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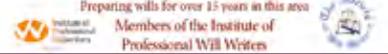
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**02** New electric charging points



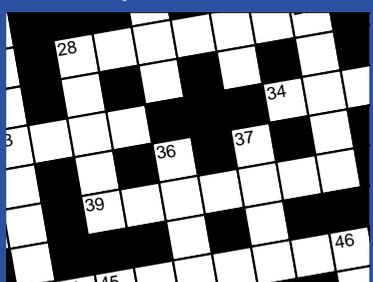
**04** Tackling social isolation



**06** Theatre reaches digital milestone



**20** Have a go at our quick crossword



## Bucket-list dream comes true for Sam



A former triathlete diagnosed with Motor Neurone Disease in March has fulfilled a bucket-list dream when he got to ride in a JCB.

Sam Perkins (38) of East Leake, Nottinghamshire, was treated to a tour of the JCB World HQ at Rocester, Staffordshire then a 45 minute ride in a brand new JCB tractor after staff at Nottinghamshire Hospice – where Sam attends day therapy – contacted the company.

Sam said: "After my diagnosis we started looking to the future and the things I want to do that I've never done. I've always wanted to drive a JCB. It's the ultimate boys' toy. But with my symptoms I didn't know whether I'd be able to get into one. I went with a group of ten family and friends and we had a fantastic day. They treated us like royalty. It fascinating looking round the factory and learning about JCB then I got to ride in the tractor straight off the production line up to the quarry where they test their machinery."

Clair Marshall, Young Adults Keyworker at Nottinghamshire Hospice, who arranged the trip for Sam after hearing about his bucket list, said: "Here at the hospice we are all about helping patients identify what they want to do and realise those ambitions if at all possible. We're so glad we were able to facilitate this experience for Sam and we're very grateful to JCB for making it happen."

Sam was just 37 when he was diagnosed with Motor Neurone Disease, a rare condition which causes progressive damage to the nervous system and muscle wasting. He first noticed something was wrong when he experienced weakness and shortness of breath while out cycling. A veteran of 40 triathlons, Sam was extremely fit so this was out of character.

He had various tests to look into his symptoms but it was not until three months later when admitted to hospital with pneumonia that he received his diagnosis. Sam was fitted with a ventilator which has helped with his breathing and sleep, and now uses a wheelchair.

After contacting Nottinghamshire Hospice, Sam started going for massage treatment to help manage his symptoms and for counselling, which has helped him come to terms with his diagnosis and make the most of the time he has left.

Sam added: "It's very unexpected to be in this position. I thought I'd have another 30 or 40 years and before my diagnosis never thought about hospice care. There are lots of things about sudden illness at my time of life that counselling is helping me deal with. I want to do things I enjoy as often as possible. I love the hospice tagline because it really is about adding life to days and making the most of those enjoyable moments."

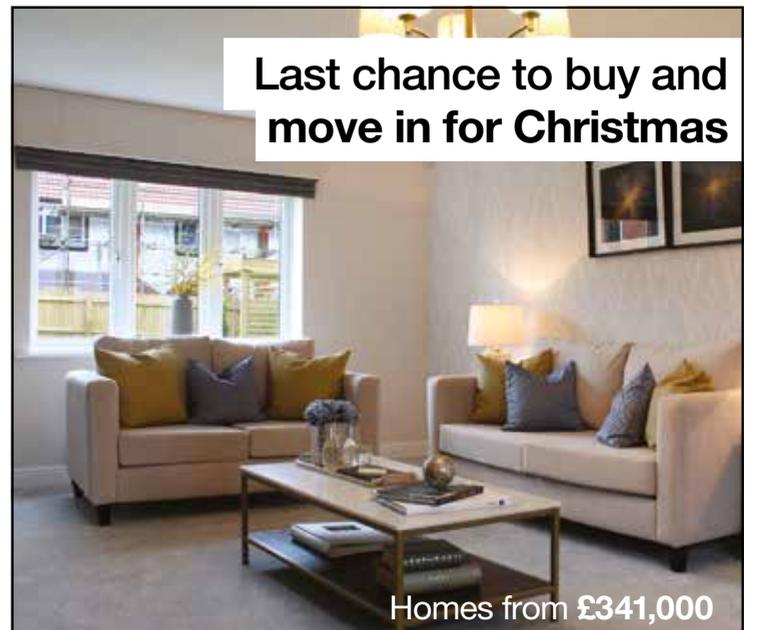
"I want to do things I enjoy as often as possible. I love the hospice tagline because it really is about adding life to days and making the most of those enjoyable moments."

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**TURN TO PAGE 8!**

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## New charging points for electric vehicles in Mansfield

Drivers of electric vehicles in Mansfield can now recharge their cars in Toothill Road car park. The new D2N2 charging point in the car park, and two that are to be installed at the Four Seasons car park, are part of a £2m project to add up to 400 electrical vehicle charging points across Nottinghamshire and Derbyshire by April 2020. The network is available for local people to use at a reduced tariff.

Mansfield was allocated £42,000 in the project after Nottingham City Council, in partnership with Nottinghamshire County Council, Derbyshire County Council and Derby City Council, were awarded £6.12m

to become one of four areas nationally in the Government's Go Ultra Low City Scheme, to improve air quality by reducing vehicle emissions.

Clr Stuart Richardson, Deputy Mayor and Portfolio Holder for Regeneration and Growth said: "This is a positive step for Mansfield to become a cleaner, greener town and shows how important the environment is to Mansfield District Council.

"We are grateful for the financial support received from the government and project co-ordination from Nottingham City Council's transport team."

The D2N2 charging points, which are

powered by renewable energy sources, are installed and operated by BP Chargemaster at key locations near major roads, park and ride sites, council-owned car parks and retail outlets.

Local people can refuel their EVs at a reduced rate of 20p per kilowatt by applying for a special discount card at [www.chargeyourcar.org.uk/d2n2](http://www.chargeyourcar.org.uk/d2n2). The card has a yearly fee of £20.

More information about this scheme can be found at [www.transportnottingham.com/projects/charge-point-project/](http://www.transportnottingham.com/projects/charge-point-project/) where there is also a map showing where the D2N2 charging points can be located.

## Charity boosts efforts to keep local youngsters safe

Youth service Fearless.org, which is part of the charity Crimestoppers, has recently launched a new campaign across Nottinghamshire to raise awareness of how it can help keep young people safe from crime.

The campaign will run for eight weeks across social media and aims to boost local young people's awareness of Fearless' unique service.

Fearless.org offers young people non-judgemental advice so they can make informed decisions about lifestyle choices and realise that they have options when reporting crime. The Fearless website allows young people to give information about crime 100% anonymously by using a secure online form.

They are also highlighting the risk of young people being unaware that any type of involvement in a violent crime such as murder – including sending a positive message beforehand that could be considered in support - could lead to a jail term under the 'joint enterprise' law.

Lydia Patsalides, East Midlands Regional Manager for the charity Crimestoppers, said: "Young people often have negative perceptions of authorities, such as the police, and therefore aren't very forthcoming when it comes to speaking up about crime.

"Fearless.org is shaped around supporting them to make a positive change in their perceptions, confi-



dence, attitudes and actions. Ultimately, we want to help them make informed decisions about reporting crime and steer them away from trouble. That way they'll reach their full potential.

"Crime information can be passed 100% anonymously via our website, without the fear of any repercussions. Our charity has always kept its promise of anonymity to everyone who contacts us."

To get more information on Fearless and the resources it has available to young people and their peers, visit [Fearless.org](http://Fearless.org). If you have any information on a crime you can fill out the untraceable form on the site 100% anonymously.

# Nottinghamshire FOCUS

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## FREE CYBER SECURITY TRAINING FOR SMALL CHARITIES



Nottingham Community and Voluntary Service (NCVS) is launching a brand new training event to protect the city's smallest charities from the threat of a cyber-attack.

The Cyber Security Training for Small Charities is being offered free of charge to Nottingham's voluntary and community sector, thanks to funding from the National Cyber Security Centre (NCSC) in partnership with the National Association for Voluntary and Community

Action (NAVCA).

The training session will take place on Thursday 12 December from 10.30am to 3.30pm at NCVS on Mansfield Road. 20 spaces are available for VCSE organisations with an income of less than £50,000; tickets are limited to two people per organisation.

NCVS Enterprise Development Officer Chris Hill, who will be running the session, said: "Do you know how to protect your organisation against a

cyber-attack or have you thought about the risks to your business if you were hacked, phished or your online presence crashed?"

"Sometimes it's easy to assume that charities and community groups are too small to be targeted but often they are the most vulnerable. We all know how easy it is for a fraudulent invoice to get through the system, how difficult it is to be truly data secure, and how damaging it is to find your email system

or website unexpectedly offline. That's why we wanted to offer this training to help smaller organisations protect themselves and become cyber security safe - particularly as the average cost to charities undergoing a cyber security breach is estimated at around £1,030."

To book a place on the session go to <https://cyber-security-training.eventbrite.co.uk>. Alternatively you can call Chris Hill on 0115 934 8429 or email [chrish@nottinghamcvcs.co.uk](mailto:chrish@nottinghamcvcs.co.uk)

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## Child sex offences reach an all-time high

Recorded sexual offences against children have reached an all-time high, data obtained by the NSPCC has revealed.

There were 76,204 recorded offences including rape, grooming and sexual assault against children in the UK in 2018/19 – an average of one every seven minutes.

Analysis of the data also reveals that where age of victim was provided, 16,773 offences were recorded nationally against children aged ten and under, with 341 of the offences against babies under the age of one.

In Nottinghamshire, police have recorded a 61% rise in sexual offences against children over the last four years, with 1,519 being

recorded in 2018/19, compared to 942 in 2014/15. Children who suffered sexual abuse will often need extensive support but overstretched services are failing to keep pace with demand and the NSPCC is calling for a radical reshaping of how this support is delivered across the country.

A total of 44 out of 45 police forces across the UK provided the NSPCC with the latest data on sexual offences against under 18s after a Freedom of Information request.

Peter Wanless, NSPCC CEO, said: “Record numbers of child sexual offences means we are facing a nationwide crisis in the help available for tens of thousands of children. These children are

bravely disclosing what happened to them but in too many cases there is not enough timely, joined up and child-friendly support. Instead they are shunted from overstretched service to service.

“We need a radical rethink in the way we help these young people, otherwise they could struggle for the rest of their lives with long term, deep seated trauma.”

The charity is calling for the provision of specialised services around the country, with an emphasis on early joined up support from police, local NHS services, children’s services and advocacy for children who have experienced sexual abuse, offered in child-friendly spaces.

A student from Nottingham is set to be honoured by blood cancer charity Anthony Nolan, at an awards ceremony held at the Tower of London next month.

Jesse Lewendon has been shortlisted for the Simon Dyson Volunteer of the Year Award at the Anthony Nolan Supporter Awards 2019.

Jesse’s nomination is in recognition of his incredible work as president of Nottingham Marrow, leading the group to achieve its most successful year to date. Nottingham University is one of more than 50 universities with a ‘Marrow’ society, the name given to blood cancer charity Anthony Nolan’s network of student volunteer groups.

He has played a pivotal role in recruiting almost 1,500 potentially life-saving stem cell donors to the charity’s register, hosting the 20th Anniversary Marrow Conference, and raising nearly £3,000 through a variety of events. Jesse has also trained new volunteers, galvanised a range of supporters, including Nottingham council, and been a powerful representative of Anthony Nolan in two BBC television interviews.



## Charity award honour for student Jesse

As president, Jesse led the group to triple the number of people they have recruited as potential life-savers and has been instrumental in spreading awareness of the need for more stem cell donors on the register, across both the university and city. He has since graduated with a degree in Bio Chemistry and is now undertaking an intern-

ship at the charity.

Jesse said: “It is very exciting and overwhelming – I didn’t expect it!

“Getting involved in Marrow made me see how you can have such a big impact on people’s lives and actually make a difference.”

The awards are on Thursday 28 November at the Tower of London.

## A chance to have your say

People in Nottinghamshire have the chance to write the next chapter for their towns thanks to a new campaign launched by Communities and Local Government Secretary Rt Hon Robert Jenrick MP.

Newark, Mansfield, Sutton-in-Ashfield, Kirkby-in-Ashfield and Stapleford are among 100 places to benefit from the Government’s £3.6bn Towns Fund.

The #MyTown campaign gives people a say in how a new generation of Town Deals each worth up to £25 million, should transform the place they call home.

It also provides a platform for communities to share their proud history and ambitions for a bright future.

People will be able to share their views on a new dedicated Facebook page and on Twitter through #MyTown.

Communities and Local Government Secretary, Rt Hon Robert Jenrick MP who is also the Government’s Midlands Engine Champion said: “Too many towns feel neglected by Westminster politicians. This government is committed to levelling up all parts of the country.

“That’s why we’re investing up to £25 million in 100 towns across the country. And I want local people to determine how that money is spent.”

Details, support and guidance to the 100 places to kick-start the process for preparing for a Town Deal will be announced shortly.



## Baroness Barran visits NTU

Nottingham Trent University (NTU) recently hosted Baroness Barran, Parliamentary Under Secretary of State (Minister for Civil Society and DCMS), for a roundtable event with representatives from non-profit organisations, social enterprises and community organisers.

Baroness Barran is currently holding similar events across the country to discuss various issues relating to civil society, such as building a stronger sense of belonging in places and supporting young people to reach their full potential.

During her visit she met with NTU Vice-Chancellor, Professor Edward Peck (left), and was hosted by Professor Daniel King (right), Nottingham Business School.

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# Tackling social isolation in Gedling



The Gedling Homes team who have worked closely with Jigsaw Foundation

Gedling Homes and Gedling Borough Council (GBC) have been working closely with Jigsaw Foundation, part of the Jigsaw Homes Group, to provide funding to SPRING (Social Prescribing Reducing Isolation In Gedling).

SPRING is a community project in Gedling that aims to reduce loneliness and isolation by supporting individuals to start new social activities.

The project has a number of volunteers who support individuals in searching for relevant local groups and activities that suit their needs. Any additional support is then provided by a community navigator.

Using Jigsaw Rewards, Jigsaw Group's innovative way for resident involvement, it was Jigsaw tenants that made the

"Loneliness and isolation for older people can be devastating to their health and this project has done a brilliant job of getting more people together..."  
Councillor Henry Wheeler

decision to award £14,180 to the SPRING project, supporting its delivery until March 2020.

Councillor Henry Wheeler commented: "We're very proud to be a part of this fantastic scheme that helps some of our most vulnerable residents. Loneliness and isolation for older people can be devastating to their health and this project has done a brilliant job of getting more people together and to address this ongoing

problem. We would like to thank our officers, Jigsaw Homes and all the volunteers who are involved; you are improving peoples' lives."

Karen Sands, Head of Independent Living and Corporate Lead for Gedling Homes, added: "The SPRING project offers real meaningful opportunities to older people who find themselves alone and isolated by providing forums to make contact with other like-minded people, develop friendship groups and reignite interests in activities, which for all of us makes our lives richer."

For further details about Jigsaw Foundation, visit: foundation.jigsawhomes.org.uk or call 0300 111 1133. If you're a Jigsaw resident and would like to know more about Jigsaw Rewards visit: rewards.jigsawhomes.org.uk.

## Passing on a love of reading

Stannah recently surveyed 1,600 UK adults aged over 60 and found that more than six in 10 people said getting greater choice over how to spend their time is one of the best things about reaching older age, with an outstanding 91% using their free hours to curl up with a good book.

Nearly half of those surveyed said they read every day, highlighting that they enjoy learning something new.

It turns out that the over 60s in the UK are also keen to pass their love of reading on. For the majority (84%), quality time with grandchildren is best spent reading. Almost half (45%) of grandparents say this is one of the best things about growing old. More than a third do so once a week or more, with almost three quarters finding it an enjoyable way to bond.

In fact, four in 10 read their favourite tales to youngsters, with Robinson Crusoe, The Railway Children and the Famous Five featuring in the top classic children's tales older Brits agreed little ones should immerse themselves in.

Top 15 books every child should read according to over 60s:

1. Famous Five
2. The Railway Children
3. The Lion, the Witch and the Wardrobe
4. The Wind in the Willows
5. Tales of Winnie The Pooh
6. Alice's Adventures in Wonderland
7. The Tales of Beatrix Potter
8. The Jungle Book
9. Peter Pan
10. Charlie and the Chocolate Factory
11. The Secret Garden
12. Robinson Crusoe
13. The Very Hungry Caterpillar
14. Oliver Twist
15. The Gruffalo



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**Aries**



Take stock of your finances and start thinking about your long term security. Close the door on the past once and for all because you have a new life chapter awaiting you and much to look forward to. Organise your time wisely and start as you mean to go on by not standing for other people's nonsense or negativity.

**Taurus**



You will have plenty of opportunity to take positive action where your finances or any legal matters are concerned. At last you will feel as though you are gaining control of your life and feeling strong again. Someone is out to create as much mischief as possible in order to destabilise you, but they won't succeed.

**Gemini**



Its time to put your own interests first and learn to keep your counsel. A secret meeting with someone you find attractive and fun to be with will act as a distraction until you are much clearer in your heart and mind as to which direction to go in next.

**Cancer**



Love and romance is in the air and a new friendship could blossom into a full-scale romance. The course of true love rarely goes smoothly resulting in you finding all these exciting developments rather scary because everything is moving so quickly. A very close friend will prove to be most supportive, offering the best advice and guidance possible.

**Leo**



You have the power to change many things, but the most important is that you start working on changing yourself. Good news regarding finances as an increase of monies will serve to boost your confidence, enabling you to plan for the future. Its time to go where you want and do what you want without anyone standing in your way or trying to stop you.

**Virgo**



You can be an amazing friend and loyal family member and your true character is to be generous and understanding, that is until you feel you have been deceived or used for your money. Something you always thought of as being difficult will come easily to you, so make the most of every golden opportunity coming your way.

**Libra**



Your closeness to your family continues to grow because even though they are not perfect, you love and accept them, warts and all. Some one new will arrive on the romantic scene who will impress you greatly, but you will still take your time before making any kind of long term commitment because you have no intention of repeating past mistakes all over again.

**Scorpio**



Deep rooted emotional matters will be foremost on your mind as a result of all the recent life changes and transitions you have had to work through. Although your power will increase greatly over the coming months, so will your responsibilities, but nothing you cannot handle once you have a grasp of what is expected of you. Guard your free time and do not allow people to take advantage of your kind nature.

**Sagittarius**



You like to put others first, but there are times when its necessary to think about your your own happiness and well being. At times all relationships and partnerships can prove confusing and thoroughly hard work and there is someone you cannot make head or tail of what has got into them or why they are behaving so strangely. You will discover a secret but it will not be a surprise.

**Capricorn**



Frustrations with certain people continue to grow and the pressure is on for you to make a few important decisions. Pay close attention to your finances making sure that anyone who owes you money repays the outstanding debt. Social invitations continue to flood in enabling you to meet new people and develop and new circle of friends who are like minded and on your wavelength.

**Aquarius**



Treat yourself to something extravagant and utterly luxurious because you deserve it. Don't be surprised if you suddenly decide to move house because you are seeking a fresh new start. Its utterly pointless wasting any more time dithering about whether or not you are doing the right thing. All that matters now is your personal happiness and peace of mind.

**Pisces**



Even if things do seem fine on the surface, beneath that calm exterior there is a lot going on behind the scenes that other people don't have the faintest idea about. You may feel like going into hibernation mode until all the drama has blown over. You will have to look closely at your lifestyle and examine the state of your finances before committing yourself to anything new.

## LAST NIGHT I DREAMT CONTEMPORARY JEWELLERY



The "mini Liberty" of the East Midlands, destination jewellery boutique Last Night I Dreamt in beautiful Southwell has curated a family of fabulous world renowned designers. Home to Alex Monroe, Astley Clarke and Daniella Draper to name but a few. The Last Night I Dreamt website launches next month so watch this space...www.lastnightidreamt.co.uk

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### Inspirational student scoops science award

A PhD student from the University of Nottingham has been recognised for her work to encourage girls in Nigeria to consider careers in science and technology with a Nature research award.

Doreen Anene, is founder of the STEM Belle project and has been awarded a Nature Research Award for Inspiring Science and Innovating Science, in partnership with The Estée Lauder Companies with a prize of \$25,200.

Doreen is a PhD student in the School of Biosciences at University of Nottingham. She is currently a visiting scholar at the Poultry Research Foundation within the University of Sydney. In 2017, she became a Fellow of the Schlumberger Faculty for the Future Foundation, an organization that provides funding and support for women from developing countries to pursue doctorate and post-doctorate degrees in developed countries. Doreen is also a UN Women Global Champion for Change, and an alumni of the USAID's Young African Leaders Initiative (YALI) Regional Learning Centre.

Alongside being a doctoral student, Doreen is the founder of The STEM Belle, a non-profit initiative, which is focused on recalibrating the female representation in Science Technology Engineering and Mathematics fields, by attracting, retaining and advancing more girls



and young women to STEM subjects and fields.

Doreen said: "STEM Belle is all about breaking down the stereotypes and girls in particular are under pressure from strong family and cultural views that impact them as they grow up. We want to empower young girls to seriously consider choosing and following a STEM career path for their future. It's fantastic that the project has been recognised with this award, it will allow us to monitor and closely follow up with our current beneficiaries as they progress to STEM careers. The prize funds will also be used to expand our strategies to other parts of the country, and hopefully to other African countries and introduce new initiatives to help more girls embrace a possible future in a STEM career."

## Nottingham welcomes international students



Robin Hood (Ade Andrews) shares Nottingham's cultural heritage with some of the city's new international students at the inaugural Welcome to Nottingham civic reception organised by the city's two universities and councils. Photo: Alex Wilkinson Media

Almost 500 international students travelling from more than 80 countries around the globe to study at Nottingham's two world-class universities were given a warm welcome recently at the first ever civic reception to mark their arrival in their new home.

The pioneering event was jointly organised by the University of Nottingham and Nottingham Trent University in partnership with Nottingham City Council, Nottinghamshire County Council, local businesses including Paul Smith and Nottingham Forest and was supported by Kaplan International Pathway.

Hosted by Robin Hood, the event at St Mary's Church in the city had a festival feel and featured performances from local artists, international societies and celebrated the vital contribution made by international students to the local economy, community and cultural

richness of Nottingham. A marketplace featuring stalls and tasters from nearly 40 businesses and local organisations showcased the cultural, heritage and leisure highlights that Nottingham and the wider region offers to the nearly 14,000 international students currently studying at both universities, as well as their families and friends who might visit them during their time in the UK.

Around 475 students from both universities and the Kaplan Pathways Colleges connected to each institution were welcomed by the Lord Mayor of Nottingham, Councillor Rosemary Healey and Vice-Chancellors of both universities. The inaugural event, which is hoped to become an annual fixture in the city's calendar, was also attended by around 75 guests from local institutions, businesses, sports clubs and international diplomatic missions.

It's beginning to look a lot like

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### Theatre celebrates digital archive milestone

Nottingham Theatre Royal and Royal Concert Hall is celebrating the first anniversary of their digital archive, which has recorded over 1,000 heritage items for people to view and enjoy.

Launched in October last year the archive can be viewed at [www.ourtheatreroyal.org](http://www.ourtheatreroyal.org) and is a vital part of the theatre's heritage programme, run in partnership with the University of Nottingham.

The volunteer-led heritage work encompasses the entire 154-year history of the Theatre Royal, involving the painstaking work of cataloguing an extensive collection of posters, photographs and other material, an active oral history programme and a series of sell-out heritage talks and events.

The digital archive brings all this work to one place. It has enabled people to view, and listen to, a wide range of material much of which is rare and previously unseen.

It includes personal scrapbooks and mementos from performers from the past, Victorians playbills, including for The School for Scandal, the very first show on the Theatre Royal stage in 1865 and The Fair One with Golden Locks, a Theatre Royal Panto from 1876 and a rare poster that was recently discovered in Suffolk record office. In addition to this material, there are a number of fascinating oral history interviews with performers, backstage crew and staff. The digital archive will continue to grow and develop, along with other heritage plans for 2020.

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OF THE STAGE MANAGEMENT HAS BEEN ENTRUSTED TO MR. G. F. SINGLAKER, leading Actor of the Theatres Royal, Manchester, Dublin, and late of the Haymarket.

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# TOM GATES

comes alive on stage in Nottingham for the first time



WIN FOUR TICKETS TO SEE TOM GATES IN NOTTINGHAM

"I'm Tom Gates and I'm VERY excited to tell you about my FIRST EVER LIVE STAGE SHOW! It stars me (obviously) Amy Porter (who's smart) my best friend Derek and our band DOGZOMBIES. It's so brilliant that even moany Marcus Meldrew will enjoy this brand new story that's never been told before. I will be doing everything possible not to get into trouble and they'll be loads of doodling and caramel wafers (yum). I'll be annoying my grumpy sister Delia (time well spent) and the Fossils are bringing some food & but don't let that put you off. It's going to be AMAZING!"

The award-winning TOM GATES series of books are coming to the stage of the Theatre Royal Nottingham for the very first time as part of a year-long UK tour from Wednesday 13 November to Sunday 17 November. The producers behind the Olivier award nominated Gangsta Granny and the celebrated Horrible Histories stage shows have teamed up with acclaimed author and illustrator Liz Pichon to create a brand-new story exclusively for the stage. The show follows Tom as he tries to keep out of trouble while things go increasingly wrong at home and school. It features favourite characters from the stories including Tom's best friends Derek and Norman and their band Dogzombies. It's not easy to impress Amy Porter and moany Marcus Meldrew is doing his best to disrupt things while their teacher Mr Fullerman keeps his beady eye on them all. Things aren't made easier when his grandparents - The Fossils - announce a big surprise and his Mum, Dad and sister Delia are doing everything to make his life difficult, which means Tom will need all the help he can get to save the day.

**TAKE PART IN OUR TOM GATES COMPETITION FOR THE CHANCE TO WIN A FAMILY TICKET FOR FOUR ON THE OPENING NIGHT.**

The Birmingham Stage Company are the award-winning producers of David Walliams' Gangsta Granny and Awful Auntie.

Tom Gates is an amazing adventure for all the family, especially for children from 5 to 12. To book tickets go to [www.trch.co.uk](http://www.trch.co.uk) or call the Box Office on 0115 9895555.

From the producers of Horrible Histories and Gangsta Granny comes the world premiere of TOM GATES live on stage in an exciting and hilarious adventure that sends Tom's world spinning. Don't miss Liz Pichon's fantastic characters as they come to life at the Theatre Royal in Nottingham in this brand-new story for the stage from Wednesday 13 November to Sunday 17 November

Email your answer to [Phil.cound@nottsinfo.co.uk](mailto:Phil.cound@nottsinfo.co.uk) or post it to Tom Gates competition, Nottinghamshire in Focus, 69a Main Street, Burton Joyce NG14 5ED. Entries must be received by 4pm on Tuesday 5 November.

Please include your name and contact details with your answers.

#### Competition Terms & Condition (Please read carefully before entering):

When entering the competition you will be emailing the answers and supplying your telephone number and other personal information. Notts in Focus takes GDPR very seriously, the information you provide will never be passed out to any third party. The only exception is if a company supplying the prize wants to send out the winner's prize directly.

#### COMPETITION

You could win a family ticket for four to see Tom Gates Live on the opening night in Nottingham - 7pm on Wednesday 13 November. (The ticket is for two adults and two children or one adult and three children). All you have to do is answer the question below:

What is the name of Tom Gates' band?

- CatVampires
- DogZombies
- HamsterMummies

*Good Luck!*

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## Small steps can make a big change

Nearly half of Brits believe it is not possible for one person to make a difference to climate change.

A poll of 2,000 adults found four in 10 still have work to do when it comes to their attitudes to reducing their impact on the planet.

And 40 per cent confess to having an 'I'll do it tomorrow' approach to being more eco-friendly.

To help highlight the positive impact that one person acting now can have on the future of the environment, Smart Energy GB has commissioned the research, alongside launching a new partnership with the National Trust.

Across Great Britain, augmented reality installations at six National Trust sites offer a look at what the natural world could be like in 30 years' time.

The experience takes visitors to the year 2050 showing what could happen to the places we love if we don't take action to become more sustainable as a nation.

Sacha Deshmukh, CEO of Smart Energy GB said: "This study clearly indicates many Brits don't realise that the small steps they can take will have a positive effect on the environment, but the good news is we all have the power to make a difference."

"Visitors to the National Trust will see first-hand what could happen if we don't all take action now."



Before and after fly tipping on Staple Lane



## Gypsum company forges closer links with the community

Saint-Gobain Formula, which quarries and processes gypsum at its site near Newark, is forging closer links with the local community.

The company recently held its inaugural Community Liaison Committee meeting involving representatives from local parish and district councils and Nottinghamshire County Council.

The committee will meet twice a year for the company to update members on quarry and plant news and for the community representatives to raise any questions they may have about the operation. Over 150 people are employed at the quarry and its associated manufacturing plant, Jericho Works. Kevin Glasper, Quarry Manager

said: "I've worked in opencast coal mines across the country where liaison committees were a great way of ensuring we were in touch with the local community and allowed us to address any concerns".

One of the areas discussed was recent fly tipping on nearby Staple Lane which the company had resolved and taken measures to prevent further tipping.

## Celebrating Christmas improves workplace productivity

Implementing Christmas traditions in the workplace can boost productivity levels, new research has found.

A study carried out by Christmas Tree World, the UK's leading retailer of artificial Christmas trees, has found that 74% of employees are motivated to work harder if their employer embraces the festive period despite only 36% of businesses offering a Christmas party for their staff and almost a quarter of businesses (24%) avoiding Christmas completely.

December is known as the time of the year that staff productivity levels can dip to the lowest point, however an overwhelming majority (78%) of those polled claim to work as hard or harder in December, with 22% of these citing the reason as so they can enjoy time off over the festive break. The research of 1,000 UK workers also revealed that more than half (60%) of employees are likely to be more productive if Christmas incentives such as bonuses are available, despite only 15% of UK businesses offering this.

However, it's not just financial rewards which are proven to drive productivity with 74% of workers claiming office festivities, such as decorations, Christmas trees and Secret Santa traditions, boost morale and productivity, despite only 36% of workplaces investing in this. 39% of workers polled believe Christmas parties enhance productivity levels due to improving teamwork and communication.



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Known for their black and white sand beaches, volcanoes and breath-taking landscapes, the Canary Islands are ideal for beautiful Spanish holidays and winter sun and the best part is the short flight time. In around four hours you can travel from the UK to your chosen island for a relaxing getaway – but which Canary Island is right for you?

### TENERIFE

The largest and most popular of all the Canary Islands, Tenerife also benefits from having the warmest climate, with the temperature rarely dropping below 20°C during November. Tenerife is popular with sun seekers and party-goers alike, and the Playa de las Americas and nearby Los Cristianos resorts are great for those that enjoy bar hopping and staying out until the early hours. Despite its reputation for being a party island, Tenerife also boasts some striking volcanic scenery. Visit Tiede National Park and enjoy epic views of Spain's highest volcano while enjoying a ride on the Mount Teide Cable Car.

*Best for: sun worshippers and big drinkers*

### LANZAROTE

For a sunny family getaway during the winter months, Lanzarote really delivers with great beaches and plenty of activities to keep the little ones occupied. One of the most popular and well-equipped resorts for family breaks is Costa Teguse. The resort has a great selection of bars and restaurants and there is even a waterpark and golf course, ideal for sporty families. Because of its positioning, it's also really easy to enjoy day trips to surrounding areas like Arrecife and Timanfaya National Park, great if you have older children.

*Best for: families*

### GRAN CANARIA

Beach lovers will be in their element in Gran Canaria, where there is a great selection of sands with something for everybody. To the south, Playa del Ingles is a popular choice, with its expanse of golden sand and rolling dunes. There's water sports right next to Annexo shopping centre and also a large promenade by the main area of the beach with shops, bars and restaurants. If you'd rather soak up the sun at a quieter beach, Puerto de Mogan and San Agustin are both great options.

*Best for: beach bums*

### FUERTEVENTURA

Another popular destination for people that can't get enough of sun, sand and sea is Fuerteventura. A slightly windier island than some of the others, it's ideal for those that aren't great in the heat thanks to the constant breeze. Water sports are also very popular on the island making it a great choice for thrill seekers too. Enjoy surfing, windsurfing and jet skiing here, all made easier thanks to the windy conditions.

*Best for: active explorers*

# Winter Sun in the Canary Islands





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### ***The best curry ever (including India)***

Fantastic food - five of us had different dishes and not one was disappointing. Truly authentic Kerala flavours, utterly delicious - *Ann S.*

### ***Absolutely lovely***

Super friendly and made us feel completely relaxed. The food was lovely. Would definitely recommend if you fancied something a little different. - *Donna S.*

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## **Christmas Menu A £19.95 pp**

### **APPETIZERS**

#### **Medu Vada**

*Crisp and fried doughnuts made from cleaned black grams*

#### **Prawn Spring Rolls**

*Juicy prawn mixture stuffed in a pastry. Served with sweet chili sauce*

#### **Chicken Tikka**

*Marinated boneless chicken cubes cooked in clay oven*

### **MAIN COURSES**

All main courses served with Tadka Dal, Basmati rice and Bread

#### **Kerala Chicken Curry**

*Normal chicken curry full of aromatic spices and spicy*

#### **Lamb Kurma**

*Mild curry, Lamb cubes cooked in spices*

#### **Virmani's Paneer**

*Cottage cheese cooked in Rich sauce with aromatic spices*

### **DESSERTS**

#### **Kerala Banana Fry with Ice Cream**

#### **Guiab Jamun**

## **Christmas Menu B £24.95 pp**

### **APPETIZERS**

#### **Chicken Samosa**

*Crispy pastry stuffed with juicy chicken mixture*

#### **Coriander Lime Turkey Tikka**

*Turkey Breast cubes marinated with homemade spice mix and cooked in the clay oven.*

#### **Squid Pepper Fry**

*Fresh squid marinated with ginger, garlic and lime.*

*Shallow fry with pepper.*

#### **Onion Vada**

### **MAIN COURSES**

All main courses will be served with Aloo Gobi,

Red onion Raitha, Pilav Rice & Bread

#### **Kerala Red Fish Curry**

*Spicy fish curry, kingfish cooked in special tamarind sauce*

#### **Lamb Syrian Christian Curry**

*Lamb cooked with aromatic keralan spices with potatoes and flavour of rich coconut milk*

#### **Pumpkin Erussery**

*Yellow pumpkin cooked with black eye beans and roast with coconut*

### **DESSERTS**

#### **Rasgulla with Ice cream**

#### **Vattayappam with Honey**

## **Christmas Menu C £29.95 pp**

### **APPETIZERS**

#### **Lamb sheek kebab**

*Minced lamb cooked in clay oven*

#### **Chicken sheek kebab**

*Minced chicken with Indian spices cooked in clay oven*

#### **Baby Squid masala.**

*The squid stuffed self-eggs cooked with smoky tamarind, ginger garlic and curry leaves*

#### **Corriander lime Turkey tikka**

### **MAIN COURSES**

All main courses served with fresh veg salad, dal, virmani's paneer, pilav rice and bread

#### **Kerala chicken biriyani with raitha & pickle**

#### **Lamb Chettinadu Curry**

*Lamb cubes cooked with grinded coconut and spices*

#### **King Fish Molee**

*King fish pieces cooked with ginger-garlic, green chillies & coconut milk. Flavour of vinegar & curry leaves*

#### **Tandoori Chicken**

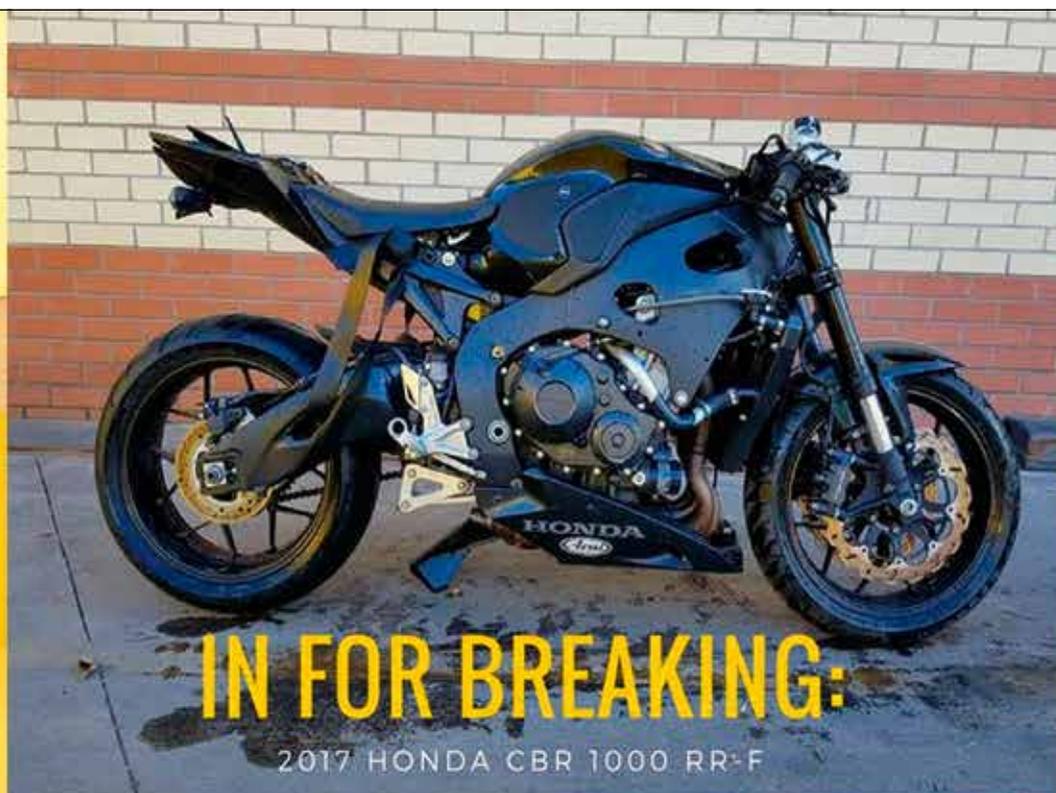
#### **Avial**

*Kerala kitchen garden vegetable cooked with coconut & spices*

### **DESSERTS**

#### **Palpayasam with Ice cream**

#### **Vattayappam with port wine**



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## Professor joins the night patrol

The University of Nottingham's Vice-Chancellor has joined Nottingham City Council Community Protection Officers on a special night patrol of city streets as part of an initiative aimed at protecting student welfare and encouraging positive community relations.

Professor Shearer West was also accompanied by Students' Union Community Officer Jacob Collier on Operation Corridor, which saw the CPO team patrolling Derby Road and nearby streets on last Wednesday (23 October).

It allowed them to see first-hand some of the issues dealt with by the team during their regular patrols and to speak directly to students and residents living in the area.

Professor West said: "Our Community Protection Officers do a fantastic job of patrolling the streets for the benefit of both our students and the local communities in which they live.

"The vast majority of our students make a positive contribution to our city, economically, culturally and through a range of volunteering activities.

"Of course, the issue of integrating a changing student population within a local community—which includes both older residents and working families—is not without its challenges.

"However, by supporting these patrols, we are giving out a clear and visible message that we expect all of our students to be considerate and respectful of their neighbours and that anti-social behaviour will not be tolerated."

The University of Nottingham commits up to £30,000 per academic year to support the Community Protection team to deliver Operation Corridor, which sees officers patrolling the Derby Road area, which acts as the main arterial route into the city centre for many of the university's students.

The patrol acts as a dedicated response to anti-social behaviour but also allows officers to identify vulnerable students in need of assistance to tackle any potential student welfare concerns. The funding enables CPOs to work later, longer and more frequently on selected nights of the week during term time.



## Are these Nottingham's most haunted pubs?

**As Halloween creeps around the corner, Greene King is inviting the public to explore and learn about some of its most haunted pubs in Nottingham.**

### Ye Olde Trip to Jerusalem

The pub is home to an apparently harmless ghost named 'Yorkey', a previous landlord who had said that he never wanted to leave the inn. He has been spotted by members of staff over the years in either his favourite place by the fire, or in the cellar. Legend has it that a nameless cursed galleon may have been presented to the inn by a parting sailor and it is possessed of a hideous curse. It is reputed that the last three people who dared to try and clean it, died with very mysterious and unexpected deaths. Today the cursed galleon is safely housed in a glass presentation case, where the manager says it is shrouded in years' worth of undisturbed dust and cobwebs but safe from any would-be cleaners.

### Riverside Farm

This building seems to be the subject of some ghostly goings-on. The building itself is situated on the site of an old manor house, dating back over a hundred years, and has had several functions since.

A seemingly harmless ghost, thought to be a young woman, has been seen in the play area and simply walks from one side to the other. In the same area, some very localised cold orbs move to and fro.

Similar tales have been told about the upstairs of the pub and the smell of freshly caught fish is often experienced, moving from room to room before disappearing. Doors have opened by themselves within the accommodation, and children's voices have even been heard in the changing rooms.

Would-be ghost hunters will be able to seek out the spirits in some of Britain's most haunted pubs by visiting the Greene King Haunted Pub Guide at <https://www.greeneking.co.uk/newsroom/our-blog/halloween-haunted-pub-guide/>

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What's on



A new star is born as competition winner and mother of two, Charlotte Pearce, takes to the stage at the Motorpoint Arena in Nottingham on 1 November with the A Star Is Born This Way Tour.

World No 1 Lady Gaga Tribute and consecutive winner of Best National Female Tribute Artist, Donna Marie, brings her two-in-one show to Nottingham with special guest, Charlotte Pearce.

Charlotte has won a competition to perform a ten-minute guest spot in 'A Star Is Born This Way' at Motorpoint Arena in Nottingham.

The show starring Donna Marie

as Lady Gaga and Adam Kelbie as Bradley Cooper, starts with the emotional journey of the hit film A Star Is Born. The second half starts with the guest performance and is followed by a Lady Gaga party which will promise to get the audience singing along.

The 33-years-young winner said: "A Star Is Born is one of my favourite films and Gaga one of my favourite performers. I can't wait to see Donna in action."

Pearce describes herself as creative, humorous and determined and says she'll sing until she runs out of breath. Donna, who has been a judge on BBC One's All Together Now, recognises how hard it is to be a performer these days so she set up a competition to offer a guest spot on her tour and give talent a helping-hand. Charlotte said: "Many people dream of an opportunity like the one of Ally in A Star Is Born. I am so thankful that I get to have that experience, thanks to this show."

Tickets are now on sale. Go to: <https://www.motorpointarenanottingham.com/Online/default.asp> or call 0843 373 3000.

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What's on



Northern Ballet brings Cinderella to Nottingham



Northern Ballet will return to Nottingham in November with an enchanting adaptation of Cinderella. Choreographed by David Nixon OBE and combining thrilling dance with magic and circus skills, it comes to Nottingham's Theatre Royal from 19 – 23 November. It is the first time this production has been performed in Nottingham.

David Nixon, Artistic Director of Northern Ballet, said: "This production of Cinderella, whilst being immediately recognisable as the famous fairytale, offers something different to other traditional ballet adaptations. We have staged our ballet in the winter wonderland of Imperial Russia, opening up the possibilities of this colourful world as a new setting for Cinderella to make her journey.

"Audiences will see the dancers skate on a glistening lake of ice, stilt walkers entertaining in a marketplace and the fateful ball held in a Fabergé inspired ballroom. Cinderella is ultimately the story of a young woman who must travel a challenging road to achieve happiness and our ballet is a joyful

adaptation filled with action, magic and fun."

Tickets are available online at trch.co.uk or from the Box Office on 0115 989 5555.

Northern Ballet is holding an audio-described performance and touch tour for visually-impaired patrons on Saturday 23 November. In addition, on Thursday 21 November, there will also be a 'Dancing for the Over 55s' workshop and the chance to watch Northern Ballet's dancers in their daily class as part of 'Northern Ballet Revealed'. For more information visit northernballet.com/cinderella-events

Room At The Top Of The House

A show about fear and the impact our decisions have on those we care about is taking place at The Old Library in Mansfield on Thursday 7 November.

A Room At The Top of the House is an honest and uplifting show told through mesmerising movement, poetic text and visual inventiveness.

Josh finds the outside world a fascinating and frightening place. At a time when he is most vulnerable, a room of forgotten things quickly becomes the perfect place for him to escape reality. His family make a desperate attempt to help him realise there is more to life than photos on a shelf and postcards under the door. Tickets are free to reserve then you pay what you can on the night. The show is suitable for people over the age of 12. It starts at 7.30pm and runs for 50 minutes without an interval. To book tickets online go to: www.eventbrite.co.uk. For all enquiries call The Old Library on 01623 644377.

Nottingham to celebrate students and teachers leading social change



Vicky McClure

WE Day, an inspiring youth empowerment event and celebration of social good, is coming to Nottingham for the first time in November. The event will bring together over 2,000 extraordinary young people and teachers from across the region for the first-ever WE Day Community: Nottingham on 5 November. It is being staged at the Royal Concert Hall. Students are not able to buy tickets; they earn them by taking action

on one local and one global cause that they are passionate about. WE Day is a celebration of this year-round social action. Together the changemakers will enjoy a day of unforgettable performances and motivational speeches with WE Charity co-founders Craig Kielburger and Marc Kielburger, alongside Joe Dempsie, Emilio Estevez, George Gretton, Martin Luther King III, Vicky McClure, Bella Ramsey, Isabelle Weall and more.

"Young people today face a very challenging world," said actress, Vicky McClure. "Whether it's struggling with self-confidence, or one of many other daily struggles, the thousands of committed students joining us at WE Day Community: Nottingham have proved that they're willing to face whatever obstacles come their way and it's an honour to join them as they celebrate shaping a better, kinder future for all."

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FIRE SPINNERS SHOW	8.30pm
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Extensive car parking facilities off Wilford Lane at local schools, a short walk along well lit footpaths to the event. Or catch the tram adjacent Beckel School for a one-stop ride.

We suggest you arrive early – it's too good to miss!

**PRICES 2019**

Advanced Ticket	Gate Price
Family £18	Family £20
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# Christmas

## Nottingham prepares for Christmas

As the weather turns colder and the nights darker it seems that Christmas is just around the corner.

In Nottingham city centre the preparations for the festive season are well underway with the Winter Wonderland set to make a much anticipated return to enhance the late night shopping experience in the city.

Visitors can spend a leisurely evening browsing the county's many independent shops and well-known retailers before stopping off for a festive drink or a bite to eat. There are also plenty of festive markets to visit if you are looking for a gift that you cannot find on the high street.

Winter Wonderland includes a festive market, perfect for finding those unusual handmade gifts and stocking fillers. It opens on Friday 15 November and is on until Tuesday 31 December, with stalls open 10am - 11pm Monday to Thursday, 10am - midnight on Fridays and Saturdays, and 10am to 10pm on Sundays.

Wednesday is traditionally the time for late night shopping in Nottingham and some traders are adding extra trading hours in the run up to Christmas. It is always worth checking a store's opening hours before your shopping trip.

To mark Black Friday (Friday 29 November) into Victoria Centre will be open from 8am - 8pm for you to grab that all important bargain gift. Regular late night shopping will start on Monday 9 December and stores will be open until 8pm Monday to Saturday until Monday 23 December. If you plan to grab a bite to eat then check which restaurants will be opening even later than usual.

The Exchange shopping arcade, which is located just off Old Market Square, has a number of late night shopping dates scheduled in the run up to Christmas. On Wednesday 2, 9 and 16 the arcade will be open 9am to 7pm. Between Monday 16 and Friday 20 December they will be open each day between 9am - 7pm and again on Monday 23. Christmas eve will be regular opening hours of 9am - 6pm, while Boxing day the hours are 10am until 5pm.

**Christmas lights switch on**  
Nottingham's Christmas lights switch on is taking place on November 30. Go and see the beautiful 40ft Christmas tree illuminate the night sky in Old Market Square - it's a magical event!

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# Christmas

As much as we all love watching our favourite Christmas films, spending time with our nearest and dearest and consuming copious amounts of chocolates and alcohol, there is no denying that Christmas is a stressful and expensive time of year. If you are keen to curb your spending and ensure you are not skint by the New Year, these saving tips will help.

## Hand-make your gifts

While we all want to give our loved ones the best gifts that money can buy sometimes it can help keep your bank account looking healthy to take a homemade route with gifts. Consider making chocolates, personalised biscuits and even jewellery.

controversial idea, but it is worth considering it, especially if your family is small. If you opt for chicken instead you will avoid the price mark up and will also waste a lot less food.

## Book train tickets early

If you are visiting family or friends in different cities, it really does pay to be organised, especially when it comes to booking train tickets. If you book them well in advance you

are likely to make a fairly substantial saving.

## Get crafty with the kids

Cards and gift tags can be one of the biggest expenses at Christmas, but there is no reason that they have to be. Instead of buying yours from the shops, why not let the kids get creative with some card, glitter and sequins? Your cards will have a much more personal touch too.

## Ditch the turkey

It may be a con-



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Winter Wonderlights trains depart from Loughborough Central Station - Great Central Road, Loughborough, LE11 1RW.



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Friday 8th November: Teversal Trail Walk 11am Lots of different paths to follow. Where will ours take us? Teversal Trail, Carnarvon St, Teversal, Sutton in Ashfield NG17 3HU Price Car parking charge  
Tuesday 12th November: Meet & Greet 2pm Kick back and have a chat. Not Just Desserts, 7 Toothill, Mansfield NG18 1NJ Price As per menu

To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 6766  
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# CROSSWORD

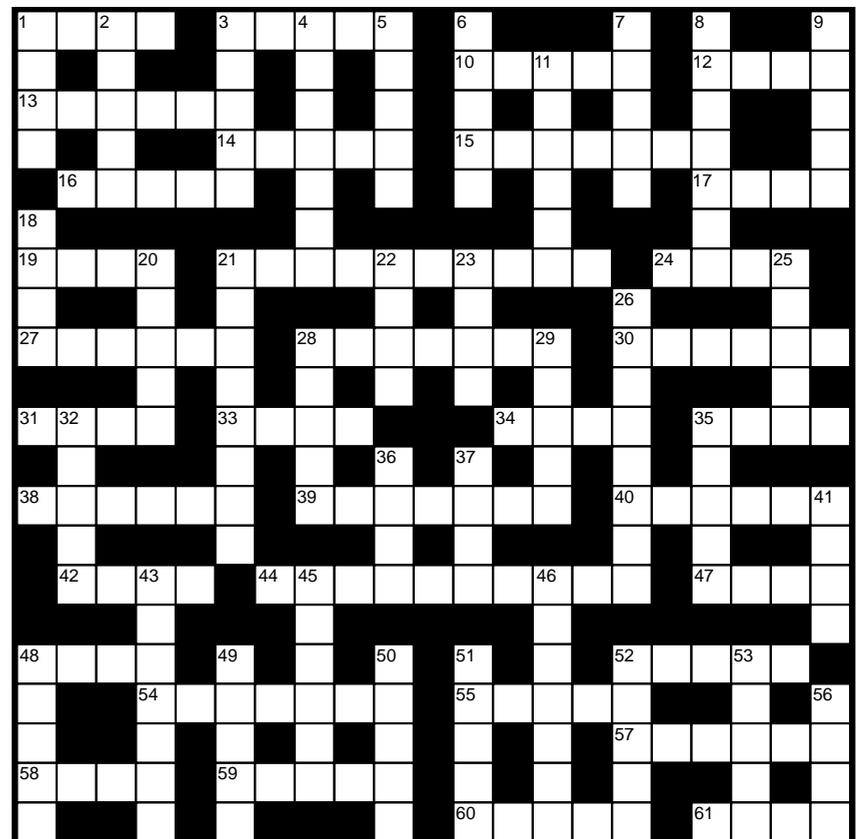
## ACROSS

- 1 Fleishy part of the ear (4)
- 3 Hard toil (5)
- 10 Sunday joint (5)
- 12 To correct text (4)
- 13 Cows and bulls (6)
- 14 Spin and whirl (5)
- 15 Sweet pudding (7)
- 16 Peakless cap (5)
- 17 Very unattractive (4)
- 19 White fat (4)
- 21 Stopping place during a voyage (4,2,4)
- 24 Bride's modesty item (4)
- 27 Place of worship (6)
- 28 To bicker (7)
- 30 Savile Row craftsman (6)
- 31 Conspire secretly (4)
- 33 Chomp or munch (4)
- 34 Force 8 wind (4)
- 35 Peer through (4)
- 38 Girl or woman (6)
- 39 Weathering down (7)
- 40 Precious red stone (6)
- 42 Walking trek (4)
- 44 Craving for sugary things (5,5)
- 47 Enormous (4)
- 48 Sudden jerk (4)
- 52 Ballroom dance (5)
- 54 Section of a book (7)
- 55 Mobile or cordless handset (5)
- 57 Extenuating plea (6)
- 58 Narrow street (4)
- 59 Top of the class (5)
- 60 Academic treatise (5)
- 61 A stalk (4)

## DOWN

- 1 Deficiency or complete absence (4)
- 2 Soak in the tub (5)
- 3 Visitor or lodger (5)
- 4 Romantic suitor (7)
- 5 Works long and hard (5)
- 6 Rank of exam pass (5)
- 7 Mounted horse (5)
- 8 Salad plant (7)
- 9 Narrative theme (5)
- 11 Descend by rope (6)
- 18 Solidified blood mass (4)
- 20 Bus garage (5)
- 21 Religious speaker (8)
- 22 Egg-shaped (4)
- 23 Discourteously brief (4)
- 25 Baggy and slack (5)
- 26 Potency (8)
- 28 Line up in single file (5)
- 29 Gain knowledge or acquire a skill (5)
- 32 Bloodsucker (5)
- 35 A roost or a fish (5)
- 36 Burrowing animal (4)
- 37 Beer measure (4)
- 41 Pour in torrents (4)
- 43 Hub of the home (7)
- 45 Cold season (6)
- 46 Eight-armed creature (7)
- 48 Wobbly dessert (5)
- 49 Blundering bungle (5)
- 50 Effervescence (5)
- 51 Spending bout (5)
- 52 Very small (5)
- 53 Goad and provoke (5)
- 56 Boat steering apparatus (4)

See below for answers



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## Restoration work gets underway at Clumber Park's Ornamental Bridge

Restoration work is underway at Clumber Park's iconic Ornamental Bridge.

The Grade II listed bridge, which was vandalised in March 2018, will be rebuilt using sections of the original stonework, which were recovered from Clumber Lake and specially created stone provided by Croft Building and Conservation.

During phase one of the restoration project a floating pontoon will be installed on the surface of the lake, allowing the bridge to remain open to pedestrians and cyclists while repair work is carried out.

Beth Dawson, General Manager, said: "We are thrilled to announce the start of the restoration project to the much-loved Ornamental Bridge and are pleased to be able to offer visitors the opportunity to explore the underneath of the bridge as work takes place."

"We have been overwhelmed by support from our visitors since last year's act of vandalism and look forward to seeing the bridge restored over the coming months."

Phase one of the restoration project will get underway following approval from Natural England to ensure wildlife habitats remain protected.

Project manager, Robert Brough added: "Over the last 18 months, as a result of quieter areas within the park, there have been sightings of rare birds, including great grey shrikes and woodcocks across the heathland and deer now spotted along roads and verges."

"After much consideration, the decision has been taken to keep the bridge closed to vehicles to allow rare wildlife to thrive in the park, as well as improve security within the park."

Visitors will be able to access the pontoon once construction has finished and volunteers will be on site to answer questions as work progresses.



# SWIMMING SUCCESS FOR WORKSOP COLLEGE

Staff and students from Worksop College are in a triumphant mood as they celebrate coming second overall in the Independent Schools Association's swimming competitions, held earlier this month.

With 28 schools from across the Midlands taking part, the competition is hotly contested, attracting talented young people aged 12-18 from across the region.

Stand-out results included Amelia Smith from Rotherham who came second overall in the 100 metres, Cole Hewitt from Ranby Village who took 1st place at both the 100 metres and fly as well as Breanna Chamberlain from Doncaster who took 1st

place in the 50 metre backstroke.

Siblings Harri and Nia Thorman from Sheffield also had cause for celebration - the brother and sister achieved 1st and 3rd place in the 50-metre breaststroke category.

Other excellent results included Kate Walker from Laxton (2nd Place, 50m breaststroke), Jake Franse from Worksop (1st Place, 50m backstroke) and Lucy Gratton from Doncaster (1st place freestyle). Montenegrin student, Vladimir Gurgendize has only been at the school for a matter of weeks but achieved an impressive 2nd place during the 50-me-

tre backstroke.

Independent school Worksop College has a history of swimming success, as well being the home of local swimming club and national champions, Worksop Dolphins.

Head of Swimming, Trevor Franse, said: "We hope the success means we will have a number of pupils competing at the national championship finals at the Aquatics Centre at Queen Elizabeth Olympic Park in London on 30 November. These young people have worked very hard and thoroughly deserve this success."



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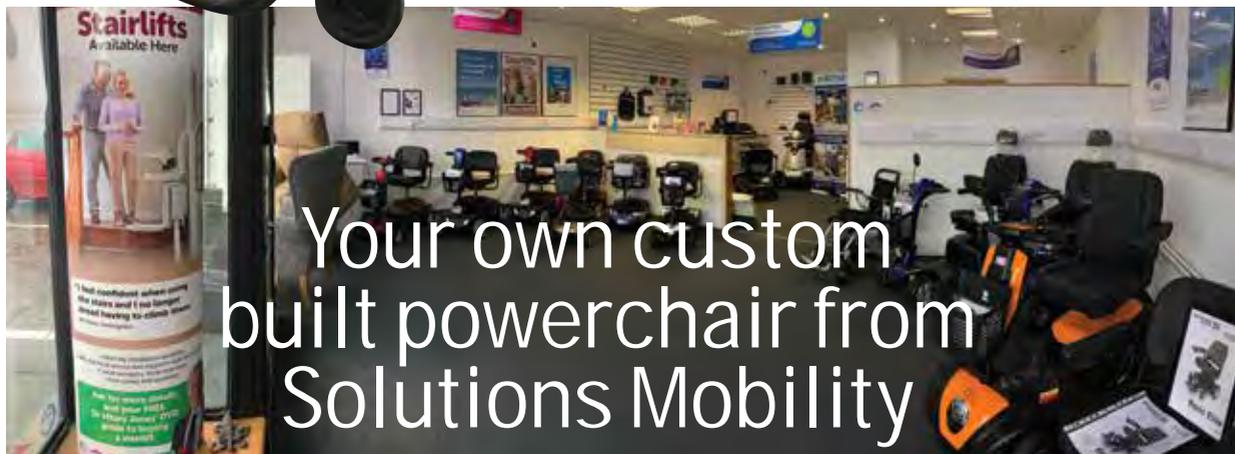
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Our Home to Home Promise

Packed full of useful tips and information, our Home to Home Promise takes you through how we can all work together to make the move into a care home as relaxed and easy as possible for you and your loved one.

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Football matches raise charity cash



A pair of football fixtures between teams from trentbarton and Nottingham City Transport has raised more than £2,000 for Alzheimer's Society - trentbarton's charity of the year.

The friendly fixtures between women's and men's teams from the two bus companies both ended in victory for NCT but the real winner was the charity, with the money raised from ticket sales and donations.

The matches were played at Carlton Town Football Club, which provided the use of its ground for free. The women's match was 4-2 in favour of NCT and the men's game ended 3-2.

Jeff Counsell, managing director at trentbarton, said: "It was great to see Nottingham's two biggest bus operators teaming up to raise vital funds for the very important work undertaken by Alzheimer's Society. Extra special thanks go to Caroline Bacon-Webster, our Nottingham depot's charity champion, who acted as manager for both of our teams and put a lot of time into planning the fixtures."

Anthony Carver-Smith, NCT marketing manager said: "What a great result for Alzheimer's Society, with a fantastic amount raised by the NCT and trentbarton football teams."

Olly Larkin, community fundraiser – East Midlands at Alzheimer's Society, said: "We have been amazed by the support showed by trentbarton and NCT for their recent football matches. With over 68,000 people living with dementia here in the East Midlands, it is brilliant to see two of the biggest transport companies becoming united against dementia with Alzheimer's Society."

Emergency care patients say care is good at SFH

Patients at King's Mill Hospitals' Emergency Department have reported that they are some of the most respected patients in the region and are receiving some of the best care and treatment according to the latest independent Care Quality Commission Urgent and Emergency Care patient survey.

Sherwood Forest Hospitals has scored well for the way doctors and nurses treat patients in its Emergency Department (8.5 out of 10), the care and treatment they received (8.4 out of 10), the environment and facilities (8.6 out of 10) and the respect and dignity patients receive (9.2 out of 10).

Patients across the country in 132 NHS acute trusts have been surveyed about their experiences of urgent and emergency care, scoring trusts out of 10 across a range of areas, with 288 patients responding to the survey from Sherwood Forest Hospitals Emergency Department.

Patients who attended Newark Hos-

pital's Urgent Care Centre (UCC) were also surveyed, with the UCC also scoring well for overall experience (8.8 out of 10), respect and dignity (9.5 out of 10) and for healthcare professionals (9.1 out of 10).

Divisional General Manager for Urgent and Emergency Care at the Trust, Siobhan Favier said: "We are really pleased with the results which indicate that our patients are getting good care in our Emergency Department at King's Mill Hospital and Urgent Care Centre at Newark."

"We know that there is still work to do to improve things like waiting times and making sure we are taking into account our patients' home situation before they are discharged from ED and we continue to work hard with our healthcare partners to improve these. However, it is really pleasing to see that we have scored so well on patients overall experience and respect and dignity."



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*'a lovely home run by lovely people'*

*'respect for residents is absolutely fantastic'*

*'the best care home I have ever seen'*

*'an ambience that is a step up from the nearest care centre'*

*'a venue one can recommend with confidence'*

If you'd like to enjoy the forthcoming winter season with new friends and in a beautiful new home, please get in touch with either home below or email [enquiries@newcarehomes.com](mailto:enquiries@newcarehomes.com).

Ruddington Manor Care Centre; Ruddington Gardens, Wilford NG11 7DD. Tel 0115 9815956.

The Grand Care Centre - Greythorn Drive, West Bridgford NG2 7GG. Tel 0115 828 4099.

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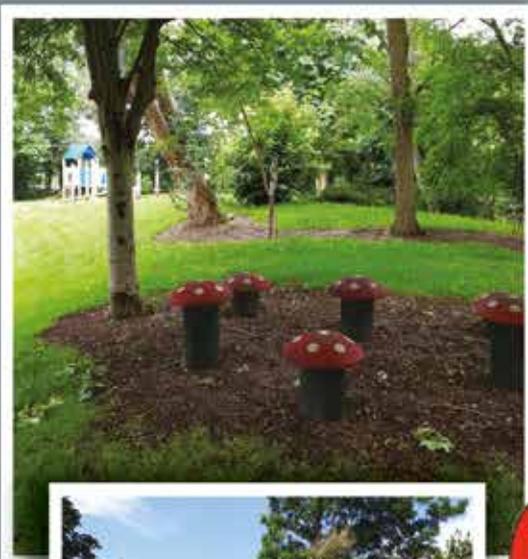
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**Education & training**



Phil Cound with budding journalists from William Gladstone C of E Academy.

**Pupils get reporting tips from newspaper publisher**

Children at William Gladstone Church of England Academy in Newark were delighted when our newspaper publisher made a surprise visit to help them write their own investigative news articles.

Children at the Newark based primary school were shown an animated story and then asked to write and illustrate their own news report taking known facts and clues from the video.

During the visit, children got top tips from Phil Cound, the publisher of Nottinghamshire in Focus newspaper and Nottinghamshire Aspect magazine, who explained how to report facts, how to form punchy headlines and also keep the readers' interest.

Phil said: "The idea behind the visit was to provide children with a structure to their writing. Unlike their fictional story writing the children had to take into account what was known about the emerging story, be careful to relate the facts and then be sensitive about any potential speculation as to what might be happening."

Once the lesson was over children set to work and - taking the expert's advice to heart - produced their own realistic front-page stories.

Phil added: "The children's work arrived at my office all set out just like a front page of a typical newspaper. It was great to see the finished pieces; they clearly had a lot of fun doing it and took on board the advice I gave. I definitely think we have some future journalists in the bunch!"

Head Teacher Sarah Clarke said the children had really enjoyed the visit: "It is fantastic to have professional people come into school; not only to inspire children to take an interest in different careers, but in this case, to get some great writing advice from someone who has made a successful career of it. The experience Phil was able to discuss with children will make the lesson, and the things they learned, so much more memorable for the children."

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**Afternoon Session:**  
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 tel: 0115 9179 224 or email: office@trentvale.notts.sch.uk

# The Future is Green

Edwalton Day Nursery in Nottingham is a deeper shade of environmental green after receiving the top award in an international schools scheme involving millions of children across 64 countries.

The prestigious 'Green Flag' award for exceptional environmental awareness and conservation has been awarded to children and staff at the Ofsted-rated 'Outstanding' Edwalton Day Nursery in Melton Road, which is powered

by green electricity and has zero waste to landfill. An overjoyed Edwalton Day Nursery Manager, Sarah Johnson, said the award was the result of years of dedication by staff and children, working together in the global Eco-schools programme.

"We aim to give children the best possible future here at Edwalton, and looking after the environment plays a huge part in that. The respect and care the children have for nature is lovely to see and bodes well for their adult lives", she said.

The nursery boasts a large outdoor space which is home to a number of animal habitats, including a bug hotel handmade birdfeeders to encourage biodiversity. Here the children can also tend to fruit, vegetables and herbs all year round. Once picked, the produce is

explored for learning purposes and used by nursery chefs in meals.



Activities, which include crafting with natural materials, are designed to promote the development of life skills as well as introducing the

children to basic maths, science and environmental messages.

To attain Green Flag accreditation, Edwalton had to first obtain Bronze and Silver status before a seven step programme and assessment.

# Home improvement



## Better Broadband programme marks milestone

Over 98% of homes and businesses across the county now have access to superfast broadband, with download speeds of 30Mbps or more, thanks to the Better Broadband for Nottinghamshire programme, led by the County Council in partnership with Openreach.

It takes the county a step closer to 100% broadband coverage.

The partnership to deliver faster broadband speeds to all parts of the county has bought together over £31m of investment from the county Council, Government, Openreach and other

partners over the last five years.

The Better Broadband programme has reached over 84,000 homes and businesses, many of which are in the most rural and remote parts of the county. More than 600 green roadside fibre cabinets have now been installed as part of the

build, and the final one - the 608th - in Upper Saxondale has now been switched on. More than 600km of fibre optic cable has been laid as part of the work - more than the road distance between Nottingham and Dundee!

The programme has worked to ensure that

broadband coverage in Nottinghamshire is ranked amongst the best in the UK.

Councillor Kay Cutts, Leader of Nottinghamshire County Council said: "I'm delighted that we can celebrate the fifth anniversary of this vital infrastructure programme. As more aspects of our lives require fast and reliable access to the internet - whether at work or at home - Nottinghamshire remains at the forefront of installing broadband infrastructure to attract new investment, generate growth and support our economy. This is in line with the County Council's commitment to make Nottinghamshire a great place to live, work, visit and set up a business.

"We are determined to not rest on our laurels and we remain committed to spreading the reach of superfast broadband to the final 2% of properties in the county which are the most difficult to reach."

## Paint transforms a tired kitchen



Frenchic - www.frenchic-paint.co.uk - Al Fresco range can be used to completely transform a tired looking kitchen from as little as £17.95, the cost of a tin of paint. Frenchic Fan Michelle used shades City Slicker - a cool-toned grey - and Dusky Blush - a subtle pink - to freshen up her kitchen cabinets and give the space a brand new look, proving that people need not spend thousands of pounds on a new kitchen. Frenchic's Al Fresco range has been specifically developed to protect your garden furniture, with it is hard wearing and weather-proof properties which also make it a great paint to be used in kitchens. As with all Frenchic paint, the Al Fresco colours are EN-71:3 certified making them child and pet-safe. With a range of 15 permanent colours and four limited edition ones, there is something for every kitchen.

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# Home improvement



## Plans to come for major city development



The team behind the redevelopment of the Conygar site in Nottingham has said it is planning on submitting a detailed planning application in the next few months.

The Conygar Investment Company, which owns the derelict site in the city centre, has been working closely with Nottingham City Council since receiving outline planning in April this year.

The next stage is a detailed application, which will lay out the plans for first phases of the scheme, which include a luxury hotel and the regeneration of the area around the canal basin. The overall scheme will feature more than 600,000 sq ft of office space, as well as 907 new homes and a public park.

The developer is also already receiving significant interest in the

two former warehouse buildings on site, as well as the proposed student accommodation segment on the Manvers Street side of the 40-acre plot.

Christopher Ware of Conygar said: "Since receiving outline planning, we have been in detailed negotiations with leading operators, which are progressing well. We are finalising the section 106 agreements alongside Nottingham City Council and will look to submit plans as soon as is feasible.

"This is a long-term phased project which we are approaching strategically in order to deliver the best possible result for the city. Once complete, we believe the site will extend the city centre community, boost the local economy and further enhance Nottingham's great reputation in both the Midlands and across the UK."



An aerial view of the Conygar site.



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