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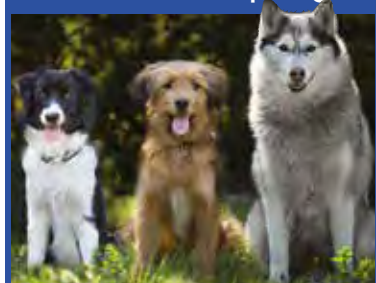
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Peas vote for young chef Viktor



Spruce-up for Forest legend

The statue of the man who masterminded one of Nottingham Forest's most famous moments in their history is to get a spruce-up to mark the 40 anniversary of that success.

The legendary Brian Clough, together with his assistant manager Peter Taylor, were at the helm on Wednesday 30 May, 1979, when their Forest side beat Malmo in Munich to lift the European Cup. The club would go on to create more history the following season by defending the trophy in Madrid with another 1-0 victory, this time over German side Hamburger SV.

In honour of the 40th anniversary of the first of these two famous victories, the Brian Clough statue will be given a clean and wax to make sure it is looking at its very best.

Councillor Dave Trimble, Portfolio Holder for Leisure and Culture at Nottingham City Council, said: "We have very many things that make us proud about our city, but right up the top of that list is Forest's successes in the European Cup which really put Nottingham on the map."

"What Brian Clough, Peter Taylor and their players and staff achieved in 1979, and the fact the trophy was retained the year after, will forever be remembered by the club's supporters."

"We felt it was fitting that the Brian Clough statue should have a clean and polish in recognition of the 40th anniversary of that first famous victory and for everything that he did for football in the city."

The statue was unveiled in King Street more than a decade ago and came about thanks to the hard work and dedication of a small team of volunteers working in partnership with the City Council.

Paul Ellis, the chairman of the Brian Clough Statue Fund which raised the money for the statue, said: "Forty years on from that fantastic achievement in Munich, it's only fitting that Cloughie's statue gets this special attention."

Five-year-old Viktor Vaughan has been chosen to represent Nottingham in the final of national cooking competition, the Young Pea Chef of the Year 2019.

Viktor, who lives in Nottinghamshire and attends St Teresa's Catholic School in Aspley, is one of five primary school children in the competition.

The Yes Peas! Campaign has joined forces with The Ocado Foundation again for a second year running to launch the national competition which received over 200 entries.

Viktor's recipe for Pea, Avocado and Curly Kale Mousse beat off hundreds of hopefuls to be selected as one of the final five by an expert panel of judges, including TV chef Rachel Green.

The next stage of the competition calls on the public to vote for their favourite recipe before the deadline of 25 June. The young chef with the most

votes in each of the three categories will be crowned Young Pea Chef of the Year 2019 in their age group and win a £500 donation from the Ocado Foundation to go towards 'Grow Your Own' projects for their school, as well as a personalised hamper for each winner to take home. Viktor said: "Thank you for choosing my entry. I am very excited, happy and proud to be in the top five."

TV chef and Yes Peas! ambassador, Rachel Green, said: "We were overwhelmed to receive over 200 entries into this year's Young Pea Chef of the Year competition – the highest number of entries since we kicked off our first competition four years ago."

To vote for your favourite recipe, visit the Yes Peas! Facebook page where they will find information on all the finalists and their pea-inspired recipes – www.facebook.com/YesPeas. www.youngpeachef.co.uk



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Developer helps to boost charity café coffers



A charity café that is raising funds to purchase the building their organisation is based in has received a donation from Barratt and David Wilson Homes.

The company donated £1,000 from its Community Fund to Rumbletums Café, a charity based on Victoria Street in Kimberley.

Rumbletums Café was the housebuilder's Community Fund nomination in April. The charity helps young adults with learning disabilities gain confidence and

experience in a work place environment.

The café's trainees serve in front of house or work in the kitchen whilst being supported by staff and experienced volunteers.

"We wish to express our sincere thanks to everyone at Barratt and David Wilson Homes for the generous gift we have received and for making this donation possible," said Derek Gardiner, Chair of Trustees at Rumbletums Café. "The housebuilders' kind donation will help

us to continue and develop the good work we undertake here at Rumbletums."

The charity was nominated for the Community Fund by Liz McCarthy, a Barratt and David Wilson Homes employee. She explained: "Rumbletums Café is a great asset to the community that strives to make real progress for those it helps, especially young people with learning difficulties. It's wonderful that we can give back to the charity with this donation and

help them raise the funds they need to purchase the building they are currently located in."

To find out more about Rumbletums Café visit the website at <https://rumbletums.org.uk/>.

New games area unveiled in Stapleford

A new multi-use games area at Hickings Lane Recreation Ground, Stapleford, was officially opened last week following the first phase of a £160,000 scheme as part of Broxtowe Borough Council's Pride in Parks scheme. Mayor of the Borough of Broxtowe, Councillor Michael Brown joined Pete Scott, Chair of Stapleford Town Football Club and Town Mayor of Stapleford, Councillor Ray Darby.

The new area has high ball rebound fencing around all side and allows both football and basketball to be played. There is also a set of cricket stumps within the fencing to maximise the number of sports that can take place. The total scheme, which also includes a full refurbishment of the play area, was funded

by £93,000 grant from FCC Communities Foundation, along with a further £67,000 from Broxtowe Borough Council's Pride in Parks scheme. One of the primary users of the park, Stapleford Town Football Club also contributed £1,000 towards the project.

Cheryl Raynor, FCC Communities Foundation's local grant manager said: "We are delighted to be supporting the Hickings Lane Recreation Ground project and pleased that our funding will help to enhance this great facility. We look forward to the further phase being completed shortly."

FCC Communities Foundation is a not-for-profit business that awards grants for community projects through the Landfill Communities Fund.



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FREE BUSINESS HELP FOR ENTREPRENEURS

Budding entrepreneurs are invited to the launch of a programme that will provide free support to help get their business ideas off the ground.

Mansfield and Ashfield district councils are working in partnership with East Midlands Chamber to provide the New Enterprise Programme, a range of free support to help those who want to be their own boss.

Residents in either of the districts who are seriously considering starting their own business are invited to sign up to attend a launch event. It will take place on Friday 7 June at the Summit Centre in Kirby-in-Ashfield from 9.30am to 12.30pm.

Those who sign up to the programme will benefit from confidential advice and expert help from a personal mentor to create a personalised business plan and help them achieve their goals.

Future workshops will provide help with market research, costing, pricing and managing business finances.

Future workshops will provide help with market research, costing, pricing and managing business finances.

Network events will provide a chance to make new contacts and listen to inspiring speakers on a range of relevant topics.

Martyn Saxton, Head of Planning and Regeneration at Mansfield District Council, said: "This is a great opportunity for those who want to start their own business but are unsure how to go about it or lack the confidence to take that first step. The programme will provide invaluable support on all aspects of setting up a business and

help develop their skills and strengths."

Carol Cooper-Smith, Interim Service Director Place & Communities at Ashfield District Council, said: "It is a pleasure to be able to work in partnership to bring this fantastic opportunity to the people of Ashfield and Mansfield. The project is a great initiative aimed at encouraging and supporting those who want to give self-employment a go and is an opportunity not to be missed."

To find out more about the project and sign up to attend the launch event, contact the Ashfield and Mansfield Regeneration team on 01623 463327 or email newenterprise@mansfield.gov.uk.

New agency will speed up adoption for children in care

A new adoption agency will offer children in care the stability and security they need to achieve their potential. The launch of the Regional Adoption Agency (RAA), part of Adoption East Midlands, will transform the lives of children and their adoptive families.

Every year the RAA will be looking for families for approximately 160 children.

Incorporating Nottinghamshire County

Council, Nottingham City Council, Derbyshire County Council and Derby City Council, the Regional Adoption Agency (RAA) will work collaboratively across the East Midlands to encourage more people to become adopters.

Shelagh Mitchell, Group Manager Adoption East Midlands, said: "We want every child to be in the loving, stable home that's right for them, and adoption can transform the lives of

these vulnerable children – and their adoptive families – in a remarkable way. By coming together and joining forces through the work of RAAs, councils can use the network to match children with the right families much more quickly."

Across the East Midlands adopters are needed for sibling groups of two or three children, children with additional needs, children from a BME background and

school age children.

Shelagh added: "Although we have priority needs in different regions, our message is clear, we welcome anyone who has interest in adopting children and who wants to make a difference to children's lives."

Find out more about adoption at www.adoptioneastmidlands.org.uk or go along to an information event (details are available on the website).

Mary's marathon efforts raise funds for charity



A Nottingham woman has completed some of the world's most famous marathons for charity.

Mary McGowan most recently completed the Boston Marathon in the USA on 15 April, in aid of Hayward House – the palliative care centre at Nottingham City Hospital.

This completed the Abbott World Marathon Majors for Mary – a group of six of the largest and most famous marathons which includes Boston, Chicago, New York, London, Berlin and Tokyo. Mary has also completed marathons in Paris, Florence, Edinburgh and the Great Wall of China. Her list of sporting achievements includes half-marathons in Sierra Leone and the Robin Hood Half Marathon in Nottingham, in which she participates annually, climbing Mount Kilimanjaro, trekking the Three Peaks Challenge, skydiving, plus various obstacle runs such as Tough Mudder and Men's Health Survival of the Fittest.

Mary, who is a Director of the Purico Group and Nottingham Care Village, raised more than £1,000 for Nottingham Hospitals Charity through her most recent accomplishment, completing the Boston Marathon.

Mary explained: "I have had a few friends who have been cared for and passed away at Hayward House. I really feel the work that is done there to assist families is just fantastic. It is not the morbid place that people may think but it is very uplifting and is a great support to families at a very difficult time in their lives."

Henry Amor, Community Fundraiser at Nottingham Hospitals Charity, said: "We want to congratulate Mary on this amazing achievement and for all her hard work training and fundraising for Hayward House. I don't believe I've met anyone who has completed as many marathons and other sporting events as Mary and I am in absolute awe of her dedication and determination. The money Mary has raised will make a huge difference to patients and families at Hayward House."

For more information about Nottingham Hospitals Charity, to sign up for a fundraising event or to make a donation, go to www.nottinghamhospitalscharity.org.uk

"The money Mary has raised will make a huge difference to patients and families at Hayward House."

"By coming together and joining forces through the work of RAAs, councils can use the network to match children with the right families much more quickly."



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If yes - nominations for Nottingham University Hospitals NHS Trust's (NUH) staff awards – called Team NUH Awards – are now open and recognise staff who go above and beyond for patients, their loved ones and carers. This year's categories include: include Volunteer of the Year, Team of the Year, Unsung Hero Award, Community Champion and Fundraiser of the Year Award.

Tracy Taylor, NUH Chief Executive, said: "We are very fortunate to have so many passionate, compassionate and talented staff and volunteers who make up Team NUH. Nottingham can and should be very proud of its local hospitals and our annual awards are one of the ways in which our local community can say 'thank you' to our staff for the outstanding work they do to provide the best possible care for patients and their families."

Nominations close on Friday 23 August and are welcomed from patients, families and staff based on experiences of care at NUH over the last 12 months. They can be submitted on the website <https://www.nuh.nhs.uk/teamnuhawards>. A panel of judges will choose the winners who will be announced on 5 December.

Raring to go, teachers and those in teacher training from across the Flying High Partnership before the start of the triathlon. Photo: Lou Brimble.



Schools tackle a triathlon for Rainbows Children's Hospice

Nottinghamshire's Flying High Partnership schools came together recently to raise just over £3000 for Rainbows Children's Hospice by sending teams to tackle a challenging Holme Pierrepont based triathlon.

Organiser, Fliss Prior, a teacher at Bilsthorpe Flying High Academy, said the challenge was inspired by her mum's inspirational quest for fitness.

She explained: "After seeing my mum complete her first open water swim at the age of 60 in 2017 in a bid to get fitter, I was determined to get other people to realise that they could do stuff for the first time too, no

matter what age, fitness level or ability."

It prompted Fliss to use a Triathlon to raise money for a number of charities, most recently for Rainbows Children's Hospice - The Flying High Partnership's chosen charity.

She said: "Beginning in 2017 five teams from schools in the Flying High Partnership raised money for cancer research, followed in 2018 with another five teams from schools and teacher training across the trust where we raised £1000 for Rainbows. But this year, an incredible 14 teams from different schools and

teacher training within the trust came together and we raised just over £3000 for Rainbows Hospice."

Experienced swimmer Fliss, who was the first woman out of the water in the Triathlon, said maybe there will be another event next year: "I want to thank everyone that donated not only their time but to those who donated money for Rainbows. It is such an important cause and if we do it again next year maybe even more people will get involved."

Anyone wishing to donate can go to: <https://www.justgiving.com/fundraising/fhp>

Three new courts for tennis club

At the start of the new tennis season, West Bridgford Tennis Club has unveiled three newly resurfaced outdoor courts.

The club, off Wilford Lane, hopes the improvements will help maintain and grow membership and

continue to nurture local talented players.

The project was funded by Nottinghamshire County Council's Local Improvement Scheme and club reserves. Councillor Gordon Wheeler, who supported the bid, said that the previous outdoor courts were worn out after 20 years' service, so the new artificial surface will hopefully attract new members of all ages.

The overall cost of the three newly resurfaced courts is £49,200, with both LIS and the tennis club contributing £24,600 each. The ongoing maintenance of the courts will be met by the club.

Coun Wheeler said: "Tennis is one of the best activities for all-round fitness and in the age of social media, it is vital we engage young people with exercise and outdoor activities. The club attracts tennis players of all ages and during the tennis season is a real hub of activity."

"There is no better sight than seeing children engaging with sport at a young age, and through the club's Outreach programme, there is a thriving junior membership, which every club needs for future growth."

The new, durable Tiger Turf is safe to play on in any weather and minimises the risk of joint injuries.

Club secretary and Junior Programme co-ordinator Jill Shelvey said that through the club's Outreach programme, coaching was now offered to ten Rushcliffe primary schools.

"The funding we receive from Bridgeway Consulting means we can introduce children to tennis at an early age through free coaching and tennis fun days," Jill said.

"All the money we raise is ploughed back into club reserves, which means we are always upgrading and refurbishing facilities and equipment."

Harry is inspirational

J.K. Rowling's Harry Potter has been named the most inspirational children's book character – beating fellow Hogwarts student Hermione Granger to the top spot.

The young wizard won the hearts of readers throughout the seven book instalments, after discovering his magical powers at the age of 11.

Harry went on to fight off Dementors, trolls and giant spiders - which were later brought to life through box office hits.

Coming in at second was Roald Dahl's Matilda, closely followed by the author's loveable protagonist Charlie Bucket from Charlie and the Chocolate Factory.

The poll of 2,000 parents highlights the importance of parental relationships and reading, with many characters and books being passed down through generations.

Also making the top 50 inspirational children's characters were Mary Poppins, Paddington Bear and Peter Pan. Residents of A.A. Milne's Hundred Acre Wood proved popular with Winnie the Pooh, Christopher Robin and Tigger all featuring in the list. The survey was commissioned by The Works, which is supporting parents in helping their children embrace reading.

The research also found the most inspirational book titles included The BFG, Alice's Adventures in Wonderland and The Lion, the Witch and the Wardrobe.


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ICC cricket comes to Nottingham

The 2019 ICC Cricket World Cup has come to England and Trent Bridge has hosted five of the games, three of which are still to be played. Hosts England have a great record at Trent Bridge, having won both their previous World Cup games at the venue: wins against New Zealand in 1975 and Zimbabwe in 1999. Below are the remaining fixtures at Trent Bridge:

- Australia v Windies – Thursday 6 June 2019
- India v New Zealand – Thursday 13 June 2019
- Australia v Bangladesh – Thursday 20 June 2019

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Championing Creativity in Fashion and Design

Words by Michael Marsden, Dean of the School of Art & Design at Nottingham Trent University

Art and Design education at Nottingham Trent University (NTU) has a long and successful heritage. Established in 1843 it is one of the oldest providers of art and design education in the country, founded out of national and local government initiatives to produce artists and designers of national and international importance, in particular to the growing need for skilled design talent in the textile and lace manufacturing industries. In 2017, the creative industries contributed £92 billion to the UK economy. In 2019, the importance of the creative industries to our economy remains significant, representing

the fastest growing part of the UK's economy.

Our annual Art & Design Degree Shows present work created by final year students demonstrating their unique creative talents across the spectrum of art and design practice. The work will surprise, delight and provoke thought, as our students demonstrate risk-taking and collaboration via their practices. They address challenges from new technologies, along with social and ethical issues such as the ageing population, wellbeing and mental health, and the role of the creative industries in areas such as urban regeneration. The Show will include

art installation, sculpture, illustration and painting; portfolios of graphic design, animation and motion graphics work; photography and print; fashion garments, textile and knitwear design; fashion communication and management; theatre, television and costume design; product innovation and prototypes; and furniture, interiors and architectural design.

This wealth and diversity of the work on display is an outcome of our education process. At NTU the development of creative thinking through practice and critical debate is encouraged, and the values of collaboration and

multidisciplinary working embraced. This leads to educational outcomes which prepare all of our graduates for the next steps in their careers. We believe in the value of the studio, as this replicates the practice-based environments which many of our graduates will encounter as they go on to contribute to the creative industries. The studio also encourages an ethos that learning is enhanced through doing and making. All of our courses actively encourage live projects with local, national and global partners, which have recently included Paul Smith, Aston Martin, Next and local charities such as

Emmanuel House and My Sight Nottingham.

This year's exciting celebration of work is exhibited across NTU's flagship buildings on the City Campus, is open to the public and completely free to attend from 1 – 9 June (visit weekdays 10am – 5pm or weekends 11am – 3pm). All information, booking and tickets can be found by visiting www.ntu.ac.uk/degreeshow

Get a glimpse behind the scenes and see the students' creative journeys by exploring the hashtag #NTUDegreeShow, and importantly come and visit this special and inspiring collective event for yourselves.



1. Panayiotis Ioakim, Architecture
2. Kate (Jihye) Yun, Decorative Arts
3. Caitlin Smith, Fine Art
4. Emily McCarthy, Graphic Design
5. Anna Keomegi, Fashion Design
6. Lucy Wood, Fashion Design



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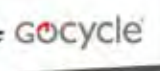
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Hoodwinked robins come home to roost in Sherwood

Two robin sculptures have recently taken pride of place in Sherwood after residents clubbed together to buy them at auction to support Nottingham hospice.

The birds formed part of a trail of colourful five-foot robin sculptures that took Nottingham by storm last summer. They have now come home to roost at their forever perches on Mansfield Road in Sherwood and have been welcomed at an official ceremony.

Fireman Dan Walker set up a crowd-funder which raised more than £7,000 in a week before the Hoodwinked auction last October when sculptures were auctioned to raise funds for the hospice. Dan, cheered on by community members, won two robins for the local community.

Eleri Tunstall, a member of the Sherwood group, said: "It's fantastic to welcome the robins home; it feels like the perfect ending to this whole adventure. Everyone who was involved with the crowd-funder is really excited about it."

The group held a street collection and cake stall at the welcome event which raised £235 for Nottinghamshire Hospice.

Anita Harris, head of fundraising at Nottinghamshire Hospice said: "How fantastic it is that the robins that brought so much pleasure to so many people are back on public display.

"They are a tangible reminder of the special ongoing support we've had from the people of Sherwood. We're incredibly grateful to the Sherwood community for using the welcome event to again raise money for our patients and their families."



Eleri Tunstall and Dan Walker with one of the robins.

NEWS in brief...

The end of supermum?

Eight in 10 mums have shunned the idea of being a supermum – and feel they are 'good enough' instead, a study has found.

Researchers polling 2,000 mums of children aged 0-18 for parenting site, ChannelMum, have found that rather than aiming for perfection, most believe they are doing OK when it comes to raising happy and healthy children.

Just managing to produce a cake on time for their child's birthday is among the things mums believe shows that they are doing a 'good enough' job, as well as serving up vegetables for their child at mealtimes, even if they only eat a couple of forkfuls.

Being okay with the fact their youngster isn't getting the best grades in the class, happily playing with the kids instead of doing the washing and understanding it doesn't matter if the meals they prepare aren't cooked from scratch, also feature in the list.

Sink or swim

Three in 10 adults have not been swimming for more than 10 years, a study has found.

A lack of time, not wanting to have to get changed before and after a swim and being self-conscious in their bathing suits mean millions have not set foot in a public pool for at least a decade.

And another three in every 100 adults have never been swimming in a public pool.

Other reasons for not swimming regularly include not wanting to use public changing rooms, exercising in other ways instead and not feeling confident in the water.

It also emerged one in five adults cannot swim, with a fifth of those now believing it is too late for them to learn.

Another 45 per cent regret not picking it up at a younger age.

The study was commissioned by John West as part of its Get Yourself Shipshape campaign, which aims to encourage people to make 'little and often' changes towards healthy, active lifestyles.

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NEWS in brief...**That festival feeling**

One in five music fans would happily ditch their annual holiday – and go to a festival instead, a study has found.

The rising cost of holidays (29%), hotter UK summers (14%) and uncertainties around Brexit (12%) mean many would prefer to enjoy a long weekend of live music instead of heading abroad.

And of those with tickets to a music festival this summer, three in 10 say it is their main trip this year.

It also emerged almost one in five (19%) feel their summer would be 'incomplete' without the atmosphere of a festival field to soak-up.

While 22 per cent opt for a festival over a holiday because it has everything they could want in one place.

The research was commissioned by Barclaycard to celebrate its partnership with Live Nation and AEG, which sees the sponsorship of eight festivals this summer.

Daniel Mathieson, head of sponsorship at Barclaycard, said: "It is fascinating to see how live entertainment events have evolved over the past few years.

"Festivals are no longer just about the music, but about finding opportunities to discover new ways to have fun and make memories, whether that's taking a yoga class, trying out a new cuisine or seeing a comedian."



Cycling club raises £850 for air ambulance



Notts Cyclists Touring Club (CTC) has recently raised £850 for the Lincs and Notts Air Ambulance at their Audax cycling event.

CTC is a touring club – with five rides each week from Nottingham, from easy rides to lengthy all day rides.

The donation represents the surplus from the group's recent Charnwood in the Spring Audax event – held last month.

The group also organises an Audax event each October – An Autumn Day Out – and donations last year from these events totalled over £1,200. Members of the group are pictured handing over the cheque.

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Sherwood Forest Hospitals sets out its new health strategy

Improving the overall health and wellbeing of local communities and colleagues at Sherwood is central to the new five year vision set out by Sherwood Forest Hospitals NHS Foundation Trust in its strategy launched in April 2019.

The strategy which includes the vision of Healthier communities and outstanding care for all reflects the Trust's role as a provider of healthcare within the Mid Nottinghamshire health and care system. As well as the new vision, the strategy outlines five key strategic objectives:

1. To provide outstanding care
2. To promote and support health and wellbeing
3. To maximise the potential of our workforce
4. To continuously learn and improve
5. To achieve better value.

The strategy is the result of an extensive period of engagement with more than 750 conversations with members of staff, patients and visitors, and wider stakeholders. It marks the next step for the Trust as it looks to continue in its improvement journey having been rated Good

overall, and Outstanding for the care that it provides by the CQC in August 2018.

Richard Mitchell, Chief Executive of Sherwood Forest Hospitals said: "As a Trust we believe we have improved a great deal in recent years, and we want to get better still. Our new strategy was developed through many conversations with colleagues and other partners and I feel confident we have something that will support our improvement journey."

"The circumstances all public sector organisations are

experiencing at the moment mean it is not sustainable to keep doing the same things we have always done. We must work more closely together and look at ways to improve the overall physical and mental wellbeing of everyone in our communities.

"I have seen many strategies developed in isolation from staff and patients and then they get left on a shelf and never used. I am confident our strategy is different and I feel very excited about delivering this over the next five years."

The new Sherwood Forest Hospitals strategy and a two-page summary are available on the Trust's website: www.sfh-tr.nhs.uk



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Invest Newark and Sherwood offer:

- Bespoke information on the local economy, business sectors, workforce and education
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- Arranging site tours in the area
- Support with recruitment and training of staff.

From June to November 2019 the following free workshops and events will be held:

Governance Workshop 28 June 2019

Round Governance/NSDC Newark Beacon Innovation Centre
9 30am - 12 30pm

A Governance Workshop for small companies with big ideas! This is unique opportunity to receive governance guidance from an industry expert and make sure your company, however big or small, gets it right

Business Health Check 10 July 2019

D2N2 Growth Hub/NSDC Newark Beacon Innovation Centre

A one to one 90 minute session with a D2N2 Growth Hub Business Adviser who will provide right advice for each individual business needs. Plus, access to finance, latest legislation or practical business support

Google Digital Garage 12 July 2019

Google/Shooting Star/Robert Jenrick MP/NSDC Everyday Champions Centre, Newark

10am - 4pm

Training day for businesses and providing insights into how to use online marketing to stay competitive

Business Health Check 5 September 2019

D2N2 Growth Hub/NSDC Newark Beacon Innovation Centre

A one to one 90 minute session with a D2N2 Growth Hub Business Adviser who will provide right advice for each individual business needs. Plus, access to finance, latest legislation or practical business support

Health & Safety for Directors 19 September 2019

Safety PAL/Optimum Safety/NSDC Newark Beacon Innovation Centre

9 30am to 4 30pm

This interactive workshop will provide essential tools needed to protect your business

Managing Employees Workshop

Camino HR Ltd/NSDC 20 November 2019

Newark Beacon Innovation Centre

10am - 3pm

All managers and supervisors need to be aware of the law and should have the confidence to ensure that policies are understood and effective. This small and interactive workshop will cover Dignity at Work and Stress in the Workplace



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Sue Nattrass at Sue.Nattrass@newark-sherwooddc.gov.uk

Dog owners asked to take pledge

Dog owners are being asked to take a pledge to be responsible and help others to do the same.

The PAWS campaign has been launched by Newark and Sherwood District Council to encourage dog owners to pick up their dog's mess and walk and play with their dog regularly. The campaign also asks owners to help others to do the same. PAWS stands for:

- P** Pledge to pick up your dog's mess
- A** Active for life
- W** Welfare & responsible dog ownership
- S** Sign up and support

It means that dog owners will not only pick up their dog's mess, but will exercise their dog, make sure they have an up-to-date chip and advise other owners to look at taking the pledge as well.

With £1.4 million dogs in the UK being walked less than once a day and 2.1 million dogs being left home alone for five or more hours in a typical weekday, the PAWS pledge is more important than ever.

Andrew Weaver, Community Protection Officer for Newark and Sherwood District Council said: "By taking the PAWS pledge dog owners are taking a stand against irresponsible ownership. They are promising to take proper care of their dog and help other dog owners to sign up and take the pledge as well."

Those who take the pledge will receive a PAWS pin badge to place on their dog's lead.

For more information, and to take the pledge, please contact andrew.weaver@nsdc.info



The hidden cost of cash

Recent research has revealed the hidden cost of doing business in cash for the UK's small businesses.

Carried out by Square, the survey showed that nationally small business owners dedicate a collective seven million business hours a week at the bank dealing with cash – 81 minutes a week per business – and with 3,300 bank branches having shut since 2015 it is harder than ever for them to carry out basic banking services in their local area.

The research comes on the back of the changing nature of the UK high street - one in 10 shops are lying empty on the high street - the highest rate in four years and the economic uncertainty of Brexit.

Despite these shifts and the costs of cash handling, over half of the businesses (54%) surveyed still don't accept cards, putting themselves at risk of missing sales.

In Nottingham the research showed that:

- 52% of people prefer to pay by card
- 32% of people have been late with a payment

- 51% of people have been given the wrong change and said nothing
- 32% would never own up to being given too much change
- 22% of people think it is different for small vs large business
- 41% of businesses do not accept cash
- 50% of businesses have seen their taking go up since accepting card payments
- 38% had poor or no digital skills when they started their business

Whilst small businesses spend time cashing up and traveling to and from the bank, consumer habits are changing fast. With 488 ATMs closing per month on the UK's high streets, cash can be hard for shoppers to access and spend.

Nearly half of Brits prefer to use their cards (47%) over any other form of payment, compared to only 30% who prefer to pay by cash. In fact, that preference for paying by card rises as high as 56% among the next generation of shoppers aged 25-34.

Sebastian, the little superhero

Local 4-year-old receives bravery award for helping his dad. See page 25.



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Celebrating Nottingham's independent businesses



The It's in Nottingham Independent initiative is designed to showcase, promote and celebrate Nottingham's unique mix of independent businesses.

The It's in Nottingham Independent initiative has returned again this year with a two month campaign which started at the weekend (1 June) designed to showcase, promote and celebrate Nottingham's unique mix of independent businesses. This is the eighth year that Nottingham Business Improvement District (BID) has organised this event which includes competitions, workshops and tours of the city. The campaign will kick off with a competition to find Nottingham's Best Independent Business when the public are encouraged to nominate their favourite independent located within the area of the city covered by Nottingham BID in seven different categories. Categories are: • Attractions and Things to Do • Cafés/ Coffee

- Shops
- Health, Hair & Beauty
- Homes & Giftware
- Pubs, Clubs, Bars, Music Venues
- Restaurants
- Other retail businesses

People can make their nominations either by completing a voting card that they can pick up in one of the city's many independent businesses and posting it in the ballot box in the Nottingham Tourism Centre or by voting for them online at www.itsinnottingham.com/vote. Everyone who votes will be entered into a free prize draw, with one lucky person winning a £100 voucher to spend at 2018's best independent business – Bar Iberico. The closing date for nominations is 4pm on Thursday 27 June.

The winning business in each category plus an overall winner will be announced at a breakfast event on Thursday 4 July – Independence Day.

A Special Achievement Award will also be presented to a business that the judges believe should have special recognition for their contribution to the independent scene in Nottingham city centre. www.itsinnottingham.com/independents

Newark and Sherwood is joint safest district

Newark and Sherwood is the joint safest district in Nottinghamshire, according to new crime statistics. New indicative figures, released by Nottinghamshire Police and Crime Commissioner, report that the rate of crime in the district between April 2018 and March this year, was the lowest in the county. The survey concluded that within the 12-month period, the percentage of respondents having been a victim of crime in Newark and Sherwood was just 14 per cent, compared with Nottingham and Broxtowe, where the figure was 24 per cent of respondents.

In the past year, since Newark and Sherwood District Council launched its Cleaner, Safer and Greener initiative, the council, its partners and the police have taken a tougher stance on offenders who compromise the safety and welfare of residents.

As well as the partnership approach with police to tackle crime and anti-social behaviour, the council has also extended its frontline ability to deal with groups and individuals who break the law and make life a misery for residents.

In January, two community protection officers were recruited, with an additional two officers due to start shortly, with the power to issue fixed penalty notices (FPNs), ensure effective enforcement and increase public awareness of crime issues. The officers spend a vast majority of their time in the community, working directly with the public, the police, residents, businesses, key partners and parish and town councils to

create safer communities.

Council leader David Lloyd said: "We have invested and will continue to invest in measures to improve safety and help minimise crime in the district."

The council has also helped set up

a number of neighbourhood watch groups involving police, retailers, county and parish councils, to provide a forum for residents to raise concerns over crime in communities including Balderton and Hawtonville in Newark.

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Aries



After all that has happened recently, nothing can ever be the same again. You have two choices. You are either going to sit and wallow, day dreaming about how life could be, should be, might be or, you are going to do what is right, take action and show that you are a person of commitment, courage and determination. Windows of opportunity do not remain available forever. If you are not quick enough, other people come along and snatch them away. Make sure you don't miss out on finding happiness because it's all there for the taking.

Taurus



Now that you have made a few serious decisions and ready to knuckle down to starting again, rebuilding your life, you are going to really begin to enjoy all the possibilities because you have something to look forward to and will see that there is much to achieve and fall in love with. Your phone will be a hotline and almost everyone is going to want to know you and be your new best friend. At this rate, you'll have very little time for yourself unless you become more disciplined in developing a good, healthy lifestyle balance.

Gemini



The pressure is on, it's all go, go, go, with no time to stop and think nor stand and stare at the stars in the sky but at least life isn't boring. You are making great progress especially if you have experienced a broken heart or made other sudden changes that are forcing you to revalue your whole life. Do not succumb to melancholic thoughts because you have everything to live for and lots to look forward to. Always remember that you are not alone in this world because you have some great friends and family around you and will continue to receive love and support.

Cancer



It's time to turn your creativity towards making your home your castle and beautifying your surroundings. Get on with doing the garden, decorate your habitat and change your wardrobe, in fact, anything in fact that means you are going to move forwards by letting go of the past and get on with your life. Great things and golden opportunities are only around the next corner and if you are looking for love and romance or just a companion to share life's pleasures with, you won't be disappointed. There are new people arriving on the horizon who will be more than interested in making a spiritual connection with you soon.

Leo



There isn't anyone born under this sign who has not had a degree of trauma to work through recently. Currently things may still not be perfect but trends are showing signs of improvement and you have the best yet to come. Whatever happens, do not attempt to try to turn the clock back or re create the past because you are wasting your time. You have lots to look forward to and will find the magic you have been desperately seeking all your life by being patient and learning to develop some self belief in your abilities. Someone is going to make a fantastic suggestion that will set your heart racing and brain working overtime because opportunity is about to knock on your door.

Virgo



You are going to meet lots of new people who will not only help you but also become very good friends over time. There could even be someone special who will eventually become a soul mate. Although you have been forced into making some enormous life changing decisions, everything is now fitting into place and will gradually work out for the best once you stop being so hard on yourself. You are going to have a lot of fun and laughter to enjoy in your social life, something that has been sadly lacking recently. Look at taking a last minute holiday and jet away for a few days of complete rest and soul restoration.

Libra



Something you have always wanted and dreamed about will suddenly become available. You are going to feel very excited about your personal and professional prospects. A relative or friend who has needed your help in the past may drive you crazy because they are refusing to learn important life lessons and you have better things to do with your time than to keep repeating yourself. A financial situation which has been troubling you will slowly show signs of resolving itself. You have a lot of hard work in front of you and need to create some time to nurture yourself. Relax, chill out doing things which bring you pleasure and restore those ailing batteries.

Scorpio



When it comes to helping people, you are the best friend anyone could ever wish for. You have personally experienced that much in your own life that you instinctively know how to advise and help others because you are an empath. Someone is going to treat you like royalty just because you have stood by their side like a tower of strength through difficult times. A lucky windfall of money will also come in handy and you may even look more closely at making a property investment. Old friends from the past will be looking you up, but only you can decide if you wish to pursue this particular avenue.

Sagittarius



If a relationship isn't working, then it's time to do what is fair to both parties and put your cards on the table and be honest about your feelings. However, some of you may feel everything is going really well and will want to tie the knot and make everything official and above board once and for all. Exciting social arrangements or business ventures will keep you occupied for some time to come, but as long as you know in your heart of hearts you are making the right decision, then everything will work out, however, if you are in any doubt at all, speak out rather than make a commitment you know you cannot keep.

Capricorn



At long last the energies around you are starting to shift in a favourable direction enabling you to see a light at the end of what can only be described as a very long dark tunnel. Never before have you had so much emotional, mental or physical stuff, people and obstacles to deal with, but everything happens for a reason and its usually for the best as long as you learn valuable lessons and refrain from repeating past mistakes. Make a break with the past, realize you were not as happy as you ought to have been and just prepare yourself for what is waiting for you around the next corner. You will not be disappointed and not only that, you have more friends that you realise.

Aquarius



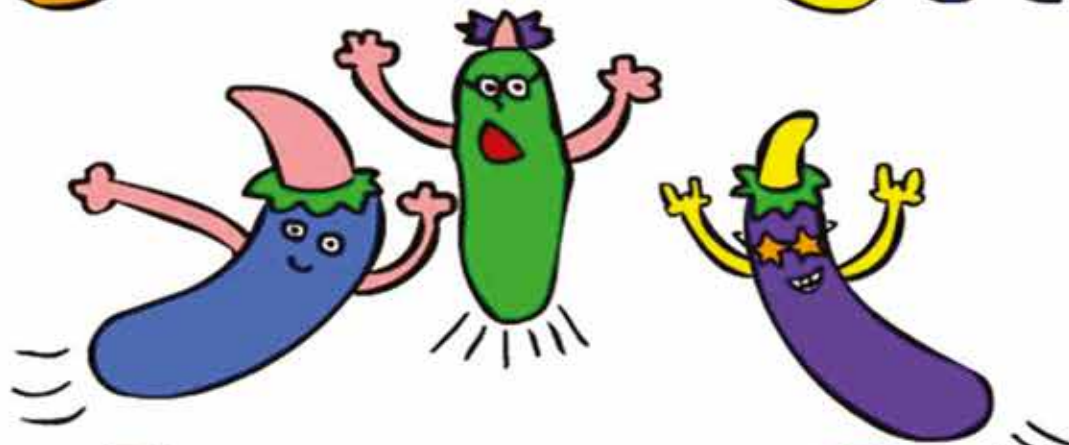
Try not to forget to return telephone calls and other correspondence because there are people out there waiting to hear from you. There has been so much on your mind lately, you are probably beginning to feel tired, fatigued and in need of a holiday. A newcomer on the social scene will set your heart racing in a romantic sense, but before you lay bare your feelings, make sure that your love is not requited. Interesting travel plans indicate that you may soon be preparing to visit some fabulous, exotic destinations. A career change is possible, but only if you feel ready for a new challenge in this area of your life.

Pisces



Long distance travel opportunities could result in you communicating with someone charming and attractive which could eventually lead to a relationship that is special and more than just friendship especially if you are currently losing interest in a relationship that is obviously going nowhere. Seek professional advice about any financial investments you are interested in making. A health worry may suddenly go away enabling you to enjoy life to the full once more and give you a good reason to celebrate your new found happiness and peace of mind.

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What's on



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André Rieu, the Dutch "King of Waltz" who has made classical music accessible to the general public, will bring his Johann Strauss Orchestra back to Nottingham next year. The tour will arrive at Motorpoint Arena Nottingham on May 7 2020. Tickets are now on sale.

André Rieu has built an empire out of a worldwide classical music touring act. Around 110 people go on the road with him each year. 2018 was the Dutch violinist and conductor's most successful year with more than 700,000 tickets sold worldwide.

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To mark this year's Father's Day, the National Ice Centre in Nottingham is giving away a free pint or soft drink to all dads.

The venue will be celebrating all the amazing dads, stepdads and grandfathers out there by inviting them to the dedicated Father's Day skating party on Sunday 16 June.

The session will be running from 10am to 12noon, and then 1.45pm to 5pm with plenty of on and off ice games and activities for all the family to enjoy.

As well as the fun of ice skating, there will be free arts and crafts activities to enjoy, as well as face painting. Guests will also be able to capture the day by using the special Father's Day selfie frame and snapping away.

The Sub Zero café will be open as usual, serving a range of hot and cold food. This is where dads can get their hands on a free pint or soft drink – simply by showing a full priced adult skating ticket.

Standard skating prices apply. For further information please visit: <https://www.national-ice-centre.com/whats-on/fathers-day>

Museum of Timekeeping
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www.museumoftimekeeping.org.uk
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What's on



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Less than a month until

COCKPIT-FEST

at Newark Air Museum

Preparations for the 2019 Cockpit-Fest are well underway at Newark Air Museum.

The museum is a registered charity located on part of the former site of RAF Winthorpe; its two day Cockpit-Fest event attracts exhibitors from across the UK and Europe to sample what one former-aviation magazine editor calls "grass roots aircraft preservation".

This will be the twentieth time like-minded enthusiasts have displayed their aircraft cockpit sections at the museum.

At this year's event a diverse range of aviation will be represented; this includes a range of military jet cockpits including amongst others: Lightning, Harrier, Hunter, Buccaneer and Jet Provost.

This year the museum's volunteers are also gearing up to provide visitors with an opportunity to look inside some of its

aircraft. This includes a rare opportunity to view normally inaccessible aircraft like the ex-Russian MiG fighters and the American T-33 trainer.

Cockpit-Fest takes place on Saturday 22 and Sunday 23 June and the event is being staged on the museum's Southfield Site, alongside an Aeroboot/Aerobundle aviation and avionics sale. Here enthusiasts can search out aviation artefacts, books and models.

There will also be visiting displays of local history/military vehicle groups; re-enactors, clothing and historical artefacts.

As an added bonus this year's event has a flypast on both days by aircraft from the Battle of Britain Memorial Flight.

Full details about the events can be found on the Museum Events page of the museum website at www.newarkairmuseum.org

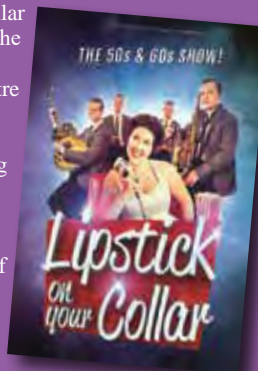
Rock 'n' roll show comes to Mansfield

Tickets are selling fast for an exciting music show coming to Mansfield on Thursday 20 June.

As seen in the West End at The Leicester Square Theatre, Lipstick On Your Collar is set to lift the roof off the Palace Theatre with their spectacular show playing an array of classic hits from the golden era of music.

From the birth of Rock 'n' Roll through to the beat group sounds of the British Invasion and beyond, expect tight harmonies, excellent vocals and plenty of dancing in the aisles. The show will include hits from the likes of Connie Francis, Buddy Holly, Brenda Lee, Jerry Lee Lewis, The Beatles, The Ronettes, Cliff Richard, Cilla Black, Sandi Shaw and many more musical legends.

Ticket are available to buy online at: <https://mansfieldpalacetheatre.ticketsolve.com/shows/873582633> or via the box office on 01623 633133.



Hemlock Happening is back

The annual Hemlock Happening event is returning to Bramcote Hills Park on Saturday (8 June), marking its seventeenth year. The popular free family event will take place between 1pm and 6pm. There is a host of live music and performances throughout the day with an official opening on the main stage at 2pm.

Also taking place will be:

- A community stage showcasing a host of talent from local schools, dance groups and community performers.
- A number of new bands will be taking to the main stage as well as some old favourites. Back by popular demand is the Anatolian Folk dance group.
- Castle Rock will be providing the bar and there will be food stalls for you to grab a snack whilst you are enjoying a walk around.
- Arts and crafts, community group stalls and lots of activities for the children to get involved in.

The Hemlock Happening is organised each year by L Leisure with support from the Bramcote and Stapleford Golden Jubilee Group.

Parking is available on site for bicycles and disabled badge holders only. All others are asked to park on Ilkeston Road Recreation Ground.

For more event information contact the Liberty Leisure Limited events team on 0115 9173695 or visit www.hemlockhappening.org



COCKPIT-FEST COMPETITION



To be in with a chance of winning two family tickets (2 adults and 3 children) or a museum history book, simply see the question below and email your answer to Phil.cound@nottsinfocus.co.uk by 4pm on Tuesday 11 June or send your answer by post to Notts in Focus Cockpit Fest competition, 69A Main Street, Burton Joyce, Nottingham NG2 7LD. Please include your telephone number so we can contact you if you are a winner.

What normally inaccessible aircrafts will be on display at the festival?

Competition Terms & Conditions: (Please read carefully before entering): When entering the competition you will be emailing the answers and supplying your telephone number and other personal information. Notts in Focus takes GDPR very seriously, the information you provide will never be passed out to any third party. The only exception is if a company supplying the prize wants to send out the winner's prize directly.

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Nottingham Craft Beer Festival returns to the city

Nottingham Craft Beer Festival returns to the city on Friday 14 and Saturday 15 June, bringing 25 of the country's most exciting new breweries and over 200 beers, including many rare and limited edition brews.

The festival marks the finale of Nottingham Craft Beer Week 2019 and takes place at the redeveloped Sneinton Market Avenues. This is the second year the festival has taken place and over 2000 people are expected to attend.

Breweries from as far afield as Southampton (Unity), Huddersfield (Magic Rock), London (Brew By Numbers), Hartlepool (Donzoko), Leeds (Northern Monk), Suffolk (Little Earth Project) and Wokingham (Siren)

will be sending down their beers and brewers this year. The Nottingham scene is also well represented with the likes of Black Iris, Neon Raptor, Navigation, Magpie, Totally Brewed, Liquid Light and Castle Rock.

"After the success of last year, we're proud to bring this event back to the Creative Quarter," said co-organiser Adam Bloomfield. "We learned a lot of lessons from last year's event and the line-up of breweries we have this year offers some of the most interesting and hard-to-find beers in the UK right now."

For more information visit the website: www.nottinghamcraftbeer.co.uk/festival



Photo: Georgianna Scurfield

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Partner support can help pregnant women quit smoking

Having a supportive partner can be the difference in helping pregnant women to quit smoking, new research by a team of researchers from the East Midlands has found.

According to the NHS 13 per cent of females in England smoke and around 10.5 per cent con-

tinue the habit when they become pregnant.

In response, the team – funded by National Institute of Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) East Midlands – explored the best ways of

how to support women and help them successfully give up smoking during their pregnancy.

Researcher Libby Fergie, from Division of Primary Care, School of Medicine, University of Nottingham, said: “Continued smoking during pregnancy poses substan-

tial health risks to both the mother and baby. For example, the mothers’ risks of having an ectopic pregnancy or a miscarriage are increased and the babies can become more prone to having growth problems, developing asthma or becoming a smoker later in life.

“We found that good support given by a partner in a quit attempt can be particularly useful, especially if the partner is trying to stop smoking too. For women who do not have a partner, or whose partner may be less willing to offer support, having a close friend, relative or non-smoking ‘buddy’ to offer encouragement and assistance can also be helpful. Overall, although pregnant women can sometimes be reluctant to receive stop smoking support from a health-care professional, those who do receive this type of support tend to find it really useful and are more likely to successfully stop smoking.”

All the findings from the study are being collected and will be used to form the basis of anti-smoking programmes to be integrated into standard NHS training initiatives.

A Nottingham dad is taking on a 50-mile cycle challenge to raise money for the Neonatal Unit where his son was treated as a baby.

Ben Cameron, from Bilborough, is taking part in Cycle Live in aid of the Big Neonatal Appeal, run by Nottingham Hospitals Charity. He is supporting the appeal to say thank you for the care his son Ollie received when he was born ten weeks early in July 2014.

Ben explained: “Ollie was born at 29 weeks gestation, weighing just 3lb 8oz. The neonatal doctor visited to warn us of the risks of premature birth and gave us a 60/40 chance of Ollie’s survival.

“After a very scary few hours Ollie arrived in a breach position by natural labour. He was taken to the Neonatal Intensive Care Unit immediately. We were physically and emotionally exhausted, just existing with tears of joy but completely overwhelming anxiety.

“It was a rollercoaster of taking hour by hour or day by day, watching and wishing Ollie to grow and develop, and seeing our family come into our bubble for a short time to see our beautiful boy, but then watching them leave back into the world that was still going on outside.”

After several weeks of progress mixed with setbacks, which Ben de-



Baby Ollie with mum Laura and dad Ben.

For the love of Ollie

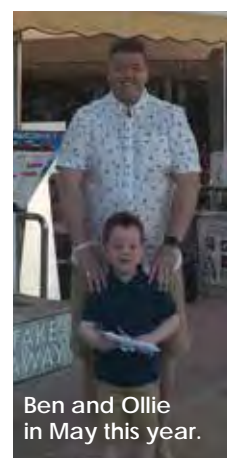
scribed as “an emotional rollercoaster”, Ollie was finally discharged and allowed home at seven weeks old.

Ben said: “Ollie is now a happy and very healthy four-year-old and a fantastic big brother to his sister Sophie.”

Ben took part in the 25-mile route at last year’s Cycle Live, and has this year challenged himself to complete the 50-mile route in aid of the Big Neonatal Appeal. Cycle Live takes place

on Sunday 23 June and Nottingham Hospitals Charity’s Big Appeal is the official three-year charity partner for the event, which is organised by Nottingham-based Perfect Motion.

To sponsor Ben, go to <https://www.justgiving.com/fundraising/ben-cameron2> For more information or to register for Cycle Live, go to www.nottinghamhospitalscharity.org.uk/events or call Nottingham Hospitals Charity on 0115 962 7905.



Ben and Ollie in May this year.



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Care, Health & Wellbeing



Clipstone Hall and Lodge Care Home and The Grange Care Home Homes at the heart of the community

Two care homes in Nottingham are making it their purpose to be at the heart of the community, and are extending a welcome break to the elderly and their carers, who need help caring for their loved ones.

Clipstone Hall and Lodge, and The Grange Care Homes, offer respite care, which can be beneficial for many reasons, including:

- An opportunity for individuals to recharge their batteries

- A time to undertake a visit to a care home you may be considering
- Respite care includes:

- A full assessment to tailor care needs
- All food and refreshments
- All housekeeping and laundry
- Access to a full programme of engaging activities and events in the home

Both homes are modern, purpose-built care homes and are located in the bustling market town

of Mansfield, in Nottingham. Clipstone Hall and Lodge and The Grange Care Home both provide specialist dementia, residential and respite care.

The homes benefit from a number of light and spacious communal areas, where residents can meet with friends or family. There is also a secure, sensory garden, popular in the summer months, and offering residents a relaxing space, whilst at the same time containing a number of stimulating features.

Carers Week 2019

Monday 10 to Sunday 16 June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who do not think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

There are 6.5 million people in the UK who are carers, supporting a loved one who is older, disabled or seriously ill. They will be looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring. Its impact on all aspects of life from relationships and health to finances and work should not be underestimated.

Research has revealed that almost three quarters (72%) of carers in the UK said they had suffered mental ill health as a result of caring, while well over half (61%) said their physical health had worsened.

Carers Week 2019 is made possible by Carers UK working together with six other national charities and this year British Gas, part of Centrica, is the headline supporter.

The campaign is brought to life by thousands of individuals and organisations who join together to organise activities and events throughout the UK. To find out more go to www.carersweek.org



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Buddleia House is the 6th care home under the Milford Care Group family, who currently boast five homes all rated

“Good” by the Care Quality Commission.

It is the second home located in Hucknall, alongside Hazelgrove Care Home, which is the only care home in Hucknall to be awarded the highest Band 5 Quality Award and the Dementia Quality Mark by Nottinghamshire County Council.

“Buddleia House has been created with the residents at

at the centre. Using best practice in care, design, food and nutrition alongside methods to enable the resident to feel like they belong, have purpose and to be fulfilled.” explains Pierre Falleth, Business Director of Milford Care.

You really can *feel* the difference the second you visit the home.

Book a visit today.



Care, Health & Wellbeing



Sebastian, the little superhero

A four-year-old hero from Nottingham will receive a bravery award from EMAS for coming to his dad's rescue when he collapsed and fell down the stairs.

Little Sebastian Cottam discovered his dad, Robert, unconscious at the bottom of the stairs in their family home in Langley Mill at 1.23pm on 10 April. The impact of the fall caused Robert to dislocate his right shoulder and left knee.

Despite being faced with a distressing situation, Sebastian remained calm, tried to wake his dad up, and retrieved the phone so Robert could call for help when he regained consciousness.

Robert, who had been making lunch at the time of the accident, said: "The next thing I remember is coming round when Sebastian tried to wake me up. I couldn't move and then I remembered I had left my phone upstairs."

"Sebastian remained calm and went to fetch me my phone, so I could call for help."

Sebastian understood his dad was unable to move until medical help arrived and so did everything he

could to make his dad comfortable.

Robert added: "Sebastian fetched me some medicine and a glass of water. He also gave me a bowl from his play kitchen in case I was sick."

"He was so brave and stayed by my side the whole time until the paramedics and his partner Gemma arrived."

Robert spoke to 999 call handler Sarah Ruckledge who arranged help for him.

When the ambulance arrived, Sebastian opened the front door to Graeme Tedds and Anthony Hancock, who treated his dad and took him to Royal Derby Hospital.

Sarah, Graeme and Anthony presented the young hero with a Laverick award at a ceremony at Sebastian's nursery last week.

The Laverick Award, which recognises children and young adults who have gone above and beyond to help another, is in memory of Nick Laverick – a paramedic team leader who died of cancer on his birthday in September 2013.



A.D.E.P.T. 2 C.I.C. stands for **Alcohol and Drugs Educational Program and Training** and is an abstinence-based service offering one-to-one counselling and group-based therapy on a day care treatment basis. In addition we also deliver Education Workshops on a variety of subjects, teaching relating to a BA Honours in counselling and training student counsellors.

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Friday: 1-to-1. Main hall available from 1.30pm. Upstairs from 12pm.

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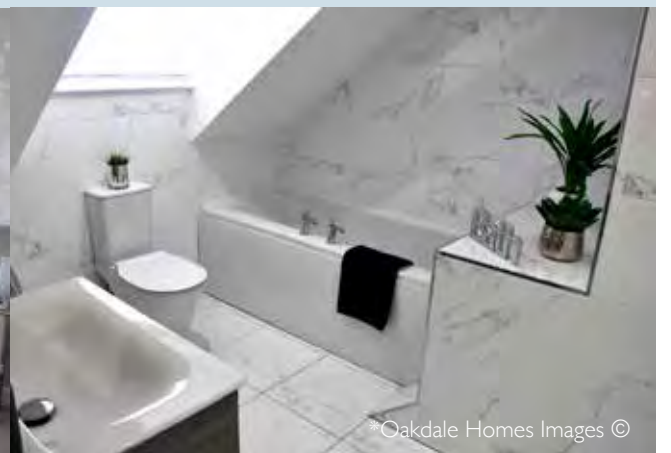
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Creating a legacy in Clifton

Lifelong Clifton residents have been journeying into the past to create art and poetry for new generations to share.

The Clifton Storey's project has seen local older people create art inspired by their own history, stories and changing aspirations as residents of the Clifton North estate in Nottingham.

In the late 1940s, Nottingham Corporation began work on the new Clifton Estate. The aim was to recreate the neighbourhood spirit that characterised urban streets of back-to-back housing – but in an open, greener environment. The new housing complex had many benefits to residents – but life was not always easy and those who moved there had to forge a new community from scratch.

Funded by Arts Council and the National Lottery, Creative Paths explored the roots of these new communities and gave those who moved to the estate when it was built in 1951 a chance to

document their experiences and more recent tenants and residents a chance to tell their own Clifton story.

Tales of moving from the 'slums' of Nottingham City to the new council estate were collected from people living in care-homes, specialist residential units, dementia care, retirement villages, and community hubs. Spoken word artist Lytisha Tunbridge and visual artist Rachel Scanlon Allsobrook worked with 123 people aged over 55 living in Clifton, through 48 creative sessions. Residents spoke about forgotten or taboo subjects, such as child-

birth and experiencing young motherhood, with many becoming more animated and communicative as they reminisced.

The stories were translated into a compilation of short poems called 'No Edges', and the older people created six decorative wooden houses to accompany them.

In family sessions run by Creative Paths CIC, art was created to embellish banners and display stands for an exhibition where people could learn about the community's history together.

Visit <http://www.creativepaths.g.uk/clifton-stories/4594474691>

The Clifton Storey's project has seen local older people create art inspired by their own history, stories and changing aspirations.

New family homes on the way in Nottingham

Twenty new homes are being built in The Meadows, which will go to local families on Nottingham's council house waiting list.

On behalf of Nottingham City Council - Nottingham City Homes (NCH) and contractor Woodhead Group will develop the homes on the site of the former Clifton Miners Welfare on Ainsworth Drive.

The two-bed houses will be built to high energy efficiency standards and offer warm, secure and affordable modern homes and are expected to be completed in spring 2020.

After planning permission was approved last year, these new homes are the latest for the Meadows area which form part of the city's Building a Better Nottingham programme and follow the completion of 55 homes in June 2018.

These homes are also NCH's second social housing UltraSite

scheme, named by the Considerate Constructors Scheme (CCS) – which is a national scheme aimed at improving the image of construction.

An Ultra Site status is given to a site, which is expected to go above and beyond the basic expectations of a normal construction site.

More than 500 new council homes have been built for local people as part of the Build a Better Nottingham programme and this latest scheme is part of a longstanding partnership between the Woodhead Group and NCH. This means the project team will do even more to engage and work with the local community, offer employment, training and work experience opportunities to local people, as well as providing exceptional facilities and support to the workforce on site.

More than 500 new council homes have been built for local people as part of the Nottingham's Build a Better Nottingham programme and this latest scheme is part of a longstanding partnership between the Woodhead Group and NCH which has delivered 164 homes together so far.



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Road Safety Week theme announced

The theme for Road Safety Week 2019 has been announced as 'Step up for Safe Streets'.

Taking place between 18-24 November and coordinated by road safety charity Brake, the week will encourage everyone to 'step up' and learn about, shout about and celebrate the design-led solutions that can enable everyone to get around in safe and healthy ways, every day.

Every 20 minutes, someone is killed or seriously injured on a British road. Road Safety Week this year will share how a focus on design can stop human error from causing death or serious injury on the roads, can encourage walking and cycling, and can make sure that the air is clean, helping keep everyone safe, fit and healthy. The week-long campaign will encourage everyone to 'step up' and play a part in the creation of a safe and healthy future in the following ways:

• Everyone can step up by pledging to use roads safely, minimise vehicle use and shout out for design-led solutions.

• Schools can help young people step up and learn how to create a safe and healthy future and shout out for change.

• Organisations can step up their policies and procedures to ensure they choose design-led solutions.

• Emergency service professionals can step up to highlight their vital role in helping keep us safe.

• Policy-makers can step up by developing and mandating proven design-led solutions.

Brake's efforts for Road Safety Week will be supported through working with campaigners, community groups, road safety professionals, companies and schools – who can now register for a free action pack via www.roadsafetyweek.org.uk – and by funding from the Department for Transport.



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Friday 14th June: Walk Attenborough Nature Reserve 11am Enjoy a gentle stroll. Attenborough Nature Reserve, Barton Lane, Attenborough NG9 6DY Price Car park fee

Monday 17th June: Murder Mystery and Mayhem Book Club 2pm Come and discuss the goings on when you're betrayed. 108 Burton Road, Carlton NG4 3BG Price Free

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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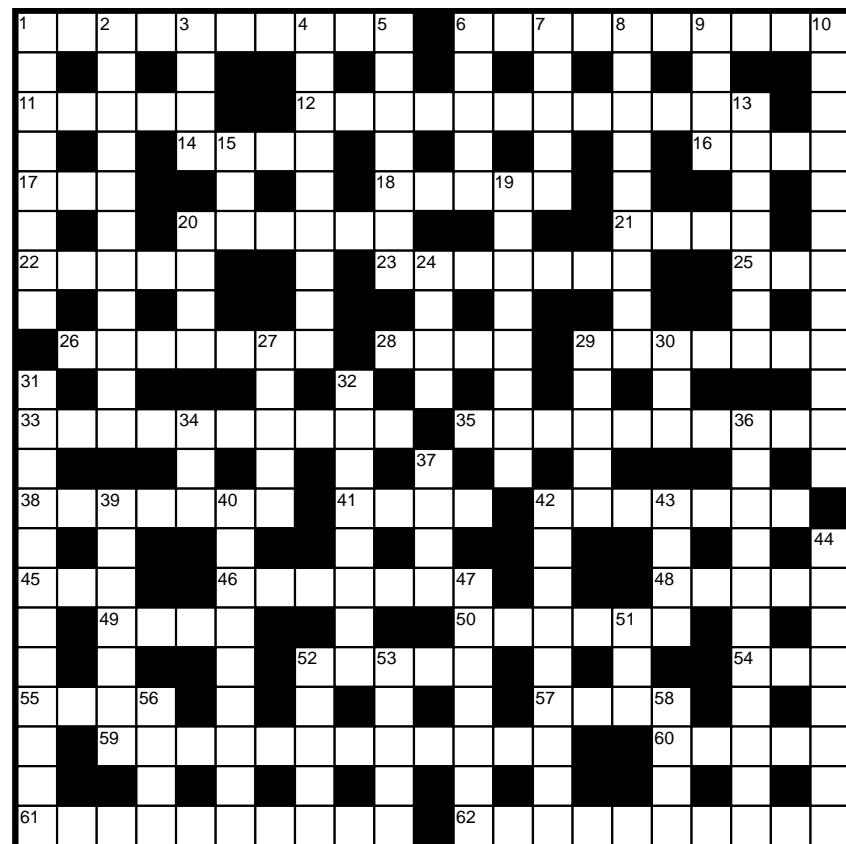
ACROSS

- 1 The only way is up (4,6)
- 6 Convalescent hospital (10)
- 11 Restrict (5)
- 12 Factory owner (12)
- 14 Ladder rung (4)
- 16 Fleshy part of ear (4)
- 17 Foot digit (3)
- 18 Herb associated with rosemary (5)
- 20 Sharp evasive detour (6)
- 21 Antler (4)
- 22 Absolutely necessary (5)
- 23 Effervesce like wine (7)
- 25 Payable now (3)
- 26 Stun or drug (7)
- 28 Hindu dress (4)
- 29 Photographer (7)
- 33 Pot to filter coffee (10)
- 35 Most improbable (3-7)
- 38 As an alternative (7)
- 41 Press clothes (4)
- 42 Road surface material (7)
- 45 Sports hall (3)
- 46 Romantic cad (4,3)
- 48 Take place (5)
- 49 Philippine currency (4)
- 50 Out of the country (6)
- 52 Plume of feathers (5)
- 54 Sharp bite (3)
- 55 Heart-throb (4)
- 57 Lugs (4)
- 59 Eke out a living (4,4,4)
- 60 A cease-fire (5)
- 61 Study vacation (10)
- 62 Naively optimistic (6-4)

DOWN

- 1 Mother, son or aunt (8)
- 2 Sports broadcaster (11)
- 3 Gambles on races (4)
- 4 For the time being (9)
- 5 Records of a meeting (7)
- 6 Namby-pamby ninny (5)
- 7 Specialised market for a product (5)
- 8 Police officer's baton (9)
- 9 Whirling dance (4)
- 10 Reach the required standard (4,3,5)
- 13 Herd cattle together (5-2)
- 15 Pull a car along (3)
- 19 Almond paste (8)
- 20 Underskirt (4)
- 24 Teardrop-shaped fruit (4)
- 27 Deception (5)
- 29 Settees (5)
- 30 Small social insect (3)
- 31 Salad bulbs (6,6)
- 32 Hold sway over (8)
- 34 Lyric poem (3)
- 36 Cricket score of fifty (4-7)
- 37 Exploding star (4)
- 39 Precursor of disease (7)
- 40 Rented veggie plot (9)
- 42 Tiny blue plant (9)
- 43 Car bonnet in USA (4)
- 44 Give fluids intravenously (4-4)
- 47 Ragged torn clothes (7)
- 51 Breathing gas (3)
- 52 Prophet of doom (5)
- 53 Artist's stand (5)
- 56 Young sheep (4)
- 58 Visit as a guest (4)

See below for answers



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Home improvement



New housing development nearing completion



A typical Bellway East Midlands street scene

A new housing development taking shape in Nottingham is nearing completion. A total of 346 homes are being built on the former Land Registry site off Chalfont Drive in the city - a joint scheme by Bellway and Ashberry Homes. Bellway has started work on the final homes at its Liberty development, which occupies the eastern part of the site, while the last plots are under construction at Ashberry Homes' The Limes development next door.

A number of derelict buildings previously occupied by the Land Registry, which vacated the site in

2015, were demolished to make way for the new homes.

The new development comprises a range of two, three and four-bedroom homes and a central area of public open space including trees, a pond and play area.

A range of two, three and four-bedroom homes are available at Liberty and The Limes. For more information visit bellway.co.uk and ashberryhomes.co.uk

Survey reveals Brits' most desired smart bathroom technology

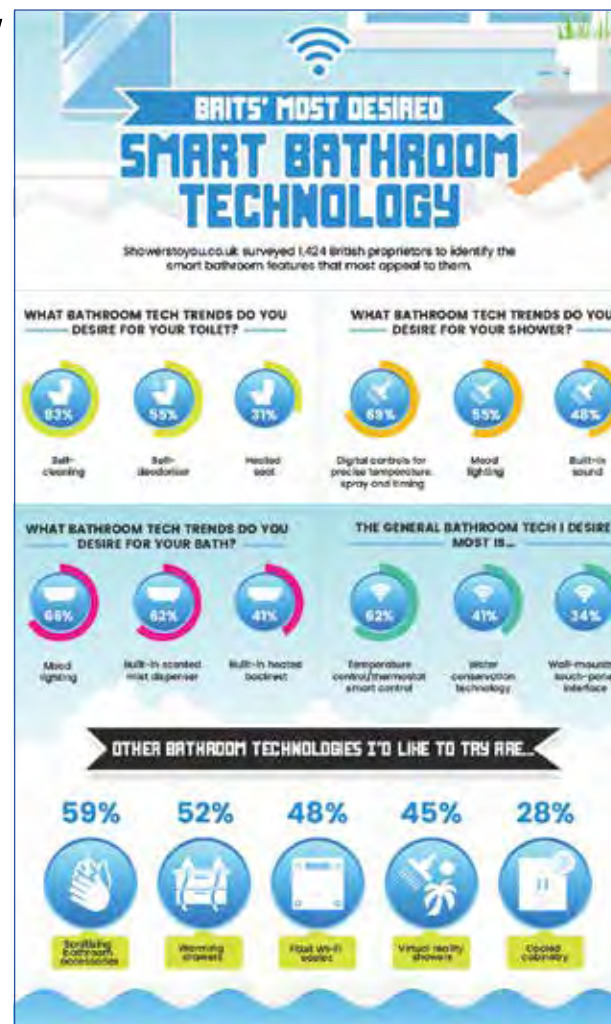
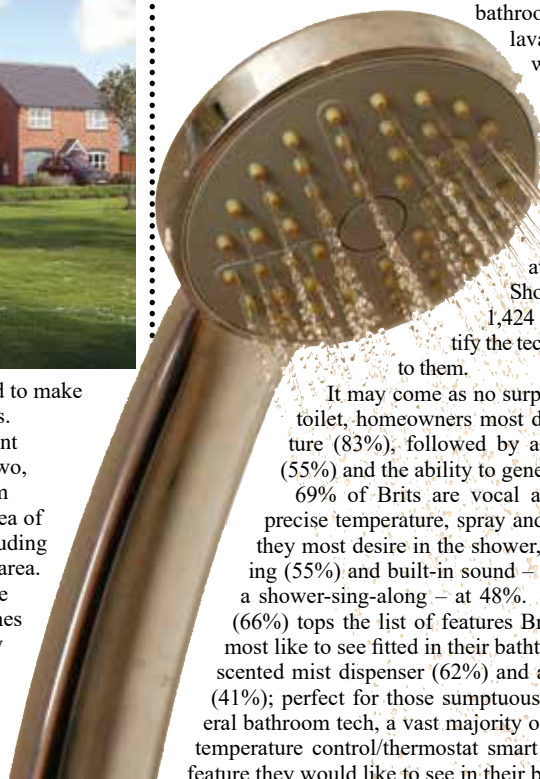
Sanitising bathroom accessories tops a list of bathroom technologies homeowners are dying to try. A good lather and soak in the bath is the perfect antidote to stress, which is why more and more of us are turning to our bathroom as a place to relax and unwind.

In a recent survey by Showerstoyou.co.uk it appears that homeowners are seeking technologies to heighten their bathroom experience, taking lavatories, restrooms and water closets from humble necessity to the highlight of the home.

Interested in learning more about the relationship between homeowners and the latest smart bathroom technologies available, bathroom experts Showerstoyou.co.uk surveyed 1,424 British proprietors to identify the tech features that most appeal to them.

It may come as no surprise when it comes to the toilet, homeowners most desire a self-cleaning feature (83%), followed by a self-deodoriser function (55%) and the ability to generate a heated seat (31%).

69% of Brits are vocal about digital controls for precise temperature, spray and timing as the tech trend they most desire in the shower, followed by mood lighting (55%) and built-in sound – ideal for those that enjoy a shower-sing-along – at 48%. Similarly, mood lighting (66%) tops the list of features British homeowners would most like to see fitted in their bathtub, followed by a built-in scented mist dispenser (62%) and a built-in heated backrest (41%); perfect for those sumptuous soaks. In terms of general bathroom tech, a vast majority of Brits' surveyed selected temperature control/thermostat smart control as the "general" feature they would like to see in their bathroom.



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Home improvement



SMART MOVE

Research revealed 57 per cent of the country's homes now have a smart device to control lights, security, kettle, vacuum cleaner or other device.

There are now 15 million 'smart homes' in Britain, it has emerged. Research revealed 57 per cent of the country's homes now have a smart device to control lights, security, kettle, vacuum cleaner or other device. More than four in 10 Brits now use smart technology such as streaming services on their television, while a further one in three control their music with a gadget.

And while the majority of smart home owners use their tech while inside the property, more than one in six use the smart tech remotely on a daily basis to set the temperature or put on the kettle before returning home.

It also emerged 45 per cent plan to further update their home with the latest technology in the near future, with half believing it will save them time and money.

Among the smart devices which Brits hope is soon developed are self-cleaning toilets and carpets, and an oven which can cook multiple items at different temperatures at the same time, as well as turning itself off when the food is ready. The research was carried out to mark Smart Home Week in May. TV and social



media tech guru Jason Bradbury, who is fronting the campaign, said: "Smart tech is no longer just for gadget lovers; homeowners are starting to realise that technical updates are making homes cheaper and more efficient to run than ever before."

"As such, even those who aren't entirely comfortable with fancy gadgets are starting to spend their money on technology to improve the home. Adults are coming to realise smart technology can reduce energy consumption, save money, offer unprecedented levels of security, and convenience."

We may only get a few weeks of good weather in England but now summer is on its way it is time to make the most of our garden time.

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

Soft furnishings

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

Potted Plants

If you are relatively new to gardening or just want the



overall 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 is last year's plant pots or the garden fence that is overdue a makeover, a

lick of paint is sometimes all you need to freshen up your garden for the summer ahead.

Outdoor accessories

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 year.

The sweet signs of SUMMER

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Home
improvement

Five top tips

to give your home a welcome feel



1 Add LED lighting strips under kitchen cabinets to make it easier to see when cooking and cleaning. They can also make the room look warm and inviting on even the greyest of days.

Getting around to those niggling jobs at home can often seem like a mammoth task, but just a little effort can go a long way. Here are a few inexpensive ways to make a dramatic difference:

2 Put door stops behind doors to avoid marks on walls.

3 Add a new 'welcome' doormat. It will make your visitors feel extra special.

Freshen up tile grout with a grouting pen to make your kitchen or bathroom look fresh and clean.

4

Replace chipped or broken plugs and sockets.



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