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Heroes Honoured For Armed Forces Day



VETERANS joined Mayor of the Borough of Broxtowe, Councillor Halimah Khaled MBE to raise a specially commissioned Armed Forces Day Flag in Beeston last week to mark a week of events being held across the country. Councillor Khaled was joined by representatives from the Royal British Legion alongside The Rt. Hon. Anna Soubry MP, Forces in the Community, Freeman, Aldermen, Past Mayors, Councillors and members of the public to recognise the contributions of all those who serve or have served in Her Majesty's Armed Forces. A Freedom of Entry Parade took place later in the week on Armed Forces Day (Saturday 24th June). As part of the parade, soldiers from 170 (Infrastructure Support) Engineer Group marched through Stapleford Town Centre exercise their freedom of entry to the Borough of Broxtowe. The local community lined the streets to show their support.

UNIVERSITY WINS GOLD

The University of Nottingham provides its students with teaching of the very highest quality, according to the results of the inaugural Teaching Excellence Framework (TEF). The TEF panel judged that the University delivers consistently outstanding teaching, learning and outcomes for its students. It reached the gold standard — the highest quality found in the UK. The gold award reflects a huge amount of hard work to ensure that students get the best possible experience during their time at Nottingham. This includes excellent teaching and academic support, investment in world-class facilities and access to truly global opportunities.

The award underlines Nottingham's status as an outstanding teaching and research-intensive university, producing global graduates who are highly sought after by top employers. The gold rating comes on the back of recent data from the national LEO (Longitudinal Educational Outcomes) study which found that our students are among some of the highest earners in the UK and progress in their careers faster than graduates from other universities. The University's consistency in graduate employment is one of its key strengths and this, along with its excellent National Student Survey scores and student retention rates, has undoubtedly boosted a strong offering for students. Professor Sarah O'Hara, Pro-Vice-Chancellor for Education and Student Experience, said: "We're absolutely delighted that we have received a TEF Gold rating. It reflects the hard work and creativity of our teaching staff and support colleagues across our UK campuses. Every single

one of them has contributed to this institutional award, and I want to thank them all." Dr Paul Greatrix, Registrar, added: "This is a real mark of confidence from HEFCE and the UK government in the quality of our teaching and the support our students receive. From high quality careers advice and guidance to the consistently outstanding outcomes achieved by our students we have been recognised for the quality of support we provide. "Moreover, through our commitment to developing and using the most innovative learning technologies and high levels of student satisfaction, our institutional culture has been recognised as encouraging and rewarding excellent teaching." *The TEF award description is as follows: 'Based on the evidence available, the TEF Panel judged that the University of Nottingham delivers consistently outstanding teaching, learning and outcomes for its students. It is of the highest quality found in the UK.'*

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Charity Funds New Cardio Facilities



Sherwood Forest Hospitals Charity has provided funding to purchase equipment to help enhance cardiology services at King's Mill Hospital.

The £30,295 of funding has allowed the Trust to purchase a vital signs monitor, two star system arm boards, a cardio care exercise unit and 20 Spiderflash devices.

Spiderflash devices help to diagnose problems with a patient's heart rhythm by recording their heartbeats over a period of time, which helps clinical staff to spot unexpected changes that could re-

quire intervention.

Technical Cardiovascular Services Manager, David Henton said: "We are really grateful to the charity for helping to provide the equipment, which will help us to improve the service for our patients. The Spiderflash devices will make a real difference to our patients, as they will allow us to gather data about their conditions, which will hopefully speed up the diagnosis process."

"The vital signs monitor will allow us to measure continuous temperature and blood pressure parameters, giving us

more accurate readings when carrying out tests on patients.

"The starboards are specifically designed to improve the patients comfort during arterial procedures whilst also reducing the set up time for such procedures."

Head of Corporate Affairs and Company Secretary, Shirley Higginbotham added: "Our charity is delighted to be able to support patients and families to donate funds which help such valuable causes. We are really grateful for the donations that we receive from patients, visitors and the community."

REABLEMENT UNIT HELPS TO GET PATIENTS OUT OF HOSPITAL

2016-17 saw partners from Nottinghamshire Healthcare, New Care Homes and Age UK Nottingham and Nottinghamshire working together to run a 23 bedded Short Stay Reable-

ment Unit (SSRU) situated in The Grand Care Centre, West Bridgford. This Reablement Unit is for patients who are not yet safe to return to their home environment, but who could be discharged

from hospital if sufficient care and therapy provision is available in a residential setting to meet their rehabilitation needs.

The Unit opened its doors last year, offering bed based reablement services to patients across the south of the County. The focus since the Unit opened has been to enable patients to achieve their goals and for clinicians to ensure patients can get home within 14 days of admission, wherever possible. The team works really closely with community and social services to enable people to get home safely with the appropriate support. The Unit has also been able to help free up hospital beds for those that really need them.

A review of the first year found 382 patients had been through the pathway and of those, 78% went home, 14% went back to an acute hospital, 5% went to a medical rehab unit and 3% went to long term placement. Of those who went home, after 90 days, only 5% were readmitted to hospital.

Julie Woodey, Head of Service and Lead of the Project said: "We are absolutely delighted with the success of the Reablement Unit. The positive results are down to the hard work and commitment of the team. They are all dedicated to providing the best possible experience for our patients to ensure that where appropriate, they can go home as soon as possible."

Council Scheme Wins Prestigious Award

Nottingham City Council's pioneering scheme to transform the city by funding greener transport through a Workplace Parking Levy has jointly won the 2017 Ashden Award for Clean Air in Towns and Cities.

Thanks to the scheme, public transport usage in the city has increased by almost five million journeys a year since April 2013 and Nottingham now has the lowest emissions per head of population of all the large UK cities outside London.

The Workplace Parking Levy (WPL) works by requiring businesses with 11 or more employees parking on their premises to pay a yearly charge. The scheme has two aims: to reduce the number of cars coming into the city and to raise revenue for Nottingham's integrated public transport system.

The Ashden Awards are given to pioneers in sustainable energy and are a globally recognised measure of excellence. Along with 12 other organisations, Nottingham City Council will receive their award on Thursday 15 June at a prestigious ceremony at the Royal Geographical Society in London.

According to the Ashden judges: "Nottingham City Council is a UK sustainable transport exemplar and on a par with top European cities. It has achieved full public transport integration and brought in a unique Workplace Parking Levy and, in doing so, has succeeded in changing behaviour as well as transforming parts of the city into quieter, less polluted zones."

The city's integrated public transport system now includes trams over three lines spanning 34km, one of the biggest electric bus fleets in Europe and segregated cycle routes for bikes.

Nottingham City Council is also a Go Ultra Low City which means they are committed to becoming an exemplar for Ultra Low Emission Vehicles (ULEVs) to address local air quality and environmental health issues.

Passengers can also pay for public transport journeys using the Robin Hood Card, a pay as you go smartcard.

Councillor Jon Collins, Nottingham City Council's Leader and Portfolio Holder for Strategic Infrastructure, said: "We are really proud of our achievements to make Nottingham's transport greener, joined-up and easy to use. This award recognises the hard work and dedication of the teams who have worked with our partners to deliver real transport improvements and to provide a range of sustainable transport options that make it possible to leave the car at home."

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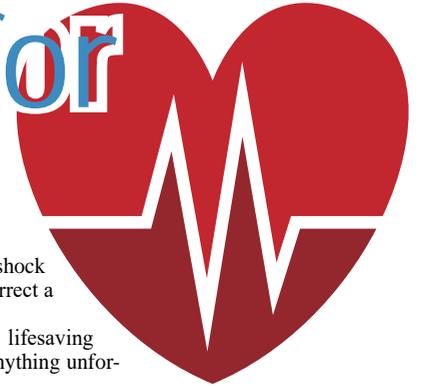
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Junior school raises money for vital life-saving equipment



A parent from Nuthall has raised over a thousand pounds to install a lifesaving Automated External Defibrillator (AED) on the wall of her children's school.

Hayley Dunleavy, mum of two, was inspired by her mum who suffered a cardiac arrest in their family home two years ago. After learning about the importance of defibrillator in saving her mums life Hayley wanted to fundraise to install one in her community.

Hayley said "I discovered my mum having a cardiac arrest and despite never doing any CPR training found myself fighting to save

her life with the help of the call handler at East Midlands Ambulance Service (EMAS). I was able to perform chest compressions until the paramedics arrived which teamed with the defibrillator and fast response from EMAS saved my mums life.

"I'd spotted AED's popping up in my local area which is great but, I was then aware there wasn't one available at my children's school. I want people to know how important and vital these machines are to saving somebodies life so I started raising money" Hayley raised the £1200 for the defibrilla-

tor by organising a fun run for parents and pupils, tombola's and raffles and lots of cake sales.

Community Response Manager, James Hornby attended Larkfield Junior School to show teachers, parents and pupils how to use their defibrillator and what to do should they find somebody in cardiac arrest.

James said "When someone suffers a sudden cardiac arrest, prompt action by anyone nearby offers their only chance of survival. The first step is an immediate 999 call for an ambulance and then CPR. Most people who

survive will have needed a shock from a defibrillator, often an AED to correct a chaotic heart rhythm.

"It is great to see Larkfield have this lifesaving equipment which can be used should anything unfortunate ever happen to someone nearby".

Busy Builders Hope to Boost Bee Numbers

David Wilson Homes East Midlands and Barratt Homes North Midlands are planting "bee-friendly" plants in the gardens of their new homes in Nottinghamshire as part of its continuing pledge to protect local wildlife. The leading developers, which are working in partnership with the RSPB, will plant bee-friendly flowers and shrubs, which are rich in pollen and which provide a long flowering season, in the gardens of their sales centres and show homes to help boost dwindling honey bee, bumblebee and other bee populations. There are over 250 bee species in the UK, and most face threats such as loss of habitat, climate change and

disease. They are vital to the food chain, with one in every three mouthfuls of food consumed by humans dependent on pollination, including apples, pears, onions, potatoes, cherries, chilies, carrots, margarine and herbs.

Jan Ruston, Sales Director at Barratt Homes North Midlands, said; "We want to raise awareness of the threat faced by bees, by planting specific plants in the gardens of our local developments.

"We hope that by doing this, not only will it benefit bee populations across the county, but it will also encourage our customers and other gardeners to do the same."



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Students Win National Prize

A team of food science and technology students have won a prize in a national food competition for creating a snack using vegetables, which supermarkets

would normally reject due to their non-uniform shape.

The team at Nottingham Trent University were awarded £1,000 for creating 'Lagom Veg' – a vegetable snack made from

dried spiralized vegetables infused with chilli and lemongrass. The ingredients are hot air dried and compacted into nests. The snack

is prepared by adding water to the veg and microwaving it for two minutes.

The vegetables used in the snack are strangely shaped veg that super-

teams of UK students tasked with developing an innovative, eco-friendly food and drink product.

From idea generation through to the final packaged product, the teams get a hands-on experience of what it takes to bring an eco-friendly food or drink product to market.

As part of the competition each team pitched their ideas to a panel of 11 industry experts or 'dragons', who tasted the products and considered each entry for its industrial feasibility, taste, eco-inno-



vation, originality, creativity and innovation, and market credibility.

The judges were representatives from companies including Marks and Spencer, Coca-Cola, Unilever, PepsiCo, Mondelez, Sainsbury's, Tesco, Warburtons and Food Manu-

facture. The Lagom Veg team, who are

food industry apprentices and study on the BSc Food Science and Technology course based in the School of Animal, Rural and Environmental Sciences at Nottingham Trent University, were awarded a silver prize by the judges.

Bertrand Emond, head of membership and training at Campden BRI, said: "Eco-

trophelia showcases some of the brightest and best emerging food scientists and technologists in the UK. Innovation and creativity is essential for the continued success of the food industry so we hope that all the students will consider a career in the food industry when they finish their studies."



Council Becomes Latest Employer to Sign up to Charter

Nottingham City Council have added its name to a charter aimed at helping employees who become terminally ill at work.

The Council is the latest employer to sign up to the Dying to Work Voluntary Charter, follow-

ing in the footsteps of employers such as E-On, Legal and General and the Co-op.

The Charter is part of the TUC's wider Dying to Work campaign which is seeking greater security for terminally ill workers where

they cannot be dismissed as a result of their condition.

Dying to Work was taken forward by the TUC following the case of Jacci Woodcock, a 58-year-old sales manager from Derbyshire, who was forced out

of her job after being diagnosed with terminal breast cancer.

The TUC is asking employers to sign up to its voluntary charter to stop cases like Jacci's happening in the future.

Councillor Toby Neal, Portfolio Holder for Community and Customer Services at Nottingham City Council, said: "This is a positive step taken by the council to

look after employees who become terminally ill at work. The Charter will provide people with job security and peace of mind when they need it most and they will know they have our full support. We are proud to have signed up to this charter and by doing so, we want to inspire other employers in the city to follow in our footsteps."

News in Brief

Care Home Rated 'Good'

Fairway View care home in Bulwell, Nottingham, has been rated 'Good' by the Care Quality Commission ("CQC") in an inspection report published earlier this month. The home achieved the enviable rating in all key areas of care: safe, effective, caring, responsive and well-led. CQC made the unannounced visits to the home, which is operated by Ideal Carehomes (www.ideal-carehomes.co.uk), over two days in April 2017.

During the visit, the CQC Inspectors spoke with various people at Fairway View, including residents, relatives, friends, staff members and health professionals in order to get an overall understanding of the home. Everyone spoke highly of Home Manager, Dorothy Mbulo, and the positive impact she has made on the home. The vision and values of the staff team were observed to be person-centred, with staff helping people to maintain key relationships with those important to them. One resident spoke about how effective their care is: "It's been lovely, they look after us". Another relative said, "We can't speak highly enough of the quality of care here".

Funding is Secured for Skate Jam Events

Plans for a host of new skateboarding events will become a reality thanks to funding from the Big Lottery Fund. The Friends of Arnot Hill Park have been awarded £9,500 which will go towards organising several skateboarding events culminating in a special fundraiser at the Joshua Dale Skate Park in Colwick in the summer.

The group will use the funding to deliver a series of skateboarding events aimed at young people. The 'skate jam 17 tour' will travel to all skate parks across the borough and will feature professional riders and drop-in sessions. The Friends of Arnot Hill Park have commissioned a specialist provider to work with local skate park users to create the diary for the events.

A series of skateboarding events will provide much needed outdoor activities and engagement for older teenagers and young adults as well as an opportunity to showcase their skills and improve their social engagement skills and bring the community together. The group is chaired by local Councillor David Ellis and the group has worked with the council to shape the application for the funding.

Councillor David Ellis, Chair of the Friends of Arnot Hill Park said: "We're absolutely delighted to have received this funding from the Big Lottery Fund. The money will support the teenagers who use our skate parks to get involved in a special summer of programs as well as bringing this community of riders together."

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Students selected to travel to China

Ten ambitious students from Nottingham Trent University have been selected to travel to China this summer after being awarded the Vice-Chancellor's Mandarin Scholarships.

The scholarships provide students with the opportunity to improve and enhance their language skills, immerse themselves in Chinese culture and become an ambassador for the University.

The successful students are from a range of courses including wildlife conservation, architecture and forensic biology. They have been chosen for their interest and passion in the Chinese culture.

In August they will travel to Beijing to study Mandarin for four weeks at the Beijing Language and Culture University (BLCU).

They will live on the university's campus and study Mandarin speaking, writing, listening and writing for four hours a day during the week.

At the weekends they will have time for sightseeing trips.

First year student, James Hardy, is studying BA (Hons) Special and Inclusive Education and Psychology and said the scholarship will enable him to improve his Mandarin, so he can fulfil his dream of opening a school in China.

James spent two years in China teaching English and noticed many children with special educational needs.

"My wish is to open my own school in China for children with special educational needs and I need to improve my Mandarin to make this dream a reality,"



said James.

While on a trip to China, second year student Katherine Hardy, spent time working at a panda sanctuary and realised her future career lay within wildlife conservation.

Katherine is now studying BSc (Hons) Wildlife Conservation at Nottingham Trent University and said one of her biggest goals is to visit or work at one of the nature reserves in Sichuan, a Southwestern Chinese province.

Amy Theerman, studying a Graduate

Diploma in Law (GDL), said the opportunity to learn Mandarin in Beijing will set her apart from other trainee solicitors in the region.

"It is my ambition to work in a local law firm where I can become integral to the local community," she said.

"The Mandarin speaking population in the Midlands has been growing steadily and I believe it would be an asset for me to be able to communicate, even if it's just from the aspect of being welcoming."

Award for local pupils

More than 50 pupils with special educational needs and disabilities from four special schools across the county, including Arnold, Kirkby, Newark, Bramcote and Hucknall have received awards to mark their achievement of being an independent traveller.

Nottinghamshire County Council's independent traveller training scheme helps boost young people's confidence and self-esteem by preparing pupils with special needs with the skills they need to make own way from home to school or college each day. This includes using public transport and identifying landmarks to walk home safely.

This experience and skills of being a more independent traveller is helping young people to further education, work experience and increasingly their chance of employment.

Pupils from The National Academy in Hucknall, Derrymount in Arnold, Newark Orchard, Brakenhill in Kirkby and Foxwood Academy in Bramcote are among the 415 pupils at 34 schools and colleges currently signed up project with 480 staff from schools, colleges, the voluntary sector and transport companies trained to coach the students taking part.

Tamzin Williams, 15 from Bulwell, a pupil at Derrymount school.

said,
"It's helped me a lot and I'm pleased to get this award. I feel a lot more **confident now when I travel to school.**"

Since September 2016, 25 students have become independent and now travel to and from school or college using public transport or walking. Chairman of the Council's Children's and Young People Committee, Councillor Philip Owen, who presented the awards said:

"This is scheme is a fantastic way to support young people to be more independent. Most of us will remember the sense of freedom of travelling to school on your own. It can be a real milestone of independence."

Next Boxing Star Set to Motivate City's Youngsters



PROFESSIONAL boxer Leigh Wood has been announced as the Nottingham School of Boxing's latest patron.

Wood, who's hotly anticipated to be a future champion of the Featherweight division, will be working alongside Marcellus Baz BEM, the BBC Sports Personality of the Year Unsung Hero, to inspire and motivate youngsters from across Nottingham.

Leigh's patronage and support comes at a crucial time for the organisation which needs to raise £500,000 before August 2017 to secure a permanent home. As part of his support, Leigh will not only be championing the school and appearing at events, but he plans to attend regular training sessions to mentor and coach the students. Leigh joins current patrons Herol Graham, Chris Torvill and Jayne Dean.

Marcellus Baz, managing director of the group, said: "We are really pleased to have Leigh on board; he's a Nottingham lad that cares about this city and its people which in itself is the kind of attitude we want to impress on the 800 young people we work

with. "We're currently working to raise the money needed to secure our home and expand the good work we do. Although that's high on the agenda, our focus has to be on the work we do every day to change the lives of young people in Nottingham. Leigh will not only be helping us to boost our profile but he'll also be on the ground, coaching our kids and instilling the skills and confidence they need to succeed in life."

Marcellus Baz, who was heading for a career as a professional boxer before a knife attack, set up the Nottingham School of Boxing to give young people a place to learn the discipline of sport and avoid gang violence. Following this, he created 'Switch-Up', an organisation that provides wider mentorship support. In June this year, it was announced that both brands were set to be relaunched as The Marcellus Baz Group.

To find out more, to get involved, or to donate to this worthy cause, visit <http://www.switch-up.org.uk/contact-us.html> or contact Rose Hayes at Cartwright Communications.

Rewards for Employees

The future's looking good for hundreds of Nottingham employees as local employer Domestic & General launches a new and improved reward scheme.

Total Reward is a new pay scheme that all customer sales and support representatives in the Domestic & General call centres are now eligible for. The increase has just been rolled out and is tailored to each employee's job role and the work they do.

In addition to increased pay, the company is increasing the holiday allowance for all UK colleagues from 22

days to 25 days per annum, as well as offering everyday perks and treats for its hardworking colleagues.

The new package has been designed to recognise the importance of the work being done every day by the customer service teams, as well as to give employees a better work-life balance.

Speaking about Total Reward, Jo Hale customer contact director at Domestic & General said: "We are incredibly pleased to introduce our new Total Reward programme, personally tailored to each of our colleagues across the

business.

"We are already hearing about some of the positive effects it is bringing to their lives, from being able to afford holidays, fund a first home, upsizing their existing home or simply providing the peace of mind of a good, regular salary each month. It's reflective of the hard work our employees do each day.

"Although salary and holiday entitlement increases are arguably the most impactful to our colleagues, we are also fully committed to continuing



our efforts to improve health and wellbeing by offering additional incentives and treats to our colleagues including fresh fruit deliveries, a complimentary product protection plan and career development prospects.

"We're currently on the lookout for talented people to join our team and by introducing Total Reward, we hope to continue to attract the most skilled sales and customer service representatives who strive to provide the best possible service to our customers. For the latest exciting opportunities visit callcentrecareers.domesticandgeneral.com, or search for us on Facebook."

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Hospitals Receive Donations For Appeal

Sherwood Forest Hospitals Charity and The Friends of Newark Hospital have launched a Dementia Care fundraising appeal to raise £105,000 to help make Newark Hospital's Sconce Ward dementia friendly.

In order to raise funds for the Dementia Care appeal, a number of events have been held over the past month, as well as some very generous donations made.

Newark couple, Richard and Brenda Fincham celebrated their Diamond Wedding Anniversary by asking guests who attended their celebrations to make donations rather than giving gifts, resulting in an £100 donation to the appeal.

Friends of Newark Hospital Committee Member, Barbara Hatton, also held a plant stall at Newark Hospital and raised £31.50 and former Town Mayor, Councillor Dean Hyde, has also kindly donated £637 to the appeal from remaining funds in his charity appeal account. Head of Corporate Affairs and Company Secretary, Shirley Higginbotham said: "We would like to thank everyone for their generous donations to the Dementia Care Appeal. Hopefully with the continued help and support of our fundraisers, volunteers, patients, families and the community we will soon be able to reach our target."

TRAM NETWORK FORMS NEW COMMUNITY PARTNERSHIP



Nottingham's tram network is forging a new partnership with an organisation which promotes community cohesion and integration in the local area.

Based near David Lane, Communities Inc is a dynamic not-for-profit social enterprise which aims to break down barriers and empower both

individuals and organisations within black and minority ethnic groups.

The partnership, established by NET's operating company

Nottingham Trams Limited, is aiming to help promote awareness and recognition of issues arising from hate crime. Part of the initiative will see tram staff provided with training to help spot, prevent and report discriminatory behaviour across the network.

A kiosk at the Clifton South park & ride centre has also been transformed into a 'community hub' from which Communities Inc will operate many activities within the area.

Chris Williams, NET's Commercial Manager, oversees the tram's community partnerships and explained: "Whilst reports of discrimination on our network are very rare, we feel that it is important to help promote equality on public transport and across all walks of life.

"Our tramway spreads across Nottingham and we're committed to providing support to communities in the local area. This partnership is one of many initiatives we're involved with and we look forward to announcing more in the near future."

NET is set to support the organisation at a number of upcoming events including Nottingham Pride in July and the Hyson Green Cultural Festival in August, whilst trams will also carry its information leaflets and literature.

Michael Henry, Communities Inc Director says, "It's great working with NET as we are able to reach large sections of the community and provide them with information aimed at making Nottingham a more welcoming city"

A Weekend Well Spent

Set within a Grade II listed building just a short walk away from the centre of Matlock Bath; New Bath Hotel has undergone an extensive refurbishment in the last few months that's seen it transformed into the luxury hotel it always had the potential to be. We visited for an overnight stay that put its new facilities to the test.



NB
NEW BATH HOTEL & SPA
MATLOCK BATH, MATLOCK

When it comes to the décor, it's hit the nail on the head. Fresh, neutral interiors complimented by pops of rich blue and purple velvets make for a modern and indulgent feel while the exposed brick walls in the restaurant and the original staircases mean New Bath maintains the charm and character of the building itself.

The theme of the main hotel carries through to its rooms, with grey linens, dark satin soft furnishings to compliment them and a floor to ceiling tiled en-suite that fits in perfectly with its new, more contemporary style.

The fresh fruit waiting in our room for us on arrival added a personal touch too and summed up the kind of attention to detail we experienced throughout our stay.

The combination of tranquil running water from the indoor fountain, fresh lemon water on tap and a crisp, clean interior made New Bath's spa my favourite part of the hotel. The zen atmosphere continued in the double treatment room with burning incense and dim lighting setting the perfect backdrop for the Espa Facial that left my skin quite literally glowing and the steam room, sauna and Jacuzzi which were located in a private courtyard that connects the hotel and spa made for an ideal start to our weekend.

A trip into the town centre afterwards proved just how well located New Bath really is. After a short drive (which we soon realised we could have easily walked) we were surrounded by quirky cafes and family friendly attractions galore that kept us more than entertained for the

afternoon.

For dinner back at the hotel, we'd left it a little late to book a table for the evening but the hotel staff were more than accommodating.

The intimately sized restaurant was busy and atmospheric too, understandable on account of the hotel's highly experienced new chef, but we were served promptly and professionally from start to finish nonetheless.

The menu itself, despite not offering a huge selection, was made up of classic Sunday roast dishes alongside other traditional starters and desserts such as prawn cocktail, fishcakes, sticky toffee pudding and a cheese board, all of which were tasty and quite obviously homemade.

The same can be said for breakfast. Alongside a generous continental buffet including American style pancakes and fresh fruit, the selection of hot food set us up well for another day exploring The Peak District.

A tour of the hotel, including its impressive reception rooms and the original 18th century plunge pool that's in the process of being restored to working use concluded our stay and confirmed our verdict.

Between a tasteful and stylish interior and a dedicated spa, a location you'd be hard pushed to better elsewhere in Derbyshire, and a team of staff who excelled themselves in every aspect of our stay, New Bath Hotel proved itself worthy of its luxury boutique hotel title and for anyone looking for an overnight stay in Matlock Bath, it comes highly recommended.



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The award-winning Continental Market returns

From Wednesday 28th June - Sunday 2nd July, Old Market Square and Long Row in Nottingham City Centre will once again be hosting the award-winning Continental Market. With traders from countries as far afield as Morocco, India, South Africa, France, Russia, Brazil, Spain and China, the market is a source of outstanding local and international produce, gifts and crafts bringing something for the whole family!

It is one of the most interactive events which offers customers the opportunity to taste and sample most of the foods on sale. Learn to cook some of the exotic dishes using ingredients you may not use regularly, or foods you may not have seen before. You can also pick up recipes for the foods you see being cooked and be part of a unique experience!

We have a brand-new trader attending Nottingham, Darrell Moreira, the owner of Cape Lekker, who moved to the UK 23 years ago from his native home of Johannesburg. He brings with him his special recipes where you'll be able to try Boerewors, Biltong, Bobotie, Cape Malay Curries and Vetkoek. Also, a firm favourite is Meats of the World, where you'll be able to sample some of the rare and exotic meats and burgers including Crocodile, Impala, Wild Boar and Ostrich and Kangaroo.

There will also be a great variety of craft and gifts from across the globe for shoppers to explore. Another new trader is Marrakech Express, Fairtrade gifts made from Thuya Wood which are handmade in Morocco,



Wicker & ceramic Hearts, Inspirational plaques, Crystals & gifts which are all handmade from Gifts 4 The Soul, Castaneda will be back with South American clothing, knitwear, jewellery, dream catchers and traditional musical instruments.

If you're not sure about something, just ask our welcoming traders who will be happy to help.

Opening hours of the Continental Market are:

Wednesday to Saturday 09:00 to 18:00
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What's Happening
Near You

Newthorpe

Professional theatre company Rain or Shine, hailed by 'The Stage' as "one of the best companies touring open air theatre" are set to delight family audiences once again this summer with their production of Shakespeare's cross-gartered and hilarious cross-dressing comedy Twelfth Night, as they 'transport' you to a land where nothing is quite what it seems.

"What country, friends, is this?" Have you ever found yourself in yourself in a strange place, surrounded by strange people, taking extraordinary measures to find your way? That's the situation Viola finds herself in when, shipwrecked and separated from her brother, she sets foot upon Illyria's sandy shore. Lost and alone, she disguises herself as a man and sets forth. Before long, chaos ensues as mistaken identity, love, pride and alcohol set a host of much loved characters on a series of hilarious adventures. Hopeless romantics, drunken knights, a pompous steward and fools galore abound in one of Mr. William Shakespeare's most celebrated comedies. "If music be the food of love, play on!"

Sure to delight family audiences from 6 to 96, this is an ideal choice for an outdoor theatrical event, bringing classical theatre into the heart of local communities as they travel across the UK during June July and August from the Devon to Northumberland, and Wales to Norfolk, visiting some of the country's most picturesque castles, stately homes and gardens along the way. The tour includes a performance at Colliers Wood, Moorgreen on Friday 21st July at 7.30pm. Tickets are available directly from Rain or Shine on 0330 660 0541 or go online via www.rainorshine.co.uk.

Theatre Royal

The New Vic Theatre's celebrated production of Jules Verne's AROUND THE WORLD IN 80 DAYS adapted by Laura Eason and directed by Theresa Heskins returns to the stage for a major six month tour. Following two record-breaking runs, the show returns, launching at the Theatre Royal Nottingham on 11 July 2017.

The mysterious and fabulously wealthy Phileas Fogg wagers his life's fortune that he can circumnavigate the globe in just 80 days. We join Fogg and his loyal valet, Passepartout, as they voyage from the misty alleys of Victorian London to the exotic subcontinent and the Wild West in a race against the clock. An ensemble cast of 8 play over 125 characters in an imaginative and physically inventive high-spirited escapade including six trains, five boats, four fights, three dances, two circus acts and an elephant!

Theatre Royal Nottingham:

11 - 15 July 2017 www.trch.co.uk



Dropping can costs Mansfield man £600

Failing to pay a £75 Fixed Penalty Notice for dropping litter has cost a Mansfield man more than £600 after Mansfield District Council took him to court.

South Derbyshire Magistrates' Court fined Matis Rubis, aged 25, of Lord Street, £220 and ordered him to pay costs of £353.87 and victim surcharge of £30 - a total £603.87 - for one offence of littering contrary to section 87(1) of the Environmental Protection Act 1990. The case was

proved in his absence.

The court was told that Rubis was spotted by a council neighbourhood warden dropping a can on a path next to the River Maun near James Murray Mews in the town centre on 9 January 2017 and issued with an FPN (fixed penalty notice) for £75.

The FPN was never paid so the council took further action and issued a court summons against Rubis.

Cllr Bill Drewett, Portfolio Holder for Safer Communities, said after the

case: "This case makes two things very clear. If you drop litter in this district, you could be facing a fixed penalty notice. If you ignore that £75 FPN, we will take you to court and that could be much more expensive to you, both in terms of a fine and costs but also because you could acquire a criminal record, too.

"The simple answer is, don't drop litter. There are plenty of bins provided and if there isn't one around, take your litter home."

Developing More Affordable Housing

Local housing association Gedling Homes has begun work on three new developments across the Gedling Borough, investing over £6million to create 64 new affordable homes for the area.

In the Byron Street area of Daybrook, work is underway to build 21 one and two bedroom flats in a development which, once completed, will be known as Hawsley Court. The site is being developed by Gedling Homes in partnership with construction and civil engineering experts GEDA Construction. They are using non-standard designs provided by architects Keith Reynolds Associate to create comfortable living spaces within a relatively compact area. Hawsley Court is currently due for completion in May 2018.

Just a mile down the road on Bestwood Lodge Drive in Arnold, a project is underway to replace a number of disused garages with brand new flats and houses. Demolition of the existing garages has already begun and the new homes are likely to be completed in April 2018. Elsewhere at Ernehale Court in Gedling, work has begun to replace a former sheltered scheme with 12 new flats and 6 houses for affordable rent.

The former scheme was demolished in December 2016 and together with main contractors J Tomlinson, Gedling

Homes have laid the foundations for the mixed-tenure development, which should be completed in March 2018. Gedling Homes have invested £1.6million in the development, with the Homes and Communities Agency (HCA) and Notts County Council contributing £468k and £170k respectively, after funding was released by the government following their housing white paper, which committed to building more homes.

Jason Cannon, Director of Gedling Homes said; "With the country in the midst of a national housing crisis, housing associations like us are playing a crucial role of solving it by developing new, affordable homes for those that need them.

We're grateful to be in a position to work with local contractors and invest in the local area and be able to build new home throughout Gedling and we're excited for people to move into them once they're finished."

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<p>Cibolton The Royal British Legion (Next to Wilko's) 12 Donnington Road Monday 5:00 & 7:00pm Tel: Sarah (NEW CONSULTANT) on 07779 006707</p>	<p>East Leake Leisure Centre Dance Studio Room (Opposite Reception) Saturday 8:30am Tel: Meg on 07792 943873</p>	<p>Moatlands Club 295 Curzon Street Thursday 5:30 & 7:30pm Tel: Judith on 07711 043213</p>	<p>Gresham Sports Pavilion Gresham Park Road Off Wilford Lane Wednesday 7:00pm Tel: Shirley on 07946727077</p>
<p>Community Centre South Church Drive Wednesday 3:30, 5:30 & 7:30pm Tel: Jackie on 07877055117</p>	<p>Goldham Memorial Hall Nottingham Road, Wednesday 5:00 & 7:00pm Tel: Sarah on 07799 006707</p>	<p>Stapleford The Haven Wadsworth Road Next to Wadsworth Fields Primary School Monday 9:15am Tel: Dawn on 07872 648833</p>	<p>West Park Sports Pavilion Loughborough Road Thursday 5:00 & 7:00pm Friday 8:00 & 9:30am Tel: Athena on 07792 045221</p>
<p>The Royal British Legion (Next to Wilko's) 12 Donnington Road Wednesday 9:15 & 11:15am Friday 8:00 & 10:00am Tel: Sacha on 07515 122964</p>	<p>Hucknall St Peter's & St Pauls Community Hall, Euffs Drive Wednesday 5:30 & 7:30pm Tel: Kerry on 01159 558835</p>	<p>St Helens Church Hall Frederick Road Monday 5:30 & 7:30pm Tel: Dawn on 07872 648833</p>	<p>The Rugby Club Stamford Road Saturday 8:00 & 10:00am Tel: Naomi on 07734 791608</p>
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Georgian Landmark Reopens

Rushcliffe Borough Council is delighted to have officially unveiling the renovated Bridgford Hall.

After a year-long £2.3 million refurbishment made possible by National Lottery players, the Grade II listed Georgian building in Bridgford Park is now open for business as an aparthotel and civil wedding ceremony venue.

£1.5m from the Heritage Lottery Fund (HLF) was secured to enable the renovation of this historic build-

ing with an additional £800,000 provided by Rushcliffe Borough Council. The grant is the first completed in the East Midlands under HLF's Heritage Enterprise programme which funds vital repairs and conservation work needed to convert derelict, vacant buildings into new, usable and sustainable spaces.

The 250 year old building has been modernised, creating seven well-appointed apartments on the first and second floors, as well as enhancing

accommodation for Nottinghamshire County Council's registration service on the ground floor.

The renovation work was carried out by Edwinstowe-based Robert Woodhead Ltd, who have installed brand new features such as a new lift shaft and entrance point for the aparthotel, whilst carefully restoring historic architectural assets such as fireplaces and window frames. Purcell Architects were the project architects.

Speaking about the project, Ros Kerslake OBE, CEO of the Heritage Lottery Fund, said:

"This is a wonderful example of the impact that a Heritage Enterprise project can have in breathing new life into an old building. We are delighted that, thanks to National Lottery players, Bridgford Hall will once again be able to play a key role the lives of the local community, as well as boosting the local economy."

DEMAND FOR CITY STUDENT ACCOMMODATION CONTINUES

Nottingham's student population is continuing to flock towards the city centre when searching for a place to live according to student accommodation specialist FHP Student Living.

More than 100 students from Nottingham Trent University and the University of Nottingham have already reserved rooms for the 2017/18 academic year at the provider's flagship student accommodation, Hydrogen.

Opened in September 2016, the Goldsmith Street development contains 164 studios, ranging from £135 per week, up to £250 per week. Less than 60 studios now remain available and students are encouraged to visit the site's show room and marketing suite to avoid missing out on

Nottingham's most lavish student offering.

With penthouse studios, concierge service and a private games room, featuring a pool table, table tennis table and even a piano, Hydrogen is a far cry from traditional halls of residence. The six-floor development offers unrivalled views over Nottingham city centre, with each studio being equipped with state of the art bathroom and kitchen facilities.

It's not just Hydrogen that is feeling the rise in demand; student accommodation providers across Nottingham are feeling the trend of movement towards the city centre, resulting in the abundance of new developments cropping up all the time.

Jonty Green, head of FHP Student

Living, explains:

"Students across Nottingham and the rest of the Midlands are becoming more demanding in terms of the standard of desired accommodation required, and providers and landlords have been quick to realise this. "En-suite bathrooms, social spaces and even on-site communal facilities have now, in some cases, become an expectation when searching for a place to live. As such, demand for traditional low cost student housing in areas such as Radford & Forest Fields has taken a fall in recent years.

"More students are now searching for luxury options in the city centre – with easier access to the Nottingham's main attractions and facilities."



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Engineering Professionals Train Alongside Army Reservists



Graduates and engineering professionals from local businesses have been training alongside members of the Reserve Forces.

The employees from six companies with engineering backgrounds have taken part in the three-day course called Exercise Martello Stretch.

Members of the Army's 170 (Infrastructure Support) Engineer Group put the participants through their paces in a number of activities including command and leadership tasks. The attendees learnt how reservists develop leadership and management skills which they could translate to their own careers, as well as learning about life in the Army Reserve generally and the

benefits on offer to individuals such as training opportunities and the chance to take part in adventurous training overseas.

Event organiser Captain Terry Gillard, Engagement and Retention Officer, at 170 Engineer Group, said:

"It was fantastic that those who attended Exercise Martello Stretch 2017 had no previous military experience so found themselves at times well outside of their comfort zone. Every person threw themselves into the various tasks with enthusiasm which makes all the effort my team put into the event worthwhile. I am sure everybody learnt things about themselves as well as new skills that they can take back to the workplace".



Linda Lancashire

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Aries
It's always useful to have the ear of someone you can trust when making an important decision. Every now and again you experience the odd confidence wobble and secretly doubt your judgement of people and situations. Finances still need careful handling so it's imperative that you cut down on frivolous spending. Don't be tempted to make a foolish investment in a get rich quick scheme that sounds too good to be true.

Taurus
The pressure is on in both your personal and professional life. People have done nothing but cause you frustration and delays in getting important matters finalised. Your romantic life is developing on a daily basis because love is in the air and someone's surprise gesture will startle you. You won't know whether you are coming or going, but at least life isn't boring. A wise investment made earlier will start to pay excellent dividends placing you in a more secure position.

Gemini
Investment issues must be handled carefully if you are to avoid suffering losing your nest egg. Always seek legal advice before signing your life away on the dotted line. A highly charged emotional situation dominates your every moment because someone is trying to push you into a tight corner. Beware of caring in under pressure and regretting your actions later. Revelations come to light regarding a matter you've instinctively felt uncomfortable about recently.

Cancer
A project you've been busy working on for many months begins to take shape. Use your determination and refusal to associate with too much negativity to reach those all important goals. Anyone who challenges your authority cannot be ignored because there is more going on beneath the surface than you realise. Take a chance on romance by giving someone a chance to convince you that there is more to life than remaining home alone.

Leo
Keep your wits about you because a new personal relationship will hit a few unforeseen snags. A job offer could turn out to be exactly what you are currently looking for if it's a complete change of direction that you are seeking. Overseas travel looks likely and if you are in the holiday mood, now is a great time to indulge in an exciting voyage of discovery that could also introduce you to some very interesting new people.

Virgo
Someone may feel miserably by trying to force their opinions upon you. Maintaining a strict boundary between your personal and professional life is imperative because it is unwise to mix the two together. As your mind is at it brightest and most ingenious, you will come up with some great ideas both in business and socially, putting you in great demand and some much unexpected developments in your love life could leave you standing at a crossroads.

Libra
You make a good and wonderful friend, loyal and true, but woe befalls anyone who causes you to feel suspicious and uncomfortable. Someone is going to be on the receiving end of your sharp tongue because you are not prepared to allow or reward another person's bad behaviour. Certain family members will start showing you more support in your endeavours to create a better life for both yourself and those closest to you, but equally, do not make the mistake of wearing your heart on your sleeve either.

Scorpio
So far it's been a year of dramatic change where circumstances have determined where you find yourself today. Having succeeded in breaking away from both people and situations that have drained your energies, you are now back on track and mean business. You are about to make a major breakthrough in a number of areas regarding property and money matters. Expect to enjoy a truly lovely time with someone quite new in your personal life because an initial friendship could develop into something more meaningful and important.

Sagittarius
Feeling restless and frustrated with certain people and the state of your current situation? You don't like the feeling of life passing you by and you missing out on some great opportunities. Nothing is moving quickly enough for you and this could even result in you reaching a few impulsive decisions. You may decide to talk things over with someone who is emotionally detached from you in order to make some sense of what is happening in your world right now, but take heart, because there are blue skies on the horizon.

Capricorn
Beware of dampening a loved one's enthusiasm just because you don't think their chances look good. A war of words on the social media could lead to a complete meltdown and the end of a beautiful friendship. Love and romance look hot and passionate, especially if you are ready for some fun and passion. An old admirer is hoping for a second chance, but your attention may be focused on someone who is not available and whose life is extremely problematic.

Aquarius
Platonic people at work will start getting on your nerves and someone who is very incompetent results in causing you extra work. Where finances are concerned, or legal issues that are causing you an enormous amount of stress and worry, be patient because some good news will soon put you in a much happier mood. If you are unattached and would like to meet someone new, now is the perfect opportunity for you to join new groups of like-minded souls that you share common interests with. Travel arrangements may have to be changed at the last minute.

Pisces
Your authority will be challenged and not everyone agrees with some of the choices you have made recently. Spending money will not fit an emotional void, but neither are you prepared to make any changes. You need time to think about your next move and this could result in you taking a holiday just so that you can enjoy some peace and tranquillity. By focusing and visualising what you really want you will attract those vibrations towards you. Something wonderful is about to take place in your world that at one time you would never have believed would be possible.

Celebrities visit Hillside Primary & Nursery School



Children at Hillside Primary & Nursery School in Hucknall received a fantastic surprise when Joe and Andrew (First Officer Ditty and Professor Poet) as seen on *The Rhyme Rocket* on CBeebies took their literacy lesson! Children were treated to a roller coaster lesson in rhyming with the energetic presenters who sang and acted out the poems they created with the children. Joe said, "Our show is all about rhyming and

because the children have seen us on TV it becomes a powerful learning tool." After working together for years Joe and Andrew said they have an intuitive way of working with each other. "We have refined our routine," said Joe, "It is essentially a performance which encourages the children to be creative and promotes enjoyment while learning. We have also embedded some themes in the lesson too like healthy eating,

but the backbone is all about rhyming and literacy." Pupil Erin Hitchings (Foundation Stage 2) said "I liked it when the cake went splat and my favourite bit was all of it!" Joe said that the visit to Hillside Primary & Nursery School in Hucknall was great fun. "Hillside was fantastic! One of the best schools we have been to this year and the children thought up some really fantastic rhymes!"

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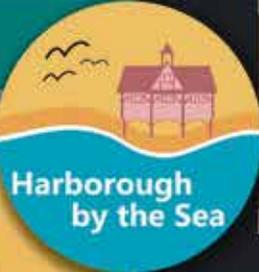
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out and About



Classic car show and giant sandpits needs you!



One of the most popular events in the East Midlands social calendar takes place in Market Harborough in July – and this year is set to be a ‘classic’!

The annual Harborough by the Sea family event takes place in Market Harborough in Leicestershire from Friday 28 July to Monday 31 July 2017. This year the theme is ‘vintage’ and, as well as the usual giant sandpits and deckchairs on the main square, the event will include an inaugural classic car show on the Sunday with vintage vehicles lining the streets of the picturesque town.

There will also be live bands in the town centre playing classic rock ‘n’ roll and sixties hits, plus a host of other activities and entertainment.

Thousands of visitors are expected to come along to the event and there is still time to register your vintage vehicle with the chance to win a Best in Show trophy and other prizes.

www.goleicestershire.com/harboroughbythesea



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out and About



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Summer events listing:

- 29-30th July** - Tiger charity weekend with tiger games and mini VIP trips, in aid of the Amur Leopard and Tiger Alliance
- 30th July** - Meet Marshall from Paw Patrol, appearing at intervals throughout the day.
- 21-28th August** - Charity fundraising fun in aid of TUSK, with games and mini VIP trips to meet the animals
- 28th August** - Meet everyone's favourite cheeky friend - Peppa Pig, appearing at intervals throughout the day.



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out and About



The summer season has only just begun...

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Why not make a short trip (or long one) out of your visit to the Open Air Theatre? Discover a special Yorkshire welcome brimming with lots to see and do. The coast meets the countryside with a landscape and activities to suit all ages, interest and budgets. To find out what's on offer from accommodation, attractions, restaurants, bars to all year round events.



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Wednesday 28th June 12.00pm Price As Per Menu Lunch Alders Convery, Oulton Road, Oulton Notts NG22 9DT

Tuesday 4th July 10.00am Price As Per Menu Lunch Breakfast Club The Observatory, 14A Market Place, Ilkeston, Derbys DE7 5QA

Monday 17th July 10.30am Price Free Walk Colwick Country Park, Mile End Road, Colwick, Nottingham NG22 2DW

Friday 21st July 10.30am Price Free For Members £2.50 for Non Members

Speaker Dr Ann Featherstone Maidens, murderers and con artists: Victorian melodrama revealed

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

www.oddfellows.co.uk for membership enquiries 0800 828 1310

The Oddfellows is the leading name of The Independent Order of Oddfellows, Manchester Friendly Society Limited, incorporated and registered in England and Wales No. 2207 Registered Office: Oldfield House, 151-153 Devonport, Manchester M2 2BB

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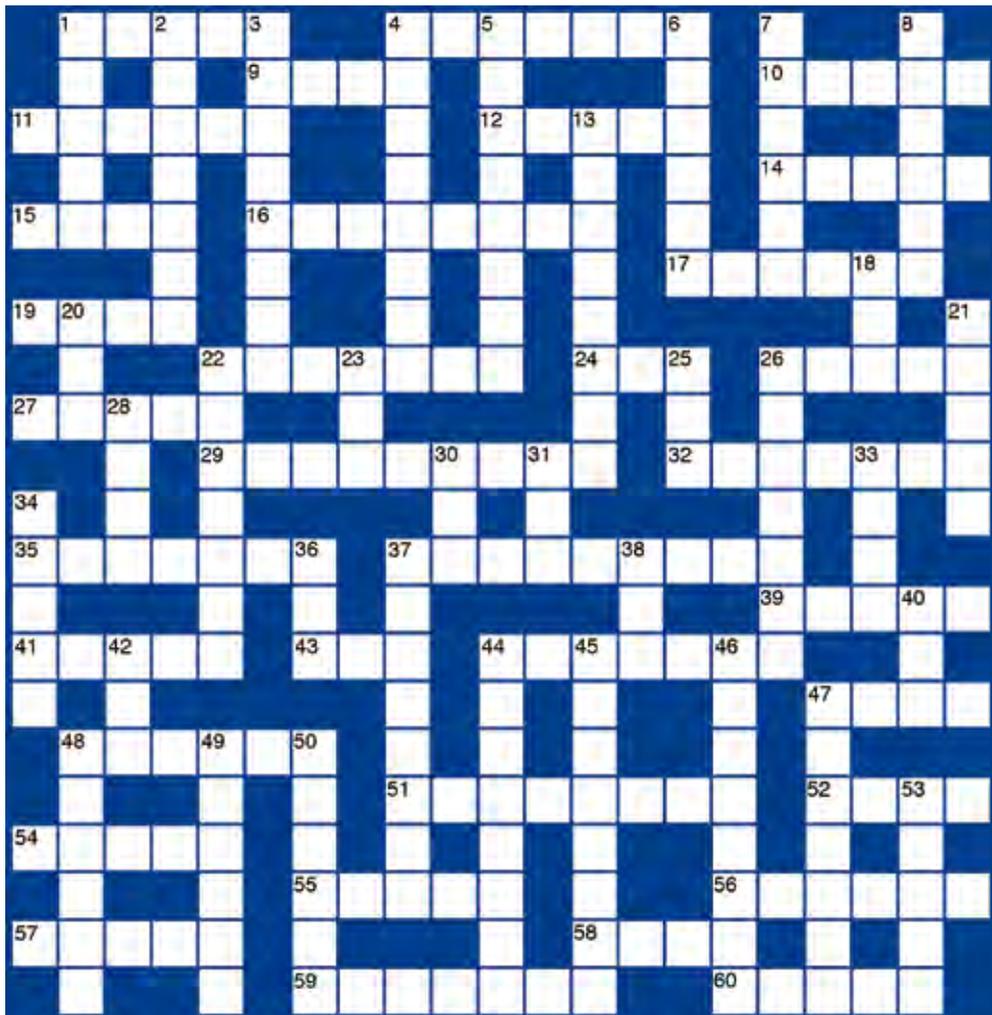
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CROSSWORD

(Answers in Issue 228)



ISSUE 226 CROSSWORD ANSWERS

- ANSWERS ACROSS**
- 1 Ruby 3 April 10 Peach 12 Hero 13 Needle 14 Retro 15 Chicken 16 Wheat 17 Eden 19 Lawn 21 Free-for-all 24 Beard 27 Picnic 28 Snooker 30 Hockey 31 Pony 33 Ugly 34 Ages 35 Bald 38 Fidget 39 Trumpet 40 Nickel 42 Need 44 Aid and abet 47 Sick 48 Quid 52 Truck 54 Exclude 55 Cover 57 Auntie 58 Call 59 Rhyme 60 Patch 61 Chef
- ANSWERS DOWN**
- 1 Rink 2 Beech 3 Alert 4 Routine 5 Lemon 6 Spice 7 Shake 8 Chinese 9 Women 11 Animal 18 Slap 20 Nanny 21 Face up to 22 Food 23 Rake 25 Dwell 26 Chestnut 28 Split 29 Right 32 Onion 35 Bucks 36 Puma 37 Spud 41 Lake 43 Elderly 45 Injury 46 Blow-out 48 Quack 49 Scare 50 Sever 51 Scamp 52 Trash 53 Catch 56 Leaf

- | ACROSS | DOWN |
|------------------------------------|--|
| 1 Pedestrian crossing (5) | 1 Zero, nil, nothing (5) |
| 4 Showers with shot (7) | 2 Monotonous tedium (7) |
| 9 Molten rock (4) | 3 Height of an aircraft in flight (8) |
| 10 Computerised automaton (5) | 4 Italian grating cheese (8) |
| 11 Cauliflower segment (6) | 5 Bricks and mortar (8) |
| 12 Military command (5) | 6 Wire coil in mattress (6) |
| 14 Arctic direction (5) | 7 Hypnotic state (6) |
| 15 Garden hut (4) | 8 Baby's milk feeder (6) |
| 16 Eyebrow pluckers (8) | 13 Melt sugar in tea (8) |
| 17 Saturated fat (6) | 18 Religious wrong (3) |
| 19 School pal (4) | 20 Jump on one leg (3) |
| 22 Three score and ten (7) | 21 British coin (5) |
| 24 Jar top (3) | 22 Stumbling-block (7) |
| 26 Step to music (5) | 23 Hen product (3) |
| 27 Pie fruit (5) | 25 Father (3) |
| 29 Orange (9) | 26 Stuck in traffic or postponed for a time (7) |
| 32 Brainy sea mammal (7) | 28 Socket connector (4) |
| 35 Travel bags (7) | 30 Sailor's tot (3) |
| 37 SOS crisis (9) | 31 Neither (3) |
| 39 War opponent (5) | 33 The family house or any permanent residence (4) |
| 41 Professional swindler (5) | 34 Group of seagulls (5) |
| 43 Female rabbit (3) | 36 The finale (3) |
| 44 Green gemstone (7) | 37 Logging animal (8) |
| 47 A reproduction (4) | 38 Listening organ (3) |
| 48 Airgun shot (6) | 40 Geographical chart (3) |
| 51 Sufficient for requirements (8) | 42 Raw metal (3) |
| 52 Masculine (4) | 44 etc. (2,6) |
| 54 Vibrant (5) | 45 I beg your pardon (6,2) |
| 55 Unit of length (5) | 46 Neither hot nor cold (8) |
| 56 Fit land for growing crops (6) | 47 Directional instrument (7) |
| 57 Severely intense (5) | 48 Charming royal (6) |
| 58 Anchor a boat (4) | 49 Paying guest (6) |
| 59 Chipolata or salami (7) | 50 London river (6) |
| 60 Foggy (5) | 53 Ice on a stick (5) |

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Filtered	US actress Reese (see below)	Dodgy His Holiness	Female bird	Country owners	Bill Declare	US actress Drew (see right)
Image			Apparel Visa			
			Noodles			
		Memo	Fool		Waterless	
Gift Doglike scavengers				Com spike		
Cool	Slip by	Oxygenate	Apologetic			
			Party to or too	Abominable snowman	Tempo	Cheese Germinaltes
Drowsy				Thick sweet fluid	Fairground bumper cars	ixk
Mael						Papper's partner
			Siesta		Uncommon Duties list	Against
Opaque-ness				Withdrawal		
			Zodiac sign		Is in the red	Departed Laths
Mail				Aoddie	Hurt	Rock layers
Hard up					Begin again	Brain-teasers
			Slouch			Mouthful Dunk or pickle
			Pascals	Bard	Compass point	Wicked
					Caches Baton	
			Etchel down		Debonair and Urbane	
			Pale yellow			Mix
			Lionised			
					Cares	

Facts

Born 22nd February 1975

She starred in the 1982 film E.T

Also starred in Poison Ivy, Bad girls and The wedding singer

Facts

Born 22nd March 1976

Breakthrough role came in Legally blonde

Also starred in White and blonde and Monsters Vs Aliens

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Pilates to help improve posture at work

Spending many hours at your desk in front of your computer can end up causing you to have back and neck ache, not to mention repetitive strain injuries in your arms!

There are a few simple things you can do to minimise your risk of pain.

5 top exercises to do at your desk:

- Retract your chin so that the BACK of your neck lengthens hold for 10 secs & repeat 5 times.
- Tip your head over towards your shoulder, place your hand on your head & gently encourage your ear towards your shoulder, whilst reaching the opposite fingers towards the ground – hold for 20 seconds and do each side 4 times.
- Keep your chin retracted and rotate your head as far around as possible, as if you're trying to look over your shoulder, put your tongue in your cheek (the side to which you are turning) & notice that you can go a little further. Hold for 10 seconds & repeat both sides 4 times.
- Lift your arms wide above your head, leaning back as far as feels comfortable, sending your breast bone to the ceiling and release back to upright - do this 6 times. Breathe in as you extend back and out as you release back to your starting position.
- Place your right hand on you left hip, sit lovely and tall and rotate to the left as far as you comfortably can, then release, 4 times each side. You should breathe out as you rotate and breathe in to release.

Finally, spend 2 minutes breathing deeply, place your hands on your belly, try and breathe right down into the belly so that your belly expands, keeping your shoulders relaxed and still. Breathe in through your nose and out through your mouth. Now, back to work feeling released and re-energised!

For more information on the benefits of Pilates visit www.pilatesbyphilippa.com or call 01636 673931.



by Philippa Burnett



Keeping You on Track.....

Daniel Briggs-Prices' passion for all things bicycle began when the brand new bikes he had bought for him and his wife were stolen.

Armed with a couple of second hand bikes he bought at an auction to save money, Daniel set about restoring them to their former glory and before long found himself buying, repairing and selling bicycles as a hobby alongside his full-time job.

Soon faced with an overflowing garden of re-loved bicycles, Dr Bike decided to set up shop in Farndon at the Corner House Farm to accommodate for his rapidly growing business.

Now a full service and repair station as well as a retail outlet for new and used bikes, Dr Bike is a one stop shop for repairing, buying and selling bicycles where Daniel puts his years of repairs experience and bicycle expertise into practice.

With everything from road bicycles to specialist mountain bikes, Dr Bike has a bicycle for every occasion and, in making a point of trying and testing each one himself, Daniel couldn't be better equipped to recommend the right one for you.

New to the shop this year is an impressive range of electric bikes too. From a tricycle with unlock features that mean they ride like two wheels to collapsible versions for commuters and easy access ones for mobility problems, there really is an option for everyone in the new Eco Voltz collection. Ranging from £900 to £1400, there's one for every budget too. Ask in store for details.

The service and repairs workshop means you'll never be off your wheels for long either and the collection service Dr Bike offers makes getting the job done even easier.

Whether you're in the market for a new bike or looking to mend an old and faithful one, Dr Bike in Farndon has all of your bicycle needs covered and, with a love of what he does at the heart of Daniel's business, you can rest assured you're in good hands.



Visit Dr Bike in store at Corner House Farm, Farndon, Newark, NG24 3SD or call 07897 331554 for more information.

The 2017 Nottingham and Nottinghamshire

Carers Road Shows

This year is the sixth year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting.

The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone.

In order to ensure the shows are FREE for carers to attend and FREE for stallholders, funding is provided by a variety of public organisations. The Carers Road Show offers free support for all unpaid carers, no matter what the circum-

stances of the person they are caring for. With 18 venues and over 100 stallholders there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need.

The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information.

Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available.

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South Farm

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Welcome to Scott's View at South Farm Care Home

Scott's View at South Farm is a small care home set in five acres, registered for five service users. We offer permanent and short term care in addition to respite. We now also offer a room that can cater for a couple. All our staff are trained and qualified to a high standard to ensure we're able to offer and deliver the best possible care.

Holidays with carers

We offer 2, 3, and 4 day breaks in our house, our static caravan or in our beautiful belltents which are in our glamping field.

Our holidays are for mild learning disabilities and the elderly and our breaks are designed for your personal needs.

Our other services include:

Personalised rooms, Day Care services, special activities, baking, sing alongs, holidays, family days, exercise classes. Visiting physiotherapist every week and daily exercises given. Freshly prepared meals everyday for all dietary requirements including gluten free and diabetes.

We also offer day trips out to local areas as we support local businesses. South Farm are proud to offer free assessment without any obligation. We are able to deal with hospital discharge, rehabilitation and short term stay.

We're also proud to announce our new domiciliary service coming soon.



5 Acres of tranquil settings...

Scott's View at South Farm Care home in Sutton On Sea near Mablethorpe

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Homes at the Heart of Their Communities



Two care homes in the Nottinghamshire area are leading the way in person-centred care for their residents.

Clipstone Hall & Lodge, a purpose built home in Mansfield, holds a Good rating from the Care Quality Commission, in addition to a Dementia Quality Mark from Nottinghamshire County Council. It was also upgraded to a Band Five care home, the highest rating achievable on the quality rating scale used by the Council.

The home has a vibrant community spirit, both in and out, working for the past year with local regeneration project Feel Good Foods on a regular gardening project. There is also a brood of hens in the home, supported by HenPower, an initiative by creative elderly charity Equal Arts, and used as a way of tackling social isolation and loneliness, through arts and hen-keeping.

The Grange, also in Mansfield, provides residential and dementia care, in addition to specialist nursing and enhanced dementia nursing. All of the 50 rooms are ensuite and are decorated to a high standard with modern facilities and amenities, in this warm and friendly environment.

To keep up to date with news from our homes, join us on Facebook www.facebook.com/OrchardCareHome



For more information call **01623 636 010** or visit www.orchardcarehomes.com

Scotts View at South Farm

A well-deserved break with your loved ones



At South Farm Care Home, the trained and dedicated members of staff realise just how important spending time away with your loved ones can be. That's why their caravan park, set within acres of countryside close to the award winning beaches of Sutton-on-Sea provides a tranquil retreat for family and friends while adjacent, in their Scotts View cottage, their loved ones will receive the independent respite care that they need.

camper vans, a six berth static and one bedroomed beech hut are also available to let, providing the perfect backdrop for a well-deserved getaway where you can spend quality time together with peace of mind that your loved ones are in good hands.

To find out more information on your family stay at South Farm Caravan Park, contact a member of the team on 01507 443746 or email info@southfarmsutton-onsea.com.

Activities and day trips are a key part of the care programme at Scotts View and encouraging families to come along with them means they can all enjoy an unforgettable day out with professional care on hand should they need it.



5 acres of tranquil settings

Whether it be a visit to the nearby beach or a potter around the care home's vegetable garden, there's plenty to enjoy with your loved ones during your stay. As well as catering for touring caravans, seasonal pitches and

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New appointment

Radcliffe-on-Trent based construction company Wynbrook, has announced the appointment of Lucy Chilvers as their latest Contract Surveyor.

Lucy will join the Wynbrook team after spending most her career as a quantity surveyor. She previously held positions at main contracting companies such as Mansell Construction, Mott MacDonald and G F Tomlinson. She will work across all three of the companies' construction divisions which includes Wynbrook Homes, Wynbrook Care Homes and Wynbrook Design and Build.

Working for a number of different contracting companies has enabled Lucy to gain valuable experience in a variety of projects. This has developed her expert knowledge of construction costs and contracts, cost planning and the commercial management of a project throughout its entire life cycle from inception to post-completion.

In her new role at Wynbrook, Lucy will utilise this experience to work alongside both client and sub-contract teams to ensure projects are completed on time and within budget.

Commenting on the role, Lucy said "Wynbrook really appealed to me as a company because of the success they have had in recent years and because their advance order book will ensure we are involved in design and



build projects for at least the next three years. Wynbrook is well respected within the industry and has a great team approach to projects." When not in the office, Lucy loves

to spend her time outdoors either on her mountain bike or road bike. She once completed a 40 mile Lyke Wake Walk across the Yorkshire Moors, but prefers two wheels!

How is Your Local Park Performing?

HOW IS YOUR LOCAL park or open space performing? Broxtowe residents are being encouraged to get online and have their say on a selection of the parks and open spaces in Borough to help ensure they meet the 'Broxtowe Standard'.

The questionnaire is available at <https://www.surveymonkey.co.uk/r/broxtoweparksurvey> and asks residents to rate the chosen park or open space on a number of areas including how welcoming they are, signage, cleanliness, access and facilities.

Chair of the Leisure & Environment Committee, Councillor Shane Easom said: "When we first reviewed our parks and open spaces in 2013 we had a fantastic response from the local community to help us establish the 'Broxtowe Standard' which we want all of our sites to meet. We have been reviewing a selection of these sites on an annual basis and we're really keen to hear from as many park users again so we can continue to improve our facilities." The Parks & Environment team are keen to hear from as many residents and users of the parks as possible and will be promoting the questionnaires across the borough with signs on the parks, consultation with local schools, feedback from Friends Groups and local Parish and Town Councils.

The questionnaire will run on the Council's website until the end of September.

IT'S #ABOUTBLOODYTIME

Secondary schools in parts of Mansfield are being urged to sign up to free classes for teenage girls which aim to raise self-esteem, smash period taboos and tackle the issue of period poverty.

Feminine hygiene brand Bodyform and The Self Esteem Team have joined forces to target teenage girls in areas of the UK that the government has identified as deprived*. In a 2015 report, Mansfield was included in the list of 20 towns and cities.

Nationwide, the two organisations want to reach up to 2,500 girls aged between 12 and 18 with free, bespoke classes that will tackle issues of body confidence and self-esteem, as well as taboos surrounding menstruation. Schools can apply to host the classes, which will start in September.

As part of the Hygiene Matters campaign, Bodyform has already committed to donate 200,000 packs of feminine hygiene products to HRH Prince of Wales's charity In Kind Direct, which helps to ensure that everyone has access to life's essentials. Bodyform will be distributed via the charity's national network, including to schools.

More free packs of Bodyform will be given out at participating schools and information will be provided about how they can get ongoing access to feminine hygiene products through In Kind Direct.

Traci Baxter, marketing manager for Bodyform, explained:

"We can't tackle the issues associated with periods if we cannot talk about them. We need to break down the stigma and encourage young women not to be ashamed about their bodies. That's why we are partnering with the brilliant Self Esteem Team with #aboutbloodytime, so we can start the conversation and break the silence around menstruation and other topics affecting teenage girls in the UK."

*Findings according to the 2015 Index of Multiple Deprivation

Helping tinnitus starts with a cup of tea with bloom

Around 1 in 10 people suffer with tinnitus, a condition best described as the hearing of sound in the head or ears when there is no external sound present.

For many who have this sometimes difficult condition, it's a ringing sound but for others it can be a buzzing, crackling or whistling. Also, while the causes are still not fully understood, it can be associated with hearing loss.

Help is at hand though. We are proud to be supporting Tea for Tinnitus this month so would welcome you to call in and see us for a cup of tea and a chat about tinnitus.

We'll be able to offer help and advice on how to manage tinnitus including sound therapy, relaxation techniques and addressing any hearing loss you may have.

For more information please give us a call on 0115 920 3333 and we look forward to seeing you soon for a cup of tea and a chat!

Please quote ref: NOTTINGHAM 01 when calling

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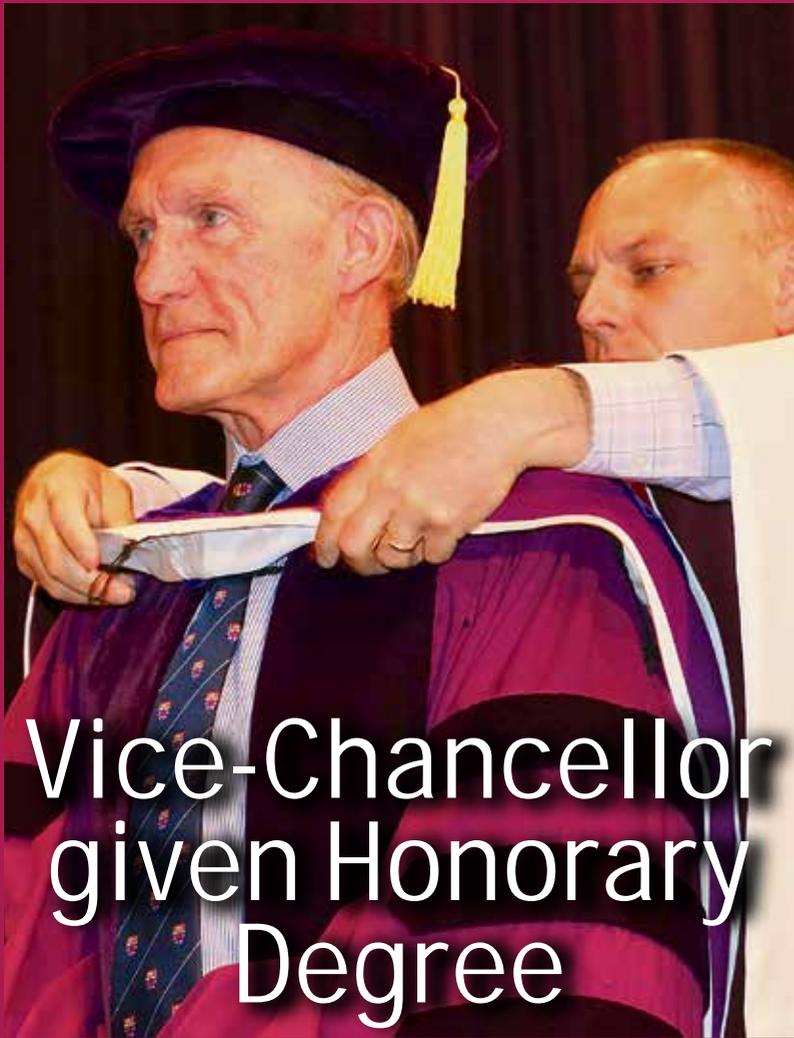
The Vice-Chancellor of the University of Nottingham has been honoured by one of Canada's oldest universities. Professor Sir David Greenaway at-

tended Spring Convocation at University of Western Ontario, where he was conferred with an Honorary Doctor of Laws.

Sir David joins the ranks of innovators, politicians, an iconic Canadian author, industry titans and a former member of the Truth and Reconciliation Commission of Canada all receiving honorary degrees as part of the university's 309th Convocation. It was given in recognition of his contribution to both economics and education over the last four decades. From humble beginnings in Glasgow, through his economics degree

and first lecturing post at Leicester Polytechnic, to his arrival at the University of Nottingham in 1987, Sir David has been actively involved with teaching, research and scholarship for most of his adult life. He has led the University of Nottingham as Vice-Chancellor since 2008, is a renowned economist, researcher, teacher and academic leader with an international reputation.

The honour comes as Sir David is due to retire from his post in September. He said: "I am absolutely delighted to have received this recognition from the University of Western Ontario, one of Canada's oldest and most distinguished Universities. It is a signal honour, and as well as being thrilled at a personal level, I also regard it as important recognition for our University."



Vice-Chancellor given Honorary Degree



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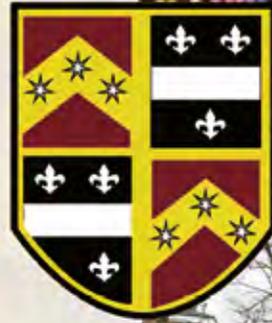
The Robert Carre Trust

OPEN DAY

Wednesday 5th July 2017

9.15am - 12.30pm and 6.00pm - 8.30pm

The school will be open to parents and their sons, who are considering admission to the school in Year 7 in September 2018, on Wednesday 5th July 2017. Tours of the school will be conducted by students from 9.15am until 12.30pm. There will also be an Opening Evening with a presentation in the Sports Hall by the Executive Headteacher and students at 6pm, followed immediately afterwards by escorted tours of the school.



To see more about our exciting schools please visit our websites

OPEN DAY

Thursday 6th July 2017

9.15am - 12.30pm and 6.00pm - 8.30pm

The Staff and Governors are delighted to invite current Year 5 girls and their parents to an Open Day and Evening on Thursday 6th July 2017, 9.15am - 12.30pm and 6.00pm - 8.30pm. Head of School's talk at 6.00pm. Tours of the school and a chance to visit each department 6.30pm. Meet students and staff or feel free to visit the school at work in the morning.



Both schools will also be open for visits on Wednesday 18th October from 9.15am until 12.30pm. Tours of the school will be conducted by students and members of the senior team will be available to discuss admissions. You are welcome to attend any or all of these sessions (appointments are not required).



Carre's Grammar School
Part of the Robert Carre Trust
Executive Headteacher: Mr N Law
Northgate, Sleaford
NG34 7DD
t: 01529 302181
e: enquiries@carres.uk
w: www.carres.uk



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Head of School: Mrs J Smith
Jermyn Street, Sleaford
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t: 01529 414044
e: enquiries@kshs.uk
w: www.kshs.uk



Education

Academies aim to buck national decline in languages



Three Nottingham schools have been trialing a new way of getting pupils as young as 14 and 15 hooked on studying languages through to A Level and University. Rushcliffe School, The Farnborough Academy and Arnold Hill Academy – which together make up The Trent Academies Group – have paired up with the University of Nottingham to give Year 10 students a flavour of what studying languages to degree level can offer them. The three academies took 60 of their aspiring linguists, currently in their first year of GCSEs, on a visit to the School of Cultures, Languages and Area Studies at the university. These types of visits do not usually happen until Year 12 when students are close to making their university applications. Maria Collins, Executive Assistant Head at Rushcliffe School, said: “The earlier we can get the pupils in our schools thinking

about where their talents can lead them the better. This visit really opened their eyes to what languages can offer.” The students were given taster sessions in Italian and Russian, a tour of campus, and they also heard first hand from undergraduates what it’s like to study languages at university and where that can take you in the future. Pupils from the three schools were impressed with what they heard. 15-year-old

Noel Chamberlain from The Farnborough Academy said: “The trip really let us know what you can do with languages and what opportunities they can give you.” Tara Webster-Deakin, Widening Participation and Outreach Manager at the University of Nottingham, said: “There is a national picture of decline in the take up of languages from 14 upwards and I hope that this visit has demonstrated not only how important languages are for careers but also how much fun languages are to study.”



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