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CELEBRATING LOVED ONES THIS CHRISTMAS



More than 100 people processed through the streets of Nottingham carrying lit torches in memory of loved ones at Nottinghamshire Hospice's 'Light up a Life' event.

The event began with a memorial service at St Mary's Church in Nottingham's Lace Market before the torch lit walk to watch the lighting of the hospice Tree of Lights at Castle Rock yard where people were invited to dedicate lights to their loved ones.

Sarah Dunning, Corporate Fundraiser at Nottinghamshire Hospice, says: "This is the first year we have held the procession and it was a beautiful and moving occasion. We're so grateful to all those who took part and supported the event. By dedicating a light on our tree and making a donation, they have given families across Nottinghamshire the greatest gift of all this Christmas, time together to make lasting memories."

Jenny Baptist, whose partner Mary died in 2009, has supported Light up a Life for nine years. Jenny, who read two poems at the event, says: "It has become a part of my Christmas tradition. It reminds me of Mary and members of my family, and is also an opportunity to donate to an invaluable charity."

"On the night Mary died I made a promise that I would give something back to the hospice; to thank the charity for the 'light' at the end of the tunnel. The practical help, the unconditional love and support that the hospice provided was without doubt, amazing, and I will never forget it."

Also at the event was Paul Brooks of Bank Farm, Stanton on the Wolds, who donated the 20-foot Norway Spruce Tree for the event. Paul, who was there with members of his family, donated the tree because Nottinghamshire Hospice cared

for his late father John at the end of his life in 2015. John was diagnosed with pancreatic cancer and died just six weeks later.

The event is part of a wider Care at Christmas campaign aimed at raising £50,000 which will enable Nottingham-

shire Hospice to provide compassionate care, warmth and festive spirit to five families every single day in December, including Christmas day. There is still time to dedicate a light on the virtual tree at: <https://visufund.co.uk/light-up-a-life-notts-hospice>.



Local Heroes Celebrate Sporting Success

Mansfield has celebrated another great year for sport at the 2018 Sports Recognition Awards with top para swimmer, turned para canoeist Charlotte Henshaw taking two of the main titles. See story on Page 2.



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Local Heroes Celebrate Sporting Success



Winners of the Mansfield Sports Recognition Awards 2018

Mansfield has celebrated another great year for sport at the 2018 Sports Recognition Awards with top para swimmer, turned para canoeist Charlotte Henshaw taking two of the main titles.

The awards, organised by Mansfield District Council, in association with the Armchair Club and the Chad, were presented at a ceremony at the Civic Quarter on Monday 10 December where Charlotte was

presented with both the Barry Gibson Disabled Sportsperson of the Year award and the top Sport Person of the Year title.

The Mansfield Paralympian swimmer has already risen to the top of her new sport, picking up a world champion title in the past year, after switching to canoeing just 18 months ago following a successful career as a swimmer.

Councillor Andrew Tristram, Portfolio Holder for Environment and Wellbeing at Mansfield District Council,

said: "Congratulations to Charlotte for winning these awards. What a great ambassador for Mansfield's sporting success she is. I am sure we'll be seeing her on the winners' podium many more times in her new sport."

The awards had more than 40 nominations and this year saw three new categories. They included the Roger Copestake Award for the Mayor's Special Achievement (sponsored by the Linney Group), which recognises work in promoting sport

within the district. It was awarded to sidecar racing champions Ben and Tom Birchall.

Another new award was the Ian Bagshaw Memorial Award, presented in memory of Water Meadows manager Ian Bagshaw, who lost his life to leukaemia in 2014, aged 57. It was awarded to Roy Ross who has volunteered as a coach, team manager and administrator for the Nova Centurion Swimming Club squad in Mansfield for more than 20 years.

NEWS in brief...

Making the Community Safer

Community-based groups committed to making Nottinghamshire safer are invited to bid for a share of £250,000 to help tackle crime and disorder.

The fund, available for projects commencing from April 2019, gives local groups and third sector organisations the opportunity to apply for support from Nottinghamshire's Police and Crime Commissioner, Paddy Tipping.

He said: "We will never be able to arrest our way to safer communities. People need help to make positive changes to their lives and break old and destructive habits. The support of our community partners on the ground is already achieving this in more ways than we can imagine."

"I would urge any community group or project which is focused on doing long-term good for the benefit of Nottinghamshire to apply for this funding and help us to keep Nottinghamshire safe."

Successful applicants will be asked to show evidence of supporting the PCC's Police and Crime Plan themes which include protecting vulnerable people, helping and supporting victims, tackling crime and antisocial behaviour and transforming services and delivering quality policing.

Application forms and further information for the PCC's Community Safety Fund are available online at: www.nottinghamshire.pcc.police.uk.

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GREAT REINDEER ROUND-UP

Help is needed in Nottingham city centre this Christmas time to round-up Santa's Reindeer who have snuck out to do some Christmas shopping!

The Great Reindeer Round-up was launched by It's in Nottingham on Monday 10 December 2018 and with over 70 shops, including John Lewis, House of Fraser, Marks & Spencer, Tesco - Fletcher Gate, Hotel Chocolat, Paperchase, White Stuff and TK MAXX taking part in this free event, it is the perfect opportunity to discover more of the city centre with your family.

Pick up a free map from Nottingham Tourist Information Centre on Smithy Row and follow the trail which shows all the businesses taking part. Look out for a 'Find our Reindeer' sticker in the window of participating stores before going in to hunt down the missing reindeer.

Just write down the name of the reindeer you find against the corresponding business on the trail map. You have two weeks to find ten or more of the decorative reindeers before returning maps to the Tourist Information Centre (before 2pm Monday 24 December) to collect a sweet reward.

"After the success of the Halloween Trail that we organised in October Half Term, we thought it would be a another great way for people to keep their children entertained for free this holiday time whilst doing their Christmas shopping in the city centre," said Naomi Hartley, a director of Nottingham Business Improvement District (BID), the organisers of this It's In Nottingham initiative.

For further information about all the Christmas activities and offers visit: www.itsinnottingham.com.

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The great
Reindeer Round-up

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NEWS in brief...**Call for the Wild!**

Nottinghamshire Wildlife Trust are calling for young people aged between 13 and 18 years old to join their Young Rangers to get stuck into conservation activities in the north and south of the county. The Trust already runs a programme of regular sessions at three locations; the much loved Attenborough Nature Reserve near Beeston, Skylarks Nature Reserve in Rushcliffe and Idle Valley Nature Reserve near Retford.

The sessions provide not just a social aspect but hands on practical taster sessions ranging from getting involved with the conservation grazing sheep, removing invasive plant species such as 'balsam bashing' and the opportunity for the young people to join as regular volunteers.

Laura Bacon, Audience Development Officer (Youth and Community) at Nottinghamshire Wildlife Trust says, "Thanks to support from players of People's Postcode Lottery, Nottinghamshire Wildlife Trust are able to run these activities for young people to gain valuable hands on experience of conservation activities from bird ID and surveying to scrub clearance, coppicing and fencing."

For more information about Nottinghamshire Wildlife Trust's Young Rangers, visit www.nottinghamshirewildlife.org and get in touch with Laura Bacon to register to take part.



13 year old Joanne Barnes has been going to Attenborough Young Rangers for over a year and really enjoys getting stuck in.

Local Children Transform Intu Broadmarsh

Unique Christmas decorations have now been unveiled at intu Broadmarsh, all of which have been creatively designed by 300 talented school children from across Nottinghamshire.

intu collaborated with nine local schools this year to make Christmas extra special at the shopping centre – the festive decorations were made by school children from Greenfields Community School, Sutherland House School, Hollygirt School, Haydn Primary School, Nottingham Academy, Jesse Gray Primary School, Huntingdon Academy, Mapperley Plains Primary School and Lowe's Wong Infant School.

Christmas came early for the children involved in the campaign, who began decorating their decorations in September following a special festive delivery of paints, sequins and glitter. To thank the schools which supported

the campaign intu invited children to the centre to not only view their works of art, but also have an exclusive meeting with Santa at his grotto.

Nigel Wheatley, general manager for intu in Nottingham said: "It has been really special to work with these nine local schools to create amazing new decorations at intu Broadmarsh. We are so grateful to each and every child who has brought their creative flair to our mall, and we are certain these decorations will make our customers smile throughout December."

Terry Smith, head teacher at Greenfields Community School said: "The year 3 children at Greenfields have been so excited to decorate their very own decorations for intu Broadmarsh. It's an extra special treat for them to be able to see them hanging in the centre."

To find out more about intu's festive grotto visit intu.co.uk.



Children from Greenfields Community School admire their decorations

CLEANING UP AFTER CHRISTMAS

Nottingham residents can have their Christmas trees collected from their homes - avoiding pine needles in their cars and queues at the tip - thanks to a new recycling scheme on offer from Nottinghamshire Hospice in the New Year.

The charity has teamed up with Nottingham company, Streetwise Environmental, to collect trees which will then be put through a wood chipper to be recycled or reused on local parks.

Volunteer van drivers will collect from households in Mapperley, Sherwood, Gedling, Burton Joyce, West Bridgford and Wollaton from 7-9 January in return for a voluntary donation which will benefit patients with a terminal illness across Nottinghamshire.

Sarah Dunning, Corporate Fundraiser for Nottinghamshire Hospice, said: "Every single penny raised through donations will make a huge difference to the Nottinghamshire community by enabling us to continue running our services free of charge to those who need us."

To register your tree, visit <https://just-helping.org.uk/xmas-trees/>. The charity is also looking for more volunteers and van drivers to help with collecting the trees. If you have time to help email fundraising@nottshospice.org.

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Country Park Cafe Is Officially Plastic Clever

Gedling County Park's Café 1899 has become a Plastic Clever Café as part of the council's commitment to be a Plastic Clever Council.

The café has met the criteria set out by environmental champions Amy and Ella Meek who formed Kids against Plastic. Amy and Ella Meek launched the Kids against Plastic scheme in 2015 with a target to collect 100,000 pieces of plastic after learning the negative effect on the environment. They recently presented their campaign to staff at the council's annual employee conference urging them to think before they use the big four polluters, plastic bags, cutlery, coffee cups and straws.

The café has taken a number of actions to become plastic clever including removing single use plastic bags, replacing plastic cutlery and plastic straws and encouraging visitors to use refillable mugs and water bottles instead of throw away plastic ones. The café will also be selling reusable cup holders and introducing new loyalty cards for visitors.

The café accreditation is part of a number of initiatives set out by Gedling Borough Council to tackle the problems of the use of single-use plastics in the borough.

Leader of Gedling Borough Council, Councillor John Clarke said: "We're committed to reducing the amount of single-use plastics we use in our buildings and with the help of the Kids against Plastic team, we have taken the right steps to make the Gedling Country Park Café plastic clever. We must do more to tackle this issue and I'm delighted that we passed the very stringent assessments set out by Amy and Ella Meek who are doing a fantastic job of raising awareness of this important issue."



Local Business SMASHES Charity Target

Nottinghamshire-based property services company, SDL Group, has recently revealed it has smashed its £150,000 charity target by raising £182,500 with its partners for its chosen charity, The Donna Louise Hospice.

Fundraising started back in January at the company's annual conference. During the conference, attendees were informed of the services The Donna Louise Hospice provides its children and young adults with life-limiting conditions.

Since then, both employees and business partners have rallied behind the Group's fundraising efforts through a combination of firm-favourite fundraising activities and the unique, including: pub quizzes, charity bingo, a clothes swap, bake sales and even employees getting 'LOST' in the name of charity. One of the most successful ways the company managed to raise funds was through charity auctions.

The Group also used its extraordinary fundraising target as an opportunity to get its



employees active by encouraging them to take part in a variety of activities from a company-wide football tournament to a weekly running club.

Commenting on the astonishing fundraising achievement, Paul Gratton, chief executive officer at the SDL Group, said: "I am incredibly overwhelmed and proud that we managed to top the target, and on behalf of everyone at SDL, I

want to say a massive thank you to everyone that has supported our vision throughout the year." Fundraising was not limited to The Donna Louise Hospice as an extra £40,000 was raised for other worthwhile causes, bringing the overall charity total to a phenomenal £222,500.

LOCAL FIRM CHOOSES CHARITY OF THE YEAR

Leading Nottingham law firm Nelsons has announced its chosen charity for the coming year.

Every year, staff vote for three charities they wish to support across the East Midlands-based company's Derby, Leicester and Nottingham offices.

Through various fundraising events, Nelsons staff in Nottingham will be supporting Bloodwise,

which funds world-class research into all types of blood cancer.

Oliver Morgan, corporate partnerships manager at Bloodwise, said: "We are so grateful for the support of companies like Nelsons in helping to fund ground-breaking blood cancer research."

"Blood cancer remains the third biggest cause of cancer deaths in the UK, killing more people

each year than breast or prostate cancer. Every penny counts in ensuring we can find kinder and more effective treatments that save lives and reduce the harsh side effects currently experienced by patients. We are incredibly grateful to Nelsons for its support."

Stewart Vandermark, chief executive at Nelsons, added: "We are delighted to be able to support Bloodwise for the next 12 months. The charity

does a fantastic job not only funding research into blood cancer but also supporting those who are affected by it.

"It is important for us at Nelsons to support local causes which make real differences to the lives of others."

Nelsons staff raised more than £4,700 across the East Midlands last year for its chosen charities NSPCC, Wishes4Kids and Alzheimer's Society.

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CHRISTMAS SINGLE RAISES MONEY FOR HOMELESS

December wouldn't be the same without the annual race for Christmas number one – and Sing it Bold Community Gospel Choir are set to be Christmas number one – at least in local hearts.

'Now', the Christmas single released by the choir will raise money for Nottingham charity

Emmanuel House. They do great work supporting homeless and vulnerable adults in Nottingham, running a Day Centre on Goose Gate, a charity shop next door, and the Nottingham Winter Shelter.

Emmanuel House accommodates around 2000 visits a month, with approximately 200

new visitors a year, all of whom have complex and multiple needs. With roughly 70 hot meals a day served, they do a huge amount every day to help those in need in Nottingham.

Nottingham Together – a programme of activities to connect communities, bring people

together and make Nottingham a great place to live, has funded the production of the single – so all proceeds will go to charity.

Councillor Toby Neal, Portfolio Holder for Community Protection at Nottingham City Council said: "It's fantastic to see members of the local community lending their

voices to a great cause. Emmanuel House do so much to help homeless and vulnerable people in Nottingham – I hope everyone will join me in supporting them and this single."

The single can be bought or streamed via amazon, Google play, iTunes and Spotify.

Christmas Bus Services

CHRISTMAS EVE
Monday 24 December
A normal Monday service until last buses around 6pm.

CHRISTMAS DAY
Tuesday 25
No services

BOXING DAY
Wednesday 26
A Sunday service, but no 20, skylink Clifton or amberline. pronto will run hourly between Mansfield and Nottingham

Thursday 27, Friday 28 and Saturday 29:
A Saturday service until midnight. Indigo, skylink Nottingham and red arrow will run 24 hours

Sunday 30
A normal Sunday service

New Year's Eve
Monday 31
A Saturday service with last buses around 8pm, plus night buses until 4am for revellers

New Year's Day
Tuesday 1 January No services

Wednesday 2
Buses are back to normal

trentbarton has announced its bus services for Christmas 2018 and over the New Year. The season's services feature buses up to 6pm on Christmas Eve, a Sunday service on Boxing Day and New Year's Eve buses until 4am on New Year's Day.

Jordan Kemp, marketing and communications manager at trentbarton, said: "We're announcing our Christmas timetables so our customers can plan ahead for their last minute shopping, big nights out and family visits. The services have been designed to keep people moving in the run up to the big celebrations this season and during

the busy time between Christmas Day and New Year's Eve.

"For those planning a winter get-away, there are plenty of skylink services to East Midlands Airport. Everyone at trentbarton wishes all our customers a happy, peaceful and enjoyable Christmas and New Year."

Further details, including opening hours for trentbarton's customer service team and trentbarton shops at Derby, Nottingham and Sutton, are available on the website: trentbarton.co.uk/christmas2018.



Kylie Pyke-Smart (left) and Claire Chamberlain (right) with the trentbarton Christmas and New Year timetables.



HISTORIC PUB GIVEN NEW LEASE OF LIFE

The now vacant pub where electronic punk duo Sleaford Mods came up with the band's name will be transformed into an independent microbrewery, following a deal led by East Midlands-based law firm Nelsons.

The Golden Fleece, in Mansfield Road, Nottingham, dates back to the 1800s and has some of the city's deepest caves running three storeys beneath the Grade II listed building.

The community-driven venue has been taken over by a local brewery, which also runs another city centre pub. Further details are currently under wraps but the Golden Fleece, which is due to reopen before Christmas, will have its own brewery in the cellars and host regular live music evenings.

Paul Hinchliffe, associate and commercial property solicitor at Nelsons, acted for Carlton Street Trading Limited, a family-owned development company which purchased the pub. He said:

"This was a rewarding deal to be involved in and I hope it will benefit the local community and wider social and music scene in Nottingham for many years to come."

Sam Burt, director of Carlton Street Trading, added: "The Golden Fleece is a historic pub that's in a really good location towards the city side of Mansfield Road. It would've been a shame to leave the pub empty so we bought it and started marketing it soon afterwards – we had five offers to take over the pub in just two days, showcasing what a great venue it is."

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Arries

Your creative change and may find yourself day dreaming about getting away from it all to a faraway place away from all the stress. Although you are not getting bored, the festive activities will carry on as normal. Someone very close to you may be feeling a little nervous and tense and looking towards you for some moral support. News from afar could prove just the tonic needed to give you a much deserved rest and something positive to focus upon.

Taurus

Avoid getting yourself embroiled into petty, unnecessary arguments with someone who is prone to mood swings and changing their mind at the last minute. Now is not the time to take risks with large sums of money because there is too much at stake if a gamble doesn't pay off. Love and romance look both exciting and dangerous, especially if there is a triangle of love developing in your personal life and one which could prove extremely complicated when emotions and feelings start to run high.

Gemini

It's time to close the door on the past and start thinking about your long term prospects both in your personal and professional life. It's no good wallowing in the past because no one has the power to turn back the clock. A certain situation is what it is and what will be will be because what is meant for you will not go past you. It's time to look towards the future and work on making some good, positive changes and improvements to your lifestyle, health and well being because it's time for you to start living again.

Cancer

Start as you mean to go on and take every opportunity possible to create positive changes which will benefit you in the long term both financially and personally. Invest in a new image, update your wardrobe with the intention of looking and feeling a million dollars. New doors will open in some of the most unexpected places and a chance meeting could lead to red-hot passion with someone you are destined to spend the rest of your life with. Existing travel plans will appeal to your exotic sense of adventure.

Leo

The path of true love rarely runs smooth and you will have your hands full trying to sort out certain people you are very close to and keeping your family and friends happy at the same time. An unexpected invitation to spend some private and romantically intimate time with someone you are probably drawn towards could potentially lead to a confrontation if you are discovered in your love tryst. Certain information is best kept secret, so be very careful in whom you place your trust. A windfall of money will enable you to start planning your future.

Virgo

Sudden communication received may force you to change your plans at the very last minute but who works out in your favour. You are entering a highly excitable time with much excitement in the air, especially romantically. Certain problems are rearing their ugly heads again making you even more determined than ever to eventually make all the necessary changes in your life. In order that you can obtain peace of mind and create more time for both yourself and loved ones. Soar that dream holiday and give yourself something fabulous to look forward to.

Libra

You may be tempted to join a club society or online dating which will all help to enable you to spiritually connect with some most interesting people. You are living in some very exciting times and when it boils down to it, you have enough charm to get anything you want even if you want someone to put your mind to it. A surprise proposal will set your heart racing and your imagination to run riot because at long last you can see your way clear to realising an ambition and dream that is close to your heart.

Scorpio

An already deep and meaningful personal relationship will turn yet another corner and there could be some celebrations in store together with you making some surprise announcements which will shock quite a few people. Not everyone will agree with your decisions nor understand your reasons, but if you do not take advantage of what is on offer and start looking after yourself for a change, no one else will and neither will the give a hoot what happens next because as you know, a lot of people are only ever interested in themselves and what is going on in their world, not necessarily yours.

Sagittarius

It's been quite a stressful year so far and it isn't over yet either. You have been up against a lot of criticism and involved in conflicts which really have not had anything much to do with you in the first place. Despite all the challenges and spurs being thrown into the works you still appear to be doing well, looking good and proving all the sceptics wrong. A business venture or career move will put you in the spotlight once again because you are always an item of very great interest to others and a wish you made a long time ago may just come true.

Capricorn

Doors of opportunity are opening widely that will lead you to wonderful places and introduce you to new friends who will be worth knowing and hanging onto. Don't worry about a large work requirement that's moving too slowly. You had already anticipated that there would be problems to deal with from the onset, but only you with your incredible ability to manipulate situations to turn themselves around and work out favourably can save the day. You can look forward to many such achievements and successes in the coming future.

Aquarius

Growing concerns over a family member will reach a point where you feel you have to say or do something before it's too late. You may also become the knight in shining armour to someone who desperately needs your help and support because only you understand the situation. Even though it's the festive season, it's not without its trials and complications and as usual, you will find yourself in the thick of things. Last minute reorganisation of some plans that need attention will save the day with your centre stage in the celebrations.

Pisces

Recent worries and strange occurrences relating to family and close friends have been creating much stress and being responsible for causing you many sleepless nights. Eventually everything will rectify itself enabling you to start making a few plans of your own, especially if they involve house moves, renovation work, starting a new business or travelling. It's simple and not particularly looking forward to the festive season now, now is the time to look for ways of moving and connecting with some new, like-minded people whom you can share and enjoy a long lasting bond with.

Synchronized Skating Championships Return to Nottingham in January



The 2019 British Synchronized Skating Championships will return to the National Ice Centre and Motorpoint Arena Nottingham on Saturday 19 and Sunday 20 January 2019.

It's one of the biggest events of the skating calendar for British Ice Skating with teams from every corner of Britain taking part.

Amanda Hembrow-Jones, Chair of the Synchronized Skating Technical Committee said: "British Ice Skating is delighted to be returning to the National Ice Centre and Motorpoint Arena once again for the British Synchronized Skating Championships. This event has proved hugely popular and the excellent facilities of the NIC have ensured that the event is a wonderful experience for the audience as well as the competitors.

"I am very much looking forward to returning to Nottingham, to the event that is supported and hosted by a great team at the NIC. The NIC staff always make sure it is a memorable experience for the skaters and the audience."

Synchronized Skating is the fastest growing figure skating discipline and involves teams of 12-16 skaters, skating in formation with speed and precision whilst performing intricate routines to music – it combines the beauty and elegance of freestyle skating and the excitement of a team sport.

Tickets can be purchased now via www.motorpointarenanottingham.com, via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.

The University Of Law Comes to Nottingham

The UK's longest-established specialist provider of legal education and training in the UK, The University of Law (ULaw), has announced plans to open a new campus in Nottingham. The campus, located at One Royal Standard Place, will officially open for teaching in September 2019.

News of the tenth campus launch comes hot on the heels of the announcement that ULaw will open its ninth and first overseas campus, in Hong Kong also in September 2019.

Ideally situated within Nottingham's stunning One Royal Standard Place, ULaw's latest campus will benefit from all the amenities available in the city centre. The central location of the campus also places it in the immediate vicinity of local firms and businesses, which is integral to ULaw's core objective of building strong local connections throughout the city.

ULaw will bring its renowned courses to Nottingham offering the Legal Practice Course (LPC), Graduate Diploma in Law (GDL) and MA Law. ULaw Nottingham will also be a tech hub with the launch of an LLB with Legal Innovation and Technology, as well as the MSC Legal Technology.

To celebrate the inaugural year in the City of Nottingham ULaw is also launching the 'Nottingham Postgraduate Award', available to all postgraduate students starting at the Nottingham Campus in September 2019.

Victoria Garrad, Group HR Director at Gateley Plc, said: "We are proud to have partnered with The University of Law for more than eight years as part of our trainee programme and we strongly support the opening of their Nottingham campus."

For more information, visit www.law.ac.uk.

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Transforming Children's Work

Edwalton Primary School children have been having fun while learning with their newly designed curriculum, transforming the way they learn, teachers say.

Head Teacher Anthony Thomas said that it was a holistic approach to learning, making lessons relevant to the wider world. "Our 'Children First' ethos runs as a golden thread through the Edwalton Curriculum; to prepare our wonderful children to be achieving, kind and respectful global citizens, who want to make a difference."

The school's extensive resources, including a farm and a maintained wood have added value to children's lessons says Anthony. "We are inspired by and seek to make full use of our unique, sustainable environment to make learning fun and meaningful for children."

A recent outdoor learning day saw children designing animal habitats, including hedgehog shelters, and writing letters for a real purpose, to local businesses, aiming to strengthen the school's ties to the local business community, whilst developing children's writing skills.

Mia Powell age 10 years was honing her writing skills. "I think it would be great if someone responds to one of our letters. It will really help us. I am sending my letter to a local Garden Centre and telling them how the farm helps us with lessons. My favourite animals are the goats. I really hope that we get a reply to our letters."

This approach, which connects children's learning into practical situations is the key to deeper learning, says Head Teacher, Anthony Thomas, "We want our children to feel that they are having an 'Edwalton' education. They should have experienced engaging opportunities to encourage their learning such as writing for a real purpose."



Children learning about hedgehog habitats



Ten-year-old Aaron Pilcher

An Educational Development for Young Patients

Children undergoing radiotherapy at Nottingham University Hospitals NHS Trust (NUH) will receive toy models of medical equipment to help them cope with anxiety and better understand the treatment they require.

The project, set up by the Institute of Physics and Engineering in Medicine (IPEM), found that using the models helped to reduce a young person's worries about treatment through play, allowing them to understand what a machine looks like before they undergo treatment.

The models are provided free of charge and can be modified into different machines typically used in radiology, such as MRI and CT scanners as well as Gamma cameras.

Ten-year-old Aaron Pilcher is the first patient to benefit from using one of the models, known as a 'Little

Linac'. He said: "It was really scary at the start of my treatment, but when I was given the toy it helped me to see what the machine does and what it looks like."

The Little Linac – short for linear accelerator, which is the device commonly used for external beam radiation treatments for patients with cancer – project provides young people with a set of bricks so that they can make a model of the machine which will be used to treat them.

Keith Langmack, Head of Radiotherapy Physics at NUH, said: "The first set of Little Linac toys have now arrived at the Trust and we are pleased to have already handed one set out to Aaron to use."

"The aim of the model is to help reduce the child's anxiety through play. By allowing them to see and understand what the machine looks like and how it moves around them during their treatment."

Inspire Learning Short-listed at School Awards

The most outstanding individuals and institutions that the FE sector has to offer have been recognised in the shortlist for the 2019 Tes FE Awards.

It's been revealed that local business Inspire Learning has been shortlisted for the Adult and Community Learning provider of the year award.

Inspire Learning delivers a range of services on behalf of Nottinghamshire County Council and the Education and Skills Funding Agency (ESFA). Part of Inspire Culture, Learning and Libraries, a Community Benefit Society, Inspire Learning delivers educational services for the whole community, enabling Nottinghamshire residents to develop their skills by following courses tailored to their needs.

Peter Gaw, INSPIRE Chief Executive commented: "Our learning offer has gone from strength to strength since Inspire was launched in April 2006. We are embedding the delivery of accessible and affordable adult and community learning into the local library offer in localities and at times learners want."

Tes FE editor Stephen Exley said: "Excellent practice exists right across the further education sector, and those shortlisted for the Tes FE Awards are the cream of the crop. Our judges were extremely impressed with the caliber of entries."

"We had more entries for this year's categories than ever before, and the standard was higher than ever. To be shortlisted is an extraordinary achievement."

The winners will be revealed at a gala awards evening at the Grosvenor House Hotel, Park Lane, London on Friday 22 March 2019.



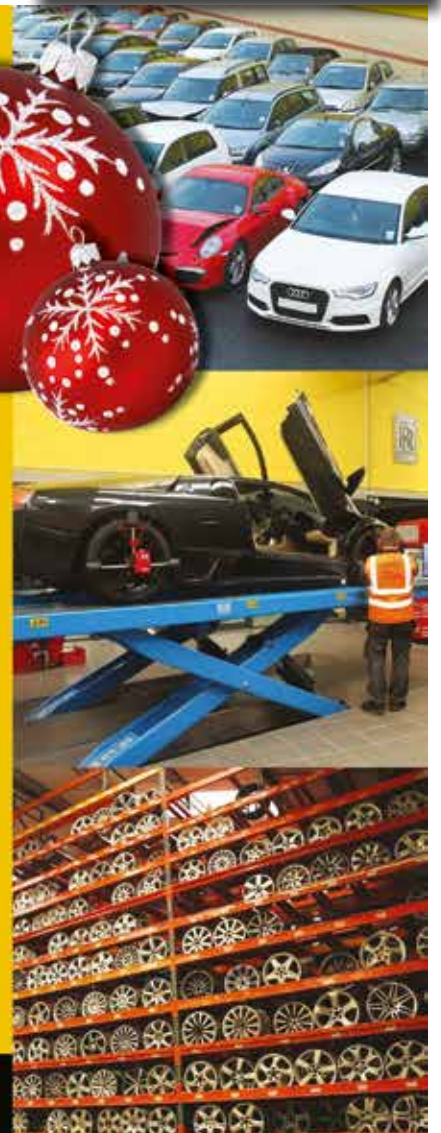
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Memory Boxes to Help Grieving Families

Some very special memory boxes have been kindly donated to Sherwood Forest Hospitals to help bereaved parents.

The memory boxes have been donated by the Missing Pieces charity, which was set up by Mansfield Mum, Cheryl Broughton, following the sudden death of her son in a road traffic accident in February 2017.

The charity has created memory boxes which contain; two teddy bears (one for the bereaved parents and the other to leave with their child), a compassionate friends leaflet, an example of an order of service, a postcard to heaven to send a message, a trinket box for any keepsakes, plaster of Paris for hand and footprints, a candle for eternal light, a jigsaw piece to signify a piece of you missing, an ink pad for thumb prints and healing stones believed to help with grief and loss.

The charity also runs a 24/7 support line and a text service as well as providing emergency funds for counselling.

Cheryl said: "It was so hard when we lost Lewis, we just didn't know where to turn, so we decided to fundraise and set up the charity to help anyone who also ends up in this horrific position. We hope to eventually set up an educational programme to take to schools to teach children about grief and their emotions."

"I hope that these boxes don't have to be used, but if they are, I hope that they give families some comfort and help through their grief."

More information about the charity can be found at www.missingpiecechildloss.com.



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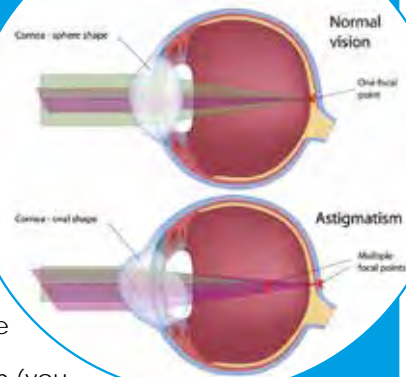
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Much-loved craft micro-brewery, Springhead, based in Laneham, near Retford, is back in business following the recent sale of the business. Core members of the existing team are excited to be joined by new owners. They bring a wealth of successful business experience to the table, and have big plans to bring the brewery to the next level. Brewing has already commenced, with the former owners' son, and previous head brewer, Keir Teasdale, and their daughter, Eve, Communications Director for the brewery, who will be following the family tradition. They, along with other key staff from the previous team are working together to ensure

the proud heritage of Springhead quality continues.

Ambitious plans are also in place to develop their range and brand, and deliver their fantastic selection of craft beers to a wider audience than ever before. Springhead Brewery will be continuing to produce much-loved favourites from their core range of beers, including Nottinghamshire's best-known IPA, Roaring Meg, and multiple award-winning triple-hopped American Pale

Ale, Outlawed, as well as developing new cutting-edge brands to suit the discerning craft market. Head Brewer, Keir Teasdale, said: "I'm incredibly happy to be back brewing our favourite beers again, and to combine the experience passed on down the family line from our parents with a new and dynamic business team to deliver the excellent quality our fans have grown to know and love to more people than ever.

2019 is set to be an exciting year for Springhead, with plans for expansion and development of new and innovative projects on the horizon."

Notts Craft Brewery is Back in Business



Mike Bushell and Ian Roberts

A Sporting Christmas Celebration

Mike Bushell, who presents the sport on BBC Breakfast, was the special guest speaker at the recent Nottingham City Business Club Christmas event.

He entertained guests by taking them on a journey through a wonderful world of sporting surprises.

His mission is to prove that there is a sport for everyone and show that no-one should be left out

because they feel embarrassed, rubbish or unfit to do sport, in order to encourage more people off the sofa and be more active.

Now one of the most famous and successful sports presenters, Mike has reported from all over the world for all sorts of events such as the World Cup, the Olympics and, most recently, the Commonwealth Games in Australia.

"It was the most wonderful speaking experience ever," said Mike Bushell. "It was fantastic to meet such

an inspirational group of people – what a group and what a city. I just didn't want to leave. I have been blown away and can see why Robin Hood settled here."

"We always try and make the club's December lunch light hearted and Mike certainly fulfilled that brief" said Ian Roberts, president of Nottingham City Business Club. "His sporting stories and games were very entertaining and the feedback from our members and guests has been extremely positive."



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Nottinghamshire **FOCUS** Guide to Christmas

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A Magical Experience for Everyone

McHenry's, based on Market Street in Mansfield, is the cherished creation of Karen and Pete Parr, two local market traders who have now opened their very own gift shop in which to sell an eclectic range of bespoke and unique products.

After taking advantage of the council scheme to encourage new stalls, Karen and Pete first had a go at selling giftware on Mansfield Market in February 2017 and were able to have the stall rent-free for a year.

Following mighty success and a need to expand, less than two years later they are now the proud owners of a delightful gift store in the town – offering a range of items to suit every taste.

The official opening on Friday 2 November drew in a sea of customers who couldn't wait to explore the exciting products range, with the first 100 customers treated to free gifts on the day.

Karen explained that they first hatched the idea of a stall after taking part in a Christmas market at Mansfield Museum in

December 2016, she said: "There was an offer of a free incubation stall for the first year which encouraged us to start."

The couple began with a small selection of laser engraved gifts which then became a broad choice of items for men, women and children alike.

"We always try to be different and unique," said Karen.

"The name McHenry's is a character from the Magic Roundabout – and the name of our dog!"

We hope the shop will be a magical experience for everyone."

With plans to continue running the stall to provide a taste of what the shop offers and the drive to expand further with another premises in Nottingham, McHenry's is a quirky boutique like no other.



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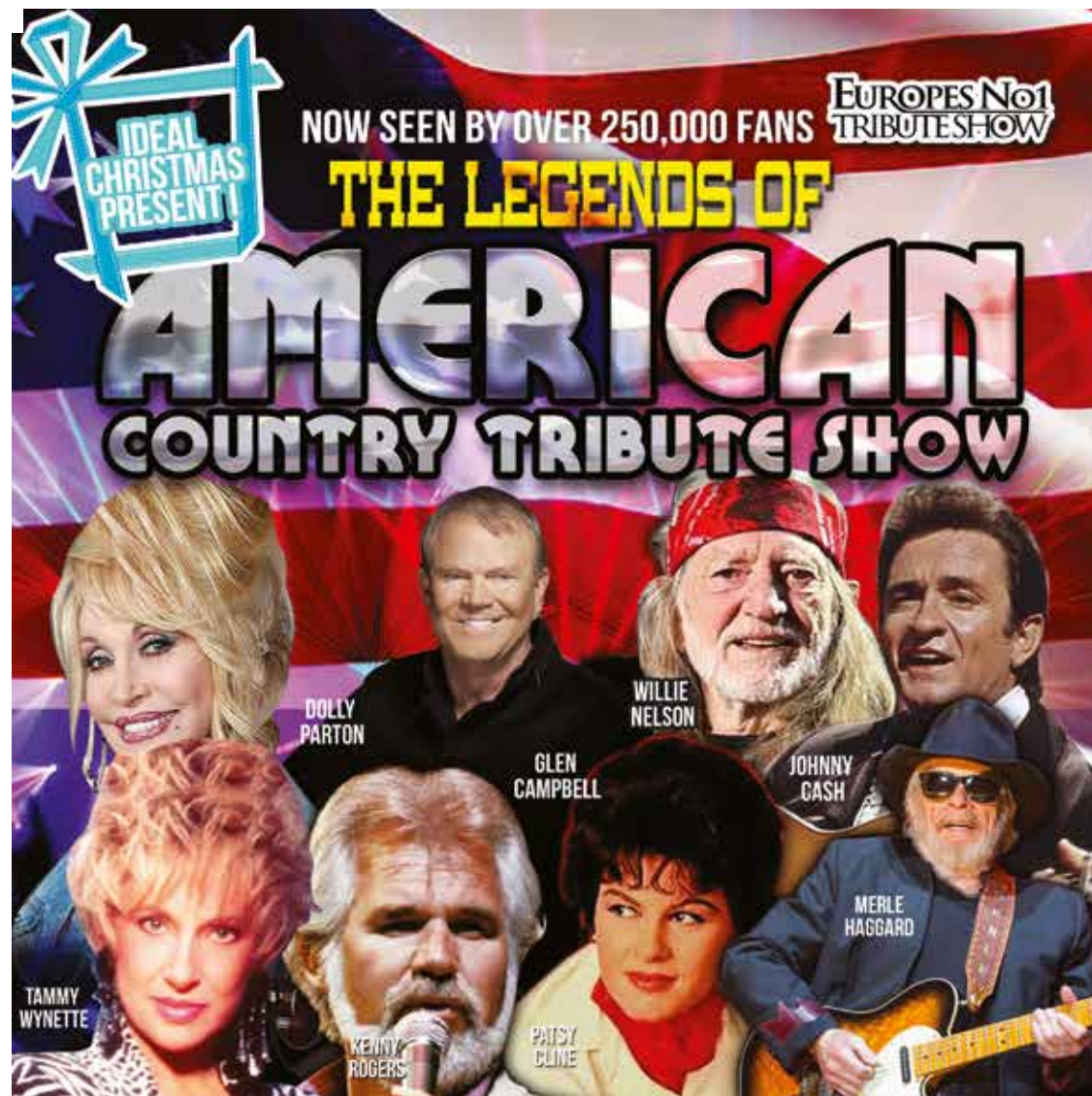
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Swingin' Those Jingle Bells

"The Big Band at Christmas" is swinging into Arnold on Sunday 23 December. Hosted by Bonington Theatre, the show features Five Star Swing as seen at London's Leicester Square Theatre and BBC Children in Need.

Promising all your favourite Christmas songs given the dynamic Big Band treatment from Glenn Miller, Sinatra, Basie, Nat King Cole, jazzing up those Jingle Bells!

"Superb – they swing like crazy!" says Sheila Tracy, BBC.

Local trumpeter, Paul Higgs who tours with the band says; "I'm excited to be bringing the big band version of all these classic Christmas songs back to my home town."

Also featured is Simone from the Ivy Benson Orchestra, and Chris Smith (Jnr) composer and arranger for the BBC Radio Big Band, Herb Miller Big Band (Glenn's brother), plus Tony Bennett's trombonist.

Tickets are selling fast and are available from the Box Office on 0115 901 3640 or via www.boningtontheatre.co.uk.



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A Very Merry Christmas

Opened in 2011, Welbeck Abbey Brewery is a traditional microbrewery nestled in the centre of the historic Welbeck Estate. It's housed in a beautiful listed barn at the heart of this community, and has steadily grown in size to meet the demand for good local beer. Producing roughly 17,000 pints of real ale each week to supply pubs, restaurants and specialist bottle shops with their handcrafted English ales, Welbeck Abbey Brewery has quickly become one of the country's leading microbreweries.

With Christmas fast approaching and the pressure to pick the perfect present, why not give the unique gift of a brewery tour? Participants will have the chance to join an expert brewer on a guided tour and explore behind the doors of a traditional microbrewery.

Don't forget to indulge this festive season with a treat like no other, brewed specially on the Welbeck estate, the aptly named Cocoa Noël is a limited edition chocolate stout crafted from roasted cacao shells. Boasting rich and delicate flavours, this festive beverage has a bitter-sweet taste, velvety texture and is an impressive 5.5% ABV.

Adorned with colourful and festive illustrations this sumptuous bottled stout is sure to make an impression at any Christmas gathering, or why not pair it with some Welbeck Abbey Brewery brewery tour tickets to make it the perfect gift for any real ale lover.

For more information visit www.welbeckabbeybrewery.co.uk.

Welbeck Abbey Brewery has quickly become one of the country's leading microbreweries



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Jolly Good Fun this Christmas

The fun continues at the National Ice Centre this Christmas! Surrounded by twinkling lights and a majestic tree, with free skating for children under the age of five when accompanied by a full paying adult, and skates for children from 18 months old, ice skating at the National Ice Centre is a Christmas tradition for the whole family to enjoy.

Special themed events are running throughout the festive period and can be pre-booked now:

Brunch with Santa

16, 22, 23 December, 9:30am-11am

Treat your little ones to a magical Brunch with Santa himself, then take to the ice and enjoy a festive skate. 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. Christmas films will be playing, and face painting will be available free of charge.

Brunch with Santa is available to book via jack.occleshaw@national-ice-centre.com or call 0115 853 3137. Please note the Brunch with Santa experience cannot be purchased on the day and will need to be pre-booked.

Other events include:

Skate with the Nottingham Panthers - Wednesday 19 December

Christmas Foam Parties - Friday 21 December

UV Paint Party - Saturday 29 December

Tickets are available to book now and all prices include skate hire. Tickets for all events can be booked here: www.national-ice-centre.com/christmas.

National Ice Centre opening times over Christmas

Christmas Eve - skate 'til 3:45pm only

Christmas Day - closed

Boxing Day - closed

27th-30th Dec - usual opening hours

New Year's Eve - skate until 3:45pm only

New Year's Day - closed

Usual hours resume from 2 January 2019



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SURVIVING THE OFFICE PARTY

BY LAURA LITTLE,
LEARNING AND DEVELOPMENT
MANAGER, CABA

Christmas is a time we tend to indulge. It's not uncommon for many of us to eat a little too much, slack off the gym and have a few more tipples than usual. It's also a time for celebration, with the annual Christmas party a highlight for many employees.

Having fun is encouraged but it's worth remembering this is still a work event and you need to be accountable for your actions.

So, how can you have a jolly time without overstepping the mark or waking up the next morning lamenting, 'oh, oh, oh'?

Stay two drinks behind your boss (or the client) at ALL TIMES. When the drinks are flowing it can be easy to lose track of how many you've had. However, to avoid any reputational headaches, know your limits and don't try to keep up.

DON'T GET LOOSE LIPPED

We all like a gossip, especially after a mulled wine or three. However, remember that whilst you may be getting on with colleagues famously in that moment in time, it doesn't mean a throwaway comment won't come back to bite you.

DRESS APPROPRIATELY

There's nothing worse than turning up to a room full of people and feeling out of place. A way to avoid this is to read the invite and sense check any wardrobe decisions beforehand with colleagues.

PUT YOUR PHONE AWAY

Of course you want to document your fantastic night with your colleagues. However, don't get too Instagram happy when you've had a few. It's likely colleagues and acquaintances will have a cheeky profile stalk if they're tagged in photos, so don't let them see a steady stream of photos showing you enjoying the night a little too much.

Office Christmas Parties The Potential Tax Pitfalls

The Coca-Cola advert has been aired into our living rooms, twinkling lights are lining the streets and boxes of chocolates can now be bought from the supermarkets – Christmas has well and truly arrived and it is the perfect time to treat your employees to a party.

With planning underway, you may be concerned about your costs. HM Revenue and Customs has rules and regulations in place to allow businesses some exemptions when it comes to annual party costs.

The cost of parties and staff functions are not taxed as a "benefit" if the amount is less than £150 per attendee, per year. However, the limit is a cliff-edge – if the cost is £151 each, the full amount is taxable. Ian Dickinson, tax director at UHY Hacker Young's Nottingham office, explains the potential tax pitfalls employers should be aware of when it comes to the work Christmas party.

Ian said: "We are seeing far more cases where the costs may work out at marginally more than £150 per person. This is an easy target for HMRC as it will receive more tax while not having to pursue many employees for relatively small amounts."

How is the cost per person calculated? "This is an increasingly common question but HMRC's guidance is silent, apart from stressing that it is the VAT inclusive costs, even if the employer can reclaim the VAT, and that incidental costs – such as travel and accommodation – are included."

To discuss the potential impact on your tax affairs with an expert from UHY Hacker Young, visit <http://uhy-uk.com> or call 0115 959 0900.

A Little Less Festive Spirit: Drinking in December

It should come as no surprise that some Brits tend to consume a lot of alcohol around December. It's the season of festive family gatherings and office parties, so most of us are guilty of occasionally having one too many.

For many people, having a drink or two with friends or family is an enjoyable experience. But like other drugs, if you drink too much it can seriously harm your health. Excessive drinking or binge drinking can be incredibly detrimental to your physical and mental wellbeing.

Alcohol affects everyone differently, so it's important to know when enough is enough. Typically, the Government recommends you drink no more than 14 units each week (7 pints or 9 glasses of wine).

So, how can you ensure you stay safe where alcohol is concerned? The experts at the wellbeing charity CABA believe the first step is learning to recognise your limits. Here are some tips to help you drink less on a night out:

Know Your Limits

Set yourself a limit for how much you're going to drink that night. If you're going out, setting yourself a fixed budget for drinks or only taking a set amount of cash out with you may help.

Give Yourself a Break

Have at least one soft drink or glass of water with each alcoholic drink – this will help you to spread your drinks out throughout the night.

Take It Slow

Don't try to keep up with other people or drink in rounds, which can make you drink much faster than when you're buying drinks just for yourself.

There's nothing wrong with having a couple of drinks, and where large parties are involved, it's easy to feel like a mood killer if you're counting your units. But, it's important to understand the impact alcohol can have on your health. Just remember, if you have a bit too much this month, there's always Dry January for those who want to cut down or cut out the booze throughout the year.

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care



A Positive Move for Fostering

Team Fostering calls out for local foster carers with the opening of new South Normanton office.

Due to continued success across the East Midlands the agency will be opening a new local office this December. Moving from a previous site just west of Papplewick, the new base will provide a more accessible office for foster carers to attend in-house training and support groups which will continue to take place regularly.

More foster carers are needed across the region and Team Fostering's new office will provide a fantastic location for those considering the role, with the opportunity to join an agency that has a strong reputation for comprehensive support, innovative training and competitive benefits.

Kathleen Walley, Assistant Director at Team Fostering, said; "I am really excited about our move to South Normanton. Purchasing this office is a sign of our ongoing commitment to meeting the needs of children and young people in the East Midlands area, while providing a high quality space for foster carers."

"A dedicated team of social workers in the region will continue to support foster carers from this new base. We're looking forward to recruiting more foster carers locally who believe they have the skills and experience to work with us in putting children's futures first."

Fostering is a challenging but rewarding role, and Team Fostering is an agency known for its commitment to providing foster carers with the tools and skills to flourish, truly making a difference to the lives of children and young people.



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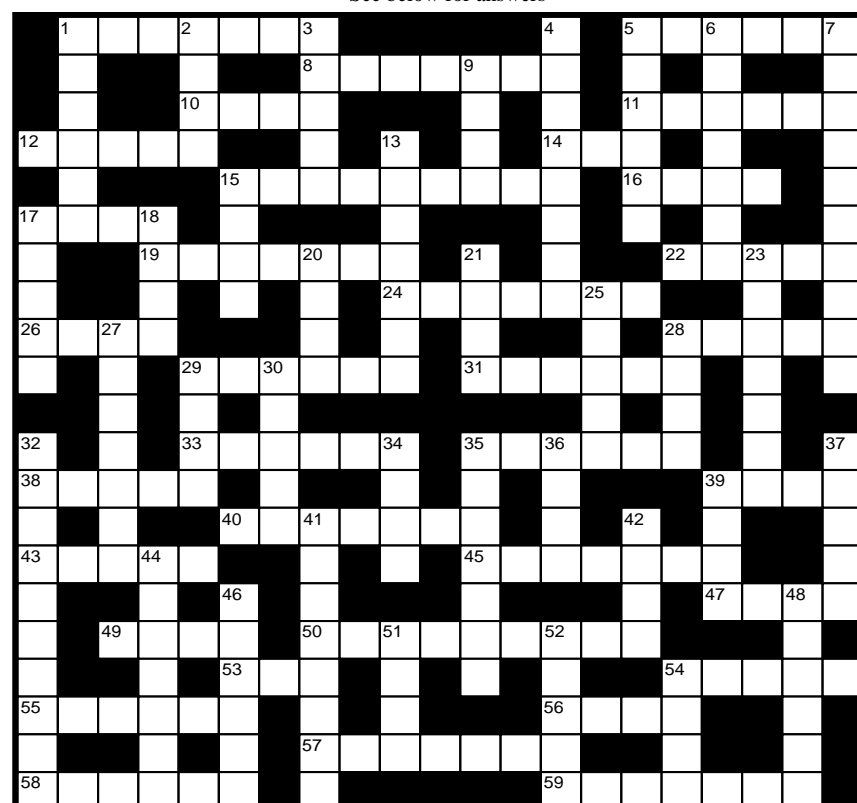
ACROSS

- 1 Nail polish (7)
- 5 A cast in the eye (6)
- 8 Naval chief (7)
- 10 Small wooded valley (4)
- 11 Wooden beer keg (6)
- 12 Fusty and musty (5)
- 14 Teacher's favourite (3)
- 15 Low pay workplace (9)
- 16 Trademark (4)
- 17 Zing and piquancy (4)
- 19 Move forward (7)
- 22 Thatching material (5)
- 24 Sunshade (7)
- 26 Crow-like bird (4)
- 28 Any valued quality (5)
- 29 Push a way through (6)
- 31 Boss or foreman (6)
- 33 Fiercely strict person (6)
- 35 Pompom flower (6)
- 38 Die down (5)
- 39 Not straight (4)
- 40 Female star of a film (7)
- 43 Dr Who adversary (5)
- 45 Old and unstable on feet (7)
- 47 Browse the Internet (4)
- 49 A thousand grammes (4)
- 50 Not at peak time of year (3-6)
- 53 Gentleman (3)
- 54 Unpaid servant (5)
- 55 Off school (6)
- 56 Knock into (4)
- 57 Carry out instructions (7)
- 58 Condense and purify liquid (6)
- 59 Process for reuse (7)

DOWN

- 1 A moral good (6)
- 2 Without clothes (4)
- 3 Split in two (5)
- 4 Nail cutters (8)
- 5 Delicate and understated (6)
- 6 Vertical (7)
- 7 Address in a patronising way (4,4,2)
- 9 Allergy blemish (4)
- 13 Church spire (7)
- 15 Put on deposit (4)
- 17 Striped horse (5)
- 18 Chore (4)
- 20 After this (4)
- 21 A game like poker (4)
- 23 Spare player (7)
- 25 Animal organs as food (5)
- 27 Eccentric person (7)
- 28 Operatic song for one (4)
- 29 Green stone (4)
- 30 Go fifty-fifty (5)
- 32 In cahoots with (4,2,4)
- 34 Hammered pin (4)
- 35 River-bed scourer (7)
- 36 Group of cows (4)
- 37 Teachers at a school (5)
- 39 Male school pupils (4)
- 41 Flute-like instrument (8)
- 42 Coffee seed (4)
- 44 Clear to see (7)
- 46 House for homeless (6)
- 48 Resuscitate (6)
- 51 Celebrity status (4)
- 52 Solemn and serious (5)
- 54 Light-footed (4)

See below for answers



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Winter-proof your Home

The colder weather can mean that we get complacent when it comes to taking care of our homes, but when the temperature drops, it's time to winter-proof your house. Luckily there are a few fairly simple things that you can do to ensure that your home is prepared for any kind of adverse weather.

Clear out your gutters

It may not be the most glamorous or pleasant job at this time of year, but making sure that your gutters are clear of any sticks or leaves will prevent any dampness from seeping into your walls, which can cause damage.

Keep out the cold

Icy draughts from outdoors can leave you feeling the chill at this time of year, so sealing out the cold weather is vital

if you are going to keep cosy. Places that you will need to check for draughts include the edges of window frames, gaps under doors and around your letterbox. To seal in the heat, invest in a draught excluder, which you can buy easily online.

Check your boiler

Even when you aren't in your home, it's best to use your boiler to heat it for an hour each day to ensure that things keep ticking over properly.

Bleed your radiators

It might seem like a daunting task, but bleeding your radiators can really help to keep your home warm at this time of year. You will know that you need to bleed your radiator when it isn't heating up properly and is making strange noises.

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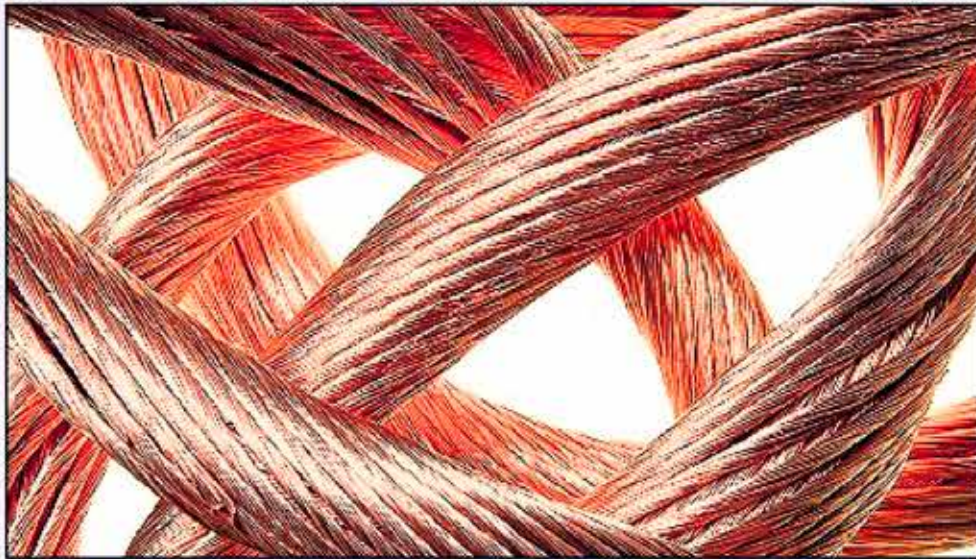
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