



Antique experts team up for new live show

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Special New Year start for little Logan



Last year was a bit of a whirlwind for new mum Kerry Bryant after she went into labour at just 30 weeks and gave birth to son Logan by emergency caesarean on New Year's Day 2019.

Logan was born at King's Mill Hospital in Sutton-in-Ashfield weighing just 3lb 11oz.

Now, a year on, Logan is thriving and was able to celebrate his first birthday in style with his mum Kerry, dad Ben, along with other family and friends at his home in Forest Town, Mansfield.

Kerry explained what happened: "It all happened so quickly, I was being monitored for preeclampsia and then I got told they needed to deliver the baby. We were still decorating the nursery, which was being re-boarded and we had very little ready for him, as we thought that we had more than a month to go until he was born.

"Logan is my first born and I hadn't even been to any antenatal classes at this point, so I was very worried and apprehensive about what was happening. The neonatal unit staff and midwives were brilliant though and really helped us learn what to do as new parents and how to handle a baby who had

been born so early and was so tiny, I'm not sure we would have been so prepared without them.

"We spent four weeks in the hospital's neonatal unit, bringing Logan home just before he would have reached full term once he had learnt to feed on demand. I have nothing but positive things to say about the staff who looked after both us and Logan, they made it a really positive experience."

"I have nothing but positive things to say about the staff who looked after both us and Logan, they made it a really positive experience."

"Having Logan home to spend his first Christmas and then birthday with us has been brilliant. He's been so spoilt; we aren't sure where we are going to put all of his new toys and presents. Logan is teething now, so that does come with its own challenges, but we wouldn't have it any other way, we are so happy to have him home after his difficult entry into the world."

■ Pre-eclampsia is a pregnancy complication when the mother experiences high blood pressure and signs of damage to another organ system, most often the liver and kidneys. When it becomes too dangerous for the pregnancy to continue clinical decisions have to be made to balance the health of the mother and baby.

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If you are passionate about supporting local people in need and the NHS, then the Royal Voluntary Service would love to hear from you.

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War-time experiences of a young motorcycle dispatch rider from Nottingham are to be brought to life through a new play and an immersive exhibition.

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At Nottinghamshire in Focus we love to hear from our readers. You may have a news story you would like to share or you just want to comment on our 'new look' newspaper. If you are organising a car boot sale, jumble sale or charity fundraiser, please send us the details so we can promote your event.



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Volunteering is a great way to learn new skills, make friends, help your community, enhance your CV and feel good about your-

self. You can become a volunteer at any time in your life and reap the benefits. As a youngster looking to start out in the workplace becoming a volunteer helps you to develop key skills in communication, social skills and team-work – it enhances your CV and is seen by most employers as a positive when looking to recruit.

There is so much to be gained by becoming a volunteer – it gives

you purpose, makes you feel good gives a sense of belonging.

If you would like to find out more, please contact us for details. By Post: 6 Mount Road, Balderton, Newark NG24 3HF

By email: newarkcommunityfirstaiders@hotmail.com

Telephone: 01636 683202 (Mobile) 07973 904808

Web: www.newarkcommunityfirstaid.co.uk

Support rescue dogs by training your own

Jerry Green Dog Rescue is encouraging you to add training your dog to your list of New Year's resolutions. January sees the start of National Train Your Dog Month which hopes to raise awareness about the importance of proper training and healthy socialisation to a dog's well-being.

The month of January was chosen as many people receive puppies and dogs over the Christmas period and sadly many of them find themselves in rescues soon after.

Shelley Wilks, the charities Deputy Chief Executive, said: "Training can make or break a dog's chance to stay in a new home. Behaviour like constant barking and being destructive are just some of the issues new owners can struggle to control and manage and this ultimately can affect the bond between dog and owner. But we believe that with the right training and persistence, these

behavioural issues can be resolved and a happy home life will soon follow. Not only does proper training and socialisation help your dog to become well mannered, it also creates a life-long bond between you both and is lots of fun.

"We hope that the more people who are educated on how to train their dog correctly will ultimately lead to less dogs coming into their rescue and rescues across the UK, which is one of our main goals as a charity."

If you would like some training advice or if you would like to book onto one of their classes then contact Rachel at the Nottingham centre on 07464 490201 / rachel.bagley@jerrygreendogs.org.uk

All of the money raised from their training services will go towards the care and rehoming of their rescue dogs.

Find out about FOSTERING

If you are thinking about fostering then go along the next 'find out about fostering' event in Nottingham. It takes place on Wednesday 29 January at 6.30pm - 8.30pm at Loxley House (next to Nottingham train station).

Meet the friendly fostering team and hear from some of our foster carers talk about their experiences of this really rewarding role. Find out how you can make a difference to the most vulnerable children and young people in Nottingham. Please arrive at around 6.15pm, which will give you plenty of time to sign in and settle with a cup of tea/coffee and biscuits. The presentation starts at around 6.30pm. Full details can be found at: <https://www.nottinghamcity.gov.uk/foster/fostering-events/>



Shoppers Kylie Pyke-Smart and Scarlet McCourt use a free bus for Sunday trips to the city.

Free Sunday bus rides in January

Nottinghamshire people are being encouraged to make the most of their January Sundays by getting out and about with free trentbarton bus journeys between 10am and 11am.

Every Sunday in January all trentbarton buses across the East Midlands will be free for everybody for an hour. There is no small print – just hop on any trentbarton bus between 10am and 11am on the 1, 19 or 26 January and there is no fare to pay whatsoever (excluding pronto and Arriva X38 buses).

Scarlet McCourt, trentbarton's Marketing and Communications Assistant, said: "Free Ride Sunday provides the perfect way to kickstart the year. All the fun and expense of Christmas is behind us and there's a world of possible places to visit.

"Our network covers the East Midlands, so if you want to catch up with friends and family, eat somewhere new, hunt for some sales bargains or just fancy a peaceful stroll in the countryside, we'll take you there for free."

More information can be found at: trentbarton.co.uk/freeridesunday

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New funding to help Nottinghamshire communities

Voluntary and community groups across Nottinghamshire can now apply for the latest round of grants as part of the county council scheme to support grassroots projects.

The Local Improvement Scheme is helping local communities to be more vibrant and sustainable by providing grants to local organisations which seek to make a difference in the local community and contribute towards making Nottinghamshire a great place to live, work and visit.

Groups can now apply for capital funding of up to £30,000 at www.nottinghamshire.gov.uk/lis

The closing date for this round of funding is 28 February 2020 with £1.4m available.

The funding can be provided for physical things like signs, equipment or buildings, but not running costs. Applicants will need to demonstrate that their projects can deliver tangible, long term benefits to the community.

Councillor John Handley, Vice-Chairman of the Communities

and Place Committee, at Nottinghamshire County Council, said: "The county council has a strong track record of supporting community and voluntary groups in delivering valuable work - helping people to help themselves and enhance people's pride of place in Nottinghamshire."

"Since the scheme was launched in 2017/8 the Local Improvement Scheme is making a real difference in our communities. In fact, 202 projects have benefitted from more than £2m

worth of capital funding.

"The criteria for this latest funding round has been updated as we want it to benefit as many community-focused projects across the county as possible.

"We also want to encourage a focused approach, which is why successful organisations will now be required to spend the funding within a 12-month timeframe."

The Local Improvement Scheme has a number of strategic aims and objectives which include:

- Supporting local communities to make Nottinghamshire a great place to live, work, visit and relax.
- Helping people to help themselves through encouraging volunteering and community involvement.
- Encouraging the protection and development of the local environment and heritage.
- Supporting members in their roles as community leaders to respond to local ideas that bring community and economic benefit to the county.



Work starts on Gedling Access Road

Construction works started on the Gedling Access Road last week (6 January) after D2N2 Local Enterprise Partnership approved its share of funding for the project.

D2N2 will contribute £10.8m from its Local Growth Fund allocation towards the construction of the Gedling Access Road (GAR). D2N2 is funding the project in line with its remit to support econom-

ic growth across Derbyshire and Nottinghamshire to create a more productive, sustainable, and inclusive region.

The investment in the new access road will result in unlocking significant new jobs and homes for the area whilst creating a more sustainable and reliable transport infrastructure for Gedling and the surrounding area.

Main construction work is due to last 18 months, once complete in the Autumn of 2021, the almost 4km long road will run between the existing A612 Trent Valley Road/Nottingham Road and the B684 Mapperley Plains Road.

The GAR will link to the existing highway network across seven key junctions, one of which will link to the redevelopment of the former Gedling Colliery site.

The 'Gedling Housing Zone' will be a mix of over 1000 homes and commercial properties supporting 200 jobs.

When complete the GAR will also create a bypass link to the east of Gedling and consequently Nottingham city centre, therefore improving the connectivity of the local road network whilst simultaneously reducing traffic congestion, particularly in Gedling Village.

In line with other projects funded by D2N2 to encourage clean growth and sustainable transport, the GAR will also feature a 3m wide pedestrian and cycle path along its length.

The £10.8m contribution from D2N2 is part of an overall package of funding which includes £17m from Keepmoat Homes, £5.4m from Nottinghamshire County Council, and £7.1m from the Home and Community Agency totalling over £40m.

Prison mentorship scheme hailed a 'miracle'

Violence reduction experts have praised the success of a radical new mentorship programme which is transforming the lives of young offenders and turning them away from crime.

Nottinghamshire's new Violence Reduction Unit (VRU) provided funding worth more than £40,000 to Beyond Recovery CIC's 'Free-Minds FreePeople' project working with men aged between 18-25 who are currently serving or have recently been released from HMP Nottingham.

The scheme supports the men through a number of special programmes, helping them to recognise their inner resources and their ability to change their attitudes and expectations and discover their personal potential.

Such is the success of the scheme that upon completion many of the participants have shown positive

changes in attitude and behaviour, including significantly decreased feelings of anger and depression, with one former gang member, who met his friend's killer during the programme, describing it as "a miracle".

An apprentice programme has been running alongside the scheme since it launched in November to train some graduates to become peer mentors. The aim is to nurture and develop between four and six mentors within the prison environment to encourage them to support their peers and assist with study groups both during their sentence and beyond.

Beyond Recovery was established in 2015 to provide support for people with complex and multiple needs including substance use, mental ill-health, and a history of trauma and offending behaviours.

Community stands together for holocaust memorial

The Broxtowe community will 'stand together' at a short ceremony to mark the Holocaust Memorial annual event on Monday 27 January.

The event will take place in the Walled Garden at Bramcote Hills Park at 11.00am. Stand Together is the theme for Holocaust Memorial Day 2020. This year also marks the 75th anniversary of the liberation of Auschwitz and the 25th anniversary of the Genocide in Bosnia. Mayor of the Borough of Broxtowe, Councillor

Michael Brown, will join the representatives of faith groups, Youth Mayor Grace Li, students of Alderman White School and the Leader of Broxtowe Council, Councillor Milan Radulovic MBE delivering readings

to reflect the theme of this year's event.

"Standing together makes us stronger against hate and the Holocaust Memorial ceremony is a fitting opportunity to think about how we can come together within our communities and how we can each do our bit to stop the spread of division and hate. I am always moved to see so many people attend our annual event at Bramcote Hills Park and hope to see people from all ages and faiths in attendance again

this year," said Councillor Brown. Each year for the past 20 years Broxtowe Borough Council has held a ceremony at Bramcote Hills Park to mark Holocaust Memorial Day.



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Chung-Lin Chen – Fashion & Textiles category winner 2019

Nottingham's 2020 Young Creative Awards now open for entries

Nottingham-based software company Serif have been announced as a key sponsor of this year's Young Creative Awards, which is now open for entries.

The annual compe-

dition, now in its 12th year, shines a spotlight on the creativity of young people in Nottingham, with 11 creative categories covering everything from Film, Graphic Design

and Music to Dance, Creative Writing and Photography.

The competition - run by registered charity Young Creatives Nottingham - is free to enter. Hundreds of

submissions from young people aged 11 to 24 are expected before the deadline on 23 March 2020. Winners gain unique industry experience and cash prizes.

This year, for the

first time, the Young Creative Awards will be presented over a special week of events and exhibitions at Confetti's state-of-the-art venue Metronome. The Young Creatives Week will begin on Monday 18 May.

Past winners and alumni of the Young Creative Awards include successful musicians Rob Green and Philip

George, LeftLion editor and NTU writer-in-residence Bridie Squires, acclaimed dancer Jamal Sterrett and published author Rebecca Constable.

Stacey Richards, Senior Human Resources Manager at Serif said: "We are very proud to be sponsoring the Nottingham Creative Awards and helping support and shine a

light on the local area's incredible creative talent."

Nick Lawford, Director of Young Creatives Nottingham, added: "We are delighted to be working with Serif to support young people, originality and achievement. Every year the Young Creative Awards judges are staggered by the breadth of creativity

demonstrated by young people in Nottingham, and we can't wait to see the amazing work submitted for this year's competition."

Entries for the Young Creative Awards are now open, to young people aged 11 to 24 who live, study or work in Nottingham. Go to www.youngcreativeawards.org to find out more.

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Bramcote volunteers mark 20 years with tree planting

Volunteers from the Friends of Bramcote Ridge celebrated their 20th anniversary recently by planting hazel trees and wildflower bulbs at the Green Flag award winning Bramcote Ridge Local Nature Reserve.

The group was joined by the Practical Conservation Volunteers and the Mayor of the Borough of Broxtowe, Councillor Michael Brown, to plant the trees in an open area within the woodland. In the future, they will be managed as traditional hazel coppice, providing an important resource for local wildlife. The trees were provided by Broxtowe Borough Council as part of its Clean and Green initiative.

Around each tree, a drift of wildflower bulbs, including snowdrop, bluebell and wild daffodil were also planted, which will further add to the attractiveness of the woodland for both wildlife and visitors.

Helene Laanest, from the group said: "It was a

pleasure to have the Mayor. We appreciate all the support we get from Broxtowe Borough Council and the Practical Conservation Volunteers. Twenty years for a volunteer group such as ours is a great achievement and the site has seen a lot of improvements over the years. Bramcote Ridge is a lovely space and we hope the Ridge will continue to attract a dedicated team who care about its conservation. Newcomers of all ages are welcome."

The Friends of Bramcote Ridge formed 20 years ago to help preserve and improve this important site, for wildlife and local people. In total 20 hazel trees were planted to commemorate this remarkable milestone, which also coincides with the completion of a number of improvements carried out on the site thanks to a funding award of £20,000 from the Ministry of Housing, Communities and Local Government.



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Local firm raises over £600 for NSPCC Diamond Appeal

A Nottingham jewellery firm has raised over £600 for an NSPCC appeal after holding a 'guess the carat weight' competition in store.

Customers at Levins Fine Jewellery were invited to guess the carat weight of a diamond necklace in store and in doing so raised £670 for the NSPCC Diamond Appeal.

The appeal marks 60 years of fundraising from Jenny Farr MBE, who has been instrumental in raising over £10 million for the charity and inspiring people to support its work in Nottingham.

Jenny Farr House, the NSPCC Service Centre in Nottingham, costs £800,000 per year and all of

the proceeds from the appeal will ensure vulnerable children in the city will continue to have access to its life-changing services there.

Mark Price, one of the directors of Levins Fine Jewellery, said: "It is similar to what we did last year – we held a 'guess the carat weight' for a diamond set pen and we let the person who won it choose the charity where the money would go to.

"This year we have supported the diamond ball and we also said that the money we raised from this year's 'guess the carat weight' event would go to the NSPCC's Diamond Appeal.

"The Diamond Ball was a fun evening, many of our customers were in attendance and we were pleased to support it. Jenny is so selfless and we would like to congratulate her on her 60-year milestone."

Claire Campbell, NSPCC Fundraising Manager, said: "It is wonderful to see Levins' continued support for the NSPCC Jenny Farr Diamond Appeal and we are hugely grateful".

For more information about the Diamond Appeal, e-mail diamondappeal2019@outlook.com or contact Amanda Mellor on 0779 2341557.

Council services are moving

Nottingham Revenues and Benefits service, which provides support for Housing Benefit and Council Tax currently based at Nottingham Central Library on Angel Row, will move in to the new Customer Hub at Nottingham City Council's Loxley House on Monday (13 January).

They will be joined by Housing Aid, based on Lower Parliament Street, on Monday 20 January and will move in to a redeveloped ground floor area to join Jobcentre Plus and Nottingham Futures.

The new Customer Hub will provide a one stop shop for people accessing essential City Council and Jobcentre Plus services in an accessible and friendly environment. The offices will include a new entrance from Trent Street, next to the taxi ranks, to allow quick access to services and free to use PCs.

From these dates, these services will

not be provided at Angel Row or Lower Parliament Street. People wanting to access library services can still use Nottingham Central Library at Angel Row.

Councillor Sally Longford, Deputy Leader of the Council and Portfolio Holder for Energy, Environment and Democratic Services, said: "Bringing essential council services like Housing Aid and Revenues and Benefits together with Jobcentre Plus and Nottingham Futures under one roof will make life easier for people who need to access these services. Instead of having to visit two or three sites, this will become a one stop shop where real wrap around support can be provided to the people of Nottingham.

"This is a key council pledge – to make life easier for the public, placing these services in a central location near our excellent public transport in a supportive environment. The relocation of these services also allows us to press on with other key commitments, such as a new Central Library including the best children's library in the country and more housing in the city centre."



Antique experts team up for new live show



Charles on the rostrum at Hansons. Photo: Pictoria

Two of Britain's best-loved antiques experts are joining forces to create their own unique show to showcase their passion – and the audience can enjoy the fun for free.

David Harper and Charles Hanson, who met through filming BBC Bargain Hunt 10 years ago, hope to help people beat the January blues thanks to a fun-packed live event coming to Hansons' saleroom in the Midlands.

And they are calling for antique fans across the area to dig out their treasures as they will be the stars of the event, which will take place at Hansons' Etwall Auction Centre, near Derby, on Sunday January 19, from 2pm.

David said: "It will be like a TV antiques show on steroids. I want to share my knowledge in a new, entertaining and unedited way. The show will be funny and real. I'll push the boundaries in front of a live audience and broadcast the fun to a global audience via Facebook Live.

"This will be different. It will be a no holds barred voyage of discovery with plenty of laughs along the way – as it happens. And Charles Hanson will be my sidekick."

Charles, a familiar face on TV for nearly 20 years, said: "It will be totally live and unscripted. We're passionate about what we do but also love to entertain people. We'll make it fun for everybody. Anyone can come along. All people have to do is dig out their antiques and collectables as they will provide the content, conversation and historical context throughout the event. And, of course, we'll be delighted if they consign them to auction on the day. With clients' permission, we hope to film their objects when they go under the hammer to complete the story."

David Harper will be at Hansons Auctioneers, Heage Lane, Etwall, Derbyshire DE65 6LS, on Sunday, January 19. Doors open 2pm. The show starts at 3pm. The event is free and all are welcome. Remember to take your antiques and collectables. To find out more, email: service@hansonsauctioneers.co.uk.



David Harper Photo: David Harper



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Nominate your purr-fect puss

An annual event, National Cat Awards 2020 run by the charity Cats Protection, is looking for the nation's most marvellous moggies, with heart-warming tales of devotion, courage and companionship.

Cats can be nominated in five categories, including Hero Cat for those which saved the day, and Most Caring Cat, which seeks to celebrate tabbies that positively impact a person's health or wellbeing.

Entries open on Tuesday 14 January and owners have until noon on Thursday 12 March to enter.

Cats Protection's Awards organiser Kate Bunting said: "Cats have a unique take on life, capable of bringing a sense of calm and comfort while also being endlessly entertaining.

"Their sense of fun and devotion for their owners makes them much-loved pets in millions of homes.

"We're proud to once again be hosting these Awards to celebrate everything we love about cats and we can't wait to hear about the UK's most fabulous felines."

The awards, which are sponsored by PURINA, will see the owners of the winning cats presented with their trophies at a star-studded daytime ceremony at London's Savoy Hotel on Thursday 6 August.

Entrants to the National Cat Awards 2020 will have five categories to choose from:

- **Hero Cat** – Cats that save the day
- **Most Caring Cat** – Cats that positively impact a person's health or wellbeing
- **Furr-ever Friends** – Tales of friendship between children and cats
- **Outstanding Rescue Cat** – Fabulous felines adopted from animal charities
- **Purina® Better Together** - Celebrating the special bond that has transformed and enriched the lives of both a feline and human.

Anyone wishing to nominate their cat should visit www.cats.org.uk/national-cat-awards



Hairdresser's charity head shave



A Nottingham hairdresser has had her own hair shaved off to raise money for a leading cancer charity.

Mary Geoghegan, style director at KH Hair in Castle Gate, took a seat in her own chair to brave the shave for Bloodwise (formerly Leukaemia and Lymphoma Research) after a family friend of the same age (30) was diagnosed with blood cancer last year.

"I hear too often how cancer is affecting people and taking away lives," she explained. "One of the biggest challenges for people fighting cancer is losing their hair/their identity so, as a hairdresser, I want to try and break the stigma. I want to give anyone fighting a boost so they can hold their heads high and be proud of who they are."

"My hair is my identity and how I represent myself both to my clients and to the wider industry. However, cancer doesn't care about that but by having my head shaved, I'm saying, with or without my hair, I'm still Mary. I can't imagine what it's like living with cancer but I'm doing this for everyone who is."

Mary confessed to being really nervous in the weeks running up to the event but received fantastic support from friends, colleagues and clients who reminded her daily how brave she was to do it for such a great cause.

Bloodwise is not the only charity to benefit from Mary's bravery. The longest bits of her hair were braided before being shaved off and will be donated to The Little Princess Trust charity which makes wigs for children suffering from cancer and other illnesses.

Mary has so far raised over £3,000 for Bloodwise which will go towards research and to those suffering from cancer who need support. Any donations can be made via her Just Giving page: <https://www.justgiving.com/fundraising/maryghair>



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Autism awareness training launched by police and university

Being in police custody can be a frightening place for many people – but even more so for those with autism, where the distress can be considerable.

For most people this is just part of the process, but for those who are diagnosed as autistic this can have a significant effect. Now a new Autism Toolkit has been created by academics from the University of Nottingham in partnership with the police and a group of people with autism.

Nottinghamshire Police are in the process of building a new £17m custody facility in Radford, Nottingham, which is expected to be operational within the next two years. This will be one of the first in the country to ensure the suite is suitable for people with autism.

The new guidelines and training programme have come about through this unique collaboration between the university and the police along with autistic people who are part of the Nottingham Autism Police Partnership (NAPP). Between them they have created a first evidence-based training and information guides to help the police support autistic detainees in their custody.

Research undertaken by Dr Chloe Holloway, from the University of Nottingham's School of Law, has

shown that people with autism can find the custody environment so stressful that they may waive their legal rights to a lawyer or sign an admission of guilt to get out of there.

Dr Holloway said: "My in-depth interviews with autistic people who had been taken into police custody found they were confused about what was happening to them during their arrest due to difficulties with communication and a lack of accessible information. The conditions of the custody suite – bright lights and loud noise – also made them very anxious. The materials developed for the 'toolkit' are based on my findings and they have been designed to meet the priorities of both staff and those in detention."

Supt Paul Winter, from Nottinghamshire Police added: "Research indicates that autistic people are no more likely to commit an offence or be arrested than the general population. However, it is clear that their experience of being arrested can result in very high levels of distress. Things such as bright lights, loud noises and change of environment can all increase anxiety in a way that is different to non-autistic people." The 'Autism Toolkit' will be free to access by request for all police forces in the UK.

"Research indicates that autistic people are no more likely to commit an offence or be arrested than the general population. However, it is clear that their experience of being arrested can result in very high levels of distress."



Hospitals charity seeks fundraisers

If you want to take on a challenge and raise money for charity at the same time then Nottingham Hospitals Charity would like to hear from you.

The charity can offer a wide range of activities for thrill-seekers and you can also choose which area of Nottingham hospitals you would like to support - including Nottingham Children's Hospital, Hayward House palliative care centre, the Nottingham Breast Institute and the Neonatal Units.

Louise Knight, Head of Fundraising at Nottingham Hospitals Charity, said: "We're proud to be able to offer a diverse range of fundraising events for

local people to take part in this year, including our well-known QMC Abseil, our annual Dragon Boat Race on the River Trent and our new Robin's Fun Run for local schools."

One of the schools who chose to fundraise for Nottingham Children's Hospital through Robin's Fun Run last year was Pierrepont Gamston Primary School in West Bridgford.

Michael Jones, Sports and PE Co-ordinator at the school, said: "When we heard about the opportunity to take part in an activity that would support our local Children's Hospital, we couldn't wait to get organising! Robin's Fun Run fits so well in with



our agenda of getting as many children active as possible, something which is shown to promote better levels of health, co-ordination and attention levels in the classroom, while also giving the children an opportunity to sup-

port a local cause." For more information about Nottingham Hospitals Charity's fundraising events, go to www.nottingham-hospitalscharity.org.uk/ events, call 0115 962 7905 or email charity@nuh.nhs.uk

Pierrepont Gamston Primary School in West Bridgford raised funds for Nottingham Children's Hospital through Robin's Fun Run last year.

Royal Voluntary Service is looking for local fundraising volunteers

If you are passionate about supporting local people in need and the NHS, Royal Voluntary Service – the national volunteering charity – would love to hear from you.

The charity is calling for cheerful,

enthusiastic fundraising volunteers to help raise vital cash to fund its work in hospitals, at home and in the community. Fundraising volunteers work in many ways including organising collection tins in local shops,

schools and businesses, organising fundraising events and activities and asking local businesses to support Royal Voluntary Service as their charity of choice. They also speak at public events, groups and clubs about the

charity's work.

Becoming a Royal Voluntary Service fundraising volunteer is a great way to make new friends, be part of a team and develop your skills and experience while contributing to the local community.

Hours are flexible, training is provided and out of pocket expenses are reimbursed. Fundraising volunteers should be friendly and outgoing with good communication skills and be honest and reliable.

Stacey Smalley, Regional Fundraising Manager for Royal Voluntary Service said: "In every corner of Great Britain our volunteers support people in need as they age. To do our vitally important work we rely on the gen-

erosity of the general public who donate both their time as volunteers and money. Our fundraising volunteers are true heroes, getting out into local communities to raise funds and awareness of our work. We look forward to

more people joining us." To find out more about becoming a fundraising volunteer, contact Stacey Smalley 07774 269637 or email staceysmalley@royalvoluntaryservice.org.uk.

Looking for local social events and activities?

Everyone welcome!
From meals out to coffee mornings, outings and talks, you can be sure of a warm welcome.

Friday 17th January: Speakers Corner 10.30am 'Winter Warmers' presented by Ann Featherstone, Eastwood Conservative Club, Church Street, Eastwood NG16 3BP **Free**

Tuesday 28th January: Breakfast Club 10am Buffet style breakfast your way. Kings Mill Farm Dining & Carvery, Kings Mill Road East, Sutton in Ashfield NG17 5EH **Price Per menu**

Wednesday 5th February: Cinema Buddy 1.30pm No need to go to the pictures alone. Come and join us. Odeon, Park Lane, Mansfield NG18 1BU **Price As per tariff**

To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766
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Mysteries children would love to have answered

A poll of 1,000 primary school-aged children revealed ghosts are the number one curiosity, with 32 per cent of youngsters wanting to know whether they exist.

Three in 10 want an answer on the existence of extra-terrestrial life forms, and 23 per cent need to know whether Nessie is more than a myth.

It also emerged children want to know why animals don't speak the same language as humans, who named the dinosaurs and why you can't see God when you are in space.

Whether fish sleep, what stars are made of and who invented money are also questions children want answered, while others are baffled about the existence of elves, unicorns, mermaids and Yetis.

The study also found more than a quarter of children believe the Loch Ness monster is real, with 17 per cent of children convinced they have seen a ghost.

The survey was conducted by the television channel HISTORY.

The study also found mysteries from the topics of science, maths and history are those that mums and dads struggle to answer most, according to the 1,000 parents who also took part in the survey.

'Where do babies come from?', 'do ghosts exist?' and 'is the tooth fairy or Santa real?' are the questions inquisitive children most frequently ask their parents.

Two thirds of parents find Googling the answer to children's complicated questions helpful, with half admitting to lying to their young when it comes to their trickier or more awkward queries.

Get a buzz from beekeeping with new course

A Foundation Course in Beekeeping starts at Cromwell Apiary in Nottinghamshire in April. The course is suitable for beginners.

Keeping bees healthy and productive requires knowledge and skill. Beekeeping is made much easier by joining an introductory course by experienced local beekeepers, where you can be given tuition, advice and support. You will benefit from a necessary and important understanding of the level of responsibility required to become a good beekeeper and gain valuable practical 'hands-on' experience at the apiary.

The course objective is to provide a well-rounded knowledge of keeping honeybees to get beginners off to flying start. Understanding how and why bees work will lead to a greater enjoyment of your honeybees and to recognise when they need support. The course runs on the following Tuesday evenings: 14 April, 21 April, 28 April, 5 May, 12 May between 7pm and 9pm. Tea and coffee are included.

The venue is Cromwell Village Hall, Great North Road, Cromwell, NG23 6JE. To enrol, express an interest in joining the course or if you have any questions contact

David Knibbs 01636 822717 07932032213 david@davidknibbs.com or Chris Bateson 01636 636840 07484 177762 rozel38@btinternet.com



Building support for older people with Big Band Bash

A care group in Nottingham that provides support for the city's older people is getting a boost to its campaign to build a new support centre with a vintage fundraising event being organised by the family of a dementia sufferer who benefitted from their services.

Radford Care Group offers a range of support to the older generation in Nottingham to reduce isolation, improve confidence and promote independence and currently support around 95 people per week. This demand is predicted to rise to 350 per week so they launched their 'Buy a Brick' campaign to raise £800,000 for a new building to expand their services. The new building on Prospect Street in Radford is already underway but more funds are needed to complete the project.

The 'Big Band Bash' is a vintage afternoon of music, food and fun being organised by the family of Brian Fisher, who went to Radford Care Group after being diagnosed with Dementia. Brian passed away in 2018 and his family wanted to support Radford

Care Group with an event in his memory, close to what would have been his 81st birthday.

The Big Band Bash is taking place on 26 January from 12:30pm – 4:30pm at Oakleigh Lodge Social Club in Bulwell. It will feature live music from the Nottingham Concert Band who will be playing popular foot tappers from Glen Miller to Stevie Wonder. Vintage singer Jayne Darling will also be singing her way through the 40's. There will also be afternoon tea and a music quiz and a raffle with prizes.

Jill Davies, CEO of Radford Care Group said: "We're delighted Brian's family are supporting our Buy a Brick campaign, we have just over £100,000 to raise to meet this target and finish the building that is underway. We hope to see lots of people supporting this event to help us get closer to our goal and hopefully allow us to be up and running by the summer."

Tickets are on sale and advance booking is essential. Visit Radford Care Group or contact them on 0115 978 6133 or bigbandbash2020@gmail.com.

Modern slavery murals can play an important role in the fight to end modern slavery, according to a new report written by academics from the Rights Lab at the University of Nottingham.

Coinciding with the United States' National Human Trafficking Awareness Day, the report "Painting Towards Freedom: the Power of Murals and Street Art for Modern Antislavery", highlights how communities around the world are using this form of art to create slavery-free identities for their cities in ways that are accessible to all.

Uncovering the spread, purpose, and functions of antislavery murals across the globe, the report analyses modern slavery murals for their themes and functions, then uses four case studies from the United Kingdom, the United States, India, and Africa to assess the role of murals in community-based antislavery work

It finds that murals perform a multitude of activist functions, including:

1. Raising awareness for a specific solution
2. Offering a physical site for activist groups



New report shows the power of street art

conducting events and rallies

3. Involving survivors of modern slavery

4. Signalling the presence of activist organisations and antislavery work in the area

Hannah Jeffery, author of the report and Rights Lab Research Associate in Com-

munity Activism and Visual Culture, said:

"The report shows that murals function as sites of activism by catalysing community action at their physical sites, and by creating a sense of a global antislavery culture that extends into streets and communities. Their presence helps to create

a narrative of empowerment over one of victimisation."

The report provides suggestions on how artists, NGOs, local community partnerships, city councils, schools and other mural sponsors can best use this form of antislavery visual culture.

Award to help improve renting standards

Nottingham City Council has been awarded £100,000 by the Government to help private landlords improve housing standards across the city.

The council is one of more than 100 local authorities across England awarded a share of over £4 million. Councils will use the funding to crack down on criminal landlords and letting agents – in Nottingham the council also want to use their share of the funding to create support services for landlords and tenants.

Cllr Linda Woodings, Portfolio Holder for Planning, Housing and Heritage, said: "Most landlords want to comply with the law and offer a good home to their tenants. Tenants need to know what to expect from their landlord and the best way to exercise their rights. These projects offer a range of tools to make their lives easier and improve the safety and

quality of housing.

"The council wants to make sure there are 'Quality Homes for All' and to do this we need to support good landlords and act against poor and criminal landlords. These projects will support this aim by substantially improving the advice available to landlords, including ways to prevent making people homeless. It also empowers renters by providing advice and guidance and directly involving them in the assessment of their properties."

Housing Secretary Rt Hon Robert Jenrick MP said: "This Government will deliver a better deal for renters. It's completely unacceptable that a minority of unscrupulous landlords continue to break the law and provide homes which fall short of the standards we rightly expect - making lives difficult for hard-working tenants who just want to get on with their lives."

Council receives funding to crackdown on rogue landlords in Gedling

Gedling Borough Council is to take steps to improve the living standards of residents by targeting criminal landlords and letting agents. The council will use £40,000 funding provided by central government to create two posts whose role will be to target rogue landlords and take appropriate enforcement action.

The team will also work closely with Nottinghamshire Police on joint operations to address modern slavery, serious organised crime and child sexual exploitation.

The majority of landlords provide decent homes for their tenants, but a small minority persist in breaking the law, making tenants' lives a misery by offering inadequate or unsafe housing. The new funding will be used to take enforcement action against these landlords and advise tenants of their housing rights.

In 2018, the council launched its Selective Licencing Scheme in Netherfield. Selective Licencing can be applied in areas where there is deprivation, high levels of anti-social behaviour, high levels of crime, high levels of migration and poor housing con-

ditions. The licencing gives the council's Environmental Health team powers to do more when landlords are not taking steps to deal with issues relating to property standards. The funding will also be used to target landlords operating without licences.

One of the council's key priorities is to promote healthy lifestyles in the borough. The Selective Licencing scheme aims to improve residents' health and wellbeing and reduce inequalities in living standards.

Leader of Gedling Borough Council, Councillor John Clarke said: "We're very pleased to have been successful with a bid for extra funding to target rogue landlords in the borough. Most landlords are law abiding business operators but, unfortunately, there's a small number who are not. We will be working with Nottinghamshire Police to target these landlords and make sure that residents are aware of their rights. Our roll out of the Selective Licencing scheme in Netherfield has been very successful in improving the living standards for tenants and exposing landlords who are cutting corners."



NEW GREEN PLAN FOR NOTTINGHAM

Nottingham City Council has declared a climate emergency and urged others to help it meet its ambitious target to be carbon neutral by 2028.

The council has long led the way on environmental innovation; from galvanising councils around the Nottingham Declaration on Climate Change twenty years ago to investing in one of the most sustainable public transport systems in the country and bringing green energy to many homes. It recently became The Guardian's Climate Champion of the Year and overall winner of its Public Service Awards.

Following the launch of the citywide

charter for sustainable carbon neutrality through the Green Partnership, the Council is now it is setting out a plan of action to help take the city towards carbon neutrality. This takes the same aim of addressing one of our most pressing environmental and climate challenges in a way that benefits the city and residents, improves quality of life and ensures nobody is excluded from the progress it will bring. In particular, Nottingham wants to develop and maximise the opportunities for local jobs and retaining the value of what's need to be done within the city.

Efforts are focused on five key areas:

Transport

Building on the city's successful efforts so far to provide high-quality green public transport and to encourage take-up of low and no-emission vehicles, options include exploring switching freight to electric vehicles in the city centre, introducing green number plates to identify low-emission vehicles and working with local employers to reduce the need for travel in the city through home-working and technological solutions.

Built environment

Adding to the 40,000 energy efficiency measures already in local homes and the roll-out of the pioneering Energiesprong scheme to create net zero carbon homes, the plan proposes to make use of untapped heat from water in disused local mines, investigate ways to ensure new buildings have the highest possible sustainability features and aim to reach high energy efficiency standards for homes on council land.

Energy generation

Going beyond the huge installation programme of solar panels on council buildings and homes and the council's energy from waste operation by looking into anaerobic digestion, maximising the use of heat pumps that use water, air and the ground to heat our buildings and the possibility of expanding the city's district heating network.

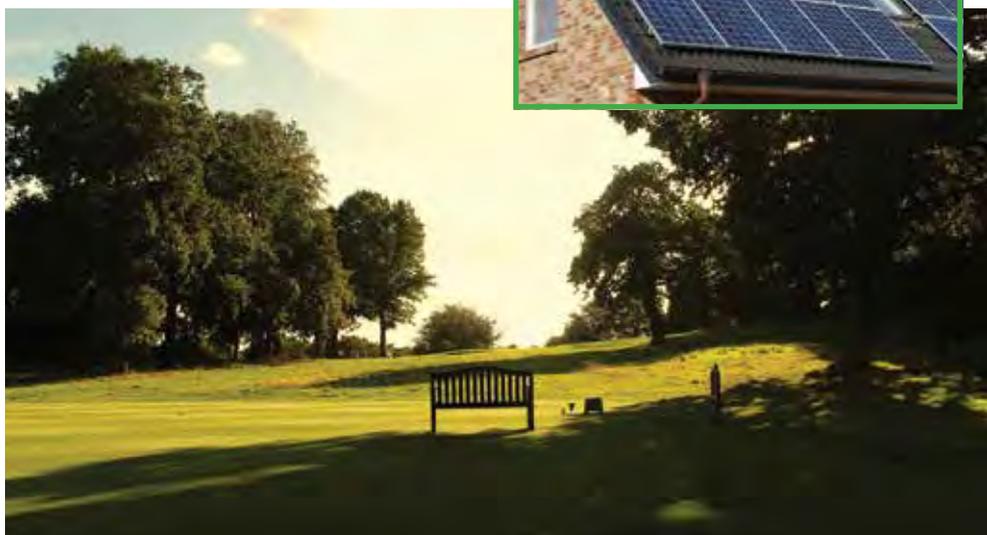
Waste and water

Maximising the potential of the city's waste disposal arrangements, which see over 90% reused, recycled, composted or used for energy recovery. This could include finding ways to eliminate the 7% of waste going to landfill, developing repair and reuse facilities, workshops and skill shares across the city and improving water efficiency by harvesting rainwater for example.

Consumption

Increasing local food production while reducing food waste and consumption of high carbon foods, by making city events more carbon neutral and tourism more sustainable, increasing the range of edible plants in public spaces and encouraging community gardens and hubs to grow and share food.

The council is also committed to planting up to 50,000 new trees by the end of 2023 and creating bee-friendly habitats in every ward, which will help to offset carbon emissions.



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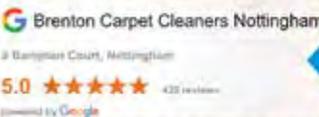


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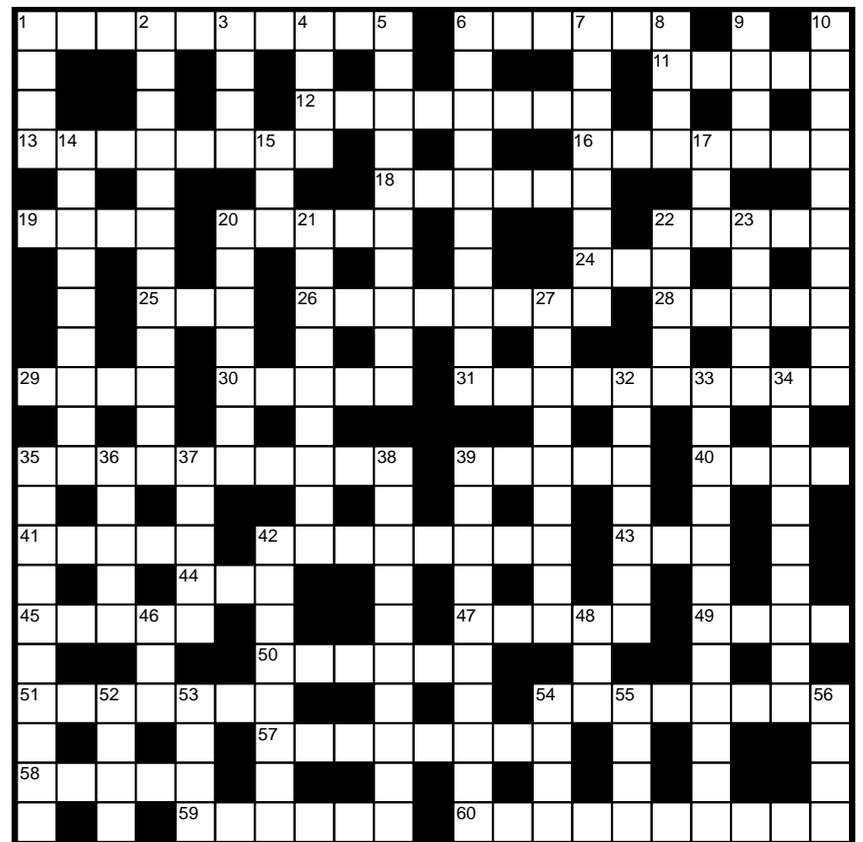
ACROSS

- 1 Specialist doctor (10)
- 6 Car wheel trim (3-3)
- 11 Oak fruit (5)
- 12 Golden rain tree (8)
- 13 Ownership or asset (8)
- 16 Flat batter dessert (7)
- 18 Mass departure (6)
- 19 Spotty skin disease (4)
- 20 Type of band (5)
- 22 Without pity (5)
- 24 Number needed to tango (3)
- 25 Early morning moisture (3)
- 26 To display or exhibit (8)
- 28 Summarise (5)
- 29 Coward (4)
- 30 Wrinkle the brow (5)
- 31 Store thief (10)
- 35 Intervals in a drama (10)
- 39 Hooked claw (5)
- 40 Flute-like instrument (4)
- 41 Drying cloth (5)
- 42 Surpassing a record (8)
- 43 Car boot jumble (3)
- 44 Pastureland (3)
- 45 Before due time (5)
- 47 Observational jottings (5)
- 49 Walkway or ginnel (4)
- 50 Of tea, well-brewed (6)
- 51 Blue trailing basket plant (7)
- 54 Nasal glands (8)
- 57 Lute-like instrument (8)
- 58 Havana smoke (5)
- 59 Wharfside labourer (6)
- 60 Horn-nosed animal (10)

DOWN

- 1 Hack down (4)
- 2 Minced lamb and mash dish (8'1,3)
- 3 Fibber (4)
- 4 Partner in war (4)
- 5 15ml ladle (10)
- 6 Mouth organs (10)
- 7 Place to pitch tents (8)
- 8 Sharp ache (4)
- 9 Unconscious state (4)
- 10 An intruder (10)
- 14 Wedding function (9)
- 15 Rocky hill (3)
- 17 Mongrel or mutt (3)
- 20 A brimming dish (7)
- 21 Prison escapee (9)
- 22 Welsh breed of dog (5)
- 23 Not abridged (5)
- 27 Stage illumination (9)
- 32 Cough syrup (7)
- 33 From head to foot (4,3,2,3)
- 34 Long and narrow (9)
- 35 Solvent account (2,3,5)
- 36 Blackpool edifice (5)
- 37 Mass meeting (5)
- 38 Erector of ladders and platforms (10)
- 39 Three-sided (10)
- 42 Dark Italian vinegar (8)
- 46 Sheltered side (3)
- 48 Terminate (3)
- 52 Satchels and purses (4)
- 53 Cooking fat (4)
- 54 Opposed to (4)
- 55 Reverberate (4)
- 56 Drinks daintily (4)

See below for answers



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ARIES: Some tough decisions will have to be made and it looks likely that you will benefit from some very positive results. Changes to your domestic arrangements will have to be made and if you spend a lot of time away from home because of business commitments, this trend is probably going to continue for the foreseeable future because you will always put duty and responsibility first and foremost. A romantic encounter with someone extremely bubbly and vivacious will almost certainly have you hooked!!!



TAURUS: Avoid committing yourself to anything without thinking things through first. Never be fooled and be careful in whom you place your trust. People are not always what they seem understand that it takes time to get to know people to see just how genuine they are. Even though you are in the mood for fun and excitement, it's also important that you err on the side of caution regarding jumping in feet first into a situation that could throw you off balance either emotionally or financially.



GEMINI: Before entering a business transaction, give the matter careful consideration as it's important that you are not shortchanged as a result of you being too hasty or fool hardy with your money. Recent worries regarding a matter very close to your heart will begin to ease. Social invitation will come flooding in from all directions and there could be a hint of romance with someone you find incredibly charismatic and exciting.



CANCER: This is an unsettled spell and a challenging situation at work will require all your cunningness and wisdom to manipulate a negative situation into a productive positive one. A first date may go surprisingly well to the point where you carry on chattering on the telephone, making subsequent arrangements to meet up again. Interference from an envious friend will annoy you to the point where you will have to put your foot down and tell them to mind their own business.



LEO: You are showing great courage and strength of character. and your powers of persuasion have never been more influential. Though you may feel doubtful about a certain person or situation, you would be wise to refrain going at things too quickly. If you want answers and results, be straight talking and to the point. Find a quiet work space where you can rest your mind by focusing on different issues, hobbies and other interests.



VIRGO: You are right to sense some uncertainty and could so easily find yourself on a collision course with someone who lives in a dream world and who avoids the truth. All the signs show that you are about to sever a few ties entirely because you cannot be bothered with listening to any more nonsense. You are in the limelight with your reputation and standing within your field on an upward path. Travel plans look exciting.



LIBRA: A wonderful surprise from a very unexpected source will lift your spirits as you may receive news and confirmation regarding something that is very dear to your heart. You are on the verge of a major breakthrough in both your career and personal life which will help you regain your confidence after a long period of uncertainty. A house move or some expensive renovations to an existing building will prove an excellent investment.



SCORPIO: Its time to let go of outmoded ideas, people and habits that you have seriously outgrown. The power of the universe is with you because its evident that someone or something out there has been listening to your plight and is now ready to answer your prayers. Party invitations will arrive from the most unexpected sources indicating that there are some excellent opportunities available to meet new people who are operating on a similar frequency to yourself.



SAGITTARIUS: Now that you have established your position and marked out your boundaries, it's unlikely that you will be interested in allowing people into your circle who obviously do not fit in. If you harbour any reservations regarding the honesty of someone, listen to your gut feelings and have the confidence to keep that door firmly closed. Excellent news regarding a nagging health or financial worry will soon put your mind at rest as you soon begin to realise that you were overly concerned for no good reason at all.



CAPRICORN: Even though you are putting on a brave face and give the impression that all is well in your world, this probably isn't strictly true. You may be secretly harbouring money concerns coupled with family traumas which are causing you sleepless night. A romantic encounter with someone very classy, chic and adventurous will appeal to your stylish nature as you are easily impressed with the dramatic types.



AQUARIUS: Be prepared for disputes and objections surfacing just when you thought the coast was clear. Someone is obviously intent on muddying the waters and if you are not careful, you will find yourself being blamed for doing or saying things that are untrue. Some tough decisions will have to be made, so rather than avoid dealing with issues, take matters in your own hands and assert your authority. A romantic gesture could lead to a friendship which will last for a lifetime.



PISCES: Surprises are in store because someone may reappear causing you to feel uncertain as to their motives. Love and romance hots up so prepare yourself for lots of excitement because dramatic developments in both your personal and business life will force you to do some very deep thinking about your long term plans. You could find yourself asked to be a spokes person when dealing with a very delicate matter which needs careful handling so as to avoid unnecessary misunderstandings and conflict.

Council facts for 2019

Nottinghamshire County Council has unveiled its annual list of facts and top tens for 2019 to highlight the range of services it provides to residents and businesses across the county. Councillor Kay Cutts, Leader of Nottinghamshire County Council, said: "Our council services often play an invaluable role in supporting communities across the county.

"2020 looks set to be another busy year for Nottinghamshire County Council with the construction of the Gedling Access Road starting early in the New Year and the results of our recent residents' survey helping shape the way we deliver services."

Here are some of the highlights:

- 116 children adopted by 61 families
- 30,000 young people accessed Notts Outdoors education service
- 95% of household waste received at council centres was recycled
- 62 individuals nominated for a Nottinghamshire Community Hero Award
- 55 gritting runs completed by council gritting teams with the longest duration being nine nights in a row, 16- 24 January
- 126 community projects benefitted from almost £950,000 worth of Local Improvement Scheme funding

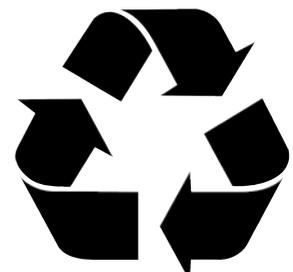
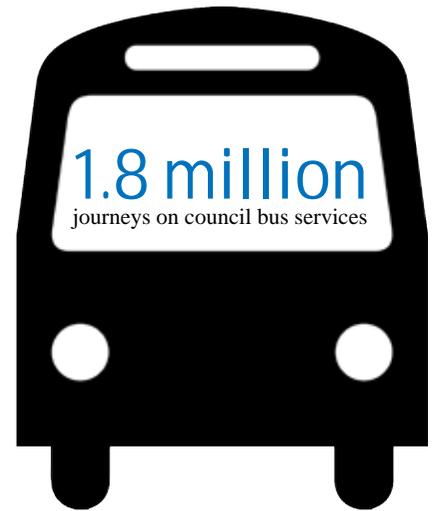


21,788 e-books accessed from libraries across the county

2,886 weddings conducted across Nottinghamshire



169,599 meals delivered to older people across Nottinghamshire as part of the meals on wheels service



47,000 tonnes of dry mixed recycling received at recycling centres

9,000 births registered in the county.



323,000 enquiries handled by the council's Customer Services Centre

The most popular names for boys were George, Oliver, Jack, Harry, Alfie, Freddie, Henry, Arthur and Archie. The most popular names for girls were Olivia, Isla, Amelia, Ava, Grace, Charlotte, Evelyn, Emily, Ivy and Sophie

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 Or for an appointment at the Park Hospital call 0115 966 2000

Partnership boost for tram passengers

A potentially life-saving new partnership is set to speed up the treatment of anyone falling ill on Nottingham's tram network.

East Midlands Ambulance Service (EMAS) and the city's tram operator have signed an agreement that will help medics to reach patients sooner whilst reducing disruption on the network.

Mike Mabey, Head of Operations at NET explained: "The welfare of customers is always our number one priority and occasionally this may mean halting a service if a passenger falls ill and needs emergency treatment.

"By adopting an even more coordinated response to emergency situations, we will be able to stop the tram in a way that provides easier access for ambulance crews while, if possible, keeping services running normally."

Greg Cox, General Manager for the Nottinghamshire Division of EMAS commented: "We are pleased to be working in collaboration with NET to ensure we can get to patients who are using the network in a timely manner.

"The welfare of all of our patients is of paramount importance to us but we want to do this in a way that causes minimal disruption to the network and other road users.

"This will be achieved through clearer communication between NET and our Emergency Operations Centre to determine the exact location of the patient and the preferred places to park our emergency vehicles.

"If it is unavoidable for our emergency vehicles to park on the tramline, our frontline crews perform a risk assessment of the area before they leave their vehicle to attend to a patient."

The agreement was cemented with the signing of a formal 'Memorandum of Understanding' by Mr Cox and Paul Robinson, Director and General Manager of NET operator Keolis Nottingham.



Photos: Fraser Youngson

Nottingham Playhouse launch large-scale community choir

Nottingham Playhouse has started its very own in-house choir, following the success of its 100-strong community production Coram Boy.

The first, free taster session proved hugely popular, with 80 places filling instantly. The Playhouse is still on the lookout for people to get involved. No previous experience is necessary, and the relaxed, informal approach makes it perfect for those

who have never been in a choir. Choir master Alex Patterson is Director of Music at Nottingham Cathedral and an experienced community choir leader. He was also Musical Director for Coram Boy. Songs will be connected to the Playhouse's artistic programme, with potential opportunities to perform at the Playhouse itself.

Alex Patterson, head of the Nottingham Playhouse Choir said: "There was something really special

about working on Coram Boy – the cast and choir wanted to do more, and I think that's because of how fun and inclusive we made the whole experience.

"The choir will continue that strong legacy, with open doors to everyone who wants to give singing a go. It has the potential to be something really different that will embrace Nottingham's diversity and spirit."

Martin Berry, Head of Participation at Notting-

ham Playhouse added: "Over the coming months, we hope that people of all ages and backgrounds will join us in creating what we think will be the best choir in the city."

Choir sessions will be held every Thursday at the College Street Centre from 6.30pm to 8.30pm. Each session will cost £5.

For more information and to sign up head to: nottinghamplayhouse.co.uk/participation/community or call 0115 94109419.



Sharing experience in health care

Care workers from across Mansfield, Ashfield, Newark and Sherwood welcomed visitors from NHS Highland to Ashfield in December to share learning on caring for dying patients and those who frequent A&E repeatedly.

The group for NHS Highland included Iain Stewart, CEO NHS Highlands, Kate Patience-Quate, Deputy Board Nurse, Kenny Steele, CEO Highland Hospice, and Sian Jones Southside Surgery Inverness. They met various colleagues representing organisations across Mid-Nottinghamshire who work together on end of life care for people who are dying and

to support those who repeatedly turn up to A&E (called High Intensity Service Users).

The visit was hosted by John Eastwood Hospice in Ashfield and the group was also taken to see the Emergency Department at King's Mill Hospital and the Ashfield Health and Wellbeing Centre.

NHS Highland's Chief Executive Iain Stewart said: "This has been an extremely useful visit and I was interested to learn about how Mid Notts has integrated their end of life care and how their high intensity service users' journey has evolved. It has been

inspiring to hear how Mid Notts have tackled the challenges they have faced and there is much we can learn from their innovative approach."

NHS Highland Deputy Nurse Director Kate Patience-Quate said: "Although Highland and Mid Notts are hundreds of miles apart we share a lot of the same challenges around end of life care, especially in service delivery within remote and rural communities. It is encouraging to see such good work being done in Mid Notts and we will look to adopt elements of this approach within NHS Highland."

Students to learn from emergency simulations

Lifelike patient mannikins and simulated emergency situations are to form the basis of new Paramedic Science courses at Nottingham Trent University (NTU), including a graduate route and an apprenticeship.

The courses will be taught in a purposely renovated facility, which features hospital beds, clinical areas and a consulting room. Lifecast Body Simulation mannikins – designed and produced at Elstree Film Studios in London – will give students experience of working with men, women and children with a variety of injuries, and in a range of settings.

The clinical skills areas are equipped with cameras to allow students to watch their peers and lecturers tackle simulations while observing, asking questions and giving feedback. The simulation, observations and voices of the mannikins are controlled via iPads, allowing tutors to change the situation to reflect an ever-changing, real-life medical emergency.

As well as offering a BSc (Hons) Paramedic Science degree, NTU's School of Social Sciences has also launched a graduate entry route for people with health-related degrees – the MSc Paramedic Science. Both courses include compulsory practice placements within the ambulance service.

Andrew Kirke, Principal Lecturer in Paramedic, Urgent & Emergency Care at NTU, said: "These courses will prepare students to enter a modern, highly-skilled, integrated workforce. The demands of the profession mean that Paramedics must work across traditional boundaries, and we'll be bringing in areas like law, policing and social work to ensure they have the knowledge and skillset needed for this challenging and fast-paced career."



NTU Paramedic Science lecturer Andrew Kirke with a student.

Recycling advice

by Amy Fulton

Christmas is a time when we generate a lot more waste than usual – wrapping paper, cards and empty chocolate boxes, not to mention the packaging that comes with our presents. It is important that we recycle as much of this as we can. If it cannot be recycled, perhaps we need to think twice before buying it all again next Christmas.

These are a few Christmas related items that can be recycled:

- Most Christmas cards are recyclable; however check to make sure they do not have any decorations on them that would prevent them from being recycled.
- Corks cannot be recycled in the bin, but instead can be put into a compost bin and they will eventually break down.
- Wrapping paper varies so to test whether it is recyclable or not, scrunch a piece of it in your hand. If it begins to spring back into its normal form it is not recyclable, if it stays scrunched it can be recycled.

If you do not want to test every piece of wrapping paper you could use newspaper or brown paper as an alternative for wrapping presents. You can also make homemade gifts and cards to reduce waste from packaging.

Harmful gasses are released from landfill sites so recycling is very important because it helps to reduce the pollution caused by waste. Raw materials use up a large amount of energy therefore recycling conserves natural resources like timber, water and minerals and saves energy. Play your part and recycle as much as you can.



Roger Pope

New market research has revealed that three quarters (75%) of the millennial workforce in Nottingham are likely to make a major change to their current job or career in the near future.

More than four in ten (43%) admit their current career is not something they feel passionate about, with more than nine in ten (92%) people stating they have felt at a crossroads at least once in their professional lives.

Life stage and time of year are both factors when making a career overhaul, as more than one in five (21%) respondents aged 21-39 cite being in their 20s and 30s as the time they would make a switch.

The national survey of over 2,000 professionals aged 21-40 for Get Into Teaching – the national campaign aimed at encouraging people across the country to consider teaching as a career – explores working millennials career perceptions and the quarter life career dilemma.

Nearly half (48%) of those surveyed in Nottingham cited a desire for a more rewarding career and wanting better long-term prospects (36%) among the factors that would make them consider a career change before reaching their 40th birthday.

Roger Pope, spokesperson for the Get Into Teaching campaign and a National Leader of Education, said: “For many people the start of a new year is the time they are most likely to make a significant change to their lifestyle and this can include their job or career.

“This research highlights the importance to young professionals of being in a rewarding role they feel passionate about and how they want to make a change and forge a new career path before they reach their 40th birthday. This is where teaching comes into its own - particularly for those who are looking for a career that is rooted in purpose and that can provide fulfilment and long-term prospects.”

For more information about teaching as a career and to register your interest visit: <https://getintoteaching.education.gov.uk> or call the Get Into Teaching line on 0800 389 2500.

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Lottery project reveals hidden diaries of a WW1 soldier

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The wartime experiences of a young motorcycle dispatch rider from Nottingham are to be brought to life through a new play and an immersive exhibition.

Budding young writers are being given the opportunity to transform the personal account of Billy Richards prior to the outbreak of WW1 and through his wartime experiences into a short play.

Celebrated playwright Stephen Lowe and actress Tanya Myers will work in partnership with a historian to mentor the young writers recruited from Nottingham's Television Workshop.

The Diaries of Billy Richards vividly captures the life and times of the young man from 1909 up to 1917. Two of the diaries were discovered hidden in a loft in a house in Sherwood in the 1950s and offer a fascinating insight into everyday life at a time of great social change.

A third diary describes the often mundane routines of wartime contrasting with vivid depictions of unimaginable horrors from his time serving as a Royal Engineer with the 55th West Lancashire Division in France. It was recently found in New Zealand and has now been reunited with the first two of Billy's diaries housed at Nottinghamshire Archives. The diary was covered in Billy's war uniform and is in pristine condition.

Now Billy's journey from a young man growing up in Sherwood to the battlefields of France is being brought to life through this Heritage Lottery and Arts Council funded project. His story will inform a brand new play to be performed at Nottingham Playhouse.

A four day exhibition at Broadway May 7-11 2020 will also invite the local community to share their own memories of the time to help set the scene for Billy's life.

Nottingham historian Chris Weir said: "These diaries reveal fascinating insights into Billy's life and times. The first two diaries (1909-1911) record the hot-blooded Billy playing football, cycling down to Land's End, dating Doris and entranced by films at Kinemacolor. He also keeps an eye on national events, including an eruption of Mount Vesuvius and the passage of Halley's Comet.

"The discovery of his diary from WW1 then takes his writing to another level of national importance. Billy records the brutality of war from first-hand experience of the battlefields. On visiting Arras he writes that it is nothing but 'a heap of battered ruins'. This heritage project now creates a unique opportunity for a new generation to share Billy's life, through his diaries, with a modern audience."

Tricia Gardiner, from Offshoots, the community interest company that has secured the funding, said: "As



soon as I started reading the diaries, I fell in love with them and knew I had to bring Billy to a wider audience. He has written so beautifully and with so much humour and emotion that we are immediately transported into his life and it helps us understand the experiences of those who were living through those tumultuous times."

Despatch riders were used by armed forces to deliver urgent orders and messages between headquarters and military units. They had a vital role at a time when telecommunications were limited and insecure.

Lead researcher Alex Smyth has found Billy's medal card which shows he was awarded the Military Medal in November 1917, a medal that was awarded to non commissioned ranks for bravery in the field. His medal card shows that Billy also received the Victory Medal and the British War Medal for his service.

With his war diary ending abruptly on 14 January 1917, a year after it began on 7 January 1916, it is hoped that the research may also uncover what happened to the young corporal after this date. His war pension shows he received a disability pension for neurasthenia, commonly known as shell shock.

This diary entry for July 30 1916 is typical of much of Billy's firsthand experience of the horrors of Trench warfare during the First World War.

"I made a tour of inspection round the trenches and rounding one of the bends I found an arm sticking out from the ground. The hand was still open and quite black from exposure. Apparently the unlucky Hun [was] intending to hurl a bomb, for the missile lay in the trench but he had been buried before he had accomplished his task. How terrible our bombardment must have been may be judged from the fact that one shell hole measures 140 feet across and 100 feet deep. At the bottom lay a pond. Absolutely crimson - the life blood of many poor fellows. It was a horrible sight and is all too common now."



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Donation to help homeless people off the streets



Nottingham Building Society has given a major boost to a local fundraising campaign to help homeless people off the streets – a gift of £10,000.

Framework's Off the Streets appeal is raising money to support the work of the charity's Street Outreach Team in communities across Nottingham and Nottinghamshire.

Nottingham Building Society Chief Risk Officer Charles Roe visited Framework's Somewhere Safe to Stay Hub in Nottingham recently to hand over the money.

The money will be used to help address the increasingly complex physical and mental health needs of the homeless community. Framework currently employs both an NHS nurse and a social worker to give treatment, to make assessments and to advocate on behalf of the people they help.

Framework Outreach Manager Ronnie Tucker said: "We are taking

homeless people off the streets every day, but we are also finding more people with more complex problems than ever before. That's why these additional roles are so valuable – because they help us to address people's problems sooner and get them off the streets more quickly. Without donations like this that work would simply not be possible. So, on behalf of all my team, I would like to say a huge thank you to the customers and staff of The Nottingham."

Framework's Street Outreach teams have helped more than 1,000 people in the last year in Nottingham and Nottinghamshire. Team members go out in the early hours every morning to respond to reports of people sleeping rough and to proactively engage with them.

To support Framework's Off The Streets Appeal please visit www.frameworkha.org/offthestreets

'EXTRAORDINARY' MEN NEEDED

There is a vital need for more men in Nottingham to start donating blood in the New Year because of a serious imbalance in the gender of new donors.

During 2019, only 43% of the new donors at Nottingham Donor Centre were men. Until the end of November, 1,203 women started donating blood in Nottingham but only 898 men. This reflects a wider national trend.

This is a concern because men have higher iron levels, and only men's blood can be used for some transfusions and products. Without more men starting to give blood, blood stocks will come under increasing pressure in future years.

Throughout January, NHS Blood and Transplant is running a national campaign about ordinary men becoming extraordinary by donating blood, and Nottingham is one of the target areas for new male donors. NHSBT is aiming for 48% of all new donors in Nottingham to be male during 2020.

People supporting the campaign for more men to start donating blood include Oyesola from West Bridgford in Nottingham. She has regular complete red cell transfusions for sickle cell disease after several years of her condition getting worse.

Having a secure supply of blood is particularly important for people like Oyesola, who receive many transfusions over their lives.

Mike Stredder, the head of donor recruitment for NHS Blood and Transplant, said: "All our donors are amazing. But we need more men to start donating blood in Nottingham during the New Year. Men's blood can be used in extraordinary, lifesaving ways, but we don't have enough new male donors coming forward. This is not about recruiting as many donors as possible – it's about getting the right gender mix."

Anyone interested can start donating at the Nottingham Donor Centre in North Church Street. For more information go to www.blood.co.uk

Ecologists revealed for Nottingham Forest City Ground plans

The ecologists tasked with carrying out the environment impact assessment which will be submitted as part of the planning proposals for the redevelopment of The City Ground have been revealed as Derby based firm, RammSanderson.

The planning application was submitted to Rushcliffe Borough Council on 29 November and outlines a multi-million pound proposal to redevelop the City ground to increase capacity to

38,000 by demolishing the Peter Taylor Stand and other surrounding buildings.

The opportunity for RammSanderson to get involved in the City Ground project happened as a result of works the company had carried out for another building company which involved overseeing the re-siting of a badger sett on land adjacent to the Forest training ground. These works required consultations with the Head of Estates for Nottingham

Forest who remembered the company and invited them to be part of the team tasked with preparing the planning application to redevelop the City Ground.

RammSanderson Director, Nick Sanderson, who is a life-long Forest fan carried out the assessment. He said, "It was great that Forest remembered the work and invited us to be involved in helping to assess the impact the stadium redevelopment might have on wildlife and habitats. We did a

very thorough assessment and our impartial findings will now help planners decide whether to grant permission.

"Whilst it is exciting to be able to look forward to re-shaping the City Ground to meet the ambitions of the club and its supporters, we have to be mindful of our responsibility to the environment around us."

RammSanderson has been working alongside Architects and master planners Benoy and property and land agents Savills.



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Rise of the ADRENALINE JUNKIES

A study of 2,000 adults found that when they are feeling under pressure, four in 10 have booked a holiday to give them something to look forward to.

But surprisingly, 41 per cent admit they struggle to unwind if they go on a break which involves nothing more than sitting by the pool.

As a result, less than half of respondents (42 per cent) choose a quiet beach holiday when they want to relax, with around one in seven booking a trip designed to get their adrenaline racing instead. One in 10 have booked a skiing trip, while others have

taken holidays to locations where they are able to try hang gliding, water skiing or surfing.

The study, by Heathrow Airport, also revealed one in five now turn to active outdoor pursuits to relieve stress, with half saying that playing a sport or being active is a 'real release' from the pressures of everyday life.

A spokesman for Heathrow, which commissioned the research to mark the launch of a new ski route, said: "We could all do with making sure we deal with our stress - and doing something exciting can help.

"An activity or trip that takes

you out of your comfort zone can help to focus the mind on the task at hand, and of course, often these more extreme activities are sports or exercise-based, which has been shown to help improve mental health."

The study also found three quarters of Brits describe their lives as generally stressful, and 76 per cent believe they have also got more susceptible to stress as they have aged.

But more than a fifth feel 'completely free' when they're doing something that gets their blood pumping. And a third say it

makes them feel 'alive'.

Just over 15 per cent think an adrenaline spike helps them 'get out of their own head' and the same amount say it makes them feel free of stress. It also emerged 23 per cent have been on a skiing holiday, and 26 per cent have not, but would like to. Three quarters of those who have been skiing say they feel they get to really unwind from the stress and strains of everyday life when they are on the ski slopes.

But while 31 per cent head to the same skiing destination, an adventurous 29 per cent try a different slope every time they go away, and are willing to travel for around three-and-a-half hours to experience something completely new.



"An activity or trip that takes you out of your comfort zone can help to focus the mind on the task at hand. Often these more extreme activities are exercise-based, which has been shown to help improve mental health."



Out & About

Priscilla, Queen of the Desert: This iconic hit musical has more glitter than ever before, featuring a dazzling array of stunning costumes, fabulous feathers and a non-stop parade of dance-floor classics including It's Raining Men, I Will Survive, I Love The Nightlife, Finally and many more.



New production of Priscilla, Queen of the Desert, comes to town

Mark Goucher and first-time producer Jason Donovan have announced that their brand-new production of the much-loved glittering hit musical Priscilla, Queen of the Desert the Musical will visit the Theatre Royal Nottingham from Monday 27 January to Saturday 1 February.

The show will star Strictly Come Dancing winner Joe McFadden. It marks Jason Donovan's first time as a producer, having performed in the cast of the original West End production and two subsequent UK tours. The producing team is completed by Gavin Kalin and Matthew Gale.

Joe McFadden will play Tick/Mitzi, Laurence Olivier Award Winner Miles Western will take on the role as Bernadette and Nick Hayes will play Adam/Felicia. They are joined by Daniel Fletcher (Bob), Miranda Wilford (Marion), Kevin Yates (Miss Understanding), Jacqui Sanchez (Cynthia). The Divas will be played by Nikki Bentley, Claudia Kariuki, Rosie Glossop and the cast is completed by Jak Allen-Anderson, Natalie Chua, Emma Crossley, Jordan Cunningham, Martin Harding, Justin-Lee Jones, Nell Martin and Edwin Ray.

The iconic hit musical has more glitter than ever before,

featuring a dazzling array of stunning costumes, fabulous feathers and a non-stop parade of dance-floor classics including It's Raining Men, I Will Survive, I Love The Nightlife, Finally and many more.

Based on the Oscar-winning film, PRISCILLA is the hilarious adventure of three friends who hop aboard a battered old bus bound for Alice Springs to put on the show of a lifetime. Their epic journey is a heart-warming story of self-discovery, sassiness and acceptance.

Tickets are available from the Box Office on 0115 989 5555 or by email from tickets@trch.co.uk

Steve Harley brings acoustic band to Newark



Widely considered one of the most charismatic performers on stage, Steve Harley (of Cockney Rebel fame) is bringing the Steve Harley Acoustic Band to Newark in February.

The band will play at Newark Palace Theatre on Appletongate on Sunday 23 February.

For Steve, life on the road is more than just a job: it is almost his life's blood.

And with the February release of the all-acoustic CD, "Uncovered", the original Cockney Rebel shows no sign of slowing down.

The Acoustic Band sees Steve supported by long-standing violinist/guitarist Barry Wickens, and Oli Heyhurst on double bass, with Dave Delarre on lead acoustic guitar.

Steve has been playing live shows around the world for over 45 years and the thrill of another night in another place to another audience has not dimmed at all.

He said: "We have real adventures on tour. I've seen the Northern Lights, the Midnight Sun and dozens of wonderful galleries, museums and great cities, all on my down-time. I have a great life as a Wandering Minstrel."

The acoustic sets for 2020 will include songs from the new CD, plus a selection of old favourites like Mr Soft, Judy Teen, Sebastian and the legendary Make Me Smile, all of which will all be re-produced in the unique acoustic style.

Steve received a Lifetime Achievement Award for Acoustic Music from the Acoustic Festival of Britain in 2018.

Tickets are available from Newark Palace Box Office on 01636 655755. Further details can be found on their website www.palacenewark.com

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Out & About



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Out & About



Great sounds at the Gate 2020

There will be an eclectic and truly international line-up at this summer's 14th Gate 20 Southwell music festival (June 4-7).

English roots stars Show Of Hards, the Galician piper-powered Anxo Lorenzo Band, Breton/Scots The Celtic Social Club and 2019 BBC folk award winners The Breath (featuring Rioghach Connolly) are among the headline acts alongside three exceptional Scottish bands Imar, The Jellyman's Daughter and Talisk, two Canadian duos in Madison Violet and Pierre Schryer & Adam Dobres, and last summer's Californian bluegrass stars AJ Lee & Blue Summit.

Now regarded as one of the UK's best family festivals, set in beautiful rural surroundings near Southwell Racecourse, Nottinghamshire, it all kicks off on Thursday June 4 with a classic Blues Night starring Dutch-based singer/guitarist Ian Siegal.

Over four days of great music will also feature "the renaissance man of English

folk", Chris Wood, the increasingly-influential and charismatic BBC Horizon award-winner Blair Dunlop, master storyteller and emotional songwriter Reg Meuross, plus Texan-born troubadour and guitar virtuoso Rodney Branigan.

If all this was not enough to whet appetites for this action-packed festival - which features music workshops, ceilidhs, dance displays, great children's entertainment, a craft fair and fine food and drink stalls - GTSF 2020 also brings you the folk-meets-gypsy swing of Beaubowbelles, the French reggae of Simawe from Angiers, great Irish folk and harmonies from Donegal's The Henry Girls, Italian country blues-meets-ragtime double act Veronica Sbergia & Max De Bernardi and the highly-acclaimed, sweet-voiced multi-national Americana band Track Dogs.

Tickets and more details available at www.gtsf.uk



Madison Violet



Anxo Lorenzo Band



Track Dogs



Light Night 2020

Light Night - Nottingham's famous night of eclectic and electric light installations - is back on Friday 7 and Saturday 8 February.

This year it is going to be bigger and better than ever before, with the events spanning the length of two days rather than one.

The two days will see the streets of Nottingham city centre come alive with the work of various artists and an incredibly innovative Augmented Reality trail. A trail of artwork by Jason Wilsher-Mills will be scattered throughout the city, and visitors will be able to use their mobile phone to bring the pieces to life with a brand-new app.

In partnership with It's In Nottingham, the city will be showered with parades, magnificent light sculptures, breath-taking performances, a large-scale projected installation on the Council House from the artists MBD and more! Following the theme Life on Earth, this year's free event is not to be missed. This event is supported by public funding from the National Lottery through Arts Council England, Nottingham City Council and Nottingham BID.

EVENTS around Nottinghamshire

Over the coming weeks we will be publicising events from around the county, including car boot sales, jumble sales, talks and charity events. If you are organising an event that you would like us to include for free please email us at editorial@nottsinfocus.co.uk

Here are a few car boot sales and markets taking place over the next few weeks:

WHAT: Nottingham Car Boot Sale
WHERE: Nottingham Racecourse Colwick Park, Colwick Road NG6 4BE
WHEN: Runs every Sunday. Sellers admitted 7am-8:30am and buyers after 8:35am
WHO: Tel 0115 915 5555

WHAT: Hucknall Car Boot Sale:
WHERE: Hucknall Carnival Site, Hucknall Lane, NG6 8AA
WHEN: Re-opens 2 February every Thursday and Sunday from 7am
WHO: Tel 07698 067023

WHAT: Clifton Indoor Car Boot
WHERE: Southchurch Dr, Clifton NG11 8AB
WHEN: Runs every Sunday, 7am-12pm
WHO: Tel 07971 914790

WHAT: Bottesford Giant Car Boot Sale
WHERE: Field entering Bottesford NG13 0EE
WHEN: Re-opens mid-March 7am-2pm
WHO: Tel 07801 895204

WHAT: Burton Joyce Community Market
WHERE: BJ Village Hall NG14 5ET
WHEN: 8th February 10am-12.30pm
WHO: Tel 0115 841 9099



Out & About



Scruffy & Ollie had their world turned upside down when their owner passed away unexpectedly.



The story of Scruffy & Ollie

Scruffy is a shy but playful Yorkshire Terrier who has always had his best friend Ollie, a 14-year-old Shih Tzu Cross, there for comfort and companionship. Their owner ensured the pair had all the love and attention they needed, but their world was turned upside down when their owner unexpectedly passed away.

Fortunately, Scruffy and Ollie's owner had made provision for them with Dogs Trust, by registering for the Canine Care Card scheme. Dogs Trust had promised to take care of both of them should the worst happen, which is how they came into the care of Dogs Trust Loughborough.

Ella Tonge, Supporter Relations Officer at Dogs Trust Loughborough, said: "Ollie had lived with her owner for ten years and Scruffy almost all his life so there's no doubt they've gone through a lot of change recently and rely on each other for comfort. They're absolutely inseparable! They will be a lovely addition to any family and we just hope they don't have to wait too long for the comfy, cosy forever home with the loving new owners they deserve."

Naturally you want to make provision for your faithful friend. Now you can do this by requesting a Canine Care Card form. You simply return the form to Dogs Trust and we issue you with a wallet-sized card, which acts in a similar way to an organ donor card and notifies people of your wishes for your dog. Once your dog arrives at one of our rehoming centres they will be examined by our expert vets and cared for by our dedicated, trained staff. We will endeavour to find them a new owner whose lifestyle and experience match their needs. If

for any reason they cannot be rehomed, rest assured Dogs Trust never puts down a healthy dog, so we will look after them for the rest of their lives. Request a Canine Care Card registration form today by calling 020 7837 0006 or email ccc@dogstrust.org.uk.



Dogs Trust will endeavour to find your dog a new owner whose lifestyle and experience match their needs.

If the worst happens, I know that Dogs Trust will care for him.



When I'm not here to love him, I know Dogs Trust will be.

Now I've got my free Canine Care Card, I have complete peace of mind. It guarantees that Dogs Trust will love and look after my dog if I pass away first. Dogs Trust is the UK's largest dog welfare charity with a rehoming centre in Loughborough and a further 19 across the rest of the UK.



Apply now for your **FREE Canine Care Card.**

Call: **020 7837 0006** or email: ccc@dogstrust.org.uk

Please quote "334399" or complete the coupon below.

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www.dogstrust.org.uk Reg Charity Nos: 227523 & SC037842 regulated with REGULATOR

Out & About



The Compleat Female Stage Beauty



A Streetcar Named Desire

The Lace Market Theatre

The Lace Market Theatre is a small, amateur theatre in the heart of Nottingham and run entirely by volunteers with no paid staff. It offers a wide variety of theatrical experiences to suit all tastes at very reasonable prices and at all times aims to reach high standards in production and acting values.

This season has includes classics such as the Ayckbourn "Seasons Greetings" and Goldoni's "Servant for Two Masters" and has plays which one would not have the opportunity to see outside London, such as "Queers" and "Every Brilliant Thing".

It has a thriving Youth Group who this year are staging Shakespeare's "As you like it" and new members in all aspects of theatre are welcome.

The next open evening is Thursday January 16 at 7.30pm when anyone can come to look round the theatre, see backstage, sit in a rehearsal and talk to people involved in the technical side of theatre - all aimed at enabling people to find out if being involved in theatre is for them. A warm welcome is assured.

The building dates from 1760 and is grade 2 listed former chapel which has been converted to an auditorium theatre and a studio space including a bar which is open every evening Monday to Friday and Saturday lunchtime.

Check out further details on lacemarkettheatre.co.uk

BEAT The Streets

Back by popular demand, Beat The Streets Festival is taking place in venues throughout Nottingham on Sunday 26 January.

Chart-topping Nottingham indie-rocker Jake Bugg, award-winning folk singer and activist Grace Petrie and riotous karaoke ban Bamalanasing song are just some of the artists who will join the line-up for this event.

All proceeds raised from ticket sales, merchandise, and bar sales in DHP venues will be donated to Framework and used to tackle homelessness in Nottingham.

Tickets are now on sale from beatthestreetsuk.com (#beatthestreets)



BOSH

Kerry is back in town

Kerry Godliman is back on tour after what she thought would be a little 'she' time. No chance. Her bosh-like nature will never let her rest. Well, that and a needy cat, a constantly disappointing camper van, and ever-raging feelings of mum guilt and bewilderment at the phasing-out of thimbles. All will be explained in her show!

She is bringing her BOSH 2020 tour to Nottingham's Glee on Tuesday 28 April.

As seen on Derek, Bad Move, Mock The Week, Live at the Apollo, Taskmaster, Michael McIntyre's Big Show, 8 Out of 10 Cats Does Countdown, After Life, Save Me and Call The Midwife, and heard on The News Quiz, The Now Show and I'm Sorry I Haven't A Clue. Kerry has performed stand-up throughout her comedy career, encompassing national tours and successful runs at the Edinburgh Fringe Festival.

Following on from a successful first series, Kerry will again star in Ricky Gervais' After Life on Netflix in 2020. The show's first series was hugely popular on both sides of the pond, so the second is eagerly awaited - and Kerry will return as the protagonist's deceased wife, Lisa.

For more information contact the Box Office on 0871 472 0400 or email info@glee.co.uk

the lace market theatre

Nell Gwynn by Jessica Swale

Jan 27th - Feb 1st at 7.30pm. Matinee Feb 1st at 2.30pm

London, 1660. After years of civil war and Puritan rule, England is ruled by a king once again - a king with a passion for the arts, fine living, theatre and women.

Tickets: £12 Concessions £11.

Nell Gwynn is an amateur production by arrangement with Nick Hern books

Book online at lacemarkettheatre.co.uk or ring box office 0115 9507201 Monday to Friday 7.30pm to 10.00pm Saturday 12.30pm - 2.00pm

The Lace Market Theatre, Halifax Place, Nottingham, NG1 1QN

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Travelling abroad after leaving the EU

Now Christmas and New Year celebrations are over many of us are looking forward to our family holiday. If you are one of the many thousands of holiday makers set to travel abroad you may wonder what happens when the UK leaves the European Union (EU).

Travelling before 31 January

If you are travelling in the next couple of weeks (before 31 January) the UK will still be a member of the EU and all existing travel ar-

rangements will apply. However, if your return journey is after 31 January you will need to check with your travel agent or seek online advice from the ABTA website to avoid any unnecessary disruption in the event of a no-deal departure.

Travelling after 31 January

If you are travelling after 31 January, and the UK government agrees a deal beforehand, then the UK will enter a transition period and you can continue to travel as you do now.

With a no-deal departure, UK holidaymakers and business travellers have had reassurances from the UK government and European Commission that they will still be able to travel, as there is either

contingency legislation in place or the travel services are covered by international law.

If the EU does leave the EU without a deal, there will be some changes and there some things you should be aware of in advance.

If a deal is agreed with the EU then there will be a transition period, meaning everything will stay the same until the end of December 2020. The UK government has confirmed that travellers will not need a visa to travel to the EU after Brexit for leisure or short-term business trips, even if we leave the EU without a deal.

If you have booked a package holiday it is the travel company's responsibility to make sure your holiday goes ahead as planned, or offer an alternative or a refund if it cannot be delivered.

Insurance and EHICs

Make sure you have travel insurance which covers your specific needs and includes any pre-existing conditions.

If you have an annual policy make sure you check the terms and conditions before you travel.

The European Health Insurance Card (EHIC) allows EU citizens to access state medical care when they are in another EU country. In the event of a no-deal Brexit, UK registered EHIC cards will no longer be valid.

Passports

Check when your passport expires. If we leave the EU without a deal the government recommends that you have at least six months left on your passport. If you are travelling before 31 January this is not the case. You should also check when your passport was renewed. If you renewed a 10-year adult passport before it expired extra months may have been added. Any extra months over 10 years will not count towards the six months remaining. You can renew your passport online or by going to a Post Office with a 'Check and Send' service.

Driving abroad

If you are driving a UK-registered and insured vehicle with a fully comprehensive UK motor insurance policy you will continue to have third party motor insurance cover for travel to EU or European Economic Area (EEA) countries.

From 31 January, under a no deal Brexit, you will need to carry an insurance green card when driving in the EU, EEA and all other countries that recognise green cards. These can take from a week and up to a month to process and are usually provided free of charge from your insurance provider.

Check with your provider how long it will take.

Green cards typically last for up to 90 days. If you are driving again in a country that recognises green cards you will

need to get another one from your insurer.

If you are driving a vehicle that is registered and insured in your host country, such as a local rental car, you will not need a green card.

You may also need to put a GB sticker on your vehicle, even if it already has a Euro-plate, which is a number plate displaying both the EU flag and a GB sign.

You will not need a GB sticker to drive outside the UK if you swap a Euro-plate with a number plate that only has a GB sign and not the EU flag.

Travelling with your pet

Under the EU Pet Travel Scheme (PETS), dogs, cats and ferrets with

valid EU pet passports can travel with their owners between EU countries. At least 21 days before the pet's first trip, a vet must ensure the pet has a microchip, give it a rabies vaccination and issue a pet passport.

In the event of a no-deal Brexit pets would continue to be able to travel from the UK to the EU but the requirements for documents and health checks would change. If you wish to take your pet to the EU on or after 31 January you will need to discuss preparations for your pet's travel with an Official Veterinarian at least four months in advance of the date you wish

to travel. Pet owners should keep an eye out for any further instructions issued by the UK Government.



Use review sites when planning your trip. You will be able to see honest reviews from other travellers before you and you can take a look around your accommodation online to make sure it suits your requirements. You can also check the weather forecasts to see what the temperature will be like when you plan to travel.

Enjoy your freedom. If you can travel during the week, rather than at the weekend, you may be able to

find cheaper flights or holiday packages. If you are retired or no longer need to book during school holidays then you can avoid the seasonal prices rises and travel at less crowded times. If you are flying it is also worth checking the cost of flights from other airports to see if you can get a better deal. If you enjoy coach travel it is worth checking out local coach companies who offer great deals on both UK and overseas breaks.

Pack well. Check that your luggage weight is manageable and within any limits set by your travel company. Pack plenty of light layers – that way you can stay prepared for all weathers and eventualities. Even in the hottest destinations evenings can be quite cool and air condi-

TOP TIPS when planning your holiday If you are planning a holiday in 2020 here are some tips to consider:

tioning even cooler, so make sure you have warmer clothing in your case.

Keep moving. If you are seated for any length of time – particularly on a plane –

make sure you stretch and stand up regularly. To avoid developing deep vein thrombosis (DVT) take regular exercise and drink plenty of fluids. Consider picking up a pair of flight socks – they will help prevent DVT, help keep swollen feet at bay and revitalise tired legs after a long day of sightseeing.

Stay safe. Plan your itinerary carefully and leave a copy of it with family or friends along with contact details for your hotels or tour agent – it is best that people know where you are and that they can contact you in an emergency. Also follow any tips for your safety, protection of valuables and culturally appropriate behaviour given by travel guides or tour reps.

Travel insurance. Make sure you have up-to-date travel insurance suitable for the destination you are travelling to and including any pre-existing medical conditions. If you need to take medication be sure to order enough from your local pharmacy in time for your holiday.

And finally, enjoy yourself. Make sure you relax and have a holiday to remember.



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Hair Sculpture first opened in Lambley village in 1996 before moving to High Street in Arnold.

Since moving to Arnold the salon has been totally refurbished, adding a beauty room, spray tan room and barbering.

The team levels have increased by seven fully qualified staff in different aspects of the industry.

The salon is open six days Monday – Saturday from 8.30am with two late nights on Tuesdays and Fridays. Once a month the salon also opens on Sunday morning.

The team train every Wednesday with an outside artistic director, Mr Romano Zullo, a very well-

known figure in the industry. The team are well aware that hair trends change every year, so training is vital.

There are two senior colourists Sarah Bates and Sally Melbourn. Model days are Wednesdays, where there is something for everyone.

The juniors colour, foil and cut under the direction of Romano at reduced rates. This gets extremely busy, so booking is essential.

The team consists of Director, Sally Melbourn; Senior Stylists Maxine Walker, Michelle Housley and Emily Melbourn; Senior Colourists Sarah Bates and Kieran Smith; Junior Stylist Hannah Lawrence and in-house Beautician Denise McPherson.

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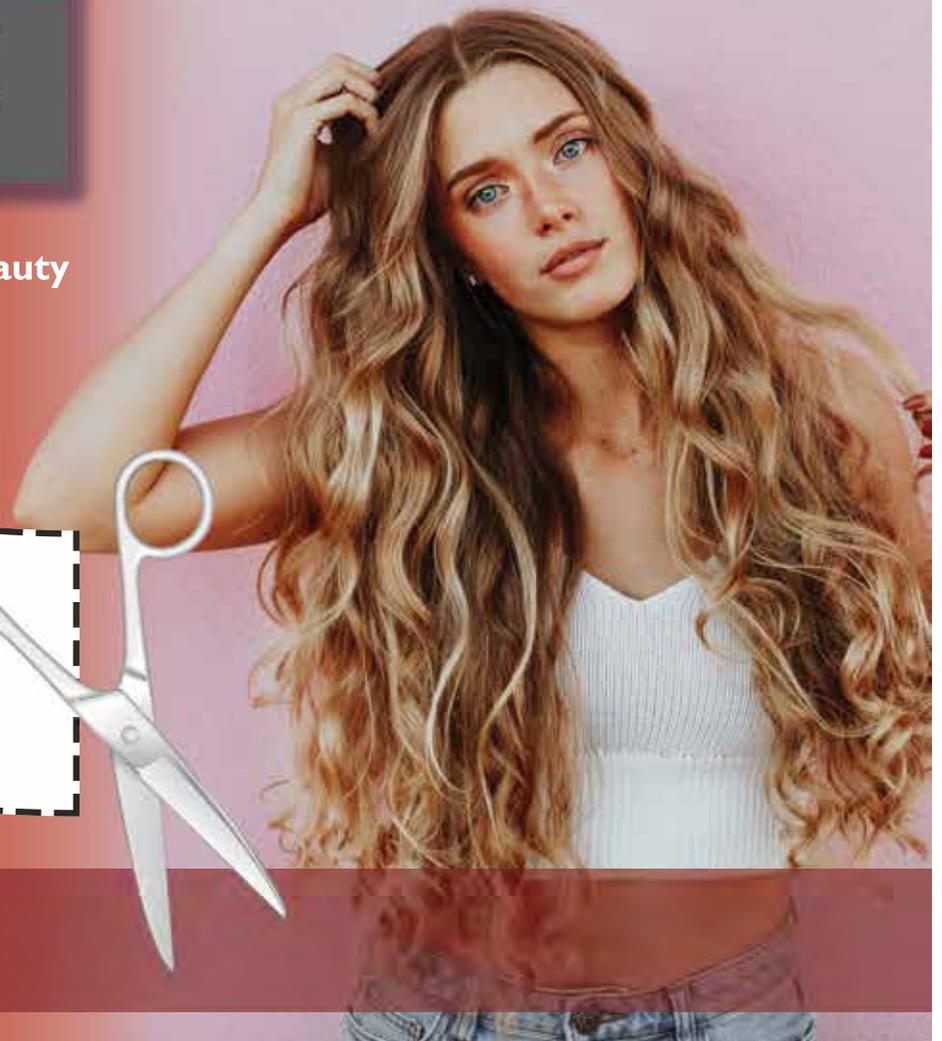
As a little gift, present this voucher in January or February to receive the following:

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The New Year has rolled around once more and it's a time that lots of people associate with fresh starts



By Emily Smith

New Year's resolutions are still as popular as ever, and even though you may have failed with them before, the temptation to set yourself a new resolution to stick to will likely prevail on the 1 January. **Instead of opting for something difficult, unrealistic and that you will likely fail at, instead choose a resolution that you can adopt more easily and that you know will last a few months at least!**

Read more

How much time do you spend on your sofa watching tele every evening? We all like watching our favourite shows while we unwind after a day at work, but reading is a much more beneficial pastime to enjoy. When compared to watching television, reading is a stimulating activity that can help us to improve our writing skills and vocabulary. If you want to incorporate more reading into your daily schedule, consider a resolution to set time aside each day to read a new novel or your favourite magazine. Have an alarm on your phone to prompt you to switch the TV off, get comfortable and enjoy half an hour of reading each night.

Increase your water intake

We all know about the benefits of guzzling down h2o and as well as improving our skin and speeding up our metabolic rate (which can in turn mean we burn more calories and lose weight) drinking more water may help to improve your performance when you are exercising. Consider investing in a water bottle with markings that will tell you how much water you have drank throughout the day, meaning you'll know how much more you need to drink to reach your target.

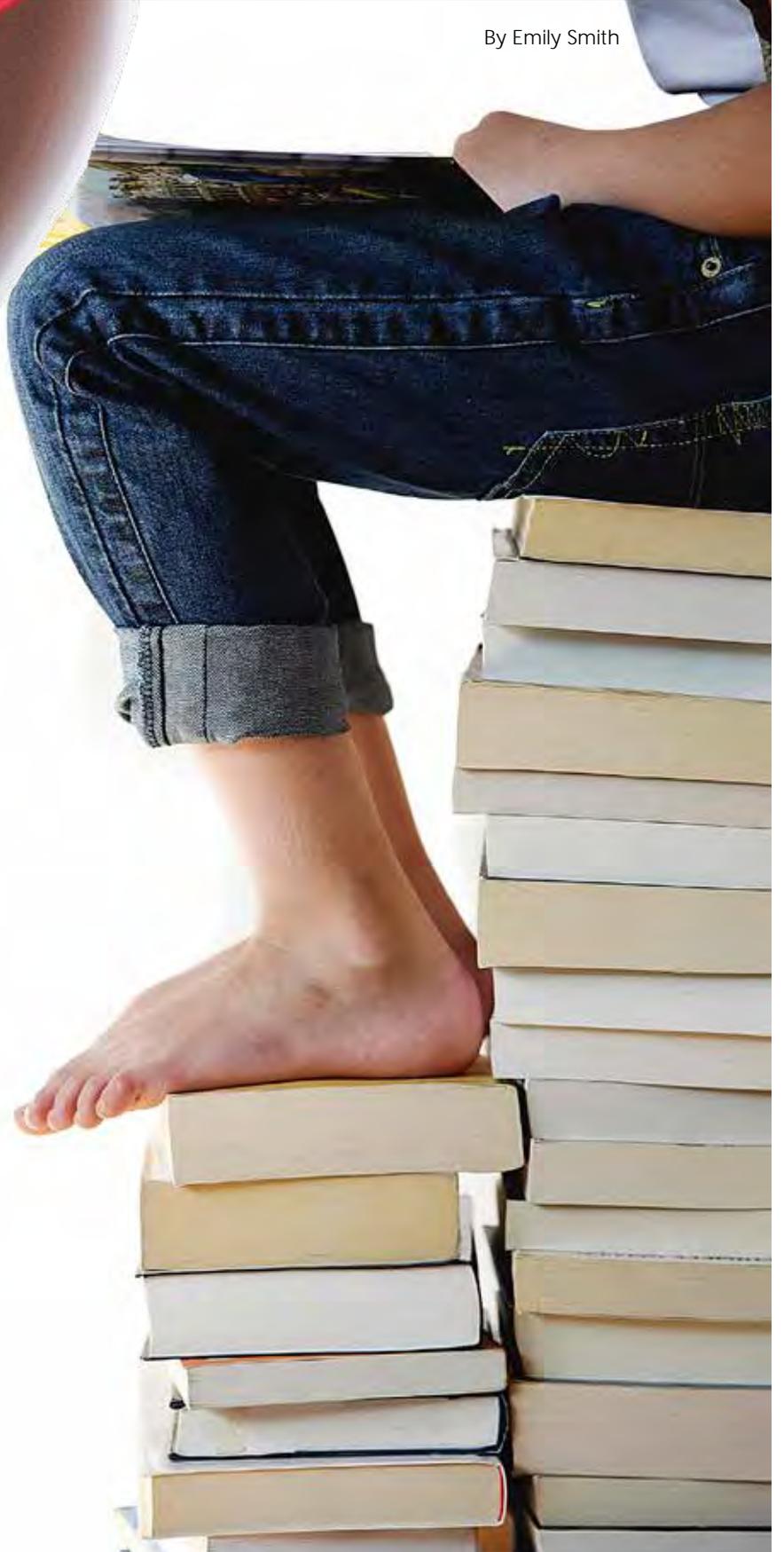


Rely on your car less

We all want to do our bit to protect the planet but oftentimes people will bite off more than they can chew when it comes to their efforts to be more environmentally-friendly – it really doesn't have to be such a challenge though, and something as simple as driving less can actually have a big impact. If it's just a short trip you need to make, to the local shop for example, consider walking or trying to get all of your shopping done in one journey, which will mean less small trips. Utilising public transport or using your bicycle is also great for working towards using your car less.

Cook more often

It's true that we are all leading increasingly busy lifestyles and lots of us rely on convenience foods after a hectic day at the office. Sadly this reliance on prepared food does little for our waistlines and isn't great for our wellbeing either. Cooking can be a great way to unwind after a long day so opt for simple dishes with pasta or rice that can be prepared quickly and are still healthy. If you are really pushed for time in the evening you could buy a slow cooker. They're great because you can chuck a load of healthy ingredients in it in the morning, switch it on and return home to a hearty, nutritious winter warmer.





Education

Samworth Church Academy hold glittering Awards Night



Left: Rebecca Adlington speaks to Ian James (Strategic Director of Learning) at Samworth Church Academy.



Right: Val Leivers (Governor), Carl Bennett (Team Director of Learning), Lucie Kealey (Winner of the Keith Barry Award), Principal Lisa McVeigh, Owen Shakespeare (Winner of the Thomas Burton Award), Charlotte Humber and Mr Chris Vallance (Strategic Director of Student Experience).

Samworth Church Academy recently held a glittering Awards Night with special guest and double Olympic Gold medallist, Rebecca Adlington.

During the evening, students were recognised for a variety of successes, in academic excellence, personal development or contribution to academy life.

Special guest Rebecca Adlington also spoke to the audience about her own path to success and the hard work it takes to succeed.

Lisa McVeigh is Principal of Samworth Church Academy and said, "The Awards Night was a fan-

tastic recognition of the talents and achievements of our students. It is a celebration not only of academic success, but also the admirable characters and inspirational students we have at the Academy.

"We are grateful to Rebecca Adlington for taking the time to present awards and speak to the audience about her own incredible story.

"Finally, we would like to thank the families who attended, and to the wider Samworth community whose support means that our students continue to excel and thrive in education."

LAST CHANCE TO APPLY FOR JUNIOR OR PRIMARY SCHOOL PLACE

Parents of children in Nottinghamshire are being reminded that they only have until Wednesday (15 January) to apply for their child's reception school place or transfer from infant to junior/primary schools.

To help give the best chance of getting a child into a preferred school, Nottinghamshire County Council is urging parents to select four school preferences before the deadline, so that their application can be considered alongside all other on-time applications.

Any applications made after 15 January, including any changes of school preferences, are considered as late and will be pro-

cessed after all on-time applications, so there is an increased risk that your child may not be placed in your preferred school if all the places are already allocated.

Chairman of the County Council's Children and Young People's Committee, Councillor Philip Owen, said: "If your child will be five years old between 1 September 2020 and 31 August 2021, time is running out for you to apply for a reception year place and to decide which schools to include on your application."

Parents who apply online will be able to view their decision online on what's known as

National Offer Day, 16 April, whereas other applicants will have to wait a few days for a letter to be sent by second class post.

Parents living in Nottinghamshire will need to apply through Nottinghamshire County Council, even if they wish to apply for schools in other local authority areas such as Nottingham City or Derbyshire.

The council's website www.nottinghamshire.gov.uk/admissions has information to help with the application process, including 'Admissions to Schools: Guide for Parents 2020-2021' which contains lots of useful information and advice.



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Flying High Partnership

Inspectors said of children, 'They want Leamington to be 'The best school in the universe.'

Leamington Primary & Nursery Academy in Sutton in Ashfield is celebrating the news that its recent Ofsted inspection has found the school to be good in all areas!

Relating to children's experience of attending the school inspectors said, 'Leaders believe in the pupils of Leamington. They do all they can to help pupils achieve their dreams and ambitions. Pupils are proud of their achievements and their school. They work hard and want to get even better. Pupils know that staff give them the highest levels of care. The whole school community works together to give pupils new and enjoyable experiences. They want Leamington to be 'The best school in the universe.'

Leamington pupils are praised in the report for behaving well and being polite, friendly and caring, and telling inspectors they 'just love coming to school.' They are described as tolerant and respectful, that they thrive in leadership roles and 'work hard to help their community, for example by raising money for food banks.' Described by inspectors as getting off to a 'flying start' in the early years provision it states that the school offers a bright and engaging environment.

Staff are recognised for providing high quality teaching and for delivering interesting and exciting lessons. Extra opportunities for children to learn are mentioned including a wealth of after school clubs, developing a strong community relationship with a local care home where children engage with older generations,

Leamington Primary and Nursery Academy's Ofsted is Good in all areas!



Right is Kaye McGuire, Head Teacher, with Leamington Primary & Nursery Academy pupils

what we set out to achieve as a Trust from our inception. To raise aspirations and create social mobility within communities, and for children to be able to achieve their full potential regardless of background or barrier. We are firm in our mission that wherever there is a Flying High Trust School that these ideals will become a reality. Leamington's achievements are an example of those ideals being realised; they are well deserved and of inestimable value to the children who attend the school now, and for future generations of pupils."

Head Teacher at the school is Kaye McGuire who said that the report's acknowledgment that staff want to unlock children's potential will mean a great deal to staff. "Leamington has been on a real journey in the last few years. The Flying High Trust have helped us to improve and provide the best we can for the children in our care.

"Leamington is a community that is thriving and growing and the children in our school are fantastic. The staff have worked incredibly hard and it is nice to receive the recognition that is deserved. Leamington will continue to improve,

promotes reading and in Geography and Mathematics, children's work is of a high standard and they achieve well.

The school's provision for special educational needs and/or disabilities (SEND) is found 'highly effective' saying that teachers' planning of help and support is at the correct level and that 'Pupils with SEND catch up.'

Finally, the inspectors say that the school has built its success on strong foundations and accountability saying, 'Senior leaders, the trust and local governors are an effective team. They care about staff. They make sure that staff workload is manageable. Staff are proud to work at the school. Staff morale is very high.'

Kaye McGuire said that the school will celebrate the news but that it will be back to business in January. "It is hard to imagine the response we are feeling to this glowing report! But we are still aiming higher and know with the support of the Trust, Governors, staff, children and their families that there will be no stopping us now. I would like to say thank you to everyone once more for making this amazing report a reality."



Flying High Recruitment Event

- An opportunity to see what it means to work in Flying High schools – meet 25 schools at one event!
- Discover current vacancies, future opportunities and see how we can support you and your career
- Open to: Teachers, school leaders, Teaching Assistants, office and support staff, site staff and governors
- Come along and meet us on **Wednesday 22 January 2020** 5:30-7:30 pm at Hillside Primary and Nursery School, NG15 6LW
- To book your place visit <https://bit.ly/2Wlt80R> or find Flying High Partnership on  and 





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“

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Care

AGE WELL, STAY ACTIVE

We all know the benefits of exercise, from keeping us healthy and happy to increasing our muscle mass and improving fitness – but did you know that as you get older exercise becomes even more important for maintaining your health?

If your loved one, whether a parent, grandparent, neighbour or elderly friend, needs a helping hand now and then you are probably wondering about the best way to help them remain independent and live a full, healthy lifestyle. Encouraging exercise will contribute to their quality of life no matter if they are in a care home, living at home or living with you; it's also a great way to improve their mood and prevent some life-threatening illnesses.

From enhancing social skills to improving memory and motor skills, there are a plethora of reasons to keep your older loved ones active. Age should not be a barrier to good health. Older people who spend hours sitting and not engaging in much activity can suffer from muscle problems, difficulty breathing and walking, poor balance and blood flow as well as a range of other physical problems.

Combatting these issues is easier than you may think. Exercise does not have to be vigorous activity, it can be anything from a brisk afternoon stroll to a water aerobics class with friends, try something different and find a passion you will enjoy together. If you enjoy racquet sports such as tennis, badminton or squash, head to your local leisure centre and hire out a court, or perhaps check out the local classes at a gym designed for older members including Zumba, seated exercise and more.

Forget sitting around this winter, get your loved ones up and active to banish the winter blues and improve health and wellbeing.



Wellbeing Café celebrates first birthday

Over 1,500 people have visited the Treetops Wellbeing Café since it opened its doors last January. The weekly Café is open to adults with a life-limiting illness, or those who've been bereaved, along with their families and friends.

Treetops, which is based in Risley, provides nursing care and emotional support for adults with life-limiting conditions such as cancer, motor neurone disease, respiratory conditions and heart failure in Derbyshire and Nottinghamshire.

The Café, which runs every Thursday, 10am-3.30pm, is one of several new Wellbeing Services aimed at encouraging people to maintain their quality

of life and capacity to care for themselves.

Alongside a Get Moving exercise group, Art Group, Singing Group, and supported-bathing Spa Days, a new support group for adults with Motor Neurone Disease (MND) – Mollie's - is being launched in February.

Mollie's MND Support Group offers peer and professional support for anyone affected by MND – patients, families and carers. The drop-in sessions will run on the first Friday of each month, starting Friday 7 February.

The group has been named 'Mollie's' in memory of Mollie Southway from Sandiacre. Mollie, and her husband John,

first visited the Café shortly after her diagnosis.

John, explained: "Mollie's condition first manifested when she struggled with simple mobility tasks such as walking up the stairs. Mollie felt something serious could be wrong and her GP at first was puzzled, but after explaining her concerns, an appointment with a neurologist was suggested. The result was of course, the devastating diagnosis of motor neurone disease."

Mollie's four daughters – Teresa Rawlings, Fran Wright, Linda Bendall and Lesley Saxton and her close friends are all deeply touched that the new group is being named after Mollie.

Make time for self care

We all have stresses in life – from the smallest, most insignificant things to the biggest of issues – everyone experiences some form of stress on a weekly, if not daily basis.

It may be that work is getting you down or perhaps something is not turning out exactly the way you had planned; finding ways to cope and unwind prevents any serious mental strain which could progress to a far more serious health condition.

The last thing you want is for your worries to become inescapable so inject a little you time into your daily routine. Small pleasures such as reading a book, settling down on the sofa or running a nice hot bath are not time consuming but can make you feel better when it comes to stress relief.

Seeing your loved ones is a great way to chill out, whether you visit for dinner or pop in for a cup of tea, relax and feel at ease around those you love. Perhaps going to the gym or for a run may help you to burn off some steam whilst getting fitter in the progress.

Allocate a certain day of the week to cook your favourite food and indulge in a little bit of luxury from home. You could even surprise your partner, family or friends with your delicious creations.

From taking a stroll to doing some well-deserved shopping, there are plenty of ways to unwind that could work for you. Go on enjoy a little self care.

New care partnership roles announced

Thilan Bartholomeuz, GP partner at Abbey Medical Group in Blidworth has been named as Clinical Lead and Hayley Barsby, Chief Executive of Mansfield District Council, will be the Deputy Executive Lead for Mid-Nottinghamshire Integrated Care Partnership.

The Mid-Nottinghamshire ICP is a new partnership of NHS organisations and local councils who are working together across Mid-Nottinghamshire to improve the lives of the citizens in Mansfield, Ashfield, Newark and Sherwood. The group formed in May 2019 and its vision is to create happier, healthier communities with the goal of reducing differences in healthy life expectancy by three years.

Thilan was previously Clinical Chair for Newark and Sherwood CCG. He said: "I am excited to be able to represent the clinical community across

Mid-Nottinghamshire and ensure the care our communities need is fully integrated."

Hayley has been at MDC for 20 years and Chief Executive for two. She said: "If we are to truly improve the healthy life expectancy for the people living in our areas we need to look outside of the traditional health focus to issues like housing and employment. District council expertise can make sure this happens and that we work together on all our strengths to see combined improvements for the people of Mid-Nottinghamshire."

Richard Mitchell, Executive Lead for Mid-Notts ICP said: "These are key roles within our ICP which will make sure the views of colleagues from district councils and GP practices remain central to our conversations about how we improve the lives of residents in

Mansfield, Ashfield, Newark and Sherwood."

Thilan and Hayley take up their roles this month (January) which sit alongside their existing roles.



Thilan Bartholomeuz



Hayley Barsby

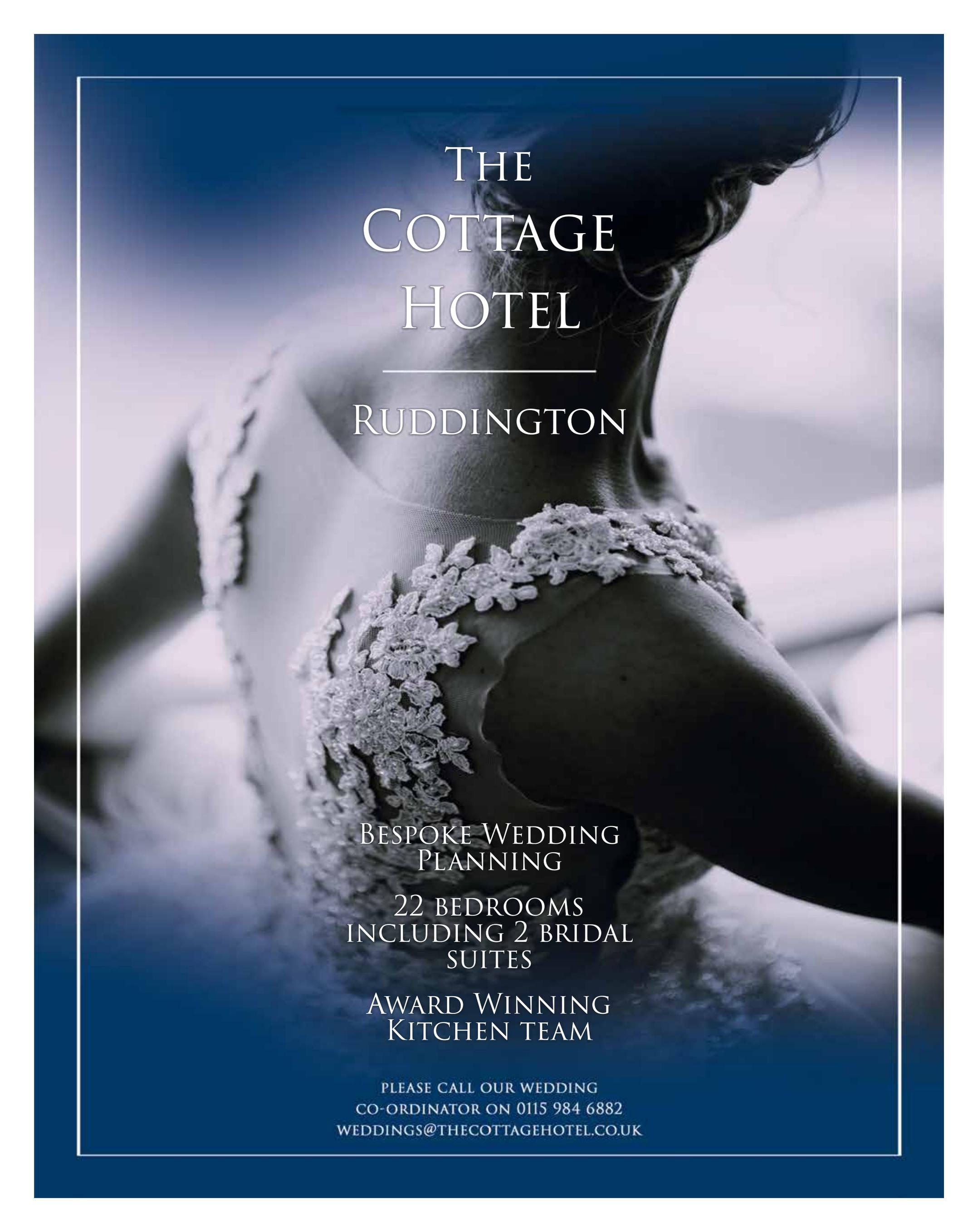


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Weddings



Couture Bridal Studio Opens at Belvoir Castle's Engine Yard

A new couture bridal studio specialising in one-off, handmade wedding and evening gowns is the latest business to take up residence at Belvoir Castle's Engine Yard rural retail village in the heart of the Vale of Belvoir.

Located in Vale House, Caroline Chamberlain Couture Bridal Studio has relocated from Lincoln to offer her unique bridal gown design service across Nottinghamshire, Leicestershire and Lincolnshire.

Owner, designer and expert seamstress Caroline Chamberlain says: "Your wedding day is one of those once in a lifetime experiences, so it's essential that everything is planned down to the most minute detail. Creating a handmade, bespoke design wedding gown is all about achieving perfection for the bride-to-be on her special day."

"Alongside my personalised design service, my own collections will also be available for people to browse and select. I am also stocking a beautiful new bridesmaid collection and accessories, including veils and tiaras. Looking ahead, I plan to add evening and occasional/Ascot wear collections."

Emma, Duchess of Rutland, says: "Everyone at the Engine Yard is delighted to welcome Caroline and her bridal business. She joins a growing family of local companies that offer something totally different from what's available on the high street."

"We have invested over £3.5m in the high-quality restoration of a collection of beautiful Victorian buildings to create the Engine Yard, which is overlooked by Belvoir Castle. The addition of Caroline Chamberlain Couture Bridal Studio enhances further the Castle's repu-

tation as a prestigious wedding venue, providing a one-stop destination for couples planning their big day."

Caroline Chamberlain adds: "I am very excited at the opportunity on offer at the Engine Yard. The whole place has a wonderful, warm, welcoming feel and our newly refurbished building provides the perfect environment for relaxing fittings."

"This is the next stage in the growth of my business, building its reputation for exquisite bridal wear and evening gowns that you won't find anywhere else."

Caroline Chamberlain Couture Bridal Studio at the Engine Yard is open 10am to 5pm Tuesday to Saturday. Consultations are by appointment only. Out of hours appointments can be made by prior arrangement.

For more information visit www.carolinechamberlain.co.uk.



OPEN EVENING
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Say it with Flowers

A bridal bouquet is a very personal choice, but you may be interested to know the reason we carry one and what message the flowers convey. In the 15th Century brides carried a bouquet to mask the smell of unwashed clothes and bodies. At the time women were also the last ones to take a bath, so they would have had to wash themselves in the dirt others had left behind. People also carried small fragrant floral bouquets, known as 'nosegays' as it was believed they could ward off the plague.

Centuries ago brides would also put garlic, dill and chives in their bouquets in the hope the pungent smell would drive away evil spirits and bad luck.

In more modern times the flowers we choose convey more romantic messages. For example white camellias express adoration, peonies mean you want a happy marriage, primroses mean you cannot live without the person you love, magenta zinnia mean lasting affection and the traditional bridal rose means true love.

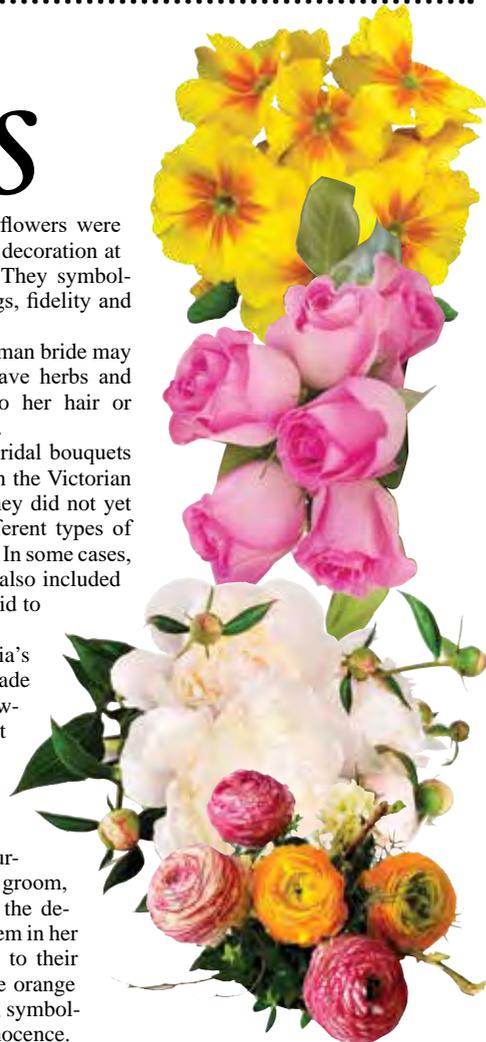
The origin of wedding flowers is believed to date back to an-

cient Rome when flowers were commonly used as decoration at Roman weddings. They symbolised new beginnings, fidelity and fertility.

At the time a Roman bride may carry flowers or have herbs and grains braided into her hair or pinned to her dress.

The first floral bridal bouquets started appearing in the Victorian era. At that time they did not yet feature several different types of flowers, only roses. In some cases, a sprig of dill was also included because dill was said to be an aphrodisiac.

Queen Victoria's bouquet was made up entirely of snowdrops, plentiful at that time of year, and with a very special meaning. The flowers were said to be the favourite flower of her groom, Prince Albert, and the decision to include them in her posy was a tribute to their love. She also wore orange blossom in her hair, symbolising purity and innocence.



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Sanita's Flowers

Weddings



BLIDWORTH MENSWEAR

A gem of a place for the 'dapper gentleman'

For those of you who are acquainted with the gem that is Blidworth Menswear, there's no surprise when you walk through the door of the Old Chapel on Dale Lane, Blidworth and are greeted by a fully loaded menswear store that could only be rivalled by a trip to the city.

Now filled to the rafters with everything you could need to leave as the dapper gentleman you always knew you had in you, the business has undertaken a fabulous transformation over the past two and a half years.

From the full production, high street suit manufacturer, Guy Warwick, through to a fully stocked factory shop, when production moved overseas - Blidworth Menswear - supplier of award winning

brands and contemporary men's suits, emerged from its chrysalis to become the one-stop menswear shop that it is today.

The fabulous transformation is thanks to Glynis Staddon who has been on this journey since the early days, when she worked with the previous owners to ensure success with a vivacious level of customer service and product knowledge.

Taking the business from the place where dad bought his work suits, to the thriving supplier of Marc Darcy, Brook Taverner, Harris Tweed, Scott by the Label, Skopes, Lloyd Attree Smith, and Ikon to name a few, Glynis and her staff offer a service which provides a full male wedding package. From fitted three-piece suits and separates, through to shirts,

shoes, ties and matching top pocket handkerchiefs, and not forgetting the cuff links and braces, plus a cap and overcoat if required. Wedding parties can take advantage of our 'Groom Goes Free' offer when eight adult suits are purchased.

Our on-site tailors, Steamforce Alterations, ensure the perfect fit for your big day.

Top selling Marc Darcy brand provides you with an amazing array of cloths cut to the same stylish design, with matching children's styles available and the added bonus of the ability to mix and match and extend your wardrobe. Sitting alongside is the beautifully crafted Scott range, which fits in three lengths and has cuts to suit all of your male party, be it your special day, a black tie event or a day at the races.

Planning your

Planning a wedding is one of life's most exciting milestones, but it can also be one of the most stressful too, especially if you don't know where to start. Here we share some of our ideas to help you keep your plans on track and make the most of your special day.



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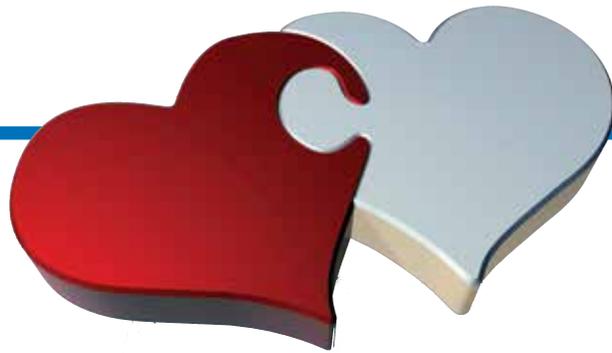
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Weddings

big day



Most important of all – enjoy your day. You are marrying the person you love, everything else is optional. Enjoy your big day.

Start by setting your budget. This is one of the most important aspects of your wedding and it is worth having an honest conversation with your partner to make sure you agree on total spend. You may also want to include your parents if they are contributing in any way. There is no right or wrong amount to spend, but overstretching yourself can cause unnecessary worry. So make sure your budget is realistic and achievable.

Once you have a better understanding of your total spend, it's time to start discussing the details, including your priorities. Is it important that you invite lots of people? Do you want that fairy tale venue you have always pictured or do you prefer to spend your money on a specific themed wedding? Only you can decide and once you do your wedding will start to take shape.

Choose your key roles

As soon as you announce you are getting married close friends and family are likely to start angling for the top roles. Remember it is your day and you need to make the right decisions to save yourself any headaches further down the line. Look at what roles you need and choose the most appropriate person. There is no point asking a shy friend who hates public speaking to take on a master of ceremony role. Think of how they can be involved in a more suitable role. You may want to tweak those 'traditional' job descriptions to suit you. Remember, this is your wedding and your choice.

Find your inspiration

This is the time that it starts to get really exciting. Lose yourself on Pinterest, look at wedding blogs or stock up on wedding magazines and make yourself a wedding mood board. If the budget allows you may want to enlist the help of a professional wedding planner.



Set your own style

Once you are inspired you can start to visualise your wedding and share those ideas with the relevant wedding suppliers you choose. If you can be clear on a style choice it will be helpful to your cake maker or florist to work to make your vision a reality.

Make bookings

Now you have decided on your wedding style you can set the date and start to book the key elements. Start with your venue and then move on to the suppliers like the photographers, florist, make-up

and hair stylists, entertainers and cake makers and then next order your wedding stationery and send a 'save the date' message to guests.

Keep everything in order

Once you have made the relevant bookings you really need to get everything in order and then keep it that way. Copies of contracts, terms and conditions and receipts all need to be filed safely, details of upcoming payments need to be recorded, money that you have spent should be record-

ed against your budget and emails from suppliers have to be replied to in good time. Administration is never going to be as exciting as tasting cake or trying on dresses but knowing everything is on order will keep you calm right up until the big day. There are also some useful online wedding budget spreadsheets that can help to keep you on track with spending.

Most important of all – enjoy your day. You are marrying the person you love, everything else is optional. Enjoy your big day.



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Director and senior Optometrist at John Flynn Opticians, Dr Sheeraz Janjua is one of only 25 Optometrists in the UK to be awarded the degree of Doctor of Optometry from Aston University for his research in Dry Eye Syndrome. He was also one of a select few nominated for the Optometrist of the Year award in 2018. Having been at the helm in Beeston since 2016, Dr. Janjua provides both private and NHS patients with the option to benefit from an enhanced eye examination using an OCT instrument to produce macular, retinal and optic nerve scans to aid early diagnosis of various ocular conditions.



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The Importance Of Wearing Sunglasses In The Summer

Wear sunglasses this summer, not just as a fashion accessory but most importantly to protect your eyes from the sun's ultraviolet (UV) rays.

We are all aware of how hazardous the sun can be for our skin, leaving behind spots or lines causing premature aging. Of course the biggest danger is skin cancer including eyelid cancer, your eyelids are thin and sensitive pieces of skin that are just as susceptible to skin cancer as the other parts of your body that are exposed to the sun. However, many people don't realize that the sun is just as damaging to the fragile organs that are our eyes including short and long-term eye damage such as cataracts, age-related macular degeneration and other sun-related eye diseases. Remember Sunglasses are not all created equal, all of our sunglasses/prescription sun lenses offer upto 100% UV protection and bigger lenses are even better as they offer even more coverage of the sensitive eye area.

Polarised lenses

We've all experienced glare in our daily lives whether it be driving in a car with the sun reflecting off the dashboard, road, windscreen and bonnet or the sun illuminating the surface of the water while spending the day at the beach. Usually glare is annoying and uncomfortable on the eyes, but when the angle of reflection is just right the glare can become blinding and often downright dangerous, as in the case of driving a vehicle.

Ordinary tinted sunglass lenses only cut down on the ambient light that reaches the eye but by their very nature, they cannot block glare only polarised lenses can block out this dangerous, often blinding glare, they can also enhance visual acuity, colour contrast and visual comfort, blocking 100% of harmful UVA/B light.

Don't forget we offer a **50% discount** on your second set of lenses including all of our polarised lenses. T&C's apply.



Don't take our word for it - here's what our patients are saying about us:

"I was recommended to go to John Flynn Optician by family members. I love everything about the practice and I will now only ever use John Flynn's. The glasses are well made, well fitted and I can see much better. My eye examination with Dr. Janjua was very informative and he put me at ease - very good. All the team at John Flynn's have treated me well and I cannot fault them."

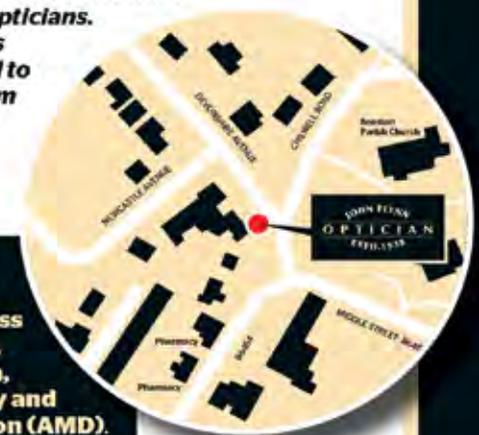


"I'd heard that the glasses were great quality and the service was great at John Flynn Optician. The staff have been very helpful and gave me all the facts I needed. I love the personal touch and that you don't have to ask for help - it's just given. I love my new glasses - the style, the colour, the quality - everything. Dan and Annette have been brilliant from the minute I walked in the door. They are very friendly and provided perfect service in every way. I will be coming back and will share my experience with others."



"I came to John Flynn Optician through a recommendation from a friend and have never been to another opticians. My eye examination was thorough and explained to me very clearly. The team at John Flynn's are very helpful and cheerful. Carry on the good work."

We also dispense specialist lenses for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and Macular Degeneration (AMD).



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John Flynn Opticians welcomes the registration of new patients and parking is available in the practice's own car park.

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John Flynn Opticians – offering top quality and first-class personal service in Beeston

If you are looking for an optician where you see the same optometrists and staff each time you visit, one that is open on Saturday and that prides itself on personal service then John Flynn Opticians in Beeston is the place to go.

Director and Senior Optometrist at John Flynn Opticians, Sheeraz Janjua, was recently awarded the degree of Doctor of Optometry from Aston University for his research in dry eye syndrome. Doctor Janjua is one of only 25 optometrists in UK with this qualification. He has been at the helm in Beeston since 2016 and leads a small team of optometrists and long standing optical assistants.

In 2018, Dr. Janjua was runner-up in the UK Optician awards for Optometrist of the Year out of over 14,000 optometrists nationwide.

New services have been introduced including dry eye and blepharitis appointments and treatment plans in a practice which already uses a state of the art examination suite with optometric eye testing software. The practice continues to advise and provide a clinically enhanced eye examination and complete eye health checks; using an OCT instrument to produce a macular, retinal and optic nerve scans to aid

early diagnosis of various ocular conditions.

The practice is now open all day Monday to Saturday. Off street parking is available in the practice own car park. The practice is proud of its free home eye examinations. This service involves all the usual staff at the practice. Patients will be able to choose from the same frames and lenses that are available in the practice. Established in Beeston, Nottingham over 80 years ago, John Flynn Opticians is located on the corner of the leafy Devonshire Avenue and Chilwell Road. The aim is to create a warm and welcoming environment within the traditionally furnished surroundings.

Emphasis is placed on personal service, correctly fitted frames and accurately dispensed ophthalmic lenses by exceptional manufacturers such as Carl Zeiss, Nikon, Seiko, Rodenstock, Essilor, Hoya and many other superior independent lens suppliers including one that makes the thinnest lens in the world.

The practice dispenses specialist spectacles, tints and coatings which can help people with various daily tasks such as driving, vision in low light level and VDU work. It also supplies Austrian lenses which use 'PinSharp' honey-

comb lens technology to improve the vision for those who struggle to see well enough.

Dr. Janjua also introduced specialist lenses from the USA for people with vision loss related to Glaucoma, Retinitis Pigmentosa, Diabetic Retinopathy and macular degeneration (AMD). These special lenses change the direction of light to alternative healthier parts of the retina. Combined with a special filter to improve contrast - they have been a huge success in helping those with visual impairment see better.

In a market dominated by larger optical groups here is a practice dedicated to providing patients with a reassuring, individual and professional service.

The practice also offers a contact lens fitting and aftercare service. Spectacles and contact lenses have never been more affordable since the launch of the monthly 'Eyeplan'.

John Flynn Opticians welcomes the registration of new patients. The practice is open from Monday to Friday from 9am to 5:30pm. Saturday 9am-5pm. Telephone 0115 9255051 to make an appointment, email enquiries@johnflynnopticians.co.uk or visit www.johnflynnopticians.co.uk



IS YOUR CHILD A SPORT FANATIC?

Maybe they're not and you're keen to encourage them to play and enjoy sport. Whether your child loves or loathes sport, the Big Tennis Weekend Roadshow (Saturday 1-Sunday 2 February) is calling on all kids across Nottingham and is keen to see them take part and get involved with a few games of tennis.

The event is ideal for children from ages 3 to 10 and all of the equipment is provided. There is also no booking required, you literally just need to turn up and play!

The exceptional coaching team will also be on hand to offer advice to aspiring tennis stars who will be playing with smaller nets, rackets and lower bouncing balls, meaning the event is ideal for beginners. Mini tennis really is the best way to introduce the sport to enthusiastic young players, with all of the fun and energy of the real thing.

There will also be plenty of other games and tennis-related activities for children to get involved in, making it a great day for everybody.

NOTTINGHAM TENNIS CENTRE: UNIVERSITY BLVD, NOTTINGHAM NG7 2QH

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HOT TUBS

that don't cost the earth

Hot tubs are rapidly becoming a must-have for any garden. While you may have considered having one installed you may have been discouraged by horror stories of massive running costs. However, help is at hand – Season Spas carry the full range of Sunbeach Spas hot tubs which have just received the prestigious Spa Energy Efficiency award at the UK Pool & Spa Awards 2019.

The R10 insulation system, which earned Sunbeach Spas the award, is a standard feature in all 14 hot tub models in stock at their Nottinghamshire showroom and is part of their Go Green! environmentally aware initiative.

The R10 insulating foam is applied to not only the underside of the hot tub shell, but also the interior walls and base of the hot tub cabinet, creating a highly efficient heat retention system – climate controlled lab tests conducted by TÜV (a world-renowned product testing and certification company) demonstrated running costs from less than £15 per month, based on average UK electricity costs. Compare that to the running price of almost £45 per month for a similarly-priced hot tub with standard insulation and Season Spas' hot tubs certainly won't cost the earth!

Season Spas carry the full range of Sunbeach Spas hot tubs which have just received the prestigious Spa Energy Efficiency award at the UK Pool & Spa Awards 2019



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DIY is a growing market

UK DIY and gardening enthusiasts are predominantly bricks and mortar shoppers, according to statistics from analysts GlobalData.

Over 60% of DIY and gardening shoppers in the UK prefer physical retail to online. GlobalData found that 64% of consumers shopping in this sector are likely to switch to a different retailer's physical store if their normal shop closes, rather than purchase on-

line with their favourite brand or travel to another location. The analyst firm claims this indicates preference for physical retail over eCommerce, but also convenience over loyalty. According to GlobalData, the UK DIY market was valued at £7.04 billion in 2019 and is expected to grow by 1.8% to reach £7.17 billion in 2020. Meanwhile, UK gardening spend is expected to rise 1.6% to £4.43 billion in 2020.

Home Improvement



Out with the old & in with the new in

2020



New Year's resolutions do not just have to be about getting fit and eating healthy. The start of 2020 is an ideal opportunity to assess your home and start planning those all-important home improvements for the year ahead. A home health check makes an excellent start to the New Year. One of the first things to think about are any structural changes that you are planning to make to your home – for example building extensions or adding a new conservatory. These take more

time and forethought than simply adding a new lick of paint so January is a great time to start the planning process. There is also a chance that you may find some discounts at the start of the year too.

Take note of other factors that could be improved such as your heating, loft insulation and double glazing – these home improvements may not be the most exciting or decorative, but they can help to save you money in the long run.

If you have a limited budget then



adding a splash of colour could revive an old space and brighten your home. A lick of paint is one of the easiest and most budget-friendly ways to freshen up your home and garden. Whether it is touching up a few walls or up-cycling an outdoor furniture set, it is an easy way to breathe fresh air into your surroundings. A simple splash of colour can rejuvenate a space and create a whole new ambience – why not switch up your theme colour by swapping your cushions and introducing a few new ornaments?

If you want your home or outdoor space re-designing but do not have an eye for detail (or the time), getting in touch with a professional who can do all the hard work for you means you can reap the rewards without having to get your hands dirty. With various interior designers, landscapers and specialist services available you will be able to get everything from the garden shed to a new patio with a quick phone call to a professional.

However you decide to improve your home take time to plan – and get professional advice – to ensure your home is one to be proud of in 2020.



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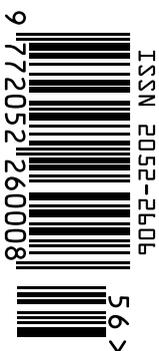
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