

Kumon's maths and English study programmes work to build your child's confidence and inspire a passion for learning.

Contact your local instructor for a free assessment.

Beeston Study Centre
0115 919 3578

KUMON

Boost your child's confidence

www.kumon.co.uk

Fees vary. Please refer to your local study centre.

Nottinghamshire FOCUS

Omega windows & doors

Manufacturers & installers of quality UPVC Windows & Doors

Conservatories
Patios & Bi-Folds
Soffits & Fascias
Small Building Works
Orangeries

Specialising in flush facing sash windows

Unit 9, Alfred Street South, Nottingham NG3 3DE
t: 07771 567812
t: 0115 7617982
e: tnfrazier1966@hotmail.com

Issue 255 | nottsinfocus | #nottsinfocus | www.nottsinfocus.co.uk | 16 - 22 Jan 2018 | 20p (Where Sold)

JANUARY SALE CHECK OUT FACEBOOK FOR DEALS

BOOK NOW: 0115 950 7755

www.cosmo-restaurants.co.uk | www.facebook.com/CosmoNottingham

BOTTOMLESS SOFT DRINKS UNLIMITED REFILLS **£2.99**

LUNCH FROM **£8.99*** DINNER FROM **£14.99***

FAMILY FRIENDLY VENUE

KIDS HALF PRICE

*PRICES SHOWN ARE FOR SPECIFIC DAYS. SEE WEBSITE FOR FULL LIST OF PRICES AND DETAILS.

COSMO AUTHENTIC WORLD KITCHEN

EAT ALL YOU LIKE... FOR ONE SET PRICE

FIRST FLOOR, 29A MILTON STREET, NOTTINGHAM NG1 3ER (OPPOSITE JOHN LEWIS)

NOTTINGHAM'S ULTIMATE WORLD BUFFET

Be a Nottingham Legend for the Day

A local charity is calling on the people of Nottinghamshire to help break a Nottingham-themed World Record in aid of Nottingham Children's Hospital this spring. Nottingham Hospitals Charity is holding Robin's Big World Record at Wollaton Park on bank holiday Monday 7 May 2018. The Charity hopes to break the Guinness World Record for the largest gathering of people dressed as Robin Hood.

The Nottingham legend is also the mascot for Nottingham Children's Hospital and the Big Appeal, which aims to raise £4 million to help young patients and their families at the Children's Hospital, which is based at the Queen's Medical Centre.

The Charity is asking people of all ages to get involved by signing up to the event and coming along on the day wearing a Robin

Hood costume which can be bought, borrowed or homemade. The only specifications are that it must include a Robin Hood hat with a feather, a green or brown tunic (or T-shirt), and green, brown or black trousers or tights.

As well as the official World Record attempt, the event will include market stalls, games and family fun, with all proceeds going to the Big Appeal.

Stephanie Smith, Clinical Director at Nottingham Children's Hospital, said: "We're delighted to be part of this unique event and hope the people of Nottingham and Nottinghamshire will all rally together to have fun, support a great cause and hopefully break a World Record at the same time. The money raised will make a real difference to patients and families here at Nottingham Children's Hospital, many of whom spend weeks or even months at a time in our care. We want sick children and their families to have the best possible experience during what can be an extremely difficult time."

Sophie Bramwell's nephew Max has been cared for at the Neonatal Unit since his birth last November and his family is

supporting the Big Appeal.

Sophie said: "As a family we have been overwhelmed by the care and support Max has received and felt that we just wanted to give something back. We discussed a number of different events that we'd like to take part in such as runs and bake sales but thought Robin's Big World Record would be a great chance for us to do something to include the whole family, including little Max and his cousins. We can't wait to get everyone dressed up!"

Nigel Gregory, Director of Development at Nottingham Hospitals Charity, came up with the idea of a Robin Hood themed World Record attempt. He said: "We wanted to do something that everyone in Nottingham can get involved in - young and old alike. Robin Hood is not only our Children's Hospital mascot but a true Nottingham legend, and we're excited to see hundreds of Robins all in one place."

To find out more or sign up, go to www.nottinghamhospitalscharity.org.uk, email charity@nuh.nhs.uk or call 0115 9627905, and keep an eye on Facebook and Twitter for #RobinsBigWorldRecord.

Holts Auctioneers of fine modern and antique guns are pleased to offer

FREE VALUATION DAYS

for shotguns, edged weapons, militaria and pistols.

Our next auction of Fine Modern & Antique Guns will be held on:

22nd March 2018

Next Valuation Day:

30th January 2018

Venue:

Belvoir Castle
Leicestershire, NG32 1PE

For an appointment please Telephone Simon Grantham:

07860 300055

HOLTS FINE MODERN & ANTIQUE GUNS

Saleroom:
Holly Hedge House
Blackheath, London SE3 0QZ
www.holtsauctioneers.com

Price 20p

ISSN 2052-2606

55 >

9 772052 260008

Information

Visit us Online
nottsinfocus.co.uk

Like us on Facebook
/nottsinfocus

Follow us on Twitter
@nottsinfocus

Follow us on Instagram
/nottsinfocus



69a Main Street,
Burton Joyce, Nottingham,
Nottinghamshire, NG14 5ED

Telephone:

01159313879

Email:

sales@nottsinfocus.co.uk

£25,000 Making Sick Children's Dreams Come True



Bus drivers and colleagues from trentbarton have raised almost £25,000 for the children's charity When You Wish Upon a Star, which makes dreams come true for children living with a life-threatening illness.

The Nottingham based charity was cho-

sen by staff and customers as trentbarton's charity of the year for 2016 and again in 2017. With the last of the fundraising now finished, the grand total raised is £24,768.

Nicola Brien, corporate fundraiser at When You Wish Upon a Star, said: "We would like to say a huge, great, big, massive thank you to the staff of trentbarton who have raised over £24,000 for When You Wish Upon a Star."

"It's been such a pleasure to work with them, we are thrilled and can't thank them enough for their incredible efforts throughout our partnership, helping us to continue making wishes come true."

Amid many fundraising highlights through the two

years, the boxing tournament stood out. Drivers and other staff from trentbarton's Nottingham depot donned gloves and got into the ring, many for the first time.

Top of the 'Demolition in the Depot' bill was reserved for Tom Morgan, director of service delivery, who took on former pro boxer and now driver Gavin McGill.

Gavin was then chosen to accompany When You Wish Upon a Star on its annual Christmas trip treating sick children to a flying visit to Lapland to meet elves, huskies, Rudolf and Santa. Drivers from Langley Mill and Sutton tackled ascents of Ben Nevis, Scafell Pike and then Snowdon in 24 hours – and of course they were taken by bus between the highest mountains in Scotland, England and Wales.

trentbarton's namesake initiative, which sees buses named after loved

ones for £100 or more, also contributed to the fundraising with £2,400 donated. Jeff Counsell, managing director at trentbarton, said:

"It's been an incredible two years of partnership with When You Wish Upon a Star. It's a marvellous charity doing magical work and it is no surprise that our staff have been generous with their time and energy to enable more and more wishes to be granted."

Read about the wishes granted by the charity: whenyouwishuponastar.org.uk/wishes.

manor farm COOKERY SCHOOL

Main Street, Branston, Grantham NG32 1RU
Telephone: 01476 879 320 / 01476 879 323

Manor Farm Cookery School run courses, demonstrations and clubs suitable for all ages and abilities. Classes are hands-on and practical, covering a range of themes and techniques, hosted by highly experienced tutors in a relaxed and friendly environment.

The school is set in the stunning Vale of Belvoir with extremely well appointed kitchen facilities. Conveniently located not far from the A1 between Grantham and Melton Mowbray, escape to beautiful Manor Farm for an unforgettable culinary experience!

We offer bespoke courses for team building events and corporate away days, as well as tailored Hen or Stag weekends.

Children's parties, gift vouchers
and facilities hire are also available.

COURSES CALENDAR SPRING 2018

Monday 22nd January | New Ideas for Game | £65 | 18:30-21:30

Monday 29th January | Simple & Quick – ideas for dinner & supper | £65 | 18:30-21:30

Monday 5th February | Desserts & Patisserie | £65 | 18:30-21:30

Tuesday 13th February | Children & Teens – pancakes & baking | £45 | 10:00-13:00

Saturday 17th March | Spring Entertaining | £110 | 10:00-15:00

Monday 9th April | Children & Teens | £45 | 10:00-13:00

Monday 10th & Tuesday 11th September | Students Basic Learn to Cook Course | £250

www.ManorFarmCookerySchool.co.uk

IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879

For All Your Phone & iPad Repairs

The of phones

If you have damaged your iPhone in anyway, we can fix it in super quick time. We are guaranteed to beat quotes from Apple on any repairs and you are getting the same great quality fix by a qualified and experienced engineer

Cracked or broken iPad? We can fix it!

Broken iMac or Macbook? We can fix it!



Microsoft
REGISTERED
Refurbisher

Microsoft
Technology
Associate

iMend
Mobile phone repairs

If you need a quote or to book a repair please give us a call on: 0115 9147066

Thanks to the fast actions of a friend and the collaborative approach from two hospital Trusts, Nottinghamshire patient, Julie Bacon, is on the road to making a full recovery after having a severe stroke in late December.

On 21 December Julie, 58, from Sutton in Ashfield, was out having a meal with her friend, Beverley Stringfellow. She went to use the bathroom and did not come back for some time, so Beverley went to look for her. She found Julie slumped in the toilet and quickly phoned for an ambulance.

Julie was then taken to King's Mill Hospital, where she was quickly assessed by the stroke team, who found that Julie had totally lost her speech, could not see out of her left eye and had lost all movement in her right arm and leg.

The team knew they needed to act fast and managed to administer the clot-busting drug (a procedure known as thrombolysis) within 29 minutes of Julie's arrival to A&E.

Sherwood Forest Hospitals Specialist Stroke Nurse, Emma Gillies explains the importance of this: "It is really important to administer the clot-busting drug within four and a half hours of stroke symptoms starting to try and disperse the clot and return the blood supply to the brain. This is why it is crucial to get suspected stroke patients to A&E and seen by the stroke specialist team as soon as possible. Our Stroke Unit has a dedicated phone line that A&E use to contact us, so we can act as quickly as possible, so this really did help in Julie's case."

As soon as Julie had received the clot-busting treatment and a CT angiogram, which confirmed she had a clot blocking the circulation to the left side of the brain from the carotid in the neck upwards, a decision was made to transfer her to Nottingham's Queens Medical Centre to have a pioneering procedure known as a mechanical thrombectomy – a specialist procedure (only performed at neuroscience centres in the UK) where a Consultant Interventional Neuroradiologist uses catheters and stent-like devices to remove the clot blocking the brain blood vessel.

By 6:20pm on the same day, Julie had received the treatment that she needed. After an overnight admission to QMC under the care of the neurology team, she was transferred back to King's Mill Hospital the following day, which is closer to her home and family. One day later she was able to speak, see better from her right side and could walk with supervision. Julie's husband, Gary Bacon said: "We can't thank both hospitals enough. Julie is making a fantastic re-

Trusts Combine Expertise to Save Patient from Severe Stroke



L-R: Gary Bacon with Julie Bacon

covery thanks to the treatment that she received from the Queens Medical Centre and thanks to the fast actions and care from King's Mill Hospital.

"To say that she had a stroke on the 22nd and was home by 28th December is pretty amazing, we are quite surprised by the improvements she has made so quickly. I didn't realise at the time quite how pioneering the treatment at QMC is, but I'm so pleased Julie was able to have it and is making such great progress. To look at her you wouldn't even know that she has had a stroke."

Julie is now having therapy with Sherwood Forest Hospital's Early Supported Discharge team who will deliver stroke therapy every day for the next four weeks in her own home. Gary added "The therapy team have been great and the sessions are going really well. It's great to have this kind of support at home, so that Julie can gain confidence again in her own surroundings."

Stroke Consultant Dr Anoja Rajapakse, who treated Julie when she was first admitted, added: "It is fantastic that Julie has made such an amazing recovery since her stroke. When she came in she was scoring really high on the National Institutes of Health Stroke Scale (NIHSS), indicating that she had had a severe stroke. To see Julie making such progress in such a short space of time really is fantastic."

"I'd also like to thank colleagues at Nottingham University Hospitals (NUH) for their great team work and Sherwood Forest Hospitals Consultant Radiologist, Dr Jayant Vanjari, who also provided excellent support. I'm really proud that we are able to offer such a high level of care to our patients whilst working in collaboration with our partners at NUH."

Sherwood Forest Hospitals is one of the best in the country and top in the East Midlands for recognising and treating patients who have had a stroke. The Trust has the second highest score in the country out of 140 Trusts, after being given an A rating by the Sentinel Stroke National Audit Programme (SSNAP).

Brand new and used Stairlifts from £800 (fitted)

All stairlifts come with a parts & labour warranty

NEXT DAY FITTING Available

Latest models for peace of mind

- Established 1987
- Main Dealer
- Straight
- Curved
- New • Used

CARLTON BASED COMPANY



www.liftecld.co.uk

**CALL ROGER AT LIFTEC
0115 987 5218**

Making your dream kitchen a reality



**Current offer
half price fitting
plus FREE Bosch
dishwasher**

tulip KITCHENS

Call us on 01623 651001

Outstanding bespoke kitchens & bedrooms

We provide a highly personalised service which means we can help you find your own dream kitchen, every kitchen we sell is made by hand and to order, in store, from a wide range of hardwoods visit our showroom in Mansfield Woodhouse or online at www.tulipkitchens.co.uk

HOLDING A LOCAL EVENT?

CALL 01159 314380

Local champion and Bilsthorpe Flying High Academy unite

Bilsthorpe Flying High Academy has taken receipt of a defibrillator thanks to the efforts of some school fundraising, local residents and businesses, all galvanised by a local champion, Keeley Ward.

Keeley Ward is an unusually busy person. A resident of Bilsthorpe and mum of an energetic 2-year-old, she works full time, is the Chair of Bilsthorpe's Branch of the Royal British Legion and is the Unit Manager for St John Badger's. In June last year she added to her schedule the wish to raise enough money to buy four defibrillators for the community's use, costing a whopping £8,000. By November Keeley had reached her goal thanks to the help of local residents, businesses and grants from charitable and commercial organisations.

Now Bilsthorpe has defibrillators installed at Bilsthorpe Miners Welfare and the Methodist Church, Kirklington Road in the old village, and as of this week, a new unit was delivered to Bilsthorpe Flying High Academy. Keeley said, "Now Bilsthorpe will have four defibrillators, including the one based at the school. Local residents helped to raise the money and the school did their own fundraising to help and also received



some funds from The British Heart Foundation." Contributors to the overall fundraising included The Flying High Trust, Tesco Groundworks/ One Stop, Hucknall Round Table, Oakwood Fuels, British Heart Foundation, Centre Parcs, Strawsons, and Edwinstowe and Dukeries Lions Club.

Keeley says that no training is necessary for the devices as they issue their own instructions, though staff at the school have undergone training as part of their First Aid instruction and training will become available for anyone interested from the community.

Head Teacher at Bilsthorpe Flying High Academy, Mrs Anne Ingle said that the school were delighted to contribute. "This is such an important advance for the community and as a school we were eager to play a part. Bilsthorpe is a fantastic community which deserves the very best and with the availability of this life saving equipment the community can take care of each other in a crisis."

Photograph: Left to right is Anne Ingle (Head Teacher) Oliver Mornington, Cerys Racher, Keeley Ward and Amy Collins.

Student-led photography exhibition raises £3,500

The Stories of the Streets photography exhibition, which shared images of homelessness from the perspective of those experiencing it first-hand, has raised £3,500 through product sales and cash donations to support homeless people. The exhibition, which was held at the intu Broadmarsh Shopping Centre between Friday 17 November and Sunday 24 December 2017, attracted thousands of visitors, many of whom also donated vital products like warm clothing and toiletries.

With the help of local homeless centres Emmanuel House and Canaan Trust, volunteers from the homeless community were provided with a personal

disposable camera, enabling them to share their stories with others. All proceeds will be split between the artists through a pay-it-forward scheme, such as secure accommodation or meals for the individual, and re-invested back into the social enterprise to support more people and exhibitions across the UK, with the next exhibition set to take place in Manchester.



Operations Director of Stories of the Streets Alex says: "We're over the moon and humbled by the response Stories has

received in Nottingham. The sales from the photos and calendars have greatly exceeded original expectations; a testa-

ment to the talents of the photographers that took part. Now onto Stories of the Streets, Manchester."

ETHERSOFT IS MAKING HISTORY IN CHESTERFIELD

Have you ever wondered what Bitcoin Mining looks like?

Come and watch Bitcoins being mined - in real-time in our Chesterfield office Ethersoft is located in the centre of Chesterfield across from the Portland Hotel, we are offering the public the first chance to come and see a Bitcoin Mining operation in action.

WHY INVEST IN BITCOIN?

FREE Tours are available from Monday to Thursday
10am until 7pm and Friday from 10am until 3pm

FEELING LUCKY?

Enter our "Weekly Bitcoin Raffle" and you could win £100 worth of Bitcoin. (Entrants must be 18 or over)
Winners will be announced in the next edition!
Come and see history being made!
Ethersoft - Your full service Cryptocurrency Provider

STOP AND COMPARE

ISA

£10,000 at 2%
OVER 5 YEARS

| | |
|------|-------|
| 2017 | £200 |
| 2018 | £404 |
| 2019 | £612 |
| 2020 | £824 |
| 2021 | £1040 |

VS

BITCOIN

£10,000 INVESTMENT
OVER 5 YEARS

| | |
|------|--------|
| 2017 | £4500 |
| 2018 | £10400 |
| 2019 | £17600 |
| 2020 | £26200 |
| 2021 | £31200 |



ethersoft

3rd Floor Front, West Bars House,
West Bars, Chesterfield. S40 1AQ

Telephone: 0800 1700 121

E-mail: info@ether-soft.co.uk

Website: www.ether-soft.co.uk

HOLDING A LOCAL EVENT?

CALL 01159 314380

Nottinghamshire
Wildlife Trust



GET WILD

Explore and
discover Nature



© A. Johnson

WILD opportunities for children, young people and families throughout the year

Find out more and get involved...

Full activity details, dates
and prices visit our website:

www.nottinghamshirewildlife.org.uk/events

email: getwild@nottswt.co.uk

or call: **0115 9588242**



@Nottswildlife



Nottinghamshire
Wildlife Trust



nottinghamshire
wildlife

Tree-mendous service raises thousands for local hospice



Volunteers from Ward Recycling and Costain Galliford Try supporting the Treecycling Scheme

Over £5,650 has been raised for local adult hospice Treetops in a scheme to collect and recycle old Christmas trees.

Over 400 trees are being collected from across Derbyshire and Nottinghamshire in the Treetops Treecycling scheme. Collections are made in return for a donation towards the hospice which provides nursing care and emotional support for adults and their families.

The scheme is growing in popularity as Mary Rose, senior community and events fundraiser explained:

"This is the third year of Treecycling and every year the number of trees collected - and the donations we receive - goes up.

"This year we've been able to expand the postcode areas where we're collecting trees from as we've had amazing support from Ward Recycling.

"We want to say a huge thanks to everyone who's been involved. We're looking forward to building the Treecycling service up to be even bigger and more successful next year!"

Kevin Deller, national business development manager for Ward said:

"It has been fantastic working together on the Christmas Treecycling scheme this year with Treetops. Ward Recycling is proud to have been able to support raising much needed funds, while encouraging people to recycle."

Treetops Hospice Care services include Support and Information, a Day Care Unit, Hospice at Home nurses and Therapeutic Services including counselling, art therapy and complementary therapy.

Forever Stars Chosen By Shoppers as Intu Charity of the Year 2018

A local charity that funds bereavement suites for parents of stillborn babies has been selected as charity of the year 2018 for the two intu centres in Nottingham. Intu made the exciting announcement that Forever Stars has been selected by the public to receive all of the penny-wishes donated into the Emmet Clock at intu Victoria Centre on 12 January.

Intu's general manager for intu Victoria

Centre and intu Broadmarsh, Nigel Wheatley, was joined by Forever Stars founders Richard and Michelle Daniels, who were inspired to set up the charity when their daughter Emily was stillborn in 2013.

Beeston-based charity Forever Stars funds support services for those affected by neonatal baby loss. In 2016 it set up the Serenity Suite at the Queen's

Medical Centre in Nottingham and in December 2017, it opened another at the City Hospital. The suites provide a permanent facility to cater for parents whose children are stillborn.

The exciting announcement follows a public vote on intu Victoria Centre's Facebook page. In total, 685 people voted for Forever Stars to become intu's charity of the year 2018.

NOW OPEN

UNDER NEW MANAGEMENT
(previous owners of Beauvale Chippy)

Opening Times - Mon to Sat 11:30 am to 2pm & 4pm to 9pm

Traditional Fish & Chip menu, Kebabs, burgers etc

20 Robin Hood Drive
Hucknall NG156HU
01159631730
the-fryary3.webnode.com
www.facebook.com/pages/The-Fryary

£2 OFF

with orders over £2.00
with this voucher

Blue lights behind you? Don't panic!

EMAS is asking motorists to be vigilant in looking out for blue lights after ambulance crews were involved in 90 road traffic collisions in eight months which were not their fault.

Between April and November, 90 non-fault insurance claims were made by EMAS.

We are now asking drivers to remember to look out for flashing blue lights and listen out for sirens, particularly at junctions, and not to panic when they do see them.

Steve Farnsworth, General Manager of Fleet, said: "Our vehicles drive millions of miles each year, much of the time faster than normal, so having some incidents when driving is inevitable.

"However, we are asking motorists sharing the roads with our ambulance crews to be vigilant when checking for flashing blue lights at junctions and in their mirrors.

"Each time one of our ambulances is damaged or involved in a collision, it cannot be used to respond to patients experiencing an emergency. By double checking for blue lights, you can help to reduce the number of collisions."

What to do if you see flashing blue lights coming through:

- Don't brake suddenly, stay calm and give yourself time to plan your next move
- Look for somewhere to pull over and stop if it is safe
- If there is nowhere to safely pull over continue to travel at normal road speed - the driver of the ambulance will look for a safe place to overtake you.
- Be aware that there may be more than one emergency vehicle coming through so listen out for sirens and check around you for more blue flashing lights before moving off.
- Do not try to out-run the emergency vehicle



Linda Lancashire

07764 466381

01773 762675

E: contact@lindalancashire.co.uk

www.lindalancashire.co.uk



Aries

You will find yourself questioning the state of your life and why you have found yourself in your current situation and what you can do about changing it. It's time to start reclaiming all your power from those who helped themselves to your precious energy. You are starting to find yourself after what has been one very long journey so far, but take heart, because the best is still yet to come. A last minute change of plan could lead to a fateful meeting with someone you will form a strong alliance with.



Taurus

For some time you have found yourself in a quandary as to which direction to go in next, but now all this is about to change as you begin making plans to start afresh by closing the door on the past and sowing seeds to return to that dark place again. The positive force of the universe is working in your favour as you will be given all the pointers towards some fantastic opportunities that don't normally come your way. Let go of past romantic hurts because all you can do is learn from your mistakes and do things differently next time.



Gemini

You may decide to settle yourself down with a soul mate because you are fed up of feeling up in the air and without any real stability. Pay attention to details at work, especially before signing any legal documentation. A business meeting will go amazingly well leaving you excited and uplifted about your long term future prospects. Take every opportunity to travel and explore the world. You may even seriously consider acquiring some holiday property or a buy to let investment closer to home. Now is your time to start making some serious plans to ensure a secure long term future.



Cancer

There is something deep in your heart and mind you are struggling emotionally with that you cannot seem to get to the bottom of nor put your finger on exactly what it is that is causing you to feel disturbed. Perhaps you are now realising just where you have gone wrong in the past and now resolve in your mind to making the dramatic changes to your life that are absolutely necessary to both your mental, physical and spiritual well being. You want to put your life in order and only one person can do this and that is you.



Leo

It's time you stopped doing all the giving to people who are only too happy to do all the taking. Start immediately by learning to say no to situations you know are bad for you because you know how much they affect your health and well being afterwards. The stars are looking promising where finances are concerned as you could receive some unexpected money or a payout that is back dated. Legal dealings could take up much of your time, but there is a respite in store with outings and meetings with close friends and loved ones.



Virgo

Unexpected money is winging its way into your coffers and so is a new romance if you are up for a little bit of excitement. Someone most interesting upon initial meeting will intrigue you to the point where you are determined to learn more about them. A house move will at long last take place offering you the opportunity to settle down and put down roots. Book that long overdue holiday and give yourself something to look forward to as it will do you the world of good to relax and enjoy a change of scenery.



Libra

Nothing that life throws at you next will ever be as bad or difficult to deal with as the experiences you have already lived through. This is why you are feeling more calm and relaxed about your long term prospects. Even though you are under a lot of pressure from a number of people and situations, you have made up your mind to go forwards and leave the past behind, where it belongs. Even if you are single and not in a relationship, does it really matter that much? As long as you are happy in your own space, you then you have nothing to worry about.



Scorpio

This week, focus on all the positives rather than the negatives and do not allow anyone to put you off working on a project which is very close to your heart. There is a good chance that something you have been hesitating about will finally materialise, putting you in an excellent mood as you discover your persuasive skills are working. Someone will ask you for your assistance in a matter they are uncertain about and to a degree, out of their depth. This is where you come in, as a trouble shooter and a softer outer. Major concerns over the health of a loved one may grow and frustration and worry will be unavoidable.



Sagittarius

Because you have recently severed all ties with numerous situations and people who have been gnawing at your better nature, taking your foot for granted and assuming that you would always be there at their beck and call, you will begin to feel so much more relaxed, free and in a stronger position to focus on creating a much happier and fulfilling life for yourself. A budding new romance will soon commence that will put you on cloud nine and make you realise that it's time to have some fun and enjoyment instead of always feeling alone, left on the shelf and fed up.



Capricorn

Perhaps it's time to address your personal or professional issues a little more realistically and instead of pointing the finger of blame at others, take a long hard look at your own contribution to a recent break down of communication. An old flame who is still holds a torch for you may offer you sanctuary and refuge because they will always forgive you, no matter what. Family matters reach a head because of a number of developments beyond your control. A job interview will go surprisingly well and this will give you a ray of hope that there is change on the horizon that will actually benefit you in every way you desire.



Aquarius

Excitement will be in the air because you are now feeling a lot more hopeful about your long term prospects both in your working and personal life. Someone you have recently become acquainted with is proving to be a most interesting and fascinating person to speak and be with, just when you had almost given up all hope of ever meeting anyone who would be on your wavelength. A long standing financial worry will finally come to an end and this will give you more disposable income to play around with. Plan a holiday and take a break. You have just come through a long hard slog and it's time to have some fun.



Pisces

Some challenging situations will present themselves that at first glance look incredibly challenging and not at all easy. But if you stand back and look at them more deeply, you can see a complicated and difficult situation to work to your advantage, you just have to be patient and start believing in yourself more. You may enter a new romantic scenario that proves exciting, passionate and full of intrigue. You are quite correct to keep your personal life out of the way of work colleagues because you know only too well who the gossipers are. Something extraordinarily wonderful is about to happen that will turn your whole life around.

Experts in Solid Fuels

As one of the UK's leading suppliers of solid fuels, Fernwood Fuels Limited have over 30 years of experience in the industry, having supplied competitively priced and top quality solid fuels for both domestic and industrial purposes since 1983.

Establishing lasting relationships with producers and suppliers from all over the world means the team at Fernwood Fuels (part of the Fernwood Group Limited) are able to bring their customers the highest quality solid fuels on the market for a product they can rely on.

The company have all the equipment needed to process tonnes of coal and other solid fuels to supply on an industrial scale and, when it comes to any domestic customers, a 'cash-and-carry' service is available at their depot in Watnall where customers can find everything for their at-home fuel needs.

But aside from their unparalleled expertise and quality of service, the customer remains at the very heart of day to day life at Fernwood Fuels Limited and is the driving force behind everything the company does.

Keep up to date on all the products and special offers and find out more information online at www.fernwood.co.uk or call 0115 938 9378. The Coal Site, Main Road, Watnall, NG16 1HA



A Ray of Hope for People with AMD

Age-related macular degeneration (AMD) is a painless eye condition that causes you to lose central vision, usually in both eyes. AMD currently affects more than 600,000 people in the UK and is the leading cause of vision loss. By 2020, it's predicted almost 700,000 people will have late-stage AMD in the UK leaving them legally blind.

The condition is most common in people over the age of 50. It's estimated 1 in every 10 people over 65 have some degree of AMD. It is almost an inevitable part of the ageing process. Central vision is what you see when

you focus straight ahead. In AMD, this vision becomes increasingly blurred, which means: •reading becomes difficult •colours appear less vibrant •people's faces are difficult to recognise This sight loss usually happens gradually over time, although it can sometimes be rapid.

Sadly there is little that can be done to arrest the progression of the AMD and the vision goes steadily down. There is some evidence that multivitamins can help slow down the rate of visual loss. Eventually some people are left with a scar at the back of the eye which detects

no light and therefore the central vision is simply non-existent resulting in a significant reduction in quality of life.

People with AMD often have a co-existent cataract and they often undergo cataract surgery in the hope of improving their vision.

In normal cataract surgery we put a lens (an intraocular lens or IOL) into the eye that is designed to focus light accurately onto the centre of the macula. If this area of retina is already damaged then we are simply focussing all the light energy on an area of retina which will never detect it. Vision is often no better and actually

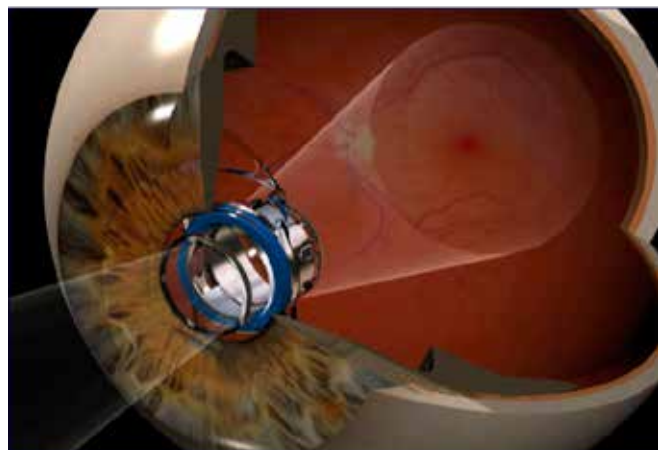
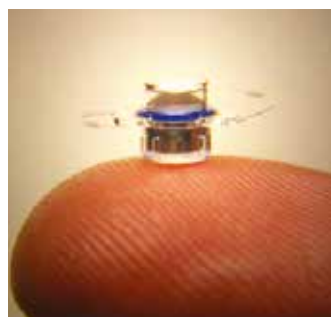
could worsen.

New developments have given some hope for patients with AMD who are desperate for some restoration of sight. Lenses that act as telescopes and the new EyeMax lenses are available. In patients with AMD the EyeMax lens aims to better the vision of an ordinary monofocal lens but also offer protection against deterioration over the preceding decades.

There are also newly developed lenses which can be implanted even if previous cataract surgery has been undertaken. Some new lenses improve vision by

causing a magnification effect. Rather than focussing the light on the scar at the back of the eye they magnify the image up to bridge over the scar and use areas of retina that still work. The EyeMax uses wavefront technology to spread the incoming image over the whole macula rather than a small portion therefore bridging over areas of affected macula. The latter lens can also future proof vision as if a small portion of the macula worsens the rest can compensate and preserve functional vision.

Amar Alwitary
Consultant Ophthalmologist



Cycling for Everyone

If you're planning to get out and about in Lincolnshire or improve your health and fitness over the coming months, why not try an e-bike and take advantage of some of the traffic-free cycle routes available throughout the area.

Pedal Electric Cycles, the area's only e-bike specialist, provides a range of facilities including new and used e-bike sales, hire from just £10, Cycle to Work schemes, free e-bike demos, servicing and even electric bike conversions.

Customers will also find a selection of quality accessories, specifically chosen to make your cycling trips more fun, safer and accessible throughout the cooler months, including warm reflective clothing, helmets, lights and luggage.

A winter health check is vital, as everyone from the keen cyclist to beginners should ensure that they are looking after their bikes over the winter months. A friendly team of experts is on-hand to offer advice to help you get the best out of your bike, as you explore the beautiful surroundings that Lincolnshire has to offer.

The demand for e-bikes across Europe continues to grow and there is now an e-bike to suit every rider, whether you prefer to amble along the country lanes, keep up with your friends in the local cycle group or hit the rough stuff at a trail centre or in The Wolds.



For friendly advice on the best cycle routes, the latest e-bikes and the most effective equipment at this time of year, contact the experts on 01522 255760, www.pedalelectriccycles.com or visit them in Navenby.

Looking for a fantastic forever home in Colwick?

2018 is set to be a fantastic year for Truelove Property & Construction, as well as celebrating 50 years in business, the firm has also recently revealed its incredible homes in Colwick.

The developer recently unveiled 16 new four-bedroom homes at Daleside Place, off Daleside Road in the village of Colwick which offer luxurious family living on the outskirts of the city.

Just a ten-minute drive from the centre of Nottingham and within easy reach of the A46 and M1, the homes come in five distinct styles: Appleby,

Carrington, Epworth, Ferriby and Haddington.

Director Barrie Truelove said: "Colwick is a great place to live. Located on the banks of the River Trent, it offers that sought-after balance of village life and a short commute into the bustling city of Nottingham."

"To find out more about the Government's 'Help To Buy' scheme, why

not come and chat to us at the Help to Buy Nottinghamshire event on Saturday 10th February at Nottingham Conference Centre? Pick up some brochures on the day and then come and see us at Colwick at an open day on Sunday 11th to learn more."

"Those visiting will be able to look around the show home at Daleside Place but will also be able to see the development as it stands. We're really proud of the

homes and hope those seeking a place to call home do too!"

To find out more about Truelove Property & Construction, visit www.trueloveproperty.co.uk



care

All Ears
Hearing

A Sound Solution

- Free Home visits
- Free Hearing tests
- The latest *invisible* hearing technology
- Professional wax removal
- Full service at sensible prices
- Payment options
- Refitting service for existing hearing aids
- Suppliers of custom made noise protection
- Hear TV better without hearing aids

Discover a solution as
individual as you are...

FREEPHONE

0800 999 3277

e: all earshearing@outlook.com | www.all earshearing.co.uk

Bespoke Hearing Care Services



Mr David Bevan
RHAD, MSHAA
Celebrating 21 years in
the Hearing Care Profession,
the East Midlands and
surrounding areas

**10%
DISCOUNT
with this
advert**



Professional Hearing

There is still a stigma about hearing aids. Some people they are all still ugly, expensive or do not work. All that has changed.

A correctly prescribed and fitted hearing system will deliver all the information that an unimpaired ear would receive. It is the skill of the Hearing Professional that makes the difference. An independent Hearing Care company can prescribe the best solution, and deliver the back up and care that allows the patient and hearing system to work together to deliver the best possible results.

Our Hearing aids won't whistle uncontrollably and can come in all sorts of shapes and sizes to suit your dexterity and cosmetic needs.



Personal Care and Free Home Visits

At All Ears Hearing, as the name would suggest, we are passionate about helping everyone. We know that people are nervous about getting help with their hearing. We know that in many cases you, or you loved one won't want to 'feel old' by admitting that they may need hearing aids. We know that how we treat the hard of hearing makes all the difference. Being cared for in the comfort and sounds of your own home is a key feature of our service.

Every Hearing Aid Dispenser must be qualified to be able to prescribe hearing aids, but how long have they been qualified? Do they have the depth of experience to cater for your needs?

With experience comes the ability to relax and really look after the patient and what is important

to them.

"I treat my patients like they are a member of my family." Says David.

Hear Better in Background Noise

We have a wide range of technologies to suit all pockets, and David will spend the time with you to find the right product at the right price to suit you.

The best hearing system is not necessarily the most expensive

Once we have prescribed and fitted your hearing system, our thorough and tailored rehabilitation program developed successfully and perfected over the last 21 years, will help you acclimatise to the sounds around you - bringing back enjoyment to your life - whether you are the one who keeps saying "pardon", or the one who has to repeat themselves dozens of times a day!

Experience Matters

Why take the risk with an anonymous Dispenser from a national company when you can rely on someone with over 21 years in the profession. Someone who has been caring for the hard of hearing since before the advent of digital hearing aids. Someone who has been at the forefront of delivering the latest technology to the hard of hearing.

**21
years**

Freephone 0800 999 3277 for a free consultation appointment

Funeral Services

A professional service from people who care

5% dividend*: we provide a funeral dividend to help members during the difficult time of bereavement.

Our Funeral Plan: offers unrivalled peace of mind and protection against the rising cost of funerals.

Roseleigh House, Beacon Hill Road,
Newark, NG24 1NT

T: 01636 703 808

*Applies to our funeral director charges.



Council praise as rail services return to near normal following station fire

East Midlands Trains and Network Rail have been praised by Nottingham City Council for getting Nottingham station back up and running so quickly after the fire on Friday 12 January.

All but two of the platforms were reopened early on Saturday morning (13 January), with all platforms in operation later in the day.

Councillor Sally Longford, the City Council's Portfolio Holder for Local Transport, said: 'It's such good news that services are now getting back to normal after the fire on Friday.'

'East Midlands Trains and Network Rail have done a fantastic job and I'm sure everyone in the city would want to thank their staff for the huge efforts they have made over the last couple of days.'

'It was a major fire but its impact could have been much worse but for the efforts of the fire service, police and community protection as well as the Council's traffic management team in keeping Nottingham moving.' The lifts on platforms 1, 3, 5 and 6 are now in service, temporary station toilet facilities have been arranged and the station car park is open. Three of the four entrances into the station – Carrington Street, Queen's Road, and Station Street – are also open, along with both overbridges.

Although near full train services are being restored, passengers are advised to check before travel. Full travel information and guidance for passengers is available on the East Midlands Trains website at www.east-midlandstrains.co.uk.

Mum praises 'incredible' critical care staff



A mum, whose three week old son was admitted to the Critical Care Unit at Nottingham Children's Hospitals, is

him! The nurses were absolutely brilliant and made us feel completely at ease after such a traumatic experience."

Zak, was initially admitted to Chesterfield Royal Hospital NHS Foundation Trust, with a cough cold like symptoms, and had reduced feeds. He then required an intensive care bed and was transferred to the Paediatric Critical Care Unit at Nottingham Children's Hospital for suspected Bronchiolitis.

Zak has since been transferred back to Chesterfield Hospital after no longer requiring intensive care treatment.

Georgia wrote to staff to thank them, she said: "Your nurses are absolutely incredible. Everyone who we came into contact with was so lovely and reassuring! They made my whole family feel at ease and made the horrific experience bearable. The little touches like making bunting and letting me help wash him or just being there and answering all my questions even when I'd asked them 100 times!"

full of praise for the staff that looked after him.

Georgia, Barrington- Evans, mum of three- week- old Zak, was admitted to the Paediatric Critical Care Unit (PCCU) during the early part of January, after showing symptoms of Bronchiolitis.

Georgia said: "My baby spent four days on this (PCCU) ward and I just want to say a huge thank you to the lovely staff that looked after

"I can't thank the staff enough. A massive thanks to all your doctors and everyone else who helped with Zak too! You've made my baby better and I can't thank you all enough. Thank you so much! Hopefully we won't have to come to you again but if we do I know we will get the best care!! It's brilliant to be home back as a family again!"



Can you give a little time to make a big difference?

We have a variety of flexible Volunteering opportunities available in the Nottingham area.

Help us to change a life,
**Call Nottingham Guide Dogs
on 0345 143 0221**

Registered charity in England and Wales (209617)
and Scotland (SC038979). 9602 11/17

PQSA SERVICES

Independent
Computer
Consultant



Available for 'House-Calls'
at reasonable rates



With more than 25 years experience in IT Support Services, Jonathan is able to tackle any type of issue with your computer and its peripherals.



Whether it's advice and help purchasing a new computer or peripherals, software or hardware upgrades and installation, repairs, or one-to-one instruction, Jonathan is ready to help!

For more information or to book a call-out call
07780 878 550 or visit www.pqsa.co.uk

HOLDING A LOCAL EVENT?

CALL 01159 314380

**HUGE RANGE OF AIR GUNS,
SHOTGUNS & RIMFIRE/
CENTREFIRE RIFLES
AVAILABLE IN STORE**



**17TH
YEAR IN
TRADING**



PCP RIFLES



SHOTGUNS
VARIOUS SHOTGUNS
AVAILABLE



AIRGUNS
LARGE RANGE OF
SPRING POWERED
RIFLES



RIFLES
VARIOUS RIMFIRE/
CENTREFIRE RIFLES
AVAILABLE



RIFLES SCOPES
LARGE RANGE OF
VARIOUS BRANDS
OF SCOPES



**BB
GUNS**



**TARGET PISTOLS
AVAILABLE**



**LARGE
RANGE OF
AIR PISTOLS**



ACCESSORIES
WHOLE RANGE
OF ACCESSORIES
IN STOCK

Solware are a licensed registered firearms dealer
- proof and/or licence required to purchase

SOLWARETM
Feel free to visit our shop

f SALES HOTLINE: 01827 215222

Mon - Fri. 9.00am - 5.30pm Sat 9.00am - 3.30pm

Email: sales@solware.co.uk www.solware.co.uk

Unit 1, Tame Valley Business Centre, Tamworth. B77 5BY

Instant Finance Available DEKO

ON TARGET



A well-respected, widely practised and highly skilful sport, shooting is a fun and unique way to master a whole collection of skills. From patience and precision to speed, shooting is an exhilarating sport, guaranteed to deliver hours of pleasure.

Whether it is clay, grouse or pheasant shooting, here is what you need to know about getting into the sport from your shotgun certificate to exploring shooting etiquette:

Learn the basics

Whether you feel more confident in a designated shooting area or have private land where you can practise, it is recommended that you have lessons with a trained instructor to learn the legal safety

requirements before being able to shoot alone.

Get your shotgun certificate

Each year more people are taking up shooting as a sport or hobby in the UK, meaning more shotgun and firearms certificates are being issued. You receive a certificate following some important education and training on the legal requirements of safe shooting.

Clay pigeon shooting

You do not need a shotgun certificate in order to shoot clays if you are at an approved clay ground, shooting range, game fair or country show.

With clay shooting you should always have lessons from a professional shooting instructor first, in order to adopt the correct

technique. The Clay Pigeon Shooting Association has a list of grounds across the UK to find the most convenient location for you.

Pheasant and Grouse shooting

For something a bit different, why not look into pheasant or grouse shooting for an exciting and stimulating activity which puts your skills to practise.

Check with a professional for all the rules and regulations on borrowing a gun, shooting on private land and knowing how to properly identify each bird, in order to ensure your hunting experience is safe and enjoyable.

Kibworth Shooting Ground and Gun Shop

Leicestershire's premier shooting facility



**10% OFF ALL LESSONS
WHEN YOU QUOTE 'NOTTS1'**

LESSONS FROM £20
GIFT VOUCHERS
CORPORATE DAYS
CAFÉ

FULLY STOCKED GUN SHOP

**TUESDAY - SUNDAY
TEL: 0116 279 6001**

EMAIL: info@kibworthshootingground.co.uk

Centre announces five more years of osteoarthritis research funding

The Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis has been awarded a further £2m from Arthritis Research UK to continue its research into improving the understanding of the effects of sport and exercise on joint health and osteoarthritis.

First established in 2013, the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis is led by Nottingham University Hospitals NHS Trust and continues as a consortium of six universities: Nottingham, Oxford, Southampton, Bath, Loughborough and Leeds.

The Centre consists of an established group of world-leading researchers in sport and exercise

medicine, orthopaedics, rheumatology, skeletal muscle biology, physiotherapy, podiatry, occupational therapy, epidemiology and physiology.

The first five years of Centre funding (2013-17) focused primarily on research with elite sports including Olympic athletes, professional footballers, cricketers and rugby players.

The next five years' research (2018-22) will build upon existing research findings to answer the following questions in recreational athletes and exercisers:

- Can we identify risk factors and phenotypes ('bodytypes') that predict the onset and progression of symptomatic OA in athletes

and exercisers? (Prevent)

- What is the effectiveness of conservative interventions for the prevention and management of OA to enable lifelong physical activity? (Care)

- How can we identify the effects of sport and exercise on the quality of life for those at risk of, or currently living with OA: physical, psychological and social wellbeing? (Transform)

The Centre will continue to work with sports representatives, patients, the public and carers, to answer these questions.

Professor Mark Batt, Director of the Arthritis Research UK Centre, says the new research aims to improve the health and quality of life

of people living with or at risk of developing osteoarthritis: "Having learned a great deal about the impact of sport, exercise on joint and muscle health by working with athletes over the last five years, this funding will enable us to answer fundamental questions about preventing, treating and transforming the lives of people with osteoarthritis."

"The Centre has established expert teams from a wide range of disciplines who have collaborated nationally and internationally to improve our understanding of the effects of exercise and injury on musculoskeletal health, including osteoarthritis. Now we will be able to continue to expand our knowl-

edge and develop the next generation of researchers in these fields, working directly with patients, communities and sports people." Osteoarthritis is the most common form of arthritis and is estimated to affect over 8 million people in the UK. It is a long-term condition that can affect any joint but is most frequently seen in the small joints of the hands, the spine, hips and knees. It causes pain, stiffness and swelling in the joints, which can in turn lead to a lack of mobility and the ability to carry out day-to-day activities. Ten per cent of the world's population aged 60 years and older is estimated to have symptoms of osteoarthritis, but little has been known about the trig-

gers which lead to its development or how it could be prevented.

Natalie Carter, Head of Research Liaison & Evaluation at Arthritis Research UK, said: "Through working with elite footballers, cricketers and rugby players, the centre has already significantly increased our understanding about the potential long-term impact of sport on the joints."

"Over the next five years, we hope this research will also help us to pinpoint links and uncover risk factors for osteoarthritis in the wider population, which could in turn lead to innovative ways to treat or prevent the condition, and improve the quality of life for people living with osteoarthritis."

Bruton Knowles Awarded Multi-Million Government Contract

Bruton Knowles has been appointed onto several regional panels of a national government framework with a contract value of up to £430 million. The Estates Professional Services Framework Agreement contract has been awarded by the Crown Commercial Services. Bruton Knowles was successful in securing three lots from eight regional panels with an estimated value of £88 million.

The aim of the framework is to streamline the procurement for estates-related matters for all government organisations including local authorities, NHS organisations and civic bodies, helping to reduce costs for the public purse.

Now the Nottingham-based team are working with the College of Policing and British Transport Police to assist with disposals and lease renewals. James Bailey, managing partner for Bruton Knowles said: "We're really proud to have been recognised nationally for our specialist expertise in the public sector which has helped us to secure such a high-value contract."

"The framework helps identify savings opportunities and reduce costs for central government and the wider public sector by using property experts, like us, who understand the nuances of public sector property portfolios and their local market context."

"We will be delivering acquisitions and disposal support, surveying, valuation and other estate-related services across the East and West Midlands, South Wales, South West England and North East England and have already started work on new jobs in Durham and Doncaster."

"We were selected over other competitors thanks to our experience on former national frameworks of a similar scale and scope. Winning this four-year contract is testament to the hard work of our teams which operate across our 13 regional offices."

The property consultant has 13 offices across the UK and helps property owners, occupiers, developers and investors to achieve more from their land and property.

GEORGE EGG, DIY CHEF

New material, new methods and a whole new menu from the comedian who brought you 'George Egg: Anarchist Cook'

George Egg is a stand-up comedian who cooks food, surprisingly good food, live on stage using unconventional methods and unexpected equipment. He makes you laugh too. In **GEORGE EGG: DIY CHEF** a health scare sees George banished from the family kitchen, but relocated to the garden shed, his imagination and resourcefulness lead him to build an improvised kitchen there instead. During an inspiring and inventive evening of stand-up, live cooking and comedy lecture George prepares a breakfast, a lunch and a dinner using, amongst other things, a wallpaper stripper, a heat gun, a paper shredder and a whole host of other power tools, office equipment, hair-dressing appliances and gardening implements. And the audience get to eat the food at the end.

"The wonderfully talented George Egg is genuinely unique" - The Independent

George Egg: DIY Chef was a Total Sell Out at the 2017 Edinburgh Fringe Festival and Brighton Fringe Festival 2017 where it enjoyed a glut of 5 and 4 star rave reviews.

His last show, and his Edinburgh debut in 2015 (George Egg: Anarchist Cook) was also a total sell out. It won him the Spirit of the Fringe Award and he toured the show extensively on a 60 plus date tour throughout the UK as well as abroad at festivals in New Zealand, Estonia, Norway and Holland. Sell out runs at the Soho Theatre and numerous festivals, arts centres and theatres lead to appearances cooking on BBC Radio 4's 'Loose Ends' and Radio 4 Extra's 'The Comedy Club'.

As a professional and sought-after comedian for the last two decades, George has performed internationally taking his absurd brand of far-reaching humour to Germany, Switzerland, Holland, Belgium, Spain, Austria, France, Norway, New Zealand, Hong Kong and even India, both on stage and on the television. He has also been the support act for Lee Mack, Micky Flanagan

and Jack Dee.

"Trust us, you won't believe how good the food is" - The Scotsman

SHOW INFO:

Venue: Lakeside Arts Centre, Nottingham

Dates: Saturday 3rd February 2018

Time: 19:30

Ticket Price: £15 (£13)

Visit <https://www.lakesidearts.org.uk> to book tickets.



www.faithinfamilies.org



Find out more about adoption at one of our information evenings every

First Thursday of the month

6.00pm to 7.30pm

7 Colwick Road, West Bridgford, NG2 5FR



enquiries@faithinfamilies.org

0115 9558811

FaithinFamiliesNot

@FifNotes



New Chief Operating Officer at Sherwood Forest Hospitals

Simon Barton, a local resident with more than 20 years NHS experience has started his new role as Chief Operating Officer at Sherwood Forest Hospitals.

Simon, who lives in the Newark and Sherwood area, has over two decades worth of NHS experience at a variety of Trusts across London, Liverpool, Nottingham and most recently University Hospitals Leicester NHS Trust where he was Director of Operational Improvement.

Key achievements in his career include a track record of achieving improvements in patient waiting times in Nottingham, whilst delivering improvements in productivity and financial improvement during his time at Leicester – both by engaging staff and patients.

Simon said: "Sherwood Forest is my local Trust and I'm so pleased to be working alongside Sherwood Forest Hospitals colleagues and its partners to improve the health and care system that looks after myself, my friends and family."

Richard Mitchell, Sherwood Forest Hospitals Chief Executive said: "I am confident that in Simon we have found a great addition who will help us focus on providing outstanding care day in, day out for our patients."



£180,000 project to put church at heart of community

St Helen's Church, Trowell, is reopening after a major renovation scheme designed to make it a focal point of the local community.

The improvements have been four years in the planning but were initially driven by a desire to install a modern heating system to keep the church warm in the coldest winter weather.

The scheme grew and the church now also has a newly insulated floor which runs at one level right through to the communion rail, giving full disabled access. Pews have been replaced with chairs, a new glazed oak outer door at the porch has replaced the old iron gate, a new audio/music system has been installed with an induction loop for hearing aid users, and the new video/data projection system is unique in the village for community use.

Phases three and four of the scheme will follow to tackle issues involving power and lighting, the vestry/crèche, some internal stonework, cleaning of the nave walls and the restoration of historical and heritage features.

The whole scheme will cost about £180,000, of

which a significant portion is being raised by the congregation through direct giving and fundraising, with the rest coming from grants, particularly from WREN, a not for profit business that awards grants to community, environmental and heritage projects across the UK.

WREN managing director Peter Cox said: "WREN makes a difference to people's lives by awarding grants to community, environmental and heritage projects. We're delighted to support St Helen's Trowell and their valuable work."

The Rector, the Revd Dr Andy Lord, said: “We are grateful to everyone who has pulled together and given generously to make this happen. Church buildings have never been about serving the past but about enabling current communities to come closer together and closer to God. It is Jesus who draws together the past, present and future in hope and action.”

Church treasurer David Wright said: "Whilst remaining primarily as a place of Christian worship, our renewal project seeks to return the use of the church building to the people, much as it would have been

prior to Victorian times, but fit for use in present day society”.

Events that could now take place in the church, freeing up space in the church hall, include school activities, midweek meetings, the Village Coffee Pot, charity events, youth and children's work, arts and flowers festivals, music and drama events.

A special service, led by the Bishop of Sherwood, the Rt Revd Tony Porter, will be held on January 14 to celebrate the completion of the project's first two phases.

St Helen's can trace its roots back to the early ninth century when Trowell was a tiny Saxon settlement in the kingdom of Mercia, ruled by King Coenwulf. Permission was given for a church, made from wood and wattle, to be built on the site in AD801 at the request of the people. In 1080 when the Normans were still compiling the Domesday Book, the church was reconstructed from local sandstone.

Traces of the ancient building are still clearly visible, especially in the large archway in the south wall of the present chancel.

Sherwood Forest Hospital steps up smoke-free patrols with Ashfield District Council

As we progress into the New Year, Sherwood Forest Hospitals is reminding patients and visitors that all of our sites are smoke free.

A formal agreement between Ashfield District Council and Sherwood Forest Hospitals has now been put in place, which allows Ashfield District Council's Community Protection Officers (CPOs) to fine people if they are seen to be dropping litter, particularly any smoking related litter, at King's Mill Hospital.

CPOs will be regularly patrolling King's Mill Hospital, including the hospital's main entrance. They will be asking people who are smoking to move to outside the grounds of the hospital as well as fining anyone who is seen to be dropping litter.

The Trust actively supports both staff and patients within our care to stop smoking by referring patients to Smokefreelife Nottingham and provid-

ing them with appropriate medication and patches when required. Support is also provided to staff who wish to

quit, as they have access to a free 30 minute assessment to discuss how they can quit smoking.

The Nottinghamshire Smoke-free life mobile clinic also visits King's Mill on Monday's and Friday's each week. The clinic

lem in and around the entrance of our King's Mill Hospital site, which is why we have sought help from Ashfield District Council to patrol the area.

It's really not healthy for our patients, visitors or staff to have to battle through harmful smoke

to enter the building and I would like to remind people that although we are supportive of those who wish to quit, we do take a zero tolerance approach to smoking."

them that the grounds of the Hospital are smoke free and ensure that any litter is appropriately discarded. Ashfield District Council wants to help people to live in a Safe, Clean and Green environment that residents are proud of and all necessary action will be taken moving forward.”



provides leaflets, which include tips and advice about how to quit along with details of support groups and advice.

Chief Executive, Richard Mitchell said: "The New Year is an ideal time for us to encourage patients, staff and visitors to quit smoking and remind them that we are a smoke-free Trust that provides support for people to stop smoking. I am really keen for us to become truly smoke-free. Smoking is a particular prob-

Cllr Nicolle Ndiweni, Portfolio holder for Stronger and Safer Communities says: "The Council has been contracted to carry out work for Sherwood Forest Hospitals at the King's Mill site to address the problem of litter associated with cigarettes. Community Protection Officers will speak with patients and visitors to remind

CLASSIC CARS WANTED



Anything Considered Cash Buyer

01652 650291

MBMedSci BM BSc MRCS MRCSed MRCClinPhth FRCDipth
MMedEdlow PgD Cataract and Refractive Surgery
www.mids-eyecare.co.uk

Keen to shorten the wait for your cataract surgery or have your eye condition treated without waits or cancellations?

Satisfied with a standard treatment and lens or keen to explore the options of premium vision with bespoke intra-ocular lenses?

Seeing Private Patients at Circle Nottingham, Nottingham Woodthorpe Hospital, and the New Spire Nottingham.

All Ophthalmology conditions cared for in addition to Cataract and Premium Lens Surgery.

Mr Amar Alwitary
Consultant Ophthalmologist
Mids-Eyecare.co.uk
Eye Surgeon of the Year - East Midlands

As featured on East Midlands Today. Caring for patients with all eye conditions.

All eye surgical procedures carry a level of risk including not obtaining the desired outcome through to varying levels of visual loss. Your eye surgeon will discuss the risks and benefits including ones specific to your circumstances at the time of your preoperative consultation.

One stop, same day consultation and private surgery available at both Circle Nottingham and the Nottingham Woodthorpe
Consulting for all Eye Conditions at Nottingham Circle, Nottingham Woodthorpe and Nottingham Spire Hospitals.

Call: 0115 7722058 / 0115 4422081 for information.

Or call Circle Private Patients on 0115 924 8446 Email: Info@mids-eyecare.co.uk
For appointments call Woodthorpe on 0115 9932015 or Spire on 0115 9377801

Allan the Gardner

- All tree & fencing Work
- Gates supplied & fitted
- Grass & hedges cut
- Full garden tidy • Borders dug

DISCOUNT
FOR
OAP's

**Tel: Allan 0115 822 9489
or 07976 160045**

The advertisement features a large black shovel on the left. Three circular inset images show a wheelbarrow full of mulch, a lawnmower, and a pitchfork. The background is a green field with a yellow diagonal stripe.

Nottingham Leads the Way with Pioneering Service

Nottingham University Hospitals Trust and Macmillan Cancer Support have launched a new specialist team to help improve care for patients with secondary brain tumours across the East Midlands.

The service is the first of its kind in the region and has been funded by Macmillan who have invested £500K of fundraised income as part of the Macmillan Cancer Partnership in Nottinghamshire.

A specialist brain metastases team including doctors, nurses and radiographers will meet weekly, to discuss and assess the needs of a patients referred to this service who have been diagnosed with cancer that has spread to the brain. The team will then provide an individual holistic care plan for these patients. This month, healthcare professionals and commissioners from across the region attended the launch lunch held at City Hospitals, radiotherapy building.

Judy Christian, Oncology Consultant said: "This new service is part of our evolution in caring for our patients with brain metastases. It is a novel, high quality, multi-disciplinary service, delivering patient-centre care closer to home, for patients in the region. The service will provide easy access for patients and easy referrals for our partners across the East Midlands, as they refer patients to the team."

There is currently no service within the East Midlands that is solely dedicated to the needs of patients with Brain Metastases, and around 200 patients are expected to benefit from the input of this new multi-disciplinary team by 2019.

Sue Sanderson, Macmillan Partnership Manager for Nottinghamshire, said: "There has been a huge gap in care for people with brain metastases with no dedicated support anywhere in the East Midlands. It's one of the key ambitions of the Macmillan Cancer Partnership in Nottinghamshire to address these gaps. We're so thrilled to be able to say that people affected by secondary brain tumours will now have access to high quality care closer to home."



ROYAL AIR FORCE
REGULAR & RESERVE

NO ORDINARY JOB

APPRENTICESHIP OPPORTUNITIES

We have more than 20 roles to choose from with RAF delivered apprenticeships rated outstanding by Ofsted, please see details below and on our website.

TECHNICAL AND ENGINEERING

Aircraft Technician (Avionics)
Aircraft Technician (Mechanical)
Weapon Technician
Survival Equipment Specialist
Electrician
Vehicle & Mech Equipment Technician
General Technician Workshop
Comms Intra Specialist
Cyberware Communications Specialist

AIR OPERATIONS SUPPORT

Airspace Systems Operator
Flight Operations Assistant

LOGISTICS

Chief Catering & Hospitality Specialist
Driver
Supply Storage and Distribution Specialist
Motor

PERSONNEL SUPPORT

Human Resources

FORCE PROTECTION

RAF Police
Footplate
RAF Regiment Gunner

COMMUNICATIONS AND INTELLIGENCE

Intelligence Analyst (Linguist)
Photographer

Search RAF Recruitment

0345 605 5555

www.raf.mod.uk/RECRUITMENT



**Armed Forces
Careers Office**

**28-30 Wheeler Gate
Nottingham
NG1 2ND
01159343477**

Self drive horse trailers and horseboxes for hire



Short or long term rentals:

Nugent horse trailer | 3.5t horsebox | 4.5t horsebox
7.5t Oakley Supreme horsebox | Land Rover 110 Defender

Call: 01623 793 991 or 07970 531 533
Email: sales@dawnrood.co.uk



Dawn Rood Ltd
Horsebox & Trailer Hire

See our website for rates and more details: www.dawnrood.co.uk

284 Longdale Lane, Ravenshead, Nottingham, NG15 9AH

*Terms & conditions apply for all hire agreements. Full T&C's can be seen on our website. *Minimal rental period on the Oakley Supreme.

**QUALITY
KITCHEN
FACELIFTS**

**Transform your kitchen
SAVE £££s**

**New Showroom
Opening**
1st February
39 Wollaton Road,
Beeston, NG9 2NG

**Est.
1999**



Before



why replace when
you can reface?

- Huge choice of doors, worktops, appliances, sinks and taps
- Installed by local skilled tradesman
- Trusted reputation

DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Proud members of
Checkatrade.com
Where reputation matters



Call for a Free Estimate:
0115 871 9718
www.dreamdoors.co.uk

IF YOU'VE GOT A STORY

editorial@nottsinfocus.co.uk

Rugby Fun for Kids This February



Nottingham Rugby in The Community's next Kids' Rugby Camp will be taking place at Lady Bay, across the next schools' half-term week, between Monday 19th – Friday 23rd February 2018, with sessions taking place between 9.00am – 3.30pm. The camps are run by qualified rugby coaches and are designed to cater for both boys and girls of all levels of ability and ex-

perience, with the emphasis on both teaching and improving basic skills in a fun-filled and enjoyable way. A tag rugby camp will take place for 5 – 8 year-olds, which will involve safe and fun mini kicking games, a passing and catching clinic, learning basic skills and also trying other sports with a rugby twist.

The contact sessions for the 9 –

12 year-olds will feature competitive, safe and fun games, kicking sessions, a passing and catching through attack clinic, a complete skills clinic and a focus on performance tackling. Each age range will have a lead coach delivering the sessions who will be supported by a selection of other guest coaches, including Not-

tingham Rugby first team players, throughout the week. The camp is priced at £20 per day, per child, or £80 if a child is booked on for all 5 days. Places are limited therefore early booking is recommended. To book, please call the office on 0115 907 0070.

NOTTINGHAM RUGBY
FEBRUARY HALF TERM CAMP
19 FEB - 23 FEB
9AM - 3:30PM
AT LADY BAY
WWW.NOTTINGHAMRUGBY.CO.UK

TAG RUGBY CAMP
5 - 8 YEAR OLDS

CONTACT CAMP
8 - 12 YEAR OLDS

£20 PER DAY
£80 FOR ALL FIVE DAYS

TO BOOK PLEASE CALL 0115 9070070

NOTTINGHAM RUGBY

For more information, please contact charlotte.harris@nottinghamrugby.co.uk



Truelove Property
& Construction Ltd
 - established 1968 -

Truelove Property
Lettings Ltd
 - established 2005 -

NEW

Stunning new development
at Daleside Road, Colwick

Prices start from £250,000 to £320,000

Properties boast four bedrooms,
driveways and garages

Reservations open now

Call 01522 526979 now for viewings

Truelove Property Lettings is an independent
 property management company.

We have more than 10
 years' experience in the
 management of both city
 centre apartments and
 homes in rural locations.

We also have the benefit
 of managing some of the
 buildings in which the
 apartments are located
 and have had experience

of managing larger
 residential blocks which
 give us a head start in
 providing a quality service.

So whether it's a new home
 you're looking for or a new
 tenant, we aim to provide a
 stress free experience for
 both tenant and landlord.

www.trueloveproperty.co.uk

tel. 01522 526979

www.truelovelettings.co.uk

Rady Brings Bags of Enthusiasm and 'Skills' to New Travel Role

An East Midlands travel company has taken on a new continental holiday planner whose enthusiasm and positive attitude will help to evolve the brand.

Rady Racheva, 22, is the new continental holiday planner for Bulwell based Skills Holidays, which specialises in coach holidays in the UK and abroad. She joined the company in October after working as cabin crew for Monarch and previously worked as a travel agent in Bulgaria, where she is originally from. Rady is enjoying the role and spends most of her time planning future continental holidays, or adding new attractions to current trips.

She said: "Our Christmas markets in Austria have always been popular and well organised. However, for the last trip I decided it would be a good idea to add in the Swarovski Crystal Worlds museum, which I think everybody will really enjoy."

"Another really successful trip was a recent one to Catalonia for Christmas and New Year. The passengers were more than happy and we had great feedback. People like it because it's really good

value for money.

In her role Rady is always thinking ahead and has already planned all of the Skills European Christmas trips

the importance of our European programme having an ambassador. Someone who manages the day-to-day organisation and deals with suppliers and business contacts to ensure we are delivering the best possible value for money and tours that excite and appeal to our passengers, plus seeking out new places to see and things to do.

"Rady has European travel experience, new and exciting ideas, enthusiasm and a positive attitude. She has fitted seamlessly into the team."

More can be found at skills.co.uk

to much more complex treatments designed to overcome the effect of the scar tissue resulting from the cancer therapies.

"Everyone's experience and set of symptoms is different and needs a different approach but it is unusual not to be able to make a significant difference," said Dr Andreyev.

John Lindars, Executive Director at BMI The Park Hospital, said: "We are very fortunate to have Dr Andreyev working with us. His expertise is going to be extremely helpful for patients in the East Midlands who have undergone successful treatment for their cancer but who are left with side effects from radiotherapy."

for 2018, and is working on 2019.

She said: "The best thing about the job is that you don't know what's going to happen on any given day. It's always exciting and the day goes so quickly. I feel like I only started yesterday."

Rady is currently organising more mini breaks, aimed at people working full time. "The trips aren't just limited to people who are retired," she added.

Nigel Skill, chairman of the company, said: "We understand



CoachStyle

part of the Skills Group

London Theatre Break Weekends
from £109

Days Out
from only £15

CARDIFF & BRISTOL - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Free time in Cardiff & Bristol

03 Feb

FROM S/SUP £16 **£74.95**

HULL THE DEEP & LINCOLN - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Admission into The Deep

Aquarium + Free time in Lincoln

10 Feb

FROM S/SUP £ **£84.95**

LONDON THEATRE BREAK WEEKEND - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Matinee performance of chosen show + Free time in London

10 Feb | 17 Mar | 24 Mar

FROM S/SUP CALL **£115**

VALENTINE'S AT THE ADELPHI - 3 DAYS

INCLUDES: 2 nts DBB in Hotel + Gift on coach + Free time in Chester & Liverpool

16 Feb

FROM S/SUP £16 **£144.95**

PARIS: THE CITY OF LOVE - 4 DAYS

INCLUDES: Return Channel crossing + 3 nts BB in Hotel + Tour of Paris + Visits to Montmartre & Sacre-Coeur

16 Feb

FROM S/SUP £16 **£199**

LONDON & HARRY POTTER - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Free time in London + Entry to the Warner Brothers Studio

17 Feb | 17 Mar

FROM S/SUP £15 **£119.95**

4-DAY BARGAIN BREAKS: TORQUAY - 4 DAYS

INCLUDES: 3 nts DBB in Hotel + Free time in Torquay + Visits to Exeter

23 Feb | 23 Mar

FROM S/SUP £16 **£99**

WARWICK & STRATFORD-UPON-AVON - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Free time in Warwick & Stratford-Upon-Avon

24 Feb

FROM S/SUP £10 **£69.95**

WINTER WARMER: YORK & WHITBY - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Free time in York & Whitby

24 Feb

FROM S/SUP £9 **£69.95**

FAWLTY TOWERS - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Evening themed entertainment + Free time in Scarborough & Bridlington

10 Mar

FROM S/SUP £15 **£89.95**

ISLE OF WIGHT - 5 DAYS

INCLUDES: 4 nts DBB in Hotel + Free time in Ryde & Sandown + Full day island tour

19 Mar

FROM S/SUP NIL **£209.95**

SCARBOROUGH, WHITBY & BRIDLINGTON - 4 DAYS

INCLUDES: 3 nts DBB in Hotel + Visits to Whitby & Bridlington + Free time in Scarborough

23 Mar

FROM S/SUP NIL **£149.95**

LONDON & GREENWICH - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Free time in London & Greenwich

05 May | 16 Jun

FROM S/SUP £16 **£74.95**

CALL US ON 08456 66 55 44* VISIT US AT WWW.COACHSTYLE.CO.UK

(*Calls cost 3p per minute plus your network provider's standard access charge)

Subject to availability and selected coach holiday only and terms & conditions apply. For tours operated by Skills Holidays, CoachStyle, Skills Days Out visit www.skills.co.uk for full Terms & Conditions. For tours operated by Laver Holidays visit www.laverholidays.co.uk for full Terms & conditions. Prices are per person based on 2 people sharing a twin room and are subject to availability. NIL single room supplements are limited.

THE LITTLE RED GALLERY

www.thelittleredgallery.co.uk

Christmas is coming, so come in from the cold and fall in love with art



Roy Lichtenstein



Ben Jeffery



Andy Warhol



Bob Barker

We are a friendly family run gallery nestled in the beautiful Bailgate, up Steep Hill in Lincoln and in the historic town of Stamford. Now we have an exciting pop up gallery coming to Nottingham! 19-21 Exchange Arcade, NG1 2DD.

art@thelittleredgallery.co.uk stamford@thelittleredgallery.co.uk 01522 589134 01780 762288

'Exceptional' Theatre Boss Announces Retirement

The Managing Director of the Theatre Royal & Royal Concert Hall Nottingham is retiring after nine years in the role.

Robert Sanderson (69) will leave the venue at the end of April 2018, following the completion of the venue's extensive £3.3m Royal Transformation Project. Mr Sanderson said he was "immensely proud to have played my part", but was looking forward to spending more time with his wife Margaret at their home in Suffolk and returning to his arts management consultancy business.

Mr Sanderson, who has led the Theatre Royal & Royal Concert Hall (TRCH) team since joining the venue as an interim Managing Director in January 2009, initially only planned to stay for three months: "When I came here I could see straight away that the venue and

the staff had such great, untapped potential so I said I would take it on full time with a view to transforming the organisation. I'd always wanted to run an original Victorian theatre and an acoustically perfect, modern concert hall, that's absolutely true, and suddenly here it was," he said.

One of the biggest projects overseen by Mr Sanderson has been the Royal Transformation Project, an ambitious programme of improvements jointly funded by Nottingham City Council and the Arts Council England.

Looking back on his time at the The-

atre Royal & Royal Concert Hall, Mr Sanderson said: "This venue is now without doubt one of the most successful arts and entertainment venues in the country. It plays host to the very best performers and producers, we work with some of the UK's biggest concert promoters, and our Nottingham Classics international concert season is the only major orchestral series in the country that thrives without subsidy. That's an incredible achievement and a testament to the loyalty and support of our amazing audiences." "I've been here for nine years, I've done the job I came here to do, and that wouldn't have been possible without the commitment, expertise and sheer hard work of all my colleagues. I leave TRCH in the hands of a very capable team, who I have no doubt will take the venue from strength to strength."



Image courtesy of Whitefoot Photography

Council to review privately operated recycling points after finding bins haven't been emptied regularly



Six large privately operated waste and donation points across the borough are to be audited after it was found that one of the bin owners have gone bust and hadn't notified the council that they were no longer emptying the bins. Aylesford Newsprint, who asked for donations of newspaper, paper and magazines, had gone into liquidation without notifying the council that they would no longer empty the containers leaving the bins inaccessible and overflowing creating an eye sore in the areas.

The large bin sites in Carlton, Netherfield, Mapper-

ley and Colwick have been in place for a number of years and were installed before kerbside collections and charity door to door donations collections were introduced. In recent years, the sites have become spots for the dumping of waste and fly tipping. The audit, due to be carried out later this month, will aim to find out how often the bins are used and what alternatives are in place for residents if they are removed.

Gedling Borough Council provides a kerbside collection for electrical items, large waste and there are a number of council en-

dorsed initiatives such as Sharewear and Trent Vineyard who take clothes donations.

Leader of Gedling Borough Council, Councillor John Clarke said;

"These sites haven't been looked at for a very long time and have become an eye sore. It's important we offer recycling facilities and opportunities for people to help others through donations however, these centres are no longer the best way to do it. We need to do something about the state they have been left in, they look dirty, out of date and are a potentially dangerous fire hazard."



CLIFTON

Community Centre
South Church Drive
Wednesday 3:30, 5:30 & 7:30pm
Tel: Jackie on 07877055117

The Royal British Legion
(Next to Wilko's)
12 Donington Road
Wednesday 9:15 & 11:15am
Friday 8:00 & 10:00am
Tel: Sacha on 07515 172984

COTGRAVE

Candleby Lane School
Candleby Lane
Tuesday 5:15 & 7:00pm
Tel: Maria on 07718 999033

EAST LEAKE

East Leake Academy Cafeteria
Lantern Lane (use staff car park)
Tuesday 5:30 & 7:30pm
Tel: Meg on 07792 943873

East Leake Leisure Centre Dance
Studio Room (Opposite Reception)
Saturday 8:30am
Tel: Meg on 07792 943873

HUCKNALL

St Peters & St Pauls
Community Hall, Ruffs Drive
Wednesday 5:30 & 7:30pm
Tel: Kerry on 07804 493162

The John Godber Centre
Ogle Street
Saturday 9:00 & 11:00am
Tel: Kerry on 07804 493162

KEYWORTH

The Methodist Church Hall
Selby Lane
Monday 5:00 & 7:00pm
Tel: Naomi on 07734 791608

LONG EATON

Moorlands Club
295 Curzon Street
Thursday 5:30 & 7:30pm
Tel: Judith on 07711 043213

Sawley All Saints Church
561 Tamworth Road
Tuesday 7:00pm
Tel: Judith on 07711 043213

RUDDINGTON

Jubilee Clubhouse
Loughborough Road
Monday 5pm & 7pm
Tel: Wendy 07870 830097

WEST BRIDGFORD

Gresham Sports Pavilion
Gresham Park Road
Off Willford Lane
Monday 7:00pm
Tel: Gillian on 07463856253

Edwallon Golf Club
Wellin Lane
Tuesday 7:00pm
Tel: Sacha on 01159287316

Gresham Sports Pavilion
Gresham Park Road
Off Willford Lane
Wednesday 7:00pm
Tel: Shirley on 07946727077

West Park Sports Pavilion
Loughborough Road
Thursday 5:00 & 7:00pm
Friday 8:00 & 9:30am
Tel: Athena on 07792 045221

The Rugby Club
Stamford Road
Saturday 8:00 & 10:00am
Tel: Naomi on 07734 791608

IF
YOU
WOULD
LIKE
TO
FEATURE
ON
THIS
PAGE
PLEASE
CALL
US
01159
313879

slimmingworld.co.uk
0344 897 8000



Slimming
WORLD
touching hearts, changing lives

Titchfield Dental Clinic



Cosmetic Dentistry
Saturday Appointments
Denplan Packages
Hygiene
Clear Braces

Tooth Whitening
Dental Implants
Same Day Crowns
Sedation
Dermal Fillers

Anti-Wrinkle Injections

The Fourways, 9 Leeming Lane South,
Mansfield Woodhouse, Nottinghamshire, NG19 9AH

01623 650650

www.titchfielddentalclinic.co.uk | info@titchfielddentalclinic.co.uk

MARKET 29 PLACE
GROOMER & SHOP

Celebrating 6 years at 29 Market Place!

Luxury wet shave £25
Gift vouchers available
The perfect gift solution.
A wide range of quality grooming products available.
Beard trims from £6
Expert advice on grooming, taming and using products on your beard.

OFFER for January
Consultation and
Luxury beard
grooming with
Albert £10.

download
our new APP
Booking on your smart phone
is easy & convenient
download yours now for **FREE**

www.29marketplace.co.uk
29 Market Place • Bingham NG13 6AN • 01949 837733

NOTTINGHAM
LIGHTING CENTRE

Largest independent lighting showroom in Nottinghamshire

DAVID HUNT BRAND PARTNER
For further details please call
01159 537088

Visit us at 45 - 51 Maid Marian Way, Nottingham NG1 6GE
Open 9.30am - 5.30pm Monday - Saturday
Now open Sundays until Sunday January 15th 11am-4pm
www.nottinghamlightingcentre.co.uk

Looking for local social events and activities?

From meals out to coffee mornings, outings and talks, you can be sure of a warm welcome. Upcoming Oddfellows events include:

Friday 19 January 2018 10.30am Price Free - Speakers
Corner - The Victorian Dog Drama Eastwood Conservative Club, Church Street, Eastwood NG16 3BP

Monday 22 January 2018 10.00am Price As Per Menu - Breakfast
Club - Butterfingers Cafe, Derbyshire Lane, Hucknall, NG15 7JX

Friday 26 January 2018 7.00pm Price As Per Menu Dine Around the World, Ania, Polish Restaurant - 558 Mansfield Rd, NG5 2FS

Tuesday 30 January 2018 4.30pm Price £6.75
Sleak Day, The Regent Wetherspoons - Diamond Avenue, Kirkby in Ashfield, NG17 7BQ

www.oddfellows.co.uk for membership enquiries 0800 028 1810

SCOTT TRAILERS LTD
of Walscott Lincoln

Your Ifor Williams Trailer Distributor
Trailers from Camping to 3500kg gross
Sales • Repairs • Servicing • Spares

Sole Distributors in Lincolnshire & Nottinghamshire
Spares available by post and carrier • You are welcome to view our stock of Trailers

Tel: 01526 860317 • Fax: 01526 861357
website: www.scott-trailers.co.uk
e-mail: office@scott-trailers.co.uk

Opening hours Mon to Fri 8am-5pm • Sat 9am-12 noon
Other times by appointment

Stockists of Quality European & Scandinavian Brands for Adults & Children -

ALBERT'S BARN
33 Costock Road
East Leake
LE12 6LY

OPENING TIMES:
Weds 9:30 - 7:00
Thurs/Fri 9:30 - 5:30
Sat 9:30 - 6:00
Sun 9:30 - noon
Mon/Tues CLOSED

Love & Piste
SKI - BOARD - ACTIVE
Shop All Year Round for
Active Clothing & Accessories

Large Parking Area - Coffee Shop
Outdoor Seating - Cyclists Welcome

Tel: 01509 8539440
www.loveandpiste.co.uk f Love and Piste

CROSSWORD

ACROSS

- 1 Money metal? (5)
- 4 Tired out and feeling out of sorts (3-4)
- 9 Colony of bees (4)
- 10 Internal sore (5)
- 11 Drive machine (6)
- 12 Quick (5)
- 14 Continental quilt (5)
- 15 Trademark (4)
- 16 A face painting? (8)
- 17 Strand of cotton (6)
- 19 Rest awhile (4)
- 22 Pickle mix (7)
- 24 Old horse (3)
- 26 Value (5)
- 27 Male relative (5)
- 29 Affronted and feeling bitter (9)
- 32 Distressing, causing

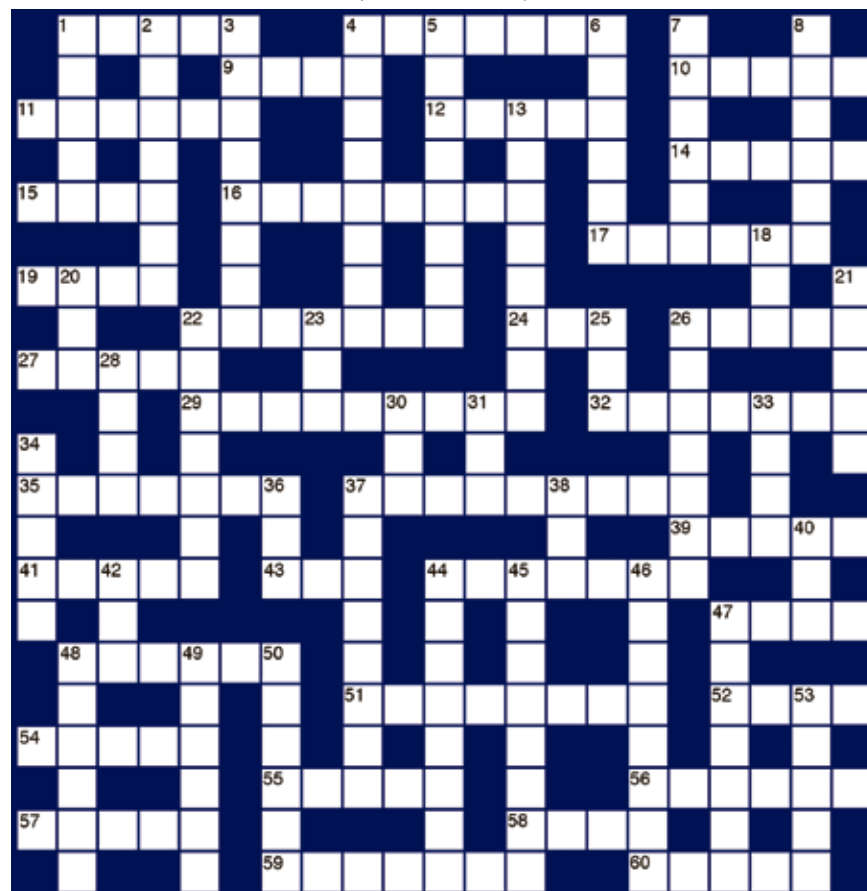
DOWN

- 1 Numbers game (5)
- 2 Maintenance paid after divorce (7)
- 3 Embarrassed, having done a foolish wrong (8)
- 4 Impulsive response (8)
- 5 As a rule (8)
- 6 Naked camper (6)
- 7 Criminal killing (6)
- 8 Old tale of glory (6)
- 13 Fatherly (8)
- 18 Breeze (3)
- 20 Weight (3)
- 21 Infant (5)
- 22 Sure (7)
- 23 Fasten with cord (3)
- 25 Unfilled space (3)
- 26 Call of a bird (7)
- 28 Fried potato piece (4)
- 30 Label (3)
- 31 Put to a purpose (3)
- 33 Football offence (4)
- 34 Wallpaper adhesive (5)
- 36 To knight or baptise (3)
- 37 C of E member (8)
- 38 Floor cleaner (3)
- 40 Auction item (3)
- 42 Take a nap (3)
- 44 Scientific investigation (8)
- 45 Sphere of mince (8)
- 46 Bold achiever (2-6)
- 47 Lunacy (7)
- 48 Public speaker (6)
- 49 Relieve thirst (6)
- 50 Mass departure (6)
- 53 Cleverly amusing (5)

ISSUE 254 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Waterproof 6 Hubble 11 Alone 12 Envelope 13 Film star 16 Antlers 18 Uranus 19 Span 20 Briar 22 Spain 24 Eel 25 Tie 26 Totalled 28 Irate 29 Lino 30 Dares 31 Outriggers 35 Flash Harry 39 Thump 40 Mist 41 Large 42 Strumpet 43 Ill 44 Dot 45 Ovens 47 Waded 49 None 50 Lesser 51 Scandal 54 Abridged 57 Inverted 58 Ideas 59 Hinges 60 Ruminative

ANSWERS DOWN
1 Waif 2 Examinations 3 Part 4 Over 5 Favourites
6 Hullabaloo 7 Breasted 8 East 9 Rove 10 Messengers 14 Impartial 15 Air 17 Lip 20 Breadth 21 Interpret 22 Sling 23 Agate 27 Entrusted 32 Implied 33 Gambling debt 34 Residence 35 Fellowship 36 Agree 37 Heeds 38 Youngsters 39 Typewriter 42 Stallion 46 Nun 48 Ebb 52 Axed 53 Dash 54 Adam 55 Rain 56 Dupe



(Answers in Issue 256)

Caring Pet Euthanasia at Home
UIETUS VET

- Gentle respectful and understanding
- Nottinghamshire and Derbyshire
- Aftercare services available
- Search Online "Quietus Vet"

Contact us on
0115 784 3456

**IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879**

South Notts Computers
The of computers

New PC?
If you're thinking about getting a new PC we offer a selection of new and used laptops and PCs to choose from. Give us a call and we can see what we can do for you with your budget.

Is your Laptop in need of repair?
We offer a full laptop repair service. We have an in-house laptop expert who can get your laptop back up and running in no time, no matter what the damage is!

Virus Removal
Got a virus? No problem, we offer a complete solution. We will clean up the virus for you and help you secure your computer to keep it safe from future attacks.

Microsoft REGISTERED Refurbisher
Microsoft Technology Associate

If you need a quote or to book a repair please give us a call on: 0115 9147066



The Harley Gallery Announces 2018 Exhibitions

The Harley Gallery, on the Welbeck estate between Nottingham and Sheffield, will begin the year with a photographic celebration of 250 years of the Circus; followed by exhibitions in glass, sculpture and porcelain; before closing with Kate McGwire's ethereal sculptures.

'Circus Work' by Peter Lavery, 3 February - 15 April 2018: For anyone who has ever dreamt of running away with the circus or simply wondered what life is like for the jugglers, clowns, and acrobats, a new exhibition at The Harley Gallery by acclaimed photographer Peter Lavery captures what goes on behind the scenes at the Big Top.

Lavery has spent the last 50 years following circuses the length and breadth of Britain and Ireland. His intimately detailed, large-scale photographs show circus performers relaxing while off duty, practicing, getting ready to perform, part made-up and costumed, and revealingly off-guard.

The Portland Miniatures: selected by JAR, 21 April - October: One of the World's greatest living jewellers, Paris-based Joel Arthur Rosenthal, known as JAR, selects a new display from The Portland Miniatures.

A highlight of the exhibition is a pair of mourning rings made for Edward Harley and his wife Henrietta in 1725. Made to commemorate the life of their son who lived just four days, the rings were last known to be together in 1786 - this exhibition will bring them together for the first time in over 230 years.

Laura Ellen Bacon, 28 July - 7 October: A new, 'human-scale' sculpture by Laura Ellen Bacon will twine its way around the ground floor gallery. Working with natural materials, such as willow or thatch, Laura Ellen Bacon knots, weaves, twists and plaits by hand to create monumental site-specific sculptures.

Kate McGwire, 20 October 2018 - January 2019: McGwire is an internationally renowned British sculptor who uses natural materials to explore the play of opposites at an aesthetic and visceral level; familiar yet otherworldly, beautiful yet disgusting; tranquil yet

Oh yes it is!

Get ready to cheer the heroes, boo the villains, and don't forget to look behind you, as the Lovelace Theatre Group puts on its latest pantomime. Audience members can expect plenty of sharp one-liners and side-splitting moments as the Lovelace Theatre Group puts on its latest show, Sleeping Beauty in its 50th anniversary year.

Sleeping Beauty will run for 6 performances from the 18 to the 21 January at the John Godber Centre, Ogle Street, Hucknall (NG15 7FQ) on the following dates and at the following times:

- Thurs, Jan 18: 7:30 pm
- Fri, Jan 19: 7:30 pm
- Sat, Jan 20: 2:30 pm & 7:30 pm

• Sun, Jan 21: 1:00 pm & 5:30 pm
The Lovelace Theatre Group is based in Hucknall and has been running since 1968 at the John Godber Centre. The group has performed a pantomime almost every year since and both of its groups - adults (16+) and juniors (under 16) - will be involved in Sleeping Beauty. This follows on from 'The Will of the People', a sold-out night showcasing Shakespeare's life and work, in October of 2017.

Chris Stevenson, who is directing Sleeping Beauty, said: "The Lovelace Theatre Group is full of talent.

I am proud of each member of my cast, crew and Lovelace as a whole and I am confident that the work that we have all put in over the weeks and months leading up to the show will give our audience a fun and enjoyable experience, for the whole family."

Tickets are available online, or on-the-door and are £7 each or £6 for concessions. For more information and to book, visit www.seaty.co.uk/lovelacejan18.

For more information on the Lovelace Theatre Group, visit the website at www.lovelacetheatregroup.co.uk.



(L-R): Paula Heeley as Queen Bae, Josh Beet as Prince Charles, Owen Wright as Prince Harry, Tom Stevenson as Prince Dave, Rhian McAliese as Beauty, Jen White as Sparky, Sam Burbage as Pimper Crit and Tom Morley as King Bumble

malicious.

One of her most recent exhibitions included a sculpture made from 20,000 crow feathers at London's Saatchi Gallery: 'I am interested in how we are drawn to things but repelled by them at the same time - the familiar, when seen out of place that defies reason. My forms are bodily and linked with ourselves, but made alien by the materials I use.'

Giving you the chance to
create amazing memories



Lincolnshire's most popular holiday resort, golf course, fishing lakes, live entertainment, pet friendly, CHEAP pitch fees

A holiday home is not just a summertime purchase! By stepping into the world of ownership this winter season, you are assured of some fantastic festive savings, and you can start looking forward to unlimited holidays straight away.

**Luxury
lodges for
sale**

**A great
time to own a
UK holiday
home!**

Call or text

07955 825 040

payment options available (T&C's apply)



grown talent is really important to the Playhouse.

"Wonderland is really fitting for my return to the city. It's set in Nottingham and by a local playwright, Beth Steel, whose dad worked at Welbeck Colliery. The play was really well received when it was first produced in London and I'm delighted to be bringing it home for its regional premiere.

"Wonderland is really special. It's incredibly funny and moving, with great characters, and looks at the strike in a fresh way. The set design is hugely ambitious and there are movement sequences and live music; it's going to be a visual treat!"

Wonderland runs from Friday 9 February 2018 through to Saturday 24 February 2018. Tickets are priced £37.50 - £8.50. For more information visit www.nottingham-playhouse.co.uk

Box Office Information: www.nottinghamplayhouse.co.uk Box office 0115 941 9419.

Chris Ashby



Chris Ashby

Penford Announces Full Casting for Playhouse Artistic Director Debut

Nottingham Playhouse Theatre Company confirms full cast of Adam Penford's first show as Artistic Director, Wonderland - including local actors Chris Ashby who previously played the lead in the National Theatre production of The Curious Incident of the Dog in the Night-Time and was cast through the Playhouse open auditions, and Joshua Glenister who was a member of Nottingham Playhouse Youth Theatre.

Set in 1983 Nottinghamshire, Wonderland sees two 16-year-olds, Malcolm (played by Chris Ashby) and Jimmy (played by Joshua Glenister) wait nervously at the pithead. Guided by veteran miner Colonel (played by Deka Walmsley), they descend into the brotherhood, banter, searing heat and liquid blue light of Welbeck Colliery.

Meanwhile in London, an American CEO Ian MacGregor (played by Robin Bowerman) is brought in to reform King Coal. Pits close and a strike is called.

Taking the stage in this all-male cast as The Times reporter David Hart will be Jamie Beamish, while Nicholas Khan - well-known to the Playhouse for his role in The Kite Runner - will play pit manager Tisley and transport secretary Nicholas Ridley. Holding roles as pitmen in the story will be Tony Bell as Bobbo, and Jack Quarton as Fanny.

TV stars Harry Hepple and Matthew Cottle have been previously confirmed to play pitman Spud and real-life politician Peter Walker in the Nottingham-based show.

Wonderland is a regional premiere directed by Nottingham-born Adam Penford and is written by the daughter of Nottingham miner, Beth Steel. Adam said: "I'm really excited to be announcing the full cast of my first production as Artistic Director of Nottingham Playhouse and thrilled that the cast includes so many local actors, including those we met during our open auditions for local talent in October. Nurturing home



Joshua Glenister



Mansfield palace THEATRE • Est. 1910

It's a new year and a new start for the Mansfield Palace Theatre with a season of a wide variety of shows to appeal to all ages and tastes.

Starting off the year in the traditional way, two local amateur companies carry on the pantomime madness and mayhem. Westfield Folkhouse present Sleeping Beauty and Mansfield Hospitals Theatre Troupe bring us the delightful Cinderella.

Lots of different musical tastes are catered for with tributes from Genesis Connected, The Legends of American Country Tribute, Thank You for the Music and 60's Night Out featuring The Dreamers.

The younger family members will be kept amused by the Milkshake! Live crew. The show also features favourite characters such as Bob the Builder, Shimmer and Shine and many more. Oddsocks Productions join us for their funny musical version of The Wizard of Oz. Older siblings may enjoy our Senior Youth Theatre group's adaptation of Willy Russell's Our Day Out.

Those who prefer the classics will enjoy Ballet Theatre UK's A Midsummer Night's Dream and Swansea City Opera's The Barber of Seville.

Performances in the new studio space feature two folk acts. Martin Simpson with his rescheduled date and John Tams

& Barry Coope will also go down a treat. The local amateur dramatic societies bring us a wealth of comedy and music. Masque Productions present Dirty Dusting. Mansfield Operatic Society are performing the classic South Pacific. New Youth Theatre are presenting My Fair Lady and Funky Studios bring us Fame, the musical.

Those looking for an afternoon of nostalgia may enjoy The Good Old Days of Variety. The show features full supporting company, sing along songs and hilarious comedy. Making a rare appearance on stage will be Frank Williams – the vicar from the original



Dad's Army TV series and films.

Here's hoping that your new year's resolution is to support your local theatre and come along for a visit – there really is something for everyone. Your venue,

our community! Find out what's coming up at Mansfield Palace Theatre, contact the Box Office on 01623 633133 or view events online at mansfieldpalace.co.uk.

New Year – New Season!

Be the first to hear about new shows on sale and competitions by interacting with them on social media or subscribing to our e-newsletters.



Tattershall Lakes Country Park

Looking for that ideal Park to get away from the everyday stresses of life?

Holiday homes starting from only £19,995 all 2018 fees included!

- 10 months season with the option of 12 months!
- £7.5 million investment! new refurbished amenities, brand new pitch developments with your very own driveways, mains gas & electric.
- 4 Fishing lakes.
- Home of the largest aqua park in Britain.
- Jet Skiing, waterskiing, wakeboarding, kayaking, private beach.
- Spa, fitness centre, heated indoor swimming pool.
- Onsite Shop.
- Rental program available.



WHY NOT CALL 07935 235926 ask for to John Buchanan
TO BOOK YOUR DAY OUT VIEWING THE BEST PARK AROUND! john.buchanan@awayresorts.com

Tattershall Lakes Country Park, 57 Seafood Road, Tattershall, Lincolnshire, LN4 4LR



The Rushcliffe Golf Club

The Rushcliffe Golf Club
Premier Golf Facilities,
Social Events & Venue Hire
Contact Us For More Info

Call us on 01509 852959



MEMBERSHIP OFFER

Buy yourself or that special person a playing membership and don't pay again until April 2019, offer open to all categories of membership

Stocking Lane • East Leake • Nottinghamshire • LE12 5RL
www.rushcliffegolfclub.co.uk • manager@rushcliffegolfclub.co.uk

IF
YOU
WOULD
LIKE
TO
FEATURE
ON
THIS PAGE
PLEASE
CALL
US

01159
313879

nottinghamphilharmonic.co.uk

Family Concert AMERICAN RHAPSODY

Loads of fun and great music for everyone!

SATURDAY
27 JANUARY 2018 7.00PM

ROYAL CONCERT HALL
NOTTINGHAM

Join us stateside for a concert of fantastic music from the USA, including:
Themes from Superman
The Big Country
Oklahoma
Born on the 4th of July
Dallas
The Simpsons
Hoe-Down from Rodeo
Largo from New World Symphony
Rhapsody in Blue
Plus many more!

THEATRE
ROYAL
CONCERT
HALL

PRESENTER
NICKI CHAPMAN
PIANO SOLOIST
IAN BUCKLE
CONDUCTOR
MARK HERON

TICKETS FROM £7 – £22
(CONCESSIONS & FAMILY TICKETS AVAILABLE)
ROYAL CONCERT HALL
Tel: 0115 989 5555 www.trch.co.uk

All you
need is
Love

We'll provide the rest!

Taking the hassle out of multiple suppliers

- Chair Covers • Table Centres • Room Decor Ideas • Sparkle Dancefloors
- Backdrops • LOVE Letters • Table Plans & Names • Sweet Stands
- Balloons • Lighting • Red Carpets • Wishing Trees & MORE...



We will work with you to create the wedding of your dreams



On a budget?

Ask about our DIY set up service

Get in touch to discuss your big day decor on

Tel: **07792 821 084**

Email: **sue@savage-weddings.co.uk**

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

Weddings



A Day to Remember

It can't be easy trying to perfectly plan what is supposed to be the best day of your life, a day you will remember forever and cherish amongst your family. Planning your wedding day all starts with a stylish and stunning venue which immediately mesmerises you and your partner, ticking all the boxes for the expectations you had planned in your head. First of all, talk to a planner, you'll need to establish your desired theme and colours before you decide what kind of venue

to seek. Whilst more modern locations include fancy restaurants and spacious art galleries, a more traditional approach might mean your wedding is outside or in a church, creating a more natural theme. You need to know your guest list, this is very important for knowing what impression you want to give your guests on the big day. You need to ensure you will have enough space for all the people whom you wish to invite at your chosen venue and that the location

meets all the needs of your friends and family who plan to attend. Finally, make sure to keep your budget in mind. I can only imagine how easy it is to dream up far-fetched fantasies about the perfect wedding, but keep your feet on the ground and make realistic decisions to ensure you're getting the best for your money. You need to know exactly what's included in the packages you select and most important of all, do not let anyone change your mind or sway your choices. Stick to what you want.



RAMADA RESORT

Grantham

Turning dreams into reality
Tulip Package Special 25% Discount



Book your wedding for the month of January, February, March, April, October, November to take advantage of this great offer.

Just £33.00 per adult.

This offer excludes existing bookings, Tulip Package minimum numbers apply.

Ramada Resort Grantham,
 Toll Bar Road, Marston, Lincolnshire, NG32 2HT

Telephone Claire on 01400 250909
 or email
weddings@ramadaresortgrantham.co.uk
www.ramadaresortgrantham.co.uk







HADDON HALL

Bakewell, Derbyshire

You are invited to our

HADDON HALL WEDDING OPEN DAY

Sunday 18th February 2018
 10 am until 3 pm. Entry is free.

To find out more, go to
www.haddonhall.co.uk/weddings
 or call our team on 01629 812855

Weddings



STAPLEFORD PARK

WEDDING OPEN DAY
SATURDAY 20TH JANUARY
11AM - 3PM
CHAMPAGNE & CANAPES
ON ARRIVAL
CAR PARKING & ADMISSION
COMPLIMENTARY

Weddings at Stapleford Park 2018

QUARTER ONE (JAN-MAR)
£1,997.00 *

SUMMER PACKAGES
RUBY PACKAGE £138 PP* | SAPPHIRE PACKAGE £168 PP* | DIAMOND PACKAGE £198 PP*
WINTER WEDDING (OCT-DEC)
£8,797.00 *

* Based on 80 guests.

FOR FURTHER INFORMATION:
call 01572 787 016 or email weddings@staplefordweddings.co.uk

Stapleford Park, Stapleford, Nr. Melton Mowbray, Leicestershire, LE14 1EF
Telephone: +44 (0) 1572 787077 | Fax: +44 (0) 1572 787001 | Email: sales@stapleford.co.uk | www.staplefordpark.com

keeping the fairytale alive

There is no doubt that your wedding day is supposed to be one of the best days of your life and with all the pressure of making

easier to make your desires a reality.

Do not be pedantic! This may be really hard for some people as their wedding plan can become the focus of their life, but the more you try to make everything completely perfect, the more agitated you will find yourself, a recipe for disaster when it comes to enjoying your wedding preparation process. Step back, stay calm and share the responsibility- it doesn't hurt to ask the opinions of your parents, other half, bridesmaids or other people that you trust, even if you don't agree with their visions, a little insight doesn't hurt.

ing it perfect, it can be all too easy to lose the magic amongst stress and panic. Keep the fairy tale alive by following these few simple steps to remove unnecessary strain from your dream day.

Whether you're stuck for ideas or you have way too many to choose from, decide on a colour scheme or theme for your special day as early as possible and everything else will fall into place. From bridesmaids dresses to table décor, if you have a rough plan from the start, it will be so much

In order to feel lost in the moment of your first dance, don't get lost during your planning process, stick to your budget, consult others and plan everything in advance down to the table plans and the photographer. The best tip for eliminating all stress from your memorable day is to just enjoy yourself and take your first step into married life happily and with confidence.

By Maddie Storey



Staveley Hall

Event Days • Air Hall • Events Space • Available for Weddings
Dance Studio • Coffee Shop • BBQ • Canape Reception • Full Dining Service

Hall Drive, Staveley, Chesterfield S43 3TN • Tel: 01246 385200 All enquiries to hallmanager@staveleytowncouncil.gov.uk

Blotts Country Club

A Wedding Open Day

Sunday 18th February 2018

Doors Open 11am -4pm

The perfect opportunity for all prospective wedding couples and their families to visit Blotts - view the magnificent private gardens and stunning reception suites, and see just how perfect your perfect day could be.

On display: Florist for table and bouquet, Cakes, Photography, Wedding favours, Wedding Stationery, Novelties and much more.....

Where Dreams Come True



Doors Open 11am - 4pm - Free Admission & free car parking

www.blotts.com or Tel 0115 933 5656

Blotts Country Club, Adbolton Lane, Holme Pierrepont, Notts NG12 2LU

Welbeck Hall

Where magical memories are made



Open Evening

6pm-8pm

Tuesday 30th January 2018

Licensed for Civil Ceremonies • Wedding Breakfasts
Evening Receptions • Create your unique wedding
Delicious selection of menus • Beautiful riverside location

Contact us now to arrange your viewing of our perfect venue

0115 9455689 | info@welbeckhall.com

www.welbeckhall.com

Welbeck Road, West Bridgford, Nottingham NG2 7QW

Have you got an extra large sofa for this big softie?

Dogs Trust Loughborough has said a huge hello to the biggest dog they have ever welcomed to the centre - and he's only a pup! Having celebrated his first birthday in December, Opie, a Saint Bernard, tips the scales at eleven and a half stone and when standing on two paws towers above staff and all the other dogs at the centre. At the tender age of one it is likely Opie still has some growing to do, so the team are looking for a family with an extra large sofa for the 'big softie'.

Celine Di Crocco, Manager at Dogs

Trust Loughborough, says: "He took our breath away when we first saw him. Obviously we knew he was going to be big but not this big! We have only had one other Saint Bernard here and he is definitely bigger than him so we are certain that despite him being a youngster he's the biggest dog we've ever had the pleasure of finding a home for." Nose to tail Opie is five and a half feet tall and his heavy paws are eight inches long. Opie has found himself without a home due to a change in family circumstances and in his new forever home he could

live with young adults and potentially another dog and cats. He would welcome a very large sofa to relax on that he'd be happy to share with his new family!

If you think you have the space in your heart and your home for Opie, please call Dogs Trust Loughborough on 0300 303 0292 or visit the Rehoming Centre at Hill Farm, Wide Lane, Wymeswold, Leicestershire, LE12 6SE. It's open 12pm-7pm Monday-Wednesday and 12pm-4pm Friday-Sunday, (closed on Thursdays). Find out more at www.dogstrust.org.uk.



Achieve your New Year Goals on your commute

Exercise more

Ditch the car and walk or cycle to your nearest train station instead. In 2017 there was £9.6m invested in improving cycle parking and cycle facilities at stations, to ensure that more stations were equipped with Cycle Hubs so that you can store your bike safely and hop on to your train with ease. There are now over 240 cycle spaces at Nottingham Station, which can be found in a secure area with CCTV security, lighting, shelter, retail facilities, toilets, changing facilities and bike wash. Cycling helps to improve your cardiovascular fitness and has also been proven to lower fatigue, so it's

a great way to start your day, burn some extra calories and improve your fitness levels at the same time.

Spend more time with Family & Friends

Did you know you can take advantage of 2FOR1 on lots of great attractions when you travel by train? If the answer is no then in 2018 make sure you join the 1m+ people that do so each year. Some of the most visited Days Out Guide attractions in 2017 were London Eye, ZSL London Zoo and Madame Tussauds.

Eat more healthily

It's estimated that there will be over

20m peak journeys by train this week. Use your commute to organise what food you need to buy and what healthy meals you're going to have for the week ahead. Alison Hatcher from Studio One explains: "It is more than possible to stay fit and healthy in a modern society. All you need to do is make small changes to your existing routine, like your train journey to and from work. A lot of people tend to go wrong by making drastic changes to their lifestyles. By making and building on small changes you'll feel more in control and will be more likely to achieve your goals."

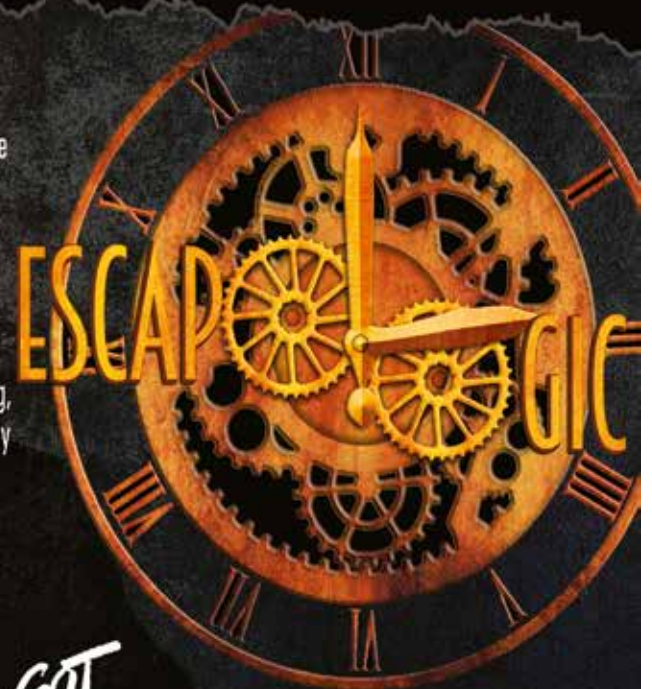


For more information about cycling by train, days out and Railcards visit www.nationalrail.co.uk

EVERY LOCKED DOOR IN ESCAPOLOGIC'S ESCAPE ROOMS OPENS INTO ANOTHER WORLD

Enter a game so detailed and real you'll think you're in a life-sized version of your favourite console title, or a real-life Hollywood blockbuster.

As the clock starts ticking, you'll have to work quickly to explore the intricately detailed sets, searching for clues to help you break out.



HAVE YOU GOT WHAT IT TAKES?

Our Golden Ticket gift vouchers a perfect alternative gift for the friend or family member that has everything

Book now! www.escapologic.com 01158374840 contact@escapologic.com

Education and Training

Education improving in Nottingham

Education standards are improving across Nottingham thanks to the dedicated work of teachers and schools, and with the support of the city's Education Improvement Board. This has led to real improvements in standards of reading in city primary schools. In primary mathematics, city schools are now in the top third of all schools nationally.

Other key achievements include:

- The proportion of young children reaching a good level of development in 2017 was 66.1% - above the national average
- The proportion of pupils attaining the reading, writing and mathematics benchmark in 2017 was 57% - an increase of 7%
- Outcomes in mathematics were

close to national figures in 2017 and 2016.

The Education Improvement Board is made up of city leaders and education professionals, who have a long-term vision and plan for Nottingham to deliver a world-class education service which serves its young people and families. The board's ten-year programme looks

at improving education in the city.

One of the purposes of the Education Improvement Board is to help bring key partners in the city's schools together, while promoting improvement activity in city schools and academies. The Board is focusing around the five strands of improving:

- Provision for literacy
- Provision for mathematics
- Provision for science
- The retention and recruitment of teachers and other school staff
- Transition between the city's primary and secondary schools.

Most of the improvement work promoted by the board involves working directly with teachers in their classrooms to improve the quality of learning taking place.

The city's head teachers, teachers and school staff are working hard and effectively to improve outcomes for Nottingham's children. The Education Improvement Board is using its evaluation of school performance data to target work for improvement where it's most needed.

The performance of city secondaries is improving more slowly than the primaries. Overall outcomes, including progress, remain

well below average with Nottingham ranked 145th out of 150 local authorities. In some academies, there are marked discrepancies between the low progress of disadvantaged students and the better progress of other students. Professor Sir David Greenaway, Chair of the Education Improvement Board, said: "The EIB is here to bring together ideas about how we can provide the best possible education for every child and young person in Nottingham."

"Working collaboratively has brought some real improvements in the city. The hard work of the schools, supported by the board, has resulted in some better outcomes this year."

"However, we still have a long way to go and a tough journey ahead of us. I am confident we can work together to share our strengths to address the challenges currently facing education in Nottingham."

With the 17 new projects focusing on secondary improvement, the aim is to see real change. Every child in Nottingham deserves to go to a good school and by everyone working together we can make this a reality.

LINCOLNSHIRE & COUNTIES TRAINING SOLUTIONS

Training courses for businesses & individuals

At Lincolnshire & Counties Training Solutions (LACTS) we provide training courses for organisations both large and small across a wide range of sectors, including Health Trusts, Local Authorities, Education, Business and Industry.

ON-SITE TUTOR-LED LEARNING

We provide tutor-led training courses that are usually delivered at your business premises. This can ensure the most cost-effective use of your personnel's time.

BESPOKE TRAINING SOLUTIONS

LACTS can deliver bespoke training solutions tailored to meet your organisation's specific needs. LACTS will work with you to develop custom health and safety training courses.

BUSINESS TRAINING COURSES

Our training courses are tutor-led with each tutor having a wealth of knowledge within the course subject. We understand that each company is different as a result, we offer bespoke services.

We are happy to help you with any enquires regarding training. Please email or call **07775877057** to discuss training course requirements. www.lacts.co.uk | admin@lacts.co.uk



NOTTINGHAM: 17-18 FEBRUARY 19-20 MAY
LEICESTER: 19-20 FEBRUARY 3-4 JULY



Learn how to take blood

TRAIN AS A PHLEBOTOMIST

awarding a Nationally Recognised Certificate in Phlebotomy



- **TWO DAY COURSE**
- First step onto Allied Healthcare Career Path
- Accredited (Advanced)
- No previous experience needed
- Recognised qualification



For more info. or to book online:

www.geopace.com



HIGH DEMAND IN: Hospitals • CP Surgeries • Clinics • Private Sector • Community



ROYAL AIR FORCE **REGULAR & RESERVE**
2503 (County of Lincoln) Squadron
Based at RAF Waddington

ROYAL AIR FORCE REGIMENT RESERVES RECRUITING NOW

You can serve with the RAF Reserves along side your full time civilian career

- Join age 18 to 54
- Minimum 27 days annually
- Many companies give an extra 10 days leave for Reserve Service
- Daily rates of pay for work and training
- Annual Tax Free Bounty (Incremental)
- Work alongside the Regular RAF
- Opportunity to travel
- Lifelong learning opportunities
- Sport and Adventure Training opportunities

Apply now at
raf.mod.uk/recruitment
0345 606 9069

[/rafrecruitment](https://www.facebook.com/rafrecruitment) [@RAF_Recruitment](https://www.instagram.com/RAF_Recruitment)



IF
YOU
WOULD
LIKE
TO
FEATURE
ON
THIS PAGE
PLEASE
CALL
US
01159
313879

est. 2011
LANGUAGE
TUITION • NOTTINGHAM

NEW YEAR SALE
JANUARY 2018

INTRODUCE A FRIEND
and get a
5% DISCOUNT FOR BOTH
ON YOUR COURSE

*your friend needs to be a new student
from January 2nd to January 31st

WWW.LANGUAGE TUITION NOTTINGHAM.CO.UK
INFO@LANGUAGE TUITION NOTTINGHAM.CO.UK

IF YOU'VE GOT A STORY



editorial@nottsinfocus.co.uk

Education and Training

What's Your Next Step?

After receiving your GCSEs, A Level results, or even just deciding to take your career in a new direction, your next step can seem unclear.

To progress towards your future career goal, there are usually three main approaches: applying to higher education (college, university, HND/HNC etc.), apprenticeships (intermediate to advanced), or employment with training. The most important thing to do is to really think about what you want to become, research your options and discuss your thoughts with your friends and family. Once

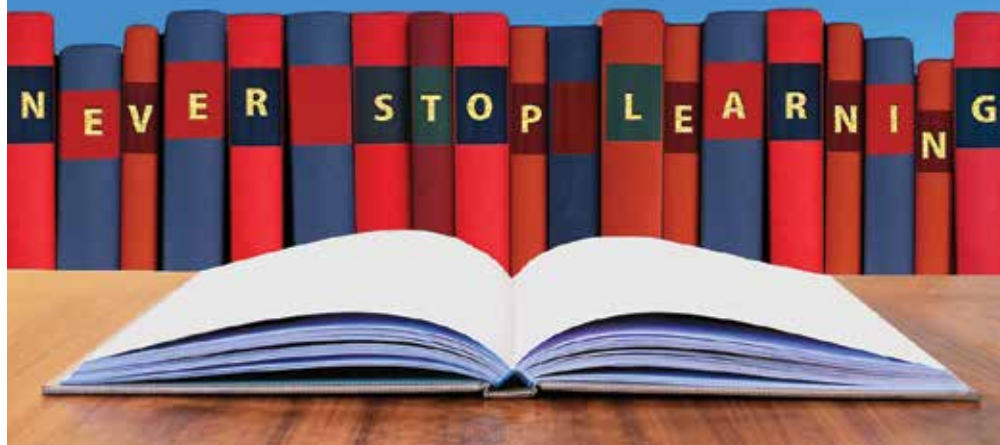
you've established your chosen career, you can then start to think about how you're going to get there.

Making sure that your next step will provide you with the relevant skills needed to help you get closer to your overall career goal is crucial, so it can be a good idea to get in touch with any training and education providers that you're considering to discuss your options and ask any questions you may have.

Funding is also another thing to consider – apprenticeships and paid training placements will provide you with some

income as you learn, but other options like university may not. This may require you to get a part time job to support yourself whilst studying, so think about what is the most feasible option for you in regards to your spare time and other commitments.

The skills and qualifications that further education and training provide will help you to gain the knowledge and experience you need to become an expert in your field. Whether you choose something hands-on or office-based, there are a range of opportunities available to suit your needs.



175 years of Excellence & Care.
Join Us.



Entrance Assessment

for admission into Years 7, 8 and 9 in September 2018
at Mount St. Mary's College

8:45am Saturday 27 January 2018

Call 01246 433388 for details and to register

msmcollege.com

A leading independent senior school and sixth form
for boys and girls aged 11 to 18, in Spinkhill near Sheffield

Daily school buses
from Sheffield,
Chesterfield, Rotherham,
Doncaster, Matlock
and beyond



LOOKS GOOD ON INSTAGRAM AND UCAS FORMS.

Are you 15 to 17 years-old?
Don't miss your chance to do NCS!

Meet incredible people
and have an amazing experience.

Find out more at

NCSYES.CO.UK



Happy Memories

Southfields Childcare at Car Colston, Nottinghamshire, is a nursery in a location which is a dream for children and parents.

A visit is enough to realise that happy children playing and learning in inspiring surroundings add up to a great choice for any child. With so much space and fresh air the nursery has everything to help stimulate and educate young minds.

Established since 1999, and situated in a purpose built barn conversion at Old Hall Farm, the nursery has access to a fenced astro-turfed area to offer free play outdoors, together with a superb walled garden.

They have access to a safe spinney in the adjacent field where we offer 'WOODLAND SESSIONS' one session per week by rotation. They use the rural environment to enhance the children's learning: looking at the changes in the seasons, young animals, or wild-life and mini-beasts.

There is a vegetable garden for children to grow and tend their own produce. A big favourite of everyone is the outside mud kitchen! Permission to get grubby, busy and have fun!

During the growing season, crops of lettuce, radishes, potatoes and herbs, all child waist high in raised beds, are lovingly cultivated from seed. For the after school children, there is equally enough to entertain and keep them busy or relax after a hard school day.

It is easy to see why owner Mandy Beeby is so proud of her achievement in providing the pre-school / after school service.

She said: "We have this marvellous location surrounded by

woodland and fields. Our highly qualified staff (ratio of 1:4 for 2yr olds/1:6 for 3+), will offer your child a wonderful start in life."

Word of mouth is also an important part of being recommended as an establishment of quality and care. Mandy Beeby has received many messages of thanks from children and parents as they go on to further their education.

"Leo has amazing memories and it gave him the best start"

Mrs G (July '16)

"Thank you all for a wonderful few years at Southfields, we are so lucky to have had somewhere so caring, fun and stimulating to send our children. B and A will miss you, but see you over the holidays."

Mrs C (July '16)

"S and A have both loved their time at Southfields, it's a very special environment and our children have been lucky to experience it."

Mrs Sh (July '16)

Situated in the rural village of Car Colston off the A46 to Newark, Southfields serves the surrounding villages with childcare from 2-5years in the pre-school and up to 9years in the Before/After School or Holiday clubs 7.45am-6pm.

Using the exceptional rural setting, they offer a stimulating environment covering all aspects of the new EYFS – PLUS Woodland sessions and Yoga on Wednesdays with a qualified teacher.

All voucher schemes accepted

Go and see them! You'll LOVE it!

Telephone: 01949 20123 | Email: southfields@rbeeby.co.uk

www.southfieldschildcare.co.uk





CHAMELEON CONSTRUCTION LTD

- Digger and Plant Hire
- Site Clearance & Muck Shifting
- Trenching & Foundations
- Concreting Inc Underpinning
- Drainage (New & Existing Altered)
- Driveways & Patios
- Demolition
- Project Management
- Swimming Pools & Ponds
- Trees/Hedges/Stumps Removed
- Extensions & Alterations
- New Builds & Property Development

**FULL
PROFESSIONAL
SERVICE WITH OVER
20 YEARS
EXPERIENCE. FULLY
INSURED AND FULLY
QUALIFIED.
LET US TRANSFORM
YOUR PROPERTY.**

Mobile: 07738 947882 Telephone: 01949 851387
chameleonconstruction@btinternet.com

New Year, New Home

The start of a New Year marks an opportunity to assess your home and start planning those all-important home improvements for 2018. A home health check is an essential start to your New Year preparations and assess-

ing essentials such as your heating, facilities and home security are all important steps in this process.

One of the first things to think about are any structural changes to the building – extensions, conservatories and adjustments to the

foundations of your home are all big jobs, and therefore will require more forethought and planning than redecorating your spare bedroom. January is the perfect time to start calling professionals to arrange



quotes and put plans in place for later in the year.

Home security is another important home improvement factor – assessing your doors, windows and alarms to keep your home secure and the people and items inside safe is something that shouldn't be overlooked in the New Year.

Take note of other factors that could be improved such as your heating, loft insulation and double glazing – these home improvements may not be the most exciting or decora-

tive, but they can help to save you money in the long run.

Finally, a splash of colour could revive an old space and brighten your home. Redecorating a tired room can make your home seem all the more welcoming, and can be achieved easily with a lick of paint, some new cushions or changing the colour scheme.

However you decide to improve your home in 2018, don't forget to talk to a professional to get the best advice and inspiration.

Selston Timber Nottingham 01773 861158

Decking

- 3 metre decking - **£5.00** each
- 3.6 metre decking - **£6.00** each
- 4.2 metre decking - **£7.00** each
- 4.8 metre decking - **£8.00** each
- 4x2 3.6 metre **£6.00** spars
- 4x2 4.8 metre **£8.00** spars

Dealers in new timber, a big variety in stock, fence panels, sleepers, concrete post, gravel boards, patio slabs, plywood and much more.

NO VAT TO PAY

2018, New Year, New Bathroom



Quality Bathrooms
Fully Guaranteed Installation
Expert Design
Personal Service



Visit our showroom on Wellington Street, Ripley DE5 3EH | Visit our website: www.DistinctBathrooms.co.uk
 Contact us on : 01773 749291 | Email: enquires@distinctbathrooms.co.uk



Local Supplier with Solid Customer Service



- Concrete mixed on site - no over orders!
- No Job too big or too small
- Great value - pay for what you use
- Concrete mix tailored on site to suit weather conditions
 - Up to 9 cubic metre
 - Screed available

01636 923065 | 07967 644228

info@gmixconcrete.co.uk | www.gmixconcrete.co.uk

SPONSORED BY



Home Improvement

SPONSORED BY



Roofing & Roofline Solutions Ltd

07795 978 054
0115 928 9370

Quality Roofing Services in Nottingham

CRS Roofing & Roofline Solutions Ltd has been your go-to roofing expert in Nottingham for the past 30 years. We also cover Nottinghamshire, Derby, Derbyshire & East Midlands. You can rely on our highly experienced, specialist fitters for all roof construction jobs. Be it roof repairs and maintenance for your office space, new roof installations for your home, flat roofs for your shed, chimney repairs, leadwork, and fascias or soffits, we have it all covered. Trust the experts when it comes to efficient roofing services, call us today to find out more!



All full
installations
carry a 10 year
Insurance
Backed
Guarantee



Unit 2, Balloon Woods Industrial Estate, Coventry Lane, Nottingham, NG9 3GJ
crsroofingandrooflinesolutions.co.uk • crsroofingandrooflinesolutions@gmail.com

Getting Hands On



According to a new study from Bosch Home and Garden, six out of ten Nottingham residents struggle with DIY and have given up hope of ever being able to do it. As a result, Bosch Home and Garden have launched a 'Pass It On' campaign to encourage the next generation to become amateur 'DIY'ers in their homes.

Researchers polled 1,500 Brits and discovered that 43% of Nottingham residents have resigned themselves to being hopeless around the house, with a further 29% admitting they have never put up a shelf and 25% insist they can't even change a plug. DIY jobs that Brits today won't

tackle include re-tiling the bathroom, cleaning out the guttering, hanging wallpaper and fixing a dripping tap as well as much smaller and simpler jobs such as fitting a new light, putting on a new toilet seat or putting up a shelf – some won't even tackle assembling flat pack furniture!

The launch of the 'Pass It On' campaign aims to inspire Brits to master basic home maintenance with the help of a new inspiration hub, allaboutdiy.com. This easy to use website carries essential DIY and gardening knowledge to consumers whilst providing expert step-by-step guides, DIY advice and

detailed projects to help people to make items for themselves, giving the confidence they need to get hands on.

A spokesperson for Bosch Home and Garden said: "By pledging to learn a new skill or sharing an existing one, we're encouraging people to pass on their DIY knowledge and expertise to generations to come so that the nation can be proud of their own home improvements and gain that sense of satisfaction and personal achievement."

To help dive into some new essential DIY and gardening skills, take a look at the website allaboutdiy.com and get inspired.

KEY BUILDING SUPPLIES LTD

FOR ALL YOUR BUILDING & LANDSCAPING NEEDS...



WINTER IS COMING BE PREPARED

**OPENING
HOURS**
Mon - Sat:
8am - 5pm

We stock HEATER GAS, BUTANE, HOUSE COAL,
SMOKELESS FUEL GAS, LOGS – DRY SPILT LOGS,
BULK BAGS & NETS, KINDLING, ROCK SALT,
PARAFFIN, SNOW SHOVELS & FIRE ACCESSORIES.
CRANE & TIPPER LORRIES AVAILABLE FOR DELIVERIES

Tel: 01623 861735

Come and visit our DIY Store. Lots of new lines being added daily such as tools, electrical fittings and garden equipment.

Our plumbing range is also being extended. We are very competitively priced and are the only DIY/ Hardware store in the Ollerton & Boughton area.



keybuildingsupplies@hotmail.co.uk www.keybuildingsuppliesltd.com

ROAD C, BOUGHTON INDUSTRIAL ESTATE, BOUGHTON, NEWARK, NOTTS, NG22 9LD

IF
YOU
WOULD
LIKE
TO
FEATURE
ON THIS
PAGE
PLEASE
CALL
US
01159
313879

PURPOSE MADE JOINERY

Traditional Window Frames | Staircases
Sash Windows | Conservation Joinery
Doors & Gates | Softwood or Hardwood
Staircases for lofts | Work copied
Cottage-style windows
Small family run business
Free Measuring service on firm orders

Tel: 0115 986 5618

Unit 1 Trent View Court | Moreland St | Nottingham
NG2 3FX | email: lloydsjoinery@hotmail.com



CONTAINER SERVICES



Secure self storage
shipping containers
20ft/40ft to rent from only
£25 + VAT per week

USED, REFURBISHED OR NEW CONTAINERS FOR SALE & HIRE

10ft, 30ft & 40ft Shipping containers available from 15 key UK locations
including London, Liverpool, Leeds, Birmingham & Glasgow

www.freightcontainerservices.com

Telephone 07860 570136 or 07831 142401

norman947@btinternet.com

howard.clack@btinternet.com

PLUMBING



- Boiler Service • Breakdowns
- Fire Cookers Installations
- Plumbing and much more.

Located in Arnold Nottingham

T: 07411 532005

E: colesphs@yahoo.com

W: colesphs.com

FRAMING



Newark's Premier Framing Specialist
For all your framing needs.



Balderton Hall, Fernwood village, Newark
Nottinghamshire, NG24 3JR
Tel 01636 679603.

(Just follow the signs for Fernwood Day Nursery)

PLANT NURSERY

Deacons Nursery (LL)

Mail order fruit trees
and soft fruit specialists

Call now for your
FREE BROCHURE



Phone: 01983 840750 or

01983 522243 Fax: 01983 523575

Email: info@deaconsnurseryfruits.co.uk

Website: www.deaconsnurseryfruits.co.uk

50% OFF ALL FRUIT (i.e. apples etc)

VETS



Caring Pet Euthanasia at Home
UIETUS VET

- Gentle respectful and understanding
- Nottinghamshire and Derbyshire
- Aftercare services available
- Search Online "Quietus Vet"



Contact us on
0115 784 3456

IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL
US
01159
313879

FURNISHINGS

COSYREST FURNISHINGS LTD

If you want the best, come to Cosyrest

Re-upholstery in Nottingham, UK

Cosyrest Furnishings Ltd is a well established soft furnishings
and reupholstery business based in Stapleford, Nottingham.

We offer a range of high quality soft furnishings. We are makers of fine
suits and reupholstery specialists and will take on most jobs.

At Cosyrest Furnishings Ltd we pride ourselves on our high quality
products, from car seats and headboards to the reupholstery of sofas; no job
is too big or too small. We have been in business for almost 40 years; we
have plenty of experience and have built up a strong client base.

Some of the services we offer are:

- Reupholstery • Fine suites • Contract work

Why should you choose Cosyrest
Furnishings Ltd?

- High quality products • Friendly and professional service
- Tailor made soft furnishings • Competitive prices
- Excellent quality product for the price • Willing to take on any job

Here at Cosyrest Furnishings Ltd we are proud members of
the Association of Master Upholsters.



For reupholstery
services, call us
now on
0115 939 0099
www.cosyrest.co.uk

BATHROOMS

We Supply Fit & Design Bathrooms



**Bubbles
Bathrooms**

NOW WITH OVER
75 BATHROOMS
ON DISPLAY

FREE PARKING OPEN 6 DAYS A WEEK Closed Tuesdays

Unit 3 Hallam Way, Old Mill Lane, Mansfield Woodhouse NG19 9BG



EX-DISPLAY
SALE
NOW ON

**Mansfields
Biggest
Bathroom
Showroom**

Open Mon-Sat 9.30-5pm Sunday
10-4pm Tel: 01623 661111

HOT TUB & ACCESSORIES

EX-DISPLAY
SALE NOW ON

Season Spas UK
Hot Tubs - Swim Spas & Accessories

EX-DISPLAY
SALE NOW ON

OUR CHEAPEST

HOT TUB

PLUS EX-DISPLAY SPECIAL OFFERS

FROM
£2595

Saving Over £2400



Savings of over £2400 is based on RRP £4999



FREE PARKING OPEN 6 DAYS A WEEK Closed Tuesdays

Mansfield:- 66 11 11

Units 3 - 3A Hallam Way, Old Mill Lane, Mansfield Woodhouse NG19 9BG



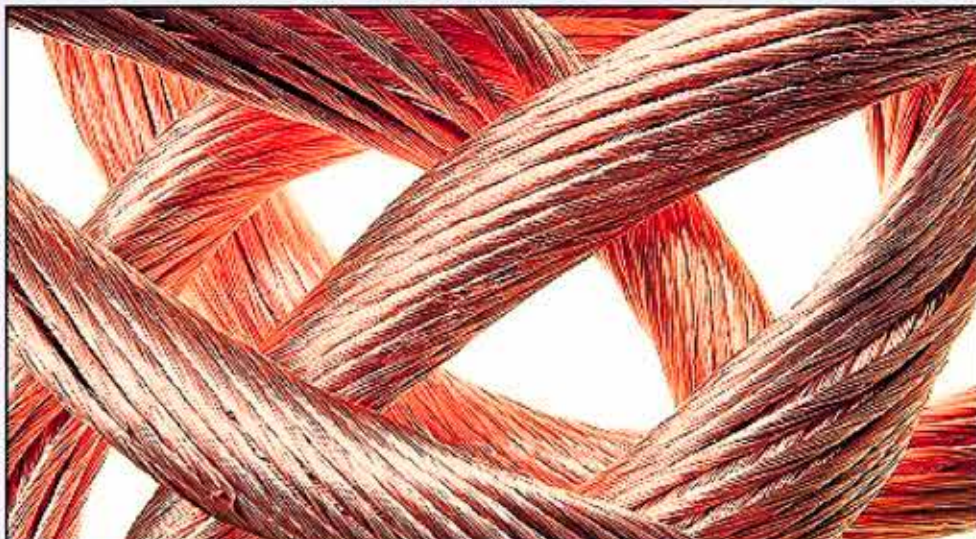
East Midlands Metals

TAKE ADVANTAGE OF INCREASED COPPER PRICES TODAY

**Call now for our
updated prices**

2 Valid Forms of ID Required * For Cash £2 Admin Fee Applies * No Commission

FREE COLLECTION FOR LARGE QUANTITIES



WANTED NON FERROUS SCRAP METALS

Brass / Copper / Aluminium etc. Cable, Swarf - Cutting - Section etc.

01509 235919 or 07850 127234

WWW.EASTMIDLANDSMETALS.COM

Bishop Meadow Road, Loughborough, LE11 5RE