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Cakes for a Cause

The children of Haddon Primary School (Carlton) raised money for Children in Need through a 'Bake-off' held between pupils. Using an array of skills cupcakes, big cakes and tempting treats were created to raise funds for this inspirational charity. All cakes entered into the competition were sold at the end of the school day to raise further funds for charity. Head Teacher Nina Capek said, "The quality and originality of the cakes entered into Haddon's Bake-Off has astonished the staff and we would to thank all of the children and their families for taking part in raising money for Children in Need."

Local Drivers Urged To Be 'Bike Smart'

Analysis by Brake, the road safety charity, has found that more than a third of all deaths and serious injuries on East Midlands' roads was a bike rider. Bike riders' safety is being highlighted as part of national Road Safety Week this week, 19–25 November, coordinated annually by Brake with the 2018 theme 'Bike Smart'.

Brake's analysis has highlighted the vulnerability of those

on two wheels, who, in comparison with car drivers, are on average 34 times more likely to be killed and 63 times more likely to be killed or seriously injured, per mile travelled, on British roads.

Cyclists and motorcyclists account for nearly 4 in 10 of all deaths and serious injuries on British roads, a total of 9,740 in 2017, or an average of one bike death or serious injury every hour. Bike



deaths also make up more than a quarter of all British road deaths, with a total of 101 cyclist deaths and 349 motorcyclist deaths in 2017.

A survey of more than 1,000 drivers, commissioned by Brake for Road Safety Week, found that the majority of drivers (52%) feel that bike riders are most vulnerable on urban roads. Department for

Transport statistics, however, show that rural roads pose three times the risk of a fatal crash for both cyclists and motorcyclists, compared with urban roads.

This year, thousands of organisations, schools and community groups are backing the 'Bike Smart' campaign, helping to raise awareness about the safety of those on two wheels.

Road Safety Week is calling for drivers to be 'Bike Smart' and be more aware of bikes by: slowing down, giving more time to spot danger and react; looking properly for bikes before pulling out

at junctions; leaving at least 150cm between cars and a bike when overtaking; and by doing the 'Dutch reach', using the opposite hand to open a car door to help avoid 'car dooring' incidents.

Joshua Harris, director of campaigns at Brake, said: "Road Safety Week is a vital loudspeaker for individuals, communities and organisations to shout about road safety and raise awareness of the risks on our roads. With one bike rider being killed or seriously injured every hour in Britain, there is no better time for us all to be more 'Bike Smart'."

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ALL ABOARD THE PANTO BUS

Robin Hood (Tim Frater) and the evil Sheriff of Nottingham (Robin Kingsland). Photo by Pamela Raith Photography.

Nottingham City Transport has confirmed its continued sponsorship of the Nottingham Playhouse pantomime with the unveiling of this year's special Panto Bus.

With less than a month to go until local legend Robin Hood takes to the Nottingham Playhouse stage in Robin Hood and the Babes of the Wood, Nottingham's leading bus operator has launched this year's wrapped bus, as part of its partnership with the famous Playhouse pantomime. Robin Hood (Tim Frater) and the evil Sheriff of Nottingham (Robin Kingsland) were at the official Panto Bus reveal, which has been liveried with images of the panto stars, along with scenes of rolling hills, blue skies and

signature pantomime sparkles.

Stephanie Sirt, chief executive of Nottingham Playhouse, said: "We are so grateful to Nottingham City Transport for its on-going support of the pantomime. We can't wait to bring Robin Hood home to Nottingham Playhouse and get very excited when we see the Playhouse Panto Bus out and about. Our celebrated panto bunnies also get a look in; see if you can spot them!"

Running from Friday 30 November through to Saturday 19 January, Kenneth Alan Taylor's magical story is set to delight audiences of all ages with its sumptuous costumes and magnificent scenery, as well as a coachload of hilarity, slapstick, song and dance! Tickets at start at £23 with family tickets from £102, to book tickets, visit www.nottinghamplayhouse.co.uk or call on 0115 941 9419.

Take Advantage of Free Waste Collection

Due to popular demand, Gedling Borough Council has extended its annual free bulky waste collection which began last week instead of in January.

Gedling Borough Council is offering a free collection of large household items to all residents. The first collections will initially be collected on Saturdays only, until January when residents can choose weekday collections up until the scheme ends in February.

To take advantage of this limited offer, residents need to visit www.gedling.gov.uk/bulkywaste, enter their address and details of the items to be collected. The system will then tell them when the next free collection is available.

The aim of the free service is to reduce fly tipping and to allow residents the opportunity to get rid of unwanted large items which would normally be chargeable. Collection dates are limited and residents must book in advance on a first come, first served basis and any collection is subject to availability.

Deputy Leader of Gedling Borough Council, Councillor Michael Payne said: "I'm delighted to announce that we're starting our popular free bulky waste collection service earlier this year and residents can book slots now. We think it's important to offer residents the chance to dispose of large items that can't go in their household bin."

NEWS in brief...



Russell Scanlan
Directors Mike
Dickinson
and Bryan
Banbury with
the Forget-Me-
Notts team

Charity Quiz Sweet Success

Leading Nottingham insurance broker, Russell Scanlan, raised a whopping £1,790 at its Annual Charity Quiz Night in aid of Forget-Me-Notts, Operation Orphan's UK based project to help vulnerable children across the East Midlands.

Fourteen businesses put their general knowledge to the test at the quiz, which took place at Trent Bridge Cricket Ground. As well as raising money through tickets and a bottle tombola, the keen quizzers also bought an impressive 91 chocolate selection boxes to be gifted to children this Christmas.

Drilling contractors British Drilling and Freezing, based in Colwick, won the top prize of the Russell Scanlan winner's trophy.

Bryan Banbury, Managing Director at Russell Scanlan, said: "The quiz was a great success and we were delighted to see so many friends, colleagues and business associates come together and battle it out for such a worthwhile cause. We were overwhelmed by the number of selection boxes donated on the night and we'd like to thank everyone for their generosity."

Donors Urged To Make Appointments

Blood donors are being urged to make and keep appointments at Nottingham donor centre before Christmas as NHS Blood and Transplant warns it needs to build stocks ahead of the critical festive period. There are still around 1,100 blood donation appointments unfilled at Nottingham Donor Centre in the weeks until the New Year and every potential donation could save up to three lives. Donors who need to cancel are being asked to give at least three days' notice so the slot can be given to someone else.

A serious drop in donations could affect the supply of blood to the tens of thousands of people in England who will need transfusions over the festive period. Mike Stredder, Director of Blood Donation for NHS Blood and Transplant, said: "We need our loyal donors to donate at Nottingham donor centre more than ever at this time of year, to make sure hospitals have the blood that seriously ill children and adults will need over Christmas and the New Year."

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

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NEWS in brief...**New Visiting Times for Nottingham Hospitals**

New, extended and more flexible visiting times will be introduced at Queen's Medical Centre (QMC) and Nottingham City Hospital from Monday 19 November, in direct response to patient, visitor and carer feedback. The new visiting times on adult wards will be 11am-8.30pm daily.

Helena Durham, patient representative and a member of the Patient Partnership Group at Nottingham University Hospitals NHS Trust (NUH), said: "Extended visiting times is a really positive step forward. We all know how important the presence of carers, relatives and friends is to patients' recovery and overall experience in hospital. The Trust is committed to person-centred visiting to ensure patients feel supported and their loved ones included as fully as possible in their care and treatment."

There are some exceptions to these visiting arrangements, including on Maternity and Neonatal Units and Children's Wards, as follows:

- Maternity Units: open to partners all day (others 11am- 8.30pm)
- Neonatal Units: open to parents all day (2-4pm and 6-9pm for other family members)
- Children's Wards: open to parents all day (others 8am-8pm)

Going the Extra Mile

A doctor who always goes the extra mile has picked up an award at Sherwood Forest Hospitals' annual Staff Excellence Awards after he was nominated by a patient.

Dr Steve Jones, a haematology consultant at King's Mill Hospital, was awarded The People's Award, which was nominated for by members of the public and patients. It was one of 18 awards that were given out to staff who work at King's Mill Hospital, Mansfield Community Hospital and Newark Hospital to celebrate

their achievements and dedication to delivering outstanding care and service to patients.

Dr Jones was nominated by patient Gail Cordon, aged 54, who has been under his care at King's Mill Hospital since her cancer diagnosis in 2012. Gail said: "There was one time where I was waiting for results and he knew I would be nervous, so he called me late on a Friday evening before he went on holiday so that I wasn't left worrying and he could give them to me personally. I couldn't have got through my

chemotherapy and continue to live with cancer if it wasn't for this wonderful man."

Dr Steve Jones said: "It was a humbling experience to receive the award and hear such positive feedback. As a team, we're all about treating patients and putting them first so to be nominated by a patient is the highest form of praise and reinforces what we do and why we do it."

The Chair of the Trust also presented a special award to an overall winner and this went to the Learning Disabilities team at the Trust for



their hard work with partner organisations to identify vulnerable patients before they come into hospital.

Dedicated Carers Scoop Regional Award

Staff at Coppice Lodge care home in Arnold, Nottingham, have been recognised amongst the best of East Midlands social care workers at the Great British Care Awards. They scooped the 'Care Home Team' award at the regional finals last week after judges were impressed with their dedication and genuine efforts to fulfil residents' aspirations and wishes.

The Coppice Lodge care team were shortlisted as finalists earlier this year after being selected from numerous entries by a team of judges. They were called to interview in October where they impressed judges with their commitment, passion and enthusiasm. Tracy Taylor, Care Manager at Coppice Lodge said, "Caring is more than just a job for us and I think this shone through in our interview. We

were asked how we feel we make a difference to our residents' lives and we had so many examples and stories to tell that we went well over our time slot!"

The purpose of the awards is to pay tribute to those individuals who have demonstrated outstanding excellence within their field of work and care workers can be nominated by colleagues, relatives and residents.

Samantha Kavanagh (Home Manager) said, "I am so proud of the whole staff team at Coppice Lodge and thrilled they have got the recognition they deserve. Every single member of my team puts our residents first to make Coppice Lodge a great place to live and this award has created a great buzz around the home. We can't wait for the finals next year to bring the National award home!"



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Feergus the Musical, based on the story of Chartist leader and Nottingham M.P. Feergus O'Connor, recently premiered in the South Nottinghamshire village of Keyworth and was a big hit with audiences during its four-night run.

Featuring acting talent with an age range from 11 to 72, it included a RADA trained actor and a Shakespeare actor, as well as new to acting performers. Dancers were recruited from the local theatre dance school, and a live band performed.

It is based on an original script and songs written by Brian Lund, many with a Nottingham link – mentions of Robin Hood, Brian Clough and the trams of course!

With its Nottingham setting, as well as some Parliament scenes, it is set in a mixture of the present day and 19th century; with four new to Nottingham students becoming entangled in their own love lives as well as the story of Feergus O'Connor – an ideal musical for audiences in the city.

FEARGUS THE MUSICAL FACES FLYING SUCCESS



O'Connor's statue is in The Arboretum, but his role as an inspiring campaigner for political reform and his ideas for improving the lot of the poorest in society have been largely airbrushed from history. Few people in Nottingham have even heard of him. Feergus The Musical is helping to restore what should be his legacy.



The new Strelley Road Library opened its doors on Wednesday 14 November, bringing a host of benefits for local people.

After around £1m of investment, the new library is modern, open-plan and provides improved computer access and equipment, including free Wi-Fi.

There is also a dedicated under-fives children's area featuring a unique, specially commissioned story tree which offers opportunities for a greater range of activities for all ages.

The Strelley Road Library provides an adaptable facility for the local area and its surrounding communities. It has been designed and built by Nottingham City Council and Nottingham City Homes to serve the needs of the Aspley ward. It will not only include a new contemporary library, but also 37 one-bedroom independent living flats, run by Nottingham City Homes. Residents at Strelley Court will have direct access to the new library.

Portfolio Holder for Leisure and Localities, Councillor Dave Trimble, said: "It's great news that this fantastic new library will offer people in the area the 21st century facilities they deserve. Visitors will enjoy improved facilities in the new building and it will be a positive addition to the local community. We expect that this move will encourage more people from the whole of the Strelley and Aspley to make the most of their local library."



New Strelley Road Flats Now Complete

The first residents are in and the brand new independent living flats at Strelley Court are now open.

Nottingham City Homes have officially opened the new site, with 37 one-bedroom flats for people over 55 or who are disabled.

Work started in March 2017 on

the site of the old Strelley Road Library, Aspley Housing Office and Stepney Court.

This new development not only houses the Independent Living apartments, but residents will have direct access to the new Strelley Road Library, which has been built as part of the scheme.

Nottingham City Homes and Nottingham City Council worked with Geda Construction to redevelop the site, replacing the old building with a newer and more modern facility.

77 year old Janet Gill is looking forward to moving back to Strelley Court. She said: "I can't wait to move back. I grew

up around here, I've been living in and around the area since I was 13, so I always knew I was coming back, and I'm glad I have the chance."

Nick Murphy, Chief Executive at NCH, said: "The new apartments are to a great standard and they are energy efficient, meaning we are

helping to lower fuel bills. I know residents will be happy here. The new flats have proved popular and it's great to see some old faces from the original flats at Stepney Court returning."

Finishing touches are now being done to the library and this will be open to the public soon.

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Bingham Pays Homage with Touching Dedication

Leading developers Barratt Homes North Midlands and David Wilson Homes East Midlands are paying homage to the fallen of Bingham in a ceremony that honoured the recent World War One Centenary.

They joined forces with the Royal British Legion, Bingham Heritage Trails Association, Rushcliffe Borough Council, Bingham Town Council and the Mercian Regiment of the British Army for the remembrance event at their new development in the market town.

Each of the new street names at the site have been named after heroes fallen in World War One and the

first was unveiled at the event by Commander Judith Swann, Deputy Lieutenant of Nottinghamshire.

She said: "It is important that we continue to remember those who served in WW1 and this is an excellent way to permanently acknowledge those individuals from Bingham who lost their lives. I was very proud to unveil the first street name, Dunsmore Avenue, dedicated to Private Joseph Dunsmore who died on 21st March 1918."

More than 900 pupils across three schools painted poppies onto house bricks which have

been used to form two giant wreath installations at the new entrance to the development.

The schools involved in the project included Robert Miles Infant School, Robert Miles Junior School and Carnarvon Primary School. Pupils from Toot Hill School also attended the event to lay wreaths.

Chris Southgate, Managing Director at Barratt Homes North Midlands, said: "With this year's Armistice Day marking the Centenary of the First World War, we wanted to show our commitment to the Royal British Legion at our new development in Bingham."



The ceremony in progress



The painted poppy bricks at Romans' Quarter

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GROUND-BREAKING MEMORIAL PLANS COME TO LIFE

Councillor Dave Trimble, Portfolio Holder for Leisure and Localities at Nottingham City Council and Councillor Susan Saddington, Chairman of Nottinghamshire County Council, met on 14 November to break ground at Victoria Embankment, where a new War Memorial will display the names of the 14,000 fallen soldiers, sailors, airmen and civilians from across the Nottingham and Nottinghamshire area during World War I.

Work will continue over winter and spring, with the memorial likely to be revealed and open to the public in summer 2019, in time for Armed Forces Day.

The new memorial will be an elevated, circular design allowing a protected space for reflection. An inscribed monument will feature in the middle of the memorial, explaining the purpose of the memorial and with space lower down for poppies to be placed in the lead up to future Remembrance Days and other events. Lighting underneath these holes will create a stunning effect at night for visitors.

Currently, there are hundreds of individual memorials to Nottingham and Nottinghamshire's Great War fallen, scattered across the county but nowhere that brings together all of their names in one place.

Names of the fallen will be etched into the circular stone surrounding the monument, with lighting atop the ring to illuminate the surface and the names.

£80,000 is being raised for the project through fundraising to support the commission of the memorial. Local businesses and residents from across Nottinghamshire are being encouraged to contribute, which can be done online at nosf.org.uk/roll-of-honour.html.

Linda Lancashire

07764 466381
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www.lindalancashire.co.uk

Aries

As someone who likes to be prepared for any event and who gets organised and ready for action, most of you will have already written out greetings cards, done all the Christmas shopping and already planning next year's holiday in between. Juggling social events, work and family commitments. You may be torn between several early invitations and feel bad about turning someone down, but neither can you be in two places at once. Taking a look at your diary, you may not even have the time to successfully compromise, so something will have to be shelved until next date.

Taurus

Suddenly you are high in the popularity stakes and everyone seems to want a piece of you leaving you no alternative but to try to divide your time up usefully and productively. It may not be a good idea to put two sets of people together suddenly if they are not really going to get on very well otherwise you risk becoming a go-between and put in a very difficult situation. Travel plans look exciting especially if you are looking forward to a holiday with a difference. A job interview will be an extremely well giving you hope for a happier and more prosperous future.

Gemini

Friends and close family want to include you in all the social arrangements and five is going to be a whirl of meeting new people, travelling and creating just about as much into your busy timetable as possible. An opportunity to make some extra money will come your way soon which will hopefully bail you out of your current troubles. You are on the brink of a brand new life and will find some personal happiness coming your way that you were not expecting at all. Do not allow someone from your past that you were deeply involved with to get away with stealing your plans.

Cancer

If you feel overwhelmed with tasks, ask for help because you have good family and friends who are always on standby as you are for them. Don't make your motives regarding a certain monetary situation too obvious as it better that you try under the radar than play your cards up front. A powerful physical attraction to someone you cannot stop thinking about can no longer be ignored forcing you into making decisions regarding your long term romantic future. Not everyone will see things from your point of view, but you alone are responsible for your own choices and subsequent consequences.

Leo

Emotions will be running high so it's important to keep your feelings in check otherwise you may regret what you say or commit yourself to. Someone with your wide variety of interests is bound to have a busy schedule and any friend or partner who does not understand this will not last long in your life. You may not realise it, but the secret of your success is hard work, determination and a burning desire to succeed where others have failed. Think long and hard before allowing a friend to join you in a business venture.

Virgo

You know the truth so do not get involved in a secret intrigue regarding someone you are closely connected with. If someone asks you to cover for them, refuse, otherwise you risk tarnishing your reputation. Find a new way of investing your money and seek advice and guidance if necessary from people who know what they are talking about. If someone makes a joke at your expense, ignore them and laugh because all they are doing is highlighting their own ignorance. You have room for improvement to be making on with.

Libra

You will put together a successful business deal and if you choose to use your social arrangements to network and market your products or ideas, there are rich rewards and benefits to be enjoyed. Your natural charisma makes you popular and if single and looking for love, excitement and romance, someone will step into your life quite unexpectedly, causing you to reassess your current situation. Take extra care when travelling as your focus and concentration could be impaired if your mind keeps drifting away on other things other than what you are supposed to be doing at the time.

Scorpio

Yes, go for it! Something has got to be worth a try. The outcome may not be perfect but anything is better than slaving away getting nowhere fast. Someone very close to you may still be causing you a great deal of anguish and worry and perhaps they are trying to lay the blame of their own unhappiness at your door instead of taking personal responsibility for their own decisions and subsequent consequences. You will find it a good idea to write things down, make lists and tick things off as you go along because being organised and planning carefully will ultimately save you a lot of time and money.

Sagittarius

It's so easy to take on someone else's problems, but will you get any thanks for even showing the slightest bit of concern? Your closest friends are probably worried about your health and well-being right now because of the roller coaster experience you have been leading over recent months. The moment has come when you must decide what is the right thing for you to do next and bravely do it because no one can live your life for you and neither are they walking in your shoes. A house move could be on the horizon sooner rather than later giving you something new to focus your energies on.

Capricorn

There is a strong spirit of togetherness in your closest relationships and you may find it so much easier to discuss things with your partner or a close friend regarding your hopes, fears and worries than in recent times. Although you are determined to get ahead, there are still potential problems that need careful consideration before you agree to part with your hard earned cash. Don't do anything to risk the boat at work especially if you are dealing with someone who enjoys a bit of drama as the last thing you want is to get blamed for something that is most definitely not your fault.

Aquarius

You don't really know how you are going to feel about anything until you have experienced it. Change is something you struggle with because you are such a firm and grounded person who likes to feel in control and completely organised. Once you have made up your mind regarding a very important matter regarding your work, there will be no turning back so the only way from here on forwards. Good news in your romantic life is rapidly approaching as there will be every reason to feel happy, uplifted and full of optimism.

Pisces

Not a good time to rock the love boat until you know better how you feel about a close relationship which has been experiencing lots of problems recently. An important decision will need every ounce of common sense you can possibly muster up before committing yourself to anything important. Family may expect you to help them celebrate an important occasion, but you may be struggling to spare the time because you are so hard pressed with other engagements. An emotional tug of war looks unlikely.

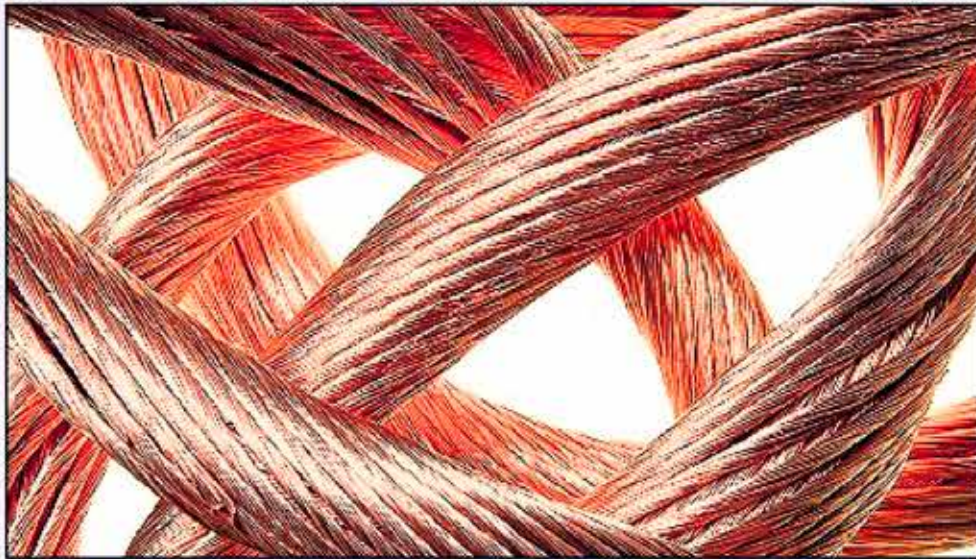
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WINTER IS COMING TO THE WINDOWS OF NEWARK

The best independent retailers that Newark has to offer are already hard at work creating shop windows full of festive spirit, as part of local organisation Totally Locally's Newark Wonderland campaign.

Retailers have been tasked with going above and beyond this year to create windows that will stop Christmas shoppers in their tracks, encouraging them to spend their money with independent business.

The public will have the deciding vote on which retailer wins the Newark Wonderland trophy. If shoppers want to get creative, the Totally Locally Newark team has created a short 'how to' tutorial for a simple decoration on its Facebook page while Newark and Sherwood District Council is lending its support with an inspirational Pinterest board.

Jill Brown from Totally Locally Newark, said: "As part of our Newark Wonderland campaign, we're again working with the independent retailers of Newark to give shoppers even more reason to choose their fantastic business as the place to spend their hard-earned cash."

"Once they have perfected their winter windows, we'll be asking them to submit photos for a public vote opening on 1 December 2018. One lucky voter will be chosen at random to win a £200 Totally Locally Newark voucher that can be spent at participating shops in Newark."

"We'd love to see everyone's favourite windows on social media by using #NewarkWonderland as a way of really celebrating Newark and its special independent scene."

For further information on Totally Locally Newark visit www.totally-locally-newark.co.uk.



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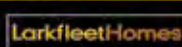
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Highest Honours for Community Heroes

Five local people will be honoured at a special ceremony in Beeston on 21 November to install Honorary Freeman and Aldermen to the Borough of Broxtowe.

The Council will admit three Freeman and two Aldermen in recognition of the work they have done to support the Broxtowe community.

Leader of the Council, Councillor Richard Jackson said: "These people have all served their communities over many years and have given their time freely and unreservedly. They are all incredibly worthy of this, the highest



honour the Council can bestow."

Broxtowe Borough Council recognises the outstanding contributions of local people every four years by admitting them as Honorary Freeman or Aldermen of the Borough – the two highest honours that this Council can bestow.

The ceremony will take place from 7.00pm in the New Council Chamber at the Town Hall, Beeston. Nominations were received by Councillors who have used their local knowledge to identify those most deserving for the award.

#everyfamilycounts!

Nottinghamshire Independent Domestic Abuse Service (NIDAS) hosted a celebration for families and key stakeholders at the Create Theatre on Wednesday 7 November. Over 40 people, including local businesses and charities, volunteers and friends of NIDAS attended an evening of dance, drama and music performed by families who have accessed support services.

A marketplace event showcased the services NIDAS provides to support families break the cycle of domestic abuse through their trusted, confidential and bespoke services. Children aged 5-to-14 took part in a six week creative

arts workshop and performed their moving piece of dance and spoken word to illustrate what it feels like living in an abusive environment. The performance was directed by a talented local drama student, Libby Dove, who volunteered her time to work with the children.

Trustees Lynn Farebrother and Emma Dove launched the NIDAS 30:30 Campaign as the charity moves into its 30th year of supporting families across Mansfield, Ashfield and surrounding districts. The campaign aims to raise awareness about NIDAS services and empower people to stand up to violence and abuse of any kind.

NIDAS have also set an ambi-

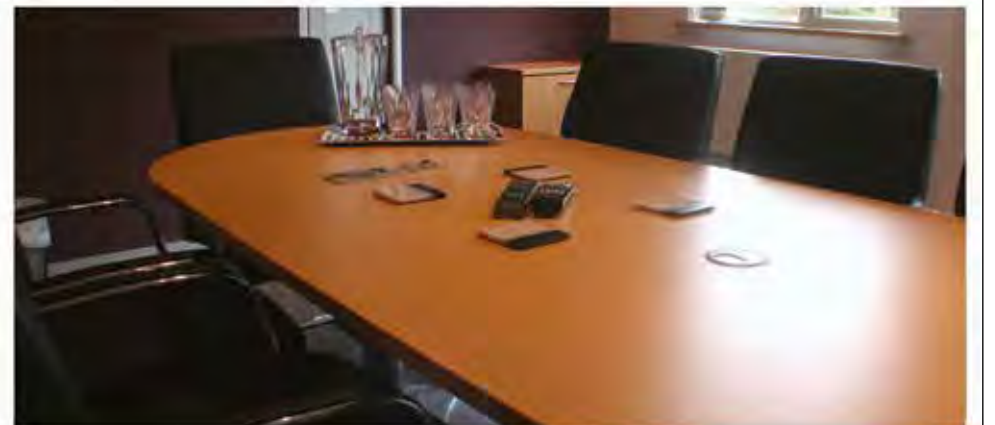
tious target to raise £30,000 in recognition of this anniversary with all funds being put towards sustaining and delivering vital services for local families. NIDAS kick-started the campaign by receiving a cheque for £1,000 from the Trustees of local charity James Henry Blake to enable young people aged 5 to 18 who live in Mansfield to enjoy a visit to enhance their personal and social development.

The campaign will officially launch in 2019. Check out the website – www.nidas.org.uk for more information about how you could get involved, you really can make a difference!

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Gold Award for Sustainable Homes

Nottingham City Homes (NCH) has been accredited as a gold standard provider of sustainable homes, in recognition of its success in reducing its environmental impact across its housing stock and operations.

The accreditation body SHIFT (Sustainable Homes Index for Tomorrow) is run by Sustainable Homes and is the sustainability standard for the housing sector.

Over the last few years, NCH has rolled out a raft of domestic energy efficiency measures such as new boilers, A-rated windows, solar rooftops and external wall insulation through its Greener Housing scheme to tackle the city's coldest and most energy inefficient homes.

NCH, in partnership with Nottingham City Council, is the first housing organisation in the country to adopt the ground-breaking

Energiesprong approach to tackle climate change and fuel poverty challenges arising from older housing stock. The project has radically improved the energy efficiency of ten homes in Sneinton. It upgraded the homes with new outside walls and windows, a solar roof, and a state of the art heating system; making the homes warmer, healthier and much more affordable to heat for residents.

Councillor Sally Longford, the City Council's Portfolio Holder for Energy and Environment, said: "It's a great achievement to have gained both the gold standard and to have won this award. Its testament to the innovation and commitment that Nottingham City Homes has shown to ensure its homes are ready for the zero carbon standards required across the UK by 2050."

Celebrate the Art of Christmas

The Welbeck Estate will be preparing for Christmas this year with the biggest ever selection of art, food and gifts at its annual celebration of all things handmade – the Welbeck Winter Weekend.

More than 100 artisan makers will be showcasing their wares at the ducal estate in Sherwood Forest. Unusual and unique gifts from across the region will be on display at the three day event running from 23-25 November 2018.

Taking place in The Courtyard at Welbeck, The Harley Gallery, Welbeck Farm Shop, The Harley Studios and a marquee in the Victorian Kitchen Gardens, it's a high quality shopping experience a million miles from the high street.

Ceramics, jewellery, metalwork, textiles, wood and glass pieces make up an eclectic mix of beautifully crafted items. The Harley Gallery has carefully curated a selection of 75 artists and craftspeople including long-standing favourites alongside brand new exhibitors.

Meanwhile, premium foodstuffs made by local producers from cheeses and chutneys to sweets and sloe gin will be available from 30 artisan stalls chosen by the award-winning Welbeck Farm Shop.

There is also the chance to visit 15 artists' studios based on the estate and not normally open to the public.

Free children's activities can be found upstairs in The Harley Gallery while there's an Explorer trail in The Portland Collection or the chance to visit The Harley Pottery Studio and paint your own Christmas gifts. Free entry and parking. Opening at 10am each day, the event runs until 5pm on Friday and Saturday, and closes at 4pm on Sunday.

Grow Your Business at Broxtowe Hub

Sixteen new or expanding businesses can benefit from office space in Broxtowe's new Business 'Incubator' Hub, thanks to a unique Council initiative to transform flats above retail space in Beeston Town Centre.

The hub, on the corner of Station Road in Beeston Town Centre provides new or expanding businesses that may not yet be able to afford full rent, with desk space and somewhere to work from.

A tapered rent agreement for four years is available from Wednesday 14 November to allow businesses time to grow to afford rent increases. The agreement is structured as follows:

- Year 1 – Nominal charge to cover running costs
- Year 2 – As per year 1 + 1/3 of the rateable rent
- Year 3 – As per year 1 + 2/3 of the rateable rent
- Year 4 – As per year 1 + full rateable rent
- End of year 4 – move to other space to make room for another start-up business.

The shared space will also offer fantastic networking opportunities with other businesses in the hub.

Chair of the Jobs and Economy Committee, Councillor Tony Harper said: "One of the biggest challenges when you're first setting up your business or trying to expand is affordable premises to work from. Just like medical incubators, our Business Incubator Hub allows new businesses to thrive by providing the right conditions for them whilst they are starting out."

Anyone interested in renting in the Hub should contact Rebecca Ogden on 0115 917 3826.

Local Designer Brings Inspiration to Nottingham

Sir Paul Smith visited the University of Nottingham on Monday 12 November to deliver the first in a new series of Vice-Chancellor's public lectures to over 250 students, staff and members of the public and business community.

The lecture was also live-streamed to the 12,000 students studying at the University of Nottingham's campuses in Ningbo, China and Malaysia.

Sir Paul talked about his career and the inspiration he finds in everyday things. He also explained his belief that inspiration can be found in everything, sometimes

you just have to think a little laterally in order to find it.

Sir Paul said: "Growing up in Beeston, my father was a keen amateur photographer. I very vividly remember a photograph he took of the original Nottingham University campus mid-construction. Although I had no higher education, the University has been part of my subconscious for my entire life. Having a University in the city I grew-up in was always something I was very aware and proud of and so I'm really honoured to be returning to Nottingham and visiting the University to meet some of the students."

Ahead of the lecture, the Nottingham-born designer visited the University's Ingenuity Lab to meet young entrepreneurs and learn more about the Ingenuity 19 competition which launched last week.

Ingenuity19 is the University of Nottingham's annual innovation event designed to discover and develop enterprising ideas to transform our future.

This year, the focus is on two major issues – Future Communities and Future Tech. And for the first time ever, the event is open to members of the public and businesses as well as students.

Go Cold Turkey before Christmas

With bonfire and Halloween celebrations behind us and more festivities on the horizon, November could be a good chance leading up to Christmas to have a think about your drinking habits and consider the effects on your health. Drinking alcohol increases your risk of more than sixty medical conditions, many of which affect the heart, such as high blood pressure, cardiovascular disease and depression. Whilst you may feel you don't have a problem with alcohol you'd be surprised at what a difference you could make by putting a cap on your intake.

Here are some top tips from Heart Research UK to go cold turkey before Christmas.

GET THE UNIT KNOW-HOW

The low risk guideline of 14 units per week is around six pints of beer or medium glasses of wine, but can vary depending on strength and the size of your glass. Think about cutting down simply by having a smaller glass.

MAXIMISE YOUR ENERGY

Alcohol is deceptively high in calories. Three daily pints in the pub could lead to an annual weight gain of nearly 4 stone. Replace a post work tippie for an equally sociable but much healthier activity like a game of badminton, burning energy instead of drinking it.

TAKE A BREAK

Try having a weekday drink-free zone a couple of times a week. Drop a slice of lemon or orange in some sparkling water with a splash of natural fruit juice. Offer to drive for an alcohol-free night with friends or a start a dry month sponsor page. Set realistic, time measured and achievable goals and reward yourself to keep motivated.

Don't leave it until January to sober up to the facts about alcohol, start making positive lifestyle changes now.



A Chance to Shine

trentbarton is in the running for a national business award for its commitment to customer service.

The bus company will represent the East Midlands at the British Chambers of

Commerce's Chamber Awards on November 29.

trentbarton is one of nine finalists in the Customer Commitment Award and could also be crowned Business of the Year. The finalists for the awards are drawn from across the country, each having won a

regional Chamber of Commerce Award in 2018.

trentbarton was named Derbyshire Business of the Year and won the Excellence in Customer Service title at the Derbyshire Business Awards in September. It was then put forward by the East Midlands Chamber for the national prize.

trentbarton's decades of focus on enhancing the customer experience was the central theme of its nomination.

Every member of the 1,100-strong trentbarton team shares a common goal of providing its customers with

really good service and exceeding their expectations.

trentbarton's managing director Jeff Counsell said: "It was an absolute honour to be named as Derbyshire Business of the Year. To go on to represent the East Midlands at the national awards show what we are doing day in, day out is exceptional."

"As a small independent transport company, winning awards and being on the national stage is a proud achievement for all our team members, each striving every working day to create a really positive experience for all our customers."

Christmas Arrives In Beeston

Christmas will arrive in Beeston

on Saturday 1 December as part of the annual Christmas Lights Switch On event.

A message from our headline sponsors: 'Merry Christmas from Arnold Clark Motorstore! Join us at the Beeston Christmas Lights Switch On. We're offering a brilliant prize to be won – a Christmas gift hamper packed with £500 worth of goodies. Just make sure you're at Beeston Square on Saturday 1 December for the chance to win.'

The festivities will last all afternoon with a jam-packed line up across the town, including an arts and crafts fair on Chilwell Road from 12pm, food and drink, charity stalls, street entertainment, Santa's

Grotto at Broadgate Park between 2.30pm and 5.45pm and loads more.

Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM and Youth Mayor William Mee will officially turn on the lights at 5.30pm in The Square, followed by fireworks at 6.30pm.

The event has been organised by LLeisure in conjunction with Broxtowe Borough Council, with special thanks to NET (Nottingham Express Transit) for their support in this year's Christmas lights Switch On Event.

Parking in the Town Centre is limited so please use public transport where possible. The Beeston Tram and Bus Interchange will bring you right into the heart of Beeston and is just a short walk from Beeston Square.

Please note Foster Avenue will be closed from the junction of Steering Street to Commercial Avenue from 8.00am- 8.00pm.

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It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

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All the Trimmings

From your traditional turkey dinner to chocolate biscuits, cheese boards and figgy pudding, eating at Christmas is an experience like no other. Make sure if you're creating a feast this year that you don't over-do it, count your guests, tailor your menu to any dietary requirements and keep all your leftovers to put into other dishes or take to a shelter.

quantities to embrace the spirit of Christmas and prevent any embarrassing moments or fiery festive feuds.

A Time for Giving

What do you buy someone who has everything? If you're stuck on a gift for someone think about their interests, style and places they like to visit – this may give you somewhere to start. Another option is to create something bespoke and personalised, photo albums, engraved gifts and things to bring back certain memories are a heartfelt way to impress that special someone.

Very Merry

Although Christmas is well known for being the perfect time for a drink, opt for a classic drink like port, sherry or eggnog in small



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not make this Christmas one to remember by purchasing a horse and carriage ride (for groups of up to 6 people)? Listen to carols being sung by a local choir whilst warming yourself with a glass of mulled wine or snuggle up with a hot chocolate and listen to our storyteller. You can bring out your creative side with pomander making and Victorian illusion crafts or, if you want to make a real splash, create your own Dickensian outfits to attend in. We encourage people to come in fancy dress. Early bird prices; £10 family, £2 child

and £4 adult. Buy tickets from Oakham Castle now to receive this discount. Grotto tickets are £7.50 per child. This includes entry to the Dickensian Christmas event for one child and for one free accompanying adult; advanced booking is essential for the grotto. Tel: 01572 75 75 78 www.oakhamcastle.org



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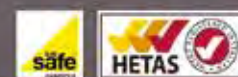


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Saturday 15th & Sunday 16th
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9th and 23rd
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Newark Royal Market



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01636 681495 or ian.harrison@newark.gov.uk



NEWARK &
SHERWOOD
DISTRICT COUNCIL

Christmas

CHRISTMAS FUN RUN

A Christmas fun run will take place at 11.00am on Saturday, 8 December at Weirfields Recreation Ground, Canal Side, Beeston.

The free 3k run will be one loop around Weirfields, with prizes for the best Christmas outfit. Dig out your Santa costume, rustle up your elf outfit, dust off last year's Christmas jumper or just don

a pair of antlers. Don't worry if you haven't got a Christmas outfit – all runners will get a free elf hat to keep their heads warm.

The 3k course runs alongside the canal and the River Trent and is flat, scenic and ideal for everyone, whatever your ability.

Chris Laxton Kane, Managing Director of LLeisure, and organiser of the event, said:

"The Christmas 3K fun run is a great opportunity for residents to get active. Whether running, jogging or walking, this event is free for all and is focused on participation, the run is aimed at all levels, so get involved and enjoy the festive atmosphere."

Turn up at The Pavilion, Weirfields at 10.30am, no registration is required, and the run will start at 11.00am.

Christmas Fun Run

11.00am Saturday, 8 December
The Pavilion,
Weirfields Recreation Ground,
Canal Side, Beeston NG9 1LZ

Walk, jog or run along a 3k course which runs alongside the canal and the River Trent. It's flat, scenic and ideal for everyone, whatever your ability.



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FARM**



There's fun for all the family at the National Ice Centre this Christmas. Surrounded by twinkling lights and a majestic tree, ice skating at the National Ice Centre this December is a Christmas tradition for the whole family to enjoy.

**Winter Family Fun Day
Saturday 1 December,
11am – 4pm**

Book your skating ticket and enjoy free activities including face painting, arts and crafts, writing letters to Santa, classic Christmas films in Encore, meet and greets with characters from Frozen, My Little Pony and more!

Brookfields Garden Centre will be there with a fabulous range of Christmas gifts, and singers from the Loughborough Student Union 'Sing' society.



CHRISTMAS

at the National Ice Centre

Boston Christmas Market

Thursday 29th November 2018
Noon to 8.30pm in Boston Town Centre

- * Light switch-on by Christmas in Boston
- * Festive street performers
- * Christmas carols
- * Santa's grotto
- * Seasonal surprises
- * Stalls
- * Lots more attractions

www.visitbostonuk.com events@boston.gov.uk 01205 314200

MELTON MOWBRAY Christmas 2018 Victorian Weekend

Friday 30th November to Sunday 2nd December

Join the fun – dress in Victorian costume

Visit the home of 'Paint the Town Red' and experience our Victorian Street Market

A traditional Christmas experience for all the family
10am to 4pm in the Town Centre, late night Friday until 8.00pm

Friday 30 th Nov	Saturday 1 st Dec	Sunday 2 nd Dec
Victorian Christmas Market, School Choirs, Santa's Grotto, Christmas Lights Switch-On and Firework Display.	Victorian Christmas Market, Santa's Grotto, Street Theatre and Local Entertainment.	Victorian Christmas Market, Santa's Grotto, Street Theatre and Local Entertainment.

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St. Mary's Parish Church
and
Crib Festival
Sage Cross Church

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For details call Sharon on 07849 888 752

**Brunch with Santa
15, 16, 22, 23
December, 9:30am-11am**

Treat your little ones to a magical Brunch with Santa himself. Youngsters and parents will get the chance to enjoy a delicious buffet brunch, spend time with Santa and receive a special gift before gliding onto the ice. Brunch with Santa is available to book now at a cost of £15 per child and £12.50 per adult. Please note, the experience cannot be purchased on the day and will need to be pre-booked.

Other events include skate with the Nottingham Panthers, Christmas foam parties, UV paint parties and more festive events, tickets for all events can be booked via www.national-ice-centre.com/christmas.

Looking for the perfect Christmas gift? National Ice Centre gift cards are now available to purchase online from just £10.

For further information, or to book your festive skating session at the biggest ice rink around, call 0843 373 3000 or visit in person at National Ice Centre, Bolero Square, The Lace Market, Nottingham.



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Out
& ABOUT



Hitting the Slopes



As a specialist skiwear retailer, Love and Piste offers the whole family a fantastic range of clothing and accessories for all snowsports, whether skiing or snowboarding, and trips to Lapland! All of the staff at the retail shop in East Leake are keen skiers and can offer both experience and vast knowledge of all their products, with great enthusiasm. This personal touch sets them apart from other retailers and ensures you get exactly what you need for your trip, whether it's skiing for the first time, or just help with selecting a new helmet or goggles!

The shop also offers a lovely, cosy in-house coffee shop where you can relax and reflect upon your purchases, or take time to consider what choices you have to make. Many customers of the coffee shop have been known to comment on its ski chalet style feel even if they aren't skiers themselves. With free parking it makes a shopping trip a much nicer experience with everything easy and

convenient under one roof!

The new 2018 season stock is now in the store with lots of exciting new colours and styles for adults and children, with brands such as CMP, Protest, UVEX, Hestra, Reusch, Dirty Dog, Manbi, Killtec, FIVE Seasons and BUFF amongst many. Pop in and see them soon, or check out their new exciting website where friendly tips and advice are on offer through their regular blogs www.loveandpiste.co.uk. They also regularly feature on Facebook and Instagram where you can take a look at photos of both the retail selection and coffee shop, @LoveandPiste. Call the shop for more information on 01509 853944.



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that you hire the luxurious Windsor Suite. Sleeping up to eight people, this is by far our most luxurious Suite. With three separate bedrooms, two bathrooms, a cloak room and an exceptionally large drawing room, this Suite benefits greatly from the glorious views over Rutland Water and the surrounding countryside.

There are a number of other rooms which are licensed for Civil Marriage and Partnership Ceremonies. The rooms vary in size from 30-120 guests and each has an adjacent room to hold your wedding breakfast. If the weather permits, your drinks reception could also take place on the terrace or in our landscaped grounds.

We also offer outside facilities in an ideal location for those that would like an evening BBQ or hog roast alongside the drinks reception.

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The Cock & Hoop is the perfect place to relax after a long week. With a huge range of traditional beers and local ales, as well as a contemporary yet classic selection of pub food and the best Sunday roasts around, why not join them by the fire to escape and unwind. Merchants Restaurant is a simply stunning setting, be it an intimate dinner with friends or a large party or celebration with the whole family. The award-winning team are on hand to create a truly memorable occasion that will leave your guests "wowed" from start to finish. With private dining facilities catering from 12 – 100, the variety of options available will ensure even the most discerning are surprised and delighted time and time again.

And the best part? At the end of the day, once all the festivities and celebrations have come to an end, dinner has finished, drinks have been drunk and it's time to go to sleep, it's just a short trip upstairs to one of their beautiful boutique bedrooms. What's not to like about that?

So, be it an intimate wedding for 20, afternoon tea for two, drinks with friends or the office Christmas party, the Lace Market really are able to do it all. With all this and so much more, why not treat yourself to a bit of luxury in the city and head on over to the Lace Market Hotel. Call 0115 948 4414 or email sales@lacemarkethotel.co.uk for more information.



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Celebrations are officially in order for Boots UK and Boots Opticians as their 2018 fundraising festivities for BBC Children in Need end on a high, dedicated colleagues, customers and patients from across the businesses celebrate raising an incredible £1 million.

2018 marks a momentous milestone for Boots UK. Not only is it celebrating a fantastic 15 years in partnership with BBC Children in Need, but even more Boots Opticians colleagues &

practices are supporting the live-changing children's charity than ever before.

And if this wasn't exciting enough, 2018 also welcomes the return of Boots' exclusive Go bright campaign. By inspiring the nation to use its love of beauty, Boots colleagues, customers and patients have gone bigger, bolder and brighter to improve the lives of disadvantaged children and young people, by helping to build their confidence and resilience.

Seb James, Senior Vice President and Managing Director of Boots, said: "After 15 special years, our partnership with BBC Children in Need is stronger than ever. I am delighted that Boots is working with a charity that makes such an extraordinary difference to so many children right across the UK."



A Flawlessly Festive Shopping Trip

Are you ever stuck for inspiration on what to get that one difficult relative? Or are you guilty of waiting until Christmas Eve to take on the masses in busy shopping centre? Here are the top four reasons to consider a different destination this festive season.

1. Less stress, more shopping

We've all experienced the last minute push and shove for the year's most popular gifts! While this can be part of the experience for many, it's not ideal for those with pushchairs or wheelchairs. Choosing a market town gives shoppers the space they need and will help you to avoid making panic purchases!

2. A unique atmosphere

With the opportunity to visit independent retailers, enjoy craft stalls, and walk on cobbled streets, market towns offer a truly festive experience. For example, Totally Locally Newark is helping create a unique atmosphere through its



Newark Wonderland campaign.

Retailers have been tasked with going above and beyond this year to create windows that will stop Christmas shoppers in their tracks, encouraging them to spend their money with independent businesses.

3. Easy access

Hauling heavy bags through the streets and then arriving at your car to find you have to fork out a small fortune is enough to put many shoppers off choosing the big city centres for their Christmas shop.

We recommend looking at local council websites to see what their policies are on parking over the festive period. For example, there will be free car parking in Newark every Christmas in December until Christmas day and on 25 November for the Christmas Lights Switch On.

4. Supporting local businesses

Market towns around the country are filled with amazing independent retailers that are the ideal place to find a gift for loved ones. More importantly, they need your help to survive. Choosing to spend your hard earned money in a market town this year could make all the difference. Discover the wide range of festive events taking place in Newark at www.newark-sherwooddc.gov.uk.

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23rd November & 14th December

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(please visit www.wegottickets.com for tickets)

26th November

Christmas Wreath Making

(£26 per person – refreshments & take your finished piece home)

5th December

Christmas Market

(Stalls from Market Square up to the Hall – £15 per stall)

13th December

Turkey 'n' Tinsel

(Festive Dinner & Singing by Soprano Lily Taylor-Ward)
(£15 per ticket)

2019 Tribute Acts

14th February

The Dreamettes Soul & Motown

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11th April

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Education & TRAINING



Left to right: Isla Ash, Harry Baugh, Head Teacher Caroline Armstrong, Alex West and Sienna Wright (holding a plaque to commemorate the end of WWI) and Teacher Elliott Dudley. Photograph Right: Ruby Maw, Senith Gunaratne and Jayden Clarke in front of the display children created to mark WWI Centenary.

Local School Children Recognise Remembrance Day

Children at Flying High Academy in Ladybrook have recognized the Centenary of WWI by creating their own poppy displays and planting a tree of remembrance.

Pupil Harry Baugh age 9 said, "This tree is being planted so that you can go there and have a little bit of silence to remember the ones you have lost. We have looked at some war poems and had a special assembly and found out why we use poppies, which is to help us to remember people who have fought for us in the wars."

Mr. Elliott Dudley, Year 4 teacher, said that a special assembly was held by the Royal British

Legion where year 5 pupils read poems aloud. The school also observed a minute's silence. "We have tried to educate the children about the sacrifices people have made in all wars and have looked closer at local people who fought in the First World War during this, the Centenary of World War I. The tree we hope will become an area for pupils, parents and staff, a symbol of reflection let's say, to help us remember the sacrifices made on our behalf."

The day was closed by a visit from a parent who brought along some WWI artefacts including medic packs and genuine uniforms for children to look at.



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27th November The Cafe Bar, Four Seasons Centre, Mansfield NG18 1SU
2pm Meet and Greet Price as per menu

7th December Regency Suite, Park Inn, Mansfield Road, Nottingham NG5 2BT
6.30pm Christmas Party £26

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

www.oddfellows.co.uk

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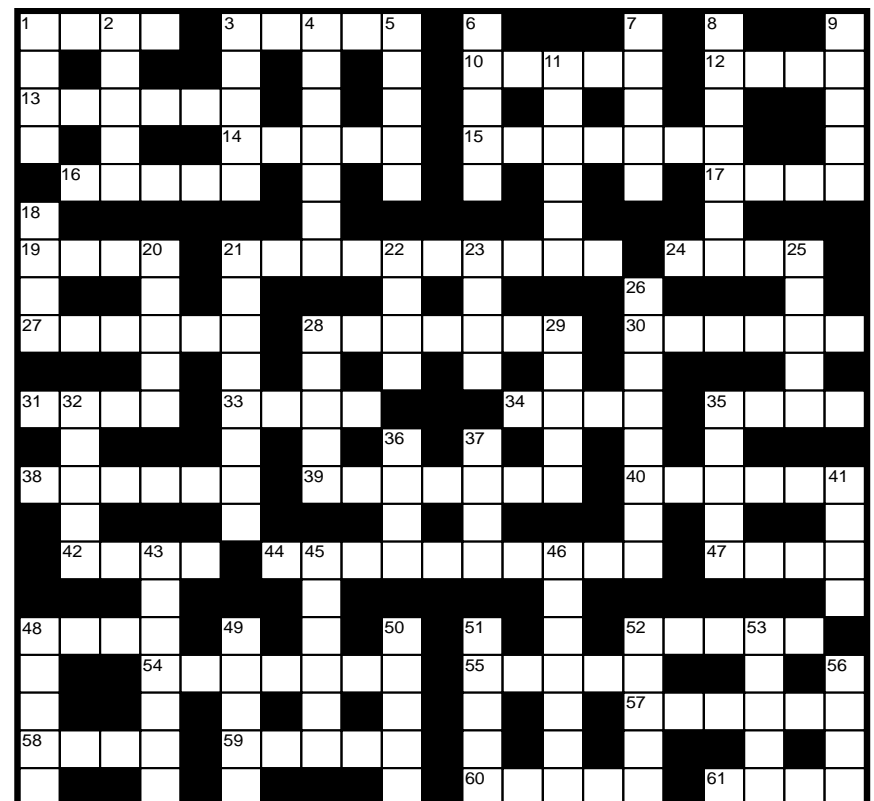
ACROSS

- 1 Porridge dish (4)
- 3 Braided hair (5)
- 10 North American deer (5)
- 12 A pause in activity (4)
- 13 Grated spice (6)
- 14 Main artery to heart (5)
- 15 Treasure chests (7)
- 16 Large milk can (5)
- 17 Sew loosely (4)
- 19 The remainder (4)
- 21 Nosy parkers (10)
- 24 Hold hand firmly (4)
- 27 Powerful (5)
- 28 Tout for votes (7)
- 30 Myth or fable (6)
- 31 To club with a cudgel (4)
- 33 Long adventure film (4)
- 34 Untidy pile of stuff (4)
- 35 Striped stinger (4)
- 38 Bluish-purple (6)
- 39 Small whale with beak-like snout (7)
- 40 Bah — nonsense! (6)
- 42 Where the Sun rises (4)
- 44 Compare prices before buying (4,6)
- 47 Thrice three (4)
- 48 Arm, leg or wing (4)
- 52 Head and shoulders wrap (5)
- 54 Beach gravel (7)
- 55 Duck noise (5)
- 57 Catch fire (6)
- 58 Yellow metal (4)
- 59 Sixth sign of zodiac (5)
- 60 Rosemary and . . . (5)
- 61 To whisk (4)

DOWN

- 1 Money store (4)
- 2 Wrist timepiece (5)
- 3 Heathen (5)
- 4 Female thespian (7)
- 5 The present time (5)
- 6 Loud hand slap (5)
- 7 Round flat cap (5)
- 8 Paint bubble (7)
- 9 Pull eyebrow hairs (5)
- 11 Firm's business room (6)
- 18 Part of the eye (4)
- 20 Molar or incisor (5)
- 21 Long French loaf (8)
- 22 A pledged attachment (4)
- 23 Dull and dreary (4)
- 25 Gasps for breath (5)
- 26 Carelessly done (8)
- 28 A minor (5)
- 29 Gloss and lustre (5)
- 32 Oily fruit (5)
- 35 Adult female (5)
- 36 Dislocate a disc (4)
- 37 Paid cleaning lady (4)
- 41 Scottish valley (4)
- 43 Sink or die down (7)
- 45 Aircraft shed (6)
- 46 Strange and hard to explain (7)
- 48 Guffaw and giggle (5)
- 49 Food strainer (5)
- 50 Large juicy fruit (5)
- 51 Illegally occupy an empty home (5)
- 52 Evade work through laziness (5)
- 53 Hand-arm joint (5)
- 56 Squint at (4)

See below for answers



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A Season for Giving

Despite Christmas Day being only weeks away, three quarters of Nottingham residents still don't know how they plan on spending the day, as a new survey reveals that over a third of us worry about making festive plans.

Contact the Elderly, the only national charity to tackle isolation through face to face contact, commissioned the research to highlight the impact of societal pressures on families over Christmas and the impact it can have on older people left to spend Christmas alone.

The research found that only 25% of people in Nottingham have totally confirmed their Christmas plans for this year's festivities. For 56% of Nottingham residents, those plans normally involve staying at home and a third of all respondents say that Christmas regularly involves visiting older relatives.

The charity released the festive research to coincide with the news that they've joined forces with Community Christmas, an organisation which aims to

ensure no older person spends Christmas Day alone. The Community Christmas website lists events taking place across Nottingham that are open to older people in the community who would otherwise be spending Christmas alone, varying from community Christmas lunches and sit-down dinners to tea and cake or carol singing.

Meryl Davies, Chief Executive of Contact the Elderly, said: "Everyone recognises that Christmas can be a difficult time of year, particularly for people who are isolated or vulnerable."

"We want to ensure Community Christmas continues to grow and to encourage people across the UK to think about any older people in their local communities who might not have plans for Christmas Day."

For more information on Community Christmas activities or uploading your own event to the site, visit: www.contact-the-elderly.org.uk/Christmas.



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Give a **HEDGEHOG** a Home



Local homebuilders David Wilson Homes East Midlands and Barratt Homes North Midlands are urging its customers to help their prickly neighbours with five tips on making gardens into a haven for hedgehogs in Nottinghamshire.

The developers, which have joined forces with the RSPB to set a new benchmark in wildlife friendly developments, are encouraging households to watch out for hedgehogs and other small animals.

Homeowners are encouraged by wildlife experts to open up their own 'hedgehog highways' between their gardens, as thriving hedgehog populations need access to numerous gardens. This can be as simple as a CD-sized hole in the bottom of the fence. A 'hedgehog highway' is created by linking up multiple gardens and allowing safe passage for the creatures to come and go.

Help hedgehogs in your garden:

- 1 Create a haven for your garden hedgehog. A hedgehog habitat provides a dry, safe home but even a board against a fence will be a welcome retreat for your night time visitor.
- 2 Cover drains and holes as a hedgehog may fall in, and ensure there is an escape route in ponds. Always check for hedgehogs before using strimmers or mowers, particularly under hedges where animals may rest.
- 3 Don't touch a hedgehog unless you think it is injured. If you do have to pick up a hedgehog, make sure you wear suitable gardening gloves or use a folded towel.
- 4 Put out fresh water for hedgehogs in the garden but don't feed them milk as they are lactose intolerant. Tinned meaty cat or dog food and even dry cat or dog food is a useful addition to a hedgehog's diet.
- 5 Speak to your neighbours about hedgehogs and their plight, to encourage them to make a hole in their fence too.



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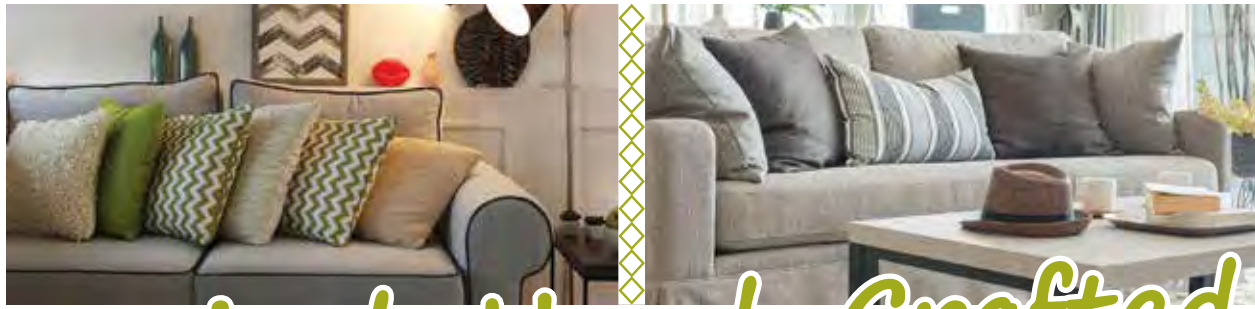
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Create your dream furniture with the help of the friendly team and discover your home's potential. For more information or to enquire about services, call the Martin & Parker team on 01332 361966 or visit www.martinandparker.co.uk.

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Sam Veal, Deputy Chief Executive of Blueprint, said: "Trent Basin offers a different way of life with the tranquillity of waterside living coupled with the convenience of proximity to the City. There are very few properties within the waterside regeneration area which are ready to move into straight away."

Located less than 1.5 miles from the city centre and even closer to Nottingham train station, accessibility to work, shopping and transport are major attributes of Trent Basin. It is also located just a short drive from the popular town centre of West Bridgford and its bustling Central Avenue. For more information, contact the agents FHP Living on 0115 841 1155 or Royston & Lund on 0115 981 1888. For general information visit www.trentbasin.co.uk.



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