

Nottinghamshire F*in*OCUS

Issue 258



nottsinfocus



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6 - 12 Feb 2018

20p

(Where Sold

A Plastic Clever

A Plastic Clever Council

negative effect of plastic on the environment. They contacted the council and local MP, Vernon Coaker at the end of 2017 asking them to support their scheme to reduce the number of single use plastics. They spoke to Councillors at the meeting to encourage them to approve the motion and become a Plastic Clever Council. Plans are also in place for a spring clean in March with a focus on collecting plastics to go towards the Kids against Plastic target of collecting 100,000 pieces of plastic. Leader of Gedling Bor-

ough Council, Councillor John Clarke said; "I am very proud of this motion which will be presented to councillors to make Gedling Borough Council a Plastic Clever Council. We are committed to becoming one of the first councils to reduce and eventually remove the use of single use plastics in our organisation. We also encourage our businesses and residents to reduce their use of plastic, working with campaigners like Amy and Ella, who are doing a fantastic job of raising awareness of this very important issue."

Councillors pledged to stop the use of single use plastics in the borough at a Full Council meeting on 31 January. Councillors from Gedling Borough Council presented a motion at Full Council on 31 January to become one of the first Plastic Clever Councils in the country supported by a speech to Councillors from local children Amy and Ella Meek, who founded Kids against Plastic, a campaign launched to reduce the damage to our planet caused by unnecessary plastic. The motion set out a number of initiatives to phase out the

use of single use plastics in council owned buildings including leisure centres, community centres and the civic centre. Some of the initiatives set out in the motion include;

- Phasing out (with a view to ending) all sales of single plastic use bottles in Gedling Borough Council owned buildings.
- Phasing out the use of single use plastic products starting with disposable cups, cutlery and drinking straws in all council buildings.
- Replacing single use plastic cups with reusable deposit scheme cups at all council run events including the Arnold Carnival.

- **Launch** an annual plastic free challenge to encourage councillors, employ-

ees, residents, organisations and businesses in the borough to reduce the use of plastic.

- Promoting the Kids against Plastic campaign through the council's waste services lorries and other communications channels, to raise awareness of the work they are doing to reduce single

use plastic.

- A strategy will also be created by officers to encourage the borough's institutions, businesses and residents to adopt similar measures.
- Amy and Ella Meek launched the Kids Against Plastic scheme in 2015 with a target to collect 100,000 pieces of plastic after learning the

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1 New music festival smashes target to raise £100,000

Beat the Streets - the all-day music festival staged to help the homeless - was a resounding success smashing through its fund-raising target of £100,000.

Taking place across venues in Nottingham on Sunday 28 January, thousands turned out to watch storming sets from the likes of Sleaford Mods, Ferocious Dog, The Invisible Orchestra, Lawnmower Deth, Rolo Tomassi, Kaugoule and Eyre Llew.

Organisers DHP Family has now confirmed the festival will become an annual event with the next Beat the Streets scheduled for Sunday 27 January 2019. As well as raising vital funds, the festival is also raising awareness of the growing homeless problem in Nottingham.

The mon-



ey raised came from a combination of ticket sales, donations, bar takings, merchandise income, guest list donations and collection buckets. suppliers.



The money raised came from a combination of ticket sales, donations, bar takings, merchandise income, guest list donations and collection buckets. Many of the artists also donated their proceeds from merchandise sales on the day.

- £46,000: ticket sales and bar proceeds
- £16,000: fundraising activities (Hey! Hey! Hey! Clubnight, guestlist donations, Beat The Streets badge sales)
- £3,000: donated by beer suppliers
- £30,000: donated by DHP Family
- Additional funds were raised from merchandise sales, raffle sales, JustGiving donations and collection buckets on the day.

George Akins, DHP Family, said: "Wow, what a great day, everyone involved has worked so hard these past few months to deliver a meaningful event to raise awareness

and money for a serious issue that we can't ignore. The whole of the Nottingham music scene really came together to make a difference. I am immensely proud of everyone involved and will strive to make next year bigger and better." The money raised from Beat the Streets will go to Framework, the charity dedicated to improving the lives of

homeless people. Donations can still be made at JustGiving or by texting BTSN81 followed by the amount they wish to donate to 70070 (so to donate £3 you can text 'BTSN £3').



Georgie @ Rescue (photo by Gemma O'Brien)

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The dates of their stay will from Saturday 28th July until Saturday 18th August 2018.

All we ask of you is to house them and feed them and treat them as one of your family. Any clothes they may need are free from our charity shop. All costs for the child's journey are met by the charity and also any visits they go on will also be met by the charity and you and your family are included.

We are the Newark & Sherwood link and there are links in Nottingham and Mansfield

which I could supply details if that area of Nottinghamshire is closer to you.

We are a friendly informal group of all ages, we have one thing in common and that is we want to make a difference to these children's lives. If you believe you could make a difference to a child's life please contact me, then myself and a

female colleague will visit you in your home and talk in detail about the children. My contact details are 07815-473802 or robert.crampton@tiscali.co.uk I hope you can give this some serious discussion within your family. Robert Crampton, Chairman Newark & Sherwood Link Chernobyl Children Lifeline.

Wellness Walking Trail to put Nottingham shoppers through their paces



To inspire the people of Nottingham to stay active, intu Victoria Centre has launched official

walking trails and is challenging shoppers to pick up a free pedometer and move more in 2018.

As part of intu Victoria Centre's wellness campaign it has created two walking trails on its upper and lower malls, both of which when combined span one mile. Alongside this, intu Victoria Centre will also be giving away 500 free pedometers to customers which can be claimed from the customer service desk on the lower mall near John Lewis.

To celebrate the launch, intu Victoria Centre's team went an extra mile or two, and were the first people

to take on the trail in their fitness gear.

Nigel Wheatley, general manager for the two intu centres in Nottingham, said: "We all know how hard it can be to stick to New Year's resolutions especially when day-to-day activities can overrule going to the gym, or going out on a run or bad weather can put a dampener on fitness plans.

"This is why we have created walking routes in-centre and will be giving out free pedometers to our customers – it's a small way to move a little more, but will hopefully inspire us all to take a few more steps.

"Why not do an extra lap of the mall next time you are visiting the centre? It's a small change, but can make a big difference to your wellbeing. We are looking forward to seeing shopper's #intuFitnessTrails snaps too, so get active and posting!"

Local people are being encouraged to follow in the intu team's footsteps, complete the trail and snap a celebratory photo which when shared on social media with #intuFitnessTrails will put participants into a draw for a £50 intu Gift Card.

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Diners at Hart's raise money for Nottingham Children's Hospital



Festive diners at Hart's Restaurant raised £835 for Nottingham Hospitals Charity's Big Appeal, in aid of Nottingham Children's Hospital, by adding £1 to their bill during November and December last year.

This is the fourth year in a row that Hart's Hotel & Restaurant have chosen to support Nottingham Hospitals Charity in this way – Hart's customers have donated more than £5,500 since 2014.

Hart's General Manager Adam Worthington handed over the money raised to Nottingham Hospitals Charity last month.

"Every year we are so touched to see how generous Hart's diners can be," he said. "We are delighted to continue supporting

such a great local cause and to see how the money donated by our kind customers over the festive period makes a difference for patients and families at Nottingham Children's Hospital."

Receiving the cheque, Nottingham Hospitals Charity Fundraising Manager Nick Lawford said: "Since we launched our £4m Big Appeal for Nottingham Children's Hospital at the end of 2016 we have raised nearly £800,000, which is helping to improve hospital facilities for young patients and their families.

"We are so grateful for the commitment and generosity of Hart's, who are one of a number of key Nottingham businesses providing essential sup-

port for the appeal. It is a privilege, too, to be supported by Hart's Restaurant in its historic 20th year."

The Big Appeal aims to raise £4m over four years to help patients and their families at Nottingham Children's Hospital, which is based at the Queen's Medical Centre, by providing improvements to parent and family accommodation, making the ward environment more child-friendly, funding specialist diagnostic equipment and supporting research into childhood diseases.

To find out more about the Big Appeal, to make a donation or get fundraising ideas, please go to www.nottinghamhospitalcharity.org.uk/robin.

Discover LGBT History Month at the University of Nottingham



February is LGBT History Month, and the University of Nottingham is taking the opportunity to celebrate LGBT culture with the local community by hosting a series of exciting events including public lectures, film screenings, discussions and performances. Lesbian, Gay, Bisexual and Transgender History Month is a powerful and thought-provoking event that takes place annually and aims to promote equality and diversity for the benefit of everyone. This will be the fifth year running that the University has organised a programme of events for LGBT History Month.

The 2018 theme for LGBT History Month is Geography: Mapping the World which in part celebrates the progression around the world over the last year to legalise same-sex marriage. As well as in venues on University of Nottingham campuses, many events (most of

which are free to attend) will take place in popular community venues around the city, including Nottingham Contemporary, Broadway Cinema, Five Leaves Bookshop and Rough Trade Nottingham.

Speaking about this year's LGBT History Month celebrations, Dr Max Biddulph, Chair of the University's LGBT Staff Network, said: "Welcome to UK LGBT History Month at the University of Nottingham. In line with the national festival of LGBT history, this year we explore the theme of 'Geography.' Speaking as both a Geographer and a gay man, it's my view that the humanity that imbues this subject goes to the heart of LGBT+ experience. Whether it's our relations with and movement through, socio-cultural space or the human processes experienced in it, our 2018 programme speaks to both historic and contemporary issues."

The full events programme is available on the University's LGBT History Month blog. All event links are now live for you to book your place.

Nottingham shoppers raise more than £5,500 for good causes

Shoppers in Nottingham helped to raise £5,500 for local good causes throughout the festive season at intu Victoria Centre and intu Broadmarsh – as well as donating hundreds of Christmas presents to underprivileged children.

The sound of 13 choirs filled the halls at both shopping centres during November and December as schools and charity groups raised £5,500 collectively thanks to customers' generous donations.

The two intu centres also played host to Christmas giving boxes once again in support of Gem 106's Cash for Kids campaign as well as working in partnership with Business in the Community (BiTC), Nottingham City Council and the Salvation Army to collect Christmas presents for underprivileged children in the region.

Nigel Wheatley, general manager for intu in Nottingham, said: "Our customers are always incredibly generous and last year was no different. We support a wide range of different good causes and charities locally throughout the year, so we were delighted to be able to help raise £5,500, it's amazing. "We introduced our giving boxes in 2014 and each year we have been overwhelmed by just how many gifts our shoppers have donated – we would like to say a huge thank you to everyone for supporting these worthwhile causes again."

During the festive period, 13 choirs performed across intu Victoria Centre and intu Broadmarsh including the Nottingham Operatic Society, Emmanuel House and Hollygirt School.

Pamela Hutley, headmistress at Hollygirt School, said: "It is always a joy for shoppers to stumble across little ones singing their hearts out amid the hustle and bustle of Christmas preparations. Hollygirt School was delighted to add intu Victoria Centre's Christmas spirit singing their special song, 'Love's Not Just for Christmas'.

"All our children had a lovely time and met some gorgeous people who stopped for a chat. We also raised a fabulous amount of money to support Family Care, a local charity which recruits and trains adoptive parents to find 'forever homes' for what are described as 'hard to place' children. We hope we get an invitation next year to sing at intu Victoria Centre!"



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Children at Ladybrook's Flying High Academy have hosted a whopping Careers Event, helping them to learn all about the many careers available to them when they leave education.

There were many professional experts available to talk to the

children about how to pursue their dream jobs including, HM Army, Estate Agents, Teachers, a Librarian, Hospitality Managers, Speech and Language experts, the Fire Service, Police, commercial Divers and even a Tank Instructor!

Getting into the spirit of chasing their dreams, all of the pupils dressed up in clothes representing careers they are interested in. Pupil Liam Ross came dressed as a Fire Fighter and said, "I really want to be a part of the Special Forces because I think it would bring me rewards, not just money rewards, but inner rewards! I have talked to the Fire Fighter today and the Police Dog Handler as well. I have looked at the qualifications I need to be a Fire Fighter and I am sure I can get them." Liam said he was excited to be at the event, "Everything I do at this school is better and the teachers are nice and help me."

Pupil Jake Evans met a librarian

who he says told him all of the many aspects of what that job entails: "It's more than just stamping a book. He goes to different places to get people interested in reading and to inspire them to join the library." But Jake also met Mr Ryan Brookes (Speech

he hadn't even thought of before. Jake said, "Through what I have seen today, I think I would like to be like the man with the computers that help people to speak. You stare at the screen and the computer does what you are staring at, it's quite clever really. He



and Language – Augmenting and alternative communication support) from Portland College who inspired Jake with a career

also goes from place to place in his car to show people what the computers can do. I would like to do that!"



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Doctor's generous donation will benefit women's charity



A successful forensic psychologist has donated £1,000 worth of clothes and toiletries to a charity that helps women get back on their feet following their release from prison. Dr Ruth Tully, 35, director of Nottingham based Tully Forensic Psychology Ltd, donated bags of clothes and toiletries to the Women's Service, part of Lincolnshire Action Trust. The

organisation supports vulnerable women involved in the criminal justice system, who often find themselves with nothing. Dr Tully, said: "Many of these women find themselves having to choose between feeding their baby and buying tampons. Some of them have substance misuse problems and face adversity on their release from

prison." Lincolnshire Action Trust works with a variety of agencies within the criminal justice system to reduce re-offending by working with offenders to address some of the issues and challenges which have resulted in their sentence. The Women's Service, which was formed a year ago, also supports the families of women who have been

in prison. Lauren Mumby, performance and development manager at the charity, said the donation drive began six months ago when they realised there was a need for it. She said: "We started off doing dignity packs for the women and it has grown from there. People have been very generous and the women are very

grateful that people are thinking about them. "Dr Tully is not from Lincolnshire so it is great that she has made such a big donation, she has gone above and beyond." Part of Dr Tully's work includes carrying out psychological assessments

in prisons, courts, and local authority services, and she has built a great reputation in the industry for the work she has done with her clients. Her business provides independent risk and need assessments in prison parole, court proceedings, family and criminal law cases.

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A Nottingham based travel company has sponsored one of the city's tram stops thanks to a partnership with major tour operator Jet2holidays.

Skills Holidays' Worldwide Travel Shop in Beeston also acts as an independent travel agent offering Holidays worldwide for their customers and booking European Holidays on behalf of Jet2Holidays.

As a result of the partnership Jet2holidays paid for Skills to sponsor the Chilwell Road tram stop, which is opposite the office. Tram travellers will now be able to see a poster advertising Skills' holidays.

Natalie Legge, retail sales manager for Skills Holidays, said: "Jet2holidays are one of the top tour operators for our customers. A couple of years ago the company decided to deal with independent travel agents which could help to expand

business for them. Since the partnership formed, business has also increased for Skills and we have seen increased footfall into our Beeston branch."

Since the partnership began, business has increased for Skills 112 per cent year-on-year, beating Jet2holiday's target of 50 per cent. Natalie added: "As an independent travel agent we get our customers the holiday they are looking for with the right tour operator, ensuring they have the best holiday. Customers can have confidence that when they book a Jet2holiday with us, the ladies in the Beeston branch have more than 40 years' travel experience between them. They therefore have the knowledge to find the right holiday for the right customer, which is fantastic."

Holidays that can be booked at the Skills Holidays' Worldwide

Travel Shop include villa, city and ski breaks to destinations such as Greece, Spain, Italy and Croatia.

A spokesperson for Jet2holidays, said: "We are delighted to be working in partnership with Skills Worldwide Travel and we are confident that this advert will help spread some sunshine in Beeston."

"We have a fantastic relationship with Skills Worldwide Travel, and we have worked on a number of joint marketing initiatives together. This is typical of the way that Jet2holidays supports independent travel agents to help them grow their businesses, and we have seen some great results through that approach here in Beeston the team at Skills. We look forward to continuing that for a long time to come, as we continue to grow at East Midlands Airport."

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Landlords - will sealed bids soon happen in the Nottinghamshire rental market?

Whilst for the sealed bid system may sound onerous, given the high demand within the Nottinghamshire market, it could soon be a question of when, rather than if sealed bids become commonplace



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Our Thoughts

It's often said that what happens in London filters through to other areas of the U.K. A study by property firm Zoopla suggests that the London rental market showed a 2.6% decline on average agreed rents in during a recent month, a trend which is also shown in 5 out of 12 U.K. regions. East Midlands average rents rose in 2017, up 2.8% on 2016.

There is currently very high demand for rental properties. In Nottinghamshire tenants are competing for limited rental stock. The situation is exacerbated by the changing nature of this generation of renters. No longer the temporary territory of young people on the road to home ownership, renting is becoming popular across the generations and with families as well as single people and couples.

The market is also witnessing a demand for rental properties with higher specifications a demand which is currently cutting across the demographic of renters. This demand, coupled with a shortage of stock will, according to Adam Kingswood of Kingswood Residential Investment Management continue to keep the Nottinghamshire rental market buoyant and thus will buck the downward decline in other regions.

Adam comments: "The London market has been overheated for some time as rental prices relative to incomes are staggeringly high for ordinary people. The average rental price in the capital is £1524 compared with a UK average of £908 and an East Midlands average of £614."

"However, where the Nottingham market is becoming somewhat like London is the level of demand. We are seeing multiple applications for each property and I predict that we will soon see sealed bids being used as a fair way of selecting tenants. This is a practice used by London letting agencies for some time." We very often receive multiple tenancy applications for one property from extremely similar applicants leaving our landlord client with very little or nothing to differentiate when deciding which party to proceed with.

A fairer system? The system of sealed bids may be fairer to all parties in a busy rental market. If introduced, the practice would represent a major shift in Nottinghamshire where the market is not used to the process. For tenants, it may seem that the process of sealed bids is a system to extract more rental whereas in fact it's a process that helps to prevent gazumping and makes the system fairer which benefits the tenant and the landlord.

Kingswood Residential are ARLA Propertymark licensed independent lettings specialists with offices in Nottingham and Mansfield. We specialise in providing expert and tailored letting and management services for local Landlords. For further information, please visit www.kingswoodrim.co.uk

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Property

High quality new homes in Nottingham are big draw for buyers



With a huge variety of homes to choose from, buyers at all stages of the property ladder have been snapping up Bellway homes in Nottingham.

Bellway's East Midlands division is building two to five-bedroom homes in four developments in and around the city, giving buyers the chance to choose their perfect home in their ideal location.

The developer's Liberty development off Chalfont Drive to the north-west of the city is offering buyers the chance to pick up a particularly good deal, as some properties are ready to move into now and many plots could save buyers thousands.

Ben Smith, Sales Director for Bellway East Midlands, said: "We have some real once-in-a-lifetime deals available

at our Liberty development, which are helping many people get a larger home than they could ever previously have hoped for.

"However we're urging people to act fast, as some of these deals will only be available for the next few weeks. Two great deals are available for anyone who reserves a plot at Liberty in February which is due for completion before the end of April.

All of those buyers will receive a complimentary night at the luxurious Hoar Cross Hall in Staffordshire, and we're also paying stamp duty for all eligible buyers too.

"Some of the plots at Liberty are available to move into right now, which is a great opportunity as some of our other developments in Nottingham don't have anything available to move into until much later in the year.

"The location has also proven very popular with buyers, as it's just a couple of miles from the city centre and less than fifteen minutes from the M1, but doesn't have an overly urbanised feel. As more people move in, it's turning into a lovely community with a really nice family feel.

"There will also be a large public open space at Liberty when it is complete, which will provide the perfect opportunity for families to relax in an oasis in the city."

Bellway is building two, three and four-bedroom homes at Liberty, with four-bedroom homes currently priced from £265,000. It is also building three and four-bedroom homes at its NG2 development in West Bridgford, three, four and five-bedroom homes at Sherwood Gate in Linby, and two to five-bedroom homes at its Bellway in Farnsfield development.

Bellway

Liberty, Chalfont Drive, Nottingham



Sherwood Gate at Linby



Please call 0115 929 2952 for more details about Liberty or visit the website at bellway.co.uk

Why buy new?



Whether you're thinking of taking your first step on the property ladder, want more space or are looking to downsize after no longer needing a large family home – there are a range of new build property developments out there which provide a number of benefits for potential residents.

Among the many advantages of buying a new-build home are perks like guarantees, personalisation opportunities and incentives.

A guarantee is one of the most appealing things about buying a new build property. Since new-builds are built to meet the

latest specifications, new-build homes come with a 10-year NHBC warranty covering structural defects and developers often provide their own warranty, so you know that your latest investment is covered should anything go wrong once you move in.

A blank canvas for you to personalise, new-builds offer a great opportunity to create your dream property. With personalisation offers often available when buying off-plan, you may be able to choose your fixtures, finishes and add additional extras.

Incentives are another fantastic perk of a new-build. With the

Government offering a number of opportunities for first time buyers, including the Help to Buy loan scheme and Starter Homes Initiative. However, there are also benefits for existing home owners; including Part Exchange offers to help you move property. Finally, with no upward chain, it is often easier to purchase a new-build, meaning you can move into your dream property even sooner.

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Innes England gifts Get Busy Living Centre four-figure donation



L-R Peter Doleman, Innes England; Louis Deacon, Matt Hampson Foundation; Matthew Hannah, Innes England; and Tommy Cawston, CEO of the Matt Hampson Foundation

A new £1 million rehabilitation centre for people who have suffered life-changing injuries through sport has received a four-figure donation from property consultancy Innes England. The firm, which has offices in Derby, Leicester and Nottingham, has contributed £2,500 to the Matt Hampson Foundation's Get Busy Living Centre – a state-of-the-art facility at Burrough Court Estate, near Melton Mowbray, in Leicestershire. Directors at Innes England, Peter Doleman and Matt Hannah, presented a cheque to the foundation during a tour of the recently completed centre. The cash injection will be put towards specialist equipment for the rehabilitation gym.

Matt Hampson, former England Under-21 and Leicester Tigers' rugby player, sustained life-changing injuries in a training session accident in 2005 and set up the foundation to support others who have been similarly affected. Peter Doleman said: "This inspiring new facility will be invaluable for young people who have sustained life-changing injuries; we're proud to show our support for such an important and worthwhile cause in our region." The Get Busy Living Centre, on the site of a former aircraft hangar, has been transformed into a facility where

severely injured people can receive physical rehabilitation, spend time with their families and share experiences with other service users. Tommy Cawston, from the Matt Hampson Foundation, said: "We are so grateful to Innes England for this very generous donation. This sort of support allows us to continue to help our ever-increasing number of beneficiaries. "Building the Get Busy Living Centre has been Matt's dream and

now completed, it will allow us to help even more people to Get Busy Living again after a life altering injury. We know it will make a huge positive difference to people's lives, offering peer support as well as physical rehabilitation to both the individual and their families." For more information about Innes England visit www.innes-england.com on the centre, please visit: www.matt-hampsonfoundation.org.

Hundreds of homes to be built in the East Midlands

Miller Homes Midlands has announced plans to bring more than 466 new homes to the East Midlands, with developments planned in Derbyshire, Nottinghamshire and Leicestershire. Spread across four sites, including Melbourne in Derbyshire, Farnsfield in Nottinghamshire and Kibworth in Leicestershire, the new communities have properties to suit everyone, from first-time buyers to families looking for more space to grow. Spring sees the launch of Augustus Grange in Farnsfield, a boutique development of 60 three to five-bedroom homes on the doorstep of Sherwood Forest. Within an hour's drive of Nottingham, it also has plenty of amenities nearby in the towns of Southwell, Mansfield and Newark. Later in the year, Miller Homes Midlands will begin work on Centurion Place in Kibworth, a

development comprising 110 two to five-bedroom homes, followed by Victoria Gardens in Melbourne, which will offer 34 new properties. Alongside these developments, the housebuilder is also delivering 334 properties in the West Midlands, across four sites in Warwickshire and Gloucester. Alastair Parsons, area sales director for Miller Homes Midlands, said: "All our teams worked hard to ensure 2017 was a record-breaking year for us, with a total of 680 homes being built. Our plans to launch more developments are already underway and we're confident we can exceed last year's figure in the coming 12 months, helping even more people get



on the property ladder. "We're also on course to build 648 homes on our popular existing sites, including Derby developments, Highfields, Dales View, Priory Grange, and Langley Country Park. We will also bring more properties to Knights Chase in Ashby-de-la-Zouch and Sovereign Park in Shrewsbury, providing even more choice for buyers in the region." For more details on Miller Homes, including its East Midlands developments, visit www.millerhomes.co.uk.

Young Landscapers Award

BBC Gardeners' World Live organisers are excited to announce the launch of the BBC Gardeners' World Live Young Landscapers Award, supported by the Association of Professional Landscapers (APL). This brand new competition at BBC Gardeners' World Live (14-17 June at The NEC) is a platform to promote excellence in the landscaping industry and support up and coming landscapers, encouraging them to engage with high profile projects. Four of the very best young landscapers in the country, all aged under 28, will form two teams, to display their high calibre skills in this tough competition. Designed to champion skills amongst young people and nurture emerging talent, the competition will see the contenders working in pairs

to build two challenging Show Gardens packed with an array of landscaping elements. The Show Gardens designs, each at over 30m2, will require the landscapers to show off a variety of skills to the very best of their ability. With both gardens completed within the demanding timeframe of a Show Garden build, they'll be assessed on Wednesday 13 June by the BBC Gardeners' World Live Show Garden Assessment Panel plus two dedicated judges from the WorldSkills Assessment Panel, assessing the gardens to WorldSkills UK standards and tolerances. One duo will be crowned the



same day as BBC Gardeners' World Live Young Landscapers of 2018, before the Show opens to the public on Thursday 14 June. To apply to take part in the Young Landscapers Award, details and the application form can be found online at www.bbcgardenersworldlive.com/YLA. Application deadline 27 February 2018.

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Nottingham entrepreneurs 'brew up' second coffee shop



Report reveals investment in city at record-breaking high

The city's annual in-depth commercial property review published by Innes England has revealed Nottingham benefited from £510 million of investment activity in 2017 – the highest level recorded in 11 years.

The 11th Market Insite report – which monitors trends in the regional property market focussing on Nottingham, Derby and Leicester – also identified increased take-up across office, industrial and retail, in line with an increase in rental values. In Nottingham, the 2017

report also highlights:

- Rental increases were recorded across office, industrial and retail sectors
- Deals struck with HomeServe, Framework Housing and Siemens helped to bolster the city's office transactions
- Take-up in the industrial sector rose 24% year on year
- Office supply is 20% lower than 2016
- Craig Straw, director at Innes England, said: "In the last year, Nottingham has benefited from a boost across all sectors."

Investment levels have reached the highest point recorded over the last decade which is great news for the city.

"Leisure, student accommodation and the emerging PRS (private rented sector) have been key contributors to this growth and highlight the renewed confidence from investment funds willing to capitalise on opportunities in the regions."

"Activity at the larger end of the size range, which had been absent the year before, helped to boost the office take up figures."

HomeServe and Siemens found new out-of-town premises for their new regional offices while Framework Housing secured a new city-centre HQ. Take up was often not replaced with new supply and by the end of the year supply was down 20%. This market imbalance fed through to rental inflation with prime rental growth being experienced for the first time in a number of years.

Find out more at www.innes-england.com or join the conversation at @InnesEngland.

An independent coffee shop has opened its doors at intu Broadmarsh founded by local entrepreneurs Neha and Sid Sharma.

Crème – a new café and deli – offers upmarket coffee and a selection of artisan muffins, sandwiches and pastries freshly baked on site every morning. The couple are expert baristas and use healthy, high-quality ingredients for their entire menu.

In anticipation of intu Broadmarsh's redevelopment, the entrepreneurs who currently own popular and longstanding café Coffee Mug and Essence Salon and Nail Spa have now opened a third venture in the centre, building on their previous successes.

Neha Sharma, co-owner of Crème said: "Over the past five years, we have built a loyal following of regular customers, and although we will be closing Coffee Mug soon, we wanted to open a

brand-new coffee shop to follow on from its success. Our customers would be gutted if we closed the café and had nowhere else to get their morning coffees! We've been at intu Broadmarsh for a number of years and are really pleased to open another business in one of Nottingham's biggest shopping centres.

"We've received a lot of support from intu and its staff over the past few years. They continue to promote our businesses and tell the people of Nottingham where we are."

Nigel Wheatley, general manager of the two intu centres in Nottingham said "We're thrilled that Sid and Neha have chosen to keep their business at intu Broadmarsh and they saw the opportunity to grow their operations at the centre."

"Crème will be a great addition to the redevelopment, to which we're continuing to add new and exciting retailers. We're excited to start seeing the changes being made to the centre in 2018."

New Survivor Support Service helping victims

A new support service is helping victims and survivors of child sexual abuse aged 13 and over to cope with their experiences and improve their mental wellbeing.

The Survivor Support Service has been commissioned by Nottinghamshire Police and Crime Commissioner Paddy Tipping and delivers specialist emotional and practical help and advocacy for those harmed by child sexual abuse which took place in an institutional setting or those who reported child sexual abuse to a person in authority and was ignored or disbelieved. Help provided is completely confidential and victims and survivors do not need to report the abuse to the police or be involved in IICSA to be supported by the service.

Mr Tipping said: "The recovery and wellbeing of survivors of non-recent abuse is a top priority and this service ensures victims receive the specialist psychological and practical help they need to cope with day-to-day life and improve their future health and wellbeing."

"It is vital abuse victims feel they are listened to, taken seriously and supported and that robust action is taken. Alongside this important national inquiry, we owe it to all those who have suffered to provide the full range of help and assistance they need to rebuild their lives and improve their coping strategies as part of a lifelong recovery process"

The Survivor Support Service, which is delivered by Nottinghamshire Sexual Violence Support Services (NSVSS), has already helped more than 30 victims and survivors to improve their daily lives and emotional wellbeing by gaining greater choice and control over all aspects of their daily lives. Examples of help provided include developing coping strategies to manage difficult situations, building confidence to manage everyday appointments and activities, debt advice and gaining access to substance misuse support. Victims and survivors can self-refer to the service by calling 0115 9508713 or by emailing: survivorsupportservice@notts-vss.org.uk. Further information is available on NSVSS's website.



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Aries

A new friend could soon appear on the horizon that is far more in tune with your needs and desires than anyone you have previously been involved with. You may be tempted to neglect a task or chore that if not addressed soon will be the cause of much tension and stress by occupying events beyond your control. You have some good ideas about holidays and travel, so now is the time to act upon your impulses.

Taurus

You'll be in a no nonsense mood when dealing with family members who have been playing you up recently with their unreasonable demands or just not being completely honest. A lover or spouse could become possessive and suspicious which will make you feel uncomfortable. You can escape these emotional dramas by taking up a new hobby or interest that provides you with some much needed personal space.

Gemini

Make one person happy each day, even if it's yourself. Whatever you believe you can do, you can do. The only person standing in your way is yourself, so now is the perfect time to start making a few positive and exciting plans of your own. You will learn something to your benefit over the next few days concerning a professional or financial matter. Events at work could spiral out of control with emotions running over the top, so think carefully how you react and choose your words wisely.

Cancer

No matter how much pressure you find yourself under, there is absolutely nothing that you cannot tackle once you get your head into gear. You will find a clever way of manipulating things to work your way giving you a greater advantage than your opponents. Spend as much time with family and loved ones as possible because they need you the most right now. Some reassuring news regarding your finances will provide you with some much needed peace of mind.

Leo

Someone is really starting to get on your nerves and them putting you under undue pressure is a bad move on their part. The situation could spiral out of control so much that it won't be long before you are bored with their neediness and make a stand by taking control of your own life. You will soon be jumping for joy as you receive positive news regarding a project very dear to your heart.

Virgo

Be ready to refuse demands made by family members who really don't have a clue about all the daily pressure you are currently under. Romance and close personal relationships will occupy much of your thoughts as you feel in a quandary as to what to do for the best. Don't drive a wedge between yourself and a someone who you are very close to just because you are not being told what you want to hear. A job offer with a difference could be just the lucky break you need right now.

Libra

If you are ready for some action or a change in your daily routine. A new romance beckons with someone you find incredibly attractive but who is an expert at playing mind games and if you are not careful, will start playing with your heart. You insist that you are a private person yet you have not been as discreet as you ought with a certain friend and the truth regarding someone you thought you could trust and rely upon will surface unexpectedly.

Scorpio

Put your own wants and wishes first and foremost because if you do not look after yourself, no one else will. Expect the best and you will get the best and even though you may not be aware of it, you command a great deal of respect even from your biggest critics. If you feel like doing something different just for the fun of it, just do it and start living the free and happy life you have always dreamed about but up until this moment in time were too restricted to break down certain barriers.

Sagittarius

Put your own wants and wishes first and foremost because if you do not look after yourself, no one else will. Expect the best and you will get the best and even though you may not be aware of it, you command a great deal of respect even from your biggest critics. If you feel like doing something different just for the fun of it, just do it and start living the free and happy life you have always dreamed about but up until this moment in time were too restricted to break down certain barriers.

Capricorn

A battle of wits will take place between you and a partner whilst a selfish relative will expect you to drop everything and adhere to their demands. A change of direction is on the horizon regarding your career. What once seemed important is no longer taking precedence because you are on the look out for a complete change of direction. Contact with like minded people will prove rewarding, bringing introductions that further your interests.

Aquarius

A battle of wits will take place between you and a partner whilst a selfish relative will expect you to drop everything and adhere to their demands. A change of direction is on the horizon regarding your career. What once seemed important is no longer taking precedence because you are on the look out for a complete change of direction. Contact with like minded people will prove rewarding, bringing introductions that further your interests.

Pisces

A long term friendship or romantic relationship could hit the rocks. If you refuse to communicate sensibly and listen to the other person's point of view you could end up the loser. Your career begins to show signs of recuperation and general improvement and by saying exactly the right thing you could land a prime promotion or recognition of some kind. Pay attention to your health, especially if you have been overworking things and not getting enough rest.

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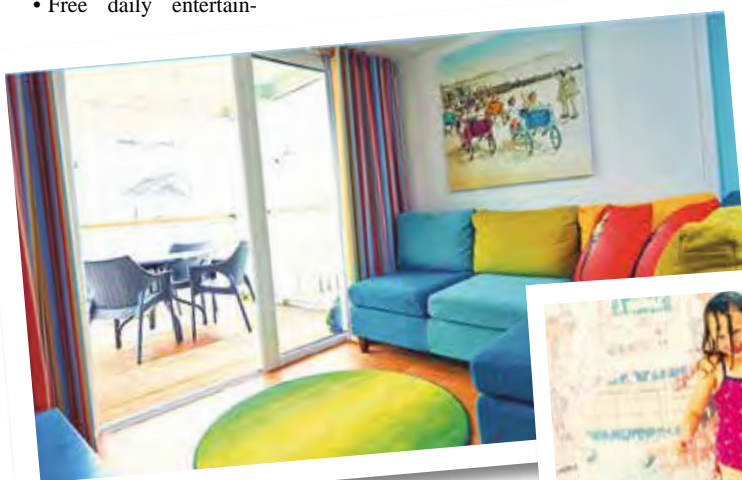
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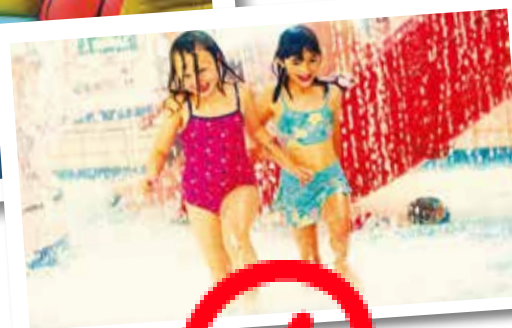
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A Great Escape

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offering different points of interest to their visitors from an educational trip to an active long weekend. Whatever you seek from your break, Lincolnshire has something for you.

Sitting on the border between the East Midlands and Lincolnshire, Grantham provides the perfect basis to explore the rolling hills of the countryside with easy access to a retail paradise, where you can find shops and restaurants galore.

Recognised as the birthplace of famous and influential figures, Grantham offers lots of things to see and learn, from landmarks such as the spire of St Wulfram's Church and the Victorian clock tower to the pleasure of the River Witham which flows through the town. For a family day out, visit National Trust properties Belton House, Easton Walled Gardens, Ellys Manor or Belvoir Castle.

Fancy a trip to the beach? Skegness is best known for its lively seaside atmosphere which attracts millions of

visitors every year. The golden sands, stunning caravanning and camping sites along with the famous Fantasy Island theme park are just a few fantastic assets that make up this seaside paradise.

From bed and breakfasts and luxury hotels for those spontaneous long weekends to renting a caravan or holiday home for a bit more personal space – Skegness has something to suit everyone's fancy, including a Butlins resort.

Visit the Tower Gardens for a stroll amongst the flowers and get involved with the free events and activities for kids they host all year round! For an exciting alternative, head to Fantasy Island theme park for a selection of rides, fun fair snacks and exciting markets full of souvenirs to take home with you. For younger children, try donkey rides on the beach or a trip to Natureland to admire the baby seals and penguins.

Wherever you decide to go in Lincolnshire, you will be sure to make some memories.



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TOP 7! ATTRACTIONS

Seven Days of Fun

Need something to do over February half term? We have got you covered! Whether you're looking to take the whole family on an adventure for the

day or you'd prefer a quiet morning with the kids, visiting your local park or doing something more creative – we have a solution for you.

We have picked the top seven things to do near you for February half term which will have you jumping out of your seats with excitement. With a different activity every single day, you'll be sure to have an active break from school or work.

Make the most of your valuable time off together by trying something new. It's all too easy to fall into the same routine and visit the same places over and over again, but now is the time to step out of your comfort zone and seek a new family-friendly activity for everyone to enjoy.

Don't let the kids waste their half term spending hours in front of the TV or an electronic device. Speak to your kids or have a family meeting to share ideas for activities you would all enjoy doing together for an exhilarating alternative to your usual daily pastimes. We've put together a few of our favourites to get you started.

Whether you decide to get involved in something active, or enjoy a treat or two at a new food venue, we have picked our favourite seven activities to keep you busy this half term. Time to discover something new!



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Wednesday 21 February - Visit the country of India, take part in some Indian inspired crafts and activities.

Thursday 22 February - Come and meet our Victorian military here to protect Queen Victoria and the realm.

Friday 23 February - Discover about life for settlers in the wild west. Find out about life on the plains and meet some real cowboys!

Saturday 24 February - A wonderful day to experience what life was like along the silk route meeting people who traded and lived along its length and who traded with Ancient China.

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Top 7 things to do at Half Term

HALF TERM FUN

Kids can have a great time with their family this half term at the Natural World Centre. Get crafty and creative in these great workshops to keep your children busy this half term.

Starting on Monday 12 February, the NK Outreach Team will be outside the Natural World Centre, Whisby, from 11am to 3pm with their mobile climbing wall for you to have a go for free!*

On Wednesday 14 February join in the fun in their annual Welly Walk at 10.30am to 12.30pm. Take a stroll around the park on the lookout for some big puddles to jump in followed by an indoor picnic downstairs in the Cygnet Suite. Places cost just £3.50 per child. Make sure to bring a clean pair of shoes to change in to. If you want to make a day of it, head over to the Lincolnshire Wildlife Trust education centre where they will be hosting their annual Puddle Jump from 12.30 to 1.30pm and costs only £2 per child – payable to the education centre.

Proceeds go to charity. Lastly on Friday 16 February, a chance for your little ones to get creative and have a go at making insect sun-catchers. This fun and interactive activity is only £3.50 per child and takes place at 11am. Please allow 1.5 hours. Ideal for children aged 5 to 12 years.

Don't forget Little Darters Wildlife Adventure Area & Otter's Reach Indoor Adventure too! Stay and play whatever the weather with our FREE adventure play areas open every day from 10am to 4.30pm.

For more information about or to book please call the Natural World Centre on 01522 688868 or email whisby@l1ife.co.uk. Please note that payment must be taken at the time of booking. *Children must be 4 years and over to take part. Please wear suitable shoes and clothing. Please note the climbing wall may not be open during bad weather. Please check before travelling.



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Valentine's Day



Valentine's Afternoon Tea at Stapleford Park

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- Alan D. Wolfelt

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Traditional afternoon tea £26 per person

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A Time for Romance

Valentine's Day is on the horizon and no matter how many times it passes us by, it's still an occasion that can be made extra special with a little preparation. For those of you that are in love, it's meant to be a day of romance, flowers and chocolates and for those of you living the single life, it's traditionally meant to be the day for your secret admirer to surprise you and declare their undying love for you - or the other way round of course!

Whether you plan on spoiling your other half, or prefer a more relaxed approach to Valentine's Day, there is something out there for everyone.

The traditional way of celebrating Valentine's Day is over a romantic candlelit dinner for two, after being wooed with a box of chocolates and a bouquet of flowers. However, there are alternative gifts out there that will be sure to sweep your loved one off their feet and reignite a little romance in the relationship!

Take your partner away for a surprise weekend, out dancing, or if the budget is a little tight this year, get creative and make them a sentimental gift for a low-cost alternative.

A thoughtful present and some quality time together are certainly perks to the day, but don't forget the little touches. A nice card with loving words is the one thing that everyone appreciates.



Happy Valentine's Day!

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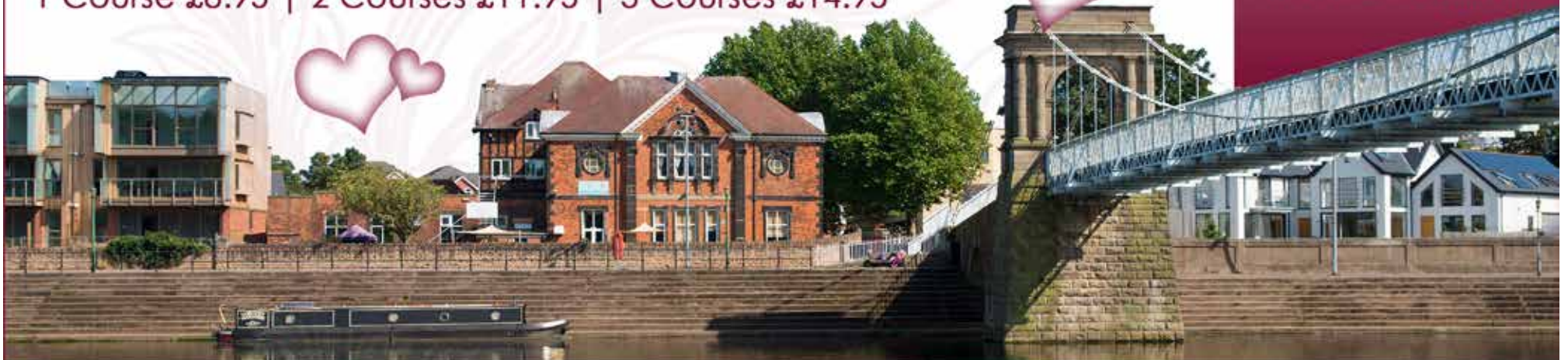
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Haddon Hall – described as “One of England’s oldest and most romantic houses”, has been welcoming guests for hundreds of years, always enchanting visitors with its beauty and atmosphere.

Haddon Hall will be opening its doors to the public on Sunday 18 February for a Free Entry Open Day from 10am-3pm, where visitors are invited to come and see the wedding venue in all its glory. An opportunity to see the rooms fully dressed as they would be for a wedding, the day has been designed to help grooms and brides-to-be envision their dream day at Haddon Hall.

Home to Lord and Lady Edward Manners, Haddon Hall is one of

England’s most elegant and timeless stately homes, and a magnificent example of a fortified manor house.

Enjoying fine Tudor and Elizabethan architecture, visitors to the Hall can experience the grandeur on display, marvel at the rare 15th Century frescoes in the Chapel, be enthralled by the surviving tapestries adorning the walls and savour the plethora of roses which blanket the limestone walls in a sonnet of pale pinks and whites.

Licensed to hold civil ceremonies in two of its most magnificent rooms; Haddon Hall hosts ceremonies in the grand Tudor panelled Parlour and the Elizabethan Long Gallery, which is reputed to be one of the most

beautiful rooms in England, as well as within the walled gardens in the Garden Pavilion.

Following the ceremony, there is an option to host an English tea party or for guests to enjoy glamorous drinks and canapes under a vintage marquee in the walled gardens, recently re-designed by the celebrated, Chelsea Gold Award-winning landscape designer, Arne Maynard.

With a dedicated and expert wedding team, Haddon Hall will be on hand throughout the planning period and on the special

day, and consider the opportunity a privilege.

For more information, the wedding brochure can be found on the Hall’s website www.haddonhall.co.uk. To speak to a member of the team, call 01629 812855, or email Julie directly on Julie@haddonhall.co.uk.



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wanting to splash out, the house at Stapleford can be hired exclusively for weddings, giving you and your guests total reign of the estate. Each of the 48 bedrooms will be available with breakfast provided in the Grinling Gibbons dining room.

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Wedding Open Evening

We would like to invite you to Stapleford Park’s open evening hosted on Thursday 22nd February 2018 from 6 a.m. – 9 p.m. Enjoy Champagne and Canapés on arrival and meet with the Wedding and Events team who will show you the Grand Hall and Orangery set for a wedding. Car parking and admission is complimentary. For more information please call 01572 787016.



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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 Shack, 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

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CROSSWORD

ACROSS

- 1 Magnifying glasses (10)
- 6 Bicycle made for two (6)
- 11 Overhead (5)
- 12 Driving-test official (8)
- 13 A house alone (8)
- 16 Reaches out (7)
- 18 Lease arrangement (6)
- 19 Italian white wine (4)
- 20 Small landing wharf (5)
- 22 Large splendid bird (5)
- 24 Non-rowing crewman (3)
- 25 A coldness in the air (3)
- 26 Fan of monarchy (8)
- 28 The tendency (5)
- 29 Medicinal ball (4)
- 30 Adjusted an engine (5)
- 31 Circus announcer (10)
- 35 School yard (10)
- 39 The back of a boat (5)
- 40 Otherwise (4)
- 41 Disdainfully reject (5)
- 42 An Oriental people (8)
- 43 Peculiar (3)
- 44 Large Australian bird (3)
- 45 Come in (5)
- 47 An attempt to deceive (3-2)
- 49 Second-hand (4)
- 50 Water boiler (6)
- 51 Type of bacon (7)
- 54 Emerald Isle gents (8)
- 57 Vision of future achievement (8)
- 58 Church instrument (5)
- 59 Conclusion (6)
- 60 Yellow and juicy breakfast food (10)

DOWN

- 1 Musical group (4)
- 2 Now and then (12)
- 3 American state (4)
- 4 Grew older (4)
- 5 Innocently idealistic (6-4)
- 6 Of a 3-sided shape (10)
- 7 Empty and deserted (8)
- 8 Sails supporter (4)
- 9 Before long (4)
- 10 Announcer of headlines on radio or TV (10)
- 14 Absolutely necessary (9)
- 15 Female sheep (3)
- 17 Special age (3)
- 20 Planet (7)
- 21 Exotic spider (9)
- 22 Some more (5)
- 23 Receive with courtesy (5)
- 27 Yours . . . genuinely (9)
- 32 Seasonal downpour (7)
- 33 Spouse's child by an earlier marriage (4-8)
- 34 Some other place (9)
- 35 Ownership or the thing owned (10)
- 36 Fully grown (5)
- 37 A dead duck? (5)
- 38 Bag-closing cord (4-6)
- 39 Hot and sweaty (10)
- 42 Enclosure for scrap (8)
- 46 Lady of the night? (3)
- 48 Belonging to us (3)
- 52 Angry outburst (4)
- 53 Teenage spots (4)
- 54 Indian of Peru (4)
- 55 Small island (4)
- 56 Pond amphibian (4)

ISSUE 257 CROSSWORD ANSWERS

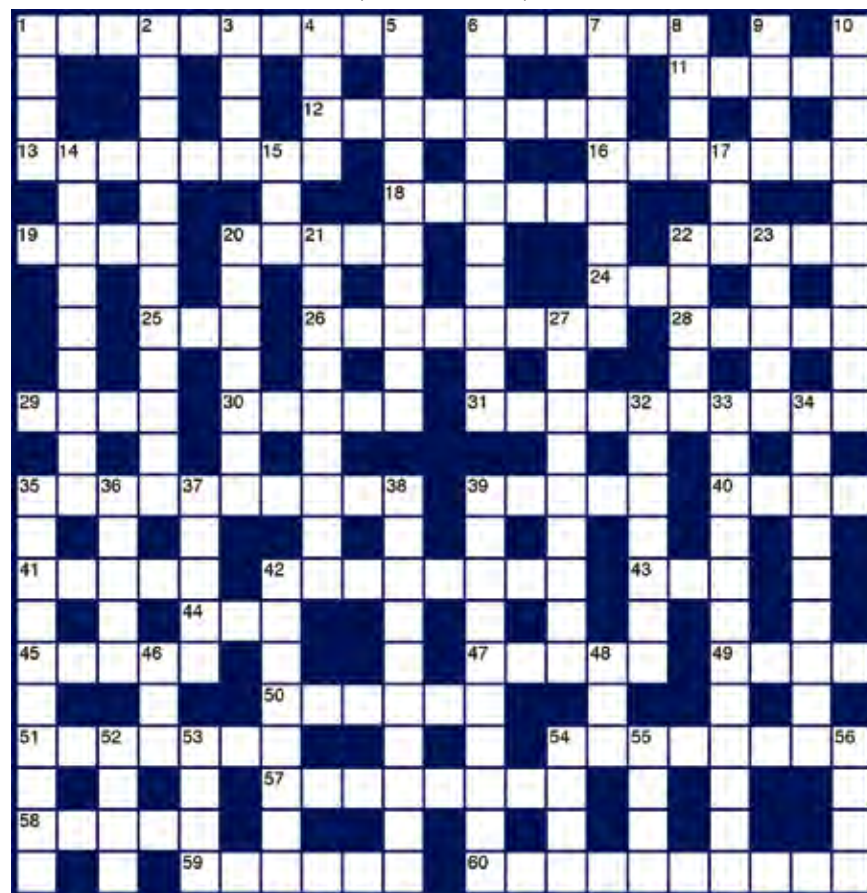
ANSWERS ACROSS

1 Flab 3 Bacon 10 Plate 12 Halt 13 Rabies 14 Beard 15 Draught 16 Gravy 17 Exit 19 Nine 21 Wonderland 24 Well 27 Tartan 28 Tigress 30 Autumn 31 Pair 33 Full 34 Stop 35 Pink 38 Floral 39 Penguin 40 Island 42 Hive 44 Juggernaut 47 Tusk 48 Wool 52 Clock 54 Tractor 55 Daily 57 Couple 58 Scar 59 Fudge 60 Dumce 61 Beer

ANSWERS DOWN

1 Fare 2 Amber 3 Busby 4 Caravan 5 Needs 6 Spade 7 Merge 8 Shut-eye 9 Start 11 Amazon 18 Knot 20 Enter 21 Windfall 22 Edgy 23 Leek 25 Lemon 26 War paint 28 Tulip 29 Satan 32 Allah 35 Pilot 36 Snog 37 Purr 41 Duke 43 Vulture 45 United 46 Aspirin 48 Whisk 49 Gaffe 50 Green 51 Added 52 Cycle 53 Apple 56 Hear

(Answers in Issue 259)



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Helping families succeed through learning together

Nottingham City Council's Family Learning Service aims to support local parents by giving them opportunities to become more involved in their children's education and improve their own skills at the same time.

The service, which was founded in 2006 is part of the Council's commitment to support people in the city who want to improve

the educational success and career prospects of their children and works by involving parents, some of whom may need additional support with their own basic skills.

The service provides a wide range of learning opportunities, with a majority of courses delivered in primary and nursery schools across the city, some-

thing which makes it easier for parents and carers to engage with their children in these settings.

Family Learning sessions are designed to be as enjoyable as possible for both adults and children and aim to help families bond over a shared understanding of their own learning. As well as providing free guidance and support in ways which

people find easy to access and which responds to their learning and development needs, Family Learning sessions are run by high-quality training tutors at venues which are easy for people to get to and within their own community.

They offer families the opportunity to take part in digital skills workshops, science, technology, engineering,

ster, Portfolio Holder for Business, Education and Skills at Nottingham City Council, said; "The Family Learning services is a great example of the kind of work which goes on in communities across Nottingham to provide advice and support to

not only helps young people but gives parents an understanding of the skills needed in the local jobs market and learn to support their children to thrive and find suitable and sustainable employment in the future."

In the past twelve months, over 800 local people have taken part in learning activities with the team in over 60 venues across Nottingham. Activities are usually run in primary schools and children's centres but sessions have also taken place in secondary schools, Nottingham Ice Arena and HMP Nottingham.

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and mathematics (STEM) subjects. Parents are also able to take part in financial capability, parenting skills and health & wellbeing sessions.

Councillor Sam Web-

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HEALTH CARE

what is tinnitus?

Tinnitus is a perception of sound in the head and/or the ear that has no external source. This is sometimes described as a buzzing, hissing, whistling or ringing in the ear. It can be intermittent or constant and can vary in volume or intensity. Sometimes it can even be a piece of music that is heard, often described as a 'musical hallucination'. Others experience it as beating in time with their heart; this is known as pulsatile tinnitus.

Tinnitus is quite common and around 30% of people will experience it at some point in their lives. For most it is not a problem, but for those who live with persistent tinnitus it can have a significant impact on the quality of their lives.

It is very hard to say what causes tinnitus; it's not a disease in and of itself, but often occurs where there are other underlying conditions, to which it can be linked, e.g., hearing loss, exposure to loud noise, anxiety or stress, earwax, head injuries, etc.

There is no single treatment for tinnitus that works for everyone. If

an underlying cause can be found, treating this might help – e.g. removing earwax. If specific causes cannot be identified, then things like sound therapy, counseling,

if you are experiencing tinnitus? If you hear buzzing or ringing in your ears, particularly if this is continuous or regular over a prolonged period of time, you should first consult your GP or discuss it with your hearing care professional. They will firstly check for any potential cause, such as earwax or infection. If there is nothing obvious you may be referred for further investigation.

Many people have found that the wearing of hearing aids helps, particularly when the symptom is associated with their hearing loss.

Some hearing aids have built in 'tinnitus maskers', which can be effective for some people. Other specialised tinnitus therapy equipment is also available. If you are a tinnitus sufferer and this is causing you discomfort, why not make an appointment to talk with Sarah, a Senior Audiologist, who is tinnitus trained and will be able to advise you about what help may be available for you.



h y p -
notherapy, cognitive behavioural therapy (CBT) or tinnitus behavioural therapy (TRT) might help. So, what should you do if you do

This is another area where the Correct Hearing Healthcare service goes beyond the sale and fitting of hearing aids. To book your appointment call 0115 961 8351 or email us at - info@correcthearing.co.uk

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HEALTH CARE

Look after your eyes

NHS Choices offers advice on why regular eye tests are important, and how a healthy lifestyle can help maintain good vision.

Why are regular eye tests (sight tests) so important?

It's easy to neglect your eyes because they rarely hurt when there's a problem.

Having an eye test won't just tell you if you need new glasses or a change of prescription – it's also an important eye health check.

It can spot many general health problems and early signs of eye conditions before you're aware of any symptoms, many of which can be treated if found early enough.

How often should I have an eye test?

Optometrists recommend that most people have an eye test about every two years. People over 40 and people from black or minority ethnic groups may need sight tests more often.

What should I do if I notice a change in my sight?

Visit your optician or GP if you're concerned about any aspect of your vision at any time.

What about my child's sight?

Children do not usually complain about their sight, but may show signs of not being able to see properly. Things to look out for include sitting close to the TV, holding objects very close to their face, blinking a lot, eye rubbing, or one eye turning in or out.

If your child is having any sort of sight problems, take them to an optometrist for further investigation.

Children don't have to be able to read letters to have their eyes examined. Like adults, children should have regular eye checks around every two years.

Protect your eyes from the sun

Never look at the sun directly, even when something exciting is happening, such as an eclipse. Doing so

can cause irreversible damage to your eyesight and even lead to blindness. Several studies also suggest sunlight exposure is a risk factor for cataracts.

Look for glasses carrying the CE mark or the British Standard

BS EN ISO 12312: 2013, which ensures they offer a safe level of ultraviolet protection.

For more information on eye health, visit an eye health professional.

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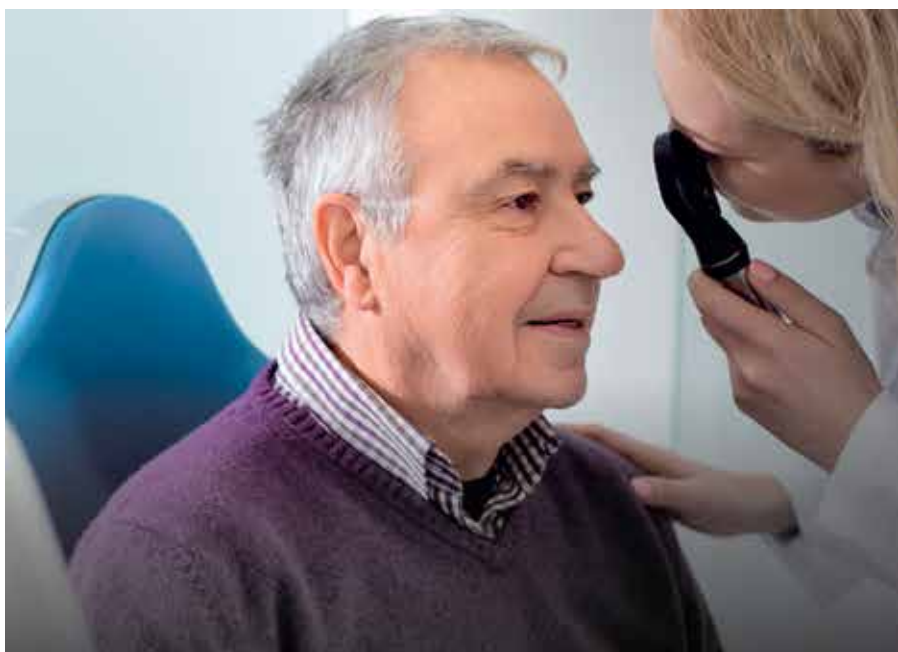
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Update your home

For anyone looking to revive their home and garden this season, now is the time to start coming up with new and creative ways to spruce up your space.

New Year's resolutions don't just have to be about getting fit and eating healthy. The start of 2018 is an ideal opportunity to assess your home and start planning those all-important home improvements for the year ahead.

A few adjustments can make all the difference. One of the first things to think about are any structural changes to the building – 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.

For those who prefer their home and garden on the low maintenance side, plants are a good way to go. There are countless species of plants and shrubs which famously flourish in the colder months whilst adding texture and interest to your indoor and outdoor spaces.

A lick of paint is one of the easiest and most budget-friendly ways to freshen up your home and garden. Whether it's touch-

ing 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 ambience – why not switch up your colour scheme by swapping your cushions and introducing a few new ornaments? If you want your home or outdoor space redesigning but don't have

an eye for detail (or the time), getting in touch with a professional who can do all the hard work for you means you can reap the rewards without having to get your hands dirty. With various interior designers, landscapers and bespoke services available, you'll be able to get everything from the garden shed to a new patio with a quick phone call to a professional.

So, where will you start?



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Home Improvement

Dream Doors Grand Opening Event

Dream Doors, an award-winning kitchen refurbishment company, opened its brand-new showroom in Beeston on 1 February.

Owners Jon and Hilary Brown were joined in their celebrations by members of the public, a number of representatives from suppliers and leading brands in the sector and the Mayor of the borough of Broxtowe, Councillor Halimah Khaled MBE, who cut the red ribbon as part of the opening ceremony. British National Town Crier champion Terry Ford was in full song to welcome guests on the day,

whilst visitors enjoyed food and refreshments to commemorate the official opening of the Dream Doors showroom.

Owner Jon said: "We are really pleased to be opening our showroom in Beeston, which has an extensive range of high-quality products. We invite people to come in, have a chat with us and browse our range of kitchens and appliances."

We are very proud to be accredited with Checkatrade and vetted and approved by Trading Standards."

"It's important for us that people come in and feel at home, so we have made the showroom welcoming and informative. Investing in your kitchen should be fun and an enjoyable experience!"

The new showroom has a comprehensive library of products to make improving your kitchen easy and affordable – and even has a 'Meet the Team' wall featuring Monty, the dog, as head of security. Mayor of the borough of Broxtowe, Councillor Halimah Khaled MBE, said:

"We always enjoy welcoming new businesses to the area. The team are very welcoming and the showroom is tastefully done – it is modern and you can find what you want with a range of options and choices."

"I would like to wish them the best of luck with this sustainable business. I am happy to support local businesses and this is a nice addition to the area."

For more information, contact Jon and Hilary today to arrange a free consultation and start discussing the options available in transforming your kitchen. Visit 39 Wollaton Road, Beeston, Nottingham, NG9 2NG or give the Team a call on 0115 871 5892.

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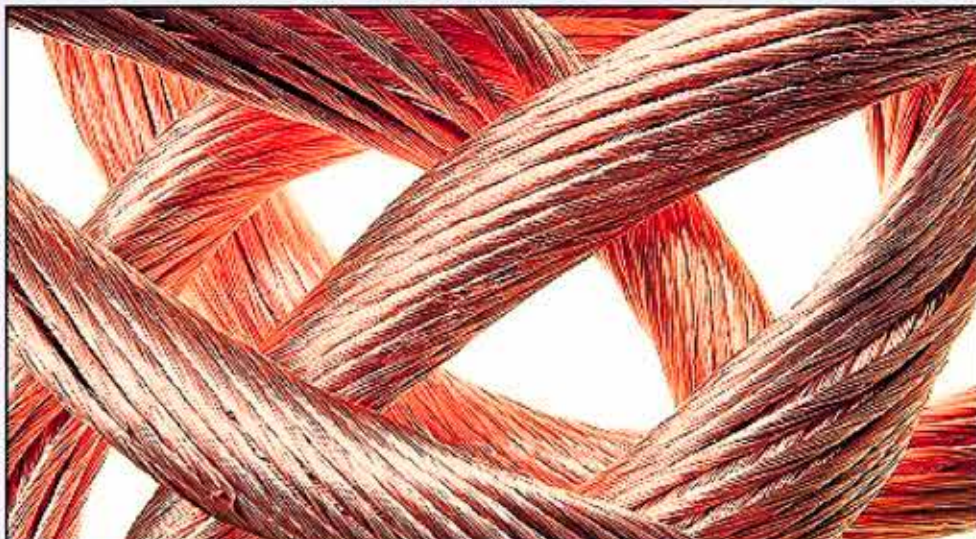
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