



CEO receives award for services to education
Page 44

Nottinghamshire in Focus

PRIME COMFORT
Mobility Aid Centre

Mobility scooters • Wheelchairs • Power Chairs • Riser Recliners
Wide Fitting Footwear • Stairlifts • Profiling Beds • Mattresses
Rollators • Shopping Trolleys • Walking Sticks and lots more!

1 Market Place, Grantham, NG31 6LD Telephone 01476 560044
primecomfort.co.uk

ISSUE 357 | [f nottsinfocus](#) | [#nottsinfocus](#) | www.nottsinfocus.co.uk | 20p where sold | 28 Jan–10 Feb 2020

Lincolnshire Shooting Centre incorporating Burgh Gun Shop

Shooting can be enjoyed by persons with physical disabilities. The disabled are most welcome to participate.

The complete package, and our customers rate us as the finest centre in the country.
 ■ 100m all weather outdoor range ■ 50m outdoor range is used for archery and air rifles during the lighter, warmer months ■ 30m indoor range allows the shooting of fullbore, smallbore, air rifle, air pistol and archery, all year round ■ Fully licensed restaurant and bar.
Beginners classes for pistol and air rifle every other Wednesday.

For more details, please ring 01754 810424 or email lsc.complex@gmail.com New Farm, Ingoldmells Road, Burgh Le Marsh PE24 5HF Open 7pm until late

New knife crime campaign launched

Youth service Fearless.org, part of the independent charity Crime-stoppers, has launched a new campaign in Nottinghamshire to educate young people about knife crime and how to keep themselves and others safe.

Running for eight weeks, it has three main elements:

- To inform young people between the ages of 13 - 30 and communities on knife crime and the consequences
- To appeal to those who might have information to report it anonymously
- Warn of the risks of the joint enterprise law, which has seen young people in Nottinghamshire imprisoned for playing very different roles in a crime, including being a by-stander.

Three new DAX (Digital Audio Exchange) adverts have been launched for the campaign, to be streamed on music platforms and
Continued on page 2



ON BOARD FOR TEENAGE CANCER TRUST

3 Major citywide blueprint for Nottingham
A major citywide blueprint for how Nottingham could develop and grow over the next ten years and beyond has been given the green light.

Looking for Community Heroes 4
Nottinghamshire County Council is once again looking for new community heroes and heroines.

14 Royal boots & outfit sell for thousands

25 A choir that really rocks
An alternative experience to the traditional classical or community choir, with feel-good pop, rock and contemporary chart songs.

Outstanding Childcare

For children aged 6 weeks to 5 years

Fun is an essential ingredient at Edwalton Day Nursery and Preschool where the care and education opportunities for each and every child are as extraordinary as the staff who provide them.

We would be delighted to show you around

Please call 0115 945 2741 or email edwalton.nursery@childbase.com

Edwalton Day Nursery and Preschool, 227 Melton Road, Edwalton, Nottingham, Nottinghamshire NG12 4DB
Open 7.30am to 6.30pm
www.childbasepartnership.com

BENCHMARKX Kitchens and Joinery

WE WILL NOT BE BEATEN ON PRICE!

CALL US ON **0115 986 9725**
OR VISIT OUR NEW SHOWROOM
GATESIDE ROAD, QUEENS DRIVE INDUSTRIAL EST, NOTTINGHAM, NG2 1LT
WWW.BENCHMARKXKITCHENS.CO.UK
OFFERS ONLY APPLY AT BENCHMARKX NOTTINGHAM BRANCH

We want to hear from you

At Nottinghamshire in Focus we love to hear from our readers. You may have a news story you would like to share or you just want to comment on our 'new look' newspaper. If you are organising a car boot sale, jumble sale or charity fundraiser, please send us the details so we can promote your event.



ONLINE

nottsinfocus.co.uk



FACEBOOK

/nottsinfocus



TWITTER

@nottsinfocus



INSTAGRAM

/nottsinfocus



PHONE

01159 313879



EMAIL

editorial@nottsinfocus.co.uk

01159 313879

69a Main St, Burton Joyce NG14 5ED

New knife crime campaign launched

From the cover

the radio. They remind young people that they do not have to be holding a knife to be convicted. It also encourages them to report anyone carrying a knife, or any concerns they have, anonymously.

As part of the campaign a number of schools in Nottinghamshire will become 'Fearless schools', meaning all pupils and teachers will receive training and materials during special assemblies. This will ensure they are fully informed about different crime types and are aware of how young people can stay safe and report their concerns anonymously.

Lydia Patsalides, East Midlands Regional Manager for Crimestoppers, said: "Recent knife crime figures in Nottinghamshire show that knife crime has reduced, which is encouraging. We want this trend to continue and this is why we are doing this campaign.

"It is all our responsibility to keep young people in Nottinghamshire safe. But equally we want to reach out to young people should they have any information or are concerned about someone involved in crime.

"Fearless.org isn't about judging young

people. It's about boosting their understanding and giving them answers to questions about serious crime they might have. It also shows they have options when reporting crime, such as using our service to pass on information 100% anonymously via our website, without the fear of any repercussions.

"Our charity has always kept its promise of anonymity to everyone who contacts us."

To get more information on Fearless.org and the resources it has available to young people and their peers, visit Fearless.org. If you have crime information, you can fill out the untraceable form on the site anonymously.

CCTV service gets seal of approval

Mansfield District Council has been awarded an official seal of approval for its CCTV service. The certificate of accreditation by the service's national ruling body, the Surveillance Camera Commissioner, means the operations in Mansfield now officially fully meet all the guiding principles and legal requirements set out by the Commissioner's office.

David Evans, Head of Health and Communities at the council, said: "The service has, of course, always operated within the legal framework and to certain expected standards but now this is officially recognised."

The council's CCTV service, provided 365 days a year, 24 hours a day, deals with about 10,000 incidents a year, ranging from shop thefts and drug related issues, to robbery and assaults. As a result of its interventions last year, more than 1,000 arrests were made. Its temporary cameras have also captured 50 fly tips since October.



The council's CCTV cameras currently monitor more than 170 locations in Mansfield, Mansfield Woodhouse, Warsop, including the Robin Hood railway line, lift alarms and cameras at the Walkden Street

and Four Seasons car parks and a new permanent camera in the Ladybrook area.

The state-of-the-art system is able to stream live incidents directly to Nottinghamshire Police headquarters, which helps officers decide how best to respond to incidents.

The council service also provides a specialist review suite which enables the police to create DVD evidence for court cases. Last year it was used more than 700 times by the police to create over 380 DVDs. The council is also able to offer the service to other organisations to create income to help pay for the service. Clients include Amber Valley Borough Council, with cameras in Ripley, Belper, Heanor, and Alfreton, and the Mansfield and Ashfield bus depots. For more information about the service see www.mansfield.gov.uk/community-safety-crime.

Council approves school expansion

Nottinghamshire County Council is investing £630,000 to expand St. Luke's Church of England Primary School, in Shireoaks, near Worksop.

The expansion will provide an additional 35 places for pupils at the school.

The extra places are to cater for an expected increase in the number of primary school age children due to nearby housing developments. When the expansion is complete, the school will be able to provide places for 140 pupils.

Housing developers are providing just

over £595,000 of the cost of the school expansion, as well as land which has been allocated to St. Luke's as outdoor space for the children.

The county council gave approval to proceed to the construction phase on 13 January 2020, acquiring the land needed to begin building a permanent module to complement the existing school buildings already on site.

Councillor Philip Owen, Children and Young people's Committee Chairman said: "Our community is growing, and it is im-

portant that we have enough school places to cater for all the children in Nottinghamshire.

"I'm pleased to confirm that the planned expansion of St. Luke's will go ahead, which will help to ensure we can provide places for parents in this area. This is a good school, with an excellent team of teachers, and I'm confident it will provide a great education for local children.

"We want all children in Nottinghamshire to attend good schools where they can achieve their potential, and this expansion will support that."



Tennis volunteers wanted for Open

Nottingham City Council and the Lawn Tennis Association (LTA) are looking for volunteers to help at the Nature Valley Open tournament (6-14 June). There are options for all ages from ten years old.

The Nature Valley Open combines a Women's Tennis Association (WTA) International with a men's top level Association of Tennis Professionals (ATP) Challenger Tour event; attracting the stars of men's and women's tennis as they prepare for The Championships, Wimbledon.

Demand is expected to be extremely high for places. Younger people (aged 10-18 years) can get involved in Ball Crew try outs. Ball Crew auditions will be held on 15 or 16 February – last date to apply is Friday 14 February.

Visit <https://nottinghamballcrew.weebly.com> for more info and to apply online.

The team would also like to hear from potential volunteers who will be 18 or older at the time the event takes place and who can commit to a minimum of three days during the tournament. An interest in tennis, events and great customer care is also helpful. The deadline for volunteer applications is Sunday 16 February.

Volunteers can expect to undertake a mixture of roles including court stewarding, ticket checking and wayfinding. More specific roles include practice court supervisors, Eco-Champions, information point operators, participation assistants, buggy drivers and player services hotel assistants (off-site).

Applicants may be required to undergo an LTA Enhanced DBS check for specific roles.

To find out more and download a role description go to: <http://bit.ly/NVOVs2020>

South Notts Computers
"The Heart of Computers"
www.iphone.applepairs.co.uk

iPhone & Apple Repairs

If you have damaged your iPhone in anyway, we can fix it in super quick time. We are guaranteed to beat quotes from Apple on any repairs and you are getting the same great quality fix by a qualified and experienced engineer

Cracked or broken iPad? We can fix it!

Broken iMac or Macbook? We can fix it!

If you need a quote or to book a repair please give us a call on:
0115 9147066

Microsoft Registered Refurbisher
Microsoft Technology Associate
iMend Mobile phone repairs

Looking for local social events and activities?

Everyone welcome!

From meals out to coffee mornings, outings & talks, you can be sure of a warm welcome.

Wednesday 5th February: Cinema Buddy 1.30pm
No need to go to the pictures alone. Come and join us.
Odeon, Park Lane, Mansfield NG18 1BU Price As per tariff

Tuesday 11th February: Meet & Greet 2pm
Relax, unwind and have a natter. Not Just Desserts,
7 Toothill, Mansfield NG18 1NJ Price As per menu

Friday 28th February: Dine Around the World - Himalayan Inn 7pm
Nepalese & Indian food at its best. **Book by Friday 21st February.** Himalayan Inn, 156 Front St, Arnold NG5 7EG
Price As per menu

To book onto one of our events, or to find out more, please call Melanie 0115 963 8766

www.oddfellows.co.uk

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

Carpet & Flooring Stockists in Nottingham

Free Estimates & Measuring Service

Carpets • Laminates • Rugs
Beds • Vinyl Flooring & Much More
Luxury Vinyl Tiles (LVT)

STCF
ST THOMAS
CARPETS & FURNITURE

OPENING SOON

www.stthomascarpets.co.uk

655 Western Boulevard, Nottingham, NG8 5GR

FREE PARKING AVAILABLE

Major citywide blueprint for Nottingham

A major citywide blueprint for how Nottingham could develop and grow over the next ten years and beyond has been given the green light.

An important council document identifying potential sites for development and their uses was adopted

at Nottingham City Council's recent Full Council meeting.

As well as identifying which sites could potentially be redeveloped, the council lays out its vision of what type of development could be permitted on each site, such as, office space, retail,

food and drink establishments, employment and residential sites, hotels and purpose built student accommodation. The plan also ensures that heritage assets and conservation areas are considered and protected.

At the heart of the plan is a greater

emphasis on housing. Policies include, where possible:

- More affordable housing in new housing developments
- A mix of different types of homes, which meet the needs of Nottingham people and

encourages the development of family housing in neighbourhoods

- Protection for current housing from being converted to other uses such as HMOs
- A target that at least 10% of new homes should be accessible and adaptable to support more vulnerable people and those with specific needs
- A mix of good quality homes, which meet national space standards and are designed and constructed to be sustainable, for example, energy and water efficient, low carbon and use recycled materials.

The plan also ensures that new developments have consideration for its surrounding biodiversity and environment and that there is a greater requirement for open space.

Consideration is also given to good transport links, creating employment opportunities, the development of out of town locations and the public realm, and improving local facilities and services such as doctors and schools.



Rainbows film is shortlisted for award

Last year celebrities came together to help Rainbows Hospice for Children and Young People create a video "Busting the Myths" about children's hospices.

A total of 400 videos were submitted for the Charity Films Awards and Rainbows has now been shortlisted. More than 65,000 members of the public voted for their favourite film and an overwhelming response means Rainbows' Busting the Myths will now go to the judge's vote.

Famous faces, including Coronation Street actor Charlie De Melo, Strictly legend Len Goodman and ex-England footballer Stuart Pearce, teamed up with Rainbows to make the special film as part of the charity's 25th birthday celebrations in 2019. The hospice cares for babies, children and young people with life-limiting illnesses from across the East Midlands.

The video was a huge hit on social media being liked on Facebook more than 1,000 people.

Jo Sims, Head of Family Support at Rainbows, said: "A lot of hard work went in to creating this film to dispel some of the misconceptions as to what a children's hospice is actually like.

"We hear all sorts of myths about the hospice, and while yes, we are always dealing with sensitive and sad situations, we always ensure our children, young people and their families create memories. It is about living life in the time they have left, whether that is hours or years. We aim to fulfil their wishes while providing the best care for the whole family.

"We are delighted to have been recognised for our work and fingers are crossed for the next round of judging."

To watch the video, visit rainbows.co.uk/myths



Frank Bruno teams up with Nottingham charity

Former World Heavyweight Champion Frank Bruno has become a patron of Nottingham charity Switch Up and its sister organisation Nottingham School of Boxing.

Whilst Frank Bruno will be helping to raise awareness of the charity's vital work, his team at The Frank Bruno Foundation will be working closely with Switch Up to achieve their common goal of helping young people at risk of gang crime and violence.

Marcellus Baz BEM, founder and CEO of Switch Up and Nottingham School of Boxing, said: "Frank is a British legend; having his experience of mental well-being alongside our team's specialist knowledge of serious youth violence and knife crime will provide two expert resources that will have a real impact on our community and country.

"Officially partnering with Frank and his foundation means we're all going to be stronger, both in Nottingham where we are based but also in North-

ampton where Frank's gym is due to open at the end of this year.

"We want all young people to have easy access to mentors and role models who can give them hope that they can find their way out of the dark places in their lives. This partnership takes us a step closer to making this possible for even more of those in need."

Frank Bruno said: "I think young people are starting to lose their path - it's trendy to be in a gang and have a knife. If we can all link together and have some understanding of these problems, we'll make a real difference. Providing somewhere they can go, with people who've experienced their side of things whilst also advising, educating and slowing them down is crucial."

Switch Up and Nottingham School of Boxing use physical activity, mentorship, counselling and education to help young people with complex issues. For further information visit <http://www.marcellus-baz.co.uk/>.

PCC SEEKS ASSURANCES OVER FUNDING

Nottinghamshire Police and Crime Commissioner Paddy Tipping has approached the Government's housing minister calling for a swift decision on the allocation of new funding of domestic violence refuge services.

The PCC has written to Newark MP Robert Jenrick, Secretary of State for Housing, Communities and Local Government, welcoming the launch of the Safe Accommodation Fund - a £15m boost announced in November for the provision of specialist support and safe accommodation to help victims of domestic violence rebuild their lives.

The fund is available to all local authorities during 2020-21 for the commissioning of support to victims of domestic abuse and their children within safe accommodation.

In his letter, Mr Tipping highlighted the need for funding decisions to be announced quickly to secure Nottinghamshire's existing services and minimise the risk of losing trained and experienced refuge support workers.

He said: "In Nottinghamshire we have strong local commitment to tackling domestic abuse. The City and County Councils and I invest over

£3.5m annually into a wide range of specialist domestic support services and we already have specialist multiagency strategic partnerships in place which are very similar to the proposed Local Partnership Boards.

"I am also very supportive of the forthcoming bids to the Safe Accommodation Fund from Nottingham City and Nottinghamshire County Councils.

"In Nottingham and Nottinghamshire almost half our 77 refuge units are currently MHCLG funded. If further MHCLG funding is not secured, we will be unable to sustain them locally."

The PCC expressed concerns over a potential time delay between the current funding finishing and the new investment beginning and said partners were working locally to identify "bridging funding" to secure services temporarily, should this occur.

"It would be very helpful if MHCLG could announce its funding decisions as early as possible to minimise the risk of services losing trained and experienced refuge staff and valued emises; and to ensure that women and children continue to be able to flee violence and harm," he added.

The fund is available to all local authorities during 2020-21 for the commissioning of support to victims of domestic abuse and their children within safe accommodation.

Brand new and used Stairlifts from £800 (fitted)

OVER 100 ACORN/BROOKS STAIRLIFTS IN STOCK

NEXT DAY FITTING AVAILABLE

Latest models for peace of mind

- Established 1987
- Main Dealer
- Straight
- Curved
- New • Used

CARLTON BASED COMPANY

www.liftec.co.uk



**CALL ROGER AT LIFTEC
0115 987 5218**

**MADE IN
BRITAIN**



Nottinghamshire Community Heroes is seeking nominations for people who go the extra mile for a neighbour, an organisation or a local community.



LOOKING FOR COMMUNITY HEROES

Nottinghamshire County Council is once again looking for new community heroes and heroines.

Nottinghamshire Community Heroes is seeking nominations for people who go the extra mile for a neighbour, an organisation or a local community.

Chairman Kevin Rostance is appealing for nominations from across the county. He said: "I am delighted to launch the next round of our Community Hero Award.

"The award gives us the opportunity to celebrate the wonderful people of Nottinghamshire and say thank you to many unsung heroes, who do amazing work within their local community, which

can sometimes go unrecognised. "This is the last Community Hero Award which I will present as Chairman, as my time in office comes to an end."

Potential nominations could include:

- Help vulnerable people with shopping or give lifts for medical appointments
- Support young people in their community
- Volunteer for a good cause
- Lead a local community project which has made a difference to people's lives
- Have carried out a heroic or selfless act

The Nottinghamshire Community Hero nominations criteria are as follows:

- Nominees must live in the county
- Nominees must work or volunteer within the county
- Nominations should not be party political
- Nominees and those nominating would feature in award publicity

All nominations need to be submitted by 28 February for more information go to: www.nottinghamshire.gov.uk/nottscommunityheroes. Check out #NottsHeroes on Twitter

Plans to regenerate Top Wighay are approved by County Council

Nottinghamshire County Council has approved plans for the construction of two highway junctions to pave the way for a proposed major development at Top Wighay Farm.

Proposals include the expansion of a roundabout on the A611/Annesley Road and a new signal-controlled junction as well as a new, three-metre wide, shared use footway/cycle lane along the northern side of the A611 north of Hucknall and to the west of Linby.

The Top Wighay development would create more than 1,000 full time jobs as part of a new flagship village on a 40-hectare site near Linby, which includes more than 800 homes, a new primary school, playing fields, potential for allotments and a village hall.

The creation of the new village could generate £873 million* economic output contribution over

a ten-year period.

Councillor Kay Cutts MBE, Leader of Nottinghamshire County Council, said: "I am absolutely delighted and excited that this decision now means the Top Wighay Farm development is moving closer to becoming a reality.

"This development is one of this Council's flagship projects and it will create a real sense of community by integrating new homes, a new primary school, areas of communal open space and a neighbourhood centre with potential for facilities such as a medical centre. There will also be new offices for County Council staff that will act as a catalyst for local economic growth.

"The creation of more than 1,000 jobs will also be a tremendous boost to the economic prospects of the whole area over the next decade.

"The investment in community facilities, infrastructure and education facilities means that the Top Wighay development will be positive for everyone as it will have the needs of the local community at its core."

The site will build upon existing landscape character to create an extensive and diverse framework of green infrastructure which encourages biodiversity and quality landscaping. Attenuation ponds and innovative drainage systems to help the site to cope with surface water while supporting wildlife.

The proposed highways improvement have been funded by a £5.8 million grant from the Homes England Local Authority Accelerated Construction Fund and with additional funding from Nottinghamshire County Council.

Work to start on car park cladding

Work has started to replace the concrete panel cladding at the Walkden Street car park in Mansfield.

The £1.7m scheme will see panels replaced on two sides of the car park plus the area around the entrance and it will mean a number of car parking spaces will be unavailable for the duration of the work both in the multi storey car park and the old bus station surface car park

The project started last week (24 January) and is expected to continue until September.

Part of the surface car park will be fenced off to form a compound

for the contractors and there will be a revised car park one way system.

The car park will also be completely closed for periods of time during the work when the contractors replace the cladding around the entrance. The dates for this are not yet known.

Access to Stockwell Gate via steps from the old bus station car park will not be possible during part of the project. The closure dates will be known closer to the time and the public will be kept informed.

The improvements will form part of the council's wider strategy to improve Mansfield and make it

more attractive to encourage more people to visit and shop in the town centre.

Cllr Stuart Richardson, Portfolio Holder for Regeneration and Growth, said: "Some of the concrete panels have reached the end of their natural life and were deemed a potential danger in 2018. The council had known this work was coming and had budgeted to deal with the issue.

"We apologise for any temporary disruption and inconvenience that this project will cause and we hope users of the car parks can bear with us while this vital work is carried out."



Support for Australian Disaster Relief

Skipton Building Society is making it easier for people in the UK to donate money to support the Australian Red Cross Disaster Relief and Recovery fund in wake of the devastation caused by the Australian bush fires – with over 2,100 homes destroyed, 27 people killed and over a billion animals killed.

Over a hundred bushfires continue to burn across the country, with a total of 18 million acres of land already consumed by the flames.

The Australian Red Cross Disaster Relief and Recovery helps the emergency team carry out its vital work. It enables the charity to give those affected by disaster, much needed support. This can vary from providing a safe place to take shelter, psychological first aid, information and practical support through the time it takes to recover. The fund also covers the costs of training its vol-

unteers, vital equipment and transport.

David Cutter, Group Chief Executive at Skipton, said: "It is astonishing to see the devastation that is being caused by the outbreak of bush fires across Australia. Here at Skipton our people and customers tell us they want to try and help and though we cannot physically donate our time in the efforts in Australia, we can provide a place for anyone who would like to give some money to the Australian Red Cross relief fund.

"For anyone who would like to make a donation to support the amazing work that is carried out by the Australian Red Cross Disaster Relief and Recovery fund, they can do so over the phone, online or in one of our branches."

People can now donate money in any of the society's branches across the UK or by calling 03457025026.



WILLS WRITTEN IN THE COMFORT OF YOUR OWN HOME!

PROPERTY PROTECTION

- Over 70,000 homes have been repossessed to pay for care home fees!
- Ask me on the day how we can help!

Capital Alliance Financial Services Ltd are authorised to take your instructions & are covered by Public Indemnity Insurance for Wills & Inheritance Planning

2 WILLS £160 NO VAT!

Call Today **0843 208 4519**
or **07973 113 882**
Available 9am - 9pm 7 days
www.wills4finance.co.uk
Email: wills@4finance.co.uk






WORLD OF MOWERS

GARDEN MACHINERY

SERVICING

FREE LOCAL PICKUP

PART EX YOUR OLD RIDE ON MOWER **GET CASHBACK** AGAINST A NEW ONE

WE STOCK A
WIDE RANGE OF
SPARE PARTS

TRY US FOR ALL
YOUR NEW
GARDEN MACHINERY

RIDE ON
MOWERS
FROM
£1199.00

Mountfield



STIGA

Tanaka

LAWNFLITE

VISIT OUR SHOWROOM

Crifftin Enterprise Centre, Unit 8, Oxtun Road, Epperstone,
Nottingham, NG14 6AT



Find us on Facebook

★ Trustpilot



www.worldofmowers.co.uk

☎ **0115 920 0099**

Pioneering scheme gets underway in Nottingham



The next phase of a pioneering scheme to turn hard-to-heat council houses in Nottingham into ultra-low energy homes got underway recently.

Nottingham is the first place in the UK to pilot the ground-breaking whole-house renovation approach known as Energiesprong, with ten homes successfully completed and a further 17 now underway. It formed part of the winning submission which saw Nottingham City Council named the UK's Climate Champions at The Guardian's Public Services Awards 2020.

As part of the Nottingham City Council Energiesprong initiative, more houses in Sneinton are receiving improvements tackling some of NCH's older housing stock that is hard to heat and lifting residents out of fuel poverty. As well as being warmer, the environmental performance of the homes will be greatly improved reducing carbon

emissions and improving air quality.

The project will be rolled out to 138 properties throughout the city, managed on the council's behalf by Nottingham City Homes, with further phases also being planned. The aim is to not only make the houses warmer and reduce energy bills for tenants, but also improve the environmental performance of the homes, helping towards Nottingham's ambition to become carbon neutral by 2028.

The Energiesprong approach, pioneered in the Netherlands, upgrades a home with innovative energy-saving and energy-generating measures, including new highly insulated outside walls and windows, a solar roof, and a state of the art heating system. The end result is homes that are almost net zero carbon. This phase of the scheme is being funded through a European Regional Development Fund grant of £5m.

Jobs created by Broadmarsh regeneration

The major regeneration work taking place at intu Broadmarsh is providing an employment boost in the city, creating a range of construction jobs for local people in Nottingham.

The transformation of the shopping centre is progressing every day and job figures being tracked by intu and Nottingham City Council show that nearly 600 people had worked or were working on the site by the end of 2019, with a huge 57% of those being Nottingham city residents, all helping to deliver a destination with a difference.

Typically, only around 25% of construction workforces on a particular develop-

ment come from the local area.

intu is transforming the centre whilst it remains open for visitors wishing to use the range of shops inside. Lead contractor Sir Robert McAlpine continues to carry out demolition and strip-out works, with activity to deliver new structures, glazing and various new facades now gathering momentum.

Upon completion, intu Broadmarsh will complement the wider city offer, providing a vibrant mix of independent and high street brands, flexible event space and leisure experiences including Hollywood Bowl and The Light Cinema.

Housing Aid move to new one stop shop

Housing Aid, who support the homeless or those threatened with homelessness, has moved to the new Customer Hub at Nottingham City Council's Loxley House.

They have been joined by Nottingham Revenues and Benefits service, which provides council tax and housing benefit support. Both are on the redeveloped ground floor area with Jobcentre Plus and Nottingham Futures.

The new Customer Hub will provide a one stop shop for people accessing essential City Council and Jobcentre Plus services in an accessible and friendly environment, including Housing Benefit's advice, support and assistance to those facing homelessness. The offices will include a new entrance from Trent Street, next to the taxi ranks, to allow quick access to services and free to use PCs.

The relocation of these services will support the long term plans for the redevelopment of Angel Row into office space once the new Central Library opens at the Broadmarsh Car Park from 2021, and allow the redevelopment of the Housing Aid site into new residential properties.

Councillor Sally Longford, Deputy Leader of the Council and Portfolio Holder for Energy, Environment and Democratic Services, said: "Bringing essential council services like Housing Aid and Revenues and Benefits together with Jobcentre Plus and Nottingham Futures under one roof will make life easier for people who need to access these services. Instead of having to visit two or three sites, this will become a one stop shop where real wrap around support can be provided to the people of Nottingham."

"This is a key council pledge – to make life easier for the public, placing these services in a central location near our excellent public transport in a supportive environment. The relocation of these services also allows us to press on with other key commitments, such as a new Central Library including the best children's library in the country and more housing in the city centre."

PCC responds to Government grant announcement

Responding to the Government's recent announcement on the Police Grant, funding streams and precept limits, Nottinghamshire's

Police and Crime Commissioner Paddy Tipping said: "The announcement is good news for Nottinghamshire residents. Everyone will see a more visible police presence. There will be more police officers in their neighbourhoods, communities and streets.

"It means 107 more officers for Nottinghamshire in the next year, focussing predominantly on proactive policing in every neighbourhood in the county and the city. I know this is what people want to see. At the end of the day, they, like me, simply want to be safe

and feel safe in their homes and communities. "These officers are in addition to the 40 extra officers recruited this year as a result of my budget for 2019-20. Whilst this is positive news and a big step forward, we need to recognise that it will take

three years to get back to the level of officer numbers that existed in 2010. I'm pushing for even more investment." The Commissioner can now finalise his plans for the budget for 2020-21 which will be presented to the Police and Crime Panel on 6 February 20.

LACE MARKET HOTEL

Nottingham

AFTERNOON TEA
£24 PER PERSON

- SANDWICHES -
- HOMEMADE SCONES & DESSERTS -
- PROSECCO -
- UNLIMITED HOT DRINKS -

Saint Bar

COCKTAILS
HAPPY HOUR MON-THURS
5PM-8PM £6 COCKTAILS

EVEN SAINTS DRINK SOMETIMES

Let them eat cake!

- Marie Antoinette




EMAIL: SALES@LACEMARKETHOTEL.CO.UK
PHONE: 0115 948 4414



Work starts Stapleford business hub

Nine businesses will soon be able to benefit from office space in Stapleford's new business hub, as Broxtowe Borough Council begins work to transform the old Police Station site.

Cllr Milan Radulovic visited the site recently to see progress.

The site, which has been vacant for several years, will be refurbished into nine offices of varying sizes, as well as kitchen and break out facilities for new or expanding businesses, thanks to funding from D2N2's Local Growth Fund.

The Stapleford Business Hub is the second which has been de-

veloped by the council and follows on from the successful hub in Beeston which is now home to five businesses.

As well as affordable rent rates, the new hub will benefit from dedicated business support, intercom system and parking. The shared space will also offer fantastic networking opportunities with other businesses in the hub.

Leader of the council Councillor Milan Radulovic said: "This is great news for Stapleford. Not only will the new hub help support new and growing businesses to take the next steps, it also

brings a long-term vacant site back in to use and will bring new customers to Stapleford's high street. We've already received enquiries so if you're interested in rent one of the offices, get in touch as soon as possible."

The new business hub is just part of an exciting future for Stapleford, with the town selected as part of the Towns Deal programme.

Anyone interested in renting in the Hub should contact Rebecca Ogden on 0115 917 3826 or by emailing economic.development@broxtowe.gov.uk



Children plant 700 trees

Local school children have planted 700 trees at Hetley Pearson Recreation Ground as part of the Broxtowe Borough Council's Green Futures campaign.

Mayor of the Borough of Broxtowe, Councillor Michael Brown joined children from Trent Vale Infants School to plant a mixture of native trees, including cherry, hazel holly and hawthorn, with another group of children from Beeston Rylands School attending in the afternoon to help complete the task.

The event was in partnership with Beeston and District Civic Society, who donated £1,000 towards providing 10 large oak trees and protective fencing around the area and Nottinghamshire County Council's Greenwood Team, who provided plant material and organised the school involvement.

Chair of the Environment and Climate Change Committee, Councillor Helen Skinner said: "This is a fantastic partnership between Broxtowe Borough Council, Nottinghamshire County Council, Beeston and District Civic Society and local young people.

"Hopefully if we all work together to reduce emissions and plant trees to remove excess carbon from the atmosphere future generations will not have to deal with the extreme consequences of climate change."

Amongst the trees were two saplings from the Major Oak in Sherwood Forest that were donated by the RSPB (Royal Society for the Protection of Birds).

These were collected as acorns and grown on by children in Edwinstowe village. An additional sapling was taken to Gutersloh, Germany last summer and gifted to the local community as part Broxtowe's twinning links with the town.

Pupils learn vital life lessons

Year 6 pupils from Gotham Primary School have recently been on a unique school trip – they have visited an interactive centre in Leicester to help them learn a variety of life skills from internet safety to fire risks in the home.

Thanks to sponsorship from local organisations including British Gypsum (whose head office is at nearby East Leake) the pupils visited the 'Warning Zone'. Over a full day the pupils learned about fire risk in the home, knife crime, electricity and building sites, alcohol, personal safety, risk around water, arson and criminal damage, road safety and risk around railways. The session also taught them about internet safety including online grooming, phishing, cyber bullying, sharing images, internet terms, and protecting personal information.

The Warning Zone's mission is to 'reduce the amount of accidental injury and deaths in young people and to also reduce the number



of children entering the Criminal Justice System'.

Gotham Primary School governor Andy Howard said: "This was an incredibly worthwhile day away from the classroom. The Warning Zone engages with pupils at a key transition in their

life – when they are on the verge of becoming adolescents and young adults.

"The aim then is to teach them vital messages when they are younger so that they can make more informed decisions about risks and consequences both on and

off-line and understand the age of criminal responsibility in this country which is 10. We thank our sponsors for enabling the trip to happen."

Martin Laing from British Gypsum added: "We were delighted to be able to support Gotham Primary

School pupils on this trip. Safety is a core value of our organisation, so when we heard about the agenda of the visit to Warning Zone, encouraging young people to consider many aspects of their personal safety, we immediately decided to provide support."

New sponsor for FASHANNE

FASHANNE, the student fashion awards founded by BBC East Midlands Today presenter Anne Davies, has announced that it has signed global sports, outdoor and fashion brand management company, Pentland Brands, as the official sponsor of its Footwear and Accessories Award category for the event to be held in April.

FASHANNE returns to Nottingham on 29 and 30 April 2020. Since its inception in 2016, the event has supported the next generation of fashion talent, by working with sponsors and renowned fashion businesses within the region to showcase exceptional talent and create unrivalled employment opportunities for students.

Pentland Brands owns global sportswear and fashion brands including Canterbury and ellesse, with headquarters in London and 25 further sites across the globe. Its renowned swimwear brand, Speedo International, is located in Nottingham.

This is the first time the company has sponsored the FASHANNE Awards and as an official Gold sponsor, will play a key role in enhancing career development within the fashion industry. It will be providing expert mentoring and a much sought-after two-month internship for the winner of the Footwear and Accessories Award category.

Anne Davies said: "As an international company, Pentland Brands has been responsible for supporting the careers of many talented individuals across the East Midlands and it is fantastic that our students will have the unique opportunity to benefit from this brilliant company's mentoring and internship programme."

For further details, or to book tickets go to: <https://www.fashanne.com/>



Newark and Sherwood District Council

Business Event Calendar February- April 2020

Business Health Check

D2N2 Growth Hub/NSDC
12 February 2020

Newark & Sherwood District Council

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

How To Secure Public Sector Contracts

East Midlands Chamber/NSDC
Newark & Sherwood District Council
11 March 2020 8am - 1130am

This event focuses on public procurement processes, and seeks to boost the confidence of smaller businesses to tender for locally-available work in Newark & Sherwood, Mansfield, Ashfield and Bassetlaw

Thinking Of Starting A Business?

NBV/NSDC
17, 18, 31 March 2020

Newark Beacon
This three-day training course is aimed at people who would benefit from in-depth knowledge on how to become self-employed or start their own small business. Over two weeks this course covers all of the skills that you'll need to start and manage a successful small business

The War For Talent Workshop

Smart Revolution Working/NSDC
25 March 2020 930am - 1230pm

Newark Beacon
Traditional patterns of working; 9 to 5; office based increasingly does not work for lots of people. This workshop will provide a new approach of implementing more effective ways of working, thinking and leading your people

Business Health Check

D2N2 Growth Hub/NSDC
22 April 2020

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



For more information please contact
susan.natgrass@newark-sherwooddc.gov.uk



Buddleia House

CARE HOME



A care home where residents can play bowls, grab a pint or visit the in-house sweet shop!

“

There is humour, respect, energy and genuine care on staff and management's part to make each day worthwhile and inclusive. Mum has only been there a few weeks and I have noticed a remarkable uplift in her spirits. She tells me she feels safe and that all the staff are very good to her.

Book a tour with us today and join the family.



Council leader seeks clarity on HS2

Nottingham City Council Leader Cllr David Mellen has written to the Secretary of State for Transport, Grant Shapps, seeking clarity on the future of the HS2 rail project.

The move comes as the full publication of the Oakervee Review is expected imminently, which has assessed the viability of the scheme that includes an East Midlands station hub at Toton.

In his letter Cllr Mellen says: "The Government needs to commit to HS2 and the huge benefits this would bring to the Midlands and the North. Years of delays and uncertainty are damaging for investment and have left the Midlands with less public funding on transport per head than anywhere else in the country.

"It is hugely important to ensure that projects are on time and on budget – particularly with large amounts of public money at stake, but we also need clarity. A decision must be made on the Oakervee review and firm commitment made, so cities like Nottingham can secure investment and plan for the future.

"Now that the Government is finally and rightly turning its attention to the Midlands and the North, it's time for proper investment in our region to help create jobs and support growth. It was a mistake for the Government to scrap the electrification of the Midland Mainline - a reversal of this decision would have hugely positive benefits for the city on both connectivity and air quality.

"HS2 is an even bigger opportunity to rebalance the regional disparities and support jobs and economic growth. Although it is not just about the speed of the train, it currently it takes 75 minutes to travel between Birmingham and Nottingham – a distance of just 50 miles, which is simply not good enough in 2020. HS2 will cut this journey time to 33 minutes, giving people from both cities more opportunities for work and leisure, as well as bringing much needed connectivity and infrastructure into the region.

"Delivering HS2 is an opportunity for better, cleaner transport for people and goods throughout the region, increasing capacity on our rail network and connecting cities within the North and Midlands - not just improving routes to London. Freeing up capacity on existing track will enable more freight to travel by rail as well as people. This in turn will relieve pressure on our overcrowded roads.

"We need a rail network that is fit for the 21st Century, to carry people and goods around the country quickly while reducing damaging vehicle emissions. The Government needs to rebalance the national economy and give the right level of support to cities like Nottingham. The benefits are clear and the government needs to get on board."

CENTRAL LIBRARY PLANS REVEALED

New internal images of the proposed new Central Library, including the best children's library in the country, have been revealed by Nottingham City Council. The designs show a brighter and more welcoming space with new areas to network and relax, along with fun spaces for children.

The Library will be a network of connected spaces for meetings, collaboration and concentration, supported by multi-media resources, including books, journals and IT. Split into zones to easily navigate the library, a spacious entrance area including a café leads to an extensive children's section providing a wide array of books and spaces for story time, a play cave area for children to explore, a creative wall and a science and creativity zone.

Locating the children's section on the ground floor will mean it is easy to access and feature a continuous book wall for children and their parents to browse, and creative booths and study areas will allow young adults the space to enjoy the library in their own distinctive space without children.

Upstairs areas will provide quiet spaces for reading, study and relaxation. The second floor will contain adult non-fiction and the Careers and Business Development Zone.

The new library will fuse the latest technology, such as virtual immersive headsets, sound tubes, story-telling studios, sensory rooms and touch screens. There will be new spaces specifically designed and developed to inspire creativity, such as digital labs, virtual studios and a tailored children and youth creative zone.

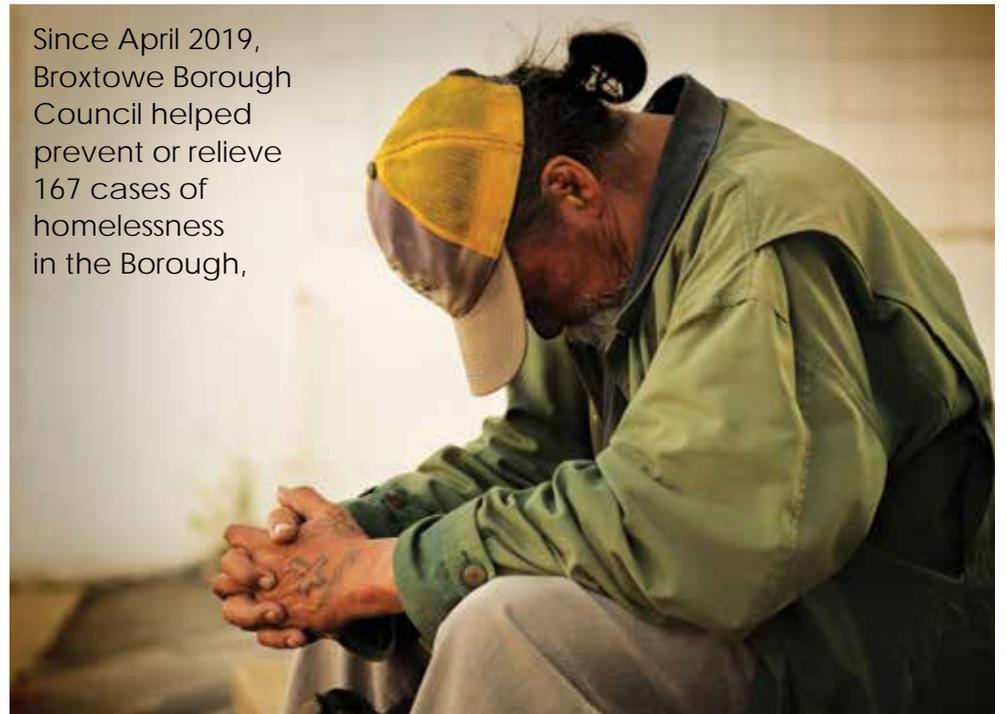
Helping rough sleepers in Broxtowe

Anyone in the Borough who is facing homelessness or rough sleeping this winter is being urged to contact Broxtowe Borough Council and its partners who can provide support and assistance.

Since April 2019, the council helped prevent or relieve 167 (122 prevented, 43 relieved) cases of homelessness in the Borough, including four rough sleepers who were assisted over the Christmas period.

- The team provide assistance by:
- Assessing people's current housing situation and working out what their needs and requirements are
 - Being Member of 'Call Before You Serve' project to help prevent homelessness from the private sector
 - Providing advice on steps to take to avoid homelessness and stay in their home
 - Being available for referral from partners and support services
 - Referring those with physical or mental illness, ex-armed forces, care leaver, or prison leavers to specialist support organisations if faced with homelessness
 - Referring victims of Domestic Abuse to specialist Domestic Abuse support
 - Close partnership working with the Citizens Advice, including to provide a Prevention Fund for those threatened with homelessness
 - Making referrals for Supported Housing if it's an option
 - Completing Personalised Action Plans to confirm the advice that given and the action to be taken
 - A joint Landlord Liaison Officer with Rushcliffe and Gedling Borough Councils to assist households whom are homeless or threatened with homelessness in securing privately rented accommodation
 - Joint Prison and Mental Health Discharge Navigators working with applicants due to

Since April 2019, Broxtowe Borough Council helped prevent or relieve 167 cases of homelessness in the Borough,



be released from prison or hospital without accommodation

- Being part of a jointly funded Winter Night Shelter in partnership with Rushcliffe and Gedling Borough Councils and Framework.

Leader of the Council, Councillor Milan Radulovic said, "Being faced with homelessness is one of the most difficult situations that someone can find themselves in. The council continues to be a leading authority in homelessness prevention, as well as

supporting rough sleepers and I'm pleased we were able to help four vulnerable people this Christmas. I would urge anyone who is facing homelessness or who is already homeless to get in touch with us as soon as possible so we can support them."

If you are homeless now, or are threatened with being made homeless within the next 56 days please contact the Housing Options team for advice as soon as possible on 0115 917 7777 or visit www.broxtowe.gov.uk/homeless for more information.

Bus fares to change in 2020



Tom Morgan, group commercial director at trentbarton

trentbarton has announced fare changes for 2020 which will come into effect on Sunday February 2.

The changes will allow trentbarton to continue to invest in its buses, their features and the latest technologies, offering one of the youngest and most modern bus fleets in the country.

Some fares and passes – including some mango caps – are seeing their first changes since 2014. A number of fares are being frozen, including nightbus cash fares, all young explorer fares and the Nottingham and Derby city cash singles.

A full guide to the fare changes is online at: trentbarton.co.uk/fares2020

Tom Morgan, group commercial director at trentbarton, said: "Customers can be assured that fare changes are only put in place when they are necessary for the continued investment in improving the buses they travel in.

"We remain fully committed to making our buses greener to improve the quality of the air in our cities and towns and make our fleet an even more comfortable and pleasant way to travel.

"The increasing costs to provide our services and the investment needed to sustain and improve bus travel to attract more people to leave their cars at home means we need to reluctantly change some fares.

"With some seeing their first increases for more than five years, and other fares frozen at their current levels, customers can be confident that we remain committed to providing a high quality service that delivers value for money."

THE BIG PINK BALL

IN AID OF
breast cancer care

3 course meal

Tickets £43.00
Available from Julie Taylor, Ring 07824 881678

LIVE BAND:
Moonshiners & popular DJ Fret Cook

A formal 'Pink Tie' event. Wear as much pink as possible!

Saturday 7th March
6.30 for 7pm start
Dancing through to midnight

at The Bentley Hotel,
Newark Road, South Hykeham LN6 9NH

Young workers ignore pension contributions

Research has shown that UK workers aged between 23 and 33 are not prioritising retirement savings.

Financial services company, Zippen, based the survey on data collected in the final quarter of 2019. The findings showed that the 'typical' pension pot of a working millennial ranges from as little as £600 for a 25-year-old, rising to about £11,000 for a 33-year-old.

Zippen's Stuart Feast, said: "These estimates are based on an average salary in this age band of £24,000 a year and an average contribution of 8% (split between Employer and Employee) for eight years, plus a little growth within the fund."

Contributions have only just hit 7-9% under the Government's Auto Enrolment (AE) pension scheme initiative.

Stuart added: "Between 2012 (the introduction of AE) and 2017, contributions were roughly around just 3 per cent of a worker's annual salary."

"Current contributions vary between 7-9% of salary, inclusive of both employer and employee contributions, subject to the definition of pensionable earnings that an employer elects.

"As many contributions are restricted by Upper Earnings National Insurance Limits, (although this has a limited effect on workers aged between 23-33 years, unless they are earning more than around £40k - unlikely on a nationwide scale) contributions average out at around 4.8% employee and 3% employer.

"While it is understandable that long term retirement planning is not high on the list for millennials, given the priorities of getting on the property ladder and simply paying the bills, the fact that most young workers appear to have very little in the way of pension savings should be a cause for concern.

"It's impossible to guess how much one needs to stay on track for a comfortable retirement because there are too many long-term variables.

"However, a common-sense approach would be to try and optimize any matching employer contributions, which may be on offer and pay in a minimum of around 8% of salary.

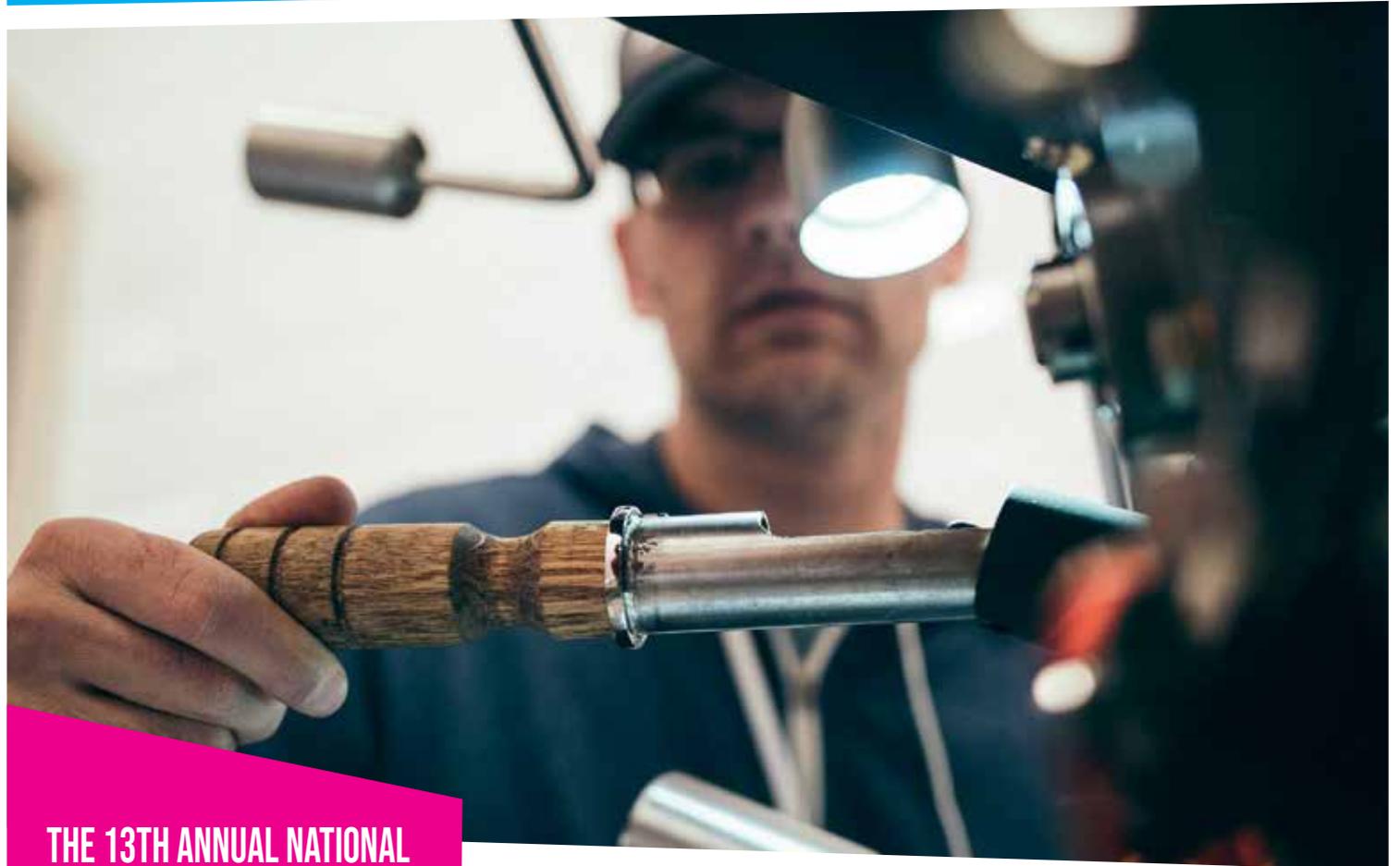
"When added to an absolute minimum contribution (under most circumstances) of 3% this gives a total contribution of at least 11% of salary but costs the employee just 6.4% after current levels of basic rate tax relief.

"Assuming the worker sticks to this strategy throughout his or her career, this would likely give a modest but adequate income in retirement when including the State pension.

"Millennials are currently looking at around a 40 year plus working life before qualifying for a State Pension. With retirement clearly a distant speck on the horizon, financial priorities are likely to be more focused on building up a deposit to get onto the housing ladder - but getting the long-term savings' habit at an early age will reap significant rewards in later life."

APPRENTICESHIPS: A WORTHWHILE OPTION

By Emily Smith



THE 13TH ANNUAL NATIONAL APPRENTICESHIP WEEK WILL TAKE PLACE FROM 3 TO 7 FEBRUARY THIS YEAR AND WILL ONCE AGAIN BE HIGHLIGHTING THE GREAT BENEFITS OF APPRENTICESHIPS AND THE SUCCESS STORIES OF THOSE THAT HAVE CHOSEN THEM. IF YOUR CHILD IS SET TO LEAVE SCHOOL SOON AND IS UNSURE ABOUT WHAT STEP TO TAKE WITH REGARDS TO THEIR FUTURE, WHY NOT TAKE THE OPPORTUNITY TO REMIND THEM OF ALL OF THE BENEFITS OF CHOOSING AN APPRENTICESHIP.

EARN WHILE YOU LEARN

In contrast to going to university, which can leave students with lots of debt hanging over their heads, apprenticeships give trainees the opportunity to 'earn while they learn'. While apprenticeships will often start with a very basic wage, it is still great for school leavers to have their own source of income, which can help with building confidence and also teaching them about budgeting and managing their money.

GAIN REAL WORLD WORK EXPERIENCE

Everyone learns in different ways, and while some children are academic and learn best in the classroom, others do well when they are engaging with hands on activities. An apprenticeship gives them the best of both worlds and will often mean that a person is splitting their time between working in the classroom and for a company, so it will stand them in good stead for the future.

CAREER PROGRESSION

Those who decide to begin an apprenticeship during their teens or early 20s will benefit from having their foot on the career ladder from an early age. Doing so means that they will be able to progress further and can benefit from promotions and career progression.

GREAT CHOICE

There is no one size fits all when it comes to apprenticeships and the choice that young people have today when they are

deciding on the career path that they want to take is really varied. Apprenticeships come in all different types and can be completed in a cross section of industries including engineering, IT, journalism and science/research. Be sure to encourage your child to consider their strengths and interests before applying for an apprenticeship.

STUDENT PERKS

What a lot of young people aren't aware of is that when they are taken on as an apprentice they are technically a student, meaning they still receive a NUS student discount card, which provides a number of different perks and discounts.



TO FIND OUT MORE ABOUT APPRENTICESHIPS THROUGH UCAS VISIT WWW.UCAS.COM



On board for Teenage Cancer Trust

Pictured above: trentbarton charity champion Caroline Bacon-Webster, Teenage Cancer Trust relationship manager Yvonne Mackintosh and trentbarton driver Shani Bright. Photo: trentbarton

Bus drivers and colleagues from trentbarton have chosen the Teenage Cancer Trust as their charity of the year for both 2020 and 2021.

The charity, which helps young people across trentbartonland and the rest of the UK, will benefit from two years of fundraising events and challenges



Take the Air Ambulance charity challenge

The Lincs & Notts Air Ambulance is offering supporters the chance to take part in one of two incredible overseas challenges to help raise money for the life-saving service.

The charity is offering the two once-in-a-lifetime opportunities for those with a thirst for adventure, with both overseas challenges taking place in September this year. Adrenaline junkies can choose to take on either the Moroccan 3 Peaks Challenge, or the Kili 2 Coast cycle challenge.

The awe-inspiring trek across the Moroccan 3 Peaks, which will take five days to complete, will see participants reaching breath taking heights that host some of the most spectacular views. Trekkers will experience the beautiful regions of the Atlas Mountains, with the first part of the journey taking place through classic Berber villages. Participants will then ascend the first summit, Mount Mgoum, before moving onto Ouanoukrim, and then finally take on the highest peak of Mount Toubkal.

Avid cyclists are encouraged to take on the Charity's Kili 2 Coast cycle challenge, which will see riders take on the 430km route over 6 days. Participants will begin their journey from the foot of Mount Kilimanjaro, before heading out towards the tropical paradise of the Indian Ocean. This unique route will see riders experience real Tanzania wildlife as they make their



Paramedic Rob Fillmer with the air ambulance.

way along the edge of Mkomazi National Park; home to the endangered black rhino. The challenge ends with true Swahili spirit in an ancient village, which is surrounded by stunning beaches and coral reefs.

Karen Carter, Area Fundraising Manager at the Lincs & Notts Air Ambulance, said: "Our overseas challenges for 2020 offer our supporters the chance to do something amazing and an experience that they'll never forget, all whilst raising vital funds for our beloved Air Ambulance."

To find out more, visit www.ambu-copter.org.uk or you can contact the charity direct on 01522 548469 or by emailing at challenges@ambu-copter.org.uk.

by trentbarton staff. Teenage Cancer Trust funds units at Nottingham City Hospital and Nottingham Children's Hospital at QMC plus dedicated space for teenagers and young adults at Royal Derby Hospital and King's Mill Hospital in Sutton-In-Ashfield. Teenage Cancer Trust funds nurses and youth support coordinators to provide social and emotional support to young people aged 13 to 24 during and after treatment, plus organise activities and peer support events.

Each year around 130 young people aged 13 to 24 are diagnosed with cancer in the East Midlands. One young man helped by Teenage Cancer Trust is Jacob Holt from Derby. Jacob, now 20, was 18 when he was diagnosed with rhabdomyosarcoma of the prostate, a rare form of cancer for somebody his age. Before being diagnosed, Jacob was caring for his disabled brother during his gap year and had also received an unconditional offer to study at the University of Edinburgh.

Jacob, who was treated on the Teenage Cancer Trust unit at QMC and is now at university, said: "I'm delighted trentbarton is fundraising for Teenage Cancer Trust. I relied on trentbarton buses for many years and often used them to travel to and from hospital when I had consultations or treatment."



Got a story to tell?
Call us on 01159 313879

LJA FACILITIES

With over 50 years' of experience we provide the highest standard procedures of Asbestos Removal, Thermal Insulation & Industrial, Commercial Cleaning

Our Services

- Advice & Consultancy
- Asbestos Removal
- Asbestos Encapsulation
- Asbestos Decontamination
- Asbestos Sample Collection
- Removal of Asbestos Fly-Tipping
- Removal of Asbestos Sheeting and Re-Glad
- New Build Cleans
- Soft-Strip Demolition
- Needle Sweeps
- Corrosion Protection
- Fire Proofing
- Industrial & Commercial Cleaning
- Site Clearance and Investigation
- Industrial, Commercial & Domestic Clearances

Testimonial

The contract manager called me five minutes after I called their office and representative was with me within the hour and left me with a quote for full removal. This was carried out one week later. Two operatives arrived on time, dismantled and removed my garage and they left with no mess and cleaned up really well. The two operatives were very professional and polite and were a credit to the company

Mrs S Proctor

Proud members of

Checkatrade.com

Where reputation matters

Environment Agency

Email: info@ljafacilities.co.uk Tel: 01636 918283

www.ljafacilities.co.uk M: 07471 959298

M: 07833 254372

GAROLLA

ROLLER SHUTTER DOORS

Great For:
Space Saving
Kerb Appeal
Ease of Use

0800 468 1982

THERMALLY INSULATED ELECTRIC GARAGE DOORS

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of headroom! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

- Acoustic & Thermal Insulation
- Brush Sealed Rails
- Pay on Completion
- Two Remote Controls
- 18 Colours Available

CE Approved

Free Disposal of Old Door!

LIMITED OFFER - was £1354

NOW ONLY £895 INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US NOW!

0115 882 1550

07537 149 128

Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -



Linda Lancashire

07764 466381 ♦ 01773 762675
 contact@lindalancashire.co.uk
 www.lindalancashire.co.uk



ARIES: Your energy is perfect for starting new a new romance, looking into developing new interests and embarking on exciting new adventures as long as you pace yourself sensibly and your bank balance can afford it. At work, you will be faced with making a very big decision. Its important that you think about your own happiness and long-term prospects before taking any unnecessary risks.



TAURUS: Other people's happiness and welfare is important because you care about their feelings. You can look forward eagerly to the next exciting chapters of your life because there are some exciting new opportunities coming your way soon. Love and romance take centre stage, putting your private life in the spotlight. Increased wealth will enable you to put your affairs in order and perhaps afford you to be that little bit more generous with others.



GEMINI: Help someone out who is seriously struggling and offer them your hand of friendship. The only disability is a bad attitude so if there is something that needs your urgent attention, focus your energies on rectifying what is wrong and work on putting it right. Others may comment on your good fortune and lucky breaks, so remind them that you have arrived at the place you are now by sheer hard work and determination. Take a rest if you are tired, but never consider quitting.



CANCER: You will be forced to make some very big decisions involving family, friends and career. Its important that you are not foolish with your money and live within your means, otherwise you risk getting into debt. This is a good time to start a new project and your excellent organizational skills you will achieve a great deal as long as you refuse to give up at the first hurdle. Pace yourself and take one day at a time ensuring that you pay attention to detail, checking your progress along the way.



LEO: You are showing great courage and strength of character. and your powers of persuasion have never been more influential. Though you may feel doubtful about a certain person or situation, you would be wise to refrain going at things too quickly. If you want answers and results, be straight talking and to the point. Find a quiet work space where you can rest your mind by focusing on different issues, hobbies and other interests.



VIRGO: If you are feeling frustrated and out of control regarding a certain situation is understandable, but a major breakthrough soon means that you will be able distance yourself from a whole lot of unnecessary drama. Someone is going to be very impressed with your positivity and will follow your lead. If single, don't give up hope just yet. Someone will come along soon who will tick all the boxes and be readily available for that big new adventure.



LIBRA: Your fabulous creative, imaginative mind is always full inspirational ideas, but you will be struck by one particular reoccurring problem, so it's important that you tread with caution where parting with your money is concerned. Regarding certain friendships perhaps its time to sort out the wheat from the chaff and start to be more choosy and selective with whom you associate with.



SCORPIO: There is bargaining to be done if you want to get something done quickly or work out your way. You will be struck by a wonderful idea and must not delay putting plans into action. No matter how tough the challenge may be as long as you remain strong and positive, you will find a way over overcoming your problems Its time to start loving yourself and taking better care of your health and wellbeing, because if you don't, no one else will.



SAGITTARIUS: This is not a time for shrinking away from duties and responsibilities. Be brave, bold and show courage by rising above your inhibitions and speaking the truth. If you need to tell someone to put their own affairs in order before dictating how you should conduct your life, perhaps now the time is right to stand your ground. The past can only be escaped by embracing something new and there is always something interesting around each corner. All you just have faith that everything will turn out well in the end.



CAPRICORN: Not everything will run exactly to plan and sometimes you have no choice but to accept that certain things can never be the same again. Relationships and friendships fall apart whilst new ones begin. Legal documents may need scrutiny before signing, but there is good news on the financial front. Alone and looking for love? It won't be long before you are spiritually connected with someone absolutely deep thinking and incredibly interesting.



AQUARIUS: You are someone who knows what you want and if necessary can turn on the charm to get it, ensuring that nothing nor no one can stand in your way. If you are caught in a trap, there will be two internal voices confusing you. One wants you to rush ahead and throw caution to the wind whilst the second advises you to be cautious. Don't let a split moment of sheer madness encourage you to make choice you may later live to regret.



PISCES: Someone is going to help you in a very constructive way. Doors of power are about to open and new introductions could lead to forming golden partnerships with people of great influence. Sometimes, when you need help, certain people, are conspicuous by their absence. Rather than waste your precious time running after them focus your energies on those who are genuine and worthy of your friendship.

JANUARY BLUES

More than one quarter of Brits have the 'January Blues' and admit to feeling more miserable than they do at any other time of the year. The study of 2,000 UK adults revealed how bleak the first month of the year is for many.

While 48 per cent say their happiness doesn't differ during January, 27 per cent said it is lower compared to other months.

A lack of money is the main reason people feel down after overspending during December.

Britain's bleak weather was the second most common reason for the blues, followed by the dark mornings and evenings and returning to work following the festive season.

New year health drives also put a downer on the month for many - with 10 per cent of Brits blaming 'Dry January' for their downbeat attitude, while three per cent attribute 'Veganuary' to their miserable demeanour.

Just 11 per cent said they're happier in January than during any other period of the year.

The research was carried out by Netherlands-based airline KLM and follows the World Happiness Report which revealed the Dutch live a more upbeat lifestyle to those in the UK.

It also emerged one quarter of Brits have tried to improve their outlook in January by spending more time with family, while a further 23 per cent have booked a holiday.

Exercise, a weekend away and regular walks in the countryside are among other ways adults cheer themselves up.





From starter flats to detached properties available... help your feathered friends get on the property ladder!






New Year New Feeder 100% recyclable
 Keep your feeders cleaned to prevent disease
 Don't forget to provide a water source!





HALL FARM
 Wild Bird Food Suppliers
 The Grain Store, Wadmill Lane
 Weston, Newark NG23 6SY




BIRD'S NEST
 - coffee lounge -

OPEN: Mon-Fri 7.30am - 5pm | Sat 8am - 3pm
 www.seedtofeed.co.uk | 01636 821232




Queen Victoria's boots and outfit sell for thousands

Queen Victoria's black taffeta skirt sold for £4,000. Bodice, one of two, sold for £4,000. Photo: Hansons



Queen Victoria's boots SOLD for £2,000. Photo: Hansons

Queen Victoria's clothing and boots have been saved for the nation and are set to join a world famous collection of royal dress. The historical treasures – found in a Norfolk wardrobe – went under the hammer at Derbyshire's Hansons Auctioneers recently and sold for a total of more than £17,000.

Bids came flooding in from around the globe for Queen Victoria's boots, bodices, skirt, chemise, stockings, parasol and bloomers. Though some international buyers were successful in obtaining items, two pairs of leather boots by J Sparks-Hall of London, a black taffeta skirt and two bodices were secured for a total of £14,000 by Historic Royal Palaces, an independent charity which looks after London's Kensington Palace, Victoria's place of birth, alongside five other former royal residences.

Claudia Williams, Collections Curator at Historic Royal Palaces, said: "These acquisitions are an incredibly exciting addition to the Royal Ceremonial Dress Collection, an internationally significant collection of over 10,000 items of royal and court dress cared for by Historic Royal Palaces."

Charles Hanson, owner of Hansons, said: "I'm delighted Hansons has been able to play its part in helping these important historical treasures find a new home. In fact, some of them are going home. Queen Victoria was born in Kensington Palace in 1819. Her clothing and boots have been saved for posterity for all to see and enjoy for years to come."

Global leader joins the world's largest team of modern slavery scholars



Dr James Cockayne (pictured), currently Director of United Nations University Centre for Policy Research, will join the University of Nottingham's Rights Lab and School of Politics and International Relations as Professor of Global Politics and Anti-Slavery, beginning in mid-2020.

A recognised global authority on the UN, organised crime, and modern slavery, Dr Cockayne has over 20 years' experience in the public, private and research sectors. He is a leading commentator on innovation in global governance, the role of evidence in global public policy, and on multi-stakeholder efforts to protect human rights.

Dr Cockayne currently represents UNU at the United Nations (UN) in New York and runs its Centre for Policy Research, an independent think tank within the UN system that combines research excellence with deep knowledge of the multilateral system to generate innovative solutions to current and future global public policy challenges.

He serves as Project Director for Delta 8.7, the Alliance 8.7 Knowledge Platform, and as Head of Secretariat for Finance Against Slavery and Trafficking, also known as the Liechtenstein Initiative. He also helped to build Code 8.7, an initiative involving multiple research organisations in a collaborative effort to work with survivors and tech organisations to harness the power of artificial intelligence to fight modern slavery.

Dr Cockayne said: "Throughout my career I have looked for opportunities to bring the theory and practice of public policy-making closer together. I welcome the opportunity to join the University of Nottingham's School of Politics and International Relations to deepen scholarship in this area, and I am excited to work with the Rights Lab, seen by many as the single most important interdisciplinary research hub on anti-slavery in the world."

Dr Cockayne has briefed the UN Security Council on the role of human rights in due process, the UN Human Rights Council on the regu-

lation of private security companies, and has advised numerous UN leaders on topics ranging from cybersecurity to global drug policy. He conceived and helped to draft the Code of Ethics that now binds the President of the General Assembly.

Dr Cockayne was previously Head of United Nations University's Office at the United Nations in New York, and led its merger with the Centre for Policy Research in 2018, when he assumed the role of Director. Under his leadership, UNU's team in New York grew from 1 to more than 20 between 2013 and 2018. Before joining UNU, Dr Cockayne was Co-Director of the Center on Global Counterterrorism Cooperation, leading their work in New York and Africa, and Principal Legal Officer in the Australian Attorney-General's Department.

A qualified lawyer, his best-known work is *Hidden Power: The Strategic Logic of Organized Crime* (Oxford University Press, 2016). He earned his doctorate from King's College London, and was a Hauser Scholar at New York University while undertaking his LL.M. He holds both an undergraduate and law degree from University of Sydney, where he was a medallist in Government and Public Administration.

Dr Caitlin Milazzo, Head of the School of Politics and International Relations, said: "Dr Cockayne's expertise on organised crime and international institutions bring new dimensions to the School's strength in the area of international relations and security studies. We are excited to welcome a practitioner of his calibre to the School."

Professor Zoe Trodd, Director of the Rights Lab, said: "I am thrilled to welcome such a leading figure and innovator in the modern anti-slavery field to the Rights Lab in 2020 as a professor. James is one of the world's most exciting thinkers and leaders in this area. To achieve SDG 8.7 by 2030, we need to understand how our research insights can inform effective public policy. James' work here at Nottingham will greatly advance our substantive understanding and methodological rigour."

Residents urged to report crime

Residents in Newark are being encouraged to report incidents of crime after a spike in reports of anti-social and nuisance behaviour.

Newark and Sherwood District Council alongside Newark Police is stepping up its patrols in areas of Hawtonville and Balderston after they have been targeted by anti-social youngsters.

The district council and police have received reports of youths displaying threatening and abusive behaviour, trespassing in gardens, causing criminal damage on property, knocking over bins, throwing eggs and harassing shop keepers and customers.

District council anti-social behaviour officer, Terry Bailey, said: "This sort of behaviour is absolutely unacceptable and as well as stepping up patrols, we will be utilising CCTV footage, honing in on facial shots of individuals in groups of three or more that appear to be causing nuisance. Residents are frequently venting their frustrations via social media but we really need them to report issues formally. Any information that people give us will be taken in confidence and we are gathering all evidence with a view to taking legal action immediately."

Inspector Heather Sutton, District Commander for Newark and Sherwood, said:

"Reporting these incidents is vital in helping us put our resources in the right places at the right times. No matter how trivial you may think the incident is, please report as it helps us build a bigger picture of what is going on. We understand that some people may not wish to share their details, if that is the case you can report anonymously to Crimestoppers on 0800 555 111."

Report incidents of anti-social behaviour to Newark and Sherwood District Council: 01636 650000 or communitysafety@nsdc.info Report incidents to Newark Police on 101 or anonymously to Crimestoppers on 0800 555 111.



Nottingham Hospitals Charity is charity partner for Rushcliffe 10K

Nottingham Hospitals Charity has been announced as the new three-year charity partner for the Rushcliffe 10k and Running Festival.

The popular running event takes place on Sunday 1 March at Rushcliffe Country Park and includes a 10k, 5k, Fun Run and Toddler Dash. Participants can take part in aid of Nottingham Hospitals Charity, and can choose which area of Nottingham's hospitals they wish to support.

The charity also has a limited number of free spaces to participants

committed to raising at least £120. To claim a free place, call the charity on 0115 962 7905 or email charity@nuh.nhs.uk

Louise Knight, Head of Fundraising at Nottingham Hospitals Charity, said: "We're delighted to be the charity partner at this fantastic, popular local running event. For anyone who's been looking to get fit or raise money for a good cause in 2020, this is the perfect event for you. Make sure to sign up for one of our free spaces before they all go."

Nik Emmonds, Head of Events at Perfect Motion, which organises the Rushcliffe 10k, said: "We're pleased to be supporting Nottingham Hospitals Charity at this year's event. Due to the event's popularity, we're excited to be running two 10k races for the first time this year – one starting at 9.30am and one at 12.30pm."

For more information about Nottingham Hospitals Charity, go to www.nottinghamhospitalscharity.org.uk or to sign up to the Rushcliffe 10k visit www.rushcliffe10k.co.uk

Your chance to get a job with real oomph

New research by Neilson, the leading active holiday provider in the UK, has revealed just how sedentary Nottinghamians are with more than half (57 percent) admitting they spend most of their spare time on the sofa and do next to no exercise.

In fact, 43 percent of exhausted Nottingham adults said they love spending their weekends 'just chilling' after a hectic week and 56 percent admit they are a couch potato.

And while six in 10 say they feel restless if they spend the whole day in the house, the average Nottinghamian will spend 17 hours every week glued to the sofa watching TV, six hours in bed aimlessly scrolling through their smartphone and five hours napping or lying in.

Seven hours are spent pottering around the house on a weekly basis, and four whole hours will be spent sitting on their sofa staring into space and day-dreaming.

Despite the inactivity of so many Nottingham adults' working lives, more than one in ten (12 percent) say their dream vacation involves them spending the entire time sunbathing by the pool or on a beach, while 17 percent admitted that, for them, holidays are all about eating and drinking.

Though for 35 percent, vacations are all about sightseeing and exploring, and nearly two thirds (63 percent) of Nottinghamians

have argued with family and friends who only wanted to lounge around on holiday.

The data found that despite being a sedentary city, at home and when on holiday, a whopping 80 percent of Nottingham residents say that a day of activity makes them feel good to be alive.

Little wonder then, perhaps, that 37 percent would love to go on a walking holiday, while 18 percent said they would enjoy a cycling holiday.

And 21 percent of stressed out Nottinghamians would like to try scuba diving, 12 percent want to try their hand at windsurfing, and 16 percent want to master sailing on their next holiday.

Neilson CEO David Taylor felt there was a job to do to help get the nation moving in 2020 and beyond and the company has created possibly the best job ever. The search is on to find Neilson's Active Ambassador for 2020, aka Chief Oomph Officer (COO), with the perks of year-round snow and beach holidays, a bundle of active kit, adrenaline-fuelled experiences and a salary.

The package, worth up to £50,000, includes:

- You choose when you want to work
- And where you work: around your usual day-to-day commitments, whether this be around the school-run/your full-time job/in your kitchen or on the beach

- You spend your time simply writing or vlogging about the active things in life you love

- Free holidays – package includes two holidays for you and up to 3 family members – relax as hard as you like with an exhilarating range of summer and winter holidays in the Alps, Croatia, Greece, Italy, Sardinia and Spain

- All the gear included - a new bike, a paddle board, tennis racquet, ski gear and active wear

- Free tuition including a 1-2-1 sailing lesson with an Olympian, a ski or snowboard lesson at The Snow Centre, paddle boarding on the Thames, guided bike rides and more

- A one-year contract
- A salary of £15,000

The competition will be judged on votes first and foremost and the level of support garnered throughout the participant's campaigns to become Neilson's COO, with the hashtag #GetYourActiveOn key to driving awareness.

The five candidates with the highest number of public votes will then be selected for final interviews at Neilson Active Holidays HQ in April. Applications opened on Monday 20 January and close on Thursday April 16. To apply: <https://www.neilson.co.uk/ambassador>

Report highlights wellbeing priorities for Warsop

Research into leisure provision in Warsop has identified key areas for improving the health and wellbeing of residents.

The Living Well in Warsop study, funded by Sport England and Mansfield District Council, was conducted last year by sports and leisure consultants Strategic Leisure Ltd on behalf of the council, working in partnership with Warsop Parish Council, Vibrant Warsop and Active Notts.

The report reviewed community sports and leisure provision and suggests improvements that could lead

activities are currently available, and recognition that they do not always meet local need.

Cllr Amanda Fisher, Portfolio Holder for Communities and Wellbeing, said: "This important piece of work identifies some key challenges, which, along with our partners, we are determined to address."

"Improving the wellbeing of residents is one of the council's key priorities and we want people across the whole of the district to live longer and healthier lives by promoting opportunities to be physically active."

The report recommends investment in people, programmes, projects and places and puts the community at the heart of decisions about future investment.

to the right mix of activities, services and facilities to meet the community's needs.

It recommends investment in people, programmes, projects and places and puts the community at the heart of decisions about future investment. The district council and its partners will now look at the recommendations and do further work to ensure any plans are achievable and sustainable.

The study's report identified the key issues preventing people from being more active. They include a need to improve awareness of what

"In Warsop, there are high rates of long-term illness, disability and mental health issues, as well as problems with obesity among both adults and children, so it is important that we try to encourage more people to be more active."

"It is clear from the report that there is a widely held view that Warsop has been forgotten and let down. There is a considerable amount of trust to rebuild and we aim to work closely with the community."

The full report can be found at <https://www.mansfield.gov.uk/livingwellwarsop>.

Seminar promotes new safety measures



Steve Walker (Retford Business Forum) and David Marsden (Nottinghamshire Police) at the event

North Notts BID held a surveillance seminar recently to update residents on its commitment to the Business Crime Partnership and inform attendees about the measurements being taken to protect local companies.

Business owners from across North Nottinghamshire gathered to hear about the launch of the new industrial estate CCTV and radio network for pub and shop watch schemes, which aims to reduce the risk of criminal activity and provide businesses with increased security as part of the BID's levy work.

Sally Gillborn, chief executive of North Notts BID, said: "This is a great initiative that we hope will deter petty crime and have a positive impact on the security and well-being of local businesses in North Nottingham."

"It was great to see so many people who were interested in learning about the new CCTV and radio system we have put in place, and it really shows us how many people value the work we do and appreciate the benefits that the BID brings."

Meat eaters feel 'shamed'

Millions of meat-eaters claim to have been 'shamed' for their love of bacon, beef and bangers.

A study of 2,000 adults found a quarter of carnivores have faced criticism for their choice of diet.

To avoid further 'harassment', half of those who have received disapproving comments admitted they went on to cut down on meat. The results emerged in a study which forms part of the 'Your Plate, Your Choice' campaign, which aims to help consumers make healthy choices about their diet. Ex-England rugby star, James Haskell, who

is backing the campaign, said: "I have no issue with those who choose to become meat-free but shaming those of us who don't want to is simply wrong."

"There's a lot of nonsense written about meat which I think is really dangerous."

"People shouldn't be cutting out perfectly healthy elements of their diet altogether based on inaccurate or confusing information."

"The purpose of the

'Your Plate, Your Choice' campaign is to empower consumers to make sensible and healthy choices that suit their preferences and what's right for them."

The study also found that 54 percent of those polled are 'confused' about whether they should or shouldn't eat meat in order to stay healthy. While four in 10 said they have 'no idea' what a balanced meal looks like - and if meat should feature in it.



Skills HOLIDAYS

THERE'S SO MUCH TO SEE AND DO ON A SKILLS DAY TRIP OR HOLIDAY!!

DAY TRIPS FROM £15

TUTANKHAMUN
TREASURES OF THE GOLDEN PHAROAH

HOLIDAYS FROM £60

NOT TO BE MISSED!

PREMIUM FRONT SEATS AVAILABLE

TO ORDER OUR BROCHURE GO TO

WWW.SKILLS.CO.UK

PHONE 08456 66 55 44*

OR CALL IN TO A SKILLS HOLIDAY SHOP IN BULWELL, BEESTON, DERBY AND NOTTS

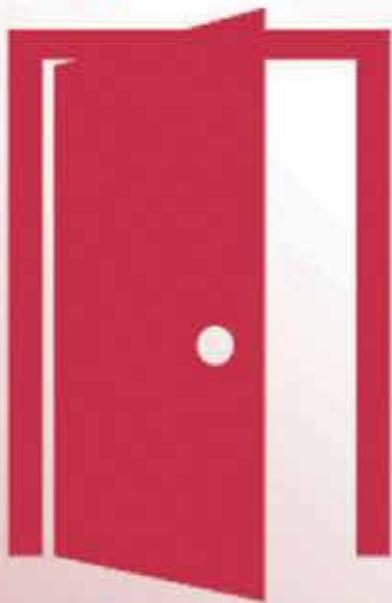
*Calls cost 3p per minute plus your network's standard access charge. Prices are per person based on 2 people sharing a twin/double room and are subject to availability. For Terms and Conditions visit www.skills.co.uk/terms-conditions

A.C.C.E.S.S 2016 Ltd

We tailor services to your personal needs: personal care, medication, companionship, meals, shopping, outings, exercise and domestic duties.

All care is person-centred and reviewed to suit changing needs.

**Domiciliary care service
regulated by the CQC**



**Attentive
Compassionate
Care
Enabling
Sensitive
Support**

*We Care
About
You*

A.C.C.E.S.S
is now recruiting if you
want to have the opportunity
to come and work for our
great team please
Telephone on 07434884161

Call the Team on: **07434 884161**
E: **accessltd2016@gmail.com**
www.access2016ltd.co.uk
Based in Sutton In Ashfield



Sergeant
Andy
Reddy

Soldier Andy shows army life through the lens



A soldier from Nottinghamshire has been recognised for his outstanding work as a photographer.

Sergeant Andy Reddy (41) from Farnsfield was runner-up in the Professional Telling a Story category of the Army Film and Photographic Competition, the results of which were announced at the National Army Museum in London recently.

Andy, who has been in the Army for 22 years, is a dad of three who works with the Royal Logistic Corps production team based in Worthy Down. Speaking about the category he entered, he said: "We needed five images to tell a story, which for me was the light cavalry commanders course extraction from an observation post. The elements of the course I was trying to capture was the sense of exhaustion and how hard it actually is to complete, showing the effort they put into the course.

"We're trained to take one picture to tell one story, but over five images I've captured the event. Some are in colour because I felt what was gritty about it needed certain tones, but the black and white colours stood out more, I felt.

"The one image with the soldier with the GPMG (general purpose machine gun), you can tell he's absolutely exhausted and in the background you can see the

blurred shape of three of his comrades with one as a casualty.

"I enjoy being able to see a lot of different parts of the Army whereas normally in a single trade you wouldn't be able to see. You get to see the bigger picture. Any recognition any Army photographer gets is good for the trade,

showing what the Ministry of Defence does. I like that my pictures have been used.

"Speaking at the ceremony in London, he said: "It's an absolute honour to be part of a trade where you're always being pushed to improve, simply because of all the talent coming through. The

levels are so high so it's all about ensuring what you produce is of the highest standards and to be among the finalists of this competition proves you are doing the right things. My family are really proud to see me as part of this and it was such a pleasure being at this great venue."

UK 'green energy' experts visit China

A group of prominent academics from the UK are visiting China to build new collaborations in energy research.

The visitors are from the Energy Research Accelerator (ERA), a partnership of eight research-intensive universities from the Midlands region of the UK. These include the universities of Aston, Birmingham, Cranfield, Keele, Leicester, Loughborough, Nottingham and Warwick, and also the British Geological Survey. Together they are working to develop new low-carbon energy technologies and solutions.

ERA is the biggest energy research partnership in the UK, with government and industrial funding of £180m to develop new energy research facilities, laboratories and large-scale demonstration projects.

The delegation from the Energy Research Accelerator (ERA)

consists of ten academics and five business development specialists, who will be visiting Beijing, Nanjing and Hangzhou.

The aim of the visit is to meet with representatives from government, energy companies and academic organisations with an interest in renewable and low-carbon energy. ERA is particularly interested in building partnerships which could result in joint R&D projects or commercial collaborations.

The representatives from ERA will be discussing their research activities and exploring collaboration opportunities in a number of research areas. These include:

- Wind Energy and Compressed Air Energy Storage
- Artificial Intelligence and Smart Energy
- Decarbonising transport from cars to freight vehicles

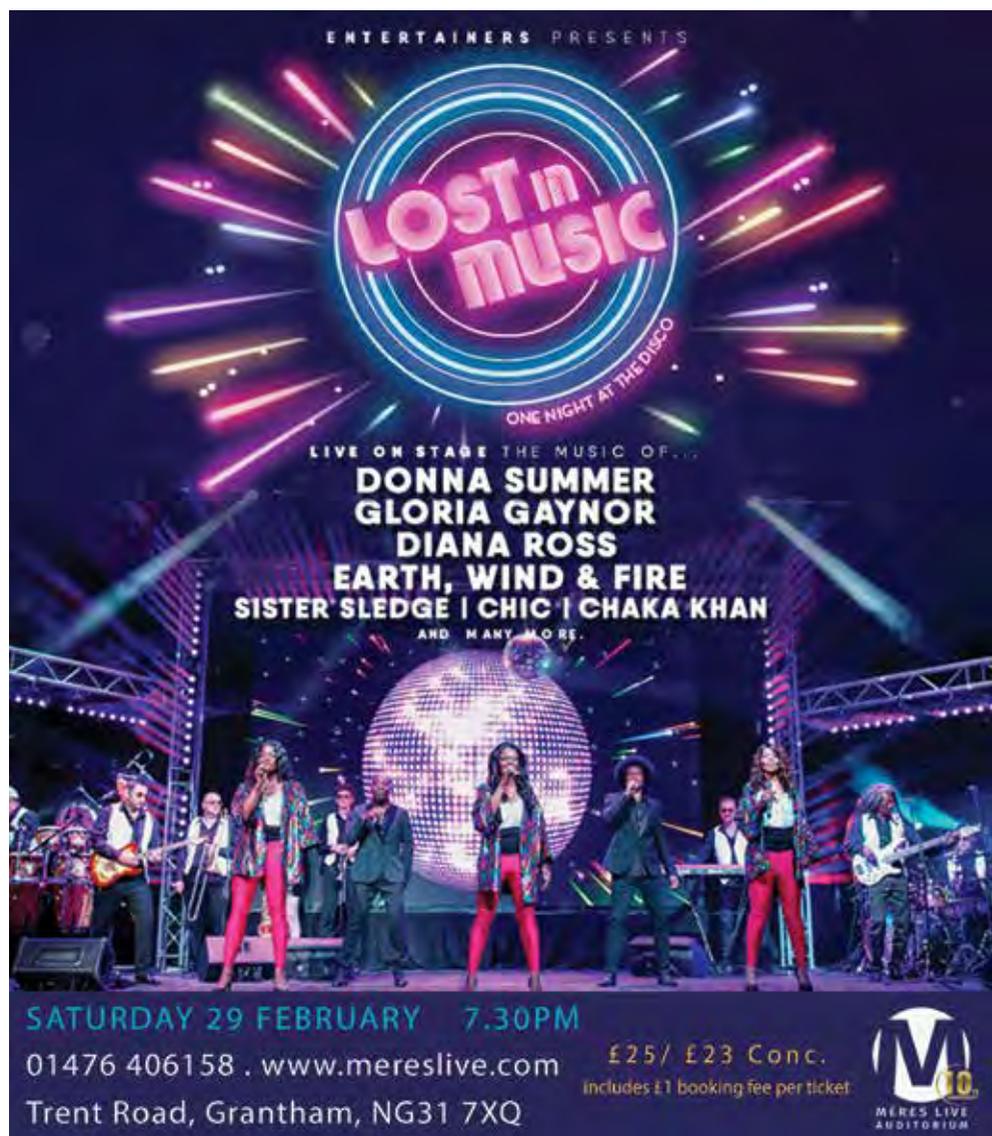
- Viability of emerging energy technologies
- Energy integration
- Thermal energy storage for heat, power and mobility
- Hydrothermal carbonisations: wet waste to solid biofuels
- Electro-chemicals and liquid salts

The week-long mission to China is organised by the Asia Business Centre at University of Nottingham, in partnership with Birmingham Energy Institute.

During the week, the mission will be meeting with over 200 representatives from Chinese energy industry across research institutions, companies, government bodies and media, in order to accelerate UK-China collaboration in green energy innovation. For more information about the Energy Research Accelerator, visit www.era.ac.uk

Out & About

ENTERTAINERS PRESENTS



LOST IN MUSIC
ONE NIGHT AT THE DISCO

LIVE ON STAGE THE MUSIC OF...

DONNA SUMMER
GLORIA GAYNOR
DIANA ROSS
EARTH, WIND & FIRE
SISTER SLEDGE | CHIC | CHAKA KHAN
AND MANY MORE

SATURDAY 29 FEBRUARY 7.30PM
01476 406158 . www.mereslive.com £25/ £23 Conc.
Trent Road, Grantham, NG31 7XQ includes £1 booking fee per ticket

MERES LIVE AUDITORIUM

nottingham **h**armonic choir

2019 - 2020
16th Concert Season
www.nottinghamharmonic.co.uk
Founded 1886



SATURDAY 21 MARCH 2020 7:30PM
ALBERT HALL, NOTTINGHAM

Mendelssohn The Hebrides
MacCunn The Wreck of the Hesperus
Britten Four Sea Interludes
Howells Sir Patrick Spens
Stanford Songs of the Fleet

James Oldfield Bass-Baritone
Richard Laing Conductor
Simon Hogan Organ

ORCHESTRA & CAMERA

Stalls £18, Arena £15,
Students £5, Children FREE
(accompanied by a fee paying adult)

Royal Concert Hall Box Office
www.rch.co.uk
0115 989 5555
or in person
9:00 am - 8:30 pm Mon-Sat

Cherry No. 231548

Want to advertise your event in these pages?
Call us on 01159 313879

To promote your car boot sale, charity fundraiser or table top sale for free in our EVENTS column
Email details to editorial@nottsinfocus.co.uk

Antique & Collectors Fair
As seen on **BBC Bargain Hunt**

STAFFORD SHOWGROUND

2020 DATES
February 22nd & 23rd
April 11th & 12th
May 16th & 17th
September 12th & 13th
November 14th & 15th

2021 DATES
January 2nd & 3rd

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

ADMISSION	
Everyone over 14	£3.00
Under 14	FREE
First Day 8.30am to 10am	£4.00
Saturday 10am to 5pm	
Sunday 10am to 4pm	

FREE Parking, Catering, Disabled friendly, Dogs welcome
Prestwood Centre, Weston Road A518, Stafford ST18 0BD
5 mins J14 M6

number one events www.numberoneevents.com
P.O. Box 3190, Stafford ST16 9LF
Office 01785 66 02 36
Mobile 07775 48 44 55

Find us on **twitter** @HumOneEvents
Find us on **Facebook** Stafford Antiques Fair



VOLUNTEERING DAY



SATURDAY 15TH FEBRUARY 2020
Stands - Chat to Current Volunteers
Tours - Travel on the Train
at Wirksworth Station 10:00 until 15:00
[WWW.E-V-R.COM](http://www.e-v-r.com)

Out & About



AN INSPECTOR CALLS comes to Theatre Royal

The UK and Ireland Tour of Stephen Daldry's seminal production of JB Priestley's classic thriller "AN INSPECTOR CALLS" will visit the Theatre Royal Nottingham from Tuesday 11 to Saturday 15 February

Liam Brennan will play 'Inspector Goole', Christine Kavanagh 'Mrs Birling', Jeff Harmer 'Mr Birling', Alasdair Buchan 'Gerald Croft', Chloe Orrock 'Sheila Birling', Ryan Saunders 'Eric Birling' and Diana Payne-Myers 'Edna'. The cast is completed by Michael Ross, Portia Booroff, Elissa Churchill and Jonathan Davenport.

Since 1992, Daldry's production of "AN INSPECTOR CALLS" has won a total of 19 major awards including four Tony Awards and three Olivier Awards. It has played to more than four million theatregoers worldwide and is the most internationally-lauded production in the National Theatre's history.

Written at the end of the Second World War and set before the First, "AN INSPECTOR CALLS" is a compelling and haunting thriller. The story begins when the mysterious Inspector Goole calls unexpectedly on the prosperous Birling family home, shattering their peaceful family dinner party with his investigations into the death of a young woman.

For more information call the Box Office on 0115 9895555 or go to www.trch.co.uk

Nottingham Harmonic Choir at the seaside

Our island nation has always been fascinated by the sea and our greatest composers have been irresistibly drawn to write about the coast line, the ships that sail it and the stories that come from it.

In keeping with the theme, Nottingham Harmonic Choir presents Stanford's rollicking nautical entertainment Songs of the Fleet, alongside Benjamin Britten's atmospheric Four Sea Interludes, a dramatic cantata Sir Patrick Spens by Herbert Howells and an extraordinary melodrama by composer Hamish MacCunn, The Wreck of the Hesperus (probably never heard in Nottingham before and here orchestrated for the first time), all launched by Mendelssohn's wonderfully vivid picture of Fingal's Cave, The Hebrides overture.

The event takes place on Saturday 21 March at Nottingham's Albert Hall at 7.30pm. Bring your waterproofs!

See the advert for ticket details.

A night of Roaring 20's glitz & glamour

Tickets are now on sale for the Roaring 20's Charity Ball in aid of Nottingham Hospital Charity, Trent Cardiac Unit.

The Roaring 20's Charity Ball will be hosted by the Mayor of the Borough of Broxtowe, Councillor Michael Brown, and will take place at the Nottingham Belfry Hotel on Saturday 28 March.

The evening includes a drinks reception, three course meal and a charity raffle filled with a lot of prizes sponsored by local businesses.

Councillor Brown said: "This charity is close to my heart as I have been a patient at the Trent Cardiac Unit in the past. The Unit performs lifesaving operations with the highest quality of patient care. The money raised during my Mayoral year will fund new equipment and a rest garden for patients and their families. I hope you can join me at the Ball to support this marvellous charity."

For more information or to purchase your tickets, please contact Broxtowe Borough Council on 0115 917 3210 or email civic@broxtowe.gov.uk



Pinocchio comes to Mansfield Palace Theatre

Oddssocks Productions bring a heart-warming and comic adaptation of Pinocchio suitable for ages of seven and above to Mansfield Palace Theatre on Sunday 9 February at 7pm.

The Theatre company are celebrating their 30th anniversary year and this time, the team known for bringing classic tales to life with a difference, will be adding their inimitable trademark humour, live music and audience interaction to Carlo Collodi's classic tale in Andy Barrow's

brand-new piece "The Adventures of Pinocchio".

Pinocchio is a poignant tale that focuses on the themes of family, transformation, morality and what it takes to become a 'real' human. Dating back from 1881, Pinocchio has proved to be a versatile classic, accomplished by many authors and artists, from Carlo Collodi to Walt Disney.

Artistic Director and writer of the piece Andy Barrow says: "Pinocchio is a universal story in the sense that

it is about becoming a young adult and realising the qualities of a good human being. It's relatable for a modern audience because they'll be able to recognise some of the basic challenges in which we face, when trying to make our way in this world".

See how Oddssocks breath fresh air into this magical tale in their own inimitable, anarchic and hilarious way. For tickets call the Box Office on 01623 633133 or go to www.mansfieldpalace.co.uk



A treat for your Valentine

'The Elvis Years' is an authentic concert production, featuring Mario Kombou from the highly acclaimed West End musical 'Jailhouse Rock' and led by legendary producer, musical director and Ivor Novello award-winner David Mackay.

The show is at the Mansfield Palace Theatre on Friday 14 February. Six decades after Elvis Presley first walked into Sun Studios in Memphis as a teenage truck driver, the story of 'The King' is being brought to life in the form of an outstanding musical production.

This energetic show is a complete theatrical experience, transporting the audience on a musical and emotional journey they will never forget.

The Elvis Years features the highs and lows of Elvis's life – including his first legendary Sun session, the 'Grand Ole Opry' & 'Louisiana Hayride', the death of his beloved mother, his time in the army, the 'Hollywood' movie years, the '68 Comeback Special, and the incomparable 'Las Vegas' concerts.

With a world class cast of actor/musicians,

authentic costumes and nostalgic film footage, The Elvis Years features over 50 massive Elvis hits including 'That's Alright Mama', 'Hound Dog', 'Blue Suede Shoes', 'It's Now or Never', 'Just Can't Help Believing', 'The Wonder Of You', 'Suspicious Minds', 'American Trilogy' and many more, as well as lesser known tracks such as 'Rock A Hula Baby' and 'Patch it Up'.

For further information or to book tickets call the Box Office team on 01623 633133 or book online at www.mansfieldpalace.co.uk.

EVENTS around Nottinghamshire

Over the coming weeks we will be publicising events from around the county, including car boot sales, jumble sales, talks and charity events. If you are organising an event that you would like us to include for free please email us at editorial@nottsinfocus.co.uk

Here are a few car boot sales and markets taking place over the next few weeks:

WHAT: Hucknall Car Boot Sale
WHERE: Hucknall Carnival Site, Hucknall Lane. NG6 8AA
WHEN: Every Thursday & Sunday from 7am
WHO: Tel 07698 067023

WHAT: Nottingham Car Boot Sale
WHERE: Nottingham Racecourse Colwick Park, Colwick Road NG6 4BE
WHEN: Runs every Sunday. Sellers admitted 7am-8:30am, buyers after 8:35am
WHO: Tel 0115 915 5555

WHAT: Clifton Indoor Car Boot
WHERE: Southchurch Dr, Clifton NG11 8AB
WHEN: Runs every Sunday, 7am-12pm
WHO: Tel 07971 914790

WHAT: Jumble Sale
WHERE: The John Godber Centre, Ogle St, Hucknall NG15 7FQ
WHEN: First Friday of month 10am-12pm
WHO: Tel 0115 963 9633

WHAT: Bottesford Giant Car Boot Sale
WHERE: Field entering Bottesford NG13 0EE
WHEN: Re-opens mid-March 7am-2pm
WHO: Tel 07801 895204

WHAT: Burton Joyce Community Market
WHERE: BJ Village Hall NG14 5ET
WHEN: 14th March 10am-12.30pm
WHO: Tel 0115 841 9099

WHAT: Table Top Sale
WHERE: Lowdham Village Hall NG14 7BD
WHEN: Saturday 15th Feb 2pm-4pm
WHO: Tel 0115 9312 294



SEE CHASE & SKYE FROM PAW PATROL

GREAT CENTRAL RAILWAY LEICESTERSHIRE

TUES 18TH TO THURS 20TH
FEBRUARY 2020



nickjr



**WE ARE PROUD TO INVITE
SKYE FOR THE FIRST TIME!**

**THE HEROIC PUPS WILL BE MAKING PERSONAL APPEARANCES
AT LOUGHBOROUGH AT THE FOLLOWING TIMES:**

CHASE: 11AM, 12PM, 1PM, 2PM & 3PM

SKYE: 11.30AM, 12.30PM, 1.30PM, 2.30PM & 3.30PM

 © & TM Spin Master Ltd. All Rights Reserved

Join in every day on Nick Jr.
nickjr.co.uk

**FACE PAINTING • MINI FUNFAIR • RIDE ON A STEAM TRAIN
YOU CAN START YOUR JOURNEY AT ANY OF OUR FOUR STATIONS**

**£38 FOR A FAMILY
OF 5 (2A+3C)**

BOOK RAILWAY TICKETS ONLINE WWW.GCRAILWAY.CO.UK

 @GCRGreat

 @GCRofficial

Enquiries: 01509 632323

All tickets include unlimited rail travel and entertainment, except the fun fair rides and face painting. Platform only and short hop tickets are not available.

School's Out



'Sounds become patterns...' Sonic Moves is on at Nottingham Contemporary this half term.

Family fun for half term

Spring half term will soon be here and if you are planning what to do with the kids, then here are a few things happening in Nottinghamshire.

Running from Wednesday 12 to Wednesday 19 February, at various venues across Nottingham, the Festival of Science and Curiosity aims to take science, technology, engineering and maths out of the classroom or laboratory and into everyday life. It invites people to share not only what they know, but what they would like to know. The festival celebrates curiosity by encouraging the audience to ask questions and take a leading role in finding the answers.

It is aimed at making all the subjects appealing to a wide audience, especially those people who do not usually have access to science activities.

After being organised as a collaborative but informal partnership across numerous organisations for five years, the Nottingham Festival of Science and Curiosity has become a firm favourite in Nottingham.

As part of the festival there will be talks, seminars

and comedy nights to show how science is a part of our cultural life.

For a full list of festival events go to: www.notts-fosac.co.uk

If your child likes to take part in group activities then Nottingham Contemporary is hosting free family-fun activities exploring how we can play, capture and manipulate light and sound through performance, drawings and projections during half term. There is no need to book, just drop in and stay as long as you like. (Find out more at www.nottinghamcontemporary.org).

Over at Nottingham Playhouse there are more activities to keep youngsters engaged and active. There is something for all ages and abilities, from drama games to dance classes and interactive storytelling sessions, plus they will be running free activities in the Ustinov room, which will be transformed into a space to draw, play and create. (Find out more at www.nottinghamplayhouse.co.uk).



A good time to get active

With school holidays just around the corner, now is the time to make plans for how to entertain the children.

Gone are the days when you have to rush through breakfast or worry if that P.E. kit is clean, so take your time and enjoy a little family time.

Take a look at our adverts for School's Out to get some inspiration and see what's on during the school holidays or find some interesting places to visit. You don't have to let the children sit in front of the TV getting bored, whatever your budget there is so much to do.

School holidays are a good time to get active. You can visit one of our many historic attractions, theme parks, farms or venues aimed at providing family fun, like trampoline centres or swimming baths.

Even in cold weather it can be fun to take a walk and see all that nature has to offer. In Nottinghamshire we are lucky to have woodland, forest and park land on our doorstep and it need not cost the earth to go and explore.

Look out for special guided walks and other family activities over the school holidays. You can also hire bikes if you fancy going a little further afield.

If budgets are tight after the festive season you can always spend some time at home enjoying crafts, doing some cooking or reading together – there is no need to break the bank having fun.

There are also lots of ideas online for things to make with younger children, for example simple origami animals to make out of paper.

Whatever you choose to do, school holidays provide the perfect time to spend time with your children and make memories that will last forever.

HEIGHTS of Abraham

Est. 1787

Derbyshire's Award Winning Landmark Attraction

NEW

Visit our brand new website to see what's happening at the Heights this season.
www.heightsofabraham.com

Love is in the Air

14th - 16th February 2020

A weekend of live music on the patio, twinkling lights, fire pits and delicious sharing desserts.

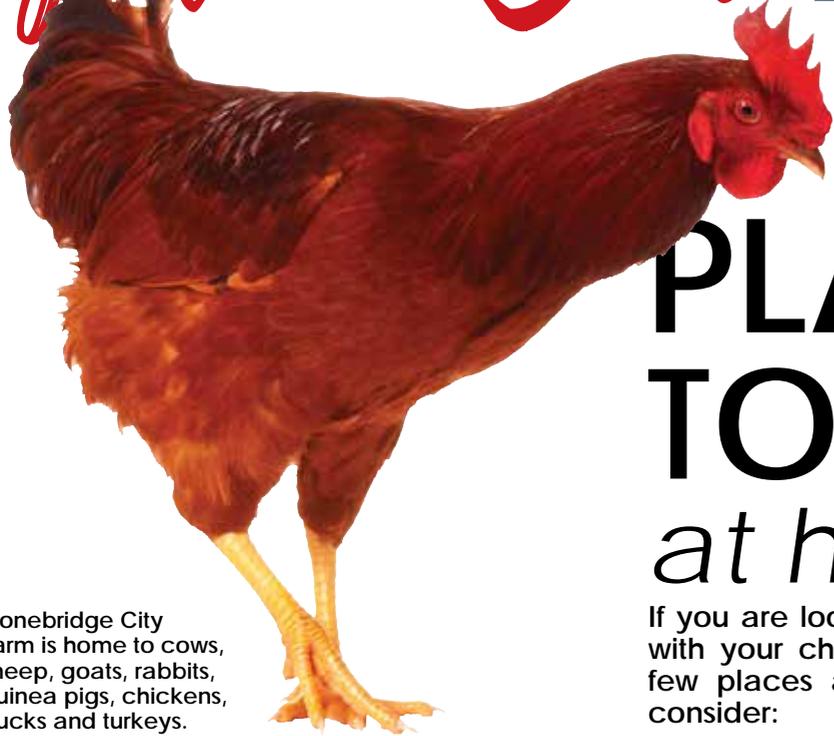
Also open every day during February half term.
Then weekends only until the 21st of March

Your adventure starts here

Two Guided Cavern Tours, Exhibitions & Galleries, Adventure Play Areas, Vista Restaurant and Bar

Matlock Bath, Derbyshire
www.heightsofabraham.com

School's Out



PLACES TO VISIT at half term

Stonebridge City Farm is home to cows, sheep, goats, rabbits, guinea pigs, chickens, ducks and turkeys.

If you are looking for fun places to visit with your children at half term here are a few places across Nottinghamshire to consider:



Floralands Farm Park is heaven for animal lovers of all ages.

Floralands Farm Park, Lambley, Nottingham

If you love the peace and quiet of the country then Floralands Farm Park in Lambley might just provide the perfect outing for you and the children.

The farm is heaven for animal lovers of all ages with donkeys, pigs, sheep, pygmy goats and alpacas waiting to meet and greet visitors. There are also daily feeding sessions. If your children enjoy a little more activity then there are a variety of rides and other equipment to keep them entertained and happy. To find out more go to: www.floralandsfarmpark

cows, sheep, goats, rabbits, guinea pigs, chickens, ducks and turkeys and grow vegetables and herbs. They also have a playground, café and shop.

Stonebridge City Farm is open seven days a week. There is no entrance fee, but a donation is always welcome. To find out more go to: www.stonebridgecityfarm.com

Robin Hood's Wheelgate Adventure Park, Farnsfield

If you want a day at a local theme park then Robin Hood's Wheelgate Adventure Park is a good place to go. It caters for youngsters of all ages with eight adventure zones to choose from, plus a water park. To find out more go to: www.wheelgatepark.com

Stonebridge City Farm, Nottingham

Stonebridge City Farm in St Ann's is a slice of the country in the heart of Nottingham.

The farm is a registered charity that was set up around forty years ago by local residents.

They have a wonderful collection of large and small animals, including

Water Meadows, Mansfield

Water Meadows Swimming and Fitness Complex is a great place for active families to exercise and have fun together. Whether you want to work out in the gym or spend time in a class it is a good place to head to.

If the worst happens, I know that Dogs Trust will care for him.



When I'm not here to love him, I know Dogs Trust will be.

Now I've got my free Canine Care Card, I have complete peace of mind. It guarantees that Dogs Trust will love and look after my dog if I pass away first. Dogs Trust is the UK's largest dog welfare charity with a rehoming centre in Loughborough and a further 19 across the rest of the UK.

Apply now for your FREE Canine Care Card.

Call: 020 7837 0006 or email: ccc@dogstrust.org.uk

Please quote "334399" or complete the coupon below.

This service is currently only available for residents of the UK, Ireland, Channel Islands & the Isle of Man.



Yes I'd like to apply for my free Canine Care Card (Please fill out in block capitals)

Mr/Mrs/Miss/Ms/Other
 Address
 Postcode 334399

Please send this coupon to: Freepost RTJE-SXGL-BEEJ, Dogs Trust, Moulton House, 10 Pond Wood Close, Northampton, NN3 6DF (No stamp required.)

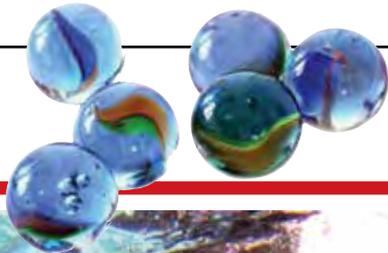


www.dogstrust.org.uk
 Reg Charity No: 227523 & SC037843

From time to time we would like to send you exciting updates about our work, products, services and how you can support us, including fundraising activities and research by post. If you'd rather not receive these mailings, please tick here In order to communicate with you more effectively, better understand your preferences and ability to support our work, we may analyse your data. We do share your information within the Dogs Trust Group, currently Dogs Trust Worldwide, Dogs Trust Ireland and Dogs Trust Promotions. To read our full privacy policy visit dogstrust.org.uk/privacy

Robin Hood's Wheelgate Adventure Park.





Water Meadows Swimming and Fitness Complex is a great place for active families.

The pool is all about letting your hair down and having fun. It features three water rides, a wave machine, rapids and water cannon. There are also swimming classes for all ages and abilities. To find out more go to: www.mansfieldleisure.com

Sundown Adventureland, Retford

Sundown Adventureland is a theme park especially to make amusement rides accessible to kids under 10. They can hop aboard the Jolly Pirate Boat Ride, or take the Robin Hood train ride, take a tractor ride, or learn to drive at Monkey Mayhem Driving School. To find out more go to: www.sundownadventureland.co.uk



Sundown Adventureland



Take an enchanted fairy trail at Rufford Country Park

Some favourite magical creatures are back at Rufford Country Park with a few more surprises. Visitors can put on their fairy wings and follow the trail around Rufford Abbey's Enchanted Forest to discover a world of mystery. Hunt down the enchanted miniature houses, find the king and queen of the fairies, walk through the wonky archways to find the resident dragon and tell your secrets to Rainbow Sunbeam wishing fairy. Let your imagination run wild at

Rufford Abbey Country Park this half term. The event runs from Saturday 15 February until Sunday 1 March from 10.30am to 4pm. There is no need to book and trail sheets (cost £2) and can be purchased on the day at visitors reception. Rufford Abbey is situated on Old Rufford Road, Ollerton (NG22 9DF). For more information telephone 01623 821338 or email: ruffordabbey@parkwood-leisure.co.uk



HOCUS POCUS
Soft play and party venue!

Fantastic magical themed soft & play party venue with a difference! Huge 4 tier play frame with a separate toddler area along with 3 themed private party rooms!

Hocus Pocus Soft Play & Party Venue
£1 OFF ADMISSION

Conditions apply: Voucher must be presented on entry. Only one voucher per child and per visit. Offer not to be used in conjunction with any other offers. Offer valid from 3.9.19 - 31.3.20. Ticket damaged or discoloured tickets will not be accepted. No cash alternative is available and the voucher is non-transferable. Offer is subject to availability, but alternatives can be offered if available. We reserve the right to withdraw this offer at any time. This offer may be subject to further terms and conditions, please check with the provider.

131 Queens Road | Beeston | Nottingham
NG9 2FE | 0115 9255007
www.hocuspocusssoftplay.co.uk

Razzle Dazzle Pots
Paint Your Own Pottery Studio

Release your inner artist here at our family friendly pottery painting studio!

www.razzledazzlepots.co.uk

No need to book our drop in painting sessions

Opening Hours
Tues - Sat 10am - 5:30pm
Sunday 11am - 4pm

852 Woodborough Rd
Mapperley
NG3 5QQ
0115 905 6029

Got a story to tell?

Email editorial@nottsinfocus.co.uk



NOTTINGHAM
FESTIVAL OF SCIENCE AND CURIOSITY
CELEBRATING SCIENCE, TECHNOLOGY,
ENGINEERING AND MATHS
12 - 19 FEBRUARY 2020
WWW.NOTTSFOSAC.CO.UK f t i @NOTTSFOSAC



GET CURIOUS!

The Nottingham Festival of Science and Curiosity is back and bigger than ever this February with a programme packed full of fun, free, hands-on activities aimed at all the family.

Now in its sixth year, the Nottingham Festival of Science and Curiosity seeks to take science, technology, engineering and maths out of laboratories and into local communities. We are all naturally curious and curiosity, asking questions and being playful are at the heart of this unique festival.

On Saturday 15 February the festival will take over Nottingham, with curious events spread across numerous venues both in and out of the city centre. Join local researchers at Central Library and Victoria Market and discover mind-bending science tricks, real-life lab equipment and exciting science games. Explore a curiosity playground at Sneinton Market, take part in a Wikipedia EditAThon at Backlit and delve into muscle body art at Broadway.

Then, from Monday 17 – Wednesday 19 February the festival will be on the road, bringing interactive activities to city and county libraries, perfect for families looking for things to do in half term. The festival also has a bustling Curious Lates programme aimed at adults, which will run during the evenings throughout the festival. With science comedy, talks on diverse subjects including brewing, internet addiction and sustainability and even a live heart dissection – there really is something for everyone.

For more information and detailed event listings visit www.nottsfosac.co.uk and check out NottsFOSAC on Twitter and Facebook and @nottingham-FOSAC on Instagram.



Jimmy Cricket's new comedy comes to Mansfield

After 50-plus years in the spotlight the comedian Jimmy Cricket has drawn on his experience to pen a new stage comedy. It appears at Mansfield Palace Theatre on Thursday 20 February and Jimmy also stars in the show.

'No More Fiffing and Faffing' is also written by and co-stars Jonathan Young and Colin Meredith. It tells the tale of comedy double act Joe Fiffen and Jerry Faffen who are on their last night of the summer season at an end of pier show in Clusters-on-Sea.

Things haven't gone well so they decide to jack it all in and make it their last night in show business after 36 years. We then follow them to the dress-

ing room where they settle old scores! The boys are offered a reality TV show if they change their minds about retiring, which Jerry wants to do, but Joe has his heart set on a new career as an Entertainment's Manager in a seaside holiday hotel. Luckily Stage Manager Archie Gibbons is on hand to sort things out, enabling the boys to perform all their best routines for their loyal fans at their Swan Song Show.

If you love the good old fashioned comedy delights of yesteryear and reminisce over British holiday camps then you will love this show. For tickets call the Box Office team on 01623 633133 or go to www.mansfieldpalace.co.uk

STEVE HARLEY ACOUSTIC BAND

Performing songs from all of his albums, including the great hits, JUDY TEEN, MR SOFT, SEBASTIAN and MAKE ME SMILE, in a two-hour-plus show that promises intimacy mingled with great improvisation and rocky rhythms.



SUNDAY 23rd FEBRUARY
PALACE THEATRE
APPLETON GATE, NEWARK, NG24 1JY
OFFICE 0161 636 655755

“The mental health benefits of singing collectively are proven so we encourage men and women of all ages and abilities to consider joining Rock Choir as a new adventure in 2020.” – Jennie Harwood, Rock Choir Leader



A choir that really

ROCKS

Rock Choir is the pioneering contemporary choir of the UK and remains unique with over 30,000 members participating in approximately 400 local communities, including Nottinghamshire. It offers all ages an alternative experience to the traditional classical or community choir introducing members to feel-good pop, rock and contemporary chart songs.

Its well-known and uplifting ethos of fun, friendship and community spirit is a huge part of Rock Choir's attraction where members enjoy a dynamic and busy new social life whilst connecting with their community.

At an individual level it helps improve people's well-being by building their self-confidence, self-esteem and in turn improving their mental health and general health. This was scientifically proven when in 2018, the BBC TV programme 'Trust Me I'm A Doctor', used members of Rock Choir for an experiment to find out if singing, cycling and dancing boosted our levels of Endocannabinoids – neurotransmitters thought to be the cause of the 'natural high'. These chemicals have only recently been discovered and are simi-

lar in structure to the chemicals found in the Cannabis plant.

As well as giving us a 'buzz' these chemicals are linked to improving mood and reducing anxiety and stress.

Under the direction of physiologist Dr Saoirse O'Sullivan, the group of Rock Choir members were tested in each activity over four days with interviews and blood taken to monitor their levels of Endocannabinoids. The end result was extremely exciting. Whilst dancing and cycling raised their happiness levels by 20%, singing raised them by an extraordinary 40%; an exciting discovery that could help enormously with our approach to mental health.

Rock Choir Founder, Caroline Redman Lusher, said: "Rock Choir has made a huge impact on the well-being of its members. In fact, it's brought joy to all of us. I've seen first-hand

how being part of Rock Choir has improved lives; some of our members have reported that they've come off anti-depressants, found new confidence in themselves and found pure happiness again. Their well-being has impacted their relationships around them too; their family, friends and colleagues and they will continue to feel better and stronger the longer they sing."

The Rock Choir Team consists of over 140 individuals including 80 professional musicians and performers, The Leaders, who each deliver weekly Rock Choir rehearsals in their own local communities.

Jennie Harwood, Rock Choir Leader for the Rainworth and Beeston Choirs said: 'Leading our local Rock Choirs is a privilege – the choirs become an extension of our families and

I am proud of how much the members have bonded and how much joy they get from singing together.

"We are always looking for new members and we hope to welcome some new faces – and voices – this New Year. The mental health benefits of singing collectively are proven so we encourage men and women of all ages and abilities to consider joining Rock Choir as a new adventure in 2020."

Rock Choir has appeared on many TV and radio shows including The One Show, Britain's Got Talent, Good Morning Britain, This Morning, BBC Breakfast, Sky News, Radio 2's Michael Ball Show, Clare Balding's Good Morning Sunday and many more.

To find your closest Rock Choir and to book your free taster session, visit www.rockchoir.com

Universities collaborate to change lives

Nottingham's two world-class universities have launched a pioneering collaboration to help change the lives of local people for the better, as independent research reveals that every 22 seconds someone in Nottingham interacts with one of the city's universities.

The Universities for Nottingham initiative will bring together the strengths and expertise of Nottingham Trent University and the University of Nottingham.

The ambition of the universities is to work with local partners to design and deliver programmes around five themes, which will create transformative change for the people of Nottingham and Nottinghamshire.

These themes are:

1. Economic prosperity
2. Educational opportunity
3. Environmental sustainability
4. Health, wellbeing and culture
5. Making our universities work for our communities

Independent analysis as part of Universities for Nottingham has revealed the scale of the combined social and economic impact of the universities.

“We want to say clearly to the people, communities and businesses with whom we share a common place, that we are also your universities, the Universities for Nottingham.”
– Professor Shearer West, President & Vice-Chancellor, University of Nottingham

For example, through their activities and supply chains, they add £1.1 billion to the economy in Nottingham and £3.8 billion to the UK economy every year. That impact supports 25,000 jobs across Nottingham and Nottinghamshire. Together, the universities would be the third largest employer in the region.

Each year, the universities work with around 35,000 young people from 150 schools across Nottingham and Nottinghamshire. This academic year they will spend £33 million on activities to get more people into university and support them whilst there.

Professor Edward Peck, President and Vice-Chancellor, Nottingham Trent University, said: "As the Vice-Chancellors of Nottingham's Universities, we agreed to commence the Universities for Nottingham project because, while both our institutions were making a significant individual contribution to the region, we recognised the potential for further collaboration."

Professor Shearer West, President and Vice-Chancellor, University of Nottingham, said: "Once we started investigating the potential to deliver projects in the local area, the sheer scale and number of opportunities was striking.

"We want to get the message across that our institutions are not solely for the researchers, teachers, staff and students who work here. We want to say clearly to the people, communities and businesses with whom we share a common place, that we are also your universities, the Universities for Nottingham."



Luxury Award Winning Lodges in the Derbyshire Peak District



There is **no better place** than the Derbyshire Peak District to enjoy a short break or a family holiday.

Darwin Forest is situated between Matlock and Bakewell and is ideally located in the Heart of England. The park has been a finalist in the Visit England Awards for Excellence and received the Visit England Gold Award for excelling in hospitality and service. Darwin Forest combines luxury self-catering holiday accommodation with fantastic onsite facilities including a swimming pool, gym and spa. The woodland setting creates a peaceful location from which to fully relax and get closer to nature. It is the perfect place to stay for visiting scenic countryside, stately homes including Chatsworth House, picturesque villages and a wide range of local attractions.

- ▶ Award winning 5 star park
- ▶ Lodges sleep from 2 - 8 people
- ▶ Perfect for couples, families & celebrations
- ▶ Spa lodges include private hot tubs



- ▶ Indoor pool, spa, gym & beauty rooms
- ▶ Onsite restaurant & take-away service
- ▶ Stunning woodland location
- ▶ Fantastic for visiting the Peak District

- ▶ Activities including archery, snorkelling and bodyzorbng
- ▶ Huge soft play centre
- ▶ Mini golf, tennis & games room
- ▶ Cycle hire, nature trails & woodland walks



To **find out more** and to **book online** visit
www.darwinforest.co.uk



Holidays

Experience the beautiful United Kingdom

OK, we may not be blessed with the best weather in the world, but the United Kingdom is packed with some of the most beautiful and inspirational scenery. From national parks to vibrant cities, fabulous coastline and cheerful seaside resorts there is something for everyone.

Whether you are planning a weekend break or a main holiday, the UK has plenty to offer. You can choose from hotels, cottages, and holiday parks to create your perfect holiday.

Experience the beauty of the Lake District, Peak District or the Yorkshire Dales in the north of England, the bleak expanse of Dartmoor or Exmoor in the West Country or the Cairngorms or Loch Lomond and the Trossachs in Scotland. You will certainly be inspired to get out walking, sailing and lapping up the amazing views.

In England you can head to thriving cities such as Manchester, Liverpool and Newcastle. Glasgow and Edinburgh dominate in Scotland, and Cardiff is well worth a visit in Wales. With Belfast now having its very own Titanic Museum, there is much to see and

do in the Northern Irish capital. Other popular locations are historic cities such as Bath, York, Chester and Canterbury.

One of the best things about holidaying in the UK has to be our magnificent coastline. If you fancy venturing further afield than the beautiful Lincolnshire coast then you can find other traditional beach resorts such as Brighton, Bournemouth and Blackpool to enjoy fish and chips by the sea with the sand between your toes. Outside the resorts you will find wonderful beaches, coastal walks and cliffs, and views out to sea from our island nation. Each area of the country has a different look and feel, from the smugglers' coves of Cornwall to the flatness of east Anglian beaches to the near Caribbean-style waters of the islands off the west coast of Scotland.

You are bound to find something to suit your holiday needs in the UK.



Stonehenge

3 Bedroom Caravan for sale in Skegness
DON'T MISS OUT ON THIS AMAZING PRICE



£10,005
 INTERESTED? CALL SAM NOW ON
07776 593359



One of the best things about holidaying in the UK has to be our magnificent coastline.

Discover Lincolnshire's charms

If you associate holidays with time spent on the beach, but want to stay in the UK, then Lincolnshire has lots to offer. Lincolnshire is England's second largest county and, in combining stunning landscapes with vibrant and exciting attractions, it is one of country's most diverse destinations. Its blue flag beaches are some of the most stunning in the country and make for an ideal break by the sea.

Skegness is perhaps the most well-known seaside destination. Its theme parks, rides and attractions are perfectly contrasted with its sandy beaches and wealth of entertainment.

Mablethorpe is another of Lincolnshire's most visited seaside towns. Dating back to the 14th Century it offers a variety of holiday parks and camp sites and has accommodation and activities to suit every budget.

Cleethorpes offers all the fun and excitement that visitors have come to expect from the Lincolnshire seaside alongside an opportunity to explore England's great outdoors.

The stunning woodlands and picturesque park spaces showcase the beauty of Britain's landscapes and the Cleethorpes Coast Light Railway gives visitors the opportunity to explore four miles of breathtaking coastline.

Sutton on Sea is one of Lincolnshire's smaller and lesser known beaches but one that offers all the charm of a sea side destination nonetheless. Pastel beach huts and sea front gardens add to its quaint and traditional appeal and the coastal town offers a refreshing tranquility. If you are looking for a break away from the hustle and bustle then Sutton on Sea is definitely for you.

Lincolnshire's coast has something truly unique to offer with all the excitement and vibrancy of its well-known resorts alongside the peace and tranquility of the seaside. With travel times under an hour and a half by car and just under an hour by train it makes the ideal place for a break. If you prefer something more leisurely then look at the many coach trips that are available.

If you enjoy the great outdoors then just a few miles inland are the Lincolnshire Wolds, an area of Outstanding Natural Beauty, which make it a haven for those looking to enjoy the English countryside at its best. For walkers there are historic towns like Horncastle, Market Rasen and Caistor which is said to be the "finest little market town in Britain". So whether you are looking to spend time by the sea or enjoy England's beautiful landscape Lincolnshire has much to offer close to home.



BEESTON REGIS Holiday Park

Holiday homes available from
£14,950

Beeston Regis Holiday Park, situated in one of the finest locations in North Norfolk, it sits perfectly between the beautiful heritage towns of Cromer and Sheringham. The sea views are second to none, the walks are stunning across the locally famous 'Beeston Bump' and the nearest towns offer excellent facilities for shopping, sight-seeing and entertainment.

Beeston Regis Holiday Park, Cromer Road, West Runton, NR27 9QZ
 Tel: 01263 823614 Email: info@beestonregis.co.uk Web: www.beestonregis.co.uk

Greenacres caravan park

01777 870264

NEW Management
Lincoln Road,
Tuxford,
Nottinghamshire
NG22 0JN

**Adults
only**

**Tourers,
tents,
statics**

**Recently
updated
facilities**

**Friendly &
family-run**

**Peace
& quiet**

www.greenacres-tuxford.co.uk

Enjoy our peaceful campsite in scenic countryside

Greenacres Caravan and Touring Park in Tuxford, Nottinghamshire is the perfect place for some well-deserved peace and quiet away from the stresses of modern life.

Our neat and well maintained site has ample space for tourers, tents and static caravans. Each spacious pitch is designed to ensure that you have all the room you need to sit back and enjoy your break in comfort.

The park has been successfully welcoming guests for over 30 years with many people returning over and over again.

Whilst we are a small and friendly family run business, we ensure you will be welcomed into a relaxing, private and quiet environment. To ensure this, we are only able to allow adults to stay on the site. However, home owners occasionally may have young family members stay during the school holidays.

We pride ourselves on our attention to detail and this will be evident throughout the whole of your time at Greenacres.

Our recently renovated shower, toilet and wash block is professionally cleaned throughout the day and warm, well lit and atmospheric at

A peaceful, relaxing campsite

Ample space for 40 tourers

Newly Acquired!

Greenacres has recently purchased the White Swan free house & restaurant at Dunham on Trent, just a few minutes drive from the park. Serving a great selection of beers and food all year round. For all you fishermen, the pub also offers a large well stocked fishing lake that is free to all park residents. So why not come and enjoy our great new facilities.

**We look forward to
welcoming you soon!!**

Clean
washing
facilities

Disabled
shower
room

Newly-
built
wash
block

Holidays



Enjoy a UK break

Planning some time away? With so many places to visit across the globe, it is easy to forget all the wonderful places that are just a stone's throw away from home.

The UK offers a wide range of cheap days out including festivals, historic landmarks, blue flag beaches, wildlife trails and theme parks, so there is certainly a lot to keep us happy right here.

There is something for everyone, from relaxing and cosy cottages, to our more traditional state of the art hotels or a B&B, the choice is yours.

Our cities are a shopper's paradise: from flea markets and vintage shops to luxury department stores like Selfridges and Harrods in London, the options are endless.

With London just an hour or two away on the train from the East Midlands, you can spend some

time exploring the iconic buildings and palaces, enjoy the many cultural activities, visit one of almost 200 museums or take a walk in the many green spaces on offer.

Why not take a spin on attractions such as the London Eye and experience some of the spectacular views of the city's skyline and get a unique perspective on iconic London landmarks like Big Ben and Westminster Abbey?

If the countryside is more your style then camping holidays are also a fun way to enjoy a well-deserved break. Not only is camping often more fun, cheaper and more unique than going abroad, it is also a great way to get closer to nature and relax.

Hiking is also great for your health. Walks are a brilliant way to clear your mind and view the beautiful scenery the UK has to

offer, and with places like Snowdonia, the Peak District and Northumberland all within easy reach you can enjoy a quick weekend away without the need to face airport queues.

Boating holidays are also a fun way to enjoy a break. Take to the water and cruise around the dense waterways that crisscross the UK. It can be a fun way to explore the length of the country, stopping off at country pubs along the way. If you are yet to gain your sea legs, there are plenty of mooring stops along the canals to pitch up for a few days.

So whether you are looking for a last minute getaway, a romantic break, something to entertain the family or simply an escape from the stress of work, the UK is the ideal place to enjoy a break with plenty to choose from.



Whether you are looking for a last minute getaway, a romantic break, something to entertain the family or simply an escape from the stress of work, the UK is the ideal place to enjoy a break with plenty to choose from.



Lyndhurst GARDEN CENTRE & Country Park

Exclusive plots are thoughtfully positioned overlooking the lake and countryside in peaceful locations. Our relaxing setting is conveniently located for all that the county has to offer, from seaside follies and golf courses to beautiful market towns and vibrant shopping centres. We are also linked by footpath to the beautiful market town of Burgh-Le-Marsh.

- Extended 10 month season
- Dog friendly
- Lakeside plots available
- Family run
- Trade-ins welcome
- On-site garden centre and coffee shop
- 5 minute walk to local pub, restaurant and fishing lakes

Nestled in the beautiful Lincolnshire countryside, Lyndhurst Country Park offers you an ideal holiday location or escape for people seeking a gentler way of life away from the 'hustle and bustle' of everyday living.



Skegness Road, Burgh Le Marsh, Skegness, Lincolnshire PE24 5AA Tel: 01754 810295
email: lyndhurstgc@gmail.com • www.lyndhurstcountrypark.co.uk



CARE HOME



- ✓ Dementia quality mark
- ✓ Highest quality band rating
- ✓ Rated ***GOOD*** by CQC

Only care home in Hucknall with all the above

A care home where residents can feed the chickens, watch a film at the indoor cinema, and go to the salon!

“

The staff are friendly and helpful towards the family and my mother is treated with respect and affection. She has responded well to the friendly, caring environment. The nursing and care team are highly professional and deliver a high standard of care and support.

Book a tour with us today and join the family.



Care **“If you can spare the time why not do something to show how much you care?”**



Take on 5k without leaving the house

Local residents can take on a virtual 5k challenge for Rainbows Hospice for Children and Young People without even leaving the house.

The charity is encouraging supporters to do its Virtual 5k their own way, whether that's running, skipping, hopping, dancing or swimming the distance. It can be a dog walk, a run or even a dance in the kitchen. Everyone who takes part in the challenge, which must be completed by the end of March, will receive a medal. Entry is £20.

Nancy Lillington, Rainbows' Events Manager, said: "We want our supporters to get involved and

help spread the smiles as they complete the miles. Whether this is done in one go or over multiple days is completely up to each individual.

"The medals have kindly been donated to us, so 100% of entry fees will go towards the vital work we do here at the hospice, supporting children and young people with a life-limiting condition and their families. We'd love it, if people would also raise money while taking part in the challenge too.

For more information visit rainbows.co.uk/virtual-run or contact Nancy on 01509 638068 or email nancy.lillington@rainbows.co.uk

Ofsted report welcomed by council

Nottinghamshire County Council officially welcomed the findings of the recent Ofsted report following an inspection of the council's children's services.

The Ofsted findings were discussed and debated at a recent Children and Young People's committee.

Committee Chairman, Councillor Philip Owen, said: "We welcome the findings of the Ofsted inspection and thank them for a thorough report which has recognised that our practice has remained 'Good' since our last inspection in 2015, placing us in the top performing 30 per cent of all councils.

"Keeping children safe is the highest priority of the council. We are pleased that Ofsted recognise the corporate and political support the council provides to its children's services is a strength. We are committed to supporting our workforce who do an excellent job, day in day out, often in very challenging circumstances.

"Demand on our children's services continues to increase year on year and there is always more work to be done. The report identifies some discrete areas of practice that require improvement. It is positive to note that the report also recognises that the council is aware of the required improvements and were already taking action to address them before the inspection.

"It is encouraging that the Inspectors recognised high staff morale and the commitment of our foster carers who provide stable and caring homes for children who need our care. We have

recruited 60 new social workers in 2019 to help support improved performance.

"We will continue to seek to attract more people to work in children's social care and to grow our

dedicated family of foster carers."

For further information about fostering in Nottinghamshire, go to www.nottinghamshire.gov.uk/care/fostering, call 0115 804 4440 or email fostering@nottscc.gov.uk.



Can you spare the time?

How often do you find yourself with spare time on your hands? From ten minutes to a couple of hours – we can all afford to make better use of our spare time when we have it. And what better way to spend it than helping to change someone's life for the better?

Offering care in your local community can include anything from aiding an elderly person with their shopping or general housework to lending a smile to someone in need. There are plenty of things you can do to make your community a better place, if you know a full-time parent, elderly neighbour or perhaps a family member who could use a helping hand, just a few minutes to you could mean the world to them.

Popping into local care homes is a fantastic way to spend your free time knowing you are helping to brighten the lives of those who may need it.

Offer to walk your neighbour's dog, help your parents with their shopping, volunteer at your local church or bake cakes for your office simply to make someone smile. From the smallest gestures to the biggest, your time is best spent helping others.

It's so easy to fall into the routine of going about your daily life and overlooking the small things we can do each and every day to make people happy. If you can spare the time why not do something to show how much you care?

Solutions Mobility Ltd
The Home of New and Pre-loved Mobility Equipment

I thoroughly recommend them...

"I felt confident buying online from Solutions Mobility and everything went really well. The wheelchair charger was dispatched separately but it arrived exactly when they said it would and the follow up afterwards was great. I thoroughly recommend them."
Jan Windsor-Luck

- Powerchairs. • Scooters • Wheelchairs
- Stairlifts. • Vehicle Adaptions
- Batteries. • Spare Parts

Over 150 Powerchairs and Scooters in stock to view
Call today on 07875 295 500

10 Alfreton Road | South Normanton | Alfreton | Derbyshire | DE55 2AS

Exceptional Home Care Ltd
Best of the best in care

Exceptional Home Care Ltd is a home care company based in the East Midlands helping people in their own homes. Whether you require a sit in visit, personal care, shopping call or just a chat, Exceptional Home Care is here for you. Morning, lunch, tea and evening calls available based on either 30-minute calls through to 6-hour calls.

If you require any more information then please contact us on our office number 01509 733205 or our 24-hour mobile number 07598517358

WWW.EXCEPTIONALHOMECARELTD.CO.UK



ACER COURT & ALDER HOUSE CARE HOMES

The best in Memory Care for Nottingham

The dedicated Memory Care suites provide the sector-leading Avery model for people living with the many forms of dementia, supporting residents to live life well in a calm environment that reflects the most up-to-date dementia care research.



Acer Court Care Home

172 Nottingham Road
Nuthall | Nottingham
Nottinghamshire | NG8 6AX

Call 0115 8950885



Alder House Care Home

172A Nottingham Road
Nuthall | Nottingham
Nottinghamshire | NG8 6AX

Call 0115 8950885

Or search 'Avery Care Nottingham' online or on 



2018 WINNERS

- Best Large Care Home Group
- Social Activities & Well-being
- Best for Food, Nutrition & Dining
- Best for Training & Development

Care



Show them you care

From parents and grandparents to friends, neighbours and acquaintances, we all have somebody to care about. But with busy schedules it can be difficult to make time to show them just how much you do care. Here are some small, but meaningful ways, to show someone you care:

Just for you

If you have not seen someone in a while, delivering some chocolates, flowers, a card or their favourite tiple could be a lovely surprise to warm their heart. If you are unable to visit them in person then a hand-written card is a nice idea to let them know you are thinking about them.

On my mind

Letting someone know they are on your mind can be a lovely way to say 'I love you'. A quick phone call to plan a day trip or perhaps a cup of tea and a chat together can mean the world to someone who lives on their own.

Helping hand

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

Heart-warming help

Sadly, we may not have seen the worst of the cold weather yet so, if you have an elderly



relative or neighbour, you could keep an eye out in case they need a little extra attention to ensure that both their health and wellbeing remain intact.

Keep an eye out for illness

The colder conditions can mean that older people are more susceptible to illnesses such as pneumonia and bronchitis, so regular visits to them in their home will enable you to assess if they need medical attention. Look out for warning signs including a hacking cough and drowsiness. If you have time making some soup they can warm up is a lovely gesture.

Create a warm environment

When you visit your friend or relative in their home, make sure that it is warm for them. If they feel particularly cold, make them a hot drink like hot chocolate or tea and wrap them in warm blankets. A lot of heat is lost through the head, so if they do not have a woolly hat it is a good idea to buy them one.

Help with errands

If you have the time, offer to run errands for an elderly person who may not want to brave the cold weather. Whether it is picking up a prescription or a few groceries from the local supermarket, small gestures like this can make the biggest difference to someone's day.

Help your loved ones to feel at home



'It an help to bring some familiar 'comfort' items to remind them or where they used to live. This could be a blanket, a piece of furniture or even photographs.'

Has one of your family members or somebody close to you recently moved into a care home? If they have it is likely that you are concerned about helping them to settle into their new environment as quickly as possible.

For those living in a care facility the first few weeks can be daunting, so it is up to you to let them settle in well.

Try and establish a visiting routine early on and make your relative or friend aware of when they can expect you. This gives

them something to look forward to and also means that they will not get flustered or uncomfortable if you turn up out of the blue. Most care homes will have visiting hours, so you will need to check what these are so that you can be sure you are visiting at the right times.

Many people are worried or upset at the prospect of leaving their own homes, so it can help to bring some familiar 'comfort' items to remind them or where they used to live. This could be a blanket, a piece of fur-

niture or even photographs.

Care homes can feel like a minefield for new inhabitants, so it helps to take the time to show them around. While the staff may already plan to do this, having a familiar face is likely to make them feel more comfortable.

Above all, stay close and connected and the person you care about during the early stages of them moving into a care home and they will quickly grow to love where they live.

TIME TO VEG OUT

You may be surprised to learn that there is a charity for older vegetarians and vegans. Vegetarians for Life (VfL) was established in 2008 to promote that no-one should be forced to give up on their dietary preferences (or needs) just because they are older or go in to care.

Acer Court and Alder House Care Homes in Nottingham, operated by Avery Healthcare, are proud to be members of VfL's directory, a 1,300 strong list of veggie-friendly organisations.

Three of Avery's chefs were recently crowned as winners in VfL's 2019 Awards for Excellence in Vegetarian Care Catering; they scooped Vegetarian Chef of the Year, Vegetarian/Vegan Dish of the Year and were Runners Up for the Special Recognition Award.

Amanda Woodvine, VfL Chief Executive, commented: "Approaching half a million people over 65 now live in care homes, and the number of vegetarians and vegans has trebled in five years. They and their families have understandable concerns that their dietary needs and preferences can be met, with food prepared separately to meat products, and a variety every day from a chef who takes the time to understand their needs."

The home's chefs provide first-class vegetarian and vegan options, which take into account religious and cultural dietary needs as well as resident dining preferences and awareness; many find it a lighter option to eat vegetarian, whilst others see the current topic around whether we should reduce our dependency upon meat and move towards a more vegetarian diet to support planet resource sustainability.

Both quality homes deliver the highest standards in care and senior well-being. There are no joining fees, it is all-inclusive no matter how much care you need, rooms come fully furnished and there are sunny landscaped gardens to the rear.

For more, search 'Avery Care Nottingham' online or on Facebook.



Weddings



Wedding rings as individual as you

Love Is Equal

MD

Love Is Equal

Love Is Equal

MD JEWELLERS
84 Westgate
Grantham
NG31 6LE

www.mdjewellers.co.uk
01476 591762

instagram:
[@mdjewellersgrantham](https://www.instagram.com/mdjewellersgrantham)



TRENT BRIDGE
EST. 1838

WEDDING OPEN DAY
SUNDAY 23 FEBRUARY
11AM – 3PM

FOR MORE INFORMATION PLEASE VISIT
TRENTBRIDGE.CO.UK
OR CALL
0115 982 3000

Nottinghamshire County Cricket Club Ltd. Registration No. IPS28979R




STAPLEFORD PARK

Weddings at Stapleford Park 2020

QUARTER ONE (JAN-MAR)
£7,997.00*

SUMMER PACKAGES
RUBY PACKAGE £138 PP* | SAPPHIRE PACKAGE £168 PP*
DIAMOND PACKAGE £198 PP*

WINTER WEDDING (OCT-DEC)
£8,797.00*

* Based on 80 guests.

FOR FURTHER INFORMATION: call 01572 787 016
or email weddings@staplefordpark.com




Exclusive Use & Outside Catering packages also available for 2020



Stapleford Park, Stapleford, Nr. Melton Mowbray, Leicestershire, LE14 2EF

Telephone: +44 (0) 1572 787000 | Fax: +44 (0) 1572 787001 | Email: sales@stapleford.co.uk | www.staplefordpark.com

Weddings



One of the most exciting parts of a wedding is choosing a dress, but it can also be very stressful. There is an endless list of suggestions in wedding magazines as well as online, and that's before any well-meaning relatives have given their opinion. To help you focus on which style will suit you best here is a guide to what some of the more popular wedding dress terms mean.

Choosing
the perfect

wedding dress



A-Line

A-line wedding dresses are very popular and can flatter almost all body shapes. They are fitted at the top and gradually become wider toward the bottom, like the shape of an 'A'. This silhouette naturally highlights the bust while slimming the waist and skimming over hips.

V-Neck

V-neck styles feature two diagonal lines, which form a 'V' shape and expose upper part of the chest. Just how low a V-neck goes depends on the design.

Empire

Empire waist dresses feature a raised waistline that sits just below the bust. The rest of the dress then flows down to the hem. This makes them perfect for petite brides who want to appear taller.

Ball Gown

The ball gown wedding dress is a glamorous and classic option for brides. It is a full-length style that features a fitted bodice and full skirt. As such, it makes a beautiful choice for large and traditional weddings and is perfect for brides who want to feel like a princess on their big day. It suits all body shapes.

Column

Column or sheath gowns are slim-fitting dresses that feature a narrow and straight shape from top to bottom. The style is designed to gently hug the body, showcasing your figure in the process. As such, they

are best for confident brides who do not mind showing off their waist and hips. In particular, tall and lean brides appear especially stunning in this style.

Fishtail/ Mermaid

Fishtail and mermaid wedding dresses are glamorous gowns that are shaped just as their names suggest. They follow the contour of the body before flaring out around the knees. The result is a very sexy and feminine style that highlights curves.

Sweetheart neckline

Sweetheart necklines are cut low and shaped like the top of a heart across the bust. They can either have straps or be strapless and are perfect for projecting a feminine and romantic appearance.

Halter Neck

A halter neck dress features a strap that sits around the neck to help hold up the top. Most halter neck gowns feature a high-neck and backless design, but this can vary.

Square Neckline

A square neckline features a straight cut that connects to straps at a right angle, creating the three sides of a square or rectangle. Although the style is angular, some options can be slightly rounded for a softer appearance.

Marriage facts from the ONS

Latest figures from the Office for National Statistics show:

In 2016, there were **249,793** marriages in England and Wales, 1.7% more than in 2015, but 1.0% fewer than in 2014

97.2% of all marriages were between opposite-sex couples and 2.8% were between same sex couples

There were **7,019** marriages between same-sex couples in 2016, an increase of 8.1% from 2015; of these marriages, 55.7% were between female couples

Marriage rates for opposite-sex couples in 2016 were **lower at all ages** compared with 2006, except for men aged 60 years and over and women aged 50 years and over

For the first time ever, less than one-quarter (**24%**) of all marriages in 2016 were religious ceremonies

30 July was the most popular day to get married in 2016, with **4,742** marriages on this day.

We only use high quality Upvc in all our installations.



Friendly service and advice at affordable prices.

MIDLANDS LTD



This conservatory is now cool in the summer and warm in the winter!



We are a home improvement company with over 20 years in the window and door industry. We do all aspects of timber and upvc window and door replacement as well as building our own conservatories and orangeries.

Call for a quote today

Ratings & reviews

Total installations rated for Builder in Nottingham

5

★★★★★ Overall rating

44 total ratings 1 last 30 days 4 last 6 months 8 last 12 months

★★★★★

19 Dec 2019

Window fitter / Conservatory installer

Mark was very professional did a brilliant job and left no mess I would definitely recommend him

David, DE56

+ 1 comment

★★★★★

07 Oct 2019

Window fitter / Conservatory installer

Mark did an excellent job, and I was highly satisfied with my door. I would have no problems recommending him to anyone.

Ann, NG19

★★★★★

04 Jul 2019

Window fitter / Conservatory installer

Total installations put in new French doors for us. They look amazing. they brought our garden to life so we can't wait to have them open and enjoy having the garden open to us again. Mark was a genuine and polite and understand we needed it done quick as possible and it was done and the price for them was excellent. We would definitely recommend them to any of our friends and family.

Michael, LE9



CALL NOW FOR A NO OBLIGATION QUOTE
(Please mention Nottinghamshire in Focus)
TEL: 07958 289891



Home Improvement



If the cold, dark nights of winter are beginning to get you down then turning your attention to a little DIY can help to make your home a cosy and warm space. Here are five things that you can do in winter:

Brighten up your home in winter

Repaint

Adding a new lick of paint can give your home a facelift and also make rooms feel much brighter and lighter. It is also a great way to dramatically lift your spirits on dark days. Make sure you open windows to let fresh air in while you decorate and also consider using eco-friendly paints.

into smaller, more manageable tasks. Do not try to tackle the entire house at once. Do this and you will find yourself with a broken spirit, huddled on the couch looking for the remote. Start small and go slow. Focus on one shelf, or one corner, and work until you have got that space looking exactly how you want. Winter is a great time to work on getting organized and it makes a great start to the rest of the year.

Declutter

When spring gets here you may not want to spend your time indoors, so winter is the best time to declutter. Take your time and break down the project

Work on your floors

If your carpet is looking shabby or threadbare or your laminate floors feel cold then adding a new carpet will bring warmth and comfort. Whether you do it yourself or have it installed remember to open windows to allow any toxic fumes to escape.



You can also ask your carpet retailer to air the carpet for a few days before they fit it in your home. If you prefer a hard wood, tiled or laminate floor then there are lots to choose from. You can also find some great sale bargains in winter too.

Add insulation

Adding insulation may not be a fun project that you

can see the results of but it will lower your utility bills as well as helping to make your home more comfortable and eco-friendly. Check in your attic. If you can see the floor joists then you need more insulation. Since heat rises you could save quite a bit by adding another layer of insulation up there.

Look at your bathroom

Is your grout looking tired and covered in mildew? Is your sink outdated?

Are you fed up of the seaside scenes that you painted years ago? Bathrooms make great winter projects because once they are done you can appreciate your handiwork every single day.

The good news is that there are plenty of ways to upgrade without it costing a fortune. Re-grouting tiles or repainting can be relatively easy to do yourself, but if you get more ambitious then you may want to call in professional help.



WHOLE HOUSE DEAL
From **£399!**
Based on carpeting an 80 sq. metre home, exc. fitting.

The lowest prices on carpet, vinyl and laminate in the area.

Quality carpet from just **£4.99!** per m²

Luxury Laminate from **£6.99!** per m²

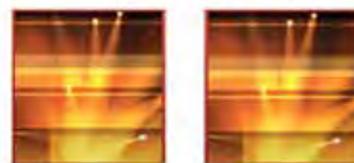
Luxury Vinyl flooring from **£5.99!** per m²

Plus Rugs, & Artificial grass! + Beds and mattresses (Mansfield only).

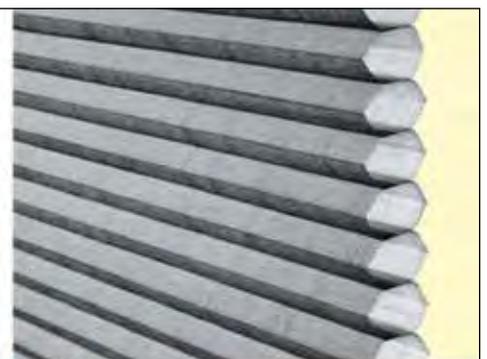
FREE MEASURING. FREE ESTIMATING. Open 7 days.

Mansfield: Great Central Road, off Ratcliffe Gate NG18 2RJ. T: 01623 880 433.

Also at Newark: Ossington Way, NG24 1FF. T: 01636 600 899.



BlindsFit
MADE TO MEASURE BLINDS



Saving money and being environmentally friendly does not mean you have to sacrifice style!

We at Blinds Fit are an official stockist of Louvolite blinds. Louvolite has a stylish range of pleated and cellular blinds that can create a whole new look for your home.

A look that does not compromise on shade, privacy and style.

These efficient cellular blinds not only look great but also help keep energy costs down through their unique honeycomb structure, which creates a thermal barrier between the room and window to provide additional insulation.

Call today on 0115 9524533 or email: info@blindsfit.co.uk



Blinds Fit | Claremont Avenue Hucknall | Nottingham | NG15 6EE
www.blindsfit.co.uk



Home Improvement



Small things can make a big difference

They say it is the little things that can make a big difference - and that is certainly true when it comes to your home.

While having masses of floor space is great for entertaining and certainly comes in handy if you have lots of little ones running round, there is no reason why a smaller home cannot make a big impact in terms of style. So it pays to know how to make the most of the room that you have got.

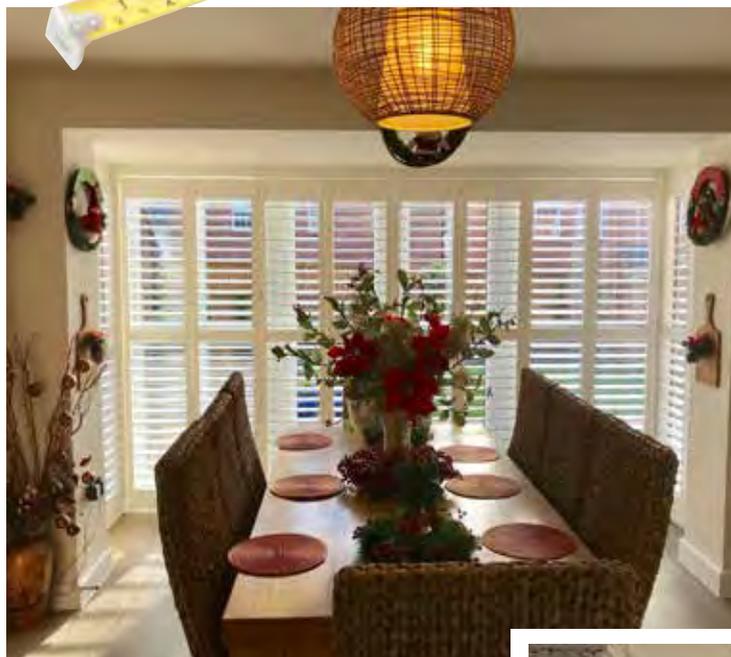
When it comes to colour it is best to keep things fairly neutral in smaller homes. Paint your walls white and cream, as this creates lighter, more open looking spaces. You can still inject colour but do so in a more thoughtful way, for example with cushions, rugs or curtains. Adding some colourful ornaments can also make a big difference and they are easy to move around if you fancy a change.

If you are a hoarder living in a small home then it is important that you get clever with your storage; nothing is going to make your rooms feel more cluttered than lots of items which do not have allocated areas. Choose floor to ceiling fitted units for bedrooms that will allow you to store all of your clothes, books and other items efficiently.

Dealing with a particularly narrow bedroom? Reap the space-enhancing benefits of mirrors used in just the right way. Use a focal point in your room and then angle your mirror towards it; this will give the illusion of depth.

You can also use the same idea in a smaller bathroom, adding mirrors will give the illusion of space. If you want to add a fresh feel then treat yourself to some new coloured towels or a bright bath mat. January sales are a good time to pick up some bargains too.

Whatever you choose to do in your home, remember to love the space you have and always make the most of it.



Shutters are so versatile; they can suit any room thanks to Shuttercraft's huge range of styles, colours and materials. The more robust ranges are ideal for family spaces - plus they are so easy to clean, a quick wipe and you're away!

You can control the light and privacy levels in each panel individually - allowing you to keep the bottom half closed for maximum privacy and open the top panels or louvres to let

the sun shine in. Or why not opt for café style shutters that only cover the bottom half of your window, leaving the top half completely open?

Bay windows are a beautiful feature in many UK homes, but they can be tricky to dress. At Shuttercraft, we only supply made-to-measure shutters, created just for you, so you can be confident they will fit exactly to your bay windows.

If your home features



an open plan area, why not consider shutters to partition the space? As well as transforming windows, they can also help reshape the spaces you love. Keep them closed to create different rooms, or fold them out of the way, joining together your living room and kitchen or dining area when required.

Perhaps your living room is your own personal home cinema or you work shifts? An

integrated shutter with a room darkening blind can virtually eliminate external light.

With Shuttercraft, you will enjoy premium, made-to-measure shutters with the benefit of an expert surveyor and fitter who will guide you through the whole process, and help you choose the perfect solution for your home.

To find out more, contact Charlie on 0115 971 8172 www.shuttercraft.co.uk

LIGHT

Bringing Homes to Life

We provide premium shutters in Nottingham, Loughborough, Melton Mowbray, Bingham and the surrounding areas

Shuttercraft
Making light work

Enhance your home
with premium made-to-measure window shutters



For a FREE consultation, contact your local expert Charlie
0115 9718 172 nottingham@shuttercraft.co.uk

www.shuttercraft.co.uk

TRUSTPILOT ★★★★★

@ShuttercraftNottingham



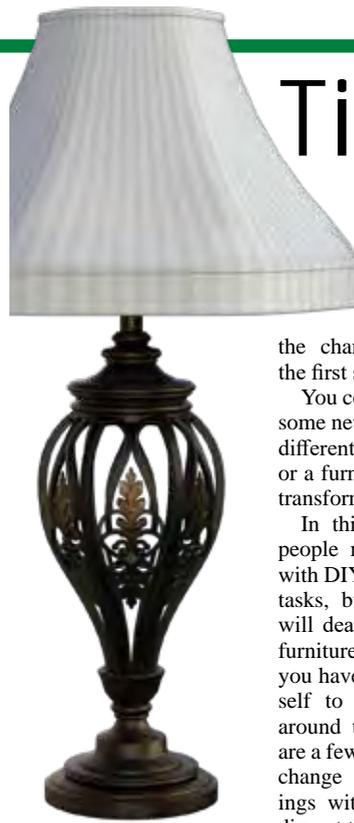
Home Improvement

Nottingham Specialised Timber Bldgs Ltd Manufacturers of made to measure



Log Cabins
Garden Rooms
Summer Houses
Garden Sheds

NSTB Toytown
Show Site: Unit 1
Hawksworth St, Carlton
Nottingham NG3 2ET
Tel: 0115 9473749
www.nstb.co.uk



Time to get hands on

If your home needs a little tender loving care then January is a good month to ring the changes ready for the first signs of spring. You could think about some new decorations, a different colour scheme or a furniture revamp to transform your home.

In this day and age people may not bother with DIY for the biggest tasks, but most people will deal with flat pack furniture. However, if you have resigned yourself to being hopeless around the house, here are a few simple ways to change your surroundings without having to dig out the toolbox.

A lick of paint is perfect for brightening up a dull space, get a group of friends together and have a paint party for a fun and quick way to spruce up your home. Whether it's your living room, bedroom or the kid's playroom – a new colour makes a bold statement. Cover your furniture, roll up your sleeves and get creative.

You can always head to your local department store or furniture shop and pick up some new accessories to decorate your home. From fluffy cushions and sparkly picture frames to plants and other furnishings, revamping your home can be as easy as a shopping trip.

Upcycling is also a new trend. Rather than throw away your old

furniture why not give it a facelift. If you decide it is still not for you then you can pass it on to someone else.

It may be that some of your furniture can be given a new look and then put in a garden room or even out-

side if the weather permits. When it comes to a revamp you are only limited by your imagination – so what are you waiting for? Get hands on and give it a go.



Visit our extensive showroom...



to experience the full effect of home heating

KEDLESTON HEATING
34, Duffield Road, Five Lamps, Derby, DE1 3BH
Tel: 01332 200303
Monday-Friday 10am - 5pm, Saturday 9am - 4pm
kedleston14@gmail.com
www.kedlestonheating.co.uk



Housecoal - Smokeless - Anthracite - Logs - Kindling - Appliance Spare Parts

Pre Packed Coal

Visit our Cash & Carry at Main Road, Watnall, NG16 1HA or call us on: 0115 938 9351



Visit us at www.fernwood.co.uk to see our latest offers!

Opening Hours:
Mon - Fri 7-5pm & Sat 7-12 noon
Delivery available on request

We Supply Fit & Design Bathrooms

Bubbles Bathrooms NOW WITH OVER 75 BATHROOMS ON DISPLAY

FREE PARKING OPEN 6 DAYS A WEEK Closed Tuesdays

Mansfield Biggest Bathroom Showroom
Unit 3 Hallam Way, Old Mill Lane, Mansfield Woodhouse NG19 9BG

MASSIVE SALE NOW ON

Ideal Finance Available on all Bathrooms & Fitting

— Retail Finance Specialists — Tel:- 01623 661111

Bubbles Showers & Bathrooms Ltd is an authorised representative of Ideal Sales Solution Ltd T/A Ideal Finance. Ideal Sales Solution is a credit broker and not a lender FRN703401 Finance available subject to status. Loans of 25000 and above available on a secured basis. Think carefully before securing other debts against your home. Your home may be repossessed if you do not keep up repayments on a mortgage or any other debt secured on it.

Season Spas UK NEW 2019 **Starlight** PLUG & PLAY 13AMP



American Balboa TP400 Controls
2kw Balboa heater
USA Aristech acrylic with Bio-Lok
Pumps: x1 3HP jet pump
Circulation x1 0.35HP
Ozonator: x1 50MA
Water jets: Total 26 Chrome & Grey
5" Ozonator jet :x1
Top spa cover: Yes with key locking
14 top water line LEDs (colour changing)
Clear stream fountain jets :x2
New filter cover with filter tray
Big under water LED light: x1 (colour changing)
Filters: x2 for safety
Insulation: Yes all 4 sides Super R10
Base: solid ABS and insulation R10

Retail Price **£4299**
Incl VAT
Season Spas Special Offer

Size: 2000 x 2000 x 800mm

£3699

INCLUDES DELIVERY - SETUP - TRAINING & COVER

SeasonSpas.uk Unit 3A Hallam Way Old Mill Lane Mansfield NG19 9BG 01623 66 1111

the lace market theatre



A Servant of Two Masters

**Servant of 2 Masters - by Goldoni translation
by Stephen Mulrine, this an amateur production**
Dates - Monday February 24th to Saturday February 29th
Evening performances at 7.30pm Monday to Saturday
Saturday matinee 2.30pm
Ticket prices: Standard £12 Concession: £11



**As you like it by
William Shakespeare**
This is a Youth Theatre
production
Dates - Wednesday March 25th
to Saturday March 29th
Evening performances at
7.30pm Monday to Saturday
Saturday matinee 2.30pm
Ticket prices: Standard £12
Concession: £11

**Book online at lacemarkettheatre.co.uk or ring box office
0115 9507201 Monday to Friday 7.30pm to 10.00pm
Saturday 12.30pm - 2.00pm**

The Lace Market Theatre, Halifax Place, Nottingham, NG1 1QN

Celebrity chef creates easy family recipes

The average family dinner takes 41 minutes to prepare - but is consumed in just half that time.

A poll of 2,000 UK families found they sit down to supper at 6pm, consuming their meal in just 21 minutes.

But three in 10 families admitted to taking less than a quarter of an hour to wolf it down.

For 30 per cent of parents, the speedy dinner times are due to them having to get some work done out of hours.

And while a quarter said it's because their kids have homework to catch up on, a third believe the meals are eaten quickly as their children are keen to return to their video games and TV shows.

Although many may be rushing through evening meals, the study, commissioned by Princes, also found three in five enjoy a meal more when eating it together with their loved ones.

Celebrity chef Miguel Barclay, who is working with Princes, said: "We lead increasingly busy lives, so the time we have after work or school is precious.

"It's no surprise to hear families aren't having overly lengthy dinner times.

"The recipes I have developed are quick and easy, allowing families to spend more time on the important stuff - connecting over delicious meals."

The study also found 95 per cent of parents encourage conversation when the whole family is sat around the table eating together.

As a result, seven in 10 parents insist on all members of the family dining at the table.

But despite four-fifths believing tech devices at the table can negatively impact family mealtimes, one in four will now consume their dinner in front of the TV.

It also emerged three out of seven dinners in the week are spent apart from family members, with a quarter blaming late finishes from work.

Nearly six in 10 put it down to everyone in the family running on different schedules, leaving them with little opportunity to eat together.

A fifth said it's easier to pick up a takeaway so everyone can just dip in and out as they please yet 94 per cent think it's important to ensure their family eats healthy food.

Many don't find it easy though as a fifth find it difficult to prepare wholesome meals, while one in 10 don't know what is healthy in the first place.

More than two-fifths also admitted to not eating as healthily as they'd like because their children are fussy.

A fifth of respondents avoid trying new things because they don't know how to cook them, while a quarter don't feel inspired in the first place.

A third simply don't have the time to think up new concoctions and as a result, nearly a fifth of weekly meals are a repetition of another one they've had recently.

To overcome this, Princes has partnered with Miguel Barclay to create a series of simple and quick meals that can be enjoyed by any family.

The recipes are easy to prepare in under 20 minutes and available at www.princes.co.uk/recipesbymiguel and @princes on Instagram.



Historical timeline depicted in new graffiti mural

Fifty cans of spray paint were used to create a brand new 65ft long art mural, depicting a timeline of local history in Boughton recently.

A group of young people and a professional graffiti artist have given an area on Main Road a new lease of life as part of a youth project co-ordinated by Newark and Sherwood District Council and Nottinghamshire County Council.

Newark-based creative studio owner and artist, James Mayle, worked with teenagers from the Dukeries Young People's Centre to design and create the large graffiti mural which has been painted on wood hoardings where it can be enjoyed by passers-by, walkers and cyclists.

The design features a theme of village heritage and explores various local milestones since the late 1800s, from the year Ollerton Pit opened, the nationalisation of mining, the closing of Ollerton Pit, to the opening of the Sherwood Energy Village.

Councillor Roger Jackson, Chairman of Newark and Sherwood District Council's leisure and environment committee, said: "The project has been a fantastic success and it was great to see local people getting involved in making a difference to their local area.

"Hoardings around housing developments don't usually elicit excitement but the opportunity to be creative on them, as part of this project, has given our young artists the chance to express themselves, learn more about the history of their local area and feel a real sense of pride and ownership from it. It looks absolutely fantastic and the feedback from local residents has been hugely positive too."

Not able to live in the moment

Nearly half of adults in the UK are so preoccupied that they can't 'live in the moment' - with stress, money worries and smartphones common distractions.

A study of 2,000 UK adults found 45 per cent struggle to make the most of what they're doing, with more than two fifths too worried about how much events are costing them to enjoy them fully.

But ironically, more than a quarter even admitted to putting so much pressure on having a good time that they usually don't.

And 27 per cent don't live in the moment because they are too busy making sure everyone else around them is enjoying themselves.

Another 56 per cent blame stress, while nearly a quarter are too busy trying to get the 'perfect' picture to really take everything in.

The research was commissioned by StubHub UK to invite people to live in the moment through their #TicketForward programme, which enables people to gift live event tickets to deserving people in their life.

A spokesman said: "There is something to be said for taking a little time out to enjoy what is happening, when it's happening.

"Whether it's cheering on your favourite football team as they score the winning goal, or seeing your favourite artist walk on stage for the first time, live events inspire an incredible sense of joy in all of us. Nowadays, with so many worries and distractions, many of us are not feeling that joy."

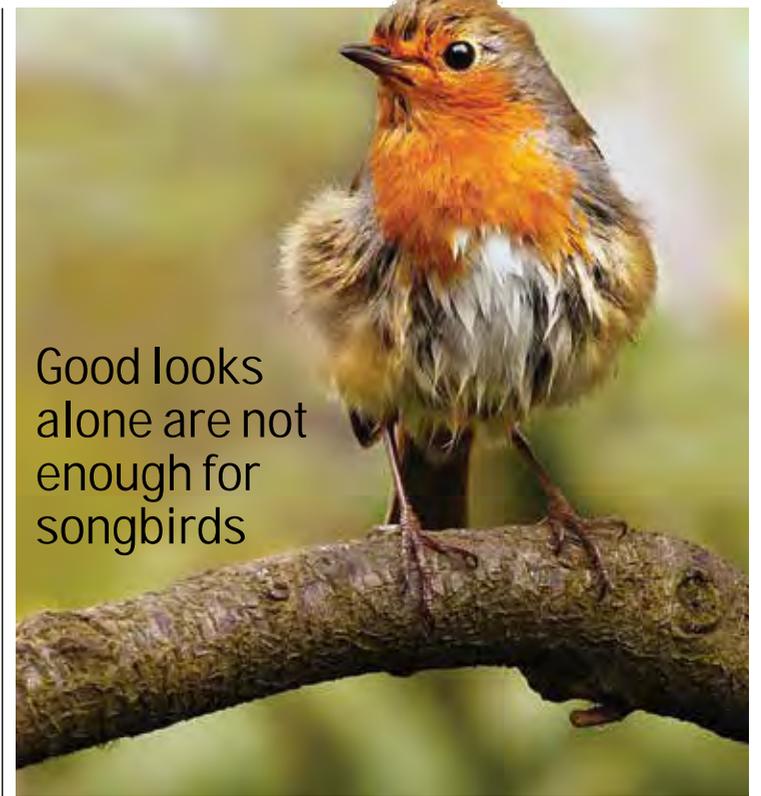
Brightly coloured male songbirds not only have to attract the female's eye, but also make sure their sperm can last the distance, according to new research.

In the study, published recently in the Royal Society journal *Biology Letters*, a team of scientists led by Dr Kate Durrant from the School of Life Sciences at the University of Nottingham, looked at how evolution shapes the plumage and the sperm cells of songbird species so that they mate successfully and pass on their genes.

Previous studies have focussed on a bird's appearance alone, but this is the first study that has looked at this together with the shape of the sperm, to understand if intense competition shapes both plumage (to compete before mating) and the sperm (to compete after mating).

The team looked at 278 species of song bird from around the world and a combination of data on their plumage and the shape of their sperm, to see how they have evolved to ensure successful mating.

The eye-catching



Good looks alone are not enough for songbirds

plumage of some male songbirds has long been explained as a result of sexual selection: brighter males compete more successfully for mates, and leave more offspring, so evolution favours them. Female birds, by contrast, remain drab, because for them it is more impor-

tant to be camouflaged on the nest.

Dr Durrant said: "The intensity of sexual selection varies between species. If mate competition is really strong, not only are males really colourful and attractive, but they also need to have the best sperm too if they are

going to compete.

"In a really competitive environment, lots of males are competing with each other for the female's attention, and there can be a high number that mate with the same female, and this is where sperm and how long it lasts is really important."



ROYAL AIR FORCE REGULAR & RESERVE
2503 (County of Lincoln) Squadron
 Based at RAF Waddington

ROYAL AIR FORCE REGIMENT RESERVES RECRUITING NOW

You can serve with the RAF Reserves along side your full time civilian career

- Join age 18 to 54
- Minimum 27 days annually
- Many companies give an extra 10 days leave for Reserve Service
- Daily rates of pay for work and training
- Annual Tax Free Bounty (Incremental)
- Work alongside the Regular RAF
- Opportunity to travel
- Lifelong learning opportunities
- Sport and Adventure Training opportunities

Apply now at raf.mod.uk/recruitment
0345 606 9069
[f/rafrecruitment](https://www.facebook.com/rafrecruitment) [@RAF_Recruitment](https://www.instagram.com/RAF_Recruitment)



Valentine's Day

Valentine's Day

A time for romance

Origin of the Valentine's Day card

It has been claimed that the first Valentine's Day card originated in France when Charles, Duke of Orleans, sent love letters to his wife while imprisoned in the Tower of London in 1415 after the Battle of Agincourt. Today, Valentine's Day cards remain a popular tradition in France and around the world.

In the Duke's native France – a nation noted for romance – an old Valentine's Day custom was the *loterie d'amour*, or "drawing for love." Men and women would fill houses that faced one another, and then take turns calling out to one another and pairing off. Men who were not satisfied with their match could simply leave a woman for another and the women left unmatched gathered afterward for a bonfire.

During the bonfire women burned pictures of the men who wronged them and hurled swear words and insults. The event became so uncontrollable that the French government eventually banned the tradition.

Who was St Valentine?

By some accounts, St. Valentine was a Roman priest and physician who suffered martyrdom during the persecution of Christians by the emperor Claudius II Gothicus about AD 270.

He is now the patron saint of lovers, epileptics, and beekeepers.



Valentine's Day (14 February) is just around the corner and for many it is an occasion to make a special effort to make their partner feel special. For those people in love it is meant to be a day of romance – think of soft music, champagne and candlelight – but for anyone living the single life then

it is traditionally the day a secret admirer can declare their undying love. So whether you plan on spoiling your other half, or prefer a more relaxed approach to Valentine's Day, there is something out there for everyone.

The traditional way of celebrating Valentine's Day is over a romantic candlelit dinner for two, after being wooed with a box of chocolates and a

bouquet of flowers. However, there are alternative gifts out there that will be sure to sweep your loved one off their feet and reignite a little romance in the relationship.

Take your partner away for a surprise weekend, out dancing, or if the budget is a little tight this year, get creative and make them a sentimental gift for a low-cost alternative. Even a

home-cooked meal or a lovely countryside walk together can lift the spirits and spell romance.

A thoughtful present and some quality time together are certainly perks to the day, but don't forget the little touches. A nice card with loving words is the one thing that everyone appreciates.

Happy Valentine's Day.

Victorian Valentine cards

Victorian Valentine cards used to be simple flat sheets of paper printed with illustrations which could be sealed with wax and sent in the mail. However, the cost meant that only the wealthiest could afford the postal costs.

To send one sheet from London to Edinburgh cost 1s 1½d, which was more than a day's wage for the working class and almost 14 times the actual cost to the Post Office.

On 10 January 1840, Great Britain introduced the Uniform Penny Post, meaning that Valentine cards could be mailed for just one penny – and hey presto the mass produced Valentine card was born.

Sending Valentine cards became so popular that postmen were given a special allowance for refreshments to help them through the gruelling days leading up to 14 February.

The year after the Penny Post came in around 400,000 valentines were posted throughout England and 1871, 1.2 million cards were processed by the General Post Office in London.

It was traditional in Victorian times to send handmade cards including lace, bows and ribbons with sentimental comments like "Be Mine" and "Constant and True". At the time it was also common for the cards to feature churches or church spires, signifying honourable intentions and fidelity. The cards also often included pressed flowers and grasses.





Valentine's Day facts



It is fair to say that Valentine's Day is firmly established in the hearts of our nation and spending on it has increased over the past few years. A recent survey has shown that in Great Britain Valentine's Day spending increased to £650 million by 2018, marking an increase of more than 25 percent since 2015.

Men spend more than women

The spending craze on Valentine's Day is not as widespread as on other special occasions, such as Black Friday or Christmas shopping. However, it still invigorates our economy and it seems that men are the main spenders.

The EU loves Valentine's Day more than the UK

Our EU neighbours spend more on Valentine's Day than we do in the UK. We are surpassed by Italy, France and Spain.

A recent survey shows who receives Valentine's gifts, what those gifts are likely to be and what people ACTUALLY want:

Who do we buy gifts for?

- 33.93% wives
- 28.49% husbands
- 8.4% boyfriends
- 11.85% girlfriends
- 3.41% a secret lover
- 10.96% dogs
- 6.49% cats
- 3.15% friends
- 31.57% children
- 21.35% family members
- 14.77% me

What do we buy?

- 24% jewellery.
- 19% an evening out.
- 10% flowers
- 9% chocolates
- 20% clothes

What do we ACTUALLY want for Valentine's?

- 27% a holiday
- 17% a new car
- 15% a spa day
- 13% jewellery



Did you know?

Valentine's Day is now associated with romance but here are three facts you may not know about it:

1 Valentine's Day started as a form of rebellion
The most popular theory about Valentine's Day origin is that Emperor Claudius II didn't want Roman men to marry during wartime. Saint Valentine went against his wishes and performed secret weddings, which means this day was originally founded on an act of rebellion.

2 Signing your messages with a kiss is nothing new
Some think the cute 'x' symbol became synonymous with the kiss in medieval times when very few individuals could write and would end each of their letters with an 'x' embossed in wax or ink to show their sincerity.

3 Not all valentines are chosen on purpose
Receive a Valentine today and it is a sign of affection, but back in the Middle Ages it was a little different. Back then, young men and women drew names from a bowl to see who would be their valentine. The single women's names would be added to an urn and single men of the town would take a name out and pin it to their sleeves for one whole week. This would allow everyone in the town to see who their valentine was and could be where the term "wearing your heart on your sleeve" originates



After retiring from a life-long career in engineering, Trevor has put his passion for writing into practice, reviewing places, venues and products that interest him in his spare time. Whether it be a new or established restaurant, an event, a beverage or a day out with family or friends, Trevor tries and tests them all to bring you the very best the county has to offer. Enjoy!

DINING OUT: Trattoria L'Oliva

Beeston is located approx 4 miles west of Nottingham and is a well-populated town, with very popular independent shops and supermarkets. A good number of restaurants and eateries offer various cuisine, food and drinks. L'Oliva restaurant, which opened in 2015, gained much interest from customers and diners from the outset and is award-winning.

A friendly Italian greeting from Marco is genuinely welcoming. The menu offers Cicchetti (Freshly prepared Italian tapas), that includes Mozzarella di Bufala (fresh buffalo mozzarella served with rucola salad), through Arancino Tradizionale (fried stuffed rice ball with minced meat, peas, cheese and tomato sauce), to Gnocchi, Funghi, plus spaghetti favourites and more.

For antipasti I chose the Funghi Misti Trifolati (Sautéed mixed wild mushrooms in Gorgonzola sauce, Italian bread). This proved to be a great commencement to the meal, perfectly cooked and presented. Bruschette options include Vine Tomatoes, Pear and Parma Ham choices. Again, all very popular with diners. Mains offer pasta and specials, including La Carne, with several classic Italian and Sicilian dishes. Linguini al Profumo di Mare is often chosen by diners and was also my selection (King prawns, mixed seafood, plus a hint of chili and garlic in white wine). The complementing flavours were outstanding. Tender and succulent, this

dish was an absolute delight and is one that I would highly recommend to anyone visiting. Desserts have very tempting choices and the Tiramisu will certainly impress – splendid!

All food is freshly prepared and cooked to order using traditional methods, with exact balances of ingredients to maximise flavour. The wines and drinks menus have beverages for all tastes and palates, be it excellent quality wines or spirits, beers, soft drinks and more. Popular with locals (always a good sign) and visitors too, L'Oliva most definitely did not disappoint, particularly with the superb flavours coming through in abundance.

Marco Di Blasi (born Sicily) ensures with Head Chef Charlie, plus chefs and kitchen personnel, that all dishes are presented to perfection. Parties and occasions can be accommodated. Entertainment, including vocalist evenings, are very popular and gift vouchers are available. Many thanks to Holly for exemplary service throughout. Booking is advisable, particularly for popular times. A most recommended restaurant.

Trattoria l'Oliva
62 High Road, Beeston,
Nottinghamshire NG9 2JP
Tel: 0115 837 3663
Email: info@loliva.co.uk
www.loliva.co.uk





Education

Academy awarded 'world class' status at Cambridge University ceremony



They did it! Bluecoat Wollaton Academy and their coveted World Class Schools Quality Mark accreditation. Left to right are: Jack Magner, Abigail Tsoi, Ritej Jerbi, Principal of Bluecoat Wollaton Academy Mr Stuart Anderson, Reuben Hallsworth-Woods, Charlotte Arkle and Gabriel Owusu.

Bluecoat Wollaton Academy has been awarded a coveted 'world class' status in a celebration of educational excellence at Cambridge University.

The World Class Schools Quality Mark (WCSQM) is awarded only to non-selective schools offering the highest standard of education to young people.

Principal of Bluecoat Wollaton Academy, Stuart Anderson, said: "We decided to take up this

challenge as it was the logical progression for the school after our 'outstanding' Ofsted and a chance to really push beyond that and not simply stand still as a school.

"Whilst we were hopeful of being successful, the students and the staff are rightly ecstatic about what we have managed to achieve. Collecting the award at the University of Cambridge was a real honour and really sets out the school's ambition to help enrich the lives of our students and of others.

"This is another milestone and pleasing accolade for the school. It demonstrates that the

small family atmosphere we have been able to create allows our students to really develop themselves from a safe network, through to a national setting in wider symposiums and events with the charity's alumni."

Miranda Perry, Director of World Class Schools Quality Mark, said: "WCSQM is a charity created for and driven by World Class students. Our assessment process is very much student led and student centric, and this year we were once again amazed by the tenacity, drive and work-readiness exhibited by the students of these applicant schools."



Mr Chris Wheatley, CEO of The Flying High Trust. Photo: Lou Brimble

Award for services to education

Chris Wheatley, the Chief Operating Officer of a Nottinghamshire and Derbyshire multi-academy Trust, has received the Order of the British Empire for services to education.

West Bridgford resident, Chris Wheatley has 25 years' experience in education, and eight years as CEO of the Flying High Trust which he founded in 2012 at Cotgrave Can-

dleby Lane School. The primary multi-academy Trust now has 26 member schools throughout Nottinghamshire and Derbyshire.

During his leadership, the Flying High Trust has been the recipient of many accolades including being recognised as one of the top five performing Trusts' nationally for multi academy trusts of more than 10 schools,

and top three nationally for progress in reading and writing of disadvantaged children.

Of the 26 schools within the Flying High Trust, all have improved on their Ofsted ratings since joining, with all 26 now rated good or better by Ofsted. Chris, who is a previous winner of Head Teacher of the Year Award, said that he feels humbled by the accolade. "I am excited at

the news but also want to say I think this is recognition of what the Trust has achieved as a whole, not just me. This is for all of the staff and children too.

"We mark our success as the children achieving their dreams. I want to support our children to realise their ambition and to be a success and to make a positive contribution to society. We also view

success as breaking down any social barriers which might impede opportunity. Wherever you are born, we will strive to enable the equality of opportunity for all of our children.

"Most of all I would like to thank those who have supported the Flying High Trust, every child, parent and employee. This award is testament to their achievements and work."



Little Beans Day Nursery

6 Weeks to Pre school
Funded places available
for 2 to 5 years &
30 hour funded for working
parents with flexible
Sessions
Breakfast / After School
Club
Opening 7.30am to 6.00pm















High Leys Rd Hucknall NG15 6EZ
07510745104
littlebeansplaygroup@sky.com



Education



Children show Mr Cullen their best work.

New Head Teacher at Stanstead School

Stanstead Nursery and Primary School children are settling back into school with their new Head Teacher, Mr Graham Cullen, who brings over 20 years' experience in education to the school in Rise Park, Nottingham.

Mr Cullen moved to Stanstead Nursery and Primary School after serving as Head Teacher at Porchester Junior School in Carlton for 8 years. Both schools are members of the Flying High Trust which has 26 member schools in Nottinghamshire and is in the country's top 5 performing Trust's with 10 or more academies.

He said: "I am delighted to be Head Teacher at this wonderful school and getting to know the children and the wider community. There are some wonderful, polite and engaged children at the school and a great staff team.

"I intend to build on the success of the previous Head Teacher by creating a rich, relevant and engaging curriculum which is inspiring to all children. I want a happy school, one where children can't wait to get in to school and thrive.

"I want every child to have as many opportunities and experi-

ences as possible and with that in mind we are increasing extra-curricular activities, promoting children's social development and their wellbeing.

"I know that with the support that parents and staff have already demonstrated that we will have a very bright future at Stanstead and I would welcome families to tour the school and see for themselves the changes taking place. I am looking forward to making this the happiest of experiences for children and one which will give them the skills and confidence to fulfil their potential."

OPEN DAY
FRIDAY
6th MARCH
2.30pm-6pm

We are an independent preparatory school on the outskirts of Nottingham, with a family feel and passion for enabling children to do their best. Our pupils learn in a safe, rural environment where they are able to enjoy our beautiful surroundings and develop through learning, discovery and guided curiosity.

We strive to develop their talents and personalities in a positive and productive way throughout the school, giving them a superb grounding for the years ahead. Since opening our doors in 1981, we have continued the belief that every child matters, having small class sizes to encourage and nurture in addition to teaching music, sport and drama as well as the curriculum subjects to ensure a wide range of experiences.

You are invited to arrange a visit to Salterford House to see our unique setting for yourself at anytime. Just email or call our admissions secretary to book a tour.

Salterford Lane, Calverton,
NG14 6NZ
office@salterfordhouseschool.co.uk
0115 965 2127



New nursery opening

Nottingham Girls' High School has officially launched its new nursery with the help of happiness guru, Shonette Bason-Wood recently.

Shonette was recently named as one of the happiest people in the UK and was the perfect person to launch the nursery at Nottingham Girls' High School which believes that a happy girl is a successful girl.

The nursery is the latest addition to the school enabling it to now provide education for girls aged three upwards. Girls from the Nursery and Reception classes at the school were joined by special guests and educators from around the East Midlands to hear Shonette talk about the impor-

ance of happiness, and learn her techniques for inspiring children to be kind and spread joy.

The afternoon was a great success and an education in happiness, not only for the girls but for parents and teachers from a range of different schools alike, who all joined together for the event.

Nottingham Girls' High School was delighted to bring together this diverse group of people who are all passionate about inspiring happiness in the young generation. Happiness is at the core of the Nottingham Girls' High School education. The inspiring use of a RECIPE for success sets the foundations for the girls' time

throughout their education. Resilience, Empathy, Creativity, Initiative, Positivity and Excellence play a part in everything the girls do, and everything the school believes in.

Laura Fowler, Head of Nursery, Infant and Junior School, led the afternoon and enjoyed bringing so many people together for this inspirational event. She said: "What a fun and exciting afternoon we had to celebrate the official opening of the NGHS Nursery. I'm so proud to lead this very special environment, to welcome girls from the age of three and to see their happiness shining through in all that they do."

Carlton le Willows Sixth Form
Believe, Achieve, Succeed

Carlton le Willows Academy's Sixth Form team is committed to supporting the success of all our students.

The combination of our relentless pursuit of academic excellence, strong community spirit and our provision of enriching activities makes Carlton le Willows Sixth Form an outstanding place to embark on the next stage of your education.

You are welcome to visit at any time so come and experience for yourself the friendly, thriving community, where each student can benefit from a wealth of opportunities.

Head Teacher: J C Weaver BA (Hons) MA
Carlton le Willows Academy, Wood Lane, Gedling, Nottingham, NG4 4AA
T: 0115 956 5008 E: office@clwacademy.co.uk www.clwacademy.co.uk

Looking for local social events and activities?



the **ODDFELLOWS** SINCE 1810
making friends. helping people

Everyone Welcome!

From meals out to coffee mornings, outings and talks, you can be sure of a warm welcome.

Upcoming Oddfellows events include:

4th February 11.00am Price as per menu

Coffee Morning: Refreshments in good company.

Harper & Finch, 66 Bath Street, Ilkeston, Derbys, DE7 8AJ.

5th February 1.30pm Price as per tariff

Cinema Buddy: No need to go to the pictures alone.

Odeon, Park Lane, Mansfield, Notts, NG18 1BU.

11th February 2pm Price as per menu

Meet and Greet: Relax, unwind and have a natter.

Not Just Desserts, 7 Toothill, Mansfield, Notts, NG18 1NJ.

17th February 2.00pm Free

Murder, Mystery & Mayhem Book Club: Frank and fun discussion of the current book. 108 Burton Road, Carlton, Notts NG4 3BG.

21st February 9.30am Price Free

Speaker's Corner: Victoria Valentines, presented by Ann Featherstone.

Eastwood Conservative Club, Church Street, Eastwood, Notts NG16 3BP.

25th February 10.00am Price as per menu

Breakfast Club: Larch Farm, 2 Mansfield Road, Ravenshead NG15 9HA.

26th February 1.30pm Free

Games & Quizzes: An afternoon of fun and socialising.

Cantelupe Centre, Market Place, Ilkeston DE7 5HY.

28th February 7pm As per menu

Dine Around the World: Book by Friday 21st February.

Himalayan Inn, 156 Front Street, Arnold, Notts NG5 7EG.

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

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

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



MARKET 29 PLACE
GROOMER & SHOP

Celebrating 8 years at 29 Market Place!

Luxury wet shave £26
Gift vouchers available
The perfect gift solution.
A wide range of quality grooming products available.
Beard trims from £6
Expert advice on grooming, taming and using products on your beard.
Luxury beard grooming £15
Luxury shave £25
The Works £44 (haircut and Shave)

download our new APP
Booking on your smart phone is easy & convenient
download yours now for **FREE**

www.29marketplace.co.uk
29 Market Place • Sheffield, S11 3AN • 01149 837733

NOTTINGHAM LIGHTING CENTRE

Largest independent lighting showroom in Nottinghamshire

DAVID HUNT BRAND PARTNER
For further details please call
01159 537088

Visit us at 46 - 61 Maid Marian Way, Nottingham NG1 6GE
Open 9.30am - 6.30pm Monday - Saturday
www.nottinghamlightingcentre.co.uk

For quality British food this New Year, visit **Spring Lane Farm Shop**

Fresh Fruit and Vegetables
Seasonal fruit and vegetables including our own home grown Wilja potatoes

Butchery
Locally sourced beef, lamb, poultry, and pork, including our home-cured bacon and hand made flavoured sausages

Bakery
Home-baked loaves daily as well as speciality pastries, rolls and cakes including gluten-free bread

Cheese & Delicatessen
A wide selection of British and continental cheeses and home-cured cooked meats including our home-made pork pies

Start your year with top quality British food from your local farm shop!

Spring Lane Farm Shop | SpringLaneFS | springlane | www.springlanefarmshop.co.uk

CROSSWORD

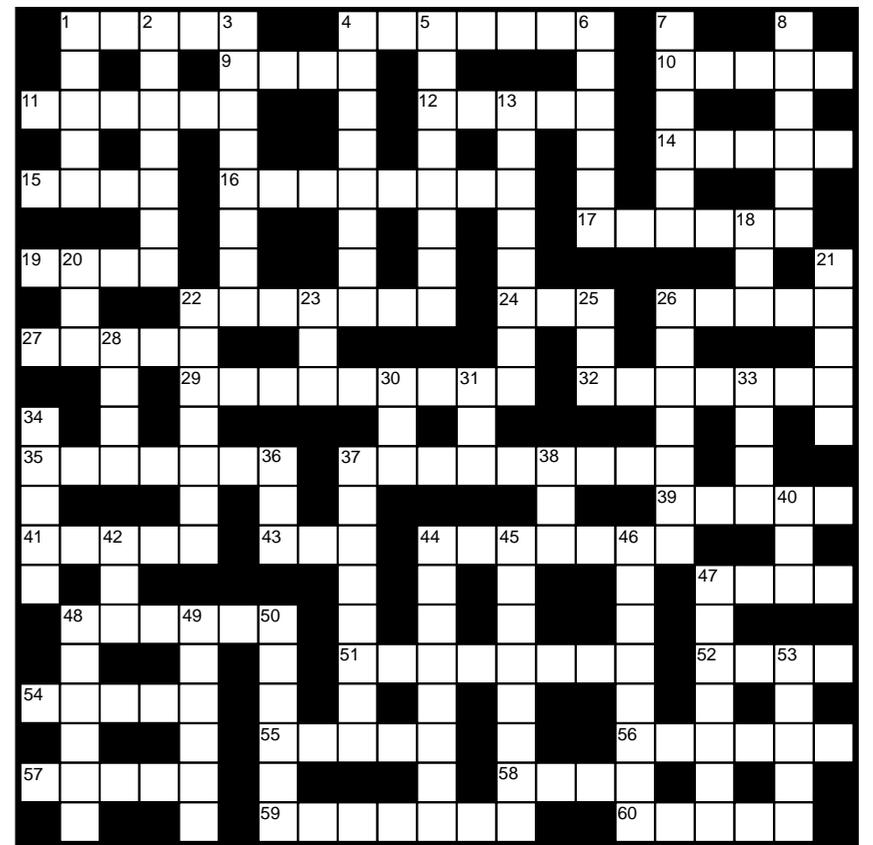
ACROSS

- 1 Grilled bread (5)
- 4 Small jam pie (7)
- 9 Make comfortable (4)
- 10 Pie fruit (5)
- 11 Foresight or image (6)
- 12 Rope fibre (5)
- 14 Impulsive force (5)
- 15 Compass point (4)
- 16 Quality furniture wood (8)
- 17 Little rascal (6)
- 19 Foggy confusion (4)
- 22 Furtiveness (7)
- 24 Glue (3)
- 26 Prickly yellow moor shrub (5)
- 27 Black playing card (5)
- 29 Job candidate (9)
- 32 Football control technique (7)
- 35 In poor condition (7)
- 37 Financial record (9)
- 39 Middy meal (5)
- 41 Deep orange-pink (5)
- 43 Noisy racket (3)
- 44 Bloodsucker or bat (7)
- 47 Tootsies and trotters (4)
- 48 Canopy (6)
- 51 Film part trial (8)
- 52 Blast of wind (4)
- 54 Top of the milk (5)
- 55 Choose from options (5)
- 56 Full of eastern glamour (6)
- 57 Patchwork bedcover (5)
- 58 Animals shot for sport (4)
- 59 Save from a wreck (7)
- 60 Boxing squares (5)

DOWN

- 1 Race or clan (5)
- 2 Pilot (7)
- 3 Multi-occupancy building (8)
- 4 On the wagon (8)
- 5 Studious investigation (8)
- 6 Special aptitude (6)
- 7 Prison officer (6)
- 8 Four-leafed pasture plant (6)
- 13 Roof window (8)
- 18 Rowing blade (3)
- 20 To hack off or prune (3)
- 21 Precious stone (5)
- 22 Coastal bird (7)
- 23 Small piercing tool (3)
- 25 Claggy earth (3)
- 26 Inedible meat tissue (7)
- 28 Cuts jobs (4)
- 30 An incision (3)
- 31 Louse or twit (3)
- 33 Haricot or aduki (4)
- 34 Squeezed fruit drink (5)
- 36 Father (3)
- 37 Parasol (8)
- 38 Bushy head of hair (3)
- 40 Speech prompt (3)
- 42 Uncooked (3)
- 44 Blood-feud (8)
- 45 Loan secured on a house (8)
- 46 Sleigh animal (8)
- 47 Ship's weather siren (7)
- 48 Pellet-firing weapon (6)
- 49 HMP resident (6)
- 50 Vegetables on a plate (6)
- 53 Type of cake roll (5)

See below for answers



SCOTT TRAILERS LTD
of Walcott Lincoln

Your Ifor Williams Trailer Distributor

Trailers from Camping to 3500kg gross

Sales • Repairs • Servicing • Spares

Sole Distributors in Lincolnshire & Nottinghamshire
Spares available by post and carrier • You are welcome to view our stock of Trailers

Tel: 01526 860317

website: www.scott-trailers.co.uk
e-mail: office@scott-trailers.co.uk

Opening hours Mon to Fri 8am-5pm • Sat 9am-12 noon
Other times by appointment

PRIME COMFORT
Mobility Aid Centre

OPENING HOURS
9AM - 4.30PM
MONDAY - FRIDAY

MON - FRI: 8.00am - 5.00pm

1 Market Place | Grantham | NG31 6LQ
01476 560044
www.primecomfort.co.uk

South Notts Computers
"The Heart of Computers"
www.southnottscomputers.co.uk

New PC?
If you're thinking about getting a new PC we offer a selection of new and used laptops and PCs to choose from. Give us a call and we can see what we can do for you with your budget.

Is your Laptop in need of repair?
We offer a full laptop repair service. We have an in-house laptop expert who can get your laptop back up and running in no time, no matter what the damage is!

Virus Removal
Got a virus? No problem, we offer a complete solution. We will clean up the virus for you and help you secure your computer to keep it safe from future attacks.

If you need a quote or to book a repair please give us a call on:
0115 9147066

Microsoft REGISTERED Refurbisher
Microsoft Technology Associate



NEW SHOW HOMES IN NEWARK

Our Show Homes at Fernwood Village are now open. Make sure you visit us to get interior design inspiration when you look around the three bedroom Kennett, four bedroom Holden and five bedroom Henley.

Visit our website to find your dream home.

Phoenix Lane, Fernwood, Newark, Nottinghamshire NG24 3UA

3, 4 and 5 bedroom homes priced from **£219,995** to **£459,995**



See the Difference at dwh.co.uk or call **0333 355 8483**



DAVID WILSON HOMES
WHERE QUALITY LIVES