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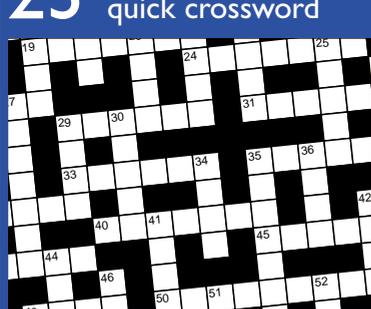
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National award crowns successful first year for Sherwood Forest Visitor Centre

The Sherwood Forest Visitor Centre has received a prestigious national award to add to the five other accolades collected during its first year of operation.

The state-of-the-art centre, which opened in August last year, took top honours in the Small Commercial Project sector of the LABC Building Excellence national awards, which took place in London recently.

The Sherwood centre beat off stiff competition from projects around the country, including the Land of Oak and Iron Heritage Centre in Blaydon-on-Tyne in the north-east, and the Alexandra Palace Theatre in London.

The award adds to an impressive tally of successes already this year, including regional wins in the LABC, Visit Nottinghamshire, East Midlands Property and Royal Institute of Chartered Surveyors awards.

The panel of expert judges said "The completed building demonstrates the very best of collaborative working and considered design which took inspiration from the surrounding woodlands and countryside. It's environmental and sustainability credentials are commensurate with the activities within such a building. It clearly will enhance the visitor experience for all those who encounter it for many decades to come."

Gemma Howarth, senior site manager at Sherwood, said she was delighted that the new centre has received a Building Excellence award, especially given the strong competition from around the UK.

"It is always wonderful to receive recognition from experts in the industry and for our centre to have been chosen from projects around the country is an especially proud moment for the whole team here."

Sherwood Forest Visitor Centre is part of a scheme costing more than £5 million, managed by an RSPB-led consortium, working together with Nottinghamshire County Council. Sherwood Forest Trust, Thoresby Estate and the Woodland Trust complete the partnership. Funders included partners, and D2N2 Local Enterprise Partnership, which provided £500,000 towards the project.



LABC Building Excellence AWARDS 2019 Grand Finals

The team involved in designing and building the new RSPB visitor centre at Sherwood Forest collect their LABC Building Excellence national award, at a ceremony hosted by comedian Milton Jones. Courtesy of Eden Photography.

Grant offer for flood affected businesses

Nottinghamshire County Council has announced details of the government scheme to offer businesses impacted by the recent flooding access to a one-off grant to support their recovery efforts.

The Business Recovery Grant is part of a range of financial support schemes being made available to communities impacted by the recent flooding in Nottinghamshire.

Record and sustained rainfall caused river levels to rise across the county causing widespread flooding of households, businesses and farmers with worst hit areas such as Worksop bearing the brunt of the damage as well as communities in Retford, Mansfield,

Newark and Rushcliffe.

The council has already supported householders and businesses with hardship grants totalling more than £100K aimed at offering immediate financial support those in the worst affected areas. The Business Recovery Grant is in addition to a hardship grant already offered to residents and businesses which was launched in the immediate aftermath of the floods. Small and medium sized businesses can check they qualify and apply for the Business Recovery Grant by completing the form on the County Council web site: Nottinghamshire.gov.uk/businessrecoverygrant

Qualifying businesses are typically those whose premises were flooded or who were evacuated from their businesses during the recent flooding.

These grants are in addition to a range of other support options available to businesses such as: The Council Tax Support Scheme and The Business Rate Relief Scheme, currently being offered through district councils.

Farmers are also being offered specific support as part of the Farming Recovery Fund available by accessing the following link: <https://www.gov.uk/government/collections/the-farming-recovery-fund>



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Blidworth Menswear – a gem of a place for the ‘dapper gentleman’

For those of you who are acquainted with the gem that is Blidworth Menswear, there is no surprise when you walk through the door of the Old Chapel on Dale Lane, Blidworth, and are greeted by a fully loaded menswear store that could only be rivalled by a trip to the city.

It is now filled to the rafters with everything you could need to leave as the dapper gentleman you always knew you had in you.

The business has undertaken a fabulous transformation over the past two and a half years. From the full production, high street suit manufacturer, Guy Warwick, through to a fully stocked factory shop, when production moved overseas. Blidworth Menswear, supplier of award winning brands and contemporary men's suits, has emerged from its chrysalis to become the one-stop menswear shop that it is today.

The fabulous transformation is thanks to Glynis Staddon, who has

been on this journey since the early days, when she worked with the previous owners to ensure success with a vivacious level of customer service and product knowledge.

Taking the business from the place where dad bought his work suits to the thriving supplier of Marc Darcy, Brook Taverner, Scott by the Label, Skopes, Lloyd Attree Smith, and Ikon to name a few, Glynis and her staff offer a service which provides a full male wedding package. The package includes fitted three-piece suits and separates, through to shirts, shoes, ties and matching top pocket handkerchiefs, and not forgetting the cuff links and braces, plus a cap and overcoat if required. Wedding parties can also take advantage of the ‘Groom Goes Free’ offer when eight adult suits are purchased.

To ensure everything is the perfect fit there is an on-site tailoring service, Steamforce Alterations, to make sure you look your very best.

Council to adopt ambitious strategy for Mansfield

Mansfield District Council is set to adopt a long term strategy that would shape the authority's priorities for the next decade.

It recently approved a recommendation to adopt the Making Mansfield: Towards 2030 strategy, which provides a framework for the delivery of council services

The strategy focuses on four themes: Place, Growth, Aspiration and Wellbeing, which cut across the delivery of all council services. It would replace the council's Corporate Plan.

Place priorities

- Create and communicate a positive image of Mansfield
- Preserve, enhance and promote the district's natural environment and physical assets
- Improve the town centre experience for residents, visitors and businesses
- Create a positive cultural and leisure experience for residents and visitors
- Create an infrastructure that supports and enhances the quality of life for residents.

Growth

- Develop the district's infrastructure to embrace technology and technological advances
- Create employment opportunities that are aligned to meet future requirements
- Develop a better and wider mix of housing across the district to meet the needs and aspirations of existing and potential need
- Develop and sustain local businesses and encourage national and regional businesses to invest in the area.

Wellbeing

- Create an environment where people lead healthy lifestyles and opportunities to be physically active
- Support and encourage people to make healthy choices
- Support a good quality of life for those who live and work here
- Understand and respond to the needs of communities and be advocates for support and intervention.

Aspiration

- Encourage people to achieve their true potential
- Build confidence within communities so that they have more control and influence over what happens in their area
- Create opportunities for learning, development and achievement for all.
- Ensure local people have clear aspirational pathways into local employment.

Mums struggling to lose baby weight wanted for study

Researchers are looking for new mums who are struggling to lose weight to take part in a new study.

The project will investigate the effects of exercise and diet programmes on weight management and health following pregnancy.

The team at Nottingham Trent University (NTU) are asking women who have just had their first child to consider taking part. Specifically, the project is looking for women aged 18 – 50 who have had a baby within the last year and have a BMI of over 25.

Previous studies show that both mum and baby health is compromised if the mother is overweight, so the study aims to help women manage their weight in what can be a challenging time. As part of the research the new mums will receive lifestyle advice focusing on either diet or exercise and undergo a thorough assessment of physical activity and health. Participants will be required to attend the NTU Clifton Campus Sports Science Laboratory on seven occasions.

They will also get the opportunity to meet other new mums, engage in an individualised weight loss programme, and use a Fitbit for 20 weeks. To register your interest in the study or find out more, email stephanie.hanley2016@my.ntu.ac.uk.

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World's first Museum of Languages pops up in Nottingham

The world's first ever 'Pop Up World of Languages' designed to inspire more people to start learning a language is coming to the East Midlands next month.

Based on the model of a hands-on science discovery centre, the 'World of Languages' is an engaging and free-to-attend exhibition that aims to show visitors of all ages that languages are fun, achievable and useful to learn.

It will be hosted at the Nottingham Central Library on Angel Row, Nottingham from Monday 2 December to Saturday 7 December.

This unique exhibition is the result of years of research and planning by modern language experts at the Universities of Nottingham, Cambridge, Belfast and Edinburgh. The experts are on a mission to revitalise languages in the UK after a sharp decline in language learning here in recent years.

Behind the playful interactive displays – offering films, quizzes,

listening challenges, word sorting games, speech bubble selfies and much more – lies a serious purpose. One of the project's central aims is to challenge myths and prejudices including the idea that British people aren't good at languages, and don't need to learn them. Groups of children and young people from East Midlands state schools and beyond are already lined up to visit the museum during the first week of December.

The team knows that changing perceptions is a huge challenge, not least because there is significant inequality in access to language education in the UK. For this reason, the free museum has been appearing in spaces freely open to the public including shopping centres, theatres and libraries. The team is also working closely with state schools with a high proportion of Free School Meals pupils and in areas where relatively few people speak a language other than English.

Fast-track your career into the healthcare profession ...work as a phlebotomist

An increasing demand for skilled healthcare professionals has led to a shortage of allied healthcare workers, especially phlebotomists - the skilled healthcare professionals who take your blood.

Demand is at an all-time high with hospitals, clinics and GP Surgeries offering a golden opportunity for that "longed for" career change. If you have good people skills and manual dexterity and like the idea of working in a busy healthcare environment, a phlebotomist job may be just the job for you.

Many people enter this profession when they are looking for a career change or a fresh start and they often have no previous qualifications or experience in healthcare. Phlebotomists can work part time (usually mornings) but also may choose to work full time as well as weekends, holidays and bank work. Blood samples are usually collected before mid-day and then analysed in your local hospital's Path Lab in the afternoon.

"We train people from all walks of life and all ages" explains Amy, Geopace office manager. "We've had school leavers, shop assistants, receptionists, beauticians

and dental nurses, as well as telesales staff, unemployed and the retired who are looking for a challenge. We also have referrals from Job-Centres (DWP), who can sometimes pay for your course in full if you are eligible" she added.

Once you are on the healthcare career ladder there are often opportunities to progress into other areas, such as working in the hospital path lab or other departments. Promotion is much easier once you are "on the ladder" and have some experience behind you.

Many Geopace students are now working as phlebotomists throughout the UK and a few have even chosen to work abroad where there is often a similar shortage and growing demand for this specialised skill. An interesting booklet featuring student's "Success Stories" is written by the student's themselves and looks at how they have made the move from wide and varied backgrounds to find themselves now working as phlebotomists. A copy can be downloaded from the Geopace website's testimonials page.

If you like the idea of a challenging career in healthcare and particu-



larly in phlebotomy then this may be the perfect move for you. The comprehensive training course last a full two days and culminates in the award of a nationally recognised and accredited certificate.

"We practice taking blood from artificial arms", says Amy "and everyone on our course has a lot of fun. We get a great deal of satisfaction later on when we hear from our students that they are working for their local GP surgery or in their local hospital."

Courses are running at the Sherwood Hotel, Mansfield Road, Nottingham on 25 and 26 January 2020. If you would like to know more about phlebotomy as a career or to book a place on the course visit www.geopace.net

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Multi agency operation targets vehicle & rural crime

Rogue waste operators, illegal scrap services and un-roadworthy vehicles were targeted in an operation to seek out criminals involved in rural crime in Newark recently.

Nottinghamshire Police, Newark and Sherwood District Council, the DVSA, Environment Agency and HM Revenue and Customs were involved in the operation to clamp down on offences such as fly-tipping, no tax, MOT and insurance, illegal red diesel use and scrap metal crime. During 'Operation Metallica', 21 vehicles were stopped by police, which found three vehicles to be driven without insurance, one with a failed MOT and one without tax. All vans stopped were subject to inspections by the different agencies to ensure that it was compliant with all aspects of the law.

One of the aims was to address issues highlighted by the district council's anti fly-tipping campaign. Not in Newark and Sherwood. Rogue waste operators are actively collecting rubbish on behalf of unwitting residents and often just dump it on other people's land or in public. A number of vehicles found carrying waste failed to produce a licence and have seven days to produce the document or will face legal action.

Inspectors from HM Revenue and Customs conducted fuel testing. Red diesel - which is used for many industries in machinery and equipment - is illegal when used in cars, trucks or any machines used for pleasure and on public roads.

Council gives go ahead to identify a new specialist school site

Plans for a new school in the Hucknall or Ollerton area to benefit those with special educational needs and/or disabilities has moved to the next stage.

A new £150,000 feasibility study to identify a site in the to build a new 75 place special school, which will include specialist provision for those with disabilities, got the go ahead at a recent Nottinghamshire County Council Policy Committee. Since 2010, young people with special educational needs has doubled across the county – almost twice as much as the national 55 per cent increase.

These increases are mainly attributable to a significant change to the national criteria for special educational needs assessments, including an increase to the upper age limit from 18 to include 18 to 25-year olds.

If the current trend continues, by January 2023 there is estimated to be more than 4,000 young people with educational needs in Nottinghamshire.

Growing demand has also led to an increase in commissioning places in the independent sector. Currently, there are over 450 children and young people with special educational needs being educated in this way across the county.

As the cost of these placements has increased by 50 per cent since 2015, plans for a new, local specialist school in one of the proposed areas aims to bring potential savings.

Additional benefits include saving time for some of the young people and parents who are currently travelling to independent placements based across the county.

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Retford's Go-V wins top vegan award

Retford-based vegan entrepreneurs Go-V have won a Viva! award for 'Excellence and Innovation: Best Vegan Take-away' for their dedication to creating delicious, innovative vegan food.

The award was made by Viva!, the UK's first vegan campaigning charity that was founded 25 years ago.

In their 25th year of fighting for animals, Viva! is celebrating those at the forefront of the vegan movement and presenting them with a Viva! 25th Anniversary Award.

The coveted awards are voted for by Viva!'s supporters and staff and are split into four main categories; Action

for Animals, Award for Outstanding Achievements for Veganism, Award for Outstanding Loyalty & Commitment as a Business Partner and Awards for Excellence and Innovation.

Viva!'s founder and director, Juliet Gellatley, explains why the awards are an integral part of their birthday celebrations: "We are really proud to present our awards to so many people working incredibly hard, both individually and in a variety of businesses, to promote veganism. Their collective achievements are phenomenal and inspirational."

Go-V was inspired by director Tracy

Wain's desire to offer delicious vegan food that was both affordable and appealing. She began the business by creating culinary masterpieces in her home kitchen and selling it locally. Several years later, business had boomed and Go-V was moved to a professional kitchen, thus creating the only 100% vegan takeaway in Retford.

Tracy explained what the award means to her: "It means so much to us that people support what we do. Our mission is to make sure that vegan food is available and affordable for anyone who wants to have a try. This award is such a wonderful surprise."

British men embrace the culture of the "modern man"

A new study reveals that whilst overly masculine behaviours in workplaces are on the way out, there is still a lot to be done by employers in supporting the needs of modern men who want to shoulder responsibilities for child-care as well as be the main provider for their family. Research by culture change business Utopia and The Hobbs Consultancy, found men's expectations of themselves have shifted. Seven in ten (71%) men report they still feel the need to be the main financial provider for their family, yet almost half - 46% - claim that it's now also their responsibility to be the primary carer to their children.

And yet, only a third of men (35%) say their workplace has a formal strategy of inclusiveness in place that helps ensure an understanding that work can have an impact on parental pressures to mental health or sickness.

Whilst progressive parenting and equality is a key step in modern relationships, workplaces are falling behind when it comes to modernising and supporting men in being all round providers to their families.

From flexible working hours and working from home to last minute childcare, parenting comes with challenges made easier with an accommodating employer. Research found one in five men (21%) say their employers actively discourage them from taking on parenting duties that may affect their work and a mere 11% report their boss is comfortable with them taking unexpected days off due to child sickness showing a distinct lack of flexibility and support. Furthermore, both men and women face challenges in flexibility to work from home when needed with 28% of all workers claiming their employer actively discourages them from working from home.

PILGRIM ANNIVERSARY PLANS

Nottinghamshire County Council has announced a series of pilgrim-inspired events to help mark next year's 400th anniversary of when Nottinghamshire helped form a nation.

Many of the most influential pilgrims who sailed to America on the Mayflower were from Scrooby in North Nottinghamshire and the surrounding area.

The £316,500 plans were agreed by councillors at the recent policy committee.

Councillor Kay Cutts, Leader of Nottinghamshire County Council said: "We have a history and heritage to rival the very best the UK has to offer. "The Pilgrim story, which started right here in Nottinghamshire, is one which needs to be showcased, so I'm delighted to announce our planned series of local educational, community and creative events to help

commemorate this historic milestone."

Events planned throughout 2020, with final details and venues still to be confirmed, include:

- A Pilgrim-themed garden also based at the National Civil War Centre, Newark
- A thanksgivings school meal across the county in November 2020
- Pilgrim survival challenge event for young people
- A community play award to be offered to local theatre groups to produce a Pilgrim play
- A community planting scheme involving 400 major oaks and also a special Pilgrim Apple Tree
- A festival-style event to help celebrate local food and drink and our extensive heritage.
- Special pilgrim exhibitions, including one planned at the University

of Nottingham followed by a proposed county-wide tour.

- Plans to install heritage lighting columns across Scrooby
 - Support for a Pilgrim music festival and opera programme
- Nottinghamshire County Council will be working with partners throughout 2020 including support for Mayflower 400 National partnership and the Pilgrim Roots regional partnership as part of the national programme of events beginning with a series of illuminate light shows later this month in the Retford area.

Further details of the events, including confirmation of venues and dates, will be announced in the coming months via www.nottinghamshire.gov.uk/events, on Twitter @nottsc and on Facebook @Nottinghamshire

Frank puts pen to paper for hospice

A Nottingham poet is to sell copies of his latest book of verse in aid of Nottingham Hospice as well as running his first full marathon for them.

Frank McMahon, a member of Nottingham's DIY Poets group, is to launch his new collection, 'Thirteen' at Nottingham City Arts on December 5. Copies of the book - which got its title because it is Frank's 13th collection of poetry - will be on sale for £4 with all proceeds going to the hospice.

The book contains 80 poems which deal with topics of love, loss, music, childhood and time, plus several poems about running, as Frank is a keen runner. He has enrolled on the Manchester Marathon, for the hospice, and hopes to raise £300.

Frank, from Mapperley who works as a staff nurse at Nottingham's High-bury Hospital, says: "I wanted to support Nottingham Hospice because I'm aware of the really good work you do in the local community."



"I've previously run two half marathons for the hospice but this will be my first full marathon."

Roxie Hickling, Events and Fundraising Coordinator at Nottingham Hospice, said: "We're really touched that Frank has decided to support us through his book of poetry as well as running his first full marathon for us. We're so grateful to Frank for his continued support and wish him every success with his book and his running."

Nottingham Hospice needs to raise £2.7 million a year to fund its services. To find out how you can offer your support go to: <http://www.nottshospice.org/get-involved/>

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Improvements continue at Gedling Country Park

Two new viewing platforms are planned as part of wider investments at Gedling Country Park.

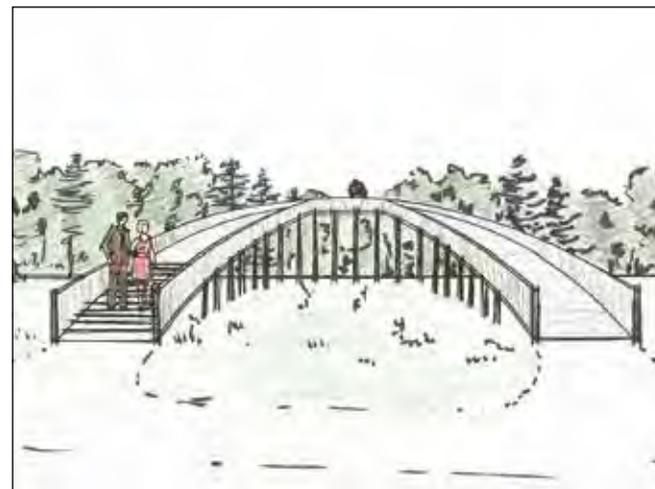
The improvement plan also includes a car park extension and covered outdoor seating area. Gedling Country Park has expansive views spanning into Nottinghamshire, Lincolnshire and Leicestershire, which will now be enhanced thanks to two viewing platforms, one of which will be four metres high.

The platforms, which will be installed to the north and south of the solar panel farm at the park, will both feature wheelchair and pushchair accessible ramps and interpretation panels with information about the views beyond the platforms such as Lincoln Cathedral and Belvoir Castle.

The £120k funding for the platforms was awarded by the Rural Payments Agency, who provide grants for projects which help promote growth, jobs and tourism in rural areas.

Work on the new viewing platforms is due to start later this year and is expected to be ready for visitors to use by March 2020.

Since opening in March 2015, the park has become increasingly popular, with around 100,000 visitors each year.



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The Dominant Name in Permanent Cosmetics

Dawn Cragg was appointed a Member of the Order of the British Empire (MBE) in the New Year's 2010 Honours List for her outstanding work in developing Medical Tattooing as a service to healthcare.

In the 1990's, Dawn sold her Special Effects, Beauty, Make-up and Hairdressing & Wig-making schools in order to concentrate on permanent make-up. Dawn exchanged her makeup brushes for an electric pen that will tattoo make-up into the skin with such precision that you would imagine the soft eyeliner, liplines and simulated eyebrow hairs that Dawn creates are natural. Dawn became firmly established herself in Harley Street, where she trained students and treated clients from around the world. When she wasn't teaching, Dawn had a steady stream of clients from 8.30am, often until 8pm in the evening. Many clients were, and still are, referred from top plastic surgeons, others through personal recommendations.

Dawn's Foundation Course has been approved by the Society of Permanent Cosmetic Professional (SPCP). Several course options are available.

Dawn's office is

based in her home town of Retford, North Nottinghamshire, where she continues to both teach and run her private practice. Her company, Micropigmentation Training and Equipment Centre Limited (M.T.E.C. Ltd), is a UK distributor for the MicroColor pigments and Mei-Cha range of machines and accessories. As International Trainer for Mei-Cha, Dawn has traveled extensively to various countries including, Russia, Kazakhstan, Israel, Lebanon, Ukraine. Dawn is a member of the British Association of Skin Camouflage (BASC) and her schedule is still as hectic as ever.



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Volunteers needed for chemotherapy study

Researchers from the University of Nottingham are calling for volunteers to take part in a new study to investigate the impact and long-term side effects from chemotherapy — primarily hearing loss and tinnitus.

The research is led by Stephanie Pearson in Hearing Sciences, from the School of Medicine. Stephanie not only wants to find participants for her study, but hopes to raise awareness of this important, yet currently under-studied issue.

She explained: "Cancer research has come a long way, in fact many common adult cancers have survival rates over 80 per cent. However, due to the intensity of treatment, many face long-term physical and emotional challenges in survivorship.

"Many patients go on to experience significant permanent and life-changing effects, which can have a detrimental impact on their quality of life. This is an increasing issue for the NHS, and although more is being done by providing late-effects services, many

of these late effects are not yet fully understood. We now know that cisplatin, one of the commonly used chemotherapy drugs, is toxic to the delicate structures of the ear and can cause permanent hearing loss, tinnitus (ringing in the ears) and balance problems."

The specific aim of Stephanie's project is to explore, in depth, the burden of hearing loss and tinnitus on people living with and beyond cancer. She hopes that by finding out what the main problems are it will help set up a better support system.

The study involves having a simple hearing test, answering three short questionnaires and having an interview on your personal experience. Stephanie is looking for adults (18+) who have had chemotherapy more than six months ago, or even years later, who also have hearing loss and/or tinnitus, and would like to share their story. To take part in the trial email Stephanie Pearson at stephanie.pearson@nottingham.ac.uk

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1

Nationally this year's Children in Need appeal has raised almost £48 million for disadvantaged youngsters across the UK. Across the county many of our schools joined in with the fundraising by staging their own events to raise funds for the charity. Here are just a few of the events from across our region:

1 from Peafield Lane Academy in Mansfield Woodhouse raised money by making a voluntary donation to wear their own Pudsey related outfits.

2 Youngsters at Haddon Primary School in Carlton raised money by doing a sponsored ramble around the community with each class going out on slightly different routes. While walking they are also thinking of other things they can do to support their local area and make it an even better place for everyone to live.

Children at Greenwood Primary & Nursery School in Kirkby in Ashfield used their donated pound coins to create a giant Pudsey.

4 Meanwhile, over at Mansfield's Samworth Church Academy the day saw teachers being gunged, one teacher having his legs waxed and student Jack Hardman getting his hair shaved off to raise a grand total of £2,100.

5 At Killisick Junior School in Arnold youngsters raised money at a non-uniform day by dressing up in pyjamas, onesies and dressing gowns in return for a donation to Children in Need. They also held a cake sale and face painting.

It was fun all the way at Edwalton Primary School where their alpacas joined in with the fundraising efforts. Pictured are Mrs Fowler with seated children and Mrs Russell (site manager) with Alpacas and children. Commenting on the day, Edwalton Primary School Head Teacher Anthony Thomas, said: "Even our animals are getting in on the act with our alpacas going on a spotty walk with our Animal Ambassadors."

Well done to everyone who took part and raised much-needed cash for Children in Need.



5



2



3



6



Miss Carrie Clarke, Head Teacher Nina Capek and Mrs Sandy Wilson from Haddon Primary and Nursery School Carlton

Fundraising fun for Children in Need



4



At Mansfield's Samworth Church Academy Jack Hardman had his head shaved initially by Ian James (Strategic Director of Deep Learning)- which was then professionally tidied up by Mrs Bev Nita who runs the hair salon at Samworth Church Academy. Far right: Well and truly 'Gunged!' Ian James, David Broomhead (Strategic Director of Deep Support) and Jane Cross (Teacher of Maths).

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Survey shows working away has its benefits

A new study by Travelodge has revealed that Nottingham workers who travel regularly for work have much happier relationships than those who don't.

The survey revealed as many as 59 percent of Nottingham workers who work away from home regularly, would describe their relationship as "extremely happy", compared to just 28 percent of workers who never go away on business.

For those who travel for work on a monthly basis, as many as 71 percent attributed their happy marriage to having time apart from each-other.

An astonishing 57 percent of Nottingham workers who regularly travel for business said it was nice to have a break from household chores. Whilst nearly half (43 percent) reported that they relish a good nights' sleep in a hotel.

Nearly nine out of ten workers in Nottingham (86 percent) said having some time apart from their partner made them realise how much they appreciated them. 57 percent of them claimed that working away made their relationship more passionate.

More than one in five (21 percent) of working parents in Nottingham confessed they enjoyed the opportunity to get a rest from childcare duties when away for business.

The study, by Travelodge, who welcomes 19 million customers annually across its 570 UK hotels which includes three in Nottingham, also found workers reporting other benefits to working away, with half (50 percent) of those polled saying they enjoy the extra 'me-time' it brings.



Linda Lancashire

07764 466381

01773 762675

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Aries



With all the recent pressure you have been put under you are not getting enough rest and worrying too much. If you are romantically involved with someone who is difficult to live with, yet you love with all your heart, you will have to do some very deep thinking and soul searching to decide what to do for the best in the long term. If you are looking for a new role in life, its time to explore some new opportunities.

Taurus



Numerous occurrences and unexpected surprises you have experienced lately have woken you up from out of your beauty sleep and shook you rigid to the point where now you are more than aware of who your true friends are. If there is one thing you cannot abide, it's being talked about and discussed behind your back and there has been plenty of that going on, but nothing that can hurt you. A complicated project is going to need a lot of time and effort to get off the ground.

Gemini



Being part of a team that really pulls together always appeals to you because you like to get projects off the ground and completed. An offer of further responsibility could soon be heading your way that will put you at the top of your game because of your excellent leadership skills. You are about to realise a number of dreams and ambitions materialising because you are putting yourself and your need first rather than fitting in with others just to keep the peace.

Cancer



Don't even question whether or not to take a holiday because if anyone needs one and deserves a bit of peace and quiet, its you. Although you enjoy socialising and meeting new people and can think of nothing more entertaining than throwing a dinner party for a group of friends, right now you are thinking twice because of your financial commitments and refusal to go into debt just for the sake of pleasing people who always expect you to put your hand in your pocket first.

Leo



You may decide to spend some quality time on the dating scene with a view to meeting someone new and interesting because you enjoy good intelligent conversation and would like a new friend to share some quality time with. Soon you will find yourself in a more financially secure position than previously and this will cause you to feel more confident about which direction to go in next. A business trip will prove extremely successful.

Virgo



A romantic weekend away with someone extremely attractive and full of personality will light up your life and open a few doors that have been shut what seems like an eternity. A night of passion may lead to either a full blown romance with a few twists and turns thrown in for good measure or just a simply goodbye at the end. Someone from your past may also turn up from out of the blue hoping to rekindle the relationship once again.

Libra



You have some tough choices to make and not even your closest friends will be able to help you in certain instances because ultimately, you must take responsibility for making your own decisions. A delicate political situation at work is proving explosive with you centre stage and if you are not careful, you may be blamed for things you are completely innocent of, so be extra careful where you place your trust.

Scorpio



You are on an exciting journey of self discovery and realising just how strong and resolute you are now that you have taken control of your life. Not only that, you are becoming increasingly aware of what certain people can be like when they are not being told what they want to hear or getting their own way. Potential new admirers will endeavour to pursue you with the intention of making a lasting impression upon your heart.

Sagittarius



So much has changed over recent months and its very obvious that you are getting more street wise when dealing with certain individuals. You are on the right track to creating a brand new life in a completely new direction as you grow more confident and self assured about your choices and decision making. Love and romance will feature high on your agenda, but do not make the mistake of settling for second best when you are worth so much more.

Capricorn



As a direct result of previously difficult past experiences in your personal or professional life, and the agony you have endured when things went horribly wrong, you are now starting to think more carefully and acting far more cautiously before jumping into situations blindly before you have all the necessary information to hand. You are now more than aware of the fact that if you are not happy within your own heart and in your own space, then no one out there can fill that empty void. You must do that yourself.

Aquarius



If you are interested in finding a soul mate, the right person will come along when you least expect. Our lives are mapped out and what is meant to happen will happen at precisely the right moment so learn to trust the universe because it has heard your prayers and about to grant your wishes. Create some personal time for you, so that you can enjoy some peace and quiet, read a book, watch a movie or just rest. You are about to embark on an incredible, spiritual journey.

Pisces



So much is going on in your world right now and there is little private time for you to relax. You feel as though you are on some kind of merry go around because certain people are making such huge demands upon your time and energy. Its time you sorted your heart and mind out once and for all and realised that you have to get on with your life if you are to progress forwards in realising your dreams and ambitions.

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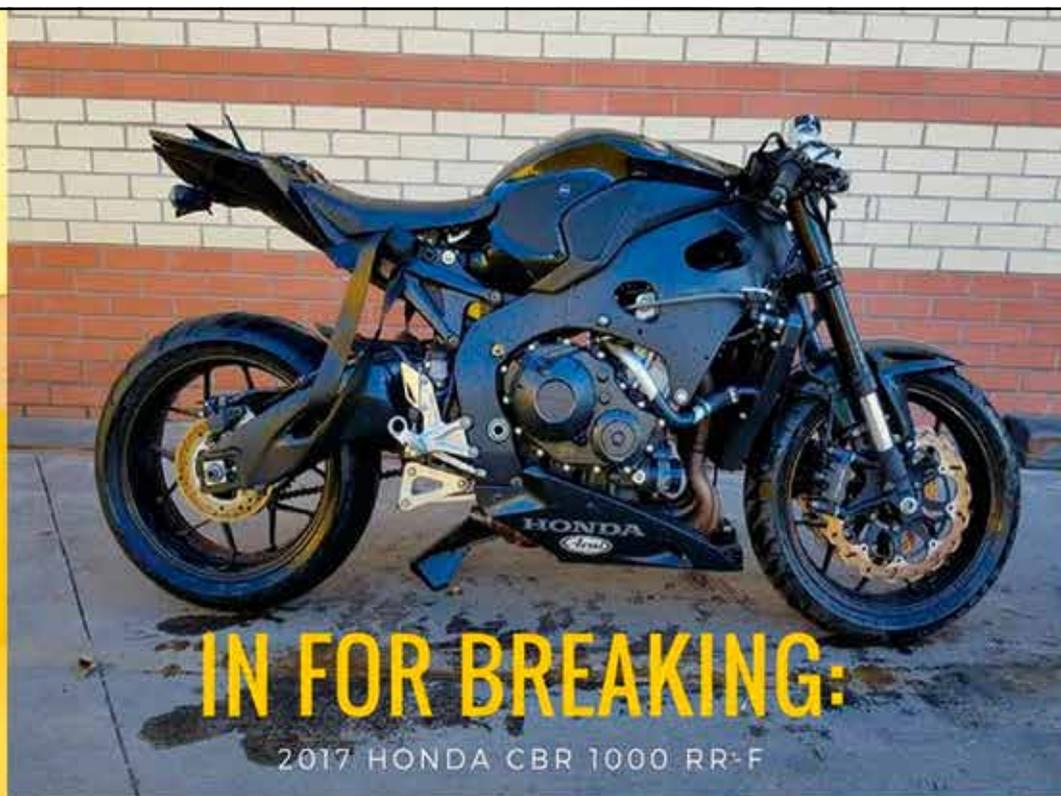
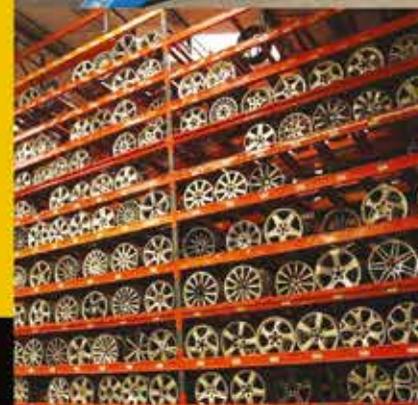
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Seasonal Christmas food, drink and luxury gifts
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The Engine Yard, Belvoir Castle
Grantham NG32 1PA
Tel: 01522 790495



Comprising of a variety of small local businesses and experiences situated in the heart of the Vale of Belvoir, The Engine Yard is a retail village unlike any other in the Midlands.

Just like the historical Belvoir Castle that is located just a stone's throw away, The Engine Yard is a development that is steeped in history and brimming with charm.

Anyone that has ever visited Belvoir Castle will know of its charm and warmth, and this can also be felt during a visit to the Engine Yard. Perhaps this is because the two locations are in fact intrinsically linked. The buildings were once used by tradesmen as workshops where furniture, windows and doors were produced during the early days of construction at Belvoir Castle in the 1800s.

The village is open seven days a week, so finding the time to visit certainly won't be a problem.

During a trip to the Engine Yard visitors will find plenty to discover, from gorgeous home furnishing and décor at Margo & Plum to plants and garden accessories



The Duchess Gallery at The Engine Yard



A RURAL RETREAT

by Emily Smith

at Idle Mole. Foodies can get their fix at Jorge Artisan Foods where they'll find a bespoke collection of cheese and delicatessen products as well as a range of specially sourced pasta, sauces, olives and antipasti. Those visiting with the children are sure to be drawn to Craft 4 Kids, a family run boutique stocking a delightful selection of goods for creative

little ones. The range focusses on popular hobbies including sewing, knitting and crocheting. Other shops at the village include Little Surfers and Little Skiers, which both stock apparel for active children, and Cocoa Amore, a local chocolatier providing chocolate lovers with their favourite sweet treats and the opportunity to make

their own at their interactive workshops. After a day spent exploring the stores, Belvoir Casa, a brand new spa, is the perfect place to indulge in a range of relaxing treatments including facials and massages. A trip to the Engine Yard is rounded off perfectly with a meal at The Fuel Tank restaurant, where diners can tuck into a

Continued opposite

BELVOIR CASTLE ENGINE YARD

Celebrate Christmas

Belvoir Castle & The Engine Yard
Festive events and activities
20 November - 23 December



www.belvoircastle.com | www.engineyardbelvoir.com | 01476 871001
Belvoir Castle, Grantham, Leicestershire, NG32 1PA



Belvoir Castle



Christmas Time at the Castle

Beautifully decorated, historical and with a charm that is undeniably unique at this time of year, Belvoir Castle at Christmas is truly the stuff of fairy tales. With so much to explore both within the Castle and at the Engine Yard too, make it a memorable one this year with friends and family at Belvoir's most resounding site.

CHRISTMAS AT BELVOIR CASTLE

24-29 November, 1-6 December
Experience sparkles and enchantment in the castle as once again it is spectacularly decorated with 25 beautiful Christmas trees. Explore the castle at your own pace, taking in the festive ambience and stunning interiors. From the impressive Guards Room through to the breath-taking glitz and glamour of the Elizabeth Saloon and Regent's Gallery, Belvoir Castle at Christmas is sure to leave you breathless.



MAKE YOUR OWN CHRISTMAS WREATH

27 November, 4 December
Get into the Christmas spirit nice and early and immerse yourself in some of the castle's fascinating surroundings too while you make your very own festive wreath to display at your home. You'll be getting crafty and enjoying the workshop in the Castle's Old Kitchen and tucking into some complimentary mince pies and hot drinks – festive! The 2-hour course covers step by step instructions, no experience is necessary and everything needed to make stunning wreaths including flowers and foliage is provided.

SANTA RUN FUN

1 December

Dove Cottage is gearing up to host its 5th Santa Fun Run & Walk on the first day of December and it's taking place in the beautiful grounds of Belvoir Castle. If you fancy taking part you'll be able to choose from a 3K, 5K or 10K, and can run, walk, skip or jump to raise funds for your local hospice. All are welcome, including your doggy, and routes are buggy and wheelchair friendly. Join the team at the Castle for a festive family day out and enjoy a snow blizzard, best-dressed dog competition, games, glitter tattoos and birds of prey as part of the entertainment. Refreshments will also be available and registration includes a medal and Santa suit.



At the Engine Yard

MEET SANTA IN HIS CHRISTMAS GROTTO

20 November - 23 December
Treat your favourite small people to a visit to Santa's Grotto at the beautiful Engine Yard, a beautiful shopping village with plenty to explore. Here they'll meet Father Christmas (and a few friends!) and get to take away a special present too – just make sure they don't open it before Christmas day! Each child can be accompanied by a maximum of two adults.

GOLDEN BUTTON FESTIVE FOOD & DRINK FAIR

6-8 December
Foodies rejoice, this fabulous and festive food and drink fair is sure to get your mouth watering and stomach rumbling at the thought of enjoying all of those Christmassy treats! Stock up for the big day with provisions from a carefully chosen number of Christmas suppliers and make a day of it by dining on your pick of dishes available from Britain, Europe and beyond available in the World Street-Food Court. The event takes place in large marquees where professional chefs will be on hand at this event to provide recipe ideas, food demonstrations and tips and techniques. Alongside the demonstrations, carefully chosen artisan stallholders offer try-before-you-buy tastings of the succulent meats, game and charcuterie. There will also be sellers offering the finest cheeses while bakers and pastry chefs showcase perfect patisserie, cakes and puddings.
For more information about Belvoir Castle and the Engine Yard visit <https://www.belvoircastle.com/>

A RURAL RETREAT

From previous page

variety of light bites and meals as well as cakes, smoothies and ice creams. The venue is licensed so is also an ideal place to enjoy a cold beer or crisp glass of wine in a relaxed setting.

The village's crowning glory though has to be The Duchess Gallery, a unique store stocking a charming and varied collection of goods inspired by the Duchess's very own taste and interests. Set across three floors, the store sells everything from eclectic items for the home, thoughtful gifts and luxury designer fashion. For more information about the Engine Yard and to see the programme of events, visit www.engineyardbelvoir.com

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THE EXCHANGE



Christmas Lights Event

Saturday 30th November 2019
from 11.00am



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Amazing Street Magic
Giveaways & Sweet Treats



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Christmas

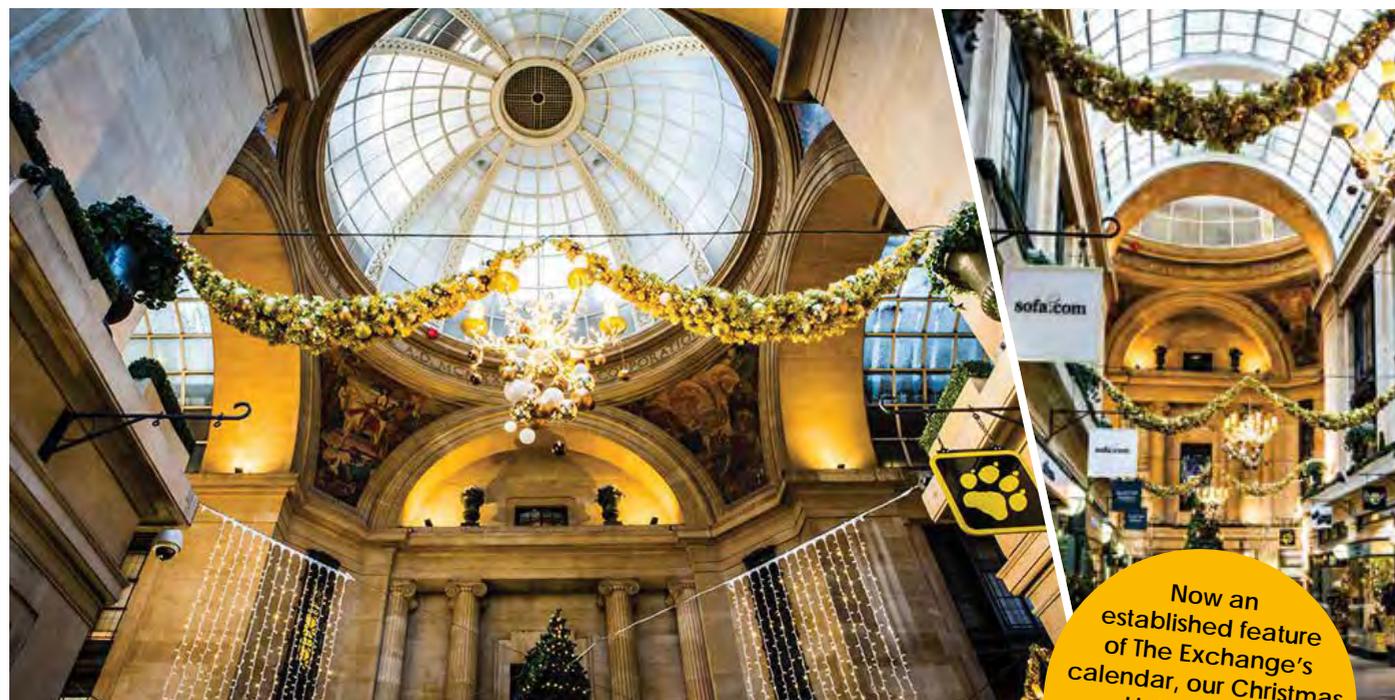


Discover the romance and mystery of Byron's home

Step into A Storybook Christmas at Newstead Abbey every Friday, Saturday and Sunday starting this weekend (30 November) and continuing throughout December.

Join the Webb sisters as they hunt for their little pet mouse on Christmas Eve and stumble across some of their favourite fairy tales.

This year the house will sparkle and shine with Christmas lights and Decorations. Floral displays and music will once again fill the house. A storybook tale of the Webb family children will also lead you through a number of specially decorated rooms with a fairytale theme. There will be a craft fair in the Cloisters every weekend, with musicians adding to the festive feel throughout the month. Christmas craft activities will be taking place in the Victorian kitchen and Santa will be at the abbey every weekend between 11.30am and 4pm. For a special treat why not book one of the Festive Afternoon Teas which will be available in the West Front Suite? To really capture the beauty of Newstead Abbey join one of the Christmas Candlelit Tours taking place on Thursdays in December. The tour includes mulled wine and mince pies. To find out more, or to book tickets, go to www.newsteadabbey.org.uk



The Exchange Christmas Lights Event – 30th November

Now an established feature of The Exchange's calendar, our Christmas Lights Event is an increasingly anticipated and popular day.

While The Exchange a great place to visit at any time of year, Christmas in the centre is especially memorable, when its renowned decorations make for a truly magical Christmas spectacle.

Now an established feature of The Exchange's calendar, our Christmas Lights Event is an increasingly anticipated and popular day, which this year is on Saturday 30th November 2019.

The date coincides with the switch-on of the centre's decorations which, with the magnificent

50ft tree sited beneath the arcade's iconic central dome, really do transform this historic building. Visit the centre during the day and, as well as being amongst the first to see the decorations, you'll enjoy a feast of live festive music from the acclaimed Thoresby Colliery Band and amazing close-up street magic courtesy of the wizardly Roy Bond, along with giveaways and sweet treats.

What's more, you could also be a lucky recipient of up to £200 in Exchange Shopping

Vouchers! On the day, we'll be handing out our new Exchange tote bags, a number of which will have free Exchange Vouchers in them, along with other goodies. The vouchers are redeemable in all the centre's stores, so be sure to collect your free bag on the day. You never know....

The Christmas Lights Event runs all day from 11.00am at The Exchange, High Street, Nottingham NG1 2DD. Visit www.theexchange.uk.net



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Christmas



Festive fun at the National Ice Centre

Christmas is set to return to the National Ice Centre this December with festive fun for all the family over two fun packed weekends. Surrounded by twinkling lights, a majestic tree, a life size snow globe to have your photo taken inside plus other special activities - the National Ice Centre will be a great place

to get into the festive spirit. Taking place over the weekends of 14 and 15 December and 21 and 22 December between 11am - 4pm, the Christmas themed activities will also include the opportunity to visit Santa as he sets up his magical grotto at the side of the ice. The whole family will

be able to get involved with festive face painting, Christmas craft activities and more. On the second Family Fun Weekend, skaters can enjoy one of three festive foam parties. Happening at the event on Saturday 21 December, the foam fun will begin with a Family Foam session between 2.45pm - 5pm followed by a Relaxed Foam Party from 5.30pm - 7pm and ending with a special Club Night Foam Party - 7.30pm - 9.30pm.

them on the ice at the exclusive Skate with the Nottingham Panthers session on Thursday 19 December, 7.30pm - 8.30pm.

Running all the way through December to Christmas day is the opportunity to get involved and contribute to the National Ice Centre's Christmas skating challenge - Laps to Lapland! Skaters attending any public skating session throughout December can contribute to the 30,255 laps needed to reach Lapland before

Christmas Day! The laps equal the 2,015 miles distance between Nottingham and the 'official home' of Santa, Rovaniemi in Lapland.

For further information or to book your festive skating session at the biggest ice rink in Nottingham including to pre-book Santa's Grotto tickets, head to www.national-ice-centre.com/christmas, call 0843 373 3000 or visit in person at National Ice Centre, Bolero Square, The Lace Market, Nottingham.

MESSIAH

An unmissable Christmas fixture

The annual performance at the Royal Concert Hall has become an unmissable fixture in the Christmas calendar, and is really the start of this joyful season for Nottingham Harmonic Choir. From the jubilant 'Hallelujah' chorus to the exquisite aria 'I know that my redeemer liveth', Messiah is an evocative setting of the biblical account of the birth, life and death of Christ. Come and have an evening away from the bustle and allow Handel's glorious music wash over and renew you. Saturday 7 December 7.00pm, Royal Concert Hall, Nottingham. Tickets from Royal Concert Hall Box Office, 0115 9895555 (Children go free)

Choose & Cut at Egmonton Christmas Trees

We are pleased to announce all our plantations are now open this year for tagging While Stocks Last! So please feel free come along, tag your tree in advance and then we will cut on the day of your choice.

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Richard Laing Conductor
Michael Overbury Continuo
Orchestra da Camera

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Available from
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www.rch.co.uk 0115 989 5555
or in person 9:00 am - 8:30 pm Mon-Sat
Charges may apply - details available from The Royal Concert Hall Box Office and website <http://www.rch.co.uk>

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Celebrities announced for Strictly Come Dancing Live Tour

The celebrities from this year's smash hit BBC One series, Strictly Come Dancing, arrive in Nottingham on 4 and 5 February next year, with a relaxed performance for the first time ever in Nottingham on Wednesday 5 February.

Recreating all the glittering moves and pure magic of the nation's favourite TV show will be: Sky Sports presenter Alex Scott, actress Catherine Tyldesley,

EastEnders actress Emma Barton, CBBC presenter Karim Zeroual, actor Kelvin Fletcher, BBC Breakfast's Mike Bushell and social media sensation Saffron Barker.

The seven stars will don their sparkling dancing shoes as they foxtrot up and down the country, showcasing all the amazing choreography that Strictly is known for, in this must-see spectacle for all the family.

They will be joined by new tour host and reigning Strictly champion Stacey Dooley and the tour judges Shirley Ballas, Craig Revel Horwood (who also directs the tour) and Bruno Tonioli. The line-up of professional dancers will be announced soon.

Tickets are on sale now at <https://www.motorpointarenanottingham.com/Online/article/strictly-come-dancing>.

TV actress to pay special visit to Playhouse



BAFTA award-winning actress Katherine Parkinson (Doc Martin, The IT Crowd, Sherlock and Humans) will be visiting Nottingham Playhouse for an exclusive, one-night-only event.

An Evening with Katherine Parkinson promises to be an intimate show spent in conversation with Artistic Director Adam Penford. Together they will explore stories of Katherine's time on stage and screen, with audience members also being given the chance to ask their own questions.

Proceeds from the event will go towards Nottingham Playhouse's 50:50 Appeal, which raises money to give free theatre tickets to charities and community groups. Since the appeal began in 2013 over 4,000 people have experienced live theatre when they may not have had chance to otherwise. Katherine Parkinson said: "I'm thrilled to be visiting Nottingham Playhouse and am really looking forward to sharing stories of my time on stage and screen. To do this whilst raising money for the Playhouse's 50:50 Appeal is fantastic, and I hope more people will be able to visit the theatre as a result." Adam Penford added: "I've counted Katherine as a colleague and friend for many years and I'm so thrilled she's agreed to visit us for this unique event. She's great company; honest, incisive and very, very funny. The Playhouse audience will have an entertaining and insightful evening, with a couple of surprises thrown in along the way."

An Evening with Katherine Parkinson is on Tuesday 14 January 2020. Tickets from www.nottinghamplayhouse.co.uk/whats-on/ or more information about Nottingham Playhouse's 50:50 Appeal - including how to donate - go to: www.nottinghamplayhouse.co.uk/support/5050.

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- The Historical Pub Tour - 1st & 15th Dec
- Meet the Ghosts of Wollaton Hotel - 5th Dec
- Scarborough's Victorian Market - 12th Dec
- Meet the Ghosts of Risley Hall - 19th Dec
- Christmas Ghost-Teas at The Canal Heritage Centre - 20th Dec

Tickets available from www.wegotickets.com or call 07773147271 www.madameparboiled.co.uk

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Winter Wonderlights trains depart from Loughborough Central Station - Great Central Road, Loughborough, LE11 1RW.

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Wednesday 4th December: **Cinema Buddy** 1.30pm Going to the pictures at this time of year is always a special treat. Odeon, Park Lane, Mansfield Price As per tariff

Tuesday 10th December: **Meet & Greet** 2pm Take time out from Christmas stress and join us for a natter. Not Just Desserts, 7 Toothill, Mansfield NG18 1U Price As per menu

To book gifts, central car events or to find out about the latest events please call Melanie on 0115 963 8766
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CROSSWORD

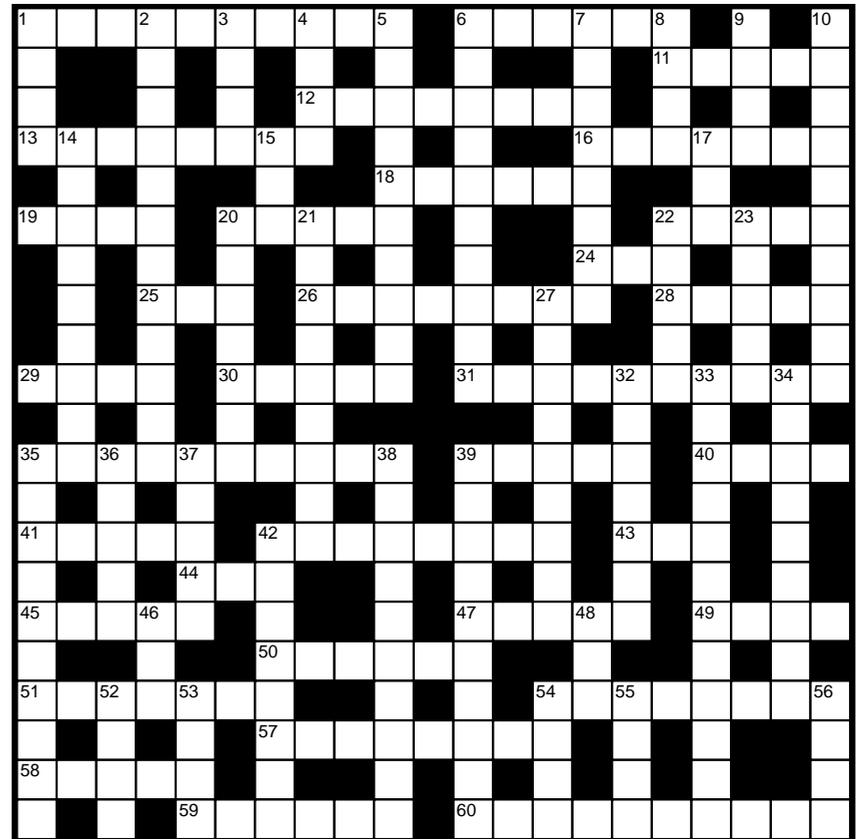
ACROSS

- 1 Documents shredded for disposal (5,5)
- 6 A riot of sounds (6)
- 11 Without company (5)
- 12 Rescue vessel (8)
- 13 Fantasise (8)
- 16 Further supplies? (3,4)
- 18 Resume trading (6)
- 19 A valley or dale (4)
- 20 Bicker and squabble (5)
- 22 Underwater diving (5)
- 24 Solidify like jelly (3)
- 25 Title of address (3)
- 26 Twelve hours after noon (8)
- 28 Proof of innocence (5)
- 29 Prima donna (4)
- 30 Fear and trepidation (5)
- 31 Antirrhinum plant (10)
- 35 Data to show trends (10)
- 39 French cottages for holiday let (5)
- 40 Plant fibres for linen (4)
- 41 Manicurists file them (5)
- 42 Move to live abroad (8)
- 43 Pub counter (3)
- 44 Slippery fish (3)
- 45 A trickster (5)
- 47 Impertinent and saucy (5)
- 49 Greenish-blue duck (4)
- 50 Naval paymaster (6)
- 51 Term of imprisonment (7)
- 54 Person in custody (8)
- 57 Counter-poison (8)
- 58 Young sheep (5)
- 59 Young cat (6)
- 60 At a snail's pace (4,6)

DOWN

- 1 Punch and render breathless (4)
- 2 There's no turning back (3,3,2,4)
- 3 Warsaw citizen (4)
- 4 Date-bearing tree (4)
- 5 Public vote (10)
- 6 Sprites and gremlins (10)
- 7 Plant scientist (8)
- 8 Newly-born child (4)
- 9 Maker's symbol (4)
- 10 Era of 25 years (10)
- 14 Anti-politics activist (9)
- 15 Atmosphere (3)
- 17 Raincoat (3)
- 20 Unpaid debts (7)
- 21 Sports hall (9)
- 22 Flight of steps (5)
- 23 Deploying (5)
- 27 Callous and unfeeling (9)
- 32 Refuse commands (7)
- 33 As seen initially (2,5,5)
- 34 Citrus drink (9)
- 35 Model fortress on the beach (10)
- 36 Similar (5)
- 37 Boxed text on a page (5)
- 38 Gentle hint (10)
- 39 The rank and file (5,5)
- 42 Ivory-tusked animal (8)
- 46 Real beer (3)
- 48 To visualise (3)
- 52 Frolic like lambs (4)
- 53 Boar tooth (4)
- 54 Public protest (4)
- 55 A football side (4)
- 56 Quits (4)

See below for answers



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- Who would you like to leave any part of your estate to charities?
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- What funeral arrangements would you like?
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Nottinghamshire Hospice Light up a Life appeal

This Christmas, Nottinghamshire Hospice invites families and friends to celebrate the lives of loved ones by dedicating a light on their Tree of Lights in the annual

“Our Light up a Life celebration is free to attend and open to everyone, regardless of faith.”

- Timings for the Light up a Life event are as follows:
- 4:00 pm: Memorial Service at St Mary’s Church, Nottingham, NG1 1HN
 - 5:00 pm: Chef Laurence Henry will switch on the lights on the Hospice Tree of Lights, followed by carols round the tree. Refreshments will be served afterwards until 6pm.

For more information or to dedicate a light please go to www.nottshospice.org/light

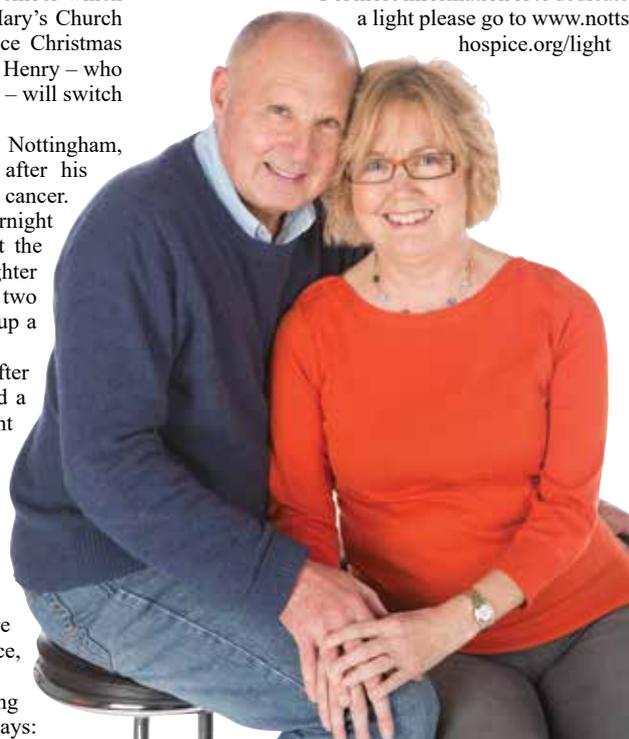
Light up a Life appeal. Members of the public are invited to an event on Saturday 7 December which starts with a memorial service at St Mary’s Church followed by the lighting of the hospice Christmas tree outside the church. Chef Laurence Henry – who won Masterchef Professionals last year – will switch on the lights.

Harry Alker, of West Bridgford, Nottingham, started supporting Light up a Life after his wife Melanie died in April 2016 from cancer. Nottinghamshire Hospice provided overnight Hospice at Home care for Melanie at the end of her life. Harry and his step-daughter Louise (the eldest of Melanie’s two daughters) have attended every Light up a Life event since then.

Harry said “The first Christmas after Melanie died it was still very raw and a group of the family came to the Light up a Life event at the Castle. Since then, Louise and I have been to each one, as Louise still lives locally, and we find them a poignant and moving occasion.”

Light up a Life is part of a wider Care at Christmas campaign aimed at raising vital funds for Nottinghamshire Hospice’s Night Support service, launched a year ago.

Gemma Taylor-Mahon, Fundraising Manager at Nottinghamshire Hospice, says:



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Ruddington Manor Care Centre; Ruddington Gardens, Wilford NG11 7DD. Tel 0115 9815956.

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Home improvement



Family escape rental trap in Bingham

A Nottinghamshire couple are delighted in their decision to join the growing community at Romans' Quarter in Bingham, having taken their first step on the property ladder as a family of four.

John (37) and Nicola (38) Adcock, an Inclusion Support Worker and Adult Social Care Team Leader respectively, have used Help to Buy to escape the rental trap and secure their family home with daughters Isabelle (13) and Isla (5).

Having lived in Bingham for 10 years, the couple are well aware of what the area has to offer and saw Barratt Homes' Dunsmore Avenue development as the perfect place to bring up their growing family.

John said: "We love Bingham; it's a fantastic market town. From independent boutiques to high street coffee shops, we have everything we need in terms of shops.

"Knowing the local schools are rated highly by Ofsted is comforting for us as parents, and having the useful transport links and the Vale of Belvoir on our doorstep is a real benefit."

The family are enjoying their fresh and modern lifestyle in a four bedroom, three storey Kingsville style property.

Nicola added: "Our Kingsville has been wonderful for entertaining family and friends, and we've made good use of the multi-functional living spaces."

The Government-backed Help to Buy scheme allows buyers to purchase a new home with just a 5% deposit and a 75% mortgage. The remaining 20% is funded by an equity loan, interest-free for the first five years and you own 100% of your home from the start.

With the rules of the Help to Buy scheme changing in 2021, the maximum price of eligible homes will be reduced meaning first time buyers looking to secure a larger property must do so whilst the cap is set at £600,000.

For more information about the development, please call the Barratt Homes sales team on 033 3355 8472 or visit www.barratthomes.co.uk/new-homes/united-kingdom/h768201-romans-quarter/.

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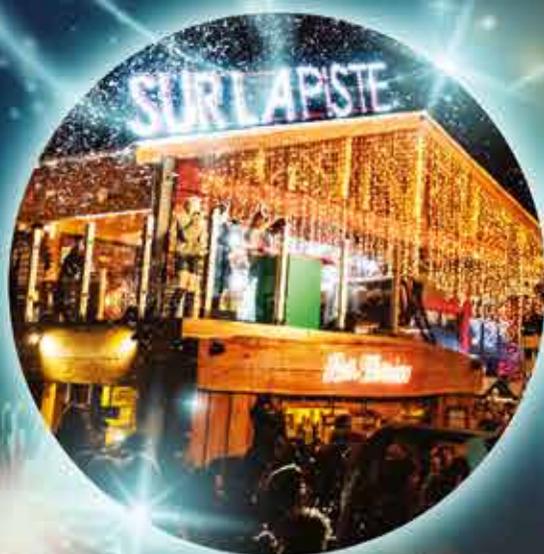
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