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## Trust Scoops National Health Award



Sherwood Forest Hospitals NHS Foundation Trust has been named best in the country for improving patient flow and improving value, efficiency and patient experience in the prestigious Health Service Journal (HSJ) Value in Healthcare awards. The national awards recognise and reward outstanding efficiency and improvement by the NHS, while also recognising the excellent use of resources. The award recognises improvements made by teams across the whole trust, resulting in the average length of stay reducing by two days with an estimated annual saving of around £6 million. Ben Owens, clinical director of the emergency depart at Sherwood Forest Hospitals said: "It is such an honour across our trust. It demonstrates everyone's commitment to improving the effectiveness and efficiency of care we give, so patients can enjoy a speedier recovery and go home as quickly as possible. "Flow and avoiding patients being admitted to hospital in the first place is everyone's job because it is proven to save lives. We all have a duty to constantly modify our practice for the safety of our patients and the future of the NHS." In the year to the end of March 2016, 102,000 people attended the King's Mill Hospital Emergency Department and more than 21,000 patients were seen and treated at the Minor Injuries Unit at Newark Hospital, which in late 2016 was upgraded to an Urgent Care Centre.

## FUNDING BOOST FOR LOCAL VETERANS

Nottinghamshire ex-service veterans are set to benefit from a £400,000 grant to help improve their health and well-being. The St John and Red Cross Defence Medical Welfare Service (DMWS) and the Alzheimer's Society have teamed up with Nottinghamshire County Council and successfully bid for funding, which is managed by the Community Covenant Aged Veterans Fund. It is estimated 5.8 percent of Nottinghamshire's 750,000 population are ex-service community, which amounts to 43,500 residents. £106,000 of the total money has been

awarded to the County Council, which will be spent on a project support worker for two years who will help link up veterans over the age of 65 with local projects and activities to help them be more active in their community. The funding will support these projects, which could include a war memories archive, projects which link veterans with younger generations, or a befriending service to reduce social isolation and get more out of later life. The Council will also be working with local veteran services to identify and guide vulnerable veterans to services and activities in their communities. The grant awarded to DMWS will fund three welfare officers providing practical and emotional support to aged veterans, their immediate family and carers when receiving medical care. The service will concentrate on the central Nottinghamshire area where there is a high concen-

tration of veterans. Councillor Keith Girling, the Council's Armed Forces Champion, said: "Older veterans are often at higher risk of mental health problems due to their service experiences, which can increase if they become socially isolated in older age. "We hope this funding will help offer veterans meaningful activities and support to reduce the risk of social isolation and improve their mental health and wellbeing." Abby Dryden, Head of Business Operations at DMWS, said: "We are expert in the provision of Medical Welfare and have supported the Armed Forces Community during medical treatment since 1943. "To optimise patient outcomes we leverage our strong network with our partners. We are looking forward to working alongside Nottinghamshire County Council and the Alzheimer's Society."

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# Care Home Hosts Charity Fundraiser



Coppice Lodge care home in Arnold have hosted a fun day to raise money for Cancer Research UK, in association with the Cancer Research shop on Front Street. The staff went all out to provide a memorable day for their residents and guests, with various stalls, raffles, cakes, face painting and pamper sessions on offer. The celebrations were opened by the Scottish Seaford Highlanders Association (Notts Branch), who played their pipes and drums outside the home, much to the joy of everyone who heard them.

It was a particularly emotional experience for one resident, Doreen Dick, whose son, Ian Dick, plays drums for the Scottish band. Doreen had never had the opportunity to see her son play, and as soon as she realised he was part of the ensemble at Coppice Lodge, she was absolutely bowled over. She said, "I could hear the band and I thought, 'is that my son'?" Samantha, our Home Manager, took my hand and led me outside and there was my son in his uniform play-

ing in the band. I just could not believe it, I have always wanted to see him in his band and now I have. I have got some lovely photographs for a keep sake of the day."

Home Manager, Samantha Kavanagh, got into the spirit of the day by having her head shaved for this worthy cause. Samantha had grown her hair especially for the occasion and everyone watched as she had it all chopped off. She said, "I was really nervous but I was happy to do it for such a worthy cause. The residents wanted to have a feel of my bald head, and they have all said it suits me so it must look ok! We had a great day and I am so proud that between us all, we have raised nearly £1000 for Cancer Research UK."

The Mayor of Gedling, Sandra Barnes, was special guest at the fun day as she enjoyed one of her last official engagements before she steps down from her post. The Mayor has built a fine relationship with the residents and staff at Coppice Lodge through many visits and engagements.

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## Project wins Arts Council Support

Inspire has received funding through Arts Council England's Grants for the Arts Libraries Fund to develop an exciting and innovative musical project in Nottinghamshire and Nottingham City libraries for children aged 3 - 5 and their families.

In collaboration with MishMash Productions the project will create a brand new musical performance based on the popular children's picture book Augustus and His Smile, written and illustrated by Catherine Rayner and published by Little Tiger Press, www.littletiger.co.uk.

Titled Smile the performance will con-

vey the enchanting story of Augustus's search for his smile through magical theatrical chamber music. Smile will be a musical adventure to delight young audiences across the county. MishMash Productions, an organisation that creates new and exciting music combined with engaging theatrical experiences will produce the show in collaboration with Inspire and in association with Nottingham Library Service with support from Nottinghamshire Music Hub, Nottingham Music Service, and Nottingham Lakeside Arts.

Inspire who now deliver cul-

ture, learning and libraries on behalf of Nottinghamshire County Council, aim to attract new audiences to libraries and to introduce children at an early age to high quality musical experiences.

Peter Gaw, Chief Executive of Inspire commented; "We are delighted to receive funding from Arts Council England to develop this innovative musical project which will enhance our cultural offer to children.

We are also pleased to be working in partnership with MishMash Productions who are experienced in developing and delivering musical activities for children."

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# Young People Given the Employability 'Edge'



NOTTINGHAM shopping centres intu Victoria Centre and intu Broadmarsh have welcomed teachers from the region's secondary schools for an exclusive insight on intu as a business and the careers available in retail.

In a project led by The Edge Foundation - an independent education charity dedicated to raising the status of technical and professional education - the teachers from Nottingham Academy, The Farnborough Academy and Bulwell Academy took part in a day-long externship supported by the intu team.

Throughout the day, they met with various departments from across the centre, including marketing, security and operations, as well as a briefing on intu as a business from general manager of intu in Nottingham,

Nigel Wheatley. Speaking of the programme, Nigel said: "There are many excellent opportunities to build a successful career in retail and it is important to note there are a wide variety of roles that go into keeping our centres' operating smoothly and effectively, including marketing and health & safety."

"We are very pleased to have taken part in the Business in the Classroom project with The Edge Foundation and to share our experiences with teachers from across the region of how we began our careers in this industry."

The Edge Foundation has been working with a number of businesses across the city to help facilitate this project, including Capital One, intu and Nottingham City Homes. Their aim is to raise awareness of the im-

portance of making learning at school-age relevant to the world of work, provide high-quality careers advice and to broaden the horizons of young people to various career opportunities as they start to consider their GCSE and A-Level options.

Alice Barnard, chief executive at The Edge Foundation, said: "Engaging with local employers is a key part of quality careers advice and guidance programmes for all schools, and evidence shows that young people benefit in the long term from being able to make better informed choices at the beginning of their career."

"We're delighted that intu have embraced the Give Yourself the Edge initiative and enabled teachers to learn about the wealth of career opportunities available in the retail industry for their students."





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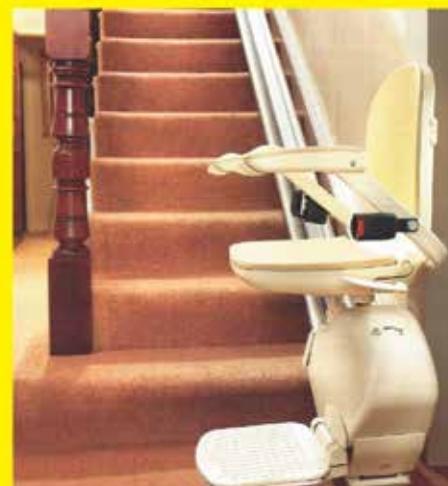
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# Hemlock Happening Returns to Bramcote

PREPARATIONS for the 15th annual Hemlock Happening are well underway as headline event sponsors, Specsavers (Beeston, Eastwood, Long Eaton and Ilkeston stores) present a cheque to organisers.

Representatives from Specsavers, presented a cheque for £5,200 to event organisers from the Bramcote and Stapleford Golden Jubilee Group and Liberty Leisure Ltd.

As a direct result of this sponsorship the event will see the addition of a big top tent hosting the main stage and bar, so that come rain or shine, the event is guaranteed to be a success.

Taking place on Bramcote Hills Park on Saturday 10th June from 1.00pm until 10.00pm, visitors can expect a fun packed day of live music and performances on the Specsavers Stage and Haven Community Stage, a performance arena, showcasing the talents of pupils from local schools, sports, arts and crafts, local groups, workshops, fairground rides and various food and drink stalls.

This free event will finish with a fantastic firework finale at 10.00pm.

Krishna Parmar, Director at Specsavers expressed that "we are proud to be able to support the Hemlock Happening event this year. We feel it is important that we can support local initiatives that make a positive contribution within the local community and beyond."

The Hemlock Happening is organised each year by Liberty Leisure with support from the Bramcote and Stapleford Golden Jubilee Group.

A host of local sponsors have also supported the event, including Bramcote Hills Community Association, Central England Co-operative, The Haven Centre, Nottinghamshire County Council and Inspire.



## Volunteers thanked for their service

Sherwood Forest Hospitals is thanking its volunteers across all three hospital sites as part of national volunteers' week, which runs from until 7 June. The theme of the week this year

is 'you make the difference'. Today (Tuesday 6 June), the Voluntary Services AGM will be held in the Education Centre at King's Mill Hospital from 1:30pm – 2:30pm, which will be

followed by tea and cake. Wednesday 7 June will then see celebrations at Mansfield Community Hospital from 10:30am – 12noon in the Courtyard Restaurant.

Volunteers will be in the voluntary hubs throughout Sherwood Forest Hospitals all week to discuss their work with members of the public who are interested in finding out more about the work of our volunteers and fundraisers. Community Involvement Man-

ager, Tracey Brassington said: "Our hospital volunteers continue to play a key role in the day to day life of Sherwood Forest Hospitals. They make a considerable contribution to enhancing the experiences of people using our services."

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## Free Workshops to Grow Your Business

TWO FREE BUSINESS WORKSHOPS will give local business men and women in Broxtowe advice on how to grow their customer base, maximise branding, secure funding and more next month.

The sessions, run by the D2N2 Growth Hub in partnership with Broxtowe Borough Council include:

**Thursday 15th June, 9.00am to 4.30pm, Eastwood Hall, Mansfield Road, Eastwood**

- Morning session: access to finance for growth
- Lunch and networking
- Afternoon session: how to maximise your brand

**Tuesday 20th June, 12.00pm to 5.00pm, Beeston Town Hall, Foster Avenue, Beeston**

- One to one Broxtowe business health check surgery with support provided by a D2N2 Growth Hub business adviser who can identify business needs for growth and direct businesses to the most appropriate routes to make expansion a reality

- Slots available to book at 12.00pm until 1.00pm, 1.20pm until 2.20pm, 2.40pm until 3.40pm and 4.00pm until 5.00pm

John O'Donnell, Business Finance Manager at the Growth Hub said: "The Growth Hub can help businesses re-focus and direct them into the many financial and practical support programs that are available so they become more profitable, efficient and contribute to the growth of our local economy. "Two of the most asked for areas of support are around finance and marketing so these workshops are an ideal opportunity for local businesses to learn new skills that will hopefully boost their business performance and growth."

To book for Thursday 15th event, please visit [www.d2n2growthhub.co.uk/events-training](http://www.d2n2growthhub.co.uk/events-training).

To book an appoint at Broxtowe business health check surgery, please email [economic.development@broxtowe.gov.uk](mailto:economic.development@broxtowe.gov.uk) or call 0115 917 3826

For more information, please contact Broxtowe Borough Council on 0115 917 3826, email [economic.development@broxtowe.gov.uk](mailto:economic.development@broxtowe.gov.uk) or visit [www.broxtowe.gov.uk/business](http://www.broxtowe.gov.uk/business) Alternatively, visit the D2N2 website at [www.d2n2growthhub.co.uk/events-training](http://www.d2n2growthhub.co.uk/events-training)

## News in Brief

### Library Refurbishment Complete

Inspire's commitment to creating inviting and modern spaces continues with the completion of the refurbishment of Keyworth Library.

The refurbishment will deliver both inspirational and practical improvements;

- An inviting modern layout and extensive re-decoration inside and out
- New heating, lighting, shelving and flooring
- Accessible toilet
- Automatic doors – improved access
- New suspended ceiling grid

The library reopened to the public on Tuesday, 30th May.

Launched in 2016 libraries is just one the services Inspire delivers on behalf of Nottinghamshire County Council. Inspire's Chief Executive Officer, Peter Gaw, commented: "At Inspire, we're excited to have completed the development of another library and the opportunity it gives us to create a modern, inviting space for the people of Keyworth. This is another important aspect of our mission to provide inspiring centres for reading, learning, culture and community activity for many years to come."

Councillor John Cottee, the new Chairman of Nottinghamshire County Council's Communities & Place Committee, welcomed the re-opening of the library. He said,

"It's great to see this library re-opening its doors. I hope the various improvements and the library's fresh new look will make for an even better environment for local people to read, learn and benefit from the many activities and events which take part here."

### Changes to Bus Services

Trentbarton is to make several changes to some of its services from July 23.

rushcliffe villager V2 service will be withdrawn. rushcliffe villager V1 will continue to run, with a small route alteration within Bingham. rushcliffe mainline's limited number of peak time extensions to Bottesford will cease.

rushcliffe villager V1 will see a route change in Bingham. The service will no longer run along Wychwood Road and Carnarvon Place, instead travelling along Nottingham Road, and will finish at Broadmarsh Bus Station instead of Friar Lane.

Customers in Cotgrave and West Bridgford who have used the V2 will still be able to use cotgrave connection and rushcliffe mainline respectively to journey into and out of Nottingham.

trentbarton director of service delivery Tom Morgan said: "It is regrettable that we have to withdraw V2 but it has seen a steady decline in customer numbers over several years.

"We know its remaining customers will be disappointed but the V2 is no longer a commercially sustainable service, even with the tender subsidy from Nottinghamshire County Council.

"The Council have some services through affected villages and they will be considering options for servicing those villages through supported bus services again."

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**News in Brief**



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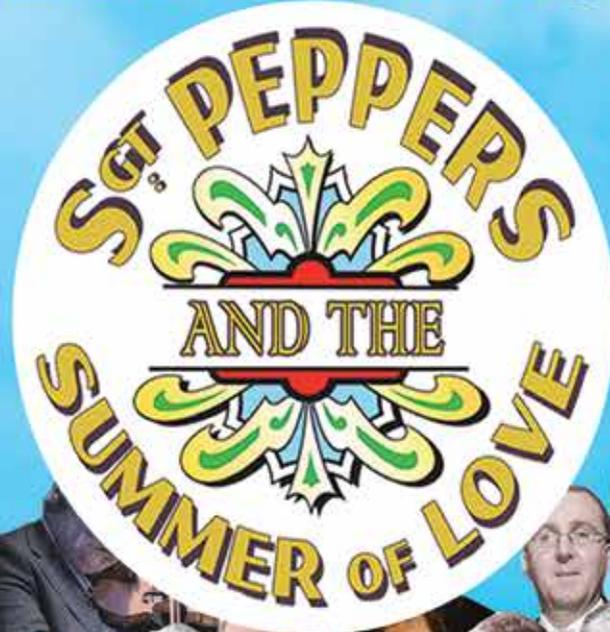
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# 'Green' Message Stems From Plant Clothing Range



Clothes with plants growing or pressed inside them – which can be planted into the ground once the garments have been worn out by the wearer – have been designed to deliver an important message about sustainability.

Ellie Oldacre, 22, designed Live Wear to combat the culture of fast fashion and provide consumers with longer lasting clothes.

The Nottingham Trent University student, whose collection will go on public exhibition for 2017 Degree Show,

uses grown cress and wildflowers as well as cosmos and sunflower seeds for decorative patterning.

Ellie's collection includes a bomber jacket which contains living plants that can be watered by simply being worn in the rain. The seeds are encapsulated between a silk outer layer and wadding, and are grown in situ, living on water gel crystals without the need for soil and continual watering.

When the gels run out the plants die off but retain their colour and are pressed inside the garments, as simi-

lar to pressed flowers in a book.

"As consumers we need to be thinking about ways we can be sustainable in everything we do, from producing renewable sources of energy to wearing clothes that are less harmful to the environment," said Ellie, originally from Kingswinford in the West Midlands.

"My range is aimed at people who want to be more ethical in the way they purchase clothing, but don't want to look cliché. My collection is all about ethical luxury."

## Recruitment Drive Sees Results

A month on since the launch of Sherwood Forest Hospital's major campaign to recruit more nursing staff and the Trust has seen some promising results.

The first assessment day was held at the end of April and had a 100% success rate, with all candidates being placed in roles across the Trust.

Since the launch, 11 permanent nurses have been recruited and more than 50 nurses (both internal and external candidates) have joined the hospitals Bank staff (an in-house rota system which

fills vacant shifts that need to be covered).

Chief Nurse Suzanne Banks said: "The campaign is really working. We have certainly seen an increase in the number of people viewing our nursing recruitment adverts and applying for jobs. I would encourage anyone who is looking for the opportunity to work with dedicated, friendly staff to come and have a chat with us and see what we have to offer here at the Trust. Many people have been surprised at the range of opportunities we have available."

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# Help Bring the Harvest Home



Come and help bring the harvest home for Belvoir Fruit Farms who need to gather in over 60 tonnes of the creamy, frothy elderflowers from their own plantations and from the elder bushes growing wild in the hedgerows throughout the beautiful Vale of Belvoir, Lincolnshire.

Needed to make their award-winning Elderflower Cordial, Belvoir pays £2.10 per kilo for the elderflowers brought to them at the designated weighing points at Belvoir Fruit Farms, Sacrewell Farm near Peterborough, Swarkestone in Derbyshire and at Thymar Ice Cream near Retford in

North Nottinghamshire. All will be open to accept any harvested elderflowers until the end of June.

All you need is a bin bag – no special equipment required – and get picking! We only want the freshest elderflower blossoms and no stalks please! It's a great way to get close to nature and be involved in a tradition that's been going on for over 30 years.

Visit [www.belvoirfruitfarms.co.uk/elderflower/picking](http://www.belvoirfruitfarms.co.uk/elderflower/picking) where the status of the harvest will be kept updated and where you'll find information on the weighing stations and their opening times.



## Pilates to help improve Posture at work

Spending many hours at your desk in front of your computer can end up causing you to have back and neck ache, not to mention repetitive strain injuries in your arms!

There are a few simple things you can do to minimise your risk of pain.

### 5 top exercises to do at your desk:

- Retract your chin so that the BACK of your neck lengthens hold for 10 secs & repeat 5 times.
- Tip your head over towards your shoulder, place your hand on your head & gently encourage your ear towards your shoulder, whilst reaching the opposite fingers towards the ground – hold for 20 seconds and do each side 4 times.
- Keep your chin retracted and rotate your head as far around as possible, as if you're trying to look over your shoulder, put your tongue in your cheek (the side to which you are turning) & notice that you can go a little further. Hold for 10 seconds & repeat both sides 4 times.
- Lift your arms wide above your head, leaning back as far as feels comfortable, sending your breast bone to the ceiling and release back to upright - do this 6 times. Breathe in as you extend back and out as you release back to your starting position.
- Place your right hand on you left hip, sit lovely and tall and rotate to the left as far as you comfortably can, then release, 4 times each side. You should breathe out as you rotate and breathe in to release.

Finally, spend 2 minutes breathing deeply, place your hands on your belly, try and breathe right down into the belly so that your belly expands, keeping your shoulders relaxed and still. Breathe in through your nose and out through your mouth.

Now, back to work feeling released and re-energised!

For more information on the benefits of Pilates visit [www.pilatesbyphilippa.com](http://www.pilatesbyphilippa.com) or call 01636 673931.



by Philippa Burnett



## Who you gonna call?

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## WHAT'S ON IN 2017?



### Michael Jackson Tribute

Friday 16<sup>th</sup> June in the Lagonda Suite, £24.95 per person

### Gin Tasting Evening

Friday 1<sup>st</sup> September in the Marquee, £34.95 per person

### 80's Themed Night

Friday 29<sup>th</sup> September in the Marquee £18.95 per person

### Take That Tribute

Friday 27<sup>th</sup> October in the Lagonda Suite £24.95 per person

### Christmas Craft Fair

Sunday 26<sup>th</sup> November, 11:00am-3:00pm, FREE ADMISSION!

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## Children's Centres Call for Votes to Bag Tesco Grant

Ashfield Children's Centres are bidding to bag a massive cash boost from the Tesco Bags of Help initiative, a community grant scheme where money raised by the 5p bag charge funds local community projects.

The Children's Centres run by Nottinghamshire Children and Families Partnership, a partnership between Nottinghamshire Healthcare, Family Action and North Nottinghamshire College, applied for a grant for their project, "The Big Day Out". It includes a five-week preparation family learning course for local families, leading to an outing to Sherwood Pines Forest Park available to the wider community, thereby creating a sense of unity across the community and peer support amongst local families.

The preparation course will focus on strategies for coping with children throughout holiday periods, cheap and easy play ideas, as well as improving adults' confidence in learning.

Three groups in every Tesco region are shortlisted to receive cash awards of £4,000, £2,000 or £1,000 for local projects that bring benefits to the community. Customers will use a token given to them at the checkout in store each time they shop to vote for who they think should take away the top grant.

Ashfield Children's Centres were delighted to hear they had been shortlisted in their region's group and hopes the local community will get behind them and vote. Customers can vote at:

Tesco Express, Annesley Road,

Hucknall  
Tesco Extra, Ashgate Road,  
Hucknall

Michelle Squires, Community Development Worker for Hucknall Children's Centre, said: "Lots of families find it difficult to have an affordable day out with their children and aren't aware of free, local places to go. Some families also often struggle to think of cheap and easy ways to keep their children busy during holiday periods and we hope this funding will help families to come together, learn new skills and get to know more people in their community."

Lindsey Crompton, Head of Community at Tesco, said: "There are some fantastic projects on the shortlists and we can't wait to see them come to life in hundreds of communities."

TELL US ABOUT YOUR EVENT



[editorial@nottsinfocus.co.uk](mailto:editorial@nottsinfocus.co.uk)

# Children Make Magic Memories at Charity Fun Day

Over 130 children and their families came together to remember loved ones who have died and create new family memories at a special event organised by Treetops Hospice Care. The Family Fun Day was open to all children and young people who have received support from the charity's bereavement service. The day included a visit from Stormtroopers, drumming workshops, army cadets, battle re-enactments, a medieval village, disco dome, giant bubbles and opportunities to make personal memory crafts. Treetops provides nursing care and

emotional support for adults, their carers and families including bereavement counselling. The service is available to children and their families across southern Derbyshire and Derby city who have experienced any type of bereavement, including unexpected and traumatic deaths such as suicide and accidents. Amongst those who attended was Tony Trueman from Ilkeston and his son Hadley who has been receiving counselling from Treetops following the death of his mum last year: "I wanted to come to the event today as we're really grateful for the sup-

port we've had - Treetops have seen us through a very difficult period. "My sons were teenagers when their mum died and it can be difficult for them to open up so it's been really good for them here. She died a year tomorrow on the 22nd so we wanted to come and mark that." Jules Kirk, senior families' counsellor, added: "We wanted to bring families together for a shared experience to remember their loved one who has died, to spend time together and make some new memories. "Today has been amazing and we know it's made a huge difference to everyone who's come along - to have fun and enjoy themselves and create positive family memories to look back on."

# New Recruits Signal Growth for Law Firm



A Nottingham HR and Employment Law consultancy has strengthened its team of legal experts to meet the rising demand for its services. Laura Evans and Natalie Spink have joined Your HR Lawyer, based in The Ropewalk, the professional quarter of Nottingham, as associate solicitors working in employment law and HR. Your HR Lawyer has been delivering HR and Employment Law support to businesses across the UK since it was established in 2006. The team assist businesses throughout the 'Employment Lifecycle', from recruitment to dismissal and

beyond, for example, offering HR and legal advice, providing up-to-date employment documents and representation at Tribunals, on an ad-hoc, fixed fee or retained basis. Commenting on the new appointments, managing director Nickie Elenor said: "I am delighted by the growth of the team over the past two years. Laura and Natalie are not only experienced solicitors, they also embody the Your HR Lawyer ethos in their approach to client care. "We intend to continue our steep growth over the next two years in order to support more employers in the East Midlands and nationally."

# New appointment



Specialist care home builders and residential property developers Wynbrook has appointed Sarah Morris as their new receptionist. Sarah, who lives in Bingham previously worked in the hospitality sector at the St James Hotel. In her new role she will oversee all reception desk duties whilst also being responsible for providing administrative support to the whole office. Sarah holds 'A' Levels in Photography English Language and Film Studies. Commenting on her appointment Sarah said: "I was excited to join an ambitious company that is able to provide me with plenty of opportunities to develop. After reading about Wynbrook in the lo-

cal press and meeting the team, I knew I would enjoy working here and be able to contribute to their future success." Managing Director, Mike Day added "Sarah has made a seamless transition into her new role. She is thorough and professional and will play a key role in ensuring Wynbrook creates the right first impression when customers call or visit our offices." Outside of the office, Sarah has a need for speed and is a member of TeamSport Go Karting and qualified for the under 75kg category for Kart Champs in 2016. When not on the track, Sarah takes a keen interest in music and is also a talented drummer in her own right.

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Aspley Lane  
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**Beeston**  
Beeston Resource Centre  
74 Middle Street  
Beeston  
Thursday 10.00am  
Tel: Margaret on 07877 615284

**Clifton**  
The Royal British Legion  
(Next to Wilko's)  
12 Donington Road  
Monday 5:00 & 7:00pm  
Tel: Sarah (NEW CONSULTANT) on 07979 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 172964

**Chilwell**  
St Barnabas Church  
(off Inham Road)  
Thursday 5:00 & 7:00pm  
Tel: Nic on 07539 086085

**Colgrave**  
Candleby Lane School  
Candleby Lane  
Tuesday 5:15 & 7:00pm  
Tel: Marie 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

**Gotham**  
Memorial Hall  
Nottingham Road,  
Wednesday 5:30 & 7:30pm  
Tel: Sarah on 07979 006707

**Hucknall**  
St Peter's & St Pauls  
Community Hall, Eufus Drive  
Wednesday 5:30 & 7:30pm  
Tel: Kerry on 01159 558835

**The John Godber Centre**  
Ogle Street  
Saturday 9:00 & 11:00am  
Tel: Kerry on 01159 558835

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

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

**Moorlands Club**  
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Thursday 5:30 & 7:30pm  
Tel: Judith on 07711 043213

**Stapleford**  
The Haven  
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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 Willford Lane  
Monday 7:30pm  
Tel: Gillian on 07463854253

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

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

**West Park Sports Pavilion**  
Loughborough Road  
Thursday 5:00 & 7:00pm  
Friday 8:00 & 9:30am  
Tel: Athena on 07792 045221

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

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†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.

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**IF YOU'VE GOT A STORY**

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**Linda Lancashire**  
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**Aries**  
 A recovery period has commenced enabling you to heal old wounds and start over again. An old love will slowly fade away allowing you to make new contacts and begin a more successful chapter with a partner who is far more suitable and sensitive to your needs. A close friend's life will seemingly be running parallel to yours so there will be lots of chatter on the telephone and over social arrangements.

**Taurus**  
 Do the only sensible thing and cut your losses regarding a frustrating situation or risk losing even more time and money. Interesting developments in both your working and personal life will restore your faith in life once more as you realise that doors are beginning to open which will lead you to meeting new like minded people that will appreciate your friendship. Even if you are happily single and not really in the mood for an intense relationship, a friendship may be just what you need instead.

**Gemini**  
 You may embark on a brand new business venture that will pay handsomely once you get going. If single, be cautious about any newcomers as it's important that you get to know something about them first before involving yourself in their world and problems. Devote time and attention to your loved ones and put home matters first every time. Remember, others must fill in with your timetable, not you with theirs. Avoid repeating past mistakes.

**Cancer**  
 An announcement will create buzzing optimism and feelings of goodwill with both yourself and those you are closest to, encouraging you to make new plans for a brighter future. A few sacrifices and compromises may have to be made but nothing you cannot take in your stride. Someone who has treated you badly in the past may expect a warm welcome from you and your loved ones, behaving as though nothing has happened. They could be in for a big surprise one way or another.

**Leo**  
 In the past you have been only too willing to go along with things giving others the benefit of the doubt. Pay attention to finances, especially if you have gone mad with overspending and now find yourself in arrears. An appointment to visit the bank at some point may be necessary. By joining a new social group you are sure to meet other like minded individuals who are fun to be around and full of stimulating conversation away from work and home issues that have recently been draining your energies.

**Virgo**  
 Making a decision about which direction to go in next will not prove easy, but there again, you are not in a race. You may even seek advice from someone who is not emotionally involved with you and who is able to remain objective whilst counselling you over this matter. Not only that, your restlessness may also drive you to want a change of job and search for a re location because you feel ready for a complete change. Certain friends will not be in the least bit surprised at these developments.

**Libra**  
 It's likely that you have made a few errors of judgement because you are so easily influenced by individuals who tend to have a lot of influence over your thinking to the point where you are fearful of going against their opinion. Overseas travelling looks likely and if you are interested in purchasing a holiday home, now is the time to look around for the sale of the century. Singles can look forward to new admirers and some dinner dates as you never know where chance meetings will lead to.

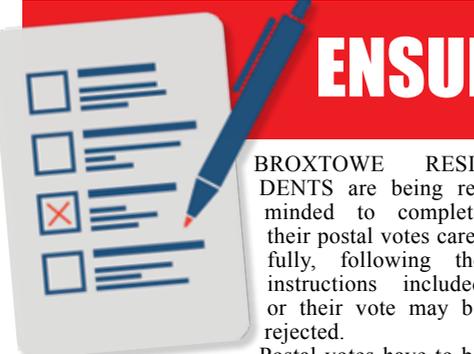
**Scorpio**  
 New and exciting doors are starting to open because you are ready to advance in a different direction as there is a great need now for you to learn new crafts and make the most use of your talents. Because your intuition can be trusted, you will instantly recognise who is genuine and who is out for their own gains. Someone is going to offer you an enormous amount of help and encouragement that will enable you to really find the peace of mind and emotional stability that you need right at this precise moment.

**Sagittarius**  
 Some of you may even feel like throwing the towel in, packing your bags and saying good bye to the circus! You will be met with objections and criticism, even labelled as selfish, but as you see it, you only have one life and your philosophy is to live each day the best you can. Numerous fascinating new people will be entering your world soon bringing with them conversations and suggestions that appeal to your sense of adventure. A business venture will either take up for good, or you are about to make a lot of money.

**Capricorn**  
 Your instincts are extremely sharp, acute and accurate. Whereas previously you may have been soft hearted and welcoming to all passing strangers, all this has now changed and you are right to view people with a degree of scepticism before allowing them into your circle of close friends. There is a chance that you will meet someone whom you feel you could have a romantic relationship with if the opportunity allows. It all depends on a few important mitigating factors and whether or not you are in the market for a new partner.

**Aquarius**  
 A financial windfall will come out of the blue enabling you to feel more self-assured and confident about the future. If you have suffered an emotional loss or lived through a particularly difficult period, the darkness will slowly begin to disappear allowing new people, activities and adventures to enter many areas of your everyday life. A spiritually minded newcomer may become a long standing, true and treasured friend because of how much you both have in common. You are entering a wonderful new period.

**Pisces**  
 You are on a long journey that will take you to many new destinations resulting in important introductions with people who will somehow help shape your future success, rushed off your feet with very little time to spare. Personal relationships will be tested, especially if you spend a lot of time away working or busy with other commitments. Your main aim will be to become asset rich and financially more secure. Close friends prove loyal and supportive, offering practical advice and guidance because they have your interests at heart.



**ENSURE YOUR POSTAL VOTE IS COUNTED**

**BROXTOWE RESIDENTS** are being reminded to complete their postal votes carefully, following the instructions included or their vote may be rejected.

Postal votes have to be rejected if the date of birth box has been filled out incorrectly with the date the postal vote was sent or the statement has not been signed.

- To complete your postal vote, follow these steps:**
- Mark your vote on the ballot paper.
  - Put your ballot paper into the ballot paper envelope, envelope A, and seal it.
  - Complete your postal voting statement with your date of birth and your signature. Make sure you fill in your date of birth not today's date.
  - Put your completed postal voting statement and envelope A, with your ballot paper inside, into envelope B and seal it. Post envelope B. It is free to return your vote by post so you don't need a stamp. Make sure you send back your postal voting statement and your ballot paper, or your vote might not be counted.
- Polling stations will be open from 7.00am to 10.00pm on Thursday 8th June and residents can only vote at the polling station stated on their own poll card. You can find where your polling station is at [www.wheredoivote.co.uk](http://www.wheredoivote.co.uk)
- Postal votes must be returned by 10.00pm on Thursday 8th June. Anyone who has not been able to post their vote before polling day can take their completed postal vote to their polling station on polling day and hand it in before 10.00pm.
- If you've appointed a proxy, then they need to make sure they are able to vote at the correct polling station on your behalf.

**For more information contact Broxtowe Borough Council on 0115 917 3250 or 3276, email [elections@broxtowe.gov.uk](mailto:elections@broxtowe.gov.uk) or visit [www.broxtowe.gov.uk/elections](http://www.broxtowe.gov.uk/elections) Alternatively, visit [www.aboutmyvote.co.uk](http://www.aboutmyvote.co.uk)**

**Agency Shortlisted for Industry Awards**

MIDLANDS-based PR and digital agency Cartwright Communications is celebrating after being shortlisted for two awards in the regional PRCA Dare Awards 2017.

The award winning firm, based in Nottingham city centre, has been shortlisted for Low Budget Campaign as well as Public Sector Campaign for its work with John Pye Property Auctions and West Lindsey District Council.

The winners of the prestigious awards for the Midlands region will be announced on 5 July in Birmingham, as one of the five cities across the country to give out 19 awards chosen by a panel of respected industry experts.

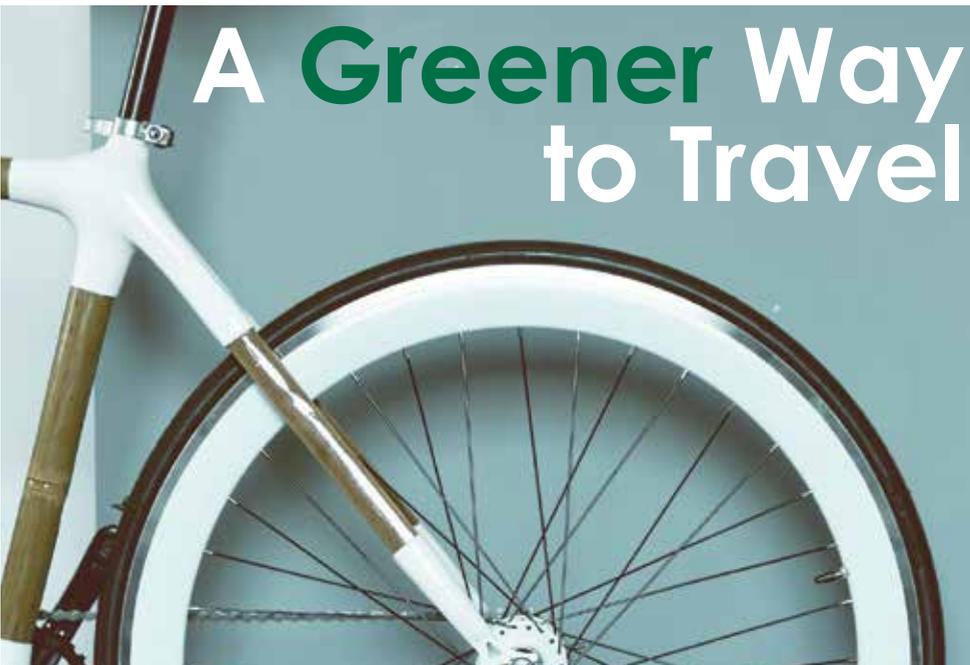
The industry-led awards recognise the best communications and PR professionals across the UK as well as the high level of creative work which has been delivered across the Midlands region.

Managing director Liz Cartwright at Cartwright Communications said: "We are really excited and extremely honoured to have been selected as finalists for two awards at this year's well-regarded PRCA Dare Awards.

"The campaigns we delivered were hugely successful, receiving a large amount of national coverage which we are incredibly proud of. Both campaigns needed to be strategic and targeted, with a key emphasis on developing relationships with key journalists, stakeholders and a high level of knowledge of the media, which we all succeeded in doing."



**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](http://www.bikeweek.org) for more information on **National Bike Week 2017 and how you can get involved**

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## Taking Control in the Event of an Accident or Illness



Nottinghamshire residents are being encouraged to appoint a friend or relative to make decisions on their behalf in the event of an accident or illness.

People aged over 18 can set up a lasting power of attorney to give them more control over their affairs if they are unable to make their own decisions on their health and welfare, and their property and financial affairs. The legal document allows a person to appoint one or more people as their attorney to help make decisions on issues such as moving into a care home, their daily routine, paying bills and selling their home.

Key issues to consider when appointing an attorney include how well the person looks after their own affairs, can they be trusted to make decision in the interests of the affected party and would

they be willing to take on the role. Councillor Stuart Wallace, Chairman of Nottinghamshire County Council's Adult Social Care and Public Health Committee, said: "We never know when we might be in an accident or suffer an illness that hinders our ability to make decisions. This is especially true for older people. "I would encourage everyone to set up a power of attorney to give you greater control as you decide who makes those decisions if you aren't able to do so and reduces the extra stress for your loved ones at a very difficult time."

For more information contact the Office of the Public Guardian on 0300 456 0300, visit [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney) or email [customerservices@publicguardian.gsi.gov.uk](mailto:customerservices@publicguardian.gsi.gov.uk)

# Music, Art and Storytelling at Primary School

Early years children at Greenwood Primary & Nursery School in Kirby in Ashfield have been enjoying music and storytelling classes delivered by Viva musicians and based on their award-winning show 'Flutter and Fly'.

Led by guitarist and composer Jack Ross, the project uses music to tell stories and helps children to create their own songs, play percussion instruments and create art-works with help from illustrator, Eleanor Meredith. Pupil Phoebe Birkin age 4 took part in the class and said, "I really liked the music, I liked the buzzing bee song and I really like singing about

flowers!" Every child that took part received a book and CD of the 'Flutter and Fly' songs.

Sarah Gilbody, Deputy Head Teacher and music coordinator at the school said that the sessions had been a great success. "Everyone enjoyed taking part in the multi creative sessions where the children were encouraged to listen and respond to music, sounds and stories. The children really enjoyed this and were amazed by the double bass! We wanted to help the children to develop their descriptive and expressive skills and as well as enjoying the opportunity to hear live music in school."



# 300 Poppies Made for Remembrance Display

Mansfield District Council is continuing to seek support from the community to help put on an impressive display of knitted and crocheted poppies to commemorate those who lost their lives during the war for Remembrance Day.

The appeal, which was launched in March, has so far drawn the interest of people from all over the district including 2nd Mansfield Scouts, Mansfield Woodhouse Library, the Two Knits, Oak Tree

Lane School and Yankee Yarns. So far approximately 300 poppies have been made out of wool by groups and individuals in the district but thousands of poppies are still needed to make the display as big as possible and to help raise vital fund for the Royal British Legion.

Each poppy received can be sponsored by the public and attached to netting at events on Mansfield Market Place in October. All sponsorship money raised will go

to the Royal British Legion to provide lifelong support for members of the Armed Forces community.

The poppy display will mark part of the parade route and be on show for the week leading up to Remembrance Day, which this year falls on Sunday 12 November. The parade runs from the Civic Centre, down West Gate and under the viaduct then onto St Peter's Church. Mike Robinson, Director of Economic Growth at Mansfield District Council, said: "Thanks to

everyone who has donated poppies so far- we cannot do this without the community's support but we still need more poppies so that we can make a truly impressive display. People of all ages and abilities are encouraged to get behind the project to help make it a success."

Groups and individuals are urged to get in touch with the council to let organisers know about your involvement so progress can be promoted. Photos can be

shared on the council's Facebook page, which can be found at [www.facebook.com/mymansfielduk](http://www.facebook.com/mymansfielduk), or can be sent to the Events team via [events@mansfield.gov.uk](mailto:events@mansfield.gov.uk) where you can also request more information.



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Cogglesford Watermill is thought to be the only Sherriff's watermill still in operation in England and is a rare survivor from a river that once boasted some 18 watermills at the time of the Domesday Book. It belongs to a group of mills considered to be most valuable from Lincolnshire, and amongst the most important in the country. The mill has been producing flour since the early 18th century and the mill has been beautifully preserved by North Kesteven District Council, giving a real insight into milling in days gone by.

Visitors can see the mill in operation during special milling days which take place on the second Sunday of the month. The millers will be busy on Sunday 11 June as the huge water wheel rumbles into action turning the millstones to grind the grain producing whole-meal flour using certified organic wheat.

Whilst you're there you can learn about the history of the mill and its millers, try your hand at grinding grain and explore the mill. Why not take home a reminder of your day with a bag of Cogglesford Watermill's very own flour, on sale in the shop. The milling will take place between 11am and 4pm.

# Milling Day at Cogglesford Watermill



**Cogglesford Watermill will open their doors next month for their next milling day of on Sunday 11 June from 11am to 4pm**

For more information about the Milling Day or for other events taking place at Cogglesford Watermill please visit [www.cogglesfordwatermill.co.uk](http://www.cogglesfordwatermill.co.uk)

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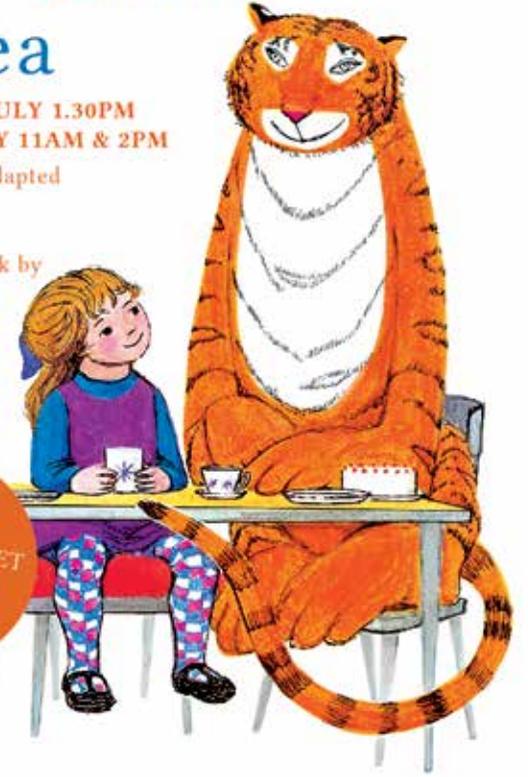
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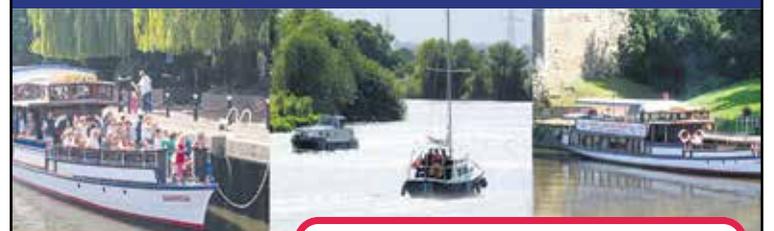
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Out and About



# New Home for Earth & Fire International Ceramic Fair



The ever popular Earth & Fire Ceramic Fair is moving to a new site this June. It is moving to Welbeck, home of the Harley Gallery, Portland Collection and the Welbeck Farm Shop in North Nottinghamshire. Visitors can browse and buy everything from garden planters and sculptures, to bowls, teapots and mugs from over 100 potters' stalls. With over 100 potters from across

the UK and mainland Europe together with demonstrations and trade stands it's a real celebration of clay – a must for anyone looking for unique handmade items. Though the backdrop has changed the aim and spirit remain the same – to select, celebrate and present the very best studio pottery within the hustle and bustle of market stalls. Earth & Fire 17 will take place within Welbeck's old walled

kitchen garden and the surrounds of the artist studios just off the main Harley Courtyard offering a perfect day out for everyone who values the skill and beauty of the handmade. Earth & Fire 2017 at The Harley Gallery, Welbeck on 23, 24 & 25 June 2017, Open: 10am - 5pm daily, Entrance: £5 Full Details: [www.earthandfireceramicfair.com](http://www.earthandfireceramicfair.com)



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Nottinghamshire County Council Inspire [www.earthandfireceramicfair.com](http://www.earthandfireceramicfair.com)

## Fabulous show gardens

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The beautiful grounds of Newstead Abbey, the ancestral home of the poet G. Gordon 6th Lord Byron, will once again, open their gates to fabulous show gardens, designed by local nurseries, horticultural colleges, landscapers and our volunteer teams.

There is also inspiration for the amateur gardener with a day of opportunities to meet growers and garden centres on hand to showcase their gorgeous plants, shrubs and trees. There is also a home and garden

marquee for seasonal plants, gifts, and garden furniture. Once you are shopped out - relax and listen to some live music with some great local food and drink.

There will be talks throughout the day from our experts to help get the most out of the garden or to learn how to use home grown produce to create fabulous seasonal food! This event will provide a great day out for all of the family with fun activities for children. Advance Tickets are available now at the Early Bird price of £8 for adults with Under 16's FREE (Advance tickets will be available until 29/06/2017 - On the day tickets £10 Under 16's FREE)

### Garden Experts include:

- BBC Radio Nottingham's John Stirland and Paula Routledge
- Winner of BBC2's The Great Chelsea Garden Challenge – Sean Murray

Alan Gardener – The Autistic Gardener will be sharing his own unique experience of gardening, talking about his new program 'The Avant Gardener' and answering your general gardening questions as part of our expert panel.



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**Friday 14th 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 Whojo, Fieldmill House, 128 Nottingham Road, Mansfield, Notts NG18 1BW**

**Wednesday 28th June 10.30am Price Free Walk Ollerton Pit Woods, Newark Road, Ollerton, Newark, Notts NG22 9QG**

**Wednesday 28th June 12.00pm Price As Per Menu Lunch Alders Carvery, Ollerton Road, Ollerton Notts NG22 9DT**

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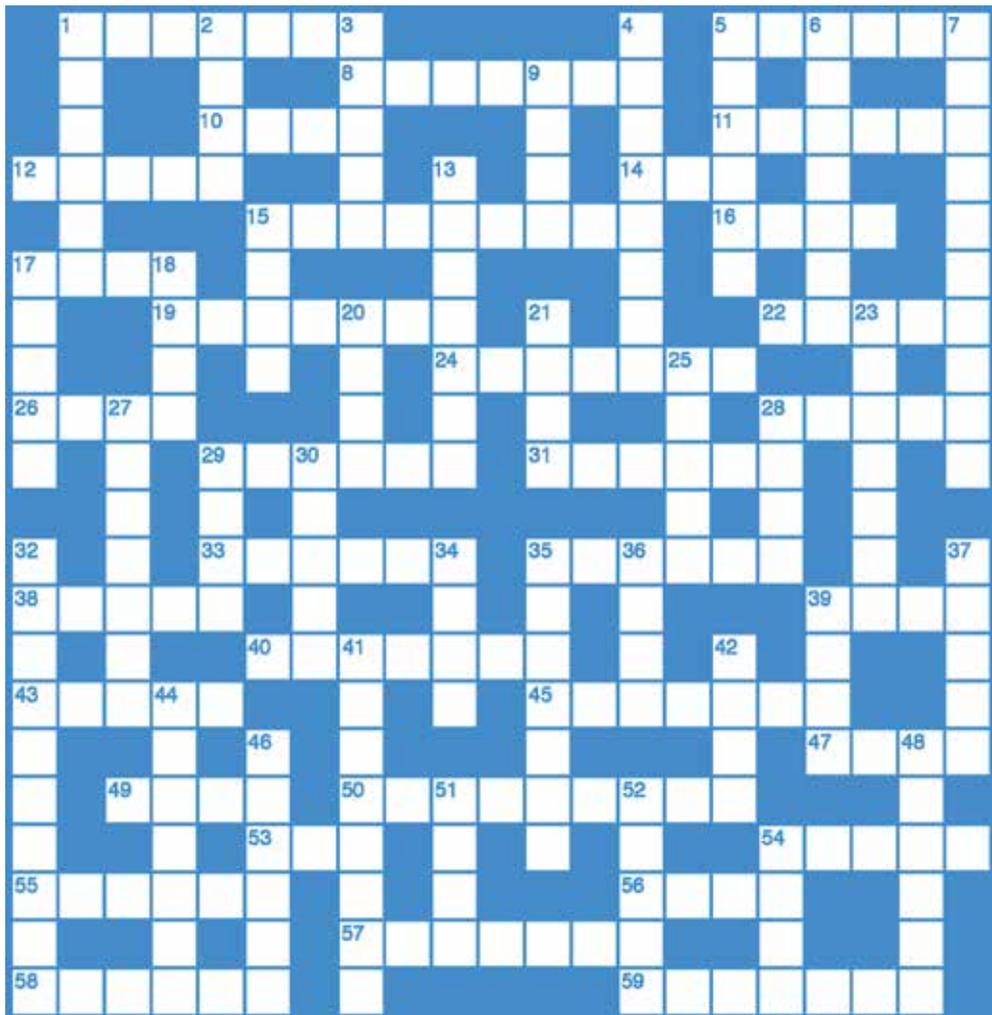
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# CROSSWORD

(Answers in Issue 225)



- | ACROSS                            | DOWN                                    |
|-----------------------------------|---|
| 1 Tumblers, mirrors and specs (7) | 1 Twanged instrument (6)                |
| 5 Post-flight exhaustion (3,3)    | 2 Postal worker's bag (4)               |
| 8 Artist's paint board (7)        | 3 Asparagus shoot (5)                   |
| 10 3-D square (4)                 | 4 Thaw before cooking (8)               |
| 11 Buy-in from abroad (6)         | 5 Wood repairer (6)                     |
| 12 Pong or whiff (5)              | 6 Gambling advisor at the races (7)     |
| 14 Speed on foot (3)              | 7 Be sacked (3,3,4)                     |
| 15 Enigmatic person (4,5)         | 9 A round trip (4)                      |
| 16 Nibbles munchies (4)           | 13 Pickling onion (7)                   |
| 17 Location (4)                   | 15 Drug (4)                             |
| 19 Lisbon or Madrid (7)           | 17 Plausible excuse (5)                 |
| 22 Muscle spasm (5)               | 18 Sour tasting (4)                     |
| 24 Decreases (7)                  | 20 Freshwater duck (4)                  |
| 26 Sparrow or buzzard (4)         | 21 Of Man or Wight (4)                  |
| 28 To steam iron (5)              | 23 Fair to middling (7)                 |
| 29 Man's purse (6)                | 25 Hullabaloo (5)                       |
| 31 Railway locomotive (6)         | 27 Farmyard cock (7)                    |
| 33 Moves along slowly (6)         | 28 Assail with stones (4)               |
| 35 Area of woodland (6)           | 29 Dam in a stream (4)                  |
| 38 River mammal (5)               | 30 In the vicinity (5)                  |
| 39 Spool for thread (4)           | 32 A narrow escape (5-3-2)              |
| 40 Domestic help (7)              | 34 Eroded rock (4)                      |
| 43 Sweeping line (5)              | 35 Smelting oven (7)                    |
| 45 Little kids (7)                | 36 The rear end (4)                     |
| 47 Rate of progress (4)           | 37 Garlic bulb (5)                      |
| 49 Small earring (4)              | 39 Coarse file (4)                      |
| 50 Kitchen towel (9)              | 41 Proof required to indicate guilt (8) |
| 53 Weeding tool (3)               | 42 Netting (4)                          |
| 54 Band's trumpet section (5)     | 44 Old soldier (7)                      |
| 55 Academic attainment (6)        | 46 Stick fast (6)                       |
| 56 Antlered animals (4)           | 48 Social ritual (6)                    |
| 57 Curly, kale or savoy (7)       | 51 Flat chunk of stone (4)              |
| 58 Jaffa fruit (6)                | 52 Request in a restaurant (5)          |
| 59 Public speaking stage (7)      | 54 Obnoxious child (4)                  |

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**ISSUE 223 CROSSWORD ANSWERS**

ANSWERS ACROSS  
1 Ruby 3 April 10 Peach 12 Hero 13 Needle 14 Retro 15 Chicken 16 Wheat 17 Eden 19 Lawn 21 Free-for-all 24 Bead 27 Picnic 28 Snooker 30 Hockey 31 Pony 33 Ugly 34 Ages 35 Bald 38 Fidget 39 Trumpet 40 Nickel 42 Need 44 Aid and abet 47 Sick 48 Quid 52 Truck 54 Exclude 55 Cover 57 Auntie 58 Call 59 Rhyme 60 Patch 61 Chef

ANSWERS DOWN  
1 Rink 2 Beech 3 Alert 4 Routine 5 Lemon 6 Spice 7 Shake 8 Chinese 9 Women 11 Animal 18 Slap 20 Nanny 21 Face up to 22 Food 23 Rake 25 Dwell 26 Chestnut 28 Split 29 Right 32 Onion 35 Bucks 36 Puma 37 Spud 41 Lake 43 Elderly 45 Injury 46 Blow-out 48 Quack 49 Score 50 Sever 51 Scamp 52 Trash 53 Catch 56 Leaf

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Swiss ski lodge	One-footed jump	Tossing pole Solitary	Small	Twins	Mink pelt Chicken breed	Presenter Chris <small>See Facts (right)</small>	
				Adjoin Walrus both			
Woodwind instrument				Jewelled headband			
		Compass point	Vase for ashes			Alack!	
Ajar	Stinks So-so				Bitumen		
Presenter Chris <small>See Facts (below)</small>	Worshipped	Rile or gripe	Aussie bear				
			Before	Challenge	Several	Abominable snowman Frolics	Regal Feat
Censored				Russian rulers	Anabolic compound		
Amphibian							
		Tariff Fly			Continent	Plaything	Timbre or bleep
Squabblers					Enliven		
Hair jellies			Grain spikes			Fails to hit Trudge Ruse	
Vindicate							
			Stick to	Goblins Undresses		Withdraw	Apt or honourable
			Attack			Crimson Frenzied	
			Scorch	Cosmetic ... vera	Unspecified amount		Idol
					Stationary Golf peg		
			The best			Pleasant	
			Cables			Horseshoe metal	
			Honking birds				
					Perfume		

**Facts**

Born 10th October 1946

Hosted kids tv show 'Tiswas'

Presented 'Who wants to be a millionaire'

**Facts**

Born April 1st 1966

He started his career with Piccadilly radio

'The big breakfast' gave him his household name status

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

**Wednesday 28th June** 10.30am Price Free Walk Ollerton Pit Woods, Newark Road, Ollerton, Newark, Notts NG22 9QG

**Wednesday 28th June** 12.00pm Price As Per Menu Lunch Alders Carvery, Ollerton Road, Ollerton Notts NG22 9DT

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

The Oddfellows is the trading name of The Independent Order of Oddfellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB

To book for any of these upcoming events, or to find out what else is coming up call Melanie on 0115 963 8766



## 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](http://www.facebook.com/OrchardCareHome)



For more information call **01623 636 010** or visit [www.orchardcarehomes.com](http://www.orchardcarehomes.com)

# 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 that 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 mornings 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 difference.

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 even 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? Elderly 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](http://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.

Help Build Carer Friendly Communities [carersweek.org](http://carersweek.org)



## 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).

## Calling all carers!

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

Free Event!

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)	Southglade Park Life Festival, Top Valley, Nott'm
2nd August (Wed)	Lark in the Park, West Bridgford
11th August (Fri)	Worksop Market, Bridge Street, Worksop
15th August (Tues)	Valley Health Centre, St Ann's, Nottingham
18th August (Fri)	Riverside Health Centre, Bulwell, Nottingham
8th 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

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Worksop 01909 249227

The Oaks  
Balderton 01636 335312

The Sycamore and Poplars  
Warsop 01623 330114

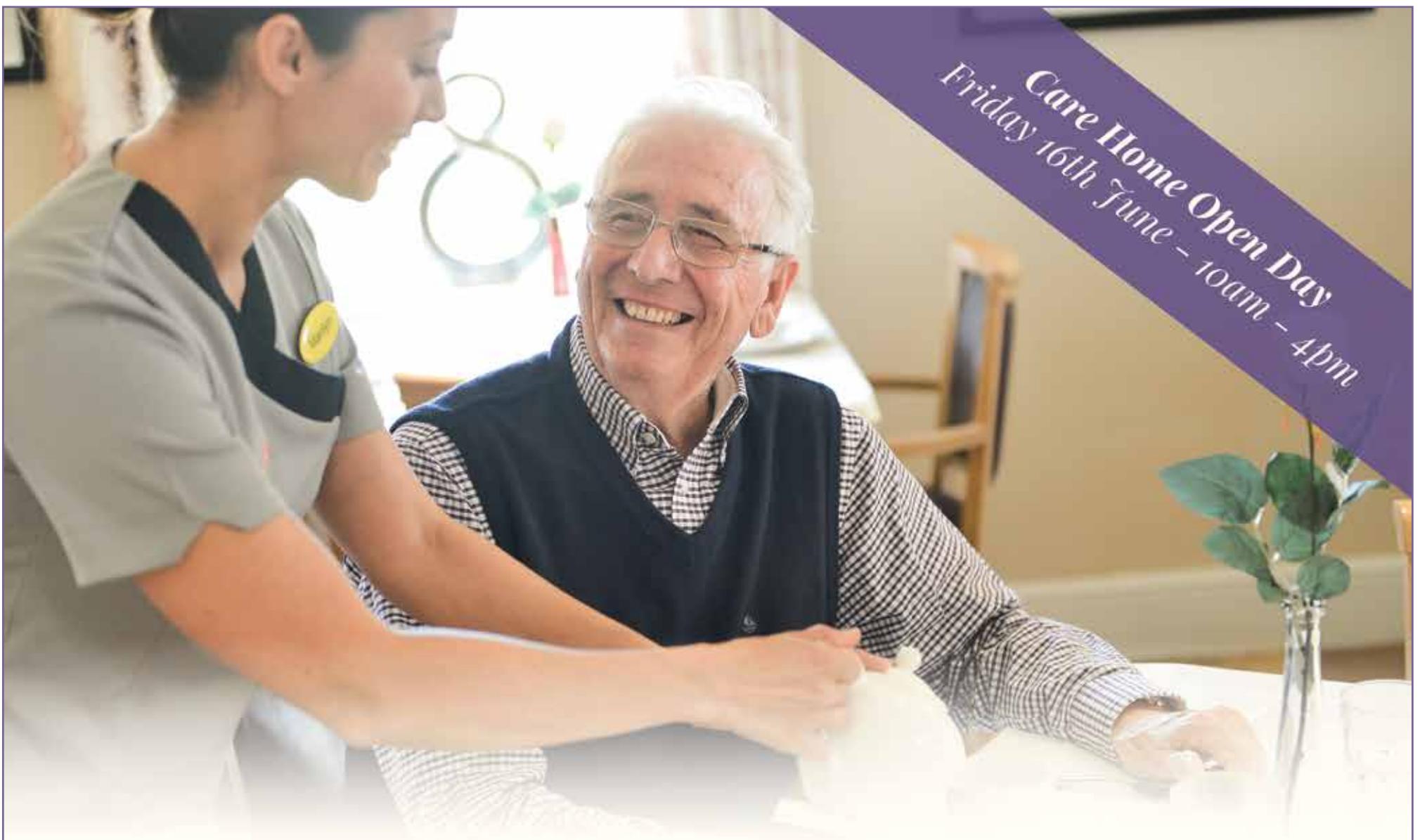
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Care Home

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## Eastwood junior footballers take to the field with Gillotts

A newly formed junior football team will be sure to look the part when they take to the field for their debut season after they agreed a sponsorship deal with a Nottinghamshire funeral firm.

Members of Eastwood Community FC's new Under-12s boys team have all been issued with brand new shirts, shorts and socks after Gillotts Funeral Directors stepped forward to fund their strip.

In return, the company's logo has been emblazoned across the front of the team's home shirts, which are red in keeping with Eastwood CFC's colours.

The team was only formed a couple of months ago after joint managers Sandra and Darren Bailey's son Craig asked them to set up a new team for him and his friends.

Sandra and Darren already run the club's Under-9s team but agreed to take on the team while Craig, who used to play for Priory Celtic, recruited other players from school. They have played a number of friendly games at Under-11 level but will make their competitive debut in the Young Elizabethan League as an Under-12s team in August, complete with their new red

strip. Sandra, who has been running teams alongside Darren for three years, said: "It can be very difficult to get sponsorship at our level so we are very grateful for Gillotts for agreeing to sponsor us and pay for the new kit."

"We are really looking forward to the new season. We are a new team and some of the lads are very naturally talented, so although it will take a while to

really get going, the team is full of potential."

Joanne Hutsby, a partner in Gillotts Funeral Directors, said: "Eastwood Community FC is a very active club in the community so we were very pleased to be able to do our bit to help get the new team off the ground properly."

Gillotts operates five funeral homes in total, in Eastwood, Kimberley, Stapleford, Selston and Heanor, Derbyshire.



## A CELEBRATION FOR THE WHOLE COMMUNITY

Providing exceptional care in outstanding surroundings is at the heart of Kingfisher Court Care Home in Sutton-in-Ashfield. As a brand new, purpose built and specially designed home, it combines a highly trained and dedicated team of carers, a stunning luxury interior and an all-inclusive style of living for a care home that really is second to none and, as part of this year's National Care Home Open Day, the team are inviting you to experience it all for yourself.

Taking place on Friday 16th June, the annual event focuses on bringing people together, from residents and staff to their families and neighbours, shining a light on the kind, intelligent and charming residents that truly enrich their communities. Kingfisher Court is keen to get involved too and the team are planning to celebrate

in style! The 70s themed event that's supporting the fight against dementia and raising vital funds for research is inviting the whole community to join in the festivities. Expect fancy dress, live entertainment, a charity raffle, a dementia charity bake off, plus games, stalls, refreshments and much more. Everyone is welcome! But while this year's National Care Home Open Day is an opportunity to meet extraordinary people and make memories that'll last a lifetime, Kingfisher Court operates an open door policy all year round, inviting friends, families and members of the community to visit as often as they'd like, whether it be for a potter in the garden or for a bite to eat at one of their ever popular lunch and garden clubs. Visit [www.oakdalecaregroup.com](http://www.oakdalecaregroup.com) or call 01623 440 325 for more information.



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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](http://www.riversidetrainingspalding.co.uk) or by calling us on 01775 710945.



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# HOME & GARDEN

## Spruce-up for Summer

Now that we've (hopefully) seen the last of the dreary winter weather, it's the perfect time to start thinking about taking on the infamous spring clean for a low maintenance home and garden to enjoy by the time the summer comes around. Taking care of any building or landscaping needs is a good place to start. Re-plastering, filling, tiling and fencing are all things you'll be glad you got sorted earlier on and a lick of paint is one of the most budget friendly and effective ways to freshen up your home or garden. Whether it's touching up a finger marked wall or adding a pop of colour to a well-loved garden suite, a coat or two of paint can make all the difference. As much as we hate to admit it, there's a bit of hoarder in all of us but decluttering is a staple stage of the spring clean nonetheless. If it's been sitting in a cupboard or a dusty corner for more than a year, get rid of it! Car boots are ideal for making a few pen-

nies back on what you throw out and once you've established what you really NEED, you can start making room for the fresh and seasonally appropriate pieces that will bring your house and garden into the spring. Playing around with colours and textures is a great way to do so. From curtains and blinds to cushions and throws, storing away the winter colours and textures and experimenting with brighter and more vibrant schemes is a simple and effective way to change

seasons and breathe a fresh spring air into your home. And the same goes for the garden. Once you've got the bigger landscaping jobs out of the way and tackled any trimming or weeding, focusing on using bright and different textured plants and flowers is ideal for adding an element of interest to your outdoor space. And last but not least is the deep clean itself - nobody's favourite spring time activity but one that has to be done. Put on your beloved bleach-stained scruffs, make a playlist of your favourite songs and get to work!



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