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Ground-breaking Plans At Children's Hospital

"The new intra-operative MRI machine will be used during children's brain tumour surgery to help surgeons accurately remove as much of their patients' tumours as possible."



One-year-old Oliver Swift, from Arnold, Nottingham, was diagnosed with a brain tumour at just five months old.

Medics at Nottingham Children's Hospital have unveiled new plans for an MRI suite to be used during paediatric brain surgery.

At the event on 18 September, held during Childhood Cancer Awareness Month, leading paediatric neurosurgeons showed the plans for the new facility to current and past patients and families, as well as local people and businesses that are helping raise money for the project.

The Big iMRI Appeal, run by Nottingham Hospitals Charity, is raising £1.2m towards the new intra-operative MRI machine, which will be used during children's brain tumour surgery to help surgeons accurately remove as much of their patients' tumours as possible.

Paediatric Neurosurgeon, Donald MacArthur, explained: "It is incredible to think that with modern treatment 70 percent of children can be cured of their brain tumours. Using an MRI during operations, or what we surgeons call an intra-operative i-MRI, is a significant benefit as it can help us completely remove tumours whenever there is the possibility of doing this, as well as limit the impact of surgery on our young patients."

Nottingham Children's Hospital is based at the Queen's Medical Centre and is the leading regional centre for children's neurosurgery, where over 1,000 MRI scans are carried out on children each year, including those with life-threatening brain cancer.

The Charity has so far raised half of its target for the project, raising £600,000 in the first six months of the appeal.

One-year-old Oliver Swift, from Arnold, Nottingham, was diagnosed with a brain tumour at just five months old. He was admitted to Nottingham Children's Hospital in January 2018 after doctors discovered a large tumour, taking up almost half the left hand side of his brain.

After surgery, Oliver spent three weeks recovering on the Paediatric Intensive Care Unit and was discharged in February 2018. Oliver is currently undergoing chemotherapy, and the last MRI showed the tumour had shrunk by 20%.

His mum Charlene says: "Oliver is a very jolly little boy and the doctors are amazed at the recovery he has made. He can wave his arms and wriggle and move which is wonderful. I am very supportive of the Big iMRI Appeal and know that it could help children like Oliver in the future."

To support the Big iMRI Appeal please donate by texting 'NUHC13' and your chosen amount of either £1, £2, £3, £5 or £10 to 70070 to choose their amount, or can go to the Nottingham Hospital Charity's Big Appeal or call the Charity's team on 0115 962 7905 to make a donation.

Upcoming Temporary Transport Closure

The return of Nottingham's world-famous Goose Fair will see the temporary closure of one of the tram network's park and ride sites to make way for all the attractions.

The Forest tram stop will remain open throughout the event, but its park and ride facilities will be closed from 4pm on Saturday 29 September until 6am on Wednesday 10 October.

This will enable organisers

to access the Forest Recreation Ground to set up and take down Europe's largest travelling fair.

Stephanie Moss-Pearce, NET's Marketing Manager: "We apologise for any inconvenience this may cause but, as in previous years, the closure is unavoidable due to the event's size and popularity."

"However, there are still plenty of free spaces for tram customers at other sites across

the city, and we'll be putting on extra trams during the fair which opens at 5.30pm on Wednesday 3 October.

"The event draws to a close at 9pm on Sunday 7 October and we expect hundreds of thousands of people to take the tram to get to the heart of the action where they can enjoy all the attractions that make Nottingham's 700-year-old Goose Fair so special."

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Cosmetic Surgery Information Evening Thursday 1st November 6.00pm Mr Tariq Ahmad	Cataract Information Evening Thursday 15th November 6.30pm Dr Aasheet Desai
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Visit [woodthorpehospital.co.uk/events](#) or call 01159 209 209 for more information or to book your place.

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Show Your Support

The family of a little girl from Ilkeston who has twice overcome cancer is highlighting the importance of emotional care and support for parents and carers during Childhood Cancer Awareness Month this September.

Eight-year-old Alice Icke was diagnosed with a Wilms' tumour, a form of kidney cancer, at the age of 4 in 2014. By January 2015, she was cancer free but just six months later, after a routine check revealed a tumour on her lung, tests confirmed the cancer was back.

Thankfully, Alice is now two years in remission since her relapse, but will continue to have check-ups for a long time.

Her family is supporting leading

children's cancer charity Children's Cancer and Leukaemia Group, which is launching new services to support parents and carers of children with cancer.

Alice's mum, Jane Icke, who works at the University of Nottingham, said: "Hearing the news that Alice's cancer was back was devastating and in many ways was worse than the initial diagnosis."

Jane said talking to other parents on social media had been a great help during Alice's illness: "Social media can provide a safe space where everyone is very open and honest about their feelings and often there is someone who has been in your situation."

CCLG is launching a Childhood Cancer Emotional Health and Wellbeing Research Fund and an online information hub and parents' Facebook group, as well as a #BeAChildCancerFriend social media campaign to help parents and carers. Visit www.cclg.org.uk/ccam to find out more about how to get involved in Childhood Cancer Awareness Month.

NEWS in brief...

Theatre Programme Launched in Mansfield

A new affordable programme of theatre shows has been announced, with all productions having either a low ticket price or priced on a Pay What You Can basis.

The friendly 100-seat venue, located on Leeming Street will play host to eight professional productions over the autumn and winter, with many stopping off in Mansfield as part of nationwide tours.

There's something for everyone from shows bursting with comedy to dancing and live music, heart-

warming storytelling to historical classics.

There's also a licensed bar for the essential pre-show and interval refreshments.

The Affordable Theatre programme has been developed by the Inspire Youth Arts team. Sam Holgate-Davey, Development Co-ordinator working on the scheme said, "We already use our theatre space for the youth programmes we run, and to be able to invite professional touring companies to perform here, and get more people to see the great facilities we have at the venue, is so exciting." Tickets to many of the productions are FREE to book online at www.inspireculture.org.uk/theatre and then you pay what you can at the end of the show.



Cheap Transport to Help Local Students

Students planning to return to university or college will have plenty of things to think about over the next few weeks but, thanks to the tram, travelling to lectures needn't be a worry.

With lines serving large parts of the city as well as dedicated stops for Nottingham University, Central College in Beeston and NTU's city campus, it offers a swift and convenient way of getting around.

What's more, a series of offers exclusively for students make it easier to budget for the term ahead. Stephanie Moss-Pearce, NET Marketing Manager, explained: "It can be tough for students to manage their money when they go to college or university, but by investing in one of our student season tickets they never need to worry about having cash at hand to get to a lecture."

"The ticket can also be used at any time of day, and at weekends, so students can save on nights out with friends, helping them to stretch their budget a little further!" Monthly and annual passes are also available and further details can be found at www.thetram.net/students.

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Local Young Writer Debuts First Production



An award-winning writer is debuting his first production at Nottingham Playhouse this week, in the Neville Studio.

Up and coming writer Tom Powell, aged 26, will premiere 'I Dare You' at Nottingham Playhouse from Thursday 27 to Saturday 29 September. The production is commissioned by In Good Company – a creative programme for theatre makers and companies in the East Midlands.

'I Dare You' is a 70-minute production described as "Hansel and Gretel meet Black Mirror in an escape room". The play is aimed at young audiences under 30 and explores the grief that follows the death of a parent and the challenges of being a child alone in an adult world.

Tom is working with director Beth Shoulder who received support from In Good Company and Derby Theatre to bring the production to stage. Beth specialises in making work for teenagers and young adults in the East Midlands, and is passionate about showcasing new writing for younger audiences.

Beth said: "When I read Tom's script for 'I Dare You' I was struck by its ability to address the resilience of young people facing trauma.

"The play touches on a number of experiences around families, including abuse, divorce and death but we've been careful not to make it an 'issues' play that patronises young people with a moral message."

The play is suitable for age 14 plus. Tickets can be purchased through the Nottingham Playhouse website at www.nottinghamplayhouse.co.uk.

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Helping Nottingham Tackle Homelessness

Two of Nottingham's leading organisations – The Nottingham Building Society and Nottingham Forest Football Club – are backing Framework's major annual fundraising event, The Big Sleep Out.

This year's Big Sleep Out, sponsored by The Nottingham, will take place for the first time at The City Ground – the home of Nottingham Forest – on the evening of Saturday 24 November. Framework supports thousands of homeless and vulnerable people each year across Nottinghamshire and The Big Sleep Out is part of a programme of events taking place at The City Ground to mark the charity's status as Nottingham Forest's Official Charity Partner for the 2018/19 season.

Nottingham Building Society's Chief Executive David Marlow said: "The Society was founded almost 170 years ago to help people in Nottingham to enjoy a home of their own and we are just as passionate about this today.

"Homeless people need specialist support to live independently and Framework are well placed to provide it. That's why we're once again supporting The Big Sleep Out and look forward to the biggest, most successful fundraiser yet."

Several hundred people are expected to attend and raise funds by being sponsored to sleep rough for a night. Funds raised will be used by Framework to help local homeless people off the streets and into accommodation.

Framework Chief Executive Andrew Redfern added: "Around 40 people are sleeping rough in the Nottingham area each night. We invite people to sleep out for one night so that others don't have to."

Participants can sign up to take part by visiting www.frameworkha.org/bigsleepout. The Big Sleep Out will take place in the car park at the rear of the Brian Clough Stand.

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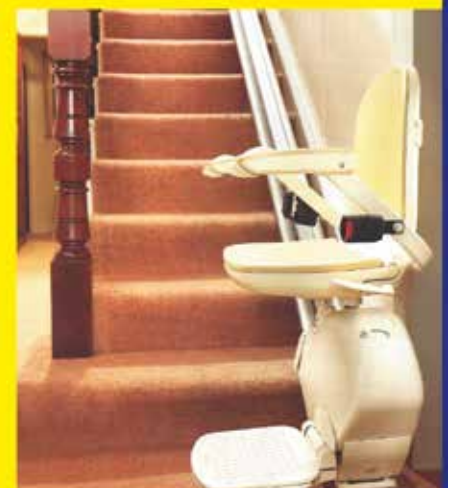
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Many of Nottinghamshire's finest establishments have submitted their entries for 2018's Nottinghamshire Hospitality STARS Awards, staking their claim to win one of 14 coveted titles.

Back by popular demand, these prestigious awards are organised by Visit Nottinghamshire, the city and county's official tourism body, and are produced in affiliation with the Nottingham Hospitality Association and the national VisitEngland Awards for Excellence. These industry-led awards have been celebrating hospitality in Nottinghamshire for well over a decade.

2019 will be the 30th anniversary of the VisitEngland Awards for Excellence. The awards have been recently reviewed and modernised to ensure that they continue to recognise, congratulate and celebrate businesses and individuals that deliver amazing experiences for visitors.

Richard Johal, Chair of the Nottingham Hospitality Association, said: "The event is a great opportunity to celebrate Nottinghamshire's diverse hospitality sector, the hard-working people within the industry and to celebrate and recognise local business success."

All shortlisted finalists will be invited to the awards ceremony on 1 November at the Nottingham Crowne Plaza – an excellent opportunity for networking, publicity and inspiration, and, of course, to enjoy the glamorous black-tie event. Winners in each category will receive a trophy and can expect invaluable press and promotional opportunities for their business, strengthening their reputation and hopefully leading to an increase in their visitor numbers.

For more information and to enter, sponsor or book a table or tickets for this event, visit www.visit-nottinghamshire.co.uk/nottinghamshire-hospitality-stars-awards.

NEWS in brief...

Station Street Plans Given Green Light

City planners have given the green light to bring forward one of Nottingham's most striking Grade A office schemes in the city to date. The office scheme known as 11 Station Street is part of an exciting major new mixed-use scheme on the doorstep of Nottingham station.

Award-winning Nottingham-based urban developer Bildurn is delivering the scheme.

The whole development currently known as the Station Street scheme includes both Grade A offices at 11 Station Street and student accommodation by the Vita Group at 25 Station Street.

The site, which is over an acre in size, is a prime location in the city centre, situated opposite to the entrance to Nottingham train station – which has undergone a multimillion pound facelift.

The office space which faces the new pedestrianised area on Station Street will offer secure basement parking and cycle storage, 24-hour access, electric car charging points and high quality contemporary finishes as well as backing on to a waterway aspect – the building will also feature a roof garden.

For more information visit www.stationstreet.co.uk/.

New Strategy to Prevent Homelessness

Nottingham people, charities and local organisations are being asked for their views on a new strategy being developed by the City Council to tackle homelessness in the city. The overarching vision for the new strategy is that no-one need sleep rough in Nottingham.

The development of a new Homeless Prevention Strategy for 2018 – 2023 is an opportunity for the city to review its approach to supporting households either experiencing or threatened with homelessness.

A wide variety of local partner organisations including homelessness agencies and accommodation providers are involved in the development.

Councillor Jane Urquhart, Portfolio Holder for Planning and Housing, said: "I'm proud of the support services we have in Nottingham, who work tirelessly to help both prevent and relieve homelessness."

"Homelessness is an unacceptable problem and one that must we must all take responsibility for and respond to collectively – an approach that is evident throughout the new strategy."

Local organisations, groups and interested individuals can access the online consultation questions alongside full and summary versions of the draft strategy on the Council's Engage Nottingham Hub at www.nottinghamcity.gov.uk. The deadline for responses is 7 October 2018.

Improving Mansfield

Mansfield District Council has published its Local Plan ahead of six weeks of formal public consultation.

Representations on the Local Plan Publication Draft can be sent in to the council until 1 November 2018 – all comments received will be considered by the planning inspector.

The council would prefer to receive any suggestions via its online consultation portal at <http://mansfield.objective.co.uk/portal>. However, printed forms are available on request from the Planning Policy team on 01623 463195.

The council is required to prepare a Local Plan for the district to guide future development for a period of at least 15 years. The Local Plan will ensure new homes, jobs and services are located in the most sustainable locations. Kate Allsop, Executive Mayor of Mansfield, said: "The Local Plan for Mansfield will build on the strengths, character and opportunities of the district and at its heart has an ambitious vision for Mansfield as an attractive place to live, work and visit."

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A Record Year!

Over 1,100 staff, volunteers and fundraisers have been recognised for going the extra mile and delivering exceptional care to patients and their families at Nottingham's Hospitals in what has been a record year for award nominations.

NUHonours Awards are annual awards to celebrate and recognise the outstanding contributions of staff, volunteers and fundraisers across Queen's Medical Centre, Nottingham City Hospital and Ropewalk House, which are managed by Nottingham University Hospitals NHS Trust.

Patient, Travis who was treated at Nottingham City Hospital's Burns Unit earlier this year nominated the Nottingham Burn's Unit for the Team of the Year Award. He said: "In June, I got caught in a bad bonfire. Emily was fantastic; so understanding and caring to me and my worried family I wish all nurses and doctors were like her."

Dr Mun Poon from the Elective Orthopaedics Team at QMC has been nominated for the Caring and Helpful Award by the family of patient who sadly passed away after being diagnosed with advanced ovarian cancer.

Susan said: "Right from the beginning my mother and all of us were impressed by Dr Poon. His professionalism, care and compassion were greatly appreciated by my mother."

"We were saddened by the loss of my mother in such a short time. Our pain was eased by having such an amazing doctor who truly cares for his patients."

The full list of NUHonours2018 nominees are available online at www.nuh.nhs.uk.

Winners will be announced at a special awards ceremony at the East Midlands Conference Centre on 23 November 2018.



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Read On Nottingham



Dads in Nottingham can win a bundle of books for their families and a pair of tickets to a Nottingham Forest game.

A new online initiative to inspire a generation of readers in Nottingham has been launched at the Nottingham City Homes Fun Day in April, as part of the Read On Nottingham campaign from the National Literacy Trust.

The Dads Reading Selfies competition calls on dads, grandads and uncles to post a picture on social media as they enjoy story time with their children using the hashtag #ReadOnNottingham. All entries will appear in a gallery on the Read On Nottingham website and winners will bag a bundle of books, with one lucky family also scooping pair of tickets to a Nottingham Forest FC match.

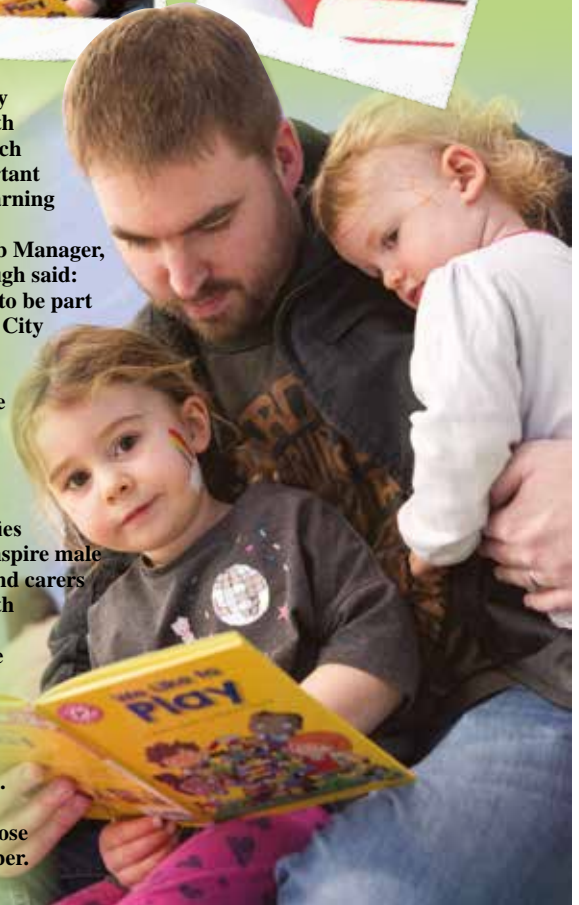
The competition was launched to encourage more

dads across the city to share stories with their children, which will have an important impact on their learning and wellbeing.

Nottingham Hub Manager, Emily Landsborough said:

"We were thrilled to be part of the Nottingham City Homes Fun Day where we had the chance to gift more books to children. It was the perfect opportunity to introduce our new Dads Reading Selfies competition and inspire male family members and carers to share stories with their children."

To find out more about the Read On Nottingham campaign, visit www.readonnottingham.org.uk. The competition will close at the end of October.



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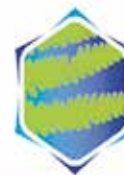
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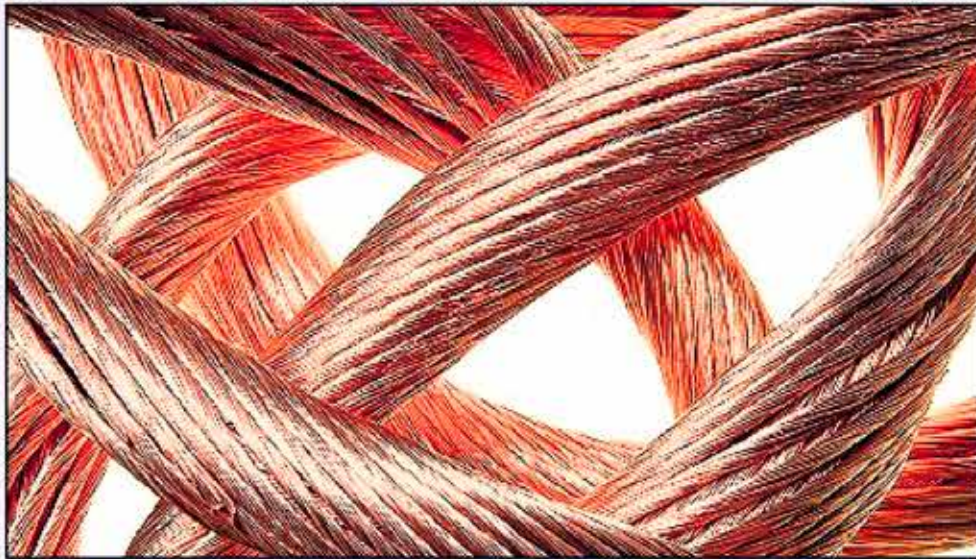
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16TH NEWARK VINTAGE TRACTOR AND HERITAGE SHOW



10th
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On 10 & 11 November, Newark Showground will once again be holding the largest show of its kind in the UK. This family-friendly annual autumn event will feature hundreds of vintage agricultural and horticultural machines as well as plenty of trade stands, heritage crafts, animals, demonstrations and displays.

Children are invited to visit Father Christmas in his 'igloo' where he will attentively listen to 'what they want for Christmas'. New for this year, the Vintage Tractor Show is pleased to welcome the Handmade with Love Events team who will be bringing their Christmas Craft and Gift Market to the Sir John Eastwood buildings. With over 50 wonderful designer-makers, artisans and craftspeople exhibiting their work, visitors will find it easy and fun to get started on their Christmas Shopping this year and pick up some great gifts for the festive season.

The organisers are delighted at the return of many of the experts who put so much effort into the fantastic exhibition of rare and native breeds including ponies, sheep, and cattle, providing a unique glimpse into the UK's farming heritage that has shaped our island. James Chanry will be running his popular 'Have a Go

Sheep Show' where young, would-be 'sheep handlers' are encouraged to try their hand. No experience is necessary, and rosettes are awarded for the winners. There will be displays of traditional crafts such as spinning, stick-making and chair caning as well as numerous indoor and outdoor trade stands offering opportunities to shop for products from country wear clothing, gifts, footwear, original paintings and prints, to sweet and savoury snacks, as well as items that will appeal to agricultural machinery enthusiasts.

Tasty hot meals, drinks, cold snacks and ice-cream will be available at various outlets.

Don't miss the acclaimed Carlton Male Voice Choir singing at the annual Remembrance Sunday Service which this year will be commemorating the 100-year anniversary of the end of WW1. Newark Showground is located near the A1/A46/A17 roundabout just outside Newark so it's easy to get to and parking is FREE Further details can be found by visiting www.newarkvintagetractorshow.com closer to the dates.



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this year feature the celebrated Carlton Male Voice Choir

Look out for Father Christmas who will be visiting...



A further 4,000 knitted and crocheted poppies are needed to help create an extra-special Remembrance Sunday display in Mansfield Town Centre.

More than 6,000 poppies have been knitted this year, which will be added to the 8,000 that were made by hundreds of local volunteers for last year's display. Mansfield District Council is appealing for more people to get involved to help reach the target of 18,000 to help mark the centenary of the end of the First World War.

Deputy Mayor of Mansfield Cllr Mick Barton, who has been spearheading the council's poppy appeal, said: "This year is an extra special Remembrance Sunday, marking a centenary to the day since peace was declared after four terrible years of war. It is not too late to get involved so please get knitting."

A Plea for Poppies

Finished poppies can be taken to the Civic Centre, Mansfield, marked for the attention of the Marketing and Communications team. They will be collected until 21 September - though any late arrivals will not be turned away! Be sure to leave two pieces of yarn at the back of the poppy so they can be attached to netting.

The displays will be installed during the week prior to Remembrance Sunday on 11 November. Details and poppy knitting patterns to download can be found online at www.mansfield.gov.uk/poppies.

The Road to Success

By Frances Wilkins

I never intended to become a book publisher. 1992 changed my plans. In May, my course about thriller writing was stolen by a 'friend' and advertised as hers in writers' magazines. In October, I was due to talk about smuggling history on the Isle of Man. How could this research be protected - there is no copyright on the spoken word. Two publishers were interested but the book would not appear for another year: too late to protect my material. A friend suggested that I should publish the book myself. My response was 'if you help me'. And so Wyre Forest Press was planned, on a paper napkin, to produce one book only. Then people expected a book accompanying their course and the number of publications increased, and increased.

Self-publishing is not easy. The Severn River floods immersed my printers: the press was not fully dried out before 1,000 copies of Strachclyde's Smuggling Story were produced. 200 copies had been delivered to bookshops in Glasgow before the damage was identified. Other bad memories: the book launch on a wind-bound Isle of Man - the ferry with the book on board was riding out the storm in the bay; the signing session in Kirkcudbright when nobody came to buy a book: there were too many other events in the town; my relation who complained in public because my book was about the slave trade. Despite all this,

on Friday 21 September, my thirty-sixth book was delivered to Dalem in Cumbria.

For a copy of the Wyre Forest Press catalogue, phone 01335 345239 or email frances@franscript.co.uk.

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Aries

You are about to embark on a fantastic new journey involving a complete change of direction in both your personal and working life. Someone may become an irritant because they are both needy and manipulative. Not only that, a past lover still refuses to give up winning you back. Expect some excellent news concerning money and an outing offers you the opportunity to chillax and enjoy.

Taurus

A relationship situation will come under fire forcing you to think long and hard about your priorities. Your whole life is slowly changing direction because you are now starting to see people and things from a totally different perspective. You are beginning to enjoy your own company far more than putting up with those who have nothing remotely interesting to say or those who show little or no sensitivity towards others.

Gemini

It's time to put the past behind you because no one can change what has happened. Making future plans will stimulate you as your health is about to show signs of improvement. Partnerships are vitally important, but drama lies ahead. Matters could go either way, but a chapter is about to end that will give you a greater sense of freedom to push ahead for bigger and better things.

Cancer

So many options and so many choices, yet someone or something is still succeeding in putting you into a quandary. A financial worry will slowly resolve itself. You could be heading a career change that will work to your advantage once you have gathered enough confidence and self belief to do make your dreams become a reality. Taking change is the only way to boost your prestige.

Leo

Just because something isn't happening for you right now doesn't mean it will never happen. Perhaps you have allowed yourself to become involved with someone who talks the talk but does not come up with the goods. People always seem to miss you more when they can see that you are far happier without them, so do not give into emotional blackmail. Stand your ground and do only what feels right for you.

Virgo

Romantically you are facing some tough decisions, especially if your partner is not coming up to the mark. You may feel an urgency in selling up and moving house because you need a fresh start. Look carefully into your finances before embarking on anything major as these things need precision planning. All things are possible if you are determined enough to see a project through. An overseas journey may have to be postponed until a later date.

Libra

Wise words and consideration for others will strengthen your position during the coming weeks. Your instincts and intuition are working overtime to the point where you are starting to believe that anything is possible. If you don't trust a certain person or situation, why are you still happy to spend time in their company? What are you trying to prove or convince yourself of? You are about to discover that leopards do not change their spots.

Scorpio

You are approaching an extremely busy time ahead, but with a little bit of organisation, you will achieve your goals. Feeling a little frustrated? Maybe it's time for a complete change of direction so do not be afraid of trying something new. Several people will attempt to crawl out of the woodwork in the hope of reconnecting with you socially, but it looks as though you have ideas of your own that do not include them.

Sagittarius

Love and romance features high on your agenda. A current partner could be getting on your nerves and driving you to distraction. A new lover could soon appear on the horizon that is far more in tune with your energies than anyone you have previously met. Your career or profession is important because you realise that if you don't earn your own money and independence you cannot realistically rely on others to do it all for you.

Capricorn

You may find yourself questioning a current friendship because something just numerous things just do not add up. Do not be taken for a fool, accepting to be fobbed off with any old excuses. A chance meeting could lead to a new career door opening and finances take on a strange twist by turning for the better. If you are currently communicating with someone on the internet, arrange a meeting sooner rather than later.

Aquarius

A number of incidents lately have affected you deeply and shook you rigid to the core. You are more than aware of who your true friends are but that does not stop you feeling let down. You love a reason to celebrate and blossom when in good company. An opportunity to open a new business venture or go into a completely different direction with your career will come as a much welcomed surprise.

Pisces

At times you will find sitting amongst large groups of people emotionally draining, especially if you have nothing in common to talk about. You will be looking for any excuse to make a fast exit. No, you are not anti social at all, just very select with whom you spend your precious time with. Keep a close eye on expenditure, especially if you do not have any savings to fall back on when a rainy day arises.

vengaboys



We're going back to the 90's

The Vengaboys have been added to the star-studded Stepback 90s concert taking place at the Motorpoint Arena Nottingham on Thursday 6 December 2018.

The Dutch dance group will join Peter Andre, Sive, S Club, BoyzLife, B*Witched, Blazin' Squad, Booty Luv, Big Brovaz and East 17.

Vengaboys - who have sold more than 25 million records around the world - rose to fame in 1999 with songs such as 'Boom, Boom, Boom Boom' and 'We're Going to Ibiza' which both went to number one in the UK's Official Singles Chart.

StepBack90s is being promoted by Showtime Promotions, who are also behind the StepBack 80s concert that is coming to

Motorpoint Arena Nottingham on Saturday 27 October 2018.

Dan Nelmes, director at Showtime Promotions, said: "We couldn't throw a 90s party without the upbeat energy of the Vengaboys, so we're really pleased to have secured them for this concert."

"They were one of the stand out artists at the close of the 90s decade that just kept churning out catchy tunes that have a timeless feel about them, so we know they will go down a treat with the Nottingham crowd."

Tickets can be purchased online at www.motorpointarenanottingham.com via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square.

Las Iguanas Launches Exciting New Menu

Summer may be coming to an end but the fiesta is only just getting started at Las Iguanas, where every day is a celebration in their Latin American restaurants! If these shorter, colder days have you dreaming of a warmer climate then Las Iguanas is the place for you.

Launching on 25 September 2018, the Autumn/Winter menu offers an exciting taste of Latin America, boasting 12 delicious new dishes alongside classic, all-time favourites. There's also an incredible 14 refreshing new cocktails on the new drinks menu.

The menu has been carefully curated by a team of highly skilled and passionate chefs who bring to life unique flavours from across Latin America using quality ingredients that are lovingly cooked from scratch.

Las Iguanas are Vegetarian Society approved so of course there are plenty of unique exciting Vegetarian and Vegan dishes to choose from.

Las Iguanas also have an impressive selection of drinks on offer always made with premium spirits and plenty of new additions, all of which are available 2 for 1 all day, every day! The vast cocktail and mocktail list ensures there is something for everyone.

Swing by for an exotic experience at Las Iguanas Nottingham, Chapel Bar, NG1 6JS. For more information, or to book a table, visit www.iguanas.co.uk.



Nottingham University Wins Double Award

The University of Nottingham has secured a double award as University of the Year for both International and Sports according to the 2019 The Times and The Sunday Times Good University Guide, published Friday 21 September.

The University has also moved to 16th position in the overall league table, up a further two places, thanks to both student satisfaction scores and particularly strong graduate prospect outcomes.

It is the first time in the history of the guide that a university has been given two awards and enough to earn a shortlisting, for the second year running, for the coveted University of the Year award.

President and Vice-Chancellor, Professor Shearer West, said: "At a time of unprecedented change in higher education, and in the wider world, the University of Nottingham is a thriving institution offering an outstanding student experience, world-changing research and a global reputation for excellence."

"I am delighted that the dedication of our research and teaching staff, and the hard work of our students has been recognised."

The University celebrated its latest international accolade by launching a new international student recruitment campaign, encouraging prospective students across the globe to discover the world at Nottingham.

The University's breadth and depth in sports is unrivalled with Nottingham having the largest intramural sports league with over 3,500 students playing against each other each week. A new Sport and Exercise Science degree programme has also been launched this year which underlines the commitment to the future of sport, and enhances an academic sporting portfolio that includes leading courses in Sports Medicine and Physiotherapy.



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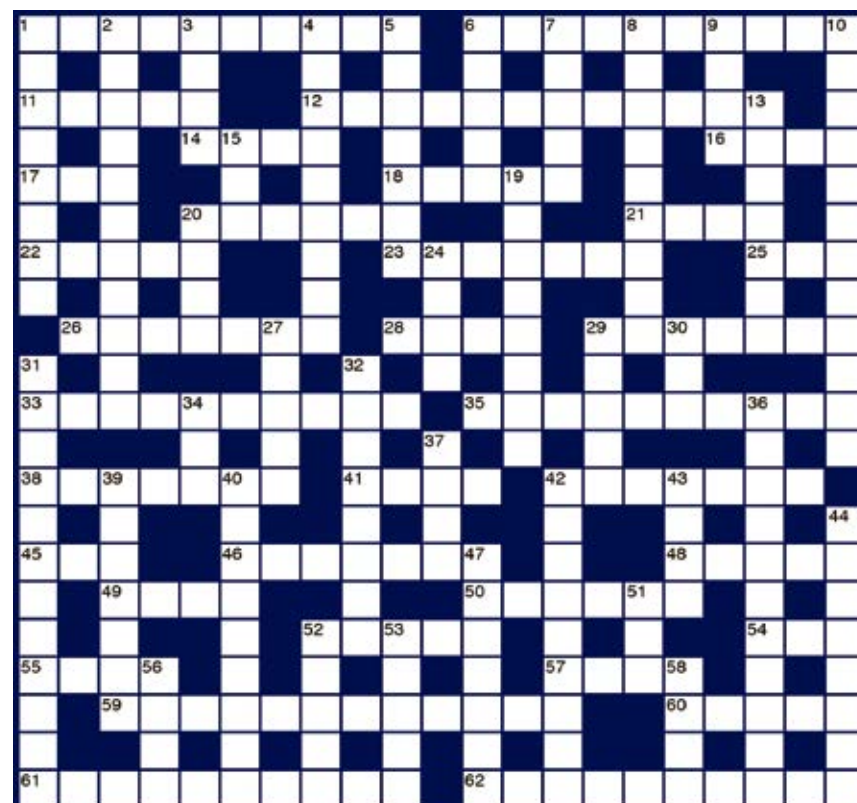
ACROSS

- 1 Multi-storey building (10)
- 6 Store thief (10)
- 11 Playing-cards suit (5)
- 12 Holiday hotel facility (8,4)
- 14 Hurl or fling (4)
- 16 Paint crudely (4)
- 17 Fire residue (3)
- 18 Two shot pheasants (5)
- 20 Outhouse (4-2)
- 21 Nozzle, snout (4)
- 22 Slack-fitting (5)
- 23 Soaked the roots (7)
- 25 Fresh, original (3)
- 26 First course or home (7)
- 28 Skin of a tree (4)
- 29 High-backed sideboard (7)
- 33 A debt of gratitude (10)
- 35 Sensitive to hurt (10)
- 38 Rough cider (7)
- 41 Orchard fruit (4)
- 42 Theatrical performer (7)
- 45 Passenger vehicle (3)
- 46 Roman sea god (7)
- 48 Strong garden string (5)
- 49 Petty quarrel (4)
- 50 A sickly feeling (6)
- 52 Jargon (5)
- 54 Sticky stuff (3)
- 55 Vocalised clearing of the throat (4)
- 57 Lean at an angle (4)
- 59 Hotel desk clerk (12)
- 60 Circular in shape (5)
- 61 Laying off a worker (10)
- 62 Vertical take-off machine (10)

DOWN

- 1 Friendly, fond of company (8)
- 2 B & B lodgings for hikers and cyclists (5,6)
- 3 The actors in a play (4)
- 4 Bus or train traveller (9)
- 5 Multi-coloured arch (7)
- 6 Brazilian dance (5)
- 7 Small weight (5)
- 8 A Scandinavian (9)
- 9 Nutriment (4)
- 10 Network of burrows (6,6)
- 13 Mourns audibly (7)
- 15 A single thing (3)
- 19 Supermarket exit bay (8)
- 20 Salacious look (4)
- 24 . . . and alack (4)
- 27 Way in (5)
- 29 Roadside restaurant (5)
- 30 Hearing organ (3)
- 31 Burglar (5-7)
- 32 Medical building (8)
- 34 Adhesive resin (3)
- 36 Swimming costume (7,4)
- 37 Hay storage building (4)
- 39 Cattle stealer (7)
- 40 Correspondence pal (3,6)
- 42 Judicial discharge (9)
- 43 A mere jot (4)
- 44 The R in VCR (8)
- 47 Universal language (7)
- 51 Long fish (3)
- 52 The Devil (5)
- 53 Unbearable pain (5)
- 56 List of dishes (4)
- 58 Threesome (4)

See below for answers



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The crowds really turned out at The Bulwell Academy on Saturday 15 September, when more than 1,600 residents descended on the fifth annual Fun Day, hosted by Nottingham City Homes.

As well as having the chance to meet furry animals from White Post Farm, characters from Star Wars, sit in the famous DeLorean from Back to the Future, watch live music, take part in swing dancing and lots more, it was also a chance for residents to meet with NCH in an informal and relaxed setting and talk about what's important to them – including help with rents and repairs, housing options and lots of help with employment and training opportunities.

Malcolm Sharp MBE, Chair of the Nottingham City Homes Board, said: "What another fantastic event! It was great to see so many people turn out and help NCH celebrate a brilliant year. The Fun Day is always a popular event and this year was no exception – plus it was lovely to see so many new faces joining us." Visitors to the Fun Day also enjoyed a free lunch in the events Eat Street area, with everything on offer. This year's event was sponsored by TIS, the Fire, Security & Communications Specialists, J Tomlinson, the mechanical and electrical contractor and Marlowe Fire and Security.

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WORLD'S BIGGEST COFFEE MORNING?

Coffee for a Cause

Bringing millions of people together for coffee and cake each September, Macmillan Cancer Support's World's Biggest Coffee Morning has become somewhat of a British institution over the years – and it's all in the name of a fantastic cause, raising vital money to help people with cancer live life as fully as they can.

But what is a Macmillan Coffee Morning and how can you get involved? Here's everything you need to know.

The first Macmillan Coffee Morning took place in 1990, when a handful of people came together for a cup of coffee and a slice of cake, and made a donation to Macmillan to help support people living with cancer.

And while Coffee Morning has grown over the years - with some 200,000 people planning on taking part in homes, workplaces and schools across the country in 2017 - the idea remains as simple as ever: come together in support of people living with cancer and raise money for Macmillan.

Cancer can affect every aspect of a person's life, from their day-to-day living and relationships to their finances and mental health - and Macmillan is there to help people with cancer live life as fully as they can, but this relies on the generosity of the public.

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healthcare professionals - demand for Macmillan's services is constantly growing, but the charity receives no government funding. The money you raise will enable Macmillan to continue providing these vital services.

Macmillan's Coffee Morning takes place on Friday 28th September (but you can host yours whenever you want) and it couldn't be easier to get involved. All you need to do is bring your community together - whether it's friends, family, colleagues or others - and raise money for Macmillan.

Throughout September, headline partner M&S will be selling a selection of limited edition Coffee Morning products in M&S food halls - including lots of cakes, biscuits and two exclusive mugs - with 10% of proceeds going to Macmillan. Opportunities to give to the cause don't stop there as M&S Cafés will also be donating 5p from every hot drink and slice of cake sold throughout September.

Help people with cancer live life as fully as they can and join Macmillan's Coffee Morning this September at www.macmillan.org.uk/coffee.

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- Find out about rights and benefits
- Meet carers and share experiences
- Air your views
- Screening that makes a difference

Free Event 2018

Nottinghamshire Carers Hub: 0115 824 88 24

What's the difference?

- This is a series of events held in local communities designed, planned and produced by carers, for carers

Are you a carer?

- If you are looking after someone and caring for their needs, you are a carer
- Because many people don't know that there are support groups, campaign groups and commissioners of services to help carers in Nottinghamshire
- Come along and find out

Come along to a Carers' Roadshow near you... from 10.00am

Carers' Roadshows are supported by

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www.coffee.macmillan.org.uk

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Out
& ABOUT



Lincolnshire's

Festive Food & Gift Fair

With less than 100 days to go until Christmas, advanced tickets are now on sale for Lincolnshire Showground's much-loved annual Food & Gift Fair.

Taking place on 1 and 2 December, the two-day event is one of the biggest food festivals in the county, with 150 exhibitor stands and more than 8,000 people expected to attend this year.

Now in its 18th year, the popular indoor event will showcase the county's finest foods and unique gifts as well as free activities for children in Santa's Workshop including storytelling, hands-on-crafts and baking activities.

Jayne Southall, CEO of the Lincolnshire Showground, said: "We are so excited to start preparing for the Food & Gift Fair. It is such a fun event for all the family and there is no better way to get in the Christmas spirit."

"Christmas shoppers will also have the chance to sample delicious Lincolnshire produce including everything from speciality cheese and wine tasting to exotic spices and famous Lincolnshire pork pies.

"It is a real family fun event to suit all ages and tastes and we can't wait to welcome visitors to a magical festive weekend at the Lincolnshire Showground."

The Lincolnshire Food & Gift Fair is open from 9am to 4pm on 1 and 2 December 2018 and visitors will have access to free parking.

Tickets for the Fair can be bought online or over the phone. For more information and tickets prices visit www.lincolnshireshowground.co.uk or call 01522 522900.

15th East Midlands Food Festival

New York Times – 2018 World Top 5 Festivals!
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Just the Tonic

One of the UK's most esteemed comedy clubs announces its full line up and Christmas special shows until 2019!

Boasting the finest names on the circuit, a top-notch line-up is always guaranteed. From the cream of the comedy crop, look out for acts like Lost Voice Guy, Milton Jones, Reginald D Hunter, Stephen K Amos, Brendan Burns and Nina Conti as well as the fastest rising stars of today.

Darrell Martin's critically acclaimed Just the Tonic began in Nottingham over twenty years ago and has become known as one of the most respected comedy venues to date, playing host to countless up and coming comics as well as the most established names throughout the UK. Just the Tonic is now one of the leading comedy venues in Watford, Camden, Reading, Leicester, Birmingham and soon in Edinburgh too!

With past performers including the likes of Ricky Gervais, Matt Lucas, Al Murray, Bill Bailey, Stewart Lee, Mark Thomas, Simon Pegg, Noel Fielding and Dylan Moran, and with Ross Noble, Daniel Kitson and Johnny Vegas all being regular comperes at the club, there is no wonder that Just the Tonic is expanding once again.

For full line up and details, please visit www.justthetonic.com/nottingham-comedy.

The Belgrave Rooms, 25 Goldsmith St, Nottingham, NG1 5LB

sincerely yours

Paper Craft Shows

The Newark Paper Craft Show

The Lady Eastwood Pavilion,
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Sunday 7th October

Show Open 10.00am-3.00pm

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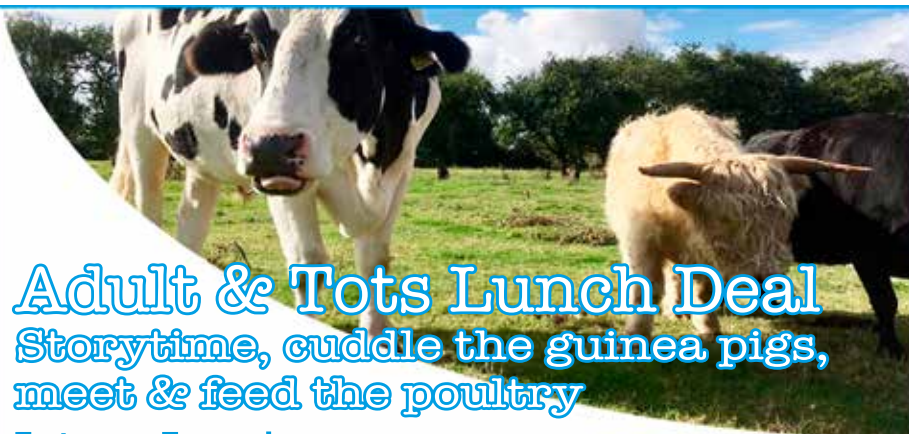
The new season of monthly shows launched on Thurs Sep 13 with wonderfully witty Welshman Noel James, a recent semi-finalist on Britain's Got Talent, topping the bill. Many acts that appear at the shows have

appeared on TV shows such as Mock The Week, Have I Got News For You? and Live at the Apollo plus some of the very best comedians that you don't know yet. The nights are hosted by Southwell resident Spiky Mike. The shows are renowned for having very friendly audiences and a wonderful atmosphere and have won the 'Best Midlands Comedy Club' award twice with leading

comedy website Chortle and also at The Midlands Comedy Awards.

Delicious food is available pre-show. There is also a special Christmas show, a Tribute Band Dinner Show featuring top Beatles cover band the Fab 4 and a New Year's Eve party night of comedy and music.

Full info and bookings at www.funhousecomedy.co.uk.



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NICK PAGE Winner of English Comedian of the

Year 2017 and semi-finalist in BGT 2018.

George Lewis, Lukas Kirkby, Compere Spiky Mike.

Thurs Dec 20th

Christmas Triple Headliner Special

ANDREW BIRD Wonderful comic specially selected by

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Info and tickets www.funhousecomedy.co.uk

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Find us on Facebook
(Funhouse Comedy Clubs- East Midlands)
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Please note line-ups may be subject to change. Our comedians are in high demand and may sometimes have to cancel at short notice for TV or radio recordings etc. Replacements will always be of a similar standard. Most people come to our shows for a strong overall show, but if you are travelling specifically to see a particular act, please check website on day of show or join our mailing list.

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weddings



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11 A.M. - 3 P.M.
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Telephone: +44 (0) 1572 787000 | Fax: +44 (0) 1572 787001 | Email: sales@stapleford.co.uk | www.staplefordpark.com

weddings

The Night before the Big Day

If you're getting married, it's likely that your stress levels are fairly high and your mind is constantly racing and going over your ever-increasing to do list. Even if you've got everything mapped out and all that's left to do is make your way down the aisle, your nerves are still probably getting the better of you. It's important though that you relax the night before your wedding to ensure that you are refreshed and ready when you wake up. Enjoy a relaxing meal with friends, but stick to soft drinks; the last thing that you want is a hangover on the most important day of your life! Try not to spend the whole evening talking about your nerves or what you're worried may go wrong on the day; instead, enjoy the company of your nearest and dearest and cherish your last unmarried moments.

Get an early night, and before you go to sleep listen to some calming music to ensure that you drift off into a peaceful sleep. Be sure to keep some water by your bedside, staying hydrated during the night will ensure that you don't wake up feeling groggy.

Remember to enjoy every moment, weddings are meant to be fun, so don't stress the small stuff!



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Getting married is undoubtedly one of the biggest events of your life and, as a couple very much in love, you want to enjoy the whole experience. Once you know you're getting married it's safe to say that all of your thoughts turn to planning your big day – but where do you start?

Before rushing into setting a date and getting stressed by the whole process remember it is not a race, the last thing you want to do is rush your preparation by making every decision in a split second. It doesn't matter if your wedding day is next week or next year, the important thing to remember is that it's your day and you want to make it perfect, which can take some time.

Making decisions is a massive part of the process, it's especially important when it comes to the venue, the dress and of course the honeymoon. Venues get booked up pretty early so make choosing your location a priority, however, ensure you explore a variety of places before setting your heart on somewhere.

When it comes to choosing your honeymoon, remember that this will be your first chance to relax since the big day. Choose something that suits you both and somewhere that you will remember forever.

Careful preparation, is key for enjoying your wedding and allowing the whole process to run smoothly. Whether you have tons of ideas or are yet to decide on your dream day remember to savour every second as the memories that you are creating will last forever.



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Education & TRAINING

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Exercising your brain can help to improve intelligence, mental capacity and productivity, helping you to excel at your studies. Ensuring your children are regularly participating in educational activities can mean they are confident, equipped and ready to tackle new work at school.

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Open Evening

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6pm – 8pm

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Education & TRAINING

Educating Nottingham

Every first-year student at the University of Nottingham will receive a free book on modern slavery this September, as part of a year-long programme by the Rights Lab to help build a slavery-free-campus.

The Nottingham Reading Programme will see students receive a specially designed copy of the book 'Slave: The True Story of a Girl's Lost Childhood and her Fight for Survival', by Mende Nazer and Damien Lewis which tells the story of experiences in modern slavery.

The University's reading programme was first piloted in 2014 for new students; the main aim of the programme is for students to learn about something they may not have previously.

The first event to kick off the programme will be 'Survivors in Conversation' on October 2, where two survivors of modern slavery will talk about how they became antislavery leaders.

Beginning in October, there will be a series of lunchtime talks at Lakeside led by experts from the Rights Lab focussing on different areas of modern slavery, a photographic exhibition in the spring, and a campus fun run later in the year.

Professor Zoe Trodd, Director of the Rights Lab said: "By reading this book and engaging with the programme we hope to welcome new students into our University community so that they can feel settled in a place where we push to address those challenges that face the world."

For more information on the upcoming events, visit www.nottingham.ac.uk.

Our success is measured by yours

Allenby Training being a family run business within the Construction Training sector, are committed to continually meeting the needs of the people within the industry. The advice and training offered to everybody that crosses our door is paramount - our success can only be measured by your success.

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Whilst we primarily work within the "adult sector" we are hoping that in the future we can also play a more prominent role in helping to get younger people in schools interested

in working within construction. Whilst the roles within construction on the whole haven't changed, the need for more work based qualifications is being implemented by the awarding bodies we work with. If we can work with youngsters interested in construction we can hopefully help to provide them with a robust range of qualifications to get them started on the ladder to a fulfilling career.

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Know Your Options

Leaving school and moving on in life can be very difficult, you need to know exactly what is on offer for you once you leave full time education in order to get the best start in life. With so many important decisions that have to be made in such a short space of time, here is some inspiration for the options in your future:

Doing an apprenticeship means you still acquire an advanced level qualification since you're still learning, just in a more practical environment. As you are immersed into the working world you will appreciate all the benefits of a real life working environment, including the relationships with your colleagues, sense of responsibility and of course, the satisfaction of earning money.

Further study is another popular option, with endless different university and college courses on offer all over the country, there is something for everyone. Whether you prefer practical learning and creative subjects or numbers and lengthy essays – search engines like UCAS and University websites can help to narrow down your options. University life is a fantastic way to delve into independence whilst still training for your profession.

Full time work is something you have to be incredibly committed to, although it appeals to some people to dive straight into the working world it can be all too easy to get stuck into one job. Send out your CV to various companies, trying different types of work places to find what's right for you. Offer work placements or experience weeks in order to trial different branches of work before making the decision to take a job.

Nottingham Trent University has achieved its highest ever ranking in the Times and Sunday Times Good University Guide.

A climb of ten places to 37th in this year's guide caps a remarkable year for the university – and follows a rise in the same table last year, when NTU was also named Modern University of the Year.

It means that the university has now risen for consecutive years in the Times and Sunday Times Good University Guide, the Complete University Guide and the Guardian University Guide, where it was one of the biggest climbers and soared to 16th.

In November the university was also winner of the coveted Times

Higher Education University of the Year. The university's Nottingham Business School, meanwhile, has been shortlisted for Times Higher Education Business School of the Year in this year's awards, with the winners announced in November.

The university, which holds the highest possible 'gold' rating for the quality of its teaching, has also seen consistent improvement in student satisfaction rankings for a number of years.

The Times and Sunday Times Good

University Guide measures areas such as student satisfaction with teaching quality and the wider university experience, research quality, graduate job prospects and money spent on services and facilities.

Nottingham Trent University Vice-Chancellor, Professor Edward Peck, said: "The consistent message across all of these measures of esteem is straightforward: NTU is now one of the UK's outstanding universities."

An Outstanding University



OPEN WEEK

8TH -- 12TH OCTOBER 2018



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We all have stresses in life – from the smallest, most insignificant things to the biggest of issues we face – everyone experiences some form of stress on a weekly, if not daily basis. Whether work is getting you down or perhaps something isn't turning out exactly the way you had planned, finding ways to cope and unwind prevents any serious mental strain which could progress to a far more serious health condition.

The last thing you want is for your worries to become inescapable, self-care is massively important, inject a little you time into your daily routine. We could all use a little more time to relax, however you like to do so, take some time for yourself this week to do something you love.

Small pleasures such as reading a book, settling



down on the sofa or running a nice hot bath are not time consuming but can make you feel better when it comes to stress relief. If you find yourself struggling with time, take baby steps to relaxation with these chilled activities.

Seeing your loved ones is a great way to chill out, whether you visit for dinner or pop in for a cup of tea, relax and feel at ease around those closest to your heart.

Allocate a certain day of the week to cook your favourite food and indulge in a little bit of luxury from home. You could even surprise your partner, family or friends with your delicious creations.

From taking a stroll to some well-deserved retail therapy, there are plenty of ways to unwind that could work for you – have a little you time today.

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Making Friends for Life

By Maddie Storey



Having a supportive and caring group of friends really is a privilege in life, people you can count on, always trust and enjoy yourself with whenever you need a friendly face – a concept which, at Oddfellows, is the centre of everything they do.

On Wednesday 19 September I attended the Oddfellows Afternoon Tea event in Nottingham, an amazing afternoon where I was graced with the opportunity to meet a range of fantastic people who support this wonderful society. The organisation host a whole range of different events throughout the year from music events, walks and theatre trips to parties, quizzes and dining experiences, providing something to suit everyone's taste.

With September being Oddfellows Friendship Month this event, like many others, saw a range of community members from different walks of life come together to celebrate this fantastic organisation and the role it plays in their lives. We were also joined

by Charlotte Griggs from the charity Shine, which proceeds from the event went to. Shine provides specialist support from before birth and throughout the life of anyone living with spina bifida and/or hydrocephalus, as well as to parents, families, carers and professional care staff. Shine have 12,000 registered members and through Local Support and Development Workers help them to get the best out of life.

Melanie Archer, head of the local Erewash branch, explained to me the opportunities which Oddfellows provides from allowing people to enjoy a range of exciting activities to socialising with new people and gaining advice and support. Events are open to all ages and are simple to book, making it even easier to get involved today and try something new to make friends for life. For more information contact Melanie on 0115 9638766, or visit www.oddfellows.co.uk.

Looking for local social events and activities?



Everyone Welcome!

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

25th September

The Café Bar, Four Seasons Centre,
Mansfield NG18 1SU **2pm Meet & Greet A chance to meet members and get to know more about us**
Price as per menu

26th September

Conservative Club, Church Street, Eastwood,
NG16 3BP **2pm Afternoon tea £4 per person**

28th September

Bella Mia, 150 Annesley Road, Hucknall, Notts
NG15 8AY **7pm Dine around the World**
Price as per menu

15th October

108 Burton Road, Carlton, Nottingham NG4 3BG
2pm Murder Mystery and Mayhem Book Club
Free entry

To book for any
of these upcoming
events, or to find
out what else is
coming up call
Melanie on 0115
963 8766

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

The Oddfellows is the trading name of The Independent Order of Oddfellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB



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Are you responsible for the care of an older person? Do you know someone who is? As the nights draw in and the weather gets colder, hazards for older people drastically increase. Help an older relative or neighbour this year by taking a few minutes out of your day to improve their home and prevent serious accidents, making their lives safer and easier.

Eliminate hazards

Removing avoidable hazards can be as simple as clearing away electrical cables, moving shoes, books and other loose items or shifting furniture to create a clear walkway around the house. Assume any stair rails or lifts are securely fastened to reduce chances of danger and falls in the home. Move any important and frequently used items from inaccessible storage such as high boxes, cupboards and rooms to relieve some of the stress from locating these items.

Outside you can ensure that any hand rails are securely fixed and that any mobility aids are properly fitted with weather proof accessories.

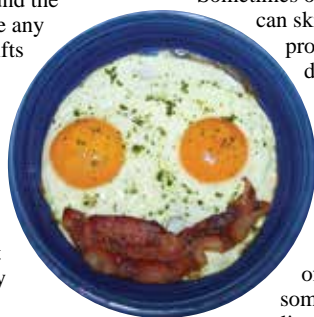
Eating well

Sometimes older residents can skip eating proper meals due to lack of energy to cook, needing food in the house or the difficulty of using some kitchen appliances. Helping an old person with their shopping or cooking for them makes a massive impact in their life as it

ensures they are getting the nutrition that they need from their meals.

Be medically aware

If they require regular medication to be taken, make a thorough plan that will remind the older resident to take their pills – perhaps link their medication to an everyday activity which will trigger the idea, for example: boiling the kettle or eating breakfast. For dementia patients, people who struggle with their vision and mobility, or for anyone with a heart problem, accompany them to the doctors for frequent check-ups and tips on how to decrease risks of severe health problems this winter.



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Another Win for Garden Champions

Mansfield couple Tony and June Harvey have notched up a hat-trick of wins in Mansfield District Council's coveted Best Kept Garden competition after scooping the top prize for the third year in a row.

The couple's colourful floral displays, topiary and environmentally friendly approach to gardening at their home on the Grange Farm Estate impressed the judges, who awarded them the Gold Award for the third year. They also won £100 in prize money sponsored by Mansfield District Council.

The winners of the annual competition were announced at the Mansfield BID Garden Festival in the Market Place on Sunday 2 September.

The competition is held annually to encourage people

in the district to care for their gardens and help to make Mansfield a greener and more pleasant place to live. Councillor Andrew Tristram, Portfolio Holder for the

Environment and Wellbeing, said: "Well done to all those who took part in this year's competition - there were some truly impressive entries which gave the judges a difficult job."



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Home & GARDEN

Improving Your Property

They say 'the home is where the heart is', so spending the time and money creating the perfect home should be at the top of our priorities. However, busy work lives and other expenses often mean that those all-important home improvements often get pushed back. Make your home more welcoming by taking a few simple steps to improving your property.

A splash of colour could revive an old space and brighten your home. A lick of paint is one of the easiest and

most budget-friendly ways to freshen up your home and garden. Whether it's touching up a few walls or up-cycling an outdoor furniture set, it's an easy way to breathe fresh air into your surroundings. A simple splash of colour can rejuvenate a space and create a whole new ambiance – why not switch up your theme colour by swapping your cushions and introducing a few new ornaments?

Think about any structural changes to the building you wish to make – 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. Now is the perfect time to start calling professionals to arrange quotes and put plans in place for later in the 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 decorative, but they can help to save you money in the long run.

If you want your home or outdoor space redesigning but don't have an eye for detail (or the time),

getting in touch with a professional who can do all the hard work for you means you can reap the rewards without having to get your hands dirty.

With various interior designers, landscapers and specialist services available, you'll be able to get everything from the garden shed to a new patio with a

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

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