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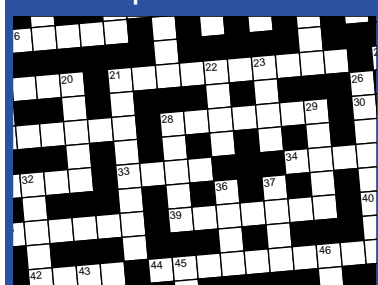
04 Local firm fights for wildflowers



16 Focus on Newark



22 Have a go at our quick crossword



ISSN 2052-2606

9 772052 260008

39 >

Setting sail for a brighter future

A relay-style sailing adventure around the UK coastline has begun as part of an initiative to improve youth development, social mobility and life expectancy in Newark and Sherwood.

YMCA Newark & Sherwood has joined forces with Tall Ships Youth Trust to host 80 community members in a bid to raise money for its £13m Community and Activity Village to be based in Newark.

The voyage, which started on 30 August from Portsmouth, will comprise of eight legs with a different crew for each, made up of 80 local community members of Newark and Sherwood. They will include school children, scouts, CEOs as well as Not Employed, in Education or Training (NEET) individuals.

Richard Leaman-Grey, CEO of Tall Ships Youth Trust commented: "The trip offers people from all backgrounds who represent the Newark and Sherwood community the opportunity to set sail on the adventure of a lifetime, while

raising money to make a difference for their community. We play a crucial role in giving these youngsters the right support to believe in themselves, to get jobs, and lead fulfilled lives".

The YMCA Community Village will be the first of its kind, and is being built with the goal to bring opportunities to people living within the isolated rural area.

The village will exist as a not-for-profit space designed to support community cohesion, health and happiness in the district, which has been cited as having a life expectancy of 10 years lower than the national average.

Situated on Bowbridge Road, Newark, the initiative promises to deliver an exceptional range of affordable sports, health and childcare programmes for people who live

in Newark and Sherwood.

Craig Berens, Chief Operating Officer of YMCA Newark and Sherwood, said: "The cornerstone of

our work is to create equal lifelong opportunities for all, no matter what their background is.

Early life experiences influence your core values into adulthood, and opportunities for young people to thrive often rely on an unfair postcode lottery which negatively affects social wellness, healthy living and youth development in deprived communities.

"We know that poor developmental opportunities can significantly contribute to not just wealth, but also life expectancy. This project is about inclusion and opportunity for those of all ages - five or 50 - to belong, contribute and thrive."

To donate or for more information go to www.justgiving.com/ymcatallships2019

X-factor star brings party to Retford

Hundreds of music-lovers from across Nottinghamshire and the East Midlands descended on Retford. Read the story on page 2.

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X-factor star brings party to Retford

Hundreds of music-lovers from across Nottinghamshire and the East Midlands descended on Retford last weekend for the first-ever Party in the Square.

The free event, delivered by the North Notts BID, saw X-factor and soon-to-be Hollyoaks star Jake Quickenden headline alongside a host of tribute acts and bands, promoting the town and its businesses.

Jake said: "It was really great to perform in Retford at Party in the Square - it's always an honour to be asked to headline a line-up like this, especially when you're per-

forming alongside some great tribute bands and artists."

Sally Gillborn, chief executive of North Notts BID, said: "We're thrilled by the number of people who turned up to the first ever Party in the Square; the atmosphere and the weather were fantastic and really demonstrated some of the amazing things that Retford has to offer."



FROM THE COVER



Chamber reacts to increased political uncertainty

Scott Knowles, Chief Executive at East Midlands Chamber of Commerce, has said regional businesses have a "real need for clarity" following recent government announcements over Brexit.

In response to the recent developments in Westminster - including calls to block a no-deal Brexit and the announcement that Government will look to suspend parliament, Mr Knowles said: "This latest in a long line of political uncertainties acts as a microcosm for what businesses here in the East Midlands and across the UK have been experiencing for over three years."

"While no one expected the journey to leaving the European Union would be an easy one, the moves and counter moves in Westminster continue to offer more questions than answers, with businesses effectively operating blindfolded as they attempt to plan in the short, medium and long term. Businesses feel like Westminster is playing an endless game of political chess, while their futures and the health of the UK economy hang in the balance."

"High level discussions such as those of the past few days fail to recognise the very real and tangible effect that such uncertainty is having on the ground every day for our businesses, which carry on stoically but nevertheless are in real need of clarity."

"The top priority for businesses and the economy is still to avoid a messy

and disorderly exit from the EU on 31 October - businesses are the creators of wealth, the glue that binds our communities, and we would once again call on government and decision-

makers to keep the needs of business at the very forefront of their thinking as the UK negotiates a turbulent period leading up to and following the 31 October Brexit deadline."

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New service for landlords to help cut evictions

Mansfield District Council is supporting a new service to help cut the number of evictions served on tenants by private landlords.

Call B4 You Serve is a new free advice service for landlords and provided by the landlords' organisation, DASH Services, on behalf of 18 housing authorities across Nottinghamshire and Derbyshire, including Mansfield.

The aim of the DASH scheme is to offer private landlords:

- A personalised housing plan agreed with the tenant.

- Rent arrears assistance through housing benefit services, Universal Credit, local government homeless prevention funds and charities.

- A financial assessment of tenants to maximise income.

- Referrals and signposting to specialist services for more long-term support should the need be identified.

- A mediation service between landlords, tenants and local authorities.

- Help and advice on leasing properties to a range of supported housing providers.

Cllr Marion Bradshaw, Portfolio Holder for Housing at Mansfield District Council, said: "Often tenants in private rented homes are evicted because they have fallen into arrears or there is some kind of ongoing dispute with their landlord."

"Like most councils, Mansfield is keen to reduce the number of homeless people by helping private landlords in cases where the tenant is in danger of losing their home."

"Eviction is a costly process for the tenant, the landlord and also the council,

at the end of the day, so anything we can do to mitigate the risk of someone losing the roof over their head has to make good sense."

"We urge landlords to make use of Call B4 You Serve at the earliest opportunity where things are starting to go wrong. It's free so they have nothing to lose and potentially everything to gain."

For more information about the scheme, contact Mark Skelton, on 01332 642368 or email Mark.Skelton@derby.gov.uk.

Got a local story to share? Please call
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TENANCY
AGREEMENT

Council appeals for witnesses to park vandalism

Broxtowe Borough Council is appealing for witnesses after the play area at Inham Nook was vandalised for the third time in less than a month.

"I am saddened by these acts of mindless vandalism" said Councillor Helen Skinner, Chair of the Environment and Climate Change Committee and Ward Member for Chilwell West.

"This selfish behaviour from just a few people not only affects all those who use the park and treat it well, but also the tax payer, who ultimately ends up paying for the repairs. I'd like to thank our Environment Team who work hard to repair damage on our parks as soon as they can so that children can get back to enjoying themselves at the play areas. I would urge any residents who witnessed this incident or any suspicious behaviour

to report it."

The council's Playground Inspector, Jim Wynne, was first made aware of the latest incident on Tuesday 20 August after major damage to the platforms and climbing ladder on the large climbing structure. This follows two previous incidents earlier this month when the same climbing frame was vandalised, leaving it unsafe.

The play area is currently closed while the council obtains the necessary spare platforms, ladders and support chains to make the equipment safe and useable.

The police have been notified and are reviewing CCTV from the park. Witnesses are encouraged to come forward with information by phoning the police non-emergency number on 101.



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L to R: Landscape Contractor, David Burton with British Gypsum's Senior Estates and Minerals Planner, Jennifer Saunders



Local firm joins fight to save wildflower meadows

British Gypsum has joined Nottinghamshire Wildlife Trust in the fight to save the UK's dwindling wildflower meadows, 97% of which have been lost since the 1930s.

The company is working with the Trust to transform a field next to Bunny Woods which is very close to British Gypsum's head office at East Leake. It is creating a 3.3-acre wildflower meadow by halting agricultural use on the former farming land and allowing it to regenerate and attract wildflower species.

Senior estates and minerals planner Jennifer Saunders explained: "Since the 1930s the UK has seen the drastic loss of its once widespread wildflower meadows with intensive farming gradually replacing them. The remaining meadows now represent just one per cent of the UK's land area and many flower and wildlife species are in

steep decline.

"We had an opportunity to 'do our bit' and regain some land to help preserve wildlife facing an uncertain future. We already have a long-standing, proactive partnership with Nottinghamshire Wildlife Trust, so we have worked with them to come up with the best plan to achieve this. Although only in its first year, we are really pleased to see there are lots of species appearing already in our meadow at Bunny Wood – some of which may have been lying dormant for up to 20 years."

Holly McCain, Senior Development Officer from Nottinghamshire Wildlife Trust added: "We're delighted to be working with British Gypsum on this project. Here in Nottinghamshire the decline in meadows has been even greater than in other parts of the UK and its exciting that we have an opportunity to support the company to restore this vital habitat."

Hey big spender!

New research has unveiled that the people of Nottingham in full-time work spend a fifth (20%) of their disposable income within 24 hours of being paid.

The average full-time worker in the UK is now left with a disposable income of £714 a month, however, for the people of Nottingham, the average monthly disposable income is slightly lower, at £620.

The research by pensions advice specialist, Portafina, shows that although working people in Nottingham spend on average 30% of their disposable income within the first seven days of being paid, they are still able to enjoy an average of 28% in the last week before payday.

Breakdown of how workers in Nottingham are spending their disposable income:

1. Put into savings £118.40 p/m
2. Holiday/travel £86.60 p/m
3. Shopping (not clothes) for yourself £83.90 p/m
4. Eating out £65.30 p/m
5. Unexpected costs (e.g. car repairs) £58.20 p/m
6. Treating the kids £55.20 p/m
7. New clothes for family/ children £53.70 p/m
8. Going on days out (e.g. entry to zoo/stately home etc) £52.60 p/m
9. Drinking in bars/ pubs £47.60 p/m
10. Things for the house £46.20 p/m



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Aries



This is a tense spell and its important that you think before you speak. Out of conflict a creative resolution can emerge, but you must be prepared to listen to other people's ideas and points of view. You are about to discover the truth regarding a person or situation which has been deliberately kept from you. An admirer makes their intentions very obvious, but your interests are perhaps diverted elsewhere?

Taurus



You have some very deep thinking to do. Close partnerships and associations are under review. You succeed in balancing work and play by delegating and allowing others to do their fair share, although not without some initial objections. This remains a most fortunate period when so many things are starting to go your way. Romantic emotions heat up and there could be some tension in the air.

Gemini



Your ideas may be good or even brilliant, but now its back to the drawing board to find ways of approaching certain situations differently than before. Don't sacrifice all of your free time too willingly over the next few weeks because you have people to see, things to do and loose ends to tie up. On the romantic front, an internet connection leads to an emotional meeting of the heart and mind and there could soon be love in the air just to add to all the current complications.

Cancer



An important decision should not be rushed. Sometimes you just wish things could be different, but they are not, so its down to you to keep spinning all the plates in the air whilst keeping a watchful eye on finances. Your personal life may be busy, but this will not prevent you from making some exciting travel arrangements because you are looking for an escape route away from all the melodrama that is playing itself out right now. You are approaching a massive turning point in a delicate area of your life.

Leo



Indulge your fantasies and start feeling more relaxed about love and romance. Not everyone will be in total agreement with what you are trying to achieve. As you know, there are times when people can be pleasant and then suddenly change their mood to become most argumentative and demanding of your time and energy. A deeply sensitive personal matter is still causing you to feel undecided about which direction to go in next, but neither must you rush into making the wrong decision.

Virgo



A legal situation could end up costing you big money if you are not prepared to heed good, sound advice. You could easily get upset over a trivial issue just because you are feeling a touch sensitive and tetchy. Your ideas have merit and your opinions are valid, but if you do not really believe in what you are saying, how do you expect others to take you seriously? Your workload is about to grow dramatically, especially if you are heavily involved in business dealings.

Libra



You may be justified in thinking that someone is behaving rather selfishly, but now is not the time to overreact. Be aware that someone is trying to manipulate you into doing their bidding and ignoring your objections. Other people do not need to know your business, especially where finances are concerned. You are particularly driven at the moment and stepping on a few toes is unavoidable if you are to reach your goals and make your dreams become a reality.

Scorpio



Taking control of your life is of paramount importance. Never make the mistake of believing that someone who has previously let you down has changed, because time will reveal that nothing at all has changed. Coming to terms with who you are and accepting your personality has not proved to be an easy exercise, but these days you seem to know exactly who you are and what makes you feel happy. Avoid people pleasers at all costs because they cannot be trusted and may betray a confidence.

Sagittarius



A spontaneous meeting with someone with a positive and energised attitude will ignite the passion you harbour for so many new and exciting things to start developing. A challenging time financially will force you to take a serious look at your spending habits in an attempt to try to make a few savings here and there. An important decision regarding property should not be rushed.

Capricorn



You are in the process of rapidly outgrowing certain people and their conversations are starting to bore you. A make or break situation affecting your love life is imminent but its also highly probable that you will have an attractive contingency plan up your sleeve to fall back on. Romance could blossom in a working environment and as much as you may try to keep your personal life separate from work, this may prove more tricky than you anticipated.

Aquarius



A group effort will go well, especially if you are busy fund raising or involving yourself in some voluntary work. Where love and romance is concerned, you have to think of yourself nowadays. Previously you paid a high price regarding matters of the heart and when everything went disastrously wrong, you were the one who paid the highest price and made the greatest sacrifice. Its time to do things that little bit differently from now on.

Pisces



Sporting or mental games will help make you feel engaged and alive. Your emotions will be intensified by your involvement in a very complicated relationship or set of circumstances. Someone is really going to show their true colours revealing that they never had your interests at heart, only their own. You are now at such a good vantage point to use every opportunity to remove yourself from a negative situation that has been draining your energies.

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Friendship Right on your Doorstep



The Oddfellows is one of the largest, friendly societies in the UK, with 310,000 members and 124 Branches across the UK. Here in Nottinghamshire, the Erewash Valley Branch of the Oddfellows runs a varied calendar of friendship group events throughout the area, which spans from Worksop to Long Eaton, and features guest talks, coffee mornings, games afternoons, 'dine around the world' and quiz nights throughout the year

The Oddfellows was first established in Manchester in 1810. By joining a friendly society, people were able to protect themselves and their families against illness, injury and death. Nowadays, the Oddfellows continues to look after its members in a variety of ways, including social events, personal care and welfare support, and a dedicated Citizen's Advice helpline. The Oddfellows is run by members, for members, and frequently gives back to the community, raising £184,000 for good causes across the UK in 2018.

Everyone's welcome at the Oddfellows, you don't have to be a member to come along! But if you do choose to join, members of the Oddfellows have access to a wide range of benefits. Annual membership costs from £25 per year.

Friendship Month

Every September, the Oddfellows waves an extra big hello to anybody looking to get more involved with their community as part of a national get-together, Friendship Month. Whether you're looking to meet some new friends, or find out more about the Oddfellows, there are Friendship Month events happening across Nottinghamshire, where a warm welcome awaits for people to enjoy a cuppa and a chat with some of its regular members.

Member testimonials

Stuart Edwards, 86 – "I've been part of Oddfellows since the day I was born, so I've been in 86 years. My great grandfather was a founding member of the Oddfellows in the Nottinghamshire and Derbyshire area. I've been friends with people all my life from all around the country and I've got to know so many different people."

Jill Parnaby, 71 – "My sister lives in Wisbech and she joined the Oddfellows and invited

me over there to barbeques, so I met people that were in Oddfellows in another area and because it was such a good feeling being amongst people that were helpful and kind, I joined my local Oddfellows."

Gladys Haynes, 77 – "I've been in the Oddfellows for ten years and I joined because my husband has been a member all of his life. I like the Oddfellows because we're always going to different places and go out a lot and it's just so friendly."

Upcoming events

September

For Friendship Month, Erewash Valley Oddfellows will be hosting a walk and picnic in the park at 11am on Friday 6 September at Carr Bank Park, Windmill Lane, Mansfield Nottinghamshire NG18 2AL. There will also be a second Friendship Month event at 2:30pm on Tuesday 17 September 2019, where people are invited to Afternoon Tea at Awsworth Village Hall, 60 The Lane, Awsworth, Nottinghamshire NG16 2QQ.

October

18 October 2019 at 10.30am
Guest speaker Ann Featherstone presents Shivers & Shrieks at Eastwood Conservative Club, 9 Church Street, Eastwood, Nottinghamshire NG16 3BP.

Friday 25 October 2019 7pm - Dine Around the World with the Oddfellows at The Lobster Pot, 199 Mansfield Road, Nottingham NG1 3FS.



To learn more about the Oddfellows, find your nearest branch and see what's happening nearby, please visit www.oddfellows.co.uk. Alternatively, contact Melanie Archer, Branch Secretary on 0115 9638766, or email melanie.archer@oddfellows.co.uk.

Shippides car Showroom
c.1927

Nottingham City Council's Townscape Heritage Scheme is celebrating the start of works to its largest grant-funded project to date.

Just over £212,000 has been awarded by the council from the Townscape Heritage Scheme fund, which will go towards repairs to the frontage of Gordon House on Carrington Street.

The award is part of the National Lottery Heritage Fund-supported scheme, which helps owners to restore historic buildings in the area with up to 67% of the costs of building repair or other heritage works, such as the reinstatement of traditional shop-fronts.

In 1927, the site was home to Shippides car showroom and featured an impressive glass frontage on the ground floor with fashionable oversized columns to upper floors. A recent Historic England report suggests that the building's frontage may have been inspired by the landmark Selfridges store in London.

Over time the building has been changed and, along with many others in the area, started to fall into decline from the late 1960s.

Cllr Linda Woodings, Nottingham City Council's Portfolio Holder for Planning, Housing and Heritage and Chair of the Townscape Heritage Grants Panel, said: "The Townscape Heritage scheme is helping to transform this part of Nottingham into the impressive



Work begins on historic building

Cllr Linda Woodings with some project representatives viewing the beginning of works at Gordon House.

gateway it once was by preserving and restoring some important historical features, which might have been lost otherwise.

"This is our largest investment in a single building in the area to date and we're delighted to be working with a longstanding local business and supporting their ambitious plans. We're excited to see the restoration of this key landmark building and for it to once again take its place as one of the most impressive in the area."

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Ragdale is a work of art

A new work by internationally renowned artist, Lucy Loveheart was unveiled at Ragdale Hall Spa recently.

The Norfolk-based painter was commissioned by the award-winning Leicestershire-based spa to paint a picture of Ragdale Hall which captured the magic and beauty of the English country house.

By playing around with perspective, Lucy was able to bring the Ragdale Hall spa experience to life.

Ragdale Hall Head Buyer, Debbie Lindfield, said: "For our loyal Ragdale fans, and those new to 'our family', we wanted to

commission a painting that truly captured the essence of Ragdale Hall and give our guests an opportunity to take a memento of their stay home with them.

"When we saw Lucy's work, we knew instantly that a collaboration would be the perfect fit. Ragdale Hall Spa is an experience, and Lucy has captured this wonderfully. Every time you look at the painting, you discover something new – you truly get a sense of the magic of Ragdale Hall, and all there is to see and do when staying with us."

Lucy Loveheart said: "I was truly honoured to be invited to create a painting capturing the

magic of Ragdale Hall Spa. From the moment I entered the spa I was completely blown away by the setting, the facilities and the friendliness of the staff. Every aspect of the spa is enchanting and a delight to experience.

"In my painting I have tried to show the elements that make the spa so unique and special from the Candle Pool to the wondrous Rooftop Infinity Pool with its amazing views of the gardens and surrounding countryside. To me Ragdale is a little slice of heaven on earth".

The original artwork is currently on display at Ragdale Hall Spa.

BRITS LACK WILLPOWER

Millions of Brits have no willpower and give in to cravings every single time.

The average adult experiences an urge to eat the likes of chocolate, crisps and cheese four times a day – 122 times every month.

An eighth of the population admitted they give in

to their desires every time they kick in, and four in 10 surrender to half of them.

The study of 2,000 adults found other popular cravings include bacon, toast and ice cream.

While one quarter admitted they feel 'unhealthy', more than a third feel both 'satisfied' and 'guilty' when

they give in.

The research was commissioned by Kallo.

The research also found chocolate, crisps and cake are the top foods we feel most 'guilty' about wanting.

The prime time for cravings to kick in is the after-lunch slump – at precisely 3:31pm.

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Steam wrecks to 'Santa in Las Vegas'

Thursford, north Norfolk in the early 1930s. Steam roller driver George Cushing is saddened by the demise of steam as diesel becomes ever more popular and begins buying up redundant steam engines to give them a second life – in his private collection at Laurel Farm.

Volunteers came from far and wide to help as the collection steadily grew, and by the 1970s had become a museum open to the public which now attracts over 170,000 visitors a year.

It was the brainchild of Cushing's son John in 1977 to put on a Christmas show for the locals in order to promote the steam engine collection.

It was some years later that George Cushing asked his son, "Why am I signing cheques for sound systems when my steam engines are gathering dust?"

The answer was that the Christmas Spectacular had grown out of all proportion and was now attracting 130,000 spectators over a six-week run, and John Cushing was devoting his entire year to the project, making every new show bigger and bolder than the one before.

Now with 5.7 million visitors under their belt, Thursford has developed into a West End style show but set in rural Norfolk, with a cast of over 130 actors, singers, dancers and all-round entertainers. The performances have been described as 'Santa goes to Las Vegas', which gives some idea of the blend between the festive theme and the revue style entertainment that has been developed around it.

There are a number of short breaks to the Thursford Spectacular being operated by local travel firms – most notably Skills Coaches of Nottingham. If you elect to make your own way to the show beware – accommodation around the Cromer / Fakenham area books incredibly early and at premium rates.



UK'S TOP 'SMALL BIZ 100' UNVEILED BY SMALL BUSINESS SATURDAY

A gift shop and wholesaler from Nottingham has been selected as one of 100 trail-blazing small businesses in the official count-down to Small Business Saturday, which takes place across the UK on 7 December 2019.

Dukki is one of this year's 'Small Biz 100', a selection of small businesses drawn from every corner of the UK that reflect the vibrancy of the UK's 5.6 million small businesses. In the 100 days running up to Small Business Saturday, the campaign will spotlight each of the Small Biz 100, as part of its mission to celebrate small business success and encourage the nation to 'shop local' and support British small businesses.

This year's Small Biz 100 features a range of unique independent businesses each contributing to their communities and offering something different, including Dukki, founded in 2014 by Heidi Hargreaves and her partner Ian Jones.

Dukki specialises in regional dialect giftware, and also offers personalised products, corporate giftware and wholesale distribution.

Dukki joins hundreds of previous Small Biz 100 businesses, which have been announced by the iconic campaign since its UK launch in 2013.

Day one of the Small Biz 100 count-down kicks off with The Butchers Social, from Henley-in-Arden, Warwickshire, with Dukki being placed in the spotlight on 15th October, where it will be celebrating by offering free gifts, discounted items and a late night

shopping experience with fizz on arrival.

Founder of Dukki, Heidi said: "We're absolutely delighted to be chosen as one of the Small Business 100. It's an honour to be included with so many other amazing small businesses. Our brand is built on our pride for Nottingham and its surrounding counties, and keeping regional dialects in general alive. We love being based in the heart of the Midlands. Nottingham is such a great city to trade from, and boasts more independent businesses than any other city outside of London. The support for small businesses is huge here, and this is yet another reason to celebrate. Bring on Small Business Saturday on the 7th December!"

Director of Small Business Saturday, Michelle Ovens MBE said: "Each year this campaign has grown in support from government, business and communities alike, and so we can't wait to begin the annual 100-day countdown to Small Business Saturday with the launch of the Small Biz 100 2019."

"Small Business Saturday's increasing popularity means it was harder than ever to choose just 100 of this country's incredible 5.6 million small businesses to showcase, but we believe those we have chosen are true representatives of the diverse,

creative and inspiring heroes at the heart of our communities."

In its seventh year, Small Business Saturday is the UK's most successful small business campaign, which last year saw an estimated £812 million spent in small businesses across the UK on the day, according to research commissioned by founder and principal supporter American Express.

This was up from the £748 million spent on Small Business Saturday in 2017, with 59% of people aware of the day saying they spent more than usual.

The #SmallBizSatUK campaign trended in the UK top 5 on Twitter on the day, reaching over 100 million people globally.

The Prime Minister, the Chancellor of the Exchequer and the Mayor of London were among those publicly supporting the campaign, alongside more than 90% of local councils.

Small Business Saturday also benefits from the backing of leading business organisations including the Federation of Small Businesses, Indeed and Dell. The campaign is also supported by Amazon, printed.com, Square and Xero. Small Business Saturday 2019 is open to all businesses to participate in and will commence its regional bus tour roadshow across the UK during the autumn, to drum up further support.



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Poetry festival at The Workhouse



The Workhouse Poetry Festival: Senses of Poetry, will be taking place across The Workhouse site (including the newly conserved Firbeck infirmary) in Southwell between the 8 and 22 September. This year the theme is around care and creativity with the poetry reflecting the flavour of the garden and natural world.

Visitors will have the opportunity to explore the house and garden following a poetry trail, hear poetry as spoken word on special performance days and take part in special activities incorporating all the senses. This includes a scented dried herbs installation which draws on the power of smell connecting it with the poetry on display.

Michelle Greet, poetry curator for this year at

The Workhouse said: "We believe poetry should be accessible to everyone from all walks of life and that there is a connection between creative writing and well-being. Poetry can be joyful, calming but also contemplative and insightful. This year, we are delighted to welcome acclaimed poet Henry Normal who will be performing his own works as part of the experience on Saturday 14 September from 2pm - this event is in collaboration with Flower Pod from Reach Learning Disability UK collective."

There will be poems across the years of the life of the Workhouse, bringing a different perspective to shape visitors' experience of the lives lived here. It will include works by John Clare, Keats and Wordsworth. Visit www.nationaltrust.org.uk/theworkhouse

Loneliness is the biggest retirement worry

Loneliness is the biggest retirement worry for UK adults according to new research from wealth management group Tilney.

The study, which reveals the nation's biggest retirement fears, found that a quarter of Brits (24%) admit that loneliness, followed by having to work to cover a financial shortfall (23%), and relying on the state for long-term care (23%) are their major woes looking ahead to the future. Having a lack of purpose (21%) and losing touch with friends and colleagues (13%) also made the list.

And the fear of being alone when work no longer forms a major part of one's life, is felt

most keenly among 18-24 year olds. The research showed that almost a third of this age group (31%) were significantly more concerned than any other age group.

Those aged 35-44 fear having to work either part or full time to cover a financial shortfall (27%). While the older age groups - 45 and over - are troubled more about having to rely on the state for long-term care; 26% of 45-54 year olds and 25% of 55-64 year olds. Interestingly, a lack of purpose was cited as one of the biggest worries about retirement by a third (31%) of those aged over 65.

Biggest UK retirement worries:

1. Being lonely - 24 %
2. Having to work part/full time to cover a financial shortfall - 23 %
3. Having to rely on the state for long-term care - 23 %
4. A lack of purpose - 21 %
5. Being unable to give financial support to family members - 18 %
6. Becoming a financial burden on my family - 18 %
7. Having to use savings I had hoped to pass on as inheritance - 14 %
8. Losing touch with colleagues and friends - 13 %
9. A loss of status due to tighter financial circumstances - 10 %
10. Having to downsize the family home - 9 %



Hedgerows – modern and stylish homes in an idyllic setting

If you dream of celebrating Christmas in a beautiful new home in an idyllic setting, then Keepmoat Homes' new development in Bolsover may be just what you had in mind.

With a mix of three, four and five bedroom homes, the Hedgerows development is ideal for first-time buyers, growing families and downsizers. Set close to the countryside with excellent transport links, the development has a variety of open green spaces, making it ideal for families. There is also a range of schooling options nearby for children of all ages.

The development is just a short distance away from the centre of Bolsover with its mix of shops, supermarkets, banks, independent shops as well as cafes, pubs, restaurants and a bustling market on Fridays.

Hedgerows is surrounded by rolling countryside, parks and historic places of interest, if you love getting out and exploring the local area this is the perfect location for you. Located conveniently near the M1, the development is nestled in the beautiful Derbyshire countryside, so it is easy to get out and about across Derbyshire,

Nottinghamshire, South Yorkshire and beyond. The market town of Chesterfield is also less than 7 miles away. With its iconic crooked spire the town offers great shopping and a variety of leisure facilities. If you love a city then Sheffield and Nottingham are both within easy reach.

And the good news is that buying your dream home could be easier than you think, with both Help to Buy and Easymove available at Hedgerows.

So, with the chance to move into your new home by Christmas, all you need to decide is where to put the Christmas tree.



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The process is simple, we first have a telephone conversation as to your requirements, with this information I then look into what is best for you & loved ones, then arrange a time & date for us to meet. At this meeting I shall show you the options, recommendations and cost. At this point you may not want my recommendations now, and settle for a standard Will which is

fine, but you may wish to re-visit the recommendations at a later date, which is great and happy to oblige. After I have sent you the draft, for your approval, via post or email, and on your confirmation all is correct, the final Will is printed. I then arrange with you a time & date to return, so the Will can be signed & witnessed. Below are just a few questions you may be asking yourself:

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- Would you like to ensure that your entire share of your estate passes to the people of your choice?
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Brits take an average of eight months to seek help with health issues

Brits take an average of eight months to seek help with their health issues.

A study of 2,000 Brits revealed a fifth of the nation regret the length of time they have spent putting off much needed appointments.

Despite the fact our health is so important, a quarter of Brits admit they are currently putting off a trip to the GP.

And nearly a third of Brits have let their health slip because daily inconveniences mean they procrastinate, rather than fix the problem.

Of these, 26 per cent believe they've now left a visit to the GP for so long they feel embarrassed to deal with it. Of those putting off a medical visit, almost half are procrastinating when it comes to regular eye tests at the opticians. And 14 per cent believe they can wait for their vision problems to become more serious before they book their eye test.

The survey was commissioned by Acuvue, whose previous research with Eurostat Data revealed 83 per cent of UK adults aged 40 and over experience presbyopia.

This is also known as "Long-Arm syndrome" – holding their phones (and other everyday items) far away from their faces to be able to read them because their vision has progressively changed as they have got older.

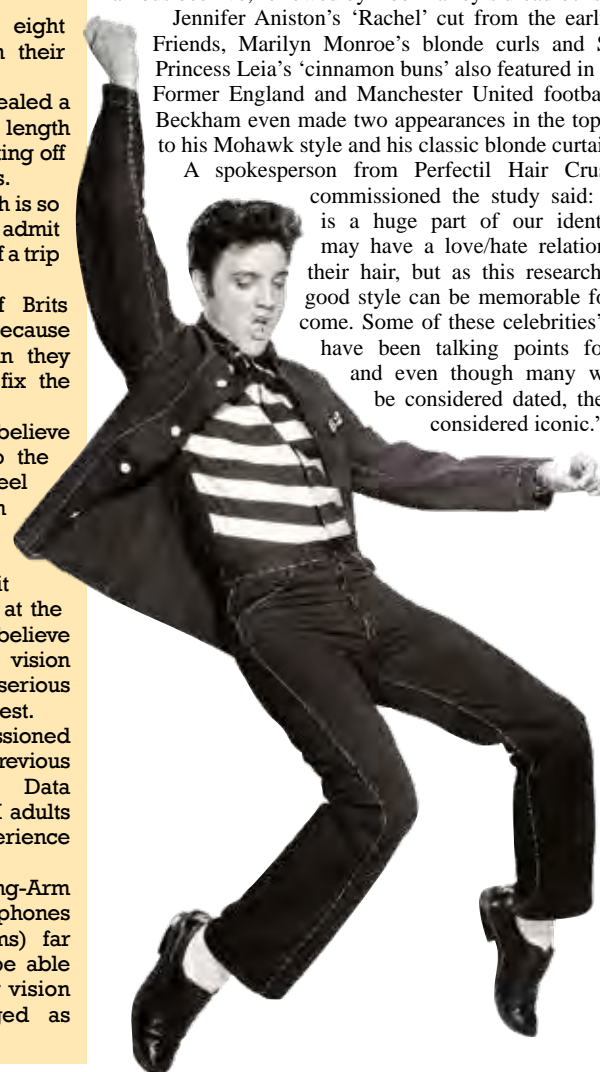
Elvis Presley's quiff is the most iconic of all time

Elvis Presley's quiff hairdo is the most iconic of all time, according to research. A study of 2,000 adults saw the dark, slick-backed 'do' worn by the singer during his rise to fame in the 1950s and 1960s come top of the poll with almost a third of the vote.

Second place went to 'Back to Black' singer Amy Winehouse's famous beehive, followed by Bob Marley's dreadlocks.

Jennifer Aniston's 'Rachel' cut from the early years of Friends, Marilyn Monroe's blonde curls and Star Wars' Princess Leia's 'cinnamon buns' also featured in the top 10. Former England and Manchester United footballer David Beckham even made two appearances in the top 50 thanks to his Mohawk style and his classic blonde curtains.

A spokesperson from Perfectil Hair Crush, which commissioned the study said: "Our hair is a huge part of our identity. Many may have a love/hate relationship with their hair, but as this research shows, a good style can be memorable for years to come. Some of these celebrities' hairstyles have been talking points for decades and even though many would now be considered dated, they are still considered iconic."



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Brexit uncertainty increases and investment falls says new survey

A major new study has revealed that the Brexit process has created a large, broad and long-lasting increase in uncertainty for British businesses. The findings are based on interviews with nearly 8,000 CEOs and CFO

who participate in the Decision Maker Panel. The panel was set up in August 2016 by the University of Nottingham, in collaboration with the Bank of England and Stanford University, to assess the impact of

Brexit on businesses with ten or more employees.

The team has analysed their most recent data, from July 2019, and found that:

- More than half, 54%, of businesses said Brexit was

one of their top three sources of uncertainty

- Anticipation of Brexit is estimated to have gradually reduced investment by about 11% over the three years since the June 2016 vote

- Reduced UK productivity by between 2% and 5% since the referendum

Professor Paul Mizen from the School of Economics at the University of Nottingham is the lead researcher, along with Nick Bloom of Stanford University.

Professor Mizen said: "The fall in investment took longer to occur with the effects building gradually. In contrast, forecasts made in the aftermath of the referendum predicted that investment growth would fall sharply within the first year after the Brexit vote and then recover."

"The thousands of business leaders who have responded to our questions have reported uncertainty around the impact of Brexit on labour, regulations, demand, customs and supply chains. The effect on productivity is smaller and one potential reason for the negative impact on firm productivity is the use of senior management time on preparing for the UK's exit from the EU."



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The market town of Newark stands proudly on the River Trent along the route of the ancient Great North Road. Steeped in history and overlooked by its historic castle, Newark is a charming place to live, visit or explore.

Its enduring heartbeat is the market square, which has long been hailed as one of the finest examples of a Georgian market in the whole of the UK. The market place in Newark is overlooked by the Georgian Town Hall, which has housed

the Mayor and the Town Council since it was built in 1776 by John Carr of York.

Another of Newark's most defining features is Newark Castle, the ruins of which have been instrumental in giving the town its unique character. Newark Castle and Gardens border the remaining walls of Newark, which was partly destroyed during the English Civil War in 1646.

The Knights Templar Exhibition provides a fascinating snapshot into the

history of the seven Newark knights that were kept captive in the castle, while tours of the towers and undercroft will allow tourists to visit where King John spent his final night.

Though there is plenty of exploring to be done on foot in Newark, no tourist's day out in the town would be complete without a boat trip on the River Trent. The Newark Castle Line has been providing excursions on the water for the last 33 years aboard the M.V. Sonning, an Edwardian river cruiser.



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19th October
(meet at Carriages at 9:30am)

Tickets £15
Inc:
Small Plate & Tea or Coffee*

*A.M Breakfast Roll P.M Cake

Carriages Cafe
Newark Castle Station
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Tel: 01636 676129

Focus on Newark



After some time on the water, the National Civil War Centre is the perfect place for uncovering tales from the dramatic English Civil War. Defining moments from the war come into sharp focus during a number of different exhibitions, including the Battle Scarred Exhibition, where visitors are able to witness both the horror and wonder of battlefield surgery. The National Civil War Trail is another fascinating experience that enables history buffs to take part in an immersive

augmented-reality experience where they will learn first-hand what it would have been to be caught up in the mayhem of a town under siege.

The history of aviation also comes to life at the Newark Air Museum, a prestigious centre that is one of the largest volunteer run aviation projects in the whole of the UK. Situated on the former World War II airfield of Winthorpe, it is home to more than 90 aircrafts and cockpits that allow visitors to learn more about aviation and the role

it has played in former wars. Shopping is another pastime that can be enjoyed in Newark and the town is renowned for its substantial collection of antique stores. The Newark Antiques Centre is a popular destination for collectors with jewellery, furniture, books and plenty of other items available to browse through.

So, however you choose to spend your time in Newark, be sure to make the most of this marvellous Nottinghamshire town.

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What's on



Welbeck Hall

OPEN EVENING
Thursday 19th
September
6 - 8pm



Sunday Carveries - Weddings
Corporate Events - Celebrations



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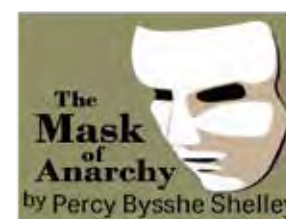
We are an independent theatre in Nottingham city centre, staging a varied programme of high-quality amateur productions throughout the year.



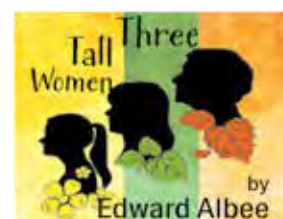
10 - 14 Sep



24 - 28 Sep



5 - 6 Oct



14 - 19 Oct



11 - 16 Nov



9 - 14 Dec

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see our website for the full season's productions...

What's on



Vintage Stationary Engine Rally

14th September

Classic Vehicle Rally

15th September
1030 to 1630



Victorian Potter's Mill 'In Steam'

on both days 1230 to 1630



The museum is the home of a 1857 Potter's Mill driven by an 1820s Watt pattern beam engine. Join us to experience the atmosphere of a working Victorian canal side factory

Entry to the events and mill free in support of Heritage Open Days. Mill guided tour £6.00 under 16s free

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First Friday Events

Friday 6th September
WRITERS ON TRIAL

with Mike Wilson

Mike Wilson will talk about the parallels between the trials of Oscar Wilde for gross indecency, and those brought against James Joyce in the 1920s and 1930s and the case against Lady Chatterley for indecency in the 1960s. This talk is a lively and thought-provoking discussion of the changing relationship between Literature and the Law; society's definition of obscenity; how authors, publishers and even printers have been prosecuted and punished; how banned books get smuggled into countries where they have been banned; and how books have been burned. This is a subject that has long fascinated Mike and his enthusiasm is infectious!

Mike Wilson is a local writer, poet, musician and teacher, and has given many talks in Lowdham, as well as at Readers' Day events for the library service.

Lowdham Methodist Chapel 2-3.30pm
Tickets from The Bookcase or on our box office line 0115 966 3219. Prices: £6 full, £5 concessions, £4 Festival Friends (including tea and cake)



THE BOOKCASE

Film Friday Events

Friday 20th September
RED JOAN (2A)

Starring Judi Dench, Sophie Cookson, Stephen Campbell Moore and Tom Hughes

Joan Stanley is living in contented retirement in suburbia at the turn of the millennium. Her tranquil life is suddenly disrupted when she's arrested by MI5 and accused of providing intelligence to Communist Russia. Back in 1938, as a physics student at Cambridge, Joan falls in love with a young communist, Leo Galich, and through him, begins to see the world in a new light. Later, working at a top-secret nuclear research facility during WWII, Joan comes to the realisation that the world is on the brink of mutually assured destruction. Confronted with an impossible question – what price would you pay for peace? – Joan must choose between betraying her country and loved ones, or saving them.

Based on Jennie Rooney's best-selling novel of the same name and inspired by true events.

Film Friday events take place in Lowdham Village Hall starting at 7.30pm. Tickets from The Bookcase or on our box office line 0115 966 3219.

Prices: £6 full, £5 concessions and children. There is a licensed bar at all Film Friday evenings, plus ice cream, popcorn, hot drinks and a delicious selection of home made cakes



Monday to Friday 9am to 5.30

Saturday 9am to 4pm

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Newark Well Being Show

Sat 14 & Sun 15 September 2019

10am to 5pm ~ £5 admission

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20+ Free talks & demonstrations

~ www.lizianevents.org ~

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What's on



International market returns to Nottingham this month

Market Place Europe will be returning to Old Market Square and Long Row in Nottingham city centre from Wednesday 25 until Sunday 29 September, bringing a huge selection of traders from across the world for a fantastic five day Autumn Market.

There will be a great selection of arts, crafts and unique gifts at the International Market. Shoppers can explore a unique range of jewellery, clothing, Fair Trade wooden carvings and handmade ceramics; not forgetting the gigantic Dutch Flowers on Tour with a range of bulbs, flowers, plants and garden furniture, all transported

from Holland.

For food lovers there will be a tempting selection of continental and international flavours to sample. On offer will be Spanish, Greek, Chinese and exotic street foods to name but a few. For those wanting to take the flavours of the world home with them there will be a great selection of fresh foods including olives, cheeses, breads and cakes.

When you're all shopped out find a spot to relax and unwind in our Continental Street Bar with a variety of continental beers and wine, the perfect interlude to your

unique shopping experience or it's a great way to end your global experience.

Andy Pidgen Market Place Europe's Operations Manager is really looking forward to the Autumn Market in Nottingham with what will be a fantastic market. He said: "The people of Nottingham always give us a warm welcome to their fantastic city and this is our final visit this season so make sure to pay us a visit. We have some fantastic traders joining us again and there will definitely be something for everyone to enjoy at this fantastic family friendly event."



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and Sunday
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Pete Winner
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on both days



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**BALNECROFT
COUNTRY**

Well Being show returns to Newark for a fifth time

Excitement is mounting for the return of the Newark Well Being Show, which is being held at the Cedric Ford Pavilion, Newark Showground on 14 and 15 September.

The focus of the show is on ways to become a Well Being and visitors will find the schedule contains many health and wellbeing related presentations.

With over 50 professionals taking part offering a range of products, services, therapies and spiritual counselling, it is easy to see why visitors are drawn back to this top quality event. There are also 30 superb talks to choose from.

The atmosphere is so good that many day trippers tend to stay for the whole weekend! There is ample parking and the Cedric Ford Pavilion is easy to find. So, go and see for yourself why this terrific event is gathering such a loyal – and growing – following of like-minded friends.



Kirstie Wood,
Ethically Gifted



Barrie John,
Medium





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CROSSWORD

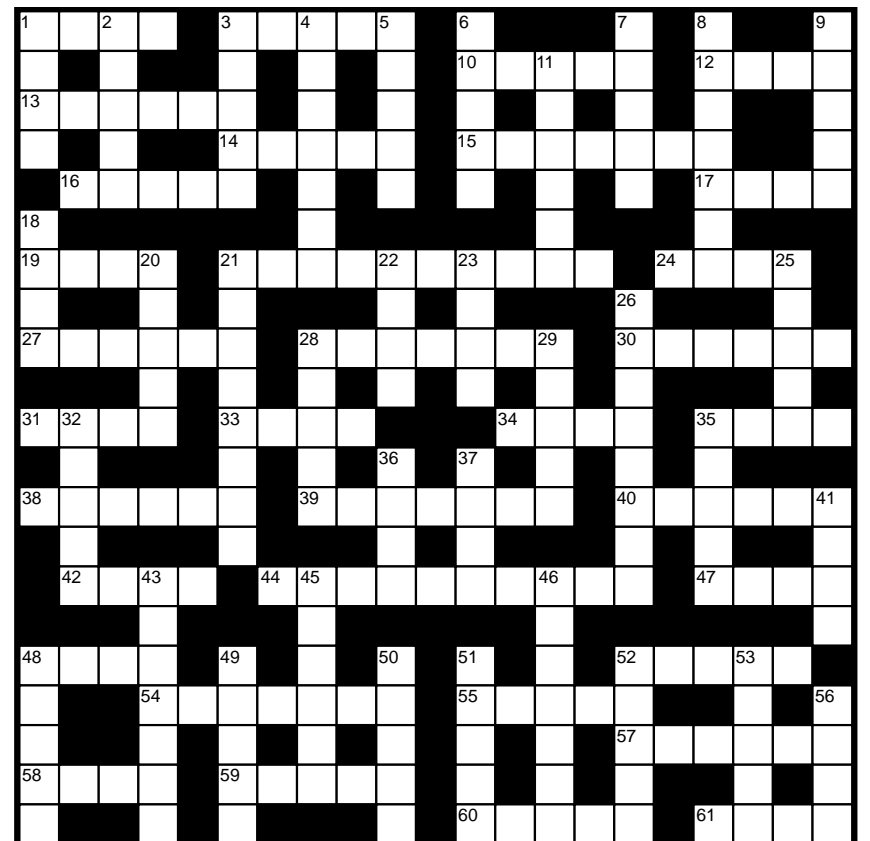
ACROSS

- 1 Mouse-like rodent (4)
- 3 Lower leg cut of meat (5)
- 10 Make fun of (5)
- 12 Foot instep (4)
- 13 Sheath spun by a silkworm (6)
- 14 Snarling bark (5)
- 15 Eye protectors (7)
- 16 Say 'cheese' (5)
- 17 Unattractive (4)
- 19 Leave out (4)
- 21 Free of suspicion (2,3,5)
- 24 The principal (4)
- 27 Traditional story (6)
- 28 Hedge, tree or house bird (7)
- 30 Large wasp (6)
- 31 Vinegar (4)
- 33 Retail outlet (4)
- 34 Level or row (4)
- 35 Headquarters (4)
- 38 Seller (6)
- 39 Green gemstone (7)
- 40 Mass departure (6)
- 42 Lawn-invading plant (4)
- 44 Act prematurely (4,3,3)
- 47 Tediously boring (4)
- 48 Contented cat noise (4)
- 52 Vicar's congregation (5)
- 54 Regional manner of speech (7)
- 55 Shudder and judder (5)
- 57 TV antenna (6)
- 58 Naval woman (4)
- 59 Relay race stick (5)
- 60 Chat on Twitter (5)
- 61 Dumpster (4)

DOWN

- 1 Gripping block (4)
- 2 Doctor's stand-in (5)
- 3 Scorch (5)
- 4 Tumbler or gymnast (7)
- 5 Australian bear (5)
- 6 Acting podium (5)
- 7 Wobbly dessert (5)
- 8 Dose of medicine (7)
- 9 Glossy (5)
- 11 Silky-haired rabbit (6)
- 18 Basin or sink (4)
- 20 Fashion (5)
- 21 Manufacturing and trade (8)
- 22 Red-skinned cheese (4)
- 23 Viscount or baron (4)
- 25 Attire (5)
- 26 Unlucky number (8)
- 28 Cake eaten with jam and cream (5)
- 29 Very peculiar (5)
- 32 Facial lubricant (5)
- 35 Circulation fluid (5)
- 36 Brown seaweed (4)
- 37 Notes and coins (4)
- 41 Saline preservative (4)
- 43 Young pilchard (7)
- 45 Public discontent and agitation (6)
- 46 Long-necked animal (7)
- 48 Cocktail starter (5)
- 49 Taxi driver (5)
- 50 Sharp pain (5)
- 51 Crouch down (5)
- 52 Banquet (5)
- 53 Baby hen (5)
- 56 Lose footage (4)

See below for answers



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We are a family run business having worked within the Construction and Utilities Industry since 1999. 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

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Education & training



Award winning Nottingham day nursery puts out the 'welcome mat'

After a teary goodbye to graduates leaving for school, staff at the Ofsted-rated 'Outstanding' Edwalton Day Nursery in Nottingham, are preparing to welcome newcomers for a busy autumn term of learning through fun.

As Sarah Johnson, Manager of the award-winning, day nursery in Melton Road, Edwalton, explained it is an exciting time for staff working in the imaginative, age appropriate rooms and outside play and learning spaces.

"Each child from six weeks to four years of age is unique and fascinating and we know their individual learning journeys will

take us in many different directions. There is a real sense of anticipation in our preparations at this time of year," she said.

All-year-round, all-weather play in the large garden is prioritised for all children at the day nursery, which holds the prestigious Eco-Schools 'Green Flag' for exceptional environmental awareness and conservation.

"Large scale, outside play is essential for healthy development and delivers so many opportunities. Children grow herbs and vegetables and in the process learn simple maths, science, the importance of healthy nutrition,

and environmental awareness and respect," added Sarah.

Fledgling scientists armed with magnifying glasses study insects in their natural habitat and in special garden 'bug hotels', and budding artists are born in the messy creative play corners where paint, recycled materials and natural finds are transformed into works of art.

The nursery also holds a 'Food for Life Served Here' Award for its high-quality, ethically sourced, home-cooked meals and snacks which have no undesirable trans fats, added sugars, sweeteners or additives.

Allenby Training Services celebrates its 20th anniversary



Flexibility is at the heart of the business. Wherever possible the staff at Allenby Training offer a service which spans beyond the simple 9.00 – 5.00 working regime.

Allenby Training Services is celebrating its 20th anniversary – since it was established in 1999 it has been at the forefront of a niche market providing outstanding training for the construction and utilities industries.

Allenby Training is a family run business having been started by Mick Evans it has gone from strength to strength. Operating from two dedicated accredited centres, Site Safety Plus and City & Guilds accreditations taking place at their Head Office in Lincoln and Plant Training and Testing at their centre in Wigsley, Newark.

Together with their team of highly trained Instructors, Assessors and Advisors they have established a strong client base that come back time and again. Flexibility is at the heart of the business and wherever possible the staff at Allenby Training offer a service which spans beyond the simple 9.00 – 5.00 working regime.

Allenby Training successfully celebrated their 20th Anniversary attending the Lincolnshire Show for the first time, with young and old getting to test their skills on the 360 Excavator. This also marked the end of an era as Mick Evans the current MD goes into retirement. He will be handing over the reins to his son Gary Evans and daughter, Michelle Brown.

Together they will carry on in the family tradition as set out by their father and the ethos of the company will always be "customer service first".



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OPEN DAY – Wednesday 16 October 2019

Both schools are open for visits from 9.15am until 12noon on Wednesday 16 October 2019. Tours of the school will be conducted by students and members of the senior teams will be available to discuss admissions. Appointments are not required.

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Kumon study helps students develop a positive attitude to study. This can increase their enjoyment across a wide range of subjects at school, whilst also preparing them for personal and professional success later in life. We believe this opportunity to grow on both an academic and a personal level should be available to all children. That is why, between 1 September and 30 September, we are offering a one-week free trial to all new students at our study centre.

Your child will be assessed so that your Kumon

Instructor can tailor their level of study precisely to their ability. Our individualised maths and English programmes allow students to start at their own, individually set, starting point and to progress to an advanced level, at their own pace. This creates a positive learning experience, with work set at just the right level.

Your child can get a glimpse of how the Kumon Maths and English Programmes can develop their abilities. To find out how Kumon can help your child excel, book a consultation with your local study centre. The Kumon Beeston Study Centre is located at Chilwell Road Methodist Church, Chilwell Road, NG9 1EH with classes running on Friday from 5pm to 7.30pm and Saturday 9am to 12noon. You can contact your local Instructor, Kailash Dal, on 07443568594 or email beeston@kumoncentre.co.uk

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Come along to our assessment event on 14th September 2019 at Chilwell Rd Methodist Church, Chilwell Rd, Beeston, NG9 1EH from 12.00noon - 2.00pm. Call now to book your place.

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Ofsted inspection 2019, www.ofsted.gov.uk

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'Meat' and greet your new neighbours

Barratt and David Wilson Homes has cooked up some creative ideas on how Nottinghamshire homebuyers can host the best barbecue party in their brand new property.

Create the perfect opportunity to 'meat' the neighbours

All homebuyers are in the same boat and there's no better way to get to know the neighbours than by hosting a barbecue. Begin a new relationship with those next door by cooking them some delicious food and sharing a drink in the garden.

Set up a salad bar in the kitchen

Keep the French doors open to your garden, allowing guests to get their hot food outside before simply walking through to the kitchen where there will be a delightful spread of salad, vegetables and condiments.

Liven things up with a funky theme

Create a joyous party atmosphere by hosting a themed barbecue. Whether that be Hawaiian with flowery leis and decorative shorts or Tropical with a range of exotic cocktails and meat options, a theme will always liven up the party.

Major events are also a good excuse to welcome guests to your new property, such

as inviting family and friends over for a barbecue in the summer sun.

Discover the unconventional use for a paddling pool

Filling the paddling pool with ice provides the opportunity to preserve food and drink which may spoil in the heat. Keep the guests refreshed with an ice cold beverage whilst they wait for their main course.

Make it unique and inventive

Ensure the barbecue is one to remember with a creative food and drinks menu that will guarantee the guests will want to come back for another party.

Why not try freezing an assortment of berries and serving them as ice cubes that will give the drinks a fruity twist, or create unique kegs from fresh fruit to ensure the visitors are presented with healthy refreshments throughout.

Don't forget the entertainment!

Whilst waiting for the food to be cooked or for the perfect end to an evening, provide the guests

with music and games to officially become the greatest host or hostess.

For more information about any nearby developments, please call the Barratt and David Wilson Homes sales team on 033 3355 8472 or 033 3355 8483, alternatively, visit www.barratthomes.co.uk or www.dwh.co.uk.



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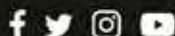
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Warmers

We may still be enjoying the warm weather, but it's never too early to start getting your home ready for the change in season. Winter means cosy nights in, and there's no better way to achieve that homely, comforting feel than with a brand new fireplace. Luckily there are all sorts of stylish ones to choose from that will enhance your home.

**Wood-burning fireplaces**

Opt for the most on-trend look of recent years and invest in a stylish wood-burning fireplace. Whether you choose one in black, grey or white they make great centrepieces in rooms and also look stunning in open plan spaces.

Wall mounted fires

Modern homes are easily enhanced with the addition of a wall mounted fireplace. Sleek and barely recognisable as a fireplace thanks to their clever design, they are good for minimalist homes or those that like a 'fuss-free' look.

Open hearth fireplace

This traditional style of fireplace looks right at home in a period property, but equally there are lots of modern, more updated styles that will also look good in a home that has recently been reinvented.

Electric or gas fires

If you are choosing a fireplace for your home, you will need to decide whether you would prefer electric or gas. An electric fire will give you the look of a real fire at the flick of a switch, though they can be more expensive to run when compared to a gas

fire. Gas fires are easy to light and maintain and also offer lots of flexibility in terms of where they can be placed in the home.

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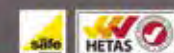


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