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## Santa's City Centre Grotto

**S**hoppers of all ages in Nottingham will be able to meet Santa this year thanks to free walk-up visits at intu Broadmarsh's magical grotto.

Ahead of the official opening, intu put smiles on the faces of children from nine local schools, inviting them to visit the grotto and celebrate the arrival of new decorations in the centre – all of which were designed by the children themselves.

All walk-up visits to the grotto will be free this year, however, for those looking to guarantee a specific date and time, online booking is available with a £1.50 booking fee. As a Christmas treat, intu family club members will be able to pre-book their place to see Santa with no extra charge.

Nigel Wheatley, general manager for intu in Nottingham said: "We really enjoy bringing Christmas magic to intu Broadmarsh and meeting Santa is always a highlight, no matter your age!

"This year, we wanted to make sure everyone gets the chance to meet the man himself, so we have made walk-up visits to the grotto completely free. We are also hosting special educational needs (SEN) visits on some Saturdays, as a result of positive

feedback last year from our customers."

The schools which attended the exclusive preview of the grotto were: Greenfields Community School, Sutherland House School, Hollygirt School, Nottingham Academy and Jesse Gray Primary School.

The grotto opened on 1 December and will be open until Monday 24 December from 10.30am to 4pm. SEN visits will take place at 9.30am – 10.30am every Saturday from 1 December to 16 December. To find out more about intu's festive grotto, or to book online, please visit: <https://intu.co.uk/broadmarsh>.



Mishika Gosain, 8, from Greenfields Community School at intu Broadmarsh's grotto.

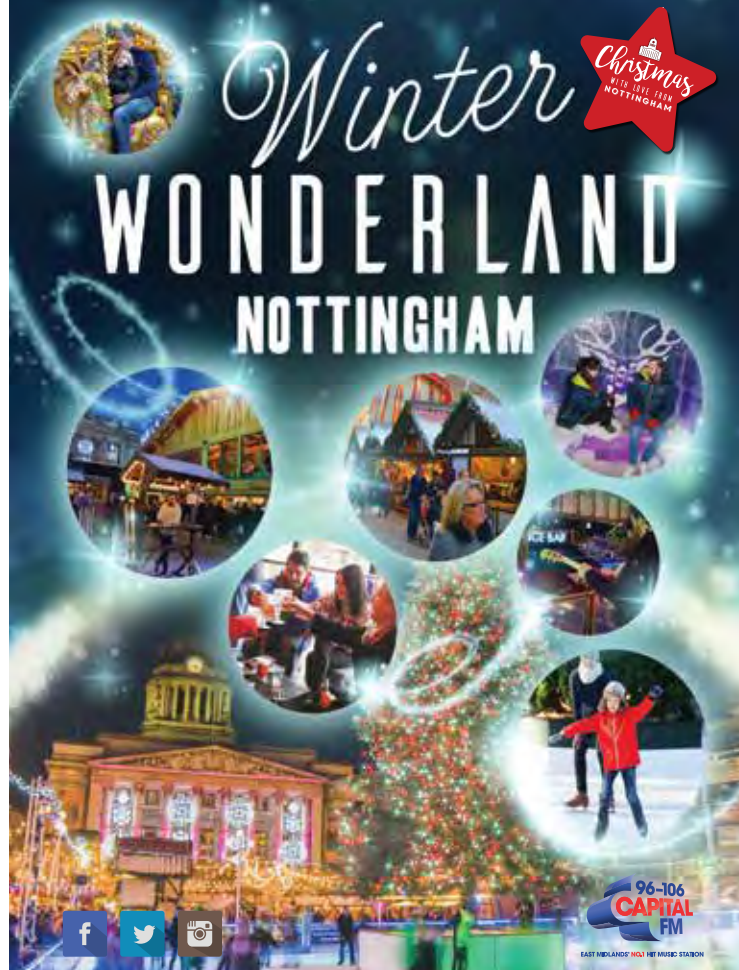


## Fantastic Fundraisers Boast Cycling Success



The top fundraisers for the city's biggest cycling event were recognised at a special presentation event in Nottingham on Wednesday 28 November. See story on Page 2.

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## Fantastic Fundraisers Boast Cycling Success



The top fundraisers for the city's biggest cycling event were recognised at a special presentation event in Nottingham on Wednesday 28 November.

Cycle Live Nottingham took place on Sunday 24 June 2018, and Nottingham Hospitals Charity is the official three-year charity partner for the event, which is organised by Nottingham-based Perfect Motion.

Over 100 participants took part in aid of Nottingham Hospitals Charity in this year's Cycle Live, cycling a total of more than 5,000 miles, with many supporting the Big Appeal which is raising £4 million over four years for Nottingham

Children's Hospital.

Those taking part included hospital teams, family groups, friends and colleagues. Riders were able to choose between fantastic new routes which offered 25, 50, 75, 100 or 125 mile rides, and raised more than £25,000 for the Charity in total.

Last week a special presentation event was held where prizes were given to the cyclists who raised the most money. These included:

- Richard Gerrard, from Wollaton, who raised £1,355 for the Big Appeal for Nottingham Children's Hospital after hearing about their work
  - Dr Andrew Lunn, Paediatric Nephrology Consultant at Nottingham Children's Hospital, who raised £875 for the Big Appeal to help his young patients
  - Eight-year-old Lucas Edwards, from Edwinstowe, who completed the 25-mile cycle ride with his dad, Luke Bend. The pair raised £556 for the Neonatal Intensive Care Unit, where Lucas was cared for as a baby
- Each of the top fundraisers was given a cycling jersey and a photo session at Photo Nottingham, where the celebration event took place.
- Luke Bend said: "When Lucas was born he was a bit poorly and that spurred us on as a family to raise money through various events.

When the time was right, Lucas wanted to give something back too, so we both signed up for the 25 miles at Cycle Live. We had an absolutely great time – it's a lovely family event.

"We will forever be indebted to Nottingham's hospitals, so we will always keep raising money and taking part in Cycle Live."

Dr Andrew Lunn said: "It's a really fun event and I enjoyed taking part in it. I was inspired to take part in aid of the Big Appeal because it will make such a difference to my patients by providing better parent accommodation for our families who come from as far away as Great

Yarmouth, as well as a more child friendly environment for young patients."

Nigel Gregory, Director of Development at Nottingham Hospitals Charity, said: "The money raised through Cycle Live will make a huge difference to patients being treated at Nottingham's hospitals, especially our young patients at Nottingham Children's Hospital, by providing improvements to ward areas and family accommodation, specialist medical equipment, and vital research."

Participants can now sign up to next year's Cycle Live event, which takes place on Sunday 23 June 2019.

For more information go to [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events).

## NEWS in brief...

### Community Celebrates New Cotgrave Library

Staff and customers celebrated the opening of their new library in Cotgrave on Saturday 24 November. The library was officially opened by the Vice Chairman of Nottinghamshire County Council, Councillor Kevin Rostance, who was joined by Councillor John Cottee and local Councillor Richard Butler. The library is housed in the brand new Cotgrave Hub, which opened to the public on 5 November, and houses the local health services, Police and Rushcliffe Borough Council offices. Councillor John Cottee, Chairman of Nottinghamshire County Council's Culture and Place Committee and Chair of the Inspire Board said, "We are delighted to be part of this much-needed development in Cotgrave. The presence of the library in the Cotgrave Hub is integral to us achieving Nottinghamshire County Council and Inspire's vision of libraries being at the heart of the community. We look forward to providing the people of Cotgrave with new opportunities for reading, learning, community and cultural

activity in this new and welcoming space."



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## NEWS in brief...

### Prestigious Award for Local Hospitals

The Learning Disabilities team at Sherwood Forest Hospitals are celebrating after scooping a coveted Health Service Journal (HSJ) Award on Wednesday 21 November at the Intercontinental O2 in London.

The HSJ Awards recognise the most outstanding contributions of staff and organisations to the NHS and healthcare, and are the most prestigious healthcare awards in the calendar.

The Learning Difficulties team won in the Enhancing Care by Sharing Data and Information category for their work improving how the Trust cares for some of their most vulnerable patients - those with learning disabilities and autism.

Suzanne Banks, Chief Nurse for Sherwood Forest Hospitals said: "We are just so proud of the team and the work that they do for our patients with learning difficulties and their families - who we know are amongst the most vulnerable that we come into contact with. Congratulations to the team for this hugely deserved recognition."

### Calling Small Nottingham Charities!

Charities in Nottingham could win a core grant of £6,500 and a year's strategic planning support from business leaders. That's the package awaiting each of the 20 winners of this year's Weston Charity Awards, entries are now open. Charities with an annual income of less than £5 million providing frontline services in the fields of welfare, community and youth can apply. Established in the East Midlands in 2016, Nottingham based Cerebral Palsy Support were announced as winners in June this year and local charity NIDAS who help keep people safe from abuse were winners in 2017.

Philippa Charles, Director of the Garfield Weston Foundation which established the Weston Charity Awards said: "Small charity leaders are under enormous pressure to steer their organisations through uncertain times. We are delighted to support those showing enormous creativity and resilience through these Awards and to help them reach their goals." Interested charities have until 11 January 2019 to apply. Find out more at [www.westoncharityawards.org](http://www.westoncharityawards.org).

# REDUCE REUSE RECYCLE

Sherwood Forest Hospitals has been commended for the way the Trust manages its waste after winning a Sustainable Health and Care Award for Waste and Resource management.

The national awards highlight and celebrate the fantastic sustainable development work across the NHS, social care and public sector.

The Trust was recognised for its ground breaking work in waste management, which began in 2014

when the Trust, working alongside partners Skanska, began analysing and improving the Trust's waste management, which involved auditing more than 127,000 waste bins, looking at their location and how staff could be better trained in waste management.

Since the programme began the Trust has shown vast improvements in its waste management, with more than 3600 staff being trained in waste management, resulting in zero amount

of domestic waste going to landfill.

The Trust also operates a re-purposing programme that provides opportunity for the reuse of unwanted furniture, which reduces the disposal costs. To date 40 tonnes of furniture have been diverted to two charities.

Over 1000 pairs of crutches, various walking frames, beds and toilet aids have been shipped to Syria and these will then be distributed amongst Atmeh and Balyoun Hospitals.

Environment and Sustainability

Programme Manager for the Trust, Julie Dennis said: "I am delighted that we have been recognised at these national awards. We really have looked at every waste stream across the board to see what we could change and improve."

"I would like to say thank you to our partners Skanska and our staff who have worked really hard to roll this out across the Trust and maintain our recycling and waste efforts, the project has showed real teamwork."



Killisick junior School's Tag Rugby Team are the pride of their school!

## Sporting Success for Local Junior School

Killisick Junior School is celebrating the success of one of its sports teams as they came in second place in the Tag Rugby County Finals. Team Coach and Deputy Head at Killisick Junior School, Mr Giles Drapkin said that his teams' journey to the final was an effort to be proud of. "None of our children play for rugby teams outside of school and were faced with some excellent teams along the way. They had a great start when they won the Gedling tournament in October, winning all of their matches, including winning the final 6 tries to 1."

The team then went through to the final where they were ultimately beaten to first place by Bleasby.

Despite that, said Mr Drapkin, the schools' enthusiasm for their team's achievement was unaffected. "I was absolutely delighted with the team. They showed amazing teamwork, commitment and passion. The skill level was excellent, and you wouldn't know that this was a new sport for them. Killisick Junior School couldn't be more proud of them!"



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The Lindhurst Lane development currently has a delightful collection of two to five bedroom properties available, ideal for first time buyers and growing families searching for a new community to call home.

Homebuyers reserving before December 17th will be able to take advantage of the unmissable offers available on selected properties, such as a £5,000 contribution towards Stamp Duty and flooring included.

An alternative solution for prospective buyers is to take advantage of the Part Exchange scheme, whilst enjoying the flooring included in a package which contributes to a comfortable move and financial support.

For those using the valuable moving scheme, David Wilson Homes will purchase your current property in exchange for a new home. The scheme cuts out estate agent fees and the chain whilst providing the customer with a guaranteed buyer for their home. Part Exchange is a fantastic option for

families looking to settle down elsewhere, as they are able to place a reservation in December and remain in their current property before making a swift move in the New Year.

Residing at Berry Hill, homebuyers are able to benefit from the finest aspects of town and country living with a variety of valuable amenities close by, in addition to wooded walks and countryside views on the doorstep.

John Reddington, Managing Director at David Wilson Homes East Midlands, said: "The New Year is a great opportunity for property seekers to discover the fresh start they have been longing for and our Berry Hill development is the perfect place to settle down."

"Bringing an extensive selection of two to five bedroom properties to Mansfield, the

development is ideal for first time buyers and growing families alike as this wonderful community begins to take shape.

"Berry Hill has already attracted a high level of interest and we'd encourage anyone interested in taking advantage of the great offers available to visit our

friendly Sales Advisers for more information."

Homebuyers will be located close to a wide range of essential facilities on the doorstep including supermarkets, a local butcher's, restaurants, cafés and traditional pubs.

Highly-rated schooling options for all ages are in close proximity, including Berry Hill Primary School with whom David Wilson Homes has worked with during Road Safety Week.

Committed commuters are provided with excellent access via the nearby A617, A60, A38 and M1, ensuring they can comfortably travel across the Midlands and beyond.

With the properties at Berry Hill being in high demand, there's no better time to capitalise on the offers and the low mortgage rates available at the development.

The properties on sale at the development are currently available to reserve with prices starting from £149,995.

For further information about the homes at Berry Hill, please contact the David Wilson Homes sales team on 033 3355 8483 or visit <https://www.dwh.co.uk/new-homes/nottinghamshire/h740301-berry-hill>.



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# Making the World a Better Place

A new initiative is starting in Newark called Project Encouragement, which is a way to say thank you or to offer words of encouragement to a stranger, a work colleague, family member or friend during Advent and beyond.

Reverend David Pickersgill, Vicar at St Mary Magdalene church in Newark explains, "The aim of this project is to get people to offer each other some encouragement."

"We know from our own experience that it feels really good when people say something encouraging to us. It can really make a difference, when things feel difficult, or when we feel down, someone telling us they value us, or that they think we are doing a good job, can really help change our perspective and give us hope."

Louise Williams is Operations Manager at St Mary Magdalene's church and said that you don't have to be a church goer to join in, or to have a message for someone specific in mind. "There are various ways to get involved in this project, and the easiest is to say something to encourage someone. You can get a pack from the church which has postcards that you can hand out, you can print these off our website too, as well as finding lots of other ways to join in. We would really like to see a post on social media with your message of encouragement using the hashtag #projectencouragement."

Photograph right: Louise Williams says "My encouragement goes especially to those who are feeling like they've got too much on, or don't have anyone around to lift them up!"

Rev Chris Lee is Curate at the church and he says that though the original idea behind the project stemmed from letters that the first Christians wrote to each other, "I hope that this campaign acts as a prompt and the lead up to Christmas is the perfect time to start."

Those wanting to be involved can find out more at [www.stmnewark.org](http://www.stmnewark.org) or #projectencouragement.

Left to right: Reverend David Pickersgill (Vicar at St Mary Magdalene), Reverend Chris Lee (Curate) and Megane and Tom Ranger (Youth Pastors).



## Paving the way for Nottingham residents



Callum O'Neill,  
Dennis Ashcroft,  
Jenny Denman,  
Shaun Dowling

Nottinghamshire residents have praised national construction company Willmott Dixon for its commitment to keeping their interests at the heart of the Winwood Heights Retirement Village development.

The £12 million scheme sees the re-development of 180 extra care flats at Woodthorpe and Winchester Court, the demolition of old garages and a community centre to make way for 44 new-build units, a sky lounge, hairdressers and a communal lounge.

One of the key community elements to the project was

the re-development a vital path that links Mapperley to Mansfield Road. This additional infrastructure was not part of the original plan but Willmott Dixon provided this as an added benefit to the community.

Jenny Denman, nominated voice of the residents said: "I can't speak highly enough of Willmott Dixon – the project has been managed fantastically throughout. All of our concerns were considered and taken into account by the team at every step of the way."

Dennis Ashcroft, who has lived in the estate for the

last six years and originally pitched the idea of the path redevelopment, said: "The path is a vital part of life for a lot of the residents who are less able to get around. Previously the path was very dangerous to walk on; it was uneven and washed away every time it rained."

"I'm so thankful that Willmott Dixon accepted my plans to re-develop the path, it's not something many big contractors would do. You can really tell that Willmott Dixon care about the local community."

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# ART FOR HEARTS

National charity Heart Research UK, in collaboration with law firm Walker Morris, has raised £43,000 with their 'anonymous heART project', auctioning unique artworks by a host of celebrities, politicians, artists and designers.

Over 400 pieces of original A5 sized artwork created by big names, including Nick Cave, Gillian Anderson, Steven Brown, David Cameron, Simon Pegg and Alan Titchmarsh, were auctioned on eBay between the 2-11 November.

Though a full list of contributors was available, the artist of each piece was kept a secret, only being revealed after the auction was over.

The bestselling piece was an original 'Hearty McCoo' by renowned artist, Steven Brown, commanding a remarkable £975 on the online auction.

All the 466 pieces of artwork were on display at an invitation-only exhibition at King's Place, London, where a further £5,000 was raised with an exclusive auction of larger art pieces generously donated by a host of international artists. The best seller on the night was another Steven Brown, an artist's proof of 'Wee Ben McCoo', with the hammer falling at £1,500.

Barbara Harpham, Heart Research UK Chief Executive said: "We have never had such a response for a fundraising campaign. Artists and celebrities from all over the world donated artwork and the online auction was flooded with bidders until the last second."

David Smedley, Chairman of Walker Morris added: "We are thrilled that the project has been such a success for Heart Research. It was a very unusual and distinctive event which we thoroughly enjoyed supporting. The funds which have been raised will provide invaluable support to continuing research into the prevention, treatment and cure of heart disease."

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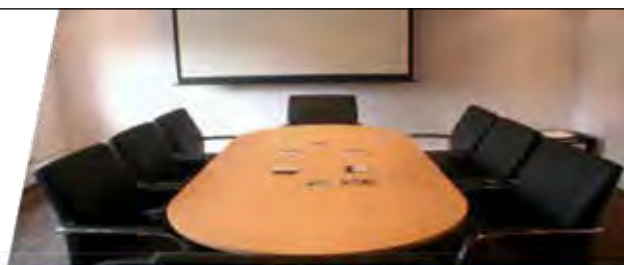
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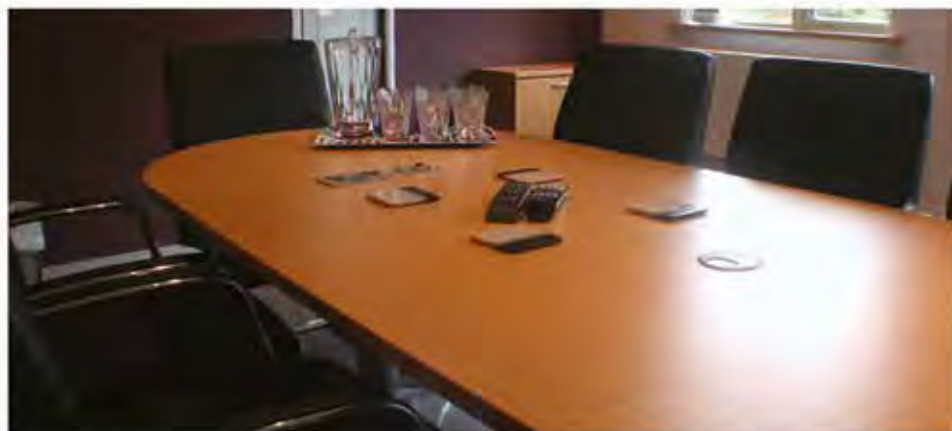
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# The Very Best of the NHS



Nottingham's hospital heroes were celebrated at a special award ceremony championing the very best of the NHS. More than 400 Nottingham University Hospitals NHS Trust (NUH) attendees turned out for the



annual NUHonours Awards, which recognise the incredible contributions of staff, volunteers and community partners across Queen's Medical Centre, City Hospital and Ropewalk House. The prestigious awards were

handed out in 19 categories celebrating NUH staff and supporters, ranging from Team of the Year, to Inspiring Staff Wellbeing and Community Champion awards. Volunteers were also recognised with their



own category and a special award was announced to mark the 70th birthday of the NHS. Tracy Taylor, Chief Executive at NUH, said: "Very many congratulations to the record-breaking 1,110 staff, patients



and fundraisers who were nominated this year, and to our shortlist and winners who have been recognised for delivering outstanding care to our patients and for their dedication to NUH."

## Bright Ideas for Local Pupils

Pupils at Berry Hill Primary School received a donation of hi-vis vests from David Wilson Homes to help them remain safe and seen as part of Road Safety Week.

David Wilson Homes East Midlands gave the school 35 safety jackets for their pupils to wear whilst walking to and from school, ensuring they can be easily seen on the roads as the darker nights draw in.



Road Safety Week took place between 19 and 25 November and inspired thousands of schools, organisations and communities to take action on road safety and promote life-saving messages.

Kerry Senior, a Teacher and Road Safety Lead at Berry Hill Primary School, said: "We will make sure the vests are well used by the school. They will come in very useful in future off site visits

and our ventures out and about in the local community."

John Reddington, Managing Director at David Wilson Homes East Midlands, said: "With many of our developments having schools located close by, we want to ensure pupils remain safe and visible as the nights draw in."

For more information about any David Wilson Homes developments nearby, visit [www.dwh.co.uk](http://www.dwh.co.uk).

## DISCOVER YOUR PASSION

By Maddie Storey

As the New Year creeps up on us and with it the urge to start setting those all-important New Year's resolutions, it's the perfect time of year to branch out and take on a new skill or hobby. Sign up with a friend, pursue your lifelong dream or try something unique and discover your new favourite pastime in 2019.

### BAKING

Mastering the skill of creating tempting treats is one admired by many and allows you to delve into your creative side. With everything from artisan baking and bread making to cake decorating courses and piping classes, there's a delicious range of activities on offer in Nottingham for the avid baker.



### ACT

We have all dreamed of being famous at one time or another, to get you well on your way to your talented acting career, opt for some classes near you to practise your skills and have some fun. Whether you seek an intense acting programme or a relaxing improvisation class, Nottingham offers a taste of everything.

### PLAY TENNIS

Many of us are keen to get more active, and tennis is the perfect way to do so. An increasingly popular sport, tennis is a game of skill, endurance and precision which requires lots of concentration but can also be a great laugh. Book out a court and try your hand at this sport.



### MEDITATE

A simple idea which has flooded the globe, meditation is practised worldwide for relaxation and de-stressing purposes, perfect for rounding off your long day at work. Stay grounded with the art of meditation, an uplifting process which teaches you about mindfulness, emotions and a healthy sense of perspective.



### PAINT

A test of patience, composure and craft, painting is a pastime pursued by many budding artists, lovers of art and creatives. As an easy practise, painting doesn't take too much concentration but instead can be used as an escape or light-hearted activity.

### SKILLS

Looking to further your education? There's always something new to be learnt and with a plethora of courses available at local colleges in Nottingham encompassing a vast range of subjects, the New Year is the perfect time to delve into learning.

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Three Rooms, Stairs & Landing	£175	£105	£70!
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Cycle England, a Discover England Fund project led by Visit Lincoln, Access Lincoln and Welcome to Yorkshire, has launched a new grant scheme for tourism businesses so they can get 'cycle ready' in 2019.

The project will create new bookable cycling packages in Lincolnshire and Yorkshire, targeting Dutch and German holidaymakers. Working with Tour Operators the new packages will launch in March 2019 and up to £100,000 has been set aside to help tourism businesses improve facilities for cyclists.

Chief Executive at Visit Lincoln, Lydia Rusling said: "This is a very exciting project to be involved in and will tap into overseas visitor markets that have not been fully explored before. The new packages include three new cycling

routes which highlight the iconic scenery of historic Lincoln, Lincolnshire Wolds and the Humber to the Wash.

"The cycling packages will include accommodation, attraction passes, transport, bike hire and other elements which are needed for a top quality cycling holiday. As part of the overall Cycle England project, grant funding of £100,000 has been set aside to help businesses get 'cycle ready' by improving their facilities; such as cycle parking, storage, changing facilities, route signage and e-bike hire."

VisitEngland Chief Executive Sally Balcombe said: "Cycle England showcases the outstanding locations packaged together on a variety of routes, giving visitors the opportunity to discover the region and experience the cultural and rural charm of the wider area."

## Be 'Cycle Ready'



## BE 'BIN SMART' THIS CHRISTMAS

Householders can help the district have a greener Christmas by making sure they put their recycling and refuse bins out on the right day over the festive period. The holidays are one of the busiest times of the year for Newark and Sherwood District Council's waste collection crews and thousands of stickers are being posted on household waste and recycling bins over the next few weeks, reminding residents of temporary changes between December 24 and January 5.

During this period, council staff will be unable to empty any bins that are not put out on the correct day. In line with normal arrangements, please present the relevant bin on the day of collection at its usual location by 6am. Councillor Roger Jackson, chairman of the

council's leisure and environment committee, said: "We wish everybody a Merry Christmas but we can make it a greener one by making sure that we dispose of our rubbish correctly and responsibly."

The district council, as part of its Cleaner, Safer and Greener campaign and the Nottinghamshire-wide Bin Smart initiative, is aiming to improve recycling rates with all 52,506 households in the district being contacted to reduce bin contamination and ensure the right refuse is placed in the correct bin. With such a large volume and variety of materials being disposed of please see our list below of what can, and cannot, be recycled. For further enquiries please email customerservices@nsdc.info.



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## A New Burst of Flavour for Snazzy Nottingham Casino

As winter draws in, Grosvenor Casinos is celebrating the festive season by launching a new After Dark cocktail menu.

A unique selection of brand-new cocktails has been tailor made especially for customers to enjoy later in the evening at the casino based at Byron House. Each of the six new cocktails will be available after 10pm from Grosvenor Casino Nottingham bringing

a range of drinks to customers who are looking for late-night fun. The After Dark cocktail menu incorporates a new take on classic drinks such as an old fashioned and an espresso martini, bringing them to life with

a unique after dark twist. The new collection was launched to coincide with the hotly anticipated Deontay Wilder versus Tyson Fury fight on Saturday 1 December. The menu consists of a selection of six unique

drinks including Apple-Flower Martini, Melon Zing, Midnight Mule, Dark Berry Bramble, Caramel Old Fashioned and Mochatini.

Daren Brain, General Manager at Grosvenor Casino Nottingham, said:

"With unique flavours and quirky combinations we are excited to launch an innovative new cocktail menu which gives our customers something new and unique to try during the festive season and into the New Year."

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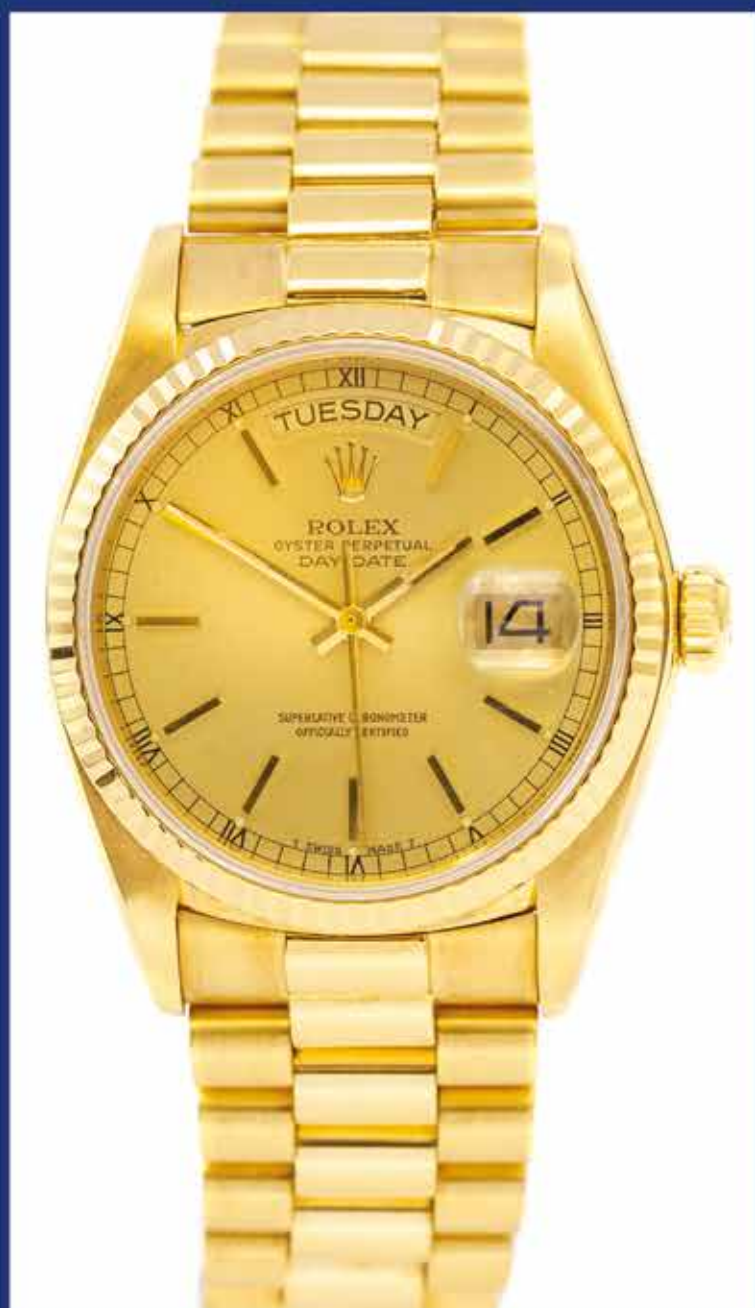
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Christmas Guide



# Nottinghamshire **FOCUS** Guide to Christmas

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# Nottinghamshire **FOCUS** Guide to Christmas



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# Nottinghamshire **FOCUS** Guide to Christmas

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# Nottinghamshire **FOCUS** Guide to Christmas

With Christmas just around the corner and the festivities soon swinging into action, a little tittle is inevitable at this time of year – from Christmas parties and family gatherings to magical market trips with that special someone; December is packed with exciting events and reasons to celebrate. Whilst a glass here and there isn't going to have major impacts on your health, it's important to ensure you don't get too merry this Christmas.

Ask yourself – do you binge drink? You are not supposed to regularly exceed 14 units of alcohol per week – that's roughly six pints of lager or one and a half bottles of wine. These units are best spread over three or more days with alcohol free days between.

In England there are an estimated 589,101 dependent drinkers, yet only 20% of these people are receiving treatment. With around 24% of adults in England regularly exceeding the low-risk guidelines for consumption and the knowledge that alcohol is a casual factor in more than 60 medical conditions including various cancers, liver damage and depression, something needs to change.

There are plenty of ways to reduce your alcohol consumption this festive season, opt for a sparkling punch or mocktail instead of an alcoholic beverage or perhaps you could encourage guests to bring a bottle of something soft this year.

If you do struggle with how many units you consume, professional advice can help you on your journey to sobriety. Steps Together Rehab is a specialist alcohol and drug detox rehabilitation centre in Nottinghamshire dedicated to providing support for vulnerable, dependent drug and alcohol users.

With a fantastic team of some of the UK's most experienced counsellors and practitioners in addiction treatment, the facility deals with detox, rehabilitation and aftercare in a safe and understanding environment. Addiction can affect anyone, get the correct help for you or a loved one and build a life of hope, happiness and freedom for the future with Steps Together Rehab. Get in touch today on 0800 038 5585 or visit [www.stepstogether.rehab](http://www.stepstogether.rehab) for more information. For more information on being alcohol aware visit <https://alcoholchange.org.uk/>.

## Getting Merry Without Sherry

# A MAGICAL MARKET

Lincoln is a contemporary cathedral city that is steeped in history and charm, making it the perfect place to visit during the festive period. In particular, Lincoln Christmas Market provides plenty to unite and excite the whole family throughout December.

Held in the medieval square between the Norman castle and the gothic cathedral, the location of the market is just as enchanting as what visitors will find on the 200 stalls that congregate in the square.

The market is the perfect place to shop for gifts and souvenirs for the whole family and while there, there's also plenty of opportunity to indulge in traditional festive food and drinks. Sip on mulled wine and spiced cider while you try some of the best local produce that Lincolnshire has to offer. More than just a place to shop, eat and drink, Lincoln Christmas Market is a hub for festive entertainment; while wandering around the market visitors will delight at the talent of local buskers and they can also pay a visit to Lincoln Cathedral to join in with the choir singers. Whether visiting to get ahead with the Christmas shopping or just for an idyllic evening out with the family, Lincoln Christmas Market delivers in every respect.



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CHRISTMAS  
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# Nottinghamshire **FOCUS** Guide to Christmas

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4-15  
yrs

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This year we will have over a 100 stalls on each day with an entertainment programme aimed at all ages, including cycling acrobats on the Saturday and Brass bands, carol singing, Punch and Judy, Face Painting, local musicians, classic cars and Morris dancing on both Saturday and Sunday.

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Garlic Tikka

Sorbet

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## Schedule for upcoming films:

**Tuesday 4 December:**  
Elf (6.30pm),  
The Polar Express (9pm)

**Wednesday 5 December:**  
Elf (6.30pm), National  
Lampoon's Christmas  
Vacation (9pm)

**Thursday 6 December:**  
The Polar Express (6.30pm),  
Love Actually (9pm)

**Friday 7 December:**  
Elf (6.30pm),  
Home Alone (9pm)

**Saturday 8 December:**  
Elf (5.30pm), The Muppet  
Christmas Carol (8.00pm),  
How The Grinch  
Stole Christmas (10.15pm)

**Sunday 9 December:**  
Elf (5.30pm), The Nightmare  
Before Christmas (8pm),  
Elf (10.15pm)

**Monday 10 December:**  
Home Alone (6.30pm),  
Gremlins (9pm)



Our Christmas Drive-In Cinema is arriving at Southwell Racecourse on Tuesday 4 December. Tickets are priced at £30 per car and will run from Tuesday 4 - 10 December at Southwell Racecourse. We have two films showing each night (an earlier film for the children) and a later screening. We will also have a variety of soft drinks, hot drinks, hot food and scrummy desserts. For an unforgettable festive evening, fun for kids, parents, partners, and friends book right away at <https://events.moonlightcinema.com/>.

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## Staveley Hall Event List

**14<sup>th</sup> December**

**Meet The Ghosts of Staveley Hall**  
(please visit [www.webtickets.com](http://www.webtickets.com) for tickets)

**5<sup>th</sup> December**

**Christmas Market**

(Stalls from Market Square up to the Hall £15 per stall)

**13<sup>th</sup> December**

**Turkey 'n' Tinsel**

(Festive Dinner & Singing by Soprano Lily Taylor-Ward £15 per ticket)

**2019 Tribute Acts**

**14<sup>th</sup> February**

**The Dreamettes Soul & Motown**

(£15 per person - supper included in the price)

**11<sup>th</sup> April**

**Rod Stewart Tribute**

(£10 per person - supper included in the price)

**9<sup>th</sup> May**

**Gary Barlow Tribute**

(£10 per person - supper included in the price)

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To book tickets or a stall, or for any other information





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27th November The Cafe Bar, Four Seasons Centre, Mansfield NG18 1SU  
2pm Meet and Greet Price as per menu

7th December Regency Suite, Park Inn, Mansfield Road, Nottingham NG5 2BT  
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To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766  
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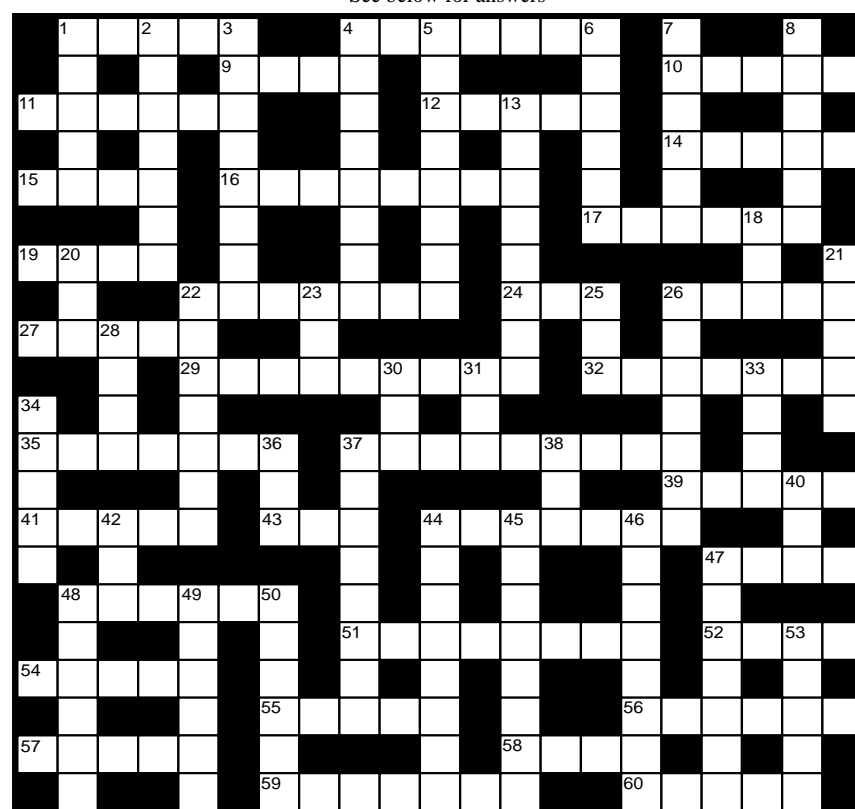
## ACROSS

- 1 Side of a cut jewel (5)
- 4 Brother or sister (7)
- 9 Bent-elbow boxing punch (4)
- 10 Aunt's husband (5)
- 11 A case for arrows (6)
- 12 Huge ogre (5)
- 14 Tea or alcohol (5)
- 15 Shout abuse at (4)
- 16 Airport building (8)
- 17 Prudence (6)
- 19 Inform on to police (4)
- 22 Plumage item (7)
- 24 Rainy (3)
- 26 From the Netherlands (5)
- 27 Flower part (5)
- 29 Ready if necessary (2,5-2)
- 32 Shrove Tuesday food (7)
- 35 Powerful guard dog (7)
- 37 Now (2,7)
- 39 Bit-part actor (5)
- 41 Power of vision (5)
- 43 Father (3)
- 44 Outlying city districts (7)
- 47 Band of delinquents (4)
- 48 Glued together (6)
- 51 Steer a ship (8)
- 52 Moreover (4)
- 54 From another planet (5)
- 55 Grass-coloured (5)
- 56 Cease breathing (6)
- 57 Monetary worth (5)
- 58 Sign of future event (4)
- 59 Common small bird (7)
- 60 Pattern of ridges on a tyre (5)

## DOWN

- 1 A chance success (5)
- 2 Conceal a fraud (5,2)
- 3 Strangle (8)
- 4 A brief fire-fight (8)
- 5 Person new to the job (8)
- 6 An escape clause (3-3)
- 7 Heavy vibration (6)
- 8 Venus or Earth (6)
- 13 Narrow path between buildings (8)
- 18 Obese (3)
- 20 Long-handled garden weeder (3)
- 21 Chirp from fledglings (5)
- 22 Flower seller (7)
- 23 Small child (3)
- 25 Faucet (3)
- 26 Gives to charity (7)
- 28 Clothes (4)
- 30 Pistachio or almond (3)
- 31 Pub counter (3)
- 33 Uncle's Mrs (4)
- 34 Break glass (5)
- 36 Short-lived craze (3)
- 37 Viewers en masse (8)
- 38 Old French coin (3)
- 40 Speed on foot (3)
- 42 Gungy mess (3)
- 44 Holiday memento (8)
- 45 House on one level (8)
- 46 Floor below ground level (8)
- 47 Wrestle with (7)
- 48 Slow romantic song (6)
- 49 Ballerina or jiver (6)
- 50 Sharp practices (6)
- 53 Tear into tiny strips (5)

See below for answers



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#### Aries

Socialising, partying, dancing and making merry gives you the excuse to be first-class, outrageous and extremely adventurous. You only live once and you intend to make the most of what life has to offer before it's too late. This is your time and when boredom and mundanity do not have a place in your life. In your personal life complications have a tendency to set in due to the tangled web that people around you tend to weave. The influence that you have over certain people will slowly reveal itself as you wield more power than you are probably aware of.



#### Taurus

You have presented yourself in good time by careful planning and being with caution with your choice of Christmas gifts and greetings cards. You are now in the process of dealing with great changes both at work and home and in your social life. New houses, cars and other large purchases are on the horizon, and by the time the New Year arrives you have every right to feel satisfied with all your accomplishments and goals that at one time you didn't think you would reach quite so easily. This is an excellent time to have your eye regarding a missing family member which needs clearing up sooner rather than later.



#### Gemini

Continue with your prudent and well thought-out financial investments because you will reap the rewards later. The one you love will surprise you with gift you least expect but something that could put you on the spot because so much is being asked of you. Confusion and careless errors could easily arise if you do not pay attention to minor details regarding a complicated personal matter. Do not let other people's opinions affect an important decision because only you can decide and choose which direction you must go in next.



#### Cancer

The festive season is always a very special time for you and your loved ones and you intend to make this Christmas the time of most peace and joy. When you throw a party it is usually one that other people talk about for several years later and right now you have much to celebrate and be thankful for. The secret of success is to have working at a project, working never to quit and if something does not work out the way you intended, then perhaps there are some important lessons that need to be learned. Success and career prospects are promising and any future plans must be considered carefully before you commit yourself to anything long term.



#### Leo

You are in the fortunate position to have more than one avenue to explore regarding an interesting business matter and your choice must not be rushed into. Remain on the cautious side because not everyone is as professional or scrupulous as you are. There are not too many in the universe and you know only too well that in the end, everything needs paying for. Acquiring marketing skills will improve your prospects so make sure that you have all the necessary information required close to hand before you sign on the dotted line.



#### Virgo

You are enjoying yourself on the side of demonstrating good humour whilst getting on with important tasks behind the scenes. Your social life is one great roller coaster that gives you a sense of euphoria and yet you are retaining control at the same time. Litigation is on the immediate horizon and so is expensive but you have and need good, professional advice and guidance otherwise you will lose money. A secret romance shows signs of developing into something more important and meaningful than you probably intended it to be and an important decision will soon have to be made.



#### Libra

You are playing a balancing act that is proving more difficult than you originally anticipated. Trying to please other people is both exhausting and proving very expensive at the same time. Your social activities leave you with very little time for yourself as both close friends and family continue making unreasonable demands upon your time. If single and looking for love, you are in for a wonderful surprise. There is a new light and renewed hope shining to your world offering you numerous opportunities to improve your current situation, but only you can decide what is ultimately best for you.



#### Scorpio

During recent years you have experienced great turmoil, disturbance, unexpected and painful one-way or the other. The light at the end of the tunnel is now emerging and the New Year will bring you reassurance and warmth with lots of reassurance. Enjoy the Christmas festivities with optimism and anticipation. The romance in your life is about to develop into something greater and deeper and more loving than you have ever experienced before. Do not hold back but combine and give your all without reservation. It is a case of eating your bread upon the waters and it will return one hundred fold. Unexpected good news regarding money and other financial goals will prove to be the icing on the cake.



#### Sagittarius

Your intellectual discipline allows you to master just about anything you choose to focus your attention on. Work and business will excel so don't waste precious time worrying over unnecessary issues that are irrelevant and non-productive. Be prepared for an improvement in your financial situation. There may be an unexpected windfall which will stand you in good stead especially if you are interested in property investments. You know what you want and how to get it and your actions are setting a positive example for others to follow and learn valuable lessons from.



#### Capricorn

Why are you making promises that you cannot keep? The result is that you are left with good intentions. It is time to show an element of stability and accountability by being honest and up front with someone very close to you. Your attempts to avoid yourself in business will not go unnoticed and the reward will be worth the time and effort that you are now putting into making a few overdue improvements to your work and home life. Romance is high on your agenda and you are about to enjoy a nostalgic Christmas with someone who has become extremely important to you. If you are single and looking for love, a little bit of magic is coming your way.



#### Aquarius

Once particular drama in your life could rise a hoop as you are about to discover the truth regarding a situation or person you thought you knew well. If you are worried about what is going to happen next, you are worrying needlessly because in the end, everything will work out for the best and very much to your advantage. Your social life looks interesting that sees you attending many parties with both family and friends, which although proves expensive, will be worthwhile because you always give generously and from the heart. There is the potential to either start your own business or change direction with your career sooner than you expected.



#### Pisces

Do not be influenced by those who lead you towards paths that prove to be dead ends. You are quite capable of making your own decisions and it is time to take back your power from someone who thinks they know what is best for you when really all they are doing is passing themselves off as a mentor. Your social life looks interesting that sees you attending many parties with both family and friends, which although proves expensive, will be worthwhile because you always give generously and from the heart. There is the potential to either start your own business or change direction with your career sooner than you expected.

## One Pot Meals for Busy Families

When it comes to eating healthily at home, you shouldn't need to make a choice between cost, convenience and long term health.

Heart Research UK are always thinking about juggling busy lives while trying to keep a heart healthy lifestyle. To help, they have come up with tips to prepare a healthy meal for the family on those long winter nights using a slow cooker.

Add the ingredients to your pot in a morning, set the timer and come home to the smell of a delicious meal ready to eat.

### Keep Your Heart Tender

You don't need to spend a fortune on joints of meat to keep it tender. Avoid fatty cuts, opt for a low fat choice and add a splash of white wine vinegar or fresh lemon/orange juice - this will help loosen the meat and keep it juicy.



### Rub It In

Tenderise your meat using a mallet or by giving it a gentle rub; go for herbs and spices which complement the recipe and appeal to your palate without using salt. Gently rubbing with ground ginger and adding crushed pineapple works well for a 'sweet and sour' style. Add some onions, a can of chopped tomatoes and cook on a low heat for 6-8 hours. Pop some frozen veg and bean sprouts in for the last 20 minutes of cooking and voila...a heart healthy pot of goodness.

### Too Much Liquid

If you find you have too much liquid and want a thicker sauce, don't be tempted to add high salt stock cubes or coconut milk that is high in saturated fat. You'd be much better creating a 'slurry' of equal amounts (approx. 1 tbsp.) of water and corn starch and gently stirring through the liquid towards the end of cooking.

### Bulk Up

Veggie recipes are wonderful for adding crunch, texture, variety and heart healthy fibre and antioxidants. They also blend well if you want to make leftovers into a soup for the next day. Try a Moroccan style harira, a stew like thickened soup consisting of lentils, chickpeas, spices, passata, coriander, chunky vegetables and vegetable stock.



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## AUTISM EAST MIDLANDS

offer a range of services supporting children and adults affected by Autism; this includes family services, a specialist school for children aged 4-19 years old based in the centre of Nottingham; and a range of adult day and accommodation based services in; Nottingham, Nottinghamshire North, Nottinghamshire South and Derbyshire.

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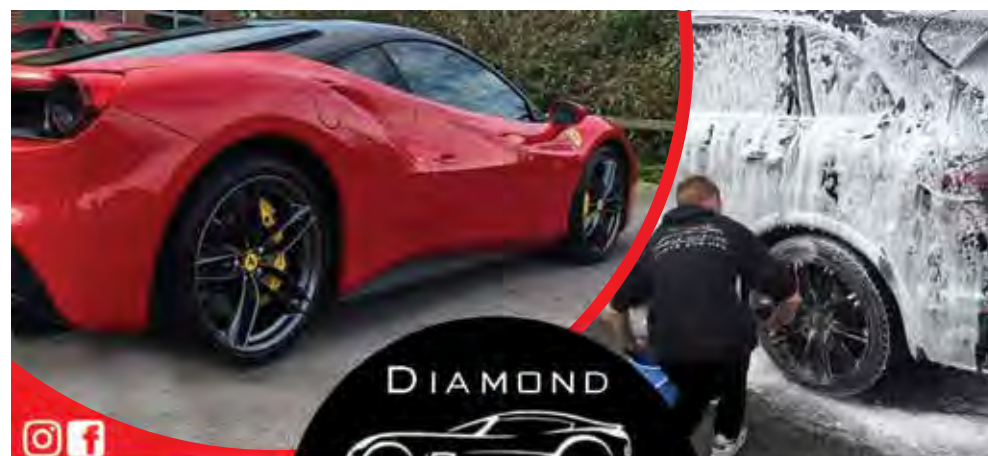
As an organisation, our mission is to advocate, provide and develop high-quality services, information and support in partnership with others for all those whose lives are affected by autism. Our approach is individualised and person centred; recognising and responding to the needs of the individual enabling people with autism to live their lives with dignity choice and independence.

It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

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Quality of Life for People with Autism



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## Fantastic Awards for Local Council

Broxtowe Borough Council has been shortlisted for an award for its Parks, Open Spaces and Horticultural Services for the third year running at the Association of Public Services Excellence (APSE) Performance Network Awards.

Liberty Leisure Limited, who manage leisure, sports and events for the Council have also been shortlisted in the awards in the Sports and Leisure Facility Management category, with Bramcote Leisure Centre and Chilwell Olympia shortlisted in both the Most Improved and Best Performer category.

After picking up the Most Improved Performer Award for Parks, Open Spaces and Horticultural Services in 2015, the Council's Parks Team were shortlisted for Best Performer in the same category in 2016, 2017 and now in 2018. The Team maintain 23 parks and recreation grounds and over 40 open spaces across the borough, including four Green Flag Award winning parks and 15 Local Nature Reserves. Liberty Leisure Limited have been shortlisted after being benchmarked against other similar leisure facilities in the APSE network on things like attendance, income generation and how efficiently the leisure centres are run.

The winners will be announced at a ceremony in Blackpool on Thursday 6 December.

## CARE FOR CRIME VICTIMS

Nottinghamshire Police and Crime Commissioner (PCC) Paddy Tipping will be addressing support workers as part of an event aimed at enhancing community services for victims of crime.

The event, which takes place at Mansfield Civic Hall, will be held on Thursday 6 December. Organised by Nottinghamshire Victim Care, the aim is to bring together community organisations across the county who have signed up to work in partnership with the service as part of its Community Point programme.

The aim of the programme is to in-

crease access to support for victims of crime in the community who struggle to find help.

The event will include presentations on restorative justice, youth violence intervention and support for the homeless.

Mr Tipping said: "I want to develop the best possible services for victims of crime in Nottinghamshire so survivors always have a route to turn to for help. Recovering from crime is a complex process and it is clear we need to ensure the right help is available where and when it is needed to maximise recovery."

## LEND AN ELFING HAND



After deciding that University wasn't for her, 21 year old Bella joined the BHF as a volunteer. She then began the BHF retail apprenticeship scheme, gaining a retail qualification while on the job.

"I joined the Penzance British Heart Foundation shop team three years ago as a volunteer after deciding that University wasn't for me. My Grandfather suggested volunteering at the BHF and when I eventually made the call, Jo the Shop Manager was so welcoming, I felt

encouraged to take that first step. Volunteering has really meant a lot to me. When I first started at BHF, I was so shy that I could barely speak to the other volunteers and staff. Gradually, as time went on, I got to know everyone and they were all really supportive, helping me to improve my confidence.

"I am not a volunteer anymore as I work full time here. Now I've been here for almost three years and I'm just coming to the end of my apprenticeship, and I haven't looked back. I'm really grateful to BHF for helping me to get where I am today.

"I would definitely encourage others, for me it



has led to full time role and I can also keep up my studies. I have learnt so much and it's because of the wonderful people I work with."

The apprentice scheme involves working alongside shop staff volunteers in a busy shop environment, with tasks ranging from decorating creative window displays to developing customer service skills. For information on how to get involved head to [www.bhf.org.uk/get-involved/volunteer](http://www.bhf.org.uk/get-involved/volunteer).



Exceptional Home Care Ltd  
That's all it takes to help.



Exceptional Home Care Ltd is a home care company based in the East Midlands helping people in their own homes. Whether you require a sit in visit, personal care, shopping call or just a chat, Exceptional Home Care is here for you. Morning, lunch, tea and evening calls available based on either 30-minute calls through to 6-hour calls.

If you require any more information then please contact us on our office number 01509 733205 or our 24-hour mobile number 07598517358



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care



# HEARING — THE CONNECTION TO YOUR WORLD



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Hearing is about so much more than sound, don't you think? It's our connection to the world, to our community and to our friends and family. And our bond with our loved ones is never more precious than at Christmastime.

Lose our hearing and we lose a big part of that connection.

For most of us, the quality of our hearing declines as we get older but, because it can be so gradual, we don't really notice until someone points it out. Or until we notice that we've subtly changed our life and routines to accommodate our increasing hearing loss.

Sound familiar? If this is you, give us a call. As well as the isolating effects of untreated hearing loss, there are health dangers too. Did you know that untreated hearing loss tops nine risk factors that contribute to the risk of dementia?

We advise everyone over 55 to have their hearing checked regularly. But whatever your age, if you're concerned about your hearing, get in touch. We can help. We're passionate about caring for every aspect of your hearing. Our new Correct Hearing TotalCare is our unique hearing healthcare plan that delivers the best care for your hearing. When you trust us with your hearing care, TotalCare is our promise to deliver and your peace of mind.

To find out more or to book your appointment, call 01159 618351 or email [info@correcthearing.co.uk](mailto:info@correcthearing.co.uk). And don't forget to quote this code – NIF 918 – to get your £15 Marks & Spencer voucher if you're visiting us for the first time.

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To find out more or to book your appointment, call 01159 618351 or email [info@correcthearing.co.uk](mailto:info@correcthearing.co.uk)



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Care



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Jacky Reed, Managing Director said:

"Understanding our residents' needs is at the heart of everything we do. We believe that quality care is about more than supporting a person's physical needs but knowing and making sure a person is enjoying experiences that are special to them. "Our Quality of Life Programme allows us to log and act almost immediately upon every comment from residents, relatives, carers and professional visitors about the experience and care we provide. It's all linked to our quality assurance programme giving you peace of mind that every aspect of our service is being monitored."

Visit [www.fshc.co.uk](http://www.fshc.co.uk) for more information.



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# IMPROVING THE HOME FOR 2019

## Chic Ways to Go Mono



A perfect palette to experiment with different textures and accessories – the monochrome interiors trend is always fresh and striking. This approach to styling is incredibly versatile, lending a distinctive, harmonious effect to the home. Rebecca Snowden, Interior Style Advisor at Furniture Choice shares 3 tips on creating a modern monochrome space.

### Strong Black Silhouettes

As a fail-safe colour combination, black and white not only balance each other out, but also make for a versatile pairing.

"Black can be used to highlight a special part of the room," Rebecca says. "For the living room, a chic black sofa juxtaposed against a modern coffee table sets the scene for an elegant and sophisticated space."

### Mix Black and White Designs

The dining room can be another focus point to mix black and white together. As Rebecca advises: "Pair a white dining table together with black dining chairs for a glamorous effect. The colour contrast creates an effortless yet classic look."

Decorating with art pieces is an easy way to enjoy the monochrome look without making a huge commitment. "Black and white drawings or photography are great accents, and can be moved to a different part of the home should you wish to swap out your gallery wall," suggests Rebecca.

### Style with Grey and Soft Neutrals

With the wellness approach interior trend in full swing, grey is the go-to shade for a relaxing and timeless feel in the home thanks to its calming qualities.

"When it comes to the bedroom, make your monochrome space look comfy and homely by experimenting with different textures. Thick woollen throws on the bed in grey or beige shades will soften the overall aesthetic and keep things cosy and warm." [www.furniturechoice.co.uk](http://www.furniturechoice.co.uk)

## Improve Before You Move

If your New Year's resolution for 2019 is to progress further up the property ladder, it might be time to start thinking about adding value to the house that you're currently in before you sell it. Even if you aren't keen to pack your bags just yet, it pays to be aware of changes that you can make that will benefit you in the future.



### Kitchen Makeover

It's the heart of the home and, for many people, a great kitchen is one of the things that they will look for when property hunting. Consider how you can make yours more attractive to prospective buyers with a new tiled floor and kitchen cabinets.



### Parking Space

Most families now have at least two cars between them, so naturally having somewhere to park them is a priority. Many people would prefer to park their car on a drive as opposed to on a street for safety reasons, so creating parking spaces on your

home's property is going to be a huge selling point. Remember though, you will need to think about planning permission and comply with the local authority highway regulations.



### Space for Stuff

Many of us have a lot of belongings and whether it is clothing, shoes, toys or electrical goods, all of those items need somewhere to live. If your home is slightly lacking on the storage front, consider how you can make use of the space that you have for more storage. Mounted cupboards can be used on bare walls and the space underneath your stairs are optimal areas for storage.

### Beautiful Bathrooms

There's nothing worse than an overcrowded bathroom and a lot of people are put off by homes that don't have enough, so adding more will always increase the value of your home. You can create more bathrooms by remodelling or with an extension; as a rule of thumb every floor with a bedroom should have a WC, so if you have rooms on the first or third floor of your home, consider having a bathroom fitted.



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# IMPROVING THE HOME FOR 2019

## Secure Your Dream Home for Christmas



Keen Nottinghamshire homebuyers who want to move into their dream home by Christmas need look no further than Barratt Homes' popular Mansfield Woodhouse development Maple Gardens.

The five star housebuilder currently has a selection of expertly crafted homes available to reserve which will be ready to move into in time for the festive period.

The four bedroom properties are perfectly suited to growing families and those looking for their second home. With homes ready to reserve, house hunters are being urged to act swiftly to avoid disappointment.

Barratt Homes is

offering a contribution towards moving costs on selected properties, whilst particular homes feature upgraded kitchens with integrated appliances and flooring.

Jan Ruston, Sales Director at Barratt Homes North Midlands, said: "Christmas is a busy time of the year but moving into a dream

property before the big day can really help to make the festive season more magical.

"A selection of our properties will be ready to move in for the Christmas period so you can be settled in your new home by the time the big day comes around."

Maple Gardens is a

wonderfully family-orientated development which has properties available to accommodate contemporary living.

Nestled in the northern edge of the village of Mansfield Woodhouse, the

development ensures buyers have plenty of green open spaces and beautiful countryside walks for all the family on their doorstep.

To find out more or to reserve your new home visit the onsite marketing suite at Maple Gardens or call the sales team on 0330 057 6000.

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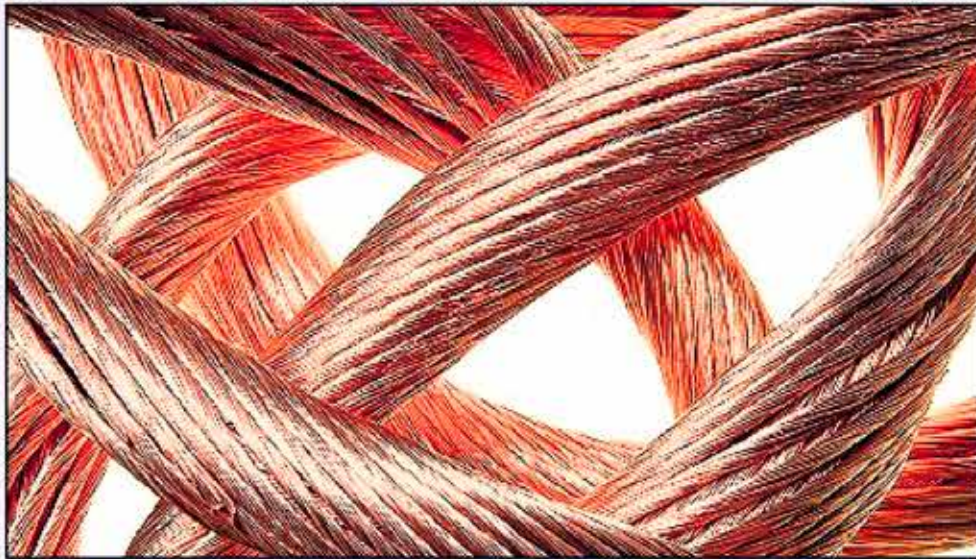
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