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WIN

See page 15

WIN A FAMILY TICKET TO TWYLCROSS ZOO. TURN TO PAGE 15.

Rebecca beats cervical cancer and becomes a mum

Rebecca Campher is taking in every second of her first few months as a mother, thanks to a unique procedure for cervical cancer carried out at Nottingham University Hospitals (NUH) NHS Trust, making her able to conceive.

In 2014, just a few months after getting married, Rebecca was diagnosed with cervical cancer following a routine smear test. She recalled: "To have cervical cancer at the age of 33 isn't something that I was ever contemplating, so to be given that news was so devastating. We had been trying to conceive and all of sudden my world came crashing down."

Rebecca's Consultant Gynaecologist Mr Abu proposed a radical trachelectomy, an operation to remove the cervix (neck of the womb). This is a rare procedure only offered by a number of NHS Trusts in the UK as an alternative to a traditional radical hysterectomy, offering Rebecca a chance to have children.

Following a successful procedure, Rebecca was cleared to conceive six months later. Although unable to conceive naturally, a period of IVF treatments led to a successful pregnancy in

July 2018, and in February this year, Rebecca became a mother to Everleigh Grace by caesarean section.

Mr Abu said: "As this wasn't an everyday situation for us, we had to make sure that Rebecca's situation was well managed. Once someone has had a radical trachelectomy there is a risk of miscarriage or premature birth. We're

really pleased that Rebecca has had a successful pregnancy – it's been a pleasure getting to know her, and now her baby girl!" Rebecca still has to visit the hospital every six months for check-ups. She says: "To be honest, coming back isn't a chore at all because I get to see the team again. If it wasn't for Mr Abu, I wouldn't be a mother today."



Left: Rebecca and her husband Greg before the baby was born. Below: Everleigh Grace.



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Balsam hunters, Samworth Church Academy students at Garibaldi woods.

Students really make a difference

Students from Samworth Church Academy in Mansfield recently gave the environment a helping hand at their 7th annual 'Make a Difference Day' (MAD). Read all about it on page 2.



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Photo:
Sharon
Dale

Rare white sparrow sighting is a first for Nottinghamshire

The Nottinghamshire Wildlife Trust has shared a photograph of a rare white sparrow that has been seen in Nottinghamshire of the first time.

The rare bird was photographed by Sharon Dale, in her mother-in-law's garden in Pinxton. Sharon said: "She told me she had a regular visitor to her garden feeders. At first she thought it was an escaped aviary bird, so she rang me up to come and take a look. I took my cam-

era on the off chance it may be there, and it was!"

The sparrow's pale colour is caused by a lack of melanin or other pigments in the feathers, a condition called leucism. Unlike albino birds, birds with leucism have normal coloured eyes.

The Nottinghamshire Wildlife Trust has received numerous reports of white blackbirds in recent years, and even a white house martin.

Although rarely reported, this

is not the first time white sparrows have been spotted in the UK. Two white fledglings were photographed on the Kennett and Avon Canal in Wiltshire back in May 2017. Another young white sparrow was photographed being fed by its mother in Newport, South Wales, in July 2016.

Unfortunately, UK house sparrow populations have declined gradually during the last 100 years. Since the mid-1970s

The sparrow's pale colour is caused by a lack of melanin or other pigments in the feathers, a condition called leucism.

numbers in rural England have almost halved, while populations in towns and cities have dropped by almost 60 per cent. The house sparrow is now red-listed a species of high conservation concern.

To find out more about the Nottinghamshire Wildlife Trust and how to support declining bird populations, visit nottinghamshirewildlife.org/actions

BEWARE OF SUMMER CONMEN

A warning has gone out to residents in Nottingham to beware of rogue gardeners and builders operating in the area over the summer. The city council's trading standards team sees an increase during the warmer months of reports of con men offering building and landscaping services for the home and garden.

These scams sometimes begin on social media platforms where rogue traders will advertise for work. Household are then asked for payment upfront, either in part or in full, before little or no work is carried out. Jane Bailey, Trading Standards Manager at Nottingham City Council, said: "Our advice is always to seek two or three quotes for any job, and try to take recommendations for reliable and reputable tradespeople. Never sign up to anything, or agree a job, on the doorstep or after a quick search on the internet or social media.

"We are aware currently of a number of incidents of residents doing precisely this and being caught out. What can then compound the situation is that victims are reluctant to come forward and report the rogue trader because they feel embarrassed about admitting they were deceived into handing over money.

"However, it's really important that they do contact us in those circumstances. We will investigate any incident like this and as well as being able to warn other people, we are able to secure prosecutions against offenders providing we have the evidence to put before the courts." To report a rogue trader, or for more information call Nottingham City Council trading standards on 0115 844 5018.

FROM
THE
COVER

Students really make a difference

Students from Samworth Church Academy in Mansfield recently gave the environment a helping hand at their 7th annual 'Make a Difference Day' (MAD).

Once again this year the students went Himalayan Balsam picking in the forestry areas near their school as Jade Greenhill (Year 7) explained: "We are ripping up the invasive Himalayan balsam because it takes away nutrition from the trees and other plants. I think it's a great community project to do for people, for nature - and the wildlife."

Ian James, Strategic Director who put the idea in action seven years ago, added: "I think this is a very special event we hold annually. Our local environment has some beautiful areas that should be protected and cherished.

"This is also an opportunity for our students to see and be in some wonderful areas on their own doorstep which we should all be willing to protect and preserve for future generations."

Amy Chandler, Community Ranger for Forestry England who has been with the project from the start, said: "I am very keen that people understand why we need to do this. A lot of people just think the plant is pretty and good for bees and 'MAD Day' is a great way to educate a lot of people in a short space of time how they can play a part in dealing with the problem. It is well worth doing."



Amy Chandler, Community Ranger for Forestry England, with a student and some invasive Himalayan balsam.

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Mansfield joins with partners to fight fly-tipping

Councils and partners in Nottinghamshire are joining forces to tackle environmental crime.

Branded as the Cleaner Nottinghamshire Group, representatives from across the county are sharing resources and intelligence to investigate fly-tipping offences across borders.

Using a system provided by Nottinghamshire Police, agencies are able to share intelligence around illegal waste carriers, vehicles

used in fly-tipping offences and perpetrators of waste crime.

Fly-tipping is a blight on Nottinghamshire's landscape and many instances of this environmental crime are carried out by individuals operating as illegal waste carriers. Residents and businesses are urged to check that any company or individual they engage with to dispose of their waste is properly licenced.

Cllr Amanda Fisher, Portfolio Holder for Safer Communities and Wellbeing, said: "We already work closely with various organisations in our efforts to tackle fly-tipping but this new partnership will strengthen our ability to identify those responsi-

ble and make sure they don't get away with it.

"We want people to feel pride for their town and so encourage the public to check individuals or businesses disposing of their waste have a valid waste carrier's licence. We also rely on people to report fly-tippers to help us to make the district a clean, welcoming place."

You can report fly-tipping within Mansfield district online at www.mansfield.gov.uk/flytipping.

The Cleaner Nottinghamshire Group is made up of all Nottinghamshire Local Authorities, Highways England, Nottinghamshire Police and Crime Commissioner and the Environment Agency.

Mayor joins outreach team on the streets

The Mayor of Mansfield recently joined the street outreach team to see the work that is being done to support rough sleepers in the district.

Executive Mayor Andy Abrahams already has knowledge of the homeless community and the issues surrounding rough sleeping as he has volunteered at the Beacon Project for two years.

He asked to go out with Framework's outreach team, which is funded by Mansfield District Council and county-wide funding, to see first-hand the conditions that rough sleepers are living in and what is being done to engage with them.

He said: "I wanted to see for myself the conditions that rough sleepers live in, what is being done to engage with them and help them to make long-term changes to their lifestyles. I also wanted to hear more about their personal experiences and the issues they face and I will ensure these are taken on board.

"There is already fantastic partnership work underway in Mansfield to tackle this complicated issue but I am committed to looking at ways we can

access further funding and work even more closely with our partners to improve services."

Mansfield District Council has been awarded £187,407 from the Ministry of Housing, Communities and Local Government. This will be used to deliver the council's Homelessness Prevention Strategy, which aims to prevent residents from becoming homeless and ensures any rough sleeping is brief and does not happen again.

If you are concerned about someone who appears to be rough sleeping in your neighbourhood contact the outreach team's 24-hour hotline on 0800 066 5356 or text SOT to 80800 followed by your message. You can also make reports via www.streetlink.org.uk.



Executive Mayor Andy Abrahams with the Framework street outreach team

It's a corker of a line up for The Full Shebang



Ear Today Gone Tomorrow. Photo: Horse + Bamboo



Belly of the Whale. Photo: Mark Dawson Photography



Space Invaders. Photo: Matthew Harrison

With just a month to go until The Full Shebang rolls into Mansfield town centre, First Art has announced the fun-packed line up for the new free festival taking place on 7 September.

Kicking off at 10.30am there will be a host of outdoor performances and whimsically whacky fun for all ages.

Outdoor performances will take place throughout the day in Mansfield Market Place, starting with Frantic, an explosive, acrobatic piece of dance theatre with a rain-soaked finale. A trampoline trio will follow, performing the show dip – expect breath-taking air twisting tricks and funky tunes.

Look Up is a circus puppetry show that reminds us it's good to look up. Last, but by

no means least, a giant semi-circular see-saw made of wood and steel is the centre point for Belly of the Whale where circus meets sculpture as performers ride the structure.

In Four Seasons Shopping Centre will be the world's first Human Jukebox, a giant animatronic puppet of an anarchic but playful tropical bird, and tea

dance with a difference – a dance through the decades, suitable for all ages and abilities.

Giggles are guaranteed on the streets near to the Market Place where Bingo Lingo will provide a reinvention of a great British tradition with a bit of cheeky end of pier humour.

Step into The Actual Reality Arcade, a life-size interactive game

zone for all ages, inspired by classic arcade games. Theatre for One, a one-to-one three-minute theatre experience – participants can choose to dive to a riverbed or explore a strange house.

The Makers' Quarter, situated on Leeming Street in The Old Library and Mansfield Museum, will feature super-cool mask making with Wintercroft,

model-making with Aardman Animation, creators of Wallace and Gromit..

The Full Shebang is produced by First Art with support from Without Walls Touring Network Partnership, Mansfield District Council, Mansfield BID, Inspire Youth Arts, Four Seasons Shopping Centre and Mansfield Museum.

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Mansfield appeal for 3,000 poppies



Mansfield District Council is appealing for people to make poppy bunting by knitting and stitching together two-metre strings of poppies and providing poppies to decorate other parts of the town centre. For the past two years, residents - and people from further afield - have supported the People's Poppies campaign by knitting more than 15,000 poppies. This year the council is hoping to add another 3,000 knitted and crocheted poppies to the display.

In particular, it is asking people to make poppy bunting by knitting and stitching together two-metre strings of poppies and providing poppies to decorate other parts of the town centre.

The council also hopes to provide a poppy scarf for the leaning man statue at the bottom of Church Street, which is on the route of the Remembrance Day parade.

The displays will go

up in time for 10 November and will adorn part of the route for the Remembrance Sunday parade, which goes through the town centre via West Gate and into the Market Place on the way to St Peter's Church. Poppies can be dropped off at the Civic Centre, Mansfield, marked for the attention of the Marketing and Communications team.

They will be collected until Friday 20

September and opportunities will be held in the Market Place in the autumn at which supporters can help create the garlands.

If you are interested in helping you can speak to the Events team on 01623 463376 or email events@mansfield.gov.uk for more information. Details and poppy knitting patterns to download can be found online at www.mansfield.gov.uk/poppies.

Council consultation on polling stations in Gedling

Gedling Borough Council is reviewing where its polling stations are across the borough and wants the public to have a say.

A public consultation is taking place until Monday 7 October to review all of the borough's polling stations and locations. The council

is also keen to hear from people with disabilities who may have any issues accessing their nearest polling station. In Gedling, there are over 60 polling stations, which are used for voting at local and national elections and there are nearly 90,000 eligible voters in the

borough. To take part in the consultation residents can visit www.gedling.gov.uk/elections or email their views to elections@gedling.gov.uk or by post to Democratic Services, Gedling Borough Council, Civic Centre, Arnot Hill Park, Arnold, Nottingham, NG5 6LU.

AWARDS TO HONOUR THOSE WHO HELP OTHERS

Nominations are now open to recognise the efforts of people in Nottingham who strive to improve the health and wellbeing of others.

The Michael Varnam Awards 2019 will particularly champion those who work tirelessly in the city's more disadvantaged communities.

They are organised jointly by Nottingham City Council, Nottingham City Health and Wellbeing Board, NHS Nottingham City Clinical Commissioning Group, One Nottingham and the Youth Parliament. The awards take their name from former Sneinton GP Dr Michael Varnam who dedicated 35 years to helping people in Nottingham, particularly residents and families in deprived areas. He died in 2006, aged 61.

Nominations are invited in two categories - individual and group - and are open until 13 September 2019.

Councillor Eunice Campbell-Clark, Portfolio Holder for Health, HR and Equalities at Nottingham City Council and Chair of the Health and Wellbeing Board, said: "If you know a person, or a group of people, who go the extra mile to make life better and improve health and wellbeing then please take a moment to nominate them."

A judging panel consisting of representatives from the CCG, Health and Wellbeing Board, One Nottingham and Youth Parliament, plus the city's Director of Public Health, Alison Challenger, will decide the winner and highly commended.

People can nominate themselves, an individual or group within health, social care, voluntary, community or

business sectors for a special contribution over the past year. Visit www.nottinghamcity.gov.uk/publichealth

Sherwood Forest Hospitals' AGM

The Annual General Meeting (AGM) of Sherwood Forest Hospitals NHS Foundation Trust will be held on Monday 23 September from 5.30pm until 6.30pm at the King's Mill Conference Centre, Sutton-in-Ashfield.

The AGM is open to all members of the public and is an opportunity for the trust to reflect on its activities, challenges and achievements over the past financial year. There will be a presentation of the Annual Report and Accounts from SFH's Chief Executive, Richard Mitchell and the trust will outline its plans for the year ahead.

Doors open for refreshments at 5:00pm. To register to attend, email sfh-tr.com-munications@nhs.net or telephone the membership office on 01623 622515 extension 6911.

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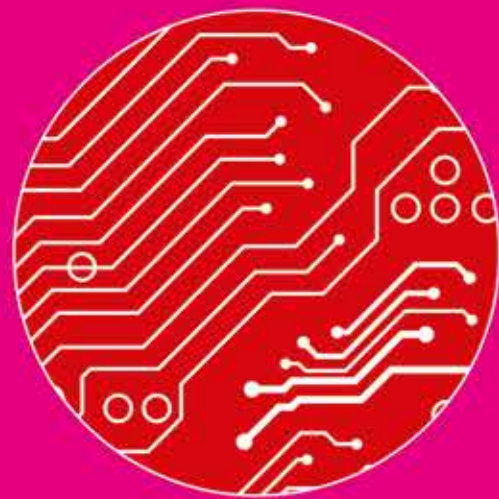
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Aries



Optimistic and positive developments in home or work areas are imminent. Set a fitness goal and find the willpower and desire to stay with it. Everything that is new and interesting is good for you. A new admirer will do wonders for your love life and confidence. An existing romantic relationship has a huge question mark hanging over it. At some stage you will have some important decisions to make.

Taurus



Focus your energies on something you care about and it will manifest itself into a success. You will be drawn towards learning new skills thus attracting like minded individuals into your social circle. Professionally you could face delays and set backs that will mysteriously work to your advantage if you are patient. You want to know where you stand in a romantic relationship, but acting impulsively or rashly could cause unnecessary conflicts and quarrels.

Gemini



A reconciliation with someone you had given up hope on is possible but you could leave you feeling somewhat confused and uncertain about your long term prospects. An open mind and an imaginative approach could result in a complete career change. You will benefit from a friend's wisdom as their uncanny insight warns you against making an expensive mistake. A great time for family soirées and parties. An intriguing newcomer will set your heart and pulse racing.

Cancer



When it comes to love, you will no longer be haunted by your past. Whilst your social and love life blooms, you can't afford to get into financial difficulties by trying to keep up with other people's spending habits. Someone you know reasonably well is causing mischief and spreading false rumours. Stay cool, get a grip because a business deal or transaction will soon be completed. Why not book yourself into a health spa for some much deserved pampering or take yourself off on a holiday for a refreshing change of scenery?

Leo



Self care and quality time to relax is very important if you are to maintain a good, healthy life balance. By refusing to embroil yourself in yet another family melodrama, you could save yourself a lot of money and heartache. Good news will put you in an excellent mood and your confidence will be running high and an ambitious move could prove to be a huge success. There is an air of new found confidence radiating from you which is responsible for attracting golden opportunities and magical moments to be enjoyed.

Virgo



A private chat with a close friend could result in your making some very important decisions as new light will be thrown on a situation that has caused you anxiety and sleepless nights. Its time to turn that corner once and for all before you start making even more excuses as to why you should remain in your current comfort zone. Pay attention to money and investment interests, especially if you plan to focus your time and energy in a lucrative property deal.

Libra



If you have committed yourself to something you harboured bad feelings or nagging doubts about, its little wonder that you are worried about exactly what you have let yourself in for? Someone's attitude will leave you feeling enraged because their true colours have finally surfaced. Waste no time in planning your exit and protect your money. You don't have to justify nor explain your decisions to anyone and if necessary, do not hesitate in removing them from your contacts list.

Scorpio



After prolonged periods of angst and feeling unsettled regarding numerous personal issues, you will make some very wise and sensible decisions about which direction you must go in next. A newcomer with an interesting mind and personality will become an important friend. The pace of life will slow down considerably for a while, giving you some breathing space and the chance to catch up on odd jobs and generally getting on with your day to day chores and activities.

Sagittarius



Although you keep on banging on about how happy you are with your lot, or how much you love your life, not everyone you are speaking with is totally convinced because there are still underlying currents of tension affecting certain relationships. One minute you are on an all time high and in the next, right down there in the doldrums. Families play an important role in your every day life and legal documents will need your attention before an agreement is reached.

Capricorn



Doing things your way is the only way forward. Living quietly, under the radar is suiting you better than broadcasting all your business amongst strangers and people you have no real connection with. You don't like others knowing all your business at the best of times, so beware of a false friend who is behaving indiscreetly. Plan a holiday of a lifetime and start looking after your health and welfare rather than always finding yourself way down the food chain.

Aquarius



People often quite mistakenly underestimate your intuition and insightfulness when it comes to important subjects, probably because they dislike hearing the truth and facing reality. Even though your excellent advice has sometimes been ignored, eventually you are proved right in the end. The spotlight will be on both your love life and close family. You are turning an interesting corner that will give you the chance to leave past stresses and pain behind.

Pisces



Unexpected developments in your love life give you cause to panic or worry. Not everything you see or hear is necessarily the truth, so you must think twice before agreeing to something which could leave you in a vulnerable position. Having reached the end of your tether with either a work colleague or close relative, you may feel that a meeting is needed in order to clear the air. An opportunity to start afresh could mean selling up and relocating.

Heritage project receives £1.9 million grant

Nottingham-based Focus Consultants is celebrating the news that a key heritage project in Nottinghamshire has been awarded a £1.9 million National Lottery Heritage Fund grant.

The company is project managing the Leaves of Southwell project – a scheme to protect, interpret and better present the late 13th Century stone carvings of plants, animals and green men that decorate the Chapter House at Southwell Minster.

The carvings are regarded as the finest example of 13th Century naturalistic carving in the UK and have long been a source of inspiration to artists and writers. The project aims to enable more people to visit and enjoy the Leaves, the Minster and its environs, and to secure the fabric of the building.

The wide-ranging scheme includes the renewal of the main east roof and the stabilisation of the Chapter House environment to preserve the stonework. Lighting of the Chapter House will be introduced for the first time together with under floor heating. Accessibility is at the heart of the project and a cantilever lifting platform will help visitors with mobility issues into the passageway leading to the Chapter House. Improved external lighting will make the western paths and main north porch much more useable and welcoming in dark or inclement weather.

The Dean of Southwell, the Very Revd Nicola Sullivan said: "This is a thrilling opportunity for us to engage with new and diverse audiences – including National Lottery players who have made this grant possible. Southwell Minster is Nottinghamshire's cathedral and its most loved building. It is a wonderful educational resource to visitors from far and near."



Read any good books lately?

British bookworms will immerse themselves in 696 books over a lifetime, a study has found.

Crime is the most popular genre (42 per cent) along with thrillers (38 per cent) and drama (35 per cent).

But the study, by eBay UK, found 42 per cent are too busy to read as much as they would like with the average adult owning at least 10 books they are yet to get to the

end of. The study of 2,000 adults found summer holidays are the optimum time to get your nose into a good book, with 65 per cent saying that reading on holiday as a good way to relax.

The study also named The Lion, the Witch and the Wardrobe as the most read book, with 33 per cent of adults enjoying the tale, closely followed by The Da Vinci Code (30 per cent).




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Visitors join anniversary party at The Harley Gallery

Hundreds joined The Harley Gallery on the historic Welbeck Estate, near Worksop, recently to help celebrate its landmark 25th anniversary.

Visitors went along at the beginning of the month to mark the milestone birthday of the award-winning gallery, which over the years has showcased contemporary art exhibitions from artists including Sir Peter Blake and Andrew Logan to the gallery's latest exhibitors; the highly acclaimed

artists, Tracey Emin and Grayson Perry.

The celebrations opened with a speech by William Parente, Chair of the Trustees of The Harley Foundation, before visitors enjoyed birthday cake and a celebratory drink and were invited to look around the exhibition.

Artisan food, barbecue, picnics and children's activities took place within the courtyard at Welbeck during the day, along with exclusive behind-the-scenes tours

of the Welbeck Village and Welbeck's Victorian Kitchen Garden.

Lisa Gee, Director of the Harley Gallery, said: "It was lovely for us to welcome so many people to our 25th anniversary celebrations, particularly artists we have worked with and regular visitors who have supported us for so many years. In William's speech he spoke of the power of art and creativity to sustain and grow communities and the party on Saturday was a testament to that."

Top 50 happiness triggers

Less plastic being used, winning the lottery - and a ban on nuclear weapons would make Brits happier, a survey has revealed.

A poll of 2,000 adults found one third believe the seas being free of rubbish would send their happiness levels soaring.

While others say their general mood would improve if Brexit was cancelled, Donald Trump stepped down and nicer people ran the major countries in the world.

Just nine per cent of Brits polled claim to be 'extremely happy', but finding a fiver in their pocket, enjoying longer summers and

getting a bonus at work would help to temporarily improve their state of mind. David Cook, sales director for Baxi, which carried out the study in conjunction with its 'Moments of Joy' campaign, said: "As the study shows, the state of the nation isn't at its most positive right now. Less than one in 10 adults can hand on heart say they are really happy, and that's a real shame."



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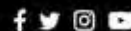
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NSPCC call for action on abused and neglected children

More than 110,000 children in the East Midlands who have been abused or neglected could be sidelined by mental health services as a result of changes being introduced by the NHS, NSPCC research suggests.

The NSPCC analysed the latest annual mental health plans published by NHS Clinical Commissioning Groups (CCGs). The plans set out how they will care for children's mental health, and the NSPCC found that 82 per cent were not properly planning for the needs of vulnerable children.

In the East Midlands this means that an estimated 112,504 children who have been abused or neglected are living in an area with inadequate plans for their mental health needs, or with no plans for their care at all.

NSPCC Head of Policy Almudena Lara said: "Children who have lived through the trauma of abuse and neglect need all the support we can give them to help them recover.

"We know there are fantastic mental health services supporting lots of these children up and down the country. But it's not enough, and a system that's already struggling to properly plan for their mental health needs will render them all but invisible if action isn't taken now by NHS England."

The NSPCC is now calling for:

- A commitment from NHS England to put the needs of vulnerable children at the heart of its implementation of the NHS 'Long Term Plan'
- Greater accountability and oversight from NHS England, with more transparency from commissioners on how mental health services for children are funded and planned.
- Decisions about what mental health services to provide around the country for children to be rooted in a detailed assessment of local needs, which includes specific reference to vulnerable children.

Mansfield to get extra police officers

Four extra police officers will soon be on the beat in Mansfield district – one of which will be paid for by Mansfield District Council.

Two of the officers will be dedicated to Mansfield town centre. Nottinghamshire Police had already planned to provide three new officers for the district in the current financial year.

Mansfield District Council

has agreed to pay for a fourth police officer, on the basis that two of the four officers will be dedicated to the town centre.

Andy Abrahams, Executive Mayor of Mansfield, said: "I am extremely pleased that Nottinghamshire Police has agreed to provide extra officers for Mansfield. We hope to see an increased

visible presence as soon as possible before the end of September.

"I hope this will help to reassure our residents, businesses and visitors of our commitment to keep the town centre and the surrounding district a safe and welcoming place. Mansfield is very much open for both business and leisure activities."

Beeston neighbours net £30k lottery win

Two lucky people in Beeston are celebrating after scooping £30,000 each in the postcode lottery.

The Central Avenue neighbours netted the windfall when NG9 2QP was announced as a winner with People's Postcode Lottery on Thursday 8 August.

The duo were the only people playing with the winning postcode and chose to remain anonymous.

People's Postcode Lottery ambassador Danyl Johnson sent his congratulations and said: "Congratulations to our two winners in Beeston today! I hope they enjoy spending their winnings and

treat themselves to something nice."

With a minimum of 32% from ticket sales going directly to charities, players of People's Postcode Lottery have raised more than £450 million to date for thousands of projects across Great Britain and internationally.

This draw was promoted on behalf of Postcode Support Trust, which awards funds to charities that are enabling older people to live happy and fulfilled lives in communities across Britain, such as Dementia Adventure and Contact the Elderly.



People's Postcode Lottery ambassador Danyl Johnson

SHERIFF OF NOTTINGHAM OFFICIALLY LAUNCHES VAULTS

The Sheriff of Nottingham, Cllr Patience Ifediora has officially opened Nottingham's first safety deposit box facility, Nottingham Vaults.

Based in Stoney Street, Notting-

ham Vaults has been introduced in response to high demand for the service in the Midlands as most major banks no longer offer safe deposit services to their customers.

Access to the facility is granted

through a navigation of personal identification, biometric scanners, customer code and digital photo recognition – a level of security and technology which surpasses the standards set by banks.

Co-founder Seamus Fahy said: "We are absolutely thrilled to have the Sheriff of Nottingham officially open Nottingham Vaults. Enquiries and sign ups have continued to pour in since the completion of the facility, with many citing that they previously held a safe deposit box with a bank before the services were scrapped.

"An increasing number of people across Nottingham and the wider Midlands were contacting us about

opening a convenient and affordable way to protect their valuables. We are fully insured by Lloyds of London, and all customers are offered complimentary insurance of £10,000 per box. So, along with all of our cutting-edge security systems, you can have complete peace of mind when storing your valuables with us."

Clients can visit the vault seven days a week, 362 days a year, with unlimited free access. The facility offers various box sizes to suit all client requirements, with rental from less than £3 per week and discounts available for long-term rentals. For more information visit <https://nottinghamvaults.co.uk/>



New appointment for Jon



Former Nottingham City Council leader Jon Collins has been appointed by Godwin Group as a public sector advisor on its advisory board.

This is Jon's first appointment since leaving the council and he brings 40 years' experience in local government, the public and voluntary sectors to the role.

He served 32 years at Nottingham City Council, 16 of which were as council leader responsible for property and finance management, transport, neighbourhood and city centre regeneration and economic development.

Stephen Pratt group land director at Godwin said: "I am delighted to confirm the appointment of Jon Collins to our advisory board. Jon will head up our group's public

sector advisors across the UK. Jon brings with him a wealth of public sector experience having been leader of Nottingham City Council and delivering numerous successful schemes in the city.

"Godwin has several joint ventures with UK councils and Jon will be helping to deliver numerous successful schemes, along with attracting more joint ventures with various councils in the UK."

Godwin Group is now delivering more than three million square feet of development space across the UK, with a total value of £600m. Deals in the pipeline will take the company's gross development value (GDV) to £1bn over the next two years.

Jon said: "I am excited to be joining Godwin Development's advisory board and to contribute my public sector, regeneration and property experience to help support the growth and future success of the company."

Death of the dessert



Rhubarb crumble, spotted dick and figgy pudding are among the traditional desserts at risk of dying out, according to research.

A quarter of millennials have never tasted a flan, while Eton mess and banoffee pie remains a mystery to 21 per cent. More than a third have never tried a pineapple upside down cake.

Other classics such as flan and rum baba are unknown to those aged 23 to 38, and one in six say at least 11 years have passed since they last ate jelly and ice cream.

It also emerged more than one in 10 never have dessert at home, with four in 10 feeling guilty if they succumb to the temptation of a sweet and sticky treat.

Matt Hancock from Love Fresh Cherries, which carried out the research of 2,000 adults in association with Northwest Cherries, said: "It seems millennials are becoming more health conscious and only having treats, including dessert, in moderation or looking for healthier options."

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'Role-model' Mary is praised for running a clothing bank for patients

Mary Keane, a Healthcare Assistant based at Queen's Medical Centre (QMC), has been nominated for a Nurse and Midwife of the Year (NAMY) Award for showing compassion towards her patients and fellow staff members.

Mary, who has worked at Nottingham University Hospitals NHS Trust (NUH) for 10 years, has been called a "role-model" and has been praised for her efforts to help End PJ Paralysis by helping to run a clothing scheme for patients on the ward.

Based on the Healthcare of Older Persons (HCOP) ward, C54, at the Queen's Medical Centre, Mary has been recognised for going the extra mile to deliver the best in patient care. She was nominated for the Healthcare Assistant of the Year Award by Consultant Geriatrician, Dr Hui Tay.

Dr Tay said: "Mary is a very approachable, friendly, kind and caring

HCA, who is an asset to the ward. She is a big help to the nurses and looks after the wellbeing and personal hygiene of the patients. She always handles patients sensitively and with compassion and always brings a smile to the faces of staff, patients, and their families."

Mary (57) explained: "I love seeing patients in their day clothes as it helps them to recognise day from night and makes C54 more like a home than a hospital ward."

Dr Tay added: "Clothing banks in geriatric wards are very important, as many older patients have no families or friends, or their next of kin is unable to visit, therefore they have no home clothes to wear during hospital admission. Wearing home clothes improves the physical and psychological wellbeing of patients, which will help with speedier recovery."

Wearing home clothes improves physical and psychological wellbeing, which will help with speedier recovery.

Clifton pupils run a mile a day to support local wildlife

Nottinghamshire Wildlife Trust is extremely grateful to the Year Three pupils of Whitegate Primary and Nursery School, who have raised hundreds of pounds by running a mile every day for a month.

Class Seven and Eight completed an impressive eight laps of the playground every day from mid-June to mid-July to reach their goal. Even the hottest temperatures on record could not stop the determined

seven and eight-year-olds, who took on the challenge in the cooler mornings instead.

Sandra Horner, Supporter Journey Officer for Nottinghamshire Wildlife Trust, said: "Everyone at the Trust is so impressed with the Year Threes, a mile a day in this heat cannot have been easy. We are always encouraging young people to get involved with the wildlife on their doorstep so it's fantastic to see the interest and enthusiasm

from Class Seven and Eight."

Teachers Miss Gavagan and Miss Rooney said: "We are incredibly proud of our Year Three children who showed great determination, enthusiasm and dedication throughout the whole fundraising experience. We hope they continue their love of the great outdoors and put all they have learnt into practice. Thank you to everyone who supported us."



£9million healthcare cash boost

People in Nottinghamshire are set to benefit from a £9million cash injection aimed at improving residents' health and well-being by speeding up the adoption of cutting-edge healthcare research and innovation.

The Department of Health and Social Care (DHSC) funding will enable more vital work to take place to tackle the region's health and care priorities.

As a result of the funding boost, NIHR CLAHRC (Collaboration for Leadership in Applied Health Research and Care) East Midlands will continue until at least 2024.

The organisation is a partnership of health and social care universities, industry, the voluntary sector and patients which sets out to improve patient outcomes by turning research into cost-saving and high-quality care through cutting-edge innovation.

Professor Kamlesh Khunti, Director of the NIHR CLAHRC East Midlands and Professor of Primary Care, Diabetes and Vascular Medicine at the University of Leicester, said: "Receiving this funding means we can continue to lead world class, applied health research and build on the successes we have already achieved in speeding up the adoption of research and innovation into frontline health and care."

"We will share our knowledge nationally and collaborate with colleagues as we all collectively work towards improving the lives of people through research."

ARC East Midlands will be hosted by Nottinghamshire Healthcare NHS Foundation Trust and work in collaboration with the East Midlands Academic Health Science Network.

Mark Howells is Head of Research and Evidence at Nottinghamshire Healthcare. He said: "The research and innovation facilitated by this collaboration is making a real difference to patients

with a wide variety of physical and mental health problems. "The more we can

innovate the more we can implement brand new treatments and strategies, which really improve lives."

Charity head shave raises £800 for the homeless

A team member from accountants and business advisers, Duncan & Toplis has shaved her head to support homelessness charity, Framework in Newark.

Fernanda Corriera was inspired to brave the shave after a close family friend died shortly after Christmas.

Her friend was supported by homeless charity, Framework before she passed away. Fernanda wanted to raise money in her memory to support the charity that meant so much to her.

Fernanda works at the company's office in Newark and was sponsored by colleagues and friends who donated to the charity and cheered her on during the shaving. Collectively, they raised nearly £800 for Framework.

She said: "The support Framework gave my friend changed her life. They gave her the confidence to get her own home and made her realise that there are people there to support you no matter what circumstances you find yourself in. She was so grateful for all the help Framework provided."

Caron Blair, Service Manager at Russell House said: "This type of kind donation will mean that some of the most vulnerable people in society will get additional support to help them get back into playing a role in such a supportive community. We support 60+ service users here in Newark and we are extremely grateful for such a personal donation that will help us to continue to do our job! A massive thanks from all the people that live and work at Russell House"



As well as donating to support her, some of Fernanda's colleagues at Duncan & Toplis also took turns to wield the razor. Among them was Deputy Managing Director of Duncan & Toplis, Ian Phillips.

You can support Framework or find more information about the charity's work in Newark by visiting www.frameworkha.org.uk

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The new addition is the first baby for mum, nine-year old Likemba, who came to the award-winning conservation charity earlier this year as part of the European breeding programme.

Now one lucky family (two adults and up to three children) will have the chance to visit the zoo and see the new baby for themselves in our summer holidays competition.

How to enter

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Email your answer to Phil. cound@nottsinfocus.co.uk or post it to Nottinghamshire in Focus, 69a Main Street, Burton Joyce NG14 5ED by 4pm on Tuesday 20 August, including your name, address and a contact telephone number.

Competition Terms & Conditions: (Please read carefully before entering)

When entering the competition you will be emailing the answers and supplying your telephone number and other personal information. Notts in Focus takes GDPR very seriously, the information you provide will never be passed out to any third party. The only exception is if a company supplying the prize wants to send out the winner's prize directly. Participants must be aged 18 and over and live in the UK. Participants wishing to enter the

competition on behalf of a minor must have permission for the minor's parent or legal guardian. Entries deemed offensive or inappropriate will be disqualified. The prize is a family of 5 ticket to Twycross Zoo which must be redeemed by 30th September 2019. No travel or accommodation is included in this prize. This prize is non-transferable and there are no cash alternatives. The prize will automatically be void if sold, offered for sale or if any attempt or offer is made to transfer the prize for value.



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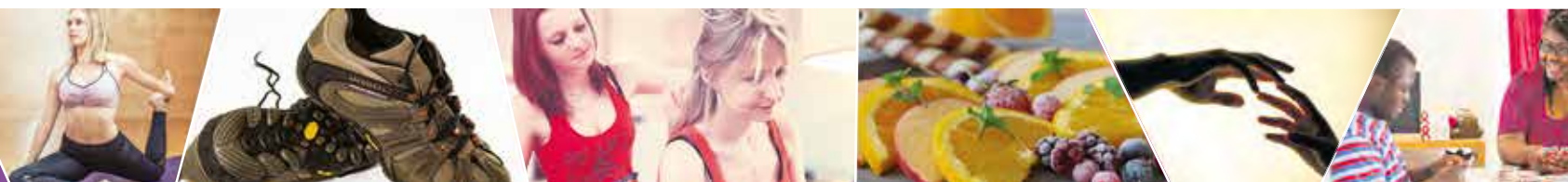
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Care, Health & Wellbeing



Re-launch of Forget Me Not Memory Café



Laura Jeffs, Susan Buxton (Laura's grandma), Adele Bonsall and Chief Nurse, Suzanne Banks.

Sherwood Forest Hospitals has re-launched its memory café, which has been set up for patients, carers, families and staff who have questions about memory loss and conditions associated with dementia.

The café has been refocused, as it originally centered around those with dementia, but now it is for anyone who is experiencing or has family or friends with any kind of memory difficulties.

The café has been fully funded and supported by the Sherwood Forest Hospitals Charity daffodil volunteers and is based on Ward 52 at King's Mill Hospital. It runs every last Thursday of the month from 2pm – 4pm and allows for patients, carers, relatives and staff to ask questions about memory loss and conditions associated with dementia.

The café runs every last Thursday of the month from 2pm – 4pm and allows for patients, carers, relatives and staff to ask questions about memory loss and conditions associated with dementia.

Laura Jeffs, Medicine Management Technician, who took her grandma to the launch of the café said: "I didn't know the café was available to everyone so when I found out about it I was really pleased and thought it would be great to bring my grandma along too, as my granddad has dementia, so it's great that we can come here and get some much needed support and advice. I'd encourage anyone to come along as it's a really supportive environment."

Adele Bonsall, Dementia Nurse Specialist, who has helped with the re-launch of the café said: "We thought the café needed a bit of a refocus and re-launch to make it more inclusive for all patients with memory loss difficulties rather than just those with dementia."

CQC seal of approval for care agency

Nottingham care agency Home Instead Senior Care which was the first home care provider in the East Midlands to be rated as 'outstanding' by its regulating body the Care Quality Commission (CQC) is celebrating being rated 'outstanding' again following a recent inspection.

The East Notts branch of Home Instead achieved the highest accolade in its sector by achieving top marks in five key areas – caring, safe, responsive, effective and well led.

Headed by directors Jo and Richard Aram, the branch was launched eight years ago. Being rated 'outstanding' by CQC a second time is seen as a major accomplishment.

Richard Aram said: "We are absolutely delighted to be told we are 'outstanding.' CQC is our regulator and it is a huge achievement to be told Home Instead is providing outstanding care to our clients."

"CQC inspections are important to our sector to ensure standards are maintained. We are rigorously assessed by the CQC and this year, we achieved 'good' in three areas and two assessments of 'outstanding.'"

Home Instead East Notts is based in East Bridgford.



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www.museumoftimekeeping.org.uk

**Museum of
Timekeeping**

What's on this
Summer!

Train to be a superhero

Until Sunday 1 September children between the ages of four and eleven can train to be a superhero at Rufford Abbey Country Park. The event takes place between 10.30am and 4pm and costs £2. If your child has ever thought it would be super cool to have a special power, for example flying, invisibility, incredible strength, mind reading,

super speed, then this Superhero School is not to be missed. Children follow the training trail to win points and defeat the baddies to earn their very own super powers. They can go dressed for the part – masks and capes are a must! There is no need to book, but car parking charges apply.

PIRATE Stories

Take your kids to the D.H. Lawrence museum on Saturdays this month and immerse them in tales of swashbuckling adventures. Professional storyteller Nicky Rafferty will be telling tales of pirate adventures and chests full of gold. There

will also be hat making and map making so that your little pirates can continue their fun at home. Christina Webb, Duty Officer at the museum explained: "Our storytelling event will be a chance for local children to have fun and for them to be artistic and imaginative. By offering affordable workshops, which include a visit inside the museum, we are hoping to better engage with the local community and promote creativity."

Sessions are at 10:30 on Saturdays 17th, 24th and 31st August. Spaces are limited so book your tickets online, call the museum on 0115 917 3824, or email dhlawrence@lleisure.co.uk. The D.H. Lawrence Birthplace Museum is open Tuesday to Saturday, 10am to 4pm.

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This summer we have a host of events on offer too, from have-a-go archery to living history weekends, from bat walks to Robin Hood trails.

Head to our website to see what's on during your visit!

Information about Robin Hood and Sherwood's wildlife, tasty food and drinks, souvenirs and gifts; the new centre offers everything you need for a fantastic day out.

Sherwood Forest Visitor Centre,
Forest Corner, Edwinstowe, Notts, NG21 9RN

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citizens at Age UK Doncaster's Silver Tree Centre. #FrenchgateShareYourHappy



What's on this Summer!



Aged 11-25? Like being creative? Ever thought about creating your own comic book? The D.H. Lawrence Birthplace Museum are running free taster days where you can learn writing and illustration techniques and make your

own comic with professional illustrators Selina Lock, Jay Eales and Caroline Parkinson. Participate in a guided comic workshop and have the opportunity to explore stories relating to Eastwood, learning how varied and personal comic

Make your own comic

book creation can be. "This is going to be a great and fun way for young people to explore their creativity", Carolyn Melbourne, Museum and Collections Officer.

Workshops are free and lunch and basic materials are provided, but you are welcome to take along some of your own art, photographs, writing or poetry you would like to include in the comic. Workshops run 11am till 3pm on 14 August, 21 August and

24 October. Spaces are limited so to book onto one of the workshops go to www.lleisure.co.uk/events, call the museum on 0115 9173824, or email dhlawrence@lleisure.co.uk

D. H. Lawrence Birthplace Museum is an award winning visitor attraction in Eastwood, Nottinghamshire. It combines D.H. Lawrence's authentically recreated childhood home, with an exhibition and gallery space celebrating the author's life, work and humble beginnings.

New exhibition of areas that inspired D.H. Lawrence

A fascinating new exhibition will be on display at the D.H. Lawrence Birthplace Museum this summer depicting the landscapes that inspired the Eastwood born writer himself. Beauvale Photography Group's 'The Blue Line and Beyond' exhibition will be on display throughout August to showcase the talent and creativity of members of the Beauvale Photography Group and highlight how these remarkable locations continue to influence and inspire all those who come across them today.

Using the famous Blue Line Trail as a starting point it looks at the locations in Eastwood and the surrounding area that inspired D.H. Lawrence in his writing, his artworks and in life. Lesley Grand-Scrutton from the Beauvale photography group said "The members of Beauvale Photography Group are pleased to be offered the opportunity to display examples of their work for the exhibition."

Alex Khan, Cultural Services Manager, added: "The Blue Line and Beyond will give visitors to the museum an insight into D.H. Lawrence from a different perspective. We're really proud to provide a location for local groups to display their work and look forward to working with them on future exhibitions."



The exhibition runs throughout August during the Eastwood based museum's opening hours Tuesday to Saturday, 10am to 4pm. For more information contact the D.H. Lawrence Birthplace Museum on 0115 9173824 or visit www.lleisure.co.uk/dhlawrence

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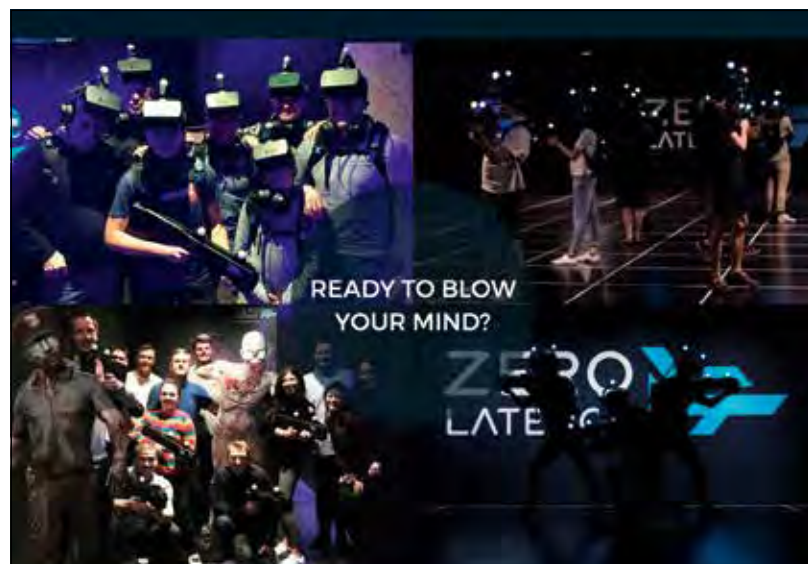
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What's on this Summer!



Create your own space pirate treasure map

A fun free event is taking place for children at Balderton Library on Friday 16 August – the chance to make your own space pirate treasure map. The event is suitable for children between the ages of 4-11 and takes place between 10am and 11.30am at the library on Main Street, Balderton. There is no need to book, just turn up and have fun. For any enquiries the library can be contacted on 01636 703930 or on email at balderton.library@inspireculture.org.uk



Summer Reading Challenge

Children are being invited to visit Beeston library to help their space family, The Rockets, track down books that have been nabbed by aliens. Youngsters are invited to read six library books collecting special stickers (including stinky ones!) to complete their mission. Other libraries involved include Inham Nook in Chilwell, Stapleford, Toton, Kimberley and Eastwood.

The event occurs daily until 8 September and has been inspired by the 50th anniversary of the moon landing. Children need to help the super space family, The Rockets, track down books that have been nabbed by aliens.

This year's Summer Reading Challenge is an out-of-this-world-adventure. Children are invited to read six library books of their choice, collecting special stickers along the way, to complete their mission. Can they find the aliens in time to save the day? More details are available at www.inspireculture.org.uk/summerreadingchallenge

Did you know you can get a return train ticket from Nottingham to Boston for just £14.50*

Thursday 15th and Friday 16th August – 10am to 3pm

Central Park, Boston

*Trainline price search 24/07



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Photographs and video may be taken at this event for promotional purposes

New therapeutic baking course



A new course at The School of Artisan Food is combining mindfulness techniques with the beneficial aspects of baking with the aim of building positive mental health.

Launching September 27, Therapeutic Baking aims to combine the joy of making real bread with the application of positive mental health approaches to provide the student bakers with the tools to help them manage stress and improve emotional wellbeing.

Ian Waterland, a School of Artisan Food baking diploma graduate himself and qualified mental health practitioner, has devised the course combining his love of artisanal baking with his mental health experience.

Ian said: "Over 30 years I have seen people struggle to improve their emotional health and wellbeing. When I discovered the joys of making bread I had a lightbulb moment - real bread was the perfect vehicle to apply the principles of maintaining good mental health."

In the tranquil surroundings of the Welbeck Estate in Worksop, the one-day course teaches '5 ways to well-being' and other therapeutic techniques along with hands-on baking and technical demonstrations.

Ian will also be teaching students embarking on the UK's first ever degree in artisan food production from September which is being delivered by the school in partnership with Nottingham Trent University.



For more information on the short courses and degree open days go to: <https://www.schoolofartisanfood.org/>

What's on this Summer!



Newark Air Museum is set to stage Copter-Fest 19 this weekend (Saturday 17 and Sunday 18 August).

Over the years the museum has built up a good selection of helicopters in its collection; something that was added to with the Puma, Chinook and Lynx helicopters coming into their care last year. These rotary exhibits now represent around 10% of the museum's overall collection.

On Sunday the Copter-Fest event will coincide with the 2019 International Helicopter Day, which is celebrated around the world.

During the event the museum will celebrate the helicopters in its collection and give visitors the chance to take a look inside them, something that is not always possible. It is open to the general public and museum trustees, volunteers and staff have put together a range of visiting special displays and activities.

In addition to the helicopter viewing opportunities a number of museum aircraft will be open for people to

Museum prepares for Copter-Fest 19



visit. A small additional charge will be made for each aircraft visited (proceeds towards the museum's various

aircraft restoration projects). The museum is open from 10am to 5pm, with the last admission

at 4pm. Full details can be found at www.newarkairmuseum.org or by calling 01636 707170.



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followed by live entertainment

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Kids Club 6.30-8.30 Dunes Got Talent

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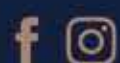
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For more details call 01476 871001 or visit www.belvoircastle.com

What's on this Summer!



A packed calendar of events at Belvoir Castle

Belvoir Castle has a packed calendar of events this August with 'Queen at the Castle' on August 22. Claimed to be the world's best Queen Tribute Band 'Mercury', supported by Elvis tribute Nick Pacey and his Roustabout Band will be playing in front of a Lakeside crowd. Performance starts at 7pm and promises to be a spectacular evening with some of the world's greatest hits.

The Engine Yard, Belvoir Castle's own artisan retail village is celebrating its 1st anniversary since its launch in 2018. Celebrating with a Festival of Game the Engine Yard will be filled with activities from children's entertainment, live cooking demonstrations from celebrity chefs, country stalls, brilliant performers, delicious food and drink. Entertainment for all the family. Yoga studio, spa, a Balloon Gin Bar, butchers, deli, chocolatier, handmade jewellers,



psychic reading, interior design, garden centre, Gunsmith first class restaurant and café with lots of outdoor space to take in the atmosphere. Free entry to all the entertainment.

New Capability Brown Garden Tours are now running every day throughout August and include a magical discovery tour, narrated by Emma, The Duchess of Rutland. Seeking out the Fauna and Flora that makes Belvoir Estate so special.

Belvoir Castle and Engine Yard events in the calendar include a ladies day late night shopping on October 18, Monthly Makers Markets, A week of Halloween activities, spectacular bonfire and firework evening. Christmas is also getting set for special breakfasts with Santa, specialist markets, carols with Santa in the ballroom to pet services where all creatures big and small get a special service.

For information on all the activities at Belvoir Castle and The Engine Yard visit the website. www.belvoircastle.com or call 01476 871001.

Main image by Frank Richards

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THE BEST PUPPY

Choosing the right dog for your lifestyle

As families come together over the summer school holidays, many will think about adding a new furry friend to the fold. Dogs are the most popular of pets in the UK, with 26% of households owning one. Here Paws.com provide a guide of which dogs are best to get to match your home environment:

What breeds are best with young children?

These dogs are patient, friendly and affectionate so are perfect for growing families who are looking to add a pet to the family tree.

- Cavalier King Charles Spaniel
- Labrador
- Poodle
- Bichon frise
- Staffordshire bull terrier

What breeds are best for families in the city?

These pups are smaller so require less exercise, but still make great additions to families with young children.

- Cocker spaniel
- Bichon frise
- Poodle
- Cavalier King Charles Spaniel

What breeds are best for families in the countryside?

With more opportunity to exercise your dog in the countryside, you might want to consider a dog that loves the outdoors and running around.

- Labrador
- Beagle
- Irish setter
- Vizsla

What breed is best for families that live by the beach?

Most dogs love to splash and paddle in the water, but some breeds enjoy it more than others. These furry friends will make great

companions for your family as you hit the sand and enjoy the coast.

- Newfoundland
- Boxer
- Labrador
- Golden retriever

What breed is best for families that have cats?

It might be thought of as a famous rivalry, but dogs and cats can get on. However, some dog breeds are more open to not being the only pet in the house than others.

- Bichon frise
- Boxer
- Beagle
- Cavalier King Charles Spaniel
- Labrador



Parents need more guidance on children's diet

British parents admit they have no idea what their children should be eating, according to research.

Eight in 10 mums and dads feel they need more guidance on their little one's nutritional requirements, with two thirds admitting to being confused about what they should have in their diet.

Seven in 10 parents know youngsters should consume five portions of fruit and veg a day -

but 29 per cent admit they have no idea why.

When it came to knowing where to source certain vitamins, more than 15 per cent were clueless how to consume more vitamin C.

And a fifth of the 2,000 parents with kids aged 4-16 polled by Boots Kids Vitamins do not know which foods to eat to boost their vitamin D levels.

The Department of Health recommends that all children

aged six months to five years are given vitamin supplements containing vitamins A, C and D every day, but 43 per cent of parents aren't aware of this and do not know which vitamins their children are advised to take.

But despite this, 66 per cent claim to be generally clued-up about vitamins and minerals - with 15 per cent describing themselves as 'very knowledgeable'.

Back to school with watercress

Bin the soggy sandwiches and get creative with some wonderful watercress recipes for kids' lunchboxes. Not only are they simple and speedy to prepare, they are packed with essential vitamins and minerals which will give your little ones a much-needed boost throughout the school day.

It can be a challenge thinking of new and exciting fillings for packed lunches, especially when your children's favourite foods might not always be the healthiest of options. These yummy watercress recipes will help you to plan tasty, healthy lunches, that are easy to transport and which your kids will love. Watercress is one of the original superfoods and contains over 50 essential vitamins and minerals; in fact, gram for gram watercress contains more Vitamin C than oranges, more folate than banana, more Vitamin E than broccoli and more calcium than milk. It also contains high levels of iron. This is especially important as more of our youngsters, especially teens, choose to adopt

plant-based diets which generally have low iron content.

But while you are reviewing your kids' lunchboxes, it might be worth reviewing your own. Watercress is so easy to add to quick meals; blitz it in a smoothie, wilt into pasta or a stir-fry, warm through in a soup or crunch your way through in a salad. For recipe ideas go to www.watercress.co.uk.



Participate in behaviour and language research

Cochlear implants partially restore hearing to children with severe-to-profound deafness. Most children who receive cochlear implants learn to successfully understand speech.

Our study here in Nottingham, funded by The Medical Research Council and sponsored by Nottingham University Hospitals NHS Trust, aims to examine whether the ability of children to perform certain behavioural tasks, such as memory tests, is related to their understanding of speech and learning of words and language.

This research uses functional near-infrared spectroscopy (fNIRS), a technique for measuring brain activity. It is safe for use in all children and doesn't harm a child's head.

It is important to know what the patterns of brain activity look like in children with normal hearing. In a different part of this study we will be performing the same behavioural tasks and fNIRS measurements on children with a severe-to-profound deafness (both before and after a cochlear implant).

These brain responses or patterns of activity, and how they differ, may tell us more about a child's ability to understand words and learn language. They may even allow us to predict at an earlier stage, which children are at risk of under-performing in terms of speech and language skills. In the future, this

Most children who receive cochlear implants learn to successfully understand speech.

will hopefully allow us to intervene, address and treat poor speech and language development at an earlier stage of a child's life.

If your child is aged 6 - 48 months old, with no hearing problems or concerns, and has English as their first language then they are eligible to take part. For your time, your child will receive a voucher. If you would like more information on what the study involves, please contact me.

Dr Rachael Lawrence
msxrl15@nottingham.ac.uk
or call: 0115 823 2612
Nottingham Biomedical Research Centre,
113 The Rowpewalk,
Nottingham, NG1 5DU
IRAS ID 257177



Dr Rachael Lawrence



The fNIRS headset placed on a participant's head to measure brain activity

Participate in behaviour and language research!

Version 1.0 - 21/05/2019
IRAS ID 257177

Is your child...

- Aged 6 - 48 months old
- With no hearing problems or concerns
- With English as their first language

If so...

Please take part in our study that examines how your child's brain responses relate to their behaviour and language ability.

For your time...

Your child will receive a voucher

Contact Dr Rachael Lawrence:

Email: msxrl15@nottingham.ac.uk

Or call: 0115 823 2612

Nottingham Biomedical Research Centre,
113 The Rowpewalk, Nottingham, NG1 5DU.

As an NHS organisation we use personally-identifiable information to conduct research to improve health, care and services. As a publicly-funded organisation, we have to ensure that it is in the public interest when we use personally-identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use your data in the ways needed to conduct and analyse the research study. Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible. Health and care research should serve the public interest, which means that we have to demonstrate that our research serves the interests of society as a whole. We do this by following the UK Policy Framework for Health and Social Care Research. If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO). Our Data Protection Officer is Rory King and you can contact him at rory.king@nhs.uk.

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What we do...

We are a Construction Training Company accredited as an Approved Training Organisation to CITB/CPCS. We also offer NPORS (National Plant Operators Registration Scheme) Training and Tests, City & Guilds qualifications, EUSR Water qualifications and NOCN NVQ's

Who we are...

We are a family run business having worked within the Construction and Utilities Industry since 1999. Together with our team of highly trained Instructors/Assessors and Advisors, we have successfully trained and built a strong client base of candidates that come back time and again as the needs of the industry changes and qualifications need updating

Our aims...

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Monday 19th Aug: **Murder Mystery and Mayhem Book Club** 2pm An afternoon of fun talking about our latest book. 108 Burton Road, Carlton NG4 3BG Price Free

Wed 21st Aug: **Papplewick Pumping Station** 2pm Book by 14th Aug. Rigg Lane, Ravenshead NG15 9AJ. Price £4, under 16 free

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

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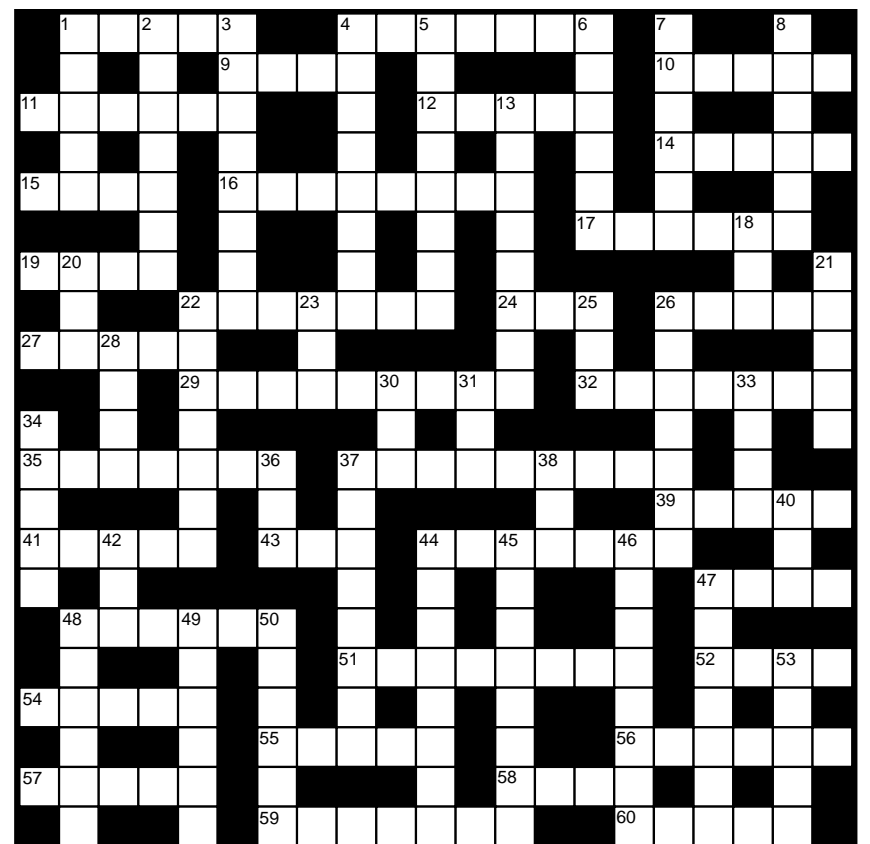
ACROSS

- 1 Opposite of credit (5)
- 4 Umpire or judge (7)
- 9 Border or perimeter (4)
- 10 Jostle and nudge (5)
- 11 One dozen (6)
- 12 Gold bar (5)
- 14 Tacks and claws (5)
- 15 As well (4)
- 16 The spectators (8)
- 17 Custard-coloured (6)
- 19 Lurch from side to side (4)
- 22 Ale factory (7)
- 24 Blubber (3)
- 26 Scrumpy (5)
- 27 Play for time (5)
- 29 Lively ding-dong or bickering dispute (4-5)
- 32 Vivid green (7)
- 35 Split (7)
- 37 Main highway (5,4)
- 39 Oak fruit (5)
- 41 Correct (5)
- 43 Eggs (3)
- 44 A pain in the butt (7)
- 47 The flank (4)
- 48 Without lumps (6)
- 51 Whirling energy device (8)
- 52 Advise strongly (4)
- 54 Milk products (5)
- 55 Trial run of TV series (5)
- 56 Tooth coating (6)
- 57 Feed greedily (5)
- 58 Downpour (4)
- 59 A disaster (7)
- 60 Repetitive tune (5)

DOWN

- 1 Self-assembly pin (5)
- 2 Mezzanine gallery (7)
- 3 Young adult (8)
- 4 Soldiers' wake-up call (8)
- 5 Amicable (8)
- 6 Restaurant or cafe (6)
- 7 Dog house (6)
- 8 Empty inside (6)
- 13 Plant aphid (8)
- 18 Not matching (3)
- 20 Soggy (3)
- 21 Wedding belle (5)
- 22 A fleece throw (7)
- 23 Path (3)
- 25 Foot digit (3)
- 26 Somerset Gorge (7)
- 28 Region (4)
- 30 To warm and dry laundry (3)
- 31 Pistol (3)
- 33 High male voice (4)
- 34 The music for a film (5)
- 36 A duet (3)
- 37 Dish-drying cloth (3,5)
- 38 Chest bone (3)
- 40 Crimson (3)
- 42 Exercise building (3)
- 44 Brown-haired (8)
- 45 Branch of maths (8)
- 46 Having abundant wealth (8)
- 47 Frankfurter (7)
- 48 Add salt and pepper (6)
- 49 A gas to aid breathing (6)
- 50 Northern stew (6)
- 53 Honking birds (5)

See below for answers



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House
& HomeCast a summer eye
over your home and garden

There's a saying that home is where the heart is – it's where we create everlasting memories with our friends and family – so creating the perfect indoor and outdoor living space should be a top priority. Summer is a great time to make the most of your home and garden:

**Home health check**

A home health check is an essential start – assessing essentials such as your heating before it is needed in the colder winter months is a good start and also think about home security.

A splash of colour is a quick and easy way to 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 outdoor furniture.

One of the first things to think about are any structural changes to the building you might desire – 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

Lavish some love
on your home
and garden.

In the garden

Creating a space to be proud of doesn't have to break the bank. With just a few small changes, you will be well on your way to creating your very own outdoor oasis.

Potted Plants

If you are relatively new to gardening or just want the overall look with minimum effort, potted plants are the way to go. From vibrant coloured flowers to low maintenance succulents, dot them on steps, along walls or as a centre piece on your outdoor dining table.

Outdoor accessories

There are all sorts of shops that sell bits and pieces for decorating your garden, even supermarkets. Lanterns, candles, statues and lighting are just a few examples of things could add to your garden this year.

**PAUL WINS TOP AWARD**

A Senior Site Manager for Barratt Homes North Midlands in Nottinghamshire has won a top national award for the quality of the homes they are building from the National House-Building Council (NHBC).

Paul Hulme (43) from Barratt Homes' development Romans' Quarter in Bingham, has been recognised by the NHBC for their annual Pride in the Job Quality Awards.

Paul, who has worked for the homebuilder for 16 years has recently picked up his second award and is over the moon for his achievement.

He said: "It feels fantastic to have won



this award and it makes all the hard work more worthwhile."

Known as the "Oscars of the housebuilding industry", the Pride in the Job Quality Awards recognise the best run building sites in the

country and are the highest accolade a site manager can achieve.

In addition to spot checks from the NHBC, site managers are judged on their consistency, attention to detail, leadership, technical expertise and health and safety, with just 450 individual winners being chosen from over 16,000 entrants.

Chris Southgate, Managing Director at Barratt Homes North Midlands, said: "These awards recognise only the very best new homes and well run sites. They are something that customers can look out for as a quality mark knowing their home has been built to the highest standard possible."

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