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**NOTTINGHAM'S ULTIMATE WORLD BUFFET**



A Nottingham-based charity that was set up to help bereaved parents of stillborn babies and early baby loss has announced plans to create a Memorial Garden in the city to provide a place of focus, relaxation and reflection for families.

The Forever Stars Memorial Garden is being created at Highfields Park, a short distance from the Queen's Medical Centre and is expected to include areas for reflection, a picnic area, a nature walk and a tree of tranquillity where the names the babies and children can be inscribed upon the

leaves.

Forever Stars was set up by Richard and Michelle Daniels after their daughter Emily was stillborn in December 2013 at the city's Queen's Medical Centre. The charity has already raised more than two hundred and fifty thousands of pounds to create 'serenity suites' at the QMC and more recently, the City Hospital. The suites are there to offer a quiet place for parents to reflect, grieve, and spend time with their baby after stillbirth. However, with those more immediate places for reflection now secured and benefiting 150 families every year in the city, Forever Stars wants to create a lasting public space for families

that will provide a place of focus, relaxation and reflection for families outside of the hospitals.

Richard Daniels explains: "Our 'Forever In Bloom' campaign is a very ambitious step forward for Forever Stars but one that we are proud and excited to be making. The bereavement suites have provided vital immediate comfort and support to grieving families but we feel there is also a need to provide a more lasting space for reflection outside of the hospitals.

"There are memorial gardens all over the world and the UK for various wonderful causes but we don't have one here in Nottingham for baby loss and we want to change that. We have been able to do so much already with the incredible support we have had and now

we need to make the next step for families."

Councillor Dave Trimble, Portfolio Holder for Leisure and Culture at Nottingham City Council said: "We are delighted to be able support this very worthwhile local charity. The creation of this beautiful reflective garden is a great addition to Highfields Park and will benefit many families as well as the wider community."

Work on the The Forever Stars Memorial Garden is expected to commence from autumn 2018 and will be completed in three phases over 5 years, the Lake phase, the Nature Walk phase and the Community area phase. The total costs will be approximately £1,000,000. For details of how to support Forever Stars visit www.foreverstars.org or donate via JustGiving.

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# Toddlers make melodies with Jo Jingles

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Sessions are available to book through [www.intu.co.uk/victoriacentre](http://www.intu.co.uk/victoriacentre) for 20 February, 6 March and 20 March at Nottingham Coffee Club in the Upper Mall's clocktower dining. The sessions start at 10:00am and run for 45 minutes and cost £5.00 per child, which includes a babychino or juice and a light snack.



Musical children are invited to join colourful and friendly Jo Jingles for a series of music, singing and dancing sessions in the new Nottingham Coffee Club at intu Victoria Centre throughout February and March.

The sessions, which are suitable for babies, toddlers and pre-school children, will encourage parents to play instruments, sing and move to the music with their little ones using colourful props such as scarves, bean bags, feathers, pom-poms and bubbles.

The first class took place on Tuesday 6 February and used music and dance to teach children aged six months to three years old colours, shapes and numbers.

Nigel Wheatley, general manager for the two intu centres in Nottingham, said: "We're so pleased to invite Jo Jingles to our shopping centre to meet the children of Nottingham! The children, parents and even our staff loved the whole learning experience and hands-on fun with tambourines,

drums and bells."

Karla Eley, who brought her little girl Esmée, said: "The session was really interactive and fun for both of us. Esmée really enjoyed the instruments and playing with the pom poms!"

Jo – a cheerful, colourful mascot – will bring special surprises in his bag for each session. With over 1,000 songs under his belt, from old favourites to the more unique tunes, every class is different from one week to the next.



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# Be a Hospice Hero



A para-triathlete who defied the odds to become a two-times world champion is encouraging people across Nottinghamshire to take on their own life-changing challenge in aid of a county hospice. Steve Judge, who feared he might never walk again after his right leg was partially amputated following a near-fatal car accident in 2002, appealed for intrepid volunteers at the launch of Nottinghamshire Hospice's Be A Hospice Hero campaign. Steve is the official ambassador for the campaign, which is aiming to raise £50,000 for the hospice, in Woodborough Road, by inviting people to



sign up for a series of sponsored challenges, including skydives, running events and trekking up mountains and along the Great Wall of China. There are 10 challenges in

all, which is the biggest line-up the hospice has ever assembled. It follows a hugely successful 2017 campaign, when it smashed its target to raise £27,000 of the £2.7m it needs to run the hospice every year. Steve, from Sheffield, now

makes his living as a motivational speaker and says that the charity is looking for people who want to make 2018 the year they step out of their comfort zone and raise money for a good cause all at the same time. He said: "In my work I talk a lot about how achieving personal goals can change your life and taking on a challenge like this is an excellent way for anybody to experience that. "So many people would love to do these kind of challenges and think they're beyond them, but they are just the sort of people we want to hear from. The idea of jump-

ing out of a plane or running a marathon might sound crazy now, but they should just go for it by signing up and leave thinking about how they're going to achieve it until later! "I know from my own life what you can achieve if you set your mind to it and I'm confident that this year's volunteers will find that out for themselves too, while raising lots of money for a wonderful cause among the way." To find out more about its Challenge Events for 2018 or any other aspect of fundraising for Nottinghamshire Hospice contact the fundraising team on 0115 910 1008 or email fundraising@nottshospice.org.

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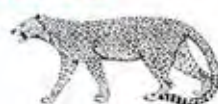
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# Bishop Tony Porter's Porter

The Bishop of Sherwood will pull the first pint at Hucknall Beer Festival – a new brew named after him.

The Rt Revd Tony Porter will serve up a pint of Bishop Tony Porter's Porter – a dark style of beer – to the first lucky customer at the John Godber Centre on Friday 16 February.

The porter has been brewed by the Lincoln Green Brewing Company, which is based in Wigwam Lane, Hucknall.

Director Anthony Hughes said: "It is a strong, slightly sweet porter with flavours of chocolate malt and the distinctive hop flavour from Sorachi Ace. We think this unusual hop, originally developed in Japan, imparts a coconut flavour – so it's almost a naturally flavoured liquid Bounty."

"We're proud to support Hucknall Beer Festival and the John Godber Centre and are particularly delighted to have brewed a beer with a Bishop."

Bishop Tony visited the brewery

and worked with Head Brewer Martin Castledine to mix the ingredients for the beer, filling a hopper with different types of malt which were then transferred into a large stainless steel tank for the first stage of the brewing process.

Bishop Tony said: "I admire people who start their own business and employ people, and so want to support the Lincoln Green Brewing Company. I'll leave the tasting to others, though – my dad taught me not to drink and drive."

Lincoln Green Brewing Company has brewed various festival specials before but the idea for this one came from Ian Raynor, former Church Warden of St Mary Magdalene Church, whose Church Hall is the John Godber Centre.

The festival runs from Friday 16 to Sunday 18 February at the John Godber Centre. Opening times are:  
Friday 11am – 11pm: Saturday noon – 11pm: Sunday noon – 3pm.



## School holds #noplaceforhate debate

Students at The Nottingham Emmanuel School welcomed a number of visitors in to school for a debate called #noplaceforhate which explored the impact of prejudice and intolerance in today's society.

The event was organised by PSHE and Citizenship Co-ordinator, Alice Carlisle: "We wanted our young people to explore some highly controversial topics in a safe space, supported by experts, in a carefully planned, thought provoking series of workshops. The students had the opportunity to learn about hate crime, islamophobia, extremism, terrorism, radicalisation and prejudice during the event. They were encouraged to speak openly and ask questions, whilst taking care not to offend anyone."

"We heard many personal stories

throughout the day from the visitors and students, some which were not always easy to listen to, but which helped us all develop a deeper understanding of the underlying issues and impact on people's lives. The spirit of the day was captured well by one student who said, 'Our generation should be educated about things like this in order to create a peaceful, tolerant society'. This is something we are committed to as a school and we hope to have more events like this in the future."

Guest speaker Shannon Jackson and colleague Alisha Hanif are from the University of Nottingham student group, Immigration Education Nottingham. Shannon said: "We hope that students will gain a different perspective and that the speakers' personal stories

will create an empathy and understanding of the effect of hate crime." Colleague Alisha spoke to students about her own experiences of Islamophobia. "I think hearing my story first hand may have shocked some students, especially at the level of fear and anxiety these attitudes can create. I hope my story shines a light on a difficult subject and I think these are conversations we need to have, in order to effect a change for the better."

Lee Scondis, of 'Hope not hate' charity says students need to develop a sense of critical thinking when responding to stories in the media. "We must all learn to scrutinise news articles and think for ourselves, so our workshops looked at bias in reporting, especially across media outlets."



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## Some of the Best Maternity Care in the Country

New mums have voted King's Mill Hospital as one of the best hospitals in the country to give birth, according to the results of a recent patient satisfaction survey.

New data from the Care Quality Commission's (CQC) national survey of maternity experience shows that Sherwood Forest Hospitals is one of the best performing Trusts in the country

when it comes to women giving birth to their babies at the hospital. Some of the areas that the hospital scores highly in include partners being involved as much as they want to be, the mother being able to move around and choose a comfortable position during the birth, new mums being given skin-to-skin contact, and that the family feel that they are treated with respect and dignity by staff.

The national survey asked 18,400 women across the country who gave birth in February 2017 about their experiences. The data covered 130 NHS Trusts and a total of 113 responses came from women who had given birth at King's Mill Hospital.

New mum Sam Williamson, 35 from Mansfield, gave birth to baby Kitty-Mae last week at King's Mills Hospital. She can't praise the Trust and its staff enough. She said: "The staff at King's Mill Hos-

pital have been absolutely brilliant throughout my birth experience. Despite it being a tough birth and not quite as I had planned, I would describe all of the staff we encountered as being outstanding. They were always full of encouragement and support the whole way through and without them I just don't think I could have done it.

"I wanted to be active throughout the birth, but I decided to have an epidural which meant I couldn't be as active as I would have liked. The midwives still supported me to be as active as I could and helped me to move around when I needed to and really involved my husband Paul.

"All of the midwives and doctors involved made sure that we were given the information that we needed in a friendly way and they addressed every concern we had, we cannot fault them and we are just so grateful to them."

## Local Professionals Come Together to Celebrate the City



L-R Lorraine Baggs, Leona Bowery & Shrut Trivedi

Nottingham professionals enjoyed an evening of networking and celebrating the city at an event hosted by Roythornes Solicitors.

Held on 1 February at Hart's Hotel and Restaurant, the event saw more than 70 influential guests, from across sectors including property, construction and professional services, come together for an evening of networking, canapes and drinks.

Roythornes Solicitors is a top 150 national law firm with offices in Alconbury, Nottingham, Peterborough and Spalding, its head office. It is recognised for its expertise in property, agriculture, food and energy.

Vember Mortlock, managing director at Roythornes, said: "It was great to see so many key businesses from across the county come together for an evening of informal networking. Nottingham is a busy, commercial city and our office here has been going from strength to strength since its move to Park Row in 2012. It was a pleasure to celebrate its success. "There are some exciting initiatives

and projects currently taking place, or in the pipe line, across Nottinghamshire so it was heartening to have so many influential professionals under one roof.

"One such initiative, which we're very proud to be part of, is Team Nottingham. We will be heading to MIPIM – the world's largest property event held each March in Cannes – with the Team to help promote the county's outstanding potential. We were thrilled to see so many of our Team Nottingham partners there last night which I feel further demonstrates the sense of camaraderie across the county at the moment."



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**Aries**

You like to feel you are making a positive difference in other people's lives. Great achievement often happens when our we are seriously challenged and right now your patience is being seriously tested. Dealing with awkward, stubborn and difficult types does take its toll, but there is nothing you cannot get your head around as long as you continue believing in yourself and refuse to surrender at the first hurdle.



**Taurus**

The wisest people are often those who keep quiet and when required to speak, they choose their words carefully. Focus your energies on your home and family because they need you to be strong and able to make difficult decisions. A troublesome situation at work needs your urgent attention so refrain from procrastination and take positive, constructive action. Your social life is about to revitalize itself which will allow you a little more personal freedom and the chance to chill with friends.



**Gemini**

Intense romantic passion continues to rule your heart and mind even though things may not be going well in the relationship department and to confuse matters even more, an old flame is still hoping for a reconciliation. A financial gain could be made by you looking at making a complete career change. Legal documents need signing and a possible house move or relocation is also a very great possibility.



**Cancer**

Previous worries and concerns regarding the health and well being of a loved one are finally being put to rest. Book that much overdue holiday because you deserve a break from all the tension you have been forced to live through recently. Try not to get too involved in other people's dramas because the further removed you are the less likely you are to make impulsive decisions. Its time to be sensible and start pulling your own needs first for a change.



**Leo**

If you are worried about a loved one, introduce them to a supporter, therapist or counsellor who is completely independent of all their friends and family. Feel free to congratulate yourself on overcome a major financial or personal problem that has been causing you much unrest. A romantic involvement with someone who does not have the same moral standards as yourself may not end well, but there is another admirer waiting in the wings who will prove to be far more suitable.



**Virgo**

Demonstrate humility and understanding when dealing with people who are ill or emotionally troubled. Now is not the time to speak harshly even though its the truth. It will pay you to tread gently if you are to achieve the desired results. Sort out your budget by cutting in loans, paying off outstanding debts and generally giving your life a major makeover. If you are in one of your sociable moods, organise a party or arrange a dinner date with people whom you enjoy the company of.



**Libra**

Helping others can make you feel better about yourself, but if a distinct lack of confidence or energy is holding you back, find new ways of expressing yourself. Think hard about your future goals and what exactly you want to accomplish over the next few months. Your love life will be centre stage and at the top of your agenda. Break away from old routines that no longer serve their purpose.



**Scorpio**

You know exactly what you want and why you want it. Not prepared to take a back seat, you will do everything in your power to make your dreams become a reality. You are entering a period of outstanding good fortune, but keep your feet on the ground regarding a certain admirer. Remember, actions speak louder than words, so don't believe everything that is said initially. Finances take a turn for the better as you begin to navigate your journey towards an exciting and prosperous future.



**Sagittarius**

A new business venture will show signs of success very early on and this will fill you with renewed hope and enthusiasm for a comfortable and secure future. You have the right, positive mindset because its always the people who want to win championships motivate themselves and work allow anyone else anything to stand in their way. Your health may be more sensitive and unpredictable than usual and you may be susceptible to nagging ailments.



**Capricorn**

You are wise to do whatever it takes to ensure a project gets completed satisfactorily. Knowing people as well as you do and having the ability to read situations accurately, you are good at playing the game and able to smile and act fit your heart's content if it means you realise victory, no matter how long it may take. Someone who has seriously angered and disappointed you probably has no idea how that behaviour has affected you but a friendship is hanging in the balance unless something suitable is done quickly to resolve the situation.



**Aquarius**

As the year marches on you could find yourself very sensitive to other people's moods and reactions. At home and work the chores are piling up high causing you to feel very overwhelmed by everything so try to ease the pain by enlisting help. A new romance beckons for those who have almost given up on ever meeting anyone suitable. Someone like minded, kind hearted, reliable and possessing a good sense of humour will do just nicely.



**Pisces**

Unresolved emotional issues and feelings will come to the fore demanding that you address what is really troubling your heart once and for all. If you have been thinking about moving to a new area where no one knows you then now is the perfect time to start looking around for somewhere to live. There will be no shortage of challenges, but there could be a shortage of cash if you keep splashing it around. The more sensible and frugal you are now the better off you will be later on.

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# New buses for Nottingham



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Trentbarton is to spend £5m in 2018 on 30 new buses that will help reduce pollution in Nottingham - each of the new buses for the i4 and indigo services will emit less nitrogen dioxide than a new car.

All the new buses meet the latest Euro VI emissions standard, including for NOx, and will take the number of Euro VI vehicles in the trentbarton fleet to 108.

With a full bus carrying 15 times more people than a full car - and many cars carrying only the driver at peak times - the new buses will provide a significantly cleaner choice of transport for the people and commuters of Nottingham. Fifteen of the new buses will be deployed on indigo and 13 on i4. 2018's £5m builds on the £5m spent on new buses and on upgrades in 2017, which was trentbarton's biggest ever investment in a single year.

Jeff Counsell, managing director of trentbarton, said: "Air pollution in our

cities and towns is a problem for everyone. Whilst no one organisation can tackle this challenge alone, trentbarton is committed to playing a leading role.

"It's a sign of our commitment that we are again investing a considerable amount of money into cleaner buses that provide existing customers with a great journey experience that also tempts car drivers to make the cleaner switch.

"Each car journey that is replaced by a bus journey creates a tangible reduction in emissions, amplified by reduced congestion and traffic jams. Multiply that by the potential numbers and together we can make a big difference to air quality.

“Congestion and pollution go hand in hand and an effective and attractive bus network should be seen as a crucial part of the solution to tackling pollution”

## Trust Tops National Table When it Comes to Research Recruitment

Sherwood Forest Hospitals has been named as top recruiter in the country for the United Kingdom Frozen Shoulder Trial.

The latest medical trial that the Trust is running is to help patients with frozen shoulder, a painful and debilitating condition causing stiffness and disability in the affected shoulder and arm. It affects around 1 in 12 men and 1 in 10 women of working age, causing interference with their work, domestic and leisure activities.

Treatment in hospital may involve, physiotherapy, manipulation under anaesthesia or arthroscopic capsular release (ACR) which is a keyhole technique, followed by manipulation to confirm restoration of range of motion in the shoulder.

Although all three of these treatments are regularly provided in the NHS, it is not currently known which one works best. The aim of the study is to answer the question: 'Should adult patients with a frozen shoulder receive a programme of early structured physiotherapy, manipulation under anaesthesia or arthroscopic capsular release?'

The study aims to change best practice within the NHS and offer all patients the same treatment and care.

The study, funded by the National Institute for Health Research (NIHR), will measure improvements in participants' pain, function and general well-being at 3, 6 and 12 months following their entry into the trial. The study will also assess any problems or complications that may arise following these treatments.

Patients from both King's Mill Hospital and Newark Hospital will be taking part in the study, with 47 patients being recruited.

Research Team Leader, Dominic Nash said: "The trial would not have been a success without the help of nursing and clinical staff across the Trust. It was a truly collaborative effort and the success of this trial will lead to even stronger associations with the trial sponsor (South Tees Hospitals NHS Foundation Trust) and more studies being open at Sherwood Forest Hospitals."



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# Business wins International Award for work with apprentices

A business in Gedling has been recognised for its outstanding work in supporting local apprentices with an international award.

Drury Joinery Services won the award in the Micro-Enterprise category at the European Alliance for Apprenticeship event in Brussels. Their success is all the more impressive as they were the only UK winner from the 12 categories. The award was presented to them by Leader of Gedling Borough Council, Councillor John Clarke last week at the council's civic centre.

The award recognises the achievements of Drury Joinery Services over a 15 year period in successfully supporting apprentices to develop their skills and reach their full potential.

Lee Drury, owner of Drury Joinery Services Limited has previously worked with and supported eight apprentices; seven of whom are still working in the trade and three have gone on to establish their own business.

Lee was part of the Action for Construction Forum, an international project run by Gedling Borough Council to encourage small and medium sized businesses to take on apprentices. The award recognised Lee's contribution during the forum sessions and his attention to detail in his training as well as preparing his apprentices to become self-employed.

Owner of Drury Joinery Services Limited, Lee Drury said: "I'm de-

lighted to receive the recognition for over 15 years of working with young people; I see it as my contribution to them and the industry." Leader of Gedling Borough Council, Councillor John Clarke said: "We are delighted to see Lee win this award for the hard work he has done with apprentices, he's a great example of a local business making a real contribution in the community that's being recognised internationally."

## Festival of Science and Curiosity

Festival of Science and Curiosity partners are pleased to have the Lord Mayor of Nottingham, the Sheriff of Nottingham, and Alex Norris MP for Nottingham North, attend the launch of the Festival of Science and Curiosity at the Real Science in

Schools Symposium. The aim of the Symposium, which is part of the festival's series of events, is to explore how to create more opportunities for authentic research and genuine investigations for young people in Nottingham

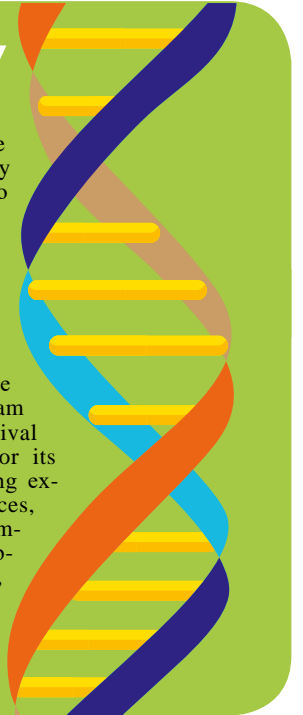
schools. Returning for a fourth year, the festival will be running from 14-21 February. It aims to provide opportunities for the people of Nottingham to express their curiosity and engage in science, technology, maths and

engineering, learning and culture. The festival is organised through the Stemcity partnership which promotes opportunities for citizen engagement in science and technology, learning and culture. It aims to make Nottingham a city where everyone can feel confident about science and technology, and where young people are inspired to consider a career in STEM (science, technology, engineering and mathematics). Partners include the University of Nottingham, Nottingham City Council, Nottingham Trent University, the National Videogame Arcade, Broadway Media Centre, Ignitel, and STEM Learning.

Megan Shore, the festival's co-producer, explained the purpose of the festival: "The festival aims to take science out from behind closed laboratory doors into the community, where regular people can get involved with it as

something that is creative and part of our everyday lives. We really want to encourage people to express their curiosity, ask questions and get stuck in!"

Councillor Sam Webster, Portfolio Holder for Business, Education and Skills at the City Council, said: "I am delighted to see the festival return to Nottingham for its fourth year. By providing exciting hands-on experiences, Stemcity partners are demonstrating that STEM subjects are for everyone, and highlighting the many exciting career opportunities in these areas."



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<b>COTGRAVE</b> Candleby Lane School Candleby Lane Tuesday 5:15 & 7:00pm Tel: Maria on 07718 999033	<b>KEYWORTH</b> The Methodist Church Hall Selby Lane Monday 5:00 & 7:00pm Tel: Naomi on 07734 791608	<b>GRESHAM</b> Gresham Sports Pavilion Gresham Park Road Off Wilford Lane Wednesday 7:00pm Tel: Shirley on 07946727077
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<b>RUDDINGTON</b> Jubilee Clubhouse Loughborough Road Monday 5pm & 7pm Tel: Wendy 07870 830097		

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# Create a wildlife sanctuary

Take part in National Nest Box Week from 14-21 February and observe the wildlife in your local area while supporting the work of the British Trust for Ornithology



Take part in National Nest Box Week from 14-21 February and observe the wildlife in your local area while supporting the work of the British Trust for Ornithology.

With March marking the arrival of the spring months, animals and birds are starting to seek out warm and safe places to raise their young. National Nest Box Week aims to encourage everyone to put up nest boxes in their local area in order to promote and enhance biodiversity and conservation of our breed-

ing birds and wildlife, due to natural nest sites disappearing due to landscaping.

Whether you're a family with space for a box in your garden, a teacher, a member of a local wildlife group, or you belong to a bird club and could organise a work party, National Nest Box Week gives you the chance to contribute to the conservation

**For more information, visit:**  
**www.bto.org**

#### Who can take part?

Anyone can take part whether you're a family with space for a box in your garden, a teacher, a member of a local wildlife

group, or you belong to a bird club. **Why take part?** Natural nest sites for birds such as holes in trees or old buildings are disappearing fast as gardens are 'tidied' and old houses are repaired. Taking part in National Nest Box Week gives you the chance to contribute to bird conservation whilst giving you the pleasure of observing any breeding birds that you attract to your nest box.

**How to take part**

• Register for your free National Nest Box Week information pack on the British Trust for Ornithology website: [www.bto.org](http://www.bto.org).

• Make or buy a nest box.

• Put up your nest box and see what wild visitors your nest box attracts! When will I get birds in my nest box?

Be patient, but if a box is not used for several years in succession it may be worth moving the box to a more suitable location. Enjoy observing the difference a nest box can make in your garden and remember to keep an eye out for new residents!



Image courtesy of Paul Newton



Image courtesy of David Waistell

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# Willow celebrates Best Kept Allotment title

Farnsfield resident Willow Dixon is celebrating the news that her allotment has won the Best Kept Allotment accolade.

Judging was carried out by three experts who visited the Farnsfield allotment site, and Willow's patch came out on top, described by judges as 'what an allotment should look like'. Willow said she had no idea that she was in with a chance: "I attended the Farnsfield Allotments annual general meeting at the Plough public house. That is where the announcement was made, and I was presented with the certificate. I was very surprised and very proud! My fellow allotment holders were pleased for me and thought it well deserved."

Willow has worked extremely hard to get her allotment up and running and says it's a fantastic pastime. "I was very happy with what I had achieved in this first year of the allotments, being in Farnsfield."

It was especially lovely to have it acknowledged by the experts. Originally, I only took on a half-sized plot as I thought that would be all I could manage, but now I am taking on another plot this year and hope to grow even more."

Willow says that the experience of looking after her allotment has changed her life for the better. "I have surprised myself and others, by how much I have achieved. I am often pre-judged because of my disability, Prader Willi Syndrome. It's good when I can do something that makes people think differently of me."

The thriving Farnsfield Allotment holders participate in many local causes including the village May Day Scarecrow competition, sending their excess fruit and vegetables to the Ollerton Food Bank, and last year, held a 'big get together BBQ' on the allotment in memory of Jo Cox MP.



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## Celebrating A Top Result

The Flying High Academy, on the Ladybrook Estate, is a Flying High Trust School that has recently been ranked first in the county for progress and an astonishing 11th out of 20,840 schools nationally by the end of KS2.

Head Teacher Tony Warsop says that it's down to the hard work of his staff, and the dedication of his pupils. "We are absolutely thrilled at this result! The staff and pupils all work so hard, they can be very proud of their achievements. This school is a beacon of learning that the community can be proud of."

That's what we intended to create when we came here in 2014 and now we have finally shown what can be done when everyone is reaching for the same goals."

Head of School Caroline Armstrong said that the pupils are well aware of what this means. "The pupils at the school are aware that this places their progress at the top of their county, and well above average nationally. Their progress reflects the unstinting enthusiasm they show in their learning and is testament to the support of their families and the community as a

whole. It's official! This community has shown itself to be not only a contender, but a stunning example of what can be achieved."

Max Marriott (Year 6) says he loves his school, "Over the last couple of years it has been a delight to see the school improve immensely. I am overjoyed to be at the best school in the universe!" Fellow pupil Jamaine Foster (Year 6) says he agrees, "I like that no matter what challenges come in our way we always manage to conquer all of our mountains and that is why I love it here!"




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Take the mile long walk along the beach bank to the Pinewoods and beach; from the lifeboat house you can walk 5 miles to Burnham Overy Staithe along some of the best sandy beaches in the country. On the way back pick your way through the sand dunes and pinewoods and back to the town centre, by this time you should be ready for a relaxing evening meal in one of the many pubs and restaurants all ready to serve you.

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Once you've completed your adventure, you can head upstairs to our licensed tiki bar that overlooks the courses to enjoy a drink from our selection of alcoholic and non-alcoholic beverages - our cocktail selection comes highly recommended!

Whatever the weather, The Lost City is open all year round, 7 days a week from 10:30am to 11:00pm on weekdays, 10:00am to 11:00pm on Saturdays and 10:00am to

10:00pm on Sundays. It has quickly become a hugely popular Nottingham destination for families, students, children's

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For more information and all the latest news and offers visit [www.lostcityadventuregolf.com](http://www.lostcityadventuregolf.com), like [www.facebook.com/lostcitynotts](https://www.facebook.com/lostcitynotts) or follow @lostcitynotts on Twitter or call us on 0115 985 9455.




**February Half Term**

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Sandilands with both the Creek Tavern and The Seagull pub and restaurants packed full of enough activities and events to keep the whole family entertained.

For anyone looking for the peace and quiet of the Lincolnshire countryside the Trusthorpe Springs Park, set in the grounds of a stunning 19th century hall offers a relaxed and laid back atmosphere but with a heated outdoor pool in the old walled kitchen garden and all the excitement of Skegness within driving distance or enjoy the seasonal entertainment and atmosphere of The Cartwheel pub and restaurant, there is plenty to do for a getaway to remember.

Lakeside Springs is a small park for fishing folk, nature lovers or those who just like the quiet countryside. Only a mile from the beach at Sutton on Sea and with a well-

stocked freshwater fishing lake you have the best of both worlds.

Their newest park – Cherry Tree Springs Touring Park is exclusively for adults with a choice of fully serviced pitches on hard or soft surfaces for touring caravans, motorhomes or trailer tents.

Why not try a short break in one of their super modern letting caravan holiday homes or bring your touring or tent for that short break, where you'll be warmly welcomed at Trusthorpe, Lakeside or Cherry Tree Springs?



For more information on the parks and any of the services provided visit:  
[www.springsholidayestates.co.uk](http://www.springsholidayestates.co.uk) or call 01507441333

## Time for Tea

Looking for a cosy hub to meet up with your friends for a quiet coffee, or maybe you seek a pleasant little lunch spot which caters for the whole family?

A comfortable, quirky and family-friendly coffee shop right on your doorstep, perfect to relax with friends and enjoy good quality refreshments; The Turquoise Teapot is Newark's newest coffee shop, bringing a fun and exciting addition to the thriving market town in East Nottinghamshire.

Expect a range of delicious cakes and sandwiches made with locally sourced produce where possible, refreshing beverages and a unique blend of coffee, roasted right here in Nottinghamshire.

The Turquoise Teapot was created by Cathy, following her passions for baking wonderful cakes and creating a welcoming atmosphere for the

local community and its visitors!

With a small and dedicated team of staff on hand to ensure you have the best café experience possible, you are guaranteed a fabulous and personal service.

Head to The Turquoise

Teapot in half term for an exciting children's craft fair, for just £2.50 per child, kids can enjoy arts and crafts activities along with squash and a yummy cupcake. The craft fairs are on Tuesday and Thursday morning, 9:30am – 11:30am.



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## Dough to Go at Cogglesford Watermill

Sunday 25 February 11am to 4pm

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FREE EVENT



Linda will be offering the chance to make bread dough using Cogglesford Mill's own flour and taste some delicious home baked bread. M H Preserves will also be in attendance with their delicious homemade jams, jellies and chutneys.

[www.heartoflincs.com](http://www.heartoflincs.com)



We are a comfortable, local, family-friendly coffee shop where you can relax with friends and enjoy good quality refreshments and let us take care of the washing up!



All of our delicious cakes and sandwiches are freshly made on the premises, using locally sourced produce wherever possible.

Our coffee is roasted in Bradford and mixed to our own unique blend.

Please don't hesitate to ask if you have any concerns regarding allergies or personal preferences - we can accommodate most things, such as Gluten Free.

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# OUT AND ABOUT at half term

Do you need something to do over February half term? Why not try something new?

Make the most of your time off – it can be all too easy to fall into the routine of sitting in front of the television and wasting hours of your time. Find something everyone can enjoy from a day of excitement and adventure in various locations around Nottinghamshire to relaxing afternoons chilling out

together.

Don't visit the same places over and over again, now is the time to step out of your comfort zone and seek a new activity for everyone to enjoy! Do some research, ask your friends or collect some brochures to discover the stimulating range of activities, right on your doorstep. We have selected some fun events, thrilling locations and great things to see this half term so you can find

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



something tailored to you. With many activities to choose from and endless places to explore, you'll need another week off just to experience everything.

Find the best activity for everyone by speaking to your family and sharing ideas for your fun days out together, you could even invite other family members or friends along to stay active with you and share the fun. Get out this half term, visit the park, enjoy a treat at a new food



venue, go for a walk with the dog, ride your bike or go rollerblading. If sport isn't for you try painting, drama, singing or sketching – the list is endless.

No matter how you like to spend your free time, make sure you maximise your break!



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# Antique & Collectors Fair

As seen on **BBC** Bargain Hunt

## STAFFORD SHOWGROUND

### 2018 DATES

February 24th & 25th

April 14th & 15th

May 19th & 20th

September 15th & 16th

November 10th & 11th

December 29th & 30th

Up to 300 stands in 3 Halls

A range of Furniture, Art, Silver, Glass,  
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5 mins J14 M6



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Following on from their hugely successful Christmas/New Year fair which saw a record number of visitors through the doors, Number One Events return to the Stafford Showground's Prestwood Centre on the 24th/25th February, heralding the start of their 2018 programme of events.

With all 300+ traders' stands already fully booked, this too promises to be another bonanza for enthusiasts of everything collectable, as well as for those looking for something along the more traditional 'antique' lines. Held in three warm and well-lit halls, the fair will again be a bustling hive of activity, with dealers offering the usual vast selection of something for everyone - furniture and clocks, period porcelain, antique and more modern jewellery, silver and objets d'art, coins, postcards, early toys, linen, militaria, kitchenalia - the list is endless.

There is ample free parking on site, together with a well-stocked and highly recommended cafe, and with an entrance fee of only £3 per person (free for under 14s and wheelchair users), this is arguably the best event of its kind for size and value for money in the Midlands. Remember too that dogs are welcome at the fair, provided they bring their well-behaved owners with them! For more details contact [www.numberoneevents.com](http://www.numberoneevents.com) or telephone 07775 484455.



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**Looking for local social events and activities?**

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

**Friday 16 February 10.30am Price Free - Speakers Corner.**  
Guest Speaker Ann Featherstone - Eastwood Conservative Club, NG16 3BP

**Tuesday 20 February 10am Price As Per Menu - Breakfast Club - The Pancake Shock.** Portland Square, Sutton-in-Ashfield, NG17 1AZ

**Friday 23 February 7pm Price As Per Menu - Dine Around the World - Habesha.** 71-73 Alfreton Road, Nottingham, NG5 2FS

**Monday 5 March 11am Price As Per Menu - Coffee Morning - Harper & Finch.** 66 Bath Street, Derbyshire, DE7 8AJ

**Friday 14 March 10.30am Price Free - Speakers Corner.** Guest Speaker Sandy Leong - Eastwood Conservative Club, NG16 3BP

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

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# CROSSWORD

## ACROSS

- 1 Air-blowing device (7)
- 5 Spills a drink (6)
- 8 Dog of mixed breeding (7)
- 10 Exploding star (4)
- 11 Humble oneself (6)
- 12 Sky colour (5)
- 14 Grief and misery (3)
- 15 Principal church (9)
- 16 Back of the neck (4)
- 17 Catch your foot and fall (4)
- 19 Autumn month (7)
- 22 Pub close to home (5)
- 24 Scrap of news (7)
- 26 Rubbish tip (4)
- 28 Zodiac sign (5)
- 29 An individual tart (6)
- 31 A long step (6)
- 33 Summer month (6)
- 35 Choose (6)
- 38 Before such time as (5)
- 39 Twisted (4)
- 40 Target sport (7)
- 43 Telephone booth (5)
- 45 Suitcases and travel bags (7)
- 47 Truth (4)
- 49 Masculine (4)
- 50 Soft biscuit (9)
- 53 Financial help (3)
- 54 Nursemaid (5)
- 55 Short of money (4-2)
- 56 Short for ammunition (4)
- 57 Giving hospital care (7)
- 58 Curtain fringe (6)
- 59 Approaching old age (7)

## DOWN

- 1 Habitual drinker or his pub! (6)
- 2 Narrow winding road (4)
- 3 Neat and clever (5)
- 4 Paint burner (8)
- 5 Needing quick action (6)
- 6 Zodiac sign (7)
- 7 Small seasoning container (4-6)
- 9 Hindmost part (4)
- 13 Inadmissible rumour (7)
- 15 Pretty smart (4)
- 17 Swap (5)
- 18 Pageantry (4)
- 20 Sliding door lock (4)
- 21 Unmarried woman (4)
- 23 Vegetable (7)
- 25 Expatriate (5)
- 27 Master musician (7)
- 28 Departed (4)
- 29 Ringing of a bell (4)
- 30 Food sweetener (5)
- 32 Cheap tickets office (6,4)
- 34 Long arduous journey (4)
- 35 Creative hairdresser (7)
- 36 Extended (4)
- 37 Kind of weasel (5)
- 39 Meat (4)
- 41 Decorative covering over external brickwork (8)
- 42 Payment for work (4)
- 44 Celebrity status (7)
- 46 Hot drink pourer (6)
- 48 Yellow songbird (6)
- 51 Stick or lever in a car (4)
- 52 Mental picture (5)
- 54 Air inhaler (4)

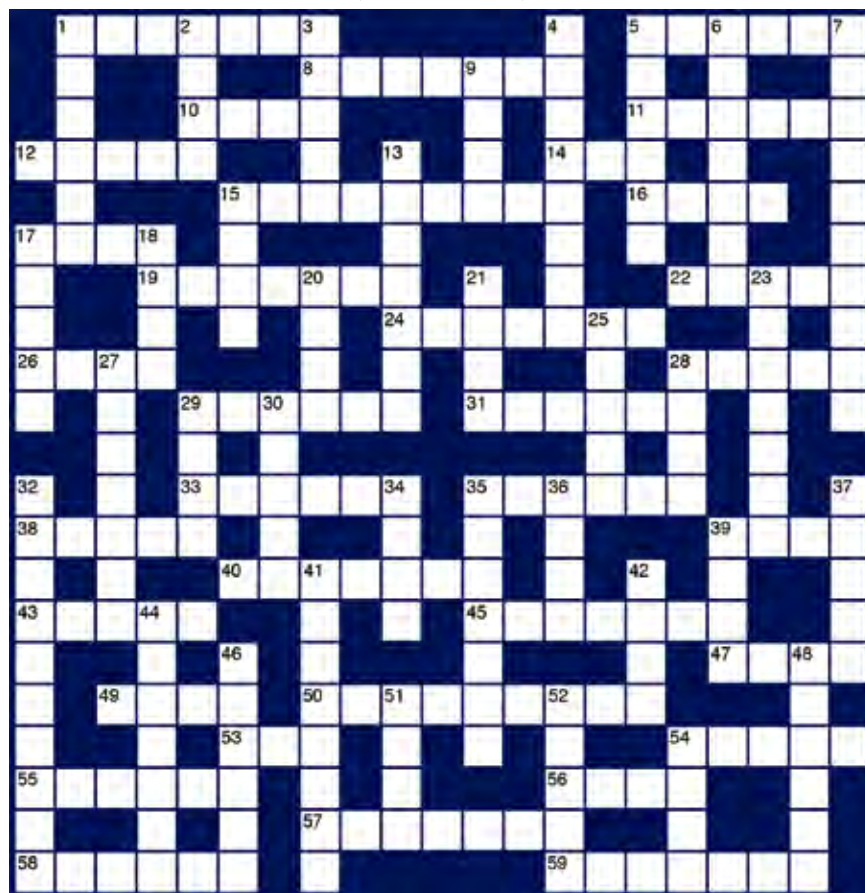
### ISSUE 258 CROSSWORD ANSWERS

#### ANSWERS ACROSS

1 Binoculars 6 Tandem 11 Above 12 Examiner 13 Detached 16 Extends 18 Rental 19 Asti 20 Jetty 22 Eagle 24 Cox 25 Nip 26 Royalist 28 Trend 29 Pill 30 Tuned 31 Ringmaster 35 Playground 39 Stern 40 Else 41 Spurn 42 Japanese 43 Odd 44 Emu 45 Enter 47 Try-on 49 Used 50 Kettle 51 Streaky 54 Irishmen 57 Ambition 58 Organ 59 Ending 60 Grapefruit

#### ANSWERS DOWN

1 Band 2 Occasionally 3 Utah 4 Aged 5 Starry-eyed 6 Triangular 7 Derelict 8 Mast 9 Soon 10 Newswriter 14 Essential 15 Ewe 17 Era 20 Jupiter 21 Tarantula 22 Extra 23 Greet 27 Sincerely 32 Monsoon 33 Step-daughter 34 Elsewhere 35 Possession 36 Adult 37 Goner 38 Draw-string 39 Sweltering 42 Junkyard 46 Eve 48 Our 52 Rage 53 Acne 54 Inca 55 Isle 56 Newt



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## The UK's first Affordable E-Motorbike Arrives in Nottingham

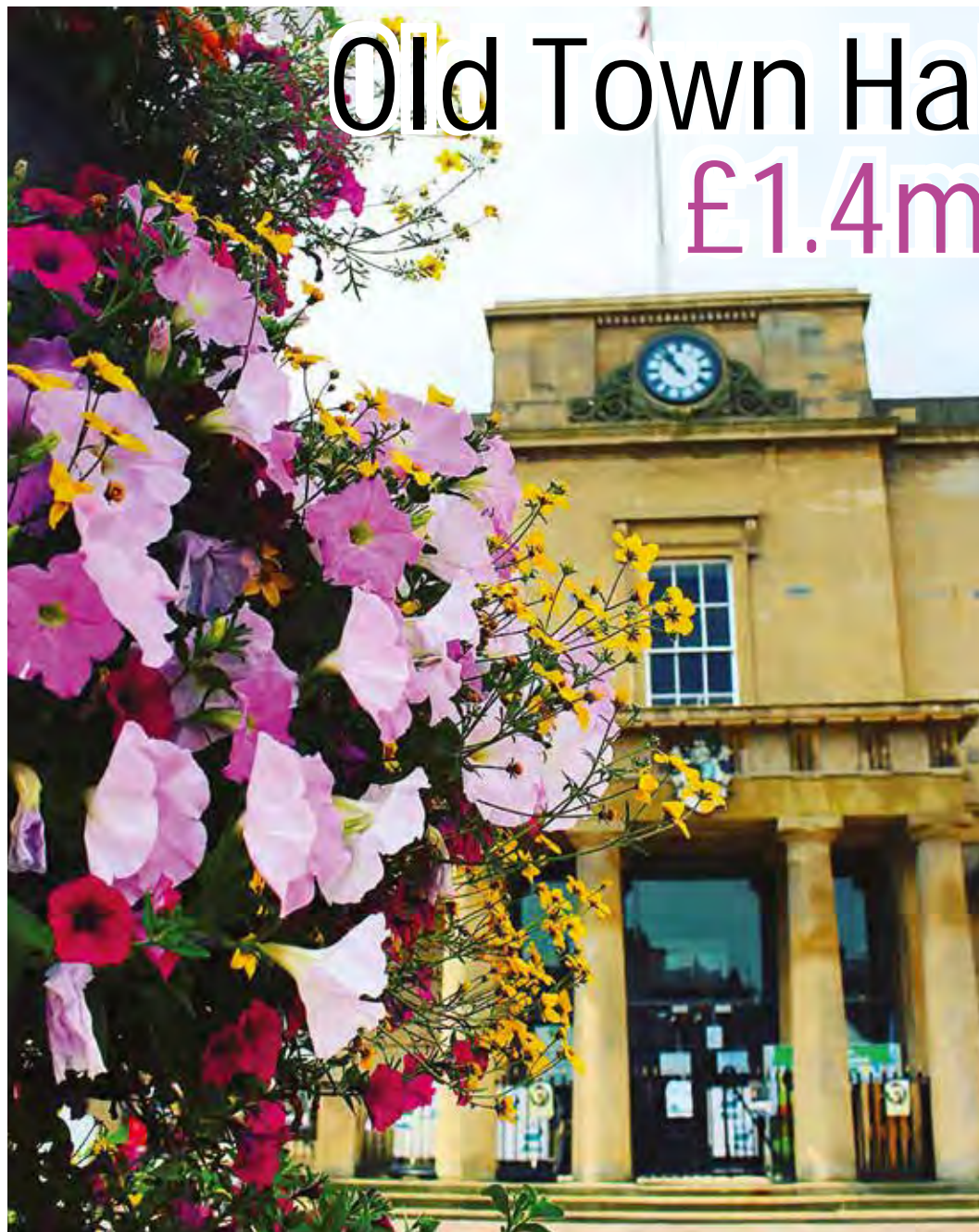
A new zero-emission, crowd funded electric motorbike has officially launched in the UK and is expected to reinvent British urban mobility.

The Super Soco has been specifically developed to revitalise urban mobility and commuting while reducing emissions and noise pollution. The new e-motorbikes, designed and manufactured in China, are the result of a joint venture between Australian electric scooter company V-Moto and a \$15m Chinese crowd funded project.

The new 'Super Soco' electric motorbike is now available at Midland Scooter Centre, Nottingham, and promises to transform the morning commute of environmentally-conscious urbanites.

The emotorbikes combine the latest zero-emission electric scooter technology with the sleek design and striking visuals of a motorbike, making the Super Soco the perfect option for urban riders and commuters looking for fast, fun and emission-free mobility. Not only does Super Soco's stylish design set it apart from other urban electric motorbikes and scooters, state-of-the-art features include keyless start, anti-theft alarm and wheel locking, lightweight carbon steel mainframe and intelligent LED speedometer.

A removable lithium battery (which can be recharged at any domestic 13amp socket or at on-street chargers) and a rear wheel-integrated Bosch motor combine to help provide improved pick-up and acceleration compared to petrol 50cc bikes. The machine is set to a restricted maximum speed of 28mph and is able to travel approximately 40 miles per charge with maximum torque of 120NM. Costing just £2,349 (inclusive of VAT and government grant), the bikes are being sold nationwide in key cities including Nottingham, London, Manchester and Birmingham. <http://supersoco.co.uk>.



# Old Town Hall set for £1.4m revamp

Mansfield District Council is pushing ahead with £1.4m plans to give one of its most historic buildings in the district a significant revamp as part of wider plans to regenerate the town centre.

The aim is reopen the Old Town Hall by transforming the ground floor into indoor retail units and the upper floors into offices, bringing the building back into full use by early 2019 for the first time in more than 30 years.

It is one of the flagship projects in a wider council "place shaping" strategy to breathe new life into the town centre and raise the profile of the district as somewhere to invest in, shop, visit and live.

The council has earmarked over £733,000, fifty per cent of the total cost of the work, to bring the Old Town Hall back into public use.

The Town Hall proposals include completing the renovation to the main council chamber and grand stairs. The work will also improve the accessibility of the Grade II listed building by providing level access and improved toilet facilities to the public areas of the building as well as fully accessible offices.

It is anticipated the retail units could attract, for example, craft and artisan businesses, which would help enhance the town centre as a shopping destination for both residents and visitors. The offices on the upper floors, occupying a prestige location in the town centre, will be let. To enable the internal and external alterations to allow the building to be renovated and repurposed, an application to grant listed building consent has been supported by the council's Planning Applications Committee after consultation with Historic England, the public body which champions England's historic environment.

It is currently with the Secretary of State for Housing, Communities and Local Government for further consideration but is expected to get the go-ahead.



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Choosing from a selection of jewellers can be an overwhelming process, especially if you're looking to make a sentimental purchase. Luckily, a number of jewellers now offer a bespoke, personalised service, such as engraving and jewellery workshops, which allow you to get involved in the design process.

and put your own personal touch on an item.

Putting a personal twist on your next statement piece of jewellery will help to make it stand out from the rest, as well as becoming more meaningful. Having the opportunity to decide on the metal used (gold, silver, platinum and more), design bespoke patterns and select precious gems will allow you to create something truly to your taste.

Getting something engraved is also a great way to add charm, sentiment and meaning to an item of jewellery. A small statement; having a personal message, initials or date etched onto a piece of jewellery will make it even more precious whilst sharing an important message between you and the wearer. If you decide to attend a workshop, you can even get involved in the crafting process.

With wedding ring workshops as well as a number of more general jewellery making courses and classes available, those eager to get involved can learn the tricks of the trade

from the professionals and create a high-quality, bespoke piece of jewellery to take home. A great gift idea, unique jewellery can make



with a beautifully bespoke piece and show someone special just how much they mean to you.

If you're getting something made as a surprise, don't forget to find out the wearers ring size or preferences before inquiring to ensure you get the perfect fit. However, if

you're unsure about any part of the jewellery making process, it is best to talk to a professional for the right advice.

If you're looking to create something stunning, bespoke and truly unique – get in touch with a professional jeweller to find out more about what's available near you.

a sentimental statement for almost any occasion, including birthdays, anniversaries, weddings and more. Add a little sparkle to a significant occasion

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care



## Premier Care is Nominated for National Social Care Award

Premier Care has been nominated for a Skills for Care Accolades award that celebrates the outstanding achievements of the very best adult social care employers in England.

It has been nominated in the Best Social Care Apprentice Employer category which recognises the work they do supporting the people who access their services. Premier Care provides care services to adults across Nottinghamshire and Derbyshire.

Tracey Poole, Registered Manager said: "It

felt amazing to be shortlisted, at Premier Care we've worked really hard to create a clear route of progression for everyone who starts with us.

And then to be a finalist in the awards, we were delighted! I think it helps the whole team to feel that their doing good work."

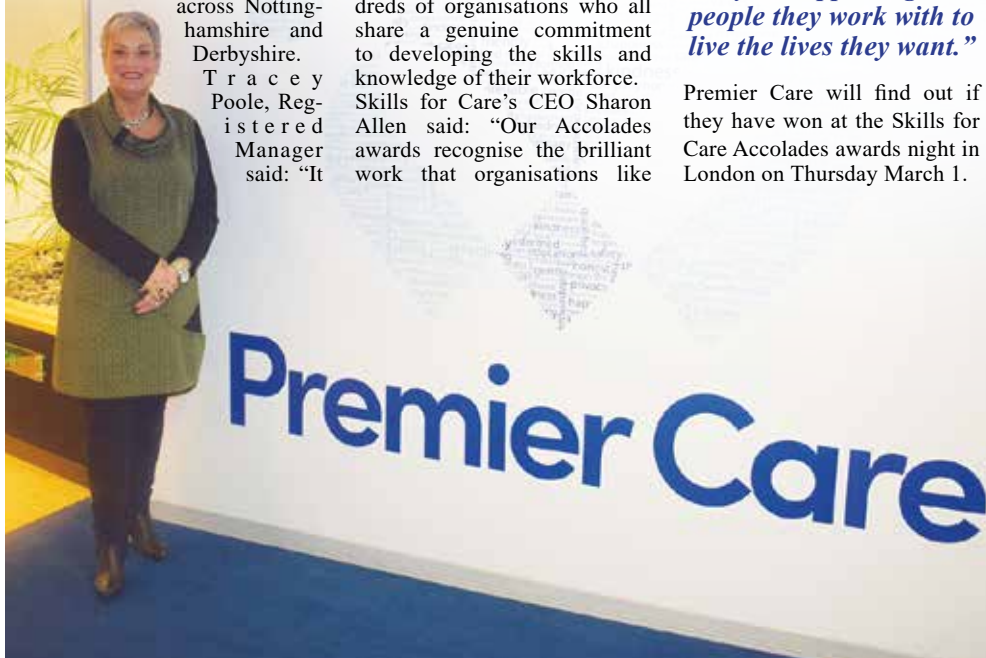
Skills for Care has been hosting the Accolades awards for the last 14 years honouring hundreds of organisations who all share a genuine commitment to developing the skills and knowledge of their workforce.

Skills for Care's CEO Sharon Allen said: "Our Accolades awards recognise the brilliant work that organisations like

Premier Care do day in and day out to offer person centred services in our communities.

*"It's really inspiring to hear the stories of all our finalists who overcame fierce competition to win their nomination and the ceremony publicly thanks them for the work they do supporting the people they work with to live the lives they want."*

Premier Care will find out if they have won at the Skills for Care Accolades awards night in London on Thursday March 1.



*Julie Severn*

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*An expertly designed, purpose-built care facility*

Work continues apace on a state-of-the-art new £12m care home in Nottingham, which is now just three months away from completion.

Build of the 'new generation' 66-bed care facility on Ruddington Lane in Ruddington is now complete. The external brickwork and roof tiling are complete meaning the building is now watertight, and the 30 plus contractors and tradesmen on site are working hard on the interior to ensure the development remains ahead of schedule and ready for its planned opening in March.

Known as Ruddington Manor, the expertly designed, impressive care facility is the latest for New Care, one of the UK's

fastest growing development-led care home operators, and part of the award-winning McGoff Group.

When complete, Ruddington Manor will cater for the aspiring needs of its Nottinghamshire residents, providing the highest standards of safety, comfort and care. It will offer high quality, person-centred care and an exceptional clinical offering, including residential, nursing and specialist dementia care services. Ruddington Manor will also feature a high specification finish and will be decorated by an interior designer, creating a stylish yet comfortable, practical and safe space.

In addition to communal lounges, formal dining rooms and landscaped gardens, residents at Ruddington Manor will enjoy the privacy of their own spacious bedroom, complete with en suite wet room, and a host of hotel-style services including fine dining, a hair salon and nail bar, and a busy and varied programme of daily activities.

CEO at New Care, Chris McGoff, comments: "It's less than three months until we open Ruddington Manor and I am delighted with the progress that is being made on site. The team are busy working on the interior so we're well on track to complete in April."

"Ruddington Manor is an expertly designed, purpose-built care facility that will provide first class care services in a stylish setting. We are confident that this care home will follow the same successful path as The Grand, which operates on full occupancy and boasts an established, professional and caring team."

"We remain committed to improving the standards of care across the UK, and are fully confident that Ruddington Manor will be a much welcomed addition in Nottingham."

For further information on Ruddington Manor, please contact Dawn Collett on 0161 927 2940 or email enquiries@newcare-homes.com. Alternatively, visit [www.newcarehomes.com](http://www.newcarehomes.com)

# Happily Ever After For School

Housebuilder Barratt Homes has donated £200 to a local primary school library to help celebrate National Storytelling Week.

The housebuilder, which has a development in East Leake named Lantern Fields, kindly donated the funds to the nearby Long Whatton C of E Primary School to spend on books for the pupils.

Field Sales Manager for Barratt Homes Jenna Hardy attended the school to celebrate and show her support for the awareness week. Simon Perkins, Headteacher at

Long Whatton C of E Primary School, said: "The money donated by Barratt Homes will enable us to extend and improve the range of reading books we have in school. It is important that children get a broad diet of quality literature and this donation will help us to exactly that. Many, many thanks."

The aim of National Storytelling Week, which ran from 27 January to 3 February, is to unite both children and adults in the customary pastime of storytelling.

Jan Ruston, Sales Director at



Barratt Homes North Midlands, said: "Awareness weeks such as these give us the opportunity to support the communities in which



we build and this week in particular encourages skills such as reading, writing, listening and creativity. "We were delighted to be able to contribute

to Long Whatton C of E Primary School's library and hope the pupils will enjoy the new books that the school can now purchase." Homebuyers looking to

move to the area are being urged to act quickly at Lantern Fields, located on Lantern Lane, as just a few homes remain. To find out more information about Lantern

Fields or any other nearby developments, please call the Barratt Homes sales team on 0844 811 3377 or visit [www.barratthomes.co.uk](http://www.barratthomes.co.uk).

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you can also post jobs on this Face book page too.

If you already have a job but are attentively looking, then send your CV we can keep it on file and if your skill set matches a job we can all you.



# Weddings

## Keeping the fairy tale alive

There is no doubt that your wedding day is supposed to be one of the best days of your life and with all the pressure of making it perfect, it can be all too easy to lose the magic amongst stress and panic. Keep the fairy tale alive by following these few simple steps to remove unnecessary strain from your dream day. Whether you're stuck for ideas or you have way too many to choose from, decide on a colour scheme or theme for your special day as early as possible and everything else will fall into place. From bridesmaids dresses to table décor, if you have a rough plan from the start, it will be so much easier to make your desires a reality. Do not be pedantic! This may be really hard for some people as their wedding plan can become the focus of their life, but the more you try to make everything completely perfect, the more agitated you will find yourself, a recipe for disaster when it comes to enjoying your wedding preparation process. Step back, stay calm and share the responsibility- it doesn't hurt to ask the opinions of your parents, other half, bridesmaids or other people that you trust, even if you don't agree with their visions, a little insight doesn't hurt. In order to feel lost in the moment of your first dance, don't get lost during your planning process, stick to your budget, consult others and plan everything in advance down to the table plans and the photographer. The best tip for eliminating all stress from your memorable day is to just enjoy yourself and take your first step into married life happily and with confidence.

## wedding fair



Sunday 18th February  
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Hannah Vickers, Editor of wedding planning website UK-bride.co.uk, runs through some beauty resolutions all brides-to-be need to follow...

### Moisturise

Keeping your skin hydrated is key if you want glowing, young-looking skin on your wedding day. Ensure you moisturise your face and body both night and day to keep your skin looking (and feeling) in tip-top condition.

### Have regular haircuts

Your hair is often a big focus on your wedding day so ensure it is kept in the best condition it can be. Book yourself in for regular trims at your hairdressers to fight off split ends and treat it to regular conditioning treatments (either at home or through your salon) to keep it hydrated and healthy.

### Perfect your brows

Eyebrows are so important when it comes to framing a face, so make sure yours are looking their best by booking in for regular tidy-ups and tints. There are lots of options when it comes to brows – you could have them plucked, threaded or waxed – all of which are effective forms of hair removal. Just make sure you go to a trusted salon to get them done, as you don't want uneven brows on your wedding day!



## beauty resolutions for brides-to-be

### Feed your skin from within

Whilst lotions and potions can work their magic on your skin, there is nothing better than feeding your skin from within. Drinking lots of water and eating healthy foods rich in vitamins and minerals will help your skin glow.

### Exfoliate regularly

Nobody wants rough, dry skin on their wedding day, so keep your skin feeling smooth and gorgeous by exfoliating regularly. Exfoliating helps to remove dead skin cells, making way for the beautiful

skin underneath, so invest in a good exfoliating scrub and make way for stunning, silky-smooth skin!

### Get enough sleep

Although you might feel like you have so much wedding planning to do that every waking hour counts, in order to look your very best on the big day, you really need to make sure you're getting a full eight hours of sleep a night. If you really struggle to get forty winks, try using a sleep spray or lavender to encourage a restful slumber.  
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## Education and Training

# Architecture Students Learn Critical Industry Skills



L-R: John Morgan (director at Leonard Design Architects) talks to students at Carrington Street site

Leonard Design Architects and the Royal Institute of British Architects (RIBA) in the East Midlands have teamed up with Nottingham Trent University and the University of Nottingham as part of a nationwide RIBA mentoring scheme to develop the next generation of architects. A group of third year architecture

students from both universities have spent time with a number of professionals at Leonard Design as part of the scheme, which provides an introduction to the working environment for the students. The week kicked off by the students being given a tour around a historic building on Carrington Street to provide an understand-

ing of some of the key projects Leonard Design is currently working on.

John Morgan, director at Leonard Design Architects, said: "This is a really positive initiative. By working closely with Nottingham Trent University, the University of Nottingham and the RIBA we're able to provide these

undergraduates with a fully-rounded view of the work an architect undertakes with a project onsite.

"I became an architect because of my passion for developing towns and cities across the world – it really is a lifestyle. Our aim is to not only inspire these students but to give them an insight into the types of opportunities available to them if they were to stay and work in Nottingham at the end of their studies."



L-R: Lois Woods (NTU), David Short (Uni of Notts), Gavin Richards (NTU) & John Morgan (Leonard Design)

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They say 'the home is where the heart is', so spending the time and money creating the perfect home should be at the top of our priorities. However, busy work lives and other expenses often mean that those all-important home improvements often get pushed back – but not anymore. Make your home more welcoming by taking a few simple steps to improving your property this year. A home health check is an essential start – assessing essentials such as your heating, facilities and home security are all important steps to this process.

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. Now is the perfect time to start calling professionals to arrange quotes and put plans in place for later in the year.

Take note of other factors that could be improved such as your heating, loft insulation and double glazing – these home improvements may not be the most exciting or decorative, but they can help to save you money in the long run.

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

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

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



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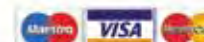
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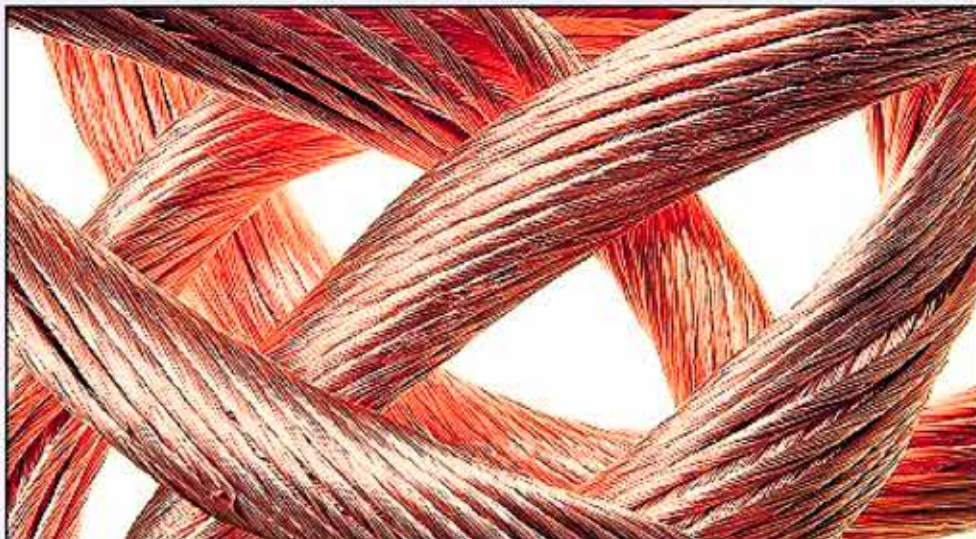
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