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## VOLUNTEERING HEROES AWARDED

Community heroes in the district had the spotlight on their achievements at the 2017 Mansfield Volunteer Awards last week (8 June 2017). Mansfield District Council and Mansfield Community & Voluntary Service organised the awards, which were presented to this year's winners at a ceremony at the John Fretwell Sporting Complex near Mansfield.

*The winners were:*  
**Andrew Wallace Memorial Award,**

presented by Sophia Cox, Efficiency East Midlands Events & Communications Officer to a local person who has made an extraordinary difference in a community: **Leah Anderson,** of Belamy Saturday Club.  
**Young Person's Award,** presented by Anna Rigby, Mansfield's Youth Mayor, to a volunteer under 25 who has made a significant impact on a person or community: **Anthony Sherborne,** of Hetty's, a voluntary organisation which helps

families affected by drug misuse. **Margaret Wilson Memorial Award,** presented by Geoff Milnes, of Mansfield Rotary Club, to a volunteer who has provided exceptional support to a charity: **Andrew Melles,** of the 2nd Warsop Scouts.  
**Emily Dawes Memorial Award,** presented by Mick Beresford, Chair of the awards committee, to a paid worker in the voluntary sector who has gone beyond the call of duty: **Claire Brooks,** of Hetty's

(accepted in her absence by Debbie Knowles, of Hetty's). **Vaughan Thomas Memorial Award,** presented by Kate Allsop, Executive Mayor of Mansfield, to a voluntary group which has improved or made a difference to their area or cause: **My Sight Mansfield** social group, which helps visually impaired people get more out of life and avoid social exclusion.  
**Outstanding Volunteer Award,** presented by Cllr Joyce Bosnjak,

for exceptional or sustained actions: **Margaret Morris,** of the Old Mansfield Woodhouse Society.  
**Business in the Community Award,** presented by Pete Scully and Jamie Fryatt, of SF Media, for a business which has given voluntary time to support the voluntary sector: **Wetton's Butchers,** of Warsop.  
 The awards were held in partnership with: Ladybrook Enterprises Ltd, Mansfield Community and Voluntary Service, Mansfield

District Council, Mansfield District Tenant and Resident Volunteers, Mansfield Woodhouse Community Development Group, and Nottinghamshire County Council.  
 Mayor Allsop said: "Volunteers are crucial strands in the fabric of society and we should never take their hard work and commitment for granted which is why I was delighted to support this event to shine a well-deserved spotlight on our local heroes."



## Scheme Returns To Boost Graduate Retention

Thirty businesses from Nottinghamshire will put their challenges to students as the annual Grads4Nottm scheme returns. Around 100 students from Nottingham Trent University will spend two weeks working with local businesses of all sizes, gaining valuable work experience whilst solving business challenges.

Companies including Boots UK, Yu Energy and local SMEs will be partnered with teams of students who will work on challenges ranging from web design, project management and brand campaigns, to animation, retail sales and product development.  
 The programme, which runs until 23 June aims to boost the number of graduates staying in the county for employment.  
 Deborah Garlick, Director of Henpicked, an online community for women over 40, is participating in the scheme for the first time.  
 Her business helps thousands of women through online advice and articles, on sub-

jects such as money, happiness and health including menopause.  
 She said: "I'm looking forward to working with the students and seeing how they can help benefit our business with work on our latest campaign."  
 Amy Underwood, Business Development Coordinator at Nottingham Trent University, said: "We are really excited to be running Grads4Nottm for the fourth time. The scheme gives a unique opportunity to showcase the roles and organisations Nottingham has to offer, and allows students and graduates to demonstrate the skills they have developed at university through a number of real-life business challenges."



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Photograph left to right: Champions again, Lewis Button, Josh Marriott, Lucas Pavier, Tobias Blair- Inshallah MacDonald, Osiris Macdonald, Finley Hall, Sam Ridley, Josh King and Kauis Bolton

Ernehale Junior School in Arnold is celebrating the retention of the Gedling Primary Schools Football Association cup for the second year running. Having seen an incredible run since the beginning of the October 2016 season; the boys had one draw in their league matches and won all of the rest, not losing a single match!

Team coaches Richard Younger (Next Level Sports) and Rebecca Bateman (Ernehale Junior School Teaching Assistant) said that the team were a credit to the school. Richard said, "I am still buzzing from the results. I was so

proud of them for playing as well as they did and keeping their calm during the penalty shootout." The final was played against Arno Vale Junior School and ended in a nail biting 2-1 penalty shootout.

Teaching Assistant and coach Rebecca Bateman said she was nervous during the final. "Throughout the whole process I have been very proud of the boys. They took our school and Trust values onto the pitch with them. I tried my best not to let the boys know how nervous I was feeling because whatever the outcome, I was proud either way." Rebecca said the

team played a great game. "Well firstly, we did something that Leicester City didn't do, we retained our title! I know that winning the title meant the world to every single child, and I was totally over the moon! The coaching and teaching staff all believed in the boys, and that faith definitely rubbed off." The school are already running trials for their new football team as Rebecca says around half of the players will move to secondary schools in September. "I must say that every single lad in that team has the potential to go a long way in their football careers."

## Wollaton Hall closes ahead of World Exclusive Exhibition

Wollaton Hall Natural Science Museum has closed temporarily to the public to allow the Dinosaurs of China Exhibition

to be installed. The exhibition will run from Saturday 1 July 2017 through until Sunday 29 October 2017 and

the Hall will reopen on 12 November once the exhibits have been safely removed. The closure will not affect the day to day operation of the Deer Park or the Stable Block Café and shops on site. The Industrial Museum will also maintain usual opening hours.

The Dinosaurs of China exhibition is a one-time only world exclusive, which will be coming to the UK for the first and only time this summer.

The exhibition will bring to life the history of how dinosaurs evolved into the birds that live alongside us today and will feature some of the biggest dinosaur skeletons in

existence.

Nigel Hawkins – Head of Culture and Libraries said: "To house such an ambitious exhibition with such fragile exhibits as those for Dinosaurs of China is a major undertaking. The Mamenchisaurus, for instance is the whole height of the Hall. We had to ensure the public and the exhibits would be safe during installation. We are closing for the shortest period possible and I'm sure visitors to Dinosaurs of China will see why this had to happen. In the meantime, I would urge the public to continue to enjoy the wonderful parkland and café facilities which will remain open."

## Unloved landmark to be consigned to history

The days are numbered for a Nottingham eyesore which most local people will be pleased to see the back of and turned into a key part of the city centre's transformation.

Councillors at the City Council's Executive Board meeting earlier this month gave the go-ahead for the Broadmarsh car park to be demolished to make way for a brand new replacement.

And a local resident will be given the opportunity to take the first sledgehammer swing at the car park to get the demolition underway. The council anticipates there will be few who will be sorry to see it go – and many who would be more than willing to help it on its way and so a competition will be run to give someone the chance.

The decision to demolish the building was taken on the basis that it is more cost-effective in the long-run than refurbishing it, as maintenance bills will be drastically reduced, while expensive ongoing remedial works will no longer be necessary. It also creates the opportunity for constructing a brand new development providing modern car park and bus station facilities and incorporating new shops and cafes to help the wider regeneration of the area and in keeping with intu's rejuvenated shopping centre.

In future, the new development will be complemented by improvements to the surrounding streets where traffic will be removed or reduced to create a much-improved, pedestrian-friendly entrance to the city centre from Nottingham Station. Shops and cafes will be developed overlooking the new pedestrianised areas of Carrington Street and Collin Street. The car park will have the same number of spaces and a new entrance and exit on Canal Street.

City Council Leader Cllr Jon Collins said: "The new car park, bus station and shops will play a big part in changing the look and feel of the whole area and I for one am keen to see the building replaced with something modern and appropriate for such a key site on the southern entrance to the city centre. "I imagine others will be pleased to see the back of it too and I look forward to seeing someone swing a sledgehammer to start the process of consigning it to history."

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Egoston Resource Centre  
74 Middle Street  
Egoston  
Thursday 10:00am  
Tel: Margaret on 07877 615284

**Clifton**  
The Royal British Legion  
(Next to Wilko's)  
12 Donington Road  
Monday 5:00 & 7:00pm  
Tel: Sarah (NEW CONSULTANT)  
on 07979 006707

**Community Centres**  
South Church Drive  
Wednesday 3:30, 5:30 & 7:30pm  
Tel: Jackie on 07877055117

**The Royal British Legion**  
(Next to Wilko's)  
12 Donington Road  
Wednesday 9:15 & 11:15am  
Friday 8:00 & 10:00am  
Tel: Sacha on 07515 172984

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

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

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

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

**Gotham**  
Memorial Hall  
Nottingham Road  
Wednesday 5:00 & 7:00pm  
Tel: Sarah on 07979 006707

**Hucknall**  
St Peter & St Pauls  
Community Hall, Buffs Drive  
Wednesday 3:30 & 7:30pm  
Tel: Kerry on 01159 558935

**The John Godber Centre**  
Ogle Street  
Saturday 9:00 & 11:00am  
Tel: Kerry on 01159 558935

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

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

**Moortons Club**  
295 Curzon Street  
Thursday 5:30 & 7:30pm  
Tel: Judith on 07711 043213

**Stapleford**  
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Wadsworth Road  
Next to Wadsworth Fields  
Primary School  
Monday 9:15am  
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**St. Helens Church Hall**  
Friedelick Road  
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Tel: Dawn on 07872 648833

**West Bridgford**  
Gresham Sports Pavilion  
Gresham Park Road  
Off Wilford Lane  
Monday 7:30pm  
Tel: Gillian on 074463854253

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

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

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

**The Rugby Club**  
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# Local Business Help Budding Architects Place in Chatsworth Competition

THE YEAR four class of Chaucer Junior School, based in Ilkeston, has reached the final stage of the Royal Horticultural Society Chatsworth Flower Show 2017 competition to discover the most architecturally impressive bug hotel after receiving help from Leonard Design Architects.

Chaucer Junior School teamed up with Leonard Design to get its advice on standing out from the crowd at the inaugural RHS Chatsworth Flower Show which this year celebrates 'design revolutionaries', as well as meeting the brief of designing a bug hotel to fit the theme of 'inspiring architecture: past, present and future'.

Jane Oldnall, year four teacher at Chaucer Junior School, said: "We are thrilled to have made it through to the final stages of the RHS Chatsworth Flower Show competition. We have one entry in the finals but the entire class has been working really hard to bring the 'Chaucer Bug and Breakfast' design to life."



In addition to giving professional advice and whittling the entries down to one for submission to the competition, the team at Leonard Design also hosted the class for a talk about a career in architecture. John Morgan, director at Leonard Design, said: "I was really impressed with the variety of ideas from the pupils - each design was really well thought out, demonstrating that they had completely understood quite a difficult brief from RHS Chatsworth."

"The next generation is incredibly important to the continued success of architecture as an in-

dustry, especially in the East Midlands. With that in mind, having the children in to meet the team and show them what we do was really valuable and will hopefully give them the extra passion to take home the prize at the Flower Show."

The winners of the RHS Chatsworth Flower Show Schools' Bug Hotel Competition will receive garden centre vouchers and a certificate with £200 for first place, £125 for second place and £50 for third place.



## Ticketing Company Crowned 'Retail Business of the Year'

Gigantic is celebrating winning 'Retail Business of the Year' in a stunning evening at the 2017 Nottingham Post Business Awards, which reward the best businesses in the region.

As well as walking away with 'Retail Business of the Year', Gigantic was also shortlisted for the 'International Trade Award'. The only ticketing agency to reach the finals, Gigantic joined more than 400 guests who attended the annual black-tie ceremony to honour businesses operating in sectors such as

manufacturing, retail, science and technology, and creative industries.

With a successful decade of experience in the ticket industry, the ethical ticket seller works with many of the country's biggest promoters, festivals and venues including Live Nation; Kilimanjaro; O2 Academy Brixton; Wembley Stadium; Reading & Leeds Festivals; Tramlines and Download. Gigantic continues to put emphasis on giving its customers a great experience and the award recognises the

hard work that has gone into building the Gigantic brand.

Founder, Mark Gasson said: "Ten years on, we continue to trade, grow and thrive within an extremely competitive industry, so this award is a lovely recognition for all of our hard work."

"Nottingham's business scene is booming and the tough competition across all categories support this success. Awards like these give recognition to independent businesses like Gigantic and what our great city has to offer."

**THE SUTHERS SCHOOL**

### A NEW 11-18 FREE SCHOOL SERVING THE NEWARK AREA

Developed by the Nova Education Trust, which also runs Toot Hill School (Ofsted Outstanding) in Bingham, The Suthers School will be offering 90 places to Year 7 students for September 2018 entry. The school will initially be housed in temporary accommodation at Toot Hill School before moving to its permanent location in Fernwood, Newark, in the spring of 2019.

If your child is currently in Year 5 and you would like to find out more about the unique educational ethos of the school and the excellent opportunities we can offer your child, we invite you to attend our Year 5 Information Evening.

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# New 18-Hole Adventure Golf Opens

A new 18-hole adventure golf course which has been built on the former putting green at Nottingham's Highfields Park is now open.

The course was officially opened by Cllr Dave Trimble from Nottingham City Council and by David Lowe from Showcase Greens – the company that constructed the £250,000 course.

The course is part of the £5million restoration of Highfields Park to restore the Grade II\* Listed park to the grandeur of its heyday as well as adding new attractions for visitors.

Nottingham City Council and other partners have worked to make the refurbishment possible thanks to grants from the

Heritage Lottery Fund and the Big Lottery Fund's Parks for People programme.

There will also be new croquet lawns and improvements to the waterside boating lake.

The new adventure golf course is in a great setting near the lake, the Lakeside Arts Centre and Pavilion Café and close to the University tram stop. It will be open at the following times:

Friday: 10am-9pm

Saturday: 10am-6pm

Sunday: 10am-6pm

Monday: 10am-9pm

Cllr Dave Trimble – Portfolio Holder for Leisure and Culture said: "Everybody loves a good game of adventure golf.

What a great way to enjoy the outdoors and have a fun time with friends as well as encouraging a bit of friendly competition! We're really pleased that the transformation of Highfields Park is progressing so well and the adventure golf course will be a real asset for this beautiful park."

David Lowe from Showcase Greens said: "We are so pleased to have been chosen by Nottingham City Council to work on this wonderful project and to have the opportunity to develop something in a Grade II Park which is a real privilege. I look forward to seeing many people come and enjoy the course over the summer and for many years to follow."



## News in Brief

### Patients asked to help shape new menu

NOTTINGHAMSHIRE residents are being asked to help shape new memory menus for hospital patients.

They are being given the chance to put forward their favourite local meals and those from their childhood to be part of the new initiative.

Nottingham University Hospitals NHS Trust hopes adding popular nostalgic meals will encourage patients to tuck in and help their recovery as well help older patients with dementia eat well and provide a lift to others being treated in hospital.

Ann-Marie Riley, Deputy Chief Nurse at NUH, said: "We recognise that when people are in hospital their appetite can be affected so we are trying to make sure we have as many tempting options on our menus as possible.

"Making sure patients are well nourished is an important part of their recovery. It also helps them avoid losing any of their mobility and independence which is important in helping them go home sooner.

"We also hope that having some traditional favourites on the menu will help encourage our older patients to eat, especially those with conditions like dementia."

To get involved and share your memory menu suggestion and favourite dish email ann-marie.riley@nuh.nhs.uk or on social media using the hashtag #nuh-memorymenu

## THE CORNERHOUSE GOES BACK TO NATURE FOR WORLD ENVIRONMENT DAY



Nottingham's leading entertainment complex, The Cornerhouse, has been showcasing its green credentials in line with World Environment Day.

The team has pledged to use the event last week to promote sustainability and highlight their own efforts to become one of the most environmentally friendly leisure venues in the city.

Over the past two years, The Cornerhouse has introduced a raft of new initiatives, from ensuring no waste goes to landfill, to reducing energy consumption with LED lighting. It also has its own beehives to produce local honey and drought-friendly flowers in the bee garden.

Suzanne Green, centre manager at The Cornerhouse, said: "As our sustainability policies gather momentum, we thought it was fitting to use World Environment Day as a way of showing other venues what they can do.

"Every year, our resident beekeeper helps us produce between 80 and 100 jars of honey from our two hives on the roof, which will be ready to sell for charity in September.

"All our waste is now diverted from landfill, with 81 per cent going to be recycled and the rest used to generate energy. Given that we work with so many restaurants, we're also delighted that food waste can be converted into energy right here in Nottinghamshire via biomass."

She added that even if a venue has limited space and resources, there is

still plenty it can do to help the environment:

"It could be as simple as monitoring your energy to cut down on wastage and making sure all equipment is in good working order. During the summer, for example, we turn off the gas so heating systems are not inadvertently activated if the temperature drops for a short period of time."

As an incentive to leave the car at home, anyone who has a Cornerhouse Card can also travel by tram for £2 return after 5pm (Monday to Thursday).

Organised by the United Nations, World Environment Day raises awareness about the threats facing the environment. This year's theme is 'connecting people to nature', encouraging more people to engage with their natural surroundings.

## A Canine Centre of Excellence



The NTU Canine Centre is working in Partnership with The Kennel Club to create a canine centre of excellence. Our vision is to create a place for dog owners from all walks of life to come and visit. We run lots of training courses; from evening seminars where owners can learn more about canine behaviour, canine nutrition and canine first; to weekend workshops that focus on specific skills such as recall training, sniffer dog training and

clicker training; to weekly classes including puppy classes, adult classes and agility classes.

All of our trainers are fully qualified in their fields, both in teaching and dog training and we are always finding ways to utilise the latest scientific research into our training. We are the training venue for Agility Team GB, which allows for brilliant opportunities to learn from some of the best as well as conduct agility research. However, the training classes are

just one aspect of the centre. Here at Brackenhurst we have the most stunning campus and over the next few months we will be creating a canine activity trail (think of a cross country type course for dogs). It will be a place for you and your dog to come too where you can have fun together, interact and indeed teach them new skills and tricks. We are passionate about helping to enhance the dog/owner bond and an activity trail is a perfect way to do this.

## Local Groups Commemorate the Great War

The latest round of funding for Nottinghamshire County Council's Community Commemoration Fund is now underway.

Towns and villages across the county can claim up to £300 to help them commemorate the Great War in their local area.

Round seven of the fund is open for applications until Friday, July 14, for activities that will take place between August 2017 and January 2018.

The fund was set up to support local community groups to organise events to bring the history of the 1914 – 18 War to life and help people understand how it impacted on their community.

Among the successful applicants in round six were:

- Newark and Sherwood Play Support Group – local children will work with an artist to produce a banner depicting their drawings and poetry which reflects their views about the Great War and how it affected local history.
- Norwell CofE Primary School – the funding contributed to travel costs for the planned visit to Perlethorpe Environmental Education Centre.
- Queen's Royal Lancers and Nottinghamshire Yeomanry Museum, Thorseby Court – the funding will enhance the visitor

experience to the QRL&NYM by providing an educational exhibition for all ages of the County's Cavalry Regiments' deployment and involvement during the Great War.

Mick Holtby, curator of the Queen's Royal Lancers and Nottinghamshire Yeomanry Museum, said: "Nottinghamshire County Council's contribution towards the museum's new exhibition has greatly enhanced our 'Call to Arms' project, in which visitors can experience and learn about life in the trenches, and the part played by local regiments during the conflict."

Cllr Keith Girling, the Council's Armed Forces Champion, added: "It is important that people never forget the sacrifices and bravery displayed by so many men and women from Nottinghamshire, particularly the 13,000 who lost their lives as a result of the Great War.

"One of the main aims of the fund is that activities will bring communities together and highlight the social and economic change of the times."

Groups can apply for funding by applying on the online form from [www.nottinghamshire.gov.uk/culture-leisure/heritage/community-commemoration-fund](http://www.nottinghamshire.gov.uk/culture-leisure/heritage/community-commemoration-fund) or call 0300 500 8080.

## Fly tippers brought to justice

A Mansfield man, who used someone he found on Facebook to dispose of waste, and Mansfield woman, who used a scrap man to get rid of her waste, have been landed with criminal records after their waste was found fly tipped.

Barry James, 40, of Portland Street, and Mihaela Munteanu, 30, of the Knoll, were prosecuted by Mansfield District Council in separate cases at Mansfield Magistrates' Court on 25 May 2017. They were ordered to pay a total of more than £660 after each admitted one charge of failing to comply with her householder's duty of care, contrary to section 34(2A) of the Environmental Protection Act 1990.

In both cases the defendants had paid traders to remove waste from their homes but had not taken details of the vehicles used, asked for a receipt or asked to see the operator's waste carrier's licence – something that commercial waste disposal operators are obliged to have and carry with them.

After the cases, Sarah Troman, Interim Director of Communities, said: "Always check they have a waste carrier's licence and take their credentials and vehicle details, because if your waste ends up fly tipped, it could be you rather than the fly tipper who has to carry the can for what is a criminal offence."

Brackenhurst

# NTU Canine Centre

Located at Nottingham Trent University's Brackenhurst Campus, the NTU Canine Centre specialises in humane education, using motivation and ethical methods to teach your dog the life skills needed to become a model canine companion.

We offer a number of courses, classes and workshops, such as:

- puppy classes
- training classes for adult dogs
- agility classes
- recall workshops
- sniffer dog workshops
- gun dog workshops
- canine behaviour seminars
- canine nutrition seminars
- dog activity trails

We have something for all, four-legged and two-legged alike!



"Emily and the team were great, and were able to tailor the sessions for the dogs which differed in ages and abilities. I would advise all owners of new dogs to go on the course!"

– Former Polite Puppy Student

To learn more, or book on to one of our courses, visit [www.ntucaninecentre.org](http://www.ntucaninecentre.org)



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# Agency unveils 'fab four' of new recruits



Full-service marketing agency Purpose Media has unveiled its latest 'fab four' of new recruits.

Daniel Winfield, Andy Young, Summer Onley and Jacob Sanderson have joined the firm, based at The Village Business Park, off junction 28 of the M1.

Daniel, 23, from Mansfield, joins as marketing executive. He has a degree in Marketing Communications and Advertising from Sheffield Hallam University. Andy, 29, also of Mansfield, joins as Account Manager, providing marketing consultancy and support to a range

of Purpose Media clients. Andy studied business at Sheffield Hallam University and had a gap year in New York.

Summer, 22, from Derby, is a graphic designer. She has a BA (Hons) in Graphic Design from the University of Lincoln and worked as a junior designer in an agency in her home county of Northamptonshire before joining Purpose Media.

And Jacob, 22, of Sheffield, joins as a junior developer in his first development role. Away from work, he is a keen golfer who has been playing for around ten

years and has a handicap of nine.

Over the past 18 months, Purpose Media has seen its staff headcount grow from 15 to 38 following its transition from a website and e-commerce developer into a full-service agency which now also offers creative design, video production, digital marketing, and PR.

Managing Director Matt Wheatcroft said: "I'm delighted to welcome Dan, Andy, Summer and Jacob on board. "They are all bright, energetic and enthusiastic young people who are a good fit with the team we have here."



## The Sybil Levin carer respite and dementia support service

The **Sybil Levin Day Service** in Cinderhill provides tailored support and care for people with a range of support needs, including dementia.

The service provides stimulating activities, home cooked meals and additional services such as assisted bathing. Supported mini bus transport is provided in some areas.

Find out more:

**0115 978 0011**

Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485).

# Fabulous show gardens

After a hugely successful first year, the East Midlands Flower Show will return to Newstead Abbey over the weekend of 1-2 July.

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

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

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

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

### Garden Experts include:

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

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



SATURDAY 1 JULY & SUNDAY 2 JULY

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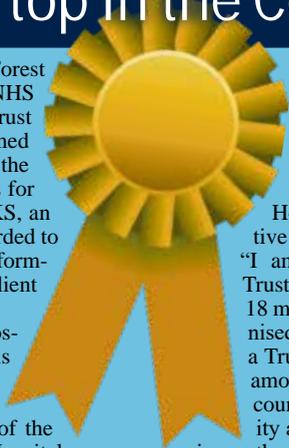
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## Sherwood Forest Hospitals named one of the top in the Country

Sherwood Forest Hospitals NHS Foundation Trust has been named as one of the Top Hospitals for 2017 by CHKS, an accolade awarded to the top performing CHKS client trusts. The Top Hospitals award is one of several awards that are part of the CHKS Top Hospitals programme. As well as national awards for patient safety, quality of care and data quality, CHKS celebrates excellence among its clients across the UK. The Top Hospitals award is based on the evaluation of over 20 key performance indicators covering safety, clinical effectiveness, health outcomes, efficiency, patient experience and quality of care. The indicators



are revised annually to take into account any newly-available performance information. Sherwood Forest Hospitals Chief Executive Peter Herring said: "I am delighted that the Trust's work over the past 18 months has been recognised. This reflects that, as a Trust, we are among the safest in the country, have low mortality and are more efficient in the way we deliver our clinical services. "Staff should be proud of what we have achieved during our recent improvement journey and this award recognises the excellent progress we have made. It is clear we are capable of achieving fantastic work that gets results. I must congratulate everyone involved with the Trust and ask them to keep up the good work."

## What's Happening Near You Nottingham

Save the pennies and entertain everyone this summer as part of the world-exclusive Dinosaurs of China exhibition, which stomps into Nottingham in July. The University of Nottingham's public arts centre Nottingham Lakeside Arts will be hosting a completely free exhibition exploring how dinosaurs may have looked in the past. Featuring two exciting 3D mounted skeletons – the Alxasaurus and the Dilophosaurus – together with the University's own Life Science collection, the exhibition is also supported on specific days by a number of free and low-cost workshops and events. These include Bring Your Dino Toy Day, Dino Design, where children can bring to life their own dinosaur drawings using a virtual design app and Raiders of the Lost Park, an adventurous nature trail with unexpected twists, challenges and riddles. For older dinosaur fans, there are a series of free hour-long 'Palaeo Talks' led by recognised experts in palaeontology from across the country. Dr Adam Smith, Exhibition Curator said: "The exclusive Dinosaurs of China exhibition is set to be the must-see exhibition of the summer, with specimens travelling thousands of miles from China to be displayed. "Many have never been outside of Asia before and the free exhibition at Nottingham Lakeside Arts means families can enjoy a truly unforgettable experience and the chance to learn all about these fascinating dinosaurs without it costing a penny!"

**For more information, please visit [www.dinosaursofchina.co.uk](http://www.dinosaursofchina.co.uk)**

## Southwell

As the days get longer and the weather kinder there are more activities, both indoors and out, that visitors can enjoy at The Workhouse, Southwell. From guided walks round the local town of Southwell to exploring the building and gardens with your camera there is something to interest all at the National Trust property during June. Reverend Thomas Becher, founder of The Workhouse, was a prominent member of local society so many of the places in Southwell resonate with his life and work. One of our costumed volunteers, John Twelftree, dressed as Becher, will lead a series of walks around the town on 15, 21, 24, and 25 June. The tours are free for visitors but are on a first come first basis so please meet promptly at 1.30pm in the car park. For creatively inclined visitors there are a number of opportunities to try out your skills or develop new ones. The Workhouse in Focus on Saturday 24 June encourages visitors to bring their cameras and explore the building and gardens.

**To find out more about The Workhouse and future events please call: 01636 817260 or see: [www.nationaltrust.org.uk/theworkhouse](http://www.nationaltrust.org.uk/theworkhouse)**

## Gin Club's New Venue



After four successful months in Nottingham, The Gin Emporium & A Recipe for Gluttony have decided to team up with the Pudding Pantry in the city centre. The Gin Club is themed each month. The June club is dedicated to Nordic Gins including and exclusively (outside of the Craft Gin Club Box) Kongsgaard Gin from Denmark. Each person gets to try 5 different gins paired with tasting plates created by Chef Sally Morris from A Recipe for Gluttony. "It has been an immense success in Nottingham, we have had people returning every month as well as new people, some even new to gin! Each month we do a different

theme from Winter Warmers to gins from the Southern hemisphere. It is a fantastic way to try new gins that you can't always find here in the UK!" Gabby Garcia, Director of The Gin Emporium UK. Sally & Gabby were approached by Anthony Quinn at The Pudding Pantry, he loved what they were doing and invited them to partner up with his venue. Sally and Gabby are extremely excited to work with the Pudding Pantry, who are doing an amazing job in Nottingham and have recently expanded their offering by opening evenings at the weekend. The format of the evenings includes a welcome cocktail, this is differ-

ent every month and developed by The Gin Emporium to match with the themes. This is followed by a range of different gins tasted neat, then with tonic & a garnish and then paired with small plates of food. The food is designed to be a small taste which brings out the flavours of the gin botanicals. The Gin Clubs also have a range of different speakers from Tonic producers to Gin distillers. "Most people think of pairing wine with food but gin is also a perfect match. The botanicals and spices in the gin bring out the flavours in our specially created small plates." Sally Morris, Co-founder of Recipe for Gluttony

More information can be found for each month from our Gin Club site [www.ginfo.club](http://www.ginfo.club)

## Charity Urges People to Think Differently About Volunteering

A charity working with homeless and vulnerable people is urging people to think differently about volunteering – to think what it can do for them as well as their community. Framework, which supports thousands of people every year from across the East Midlands, runs a professional volunteering services that enables people from a wide range of backgrounds to contribute positively to their communities, explore new opportunities, and develop new, life-enhancing skills. The charity launched a new For You and Your Community campaign during National Volunteers Week that asks people to think more deeply about what it means to volunteer – specifically about the many benefits it can bring them as individuals. Volunteering Coordinator Omid Hallam explained: "Volunteering is an easy enough word to understand, but it is often misunderstood. Too many people see volunteering as giving something for nothing, and don't necessarily think about the many things they may get back in return. "Traditionally volunteering has been about giving up your time

and skills for purely altruistic reasons. This is great and is to be encouraged, but there is so much more to volunteering than that. Many of the people who volunteer for us, for example, are doing so primarily because they want to get something out of the experience – to meet new people, learn skills, develop their confidence and gain work experience in a supportive, professional environment. "Indeed, we lose many of our volunteers to employment and training, and we are always delighted for them. In return we offer a comprehensive range of benefits – from travel, lunch and care expenses to full Framework training, one-to-one support and regular appraisals. Volunteering really isn't about giving something for nothing... it is about giving something and getting a whole lot back in return." Framework is currently working with more than 160 volunteers in Nottinghamshire and Lincolnshire. The charity is currently seeking to attract more volunteers in a variety of roles, and is able to offer training to people willing and able to get involved in its work.





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# Starter Homes Snapped Up

Homebuyers in Newark should act quickly if they want to secure a slice of modern living at Barratt Homes' St Michael's View development in Farnsfield, with just a handful of stylish starter homes left to purchase.

Set in a sought after village location, the last remaining two and three bedroom homes at the popular development on Cockett Lane are ideal for those looking to step on to the property ladder.

Jan Ruston, Sales Director at Barratt North Midlands, said: "St Michael's View is a great development that has been very successful since launching. "The two and three bedroom homes have proven popular with a range of buyers including first time buyers and working professionals in need of a great commuter location.

"For anyone interested in the remaining homes, I'd advise you to visit our onsite sales centre as soon as possible to avoid missing out."

Making it even easier to get a foot on the property ladder, the last few homes at St Michael's View are available to buy under the Government's Help to Buy initiative. The popular equity loan scheme helps first time buyers and existing homeowners to move with just a 5% deposit. The Government provides an equity loan of up to 20% of the value of your property which is interest free for 5 years. The Help to Buy equity loan can be repaid at any time or on the sale of your home.

For more information about the homes for sale at St Michael's

View, or any other nearby developments, call the Barratt Homes sales team on 0844 811 3377 or visit [www.barratthomes.co.uk](http://www.barratthomes.co.uk)



## Recycled plastic bench design inspired by the River Trent

A bench which reflects the shape of the River Trent has been created at Nottingham Trent University using recycled plastic. Mary Preston, 22, a BA (Hons) Decorative Arts student, designed the piece after being inspired to create something that fitted into the university's 'Greening the City' plan, which aims to create eco-friendly spaces for staff and students. She spent time looking at aerial images of the River Trent and made sketches to form the shape of the bench, which she has named Laminar Flow. Sensory plants will be incorporated into the piece to create

calming scents for students during exam periods.

Mary has made the bench out of recycled farm plastics, such as the plastic used to cover hay bales.

She said: "Coming from a farming background I have seen the volume of plastic waste and the impact it has on the environment and I wanted to bring a positive change to this. I wanted to use the material to make something everyone could enjoy."

The bench has been shortlisted for a Nottingham Trent Students' Union Green Impact Award.



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## Thomas Bow Named firm 'To Inspire Britain'

THOMAS BOW City Asphalt has been identified as one of '1000 Companies to Inspire Britain' in a London Stock Exchange report celebrating the UK's fastest-growing and most dynamic small and medium sized businesses across the UK.

To be included in the list, companies must show consistent revenue growth over a minimum of three years and be significantly outperforming their industry peers. This is the second consecutive year that the civil engineering firm has made the list.

Alistair Bow, managing director at Thomas Bow, said: "We are thrilled to be listed in the report for the second year running, especially in the competitive category of construction and engineering. The report research highlighted the sector as charging ahead and driving the economy with 134 companies listed. We are really proud to be part of the industry and be one of the firms recognised by such a prestigious report."

Thomas Bow, based in the Midlands, is an experienced civil engineering firm specialising in the delivery of highways and infrastructure projects throughout the UK. Its widespread knowledge of civil engineering and specialist surfacing techniques is recognised by its diverse client base both in the private and public sector.

Alistair added: "This year we are celebrating our 150th anniversary and the Thomas Bow team are continuing to work hard securing new schemes and business to ensure success not only for next year but hopefully for the next 150."



**Pinda Lancashire**

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**Aries**  
An opportunity to advance your career looks ever more likely. Regarding a troublesome personal relationship you may decide to cut your losses and stop wasting so much time wishing things could return to how they used to be in the beginning. The power of your personality can pave the way for brand new opportunities that could involve travel and exploration, enabling you to engage in all kinds of exciting possibilities.

**Taurus**  
Unexpected events can send us scurrying down a rabbit hole in a panic. You may feel as though events are rapidly overtaking you, but there is magic in the air where romance is involved. An old flame may still try to rekindle a relationship, but someone new may occupy most of your daily thoughts. Keep a close eye on your spending, especially if you are struggling to pay all the bills.

**Gemini**  
Don't fret if you have to suddenly cancel a previously scheduled appointment. Your motives may not be clear to those around you, but you have your reasons because your own problems may be more compelling than trying to solve other people's predicaments. Interesting developments in both your working and personal life will inspire you to try something completely new.

**Cancer**  
Your friends want to know your secret of looking good and feeling fabulous, even when you have overlooked the schedule. Unexpected developments in your career force you into making an urgent decision. You may even embark on a brand new business venture that will provide great security for the long term future.

**Leo**  
Over commitment is what happens when you try to please too many people all at once. If single, be cautious about any new comer because not everyone is as genuine as they like to portray. If you are harbouring dreams about furthering your career or business, consider pursuing a route that you had not given any consideration to previously. Devote time and attention to your loved ones and put home matters first every time.

**Virgo**  
You are not one to waste words, but neither will you remain silent until you clear the air. It's crucial that you choose your battles wisely and think before you agree to commit yourself to a venture that you may later regret. Romantically, it's looking interesting. Your feelings for someone are probably highly charged and you could find yourself in over your head before you know it.

**Libra**  
Your brain is flowing with amazing ideas that could sweep you away on an unrealistic journey if you refuse to listen to common sense. Pay attention to finances, especially if you have gone mad with overspending and now find yourself in arrears. Focus your energies on furthering your happiness and wellbeing. Avoid toxic foods, beverages and people if you wish to make steady progress.

**Scorpio**  
Create more time for meditation and contemplation. Never allow anyone to rush you into making a decision and if necessary, dig your heels into the ground and do things your way. Someone from your past will endeavour to make a new connection, but you won't necessarily be impressed. People do not change that much, so whatever they let you down over before, they are likely to repeat once more.

**Sagittarius**  
A recovery period has commenced enabling you to heal old wounds and do some very deep thinking. An old love will slowly fade away allowing you to make fresh, new advances and begin a more successful chapter of self-discovery. By joining a new social group you are sure to meet other like-minded individuals who are fun to be around and full of stimulating conversation away from work and home issues that have recently been draining your energies.

**Capricorn**  
An announcement will create buzzing optimism and feelings of goodwill with both yourself and those you are closest to encouraging you to make new plans for a brighter future. Someone who has treated you badly in the past is still blaming you for their demise. You may even seek independent advice from someone who is able to point things out to you that you have overlooked.

**Aquarius**  
Dividing your duties and working to a new timetable will help enormously but your restlessness may also force you to start job hunting because you are ready for change. Overseas travelling looks likely and if you are interested in purchasing a holiday home, now is the time to look around for the sale of the century. Singles can look forward to new admirers as you never know where chance meetings will lead to.

**Pisces**  
You will get your opportunity to share your expertise with people who are eager to learn and you will gain just as much from this exercise as they do. Dedicate your time to getting back into balance in all aspects of your life and more especially, paying more attention to your health and wellbeing. New and exciting doors are starting to open because you are ready to advance in a different direction.

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# September's new students get to know each other

The Nottingham Emmanuel School welcomed 119 year 6 students to a 'Getting to Know You' event designed to aid the smooth transition of pupils who will start at the school in September.

Emily Wragg, Student Services Office Manager at the school said it was just the first of a variety of events planned with a second similar event taking place on 13 June. "We wanted to provide the

opportunity to introduce the students not only to each other, but to the school building and their new teachers." Various activities were on offer including 'people bingo', science experiments and a drama and dance workshop based around The Lion King. "Students had fun representing the different animals in the film and were given masks

to help them get into character. The best efforts were judged by Mr Marsh (Achievement and Pastoral Manager for Year 7) from a selection of very realistic and enthusiastic impressions!" Emily says that familiarising September's new

students with the staff, buildings and each other, will ensure they feel more confident when they start at the school. "The 'Getting to Know You' events help students to feel that they are already part of our school community."

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## Practice Manager Receives Lifetime Achievement Award

The former Practice Manager of Nottingham-based law firm Rothera Sharp has received a Lifetime Achievement Award from the Nottinghamshire Law Society.

In addition to his work with Rothera Sharp, Dave Barradell, (64), was an active member of the law society's group for practice managers, and was recognised for his exceptional hard work and dedication in these roles. He is also the first non-solicitor to win the award.

With a successful managerial career in retail banking behind him, Dave joined the firm of German and Soar in 1999, prior to

its merger with Rothera Dowson in 2001; this firm then merged with Sharp Young & Pearce to form Rothera Sharp in June 2016 and he remained with them until his retirement in December 2016.

Dave was understandably pleased to receive his award:

"I'm absolutely delighted to have been given the Lifetime Achievement Award. I really enjoyed managing the practice of Rothera Sharp (and in all of its previous guises) making many friends along the way. I have many happy memories of my time there and I also took great pleasure

in being part of the law society's Practice Managers Group - although I'm now looking forward to a long and peaceful retirement!"

Ann-Marie Bowman, Rothera Sharp's joint Managing Partner, added:

"Dave was an extremely experienced Practice Manager. He's enormously trustworthy, reliable and conscientious, and proved to be really influential when it came to our recent merger with Sharp Young & Pearce. "We're really pleased for him on achieving this award and it is the icing on the cake in time for his retirement".

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# Nottinghamshire Pupils Talk Rubbish

UK leader in environmental solutions; Veolia, in partnership with Konflux Theatre in Education, will be increasing the awareness of environmental issues to Nottinghamshire young people this month.

Many local schools including Farmilo Primary School near Mansfield will be lucky

enough to receive an exciting

'Play in a Day®' ex-

perience when Kon-

flux visit with their

'Reduce, Re-use, Re-

cycle' performance and

workshop.

Nottinghamshire children

will experience a full day

talking about the world

around them and learning

a piece of thought provok-

ing drama, making it their

own and then performing

it to the rest of their school

and peers.

Aimed at Key Stage 2

pupils, 'Reduce, Re-Use,

Recycle' explores impor-

tant issues about waste

management, saving ener-

gy and pollution and how

we can all do our bit at home and at school to

conserve resources for the future.

Through a fast-moving and lively days' re-

hearsal, Farmilo Primary School pupils will

explore the topic of waste, water and energy

management and what can be done to increase

awareness of preserving scarce raw materials

and recycling.

Working closely with a class, a professional Facilitator from Konflux Theatre in Education devises a performance especially created for an audience of their peers. The fifteen minute performance will contain valuable insights and information for adults, parents and guardians too.

The all-action performance workshop

looks at waste management issues from

the perspective of a young

person. Pupils will learn

that everyone plays a part

and is responsible for man-

aging waste, water and energy.

They will discuss how it is vital

that everyone in the commu-

nity gets involved to take ac-

tion against the growing waste

problem.

During their performance, the

young actors offer a series of

'reduce, re-use, recycle' top tips

to reinforce the message the im-

portant message of waste, water

and energy management.

Lesley Taylor, Recycling and

Education Officer at Veolia

said; "Konflux theatre work-

shops are an innovative & en-

gaging way of spreading the

recycling message to Nottinghamshire schools.

The enthusiastic presenters work from a script

which has been specifically designed to portray

our key objectives. The workshops allow us to

reach entire schools in one day and the feed-

back received has been extremely positive. We

look forward to working with Konflux again

this year."



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\*Calls cost 3p per minute plus your network provider's standard access charge) Subject to availability and selected coach holiday only and terms & Conditions apply. For tours operated by Skills Holidays, Coachstyle, Skills Days Out visit www.skills.co.uk for full Terms & Conditions. For tours operated by Laver Holidays visit www.laverholidays.co.uk for full Terms & Conditions. Prices are per person based on 2 people sharing a twin room and are subject to availability. Nil single room supplements are limited. All credit card transactions are subject to a 2.75% charge.

# Art Classes with Rachel Connolly

Ba (Hons)



Monday 1.30pm - 3.30pm  
 Tuesday 10.00am - 12.00pm  
 Tuesday 1.00pm - 3.00pm  
 Wednesday 9.30am - 11.30am  
 Wednesday 1.00pm - 3.00pm

Drawing and Painting  
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## The Art Room Belton Garden Centre

For further details or to book a place, call Rachel Connolly on 01400 250711  
 Or visit my webpage at <http://parishes.lincolnshire.gov.uk/marston>.  
 Click onto Clubs and Societies

# Learn something new this June

Festival of Learning, previously Adult Learners' Week, is encouraging everyone to learn something new this month. Run in partnership with Hotcourses, the UK's number one online search site for adult learning, Festival of Learning's Have a Go Month aims to highlight the many learning opportunities available and the positive impacts of learning throughout life. Throughout June, free learning activities are taking place across England in the form of short taster sessions, talks and lectures as well as college and university open days. Sugarcraft for beginners, in-

roduction to sign language, drawing with charcoals, introduction to accounting, how to cook healthy meals, and learning hand embroidery are just some of the activities being offered by colleges, councils, libraries, museums and other organisations. With hundreds of activities happening during the month, there is sure to be something of interest to everyone. Learning a new skill can have many benefits for individuals, their families, communities and workplaces. Each year, Festival of Learning award winners show that learning increases self-confidence, enhances career prospects,

improves health and well-being, enriches family relationships and empowers people to change their lives for the better. Learners also discover new passions, find new friends and become more active in their community. Stephen Evans, Chief Executive at Learning and Work Institute, said: "Learning happens everywhere, people are constantly discovering new things about their lives, their careers and the world around them. We know that learning not only helps the learner but their families, the communities they live in and the places they work."



Visit [www.festivaloflearning.org.uk/have-a-go-month](http://www.festivaloflearning.org.uk/have-a-go-month) to find out more and search for learning events near you

## Want to take your learning further?

Study a qualification with Riverside Training

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 Parental Involvement



### Gedling Homes Work Club

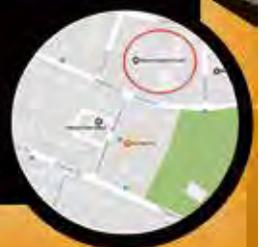
@Beacon Baptist Church, Killisick Road, Arnold, NG5 8DB

Every Thursday afternoon  
 between 2-4pm

- Come along to the club to:
- Get advice about CV writing
  - Learn interview techniques and practice your interview skills
  - Learn how to job search using the UK's most powerful online jobseeker's toolkit, known as MyWorkSearch

We look forward to seeing you there.

For more information please contact a member of the Community Development Team on 0115 905 1515 or email: [enquiries@gedlinghomes.co.uk](mailto:enquiries@gedlinghomes.co.uk)



Out and About

# One of Buxton's Most Popular Places to Stay



## Free family photos for Fathers in Sutton Shopping Centre

Idlewells Shopping Centre has hired a local photographer and paid for hundreds of photos as a gift for shoppers visiting on Saturday 17th June.

Within this latest promotion, the popular Sutton-in-Ashfield shopping centre, and hub of the local community, continues to provide its customers with 'something for nothing' as a 'thanks' for their loyal support of its own retailers, and stores in the town centre.

Photographer, Jason Parnell, will be in Idlewells between 12 noon and 3pm the day before Father's Day, with a portable studio set up and printer. Jason has been commissioned to take portrait photographs of families, couples and children - and provide up to two 8"x6" mounted prints per group to mark Father's Day 2017.

"We thought this would be a lovely thing to do for local dads, granddads and families in general." Said Chloe O'Donnell, Idlewells' Centre Manager.

"They can have a family picture taken to keep themselves - or families and friends could have a picture taken as a surprise gift for someone on Father's Day."

In addition to providing the photographs, Idlewells will be giving out free Yorkie chocolate bars to dads, carers and granddads who are in the Centre on the day, whilst stocks last.

"We thought it would be a bit of fun to give Yorkies away too, as they are light-heartedly known to be 'men only' chocolate bars, following the confectioner's controversial ad campaign in the '90's." Smiled Chloe. "We hope our customers enjoy another free treat on us, and it puts smiles on faces for Father's Day," concluded Chloe.

Idlewells continually surprises shoppers with its free 'thanks' gifts, recently giving away free Easter eggs, daffodils for Mother's Day and fifty pence pieces on Valentine's Day.

For more information, visit [www.idlewells.co.uk](http://www.idlewells.co.uk) or find Idlewells on Facebook.

The Old Hall Hotel in Buxton is reputed to be the oldest in England. With a rich history that dates back thousands of years and includes some notable guests including Mary Queen of Scots herself.



The Old Hall Hotel now stands as one of the spa town of Buxton's most popular places to stay, nestled deep in the heart of the Peak District. Situated directly opposite the beautiful Pavilion Gardens and the famous Buxton Opera House and with first class hospitality, you can be sure that you'll be made very welcome.

The Old Hall Hotel is a stunning destination for a summertime break. From just £119.00 per room, The Great British Summer Break includes; A glass of Pimms on arrival, a two-course dinner in the restaurant (starter and main course), an overnight stay in a unique bedroom and full English breakfast. The break is available on selected dates and subject to availability until the 30th September 2017.

Buxton and the local area has a rich heritage of historical attractions and landmarks. There's so much to see and do, from the wild and wonderful Peak District national park where you can enjoy boating, cycling, trail walking, horse riding and more, to the quaint little local villages including Bakewell, famous for its traditional puddings and farmers markets. Don't miss the stunning Chatsworth House and Gardens, dating back to the 16th century the building is home to the Duke and Duchess of Devonshire and houses some of the world's finest art and history collections.

Book a minimum of a three-night stay between now and the 30th September and receive a complimentary Chatsworth House ticket per guest. (excludes special events).

A visitor destination in the heart of the Peak District

## High Peak Bookstore and Café



When it first opened back in 2000, High Peak Bookstore and Café (then known as Bookstore Brierlow Bar) saw owner David McPhie bring a wealth of experience selling books and records to the outskirts of Buxton.

Since then, the bookstore in the heart of the Peak District and close to the neighbouring towns of Ashbourne, Matlock and Bakewell, has gone on to become a huge success, occupying 5,000 square feet on Ashbourne Road and drawing visitors from across the county as well as further afield

Sourcing and selling quality reads on a huge range of specialist subjects has always been the main focus for the store, but its dedicated children's room, outstanding selection of CDs on everything from jazz to folk and impressive collection of greetings cards are just a few of its other assets.

Its quirky café, opened by David's daughter Louisa when she took over the reins last year is the perfect addition to the store too, with fair trade coffee, award winning loose leaf teas and fresh food making a trip to High Peak Bookstore

and Café a real visitor destination. But while the bookstore and café has grown from strength to strength over the last few years, the team have no plans to stop there. The opening of a new kitchen and a name change are just some of the changes High Peak has seen already this year and, with a passion for the business that's equal to her father's, Louise has big plans for the future of the family business.

Visit [www.highpeakbookstore.co.uk](http://www.highpeakbookstore.co.uk) for updates or call 01298 71017 for more information.



## The Great British Summer Break

From just £119 per room, our package includes:

- A glass of Pimms on arrival
- A two-course dinner in the restaurant (starter and main course)
- An overnight stay in a unique bedroom
- Full English Breakfast



The Square, Buxton. SK17 6BD

To book call 01298 22841 or visit [www.oldhallhotelbuxton.co.uk](http://www.oldhallhotelbuxton.co.uk)

\*Subject to availability. For selected dates between June 1st and September 30th, 2017. Not available during Buxton Festival

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**NEW LARGE CAFE**

**NEW INTERACTIVE BARN**

**WATCH out for Mr. Doodle Deo**

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www.matlockfarmpark.co.uk 01246 590200

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# TOP EVENTS

**Patchings FESTIVAL 2017**  
JULY 13-16

Enjoy a Great Day Out  
ART · CRAFT · PHOTOGRAPHY  
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GREAT VALUE WEEKEND TICKET  
AVAILABLE IN ADVANCE  
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SEE WEBSITE FOR MORE DETAILS

Patchings Art Centre, Oxton Road Calverton,  
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festival@patchingsartcentre.co.uk | www.patchingsfestival.co.uk

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Willis Organ

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own score

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(Co-op)

Hot drinks and  
snack available  
on site

**Saturday 1st  
July 2017**

At All Saints Church, Monks Road  
(opposite the Arboretum) Lincoln  
Cost: £10, (£3 LCS members)  
10.00-16.30 approximately

For application form see website:  
[www.lincolnchoralsociety.org](http://www.lincolnchoralsociety.org)

**Crafting Live Doncaster**  
15<sup>th</sup> - 16<sup>th</sup> July 2017  
at Doncaster Racecourse  
OPEN: SAT 10am-5pm / SUN 10am-4pm

THE UNMISSABLE CRAFT EVENT OF THE SUMMER

Crafting Live invites you to the award winning craft show at Doncaster Racecourse. Meet your favourite celebrity crafters and stock up on some amazing crafting supplies!

**TICKETS AVAILABLE NOW!**

Join your favourite crafting celebrities for FREE Make & Takes. Booking on the day is essential but we will have plenty of places available!

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MEET YOUR FAVOURITE CRAFTING CELEBRITIES!

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BUY TICKETS ONLINE AT [WWW.CRAFTINGLIVE.CO.UK](http://WWW.CRAFTINGLIVE.CO.UK) OR PAY ON ENTRY

Tickets: £5.00 Adult  
£4.00 Concessions  
Or £7.50 / £6 for both days!  
Under 16s (accompanied by an adult): FREE

www.craftinglive.co.uk

Also find Stoneleigh Park, Coventry: 30th Sept - 1st Oct 2017  
us at Sandown Racecourse, Surrey: 26th - 27th Jan 2018  
Peterborough Arena: 11th-12th November 2017  
Titanic Exhibition Centre, Belfast: 26th-27th April 2018

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## SUNDAY 18 JUNE 2017 FATHER'S DAY CLASSIC CAR & MOTORCYCLE SHOW

Organised by



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Admission Adult: £3.50 | Child: £1.75  
Family (2 Adults, 3 Children): £8.75 | Family (1 Adult, 2 Children): £5.25  
Group Adult: £3.00 | Group Children: £1.50 (Min. group size 15)  
National Trust membership cards can be used.

Free commemorative plaque for exhibiting vehicles.



[WWW.CLASSICSHOWS.ORG](http://WWW.CLASSICSHOWS.ORG) [INFO@CLASSICSHOWS.ORG](mailto:INFO@CLASSICSHOWS.ORG) 01484 667776

**HOLDING A LOCAL EVENT?**

**CALL 01159 314380**

# TOP EVENTS

## A fun day out for your four-legged companion

There's nothing quite like the bond between a dog and its handler and The Fun Dog Show, organised by The Old Farm Dog Training and Display Team, celebrates just that.

Taking place on Sunday 23rd July 2017 the show is being held in memory of Ged Walker, the Police Dog Handler who was killed on duty, and L. Cpl Kenneth Rowe who also died alongside his Dog Sasha on duty in Afghanistan.

It's organised by qualified dog trainer Janet Wesley who has over 30 years' experience in the industry and

is sure to be a day out both you and your dog will remember!

From 10am onwards there'll be classes on everything from agility to obedience and, for any first timers; there are

novelty classes on offer too, plus the chance to win your very own trophy to take home!

Visit [www.gedwalker-memorialdog-show.co.uk](http://www.gedwalker-memorialdog-show.co.uk) for more information.

## FUN DOG SHOW

In aid of Dog Handler PC Ged Walker, & Lance Corporal Ken Rowe & Sasha, Lance Corporal Liam Tasker & Theo Army Dog Handlers

**SUNDAY 23rd JULY 2017**

WEST PARK, LONG EATON, NG10 4AA

- Show Opens 10.30am
- Judging 12 Midday

**SUPPORTED BY HELP FOR HEROES**

### Classes:

Novelty, Pedigree, Fastest Recall, Fun Agility, Rally O, Obedience, Bronze, GSD Rally, Help the Heroes, Police & Army Dog Handlers, Stalls & much more.

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Spring & Summer Opening 2017  
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[www.8sailedbrewery.co.uk](http://www.8sailedbrewery.co.uk)

**NEW VISITORS CENTRE OPENING 17TH JULY**

For further information call 01529 461919  
[www.heckingtonwindmill.org.uk](http://www.heckingtonwindmill.org.uk)

**THE 145th WINTERTON AGRICULTURAL SHOW**  
1 & 2 JULY 2017

Show opens at 9am on Saturday & 10am on Sunday  
Adults £5  
Senior Citizens £3  
Children Under 16 £2  
Children Under 5 FREE  
Family Weekend Package £23  
Includes 2xAdults & 2xChildren under 16 for both days  
Free Parking on Showground  
Plus park and ride facility (see website for details)

General Enquiries & Showtimes:  
Stan Wood  
T: 01724 732788  
E: [stanwood@wintertonshow.co.uk](mailto:stanwood@wintertonshow.co.uk)

Traffic Stands/Craft Marquee:  
John Fletcher  
T: 01724 734328 M: 07798 206093  
E: [johnfletcher925@gmail.com](mailto:johnfletcher925@gmail.com)

Be part of our driving show by becoming a member, and/or sponsoring an event. Visit our website for an application form.

[www.wintertonshow.co.uk](http://www.wintertonshow.co.uk)  
Town End, Winterton, North Lincolnshire, DN15 9JG

**HOLLOWELL STEAM 2017**  
31st YEAR  
AND HEAVY HORSE SHOW  
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40 STEAM ENGINES & 20 HEAVY HORSES

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**SUNDAY ONLY:**  
FUN DOG SHOW

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**WOLLATON ARTS FESTIVAL**  
1st July 2017 - 16th July 2017

After a successful first year, the Wollaton Art Festival returns to its home in the heart of the Wollaton community. From 1-16 July there is a variety of events and activities, including art workshops, a Beggars' Banquet on Saturday 8 July at Wollaton Park Community Centre, poetry, music, tours, a photography competition and finishing with the Big Picnic on Sunday 16 July at Wollaton Park Show Ground. The picnic and its associated activities have been funded by the Big Lottery. An application was made in order to allow the picnic to be as inclusive as possible and pay for arts activities and entertainment. The day is set up to be a fun filled one and everyone is invited to bring a picnic and join in the workshops or just enjoy the programme of entertainment, which includes: music from Schmorgan jazz trio, a rock choir, Dhol drummers from the Nottingham Asian Arts Academy with a finale performance of a mass choir.

If you love baking then there is an opportunity to make your own showstopper and enter the Arts Festival Bake Off. Cakes must be entered at the picnic by 3 pm and the winners will be announced at 5 pm.

As part of the festival programme activities have been taking place in several Wollaton schools and care homes. Artists have been working to make hearts to decorate the park continuing on from last year's heart theme that saw hundreds of hearts decorating the park for the final event. As part of 'Nottingham in Bloom' there has been a local competition that will feature photos and drawings of Wollaton with the winners being judged and prizes awarded at the Big Picnic on Sunday 16 July.

The Festival is run by Nottingham City's Neighbourhood Development Officer, Lyise-Anne Renwick with support from third year University of Nottingham Communications student Karmen Ong, supported by the Wollaton Arts Festival steering committee made up from community representatives. It's not too late to join in and you can do so by Emailing [wollatonartsfest@nottinghamcity.gov.uk](mailto:wollatonartsfest@nottinghamcity.gov.uk) or phoning 0115 8764488

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Out and About



# DEENE PARK

House and Gardens opening 2017

Sundays & Bank Holiday Mondays  
from 16 April to 28 August  
and Wednesdays only during September

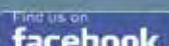
Gardens and tea room open: 12pm  
House open: 2pm • Last entry: 4pm



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# ELVASTON STEAM RALLY

SUPPORTING LOCAL CHARITIES

**1 & 2 JULY**

SAT: 9AM - 6PM

SUN: 9AM - 4.30PM



## ATTRACTIONS

J.C.BALLS  
DIGGER DANCE  
CAMEL RACING

PUNCH & JUDY

STEEL BAND

GUN DOGS

DIZZY WIZZARD

FALCONRY DISPLAY



MAIN ATTRACTION:

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SHOWS AT 11.30AM AND 3.30PM DAILY

Adults £10 • Accompanied Children FREE • Unaccompanied Children £5  
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To book see website. For Caravan and Camping information ONLY call 07969 264879  
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IF YOU'VE GOT A STORY



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

Out and About

# Springfields *Antique, Collectors & Vintage* Fair Sunday June 18th



On Sunday June 18 the Spalding Antique and Collectors fair returns to Springfields Event Centre with 100+ stalls full of Antiques, Collectables, Deco, Retro, Vintage, Jewellery, Silver, and Contemporary Art - all items that you won't find on the High Street!

Ample parking and loading space for larger purchases, on-site catering and easy access makes an all-round good day-out for everyone. "This month's show is completely SOLD OUT again," said the organisers. "In addition to the diverse range of eclectic Antique and collectable

items available at the fair we have a new selection of hand styled, unique reclaim, salvage garden items which are just perfect for giving your outdoor space that chic, vintage feel. We like to bring something a little different to Springfields each time," she added.

The fair opens 10-4pm at £2 admission to general public with early trade only access at 9am (proof of id/business card required for early trade admission). Call 01754 811897 or visit [www.springfieldsfair.co.uk](http://www.springfieldsfair.co.uk) for more information.

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## Antique & Collectors Fair

Sunday 10am-4pm  
Antiques | Collectables | Jewellery | Furniture

# 18th JUNE

Art | Vintage | Decorative | Retro 100+ stalls

Springfields Event Centre

Spalding | PE126ET

onsite catering | comfy surroundings | easy access | free parking

blmf@live.co.uk | 01754 811897 | [springfieldsfair.co.uk](http://springfieldsfair.co.uk)



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- 10 months season with the option of 12 months!
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- 4 Fishing lakes.
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WHY NOT CALL 07935 235926 ask for to John Buchanan TO BOOK YOUR DAY OUT VIEWING THE BEST PARK AROUND! [john.buchanan@awayresorts.com](mailto:john.buchanan@awayresorts.com)

Tattershall Lakes Country Park, 57 Seafood Road, Tattershall, Lincolnshire, LN4 4LR

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Tel :01246236155 / Mob 07792666469

[www.chesterfield-auctions.co.uk](http://www.chesterfield-auctions.co.uk)

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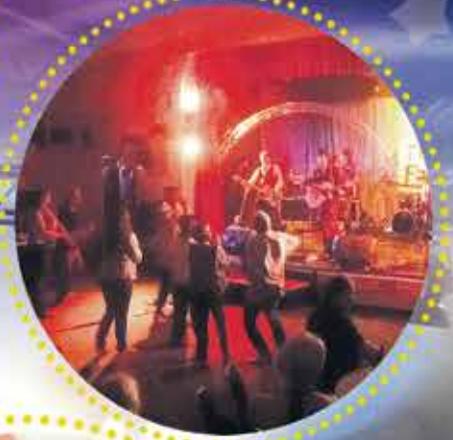


# The Dunes Complex

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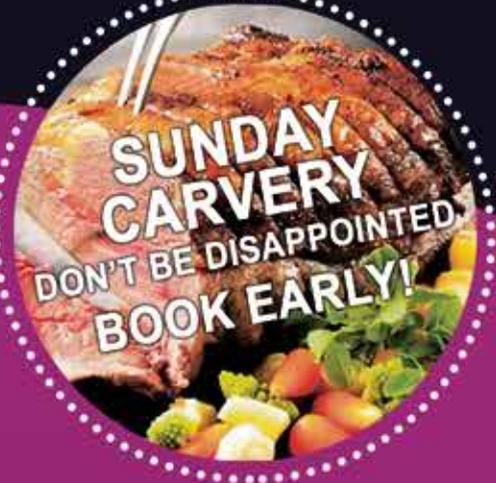
- **Live entertainment every Saturday night**
- **Tribute Wednesdays – See our website or facebook page for details on the up & coming acts**
- **Cash Bingo starting 18th June 1.30pm – 3.30pm**
- **Ladies night Friday 30th June**  
**The Sensational Topping & Butch plus two of the Midlands finest male strippers**



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strangers leave  
as Friends!



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Out and About



## Fun for the whole family

The Titfield Thunderbolt: from an Ealing Films comedy of 1953, the golden age of British films, came a film set at the end of the Golden Age of steam railways. And now – a play!

To be performed at the Duchess Theatre from the 29th June to 1st July, by Riverside Drama, the plot concerns the attempts of the Men from the Ministry to try to close down the village branch line between Titfield and Mallingford, and the determination of the train-mad vicar, his niece, and the forthright lady of the manor, to save it by running the line themselves. All goes well but the owner of the bus company is also determined to destroy the railway by any means possible in order for his bus service to jump into the breach! Who will win?

This is family theatre, a good tempered, fun-filled evening where you can relax knowing who the villains are, and be pretty sure that strivings will be rewarded, and that our Jack and Jill will find happiness in the end.

The play, (adapted especially for the stage at the beginning of the 21st century) is nostalgic about both the age of steam and the vanished 50s Britain of the Ealing comedies – but is full of recognisable English village characters, lovable rogues and a love affair across the class divide, with lots of action, near-disasters and last-minute saves, and all with a bit of a tongue in cheek wink to the traditions of pantomime.

And will there be a full-sized steam engine steaming into the Duchess Theatre? Well, maybe, maybe not – you'll have to wait and see!

Tickets are on sale through the website of the Duchess Theatre Long Eaton, for Thursday Friday and Saturday, June 29th to July 1st, at £8 with £7 concessions.



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Mystery Weekend Sat 22nd-Sun 23rd

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

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

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

[www.oddfellows.co.uk](http://www.oddfellows.co.uk) for membership enquiries 0900 828 1310

The Oddfellows is the trading name of The Independent Order of Oddfellows Manchester Notts Family Society Limited, incorporated and registered in England and Wales No. 222P Registered Office Oddfellows House, 154-155 Deansgate, Manchester M2 3AB

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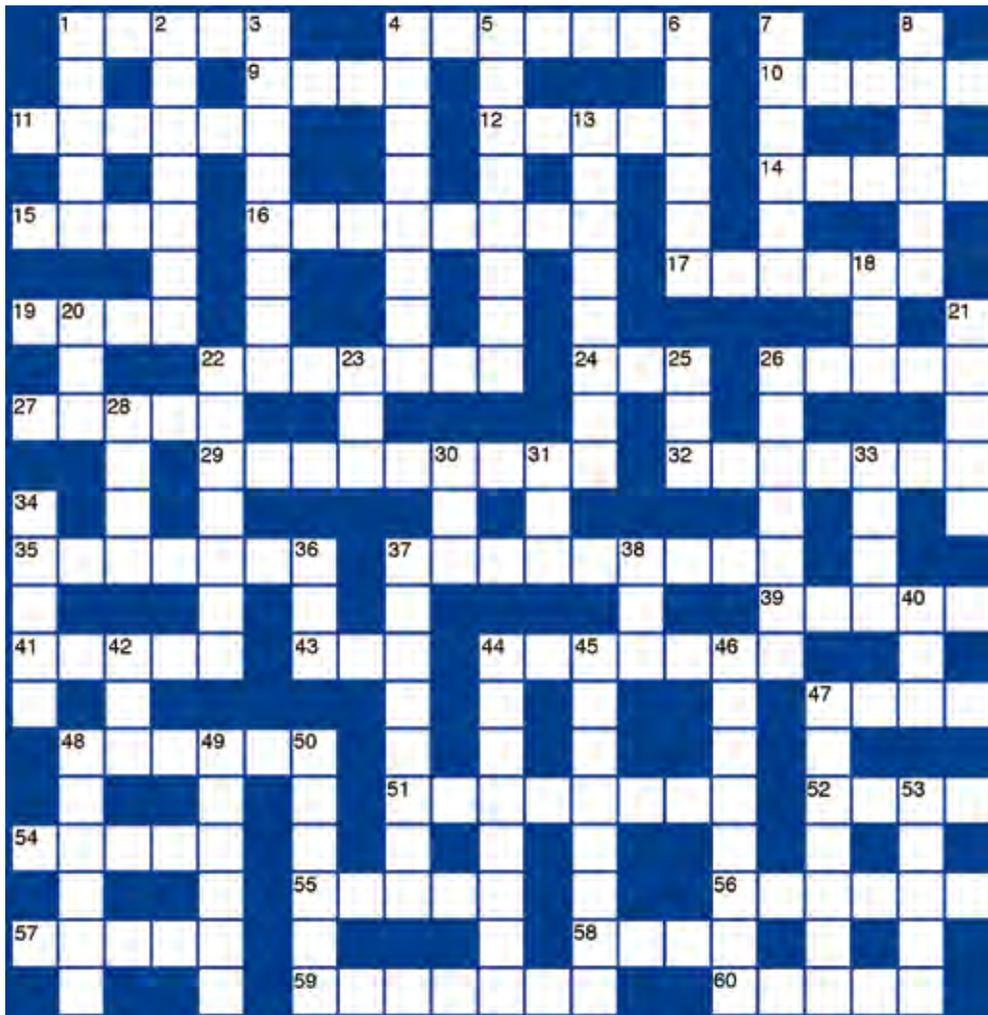
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# CROSSWORD

(Answers in Issue 226)



**ISSUE 224 CROSSWORD ANSWERS**

- ANSWERS ACROSS  
1 Glasses 5 Jet lag 8 Palette 10 Cube 11 Import 12 Stink 14 Run 15 Dark horse 16 Eats 17 Area 19 Capital 22 Cramp 24 Lessons 26 Bird 28 Press 29 Wallet 31 Engine 33 Inches 35 Forest 38 Otter 39 Reel 40 Cleaner 43 Curve 45 Nippers 47 Pace 49 Stud 50 Dishcloth 53 Hoe 54 Brass 55 Degree 56 Deer 57 Cabbage 58 Orange 59 Rostrum
- ANSWERS DOWN  
1 Guitar 2 Sack 3 Spear 4 Defreeze 5 Joiner 6 Tipster 7 Get the push 9 Tour 13 Shallot 15 Dope 17 Alibi 18 Acid 20 Teal 21 Isle 23 Average 25 Noise 27 Rooster 28 Pelt 29 Weir 30 Local 32 Touch-and-go 34 Sand 35 Furnace 36 Rump 37 Clove 39 Rasp 41 Evidence 42 Mesh 44 Veteran 46 Adhere 48 Custom 51 Slab 52 Order 54 Brat

- | ACROSS                             | DOWN   |
|------------------------------------|--|
| 1 Pedestrian crossing (5)          | 1 Zero, nil, nothing (5)                           |
| 4 Showers with shot (7)            | 2 Monotonous tedium (7)                            |
| 9 Molten rock (4)                  | 3 Height of an aircraft in flight (8)              |
| 10 Computerised automaton (5)      | 4 Italian grating cheese (8)                       |
| 11 Cauliflower segment (6)         | 5 Bricks and mortar (8)                            |
| 12 Military command (5)            | 6 Wire coil in mattress (6)                        |
| 14 Arctic direction (5)            | 7 Hypnotic state (6)                               |
| 15 Garden hut (4)                  | 8 Baby's milk feeder (6)                           |
| 16 Eyebrow pluckers (8)            | 13 Melt sugar in tea (8)                           |
| 17 Saturated fat (6)               | 18 Religious wrong (3)                             |
| 19 School pal (4)                  | 20 Jump on one leg (3)                             |
| 22 Three score and ten (7)         | 21 British coin (5)                                |
| 24 Jar top (3)                     | 22 Stumbling-block (7)                             |
| 26 Step to music (5)               | 23 Hen product (3)                                 |
| 27 Pie fruit (5)                   | 25 Father (3)                                      |
| 29 Orange (9)                      | 26 Stuck in traffic or postponed for a time (7)    |
| 32 Brainy sea mammal (7)           | 28 Socket connector (4)                            |
| 35 Travel bags (7)                 | 30 Sailor's tot (3)                                |
| 37 SOS crisis (9)                  | 31 Neither (3)                                     |
| 39 War opponent (5)                | 33 The family house or any permanent residence (4) |
| 41 Professional swindler (5)       | 34 Group of seagulls (5)                           |
| 43 Female rabbit (3)               | 36 The finale (3)                                  |
| 44 Green gemstone (7)              | 37 Logging animal (8)                              |
| 47 A reproduction (4)              | 38 Listening organ (3)                             |
| 48 Airgun shot (6)                 | 40 Geographical chart (3)                          |
| 51 Sufficient for requirements (8) | 42 Raw metal (3)                                   |
| 52 Masculine (4)                   | 44 etc. (2,6)                                      |
| 54 Vibrant (5)                     | 45 I beg your pardon (6,2)                         |
| 55 Unit of length (5)              | 46 Neither hot nor cold (8)                        |
| 56 Fit land for growing crops (6)  | 47 Directional instrument (7)                      |
| 57 Severely intense (5)            | 48 Charming royal (6)                              |
| 58 Anchor a boat (4)               | 49 Paying guest (6)                                |
| 59 Chipolata or salami (7)         | 50 London river (6)                                |
| 60 Foggy (5)                       | 53 Ice on a stick (5)                              |

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Poacae	Footballer Dieder (See Facts)	Reproduc- ive organ Always	Anger	Golf ball coming!	Marmalade Trugged	Skinny			
				Milkly gem Absorbed					
Talk enthusiasti- cally			Caring or support						
			Vertebrae	Outran		Ajar			
To drill					Dress in				
Tick									
Type of printer or beam	Furzeal	Simpler	Bottomless			Bird's home			
			Grazing cakes	Certain	Dimple		Story Blunder	Saga	Slipping slippery
Wessexite	Desert spring House top			Footballer Carlos (See Facts)	The most tidy				
			Adorable			Cool Hitch			Theory
Japanese sash			Before		Barren				
			Deadly snake number			Frosty	Notion	Beaker	
Blood			Turkish hat	Sexy	Sour to taste			Basic or vital	Book touchers
Miss Emily					Deity Of the Kidney		Series Smudge		
			Apple centre	Rosier	In case				Bench
					Patterned silk				
					Lager				
			Of a colour shade			Fencing sword			
			From country			Garden Thickness			
			To climb						
						Worn			

**Facts**  
Played football for West Ham, Manchester United, Manchester City and Juventus.

**Facts**  
Ivory Coast International  
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For further details and information, please call Phoenix Care on **01636 700446**

# Support for Carers

Do you support a family member or friend who needs help with shopping, cooking, or taking them to hospital appointments? You could be one of the 118,000 people in Nottingham and Nottinghamshire who cares unpaid for an older, disabled or seriously ill relative or friend. Whilst caring can be rewarding, without the right support, it can also take a serious toll on a carer's health, relationships and finances.

That's why, this Carers Week (12-18 June), we are asking individuals and communities up and down the UK to do what they can to make life that little bit easier for carers. Whoever you are, whatever you do, you can make a difference. It is also a time of intensive local activity with thousands of events planned. There's a huge variety of activity from information stands and coffee mornings to sponsored walks and pamper sessions.

This year, we want to highlight the importance of Carer Friendly Communities – places where local people and services understand what it's like to be a carer and do what they can to make life a little bit easier for them. For example, a workplace that puts in place policies that mean staff with caring responsibilities can work flexibly or a café that welcomes carers and those they support.

## HOW CAN YOU GET INVOLVED?

The Carers Week charities are encouraging all parts of the community from GP practices and hospitals, to employers, shops and leisure facilities to think about how they could recognise and support carers. From taking dinner over to a neighbour who you know is caring around-the-clock, to running an awareness raising event in your workplace – you can make a difference.

We're asking people to visit the Carers Week website to recommend Carer Friendly services. It might be an employer, local GP, pharmacy, local care service, school or a library that is Carer Friendly. We urge everyone to pledge their support to carers and make a change.

## SO GET INVOLVED TODAY:

- Start following Carers Week on Twitter and Facebook and share the campaign with your friends and family
- Go to Carersweek.org and recommend a service that you've found to be carer friendly or make a commitment to build Carer Friendly communities
- If you know someone who is caring for a friend or family member, ask them what caring is like for

them – and listen

- Go along to a Carers Week event that's taking place near you! The Carers Week website has a list of what's on when and where. You could even commit to running your own event

Carers Week is made possible by Carers UK joining forces with Age UK, Carers Trust, Independent Age, Macmillan Cancer Support, Motor Neurone Disease Association, MS Society and Which? Elderly Care and kindly supported by Nutricia Advanced Medical Nutrition and the Lockwood Foundation.

**If you're looking after someone, make sure you find out about the help and support available at [www.carersweek.org](http://www.carersweek.org) or use the Carers Week map to find out what's happening near you.**



Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.

## The 2017 Nottingham and Nottinghamshire

# Carers Road Shows

This year is the sixth year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting. The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone.

In order to ensure the shows are FREE for carers to attend and FREE for stallholders, funding is provided by a variety of public organisations. The Carers Road Show offers free support for all unpaid carers, no matter what the circum-

stances of the person they are caring for. With 18 venues and over 100 stallholders there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need. The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information.

Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available.



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## Calling all carers!

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Free Event!

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13th June (Tues)	Cornerstone Health Centre, Clifton, Nott'm
14th June (Wed)	Methodist Church, Front St., Arnold
20th June (Tues)	Mary Potter Health Centre, Hyson Green, Nott'm
23rd June (Fri)	Mansfield Market, Market Place, Mansfield
4th July (Tues)	Stapleford Care Centre, Stapleford
6th July (Thurs)	Kings Mill Hospital, Mansfield
13th July (Thurs)	Retford Market, The Square, Retford
14th July (Fri)	Newark Market, Market Place, Newark
27th July (Thurs)	Southglade Park Life Festival, Top Valley, Nott'm
2nd August (Wed)	Lark in the Park, West Bridgford
11th August (Fri)	Worksop Market, Bridge Street, Worksop
15th August (Tues)	Valley Health Centre, St. Ann's, Nottingham
18th August (Fri)	Riverside Health Centre, Bulwell, Nottingham
8th September (Fri)	Cornerstone Health Centre, Clifton, Nott'm
12th September (Tues)	Mary Potter Health Centre, Hyson Green, Nott'm
14th September (Thurs)	Kings Mill Hospital, Mansfield

Nottinghamshire Carers Hub: 0115 824 8824

Carers' Roadshows are supported by



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## Activity Day Service by Phoenix Care

Having been the main carers for family members for many years and worked in care establishments, we have all experienced the joys and tribulations that the role includes, received the training and the T-shirt!

Volunteering with the Alzheimer's Society started as a need for support and enjoyable activities for those with dementia and ourselves, however it soon became apparent that there is a general lack of facilities; those that do exist are in high demand, often with long waiting lists and beyond the affordability of those most in need.

This is the reason Phoenix Care was established, symbolic of something glorious rising from ashes that have been unval-

ued.

Our aim is to relieve the boredom or loneliness often experienced as we get older, to provide a safe, welcoming environment where likeminded people can have fun in a sociable group of friends, old and new.

Always respectful of the individual's abilities and needs, the activities will encourage social interaction and gentle stimulation of the 'old grey matter' in a non-demeaning way. No more frustration or being told "you're too old so you can't do that anymore" and being given a jigsaw puzzle! (We have those too if requested).

Themed days can include sing alongs, murder mystery, films and theatre and

many other suggestions you are inspired to contribute.

For the trip down memory lane, many arts and crafts working in various mediums are offered with mecano, music and mirth! For those with a competitive edge, we have brain-teasers, quizzes and games for prizes to be won.

With all this and much more on offer, you will have developed quite an appetite for fun and the home-cooked, healthy lunch and high tea that can be taken home if you are still too full from lunch.

As the cost of quality care is high and ever increasing, for less than the cost of a couple of hours' care, you can enjoy a wonderful day with us whilst relieving your

boredom, as well as those at home having a break too. The Phoenix team are Stephen, Donna and Jean and

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Speaking about his new home, he says: "I sat and watched the home being built from the foundations; I watched it grow into the beautiful home it is today. My daughter contacted Oakdale Care Group to find out more and was told by a very friendly member of staff who said they were having an open weekend.

I booked in to have a

tour at 11am on Easter Sunday. I have spent time in other care homes in the area but after my visit I fell in love with it straight away and couldn't wait to move. A great deal of thought has gone into the building from the pictures on the wall down to the luxury facilities. I was greeted with a warm welcome by all the lovely staff and was made to feel at home straight away; on my first morning I was treated to an afternoon of pampering in the salon from head to toe, followed by an evening in the cinema. It's so nice to know and not be charged extra for any of this."

"The home manager Paul and the owners Andrew and Chris are always available and are very approachable. I would recommend Kingfisher Court to anyone, I think it's wonderful!"

Visit [www.oakdalecaregroup.com](http://www.oakdalecaregroup.com) or call 01623 440 325 for more information.



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## Care home opens its doors for Summer Fête

A Melton Mowbray care home is inviting friends, family and the local community to its first Summer Fête this month as part of National Care Home Open Day. The event at The Amwell, a new all-inclusive, residential, nursing, dementia and respite care home in Asfordby Road, will join thousands of other care homes taking part in the UK-wide initiative. The idea behind National Care Home Open Day is to encourage local people to visit care homes in the community and work together to build long lasting relationships. The Amwell, a private care home with 88 bedroom suites, has already started to become a community hub in Melton Mowbray since it opened in February. It has built links with local groups and residents and regularly arranges free events

and activities at the care home.

The suggested theme in 2017 for National Care Home Open Day, in its fifth year, is 'friendship' so Chris Batty, manager at The Amwell, says it was the perfect time for the home to organise a special free summer fête which is open to members of the public. It takes places on Saturday, June 17 between 12pm-4pm.

The fête will be held in The Amwell's beautiful gardens with fun for all the family including a BBQ, local craft and food stalls, a charity tombola, ice cream van, face painting, garden games and the loan of a local fire engine from the Leicestershire Fire and Rescue Service. The Leicestershire and Rutland Blood Bikes, a charity run by volunteers, will also be in attendance.

The Amwell care home manager Chris

Batty said: "We are very much looking forward to celebrating National Care Home Open Day at The Amwell which is all about connecting people. It is important to show people that care homes in every community are filled with some truly remarkable characters and run by special people who really do care."

"The Amwell has already built a fabulous rapport with the local community in Melton so we hope to see some familiar faces and new ones too for this special event. We've got lots planned so it promises to be a fun-filled day for all the family."

For more information about Summer Fete at The Amwell please contact Lucy Fraser on 01664 882525, email info@theamwellcare.com or visit www.theamwellcare.com



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## It pays to be prepared

Funerals are something we don't like to talk about. Nobody enjoys the concept of death but like it or not, it's an eventuality we all face and along with it comes the funeral.

Arranging and paying for your own funeral is something that's becoming more and more popular each year too and it's unsurprising considering the benefits it has.

The last thing your family needs when grieving is the stress of organising a funeral. Between flowers, the service and the wake, it's a huge responsibility and one that, if you haven't been clear about your wishes beforehand, can be even more difficult. A pre-paid funeral allows you to make arrangements for yourself, not only ensuring that each detail is how you want it to be, but also taking the stress and worry from your loved ones' shoulders.

It can also be a financial strain. Prepaying yourself means not only will you alleviate their emotional stress but you'll be taking care of money matters too. You're also likely to be saving money yourself. Funerals are costly occasions and the price of them is only on the increase. By making a pre-planned funeral arrangement in advance, you're sure to save the pennies. There are a number of flexible payment options available now a d a y s that mean making arrangements in advance don't have to be a struggle either. Contact your local funeral firm for more

information on how you can prepare for you and your family's future.



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## Give your loved one a great send-off



Over the last 50 years there has been a marked shift in funeral trends, with funeral directors reporting that clients are requesting unique touches to help celebrate the life and personality of a deceased relative. For local family funeral directors A. W. Lymn The Family Funeral Service recent requests have included a burial at sea, an aircraft fly past with banner and even a Shetland pony in the congregation. The firm strongly believes that the key to giving someone a great "send-off" is to plan ahead and have a sensitive discussion beforehand.

Catherine Broome, pre-need manager at A. W. Lymn, explains "Many people today regard a funeral as a way of celebrating someone's life rather than mourning their death. "By sitting down with family and discussing your funeral arrangements, you can give your funeral a personal touch when the time comes. The conversation might seem morbid or pessimistic, but it is actually a healthy and helpful

thing to discuss."

Catherine goes on to explain that a funeral prepayment plan can be a useful option and is also a good way of avoiding unexpected charges. A funeral bill is comprised of two sections – the first being charges by the funeral director for services provided directly by them, such as staff, vehicles, equipment and the coffin, whilst the second element is payment to third parties such as cemeteries, crematoria, ministers, doctors and churches.

"Plans purchased and paid for now should guarantee the cost of all the services provided by the funeral director, with nothing further to pay at a later stage when the funeral takes place, you can also make a contribution to estimated third party costs" Catherine said.

The company also provides a free 'funeral wishes' leaflet to help anyone who wants to make their thoughts known.

For more details of funeral plans please email [funeralplans@lymn.co.uk](mailto:funeralplans@lymn.co.uk) or call 0800 092 0645.

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## Students go 'Outward Bound'



DEVELOPING teamwork skills, learning to rock climb and overcoming a fear of heights are just a number of the hopes shared by more than 30 Nottingham Academy students as they begin into Nottingham's annual Outward Bound programme. Now in its fifth year, the students will be challenged to step out of their comfort zones and take part in a week-long outdoor learning experience in the Lake District, supported by willing volunteers from intu Victoria Centre and intu Broadmarsh. Three intu team members will act as mentors throughout the programme and had the opportunity to meet their groups at an ice-breaker morning at Nottingham Academy. Nigel Wheatley, general manager for intu in Nottingham, said: "We are pleased to be involved again in the Outward Bound programme and to be continuing our relationship with Nottingham Academy. The programme means so much to the students that take part and for our mentors too, who have the opportunity to step out of their comfort zones and try something new to develop

their own personal skillsets." Since it began in 2012, more than 200 students over the last five years have participated in the residential trip which is designed to help them develop core skills, such as teamwork and communication, as well as make new friends and offer the opportunity to try their hand at new activities including abseiling, orienteering and an overnight outdoor camping trip. Nicky Brown, assistant headteacher at Nottingham Academy, said: "Nottingham Academy are delighted to be working with intu once again and we believe that working closely with local businesses brings fantastic opportunities for our young people. "Pupils are able to spend time in the workplace engaging with adults who have a wealth of knowledge and experience. This coupled with the Outward Bound trip and mentoring will help to develop life skills and employability characteristics, developing young people who are ambitious, resilient and tenacious."

## Enjoy the benefits of summer study and beyond with Kumon

Summer holidays are often jam-packed with energetic activities for children including bike riding, dancing, football and trips to the beach. But it is just as important to keep their minds active over the holidays as well as their bodies. Having long breaks from study means children can sometimes require extra support to get back into the routine of daily study and they may be out of practice when the new school year comes around. Ensuring they continue educational activities throughout can mean they are confident, equipped and ready to tackle new work when they go back to school. Established for almost 60 years, daily study of the Kumon Maths and English Programmes can make all the difference when it comes to keeping the brain active between school terms, as well as throughout the year. As a new school year approaches, it's especially important that your child gets to grips with the core subjects of maths and English, as well as the vital learning skills which can take students beyond their school level. Kumon is the UK's largest supplementary

education provider, with over 75,000 students studying at more than 640 study centres. The summer holidays



provide an ideal opportunity for your child to settle into their new routine of daily Kumon study, before getting off to a flying start in the new school year. For more information, contact your local Kumon Study Centre.

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# HOME & GARDEN

## Spruce-up for Summer

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

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

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



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