

Keys Holidays A selection of seaside and country properties for self catering holidays in North Norfolk
Tel: 01263 823010
info@keysholidays.co.uk

"We look forward to welcoming you to this lovely part of North Norfolk"

www.keysholidays.co.uk

Nottinghamshire FOCUS

Newark Castle Line

Jazz Cruises only £18 a ticket on:
Sunday 29th May
Wednesday 22nd June
Wednesday 13th August
Wednesday 17th August
All Jazz cruises sailing: 1900 - 2200

Public Trips:
Adults £10.00 OAP £8.00 Children £4.00
Sailing times: 1900 and 1950
(depending on weather)

To discuss a private event please call: 01636 362303
Cuckstool Wharf, Castle Gate, Newark on Trent NG24 1BG
www.rivertrip.co.uk

Issue 223  nottsinfocus  #nottsinfocus | www.nottsinfocus.co.uk | 30 May - 5 June 2017 | **20p** (Where Sold)



STORAGE 4U

Residential & Business Storage

HOUSEHOLD & BUSINESS STORAGE

Storage for:

- Moving Home
- Student Storage
- Bulk Storage
- Decluttering



Opening Hours: Monday - Friday 8am - 6pm | Saturday 9am - 5pm | Sunday By appointment
Email: info@st4u.co.uk www.storage4unottingham.co.uk



Disabled students from Portland College WILL get their new minibus, after the outgoing Chairman of Nottinghamshire County Council handed over more than £4,300 raised during her year in office.

Councillor Yvonne Woodhead presented a cheque for £4,312.91 to bosses from Portland College last week which will go towards the cost of the new vehicle.

The money was raised through a wide variety of events, including the annual Christmas Treecycle campaign through County Council waste contractor Veolia, raffles, donations, a Foot Golf tournament, auction and collections.

Portland College is a specialist college near Mansfield which works with people with disabilities

to develop their employability, independence and communication skills.

The new adapted minibus will open up many more opportunities, including learners being able to go on more leisure and educational visits, attend off-site training, work experience placements and getting to medical appointments more easily and comfortably.

Councillor Woodhead said: "I am extremely proud to have helped raise this money during my year in office and am grateful to every single person who contributed their time, effort and money for such a fabulous cause. The minibus will make a world of difference to the quality of life for hundreds of students - I'm thrilled!"

ELITE TRIATHLETE INSPIRES LOCAL YOUNGSTERS

Local hero, Sophie Coldwell, visited Greenfields Community School last week (Wednesday 24 May) to share her top sporting tips with the pupils, 100 days before the British Triathlon Mixed Relay Cup prepares to bring the city to life on Saturday 2 September.

Fresh from her return from Japan, where the 22-year-old managed a stunning fourth place at the ITU World Triathlon Series event in Yokohama, Coldwell returned to her home city to put the children through their paces. Now based at the Loughbor-

ough Triathlon Performance Centre, she helped lead a PE session, before allowing the youngsters the first glimpse of the Official Cup that will be presented live on BBC One in just over three months' time.

Coldwell said: "I'm so excited at the prospect of competing in the city I grew up in. The British Triathlon Mixed Relay Cup will be a showcase of the top British and international triathletes and I can't wait to be part of it."

"It's been great to come and meet the pupils today and answer their questions about triathlon and how I got started in the sport. I hope they've been inspired to come along and watch in September and, who knows, there could be a budding triathlete amongst them."

The fast and furious event is set to feature 20 triathlon quartets made up of two men and two women, each completing a short

course triathlon before 'tagging' their teammate to do the same.

An expected crowd of 20,000 spectators and a live BBC One television audience will follow the action as some of the world's best race around Victoria Embankment and Trent Bridge in this dynamic and exciting format of the sport.

The format, whilst relatively new to spectators in the Great Britain, is well-known overseas, with British and English national teams having won World and Commonwealth titles. The decision to include Mixed Relay within the Tokyo 2020 Olympics is set to be made in July.

Jack Buckner, CEO British Triathlon, said: "Nottingham is a fantastic location for the event to make its debut and I know the city will get well behind the British Triathlon Mixed Relay Cup by coming down to support in September."



880

children need a home in the East Midlands.

There's a fostering crisis on your doorstep. Do something about it. Become a foster carer with FCA.

0800 023 4561 or fosterwithfca.co.uk

Price 20p
ISSN 2052-2606

23 >

9 772052 260008

Information

Visit us Online
nottsinfocus.co.uk

Like us on Facebook
[/nottsinfocus](https://www.facebook.com/nottsinfocus)

Follow us on Twitter
[@nottsinfocus](https://twitter.com/nottsinfocus)

Follow us on Instagram
[/nottsinfocus](https://www.instagram.com/nottsinfocus)

69a Main Street,
Burton Joyce, Nottingham,
Nottinghamshire, NG14 5ED

Telephone:
01159313879

Email:
sales@nottsinfocus.co.uk

live happy!
with
Slimming World



Aspley
St Margaret's Church Hall
Aspley Lane
Tuesday 6:30pm
Tel: Mary on 01159287316

Beeston
Beeston Resource Centre
74 Middle Street
Beeston
Thursday 10:00am
Tel: Margaret on 07877 615284

Gillham
The Royal British Legion
(Next to Wilko's)
12 Donington Road
Monday 5:00 & 7:00pm
Tel: Sarah (NEW CONSULTANT)
on 07779 006707

Community Centre
South Church Drive
Wednesday 3:30, 5:30 & 7:30pm
Tel: Jackie on 07877055117

The Royal British Legion
(Next to Wilko's)
12 Donington Road
Wednesday 9:15 & 11:15am
Friday 8:00 & 10:00am
Tel: Sacha on 07515 172984

Children
St Barnabas Church
(off Inham Road)
Thursday 5:00 & 7:00pm
Tel: Nle on 07539 06085

Colgrave
Candleby Lane School
Candleby Lane
Tuesday 5:15 & 7:00pm
Tel: Maria on 07718 999033

East Leake
East Leake Academy Cafeteria
Lantern Lane (use staff car park)
Tuesday 5:30 & 7:30pm
Tel: Meg on 07792 943873

East Leake Leisure Centre Dance
Studio Room (Opposite Reception)
Saturday 8:30am
Tel: Meg on 07792 943873

Gillham
Memorial Hall
Nottingham Road
Wednesday 5:00 & 7:00pm
Tel: Sarah on 07779 006707

Hucknall
St Peter's & St Paul's
Community Hall, Ruffs Drive
Wednesday 5:30 & 7:30pm
Tel: Kerry on 01159 538835

The John Godber Centre
Ogle Street
Saturday 9:00 & 11:00am
Tel: Kerry on 01159 538835

Keyworth
The Methodist Church Hall
Selby Lane
Monday 5:00 & 7:00pm
Tel: Naomi on 07734 791608

Long Eaton
United Reformed Church
(Near ASDA)
Tuesday 9:30 & 11:30am
Thursday 5:00 & 7:00pm
Tel: Sue on 07903378552

Moorlands Club
295 Curzon Street
Thursday 5:30 & 7:30pm
Tel: Judith on 07711 043213

Shipland
The Haven
Wadsworth Road
Next to Wadsworth Fields
Primary School
Monday 9:15am
Tel: Dawn on 07872 648833

St. Helens Church Hall
Frederick Road
Monday 5:30 & 7:30pm
Tel: Dawn on 07872 648833

West Bridgford
Gresham Sports Pavilion
Gresham Park Road
Off Wilford Lane
Monday 7:30pm
Tel: Gillian on 07443654253

Edwinton Golf Club
Wellin Lane
Tuesday 7:00pm
Tel: Sacha on 01159287316

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

West Park Sports Pavilion
Loughborough Road
Thursday 5:00 & 7:00pm
Friday 8:00 & 7:30am
Tel: Athena on 07792 045221

The Rugby Club
Stamford Road
Saturday 8:00 & 10:00am
Tel: Naomi on 07734 791608

slimmingworld.co.uk
0344 897 8000



Slimming
WORLD
touching hearts, changing lives

Children's Book to Challenge Gender Equality and Stereotypes

"This book is about being the best you can be and not being restricted within the confines of a stereotype."

Tabitha's work is set to go on show at the University's 2017 Degree Show from 3 to 10 June at the City Campus



A children's challenging gender equality and stereotypes has been created by a student at Nottingham Trent University. Tabitha Blore, a BA (Hons) Graphic Design student, has created a book called *The Colourless Chameleon* after researching the gender gap in the workplace. It is a story about a community of chameleons who are given a specific job in the rainforest, dependent on the colour of their skin. The colour of the chameleon's skin represents what they are good at - whether that be funny, caring or clever. One chameleon can't decide which colour suits her best so she becomes multi-coloured and tries her best with all of the jobs. She decides she likes them all.

child-book Tabitha, of the School of Art & Design, said: "I found that many women still end up in careers that are seen as stereotypically feminine. Even though more girls were higher achievers within the education system, proportionally they ended up in less powerful and lower paid employment than the boys." Tabitha, 21, of Reading, found in her research that the perception of gender can have a big impact on the life choices and decisions children make and began thinking about creating a book that could discourage the use of colours as a way to stereotype gender. Tabitha said: "I looked at the merchandise being sold to children and many items were gender specific, for example, pink for girls and blue for boys. Through my research I found out that what children see and read in books can influence their self-perception and the choices they make."

tulip KITCHENS



OUTSTANDING BESPOKE KITCHENS & BEDROOMS IN MANSFIELD

Making and fitting quality kitchens and furniture since 1996
All our kitchens & furniture are made from only the best materials and hard wood available which guarantees longevity, robustness, and a stunning look to create your dream kitchen.

WE OFFER A HIGHLY PERSONALISED SERVICE THAT PRIDES ITSELF ON PRODUCING ONLY THE BEST.

VISIT OUR SHOWROOM AT: Unit 66-68, Block 8, Old Mill Lane, Industrial Estate, Mansfield, Woodhouse NG19 9BG

CALL US ON: 01623 651 001

or email us at enquiries@tulipkitchens.co.uk (located next door but 1 to Harley Blinds)



The Sewing Room

Offering a reliable clothing alterations service.

Ladies & Gents, Trousers, Dresses, Jackets etc
Call in and speak with our friendly alterations team

3rd floor, Armstrong mill,
Ilkeston DE7 5TT

0115 930 5290

Partners Transform Community Garden



Follow us on Twitter
@nottsinfocus

Kibworth Shooting Ground and Gun Shop

Leicestershire's premier shooting facility



10% OFF ALL LESSONS
WHEN YOU QUOTE 'NOTTS1'

LESSONS FROM £20
GIFT VOUCHERS
CORPORATE DAYS
CAFÉ
FULLY STOCKED GUN SHOP

TUESDAY - SUNDAY
TEL: 0116 279 6001
EMAIL: info@kibworthshootingground.co.uk

TENANTS at Vale View, a scheme managed by housing provider, Newark and Sherwood Homes, can enjoy their much-loved community garden which has been transformed into a bright, clean space thanks to partnership working.

Vale View is an Extra Care Scheme which is home to 55 local people. The scheme's garden is well-used but was in need of paint, plants and a refresh, especially ahead of the summer season when the garden is most used.

12 members of staff from Newark and Sherwood Homes, Henry Boot, Devlin Decorating and Willow Bank Flooring, joined tenants

from Vale View to breathe a new lease of life into the garden. The team spent 200 hours to revive the garden, taking on tasks such as planting, painting and pressure washing tiles. Rebecca Rance, chief executive at Newark and Sherwood Homes said: "It is fantastic to be able to work with our partners at Henry Boot, Devlin Decorating and Willow Bank Flooring to give something back to the community and really make a difference to the residents at Vale View. Fingers crossed for some sunshine, so we can make the most of it!"

As part of the works, the Henry Boot team donated materials, Devlin Decorating donated

paint and Willow Bank Flooring provided the plants, helping to transform the garden and support Newark and Sherwood Homes.

Adam Houlston, project manager at Henry Boot said: "We have a really fantastic relationship with Newark and Sherwood Homes, so when we found out the garden at Vale View needed some volunteers we jumped at the chance to get involved and donate our time and resources."

"We had a great day showing the garden some TLC and thanks to some man hours, paint and new plants, we have been able to really transform the existing garden."

adopt together
an adoption service by
faith in families

We need all kinds of **families** for all kinds of **children**

www.faithinfamilies.org
enquiries@faithinfamilies.org 0115 955 8811
f FaithinFamiliesNotts @FIFnotts

Brand new and used Stairlifts from £800 (fitted)

All stairlifts come with a parts & labour warranty

NEXT DAY FITTING Available

Latest models for peace of mind

- Established 1987
- Main Dealer
- Straight
- Curved
- New • Used

CARLTON BASED COMPANY

www.liftecld.co.uk

CALL ROGER AT LIFTEC
0115 987 5218



HOLDING A LOCAL EVENT?

CALL 01159 314380

Mayor Plants Oak to Mark Hospital Opening

A tree planting ceremony to celebrate the opening of Nottingham's newest hospital was carried out by Mayor of Rushcliffe Coun George Davidson.

Spire Nottingham Hospital in Tollerton held an official opening ceremony, although it actually opened its door to patients at the beginning of the month.

Nottingham's newest hospital opened its doors to patients after a two-year building project costing almost £60million.

The 58-bed hospital contains five theatres along with the latest in MRI scanning and robotic imaging technology and is expected to eventually create 300 new jobs.

One of the features at the hospital is the 'hybrid theatre' containing the Siemens Artis Zeego unique robotic imaging technology. At a cost of £1.5 million it will help surgeons in many areas including heart and chest operations, brain surgery, joint replacements and complex spinal surgery.

Planting an oak tree in the hospital grounds Coun Davidson welcomed Spire to the area and said he felt it would be a major asset to healthcare services in the region.

He said: "It's a wonderful facility. I was particularly impressed with the capability of the diagnostic and surgical equipment. It's good to know that because you have an intensive care department you can look after even the most unwell of patients."

For Spire, Chief Operating Officer Catherine Mason said: "Spire Nottingham Hospital was designed and built with extensive input from consultants, and different types of clinical staff which, when combined, gave us the unique ability to tackle fundamental design and hospital flow issues and bring to bear as much 'best practice' as we can find around the world. The result is what

I feel I can safely claim to be one of the finest independent hospitals in the country."

Facilities in the new hospital will include:

- 42 inpatient ensuite bedrooms
- 11 day-care pods
- 5 critical care beds (level 2 & 3) including one isolation room
- 5 theatres (4 with laminar flow). This includes one minor ops theatre on the ground floor within the outpatients department and one hybrid theatre with integral imaging
- Endoscopy suite
- Outpatients department with 20 consulting rooms (including pre-assessment and treatment rooms)
- Oncology suite
- Radiology department (3T MRI, CT and X-ray)
- Pharmacy and physiotherapy services



Beads and Bangles Plea for Children's Play Sessions

Do you have costume jewellery which you always intended to mend but somehow never got round to it? Mansfield District Council's is appealing for people to donate their old bangles and

beads to be used in craft activities during family fun sessions that are held in the town during the school summer holidays. The weekly sessions are run in Carr Bank Park for vulnerable families in the district in collaboration with Nottinghamshire Independent Domestic Abuse Service (NIDAS) and Mansfield Area Partnership (MAP). Each week about 35 families take part.

The sessions include inside and outside activities such as football, tennis, badminton, hula hoops, bean bag races, face painting and an assortment of craft activities.

The children are also provided with healthy lunches and snacks. Anne Callaghan, the council's Senior Parenting Practitioner, said: "One of the craft activities, which has proved extremely popular with both boys and girls, is making dream catchers. This is why we could do with any unwanted beads and bangles as they are needed to make this item."

People wishing to donate can leave their beads and bangles in the reception of the Civic Centre in Mansfield or at Mansfield Museum in the town centre. If the council receives more donations than it needs, any extra will be passed to Mansfield Play Forum or local schools and children's centres.



News in Brief

Boots gets its Own Make-over!

Boots in intu Victoria Centre is expert in helping customers feel good, and it is getting a dose of its own medicine as it unveils plans for a full refurbishment of the store. Initial building works started recently on the two storey, 2,680 sq metre unit, Boots UK's biggest store in Nottingham.

Following customer feedback, the plan includes a full refit designed to meet the pharmacy, health and beauty needs of its customers in Nottingham. The new look store will feature new brands, and a new, refreshed look and feel as well as improvements to the lifts and escalators.

The store will remain open throughout, as the refit will be done in six stages, which will see full floor to ceiling renovations, to create a refreshed new look store.

Gareth Armstrong-Jones, General Manager of Boots at intu Victoria Centre comments: "We know our customers in Nottingham love popping in to Boots in intu Victoria Centre as part of their day in town, and we're really excited that we are creating and investing in a brilliant space for health and beauty, creating a true flagship store that our customers love to visit, and where our colleagues feel even prouder to work."

News in Brief



Open day

Saturday 10 June 2017, 10am – 4pm

Spire Nottingham Hospital is now open

Come and meet the team and have a look around.

Drop in to our physiotherapy department for a 15 minute consultation for £10 or take part in a free 15 minute clinical Pilates class.



0115 937 7800



nottingham@spirehealthcare.com



www.spirenottingham.com

Spire Nottingham Hospital
Tollerton Lane, Tollerton, Nottingham, NG12 4GA

Looking after you.

VISIT US ONLINE



www.nottsinfocus.co.uk

NEW DAILY E6 READY FOR YOU TO DRIVEAWAY

SAVE MONEY ON ANY
EURO 5 OR EURO 6 DAILY*

£1,800 OFF

MANUAL GEARBOX

£3,000 OFF

HI-MATIC AUTO GEARBOX

Order and register before 30th September 2017.
Business Users Only. *T&C's apply.



*2.3 LITRE ENGINE ONLY

AVAILABLE IN **DROPSIDE, TIPPER** AND **LUTON** VARIANTS

*No AdBlue

LP-EGR technology allows the vehicle to run at its highest performance without AdBlue.

New Daily DriveAway enables you to buy a range of competitively priced, fully bodied vehicles ready for immediate delivery.

BENEFITS FOR YOU:

- Immediate delivery ■ Highest quality product in terms of build and design
- Highest quality materials and experienced staff used to build the Daily Range
- 3 years **UNLIMITED** mileage warranty, covering both the chassis and the body
- Competitive vehicle prices and ability to buy the complete vehicle on one invoice



IVECO

Your partner for sustainable transport

Rennie Hogg Road, Riverside Business Park, Nottingham NG2 1RX e: dailysales@guest-sherwood.co.uk

Dedicated Sales Line: **01772 426 704** www.sherwoodtruckandvan.co.uk

www.iveco-dealership.co.uk/guest-sherwood

Part of the largest Iveco dealership group in the UK - with 13 sites across the Midlands.

*Registration bonus available on all vehicles ordered and registered before 30th September 2017. Business Users Only. New vehicles only. Retail Customers only.

Offer not applicable to dealer Key Account customers. Offer does not apply to used vehicles. Dealer terms and conditions apply.

IVECO Ltd reserves the right to terminate the offer at any time. £3,000 registration bonus on Hi-Matic vehicles. £1,800 registration bonus on manual gearbox vehicles.



The Palm Court

Skegness



A warm welcome awaits you at The Palm Court where your holiday begins. With over fifteen years experience we are confident you will enjoy your stay in our family run business. We are perfectly situated in the quiet area of the sea front opposite the well kept bowling greens and the beach with a short walk to the town centre.

SPECIAL 3 NIGHT OFFERS

Including Bed, Breakfast and Four Course Evening Meal

from only £115pp



Call now or visit our website

(01754) 767711

www.palmcourtskegness.co.uk

74 South Parade, Skegness, Lincolnshire PE25 3HP

Email: palmcourtskegness@yahoo.co.uk

Contact Janet & Nigel Tett now for more information and a free brochure



Food Bank use on the RISE

Latest figures have revealed that low incomes, homelessness and changes in and delays to welfare payments are driving a big increase in the use of food banks in Nottingham.

City Council Deputy Leader, Graham Chapman has raised concerns that the use of food banks is likely to rise further without changes in Government policy on pay, housing and measures like Universal Credit.

Nottingham now has 13 food banks whereas in 2010 there were none. Recent figures released by the Bestwood and Bulwell food bank revealed that:

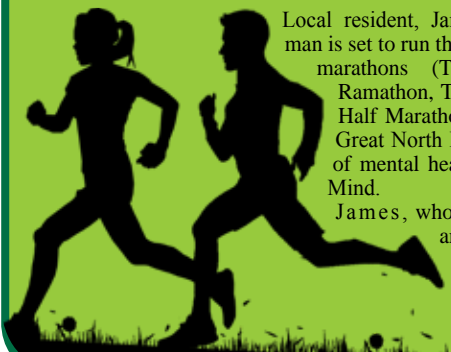
- 3,251 three day emergency food supplies were given to local people in crisis by the Bestwood & Bulwell Food bank in 2016/17 (This compares to 2,805 in 2015/16).
- Over 1,466 food parcels went to children.
- The top three reasons for food bank referral were: benefit delay 21%; benefit change 21%; low income 30%.

Nottingham City Council Deputy Leader Cllr Graham Chapman said: "Seven years ago, there were no food banks in the city, now there are thirteen, largely down to Government changes in benefits, low incomes and homelessness. We are grateful to those people who volunteer to run them but it's not acceptable or civilized that they have become necessary."

The Government says they are making savings but in reality, it's a false economy. We know that as people are driven into poverty the social costs elsewhere rise, child protection costs rise, homelessness costs rise, the long-term costs in education rise and it divides society. It also undermines the economy by taking independence away from people and lowers aspiration. In fact, it cuts across everything the government says it wants to promote. In the end, making the poor pay for austerity is motivated by one thing alone and it is not economics, it is malice.



Local resident to run 3 half marathons for mental health



Local resident, James Perryman is set to run the three half marathons (The Derby Ramathon, The Newark Half Marathon and The Great North Run) in aid of mental health charity Mind.

James, who is 23 and works for Mars Petcare - based outside of

Melton Mowbray in Leicestershire - hopes that with the support of his colleagues, friends and family, he will raise an incredible £500 for Mind, which provides support, and advice for anyone experience mental health problems.

James said, "I am thrilled, yet nervous, to be running these three events in aid of Mind. This is one of the toughest, yet most thrilling challenges of my life. Last year, I completed my

first ever half marathon and this year wanted to aim for new heights, and in aid of charity. Knowing the money I raise will be used to improve the lives of people living with mental health problems throughout the UK is amazing.

"I have only recently recovered from surgery to remove my appendix, but am as determined as ever to complete this challenge.

"I'm taking part in this event

for Mind because I really believe in their cause. The charity helps the one in four people in the UK that experience a mental health problem every year. The money raised will fund their vital work including the Mind Infoline, advice services and the campaigning Mind does."

To support James' challenge, please visit uk.virginmoneygiving.com/JamesPerryman to donate.

"Sadly it is going to get worse as more changes to benefits and other financial pressures impact further on families' ability to pay household bills. The council is doing what it can to help those facing these problems, by continuing to fund welfare and debt advice services, continuing to top up discretionary housing payments and provide support with the bedroom tax and through good budget management, provide an extra £500,000 to combat homelessness. "Ultimately, though, we want to work towards a day when food banks are once again unnecessary."

Dawn Cragg MBE

MAKE-UP ARTIST, INTERNATIONAL TRAINER AND EXPERT WITNESS

TRAIN WITH DAWN IN PERMANENT MAKE-UP

At last! A custom designed course offering intensive practical instruction, structured to the personal needs of the individual students is offered by Dawn.

- Unlock your creative talents!
- Gives an interesting & challenging dimension to your business
- Excellent income

Train with a professional make-up artist, and the most experienced and respected tutor of Micropigmentation.

- Foundation and advanced courses
- All classes are taken personally by Dawn
- One-to-one training
- Ongoing advice and support
- Equipment and products supply service

Office: 01777 860500
Mobile: 07875 498145
dawn@dawncragg.net
www.dawncragg.net

Private treatments available, with Dawn

SAT 10TH JUNE 2017 **BURGHLEY**

ICONS OF THE 80s

TOGETHER IN ONE CONCERT

GO WEST T'PAU
NIK KERSHAW

BUY TICKETS AT

SOUTH HOLLAND CENTRE - 01775 764777 STAMFORD ARTS - 01780 763203
CRESSET PETERBOROUGH - 01733 265705 KEY THEATRE - 01733 207239
TICKETS ALSO AVAILABLE FROM THE BREWHOUSE, BURGHLEY

WWW.LIVEPROMOTIONSconcerts.co.uk

IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879

IDD DISC CLINIC

Get a Back Pain Assessment
£25
LIMITED OFFER
Quote "Notts in Focus"

Put back pain behind you
Slipped Disc or Sciatica?

► **When you need something more for your back pain.**
You need: IDD Therapy Disc Treatment.
Suitable for: ✦ 'Slipped' or herniated discs
✦ Sciatica and nerve pain ✦ Chronic back and neck pain

► **Why choose IDD Therapy?**
IDD Therapy treats targeted spinal segments safely and gently. The goal of treatment is to ease pressure on nerves, relieve muscle spasm and help restore mobility so that you can get your life back. **SUITABLE FOR ADULTS OF ALL AGES.**

Response Physiotherapy - Nottingham
Embankment Surgery, West Bridgford NG2 7SD
City Centre, Talbot Street NG1 5HJ
David Lloyd, West Bridgford NG2 7HX
0115 896 9550 responsephysio.com

TELL US ABOUT YOUR EVENT



editorial@nottsinfocus.co.uk

LIMITED TIME ONLY FLATS IN DERBY FOR £250 PCM



Secure a property today in the heart of Derby by becoming a guardian. With prices starting at £200 for a studio flat and £250 for larger flats, this price is not one to be missed.

Benefits include:

- Bathroom facilities
- Kitchen facilities
- Spacious bedrooms and living area
- A reduced price compared with other areas
- Fantastic community of guardians

Make the most of this fantastic location as well as this great price. Being less than a 10 minute journey to Derby station makes commuting and travelling around very accessible. Be surrounded by the fantastic landmarks and amenities that Derby has to offer.

In order to benefit from reduced living costs you will not have exclusive possession, however our licences do fall under the protection of eviction act 1977.

With rentals at an all-time high, more people are turning to our service to help the cost of living, we offer available spaces at 60% cheaper than the average market value. Global Guardians provide an alternative low cost way for people to live, whilst also helping to maintain guardian properties and build the local economy.

YOU CAN GIVE US A CALL ON

0203 818 9100

TO BOOK YOUR VIEWING APPOINTMENT TODAY
BEFORE THE FLATS GO:

**GLOBAL
GUARDIANS** 



Linda Lancashire

07764 466381

01773 762675

E: contact@lindalancashire.co.uk

www.lindalancashire.co.uk



Artes

Recent emotional struggles have left you feeling exhausted, but hang in there because there are brighter times ahead. You are in an excellent position for making new friends, so do not be afraid of taking the initiative. Interesting romantic developments could force you into a corner so take your time before making any hasty decisions.



Taurus

A huge dilemma is starting to build up regarding a delicate family or romantic situation because no one can seem to agree with anything or reach an acceptable compromise. Similar stuff could also be happening at work which is putting you in a most frustrating mood because no one seems to be listening, but you will instigate change sooner than anticipated.



Gemini

Success is on its way and you will be paying lots of attention to both work and partnerships. The fun is returning back into your life after a long period of hard slog and little or no respite. Family relationships warm up now that you have found the right words to talk about all the changes you intend making.



Cancer

Although a property plan is very much on your mind, you could be experiencing lots of delays and setbacks, none of which are any of your fault. Financing a project could prove more expensive than you originally thought so a few compromises may have to be reached if plans are to go ahead. If unattached, it may be a shock to hear from a former partner.



Leo

A new romantic partner may suddenly pour out their troubles and woes to you making you realise that there is more to this person than meets the eye. Career wise, easy options won't suffice and recognition for all your hard work will come from an unexpected source that will allow a few influential doors to open.



Virgo

Achievement is your primary goal, forcing you to restrain and control yourself emotionally and materially. You are gradually learning to allow your feelings to surface and loosen the reins on your spending. You can be full of surprises causing partners to misread a few signals, but never one to suffer fools gladly, you will successfully sort the wheat from the chaff.



Libra

Someone at work is could be intent on annoying you by pushing all the wrong buttons and testing your patience. A long standing social arrangement may prove more difficult to cancel than you thought, but it's very important that you value your time and not allow others to drain you of your life energies. Think and talk about money in a business way to make a good first impression.



Scorpio

Gear yourself up for an action packed few weeks which is just what you need to kick start a brand new era of adventure, outings and meeting lots of new people. Don't be afraid to say 'no' to someone who belongs firmly in the past because you have your life to lead and the future will be filled with many unexpected, but welcomed blessings.



Sagittarius

Gear yourself up for an action packed few weeks which is just what you need to kick start a brand new era of adventure, outings and meeting lots of new people. Don't be afraid to say 'no' to someone who belongs firmly in the past because you have your life to lead and the future will be filled with many unexpected, but welcomed blessings.



Capricorn

Complications and demands upon your time are escalating. You will learn the truth about a situation that has been going on behind closed doors that could be the catalyst that starts the ball rolling for a complete life changing experience. You may be tempted to give up on one particular relationship.



Aquarius

A decision lies in the balance regarding a matter very close to home. A chance meeting with someone who could prove to be very special at a later date will give you a massive uplift and the hope that happier times in your personal life are only around the next corner. Some extra money could soon wing its way into your bank account.



Pisces

You know exactly which direction you are going to go in next simply because you have learned so much about yourself just lately. It's time to get tough by detaching yourself from situations and people who are not going to benefit you in reaching your goals. It's time to be realistic when it comes to sorting out your finances.

New Tool Helps Businesses Boost Their Online profile

A new system which tracks and analyses people's visual interaction with websites and other media is helping businesses improve their online presence to increase market share and drive up profits. The University of Nottingham's Linguistic Profiling for Professionals (LiPP) unit, based in the School of English, has launched a business unit offering in-depth psycholinguistic analysis of companies' web presence including a secret weapon which assesses how people visually respond to websites.

The system uses advanced imaging software coupled with high-speed infra-red cameras to allow researchers to track every movement of the human eye as it moves across a webpage. The combination of movement and time spent focusing on an area are used to create 'heat maps' which form part of a detailed report supplied to the business after in depth analysis. The report also takes into account qualitative feedback from the participants to supplement the quantitative data gathered by the eye-tracking software.

Founder and Director of LiPP, Professor Louise Mullany, said: "People talk with their eyes and there is a lot businesses can learn from how customers respond to and interact with all sorts of media in front of them. We have discovered a new way to mine this highly useful bank of information to help companies improve the readability of their digital content and the effectiveness of their communication."

More information about the services LiPP can provide or to discuss working with the unit can be found here: www.nottingham.ac.uk/lipp or on social media @UoNLiPP www.facebook.com/UoNLiPP

Welbeck Estate Identified as a Company to Inspire Britain

The Welbeck estate, which cuts across 15,000 acres of Nottinghamshire and Derbyshire, has been identified in London Stock Exchange Group's '1000 Companies to Inspire Britain' report.

As a report on the UK's fastest-growing and most dynamic small and medium sized businesses across the UK companies needed to show consistent revenue growth over a minimum of three years, significantly outperforming their industry peers.

Historically, the Welbeck estate was a traditional landed estate business that carried out activities such as farming, forestry and the letting of residential and commercial property but in recent years it has been undergoing a transformation.

"We are now part of the way through a 20-year project to reinvigorate the heart of the estate and bring together rural and creative industries, education and the arts," says William Parente, Principal of the Welbeck Estates Company. "As part of this, we welcome visitors who come to enjoy great food, art and shopping within a beautiful rural setting."

Attractions at the estate include the Welbeck Farm Shop – which sells game, cheese, bread and beer from the Welbeck estate and other local producers – and The Harley Gallery, which shows contemporary art exhibitions as well as the internationally significant Portland Collection of fine and decorative art.

Xavier Rolet, Chief Executive, London Stock Exchange Group said: "Four years on, LSEG's '1000 Companies to Inspire Britain' report continues to highlight the dynamic, entrepreneurial and ambitious businesses across the country that are boosting UK productivity, driving economic growth and creating jobs.

"The strength and diversity of these companies is readily apparent with a broad mix of UK regions and sectors represented. These companies are the very heart of an 'anti-fragile' economy: more robust, more flexible and less prone to boom and bust. We must ensure we continue doing all we can to support high growth potential businesses like these."



Company Celebrates 10th Year in Business

Industry professionals, friends and family joined ticketing company Gigantic in Nottingham earlier this month to celebrate a successful decade in business.

The landmark anniversary was also celebrated by being announced as a finalist in two categories at the Nottingham Post Business Awards; 'Retail Business of the Year' and 'International Trade Award'. 2017 has started very strongly with the Lace Market based company on course for its best year of trading to date. Gigantic founder, Mark Gasson said: "We exist and thrive within an extremely competitive mar-

ketplace. To continue to trade, grow and be an important player in this field 10 years on certainly warrants our position within the ticketing industry, especially as we continue to trade against big brand names.

"It was a delight to mark this achievement in our hometown alongside a mixture of clients, friends and family - all whom have contributed towards our success."

Since its launch in 2007, Gigantic has established an impressive roster of loyal clients and customers, as well as seen its revenue more than treble, and now offers the

third largest inventory amongst UK ticketing companies. Key clients include major event promoters Live Nation, Kilimanjaro and DHP Family as well as offering a complete ticketing solution to key festivals such as Tramlines. Within the region, Gigantic provides box office systems for DHP Family venues including Rock City and Rescue Rooms, and takes sole responsibility for city-centre registrations at Splendour Festival. Gigantic is also the lead ticketing agent for Dinosaurs of China at Wollaton Hall, Southwell Folk Festival and Hockley Hustle.

Children 1st
Award winning nurseries in Newark

Come And See Our Outstanding Nurseries!

Children 1st Day Nurseries provide the highest quality of care and exciting new learning opportunities for babies and young children, helping them to make the best start in life.

We offer **FREE PLACES** for 2, 3 and 4 year olds and **FREE REGISTRATION** at our two Newark day nurseries* and our flexible sessions are designed to help you make the most of your precious family time.

If you would like to book your nursery visit please call **0800 652 1052** or visit our website for further information.

- Caring for children from 6 weeks + • Healthy meals
- Unique nursery environments • Flexible sessions
- Qualified experienced nursery staff

Children 1st at Newark 'Outstanding in All Areas' - Ofsted
Muskham Road, Newark, Nottingham NG24 1DP
Children 1st at Newark Town
Martin Foster House, Appletongate, Newark NG24 1JY
www.children1stdaynurseries.com

A home for your future

THAT'S JELSON THINKING

Perfect for first and next-time buyers, Help to Buy* is available on all homes.

**/Hucknall**Hillcrest
off Beardall Street

LAST 1 bed apartment £114,950
LAST TWO 3 bed townhouses £164,950

FOR OVER 125 YEARS



jelson.co.uk



Phone: 07946 764891

Fri - Mon 11.00am-5.00pm



NG15 7RA

Head office sales: 0116 266 1541 Mon-Fri 8.30am-5.30pm

*Help to Buy is available on all homes, with a purchase price up to £600,000, subject to status and affordability criteria, terms and conditions apply. The Help to Buy scheme is subject to availability and may be withdrawn at any time without notice. Not to be used in conjunction with any other offer. **YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR ANY OTHER DEBT SECURED ON IT.** Images depict street scenes of typical Jelson homes and are not representative of any specific property offered for sale.

Silverdale
 OF NOTTINGHAM
PCV DRIVERS – EXCELLENT RATE OF PAY

Silverdale Tours of Nottingham are recruiting PCV drivers to undertake all types of work from our base in Colwick. We are looking for drivers to operate our extensive range of private hire work and contracts.

- **Tour Work – Both British and Continental**
dependent upon experience
- **Full and part time positions**
- **School Contracts – AM/PM (Monday to Friday only)**
- **Excursions**
- **Private Hire**

Excellent rates of pay are on offer.
 For further information and informal
 chat on the positions available
 please call us using the number below.

CALL JANE BUTLER OR DAVE CHEETHAM
0115 912 1000

**TELL US ABOUT YOUR EVENT****editorial@nottsinfocus.co.uk**

Reservists take on an endurance challenge

Two teams of four Nottingham-based reservists are set to take on an endurance challenge by taking part in Trailwalker 2017.

Each serving with the Army Reserve's 350 Field Squadron (EOD), 33 Engineer Regiment (EOD), the group led by Warrant Officer Class

Two Nathan Toms will be aiming to raise as much money as they can for both The Gurkhas Welfare Trust and Oxfam.



The event, that is taking place from 28 to 30 July, will see the team trek 100km across the South Downs in under 30 hours, putting both their minds and bodies to the test. Starting at Queen Elizabeth County Park the route will take the soldiers along the South Downs Way to the finish line at Brighton Racecourse, passing through rolling countryside, flint tracks, dry valleys and villages along the way.

Speaking about preparing for the challenge Nathan said: "Each of us understands that this is a huge challenge and something we need to be ready for both physically and mentally."

"Although each of us enjoys keeping fit, taking part in a 30 hour challenge is a tall order so we have been doing as much training as we possibly can around work and our other commitments."

So far, the team have completed four group walks as well as training individually whenever possible.

Each team taking part in the event pledges to raise £1,400 for Oxfam and The Gurkha Welfare Trust as part of the contest, so the group want to do as much as they possibly can in advance of the event to raise as much cash as they can.

One of the reservists fundraising ideas was to organise a static bike ride at Tesco in Long Eaton. Nathan, who in his civilian life works as an Openreach Fibre Engineer, continued: "We want to demonstrate to the public how we work as a team to reach our goals. Taking part in the static bike ride shows that we are committed to raising as much funding as we can to help make a difference to the lives of families around the world." If you would like to sponsor the team visit <https://www.justgiving.com/fundraising/normandy>

Using poetry to bring back memories

Students from the School of English at the University of Nottingham have been helping to bring back the memories of people with dementia by reading poems aloud to them.

Under the guidance of Dr Kevin Harvey from the School of English, six students from the University have regularly been visiting care homes in and around Nottingham where they read well-known poems aloud to groups of residents.

The aim of the scheme is to connect people to literature, and each other, and crucially, it also has the potential to unearth memories which might otherwise never resurface.

Connie Baird, 20, is one of the students who took part in the scheme. She says: "I've worked with children before, but I'm interested in speech and language therapy generally, so thought it would be interesting to see what kind of care the homes offer and also to look into emerging theories about how to treat dementia."

"One of the main things I noticed was the level of interest in what we were trying to do. There was a man who had suffered a stroke and the carers said he barely spoke on a usual day. But when we started to talk about poetry – he came alive and was really

interested in listening to us read. It was really satisfying to see."

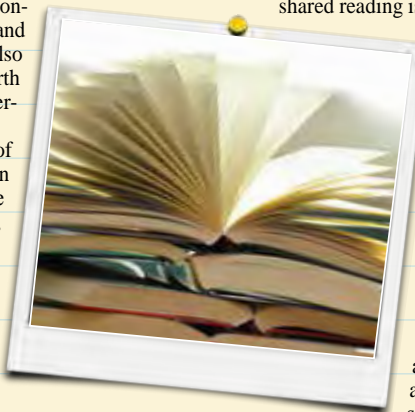
Dr Harvey said: "Typically, people with dementia have short term memory problems, so they may not be able to remember what they did a short while ago, but they may well be able to remember things from a long time ago, such as a poem they read 50 years ago at school."

"One thing that is repeatedly demonstrated through shared reading is that well-known poems that

have a regular rhythm and rhyme are particularly effective for various reasons. They tend to be the kind of poems that are remembered at school, but there may also be something about a regular beat and a chime that galvanizes the brain and neural networks."

"I think this is one of the reasons that poetry is so effective and useful and enjoyable in this kind of setting – and also because people are so familiar with poetry. And if people don't respond, just listening to poetry is enjoyable, stimulating and calming in itself."

Due to the success of the scheme, Dr Harvey hopes to expand the project in the autumn.



Young people in UK among most dependent on mobile phones

The UK has one of the highest rates of dependence on mobile phones among young people in Europe, a new study suggests.

Psychologists at Nottingham Trent University investigated the mobile phone use of almost 2,800 young people in countries across Europe and their perceived dependence on their devices.

They found that the UK had the second highest rate of phone dependence, with 3.5% of 18-29 year-olds viewing their phone use as excessive. Belgium had the highest rate at 3.9% and France was third with 3.4%.

Highly-dependent mobile phone users estimated their daily phone usage to be close to six hours a day, the researchers found.

Most of their time was spent messaging and chatting, emailing and on social networks. A large proportion was spent purely 'searching' online, viewing TV shows and reading websites.

As part of their study, the researchers – writing in the Journal of Behavioural Addictions – grouped countries together into regions of Europe.

Participants were gathered from ten European countries and completed an online questionnaire to assess

patterns of mobile phone use. They also completed a scale designed to assess the extent of perceived dependence on their smartphones – with statements including 'It is easy for me to spend all day not using my mobile phone' and 'I can live easily without my mobile phone'. Lead researcher Dr Olatz Lopez-Fernandez, a senior lecturer in psychology in Nottingham Trent University's School of Social Sciences, said: "This work is important because available data on phone use and phone dependency among young adults in Europe is scarce."

"We need to better understand the use and misuse of mobile phones among young Europeans, which will help to drive prevention practices and new policy in this important area."

Dr Daria Kuss, part of the research team and Course Leader for the new MSc Cyberpsychology at Nottingham Trent University, said: "Excessive smartphone use appears to be a problem for a small minority of frequent users. Among these, young female social networking users stand out as a population which may be particularly at risk for developing negative consequences due to their smartphone use."

Keen to shorten the wait for your cataract surgery or have your eye condition treated without waits or cancellations?

Satisfied with a **standard** treatment and lens or keen to explore the options of **premium** vision with bespoke intra-ocular lenses?

Seeing Private Patients at Circle Nottingham, Nottingham Woodthorpe Hospital, and the New Spire Nottingham.

All Ophthalmology conditions cared for in addition to Cataract and Premium Lens Surgery.

GHP

Private Healthcare+ Awards 2017

Mr Amar Alwitry
Consultant Ophthalmologist
Mids-Eyecare.co.uk

Eye Surgeon of the Year - East Midlands



As featured on East Midlands Today. Caring for patients with all eye conditions.

Specialist in all eye conditions including cataract, glaucoma, and refractive surgery.
MMA Accredited Eye Surgeon and Refractive Surgery
www.mids-eyecare.co.uk

Mr Amar Alwitry

CONSULTANT OPHTHALMOLOGIST, CATARACT & REFRACTIVE SURGEON



Consulting for all Eye Conditions at Nottingham Circle, Nottingham Woodthorpe and Nottingham Spire Hospitals.
One stop, same day consultation and private surgery available at both Circle Nottingham and the Nottingham Woodthorpe

For appointments call 0115 7722058 / 0116 4422081 • Woodthorpe call 0115 993201
Spire call 0115 9377801 • Circle Private Patients call 0115 924 8446 Email: info@mids-eyecare.co.uk



Heckington Windmill

Spring & Summer Opening 2017

Windmill, Mill Shop & Millers Tea Rooms
Open every Saturday, Sunday & Bank Holiday
Mondays from 12 noon - 5pm

8 SAILED BREWERY

Open during the week and some weekends please
check their website or phone for details.

www.8sailedbrewery.co.uk

NEW
VISITORS
OPENING
17TH
JULY

For further information call 01529 461919
www.heckingtonwindmill.org.uk



COUNTRY HOUSE

announces key appointments



Cockliffe Country House Hotel in Burntstump Country Park has appointed two senior employees in key roles at the luxury hotel and event venue.

The 11-bedroom, 17th century former farmhouse has appointed a head chef and a wedding and events manager, all ahead of the busy wedding season.

The announcement follows the recent news of an extensive refurbishment of the property, owned by independent hotel group Heritage Estates, which will include the imminent launch of a new multi-purpose events space.

Head chef Sam James joins the Cockliffe Country House team

from celebrated local venue Perkins Restaurant, where he oversaw both the fine dining restaurant, and the popular on-site wedding and function facility.

Prior to this, he cut his teeth at a series of impressive London eateries well known for their quality of cuisine, including the Landmark Hotel in Marylebone, Beaufort House in Chelsea, and The Plaza, overlooking Hyde Park.

"We are delighted to welcome Sam to the team here, and are excited to use his expertise to build on the already strong reputation of our hotel," explained director Jon-Paul Davies.

Nadia Mirhosseini has been

brought in to develop and enhance the wedding and events customer experience with a strong background in events after working for a number of major UK businesses.

"The expansion of our facilities with a beautiful, architect-designed function room will enable us to cater for events of up to 80 people, complementing our existing luxury conference and banqueting facilities," Jon-Paul commented. "Nadia's strong customer service focus and attention to detail give her the perfect skills to ensure we continue to provide the high standards that our wedding and events clientele expect," he added.

FOCUS BLINDS...

Focus... on great quality
Focus... on affordable prices
Focus... on excellent customer service

Roller, Vertical, Venetian, Vision, Wooden, Perfect Fit.



Roller



Venetian



Vertical



Vision

Local family run supplier of made to measure window blinds. Choose your new blinds from the comfort of your own home. Call **07539 742589** or **01159 441776** or email: Adam:- info@focusblinds.co.uk

CoachStyle

part of the Skills Group

CALL US ON 08456 665544*
OR VISIT WWW.COACHSTYLE.CO.UK

LEGOLAND & WINDSOR - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Entrance to Legoland + Free time in Windsor
03 Jun | 05 Aug | 21 Oct

FROM **£99.95**
S/SUP £15



PONTINS PAKEFIELD - 5 DAYS

INCLUDES: 4 nts DBB in Resort + Excursions to Great Yarmouth & Lowestoft + Free time in resort
05 Jun

FROM **£169.95**
S/SUP CALL



4 DAY BARGAIN BREAK: BABBACOMBE - 4 DAYS

INCLUDES: 3 nts DBB in Hotel + Entertainment + Drink offers at hotel bar + Excursion to Paignton + Free time
09 Jun

FROM **£137.95**
S/SUP £16



LONDON THEATRE BREAKS - 2 DAYS

INCLUDES: 1 nt DBB in 3* Hotel + Matinee performance of chosen show + Free time in London + Optional extras
10 Jun | 15 Jul | 22 Jul

FROM **£120**
S/SUP £15



PARIS: THE CITY OF LIGHTS - 4 DAYS

INCLUDES: Return ferry sailing + 3 nts BB in 4* Hotel + Tour of Paris + Excursions to Montmartre & Sacre-Coeur
16 Jun | 11 Aug | 29 Sep

FROM **£179**
S/SUP £85



YORK & HARROGATE - 2 DAYS

INCLUDES: 1 nt DBB in Hotel + Drink offers at the hotel bar + Free time in York & Harrogate
17 Jun | 26 Aug | 02 Sep

FROM **£74.95**
S/SUP £16



4 DAY BARGAIN BREAK: BLACKPOOL - 4 DAYS

INCLUDES: 3 nts DBB in 3* Hotel + Hotel entertainment + Free time in Blackpool & Lytham St Annes
19 Jun

FROM **£159.95**
S/SUP £16



OSTEND, BRUGES & YPRES - 5 DAYS

INCLUDES: 4 nts DBB in 3* Hotel + Excursions to Ostend, Bruges & Ypres
19 Jun | 24 Jul | 21 Aug | 11 Sep

FROM **£279**
S/SUP £105



ENTERTAINMENT WEEKEND - 3 DAYS

INCLUDES: 2 nts DBB in Hotel + Hotel entertainment + Entrance to VIVA Blackpool for show + Free time
23 Jun | 28 Jul

FROM **£149.95**
S/SUP £16



BOURNEMOUTH - 5 DAYS

INCLUDES: 4 nts DBB in 3* Hotel + Excursions to Swanage & Poole + Free time in Bournemouth
03 Jul | 05 Aug | 25 Sep

FROM **£249.95**
S/SUP CALL



LEEDS & YORK - 2 DAYS

INCLUDES: 1 nt DBB in 4* Hotel + Welcome drink + Drink offers + Free time in Leeds & York
15 Jul | 28 Oct

FROM **£74.95**
S/SUP £16



LONDON & GREENWICH - 2 DAYS

INCLUDES: 1 nt DBB in 3* Hotel + Free time in London & Greenwich
26 Aug | 14 Oct

FROM **£74.95**
S/SUP £15



London Theatre Break Weekends from £109

Days Out from only £15

FIND OUT MORE ON WWW.SKILLS.CO.UK

*Calls cost 3p per minute plus your network provider's standard access charge. Subject to availability and selected coach holiday only and terms & conditions apply. For tours operated by Skills Holidays, CoachStyle, Skills Days Out visit www.skills.co.uk for full Terms & Conditions. For tours operated by Leisure Holidays visit www.leisureholidays.co.uk for full Terms & Conditions. Prices are per person based on 2 people sharing a twin room and are subject to availability. Nil single room supplements are limited. All credit card transactions are subject to a 2.75% charge.

IF YOU'VE GOT A STORY



editorial@nottsinfocus.co.uk

Radford Care Group
CityCare

Do you look after someone with Dementia?

Important information is now available for YOU!
Introducing a programme of support sessions for carers of people with dementia.

"This has helped me understand my dad more and look after him better" - Carer of father with dementia

"This has made all the difference for me and my family"

All enquiries on: 01159 786133
or email: info@radfordcaregroup.org.uk
www.radfordcaregroup.org.uk

Looking for local social events and activities?

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

Monday 5th June 10.00am Price As Per Menu Breakfast Club
Upper Crust, 10 High Street, Long Eaton, Notts NG10 1GH

Monday 5th June 11.30am Price Free Walk Aftenborough Nature Reserve, Barton Lane, Beeston, Nottingham, NG9 6DY

Friday 16th June 10.30am Price Free For Members £2.50 for Non Members Speaker Sandy Leong - The Bishops Finger - A History of the Public House Eastwood Conservative Club, Church Street, Eastwood, Notts NG16 3BP

Friday 23rd June 7.00pm Price As Per Menu Dine
Around The World Vhojon, Fieldmill House, 128 Nottingham Road, Mansfield, Notts NG18 1BW

www.oddfellows.co.uk for membership enquiries 0800 828 1810

WANTED

We pay the BEST prices for all COINS; British, European and World; gold, silver and copper; No fees, no commission, no waiting for cash. Payment by cash, bank transfer or paypal. Secure postage service available please call for details.

Call Paul 07999 869 897
paul.poucher@yahoo.co.uk

SCOTT TRAILERS LTD
of Walscott Lincoln

Your Ifor Williams Trailer Distributor
Trailers from Camping to 3500kg gross

Sales • Repairs • Servicing • Spares

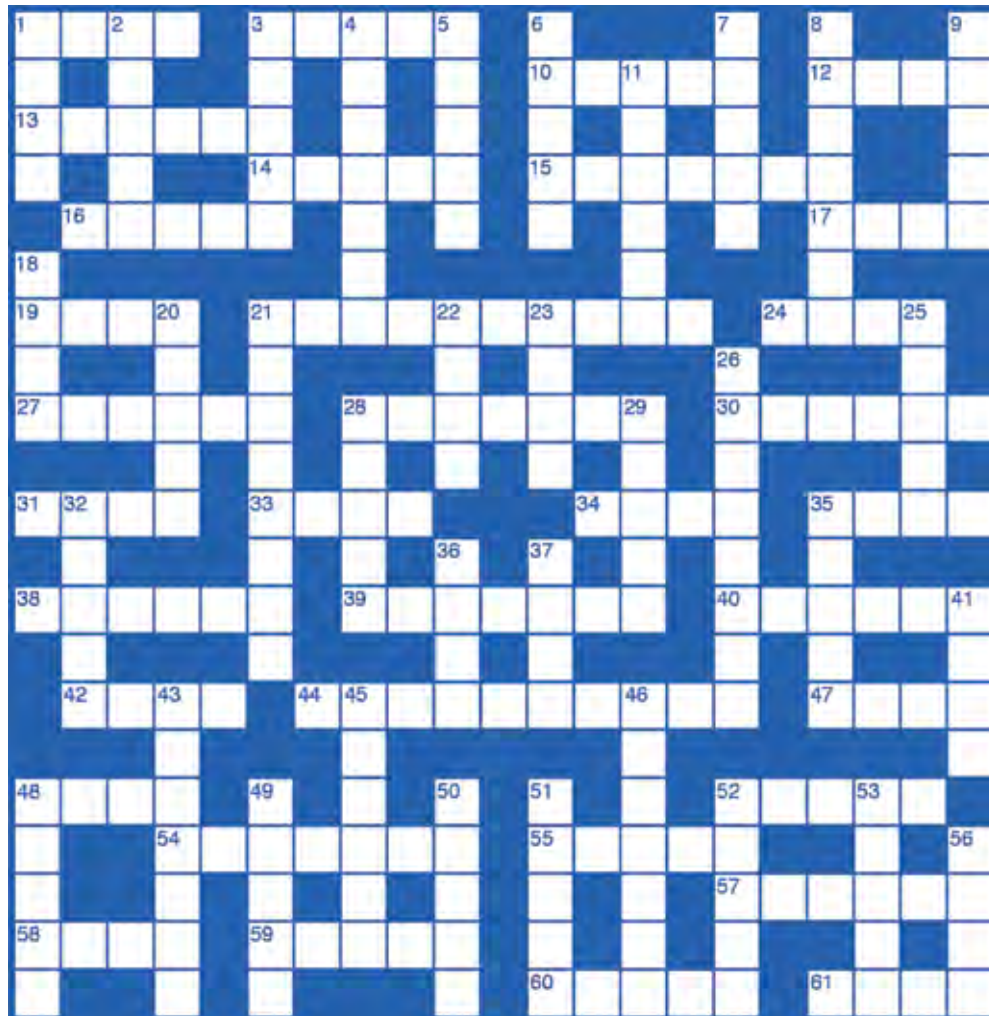
Sole Distributors in Lincolnshire & Nottinghamshire
Spares available by post and carrier • You are welcome to view our stock of Trailers

Tel: 01526 860317 • Fax: 01526 861357
website: www.scott-trailers.co.uk
e-mail: office@scott-trailers.co.uk

Opening hours Mon to Fri 8am-5pm • Sat 8am-12 noon
Other times by appointment

CROSSWORD

(Answers in Issue 224)



ISSUE 222 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Dead ringer 6 Armpit 11 Olive 12 Vacation 13 Pretence 16 Inferno 18 Bimbos 19 Ices 20 Lasso 22 Adder 24 Ebb 25 Bun 26 Obtained 28 Banns 29 Lieu 30 Totem 31 Eye-witness 35 Enthusiast 39 Items 40 Raid 41 Craft 42 Cleanses 43 Cue 44 Ego 45 Lager 47 Noses 49 Year 50 Pulled 51 Portico 54 Pamphlet 57 Schedule 58 U-turn 59 Scraps 60 Strawberry

ANSWERS DOWN
1 Drop 2 Daft as a brush 3 Iron 4 Give 5 Rock bottom 6 Automobile 7 Punished 8 Toft 9 Liar 10 Bed of roses 14 Recession 15 CIA 17 End 20 Linctus 21 Short-haul 22 Abbot 23 Duncie 27 Elevenses 32 Insets 33 Nursery rhyme 34 Shipshape 35 Eucalyptus 36 Twang 37 Utter 38 Travellers 39 Ins and outs 42 Composer 46 Eat 48 Era 52 Rout 53 Ions 54 Pear 55 Meow 56 Tory

Royale Mobility Ltd
BECAUSE WE CARE

Your local specialists in sales and servicing of mobility products including power chairs, scooters, stairlifts, beds and R&R chairs

We pride ourselves on selling quality products with a service that is second to none

We service all of your mobility products, at your own home by our fully experienced engineers

FREEPHONE 0800 0286619
royalemobility.co.uk

Forest Road New Ollerton, NG22 9PL Tel: 01623 862839
1a Debbie Lane, Keyworth, NG12 5HT 08159 375280
26 Patchwork Row, Shirebrook, NG20 8AL Tel: 01623 742720

MARKET 29 PLACE
GROOMING SHOP

Celebrating 5 years at 29 Market Place!

Thank you to all our clients for their support. Our newly refurbished shop is better than ever.

Beard trims from £6
Expert advice on grooming, taming and using products on your beard.

OFFER for June
Consultation and Luxury beard grooming with Albert £10.

download our new APP
Booking on your smart phone is easy & convenient
download yours now for **FREE**

www.29marketplace.co.uk
29 Market Place • Nottingham NG1 5AN • 01159 313879

FERNWOOD FUELS

Pre Packed Coal
Housecoal - Smokeless - Anthracite - Logs - Kindling - Appliance Spare Parts

Visit our Cash & Carry at
MAIN ROAD, WATNALL, NG16 1HA
or call us on: 0115 9389351

Visit us at www.fernwood.co.uk
to see our latest offers!

Opening Hours: Mon to Fri 7am-5pm & Sat 7am-12noon
*Delivery available on request

COSYREST FURNISHINGS LTD
If you want the best, come to Cosyrest

Re-upholstery in Nottingham, UK

Cosyrest Furnishings Ltd is a well established soft furnishings and reupholstery business based in Stapleford, Nottingham.

We offer a range of high quality soft furnishings. We are makers of fine suites and reupholstery specialists and will take on most jobs.

At Cosyrest Furnishings Ltd we pride ourselves on our high quality products, from car seats and headboards to the reupholstery of sofas; no job is too big or too small. We have been in business for almost 40 years; we have plenty of experience and have built up a strong client base.

Some of the services we offer are:

- Reupholstery • Fine suites • Contract work

Why should you choose Cosyrest Furnishings Ltd?

- High quality products • Friendly and professional service
- Tailor made soft furnishings • Competitive prices
- Excellent quality product for the price • Willing to take on any job

Here at Cosyrest Furnishings Ltd we are proud members of the Association of Master Upholsters.

For reupholstery services, call us now on
0115 939 0099
www.cosyrest.co.uk

Rephrased	Actress (Van Outen)	Flax cloth	Moored	Hitched	Quiche	Shallots	Actress Jolie
→	→	→	→	→	→	→	→
Author Byron				Tin	Rein in		Sea currents
→	→	→	→	→	→	→	→
Leg joint				Ended	Merge		
→	→	→	→	→	→	→	→
inside						Grease	
→	→	→	→	→	→	→	→
Pinkish-brown	Indemnity	Pointed beard	New South Wales beach	Label	Sword handle	Transmitted	Blank page
→	→	→	→	→	→	→	→
Passport permit	Direction	Muslim leader		Alloys cards	Lowest form of wit		Cuts toenails
→	→	→	→	→	→	→	→
Changeable				Only	Rowing blade		Imitate
→	→	→	→	→	→	→	→
Scarcer				To subdue	Engraved	Continent	Squat down
→	→	→	→	→	→	→	→
Encounters				Valuable	Bridge arch	Cosmetic	Alude to
→	→	→	→	→	→	→	→
				Make happy	Well known	Perceived	Evening or morning star
→	→	→	→	→	→	→	→

Facts

Born June 4th 1975

Married to a famous actor

Known for her humanitarian work

Facts

Born 27 May 1974

Co-presented the Big Breakfast

Appeared in Strictly Come Dancing

**IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879**



**FREE Pilates Taster
at Balance in
Newark**

Inspiring people to lead Healthier,
Happier lives by Improving your
Core, Strength and Flexibility, and
Reducing your Aches & Pains.

**Feel fabulous
- do Pilates!**



01636 673 931



pilatesbyphilippa@btinternet.com



www.pilatesbyphilippa.com/focus

B Slater Consulting Ltd. Independent social work for adults

The support you need, when you need

Telephone: 01476 850052 www.yoursocialworker.co.uk

We offer independent advice and support; reduced waiting times, flexibility on meeting times and a guarantee of support from a registered social worker. We support individuals and their families in identifying and engaging services, such as care at home and residential / nursing homes specific to the individual's unique personality and needs.

Lasting Power of Attorney

We offer both single and joint application packages; a single application for property and affairs or health and welfare is just £250.00 inclusive of court fees. For those applying for joint applications (property/affairs and health/welfare) we offer a reduced total fee of just £450.00. Saving you £50 when you complete both applications at the same time. Again this is inclusive of standard court fees.



Telephone: 01476 850052

www.yoursocialworker.co.uk

- Lasting power of attorney applications
- Care planning
- Mental capacity assessments

- Hospital discharge support
- Comprehensive assessment
- Reviewing service

 Follow us on Twitter
@nottsinfofocus

**Would
you like to
Advertise?**
sales@nottsinfofocus.co.uk
Tel: 0115 931 3879

Lincolnshire WILDLIFE PARK

BENGAL GARDENS
THE LARGEST COLLECTION OF TIGERS IN THE UK!

DISCOVER BRITAIN'S GREATEST TREASURE OF PARROTS

VISITOR ATTRACTION OF THE YEAR 2017

Lincolnshire WILDLIFE PARK
www.lincolnshirewildlife.co.uk

0871 3841130
Dickson Hill Road, Friskney, Boston, Lincolnshire PE22 6PP

  Follow us for news and competitions

Deacons Nursery (LL)
Mail order fruit trees and soft fruit specialists
Call now for your **FREE BROCHURE**



Phone: 01983 840750 or 01983 522243 Fax: 01983 523575
Email: info@deaconsnurseryfruits.co.uk
Website: www.deaconsnurseryfruits.co.uk

APPLE TREES - 50% OFF (Until March 15th 2017)

CH DECORATORS

Top class work
Competitive Prices
Free Estimates



Tel: 0115 9235974 • mobile: 07739 797934

**MAB LTD
BATHROOMS & HEATING**

- Full Bathroom Installations
- Heating Repairs & Full Installations
- Any plumbing Jobs
- Local Reliable Business



All bathrooms can be tailored to your requirements

FREE NO OBLIGATION QUOTE

City & Guilds Qualified Please call Matt on **0774 333 0190**





Situated within the heart of the Peak District, The Old Hall Hotel offers an ideal opportunity to explore scenic landscapes. And with a spring break you're guaranteed a luxurious room to rest your head after a busy day of walking, cycling or rock climbing.

Our package includes:

- A glass of wine or beer on arrival
- A two-course dinner in the restaurant (starter and main course)
- An overnight stay in a unique bedroom
- Full English Breakfast

From just **£109** per room*

To book call **01298 22841**
or visit **www.oldhallhotelbuxton.co.uk**

*Subject to availability. For stays between March 1st and May 31st, 2017



THE HISTORIC
OLD HALL HOTEL
BUXTON



The Square, Buxton,
SK17 6BD

NATIONAL BIKE WEEK

10TH JUNE - 18TH JUNE

A Greener Way to Travel



National Bike Week, as the name suggests, brings people together to encourage cycling; drawing attention to the wide range of benefits the sport provides as well as how easy it is to incorporate into everyday life.

Whether it's cycling to school, to the gym or just for fun, Bike Week 2017, taking place from 10th to 18th June, encourages people of all ages and abilities across the UK to take up cycling. The sport has been proven to have all sorts of benefits including increased muscle tone and better coordination, and it's not just the physical difference you'll benefit from. Cycling also

helps to reduce stress levels for a clearer and calmer mind. It's also something which can have a positive impact on the environment; by swapping your car for your bicycle you're cutting down your carbon footprint and contributing to a greener Britain. Bike Week 2017 will see events taking place throughout the country to encourage people to travel on two wheels, from information days to free cycle training too.

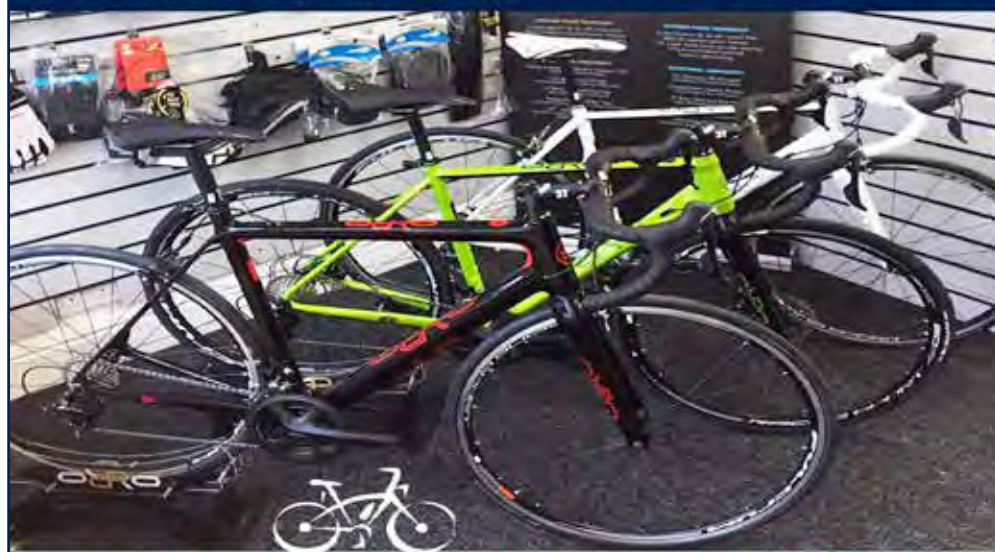
Visit www.bikeweek.org for more information on National Bike Week 2017 and how you can get involved

Newark Cycles Ltd



E-bike sales and service specialists

Main suppliers of: Raleigh • Orro • Diamondback • Forme • Cuda



53 Balderton Gate, Newark NG24 1UE
01636 612010

www.newarkcycles.co.uk

DR BIKE

07897 331554

COMPETITIVE PRICES

WE BUY, SELL, TRADE
AND REPAIR BIKES



FULL SERVICES FROM £39.99

- Generous trade-in allowance!
- Large selection of bikes
- Open Mon-Sat (9-5)

Corner House Farm, Farndon, Newark, Nottinghamshire

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879

Looking for a career change?



Why not study a traineeship/apprenticeship or full time course with Riverside Training.

We provide varying short and full time qualifications which will suit your interests.

Business Health & Social Care Childcare

enquiries@riversidetrainingspalding.co.uk
www.riversidetrainingspalding.co.uk 01775 710945



Riverside Training Success Story

I'm fortunate that my business is one where we celebrate many positive outcomes and success stories. We have more than 20 years' experience offering independent courses and qualifications in childcare, management, team leading, customer service and business administration and it's a pleasure to work with many different clients including childcare workers, teaching assistants, administration staff and managers in the workplace.

We are extremely proud of all our learners and what they achieve with us and we really appreciate it when they are keen to talk about the ways in which our specialist training company has helped them achieve their goals and aspirations. Here Craig Turner, one of our recent graduates, talks about his career path and shares his experiences of our company.

"After leaving sixth form I worked part-time in Boston and then went working and travelling in New Zealand. When I returned to the UK I started off looking for a job. I tried my luck in a nursery, ended up loving it, and decided that was the career I wanted to pursue. I contacted Riverside Training for guidance about starting my career in childcare and was advised to start with Cache Level 2 Children and Young People's Workforce and also to take my paediatric First Aid qualification. They also helped me find a nursery that would support my training."

"I started out as a nursery bank staff member. This setting offered me the Cache Level 2 Children

and Young People's Workforce Apprenticeship and, after I completed the qualification, I decided to move on to my Level 3. I grew more intrigued about the career pathway and Riverside Training discussed options with me. I discovered I could go onto higher education to further my career, so I worked hard to make sure I could secure a place at university."

"Riverside Training was a huge support with advice and training and encouraged me to succeed. They not only helped me to develop as a childcare professional, but also as a person. Everyone I dealt with was friendly and extremely competent. The team will help you hit your targets and get you to where you want to be. The support they offer is unbelievable and they are always there to point you in the right direction. I started a BA in Play-work and Child Development at Leeds Beckett University in September and am hoping to become a play therapist when I

complete my degree."

We are delighted Craig found that our services not only met, but exceeded, his expectations and wish him well with his university studies and every success in the future.

Hopefully Craig's story will inspire you to consider training with us. If so, you can find out more information about our courses and qualifications on our website www.riversidetrainingspalding.co.uk or by calling us on 01775 710945.

L&C
Training Solutions

For more information
call 07775877057
or visit www.lacts.co.uk

We are recognised and authorised by the leading UK governing bodies such as, Aofa and BALI to train accredited food safety, health and safety, HACCP, first aid, fire safety, ROLO and a host of other qualifications throughout the whole of the UK.

THERE'S MORE THAN ONE WAY TO MAP YOUR FUTURE

Discover your route

APPRENTICESHIPS

STEP FORWARD
PROGRAMME

TRAINEESHIPS



Developing careers and companies
Apprenticeships | Traineeships | Recruitment Support | Functional Skills

FIND OUT HOW...

0115 9599 544
info@ctskills.co.uk
www.ctskills.co.uk

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879

Abbotsholme School's vision for the future



The new Headmaster of Abbotsholme School, Matthew Boud-Self tells us about his vision for the future of this wonderful boarding school in a rural setting on the Staffordshire/Derbyshire border:

I fully support the School's aims to provide: knowledge to help everyone achieve and succeed to the best of their individual academic ability; an understanding of the environment; challenges which build strength and test courage; as well as providing stimulating and enjoyable experience and cultural enrichment to widen perspective and awareness of our responsibility to others.

We are a small school where pupils are known as individuals. Knowing our pupils means that we can provide each one with just the right balance of challenge and support to enable maximum achievement. Whatever the starting point our pupils should experience a string of personal bests during their time at Abbotsholme, ultimately becoming the best version of themselves as they take their place in the wider world. Pupils will be given regular leadership opportunities as they progress through the School; a growing sense of responsibility to their community and the wider world is the making of the Abbotsholmian. Our pastoral care will be the best it can possibly be, with pupil's wellbeing at the heart of all we do.

Character development is essential to the Abbotsholme education; a great education is more about empowering young people and liberating them, helping them to make wise choices about what they should do in any given situation. We aim to develop character alongside intellectual attainment.

The School's values of honesty, humility, integrity, respect, and courage are our guiding principles and as a community we must all hold ourselves to account according to these. As I addressed the pupils on Friday in Chapel I reminded them that an important additional value was that of gratitude, being thankful for what we have makes all other choices simple.

The range of sporting and extra-curricular opportunities that pupils have access to allows Abbotsholmians to further develop as individuals and I am committed to the holistic education that Abbotsholme offers, the importance of the Arts, Technology, Farm, Equestrian Centre, Outdoor Education and sporting pursuits in providing an all-round education beyond the classroom.

Abbotsholme's dedicated staff will continue to strive for the highest standards for all pupils in their care and I have been greatly impressed by the passion teachers have for their subjects, the willingness of all staff to go the extra mile and the additional support staff offer to the whole school. Teachers and support staff all have the pupils' best interests at heart; this is a very special community full of people who truly care.

I am totally committed to the future success of Abbotsholme School and I hope to enhance the many great aspects that make Abbotsholme a unique, nurturing and empowering environment for so many pupils to thrive in.

Matthew Boud-Self
Headmaster

Boarding & day for boys & girls aged 2-18

01889 594265
enquiries@abbotsholme.co.uk • Rocester, Uttoxeter ST14 5BS

ig internet gardener

With more than a decade of experience in garden supplies, Internet Gardener is a company you can trust.

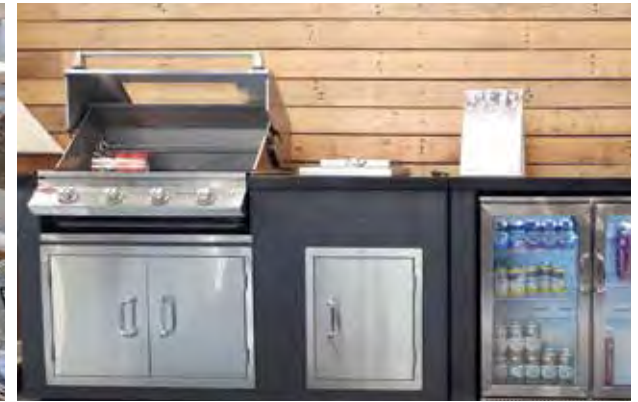
This family run business has come a long way over the years, establishing itself as one of the industry's top websites within the garden industry in the UK, boasting one of the largest product ranges, with leading brands and offering excellent customer service.

Whether you're looking to invest in a Log Cabin or simply need a few tools for your garden tidy up, Internet Gardener has it all. The impressive Garden Furniture and BBQ showroom in Calverton is well worth a visit, with lots of helpful advice and knowledge on offer.

Working with top brands such as Bramblecrest and Alexander Rose, we hold the title for the largest garden furniture show-

room in the East Midlands. Boasting an ever-changing range of items from outdoor garden patio sets, garden sofas, barbecues and complete outdoor kitchens. We have expert showroom assistants who are equipped with all the knowledge and expertise to help you along the way. It has always been a priority for Internet Gardener to bring something new to the market. With their unparalleled range of garden products and customer dedication it saw them win the Online Retail Awards 2016. The customer remains at the very heart of the business, just as it did when they first started out 11 years ago. Visit www.internetgardener.co.uk or call 0115 8283815 for more information. Park Road East, Berners-Lee House, Calverton, Nottinghamshire, NG14 6LL

a leader in Garden Products



What we do

We are a Construction Training Company, accredited to CPCs, CSkills, EUSR, City & Guilds and National Plant. We offer practical and classroom training in all aspects of Plant, NRSWA, Confined Space and Safety Training.

Who we are

Allenby Training are a family run business having worked within the Construction Industry for the past 18 years. Together with our team of highly trained instructors/assessors and advisors we have successfully trained and built a strong client base of candidates that come back time and again as the needs of the industry changes and qualifications need updating.

Our aims

We aim to offer the best possible training within the construction industry. To ensure that you are offered the best advice and given the correct training to keep you employed and up to date with current legislation - our success is measured by your success!

We provide a wealth of training/tests and NVQ's for the construction industry including:

- CPCs Accredited Centre
- NPORS Accredited Centre
- NVQ's Level 2-6 in Construction & Plant
- CSCS Touch Screen Tests
- City & Guilds NR&SW - Initial Training & Re-Assessments
- City & Guilds Confined Space including Level 5 Management
- EUSR Water/Gas qualifications
- Site Safety Plus - SMSTS - SSSTS - SEATS
- CITB Health & Safety Awareness Labourers Qualification
- Plant Training
- Bespoke Training
- Abrasive Wheels
- Manual Handling
- First Aid
- Health & Safety Consultants

CP Construction Plant
CS Competence Scheme

City & Guilds

EUSR

CSCS



Call us on 01522 548559

23 Crofton Road, Allenby Industrial Estate, Lincoln LN3 4NL
Allenby Training Services Limited, Plotwood Stables, Thorney Road, Wigsley NG23 7ER

www.allenby-training.co.uk

Lincoln's leading training provider for the Construction Industry

TELL US ABOUT YOUR EVENT



editorial@nottsinfoocus.co.uk



Premium Garden Furniture & BBQ Showroom

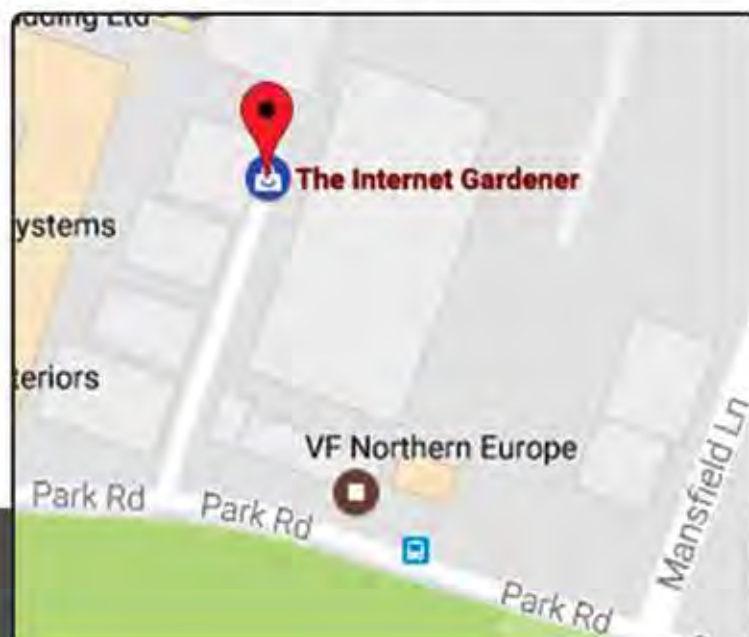
Exclusive Showroom Discounts

5% OFF

Your order when you present this advert
in the showroom!

(Min spend £200)

Where to find us
NG14 6LL



Berners-Lee House, Park Road
Calverton, Nottinghamshire, NG14 6LL

What's On

New for 2017



The Wollaton Park Ghost Walk
 Friday July 28th - Friday August 18th
 Friday October 6th Dog walk Special
 Adults £10, Concessions £7, Children under 6 go free
Meet the Ghosts Nottingham Castle
 Saturday 3rd June - Thursday 13th July
 Friday 25th August - Saturday 30th September
 Tickets are £15, includes a glass of wine or soft drink
www.madameparboiled.co.uk • 07773 147 271



SEARLES First Choice Resort

Now that spring is here and summer on the way, what better time to buy your own holiday home, and what better place than at Searles multi award winning 5 star Leisure Resort and Country Park?

Just a few of the many reasons to make Searles your first choice resort:

- Family owned resort stretching back four generations
- Close to the wonderful expansive beaches of North West Norfolk
- A short distance from the lovely Victorian resort of Hunstanton
- Unrivalled sporting, leisure and entertainment facilities for all the family
- Two golf courses, driving range, tuition from our own PGA golf professional
- Two fishing lakes, bowls, tennis, pétanque, archery and sports field
- Country Club and Fountain Sports Bar with outside terrace and super views
- Indoor and outdoor heated pools with jacuzzi and sauna
- Fully equipped Fitness Studio
- Lounge bar with restaurant and the Sundowners air conditioned family entertainment venue
- Great entertainment from our own "Superstars", plus visiting acts
- Sidney's soft play area and activity centre
- On park supermarket, takeaways, laundrette, hair and beauty salon and hire shop
- Ten and a half month season for caravans - eleven months for lodges
- Exclusive Owners' Activity Weekends

New for 2017 - Indoor Interactive Splash Pool, Sidney's Outdoor Play Area and Outdoor Fitness Park (14 years +)

For more information call us now on 01485 536026, or to make an appointment to view,
www.searles.co.uk | www.searlesnorfolkldges.co.uk
 Email: holidayhome@searles.co.uk
 Searles Country Park, South Beach, Hunstanton, Norfolk PE36 5BB

Pre-owned and new caravan from £14,995 to £45,995

Pre owned and new lodges from £65,000 to £200,000



FOODIE-FEST 2017

Date for diary
NEW "Foodie-Fest 2017"
 Southwell Racecourse
 NG25 0TS
 Sat 17th & Sun 18th June
 10.00am - 5.00pm
 To get in touch call: 07508 614444
info@foodie-fest.com / www.foodie-fest.com

BUY EVENT TICKETS ON THE GATE WHEN YOU ARRIVE FOR JUST £7.50 OR BUY THEM NOW ONLINE FOR £6.00 FROM EVENTBRITE... search #southwell #foodfestival

Sponsored by...
 PAN
 ASPECT
 UNION STREET The ANTIQUES

IF YOU
 WOULD
 LIKE TO
 FEATURE
 ON THIS
 PAGE
 PLEASE
 CALL
 US ON
 0115
 9313879



Bingham Town Market
 Every Thursday

Saturday Farmers' Market
 Every 3rd Saturday of the month 9am-1pm

For further information please contact
 East Midlands Markets and Events on 07956631683

What's On



THE 7TH

STAVELEY ARMED FORCES & VETERANS ASSOC. EVENT

8TH & 9TH JULY 2017

AT POOLSBROOK COUNTRY PARK | STAVELEY | NEW ATTRACTION FOR 2017

FULL SIZE SPITFIRE ON THE PARK

- Military displays
- WW1 displays
- Cadet Recruitment and Demonstrations
- Vintage Vehicles
- Rother Valley Newfoundland Dog Training Group Displays
- Civil War Re-Enactors
- Live Entertainment, in Garrison Theatre.
- Trade & Charity Stalls
- Parade from Staveley, Saturday am led by Long Eaton Silver

Prize Band

- Remembrance Service, Sunday am
- Sergeant Major Marmite (of Dad's Army fame)
- Fly Past (tbc)
- RAW Brewery Tours
- Parking at venue, for only £1
- Free Shuttle Bus From Staveley Healthy Living Centre & Speedwell Rooms
- Free Entry

FOR MORE DETAILS PLEASE CONTACT ANY OF THE BELOW

Chairman: Joe Roberts BEM. on 07731 955439, email: j.roberts732@outlook.com
Event Secretary: Marion Gerrard on 07960 317894, email: marionjohn19@hotmail.com
Treasurer: Graham Weighill on 07757 007169, email: graham.weighill@virginmedia.com
www.safva.co.uk/



Golden HOLIDAYS

Offering UK Tours to some exciting venues covering Scotland, Wales, South and The South West, Lake District and The North over 5-8 days and also including weekend breaks and day excursions.

Latest Tours

June 2017

Paignton Sun 18th-Sat 24th Redcliffe Hotel £429

Sidmouth Sun 25th-Thurs 29th Royal York and Faulkner £399

July 2017

Bournemouth Sun 2nd-Fri 7th Durley Dean Hotel & Spa £335

Llandudno Sat 8th-Weds 12th Tynedale Hotel £340

Mystery Weekend Sat 22nd-Sun 23rd

Mystery Hotel £89 £20s/s

Cumbria Mon 24th-Fri 28th Gilsland Hall Hotel £310 £20s

Isle of Wight Sat 29th-Sat 5th Channel

View Hotel £450

Worthing Mon 31st-Fri 4th August

Chatsworth Hotel £325

Call now for a free brochure

Nottingham: 0115 9550104 Derby: 01773 830921

Email: goldenholidaysoffice@gmail.com

www.goldencoachholidays.co.uk



IF YOU'VE GOT A STORY



editorial@nottsinfofocus.co.uk

What's On

NEWARK GETS THE RETRO VIBE

Retro Festival, the largest festival of all things past in the UK, will be heading to the Newark Show Ground on the weekend of the 9/10/11 of June.

After 11 successful years at Newbury Show Ground, Retro Festival have decided to produce another show further north at Newark.

If you have never been to the Retro Festival you are in for a treat. The show ground will be full of exhibits from classic cars, American RV's and vintage caravans to a vintage funfair and army re-enactors, plus over 200 vintage stalls selling everything from clothes to furniture. Add this to three music marquees, Spitfire Pavilion – 1920's to 1940's swing and Jive, The Black Hangar – 1950's Rock n Roll and the Alternative outdoor stage. If that isn't enough there will also be an air show with a fabulous timetable of flying displays including The Red Arrows, The

Battle of Britain Memorial Flight (Spitfire, Hurricane, Lancaster and Dakota), a Typhoon, a Hawk and a Tornado subject to the approval of the RAF Air Events Team. Along with the RAF Falcon Parachute Display Team and helicopter flights, you just won't know where to look! If the show at Newbury is anything to go by Newark has not

seen anything like this before. Event organiser Paul Jezard says: "We are transporting our fantastic show to Newark and we couldn't be more excited."

We're excited too Paul. We can't wait to get on that dance floor and boogie the night away. Tickets available at www.retrofestival.co.uk



9/10/11 JUNE 2017

RETROFESTIVAL

WINGS · WHEELS · SPEED · STEAM · MUSIC · DANCE · BANDS

NEWARK SHOWGROUND NG24 2NY

A GREAT WEEKEND FOR ALL THE FAMILY STARTS HERE!
6PM ON FRIDAY TO 11PM ON SUNDAY
 FEATURING 3 AMAZING STAGES/ DANCE FLOORS/ VEHICLE SHOW & FUNFAIR

www.retrofestival.co.uk

LIVE MUSIC EVERY DAY at THE BLACK HANGAR ROCK N ROLL STAGE, THE ALTERNATIVE 60's STAGE & THE VINTAGE SPITFIRE PAVILION & STAGE
 AEROBATIC FLYING DISPLAYS
 ALL THE FUN OF A VINTAGE FAIRGROUND

SHOPPING VILLAGE Incl. RETRO/VINTAGE MARKET, HELICOPTER RIDES, VINTAGE & CLASSIC CARS AREA, CARAVANS, HOT RODS, MILITARY VEHICLES, RE-ENACTORS, STEAM ENGINES & MINIATURE STEAM, AUTOJUMBLE, KIDZ ZONE, FOOD & BARS, PUBLIC CAMPING SITES, SOUNDS, MUSIC & DANCE FROM THE 30's to 80's

PCS
PREMIER
 CAR SUPERMARKET

UP TO 500 CARS IN STOCK

WITH FINANCE & PART-EXCHANGE AVAILABLE
 VISIT OUR SHOWROOM OFF THE A38 IN EGGINTON

www.premiercarsupermarket.co.uk



Carriers Road (off the A38 Northbound) Egginton • Derby • DE65 6GY • 01283 247171

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879

GREAT CENTRAL RAILWAY | LEICESTERSHIRE

1940s WARTIME WEEKEND

*Live The Experience
Of Wartime Britain*

FRIDAY 2ND,
SATURDAY 3RD
& SUNDAY 4TH JUNE 2017

BBMF Flypasts Spitfire & Hurricane (Sat) & Lancaster Bomber (Sun)
Grace Spitfire Display | Remembrance Service | Static Spitfire Display
Military Vehicles | Air Raid Reenactment | Military VIPs
Armoury & Battle Displays with LIVE pyrotechnics
40s Music & Beer Tent | Live Music & Theatre | 100s of Re-Enactors
Saturday Evening Dance with Kalamazoo Dance Band
Food Stalls & Vintage Shopping Village

SUPPORTED BY THE ROYAL BRITISH LEGION



WWW.GCRAILWAY.CO.UK T: 01509 632323

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879

What's On

56

LEISURE LODGES
& PARK HOMES
TO VIEW

The World of Park & Leisure Homes Show

Friday 9th –
Sunday 11th June

**FREE
ENTRY
FREE
PARKING**

NAEC Stoneleigh, Stoneleigh Park, Warks  **CV8 2LG**
Tel: 01789 491451 www.parkhomeandleisure.co.uk

JSL PRODUCTIONS PRESENTS

BATTLE PROMS

P I C N I C C O N C E R T

BURGHLEY HOUSE – SATURDAY 8 JULY 2017

PLUS!

**RED
DEVILS**
THE PARACHUTE REGIMENT FREEFALL TEAM

A SUMMER CELEBRATION WITH
MUSIC • FIREWORKS • SPITFIRE • CANNONS • CAVALRY

WWW.BATTLEPROMS.COM • TEL: 01432 355416

**Rutland
Radio**
107.2 & 97.4FM

IN SUPPORT OF
**COMBAT
STRESS**

Rutland &
Stamford Mercury

20
1997 BATTLE PROMS 2017

IF YOU'VE GOT A STORY

 editorial@nottsinfocus.co.uk



CRESWELL CRAGS

Ice Age cave tours, Rock Art cave tours,
Educational visits, Group visits, Country Park
Cafe, Shop, Museum and Visitor Centre.

info@creswell-crags-org.uk | 01909 720378

Creswell Crags, Crags Road, Welbeck,
Worksop, S80 3LH



Half-Term
Crafts!



THURSDAY 1ST &
FRIDAY 2ND JUNE
£3.00 PER PERSON

Man Cave Day
Father's Day
Sunday 18th June



FREE* Cave tour for Dads this
Father's Day!

*One free Dad ticket with every paying son or daughter

Booking is
essential!



Creswell Crags Museum, Ancient Caves & Country Park
Crags Road, Worksop, Notts, S80 3LH
01909 720378 | info@creswell-crags.org.uk



What's On

The Wonder of Nature Explored

Whale Wails and Waves is set to be one of the biggest and best solo shows to date by the Loughborough based artist, who won both the Judges' Prize and People's Prize in the Harley Open art competition in 2015. Opening 24 June, it will run alongside work entered into this year's popular biennial Harley Open from across the UK and abroad with the expert panel selecting around 140 for the show.

Olivier's drawings are made using fine liner pens (0.03 – 0.8mm) with the animals imagined as living planets with their own landscapes and ecosystems.

Olivier explains: "When I started draw-

ing these doodles a few years ago, I was thinking a lot about the environment and I just drew what was on my mind. I take inspiration from nature and I'm learning more all the time, it's an unlimited source.

"Sometimes people can feel intimidated by art. I want to break that barrier. My work is playful, I hope that people enjoy my work and spend some time with it."

Visitors are encouraged to explore the drawings in more detail and discover surprises often hidden within his work.

Lisa Gee, Director of The Harley Gallery said: "The Harley Open gives us an exciting insight into what Britain's artists are mak-

ing now. We love getting entries from established artists but it's just as important to us to see work by people who are just starting out, or maybe haven't shown their work in a gallery very much before. We get entries that are serious or funny, detailed or abstract, traditional or really wacky! It's the diversity that makes the Open so successful, it gets a lot of visitors

and we are able to sell many of the entries for our artists."

For more information visit: www.harleygallery.co.uk



A huge whale takes centre stage in a playful series of dream-like drawings inspired by ecology, biology and nature in the forthcoming exhibition by former Harley Open winner Olivier Marc Thomas Leger.

CHRIST EMPOWERED LIVING

Led by Mick and Lynette Brooks (CWR) At Mansfield Baptist Church

The foundation course, based on CWR' core teaching, presents a biblical framework for self-discovery and personal revival.

During the day, we will explore how God designed our personalities to function along with our three deepest needs

♦ security ♦ self-worth ♦ significance

Whether you are new to Christianity or have been a Christian for many years, come and be refreshed and reminded of God's intended design for our lives - and learn how we can deepen our dependence on Him.

Saturday 17th June, 10am to 4.30pm

Please book in advance to avoid disappointment

Further details from David Ardron
email: davidardron456@hotmail.com
tel: 0759 353 2026



skegnessgolfcentre

Whether you are an absolute beginner or an experienced golfer we make golf fun!

INDOOR GOLF SIMULATOR

Rain doesn't mean you can't play golf. Try out our new indoor simulator

Golf Course from £9 for 9 holes.

Pitch & Putt £4 including club hire.

Indoor Golf Simulator £6 for 30 minutes.

Driving Range £2 for 1 token (30 balls),

Buy 5 tokens get one free!

no booking, no dress code, no handicap.....No Problem!

Just turn up and play. Club hire available.

Skegness Golf Centre, Chapel Lane, Addlethorpe, Skegness, Lincolnshire PE24 4TG

www.skegnessgolfcentre.co.uk • Tel: 01754 871020

VISIT US ONLINE



www.nottsinfocus.co.uk



Homes at the Heart of Their Communities



Two care homes in the Nottinghamshire area are leading the way in person-centred care for their residents.

Clipstone Hall & Lodge, a purpose built home in Mansfield, holds a Good rating from the Care Quality Commission, in addition to a Dementia Quality Mark from Nottinghamshire County Council. It was also upgraded to a Band Five care home, the highest rating achievable on the quality rating scale used by the Council.

The home has a vibrant community spirit, both in and out, working for the past year with local regeneration project Feel Good Foods on a regular gardening project. There is also a brood of hens in the home, supported by HenPower, an initiative by creative elderly charity Equal Arts, and used as a way of tackling social isolation and loneliness, through arts and hen-keeping.

The Grange, also in Mansfield, provides residential and dementia care, in addition to specialist nursing and enhanced dementia nursing. All of the 50 rooms are ensuite and are decorated to a high standard with modern facilities and amenities, in this warm and friendly environment.

To keep up to date with news from our homes, join us on Facebook www.facebook.com/OrchardCareHome



For more information call **01623 636 010** or visit www.orchardcarehomes.com

Catwalk collection inspired by student's double lung transplant

A fashion knitwear student who underwent a double lung transplant as a child has designed a catwalk collection to help inspire others with cystic fibrosis.

Halima Umer, 24, who's studying BA Fashion Knitwear at Nottingham Trent University, has created six womenswear outfits that explore her experiences with the disease.

Halima, who underwent surgery aged ten and has been well since, created original and distorted shapes by manipulating draped fabrics to explore silhouette shapes. Using ties looped through disordered holes, the designs form bunching to illustrate the physical effect the disease can have on the body.

The garments – which are made in traditional Islamic

colours - are also embellished with paisley patterns, stains, bobbles and pompoms, which make reference to bacteria.

"I wanted to do something that was different and create wearable garments but which have been changed," said Halima, from Aspley in Nottingham.

"In many ways I am beautifying my scars, and in doing so have found something elegant and graceful in disfigurement.

"The ties are also to do with tightening of the chest and breathing. And as cystic fibrosis relates to bacteria, I am incorporating that and beautifying it with embellishments.

"The colours talk about how my faith and culture helped me when I was younger, and the values that

my family instilled in me.

"I have always said I would never regret anything about having cystic fibrosis, but I would only regret it stopping me from living my life. That's something I have always lived by, and I am proud to now be finishing my degree.

"Cystic fibrosis is an invisible disease sometimes. People don't notice it about me. Because I hide it so well, people forget that I have it. But I would like to raise awareness of it."

Halima's collection is set to go on show during a public catwalk on 24 May as part of Nottingham Trent University's 2017 Degree Show.





AT THE HEART OF YOUR FUNERAL PLANNING

GILLOTTS
FUNERAL DIRECTORS
SERVING FAMILIES FOR GENERATIONS

Today, funeral plans are available from a variety of sources. However, you wouldn't arrange your will in a supermarket, so why trust something so important to a company who knows nothing about funerals, your local area, or you.

Our Perfect Choice Funeral Plans can include as much or as little detail as you want, and can be paid for in instalments. Our friendly staff can advise you on how to make sure your plan is right for you and your family.

Visit www.gillotts.co.uk, any of our funeral homes, or call us for a chat.

Eastwood Office 154 Nottingham Rd. Eastwood NG16 3GG Tel (24 hrs) 01773 713484	Heanor Office 1A Abbott St. Heanor DE75 7QD Tel (24 hrs) 01773 713921	Kimberley Office The Old Church Main St. Kimberley NG16 3LL Tel (24 hrs) 0115 938 6720	Stapleford Office 136 Derby Rd. Stapleford NG9 7AY Tel (24 hrs) 0115 949 1534	Selston Office 133 Nottingham Rd. Selston NG18 6BT Tel (24 hrs) 01773 306909
-------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
**01159
313879**



BATHING, STAIRLIFTS, MOBILITY

New & Reconditioned Stairlifts
 New from £1095:
 Reconditioned from £495
 Breakdown call outs & servicing from £80
 Stairlift removals
 Call or email for a free no obligation quote 01636 821 or 0800 7316495
www.ahminstallations.co.uk
info@ahminstallations.co.uk
 Unit 4 The Workshops, Old Great North Rd,
 Sutton-On-Trent, Notts. NG23 6QS






Difficulty Bathing – we can help
 we design • we supply • we fit • we care

Wet rooms • Walk in showers • Walk in baths
 Waterproof wall panelling • Product & installation guarantee
 Slip resistant safety flooring • Grab rails, shower seats & raised toilets
 Local family business • Zero VAT on disabled bathrooms
 Discounts for over 60's SSAFA and Ex Service personnel

Call now to arrange a FREE survey and quote
Nottingham 0115 9361804
info@ahminstallations.co.uk | www.ahminstallations.co.uk



AHMBATHING
 WALK-IN BATHS, WET ROOMS & SHOWERS





KISIMUL GROUP LTD
RECRUITMENT

Are you passionate about care?
 Seeking full-time employment?

We have exciting opportunities available
 at our sites in the local area.

For more information contact the team on:

01636 370100
hr@kisimul.co.uk
www.kisimul.co.uk

Support for Carers

Do you support a family member or friend who needs help with shopping, cooking, or taking them to hospital appointments? You could be one of the 118,000 people in Nottingham and Nottinghamshire who cares unpaid for an older, disabled or seriously ill relative or friend. Whilst caring can be rewarding, without the right support, it can also take a serious toll on a carer's health, relationships and finances.

That's why, this Carers Week (12-18 June), we are asking individuals and communities up and down the UK to do what they can to make life a little bit easier for carers. Whoever you are, whatever you do, you can make a difference. It is also a time of intensive local activity with thousands of events planned. There's a huge variety of activity from information stands and coffee

morning to sponsored walks and pamper sessions.

This year, we want to highlight the importance of Carer Friendly Communities – places where local people and services understand what it's like to be a carer and do what they can to make life a little bit easier for them. For example, a workplace that puts in place policies that mean staff with caring responsibilities can work flexibly or a café that welcomes carers and those they support.

How can you get involved?

The Carers Week charities are encouraging all parts of the community from GP practices and hospitals, to employers, shops and leisure facilities to think about how they could recognise and support carers. From taking dinner over to a neighbour who you know is caring around-the-clock, to running an awareness raising event in your workplace – you can make a differ-

ence.

We're asking people to visit the Carers Week website to recommend Carer Friendly services. It might be an employer, local GP, pharmacy, local care service, school or a library that is Carer Friendly. We urge everyone to pledge their support to carers and make a change.

So get involved today:

- Start following Carers Week on Twitter and Facebook and share the campaign with your friends and family
- Go to Carersweek.org and recommend a service that you've found to be carer friendly or make a commitment to build Carer Friendly communities
- If you know someone who is caring for a friend or family member, ask them what caring is like for them – and listen
- Go along to a Carers Week event that's taking place near you! The Carers Week website has a list of what's

on when and where. You could event commit to running your own event

Carers Week is made possible by Carers UK joining forces with Age UK, Carers Trust, Independent Age, Macmillan Cancer Support, Motor Neurone Disease Association, MS Society and Which? El-

derly Care and kindly supported by Nutricia Advanced Medical Nutrition and the Lockwood Foundation. If you're looking after someone, make sure you find out about the help and support available at www.carersweek.org or use the Carers Week map to find out what's happening near you.

Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.

Free Support for carers

Trevor Clower has organised and produced the Carers Road Show for 4 years now, with a view to continue to do so in the future annually.

The Carers Road Show is a collection of tables/stalls offering free support for all unpaid carers, no matter what situation the person they're caring for is suffering from.

The Carers Road Shows sets out the options on offer to unpaid carers and enables them to get referred there and then to get the support they want right away.

All the stalls offer different support, all free. All the stalls are from different NHS departments and Mental Health, as well as many others throughout the NHS industry.

The Carers Road Shows has events all over the city and county in places where unpaid carers naturally go: hospitals, health centres, community centres, market places and shopping centres. So look out for the next Carers Road Shows coming to a place near you. Don't miss out on all the free support it offers.



The Sybil Levin carer respite and dementia support service

The **Sybil Levin Day Service** in Cinderhill provides tailored support and care for people with a range of support needs, including dementia.

The service provides stimulating activities, home cooked meals and additional services such as assisted bathing. Supported mini bus transport is provided in some areas.

Find out more:

0115 978 0011

Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485).

**IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879**



**Taking care to know you,
so everyone feels at home.
Come and meet the team
that care.**

Be sure to discover how our unique technology is setting a new standard in consistently delivering special experiences for the residents of our care homes here in Nottinghamshire.

Find out more about our **Home to Home Promise** – our commitment to new residents to help them quickly feel at home.

To find out more please feel free to pop in any time or call us on the number below or visit www.fshc.co.uk

Charnwood
Carlton 0115 8959000

Churchfield
Rainworth 01623 330115

Lawn Park
Sutton In Ashfield 01623 330448

Old Vicarage
Worksop 01909 249227

The Oaks
Balderton 01636 335312

The Sycamore and Poplars
Warsop 01623 330114

Tudor Grange
Radcliffe-on-Trent 0115 8950399

Nursing care | Residential care
Respite care | Dementia care



**UK CUSTOMER
EXPERIENCE AWARDS 2015**

**Four Seasons
HEALTH CARE**



South Farm

Tel: 01507 443746

Welcome to Scott's View at South Farm Care Home

Scott's View at South Farm is a small care home set in five acres, registered for five service users. We offer permanent and short term care in addition to respite. We now also offer a room that can cater for a couple. All our staff are trained and qualified to a high standard to ensure we're able to offer and deliver the best possible care.

Holidays with carers

We offer 2, 3, and 4 day breaks in our house, our static caravan or in our beautiful belltents which are in our glamping field.

Our holidays are for mild learning disabilities and the elderly and our breaks are designed for your personal needs.

Our other services include:

Personlised rooms, Day Care services, special activities, baking, sing alongs, holidays, family days, exercise classes. Visiting physiotherapist every week and daily exercises given. Freshly prepared meals everyday for all dietary requirements including gluten free and diabetes.

We also offer day trips out to local areas as we support local businesses. South Farm are proud to offer free assessment without any obligation. We are able to deal with hospital discharge, rehabilitation and short term stay.

We're also proud to announce our new domiciliary service coming soon.

5 Acres of tranquil settings...

Scott's View at South Farm Care home in Sutton On Sea near Mablethorpe

Huttloft Road • Sutton On Sea • Mablethorpe • Lincolnshire • LN12 2RU
email: info@southfarmsuttononsea.com • www.southfarmsuttononsea.com





WEST RETFORD
HOTEL & RESTAURANT

What's On Guide



Wedding Fayre

View our wedding suites and meet our co-ordinators along with an array of wedding suppliers

Sunday 8th October | From 10:30am until 3:00pm | Free Entry

Murder Mystery Evening

Become detectives for the evening and be the first to solve the mystery, with a four course meal included

£24.95
PER PERSON

Friday 10th November | Arrive 7:00pm for 7:30pm | Booking Advisable



Christmas Carvery Party Nights

The party starts from the minute you arrive where you will be invited to our delicious carvery. DJ until late.

£35.00
PER PERSON

December 1st, 8th, 15th & 16th | Arrive 7:00pm for 7:30pm | Bar until Late

Festive Afternoon Tea Dance

Get your dance shoes ready, enjoy a delicious festive afternoon tea with dancing and game of bingo included

£16.00
PER PERSON

Wednesday 20th December | Arrive 11:30am for 12:00pm | Concludes 4:00pm



Cocktail & Prosecco Party

Dress up for a classy night with the girls, buff butlers, tapas, cocktails and games, glass of prosecco on arrival

£25.00
PER PERSON

Thursday 21st December | Arrive 7:00pm for 7:30pm | DJ & Bar until Late

For more details call: 01777 706 333 | visit: www.westretfordhotel.co.uk
24 NORTH ROAD | RETFORD | NOTTINGHAMSHIRE | DN22 7XG



Calling all carers!

Come along to a Carers' Roadshow....from 10:00am

Free Event!

6th June (Tues)	Valley Health Centre, St Ann's, Nottingham
12th June (Mon)	Riverside Health Centre, Bulwell, Nottingham
13th June (Tues)	Cornerstone Health Centre, Clifton, Nott'm
14th June (Wed)	Methodist Church, Front St, Arnold
20th June (Tues)	Mary Potter Health Centre, Hyson Green, Nott'm
23rd June (Fri)	Mansfield Market, Market Place, Mansfield
4th July (Tues)	Stapleford Care Centre, Stapleford
6th July (Thurs)	Kings Mill Hospital, Mansfield
13th July (Thurs)	Retford Market, The Square, Retford
14th July (Fri)	Newark Market, Market Place, Newark
27th July (Thurs)	Seethglade Park Life Festival, Top Valley, Nott'm
2nd August (Wed)	Lark in the Park, West Bridgford
11th August (Fri)	Workshop Market, Bridge Street, Worksop
15th August (Tues)	Valley Health Centre, St Ann's, Nottingham
18th August (Fri)	Riverside Health Centre, Bulwell, Nottingham
5th September (Fri)	Cornerstone Health Centre, Clifton, Nott'm
12th September (Tues)	Mary Potter Health Centre, Hyson Green, Nott'm
14th September (Thurs)	Kings Mill Hospital, Mansfield

Nottinghamshire Carers Hub: 0115 824 8824

Carers' Roadshows are supported by

Dine Outdoors

Summer is finally here and what better way to celebrate than with a good old fashioned BBQ?

Running until 4th June 2017, National BBQ week returns for its 20th year to encourage everyone to make the most of the outdoor cooking tradition, with family and friends, pubs and hotels and everyone in between invited to take part. From hot dogs and burgers to kebabs and fish steaks, there's nothing quite like it, and whether you're joining the locals at the pub, cooking on your own at home, or even if you take a disposable one to your favourite picnic destination, there's a way for you to get involved.

Why not find some more unusual BBQ recipes and try something new this year? The BBC Good Food website (www.bbcgoodfood.com) has countless combinations of everything from turkey, courgette and feta burgers to piri-piri chicken.

Fear not if you're a vegetarian though, there are plenty of BBQ dishes out there for you too. Give the Mexican corn on the cob or the carrot and sesame burgers a go.

Whichever way you decide to do it, fish, meat, at home, with some friends, make sure to 'throw some food on the barbie' this summer! Visit www.nationalbbqweek.co.uk for more information.

HOUSING AT ABEL COLLIN'S

Are you 60+ and living in one of the following Council areas: Nottingham City, Broxtowe Borough, Gedling Borough, Rushcliffe Borough?

Are you able to live independently?

You must be receiving or eligible to receive housing benefit.

We have one-bedroom bungalows for single people available.

We have a five-acre site on Derby Road, Beeston (junction of Wollaton Road), with a lively and friendly community and resident warden support.

Interested?

Contact Mrs J Avery on 0115 9224826 (mornings),

Email: abelcollinsadmin@btconnect.com

or write to the Administrator, 13a Collin's Homes, Derby Road, Beeston, Nottingham, NG9 2TF for an application form.

Our website is www.abelcollins.org.uk

Registered charity No 214833

**IF YOU
WOULD
LIKE TO
FEATURE
ON THIS
PAGE
PLEASE
CALL US
01159
313879**

BBQ Night

FRIDAY NIGHTS 2017

**MAY 19TH
JUNE 9TH
JULY 21ST
AUGUST 25TH**

Friday evenings
5pm to 8.30pm in the
Park Bar Courtyard

**BBQ DINNER ONLY £16
PER PERSON**

Including three items from the grill, a variety of salads, breads and condiments.
Vegetarian options always available.

**DATES FOR PRIVATE BBQS
ARE AVAILABLE**

CONTACT BRENTON ON 0115 988 1900.

Special drinks promotion
'When it's gone, it's gone, so arrive early to avoid disappointment.'
Pre booking not required.

In the event of inclement weather, the BBQ will be hosted in the Park Bar.

Standard Hill, Park Row
Nottingham, NG1 6GN

HART'S
NOTTINGHAM

0115 988 1900
www.hartsnottingham.co.uk

29TH MAY - 4TH
JUNE 2017

NATIONAL CHILDREN'S GARDENING WEEK



getting youngsters into gardening

There are few things us Brits love more than time spent in the garden but more often than not, taking the time to do the gardening itself isn't something we tend to get enthusiastic about until we have houses of our own.

National Children's Gardening Week aims to change that. Taking place during the half term at the end of May (23rd to 31st), the event encourages younger minds to get involved; helping them to develop the relevant skills and knowledge that it takes to grow a garden they can be proud of early on.

Created by Neil Grant, Managing Director of Ferndale Garden Centre, gardening expert for BBC Radio Sheffield and co-presenter of the weekly garden phone in, the event is free for garden centres across the country to take part in. Simply organise your garden themed activities throughout the week, whether it's planting up pots,



growing veg, or building a bird house, share them on Facebook and help shape the green fingered gardeners of the future! Logos and promotional materials are all available to download from the Facebook page.

Neil comments: "Gar-

dening is proving to have many benefits to our lives and if we can encourage gardening and growing at a young age then the health benefits could become part of a healthy life. Apart from that it is good fun if results are achieved quickly!"

Visit www.ferndalegardencentre.co.uk or www.facebook.com/National-Childrens-Gardening-Week for more information



Your outdoor needs covered

Since it was first established in Tickhill, South Yorkshire, supplying local farmers with tractor parts and accessories for the farm, Torne Valley Farm and Country Stores has grown from strength to strength. Having gone on to open two more branches in Bakewell and Epworth, and now offering more than 26,000 lines of everything from garden machinery and electrical items to power tools and pest control, Torne Valley has earned itself a reputation for being one of the country's leading suppliers in the industry.

Bird tables, feeds, equestrian supplies and even outdoor clothing are just some of the needs Torne Valley caters for both online and instore and their range of machinery is second to none, with manufacturer guarantees on all machinery as well as expert advice. Their passionate approach to customer service means the team are constantly striving to provide special offers and value for money across their product ranges too, so whether it be a new lawn mower or just some new tools for the

toolbox, you'll find all the help you need and competitively priced, quality goods at Torne Valley.

Visit www.tornevalley.co.uk or call 01302 756000 for more information.

- Bawtry Road, Tickhill DN11 9EX
- Haddon Road, Bakewell DE45 1AW
- Station Road, Epworth DN9 1JU

NOTTINGHAM SPECIALISED TIMBER BLDGS LTD MANUFACTURERS OF MADE TO MEASURE LOG CABINS



GARDEN ROOMS



SUMMER HOUSES

GARDEN SHEDS



NSTB TOYTOWN



Show Site: Unit 1
Hawksworth St, Carlton
Nottingham NG3 2ET
Tel: 0115 9473749
www.nstb.co.uk

NATIONAL CHILDREN'S GARDENING WEEK



Choose from three activities;

Bring the children to the play area outside the Restaurant where we'll supervise them planting or sowing seeds; the children get to take home their plants and watch them grow!

All activities are free but limited to one per child.

Plant a Tomato, Cucumber or Courgette. Transplant a seedling into a larger pot then take it home, pop it on the window sill and wait for some delicious fruit.

Plant a Herb. Choose from a selection of herbs, easy to grow and great fragrances in around the house.

Sow some seeds; Sunflowers, Edible flowers or Runner beans. Easy to grow plants to take away and watch them get bigger every day.

There are two sessions a day;
10 am - 12 pm and 2 pm - 4 pm
Thursday 1st and Friday 2nd June.



Baytree
a world of gardening

Best for Choice, Quality and Value.

Situated on the A151 between Spalding and Holbeach
High Road, Weston, Spalding, PE12 6JU
Tel 01406 370242 baytree-gardencentre.com

The Works

Demonstrating the latest toys and gadgets available in store at Baytree



ALWAYS FREE PARKING

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879

HOME & GARDEN

TREE SURGEONS NOTTINGHAM

All of our work is carried out to the highest standards

- Felling • Dead Wood
- Crown Reductions
- Thinning & Lifting
- Proximity Pruning
- Pollarding/Repollarding
- And Much More!

Please contact us for a quote on:

T: 07804 459194

www.treesurgeonsnottingham.com

FANCY A SPLASH, BIRD BATHS GALORE!



OPENING TIMES
MON - FRI 7.30am - 5.00pm
SAT 8.00am - 1.00pm
All major credit cards accepted



HALL FARM WILD BIRD FOOD SUPPLIES

The Grain Store • Wadnall Lane • Weston • NG23 6SY
(Behind the Great Wall Chinese Restaurant)

Call Lesley or Deb on 01623 821232 • www.hallfarmwildbirdsupplies.co.uk

Allan the Gardner

All tree & fencing Work
Gates supplied & fitted
Grass & hedges cut
Full garden tidy
Borders dug

DISCOUNT
FOR
OAP's

Tel: Allan

0115 822 9489

or 07976 160045

SHERWOOD Fencing Products Limited

We specialize in the supply
& installation of all types of
domestic timber fencing & gates
And palisade / expamet steel
security fencing and gates. Our
costing team will guarantee to be
with you within 24 hours of you
contacting us for a quotation and
we will guarantee to beat any
credible quotation you receive

**Your local supplier for
all Domestic & Security
Fencing Products**



A LOCAL FAMILY RUN BUSINESS BASED IN MANSFIELD
Tel: 01623 414600 Mobile: 07720 293554
Sales Manager Tim: 07825 558222

Selston Timber Nottingham 01773 861158

Decking

- 3 metre decking - £5.00 each
- 3.6 metre decking - £6.00 each
- 4.2 metre decking - £7.00 each
- 4.8 metre decking - £8.00 each
- 4x2 3.6 metre £6.00 spars
- 4x2 4.8 metre £8.00 spars

Dealers in new timber, a big variety
in stock, fence panels, sleepers,
concrete post, gravel boards,
patio slabs, plywood
and much more.

NO VAT TO PAY

easigrass™

the artificial grass company

Artificial Grass Suppliers & Installers, Perfect for Leisure,
Landscaping, Lawns & Sports Surfaces

Easigrass is an award-winning supplier and
installer, with more than three decades of
experience transforming outdoor and indoor
spaces around the world. From design to
installation, customers are assured of the highest quality
product and service when choosing artificial garden
solutions for their home or business.

We never compromise on quality. Whether you are
looking for an artificial grass installation in a small front
garden, or a large grass lawn offering a year-round
space ideal for pets and children to play - Easigrass
has got you covered!



www.easigrass.co.uk • Telephone: 07875 010205
Find us on Facebook



A Nottinghamshire based company • All aspects of ground works undertaken

- All types of Paving inc. block paving
- Driveways and pathways
- Fencing
- Garden walls
- Drainage
- Hard Landscaping

Give us a call for a free quote on:

0115 9536245 or 07581 040179

jackacefencing@gmail.com

TOM REILLY

Lorry and Digger Hire

JCBs, 360 Mini Diggers & Dumpers, 1 – 20 Tonnes Top Soil,
Groundwork, Extensions, Drainage, Site Clearance, Demolition.



No Call Out Charge

FREE Estimates

Call Tom on: 07912 030 957
tomreillygroundworks@yahoo.co.uk
www.tomreilly.co.uk

IF YOU WOULD LIKE TO ADVERTISE WITH US CALL 01159 313879



HOT TUB & ACCESSORIES

Season Spas UK
Importers of Hot Tubs & Accessories

Unit 3 Hallam Way, Old Mill Lane,
Mansfield Woodhouse NG19 9BG

HOT TUB SALE WITH FREE DELIVERY*
14 ON DISPLAY & OVER 150 IN STOCK



Model: Tropic 19 Size: 2150 x 1800 x 820mm
Wow this amazing hot tub comes with (5 seats) 13 amp plug & play family fun spa just the right size for any garden.

Retail Price **£3199**
Incl VAT **£1999**
Season Spas Special Offer



ALL HOT TUBS COME WITH FREE CHEMICALS

Model: White Haven Size: 2280 x 2280 x 940mm

This is a 5 person family hot tub (4 seats & 1 lounger) with 2 powerful pumps and 61 jets a great addition to any family garden.

Retail Price **£5799**
Incl VAT **£3899**
Season Spas Special Offer



Open 6 Days A Week Closed Tues Call 01623 661111

TOWBARS

DERBYSHIRE TOWBARS

Call us for a Fast FREE Quote

Trailer & Towbar specialists since 1997. Local High Quality Service.

**Find us at Unit 60,
M1 Commerce Park,
Markham Lane, Chesterfield**

**Accessories Shop now doing
legal number plates**



Tel: 01246 768894

COMPUTERS

South Notts Computers
The heart of computers

If you have damaged your computer or iPhone in anyway we can get it fixed for you in super quick time! We are guaranteed to beat quotes from Apple on our repairs and you're getting the same great quality fix by a qualified and experienced engineer.

Virus removal
Get a virus? No problem, we offer a complete solution. We will clean up the virus for you and help you secure your computer to keep it safe from future attacks.

Laptop repairs
We offer a full laptop repair service. We have an in house laptop expert that can get your laptop back up and running in no time, no matter what the damage is!

New PC?
If you're thinking about getting a new PC we offer a new selection of new and used laptops and PCs to choose from. Give us a call and we can see what we can do for you with your budget.

10% off with this ad quote NF0616

Phone repairs
Dropped your phone? Cracked screen? No problem, we have one of the top rated iMend phone repair technicians in the whole country. He can come to you or you can bring your phone in and we guarantee it will be cheaper than going direct to the manufacturer and 5

South Notts Computers
The Heart of Computers

Microsoft REGISTERED Refurbisher
Microsoft Technology Associate
iMend

If you need a quote or to book a repair, please give us a call on: **0115 3147066**

FRAMING

Framin' 'Ell
WICKEDLY GOOD FRAMES

Newark's Premier Framing Specialist
For all your framing needs.

Balderton Hall, Fernwood village, Newark
Nottinghamshire, NG24 3JR
Tel 01636 679603.
(Just follow the signs for Fernwood Day Nursery)

**IF YOU WOULD
LIKE TO FEATURE
ON THIS PAGE
PLEASE CALL US
01159 313879**

FLAT ROOFING

FLAT ROOFING SOLUTIONS

WE OFFER:

- A 25 Year Guarantee
- Commercial or Residential
- New Roof or Re-board
- UPVC Fascia & Guttering
- High Quality
- Friendly & Professional
- Competitive Prices

We are a family business with over 40 years combined experience in Fibreglass manufacturing & pride ourselves on providing a friendly, reliable & professional service to all our customers

C & C
fibreglass
flat roofing

Call TODAY on:
01522 500711 or 07828 296 829

E: candcfibreglass@outlook.com or visit us at: www.candcfibreglass.co.uk

LIGHTING

STORAGE

NOTTINGHAM
LIGHTING CENTRE
Largest independent lighting showroom in Nottinghamshire

For further details please call
01159 537088

Visit us at 45 - 51 Maid Marian Way, Nottingham NG1 6GE
Open 9.30am - 5.30pm Monday - Saturday
www.nottinghamlightingcentre.co.uk

Freight Container Services
Secure self storage shipping containers
20ft/40ft to rent from only
£25 + VAT per week

**USED, REFURBISHED
OR NEW CONTAINERS
FOR SALE & HIRE**

10ft, 30ft & 40ft Shipping containers available from
15 key UK locations including London, Liverpool,
Leeds, Birmingham & Glasgow

www.freightcontainerservices.com

Telephone 01636 616335 or 07584 768620
norman947@btinternet.com
07860-570136
howard.clack@btinternet.com

Call The **Professionals**

BATHROOMS

We Supply Fit & Design Bathrooms

Bubbles Bathrooms

NOW WITH OVER
75 BATHROOMS
ON DISPLAY

FREE PARKING OPEN 6 DAYS A WEEK Closed Tuesdays
Unit 3 Hallam Way, Old Mill Lane, Mansfield Woodhouse NG19 9BG

**Mansfields
Biggest
Bathroom
Showroom**

Open Mon-Sat 9.30-5pm Sunday
10-4pm Tel: 01623 661111

EX-DISPLAY **SALE** NOW ON

PLUMBING

Coles
Plumbing and
Heating Services

- Boiler Service • Breakdowns
- Fire Cookers Installations
- Plumbing and much more.

Located in Arnold Nottingham

T: 07411 532005

E: colesphs@yahoo.com

W: colesphs.com

DOG GROOMING



ITA GROOMS
Dog Grooming in
your own home

- City and Guilds in
Dog/Cat Grooming

- City and Guilds
Animal Care
2 x Merit Qualified



01949 842306 | 07711 564441
07544 400535

www.itagrooms.com

ARTIFICIAL GRASS

Ideal for Lawns, Patios, Play Areas, Balconies,
Pool Surrounds and Roof Terraces

ARTIFICIAL GRASS FOR LESS

FREE
SAMPLE PACKS
AVAILABLE

SHOW GARDENS
REQUIRED
DISCOUNTS GIVEN

from ~~£26.99~~
from **£10.99**
per Square Metre

BEFORE
AFTER

- ✓ 10 Year Guarantee
- ✓ Looks Great All Seasons
- ✓ No Need to Mow
- ✓ No Watering / Feeding
- ✓ High UV Stabilisation
- ✓ Easy to Install
- ✓ Immediate Delivery

NO MORE
MUDDY PAWS
MUDDY FEET

VISIT OUR NOTTINGHAM SHOWROOM
OPEN 7 DAYS A WEEK : 9am - 5pm • WEEKENDS BY APPOINTMENT
GRASS HOUSE, UNITS D-E, FREETH STREET off MEADOW LANE, NOTTINGHAM, NG2 3GT

0800 148 8654 info@grassforless.co.uk
www.artificialgrassforless.co.uk

FENCING & GROUNDWORKS

ARC

FENCING & GROUNDWORKS

ALL TYPES OF FENCES SUPPLIED & FITTED
DRIVEWAYS & PATIOS

Call Luke: 07713 768 526

info@arc-group.co.uk

Unit 5 Kempson Court, Kempson Street, Ruddington, Nottingham

GUTTER SERVICES

GUTTERCLEANSE

NO JOB TOO SMALL OR TOO BIG

Broken, leaking or blocked guttering
at your home or business?
Conservatory roof need cleaning or fixing?
Don't know who to call?
GUTTERCLEANSE CAN HELP!

- Emergency call out
- Gutters cleaned and repaired
- Yearly health checks of your guttering
- Conservatory roof clean
- Fully public liability insurance

Call Dave on
01529 410380 / 07877 362941

DENTURE CLINICS

Elm Tree Denture Clinic LTD

Are you thinking about replacing
your current dentures?
Let's work **together** to make the
dentures **you** want!

- New Affordable Dentures • Denture Repairs
- Denture Relines to improve the fit of a loose fitting denture • Home Visits for the less able

**5 Elm Tree Street,
Mansfield,
Nottinghamshire
NG18 2HD**

elmreedentureclinic@hotmail.com
Call 01623 628152

Registered No: 0586/633MHRA Registered
No CA010535GDC registered 156807

VETS

UIETUS VET

Caring Pet Euthanasia at Home

- Gentle respectful and understanding
- Nottinghamshire and Derbyshire
- Aftercare services available
- Search Online "Quietus Vet"

Contact us on
0115 784 3456

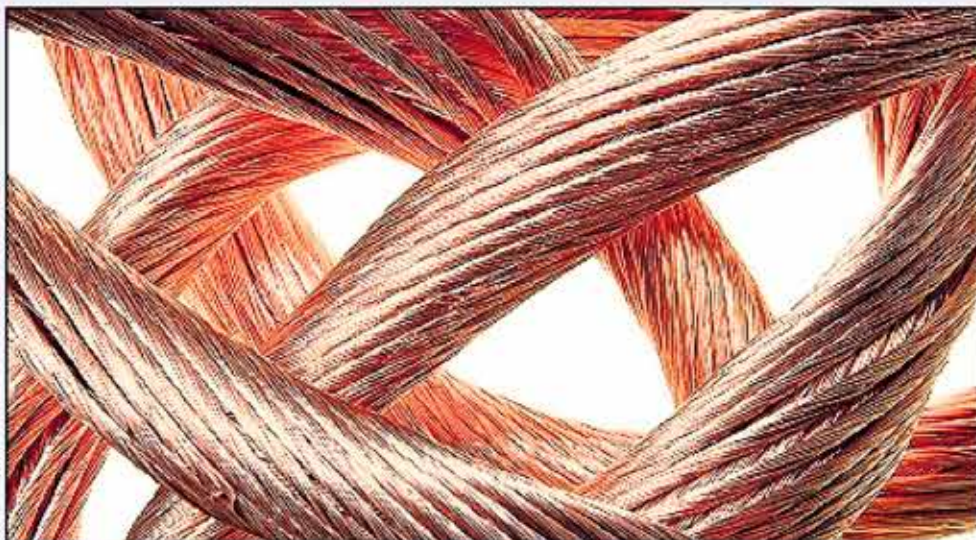
East Midlands Metals

TAKE ADVANTAGE OF INCREASED COPPER PRICES TODAY

Call now for our updated prices

2 Valid Forms of ID Required * For Cash £2 Admin Fee Applies * No Commission

FREE COLLECTION FOR LARGE QUANTITIES



WANTED NON FERROUS SCRAP METALS

Brass / Copper / Aluminium etc. Cable, Swarf - Cutting - Section etc.

01509 235919 or 07850 127234

WWW.EASTMIDLANDSMETALS.COM

Bishop Meadow Road, Loughborough, LE11 5RE