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Shortlist Success for Local Charity

The Zephyr's centre, which supports families who have experienced the loss of a pregnancy, baby or child, has been shortlisted for a national award.

Zephyr's, which is managed by Nottingham Hospitals Charity and provides support for bereaved families, has been shortlisted for the 'Best Support Organisation' category in the annual Butterfly Awards.

See
story on
page 3

Honouring the Best in Nottingham

A phenomenally-talented musical family, a women's rights campaigner, the man behind the modern Goose Fair and a much-respected education champion have been honoured in the Nottingham Awards 2018.

The awards, now in their seventh year, were held at the Council House on Thursday 4 October, following the historic 724th Goose Fair opening and dinner.

They celebrated those who have helped to make Nottingham the great city that it is. The awards are a way of recognising that achievement and an opportunity to say thank you.

The categories and winners for 2018 are:
Voluntary and Community Sector:
Melanie Duffill-Jeffs
Melanie has worked in Nottingham for almost a decade and made huge contri-

butions to the community and voluntary sectors. She is being recognised with this award, however, for her work in a former role as manager of the Nottingham Women's Centre.

Public Sector: Alistair Conquer
Before his retirement from Nottingham City Council this summer, Alistair spent three decades dedicating his time to improving educational and cultural opportunities for Nottingham's young people. Thousands of children have benefited from the opportunities that he made available.

Private Sector: James Mellors
The Mellors family has been travelling the country putting on attractions for more than a century. The Mellors are at the heart of the city's Goose Fair celebrations every year, as well as put-

ting on the hugely popular Winter Wonderland and summer Beach attraction in the Market Square.

Sponsors Award (chosen by Let's Move Nottingham): the Kanneh-Mason family
Thousands of people will know about the incredibly-talented cellist Sheku Kanneh-Mason who is a BBC Young Musician of the Year, has a number one-selling classical album and performed at a Royal wedding. He is a member of an equally impressive musical family, there are seven other members who are fantastic performers in their own right - together they have promoted Nottingham around the world.

Councillor Neghat Khan, Portfolio Holder for One Nottingham, said: "Every winner of this award has been chosen because they have made a significant and lasting contribution to Nottingham locally, nationally and internationally."

"Nottingham is a place where people strive to succeed in their chosen field and support others who may not have enjoyed the same opportunities in life."

"These awards reflect a broad range of people that the city of Nottingham is rightly very proud of."

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Showered in a rainbow of coloured powder paints, over 250 adults and children took part in the Treetops Hospice Care Colour Rush on Saturday 29 September at Elvaston Castle Country Park. It's hoped that the sponsored event has raised over £10,000 for the charity which provides nursing care and emotional support for adults and their families in Derbyshire and Nottinghamshire. Blue, red, orange and green paints were fired at participants from eight colour stations as they jogged, walked and ran along the 5km route through the castle grounds. First across the finish line was Josh Lakin, 28yrs, from Swadlincote. Josh took part in the Colour Rush along with his dad Andrew, sister Carli, and several other family members as a way to remember his late mum, Julie. Josh said: "It was my intention to come first right from the start. I've never done a Colour Rush before so it was really good and very different. "My mum received Hospice at Home care from Treetops and they were really helpful. The nurses sat with mum so my dad could have time out to go shopping or walk the dogs and have a little break from caring for his wife."

Mary Rose, Treetops senior community and events fundraiser said: "Today has been a spectacular ocean of colour from start to finish and we hope that everyone's enjoyed themselves. "Our huge thanks go to everyone who's taken part and to all our Colour Station sponsors and wonderful volunteers – without whom this event couldn't happen."

Colourful Fun Run Raises Thousands for Hospice

1. Josh Lakin was first across the finish line
2. The Lakin family

NEWS in brief...

Newark and Sherwood Sports Awards

Sporting talent and commitment will again be rewarded in the Newark and Sherwood Sports Awards 2018 – organised by Active4Today on behalf of Newark and Sherwood District Council, in conjunction with Radio Newark.

Do you know a team which has pulled together when times were tough? Do you know a coach who has guided a sportsperson through to victory?

Active4Today director of communities Alexis Knock said: "We are delighted to be running these awards again with our partner, Radio Newark in the same format that was so successful last year."

Head to www.active4today.co.uk to complete your nominations or for a hard copy of the form, contact the Sports Development team on 01636 655701. Nominations must be submitted before the closing date, 31 October.

On the week beginning Monday, 3 December, an Active4Today team along with Councillors from Newark and Sherwood District Council will be touring the district with Radio Newark to make presentations at local clubs.

Have Your Say

A review of polling districts and polling places in Broxtowe has been launched.

Broxtowe Borough Council started the review on 1 October, running until 11th November to help ensure that all electors have good facilities for voting.

Anyone who is eligible to vote in the Broxtowe Constituency can submit their views on the size and boundaries of polling districts and the location and suitability of polling places.

The review documents which include electorate figures and forecasts, maps of polling districts and possible changes to polling district boundaries and details of polling stations, can be inspected Monday to Friday at the Council Offices or on the Council's website at www.broxtowe.gov.uk.

Representations should be made to Head of Administrative Services, Broxtowe Borough Council, Council Offices, Foster Avenue, Beeston, NG9 1AB.

For further information on the review process please contact Broxtowe Borough Council on elections@broxtowe.gov.uk or visit the website.

Supporting Stoptober

During Stoptober Sherwood Forest Hospitals is reminding patients and staff that there is support available at the Trust to help quit smoking. Stoptober is a campaign that runs throughout October to encourage people to quit smoking, based on research that if you can

make it to 28 days smoke free, you are five times more likely to quit for good. The new Personal Quit Plan recommends a range of options to smokers including face-to-face support, nicotine replacement therapies like patches, gum or inhalers, and e-cigarettes.

For more information about

Stoptober please contact Smokefree Life Nottinghamshire on 0800 2465343. Smokefree Life Nottinghamshire provide bedside support to help patients remain smoke free and can provide Nicotine Replacement Therapies for free for up to 6 weeks on discharge.

Respiratory Consultant and Chair of the Smokefree steering group for the Trust, Dr John Hutchinson said: "Stoptober is an ideal time for us to remind patients, staff and visitors that we are a smoke free Trust that provides support for people to stop smoking."

"Latest statistics show that out of the 6.1 million smokers in England, 6 in 10 want to quit, but most try to quit using willpower alone despite this being the least effective method. The most successful quit attempts use a combination of effective stop smoking support methods, which is why we are using this approach with our patients and staff at SFH. We are really keen for our hospitals to become truly smoke free. During Stoptober Public Health England are offering people a free online 'Personal Quit Plan' which I would encourage people to download, whilst also getting the right support including advice and nicotine replacement therapy."



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Seven students from Magnus Church of England Academy have taken to the skies as part of their Combined Cadet Force training on offer at the school.

Pilot Officer Bradshaw (Section Commander Designate) said that the students had shown character in the face of their daunting challenge. "I am extremely proud

of all my Cadets. Each one of them is a credit to Magnus Academy. Flying is a big deal, a great challenge, and so there were some initial nerves on the day, which is only to be expected."

Pilot Officer Bradshaw said the first to step up to the challenge was Lance Cpl Clarice Dixon, who set the bar high by managing a 'loop the loop' and barrel roll in the Grob Tutor Plane used in the

Magnus Students Take to the Skies

exercise. "It was a great day and a team effort to organise. I was aided on the day by Cadet Rocky Dixon who managed to get photographs of all the cadets in the plane and also a fantastic pilot from RAF Cranwell who

took all seven cadets up. The weather was not the best, but we managed to get everyone up in the air and we would like to thank RAF Cranwell and the Kings School Grantham for the opportunity to fly."

Cadet Hollymay Toulson took part and said it was an amazing experience. "I was really nervous, but I'm so glad I did it! I would have regretted it if I hadn't gone through with it."

Top left: Lcpl Clarice Dixon, Cdt Andrew Meakin, Cdt Hollymay Toulson, Cdt Rocky Dixon, Cdt Lucy-Anne Farquhar, Lcpl Adrian Podciechowski, Cdt Jurgita Rameneuskeide and Cdt Matthew Scott.

Left: Cadet Jurgita Rameneuskeide.

Photos: Magnus student and Cadet Rocky Dixon



Shortlist Success for Local Charity

The Zephyr's centre, which supports families who have experienced the loss of a pregnancy, baby or child, has been shortlisted for a national award.

Zephyr's, which is managed by Nottingham Hospitals Charity and provides support for bereaved families, has been shortlisted for the 'Best Support Organisation' category in the annual Butterfly Awards.

The awards take place annually and celebrate people who have survived baby loss.

Based at Nottingham City Hospital, the Zephyr's centre was opened in April 2017 with the help of Carly Williams and Martin Sommerville, a couple from St Ann's who raised £20,000 for the centre in memory of their son Zephyr, who was stillborn in December 2013.

After being cared for on the maternity wards at City Hospital following the loss of Zephyr, Carly and Martin decided to start fundraising to create a separate centre where families who had lost a baby or child could receive support in a caring and homely environment.

Carly, who is now the Project Manager for Zephyr's, said: "We set up Zephyr's in our son's name to create a better place for families and staff to come together in compassionate surroundings, to find strength to talk openly about our children and grief and be in the company of others who understand."

"It's amazing to have been shortlisted for a Butterfly Award, and to see Zephyr's named alongside such wonderful organisations."

The Butterfly Awards take place in Warwickshire on Saturday 27 October. Until 11am on 15 October, members of the public can vote for the shortlisted nominees. To vote for Zephyr's, please go to <https://finleysfootprints.com/zeyphrs>.

Inset pic: Martin Sommerville and Carly Williams with their son Sol

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NEWS in brief...**Major Funding Boost for Local Air Ambulance**

Nottingham based property and construction consultancy Gleeds has played host to its fourth annual Treasure Hunt in the city centre, raising more than £3,600 for the Lincolnshire and Nottinghamshire Air Ambulance Charitable Trust.

On Friday 28 September, 165 people from architectural practices, universities, and construction focused businesses across the East Midlands took to the streets of Nottingham to solve a series of puzzles as they explored the city. This year's victors were Callum Withers of Gleeds Cost Management with teammates Chris Dodd, Oliver Loomes and Leigh Kennedy, who scored 7650 points.

Gleeds was once again supported by local sponsors CouchPerryWilkes, BWB, Freeths and CPMG in its mission to raise £2,500. Treasure Hunt organisers and quantity surveyors at Gleeds, Stuart Neal and Matthew Miles, were delighted to be able to present Karen Carter from the Lincs and Notts Air Ambulance with a cheque for £3,620, exceeding the team's original target.

Commenting on this year's event, Stuart said: "I am incredibly proud that so many people from the construction industry in our region give their time to support the vital work charities like the Lincs and Notts Air Ambulance do".

Fantastic £4m School Expansion

A City special school officially opened its new £4m expansion on 2 October – increasing its provision for children with special educational needs from 45 permanent places to 120 places.

New classrooms, offices and play facilities have been created at Westbury Academy in Chingford Road, Bilborough, which caters for primary and secondary age pupils.



The expansion is part of the City Council's ambitious plan to increase the number of school places in Nottingham, with £42m invested since 2009 to provide 5,000 additional primary places.

Marcus Wells, Principal of Westbury Academy, said: "Our school continues to make a difference to our pupils and I am very proud to see the recognition that we are receiving for this through the commitment of the council in funding this development."

Two further expansions are planned for Nottingham as part of the programme – Glade Hill Primary School in Bestwood and Middleton Primary School in Wollaton.

**'Cycle the Sites'**

As part of the fundraising for its Charity of the Year - Alzheimer's Society - a group of employees from Nottingham based Barratt Homes North Midlands took part in a sponsored 'Cycle the Sites' challenge.

The Barratt Homes team after completing the Cycle the Sites challenge

Stretching a total of 93.3 miles, the staff members took on a route that covered four counties where the developer is currently building, beginning in Lincolnshire, before making its way through Nottinghamshire, Leicestershire and finishing in Derbyshire.

Among other fundraising efforts, the division has raised almost £11,000 so far, which will be doubled by parent company Barratt Developments.

Danni Hindle, Community Fundraiser for Alzheimer's Society, said: "Dementia is the 21st Century's biggest killer, with someone developing it

every three minutes. There are 850,000 people with dementia in the UK so we are delighted that Barratt Homes has united against dementia by supporting Alzheimer's Society."

Motivated by the challenge ahead of them, the cyclists began their journey at 5:30am with a minibus to The Furlongs.

Chris Southgate, Managing Director at Barratt Homes who also took part in the 'Cycle the Sites' challenge, said: "Each year we are committed to raising vital funds for our Charity of the Year and we're very pleased to be supporting Alzheimer's Society this time around."

"The 'Cycle the Sites' challenge was a real test but as a division, we're extremely proud of each and every one of those who participated."

For more information on Alzheimer's Society, please visit: <https://www.alzheimers.org.uk/>.



The cyclists stopping off at Lantern Fields in Loughborough

Plan Your Perfect Day in Lincolnshire

A new website encouraging people to visit Lincolnshire was launched on Lincolnshire Day, Monday 1 October 2018.

Created by the award-winning tourism team at Visit Lincoln and local marketing agency The Energy Cell, the county website – www.visitlincolnshire.com – has been designed to inspire new visitors to Lincolnshire with striking photos, videos and experiences.

"As experts in tourism we have used the expertise and knowledge of the team to promote Lincolnshire alongside the city," said Lydia Rusling, Chief Executive of Visit Lincoln Community Interest Company.

"Tourism is a competitive industry and we had to ensure Lincolnshire's reputation as a place to visit continues to grow. It is essential visitors have a responsive and inspirational website to help them plan a trip to Lincolnshire – the internet is the first port of call for the tourism industry."

To attract new visitors to the county the website showcases three appealing destinations of Lincolnshire – city, countryside and coast. An interactive map enables visitors to familiarise themselves with the highlights whilst inspiration and experiences are featured across culture, entertainment, heritage, family fun, sport, shopping and the great outdoors.

Talking about the design of the website, Joel Murray digital marketing manager at Visit Lincoln said: "The website has been designed and built to inspire and signpost to a wealth of information across Lincolnshire, helping visitors plan their visit."



The Barratt Homes team after completing the Cycle the Sites challenge



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Residents in Broxtowe borough are being encouraged to join the Council's Community Clean Teams to help make Broxtowe a cleaner place. The Clean Teams will help keep the Borough clean and tidy with community litter picking events. A special

resource pack has been created to help them carry out activities safely, as well as promote them in their local area.

The Community Clean Team is part of the Council's Clean and Green Campaign. As part of the campaign, £72,000 will be invested in new initiatives to complement and enhance existing programmes to keep Broxtowe clean and tidy. These include:

- Community litter picking events
- Additional litter picking around the A610
- Additional weed

control in high priority areas

- Mobile CCTV cameras at fly tipping hotspot areas
 - 'Waste Days' to enable residents who do not live near household waste recycling sites
 - Litter bin replacement in areas where there is high footfall
 - Advertising clean and green initiatives on bin lorries to encourage community support
- Chair of the Leisure and Environment Committee, Councillor Shane Easom said "We know there are lots of people out there who already pick litter

and support our parks and open spaces to make sure they're clean and tidy and we want to celebrate this, as well as attract new groups, organisations and businesses to do the same. Together with our Pride in Parks scheme to invest £500,000 in the Borough's parks and open spaces over the next two years, this is a fantastic investment in the Borough to ensure we protect the environment for future generations." Find out more about Clean and Green or download your resource pack at www.broxtowe.gov.uk/cleanandgreen.

Campaigning the Streets

Campaigners for a People's Vote were out in force in Nottingham on Saturday 29 September as part of a National Day of Action.

The Nottingham and Nottinghamshire People's Vote Group set up a stall on Market Square to chat to shoppers and passers-by. People were invited to sign a petition calling for a People's Vote on the final Brexit deal.

Broxtowe MP Anna Soubry joined the campaigners in Nottingham and spent several hours chatting to people who are now concerned about the way Brexit is turning out.

Susan Martin, one of the founding members of the Nottingham and Nottinghamshire People's Vote Group, said: "The most striking message we got from

talking to hundreds of people is that there is real concern about how the negotiations are going because Brexit now looks nothing like what we were promised during the referendum.

"There is genuine anger and dismay, and that is why it's essential to have a People's Vote on the final deal."

Anna Soubry said: "I was struck by how many people who voted Leave are now having second thoughts. They were told Brexit would be easy and be good for jobs and the economy."

The People's Vote National Day of Action followed on from the hugely successful People's Vote Summer of Action, which saw mass rallies take place all over the country. The People's Vote March for the Future takes place in London on 20 October.

Cleaning the Community

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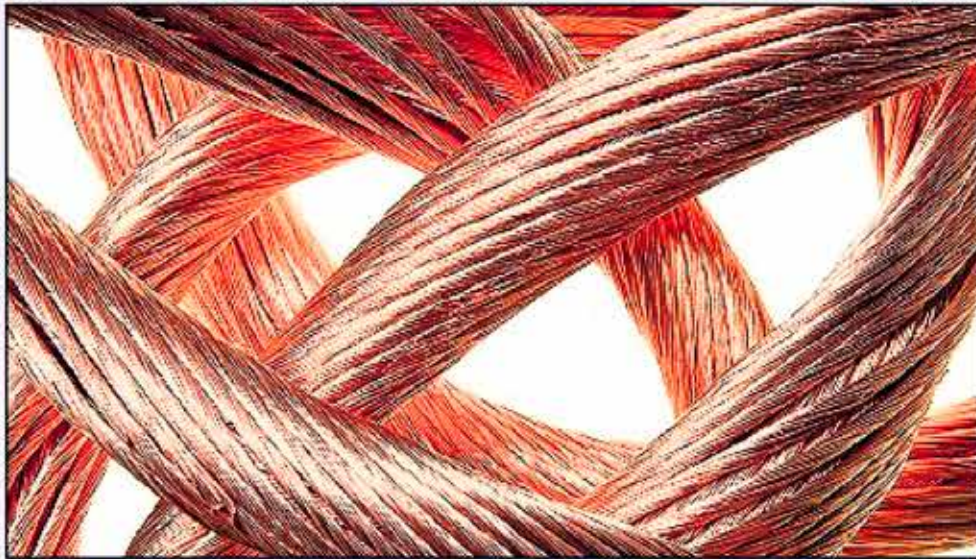
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Games of Remembrance

**Notts County FC –
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(Women's match)**

**Nottingham Forest FC –
7pm kick off
(Men's match)**

Free tickets for youth groups and schools, requests to be made via gamesofremembrance@gmail.com. Secure your seat today: www.gamesofremembrance.com or via clubs.

8 November

One hundred years after the end of the First World War, through the power of the Beautiful Game, the Games of Remembrance bring stories of courage and sacrifice to Nottingham. One of the organisers, and the Chairman of Army Football,

General Mitch Mitchell told us: "I am so thrilled to announce that the England Football Team record goal-scorer, Kelly Smith MBE, has agreed to come to the Games of Remembrance." Kelly Smith, 39, is one of the finest players Women's Football has ever seen.

On Thursday 8th November, British Army and German Armed Forces teams will play football matches to mark the centenary and to pay respect to the many men and women who lost their lives during the war. The Games also signify the strong bonds which now exist between the two nations.

Nottingham Forest and Notts County Football Clubs have joined forces with the British Army Football Association to host The Games. With its strong links to football, Nottingham is the perfect place to hold this significant armistice event.

The football-filled day will have something for all ages to enjoy, including youth fan zones; displays of military equipment and vehicles at the football grounds and music from a military band. Kelly Smith is the first footballing hero to be announced as attending, with further club legends still to be announced.

You can get involved by creating video tributes to footballers who served in the First World War at www.gamesofremembrance.com/tributes.



Caring For You

Emergency patients at Sherwood Forest Hospitals are receiving some of the timeliest care in the NHS figures reveal.

For the second quarter in a row (July, August, September), more than 95% of emergency patients were seen, treated and discharged or admitted within four hours. Despite increasing numbers of attendances year on year, the Trust saw 95.92% of patients within four hours across the quarter, and has now achieved the standard of 95% for five months in a row.

Richard Mitchell, Sherwood Forest Hospitals Chief Executive said: We strive to provide all of our patients with the care we would want members of our family to receive, and timeliness is a good indicator of the overall quality of care.

As a Trust we remain very busy, seeing more than 2,000 more patients in this quarter than we did the previous year, so it is a huge credit to our staff right across our hospitals as well as our partner health and social care organisations that we continue to achieve the emergency care standard.

Representing Mansfield

The race is on to find Mansfield's next Youth Mayor as young people prepare to take to the polls on Thursday 11 October.

The elections are part of Mansfield District Council's commitment to Local Democracy Week – a Europe wide initiative which aims to highlight the importance of local people getting involved to work with their local councils to help make their communities better places.

This year there are three candidates for the role of Youth Mayor and their campaigns are well under way.

Each candidate has prepared a manifesto in the hope of attracting votes from the young people of Mansfield. Candidates are aged between 14 and 18 and will serve a one year term to:

- Act as an ambassador for Mansfield at various conferences and events
- Inform and advise the Executive Mayor on issues relating to young people
- Act as a role model for their peers across the district.

Executive Mayor Kate Allsop said: "The Youth Mayor will be an important ambassador for our district and will act as the voice for our young people so it is very important that pupils read each candidate's manifesto and vote. "I'd like to take this opportunity to wish all the candidates the very best of luck."

The candidates are:

James Mycroft – Manor Academy
Reanna Cooper – Brunts Academy
Scarlett Sykes – Samworth Church Academy
Good luck to all of the candidates!

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New to golf? Try a taster session and immerse yourself into this fantastic and highly skilled sport. There's also the option of a beginners course which will teach you the basics, from grip and posture to golf etiquette and how to play a full game. Alternatively you can look for the option to learn golf in a day – a quick and easy option for those looking to get stuck in.

With so many options available for the avid golfers in and around Nottinghamshire, you'll be spoilt for choice when choosing your next golfing venture.



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Aries
You are about to embark on a fantastic new journey which will take you to far away places and introduce you to some wonderful new friends. If you are thinking about starting a new project you may have to speak with the bank about your intentions in order to win over their support. A troublemaker will be exposed causing sparks to fly. This is an excellent time for you to consider a house move. If you start believing in yourself more and aim to make your dreams become a reality, prosperity is only around the next corner.

Taurus
Even though it's hard to imagine, the face of your life is slowly changing direction because you are now starting to look at people and things from a totally different perspective. As a result, you are beginning to enjoy your own company far more than putting up with those whom you have nothing at all in common with. If you are romantically involved with someone who is difficult to live with, yet you love with all your heart, you will have to do some very deep thinking and soul searching to decide what to do for the best in the long term.

Gemini
Further clarification will be needed regarding an important business matter. While life is feeling pretty good, there will be those surrounding you who are continually embroiled in numerous personal dramas. You could find yourself torn between a sense of duty and responsibility to actually neglecting your own self and not even being appreciated for all the recent sacrifices you have chosen to make. Time to change old negative behaviour patterns if you are going to succeed in finding true happiness, contentment and fulfilment for yourself.

Cancer
A number of recent incidents lately have probably shaken you to the core to the point where now you are more than aware of who your true friends are and which people have earned your trust and respect. Hangars on are being refused invitations by style because you. As a result of all these changes, you are about to realise a number of dreams and ambitions coming true because you are putting yourself and your needs first, rather than fitting in with others just to keep the peace.

Leo
Although you enjoy socialising and meeting new people and can think of nothing more entertaining than throwing a dinner party right now you are thinking twice because of your financial commitments and refusal to go into debt just for the sake of pleasing a few folk who always expect you to put your hand in your pocket first. Instead, you may decide to spend some quality time with just the people you feel most comfortable with and generally do your own thing. A house move may also be on the cards sooner rather than later.

Virgo
A romantic weekend away with someone extremely attractive and full of personality will light up your life and open a few doors that have been slammed shut in your face for what seems like an eternity. It will be much easier for you to communicate with someone whom you have previously experienced difficulties with because some much needed compromise will be reached. Travel and getting away from it all will help you relax as long as you do not allow yourself to become too easily distracted.

Libra
A night of passion may lead to either a full blown romance with a few trysts and turns, or a for good measure or just a simple goodbye at the end and thanks for the experience. Someone from your past may also turn up from out of the blue expecting to speak to you about the possibilities of starting the relationship over again. You have some tough choices to make and not even your closest friends will be able to help you with this lot as at the end of the day, you must do what your heart dictates.

Scorpio
A delicate political situation at work is proving explosive with you centre stage and if you are not careful, you may take the brunt of it once everything blows off and a confrontation is engineered. You are on an exciting journey of self discovery and realising just how strong and resilient you are once you have made a decision. Not only that, you are becoming more and more aware of what it is in life that you need to achieve in order to feel happy, peaceful and contented.

Sagittarius
Potential new adventures will endeavour to write and dine you with the intention of making a lasting impression upon your heart; however, you are more street wise these days so it's going to take a miracle for you to even consider entertaining them again unless they have something to offer which you are interested in. You are on the right track to saving out a brand new life with a happy ending at the end of it all as long as you remain in control of your finances and all which you hold dear to you.

Capricorn
Because of previous difficult past experiences in your love life and the agony you have endured when things went wrong, you are now becoming more cautiously, reluctant to let your guard down because once bitten, twice shy. If you are not happy within your own self then no one else can fill that empty void, you must do that yourself. If you are single, the right person will come along when you are not consciously looking. Our lives are mapped out and what is meant to happen will happen at precisely the right moment so learn to trust the universe as it won't disappoint you.

Aquarius
Create some personal time for you, so that you can enjoy your own space, read a book, watch a movie or just rest. You need to think more about your health and well being because there is so much is going on in your world right now leaving you with little private time for you to just sit back and smell the coffee. You feel as though you are on some kind of merry go round because people are making such huge demands upon your time and energy. If you don't call a halt to all this roller coaster it could work set against you rather than in your favour.

Pisces
In time you sorted your heart and mind out once and for all and realise that you have to get on with your life because time is racing by and you must learn to enjoy being in your own space in your own company before you can even begin to consider pursuing new friendships or romance even. A number of challenging scenarios are going to take place soon and before you even consider entering into verbal combat, you must get your facts right otherwise you risk looking a complete fool. A new acquaintance may turn out to be one of your greatest allies and friends of friends.

Local Lifeguards Seize First Place

The lifeguard team at Kimberley Leisure Centre have been named top in the UK following a nationwide competition. The Leisure Centre came second last year.

27 Kimberley Lifeguards were amongst 400 lifeguards who entered this year's competition, as part of the Royal Life Saving Society's (RLSS) annual Institute of Qualified Lifeguards (IQL) Lifeguard Triathlon.

Kimberley Leisure Centre has taken part in the competition for the last 7 years.

The Triathlon is a combination of three different elements of Lifeguarding Qualification NPLQ (National Pool Lifeguard Qualification) including two timed swims, CPR and a timed theory test.

Kimberley Leisure Centre's Trainer-Assessor, Stephane Chambrelan said: "This year we had five women in the top ten female lifeguards and two women in the top men's lifeguards. Overall we



had five lifeguards in the UK's top 10 Lifeguards.

"We have a very good team spirit here and are looking forward to seeing if we can maintain our status and improve our individual positions, but whatever happens we will

continue to work as a great team".

Members of the team added: "All the hard work has paid off, but next year we want top team and number 1 male and female lifeguards which we're extremely close achieving".

The centre organises training courses to become a lifeguard during the year for those looking to begin a career in leisure. For further details contact the centre on 0115 917 3366 or visit the LLeisure website at www.lleisure.co.uk.



Back row left to right: William North, Ailsa Christian, Isaac Lyons, Dr Stephen Bullamore. Front row left to right: Elora Brailsford, Alexander Bradford, Thomas Li, Daven Mitchinson and Samuel Mitchinson.

Spectacular Music Season Closes On a High Note

The last weekend in September saw the final concert take place of a spectacular season of 'Music for Market' at St Mary Magdalene Church in Newark.

The Saturday concert was performed by the Young Performers' Platform and featured eight local musicians who showcased a variety of music.

The programme was closed with a virtuosic rendition of 'The Cat and the Mouse' by Aaron Copland, performed by Alexander Bradford. Fifteen year old Alexander said: "I felt honoured to take part in front of a great audience. Every time I go out and perform, I feel good about the opportunity to play so this opportunity was another one I needed to relish."

Enquiries about music opportunities at the church can be made by emailing choir@stmnewark.org or visitors are welcome to call in to the church and explore its rich heritage. The 2019 season of 'Music for Market' begins on May 4 2019.

TACKLING KNIFE CRIME IN NOTTINGHAMSHIRE

A tough new blueprint for tackling knife crime in Nottingham and Nottinghamshire has been unveiled for the first time.

The Knife Crime Strategy 2018 is a pan-agency agreement, led by Nottinghamshire Police and Crime Commissioner Paddy Tipping, setting out an ambitious plan of action to tackle one of Britain's most serious threats to public safety.

The Strategy will see partners working together with the voluntary sector to tackle every aspect of knife violence with a strong emphasis on education, early intervention and youth engagement.

Backed by Nottingham City Council and Safer Nottinghamshire Board, voluntary and community sector and criminal justice partners the strategy sets out four key areas of work including identification and management of risk, developing resilient spaces, communication and behaviour change and communities and the third sector.

Launching the strategy, Mr Tip-

ping said: "Knife crime poses a serious risk to young people today and it is imperative we act now to break down the false attitudes and ideas that convince some that violence is acceptable.

"Offenders need to respect the repercussions of carrying a knife in a public place which is why this strategy will involve robust enforcement, especially in our pubs and nightclubs. But they also need to be supported and encouraged to take a new direction and lead more productive lives which this strategy will also deliver.

"We all have a role to play, not just the agencies signed up to this strategy, and we will be making sure parents, youth workers, charities and the wider community understand their responsibilities fully and play a pivotal role in solving this national problem locally."

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Hoodwinked Trail: A Local Success

As the Hoodwinked robins prepare for their final flight, collectors are queuing up to bid for their favourite sculptures as the online auction goes live.

The 33 robin sculptures which have brightened the streets of Nottingham all summer are now being spruced up ready for their last public appearance before going under the hammer.

They will be joined by two new – never seen before – robins at the illuminated Farewell to the Flock event at Fernleigh House and Gardens from 12-14 October, then will be sold at the Hoodwinked Grand Auction on Thursday 18 October. Online bidding starts at <https://bid.charleshanson.com>.

TV auctioneer Charles Hanson who is running the auction said: "I will relish the opportunity to raise money for such a good cause as the Nottinghamshire Hospice, celebrating with the merry men and ladies of Nottingham, and being the ultimate 'Prince of Thieves'!"

The trail has been hailed a huge success with more than 97,000 sculpture unlocks from the Hoodwinked app and many more visiting the trail over the summer.

Anita Harris, head of fundraising at Nottinghamshire Hospice said: "We're looking forward to welcoming the public to our beautiful gardens to see the robins spectacularly lit up at our Farewell event."

"It will be sad to say goodbye to the robins but I know that they will be going to good homes. We've already had a lot of interest from prospective buyers so if you've got your eye on one of the sculptures make sure you get your bids in!"

To book tickets for the Farewell to the Flock event on 12-14 October, phone the ticket hotline on 0115 9555856.

came away we felt like we were part of something very special."

Paul Goodman, Deputy CEO of the Flying High Partnership said, "The Flying High Partnership is delighted to welcome the fantastic and inspirational Alderman Pounder Infant & Nursery School into our trust. With its exceptional staff and wonderful children, we can see why this school is such a source of pride within its community."



Local School Celebrate Flying High



We're in! Alderman Pounder Infant & Nursery School join the Flying High Partnership.

Alderman Pounder Infant & Nursery School in Chilwell held a kite themed celebration to mark their entrance into the country's 4th highest ranked primary multi-academy trust, Nottinghamshire's Flying High Partnership.

Head Teacher at the school, Julie Hemsley, said that her school shared a similar ethos and high aspirations with the Flying High Partnership. "We always felt that our outlook at Alderman Pounder Infant & Nursery School dovetailed perfectly with that of the Flying High Partnership; with children at the heart of every decision we make. Both the children and staff are looking forward to our future within our new family of schools and

sharing the hopes and aspirations to create the best schools, and the best educational experiences possible for children."

Parent, Claire Lloyd has one child currently at the school and another who has just left and said, "We are really, really, excited about joining. We know that the MAT was ranked the 4th best in the country as we attended their annual awards ceremony at the Royal Concert Hall in Nottingham when the news was announced." Claire said that attending the Trusts' annual awards evening gave her a clearer idea of the school's new partners, and what she could expect. "Their annual awards event was absolutely fabulous and when we



Kay Sullivan and Linda Hibbert made sure refreshments were on hand.



The Flying High Partnership uses the kite as its symbol. Alderman Pounder Infant & Nursery School children embraced the theme, creating their own colourful kite display for the party.



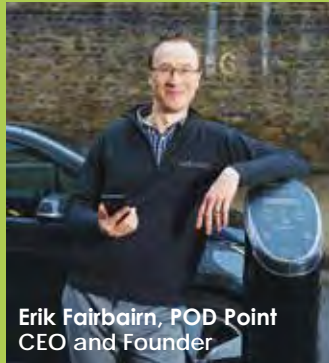
Campaign to Revolutionise E-Travel

Nottingham primary schools are being invited to apply for a free electric vehicle chargepoint by manufacturer Pod Point, as part of a campaign to spark excitement about electric vehicles (EVs) and the future of mobility.

Pod Point's Electric Schools campaign aims to raise awareness of the many benefits of transitioning to EVs, not least in terms of how they can help fight air pollution and climate change. The campaign also strives to inspire young learners on how EV technology will revolutionise the way we travel and use energy, by paving the way for driverless cars and energy management systems.

Under the Electric Schools campaign, 30 primary schools in highly polluted areas are being given the opportunity to claim a free Pod Point EV chargepoint, worth over £1,000 each. As part of the wider campaign, Pod Point's in-house experts are visiting schools nationwide to introduce the technology and deliver guest speaker sessions on EVs.

All primary schools that want to introduce the topic of EVs can benefit



Erik Fairbairn, Pod Point CEO and Founder

from an educational toolkit that Pod Point has created as part of its Electric Schools campaign. The toolkit, which has been developed in line with Key Stage 2 curriculum guidelines, is packed with activities and resources for teachers and children.

Erik Fairbairn, Pod Point CEO and Founder, said: "With Electric Schools, we're aiming to both improve local air quality for children and help educate the next generation on the importance of clean air and tackling climate change."

Visit pdpnt.uk/electricschools to find out more

A popular platform kiosk at a busy tram terminus has provided a welcome boost for a charity offering support for the bereaved parents of stillborn babies.

Twelve months ago, NET handed over the running of the refreshment kiosk to Forever Stars, and since then it's proved a huge hit with tram customers at Toton Lane.

As they celebrate the first anniversary of a successful community partnership with NET, the charity has revealed that it's proved invaluable in raising its profile.



Jo Sharp, Forever Stars Operations and Fundraising Manager, explained: "We've learnt a lot since we first opened on October 2 last year, and the kiosk has given us a modest income stream, alongside our other fundraising activities."

"More importantly though, it's provided the perfect platform to highlight the important work we are doing whilst offering welcome refreshments to regular and occasional visitors to the tram stop and its park and ride facilities."

Founded in 2013, Forever Stars supports bereaved parents of stillborn babies and neonatal baby loss and raised over £100,000 to build and equip the 'Serenity Suite' at Queen's Medical Centre last year.

NET employees have taken part in a number of fundraising events, and Jo is confident that the kiosk is set to become an even more valuable resource for the charity, NET and the local community.

Staffed by the charity's representatives, all proceeds from sales at the kiosk will go towards the organisation's numerous on-going fundraising projects. For more information go to www.foreverstars.org.

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New animation video to help new parents at Nottingham Hospitals.

Helping Out New Parents-to-be

A new animation film - believed to be the first and only of its kind in the country - has been launched by Nottingham University Hospitals NHS Trust (NUH) to maximise support for new parents who will be having a planned caesarean birth.

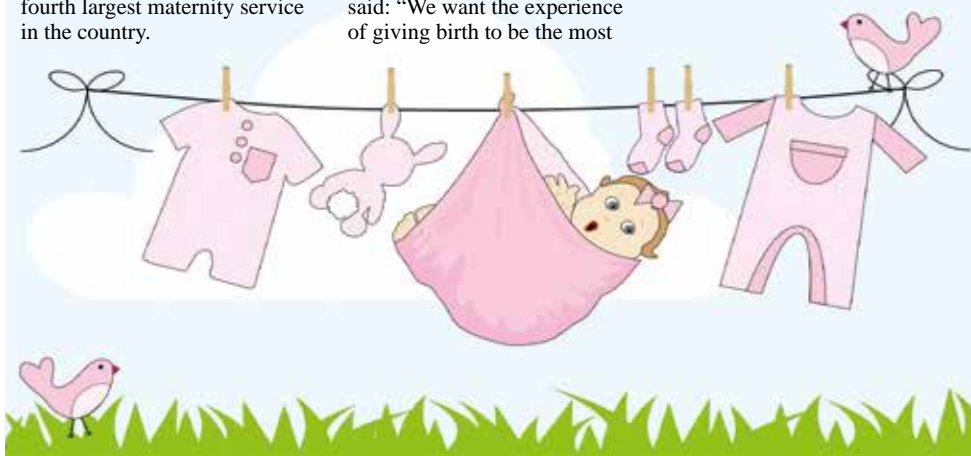
There are over 10,000 births at NUH (Queen's Medical Centre and Nottingham City Hospital Maternity Units) a year, making the Trust the fourth largest maternity service in the country.

The video was produced by animation students with input and feedback from maternity patients and clinicians. The animation includes accessible information in an easy to follow format on preparing parents-to-be, the operation, recovery and aftercare advice plus much more.

Dr Amelia Banks, Lead Obstetric Anaesthetist at Nottingham City Hospital, said: "We want the experience of giving birth to be the most

positive it can be and as personal as women wish it to be based on their individualised care wishes.

"We are incredibly grateful to the students at Nottingham Trent University for working with the Trust to produce such a fantastic and unique resource that we hope will be helpful to new parents and put their minds at ease ahead of their planned caesarean birth."



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16TH NEWARK VINTAGE TRACTOR AND HERITAGE SHOW



10th
& 11th
November
Newark
Showground

On 10 & 11 November, Newark Showground will once again be holding the largest show of its kind in the UK. This family-friendly annual autumn event will feature hundreds of vintage agricultural and horticultural machines as well as plenty of trade stands, heritage crafts, animals, demonstrations and displays.

Children are invited to visit Father Christmas in his 'igloo' where he will attentively listen to 'what they want for Christmas'. New for this year, the Vintage Tractor Show is pleased to welcome the Handmade with Love Events team who will be bringing their Christmas Craft and Gift Market to the Sir John Eastwood buildings. With over 50 wonderful designer-makers, artisans and craftspeople exhibiting their work, visitors will find it easy and fun to get started on their Christmas Shopping this year and pick up some great gifts for the festive season.

The organisers are delighted at the return of many of the experts who put so much effort into the fantastic exhibition of rare and native breeds including ponies, sheep, and cattle, providing a unique glimpse into the UK's farming heritage that has shaped our island. James Chantry will be running his popular 'Have a Go

Sheep Show' where young, would-be 'sheep handlers' are encouraged to try their hand. No experience is necessary, and rosettes are awarded for the winners. There will be displays of traditional crafts such as spinning, stick-making and chair caning as well as numerous indoor and outdoor trade stands offering opportunities to shop for products from country wear clothing, gifts, footwear, original paintings and prints, to sweet and savoury snacks, as well as items that will appeal to agricultural machinery enthusiasts.

Tasty hot meals, drinks, cold snacks and ice-cream will be available at various outlets.

Don't miss the acclaimed Carlton Male Voice Choir singing at the annual Remembrance Sunday Service which this year will be commemorating the 100-year anniversary of the end of WW1. Newark Showground is located near the A1/A46/A17 roundabout just outside Newark so it's easy to get to and parking is FREE Further details can be found by visiting www.newarkvintagetractorshow.com closer to the dates.



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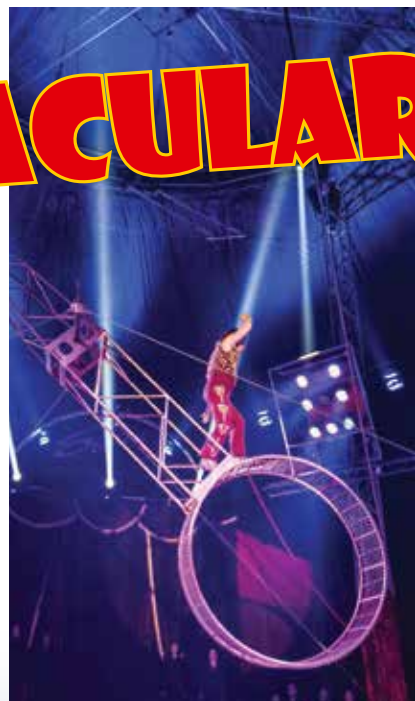
SIMPLY SPECTACULAR

Are you ready for Circus Sallai – a brand new circus with a modern twist? Coming to the UK for their first time to take the nation by storm, this ginormous travelling circus will be parading the country with their final stop of the 2018 tour in Coventry.

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Leave your ordinary days behind you and come along to witness an extraordinary, spectacular experience in the magical world of circus; with beautiful lighting, fantastic music and fabulous costumes, the circus provides breath-taking moments and a lot of fun for everyone.

It takes a whopping 20 trucks and vans, 3 miles of electric cable, 1.2 miles of water pipes and connections and a crew of 50 people to bring this incredible show to you, so make sure you don't miss it.



Visit the webpage for more information or to book tickets at www.circus-sallai.co.uk, alternatively, head down to the onsite ticket office open daily from 10am to 8pm.



AMAZING ATTRACTIONS

Looking for something exciting to do with the family this weekend? Perhaps you need a night out with your other half? From day trips, events and fast-paced activities to nights out, shows and more – check out our top events section for some fantastic inspiration on all the local hotspots.

It can be all too easy to fall into the routine of continually visiting the same places; whilst you may love your favourite family go-to for a thrilling day out, expand your horizons by trying some of the unmissable experiences right on your doorstep.

In and around Nottinghamshire there are hundreds of places to suit everyone's fancy – from indoor trampolines, go-karting, paintballing and treetop climbing to nature walks, delicious restaurants, fairs, tours and more – perfect for locals and tourists alike.

There are a number of local museums, history tours and other educational opportunities all over Nottinghamshire, a great way to combine a fun day out with learning. With museums dedicated to everything from famous writers to crime and punishment, there's sure to be something for every age and interest.

So whether it's a day testing out some of the county's most thrilling activities, a relaxing family walk in the afternoon sunshine or an educational experience that'll stay with you for years to come, you'll find plenty to keep everyone entertained near you.



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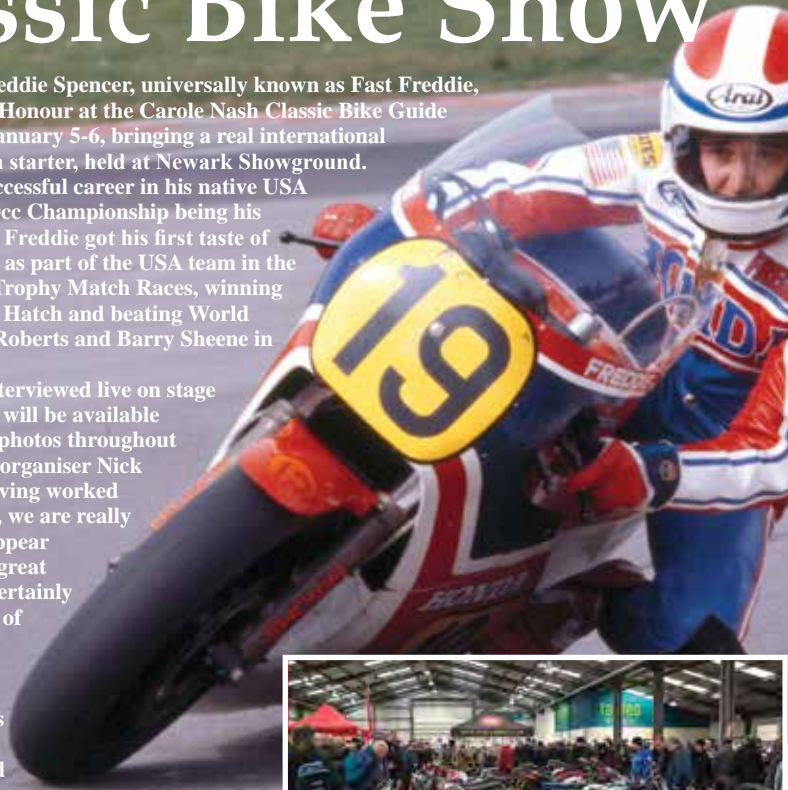
Newark Winter Classic Bike Show

Legendary racer Freddie Spencer, universally known as Fast Freddie, will be the Guest of Honour at the Carole Nash Classic Bike Guide Winter Classic on January 5-6, bringing a real international flavour to the season starter, held at Newark Showground.

After a hugely successful career in his native USA – the 1978 AMA 250cc Championship being his first big series win – Freddie got his first taste of international racing as part of the USA team in the 1980 Transatlantic Trophy Match Races, winning two races at Brands Hatch and beating World Champions Kenny Roberts and Barry Sheene in the process.

Freddie will be interviewed live on stage by Steve Plater, and will be available for autographs and photos throughout the weekend. Event organiser Nick Mowbray said: "Having worked with Freddie before, we are really excited for him to appear at the show. He is a great character and will certainly help to set the scene of excitement for the classic motorcycling event season!"

The show features a huge auto jumble, trade stands, packed scooter halls, and new for 2019 an indoor Scooter World start up area, bringing the sounds and smells of the past in to the New Year. For more information visit and to buy advance tickets go to www.newarkclassicbikeshow.com.



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Storytime, cuddle the guinea pigs, meet & feed the poultry

Tots on Tuesday During term time 10% off admission
See website and facebook for full details and times

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Friday 5th October | Arrive 7.00pm for 7.30pm | Book fee £25.95

Autumn Wedding Fayre

If you're recently engaged, then why not come along to our wedding fayre to get tonnes of ideas and inspiration for your own special day.
Sunday 21st October | 11.00am to 3.00pm | Free Entry



Christmas Craft Fayre

Join us at the hotel for a family fun filled festive day! There will be a wide variety of stalls selling a range of goodies for you to purchase.
Sunday 25th November | 11.30am to 3.30pm | Free Entry

Festive Party Nights

Our festive party nights include a delicious three-course dinner, all the festive trimmings and dancing until 1am.
Available 1st, 7th, 8th, 14th, 15th & 21st December | Arrive 6.30pm for 7.30pm | £31.95 PER PERSON



Christmas Wreath Making

Join us for a fun filled afternoon making your very own Christmas wreath to enjoy at home over the festive season.
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Put a SPRING in Your Step

Whether you're in the market for a new leisure holiday home, wanting to trade in an old one or on the lookout for the perfect park to enjoy a few days away, Springs Holiday Estates has you covered.

With a choice of new and used leisure homes for sale, leisure home lets, a professional after sale and repair service and a number of affordable finance options, finding the holiday home that's right for you couldn't be easier. The team even offer a delivery and siting service, so you really don't have to lift a finger. Choose from five ideally located holiday parks close to the beach to start your holiday adventure, whether you seek a short stay or a home-from-home to keep returning to.

PERFECT FOR SHORT HOLIDAYS

Springs Holiday Estates offers the perfect backdrop to your holiday. With a range of options to choose from including leisure home lettings, touring, motor home and tent pitches, adult only and family parks, you are sure to find something to accommodate your circumstances.

Their modern letting leisure homes come fully equipped with TV/DVD, microwave,

kitchen utensils and bedding is supplied, ideal for you and the family.

Touring vans, motorhomes and tents are well catered for with modern up to date free electric showers, toilets, washing up and laundrette facilities on-site. Electric hook-ups or fully serviced pitches are also available, ensuring that you have everything you need in your home from home.

With a choice between adult only and family parks, holiday goers can choose a destination that caters to their individual needs.

IDEAL FOR OWNERSHIP

There are also Owner/ Occupier parks available for leisure homes across a number of the parks, including close to the beach, use of a fishing lake, Wi-Fi, outdoor pool, links to golf and on-site pubs and clubs, meaning you won't have to travel far to indulge in some much needed leisure time.

They have a selection of brand new static leisure homes in stock, or they'll order one to your own individual specification, whilst their top quality previously owned leisure homes are a must for viewing.

Most makes and models of leisure homes are supplied, with part exchange allowances and affordable monthly payments available – meaning you can get your dream holiday home at an affordable price. For more information on the parks and any of the services provided visit: www.springsholidayestates.co.uk or call 01507441333.



Who or what is Madame Parboiled Ink? Madame Parboiled Ink is a collection of tours and shows, produced and performed by Kath George, all with historical basis and no shortage of charm.

Most Sundays Madame Parboiled herself, the executioner's wife takes lots of lovely visitors around her favourite old pubs on The Historical Pub Tour, with lots of history, tales of colourful characters and of course plenty of time to sample the beer. Awarded Guided tour of the year runner up 2017 Visit Nottingham Tourism Awards.

The Original Beggars Banquet, a Victorian themed night of fun and high energy. Inspired by the poor of Nottingham entertaining

Delve Into Rich History

themselves despite their dire situation, we try to capture that spirit, only with better food and a stellar cast. The nasty Nathiel Queeb (Mick Whysall) gets you booing and hissing, the talented David Mooney will get you tapping feet and thumping tables and singing along with old favourites. Patience Nightingale (Yasmin Alexander) sings to sets the scene, and of course Etty

Slack (Kath George) entertains with music hall favourites.

Other shows are a little on the spookier side. Meet the Ghosts explores some of Nottinghamshire's most haunted buildings and features stories the staff tell each other of ghostly encounters within their walls. Visiting areas

public
ordinarily
never see,

and with a free glass of wine to steady the nerves. Ghost-teas is an evening of spooky stories told to you while you enjoy a lovely cream tea in a series of lovely venues.



YMCA's Third October Holiday Camp

Newark Camp, a holiday camp for children aged 5 - 12 years is launching at Newark Academy during the upcoming October half-term holiday from 29 October - 2 November 2018. This will run alongside the already known and loved Camp Williams (West Bridgford) and Wollaton Holiday Club (Wollaton).

At Newark Camp, all children get to take part in a variety of exciting group activities over the course of a week, including sports (football, basketball, cricket, hockey), camp games (dodgeball, Ultimate Frisbee, scatterball, Danish longball), swimming, arts and crafts, board games, camp fire circle activities and camp rallies.

Children at Camp Williams will take part in all of the above activities, plus 8-15 year olds can take part in 'Skill Clinics' – sessions that focus on mastering exciting skills, ranging from archery to climbing, from mountain biking to music making.

At Wollaton Holiday club children get involved with loads of interactive projects, STEM activities, arts and crafts, a variety of indoor and outdoor sports, and swimming. Think science experiments, dodgeball,

archery, outdoor adventures, group games and more.

The club takes place on weekdays from 22 October to 2 November, 8:00am – 6:00pm.

"We're proud to be one of Nottinghamshire's leading youth charities." Says Steffen Benbow, Camps and Adventure Service Manager, "Our enthusiastic and fully qualified Play Leader team work hard to make sure your children enjoy spending time with us every school holiday."

Nottinghamshire YMCA camps and childcare clubs provide children and young people with opportunities to form positive values and to learn through positive, engaging, and interactive experiences. Campers will receive awards and certificates for demonstrating the four core values of the charity – caring, honesty, respect and responsibility.

To find out about all of their services for children, young people and families visit their website nottsymca.com.

To book for Newark Camp, Camp Williams or Wollaton Holiday Camp call 0115 711 7006 or email ymcadaycamps@nottsymca.org.



5-12 yrs

Welcome to **Newark Camp** by **YMCA day camps**

sports

art and crafts

camp games

camp rallies

swimming

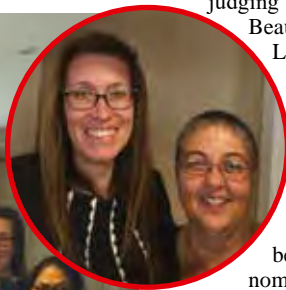
Scholarships
We are proud to offer help for families who can't pay full price.

Find out more and book for October half-term
nottsymca.com/campnewark
0115 711 7006

*Due to Ofsted regulations, we can only accept children from 1st September following their 5th birthday.

Ideal Carehomes Celebrate Outstanding Staff

This picture: Beaumont Hall staff team
Right: Beaumont Hall Home Manager Kerri Simpson and Coppice Lodge Home Manager Samantha Kavanagh at the Great British Care Awards



Two Ideal Carehomes went head to head last week in the Great British Care Awards judging day as staff from Beaumont Hall in Leicester and Coppice Lodge in Nottingham have been shortlisted as finalists for the East Midlands. The finalists have been anonymously nominated by colleagues, residents, relatives or professionals and are selected from numerous entries by a team of judges.

Staff from Beaumont Hall are up for two awards, with Home Manager Kerri Simpson shortlisted for the Care Home Manager accolade and her staff team are finalists in the Care Home Team category. Kerri said, "It is an absolute honour to be selected as a finalist for the Care Home Manager award but I am most excited for my team who work so hard and really deserve this recognition."

Coppice Lodge in Nottingham are also finalists in the Care Home Team category and will be contending with Beaumont Hall for the award. But far from being competitive, Home Manager of Coppice Lodge, Samantha Kavanagh, is rooting for the Beaumont Hall team. She said, "We are all part of the Ideal family and it is an amazing achievement for us both to be up for awards. Although it would be fantastic for Coppice Lodge to win, we will of course be equally happy if the winner is Beaumont Hall!"

The purpose of the awards is to pay tribute to those individuals in the care sector who have demonstrated outstanding excellence within their field of work. The finalists attended a meeting last week where they were interviewed by several judges who work within the care sector. The results will be announced at a regional gala dinner in November with the winners securing a place at the national awards next year.

Calling All Young Mathematicians!

Explore Learning's National Young Mathematicians' Awards are back! The competition - aimed at school children across the UK is returning with a new format - where both primary schools and secondary school children can compete against other teams across the country to be crowned the National Young Mathematicians of the Year. Now in its ninth year, the free competition was the UK's first team maths contest for schools and is organised by tuition provider, Explore Learning and NRICH at the University of Cambridge.

Bobby Seagull, University Challenge legend, TV presenter, school maths teacher and author who is currently studying a Doctorate in Mathematical Education at the University of Cambridge will have the job of awarding the winners and runners up with their prizes on 9 January 2019.

Schools across Nottingham are invited to enter a team of four pupils who will have the unique opportunity to tackle a never-before-seen mathematical problem.

Bobby Seagull says: "I'm really pleased to be the ambassador for this year's National Young Math-

emicians' Awards.

"Maths is such an integral part of our everyday lives and having competitions like this really encourages children to see the importance of it and excitement that it can bring."

The contest is made up of three rounds. The first rounds take place on Wednesday 7 and Thursday 8 November at 12pm

- 2pm at Explore Learning, Beeston, Nottingham. The semi-finals which happen on Wednesday 5 and Thurs-

day 6 December at 12pm - 2pm, take the highest scoring schools in their region who battle it out to become the top five teams in the UK. Here the highest scoring primary and secondary schools will venture to Cambridge for the final. There are lots of great prizes on offer to the winning teams!

To help schools prepare for the National Young Mathematicians' Awards, Explore Learning and NRICH have put together a number of teacher resources, downloadable from the Explore Learning website. Schools can enter via www.explorelearning.co.uk/youngmathematicians.



Bobby Seagull



Supporting Baby Loss Awareness Week

From 9 - 15 October, Sherwood Forest Hospitals will be marking Baby Loss Awareness Week with a variety of events available to bereaved parents, family and friends of those who have suffered the loss of a baby.

To start the week long initiative, two of the towers at King's Mill Hospital will light up pink and blue to raise awareness of baby loss and also in memory of families that have suffered the loss of a baby. At 6pm on the 14 October, a "Lanterns of Love" walk will take place around King's Mill Reservoir. This has been organised by Sherwood Forest Hospital's Baby Bereavement Team alongside bereaved parents and with the support of Nottinghamshire SANDS, the recognised stillbirth and neonatal death charity. Following the walk, there will be a short service and refreshments in the Faith Centre at King's Mill Hospital at 7pm. If anyone would like to attend the "Lanterns of Love" walk, the meeting point is at King's Mill Hospital Faith Centre at 5.30pm.

The bereavement support group, "Snowdrops and Butterflies" have been making lanterns for those that wish to attend the walk. However everyone is welcome to bring their own battery operated lantern, torch or phone to join.

During the week staff, parents and family members will be giving out tea lights to visitors in King's Mill Hospital, to encourage them to take part in the International Wave of Light on the 15 October at 7pm, recognised as International Pregnancy and Infant Loss Remembrance Day. Parents, families and friends across the world will be taking part in the International Wave of Light by lighting their own candles and posting images on social media.

In aid of



Rushcliffe Memory Walk

Saturday 20th October, 2018

Rushcliffe Country Park, Mere Way, Ruddington, Nottingham, NG11 6JS

Gates open: 12.30pm

Walk start time: 2pm

You will be able to choose between a 2km and a 5km walk supported by friendly staff and stewards (wheel chairs are also suitable for this event). There will be tea/coffee and cakes for sale with all donations going to the Alzheimers Society to support vital research.

For more information or registration form, please contact Lisa Harrold on 0115 8837816, email lisa.harrold@nhs.net. You can register on-line via Eventbrite <https://www.eventbrite.com/e/rushcliffe-memory-walk-tickets-48201061673>

Please join us - Every single step will help change the lives of people affected by Dementia, now and in the future.



We will also be holding a Dementia Friends Session in the Visitors Centre within the Country Park starting 12.45pm sharp. Email ajulian@rushcliffe.gov.uk if you are interested in attending.



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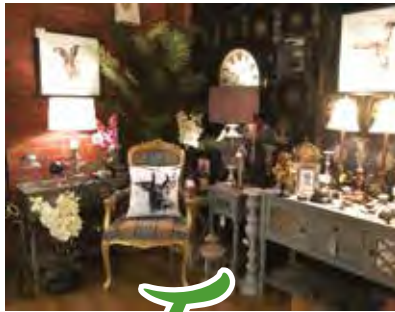
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Offering a vast range of high quality plants and gardening accessories to suit all your green needs, transform your space with the help of the friendly, knowledgeable garden centre staff who are always on hand to

offer expert advice for your perfect garden. The offerings even extend to an extensive collection of living and dining sets to complete your outdoor paradise.

For inside your house, the "Aladdin's Cave" provides everything you need to accessorise your home; from lamps, wall art and mirrors, through to 3 piece cane suites, sideboards, occasional chairs and so much more. They even offer an exciting range of décor such as artificial flowers, vases and ornaments for that bespoke finishing touch.

Christmas is the special event at Fair

Gardens! Each year the shop becomes a walk through wonderland bursting with humble festive additions for your home and garden, including real and artificial trees, baubles, beautiful ornaments, twinkling lights and much more. Oh, and don't forget to pop in and meet Santa – he will be in the store from 17 November in his newly built woodland grotto.

For all this and so much more, visit Fair Gardens at Cleatham Road, Kirton in Lindsey, Gainsborough DN21 4JR or for more information get in touch on 01652 648631.

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15th October 108 Burton Road, Carlton, NG4 3BG
2pm Murder Mystery and Mayhem Book Club Free entry

19th October Eastwood Conservative Club, Church St, Eastwood NG16 3BP
10.30am Speakers Corner - Supernatural stories with a local flavour Free entry

To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766

www.oddfellows.co.uk

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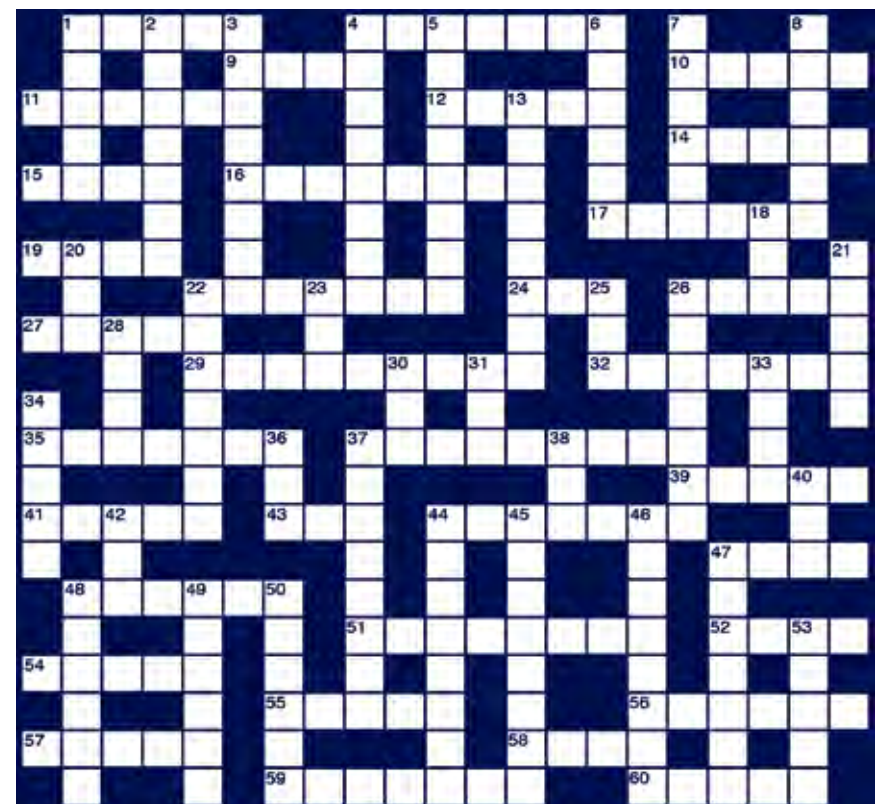
ACROSS

- 1 Close-fitting (5)
- 4 Pairs in relationships (7)
- 9 Over-hasty (4)
- 10 Warm and close (5)
- 11 Public announcement system (6)
- 12 Sequence (5)
- 14 Blow like a volcano (5)
- 15 A celebrity (4)
- 16 Glows faintly (8)
- 17 Accumulative bet on three races (6)
- 19 Earth (4)
- 22 Without weapons (7)
- 24 Climbing plant (3)
- 26 The lower gut (5)
- 27 Long-legged wading bird (5)
- 29 Learning (9)
- 32 That's entertainment! (7)
- 35 In haste (7)
- 37 End of hostilities (9)
- 39 Of the centre (5)
- 41 Burdened with cargo (5)
- 43 Mine (3)
- 44 A brother soldier (7)
- 47 Sleeve hem (4)
- 48 Mythical ocean male (6)
- 51 Single-garment suit (3-5)
- 52 Ready-to-eat fruit (4)
- 54 Organised happening (5)
- 55 Cheque beneficiary (5)
- 56 Transfer allegiance (6)
- 57 Lucky number (5)
- 58 Roam about (4)
- 59 Studies for exams (7)
- 60 Playthings (5)

DOWN

- 1 A characteristic or leaning (5)
- 2 High-ranking officer (7)
- 3 Repeat an attempt (3,5)
- 4 Shiny plating metal (8)
- 5 Still shut (8)
- 6 Written text of a film (6)
- 7 A dairy product (6)
- 8 Small growth on the skin (6)
- 13 Give an account of (8)
- 18 Not high (3)
- 20 A single unit (3)
- 21 The glossy coating on pottery (5)
- 22 Anonymous (7)
- 23 Uncooked (3)
- 25 Affirmative (3)
- 26 Junior Girl Guide (7)
- 28 A split (4)
- 30 The day before (3)
- 31 Fuel (3)
- 33 Farm storage building (4)
- 34 To cool slightly (5)
- 36 A rubbish dump (3)
- 37 Classification (8)
- 38 Road surface (3)
- 40 Imp (3)
- 42 Colour stainer (3)
- 44 Accident-prone (8)
- 45 Sailors (8)
- 46 Guarded from attack (8)
- 47 Cautious and prudent (7)
- 48 Films (6)
- 49 Uprising at sea (6)
- 50 Pincer (6)
- 53 Chooses (5)

See below for answers



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Solving Business Challenges in Nottingham



Thinkubator is the only event of its kind in Europe and since its launch in 2013, students have addressed more than 200 challenges submitted by businesses from across the UK.

Professor Baback Yazdani, dean of Nottingham Business School at Nottingham Trent University, said: "At NBS, collaboration between our students and the business world is very important. Thinkubator gives both parties the chance to benefit from their respective knowledge and experience."

"For our students, this is part of the personalised experience we offer them. They work on real-life situations which match their interests and they learn from the problems the business community is currently facing."

Although Thinkubator is a one-day event, relationships often thrive afterwards. In some cases, students have visited the organisation they worked with to follow-up with additional work and consultancy. The Thinkubator website www.ntu.ac.uk/thinkubator is now open for businesses to submit their challenges.

Organisations of all sizes seeking new and innovative ideas to support growth can benefit from the collective wisdom of Nottingham Business School (NBS) students and researchers at this year's Thinkubator Challenge.

On Wednesday 14 November, NBS will dedicate its full resource to solving 30 real challenges submitted by a variety of businesses and not-for-profit organisations. Now in its sixth year, Thinkubator sees a mixture of postgraduates and final year undergraduate students split into 'thinking hubs' to focus on solving challenges.

While the groups are working, businesses are invited to attend a series of master classes around this year's theme of 'enhancing productivity' before returning to the hub for a summary presentation.

Bringing Affordable Housing to Skegby

Leading housebuilder Rippon Homes has joined forces with housing provider Acis to bring affordable homes to its Manor Croft development in Skegby, Mansfield.

Four two-bedroom homes at Rippon's popular Manor Croft Development on Mansfield Road are to be transferred to the housing association Acis.

Paula Fisher, Land Buyer at Rippon Homes, said: "We are so pleased to have teamed up with Acis to bring these much needed affordable homes to Skegby."

"This will bring much needed, quality built homes to the area that will be available to those struggling to get on the property ladder or even to get a home of their own."

Andrea Brough, Head of Development at Acis said: "We're delighted to be working with Rippon Homes once again to bring more affordable housing to Nottinghamshire."



"Manor Croft will provide additional safe, secure and quality living spaces for local people."

For more information on Manor Croft or other Rippon Homes developments, call 0800 1697644.

SIMPLY DELICIOUS: NATIONAL CHOCOLATE WEEK

Returning for the 14th consecutive year, the nation's favourite themed week recognizing delightful sweet treats – National Chocolate Week – is the UK's biggest chocolate celebration running from 15-21 October.

Celebrating fine, delicious chocolate of every kind; hundreds of UK

companies, from chocolatiers and cocoa companies to hotels, bars and restaurants are hosting a range of exciting events on the scrumptious topic we all love – chocolate. Delve into the history of this tempting treat with talks, tastings, demonstrations and sampling, as well as creating exclusive products, new launches, offers, chocolate meals, cocktails and recipes

using some of the best chocolate brands from around the world – you'll be spoilt for choice!

Explore new flavours, textures and combinations as you unravel a history of chocolate with a series of mouth-watering events. National Chocolate Week aims to promote fine chocolate, independent artisan chocolatiers and the chocolate companies working in direct partnership with cocoa farmers, encouraging consumers to pay a fairer price for their chocolate.

You can get involved this National Chocolate Week by attending local events near you or registering your event, for more information visit the website at www.chocolateweek.co.uk.



Special Edition Chocolate is a small artisan company tucked away in the foothills of the Lincolnshire Wolds. With a bespoke chocolate shop on site as well as an online shop where chocolates can be delivered to you, you can browse the mouth-watering treats at your leisure.

Offering continental chocolate to the highest standard and catering to a variety of special diets within their vegetarian, vegan, gluten free, dairy free and diabetic chocolate ranges – you're guaranteed to find something to tickle everyone's taste buds.

Specialities includes dark, milk and white handmade bars, each available in plain or with amazing flavour combinations for an extra special touch; for example dark chocolate with chilli and ginger, milk chocolate with butterscotch and white chocolate strawberry with black pepper to name just a few.

Delicious gifts include beautiful hand moulded novelties, including farm animals, tractors, cars and motorbikes, which adorn the shelves in the quaint chocolate shop.

Tantalise your taste buds with a visit to Special Edition Chocolate's shop to make your visit to Lincolnshire even more delightful (and a lot more tasty).

For more information visit www.specialeditionchocolate.co.uk or call on 01673 844073.

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With the amount of different careers to choose from, it can be difficult to select something that's right for you straight after finishing school. Why not throw yourself into the world of work whilst still studying by doing an apprenticeship?

Doing an apprenticeship means you still acquire an advanced level of qualification just in a more practical environment. Usually on apprenticeship courses, certain amounts of time are dedicated to completing assignments, however each company differs in how they like to assess their apprentices.

As you are immersed into the working world you will appreciate all the benefits of a real life working

environment, including the relationships with your colleagues, sense of responsibility and of course, the satisfaction of earning money.

You will then adapt new skills such as punctuality, responsibility and financial budgeting, meaning you gain experience and improve your chances at obtaining different jobs in the future. The working environment will also provide you with opportunities to excel and advance within the company, and even gain a full time job once your apprenticeship has concluded.

Turn your favourite subject or childhood dream into your career by practising your newly developed skills to enjoy your job even more.

There are so many benefits of choosing an apprenticeship, so what are you waiting for? Research the courses on offer through a range of training providers, who will help you to take the next step on your educational journey.

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A Home of Their Own

Have you ever thought about adoption? National Adoption Week is taking place from 15th to 21st October and this year the campaign will focus on the adopter, using real life stories to illustrate the kind of attributes that a great adopter will embody.

Often children that are taken into care and subsequently need to be adopted haven't had the easiest start in life. Maybe their family life was fraught, perhaps they witnessed abuse and were not receiving the love or attention that they needed at home. Either way, they'll need to be welcomed into a stable and loving environment, so you'll have to carefully consider whether you are able to provide this for them.

Remember that in this process, the child always has to come first. Maybe adoption won't be what you expected it to be, or perhaps you won't be successful straight away. Whatever setbacks you encounter along the way, keep reminding yourself why you are doing this; for the wellbeing of the child.

Education is key, so make sure that you do your research if you are hoping to adopt. Governing bodies will be keen to see that you are well-informed and are in the loop when it comes to the intricacies associated with adoption.

Adoption is one of the most rewarding things that you can do as an adult and the memories that you will create for yourself and a child in need will last a lifetime.



Taking the time to participate in regular exercise, cook healthy meals and socialising all have serious benefits on our mental and physical health and wellbeing – so why don't we prioritise it more?

There is no quick fix to leading a healthy lifestyle, it takes time and dedication. However, it can be made easier with the right tools. Cooking classes are a fun and informative way to learn new skills which will benefit you for a lifetime, rather than participating in the latest foodie fad that never lasts. With preparation techniques, healthy recipes and demonstrations included, you'll be leaving with valuable knowledge about food and nutrition as well as a satisfied stomach.

Exercise is also important. Joining the gym and receiving regular training sessions from a professional is a great way to stimulate your muscles, manage weight and gain body

confidence, which all help towards your self-esteem. Exercise also makes you feel better through a release of endorphins, meaning that regular exercise can not only help to improve your physical health but also your mental wellbeing.

Finally, a little 'me time' is essential.

Whether you like to relax at a spa, get a massage or even just read a book in the garden – it's important to take time out from work and focus

on yourself. Arrange a treatment to indulge in some time alone or make it a group day out with friends and family – after all, you deserve it.

Time You Deserve



Finding a new zest for life

If you're a parent whose child has just started university, it's natural to feel a range of emotions. You'll no doubt feel happy they have achieved a place, at the same time you may also be feeling a sense of sadness or loneliness. These conflicting feelings, often referred to as 'empty nest syndrome', are common.

Empty nest syndrome is a term coined to describe the feelings of loneliness and sadness some parents experience when their children grow up and leave home.

UK charity Family Lives says it receives a spike in calls from anxious parents at the beginning of term. Many worry about their child and how they will cope with being away from home.

The wellbeing experts at CABA have offered their tips on finding a new zest for life:

Talk to other empty nesters
Starting a dialogue about your feelings may reassure you that you're not alone. Getting things off your chest and acknowledging how you feel can bring immediate relief too.

Get active

Being more physically active is a great way to boost your mood as it helps your body release 'feel-good' hormones called endorphins. Try to take up active leisure pursuits that happen outdoors, as studies suggest there's a positive relationship between exposure to nature and positive mental health.

Try not to pester

Today's technology means it's never been easier to stay in touch by phone, email, text and video chat. It's important to give them space to adjust to their new life, try to avoid smothering them by constantly monitoring their social media or calling them too often.



www.faithinfamilies.org



Find out more about adoption at one of our information evenings every

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SOBER OCTOBER

A well-known and widely encouraged practise in the UK now for many years, Sober October (or Dry October) is a pledge to get fit, lose weight and reduce dependence on alcohol for many people. Whilst a cheeky drink on the weekend with your friends isn't a bad thing, drinking too regularly – for example in great quantities and too often – can have serious side effects and irreversible impact on your health.

Going sober for October helps people to stop drinking by setting an end goal, the chances are that by resisting alcohol for just one whole month, you're more likely to reduce your alcohol intake on a regular basis throughout the year.

Focusing your energy on positive things is the first step to feeling happier without depending on alcohol. Darren Rolfe, CEO of Steps Together Rehab based in Nottingham, has come up with some top tips for living your life to the fullest.

EXERCISE

Get lots of fresh air and regular exercise. Go to the gym, work on fitness programmes with a personal trainer, or just take a walk – physical activity helps boost your mood.

TRY A NEW HOBBY

We don't always spend time on being in the moment. Choose something you feel you have an interest in, photography, baking, painting, gardening etc.

CHOOSE SOCIAL SITUATIONS

If you are not feeling 100% comfortable about attending a particular event, remove that pressure. You can decline an invitation, speak to the host they will understand.

KEY SUPPORT

If you are seeking help, Steps Together Rehab in Nottingham are here to provide advice and support, understand how our rehab centre can provide help for alcohol dependency with our outstanding programme. If you or a loved one is struggling with combatting an addiction, get in touch with the team today to find out how Steps Together can help you change your life.

For more information about Steps Together Rehab, visit the website at <https://stepstogether.rehab/> or call on 0800 038 5585.



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LEADING THE FUTURE AT RUDDINGTON MANOR

Kader Daffe, registered manager at Ruddington Manor in Ruddington, Nottingham has been recognised as one of the industry's 'Leaders of the Future' by Care Home Professional, a magazine that provides market intelligence within the care sector.

Kad has worked in a number of roles throughout his career in both the public and private sector, from healthcare assistant and mental health nurse to deputy manager. His vast experience and

empathy combined with his passion for providing the very best care possible and a desire to achieve excellence in all that he does ensures that his reputation precedes him.

Having joined New Care almost two years ago, starting off at The Grand in West Bridgford, Kad is very much part of the team and always forges good relationships with residents and colleagues. He delivers the highest quality, individualised care for each resident, and having worked closely with people living with dementia, brain injuries and complex physical illnesses, has an exceptional clinical background.

Kad says: "I am thrilled to have been recognised as one of just eight 'Leaders of the Future' by Care Home Professional. I am committed to the delivery of exceptional care and am proud to be part of the New Care team who also share this vision."

Ruddington Manor is a stunning, state-of-the-art 66 bed care facility expertly designed, the care home provides the highest standards of safety, comfort and care, as well as an exceptional clinical offering, including residential, nursing and respite care services. For further information, please contact Dawn Collect on 0115 981 5956 or alternatively, please visit www.newcarehomes.com.

Left: Kad Daffe, centre manager at New Care's Ruddington Manor



Opening up to seek support

Anyone struggling with addiction doesn't ever need to feel alone, it's always better to speak up and seek the support you need. Addiction can be a really intense and difficult subject; it can take over people's lives and make their behaviour change in ways you would not believe, immensely affecting everyone around them.

Understandably, speaking to a friend or family member can sometimes be the hardest thing to do if you're suffering or scared. If you don't wish to speak with someone who loves you to ask for help, there are plenty of other options including clinics, rehabilitation facilities and one-to-one sessions where you can comfortably air your feelings.

In and around the city there are numerous places which offer counselling, group sessions, rehabilitation and everything in between to provide you with full support and get you back to living your normal life as efficiently as possible, at your own pace. From daily check-ups to around the clock monitored care – you can get back to doing the things you love in no time.

Remember, if you or someone you know is struggling with addiction, speak up and look for support whether professional or closer to your heart.



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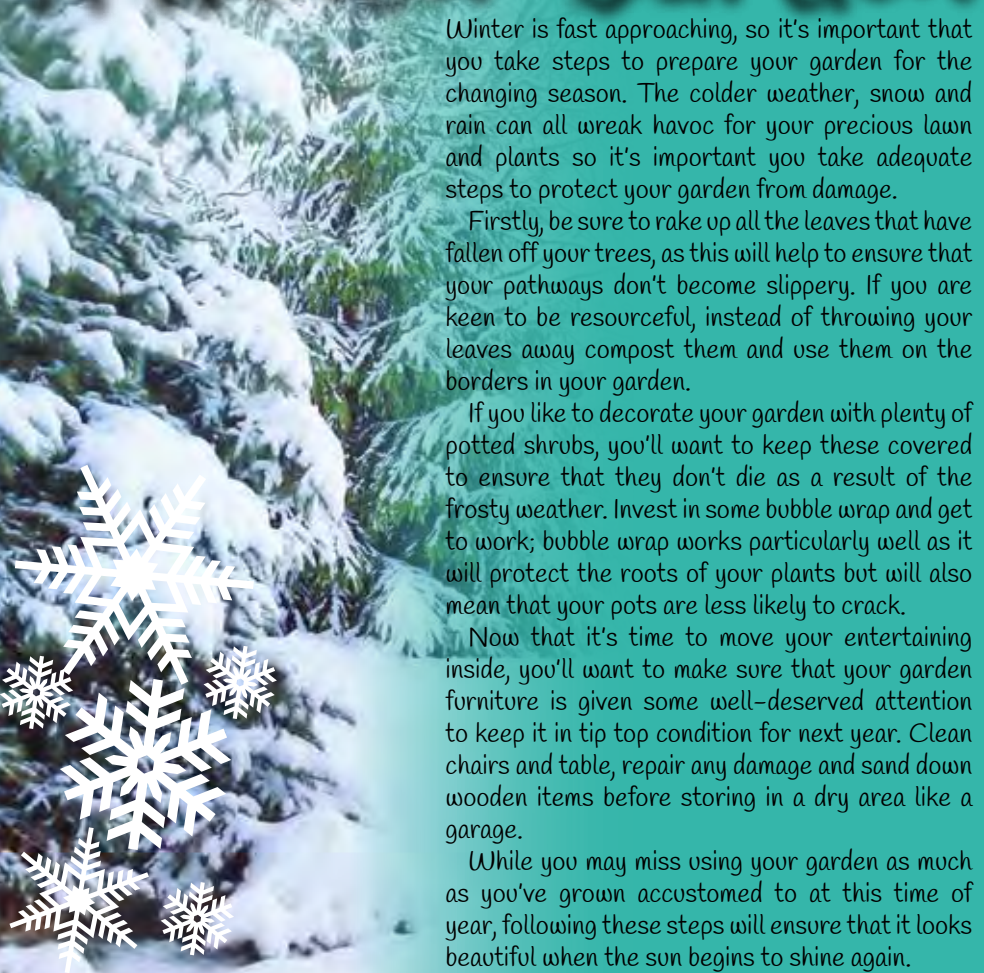
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A Winter Garden



Winter is fast approaching, so it's important that you take steps to prepare your garden for the changing season. The colder weather, snow and rain can all wreak havoc for your precious lawn and plants so it's important you take adequate steps to protect your garden from damage.

Firstly, be sure to rake up all the leaves that have fallen off your trees, as this will help to ensure that your pathways don't become slippery. If you are keen to be resourceful, instead of throwing your leaves away compost them and use them on the borders in your garden.

If you like to decorate your garden with plenty of potted shrubs, you'll want to keep these covered to ensure that they don't die as a result of the frosty weather. Invest in some bubble wrap and get to work; bubble wrap works particularly well as it will protect the roots of your plants but will also mean that your pots are less likely to crack.

Now that it's time to move your entertaining inside, you'll want to make sure that your garden furniture is given some well-deserved attention to keep it in tip top condition for next year. Clean chairs and table, repair any damage and sand down wooden items before storing in a dry area like a garage.

While you may miss using your garden as much as you've grown accustomed to at this time of year, following these steps will ensure that it looks beautiful when the sun begins to shine again.

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Home IMPROVEMENTS

The Small Things

They say it's the little things that make the big things happen, and this can certainly apply to your home. While having masses of floor space is great for entertaining and certainly comes in handy if you have lots of little ones running round, there's no reasons that a small home can't look great, but it does pay to know how to make the most of the room that you've got.

When it comes to colour, it's best to keep things fairly neutral in smaller homes. Paint your walls white and cream, as this creates lighter, more open looking spaces. You can still inject colour, but do so in a more thoughtful way, for example, on cushions and rugs.

If you're a hoarder living in a small home, it's important that you get clever with your storage; nothing is going to make your rooms feel more cluttered than tonnes of items which don't have allocated areas. Choose floor to ceiling fitted units for bedrooms that will allow you to store all of your clothes, books and other items efficiently.

Dealing with a particularly narrow bedroom? Reap the space-enhancing benefits of mirrors used in just the right way. Use a focal point in your room and then angle your mirror towards it; this will give the illusion of depth.

Whatever you choose to do in your home, remember to love the space that you have and always appreciate what you've got, big or small.



A Home for the Season

At this time of the year, many of us are looking forward to welcoming friends and family members into our home for parties, meals and smaller get togethers. Yes, the festive season is nearing closer and when you are planning on having lots of people in your home, it's a good idea to consider small things that you can do around the home to ensure that it is looking as good as it possibly can.

A fresh lick of paint is one of the easiest ways to update your home with minimal effort and you should choose bright, light colours to keep your space looking light and breezy, especially as the days are now getting much shorter. If you don't fancy decorating on your own, use it as an excuse to see friends and family members that you haven't seen for a while – a paint party is a fun way to get a group together.

We all like to be house proud and invest time, energy and money into our making our house look the best that it can. For the winter season, choose some new accessories for your home that you can reuse every year that will ensure your space looks seasonal. Fluffy cushions and a sheepskin rug work well and choose candles, picture frames and vases in colours that are appropriate for the time of year. Reds and deep blues both work well.

Something that costs absolutely nothing and will make all the difference in your home is making sure that it is sparkling clean before you invite anybody over – vacuum, dust the sides and keep clutter to a minimum.

Following these steps will ensure that your home is somewhere that you can't wait to show off at this time of year.



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