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24 PAGE
SCHOOLS
OUT PULL-OUT
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INSIDE!

Nottingham's biggest event of the year is back and set to be bigger than ever to raise vital funds for its chosen charity of the year PASIC, a childhood cancer support charity.

This year Nottingham Hot Property (NHP), dubbed 'Nottstock' thanks to the festival theme, is also extra special as Millward, long time sponsors and trustees of Hot Property, are taking the headline sponsor spot to celebrate 25 years

in business. Hot Property - an annual fundraising event held in November and attended by leading professionals across Nottingham - is now in its fourteenth year. It aims to showcase the best talent in the city, while raising thousands of pounds to support vulnerable children. Nicola Millward, managing director at Millward, said: "We are to be the

thrilled headline sponsor for Hot Property this year. Both person-

ally and professionally I have been involved with NHP for more than ten years and I can't think of a better way to celebrate our anniversary.

"As headline sponsor we have donated £5,000 and will be bringing along many clients and friends to help celebrate. Tickets are now on sale via the Hot Property website and the entire Milward team are looking forward to dressing in their best festival gear and having a great time."

The chosen charity for NHP 2018 is PASIC, a Nottingham and Leicester based charity which aims to support families of young people who are being treated under the East Midlands Children's and Young Person's Integrated Cancer Service (CYPICS).

Louise Whittle, operations manager

at PASIC, said: "We are thrilled to be chosen as the Nottingham Hot Property charity of the year as we rely on sponsorship such as this to continue the great work we do to make life better for families."

Since it was established, NHP has raised in excess of £200,000 for children's charities in Nottingham, making a positive change to many vulnerable children's lives. In total Hot Property has seen over 100 people take to the stage, and this number is growing each year with each event.

Tickets are now on sale via the Nottingham Hot Property website www.nottinghamhotproperty.com and cost £30 a ticket or £25 a ticket for an order of 10 or more tickets.

HEADLINER ANNOUNCED FOR 'NOTTSTOCK'

Nottingham Locked Out Of House-Building Plans

The Government is locking Nottingham City Council out of its plans for more council house building.

The Secretary of State for Housing, Communities and Local Government James Brokenshire has announced £1bn of additional funding for house-building - but has overwhelmingly made this available to councils in the south of the country. Mr Brokenshire has said he wants "to see a new generation of council house

building" - something the City Council is keen to be part of. But he has restricted it to councils where private rents outstrip social rents by at least £50 a week. This limits eligibility to bid for the funding to 165 councils - the vast majority of which are Conservative-controlled authorities

in the south of the country.

Some of the councils that have been granted the flexibility to bid for the borrowing allocation are the wealthiest in the country; many do not have any council houses anymore and are unlikely to

story continued on page 3

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Fearless Fundraiser Takes the Plunge

When Sylv Brown finished breast cancer treatment, she did two things that shocked her family. She got a tattoo and signed up for a Skydive.

After Sylv, 65, had come through a gruelling treatment regime of surgery, chemotherapy and radiotherapy, she was determined to live life to the full and do the things she'd always wanted to do.

"I'd always fancied sky-diving but everyone thought I was mad," says the mother of two from East Leake.

Undeterred, Sylv took the plunge at Langar Airport in April, jumping from a height of 14,500 feet and freefalling 12,000 feet before the parachute opened. Her daredevil leap raised £800 for Nottinghamshire Hospice.

Sylv chose to fundraise for Nottinghamshire Hospice because her husband is a County Councillor and the hospice was the Chairman's charity last year.

Assistant Community Fundraiser Amy Longstaff said: "Sylv is such an inspir-



ing lady and we're so pleased she chose to support Nottinghamshire Hospice. Without the support of people like Sylv we simply couldn't provide the care that we do in our local community. We're thrilled with how much she has raised and can't wait to hear what challenge she has lined up next!"

Nottinghamshire Hospice needs £2.7 million each year to carry out its work caring for patients and their families across the county. This year it aims to raise £50,000 through a series of charity challenges ranging from skydives and running events to a trek up Kilimanjaro or along the Great Wall of China.

Notts Site Manager Among Best in Country

David Wilson Homes East Midlands is celebrating after one of its Site Managers in Nottinghamshire achieved success in a top national competition to find the best building site managers in the country. David Dearden, 36, has been given a Pride in the Job Quality award from the National House Building Council (NHBC). These recognise the best run sites in the country and are the highest industry accolade a Site

Manager can achieve. David, who has worked for David Wilson Homes for 20 years and is currently based at Hollygate Park in Cotgrave, said: "The site team and I are all so honoured to have been recognised for our work at the development and to it's exciting to receive a Pride in the Job Quality Award. "It's not just a big win for myself, but for each member of the team, from management

to our labourers - this has really been a team effort."

This is David's sixth Pride in the Job award, and he also won a Seal of Excellence in 2011. With over 16,000 site managers being assessed and only around 450 winning a quality award each year, they are a much coveted sign of excellence within the industry.



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Digital delegates deliver £15,000 boost for city's homeless

Delegates at a landmark conference in Nottingham have raised more than £15,000 to support local homeless people.

The Nottingham Digital Summit was organised by Hallam, the award-winning Nottingham-based digital marketing agency.

Held at The Nottingham Playhouse in late June, the event attracted more than 600 delegates. In lieu of conference fees, Hallam founder and CEO Susan Hallam asked attendees to make a donation to support local homeless people. An astonishing £15,280 was raised.

The money will be used to support Framework's work with people sleeping rough in Nottingham. It will help fund specialist staff – including an NHS nurse and a social worker – working with people on the streets, and a free-phone line to identify and help rough sleepers.

Framework Chief Executive Andrew Redfern said: "It is great to be working in partnership with Hallam who has already pro-

vided excellent specialist support in kind. "This is an extraordinary sum of money which will be put to very good use. We are deeply indebted to Susan and her team for this most generous initiative, and are most grateful to all the delegates for their generosity."

Susan Hallam MBE, CEO of Hallam, who hosted the event, added:

"It was a privilege to host the first Nottingham Digital Summit and we are very proud to have raised over £15,000 for such a worthy cause as Framework.

"I would like to thank all the inspirational speakers who took part and all the delegates that attended and made the day what it was."

The event brought together leading figures in the digital industry for a series of interactive talks, personalised clinics and networking opportunities throughout the day. Speakers included national heavyweights from Microsoft and Google and many more.



Nottingham Locked Out Of House-Building Plans

story continued from the cover

want to build new council houses in any case.

Rushcliffe Borough Council is one of the councils with the chance to bid for these funds, which the city welcomes. But on the northern bank of the River Trent, Nottingham City has been prevented from bidding.

Nottingham City has shown it has the ambition to build, making the most of existing resources to build the biggest programme of new council housing in a generation, to award-winning standards of construction and design. Nottingham was all set to go ahead building more homes, but is being prevented from helping the Government meet

its own target of building 300,000 new homes a year.

Deputy Leader Councillor Graham Chapman said: "The Government claimed housing funding would be made available to 'high demand' areas.

"They have once again favoured wealthy southern councils over councils in more disadvantaged ar-

reas in the Midlands and the North." Portfolio Holder for Planning & Housing, Councillor Jane Urquhart, who has written to the Secretary of State to raise her concerns, said: "There's a housing crisis in England. We are building homes for local people and want to build more – but the Government is tying our hands."

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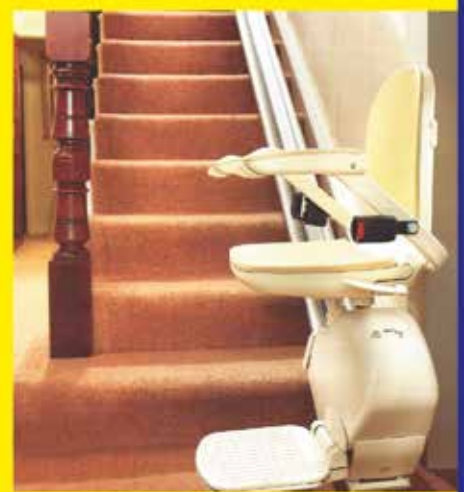
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ON TWO WHEELS

Three IHealth employees are gearing up to cycle 200 miles over the course of two days to raise £10,000 for Nottingham Hospitals Charity's Hayward House centre to say 'thank you' to the NHS as it turns 70.

Brett Draper, Chris Booth, and Andy Sheret from the Colwick-based cybersecurity company, IHealth, set off from Manchester on Tuesday 17th July 2018 aiming to cycle 200 miles to Abingdon, Oxford over the course of just two days.

IHealth, who solely serve the NHS as a market, wanted to help celebrate 70 years of the NHS and do something in acknowledgment of the incredible work that's provided by the NHS and its supporting charities. Nottingham Hospitals Charity which raises funds for Hayward House is the charity of choice. Hayward House aims to enrich the lives of individuals with life-limiting illnesses, as well as supporting their families. IHealth knew of the Hayward House Appeal to raise funds for a range of enhancements to the palliative care provided, including development of a new sensory garden, and wanted to support them in their quest.

Brett Draper, Managing Director of IHealth said:



"We're really looking forward to the challenge. IHealth has worked closely with the NHS for over 25 years now and the NHS' 70th birthday seemed a perfect opportunity to give something back and show recognition of the fantastic work provided by NHS staff and supporting charities."

Nottingham Distribution Centre Retain Gold Standard

The team at the Nottingham distribution centre of magazine and newspaper wholesaler, Smiths News, is celebrating after being awarded an industry leading gold standard award for a second year.

Presented by the Royal Society for the Prevention of Accidents (RoSPA) to group distribution manager, Adam Geoghegan and group QSHE champion, Carl Gostelow at an awards

ceremony held in Birmingham, the distribution centre retained its gold standard for commitment to health and safety standards.

Commenting on the centre's success, Jonathan Bunting, chief operating officer at UK leading logistics specialist, Connect Group, which owns Smiths News, said:

"This award for the Nottingham site demonstrates a continued commitment

to health and safety standards and really shows the hard work our teams up and down the country put in to ensure a safe working environment is adhered to.

"At Connect Group, the safety and wellbeing of our co-workers, and those at all of our locations is paramount to us, and these awards recognise the changes we are putting in place to ensure that this continues."

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All posts are subject to an enhanced DBS check.

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The Best Green Spaces: On Our Doorstep

Two of Gedling Borough Council's parks have been recognised by the Green Flag Award Scheme as some of the very best in the world.

Gedling Country Park and Arnot Hill Park are among a record-breaking 1,883 UK parks and green spaces that have received a prestigious Green Flag Award, the mark of a quality park or green space.

This international award, now into its third decade, is a sign to the public that the space boasts the highest possible environmental standards, is beautifully maintained and has excellent visitor facilities.

Arnot Hill Park has retained the flag for the 12th year running and Gedling Country Park for the 3rd year in a row. Councillor Peter Barnes, Portfolio Holder for Environment said: "We are absolutely delighted to receive a Green Flag Award for these fantastic parks."

"We know how much quality green spaces matter to residents and visitors, and this award celebrates the dedication that goes into maintaining our parks to such a high standard."



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Aries

You are about to realise a cherished dream whilst fortunate trends provide the impetus and encouragement for getting new projects off the ground. After what has been a long period of frustration on the domestic front and in your business world, you can now look forward to happier times, probably because you are speaking out more confidently about your vision for the future.

Taurus

An arrangement you have been excited about will have to be postponed, but news you have been quietly dreading will be better than anticipated. If single, you may have to choose between more than one admirer. You have to be sensible and look at which side your bread is buttered and choose what is going to benefit you in the long term.

Gemini

Social invitations involving family celebrations or just outings with friends could open a few unexpected, interesting doors. Make more time for your favourite activities and start thinking about your long term prospects both in your personal and professional life. You have some great money making ideas and other people want to hear about them.

Cancer

A number of doors may have closed recently which is why you are feeling locked out in the cold and undecided about your future plans. A lost love from the past may suddenly reappear in the hope that you agree to give the relationship another chance. At work, the pressure is on and the stakes are high and your reputation depends on the results you achieve and who you manage to impress.

Leo

Whilst learning new skills, you could feel frustrated by other, slower individuals and miss out on a vital piece of information. There is a good spell for you financially, but refuse to lend money to someone who is unreliable and somewhat fickle in their outlook. Make the most of social situations because a new romance could soon be on the cards.

Virgo

The demands upon your time are spiralling out of control and just as soon as you sort one problem out another tough situation immediately develops that does not really have anything to do with you personally. If you have been anything less than completely honest, then loved ones will know. Take positive steps to reduce your financial outgoings.

Libra

There may be some confusion over money in connection with a friend or business associate. Hearing from an old friend or former lover could add a note of bittersweet nostalgia to your days. It's time to start thinking about your own well being and organise some time out where you can relax and think carefully about your next move.

Scorpio

It isn't unusual for people to ask you for advice or look to you for guidance and support, but when something important and deeply personal needs careful handling, then you have just the right close circle of friends on hand whose advice is both down to earth and thoroughly reliable. If in doubt, treat a situation with the contempt it deserves.

Sagittarius

An invitation which could further your business chances or career should be accepted because you never know where such an opportunity may lead. First impressions are extremely important so make sure that you always look immaculate and think before you speak. An annoying set back will be offset by a romantic liaison with someone you find irresistible.

Capricorn

A disagreement over who does what and when could send sparks flying either at home or at work. You sense changes in the air, but its hard to foresee the twists and turns that might affect your personal or professional circumstances, so either way, you must be on guard, stay close to your friends and keep your enemies even closer.

Aquarius

If you are starting to see some positive results to a project you started earlier in the year, then don't hesitate to devote more time to it because one thing will lead to another and before you know it you will have lots of exciting plans in the pipeline to look forward to. Believe in your ability to achieve your current goals and the rewards will be beyond your wildest dreams.

Pisces

Time to sort out your hectic social life. You are always up for a party or some social function but it can be dangerous trying to mix business with pleasure. Don't be misled by someone who has the gift of the gab even though you are restless and looking for excitement. Remain in total charge of your finances rather than willingly handing over the reins to someone who has an ulterior agenda.

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A superb group of high-profile judges from the food industry are involved in the competition this year, include Raymond Blanc, OBE, Liz Earle, CBE, Candice Brown

and Minette Batters, President of the NFU alongside founder of British Food Fortnight, Alexia Robinson and Breige Donaghy, Director of Delicious Food at Co-op.

"The competition gets bigger each year as increasing numbers of people and communities are realising how important it is to support our farmers, producers and local food business. This competition is a super opportunity for communities to come together and appreciate the delicious and diverse food that is produced on our doorsteps," said Alexia Robinson.

As well as having a Love British Food

Ambassador attend their event in 2019, the winners will be presented with the Love British Food 2018 trophy, £250 in Co-op vouchers as well as a case of Co-op award winning 'Les Pionniers' champagne and a selection of goodies from the campaign ambassadors.

To enter the competition all you have to do is organise your event during British Food Fortnight, take plenty of photos and post them on your social media sites if you can. See terms & conditions on www.lovebritishfood.co.uk along with details on how to enter.



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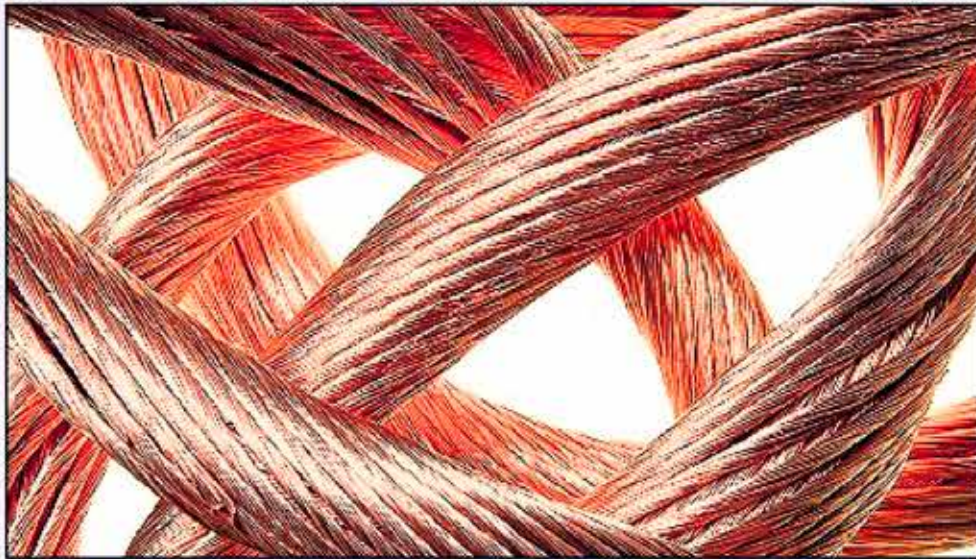
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A Fairytale Retold

Horsendale Primary School children have delighted their fellow pupils and staff with a professional performance of 'Porridge', the musical, which left its audiences laughing in the aisles! Olivia Owen, age 11, played the role of Goldilocks and said, "Porridge is the story of a family of bears who have a famous restaurant called 'The Porridge Pot' which they opened after their hibernation. But it turns out that Papa Bear is evil and is trying to flatten the forest in the Happy Valley where we all live. He wants to build a huge porridge factory on the land. But my character, Goldilocks and Jack Sprat, the detective, find out about the plan and with the help of Junior Bear, try to put a stop to it!" Head Teacher at the newly expanded Nuthall based school, Karen Jagger, said that it was a fantastic way to celebrate the end of the school term. "The Year 5 and 6 performance of 'Porridge' has got to be one of the best I have seen yet. The wealth of talent amongst the children is phenomenal! The technicians, props team, actors and singers were equally impressive, each brimming with pride in their role, and all agreed that even the pantomime cow had a certain flair! The audience were laughing from beginning to end. We couldn't feel more proud of our amazingly talented children."



Professional performances all round as Horsendale Primary School children put on a show to remember!
Photo credits: Lou Brimble

Success for Council in Building Awards

Work carried out by Mansfield District Council's Building Control team has been recognised by the prestigious Local Authority Building Control (LABC) Building Excellence Awards for the East Midlands. The annual awards are like the regional Oscars of the building world and projects in which the council's building control team was pivotal, won two of the accolades. The team was involved in the winning entry in the category

for Best Small New Housing Development: Mulberry Gardens in Mansfield, built by Dukeries Homes Ltd and designed by Vertical Edge Design. Stephen Clarke, of Dukeries Homes, said: "As a local Mansfield company investing in Mansfield, it is with great pride we receive the Best Small Housing Development award for our Mulberry Gardens project. This award is testament to the hard work and commitment

of the Dukeries site team and the support and guidance of our partners, Mansfield District Council Building Control, with whom we are bringing forward quality developments recognised by the LABC." Celebrating her win, Rachael Walton, of Vertical Edge Design, said: "This is a team award, not only for Vertical Edge Design but for our partnership with Mansfield District Council Building Control team."



Frisby Lakes Open Day

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Fresh Insight into Boots Site Plans

Further plans for one of Nottingham's most significant development sites were revealed on 11 July by Conygar Investment Company plc, at a breakfast event hosted by Invest in Nottingham.

The event saw more than 70 influential professionals from businesses across the East Midlands come together to hear about the plans for a brand new mixed-use scheme on the former Boots Island site, which were submitted in June.

Held at the Jurys Inn overlooking the redevelopment

ment site, attendees were given an insight into the make-up of the proposed scheme and shown the latest artist's impressions of how it will look upon completion.

Christopher Ware of Conygar Investment Company plc – which purchased the site in 2016, said: "It was great to see so many people attend the breakfast, from key business owners to the city's stakeholders. "We are aware of how significant the development is to Nottingham and we are really looking forward

to watching our plans come together and go hand in hand with the city's vision – we can't wait to create a new community in the city centre and be part of Nottingham's exciting future."

The plans will see the 40-acre site, which has laid derelict for many years, totally transformed to bring new homes, grade A office space, creative market space, a five-star hotel, retail units, a 'linear' park and community space as well as new student accommodation to the city.



Max Kwan,
Emma Atkings,
Ashley Cowdrey



Shruti Trivedi and
Stephen Corbett

SUPERHEROES

National Justice Museum,
Nottingham 28 July – 7 October

This summer the National Justice Museum presents SUPERHEROES, a new exhibition which examines the rise of superheroes in popular culture. Themes include the role of superheroes in the fight against crime, how villains are portrayed, the representation of superheroes in children's literature and TV and what happens when superheroes act as both judge and jury – should they be policed too? The exhibition also explores how in the on-going fight for justice, superheroes can provide a positive message of diversity, showing that whatever your background, everyone can be a hero.



Alongside much-loved characters from DC and Marvel including Superman, Spider-Man, Black Panther and Wonder Woman, the exhibition introduces visitors to The Pride, a team of LGBTQ superheroes created by Joe Glass; Muslim superhero Miss Marvel; and Jubilee, who has a learning disability.

The exhibition also looks at how the resurgence of superheroes in popular culture makes comics an ideal platform to address the lack of diversity in role models for children – in her first novel Alesha Dixon created mixed-race superhero Aurora Beam; Ade Adepitan's new book introduces his childhood alter-ego Cyborg Cat; and Dan White developed The Department of Ability, a comic inspired by his daughter, in which disabled superheroes save the world. To coincide with the exhibition there is a Superhero film season including screenings of: Tim Burton's iconic 1989 Batman (5 August) 1980s classic Flash Gordon (2 September) Vampire superhero Blade, complete with Blade-y Mary cocktails (7 October)

Join us and be part of #superherosummer Entry to the exhibition is FREE. For opening times and further information call 0115 9520555.



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Notts School to Make Big Saving by Changing its Lightbulbs

A Nottingham high school is due to save more than £320,000 over the next 15 years just by changing its lightbulbs, thanks to renewable energy company Greenio. Trinity Catholic School has had a full LED lighting system installed both internally and externally at its site in Beechdale Road. The 1,350 LED project, which has just completed its second phase, will begin to offer savings of more than 150,000kg of carbon dioxide per year – the equivalent of over 200 trees. Changing the external lights at the school also improves health and safety and will save the education facility an estimated extra £3,000 per year. The school plans to invest the money it will be saving into books, laptops and staff development. Assistant headteacher Steve Manderson said: "As a project

it sounded daunting to change 1,350 lights in the school but it was a surprisingly smooth process. "Since the first installation of the LED lights six months ago, we've already seen the energy bills come down. The lighting has much improved work spaces and we expect to save hours of time changing light bulbs." Anna Wooster, managing director of Greenio, said: "Having worked with many schools across the country it was a blessing to work closely with Steve Manderson and his team, who were accommodating, understanding and driven to turn this school into a sustainable future proofing hub. The fact the school has now gone for phase 2 is really special. "The school now has more money to spend on learning and providing a better educa-

tion for pupils. Some schools have bought new equipment such as laptops and books, whereas others have invested in their staff development and even hired extra members of staff." Greenio, which was set up in 2013 and is based in Sleaford, Lincolnshire, has been involved in dozens of educational projects. Anna added: "You'd think having to change thousands of lightbulbs would cause some disruption, but no learning is interrupted. Some schools prefer it to take place during the holidays, however we're happy to work around the school – working late out-of-hours shifts to ensure the smoothest transition." To learn more about this project, or to find out how you can improve your carbon footprint and save money, contact Greenio on 0800 810 0565.



News in Brief

Commemorating 100 Years

Four Remembrance Tommy Soldiers figures were unveiled at Gedling Country Park as a tribute to men and women who died during WWI. The unveiling is part of Gedling Borough Council's plans to commemorate the 100 year anniversary of the end of the war. The metal silhouette figures of WWI soldiers, known as 'Tommys', are being installed at four points around the park including at the main entrance as of Tuesday 17 July at 2.15pm. The six foot aluminium Tommies are believed to be the first to be installed in Nottinghamshire and will be a permanent fixture at the park. The Tommies were the brainchild of the 'There But Not There Campaign', an organisation who are supporting a number of armed forces charities by making the Soldiers to raise money. The soldiers have been made by army veterans, employed by Royal British Legion Industries. The council has also announced plans that on Saturday 10 November at Arnot Hill Park from 11am, it will host a WWI commemorative event that will include choirs, brass bands, memorabilia displays, poetry readings and a poppy making activity hosted by Gedling Play Forum. On Remembrance Sunday, as well as the annual memorial services, at 7pm across the nation, beacons will be lit to remember those who died during the war. The council will be lighting beacons at Arnot Hill Park and Gedling Country Park and bells will be rung across the borough at 7.05pm. Deputy Leader of Gedling Borough Council, Councillor Michael Payne said: "I'm very proud to be unveiling these tributes to mark the centenary of the end of WWI and to those who lost their lives."

News in Brief

Council Tackling Fly Tipping Hot Spot

Broxtowe Borough Council is taking a proactive approach to tackling a fly tipping hot spot in Greasley. The Council is actively monitoring and managing fly tipping in the area around New Lane and Narrow Lane and a number of actions are being undertaken including improved signage using "eyes watching", looking at options for reducing access to prevent rubbish being dumped, targeted enforcement activity and options including CCTV, subject to Committee approval. Chair of the Environment Committee, Councillor Shane Easom said: "We've seen a decrease in flytipping incidents over the past two years with a 16% reduction in 2016/17 and

a further 13.57% reduction last year. There is always more work to be done though and I know that fly tipping is an issue which is very important to our residents who take pride in

our community and see our Borough looks clean and tidy." Local residents are also being reminded of their responsibilities when it comes to waste disposal. The fly tipping of waste

is a serious criminal offence which carries a fine of up to £50,000 (unlimited if indicted to the Crown Court) or an offender can even be imprisoned for a maximum of 5 years.

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Poppies pouring in for Remembrance Day

Knitted poppies are starting to pour in for a special town centre display to mark the centenary of the end of the First World War on Remembrance Sunday – and Mansfield District Council is appealing for more people to get involved. The council is aiming to match last year's successful appeal, in which the Old Town Hall was decorated with more than 8,000 poppies knitted by hundreds of local volunteers.

This year it is hoped local people can add another 10,000 poppies to the display in an attempt to cover the whole Market Place. An earlier appeal for people to donate plastic bottle tops has been so successful that the authority now already has enough to create a bottle-top mosaic of poppies. The council would like to thank everyone for their donations and advise that no more bottle tops are needed.

The knitted poppy decorations will adorn part of the route for the Remembrance Day parade, which goes through the town centre via West Gate and into the Market Place on the way to St Peter's Church.

The displays will be installed during the week prior to Remembrance Sunday, which this year falls on Sunday 11 November – exactly 100 years to the day that peace was declared after four years of war against Germany in what was known as the Great War and later as the First World War.



Nottingham Students Encourage Organ Donation

Sherwood Forest Hospitals joined forces with Nottingham College Access to HE Diploma in Media & Journalism students recently to produce a range of designs for the 2018 Organ Donation campaign posters. Students were set a live design brief to create an eye-catching and engaging poster, with the theme 'Give and let Live' to encourage people to sign up to the national organ donation register.

Posters were then entered into the Sherwood Forest Hospitals poster competition, which saw more than 15 people entering a variety of de-

signs and concepts.

Organ Donation Committee Chair, Shirley Higginbotham said: "It was brilliant to receive so many poster designs. Entrants clearly understood the concept that we wanted and they produced some really high quality designs. It was hard to decide a winner and runners up from the quality that we received, but in the end the winner shone through and we made a clear decision, as the design is fun, clear and eye-catching and relates to a wide target audience."

Winner of the poster competition Jenny Strong, 21, from Notting-

ham, said: "It was a great brief to be set and I really enjoyed designing the characters for it. My work has never been showed anywhere, so to have it displayed in the hospital as part of the campaign is amazing. It was brilliant to get this opportunity."

All poster entries will be showed during Organ Donation Week which runs 4 – 10 September. The winning poster will be enlarged and used throughout Sherwood Forest Hospitals' sites at King's Mill Hospital, Mansfield Community Hospital and Newark Hospital.

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* excludes the World War II / 1940s events. Please see website for full details.





City Hospital Staff Organise Community Fun Day



A team of NHS staff from the Endoscopy Unit at City Hospital has organised a Community Fun Day to celebrate the 70th anniversary of the NHS. The NHS70 Fun Day, which is open to everyone, will take place

on Sunday 5th August 2018, 10.30am-4pm, outside City Hospital. Over 30 stalls and activities will keep guests entertained, including a prosecco bar, bouncy castle, face painting, a raffle, and

a hospital bed race! One of the main events will be a duck derby: guests can pay £5 to sponsor a rubber duck to win a race along the stream, with cash prizes for the winners. Entrance to the event is free. A

portion of proceeds raised by stalls and activities will go to Nottingham Hospitals Charity, to enhance patient care in the surgical division. Naomi Walters, Senior Community Fundraiser, said that the Charity is excited to celebrate the NHS70 with people from the Nottingham community: "We're delighted that staff, patients, and the local community are coming together in

celebration of our hospitals. The Fun Day is one of many exciting NHS70 events this summer in Nottingham, including NHS 7Tea Parties and Nottingham Hospitals Charity's very own BIG Prize Draw." For more information about the NHS70 Fun Day, please visit: www.nottinghamhospitalscharity.org.uk/events

Nottingham Hospitals Charity Prize Draw 2018
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Bustling with families, friends and children, the Aqua Park had attracted visitors of all ages with its array of inflatable water slides, climbing frames and walkways.

On arrival, I was provided with a wetsuit and a buoyancy aid to change into first, and then I was ready to hit the water. With 50 minutes to go around the course as many times

as I liked, it was definitely an entertaining experience. I enjoyed the challenge as I set out to tackle all of the 40 fun obstacles, including the balancing beam, trampoline, blast bags, slides and much more! Ranging in difficulty, these fun additions had me running, jumping, crawling and sliding my way around the course.

With a range of facilities easily accessible and readily available on site, there was plenty of space for parking and other activities. Once I'd completed my session, I was able to relax and enjoy the view with a picnic before heading home. Priced at only £20 per ticket (off peak, Mon - Fri) and £22 per ticket (peak, Saturday - Sunday 11am - 4pm), I would recommend taking advantage of the many activities on offer at Rutland Aqua Park and having super-soaking good time this summer!



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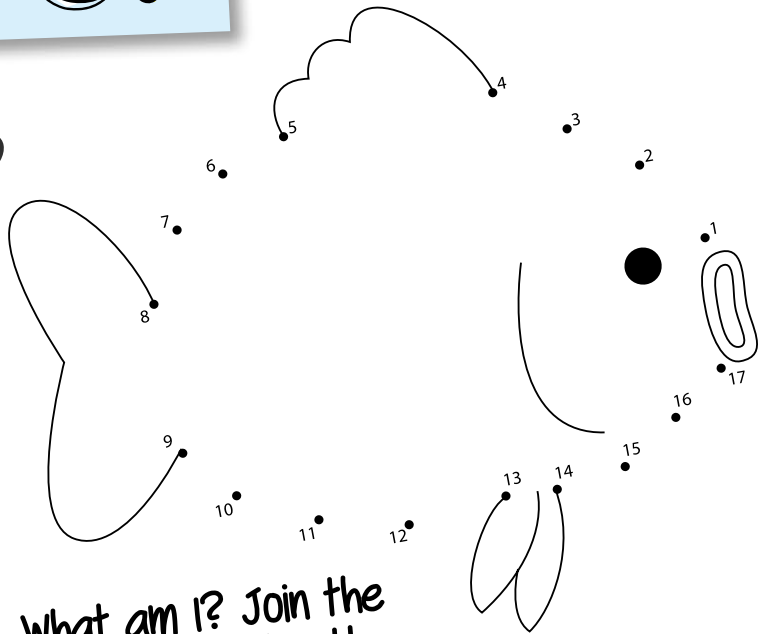


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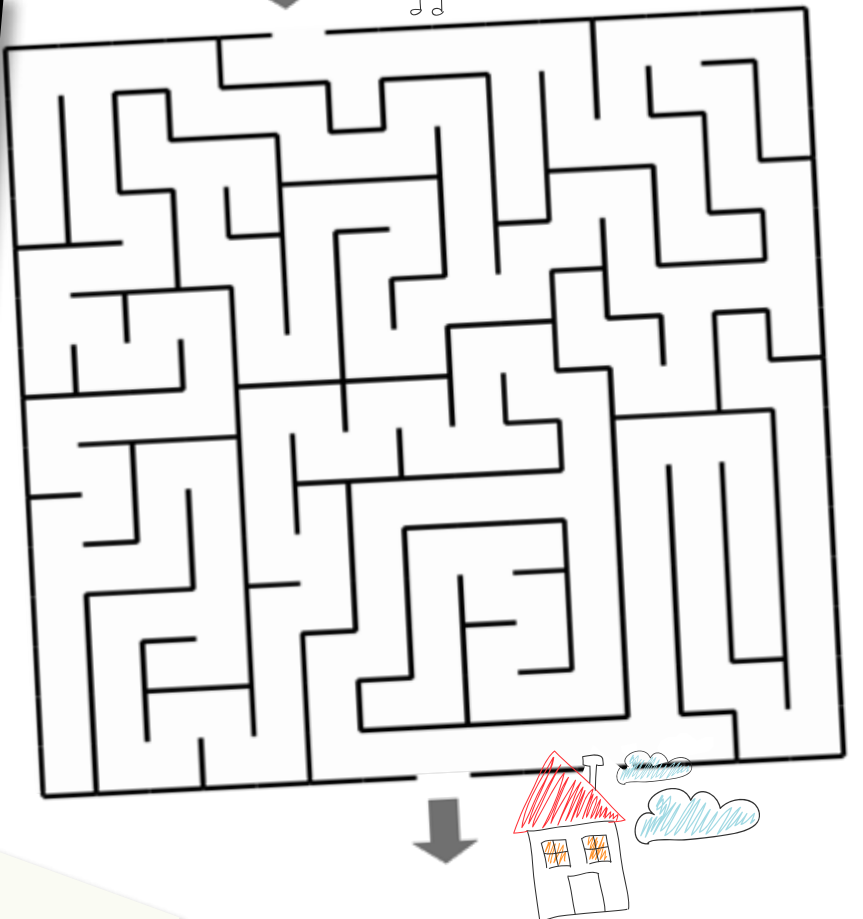
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BEESTON BEACH IS BACK



Beeston on Sands will return this month giving local residents and shoppers a chance to feel the sand between their toes, enjoy an ice cream, play on the children's rides or sit on the giant deck chair.

The beach will open for 2018 on the site of the old bus station on Saturday 28th July until Saturday 1st September from 10.30am until 6.00pm daily.

As well as an even bigger sand area, children's rides, crazy golf, inflatable castle and slide, a mini arcade, monster truck rides, bungee trampolines and children's bumper car rides will also be on offer. Entry is completely free and there will also be refreshments for sale including ice creams and a bar.

"Last year's beach proved incredibly popular with residents and with the recent spell of good weather we've been having, it's sure to bring a little holiday spirit to the town" said Councillor Shane Easom, Chair of Broxtowe Borough Council's Leisure and Environment Committee. Beeston-on-Sands has been organised by LLeisure in conjunction with Broxtowe Borough Council with support from Westerman Homes and NET.

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27th AUGUST 2018

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schools out for Summer WHAT'S ON

Continued on page 30

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FAMILY FUN IN NOTTINGHAMSHIRE

By Josh Smith

From picnics to parties, there is much for you to do in Nottinghamshire this summer. If you are looking for something which gets your adrenaline pumping, head on over to the Riverside festival running Friday 3 - Sunday 5 August, where you can discover many rides which are certain to make your heart skip a beat.

If you don't fancy fairground rides, take the kids to watch Superslam Wrestling at Wheelgate Park.

Here you will get the privilege of high flying acrobatics, super strength, and flashy fighting all around the classic ring.

For an experience closer to home, go and watch the mighty reds at the City Ground. Already, Nottingham Forest has seen record season ticket sales and with big new signings and transfers already done, they're the ones to watch out for this season. With matches against

West Bromwich, Reading and Birmingham City, head to West Bridgford this summer for some fast-paced sporting action.

Also, if you're looking to embrace the culture, why not go on the critically acclaimed tour of Nottingham with Robin Hood himself. Here you will visit the city's historical landmarks and discover the secrets behind them so if you're interested in a bit of exploring, this is the one for you.

Attend the annual Nottingham Food Festival at Wollaton Park on Saturday 11 and Sunday 12 August to try delicious delicacies, have a go cooking yourself and watch how the professionals do it. Joined by celebrity guests Levi Roots, Jackie Kearney, Peter Sidwell, Paul Rankin and Cyrus Todiwala OBE, this is not an event worth missing.

This is not the only event happening at Wollaton Park this summer; the park are hosting film nights from Thursday 23 to Monday 27 August, so don't be stuck at home watching telly this summer, experience Nottingham in all of its glory.



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Celebrating BRITAIN'S BEST- LOVED DISH

Britain's favourite pie festival is being held at the end of July and you could be there with this delicious opportunity. This national celebration is taking place at the Livestock Market in Melton Mowbray on Saturday 28 and Sunday 29 July. Nottinghamshire in Focus have teamed up with the organisers to offer five lucky readers a pair of tickets each to this mouth-watering event. PieFest boasts the famous European Protected Pork Pies alongside a diverse range of other pies; sweet and savoury, cold and, new this year, hot pies to eat on the go. Served with and without mash, veg and gravy, there's something for everyone. Included amongst the pie makers will be past and current winners of the British Pie Awards. Pie aficionados can make their

own judgement on the pies on offer and vote for their favourite pie to win a hamper, the pie maker winning a silver cup.

PieFest will also have other treats to sample and buy such as cheese, cider, beer, chutneys, wine and much more. To find out more about what's on offer visit www.ukpiefest.co.uk.

Organiser of PieFest, Matthew O'Callaghan said: "The pie is almost uniquely British and one of our most favourite foods. We eat £1 billion of pies a year."

To enter the competition just send your name, address and contact details, including telephone number and email address to competitions@nottsaspect.co.uk.

The deadline for entries is July 23 and winner's details will be passed onto competition organisers, anyone who enters and does not win their details will be destroyed. The first five entries drawn from the hat will be the winners.



Coming soon: East Midlands Food Festival 7/8th Oct
www.meltonmowbrayfoodfestival.co.uk

**THE ORIGINAL UK
PIEFEST**



Who wants to eat 'all the pies'?

A nation of pie lovers, we're celebrating this iconic British Food at UK PieFest this July in Melton Mowbray - the UK's 'Capital of Pies'. At PieFest, visitors can sample pies, buy pies, eat pies and even make their own pies.

**From 10am to 4pm, 29-30 July 2017
at Melton Mowbray Cattle Market, LE13 0HS**

Admission is £4, children under 16 free.

www.ukpiefest.co.uk





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schools out for Summer WHAT'S ON

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An Event To Remember

If you're looking for some family fun this summer, Midland Events Club has you sorted, providing a perfect day out for the whole family. The Wheels in the Field event running 28-29 July boasts your favourite festival attributes including a fun fair, tractors and loads of interesting stalls.

Open 10am-4pm, you can soak up the summer sunshine whilst you enjoy full sized steam engines, miniature displays, vintage commercial vehicles, classic caravans as well as fair organs, stalls and all the excitement of a fun fair. Challenge your friends to go-carting for some high speed, off-road action or perhaps you'd prefer a more relaxing fun fair experience.

With all day entertainment on the stage, a range of parades, displays and shows, including

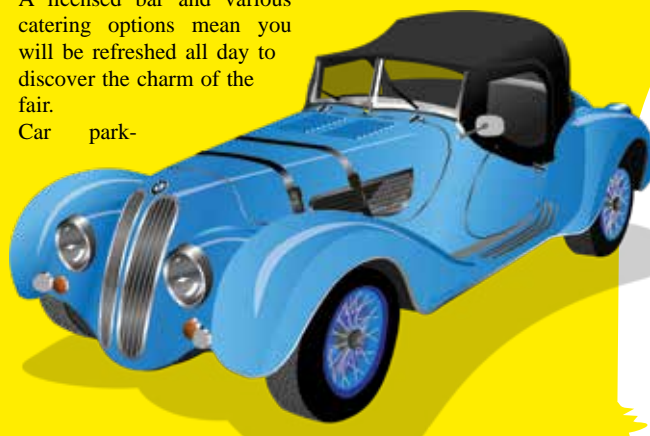
dog shows and cheerleading performances, there will be something for everyone at this diverse family event. Bring the kids along to this family friendly environment to explore the fun fair rides, jump on the bouncy castle and dare to drive the exhilarating quad bikes.

A licensed bar and various catering options mean you will be refreshed all day to discover the charm of the fair.

Car park-

ing is free, making it that much easier to come along. Entry prices are great value at just £6.00 for an adult and £2.00 for a child - make some super family memories today!

For more information visit www.themidlandeventsclub.com.



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Wheels in the field

Hook Cliffe Showground 28th - 29th July 2018

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- Lincolnshire cheer leaders
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Dog Show

Entry Adults £5 Child £1 Open Daily 10am-4pm

Dog show entries on the day fees going to local Charity

Hook Cliffe Showground, Grantham NG31 8NB

For more information call 01159 281300
dave.hoyles1@btinternet.com • www.themidlandeventsclub.com

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FAMILY FUN

A summer of fun is promised in Leicestershire - with two exciting outdoor events this August. The Bosworth Medieval Festival, which runs from 9.30am to 5.30pm on Saturday August 18 and Sunday August 19 at Bosworth Battlefield, is a great event for families. There is so much on offer, with a full re-enactment of the Battle of Bosworth as the grand finale. There is also jousting, archery, cannon fire demonstrations, guided tours, author talks, a medieval craft market and loads of exciting fun, hands-on games and competitions for children - most of them free. There's so much to see and do that it's well worth buying a weekend ticket for entry on both days. A special group rate is also available for clubs and societies. Tickets can be booked online at www.bosworthbattlefield.org.uk or by calling 01455 290429 between 10am and 5pm. Buy before midnight on August 17th and save 10% on all ticket prices.



Just over a week later comes the Countryside Show at Beacon Hill on Bank Holiday Monday, August 27, from 9.30am to 5pm. It boasts a unique line-up in the main arena, balancing the very best of countryside life and a food marketplace where visitors can taste some of the

freshly-crafted local produce Leicestershire has to offer. There's also tree climbing, sheepdog and duck shows, bird of prey demonstrations, live music, local food suppliers, marquees, stalls and plenty of activities for children including, wall climbing, face painting and much more. More information at www.leicscountryparks.org.uk/countryside-show.



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[†]Calls cost 7p per minute plus your phone company's access charge. Participation and supervision ratios apply – please see website for more details.

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- 2 Where can you discover HiddenSecrets?
- 3 When can you ride on Tractors and Trailers?
- 4 When can you meet the Ghosts at Nottingham Industrial Museum?
- 5 Where is the Festival of Fireworks being held?
- 6 Where can you Bounce, Climb and Slide?



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Please also state where you would like to spend the voucher.

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All entries will be put into a hat and drawn out, the first correct entry will win.
Normal NIF rules apply.

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18th & 19th August
10AM-4:30PM

Activities for all ages
Free Entry!!

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For Information regarding a stall at this event please contact:
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W: creativecrafts-online.co.uk E: Andrew.cca@aol.co.uk
Or call: 01704 530139 or 07966499748

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WHAT'S ON 2018

Fine Ales and Ghost Tales from the Bell Inn - 2nd August
Meet the Ghosts Nottingham Industrial Museum - 4th August
Meet the Ghosts Wollaton Hall - 10th August
Wollaton Park Ghost Walk (last one this year) - 16th August
Ghost Teas, Carriages Tea Room, Long Eaton - 23rd August
Beggars Banquet, Wollaton Hall - 30th August

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Camp Williams returns for summer

At Camp Williams, children aged 4 - 15 will take part in camp rallies, sports, swimming, games and crafts. Plus, 8 - 15 year olds on the full programme can take part in skills clinics ranging from archery to climbing, skateboarding to mountain biking, music and drama to basketball. There will be three brand NEW skills clinics this summer including golf, journalism, and scootering, as well as master classes!

There is the option for children to take part in the simplified single day programme. Kids Zone (4 - 7 years) and Pioneers (8 - 12 years) get to try YMCA standard activities adapted for those who can't join in for a whole week at a time. You can choose free transport to and from Camp William - making it easier to plan your day.

Kids Zone campers can take part in the 'Bring a friend' programme! If you book a full week of Camp Williams, your child's chosen friend will be able to attend the first day of the week without any booking charges.

Adventure campers (12 - 15 years) can take part in the all new Adventure Day Trips, taking everything they learn in skill clinics out into the world! Day trips taking place this summer include ice skating at National Ice Centre, Holme Pierrepont for Sky Trail and Mini Golf, Planet Bounce and more.

Parents can join in with Camp Fire Fridays to see all of the awesome things that children get up to at camp and join in with some songs and games! Nottinghamshire YMCA are one of Nottinghamshire's leading youth charities. Their enthusiastic and fully qualified team work hard to make sure your children enjoy spending time in their programmes, every school holiday. Find out more about their services for children, young people and families, visit their website www.nottsymca.com.



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in Nottinghamshire every school holiday

4-15 yrs

Scholarships
We are proud to offer help for families who can't pay full price.

August 2018
 Monday 6th - Friday 10th
 Monday 13th - Friday 17th
 Monday 20th - Friday 24th
 Tuesday 28th - Friday 31st

At Camp Williams all children take part in camp rallies, sports, swimming, games and crafts.
 Plus, 8 - 15 year olds on our full programme can do skills clinics ranging from game design to climbing, and mountain biking to music making.

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 with code **WILLIAMS15**
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"Fun, safe, educational. My daughter loved everything about camp. Happy child, happy mum!"
 Louise, Camp Williams parent

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Boston
Market Place
10am – 3pm

Friday 27th July



GET CYCLING ROADSHOW

Come along to the Get Cycling Roadshow! Try out a mixture of conventional and unconventional bikes, have a go on the KMX Karts and the mega bike. Free cycle clinic for maintenance and minor repairs. Junior track for kids. A fun event for the whole family to participate in and enjoy!

FREE ADMISSION

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10am to 3pm
Boston Market Place

August 2nd, 9th,
16th, 23rd, 30th

September 13th, 27th

October 11th, 25th

November 1st, 8th,
15th, 22nd

Boston Food Festival

'The Tastes of Boston'

Sunday, September 23
10am to 3pm
in Boston Market Place

Boston Central Park
10am – 4pm

Friday 10th August

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Central Park, Boston

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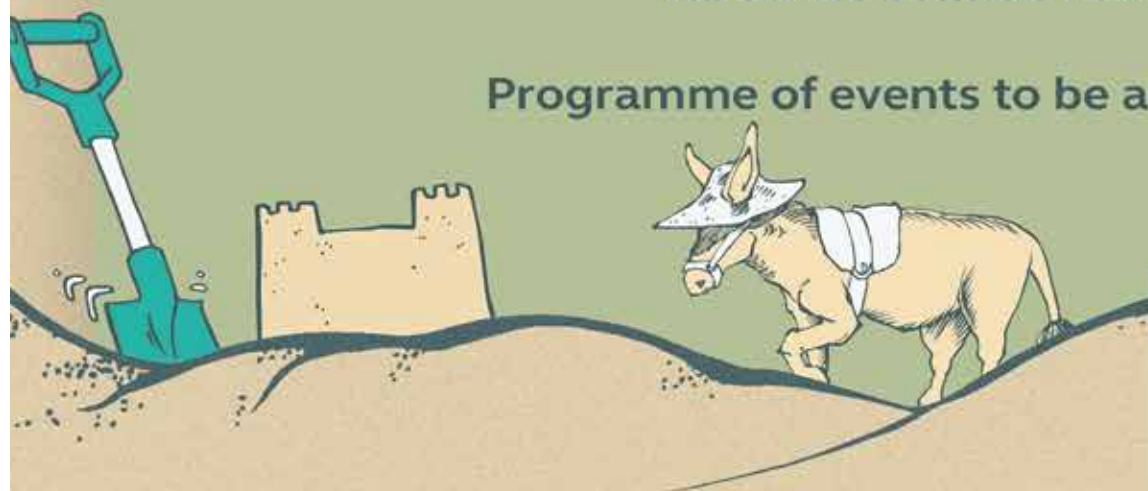
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schools out for Summer WHAT'S ON

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A SUMMER OF FUN

If you've ran out of ideas on how to fill the days while the kids are off from school, you'll be glad to know that there's plenty to keep them busy at Rufford Country Park. From a built beach to film screenings and traditional children's show with a modern twist, there's jam-packed summer schedule with enough to suit every age range and interest.

Head to Rufford on the Beach, running from Saturday 21 July – Sunday 9 September, and visit the park's bespoke built beach. There's children's entertainment on every day and animal lovers will be thrilled to get the chance to see the resident donkeys.

Professor Paul Temple's Punch and Judy Show is great for children and adults alike and has retained all the charm and humour of the traditional shows, but with a few modern updates. With a running time of 20-30 minutes, it's perfect for little ones with a short attention span.

Fancy curling up under the stars and

**DATES IT WILL
BE SHOWING
INCLUDE 1ST, 8TH
AND 15TH AUGUST.**

watching one of your family's favourite films? You'll love the outdoor cinema experience at Rufford Country Park then, where popular flicks including Beauty and the Beast (Sunday 19 August), Jumanji: Welcome to the Jungle (Saturday 18 August) and War Horse (Friday 17 August) all being shown. Don't forget to pack a picnic with all of your favourite film treats, either!

For more information about the events taking place at Rufford Abbey Country Park visit <https://www.parkwoodoutdoors.co.uk/centre/rufford-abbey/events>

Address: Rufford Abbey Country Park, Ollerton, Nottinghamshire, NG22 9DF



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Sunday - WORKSOP BAND

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21st - 22nd July 2018

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Event supported by The Bassetlaw District Council Parks & Open Spaces

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KEY: 🚗 Car Show 🏍️ Bike Show 🏠 Autojumble & Trade



MONDAY 27 AUGUST

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Inc. the East Midlands Mini & VW Show

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£: Adult: £9, Child (7-14): £3
Autojumble: Pitches from £30
Time: 10am – 4pm 🚗 🏍️ 🏠

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VIKING FESTIVAL

SKEGNESS
6-7TH OCT

AMCA
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10TH + 11TH NOVEMBER 2018

FREE ADMISSION

SATURDAY 10:30 AM / SUNDAY 11:30 AM

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summer fireworks

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05 AUG MABLETHORPE	12 AUG MABLETHORPE	19 AUG MABLETHORPE



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Enjoy free entry to the Cathedral when you enjoy Story Times in the Cloister as part of your visit.

For more information visit <https://lincolncathedral.com/> or call 01522 561 600.

11am and 1pm on the following dates.

July:

Tuesday 31st

August:

Thursday 2nd, Thursday 9th,
Tuesday 14th and Thursday 16th
Tuesday 1st and Thursday 23rd
Tuesday 28th and Thursday 30th

Backpacks

When you next visit, let the children show you around with one of our new explorer backpacks which you can borrow from the welcome desk. The backpacks, which are free to use as an interactive trail of the Cathedral, will feature five different themes and will contain booklets, information, replica items, puzzles, challenges, and in some cases real artefacts. They are designed to engage families with the Cathedral's stories, people, archaeology and architecture through activities.

The themes currently include; 'Animal Adventure' for three to six-year olds, which is about finding the many animal carvings around the Cathedral, and 'Work, Work, Work' for six to 11-year olds, which teaches children about how crafts people keep the Cathedral alive today. There will also be a 'Pilgrimage' pack, 'Cathedral Creatures' and 'Signs and Symbols' packs coming soon.

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THIS WEEKEND

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This is our first year bringing a Country Crafts & Steam Fair to pretty Uttoxeter Racecourse with something for everyone. Arena entertainment will include Jez Avery's stunt bikes and buggies ✦ The Nuneaton Dog Display Team ✦ birds of prey flying displays ✦ terrier racing ✦ children's entertainer Mario Magic ✦ the goat show including bottle feeding lambs and kids ✦ PADS Dog Training including have-a-go Agility and Scurry ✦ children's petting pens ✦ historical re-enactment with Yellow Ribbon and much more including Steam Engines and traditional rural crafts and skills demonstrations. Arts, crafts, food drink and gifts marquees as well as outside trade stands

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and on Sunday we are proud to host The Family Fun Companion Dog Show so bring along a canine friend and have a go (proceeds from entries all go to Marie Curie)

10am - 5pm each day

Uttoxeter Racecourse
Uttoxeter Staffordshire ST14 8BD

online tickets at oakleighfairs.co.uk/ticketoffice: £6.50 concessions: £5.50
accompanied young people 5-18: £3.50 5 and under FREE Family: £18 (2 adult + 2 young)
Gate Price: £7.50 concessions: £6.50
accompanied young people 5-18: £4 5 and under FREE Family: £20 (2 adult + 2 young)

Well behaved dogs on a lead welcome at this show
but not in marquees with food please.



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2018





A Tranquil Retreat

Located on the outskirts of the historic and picturesque village of Tuxford, north Nottinghamshire, Greenacres Caravan Park boasts a gorgeous green space and all the best facilities, perfect for an overnight stay or weekend away. Having recently been put under new management, Greenacres breathes life into the area providing a little sanctuary for tourists, visitors and regulars alike. Escape the dull drag of everyday life with a trip to Greenacres where you can relax with a drink and a bite to eat, soaking up the glorious summer sun. This adult's only park is the ideal hub for exploring the surrounding rural areas or taking a trip into the bustling city, delivering a balance between serene tranquillity and easy access to fun activities and delicious eateries of every kind.

Tent, tourer and motorhome pitches are available onsite with a fantastic range of facilities on your doorstep. An all new toilet and shower block is currently being built to create a clean and practical place for happy campers to utilise. The roads around the campsite are also being reconstructed to make maintenance stress-free and provide easy access to the park at all hours, helping new visitors to find their way. Love the hassle-free lifestyle of living in a motorhome? Why not buy or rent one of the high spec, beautifully kept static caravans on offer in the park to make your dreams a reality, creating a relaxing home-from-home. For more information about the park or the caravans on offer, call Greenacres



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Lighting up the Skies

11th
August
2018

Are you ready for a crescendo of colourful explosions?

Belvoir Castle has been the family home of the Duke and Duchess of Rutland for a thousand years and is currently home to the 11th Duke and Duchess and their five children.

Having undergone many historical events and being a building of magnificent beauty, Firework Champions is due to present their world famous event at this stunning venue. If you love fireworks, want an amazing evening out with friends and family or enjoyed being impressed then you won't want to miss this! Now in its 10th year, the Firework Champions sees a selection of the UK's best firework companies compete against each other with a breath-taking pyrotechnic display, finished off by a finale display from organisers MLE Pyrotechnics. Having years of experience in the professional firing of fireworks, MLE Pyrotechnics produce world class displays, using only the best possible, safest and most beautiful fireworks ensuring an impressive experience for all.

Make a day out of it and find accommodation nearby from hotels and cottages to campsites - there's something to suit everyone's budget - to take full advantage of the food and drinks stalls, kid's activities and pre-show entertainment the event has to offer!

For more information or to book tickets visit the website www.fireworkchampions.co.uk/ or call on 01327 876037.

FIREWORK CHAMPIONS

Belvoir Castle, Leicestershire

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in the competition with a closing show by MLE Pyrotechnics

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FRI 13th JULY - SUN 2nd SEPT 2018

FREE TO ENTER!!

The Nottingham Beach is back!! Relax & unwind in Nottingham's Old Market Square from Friday 13th July until Sunday 2nd September. Open Daily from 10am*.

We have something for everyone whether that be building sandcastles on the beach, enjoying the family friendly rides or relaxing in our bar with a cool Mojito or two! Make Nottingham Beach the destination to be this Summer...

MELLORS GROUP events

Nottingham City Council

Nottingham Beach is brought to you by courtesy of Mellors Group Events & Nottingham City Council.

visit www.nottinghambeach.co.uk for more details*

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Hook Line and Sinker

Ever fancied trying your hand at fishing? Maybe you're an avid angler? National Fishing Month was created to encourage the whole family to have a go at fishing, no matter your experience or skill!

Have a go at this wonderful, interesting sport with an event near you this National Fishing Month. Fishery owners, angling coaches and event organisers have been planning some exciting things for the summer to entertain fishers of all ages.

What's it all about?

Offering unique and inclusive opportunities all over the UK running throughout the summer holidays, there are plenty of green spaces and gorgeous waters for families to get out on the bank and enjoy a great day.

The main aims for National Fishing Month are to increase the number of people involved with the sport, inform the public about the social, economic and environmental benefits of angling and influence decisions about wildlife and environmental policies including access.

The event is all about celebrating angling meaning all over

the country fees are removed or reduced and tackle is often made available free of charge.

Events near you

On the event website, www.nationalfishingmonth.co.uk, there is a search engine which generates events closest to you, providing you with the perfect opportunity to give it a go. From family days organised by the Angling Trust and Fishing Coaching For All as part of the summer YOUNG FISH programme to entertain to the whole family, to Fishing Community Events and Junior Open Leagues to get involved with. Find your local event today and cast your line!

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www.oddfellows.co.uk

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CROSSWORD

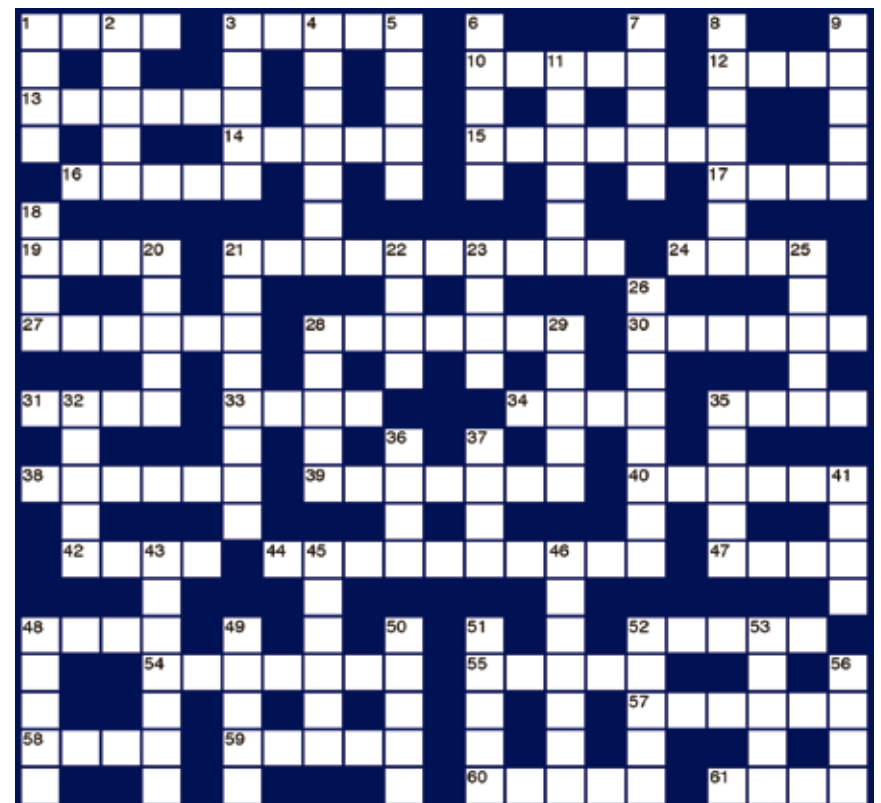
See below for answers

ACROSS

- 1 Foot warmer (4)
- 3 Adult females (5)
- 10 Slack (5)
- 12 On one occasion (4)
- 13 Ferocious (6)
- 14 Pays a visit (5)
- 15 Green vegetable rich in iron (7)
- 16 Dress (5)
- 17 British peer (4)
- 19 Snake sound (4)
- 21 Comprehend (10)
- 24 Poses questions (4)
- 27 Kind deed (6)
- 28 Palm fruit (7)
- 30 Pantry (6)
- 31 Wet weather (4)
- 33 Melodramatic TV serial (4)
- 34 Knowledge game (4)
- 35 Fellow workman (4)
- 38 Cardboard container (6)
- 39 Showy fan-tailed bird (7)
- 40 Assault (6)
- 42 The post (4)
- 44 Squeezed together (10)
- 47 Behind time (4)
- 48 Large deep bay (4)
- 52 Horse's cry (5)
- 54 Move forward (7)
- 55 Grass edging (5)
- 57 Parliamentary or other formal discussion (6)
- 58 Closed (4)
- 59 Free from dirt (5)
- 60 Pleasantly eccentric (5)
- 61 Sense by touch (4)

DOWN

- 1 Free from danger (4)
- 2 Transparent (5)
- 3 A total ruin (5)
- 4 Wild duck (7)
- 5 Din (5)
- 6 Complete happiness (5)
- 7 Started (5)
- 8 Mums (7)
- 9 Danger (5)
- 11 Source or ancestry (6)
- 18 Head-cook (4)
- 20 Tea stirrer (5)
- 21 A mass rebellion (8)
- 22 Large stony mass (4)
- 23 Very small (4)
- 25 Rain, hail and snow (5)
- 26 A storm of wind and snow (8)
- 28 Muscle spasm in leg (5)
- 29 Lorry (5)
- 32 A warning signal (5)
- 35 Refined ore (5)
- 36 Site of pitched tents (4)
- 37 Mouse-like rodent (4)
- 41 Eager (4)
- 43 Babies (7)
- 45 Tangerine or clementine (6)
- 46 Brilliant red (7)
- 48 Tumbler or schooner (5)
- 49 Remove a tenant by law (5)
- 50 The wherewithal (5)
- 51 Shun (5)
- 52 Donkey's name (5)
- 53 To feed on grass (5)
- 56 Skin of a fruit (4)



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EM-Con Returns to Nottingham

Tickets are now on sale for EM-Con, the largest film and television convention in the East Midlands, returning to the Motorpoint Arena on 4 and 5 May 2019.

EM-Con Nottingham will see the return of Green Power Ranger, Jason David Frank, fresh from his 2018 appearance which saw him meet fans, sign photos and even help one happy couple get engaged. He'll be appearing alongside his Power Rangers co-star Amy Jo Johnson, who played the Pink Ranger. Joining him will be Star Trek: The Next Generation's Brent Spiner (Commander Data), Michael Dorn (Klingon security officer Worf) and his co-star Marina Sirtis (Counselor Deanna Troi), while Toby Stephens, star of Netflix smash hit Lost in Space, will also be appearing. Alongside them in this first round of guest announcements is Doctor Who

star Sylvester McCoy who played the 7th Doctor as well as starring in the Hobbit and Once Upon a Time star Jeff Pierre.

EM-Con chairman Lee Wallis is very pleased to welcome attendees back in 2019: "We've not rested since the last EM-Con and have been working hard to make sure our first line-up announcement was as impressive as possible. Judging by the reaction so far, the effort was worth it!

Not only that, these are just the first names - right now we're getting ready to sign more contracts and we're talking to agents represent-

ing stars around the world. To bring stars of this calibre to Nottingham is such a huge pleasure - we can't wait to reveal who's next!" Ticket prices and details are online and ready to purchase at [www.motorpointarena.co.uk](http://www.motorpointarena.co.uk/emconnottingham.com).



Dying to Work

A terminally-ill, Derbyshire woman is choosing to spend her last few months of life continuing to campaign to local businesses to provide greater security for terminally ill workers so they cannot be dismissed as a result of their condition.

Jacci Woodcock, 60, from Milford, Derbyshire, was forced out of her job as an area sales manager three years ago after being

diagnosed with terminal breast cancer.

With the support of her Union and her local MP, Pauline Latham, Jacci started the Dying to Work campaign which has since seen hundreds of employers nationwide sign up to its voluntary charter to prevent cases like Jacci's happening in the future.

Jacci explained more: "When I found myself in the position of

being told I was terminally ill, I carried on working - it never entered my head not to carry on working - and then work started to put pressure on me to resign." Since its launch in April 2016, the Dying to Work Voluntary Charter now protects over half a million employees with larger companies such as Rolls Royce, Severn Trent Water, Royal Mail and E.On signing up. A number

of public sector bodies have also signed up including NHS trusts, the Nottinghamshire and Derbyshire Fire and Rescue Services and Derbyshire County Council. The project aims to normalise dying and help people make more informed choices at the end of life. The project encourages corporate businesses to sign up to the Charter and consider how they, as employers, support someone who is diagnosed with a life limiting illness - as well as supporting their colleagues.



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The Lakes Festival takes place within the tranquil surroundings of the Sycamore Lakes fishing and holiday park near to Skegness. The venue has become well known for its live music giving the area's best talent a chance to perform and on July 21st the annual Lakes Festival returns once again. Within the grounds of Sycamore Lakes revelers can come along for the day or camp onsite in their own tent or caravan to make the most of a packed programme of entertainment. Lincs FM will be live at the festival which includes a Lincolnshire exclusive from the new Brotherhood band who headline this year's event.

Like us on Facebook and keep up to date with all the festival news and line up: [/thelakesrestaurant](https://www.facebook.com/thelakesrestaurant)

TICKETS £21 CALL 01754 811198 OR 07940 393915
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18 67	3008 SUV GT Line 1.6 Puretech THP165 EAT6 Auto, i-Cockpit, Roof Bars, Sunset Copper, 5 Miles, Petrol, Automatic	£26,995	

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18 18	108 Allure 1.0 68 2-Tronic 5 Door, Rear Camera, Alloys, Aircon, Tahoe Blue, 5 Miles, Petrol, Automatic	£11,495	
18 18	108 Top! Allure 1.2 Puretech 82 Convertible, Purple Fabric Roof, Sport Graphics 65.7 MPG! Zircon Grey, 5 Miles, Petrol, Manual	£11,495	£1000
18 18	208 Allure Premium 1.2 Puretech 82 5 Door, Panoramic Glass Roof, Reversing Camera, Black Alloys, Satin White, 5 Miles, Petrol, Manual	£15,000	
18 18	308SW Allure 1.2 Puretech 130 EAT6 Auto Estate, Sat Nav, F&R Sensors, LED Lights, CD Player, Cumulus Grey, 5 Miles, Petrol, Automatic	£19,000	
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18 18	508 GT Line 2.0 BlueHDI 150 Saloon, Nav, Reversing Camera, Front & Rear Sensors, Climate, Various Colours, 5 Miles, Diesel, Manual	£21,995	
18 18	508SW GT Line 2.0 BlueHDI 150 Estate, Nav, Reversing Camera, Front & Rear Sensors, Climate, Various Colours, 5 Miles, Diesel, Manual	£22,995	

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16 16	108 Top! Active 1.0 68 5 Door Convertible Black Electric Roof Aircon, DAB Radio, Electric Windows, Laser Red, 31,496 Miles, Petrol, Manual, FREE TO TAX!	£7,495	
15 15	108 Active 1.0 68 2-Tronic 5 Door, Auto, Aircon, DAB Radio, Laser Red, 9,005 Miles, Petrol, FREE TO TAX!	£7,995	
16 66	108 Top! Active 1.0, 5 Door Convertible Black Electric Roof, Tahoe Blue, 2,601 Miles, Petrol, Manual, FREE TO TAX!	£8,295	£400
16 16	108 Active 1.0 68 2-Tronic 5 Door Auto, Aircon, DAB Radio, Electric Windows, Diamond White, 5,960 Miles, Petrol, Automatic, FREE TO TAX!	£8,495	
18 67	Citroen C1 Airscape Flair 1.0 68 ETG Auto Convertible 5 Door, Aircon, Alloys, Convertible Roof, Lipizzan White, 298 Miles, Petrol, Automatic	£11,995	£300

PEUGEOT 207/208 UPTO £400 DEPOSIT CONTRIBUTION*

10 60	207 Allure 1.6 VTI 120 5 Door, Leather, Climate, Alloys, Aluminium, 69,218 Miles Petrol, Manual	£3,995	
14 14	208 Access + 1.2 VTI 82 5 Door, Rioja Red, 17,906 Miles, Petrol, Manual	SOLD	
13 13	208 Active 1.4 HDI 70 5 Door, Aircon, Alloys, MPG, Virtual Blue, 17,956 Miles, Diesel, FREE TO TAX!	£6,495	
16 66	208 Active 1.2 Puretech 82 5 Door Aircon, Alloys, Bianca White, 12,792 Miles, Petrol, Manual	£8,495	£500
16 16	208 Allure 1.6 BlueHDI 100 5 Door, Rear Sensors, Alloys, Folding Mirrors, Satin White, 9,032 Miles, Diesel, Manual, FREE TO TAX!	£9,995	
17 66	208 Allure 1.2 Puretech 82 5 Door, Rear Sensors, Alloys, Aircon, Bianca White, 7,594 Miles, Petrol, Manual	£9,995	£500
17 17	208 Allure 1.2 Puretech 82 5 Door Rear Sensors, Alloys, Virtual Blue, 12,203 Miles, Petrol, Manual	£9,995	£500
13 63	208 GTI 1.6 THP 200 3 Door Nav, Panoramic Roof, Sports Seats, Rear Sensors, Nera Black, 16,639 Miles, Petrol, Manual	£10,295	£200
16 65	208 Allure 1.2 Puretech 110 EAT6 Auto 5 Door, Rear Sensors, Alloys, Power Orange, 2,465 Miles, Petrol, Automatic	£10,995	£500
17 67	208 Active 1.2 Puretech 82 ETG 5 Door Auto, Aircon, Alloys, DAB Radio, Rioja Red, 297 Miles, Petrol, Automatic	£11,495	
16 16	208 Allure 1.2 Puretech 110 EAT6 Auto 5 Door, Rear Sensors, Alloys, Folding Mirrors, Bianca White, 5,083 Miles, Petrol	£11,495	
17 17	208 GT Line 1.6 BlueHDI 100 5 Door, Rioja Red, 16,270 Miles, Diesel, Manual, FREE TO TAX!	£10,995	£1000
17 67	208 Allure 1.2 Puretech 82 5 Door, Rear Parking Sensors, Airplay & Android Auto, Power Orange, 92 Miles, Petrol, Manual	£11,995	
17 66	208 GT Line 1.2 Puretech 110 EAT6 Auto, Alloys, Rear Sensors, Twilight Blue, 3,986 Miles, Petrol, Automatic, FREE TO TAX!	£13,995	£300
16 16	208 GTI by Peugeot Sport 1.6 THP 208 3 Door, Rear Camera, Matt Black Alloys, Limited Slip Differential, Recaro Seats, Nera Black, 8,048 Miles, Petrol, Manual	£15,495	

PEUGEOT RCZ UPTO £400 DEPOSIT CONTRIBUTION*

13 63	RCZ Sport 1.6 THP 156 Coupe, Rear Sensors, Alloys, Sports Seats, Opal White, 13,535 Miles, Petrol, Manual	£11,995	
14 64	RCZ Red Carbon 2.0 HDI 163 Coupe, Sat Nav, Xenons, Leather, Black Alloys, Front & Rear Sensors, One Owner Very Rare! Nera Black, 33,196 Miles, Diesel	£14,995	
14 63	RCZ R 1.6 THP 270 Coupe Nav, Rear Sensors, Alloys, Rare Car! Nera Black, 34,859 Miles, Petrol, Manual	£15,995	
16 16	RCZ GT 2.0 HDI 163 Coupe Front & Rear Sensors, Leather, Climate, 19" Alloys, Charcoal Grey, 5,679 Miles, Diesel, Manual	£16,995	

*UPTO £500 FINANCE DEPOSIT CONTRIBUTION AVAILABLE ON SELECTED PEUGEOT APPROVED USED CARS, ASK FOR DETAILS.

CONVERTIBLES

16 65	Fiat 500C 5 Lounge 1.2 Convertible, Aircon, Rear Sensors, Black Roof, Electronica Blue, 3,305 Miles, Petrol, Manual	£9,995	
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PEUGEOT 308 UPTO £400 DEPOSIT CONTRIBUTION*

15 15	308 Feline 2.0 BlueHDI 150 Auto 5 Door, Nav, Rear Camera, F&R Sensors, Leather with Massage, LED Lights, Twilight Blue, 20,156 Miles, Diesel, Automatic	£10,995	
17 17	308 Allure 1.6 BlueHDI 120 5 Door, F&R Sensors, Nav, LED Lights, Alloys, Aluminium, 27,593 Miles, Diesel, Manual, FREE TO TAX!	£11,295	
17 17	308 Allure 1.2 Puretech 130 EAT6 5 Door Auto Sat Nav, Front & Rear Sensors, LED Lights, DAB Radio, Twilight Blue, 20,362 Miles, Petrol, Automatic	SOLD	
17 17	308 GT 2.0 BlueHDI 180 EAT6 5 Door Nav, Rear Camera, LED Lights, 18" Alloys, Magnetic Blue, 6,478 Miles, Diesel, Automatic	£16,995	£1000

PEUGEOT 2008 UPTO £500 DEPOSIT CONTRIBUTION*

15 15	2008 Crossover Access 1.2 VTI 82, Bianca White, 13,528 Miles, Petrol, Manual	£8,495	£500
15 64	2008 Crossover Crossway 1.6 EHD 115 (ss) Nimbus Grey, 33,995 Miles, Diesel, Manual	£9,495	
15 15	2008 Crossover Active 1.2 VTI Puretech 82 ETG, Auto, Aircon, DAB Radio, Bianca White, 21,607 Miles, Petrol	£9,495	£500
16 65	2008 Crossover Active 1.2 VTI 82 ETG Auto, Nimbus Grey, 18,181 Miles, Petrol, Automatic	£10,495	£500
16 16	2008 Crossover Feline Mistral 1.6 BlueHDI 120 Nav, Leather, Glass Roof, Bianca White, 27,088 Miles, Diesel, Manual, FREE TO TAX!	£11,000	£995
17 17	2008 SUV Allure 1.6 BlueHDI 100, Rear Sensors, Folding Mirrors, Alloys, Nimbus Grey, 26,269 Miles, Diesel, FREE TO TAX!	£11,995	
17 17	2008 SUV Allure 1.6 BlueHDI 100 (s/s), Rear Sensors, Alloys, DAB Radio, Ultimate Red, 18,047 Miles, Diesel, Manual, FREE TO TAX!	£12,295	
17 17	2008 SUV Allure 1.2 Puretech 130, Rear Sensors, Folding Mirrors, Alloys, DAB Radio, Nera Black, 18,318 Miles, Petrol, Manual	£12,495	
17 17	2008 SUV Allure 1.6 BlueHDI 100, Rear Sensors, Folding Mirrors, Alloys, DAB Radio, Cumulus Grey, 8,271 Miles, Diesel	£12,495	
16 65	2008 Crossover Allure 1.2 Puretech 110 EAT6 Auto, Rear Sensors, Alloys, Folding Mirrors, Amber Red, 17,181 Miles, Petrol, Automatic	£12,995	
17 17	2008 SUV Allure 1.2 Puretech 82 ETG Auto Rear Sensors, Aircon, DAB Radio, Emerald, 9,285 Miles, Petrol, Automatic	£13,495	
17 17	2008 SUV GT Line 1.2 Puretech 110 EAT6 Auto Nav, Rear Camera, Glass Roof, Alloys, DAB Radio, Cumulus Grey, 1,511 Miles, Petrol, Automatic, LOW TAX!	£17,495	
17 17	2008 SUV GT Line 1.2 Puretech 110 EAT6, Auto Nav with TomTom Live, Rear Camera, Glass Roof, Bianca White, 4,665 Miles, Petrol	£17,495	

PEUGEOT 3008/5008 UPTO £400 DEPOSIT CONTRIBUTION*

12 12	3008 Crossover Active, Rear Sensors, Alloys, Babylon Red, 49,010 Miles, Diesel, Manual	£5,995	
13 63	3008 Crossover Allure 2.0 EHD 200 Hybrid EGC 4X4 SUV, Sat Nav, Rear Sensors, Alloys, Vapor Grey, 51,575 Miles, Hybrid, Diesel, Automatic	£10,495	
16 16	3008 Crossover Allure 1.6 BlueHDI 120, Nav, Rear Camera, Glass Roof, Folding Mirrors, Shark Grey, 23,816 Miles, Diesel	£13,495	
16 66	3008 Crossover Allure 1.6 BlueHDI 120 EAT6 Auto, Nav, Rear Camera, Glass Roof, Shark Grey, 2,618 Miles, Diesel, Automatic	SOLD	

PEUGEOT 508 UPTO £400 DEPOSIT CONTRIBUTION*

15 65	508 Allure 2.0 BlueHDI 150 Saloon, Nav, Rear Camera, LED Lights, Half Leather, Pearlescent White, 19,191 Miles, Diesel, Manual	£12,495	
16 16	508SW GT 2.0 BlueHDI 180 EAT6 Auto Estate Nav, Rear Camera, F&R Sensors, Leather, LED Lights, 19" Alloys, Pearlescent White, 27,967 Miles, Diesel, Automatic	£15,995	

COMMERCIALS

16 66	New Expert Professional Panel van 1.6 BlueHDI 115 Bianca White, 9,980 Miles, Diesel, Manual	£13,995 + VAT	
18 18	Boxer Panel Van 435 L4 H2 2.2 BlueHDI 130, Bulkhead, Folding Mirrors, Auto Lights, DAB Radio, Delivery Mileage! Aluminium, 5 Miles, Diesel	£16,995 + VAT	

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10 60	Ford C-Max 1.6 Zetec 16v (100ps) MPV, Aircon, Alloys, CD, Moondust Silver, 43,863 Miles, Petrol, Manual	£5,495	
12 12	Ford Focus Zetec 1.6 Ti-VCT 105 PS 5 Door, Grey, 41,910 Miles, Petrol	£6,995	
15 15	Suzuki SX4 SUV S-Cross SZ3 1.6 DDIs, Red, 6,028 Miles, Diesel, Manual	£8,995	£500
16 65	Skoda Fabia SE 1.2 TSI 90 (s/s) Estate, Corrida Red, 22,232 Miles, Petrol, Manual	£8,995	£500
15 65	Nissan New Generation Qashqai Tekna 1.2 Dig-T SUV, Nav, Nightshade, 41,312 Miles, Petrol	£13,995	
15 65	Nissan New Generation Qashqai N-Tec+ 1.5 DCI SUV Nav, Front & Rear Cameras, Glass Roof, Alloys, Flame Red, 23,895 Miles, Diesel, Manual	£13,995	

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University Of Nottingham among best in Europe

The Times Higher Education Europe Teaching Rankings 2018 are the first to focus solely on teaching and learning.

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The metrics also look at the opportunities available to prepare students for life after university and analyse the different ways in which courses are delivered including how they develop skills in critical thinking, collaboration and applying

The University of Nottingham has been ranked as 18th in Europe for teaching excellence

learning to the real world.

Professor Sarah O'Hara, Pro-Vice-Chancellor for Education and Student Experience at the University of Nottingham said: "It is very encouraging to see that students enjoy the way we deliver our teaching and, more importantly, find the skills and opportunities we provide relevant for life after graduation."

"This builds on our gold standard Teaching Excellence Framework award and reflects the hard work of our dedicated staff and investment to ensure that students get the best possible experience while at Nottingham."



A Sporty Surprise for St Peters Cross Keys

Children at St Peter's Cross Keys Primary Academy in Farndon already pursue a healthy eating and lifestyle programme at school, so it was no surprise that their assembly would be covering those topics.

But the children were in for an extraordinary surprise, when Harlem Globetrotter, and tallest professional basketball player in the world, Paul Sturgess, walked in to the hall.

At 7 foot 8 inches, with a size 18 shoe size, Paul Sturgess is the UK's tallest man and he had some important messages for the awestruck children. Paul said, "When I first walk in to the assembly, it's the first time they see me because we try to arrive at school early so that I can hide away! It's called a Basketball WOW Day for a reason, and when they see me walking into assembly, there is usually a big gasp from the children. That's what sets the day up and grabs their attention."

He said that this attention-grabbing entrance helps him to get across the messages he wants the children to take away from the day. "It's really nice to inspire the kids and I bring some good messages to them. I talk about being comfortable with who you are and being comfortable in your own body, and I am able to come in and portray that image and the positivity of being different."

Head Teacher Elizabeth Duffell says that the whole school enjoyed the experience. "Paul has been reinforcing our messages of healthy eating and keeping yourselves fit with his Basketball WOW Day, and has done it in a way that is totally fresh for the children."



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I love to care feeling at home

Has one of your family members or somebody close to you recently moved into a care home? If they have, it's likely that you are concerned about helping them to settle into their new environment as quickly as possible. For those living in a care facility, the first few weeks and even months can be daunting, so it's your responsibility to help them settle in well. Try and 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 or uncomfortable if you turn up out of the blue. Most care homes will have visiting hours, so you'll need to check what these are so that you can be sure you are visiting at the right times. 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. 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. 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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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.

NEW CARE OPENS SECOND NOTTINGHAM CARE HOME



of Rushcliffe, particularly when New Care's first home in the area,

The Grand, continues to be hugely successful. The New Care team is committed to providing the very best care services and I wish both the staff and the residents all the very best for the future."

Chris McGoff, CEO at New Care, comments: "We are thrilled that the Lady Mayor was able to take time out of her busy schedule to open Ruddington Manor. We are incredibly proud of the care facility and we were delighted to give her a preview tour. The cutting of the

offers a variety of communal lounges, dining rooms and secure landscaped gardens.

It also offers a host of hotel-style services including fine dining, a hair salon, nail bar, concierge and a busy and varied programme of activities and events.



The doors to Ruddington Manor were officially opened by The Lord of Rushcliffe, Councillor Maureen Stockwood, and her consort Councillor Francis Purdue-Horan.

After a tour of the stunning 66 bed 'new generation' care facility, the Lady Mayor met the first few residents at Ruddington Manor, two of whom have already moved in, with a further four or five due to join them in the coming weeks.

The Lady Mayor comments: "It was a pleasure to visit and officially open Ruddington Manor. It is a superb care home and I was very impressed by the design and attention to detail evident in the building itself and the décor.

"Such a high quality care facility is a great addition to the Borough

red ribbon and meeting the first Ruddington Manor residents was a truly memorable way to mark the occasion."

Operated by New Care, a rapidly expanding development-led care home operator, Ruddington Manor is an expertly designed, state-of-art facility that will provide the highest standards of safety, comfort and care. It will offer high quality, person-centred care and an exceptional clinical offering, including residential, nursing and respite care services.

The care home features a high specification finish and is decorated by an interior designer creating stylish yet comfortable and practical spaces.

The well-appointed bedrooms benefit from en suite wet rooms, while the rest of the home



(L to R) New Care's Kad Daffe and Chris McGoff with the Mayor of Rushcliffe, Councillor Maureen Stockwood, and Francis Purdue-Horan

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For further information, or to arrange a viewing of Ruddington Manor, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com.

Alternatively, please visit www.newcarehomes.com



Take Care This Summer



With the blazing sunshine and sweltering heat sweeping across Britain, it can sometimes be all too easy to neglect regular care rituals. If you're responsible for looking after someone, no matter their age, it can become more difficult to do so in the heat. Whilst the weather is there to be enjoyed, we still need to take care of ourselves this summer; here are a few important tips to help you look after the people you care for.

Drink Plenty of Water

Of course this is always important but during the summer it becomes even more so. Drink water regularly in order to keep hydrated and stay awake and full of energy. Water is super important for everyone as our bodies need it to function.

Shade Is Your Best Friend

Lounging in the sun can be very relaxing and helpful for topping up your tan, however, ensure you are spending time in the shade as not to overheat and fall ill from sunstroke or heatstroke which can cause headaches and sickness.

Not Just Ice Cream

Ice cream isn't the only cream you should worry about this summer – sun cream is incredibly important to keep applying throughout the day, especially



when exposed to the sun continuously. Sun cream helps to protect your skin and prevent unwanted sunburn whilst reducing the risk of other skin conditions including skin damage.

Keep Eating

Sometimes the sun can make your appetite shrink or not want to eat at all in order to stay cool during the hot weather. Ensure you still eat well every day in order to stay full and maintain a healthy, balanced diet.

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Home Improvements

An Outdoor Paradise

We only really get a few weeks being graced by the glorious British sunshine in England every year, and now that's it's here, it's time to make the most of what little time we do get to spend in our gardens

Creating a space to be proud of doesn't have to break the bank, with just a few small changes, you'll be well on your way to creating your very own outdoor paradise to spend the summer in.

Soft Furnishings

Add pops of colour and pattern with cushions and throws for your outdoor furniture. It's great for creating texture and interest to your garden, plus it is practical and comfy for any seating

areas. You could even go about making your own covers to cut costs – just remember to take them inside should it start to drizzle.

Potted Plants

If you're relatively new to gardening or prefer minimum effort tasks, potted plants are the way to go. From vibrant coloured flowers to low maintenance shrubs, they can instantly brighten up your green space.

Transfer your potted plants into the ground to save time planting seeds.

Outdoor Accessories

There are all sorts of shops that sell bits and pieces for decorating your garden, even supermarkets. Lanterns, candles, statues and lighting are just a few examples of things could add to your garden this year. Pick a colour, theme or design and unleash creativity on your garden.



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Home Improvements

Making a House a Home

If you've just moved into a new house, it's likely that you are feeling a little out of your depth and are yet to settle into your new space. Your mind is probably thinking about a seemingly endless list of DIY tasks that you need to do and while you're excited, the first few weeks in a new home are always a little odd.

Luckily there are things that you can do to ensure that your new house really feels like home. While you might not have unpacked everything yet, never overlook the power of having your favourite

things around you for helping you to feel comfortable. This could be a piece of art, candles or some music that you always listen to in the evening. Familiarity will put you at ease much quicker.

If you've got the space and perhaps have a spare bedroom, use it to set aside the smaller stuff that you're not quite sure what to do with yet. This will mean less mess and clutter in all of the rooms that you are using frequently, such as the kitchen or living room, allowing you to use them to their full potential.

When you've got a to-do list as long as your arm, the last thing on your mind is likely to be cooking a family meal. While it's much easier to order a takeaway, cooking a home cooked meal is the perfect

way to ease everyone, including kids, into their new surroundings. Pick something that everybody loves, and even if you have to eat it on the floor due to a lack of furniture, it's much better than eating dinner out of a box.

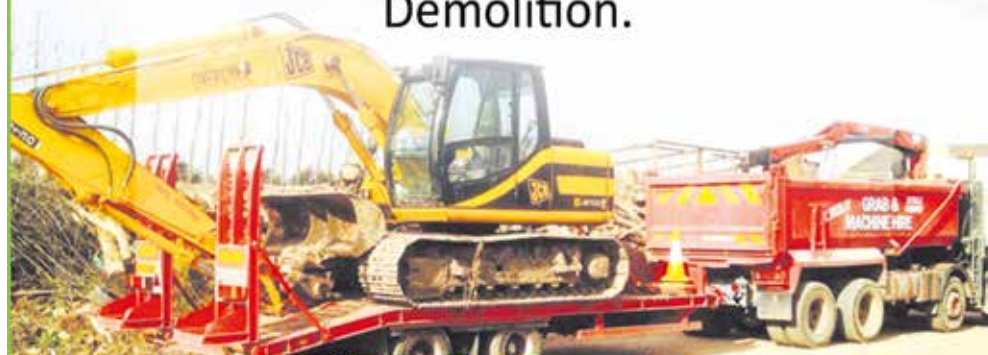
When it comes to DIY tasks, try and prioritise what's most important and tackle things slowly. A good way to go about this is by doing it room by room, starting with the room that's most important to you. Maybe you do a lot of entertaining so need your dining room to be ready quickly. If you've got a young child, you'll want to get their playroom sorted sharpish.

However long it takes, settling into a new house should always be seen as an enjoyable adventure.

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Greenacres caravan park

A photograph of a brick wall with a black sign that reads 'Greenacres caravan park' with a yellow leaf logo. A flower bed with yellow, orange, and pink flowers is in the foreground.


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