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A DELICIOUS SUCCESS

Friday 28 September saw the annual return of the wonderful, World's Biggest Coffee Morning, a national institution celebrated all over the country in aid of Macmillan Cancer Support. The event brought together communities far and wide for a cup of tea and a slice of cake but most importantly, to raise vital funds for a fantastic cause.

Cancer can affect every

aspect of a person's life, from their day-to-day living and relationships to their finances and mental health - Macmillan is there to help people with cancer live life as fully as they can. Offering a broad range of cancer information and support services, demand for Macmillan's services is constantly growing, but the charity receives no government funding. The money you raise will enable Macmillan to continue providing these vital services.

Whilst enjoying a hot drink and a sweet treat is rewarding enough as it is - knowing

you have made a difference, no matter how big or small, to those who need support is a

sweeter feeling than any slice of cake can give.

Nottinghamshire in Focus teamed up with local Burton Joyce based café, The Bluebird, to support Macmillan by donating a percentage of our advert sales and the takings from The Bluebird's coffee morning to this life-changing cause. Many of our clients supported our Macmillan feature; we would like to say a huge thank you to Traynors, A W Lymn, Steps Together, Bodycraft, Wyvern Rail, Carers Road Show, Highfield Happy Hens, 29 Market Place, Welbeck Hall, Hall Farm, Spowage Romano and the Sewing Room for their support in making this donation possible.

Altogether we managed to raise £262.60 to donate to

this incredible charity. Many, many events took place on the day to back this incredible movement and with the help and generosity of the public, Macmillan can keep providing their outstanding services all over the country.



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Making a Difference

On 26 September Abbeyfield welcomed a group of primary school children, members of the community and a few local celebs to their Sycamore House care home to reveal their new OMI Vista machine.

A brand new, advanced technology, the OMI Vista is an interactive projection system which allows residents to play games, interact, reminisce and communicate with one another through

sounds, shapes and colours. It invites people to play and learn in a fun and engaging manner with personalised games, activities and quizzes plus much more. Russell Harwood, who represented OMI Vista on the day, completed a handful of demonstrations, getting people involved and interacting with one another and was on hand to answer any questions.

Harvinder Panesar, event organiser, explained to me the benefits this machine will bring to the lives of the residents in the care home. Not only will they be able to communicate and interact with one another more easily it will inject fun and laughter into their daily routine, brightening their days.

The house Activities Co-ordinator, Charlie Swift plans to take the machine out into local spaces such as community events, libraries and cafes to help Abbeyfield spread the word of these fantastic machines and encourage people to learn, socialise and enjoy meaningful activities together.

The event was attended by many local celebrities including The Sheriff Councillor Catharine Arnold, Deputy Lord Lieutenant Dr Peter Barrett and Deputy Lord Lieutenant Christine Goldstraw – who all offered their support on the day.

The children from Seely Primary School, who also attended the event, took part in a competition to draw or paint some pictures based on a topic they are studying in school, The Jungle Book, which were then projected onto the OMI Vista bringing the drawings to life. Winner Matilda was awarded with a trophy and a prize for her fantastic use of colour whilst every child enjoyed an exciting goody bag.

The donation for these machines was partly provided by Central England Co-op who awarded Abbeyfield £5,000 towards the device to make the care home a more active and stimulating environment. Two representatives from Central England Co-op attended on the day to witness the difference they have made inside this local home and marvel the mind-blowing machinery.

With a dedicated, friendly team on hand to seamlessly host the event, the care home came to life with the excitement for this brand new project and a thoroughly enjoyable afternoon was had by all – celebrating making a difference.

NEWS in brief...

Golf Day Fundraising On Par

Nearly £2,000 was raised for Soldiers, Sailors, Airmen and Families (SSAFA) and East Midlands



Ambulance Service at a Charity Golf Day hosted by the Mayor of Broxtowe on 21 September.

Councillor Derek Burnett BEM hosted the tournament which saw 20 teams compete for first, second and third place at Chilwell Manor Golf Club.

Teams came from across Nottinghamshire, with James' Jackets taking first place, followed by The Three T's and Kevin Giles in second and third. Competitions also included the coveted nearest the pin competition and longest drive.

The event ended with an evening presentation of prizes kindly sponsored by United Living, Chilwell Manor Golf Club and local businesses.

For more information and to find out upcoming charity events, please contact Broxtowe Borough Council on 0115 917 3210 or visit www.broxtowe.gov.uk/civic.

New Show Homes in Mansfield

To celebrate the opening of the new show homes, Barratt Homes North Midlands held a ribbon cutting ceremony at its Berry Hill development in Mansfield.

The Black Scotch Lane development will consist of a selection of two, three and four bedroom properties and the show homes will now provide the first look at the completely furnished interiors. Cutting the ribbon to the



brand new show homes was Chairman of Nottinghamshire County Council Sue Saddington, who was joined by Councillor Kay Cutts MBE, the Leader of the council.

Keen house hunters are able to view the sought-after properties now the homes are officially open to the public. Berry Hill forms part of an exciting new community which benefits from nearby countryside views, excellent commuter links and will soon feature a primary school, shops, a community park and wildlife reserve.

Anyone interested in the properties at the development is encouraged to visit the sales centre, for further information, please call the Barratt Homes sales team on 0330 057 6000.

Information

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Dream school! Charlotte, Kira, Scarlett, Miss Nina Capek (Head Teacher) and Danielle say their new school buildings have transformed the school day.

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CHILDREN AT HADDON PRIMARY SCHOOL SAY THEY ARE REVELLING IN THEIR NEW SURROUNDINGS AS THE SCHOOL NEARS THE COMPLETION OF ITS ONE-MILLION-POUND REFURBISHMENT.

Year 5 pupils Sam Malone and Jamie Brown both say it has made a big difference to their school day. "Before it was really small and cramped and noisy," Sam said, "We didn't even have doors to keep the rooms separate."

Jamie says he thinks the hall is the best part of the new build. "I really like the hall, it is so much better and cleaner than it was. It's definitely the best bit because it is nice and big for assemblies and plays." Now with a larger hall dinner times are being used to create leadership

Head Teacher Nina Capek says the school's increased space has been an uplifting experience for the staff and children. "We are delighted with our new facilities. So much so that we want the local community to share in the excitement. We are welcoming parents and families from the Carlton area to contact the school and come and take a look at us. We now have the school buildings that the children deserve, and we can't wait to welcome new families and their children to the school and to be a part of our exciting new venture."



WOW! Children get a first look at their new hall!



Left: Greater space in the hall has transformed lunchtime into a chance for children to mix and eat with children from other year groups and in the case of year 6 pupils, to take on the responsibility of becoming a server.

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

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

"We train people from all walks of life and all ages" explains Lauren, Geopace office manager. "We've had school leavers, shop assistants, receptionists, beauticians and dental nurses, as well as telesales staff, unemployed and the retired who are looking for a challenge. We also have referrals from JobCentres, who can sometimes fund your course in full" says Lauren.

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

Many Geopace students are now working as phlebotomists throughout the UK and a few have even chosen to work abroad where there is often a similar shortage and growing demand for this specialised skill. An interesting booklet featuring student's "Success Stories" is written by the student's themselves and looks at how they have made the move from wide and varied backgrounds to find themselves now working as phlebotomists. A copy can be downloaded from the Geopace website's testimonials page.

If you like the idea of a challenging career in healthcare and particularly in phlebotomy then this may be the perfect move for you! The comprehensive training course last a full two days and culminates in the award of a nationally recognised and accredited certificate. "We practice taking blood from artificial arms", says



Lauren "and everyone on our course has a lot of fun! We get a great deal of satisfaction later on when we hear from our students that they are working for their local GP surgery or in their local hospital."

If you would like to know more about phlebotomy as a career or to book a place on the course visit Geopace Training's website at www.geopace.com.

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There's MORE in Nottingham

The MORE Nottingham scheme, introduced by Nottingham Business Improvement District (BID), is now entering its third year and more businesses than ever are getting involved providing an even wider range of great offers.

The scheme enables people with a valid MORE Nottingham, Easy Rider or student card to benefit from offers from city centre businesses that are members of Nottingham BID.

Over 80 businesses are now involved and are providing some great offers – these include 30 percent off at Jamie's Italian; 25 percent off at Las Iguanas, Pitcher & Piano and Gourmet Burger Kitchen; 20 percent off at venues such as Wildwood, Rub Smoke House, Wok and Go and the Orange Tree plus many more foodie and retail deals.

Neilson-Davis, a director of Nottingham BID, said: "It's brilliant that more and more businesses are getting involved. The wide range of offers that they provide act as a great incentive for people to support businesses in the city centre and, at the same time, benefit from discounts."

Nathan Raymond, who owns Flint Barbers on King Street, said: "We started the business in June this year and decided to sign up for the MORE Nottingham Scheme because we hope that it will help us to reach more new customers. We welcome being a member of Nottingham BID as it supports new businesses like ours, providing free promotional opportunities." For more information visit: www.itsinnottingham.com/offers.

Experience the thrill at **GOOSE FAIR**

3-7
October



Whether you attend annually or are planning on making your very first trip this year, Nottingham's Goose Fair is one of the most prestigious events in our great city and is the perfect way to welcome in the autumn season.

The Goose Fair attracts families and visitors of all ages that are keen to experience the nostalgic fun that a traditional funfair provides. With 500 attractions, the fair is the largest of its kind in Europe and has an esteemed history in the city of Nottingham, having been held here since 1284. The fair was held in Old Market Square until 1928, when the redevelopment of the Square resulted in it being moved to its new location at The Forest Recreation Ground, where it can still be enjoyed today.

As the name would suggest, it was associated with the sale of Geese but was also renowned for its autumn trade and in particular, high-quality cheeses. You're still sure to find some cheese at the fair today, but it's much more likely to be sandwiched between a burger or generously sprinkled on a helping of chips.

During the 19th Century

visitors to the fair would travel from all corners of the country to catch a glimpse of the wonders of the fair. Unfortunately, the introduction of rides at the fair was relatively slow and it wasn't until the steam engine that things really got moving. By the end of the 19th Century, all of the rides at the Goose Fair were steam driven.

These days the Goose Fair is a destination for thrill seekers keen to get their fix on all of the latest white knuckle rollercoasters. With water rides, giant wheels, bombers, dodgems and everyone's favourite, the waltzers, the Goose Fair has rides to suit every kind of fair-goer, from small children to adults ready to get their adrenaline pumping. Those that frequent the fair religiously will also be glad to know that this year there will be a few new additions to the fair.

Maybe this year you'll be attending again to relive the excitement of your childhood or perhaps it's the first time you are taking your own children – be sure to make the most of the nostalgic experience that is Nottingham's Goose Fair.

For more information about opening times, visit www.visit-nottinghamshire.co.uk.

NEWS in brief...

Council Consults Free Waste Service

Nottingham City Council is consulting on potential changes to its free garden waste service which could see collections extended into November next year.

Garden waste collections currently take place every 2 weeks from the beginning of April until the end of October.

However an option being put to city residents is to offer the service into November with one collection a month in both October and November. The service would remain fortnightly from April to September with options to include October being considered.

Councillor Sally Longford, the Council's Portfolio Holder for Energy and Environment, said: "As only 18% of garden waste was being collected from November to March, we took a decision to only provide the service from April to October. However, we know that clearing up leaf fall continues to be an issue for some residents into November."

To take part in the consultation, please visit the Engage Nottingham hub on the City Council's website at www.nottinghamcity.gov.uk

Improving Access in Beeston

Visitors and commuters can take advantage of a new car park in Beeston, after it opened recently.

The new car park at Technology Drive is adjacent to Beeston Train Station so is ideal for commuters and visitors alike.



With 62 parking spaces, including 6 dedicated to blue badge holders, the car park also has the latest Pay & Display machines, pay by Phone facilities, energy efficient lighting and surveillance cameras to ensure the safety of car park users, dedicated bicycle storage area and step free access to the train station platform 2 for wheelchair and buggy users.

Public Support for Broadmarsh Library

The results of a consultation by Nottingham City Council has identified that 85% of people would like to see a new library located in the revamped Broadmarsh area – many seeing it as a fantastic addition to the emerging new site.

The consultation suggested some excellent ideas for the future library, including how a children's library could look and what facilities would make it the best in the country. People asked for a vibrant, interactive space where children can explore books, ideas and activities, as well as quiet and creative spaces for adults.

The revitalised Broadmarsh area includes the new look into Broadmarsh, the world class heritage destination of Nottingham Castle and the new Nottingham College City Hub.

Councillor Jon Collins, Leader of the City Council, said: "The consultation was pretty clear – people like the idea of a new Central Library that we can design and build from scratch to best suit the city's and our children's needs for the future."



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Cleaner, Safer and Greener

Four new community-based neighbourhood wardens are to be recruited to support Newark and Sherwood District Council's Cleaner, Safer and Greener campaign.

The recruits will be tasked to help address issues of anti-social behaviour and deal with environmental crimes such as litter, graffiti, fly tipping and dog fouling.

The council believes that having such roles will increase public awareness of such issues and provide the resources to provide effective enforcement and penalise those who flout the law. Among the wardens' responsibilities will be the issuing of fixed penalty notices and work to help promote, among the community, a responsible approach to looking after the environment.

District council leader Councillor David Lloyd said: "We have had an excellent response to the campaign so far with groups and communities involved in litter picks, for example, and the successful Day of Action."

"However, we need to send a strong message to those people who spoil and disrespect our district: We will take action to punish them."

The council launched its Cleaner, Safer, Greener strategy in July and held a day of action in August to deal with a range of issues – two further 'day of action' dates have already been planned within the district.





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Pupils explore Local History

Children from Robert Miles Junior School have been given a glimpse into the rich history of Bingham after archaeologists visited the school with some recent finds from an upcoming 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.

The fascinating finds show that people have been living and working on the site for at least the last two thousand years.

The pupils were able to literally take history into their own hands, as they were given the chance to hold many of the artefacts. They took part in several activities and learnt about what materials survive in the ground; what they can learn from analysing the bones of skeletons; and got the chance to dig for their own artefacts in 'mini dig' boxes.

Clemency said: "We had a fantastic day learning about what recent archaeological discoveries have revealed,

"The children were really impressed to see real archaeological artefacts rather than replicas, especially because they were discovered by archaeologists on their doorstep in Bingham."

The Year 3 teachers at Robert Miles Junior School said: "It was truly inspiring for the children to meet a real archaeologist, learn more about their role and have the opportunity to discover more about local history from the recent finds. It really helped to bring our topic alive."



Netherfield's New Licensing Scheme

Gedling Borough Council is launching a new scheme that gives them powers to make privately rented homes better for people to live in. The scheme, known as Selective Licensing, will make it mandatory for landlords to have licences for each of their private rented properties in the Netherfield area.

The licence requires that landlords meet a minimum standard of accommodation for residents. The council will work with landlords and residents to improve the area but where necessary use the licensing conditions and enforcement powers to bring about improvements.

Selective Licensing can be applied in areas where there is deprivation, high levels of antisocial behaviour, high levels of crime, high levels of migration and poor housing conditions.

Consultation on the new scheme took place between October and December last year. The scheme was officially approved by Councillors in March 2018.

The scheme went live as of 1 October and landlords with properties in Netherfield must apply as soon as possible. Each licence will cost £490 for landlords accredited with DASH and £640 for non-accredited landlords – the scheme lasts for five years.

The council will not be taking enforcement action for failure to apply if applications are received by the 1 November.

Portfolio Holder for Public Protection, Councillor David Ellis said: "I'm delighted that the scheme is going live in October, we've made sure that residents and landlords are aware of the new scheme and we will continue to support landlords to get signed up."



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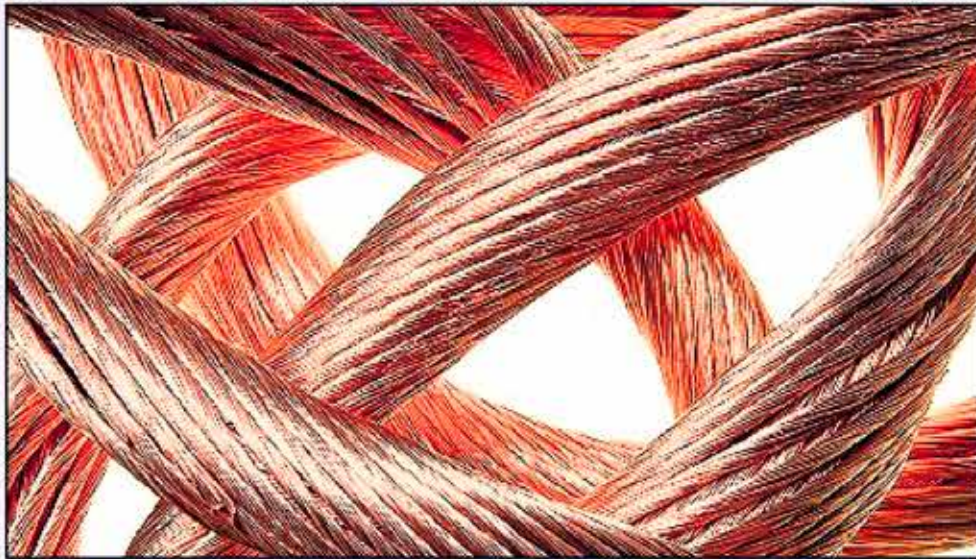
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Mr Amar Alwitary is an experienced Ophthalmologist and Eye Surgeon and has been awarded the prestigious "East Midlands Eye Surgeon of the Year Award" in 2017 by Private Health Plus. Having written textbooks, published articles, completed his masters in Medical Law and successfully operated on many, satisfied patients – his experience exceeds all expectations.

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Live life freely and experience every clear moment with cataract surgery from Mr Amar Alwitary. For more information or to schedule an appointment visit www.mids-eyecare.co.uk or call Mrs Leisa Blewitt, PA to Mr Alwitary on 0115 7722058.

A BAG FOR CHANGE

A charity set up to provide essential personal items for children who come into foster care has presented its first 'My Bags' to Nottingham City Council.

Packed with useful things – from toothbrushes to teddy bears – the special bags aim to make life a little easier for children who arrive in care for the first time.

Set up by father and daughter Stuart Ferguson and Nicola Barber in May, the My Bag charity has successfully fund-raised enough to see its first set of bags delivered to different

venues run by the City Council.

The charity aims to raise enough money to pay for around 300 bags a year – each costing between £25 and £30. Stuart and Nicola came up with the idea after their own experiences of fostering children. The bags will help children in foster care through the difficult first few days of settling into a new home.

Stuart said: "It must be incredibly unsettling for any child, especially the younger ones, to move into a stranger's house and we thought this would be a lovely way to

hopefully make them feel at home as quickly as possible."

Three different My Bags are available based on age, with bespoke belongings placed into each.

Nicola added: "The nature of emergency placements can mean that things happen very quickly and sometimes children join their new foster parents with very few personal possessions.

"If someone donates just £2 per month, that would be enough to buy a bag a year."

The bags are in the four social worker bases in Nottingham, which are Loxley House, Bulwell Riverside, Clifton Cornerstone and the Mary Potter Centre.

More information about My Bag is available at www.mybagcharity.co.uk, including how to get in touch to make a donation.



Councillor David Mellen receives the My Bags from Stuart Ferguson and Nicola Barber



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Jeff Martin, station manager;
Paul Stacey, breakfast
show presenter; Mary Rose,
community fundraiser;
Katharine Lightbown,
marketing executive



Treetops Take Over Erewash Sound

Local radio station Erewash Sound is welcoming two new presenters from Treetops Hospice Care in a one-off breakfast show to celebrate the start of Hospice Care Week. On Monday 8 October, listeners tuning in to the Erewash Sound Breakfast Show on 96.8fm and online from 7am till 10am, will hear Katharine Lightbown, Treetops marketing executive and Mary Rose, Treetops community fundraiser hosting the breakfast show, rather than the regular presenter, Paul Stacey.

The breakfast show takeover kick-starts Hospice Care Week, a national campaign to raise awareness of hospice care and support available across the UK.

Treetops, based in Risley, provides nursing care and emotional support for adults with life limiting illnesses, including a Hospice at Home service.

Erewash Sound has been broadcast across the Erewash borough on

FM since March 2010 from the Media Centre in Cotmanhay and recently scooped four honours at the national Community Radio Awards.

Katharine explained: "Mary and I love coming onto the breakfast show and chatting about our forthcoming fundraising events as well as the services available to listeners."

"Paul is a great host and makes it look so easy – and we told him so. So he challenged us to try it for ourselves and here we are!"

Paul Stacey said: "Mary and Katharine's regular appearances have placed them firmly as friends of the show. We always have a lot of fun in the studio and I'm certain the listeners get a sense of that when they pop in to look ahead to their fundraising events."

Erewash Sound is available at 96.8fm or can be streamed live via the Erewash Sound website: www.erewashsound.com.

Local Crematorium Raises Funds for Charity

Bramcote Crematorium has raised over £5,000 for a local bereavement charity thanks to its recycling scheme. Sands, which works to support those affected by the death of a baby and improve the care bereaved parents receive, will benefit from this welcome boost.

The Crematorium has been working with families and Orthometals as part of the scheme, which enables bereaved families to donate metals which remain after the cremation process.

Once the metals, which range from metals used in coffins to orthopaedic implants, are received by Orthometals, they make a donation based on the value of these recycled metals to charities nominated by the Crematorium.

The recycling process only takes place with full consent of the deceased's family.

Louise Singer, Bereavement Services

Manager at the Crematorium said: "Bereavement is a very difficult time so it's fantastic to see something positive to come from it and support others who are in a similar position."

Over £5.8 million has been donated to charities since the national scheme began.

For more information about Bramcote Crematorium visit www.bramcotebereavement.org.



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To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766

www.oddfellows.co.uk

The Oddfellows is the leading name of the Independent Order of Oddfellows. Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 2231. Registered office: Oddfellows House, 194-196, Teesdale, Nottingham NG3 5PW.

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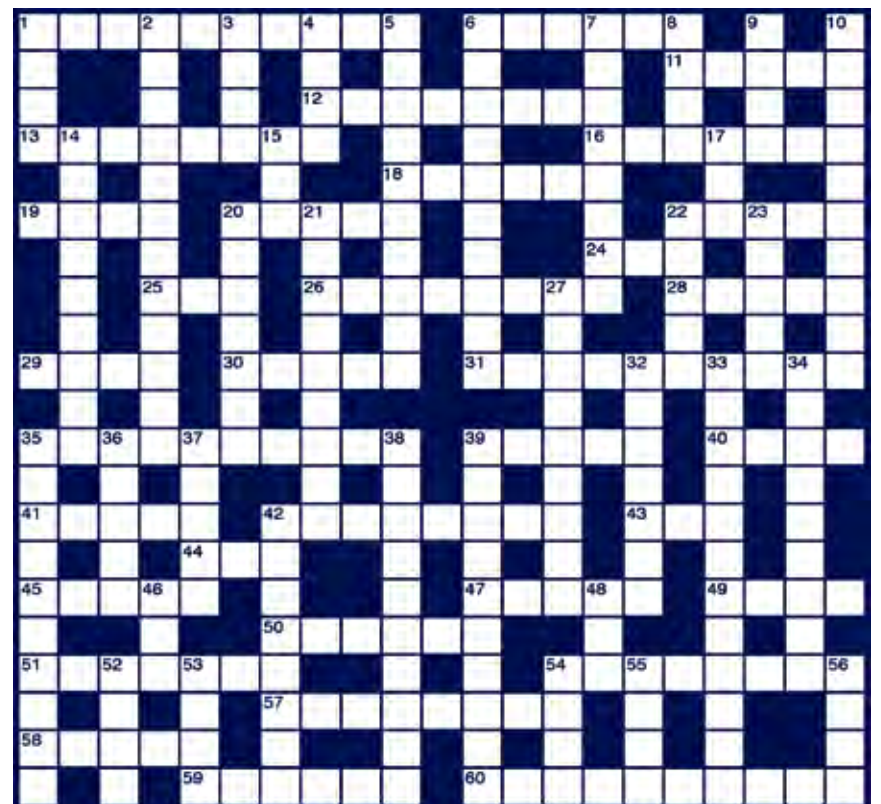
ACROSS

- 1 Loaf-slicing surface (10)
- 6 Language of Islam (6)
- 11 Smell (5)
- 12 Peculiarly sensitive to (8)
- 13 Firework or gem (8)
- 16 Tomato sauce (7)
- 18 Moved up and down on waves (6)
- 19 Swanky (4)
- 20 Field-to-field steps (5)
- 22 Not drunk (5)
- 24 Small child (3)
- 25 Neither (3)
- 26 The collar-bone (8)
- 28 Legal excuse (5)
- 29 A New Zealander (4)
- 30 Of high birth (5)
- 31 Gentle-voiced (4-6)
- 35 Curious (10)
- 39 Wallpaper adhesive (5)
- 40 Black-marketeer (4)
- 41 Get up late (3,2)
- 42 New York theatreland (8)
- 43 Large snake (3)
- 44 Nothing (3)
- 45 Overly sentimental (5)
- 47 Put up a construction (5)
- 49 Den (4)
- 50 Senior nurse (6)
- 51 Seconds (7)
- 54 Circus stunt intro (4,4)
- 57 Broken bone (8)
- 58 Test by tongue (5)
- 59 Damage as done intentionally (6)
- 60 Parliamentary seats for party leaders (5,5)

DOWN

- 1 Baseball clubs (4)
- 2 Anxious or fearful (12)
- 3 Grand dance (4)
- 4 Partly open (4)
- 5 Intentional (10)
- 6 Gymnastics (10)
- 7 Retroject (4-4)
- 8 Layer of paint (4)
- 9 The two of them (4)
- 10 Ratio (10)
- 14 Advancement in rank (9)
- 15 Partake of food (3)
- 17 Gosh! (3)
- 20 Odd or peculiar (7)
- 21 Egg hatchery (9)
- 22 Trample (5)
- 23 Building block (5)
- 27 The manner of one's day-to-day existence (9)
- 32 Effervescent dip (7)
- 33 Running event with obstructions (8,4)
- 34 Leading article of newspaper opinion (9)
- 35 Explain with pictures (10)
- 36 Tether (3,2)
- 37 Like a soft-boiled egg (5)
- 38 With theatrical effect (10)
- 39 Cosmetic duster (6-4)
- 42 Heavenly, ecstatic (8)
- 46 Fruit in pastry (3)
- 48 Mongrel (3)
- 52 Legally fair (4)
- 53 Ship's company (4)
- 54 Organised protest (4)
- 55 Kitchen cupboard (4)
- 56 Scottish lake (4)

See below for answers



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Local Company Launches Recycling Revolution

Coffee cups across the UK will be saved from landfill and commercially recycled into paper with the introduction of Detpak's RecycleMe™ system in partnership with Nottingham based recycler Shredall Ltd.

The revolutionary recycling collection system solves the growing problem that sees more than 2.5 billion coffee cups go to landfill in the UK each year – guaranteeing collected paper cups will be counted and recycled into high quality paper products.

Shredall Managing Director Nik Williams said: "We're delighted to partner with Detpak on this project. Takeaway coffees

are an ingrained part of our everyday lives, and with this new system, we can massively reduce the environmental impact of that and continue to enjoy our coffees safe in the knowledge that our cups will go on to be reused up to seven times."

Detpak's Product Marketing Manager Kristin Camery said the RecycleMe™ system promotes a longer life for the paper cups and supports a circular economy to keep products, components and materials at their highest utility and value for as long as possible.

In a UK first, Shredall will also be providing a collection service and

recycling commitment for RecycleMe™ coffee cup lids. The RecycleMe™ system was officially launched to customers in the United Kingdom on Thursday 20 September and supported by barista champions from

both Australia and the UK at an exclusive Taylor St Baristas event. Detpak are now taking orders for United Kingdom customers for launch in late 2018. For further information please visit <https://www.shredall.co.uk/recycling/coffee-cup-recycling>.



In a bid to ensure that Sherwood Forest Hospitals works to protect environmental resources now and for future generations, the Trust has invested in two electrical car charging points.

The points are located in King's Mill Hospital's car park 1 for patients and visitors and car park 11 for staff, with the hope that they will help to reduce the Trust's impact on the environment and encourage more people to use this mode of transport in the future.

Patients, staff and visitors will not be charged for using the

Hospital Makes Environmental Changes

points at present (although general car parking charges will still apply). Patients and visitors will need to get a free token from main reception in order to use the charging point.

Head of Estates and Facilities, Ben Widdowson said: "We are really pleased to be able to offer this service,

"We noted that more and more people are now using electric cars, so we thought it would be a good way to encourage this use going forward in order to help reduce emissions for future generations."

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Aries

You will learn something to your benefit over the next few days. Events at work could spiral out of control with emotions running over the top. However, you will find a ridiculous way of manipulating things to work your way giving you a greater advantage than your opponents. An ex-partner still refuses to let go of the past. By now will be feel forced with their neediness and feel an urgency to instigate a few overdue changes.

Taurus

Looks as though you may 'call it a day' regarding a personal relationship. Probably because you realise that you are wasting your time and better off spending time with people you appreciate your kindness rather than taking your friendship for granted. Don't drive a wedge between yourself and a close friend because he or she is not telling you what you want to hear. A new romance begins with someone you find incredibly attractive but who plays mind games.

Gemini

You insist that you are a private person yet you have not been as discreet as you ought. Gossip and speculation is rife because you have not kept your lips sealed. A battle of wits will take place between you and a partner. Demanding relatives will expect you to drop everything and spend more time with them but you prefer to see them in email doses. A change of direction is on the horizon regarding your career. What once seemed important is no longer taking precedence.

Cancer

A new lover could soon appear on the horizon that is far more in line with your needs and desires than anyone you have previously been involved with. You may be tempted to neglect a task or chore that is really your responsibility. Perhaps you can't be bothered and would rather chill out in front of the TV instead. You'll be in a no nonsense mood when dealing with family members.

Leo

A battle of wits between yourself and someone you respect could end up in a cat fight. A triangle of love may commence if you don't take control of a situation and put your foot down once and for all. Someone you know well may ask you for financial help but not in a position to repay you straight away. Important meetings at work will be long, drawn out and frustrating. You know exactly where you would rather be... and who with.

Virgo

You are making a big deal out of things that are not important. Why are you giving someone credit where it is not due? Perhaps you are protesting too much about your feelings for a love in an effort to convince your self that he or she is the right person for you? Interestingly, no one else is listening any more. They have heard this all before haven't they? Make more time for you because you deserve it. Good news regarding work and finance will give you an added lift.

Libra

Someone you know well will annoy you immensely. Perhaps they are asking too much of you. You are not good at small talk and prefer to stick to the facts. As always you will speak your mind, refusing to humour anyone who prefers to remain undecided. Focus your energies on your work and if you are self-employed you can look ahead to prosperity and success. If need be, refuse certain social invitations if you are likely to get bored and irritable half way through the celebrations.

Scorpio

Sentimental memories could unearth emotions that you find difficult to deal with. You may feel vulnerable because there is no one else left to share them with or who understands how you feel. You are intent on making the future a happier place to be in when it means going it alone and saying goodbye to a way of life that has not brought you any contentment. Your confidence will increase daily making you realise that you made the right decisions regarding an important aspect of your life.

Sagittarius

A fateful meeting with someone charismatic could lead to a short romantic fling, or in some cases, an affair that will prove emotional and full of ups and downs. If you are currently communicating with someone on the internet, a meeting arranged soon may well result in you both finding true happiness and long lasting love. A surprise visitor will appear at your door bearing expensive gifts but you may not be in the mood to listen to their excuses, yet again.

Capricorn

Just about everyone around you is probably complaining that nothing is going their way. Although you worry about other people all you can do is be there when they are needed. You may experience a clash of personalities between you and someone who is starting to take your for granted. Be alert at all times and spend your authority. This is not about avoiding confrontation, it's about establishing some much needed firm boundaries.

Aquarius

Life continues to grow even more complicated and you will have some very important decisions to make regarding a personal or professional relationship. If in doubt, keep quiet and just wait and see what everyone else is going to do first, that way you will find yourself in a far stronger position than if you play all your cards at once. Book a much over due holiday and enjoy some time to yourself or with a close friend whom you feel most comfortable with.

Pisces

Its all systems go so hang onto your seatbelt. You are about to embark on a fantastic new journey into the unknown which is filled with the most wonderful surprises. However, you may have to watch your spending especially if you are prone to be overly extravagant resulting in you getting yourself into debt. A secret at work will be exposed, causing sparks to fly and gossip to go around like a wildfire. There is an excellent time for you to consider a career or house move.

A Place to Call Home

by Maddie Storey

A supportive and caring group of friends makes a fantastic attribute to your life, making your days easier and increasing your happiness whenever you need a friendly face – a concept which, at Oddfellows, is the centre of everything they do.

Having recently attended the Oddfellows Afternoon Tea event in Nottingham, an amazing afternoon where I was graced with the opportunity to meet a range of fantastic people who support this wondrous society, I have had my eyes opened to the wonderful world of Oddfellows and everything they do to bring people together. The organisation host a whole variety of different events throughout the year from day trips, walks and theatre visits to dining out, quizzes and arts and crafts, providing something to suit everyone's taste.

With September being Oddfellows Friendship Month this event, like many others, saw a range of community members from different walks of life

come together to celebrate this fantastic organisation and the role it plays in their lives.

We were also joined by Charlotte Griggs from the charity Shine, which all proceeds from events throughout the year were donated to. Shine provides specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional care staff. Shine have 12,000 registered members.

Melanie Archer, Branch Secretary of the local Erewash branch, explained to me the opportunities which Oddfellows provides from allowing people to enjoy a range of exciting activities to socialising with new people and gaining advice and support. Events are open to all ages and are simple to book, making it even easier to get involved today and try something new to make friends for life.

For more information contact Melanie on 0115 9638766, or visit www.oddfellows.co.uk.



BEESTON CAFÉ CELEBRATES WITH BIRTHDAY BASH

Beeston Memory Café celebrated four successful years of supporting local people affected by dementia recently, at a special carer's party attended by Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM.

As part of the celebrations, the Mayor presented the café with a birthday cake and spent time speaking to past and present users of the service. Children from John Clifford School also sang for the group, who they regularly visit.

As a trained Community First Responder and Dementia Friend, Derek knows all too well how dementia can affect families. He said: "Dementia doesn't just affect the individual but whole families and communities,

I am truly honoured to have been able to come along and say thank you to the group and the carers and will continue to support them in the future."

The Memory Café, based at Middle Street Resource Centre, first opened in 2014 to provide a safe, friendly environment for anyone living in the community with dementia and those supporting them. Over the past few years it has proved such a lifeline in the local community that sessions have gradually increased and from September 2018 now run every Thursday from 2.00pm until 4.00pm.

At the café, sessions include social activities and a chance to meet and get to know new people. More importantly, it's somewhere to have fun!

For more information about the café, or if you are interested in volunteering, visit <http://beestonmemorycafe.com/>.



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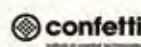


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The streets of Hockley will come alive on 28 October with a daylong festival celebrating music, art and food in the city's vibrant culture hub; Hockley Hustle is back and this year is set to be better than ever.

With over 300 Nottingham acts performing across 35 venues, Hockley Hustle is a lively, local celebration in the heart of the city. Established back in 2006, the festival has grown immensely with the last event drawing a fantastic crowd, filling the floors of some of Hockley's most loved venues. Artists performing include Maniere des Bohemiens, Yazmin Lacey, Nina Smith, Natalie Duncan, Harleighblu, Super Furniture, Rob Green, Rodney P and hundreds more, visit the website for the entire line-up.

As well as providing epic entertainment between the walls of some of Nottingham's best live music venues, Hockley Hustle also creates a buzz on the streets with its unique carnival atmosphere. The Hustle may seem like it's all about the music and the vibe on the day but it also supports a number of local charities, ensuring that it gives back much more than just great sounds.

Tommy Rosley and Ben Welch, directors of the festival, said: "Last year was incredible, Hockley was absolutely buzzing.

"Once again we're looking forward to raising some much needed money for local charities and celebrating Nottingham culture with another fantastic day and night of great music, street entertainment, street food, and some other very exciting happenings."

The family friendly version of the Hustle, Young Hustlers runs across 5 venues on the same day including a Family Rave courtesy of the multi award winning



ARE YOU READY TO HUSTLE?

Big Fish Little Fish and heaps of fantastic entertainment, workshops and activities for young people, and their adults. Check out the line-up via

www.younghustlers.co.uk.
For more information about the Hockley Hustle visit www.hockleyhustle.co.uk.

sincerely yours

Paper Craft Shows

The Newark Paper Craft Show

The Lady Eastwood Pavilion,
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Sunday 7th October

Show Open 10.00am-3.00pm

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Advance Tickets **£3.00**

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Tickets and Show Info

24hrs online @ www.sincerely-yours-shows.info
Ticket Hotline 10am – 3pm 01634 686823 / 0750 761 5969

SOMETHING WICKED THIS WAY COMES

25 October - 3 November

The National Justice Museum is home to gaols and courtrooms dating back 800 years and is reputedly one of the most haunted buildings in the UK – the perfect location to celebrate Halloween in all its ghoulish glory.

For the first time the Museum is inviting families to join its very own Ghost Hunter attempting to rid the gaol of some of its pesky former residents. Will you and your kids be brave enough to join them as they hunt for ghosts and ghouls?

On the Ghost Tours those brave enough can walk in the steps of those who were condemned, imprisoned and executed in years gone by. Uncover eerie tales and learn of the paranormal experiences within this historic building. Over at the City of Caves, the Ghost of the Caves Tour explores the



supernatural tales of those who lived in the caves and the spirits that still reside there.

The Museum's Terror Tour is not for the faint hearted. Dare you meet the scary characters as you are plunged into darkness and creep through the winding corridors and darkest dungeons of the old gaol.

The National Justice Museum has teamed with The Alchemist, winner of the Best Bar in Nottingham 2018, to create the Spirit Tour. Mixing ghostly happenings with the dark art of mixology, the evening starts with a cocktail to steady the nerves, before a spine chilling Ghost Tour around the Museum. For booking information call 0115 9520555 or visit www.nationaljustice-museum.org.uk.

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art and crafts

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Christmas

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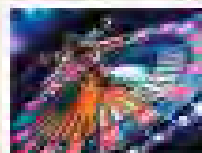
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ASTON HALL
HOTEL & RESTAURANT

Events Calendar

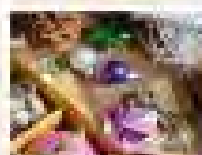
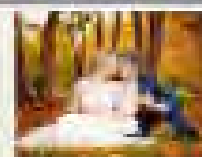


James Bond Casino Night

Join us for a night of fun and excitement with a James Bond theme. Includes drinks, buffet and casino games. £25 per person.

Autumn Wedding Fayre

Discover the latest in wedding trends and ideas. Includes refreshments and a chance to win prizes. £10 per person.

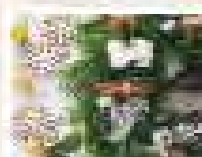
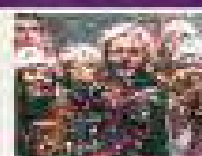


Christmas Craft Fayre

Join us for a day of fun and excitement with a Christmas theme. Includes refreshments and a chance to win prizes. £10 per person.

Festive Party Nights

Join us for a night of fun and excitement with a festive theme. Includes drinks, buffet and dancing. £31.95 per person.



Christmas Wreath Making

Join us for a day of fun and excitement with a Christmas theme. Includes refreshments and a chance to win prizes. £29.95 per person.

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NOTTINGHAM PLAYHOUSE STAGES LOCAL TALENT

Tickets are now on sale for Nottingham Playhouse's first ever local artist festival – under the Amplify programme – which takes place from Tuesday 9 through to Saturday 13 October.

Amplify 18 Festival is an exciting and eclectic mix of new writing, theatre, spoken word, music and workshops by upcoming professional artists who live or originate from the East Midlands and marks an important milestone in Nottingham Playhouse's new artist development programme.

Behind the programme is Nottingham Playhouse's artist development coordinator and director, writer and Nottingham local Beth Shouler, who has more than 15 years of experience in the industry and is passionate about helping talented artists reach their potential.

She said: "The festival line-up showcases artists from across the entire region and includes performances and works-in-progress from different artistic disciplines.

"Not only is it an event to celebrate talent and see great small-scale theatre it's also an opportunity for artists to come together, network, see each other's work and engage with us as a building."

The Amplify artist development programme is open to theatre professionals of all ages, and all types of theatre artists are encouraged to take part, including writers, directors, producers and designers. The programme includes advice surgeries, workshops, feedback on performances, as well as development time, scratch nights and plug in events.

For more information about Nottingham Playhouse, and to purchase tickets for the festival visit www.nottinghamplayhouse.co.uk



1 The Bee Project
2 Pink Lemonade
3 Running with the Moon

A Performance to Remember

East Midlands Orchestra Sinfonia Viva will commemorate the approaching 100th anniversary of the end of the First World War with a special concert in the majestic St Mary's Church in Nottingham's Lace Market on Wednesday 10 October.

The audience at the evening concert entitled 'Strange Friends' will be joined by transparent seated military figures as part of the national 'There But Not There' charity campaign which commemorates those who died in the First World War. The campaign looks to bring the names off the Roll of Honour and into the community, remembering each local who died a century ago.

The evening will open with 'Strange Meeting' which has been commissioned by Sinfonia Viva for Derby theatre company The Lost Boys and directed by Derby LIVE's Creative Producer Pete Meakin.

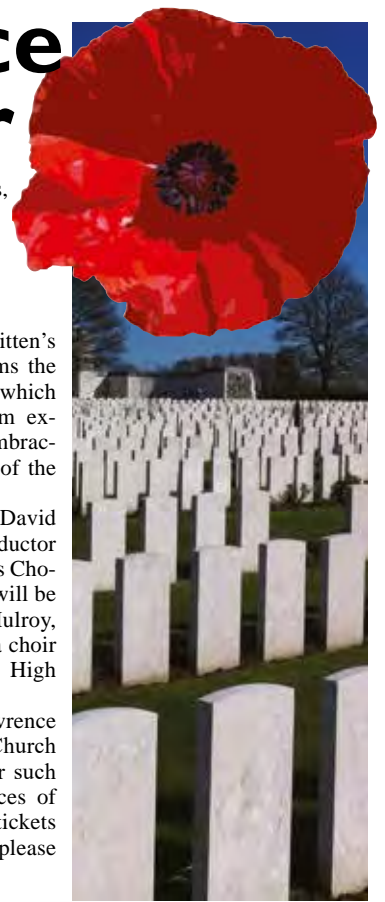
Written by acclaimed play-

wright Peter Roberts, 'Strange Meeting' imagines what it would be like to come face-to-face with the man you killed yesterday in battle.

The poem closes Britten's 'War Requiem' which forms the second half of the concert which sees Sinfonia Viva perform extracts from the piece – embracing the resonant acoustics of the church.

It will be conducted by David Lawrence, Associate Conductor of CBSO Chorus and Viva's Choral Advisor. The orchestra will be joined by tenor Nicholas Mulroy, baritone Grant Doyle and a choir from Nottingham Boys' High School.

Conductor David Lawrence explained: "St Mary's Church is a most fitting setting for such inspiring and emotive pieces of work for this concert." For tickets and booking information, please visit www.vivaorch.co.uk.



Police, fire-fighters and paramedics in Carlton and Porchester will meet Nottinghamshire Police and Crime Commissioner Paddy Tipping this week in the latest of his of community visits.

The PCC will join multiagency partners including Gedling Borough Councillors, as well as Sergeant Luke Todd,

Community "Walkabout" for PCC

for the "walkabout" event, which will take place between 10am and 12pm on Thursday 4 October.

The event, which is open to the public to attend, is part of a series of community walkabouts planned by the PCC to get to know Nottinghamshire's diverse

communities better and deliver effective solutions to local problems.

Mr Tipping said: "We know from experience that getting out and about in our communities and meeting local people helps us to build up a picture of the problems which blight our

county and ensure everyone who has a part to play in solving them is on board."

The event will start at Carlton Ambulance Station in Manor Road Carlton (NG4 3AY) at 10am.



batemans



2nd April - 30th September
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Bistro 11.00am - 7.00pm

Tours 12.00 noon and 3.00pm

3rd October - 23rd December

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Tours 12.00 noon and 3.00pm



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Sixth Form Open Evening

Wednesday
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5.00pm-8.00pm

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Education & TRAINING

The Best Years of Your Life



Most people say that your school years are the best years of your life, which is one of the reasons why the school selection process is so important. The learning, fun and social opportunities that school provides give us the basic skills we need for the world of work and beyond – so picking a place where your child can thrive is essential.

When selecting a school, whether this is at the nursery, primary, secondary school stage or beyond, it is important to consider a range of things when making your final decision. Selecting the right nursery for your child will make the first step of their educational journey a positive experience and will prepare them for everything to follow.

Consider how each of your children learn and select a school that will use this to their advantage. Would they prefer to participate in an interactive environment or benefit more from orderly classrooms with a regimented routine?

Remember to be realistic with your choices. What is your catchment area? Is the school within a practical commute? What are the lunch options and how much do school meals cost? These are all things to think about and costs to consider before making any final decisions. The important thing to remember is that school is a place where your child will spend some of their best years.



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8TH -- 12TH OCTOBER 2018



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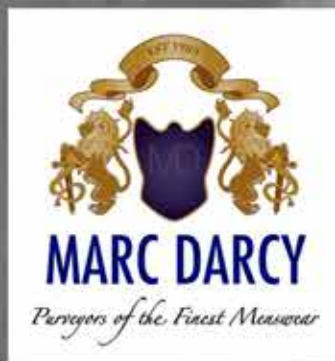
**SIXTH FORM OPTION EVENING
6PM -- 8PM, THURSDAY 11TH OCTOBER 2018**

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weddings

'To Do' Before 'I Do'

It can be tricky to remember everything you have to do before the big 'I do'. Some couples like to spend years planning their big day down to the very last detail, whereas others just can't wait to jet off on their honeymoon, but what every couple does have in common is a budget and a long list of things to remember. Here are some things to think about when planning your big day.

If you're not set on a particular date to tie the knot, contacting venues to ask about any spare dates or cancellations could help you to secure a booking at a special offer. Late rates are ideal for couples with smaller budgets and last minute opportunities can also benefit

anyone who is dreaming of an autumn / winter wedding this year.

The wedding cake is a big part of any wedding and is a tradition where the happy couple share their first taste of married life. Having a bespoke cake made to fit your theme, personal taste and favourite flavours is a great personal touch.

Everyone likes to look their best on their wedding day – that goes for both the bride and groom. The final fittings are an essential part of the wedding preparations to help you look and feel your best. Most bridal and men's tailoring shops provide this service and can make any alterations that you desire.

All you need is
Love

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or discover more at www.savage-weddings.co.uk



**SUNDAY 7TH OCTOBER 2018,
11 A.M. - 3 P.M.
Wedding Open Day**

We would like to invite you to Stapleford Park's open day hosted on Sunday 7th October 2018 from 11 a.m. – 3 p.m. Enjoy Champagne and Canapés on arrival and meet with the Wedding and Events team who will show you the Grand Hall and Orangery set for a wedding. Car parking and admission is complimentary.



Weddings at Stapleford Park 2018/2019

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* Based on 80 guests.

FOR FURTHER INFORMATION:

call 01572 787 016 or email weddings@staplefordpark.com

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weddings



Experience the Magic

Why settle
for anything
less than
perfect?

Choosing a venue for your wedding can be such a stressful process – you want somewhere which presents picturesque settings, ample facilities and is steeped in rich history. So why settle for anything less than perfect?

A gorgeous, historic country house and stunning grounds make Stapleford Park the idyllic location to celebrate your wedding. Surrounded by 500 acres of rolling landscape in the heart of England, the Grade I listed mansion bears a truly magical feel, setting the scene for your dream day.

With its own church on the estate, Stapleford Park is one of England's most prestigious venues for your dream wedding. Offering a flawless backdrop for soon-to-be weds, the mansion boasts an Orangery, Grad Hall and spacious reception areas for all your wedding day needs. From simple and

stylish to a grand, luxurious wedding, Stapleford Park meets every taste, offering stunning countryside views in a traditional, mesmerising building.

From the beautiful private rooms for intimate weddings, to the elegant reception rooms for larger wedding parties, the original features, unique design and the latest accoutrements act as the perfect space for the entire party.

With a range of opulent suites and rooms available to book, you can party the night away before retreating to a comfortable, private abode to rest your head.

A magical day lies in wait for you at Stapleford Park, where your wedding dreams will come to life.

For more information, or to enquire about your own wedding day, contact Stapleford Park on 01572 787 016 or visit www.staplefordpark.com.



A Bespoke venue

The Embankment is steeped in history, recently earning Grade II listed status. The building was designed by Albert Nelson Bromley, the architect behind some of the most distinctive Boots pharmacy buildings, and opened in 1907 as 'Boots Store 2'.

The ground floor of this exquisite venue consists of five distinct areas: the Arkwright dining room, the main bar, the conservatory, and the Dispensary; a real ale and craft beer bar. A newly built beer garden is now available to enjoy on sunny days.

On the first floor you'll find two stunning function rooms available for hire, offering the perfect setting for events for 10-140

people. All events are bespoke, created to suit your wants and requirements, from a private client meeting to a large scale wedding ceremony. The events team at the Embankment deliver first-class customer service, with experience and passion.

The Lord Trent Room

The stunning 1930s art-deco Lord Trent Room has been lovingly restored to its former glory. With double-height ceilings, magnificent crystal chandeliers, original stained-glass bay windows, beautiful architectural arches and a central dance floor, the Lord Trent Room exudes elegance and prestige.

This large room offers the use of a private bar and restroom facilities and can hold up to 140 people.

Jesse Boot Room

Jesse Boot's former office has been sensitively restored to create the Jesse Boot Room; an intimate, oak-panelled space complete with original stained-glass windows, and a gallery view over the main room of the building. It offers an abundance of character and sophistication, and is ideal for smaller-scale events, holding up to 48 people.

For more information call on 0115 986 4502 or email embankment@castlerockbrewery.co.uk.



Care

Amid the on-going shortage of foster homes for children and young people, new research has revealed that almost 30 percent of Nottingham residents would consider fostering a child if they had a spare room.

With thousands of students across the East Midlands leaving their Nottingham homes for university this month, Five Rivers Child Care, an independent social enterprise, is calling for 'empty nesters' to consider offering

Could You Foster?

foster care to vulnerable young people.

Five Rivers commissioned a survey of 2,000 respondents to highlight the overwhelming opportunity September brings with students leaving home. While many students will return home during the holidays and after university, empty nesters can still support vulnerable children and young people by exploring respite or emergency foster care.

Colette Abbiss, fostering services manager for Five Rivers Child Care for the East Midlands, said: "It's very encouraging to see that so many Nottingham residents are receptive to the idea of fostering, "While potential long-term foster carers are crucial to supporting the thousands of children in care across the UK, the industry is underpinned by those offering emergency and

respite foster care."

People from all walks of life can become foster carers as long as they are over 21 years of age, the only requirement is a spare room for each foster child.

A career in foster care offers many benefits including competitive rates of pay and flexible working. For more information about fostering contact Five Rivers Child Care on 0345 266 0272 or visit www.five-rivers.org.

For most of us, our day to day schedule is usually fully booked. Whether it's with meetings at work, looking after the kids at home or making time to fit in our hobbies. While it can sometimes seem impossible, making time to care for those around you is so important for improving your quality of life and making your loved ones feel valued.

Small, thoughtful gestures don't take much time at all and showing somebody that you truly care about them is often much easier than you think. Maybe you've been putting off calling your elderly relative or popping round for a cup of tea after work because of your hectic schedule. Instead of promising to make time for these things 'next week', make a conscious effort to pencil them into your diary now. You'd be surprised at how much better taking 20 minutes to talk to someone you love can make you feel.

On the weekends, spend less time on the sofa catching up on your favourite series and get outside and explore. Being outdoors is a proven way to boost your mood and improve your overall wellbeing, so why not ask your friend that's been having a hard week to join you? Being with someone

that you're close to will make both of you feel much better.

Whether it's a weekend, an hour or just five minutes at the end of your day, making time to care for those around you can improve your quality of life and is sure to make your loved ones feel as special as they are.



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

RUDDINGTON MANOR



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



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

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

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

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

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

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

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

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

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



A NEW CARE FACILITY IN NOTTINGHAM

For further information, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com.

www.newcarehomes.com

Ruddington Manor Care Centre,
Ruddington Gardens, Ruddington NG11 7DD

care

A Home from Home

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

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

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

Our homes are situated in the communities our residents grew up in. They run activities ensuring residents stay young at heart, keeping in touch with the community they have always been a part of.

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

"Our Quality of Life Programme allows us to log and act almost immediately upon every comment from residents, relatives, carers and professional visitors about the experience and care we provide. It's all linked to our quality assurance programme giving you peace of mind that every aspect of our service is being monitored."

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



Making the Move

Has somebody close to you recently moved into a care home? It's likely that you are concerned about helping them to settle into their new environment as best as possible. For those living in a care facility, the first few weeks or even months can be difficult, so it's nice to try and help them settle in.

Most care homes will have visiting hours, so you'll need to check what these are. Establish a visiting routine early on and make your relative or friend aware of when they can expect you. This gives them something to look forward to and also means that they won't get flustered if you turn up.

Many people are worried or upset at the

prospect of leaving their own homes, so it can help to bring some familiar 'comfort' items to remind them or where they used to live. This could be a blanket, a piece of furniture or even photographs. Anything to help them feel at home will ease the difficulty of leaving their own house.

Care homes can feel like a minefield for new inhabitants, so it helps to take the time to show them around. While the staff may already plan to do this, having a familiar face is likely to make them feel more comfortable. Make sure they know where they

can go, and look for somewhere they can relax, a safe space for them.

Above all, stay close and connected and the person you care about during the early stages of them moving into a care home and they will quickly grow to love where they live.



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Contact our admission team today to start your journey to recovery

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Autumn Interiors



As the temperature starts to drop, autumn is the perfect chance to incorporate new trends into your home decor. This year, we're seeing plenty of spicy new colour combinations, cushy neutrals, as well as textures and layers to experiment with. Interior Style Advisor at Furniture Choice, Rebecca Snowden shares 3 styling tips on creating a cosy, comfortable and on-trend home this season.

1. Accessorise with comfy textures

In line with the concept of Hygge, experiment with different textures in the living room. Keep it classic with a comfortable fabric sofa or go for a bold statement with a chic velvet centrepiece. For a boost of style and cosiness, layer up with a woollen throw and textured pillows to achieve a warm, lived-in look that's perfect for the colder months.

2. Create contrast with colour and shine

Make a statement by experimenting with bright and dark colours in your home this season. "Take a leaf out of nature's playbook with warm, golden tones," says Rebecca. "Mustard packs a punch when paired with a black or brown sofa, or sprinkled around the space as fun decorative accents. This colour block approach creates a fresh look that's also easily adaptable all year round."

3. Introduce warm earthy tones

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