

# Nottinghamshire in CIIS



Issue 236



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A woman who has battled breast cancer twice has raised more than £7,000 to help other patients with the disease

Sallyann Petts, from Newthorpe, Nottinghamshire, has supported Nottingham Hospitals

> Price 20p ISSN 2052-2606

Charity's Breast Cancer Research Appeal for several years, and her most recent donation of £1,739 brings her fundraising total to more than

Each year Sallyann hosts a Strawberry Tea event, held at Ringwood Hall Hotel in Chesterfield. This year over 270 ladies attended in the glorious sunshine, receiving mini pamper treatments and purchasing clothes and accessories in support of the Nottingham Hospitals Charity's Breast Cancer Research Appeal, and the national charity

one who supports my Strawberry Tea each year. This year we added in a fashion show along with some gorgeous stalls and of course the amazing array of mini treatments that were available

"To raise this amount of money means so much to me and my family, I have battled and survived breast cancer twice and holding this yearly event is my way of giving something back to the charities that can help others."

Naomi Walters, Senior Community Fundraiser at Nottingham Hospitals Charity, said: "We are

so lucky to have Sallyann's support. Each year she goes over and above to organise a glamorous event which is also a fantas-

"Her donations support the research of Professor Chan and his team who trial

patients in Nottinghamshire and beyond.' For more information about Nottingham Hospitals Charity, to get fundraising ideas or to make a donation, please go to www.nottinghamhospitalscharity.org.uk.



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# Team of 100 Cyclists Raise £20,000 for Prostate Cancer Care



# Slimming World LONG EATON St Margarets Church Hall Aspley Lane Tuesday 6:30pm Tel: Mary on 01159287316 East Leake Academy Cafeteria Lantern Lane (use staff car park) Tuesday 5:30 & 7:30pm (Near ASDA) Tuesday 9:30 & 11:30am Thursday 5:00 & 7:00pm Tel: Sue on 07903378552 East Leake Leisure Centre Dance Studio Room (Opposite Reception) riands Club Beeston Resource Centre 74 Middle Street Saturday 8:30am Tel: Meg on 07792 943873 Gresham Sports Pavillon

ursday 10.00am Tel: Margaret on 07877 615284

# CLIFTON

CLIFON
The Royal Birlish Legion
(Next fo Wilko's)
12 Donlington Road
Monday 5:00 & 7:00pm
Tel: Sarah (NEW CONSULTANT)
on:07979 006707

Community Centre South Church Drive Wednesday 3:30, 5:30 & 7:30pm Tel: Jackle on 07877055117

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

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

# GOTHAM

St Peters & St Pauls Tel: Kerry on 07804 493162

The John Godber Centre Ogie Street Saturday 9:00 & 11:00am Tel: Kerry on 07804 493162

Selby Lane

# LONG FATON

slimmingworld.co.uk

0344 897 8000 1 0

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

Community Hall Ruffs Drive Wednesday 5:30 & 7:30pm

# KEYWORTH

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

# 295 Curzon Street Thursday 5:30 & 7:30pm Tel: Judith on 07711 043213

Sawley All Saints Church 561 Tamworth Road Tuesday 7:00pm Tel: Judith on 07711 043213

Jubliee Clubhouse Loughborough Road Monday 5pm & 7pm Tel: Wendy 07870 830097

# STAPLEFORD

The Haven Wadsworth Road Next to Wadswort Primary School Monday 9:15 am Monday 9:15am Tel: Dawn on 07872 648833

St. Helens Church Hall Frederick Road Monday 5:30 & 7:30pm Tel: Dawn on 07872 648833

Gresham Park Road Off Wilford Lane Monday 7:00pm Tel: Gillian on 07463856253

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

Gresham Sports Pavillian Gresham Park Road Off Wilford Lane Wednesday 7:00pm

Tel: Shirley on 07946727077

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

The Rugby Club Stamford Road Saturday 5:00 & 10.00am Tel: Naomi on 07734 791608



One hundred cyclists from British Gypsum have raised more than £20,000 by cycling 100 miles in aid of Prostate Cancer Care at Nottingham's hospitals.

The team of staff members rode the 100 miles from their plaster production plant in Barrow upon Soar to Skegness, raising vital funds for Nottingham Hospitals Charity's Prostate Cancer Care Appeal.

This was the team's tenth annual charity cycle, bringing their total raised for various charities to more than £140,000. They chose this year's cause in support of a colleague who was treated for prostate cancer at Nottingham's hospitals, and also gave £1,000 to Prostate Cancer UK. The cheque was presented by British Gypsum staff last month.

Phil Johnson, a Production Worker at British Gypsum, explained: "The hospital does really important work and we want to thank them for the care they provided for our colleague who suffered from prostate cancer. It was a pleasure to take on our tenth annual cycle challenge for such a good cause."Sian Griffith, Community Fundraiser at Nottingham Hospitals Charity, says: "It's been a real pleasure to work with the British Gypsum team over the past few months and to witness their incredible hard work and dedication to this fundraising challenge.

"It is clear that they all care immensely about the cause, and we're so grateful that they have chosen to fundraise for Prostate Cancer Care in Nottingham's hospitals, as a way of giving back and saying thank you for the care that a colleague has received



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# Independent Living Gets Grander In Nottingham Thanks To £5m Scheme

A scheme to improve the quality of independent living accommodation "The icing on the cake is Now I'll be able to park it in Nottingham is celebrating the completion of its latest flagship project the scooter store. I have a up safely and charge it up, I

Residents with their families celebrating the makeover along with staff from NCH, Keepmoat Regeneration, local Cllrs and Lillian Greenwood MP

scooter, which currently think I'll be out and about a has to sit in my hallway. lot more."

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Garfield Court in Radford is the 28th of Nottingham City Homes' independent schemes to have benefited from a refurbishment and modernisation of its communal areas. The £5m Grander Designs scheme has so far improved the living conditions of more than 700 of NCH's older residents.

The work to each scheme has been carefully planned by Grander Designs' Project Manager, Alison Brandon. She said: "Everything we have done has been in

partnership with the residents of our independent living schemes.

"We consider the needs of every resident, using as many dementia friendly design principles as we can on all the refurbishments, to make sure our schemes are accessible to all."

The latest scheme to be completed at Garfield Court in Radford included the refurbishment of the communal lounge, as well as the addition of a rooftop terrace, sun lounge and purpose-built scooter

After a consultation with the residents, the project has also included raised beds for residents to grow vegetables and flowers, CCTV all around the scheme, as well as a special garden seating area around an existing tree in the entrance.

Sixty-two-year-old Garfield Court resident, Melvyn Bee, said: "It's a fantastic change and I'm so pleased with it. I think these brand new facilities will kick start the social aspect of Garfield Court all over again.

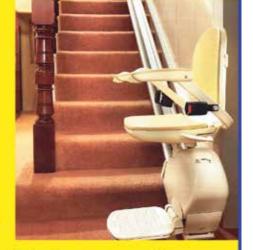
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# Nottinghamshire FunCUS

# Chef Manager Named Best In the Country



Devon Wright from Sneinton, Nottingham, has been named Chef Manager of the Year

by leading hospitality provider BaxterStorey at a glittering award ceremony in London.

Devon, who is Head Chef at the E.ON UK Trinity House office in Nottingham, was nominated for his work as a mentor to his team and sustainability advocate, constantly innovating finding new ways to tackle waste.

Established last year, the BaxterStorey Awards recognise exceptional talent within the hospitality organisation.

Dave Hawkes, Regional Managing Director at BaxterStorey, said: "These rector at BaxterStorey, said: "These awards recognise the dedication and hard work of our outstanding teams, including Devon and the excellent job he has done leading our team at E.ON Trinity House. This award is a real testimony to his hard work, innovation and dedication."

Devon has worked at BaxterStorey for four years, progressing from Chef to Head Chef inspiring the client, customers and the kitchen team with his flair, inspiration and creativity.

Hannah Garner, Group Manager at E.ON Trinity House, said: "Devon is an instrumental member of the team at E.ON Trinity House and delivers an exceptional range of healthy, seasonal dishes to our 800 staff. Sustainability is also of great importance to us and we have loved seeing Devon's innovative waste management strategies.

TRIATHLON























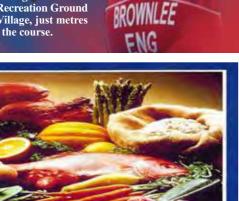




Thirteen British triathlon quartets have been confirmed to line up on Nottingham's Victoria Embankment on Saturday 2 September. The teams, made up of two men and two women, will also face compatition from four intercompetition from four international squads, including World Champions, Australia. Nottingham residents will also be treated to performances from talented international sides, with Canada's quartet containing Joanna Brown who recently finished fourth at the World Triath-lon Series event in Montreal.

Australia will also head into the weekend with confidence, having scooped their recent accolade of ITU Triathlon Mixed Relay World Cham-nione

pions.
The event hopes to attract over 15,000 spectators, with many free-to-view spots alongside the Embankment to capture the very best of the action. For those want-ing to sit back and relax, a big-screen will be showing all race coverage within the Meadows Recreation Ground Spectator Village, just metres away from the course.



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Jack Buckner, British Triathlon CEO, said: "With 64 athletes set to line up, the British Tri-athlon Mixed Relay Cup 2017 Nottingham will be a showcase of the fantas-tic telent we have both in tic talent we have both in Great Britain and over-

Councillor Dave Trimble. Nottingham City Council Portfolio Holder for Leisure and Culture, said: "The excitement is really building now and the scene is set for this amazing inaugural event. "The field is world-class

Photograph by David Tyrrell/British Triathlon

Photograph by British Triathlon

and there are lots of op-portunities for people to come and enjoy the event; as participants in the City of Nottingham Triathlon in the morning, watching the event along watching the event along the course and dropping in to the Spectator Vil-lage to try the activities on offer. I would urge everybody to come down on 2 September to enjoy this fantastic new event for the City."

# Gurkha One Scoops National Restaurant Award

L-R - Caroline Jackson CEO, Jamil, Michaela Lymbery - management team, Alex Hempsall - bar team, Jess Boby - bar manager, Annabelle Lymbery - bar team

The independently-owned Indian Nepalese restaurant Gurkha One, which specialises in authentic fine dining, has scooped another award to add to its honours.

The Nottinghamshire restaurant was crowned Restaurant of the Year: East Midlands at the prestigious English Curry Awards on Monday 21 August. Attended by 350 industry representatives, the ceremony took place at the Manchester Mercure Hotel.

Owner and manager Jamil and his

partner Michaela Lymbery attended the event with members of their team and were presented with the award at the seventh annual showcase honouring restaurants and restauranteurs within the industry. Jamil said: "We've had our sights set on this award for some time now so we're delighted to have been honoured by the English Curry Awards in the company of all our contemporaries. It is incredibly important to us to have a place amongst the best restaurants

within the industry.

Gurkha One, which opened in the Nottinghamshire village of Rolleston in 2016, has built its reputation for high quality and authentic dishes accompanied by a very personal service. It now ranks within the top five Notting-ham restaurants on TripAdvisor.

The award is added to the restaurant's impressive honours which include Best Restaurant overall 2015 and Best Restaurant Manager 2016, English Curry Awards.



swing, Broxtowe Borough Council is ensuring its parks are safe by topping up the bark surface on all of its play areas.

Approximately 75 tonnes of additional play bark will be added to the Council's 34 play areas to ioned surface if they fall around

the play area "Safety is a priority at these much loved play areas and the additional bark will help ensure that our young residents can enjoy some fresh air and play time and parents

Martin Plackett, Vice Chair of the Leisure and Environment Committee, who went along to help the Parks Team install the bark at Queen Elizabeth Park in Stapleford and Mansfield Road Recrea tion Ground in Eastwood

# Coach Style

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Liverpool & Chester 06 Oct

FROM S/SUP CALL

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Free time in Scarborough & Bridlington FROM 07 Oct

# **LONDON & GREENWICH - 2 DAYS**

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14 Oct

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16 Oct

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Out of over 12,300 products to be judged, The Welbeck Farm Shop on Nottinghamshire-Yorkshire border has been awarded Great Taste stars for its Welbeck Leg of Lamb; Welbeck dry cured smoked back bacon: Welbeck dry cured middle bacon; Welbeck dry cured streaky bacon and its Welbeck own pancetta.

Farm Shop Manager Oliver Stubbins said: "Winning five Great Taste awards is a great achieve-ment for our Butchers. We have previously been awarded Farm Butcher of the year where our overall display, quality and service has been recognised, however we are always looking to improve and have spent a lot of time perfecting our bacon curing, as well as continuing to source the best locally reared high welfare livestock possible.

"Our Butchery team have over 150 years combined experience, led by our Head Butcher Mark, and take great care and passion in preparing all of our produce. Our Butchers hand-cure the finest local pork with our own recipe and it is then aged in the speciality curing

room and selected for the counter once the perfect level of aging has been achieved."

The Welbeck Leg of Lamb was awarded a 2-star Great Taste, the Welbeck dry cured smoked back bacon was awarded 1-star and the Welbeck dry cured middle bacon combin-ing streaky and back was awarded another Great Taste 1-star. There were 12,366 Great

Taste entries this year and of those products, 165 have been awarded a 3-star, 1,011 received a 2-star and 3.171 were awarded a 1-star accolade.





Solicitor Set to Pedal that the British Legion Roger Pitts, of Nottinghambased solicitors Curtis Parhelps support.

kinson, is set to ride his bike all the way to Paris in an effort to raise money for the Armed Forces community.
Organised by The Royal

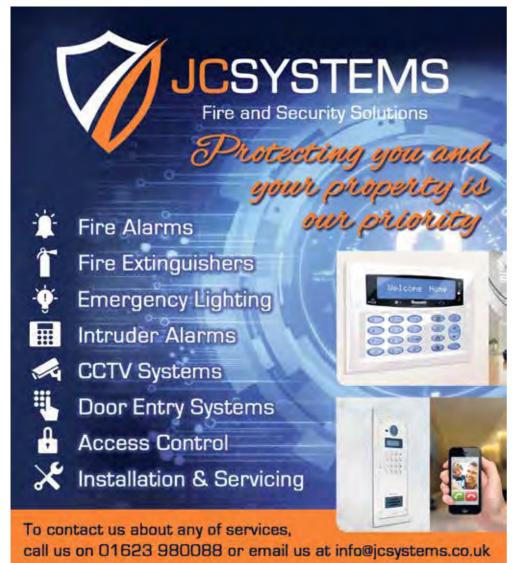
British Legion, Roger will be joining 150 keen cyclists as they cover 460km (284 miles) to travel from London to Paris in just four days.

The Pedal to Paris challenge will raise funds for the thousands of serving and ex-service people

Roger, a Managing
Partner at Curtis Parkinson, explained: "I'm really looking forward to the challenge and it's a fantas tic way to raise money for a charity that helps improve the lives of thousands of Service people, veterans and their families each year."
Setting off on Thursday 31 August, Roger

will finish the challenge in style as the final leg culminates in a ride toward the Arc de Triomphe on Sunday 3 September. Roger, a highly experienced litigation solicitor, has had a keen interest in cycling for a number of years, but recent weeks have seen him step up his training. He added: "It's going to be quite tiring to cover that distance in just four days, so I've been preparing by steadily building up to distances of 100km plus during my weekend rides.

"I've recently received my special Pedal to Paris cycling jersey so I'm raring to go!"





# eyes on the Bilsthorpe fish ponds thanks usebuilder donatio For more information about the

pe fish ponds thanks to housebuilder donation Bilsthorpe Fisheries, a non-profit voluntary club which looks after natural wildlife ponds in Bilsthorpe, has been able to install CCTV cameras to help combat poaching to local homebuilder Rippon Homes. Formed about 15 years

ago, Bilsthorpe Fisheries has worked hard to encourage flowers, fauna and wildlife to flourish by transforming muddy holes, which were left over by the former Bilsthorpe Colliery site, into ponds

Members of Bilsthorpe Fisheries can access the ponds in order to fish however, because of six years of poaching, stocks have depleted and the club is trying to restore the aquatic life.

The new CCTV cameras will be used to monitor the ponds and have been funded by Rippon Homes who donated £750 to the project.

Mark Johnson from the Bilsthorpe Fisheries said: "For the past six years we



ing at the ponds which we work hard to maintain for the members of the club to use. The new CCTV cameras will enable us to keep a closer

able us to keep a closer eye on the ponds. We are grateful for Rippon Homes' support." Ian Dyke, Managing Di-rector of Rippon Homes said: "Bilsthorpe Fish-eries provides activities and areas of wildlife for the people of Bilsthorpe to enjoy. We are committo enjoy. We are committed to supporting local communities wherever we build new homes, so it was only natural that we wanted to help out." The ponds are located near Rippon Homes' new development of six bungalows called The Larches on Eakring Road.
Priced at £179,500, there is only one three bedroom bungalow left

which includes fitted blinds and light fittings. The bungalow comes with a fully fitted kitchen and includes an en-suite shower room to the master bedroom. There is also the advantage of a single garage and attrac-

final bungalow available at The Larches, please call the Rippon

659 000 or visit http://www. ripponhomes.co.uk/find-a-newhome/the-larches

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Seven inspirational Midwives Nurses, and Allied Health Professionals were recognised for their compassionate and outstanding care at Sherwood Forest Hospitals' nual Chief Nurse Awards today Kelham House Hotel

The Trust's special event culminated in Sarah Addlesee, Nurse Advisor to the Patient Safety team. being named the winner of the overall Chief Nurse Award for 2017 (a special award chosen and presented by the

standing contribution to leadership and empowering inspiring others). Sarah "It was really such an honour to even be nominated, so I'm absolutely shocked delighted to be named the winner of the Chief Nurse

Award. I know what a fantastic job the other shortlisted candidates do every day for their patients and it's great that we can all be recognised at times like this."

Sherwood Forest Hospitals' Chief Nurse Awards Winners Announced

The awards celebrate those dedicated nurses, midwives, therapists, health who are committed to providing the very best care for their patients.

As well as the Chief Nurse Awards staff were recognised in categories that reflect the Trusts four core values of; Communicating and working together; Aspiring and improving; Respectful and caring; and Efficient and safe.

In total there were a record number of 237 nominations for individuals from patients, visitors and Sherwood Forest Hospitals staff across all of the categories, with the eventual winners judged by a panel led by Chief Nurse, Suzanne Banks.

Suzanne said: "I'd like to congratulate all of the winners and runners up, and thank them all on behalf of the Trust, and most importantly our patients, for the care, dedication and professionalism they display day in, day out.'

in Newark



# It's A 'Capital' Project for Cartwright Communications

wright Communications has won the contract to provide regionally-focussed public relations and digital support to Not-tingham's bid for the European Capital of Culture 2023.

Cartwright is working alongside the Not-tingham 2023 board and leaders from local cultural venues to generate support for the city's bid.

against Belfast, Dundee, Competing Leeds, and Milton Keynes, Nottingham's European Capital of Culture 2023 bid team will be supported by people across the Midlands and beyond, and is calling on locals to become Nottingham 2023 'Cultural Lione' tural Lions'

Liz Cartwright, MD of Cartwright Communications, said: "We are absolutely thrilled to be working on this fantastic campaign. As an agency, we wholeheartedly support the city's bid and we were pleased and proud to have won this work. As part of its work, Cartwright is carrying out media relations, event support and strategy planning.

Paul Russ, chairman of Nottingham's Cultural Strategy Partnership and chair of the Nottingham 2023 board, said: "We are delighted to be working with Cartwright – an agency which has vast experience of Nottingham and its cultural scene.

"Cartwright is heavily involved with creative ideas for the bid. As part of the bid, we want to give everyone in Nottingham the opportunity to take part in a project, production or experience and nurture the next generation of creative producers and cultural leaders.'



# Applications Open for BFI Film Academy 6 at Broadwa

Broadway has been selected for a sixth time to be a regional delivery partner for the BFI's Film Academy Network, and is offering 20 young people aged 16-19 with a passion for film the opportunity to be a part of our future film industry.

Over five months participants are supported by industry professionals to learn practical skills, watch a range of films from British independent to specialised titles, meet writers, directors and producers.

Participants develop a complete understanding of film, gaining hands on experience within a variety of roles whilst working as part of a small team to produce one of 3 short films, which will be screened in front of a public audience at Broadway Cinema.

Broadway's BFI Film Academy has supported the next generation of filmmaking talent for the past five years: programme alumni have gone on to work in the industry, study film at unithrough BAFTA and be offered work experience with film companies.

"My biggest achievement since leaving Broadway's BFI Film Academy was pitching my idea to a panel of industry professionals and winning an £8,000 budget to direct my second short film. Without the regional academy I wouldn't have realised my passion for filmmaking or begun my journey into the film industry". - Ynez, BFI Film Academy 2015-2016.

The programme is an opportunity to gain a valuable first step into the film industry and to complete the NCFE Level 2: Preparing to Work in the Film Industry qualification.

Broadway's BFI Film Academy 6 will run from 18 October 2017 until 8 February 2018 and will be held at Broadway over evenings and weekends. The opportunity is open to young people aged 16-19 from across the East Midlands.

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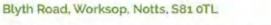
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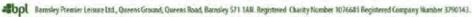


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Around 70 city centre establishments have succeeded in gaining Best Bar None accreditation this year - with over 50 receiving the top gold award.

Best Bar None is a national initiative, supported by the Home Office, designed to promote the responsible and effective management and operation of licensed premises.

The results of this year's scheme have now been announced with 69 venues being awarded the accreditation. This

includes 54 receiving the top ranked gold status - an increase of six venues from last year's scheme.

In order to achieve Best Bar None status, venues have to demonstrate they have policies and procedures in place to prove that they are safe, responsible and well operated and also comply with relevant legislation.

They are then assessed on areas such as the prevention of crime and disorder, measures they take to promote

responsible drinking, their standards of safety and customer care, how they prevent and deal with public nuisance issues, the measures they have in place to protect children from harm and their approach to community engagement including membership of initiatives such as Pub Watch and charities.

The highest scoring premises will now go through to an independent judging round, which will be undertaken by industry experts. Those with the highest scores will be announced as the top venue in six different categories – Best Bar, Best Pub, Best Cocktail Bar, Best Club, Best Restaurant and Best Independent.

Andrew Crawford, a director of the Nottingham BID, said: "This high number and the amount of gold status awards just highlights how Nottingham is a safe place to visit and that the scheme is helping to make the city even safer by improving business standards.

# Heritage **Open Day at the D.H. Lawrence** Birthplace Museum

On Saturday 9th September the D.H. Lawrence Birthplace Museum are opening their doors for FREE.

Enjoy a taster tour of the ground floor of the museum and see an interactive demonstration of the Victorian Wash-house

The day is part of National Heritage Open Days, where venues open their doors for free to encourage people to discover what's on their doorstep. It is suitable for all ages and is a great opportunity to see the authentically restored mining cottage where the controversial writer was born.

The event takes place from 11am - 4pm (last admission 3.30pm) at The D.H. Lawrence Birthplace Museum, 8a Victoria Street, Eastwood, Nottinghamshire, NG16 3AW. There is no need to book and parking is available

The D.H. Lawrence Birthplace Museum is an award winning visitor attraction in Eastwood, Nottinghamshire (not far from junction 26 of the M1 and the IKEA retail park). It combines D.H. Lawrence's authentically recreated childhood home, with an exhibition space celebrating the author's life, work and humble beginnings. From here you can also explore the surrounding countryside, which inspired his work.

The D.H. Lawrence Birthplace Museum is open Tuesday to Saturday, 10am to 4pm. For more information, please contact the D.H. Lawrence Birthplace Museum on 0115 9173824. Facilities include a charming gift shop, tea and coffee, and a picnic area.





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# What Do I Focus On In My Healthy Back Classes?

There are four main principles that I focus on in my Healthy back classes at Balance Studio:

It's important that you can recognise when your spine/pelvis is in its neutral position - that is with its natural, normal curves. If you can-not recognise this, then a lot of the exercises you do will not be as effective and in some cases may even be detrimental. It's not as easy as it sounds to know if your spine is in a neutral position, whether your sitting, standing, lying, bending - but once learnt, you become so much more aware of your posture and how to take the strain off your spine and give it a well-deserved break!

## Thoracic Mobility

Most of our rotation comes from the thoracic area and if it's 'locked' and doesn't move then this can lead to all sorts of issues. Our bodies are all connected, so if your upper back is locked then you'll most likely have issues in your neck and lower back. Getting mobility in your thoracic is crucial.

# **Hip Mobility**

Learning how to move your hips independently from your pelvis is another necessary skill. Most people really struggle with this one

and move the pelvis/hip as one unit. Also, if you don't move from the hips, you will be repeatedly bending your spine. We all need to learn how to move correctly and be kind to our spines.

# Core (including glutes)

Strengthening the muscles that support the spine also helps to hold your body in its correct position. Most clients with back issues have 'switched off' glutes because they never use them! These muscles are such large and important postural muscles that they need to be working well for optimum back health.

# It's a simple formula, but one that works really well

We combine these four areas with advice on hydration, nutrition and supplements, but if you can't get to a Healthy Backs class at Balance Studio, here are some tips to help your back ache:

# Three Simple Tips for Backache

# 1. Drink more water Your body needs water to function

properly - it can and does affect your pain levels!

# Eat Clean

Cut out processed foods, gluten, sugar etc. They can cause inflammation in the body and inflammation causes pain - rid your diet of these inflammation-causing foods and fill your body with 'clean' foods that have an anti-inflammatory ef-

# 3. Posture

If you spend all of your time sitting or slumped then your back will start to complain. Sit on your sitz bones, maintain a neutral spine, move from the hips as you bend, and most importantly: move! Bodies aren't designed to spend hours sitting - just look at your young children!

# Happy Backs!



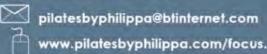
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# Bet flusing on Holielesy

The start of autumn is the perfect excuse to pack your suitcase and retreat on a much needed getaway before the colder months begin.

colder months begin.
With tons of attractions available right on your doorstep here in the UK, you don't need to go far to escape from the everyday. Surrounded by a mixture of historical sites, breath-taking views and traditional seaside resorts, the UK offers a fine selection of holiday destinations that don't require a plane ticket.

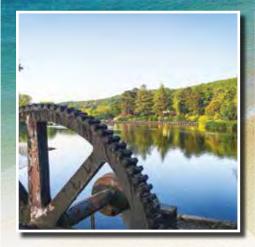
Why not try something close to home? Rent a luxury lodge in the

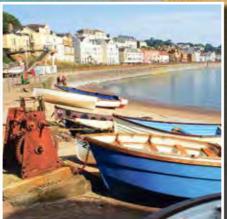
heart of Sherwood Forest with woodland views and your own outdoor hot tub. With tons of outdoor activities available in dog-friendly surroundings, Sherwood offers fun for all the family without the stress of traveling. York is a popular destination for those who like to take in the rich café culture and cobbled streets. Bursting with independent boutiques and high street names, combined with a rich history which dates back to Roman times, this modern city is a haven for shopping fanatics and history lovers alike

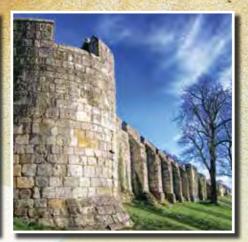
Devon makes a wonderful seaside resort with two wonderful coastlines, family attractions and areas of outstanding natural beauty which will leave you windswept and in wonder. Grab your bucket and spade and explore the sandy beaches or get active and try out some of the watersports like sailing and paddle boarding.

The National Peak District, situated in the heart of England, offers breath taking views and fantastic opportunities for adventure lovers and explorers with various cycling, walking and wildlife watching routes. With the opportunity to go underground, overground, in the water or even in the air, a trip to the Peak District gives you the opportunity to get active and try something new. With tons of destinations boasting various attractions and stunning surroundings, you'll be spoilt for choice when holiday.

With tons of destinations boasting various attractions and stunning surroundings, you'll be spoilt for choice when holidaying in the UK!







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# Stapleford Carnival 2017

This year Sta-pleford Carnival celebrates its 22nd year, after spending the last two years under its new sponsor: The Rotary Club of Beeston.

Stapleford Carnival takes place Ilkeston Road Recreation Ground on the outskirts of Stapleford – NG9 8JJ. Just below Bramcote Park.

This year, Stapleford Carnival will have entertainment in the form of Monica Russell and her Dog and Duck Display; Bill Brookman and Partner with their varied entertainment regime make a welcome return from last year, as well as Let's Get Drumming - the children especially love the beating of the drums. Our own Stapleford's Children's Entertainer Changofuego also gives a super show. Music comes from The Maypole

Good Time Band and some more exotic musical strains come from

We will have the usual fairground slides and rides plus a wide variety of classic cars and other vehicles. In tune with the fairground theme, we also have a couple of fairground organs, one from Disgnity and another from an independent gentleman.

Kev is bringing along his birds of prey and Underwing is having a parrot display. The Carnival also has a varied amount stalls food as well as charity and commercial

stalls. The sponsors and organisers hope you all

have a very enjoyable day

Royal British Legion with the Town

Mayor of Stapleford

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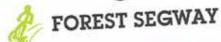








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Nottinghamshire FunCUS

# Guide vaillable No

As we approach autumn we can look forward to a truly colourful display of leaves on the trees and lots of berries, seeds and nuts available for wildlife to feast on to build up their reserves and get them through the winter months.

To get wildlife lovers through the autumn winter, Nottinghamshire Wildlife Trust has put together a packed programme of opportunities for people to learn about and enjoy the county's wild-

**Festival** 

2nd-3rd Sept 2017

10:00am - 4:00pm

Caistor

Town Hall

Large Art Exhibition

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Their Wildlife What's On Events Guildo from September includes events right through to Christmas and is now available. It is packed with activities, walks and volunteering opportunities, and with dark nights approaching there is an interesting range of evening talks. Details of all the charity's event are also listed on its website.

All events are open to the public and many are organised by the charity's local

volunteer groups which are spread across the county, so you don't have to go far to get involved. Most of our events are free (some include a small fee for refreshments), so with several events taking place each weekend it is easy to keep yourself occupied.
The Wildlife Trust encour-

ages wildlife lovers of all ages and interests to get involved and try something different. We have a great range of walks, featuring wildlife in general, or more specific interests.
The **Beeston Wildlife** 

Group Walks are on Saturdays, 23rd September, 21st October and 25th No-Join the group vember. for a guided walk around Attenborough Nature Reserve. 10am - 1pm. Meet in the car park. Contact: Nigel Slater 0115 916 6518 Martin Butler 07847 015 151 beestonwildlife-

a series of Sunday morning walks, meeting at 10.30am. Contact: Lucy Kennedy lucy.k1@hotmail.co.uk.

• On 10th September the group will revisit a little known gem of a site at Beeston

Sidings; this walk was very popular last year! Meet at the entrance to Dunkirk pond, behind Nottingham University Science Park.

• Their **Urban Safari** on 30th September includes an exploration of parks, nature reserves, and open spaces across the Top Valley area of Nottingham. Meet at the Cinderhill tram stop.

There is a Wild-Wander around Bulwell Hall Park on 12th November. This is a walk around this little known park, country including ancient woodland. Meet at the first car park, in the entrance, off Sandhurst

Road

The Wildlife Wanter on 10th December is around Kimberley Cutting when you can explore two of Nottingham's most central parks. Meet at the entrance on Hardy Close,

• The group also holds a Wildlift Pub

Club where you can join members of the committee for an informal after-work chat about conservation and wildlife. 7.30 pm at the Bell Inn, Angel Row, Nottingham. These are on 4th September and 6th November.

The South Notts Local Group has a couple of events this autumn:

come to join 1st them on September evening an moth trapping at The Hook Nature Reserve. Lady Bay. Meet at 8.30pm. Contact: Katie Last 0115 958 8242 klast@

nottswt.co.uk Join the group d Jerry Clough on 8th October to explore The Mysteri-ous World of Plant Galls. This is a walk covering the Arboretum, riverbank and cemetery in search of galls. Meet 2pm at the Sutton Bonington sports complex (opposite the Nottingham

University Campus) in the Minster overflow car park. National Grid SK502262 and nearest postcodes are LE12 5RA and LE12 5RB. Contact: Gordon Dyne 0115 878 4842

Sept-Dec 2017

We have a series of Training Courses at

Attenborough Nature Reserve:
• The Autumn Blvi Manifestion Walks

are on Saturdays, 2nd September, 7th October and 4th November. Improve your identification of autumn birds using sight and sound. 9-11am. £6. Book all three autumn walks for £15.

• For those interested in photography there is **Wildliff Photography in the Au**-October and 4th November. Join professional photographer, Iain McMillan, for a morning of wildlife photography around the reserve. Learn how to get the best from your own equipment and use Iain's extensive range of professional kit. 8.30-

11.30am. £35.
• Ballaniileaton and Surveying - This evening course on Saturday, 23rd September, covers the ecology, conservation and identification of UK bats. After a light meal you'll cover the surveying and monitoring of bats before heading out for an evening walk to put your new skills

into practice. 4-10pm, £35.
• Autum Plat Identification is on Sunday 8th October. In autumn large numbers of migrant visitors arrive on our shores to spend winter here. By the end of the day you'll have the confidence to identify both migrant and resident autumn birds. Includes an afternoon walk to put your new skills into practice. 10am-3pm, £35. • Join Tom Hartman from the University of Nottingham on Saturday, 14th October, for an **Introduction to Wildlife Micros CODY**. Whether you're new to microscopy or would like to improve your skills, Tom with guide you through the use of different types of microscope to study a wide

range of subjects, from plants to invertebrates to minerals. 10am-4pm. £35. • On Fungi for Beginners on Sunday,

29th October, you will learn how to identify common mushrooms, discover the folklore surrounding them and learn how to classify edible and poisonous species. Includes the study of specimens and a foray around the reserve. Leader: Dr Patrick Harding. 10.30am-4.30pm. £35.

ophytes is on Sunday, 5th November. Learn the principles of bryoidentification focusing on the larger, more common species, and learn where to look for them. You'll also cover the ecology and biology of mosses in Britain. Lunch and refreshments are includ-9.30am-4.30pm.

£45 per person. tion is on Saturday, 9th December. Learn how to identify common trees in winter, without using leaves. Includes analysis of a wide ange of samples followed by a field session on the reserve. 10am – 3pm. £35 per person.



category.





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If you're after new ways to keep the kids entertained over the summer holidays, look no further than Sundown Adventureland - The adventure theme park uniquely designed for under 10's.

With lots of different themed attractions available, the visit is fun for all the family.

New to 2017 is the Ostrich Safari Ride, where little explorers will find lots to see in the great outdoors

If you like to splash around, then the River Barrel Boat Ride is perfect for you - but remember to watch out for those pesky pirates! If you prefer the beach, don't forget bucket and spade For Captain Sandy's Play Cove.

Journey back in time on the Robin Hood Ride, meet the outlaws and travel through their hideout, but watch out for the evil Sheriff.

Have you ever heard a goat yodel, a potato talk, or a pig sing? Well you will in Sundown's

Market Square! Don't miss the magnificent Tractor Ride around the farmyard. With many more rides and attractions to choose from, you'll be spoilt for choice on a day out at Sundown Adventureland. To assist your visit, you can find imaginative and

stimulating educational activity packs covering the Early Years Foundation Stage (age 3-4) and Reception Year (age 4-5) as well as Key Stage



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# BHI CL@CK AND **WATCH FAIR**

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Sunday 10th September 9am-2pm Upton Hall, Upton, Newark, Notts. NG23 5TE

Enjoy browsing through 30 stalls with a diverse range of new and used complete timepieces, parts and tools.

Enjoy lunch at the Clock House Café · Free parking Admission: £5 / £3 for BHI Members / Under 16s FREE Spaces available for stalls - but not for long! Call Jo for info.

> Contact Jo Stephens: Tel: 07834 235672 Email: horologist007@outlook.com



For further updates see the BHI website:

WWW.BHI.CO.UK

# CLOCK &

On Sunday September 10th Upton Hall will be holding a Clock and Watch Fair for the first time in many years. Thousands of people from all parts of the country attend fairs held in many interesting places so it is only right that the home of the British Horological Institute should agree to host one.

Organised by members of the BHI, many of whom are professional horologists, visitors will be able to talk to knowledgeable people as well as browse and buy a wide range of horological items.

Stalls will be set up in The Ballroom an ideal setting for both traders and buyers, it is expected that the many tables will encourage those interested in any of the many different areas of horology to attend. Free car parking is available and when in need of a break from browsing, the Clock House Café is on site serving lovely home cooked food, or wander in the grounds.







# FIREWORKS WORLD CHAMPIONS HEADLINE ESTIMATION

Midlands Company Jubilee Fireworks, recently crowned Fireworks World Champions, will be headlining this years Festival of Fireworks at Catton Hall.

For the second time in three years, Jubilee gained the 'Gold Jupiter Award' at the international festival in Montreal, widely regarded as the premier fireworks competition in the world.

the world.
The Festival of Fireworks was inaugurated in 1999 at Shugborough Hall – featuring five British companies who were given the opportunity to demonstrate their work alongside each other. Nineteen years on, this unique event is now well-established as one of the premier events in the annual fireworks calendar, attracting thousands of spectators to its new home in the elegant grounds of Catton Hall in South Derbyshire. The Festival attracts the very best

The Festival attracts the very best Fireworks Companies from the UK. The 2017 event features Fuse Fireworks from Retford, 1st Galaxy from Nottingham, Shefford-based Fully Fused Fireworks, climaxing in a spectacular grand finale show by Jubilee. In addition to four amazing displays, the evening's entertainment will commence with a breathtaking 'dancing flames' demonstration.

Visitors can also experience a Steam Fayre, featuring an exhibition of working steam and traction engines from bygone days.

from bygone days.

The Festival of Fireworks offers everyone the opportunity to experience spectacular and stunning examples of the art of pyrotechnics. Ideal for a family outing, why not bring a picnic, or purchase from an extensive range of on-site food outlets?

The date is Saturday September 2nd and it's worth reserving tickets in advance as discounts are available compared with prices on the gate.



For more information, please call 01384 402266 or visit www.jubileefireworks.com

# **CROSSWORD**

# ACROSS

1 Ironworker (10) 6 Pen dip (6)

11 To better a rival (5)

12 Metal container (8)

13 Neck injury (8)

16 In clothes, dressed (7)

18 Signs on for

evening classes (6)

19 Exceedingly large (4) 20 Extinguish a candle (5)

22 Machines to shift air or volumes of water (5)

24 Meadow (3)

25 Madam Peron (3)

26 Strictly moral folk (8)

28 Find the answer to (5)

29 Tree material (4)

30 Velvety fruit (5)

31 Statute (10)

35 Diligently (10)

39 Once more (5)

40 Comfortable living (4)

41 Gone up (5)

42 Altered slightly (8)

43 In good health (3)

44 Go wrong (3)

45 Irrigate (5)

47 Entrance hall (5)

49 Urges on (4)

50 Agree (6)

51 A facial hair (7) 54 Zig-zag pattern (3-5)

57 Rowdy debate(8)

58 Grand Prix car (5)

59 Brushes clean (6)

60 A saying or a mood shown

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on the face (10)

1 Drink of tea (4) 2 Understood (12)

3 An epic tale (4)

4 Twelfth of a foot (4)

5 From now on (10)

6 Driving tutor (10)

7 Sun umbrellas (8) 8 Sound a car horn (4)

9 Sheriff's badge (4)

10 Traded without guarantee (4,2,4)

14 Floating home (9)

15 Our star (3)

17 Credit chit (1,1,1)

20 Hair cleanser (7)

21 Neither applauded

nor lauded (9) 22 Spaghetti (5)

23 Manyfold (5)

27 Miserly (9)

32 Yearn after (4,3)

33 Playhouse crowds (7-5) 34 Ferocious attack (9)

35 Lush red fruit (10) 36 Distressed (5)

37 Central (5)

38 Leisure centres

for the young (5,5)

39 Car ice-preventer (10)

42 Comfortable seat (8)

46 Long fish (3)

48 Period of years (3) 52 Draw on metal (4)

53 Tunes (4)

54 Halt (4)

55 Walk through water (4)

56 Hooter (4)

## ISSUE 235 CROSSWORD ANSWERS

ANSWERS ACROSS

1 Boss 3 Paddy 10 Lager 12 City 13 Warm up 14 Paths 15 Cast-off 16 Delay 17 Free 19 Hard 21 Centre half 24 Vest 27 Tavern 28 Coconut 30 Eskimo 31 Dram

33 Dark 34 Yard 35 Judo 38 Banana 39 Evident 40 Chisel 42 Tape 44 Threadbare 47 Tale 48 Lump 52 Shape 54 Elastic 55 React 57 Easter 58 Game 59 Pylon 60 Dread 61 Flap

ANSWERS DOWN

1 Bowl 2 Serve 3 Puppy 4 Dustbin 5 Yeast 6 Slack 7 Proof 8 Scuffle 9 Cycle 11 Gospel 18 Shut 20 Dream 21 Canadian 22 Rice 23 Hunt 25 Timid 26 Headache 28 Carve 29 Toast 32 Roast

35 Joint 36 Wine 37 Tend 41 Leer 43 Pop-cycl 45 Hostel 46 Arrange 48 Lodge 49 Happy 50 Scone 51 Braid 52 Steed 53 Petal 56 Trip

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# AVOID LONG NHS WAITING TIMES BY GOING PRIVATE

**7** 53%

of people said that they were unaware that they could pay for operations



would possibly pay for private healthcare treatment to avoid long wait times



said they would definitely do so



of people were unaware that many procedures they assumed would be covered by NHS funding are not available to them Thousands of people in Nottingham are waiting for NHS operations, unaware that they can take their lives in their own hands and avoid long wait times.

In fact, more than half said they did not realise they can pay for their own care, according to an independent survey commissioned by BMI Healthcare.

John Lindars, Executive Director of BMI
The Park Hospital, said: "We have all heard
or read about long waiting lists, and people
are frustrated that they cannot get back
to their normal lives as quickly as possible.
People do have a choice, which means that
can help get them back to their normal lives
as quickly as possible."

As many as 53% of people say that they were unaware that they could pay for operations like hip replacements, knee operations, cataracts, back pain and a host of other conditions that leave people unable to enjoy their lives to the full.

Mr Lindars added: "Even despite these findings, we are seeing more patients here at BMI The Park Hospital who are choosing to fund their own care. Our patients say it is important that they are able to do things like pick up their grandchildren, take their dog for a walk, enjoy their gardening — but the pain and strain of waiting for an operation can prevent them from doing so.

"Our ethos is to help get people back on their feet and back to their normal lives as quickly as possible." The survey found that more than two thirds of the UK public (68%) say that they would possibly pay for private healthcare treatment to avoid long wait times – and almost a fifth (17%) said they would definitely do so.

The same survey also found that almost two thirds (65%) of people were also unaware that many procedures that they assumed would be covered by NHS funding are not available to them. In many parts of the country including Nottinghamshire, procedures for hernias, cataracts and varicose veins are not routinely NHS-funded.

Mr Lindars said: "Our patients tell us that the cost of these procedures is worth more to them than the cost and discomfort of waiting, and that the benefit of having their operation far outweighs the thought of living with the condition.

"People have more choice than they think they do – here at BMI The Park Hospital we want to make it easy for people to see exactly what options they have while making their choice."

Making an appointment to see a Consultant at BMI The Park Hospital is easy – simply call 0808 101 0376 or visit www.bmihealthcare.co.uk

Often, a GP referral is not needed and appointments are generally available within a couple of days.

The research was carried out in May 2016 by Consulavide, of 1,191 respondents in England



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Toot Hill School in Bingham is an outstanding\* secondary school, which works in close partnership with its family of local primary schools to provide a great educational experience for all children in the community.

Toot Hill has an excellent rep-

utation for providing a high quality learning environment and students achieve remarkable academic results year on

Head of School Sandy Paley believes that Toot Hill is a school that allows all students

to reach their full potential: "From their first day, students will be motivated, challenged and engaged by high quality teaching and so develop a life-

long love of learning."
Toot Hill students also enjoy developing their wider skills and character by getting involved in an extensive envolved in an extensive enrichment programme, which includes the National Citizen Service, the Duke of Edinburgh's Award, World Challenge, dramatic shows, music, advanced science, residential visits and much more.

The school's ethos combines a drive for success, both academically and with regard to personal development in a car-ing and supporting environ-

If your child is currently in school year 6 and you would like to find out more about Toot Hill School, you can at-tend one of the school's outof-catchment open evenings on Tuesday 12, Wednesday 13 or Thursday 14 Septem-ber from 6.30pm.

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If your child is currently in Year 6, due to start secondary school in September 2018 and you would like to find out more about Toot Hill School, we invite you to attend one of our Open Evenings on 12, 13 and 14 September 2017 from 6.30pm.

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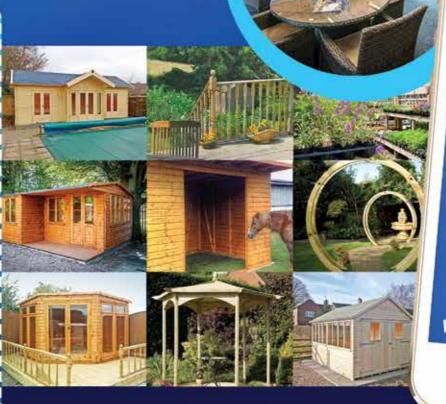
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The newly opened Garden Centre offers a stunning selection of plants and shrubs as well as composts, mulches, and decorative aggregates for your garden. We have a wide selection of chimeneas and working water features on display and a range of high quality timber decking products onsite.

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# HOME & GARDEN

We only get a few weeks of good weather in England and now that's it's here, it's time to make the most of what little time we do get to spend in our gardens.

Creating a space to be proud of doesn't have to break the bank either. With just a few small changes, you'll be well on your way to creating your very own outdoor oasis to spend the summer in.

## Soft furnishings

Add pops of colour and pattern with cushions and throws for your outdoor furniture. It's great for creating texture and interest to your garden, plus it's practical comfort wise for any seating areas. You could even go about making your own covers to cut costs

## **Potted Plants**

If you're relatively new to gardening or just want the over-all look with minimum effort, potted plants are the way to go. From vibrant coloured flowers to low maintenance succulents, dot them on steps, along walls or as a centre piece on your outdoor dining table. A lick of paint

Whether it's last year's plant pots or the garden fence that's overdue a makeover, a lick of paint is sometimes all you need to freshen up your garden for the summer ahead.

There are all sorts of shops that sell bits and pieces for decorating your garden, even supermarkets. Lanterns, candles, statues and lighting are just a few examples of things could add to your garden this



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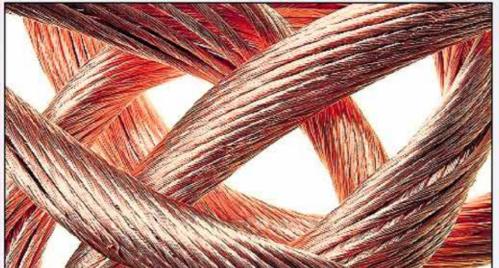


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