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## Urgent Appeal for Local Foster Carers

One of the UK's leading fostering organisations is calling for Nottingham residents to consider a career in fostering in order to support the growing number of young people across the county currently requiring foster carers.

The call comes from social enterprise Five Rivers Child Care as stark reports continue to highlight the ongoing foster carer shortfalls and rising numbers of children entering the care system, with a current shortage of 540 foster carers across the Midlands. In Nottinghamshire there is a particular need for foster carers to look after teenage children from 13 up. Five Rivers is looking to recruit a variety

of fostering roles across Nottingham, including the following positions:

**Long-term foster carers** – Carers who can provide comfort and stability to children and young adults who are unable to live with their families.

**Short-term foster carers** – This can apply to an overnight stay or a period of a few months and is used when young people or adults require time away from their birth families or existing care support.

**Emergency foster carers** – Emergency foster carers help bridge the gap between foster placements or reunification with friends, family or returning home. This type of care is predominantly for young people with complex needs in particular;

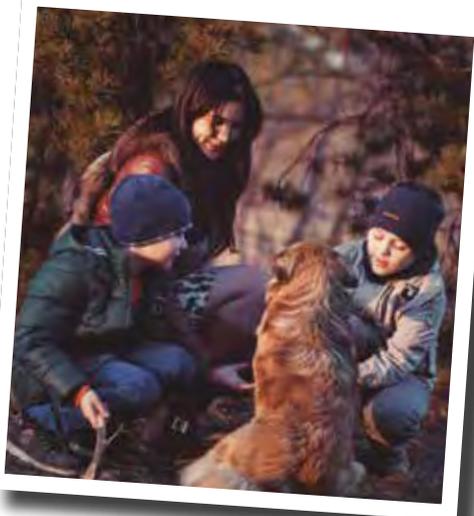
therefore potential carers need to either have suitable transferable skills or previous experience caring.

**Sibling group carers** – Five Rivers aims to keep all sibling groups together where possible, and it's currently looking for more foster carers who have the space, time and resources available to be able to look after sibling groups.

Commenting on the current need for foster carers across Somerset, Colette Abbiss, Five Rivers fostering manager for the Midlands and North said: "We already work with some fantastic foster carers in Nottingham and hope that we discover even more local people that will make great carers."

"We are really keen to hear from people who are nurturing, compassionate and enjoy caring and supporting others and welcome the opportunity to talk to anyone who has questions about fostering and what the different roles entail."

A career in foster care offers many benefits including competitive rates of pay and flexible working. For more information about fostering contact Five Rivers on 0345 266 0272 or visit [www.fiverivers.org/fostering](http://www.fiverivers.org/fostering).



# INTO THE WILD

A day of action at a popular woodland Nature Reserve has proved the perfect opportunity to celebrate a third year of partnership between local company British Gypsum and the Nottinghamshire Wildlife Trust (NWT). See story on page 2.

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We did it! Children of Bilsthorpe Flying High Academy with Head Teacher, Mrs Anne Ingle celebrating their Good Ofsted report.

## Local School Celebrates Amazing Results

Bilsthorpe Flying High Academy is celebrating the news that its Ofsted inspection has shown that the school continues to be Good, with significant signs of improvement since its previous Good report.

Published on the 30 October, the report says of The Flying High Trust and the school's Head Teacher, Mrs Anne Ingle that, "...together you have effectively

led improvements to the quality of teaching, learning and behaviour across the school. As a result, the rate of pupils' progress has increased...Leaders work effectively as a cohesive team."

The school's pupils also came in for particular praise in the report which says, "Pupils are inquisitive and enjoy talking to visitors and showing them their work, of

which they are proud. Children in the early years are already demonstrating sustained concentration in their activities and were excited to discuss the theme of their learning."

Head Teacher Anne Ingle said she is pleased with the outcome. "A great result! We are delighted that the report recognises the commitment and hard work of the staff and our wonderful children

which has driven the school to become the success that it is."

Bilsthorpe Flying High Academy Parents told inspectors that the school is 'nurturing' and a hub of the community with one parent commenting, "The new headteacher has brought a new excitement for my children and they can't wait to see what surprises the teaching staff will come up with next."

## NEWS in brief...

### Watnall Litter Pick Cleans Up Broxtowe

A community clean team of nearly 30 litter pickers helped clear up Watnall Green last week as part of Broxtowe Borough Council's Clean and Green Campaign.

On Monday 29 October, the newly formed Friends of Watnall Green and Spinney joined the Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM for a litter pick of the area.

They also planted native bluebells and daffodils on the Watnall Green open space and removed grass cuttings from the meadows.

Members of the local community were invited to come along and join in and the Friends are keen that the group is representative of and supported by local people.

A special resource pack has been created for local groups and organisations who want to get involved and run their own litter pick events, to help them carry out activities safely, as well as promote them

in their local area. The Council can also help by lending litter picking equipment. Download a resource pack online at [www.broxtowe.gov.uk](http://www.broxtowe.gov.uk).



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## INTO THE WILD

A day of action at a popular woodland Nature Reserve has proved the perfect opportunity to celebrate a third year of partnership between local company British Gypsum and the Nottinghamshire Wildlife Trust (NWT).

Bunny Old Wood provided the location for a team of British Gypsum volunteers to carry out path clearing work, and to be there to announce the company is to continue its support for the Wildlife Trust's activities in the county.

And this time the sponsorship package enables the company to back some new campaigns – it becomes one of the key corporate sponsors of a new Nature, Health and Wellbeing campaign; and the first business sponsor of the Nature Reserves Fund.

British Gypsum has worked closely with NWT for over 30 years with the partnership going way beyond just corporate financial support. Bunny Woods, for instance was owned by the company but given to the Trust in 1985. In addition,

teams of employees regularly give their time to tackle practical projects on the ground.

Head of Environment and Compliance for British Gypsum, Heidi Barnard said: "We have enjoyed a close working partnership with the Wildlife Trust for many years and are delighted to announce a renewed sponsorship. This includes corporate support, but also providing working groups to offer practical hands-on help for the Trust."

The reserve features trees such as coppiced wych elm and ash, field maple, oak and cherry. The woodland flowers include wood anemone and stitchwort and Bunny is famed for its springtime display of bluebells. Some 50 bird species have been recorded including great and lesser-spotted woodpeckers. Bunny is also a great place to see butterflies, with more than 20 species recorded.



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**NEWS in brief...**



**Designs Unveiled for Clocktower Dining**

Nottingham's intu Victoria Centre has given shoppers a sneak peek of what to expect following the £1m transformation of the destination's Clocktower dining area.

The investment was revealed in August, along with plans to introduce six new food outlets, including Chopstix and Nottingham's own Clean Cut Kitchen, to offer visitors a more varied dining experience.

Newly released images show how the dining space on the upper level will differ from the main shopping mall, with the use of natural elements like timber and ceiling planting pods.

Commenting on the designs, Nigel Wheatley, general manager at intu Victoria Centre, said:

"This is a big change and one our customers have asked for. We're committed to providing the best experiences for our shoppers and they've asked us for new food brands so we're doing just this.

"The new space is also helping to attract new brands to the city and centre, with Triple Two Coffee opening its first outlet in the Midlands and Mr Frites joining us soon, which will be the brand's first ever launch in the UK."

For more information about any of the upcoming launches, visit [www.intu.co.uk/victoriacentre](http://www.intu.co.uk/victoriacentre).

**Local Driver Praised for Outstanding Service**

An ilkeston flyer bus driver who helped a vulnerable girl has received an award for assisting the teenager.

Sarah Meakin, 31, from Eastwood, noticed her young customer was in distress so stopped the journey, talked to her, called 999 and even went in the ambulance with her to hospital where she stayed by her side.

A support worker before switching career to driving for trentbarton two and a half years ago, Sarah was presented with the Community Award at the EMAS (East Midlands Ambulance Service) First Responders Awards on October 26.

Sarah said: "The young girl got on the bus and she appeared okay. After I'd driven about half a mile, I glanced round and she was not looking well.

"The girl needed to go to hospital, so I went with her in the ambulance. I'd called my manager who sent another driver to get my customers on to their destinations. At the hospital I stayed with her until the medical staff were happy for me to leave.

"In all I was with the child for more than four hours. I wouldn't want a child, especially a vulnerable one, to be on their own in those circumstances."

Sarah was nominated for the award by the First Responder, Peter Paynton, and was presented with the trophy by Beverley Barlow from the award sponsor Manor House Property.



Sarah's service delivery manager Sue Blount said: "At trentbarton we encourage all our drivers to use their initiative when dealing with the many varied

and unexpected situations they find themselves in due to the nature of the job. Sarah did exactly that and richly deserves the recognition of this award."

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

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

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

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

Once you are on the healthcare career ladder there are often opportunities to progress into other areas, such as working in the hospital path lab or other departments. Promotion is much easier once you are "on the ladder" and have some experience behind you.

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

If you like the idea of a challenging career in healthcare and particularly in phlebotomy then this may be the perfect move for you! The comprehensive training course last a full two days and culminates in the award of a nationally recognised and accredited certificate.

"We practice taking blood from artificial arms", says Lauren "and everyone on our course has a lot of fun! We get a great deal of satisfaction later on when we hear from our students that they are working for their local GP surgery or in their local hospital."

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



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Midlands water and waste company Severn Trent has launched a Refill Scheme in Nottingham which will see local people able to fill up reusable water bottles for free.

The company has teamed up with founding organisation City to Sea to roll out the scheme into more towns and cities – with Nottingham the next to benefit.

The initiative, backed by Nottingham City Council, will allow people to fill up reusable water bottles for free at member businesses, such as pubs, restaurants and cafes.

An action day took place in Nottingham on 31st October with volunteers in and around the city centre speaking to businesses and signing them up.

Severn Trent's corporate responsibility lead Jess Fidler said: "This campaign will not only make it much, much easier for everyone to have access to our wonderful water it'll also cut down on the amount of plastic that end up in our rivers, canals and landfill sites.

"We want independent retailers to be part of it, together with big chains, to give everyone the opportunity to take advantage of the free service."

Around 7.7 billion plastic bottles are bought across the UK each year, resulting in substantial amounts of single-use plastic waste. The average UK household uses 480 plastic bottles a year, but only recycles 270 of them. The Refill app can be downloaded for free on Google Play or the App Store.

Anyone wanting to get in touch, find out more about Refill, or those looking to sign up or become an ambassador for their local area, can email [refill@severntrent.co.uk](mailto:refill@severntrent.co.uk).

## AVOID THE WINTER TRAVEL BLUES

Nottingham City Council is calling on citizens to rethink how they travel this winter. The winter months have the slowest journey times of the year and this is at a peak high in November. Fewer people want to cycle or take public transport, which means there are more cars on the road.

Nottingham City Council is working to keep the city moving by managing traffic, improving real time information and investing in alternative transport, but we all need to amend our behaviour to see a big difference in congestion.

Here are some things you can do:

- **Be more flexible** – more and more businesses offer flexible working hours, so if you can, try to travel outside peak hours.
  - **Share the load** – there are too many cars on the road with single occupants, which is one of the main causes of congestion. Help to reduce the number of cars on the road by sharing a lift with a friend or colleague.
  - **Use alternatives** – Nottingham has some of the best public transport in the country so avoid the traffic by catching the bus or tram.
  - **Get active** – Brave the weather and walk or cycle short trips. Not only will this cut down on time spent in traffic but this will have great health benefits too.
- Councillor Dave Liversidge, Nottingham City Council's Portfolio Holder for Transport, said: "As individuals, we all need to think about how we can change the way we travel in order to have a real impact on congestion. Together we can get traffic flowing better and help to reduce air pollution."



**Linda Lancashire**

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### Aries

Someone may be relying on you a bit too much and expecting more than they are prepared to give back in return. Playing host to family and friends can prove expensive to think carefully before agreeing to anything you may later regret for either personal or financial reasons. An interesting spiritual journey awaits you as you begin to realise what and who was once important and featured highly in your list of priorities no longer occupies the same space in your heart.

### Taurus

Welcome new people into your world because they have much to offer and could help you in ways you never thought possible. Some good fortune with cash will cheer you up as a lucky windfall or golden opportunity to change career direction will transport you to a place of greater optimism and security. A little snake work will enable you to get a project off the ground, but affairs of the heart may not be so easy to resolve.

### Gemini

Intense family or other personal issues continue to play on your mind, especially if there is nothing you can do to alter a situation. Everyone has to walk their own path and learn their own lessons, so perhaps you should consider standing back, allowing fate to take its course. Treating your body with more care is essential and even though you may have been blessed with a strong constitution, you must also start putting yourself first instead of forever the people pleaser for which there are no rewards.

### Cancer

Follow your gut instincts especially if you are feeling uncomfortable regarding someone you harbour doubts about. A clash of personalities either on the domestic front or in the office will make you realise the truth about what is really behind all the recent tension surrounding you. Some people are jealous because you are doing well and enjoying a degree of success and these are the sort of people you can do without. Your partner and you may decide to go house hunting. Excitement is in the air because your circumstances are showing signs of improvement.

### Leo

You are looking far ahead and becoming very excited about some of the ideas you are coming up with. Love and romance is in the air and a meeting with someone you are extremely drawn towards could develop into a long lasting, fulfilling and most successful relationship. Pay attention to speaking as right now you cannot afford to keep up recent extravagance. You may hear some interesting snippets of information regarding someone you know which will confirm that you were right about this person all along.

### Virgo

Value the people who stand by you when all else fails and those you thought you could rely upon left you high and dry. Relationships are now under scrutiny and if you are in any doubt about the sincerity of a romantic partner, waste no time in facing up to the truth and dealing with situations as they come along. Attempts to improve the quality of your life will be successful once you stop trying to please everyone else and start focusing on your own happiness just for once.

### Libra

Have the confidence in your abilities to make a success of any new project you care to undertake. As always, you are surrounded by people who are looking to you for words of encouragement because they know you will be both honest and constructive with your advice. The behaviour and attitude of someone you once held strong feelings for is now beginning to annoy you to the point where you are preparing to cut all ties and walk away. Fantastic news coming your way soon regarding money and finance will be just what you were hoping to hear.

### Scorpio

By refusing to engage and participate with people who are toxic and negative, you will save yourself a lot of stress and unwanted problems. People have their own paths to tread and their experiences are exclusive to them, whilst in the mean time, just you make sure that your own affairs are in good working order and that everything is going to plan. Be firm when dealing with pushy types, refusing to get sucked into their hair brained ideas or drawn into conflicts which could compromise your integrity.

### Sagittarius

Always keep an open mind and never be shocked by anything nor anyone, someone has disillusioned you with their false promises and powers of persuasion. You have to think carefully about which direction to go in next because one bad move could end up costing you a lot of money. A close friend will point you in the right direction by speaking in an honest, but direct manner. You may still be grieving about a personal loss but its important that you dig deeper into your reserves of strength if you are to close the door on the past and make those all important changes.

### Capricorn

You have discovered the truth about a situation that has been responsible for you feeling unhappy for a long time and what is done is done. Money has to be found and debts must be repaid. Your time may be swallowed up doing stuff you meant, but feel unable to escape from. Changing direction is possible, but first you must put both personal and professional matters in order before you take a certain step for the very last time. If single, someone new will step into your world who will prove to be most understanding and supportive.

### Aquarius

Its been a long year so far filled with demands made upon your time and stuff which has gnawed away at your energy levels. Even when you thought you had mastered a certain situation, something else came along to knock you down, off your perch putting you right back in square one again. Now you have your power back you can enjoy feeling free and able to make new plans for the future. You are living in exciting times and will have no need to revisit the past ever again.

### Pisces

Taking more responsibility for your own personal circumstances and working out your finances to the last penny puts you in a very strong position and one you must make the most of. Progress is in the air and if you are searching for a new job or wish to commence with a business project, this is the perfect time to put plans into action. If single, it looks as though you are going to meet someone who will become incredibly important to you as time goes by with a happy ending to look forward to.

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# Robin Hood, Who's He?

Inspired by a love of Rupert Bear annuals and Mr Benn cartoons, local children's author Adrian Sissons launched his debut children's book, *Robin Hood, who's he?*, at Waterstones Nottingham on Friday 26 October.

Designed by local Robin George and illustrated by Martin Berry, the book is the first in a new series of rhyming children's history books from *Robin Hood's Little Outlaws* and follows seven animals as they wake a magical, 1000-year-old oak tree called Major. Stepping inside Major's hollow trunk, the animals join hands and stand upon one of his glowing tree rings, to be magically transported back to the corresponding year (1,200 AD), to meet the legendary outlaw, Robin Hood.

In addition to traditional, fun puzzles and a cut-out activity, the book includes interactive features utilising the free augmented reality app, LAYAR, where readers can scan the cover using a smartphone or tablet to see it come to life.

Adrian said: "I wanted to create a concept that would also help children relate to the passage of time and creating a character from the Major Oak does that perfectly by employing the universally understood mechanism of identifying a tree's age from its rings."

"For some children, simply picking up a book is the hardest barrier to overcome. Adding unique technology that children can interact with is in stark contrast to anything

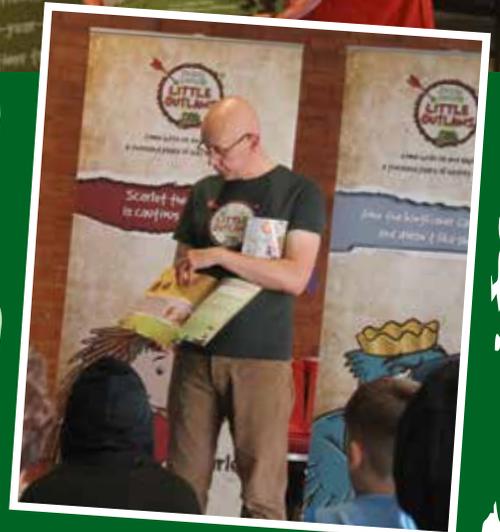


The LAYAR app allows readers to scan the cover using a smartphone or tablet to see it come to life.

they're likely to have seen before and will hopefully encourage even more children to pick up the book and start reading."

Writing of the third story, *Race to the Moon*, is underway and is scheduled for release in 2019 in time for the 50th anniversary of the moon landings.

Adrian Sissons and Robin George  
Below: Adrian Sissons reads from his new children's book.



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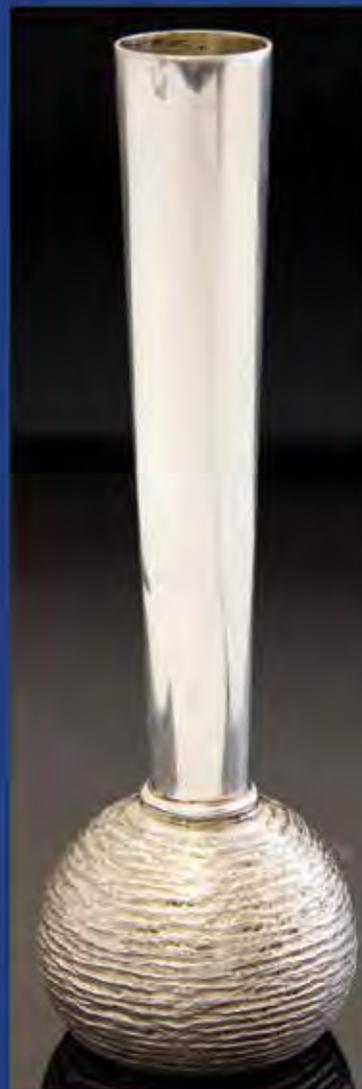
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## Help Mansfield's Homeless Community

Mansfield's Winter Night Shelter, which will be open seven nights a week from 1 December to the end of February, is looking for volunteers to support the staff who will work there during the night.

Extra help is needed each evening from 8pm to 10pm to help set up and from 6am to 8am each morning to help tidy away. Duties could include signing people in, getting bedding ready and serving food and drinks.

Mansfield District Council is working with local churches and Derby City Mission to expand the night shelter so it will be open for a total of 90 nights – an increase from the 54 nights it was open last year.

There are currently five venues confirmed to host the night shelter on a rota basis – The Stanhope Centre, The Beacon, Chesterfield Road South Methodist Church, Mansfield Baptist Church and St Mark's Church.

Volunteers don't need any experience or qualifications as full training will be provided. Volunteers can attend one of two training sessions, on 8 November at the Baptist Church, Rosemary Street, at 6.30pm or 15 November at Chesterfield Road South Methodist Church at 6.30pm. To volunteer, email [homelessenquiries@mansfield.gov.uk](mailto:homelessenquiries@mansfield.gov.uk) or turn up to one of the sessions.

One of last year's volunteers, John, said: "All you need is a kind heart and a non-judgmental attitude.

"It is a privilege to work alongside these people who are struggling, often through no fault of their own. They are the most courteous group of people you will ever meet and are very grateful for what we are doing for them and they appreciate all the facilities being provided."

If you see someone who is homeless, please contact the Framework Street Outreach 24-hour hotline on 0800 066 5356, to ensure they are offered the necessary support.



## MANSFIELD'S POPPY APPEAL

Veterans joined Executive Mayor of Mansfield Kate Allsop and Mansfield District councillors to launch Mansfield's local Poppy Appeal on Monday 29 October.

Poppy Appeal organiser Mick Beresford and Joe Martin from the Mansfield branch of the Royal British Legion (RBL), pinned poppies on the lapels of the Mayor, Deputy Mayor Councillor Mick Barton, leader of Mansfield Independent Forum, and Labour group leader Cllr Sonya Ward. They were joined by members of the RBL and several councillors, including the council's Armed Forces Champion Council-

lor Sean McCallum. Every poppy sold will help the Legion support bereaved families, wounded servicemen and women, younger veterans seeking employment and housing, and older veterans needing age-related care.

The People's Poppies project, which the council launched in April this year, has seen knitters from the district and further afield donate more than 7,500 knitted and crocheted poppies, which will be added to 8,000 from last year to create a display on the Old Town Hall.

Last week the public helped attach the thousands of woollen poppies to camouflage netting at a stall on Mansfield Market. They also raised £1,833 for the RBL in donations.

The knitted poppy display will be installed on the Old Town Hall on 8 November and remain in place until 12 November to create a centrepiece for the Mansfield Remembrance Sunday parade on 11 November.

## Supporting the Homeless

The High Sheriff of Nottinghamshire will spend a night sleeping rough to help local homeless people. Nick Ebbs, a prominent local businessman, will be taking part in Framework's Big Sleep Out. The event, sponsored by Nottingham Building Society, will take place at Nottingham Forest's City Ground on Saturday, November 24.

Mr Ebbs, who was appointed to his office by The Queen, has vowed to use his year in office to improve the lives of homeless people and support the work of Framework. He'll be bedding down in a cardboard shelter and braving the cold with more than 200 other people on the night.

He explained: "By taking part in the Big Sleep Out I hope not only to raise a considerable sum of money, but also to raise awareness of the issue of homelessness and the brilliant work that Framework do in our community."

Framework Chief Executive Andrew Redfern said: "We are delighted to have the High Sheriff on board for this, our major annual fundraising event, and thank him for being such an enthusiastic supporter of our work."

Participants can sign up to take part by visiting [www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout). The Big Sleep Out will take place in the car park at the rear of the Brian Clough Stand at The City Ground.



## Notts Accountants Raise Funds for 'Fangtastic' Charity

Nottingham-based accountancy firm UHY Hacker Young hosted a 'spooktacular' event last month raising awareness and more than £150 for FareShare – the UK's largest charity fighting hunger and food waste.

UHY Hacker Young has announced FareShare as its national charity for 2018/19, with each of its 22 offices now fundraising for the charity through a series of themed events.

During the Halloween-themed event, UHY Hacker Young's team enjoyed a number of seasonal activities from pumpkin bowling to mummy making, all while wearing their very best costumes and spooky clothes.

Simon Browning, partner in charge of UHY

Hacker Young's Nottingham office, said: "Following a number of fantastic fundraising events earlier this year, we wanted to have fun this Halloween while also raising much-needed funds for FareShare.

"Our Halloween event saw our team get dressed up in spooky costumes or Halloween colours, bringing some festive fun to our office. Every £1 we raise for the charity will provide four meals to vulnerable people across the UK, so it's an amazing and very important cause."

To contribute to UHY Hacker Young's fundraising efforts, please visit its official JustGiving page or visit FareShare's website here: <http://fareshare.org.uk/>.

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## Local Business Announce Council Home Investment

People who live in  
council houses that  
are managed by  
Nottingham City Homes  
(NCH) are set to benefit  
from major investment

in their homes.  
Plans to further  
modernise council  
houses across the city  
and make them safer  
and warmer are outlined

in NCH's new Asset  
Management Plan,  
which runs from 2018  
to 2023 and will see  
a quarter of a billion  
pounds of investment.

Between 2013 and  
2018, NCH began a  
modernisation plan  
which saw around 7,000  
kitchens and 5,000  
bathrooms upgraded,

as well as almost 5,000  
homes receiving new  
energy efficient boilers.

The new Asset  
Management Plan  
will continue the  
roll out of new boiler  
installations and energy  
efficiency measures that  
will reduce residents'  
gas and electricity bills,  
and will also replace  
and modernise a further  
5,000 kitchens and  
bathrooms.

The award winning  
Greener Housing  
scheme which has  
already delivered  
external wall insulation  
to over 7,000 homes  
(both social and private)  
and solar rooftops to  
over 4,600 of their  
properties is set to  
continue. The refreshed  
programme includes an  
ambition to continue  
with their pioneering

Energiesprong  
programme to turn some  
of the city's coldest  
housing types into ultra-  
low energy homes.

Councillor Jane  
Urquhart, Portfolio  
Holder for Planning and  
Housing at Nottingham  
City Council, said:

"No matter what type  
of house you live in,  
everyone deserves  
a home which is of  
a good standard, is  
well managed and  
maintained. Providing  
homes which are  
secure, warm and  
energy efficient, is the  
foundation for a good  
quality of life."

## An Outstanding Home

Professor June Andrews RMN, RGN, FRCN is an inspirational woman whose impact on healthcare in the UK, and further afield, is profound. Internationally renowned, she works independently to improve dementia care.

In view of the home's recent CQC Outstanding rating and to ensure the home maintains the high standards, June visited Kingfisher Court on Thursday 1 November to review the home and how the staff practice and deliver dementia care. June's pragmatic and down to earth approach along with her detailed and thorough feedback proved to be invaluable.

Professor Andrews studied all aspects of the home including the design

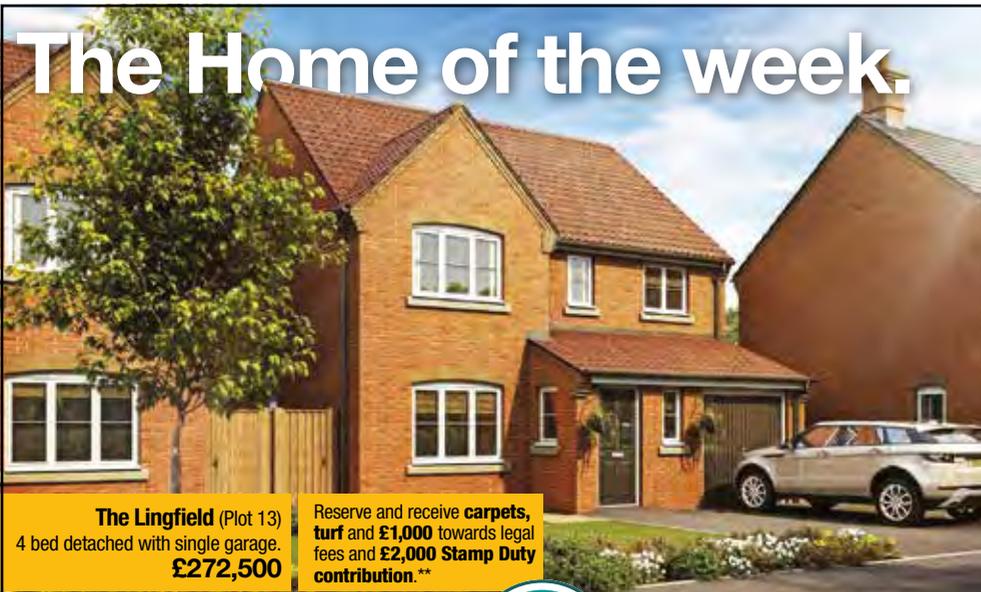
and layout of the building, the furnishing and equipment and reviewed and discussed in detail the delivery of care with several staff and residents.

The home was delighted to learn that she was impressed with the high standards of care and the wonderful surroundings and could easily recognise why they received an Outstanding CQC rating. All of the other homes: Timken Grange (Duston), Layston Grove (Buntingford) and soon to open Westhill Park (Kettering) are all built and designed to the exact same high standards by LNT Care Developments and managed by the hands on, day-to-day involvement of Andrew Long and Chris Babington.



Professor June Andrews  
with Kingfisher Court  
Home Manager Jan  
Briddon

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## Fussy Kids Keep Parents in a Recipe Rut

New research reveals almost half of  
parents are limited to just six or fewer  
dishes that they can cook from scratch  
because they are worried picky children  
won't finish their food.

The report, commissioned by Young's  
Seafood, found that almost a quarter of

parents rely on the same simple four  
(or fewer) meals when feeding their  
offspring – and even then they stick to  
staples like scrambled eggs, cheese on  
toast and sandwiches.

To help parents get their children  
cleaning their dinner plates, Young's  
Seafood has formed a panel of mini  
chefs and food critics – The Youngsters  
– to create Chip Shop meals by kids, for  
kids. Every recipe has been designed  
to be quick and easy for families to  
make, using common store cupboard  
ingredients found in everyone's  
kitchen.

The panel of six includes the children  
of the founders of leading parenting  
advice websites, Toby and Roo and  
Actually Mummy. The petite panel  
has worked with nutritionist Dr. Sarah  
Schenker, who specialises in tackling  
fussy eaters, to develop the range of  
recipes.

Reuben Shearsmith, The  
Youngsters' food critic (aged 7),  
commented: "I loved making food  
with Young's, I think other children  
will really like eating the food as  
much as me!"

From Becky's Tasty Chip Shop  
Tacos to Toby's Chip Shop Fish  
Fingers with Stuffed Peppers,  
The Youngsters' range of recipes  
boasts something for everyone.

Dr. Sarah Schenker commented:  
"What's great about these recipes is  
that not only have they been created  
and tested by children but that they  
contain plenty of the important  
nutrients that children need to grow,  
develop and stay healthy."

Visit [www.youngsseafood.co.uk/](http://www.youngsseafood.co.uk/)  
youngsters to download all recipes.



# Hospitals Tackle Violence against Staff

Nottingham University Hospitals NHS Trust (NUH) supports new national plans, set out by the Health Secretary Matt Hancock, to adopt a zero tolerance approach to violence against NHS staff.

In 2017 NUH launched the 'Not a Target' campaign. The campaign highlights the impact that verbal and physical abuse has on NUH staff, sending a clear message that this will not be tolerated.

Keziah Wigglesworth, Registered Nurse on the Acute Medicine Unit at Queen's Medical Centre, said: "Verbal and often physical aggression from patients is a regular occurrence on our

ward. I have witnessed patients smash through windows on the unit using observation equipment – whilst it is still connected to a patient."

The Not a Target campaign was launched last winter, the campaign was introduced in direct response to staff feedback which asked for action to be taken to help staff feel protected on the wards.

The Trust is warning that all abuse of staff is taken extremely seriously and NUH's three sites have a combined total of 360 CCTV cameras to assist with the punishment of offenders.

Nicky Hill, Director of Human Resources at

Keziah Wigglesworth with trainee ACP Emma.



NUH said: "Incidences of verbal and physical abuse towards our front line staff are not uncommon, and violence remains one

of the largest health and safety risks to our workforce, who are simply doing their best to care for patients safely."

# NET SUPPORT FOR REMEMBRANCE GAMES

**£2.00**

As the Games of Remembrance come to Nottingham, the city's tram network is playing its part in supporting UK football's biggest ever commemoration of the Great War.

To help people witness the unique sporting spectacle, NET is offering £2 return travel to the two matches on November 8. It's also organising special shuttle buses from 5.30pm, operating between Nottingham Station and Trent Bridge (for the City Ground), to make sure nobody misses kick off and can get home after the final whistle.

Organised by The Army Football Association Charitable Fund, the Games of Remembrance put the spotlight on football's role in keeping British, Commonwealth and German front line troops motivated and fit.

The two football internationals also commemorate how, at home, women took to the game to boost morale and raise funds for the millions of veterans returning with life-changing injuries.

Stephanie Moss-Pearce, NET Marketing Manager, said: "As we approach the 100th anniversary of Armistice Day, we're delighted

to support this unique sporting tribute to all those who lost their lives in the conflict."

Both of Nottingham's Football League clubs are sharing the honour of hosting the games with the women's match getting underway at 12

noon at Notts County's Meadow Lane stadium. The men's match kicks off at 7.00pm at Nottingham Forest's City Ground. Both games will be preceded by two hours of music, life rafts, amazing military machines and

50-strong wives choir, and there will be a host of interactive stalls for the whole family to enjoy. The £2 event ticket is available from tram stop vending machines for holders of a match ticket.

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# Assistance Dog Charity Needs Loving Volunteers

Assistance dog charity Canine Partners is looking for more volunteers that can open their homes to the charity's brood stock. The puppies born will grow up to be amazing assistance dogs for people living with physical disabilities across the UK. Volunteers look after the canine partner mums, also known as brood bitches, and are also responsible for taking care of the new-born puppies until they are around seven weeks old. Brood bitches live out in volunteer homes and spend most of the year as a well-trained family pet.

"Looking after the puppies involves plenty of stroking and cuddling, as well as introducing the puppies to play," says Sian Evans, Canine Partners' Brood Stock Coordinator.

"It also involves weaning the puppies onto solid food and critically starting off the early socialisation."

Each brood is expected to have approximately four litters, one litter per year, before being retired. The volunteers, also known as brood bitch holders, do not need any experience as all the relevant support and training will be provided by the charity. To apply you must be aged 18 or over, live within the designated area, have time to devote to the brood and her litter, have space within your home, access to a car and be willing to make essential journeys such as vet appointments. Becoming a brood bitch holder is a highly rewarding voluntary role. If you are interested please visit [www.caninepartners.org.uk/get-involved/volunteering/brood-bitch-holder/](http://www.caninepartners.org.uk/get-involved/volunteering/brood-bitch-holder/).

Photo: Hazel Clutton and BB Winnie



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Christmas

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Matlock Farm Park

A Guide to

# Christmas Etiquette

Christmas is all about relaxing with friends and family, sharing gifts and indulging in delicious food, but for many it can also become a social minefield – from sending cards to entertaining the in-laws, there's plenty to worry about at this time of year. We've put together this handy guide to ensure that you don't make any embarrassing festive faux pas.

## Sending Cards

You should always send Christmas cards in the first week of December to avoid them being too early or too late. Many people leave it until the week before Christmas, so getting ahead of the race will mean that you avoid the rush.

## Opening gifts

While most families will have their own individual traditions when it comes to their Christmas day routine, it is actually considered vulgar to open gifts before breakfast on Christmas morning and many choose to wait until after they have eaten their lunch. Of course, this can be somewhat challenging with small children about, so we'd advise sticking to your own rules with this one.



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**Bring a Bottle**

It's still considered good practice to turn up at a person's house with a bottle if they have invited you over for a meal or gathering over Christmas, but don't count on actually consuming this alcohol while you are there.

You may want to think about fun alternatives to the usual bottle of red, and with more people choosing to make cocktails at home, different types of spirits can be a good option.



**Food Contributions**

Most guests will graciously accept any food contributions that you offer to them if you are visiting them in their home and if you have been asked to make something specific, go ahead. If, however you have been invited to somebody's house for the

first time or are visiting a distant relative, your best bet is to make a cake or take some lovely biscuits.

**The Perfect Present**

Christmas is a time of the year that children love, mainly because of all of the gifts that they receive. If you are buying for a little one that isn't your own, it's best to check in with their parents on what they deem to be appropriate.

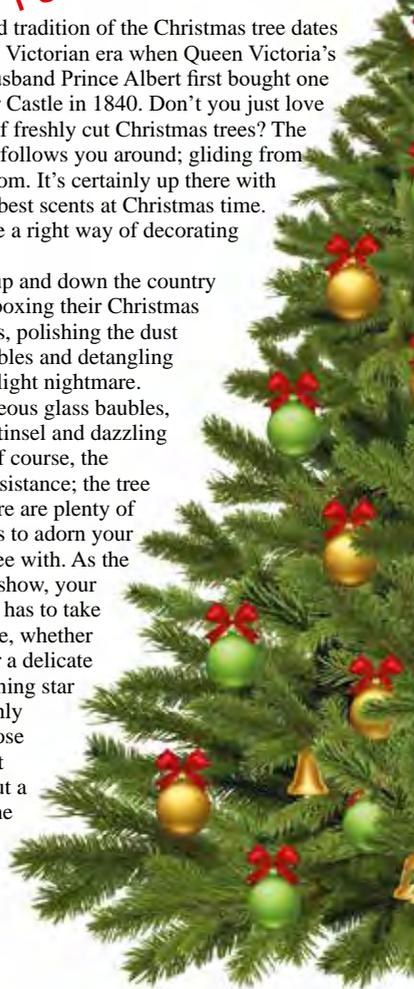
**Giving Thanks**

While hand-written thank you cards aren't half as popular as they used to be, it's still important to show your appreciation to those that have given you gifts or entertained you over the holidays. If you can't find the time to write cards to everybody, be sure to send texts the day after visiting people that have given you gifts to show your gratitude.

**Deck the Halls**  
*Falalalalalalalala*

The age old tradition of the Christmas tree dates back to the Victorian era when Queen Victoria's German husband Prince Albert first bought one to Windsor Castle in 1840. Don't you just love the smell of freshly cut Christmas trees? The pine smell follows you around; gliding from room to room. It's certainly up there with one of the best scents at Christmas time. But is there a right way of decorating your tree?

People up and down the country will be unboxing their Christmas decorations, polishing the dust ridden baubles and detangling their fairy light nightmare. From gorgeous glass baubles, shimmery tinsel and dazzling lights to, of course, the pièce de résistance; the tree topper, there are plenty of decorations to adorn your glorious tree with. As the star of the show, your tree topper has to take centre stage, whether you opt for a delicate fairy, a shining star or a heavenly angel, choose carefully, it will without a doubt be the centre of attention.



*Give the gift of Relaxation this Christmas - from £25*

Wouldn't it make you feel good to give your friends and loved ones the gift of some 'me-time' this Christmas?

With a Ragdale Hall Spa voucher they'll be able to enjoy relaxation at the UK's Best Destination Spa\*, exploring the many heat and water experiences in the multi-million-pound Thermal Spa and Ragdale Hall's newly opened Rooftop Infinity Pool and Lounge, heated to a blissful 35°C and offering stunning views over the rolling Leicestershire countryside.

A wide range of spa days and breaks is available - from a few hours to a fully inclusive residential spa break. All packages include meals and full use of the extensive spa facilities, with spa treatments also included in most options.

You can buy the whole package, or the lucky recipient can use their voucher towards a visit of their choice - and Ragdale Hall Spa vouchers start at just £25. Presented in a beautiful Christmas gift pack, vouchers are valid for a whole year and can be posted or collected in person, if preferred\*\*

**RAGDALE HALL SPA**



For more information visit [www.ragdalehall.co.uk](http://www.ragdalehall.co.uk) or call now 01664 433030 (quoting NF). \*Good Spa Guide Awards 2017 \*\*By arrangement

OPENS  
10TH  
NOVEMBER



*Santa's Grotto*

*Experience the magic of Christmas*

Open daily, meet Santa and tell him what you want for Christmas. Paid for experience, £5 per child, includes a toy.



[www.tramway.co.uk](http://www.tramway.co.uk) **CRICH TRAMWAY VILLAGE**

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**LOCATED NEAR MATLOCK AND ONLY 8 MILES FROM M1 JUNCTION 28**  
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**Gift vouchers AVAILABLE**

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## A Magical Festive Season

What better way to celebrate the run up to Christmas than with late night shopping? From securing those last minute gifts to indulging in family festivities – Lincolnshire’s Doddington Hall boasts something for everyone.

After weeks of exciting preparation, Doddington Hall will be opening its door on Sunday 25 November to reveal a magical transformation for this year’s theme ‘O Christmas Tree’. Visitors are invited to experience Christmas like never before with spectacular displays that have been lovingly created by the

Doddington team to get you into the festive spirit.

On Thursday 29 November, explore the hall with an exclusive after-hours guided tour, for which tickets include a festive drink and a delicious mince pie. Soak up the festive atmosphere as you tour the majestic hall in all its festive splendour – book your tickets early to avoid disappointment.

If that’s not enough, the late night shopping on the same evening takes place between 5pm-9pm to grace visitors with gorgeous furnishings, delectable goods and eclectic, bespoke gifts to go

under their tree. The Farm Shop, Home Store, Country Clothing and Bike Shop will be open to allow shoppers the chance to stock up on festive food and buy gifts, treats and artisan products to infuse Christmas into their homes. It’s also the perfect opportunity to visit the Bauble Barn and Toy Shop and choose a Doddington estate-grown Christmas tree from the Stable Yard.

With all this and so much more on Doddington Hall’s enticing Christmas calendar, it really is the season to be jolly. For more information or to book tickets, head to [www.doddingtonhall.com](http://www.doddingtonhall.com).

THE PLACE FOR

# Christmas Cheer

**SAINT MARKS PLACE**  
NEAR OAK-TRENT

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M&S WHSmith Next Issue Charles wilkinson



To advertise on these pages please call 0115 9313879

**'O CHRISTMAS TREE'**  
HALL DECORATED FOR CHRISTMAS

**25 Nov-23 Dec**  
Wed-Fri 12-4pm & Sat-Sun 10am-4pm

**CHRISTMAS AT DODDINGTON**

**LATE NIGHT SHOPPING - THUR 29 NOV, 5-9PM**  
Free Parking | Delicious Food | Unique Gifts | Seasonal Produce

Christmas Evening Tours - 29 Nov (Booking Essential)  
Freshly-cut Christmas Trees, Bauble Barn & Toy Shop  
Farm Shop, Home Store, Country Clothing, Bike Shop  
Shops & Cafes open daily - see website for full opening times

[www.doddingtonhall.com](http://www.doddingtonhall.com)  
01522 694308 | Lincoln, LN6 4RU |



# ST MARK'S PLACE – What an exciting 2018 it's been!

Over the last year, Riverland has continued to invest in the centre and support the local retailers within the scheme.

Fantastic new occupiers have been welcomed to the centre, such as E-Cigs and The

White Dress Company, to expand the offer for St. Mark's Place and the town alike.

Riverland has made the bold move of taking back the large, former Yorkshire Bank unit in order to convert this to an exciting new

restaurant offer or further retail/services, ideally suited to local occupiers. Existing occupier leases have also been renewed or restructured with Game and C.J. Clarks to retain established retailers and enhance the longevity of the scheme.

Fiona White, of The White Dress Company commented, "I am thrilled to be part of Newark's bustling market town and look forward to welcoming existing and new customers to this exciting new business."

Group Director, Steve Pope said, "We are delighted to welcome our new tenants to the much-improved scheme. It is important to refresh the scheme's excellent variety of retail and we are very proud to sustain the local

offer we have here and maintain the future of St. Mark's Place."

Remember to make the most of the shops in Newark over the Christmas period, with fantastic seasonal offers and extended opening hours, St. Mark's Place really is the place to find all your gifts and some Christmas Cheer!





Oakham Castle



DICKENSIAN CHRISTMAS & SANTA'S GROTTTO

22nd and 23rd of December 10am - 2.30pm

- Real reindeer
- Horsedrawn Carriage
- Crafts
- Mince pie challenge
- Carol singing



For tickets and further details contact us

WWW.OAKHAMCASTLE.ORG TEL: 01572 75 75 78



## Have a Cheerful Charitable Christmas

Christmas has been labelled the season of giving for a reason; it's a time where you reflect on all that's good in your life and upon the past year. From a happy family to a loving partner, tis the season to be appreciative.

Sometimes we can all (literally) get wrapped in our own little Christmas bubble, if your present

wrapping skills are anything like mine. However, it's essential to teach your kids that Christmas is not all about binge watching Christmas films, but about being compassionate and giving back to others.

Especially for some elderly people, Christmas is an extremely lonely time if they don't have

any relatives or friends who visit them. Make someone's Christmas extra magical by inviting them to dinner with your family; your neighbour from up the road or perhaps a local care home resident. Share the wonderful experience of Christmas and make a difference to someone's festive season.



## AMERICA FARM

GOOD HONEST FOOD FOR FOODIES, predominantly produced and reared at home with some lines sourced locally from selected partners.

America Farm is a small holding run by our family of foodies. Our passion for quality, flavour and animal care inspires our extensive product range, e.g. free range succulent pork, longer-matured hogget and mutton, amazing 40d+ aged beef with exclusive cuts/steaks/smoked varieties. Our sausages are national award-winning (made from pure shoulder meat) and our bacon is free of salt-petre, allowing you to eat what you like with peace of mind. We have a large cheese and delicatessen range including our own smoked varieties. We produce cooked meats and exceptional pies, with pastry made from our aged beef fat.

All lines are available in beautiful bespoke retail packaging but also in catering packs with appreciable discounts.

**We create a range of hampers for individual presents and offer discounts for corporate volumes.**

Visit our micro-farm shop-Weavers Lane NG15 0AT- or order via [www.americafarmsausages.com](http://www.americafarmsausages.com)

Taking Xmas orders from 1 Sep 18.





## Christmas at Clumber Park



Whether you're looking to enjoy old traditions, make new memories or simply escape the hustle and bustle of the high street, come and celebrate Christmas with us

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GREAT CENTRAL RAILWAY • LOUGHBOROUGH

# Santa STEAM TRAINS 2018

*Trains run every weekend*

**24th November to Christmas Eve**

*Weekdays - Wed 5th - Wed 12th - Wed 19th to Fri 21st December*

Prices start from **£14**

- Santa visits every child on board
- Festive refreshments with our compliments
- Toys from Santa
- Have your photo taken with Santa (charge applicable)

**"Christmas is a magical time at Great Central Railway"**



**ADVANCE BOOKING IS ESSENTIAL**  
To reserve your seat pick up a leaflet, use our online booking system [www.gcrailway.co.uk](http://www.gcrailway.co.uk) or call 01509 632323

Selling Vivid Arts, tea lights personalised gifts & much more



## McHenry's

Come and have a look for some unique gift ideas just in time for Christmas!

Market Street • Mansfield • NG18 1JG  
Tel: 01623 422988

# Boston Christmas Market

Thursday 29th November 2018  
Noon to 8.30pm in Boston Town Centre

- \* Light switch-on by Christmas in Boston
- \* Festive street performers
- \* Christmas carols
- \* Santa's grotto
- \* Seasonal surprises
- \* Stalls
- \* Lots more attractions



# WINTER Warmers



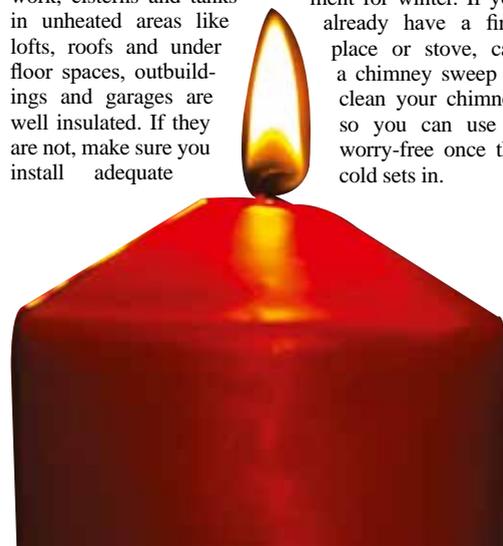
Let's Get Cosy

Day by day it gets colder and the reality sets in that winter is finally here. As we brave the freezing weather, the daily defrost of our cars and numb toes on our morning commute, it can be easy to forget that it takes your house time to adjust to the biting winter too. Make sure your home is ready for winter this year with some quick and easy checks to prevent weather damage.

Every winter, thousands of people suffer with burst or frozen pipes and don't know what to do. With just a few simple precautions most of these pipes could be protected from bursting. Check that all pipe work, cisterns and tanks in unheated areas like lofts, roofs and under floor spaces, outbuildings and garages are well insulated. If they are not, make sure you install adequate

pipe insulation with something like waterproof foam lagging.

At this time of year, power cuts are more likely to happen than ever which can be dangerous with how dark and cold the evenings get. Having candles, torches and blankets in easily accessible places in your house provides that extra sense of comfort should your power be cut off at any point. With the temperature dropping considerably, this may be the perfect time to test or even replace your stove or fire. There are plenty of local places which sell and offer installation services for heaters, stove and fires – a great investment for winter. If you already have a fireplace or stove, call a chimney sweep to clean your chimney so you can use it worry-free once the cold sets in.



Heating Your Home

Boasting a range of bespoke services to keep your house warm this winter, Castleton Installations deliver a friendly, professional service to your door. From unbeatable chimney sweeping to swift stove installation, make sure you're prepared for when the cold creeps in.

Offering an individually tailored approach to customer service, Castleton Installations work with you to discover your perfect wood burning stove. From classic, timeless finishes to stunning contemporary styles, opt for elegance and warmth this winter with a helping hand from the dedicated team.

If you have a chimney in your home, when is the last time you had it cleaned? Cleaning your chimney on a regular basis is important to ensure your home is safe from chimney fires, which may not be covered under your home insurance if your chimney isn't clear.

With years of experience and a fantastic reputation behind them, the team at Castleton Installations supply a rare and professional chimney sweeping service to alleviate your home of dust, coal remains and waste produce lingering in your chimney. A quick and easy solution to all your chimney maintenance needs, contact the team today on 07846 863066 or email info@castletoninstallations.com.

Take the hassle out of heating your home with a quick and easy fit from Castleton Installations.



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## Antique & Collectors Fair

As seen on **BBC Bargain Hunt**

# STAFFORD SHOWGROUND

**2018 DATES**  
November 10th & 11th  
December 29th & 30th

**2019 DATES**  
February 23rd & 24th  
April 13th & 14th  
May 18th & 19th

Up to 300 stands in 3 Halls  
A range of Furniture, Art, Silver, Glass, Porcelain, Jewellery, Toys, Books, Retro and Modern Collectables

ADMISSION	
Everyone over 14	£3.00
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Stafford Antiques Fair

**Used Caravan Sales  
Service & Repairs-Storage**

# Open Weekend

**Saturday 17th & Sunday 18th November 2018**  
To celebrate the opening of our new purpose built workshop!

**Free Expert Advice**  
Available all weekend - bring your caravan for a free damp check and advice on any aspect of caravanning.

**'How to' Sessions**  
Taking place throughout the weekend, in our new workshop - covering basic maintenance, cleaning products and winterisation

**Free Bacon Sandwich or Afternoon Tea**  
From 10am until 2.30pm  
Sandwiches and cake.  
1pm until 4pm.

**Open Weekend Offer**  
Available this weekend only: Buy any of our caravans and choose from either: Free Crusader Awning, Free Get You Started Pack, or £300 off the window price\*

**Price Match Guarantee**  
Buy with confidence, as if you find a like for like caravan at another dealers, for less than our caravan, we will price match & give you an additional £50 off\*

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\*Terms & Conditions Apply

Approved Workshop

**COSMO** AUTHENTIC WORLD KITCHEN

CHRISTMAS IS ALWAYS UNLIMITED AT COSMO

# Eat, Drink and be Merry this Christmas

YOU CAN ENJOY OUR ULTIMATE WORLD BUFFET WITH CHRISTMAS FAVOURITES FROM 26TH NOVEMBER TO 30TH DECEMBER 2018.

BOOK YOUR TABLE NOW TO AVOID DISAPPOINTMENT.

LUNCH £9.99

DINNER £16.99

KIDS HALF PRICE

Book your Christmas party now  
on 0115 950 7755  
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 FOR LARGE BOOKINGS EMAIL US ON [NOTTINGHAM@COSMO-RESTAURANTS.CO.UK](mailto:NOTTINGHAM@COSMO-RESTAURANTS.CO.UK)  
 FOLLOW CHRISTMAS MENU ON FACEBOOK  
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 FIRST FLOOR, 29A MILTON STREET (OPP 2511 JOHN LELANDS), NOTTINGHAM NG1 3EN

# Christmas Parties 2018

Featuring T.V personality - the regions sunshine weatherman and superb singer - your host and compere Appearing EVERY NIGHT this Christmas- the multi talented

DES COLEMAN

*"looking forward to seeing you all at Blotts this Christmas ....it's going to be a blast"!!!*  
Des x

Appearing at Blotts Friday 23rd November

Performing live on stage the BRITAIN'S Got Talent Rob Lambert - THE best tribute to the one and only

GEORGE MICHAEL

As seen on T.V's "Even Better Than The Real Thing"....Seeing REALLY IS believing

As seen on BBC 1 - ABBA Chique appeared on BBC 1 Show Here -Friday 7th December

ABBA Chique

Disco Prophets Appearing here Saturday 8th December

The Disco Prophets

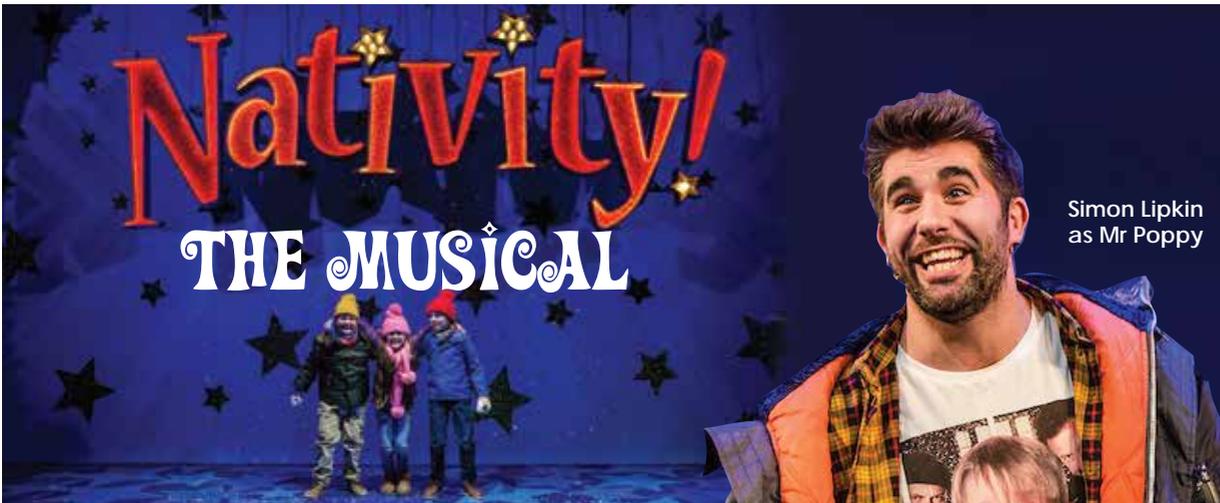
As seen on BBC 1 - ABBA Chique appeared on BBC 1 Show Here -Friday 7th December

HEROES

Appearing Saturday 22nd Dec

With live bands, Festive Dinner, Licensed Bars, Free Parking, Festively dressed tables, host & compere and disco till 1am.....

Prices from just £34.50 per person - parties from 6 to 300  
Call **BLOTT'S COUNTRY CLUB** now for more information & prices  
0115 933 5856 - We are booking NOW!  
[www.blotts.com](http://www.blotts.com)



Simon Lipkin as Mr Poppy

# Nativity!

## THE MUSICAL

The producers of the smash-hit 'NATIVITY! THE MUSICAL', are thrilled to announce the return of Simon Lipkin as the hilarious 'Mr Poppy' after delighting critics and audiences in the show last year. Joining Simon will be Charlie Brooks in the role of 'Hollywood Producer' when the show visits the Theatre Royal Nottingham from Wednesday 21 to Sunday 25 November 2018. The adult company are joined by children aged 9 – 12 from across the Midlands as the pupils of 'St Bernadette's School'.

Every child in every school has one Christmas wish, to star in a Nativity, and at St Bernadette's School they've decided to mount a musical version! Join teacher Mr Maddens and his crazy assistant Mr Poppy as they struggle with hilarious children, and a whole lot of sparkle and shine to make everyone's Christmas wish come true. Featuring all of your favourite sing-a-long songs from the smash-hit films including Sparkle and Shine, Nazareth and One Night One Moment, NATIVITY! THE MUSICAL promises to be the perfect feel-good comedy for all the family.

Written and Directed by Debbie Isitt with music and lyrics by Nicky Ager and Debbie Isitt, NATIVITY! THE MUSICAL is choreographed by Andrew Wright, designed by David Woodhead, with lighting design by Tim Mitchell, sound design by Tom Marshall and musical supervision and orchestrations by George Dyer. To book visit [www.trch.co.uk](http://www.trch.co.uk) or call the Box Office on 0115 989 5555.

RIVERSIDE  
**Drama**  
COMPANY

A delightfully bawdy period comedy drama by Jessica Swale

# Neil Gwynn

Thursday 22nd - Saturday 24th November 2018

The Duchess Theatre, Chatsworth Centre,  
West Gate, Long Eaton NG10 1EF

Adults £8 Concessions £7 [www.riversidedrama.com](http://www.riversidedrama.com) 0115 9721826  
Chatsworth Centre Saturday coffee morning (10am - 12 Noon)  
[www.facebook.com/RiversideDrama](http://www.facebook.com/RiversideDrama)  
An amateur production by arrangement with Nick Hern Books



## Global Superstar Prepares for Local Charity Gig

A guitarist who has spent the year on tour with one of the world's biggest rock bands, Cradle of Filth, is preparing for his next gig – a charity concert at a Derbyshire working men's club.

He will take to a very different stage at the Shipley Working Men's Club in Marlpool, performing with Heanor band NG26 as part of the H Stock 12 festival, which is being held on November 24 to raise funds for the children's charity PASIC.

While Cradle of Filth are famous for their extreme metal sound, NG26 are more melodic hard rock, citing their influences as Queen, Thin Lizzy and Kiss.

Richard said: "There is a lot of theatricality involved with Cradle of Filth and we wear make-up on stage because we all have different personas as part of the act."

"Performing with NG26 will be a real contrast but I can't wait."

H Stock was first held 12 years ago, when local dad Andy Whitt decided to raise money as a thank you to PASIC who provide support for families of children with life-threatening illnesses. The charity supported his family after his daughter, Molly, was diagnosed with a Wilm's tumour at just nine months.

Last year's event raised around £1,300 for the charity and Andy is hoping to beat the total this year. He said: "I've known Richard and NG26 for many years and so when I heard that they had got back together I hoped that I could get them involved. It will be fantastic to see them all back on stage and I can't wait."

Tickets cost £5 and are available by ringing Andy Whitt on 07722 828358 or Shipley Working Men's Club on 01773 712400.

Treak Cliff  
CAVERN

### Carols By Candlelight 2018

At Treak Cliff Cavern, Castleton

Festive singing deep within The Hills of Derbyshire  
Carol Singing | Mince Pies | Mulled Wine

- 8th / 9th Dec • 15th / 16th Dec
- 22nd / 23rd Dec - 2pm each day

Adults: £12 | Children (5-15 years): £6  
Tickets Only. Booking in advance between 10.30am - 3pm, 7 days a week.

Tel: 01433 620 534  
More information at [www.bluejohnstone.com](http://www.bluejohnstone.com)

## CHRISTMAS DRIVE-IN CINEMA

AT  
SOUTHWELL RACECOURSE

4TH-10TH DECEMBER

THE NIGHTMARE BEFORE CHRISTMAS  
BAD SANTA  
NATIONAL LAMPOON'S CHRISTMAS VACATION  
THE POLAR EXPRESS  
HOME ALONE  
ELF  
THE MUPPET CHRISTMAS CAROL  
GREMLINS  
LOVE ACTUALLY

TICKETS £30 PER VEHICLE  
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[WWW.MOONLIGHTCINEMA.COM/EVENTS](http://WWW.MOONLIGHTCINEMA.COM/EVENTS)

# 16TH NEWARK VINTAGE TRACTOR AND HERITAGE SHOW



10th  
& 11th  
November  
Newark  
Showground

*On 10 & 11 November, Newark Showground will once again be holding the largest show of its kind in the UK. This family-friendly annual autumn event will feature hundreds of vintage agricultural and horticultural machines as well as plenty of trade stands, heritage crafts, animals, demonstrations and displays.*

Children are invited to visit Father Christmas in his 'igloo' where he will attentively listen to 'what they want for Christmas'. New for this year, the Vintage Tractor Show is pleased to welcome the Handmade with Love Events team who will be bringing their Christmas Craft and Gift Market to the Sir John Eastwood buildings. With over 50 wonderful designer-makers, artisans and craftspeople exhibiting their work, visitors will find it easy and fun to get started on their Christmas Shopping this year and pick up some great gifts for the festive season.

The organisers are delighted at the return of many of the experts who put so much effort into the fantastic exhibition of rare and native breeds including ponies, sheep, and cattle, providing a unique glimpse into the UK's farming heritage that has shaped our island. James Chantry will be running his popular 'Have a Go

'Sheep Show' where young, would-be 'sheep handlers' are encouraged to try their hand. No experience is necessary, and rosettes are awarded for the winners. There will be displays of traditional crafts such as spinning, stick-making and chair caning as well as numerous indoor and outdoor trade stands offering opportunities to shop for products from country wear clothing, gifts, footwear, original paintings and prints, to sweet and savoury snacks, as well as items that will appeal to agricultural machinery enthusiasts.

Tasty hot meals, drinks, cold snacks and ice-cream will be available at various outlets.

Don't miss the acclaimed Carlton Male Voice Choir singing at the annual Remembrance Sunday Service which this year will be commemorating the 100-year anniversary of the end of WW1. Newark Showground is located near the A1/A46/A17 roundabout just outside Newark so it's easy to get to and parking is FREE Further details can be found by visiting [www.newarkvintagetractorshow.com](http://www.newarkvintagetractorshow.com) closer to the dates.



**SATURDAY 10  
SUNDAY 11**

– NOVEMBER 2018 –

**£10 IN ADVANCE  
£12 ON THE GATE**

– CHILDREN GO FREE –

Original condition and vintage machines lovingly restored.  
Commercial vehicles, Land Rovers, stationary engines  
and horticultural equipment on show.

**RURAL CRAFTS**

**RARE AND NATIVE ANIMAL BREEDS**

**TRADE STANDS INCLUDING CHRISTMAS CRAFT  
MARKET, SPECIALIST PARTS,  
HERITAGE CRAFTS, CLOTHING AND GIFTS**



Our regular Sunday Remembrance Service held amidst the vintage tractors in the George Stephenson Exhibition Hall will this year feature the celebrated Carlton Male Voice Choir

Look out for Father Christmas who will be visiting...



An Interview with

# MARK GATISS

Last week saw the opening of the highly anticipated production *The Madness of George III* at Nottingham Playhouse with acclaimed actor, playwright, author, comedian, producer and director; Mark Gatiss. We caught him during his hectic schedule to talk theatre:

**Why should people come and watch the show?**

It's a marvellous play – obviously it's one of Alan Bennett's best-known and best-loved works and I think it's an ambitious project to do for Nottingham. And it's very relevant actually – as all the best historical drama is.

**Do you think performing in a city like Nottingham will be different to London and if so, how?**

Yes, I guess so – I've toured a lot and there is an interesting difference from city to city.

I think what's wonderful is that Nottingham has such a loyal audience and I know Adam's play

about the miners' strike [*Wonderland*] recently had an extraordinarily different audience profile to the one you might expect and we can only try and encourage more of that.

**Have you been to Nottingham before? What do you like about the city? What do you like about the theatre?**

I have – I toured there with *'The League of Gentlemen'*. I'd like to do the Robin Hood Experience very much! I went to visit the theatre with Adam to have a look around all the departments. It's a fantastic theatre – I love its history and the fact that John Neville, who's one of my favourite actors, used to be the AD there.

**After *The Madness of George III*, what's next for you?**

I'm writing *Dracula* for the BBC with Steven Moffat which will go into production next year.

*The Madness of George*



*III* runs from Friday 2 November until Saturday 24 November, including a special Gala performance on Thursday 22 November, which looks to raise funds for Nottingham Playhouse's 70th Anniversary Fund.

For tickets visit [www.nottinghamplayhouse.co.uk](http://www.nottinghamplayhouse.co.uk) or call the Box office on 0115 941 9419.

## Festive Antiques & Vintage Fair

Sat 17<sup>th</sup>/Sun 18<sup>th</sup> November

## Southwell Racecourse

Station Road, NG25 0TS

10am til 4pm  
£4 Adult /  
£3 concessions  
Acc under 16s FREE

Up to 80 stalls selling a wide range of Antiques, Vintage & Gift items for you & your home. 1000s of gift ideas. Refreshments. Ample. Parking. ATM. Dogs Welcome.

Field Dog Fairs Ltd 07772 349431

## HADDON HALL

Bakewell, Derbyshire, DE45 1LA.

*Christmas at Haddon Hall*

*1st to 23rd December, 10.30am to 4.00pm*

**SLEEPING BEAUTY AND OTHER TALES**

*Musical recitals*

*Evening Candlelight Tours • Gift Shop*

*Chapel • Museum • Exhibitions*

*Delicious festive lunches*

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[www.haddonhall.co.uk](http://www.haddonhall.co.uk)

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## Hart's Scoops Nottinghamshire's Hotel of the Year Award

The independent Hart's Hotel & Restaurant is the proud winner of 'Hotel of the Year' at the Nottingham Hospitality STARS 2018 Awards, which took place at the awards ceremony last night.

The Nottinghamshire Hospitality STARS Awards are an annual celebration of tourism in Nottinghamshire, recognising the best in the leisure, culture, tourism and hospitality sectors in the county. They are produced in affiliation with the Nottingham Hospitality Association and the national VisitEngland Awards for Excellence Programme.

The 32-room hotel, located in the heart of Nottingham is the highest-rated hotel in the Nottingham region with an AA silver Award with commendable merit for the hotel and two AA rosettes for its culinary excellence in the restaurant. The hotel offers comfortable, modern furnished rooms with fantastic views over Nottinghamshire from the old ramparts of Nottingham Castle. The hotel's fine dining restaurant services fresh, seasonal local



produce and is a firm favourite with guests and locals alike.

Everyone at Hart's is thrilled to have received the award and would like to thank their team, customers and the wider community in Nottingham for recognising their longstanding commitment to excellence.

General manager Adam Worthington commented: "We are delighted to win this award and be recognised a second

year running as Nottinghamshire's Hotel of the Year. All the staff at the hotel are passionate about creating a memorable guest experience, we strive to get every detail just right and go the extra mile. It's wonderful to be recognised and our teams efforts celebrated."

Customer service is at the heart of Hart's ethos and they always strive to give their guests the best possible experience.

Adam Worthington continues "We will continue to deliver the highest standards and provide those visiting Nottingham with a memorable stay."

"We would like to congratulate all the winners throughout the evening. It was wonderful to celebrate with all the amazing businesses that make Nottingham such a great place to visit."

If you would like to find out more about the awards visit <https://www.visit-nottinghamshire.co.uk/nottinghamshire-hospitality-stars-awards> and if you would like to celebrate the success with Hart's call the team on 0115 988 1900 to make a reservation.

## Local Business Sponsors Junior Football Kit

A junior football team is kicking off the season with a brand new kit thanks to sponsorship from the largest independent insurance broker in Nottingham, Russell Scanlan.

The business, which is based in Wellington Circus, has funded the kit for Cotgrave FC's under 9 Clarets team which plays seven-a-side football in the Young Elizabethan League. The 11-strong squad trains at Ridley Sports Ground in Colliers Way, Cotgrave, alongside the under 9 Blues team with 22 players training and playing every week.

Bryan Banbury, Managing Director of Russell Scanlan, said: "We were delighted to offer our support to Cotgrave FC, which is a much-loved club to many families in the area. We hope the Clarets are pleased with their new kit and we wish them every success with the coming season."

Graham Everington, Manager of the under 9s teams, said: "It was a real buzz to be able to buy a brand new football kit for the Clarets, which is



looking very smart. On behalf of everyone at the club, I would like to thank Russell Scanlan for their very generous sponsorship of our team,"

## Robin Hood Lottery Raises Thousands for Good Causes

Mansfield District Council established the local lottery to give to bring additional funding to the community. Now applications are being sought from local groups, organisations and charities for a share of the Robin Hood Lottery Community Fund.

Executive Mayor Kate Allsop said: "The Robin Hood Lottery has got off to a fantastic start and proving to be a great way for people to support charities and groups."

"These organisations, which are so important to the social fabric of Mansfield, will soon start to feel the benefit with this first funding round. Even if you are not a cause signed up to the lottery, you can still apply for a grant if you meet the criteria."

There is now £10,800 in the fund's pot to share out and local good cause have until 7 December to apply for grants of up to £2,000.

The bids can be made for anything from one-off expenditure on buildings and equipment and things like staging

performances, exhibitions and publications, to help with rent and room hire, office costs, utility bills, training, transport and employee salaries.

Organisations that apply do not have to be registered with the lottery as good causes but must be:

- An established not-for-profit charity, group or support/advisory service
- Based in Mansfield, be a local branch of a national organisation or deliver direct benefit to residents and businesses of Mansfield.

More details and an online form to apply can be found at [www.mansfield.gov.uk/robinhoodcommunityfund](http://www.mansfield.gov.uk/robinhoodcommunityfund).

More than 75 good causes are registered with the Lottery. They range from well-known charities such as the Mansfield branches of Age Concern and the Samaritans to local groups such as Mansfield Soup Kitchen and Warsop Athletic FC. To play the Lottery, sign up online at [www.robinhoodlottery.co.uk](http://www.robinhoodlottery.co.uk).

## Hucknall Flying High Academy

### New School opens in Hucknall September 2019

Formal consultation for Hucknall Flying High Academy starts from 5th November to 21st December which will include a meeting on:

20th November at Rolls Royce Leisure, Watnall Road, NG15 6EP  
Afternoon meeting 1pm - 2:30pm  
Evening meeting 6pm - 7:30pm

Consultation questionnaires are available at our Formal Consultation Event and other local venues. In addition, you can submit your views on our nursery provision, extended school provision for pupils, and also the use of the school's facilities to support the community via our online questionnaire available at: [www.hucknallfha.co.uk](http://www.hucknallfha.co.uk).

Admission applications for Reception and Year 3 pupils should be made through the Local Authority coordinated admissions process, which for Nottinghamshire County Council opens on 5th November 2018 and closes on 15th January 2019. For all other year groups (Yrs. 1, 2, 3, 4, 5, and 6), called 'in year' applications, please contact Nottinghamshire County Council admissions by telephone: 0300 500 80 80.

For more information on either the Formal Consultation or Admission applications visit our website [www.hucknallfha.co.uk](http://www.hucknallfha.co.uk) or contact Nick Layfield on [office@hucknallfha.co.uk](mailto:office@hucknallfha.co.uk) or 0115 9891915



### Why not encourage your child to enter our Christmas Card competition?

CLOSING DATE Friday 30th November  
Designs should be on A4 sized paper and sent to: [office@hucknallfha.co.uk](mailto:office@hucknallfha.co.uk) or postal entries to Mr N. Layfield, Candleby Lane School, Cotgrave, Nottingham. NG12 3JG  
Please remember to include your contact details including a telephone number and email and the name and age of the child for each entry.  
GOOD LUCK!

If you would like to visit other schools within the Flying High Partnership, or to find a Flying High Partnership school near you, here are some of their school open events:

Haddon Primary and Nursery School, Haddon Close, Off Westdale Lane, Carlton NG4 4GT. Call 0115 952 3959 to arrange a mutually convenient tour of the school.

Bilsthorpe Flying High Academy, Crompton Road, Bilsthorpe NG22 8PS. Call 01623 870772 to arrange a mutually convenient tour of the school.

Beeston Fields Primary and Nursery School, Boundary Road, Beeston, NG9 2RG. Call 0115 8440100.

Stanstead Nursery and Primary School, Stanstead Avenue, Nottingham, NG5 5BL. Call 0115 9156300 to arrange a mutually convenient time for a tour of the school.

Pinxton Kirkstead Junior Academy, Kirkstead Rd, Pinxton, NG16 6NA. Call 01773 810337.  
Pinxton Village Infant Schools (John King Infant Academy, Church Street West, Pinxton, NG16 6NB Tel: 01773 810314 and Longwood Infant School, Wharf Rd Pinxton NG16 6PA Tel: 01773 810329).

Ernehale Infant School, Derwent Crescent, Gedling Road, Arnold, NG5 6TA Call 0115 9567622  
Tours will take place on: 28th November - 1:30pm, 6th December - 9:30am, 11th December - 1:30pm, 18th December - 9:30am and 4th January - 1:30pm

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16th November Eastwood Conservative Club, Church St, Eastwood NG16 3BP  
10.30am Speakers Corner 'Stamford Raffles and Singapore' Free entry

20th November Kings Mill Farm Dining and Carvery, Kings Mill Road East, Sutton in Ashfield NG17 5EH 10am Breakfast Club at Kings Mill Farm  
Price as per menu

To book onto one of our events, or to find out about the latest events please call Melania on 0115 963 8766  
[www.oddfellows.co.uk](http://www.oddfellows.co.uk)

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# CROSSWORD

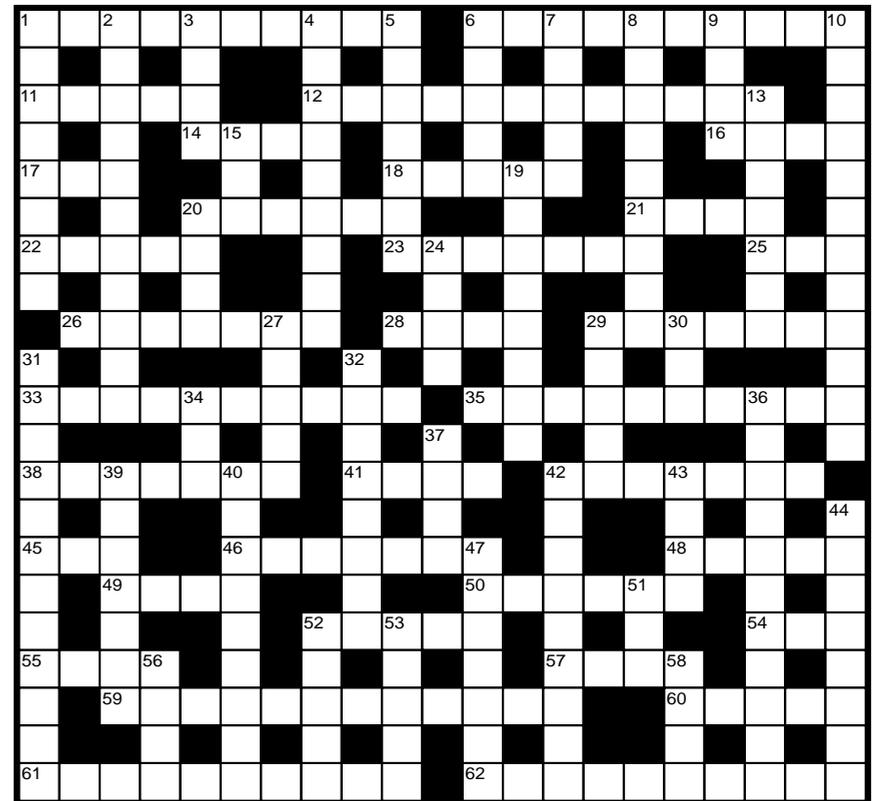
## ACROSS

- 1 Dappled of leaf (10)
- 6 Frequent pestering (10)
- 11 Single-file dance (5)
- 12 Inclined to forget (6-6)
- 14 Wingspread (4)
- 16 Forest plant (4)
- 17 Eggs (3)
- 18 Sports stadium (5)
- 20 Money-off chit (6)
- 21 Dinner or tea (4)
- 22 Asian subcontinent (5)
- 23 Fingertip protector (7)
- 25 Sixth musical note (3)
- 26 Covered parking area (7)
- 28 Wound reminder (4)
- 29 A substitute (5-2)
- 33 Room temperature control (10)
- 35 Retribution (10)
- 38 Abscond (3,4)
- 41 Marsh grass (4)
- 42 Breakfast food containers (7)
- 45 Drink daintily (3)
- 46 Food stores (7)
- 48 Nursery ditty (5)
- 49 Hockey on horseback (4)
- 50 Launch an offensive (6)
- 52 Fish of salmon family (5)
- 54 Tot up (3)
- 55 Accepted standard (4)
- 57 Forcefully depose (4)
- 59 Goods taken on approval (4,2,6)
- 60 Unwarranted (5)
- 61 Sun exhaustion (10)
- 62 Jack-of-all-trades (3-7)

## DOWN

- 1 Sponge cake or plum (8)
- 2 Barrack and harangue (4,3,4)
- 3 Significant periods (4)
- 4 Carry freight (9)
- 5 Far-flung (7)
- 6 Door-to-frame link (5)
- 7 Afro-Cuban dance (5)
- 8 Emotional feeling (9)
- 9 To rendezvous (4)
- 10 Succumb to the charms of (4,1,5,2)
- 13 Bored a hole (7)
- 15 For and not against (3)
- 19 A great many (8)
- 20 Nag with little cause (4)
- 24 Trainer's workhorse (4)
- 27 Oxidised (5)
- 29 Swindle by overcharging (5)
- 30 Fire remains (3)
- 31 Wary distance (2,3,1,6)
- 32 Black or gold retriever (8)
- 34 Cut the lawn (3)
- 36 With nothing (5-6)
- 37 Shallow dam (4)
- 39 Lobster claws (7)
- 40 Rented vegetable plot (9)
- 42 Schmaltzy (9)
- 43 Bottle stopper (4)
- 44 Hat or crash helmet (8)
- 47 Seedless mandarin (7)
- 51 Crisp-leaved lettuce (3)
- 52 Human trunk (5)
- 53 Too fat (5)
- 56 Whisky (4)
- 58 Ballerina's skirt (4)

See below for answers



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Radford Care Group Friendship Group and Day Care, offer services and activities for over 50's who want to spend time with friends, and enjoy many activities that Radford Care Group can offer. See our website [www.radfordcaregroup.org.uk](http://www.radfordcaregroup.org.uk).

Tackling loneliness and isolation and enhancing well-being is one of our main aims. Through our programme of activities and with our dedicated staff, we are supporting individuals to manage both long term health conditions and dementia, providing much needed respite for their carers.

Also we offer a bespoke service for carers of those with dementia inviting them to attend a 7 week Information Programme. We look at the different types of dementia, how dementia affects individuals, communication and behaviours as well as looking at infection control, continence management, welfare benefits, legal and financial information and local services. It helps people to meet other carers in the same situation and enables people to share experiences, and feel less isolated. Many friendships are made at these groups.

Respite care for the person with dementia can be arranged, and where possible we help with transport.

Every effort is made to ensure that the groups are very friendly, relaxed and welcoming.

If you think you or your family could benefit from joining us for any of the above services please call Radford Care Group for details and dates on 0115 978 6133 or email [info@radfordcaregroup.org.uk](mailto:info@radfordcaregroup.org.uk).

Radford Care Group, Prospect Street, Radford, Nottingham, NG7 5QE.



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Care



# Showing You Care

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Making someone you love smile doesn't have to be rocket science; it can be as simple as picking up the phone or nipping over. Here are some small but meaningful ways to show someone you care today:

### Just for You

If you haven't seen someone in a while, delivering some chocolates, flowers, a card or their favourite tippie could be a lovely surprise to warm their heart. If you can't

physically visit them, a hand-written letter is always a nice idea.

### On My Mind

Letting someone know they're on your mind can be a lovely way to

say 'I love you'. A quick phone call to plan a day trip or perhaps a chilled evening together can mean the world.

### A Helping Hand

For someone who

needs a little more aid, offering to help them with their shopping, mowing their lawn or even walking their dog is a kind and simple gesture which goes a long way.

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**Home IMPROVEMENTS**



# Mad About Metal

From chrome and rose gold to silver and glossy black, metals are a statement trend at the minute, adding texture and sophistication to any room. Splashes of colour mixed with cool metals are the perfect way to create a vibrant look this winter. Cool metal shades are so on-trend at the minute, from mirrors and vases to lampshades and more, there are so many ways to implement metal into your look. Add another dimension to your bathroom with chrome or rose gold taps, a matching mirror and accessories such as toilet roll holders, soap pumps and plant pots. Small bursts of gold against different colours

create an eye-catching vibe for your bathroom – perfect for spicing up your space this winter. Breathe life into the hub of your home with gorgeous decorations, a copper or silver lampshade creates a warm, cosy atmosphere, paired with the shine of a metallic vase or a cluster of picture frames for a minimalistic effect. Stick to the same metal tone to create consistency or go wild and mix it up with different silver and golds. For lovers of monochrome palettes, metals may not be a winner however, the use of glossy black accessories and furnishings allows your room to ooze sophistication whilst creating a fresh look to last all year. To embody this stylish trend, opt for glossy furniture pieces such as sideboards and units which can be paired with infinite different colours to create a timeless look for your home.



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## Early-Birds Buyers Enjoy Off Plan Benefits

Home-hunters in Nottinghamshire are snapping up the properties at a new housing development in Farnsfield - and enjoying all the advantages of buying at an early stage of construction.

Bellway is building a range of two, three, four and five-bedroom houses at the development, off Southwell Road, with a choice of three, four and five-bedroom designs currently available to reserve.

By getting in early and buying off plan, purchasers can take their pick of the plots and then also choose internal fixtures such as flooring and kitchens. And once they've made their reservation, the price of their new home is fixed, so there's no risk of the price going up before they move in.

Carolyne Watkinson, Sales Director for Bellway East Midlands, said: "Buying off plan is the best way for customers to get the home they've always dreamed of.

"At an early stage of development, they can choose from a much wider selection of properties and then get to decide on finishing touches as the house is constructed.

"However, we're continuing to see a great deal of interest at Bellway at Farnsfield, so I'd advise anyone hoping to find their ideal home here to act without delay - or they risk missing out."

The range of properties currently available to reserve at Bellway at Farnsfield includes three-bedroom houses from £290,000, four-bedroom properties from £350,000 and five-bedroom designs from £430,000.

More information can be found by visiting the sales centre, which is open 10.30am to 5pm Friday to Monday and 10.30am to 7.30pm on Thursdays, or the website at [bellway.co.uk](http://bellway.co.uk).



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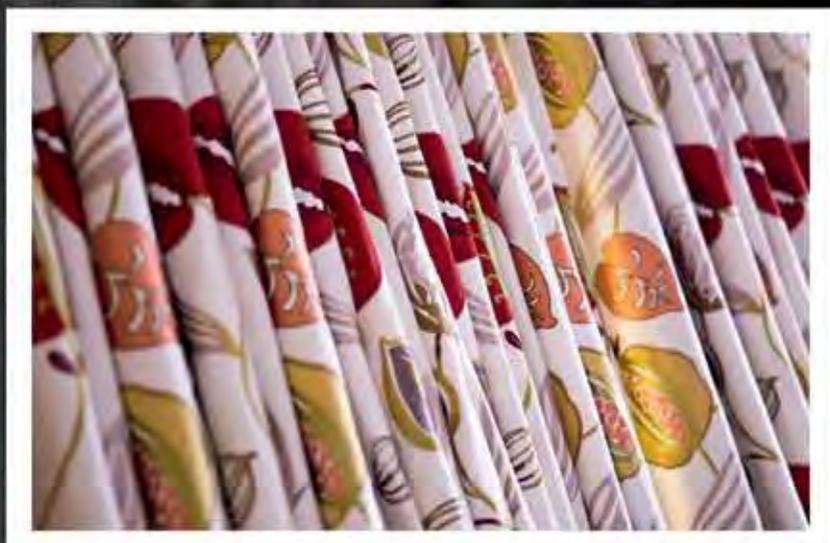
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