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RIVER RACE FOR RAINBOWS HOSPICE

Last weekend saw the thrilling return of the Dragon Boat Race at Nottingham's well-loved Riverside Festival – and it was bigger and better than ever! In aid of Rainbows Hospice for children and young people, teams from the local area suited up to compete and raise money in a fun and exciting themed boat race.

This 10th anniversary year was a special milestone for the event which took place on Sunday 5 August, and every

single participant and spectator delivered a fantastic helping of support for this wonderful cause. We spoke with Ketna Makwana, HR Manager at Node4, one of the companies which took part on the day about the importance of the event and how it brings people together in the city.

Rainbows Hospice is a local charity which delivers care to life-limited children and their families, an amazing cause which operates in our area to change the lives of

Nottinghamshire locals. The charity was nominated by members of the Node4 team for being close to their hearts and they quickly decided it was the perfect charity to choose. Ketna told us "The staff at Rainbows Hospice work incredibly hard and make a big difference to the lives of so many people. We are proud to support the team at the hospice and are committed to be supporting such a great cause."

The dedicated team at Node4 have been fundraising for the charity all year at many different events from the Derby 10k Run to a generous Christmas donation instead of the typical card sending, taking their overall total to a huge £3845 raised so far this year.

With a passion for fitness running throughout the team, the adrenalin-fuelled afternoon played a fun alternative to your typical charity fundraisers and invited the team to get physical. Unfortunately, the team didn't manage a win but placed third out of 27 teams following a half-second knock out in the semi-final race.

"The race was a great success and one that the whole team enjoyed taking part in. The result aside, the team enjoyed themselves and we raised money for a great cause, so we can't ask for much more than that!"

With plans to raise even more money for this inspiring charity, the team at Node4 are always looking for more exhilarating ways to up their funding. "We will be sure to sign ourselves up for future activities – maybe even the Dragon Boat Challenge again next year!"



Taxpayers warned about tax band appeals

Nottingham residents have been reminded they can appeal for free if they think that their council tax band is wrong. It comes after more people in the City were contacted by companies claiming their banding was too high and they were potentially owed money. These firms can charge more than £100 to investigate a claim.

The aim is to get the tax band for the property reduced and then receive a refund from the local authority for overpaid council tax.

Councillor Graham Chapman, Deputy Leader of Nottingham City Council,

said: "We're aware that some people in Nottingham have been contacted by companies offering a service which is free and easily accessible.

"It's wrong to be trying to charge more than £100 and giving the impression that checking, or appealing, a tax band is a complex thing to do. It's not.

"The process is really simple. A property's council tax band will be shown on a standard council tax bill. If you feel that the banding may be wrong, you can make a formal appeal or simply ask the VOA to check for you – neither costs any money to do."

Before deciding to contact the Valuation Office, please remember that property prices vary over time. The valuation for Council Tax purposes was made on 1 April 1991 and the change in general prices since then is not grounds for appeal.

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Tram Team on Track for Marathon Fundraising

Tram driver Alun Gadd and his NET colleague Greg Towers are set for the challenge of their lives after securing places on the starting line of next year's London Marathon.

They're now in training for one of the world's most popular sporting events whilst raising money for two very worthy causes.

For Alun it will be his first full marathon and he's hoping to raise several thousand pounds for Framework, a charity aiming to help tackle homelessness in Nottingham.

One of several local charities receiving

on-going support from NET, Framework outreach workers are also using the tram to get around the city to vital locations where many rough sleepers may need their help.

Olivia Wood, Corporate Fundraising Coordinator at Framework, visited the tram depot in Wilkinson Street recently to meet with Alun and said: "We're really grateful for all the support we receive from NET. As a company they have already gone the extra mile for us in so many ways, so I am delighted that indi-

vidual members of the team are willing to do likewise."

As he gets in shape for the Marathon, Network Controller Gregg is concentrating his fundraising efforts on raising cash for the MS Society, which provides help and support for people with multiple sclerosis.

Both Greg and Alun will be out running three or four times a week in preparation for the race on April 28 next year and will clock up hundreds of miles on the pavements of Nottingham as they get in shape for the big day.

Sponsor the dynamic duo at www.justgiving.com/fundraising/greg-towers and www.virginmoneygiving.com/AlunGadd

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Extraordinary Teamwork Saves Life of Nottinghamshire Dancer

A man who danced with his wife every week for 63 years until he suffered a cardiac arrest is determined to take to the floor once again after his life was saved by bystanders and an East Midlands Ambulance Service crew.

Alan Moore, who celebrates his 90th birthday this August, collapsed and went into cardiac arrest in front of his wife Pamela during their weekly dance class at All Saints Church in Huthwaite.

They were with Alan's daughter, Joanne, who leapt into action, dialling 999 and then starting CPR under instruction from call handler Lisa Corner.

"This is an excellent example of the importance of knowing CPR – it is a vital skill which we encourage everyone to learn as it can save lives."

Two other bystanders who work at Huthwaite Children's Centre – Kelly Ashley and Mark Hoyland – also came to Alan's aid, supporting Joanne with CPR until our ambulance crews arrived six minutes later.

Ambulance crews Edward Cannon, Rachel Allee, Gillian Woodward and Jason Glover provided advanced medical intervention to save Alan's life and took him to King's Mill Hospital, Sutton-in-Ashfield, for further treatment.

Since the incident Alan has been recovering well with the help of physiotherapists and the support of his family and he is determined to dance again.

Bravery awards will also be presented to Kelly Ashley and Mark Hoyland for their quick thinking in providing chest compressions and rescue

breaths to Alan when he collapsed.

Rachel Allee, Clinical Operations Manager and one of the paramedics who attended Alan said: "This is an excellent example of the importance of knowing CPR – it is a vital skill which we encourage everyone to learn as it can save lives."

Guidance on how to do CPR is available on the British Heart Foundation's website: www.bhf.org.uk.

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SAVING THE ENVIRONMENT

One Chew at a Time

By Rob Knight

Iceland has become the first supermarket chain in the UK to sell plastic-free chewing gum. Local councils are believed to spend around £60 million a year removing gum from pavements up and down the country.

But with more than 100,000 tons of chewing gum consumed every year and an estimated 95 per cent of Britain's streets stained with the sticky substance, they are facing a losing battle.

However the new natural gum - Simply Gum - is completely biodegradable, making it better for the environment. It is made from a tree sap called chicle which is extracted from the sapodilla tree, native to Central America.

The decision to stock the product forms part of the supermarket's pledge to go 'plastic-free' on its own label products - something the chain aims to fulfil by the end of 2023.

Sir Malcolm Walker, Iceland founder and executive chairman, said: "I absolutely detest the mess that discarded plastic chewing gum creates on our streets."

"We are delighted to make Simply Gum available to UK consumers in our stores so that they can have a real choice about what they are consuming and the impact they make on the environment."

Simply Gum creator, Caron Proschan, added: "I created Simply Gum because I recognised a need for a natural gum that was made with high quality, sustainable ingredients."

"We're excited to introduce Simply Gum to the UK market and we hope that Iceland's customers will be excited about trying a better chew."



Fast-track your career into the healthcare profession... work as a phlebotomist!

An increasing demand for skilled healthcare professionals has led to a shortage of allied healthcare workers, especially phlebotomists - the skilled healthcare professionals who take your blood. Demand is at an all-time high with hospitals, clinics and GP Surgeries offering a golden opportunity for that "longed for" career change! If you have good people skills and manual dexterity, and like the idea of working in a busy healthcare environment, a phlebotomist job may be just the job for you!

Many people enter this profession when they are looking for a career change or a fresh start and they often have no previous qualifications or experience in healthcare. Phlebotomists can work part time (usually mornings) but also may choose to work full time as well as weekends, holidays and bank work. Blood samples are usually collected before mid-day and then analysed in your local hospital's Path Lab in the afternoon.

"We train people from all walks of life and all ages" explains Lauren, Geopace office manager. "We've had school leavers, shop assistants, receptionists, beauticians and dental nurses, as well as telesales staff, unemployed and the retired who are looking for a challenge. We also have referrals from JobCentres, who can sometimes fund your course in full" says Lauren.

Once you are on the healthcare career ladder there are often opportunities to progress into other areas, such as

working in the hospital path lab or other departments. Promotion is much easier once you are "on the ladder" and have some experience behind you.

Many Geopace students are now working as phlebotomists throughout the UK and a few have even chosen to work abroad where there is often a similar shortage and growing demand for this specialised skill. An interesting booklet featuring student's "Success Stories" is written by the student's themselves and looks at how they have made the move from wide and varied backgrounds to find themselves now working as phlebotomists. A copy can be downloaded from the Geopace website's testimonials page.

If you like the idea of a challenging career in healthcare and particularly in phlebotomy then this may be the perfect move for you! The comprehensive training course last a full two days and culminates in the award of a nationally recognised and accredited certificate. "We practice taking blood from artificial arms", says Lauren "and everyone on our course has a lot of fun! We get a great deal of satisfaction later on when we hear from our students that they are working for their local GP surgery or in their local hospital."

If you would like to know more about phlebotomy as a career or to book a place on the course visit Geopace Training's website at www.geopace.com



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Notts Property Owners to Bag Major Savings

New research has shown that Nottinghamshire is amongst the top UK counties for solar power capacity, placing 9th in the nationwide rankings.

However, despite being one of the leading solar counties, 96% of Nottinghamshire homeowners are missing out on potential income or savings of up to £539 per year.

The rankings, compiled by Green Business Watch, have been launched following news that solar panel installations in the UK have slowed for the second year running. Nottinghamshire outperforms expectation across all installation measurements despite falling somewhere in the middle of the table for sunshine and potential energy.

With high targets to meet in solar installations and many misconceptions around the size of the opportunity, the UK Solar Power County Rankings provide an unprecedented amount of information about UK Solar energy in one place, allowing property owners see the real benefits of solar in their area.

Alastair Kay, at Green Business Watch said: "Solar energy presents an opportunity for property owners across the UK but there is a lot of uncertainty over what the benefits are in real terms and what the figures really mean for householders.

"If we as an industry are to keep solar growing, it's essential that we help property owners to see what can be achieved using solar."

UPCOMING WORKS IN THE CITY

Bus services that use Upper Parliament Street - one of the busiest routes in the city - will stop on surrounding streets while it is closed for vital maintenance work over a weekend.

Nottingham City Council will be undertaking works to repair and resurface sections of Upper Parliament Street from 8pm on Friday 10 August to 5am on Monday 13 August.

Over 250 buses an hour travel down the section of the road between the Theatre Royal and the intu Victoria Centre - some of the heaviest bus traffic in the city - meaning it is in need of maintenance to ensure it remains safe for all road users.

The works have been scheduled for the school holidays when traffic is lighter, to cause less disruption to traffic and shoppers. The council's highways teams will work 24 hours to ensure the job is completed as quickly as possible.

Councillor Dave Liversidge, Nottingham City Council's Portfolio Holder for Transport said: "The sheer number of buses that operate on Upper Parliament has meant that the surface is in need of repair. We will be reinforcing the bus stop bays with an extra durable material which will be able to better withstand the weight of the buses."

"Bus passengers should follow NCT, trentbarton or CT4N for specific stop information."

Access to properties and businesses will be maintained via Lower Parliament Street. Pavements will be unaffected, and the pedestrian crossing at the top of King Street will be in use as normal for the duration of the works.



Windley School Playground, Radford 1977 (C) D Plowman courtesy of Picture The Past.

NOTTINGHAM'S PLAYFUL PAST

It was recently announced that local organisations PlayWorks and Epic Partners have received a total of £74,200 for two new projects that will collect and share the childhood memories of people of all ages in the city.

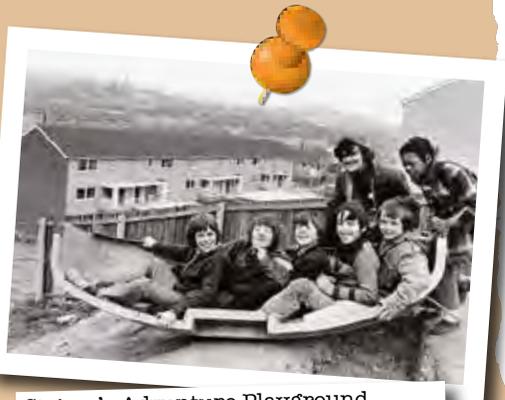
PlayBack, run by charity PlayWorks, will bring different generations of the city together to produce an exhibition on childhood play, whilst Epic Partners' Play Times project will empower young people from inner city communities to create a new website and mobile app.

Jonathan Platt, Head of HLF East Midlands, said: "At a time when screens and gadgets are so prevalent in our lives, both projects will explore how playtime has changed through the decades and the importance of playing outdoors."

PlayWorks has been awarded a National Lottery grant of £46,900 to explore Nottingham's playful past. The PlayBack project will bring different generations of the city together to capture local people's memories of playing in their childhood, so this is preserved for future generations.

Young people will have the opportunity to visit local heritage sites to play with historic toys and learn games from bygone eras such as skipping rhymes, leapfrog, hopscotch and conkers.

Epic Partners is a Nottingham based charity with over 12 years' experience working with young people from some of the most vulnerable



St Ann's Adventure Playground, Nottingham 1975 Credit: Nottingham City Council Photographer: Lloyd, Edgar Courtesy of Picture The Past

families in Nottingham.

Thanks to National Lottery funding of £27,300, 25 young people from the inner city communities of St Ann's and Sneinton will deliver Play Times. This project will explore the local history of outdoor play over the last 60 years, from the 1960s to the present day. The teenagers will visit local archives and have the opportunity to gain a Youth Achievement Award for their work.

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Funding Approved For Nottinghamshire Employment Site

400 jobs are set to be created in a development spanning 40,000sq.m, after funding was agreed by the D2N2 Local Enterprise Partnership.

The Vesuvius project is a £16.5million initiative which will look to develop the former Vesuvius Brickworks site, on Sandy Lane in Worksop, North Nottinghamshire. This will create space for new and existing businesses and generate up to 400 new jobs as a result. The project can now get underway after £4.48million Local Growth Funding was agreed by the D2N2 Local Enterprise Partnership.

D2N2 is the Local Enterprise Partnership for the Nottinghamshire and Derbyshire area. It works with its areas skills and training providers, businesses, local authorities, and community and voluntary sector organisations to create jobs and boost the economy.

As part of its overall mission, D2N2 has an allocation of over £250million in Local Growth Funding (LGF) from Government. This is used to co-invest in projects across the D2N2 area which create jobs, improve infrastructure and attract investment. D2N2 funding for the Vesuvius project was agreed at the LEP's most recent Infrastructure and Investment Board Meeting, on July 26 2018.

Sajeeda Rose, D2N2 LEP Deputy Chief Executive, said: "The Vesuvius site represents a massive opportunity for North Nottinghamshire. This is a major investment by D2N2 and the opportunities it will offer to investors and businesses, as well as job creation for the wider area, will have a transformative effect for the D2N2 economy."

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JAZZ BAR CALLS UPON HELP OF LOCALS AHEAD OF LAUNCH.....

With less than a month to go until it opens, Nottingham's upcoming new music venue, Peggy's Skylight, has launched a kickstarter campaign to raise money for a grand piano.

In return for each pledger's support, owners Rachel Foster and Paul Deats will be offering locals a number of rewards including a private music performance, professional singing lessons, professional piano lessons, tickets to special performances and a cocktail or meal named in their honour.

In addition, there will also be the opportunity to sponsor each of the grand piano's keys as well as the music stand, legs, lid and pedals.

Paul Deats who in addition to being one of the brains behind the venture is also a professional pianist, said: "Our vision for Peggy's Skylight is for a venue that puts a real emphasis on excellent sound quality and nothing does that better than a grand piano. It's something that we believe

every great jazz venue needs as not only are they widely recognised as the gold standard for all professional performances, but the fact is, we simply will not be able to attract many of the big name artists we hope to without one."

Fellow musician and partner, Rachel Foster, added: "By helping us raise money for this piano, you're not only helping us buy an instrument, you're buying into a dream and a vision for the future of music talent in the region. We really do believe in this venue and hope the people of Nottingham will get behind us and help us make this dream reality."

Set to launch on August 24th, Peggy's Skylight promises a fusion of well-curated live music coupled with heart-warming food with a Middle Eastern twist.

For a full list of all pledges or to support the kickstarter campaign, head over to <https://kck.st/2N0cPy>.



Cricket World Cup Comes to Nottingham

The ICC Cricket World Cup 2019 Public Ballot opened on Wednesday, 1 August, when ticket applications were opened to all members of the public, backed by a major marketing and PR campaign called 'Are you in?'.

The Public Ballot will be open until 29 August and fans will be able to apply for each of the 48 fixtures, with tickets in each price band at every game available.

Following the unprecedented demand during the Cricket Family Ballot, fans are encouraged to apply for a wide selection of matches as the 10-team round robin stage provides plenty of opportunities to see their favourite team.

To apply for tickets in the Public Ballot, applicants must register an account via the official Cricket World Cup Ticketing website.

Trent Bridge, Nottingham will host five matches in the 2019 ICC World Cup. England, Australia, India, Pakistan, New Zealand, the West Indies and Bangladesh will all visit Nottingham during the six-and-a-half week competition.

Hugh White, Director for Sport and Culture at Nottingham City Council, said "Nottingham is tremendously excited to be hosting five of the forty-eight matches and we are very proud to be working closely with our partners at Trent Bridge to host these games and

ensure a very warm welcome to local, national and international visitors to the city."

"My advice is to apply for as many matches as you can and maximise your chance to take part in the celebrations as the ICC Cricket World Cup comes to Nottingham."

Host nation England will open the tournament at The Oval on 30 May 2019 when they take on South Africa, while reigning champions Australia start their title defence on 1 June against Afghanistan in a day/night match in Bristol. The World Cup will conclude when the final takes place at Lord's on Sunday 14 July.

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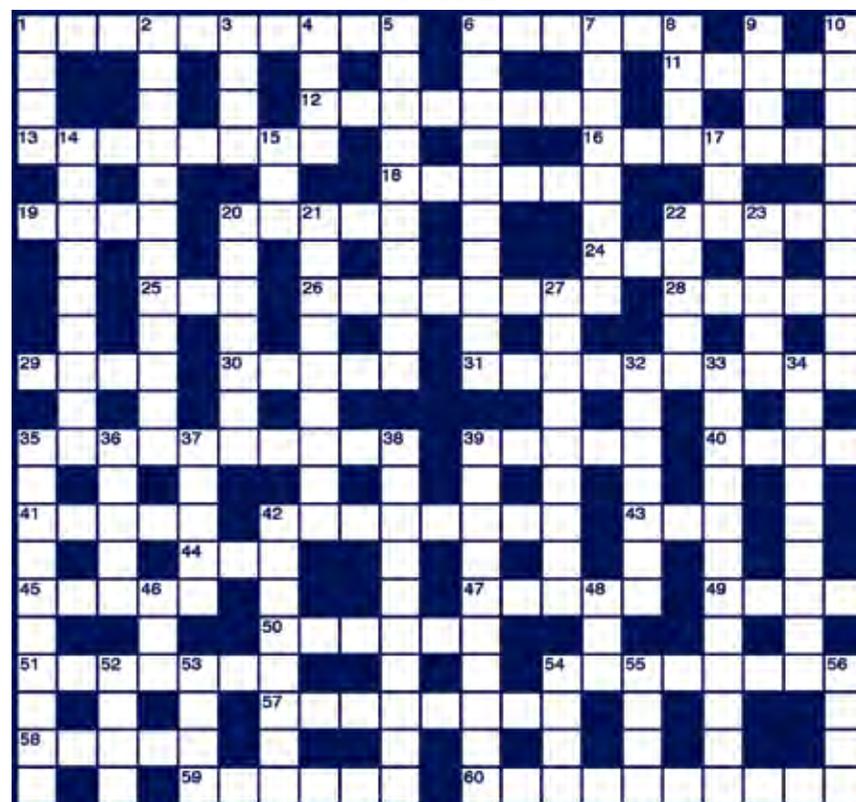
See below for answers

ACROSS

- 1 Short nap (5,5)
- 6 Division of the year (6)
- 11 Martini fruit (5)
- 12 Germs (8)
- 13 Knick-knacks (8)
- 16 Line of height on map (7)
- 18 Arctic nomad (6)
- 19 A mid-calf skirt (4)
- 20 Monies owing (5)
- 22 Morsel of bread (5)
- 24 Mineral spring (3)
- 25 Unwell (3)
- 26 Anything provided whilst flying by airliner (2-6)
- 28 The name of a book (5)
- 29 Daybreak (4)
- 30 To lag behind (5)
- 31 Digital impression (10)
- 35 Deadly Nightshade, from the Italian 'fair lady' (10)
- 39 Smooth with an iron (5)
- 40 Rock 'n' Roll dance (4)
- 41 One who attempts (5)
- 42 Serving lady (8)
- 43 Light breeze (3)
- 44 Make a mistake (3)
- 45 Spectacular bird (5)
- 47 Cause to be vexed (5)
- 49 Way out (4)
- 50 Bank clerk (6)
- 51 Two-wheeler (7)
- 54 Wizard (8)
- 57 Be better class than an opponent (8)
- 58 Cuban dance (5)
- 59 Involuntary response (6)
- 60 A rubbish-dropper (6-4)

DOWN

- 1 Reality, not fiction (4)
- 2 Between stages (12)
- 3 Beckon by hand (4)
- 4 Pen tips (4)
- 5 Having achieved (10)
- 6 Opportunist criminal (5-5)
- 7 The ocean edge (3,5)
- 8 Mid-day (4)
- 9 Inflatable mattress (4)
- 10 Sorrow of lost love (10)
- 14 Put back in same job (9)
- 15 Fasten (3)
- 17 Seaman Jack (3)
- 20 Enlarged the pupil of the eye (7)
- 21 She ruled the waves (9)
- 22 Serve food for a party (5)
- 23 Extremely modern? (5)
- 27 Entourage leeches (7-2)
- 32 Sheer bliss (7)
- 33 Military officer (5-7)
- 34 Bank of a waterway (9)
- 35 Marzipan-covered sponge cake (10)
- 36 Telling untruths (5)
- 37 Decide jointly (5)
- 38 Let-down after a rise (10)
- 39 Before marriage (10)
- 42 Car, damaged beyond economic repair (5-3)
- 46 Produce an egg (3)
- 48 Or nearest offer (3)
- 52 Unwakeable sleep (4)
- 53 Cause burn marks (4)
- 54 Closed (4)
- 55 Impolite (4)
- 56 The remainder (4)



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A group of athletes are using novel methods to support Newark and Sherwood District Council's mission to make the district Cleaner, Safer and Greener.

A team from Newark Striders, nicknamed the 'Orange Wombles', have organised 'plogging' sessions in the fight against the scourge of litter.

'Plogging', which originates from Scandinavia, is a new pastime where people going out for a run pick up litter at the same time, 'plog' coming from a combination 'pick' and 'jog'.

All you need to plog is your running gear, litter bag and a pair of protective gloves before embarking on your mission to blitz the grot spots.

Becky Clift, from Newark Striders, said: "I approached Jacqui Jackson, Newark Striders' Chairperson, with the idea of plogging having been inspired by Instagram. Jacqui and the club's members supported the idea from the offset."

District council leader Councillor David Lloyd said: "Our litter hit squads work extremely to maintain high standards of street cleaning across the district but it is an endless task. We are really grateful to the wider public for their support in keeping the district clean and tidy and the Cleaner, Safer, Greener initiative has certainly captured the public's imagination."

Voluntary groups throughout Newark and Sherwood are being invited to borrow 'clean-up kits' to inspire even more people to help clear up their neighbourhoods.

Litter bugs are warned that fines of up to £2,500 can be imposed at magistrates' court and an authorised officer can demand the name and address of any person who is suspected of dropping litter on the street.



Paul Watts (left), Head of International Business Development at SP Services, which supplied 110 defibrillators to Border Force with resuscitation expert Stephen Furnell and Border Force Senior Officer Neil Dangerfield.

Border Force in lifesaving move

Defibrillators are being put into Border Force sites with more than 20 staff – including offices in Nottingham in the East Midlands - in a ground-breaking move to improve the survival of anyone having a cardiac arrest.

Survival rates fall from between seven to ten per cent for each minute a defibrillator (AED) is not used, says resuscitation expert Stephen Furnell, who has been campaigning for more than 20 years for the devices at public sites and workplaces.

"Every second counts when someone collapses and stops breathing. These devices are simple to use by anyone with little or no training. The sooner it is used in a collapse, the better the chances of a positive outcome," adds Stephen, of the

Resuscitation and Medical Consultancy, who advises Border Force.

The extra 110 "Heart Re-starters," delivered by NHS medical suppliers SP Services will add to Border Force's existing AED's which were installed into custody areas in 2012.

Border Force Senior Officer Neil Dangerfield said: "Our decision to install AEDs in Border Force workplaces, including some smaller ports and offices, was taken with our wider workforce in mind but many of these areas are also spaces that the public and other workers pass through.

"Expert advice tells us that AEDs mean survival rates from sudden cardiac arrests can be dramatically improved and lives saved."





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STAGECOACH BRINGS PERFORMING ARTS TO ARNOLD

The newest Stagecoach school for the Performing Arts is getting ready to inspire the next generation of budding young performers in Arnold, Nottinghamshire.

Stagecoach Performing Arts Arnold is opening its doors on 15th September 2018 to children aged four to 16. Stagecoach has helped over one million children achieve their potential with expertly led singing, dancing and acting classes, enabling children to thrive, develop their skills and give them 'Creative Courage for Life'.

As Principal of the new school, Rhys Collington brings a wealth of creative experience to the role. Rhys attended Stagecoach Loughborough when he was a child, which he believes gave him the confidence and courage to study performing arts at The University of Cumbria, Institute of the Arts. He is delighted to be bringing Stagecoach to Arnold and looks forward to giving children the same fun and exciting experience he had.

Rhys Collington, said "It's an honour to be Principal of a Stagecoach school, especially as my own performing arts career started at Stagecoach.

"Here at Stagecoach Arnold, my team and I are so excited to provide the best in Performing Arts education, whilst doing so in a



fun, safe and inclusive environment. We look forward to welcoming all our new students on September 15th 2018!"

Stagecoach Arnold will run a Saturday school at 10:00am at Arnold Hill Academy, and is now enrolling students for the autumn term, which runs from 15th

September - 8th December 2018. This term they will be exploring different styles of performing, which will be delivered across a wide range of workshops and activities.

For more information or to sign up for the Two-Week Trial, please visit the website at <https://www.stagecoach.co.uk/arnold> or call 0808 208 5134.

TRAM TOUR RAISES CASH FOR CHARITY

A special tram trip through Nottingham has helped NET and light rail enthusiasts raise funds for two worthy causes.

Taking in rarely used sections of the city's tram, the one-off tour also included a visit to NET's Wilkinson Street depot.

Around 40 people paid £30 each for a ticket on the 'special' tram, raising £1,200 for Crich Tramway Village and Forever Stars, one of the charities supported by tram employees. The money from tickets was then matched by NET operators Keolis, bringing the total raised to £2,400.

The trip was organised by NET tram driver Dan Patterson who, together with five of his NET colleagues, is also a volunteer at Derbyshire's world-famous Crich Tramway Village. He explained that the tour presented a rare opportunity for enthusiasts to get a behind-the-scenes peek at how the popular network operates.

"For many enthusiasts, the chance to ride a tram on sections of the track that are only used for turning or service access can be a really exciting prospect," he said.



"Of course, a guided tour of the depot was also a huge draw and we were delighted at the number of people who bought tickets, and everyone who took part really enjoyed this unique experience."

Representatives of Forever Stars, a charity supporting the bereaved parents of stillborn babies, and from Crich recently visited the depot to collect the money raised on the day.

Jo Sharp of Forever Stars commented: "It's always fantastic to receive local support, and this was made even greater by the fund matching from NET, which has always been a great corporate supporter of Forever Stars. These funds will make a huge difference to the work Forever Stars can carry out.

Amanda Blair, Marketing and Business Development Manager at Crich Tramway Village, added: "We're extremely grateful to Dan and all those who helped to organise the day out. We also appreciate the support and matched contribution from NET.

"It's fantastic that young tram drivers from NET are also volunteers at Crich Tramway Village, as they bring energy, enthusiasm and skills which help us to best serve our visitors."

Linda Lancashire
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Aries
 Feeling stressed and rather jaded? A last minute holiday arrangement could provide the answer as you never know when you may meet or what exciting adventures await you around the next corner. You are eager for change but if your health has been causing concern you may feel unable to make a definite decision about anything right at this moment in time. If alone and looking for love, you could be pleasantly surprised sooner than you thought possible.

Taurus
 Someone you see almost every day shows a new side to their nature and you would never have expected them to behave in this way. You always speak your mind and find it difficult to hide your feelings. The expression on your face usually says it all and you are not about to change at your time of life. Work and other responsibilities will be a pleasure because they offer you a respite and escape from your daily, every day grind in your domestic life.

Gemini
 Your attention may be focused on one thing to the exclusion of everything else over the next few days. A long-standing relationship or business association may come to a halt stop. In some legal advice may be necessary if you are to tie up loose ends properly. Be careful what you say to certain people because you will be taken seriously even when you are clearly just being flippant and in a jovial mood.

Cancer
 A long-standing relationship may be experiencing rocky moments and if you are involved with someone who is already in a relationship, watch out that lies and deceit do not lead you into a false sense of security. You may have not choice but to seek legal advice over a very delicate matter, but be aware that this move could also cost you big money. An friend or relative may need your help over a very serious matter, but right now it's as though you don't have much energy nor stamina for your own problems, never mind everyone else's.

Leo
 The grass never grows on a busy street and certainly not on yours. You are making dramatic and positive progress in your personal life to the point where you need more hours in the day in order to cram everything in. Social invitations will come flooding in and you will be juggling dates in your diary in order to fit everyone and everything in. The good news is that unexpected journeys, staying with friends, taking part in all kinds of activities that were not available before will all add to you regaining your sparkle and enjoying life to the full.

Virgo
 Just when you thought you were nicely settled in a new job or career move or romantic relationship something more interesting and intriguing is waiting for you around the next corner. Not content with what you have in your life now, you will be giving a great deal of thought and consideration to possibly making yet another change. A male or female situation in your domestic life could lead to sleepless nights and living under a lot of stress and pressure. You may need to move money about and to invest as a way of safe guarding your interests.

Libra
 Someone may try to confront you with a few home truths which you will not like and this could lead to a cooling off in a close friendship or personal relationship. Travel is firmly on the cards at the moment and although the route you take may be unusual or difficult, nothing is going to succeed in deterring you from following your heart. The news you receive over the next few days can be classed as either good or bad depending on how you interpret it.

Scorpio
 You are intensely loyal to those you care for but restless with those who betray your trust. Even though you may be urged to be more understanding of someone who has let you down, upon reflection you are also wise enough to know the leopards do not change their spots. Careful planning and hard work are the normal attributes of success but there are times when a more spontaneous approach works better with one of your ideas.

Sagittarius
 You may find yourself at a crossroads regarding a particular situation regarding a long-term relationship. Rather than rush in and make hasty decisions now, you would be well advised to stand back and take stock, as the whole matter could be resolved, much to your delight and relief. Don't lose sight of the fact that if you were to act too hastily at this point, the effect of the stress and upheaval would have on your health and well being.

Capricorn
 Be on your guard that someone may try to put you in a difficult position emotionally because they wish to manipulate you to do things their way. Remain firm when the subject turns to money and finances and stand by your decision not to be manipulated. Frustration at work has probably been gnawing away at you for months, but unless you do something about your situation, nothing much is going to change nor improve.

Aquarius
 Listen to your hunches regarding a situation involving someone you harbour doubts about. A financial matter needs careful handling if you are to avoid making a loss. If single or simply interested in spreading your wings further afield, you will be given the perfect opportunity to meet new, like-minded people.

Pisces
 You want need someone's encouragement to take advantage of an opportunity that could provide you with a more comfortable lifestyle. So far it's been an eventful year if not exhausting one and it isn't over yet. You need more quality time for yourself because of the amount of reading about you are doing thinking about other people, or perhaps, one particular person. Don't feel pressured into shaking hands on a deal you feel unsure about because the cost to you could be way too high.

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National Justice Museum Receives Prestigious Award

Nottingham's National Justice Museum has received a prestigious Sandford Award for Heritage Education.

The Sandford Award recognises quality education services at heritage sites, museums, archives and collections across Britain. It is managed by Bishop Grosseteste University, Lincoln, in partnership with the Heritage Education Trust.

Gill Brailey, Director of Learning for the National Justice Museum said: "Gaining a Sandford Award recognises not only the quality of our learning sessions and expertise of our delivery team, but it also recognises NJM has all the important policies and procedures in place to support schools when they visit us."

The Sandford Award is independently judged.

The judges of this year's Award said the National Justice Museum's education programme inspired visitors and contributed to local and national heritage. They commended the Museum's resources and facilities.

The National Justice Museum's education programmes are devised to help young people develop a better understanding of law and justice past and present and through preventative education, reduce crime.

Past Sandford Award winners include Blenheim Palace, Cardiff Castle and the Warner Bros. Studio Tour.



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As an organisation, our mission is to advocate, provide and develop high-quality services, information and support in partnership with others for all those whose lives are affected by autism. Our approach is individualised and person centred; recognising and responding to the needs of the individual enabling people with autism to live their lives with dignity choice and independence.

It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

All posts are subject to an enhanced DBS check.

Autism East Midlands
Quality of Life for People with Autism



HIRE THE BALLROOM

One of Upton Hall's best kept secrets is 'The Ballroom' a medium function room with built in stage. This stately room is south facing, overlooking terraced gardens with its own entrance.

In the past the function room has been used for a variety of events such as small concerts, presentations, christenings, weddings and wakes, in addition to business meetings. Why not ask to look around, it could be the ideal place for your event!

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Upton Hall is a magnificent grade 2* listed building in the middle of a quiet country village.

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The Ballroom has its own entrance, a stage, tables and chairs, in addition it is possible to hire a screen and projector. Access to the grounds and free car parking are included within the cost of hiring the Ballroom.

If required we have contact details for a number of excellent caterers in the area who are familiar with Upton Hall.

For more information or to make enquiries, please contact 01636 817610 or see advertisement for details.

Council Leader's Marathon-A-Day Walk for Children's Charity

The Leader of Nottingham City Council is to walk the Pennine Way for charity – in just 10 days.

It usually takes at least three weeks to complete the famous 267-mile trek from Edale, Derbyshire, to Kirk Yetholm, Scotland.

By completing the feat in just 10 days, Councillor Jon Collins will be walking the equivalent of more than a marathon every day.

The challenge, starting on Friday 24 August, will raise funds for the Dolly Parton Imagination Library – a book-gifting scheme which provides a free book every month to children from birth to aged five.

The Imagination Library scheme is currently running in nine of the city's 20 wards – but more

funds are needed to extend it to the remaining 11 city wards.

Councillor Collins said: "I have no idea whether I'll be able to do this or not. It's a serious challenge. I'm fully expecting to be dead on my feet by the end of each daily marathon.

"But it's all for a great cause. Getting children reading at an early age is important. Studies show that children who read at home go on to get better exam results, which means they have better job prospects when they leave school."

A fund-raising target of £2,670 – £10 per mile – has been set up on a special Just Giving website www.justgiving.com/crowdfunding/walkingthepennineway



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Oxjam Beeston 2018

A Touch of Frost Photography



It's coming home!

The industrious team at Oxjam Beeston HQ are busy cooking up plans for this year's Oxjam Music Festival. Since 2011 Beeston has built up the volunteer run festival from nothing to a very successful community event of which the town is very proud.

Last year the festival raised a record breaking £22,000, bringing our running total of money

raised for Oxfam since we started to a fantastic £85,000, and making Oxjam Beeston probably the most successful Oxjam in the country!

The Big Takeover Saturday 13 October

Arguably the best day in the Beeston calendar! Over a hundred talented artists and bands will perform at cafes, bars, pubs and com-

munity spaces across Beeston from midday to midnight. There's everything from Indie to Americana, folk to DJ, acoustic to rock. There's even a silent disco!

Oxjam Unplugged Saturday 22 September

For the third year running we offer you an evening of acoustic music at local venue, Middle Street Resource Centre, where you can relax with a simple supper or snacks and a drink from the licensed bar, whilst listening to a wide ranging programme: a unique brand of Hungarian folk fusion from Foreign Accent; Americana from The Celotapes; British/Celtic tunes and songs from the Beeston Ceilidh Collec-

tion; and songs – original, trad, and contemporary - from compere Colin Tucker.

Classical Oxjam Saturday 17 November

In the beautiful setting of Beeston Parish Church this is the fifth time we present an evening of broadly 'classical' music to satisfy all kinds of concert goers, from truly 'classical' to lighter, more modern pieces. Talented young pianist Matthew Clemmet, who was such a revelation last year, will join us again. We are also delighted that Il Bel Quattro will be with us again, who were at the heart of the very successful 'Operatic Arias' Oxjam concert last year. More acts to be announced.



NOTTINGHAM CARE HOMES SHOW THEIR SUPPORT

Two Nottingham Ideal Carehomes have joined together to take part in a sponsored walk raising money for Macmillan Cancer Support. Coppice Lodge in Arnold and Fairway View in Bulwell wanted to thank the charity for all the support they provide to their homes and also the local community.

The idea of a sponsored walk came from a recent Social Committee Meeting where residents put forward their ideas for upcoming activities and trips. Lifestyle Manager, Catherine Goddard, said, "We wanted to do something a bit different than the usual fundraisers and after discussing some ideas with the residents, we decided on a sponsored walk. The plans just snowballed from there – we spread the word and I was overwhelmed with how many people wanted to get involved!"

As well as the sponsored walk, money is still being raised for Macmillan who provide continued support through cancer diagnosis and treatment for patients and their families.

Residents chose Highfields Boating Lake as the venue for the walk due to its close proximity to both homes and its beautiful views, trees and water features. Staff, friends and relatives were invited to take part and nearly 40 people turned out to enjoy the sunshine and share the experience.

As well as the sponsored walk, money is still being raised for Macmillan who provide continued support through cancer diagnosis and treatment for patients and their families. Stacey Smalley, MacMillan Fundraising Manager for Nottinghamshire said, "I want to say a huge thank you to all the staff and residents at the two care homes for their support. Every penny raised helps us continue to fund vital cancer support services in Nottinghamshire so we can be there from the moment of diagnosis to help people find their best way through." For more information visit www.idealcarehomes.co.uk.





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schools out for Summer **WHAT'S ON** JUNE 30

Lighting up the Skies 11 August 2018

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Belvoir Castle has been the family home of the Duke and Duchess of Rutland for a thousand years and is currently home to the 11th Duke and Duchess and their five children.

Having undergone many historical events and being a building of magnificent beauty, Firework Champions is due to present their world famous event at this stunning venue. If you love fireworks, want an amazing evening out with friends and family or enjoyed being impressed then you won't want to miss this!

Now in its 10th year, the Firework Champions sees a selection of the UK's best firework companies compete against each other with a breath-taking pyrotechnic display, finished off by a finale display from organisers MLE Pyrotechnics. Having years of experience in the professional firing of fireworks, MLE Pyrotechnics produce world class displays, using only the best possible, safest and most beautiful fireworks ensuring an impressive experience for all.

Make a day out of it and find accommodation nearby from hotels and cottages to campsites - there's something to suit everyone's budget - to take full advantage of the food and drinks stalls, kid's activities and pre-show entertainment the event has to offer!

For more information or to book tickets visit the website www.fireworkchampions.co.uk/ or call on 01327 876037.

HOLDING A LOCAL EVENT?
CALL 01159 314380

Skylarks Festival



Fun for all the family!

**Thursday 23rd August 2018
12pm - 6pm**

**Skylarks Nature Reserve,
Adbolton Lane, Holme Pierrepont**

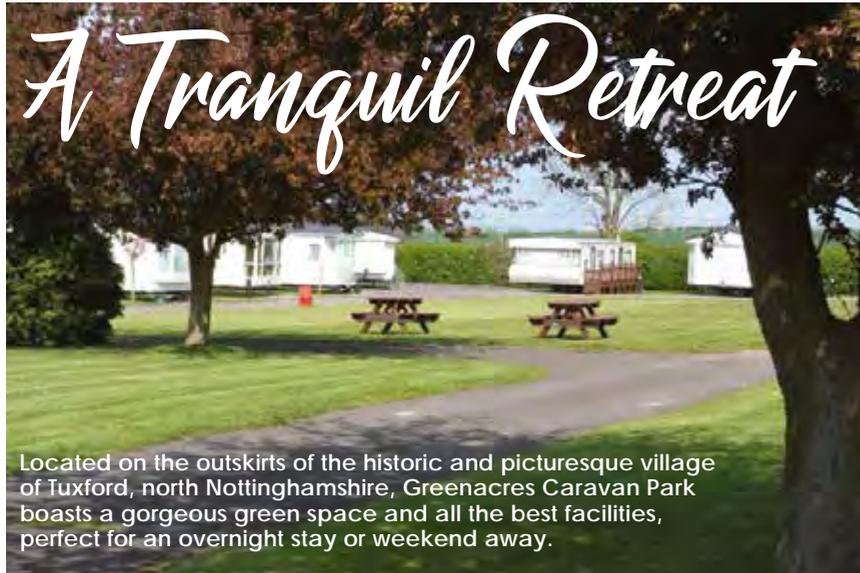
Follow the signs for National Water Sports Centre and then look out for our events signs!

Children's activities & games
Wildlife walks Refreshments

For more info, contact
Erin McDaid: 0115 958 8242

www.nottinghamshirewildlife.org

A Tranquil Retreat



Located on the outskirts of the historic and picturesque village of Tuxford, north Nottinghamshire, Greenacres Caravan Park boasts a gorgeous green space and all the best facilities, perfect for an overnight stay or weekend away.

Having recently been put under new management, Greenacres breathes life into the area providing a little sanctuary for tourists, visitors and regulars alike.

Escape the dull drag of everyday life with a trip to Greenacres where you can relax with a drink and a bite to eat, soaking up the glorious summer sun.

This adult's only park is the ideal hub for exploring the surrounding rural areas or taking a trip into the bustling city, delivering a balance between serene tranquillity and easy access to fun activities and delicious eateries of every kind.

Tent, touring and motorhome pitches are available onsite with a fantastic range of facilities on your doorstep. An all new toilet

and shower block is currently being built to create a clean and practical place for happy campers to utilise.

The roads around the campsite are also being reconstructed to make maintenance stress-free and provide easy access to the park at all hours, helping new visitors to find their way.

Love the hassle-free lifestyle of living in a motorhome? Why not buy or rent one of the high spec, beautifully kept static caravans on offer in the park to make your dreams a reality, creating a relaxing home-from-home.

For more information about the park or the caravans on offer, call Greenacres on 01777870264 and start booking your relaxing break today.

FIREWORK CHAMPIONS

Belvoir Castle, Leicestershire

SATURDAY 11TH AUGUST 2018

Fusion Fireworks, Flashpoint Fireworks, Optimum Fireworks
in the competition with a closing show by MLE Pyrotechnics

TICKETS AVAILABLE NOW by phone or web

SPECIAL PREBOOK PRICING

Adults: £19.00, Children: £9.00

Booking fee: £1.50 per order

4 world class displays
all choreographed to music.
SMS audience voting

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www.fireworkchampions.co.uk



www.belvoirfireworks.co.uk Booking line: 01327 876 037



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- | Ingoldmells

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fun in the sun

Summer at your Local Library

There is lots happening at your local library this summer

August Bank Holiday is a major summer milestone for many of us, marking that we're approaching the end of the nice weather, the kids are going back to school soon and, of course, we get to enjoy a nice long weekend.

With the kids off school and a well-earned break from work for you – this is the perfect opportunity for some quality family time. Whether you like to get active, learn something new or experience fast-paced action, there's something for everyone in Nottinghamshire!

From bike rides, hiking and Segway's to exploring, climbing and playing, unleash your imagination this bank holiday in Nottinghamshire with a little inspiration from our busy 'what's on' section, and experience a whole handful of places which invite you to return to childhood.

If an educational day out is on the cards, there are many castles, dungeons, craft and education centres near you that can teach you a new breadth of interesting knowledge from days past. Step back in time with tours, museums and group activities available in abundance around the city, helping you delve deeper into Nottingham's rich history.

For something that screams fun but is a more relaxed alternative to an active day out, visit the wide range of cinema, bowling, laser tag and arcade venues or restaurants in and around the city, providing you with a couple of hours of family pleasure.

However you choose to spend your extra-long weekend of fun, be sure to check out our 'what's on' pages for some exciting inspiration.

Join our Summer Reading Challenge, make Beano Badges, visit our Summer Safety Roadshow, or how about unicorn crafts, family wizarding, poetry, dinosaur explorers or baby massage?

There's so much to do at your local library and booking is really easy. Just visit www.inspireculture.org.uk/learning or call us on 0115 804 4363.

Grow, Learn and Achieve with Inspire Learning

Better than ever and featuring more courses than before, Inspire Learning's new course guide is now available from Notts Libraries!

Learn a new language, get lost in literature and music, brush up on your English and Maths or develop your work skills.

Art journaling, crochet, machine quilting, paper crafts, photography and printmaking are just a few of our art and craft courses on offer.

You can improve and develop your IT skills too – we've courses in basic computing to website creation and blogging.

Maybe you're interested in writing but you don't know where to start? Let Inspire Learning help you discover your own creative writing style with one of our creative writing courses. Craft a short story, write for children,

or learn the art of calligraphy.

If food is your passion, learn the essentials needed to work safely in a catering environment, or for something a little more light-hearted how about sugar fondant cake toppers or sugar craft flowers?

Discover alternative therapies, meditation and mindfulness, or use drama techniques to promote mental health through drama therapy.

There's accredited courses at levels 3 to 5 in a range of subjects including education and training, leadership and project management. We're also running Access to Higher Education courses in Health and Social Care.

For school leavers unsure of their next steps, we have traineeships and study programmes in a variety of subjects with progression opportunities to apprenticeship programmes.

Whoever you are, whatever your aspirations, and wherever you are on your own journey of fun, growth development, we're sure you'll find a course or programme with us interests and inspires you.



Shopping at Jerry Green Dog Rescue

Doggy Discount Packages!
Includes choice of items from our new range:

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1 Harness
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1 Harness • 1 Bowl
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3 Toys • 1 Bed



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Company Number 08611294

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- Building Better Opportunities Towards Work
- Apprenticeships
- Adult Further Education Courses
- Access to Higher Education
- Tailored Training Courses for Employers

Pick up our latest course guide in libraries now

Fun for all the family at your local library this summer!
See website for details.



*up to age 24 with EHCP plan

Find out more at www.inspireculture.org.uk/learning Call 0115 804 4363 or email learning@inspireculture.org.uk
InspireLearningSkills @Learn_Inspire

Ofsted Good rating

Schools out for Summer **WHAT'S ON** JUNE 30

FAMILY FRIENDLY RACING AT

RIPON RACES
Yorkshire's Garden Racecourse

CHILDREN'S DAY **Monday 6th August**
including Riggamoor Petting Farm
First race 2.15pm
Plus fun-filled activities and FREE face painting on 7th, 14th & 28th August

Monday 13th August
First Race 2.00pm
ALICE IN WONDERLAND FAMILY DAY

Saturday 18th August
WILLIAM HILL GREAT ST WILFRID
First Race 2.10pm

Monday 27th August
BANK HOLIDAY FAMILY DAY
Gates open 11.30am
First race 2.10pm

Tuesday 28th August
First Race 2.00pm

Saturday 29th September
THEAKSTON'S BEER FESTIVAL
First Race 2.05pm

All times shown are approximate and are subject to change. Regular updates can be found on our website.

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Tel: 0116 2440028 E-mail: admin@bmfa.org
web: www.bmfa.org

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PEAK DISTRICT
2018

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ruffordabbey.com



Fun for Foodies

Nottingham Food & Drink Festival
Saturday 11th & Sunday 12th August



It's a great family day out at the Nottingham Food & Drink Festival

Parking Free • Open daily from 10am – 6pm
Prices on the day are:
Adults £8.00 • Over 65's £7.00 • Children £3.00
Advance reduced price tickets are available from
www.nottinghamfoodanddrinkfestival.co.uk

It's fun for foodies as the Nottingham Food & Drink Festival returns for its fifth year with another great line-up of Chefs.

Levi Roots headlines on Saturday, with Eva Humphries, ably supported by Jackie Kearney and on Sunday, Peter Sidwell, Paul Rankin and Cyrus Todiwala will be on centre stage. On both days there is also the Crabstock Boys, Jonny Pusztai and Linda Hewett.

Visit the Piazza where you can enjoy global cuisine. It is a large central area offering both outdoor and covered seating where you can choose from a vast array of street food, real ales, ciders and wine, whilst relaxing to the strands of live jazz and folk music.

Be tempted – take home a memento from the food halls, stock the freezer or cellar, all from the fine array of food and drink from local and national food producers, available for you to buy.

Dotted around the show are all sorts of interesting features, Crafts Corner with live demonstrations of Glassblowing, Chainsaw Carving and working Blacksmiths, Children's Workshops and the Bushtucker Challenge, to mention just a few.

The festival brings to Nottingham a touch of summertime, alfresco dining, master chefs, artisan food and drink, music, fun and laughter. So come along to enjoy yourselves, eat, drink and be merry.



Welcome to the

NOTTINGHAM FOOD AND DRINK FESTIVAL

AUGUST 11th-12th 2018 10am-6pm
Celebrity Chefs including:
Paul Rankin, Peter Sidwell and Levi Roots

- Food Roadshow • Huge Food Halls • Live Music
- Real Ale Tent • Fruit De Mer Restaurant
- Family Entertainment - with workshops for all ages
- Bushtucker Challenge

Wollaton Park, Nottingham NG8 2AE

Admission
 Adults £8.00
 Over 65s £7.00
 Children £3.00

www.nottinghamfoodanddrinkfestival.co.uk Tel:01283 820548

Living Heritage Nottingham Food & Drink Festival
 11th -12th August 2018
 Wollaton Park, NG8 2AE

Camp Williams

VMCA day camps
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4-15 yrs

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At Camp Williams all children take part in camp rallies, sports, swimming, games and crafts.

Plus, 8 - 15 year olds on our full programme can do skills clinics ranging from game design to climbing, and mountain biking to music making.

August 2018
 Monday 6th - Friday 10th
 Monday 13th - Friday 17th
 Monday 20th - Friday 24th
 Tuesday 28th - Friday 31st

"Fun, safe, educational. My daughter loved everything about camp. Happy child, happy mum!"
 Louise, Camp Williams parent

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Schools out for Summer **WHAT'S ON** JUNE 30

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Looking for something to do with the children this summer? The D.H. Lawrence Birthplace Museum has many free drop-in events running from now until the end of August.

Why not visit the shop and enjoy some summer arts and crafts making paper lanterns and bunting to take home with you; perfect for the next garden party or BBQ. Ever wanted to discover the different countries D.H. Lawrence visited throughout his life? The Museum now has a holiday themed trail for children throughout the ground floor taking them around the globe on an exciting adventure. There's no need to book, but please

make sure to check ahead to ensure the Museum is not closed for a group visit. The D.H. Lawrence Birthplace Museum is an award winning visitor attraction in Eastwood, Nottinghamshire. 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, contact the D.H. Lawrence Birthplace Museum on 0115 9173824, or visit www.leisure.co.uk/dhlawrence.

COMMITMENT TO EXCELLENCE AWARD 2016

Brayford Belle



All our trips are weather permitting
We may have to cancel without notice due to safety reasons.

Welcome to Lincoln Boat Trips
Sit back, relax and enjoy the sights of Lincoln and the countryside from a different perspective aboard a 50-60 minute guided canal trip with a very entertaining commentary about Lincoln's past and present. Enjoy a cruise whatever the weather with inside and outside seating, the lower deck is fully heated, or enjoy a great view from the top deck under canopy.

Daily Sailing Times
11:00am - 12:15pm - 1:30pm - 2:45pm - 3:45pm

Prices
Adults £7.00 | Senior Citizens £6.00 Children £4.00 (children under 3yrs are FREE)
Family Ticket £19.00 The family ticket includes 2 adults and 2 children under 15 years. Please note we are only able to accept cash payments. Dogs more than welcome if on lead, free of charge.

Tea, Coffee, Hot Chocolate, Cappuccino's, and soft drinks available

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Private Hire
We are also available for private hire starting 5:30pm for 2 hours only. We can accommodate up to 40 people.
To find out more information please visit our website: www.lincolnboattrips.co.uk or telephone: 07947 546 511

The Untouched Route

Whether you are just visiting the area or have lived there all of your life, Off the Derbyshire Beaten Track offers the chance to discover some of the hidden treasures of Derbyshire away from the familiarity of typical tourist routes.

As you make your way along Derbyshire's undiscovered by-ways, immerse yourself in the beauty of the countryside and experience the area in a way that you never have before.

Half day tours from Ashbourne include a 40 mile journey of discovery, taking in several different topics, and more specialised themes like lead mines great and small or the history behind rose gardens. In each case, the emphasis is on the people who were involved. During December there will be an event describing the experiences of a Lowland Scotsman, who followed Bonnie Prince Charlie south to Derby.

The 40 mile journey crosses the centuries from Roman times until present day. As educational as it is interesting, the tour answers questions throughout such as; why was a nineteen arch viaduct built over the Ecclesbourne Valley railway? What is the connection between the film star Rudolf Valentino and Hazelwood? When did mice delay a major explosion? What is the link between Oscar Wilde and Hopton Wood Stone? Where are a dove, a lamb, a hart, two serpents, a swine and a wolf on the same carving?

Every single tour is unique and endeavours to satisfy the interests of the individuals that are taking part, ensuring that your journey is just as different as the views that you are seeing.

For more information email Frances Wilkins at frances@franscript.co.uk or call on 01335345239. Alternatively, visit the website www.offthederbyshirebeatentrack.co.uk.



Off the Derbyshire Beaten Track

A series of half-day tours

a 40 mile journey of discovery
lead mines great & small
Sir George Watt & Derbyshire

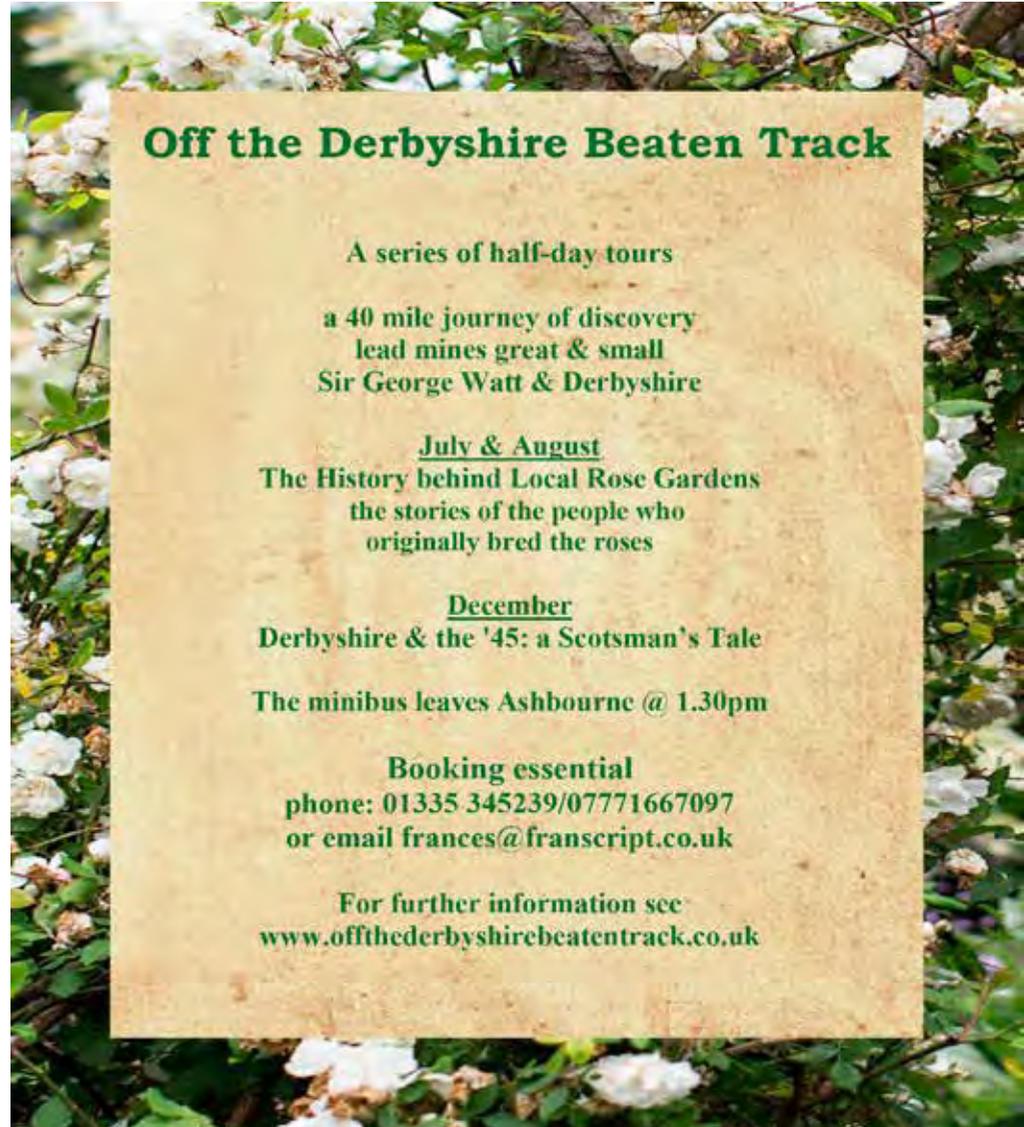
July & August
The History behind Local Rose Gardens
the stories of the people who originally bred the roses

December
Derbyshire & the '45: a Scotsman's Tale

The minibus leaves Ashbourne @ 1.30pm

Booking essential
phone: 01335 345239/07771667097
or email frances@franscript.co.uk

For further information see
www.offthederbyshirebeatentrack.co.uk



schools out for Summer



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www.littlewickets.com

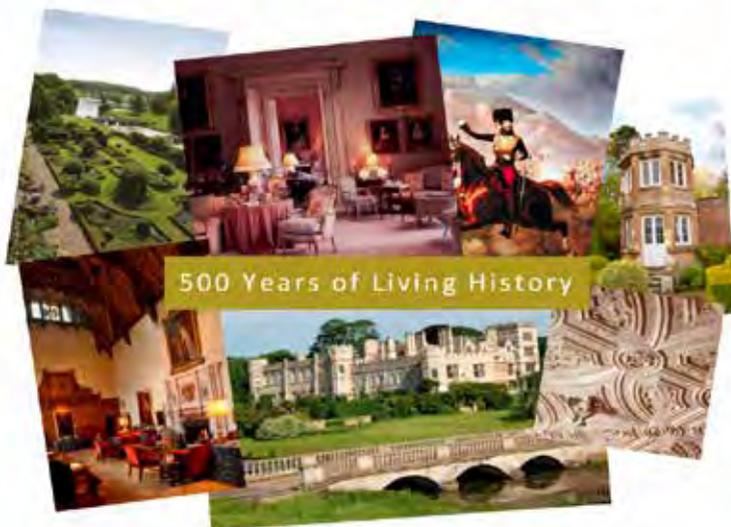
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12pm-5pm, house opens at 2pm.
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12pm-4pm. Last admission 3:30pm.

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Melton
Borough
Council

schools out for Summer



Get Set for Summer!

Summer Holiday Adventure Club - The Mill Adventure Base, Sutton-in-Ashfield

Until Friday 31 August (weekdays only), £27 per day, Booking essential
With activities ranging from kayaking and archery to indoor climbing and much more - there are lots of new skills for 8-12 year olds to learn at our fun filled days.



Crime Author Stephen Booth - Book Signing - Retford Library

Thursday 16 August, FREE Author Stephen Booth will be signing copies of his latest Cooper and Fry novel, Fall Down Dead.

Paul Cookson: Live At The Library! - Kimberley Library, Hucknall Library, and Ravenshead Library

Friday 17 August, FREE ENTRY
The brilliant children's poet, Paul Cookson, will be dropping into libraries this summer. Hear him perform his fantastic and funny poems.

Moana Outdoor Film Screenings - Rufford Abbey Country Park

Saturday 18 - Sunday 19 August, FREE (Parking charge of £3.50 per car, must be pre-purchased online)
Enjoy a family day out at Rufford Abbey and take in the free outdoor screening of Moana!

Soundtrack Summer School - The Old Library, Mansfield

Monday 20 - Friday 24 August, £10 for the week, Booking essential



Summer Holiday Adventure Club at The Mill Adventure Base offers activities ranging from kayaking and archery to indoor climbing and more...

Robin Hood Festival - Sherwood Forest Country Park

Monday 27 August - Sunday 2 September, FREE
Visit the home of Robin Hood for the 34th annual Robin Hood Festival! This year festival favourites like Medieval Maniax, musicians, storytellers and medieval magician Nathaniel Bagshot will be back along with brand new entertainment for 2018!

Whether you are a classical, rock or pop musician, a singer, composer or a music producer come and work with professional musicians to record a soundtrack for a film. Suitable for musicians aged 13 - 19 with a good level of musicianship.

IF YOU WOULD LIKE TO FEATURE ON THIS PAGE PLEASE CALL US 01159 313879

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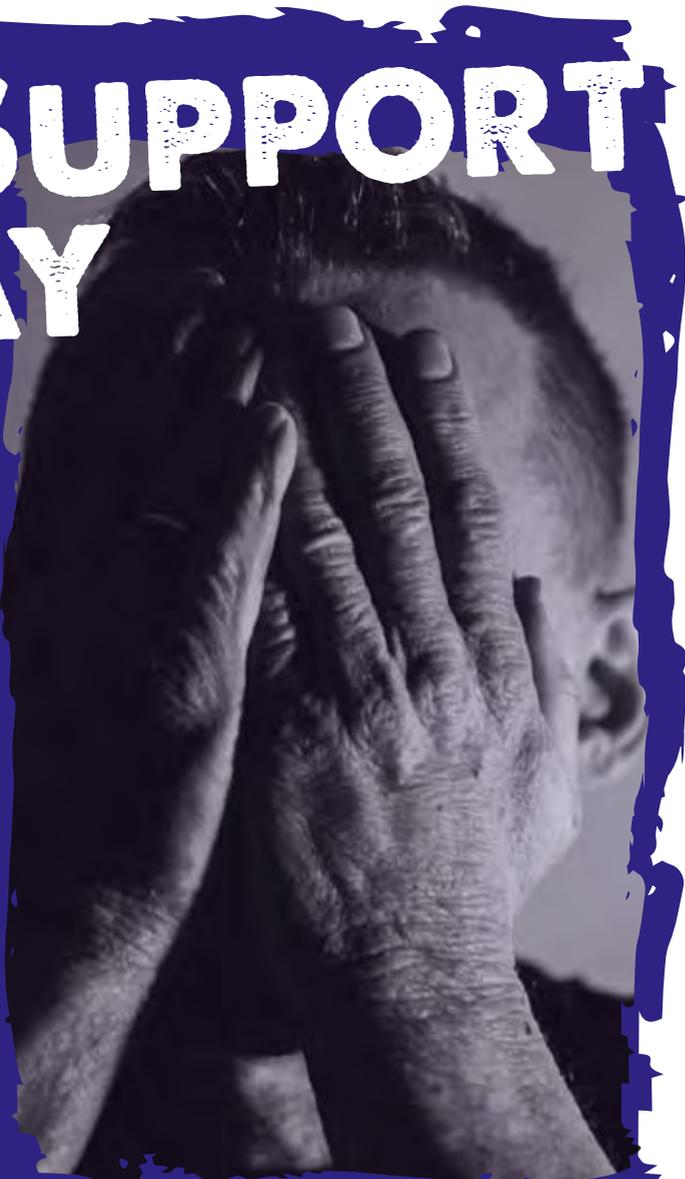
GET SUPPORT TODAY

Addiction can be a really intense and difficult subject; it can take over people's lives and make them change in ways you would not believe, immensely affecting them and everyone around them. Anyone struggling with addiction doesn't ever need to feel alone, although you might feel like you shouldn't speak about your worries and anxieties, it's always better to speak up and seek the support you need.

Understandably, speaking to a friend or family member can sometimes be the hardest thing to do if you're suffering or scared. If you don't wish to speak with someone who loves you to ask for help, there are plenty of other options including clinics, rehabilitation facilities and one-to-one sessions where you can comfortably air your feelings.

In and around the city there are numerous places which offer counselling, group sessions, rehabilitation and everything in between to provide you with full support and get you back to living your normal life as quickly and efficiently as possible, at your own pace.

Remember, if you or someone you know is struggling with addiction, speak up and look for support whether professional or closer to your heart.



A BRIGHTER FUTURE



While drinking in a social setting or at home to unwind after a busy week at work is fine, worrying statistics have revealed that 1 in 11 men and 1 in 25 women in the UK are now physically dependent on alcohol.

Tell-tale signs that you may be drinking too much include feeling depressed, an inability to function properly at work and drinking to reduce anxiety. If you or anyone around you is dealing with any of these issues, you may need to seek professional help in a comfortable setting. Steps Together Rehab is a specialist drug and rehabilitation centre in Nottinghamshire that can assist people when it comes to overcoming their addiction. With

qualified counsellors and practitioners in drug and alcohol treatment, the facility will guide its clients every step of the way towards their sobriety.

"Our facility and our team are equipped to deal with the many complex issues concerning addiction".

Darren Rolfe
CEO

With a focus on reducing stress, the team at Steps Together Rehab use therapies and exercises that can help individuals regain their wellbeing and happiness while also combatting their addiction. Counselling treatments consist of both 1-2-1 Cognitive Behavioural Therapy and group work and there is also a variety of wellbeing treatments used including Meditation, Mindfulness and Acu-detox. At Steps Together Rehab, the journey to recovery is sure to be an enjoyable and enlightening one.



STEP INTO A BRIGHTER SUMMER. WE CAN HELP YOU BEAT YOUR ADDICTION.

Regulated by the Care Quality Commission



If you or a loved one are in need of help with moving your life forward we have the perfect solution. Steps Together Rehab is the perfect place for detox, rehabilitation and aftercare.

We are a private, discreet and professional clinic who respect your confidentiality and are regulated by the Care Quality Commission.

Our beautiful clinic is set in a tranquil location in Nottinghamshire.

We offer a wide range of therapies and facilities including:

- ✓ Cognitive Behavioural Therapy
- ✓ 12 step recovery
- ✓ Group therapy
- ✓ Holistic therapies - including acupuncture, massage and mindfulness
- ✓ Educational workshops
- ✓ Physical activity, including gym and swimming (off-site gym)
- ✓ Family Workshops
- ✓ Aftercare
- ✓ All the bedrooms are en-suite and include a ground floor room with wheel-chair access



For more information about Steps Together Rehab, visit the website at www.stepstogether.rehab or call 0800 038 5585

Address: Steps Together Alcohol & Drug Rehab Nottingham Church Street, Sutton-in-Ashfield, Nottinghamshire, NG17 1EX

Contact our admission team today to start your journey to recovery
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Just like the family that runs it, AHM Installations is a business that won't falter under pressure. Set up 18 years ago by Julie and Simon Symcox, the business began selling mobility scooters and stairlifts. When enquiries about mobility bathrooms began to flood in though, they decided to implement these into their business, until the demand grew so much that it became their focal selling point.

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Installations can also rely on trustworthy tradesmen who will share their vast knowledge and expertise of bathroom and wet-room installations every step of the way. The business has showrooms in Lincoln, Kent, Stratford upon Avon and Somerset. To find out more about AHM Installations, visit their website at <https://www.ahminstallations.co.uk/> or call them on 0800 7316495.

Looking for local social events and activities?



Everyone Welcome!

From meals out to coffee mornings, outings and talks, you can be sure of a warm welcome. Upcoming Oddfellows events include:

Tuesday 14th August 10am Breakfast Club
Warsaw Diner 93-95 Derby Road, Notts NG1 5BB

Friday 17th August 10.30am Speakers Corner
Potted history of Malan & Singapore
Eastwood Conservative Club, 9 Church Street, Eastwood NG16 3BP

Monday 20th August 2pm Murder Mystery Mayhem
Book Club Call Melanie for details

Wednesday 22nd August 1.30pm Games & Quizzes
Cantaloupe Centre, Market Place, Ilkeston, Derbyshire DE7 5HY

Friday 31st August Dine Around the World
Annia Polish Restaurant, 558 Mansfield Rd, Sherwood, Notts NG5 2FS

www.oddfellows.co.uk for membership enquiries 0800 028 1810

The Oddfellows is the trading name of The Independent Order of Oddfellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB

To book for any of these upcoming events, or to find out what else is coming up call Melanie on 0115 963 8766



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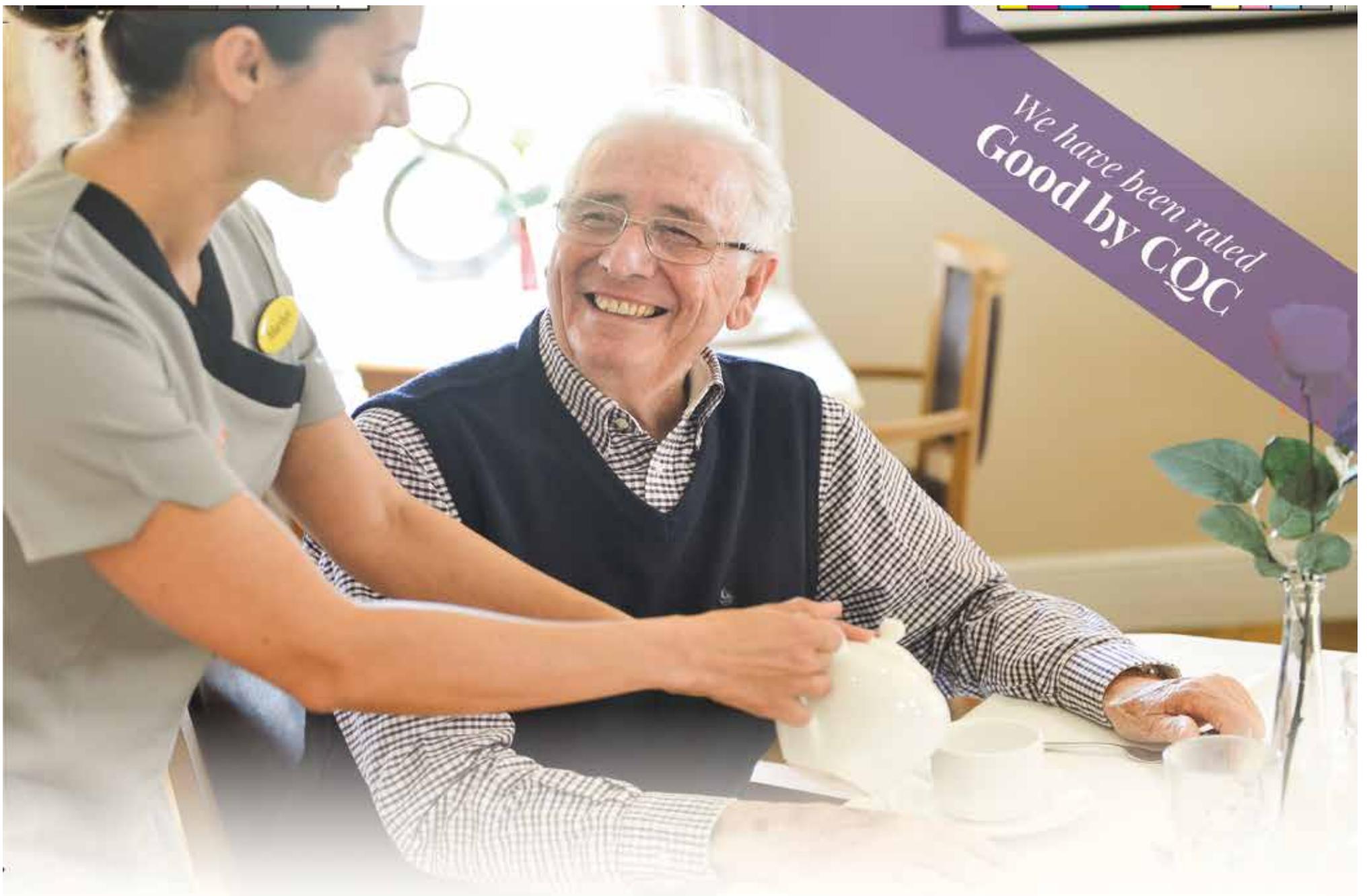
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Finding the Right Care for You

To some, it seems like a big step, but care homes can offer great opportunities to form new friendships and provide a safe and comfortable place to live.

Care homes are staffed 24 hours a day with all meals provided to residents, they sometimes provide nursing too so make sure you know what levels of care are available before you move.

How a care home is paid for is dependent on your personal situation; your local council may be able to pay some or all of your fees if your savings are below a certain limit.

The law says that where the local authority is funding accommodation it must allow the person entering residential care to choose which care home they would prefer. Social services must first agree that the home is suitable for the person's needs and that it would not cost more than they would normally pay for a home that would meet those needs. If the person chooses to go into a more expensive home, a relative or friend may be able to "top up" the difference in cost.

If you think that you need more personal care than what is offered with sheltered housing, moving into a care home could be the best option for you.



Some care homes offer accommodation that includes help with personal care- activities such as washing, dressing and going to the toilet. Others are able to provide nursing care for those with specific needs.

There are also care homes for those that require extra care and support, often due to dementia. Carers in these homes are

specifically trained in dealing with these illnesses and looking after the residents in a specific way.

Finding and choosing the right care home can be tricky but there is help out there. Age UK has a checklist online so that you know every point to consider and look out for when you visit potential homes.

New Support Services to Help Young People

Nottinghamshire Police and Crime Commissioner Paddy Tipping joined public safety partners and volunteers to toast the launch of a new service for children and young people who are victims and survivors of sexual violence.

The event was held to celebrate the arrival of the Children's Independent Sexual Violence Adviser (CHISVA) service, which got underway in the county on July 1.

The service, which provides a range of practical and emotional support including advocacy to victims of crime who have been sexually abused or assaulted, was commissioned by Nottinghamshire Police and Crime Commissioner Paddy Tipping.

It was developed in response to research undertaken by the PCC in June 2017 which identified a gap in support services and includes 2.5 CHISVAs who offer support with police video recorded interviews and attending appointments.

The PCC joined city and county stakeholders and volunteers from the

new service to celebrate the culmination of months of joint work to improve victims' services.

Mr Tipping said: "Young victims of sexual violence are among the most vulnerable people in society and it's critical we provide them with help as soon as it's needed. This joint investment will give children, young people the tools they need to move on with life in a positive way and maintain long-term mental wellbeing."

The CHISVA service, which supports children and young people up to the age of 18, is being provided by Imara. A separate new and enhanced ISVA service for adults is being delivered by Nottinghamshire SVS Services.

Children and Young People wanting help and support should first contact East Midlands Children and Young People's Sexual Assault Service, who will provide a holistic assessment and refer onto the CHISVA service.

The free 24-hour helpline number is 0800 183 0023.

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Home and garden



More or Less

For anyone looking to make any changes to their home and garden, now is a good time to do so. The warmer weather means you can take care of any messy jobs outdoors and the lighter evenings mean more time to do it.

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It's not something that has to break the bank either. The 'less is more' attitude can also be applied where the home and garden is concerned - a few subtle and

inexpensive adjustments can make all the difference.

Admittedly not the most exciting of tasks but a general tidy up means you can take on any changes with an open mind. Set aside some time to get on top of the housework and general gardening tasks for a clean and organised space to work from.

A trip to your local garden centre is another good place to start. As well as the flowers and plants themselves, you'll find any outdoor tools you need to tackle any of the bigger jobs early on and expert advice on where to start for gardening beginners.

A coat of paint is one of the easiest and budget friendly ways to freshen up your home and garden. Whether it's touching up a few finger-marked walls or up-cycling a well-loved outdoor

furniture suite, it's a simple way to breathe a fresh spring air into your surroundings.

For anyone who prefers their home and garden on the more low maintenance side, plants are a good way to go. There are countless species of plants and shrubs that add texture and interest to your indoor and outdoor spaces but which are easy to keep.

If you're a fan of flowers just not so interested in the upkeep, getting in touch with a professional who can do all the hard work for you means you can reap the rewards without having to get your hands dirty.

Most importantly, remember that Rome wasn't built in a day and neither was your home. Pick up pieces as and when you see them and take the time to really enjoy the makeover process.

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Home and garden

The perfect office environment doesn't have to mean a stuffy corporate building in the city. More and more employees now have the opportunity and flexibility to work from home in order to suit their family lives.

Whilst no commute, more adaptability and less stress sounds like absolute bliss, there are some measures one must take when working from home to ensure the office is separate from your day-to-

day life. You definitely want to be able to chill out when not at work so the last thing you want is papers and books everywhere – here are a few little tips to creating your perfect home office haven.

Just because you work from the comfort of your own home, there's no need to lose the feel of a classic office. If you're lucky enough to have a spare room in your home which you can use as an office, this will help to separate

A Home Office Haven



your work life from your family life, if not, make sure you always put your work away to avoid clutter in your living space.

For those who prefer a modern feel, opt for a minimalistic colour scheme of grey, black and white with splashes of colour. Incorporate plants and bold prints into your office for a light and airy space to work in.

To keep your space simple and classic, choose dark wood and a

leather chair for a sophisticated look. Stick to neutral tones to ensure that any patterns or colours you insert at a later stage won't clash.

Accessories such as soft furnishings, pictures, plants pots, lamps and art work are perfect for jazzing up a boring office and adding a bespoke touch to your space, however, make sure you don't overcrowd your work space and always prioritise practicality over beauty.

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