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Issue 221



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INTU SUPPORTS LOCAL YOUNGSTERS



NOTTINGHAM shopping centres intu Victoria Centre and intu Broadmarsh have announced their support of local organisations Edwalton Cavaliers and BACKLIT Young Persons Project with a total donation of over £3500, aiming to support young people in the city.

As part of intu's devolved budget, a fund of £10,000 set aside by the company to support local charities and community project, intu has donated £3000 to BACKLIT, an independent art gallery and studios in the heart of Nottingham, to help fund its Young Person's Project. Through the scheme, young people between the ages of 14-19 from Sneinton and St Ann's are invited to the gallery to take part in art classes, designed to promote self-confidence and pride in the local community.

A further £630 was also donated to Ed-

walton Cavaliers U10's team, recommended by intu team members, Darren Uveges and Glen Staniforth. The team were in desperate need of new football kits and with this donation, all 14 Under-10s players received a brand-new full kit, including shirts, shorts and socks. Speaking of the donations, Nigel Wheatley, general manager at intu in Nottingham, said: "Both of these organisations are incredibly important to young people in Nottingham and we hope the funds will continue to support the quality the service they deliver."

Darren Whiteside from Edwalton Cavaliers, said: "We are very grateful to intu for providing this donation and both the coaching staff and the team are over-the-moon with the new kits. The team work so hard and it was great to be able to reward them for it."

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URGENT HEALTH LINE LAUNCHED

This week Nottinghamshire Healthcare has launched its Urgent Medical Mental Health Line, the first of its kind in the Country. This is a new service for patients who visit their GP and require urgent mental health support. The service aims to support patients (aged 18-65) who do not require crisis support, but who are still acutely unwell and can't wait for a routine appointment, to get the help that they need quickly. GPs are able to access the Urgent Medical Mental Health Line, Monday - Friday, 9.00am-5.00pm. They are able to speak directly to a Consultant Psychiatrist who will provide advice and guidance. If the issue

cannot be dealt with on the phone and it is clinically urgent, the person can be seen by a clinician within three working days in a community setting.

The service has been developed in conjunction with the Clinical Commissioning Groups (CCGs) from across the South of the County.

Dr Chris Schofield, Lead Consultant Psychiatrist, who led the project on behalf of the Trust said:

"We believe this will provide a valuable service to patients and aims to ensure they get the help that they need quickly, in a community setting. Through this we will be able to provide safer, faster and better care for the patients we serve."

The service will start in the South of the County, rolling out across Nottingham City in September.

This is part of the Urgent and Emergency Care (UEC) Vanguard for Greater Not-

tingham. Vanguards lead on the development of new care models which will act as the blueprints for the NHS moving forward and the inspiration to the rest of the health and care system. This Vanguard aims to create an urgent and emergency care system where A&E is no longer the first or 'default' choice for patients, by helping them access other more appropriate urgent mental and physical health services in the community. Paul Smeeton, Executive Director for Local Partnerships said:

"We are delighted to be able to launch this new service, offering further support to those who really need it."

"GPs can already phone consultant physicians and surgeons and now they can phone a consultant psychiatrist. They will now be able to get timely advice in relation to mental health concerns and where necessary patients can be referred for an urgent assessment."

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Golfers' Fundraising Drive Supports Full Spectrum of Life

Mapperley Golf Club is teeing off to support Nottingham's hospitals, with both ladies' and men's captains choosing Nottingham Hospitals Charity as their charity of the year.

Between them they are supporting the whole spectrum of life from premature birth to end of life care. The ladies' team chose the hospital's Neonatal unit and the men's team have chosen Hayward House palliative care centre.

Ladies' captain Maria Timson says: "I chose Neonatal partly because a friend's son was treated there and I wanted to help tiny babies at the beginning of their lives. I also wanted to support a local charity - when you give to big national charities you don't always know where the funding is going but Nottingham Hospitals Charity allows you to choose exactly where your money will be spent."

Maria and other lady club-members are staging several fundraisers throughout the year, the main one being a Ladies' Golf Day at the Club's 18-hole parkland course on Plains Road, Mapperley which took place on 11 April. She has also had a generous £3,000 donation from Robert Sansom of Frank Key Builders Merchants in Daybrook, Nottingham which he raised by putting on a race night.

Men's captain Dave Olley chose Hayward House palliative care centre

where he volunteers. Dave, a former nurse at QMC, wanted to support end of life palliative care because both his parents died of cancer. Starting with the Captain's Drive In at the start of the season, Dave and team-mates have planned a host of fundraising events including a

Charity Golf Day on 30 July, a charity auction and a quiz night. Dave says: "Volunteering at Hayward House I see the benefits to patients of the complementary care, arts activities and counselling that are all funded through the Charity. It makes a big difference.

"Our chosen charity is a good fit with the Ladies' team because between us we are supporting the beginning and end of life." Mapperley is one of several Nottinghamshire golf clubs choosing to support Nottingham Hospitals Charity. Beeston

Fields Golf Club raised more than £6,200 and Radcliffe on Trent Golf Club recently donated £5,270.

Fundraising Manager Nick Lawford says: "Golf clubs locally are very important fundraisers for us and we welcome this new partnership."



Dave Olley, men's captain with Sian Griffiths, fundraiser at Nottingham Hospitals Charity

Study looks to safeguard red squirrels' future

Researchers are embarking on a new project aimed at helping to safeguard the future of the red squirrel in

the UK. The Nottingham Trent University study is investigating how red squirrels

currently utilise and exploit urban environments - so that this information can be used to help better manage these habitats to their advantage.

There are thought to be about 140,000 red squirrels left in the UK, with numbers dwindling as a result of being outcompeted by the hardier grey squirrel, which was introduced from the United States in the late 1800s.

Using Formby in Merseyside as their study site - a stronghold for red squirrels - the research-

ers will examine the reds' patterns of movement and their home ranges. They will also investigate the effects of living in close proximity to humans, such as activities and opportunities for supplementary feeding and hotspots linked to traffic mortality. The impact upon squirrel populations of the gradual removal of trees in nearby residential gardens - a high-quality habitat for the reds - will be studied as part of the four-year project, which

also involves Lancashire Wildlife Trust and National Trust Formby.

The work will involve using tracking technology to monitor movements in nearby gardens and woods. Questionnaires to volunteers will assess how and when they currently feed the reds and their thoughts on squirrel conservation generally.

Any dead red squirrels found during the study will also be tested for disease and cause of death. "We hope that this study

will provide us with crucial insight into the urban ecology and conservation of the UK's red squirrels," said Kat Fingland, a researcher in Nottingham Trent University's School of Animal, Rural and Environmental Sciences.

She said: "We want to take all the information we gather on how red squirrels exploit urban habitats and resources and use it to develop a strategy for managing urban areas for their benefit."

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Free Lifestyle Programme Launched

Nottingham Rugby are pleased to announce that they are hosting a free healthy lifestyle programme at their Lady Bay home. Green and Whites players and staff will lead nutritional and physical activity sessions, providing a great opportunity to gain an insight into professional rugby players' training methods and resources.

Sessions take place every Monday evening at The Bay (NG2 5AA) between 6:00-7:30pm, starting until running until 31st July.

The joint programme has been developed alongside the Rushcliffe Health Partnership,

Everyone Health, ChangePoint, NHS Rushcliffe Clinical Commissioning Group and Nottinghamshire County Council. The sessions are open to all and to book your place, please call Mitchell Harper 07802 718594, or email mitchellharper@everyonehealth.co.uk.



Trust Nominated for Sustainability Award

Sherwood Forest Hospitals NHS Foundation Trust has been recognised as being among the best in the country for how it manages waste.

The trust, in partnership with facilities management company Skanska, has been shortlisted in the waste management category at the 2017 NHS Sustainability Awards. The national awards, which are being held on 17 May, showcase those healthcare organisations that have strived to implement active change in the way waste is managed.

The awards recognise the improvements that have been made across the Trust since November 2014,

with recycling rates increasing to 180 tonnes of cardboard and 75 tonnes of confidential waste paper being recycled, 40 tonnes of furniture being repurposed and reused and 180 tonnes of dry mixed recycling being collected.

Peter Wozencroft, Director of Strategic Planning and Commercial Development said: "We have changed the way we manage our waste and have developed a new system, which has involved our staff changing their behaviour to ensure the right rubbish is put in the right bins, recycling more and reducing the amount of rubbish we send to landfill. This not only helps the environment, it has also saved

us £418,000, so far.

"This demonstrates just one of the differences all our staff can make towards improving patient care – the more we can save by reducing waste, the more we can dedicate to patient care."

The Trust's waste is now categorised and segregated into nineteen different types of bin including cardboard and non-confidential paper, clean plastics and metal.

Skanska managing director Katy Dowding added: "Our special waste management service helps our customers to cut their costs and protect the environment. Our collaborative approach brings real benefits to the NHS."



The achievements include:

- More than 180 tonnes of cardboard was baled and sold - that's the same weight as 26 male African elephants
- Training has been completed by more than 3,600 key staff members
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Celebrating 70 years

Chilwell Manor Golf Club held quite the celebration for their longest standing member last week with a generous turnout of members coming together for an afternoon tea on Wednesday (10th May) to mark Pat Hassall's 70th anniversary with the club.

Pat, who first joined back in 1947 and is described by her friends and fellow members as 'quite the rebel', has a colourful past including a career at Barons Nursery in Borrowash, serving for four years in the WAF when the war broke out and joining the family business that made wooden tank covers at

the time but it was the influence of her father who saw her take up golf.

As a well-established member of Chilwell Manor, Pat's father paid for her first membership (which was just £8 at the time) and the rest, as they say, was history.

With a lowest recorded handicap of 15, Pat went on to becoming Lady President and later Lady Captain and was presented with an Honorary Membership for her service and dedication to the club. Guests to the event browsed photos of Pat's time at Chilwell Manor across the years before hearing



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from the current Lady Captain as she gave her congratulations to the guest of honour herself.

Captain Phillip Twells commented: "I think it's totally amazing that a lady of that stature is still here after 70 years. She's a lovely lady as well and has been an asset to the club."

Peter, a fellow member at the club added: "It's unbelievable. I think it's wonderful that the traditions of the ladies can carry on."



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You can help save a life today by signing up to complete the Nottingham 10k on May 28. Entry is free and we just ask that you pledge to raise at least £50 for this life-saving service. To sign up or for more information email k.carter@ambucopter.org.uk or call 0115 941 2255 we look forward to hearing from you!

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"She's a lovely lady as well and has been an asset to the club"

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News in Brief

TAKEAWAY
MAKES TOP 50!

The Elite Fish & Chip Company on Grantham Road in Sleaford has been named as one of the top 50 takeaways in the country.

The competition, run by Fry Magazine, means the Sleaford takeaway has made the prestigious list after independent mystery diners visited to assess a range of criteria.

Manager at the Sleaford branch, Rachel Tweedale, said: "We are judged on all sorts of aspects, from front of house and staff friendliness to cleanliness of the takeaway and product knowledge.

"Points were also awarded for the quality of the food with everything being critiqued from the crispness of the batter and the texture of chips to the flakiness of the fish.

"This means so much to us as a company as it is decided on by completely independent judges. I'm so excited for my team and want to thank them for doing us proud. We have an enviable level of quality when it comes to fish and chips and that can only be achieved when we all pull together."

Reece Head, competition organiser, said: "We would like to congratulate all those shops that made our Top 50 Fish & Chip Takeaways 2017. The pass mark was once again set very high at 95% and to achieve that takes a lot of dedication and hard work from everyone involved."

LAST CHANCE
TO REGISTER

BROXTOWE RESIDENTS have just days left to register to vote so they can have their say in the Parliamentary Election which will take place on Thursday 8th June.

Anyone who is eligible to vote has until Monday 22nd May to register. Registering is simple to complete in just a few minutes online at www.gov.uk/register-to-vote or check if you are on the register or not at www.broxtowe.gov.uk/registrationcheck

If you are eligible to vote in the election and are already registered, there's no need to register again.

Anyone wishing to apply for a postal vote is asked to do so as soon as possible before the deadline. The deadline for postal votes is 5pm on Tuesday 23rd May.

Being on the electoral register is important not only to enable people to vote, but also when applying for things like a credit card or a mortgage as this can help validate information you provide.

For more information, please contact Broxtowe Borough Council on 0115 917 3250 or 3276, email elections@broxtowe.gov.uk or visit www.broxtowe.gov.uk/elections

You can also find out more information at www.aboutmyvote.co.uk or register to vote at www.gov.uk/register-to-vote

Joining Forces to
Fight Theft

Nottingham city centre student accommodation, Hydrogen has teamed up with Nottinghamshire Police to help keep the city's students, and their belongings, safe.

Over 50 people attended a recent event at Hydrogen, where students received tips from the Police on how to reduce the risk of becoming a victim of theft and were assisted in logging their mobile phones on to the Immobilise register.

Immobilise is a nationwide property register, that links directly into the database used by the police to track the owners of lost and stolen goods. It is free to use and plays an

important part in deterring criminals and returning items to their rightful owners.

Jonty Green, Head of FHP Student Living, which manages Hydrogen, explained why the partnership is so important to them:

"Students, particularly those that are new to the city, are often seen as easy targets by criminals, but this needn't be the case. Hydrogen has been designed with the safety of its residents in mind, but we also want to help them to look after themselves when they go out. By working with Nottinghamshire Police we hope to raise awareness among our resi-

dents of the potential risks they face and to educate them about the ways that they can look after themselves and their belongings when out and about." Nottinghamshire Police Special Constable, Charlie Flatters adds:

"It is really important that we reach out to safeguard the high volume of students in the city against crimes such as theft, and working with partners like Hydrogen, we can make that happen. The event resulted in more than 50 students signing up to the national database, in addition to taking away more important crime prevention tips."

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NIP GARDEN
CRIME IN THE BUD

AS THE WEATHER WARMS UP, Broxtowe Borough Council is urging residents to protect their valuable garden equipment this summer by following some simple garden crime prevention tips.

Power tools, lawn mowers, garden tools and bikes are just some of the expensive equipment left in gardens or stored in unsecured sheds. If stolen some of these items could be used by the intruder to break into your house.

Effective garden security includes everything from boundary fences, gates, outbuildings and the valuables stored inside them.

Protect your valuables by following these tips:

- Fit well positioned external lighting
- Strong gates, fences and walls kept in good repair can deter intruders from accessing your property, keep gates locked at all times
- Compliment security measures, such as lighting, locks

and alarms by planting prickly plants to deter burglars. If doing so it is best to plant these around vulnerable areas such as: windows, fences boundary walls and drainpipes

- Keep your shed in good condition
- Fit a closed shackle padlock to the door - fittings should be bolted through the door and any screws concealed
- Fit grilles or mesh to the windows
- Fit a shed alarm
- Chain large items such as bicycles together - it is more difficult for a thief to carry away a lot of large heavy items all at once
- Lock ladders to a secure fixture in the shed or garage so they cannot be used to reach windows in your home
- Mark your garden tools and equipment with your postcode and house name or number
- Don't leave ladders and tools lying around in your garden - these could be used to break into your home

To find out about crime in Broxtowe checkout the Neighbourhood Alert System at www.broxtowecommunity.co.uk or visit the Nottinghamshire Police website at www.nottinghamshire.police.uk

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News in Brief

Kind Tabitha's Efforts Inspires Others

Tabitha Whitehead-Knight is a pupil at Haddon Primary School in Carlton and came back to school after her holidays with story to tell and a mission to help others.

Tabitha (age 9 years) told Teachers that during the school break, she and her family had visited

Birmingham, a fantastic city, but said that she was upset to see so many homeless people. Her answer was to raise money for the charity Shelter by holding a cake sale at the Carlton school. Tabitha said, "We are selling cakes to raise money, they'll be nice cakes. My Grandma taught

me how to bake and my mum is helping me a lot today." Tabitha said that all of the money raised will be sent to the Shelter charity. "It's a good charity and they show us that being homeless is something that can happen to anyone, and I don't think it is fair that they can't have a home too."

So, Tabitha and mum Michelle, along with other families who joined in with the bake sale managed to raise £86 for their efforts. Tabitha said, "I just want others to realise that becoming homeless could happen to them, that's why they should help now. I think sometimes people are even scared of homeless people, they don't realise they are just like us."

Nina Capek is Head Teacher at Haddon Primary School and said that Tabitha is an inspiration. "She is a fantastic example to all of us and her kindness has inspired everyone to look again at what we can do to help the vulnerable. As a school, we do lots of charitable events, and we have a strong ethos promoting kindness and of helping others, but it is especially inspirational when the whole idea comes from a pupil, using their own initiative. Tabitha is a credit to the school and I can attest that the cakes were fantastic too, well done Tabitha!"



'Take A Seat' Campaign Launched in The Meadows

scheme which aims to get more seats for older people in local communities is extending into the Meadows.

The Age Friendly Nottingham 'Take A Seat' initiative wants more shops and businesses to have a seat available in case an older person needs to catch their breath and rest.

Nearly 300 businesses and community venues across the city are already showing their support for the drive, and it's now coming to

the Meadows.

Take A Seat is about raising awareness of how older people sometimes struggle to get out and about because there isn't enough seating available for them to rest. In order to encourage more older people to venture out to their local shops, Age Friendly Nottingham is helping local businesses to understand the importance of offering a seat to an older person should they need it.

Older people know that a venue is taking part because they have a 'We Are Age Friendly' sticker displayed in their window. People can also find out who is signed up by taking a look at the Take A Seat

webpage - <http://www.nottinghamcity.gov.uk/health-and-social-care/adult-social-care/take-a-seat/> Councillor Eunice Campbell, Nottingham's Older Citizen's Champion, launched the initiative in the area last Tuesday, alongside ward councillors Nicola Heaton and Michael Edwards, the new Lord Mayor of Nottingham. Councillor Campbell, Nottingham's Older Citizens' Champion at Nottingham City Council, said: "It's vital that we help older people stay independent and get out into their local communities. I think it's great that so many businesses want to be a part of this initiative and I want to thank them as this really does make a difference to the lives of people and helps to reduce loneliness."



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PER PERSON

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



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£25.00
PER PERSON

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

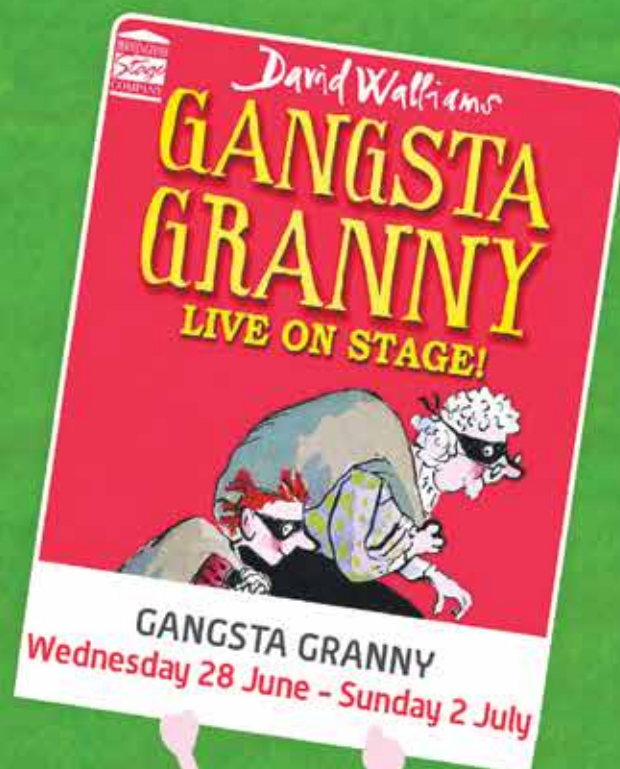
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Aries

The challenge of the week is how you are going to divide your time and attention equally between work and your domestic circumstances. Someone is playing mind games by planting seeds of doubt in your mind causing you to feel confused and concerned. If you need legal advice, do the only sensible thing and seek advice. A problem may turn out to be much easier to deal with than you were possibly led to believe.



Taurus

Family and personal stress will impact on you because demands will be made upon your time. Someone may be keeping you in the dark regarding a financial matter that could spiral out of control if it's not addressed in time. An old flame is still living in hope of reconciliation, forcing you to make some very important life changing decisions and a complete change of direction both personally and professionally.



Gemini

As one door shuts, another one opens. Your career is all set to change direction and if self-employed, there is some serious money to be made and some of it could be from afar. It's all about expanding your current situation with the bigger picture in mind. You will want to connect with people on a deeper philosophical and spiritual level because you are starting to take a greater interest in self-development and expanding your mind.



Cancer

You have only one priority and you know exactly what it is that you must focus your energies on to the exclusion of all else. Communication that you were not meant to see nor receive will furnish you with information that will answer a lot of questions and give you an advantage over a rival. Secret meetings with a lover will become intense and may throw you into turmoil as to how to handle such overwhelming passion.



Leo

You may not want to take on extra responsibilities, especially if it means having less time for yourself, but neither can certain commitments be ignored. Someone from your past may suddenly reappear unannounced and this could be indicative of some unfinished karma. More money for luxuries should become available and entering a competition will also be a welcome source of excitement.



Virgo

A luxury holiday is just what is needed because it will be a relief to escape the unrelenting demands upon your time and energy. You exude warmth, humour and grace, so you will have no trouble attracting attention and even admirers, but your problems will be making the right choices, especially when it comes to partners. Wise advice from a trusted friend should be adhered to, but are you ready to listen?



Libra

You have every right to be suspicious of someone's motives especially when you start asking questions and they avoid answering by trying to distract your attention. Never ignore your gut instincts because they are there to protect and warn you. Multi-tasking is not necessarily all it's cracked up to be, so instead, do what you always do best, be systematic and organised if you want to get important jobs done.



Scorpio

Deep and meaningful conversations are what you need the most because you do not have much time for small talk. What you must remember over the coming weeks is that your evil needs must come first. Other people may try to object or manipulate you into doing their bidding, but they will only succeed if you let them. Make your intentions clear right from the start so that everyone knows exactly where they stand.



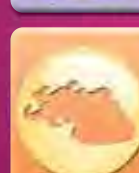
Sagittarius

Someone may call upon you for help, but whatever else you do for them, don't lend them money because you are unlikely to see it again. This is a make or break time regarding one particular relationship, so you must expect to feel more emotional than usual because change is never easy, but in your case, very necessary if you are to start making progress and moving forwards in the direction your heart is pointing towards.



Capricorn

You may indulge yourself by splashing out on a new car or wardrobe of clothes because your image is slowly evolving and changing and you now want new and better than before and wish to rid yourself of past memories. Your patience will be stretched to the limit regarding a family or personal matter and you may be accused of sounding harsh and unreasonable, but there's only because you are not compliant with their wishes.



Aquarius

Let's face it, you don't do small talk, you don't humour people and prefer to deal with the facts because you like to complete tasks satisfactorily. After all, you have your reputation to uphold. There will be some excitement in the air because you are about to receive some wonderful news or be made an offer that could change the course of your life. You may be tired and you may be lonely, but stay focused because trends are now starting to work to your advantage.



Pisces

No-one expects you to be the life and soul of every party, but you will soon reap the rewards of all the efforts you have put into a certain project. Don't leave anything to chance and double check that your finances are in order before splashing the cash because you cannot afford to be reckless with so much going on right now. Gradually, everything will start to fall into place and then you can make some fresh new plans to start living again.

Edwalton Primary School are Rushcliffe Football Champions

A Year 6 football team from Edwalton Primary School have seen unprecedented success in the past year, winning both the Autumn and Summer Football Tournaments, becoming Rushcliffe Champions.

Edwalton Primary School's Chris Owen-Jones, Teacher and Manager of the team, said that their success is down to strong friendships in the team. "I think the team have triumphed because of teamwork. There are no superstars, but a set of very good players; all working hard to understand each other's game. Apart from one, the rest of the team all play together for the same Saturday team." Chris says that the winning footballers have another great team behind them, "We have some very supportive parents who attend every game without fail, and also help me with lifts!" The win also comes just as much loved Head Teacher since 1998, Mr Brian Owens, is due to retire, and the football team were proud to make this an enduring gift to mark his last term. He said, "To win both tournaments in my final term was very moving for me and very special win for a lovely group of lads who are so unassuming and model pupils." The boys kicked

off their amazing year when they won at Ruddington St. Peter's School 6-a-side tournament. As crowned Borough Champions, they then represented Rushcliffe in the County 7-a-side, held at Sutton Lawn where they were once again victorious but only after enduring a nail biting final decided on penalties. Champions of Nottinghamshire, the boys now faced their toughest test yet when they played in the regional finals, held in Beeston. Chris Owen-Jones said, "The boys played well and conducted themselves brilliantly, but found goals hard to come by. They left the tournament with their heads held high, but for the first and only time this year, without a trophy." But as Chris explains, it wasn't long before the Spring tournament of St. Peter's came back around. "The boys again grasped success, finishing as champions of Rushcliffe once again, and without conceding a goal in either the group or the knock out games." Edwalton Primary School Year 6 footballers have now become the first school to win the competition in both the Autumn and then Spring tournaments in the last 25 years, rounding off a fantastic season.



Corey, Olli, Aaran, Hugh, Dante, (front row left to right) Ruben, Adam, Alex and Rio

"We are so excited to announce we have received this heritage lottery funding"

Lottery Support for Transformation Project

An ambitious plan to turn Newark Castle's historic Gatehouse into a major new visitor attraction has been awarded funding, thanks to National Lottery players. Newark and Sherwood District Council has been awarded a first-round pass by the Heritage Lottery Fund (HLF) for its Newark Castle Gatehouse Transformation Project.

The project aims to restore the Gatehouse area of the Castle (where King John died 800 years ago) by the addition of a roof, floors and windows. This will both protect the structure from future degradation and open up a series of new rooms which will allow for additional interpretation and exhibitions. In addition a new entrance into the gatehouse via the Castle's North West tower will allow for a separate, paying attraction to be developed which will greatly assist with the sustainability of the site.

Development funding of £84,000, made possible by National

Lottery players has been awarded to help the Council progress its plans to a stage where it can apply for a full grant at a later date. Newark Castle has stood on the banks of the River Trent for 900 years and is a focal point for Newark and a source of pride for residents. The scheduled ancient monument is one of the finest surviving Norman Gatehouses in the country. The Castle was largely reduced to a shell of its former self after Oliver Cromwell ordered it to be put beyond military use during the 17th century English Civil Wars, however much of the original Gatehouse structure remains today.

The project will house a key educational resource featuring King John, Norman crime and punishment, the outlaw sub-culture that surrounded the mythical Nottinghamshire hero Robin Hood and the castle's pivotal role in Newark's Civil War history.

Castle warden Floss Newman said: "We are so excited to announce we have received this heritage lottery funding. It will bring a whole new dimension to the Castle

and enrich Newark's history even more." For more information

and to keep up to date with the progress of the project visit our dedi-

cated Facebook page – www.facebook.com/newarkcastlegatehouse

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Students Hear From Holocaust Survivor

Students at Rushcliffe School, in West Bridgford, have been hearing first-hand the moving story of holocaust survivor Simon Winston.

Simon and his family escaped from a Jewish ghetto in Nazi Occupied Poland during the Second World War and spent nearly two years in hiding, narrowly escaping capture on numerous occasions. After the war his family,

who were then homeless, came to Nottingham and Simon, now 79, has lived in Nottinghamshire ever since.

240 Year 9 students listened in stunned silence as Simon spoke of how 2000 Jews in the ghetto (prison camp) where he lived as a child were rounded up, marched into the forest and shot dead; of how his father used one of the gold bars, which he had

hidden in secret compartments in clothes, shoes and a brush, to bribe a German soldier into allowing their family to escape; and of how they spent years hiding in holes in the ground, only coming out at night to forage for food.

The talk was the culmination of a year-long "Lessons from Auschwitz" project which the school has been undertaking through



"We organised the assembly because we wanted to make sure the message was passed on"

the Holocaust Educational Trust.

Two sixth-formers, Eleanor Watson and Harry Guttridge, were selected to act as ambassadors, visiting Auschwitz and then working with others to make sure the lessons from the tragedy are never

forgotten. They also linked up with fellow Rushcliffe students Finnuala Brett and Jessica Pinkney to design a rose mosaic in memory of the holocaust, which Simon unveiled. This will now be on permanent display in the school. Eleanor, who's in Year 13 at

Rushcliffe, said: "We organised the assembly because we wanted to make sure the message was passed on but we also wanted to create a permanent reminder in the school. We chose to do a rose as the rose garden at the National Holocaust Centre in Newark is such an important place and we felt it would be a poignant symbol."

16-year-old Jessica added: "It's really important to learn about things like genocide to make sure it never happens again."

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Beecham
Thursday 10:00am
Tel: Margaret on 07877 615284

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(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

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Friday 8:00 & 10:00am
Tel: Sacha on 07515 172984

Chilwell
St Barnabas Church
(off Inham Road)
Thursday 5:00 & 7:00pm
Tel: Niki on 07539 066085

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

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

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

Gotham
Memorial Hall
Nottingham Road,
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Tel: Sarah on 07979 006707

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

The John Godber Centre
Ogle Street
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Tel: Kerry on 01159 558835

Keyworth
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Partnership to Support Innovation

The University of Nottingham has agreed a new partnership with Molson Coors Brewing Company UK & Ireland which will see staff at both organisations working more closely with each other in the future.

Molson Coors has a long association with The University of Nottingham, and has been involved in various collaborations in the past, including funding a PhD student whose research paper on flavour

stability in beer was presented at the EBC (European Brewing Convention) congress 2015 in Porto. Under the new agreement, Molson Coors will work with the University to support innovation and developing talented people through their MSc programme to enter the brewing industry.

One of the first initiatives will involve a funding award for full-time MSc Brewing Science students,



covering 50 per cent of their course fee, and giving them the opportunity to undertake a three-month project at Molson Coors' Burton brewery. The award will be given to up to two students every year for the next three years. Future collaborative projects are also being explored, including research, student placements and guest lectureships which will help to further strengthen the ties between the University and Molson Coors.

Speaking about the new partnership with The University of Nottingham, Roddy McEwan, Molson Coors' Global Brewing Process Innovation Director, said: "We want to open our doors to The University of Nottingham, providing access to state-of-the-art facilities at

our brewery in Burton upon Trent, the largest brewery in the UK."

Ryan Keyworth, Director of Research and Enterprise, added: "It's fantastic that Molson Coors and The University of Nottingham have agreed to work together even more closely in the future. When a forward-thinking business like Molson Coors teams up with academic experts and talented students, innovation is likely to happen. This partnership is a 'win-win' for both parties — Molson Coors get access to cutting edge research expertise and academic thinking, and our staff and students get the opportunity to apply their ideas to the real world and access state-of-the-art commercial brewing facilities."

New L2 Bus Service

Two bus services have merged to create an improved service to Nottingham Business Park and Glaisdale Parkway Industrial area

The new LocalLink L2 bus service combines parts of both the WorkLink W3 and LocalLink L33 bus services and will also provide a new daytime service to the Woodhouse Park housing development.

This does mean that the L2 will no longer serve the sections of the previous L33 route between Assarts Farm, Phoenix Park and Bulwell.

People in Bulwell who previously used the L33 LocalLink will still be able to travel to the Queens Medical Centre by using the tram or the commercial bus network. The number 35 for example continues to connect Bulwell to the QMC. Passengers wishing to travel to Phoenix Park can continue to make this

journey by using the tram. Cllr Nick McDonald, Portfolio Holder for Business, Growth and Transport,

said "These changes mean more buses will serve Nottingham Business Park and Glaisdale Parkway Industrial estate during peak times and throughout the day, plus people in Woodhouse Park will benefit from improved transport links too."

"Due to dwindling council budgets we have to look at different ways of providing top quality transport and these changes on the whole will benefit a number of residents and workers by giving them better access to public transport."

This service is operated by Nottingham Community Transport on the behalf of Nottingham City Council with brand new electric buses which help to reduce local air pollution. Plus a trip with a Robin Hood Pay As You Go Card will only be £1.



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Owls will have a hoot on starlight walk

Brown Owl, Tawny Owl and Snowy Owl from Stapleford are being cheered on by their brownie unit as they get ready for their night walk on Friday 19 May to raise money for Treetops Hospice Care. Otherwise known as Catherine Collins, Kylie Brennan and Emma Middleton, the volunteer leaders from the Stapleford Brownies are joining hundreds of other women taking part in the Starlight Strut starting at 10pm at the University of Derby. The 5k and 10k sponsored walk is just one of many ways in which the twenty-five brownies and their leaders have pledged to support the local charity which provides nursing care and emotional support for adults, their families and carers across Derbyshire and Nottinghamshire.

Brown Owl, Catherine Collins, 49yrs from Stapleford explained:

"Our theme this year is helping others and the community and we wanted to try and help local organisations. Some of our girls' families have personal links with the hospice and we know it's a really worthwhile cause."

"When we decided to support Treetops as a unit, we pledged as leaders that whatever we asked the girls to do, we would do as well, so signing up to the Starlight Strut made complete sense. We're looking forward to making the girls proud!"

The Starlight Strut is taking place on Friday 19 May starting at 10pm at the University of Derby. Those interested in taking part in the 5k or 10k sponsored walk through Derby city can register online: www.treetopshospice.org.uk/starlightstrut.

Mansfield Bus Station Works

Improvement work to the drainage at Mansfield bus station's bay areas has started and will take place until Saturday 22 July.

In order to carry out these improvements safely, several bays each week will need to be closed, therefore some buses

will use alternative bays. Debra McIlwaine, Mansfield Bus Station manager said, "During the works, some bus services will depart from alternative bays. So for up-to-date departure information during the works, please check the electronic signs or speak to a

member of our staff who will be on hand to help.

"These works are not expected to cause any delays to bus services, however we would encourage customers to turn up a few minutes earlier, in case their bus doesn't leave from the usual bay."



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INCLUDES: Return ferry sailing + 3 nts BB in 4* Hotel + Tour of Paris + Excursions to Monmartre & Sacre-Coeur

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19 Jun

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INCLUDES: 4 nts DBB in 3* Hotel + Excursions to Ostend, Bruges & Ypres

19 Jun | 24 Jul | 21 Aug | 11 Sep

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What's On

Moira Canal Festival 27, 28 May

Moira welcomes the Coldstream Foot Guards 1815!



The 2017 Moira Canal Festival is again at Moira Furnace, on the restored length of the Ashby Canal, over the weekend of 27, 28 May. This year it hosts the Inland Waterways Association's National Trailboat Festival for a celebration of the small boats of Britain's waterways. Over the weekend there will be a wide range of entertainment for all.

Visit the Coldstream Foot Guards 1815 realistic living history village and watch their armoury and combat displays. Look out for a spectacular performance from Van Buren, Member of the Magic Circle, see his mystifying show, and also learn a few techniques with his interactive demonstrations. There will be music, with an assortment of bands and singers over the weekend, Morris dancing will liven things up on Saturday, a Battle of Britain Memorial Flight Dakota flypast on Sunday, fun for the children, live steam train rides, a variety of stalls and demonstrations, classic cars, historic engines, boats, bar and refreshments, which will all revolve around the banks of the Ashby Canal at the Grade 2 listed Moira Furnace.

Look out for Shrek the boat horse, leading the boat parade, and enter a duck in the Duck Race along the Ashby Canal!

Organised on behalf of the Ashby Canal Trust, proceeds will go towards the Ashby Canal restoration project from Snarestone to Measham and ultimately to reconnect Moira to the national canal network.

For further information visit www.moiracanalfestival.co.uk
moiracanalfestival@outlook.com

The Inland Waterways Association
Keeping our waterways alive

Ashby Canal Trust

The Moira Canal Festival Is hosting the IWA National Trailboat Festival at MOIRA 27, 28 May 2017



Boat Parade, Coldstream Guards 1815 Historic Re-enactment, Battle of Britain Flypast, Bands, Shrek the Boat Horse, Children's Entertainment, Live Steam, Morris Dancing, Stalls, Bar, Refreshments, the Ashby Canal Duck Race plus
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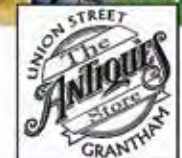
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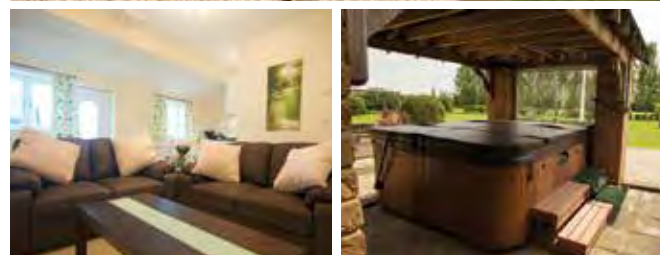
Open all year round, the cottages boast 4* gold modern and spacious accommodation ideal for a week-end away with family and friends and a heated indoor pool and sauna are just some of the facilities guests can take advantage of at the onsite spa.

The self-catering cottages are also available for corporate days.

With easy access to neighbouring towns such as Caistor, Market Rasen, Louth and Cleethorpes, there's plenty to keep you entertained outside of the cottages themselves too. Visit the famous Market Rasen Racecourse, The Lincolnshire Wolds Railway or the beach at Cleethorpes for a stay you're sure to remember.

Don't miss out on the Spring bank holiday offer with the Elm Cottage available for two adults and two children from Monday 29th May for 4 nights - only £350!

Call 01652 628071/ 07768038885, email treetopscottages@yahoo.com or visit www.treetopscottages.com for more information.



Treetops Cottages has just been named one of three finalists for the The Lincolnshire Environmental Award and will be presenting at the Bentley Hotel alongside Professor David Bellamy on May 25th!



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What's On

A summer of fun at Tolethorpe Hall

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Last summer over 34,000 people experienced the magic of an evening at Tolethorpe Hall. Enjoy a picnic in the beautiful grounds as the sun slowly sets, then take your seat, protected from summer showers, and see a stage like no other. There are three fabulous productions this year: From the directors of 2013's sell-out hit The Comedy of Errors comes Shakespeare's funniest play, Much Ado About Nothing, full of witty love-duelling, comic villains and crazy chases. Battle-weary heroes return from the First World War with their thoughts turning to romance, but the dastardly Don John and his comical sidekicks plot to scupper any romances. In a traditional, Elizabethan production of



Shakespeare's most popular comedy, A Midsummer Night's Dream, four runaway lovers must spend the night in a dark and ominous wood. They encounter the parallel universe of fairies, goblins and sprites, where all is not well between the fairy King and Queen. Hobson's Choice is Harold Brighouse's classic comedy about the hilarious trials and tribulations of Henry Hobson and his three uppity daughters in 1880's Salford. When Hobson teases his eldest daughter about being past the marrying age, she promptly retaliates by marrying his best boot-hand and setting up a rival shop! 6th June - 26th August. Performances every night (excluding Sundays) at 7.45pm and matinees every Saturday at 1.30pm. Tickets priced £11 - £19.

Box office: 01780 756133
For more information and to book online:
www.stamfordshakespeare.co.uk

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A close-up photograph of medieval armor, featuring a silver helmet with a visor and a red surcoat with white heraldic designs. Several long wooden poles with metal tips are visible in the background.

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A photograph of a person in full medieval armor, including a chainmail tunic and a helmet with a conical top. They are holding a long wooden staff or pole. The background is dark and textured.

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Domesday in a castle built by the same king that ordered the document. The iconic document will be in the David P J Ross Magna Carta Vault, alongside Magna Carta and Charter of the Forest. In the 800th anniversary year of the Battle of Lincoln, visitors to The Collection will be able to

bition. The pages on display will include parts of William's rousing speech to his troops before the fight. Amongst the treasures will be the great illuminated bible of Henry IV, Henry Bolingbroke, the only Lincolnshire born king, and Mary Tudor's book of devotions. On a more sombre note, visitors will be able to see the act of attainder which led to the execution of Katherine Howard, and the death warrant of Mary Queen of Scots. Receive a 10% online discount by purchasing a Lincoln Castle All Inclusive Domesday tickets and Battles and Dynasties tickets from either www.lincolncastle.com or www.thecollectionmuseum.com. Battles and Dynasties has been brought together by Lincolnshire County Council and Lord Cormack in partnership with the Historic Lincoln Trust, The National Archives and the British Library.



12th and 13th century documents about the battle. The sole surviving manuscript recording the life of the great William Marshal, the hero of the Battle of Lincoln, will journey across the Atlantic from the Pierpont Morgan Library in New York, to be part of the exhi-

A Day Out to Remember...

From stunning and historically rich buildings and attractions for a day spent absorbing the region's rich culture to the vibrant and picturesque seaside towns for a summer's afternoon walk on the East Coast, Lincolnshire is one of the country's most diverse destinations and, located roughly an hour and twenty minutes away by car and just under an hour on the fastest train, visitors have access to all it has to offer in next to no time.

Skegness

This seaside destination on the Lincolnshire Coast has become hugely popular among visitors with its stunning jubilee clock tower, theme parks and attractions and of course one of Britain's most famous beaches. An impressive peer overlooking the sea, donkey rides alongside the shore and an events stadium that plays host to all manner of shows and activities are just a few examples of what make Skegness one of the country's most attractive and vibrant coastal destinations.

Lincoln

The city itself is well known for the stunning, medieval cathedral it is home to but there's much more to the heart of Lincolnshire than its impressive and infa-

mous monument. The medieval city was host to an industrial revolution and a civil war and has all manner of attractions that encapsulate its fascinating past, from the Museum of Lincolnshire Life to the stunning grounds of Dodington Hall to Lincoln Castle.





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TUESDAY
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8:30 - 9:00

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A Day Out to Remember...

Louth

Located in the stunning hilly landscape of the Lincolnshire Wolds, Louth is considered to be the capital of the area and is an ideal place to visit for anyone looking to swap the vibrancy of the coast for the relaxation of the countryside. The raw and natural beauty of Lincolnshire's landscape is epitomised by Hubbard's Hills with winding path ways and stunning lakes making for a perfect peaceful retreat.

Grantham

The market town of Grantham is famous for the historic

figures that it has been home to. From famous athletes and actors to Isaac Newton who attended school there, the town has been associated with many a famous face over the years. Today, Grantham is a great destination for a good old fashioned family day trip. Bolton House and Woolsthorpe Manor are the perfect backdrop for a peaceful few hours learning about Lincolnshire's past, the Guildhall Arts Centre is home to all manner of fascinating and themed artist exhibitions and the town's collection of quaint café's and gift shops are a great way to reflect on the day's activities

before the journey home. Lincolnshire is hugely unique in its combination of the excitement of the seaside and the tranquility of the countryside and is home to some of the country's most famous and fascinating places to visit. A day trip with the family or a mini-break in Britain doesn't have to mean traveling hundreds of miles and as far away from home as physically possible. If we look close enough, all the excitement, vibrancy, culture and history so many of us look for in a getaway is a lot closer than we might think.



BBC's Wolf Hall Costumes On Display

Fans of the critically acclaimed BBC drama Wolf Hall will be able to get up close and personal with the costumes of the show as the clothing will be on display at Gainsborough Old Hall in the summer of 2017.

The Tudor cos-

ting to see these magnificent Tudor costumes.

"Wolf Hall was celebrated by critics for its historical accuracy, and the costumes are a brilliant example. They're impressive replicas of the clothes we know were worn by Henry VIII and his courtiers."

The historical smash hit was

shown on BBC Two in January 2015, telling the story of Thomas Cromwell's rise to fame in the court of Henry VIII.

More information about Gainsborough Old Hall's 2017 events is coming soon. Stay up to date at www.gainsborougholdhall.com



tumes will be in Lincolnshire from 29 April 2017 through until the August bank holiday, promising a treat for fans of drama, history and fashion. The costumes will be lent to Gainsborough Old Hall courtesy of Angels Costumes.

Jon Hogan, public engagement manager, said:

"Henry VIII himself stayed at Gainsborough Old Hall with his fifth wife Catherine Howard in 1541, making it the perfect set-

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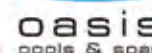


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Mansfield and Ashfield have greatest need for foster carers



Out of the 20 Notts youngsters currently waiting for a County Council foster home, eight are children and young people living in Mansfield and Ashfield. During this year's Foster Care Fortnight (8 to 21 May), Nottinghamshire County Council is appealing for more people in those areas to consider becoming foster carers to give brothers and sisters and children aged 11 and over a loving home. The Council's fostering service manager Naomi Sills said: "Mansfield

and Ashfield are the areas where we have greatest need for more foster carers. As well as the eight we need there, we also have 12 other children currently waiting for a Council foster home in other parts of the county. "Finding sufficient numbers of the right carers is a challenge faced by all fostering services, but across Notts and the Mansfield and Ashfield districts, we are particularly looking for foster carers to look after sibling groups and older children to provide them with a loving, secure home and lots of love."



If you want to find out more about fostering, visit www.nottinghamshire.gov.uk/care/fostering



intu gains national recognition

NOTTINGHAM'S intu Victoria Centre has scooped a national award at the Revo Purple Apple Marketing Awards. The Toy Testing Lab was designed by intu to create a festive and free experience for children in Nottingham and was awarded a Purple Apple Merit at the Revo Purple Apple Marketing Awards ceremony in London. Nigel Wheatley, general manager at intu in Nottingham, said: "We are so delighted to have been recognised at such a pres-

tigious award ceremony, especially for a Christmas activity, that was so different to anything else. "The Toy Testing Lab was designed especially for our little customers who were able to act as Toy Testers, helping Santa's elves to test and choose the very best Christmas toys for local boys and girls. "The lab, which was rolled out for the first time last year, was a great success providing a fun activity for children and an opportunity for retail-

ers in the centre to showcase their very best toys." The Toy Testing lab hosted over 1,400 children over the festive period, with each child being able to test the latest toys with the help of Santa's elves before being named official 'toy testers'. All donations from the lab went towards intu's charity of the year PASIC, helping to give emotional, financial and social support for families of children and young people with cancer, leukaemia & brain tumours.

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Friday 19th May 7.00pm Price As Per Menu, Dine Around The World, Arunolhai, Unit 2, Farleys Lane, Hucknall, Notts NG15 6DY

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

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

www.oddfellows.co.uk for membership enquiries 0800 826 1810

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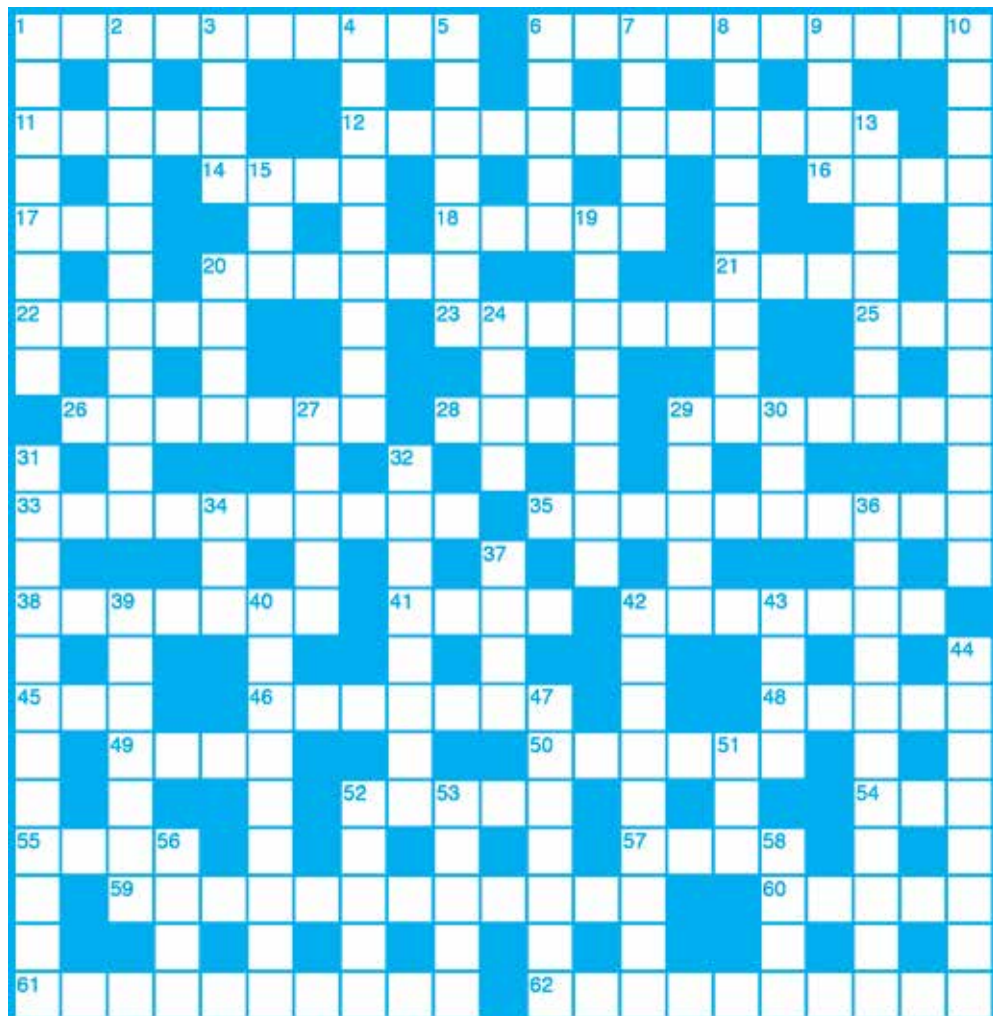
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(Answers in Issue 222)



ISSUE 220 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Quarter 5 Wigwag 8 Immense 10 Oven 11 Rumpus 12 Scram 14 Elm 15 Exercises 16 Toot 17 Bees 19 Parasol 22 Attic 24 Parsley 26 Germ 28 Wafer 29 Pistol 31 Minute 33 Splint 35 Ballet 38 Agent 39 Jail 40 Vampire 43 Layby 45 Wedlock 47 Envy 49 Snip 50 Interpret 53 Inn 54 Scalp 55 Wizard 56 Loch 57 Utensil 58 Rasher 59 Slipway

ANSWERS DOWN
1 Quiche 2 Room 3 Rinse 4 Pedestal 5 Warmth 6 Gumbo 7 Master-card 9 News 13 Scalpel 15 Euro 17 Buggy 18 Spam 20 Salt 21 Drum 23 Taffeta 25 Equal 27 Robbery 28 West 29 Pest 30 Salsa 32 Wallflower 34 Tail 35 Brewery 36 Lied 37 Alley 39 Joke 41 Meringue 42 Soot 44 Beneath 46 Spider 48 Valley 51 Tape 52 Rolls 54 Ship

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Sketches or photos	American actor See Facts (below)	Chalet Courteous man	Male or female	Dole out cards	Emergencies	American actor See Facts (right)
Wild mountain goat			Motor	Reverberate Young cow		Pundits
Body covering Involve		Helps	Straighten a row	Daystar		
Used a keyboard	To laud	Spring festival	Spicy or impetuous			
Rubbed out Breast supports			Vices	Lair	Lather	Indian dress Crime
			Yashmak	Go brown	Pussy	NE American state
Sealed					Night birds	
Back ends of boats	Cork or bung		Not high		The most weird	Dutch cheese
			Patterned tyre surfaces	Vegetable US Upper House		Definite article
			Hurled		A bribe	Went Dutch
			Enthusiastic	Self-images	Foot Hardy	Lengthy
			Hard stone		Transit Decimal base	
			Adores		Press clothes	
			Agree to		To lease	
					Ill at ease	

Facts
Born June 9th 1963
His film credits include:
1) Edward Scissorhands
2) Pirates of the Caribbean
3) Charlie and the chocolate factory

Facts
Born May 25th 1963
His film credits include:
1) Wayne's world
2) Austin Powers
3) Provided the voice for 'Shrek'

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Care

New Care Home Welcomes its First Resident

Sutton-in-Ashfield's newest care home, Kingfisher Court, has officially welcomed its first resident. Betty Banbury, who has lived in the local area all her life, moved in last month and has been settling into her new home well. Kingfisher Court was officially opened by Rtd Lt Col Keith Seddon MBE and Betty enjoyed welcoming all the visitors to her new home to view the state-of-the-art facilities.

The purpose-built, three storey home, which is located on Kingfisher Way, will provide a home for 66 local older people requiring residential or dementia care on an all-inclusive basis. Betty is enjoying her new home and says her favourite parts are the old English tea room and the garden room. She said, "The tea room on the first floor is just lovely. It is a nice place to go and relax and enjoy a

cup of tea and a piece of cake. My family enjoy visiting and my great grandchildren look forward to the cakes! I can't wait for the summer when we can sit out on the balcony and watch the world go by." Paul Quirk, Home Manager at Kingfisher Court, said,



Betty Banbury

"The team and I have been in the home for a month now, completing our training and inductions, so we were absolutely thrilled to open our doors and welcome our first resident. Betty is an absolute joy, she is being spoilt by all the staff and enjoyed being the first resident for a while, before she was joined by our second resident, Joyce Langdon. We have lots of other rooms reserved and can't wait for our next residents to move in to join Betty and Joyce in all the activities!"

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New approach to preventing falls in care homes

A £1.8m research project being led by the University of Nottingham is investigating whether new guidance for care home staff could be effective in reducing the number of falls experienced by older residents.

Funded with a grant from the National Institute for Health Research (NIHR), the three-year project is recruiting care homes in the East Midlands, West Yorkshire and East Anglia to trial a new guidelines and training package aimed at reducing the incidence of falls.

If the new approach, designed by academics in the University's Division of Rehabilitation and Ageing, is found to be effective in protecting residents from the risk of falls, it could be rolled out to care homes

across the UK.

Pip Logan, Professor of Rehabilitation Research, said: "Falls among care home residents place a huge financial burden on the NHS including treatment for broken bones, hip replacement surgery and lengthy hospital stays for recovery.

"In addition, this is an important quality of life issue for care home residents. Falling can be a very frightening experience for older people and it can often leave residents extremely fearful of a repeat occurrence, leading them to reduce their mobility and losing independence.

"We know that exercise keeps us and our bones healthy so reducing their mobility can actually lead to them becoming increasingly frail over time."



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IF YOU'VE GOT A STORY



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Pupils Given Insight Into Construction

Pupils at a Nottinghamshire school were given a glimpse into the world of construction and engineering recently thanks to local homebuilder Barratt Homes North Midlands.

The developer has committed to deliver employment and skills opportunities in Rushcliffe, and has teamed up with Rushcliffe Borough Council and the Construction Industry Training Board (CITB) to deliver the CREST challenge at South Wolds Academy in Keyworth. They visited the school to talk to students about the variety roles available in the construction industry.

Six employees including Gary Wootton (Architectural Technician), Chloe Nash (Apprentice Architectural Technician), Lois Dickens (Quantity Surveyor), Samantha Wheatley (Assistant Buyer), Steve Hallam (Assistant Site Manager) and Zoe Nightingale (Marketing Assistant) shared an insight into their roles and experiences with the Year 9 year group as part of the launch of the Sustainable Communities CREST Challenge, which the students will be undertaking within school during the summer term as part of their Geography lessons.

The winning groups from the school will attend the Cotgrave Strategic Board, run by



Rushcliffe Borough Council, later in the year, where they will have the chance to present their work to the Board.

Matt Horridge, Architectural Design Manager for Barratt Homes North Midlands, who is also responsible for overseeing the delivery of such partnerships, said: "The construction industry and housebuilding sector

offer a tremendous variety of roles and career opportunities for everyone, and the industry is crying out for enthusiastic new talent.

"By working with our partners on schemes such as CREST, and by engaging with students at an early age, we aim to encourage more young people to consider a career in construction."



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We welcome the opportunity to be involved in village life and see ourselves very much as part of the community. We have close links to the Parish church and the Methodist Chapel and both ministers are actively involved in the life of the school. Education is about partnership, about the whole school community working together to provide the very best education for our children. They are children for such a short time and it is our responsibility to ensure that they are given the best start possible and that their learning foundations are strong.

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What we do

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

Who we are

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

Our aims

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

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

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Riverside Training Success Story

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

We are extremely proud of all our learners and what they achieve with us and we really appreciate it when they are keen to talk about the ways in which our specialist training company has helped them achieve their goals and aspirations.

Here Craig Turner, one of our recent graduates, talks about his career path and shares his experiences of our company.

"After leaving sixth form I worked part-time in a nursery and then went working and travelling in New Zealand. When I returned to the UK I started off looking for a job. I tried my luck in a nursery, ended up loving it, and decided that was the career I wanted to pursue. I contacted Riverside Training for guidance about starting my career

in childcare and was advised to start with Cache Level 2 Children and Young People's Workforce and also to take my paediatric First Aid qualification. They

also helped me find a nursery that would support my training."

"I started out as a nursery bank staff member.

This setting offered me the Cache Level 2 Children and Young People's

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

"Riverside Training was a huge support with advice and training and encouraged me to succeed. They not only helped me to develop as a childcare professional,

but also as a person. Everyone I dealt with was friendly and extremely competent. The team will help you hit your targets and get you to where you want to be. The support they offer is unbelievable and they are always there

to point you in the right direction. I started a BA in Play-work and Child Development at Leeds Beckett University in September and am

hoping to become a play therapist when I complete my degree."

We are delighted Craig found that our services not only met, but exceeded, his expectations and wish him well with his university studies and every success in the future. Hopefully Craig's story will inspire you to consider training with us.

If so, you can find out more information about our courses and qualifications on our website www.riversidetrainingspalding.co.uk or by calling us on 01775 710945.

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IF YOU'VE GOT A STORY



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Local academy performance **wows** audience



Students from across all year groups at Magnus Church of England Academy came together to put on a glittering performance of Joseph to packed audiences of families and friends for two nights running. The talented performers also gave a special afternoon show for local primary schools that left some youngsters in the audience inspired by the music and acting abilities on show.

Student Anikin Watson played Joseph in the musical show and said that he enjoyed the experience. "I was nervous about going on stage as this was my first main part but with

the help of our Teachers Mrs Milan, Mr Wright, Miss Cowling and Miss Philips, all of the performers had built up the confidence we needed to perform amazingly!"

In the audience at the afternoon show for primary schools was Barnby Road Academy Teacher, Lizzie Greeley, who said that her pupils had enjoyed the show. "I thought the production of Joseph was vibrant and full of enthusiasm. The lead performers were confident and polished in singing, acting and stage presence and I felt really drawn into the story as it unfolded." Lizzie said she thought the live music added a great touch to the show. "This performance was made all the more special for me when I realised that the role of Joseph

was played by an ex pupil of Barnby Road Academy whom I had taught during my second year at the school. It was lovely to see how he has matured over the years to produce such a stirring performance."

Magnus student Eliot Reid played Reuben and said that he takes every opportunity to hone his performing skills. "I am thrilled that I have these opportunities at Magnus! I have almost lived within the Performing Arts department whilst being at this school, so I am at my best when in front of an audience. I have sung in front of audiences before but I have developed my singing thanks

to school singing lessons over the last year. Having these opportunities gives me the drive to improve. I would never have imagined being able to sing a solo, -and in key before coming to Magnus!" The schools who attended the afternoon show for primary schools were Chuter Ede Primary School, Barnby Road Academy, William Gladstone C of E Primary School, Holy Trinity Catholic Academy and Sir Donald Bailey Academy.



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Our Success is Measured by Yours

Allenby Training being a family run business within the Construction Training sector, are committed to continually meeting the needs of the people within the industry. The advice and training offered to everybody that crosses our door is paramount - our success can only be measured by your success.

With the above in mind we now operate from two centres. In Lincoln we offer City & Guilds, EUSR and Site Safety Plus courses together with anything Health & Safety based, in Wigsley, Newark, we offer CPCs, NPORS and all sorts of Plant training and tests and eventually, as the demand increases, classroom based courses.

Whilst we primarily work within the "adult sector" we are hoping that in the future we can also play a more prominent role in helping to get younger people in schools interested in working within construction. Whilst the roles within construction on the whole haven't changed, the need for more work based qualifications is being implemented by the awarding bodies we work with. If we can work with youngsters interested in construction we can hopefully help to provide them with a robust range of qualifications to get them started on the ladder to a fulfilling career.

Our aim is to provide qualifications within the industry to whoever needs them, at whatever stage in their lives within a friendly, com-



fortable and informative atmosphere. Our advice, training and tests are delivered by our trained staff who all come from either a utility or construction background so understand the complexity of working within these sectors.

For more information visit www.allenby-training.co.uk

Calling all carers!

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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)	Relford Market, The Square, Relford
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)	Workshop Market, Bridge Street, Workshop
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
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They say 'you can't pour from an empty cup' and taking time for yourself is something we definitely ought to do but more often than not don't find the time for. A hobby can be a great way to make sure that you actually do and while we've all heard the standard reading and exercising suggestions, it pays to look outside the box when it comes to finding something you truly enjoy doing. Sewing and knitting might not be the first thing that springs to mind but it's a hobby that anyone can get into and one that you'll quite literally reap the rewards from. Whether cro-

cheting a picture or knitting a new throw for your bedroom, you'll save money on the finishing touches to your home if you're making them yourself. The same goes for your clothes. We've all dreamt up a dress or skirt that doesn't actually exist on the high street so why not find or create a pattern and make one? It's a refreshing alternative to technology too. Spend an hour or two before bed knitting or sewing by hand to come down from your day rather than watching TV or playing on your phone. You're guaranteed to get a better night's sleep. If you're the kind of person who enjoys a challenge, knitting or sewing is even more ideal. Start out with small, simple projects

and practice your way to intricate stitching and detail, keeping examples of your work and how far you've come as you go.

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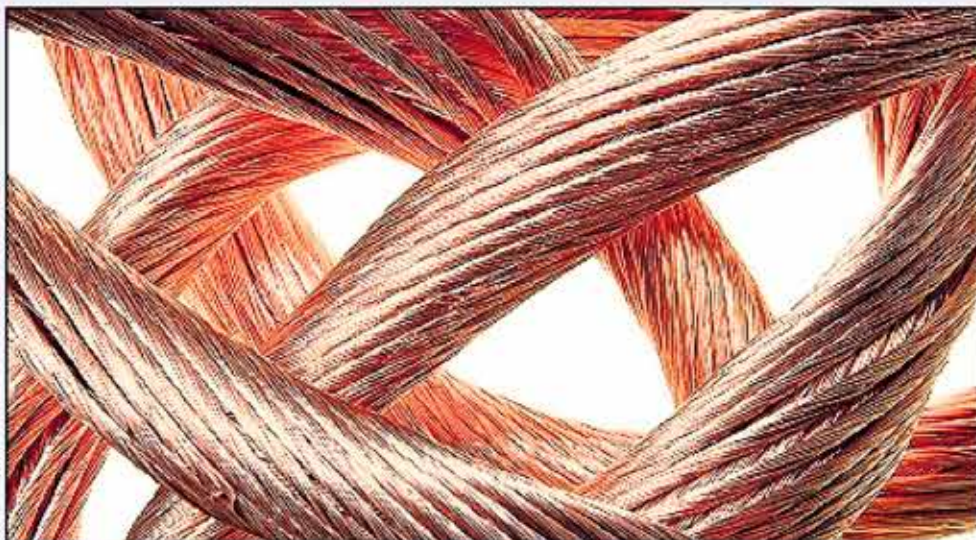
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