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02 Charity thanks student volunteers



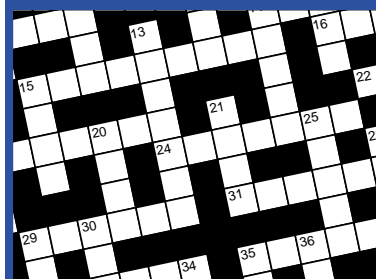
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10 Pupils brush up on local history



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Kristina becomes bestselling author despite chronic health issues

In three years Nottingham author Kristina Adams has written, edited, and published six books – while working full-time and living with debilitating pain and fatigue.

Despite her health issues, caused by CFS/ME and fibromyalgia, Kristina's previous books have hit the number one spot for fiction and nonfiction categories on Amazon and Apple Books in the UK and US.

Her latest book, *Behind the Spotlight* – which is set in Nottingham – is about Cameron, who works in a local music shop. His secret? His ex-boyfriend is a member of the world's biggest boy band.

Kristina (29) explained: "Music, pop culture, and writing are how I escape. It was inevitable that the three would collide eventually. Writing is one of the main ways that I deal with the pain when I'm having a bad day."

"Behind the Spotlight was a side project that I worked on alongside my *What Happens* in... series for years. I wanted to write some-

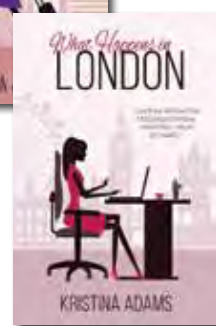
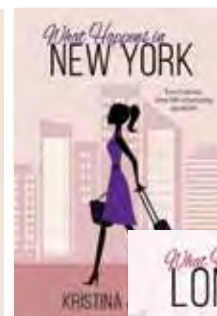
thing without the pressure that comes with working on a series. I'm super pleased with how it turned out and I hope readers will love Cameron and Luke as much as I do."

Sarah Hindmarsh, author and former chair of Nottingham Writers' Studio, said: "What Kristina has achieved in such a short time is truly impressive, especially while dealing with the symptoms of her illness and working. I've read all her books and find them thoroughly engaging, with characters that draw you in and a pace that keeps you turning the pages."

Behind the Spotlight is available on Amazon, Apple Books, and other ebook retailers.

Kristina shares information about her writing journey in her nonfiction book, *Productivity for Writers*, and on her blog *The Writer's Cookbook*, which reaches over 30,000 readers a month. She also regularly teaches courses at Nottingham Writers' Studio.

www.kristinaadamsauthor.com.



Nottingham student creates biker jackets from an unusual material...

A fashion student from Nottingham Trent University has created a biker jacket using an unusual substitute for leather.

Find out what it is on page 4.



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The Adtrak team will be taking on the 'Little' John Bike Ride for Framework

Adtrak put best foot forward for Framework

Nottingham-based digital marketing agency, Adtrak, is championing local charity Framework with two fundraising challenges this month.

The events will see 13 employees participating, each sporting their own bespoke

Adtrak kit. From running to cycling, the ambitious team will be entering the Wollaton Park 10k Run and the 'Little' John Bike Ride, both based in and around Nottinghamshire. One daring staff member, Alasdair Purkis, is taking on both events.

First up is the Wollaton Park 10k Run, taking place on 15 June. Runners will embark on a multi-terrain marathon that will take them all around the ground's lakes, woods and paths.

The team then take on the challenging 'Little' John Bike Ride on 23 June - an arduous 100 miles that will take riders to every corner of Nottinghamshire, from Ossington to Langer.

After nominating Framework as its first official charity of the year in December 2018, the team has already participated in local charity events. Most recently, team members slept on the streets to raise awareness for Nottingham's homeless, as part of the charity's annual, record-breaking event, the Big Sleep Out, contributing to the impressive £40,000 raised.

Managing Director Chris Robinson commented: "We're fully behind our team members taking part in the events and are impressed so many are willing to take on what will certainly be a formidable feat. We've already raised £1468.50 since we started working with the charity in October 2018. It really is a privilege for us to be involved with such an essential organisation, especially one so close to home as Framework. In our continued partnership with them, we look forward to supporting their invaluable work for homeless people in the city."

To contribute to the teams fundraising, visit their JustGiving page: <https://www.justgiving.com/fundraising/adtrak-llp>

Blood cancer charity thanks Nottingham student volunteers

Blood cancer charity Anthony Nolan has thanked students from Nottingham Marrow who recruited a remarkable 1,442 students to the stem cell donor register and raised £2,788 this academic year.

The University of Nottingham is one of over 50 universities with a 'Marrow' society, the name given to blood cancer charity Anthony Nolan's network of student volunteer groups.

This academic year marks 20 years since Nottingham Marrow, the first ever Marrow society, was created with the aim of recruiting students to the Anthony Nolan stem cell register. Over a quarter of stem cell donations that occurred in the last two years have been from donors recruited by Marrow.

This year Nottingham Marrow has recruited three times the number they did last year, which makes this their most successful year to date. They were also commended at the Anthony Nolan Supporter Awards in the Black, Asian and Minority Ethnic Advocate of the Year category for their work recruiting potential lifesavers from black, Asian and minority ethnic backgrounds.

Jesse Lewendon, President of Nottingham Marrow, said: "After only being part of Nottingham Marrow for



little over a year, I can say that this has been a fantastic opportunity and I am so grateful to my amazing committee and pool of volunteers that have allowed our growth throughout the year. Nottingham Marrow is now a familiar name on UoN campus and this is only the start of the amazing things that we have to come."

Aisling Cohn, Youth Programmes Manager at Anthony Nolan, said: "Nottingham Marrow really are the unsung heroes helping Anthony Nolan give hope to patients with blood cancer, by signing up an incredible number of potential donors to the stem cell register. Any one of these people could save the life of someone with blood cancer."

To find out more about Marrow visit www.anthonynolan.org/marrow

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Health partners join forces to support people with learning difficulties

People with learning difficulties, their families and carers are being invited to take part in a special 'Your Health Event' to find out more about services available to them locally.

The event takes place at the Lamas Leisure Centre in Sutton-in-Ashfield on Wednesday 19 June (10am-3pm).

It is the first event of its kind locally. Teams from Sherwood Forest Hospitals, the Mansfield and Ashfield Clinical Commissioning Group (GGC) and Everyone Active have come together to give people with learning difficulties the opportunity to meet their specialist teams.

Ruth Harrison, Lead Learning Disability (IDD) Specialist Nurse

at Sherwood Forest Hospitals said:

"There are lots of great services locally that can help people with learning disabilities as well as their families and carers, but we know full well that it can sometimes be difficult finding your way through the system. By coming together with our partners to hold a single event under one roof we're aiming to make that process much simpler. I would encourage anyone interested to pop along to the event and have chat to see what we might be able to do to help them more."

For more information or to book a place contact Grace Kinsey on 07827 873 131.

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NEWS in brief...**Avoiding food waste brings out people's generous side**

People would rather give away unwanted food to strangers than waste it, according to research from experts at the University of Nottingham.

The consequences of a growing social awareness of food waste and the ethical consequences associated with it have led to a variety of alternative food provision schemes - such as mobile apps.

OLIO is a mobile app for food sharing, which aims to reduce food waste. It does this by connecting people with surplus food to those who need or wish to eat it. The food must be edible, and it can be raw or cooked, sealed or open. It was established in 2015 and is the most successful food sharing app ever created in terms of downloads. According to OLIO's statistics over a million people have registered and over 1,630,460 portions of food have been shared across 49 countries.

In partnership with OLIO, Dr John Harvey from Nottingham University Business School, analyzed 54913 instances of food sharing on the app between 9504 people over 10 months.

The results challenge existing theories around food sharing, such as the common belief that it is predominantly done so as a reciprocal act, and instead found that people who donated food rarely claimed it themselves.

Dr Harvey said: "As more food surplus becomes managed through applications such as OLIO, there is a real opportunity for policymakers to work with organisations to improve the accounting of food waste and to help identify vulnerable people experiencing food hardship. If OLIO can calculate a dependency index (i.e. what proportion of the network are dependent on other new members of the network), this could give a profound insight into how macroeconomic policy is affecting the food consumption habits of consumers. The statistics could then be used to help inform government policy at a local and national level."

**Give unwanted bras to help girls in poverty**

A Nottinghamshire-based entrepreneur, with a mission to make underwear accessible for all, is urging women to donate their unwanted bras to transform the lives of females in third world countries.

Janice Holmes, founder of Janice Rose Lingerie, has partnered with Newark-based charity, New Life Gambia and lingerie manufacturer, Naturana, to launch a collection for unwanted bras to be donated to girls and women in a west-African community.

Women and girls without underwear are more likely to be a target for rape and sexual abuse as a lack of such items symbolises a lack of money, implying they live in poverty.

In November this year, Janice and a group of volunteers from the charity will be travelling The Gambia to distribute the underwear to females and see first-hand how such a simple item of clothing can make such a difference.

She explained: "We all have a few forgotten bras at the back of our drawers that haven't seen the light of day for months or even years. Something that is so simple could potentially save females from being sexually assaulted so I would like to encourage people to check their drawers and please donate if you can. It will make a real difference."

"A shipping container will be sent to The Gambia in August in time for when we arrive in November. To donate before Monday, July 29, or to find out where your nearest drop-off location is, please contact me on janicerose lingerie@mail.com."

Sylvia Morgan, Sponsorship Director at New Life Gambia, said: "The families of the children in our schools live in extreme poverty and decent underwear for the women and older girls would be beyond their means."

A range of discontinued bra lines are also being donated to the project by Naturana, a supplier of Janice Rose Lingerie and one of Europe's biggest manufacturers of underwear and swimwear.



A shipping container will be sent to The Gambia in August. To donate before Monday, July 29, or to find out where your nearest drop-off location is, please janicerose lingerie@mail.com

For more information see www.janicerose lingerie.co.uk, www.newlifegambia.co.uk and www.naturana.com

**NEW WELLBEING IN WARSOP PROJECT**

Community engagement has started in Warsop to find out more about health and wellbeing needs of local residents.

The project is a collaboration between Mansfield District Council, Vibrant Warsop, Active Notts, Warsop Parish Council and specialist consultants Strategic Leisure. The aim is to gather information from people who live in the area about what they do with their leisure time and what is needed in the parish to support happy, healthy lifestyles.

Over the summer there will include focus groups, surveys and talks with groups, schools and activity providers to get more detailed information about what people do now and what they would like to do in the future to improve physical and mental health.

The team will be at key events throughout the parish including the annual Warsop Carnival, Cricket Festival and Summer Festival in Carr Lane.

David Evans, Head of Health and Communities at Mansfield District Council, said: "This is a

chance for the people of Warsop to tell us what they would like and need in their community. The information is really important to help shape a strategy for wellbeing in Warsop and improve the health of people living there."

There is more information available at www.mansfield.gov.uk/livingwellwarsop. People can fill in a questionnaire at the Old Town Hall, The Shed and The Parish Centre or online at www.surveymonkey.com/r/WarsopCommunitySurvey.

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Nottingham student creates biker jackets from shredded pineapple leaves



A fashion student from Nottingham Trent University has created a biker jacket using an unusual substitute for leather – shredded pineapple leaves!

Anna Keomegi (25), from Latvia, who is studying Fashion Product Design, said she was inspired to create menswear which was sustainable and promoted good mental health after her friend developed depression.

She explained: "It's important for guys to talk about their feelings, but it's not accepted in our society yet. So I wanted to create a unique garment that's strong and sustainable."

"Biker jackets always make people feel confident. When you put a biker jacket on it makes you feel strong. So I started to research fruit-based agricultural waste as a substitute for leather and was amazed by what I discovered."

Anna contacted Ananas Anam, a company which produces Piñatex, its own textile which is made from pineapple leaf fibre.

She has designed and made three leather jackets - in black, white and brown - all of which are aimed at promoting good mental health and self-confidence. The lining of the jackets are made from sustainably sourced wood.

Anna said: "It's amazing to see the reactions people give when I tell them what the jackets are made from. Everyone tries to smell them - it's their first reaction. They don't smell of anything but people are intrigued because it's something different."

"Lots of people are becoming vegan today and more are thinking about buying ethically-sourced products. So I think a material like this has real potential for the modern market."

"It's amazing to think you can make high-quality biker jackets from the discarded leaves of pineapples."

Dads are our heroes

A string of sporting heroes, Hollywood actors and high-profile figures have all taken a backseat in a study of male role models – which was topped by dear old dad.

A poll of 2,000 UK men found one in four named their father as their top role model, ahead of Barack Obama, Muhammad Ali and Bobby Moore.

Men also voted their granddad into third place, with Winston Churchill the only famous figure to rank higher.

Brothers and best friends didn't fare so well, with men more likely to idolise Tom Hanks, Prince William and Morgan Freeman than their sibling or closest mate.

Dads also beat Game of Thrones hero Jon Snow - and even the Pope to claim top spot.

Ex-world heavyweight champ Muhammad Ali, tennis legend Roger Federer and entrepreneur Sir Richard Branson also appeared in the top 10.

Other popular male role models to feature in the list include the late, great David Bowie, Olympic champion Mo Farah, actor Denzel Washington and Barcelona footballing icon Lionel Messi.

The study was commissioned by Gillette to launch #MyRoleModel, a campaign which celebrates fathers and recognises other important role models who help shape and make men be the best they can be.

£15million spent on flood risk schemes

Nottinghamshire County Council's elected members have been updated on the continued work to reduce the risk of flooding to properties in the county. There are currently 18 schemes in progress in Nottinghamshire at a cost of £15million.

The 18 schemes, run and funded in partnership with other agencies and communities, aim to help those at greatest risk and include engineered designs, natural flood management and measures to make homes more resilient to surface water flooding in the future. The schemes which are either in the stages of feasibility, development or delivery cover Southwell, Egmanon, Titchfield Park, Lowdham, Thurgarton, Gunthorpe, Calverton, Arnold, Cropwell, Newthorpe, Gorton, Sutton on Trent, Daybrook, Normanton on Soar, Willoughby on the Wolds, Claborough, Gotham,

Newark and Mansfield. Currently 78,700 properties are estimated as being at risk of flooding from surface water, groundwater and smaller watercourses across the county and over 480 localised reports of flooding have been investigated in the last eighteen months.

Councillor Phil Rostance, Vice Chairman of Communities and Place Committee said: "I have seen first hand how flooding devastates communities and I am pleased that today's report demonstrates the continued position of the council in relation to its flood risk responsibilities."

"As a lead local flood authority, Nottinghamshire is committed to taking an active role and continues to work closely with partners, including local communities, to mitigate the local flood risks across the county."



Councillor Kevin Rostance, Chairman of Nottinghamshire County Council with members of the County Council's LGBT Staff Network are pictured at the Council House in Nottingham during a recent LGBT Mental Health Awareness event to coincide with the International Day Against Homophobia, Transphobia and Biphobia.

Council is the best LGBT employer in East Midlands

Leading LGBT charity and campaign group, Stonewall has rated Nottinghamshire County Council as the best public sector organisation to work for in the East Midlands.

It followed the publication of Stonewall's national Top 100 Employers index, published earlier this year, which named the county council as the 30th best employer overall and highest ranked county council in the whole of the UK.

It is the fifth successive year that the county council has been named in the national top 100.

The award was presented at the Stonewall Midlands Seminar Awards, held at De Montfort University in Leicester recently.

And in a double-win for the authority, the county council's LGBT Staff

Network – which supports LGBT staff, promotes awareness of LGBT issues and provides advice on making services more inclusive – was named as the East Midlands Network Group of the Year.

Marjorie Toward, Chair of the Council's Corporate Equality Group said, "I am proud that the county council and its staff have been recognised, once again, for the fantastic work that goes on across the organisation to create an innovative, supportive and inclusive workplace."

"Our reputation as an employer which embraces equality is a huge advantage when it comes to recruiting and retaining excellent employees and provides reassurance to the public of Nottinghamshire that their county council is committed to fairness and respect for all, regardless of gender, sexuality or ethnicity."



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The team from Rainbows Hospice are in training for the Nottingham Dragon Boat Challenge. Pictured cheering on the Rainbows mascots, Bow Bear, are Michael Younger, Emily Wright and Tom Stanyard.

Rainbows staff in training for dragon boat challenge

Staff at Rainbows Hospice for Children and Young People are training hard to take part in this year's Nottingham Riverside Festival Dragon Boat Challenge.

The team, called Rain Boat, will take part in the challenge on Sunday 4 August.

More than 30 crews from across the East Midlands are expected to join Rain Boat to battle it out over the 200m race course on the River Trent at Victoria Embankment.

This is the 11th year Rainbows has been the official charity partner for the challenge organised by Gable Events. During that time, more than £100,000 has been raised for the charity.

Rainbows was founded by Gail and Harry Moore, whose daughter, Laura, died of Leukaemia in 1989. Laura's favourite thing in the world was a rainbow. The charity opened its doors in 1994 and this year is celebrating its 25th anniversary.

As the only hospice of its kind in the East Midlands, Rainbows supports children and young people suffering from life-limiting conditions. It provides end of life care, symptom management, short breaks and respite care to hundreds of families from Leicestershire, Derbyshire, Nottinghamshire, Rutland, Northamptonshire and Lincolnshire.

For more information on the dragon boat challenge see www.rainbows.co.uk/dragon19



Blessing of the bells at Clifton Church

The Bishop of Nottingham, The Right Reverend Patrick McKinney, blessed the peal of six bells at the Church of Corpus Christi in Clifton earlier this month. Corpus Christi is thought to be the first Catholic parish church in the Diocese of Nottingham, which includes Nottinghamshire, Derbyshire, Leicestershire and Lincolnshire, to have a ringing peal of bells. The bells were installed at Corpus Christi during Easter Week by a team of volunteers under the direction of TLB Services of Collingham.

The installation costs were met by gifts and donations from the parishioners of Corpus Christi, local ringers and grants from the Guild of St Agatha and The Southwell and Nottingham Diocesan Guild of Church Bell Ringers.

High praise for Westglade School

A Nottingham primary has been praised for its ambition in ensuring pupils from all backgrounds make good progress at school.

Ofsted inspectors said leaders at Westglade Primary in Top Valley played a crucial role in serving their community so effectively.

Following an inspection visit in May, the education watchdog highlighted the way the school has created a friendly environment where all pupils can succeed – especially those from disadvantaged backgrounds and those with special educational needs.

Inspectors said: "High levels of disadvantage in the local community provide particular challenges for you and your staff, but your ambition for your pupils is unwavering. Your expectation is that pupils will reach standards in reading, writing and mathematics at least as high as other pupils do nationally. As a result of consistently strong teaching, your pupils meet this target. They leave Westglade with the skills and self-belief essential if they are to succeed at their secondary schools."

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Aries

The missing link in your life now is more emotional rather than materialistic and its also a question of whether you are able to either forgive yourself or another person for what has happened previously. A new long distance friendship could turn into something more special as time goes on but these things cannot be rushed and neither should they be for everything must take its natural course. Take a moment to consider exactly what it is you are searching for in this life before making your next move.

Taurus

Your mad sense of humour and communicative skills in reaching out and touching the souls of other people's lives will always draw a lot of attention in your direction. People are genuinely interested in what you have to say and what your plans are for the future. Some will even show an interest in joining you on your travels because you are someone interesting to spend time with. There is nothing wrong with day dreaming, but your work needs your full attention if errors and other foolish mistakes are to be avoided.

Gemini

You are looking to make changes as you yearn for a more satisfying lifestyle. Change can only start with you because we become what we think about and we attract the type of people and their associated dramas with them depending on our own personal energy frequency. Someone you thought you may never see or hear from again will attempt to make contact. You will be in the mood for romance and possibly chasing someone who is extremely attractive, but not necessarily good for you. If you are fed up with work and its politics, then do the positive thing and get out whilst you can.

Cancer

Promote your ideas and plans to the full. You may be dreading tackling certain jobs, but before you can proceed forwards its important that you clear the decks and rid yourself of everything which is no longer serving your needs nor keeping you interested because this is a time of very important self development. Remind loved ones that they mean more to you than anything and work on creating some time to spend with them doing things everyone enjoys. There is no time like the present to catch up on things and work on making your dreams a reality.

Leo

Once the damage has been done and trust has gone you can neither forgive nor forget, no matter how small the slight may have been. You may hear from someone you would rather not and there will be little chance of a reconciliation. An opportunity to make some extra cash will become available but make sure that there is enough time for you to take on extra commitments without your family life being negatively affected. If you are thinking of investing in property, then now is the time to start looking in order to secure a really good deal.

Virgo

You have a mind of your own and will not be swayed nor influenced by anyone unless you hold them in high esteem and respect them. You love your freedom and even if you are in a partnership or long term romantic commitment, the chances are you will have your secrets, ones you prefer to keep close to your chest. As someone who does not feel they have to justify themselves to anyone, you are going to find yourself cornered and asked some very direct questions, which will only make you feel uncomfortable. An expensive gift from a loved one will tell you exactly how much you are thought of, but are you in a position to return the gesture?

Libra

Those around you really do value your opinions and your friendship. Because you are sensitive and compassionate, you may try to reach out to someone in need. Act on the spur of the moment when it comes to travel plans and booking a holiday because if you don't get something in the diary now, you may miss out on a great bargain. Spend time and money on both yourself and beautifying your home. A budding new romance suddenly gathers momentum placing you in a very complicated position because of everything and everyone else that are bound to become involved.

Scorpio

You are boss of yourself and dislike being dictated to by anyone, preferring to do things your own way. Someone may deliberately get in your way because they are trying to trip you up. Beware, because they are probably jealous of your success, but ultimately, they won't stand a chance of breaking down your strong boundaries. If you are thinking of changing your car or house, look around carefully as there are always great bargains to be had. If a relationship is proving challenging, only you can decide which direction to go in next.

Sagittarius

Good news regarding your career and other opportunities will encourage you to do what is right and do what pleases you rather than you forever feeling as though you have to agree with and please others. Pressure from a loved one will put you in a very restless frame of mind, as you are very much a free spirit and like to do your own thing. The last thing you need is to feel trapped and in a corner you cannot easily manoeuvre out of.

Capricorn

A surprise invitation could mean you'll be mingling with the rich and famous. You love to dress up and feel glamorous and now is not exception. Your charismatic personality and ability to communicate with people on all levels makes it easy for you to talk to people from any walk of life. A new lover may also occupy your time and this could mean that you are about to finish one romance only to become involved with someone more on your wavelength. If you are not happy with your car or place of residence, then its time to nip problems in the bud before they begin to start costing you a lot of money in repairs and other hidden expenses.

Aquarius

Continuous stress at work will begin to tell your both your health and attitude towards other people and the necessity of changing your timetable. Its important you take time out to relax and enjoy the company of friends and loved ones as well as taking up a hobby or interest that serves to relax you. An opportunity may become available for you to take more control of your life either personally or professionally that will enable you to start doing things that really benefit you and give you a new lease of life.

Pisces

Someone will tell you a secret that you will have a huge impact on your life because you will learn the truth about something that has been kept from you for quite a long time. If you are dissatisfied with the outlook and behaviour of a friend or loved one, then do something positive about dealing with the problem rather than allowing resentment and frustration to take affect. Some outstanding bills need to be paid off and if you are attain peace of mind and a stress free future, then its important that you work on managing your finances better than you have in the past.

Weird and wonderful world of Amazon

Doggy nail polish, outdoor cinema screens and make-your-own cheese kits are among the weird and wonderful items Brits will be filling their homes with this summertime, according to tech experts.

Data released by Amazon also revealed the population will be splashing their hard-earned cash on drones, cocktail trolleys and smart speakers.

The world's largest online retailer's trend report used future-forecasting and sales figures to identify six trends to help shoppers stay one step ahead of the Joneses. There has

been a huge upsurge in pet care products, with a 188 per cent increase in dog nail polish sold – and a 107 per cent increase in luxurious memory-foam beds for our canine companions.

Entertainment will be taken outside with outdoor screens and portable projectors rising in popularity, with sales of portable speakers up 497 per cent year-on-year, and outdoor lighting up a huge 527 per cent. Indoors, the kitchen is set to become the heart of the home once more as Brits plan to grow their own produce using aquaponic kits.

And make-your-own cheese products have sold a staggering 676 per cent more year-on-year, as one of the products and experiences set to make Brits smile this summer.

The world's largest online retailer has identified six trends to help us stay one step ahead of the Joneses.



Cheese-making kits and doggy nail polish are trending this summer.



Dieting dilemma

A third of adults who have dieted told no one about it because they were 'ashamed', according to a study. Researchers found many of those who have changed their diet were worried about failing publicly, while others were embarrassed to be dieting in the first place.



Similarly, a third would rather diet alone than do it jointly with someone else.

And any talk of dieting is off limits for four in 10 – they rarely or never discuss their eating habits with their friends, colleagues or even their partner. Commissioned by The 1:1 Diet by Cambridge Weight Plan, the research of 2,000 adults found 69 per cent of the population have been on a diet at one time or another.

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Primary praised for helping children to 'love' school

A Nottingham primary has been praised for creating a happy and caring environment where pupils 'love' to go to school. Ofsted inspectors said leaders at Burford Primary in Daybrook made sure the school was welcome, orderly, calm and inclusive, where everyone is treated with the utmost respect.

Following an inspection visit in May, the education

watchdog highlighted the way the primary has provided learning opportunities and experiences that extend pupils' horizons.

Inspectors said: "Leaders are passionate, demonstrating a great desire to improve, and are rightly proud of their work redesigning the school's curriculum. Staff and pupils show great enthusiasm for the well-thought-out topics and theme

weeks, along with the trips, which one pupil explained 'bring the topics alive'."

Awarding a judgment of 'Good' to the primary, the inspection report added: "The parents I spoke with were unanimously positive about the school, which reflects the school's own recent surveys.

"Parents told me that Burford is 'a fantastic school' and one said, 'I feel lucky to have a

place for my child here'. Parents and pupils highly value the supportive relationships pupils have with staff and pupils feel genuinely cared for.

"Burford pupils love their school and they cannot think of anything lacking or wrong with it, which is reflected in their good attendance."

Commenting on the inspection, Head Teacher Shaun Farrington said: "I am proud of all

the children, staff (both within school and at Transform Trust), governors and parents at Burford. This report reflects their combined efforts in making Burford a good school. They all deserve a huge amount of thanks, as well as congratulations, and I would like to be the first person to offer them that publicly – thank you and well done everybody at Burford."

NEWS in brief...

Bear is top of the list for adventures

Real-life action man Bear Grylls has beaten Ben Fogle to top a list of celebrities Brits would most like to take on an adventure holiday.

Travellers chose the 44-year-old former chief scout and member of the special forces thanks to his daredevil experiences and extreme survival skills. Fellow TV star Ben Fogle, also known for his keen love of outdoor pursuits, was second on the list, with Julia Bradbury, Michaela Strachan and Helen Skelton making up the top five.

But not all A-listers who were voted for are as seemingly prepared and ready to head off on an exploration-themed holiday.

While they were outside the top 10, Madonna and Hollywood movie star Kate Hudson were also selected despite being better known for their love of glamour rather than glamping.

In addition, Joanna Lumley, Michael Portillo and David Attenborough were voted as superstars we'd also like to share a new experience on holiday with. When asked about our dream break, the survey by Camping in the Forest revealed more than half (55 per cent) of us prefer to 'DIY' our own trips. In contrast, just over a third (35 per cent) opt for the easy package deal.



School pupils brush up on local history with Newark archaeology visit



Bob McIntosh showing the finds to two pupils.

Children from Chuter Ede Primary School in Newark have been given a glimpse into local history after archaeologists hosted an exclusive visit to a new Barratt Homes development.

A team from Oxford Archaeology have spent the last 10 weeks excavating in advance of construction of the development at Fernwood, east of Newark. During those works remains of an Iron Age farmstead with associated fields and enclosures have been recorded, together with a windmill likely to have been documented in the Domesday Book.

Barratt Homes arranged for the local school to be given a special visit to the site on the final day of excavation to fit in with their studies of the Romans, finding evidence of activities relating to those periods.

Simon Mortimer of CgMs Heritage, Ar-

chaeological Consultant for Barratt Homes, said: "It is fantastic to be able to provide pupils, who may well become the next generation of archaeologists, the opportunity to see sites such as this and so close to their school.

"The windmill in particular is a site where through further documentary research we can learn a lot about Medieval agricultural practice and technology. None of it would have been possible without the funding and encouragement from Barratt Homes."

Katherine Jones, Year 4 Teacher at Chuter Ede Primary School, said: "The children had a fantastic time getting to experience history hands on and to see examples of what we have been learning about. It was an amazing experience and we are very grateful to Barratt Homes for giving us the chance to visit the site so close to our school."

Homelessness prevention strategy launched in Mansfield

Mansfield District Council has launched a new strategy which pledges to end rough sleeping and help as many residents as possible from becoming homeless.

Executive Mayor of Mansfield Andy Abrahams said: "Homelessness is probably one of the most difficult and complex issues any housing authority

has to tackle. Mansfield is no different from many towns and cities across the country in seeing an increase in the number of people needing a roof over their head.

"The council's Homelessness Strategy sets out how it plans to approach this issue in respect of its statutory

duties and taking into account new legislation which puts an increased onus on local authorities to prevent people from becoming homeless.

"Every tenant deserves to live in a safe and decent home and to be treated fairly. We need to find ways to make private rented housing financially more

accessible to people in need of a home and better ways of resolving disputes between tenants and landlords."

The strategy, which runs until 2024, is based on evidence and analysis of the local situation, a survey of local providers and interviews, focus groups and surveys of local

people who are classed as homeless.

Its main aims are to:

- Prevent as many residents as possible from becoming homeless.
- Ensure that if anyone has to sleep rough, it is brief and does not happen again.
- Help as many residents

as possible to move seamlessly from one home to another without the need for emergency or temporary accommodation.

• Provide a good quality service that customers are highly satisfied with. The full strategy can be found at www.mansfield.gov.uk/homeless.



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New unique theatre show to tour local libraries

A new family theatre show is set to tour Inspire Nottinghamshire libraries this summer bringing audience members a unique theatre experience.

The Girl of Ink and Stars – a tale of maps, myths and monsters – will be presented through individual headsets to provide the audience with an immersive 360° sound experience as they watch the action unfold in front of them.

The headsets will allow the audience to hear the full soundscape of the mythical island of Joya.

They'll listen to the story's main characters, Isabella and Pablo, on their quest into the Forgotten Territories to uncover the truth behind an ancient myth.

The production will tour to the following libraries; Arnold, Beeston, Bingham, Calverton, Carlton, Carlton-in-Lindrick, Cotgrave, Edwinstowe, Forest Town, Hucknall, Keyworth, Kirkby-in-Ashfield, Mansfield Central, Mansfield Woodhouse, Newark, Retford, Sutton-in-Ashfield, Southwell, West Bridgford and Worksop.

This year's Arnold's carnival will be held over three days instead of the usual two as the carnival expands with more entertainment across the weekend of the 14, 15 and 16 June. The free family event returns to Arnot Hill Park, starting on Friday evening, with a line-up including over 30 live music and dance acts, arts and crafts activities, fun fair, BMX and skateboarding sessions and more.

Along with performances from professional musicians, there will also be a variety of community music, dance groups, local school bands, choirs and solo artists performing over the weekend.

The event this year will be, for the first time, plastic clever. The aim is to reduce the big plastic polluters - plastic stirrers, drinking straws, cutlery and single use plastic cups. This includes using a returnable cup deposit scheme for the bar and asking all catering teams to consider suitable replacements such as wooden straws, cutlery and food containers

Arnold carnival expanded to three days

This scheme is part of Gedling Borough Council's plastic clever council initiative. Leader of Gedling Borough Council, Councillor John Clarke said: "This year's Arnold Carnival will be bigger than ever with the extra night of entertainment added on the Friday. This is our flagship event and it's always incredibly popular with local residents and we have another great line up this year. We're also very pleased that this year the carnival will be a plastic clever event as part of our commitment to be a plastic clever council to reduce the big four polluters."

For more information about the carnival go to www.gedling.gov.uk/events

CHURCH REVAMP

Holy Trinity Church, Kimberley, is set to reopen after a major restoration project that took six months and cost more than £350,000. The church has been closed since January but will be officially reopened with a service of dedication at 5pm on Sunday 16 June – Trinity Sunday – led by the Bishop of Sherwood, the Right Reverend Tony Porter.

The Rector, the Reverend Barbara Holbrook, said: "We are really excited to have reached this new phase of our life together and are proud to have secured the future of our church community and building."

The aim of the project is to create a flexible, welcoming community space for the whole of the town to use. All of the groups that are currently using the church hall next door, including the brownies and Noah's Ark Playgroup, have been invited to move into the church.

The church hall, which is in a poor state of repair, will be demolished as the land it stands on is being sold for housing, raising vital funds for the restoration of the church building.

Other money came from the Garfield Weston Foundation, which gave £100,000, other grant making bodies and local fundraising. Holy Trinity's Green Festival will also be taking place during the reopening weekend, when the local community is invited along to find out more about recycling and protecting the planet, as well as enjoying a barbecue, afternoon teas, crafts and a variety of stalls.

1940s WEEKEND IN BOSTON

Friday 21st June
Gates open from 5pm, film 6.15pm

Snow White and the Seven Dwarfs

Boston's Outdoor Cinema
FREE Tickets available from www.visitbostonuk.com

Saturday 22nd June
Gates open from 3pm, film 4pm

Dambusters

Saturday 22nd June

Afternoon Tea
Noon to 2pm at **Boston Guildhall**. Book your tickets at guildhall@boston.gov.uk Advanced ticket sales only.

1940s Dance
8pm to 11pm at **White Hart**. Tickets available: Boston Dance on 07737 064128 or White Hart on 01205 311900 they will also be available on the door.

Live music and entertainment 11am to 3pm on Boston Market

Sunday 23rd June - Central Park - 10am to 4pm

- Vintage Fair
- Spitfire Fly Past
- Afternoon tea parlours
- Vintage cars
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- Trade stands

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www.visitbostonuk.com events@boston.gov.uk [01205 314200](tel:01205314200)

Photographs and video may be taken at this event for promotional purposes

Nottingham children vote for top 100 books

Children at Nottingham's primary schools have voted for their top 100 favourite books. Nottingham 100 Reads, is an initiative from the National Literacy Trust's Read On Nottingham campaign. It was launched as part of the wider Big Reader? Big Future! campaign from Nottingham City Council with the aim to inspire more children to enjoy reading and discover books recommended by their peers. Every primary school in Nottingham was encouraged to submit their favourite books and authors for the top 100 list and suggestions were also collected from local residents.



The final recommendations were compiled into a fun height chart, illustrated with the monsters from the Big Reader? Big Future! Campaign. Nottingham 100 Reads includes popular contemporary authors such as Jacqueline Wilson and Jeff Kinney and has also uncovered the city's passion for classics such as CS Lewis' The Lion, the Witch and the Wardrobe, Peter Pan by J M Barrie and even the tale of local Nottingham hero Robin Hood and the Silver Arrow by Mairi MacKinnon.

Read On Nottingham is a community-driven campaign from the National Literacy Trust, Nottingham City Council and Small Steps big Changes to raise literacy skills across the city. It is supported by funding from the National Lottery Community Fund.

The Nottingham school that entered the highest number of 100 Reads suggestions, Bluebell Hill Primary School, was presented with a bundle of books that appear on the list, including The Worst Witch by Jill Murphy, Skellig by David Almond and the Tom Gates series by Liz Pichon. To find out more about the Read On Nottingham campaign visit readonnottingham.org.uk.



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What's on



Earth & Fire International Ceramic Fair



The best studio potters around are heading to The Harley Gallery at Welbeck for the annual Earth & Fire International Ceramic Fair; a bustling potters' market with over 135 stalls, taking place on 21, 22 and 23 June.

Potters, from the UK, The Netherlands, France and Germany will be selling everything from garden planters and sculptures, to bowls, teapots, mugs, plates and egg cups. No two pieces are the same and it's hard to comprehend it all started out as mud!

Earth and Fire provides the opportunity to talk directly to potters. You can find out how a piece was made, what inspired it and then buy a unique piece of handmade ceramics. During Friday and Saturday you will also be able to see demonstrations.

Wander through the market for that unique piece for your home and then

take time out for artisan coffee and crepes at the pop-up café.

If it's made from clay you'll find it at Earth & Fire. The fair will be open from 10am to 5pm daily. Entrance: £6 (Under 16s FREE), parking FREE and event catalogue FREE

ADVANCE SAVER TICKETS: Buy your tickets in advance on line and save. Go to <http://www.ticketsource.co.uk/earth-fire>
Day tickets £5,
Two-Day Tickets £9.

The Harley Gallery, Welbeck, is on the A60, easily reached from the A1 and M1. Address: The Harley Gallery, Welbeck, Nottinghamshire S80 3LW



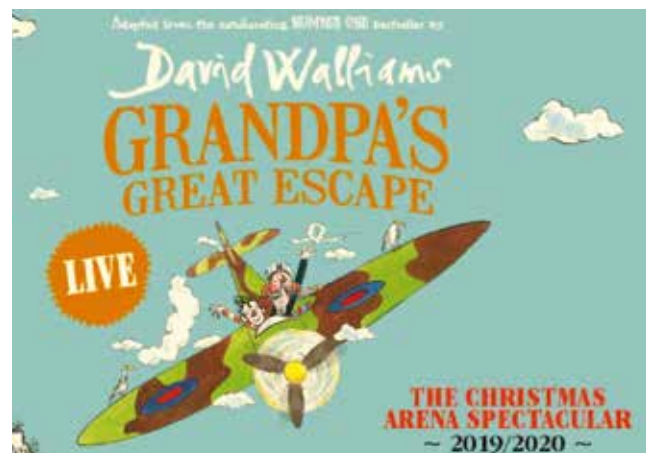
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www.earthandfire.co.uk



Nigel Planer to play grandpa in Grandpa's Great Escape

Actor and comedian Nigel Planer will star as Grandpa in the first ever stage adaptation of Grandpa's Great Escape, the exhilarating number one best-selling children's book by David Walliams which comes to Nottingham this Christmas.

The tour will be arriving at Motorpoint Arena on 30 December and tickets for the three back-to-back performances are now on sale.

Best known for playing Neil in the much loved BBC2 cult comedy The Young Ones, Nigel has worked extensively in TV, film and radio throughout his illustrious 40-year career. He is also certainly no stranger to the stage, with theatre credits including Charlie and the

Chocolate Factory, Hairspray, Chicago, Wicked and We Will Rock You.

Grandpa's Great Escape Live follows the acclaimed television film which aired on BBC One in December 2018.

The stage will be transformed into London and its landmarks, including Buckingham Palace and the River Thames, from thousands of feet in the sky, as Grandpa's life size Spitfire soars through the air.

Tickets can be purchased online at <https://www.motorpointarenanottingham.com/Online/> or from the Box Office on 0843 373 3000 or in person from the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.

Ozzy is coming to Nottingham

Award-winning rock and roll singer and songwriter Ozzy Osbourne has confirmed the rescheduled date for his Nottingham show; after being forced to postpone the entire UK and European leg earlier this year.

Ozzy will be hitting the stage at Motorpoint Arena Nottingham on Friday 31 January 2020.

The Rock and Roll Hall of Fame inductee and Grammy-winning singer and songwriter was forced to postpone the entire UK and European leg of his 'NO MORE TOURS 2' tour at the start of the year, on doctors' orders.

Ozzy Osbourne and support act, Judas Priest were due to perform in Nottingham on Friday 1 February of this year but had to postpone the date after Ozzy was diagnosed with a severe upper-respiratory infection.

Customers with tickets for the original date are advised to retain their ticket for the rescheduled show, as well as the seats booked, as these will still be valid for the new date.

Tickets can be purchased online at <https://www.motorpointarenanottingham.com/Online/> or via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.

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What's on



Right: Conor Glean, Marcellus Baz & Andre Squire with students at the Nottingham School of Boxing

Below: Andre Squire & Conor Glean



Stars put their weight behind local boxing school

Stars of Nottingham Playhouse's new production One Night in Miami...made a special visit to the Nottingham School of Boxing in Woodborough Road recently.

Conor Glean, who stars as Cassius Clay, and Nottingham actor André Squire, who plays Kareem, a Nation of Islam bodyguard, met with a group of students and the boxing school's founder Marcellus Baz to discuss the issues facing young people in the city.

Nottingham local André Squire said: "It was great to be able to come down and speak to the kids about how I first got into acting and the amazing opportunities on offer in Nottingham. Many of the kids there have never been to the theatre before so we look forward to seeing them at the Playhouse and watching how they react to One Night in Miami..."

The production - set in the midst of the civil rights movement - focuses on four friends, all on the cusp of becoming legends: newly crowned heavyweight champion Cassius Clay (Conor Glean), activist Malcolm X (Christopher Colquhoun), American football star Jim Brown (Miles Yekinni) and soul

singer Sam Cooke (Matt Henry). It will also feature Matt Henry, star of BBC's The Voice, singing some of Sam Cooke's most iconic songs.

The play runs at Nottingham Playhouse from Friday 7 to Saturday 22 June.

For more information please visit www.nottinghamplayhouse.co.uk or call the Box Office on 0115 9419419

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What's on



PIEFEST

 makes a welcome return

Pies are about to make a welcome return to the UK's Capital of Pies, Melton Mowbray, Leicestershire when PieFest returns to the town (27-28 July).

Sweet and savoury, hot and cold, for pie lovers there's a whole range of pies to sample and buy from the traditional Melton Mowbray Pork Pie to the more outlandish creations which it is claimed were made to satisfy the discerning palate of the Tsar of Russia no less.

Vork Pies will be bringing their exquisitely presented vegan pies and fear not, even the gluten free have a range for choice at the festival. For those who like their

pies hot, there's the Pie Kitchen where the pies will be popped in the oven and served with a choice of accompaniments including the mash, gravy and mushy peas.

Pie makers will be coming from across the UK including producers from Leicestershire, Nottinghamshire, Derbyshire, Lincolnshire, Rutland, Cheshire, Wiltshire, Hertfordshire, Buckinghamshire and Yorkshire.

At this year's PieFest, visitors will enjoy all things pie-related, including sampling, buying, eating and even learning how to make their own pies. If it's going to be hot then there's going to be plenty of cold beer and cider as

well as ice cream produced by newly arrived local favourites Ferneley's Ice Cream. There will also be cheese, cakes, wine, chutneys and more.

PieFest will also include talks, tastings, demonstrations and workshops on how to make the perfect pie. PieFest will run from 10am to 4pm on the weekend of 27-28 July at Melton Mowbray Market, Leicestershire LE13 1JY. All of the stands are undercover.

Admission is £4, in advance (£5 on the gate) and children under 16 free. To book tickets and for more information, please visit www.ukpiefest.co.uk

Special Events at Crich Tramway Village

If you want to encourage the children to experience the great outdoors, Crich Tramway Village offers a great family day out, where you can step back in time. They also welcome your dog.

Historic trams run down a period street and out into the surrounding Derbyshire countryside, providing breathtaking views.

Experience the fascinating Woodland Walk & Sculpture Trail, visit the Red Lion Pub and Tearooms, and explore the interesting exhibitions.

The Workshop Viewing Gallery invites you to see expert craftsmen maintain and refurbish the collection of vintage trams.

The summer brings a variety of events at Crich Tramway Village, with something for everyone.

- Back by popular demand is the Classic Motorcycle Day on Sunday 7 July, welcoming classic motorcycles built prior to 1995.
- Horse Tram Day on Monday 15 July will see the return of Joseph the Shire horse, who pulls the 1874 Sheffield 15 horse tram.
- Crime at Crich on Sunday 21 July challenges you to solve the clues to find out who committed the crime.
- If you or your family love LEGO® bricks, the Build in Bricks event running from Thursday 25 to Wednesday 31 July is for you.
- From Monday 29 July to Friday 2 August the Learning Centre will be open for craft activities from 12pm – 3.30pm.

Visit the website for the full list of special events throughout the season. Full priced tickets offer free return within 12 months (subject to opening dates and excluding World War II events).

Open daily at 10am until Sunday 3rd November 2019. For more details and closing times Tel: 01773 854321 or visit www.tramway.co.uk.



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**Snow White
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Saturday 22nd June
Gates open from
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Dambusters

Saturday 22nd June

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Frank Bruno's knockout night in aid of Newark Patriotic Fund

Former professional boxer, Frank Bruno, proved he is still a knockout when it comes to pleasing the crowd at the recent 'An Evening with Frank Bruno', in aid of the Newark Patriotic Fund.

Set up in 2008, the aim of Newark Patriotic Fund (NPF) is to support ex-service personnel and their families in the Newark area who have been wounded, injured or become sick whilst serving in the armed forces – with a particular focus on providing advice, support and financial assistance.

The event, which was held at Newark Showground, was compered by comedian Jed Stone, and saw the former WBC World Heavyweight Champion, speaking candidly about the highs and lows of both his professional and personal life, including his battles with mental health. In the past Frank has been a victim of depression and breakdown.

As Ex-servicemen and women can suffer similar mental health problems or post-traumatic stress disorder after injury or retirement from active service, Frank's story resonated with the audience. The charity, which relies heavily on public donations to carry out its life-changing work, was supported on the evening by Vodafone. The company not only sponsored a table, but also provided volunteers to help at the event.

Jayne Mason, Events Chairman at the Newark Patriotic Fund, said: "It was an amazing night Frank Bruno was everything I expected and more. He was attentive and made everyone he spoke with and met special like they were the only one who had spoken to him."

"He made the guys from the Defence Medical Rehabilitation Centre at Stanford Hall feel especially welcome. They had a table donated by several local business men and women; they too said they were honoured to have been asked. The volunteers from Vodafone were also unbelievable, they were just fantastic. They enjoyed the night so much they are fighting amongst each other to help at the NPF Annual Ball on October 5!"

"Jed Stone the compare, comedian, auctioneer and interviewer held the night together. He has worked with Frank on numerous occasions and I think this is what made it work so well."

The evening raised over £5,000 for NPF. The charity is not designed to be big or national, but small and local and able to react quickly to calls for support. Visit: www.newarkpatrioticfund.co.uk

Frank Bruno with
LCPL Louis Farrell
REME

National Smile Month

CHECK YOUR GRIN – IT'S National Smile Month

A gleaming smile is often the first thing you notice about a person, so what better time than National Smile Month to make sure your pearly whites look their best?

National Smile Month began on 13 May and is aimed at encouraging people to maintain good oral health.

A healthy smile says more than you may think about you as a person. It denotes somebody who takes pride in their appearance, health and the way that they come across to others.

What many people are not aware of is how damaging developing gum disease, which is caused by improper brushing and care, can actually be for our overall health. When gum disease is present bacteria forms that can be released into a person's bloodstream. This subsequently causes the blood to thicken and can result in higher



risk of heart attacks and strokes. To avoid gum disease make sure you brush your teeth twice daily and floss once a day. Although most of us do not look forward to going to the dentist, without good oral health you are more likely to need fillings, root canals and extractions as you get older – all of which can be costly and painful.

While taking care of your own teeth is important remember that good habits start in childhood; so looking after your children's teeth is a must. Show them that you are brushing and flossing frequently and reassure them that the dentist is not a daunting place. Good oral hygiene will give you all something to smile about.



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Pete Aylott Dip CDT RCS (Eng) has trained with the internationally acknowledged George Brown College in Toronto and the Royal College of Surgeons in London.

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Home improvement



Green light for new housing development in Mansfield

A district council has given the green light for work on a brand new development of family-sized homes in Mansfield to begin.

Developer Harron Homes was granted planning permission by Mansfield District Council to transform land off Newlands Road into a collection of lovingly-designed, four-bedroom homes exclusively for market sale, subject to providing a number of contributions towards the local area.

The development, which has been named Forest Reach, is due to launch this summer.

As part of the planning agreement, Harron will make contributions towards affordable housing, open spaces, and education in the town, as well as to the local Allotment Scheme.

The popular Help to Buy scheme will be available at Forest Reach, enabling first-time buyers and those with a property to sell

to make a move to a brand new home with an equity loan of up to 20% of the full price of the property with the government with just a 5% deposit and 75% mortgage. The equity loan is interest free for the first five years.

Natalie Griffiths, Sales and Marketing Director at Harron Homes

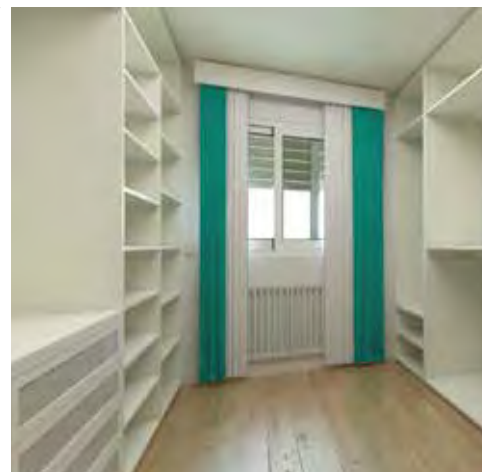
North Midlands, said: "We are thrilled to have started work at Forest Reach, which will go some way towards addressing the housing shortage in Mansfield."

"As a considerate constructor, we are committed to improving the communities in which we build our new homes, and the

contributions that we are making as part of this scheme are sure to benefit people in the local area."

Forest Reach is located off Newlands Road in Forest Town, Mansfield, NG19 0HX.

To find out more about Harron Homes, go to www.harronhomes.co.uk.



Make the most of your space

Lots of us have a spare room and many are under-utilised space that we don't make the most of. If there is a room in your home that you are not using why not try out one of our ideas to make the most of it.

Get to work with a home office

Separating your home life and your work life is important so turning your spare room into an office is a great option, especially if you frequently work from home. Be sure to invest in some sturdy furniture and keep the colour scheme fairly neutral to stop you getting distracted when you should be working.

a good book. It also means you can keep your beloved books in one special place. You can also add a sofa or a comfy chair with a good reading lamp to make it the perfect retreat.

Lots of us have a spare room that we don't make the most of.

Keep the kids busy with a playroom

If you have some spare space downstairs it can be turned into the perfect playroom for your little ones. If you also buy a sofa bed - and remember to create lots of storage - the room will look neat and tidy when you have guests and will make the perfect spare bedroom too.

Relax and unwind with a home library

If you love reading then a home library can be perfect for giving you a space to relax and enjoy

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Home improvement



UK is fourth happiest place

The UK is only the fourth happiest place in Europe – when it comes to satisfaction with our homes. Poor natural light, bad air quality and a lack of space were revealed as some of main reasons Brits aren't satisfied with their living situation.

The GoodHome Report, the largest study of its kind ever conducted, surveyed 13,489 people across Europe, asking them a series of questions about happiness and the home.

And of 10 European countries polled, Brits lagged behind the Netherlands, Germany and Denmark in terms of 'home happiness'.

Poor natural light, bad air quality and a lack of space were revealed as some of main reasons Brits aren't satisfied with their living situation.

The startling statistics revealed that despite the trope of location being everything, people viewed having access to green space as more important than where they live. The report was created with independent think tank The Happiness Research Institute, who stated that whether people lived in the city or countryside it 'made no significant difference to happiness.'

Scoring an average of 7.69 out of 10, the Dutch were top of the list when it came to rating how happy they were with their homes. They were also the most likely to describe their home as 'spacious', with the report stating: "A feeling of spaciousness is three times more important than actual size."

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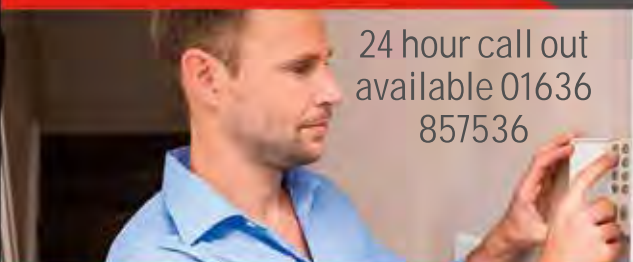
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We are a Construction Training Company accredited as an Approved Training Organisation to CITB/CPCS. We also offer NPORS (National Plant Operators Registration Scheme) Training and Tests, City & Guilds qualifications, EUSR Water qualifications and NOCN NVQ's

Who we are...

We are a family run business having worked within the Construction and Utilities Industry since 1999. Together with our team of highly trained Instructors/Assessors and Advisors, we have successfully trained and built a strong client base of candidates that come back time and again as the needs of the industry changes and qualifications need updating

Our aims...

We aim to offer the best possible training within the Construction/Utilities Industries. To ensure that you are offered the best advice and given the correct training to keep you up to date with current legislation, our success is measured by your success!

- CPCS Accredited Centre
- NPORS Accredited Centre
- NVQs Level 2-7 in Construction and Plant
- CSCS Touch Screen Tests
- City & Guilds NR&SW - Initial Training and Re-Assessment
- City & Guilds Confined Space including
- Level 5 Management
- EUSR Water/Gas Qualifications
- Site Safety Plus - SMSTS-SSSTS-Seats
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Education & training



Allenby Training Services celebrates its 20th anniversary

Allenby Training Services is celebrating its 20th Anniversary – since it was established in 1999 it has been at the forefront of a niche market providing outstanding training for the construction and utilities industries.

Allenby Training is a family run business having been started by Mick Evans and has gone from strength to strength. Operating from two dedicated accredited centres, Site Safety Plus and City & Guilds accreditations

taking place at their Head Office in Lincoln and Plant Training and Testing at their centre in Wigsley, Newark.

Together with their team of highly trained Instructors, Assessors and Advisors they have established a strong client base that come back time and again. Flexibility is at the heart of the business and wherever possible the staff at Allenby Training offer a service which spans beyond the simple 9.00 – 5.00 working regime.

Whilst Allenby Training will be celebrating their success at the Lincolnshire Show for the first time, this also marks the end of an era as Mick Evans the current MD goes into retirement. He will be handing over the reins to his son Gary Evans and daughter, Michelle Brown. Together they will carry on in the family tradition as set out by their father and the ethos of the company will always be “Customer Service First”

Care, Health & Wellbeing



Care homes in your local community

Four Seasons has seven care homes in Nottinghamshire, offering a range of services including residential care for people who need help with daily tasks, nursing care for those who have complex medical needs and specialist dementia care.

We also provide respite care to give family or friends a well-earned break, and dedicated care for those with mental health conditions or learn-

ing disabilities. Each home is well-established in its local community, and runs a daily programme of activities and events to ensure there is always plenty for residents to enjoy.

To find out more about our different care services and to book a visit with the Home Manager just give our homes a call on the numbers below.

You can also find more information at www.fshc.co.uk

Churchfield Care Home
Rainworth – 01623 549833

Charnwood Care Home
Carlton – 0115 828 4244

Lawn Park Care Home
Sutton-in-Ashfield – 01623 549834

Old Vicarage Care Home
Worksop – 01909 521509

The Oaks and Little Oaks Care Home
Newark – 01636 880305

The Sycamore & Poplars Care Home
Warsop – 01623 549835

Tudor Grange Care Home
Radcliffe-on-Trent – 0115 828 3699

What to consider when it comes to care

Thinking about moving into a care home is a big – and potentially costly – decision and one that takes very careful planning.

If you or someone you know is considering moving into a care home then it is worth looking at all the options.

A care home may be the best option if the person is struggling to live alone, even with help, has had a needs assessment that suggests it is the best option or has a complex medical need that requires specialist attention around the clock.

There are two types of care homes, residential and nursing. Some homes will provide both types of care. They can be run by private companies, voluntary or charity organisations as well as by local councils. Before making any firm decisions it is worth speaking to family and friends, your GP and professional agencies like Age UK to look at all the options and associated costs. There is also a vast amount of information available online to help you make an informed choice.



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I can, you can, together we can grow to be the best that God created us to be

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To find out more pop in, call the number below or visit www.fshc.co.uk

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The Sycamore and Poplars Care Home, Warsop – **01623 549835**

Tudor Grange Care Home, Radcliffe-on-Trent – **0115 828 3699**



NTU has highest ever Guardian University Guide position

Nottingham Trent University has risen to twelfth place in the Guardian University Guide. It is a move up of four places on last year's position and continues the improvement that has been sustained for the last five years.

The Guardian University league table is based on ratings in areas such as student satisfaction, employment outcomes, the amount spent by universities per student and how effective teaching is.

NTU also performed well in the subject league tables, including:

- Top 5 for accounting and finance; agriculture, forestry & food
- Top 10 for building, town & country planning; fashion & textiles; economics; journalism, publishing and public relations; philosophy; psychology
- Top 20 for design & crafts; biosciences; business, management & marketing; chemistry; criminology; drama & dance; engineering (civil); geography &

environmental studies; modern languages and linguistics; physics; sports science

NTU was recently named University of the Year 2019 by The Guardian, based upon performance in last year's Guardian University Guide as well as high retention of students from low-participation areas and strong attainment of BME students.

Vice-Chancellor of NTU, Professor Edward Peck, said: "We have been working hard to improve every aspect of what we do and to see this reflected in authoritative league tables like The Guardian is testament to the outstanding quality of provision we have achieved at NTU. It continues our run of success in recent years, as we were named University of the Year 2017 at the Times Higher Education Awards and Modern University of the Year in the Times and Sunday Times Good University Guide 2018."



Adam wins top nursing award

Nine inspirational nurses, midwives, allied health care professionals, support workers, housekeepers and students were recognised for their compassionate and outstanding care at Sherwood Forest Hospitals' recent annual Chief Nurse Awards.

The Trust's special event, at Kelham House in Newark, culminated in Adam Birch, Therapy Assistant on the Integrated Stroke Unit, being named the winner of the overall Chief Nurse Award for 2019.

Adam said: "To be shortlisted is a big honour, so to win is amazing. There's so many good people working at Sherwood, I think everyone deserves to be shortlisted to get an award. I think it reflects well on our team and the stroke unit as well, it's not just me,

I work with the therapy team the nurses, the doctors, the carers, they are all brilliant and it really is a team effort. It's an absolute honour to win and I'm really humbled to have been recognised."

The awards celebrate those dedicated nurses, midwives, allied healthcare professionals, housekeepers, support workers and students who are committed to providing the very best care for their patients.

In total there were a record number of 340 nominations for individuals from patients, visitors and staff across all of the categories, with the eventual winners being judged by a panel led by Chief Nurse, Suzanne Banks.

Suzanne Banks said: "Not only did we have a record number of nominees, but the quality of submissions was really high this year, so it was really tough for the judging panel. We had such a hard job just getting to a shortlist of candidates, let alone the final winners. It was really inspiring that so many colleagues and members of the public had taken the time to nominate people that they felt were making a difference, and there were so many examples of outstanding care, it really blew us away."

Kante and James Milner use while charging around the pitch for an hour-and-a-half.

However, this figure rises to 91 per cent in Turkey, where the supporters are notorious for creating a fierce atmosphere inside their stadiums.

Mastercard carried out the research into fans' passion after developing a new technology called Kit Beats, which allows one person to feel another's heartbeat in real time.

It has been built into uniforms and could allow fans to feel the emotions and heartbeat of the players as they play.

TRADITIONAL SKILLS ARE BEING REVIVED

Millennials are reviving a string of traditional tasks once destined for the history books, according to research.

A study into the traditional skills across generations found young adults are adept at skills such as framing pictures, calligraphy and knitting.

Crafting handwritten letters to keep in touch with loved ones is also among the tasks making a comeback.

Thirteen per cent are even learning woodwork and carpentry – and hand-making items such as tables, chairs, and bookshelves. The study also found two thirds of men and women aged 22 to 38 who took part in the research said the positive influence behind them learning new skills is their dad.

Ella d'Amato, Chief Commercial and Marketing Officer for notonthehighstreet, which commissioned the study of 2,000 adults said: "This study

is reassurance that practical artisan skills are very much alive – despite a common assumption that young adults don't have time to be very 'hands on'.

"And what's really nice is that a large percentage of men and women have learnt much of what they know from their dad, as this shows traditional past-times, crafts and activities are continuing to make their way through generations."

The study found more than a fifth of millennials have been taught by dad how to grow their own vegetables.

Embroidery, origami and hand-making sculptures or clothing, while not skills shared by the majority of younger generations, are still being enjoyed by one in 20 adults, thanks to dad.

And one in 10 like to write poems, while a further 16 per cent enjoying baking cakes inspired by dad's passion and skill.



Football crazy

Almost one-fifth of British football fans admit they would pull a sickie to watch their favourite team, according to new research into European supporters' obsession with the beautiful game.

Mastercard surveyed more than 14,000 people across nine markets to see how fans in different nations react at football matches.

It revealed Germans are the biggest screamers when their team scores, while the French are most likely to go in for an emotional cuddle

when their favourite footballers put the ball in the back of the net.

The survey revealed when it comes to British fans, 18 per cent admit they're so obsessed with their side they'll skive off work to watch them play. Incredibly, 10 per cent also said they have lied to their partner about going to attend a match while 16 per cent revealed they would cancel a date if it meant going to watch their team play for 90 minutes. A staggering 38 per cent of football fans in the UK believe watching the match in the ground uses up the same amount of energy like the likes of N'golo

Arise Dame JK

One in five Brits think JK Rowling should be knighted, according to a study.

The Harry Potter author, who is set to release four new eBooks next month giving fans a chance to read more about the 'wizzarding world', topped the poll.

A further one in six Brits would like to see Stephen Fry pick up the title, while Joanna Lumley was another popular choice.

Other stars Brits would love to see take the honour include Paul O'Grady, David Walliams and Dawn French. The research was commissioned by TV channel HISTORY. JK Rowling has already been given the Order of the Companion of Honour, appearing in the Queen's birthday list in 2017, but is yet to make full dame-hood. Just under a tenth also think David Beckham should finally be made a Sir. Forty-five per cent of those polled believe a knight or damehood is the highest honour a person can possibly have.

The 50 most amazing moments of the past 100 years

The end of World War II, the first man on the moon and the first organ transplant are among the most amazing moments of the past 100 years, according to a major international poll.

Researchers polled adults from the UK, France, Germany, Spain, Italy, UAE and Russia to identify the key historical moments, most incredible human feats, medical marvels and technological breakthroughs.

Other extraordinary events to appear in the top 50 include the demolition of the Berlin Wall in 1989, the first colour television in 1926 and the first email to be sent in 1971.

Martin Luther King's 'I have a dream' speech from 1963 also made the cut, along with the first movie to have sound – 1927's 'The Jazz Singer' – and the first cloned mammal, Dolly the Sheep, in 1996.



The research of 8,000 adults was commissioned by Hilton to mark 100 years since the hotel company was founded.

The invention of the World Wide Web by Sir Tim Berners-Lee in 1989 and the first commercial jet flight which took place in 1952, travelling between London and Johannesburg, also featured.

Bake off and Pie

Basford-based baker Barry 'Baz the Baker' Pilkington from Bake Off and Pie, recently scooped the title 'England's Bakery of the Year 2018' after wowing the judges with his loaves and pastries. The one-man-band bakes through the early hours, then delivers his supplies to local customers.

You can sample his delights which include croissants, sausage rolls, pain au chocolat, Eccles cakes, pies, various loaves such as chilli sourdough with sundried tomato and vegan cheese foccacia, which are sold in cafes, shops and delis across Nottingham.

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Photos: Michael Davies



COLLINGHAM

– ‘one of the most handsomest villages in the county’

The highly regarded village of Collingham is situated on the eastern edge of Nottinghamshire at the side of the Trent Valley seven miles from Newark-on-Trent. It benefits from a wide range of shops and services, including three churches, a variety of shops and services and a primary school.

Collingham has excellent road, rail and bus links to Nottingham, Lincoln and Newark and there is a substantial conservation area with a rich mix of domestic architecture dating from the 16th century to present day.

The village is centrally located close to the A1 which gives access to the national road network. The local train station connects with Lincoln, Newark and Nottingham and the inter-city service from Newark Northgate station to London King's Cross station has a scheduled journey time of around 80 minutes, making it the ideal commuter village.

Residents are within easy reach of a variety of leisure activities, from the nearby sports centres and swimming pools to the many cinemas, theatres, bars and restaurants available in Newark, Nottingham and Lincoln.

What's in a name?

The name Collingham is derived from the combination of Saxon words ‘inga’ meaning

people, ‘ham’ meaning settlement and ‘Colla’, which was the name of the chief. Bronze age and Roman finds in Collingham would suggest that there has been a settlement on the same site long before Saxon times.

It is possible that ‘Long Collingham’ was split into two by early Danish settlers, who called one half ‘Northbie’ and ‘Southbie’. Later in medieval times, North and South Collingham existed as two parishes. The “advowson” (rights) belonged to Peterborough Abbey. Today the village is one settlement and the two main streets, High Street and Low Street are connected several times by narrow lanes.

One of the handsomest villages in the county

With a wide variety of beautiful houses in the village there is little wonder that in 1832 White's directory of Nottingham called Collingham “one of the handsomest villages in the county”.

Houses in the conservation area reflect the history of Collingham, with properties dating back to the 16th century.

John Blow Primary School

Now a thriving village with over 3,000 residents the village is served by the highly rated John Blow Primary School, which describes itself as a “busy but friendly school, with lots going on” on its website.

The school is named after an accomplished organist, composer and Master of the King's Music who was born in the former Manor House in North Collingham in 1648.

With so much to offer, Collingham is the quintessential English village.



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Friday 14th June: **Walk Attenborough Nature Reserve** 11am Enjoy a gentle stroll. Attenborough Nature Reserve, Barton Lane, Attenborough NG9 6DY Price Car park fee
Monday 17th June: **Murder Mystery and Mayhem Book Club** 2pm Come and discuss the goings on when you're betrayed. 108 Burton Road, Carlton NG4 3BG Price Free
Friday 21st June: **Speakers Corner 10.30am Beside the Seaside** presented by Ann Featherstone. Eastwood Conservative Club, Church Street, Eastwood NG16 3BP 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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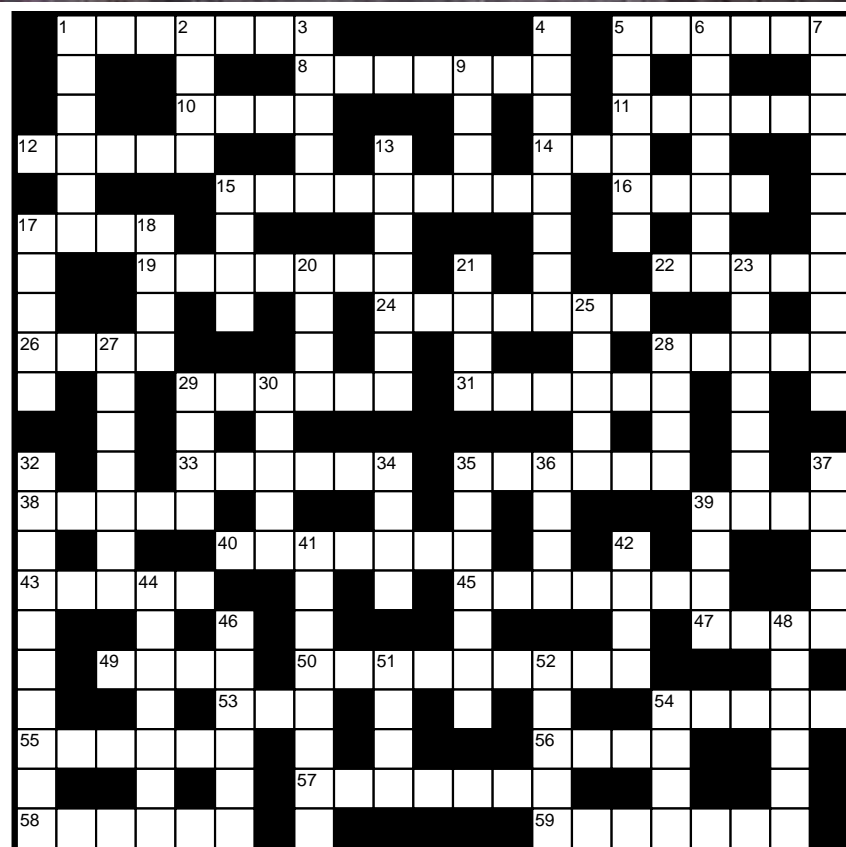
ACROSS

- 1 A dessert (7)
- 5 Muslim temple (6)
- 8 Any implement (7)
- 10 Big cat (4)
- 11 Minor mistake (4-2)
- 12 Over-indulge (5)
- 14 Rodent (3)
- 15 Music rising to a climax (9)
- 16 Buds on potatoes (4)
- 17 Point of sunset (4)
- 19 Whaling spear (7)
- 22 Small island (5)
- 24 Sky rumblings (7)
- 26 Couture dress (4)
- 28 Sign between Leo and Libra (5)
- 29 Not allowed (6)
- 31 Silly laugh (6)
- 33 Public house (6)
- 35 Sahara or Gobi (6)
- 38 Molar or incisor (5)
- 39 Cat with tufted ears (4)
- 40 Flower seller (7)
- 43 The whole amount (5)
- 45 Shelter a criminal (7)
- 47 Bird of peace (4)
- 49 Protest march (4)
- 50 Robin (9)
- 53 Garden bird (3)
- 54 Hole-boring tool (5)
- 55 Young child (6)
- 56 Festival of sport (4)
- 57 Afternoon theatre performance (7)
- 58 Seriously sombre (6)
- 59 Cough sweet (7)

DOWN

- 1 Dark mauve (6)
- 2 Herb (4)
- 3 Sticky slimy goo (5)
- 4 Multi-skilled (3-5)
- 5 Highly competent expert (6)
- 6 Tarantula and black widow (7)
- 7 An organised trek (10)
- 9 Fruit peel (4)
- 13 Perfumed (7)
- 15 Horse-drawn truck (4)
- 17 Flight limbs (5)
- 18 Skinny (4)
- 20 Unenclosed (4)
- 21 Animal waste (4)
- 23 Theft of personal property (7)
- 25 Two under par in golf (5)
- 27 Gym session (7)
- 28 Undergarment (4)
- 29 Roll top tub (4)
- 30 Fictional story (5)
- 32 Percentage data (10)
- 34 To pin with a hammer (4)
- 35 Shilly-shallies (7)
- 36 To box for practice (4)
- 37 Banish abroad (5)
- 39 Aristocratic title (4)
- 41 Extra hours worked (8)
- 42 Car luggage space (4)
- 44 The norm (7)
- 46 Sewing thread (6)
- 48 Loudness of sound (6)
- 51 Sum owed (4)
- 52 Guardian spirit (5)
- 54 Sticky palm fruit (4)

See below for answers



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