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Julie meets her lifesaving team

A Sutton-in-Ashfield woman who suffered a brain haemorrhage while on a caravanning holiday with her husband has been reunited with the ambulance crew who helped to save her life.

Julie Howiss (72) experienced an explosive headache and blindness when she got out of bed one morning in October last year, while on vacation in Grantham.

Moments later, Julie also began vomiting and soon lost consciousness. Unknown to her, this had been caused by a brain aneurysm which had haemorrhaged.

Julie's husband of 50 years, John Howiss, witnessed his wife collapse to the floor, and she said to him: "John, you're going to have to get me some help. I'm really ill".

Emergency Care Assistant, Callum Lamb, and Paramedic, Claire Snowden, responded to John's 999 call.

Callum said: "Julie was presenting all the symptoms which were indicative of someone experiencing a neu-

rological episode and it was imperative we got her to hospital as soon as possible.

"I have treated hundreds of patients in the eight years I have worked for EMAS and this will be the first time I have visited a patient after they have been in my care."

Julie's husband, John, added: "The ambulance crew did a quick investigation on Julie and they said that she was suffering from a brain bleed.

"She was taken initially to Grantham and District Hospital for a CT scan which confirmed it was a clot on her brain that was causing the symptoms.

"She was then rushed to Queen's Medical Centre where she had endovascular coils fitted inside her aneurysm, so no more blood could enter, and she was in hospital for a month."

Julie Howiss and her husband John were reunited with the team of lifesavers last Wednesday (31 July) at their home in Sutton-in-Ashfield.



Callum Lamb and Claire Snowden with Julie and John Howiss

North Notts Food Festival was a big hit

Read the story on page 2.



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FROM THE COVER

FOOD FESTIVAL WAS A BIG HIT

Celebrity chefs Brian Turner and Dean Edwards were the star attractions at the recent inaugural North Nottinghamshire Food Festival in Worksop. Festival-goers were treated to cookery exhibitions from the stars, as well as entertainment from comedy chefs Liver Cottage.

Alongside the entertainment, children in attendance were invited to take part in 'Go Bake' bread making activities as well as ice cream demonstrations from The School of Artisan Food. The event on Thursday 25 July welcomed more than 7,000 attendees, with more

than 3,000 taking in the action in the main event area. Sally Gillborn, chief executive of North Notts BID said: "We are absolutely delighted with how the event went. To have so many people down to take in what the festival had to offer on what was the hottest day of the year is testament to the amazing show put on by the chefs and entertainers."

"North Nottinghamshire has so much to offer over the summer months and as the North Notts BID team, we're excited to see what the rest of the summer has to offer."

Play equipment at Arnot Hill Park replaced after arson attack

A brand new children's play tower, complete with slides and climbing wall has been installed at Arnot Hill Park, just two months after the park was closed due to an arson attack.

In May, the tower at the park in Arnold was destroyed by vandals who deliberately set the equipment on fire. There was public outcry about the damage caused to the much-loved park with thousands of people commenting on the council's social media pages. Following the incident, the police carried out an investigation and swiftly arrested two teenagers on suspicion of arson.

The new metal tower, which cost £32,000, took just three weeks to build and is back in time for school holidays. It replaces the previous wooden one.

Leader of Gedling Borough Council, Councillor John Clarke said: "We're very pleased with how quickly we've been able to restore the park back to its original best. Children from all over the area come to the park and were upset when it had to be closed due to the incident in May."

"The support we had on social media about the damage was incredible, and the police did a fantastic job at catching those responsible so quickly. I'd like to thank our team of officers who have worked around the clock to get the park back open in time for the school holidays."



Five Rivers is dismantling misconceptions around fostering and those who are eligible to foster.

Fostering is a vocation say majority of foster carers

The overwhelming majority of foster carers in the Midlands and across the North of England say they see fostering as a vocational calling in life as opposed to a job – but the industry is struggling to recruit new foster carers and the region currently faces a shortfall of 3,990 foster families.

Five Rivers Child Care, a fostering social enterprise which operates across the region, is keen to tackle this shortfall and has conducted research to look into the reasons foster carers go into the profession in the first place with three quarters (81%) of regional respondents saying they did so because they saw it as a vocational life choice.

The Misconceptions of the Fostering Industry report highlighted

misunderstandings about the industry including the myth that those from the LGBTQ community can not apply to be foster carers. The truth is that people from all walks of life can become foster carers, including single people, co-habiting couples, same sex couples and people living in rented accommodation. The only requirement is a spare room for each foster child – siblings of the same sex may be able to share rooms depending on the individual requirements of each child.

A career in foster care offers flexible working and competitive rates of pay. For more information on foster care contact Five Rivers Child Care on 0345 266 0272 or visit www.fiverivers.org.

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Story on page 10

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'Walkabout' looked at new ways to tackle antisocial behaviour

Nottinghamshire Police and Crime Commissioner Paddy Tipping joined community leaders and residents on a "walkabout" in Mansfield last week to agree future approaches to antisocial behaviour. He was invited by Mansfield District Councillors Sonya Ward, Labour perspective parliamentary candidate for Mansfield and Amanda Fischer, portfolio holder for community safety and wellbeing, for a tour of Mansfield town centre to discuss how best to tackle antisocial behaviour in the long-term. During the visit Mr Tipping met local residents including members of the community with experience of working with young people at risk of offending and those with complex needs. They discussed the value of early intervention youth work to increase employability and

build confidence among young people and the need for more coordination and joint working among the services which could help. Mr Tipping said: "I'm very grateful to Sonya and Amanda for inviting me to join the community walkabout in Mansfield. Experience shows us that joining forces with our voluntary, statutory and community partners can make all the difference to young people's lives and ensures the social, cultural and economic issues that increase the risk of crime are effectively managed. Our neighbourhood policing officers in Mansfield have already been working closely with partners to utilise all the legislation available to them and latest figures show this has led to a 3.3% reduction in antisocial behaviour in Mansfield between April 1 and June 26."

"Experience shows us that joining forces with our voluntary, statutory and community partners can make all the difference to young people's lives."
Paddy Tipping

NSPCC Diamond Appeal ball to take place at Colwick Hall

A glittering ball at Colwick Hall in Nottingham will mark the pinnacle of a celebratory appeal raising vital funds for the NSPCC in the city.

The Diamond Ball will mark the culmination of the Diamond Appeal which is celebrating six decades of fundraising from Jenny Farr MBE, who has been instrumental in raising over £10 million for the NSPCC and inspiring people to support its work in Nottingham.

The ball will take place on Saturday 5 October 5 and there are tickets still available with 35 tables booked already. The event will be the latest in a line of events staged for the Diamond Appeal.

In 2017/18 staff at the NSPCC service centre in Nottingham, Jenny Farr House, worked with 36 adults and 118 children.

It costs £800,000 per year to run the centre and all proceeds from the Diamond Appeal will ensure vulnerable children in Nottingham will continue to have access to the life-changing services there.

Ahead of the ball, Jenny Farr said: "We are thrilled with the interest and support we continue to receive to help children in Nottingham- the funds raised will have a huge impact on the lives of the young people that come to Jenny Farr House."

"It will be wonderful to see everyone at Colwick Hall in October and it promises to be yet another memorable Diamond Appeal event."

Tickets via diamondappeal2019@outlook.com or 0115 896 3284.



Jenny Farr MBE

Youngsters at Rainbows Hospice for Children and Young People have seen their creativity come to life in the form of a giant bug, commemorating the end of Big Bugs on Tour at Nottingham's intu Victoria Centre.

As part of the month-long event, which featured 11 supersized bug sculptures taking up residence at the centre, children from the Loughborough-based charity were invited to team up to design their own colourful bugs, which were hung from a special tree as part of the trail.

The winning drawing of a multi-coloured butterfly was then transformed into a real-life model by a specialist artist and presented to the hospice.

Matthew Winn, organisational giving fundraiser at Rainbows, which is 2019's charity of the year for both intu Victoria Centre and intu Broadmarsh, said: "The children loved getting involved, learning about the great outdoors and being creative. They were excited to know that thousands of shoppers in Nottingham were looking at their drawings and were even more thrilled to receive this great model. "It will take pride of



Rainbows get its own 'big bug'

place at the hospice."

Each sculpture featured a special phone number that allowed shoppers to engage with each bug by texting them to receive fun bug facts in response. Almost 2,000 text messages were sent, with the butterfly proving the most popular bug to chat to in Nottingham.

Commenting on the success of Big Bugs on Tour, Nigel Wheatley, general manager of intu Victoria Centre, said:

"Our customers absolutely loved getting up close to the giant bugs, having their pictures taken with them and learning lots of interesting facts. You

don't always expect to come face-to-face with a supersized grasshopper while out shopping!

"We'd like to thank everyone who took part, including the RSPB and the children at Rainbows."



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Pupils honour Tabitha and the charity that helps her

Children at Greenwood Primary and Nursery School in Kirkby in Ashfield held a non-uniform day to raise money for a charity that helps one of their fellow pupils.

Tabitha Carter (Year 4) suffers from profound hearing loss and is supported by the Nottingham based charity, The Ear Foundation, that works to support people with hearing loss or difficulties.

Tabitha explains what the charity means to her: "It helps deaf people like me. They have a nice centre that I visit where we can make slime and go on trips, which sometimes involve canoeing and jumping in lakes."

The money raised will now help the charity to continue to support people with hearing loss. Tabitha added: "I think it's amazing. I hope that the money can buy some new things for the centre or maybe help us to go on another trip one day."



Head Teacher Kim Tucker with Tabitha Carter

New plans mark 100 years of council housing in Broxtowe

Broxtowe Borough Council has renewed its commitment to house building thanks to a new Housing Building Delivery Plan to meet social and affordable housing need.

The plan coincides with one hundred years since the Addison Act was introduced and council housing as we know it was born.

The new plan will see a minimum of 230 homes built in the borough over the next 10 years on land which the council owns, as well as brownfield, under-utilised or derelict land.

- It also sets out plans to:
- Buy back existing properties that were once council homes.
 - Re-model existing under-used accommodation.
 - Work in partnership with



local registered providers to build homes.

- Deliver the council's own new build development.
 - Meet the needs of an ageing population and those with conditions such as dementia.
- Councillor Teresa Cullen, Chair of the Housing Committee, said: "We know that social

and affordable housing is desperately needed in this country, as well as in our borough and this plan sets out how we are going to meet this need for local people. It's really fitting that we have approved this proactive plan now, as we mark the centenary of the Addison Act which is where council housing all began."

Mr and Mrs McDowall of Nuthall (pictured), who have had their council house in the family for nearly 70 years, said "The house is great; we've got a nice garden. And it's been a great area to live in, still is a great area to live in."

"It's not your house, but you treat it as it's yours and you look after it and respect it. That's what we've always done. It is a house of happy memories."

Reading Circle is story time heaven

St Peter's Cross Keys Church of England Academy in Farndon has recently added a new Reading Circle to its outdoor classroom – and it is proving to be a big hit with pupils.

The school based in Farndon, already benefits from extensive rural grounds and proactively expanded its outdoor learning spaces as studies show that children are able to develop a lifelong love of nature, an understanding of the living world and care of the environment.

Pupil Sophie Buckley (7) said she loves the new Reading Circle. "It's really nice because



there is a nice white board to write things on if you are learning, and if you want you can listen to a story or sit down and read on your own."

Ava Rick (7) agreed: "You get to chill out and read stories and I have loads of big books at home I like reading. I think reading outside is nice, it is peaceful and there are birds cheeping in the trees."

Head Teacher at the school in Farndon, Liz Duffell, said the new areas will aid collaborative working and children's communication skills. "We are delighted with the refurbishment of an outdoor area which has been transformed into a space for storytelling and imaginative play. Whole classes can use the area for a range of activities that will promote and develop the children's use of language as well as provide a memorable outdoor area for reading, telling and listening to stories."

The new Reading Circle has been completed shortly after the school acquired its own Tepee.



Children are delighted with their new tepee, creating even more spaces to learn out of doors. Top: The new Reading Circle at St Peter's Cross Keys C of E Academy.

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Wear it Pink Day is back in town

Breast Cancer Now's wear it pink day is taking place across Nottingham on Friday 18 October, during Breast Cancer Awareness Month.

It is one of the UK's biggest fundraising events and it has an enormous impact on the lives of those affected by breast cancer. Since launching in 2002 the events has raised over £33 million for breast cancer research.

Lottie Barnden, Head of Mass Participation at Breast Cancer Care and Breast Cancer Now, said: "In 2017 in Nottingham around 229 women were given the devastating news that they had breast cancer. In the same period around 33 women from the area sadly died from breast cancer."

"We currently fund around a third of all breast cancer research



happening in the UK, and last year we responded to nearly seven million breast cancer support requests. Without the generosity of wear it pink supporters we simply cannot continue to fund

this crucial research and support, for all those affected by breast cancer now, and in the future.

"That is why we are urging everyone across the UK to get involved in wear it pink on

Friday 18 October to help us make life-saving breast cancer research and life-changing support happen!"

Visit wearitpink.org to register and claim your free fundraising pack.

Stanstead pupils celebrate a dramatic increase in results



Stanstead Nursery and Primary School in Rise Park, Nottingham, have achieved a significant rise in results this year.

Following disappointing results last year the school has been successful in tackling the issue head on. Head Teacher Patricia Vladev said:

"Last year's results were frustrating and did not reflect what we knew we were able to achieve. So, we put into action a robust plan to tackle all of the issues that were holding us back. We significantly increased staff to ensure smaller groups of children could be taught, targeting each child's particular needs."

The school also saw the Deputy and Assistant Heads give up their leadership time to work closely with pupils and extra resources were brought into school to enhance teaching and learning.

Mrs Vladev added: "It's true that we were not where we wanted to be last year, and no one was more disappointed than me. Now we are near or above national average in every area. We have more than turned the corner and are on the path to an amazing future. My whole team are not going to stop until we reach the highest goals that we have set ourselves and for the high aspirations we hold for our children."

In KS2 Reading the school jumped to 81%, the national average being 73%. Scores in both writing and grammar and punctuation (GPS), the school achieved 77% only 1% below average nationally in those results and in mathematics 77%, national average being 79%.

In their combined results the school is now placed at 69%, above the national average which is set at 65%.



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Aries Optimistic and positive developments in home or work areas are imminent. Set a fitness goal and find the willpower and desire to stay with it. Everything that is new and interesting is good for you. A new admirer will do wonders for your love life and confidence. An existing romantic relationship has a huge question mark hanging over it. At some stage you will have some important decisions to make.

Taurus Focus your energies on something you care about and it will manifest itself into a success. You will be drawn towards learning new skills thus attracting like minded individuals into your social circle. Professionally you could face delays and set backs that will mysteriously work to your advantage if you are patient. You want to know where you stand in a romantic relationship, but acting impulsively or rashly could cause unnecessary conflicts and quarrels.

Gemini A reconciliation with someone you had given up hope on is possible but you could leave you feeling somewhat confused and uncertain about your long term prospects. An open mind and an imaginative approach could result in a complete career change. You will benefit from a friend's wisdom as their uncanny insight warns you against making an expensive mistake. A great time for family soirées and parties. An intriguing newcomer will set your heart and pulse racing.

Cancer When it comes to love, you will no longer be haunted by your past. Whilst your social and love life blooms, you cant afford to get into financial difficulties by trying to keep up with other people's spending habits. Someone you know reasonably well is causing mischief and spreading false rumours. Stay cool, get a grip because a business deal or transaction will soon be completed. Why not book yourself into a health spa for some much deserved pampering or take yourself off on a holiday for a refreshing change of scenery?

Leo Self care and quality time to relax is very important if you are to maintain a good, healthy life balance. By refusing to embroil yourself in yet another family melodrama, you could save yourself a lot of money and heartache. Good news will put you in an excellent mood and your confidence will be running high and an ambitious move could prove to be a huge success. There is an air of new found confidence radiating from you which is responsible for attracting golden opportunities and magical moments to be enjoyed.

Virgo A private chat with a close friend could result in your making some very important decisions as new light will be thrown on a situation that has caused you anxiety and sleepless nights. Its time to turn that corner once and for all before you start making even more excuses as to why you should remain in your current comfort zone. Pay attention to money and investment interests, especially if you plan to focus your time and energy in a lucrative property deal.

Libra If you have committed yourself to something you harboured bad feelings or niggling doubts about, its little wonder that you are worried about exactly what you have let yourself in for? Someone's attitude will leave you feeling enraged because their true colours have finally surfaced. Waste no time in planning your exit and protect your money. You don't have to justify nor explain your decisions to anyone and if necessary, do not hesitate in removing them from your contacts list.

Scorpio After prolonged periods of angst and feeling unsettled regarding numerous personal issues, you will make some very wise and sensible decisions about which direction you must go in next. A newcomer with an interesting mind and personality will become an important friend. The pace of life will slow down considerably for a while, giving you some breathing space and the chance to catch up on odd jobs and generally getting on with your day to day chores and activities.

Sagittarius Although you keep on banging on about how happy your are with your lot, or how much you love your life, not everyone you are speaking with is totally convinced because there are still underlying currents of tension affecting certain relationships. One minute you are on an all time high and in the next, right down there in the doldrums. Families play an important role in your every day life and legal documents will need your attention before an agreement is reached.

Capricorn Doing things your way is the only way forward. Living quietly, under the radar is suiting you better than broadcasting all your business amongst strangers and people you have no real connection with. You don't like others knowing all your business at the best of times, so beware of a false friend who is behaving indiscreetly. Plan a holiday of a lifetime and start looking after your health and welfare rather than always finding yourself way down the food chain.

Aquarius People often quite mistakenly underestimate your intuition and insightfulness when it comes to important subjects, probably because they dislike hearing the truth and facing reality. Even though your excellent advice has sometimes been ignored, eventually you are proved right in the end. The spotlight will be on both your love life and close family. You are turning an interesting corner that will give you the chance to leave past stresses and pain behind.

Pisces Unexpected developments in your love life give you cause to panic or worry. Not everything you see or hear is necessarily the truth, so you must think twice before agreeing to something which could leave you in a vulnerable position. Having reached the end of your tether with either a work colleague or close relative, you may feel that a meeting is needed in order to clear the air. An opportunity to start afresh could mean selling up and relocating.



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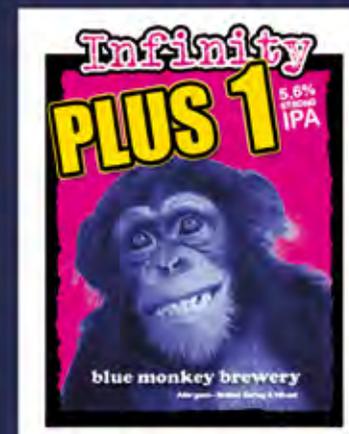
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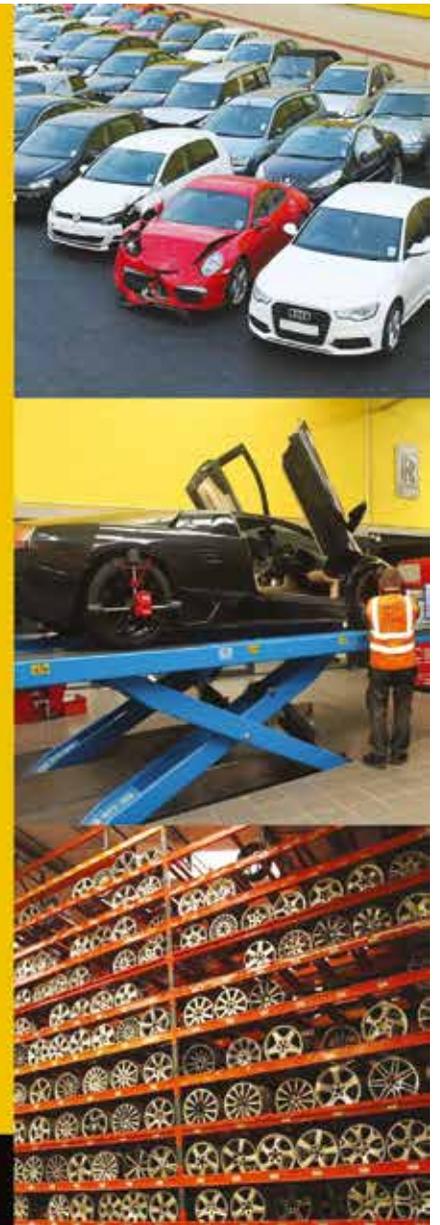
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NUH celebrates two-year anniversary of tram bridge



It is two years since a tram bridge opened at Nottingham University Hospitals (NUH) NHS Trust's Queen's Medical Centre (QMC), which has dramatically increased the number of people using public transport to get to one of the country's busiest hospitals.

Andrew Chatten, Director of Estates and Facilities at NUH, said: "You can see the difference the tram has made to our patients, visitors and staff on a daily basis. We knew it would be a great asset for the Trust and two years on, we have been proven correct. Tram use in the city has increased by a million more journeys in the last year, while journeys to QMC have doubled in the two years since the bridge has opened, so we're excited to have this popular transport link as part of our partnership with Nottingham Express Transit (NET)."

Stephanie Moss-Pearce, NET



Marketing Manager commented: "The QMC tram stop is one of the busiest on the network, helping thousands of people every day to get to work, travel to appointments or to visit friends or family without the worry of getting stuck in traffic or finding a parking space."

"Since it opened, the bridge connecting the platform and the QMC has also acted as a symbol of the ongoing relationship between NET and the first hospital in the country to have its own dedicated tram stop."

Face-to-face flattery is 'dying out'

Over half of Brits feel face-to-face flattery is 'dying out' as the digital age takes over. A study of 2,000 adults found we are a nation of givers when it comes to compliments and an average of six are given a week, but only four are ever returned.

Despite fear of old fashioned one-to-one conversation disappearing, 82 per cent said they feel most 'comfortable' when paying compliments and accepting praise face-to-face.

However, half of 18-24 year olds feel equally at ease when giving a compliment via a text message.

A further eight in 10 adults said they feel compliments are 'important' to the success of relationships with partners being the most common receivers, followed by friends. The research was commissioned by Mentos to support the launch of their new Complimentos sweets.

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Over 200 chicks fledge from Bramcote Hills Park



A nest box programme has seen 218 chicks fledge from boxes at Bramcote Hills Park.

It is the second year the volunteers have placed and monitored nest boxes in the woodland at the park. With hundreds of hours of volunteer time invested in the project, the group monitored the boxes and the birds that nest in them and their breeding success. Whilst on the visits they also found three Jackdaw chicks in a large natural cavity in a tree. All of this information, together with anecdotal reports from other visitors to the site will be passed on to the British Trust for Ornithology (BTO) as part of their nest record scheme, providing valuable data to help monitor the health of our bird life nationally.

Last year 181 chicks fledged. Becky Dakin, one of the volunteers said: "I've loved helping with the project, from building the boxes to seeing the chicks fledge. Being mindful in nature together with a lot of walking and climbing has made a noticeable improvement to my health and well-being".

The project is already benefitting the local wildlife and is a great partnership between the local volunteers, Broxtowe Borough Council and the BTO.



Rise of the cat-chelor

Single men reckon owning a cat takes the pressure off having to find a partner, according to research.

A study into the rise of a new generation of male singletons dubbed 'Cat-chelors' – single men who feel content with the company of a feline - revealed a string of benefits.

Of the cat-chelors surveyed, around one in four think their moggy has taken the pressure off being single, as they are good company in lieu of a partner.

Another 29 per cent like having their cat around as they are 'good to talk to', and one in two believe their pet helps 'keep them calm'.

One in 10 even went as far to say their cat offered 'counsel' through an emotional break-up.

Jonny Gould, CEO for pet wellbeing firm Itchpet.com, which commissioned the study, said: "The news comes as a blow for man's best friend, with a quarter of single men going as far as to say cats are on their way to usurping dogs from their throne."

News that will send you bananas!

Visitors to Twycross Zoo will have a rare chance to see their new baby bonobo – only the fourth born at the zoo in the last twelve months.

The zoo is a registered charity which exists to support conservation, education and research of some of the most endangered species on the planet.

Recently the team have celebrated the birth of their new Bonobo baby. As the only zoo in the UK to care for and breed bonobos, this latest little arrival is a very special birth for Twycross, being only the fourth bonobo born in a zoo over the past year.

The new addition is the first baby for Mum, 9-year-old Likemba (pictured with her baby).

Karen Clarke, Chief Operating Officer, of Twycross Zoo, said: "We knew Likemba was due to give birth soon but as she was showing no signs of labour, the keepers were delighted to see the brand new baby when doing their morning checks."

Twycross Zoo is proud to be the only zoo in the UK to house bonobos, which are part of the great ape family and are our closest living relatives, sharing around 98% of our DNA; Twycross is also home to one of the largest primate collections in Europe and the only place in the UK.

Visitors can see Likemba and her beautiful new baby bonding in their enclosure. For more information visit: www.twycrosszoo.org





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SCHOOL'S OUT!



Knights of the Crusade

The Epworth & District Agricultural Show returns on Bank Holiday Monday, 26 August, with a fabulous new line up and will be transporting you back to medieval times.

Adding a twist to the agricultural show, a spectacular Knights of the Crusade will be in the Main Arena with two shows. Characters will be dressed in period costumes and armour, and will stage heroic fighting and dazzling pageantry from mythical England. Children are invited to become squires, village maidens, and a Lady of the Day will be chosen to become Maid Marion. In the second show, children will be asked to try to pull the Great Sword Excalibur from the legendary Stone.

New for 2019 will also be a toddler play zone inside the Beer Tent, with a fabulous soft play section and small inflatables.

Rodeo Sheep will be challenging the more energetic amongst you, as well as the daring Last One Standing inflatable, which consists of a huge inflatable bed for teams of up to 8 people who have to

jump over the rotating arm as it tries to knock you over, getting higher and faster each time.

There will also be the fabulous agricultural side to the show, with the Horticultural Tent, a fun dog show, Bernese Carter dogs, shire horses, the side saddle show, goats and sheep, and classic cars and tractors as well as shopping opportunities and a food zone.

The show starts at 9am on Epworth Show Field and promises to be a great fun-filled day for people of all ages.

For further information please visit www.epworthshow.co.uk



RETURN OF THE SPECTACULAR NOTTINGHAM CARNIVAL

The Nottingham Carnival returns this year to the Victoria Embankment on Sunday 18 August to deliver a programme of colourful costumes, music and cuisine showcasing the influence of Caribbean, Brazilian and African cultures on our city. These traditions when fused with our local Nottingham influences create a truly spectacular event.

Last year the spectators witnessed over 600 costumes newly designed and made for the carnival parade and this year will be no different. There will be 16 different elements to the parade each featuring individual artistic themes. Months are spent in advance researching, designing and then making the costumes all in friendly competition to win the various categories, judged by a panel of experts. This year the costumes will feature carnival traditions from various Caribbean islands such as; Shorknee, Moko Jumbie, St Kitts Masquerade and Clowns, Pretty Mas, Steelband and from Brazil; Samba, Maracatu and drumming. Most of the troupes will be made up of local artistic talent but there will also be visitors from London, Luton, Derby, Leicester, Huddersfield and Leeds. The Parade starts from 2pm leaving the Embankment then, Wilford grove, Felton Road, Green Street, Bunbury Road then back on the Victoria Embankment culminating in amazing performances on the Parade Stage within the carnival site. The carnival village will also host five different music zones including live bands, fun fair, bar and lots of world food and information stalls.

Discover the secrets of a high class afternoon tea

The School of Artisan Food in Worksop is sharing the secrets behind the perfect afternoon tea during Afternoon Tea Week (12 -18 August) with a course led by specialists with an impressive track record in the world of patisserie.

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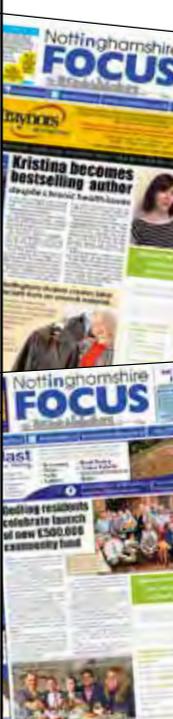
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The countdown is for the 2019 Bosworth Medieval Festival, which this year promises to be bigger and better than ever before.

There are loads of new attractions to keep the whole family entertained at the Festival, taking place on Saturday 17 and Sunday 18 August. New entertainments include period falconry displays, medieval cooking demonstrations and food tasting, a roving Jester, the King's Executioner and a medieval puppet show.

As well as two battle re-enactments on each day – including a 20-minute re-creation

of the Battle of Bosworth on both afternoons, there are large living history encampments to explore, jousting, archery, cannon fire demonstrations, guided tours, author talks, a medieval craft market and loads of games and competitions for children.

Tickets have been held at the same price as last year and are valid for the whole weekend. This means that visitors can attend the Bosworth Medieval Festival on either or both days for no extra cost.

Tickets can be booked online at www.bosworthbattlefield.org.uk or by calling 01455 290429 between 10am and 5pm.

• Just over a week later comes the Countryside Show, at Beacon Hill on Bank Holiday Monday 26 August, from 9.30am to 5pm. The event showcases the best of countryside life and a food marketplace where visitors can taste some of the local produce Leicestershire has to offer.

There's also donkey rides, dog agility, archery, Punch & Judy, blacksmiths, birds of prey demonstrations, live music, local food suppliers, marquees, stalls and children's activities. More information at www.leicscountryparks.org.uk/countryside-show/

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SCHOOL'S OUT!

August Events at Crich Tramway Village



August brings a variety of events at Crich Tramway Village, with something for everyone. Craft activities, involving 'Make-do-and-Mend' in preparation for the World War II event will keep families busy between 5 and 9 August. The World War II Home Front event on Saturday 10 and Sunday 11 August takes you back to early 1940s Britain, with re-enactors, live music and vehicles on display and on the move. There's the opportunity

for children to take part in a 'Bootcamp' with Sergeant Major Marmite – if they dare!

Discovery Week from 12 to 16 August is a great opportunity for families to get involved with history and science-based fun activities.

Horse Tram Day sees the return of Joseph, the popular Shire horse, to pull the Sheffield 15 horse tram between 11am and 4pm on Wednesday 14 August. If you're a model tram and railway fan, then

Models Week-end is a must on Saturday 17 and Sunday 18 August.

Woodland Week from 19 – 23 August will play host to eco and wildlife-based activities for all the family to enjoy.

The Classic Transport Gathering on Sunday 25 and Monday 26 August welcomes classic vehicles built prior to 1979.

The month ends with 'Back to School' craft activities from 27 to 30 August, ensuring the children will be well prepared for the new



Photo: Ashley Franklin

For more information visit www.tramway.co.uk or call 01773 854321

Free storytelling at Stonebridge City Farm

This August local families with young children are invited to Stonebridge City Farm in Nottingham to take part in a series of fun, free activities that will give them the chance to share stories, sing songs and play games together.

Alongside meeting the animals and exploring the gardens at Stonebridge City Farm, families are welcome to join volunteers from The National Literacy Trust, who will be hosting various activities available as part of the Small Talk project.

The project aims to help parents turn the things they are already doing with their children every day into new opportunities to fill their child's world with words. There's no need to book – families can just turn up.

The activities will take place over four different days:

- Thursday 8 August, 10am – 4pm
- Tuesday 20 August, 10am – 4pm
- Monday 26 August, 10am – 4pm – City Farm Fun Day

Sarah McDermott, Small Talk Project Manager at the National Literacy Trust, said: "We are thrilled to be hosting Small Talk activities at Stonebridge City Farm in Nottingham throughout August. We hope to see lots of families having a go at some of our chat, play and read activities. It's completely free and families will get to take home some fantastic goodies – including a brand new book and activity sheets – to help them carry on the fun and learning at home."

The Small Talk event in Nottingham is supported by Read On Nottingham, a local campaign where the National Literacy Trust works with Nottingham City Council and Small Steps Big Changes to promote reading and writing and to improve literacy levels in the city.

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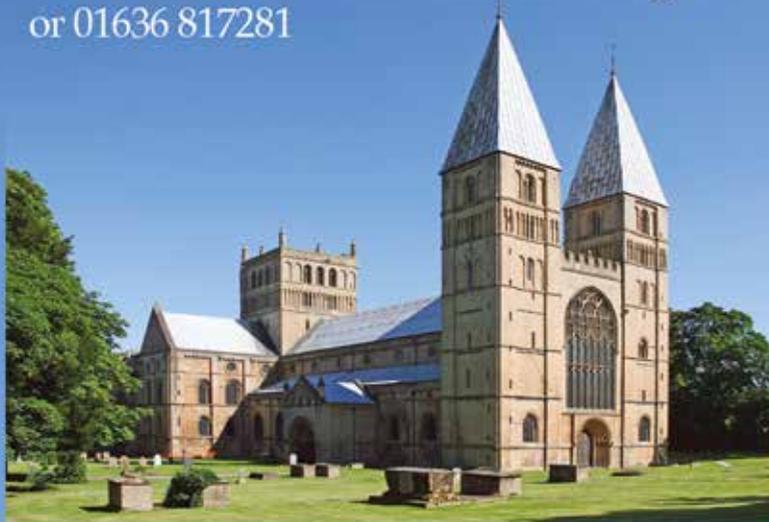
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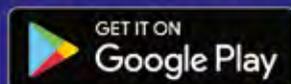
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School's out in Lincolnshire

Fun for all the family in Lincolnshire

If you are looking for exciting ways of keeping the children entertained during the school holidays in Lincolnshire, here are some fun events taking place over the next few weeks:

Movies under the stars

Film buffs will be excited to hear that Luna Cinema is returning to Lincoln for three days of blockbuster movies under the stars in September.

To start off the explosive three day party Mary Poppins Returns (rated U) provides light-hearted fun for the whole family on Friday 27 of September. On Saturday 28 September The Greatest Showman (rated PG) brings its epic story

and award winning songs to town. Finally, to end the three day event, join the rock band Queen to hear some of their greatest smash hits such as 'Another one bites the dust' and 'Bohemian Rhapsody' and watch as they rise to stardom in the spectacular movie Bohemian Rhapsody (rated 12a). Doors will open at 6pm and movies start at 7.30pm.

For more information and ticket prices check: <https://thelunacinema.com/lincoln-castle>

Summer fun at Rand Farm Park

Until 23 of August there will be summer fun at Rand Farm Park in Market Rasen.

There will be lots of indoor and outdoor activities and you will even get a chance to meet the farm animals, see their newest arrivals like the baby piglets and the new Lincoln Red calf. But the fun doesn't stop there, have a go at archery, ride the heights of the Sky rider, be

champion of mini golf, speed around on the go-karting track, whoosh down the summertime sledges and blast your way in the air cannon arena.

If you are feeling brave from 24 August until 3 September something big is coming to Rand Farm Park, prepare to hide as the park gets taken over by dinosaurs in its Jurassic Farm Park event. Come face-to-face with Pete the Dinosaur and dig for fossils!

For more information and ticket prices go to: <https://randfarmpark.com/>



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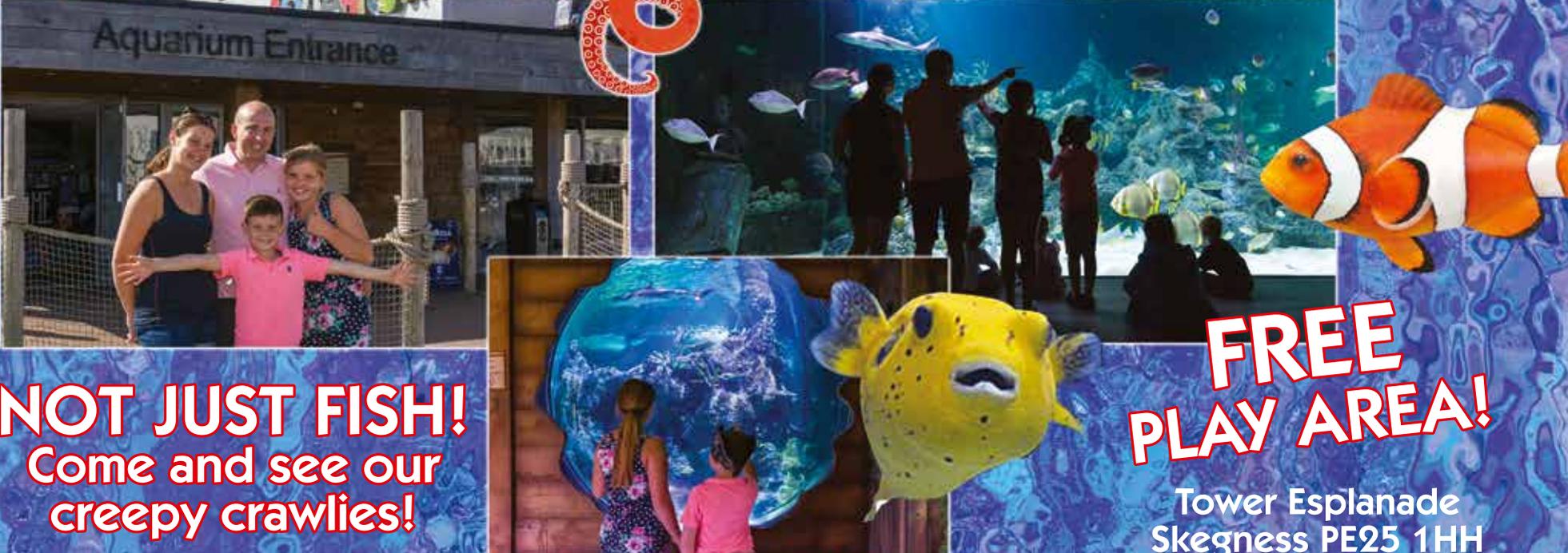
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School's out in Lincolnshire

A three-day extravaganza

A European philosopher will lead a Sunday morning conversation at the 2019 SO Festival as organisers look to explore the impact of the three-day extravaganza on life and culture in East Lindsey.

Meanwhile, crowds at the free event will enjoy 11 acts, which include Italian puppets, French clowns, a Danish performance of Shakespeare's King Lear like you've never seen it before and UK circus mastery.

The full line-up has now been released for what has grown into one of the largest outdoor cultural events in the UK. Fantastic European acts, visiting the UK for the first time, will join local talent and national performers, topped off by Spitfire and Dakota flypasts (weather dependant), to entertain a crowd which is expected to top last

year's number of 40,000 over the three days. Starting at Sherwood Fields in Mablethorpe on Friday, August 30, acts will fill the venue from 12 noon until 5pm, with local community groups also showcased. Then it's onto Skegness for the Saturday and Sunday – August 31 and September 1 where activities will be centred in Tower Gardens.

With funding in place from Arts Council England and East Lindsey District Council, SO Festival is being organised by the Magna Vitae Trust for Leisure and Culture. Magna Vitae Trust for Leisure and Culture is an Arts Council England National Portfolio Organisation and strategic partner to East Lindsey District Council. Other partners are Passage Festival, Helsingør Teater and Without Walls Touring Network Partnership.



Left: La Cuisiniere. Right: Humanhood – Orbis. Photo: Tout En Vrac



Fun face painting Fridays

Fridays are set to be fun days at Lincolnshire Wildlife Park with regular face painting events running until 30 August. Face painting is available from 11am to 2pm. It is provided by Alternative Addiction and all proceeds will go towards the park's fundraising for Nigel the Puma. Standard entry admissions to the park apply and all children must be accompanied by an adult.

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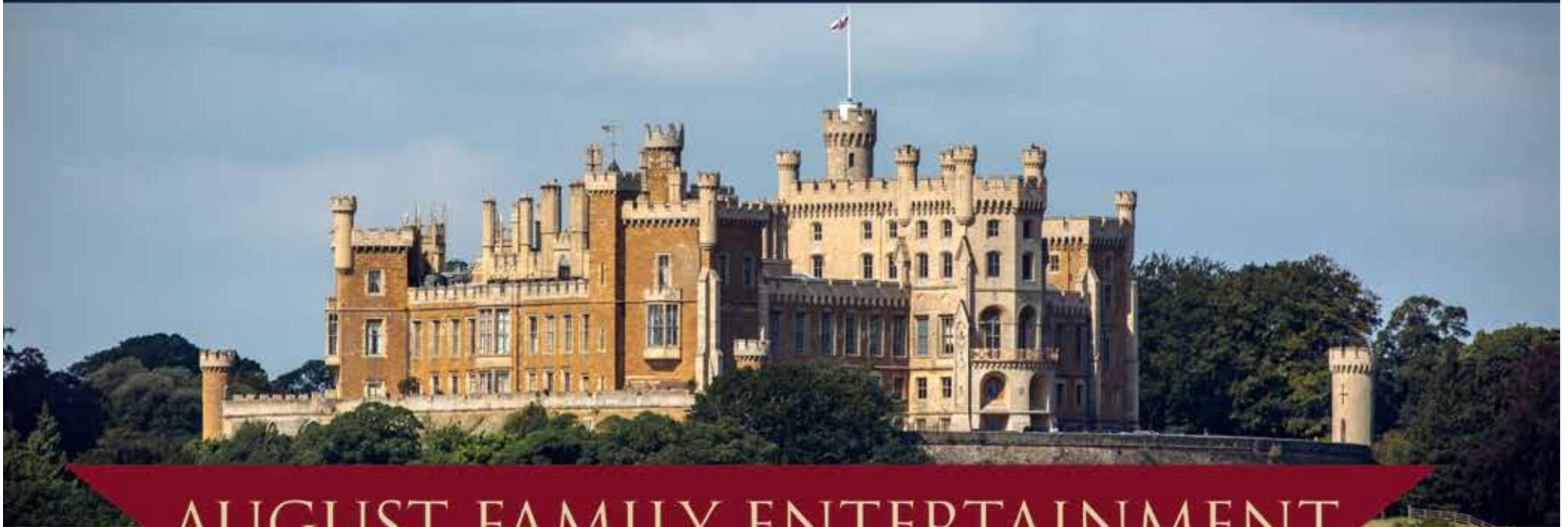
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What's on



NOTTINGHAM FOOD & DRINK FESTIVAL

The 6th Food Festival at Nottingham is taking place on Saturday 10 August and Sunday 11 August with a mixed line up of new and familiar chefs on the main stage and food roadshow.

On Saturday appearing for the first time is Sean Wilson, a popular celebrity chef and cheese maker who is also well known for his time on Coronation Street. Sunday sees the return of Jean Christophe Novelli, everyone's favourite fun loving chef. They are supported by Mark Lloyd – foraging expert,

Eva Humphries – nutritionist, local chef Liam Woodward who is currently working at Eatons Bar & Brasserie and Johnny Pusztai – the Snobby Butcher from Nottingham.

The festival will also play host to an exciting variety of food and drink producers and retailers, great street food and live music in the Piazza, along with real ales, cider and gin bars. There will also be a selection of artists,

designers and craftsmen in the craft pavilions who will be selling their crafts and demonstrating their skills – such as hourly glass blowing and chainsaw carving.

Eva Humphries is a nutritionist known as the Wholefood Warrior. She will be talking and cooking with whole, natural foods with reference to the Ketogenic diet.

Mark Lloyd will be familiar to a lot of previous visitors. He has been the presenter introducing chefs at the festivals for the last six years. This year he gets his turn up front with his own recipes that feature a lot of wild foods foraged from the English countryside.

Liam Woodward specialises in classic British seasonal menus with a strong Italian influence.

The festival's food halls host both regional and national food producers and retailers who will be showcasing their extensive range of food and drink. For more information and advance tickets go to: www.nottinghamfoodanddrink-festival.co.uk



The Great Central Railway presents **'Winter Wonderlights'**

See the Great Central Railway like you've never seen it before. During the festive period from 23 November to 30 December the Great Central Railway will launch for the first time their Winter Wonderlights Experience.

This will be a train ride like no other. Experience a steam train with a magical twist, fantastically dressed in a myriad of lights to transform these stunning vintage steam engines and carriages into a spectacle that's not to be missed.

Arriving at the beautifully restored Loughborough station passenger will be greeted by the Great Central's friendly volun-

teers and guided onto the platform to begin an evening of festive joy. And then... the countdown will commence, the lights will come on and the train will come to life; ready for everyone to embark on a magical journey.

During the experience passengers will see the historic stations and countryside transformed with snow, lights and all things festive. It is a magical display that can only be seen and experienced from within the train. It will be a perfect evening for the whole family to get everyone in that festive spirit.

The railway has launched a

short video to show a small snippet of what's in store. Tickets for the Winter Wonderlights experience can be purchased online at www.gcrailway.co.uk.

By day the Great Central Railway's much loved Santa Trains will run throughout the Christmas period, alongside the Winter Wonderlights experience in the evening.

Great Central's Chief Executive Michael Gough, commenting on the launch said: "I am so looking forward to this new and exciting event for the railway and our region – it promises to be truly magical."

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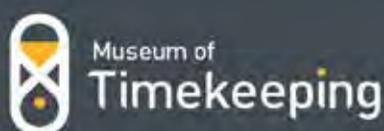
Tickets: £5 per person, £3 per person for BHI Members. FREE to Friends of the Museum of Timekeeping

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Looking for local social events and activities?

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Friday 16th Aug: **Speakers Corner** 10.30am Family Matters by Ann Featherstone. Eastwood Conservative Club, Church Street, Eastwood NG16 3B Free

Monday 19th Aug: **Murder Mystery and Mayhem Book Club** 2pm An afternoon of fun talking about our latest book. 108 Burton Road, Carlton NG4 3BG Price Free

Wed 21st Aug: **Papplewick Pumping Station** 2pm Book by 14th Aug. Rigg Lane, Ravenshead NG15 9AJ. Price £4, under 16 free

To book onto one of our events, or to find out about the latest events, please call Melanie on 0115 963 8766

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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. 223. Registered office Oddfellows House, 184-186 Deansgate, Manchester M2 3WJ.

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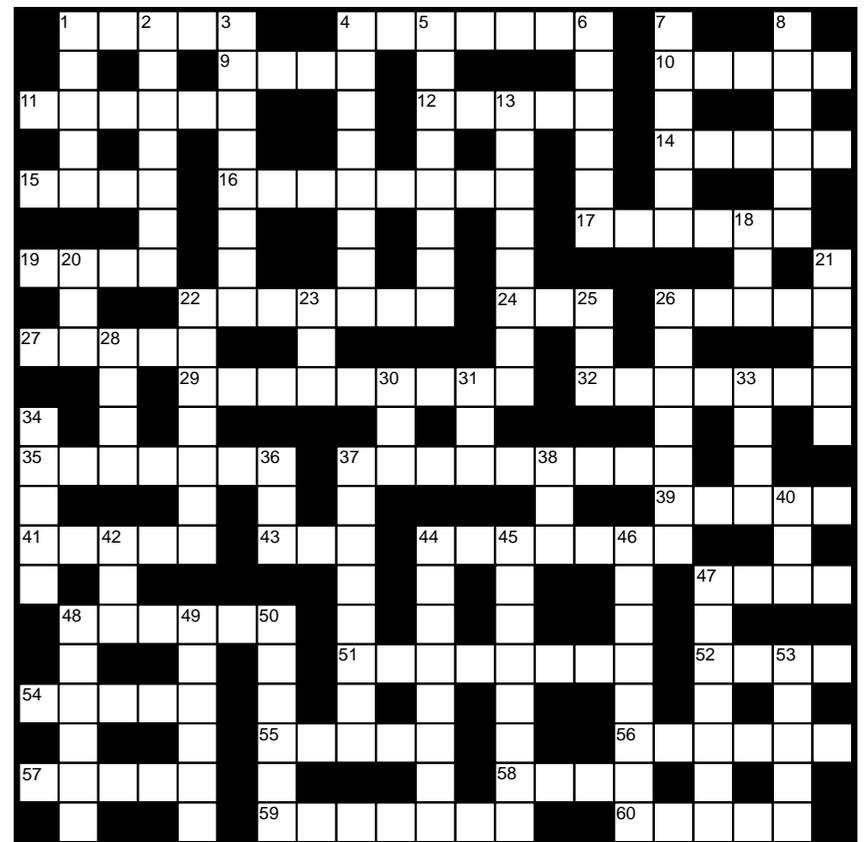
CROSSWORD

ACROSS

- 1 Opposite of credit (5)
- 4 Umpire or judge (7)
- 9 Border or perimeter (4)
- 10 Jostle and nudge (5)
- 11 One dozen (6)
- 12 Gold bar (5)
- 14 Tacks and claws (5)
- 15 As well (4)
- 16 The spectators (8)
- 17 Custard-coloured (6)
- 19 Lurch from side to side (4)
- 22 Ale factory (7)
- 24 Blubber (3)
- 26 Scumpy (5)
- 27 Play for time (5)
- 29 Lively ding-dong or bickering dispute (4-5)
- 32 Vivid green (7)
- 35 Split (7)
- 37 Main highway (5,4)
- 39 Oak fruit (5)
- 41 Correct (5)
- 43 Eggs (3)
- 44 A pain in the butt (7)
- 47 The flank (4)
- 48 Without lumps (6)
- 51 Whirling energy device (8)
- 52 Advise strongly (4)
- 54 Milk products (5)
- 56 Tooth coating (6)
- 57 Feed greedily (5)
- 58 Downpour (4)
- 59 A disaster (7)
- 60 Repetitive tune (5)

DOWN

- 1 Self-assembly pin (5)
- 2 Mezzanine gallery (7)
- 3 Young adult (8)
- 4 Soldiers' wake-up call (8)
- 5 Amicable (8)
- 6 Restaurant or cafe (6)
- 7 Dog house (6)
- 8 Empty inside (6)
- 13 Plant aphid (8)
- 18 Not matching (3)
- 20 Soggy (3)
- 21 Wedding belle (5)
- 22 A fleece throw (7)
- 23 Path (3)
- 25 Foot digit (3)
- 26 Somerset Gorge (7)
- 28 Region (4)
- 30 To warm and dry laundry (3)
- 31 Pistol (3)
- 33 High male voice (4)
- 34 The music for a film (5)
- 36 A duet (3)
- 37 Dish-drying cloth (3,5)
- 38 Chest bone (3)
- 40 Crimson (3)
- 42 Exercise building (3)
- 44 Brown-haired (8)
- 45 Branch of maths (8)
- 46 Having abundant wealth (8)
- 47 Frankfurter (7)
- 48 Add salt and pepper (6)
- 49 A gas to aid breathing (6)
- 50 Northern stew (6)
- 53 Honking birds (5)



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Education & training

Pupils get first glimpse of new school

The first group of children who will attend the new Hucknall Flying High Academy in September have been meeting each other and their teachers in 'getting to know you' sessions.

Karl Clowery, Head Teacher of the new school being built on Harrier Park in Hucknall, explained: "These sessions were led by pupils' new class teachers and were fabulous occasions, full of fun and focussed activity."

"It was great to see the children working together with their new teachers and despite coming from lots of different schools, the relationships that children started to develop with each other was really lovely to see."

"I'm sure that the children will find the transition a lot smoother now they have attended these sessions, having had the chance to familiarise themselves with each other, their new teachers and head teacher"

Further drop in sessions and key dates for families can be found on the school's website at <http://www.hucknallfha.co.uk/>



Above: Showing off their dancing skills at breaktime with their new Head Teacher Karl Clowery are Lily-Bella Barnwell, Daisy Burton and Logan Scott (all age 7). Below: Making friends, Amelia-Marie Redwood-Casey (age 7) and Alexia Bramley (age 8) worked together on what they would put in their suitcases for a trip to a desert island. Photos: Lou Brimble



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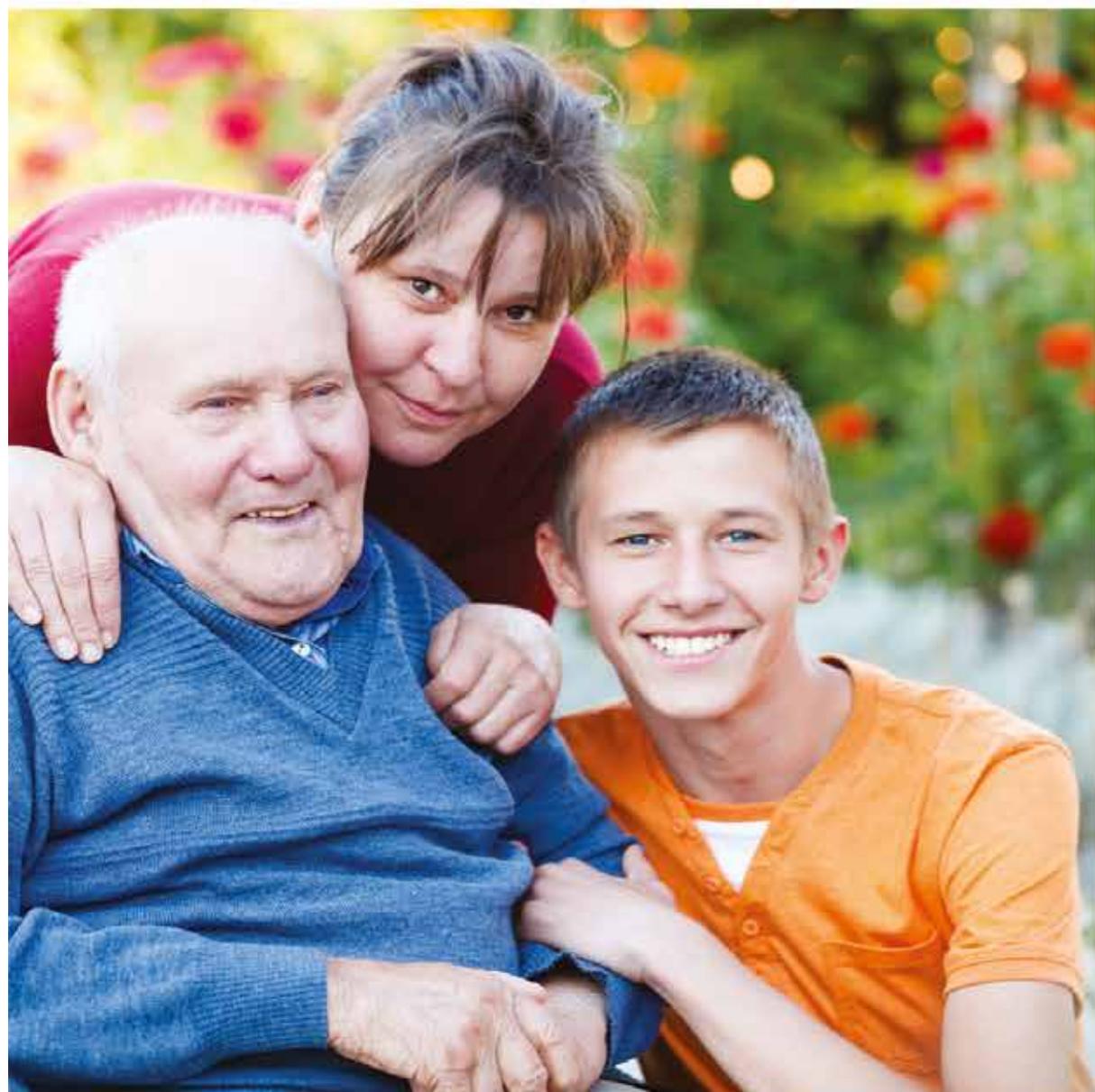


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Care, Health & Wellbeing



Care home receives 'Outstanding' rating

A home that cares for adults with learning disabilities and mental health conditions has recently been awarded an 'Outstanding' rating by the care regulator.

Huntercombe Centre Sherwood has received praise for its 'exceptionally kind and person-centered support' from the Care Quality Commission (the body that inspects and regulates the quality of care in England) following an inspection of its services in May this year.

The inspection report, published

last month sets out how residents at Sherwood receive excellent care that is tailored to their needs with dignity and independence at its heart.

The CQC recognised the service as being forward thinking and proactive in its approach to people's health and wellbeing. The inspectors also highlighted how many exceptionally effective interventions had resulted in significant and positive outcomes for residents.

Michelle Rope, manager of Sherwood Centre on First Avenue

in Nottingham, said: "I'm so delighted the efforts of our staff, in partnership with our residents, their families and the wider community have been recognised in this report. I'm particularly proud that our approach to caring for people with respect and valuing them as individuals has been acknowledged by the CQC."

Valerie Michie, CEO of The Huntercombe Group, said: "I want to congratulate the staff at Sherwood Centre for their tireless hard work and dedication to residents. I'm particularly delighted that the CQC has recognised how our dedicated staff go the extra mile to make every day special for residents – it really does speak to our values at Huntercombe."



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Home improvement



What's your colour?



Chalk and mineral paint brand Frenchic – www.frenchicpaint.co.uk – have a variety of paint ranges to suit all your decorating needs. The most popular of which throughout the summer and autumn is the Al Fresco range, with 19 shades of creamy, rich, hard-wearing and weatherproof paint that is perfect for outdoor

furniture and even UPVC doors and windows. Shown here from left to right are Hottie*, Oopsy Daisy*, Serendipity*, Steel Teal*, Apple of My Eye, Blackjack, City Slicker, Cool Beans, Cream Dream, Duckling, Dusky Blush, Greyhound, Kiss Me Sloely, Ol' Blue Eyes, Parma Violet, Swanky Pants, Victory Lane and Wise Ol'

Sage. Frenchic's Al Fresco Range is available for £6.95 (150ml) or £17.95 (750ml) at www.frenchicpaint.co.uk and stockists nationwide. *Frenchic's Limited Edition Al Fresco colours are available for £14.95 (500ml) at www.frenchicpaint.co.uk and stockists nationwide.



Lady Bay 2019 opening event

Volunteers needed for Lady Bay Open Gardens

Volunteers are needed to help with the Lady Bay Open Gardens event in Nottingham. The team that organises Lady Bay Open Gardens is now too small. They need some help to prepare for the 2020 Open Gardens. The event is scheduled for 4-5 July 2020, but planning will start in January and volunteers are needed urgently.

Some of the tasks they are looking for help with include:

- Proofreading of print materials and press releases
- Liaison with the garden owners, the printer and the sponsors
- Put together the garden packs and distribute to the gardeners owners (around 20)
- Distribution of posters and postcards to libraries, the council and garden centres
- Organising the garden visitors during the weekend.

For more information contact Maureen from the Lady Bay Open Garden Volunteer Team on 0115 9149481 or mitchell164@hotmail.com or message her on Facebook @LadyBayOpenGardens or www.ladybayopengardens.org.uk/



Miller Homes announces plans for new neighbourhood in Bottesford

Miller Homes Midlands has unveiled plans for its new Meadows Vale development in the picturesque Vale of Belvoir.

Located on Normanton Lane, just outside Bottesford, the exclusive community will bring 88 new homes to the area, including a mix of modern, energy-efficient two to five-bedroom houses as well as two and three-bedroom bungalows.

Voted as one of the best places to live in 2019 by The Sunday Times, the Vale of Belvoir offers plenty of amenities. New residents will also be able to take advantage of the village train station and the A52, opening up the nearby cities and towns of Nottingham, Grantham, Melton Mowbray and Newark.

Alastair Parsons, area sales director for Miller Homes Midlands said: "Meadows View has been designed to accommodate all types of house hunter, from young professional first-time buyers to those looking to downsize and enjoy the quieter pace of village life. We are excited to watch the community grow as people make this their home."

Miller Homes has once again been awarded a five-star rating in the Home Builders Federation (HBF) National Home Builders Federation New Home Customer Satisfaction Survey.

For more details on Miller Homes' Meadows View development, visit www.millerhomes.co.uk/new-homes/east-midlands/meadows-view-bottesford or call 03301 621 191.

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The kitchen is the most used room in the house for many people; it's where we cook, socialise and enjoy quality time with our family after a long day at work. As we spend so much time in our kitchens, it makes sense to give them a little bit of TLC; just the smallest of changes can make the biggest difference.

Here are some top tips for making the best of the heart of your home:

- If you find that your surfaces are often crowded with utensils, consider investing in some additional storage to keep your space looking organised.

Hanging shelves are perfect for smaller kitchens and are easy to jazz up. Why not invest in some small potted plants to mix in with your pans?

- Brighten the space up with artwork. Often people reserve their artwork for the living room or bedrooms, but there's no reason that you can't buy some art for your kitchen; it's one of the quickest and easiest ways to breathe life into the room. Choose small, colourful prints with quotes or pictures of food on that can be clustered together in groups of three.
 - If your child has drawn or painted a picture, why not frame it and give it centre stage on a plain wall. A group of hand prints or other colourful work can make a stunning display
 - If you can turn your hand to decorating why not give your cupboards a new lick of paint. A shade of pale yellow or green will help to create a homely feel.
- Once your kitchen is updated and looking bright and shiny it's time to get cooking!



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