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Issue 251



nottsinfocus



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12 - 18 Dec 2017

20p

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THE TIME IS NOW!



Nottingham to Host Olympic Triathlon Qualification Event



"We will build on the huge success of the event last September and look forward to welcoming thousands of people to come and both watch and take part in the action."

There will be plenty of opportunities for participants to take on the course themselves earlier in the day, with full details of these and entries opening in early January. To be the first to find out more or how to secure a grandstand ticket for a front-row seat of the action, register your interest at Nottingham.com.triathlon.org.

The Accenture World Triathlon Mixed Relay Nottingham is being organised by British Triathlon, in partnership with Nottingham City Council, UK Sport and the ITU.

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Nottingham will welcome prospective Tokyo Olympians to the city next summer for the inaugural Accenture World Triathlon Mixed Relay Nottingham as the ITU announce their global Mixed Relay Series.

The evening event is set to take place on Thursday 7 June and will witness some of the world's top triathlon quartets dive into the River Trent, before racing around Victoria Embankment on both bike and foot, just two days before they head north to take on the British leg of the ITU World Triathlon

Series in Leeds.

Triathlon Mixed Relay will make its Olympic debut at the Tokyo 2020 Games, making the event in Nottingham a top priority for nations looking to secure the first points on offer to qualify their spots on the start line. The Accenture World Triathlon Mixed Relay Nottingham was named by the ITU as the first of two qualification events taking place in 2018, in addition to the ITU Mixed Relay World Championships and the Continental Championships.

The City of Nottingham was introduced to the fast and furious version of the sport back in September, where 15,000 fans gathered on a sunny Victoria Embankment to watch the best of Britain's triathletes battle to lift the first Accenture British Triathlon Mixed Relay Cup. This time, the world's best 17 teams from across the world will gather to take on

a leading British quartet.

Andy Salmon, British Triathlon CEO, said: "Nottingham was a fantastic host of this year's Accenture British Triathlon Mixed Relay Cup and we are thrilled to be back again in 2018, this time to showcase even more triathlon talent from across the globe. "With the added incentive of the opportunity to pick up vital Tokyo 2020 Olympic qualifying points, Nottingham can expect performances of the highest quality from some of the world's top sporting heroes."

Cllr Dave Trimble, Nottingham City Council Portfolio Holder for Leisure and Culture, said: "We are very excited by this wonderful announcement from the ITU and look forward to once again showcasing the Olympic discipline of mixed relay triathlon in the City, welcoming teams from across the world to Nottingham."

Price 20p

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Information

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Children in Nottingham are donning specs and lab coats to test the latest toys this winter at intu Victoria Centre, marking the start of the festive season.

The pop-up store at intu Victoria Centre (open until 24 December) features more than 20 toys and children's accessories from retailers including John Lewis, Hamleys at House of Fraser, The Entertainer, Menkind and the Musicroom.

Children visiting the toy testing lab are treated to a Christmas experience, where they get to put this year's top toys through their paces before writing an all-important 'toy testing report' for Santa. intu's toy testing lab is in its second year following on from last year's success which saw over 1,400 children from across Nottinghamshire take part.

Nigel Wheatley, General Manager at intu Victoria Centre, said: "The toy testing lab is guaranteed to put a smile on the face of our customers as they get into the Christmas spirit. Launching on Black Friday, the toy testing lab will provide an extraordinary experience for customers and an opportunity for our retailers to showcase some of their best sellers this Christmas."

The toy testing lab is £3 to enter, with every £1 donated to PASIC, a local Nottingham charity which supports the families of young people with cancer. It is open from 11am - 5pm on the following dates:

**Saturday 9 December - Sunday 10 December
Saturday 16 December - Sunday 24 December**



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Sidecar Racing Champions Celebrate



Executive Mayor of Mansfield Kate Allsop invited local brothers, Tom and Ben Birchall, to a civic event to celebrate their world-class achievements in Sidecar Racing.

The Mansfield brothers retained the World Sidecar Racing title again this year for the third time and won both of the Isle of Mann TT races too, making them the only sidecar team in history of the sport to win both prestigious titles in the same year.

The pair were also the Southern hundred race winners and 2017 British championship runners up, making 2017 their most successful year to date.

After already being awarded Freedom of the district in 2009, the highest honour the town can give to its citizens, when they won their first World Championship title, the Mayor wanted the council to provide the brothers with a celebratory evening to congratulate them on their outstanding achievements.

At the celebration evening there was a civic procession led by Cllr David Smith, Chairman of the Charter of the Trustees, who carried the golden mace, followed by a Q and A interview, a three course meal and disco.

Kate Allsop, Executive Mayor of Mansfield, said: "The boys have done Mansfield proud yet again and I wanted to give them an evening to remember so that we could celebrate their achievements together. We are immensely proud of Ben and Tom and would like to thank them for all of their commitment and hard work. Congratulations to the Birchalls!"

Ben Birchall said: "We are so grateful to have had this Civic Reception in recognition of our success on the track and can't thank our supporters, friends and family enough for being behind us all the way. We're just local lads who have a passion for our sport and hope many other youngsters can follow in our footsteps."

Barratt Homes Recycles 100% of Wood across all sites

Five star developer Barratt Homes North Midlands is partnering with leading social enterprise Community Wood Recycling to reuse or recycle 100% of wood waste across all of its developments.

The eco-conscious housebuilder is committed to ensuring the environmental impact of their sites is kept to a minimum by taking part in the award-winning scheme that reuses the wood waste for DIY for building projects and makes it into a range of reclaimed-wood products or process it into biomass fuel. The recycling scheme has been running since 2003 and aims to save resources, save contractors money on their disposal costs and create work, training and volunteering for disadvantaged people.

All unused wood at the developments will be collected by Community Wood Recycling Scheme's branches across the Midlands in order to be reused or recycled.

As well as making a highly positive environmental impact, collecting from Barratt Homes North Midlands sites has directly led to the creation of permanent jobs with Community Wood Recycling, as well as work placement opportunities for local disadvantaged people, who develop their confidence, self-esteem and a range of work skills preparing them to return to the labour market.

Chris Southgate, Managing Director at Barratt Homes North Midlands, said: "We are delighted to confirm that across all of our sites in the Midlands we recycle 100% of wood."

"As a housebuilder we are committed to not only building quality new homes in the area, but also to ensuring we are responsible with any waste we have onsite and recycling wherever we can."

Richard Mehmed, Managing Director at Community Wood Recycling, said: "We are delighted that by partnering with community wood recycling, Barratt Homes is not only helping to save resources but they are providing life-changing opportunities for local unemployed people."



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Students Launch 2018 Calendar to Challenge Perceptions of Homelessness

Following the successful launch of the Stories of the Streets photography exhibition, which showcases images of homelessness from the perspective of those experiencing it first-hand, students are launching a 2018 calendar to support Nottingham's homeless community.

The calendar will retail at £10 and is available to purchase at the exhibition in the intu Broadmarsh Shopping Centre, and online at www.peopleofthestreets.co.uk

With the support of local homeless centres Emmanuel House and Canaan Trust, volunteers from the homeless community were provided with a personal disposable camera, enabling them to share their stories with others. Proceeds from the calendars will be re-invested back into the social enterprise to help support more homeless people this winter in addition to help with further exhibitions across the UK.

Denis Tulley, CEO of Emmanuel House, says: "Clearly the exhibition is evocative and power in the images it portrays. You can see this not just in the comments people have written in response to what they have seen. This is an important project which contributes

to overcoming the stigma and restoring the humanity we don't often see because someone is homeless. The exhibition challenges us to 'think again.'"

Managing Director, Charles Kerr says: "Lots of people have come into the exhibition to look at the photos, give donations, educate themselves and share their thoughts about homelessness in our city. This calendar will give the people of Nottingham yet another opportunity to show their support and enjoy the beauty of these images."

Alex Greenhalgh, Operations Director adds: "The exhibition runs until Christmas, and the response from local people has been amazing. However, homelessness is an issue all year round. We hope the calendar will keep people engaged well beyond the physical exhibition itself."

Stories of the Streets is organised by People of the Streets CIC, a student-led initiative organised by University of Nottingham students Charles Kerr, Qas Hussain and Alex Greenhalgh, with support from Boots and SIG. People of the Streets is based in Nottingham.



Pupils Get Hands-On To Inspire Learning

Mixing concrete, examining fossils and solving puzzles; pupils at Firbeck Academy get hands-on for lessons in Science, Technology, Engineering and Maths (STEM).

The University of Nottingham staged a day-long take-over at the school in Firbeck Road to inspire learning and promote the subjects that impact our daily lives.

Across the year groups children took part in activities before a final assembly at the end of the day.

Engineering was taught by getting pupils to mix different amounts of ingredients to form 'concrete' before carrying out a num-

ber of strength tests to decide on the best recipe.

Dr Nick Thom, Assistant Professor in Engineering, said: "I think anything we can do to put academic subjects like maths and science into real context is a good idea, helping the children to see meaning in what they learn. Concrete is a great example because they can see it all around them. And of course we need a new generation of engineers of all different types to meet the challenges that the modern world continues to throw up."

For science fossils, including a piece of ancient excrement, helped to give pupils a

lesson in key events in the Earth's timeline.

Meanwhile maths was covered with magnetic pendulums, Newton's cradles, gyroscopes and the Towers of Hanoi puzzle.

Wendy Riley, Deputy Head teacher at Firbeck Academy, said: "We are very lucky to work closely with the University to raise aspirations and show our children what a wide variety of amazing careers they could have in the future. This special WOW day introduced the children to STEM in a hands on, interactive way and I'm sure inspired them to go on to study science, technology, engineering or maths!"



Kailen in year 5



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Romana in year 5

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Think BIG provides loans to existing businesses that may not meet the banks' lending criteria but are able to demonstrate that they have a viable proposition for growth.

Have you been trading for three years, have a turnover of over £150k and employ 5 people or more?

Under the Newark and Sherwood District Council scheme, loans could be available to companies in the district that employ more than five people and have a turnover of over £150,000. Loans will typically be for between £25,000 and £150,000 on a repayment scheme of between six months and three years.

If you are an established business employing people and have an ambition for growth requiring more people that you unable to fund through a bank the loan fund team would be pleased to consider your business plan.

The interest rate charged will reflect the risk profile of the business, but will be around the commercial rate charged by the high street banks with suitable security for the loan. There will also be a small arrangement and monitoring fee.

Are you looking for support of between £5k and £25k for an early stage business?

If your business falls short of the above requirements, or for other support available to provide start up and early stage support you may be able to apply for a Pathfinder Loan managed through the same panel of professionals.

Pathfinder loans of between £5,000 to £25,000 are based on the stage of the business and purpose of the loan. The loan will be released based on agreed milestones and through agreement with the loan panel.

TR Enterprises of Blidworth, specialists in Triumph TR sports cars secured a loan. Owner, Steve Hall said. "The process was really simple and pain-free and the loan was agreed quickly. We are extremely grateful as it meant that we could progress with our growth plans sooner than we had originally anticipated.

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bedroom, it is finished to a superb specification and is perfect for a growing family. Greendale Gardens, Watnall Road, Hucknall is an exciting small and select new development of just 23 two, three and four-bedroom homes, all with garage. With all the four bedroom homes already sold, the Redwood is the last detached home available on the development. Find out how Oakdale can pave the way to make it even more affordable to own a beautiful new Oakdale home. Visitors can also enjoy some Christmas cheer with mince pies and seasonal refreshments.

At Greendale Gardens, Hucknall, on Saturday 16th December

Aside from the event, our show home and sales centre is open every Saturday and Monday between 11am to 5pm and Sundays 1pm to 5pm. Part Exchange will also be considered. For further information on availability, call Dianne Illsley at Greendale Gardens on 0115 963 2095 during opening times or email info@oakdalehomes.co.uk. For more details visit oakdalehomes.co.uk.



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Head, Neck & Shoulder Massage & Evening Makeup - Aim Award	MON	09.30 – 11.30
Drop In Computers - Beginners	MON	13.15 – 14.45
Computing Beginners/Improvers	TUE	10.00 – 12.00
Card Making Workshop	TUE	11.00 – 13.00
Computing Beginners/Improvers	TUE	13.00 – 15.00
Beginners French	TUE	13.15 – 15.15
Chairbased Exercise (FREE)	TUE	14.00 – 15.00

COURSE	DAY	TIME
Patchwork – An Introduction	TUE	09.30 – 11.30
Photography – Edit Your Digital Photos Online	WED	09.30 – 11.30
Card Making Workshop	WED	11.00 – 13.00
Working with Long Hair	WED	11.00 – 13.00
Beginners Spanish	WED	13.15 – 15.15
Job Club (FREE)	THUR	11.00 – 13.00
Bobbin Lace Making	THUR	10.00 – 12.00
Seated Yoga (FREE)	THUR	14.00 – 15.00

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Bus Users Being Short-Changed

Nottingham City Transport (NCT) is failing to ensure the cheapest bus tickets are promoted via its mobile app, says Nottingham City Councillor Toby Neal.

NCT introduced the ability to pay for tickets via the app in December 2016. However, almost a year on, the app still doesn't include the two cheapest ticket options, the Short Hop and the Inner City Return, for people to buy. The bus company has previously been criticised for failing to adequately promote its Short Hop tickets.

The cheapest single journey available on the app is £1.90 and the cheapest return is £3.50. But there are two cheaper fares that people can choose. A Short Hop journey is available for £1.30 within a fare stage (up to 0.5 miles) and the Inner City Return ticket can be purchased by people making short return journeys to and from the City Centre and costs just £2.40.

Councillor Toby Neal, the Council's Portfolio Holder for Community and Customer Services, said: "NCT is making a good job of giving the impression that they don't want people to know about the cheapest tickets available so they will buy a more expensive one."

"Unfortunately, the people most affected by this are likely to be the least well off who rely on the bus to travel short distances. They are effectively paying more per mile than they need to."

"Customers have a right to get the best fare available to them so we've asked NCT to ensure that all its fares, including the cheapest options, appear on the app as a matter of urgency and are effectively promoted elsewhere to ensure people don't continue to short-charge."

Work on Bespoke Student Flats Is Underway

Work is underway to turn an empty commercial building in the heart of Nottingham into bespoke student flats, thanks to a deal secured by property consultants Bruton Knowles.

The 2,088 sq. ft. building in Cranbrook Street was recently sold for £320,000 to property developer Harren Investments for conversion into two modern five-bedroom apartments.

When completed it will provide ensuite accommodation for 10 students, with redevelopment expected to be finished in time for the start of the 2018/19 academic term.

The empty three-storey property, comprising three floors, eight rooms and a basement, had been used as a printing shop with office space for many years. It was sold due to business relocation.

Harry Warren of Harren Investments in Nottingham, said he was very pleased to have purchased the building for redevelopment: "We're always on the lookout for buildings like this with great potential. We recently completed the show flat and we have already fully-pre-let the property for the next academic year."

academic year.

"We're glad to have found this property and we're grateful to Sam at Bruton Knowles for all his help in securing it for us and supporting us through planning regulations."

Sam Spencer, associate at Bruton Knowles in Nottingham, agreed the deal; securing a lease for 12 months to allow the new owner time to obtain planning permission, followed by the sale of the freehold.

Sam said: "We've seen a huge rise in the conversion of commercial to residential property across the city, and we have been involved in a number of cases where we have been able to give sound advice and support with planning permission approvals. In this case we supported the proposed classification change from B1 use to C4."

"When purchasing commercial property landlords should consider securing planning approval in the early stages and be sure to conduct in-depth research, while safeguarding their position should planning permission not be granted."



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Gresham Park Road
Off Wilford Lane
Wednesday 7:00pm
Tel: Shirley on 07946727077

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Thursday 5:00 & 7:00pm
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Midlands Machinery Show Brings Agricultural Community Together



Inventive machines – there were plenty on show. Innovative ideas – many were shared. Yet the key talking point during the Midlands Machinery Show 2017, which took place on 22 and 23 November at Newark Showground in Nottinghamshire, was the opportunity provided by the show to bring the agricultural industry together.

Returning for the fourth year and organised by the Newark & Nottinghamshire Agricultural Society, the two-day farming event saw a record-breaking 4,300 visitors through the gates on day one alone.

The event featured around 250 exhibitors, who used the show as

a platform to launch new products, demonstrate advances in agricultural technology and show off their diverse range of machinery and innovation. Yet the show provided much more than this for exhibitors and visitors alike.

Providing a platform for networking opportunities was indeed top of the agenda for the organisers of the Midlands Machinery Show this year. During the course of this year's show, Newark Showground was delighted to host the official website launch of social media based farming group #clubhectare, which has over 400 members with a range of agricultural backgrounds.

Giving young farmers the oppor-

tunity to network and build relationships was another key offering provided by the show.

Lauren Clark, county development officer at Notts Young Farmers Clubs, said: "Giving members a voice and encouraging discussion on the future of their industry is something that Young Farmers Club strive to achieve, and the Show provided us with the opportunity to do exactly that."

George Taylor, show manager, said: "We have been delighted with the record number of guests this year – after day one we were up by almost 45% on visitor numbers compared to last year, which is something really special."



Wildlife, Nature and the Outdoors Is a Super Classroom!

Children at St Peter's Cross Keys Church of England Academy have been using their school's outdoor spaces as a learning tool with the help of some visitors this week.

The Farndon based school has a wealth of outside space it has been developing as a means to help children to study, including wildlife areas, a pond, greenhouse and gardens, as well as a Forest area. The latest development in their plans was to manage the school's willow holt so that the harvested stems could be used for weaving and crafts, whilst maintaining the health of the wood.

Lynn Victor of Nottingham Wild-

life Trust visited the school to lend a hand: "We have been doing craft activities focused around trees and especially the willow holt which was planted in 2012. We are here along with the Greenwood Community Forest Partnership and DEFRA to help maintain, manage and harvest the area which is growing so well."

Nic Wort of the Greenwood Community Forest Partnership and colleague Gill Grievson also joined in the activities. Nic said: "We have cut the willow trees so they can grow strong again and provide good straight stems for use in weaving and crafts at the

school." Nick carried out some tree pollarding and coppicing to maintain the area. "We have thinned out the holt and left a glade area which will create an outdoor classroom for the children's Forest School."

Pupil Billie Pendle said that he liked the outdoors. "The willow is good for weaving things out of and I think it's nice to have such a big field to play in." Billie said there were lots of birds in the area. "I think our topic next year might be about animals and nature, so I think this area will be really good to use as an outdoor learning centre!"

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Aries

Welcome to the festive season! All you want to be is in good company enjoying the happy little joys of a welcome party. It has been a fantastic year for many of you but now is the time to look ahead and really enjoy the moments on offer. Just draw the curtains, light the candles and get the wine flowing! Some of it will be back to the producers but you will have many great memories to reflect on, especially all the things you have done personally experienced and how you have grown and achieved so much. Your nervous sense of humor and fun will always win the day and people around to your way of thinking.



Taurus

For once your stubborn nature pays off. With your feet on the ground, taking whatever life throws at you and dealing with difficult and stressful situations, what a wonderful gift you have of pouring oil on troubled waters. You will enjoy friends dropping in as they seem to do at the festive season and it is always good to catch up with the news and latest gossip they bring. Just a word of caution, take advice on a small medical problem that you are uncertain about. It will put your mind at rest allowing you to make plans for that holiday of a lifetime, or just enjoy some peace and quiet to your own back yard, sitting.



Gemini

It's time to get your act together because you are looking at a very busy time ahead. Take stock and get in the frame of mind to deal with all the boring practical queries you have to give attention to. Once you are happy about the way in which your work is going, you can then relax, but not until. A gathering of like minded people always pleases you and that will be the order of the day at the festive time. You will be putting on the glad rags and seeing some of the friends you are not fond of, because before on the horizon, but not without the usual complications.



Cancer

Your family is so important to you and the festive season gives you all the opportunities you need to have your nearest and dearest around you. You will be working so hard to be the best host in the universe and will certainly succeed, but you will probably feel like dropping in a sleep afterwards. Not surprising in the least that you will be seriously thinking about booking a family holiday because it will give you something to look forward to. A business venture looks all set to succeed, but it will also prove to be incredibly time consuming. A romance could soon commence with someone who makes you laugh and is a real company.



Leo

The arrival of the festive season always sees you at either your very best or your very worst. You either love it or hate it, but no matter what, you won't be able to avoid social gatherings and indulging in all food, wine and friends, that will no doubt play havoc with your waistline. Focus on your career, especially if you feel it's time for a change of direction because in the new year there will be either a new job offer or a promotion with your current employment. It's important that you take your time making such a massive decision, because so much depends on which path you choose to follow next.



Virgo

As we approach the end of yet another full on pressured year, you can begin to look forward to a much happier and prosperous time ahead. Create some much deserved personal space by taking some time out the festive season to do some very deep thinking and use this time to re-charge your batteries. Love and romance will feature high on your agenda especially if you are already in a wonderfully happy relationship, but if you are single and looking for romance, you could meet someone who is completely different to the type of person you previously found attractive, and this where all the fun will begin to start.



Libra

As the festive season gathers momentum, you will begin to see with far greater clarity about which direction to walk in next. Prepare yourself for some very hot moments, unexpected surprises because you may discover an unannounced visitor at your door. Just when you had almost given up all hope of things changing for the better and visualised yourself stuck in the same old rut, something quite remarkable will happen that will serve to transform your life forever. You may feel as though you have made a few mistakes along the way, but one thing is for sure, you have learned many great lessons from past experiences and now feel yourself in a much stronger position.



Scorpio

The arrival of the festive season heralds a major turning point in your life as your guardian angels light the way forward pointing you in a brand new direction that is filled with the promise of a better time ahead. Previous years have been filled with challenges and difficulties that you were overpowered for, yet have come through with flying colours. A current romance could reach a passionate all time high or you may choose to call it a day. One thing is for sure and that is that you are in the driving seat and in charge of your own destiny. There is a strong indication of a house move, home renovation or just focusing your time on making your habitat your sanctuary.



Sagittarius

Always the party animal and thoroughly enjoying the company of beloved family and friends, the Christmas period always brings the best out in you even if it does end up costing you a small fortune. Get yourself into the festive spirit by inviting people around to your place for nibbles and drinks to get the party started and start making some good, well, constructive plans for the year ahead. Once you start looking over your shoulder imagining how life should have been, might have been and what, you will know that much desired peace of mind you have been subconsciously searching for.



Capricorn

It's time to start looking at the bright side of life because change is on its way and there are doors opening in every direction you look in. There is no time like the present to get the ball rolling with new ideas, involving yourself with new people, considering new opportunities, and making a point of making new plans. A brand new life awaits you but first get the festivities out of the way. The new year holds many promises of happiness and adventure, but first you have to get yourself in a fit and much healthier frame of mind if you are going to enjoy all that is on offer. An old love who has never truly let go could reappear back on the scene sooner than you think.



Aquarius

If you have been feeling in a rut either at work or in your personal life, suddenly you will be catapulted into a new way of life that promises to be far more to your liking than of recent times. A new friendship could develop between you and someone whom you find inspirational and who will succeed in motivating you into doing things that previously you never thought you were capable of. In all a matter of self belief and realising that you are as good as anyone else and deserving of happiness. The Christmas celebrations will be filled with magic giving you every opportunity to work on making your future dreams come true.



Pisces

A great adventure lies ahead of you, but not necessarily with some of the people you have previously associated with. Spending time with loved one will be a wonderful confidence booster because it's exactly what you need to set you free from the restrictions of the past 12 months. None of it has been a particularly easy time, but the fact is, you have survived this far and can only now go from strength to strength. Christmas is showing you that it's time to let your hair down and think how lucky you really are. Others will feel envious of your own found freedom and purpose in life, but it's important that you own your life for once and leave others to their own devices.

New Gastroenterologist Aims To Ease Treatment Side Effects of Cancer Survivors

Estimates show there could be up to 43,000 people in the East Midlands who are struggling with the long term side effects of cancer treatment, which may appear several years after the actual treatment itself.

Many patients who recover from cancer are often left with side effects of the treatments which saved their lives. People who receive radiotherapy to combat cancers in the pelvic area, such as cervical, bladder or prostate cancer are the largest group affected as they can be left with bowel problems after surgery or chemotherapy.

Altogether, there are 170,000 survivors of cancer in the East Midlands. But while they are generally pleased to be rid of the tumours, around a quarter of those – some 43,000 – will be struggling to find useful treatments to help

with these side effects.

"It doesn't have to be this way," says consultant bowel specialist Dr Jerovise Andreyev – one of the few doctors researching and treating bowel consequences of cancer treatments.

Working for 17 years at the Royal Marsden Hospital in London, Dr Andreyev researched and published widely on the subject of post-cancer recovery. Now, he has moved his practice to BMI The Park Hospital in Nottingham and BMI The Lincoln Hospital, treating private patients alongside his research programme at Lincoln County Hospital.

His research has indicated that when patients have successfully beaten cancer in their pelvic area, 9 out of 10 patients report a long term change in their bowel habit, with half saying it

affects their daily lives and up to one third saying it

has moderate or severe effects by causing problems with controlling their bowels, diarrhoea, cramps, wind or painful bloating. In addition four out of ten report problems with urination and one in three long term sexual problems.

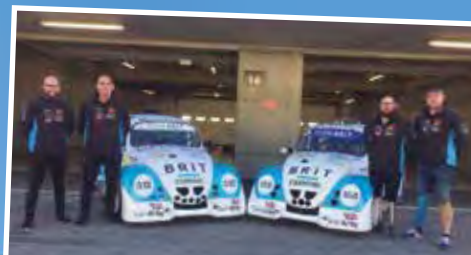
Dr Andreyev uses carefully tailored tests to create individual care options for the patient. This may include very simple interventions such as antibiotics, exercises and dietary changes to much more complex treatments designed to overcome the effect of the scar tissue resulting from the cancer therapies.

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

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



TEAM BRIT RACES TO ITS BEST EVER FINISH



Photography by Marvin Hall

Team BRIT has finished the year on a high, achieving its best ever result at a race in Portugal in the Algarve 8hr this December.

Members of the team travelled to the Autódromo Internacional do Algarve race circuit in Portimao, for two 4-hour Fun Cup races.

Long-term team members Warren McKinlay and Jimmy Hill were joined by rookies Jamie Falvey, Ash Hall and James Russell.

Warren and Jamie drove in the first race of the event in car 312, finishing in a fantastic 8th place – the team's first ever top 10 result. James, Ash and Jimmy then took to the track for race number 2, which extended into the night.

Jamie Falvey from Farnsfield is a former marine who has joined Team BRIT – a racing team of disabled drivers – after suffering damage to his hearing as a result of his time in service.

Jamie said: "We have now proven we can mix it with the top teams. 2018 will be the year where we make our presence felt on track. The race was a great effort from all the team and it was a pleasure to be part of. Roll on 2019."

The team aims to become the first ever all-disabled team to race in Le Mans and will be looking to step up to GT4 racing next year.

Team founder Dave Player said: "This was a fantastic way for us to complete our year's racing. The Portimao race gave our drivers, including three of our rookies, an incredible experience, competing against drivers from the UK and Europe, on a very impressive track. To end with our best ever finish positions was the perfect result."

"We've come such a long way this year, opening our doors to civilian disabled drivers in addition to military veterans for the first time, and attracting on a number of new sponsors who have helped us to remain competitive on the track."

"We have reached millions of people with our story this year. We are doing something no other team has done before and attempting to pave the way for disabled drivers to access competitive motorsport. We are hugely excited by what 2019 will bring."

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Christmas and New Year Bin Collections for Mansfield

Civic Centre

Over Christmas and New Year, Mansfield District Council's Civic Centre and Contact Centre will be closed from 3.30pm on Friday 22 December 2017 until 8.30am on Tuesday 2 January 2018.

For emergencies during this time, you can contact the council on 01623 463050.

Bin collections and recycling

Some bin collections will be rescheduled:

Collections due on Monday 25 December 2017 will be collected on Saturday 23 December 2017. Collections due on Tuesday 26 December 2017 will be collected on Saturday 30 December 2017. Collections due on Monday 1 January 2018 will be collected Saturday 6 January 2018.

All other bin collections will remain the same but please ensure your bin is put out by 6am as the rounds may be carried out in a different order over the holiday period.

If it snows and your waste has not been collected because of the severe weather, leave your bin out and the bin lorries will get to you as soon as possible.

Garden waste collections in the brown bins are now monthly until February. Residents should check their calendar for details or call 01623 463463.

Nottinghamshire County Council recycling centres are open every day during the festive period from 8am to 4pm, except Christmas Day, Boxing Day and New Year's Day. See the county council website for more details.

Christmas and NYE Bus Services

Trentbarton has announced its bus services for Christmas 2017 and over the New Year.

Jordan Kemp, marketing and communications manager at trentbarton, said: "We've planned our Christmas and New Year's services to keep people moving in the run up to the big celebrations this season.

"Over the past few years our festive buses have become a popular way for people to get in and out of town, and that demand keeps growing.

"We've planned ahead so we hope our customers can plan their journeys, whether that's last-minute Christmas shopping, an escape into fresh air on Boxing Day or how to get home after a big New Year's night out."

Full details will be on the trentbarton website. The key points are:

- Christmas Eve, Sunday 24th December: a normal Sunday service with last buses around 6pm. Routes that do not have a Sunday service will not run
- Christmas Day, Monday 25th: no services
- Boxing Day, Tuesday 26th: a Sunday service, but no skylink express, amberline or 20. pronto will run hourly between Mans-

field and Nottingham during the day

- Wednesday 27th and Thursday 28th: a Saturday service until midnight, but no nightbuses after 12am
- Friday 29th and Saturday 30th: a Saturday service including nightbuses
- New Year's Eve, Sunday 31st: a Sunday service with last buses around 8pm, plus nightbuses until 4am for revellers
- New Year's Day, Monday 1st January: no services
- Tuesday 2nd: buses are back to normal

Jordan said: "Our skylink routes to East Midlands Airport will be running a near-normal service, perfect for those planning a winter get-away. And our fast red arrow between Derby and Nottingham will be running

on Christmas Eve, Boxing Day and New Year's Eve.

"Everyone at trentbarton wishes all our customers a happy, peaceful and enjoyable Christmas and New Year."



Further details are available on the website: trentbarton.co.uk/christmas2017

St Mark's Place - What an Exciting 2017 It's Been!

Over the last year, Topland has invested in St. Mark's Place, Newark, and undertaken significant "streetscape" works throughout the centre. They have also carried out extensive expansion works to support a number of retailers within the scheme, including The Works and Teacups Tea Room.

The Works commented, "We are very happy with our new extended unit, where we will be offering our customers an excellent range of gifts, stationery, art & craft and books, all at fantastic prices, for Christmas."

Teacups owner, Michelle Simpson, commented, "Building on the success of our two original tea rooms, Mum and I decided to join them together and it was wonderful to be given the opportunity to expand our business and receive the support from the Landlord to enable us to do this. The extended space allows us to re-align

drive the business forward and cater for larger parties, as well as giving our regular customers an even better experience!"

Topland's Group Director, Steve Pope said, "We are delighted with the results of the Streetscape works and hope the local customers and visitors alike enjoy the much-improved scheme. It is important to maintain the centre as a key part of Newark's retail offer and the completed pavement and decoration works have reinvigorated the malls and the links with Market Place. We are very proud to have had the opportunity to shape the future of St. Mark's Place."

Make the most of the excellent variety of shops in Newark over the Christmas period. With seasonal offers and extended opening hours, St. Mark's Place really is the place to find all your gifts and some Christmas Cheer!

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Wednesday 13 December 2017 1.00pm Price As Per Menu - Meal and Quiz The Woodend, Chesterfield Road, Huttillwaite, NG17 2QJ

Friday 15 December 2017 7.00pm Price As Per Menu - Dine Around the World - Gurkha Express 146 High Road, Beeston, NG9 2LN

Monday 8 January 2018 11.00am Price As Per Menu - Coffee Morning - Harper and Finch, 46 Bath Street, Ilkeston, DE7 8AJ

Friday 19 January 2018 10.30am Price Free - Speakers
Corner - The Victorian Dog Drama Eastwood
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CROSSWORD

ACROSS

- 1 Belly (7)
- 5 Hundred cents (6)
- 8 Dig up and expose (7)
- 10 Friend (4)
- 11 Surface of the land (6)
- 12 Alien in Doctor Who (5)
- 14 Drop behind (3)
- 15 Letter pal (3-6)
- 16 Test of knowledge (4)
- 17 Complete failure (4)
- 19 Circus entertainer (7)
- 22 Viper (5)
- 24 The kind of friend who is loyal and trusty (7)
- 26 Sudden acceleration (4)
- 28 Large wild ox (5)
- 29 Concave or empty (6)
- 31 A small intricate part of a painting (6)
- 33 Street brat (6)
- 35 Blue and red (6)
- 38 Freshwater mammal (5)
- 39 Obstruct and prevent (4)
- 40 Hug (7)
- 43 Number of cheers (5)
- 45 Grave in significance (7)
- 47 Principal (4)
- 49 Village festival (4)
- 50 A thousand metres (9)
- 53 Down in spirits (3)
- 54 Nut tree (5)
- 55 Scaly reptile (6)
- 56 Free from danger (4)
- 57 Beaming with happiness (7)
- 58 Haphazard, lucky dip (6)
- 59 Specimen (7)

DOWN

- 1 Untidy writing (6)
- 2 To ridicule (4)
- 3 Mortal (5)
- 4 Young people (8)
- 5 Stabbing knife (6)
- 6 Spotted cat (7)
- 7 Edible berry (10)
- 9 Fit of passion (4)
- 13 Woodworker's fine-toothed cutting tool (7)
- 15 Component (4)
- 17 Stroke of pure luck (5)
- 18 Fill a suitcase (4)
- 20 Bird's beak (4)
- 21 Difficult (4)
- 23 Sweet course (7)
- 25 Leg pain (5)
- 27 Close group of stars (7)
- 28 Sad colour? (4)
- 29 The time (4)
- 30 Deputy doctor (5)
- 32 Black German dog (10)
- 34 Undiluted (4)
- 35 To suppose or take for granted (7)
- 36 The tail-end (4)
- 37 Rate of movement (5)
- 39 Sliding window frame (4)
- 41 Slow in development (8)
- 42 Manage to do, get by (4)
- 44 Gemstone (7)
- 46 Rarely (6)
- 48 Street (6)
- 51 Flashy and vulgar (4)
- 52 Try by eating a little (5)
- 54 Steering handle on a boat (4)

ISSUE 250 CROSSWORD ANSWERS

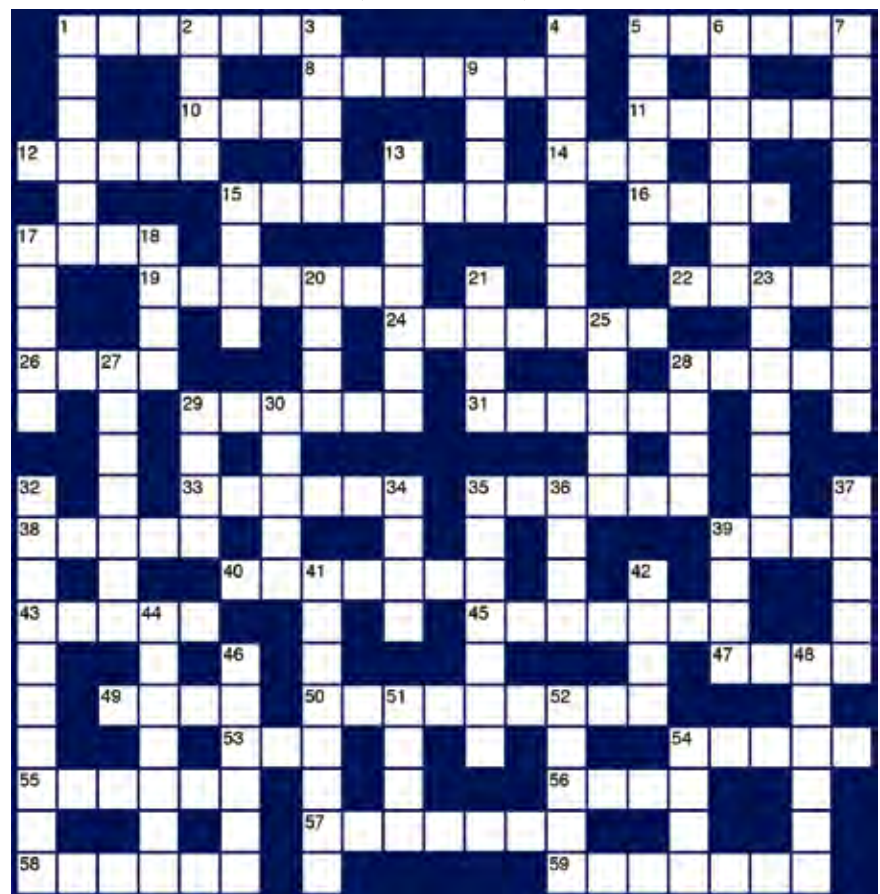
ANSWERS ACROSS

1 Lawnmowers 6 Dissidents 11 Burst 12 Thunderstorm 14 Hone 16 Liar 17 Tom 18 Dress 20 Settle 21 Cell 22 Run-up 23 Dictate 25 Ice 26 Shorten 28 Moor 29 Strange 33 Appreciate 35 Attraction 38 Enforce 41 Crop 42 Tracked 45 Dig 46 Located 48 Paced 49 Hide 50 Income 52 Debts 54 Sea 55 Bees 57 Ends 59 Remuneration 60 Table 61 Even-handed 62 Endearment

ANSWERS DOWN

1 Lobsters 2 Workmanship 3 Myth 4 Entertain 5 Sounded 6 Dodge 7 Sorts 8 Intercept 9 Earl 10 Supreme being 13 Million 15 Ore 19 Saturate 20 Spar 24 Iron 27 Exile 29 Surer 30 RAC 31 Lavender blue 32 Stockade 34 Ear 36 Inexcusable 37 Pope 39 Fighter 40 Calendar 42 Thickened 43 Cape 44 Adjacent 47 Dislike 51 Mud 52 Dread 53 Blind 56 Seen 58 Stir

(Answers in Issue 252)



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Uncover the Magic of the 12 Days of Christmas

Picture perfect postcards are hiding in the windows of the shops at Flying Horse Walk on the run-up to the most wonderful time of the year.

The luxury shopping arcade is hosting a 12 Days of Christmas themed treasure hunt to get guests in the festive spirit – with prizes to be won for completed entries.

Each of the verses from the popular 12 Days of Christmas song are hidden in the windows of a variety of stores in Flying Horse Walk.

Visitors to the treasure trail must then match the verse with the name of the shop on a festive entry form, which will be free to pick up from The Cheese Shop located in the arcade. From a partridge in a pear tree to five gold rings and nine ladies dancing to twelve drummers drumming, the treasure hunt will be a great way of getting into the holiday mood while out and about in the city centre, as well as discovering all that Flying Horse Walk has to offer.

The arcade's 12 Days of Christmas Treasure Trail is free to enter, and will run until Friday 24 December. Entry forms can be picked up from The Cheese Shop, where there will also be a Christmas post box for completed entries.

Rob Spencer, a director at FHP, the managing agents for Flying Horse Walk, said: "We're all really excited for Christmas in Flying Horse Walk and the treasure trail is a great way to get into the festive mood this December in Nottingham. We're sure our guests will enjoy spotting the postcards in the shop windows, as well as seeing all our Christmas decorations."

For more information on Flying Horse Walk and to keep up to date with the latest news, go to www.flyinghorsewalk.co.uk or follow @FlyingHorseWalk on Twitter and Instagram, and 'FlyingHorseWalkNotts' on Facebook.



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Christmas

It's Beginning to Look A Lot like Christmas!

Get into the festive spirit with the best premium cocktails this side of the North Pole. With show-stopping celebrations and festive feasts available now until the New Year, even Santa would stop his sleigh to get in on the Yuletide fun. 'Tis the season to get jolly!

Leading the Revolution

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a rosy red cherry 'nose' and mint sprig 'antlers'. Each merry mix is a gift to your taste buds and the perfect way to celebrate a Christmas that's the opposite of ordinary.

Turn up the Cuban heat

Adding a Latin twist on some Christmas classics, do as Santa does and check the Revolución de Cuba cocktail list twice - take your pick of seasonal serves that are both naughty and nice. These tasty tipples are better than a kiss under the mistletoe featuring the fruity Mince Pie Martini, the dreamy and creamy Eggnog Colada, the festive North Star and the Santa-coloured Sleigh Puller. Christmas at Revolución de Cuba is perfect for a festive fiesta accompanied by all-day dining,

party vibes, live music and DJs!

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Also available this winter are Christmas party dining packages for group bookings and private events, guaranteed to light up your Christmas like Rudolph's nose.

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ing green keeping skills provides for a wonderful golf course in great condition standing uniquely on its own. The lush approaches to fast sloping greens with subtle borrows and breaks demand full concentration, which combined with generous fairways and not overly penalising rough make it an extremely enjoyable golfing experience.

The Rushcliffe Golf Club is a private Club wholly owned by the members, a full range of membership packages are available, from full membership at £920 reducing on a sliding scale for members aged 18 to 35, junior subscriptions are £50.

If you are new to the game or have been away for a while Academy membership offers full playing rights together with £200 of golf lessons with our PGA professional Chris Hall a former European Tour player whose reputation as a coach has attracted players from around the country and Europe.

We are extremely honoured that The Rushcliffe has been chosen by Battle Back Golf to be their home club from 2018. Battle Back are a charity dedicated to helping wounded service men and women in their rehabilitation through the great game of golf, we are looking forward to supporting them for many years to come.

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Christmas Hampers Delivered To Homeless Hounds

Dogs Trust, the UK's largest dog welfare charity, will be delivering a record number of hampers to homeless dogs around the region this Christmas as requests for help from hostels and homeless flood in.

This year the teams will deliver more hampers than ever as homelessness in the UK has risen 13% on the past year, according to Shelter more than 300,000 people are sleeping rough in Britain. Undoubtedly some of these will have their four-legged best friend at their side.

Every Christmas, through its Hope Project, the charity brings some festive cheer to homeless dogs and their owners by distributing canine hampers of collars, leads, coats, treats and toys. The charity, set up the unique Hope Project in 1995, also offers free and subsidised veterinary

treatment all year round to dogs whose owners are homeless or living in temporary accommodation.

Clare Kivlehan, Head of Dogs Trust Outreach Projects explains: "Everyone knows that the bond between a dog and its owner is a strong one but for anyone experiencing any sort of housing crisis their dog can often be their only friend. As temperatures continue to drop, and with Christmas being an especially difficult and lonely time, we're delighted to be able to distribute these hampers. Sadly numbers of people being homeless or struggling with housing crisis has continued to rise, but we're pleased to have been able to reach 40 dogs and their owners in the East Midlands."

The Hope Project provides year-round support to dogs' owners who

are either homeless or experiencing housing crisis, by offering free and subsidised veterinary treatments to dogs of all shapes and sizes. The project also works with homelessness hostels and day centres to encourage them to accept clients with dogs and helps them put in place practical guidelines to ensure all residents are safe and protected.

Homelessness organisations or veterinary surgeries interested in finding out more information about the scheme should call Dogs Trust on 020 7837 0006 or email hopeproject@dogstrust.org.uk.

Dogs Trust is the UK's largest dog welfare charity and cares for over 15,000 stray and abandoned dogs each year across its network of 21 rehoming centres in the UK and Ireland.

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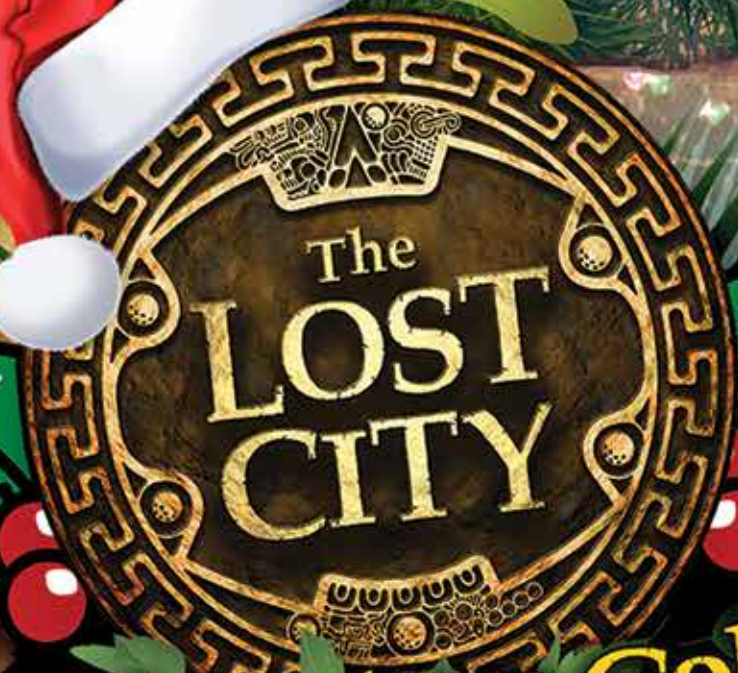
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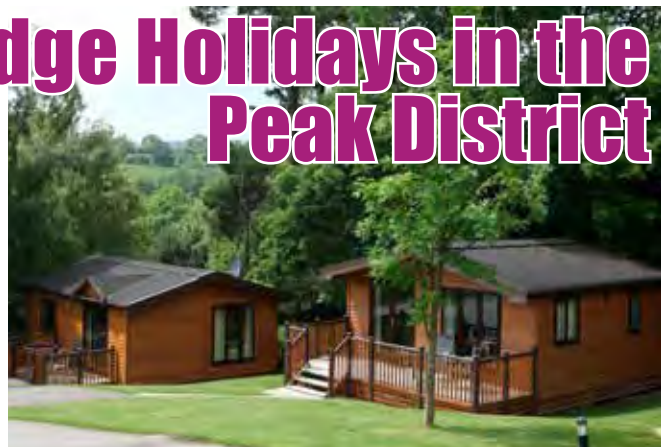
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Learn the basics

Whether you feel more

confident in a designated shooting area or have private land where you can practise, it is recommended that you have lessons with a trained instructor to learn the legal safety requirements before being able to shoot alone.

Get your shotgun certificate

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

legal requirements of safe shooting.

Clay pigeon shooting

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

With clay shooting you should always have lessons from a professional shooting instructor first, in order to adopt the correct technique. The Clay Pigeon Shooting Association has a list of grounds across the UK to find the most convenient location for you.

Pheasant and Grouse shooting

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

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

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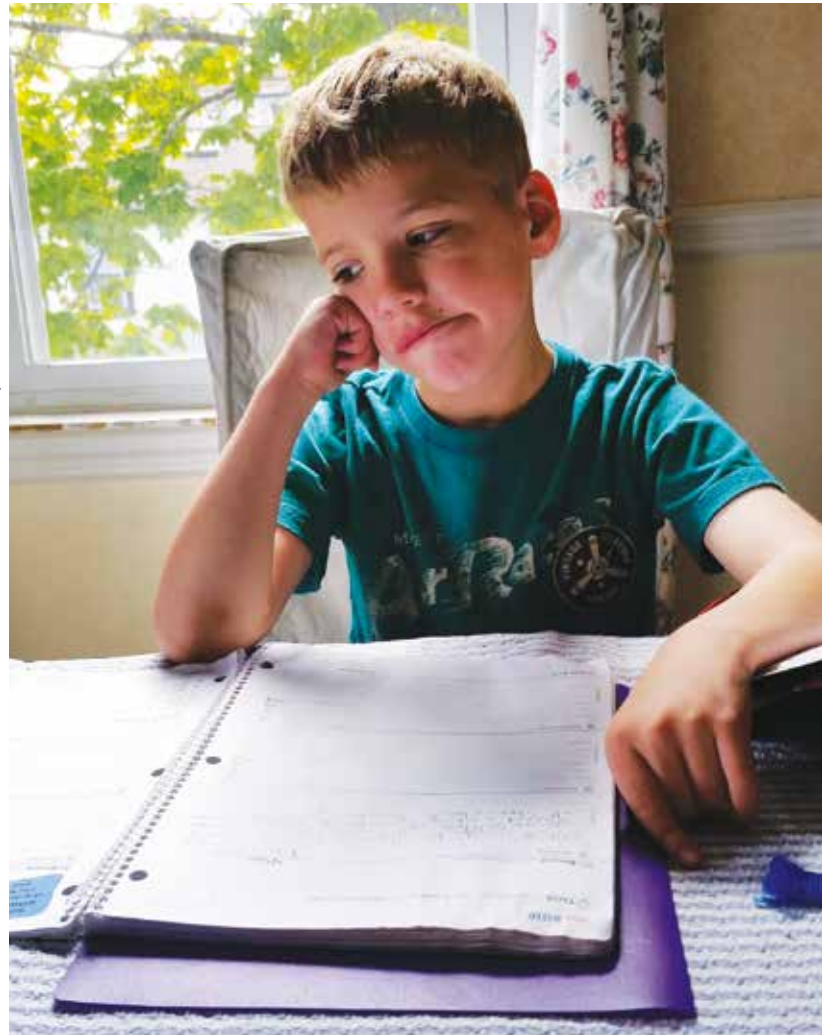
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Moving on into adulthood, learning a new set of skills can help you to secure a job you're passionate about, move up the career ladder or even enable you to make the most of your life outside of work by pursuing your personal hobbies and interests. Learning doesn't have to stop past school, with a range of adult training options available from college to weekend courses and evening classes.

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care

Keys to Luxury Care Home Handed Over to Adept Care Homes



Nottingham based care home builders, Wynbrook Design & Build has completed the construction and handed over the keys to its latest new care home project to family-run company, Adept Care Homes based in Hinckley, Leicestershire.

The new home is located in Chilwell in Nottingham and is called Chetwynd House' chosen because 'Chetwynd' was the name of an army regiment barracks that was until recently, located nearby.

The new £8 million luxury new care includes a shop, cinema,

traditional pub and a beauty salon. The interior design spans the tastes of many generations within a luxury living environment, whilst high tech specifications enables residents to keep in close touch with loved ones.

The home also provides multiple activities to keep residents stimulated and improve well-being and enjoyment as well as being an appealing place to work to attract the best levels of staff.

The Royal Bank of Scotland has provided a seven figure

funding package to support the new care home development. Commenting, Kenny Nelson, Relationship Director said: "Chetwynd House is a fantastic purpose built new care home and I am delighted to once again demonstrate our support of Adept Care Home Group and their continued growth. Dave Lock has established a first class management team who are all extremely experienced in the care home sector and will bring their expertise and high standards of care to their new residents."

Chetwynd House is the second new care home that Wynbrook has built for Adept Care Homes over the last two years, and a third home is already in the pipeline for 2018.

Wynbrook's Design & Build Construction Director, Steve Day, said: "We are thrilled to have completed another luxury care home for Adept Care, both on time and within budget. We look forward to working with them again."

Commenting on the completion, Dave Lock, Adept Care Homes, Managing Director, said, "The handing over of the keys from Wynbrook is a significant and exciting step for us as it means that Chetwynd House, which offers affordable luxury, is now ready to welcome its first residents from 2nd December."

Mr Lock added, "We are delighted with the quality of the home which has been designed to an incredibly top specification to allow our care team to deliver the highest quality of care. This, together with a range of wonderful facilities including a pub, cinema, shop and hair salon, offers residents and our team a truly superb place to live and work."

The interest in the luxury care home has been exceptional and Adept Care Homes plan will be phasing in new residents on a gradual basis to ensure everyone is given plenty of support and time to settle into their new home.

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Stay Warm and Healthy This Winter

Age UK Notts and Met Office join forces to combat cold weather risks.

Being prepared for winter weather can improve health and even save lives. To help keep older people healthy, Age UK Nottingham & Nottinghamshire and the Met Office are joining forces for the seventh year running. Together, they will help warn older people and their carers about imminent cold weather so that they stay warm and well this winter.

This winter, Age UK Notts will be working hard to raise awareness about the health risks of freezing temperatures, as well as providing tips to keeping people warm. Older people, or their friends and family, can call Age UK Advice for free on 0800 169 65 65, where they can order a free copy of 'Winter Wrapped Up', Age UK's guide with tips on staying warm and healthy this winter. The guide also comes with a free thermometer to

help keep track of the temperature in your home.

Alternatively, visit Age UK Notts' head office (Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ) to pick up your copy, or visit www.ageuk.org.uk to download the guide.

Age UK's top tips for staying warm and well this winter:

- 21°C/70°F is the ideal temperature for your living room, and the rest of

your home should be heated to at least 18°C/64°F. Use a thermostat or a room thermometer to keep the temperature of your house steady.

- Keep your bedroom window closed at night during cold weather. Breathing in cold air can increase the risk of chest infections.
- Stay active. If you're able, get up and move around during the day as this is good for overall well-being and for

generating warmth. Try not to sit still for more than an hour; do some chores, walk around or make a hot drink.

- Eat well. It's important to eat nutritious meals, so try to eat at least one hot meal each day and include a good range of foods in your diet. Not eating enough and becoming underweight is bad for your health as it makes it more difficult to keep warm and fight infections.



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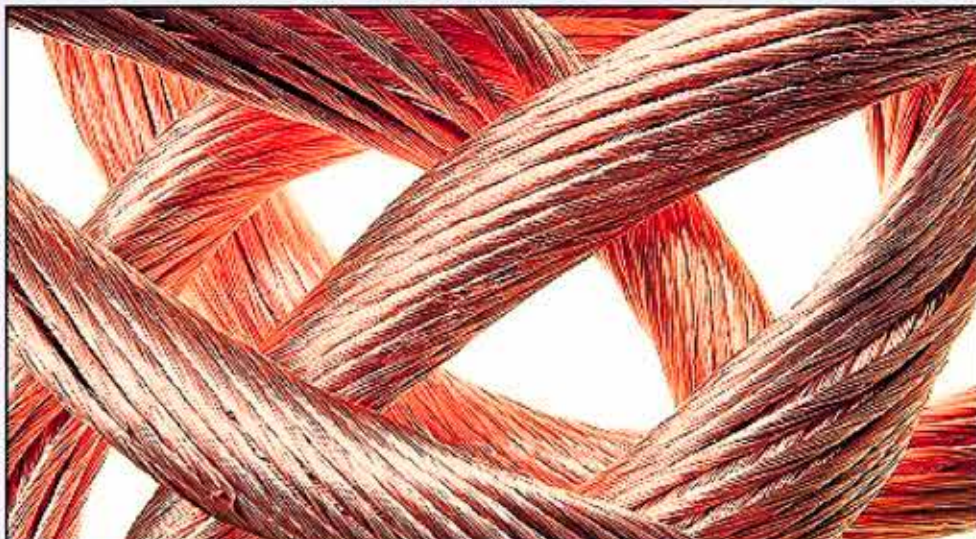
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