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Issue 239



nottsinfocus



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## A Spellbinding Production



The stars of this year's must-see Theatre Royal pantomime come to Nottingham ahead of a spellbinding production of Beauty and the Beast!

The stars of this year's Theatre Royal Nottingham pantomime, Beauty and the Beast, proved it's never too early to talk all things pantomime by launching this

year's production in style. Television stars Sherrie Hewson and Ben Richards joined previous Theatre Royal panto favourites Ben Nickless and Andrew Ryan to speak to the press about this year's production which opens on Saturday 9 December.

Continued on page 6

## SHOPS TO RAISE AWARENESS

NOTTINGHAM'S shops and businesses are being urged to sign up to the National Autistic Society's first UK wide 'Autism Hour' which is being launched at intu Broadmarsh and intu Victoria Centre in the autumn.

intu Victoria Centre and intu Broadmarsh are two of 14 intu shopping centres up and down the country working with the charity to launch the week-long event, with each of its retailers, and restaurants being asked to reduce their lights, music and other background noise for an hour at 10am on Monday 2 October.

Shops and services in Nottingham and across the UK will be encouraged to follow intu's lead by taking 60 minutes during the week to provide autistic people

with a break from the usual overload of 'too much information' and create better environments for autistic customers.

Nigel Wheatley General Manager at intu Victoria Centre and intu Broadmarsh said: "We will be asking every shop and restaurant in our centres to dim their lights and reduce their music for an hour and to raise awareness of autism among their staff and customers. We hope that launching the National Autistic Society's Autism Hour will encourage many more businesses to take these simple steps that will make life easier for the estimated 700,000 autistic people in the UK and their families.

"We want to put a smile on the face of everyone who visits an intu centre and this means training our staff, supporting our customers and working with brands in the centre as well as organisations like the National Autistic Society to provide a welcoming and accessible experience for all."

Back in March 2017 Autism East Midlands partnered with intu centres in Nottingham to create autism

friendly services, which included in-depth staff training across both shopping centres, the addition of an autism friendly guide, autism awareness help cards and wrist bands which are to be displayed at intu customer service desks, and the appointment of intu autism awareness centre champions.

To date Autism East Midlands have trained 114 members of the intu team in Nottingham in Autism Awareness and are looking forward to continued partnership.

Last summer, shoppers in Nottingham were given the chance to try a virtual reality experience created by the National Autistic Society showing what an autistic person can experience in a shopping centre when it visited intu Victoria Centre and intu Broadmarsh as part of a national tour.

This is the first attempt, as part of the National Autistic Society's Too Much Information campaign, to create a national event, where shops and services help to reduce the overload that autistic people can experience in public.

Catch up with us on page 35

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## Forest Legend Backing Charity Sleep-out

Forest legend John McGovern is helping to show homelessness the red card – by backing a popular annual charity sleep out.

John, who captained Nottingham Forest to two European Cup wins, is supporting Framework's Big Sleep Out, which will take place on the evening of Saturday, November 18 at the Forest Sports Zone in Gregory Boulevard. The event, sponsored by Nottingham Building Society and hosted by Nottingham Forest Community Trust and, will bring around 300 volunteers of all ages and backgrounds together to raise money to fight homelessness in Nottingham and beyond.

Money raised at this fun and family-friendly event will go to supporting the work of Framework's Street Outreach team, which finds people sleeping rough, supports them into accommodation, and offers them

on-going support to help them live independently.

Dr. Peter Barrett, Chairman of Framework's Board, said: "Homelessness a serious and growing issue in communities across the country. In Nottingham and Nottinghamshire, despite the very best efforts of organisations like Framework, we are also seeing more and more people sleeping rough on our streets. We know this is a matter of huge concern for members of the public and we expect a lot of interest in this event. The Big Sleep Out is a family friendly event and is open to participants of all ages.

"It is not meant to reflect the grim realities of street homelessness, but to offer some kind of insight in a safe and secure environment. It is a fun event held in aid of a very serious cause. I am delighted that the Nottingham Forest Community Trust are supporting it in this way. I am

grateful to our superb sponsors and to John for lending his support to the event."

Rachel Whysall, Relationships Manager at Nottingham Forest Community Trust, added: "Nottingham Forest Community Trust are delighted to have been given the opportunity to support The Big Sleep Out, we hope with the power of football and Nottingham Forest we can help raise awareness of such a fantastic cause"

Sue Owen-Bailey, Assistant Communications Manager at The Nottingham, said: "We are delighted that the Big Sleep Out is back. This event is vital to raise much-needed funds but also awareness of the cause that is homelessness. This is the sixth year we have supported the event with fundraising and our team are very excited about being involved again."

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Tel: Margaret on 07577 615284

**CLIFTON**  
The Royal British Legion  
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Monday 5:00 & 7:00pm  
Tel: Sarah (NEW CONSULTANT)  
on 07979 006707

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

The Royal British Legion  
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Friday 8:00 & 10:00am  
Tel: Sacha on 07515 172984

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

**EAST LEAKE**  
East Leake Academy Cafeteria  
Lantern Lane (use staff car park)  
Tuesday 5:30 & 7:30pm  
Tel: Meg on 07792 943873

East Leake Leisure Centre Dance  
Studio Room (Opposite Reception)  
Saturday 8:30am  
Tel: Meg on 07792 943873

**GOTHAM**  
Memorial Hall  
Nottingham Road  
Wednesday 5:00 & 7:00pm  
Tel: Sarah on 07799 006707

**HUCKNALL**  
St Peter's & St Paul's  
Community Hall, Ruffs Drive  
Wednesday 5:30 & 7:30pm  
Tel: Kerry on 07804 493162

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

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

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Thursday 5:00 & 7:00pm  
Tel: Sue on 07903378552

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Thursday 5:00 & 7:00pm  
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**MOORLANDS CLUB**  
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Sawley All Saints Church  
561 Tamworth Road  
Tuesday 7:00pm  
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**RUDDINGTON**  
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Lowdham's Alphabet House Day Nursery has achieved a rating of 'Outstanding' following a recent inspection by Ofsted. This is the highest rating achievable for a nursery, and awarded to around only 1 in 7 nurseries nationwide.

Described as providing outstanding leadership where children make exceptional progress in their learning, manager Tracey Manning-Cox and her team at the Lowdham nursery are absolutely delighted.

Tracey said "We are thrilled that Ofsted have recognized the fantastic work we do and the dedication and commitment of our team. We have created a family environment where children are safe and confident to try out new things, but most of all have good fun with their friends."

The education watchdog said staff are "highly sensitive" to children's needs and praises the manager's "passion and drive".

Alphabet House Day Nursery provides private childcare for children aged between six weeks and five years, and is part of a group of four nurseries, in Beeston, West Bridgford and White Post.

The nursery is open from 7.30am to 6pm Monday to Friday and is located on Gunthorpe Road in Lowdham, in a rural location, yet convenient too as it is just off the A6097 and next to the train station. Occupying a beautiful Georgian house with car parking and a lovely outdoor play area.

The nursery provides a friendly, home from home environment supported by warm, caring and mature staff that have extensive childcare experience. It also offers before and after school care for children attending local schools.

# Alphabet House Day Nursery rated OUTSTANDING!



To make a visit to see the nursery and what it could offer your child, contact Tracey Manning-Cox, Nursery Manager on 0115 966 4556. [www.alphabethouse.co.uk](http://www.alphabethouse.co.uk)

## Property and Pension Pot Could Be Yours for a Tenner



For your chance to win this amazing life changing prize visit [www.raffs2riches.co.uk](http://www.raffs2riches.co.uk)

An apartment and shop in Nottinghamshire are being given away as a raffle prize which will provide the winner with a possible pension for life and they won't even have a mortgage to pay. Couple Annamarie Garmston and Nathan Lee, from Carlton, will raffle off the two-bedroomed flat and tattoo shop, valued at £125,000, through their online venture Raffs2Riches.co.uk. This is the first time a property in Nottingham has been offered as a raffle prize and it could give someone an income of £9,600 a year.

The winner will have the opportunity to live in the flat in Kirkby-in-Ashfield and rent out the shop, meaning that not only could it be the chance for someone to get a foot on the property ladder, but they will also have a monthly income which could act as a pension pot – all for the price of a £10 ticket. Annamarie, said: "Today's current housing market is proving difficult for young people to get a foot on the ladder and with growing concern over pensions this could be an ideal quick fix for the lucky winner."

Nathan and Annamarie, who have three children including a six-

month-old son, launched their own business Raffs2Riches.co.uk to make a better life for their family. The concept is that people buy a raffle ticket for a chance of winning a big prize, with other prizes including Rolex watches. To be in with a chance of winning, people can buy a ticket on the Raffs2Riches website through the mega raffle game. Tickets will be drawn by automated tom bowler style software to decide on the winner. The first 1,000 people to like and share the competition on Facebook will be entered into a draw to win a Rolex watch. Nathan said: "When we were younger and

growing up in Carlton many people used this idea to raise money for charity, raffling off a watch or smaller items. We decided we could make a business from this and raffs2riches.co.uk was born.

"It will give first time buyers the chance to get onto the property ladder for the small amount it will cost for a ticket."

The business has received the backing from celebrities including Randy Coutor of UFC and The Expendables movies fame, WWE star Shelly Martinez and Mike Hassani, from TOWIE.

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# Sutton school signs Armed Forces Covenant

A secondary school in Sutton in Ashfield signed the Armed Forces Covenant LAST WEEK pledging to support the Armed Forces community.

Sutton Community Academy, based on High Pavement, set up an Army themed Combined Cadet Force (CCF) in September 2016 to provide another way for students to gain practical skills outside of their academic studies such as the ability to work as a team and organise activities independently.

Although the school does not currently employ any reservists, it does have a number of Cadet Force adult volunteers within its workforce.

The Armed Forces Covenant has been signed by thousands of public and private sector organisations across the country, with each making a pledge to support current or former members of Armed Forces personnel in the workplace.

Explaining why the school wanted to sign up, Tim Croft the school's Principal, said: "I am committed to supporting the continued growth of our Combined Cadet Force and any other associated opportunities linked to it. We recognise the importance of having committed adult volunteers and without this, we would not have had a Cadet Force in the



first place. This is a way of the school giving back this commitment to the Armed Forces for their support of the school during the last two years."

Catherine Suckling, the Ministry of Defence's Assistant Regional Employer Engage-

ment Director for the East Midlands, explained: "We are delighted that Sutton Community Academy signed the Covenant. Signing the Covenant means that Armed Forces personnel, veterans or their families will not be dis-

advantaged by their military life when accessing goods and services, compared to other citizens.

"Signing the Covenant is particularly relevant given the school's cadet unit and Forces families who live locally, the

children of which may attend the school."

The Covenant was signed by Principal Tim Croft and Lieutenant Colonel Keith Spiers from 7th Infantry Brigade during a public signing event within the school grounds.



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## Paddy Tipping Welcomes Police Pay Boost

Confirmation that police officers will benefit from a salary boost this year has been welcomed by Nottinghamshire's Police and Crime Commissioner Paddy Tipping. Earlier today (12 Sept 2017) the government announced that it plans to lift the long-running 1% cap on public sector pay increases from next year and revealed that police officers will receive a 1% pay increase plus a one-off 1% bonus for 2017-18.

Commenting afterwards, the Commissioner said: "This is good news but I know that officers want to see increases in their base pay, not a one-off bonus. "However, any increase costs money and with the rise coming from the police budget this is yet another call on our scarce resources. In Nottinghamshire, we have worked incredibly hard to find the means to recruit 200 additional officers in 2017/18 and I don't want to see that put at risk."

Nationally, the 1% bonus will cost £50m between September 2017

and September 2018. In Nottinghamshire alone, the 1% bonus will cost £0.6m this year (from 1 September 2017 - 31 March 2018). Next year, the extra 1% will cost a further £1.1m. At this stage, these extra sums are not in the confirmed budget.

Revealing that he is in discussions with the Home Office regarding the source of funding to pay for future increases in remuneration, Paddy Tipping said: "The government has said that this pay award will be funded within our existing budgets which means an unexpected £.6m burden on the budget midway through the year.

"While this is one challenge, it is one I believe we can meet, but this is not a sustainable position going forward.

"The announcement today, on top of the current flat cash settlement, means that there will be difficult and painful decisions for next year's budget I'm pressing the government, for fair pay for the police and more importantly fair funding for the police service."



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**Aries**  
You are a law unto yourself and have previously got away with speaking your mind, but this is also a good time to clear up any misunderstandings before matters spiral out of hand. Romantic partnerships will be seriously tested, but if single, someone you meet quite by chance will set your pulse racing, but go easy on the spending because you don't have money to burn.

**Taurus**  
Working on a creative project will attract lots of attention and you may feel tempted to take a break from your current job and start something completely new. Pay attention to your finances because running up huge credit card bills or taking out too many bank loans could result in you not knowing which way to turn when it comes to settling your debts.

**Gemini**  
Someone may try to make your decisions for you, thus causing a great deal of discomfort on your part. Love and romance feature high on your list of priorities and someone new, interesting and full of life will come along and open a few new doors for you. Cash from a legal settlement or inheritance will prove liberating because money will provide you with the freedom and independence you crave.

**Cancer**  
It's possible that you will return from a holiday or time out with a changed attitude. This is the perfect time for a much needed heart to heart with someone whose friendship you value, but you feel the need to put your cards on the table. You are ready to walk away from a role you have had for a long time and there is definitely a happy ending in store once you begin to plans into action.

**Leo**  
A glamorous money making opportunity will be coming your way when suddenly starting a business of your own becomes more than just a pipe dream. If single and alone, you will meet someone who understands exactly how you tick and who has a wonderful way communicating with other people. You'll be seeing much more of the world and cultivating new friendships because you are about to make some long, overdue changes.

**Virgo**  
Aiming high is the right option for you because you have got what it takes to make a huge success of your life because you are interested in other people and know how to win them over to your way of thinking. Dealing with someone who refuses to take personal responsibility for their actions is a waste of your time and energy. Leave them to their own devices and get on with important matters requiring your attention.

**Libra**  
Someone leaving your social circle will come as a much needed respite rather than something to become upset about. In business you are well advised to play it safe and retain your credibility because you are realising that not everyone means what they say and you should prepare yourself for a few broken promises. Success is on its way, but so is a lot of hard work in order for you to attain it.

**Scorpio**  
No matter how many false starts you have suffered in recent months, the events over the next few weeks will reassure you that all along last year you are on the right track. You can expect some remarkable chance encounters, especially on the love front. Changes which have been on your mind will become easier to execute than you originally imagined. Finances are all set to increase and a wise investment enables you to invest even further afield.

**Sagittarius**  
Because you enjoy your freedom and leisure pursuits, you belide anyone who gets in the way of them, even though your finances are bit on the low side. Close friends will bend your ear regarding their own worries even though they are aware that you are experiencing plenty of your own. A long distance journey will be filled with excitement and a brand new romance with someone unusual is about to commence.

**Capricorn**  
So far it's been a very demanding year in so many ways and if you have been hoping for a quiet time, it's just not going to happen yet. You can expect to be in for a super fast ride over the coming months that will force you to reassess your future. A last minute change at work helps you to step into a leadership role that points to a turning point that will determine your future progress and eventual success.

**Aquarius**  
A toxic partnership finally dissolves. A new romance with someone you only saw as a friend speedsily develops into something more passionate and emotionally charged up. There is more going on behind the scene that is affecting close family than is visibly apparent. Raising enough money to help a loved one is your number one priority. Cutting ties with someone who has been a thorn in your side for years becomes a reality.

**Pisces**  
A change of direction affecting both your career and personal life works to your advantage, putting you in a tremendously strong bargaining position. This new found inner strength and confidence is astounding everyone, probably because they previously underestimated you and didn't think you had it in you to go ahead with all the new changes you are pushing ahead for. Remain determined and undeterred because soon, victory will be yours.

# Murder

## ON THE SIDE

### *Beauty & The Beast-ly Murder*

# MURDER MYSTERY NIGHT

Our Murder Mystery Night was so much fun last year we are doing it all again!

Be our guest, as we join Belle as she skips and innocently trots into the dark castle only to be met by a creature so horrific, she mistakes him for a maths teacher. But before she can escape — there's an ear-piercing scream and a body hits the ballroom floor!

Professional actors from 'Murder on the Side' will entertain you. Seating is on shared tables. The bar will be open throughout the evening.

**Call 0115 9881900 to book.**



# A Spellbinding Production story continued from cover

Much-loved actress, TV star, ex-Loose Women presenter and Nottingham native, Sherrie Hewson leads the cast of this year's spectacular panto as Mrs Potty. Her roles in Coronation Street, Emmerdale, Crossroads, and the legendary Carry On films have all led to Sherrie becoming one

of Britain's best-loved and most popular faces on television. In the last decade Sherrie made a niche for herself as the comedy cornerstone on Loose Women and ITV's popular hit Benidorm as the legendary Joyce Temple-Savage. Beauty and the Beast marks Sherrie's return to pantomime with Qdos Entertainment having last headlined for them in Hull New Theatre's production of Aladdin in 2014.

Joining her as the Beast in this year's pantomime is Ben Richards, who rose to fame on the ITV drama Footballers' Wives. Most recently Ben starred as the titular character in The Bodyguard opposite Beverley Knight at the Dominion Theatre, London, which broke Box Office attendance records.

Alongside Sherrie and Ben, zany impressionist and comedy actor Ben Nickless makes a welcome return to the Theatre Royal Nottingham pantomime as funny man Benny Blumenthal. Ben's career took off in 2006 when he appeared on the BBC television series Let Me Entertain You alongside Brian Conley and Christine Bleakley. Since then, Ben has become popular on the comedy circuit and has delighted audiences with his comedy roles in many pantomimes. Completing the line-up this year is pantomime dame extraordinaire, Andrew Ryan who stars as Dame Betty Blumenthal. This year's Theatre Royal production marks Andrew's 31st pantomime, his 27th year as dame and his fourth appearance at the Theatre

Royal Nottingham. Andrew delights audiences every Christmas with his quick-fire comedy, hilarious dance routines, and outrageous costumes which he designs and creates himself. Andrew will also direct this year's pantomime. Beauty and the Beast will once again be staged by Qdos Entertainment, the world's biggest pantomime producer, and the company behind the Theatre Royal's annual pantomime every year since 2008. In a production packed full of sensational special effects, a magical 3D sequence, beautiful costumes, music, comedy, dancing, and audience participation; Nottingham audiences should book their tickets now for this year's spell-binding pantomime.

Britain. As well as much-needed new homes, cycling and dedicated cycleways, parks and outdoor living all play a key role in the community we are creating at Middlebeck.

## New sculpture launched

A sculpture of a cyclist to commemorate Newark and Sherwood hosting the Ovo Energy Tour of Britain has been formally launched.

The piece of art, constructed from recycled bicycle parts donated by the general public and designed by sculptor Phil Neal, has taken pride of place in Newark's Sconce and Devon Park – close to the stage four finish of the Tour which took recently.

The chairman of Newark and Sherwood District Council, Councillor Linda Tift, performed the honours shortly before the day's race came to a conclusion.

The sculpture, which is five metres high and is positioned close to the play park, was commissioned by the district council and sponsored by Urban&Civic – the developers of Newark's urban extension Middlebeck. It is set against a backdrop of trees and shrubs in the corner of the existing children's playground. Painted in saffron yellow, the adopted colour for the Nottinghamshire Stage 4 Race, it stands above the ground on a green powder-

coated plinth that creates the impression of a 'floating' yellow bike during the summer period while remaining easily distinguishable during the dark winter months. A dedication plaque on the playground fence explains its significance.

Councillor Tift said: "It was wonderful to host the Tour of Britain in our own district and this excellent sculpture is a fitting way to remember what a fabulous day our residents and many communities enjoyed. We can take pride in the way we welcomed this exciting sporting spectacle."

Matt Croft, project manager for Urban&Civic said: "We were very keen to support the town's hosting of the Tour of

Britain. As well as much-needed new homes, cycling and dedicated cycleways, parks and outdoor living all play a key role in the community we are creating at Middlebeck.

"This sculpture demonstrates our commitment to Newark, providing a permanent link to our focus, and familiarising local people with the name of its newest neighbourhood, Middlebeck."

Large parts of the district featured in the 165km route, with the start in neighbouring Mansfield, before 120 or so of some of the world's top cyclists raced through the west of the district of Newark and Sherwood, Edwinstowe, Southwell and Sherwood Forest, looping north into Bassetlaw.

The competitors later pedalled past the Trent villages dotted along the A1133 before moving eastwards into Lincolnshire and then back into Nottinghamshire via Coddington. They arrived in Newark on Beacon Hill Road before venturing via Sleaford Road, Castle Gate, Lombard Street and then on to Farndon Road for the grandstand finish outside Sconce and Devon Park.



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# The Countdown Begins!



Mansfield has started the official countdown to Christmas as it marks less than two months until the annual Big Switch On event on Sunday 19 November.

The event, which attracts thousands every year, will be packed with festive fun for the whole family. With craft activities in the Four Seasons Shopping Centre at the popular Buzzy B Club, street entertainers and a food court, the town will be set to celebrate ahead of the big stage show at 3.30pm.

The stage show, hosted by Mans-

field 103.2 will feature plenty of festive music from live acts, lots of prize giveaways, the cast members from Mansfield Palace Theatre's pantomime, Jack and the Beanstalk, and a number of special guests including the big man in red himself!

Kate Allsop, Executive Mayor of Mansfield, said: "The Big Switch On is something people in Mansfield and surrounding areas look forward to every year. We are very proud of the Christmas light displays we have here and the event is a great way for

people to come together and get into the festive spirit.

"This year for the first time not only will there be fireworks but a laser light show, so be prepared for spectacular sky in the town centre."

The Big Switch On is organised by Mansfield District Council in partnership with the Four Seasons Shopping Centre, Mansfield 103.2 and Mansfield BID.

For more information, visit [www.mansfield.gov.uk](http://www.mansfield.gov.uk) or follow @MyMansfieldUK on Facebook and @MDC\_News on twitter

## Rescued pony helps lifelong rider fulfil dream of competing in top show

A legal eagle is hoping to impress the judges when she swaps her office chair for the saddle and competes in the world's most famous horse show next month.

Emma Mrvik, who is head of residential conveyancing at the Beeston office of legal firm Ellis-Fermor & Negus, will leave paperwork behind to fulfil her dream of taking part in the Horse of the Year Show.

Her story is more remarkable considering that the pony she will perform on was rescued by the RSPCA.

Thirty-one-year-old Emma, who lives in Shardlow, Derbyshire, with partner Howard, was originally from Breaston and went to Ockbrook School. After leaving there she joined Ellis-Fermor & Negus at its Long Eaton office and studied part-time for a law degree at Nottingham University, which she gained in 2009.

But she has been involved with horses since a toddler. "My mum and aunt both rode horses and having first had a rocking horse my parents bought me a Shetland pony for my second birthday, and I have been riding ever since," she said. Emma won her first trophy at the age of three and has continued successfully ever since, winning more than 80 trophies. She had one horse, Shamrock, for 19 years, until it died last year.

She qualified for the Horse of the

Year Show after beating 20 other riders, some of them professional, to win a class at the National Pony Society Championships in Malvern recently.

As with that show she will again be riding in g

on land at Shardlow.

Although a success story now, life was not always an easy ride for Corkers, who was bought from the RSPCA five years ago.

"He was seized with 31 other ponies by the RSPCA in 2010 from Yorkshire because they had been neglected by their owner," said Emma. "He was covered in sores and his feet were in poor condition."

"He had never had a saddle on him until I rode him and he's still nervous of strangers because of his past experience."

"Being in Horse of the Year Show is unbelievable. Nina and I are very excited and we are proud of the progress that Corkers has made."

The Show, which takes place at the NEC Arena, Birmingham, from October 4-8, is now in its 69th year. It will play host to 1,600 horses and ponies, 1,500 competitors, and be watched live by 65,000 spectators.

The big moment for Emma, Nina and Corkers will take place on Thursday October 5. "Ellis-Fermor & Negus have kindly allowed me to take the day off," said Emma.

Director Simon Hale said: "We wish Emma all the best and, like Corkers, will probably end up 'a little hoarse' from cheering them on."



Tigertoz Photography, Long Eaton.

a 10-year-old black Dartmoor pony called Pumhill Brandon or Corkers to his friends. Together they will perform a set of unrehearsed movements decided by the judges on the day to show the versatility of the breed.

It's a team effort. Corkers is owned by best friend Nina Browning, who lives on a houseboat at Sawley Marina. She has two other horses which like Corkers are kept



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## News in Brief

**Unemployment in the East Midlands is better than the national average**

Unemployment in the East Midlands continues to be better than the national average, latest figures show.

Quarterly data released this morning by the Office for National Statistics revealed unemployment at 4.3% across the country for the three months to the end of July, the best since 1975.

In the East Midlands, unemployment for the three months to the end of July was 3.91%, better than the previous quarter, a year and two years earlier.

Employment rates nationally, at 75.3% for the three months, were the highest since records began in 1971.

In the East Midlands, the employment rate for the period for people aged 16+ was 59.01%, slightly down on the previous quarter, year and two years' figures.

The increase in the national figure, according to Government, is due to people of all ages finding work, with employment levels of those over 50 reaching a record high, youth unemployment falling by over 40% since 2010 and the proportion of young people who are unemployed and not in full time education dropping below five per cent for the first time.

The record figures were driven by increases in full-time and permanent work. In the past year, Government said, there was a shift from part-time to full-time employment and 20,000 fewer people on zero hour contracts.

"Today's figures support the very latest data from our own Quarterly Economic Surveys which show that in the past three months 35% of firms increased their workforce and only 12% of firms reduced theirs," said Chris Hobson, Director of Policy at East Midlands Chamber\*.

He added: "Of those that recruited, 64% said it was to cope with business growth but, worryingly, 59% said they had difficulty finding people to fill skilled manual, professional, managerial, clerical, unskilled and semi-skilled positions. "And that's a problem that will only worsen as, despite the uncertainty of Brexit and having a Government without an overall majority, firms continue to grow and the available pool of potential workers keeps getting smaller.

"It's imperative now that every effort is made to ensure the available workforce has the skills employers need and that those leaving academia have at least the basic maths, English and problem-solving skills that will make them employable.

"What today's figures really do is confirm the need for a sensible, long-term strategy for linking education policy to the needs of business and, more immediately, ensuring we don't hamstring ourselves with an overly restrictive immigration policy as we come out of the EU."

The figures released this morning showed the number of people claiming Jobseeker's Allowance in August increased across Derbyshire, Nottinghamshire and Leicestershire when compared with July, with only Leicester city showing no monthly change.

## News in Brief

**October Half Term Kids Rugby Camp****NOTTINGHAM RUGBY  
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Nottingham Rugby's next half-term kids rugby camp will be taking place at West Bridgford Rugby Club, across the next schools' half-term week, between Monday 23rd – Friday 27th October 2017, with sessions taking place between 9.00am – 3.30pm.

The camps are run by qualified rugby coaches and are designed to cater for both boys and girls of all levels of ability and experience, with the emphasis on both teaching and improving basic skills in a fun-filled and enjoyable way.

A tag rugby camp will take place for 5 – 8 year olds, which will involve safe and fun mini kicking games, a passing and catching clinic, learning basic skills and also trying other sports with a rugby twist.

The contact sessions for the 9 – 12 year olds will feature competitive, safe and fun games, kicking sessions, a passing and catching through attack clinic, a complete skills clinic and a focus on performance tackling.

Each age range will have a lead coach delivering the sessions who will be supported by a selection of other guest coaches, including Nottingham Rugby first team players, throughout the week.

West Bridgford Rugby Club is located on Stamford Road, NG2 6GF.

The camp is priced at £20 per day, per child, or £80 if a child is booked on for all 5 days. Places are limited therefore early booking is recommended.

**To book, please call the office on 0115 907 0070****The FA Girls' Football Festival scores a huge success in Nottingham!**

Nottingham Trent University welcomed girls from all over the county to take part in a free FA Girls' Football Festival this week, organised through the support of Nottinghamshire FA.

Girls aged between five and 16 years, from various schools across Nottingham were invited to test their skills in a range of activities combining football, fun and music. The festivals are a joint initiative by The FA and Continental Tyres, providing an exciting, interactive football experience for both those new to the game and regular players. Caroline Hulme, National Women's Football Project Officer at The FA said: "We are back on the road and delighted to bring the FA Girls' Football Festivals in association with Continental Tyres to Nottinghamshire. The festivals have given thousands of girls the opportunity to try football in a fun and safe environment. It's great to see so many girls adding to this number here at today's event. The girls here today have had the opportunity to try all aspects of football and also had the chance to meet their role models from the female game. We hope that we have inspired these girls to seek further football opportuni-

ties following today, supporting our aim in doubling female participation by 2020."

The festival offered a range of innovative equipment, including a speed cage, target shoot, quick feet and batak boards. Accredited FA coaches led the event, with Nottinghamshire County FA staff and volunteers on hand to help.

Girls had the opportunity to speak to Laura-Jayne O'Neill and Eleanor Abercrombie who both play for Nottingham Forest Ladies Football Club. Both were on hand to discuss life as a semi-professional female footballer and give advice on how to get involved in the game, finishing the festival with an inspirational question and answer session. Festival sponsors Continental Tyres believe in the importance of grass root football, with UK Marketing Director, Tracey Mortimer saying: "The FA Girls Football Festivals with Continental Tyres grows year on year, giving tens of thousands of young girls the chance to get involved with the sport. At Continental Tyres we are extremely proud that 2017 is our 7th year partnering with The FA and undoubtedly is set to be the biggest and best so far".

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## News in Brief

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## Arnold Leisure Centre has reopened its doors after essential roof replacement



L-R Cllr Henry Wheeler, Leisure attendant Rob Howland, Leisure attendant Nick Campion and Leader of the Council, Cllr John Clarke

After a three month closure for essential maintenance and repair work, Arnold Leisure Centre has reopened. A brand new external roof and internal suspended ceiling has been installed along with a new lighting system in the pool area, upgrade of the heating system and work has also been done to improve the interior of the centre. The changing facilities have also been improved with the installation of new hair dryers and straighteners. The roof has been installed with energy

efficient insulation which will reduce the costs of the upkeep of the pool by keeping the 25 metre swimming pool cooler in the summer and warmer in the winter. The centre, situated near Arnold town centre is also home to the Bonington Cinema and Theatre which has had a new heating and cooling system installed alongside the recently installed state-of-the-art high definition cinema screen and surround sound improving the cinema experience even further.

Councillor Henry Wheeler, Portfolio Holder for Housing, Health and Well-being said;

*"I'm very happy that the leisure centre is now open again, I'd like to thank the residents, parents and swimming clubs for their patience whilst we had this essential work done. The swimming pool looks great now and residents will notice the difference when they return."*

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Kenwick Park Estate is a luxury resort complex set in 320 acres of woodlands, parks and manicured grounds. Encompassing a 34 bedroom hotel, lodge complex, golf course, ClubSpa and Evergreen spa, this location makes the perfect venue for all occasions and has something to keep everyone entertained.

The New Retreat Lodges at Kenwick Park, Louth, Lincolnshire, are an exciting addition to the complex, offering a fantastic investment opportunity, second home or holiday retreat for buyers. Kenwick Retreat Lodge is hosting an Open Weekend on Friday 29 September – Sunday 1 October (Friday 11am – 7pm, Saturday and Sunday 10am – 6pm), which will give visitors the opportunity to explore the resort complex and beautiful lodges for themselves.

Set in the county of Lincolnshire, the resort gives visitors exposure to the surrounding unspoiled countryside, rolling hills and picturesque valleys which

inspired one of the nation's greatest poets, Alfred Lord Tennyson. Lincolnshire is a massive county of three parts; to the south agriculturally intensive Fenland areas reclaimed from the sea over the centuries, to the east the coastal plain running down to the sea, but to the centre of the Lincolnshire Wolds are typical of wold countryside throughout the United Kingdom.

A County steeped in history from John O'Gaunt and Bolingbroke Castle in the Wolds to the major Roman settlements including the county town of Lincoln with its majestic Cathedral and Castle, which houses an original copy of the Magna Carta, and Louth itself, the capital of the Wolds, and in the more recent past, Boston in the Pilgrim Fathers.

With its beautiful and historical setting in the Lincolnshire Wolds, the 500 acre Kenwick Park Estate was

established as a gracious 19 century sporting estate. It included 160 acres of mature mixed woodland, a period coachhouse and Kenwick Hall, since converted to Kenwick Park Hotel.

It is this idyllic 19 century setting that the current owners set out in early 1990 to create a modern sporting estate which today is called the Kenwick Park Estate. Join us on our open day to see what Lincolnshire has to offer and to find out more about the range of Retreat Lodges available.



### Additional Information about the Retreat Lodges:

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## Go-ahead for chapel transformation into graduation venue



Permission has been granted for Nottingham Trent University to convert a former chapel into a university hall for graduation ceremonies and performances. The former Wesleyan Chapel in Shakespeare Street was bought by the University earlier this year with the view to converting it into use as University Hall, preserving the listed building and securing its future. The original building, most recently used as a synagogue, was constructed in 1854 to designs by Thomas Stimpson but a large rear extension was added in 1976.

Local architecture and construction consultancy YMD Boon has worked on the plans to replace this modern extension with a striking new space to be used as a music centre and dining area. The plans also include the renovation of the original chapel as a venue for graduations and other ceremonies or performances. The plans recently received approval from Nottingham City Council.

Matthew Hills, senior architect and heritage expert at YMD Boon, said: "We are proud to be working on this scheme which will restore this important building and transform it into a high-end facility that students and staff at Nottingham Trent University can be proud of, merging both old and new elements of the building together."

At the front of the chapel, facing Shakespeare Street, an enlarged foyer will be provided for the listed building facing Shakespeare Street, using solid glass

screens to bring in light and showcase the completely refurbished and overhauled historic interior.

A new stained glass window is planned for the front of the building, depicting the University's crest.

Steve Denton, Chief Operating Officer at Nottingham Trent University, said: "We are pleased the plans have been approved and that work can commence on transforming and preserving this fantastic building. NTU is the ideal guardian for this building and will ensure its long term care. We have proved our sensitive and award winning approach to restoring important buildings with the transformation of 50 Shakespeare Street and our iconic Arkwright Building."

David Yates, Director at YMD Boon, added: "Nottingham Trent University is an important contributor to the city scape. The retention of a landmark building and conversion into a sustainable asset is part of the University's mission. The venue will enhance music facilities and performance opportunities for the student population but critically, the stunning venue will revolutionise the launch of huge numbers of students into the next phases of their careers."

"This is a challenging project which is set to achieve the sympathetic restoration of the chapel and introduce state of the art modern facilities that will be used and enjoyed for generations to come. We're delighted to be working with the University and Gleeds on this scheme and look forward to seeing the two-phase development take shape over the coming months."

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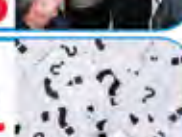
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## Why Should You Make a Will?

If you die without a will, there are certain rules which dictate how the money, property or possessions should be allocated. This may not be the way that you would have wished your money and possessions to be distributed.

Unmarried partners and partners who have not registered a civil partnership cannot inherit from each other unless there is a will, so the death of one partner may create serious financial problems for the remaining partner. If you have children, you will need to make a will so that arrangements for the children can be made if either one or both parents die.

It may be possible to reduce the amount of tax payable on the inheritance if advice is taken in advance and a will is made.

If your circumstances have changed, it is important that you make a will to ensure that your money and pos-

sessions are distributed according to your wishes.

If you are in any doubt as to whether or not you should make a will, you should consult a solicitor or a Citizens Advice Bureau who can give you lists of solicitors.

### Who are executors?

Executors are the people who will be responsible for carrying out your wishes and for sorting out the estate. They will have to collect together all the assets of the estate, deal with all the paperwork and pay all the debts, taxes, funeral and administration costs out of money in the estate. They will need to pay out the gifts and transfer any property to beneficiaries.

### Who to choose as executors...

It is not necessary to appoint more than one executor although it is advisable to do so, for example, in case

one of them dies. It is common to appoint two, but up to four executors can take on responsibility for administering the will after a death.

### Getting a copy of the will when probate has been granted

When someone dies, the person who is dealing with their estate (for example, money and property) must usually get authorisation to do so from the Probate Service. If there is a will, this authorisation is called a grant of probate. When probate is granted, the will is kept by the Probate Service and any member of the public can get a copy.

*Why waste any more time before taking the steps to ensure a more secure future for you and your loved ones?*

My Will

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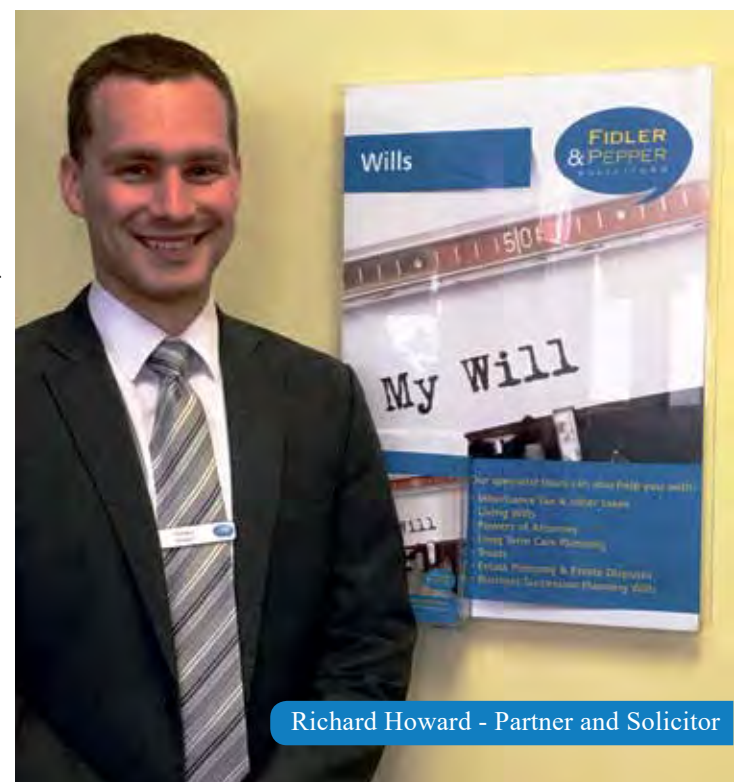


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## Don't make assumptions when it comes to Wills and Wishes

When somebody dies, it's a sad time for family and friends. And while those left behind often think they know the wishes of the deceased or assume they can get hold of a Will, it isn't always as straightforward as you might think.

Deciding what you want to happen to your possessions after you're gone is one of the most important decisions you can make. In our experience, a lot of our clients decide to make a Will after someone they know has died because their own experience brings home to them just how important a Will is. And do you know, Will making can actually be quite simple, depending on the kind of advice you need. If you don't make a Will, the law will dictate where your money will go. And it is not always certain that your spouse, or even your children, will get your money in that case. Assuming what will happen without putting it into a Will can lead to upset and stress for those left behind. We don't think you would want to do



Richard Howard - Partner and Solicitor

that, so, if you haven't yet made a Will, visit [www.fidler.co.uk](http://www.fidler.co.uk) to find more details of the firm's services, or

to arrange an appointment, call us on 01623 782 615 or email [rhoward@fidler.co.uk](mailto:rhoward@fidler.co.uk)

## Sherwood Forest Hospitals organ donation campaign hailed huge success

More than 450 new registrations have been added to the organ donation register thanks to Sherwood Forest Hospitals NHS Foundation Trust's organ donation campaign, which was launched during national organ donation week.

The new recruits signed up during a three-day drive by transplant patients, doctors, nurses and hospital staff at King's Mill Hospital.

Organisers were delighted with the response, signing up 164 more people than they did last year.

The event was supported by Ashfield MP Gloria De Piero, who paid tribute to everyone

who joined the register. Gloria said: "It was really great to be able to speak to organ recipients, Bronwyn and Debra to see how organ donation can directly save lives."

"The team who organised the campaign launch did a fantastic job in getting the key messages about organ donation out there and it was very moving to hear first-hand what a difference a transplant operation makes to someone who is seriously ill."

"I would urge anybody who is not already on the register to sign up as soon as they can."

Gloria also launched the poster competition (details of which can be found on our website here) for this year, which is aimed at local artists and designers and asks them to create a poster encouraging people to sign the organ donation register. For inspiration they can base their work on Sherwood Forest Hospital's campaign theme – 'Give and let Live'.

Sherwood Forest Hospitals' Clinical Lead for Organ Donation, Dr Sandeep Dhir, said: "It was a really inspiring three days speaking to transplant patients, patients, relatives and visitors. It was great to have

donor recipients Bronwyn Jones and Debra Barlow with us to help highlight what a difference donating can make to people. "Every new name on the register is vitally important and we are hoping for more names to be added from the Newark, Mansfield and Ashfield areas thanks to publicity surrounding our campaign." Speakers during the campaign launch included double lung transplant patient Debra Barlow, from Mansfield Woodhouse, and heart transplant patient Bronwyn Jones, from Skegby.

Debra suffered severe lung damage in 2006 after contracting chicken pox pneumonia. She had to wait until 2015 for a transplant but is now on the road to recovery and is campaigning to drive up numbers on the donation register.

Bronwyn was hit by a virus in 2009 that caused heart failure. She had surgery a year later and within six months was back at work and spending time with her family.

"I would urge anybody who is not already on the register to sign up as soon as they can."

## SDL Group rounds off summer of fundraising with huge charity donation

Property specialist SDL Group has rounded off a spectacular summer of fundraising, donating a total of £13,034.75 to children's hospice, Donna Louise.

While others relaxed during the warmer months, participants from the Chilwell based business took part in activities ranging from the gruelling challenge of climbing Mount Snowdon, to throwing pies at their bosses - all in the name of raising funds for the children's charity. Rob Clifford, a director at SDL Group said:

"We're thrilled to have generated over £13,000 for our chosen charity this summer. It's important to us, as a business, to use our resources in ways that benefit those less fortunate than ourselves."

"Throughout it all we've been overwhelmed by the positive attitude of our staff who participated in any way they could, from bake sales to

fancy dress days, there was something for everyone.

"So many were also willing to face their fears by participating in adrenaline-fuelled activities such as skydiving and launching themselves across one of the fastest zip wires in the world."

Another courageous activity included Samantha Houson, case manager at SDL's Chilwell office, using the opportunity to tick a wish off her personal bucket list, by diving to 10ft with sharks at the Blue Planet Aquarium in Chester.

Rob Clifford continued:

"Organising this charity initiative has been great fun for our team. As well as bringing colleagues closer together, we couldn't be prouder of the final amount raised for such a deserving charity. After such a great result, we're sure to plan more fundraising efforts like this in the future."



## £500,000 for Sherwood Energy Village via D2N2 funding

A £3.3million project set to create 38 jobs and safeguard an additional 26 will receive £500,000 funding via the D2N2 Local Enterprise Partnership (LEP).

The Sherwood Energy Village, near Ollerton, Nottinghamshire, is set to benefit from a project which will develop 32,000 square feet of high quality commercial floor space for business and industrial use.

Funding towards that project, of £500,000, has now been approved by the D2N2 Infrastructure and Investment Board (IIB).

D2N2 is the private sector-led Local Enterprise Partnership (LEP) of business, local authorities, skills and training providers, and community and voluntary services which promotes economic and jobs growth across Derby, Derbyshire, Nottingham and Notting-

hamshire.

The IIB approves capital funding from D2N2's substantial Local Growth Fund allocation, from Government, to jointly invest in infrastructure projects necessary for economic growth (for example, roads, and skills and employment sites).

The £3.3m project at the Sherwood Energy Village – which aims to deliver commercial development in a sustainable, environmentally responsible way in the former coalfields area – is being funded with £2.8m from CRT Property Investments Limited and now £500,000 from D2N2.

Planning permission for the scheme was granted in April 2016. Contractors are expected to start work on-site by the end of this month (September), with the project due to be completed by

spring 2018, ready for businesses to move in. Estimated benefits of the project include:

- 38 jobs created;
- 26 jobs safeguarded;
- creating 32,000 sq ft of high quality commercial floor space;
- 2.2 acres of land brought into use.

Tom Goshawk, Capital Projects Manager for the D2N2 LEP, said: "Employment sites are key assets for every successful economy. Businesses need well-developed, high-quality workspaces to produce and market their goods and services efficiently."

"That is why we're working closely with CRT Property Investments Ltd to unlock this area of Nottinghamshire for our area's businesses".

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claimed cooking at local prices to Nottingham. The A La Carte menu is strong on fresh fish and game in season and is committed to showcasing local produce. The wine list was compiled by Tim Hart and includes a wide range of interesting bottles from small producers from as little as £22 per bottle. Daniel Burrage's cooking could be described as "Modern British". His aim is to use top quality ingredients, often locally sourced in simple striking combinations. For meetings or parties for up to 16 people, consider our inti-

mate Private Dining Room. For larger functions, choose Hart's Upstairs which is located above Hart's Restaurant; it is a bright and contemporary room which can be arranged in a variety of layouts with a banqueting capacity of approximately 100, with the flexibility to provide a more intimate space for smaller numbers. Hart's Restaurant was voted Best Overall Winner at the Nottingham Food and Drink Awards 2016 - it is part of Hart Hambleton Ltd. - a small privately owned group that includes Hart's Hotel and Hambleton Hall, Rutland.



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## September's the month to make new friends Oddfellows Friendship Month

If your social life's in need of a shake-up, or you're ready to start adding some extra names to your contacts book, then the Oddfellows in Erewash Valley has declared September a great time to take action and make new friends.

As part of its annual Friendship Month campaign, throughout September the local Society will be hosting special events for people to come together locally, have fun and try something new. Melanie Archer, Events Coordinator for the Erewash Valley Branch, said: "Our Friendship Month campaign is in its eighth year now. It's our way of reminding people just how important it is to have the support of friends around you. They really do make the good times better and the hard times easier. Friendships often start as a result of sharing a fun experience or by learning something together and our events provide that opportunity in a really easy, relaxed way." The Oddfellows' Friendship Month events are open to everyone and include:

- Afternoon Tea on 20 September 2017 at 2.30pm The Gatehouse Tea Rooms, Beauvale Abbey Farm, New Road, Moorgreen, Notts NG16 2AA price as per menu.
  - Cheese & Wine on 26 September 2017 at 7pm Hogs Head Hotel, Aysworth Lane, Main Street Aysworth, Notts NG16 2RN £7.00 per person.
- "We can't wait to welcome new faces at our afternoon tea as we know there's nothing quite like sharing laughs and a brew in good company," added Melanie. The Society's members regularly get together to enjoy social events such as talks, trips out, lunches, coffee mornings and evening get-togethers. The Oddfellows is also offering a chance to win a National Trust day out and cream tea for two adults and up to three children, plus £100 spending money in a free prize draw during September. To enter, and for full terms and conditions, visit [www.friendshipmonth.com](http://www.friendshipmonth.com). To find out more about these and other events call Melanie Archer



Members catch up over a cuppa during last year's Friendship Month



Members enjoying a Mad Hatter's themed tea party during last year's Friendship Month

on 0115 9638766 or email [melanie.archer@oddfellows.co.uk](mailto:melanie.archer@oddfellows.co.uk)

## The Dominant Name in *Permanent Cosmetics*

Dawn Cragg was appointed a Member of the Order of the British Empire (MBE) in the New Year's 2010 Honours List for her outstanding work in developing Medical Tattooing as a service to healthcare. In the 1990's, Dawn sold her Special Effects, Beauty, Make-up and Hairdressing & Wig-making schools in order

to concentrate on permanent make-up. Dawn exchanged her makeup brushes for an electric pen that will tattoo make-up into the skin with such precision that you would imagine the soft eyeliner, lip lines and simulated eyebrow hairs that Dawn creates are natural. Dawn became firmly estab-

lished herself in Harley Street, where she trained students and treated clients from around the world. When she wasn't teaching, Dawn had a steady stream of clients from 8.30am, often until 8pm in the evening. Many clients were, and still are, referred from top plastic surgeons, others through personal recommendations.

Dawn's Foundation Course has been approved by the Society of Permanent Cosmetic Professionals (SPCP). Several course options are available. Dawn's office is based in her home town of Retford, North Nottinghamshire, where she continues to both teach and run her private practice. Her company, Micro-pigmentation Training and Equipment Centre Limited (M.T.E.C. Ltd), is a UK distributor for the MicroColor pigments and Mei-Cha range of machines and accessories. As International Trainer for Mei-Cha, Dawn has traveled extensively to various countries including, Russia, Kazakhstan, Israel, Lebanon, Ukraine. Dawn is a member of the British Association of Skin Camouflage (BASC) and her schedule is still as hectic as ever.





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# CROSSWORD

## ACROSS

- 1 A search permit (7)
- 5 Flower-bed or the line between countries (6)
- 8 Glowing (7)
- 10 Impolite (4)
- 11 Seemly and proper (6)
- 12 Pick off by rifle-fire (5)
- 14 Lump of wood (3)
- 15 Staying power (9)
- 16 Partakes of food (4)
- 17 Drain slowly away (4)
- 19 Betrothed (7)
- 22 To come into flower (5)
- 24 TV instalment (7)
- 26 Eating utensil (4)
- 28 The Devil (5)
- 29 Ghost (6)
- 31 On time (6)
- 33 Come into view (6)
- 35 Grand ravine (6)
- 38 Move stealthily (5)
- 39 Stone fragment (4)
- 40 Modest bet (7)
- 43 Make changes to (5)
- 45 To increase or make a photograph bigger (7)
- 47 Industry (4)
- 49 Glance over (4)
- 50 Active at night (9)
- 53 Roll of money (3)
- 54 Show evidence (5)
- 55 The world of flora and fauna (6)
- 56 Genuine (4)
- 57 Anxious, on edge (7)
- 58 Soup seed (6)
- 59 Specimen (7)

## DOWN

- 1 Complain peevishly (6)
- 2 Underdone steak (4)
- 3 Style of the times (5)
- 4 Tapered high-heel (8)
- 5 Manage money (6)
- 6 A poetry reading (7)
- 7 Life after work (10)
- 9 Unknown poet (4)
- 13 Wise (7)
- 15 Tense, jittery (4)
- 17 Employees (5)
- 18 Take a look (4)
- 20 Equipment, kit (4)
- 21 Thin trail of smoke (4)
- 23 Largest living bird (7)
- 25 Baby comforter (5)
- 27 Military withdrawal (7)
- 28 Astound (4)
- 29 Photo (4)
- 30 Urge forward (5)
- 32 Occurring now and then (10)
- 34 To grade or rank (4)
- 35 Cautious (7)
- 36 Wood-fastener (4)
- 37 Punish by smacks (5)
- 39 Masticate (4)
- 41 Continual, without conclusion (8)
- 42 Spoken, not written (4)
- 44 To cake with a hard coating (7)
- 46 Sick (6)
- 48 Swot up (6)
- 51 Scorch (4)
- 52 Doctor's aide (5)
- 54 Oval fruit (4)

### ISSUE 238 CROSSWORD ANSWERS

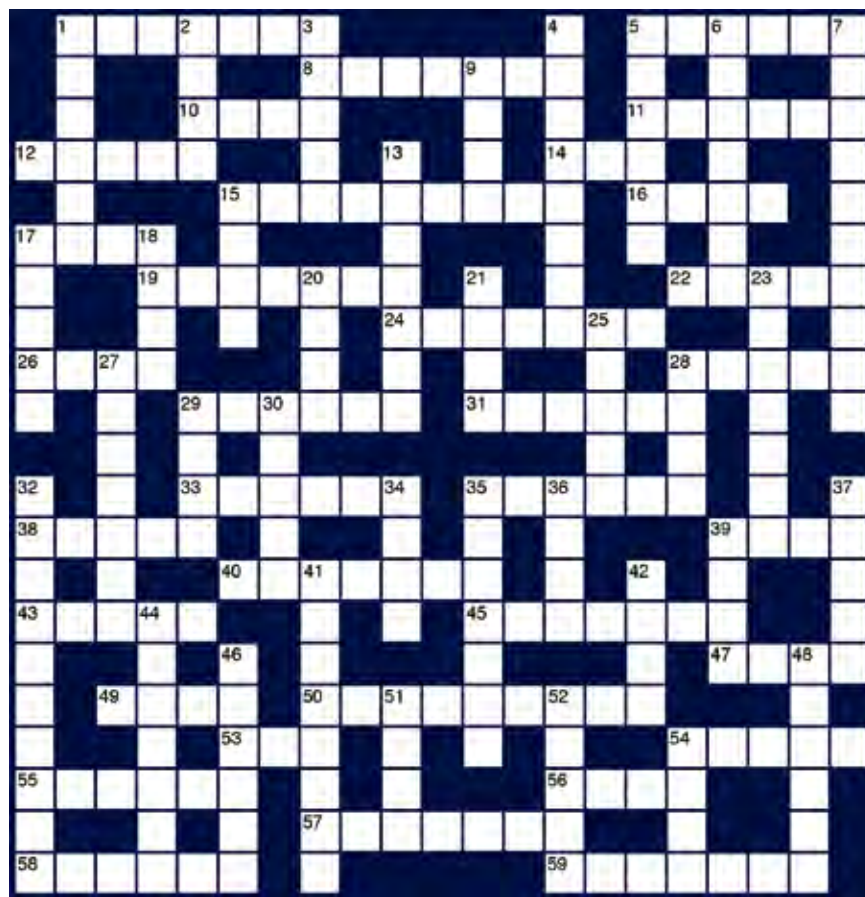
#### ANSWERS ACROSS

1 Rock-bottom 6 Sweltering 11 Dance 12 Entertaining 14 Weir 16 Send 17 Oar 18 Lithe 20 Stifle 21 Ease 22 Nylon 23 Drunken 25 Rum 26 Dispute 28 Clay 29 Braille 33 Engagement 35 Receptacle 38 Scrumpy 41 Colt 42 Stand by 45 Pot 46 Lumbago 48 Melon 49 Tiny 50 Fickle 52 Brief 54 Sip 55 Drag 57 Sign 59 Postmistress 60 Aroma 61 Ginger beer 62 Turtle-neck

#### ANSWERS DOWN

1 Radio One 2 Controlling 3 Brew 4 Therefore 5 Mottled 6 Sprat 7 Evade 8 Tin-opener 9 Runs 10 Good-tempered 13 General 15 Eat 19 Honey-bee 20 Snap 24 Rule 27 Tommy 29 Bleat 30 Apt 31 Pease-pudding 32 Snack-bar 34 Gym 36 Cobblestone 37 Clog 39 Rat-trap 40 Polyester 42 Successor 43 Name 44 Knapsack 47 Offbeat 51 Leg 52 Bride 53 Inter 56 Gong 58 Hake

(Answers in Issue 240)



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**Monday 18 September 2017 12.00pm Price As Per Menu Lunch at the Mallard Heanor Road, Ilkeston, Derbyshire DE7 8TJ**  
**Friday 22 September 2017 7pm Price As Per Menu Le Mistral Sherwood, Nottingham NG5 2JN**  
**Tuesday 26 September 2017 7pm Price As Per Menu Cheese and Wine Hogs Head Hotel, Aysworth Lane, Main Street, Aysworth, Notts NG16 2RN**

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# Education & Training

## The Best Years of Your Life

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When selecting a school, whether this is at the nursery, primary or secondary school stage, it is important to consider a range of things when making your final decision. Selecting the right nursery for your child will make the first step of their educational journey a positive experience and will prepare them for everything to follow.

One thing to think about is if your child has any siblings, and if they will thrive in the same kind of learning environment. This is because when choosing a school, you are not only selecting it for your eldest child, but usually the whole family (unless you plan to do separate drop-offs on the school run).

Consider how each of your children learn and select a school that will use this to their advantage. Would they prefer to participate in an interactive environment or benefit more from orderly classrooms with a regimented routine?

Remember to be realistic with your choices. What is your catchment area? Is the school within a practical commute? What are the lunch options and how much do school meals cost? What are the rules regarding uniform? How much time

is expected to be spent on homework outside of school? These are all things to think about and costs to consider before making any final decisions.

The important thing to remember is that school is a place where your child will spend some of their best years. If you have any questions about the application process, open days or school policies, you can find more information and contact details throughout our education and training section.



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# Education & Training

## Upholstery Success at Ashbourne Adult Education Centre

Adult learners at Derbyshire County Council Ashbourne Adult Education Centre have achieved fantastic results after completing the City and Guilds Upholstery (Creative Techniques) at level 3.

The whole group achieved merits and distinctions for some truly excellent pieces of furniture. Many of the successful learners intend to go on to further learning and jobs and even self-employment. The course tutor Julie Coxon has been an inspiration as she has guided the group through upholstering a variety of samples, a sprung chair and a headboard as well as developing artistic and design skills.

The Ashbourne Centre is excited to offer The Stage One Association of Master Upholsterers and Soft Furnishers qualifications from September. The course is practical with learners working through a number of traditional and modern tasks and coming away from the course with knowledge, skills and unique pieces of furniture. The qualification could lead to a new job, or with some additional practice the opportunity to start up a small business. The centre is the only venue in the Midlands ap-



Tutor Julie Coxon and student Sally Oakes at The Ashbourne Centre

proved to offer these qualifications and the course is filling up quickly. The centre also offers short leisure upholstery courses which are for anyone wanting to learn skills without working towards a qualification. Learners take along a project

to upholster and work through each stage until the item is finished. These courses are a great opportunity to upgrade any upholstered furniture including chairs, stools and ottomans.

Anyone interested in joining a course should contact the centre on 01629 533696 or e-mail [ashbourne.ace@derbyshire.gov.uk](mailto:ashbourne.ace@derbyshire.gov.uk)



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# Education & Training



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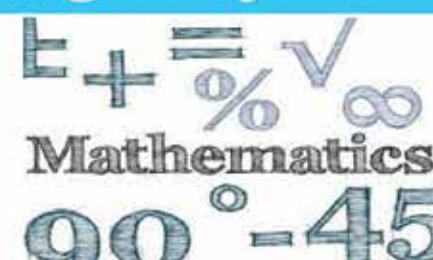
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# New Foresters scoops

Nottingham pub New Foresters has been crowned the Overall Winner at this year's Best Bar None Awards – as well as scooping the Best Pub and Best Independent awards. This year's winners were announced at a lavish ceremony RECENTLY at Pryzm, on Lower Parliament Street, Nottingham.

The winning drinks establishment, which is located on St Ann's Street and caters for the LGBTQ community, was particularly praised for its great attention to detail in the prevention of crime, disorder and public safety, as well as their assistance with vulnerable customers.

The Best Bar None Awards are designed to promote the responsible and effective management and operation of licensed premises, with the scheme being run in Nottingham city centre by the Nottingham Business Improvement District (BID) since 2010.

This year 69 licensed premises in the city centre secured Best Bar None accreditation, with 54 achieving the top ranked gold status – an increase of six venues from last year's scheme, demonstrating that more venues than ever are committed to Best Bar None and dedicated to delivering safe and enjoyable nights out for their customers.

The highest scoring accredited venues were then independently judged by industry experts, with a winner of each of the six categories as well as an overall winner chosen. New Foresters, which scooped Overall Winner, Best Pub and Best Independent, demonstrated "good evidence of staff training and retention" and "good all round security measures".

Assistant manager of the venue, Jade Amay, said: "We are over the moon. We really didn't expect to win one award, let alone three! It's amazing and we're really proud of ourselves."



## Geocachers Cache in on Trash

**HI-TECH TREASURE HUNTERS** will cache in on 23rd September as they take part in a Cache In, Trash Out event at Greenwood Centre Banks Road Recreation Ground in Toton.

As part of the unique event, between 9.30.00am and 11.30pm, the Geocachers will litter pick at the park, whilst they seek out hidden treasures known as Geocaches. Four New caches will also be activated on the day.

A 'geocache' is usually a small concealed waterproof container holding a logbook for the 'treasure hunters' to sign. Larger containers may also include small toys, trinkets and trackable items which the geocacher exchanges. If items are taken out of the cache, then something of equal or greater value is left in return.

Broxtowe Borough Council will be providing litter pickers and bags on the day as part of its commitment to tackle anti-social behaviour such as litter, dog fouling and fly tipping.

Broxtowe Borough Council hid four geocaches in parks in Beeston, Kimberley, Stapleford and Kimberley in 2012.

Cache In Trash Out is an on-going environmental initiative supported by the worldwide geocaching community. Since 2002, geocachers have been dedicated to cleaning up parks and other cache-friendly places around the world.

Cache In Trash Out doesn't just happen once a year. It can easily happen on every geocache adventure. Bring a trash bag along with you on your walks in the woods and pick up the occasional piece of trash you see on the trail. Even this small act can make a huge difference.

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## Patients Praise Woodthorpe Care In Place Assessment



Patients have given care at Woodthorpe Hospital the thumbs up during an assessment carried out earlier this year.

A team of patient assessors gave excellent ratings to different aspects of the care setting at the Nottingham private hospital during the PLACE (Patient Led of the Care Environment) assessment which took place in May.

PLACE is a system for assessing the quality of the patient environment and sees local people go into hospitals to assess how the hospital environment supports a patient's privacy and dignity, food, cleanliness and general building maintenance.

The annual assessment focuses entirely on the care environment, does not cover clinical care provision and it shows how hospitals are performing locally and nationally.

The findings from the assessment have now been revealed and patients gave cleanliness a 99.3% rating and were very complementary about how clean the hospital was and how well it was maintained.

Food was also highly rated with patients with hospital food gaining a score of 95.73% score compared to 87.3% in 2016 while food on the

hospital ward achieved a fantastic 98.89% rating compared to 88.65% in 2016.

Privacy, dignity and well-being achieved a 95.12% score compared to 84.78% in 2016 and 97.83% was the rating given to the condition, appearance and maintenance of the hospital.

The assessment also focused on how the hospital caters for patients with dementia and disabilities.

Dementia scored 98.42% compared with 85.457% in 2016 while Disability was given a 98.02% rating compared with 91.30% the previous year. Mark Lacey, General Manager at Woodthorpe Hospital was delighted with the results which continue to improve each year.

Mark said: "These results give an excellent indication of how patients rate our care environment at Woodthorpe and how these elements of care have improved significantly during the past year.

"The care setting for our patients is extremely important to us at Woodthorpe and we want to ensure that patients attending for surgeries and treatments are clean, comfortable and safe.

"These results reflect the excellent

environment we provide at Woodthorpe based on what patients have seen for themselves."

Patient assessors also made a series of positive comments throughout the assessment process.

They included statements such as 'a fine building which seems to be run well', 'found the building to be very clean and well maintained' and 'the choice of food was lovely and it was all served beautifully.'

One of the assessors also said they 'would have no worries about having any treatment or operation here. Excellent facilities, clean, spacious, friendly and welcoming.'

Woodthorpe Hospital offers a range of surgeries and treatments including spinal surgery, eye surgery, foot and ankle surgery, cosmetic surgery and hip and knee surgery.

It has been providing healthcare services for the people of Nottingham since 1877 and offers superb facilities including two operating theatres and 41 private en suite rooms for patients.

For more information about this press release, please contact Marketing and PR Executive Chris Bentley on 07974 560139 or email: [chris.bentley@ramsayhealth.co.uk](mailto:chris.bentley@ramsayhealth.co.uk)

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## PISTONS AND PROPS FIRES UP IT'S ENGINE FOR 2017



The Footman James Sywell Classic Pistons and Props returns to Sywell Aerodrome, Northamptonshire, on Saturday 23 - Sunday 24 September 2017, combining hot rods, historic racers and bikes with exciting aerial air displays, and a variety of vintage performers. Formula 1, Formula 2 and Group B racing will form the mainstay of the Racing Runway, tearing up the tarmac, alongside a selection of classic

and modern motorbikes. On the Sprint Strip, the popular Street Car Shootout will be providing smoke and squeals of rubber.

Air displays will be performed by the Yakovlevs and The Blades, both world leaders in aerial acrobatics. Plus, the Breitling Wingwalkers, the world's only formation wing-walking team, will be taking to the skies.

Bring your dancing shoes as there will be live music in the Footman James Scarf and Goggles Bar, including Dusty Springfield tribute Dusty and Friends, vintage singer Jayne Darling, and rockabilly group the Rock-ola Rockets. In Hangar One, One Eyed Cats will be playing for the benefit of those staying overnight.

The show field will be adorned with displays by the UK's best classic motoring clubs while Pole position parking will see private owners show off vehicles manufactured pre 1986. Limited spaces are available to book a space at the heart of the show for your pride and joy.

With World War 1 and 2 re-enactments, a vintage fun fair and vintage craft fair, it's not all about transport – there is fun for all the family to be had at Sywell Classic, with awards for those who comes dressed up in period outfits and are the 'best dressed.'

Tickets are available in advance, or on the gate. Advance prices start from £18 in advance for adults, with tickets for children aged 5-15 from £7 in advance and free entrance for those under five-years-old. A family ticket (2 adults, 2 children) starts from £43 in advance with all advance tickets subject to a service charge. Weekend tickets are available, at £30 in advance for adults, £10 for children, £70 for family. Tickets on the gate start from £22 for adults, £10 for children and £54 for families. Weekend tickets on the gate are £85. Car parking is free, and for those who wish to camp a pitch for one caravan or tent is available for £60 in advance. Camping pitches cannot be bought on the day.

The show is open from 10am until 5.30pm on Saturday, 10am until 5pm on Sunday. For more information about Sywell Classic Pistons and Props, please visit [www.sywellclassic.co.uk](http://www.sywellclassic.co.uk)

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# TASTE THE QUALITY

Take a sneak peek behind the scenes at one of England's leading microbreweries



Take a sneak peek behind the scenes at one of England's leading microbreweries

Opening in 2011, Welbeck Abbey Brewery is a traditional microbrewery nestled in the centre of the historic Welbeck Estate, which is rich with stories and characters from centuries past. It's housed in a beautiful listed barn at the heart of this community, and has steadily grown in size to meet the demand for good local beer. Producing roughly 15,000 pints of real ale each week, Welbeck Abbey Brewery has quickly become one of the country's leading microbreweries.

During the summer months the brewery opens its doors to the public for monthly brewery tours. Guided by one of their expert brewers, these tours offer a sneak peek into the brewing process and visitors will learn about the ingredients and passion that go into each pint. Afterwards

they will enjoy two pints of their lovingly hand crafted real ale and will have the opportunity to ask questions or simply relax in their historic surroundings.

These brewery tours proved so popular in 2017 that they completely sold out, so be sure to purchase your tickets well in advance. At only £10 per person they make an excellent Christmas gift or evening out with friends. Tickets can be purchased directly from the Welbeck Farm Shop, or online via the brewery's website at [www.welbeckabbeybrewery.co.uk](http://www.welbeckabbeybrewery.co.uk). Private tours or parties can also be arranged by contacting the brewery directly.



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## Springfields Antique, Collectors & Vintage Fair

On Sunday September 24 the Spalding Antique and Collectors fair returns to Springfields Event Centre with 100+ stalls full of Antiques, Collectables, Deco, Retro, Vintage, Jewellery, Silver, and Contemporary Art - all items that you won't find on the High Street! There is also ample parking and loading space for larger purchases, on-site catering and easy access

makes an all-round good day-out for everyone.

"This month's show is completely SOLD OUT again" said the organisers, "in addition to the diverse range of eclectic Antique and collectable items available at the fair, we have a new selection of hand styled - unique reclaim, salvage garden items which are just perfect for giving your outdoor space

that chic, vintage feel we like to bring something a little different to Springfields each time", she added. The fair opens 10-4pm at £2 admission to general public with early trade only access at 9am (proof of ID/business card required for early trade admission). Call 01754 811897 or visit [www.springfieldsfair.co.uk](http://www.springfieldsfair.co.uk) for more information.

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# Pageant back at Nottingham Castle for October



**ROBIN HOOD PAGEANT**

Join Robin Hood and the Sheriff of Nottingham in a 2 hour live experience at Nottingham Castle.

**Saturday 21 & Sunday 22 October**  
Two shows daily 11:00 & 14:30

For more information and to book tickets please visit:  
[www.octoberinnottingham.co.uk](http://www.octoberinnottingham.co.uk)

NOTTINGHAM OCTOBER gem

ham Castle, complete with period cooking, traditional crafts, music and puppet shows. Have an audience with King Richard I, visit the apothecary for all kinds of cures, and even a barber surgeon for those with a troublesome tooth they might want removed.

Those really wanting to fully embrace the medieval experience will be able to visit market stalls and sample medieval delicacies such as roasted meats and ales.

There will be archery demonstrations with a chance to test your aim. Watch combat demonstrations as well as displays from the falconry team providing entertainment with amazing birds of prey.

The experience climaxes in a spectacular show of jousting knights and horseback sword fighting as Robin faces off against the evil Sheriff of Nottingham - in his bid to steal from the rich to give to the poor.

In a slightly different format to previous years, there will be two shows daily with tickets available for either 11:00 - 13:30 or 14:30 - 17:00. Tickets include full access to the site and to Nottingham Castle as well as the jousting show.

Tickets are available now at the October in Nottingham website: [www.octoberinnottingham.co.uk](http://www.octoberinnottingham.co.uk)

£12 / Concessions £9  
£30 Family ticket (2 adults and up to 3 children) Children under 2 years are FREE

The Robin Hood Pageant is part of a series of events in the City this autumn, which include the Magnificent Spiegeltent housing performances in the Old Market Square, Goose Fair, the Beer and Curry Festival, Halloween, and Bonfire Night. Please visit: [www.octoberinnottingham.co.uk](http://www.octoberinnottingham.co.uk) to find out more and to book tickets for individual events and activities.

CLlr Dave Trimble, Portfolio Holder for Leisure

and Culture said: "The Nottingham Pageant is one of our most popular events and people come from far and wide, to really embrace the legend of Robin

Hood and for a real medieval experience. There are interesting characters to meet and to chat to about crafts and traditions and activities to get involved in

as well as the breath-taking jousting and combat demonstrations. It is great fun for all the family and for all ages as well as being a window into history."



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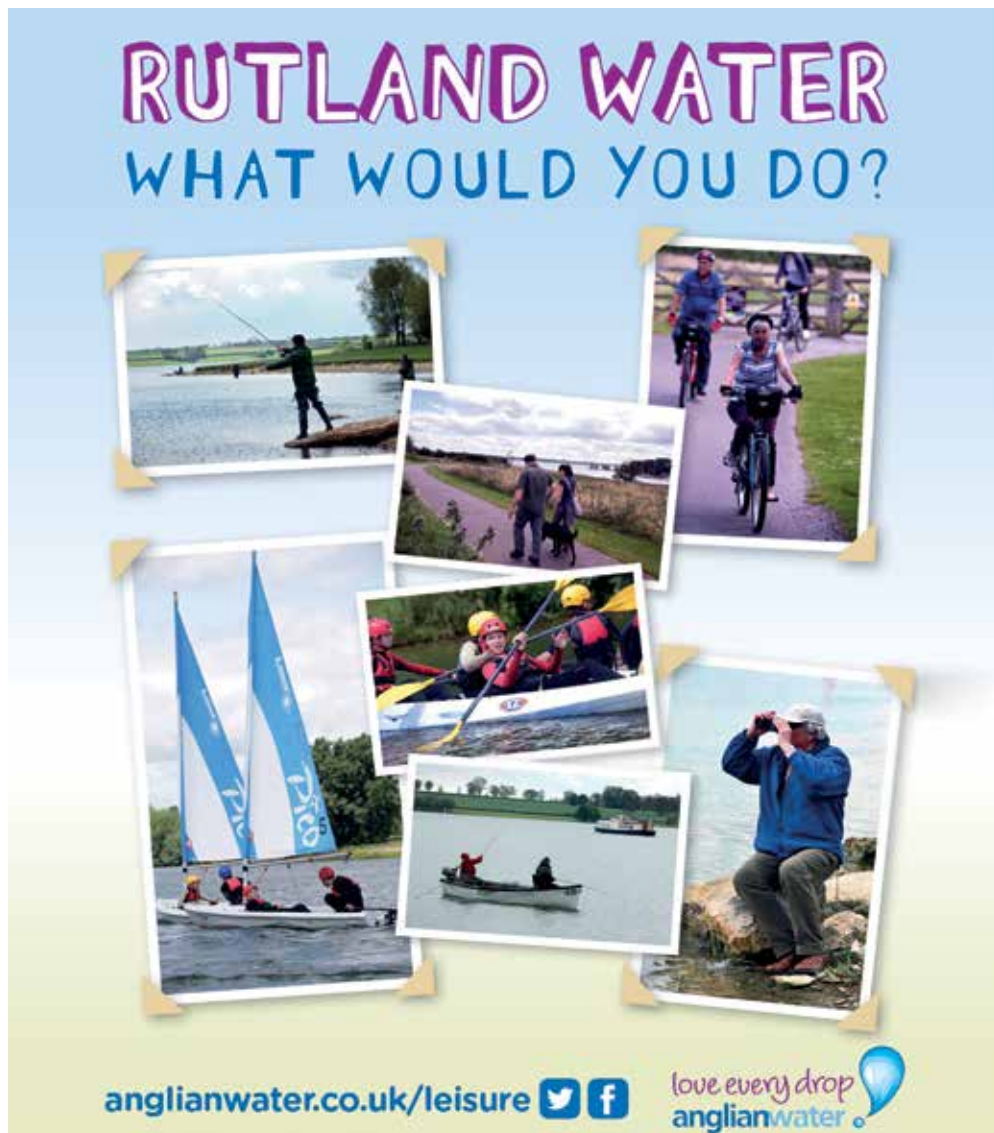
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# I can't believe it's not **Buddy!**

Whatever the excuse to party, make your heartbeat a little faster this season as Britain's most popular Buddy Holly act takes to the stage.

We caught up with the producer, Simon Fielder, to find out more about the event: "The show has been going for an incredible twenty-five years now. It all started at the Theatre Royal in Lincoln where we had the first ever show, so it really is returning to where it all began.

"It's not a tribute show - It's a show with five of the finest and most talented actor-musicians who have toured all over the world and performed on the West End. They create an amazing experience for the fans."

The show has rocked audiences across the globe, including America, Europe, the Middle East, Far East and the Caribbean, to name a

few. "When we started, nobody else was doing something quite like this," added Simon. "You had a few Elvis impersonators and things like that, but our show stands out from the rest. The audience come along and have fun, they are entertained and Buddy gets everyone singing along and dancing in the aisles.

"Fans of authenticity will love the show, and I think that Buddy himself would like to hear our recreation, in which he plays live on stage with a modern English

band."

Tickets are now available for the 2017 'Buddy Holly & The Cricketers 25 Years of Rock 'N' Rolling The World!' tour, and dates have also been released for the March 2018 tour, 'Buddy Holly and The Cricketers with The English Rock and Roll Orchestra, The 60th Anniversary Show' - to celebrate Buddy's only UK tour in 1958 by

playing, where possible, the same venues on the same nights.

Simon added: "Buddy Holly and The Cricketers have always presented Buddy in the style of show we feel he would perform today with authentic arrangements, driving rhythms, energetic performances and wonderful musicianship - all delivered with charm and humour."



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Don't miss out on the concert of a decade, with shows taking place on Wed 27th September at Buxton Opera House, Sat 28th October at Lincoln New Theatre Royal, Sun 29th October at Loughborough Town Hall, Thu 23rd November at Mansfield Palace Theatre and Fri 24th November at Derby Guildhall Auditorium. Visit [www.simonfielder.com](http://www.simonfielder.com) for more information.

Simon Fielder  
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out and  
About

# Investment for family business



A family run Derbyshire business under threat of demolition to make way for HS2 has won a reprieve and will instead benefit from significant investment.

Jo-Anne Oldfield, managing director of The Sitwell Arms Hotel in Renishaw, has received official confirmation that the UK's new high speed rail network will skirt to the east of their 10 acre site, saving it from the bulldozer.

The correspondence from the Department for Transport ends many months of speculation and uncertainty for the family, who bought The Sitwell in 2000. For almost two decades they have worked hard to build a sustainable business and today it is a popular wedding venue and hotel with a fine dining restaurant, lounge bar, hair and beauty salon and gym.

Jo-Anne said: "Word got round that we were on the route of HS2 and naturally this put people off making advance bookings. This particularly affected our order book for weddings as couples plan one, two - even three - years ahead.

*"It has not been easy and we've worked hard to survive. However, I am delighted to say we are here to stay, that's official, and not only*

*that but we are investing and will continue to do so to ensure our guests have the most wonderful experience possible."*

The family is forging ahead with plans to invest in the property, a former 18th century coaching inn. Phase one is the refurbishment of the restaurant and cocktail bar, to the tune of £25,000. Phase two will involve an upgrade to the accommodation, in early 2018.

The carpets, table linen and staff uniforms will be replaced with new, the area is being fully redecorated and staff will undergo a programme of training and development to ensure service is consistently first class. There will be a cocktail and gin bar to introduce a dash of old-fashioned theatre to the dining experience.

A new à la carte menu using fresh, local ingredients has been developed by Jo-Anne and executive chef, Daniel Nutt. The menu is inspired by classic French cooking and Mediterranean cuisine and includes traditional dishes such as Chateaubriand and filet de boeuf en croute. It is complemented by an expertly curated wine list, including a selection from the vineyard at nearby Renishaw Hall.

The new menu and refurbishment will be previewed on 16th September. The team will host an invite-

only evening to thank their regulars for supporting the business in recent months when its future was in doubt. It will be fully launched the following weekend, 22nd and 23rd September, and reservations can be made on 01246 435226.

The Sitwell Arms Hotel really is a family affair. Jo-Anne, married with seven-year-old son, Jax, began working there as a waitress aged 14. The 43-year-old has dedicated her career to the business as she progressed in the hospitality trade and wedding industry.

It was bought in 2000 by Jo-Anne's parents John and Gloria Selby and they continue to play a hands-on role in the running of the business, both at 70-years-old. All three of her sisters have worked at The Sitwell. Today, Bex runs the salon, Tracy works on reception while Samantha now lives in London and works in education.

Jo-Anne said: "My family had humble beginnings. Our first home was a caravan in Marsh Lane, Eckington. My dad was ambitious and he worked really hard, setting up a construction company, which enabled him and my mum to buy a house, in time, for my sisters and me.

"We're a very close family and I'm proud of what we have achieved together. Now, with HS2 behind us and the refurbishment under way, we are looking forward to a bright future for us and for The Sitwell."



## Announcing a £25,000 investment in The Sitwell Arms and introducing a sumptuous à la carte menu

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## Three Talented Apprentices Reach Their Goals

HOUSING provider Newark and Sherwood Homes has expanded its service with three talented apprentices, thanks to its new apprenticeship scheme, Recruiting and Employing Apprentices Championing Housing (REACH). Aaron Sarafat, Ben Forde-Shaw and Chloe Rowberry have joined the Newark and Sherwood Homes team as apprentices in surveying, plumbing and business administration respectively. The REACH programme has been created in partnership with Vision West Nottinghamshire College, which is Newark and Sherwood Homes' training provider for the apprenticeship standards.

Speaking of his new apprenticeship Aaron said: "I have had some work experience at another company before coming here, but what made me want to come to Newark and Sherwood Homes was that it is a really good company where I can achieve a qualification at the same time. "I am spending one day a week at college studying for an HNC in construction and spend the rest of the week working within the company. It is a really varied, real-life work experience, which I enjoy."

The REACH programme - which was launched in spring this year - has been created to highlight the wide choice of careers available in the housing sector. Newark and Sherwood Homes is an exciting local company offering fantastic career opportunities; last year the company was placed 27th in industry magazine, Inside Housing's Innovation Index, as a top employer for 2016.

## CPMG Awarded for BIM Expertise on Discovery Building Scheme

THE design team behind the East Midlands' flagship bioscience facility - The Discovery Building - has scooped an award for subcontractor engagement at the national RICS BIM4SME awards. Nottingham and London based CPMG Architects was presented with the award at a ceremony held on 12 September at London's HMS Belfast.

The building was realised through Level 2 Building Information Modelling (BIM), with the design team using BIM to work collaboratively in a 3D environment to design and develop construction information.

After three years of work and a £30 million investment the five-storey building opened in May 2017 and has already won the Judges' Special Award at the East Midlands Property Dinner.

Matt Greenhalgh, lead architect on the project said: "BIM was central to the success of this project and CPMG acted as a focus point between the contractor and partners to ensure industry best practices in BIM were adopted.

"BIM helped to inform better decision making between all subcontractors, the client and tenants, without impacting on the design and construction programme, and enabled the manufacture of off-site components where possible.

"On site changes were reduced thanks to the clash detection process helping all subcontractors to deliver on time, within budget and to a high quality. CPMG is proud to have utilised BIM on this project which was

central to its success."

CPMG has been recognised by BSI (British Standards Institution) for its capability in the use of BIM. The firm joins just a small group of other British architects to hold this prestigious accolade. CPMG employs dedicated BIM managers and 40 'reviteers' to maintain the level of expertise required to deliver major projects.

Nick Gregory, director for CPMG Architects added: "Our team has been using BIM technology for a number of years. This is just one example of several varied Level 2 projects we have delivered whilst working with clients, design teams, contractors and supply chains.

"We're committed to growing our BIM expertise and capability in-house to comply with managing information for the delivery phase of construction projects. This award is a testament to the hard work of the team to continually improve the way we support teams to deliver building projects."

The annual awards were established three years ago to recognise SMEs at the forefront of delivering successful BIM (Building Information Modelling) projects and initiatives, while promoting best practice and the importance of SMEs to the adoption of BIM. This year the awards received a record number of entries. The project team included Willmott Dixon, Gleeds and Pick Everard. For more information about CPMG Architects visit [www.cpmg-architects.com](http://www.cpmg-architects.com) or join the conversation at @cpmgArchitects

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# Homes at the Heart of Their Communities



Two care homes in the Nottinghamshire area are leading the way in person-centred care for their residents. Clipstone Hall & Lodge, a purpose built home in Mansfield, holds a Good rating from the Care Quality Commission, in addition to a Dementia Quality Mark from Nottinghamshire County Council. It was also upgraded to a Band Five care home, the highest rating achievable on the quality rating scale used by

the Council. The home has a vibrant community spirit, both in and out, working regularly in partnership with organisations such as local regeneration project Feel Good Foods 'field to fork' gardening project. The Grange Care Centre in Shirebrook was recently awarded an overall Good rating from the Care Quality Commission, and provides residential and dementia care, in addition to specialist nursing and enhanced dementia

nursing. The home provides a dynamic and caring environment for its residents, recently opening a vintage café and launching a series of Afternoon Teas for residents, in addition to setting up a 'virtual cruise' for virtual travel around the world. To keep up to date with news from our homes, join us on Facebook @OrchardCareHome or visit: [www.orchardcarehomes.com](http://www.orchardcarehomes.com).

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we specialise in providing safe, high quality care for every resident. **What kind of care do you need?** You might be looking for care for a number of different reasons, from help with everyday living to highly specialised nursing care. When we know those reasons, we can help you work out what sort of care is best. Whether someone is leaving hospital but not quite ready to go home, requires residential care, or simply needs a bit of support with day-to-day living, we can help you choose the right care home. **Our care philosophy** Making care special is at the heart

of every Four Seasons care home. Our philosophy starts with getting to know each person as an individual and understanding what they need, so we can provide the right kind of care to match. It's simple: the more we know, the better we care. We offer a full range of care from residential and intermediate care, to nursing and palliative care. We're also experts in dementia care - PEARL, our award-winning dementia programme, has been proven to enhance the lives of residents. We believe that feeling looked after is as much about creating a sense of home as it is about providing quality care.



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# Grantham's Newest Mobility Aid Centre

Prime Comfort has opened a new showroom in Grantham, which aims to improve people's lives in the area.

The mobility aid centre, which was officially opened by the Mayor of Grantham Coun Mike Cook, specialises in all the latest mobility aids and comfort products. As Grantham's newest mobility aid centre, Prime Comfort offers all the latest mobility aids and comfort products at sensible prices you'll love.

The new showroom, located at No.1 Market Place in Grantham, has a large range available including adjustable beds, recliner chairs, stairlifts and mobility aids and is also the biggest supplier of Sandpiper men's and ladies wide fitting and comfortable shoes in the area.

Rupert Stanton, owner, said: "This is the first showroom in this area of the country. We want to offer mobility aids to the public and supply a wide enough range that everyone can find something for them whether it be shoes, stair lifts, scooters and more.

"We are here to improve people's lives in Grantham."

Rupert has been in the mobility industry for over 20 years. He said: "My dad owns a mobility shop in Rushden and my uncle owns two in Northampton, I've worked alongside my dad for many years so it's an industry both me and my

family have a lot of experience in.

"We work closely with our customers and the NHS to identify areas of need and try to stock items that will make people's lives that little bit easier. The showroom is a fantastic opportunity for people to come and try out products, as everyone is different and it can be hard to find what you need online.

"Our range and service is very bespoke and personal. People have the opportunity to try products before they buy them, and we also offer home visits where we can carry out a free assessment and bring products for customers to try in the comfort of their own home."

The shop officially had an opening launch last month, where the Mayor of Grantham Coun Mike Cook cut the ribbon and received a tour of the showroom.

The shop also has a new website which lists its products, as well as an online tour of the shop which can be viewed on the website [www.primecomfort.co.uk](http://www.primecomfort.co.uk) or on the companies YouTube channel.

To find out more about the products, or to view the showroom, visit Prime Comfort, Mobility Aid Centre, 1 Market Place, Grantham NG31 6LQ, call 01476 560044, email [info@primecomfort.co.uk](mailto:info@primecomfort.co.uk) or visit the website: [www.primecomfort.co.uk](http://www.primecomfort.co.uk).

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# Habit, Obsession or Phobia?

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Doing things in this way feels

comfortable and orderly, although if something disturbs that order it can create anxiety, which we then need to put right. Generally speaking, we can live with these idiosyncrasies and incorporate them seamlessly into our everyday activities.

However, sometimes the need for order is so strong that we engage in repetitive behaviour that influences our routine and can even interfere with our mental and emotional well-being. In some instances this form of extreme anxiety requires medical intervention and support.

The dictionary definition of a phobia describes a persistent, irrational, abnormal or intense fear. Phobias can be triggered by traumatic experiences or learned behaviours and can usually be treated by therapies such as Cognitive Behaviour Therapy

(CBT) or gradual exposure to the trigger; sometimes in conjunction with medication.

Phobias are real and should be taken seriously. Many people experience one or more during their lifetime and some learn how to manage or overcome them so that the effect upon daily life is minimised. Indeed I am one of

those people, having successfully overcome my own fears of water and of caterpillars.

There are more than 100 common phobias, including fear of heights, going outside, spiders, snakes, darkness, social situations, flying and many more.

Living with phobias can cause depression, panic attacks and

even thoughts of suicide; however, only about 23% of people with a phobia actually seek help. If you require help or support, please contact Caroline Mentzel, The Behaviour Transformer for an initial conversation by visiting [www.helpucope.com](http://www.helpucope.com), emailing [info@helpucope.com](mailto:info@helpucope.com) or calling 07958 737 252.



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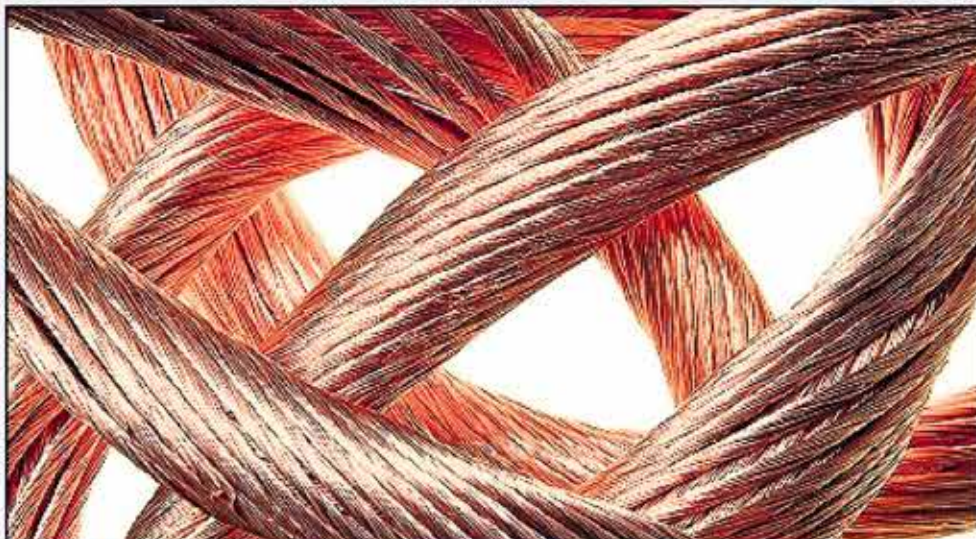
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