



# Information

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## £2,000 Raised for Local Nottinghamshire Charity



A Nottingham-based Relationship Manager for Barclays Bank has successfully raised £2,000 for local charity Notts County Football in the Community (NCFITC), after completing the city's Outlaw Half Triathlon. Justin Parker, Relationship Manager at Barclays West Bridgford branch, works closely with over 100 businesses on a local level across the Nottinghamshire area and signed up to take part in the Nottingham Outlaw Half Triathlon in July 2017 after first hearing about the event through a friend. He was keen to challenge himself by completing one of Britain's most popular annual events, which includes a 1.2 mile open water swim, 56 mile bike ride and a 13.1 mile

run - all of which must be completed in less than nine hours. Justin started his working relationship with NCFITC six months ago and was so impressed with the work carried out by the charity that he decided to use the Outlaw Half Triathlon as a way to raise money to support NCFITC's projects. "Football in the Community is doing fantastic work to help disadvantaged children and adults across the city and county," said Justin. Justin successfully completed the triathlon in 5 hours and 41 minutes. Nicola Burley, CEO at Notts County FITC, said "The work we do, which is far more wide reaching than football, is vital to our participants and without funding it simply cannot continue - so we are very grateful."

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# CUP CAUSES CHAOS

By Maddie Storey

As the match concluded, Market Square flooded with football fans from nearby pubs and bars, chanting and singing to show their happiness after the game, however, it wasn't long before the streets became tightly packed and disorderly behaviour started to occur. The most damage was inflicted on a Nottingham Cars cab which had people jumping on and walking over the bonnet and roof, smashing the glass and ruining the car com-

pletely during the celebrations. Bystanders and football fans took to social media, filming and taking pictures of the event and posting them online, later causing uproar on Facebook and Twitter about the unjust and shocking behaviour of the drunken partakers. A Just Giving page has been set up by a member of the public, who was unimpressed by the event, to raise money for the taxi driver now that his car is unusable and he cannot

provide for his family. The taxi driver was not injured during the event however, his car needs replacing before he can continue transporting his fares. Other disruption in Market Square, Nottingham included people climbing on buildings, buses and bus stops - which were also smashed following the event. Around the country, football fans let loose encouraging a few different incidents of damage and violence to emerge. In Central London, a girl was spotted jumping on an ambulance emergency vehicle, deeming it no longer road worthy until repaired. Fans were also seen in Stratford, London, visiting Swedish furniture store Ikea to jump on the beds, creating havoc in the store. A thrilling time for all the World Cup has brought the nation together, but with England now in the semi-final, who can predict how far football fans will go with their unforgettable 'celebrations'?

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A vegetarian or vegan diet can be a wonderful way of adding colour, texture, fibre and antioxidants to your everyday meals. Food can still be tasty without meat in it and it's also generally lower in saturated fat, which is great for your heart's health. There are so many healthy and tasty alternatives to meat – veggie does not mean boring! Soya protein can be used in burgers, bolognese, curries and has much lower saturated fat content; it may even reduce harmful cholesterol. Fruit and vegetables don't have to be fresh to count towards your 5 a day; in fact there are many other ways to include a variety of them in your diet at a lower cost. Stock up on tinned beans, pulses and frozen veg, and pocket the pounds and the goodness. Rice, grains, chickpeas, beans and lentils make a good base for many vegetarian dishes. The soluble fibre in these traditional meat replacements help to mop up cholesterol, and keep you fuller for longer to reduce snacking.

## ALL THINGS TRAM



# Helping the Homeless



A charity that helps people sleeping rough in Nottingham is stepping up its outreach work with the help of the city's tram network. Framework's Street Outreach Team, tasked with helping homeless people off the streets, have now been given free travel passes for the tram – helping them to work more efficiently and to help more people in need.

Homelessness is a growing problem across the UK, and Framework delivers a range of services aimed at helping people to find accommodation and support them in facing the reasons they've become homeless, which can often be complex. Chris Williams, who oversees social responsibility for NET operators Keolis, explained: "The tram is at

the heart of Nottingham's transport network and plays an important role in the lives of many people across the city. "It connects many key locations, including the city centre and other transport hubs, and so it offers the ideal mode of transport for outreach workers as they reach out to those forced to sleep on the streets."

Framework's Street Outreach Team provides help and advice to get them off the street as quickly as possible. It also works alongside a specialist nurse, who can bring hospital style treatment to people living on the streets, and resettlement workers who help formerly homeless people to make the difficult adjustment into their own accommodation.

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# The Latest Store at the Engine Yard

**C**herizena, a Leicestershire-based supplier of rare and premium coffee beans and artisan producer of flavoured Colombian coffee, is the latest store to open at the popular Engine Yard retail development at Belvoir Castle.

The store opened its doors on Saturday 23 June, following the success of chocolatier Cocoa Amore and plant centre The Idle Mole, which launched in previous weeks to great acclaim.



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Cherizena, which already has an established online customer base and is a regular at markets and food festivals across the UK, sources rare and premium coffee beans from around the world. It also produces artisan-flavoured coffee, with more than 40 speciality blends to choose from. The company has both popular and unusual flavours, such as Maple & Pecan, Chocolate Brownie and Sticky Gingerbread and all are available as regular or decaffeinated, beans or ground coffee. A new range of teas has also been

developed and sourced for the Engine Yard. Her Grace the Duchess of Rutland, CEO of Belvoir Castle and the driving force of the Engine Yard, said: "The openings of the Idle Mole plant centre and Cocoa Amore have been highly successful and it's great to see the latest store to launch. Britain is becoming far more demanding in its coffee tastes and we are sure that Cherizena's extraordinary range of products will satisfy everyone from those who are just dipping their toes to committed coffee con-

noisseurs." For the most up to date information about the Engine Yard, visit the website: [www.engineyardbelvoir.com](http://www.engineyardbelvoir.com).

## Public Support for Misogyny Hate Crime Policy

People in Nottinghamshire will not tolerate misogyny hate crime and a policy introduced in 2016 is already shifting the attitudes of both victims and potential perpetrators, according to a new report. The report was put together by experts from the University of Nottingham and Nottingham Trent University.

Over 87 per cent of people surveyed thought a policy change two years ago to make misogyny a hate crime in Nottinghamshire, was a good idea.

According to the survey, over 64 per cent of women admitted that they'd altered their behaviour in some way to avoid harassment, such as changing the way they dress, avoiding using public transport or speaking out less online.

However, a recommendation from the report said any future campaign around the policy should actually focus on the men who engage in these behaviours being the ones who need to change.

Helen Voce, the Chief Executive of Nottingham Women's Centre said: "The primary objective of the policy change was not to see hundreds of prosecutions, it was to let people know that this behaviour isn't acceptable and will not be tolerated. People should not have to accept this behaviour and shouldn't have to change their own behaviour to avoid harassment."

Professor Louise Mullany, from the University of Nottingham, said: "Our findings show that the public are supportive of the policy which was implemented two years ago, and whilst there are elements that need reviewing, on the whole, the policy is a positive change."

## KEEPING FESTIVAL GOERS SAFE AT SPLENDOUR

Alcohol education charity, Drinkaware, in partnership with Splendour Festival, is launching a new scheme to keep festival goers safe. This will be the first festival outside London to have Drinkaware Crew.

The Drinkaware Crew builds on the success of the existing scheme already active in bars, pubs and clubs across Nottingham, which help to keep younger drinkers safe. Drinkaware Crew are staff who are specially trained

by the charity to interact with festival goers and support people who might be vulnerable as a result of drinking too much.

Nottingham was the first

city in the UK to have the Drinkaware Crew scheme, first launched in 2014, and has been rolled out in 18 cities across the UK.

Drinkaware Crew will be easily recognisable and present for the duration of the festival. They will mingle in pairs around the festival, wearing branded Splendour /

Drinkaware Crew clothing for easy identification, and offer assistance where needed, from helping vulnerable people to handing

out bottles of water. As well as reactive support, they proactively promote a positive atmosphere, by talking to customers queuing to enter the festival, and engaging with them during the event.



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# HAVE YOUR SAY

People living in Nottinghamshire are being called on to put forward their views on what the region's health priorities should be.



Director of NIHR CLAHRC East Midlands Professor Kamlesh Khunti

NIHR CLAHRC East Midlands, a regional health research organisation tasked with speeding up the adoption of science to the frontline of the NHS, has launched a consultation. Formed in 2013, it has been given the opportunity to apply for another round of funding from 2019 and wants to gather people's views on what conditions should be priorities. The results of the Our Health, Our Way consultation will inform the focus of a multimillion pound application to the National Institute for Health Research, which is the research arm of the NHS, for a new set of studies.

Professor Kamlesh Khunti, the Director of NIHR CLAHRC East Midlands, said: "Health research provides us with the opportunity to advance care by allowing us to learn more about conditions and how best to prevent, treat or manage them." "This is a chance to ask the good people of our region about what matters to them when it comes to healthcare. We are applying for an investment which has the opportunity to improve care across the East Midlands and we want to hear people's ideas and thoughts." Results from completed questionnaires will be collected and will be used to develop ideas for the funding application. The questionnaire should take no more than 10 minutes to complete.

NIHR CLAHRC East Midlands is collaboration of the NHS, universities, patients and industry, which sets out to improve patient outcomes by conducting research of local relevance and international quality. To take part, visit <http://bit.ly/Our-HealthOur-WaySurvey>.

## Notts Accountants 'Serve Up' an Ace Charity Day

Accountancy firm UHY Hacker Young brought a slice of Wimbledon to Nottingham this month raising awareness and funds 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.

As part of its fundraising for FareShare, the Nottingham office held a Wimbledon themed event with its team taking part in tennis themed games, a raffle and tucking into strawberries and cream, raising

£358 on the day. Simon Browning, partner in charge of UHY Hacker Young's Nottingham office, said: "FareShare is a really fantastic cause and we are proud to be supporting its work both here in Nottingham and also nationally. FareShare redistributes surplus food, which would otherwise go to waste, to charities that can turn it into meals. Last year it managed 13,552 tonnes of food and redistributed enough food for 28.6 million meals!" "Our Wimbledon event was a great way for us to kick off our support of FareShare and we look

forward to hosting more events for the charity over the next few months. 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." The charity reaches 1,300 towns and cities through its 20 regional centres, including its centre in the East Midlands. Food has been redistributed by FareShare to 6,273 frontline charities and community groups including homeless hostels, children's breakfast clubs and lunch clubs for older people, domestic violence refuges and community cafes.



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# Nottingham's Best Independent Businesses Revealed



L to R - Dan Lindsay, Bar Iberico, Jeff Allenb, chairman of Nottm BID, Mary Trease, Weavers Wines

The results of the 2018 It's in Nottingham Independents competition have been announced with tapas restaurant Bar Iberico on Carlton Street, winner of the restaurant category, taking the overall title of the city's Best Independent Business.

Judges praised the restaurant for the varied menu, the quality of the food and drink offering, the friendly and efficient service and the overall appearance, commenting that it was a very enjoyable all round experience.

This year for the first time there was also a Special Achievement award for an

independent business that the judges believed should receive recognition for its contribution to the independents scene in Nottingham city centre. There were a number of contenders for this award, such is the strength and depth of the independent offering in the city, but the award eventually went to wine and spirits merchants Weavers on Castle Gate, in acknowledgment of the company being one of Nottingham's oldest independent businesses and for its ability to continually innovate.

The announcements were made at a special breakfast

event that took place at Nottingham Playhouse Bar and Kitchen on Wednesday 4 July – Independence Day.

Dan Lindsay who jointly owns Bar Iberico with executive chef Jacque Ferreira, said: "There is a huge independent scene in Nottingham so it is amazing to win the restaurant category and just wonderful for the fantastic team at Bar Iberico who work so hard to be recognised. And in a city of amazing independents, it is such an honour to win the overall award too."

## Hospital Helps Patients Stay Connected with Free Wi-Fi

Patients and visitors to King's Mill Hospital can now check social media, browse the internet and easily keep in touch with family and friends during their stay in hospital, thanks to the launch of free public Wi-Fi throughout the hospital.

Patients who have an appointment at King's Mill Hospital, or have to stay in, as well as visitors, will now be able to take advantage of the free Wi-Fi on their smartphones, tablets and laptops. It is hoped that it will help them to stay connected with friends and family, access latest news and manage their everyday

lives from a waiting room or hospital bed.

Sherwood Forest Hospitals' Director of Strategic Planning and Commercial Development, Peter Wozencroft, said: "This is a fantastic development for King's Mill Hospital and we are really pleased that we can offer our patients unlimited access to free Wi-Fi during their stay in hospital. We know that many of our patients come to hospital with smartphones and tablets and this will help to make their hospital experience a more positive one."

## Hart's Nottingham Flying Success

The independent Hart's Hotel & Restaurant which has received many awards over the last 20 years continues achieving standards that stand out in Nottinghamshire. The AA Inspector has once again awarded the restaurant the coveted award of an AA Rosette for Culinary Excellence and the hotel continues to be awarded Four Stars at the Silver level with a commendable merit. Tim Hart, owner of Hart's Hotel and Restaurant commented: "This is a good day for Hart's Nottingham. The Hotel is the only one in Nottingham to have the Silver Star award and we remain part of a select group with two rosettes. We hope that over the coming months lots of locals will climb the gentle hill to Hart's and see for themselves what the fuss



HART'S  
NOTTINGHAM

Over and above the standard of the service, hospitality, food and the menu content, the AA Inspector highly rated other aspects in the report commenting:

*"Hospitality is clearly a strength and there are many staff to commend for their naturally hospitable approach"*

*"Tastefully designed and decorated bedrooms"*

*"Neatly kept landscaped gardens with good quality garden furniture"*



is about?" General manager, Adam Worthington commented: "These awards mean an incredible amount to the team. We are

thrilled that our hard work in making that memorable guest experience has not gone unnoticed! We are extremely proud to receive such an ac-

colade from the AA, and we look forward to retaining our Silver Stars and AA Rosettes for many years to come!"

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# Free Doggy Summer School



Dogs Trust Dog School Nottinghamshire is offering families the chance to take part in a free dog training class during the summer holidays.

The session, which will take place on Wednesday 22 August, will help families teach their dog basic commands and fun tricks, as well as how to behave around dogs, so everyone can stay safe and enjoy the company of their canine companion.

Up to two children aged 7 or over can attend per pooch and must be accompanied by an adult. The sessions will be delivered by the charity's Community and Education Officer and Dogs Trust Dog School Nottinghamshire.

The class will take place at Vickers Water Park in Mansfield from 11am-12.45pm. Places must be booked in advance. This is an outdoor class and dogs must be comfortable in a class environment with other dogs and strangers.



# Step Back to the 90s with Blazin' Squad



TICKETS FOR THE STEPBACK! 90S CONCERT ARE ON SALE NOW PRICED AT £51.30 (PRICE IS LISTED WITH ADMIN AND VENUE FACILITY FEE INCLUDED)

Blazin' Squad star Marcel Somerville believes his stint on reality TV show Love Island has played a big part in the 90s band's revival.

Some of the band members are set to appear in Nottingham later this year when they perform as part of the StepBack! 90s Concert on Thursday, 6 December at the Motorpoint Arena Nottingham.

Between 2002 and 2004 the ten-piece band achieved six Top 10 hits in the UK Official charts, including Crossroads which reached number one, followed by

Flip Reverse the following year that peaked at number two.

Six of the founding members are set to entertain thousands of nostalgic revellers at Motorpoint Arena Nottingham this winter – the result of a conversation between some of the band members last summer.

Joining Marcel in Nottingham this De-

ember includes Chris McKeckney (Melo-d), Oliver Georgiou (FreeK), Sam Foulkes (Spike-e), Stuart Baker (Reepa) and Lee Bailey (Krazy).

Blazin' Squad will be accompanied in Nottingham by other well-known artists from the 90s and noughties eras including Peter Andre, B\*Witched, Boyzlife, 5ive, S Club, Vengaboys, East 17, Big Brovaz and Booty Luv.



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## Hook Line and Sinker

Ever fancied trying your hand at fishing? Maybe you're an avid angler? National Fishing Month was created to encourage the whole family to have a go at fishing, no matter your experience or skill!

Have a go at this wonderful, interesting sport with an event near you this National Fishing Month. Fishery owners, angling coaches and event organisers have been planning some exciting things for the summer to entertain fishers of all ages.

### What's it all about?

Offering unique and inclusive opportunities all over the UK running throughout the summer holidays, there are plenty of green spaces and gorgeous waters for families to get out on the bank and enjoy a great day.

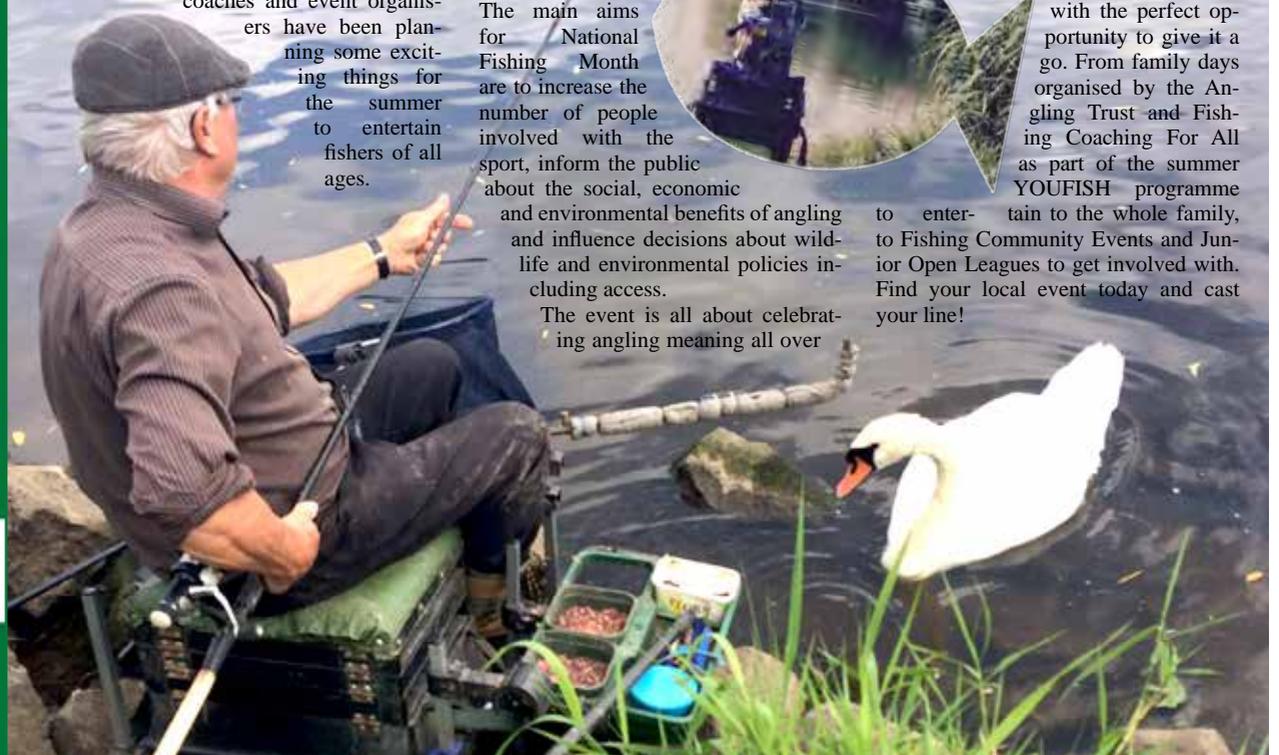
The main aims for National Fishing Month are to increase the number of people involved with the sport, inform the public about the social, economic and environmental benefits of angling and influence decisions about wildlife and environmental policies including access.

The event is all about celebrating angling meaning all over

the country fees are removed or reduced and tackle is often made available free of charge.

### Events near you

On the event website, [www.nationalfishingmonth.co.uk](http://www.nationalfishingmonth.co.uk), there is a search engine which generates events closest to you, providing you with the perfect opportunity to give it a go. From family days organised by the Angling Trust and Fishing Coaching For All as part of the summer YOUNG FISH programme to entertain to the whole family, to Fishing Community Events and Junior Open Leagues to get involved with. Find your local event today and cast your line!



# £3.3million for Industrial Heritage

Two projects to preserve and celebrate Nottinghamshire's industrial past have secured significant National Lottery funding. Sherwood Forest and Mansfield Market Place will both benefit from money raised by National Lottery players after a Nottinghamshire County Council partnership and Mansfield District Council were successful in their bids to



the Heritage Lottery Fund (HLF). Jonathan Platt, Head of HLF East Midlands, said: "At one point in history, Britain led the way when it came to industry and manufacturing. It's so important that we remember and celebrate the people and places in Nottinghamshire that played a pivotal role in this success." Nottinghamshire County Council and its partners have been awarded a National Lottery grant of £2.4m for From Miner to Major: The Real Sherwood Forest. Though best-known as the home of

Rob-in Hood, the project will tell another story of Sherwood Forest, encouraging former coal-mining communities to examine the area's post-industrial landscape. Councillor John Cottee, Chairman of the Communities & Place Committee, said: "This is fantastic news. It reflects the national importance of the Sherwood Forest area as well as all the years of hard work that has been put in." A National Lottery grant of nearly £850,000 will see a number of

properties within the boundary of the Mansfield Market Place Conservation area in central Mansfield repaired, with historic features and traditional shop fronts reinstated along Leeming Street, The Market Place and Stockwell Gate. Community programmes will also promote the heritage of the area, with heritage skills workshops on offer to building owners and tenants, oral histories of the town being recorded for the future, and activities such as walks, heritage trails and even street parties highlighting the area's history.

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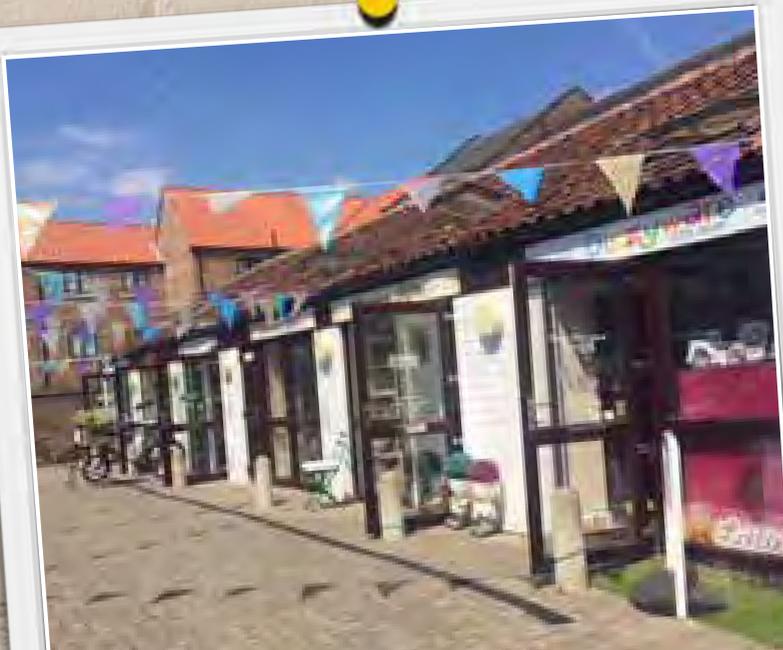
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# THE OLD POST OFFICE YARD SHOPS



Once the local sorting office for mail travelling near and far, the Old Post Office in Bingham is now home to a small handful of local businesses, providing a quaint community hub in the heart of the

village. Having been regenerated for a fresh, modern look the square now boasts a range of shops and cafes, creating a stunning place for everyone to enjoy.



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Gift Shop

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Old Post Office Yard, Long Acre  
Bingham NG13 8AF

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OFF LONG ACRE BINGHAM

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07713 484925  
Old Post Office Yard | Long Acre | Bingham  
www.sarahhardyholistic.co.uk

An enticing place to visit, these thriving businesses deliver a warm welcome to locals and visitors alike – from tea rooms and cafes to gift shops galore, you're guaranteed to enjoy your afternoon when visiting the Old Post Office with your friends and family.

Bring the kids along to enjoy some quality family time in the sunshine. Grab a drink and a bite to eat, browse the shops and take a stroll in the summer sun, admiring the sheer beauty amongst the cobbled streets. The businesses that reside there are of a diverse range, from ho-

listic therapy rooms and idyllic gift shops to delicious cafes, gorgeous boutiques and many more, there really is something for everyone. Looking for that perfect gift? Head to the Old Post Office to discover a range of perfectly suited gifts for anyone (no matter

how difficult they are to buy for). Jams, chutneys and an extensive assortment of jars are ideal for your foodie friends whilst mugs, desk tidys and keepsakes provide a thoughtful, bespoke gift for a loved one, and these are just a couple of exciting options found tucked away in Bingham.

Visit the Old Post Office today and discover a fantastic day out with the family

Old Post Office Yard | Long Acre | Bingham | Nottingham | NG13 8AF

# Focus on Bingham

# Bing it on

Located just a stone's throw away from Nottingham, Bingham is a small town that sits conveniently close to bustling city centre amenities as well as countryside attractions

The quaint settlement – home to a population of just 9,000 people – was named ‘Best Place In England and Wales to bring up a family’ in 2013, thanks to its affordability, low crime levels, quality of schooling and provision of childcare.

Visitors and locals can enjoy the local market every Thursday and support local industry at the farmers’ markets that take place on the 3rd Saturday of each month, 9am to 1pm. Great local food on offer includes honey, cheese, bread, meat, plants, cakes, fresh fish, goat, game, eggs, pies and hot curries. It is worth arriving early, though, to make sure you get the best of what’s on offer.

To further satisfy one’s green desires, there is Bingham Linear Park – a Local Nature Reserve running along the line of an abandoned railway. Opened in 2004, the park is a haven for a wide range of plants and animals amidst an otherwise intensely farmed landscape.

‘Butterfly walks’ take place here each Sunday at 10am from April to September, where the number and type of butterflies are recorded for future use. The strolls set off from the top of the steps by Tithby Road Bridge. A series of other local walk routes take in the nearby dwellings of Whetton, Saxondale, Aslockton, Orston, Tithby and Cropwell Bishop.



*Relax this summer*  
let us do all the work!



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NEXT  
HOME**

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10 Market Street, Bingham NG13 8AB | E: bingham@richardwatkinson.co.uk

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



# Focus on Bingham

## Bing it on

continued from page 11

The Bingham Festival – B Fest – takes place each July, for 2018 it's Saturday 14th, and showcases an array of local musical talent alongside a series of top-end professional covers bands. The 2016 concert was headlined by globally-renowned MJ cover star Ben Michael Jackson. The event takes place on the Butt Field Sports Complex, home to the Bingham Town Sports Club, which covers youth and adult football and cricket in the area. Bingham Model Railway Club is a long-established group, but whether you are a choo-choo connoisseur or a rail beginner, they are happy to accommodate you for a cup of tea and a chat if you are keen to know more.

Bingham Leisure Centre Archery Club – BLCAC – was formed in 1982 and has produced Olympic, National, Regional and County stand-ard archers.

Support from SportEngland means they now have a wide range of lightweight and portable equipment available so they can go out into the community to deliver archery sessions wherever you are.

Where to stay? The Bingham Townhouse is an uplifting hotel, restaurant and bar. The small, privately run establishment helps add a sense of holiday to your trip to Nottingham's East side.

With places to stay, eat and plenty to do – you'll be spoilt for choice when you visit Bingham.

S - BAVARIA  
TOWN  
MILES

*With places to stay, eat and plenty to do, you'll be spoilt for choice when you visit Bingham.*



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[www.29marketplace.co.uk](http://www.29marketplace.co.uk)

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Boutique Shop  
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Bingham!**



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Prepare to be pampered as you enter our calming treatment rooms designed with your needs in mind.



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Tel: 01949 839514 | thevanityroom@hotmail.co.uk

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

# A Touch of Luxury

*Delivering a luxurious pampering experience, The Vanity Rooms offer a wide range of treatments for you to enjoy.*

Whether you want to give a loved one a bespoke experience or just fancy a little TLC, relaxation is just around the corner with a trip to The Vanity Rooms where you will be warmly welcomed into a serene paradise retreat.

*The Vanity Rooms and its sister companies, Vanity Boutique, Vanity Lash and Tippy Trailer, are here to make your dreams a reality as you enter the calming treatment rooms, containing everything you need to feel refreshed and beautiful.*

From lashes and brows to facials, massages and waxing, nothing says ready to party like a full body makeover. Based in Bingham and using the very best brands in the industry alongside a top team of beauticians, you are guaranteed to get the best quality treatment to achieve your desired look,

without city centre prices. The Vanity Rooms is a beauty salon offering a wide range of beauty treatments to deliver the full pamper package. Vanity Lash is a semi-permanent eyelash extension specialist with a vast range of services including products and treatments, perfect to create and effortless yet stunning look. Vanity Boutique boasts gorgeous pieces from accessories to the latest fashion statements, ensuring you look your absolute best after your relaxing treatments. The Tippy Trailer, joint owned by business owner Hannah and local block paver Chris Harrison, is a quirky horse trailer that has been lovingly restored into a mobile prosecco bar – guaranteed to make a fabulous talking piece at your events and parties!



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Clothing & Accessories store in the heart of beautiful Bingham

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



A Rice Richardson horse trailer that has been carefully and lovingly restored into a mobile prosecco bar. Unique bar for weddings and parties.



Tippy Trailer is available for weddings, parties and corporate events as well as local food and drink festivals.

Packages available from just £250

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

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# SCHOOLS OUT

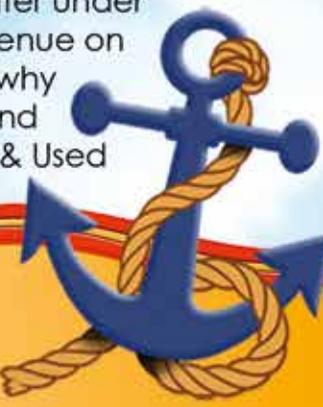


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# FAMILY FRIENDLY RACING AT



## RIPON RACES

Yorkshire's Garden Racecourse

### CHILDREN'S DAY



Monday 6th August

including  
Riggamoor Petting Farm  
First race 2.15pm

Plus fun-filled activities  
and FREE face painting on  
7th, 14th & 28th August

Monday  
13th August  
First Race 2.00pm



### ALICE IN WONDERLAND FAMILY DAY



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

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

Tuesday  
28th August  
First Race 2.00pm

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

All times shown are  
approximate and are  
subject to change.  
Regular updates can be  
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the   
**LAKES**  
**FESTIVAL**  
 **2018**

**SATURDAY**  
**21st JULY**

**1.30PM - 10.30PM**  
**GATES OPEN 1PM**



**LIVE AT THE FESTIVAL**



**ASH WILSON**  
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**FRIDAY NIGHT**  
**PARTY AT THE LAKES**  
**WITH MANIPULATORS**  
 Plus Special Guests



**FREE**  
**ENTRY**



The Lakes Festival takes place within the tranquil surroundings of the Sycamore Lakes fishing and holiday park near to Skegness. The venue has become well known for its live music giving the area's best talent a chance to perform and on July 21st the annual Lakes Festival returns once again. Within the grounds of Sycamore Lakes revelers can come along for the day or camp onsite in their own tent or caravan to make the most of a packed programme of entertainment. Lincs FM will be live at the festival which includes a Lincolnshire exclusive from the new Brotherhood band who headline this year's event.

Like us on Facebook and keep up to date with all the festival news and line up: /thelakesrestaurant

**TICKETS £21 CALL 01754 811198 OR 07940 393915**  
**FOR ONLINE TICKET SALES VISIT [www.alttickets.com/the-lakes-festival-tickets](http://www.alttickets.com/the-lakes-festival-tickets)**  
**ON SITE CAMPING AVAILABLE FOR BOOKINGS CALL 01754 811411**  
**SYCAMORE LAKES - SKEGNESS RD - BURGH-LE-MARSH (NR SKEGNESS)- PE24 5LN**

# SCHOOLS OUT

## FAMILY FUN

A summer of fun is promised in Leicestershire – with two exciting outdoor events this August.

The Bosworth Medieval Festival, which runs from 9.30am to 5.30pm on Saturday August 18 and Sunday August 19 at Bosworth Battlefield, is a great event for families. There is so much on offer, with a full re-enactment of the Battle of Bosworth as the grand finale. There is also jousting, archery, cannon fire demonstrations, living history encampments, guided tours, author talks, a medieval craft market and loads of exciting fun, hands-on games and competitions for children – most of them free. There's so much to see and do that it's well worth buying a weekend ticket for entry on both days. A special group rate is also available for clubs and societies.

Tickets can be booked online at [www.bosworthbattlefield.org.uk](http://www.bosworthbattlefield.org.uk) or by calling 01455 290429 between 10am and 5pm. Buy before mid-

night on August 17th and save 10% on all ticket prices.

Just over a week later comes the Countryside Show at Beacon Hill on Bank Holiday Monday, August 27, from 9.30am to 5pm. It boasts a unique line-up in the main arena, balancing the very best of countryside life and a food marketplace where visitors can taste some of the freshly-crafted local produce Leicestershire has to offer. There's also tree climbing, sheep-

dog and duck shows, bird of prey demonstrations, live music, local food suppliers, marquees, stalls and plenty of activities for children including, wall climbing, face painting and much more. More information at [www.leicscountryparcs.org.uk/countryside-show](http://www.leicscountryparcs.org.uk/countryside-show).



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

### VILLAINS & SUPERHEROES

AT THE GREAT CENTRAL RAILWAY

**A FUN PACKED DAY OUT FOR ALL THE FAMILY!**

- Join in with your favourite characters for photo opportunities aboard 'The V & S Express'
- You can start your journey from any one of our 4 stations
- Meet Villains and Superheroes who will be greeting you on the platform and 'The V & S Express'
- Face painting
- Mini funfair at Rothley
- Competition for the best dressed
- Dress up as your favourite character and receive free sweets

**SUMMER HOLIDAY FUN**

**TUES 3<sup>RD</sup> JULY - THURS 2<sup>ND</sup> AUGUST**  
**TUES 7<sup>TH</sup> - THURS 9<sup>TH</sup> AUGUST**

**JUST £35 FOR A FAMILY OF 5**

Visit the website for ticket details [www.gcrallway.co.uk](http://www.gcrallway.co.uk)  
Enquiries & Bookings: 01509 632323

Buy tickets online and save money!

**BOSWORTH**  
Bosworth Battlefield Heritage Centre  
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Leicestershire County Council

Thrill to the sights and sounds as hundreds of re-enactors re-create the **Battle of Bosworth**

Two battles  
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Medieval market  
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Expert talks  
Fancy dress and much more...

**MEDIEVAL festival**  
18 & 19 August

[www.bosworthbattlefield.org.uk](http://www.bosworthbattlefield.org.uk)  
Bosworth Battlefield Heritage Centre, Sutton Cheney, CV13 0AD  
f/BosworthBattlefield @bosworthlcc /BosworthBattlefield

Leicestershire County Council

**THE Countryside SHOW**  
2018

**BANK HOLIDAY MONDAY**  
27 AUGUST 2018, 9.30AM-5PM

**BEACON HILL COUNTRY PARK, LEICESTERSHIRE, LE12 8SP**

**ENJOY A GREAT DAY OUT IN THE COUNTRYSIDE**

CHILDREN'S ACTIVITIES INCLUDED IN ENTRY PRICE

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f/leicscountryparcs

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# SCHOOLS OUT

## Summertime

Schools out for summer!



No more taking the kids to school, rushing them to eat their breakfast or ensuring they're wearing clean school shirts just sun, summer fun and the kids at home all day, every day so you need some exciting things to do – we have got you covered.

Nottinghamshire in Focus have compiled the perfect schools out guide, packed with the best and most

exciting family activities and places to visit in and around Nottinghamshire, ensuring you make the most of your summer holidays. Don't let the kids get bored sat about watching telly, get up and get active this summer with a range of historic attractions, theme parks, farms, craft centres and much more, there's something for all the family to enjoy!

If you fancy a day out, jam-packed morning or lazy summer's afternoon, there are tons of activities to fit every mood. From casual day trips, walks, hikes and cycles to soak up the summer sun to fast paced, exhilarating days out with the family, enjoying water slides, theme parks, animals, role play and more. Get lost in our fantastic guide and feel inspired by some unique, unmissable places to visit.

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## Newark's Biggest Ever Book Festival

Taking place across three days from the 13th to 15th July, this year's Newark Book Festival is bigger than ever with 39 authors, poets and illustrators taking part in events at 11 venues across the town.

This year's festival will also have its largest programme of family-friendly children's events yet and all events are under £10, with many events free of charge.

Internationally acclaimed author Matt Haig is the headline speaker of the festival. He'll be speaking at Newark Palace Theatre on Saturday 14th July at an event sponsored by Trigger Press – the talk follows his sell-out event at 2017's festival. Children's events include a Make Your Own Magic Land workshop, a Wind in the Willows storytelling event, and Crafts in Neverland, as well as much more.

The first revamped Newark Book Festival last year drew over 2,500 people

to Newark, and organisers hope that this year's event will prove an even bigger hit with more events, more writers and more events.

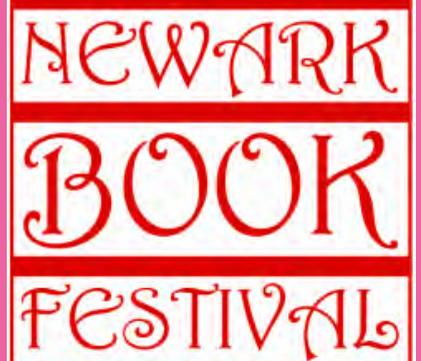
This year's theme is Landscapes in Literature and the festival will be celebrating local literary heritage, fictional worlds, and highlighting the importance of location in fiction and non-fiction writing.

Newark Palace Theatre and Carriages Cafe will be hosting Newark Book Festival events for the first time, joining other venues including Newark Castle, Newark Civil War Centre and Newark Market Place which will be transformed into a Literature Quarter, with much-loved characters loose on the streets!

Sara Bullimore, organiser of the Newark Book Festival, said: "This year's

festival is even bigger and better than ever. This is a real community event which has something for everyone."

Tickets can be purchased from Newark Palace Theatre online at [www.palacenewarktickets.com](http://www.palacenewarktickets.com).



### Adventure Guides

YMCA

## Join our expedition

Summer camping expeditions available for all circles!

YMCA Adventure Guides is all about strengthening bonds between parents, sons and daughters. You will build strong family bonds during exiting expeditions and weekly circle activities!

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We are proud to offer exciting expeditions at a reduced rate for families across Nottinghamshire.

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### Experience a day out with a difference

What better way to explore the beautiful countryside of the national forest than with a llama? Llamas make excellent hiking companions, they are friendly inquisitive and gentle animals. You've just got to love a llama.



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TEL: 01283 711702 EMAIL: [thellamalady@hotmail.co.uk](mailto:thellamalady@hotmail.co.uk)  
[www.nationalforestllamatreks.co.uk](http://www.nationalforestllamatreks.co.uk)

**Boston  
Market Place  
10am - 3pm**

**Friday 27th July**



# GET CYCLING ROADSHOW

Come along to the Get Cycling Roadshow! Try out a mixture of conventional and unconventional bikes, have a go on the KMX Karts and the mega bike. Free cycle clinic for maintenance and minor repairs. Junior track for kids. A fun event for the whole family to participate in and enjoy!

**FREE ADMISSION**

Sponsored by



**10am to 3pm  
Boston Market Place**

August 2nd, 9th,  
16th, 23rd, 30th  
September 13th, 27th  
October 11th, 25th  
November 1st, 8th,  
15th, 22nd

**Boston Food Festival**  
**'The Tastes of Boston'**

Sunday, September 23  
10am to 3pm  
in Boston Market Place

Sponsored by  
**Lincolnshire POLICE**  
policing with PRIDE

**BOSTON BIG LOCAL**

**ACTIVE BOSTON**

**Boston Central Park  
10am - 4pm  
Friday 10th August**

Promoting physical activity and health and wellbeing

- Have a go at sports and fitness activities
- Free health checks and advice
- Climbing wall, skate park, half pipe and free bound
- Bouncy castle and face-painting
- Healthy eating • Performance arena

**FREE EVENT**  
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Limited early bird tickets available.  
book now at [www.visitbostonuk.com](http://www.visitbostonuk.com)

Sponsored by  
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SOLUTIONS & WEALTH MANAGEMENT

**Friday 14th September**  
**THE GREATEST SHOWMAN**

**Saturday 15th September**  
**THE LION KING**

**Thursday 16th and Friday 17th August - 10am to 3pm  
Central Park, Boston**

**BOSTON beach event**

- Donkey rides
- Arts and crafts
- Bouncy castles
- Beach area
- Magician
- Theatre production

**FREE ENTRY**

**Oldrids @ Downtown**  
Proud to support the

**TEDDY BEARS PICNIC**

**Saturday 11th August \*  
Central Park, Boston \*  
10.30am to 2pm \* FREE ENTRY**

*\*some items have a small charge*

**Wednesday, August 22 - 11am to 3pm  
Central Park, Boston**

Tickets from £2.50 - Booking required book online at [visitbostonuk.com](http://visitbostonuk.com)

**Fairy Door Hunt**

# SCHOOLS OUT

## NEWARK AND SHERWOOD COMMUNITY HUB

### FREE EVENTS

July 1<sup>st</sup> Sconcefest 12-4pm,

Sconce and Devon park, Newark,

July 14<sup>th</sup>/15<sup>th</sup> Newark Book Festival, various venues.

July 21<sup>st</sup>/22<sup>nd</sup> Traditions Festival, Newark Castle and Market place  
12-2pm Ribbon crafts

Aug 2nd Annual Playday

1-3PM Sconce Park NG24 4AU

Including, Sumo Football, Trampolines, Human Table Football, Lincoln City FC in the community, Girls Football, Stilt walkers, Arts and crafts and loads more.

Park play Aug 8<sup>th</sup> and 16<sup>th</sup>, venues to be confirmed.

**Playscheme** at Millgate Community centre, Pelham Street

July 30<sup>th</sup>, Aug 3<sup>rd</sup>, 6<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>

All 9.30am-2.30pm, £5 per child per day (5-11yrs)

**Lego club** July 31st, Aug 9<sup>th</sup> and 24<sup>th</sup> all 1-3pm £3 per child.

**Cookery club** Aug 11<sup>th</sup> and 18<sup>th</sup> 1-3pm £5 per child (5yrs and over)

Tel 01636647121 to book playscheme/Lego/Cookery

## a day at the races



With an action-packed summer in store at Ripon Races, be sure to get a date in the diary!

Ripon Racecourse is gearing up for a super summer of family fun starting with Children's Day on Monday 6th August and the ever popular Alice-in-Wonderland Family Day on Monday 13th. Gates open at midday, adult entry starts at just £6 and kids go absolutely FREE! With loads of free entertainment, including bouncy castles, magic shows, Punch and Judy and a mini zoo, you'd be mad as a hatter to miss it. The William Hill Great St Wilfrid is one of the most competitive handicaps on the horse racing calendar and takes centre stage at Yorkshire's Garden Racecourse on Saturday 18th August. Advanced booking is recommended for this very popular feature day. We see out the summer with another fantastic Family Day on Bank Holiday Monday 27th August and a terrific afternoon of racing on Tuesday 28th August.

The season ends with a bang on Saturday 29th September with the Theakston's Beer and BBQ meeting. Visit [www.ripon-races.co.uk](http://www.ripon-races.co.uk) for more details and to book and remember kids go FREE to all of our meetings. With entry from as little as £6 for adults (Course Enclosure advanced booking rate), you are sure to get great value for money from your day out at Ripon Races

# BELVOIR SHOW

## Wheels in the field

Hook Cliffe Showground 28th - 29th July 2018

- Steam Engines
- Vintage & Classic Vehicles • Stalls • Funfair
- Living History Display
- Fair Organs • Tractors
- Working Exhibits
- Displays • Crafts
- Lincolnshire cheer leaders
- Lots of off road activities

Dako Flying Angels

The Kesteven Ploughing Engines return to the area

Dog show entries on the day fees going to local Charity

Entry Adults £5 Child £1 Open Daily 10am-4pm

Dog Show

Hook Cliffe Showground, Grantham NG31 8NB

For more information call 01159 281300  
dave.hoyles1@btinternet.com • www.themidlandeventsclub.com

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

# THE BASSETTLAW SHOW

Steam Engines | Fair Organs | Tractors Displays | Working Exhibits | Vintage & Classic Cars Vehicle of all kinds | Stalls Crafts Displays | Fun Fair

Lots of family entertainment

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- PEDRO CIRCUS WORKSHOP
- LETS GET DRUMMING
- RARE BIRDS Avian Sanctuary Display
- DONNA PRESLEY DANCE ACADEMY Stepping out with Michelle Dance Team

DOG SHOW Entries on the day fees going to local charity

Saturday - KIRKBY MINERS WELFARE BAND  
Sunday - WORKSOP BAND

BLYTH ROAD | SHOWGROUND  
21st - 22nd July 2018

Entry Adults £4 Child £1

OPEN DAILY: 10AM - 4.30PM

For more information please call: 01159 281300 | 07901 984627  
Email: dave.hoyles1@btinternet.com | www.midlandeventsclub.com  
Event supported by The Bassettlaw District Council Parks & Open Spaces.

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**WWII HOME FRONT EVENT:** Saturday 11th & Sunday 12th August  
Taking you back to the early 1940s.

**MODEL TRAM & RAILWAY EVENT:** Saturday 18th & Sunday 19th August  
A Model Tram and Railway Exhibition.

**BUILD IN BRICKS:** Sunday 26th to Friday 31st August  
LEGO® bricks displays to explore and activities to get involved with.

**CLASSIC TRANSPORT GATHERING:** Sunday 26th & Monday 27th August  
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Email: [enquiry@tramway.co.uk](mailto:enquiry@tramway.co.uk)



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\* excludes the World War II / 1940s events. Please see website for full details.



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## PUT A 'SPRING' IN YOUR STEP



Whether you're in the market for a new leisure holiday home, wanting to trade in an old one or on the lookout for the perfect park to enjoy a few days away, Springs Holiday Estates has you covered.

With a choice of new and used leisure homes for sale, leisure home lets, a professional after sale and repair service and a number of affordable finance options, finding the holiday home that's right for you couldn't be easier. The team even offer a delivery and siting service, so you really don't have to lift a finger. Choose from five ideally located caravan holiday parks to start your holiday adventure, whether you seek a short stay or a more permanent home-from-home.

### Perfect for Short Holidays

Springs Holiday Estates offers the perfect backdrop to your holiday. With a range of options to choose from including leisure home lettings, touring vans, motor homes, adult only parks and family parks, you are sure to find something to accommodate your circumstances.

Their modern letting leisure homes come fully equipped with TV/DVD, microwave, kitchen utensils and bedding is supplied, ideal for you and the family. Touring vans are well catered for with free electric showers, toilets, washing up and laundrette facilities on-site. Electric hook-ups are also available, ensuring that you have everything you need in your home from home.

With a choice between adult and family parks, holiday goers can choose a destination that caters to their individual needs.

### Ideal for Ownership

There are also Owner/Occupier parks available for leisure homes across a number of the parks, including a fishing lake, Wi-Fi and on-site pubs and clubs, meaning you won't have to travel far to indulge in some leisure time. New static leisure homes are currently in stock, or can be ordered to your own individual specification, whilst part used leisure homes are also available.

Most makes and models of leisure homes are supplied, with part exchange allowances and affordable monthly payments available - meaning you can get your dream holiday home at an affordable price.

For more information on the parks and any of the services provided visit: [www.springsholidayestates.co.uk](http://www.springsholidayestates.co.uk) or call 01507441333

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or 07545 924993 for more information

[www.englandnetball.co.uk/NYC](http://www.englandnetball.co.uk/NYC)

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**LITTLE RUGGERS**

**LITTLE RUGGERS RETURNS FOR SUMMER**

Nottingham Rugby is delighted to confirm that Little Ruggers will return this summer both at Southwell and Lady Bay. Teaching children aged two to five the fundamentals of rugby in a fun, accessible and friendly way, the incredibly popular programme has been designed by the elite coaching team at the Championship rugby club. Nottingham Rugby Head Coach, Neil Fowkes, said: "Lit-

tle Ruggers is a fantastic example of the Green and Whites' devotion to creating a family friendly rugby club. "We pride ourselves on our community and it is at its best when people of all ages are taking part in the sport one way or another." The 45 minute sessions cost just £2 and run every Saturday from 14 July to 8 September from 9:30 – 10:15 at Lady Bay and

11:15 – 12PM at Southwell. Steve Smith, General Manager for Nottingham Rugby, said: "Little Ruggers has been incredibly popular over the past few years and we are expecting the same high turn out again. "We believe that rugby is a family orientated sport and it's great to see parents and their children learning the fundamental skills of the sport together."

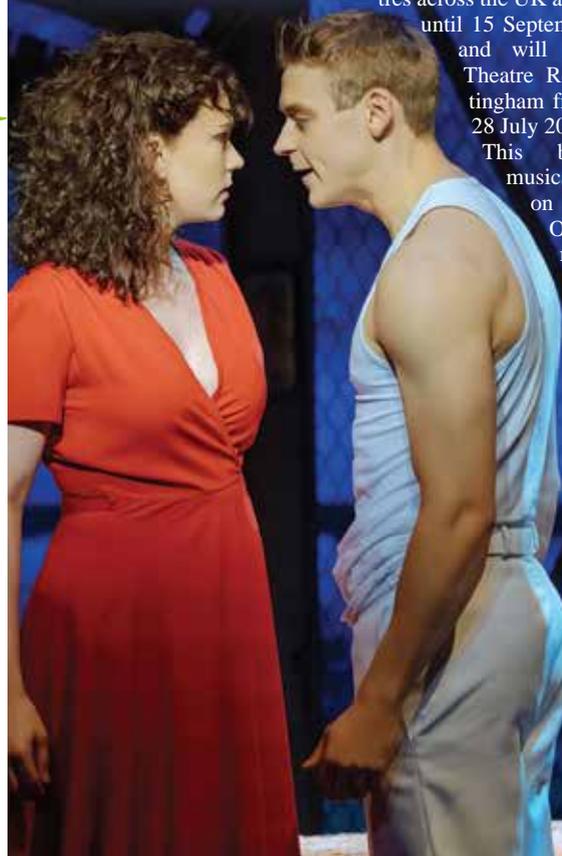
**SHOWTIME**

The World Premiere of "AN OFFICER AND A GENTLEMAN - THE MUSICAL" stars Emma Williams as 'Paula

Pokrifki', Jonny Fines as 'Zack Mayo', Ray Shell as 'Foley', Ian McIntosh as 'Sid Worley' and Jessica Daley as 'Lynette Pomeroy'. The production is currently playing at theatres across the UK and Ireland until 15 September 2018 and will visit the Theatre Royal Nottingham from 23 to 28 July 2018.

This brand-new musical is based on the 1982 Oscar-winning film starring Richard Gere which tells the story of Zack

Mayo who is in training to become a US Navy Pilot. When Zack rolls into boot camp with a bit too much of a swagger, drill Sergeant Foley doesn't make life easy for him. When he falls for local girl Paula Pokrifki and tragedy befalls his friend and fellow candidate, Zack realises the importance of love and friendship and finds the courage to be himself and win the heart of the woman he loves. It's only then he can truly become both an Officer and a Gentleman. The musical includes the hit song from the movie 'Up Where We Belong' along, with 80's classics such as 'Alone', 'Don't Cry Out Loud', 'You're the Voice', 'Girls Just Want to Have Fun', 'Heart of Glass', 'Toy Soldiers' and 'Material Girl' and features one of the most iconic romantic scenes ever portrayed on screen.



Book your tickets today!  
Theatre Royal Nottingham  
Monday 23 – Saturday  
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£20 - £47.50 plus discounts  
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**Kaleidoscope of Colour**

On Sunday 22 July, children, adults and families will be showered in blue, red, orange and green powder paints as the Treetops Colour Rush returns to Markeaton Park for the second year.

Last year, over 600 people took part raising over £20,000 for Treetops Hospice Care which provides nursing care and emotional support for adults and their families in Derbyshire and Nottinghamshire.

The 5km Colour Rush starts at 10am and participants can run, jog, walk or skip around the route whilst coloured powder paints are fired from colour stations. Fancy dress is optional but can add to the fun!

Mary Rose, senior community and events fundraiser said: "We love the Colour Rush - it's one of our favourite Treetops events as it involves the whole family and all age groups.

"It's a spectacular ocean of colour from start to finish - we even start by firing colour cannons over everyone waiting to set off.

"Then at every colour station, even more colour is thrown as you run through so you end up

being covered head to toe by the end.

"Registration is now open so come and join us on what's going to be an amazing, fun event." Advance registration costs £15 for adults, £10 for children (under 16yrs) and a group ticket (2 adults and 2 children) costs £40. Tickets can also be purchased on the day at an increased price. Children (under 16s) must be accompanied by an adult who is taking part in the event.



Continued on page 30

# The Untouched Route

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

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

Half day tours from Ashbourne include a 40 mile journey of discovery, taking in several different topics, and more specialised themes like lead mines great and small or the history behind rose gardens. In each case, the emphasis is on the people who were involved. During December there will be an event describing the experiences of a Lowland Scotsman, who followed Bonnie Prince Charlie south to Derby. The 40 mile journey crosses the centuries from Roman times until present day. As educational as it is interesting, the tour answers questions throughout such as; why was a nineteenth arch viaduct built over the

Ecclesbourne Valley railway? What is the connection between the film star Rudolf



Valentino and Hazelwood? When did mice delay a major explosion? What is the link between Oscar Wilde and Hopton Wood Stone? Where are a dove, a lamb, a hart, two serpents, a swine and a wolf on the same carving? Every single tour is unique and endeavours to satisfy the interests of

the individuals that are taking part, ensuring that your journey is just as different as the views that you are seeing.

For more information email Frances Wilkins at frances@franscript.co.uk or call on 01335345239. Alternatively, visit the website [www.offthederbyshirebeatentrack.co.uk](http://www.offthederbyshirebeatentrack.co.uk).

## Off the Derbyshire Beaten Track

A series of half-day tours

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

July & August

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

December

Derbyshire & the '45: a Scotsman's Tale

The minibus leaves Ashbourne @ 1.30pm

**Booking essential**

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

For further information see  
[www.offthederbyshirebeatentrack.co.uk](http://www.offthederbyshirebeatentrack.co.uk)

# Free Summer Event At Hart's

From Saturday 7 July - Sunday 30 September, 33 colourful chirpy chaps will be dotted around the city as part of Hoodwinked, a unique, world-class Wild in Art sculpture trail.



One of the robins will be standing proud outside of Hart's Hotel so do pop along to see us and join us for refreshments from the Park Bar, where you'll find some Hoodwinked biscuits! Our summer snack menu will also be available, featuring some refreshing salads as well as Hart's home-made pasta.

We will also be hosting a FREE activity day on Tuesday 21st August where you will be able to meet the artist for our robin, Donna Newman and enter our 'Design your own robin' competition to win family tickets to see Robin Hood and the babes in the wood at The Playhouse Nottingham in December.

So, join us in Hart's Upstairs, located above the restaurant on Tues-

day 21st August between 10am and 3pm. To find out more visit our website or call 0115 988 1900. We also recommend you sign-up to our newsletter to keep up-to-date with all our special events and offers at [www.hartsnottingham.co.uk](http://www.hartsnottingham.co.uk).

Hart's Hotel & Restaurant  
1 Standard Hill, Park Row  
Nottingham NG1 6GN

**HART'S**  
NOTTINGHAM

## Staveley Hall Event List

27th July, 24th Sept & 26th Nov  
Jonathan Moseley Floristry  
Demonstration & Workshop  
(Please ring the Hall for information or to book)

18th & 19th August  
Family Fun Day & Craft Event

23rd August  
George Michael Tribute Night  
(Advanced Tickets - £10 Pie & Pea supper included)

13th September  
Rod Stewart Tribute Night  
(Advanced Tickets - £10 Pie & Pea supper included)

11th October  
Gary Barlow Tribute Night  
(Advanced Tickets - £10 Pie & Pea supper included)

17th & 18th November  
Christmas Craft Event



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[www.northern.ac.uk](http://www.northern.ac.uk)[registry@northern.ac.uk](mailto:registry@northern.ac.uk) 01226 776000**Drop-In Information Sessions:****Saturday 7th July** **Sunday 8th July**  
9.30am - 1.00pm 1.00pm - 3.30pm**HOLDING A LOCAL EVENT?****CALL 01159 314380**

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# #NTUMASTERED

An exhibition of work by our global postgraduate  
community of artists and designers

Public View: 18 – 26 July Preview: 17 July, 5 pm – 8 pm (book online)

School of Art & Design, Bonington building, Nottingham Trent University, City Campus



ntuart



ntuartanddesign

#NTUmastered

[ntu.ac.uk/mastered18](https://ntu.ac.uk/mastered18)

IMAGE CREDIT: SOPHIE DIONNE RYKELAND COMMERCIAL PHOTOGRAPHY 2018, MODEL TANGA DIKKI.

# #NTUMASTERED

## at Nottingham Trent University

The School of Art & Design at Nottingham Trent University (NTU) has one of the largest post-graduate student communities in the UK. The 2018 end-of-year show features the work of almost 200 Masters students from a

Emily Drinkeld, MA Commercial Photography, Model - Kim Thompson



wealth of global locations; visitors are guaranteed a culturally rich and creatively diverse experience. Taking place in the Bonington building on the NTU City Campus, the Mastered exhibition is free to the public and open 10 am

– 5 pm on weekdays, and 11am – 3pm on Saturday (closed on Sunday).

Exhibits on show in Mastered span the creative postgraduate courses within fashion, textiles and knitwear design; visual arts and visual communication. A digital exhibition of work across the areas of fashion management, marketing and communication will also be featured. Students of MFA Fine Art will be exhibiting in their own show, Melange De Fruits, from 14 – 25 July at Primary, 33 Seely Road, Nottingham.

A private view opening of Mastered for creative professionals and industry contacts takes place on Tuesday July 17th, 5 pm – 8pm (booking on website).

All information, bookings and to visit the online social hub featuring work behind the scenes: [www.ntu.ac.uk/mastered](http://www.ntu.ac.uk/mastered).

A new exhibition of postgraduate work in the School of Art & Design opens to the public 18– 26 July 2018

## Local School Launches

### New Pre-School

## Provisions

Burntstump Seely Church of England Primary Academy is delighted to have received the news that it has been given the go-ahead for pre-school provision, starting in September.

Head Teacher Heather Gabb says that this means that parents from areas like Hucknall, Linby, Calverton and Arnold, some of which have oversubscribed schools, now have a fantastic alternative.

She said: "What this means for parents is that if they have a child who will turn 4 years old between September 1st 2018 and August 31st 2019, and who would like a morning place, they can contact us and arrange a visit. We have wonderful facilities here and would welcome anyone to come and take a look for themselves, they won't be disappointed."

**The school is situated at the top of Burntstump Hill and has an enviable rural setting.**



[kumon.co.uk](http://kumon.co.uk)

Kumon's **maths and English** study programmes work to build your child's confidence and inspire a passion for learning.

Boost your child's confidence

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**Beeston Study Centre**  
**0115 919 3578**

**KUMON**

Fees vary. Please refer to your local study centre.

## Enjoy the Benefits of Summer Study with Kumon

Summer holidays are often jam-packed with energetic activities for children including bike riding, dancing, football and trips to the beach. But it is just as important to keep their minds active over the holidays as well as their bodies. Having long breaks from study means children can sometimes require extra support to get back into the routine of daily study and they may be out of practice when the new school year comes around.

Ensuring they continue educational activities throughout can mean they are confident, equipped and ready to tackle new work when they go back to school.

Established for almost 60 years, daily study of the Kumon Maths and English Programmes can make all the difference when it comes to keeping the brain active between school terms, as well as throughout the year. As a new school year approaches, it's especially important that your child gets to grips with the core subjects of maths and English, as well as the vital learning skills which can take students beyond their school level.

Kumon is the UK's largest supplementary education provider, with over 75,000 students studying at more than 640 study centres.

The summer holidays provide an ideal opportunity for your child to settle into their new routine of daily Kumon study, before getting off to a flying start in the new school year. For more information, contact your local Kumon Study Centre.

School may be closed but Kumon is not!



Beeston Study Centre  
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# CROSSWORD

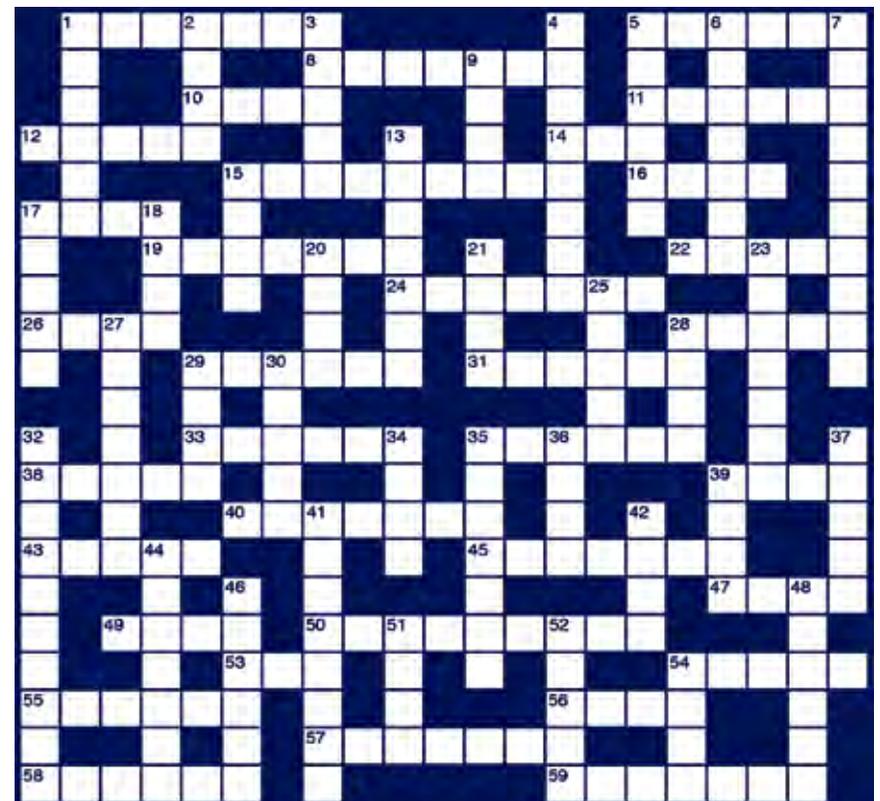
See below for answers

## ACROSS

## DOWN

- 1 War-horse carriage (7)
- 5 University grounds (6)
- 8 Favouring thorough reform in politics (7)
- 10 Simple board-game (4)
- 11 Repeat from memory (6)
- 12 Small piece of rock (5)
- 14 Slap gently (3)
- 15 Children's jumping contest (3-6)
- 16 Weeps noisily (4)
- 17 Drawer handle (4)
- 19 Covering the entire body (3-4)
- 22 Blend (5)
- 24 Precisely (7)
- 26 Public recognition (4)
- 28 Pit worker (5)
- 29 Mental strain (6)
- 31 Heavy downpour (6)
- 33 Animated (6)
- 35 Fondle (6)
- 38 Torment mildly (5)
- 39 Chew at a bone (4)
- 40 Toddler's enclosure (7)
- 43 Prepared (5)
- 45 Variety or breed (7)
- 47 Lofty (4)
- 49 Canned food fish (4)
- 50 Giant yellow bloom (9)
- 53 Furrow (3)
- 54 Soiled with dirt (5)
- 55 Union soldier (6)
- 56 Long bread bun (4)
- 57 Everlasting (7)
- 58 Main meal (6)
- 59 Garbage can (7)

- 1 Cardboard container (6)
- 2 Part played by an actor (4)
- 3 Group of Scouts (5)
- 4 Circus animal (8)
- 5 Lady's bow to royalty (6)
- 6 Gruesome, of death (7)
- 7 Lover (10)
- 9 Fool (4)
- 13 Female actor (7)
- 15 Entrance room (4)
- 17 Cutting implement (5)
- 18 Bottom section (4)
- 20 A bad habit (4)
- 21 Difficult (4)
- 23 Dilapidated (3-4)
- 25 Head parasite (5)
- 27 Eyelash cosmetic (7)
- 28 Muddle (4)
- 29 Auction (4)
- 30 Tangle (5)
- 32 Innocently idealistic or agog with wonder (6-4)
- 34 Yelps (4)
- 35 Ask an expert (7)
- 36 Soil scraper (4)
- 37 Swanky or posh (5)
- 39 Copious spurt of water (4)
- 41 Christ's disciples (8)
- 42 Jetty (4)
- 44 Intoxicated state (7)
- 46 Profession (6)
- 48 Smoked ham (6)
- 51 Back of neck (4)
- 52 Planet Earth (5)
- 54 Excess of supply (4)



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#### Aries

Don't be surprised if what you are planning does not come off as easily as you expected. Focus your energies on developing your happiness, well being and peace of mind. A recovery period has commenced enabling you to make amends, heal old wounds and make a fresh new start. Between home interests and social commitments, you will be on the go for most of the time so if you need a break, speak up.

#### Taurus

An old chapter is drawing to an end whilst certain memories will slowly begin to fade away allowing you to make new starts in an area of your life in which you may have previously felt very stuck and your movements restricted. A close friendship will either develop into something very long lasting and meaningful or come to a complete full stop. Only you can decide which pathway to walk in next.

#### Gemini

Changes occurring in your business and working life could deeply upset you if someone is not being anywhere near as open and honest as they would have you believe. Unwanted stress and pressure will continue to drain your energies until you decide to draw a firm line under things and set out some new boundaries which allow you space to think, breathe and manoeuvre. A make or break scenario in your romantic life looks ever more likely.

#### Quince

For numerous reasons of your own regarding a certain situation, you will decide to cut your losses and go back to the drawing board in an attempt to move forwards and start over again, only this time, completely differently. You are not responsible for the choices other people make, but it is important that you remain in control of your own decision making and start thinking more seriously about your own happiness.

#### Leo

It's not possible to change another person's thinking and if they refuse to see sense or at least listen to what you have to say, is it worth your time and effort being in the least bit bothered about their behaviour, actions and subsequent consequences? Interesting developments in both your working and personal life will restore your faith in life once more as you become aware of new doors beginning to open which will lead you to meeting new like minded people who are more on your wavelength.

#### Virgo

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#### Libra

Those closest to you are the people who understand what you have endured and suffered over recent years and quite rightly, encouraging you to make new plans for a brighter future. A few sacrifices and compromises may have to be made but nothing you cannot take in your stride as long as you remain positive. Someone who has treated you badly in the past may suddenly turn up unannounced, so be prepared for just about anything.

#### Scorpio

Never allow anyone to rush or hurry you into making decisions. Whereas in the past you may have acted impulsively and without much planning or thinking, it's a completely new and different ball game these days because for once you are beginning to put yourself and your happiness first. Unexpected developments will transpire shortly that will change the course of your life forever.

#### Sagittarius

If you are disillusioned with your career or a personal relationship, interesting if not unexpected changes are on their way that will contribute to lightening your load, thus giving you more freedom and breathing space. You may even embark on a brand new business venture that will pay exceptionally well once you get going, if eagle, be cautious about any new comers because it's important that you get to know something about them first before making any promises or commitments.

#### Capricorn

Devote time and attention to your loved ones and put home matters first every time. Remember, others must fit in with your timetable, not you with theirs. Events will cause you to re-think a long term strategy because it's vital that you put your personal needs first. In the past you have been only too willing to go along with things giving others the benefit of the doubt. Obviously this isn't working which is why you have found yourself in this very confusing situation.

#### Aquarius

Pay attention to finances, especially if you have gone mad with overspending and now find yourself in arrears. An appointment to visit the bank at some point may be necessary or better still, stop spending on trivia and put some money aside for emergencies. By joining a new social group you are sure to meet other like minded individuals who are fun to be and full of stimulating conversation away from work and home issues that have recently been draining your energies.

#### Pisces

Events influencing a close relationship will come a full circle forcing your hand as you approach one of the most important crossroads of your life. Making a decision about which direction to go in next will not prove easy, but there again, you are not in a race. You may even seek advice from someone who is not emotionally involved with you and who is able to remain objective whilst counselling you over this matter. Not only that, your restlessness may force you to look for a complete change of direction in your career.

# Eat Your Way to Glowing Skin

You already know that your daily skincare routine is super important. Sunscreen is a must, at any age and in any season. So is thoroughly removing your makeup before bed. Yes, every time! However, no amount of moisturising can beat a bad diet. Your diet is the building block for your body's ability to deal with everyday aggressors like sun, wind, pollution and bacteria, and for it to regenerate cells. Here's a simple rundown of the best nutrients for skin – and the best foods you can eat.

#### Vitamins E, A and K

Vitamin E protects your skin from UV rays while keeping it soft. Vitamin A also acts as defence while increasing cell renewal and vitamin K helps with circulation.

You can find vitamins E and A in extra virgin olive oil, nuts, tomatoes, and avocados. Vitamin K only comes from animal sources like ghee or fatty fish.

#### Complex Carbohydrates

Processed and refined carbs lead to sharper rises and drops in blood sugar, which in turn triggers a cascade of

different aging hormones and sometimes insulin resistance – eating slow-release carbs can avoid this.

#### Water

We don't need to tell you how important water is for health. While drinking loads of water may not be the skin panacea experts once claimed, there's no doubt that dehydration will have an effect on your appearance.

#### Sugar

Sugar is terrible for your complexion!

Avoid high-sugar sweets and pastries, but also beware of hidden sugars: they pop up in staggering quantities in processed foods like pastries and ready meals.



# 'Wasted Space'

By Rob Knight

The average British home contains £34,000 worth of 'wasted space', according to a study.

Researchers polled 2,000 homeowners and found 15 per cent of the typical British dwelling is completely unused.

And based on the average house price of £226,906 this equates to thousands of pounds in and outside the home.

Amid this, the most unused areas of the home include the attic, spare rooms and the garden shed.

The research was commissioned by TalkTalk, who've launched a Wi-Fi Hub which improves internet connectivity around the home.

It identified lack of web connectivity as one of the key reasons for unutilised space.

Home design expert, Linda Barker, who has teamed up with TalkTalk, said: "We literally can't afford to waste space - we're moving house less than ever before and it's becoming increasingly important to make the most of what we have."

The research also found 63 per cent of those polled would be more likely to utilise unused space in their homes if they had stronger Wi-Fi signal.

And a whopping 96 per cent said internet connectivity in the home is important to them.

If choosing a new home, those polled also said Wi-Fi connectivity would be more important than proximity to restaurants and pubs, quality of nearby schools and having parks close-by.

# Campaign for Kindness across Nottingham

Ahead of Nottingham Kindness Day (27th July 2018), Robin Hood Energy will be championing the kindness of Nottingham people.

Robin Hood Energy wants to know if the people across Nottingham have witnessed something in the street that was driven purely by someone wanting to do good. They're on the hunt for stories on people who have completed something selfless across Nottingham.

People are able to share these stories of kindness with Robin Hood Energy on social media alongside the hashtag #NottinghamIsKind, and they'll be announcing the winner on Nottingham Kindness Day

on July 27th – and this person then will be crowned Nottingham's kindest person.

The entire ethos of Robin Hood Energy is influenced by the principles of giving, championing helping other people and supporting the local Nottingham community, which is what this campaign is driven by.

Simon Rhodes, Marketing Manager of Robin Hood Energy says, "At Robin Hood, we're experts in energy and power, but beyond anything, we believe that kindness is one of the most powerful forces that exists. That's why we want to know your stories of kindness in and around Nottingham."



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# Appreciate Your Loved Ones

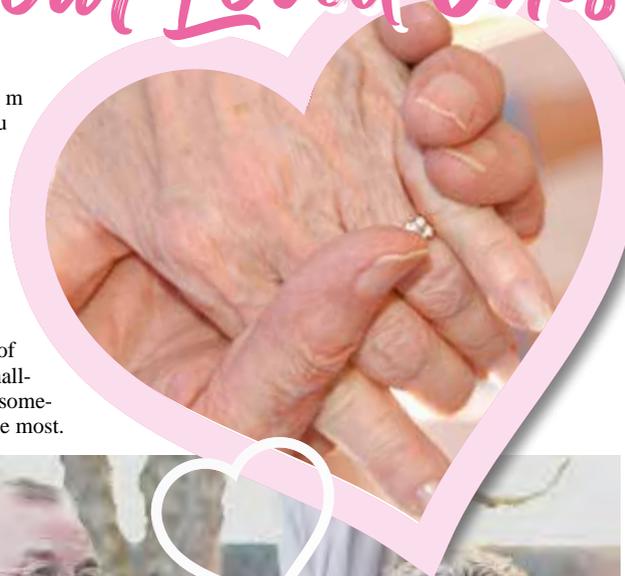
Caring for your friends and family can be something people know all too well, but some people don't know it at all. From the smallest, simplest gesture such as visiting them for a catch up to something more time consuming like helping them with their shopping – use this summer to think about helping your loved ones!

Do you know someone who requires extra assistance, a friend, grandparent or perhaps a lovely neighbour? If you find yourself with a spare five minutes in the day, use that time to think about them and offer them some help, five minutes to you could mean the world to someone else. From helping them carry their shopping or mow their lawn to looking at jobs, care homes or giving some friendly advice – every little helps.

It's so important to maintain your mental and physical health, something which some people struggle to do alone. Invite someone to the gym with you, join an art class, go for a stroll or ride your bikes together to get out and about this spring.

Simple things can mean the most. Have your parents round for Sunday dinner, go on a day trip with your siblings or visit your grandparents out of the blue, putting a smile on the faces of your loved ones is a reward like no other.

Transform someone you love's life today with a helping hand. From aiding them in a tough decision to popping in for a spot of lunch, the smallest gestures sometimes mean the most.



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In fact, at Correct Hearing we say that we don't sell hearing aids – we provide a hearing healthcare service. We are passionate about the wellbeing of people in our community and we want to make sure that we deliver an outstanding and comprehensive service that no one else can match.

This is why we have introduced our TotalCare scheme. When you trust us with your hearing healthcare, TotalCare is our 'promise to deliver' and your 'peace of mind'. TotalCare includes many benefits that you will not get from any other provider. You will have check-ups every six months and annual full assessments. Things like batteries and ear wax removal may not involve any additional cost (depending on the level of technology you buy). The manufacturer's warranty may be extended up to 4 years - depending on what hearing aids you are fitted with - without additional charge. TotalCare also includes a Correct

Hearing unique self-funded insurance scheme to cover accidental loss or damage, and a generous scheme for early replacement of hearing aids should you wish to upgrade to better technology at any time.

We will also enrol you onto a scheme that gives you access to discounts and special offers for many high street stores, saving you hundreds of pounds each year!

For those who choose a hearing aid from our TotalCare Premier Range we are also introducing the Correct Hearing Premier Club. Members will be entitled to a number of exclusive benefits, which will be made available at various times of the year.

*You may also have spotted our new logo. We've had the old one for eight years and decided it was about time for a change. I think that you will agree that this is much cleaner and more modern. We have done this as it reflects our desire to constantly improve. However, the tick is still there!*

Correct Hearing is an independent, community-based hearing healthcare practice and TotalCare is another area where our service goes beyond just the sale and fitting of hearing aids.

To find out more or to make an appointment phone 0115 961 8351 or email [info@correcthearing.co.uk](mailto:info@correcthearing.co.uk) stating if you would like either a 15-minute screening or a full hearing assessment.

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## Most Efficient Care In the Country

Emergency patients at Sherwood Forest Hospitals are receiving some of the timeliest care in the country figures reveal.

Across the quarter of April, May and June 2018 (Q1 2018/19), 95.1% of patients were seen, treated and discharged or admitted against the national standard of 95%. This shows the whole of the health and social care system, NHS community partners and local authority social care teams are working well together with the emergency department team to ensure that patients are receiving timely care. Ensuring that patients are treated within the four hour standard means that patients are receiving safe, timely care across the whole Trust.

Sherwood Forest Hospitals Chief Operating Officer Simon Barton said: "Ensuring our patients attending Urgent & Emergency care are receiving timely access to care is a priority for the Trust and its partners, the improvements we have seen is tribute to all staff working across the health and social care community."



## Branching Out for Beds

Treetops Hospice Care has submitted a planning application for permission to build a new In-Patient Unit dedicated to caring for people at the end of life.

The plans, now with Erewash Borough Council, are to deliver a service providing 12 dedicated end-of-life beds and facilities which would increase choice for local people as to where they receive end of life care.

Treetops, based in Risley, provides nursing care and emotional support for adults with life limiting conditions living in Derbyshire and Nottinghamshire. Last year the hospice supported over 1,800 people with a

range of services provided free of charge.

Treetops chief executive, George Cameron, explained more:

"We believe that everyone deserves a choice over where they receive their care and end of life support. We want to support people with any life-limiting illness to die in their preferred place."

The Unit will be nurse-led with flexible visiting times for family and friends – plans include sleeping facilities for family members. It is hoped that the new service will be open to receive patients from spring 2020.

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Two Nottingham business partners are launching a new weekend craft club designed to boost people's health and wellbeing after they won a Dragon's Den-style bidding contest. Menekse Stewart and Emma Rees were awarded £700 following their triumph and plan to use it in order to get their new venture, the Nottingham Craft Club, which will meet once a month, off the ground. The £700 came from money raised on the night

and a donation from East Midlands chemical company Lubrizol, which has already funded a number of mental health charity ventures over the past 18 months. The pair are both avid crafters and already run a weekday craft club, which is attended by 70 people, every month at the Ugly Bread Bakery in Market Street but have always wanted to do something at the same venue for people who could not attend because of work commit-



## NOTTINGHAM DUO TO BOOST WELLBEING in the City

The Nottingham Craft Club will meet for the first time at Ugly Bread Bakery in Market Street on Saturday, July 14 at 10am and places are limited.

get new club off the ground, they took part in a bidding

event called Hard Heads and Hang Ups, which was held at the THiNK in NG meeting space in Cobden Place, Nottingham, and invited organisations to pitch for money for projects which set out to improve people's mental health.

## Trimming Down

New research has revealed that our ability to exercise self-control is linked to our neurobiology. This means that some of us may find it harder to lose weight in comparison to others as a result of having genetically less willpower. With obesity on the rise, this topic has never been more important! So, why do some people find it harder to lose weight than others and how can you fight the urge...

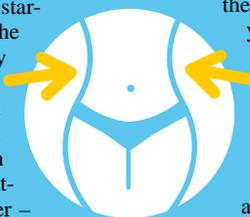
**Resist Goodies at the Checkout**  
You may have been good all day but you go shopping and the

sweets are starting you in the face at every checkout.

Treats shouldn't be an everyday occurrence, but this doesn't mean you should stop treating yourself altogether – in fact it is better to go down the naughty isle every so often as this will stop you from binge eating.

### Exercise

Nutritionist and Fitness Instructor Cassandra Barns explains, "Exercise is an appetite suppressant. It stimulates the release of feel good hormones – the same ones, which are released by sweet or 'junk' foods, stopping



the need for the food you are craving."

Dr Glenville adds, "Exercise or physical activity has never been more important. If you have fat around the middle of your body then exercise must become one of your priorities."

### Foods for you

Research suggests that one diet really doesn't fit all, and what works for some may not be the best for others! Rather than following the latest craze, discover the diet and exercise plan that is made for your body.

Illustration by www.vecteezy.com

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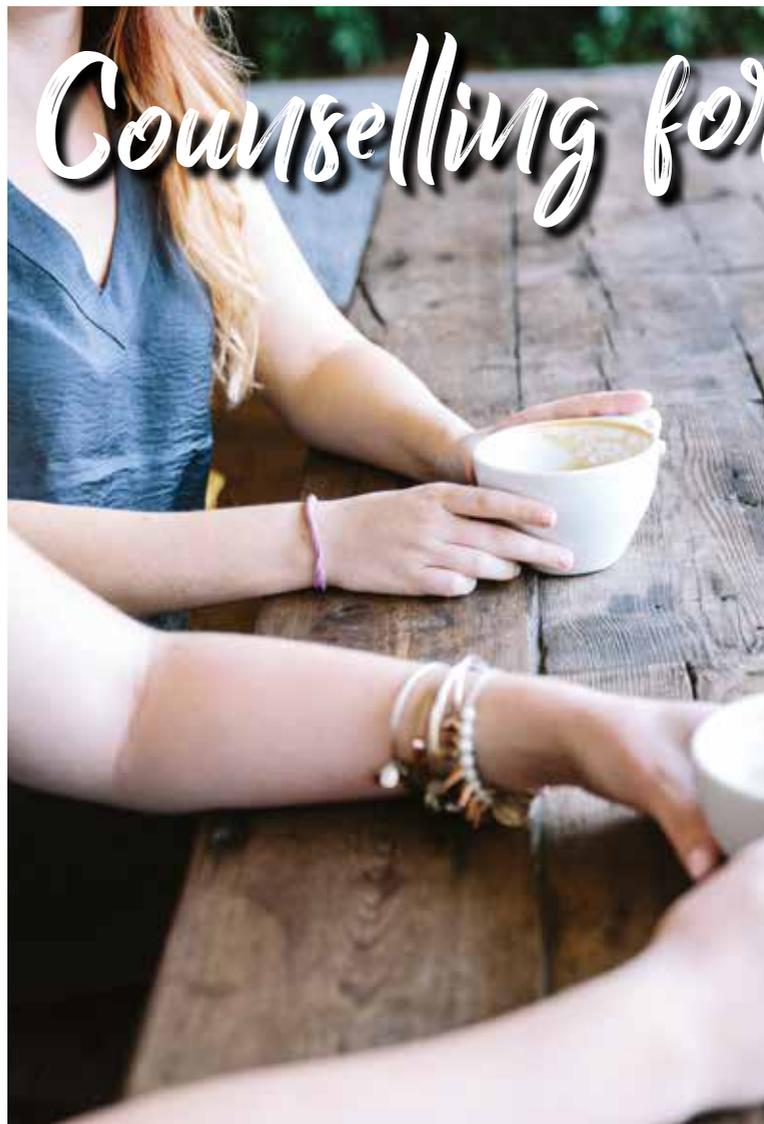
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# Counselling for Change



Visiting a counsellor was once a taboo subject, frowned upon by many who saw it as overindulgence. Brits are famed for their 'stiff upper lip', so what's the need to visit someone to talk about your feelings? Well, times are changing, and the doors of counsellor's offices are opening up more frequently than ever. Perhaps it's the mindfulness movement, which encourages people to pay close attention to the way they are feeling. It could be the fact that the stigma surrounding mental health is slowly beginning to diminish. Either way, people across Nottingham are finding comfort, peace of mind and support through counselling. Perhaps you're one half of a failing marriage that you're desperate to piece together. Seeing a counsellor can help you find the answer to your problems. Are you worried that your child needs more support to help them thrive in the classroom? Educational counselling could be the key to helping them come out of their shell. Family, mental health, rehabilitation and substance abuse are all areas that you can seek counselling for in a comfortable environment where your counsellor will use a variety of techniques to help you overcome the complications that you face in your life. No matter what problems you are dealing with, one that you no longer have to face is the prospect that you will be judged for seeking help through counselling.



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# HOME & GARDEN

## Refresh Your Space



nance side, plants are a good way to go. There are countless species of plants and shrubs which famously flourish in the warmer months whilst adding texture and interest to your indoor and outdoor spaces.

A lick of paint is one of the easiest and most budget-friendly ways to freshen up your home and garden. Whether it's touching up a few walls or up-cycling an outdoor furniture set, it's an easy way to breathe fresh air into your surroundings.

**A simple splash of colour can rejuvenate a space and create a whole new ambiance**

– why not switch up your colour scheme by swapping your cushions and introducing a few new ornaments?

If you want your home or outdoor space redesigning but don't have an eye for detail (or the time), getting in touch with a professional who can do all the hard work for you means you can reap the rewards without having to get your hands dirty. With various interior designers, landscapers and bespoke services available, you'll be able to get everything from the garden shed to a new patio with a quick phone call to a professional. So, where will you start?

For anyone looking to revive their home and garden this season, now is the time to start coming up with new and creative ways to spruce up your space. A few adjustments can make all the difference, and getting your home and garden prepared for summer is a good way to welcome the warm weather.

A trip to your local garden centre or DIY supply shop is an ideal place to start. As well as the flowers and plants available, you'll find any outdoor tools you need to tackle the bigger jobs as well as expert advice on where to start for budding beginners. For those who prefer their home and garden on the low mainte-

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## Beautifully Designed Kitchens



The kitchen is the heart of the home. It is where we prepare meals, entertain guests and dine with friends and family. Designed for functionality as well as style, your dream kitchen should be something that fits in perfectly with your lifestyle and home décor.

Offering kitchens for every budget and style, from traditional shaker kitchens to modern high gloss, you can put your ideas into practice with the design specialists at Belvoir Interiors to create something tailored to you. Belvoir Interiors Ltd was founded over 45

years ago and has sold kitchens, utilitys, bedrooms, studies and other household interiors for the previous 25. They sell a wide variety of Kitchens including Kuhlmann, Beeck, RWK and Prentice Kitchens as well as their own bespoke handmade kitchens

Belvoir Interiors also sell a wide variety of sinks and taps including Quooker, Zip, Franke, Blanco, 1810, Perrin & Rowe, Kohler and many others. Belvoir Interiors can also provide all styles and colours of worktop including Silestone, Dekton, granite, Corian, glass, concrete, and have recently started

to sell solid stainless steel tops. Located in Newark Nottinghamshire on the Lincolnshire border, Belvoir Interiors have a large showroom with over 20 displays of fitted kitchens, sliding bedroom doors and fitted office furniture. All of the kitchens at Belvoir Interiors are fully bespoke, and they offer kitchens for every budget and style to help you find the perfect kitchen for you.

For any information you require on any of the products or services mentioned, please contact Belvoir Interiors on 01636 705892 or email info@belvoirinteriors.com.

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# HOME & GARDEN



## Inside Out

With the sun shining, most of us are keen to spend more time in our gardens than we are in our living rooms. While deck chairs and patio furniture is great for entertaining friends outside, there are adjustments that you can make to ensure that your garden is even more comfortable at this time of year. While you won't want to bring your sofa

even easier. Consider creating a corner on your patio filled with different coloured cushions and blankets. Outdoor living is a big trend at the moment, and another way that you can accommodate this is by investing in larger furniture for outside. Instead of just choosing a couple of chairs to dot about the place, buy larger seats that a few people can fit on. Hang blankets over the arms to create a welcoming space.

outside, there are ways that you can create cosy spaces outside that make relaxing in the sun

*Decorate your tables outside accordingly; you could even place potted plants and candles on them to mirror what is going on inside your home.*

Use colour in any way that you like, but if you enjoy entertaining outside a lot and are a fan of bright colours, why not create a festival theme with oranges, pinks and greens? If neutral tones is more your thing, choose creams and whites, which always look great for summer. Whichever trends you choose, you can be sure that your garden will feel even more relaxing and homely this summer thanks to a few simple adjustments.

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