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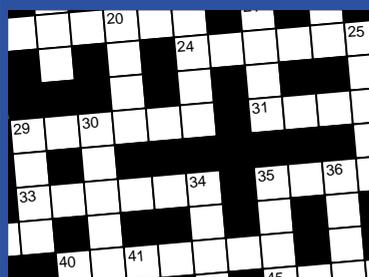
**02** Heritage properties set to get revamp



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## Action Against Holiday Hunger campaign supports local families

Donations help feed dozens of children each day, ranging from fresh meat to snack items such as healthy yogurts and smoothies.

A campaign to tackle hunger among disadvantaged children and their families during the summer holidays has been rolled out across 70 projects in the East Midlands.

Since the start of the summer holidays, Bidfood, one of the UK's leading foodservice providers, has been rolling out its 'Action Against Holiday Hunger' campaign at nine of its sites across the UK, to support disadvantaged children and their families. The campaign aims to help those who need it most by engaging with local communities and supporting their holiday provision projects, fueling them with supplies and volunteering support.

For the duration of the summer holidays, Bidfood's

Nottingham depot has been working in partnership with their local FareShare charity, by donating a variety of surplus food and drink supplies to over 70 projects across the East Midlands. The products donated will help feed dozens of children each day, and range from fresh meat, to snack items such as healthy yogurts and smoothies.

Andy Parkinson, Head of Operations, FareShare East Midlands said: "Thank you to Bidfood who have helped FareShare East Midlands support 70 holiday projects this summer. By providing nutritious meals and snacks Bidfood and FareShare will ensure that children can enjoy their summer holidays and return to school happy and healthy."

As part of Bidfood's 'Action Against Holiday Hunger' campaign, Bidfood employees have volunteered their personal time to help staff run these various projects across the UK. Steve Bonser, General Manager at Bidfood in Nottingham, said: "Supporting the local community is very important to myself and all of our employees here in Nottingham. Children going hungry during the holidays is an increasing issue that affects many communities like ours, so it is important that as a business in the food industry, we use our resources to support these families in need."



## Nottingham professor shortlisted for Clinical Leader of the Year

Nottingham University Hospital's Chief Nurse, Professor Mandie Sunderland, has been shortlisted for the national Clinical Leader of the Year Award in recognition of her outstanding contribution to health-care and improving patient care. Read the story on page 2.



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## Town centre heritage properties get revamp

Heritage properties in Mansfield are to be offered a free gutter clean and the Bentinck Memorial is to get a revamp as part of a major council driven scheme to renovate key buildings in the town centre.

It is all part of the Mansfield Townscape Heritage Project to be officially launched next month after Mansfield District Council successfully bid for nearly £850,000 worth of National Lottery Heritage Fund (NLHF) grants.

The five-year scheme enables the owners of identified properties in parts of Leeming Street, the Market Place and Stockwell Gate to benefit from match-funded grants of 75 per cent to help with the cost of making property improvements in sympathy with their Georgian, Victorian and Edwardian heritage. The project

will be officially launched by Executive Mayor Andy Abrahams on Tuesday 3 September when a cherry picker will be in the town centre to carry out the free gutter cleaning and make minor repairs over two days.

Details of some of those schemes on Leeming Street and Stockwell Gate will be available to view at the launch of the project to be held in the Market Place from 10.30am to 3pm on 3 September. The scheme is also expected to

offer work experience opportunities for students and volunteers to learn about conservation and restoration skills.

To find out more visit [www.mansfield.gov.uk/townscapeheritage](http://www.mansfield.gov.uk/townscapeheritage) or call 01623 463369.



## Nottingham professor is shortlisted for Clinical Leader of the Year



Nottingham University Hospital's Chief Nurse, Professor Mandie Sunderland, has been shortlisted for the national Clinical Leader of the Year Award in recognition of her outstanding contribution to healthcare and improving patient care. The Health Service Journal (HSJ) Awards are the world's largest and most prestigious healthcare awards, with shortlisted candidates are decided following an extensive judging process.

Mandie – one of the most experienced and respected senior nurses in the NHS – was recognised for being the driving force behind NUH's recent 'Outstanding' for Caring rating by the Care Qual-

ity Commission for Nottingham's two main hospitals; Queen's Medical Centre and Nottingham City Hospital, as well as her track record of improvement and innovation at the Trust.

Eric Morton, NUH Chair, said: "Nottingham is incredibly fortunate to benefit from the unrivalled experience of one of the most respected nurse leaders in the country and further afield. This national recognition for Mandie is well-deserved and testament to the work Mandie does tirelessly to improve the standards of care and quality for our patients and their families."

In 2013, Mandie was named one of the 50 most influential women

in the NHS by the Health Service Journal, while in 2018 she was made an Honorary Professor at Nottingham Trent University for her work in education and training, citing her innovative approach and outstanding leadership.

In 2019 to date, Mandie has been recognised with a regional Lifetime Achievement Award at the Parliamentary Awards and was the recipient of the first ever Daisy Foundation Lifetime Achievement Award in recognition of her outstanding contribution to care excellence and compassion in nursing.

The winners of this year's HSJ's Awards will be announced on 6 November in London.

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## Deaf children lag behind hearing classmates

Deaf children in the East Midlands are falling an entire grade behind their hearing classmates at GCSE, according to new analysis by the National Deaf Children's Society.

The charity issued the warning after analysing the Department for Education's 2018 exam results data, which showed that the region's deaf children score an average grade of 3.56 across eight key subjects. For hearing children, this rises to 4.85.

There are 3,536 deaf children in the East Midlands and the National Deaf Children's Society says there's no reason why any of them should under-achieve if they get the right support.

Specialist teachers for deaf children, who provide crucial support for these children and their families across the East Midlands, have fallen by 29% over the past seven years.

As a result, the charity is calling on the Government to get a grip on the situation and halt this crisis by funding the support every deaf child needs. Martin Thacker, Deputy Director at the National Deaf Children's Society, said: "Deaf children arrive at school with amazing potential only to begin a lifetime of being left behind. While some of them are achieving excellent results and going on to their dream jobs, these results show that many more are being completely failed by the system they rely on.

"The new Education Secretary Gavin Williamson now has a golden opportunity to change the lives of more than 3,000 deaf children in the East Midlands by investing in their support and reversing devastating cuts to staff. Every child deserves the chance to shine at school, and deaf children are no exception."

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## Council holds meeting on Berry Hill Park

Mansfield District Council has had its first formal meeting to discuss the future of Berry Hill Park with representatives from the Friends of Berry Hill Park.

Executive Mayor of Mansfield Andy Abrahams, Cllr Andy Burgin, the Portfolio Holder for the Environment, and council officers met with David Fisher and Claire Tennant, of Friends of Berry Hill Park, at the Civic Centre on 20 August.

The council agreed in July to move forward to become corporate trustees of the park after it was threatened with closure last year. That process is expected to be concluded in the autumn.

The Mayor said: "It was an amicable and productive meeting with the Friends and paves the way for us to work in partnership.

"We really want more people in this district to get out and enjoy the fantastic array of parks and open spaces this district has as part of the council's wider agenda to improve the health and wellbeing of residents."

David Fisher, Chairperson of the Friends of Berry Hill Park Management Committee, said: "We believe that working closely with the council with a structured, organised approach and the pooling of ideas can only help us in our mission to protect this much loved natural space and maximise the potential of it for everyone.

"We would like to encourage more people to sign up as members of the Friends association and add their name to the growing lists of volunteers. This will ensure that members and other interested people are kept up to date with progress on the park transfer, and any requests for volunteers to get involved with projects on the park."

Anyone wishing to support the Friends, either by becoming a member or volunteer can email fobhpark@gmail.com or leave their contact details at the café at the park. They can also find out more at the Association's Facebook page or website, <https://friendsofberryhillpark.wordpress.com>.



## Colts offer warm welcome to US soccer side

Wet weather failed to dampen the spirits of a young footballing side from the United States who recently crossed the Atlantic to visit Nottingham for a pre-season friendly against West Bridgford Colts.

The travelling party were representing Premier Athletics Club (PAC), a young team based in Virginia. They were invited to take part in the match against the Colts as part of a two-week footballing tour of

the East Midlands.

The youngsters received a warm welcome from their Bridgford hosts as they arrived for the friendly at the Regatta Way Sports Ground in Gamston. The Colts players also presented the visitors with a pennant before kick-off as a memento of their visit to Nottingham.

Some stunning skills were on display over the 90 minutes from both sets of under 14s, but it was the side from Vir-

ginia who had the edge and they went on to win the match 2-3.

The US side's tour of the region was part of a 'Soccer Experience' being run by Iconz Experience, a company set up by former Leicester City and Hull City player Lawrie Dudfield.

West Bridgford Colts chairman Peter Stansbury said the club had enjoyed hosting the friendly. He said: "It was a great experience for our side to pit their

wits against this talented squad of players from the States. Our boys also had the opportunity to play in a team of players from other Colts teams with whom they don't usually play.

"It was a great match played in a great spirit despite the rain. We look forward to winning the rematch next season."

You can find out more information about West Bridgford Colts via their website at <https://www.westbridgfordcolts.com>

## Wedding goes to hospital ward

When patient Janet Adams was too unwell to attend her daughter's wedding ceremony, nurses from Nottingham University Hospital's NHS Trust (NUH) pulled out all the stops to make sure she did not miss it.

Staff Nurse Rachel Newton, who works at Nottingham City Hospital, said Janet was 'heartbroken' earlier this month after doctors said she was too unwell to attend the wedding.

But after ensuring the hospital's chaplain was available, Rachel contacted Ms Adams' daughter about arranging a blessing on the ward the following day, just hours after the wedding ceremony.

Rachel said: "I asked her if she was planning on coming onto the ward in her dress to show her mum, would she be happy to have a blessing or for me to make a bit of a fuss."

"She had a few tears over the phone. I asked her for any personal touches she would like, and she said she would be happy with anything. I said leave it with me."

Rachel, along with other nurses and



Rachel and other nurses and members of staff, helped to decorate Fleming Ward with fairy lights and flowers on the day and even staged an aisle for the bride and groom.

members of staff, helped to decorate Fleming Ward with fairy lights and flowers on the day and even staged an aisle for the bride and groom.

Janet wore the outfit she originally planned to wear on her daughter's wedding day.

Celebrations concluded with wedding cake for everyone involved.

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## Local pharmacy listed for two family business awards

A Nottingham-based online pharmacy UK Meds is celebrating following the announcement that it is a finalist in two categories in the Midlands Family Business Awards.

Established in 2016 the business is headed by father and son Joe and Mason Soiza. It has been shortlisted in the Family Business of the Year and Fastest Growing Family Business awards categories.

The company employs five people from the Soiza family amongst its 20 strong workforce and operates nationally selling lifestyle products and prescription-only medicines.

Now in their tenth anniversary year, the not-for-profit Midlands Family Business Awards are backed and run by The Wilson Organisation. The firm's MD Charlotte Perkins is the third generation of the family to lead the business alongside her sister Annabel Prow, said: "The awards are the Midlands' only independent initiative to recognise the work,

success, innovations and achievements of family businesses.

"Family businesses are the backbone of the British economy, with two in every three of UK businesses being family owned. They generate over a quarter of UK GDP and employ around 12.2 million people.

"Having launched the awards back in 2010, our aim has always been to shine a light on the region's talented and successful family businesses and to play our part in creating a community of likeminded and supportive individuals."

The winners of the awards' ten categories remain a tightly kept secret until the Awards ceremony and black-tie dinner, which takes place on 7 November at Leicester's King Power Stadium. It will be attended by more than 300 guests, including representatives from UK Meds.

For more information about the Awards, visit: [www.familybusinessawards.co.uk](http://www.familybusinessawards.co.uk)

## Cinema bugbears revealed

Noisy people who talk to their friends during a film screening have topped a list of Brits' biggest cinema bugbears.

Almost two-thirds of adults (65 per cent) said the sound of constant chatter from nearby seats was a massive faux-pas, with phones going off taking second place on 59 per cent. Making up the top five cinema peevs were people slurping on their drinks, being forced to move when someone needs the toilet mid-viewing, and people laughing during non-funny scenes of a film.

The research was carried out by The National Lottery to celebrate its 25th birthday.

Over the past quarter-century, through the BFI, funding from the lottery has gone towards the production of more than 500 films which have won a combined 15 Oscars and 100 BAFTAs.

Famous movies funded through the scheme include Bend It Like Beckham, The King's Speech, The Last King of Scotland and Billy Elliot. The survey carried out by the National Lottery also revealed dads were the ideal film buddy to watch classic UK films with, closely followed by mums.

Girlfriends are the top choice when it comes to romantic comedies and tear-jerkers, yet most adults like to go to the cinema with their best mates to watch comic book films, action and horror films.

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**Aries**



Recent events may have left you asking a lot of questions. Although it's difficult to accept that a breakthrough is on the horizon, you are going to receive a very pleasant surprise causing you to feel happier and more optimistic about your long term prospects. Now is the perfect time to make travel plans and think seriously about your personal happiness.

**Taurus**



Events beyond your control will implement long term effects on both your personal life and finances. Important meetings combined with exciting new connections indicate that you are ready for action and open for business. If single, someone interesting will step into your world whom you will find incredibly attractive and full of interesting ideas which appeal to your sense of adventure.

**Gemini**



Recent developments in a sensitive area of your life may have left you feeling unsettled and restless, but neither is this a good time to make any harsh judgements or rash decisions. New skills will be needed if you hope to succeed with your ambitious ideas. Learning from past mistakes will prove helpful because you are unlikely to trust the wrong type of people again, instead, listening and following your gut instincts to the letter.

**Cancer**



Talk to a friend who will give you the support you need to get through the next few weeks and put your plans into action. Romantically, you are especially charismatic just now, with powers of persuasion that you should use wisely. Your hidden talents are brought to the fore when you start realising that all things are possible and that you are capable of making your dreams become a reality.

**Leo**



It seems that whatever you seem to say to either a close relative or colleague, they are taking your suggestions the wrong way and guilty of not listening carefully to what you are trying to say. Amazingly you will begin to see some positive progress regarding a project or new enterprise you have recently undertaken. You will find it hard to accept how much success you are about to enjoy and your financial outlook is excellent.

**Virgo**



One thing is for sure, your instincts will have been proved most accurate regarding the sincerity of a certain friend and the affect their behaviour has had on you recently. However, whatever your situation, you are now emerging from the shadows and now looking forward to bathing in some much deserved sunlight. If you are unattached and feeling very hopeful about meeting someone really special, your prayers are about to be answered.

**Libra**



You may be harbouring a lot of doubts regarding someone you have recently been associating with. Its most important that you keep your secrets safe regarding your past and your finances. It does not pay to reveal all too soon. A close friend will offer advice and guidance regarding a business matter causing you to experience a change of heart regarding one particular area of concern. A romantic interlude with a newcomer will be enjoyed greatly.

**Scorpio**



Take a break if you need to and refuse to push ahead with any ideas that you feel are wrong for you. If common sense tells you one thing and your intuition tells you another, which do you follow? Whilst you are always busy, you also need time and space for yourself, so rather than force the pace, take a backwards step and create some quality time just for yourself, realising the importance of self love and care.

**Sagittarius**



You often put the needs of others first, but have they always appreciated the time and attention you have shown them? Maybe you are starting to see certain people in a different light and have reached the conclusion that something has to stop because its one sided. You are about to discover some valuable information that will help you in either your work or personal life. A new friend who will be very much on your wavelength will prove to be just what you need right now.

**Capricorn**



Nothing lasts forever nor remains the same. If you are still upset about a relationship ending, it won't be long before you start to feel much more optimistic about things and realise that everything happens for the best, you just have to be more kind to yourself and understand that healing takes time. Being of service to the community will bring its own rewards, so always do your best for those in need.

**Aquarius**



During this proactive spell, you have every reason to feel proud of yourself because you have accomplished so much and can now start to plan ahead for your future. Difficulties you have been mentally and emotionally wrestling with are showing signs of dissipating as solutions to problems are being found. Don't push against the tide, just go with the flow and allow life to take its natural course. Organise a mini holiday because a change of scenery is exactly what is needed right now.

**Pisces**



Although there are still a number of unresolved issues that you feel need sorting, nothing is that urgent and they can wait until you feel more able to deal with them. Something that may have been said to you recently will give you a clue to someone's true character. You can now look forward to enjoying a more peaceful time and one which will be filled with the right sort of people who will prove to become good friends who can be genuinely trusted and liked.





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One of the main reasons why taxis are so convenient today is thanks to the introduction of apps, which allow customers to make booking and track taxis. Southside Cars is a Nottingham based taxi service that benefits from having an app that customers can use to book taxis at the tap of a button while benefiting from fixed prices – that

means no doubling or tripling of fares, regardless of the time of day or year. It also means no more frustration while waiting to be connected to busy booking operators.

Another benefit is of course that when you choose a Nottingham-based taxi provider, you are supporting a local business in your area as opposed to a multinational transport company like Uber. Though businesses like Uber may be booming at the moment, sometimes it pays to consider your options more thoroughly.



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## Outstanding rating for Shared Lives

A service that matches vulnerable people with carers in Nottinghamshire has just been rated as outstanding by the Care Quality Commission (CQC).

Shared Lives, which is run by Nottinghamshire County Council, has a team of 63 carer households around the county who offer a mixture of long-term support – where the service user lives in the carer's home full time – respite care and outreach services. The main benefit of Shared Lives is that the person lives as part of the carer's family and can become involved in activities in their local community.

The CQC report stated that 'People received a remarkable service from extremely compassionate carers, who were fully supported and exceptionally well-liked by the management team. The registered manager and care co-ordinators were very passionate about people receiving a personal service in the comfort and security of a family setting.'

Councillor Tony Harper, Chair

of Adult Social Care and Health Committee, said: "This fantastic achievement is testament to the service offered by our amazing team of Shared Lives carers and also the staff who carefully match carers and service users and provide that vital ongoing support to keep the scheme working so well.

"Shared Lives offers an excellent alternative to residential care for many people – giving them the enjoyment of family life in a real home setting. We are always on the lookout for more people to become Shared Lives carers, so please get in touch if you think this could be the role for you."

Shared Lives carers receive training and are paid depending on the level of need of the person they look after. To find out more, apply to be a carer and see a full copy of the CQC report go to: [www.nottinghamshire.gov.uk/sharedlives](http://www.nottinghamshire.gov.uk/sharedlives)



## MANSFIELD 10K RUN RETURNS

The popular Mansfield 10K run will return on Sunday 15 September. Since its introduction in 2015, the event has doubled in size, attracting more than 1,000 participants to the centre of Mansfield to take on a closed-road route around the town.

This year the number is expected to increase again, because

Mansfield 10K has been chosen as the host for the Notts AAA 10K Road Running County Championships, which will see the best club runners in the county competing for glory.

The 5K distance also returns giving people the opportunity to have a go at their first closed-road distance.

Mansfield District

Council Executive Mayor Andy Abrahams said: "We are really pleased to be supporting the Mansfield 10K again this year and hosting in it the town centre. Events such as this are important to Mansfield and demonstrate our potential as a destination."

Mansfield MP Ben Bradley will also be tak-

ing part in the event and said: "I am really looking forward to taking part in my second 10K run here in Mansfield.

"Last year's event was a massive success which saw lots of hundreds of people visit our town centre to support this amazing event. I will be doing my very best to beat my time in last year's run and, at

the same time, raise lots of money for a local charity."

The official charity for the event is Reach UK which provides support and opportunities for people living with learning disabilities. To find out more go to [www.mansfield10k.co.uk](http://www.mansfield10k.co.uk) or call Perfect Motion on 0115 9683323.



## MORE GRANDPARENTS ARE PAYING FOR FAMILY HOLIDAYS

Research commissioned by Travelzoo has found that grandparents are increasingly booking and paying for multi-generational holidays, as they become a vital way for families to spend quality time together.

The survey results highlight that the "bank of mum and dad" is

not just a way for young people to pay for housing, with many parents of younger children increasingly dependent on their own parents for quality of lifestyle. Of the 1,700 people surveyed, over 40% of those booking the holiday were grandparents. 34% of

grandparents also paid for the whole family, compared to a mere 13% of parents paying for everyone. By far the most common reasons for booking a multi-generational holiday – at 83% – is to spend quality time together and to provide a treat for the family, showing that

family time is a priority for grandparents.

The data reinforces that grandparents aren't "old", but young at heart and adventurous, with over a quarter (28%) citing exploring new places as the favourite multi-generational activity. This was closely followed by

eating together at 26%. Cash and time rich, the silver generation is becoming increasingly well-travelled and intrepid. Recent reports show that the over-50s account for 58% of the total travel and tourism spend in the UK, while spending from younger generations has reduced.

Interestingly, 48% of grandparents said that in hindsight they would have liked to have gone on a multi-generational holiday with their own parents and children, and 37% of respondents said that they are booking another multi-generational holiday next year.

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# The cost of helping your offspring

Generous British parents spend an average of £3,410 on their child's first car, according to research.

A study of 2,000 mums and dads of 16-21-year-olds found one in six 'helped' their offspring to pay for their first vehicle, contributing an average of 45 per cent of the total cost. But a

lucky 16 per cent of youngsters had their parents pay the full amount. The survey, commissioned by Parkers.co.uk, also revealed 44 per cent of parents help with the cost of their child's car insurance. One quarter will also pay the road tax while a fifth even contribute towards petrol and diesel.

Around 414,000 Brits aged 21 or under passed their driving between April 2018 and March 2019, according to the DVLA, meaning parents could be spending a combined

£340 million per year on kids' first cars. The study also found 77 per cent of those with more than one child said they plan to help them all equally with buying their first cars.



## Sponsorship continues for Arnold Town FC

The Daybrook branch of builders' merchant, Frank Key, is to continue its sponsorship of Arnold Town Football Club. The relationship between the football club and the firm goes back a decade. For the last five years Frank Key has been the main stand sponsor.

Steve Holland, Arnold FC Chairman, says: "Frank Key has agreed to continue their sponsorship of our stand for the forthcoming season which is a massive help

to us and goes mainly to support our men's team. Frank Key is a real example of a local company giving back to the community and is very much appreciated.

"This time of year is extremely expensive for clubs like ours as we have to replenish kit, medical kit and training balls, so their generous sponsorship really is crucial to ensure we're ready to go at the start of the new season."

Richard Meeks, Group Hire Di-

rector at Frank Key, says: "We have supported the team for more than 10 years now, as we believe it is important to give back to our local community. As fans of the sport, it just seemed right to provide the team with that extra support they need to continue doing what they love."

The Midlands-based independent builders' merchant will be supplying the football team with their new look signage to upgrade their main stand banners.



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## Highfields Happy Hens to close

Highfields Happy Hens in Etwell is to close after almost 40 years in business. It has been a place of love and teaching for youngsters who for various reasons have struggled at school. More recently it has been a popular family day out with its tea room, shop and open farm.

Owner, Roger Hosking, who runs the farm with his wife Beryl, explained: "When we first started we just kept them (youngsters) out of trouble and miracles happened – the Happy Hens therapy was getting them back to school and moving into jobs."

The free range egg project – Happy Hens started in the 80s as a source of teaching for young people. It helped them with reading, writing and handling money in a supportive and caring environment.

Roger said: "At that time our 2500 bird free range sheds seemed huge but now, as the supermarkets have driven the price of eggs down, no one builds a shed less

than 32000 so our source of education started to lose money badly and we started to get into debt.

"About a month ago it became public knowledge that Happy Hens was in trouble with the bank and we were completely overwhelmed by the response - so much love and encouragement - students from long ago married with children thanking us, a mum phoned to thank us for what we did for her daughter and also offers of financial support.

"And then the miracle happened – we decided we did not need to retire or move but to sell most of the farm to clear the loans and keep a few acres and stay in our home. Our daughter and family will move into the farm house. Mick, our son in law who is a special needs teaching assistant, wants to establish a new special needs teaching facility – a new Happy Hens."

Roger and Beryl are planning to support their son-in-law with the new project.

## Mansfield polling review

Mansfield residents are being asked for their views as part of a polling review.

Every local authority must review its polling districts and polling places every five years, with a public consultation forming part of that review. The review does not affect ward or constituency boundaries but is about the locations where people cast their votes in elections. Mansfield District Council is keen to hear from any interested individual, group or organisation, particularly those with expertise in access for people with any kind of disability, on alterations to current electoral arrangements.

You can have your say by emailing elections@mansfield.gov.uk or writing to Electoral Services, Mansfield District Council, Civic Centre, Chesterfield Road South, Mansfield, NG19 7BH.

This consultation is running until Monday 23 September.

Maps, information relating to current electoral arrangements and the Acting Returning Officer's proposals are on the council's website at [www.mansfield.gov.uk/pollingplacereview](http://www.mansfield.gov.uk/pollingplacereview).

They are also available to view at the Civic Centre between 10am and 4pm on any normal working day.

The results of the review will be published by the council in December 2019.



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## New accolades for our tourism STARS

There has been a flood of high-quality nominations from across Nottinghamshire's tourism and hospitality venues for the Hospitality STARS Awards for 2019.

Now Visit Nottinghamshire, the city and county's official tourism board, who organise the awards, have made a decision to introduce additional accolades to reflect the achievements of the industry.

The 15 awards categories include coveted titles such as Hotel of the Year, Visitor Attraction of the Year, and the Taste of Nottinghamshire Award. Following a series of extremely strong applications from many of Nottinghamshire's tourism and hospitality businesses, the decision was taken for some of the categories to include Highly Commended recognition awards as well as Overall Winner.

The first round of judging is now complete and the second round will soon be getting underway. The overall winner and other awards for

each category will be announced at the Awards Dinner, hosted at the Crowne Plaza Hotel on Thursday 24 October.

Stephen Jackson, interim Chief Executive at Marketing NG, said: "The decision to increase the number of available awards and accolades was prompted by the unbelievably high quality of this year's applications. There were several awards categories which had so many brilliant nominations that it would be an enormous challenge to identify just one winner. It's testament to Nottinghamshire's thriving tourism economy, which is on an upwards trajectory and only set to grow further with the regeneration programme happening across the city."

For more information and to sponsor this event or book a table or tickets, visit <https://www.visit-nottinghamshire.co.uk/nottinghamshire-hospitality-stars-awards>

## New business sponsor for nature reserve

The Nottinghamshire Wildlife Trust has announced that Mansfield based Kingfisher Lighting has become the business sponsor of Rainworth Heath Nature Reserve.

One of the last remaining areas of heathland in Nottingham, the reserve is part of the historic Sherwood Forest area and is just a stone's throw from the company's head office. Kingfisher Lighting is an exterior lighting company who have committed to helping the environment with responsible lighting schemes to minimize the impact on wildlife.

It is all part of the Nottinghamshire Wildlife Trust's mission to create a Nature Recovery Network in Sherwood, by restoring, recreating and reconnecting wildlife-rich spaces across the area to make the wildlife habitats bigger, better managed and more joined-up.

Holly McCain, Senior Development Officer at Nottinghamshire Wildlife Trust said:



Left to right: James Miles, Technical Manager and Kate Summerfield-Breeze, Marketing Manager at Kingfisher Lighting being presented their certificate by Holly McCain, Business Partnerships Officer at Nottinghamshire Wildlife Trust.

"We are delighted to have Kingfisher Lighting on board as a business sponsor. The company's support of Rainworth Heath Nature Reserve is invaluable in supporting our work to

restore and reconnect the legendary Sherwood landscape." Kate Summerfield-Breeze, Marketing Manager for Kingfisher Lighting, said: "We are so pleased to be working with

the Nottinghamshire Wildlife Trust by sponsoring Rainworth Heath Nature Reserve. We are really lucky to have such a wonderful reserve so close to the office and it feels great knowing we are doing

our bit to help our local wildlife." To find out more about becoming one of Nottinghamshire Wildlife Trust's partners visit <https://www.nottinghamshirewildlife.org/support-us/corporate-support>

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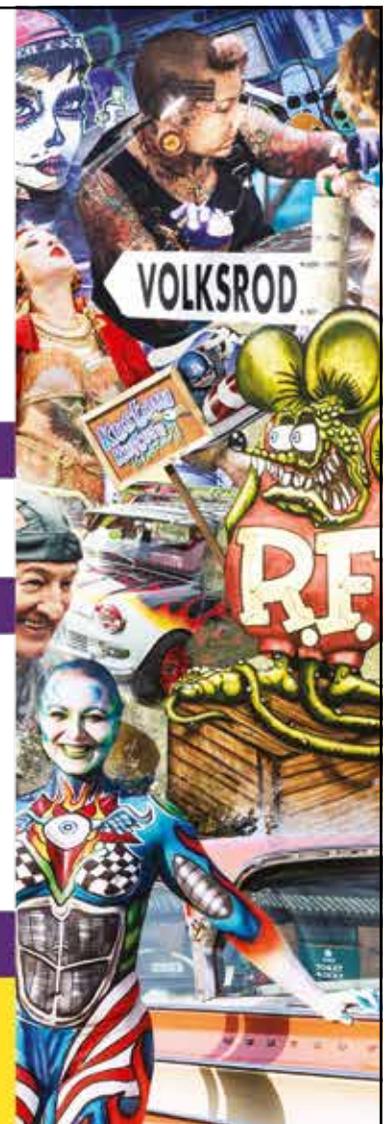
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## What's on



### Sleepover at Twycross Zoo

Grab a sleeping bag and tent because for the first time ever, Twycross Zoo is offering families a truly unique and exciting camping experience with its brand-new Safari Sleepover.

Taking place this Friday (30 August), families can see the animals like never before as they take a torch-lit zoo tour before setting up camp and sleeping beneath the stars.

Sleep just a few feet away from critically endangered Sumatran tigers, Jahly and Sialang and in true camping style, campers will gather round to enjoy a delicious hot chocolate whilst hearing some spectacular stories, straight from the heart of the zoo.

Families can watch as the animals settle in to their evening routine and see what they get up to after dark. Children can also take part in animal tracking where they'll team up with the zoo's expert rangers and discover clues - putting their skills to the ultimate test in some super fun challenges.

Twycross Zoo is home to over 500 animals from 125 different species and is the only place in the UK with the four great apes - gorillas, chimpanzees, orangutans and bonobos. For more information and to book go to [www.twycrosszoo.org/events/safari-sleepover-family-camping-this-summer](http://www.twycrosszoo.org/events/safari-sleepover-family-camping-this-summer)



### TWYXCROSS ZOO COMPETITION WINNER

Congratulations to Mr Truswell of West Bridgford, the winner of our recent Twycross Zoo competition, who receives a family ticket to the zoo. Thank you to everyone who took part.

### D.H. Lawrence Festival is back

The D.H. Lawrence Festival is running from Saturday 31 August until Saturday 14 September and includes live music, open days, exhibitions, walks, talks and much more.

Hester Pote, Duty Officer at the D.H. Lawrence Birthplace Museum says "It is fantastic to see so many community focused events over the two week period, and with such a variety of events, so many of them free, there is something for everybody."

You can pick up a free festival leaflet from a variety of locations across Broxtowe including; The D.H. Lawrence Birthplace Museum, Eastwood Library, Beeston Library, Kimberley Library, Broxtowe Borough Council Office's - Beeston and Bramcote, Chilwell and Kimberley Leisure Centres. The event is being held at a variety of locations across the borough of Broxtowe.

For more information contact the D.H. Lawrence Birthplace Museum on 01159173834 or email [dhlawrence@leisure.co.uk](mailto:dhlawrence@leisure.co.uk)

The D.H. Lawrence Birthplace Museum is an award winning visitor attraction in Eastwood. It com-

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- Greens Windmill - 20th September
- Meet the Ghosts of Risley Hall - 19th September
- Meet the Ghosts of Wollaton Hall - 21st September
- Ghost-Teas at The Canal Heritage Centre - 27th Sept

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<b>Tall Women</b> by Edward Albee 14 - 19 Oct	<b>Consent</b> by Nina Raine 11 - 16 Nov	<b>Season's Greetings</b> by Alan Ayckbourn 9 - 14 Dec

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**PANTHERS ANNOUNCE TESTIMONIAL GAME**

Tickets are now on sale for Nottingham Panther's Robert Lachowicz's testimonial game, which will take place at the Motorpoint Arena Nottingham on Tuesday 15 October.

The Lachowicz Invitational will see Panthers players past and present take part in a four-team tournament. There will also be a skills contest with a variety of activities for the players to pit their wits against each other. The four rosters will have a coach, assistant coach, general manager and equipment manager position – and details on how supporters can bid for these

will be announced shortly. The NHL-style draft will take place the night before the game on Monday 14th October at the testimonial dinner – more details on this will be confirmed soon.

Robert Lachowicz said, "I am so honoured to be granted a testimonial by the Panthers and I would like to thank Neil Black and Gary Moran. The game is going to be a fun night and I have already earmarked some top names from Panthers' past to return to play in it. In fact, we plan to make our first announcement on Friday, so keep your eyes peeled for that. I'd like to thank the Panthers fans for the amazing support they have given me over the years, so I plan to bring back some crowd-favourites that I am sure everyone will love seeing."



Tickets can be purchased online at <https://www.motorpointarena-nottingham.com/Online/article/lachowicz-invitational> or telephone 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.

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For more information please contact East Midlands Markets and Events on 07956 631683 or email [info@emme.uk.com](mailto:info@emme.uk.com) [www.emme.uk.com](http://www.emme.uk.com)



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Selected dates from  
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Please note that there is no Santa on the Winter Wonderlights train. Our popular Santa Steam Train 2019 is also operating this year – please see our website for details.

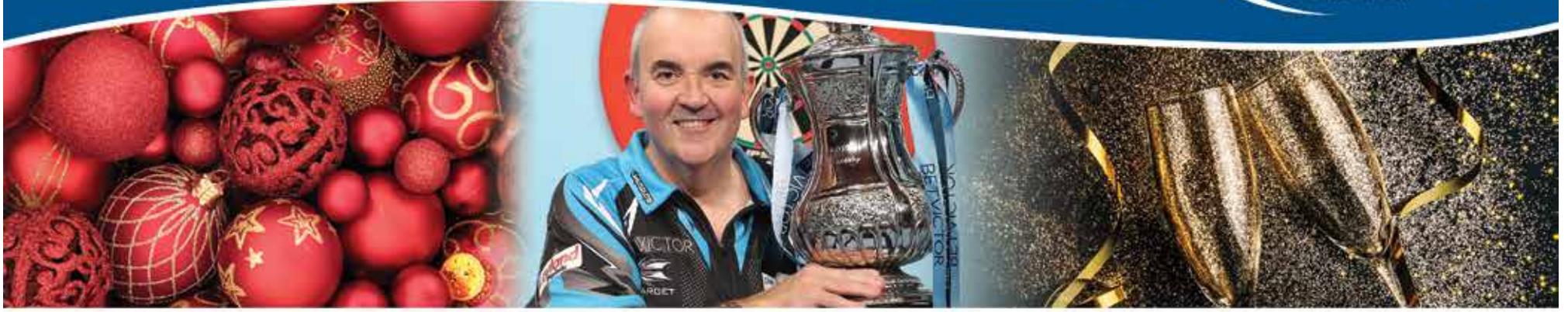
Book online: [www.gcrailway.co.uk](http://www.gcrailway.co.uk)

Great Central Railway - Leicestershire | Tel: 01509 632323

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

Pre-booking is essential for this event. Please note that there is no Santa on the Winter Wonderlights train. E&OE. All train services, locomotives, exhibits and other attractions appear subject to availability and are subject to change without prior notice.

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# Special Breaks at Searles

## Festive Winter Break

Monday November 11th - Friday November 15th 2019  
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Prices **£157.00**  
From: PER PERSON

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Friday November 15th - Sunday November 17th 2019  
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In association with JBD Sports Agents, we are delighted to welcome back 16 Time World Champion Phil 'The Power' Taylor, Peter Manley and Jamie Caven who will be joined by Scott Mitchell, JBD Walk On Girls, Daniella Allfree and Charlotte Wood, PDC Dancers and comedian Colin Cole.

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Sunday December 29th - Thursday January 2nd 2020  
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\*New Year's Eve parties are Ticket Only. Bookable in advance before December 1st 2019 and are priced separately from the break. See party details on our website.

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From: PER PERSON



For full details of all our Special Breaks please call or visit [www.searles.co.uk/offers-and-breaks/special-breaks](http://www.searles.co.uk/offers-and-breaks/special-breaks)

call: **01485 534211** book online: [www.searles.co.uk](http://www.searles.co.uk)

Lines open: 8am - 8pm Monday Saturday. 9am - 6pm Sunday



What's on



# The South Yorkshire Shooting Show & Game Fair

The South Yorkshire Shooting Show & Game Fair is in its 6th year and will be held indoors and outdoors at the Doncaster Exhibition Centre at Doncaster Racecourse on 28 & 29 September 2019.

The event is designed to combine the best of shooting and hunting equipment with a country fair show. It includes activities that the

whole family can enjoy, including an airgun range, archery, shooting simulator and optics viewing area.

The show also represents a great opportunity to learn about game and wildlife conservation in the UK. There will be over 100 exhibitors which will include major manufacturers and retailers of rifles, shotguns, airguns, optics,

accessories, clothing, fishing gear and much more. There will be clay pigeon shooting, which includes a 40 bird shooting competition for adults, with the winner of each day receiving a cash prize. For children under 16 there will be a separate competition if they shoot both days, the highest scorer will receive a Yildiz shotgun courtesy

of Raytrade UK Ltd. On the Friday evening before the show, there will be the opportunity to attend a Night Master night vision and thermal imaging demo evening. Everybody who attends will get a half price ticket for the show. BASC members that pay on the day will receive a £5 discount on production of a valid membership card.

Visit the South Yorkshire Shooting Show and Game Fair website for show details, tickets and an up to date exhibitor list that includes; Raytrade (Remington/Marlin/Chiappa/Yildiz), GMK (Beretta/Tikka/Sako), Blaser, Sauer, Mauser, Hawke Optics, Balnecroft Country, Night Master and Swillington Shooting Supplies, to name a few.

Opening times on both days are 9am - 4.30pm  
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**ON THE DAY TICKETS**  
 Adult £12 or £21 for both days with under 16s going FREE  
[www.southyorkshireshowing.com](http://www.southyorkshireshowing.com)



## Pet workshops help children to learn

For families looking for a fun activity to enjoy during the last weeks of the summer holidays, Pets at Home is still hosting its fun and free interactive pet workshops.

The event is taking place in stores across the UK, aimed at children between the ages of 5-11.

The My Pet Pals workshops offer hands-on activities to educate the next generation of pet owners about keeping pets safe, happy and healthy. Children can expect to find out about

the fascinating world of pets, with interactive games and 'meet and greet' sessions with Pets at Home's friendly pets. The free workshops will teach children how to keep pets cool over the warm summer months, as well as how to become the best fish owner they can be. The workshops last approximately 30 minutes and take place every day in stores at 11.30am during the summer holidays. Customers can find out more and book a My Pet Pals workshop, by visiting [petsathome.com/petworkshops](http://petsathome.com/petworkshops).

## 28TH & 29TH SEPT 2019

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## What's on



## Financial Planning



# Why parents need a will

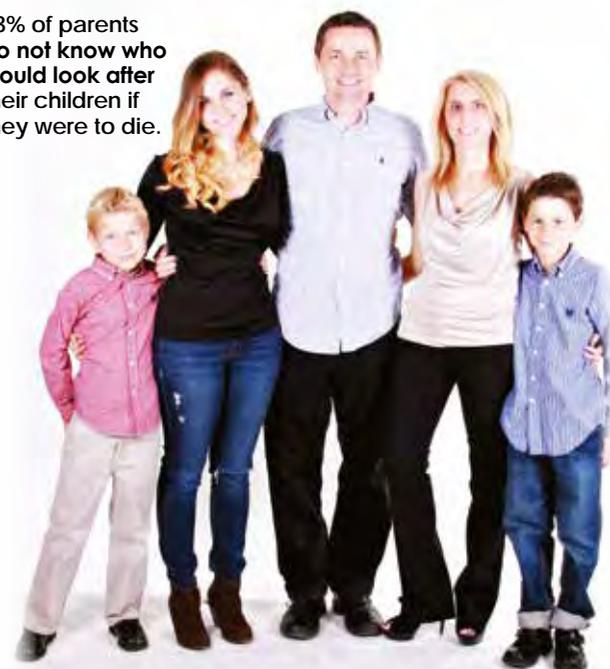
If you do not appoint a guardian for your child, the court will: 62% of Brits incorrectly believe a will is only for the protection of their assets when in fact it also protects the guardianship of their children. 53% of parents do not know who would look after their children if they were to die. Farewill – the UK's No.1 will writing experts – highlight why your children stand to lose the most if you do not have a will. The law stipulates that upon a parent's death, custody will automatically go to someone with "parental responsibility". The problem is that lots of care-givers in modern families do not have parental responsibility, in the eyes of the law. This means that it is not true that your partner will automatically have custody of your mutual children if you were to die, unless you were married or their name is on the birth certificate.

### Parents will need a will to:

**Appoint legal guardians:** Most parents assume that, if they die, their children would automatically be put under the care of a close friend or relative. But unless you have something like a will setting out your wishes, it is ultimately the courts who decide what happens to them.

**Secure your child's financial future:** If you die without a will, your estate is divided up following the laws of intestacy. This is essentially a flowchart that defines where your money goes. For most traditional families this works well enough, but it rarely takes into account more modern family structures or scenarios where there are step children. In these cases, a will is essential to make sure everyone gets their share according to your wishes.

53% of parents do not know who would look after their children if they were to die.



- Biological fathers do not automatically have custody if the mother was to die - unless they were married to the mother, have signed a parental responsibility agreement or are explicitly named on the birth certificate
- Non-civil partners in same sex-couples do not automatically have custody
- Godparents, grandparents and step-parents do not automatically have custody

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

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

- Would you need someone to look after your financial affairs if you became physically, or mentally unable, due to an illness, accident,

or old age?

- Would you like to protect your home & estate against being seized to cover care costs in the event that you have to go into long term care?
- Would you like to ensure that your entire share of your estate passes to the people of your choice?
- Would you like or need a Co-Habitation Agreement?
- Who do you wish to look after your small children? (or leave it to the Courts?).
- Who do you wish to look after your pets?
- Who would you like to

leave your estate to, loved-ones, charities or both?

- Will your estate be subject to avoidable inheritance tax?
- What funeral arrangements would you like?
- Who do you wish to manage the wishes by executing your will on your death?
- Who would you like to manage probate? & all the paperwork?
- Would you need to change your existing Will due to Marriage, Divorce, or Widowed?

I shall await your contact, to have an informal chat.

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## Almost a quarter of women feel uncomfortable in their own skin

Almost a quarter of women feel uncomfortable in their own skin, according to research.

A poll of 2,000 women found six in 10 blame their lack of self-esteem on not meeting typical beauty standards, while 29 per cent say it is because they feel 'different' to everybody else.

Almost a fifth also put their insecurity down to the influencers or celebrities they see on social media.

It also emerged just 10 per cent feel beauty brands have the most realistic representations of women.

And 63 per cent would feel more confident in themselves if they saw

women in adverts who reflect the way they look.

The study was commissioned by Gillette Venus to mark the launch of its 'My Skin. My Way' campaign which is challenging stereotypes and empowering women to celebrate the skin they are in.

The study also revealed a third of women have cancelled a social event, like a night out with friends, because they were suffering with a lack of confidence

Another 12 per cent have cancelled a date, and one in 10 have even called in sick because of low self-esteem levels.

## Bins replace bags for greener recycling in Nottingham flats

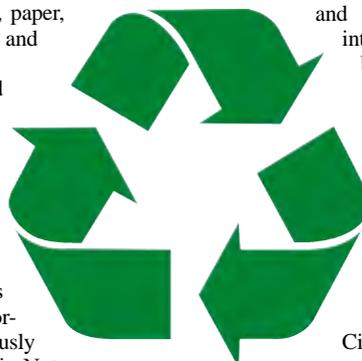
Recycling is set to get a lot easier – and even greener - for tens of thousands of people living in flats in Nottingham as plastic bags are gradually phased out.

As part of its push to drop single-use plastic from its operations, Nottingham City Council has begun rolling out brand new 'ultimate bins' – a 1100 litre capacity large recycling bin that can be used to recycle cardboard, plastic, paper, food and drinks cans and glass.

Residents can add mixed, unbagged recycling into the bins – the waste will then be sorted and recycled by Nottingham City Council's recycling partner, Enva.

The new ultimate bins mean the end of the orange plastic bags previously used by people in flats in Nottingham.

Councillor Sally Longford, Portfolio Holder for Energy, Environment and Democratic Services, said: "Nottingham City Council is proud to be working really hard to eliminate single-use plastic. We were get-



ting through 160,000 of these recycling bags a year, so it's fantastic to see them replaced with these modern communal recycling bins which will also allow residents in flats to recycle more than ever before."

Alvin Henry, Head of Waste at Nottingham City Council, said: "We've been keen to find a solution to the issue of the single-use recycling bags for some time, and we're really excited to introduce the new ultimate bin. We know that many flat residents have asked for better recycling options and we're pleased to have worked with them to find a solution to the issue."

It is essential that residents do not put bagged waste into the new bins – Nottingham City Council cannot recycle any waste in a sealed plastic bag, or plastic bags themselves. Other common items that are found in recycling bins in Nottingham that cannot be recycled include nappies, textiles, food waste, tissues, foil, polystyrene and pizza boxes covered in cheese or grease – clean pizza boxes are fine.



## Chetwynd House 'enlists' new friends

A new community friendship scheme at Chetwynd House in Beeston has been launched with the home's nearby namesake, Chetwynd Barracks in Chilwell.

"Monthly visits from the barracks to meet and chat with residents, as well as trips for our residents to visit the barracks have been arranged as many residents have military connections and backgrounds. This is a wonderful opportunity for them to reminisce as well as meet lots of friendly interesting new people," said Dave Godrich, Chetwynd House Home Manager. "It was great to see the boys from Chetwynd Barracks," added resident Harold Cartwright.

## X-ray drug detection tech wins White House funding

Scanning technology to detect drugs in international mail is being developed by a Nottingham-based technology company to tackle the distribution of narcotics in the United States.

HALO X-ray Technologies Ltd – a spin-out of Nottingham Trent University (NTU) and Cranfield University - has won \$100,000 in funding from The White House.

The company will use enhanced X-ray diffraction techniques to detect the presence of illicit opioids in a non-intrusive way. It will work by measuring how X-rays are diffracted when they pass through a parcel.

By emitting X-rays in a conical structure, a stronger signal is generated which improves the accuracy and speed of detection.

HALO X-ray Technologies is commercialising technology that was developed by Distinguished Professor Paul Evans, of Nottingham Trent, and Professor Keith Rogers, of Cranfield. The company CEO is Dr Simon Godber, an alumnus of NTU.

Professor Evans, Head of Imaging Science at NTU, said: "This technology has the potential to revolutionise how opioids are detected to allow for improved international security measures which will limit their il-

legal distribution in the US. By using our patented X-ray technology we can improve the accuracy and speed of detection, empowering the authorities to spot illicit opioids sooner and limit how they are misused in some sections of US society."

Jim Carroll, Office of National Drug Control Policy director, said: "A critical part of addressing the addiction crisis is finding new ways to stop the flow of deadly drugs coming into our country. We will continue to support the development of these creative solutions that have the potential to detect opioids and ultimately save lives."



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**Christmas Parties**



# Festive Celebrations

We may still be enjoying the fun and sun that the summer brings, but there's one type of event coming up on lots of people's calendars that will likely need plenty of meticulous planning – Christmas parties. Whether it's an office party or a group of friends getting together during the most wonderful time of the year, it's never too early to start planning some festive fun that will get everybody talking. There are a few golden rules though that, if followed, will ensure the best time is had by all.

## Start making preparations early on

When it comes to a Christmas party, it really is never too early to start planning it. Finalising numbers and booking venues in advance will ensure that places don't sell out and will likely suit everyone that is attending as they can avoid double booking during one of the busiest social periods of the year.

## Involve everyone in the planning

To be sure that everybody enjoys themselves, it's important to involve people in the planning of the party to an extent. Ask for people's input when choosing a venue and ask what kind of event people would like to have. It's sometimes hard to please everybody, but people love to feel as though what they would like from an event or party has been considered.

## Think about food

There's nothing worse than a party without food – who wants to go hungry while they are having a good time? Lots of restaurants will have Christmas party menus, and often the options are really festive and fun.

## Go for it with a theme

If you really want to get everybody involved and excited, incorporating a theme into the occasion is a great way to go. Whether you go with a colour theme, which is fairly simple for people to get on board with, or go all out with something like a 1920s theme, it's a fun way of getting guests to feel excited about the party.



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## Holidaymakers keep it local

British holidaymakers are now more likely to explore the local area than lounge on the beach, according to research.

A survey of 2,000 holidaymakers found more than half look forward to exploring nearby towns, compared to just three in 10 who get excited about going for a dip in the ocean.

Half also enjoy trying out the local cuisine when they travel abroad, with 53 per cent looking forward to spending time with family and friends.

And a quarter get excited about unearthing local culture on a guided tour, according to the research commissioned by online car hire service Rentalcars.com.

More than eight in 10 go as far as to say they get 'irritated' by the beach, with other tourists, sand in unusual places and noisy children among some of the most common bugbears.

And one in 20 even find the sea annoying when spending time at the coast.

The sand and sea are no longer prime spots for the culture vultures of the UK, and seven in 10 are willing to venture an hour or more away from their accommodation to explore their new surroundings.

And around one in 20 would rather just stay put in their hotel or resort while nine per cent would not explore anything more than a 10-minute walk away.



## £3,800 awarded in Mansfield Mayor's 500 Fund

The Mayor of Mansfield, Andy Abrahams, has announced the first good causes to benefit from his 500 fund following its launch in July.

So far, £3,800 has been allocated after the Mayor pledged to donate 30 per cent of his annual allowance.

The Mayor said: "I'm passionate about our local community and want to give something back to Mansfield each year.

"We were overwhelmed by applications this time and will consider some of the unsuccessful bids for the next funding round because many of them did not meet the required criteria.

"I hope that by making these donations from my allowance, it will encourage other organisations to make financial contributions to groups and initiatives in their neighbourhoods for the benefit of everyone."

### LATEST AWARDS:

*Meden Vale Colts Youth FC* - £500 towards youth football goals for the newly-formed club

*The Royal Hussars Marching Band* - £500 for new uniforms for upcoming championships.

*Lighthouse Mansfield* - £500 towards workshops for children attending the summer holiday club.

*School's Out for Summer* - £500 towards food and school uniforms for families from deprived areas.

*Personal Best Academy* - £500 for members of martial arts club to take part in competitions.

*East Midlands Vocational Academy* - £500 towards a breakfast club for young people in alternative education.

*Destiny Cheer* - £500 towards a new spring floor when they find bigger premises to rent.

*Mansfield Community Choir* - £300 that they requested for new music.

Applications to the Mayor's 500 Fund can be made three times a year. The fund is administered by a council finance officer and applications are approved by a panel of officers and the Mayor. For more information see [www.mansfield.gov.uk/mayors500fund](http://www.mansfield.gov.uk/mayors500fund).

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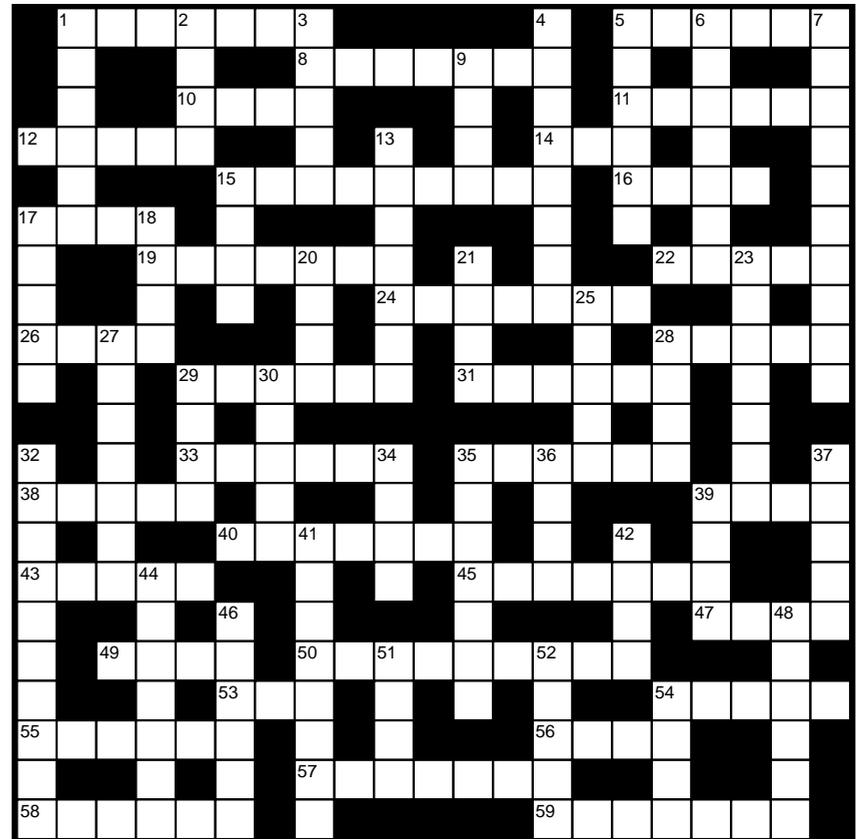
## ACROSS

- 1 Applauded (7)
- 5 Orange vegetable (6)
- 8 Booze (7)
- 10 Urban complex (4)
- 11 Assault (6)
- 12 Compass point (5)
- 14 Tabby or moggy (3)
- 15 Head of a republic (9)
- 16 A layer (4)
- 17 Worry anxiously (4)
- 19 Accounts checker (7)
- 22 Mouldy or not fresh (5)
- 24 A good try (7)
- 26 Chore or job (4)
- 28 Ah, heaven! (5)
- 29 Bats' sanctuary in church (6)
- 31 Handgun (6)
- 33 Novel writer (6)
- 35 Tutu dancing (6)
- 38 Thames or Avon (5)
- 39 Cup of tea (4)
- 40 Pistol-case (7)
- 43 Postpone (5)
- 45 Household waste (7)
- 47 Clenched hand (4)
- 49 Unit of weight (4)
- 50 Surgical procedure (9)
- 53 Tin (3)
- 54 Official papers — perhaps officious (5)
- 55 Not present (6)
- 56 Poultry (4)
- 57 Turn down an offer (7)
- 58 Walk unsteadily due to age (6)
- 59 Crumble fruit (7)

## DOWN

- 1 Red, white or blue (6)
- 2 Pedestrian way (4)
- 3 Jitterbug (5)
- 4 Guitar twanger (8)
- 5 Talkative (6)
- 6 Meditation refuge (7)
- 7 Don't rush, relax! (4,2,4)
- 9 Cavity (4)
- 13 Book collection (7)
- 15 Pea protectors (4)
- 17 Half century (5)
- 18 Riding paraphernalia (4)
- 20 Hooray Henry snob (4)
- 21 Come to a standstill (4)
- 23 Aircraft pilot (7)
- 25 Coloured flower part (5)
- 27 Wrinkle and lose vitality (7)
- 28 Inky spill (4)
- 29 Male pig (4)
- 30 Bingo (5)
- 32 Plastic money for debit transactions (6,4)
- 34 Vermin (4)
- 35 House-breaker (7)
- 36 Fibber (4)
- 37 Jelly baby or humbug (5)
- 39 Stewing steak (4)
- 41 Citrus drink (8)
- 42 Daybreak (4)
- 44 Flavour similar to liquorice (7)
- 46 GP or quack (6)
- 48 Top-notch (6)
- 51 Impressive film (4)
- 52 Deduce (5)
- 54 Tell tales (4)

See below for answers



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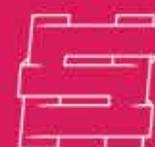
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Care



## LUSH visit Nottingham Children's Hospital

Cosmetics brand LUSH was welcomed by young patients at Nottingham University Hospitals NHS Trust (NUH) recently, with children getting the chance to take part in fun make-your-own bath bombs workshops.

The event left smiles all round, as the children who are current patients at our hospital, had fun creating their very own fresh products.

Lisa Smith, a Play Specialist based at Queen's Medical Centre (QMC), where the Nottingham Children's Hospital is based, believes visits like this one are a welcome distraction for the children who might be going through a tough time.

Lisa said: "We are delighted to welcome LUSH to the Children's Hospital for a morning of interactive and fun workshops. For the children to have a visit like this is really amazing for them."

"Events like these break up the day and it's something for the children to enjoy rather than staying on the ward in bed. Seeing the smiles on the children's faces really does make it all worthwhile."

Denise Wells, a parent, said: "It's great that the children get the chance to spend time off the ward and take part in activities like these. It brings a smile to their face and they get chance to spend time with other children outside of the hospital environment too."

The children enjoyed adding glitter to their creations and many planned to gift their handmade bath bombs to their parents.

Amber Frost, Store Assistant from LUSH Nottingham, said: "It's been great to bring a little bit of LUSH magic to the Nottingham Children's



Hospital. We're so happy that the children enjoyed today's workshops and it's been great to see them getting involved with the activities that we've had on offer."

## Digital Services team shortlisted for HSJ Awards

The Digital Services team at Nottingham University Hospitals NHS Trust (NUH) have been shortlisted for Digitising Patient Services Initiative award at this year's HSJ Awards, recognising their outstanding contribution to healthcare.

The judging panel, made up of a diverse range of highly influential and respected figures within the healthcare community, have shortlisted NUH's Digital Services team despite the tough competition from hundreds of excellent applicants. The Digital Follow Ups project has been selected based on their ambition and positive impact that the project has on patients.

The Digital Outpatient Project at NUH was initiated by East Midlands Academic Health Science Network (EMAHSN). EMAHSN had an ambition to support local Trusts in reducing face to face follow ups.

The initial pilot has been

undertaken in three Clinical Specialities; Breast services, Oncology and Trauma & Orthopaedics. This has enabled the concept to be proved in both Medical and Surgical Specialities.

Lisa Lawrence, Paperless Hospital Programme Manager said: "We are delighted to have been shortlisted for Digitising Patient Services Initiative, recognising the collaborative efforts and dedication of our staff members over the last 12 months to successfully implement. We are committed to delivering improved outcomes for our patients, and to be chosen among the other incredible nominees is a wonderful achievement. This nomination recognises the importance of the project and has given the team a real boost." Winners will be selected ahead of the 2019 HSJ awards ceremony, which will be held at the Battersea Evolution Centre, London on 6 November.

## Sherwood Forest Hospitals shortlisted for Trust of the Year

Sherwood Forest Hospitals NHS Foundation Trust has been shortlisted for the prestigious "Acute or Specialist Trust of the Year" category at this year's Health Service Journal Awards, which recognises outstanding contribution to healthcare.

The judging panel, made up of a diverse range of highly influential and respected figures within the healthcare community, have shortlisted Sherwood Forest Hospitals as one of eight NHS Trusts nationwide in the running to be named Trust of the Year. The Trust has been selected based on their ambition, culture, visionary spirit and the demonstrable positive impact that it

has on patient and staff experiences within the health and social care sector.

Over the last five years Sherwood Forest Hospitals has dramatically improved. In 2016 the Trust was in special measures and was rated by the Care Quality Commission as inadequate for Well-Led, Safety and Overall. Just two years later in July 2018, the Trust was rated as Outstanding for Caring and Good overall, with all services rated in 2018 assessed as Good for Safety, which shows how far the Trust has come.

The Trust proudly launched a new five-year strategy, Healthier Communities, Outstanding Care, in April this year which reflects how it

is moving beyond thinking like a hospital, by working with health and local authority partners to focus on the wider wellbeing of the local communities.

Chief Executive Richard Mitchell said: "I am so proud of what my colleagues at Sherwood have achieved. To be in the running for the Acute or Specialist Trust of the Year accolade is fantastic as we continue to progress and strive to improve further."

Winners will be selected ahead of the 2019 HSJ awards ceremony, which is due to be held at the Battersea Evolution Centre, London on November 6.



## Throat cancer survivor to run half marathon with his consultant

Michael Bromley, from Carlton, a throat cancer survivor and keen runner has signed up to the Robin Hood Half Marathon along with his Consultant, Neeraj Sethi a consultant ENT Surgeon at Nottingham University Hospitals NHS Trust (NUH).

Following a diagnosis of level 4 throat cancer, Michael had to have a laryngectomy (the removal of his voice box) and a new throat made using a skin graft from his leg. He was then fitted with a laryngectomy stoma.

Michael was always a keen runner, even before his cancer diagnosis. Having a stoma fitted hasn't stopped his drive for running as he taken part in a 10k run in June and is currently training for the Robin Hood Half Marathon.

He said: "Following my treatment and having the

stoma fitted I still wanted to pursue running in my own time, this was a real challenge and took lots of careful training but it all paid off in the end.

"I have signed up to take part in the Robin Hood Half Marathon in September, this was the main objective after the operation, as a joke I asked my consultant Neeraj to run it with me and he agreed, he has now signed up and is really looking forward to it."

Neeraj Sethi, Consultant ENT Surgeon said: "Mick challenged me to take part and run the marathon with him so I've signed up, now all I have to do is try to keep up with Mick."

You can read more about Mick's journey and show your support on his JustGiving page: <https://justgiving.com/fundraising/michael-bromley1>

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Kids are  
looking for  
'life's simple  
pleasures'

The average parent is spending £975 on entertaining their child during the school summer holidays – with parents citing bored kids and social media pressures from fellow parents as the main reason for this expensive outlay.

In the East Midlands, visiting the park is the most common activity during the school holidays and parents spend £989 entertaining the kids, just above the national average.

That works out at an outlay of over £150 more each week for the six week break from school in order to keep kids happy and Instagram envy at bay.

The research, conducted by Cadbury Mini Bites, also found that in actuality the nation's kids are looking for life's simple pleasures when it comes to holiday fun.

Those surveyed stated that their children seemed more joyful when undertaking simple shared activities with parents or grandparents. These included a picnic (33%), a kickabout in the local park (29%) or a bike ride (24%).

New study centre for young  
people opens in Arnold

Inspire Learning is now offering study programmes for young people aged 16-24 at a dedicated new study centre in Arnold at Redhill Young People's Centre. The centre will open in September.

The Arnold study centre is part of continued growth in cross-county provision via Inspire's partnership with Nottinghamshire County Council and the Education Skills Funding Agency.

Young people will be able to work with Inspire for three days per week towards a recognised AIM Awards qualifications in Personal and Social Development and Employability. Maths and English is also an integral part of the programme, either GCSE and/or Functional Skills depending upon prior achievement.

Simon Cook, the Study Programme Manager at Inspire Learning said: 'I'm thrilled that we're expanding our provision into Arnold. We received information that there was a lack of provision for young people in the Gedling area and this left us determined get our Study Programme running for this next academic year. Providing opportunities for young people who are unsure of their next steps is what we do.'

Young people can enrol onto the programmes at any time during the year.

Inspire Learning also delivers study programmes for young people in Hucknall, Eastwood, Mansfield, Sutton in Ashfield, Newark, Ollerton, Retford, Worksop and Stapleford.

Further information can be found at <https://www.inspireculture.org.uk/skills-learning/study-programmes/>

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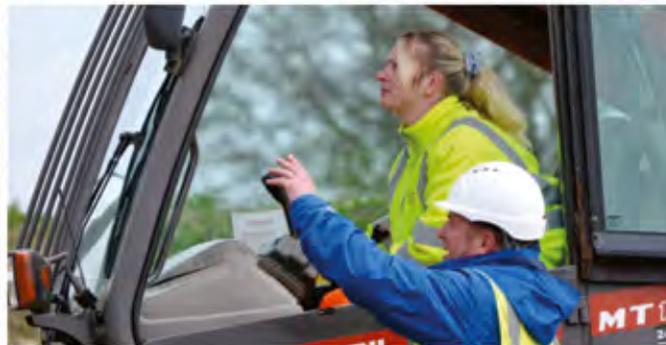
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# Create your own Boho style



Boho is an umbrella term given to interior with an eclectic mixture of textures, patterns and materials. The word 'Boho' derives from the word Bohemia – a central-eastern European country.

The term Bohemian was given to those who lived an unconventional and often nomadic or artistic lifestyle. Bohemian style was embraced during the

hippie movement of the 1960s and 70s as the look is born from a mixture of cultures. The great thing about Boho style is it doesn't matter if your furniture or décor is vintage, rustic contemporary or shabby chic style; anything goes.

However, there are themes of Boho style:

## Western Boho

Western Bohemian style relies heavily on natural materials and fabrics to complete the aesthetic; think exposed beams, tribal prints and floor cushions rather than traditional seating.



## African Boho

When many people think of Boho style, they think of African inspired bohemian, namely the bright colours, clashing prints and metal tones that are often introduced into the décor of a Boho themed living space. Include lanterns, jewel coloured cushions and ottoman style seating to achieve this laid back vibe.

## Contemporary

Contemporary Boho style borrows from its predecessors but combines elements of the classic Boho styles with modern minimalist living. Think white wall and floors, wicker seating and animal head wall art. Cushions and rugs add splashes of colour while décor pieces can range from vintage to African to contemporary.

## European Boho

European Boho is a little more refined in its mix and match approach, though it strives to look spontaneous. European style Boho is characterised by vintage style furniture paired with rustic beaded curtains and quirky wall art.



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In addition to a total of 333.4 tonnes of wood being recycled, 23.8 tonnes have also

been reused and contributed to DIY or building projects, or made into a range of products from bird boxes to dining tables.

As well as making a highly positive environmental impact, collecting from Barratt and David Wilson Homes North Midlands sites has directly led to the creation of permanent jobs with Community Wood Recycling, as well as work placement opportunities for local people.

For more information about any nearby developments, call the Barratt Homes sales team on 033 3355 8472 or the David Wilson Homes sales team on 033 3355 8473. Alternatively you can visit the website at [www.barratthomes.co.uk](http://www.barratthomes.co.uk) or [www.dwh.co.uk](http://www.dwh.co.uk).



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