's prime movers attending the 9 UK shows, it is the perfect venue for all those in the Trucking industry and TruckFest can provide access to this wide ranging and valuable profile of manufacturers, fleet operators and owner drivers.

TruckFest is trusted by all the leading truck manufacturers and operators in the sector to provide an environment they can do business in.

Truckfest successfully mixes business and pleasure in one event with entertainment for the whole family throughout the weekend, main arena displays and the stunt show are always a big attraction

Ticket prices are (advanced early bird ticket costs) £14.00 for an adult, children's tickets (5-15) are only £6.00 and family tickets are £35.00 (2 adults & 2 children) Under 5's go free!

Tickets can be pre-booked by e-tickets online on www.truckfest.co.uk and simply bring your printed ticket with you to the showgrounds or alternatively download your ticket onto your smart phone and present your ticket at the gates to gain entry. Make sure you book your tickets today to receive the early bird price. Parking is free and available on site with disabled parking allocated to customers with a blue sign so please ensure to display this when parking your car. To book tickets or to find out more log on to www.truckfest.co.uk

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Summer

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Thursday 13th to
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Join us for a weekend of gardening talks,
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*Just six exclusions apply: delivery, postage stamps, gift vouchers, livestock, restaurant
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What's On

Feel the Sand Between Your Toes

BEESTON-ON-SANDS
 10:30am - 6:00pm daily
22nd July - 3rd September
 At the Old Bus Station, Beeston
 (next to the Bus/Tram interchange)

FEATURING Giant sand area • Children's rides • Game stalls • Crazy golf
 Ice cream parlour • Bar area • Hot food • Deck chairs / seating
 Rides from £1 per person

FREE ENTRY

PUPPET SHOW
 23rd & 29th July
 6th, 13th & 19th August
 2nd September

IT WILL BE BUCKETS and spades at the ready for Broxtowe residents later this month as a quintessential British Beach arrives in Beeston on the site of the old bus station.

Children and families can enjoy the feel of the sand between their toes from 22nd July to 3rd September between 10.30am and 6.00pm daily at the special 'Beeston-on-Sands' resort, complete with giant sand area to build sandcastles, deck chairs to relax and a crazy golf course, as well as children's rides, game stalls and puppets shows on selected days. There will also be seaside treats in the form of ice creams, a licensed bar and hot food stalls.

The beach is free to enter and is conveniently situated next to the Bus and Tram Interchange.

Puppet show dates include:

- 23rd & 29th July
- 6th, 13th & 19th August
- 2nd September

For more information, please contact Liberty Leisure on 0115 917 3695, email events@liberty-leisure.gov.uk or visit www.liberty-leisure.org.uk/events.

liberty leisure
 Events
 0115 917 3695
www.liberty-leisure.org.uk/events

Dogs Trust Loughborough Fun Day

Turnpost Farm, East Road, Wymeswold, Loughborough, LE12 6ST

Sunday 30th July, 11am - 4pm
 (Gates open at 10.30am)

Entry fee: £2 per person, dogs go free!

For more information, please contact ella.fongee@dogstrust.org.uk or call 01509 882966



MIDSUMMER EVE BBQ

21st JULY 2017



You are invited to our Midsummer Eve BBQ event, from 5pm till 9pm Friday 21st July.

Plenty of food and drinks, come along and find out what we're all about. Caravans in stock, awnings, outside furniture & more!

Your local friendly used caravan dealership, whether you're thinking about caravanning and want to see how much caravans have developed, or you've been caravanning for years and fancy a change, we have plenty of choice and lots to see.

Lots of car parking space, and we've even got a marquee if it rains!

See you there!



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66 bedrooms with many enjoying spectacular views over Rutland Water and surrounding countryside.



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TWICE as big and double the fun for 2017!

OPEN NOW



Back for a second year following its highly successful launch in 2016, Aqua Park Rutland has officially reopened!



The UK's biggest inflatable Aqua Park in Rutland Water has more than doubled in size for 2017, providing 8000 square meters of wipe-out park. With huge potential for epic fails and total wipe-outs, Aqua Park Rutland offers one of the most entertaining ways to enjoy the Great British outdoors this summertime whatever the weather.

Open until 23rd September, the park features around 40 fun and challenging obstacles to climb, jump, crawl, launch, slide and splash. This awesome adventure course provides an action-packed experience that offers challenge and excitement for all. The Aqua Park can take up 100 people each session, making

it an awesome experience for birthday parties, hen and stag weekends, corporate team building days or summer fun with friends and family.

Designed for a super-soaking good time, tickets are priced at £20 for a 50-minute experience, including a free wetsuit and buoyancy aid in order to tackle the awesome obstacles, balance beams, climbing walls, trampolines and blast bags and more. The course features obstacles such as Cyclone, the colossal Revolution, Jungle Jim, Kaos, Tango, Freefall Extreme, the Summit Express, Iceberg XXL and many more which promise to deliver real excitement and very wet landings.

Due to current high demand, visitors and groups of any size must pre-book online at www.aquaparkrutland.co.uk to avoid disappointment.

AQUA PARK
RUTLAND.CO.UK

OPEN UNTIL
23rd September

All bookings **ONLINE ONLY** for individuals and groups whether small or large at www.Apr.sports-booker.com

The banner features the Aqua Park logo in large, blue, bubbly letters. Below the logo is the website address 'RUTLAND.CO.UK' in a red box. The main text 'OPEN UNTIL 23rd September' is in white on a blue background. At the bottom, there is a red box with white text stating 'All bookings ONLINE ONLY for individuals and groups whether small or large at www.Apr.sports-booker.com'. The banner also includes several small inset photos showing people enjoying the park's slides and obstacles.



The Dunes Complex

YOUR LOCAL ON MABLETHORPE SEAFRONT

TEL 01507 479999

- Live entertainment every Saturday night
- Tribute Wednesdays – See our website or facebook page for details on the up & coming acts, all artists supported by DJ Raz, plus childrens entertainment from 6 - 8pm
- Cash Bingo starting 18th June 1.30pm – 3.30pm

16th August

COMEDY



23rd August

BRUNO MARS



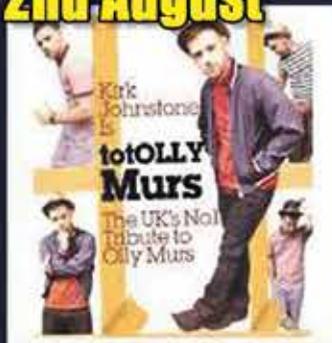
30th August



26th July



2nd August

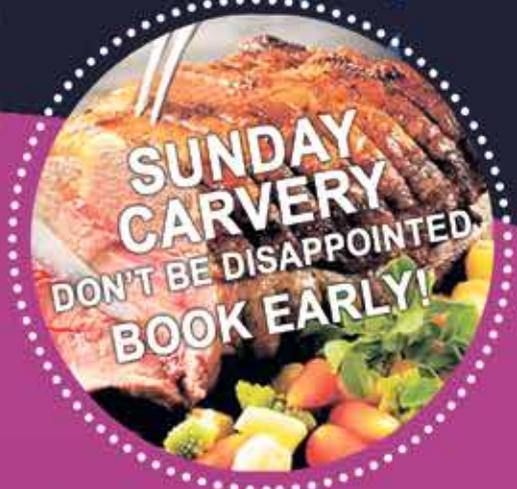


9th August



Enter as
strangers leave
as Friends!

Special menus on
Thursday Fish Night
and Saturday
Steak and Rib Night



All our up to date events and
information on www.dunescomplex.co.uk

Good Food, Good Entertainment Good Company

It's Dawn of The Dinosaurs for Nottingham

More than 7,000 visitors were the first to experience amazing dinosaur discoveries this weekend when the world-exclusive Dinosaurs of China opened its doors for the first time.

Taking place at Wollaton Hall and Nottingham University's Public Arts Centre Lakeside Arts from 1st July to 29th October, the never before seen exhibition wowed audiences with 26 3D skeletons and fossils, with some having never been seen outside of Asia.

From the impressive Gigantoraptor, the largest bird-like feathered dinosaur in the world to the unmissable Mamenchisaurus – a dinosaur the same height as three double decker buses, visitors were taken on a once-in-a-lifetime journey as they discovered how dinosaurs evolved from the ground shakers to the

birds we see today.

Children were also treated to the exciting and informative Dino Explorers Zone where they could become a curator for the day, exploring special fossil replicas and examining fascinating dinosaur footprints, through a number of puzzles and activities.

Visitors to the complementary exhibition at Nottingham Lakeside Arts were greeted by two fascinating dinosaur skeletons - the Alxasaurus and the Dilophosaurus. Together with the University's own Life Science collection, the interactive exhibition explores palaeo-art and how science and art help us figure out how dinosaurs may have looked.

Exhibition curator Dr Adam Smith commented: "This is an amazing exhibition and I'm so thrilled that following a 5,000-mile trip from the dinosaurs

from China and a two-week extensive build, we have been able to finally open the doors to the public and show them just how amazing the skeletons and fossils are. This really is a once-in-a-lifetime opportunity to see this exhibition and I can't wait to welcome more visitors over the summer."

Cllr David Trimble, Portfolio Holder for Leisure and Culture at Nottingham City Council added: "It was great to see so many people enjoying the opening weekend of this incredible event for Nottingham. Families should definitely get a date in their diaries over the summer to get along to see this stunning exhibition – the sheer scale of the exhibits is truly amazing and visitors young and old will be fascinated by the connections this exhibition makes between these huge prehistoric beasts and modern-day birds.

I urge you not to miss it!"

The exhibition was delivered thanks to the special relationship formed with China and the University of Nottingham and Nottingham City Council. Dinosaurs of China has proved to be a fantastic opportunity for Nottingham to see some of the best examples of palaeontology in the world.

Prices are £7.00 for an adult and £5.00 for a child. Family tickets are £20.00 for two adults and two children, subject to a 10 per cent booking fee if purchased online. Carers and children under five go free and the event welcomes school parties at a reduced price. Ticket prices are subject to change depending on special events.

For more information, please visit www.dinosaursofchina.co.uk



Call for Students to Nominate Nottingham's Best Teachers

NOTTINGHAM shopping centre intu Victoria Centre is calling for students and parents to nominate outstanding teachers from schools across the city for an end-of-term treat.

Whether it is for a teacher that has shown extra care and attention throughout the school year, organised a stand-out event or consistently gone the extra mile, students and parents are being invited to submit their entries to 'Thank You Teacher' through the intu Victoria Centre Facebook page.

The chosen winner will receive a £100 intu Gift Card, which can be spent at all of intu's UK centres - including Nottingham's intu Victoria Centre and intu Broadmarsh - across hundreds of brands and restaurants. They will also win prosecco for two at Cafe Rizzoli on arrival and an Elemis Spa Pod Power Booster facial at John Lewis.

Nigel Wheatley, general manager for intu in Nottingham, said "When it comes to saying thank you, we think teachers deserve something really special to recognise all of their hard work throughout the school year. That's why this year we're giving Nottingham students the chance to nominate a teacher that they know has gone the extra mile and made a real difference to win an exclusive prize bundle at intu Victoria Centre.

We know that the city is full of incredible educators and we can't wait to read the stories that have made students want to say 'thank you teacher'."

Entries can be made on the intu Victoria Centre Facebook page by leaving a comment explaining why the nominee deserves to win the gift hamper. The competition is open from Friday 30 June to Friday 14 July, with the winner to be announced on Monday 17 July.



Cafes in the Park

When was the last time you visited your local park or lake?



The Fat Rabbit Bistro
at Portland Park

The Fat Rabbit Cafe at Portland Park Visitor Centre is the new and exciting development that you won't want to miss! We serve a scrummy menu of simple but wholesome, delicious food together with excellent coffee.

DOGS WELCOME! • FREE WI-FI • SPECIALITY BEERS & CIDERS
SERVING BREAKFAST, BRUNCH, LUNCH
AFTERNOON TEAS & SUNDAY LUNCHES

Opening times for Summer 2017:
Mon-Thu: 8am - 6pm | Fri-Sun: 8am - late pm

Portland Park Visitor Centre, Lindleys Lane, Kirkby in Ashfield, Nottinghamshire NG17 9AL
Call us on 01623 753577 | www.fatrabbit.co.uk



Do something different this summer and enjoy the attractions that are available right on your doorstep or within a short commute. Did you know that many parks are home to lovely, affordable cafes and bistros? Here you'll find a selection of some of the bespoke cafes and bistros we have found that are little hidden gems waiting to be explored. Whether you're visiting for a family day out, to get active, or to enjoy the gardens, your local park café is ready to welcome people of all ages. So if you decide to stop for a coffee whilst wondering along the lake, or if you'd rather enjoy a picnic surrounded by stunning views, there is something for everyone. With the summer holidays coming up, a visit to one of these attractions is also the perfect opportunity to treat the kids to a day out without it having to spend a lot. With drinks, snacks, and homemade goods available at an affordable price, your local park café promotes a family friendly atmosphere and is a treat for all. With various independent cafes and shops located in the parks, a visit to one of these local attractions is a great opportunity to treat yourself whilst supporting local businesses.

Which one will you be visiting?



Lake View Cafe

Opening Times:
Monday to Sunday
09:30-17:00

Welcome to Lake View Cafe

Visit Lake View Cafe, Arnot Hill Park for a delightful selection of hot drinks, cakes and more, while enjoying a beautiful view out over the lake. Sit inside our wonderful cafe, enjoy our outside catering services or even phone an order through to us!

Visit Us at Arnot Hill Park • Arnold • NG5 6LU
email us on: info@lakeviewcafe.co.uk or call: 07960 217901

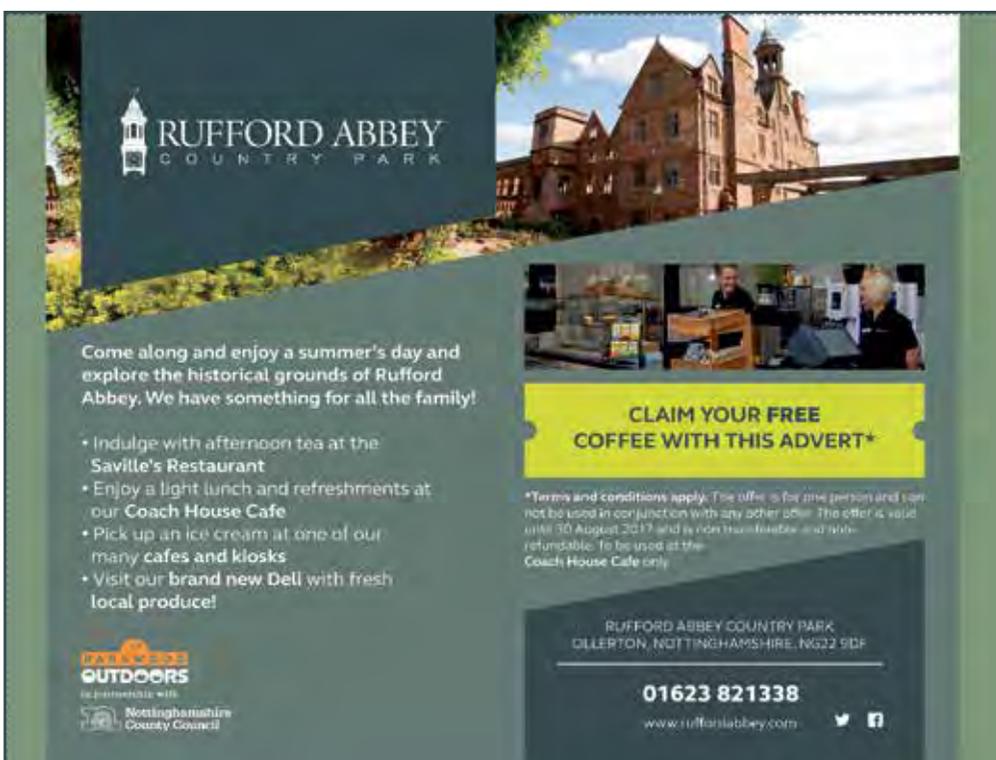


Alfresco Caffé
passionate about Italian food and drink

The perfect spot to sit 'al fresco' and enjoy an authentic Italian coffee and a warm toasted panino prepared by Italian staff. All of our food and drinks are very competitively priced and can be made to order within a few minutes. Our menu includes rolls, pizza slabs, snacks, cakes, biscuits, slush, ice lollies and whippy ice cream.

Opening Hours
Mon-Fri 8am-5.30pm
Sat 8am-5.30pm
Sun 9am-5pm

Bridgford Park • Central Avenue • West Bridgford
NG2 6AQ • Tel: 07791 327418



RUFFORD ABBEY
COUNTRY PARK

Come along and enjoy a summer's day and explore the historical grounds of Rufford Abbey. We have something for all the family!

- Indulge with afternoon tea at the Saville's Restaurant
- Enjoy a light lunch and refreshments at our Coach House Cafe
- Pick up an ice cream at one of our many cafes and kiosks
- Visit our brand new Dell with fresh local produce!

CLAIM YOUR FREE COFFEE WITH THIS ADVERT*

*Terms and conditions apply. The offer is for one person and can not be used in conjunction with any other offer. The offer is valid until 30 August 2017 and is non-transferable and non-refundable. To be used at the Coach House Cafe only.

RUFFORD ABBEY COUNTRY PARK
DILLERTON, NOTTINGHAMSHIRE, NG22 5DF

01623 821338
www.ruffordabbey.com



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A Guide to Your Dream Dress

Finding the perfect dress for your shape and style is the most important thing to bridal boutique owner Julia and the rest of the team at The White Room, Southwell. They've put together a dress shape guide to help you decide.

Firstly, here are 3 pieces of advice that we feel every bride should be equipped with before starting the search for 'the one'.

- Be open-minded. We have seen so many brides (myself being one of them) that end up falling in love with everything they didn't want. Make the most of the experience of dress shopping and try on a bit of everything.
- Go with your gut instinct – try not to let others cloud your judgment too much.
- You should wear the dress not the other way around, so make sure you feel comfortable in it. It will never feel like your favourite pair of pyjamas, but you should feel the best version of yourself in it.

Mermaid/Fit & Flare

We love the mermaid silhouette and it looks incredible if you are an hourglass shape. Designers such as Augusta Jones do this look flawlessly. This is a dress shape that always looks amazing with an illusion lace detailed back.

Princess

The princess shape is a true classic dress. With a cinched in waist and a full ball gown skirt this shape al-

ways looks incredible on our pear shaped ladies.

Australian designer Sophia Tolli is known for her show stopping princess shapes with embellished lace detailing.

Column

The column shape is sleek and always has an element of understated glamour. This 'straight-up-and-down' shape generally does not have a large train and is perfect for our taller and more athletically shaped ladies. In terms of fabrication, we always love this in a simple washed silk giving a slightly textural look, feel and drape.

A-Line

An A-line shaped dress often lends itself to a more relaxed and bohemian vibe. This is a great option if you are an apple shape as it will hug you just under your empire line and fall effortlessly to the floor. Spanish designer



Raimon Bundo uses the most tactile silk fabrics to create gorgeous floating lines and silhouettes that you can't help but touch and feel.

We hope this quick guide helps you to find your perfect dress and remember, the most important thing is to enjoy it! You will know when you have found 'the one'.

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Wedding's

Remembering the little things

The venue, the dress and the rings were all top of the list but with all the excitement and chaos that comes with planning a wedding, it's not always easy to remember the smaller details that go into making the big day extra special. Here are a few ideas for keeping on top of the all important final touches.

Favours

Not necessarily essentials but a small thank you to your guests and your

bridal/ groom party is generally considered the polite thing to do. Favours don't have to be expensive though, guests are sure to appreciate a personal token over a grand gesture.

Overnight bag

Perhaps not so important for the groom but if, like most brides, you're more excited about the dress than anything else; the thought of having to take it off at the end of the night

might not have crossed your mind. Overnight essentials and pyjamas are a must for any couples staying away.

Guestbook

Something to keep hold of to remember the day for years to come.

A handy family member

Gifts, disposable cameras, the paperwork- all the things you think about getting to the venue but not getting

back. Assign a trustworthy relative to take home all the things you hadn't thought about for peace of mind on the day.

Thank you notes

Hopefully you manage to wait until after the wedding to open the gifts but either way, remember to make a list of who bought what to avoid any confusion and awkwardness when it comes to writing thank you notes.



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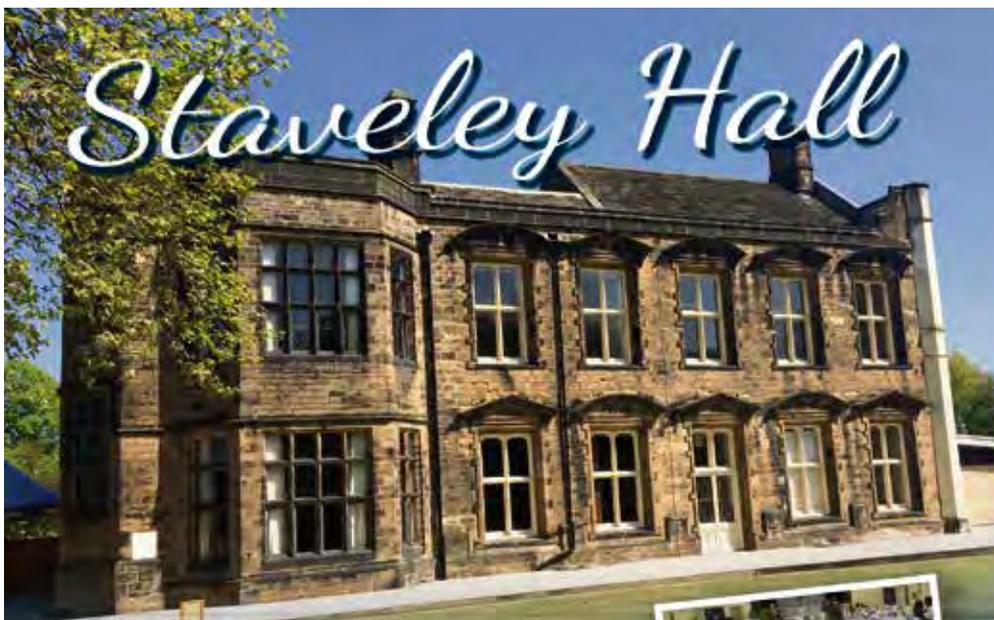
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Monday 17th July 10.30am Price Free Walk Colwick Country Park, Mile End Road, Colwick, Nottingham NG2 2DW

Friday 21st July 10.30am Price Free For Members £2.50 for Non Members Speaker Dr Ann Featherstone Maidens, murderers and monsters: Victorian melodrama revealed - A fascinating exploration of the dark and dreadful world of Victorian melodrama, with handsome heroes, winning heroines and dastardly villains. And a brief detour into soap operas from Crossroads to The Archers.

Friday 28th July 7.00pm Price As Per Menu Dine Around The World Antalya, 31-32 Farnham Street, Nottingham NG1 4AA

www.oddfellows.co.uk for membership enquiries 0800 828 1818

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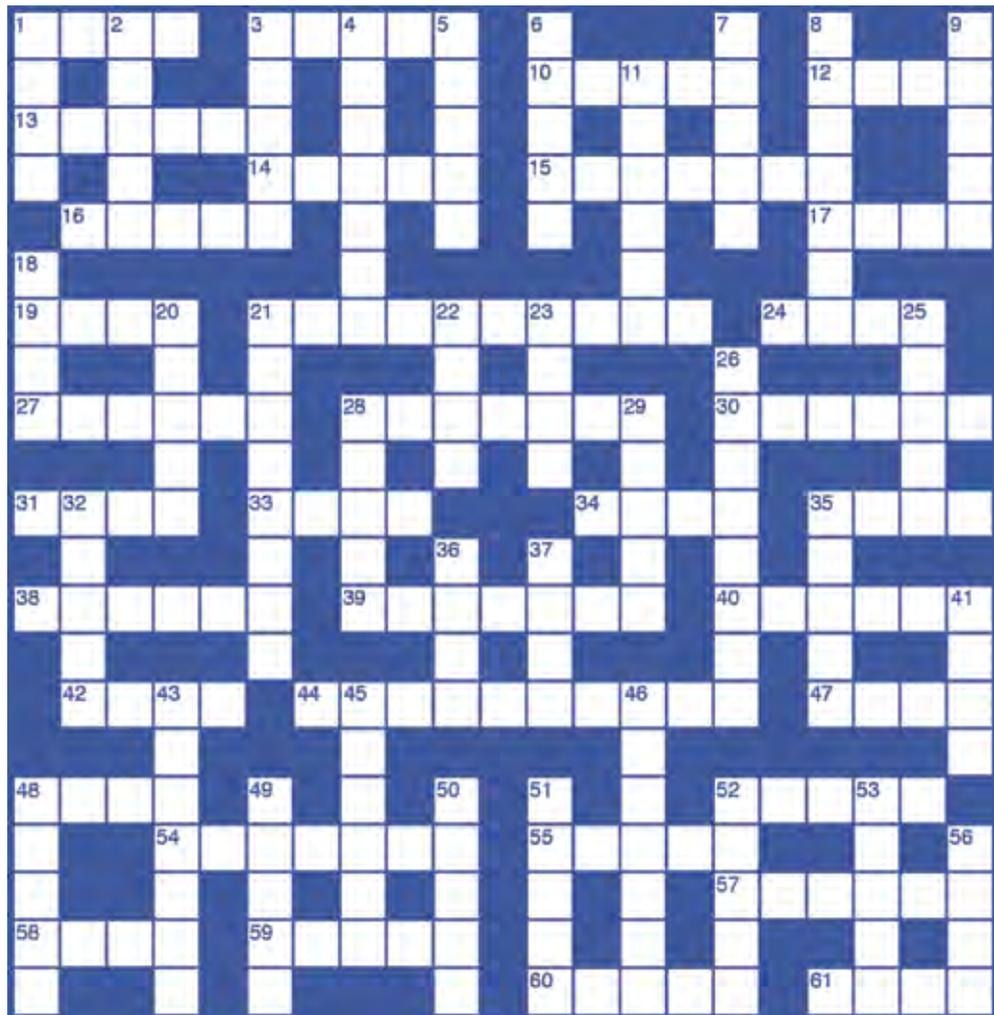
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CROSSWORD

(Answers in Issue 230)



ACROSS **DOWN**

- 1 Fifty per cent (4)
 - 3 Gnat-like fly (5)
 - 10 Pet rabbit cage (5)
 - 12 Shout of a crowd (4)
 - 13 Pantry (6)
 - 14 Fraudulently deceive (5)
 - 15 Money-matters (7)
 - 16 Downy-skinned fruit (5)
 - 17 They screw onto bolts (4)
 - 19 Circular earring (4)
 - 21 A complete stop (10)
 - 24 Lump of blood (4)
 - 27 Sneeze-making condiment (6)
 - 28 Face cloth (7)
 - 30 Literary writer (6)
 - 31 Dull colour (4)
 - 33 Strong adhesive (4)
 - 34 Oak, beech or ash (4)
 - 35 Unisex undergarment (4)
 - 38 Steamship chimney (6)
 - 39 Third day of the week (7)
 - 40 Yellow polishing cloth (6)
 - 42 Satellite receiver (4)
 - 44 Ornate lighting fixture (10)
 - 47 Small shoot or branch (4)
 - 48 Twice two (4)
 - 52 Front door shelter (5)
 - 54 Unfilled situation (7)
 - 55 Supple and flexible (5)
 - 57 Choice morsel (6)
 - 58 Tiny bird (4)
 - 59 Japanese sofa bed (5)
 - 60 Joint fund of money (5)
 - 61 Work the land (4)
- 1 Lend a hand (4)
 - 2 Quite big (5)
 - 3 Third month (5)
 - 4 No-win situation (7)
 - 5 Without contents (5)
 - 6 Move aside (5)
 - 7 Thin gap in curtains (5)
 - 8 Arms store (7)
 - 9 Mark denoting wrong (5)
 - 11 Underground passage (6)
 - 18 Ocean liner (4)
 - 20 Young dog (5)
 - 21 Tussle (8)
 - 22 Hard of hearing (4)
 - 23 Very small (4)
 - 25 Work instruments (5)
 - 26 Scented blue flower (8)
 - 28 Kumquat or ugly (5)
 - 29 Transport vehicle (5)
 - 32 Milkman's route (5)
 - 35 Call on friends (5)
 - 36 Fronded plant (4)
 - 37 Workshy (4)
 - 41 Tattered clothes (4)
 - 43 Butler or valet (7)
 - 45 Large ferocious wasp (6)
 - 46 Convenience coffee (7)
 - 48 Wrinkle the brow in disapproval (5)
 - 49 Eat greedily (5)
 - 50 Scavenging dog-like animal (5)
 - 51 Time machine (5)
 - 52 Small-minded (5)
 - 53 Venomous hooded snake (5)
 - 56 Piece of news (4)

ISSUE 228 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Clean slate 6 Oblong 11 Opera 12 Couffure 13 Astonish 16 Rethink 18 Sphere 19 Plod 20 Swoop 22 Swamp 24 Tat 25 Sue 26 Fortunes 28 Again 29 Solo 30 Bloat 31 Fuddy-duddy 35 Traditions 39 Towel 40 Imps 41 Edged 42 Graphite 43 Owe 44 Eel 45 Relax 47 Kites 49 Swan 50 Trivet 51 Acrobat 54 Streaker 57 Oil slick 58 Error 59 Busker 60 Expression

ANSWERS DOWN
1 Co 2 As good as gold 3 Sari 4 Arch 5 Evil spirit 6 Off the cuff 7 Overeats 8 Goat 9 Yeti 10 Hanky-panky 14 Splendour 15 Saw 17 How 20 Sherbet 21 Off colour 22 Stand 23 Award 27 Endowment 32 Yellows 33 United States 34 Duplicate 35 Tie-breaker 36 Angel 37 Index 38 Supervisor 39 Think twice 42 Gluttons 46 Ado 48 Eat 52 Rare 53 Barb 54 Skip 55 Rope 56 Rain

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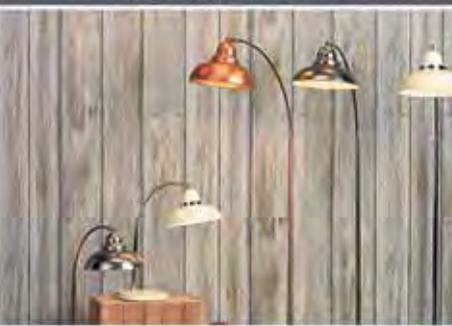
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Stockholm country	Singer Russell (see fact below)	Danger Dreadful	Inflamed	Twirled	Donkey Zeal	Search for
				Bus permit Peer out		
Parched			Wallet			
		Morse code signals	Finale		Bulletin	
Ado				Oaf		
Toboggan						
Disquiet	Man-made cave	Artist's model	Look sulky		Chair	
			Go astray	Shortage	Siesta	Story Less than
						Writing table
Photo	Got up Quiet!			Alter to suit	To zigzag	Comedian Russell (see fact below)
		Bona fide Flightless bird			Lotion ... vera Closed	Greasy
Spoke				Cowboy hat		
Curb			Morse code signal		Lump of gold	Buy and sell
Song refrain						Young goat
			Artist's workshop	Unite Get own back		Putrid
		Sculptured figure				Functions
		To dice	Curved	Fete	Grass Cowboy rope	Coffee shop
				Brief look Turf		
		Thick			Flick through	
		Gold block			To sieve	
		Idolised				
					Ciphers	

Facts about Russell
 Born June 4th 1975
 Married Katy Perry
 Appeared in the film Forgetting Sarah Marshall
 He resigned from the BBC One for prank calls to Andrew Sachs.

Facts about Russell
 Born 24th November 1966
 His debut album was called The Voice
 He sang at the champion's league final of 1999
 The daily telegraph once described him as a karaoke crooner

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Care

Hospice staff toast Sunday Times success

Staff from local charity Treetops Hospice Care came together on Sunday 2 July to celebrate being ranked 4th in the Sunday Times 100 Best Not-for-Profit Organisations to Work For. Over 125 staff and guests from across the charity attended the summer celebration at Treetops which provides nursing care and emotional support for adults and their families across Derbyshire and Nottinghamshire.

The Sunday Times results were revealed earlier this year but Treetops chief executive, George Cameron, wanted to wait till the summer so as many employees could get involved in celebrating as possible: "We have over fifty Hospice at Home nurses providing care in people's homes during the day and night and we knew when we first received the award in February that we couldn't get them to-

gether immediately as many were on shift. "Today has been great and a chance to say thank you to the wonderful staff we have here at Treetops. It's a great place to work - everyone is completely centred on delivering exemplary care to those who use our services.

"Treetops takes great pride in recruiting staff who reflect our values and this has led to a culture of companionship and belonging. Everyone is willing to help each other, as we all have our service users at the heart of what we do."

Last year the hospice supported over 1,750 people through its services which include Support and Information, a Day Care unit based in

Risley, Hospice at Home nurses and Therapeutic Services including counselling, art therapy and complementary therapy. Every year, the Sunday Times assesses the quality and popularity of workplaces in

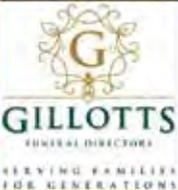
the UK. The 'Best Not-for-Profit Organisations to Work For' celebrates the cream of Britain's employers across public-sector bodies, charities and housing associations.





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