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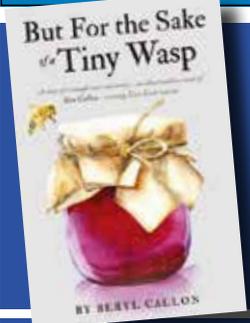
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But For the Sake of 'Tiny Wasp'



BY BEAT CALLOS

04
Local author pens WWII book

LOCAL FUNDRAISER'S EFFORTS CELEBRATED WITH COACH HONOUR

A fundraiser from Stapleford who has appeared on Pride of Britain has won the honour of having a coach named after her.

It comes in the wake of a quest to find an outstanding community star, which was organised by Skills Holidays, a leading Nottingham-based travel company, in celebration of its 100th Anniversary.

Sharon Hands, 53, was originally nominated by her husband Trevor, 79, as a candidate in the 'Stars of Skills' initiative and it quickly became apparent that her fundraising work for her local community set her apart as someone special.

Sharon, who had previously been recognised at the Best of Broxtowe Borough Awards in 2016 and the Pride of Britain Awards in 2018, was the subject of a passionate nomination from Trevor.

It detailed how she had raised more than £20,000 to help sick people who were struggling to make ends meet and had supplied 100 local residents with food hampers.

Sharon is also currently raising money to provide people who have suffered life traumas with a restorative trip to the Isle of Wight.

Trevor said: "Everything she does is for someone else. She's got a life-threatening illness as well as a full-time job at a local bakery, she goes to college to continue to learn and, on top of all of that, she's spent

the last couple of years looking after me during my fight against cancer. She's just so special. We'll have been married 35 years in June and there's not a moment goes by that I don't feel lucky to have her as my wife."

Sharon is more modest about her achievements, saying: "There are a lot of people struggling at the moment so it feels great when you're able to help people out and bring everyone together as a community."

With regards to her victory at the Stars of Skills Awards, she seems genuinely touched: "I have won awards in the past but this is the best one. Honestly, it was just lovely. I don't do it for recognition, but knowing that local people really care feels wonderful."

Sharon was presented with her award, next to 'The Sharon Hands' Holiday Coach at Skills' Head Office in Bulwell on Sunday 7 April - Nigel Skill, Chairman of Skills Holidays, has no doubts at all about her qualities as a winner:

"There are a lot of people struggling at the moment so it feels great when you're able to help people out and bring everyone together as a community."
- Sharon Hands

"Skills is a family company which, for a century now, has been bound up in the activities, the traditions and the personalities of the local community. Sharon is someone whose work to serve that same community has been carried out without the slightest expectation of personal reward. We really couldn't have hoped for a more deserving winner."



Sharon Hands has won the honour of having a coach named after her.

07 New law protects police animals



09 Driver Tracey triumphs



12 Try our quick crossword



Thomas wins award with his bird-friendly recycling



Porchester Junior School pupil Thomas Martin has won the Nestlé Waters R-Generation competition with his wild bird feeder made from recycled plastic. Pictured here are Ellie Ross, Anne Hitch (Communications Manager for RECOUP), Darwin Osborne, Priya Hamilton (Corporate Communications for Nestlé Waters), Thomas Martin and Toby Hunt. See page 2.

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School praised for its 'happy pupils'

A Nottingham primary school has been praised for the range of visits and activities it provides to create a happy atmosphere for pupils.

An Ofsted inspection said children at Bulwell St Mary's Primary got on well together and enjoyed taking part in sports, music and residential visits. They have also had the chance to improve the range of play equipment through the school council.

Awarding a judgment of 'Good' to the primary, the inspector added: "Classrooms are stimulating and highly engaging places to learn. Teachers provide displays which support pupils' learning effectively. Pupils' work is presented to a high standard and is celebrated around the school."

In particular, the inspector highlighted:

- Pupils are motivated learners; where pupils require additional support, the school has ensured that staff are in place to meet their needs
- Staff are enthusiastic and highly committed. The school has identified the key priorities for improvement and has ensured that staff have a higher expectation of what pupils can achieve in lessons and over time.
- Governors are ambitious for the school. They have a good understanding of what the school does well and what it needs to do to be even better.

• In key stage 2, pupils write with increasing regularity and at length. Books show that skills in spelling, punctuation and grammar are taught regularly and systematically to give structure to writing and to make it more effective.

• In mathematics, the school has refined teaching to increase fluency in arithmetic and to deepen and broaden pupils' knowledge and understanding of mathematical processes to solve problems of increasing complexity.

Ofsted previously rated the school in Ragdale Road, Bulwell, which caters for 311 pupils aged 3-11, as 'Good'.

Commenting on the inspection, Head Teacher Daniel Farthing said: "We are all very pleased that our hard work has been recognised. Parents, carers and children can be proud that Bulwell St Mary's C of E Primary School continues to move forward in the right direction."



Thomas wins award with his bird-friendly recycling



Porchester Junior School pupil, Thomas Martin, has made his class mates proud by winning the Nestlé Waters R-Generation competition with his wild bird feeder made from recycled plastic.

The Nestlé Waters R-Generation programme was developed in schools to teach children about plastic and plastic recycling. The competition judges quickly spotted that Thomas's design was not only environmentally friendly, but it helped to address an ecological challenge for birds too.

The winning design for the Year 4 pupil at the Carlton school was

a wild bird feeder made from a recycled plastic bottle. Thomas said the news of his win came as a surprise: "I really enjoyed making my wild bird feeder and was completely shocked to hear that I'd won the competition."

As part of the prize the school receives a £500 cash contribution towards its recycling efforts and an assembly delivered by RECOUP, the Plastics Recycling Charity. The money will be used to install colourful recycling bins after consulting with experts Priya Hamilton (Nestlé Waters) and Anne Hitch (RECOUP), who showed children



how to audit their school's recycling.

Headteacher Mr Graham Cullen said Thomas was an inspiration to the school: "Thomas's win was great news and the prize money will go a long way to improving our school's recycling facilities and raise the profile of recycling with children and staff alike."



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Nottingham's Island site is approved

Nottingham is on the cusp of creating "possibly the biggest regeneration scheme in the UK" as outline plans to transform the former Boots Island site were approved recently by Nottingham City Council's planning committee.

Conygar Investment Company PLC intends to transform the site, which has laid derelict for many years, into new homes, grade A office space, creative market space, a five-star hotel, retail units, a 'linear' park and community space and student accommodation.

The landmark decision, which was overwhelmingly supported, will see hundreds of jobs created, strengthening the local economy and helping to elevate Nottingham as one of the UK's key regional cities for investors and employers.

Christopher Ware of Conygar said this was a significant milestone in Nottingham's story and one they were proud to be a part of.

"I am really pleased that the outline plans have been approved by Nottingham City Council and I look forward to working with our partners to meet the requirements

set out by the council to develop all aspects of the mixed-use scheme into a thriving community."

Councillor Chris Gibson, chair of the planning committee said the scheme was the biggest opportunity Nottingham had seen in years.

He said: "This is Nottingham's biggest regeneration scheme to happen in decades and currently the largest in the East Midlands and perhaps the UK."

Work is expected to start on site during 2019, with the first phase of office and homes intended to be complete by 2020.



Illustrative view of the linear park

From Scruffts to Crufts for Clooney and Willow

Two local dogs from Newark and Nottingham have won first place in the Most Handsome Crossbreed Dog and Prettiest Bitch classes at Scruffts, the annual crossbreed competition run by the Kennel Club.

The pair, Clooney and Willow, now go on to compete in the semi-final stages hosted at the world's most famous dog show, Crufts, in 2020.

The Scruffts heat, the second of six to be held this year, took place on 21st April at the Newark Showground, part of the All About Dogs Show. The competition attracted over 100 crossbreeds and their owners.

The local winners were:

- Most Handsome Crossbreed Dog: four-year-old Clooney, a mixed

breed owned by Hannah Watts and Stephen Hayes from Newark.

- Prettiest Crossbreed Bitch: 14-month-old Willow, a Dachshund/Chihuahua cross owned by Gemma Smith-Brown from Nottingham



Judging the competitors was Danny-Boy Hatchard, known for his role as Lee Carter in EastEnders, along with dog judge Sara Wren.

All dogs competing were judged against the following qualities:

- Good character
- Good health
- Good personality
- Good temperament with people and other dogs

The winning dogs are now preparing to compete at Crufts 2020, which will be held at the NEC Birmingham next March, where the judges will be making the difficult decision of choosing the Scruffts Family Crossbreed Dog of the Year.



Above: Clooney with Hannah Watts, Stephen Hayes, Sara Wren and Danny-Boy Hatchard at Scruffts, Newark. Right: Willow with Gemma Smith-Brown at Scruffts. Photos by James Robinson, The Kennel Club.



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Framework Fundraising Manager Andy Shields (left) receives the cheque from Specsavers staff

Specsavers put the focus on homelessness

Specsavers staff in Nottingham have raised more than £7,300 to help local homeless people.

Colleagues, concerned about increasing levels of homelessness in the city, nominated Framework as their chosen charity for 2018/19 – setting in motion an abundance of individual and team fundraising activities throughout the year.

Financial Controller Mat Wilshaw explained: “Framework was a charity that was put forward by numerous members of staff as a cause they wanted to support as a result of seeing the problem of homelessness in the city centre. Our Community, Sports and Social Committee here at Cirrus House looked in to the work that Framework do to get people off the streets and learned a bit more about why people become homeless in the first place.

“As a result, we put Framework forward to call staff to choose as our charity for the year and were delighted it was chosen and subsequently how much

we managed to raise for a great cause who help some of our most vulnerable people in Nottingham”

The money raised will primarily support efforts to help rough sleepers by supporting the work of the Street Outreach Team. Fundraised income like this will also be used to enable a specialist nurse and a social worker to go out with the team in the early hours of the morning – a reaction to the increasing complex mental and physical health needs of rough sleepers.

Framework Fundraising Manager Andy Shields said: “On behalf of everyone at Framework I would like to say a huge thank you to the staff at Specsavers for their hard work and generosity. It means a lot to us that we are trusted by them to turn their fundraising activities into tangible benefits for homeless people in desperate need of help. This money will be used to help some of the most vulnerable people in our community to embrace better and brighter futures.”

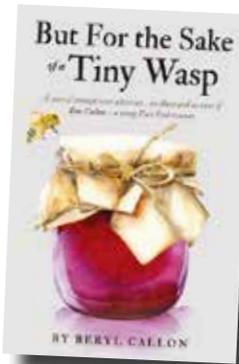
Nottingham author pens WWII book

An author has written a book about her husband’s experiences of war. Written by Beryl Callon, who lives in Nottingham, the book is a comprehensive and deeply emotional account of her husband Ron Callon’s time during the war from early childhood.

But For the Sake of a Tiny Wasp was inspired by a simple question: “What is an evacuee grandpa, what did they do in the war?” It is the story of an East End evacuee who, along with his brother, Len and his two elder sisters, Lillian and Joan, was unceremoniously plucked from a loving family and evacuated to West Sussex. The book is a simple but honest record of real-life evacuee experiences, revealing how the happy memories, traumas, moments of loneliness, unhappiness and fear all had a lifelong effect on his future development as an individual. As the complete circle of his life evolves, through childhood to present day, it becomes apparent that this true story has proved his life to be one of triumph over adversity.

The book, although an incredibly poignant and raw account of war – including events such as the evacuation, rationing and Hitler’s invasion of Poland, also has light-hearted moments of Ron’s pre-war life and happier memories, despite growing up on the poverty borderline.

Beryl comments: “Since the age of eighteen I kept copious notes of my husband Ron’s experiences. As a family we have laughed and cried together at the revelation of these stories. My first idea was to collate and present these stories to our children but their interest, intrigue and enthusiasm inspired me to extend my thoughts and continue the story of Ron’s life up to the present day.”



Primary school praised for ‘tireless’ work to drive up standards

A Nottingham primary school has been praised for the way it ‘revitalises and improves’ the quality of education for pupils.

Ofsted inspectors said the head teacher and senior leadership team at Melbury Primary in Bilborough had worked ‘tirelessly’ and ‘strenuously’ to drive up standards.

Following an inspection visit in March, the education watchdog highlighted the way leaders and governors have established a culture of high expectations for pupils, especially in their personal development and behaviour. Pupils respond well to these high expectations and consistently demonstrate positive attitudes to learning and to the school.

Inspectors said: “Pupils behave well, enjoy school, act safely and show respect for the safety of others. Relationships throughout the school are very good.”

Awarding a judgment of ‘Good’ to the primary, the inspectors added: “In all year groups, teachers and teaching assistants ensure that pupils adopt positive attitudes to learning and to school. Consequently, lessons are stress free. Pupils respond calmly and sensibly to teachers’ instructions and make good use of their time in lessons. These positive aspects help pupils progress well in their learning.”

Ofsted previously rated the school in Melbury Road, which caters for 228 pupils aged 3-11, as ‘Good’.

Commenting on the inspection, Head Teacher Judith Kemplay said: “We are delighted that all the hard work and commitment of the staff, children, parents and governors has been recognised and the fabulous behaviour of our children was noted.”

Nick Lee, Director of Education in Nottingham, said: “It’s always a pleasure to see such positive comments about one of our city schools.

“This is down to hard work from staff, pupils and governors. They should all be so proud of their commitment and dedication.”

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Tram team goes green for Macmillan

A new partnership between Nottingham’s tram network and Macmillan has got off to a flying start with NET staff, customers and the system operator raising more than £1,200 by ‘Going Green’ for the charity.

Dressed to match the colours of MacMillan Cancer Support, NET employees staged bake sales at the Travel Centre in King Street and the Wilkinson Street depot.

Chris Williams, Commercial Manager at Keolis Nottingham, explained: “We’ve supported MacMillan’s national Go Green campaign for a number of years, but now it has helped us celebrate a new partnership between the tram and the charity.

“It’ll be the first of a series of fundraising activities over the next 12 months as we aim to raise at least £10,000 for a cause

Chris Williams and Stacey Smalley show off the new partnership agreement supported by NET assistant finance manager Sophie Starkey and Head of Safety, Louis Walmsley.



that means so much to so many people.

“We’ve still a long way to go, but our campaign has got off to a flying start thanks to the generosity of tram staff and NET customers.”

Stacey Smalley, Fundraising Manager for Macmillan in Nottinghamshire, said: “It’s partnerships like these that make a huge difference to the work we

do, helping to support people living with cancer find their best way through. I am looking forward to the year ahead with NET and what we can achieve together.”

As part of the campaign, a Just Giving page has been set up where customers can make donations. It can be found at: www.justgiving.com/fundraising/nottm-trams-macmillan.

Love the skin you're in

The Langford Skin Clinic is Nottingham's answer to radiant, glowing skin. Owned by skin specialist Louise Langford, the clinic is able to offer a variety of bespoke treatments that will help clients achieve their best skin yet.

Louise boasts an impressive 30 years of hands-on clinical experience that she relies on to create amazing results in all ages and for all skin types. For Louise, her clients are her inspiration, and during consultations she asks them questions about their skin type, routine and expectations following treatment, ensuring that she always provides a service that is perfect for each and every client.

Keen to offer the latest in skincare and treatments and to enable her clients to benefit from cutting edge technology, Louise has recently introduced a range of new treatments for face and body. These treatments have all been designed to rejuvenate the skin, leaving it glowing and transformed thanks to a combination of the latest technologies and high-quality products that have been clinically proven to treat all skin types and conditions. With summer just around the corner, many people are looking forward to their summer holidays and are keen to look their best – a skin treatment at The Langford Skin Clinic is the perfect way to boost confidence and enhance looks, ensuring that the all-natural glow has never looked more stunning. The new treatments that are now available at Clinic are:

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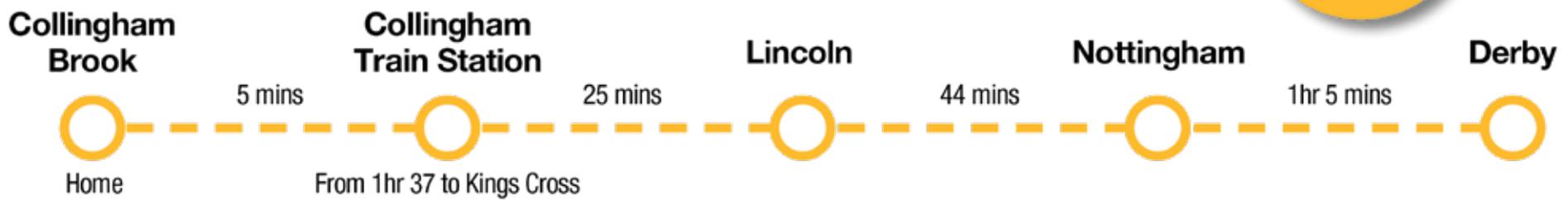
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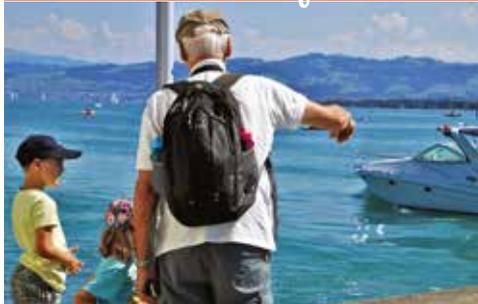
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NEWS in brief...**Multi-generational holidays' are now popular amongst Brits**

Seven in 10 families have taken a 'multi-generational holiday' – by travelling with their relatives, it has emerged.

The trend of busy families pooling their resources to spend quality time together away from the rigours of everyday life emerged in a study carried out among 1,000 parents and 1,000 grandparents.

According to the report 52 per cent have jetted off to sunnier foreign climes with their nearest and dearest.

And while the situation is a win-win for everyone involved - nan and granddad are the ones to benefit most with one in four admitting they enjoyed the break far more than they would have done if they went alone.

The research was carried out by Virgin Holidays. It found the main perceived benefit of taking an inter-generational holiday is that everyone gets to be together.

It also emerged one third of parents like having extra people around to help mind the kids. And overall another one in three think it is a more cost-effective way to travel, splitting the cost across parents and grandparents.

Thrift wins the day

Millennials frittering away their cash on posh morning coffees and lavish lunches is a myth, according to a study.

Researchers who carried out a survey into Britons' spending habits found the much-maligned 18-34s are thriftier than they're often portrayed.

According to the findings, millennials spend just £5.56 per week on coffee - roughly two cups.

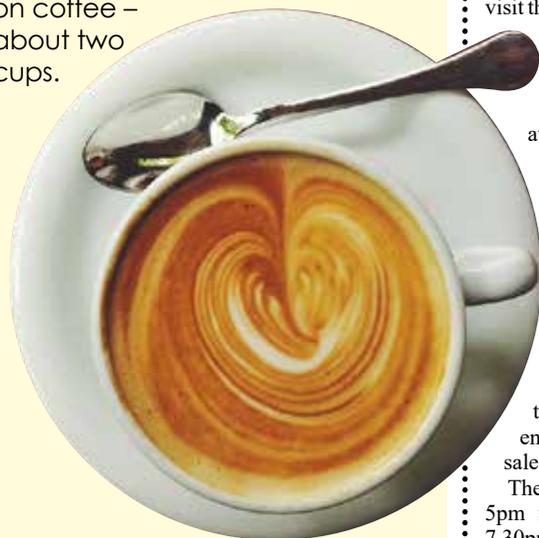
This is 14 per cent less than the £6.43 spent by 35-44 year-olds.

When it comes to hot and cold drinks, lunch and takeaways the 35-44 age group will spend around £140 per year more than their younger peers. And the belief that the younger generation spend a fortune on snazzy lunches has also been dismissed with more than half of 18-34 year olds "always" or "often" taking a packed lunch to work.

The study of Brits' spending habits was carried out by car manufacturer Dacia.

It found that while millennials are thriftier than the 35-44 generation, they lag behind over 55s who are the most sensible with their money.

Millennials spend £5.56 per week on coffee – about two cups.

**New law to protect police dogs and horses**

Nottinghamshire Police and Crime Commissioner Paddy Tipping has welcomed the finalisation of new legislation to protect police dogs and horses killed or injured in the line of duty.

The historic new law has been given Royal Assent and means offenders who cause unnecessary suffering to service animals can be prosecuted and imprisoned if found guilty.

It was inspired by the Hertfordshire police dog Finn who was seriously injured while trying to apprehend a man in Stevenage, Hertfordshire, in 2016. Mr Tipping offered his full support to the campaign to instate Finn's Law and previously wrote to the then Home Secretary Amber Rudd pressing for change after Nottinghamshire police dog Quantum also received stab wounds on duty in the city.

Reacting to the development, Mr Tipping said: "This law could not be more welcome and I hope that people heed the very real threat of imprisonment it carries."

"Police dogs and horses face dangerous situations to protect ordinary people from harm and it is only right they are given the full credit and respect of our police officers."

The Service Animals (Offences) Bill also broadens sentencing powers in situations where a service animal is injured as a result of crime but prior to its introduction there were no laws that specifically protected police dogs or horses.

Campaigners said police dogs and other service animals should not be regarded as "objects" or "property" and called for a new law which recognises their individual contribution to public safety.



Paddy Tipping with handler PC Jennie Ellse and Police Dog Quantum

Luxury housing development opens in Edwalton

The doors to an exclusive housing development in Edwalton have been opened to the public.

Housebuilder Bellway is building a selection of just 32 three, four and five-bedroom properties at The Hall, off Melton Road.

The first few homes are beginning to take shape at the development, and prospective buyers can now visit the sales centre, which opened on Saturday, April 20. Carolyne Watkinson, Sales Director for Bellway East Midlands, said: "We are really pleased to have launched our development and it was fantastic to see so many people attend the event to find out more about the homes on offer. There is a growing demand for luxury private developments in Edwalton, so we have carefully designed The Hall to help meet that need. The Hall is ideally located in the well-sought-after area of Edwalton, just five miles from Nottingham. Buyers will also benefit greatly from the number of shops, schools and leisure facilities close by."

"The new homes are already proving popular, and two properties were sold during the launch event. Because of this, I would encourage anyone interested to visit our new sales centre on site to avoid missing out."

The sales centre is open between 10.30am and 5pm from Friday to Monday, and 10.30am and 7.30pm on Thursday.

Residents relive their youth at Ruddington Manor See page 9*The Sewing Room***Clothing Alterations Service**
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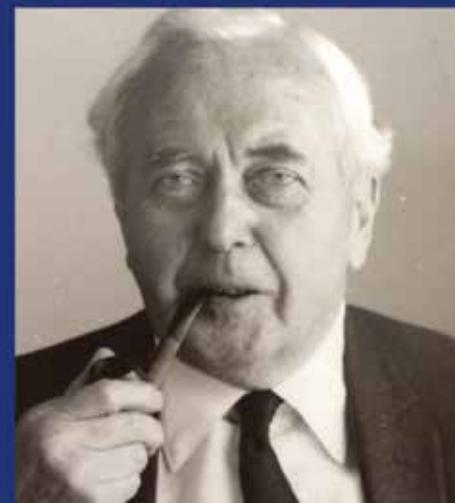
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Pelican Colts will be scoring in style : Hospital is shortlisted for top awards

A Nottingham-based football school is scoring in style after a donation from David Wilson Homes has helped fund new uniforms and equipment.

The house developer donated £250 to Pelican Colts Soccer School, as a part of its Community Fund Scheme.

The club, which trains at Dave Eastwood Sports Ground in Nottingham, helps young children aged four to eight improve their football skills and grow an inner confidence which can be applied to other sports.

The donation was presented at the team's training session earlier this month with their football coach, Damion Beardsley, present to accept the grant.

He said: "We cannot express enough gratitude to David Wilson Homes for providing us with this generous donation which will further the development of our football club.

"After we had a break in recently, we were left with a lack of equipment and sporting essentials for the children, but with this grant we are able to invest in new products and even the promotion of the club.

"We are excited to see where this donation



will take us and for the children to progress even more in their sporting abilities."

The school was nominated by a David Wilson Homes East Midlands employee, Craig Bates, whose son also plays for the club.

John Reddington, Managing Director at David Wilson Homes East Midlands, said: "We are delighted to have been able to support the making of Pelican Colts' brand new football kits with our Community Fund Scheme.

"Whilst it's always great to give back to our

local area, it's especially rewarding when we're able to support clubs

and organisations close to the people that work for us."

Sherwood Forest Hospitals is celebrating being shortlisted in three categories in the prestigious Health Service Journal (HSJ) Patient Safety Awards. The awards celebrate the best examples of outstanding patient safety in NHS organisations nationwide and especially reward projects that demonstrate clear improvements for patients. Teams from Sherwood Forest Hospitals Trust have been nominated in the following categories:

Learning Disabilities Initiative of the Year

For the Empowering the Delivery of Holistic Care for people with Learning Disabilities project. The work has educated and raised awareness amongst people with learning disabilities, their carers and families about looking after themselves when they have an infection, spotting the signs of sepsis and looking for signs of deterioration. The success of the scheme relies on working with partner organisations to improve the health and wellbeing of this patient group.

Best Partnership Solution Improving Patient Safety

For the High Volume Service User Programme that the Trust has created in partnership with health, social care and blue light services partners in the region. The project focuses on identifying individuals that are frequent users across multiple services and working with them to help tackle the underlying reasons behind the high usage helping reduce attendances and deliver better outcomes for the individuals.

Quality Improvement Initiative of the Year

For the service transformation project that has significantly improved delivery of Acute Non-Invasive Ventilation (NIV) to patients. The Trust's work has been adopted nationally as part of the British Thoracic Society (BTS) Acute NIV toolkit. As well as helping to improve the Trust's Care Quality Commission (CQC) Inspection rating; having previously been in Special Measures,

Sherwood Forest Hospitals Acute NIV service has now been cited for excellence in the latest CQC inspection report, and the Trust is now rated as 'Good'. Andy Haynes, Medical Director for Sherwood Forest Hospitals said: "We are delighted that we have been shortlisted for three HSJ Patient Safety awards. We always strive to give the care at Sherwood that we would want for our own friends and family and I am proud to see that this is being recognised nationally. Providing safe, personalised, timely care to all our patients is at the heart of everything we do and I think that three nominations that recognise this indicate that we are making huge progress in this area.

"To have three different teams shortlisted in these awards is a credit to the innovative work taking place at Sherwood Forest Hospitals NHS Trust and it is a real boost to the teams involved across our three hospitals."

The award ceremony is in Manchester on Tuesday 2 July.

New multi-million office scheme

A new multi-million pound Grade A office scheme is due for completion at the end of the year in West Bridgford.

Measures and Company has provided full development management and joint agency service (together with Richard Sutton of NG). It is Nottingham's first speculative, Grade A office scheme at Edwalton Business Park. It will provide detached, two-storey office buildings of high architectural merit with a focus on quality and sustainability.

Colin Campbell, freehold owner of the Edwalton Business Park Development, said: "Measures and Co have been instrumental in the success of the development of Edwalton Business Park. Their experience and insight in the world of property development and project management are extraordinary and there is absolutely no way that we would have made anything like the progress we have made on this project without their knowledge."



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The bikers and Dorothy Stapleton at Ruddington Manor

RELIVING THEIR YOUTH

A number of residents at Ruddington Manor Care Centre on Ruddington Lane in Wilford were able to relive their youth by riding motorbikes.

New Care, the care home operator of Ruddington Manor, regularly asks its residents to make a wish

and Dorothy Stapleton, aged 90, wanted to ride a motorbike again.

She says: "It has been 67 years since I last rode a motorbike, when I was 23 years old. To see several bikes and trikes at the care home along with the bikers, who were all really friendly,

was just great and a real wish come true.

"I really enjoyed the afternoon as it brought back so many memories. Some of the other residents loved the bikes too, especially as many had never been on a motorbike before."

Other Ruddington Manor residents who sat on the motorbikes were John Pownell, aged 85, and Hilda Brown, aged 90, both of whom loved the experience.

Amy Simpson, activities coordinator at Ruddington Manor, adds: "It is so important that the activities we organise are enjoyed by our residents. We want them to be fun as well as encourage stimulation.

"Our make a wish initiative is particularly special as it really does touch the residents when their wishes come true. We were able to surprise Dorothy, who hadn't been on a motorbike since 1952. She loved seeing the motorbikes and trikes at the home and chatted away to the bikers about the motorbikes she rode when younger and the riding routes in Nottinghamshire they enjoy today."

Ruddington Manor is an expertly designed, state-of-the-art care facility with an exceptional clinical offering, including residential, nursing and dementia care services.

The care home features 66 bedrooms with en-suite wet rooms, several stylish communal lounges and elegant dining rooms, plus secure, beautifully landscaped gardens.

For further information, or to arrange a viewing of Ruddington Manor, contact Wendy or Sandra on 0115 981 5956 or email enquiries@newcarehomes.com. Alternatively, please visit www.newcarehomes.com.



Above: New Care's activities coordinator Amy Simpson (left) with Dorothy Stapleton who was reliving her youth on a motorbike. Below: Ruddington Manor resident John Pownell with one of the bikers during their visit to the care home.



Driver Tracey triumphs at trentbarton awards

A bus-driving star who treats her customers like personal friends and did not miss a single day's work last year won the top prize in trentbarton's 2019 really good service awards.

Tracey Pemberton, who pilots the two between Ilkeston and Nottingham, was judged the best of the best, winning Driver of the Year at the awards ceremony at Derby's Roundhouse.

Tracey, 51, who lives in Heanor, beat all the other winners of trentbarton's driver of the month competitions from last year to bag an extra day off work every year and £1,000 to spend on a holiday.

The mystery customer judges said they were bowled over by Tracey's star performance: "Like all top professionals, Tracey has a way of making it all look so smooth and effortless.

"Even on a busy run she had a smile and a friendly word for absolutely everyone, drove smoothly and still kept perfect time. She treats customers like personal friends – and people on the bus could be overheard saying how much they liked her."

Tracey, who has driven for trentbarton for 13 years, said: "This is a brilliant surprise. It's an honour having the title Driver of the Year, being part of that family. I really enjoy my job, it's the best job I've ever had."

The really good service awards ceremony was hosted by radio presenter Andy Miller and featured as star speaker the Wales and British Lions rugby union legend Scott Quinnell.



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Aries



You embrace change because you don't want your life to stand still and become stagnant. Your natural curiosity enables you to discover new avenues, adventures and people. You have far too much stamina and vitality for most people but the ones who wish to join you on your journey through uncharted waters are more than welcome. A current love affair could become hotter than ever with you in the driving seat calling the tune.

Taurus



If you find yourself going over old ground or reconnecting with people from your past, its important to examine why this is happening and why certain individuals are being allowed to rent so much space in your head. Misunderstandings at work remain rife and you must remain in control of your speech and actions because once words have been uttered they cannot be retracted. Any kind of complimentary therapy or other forms of self help will contribute to you starting to look and feel so much better than of late.

Gemini



You hold strong opinions about certain people but not everyone thinks nor behaves in quite the same way as you do. Always being there at the end of a phone offering assistance to others is highly commendable as long as you remember that true friendship is a two way street, give and take and not just all one sided. Some much welcomed, yet unexpected money will also find its way to your piggy bank contributing to you enjoying that feel good factor.

Cancer



Part of your life is probably at a standstill because you are being slowed down by outside influences that are beyond your control. Someone you once held in high regard is about to fall off their pedestal and although its disappointing, neither will any of it come as a surprise. An opportunity to make new friends and start moving in new circles will hold an enormous appeal and there could be a hint of a romance developing between yourself and someone you find most interesting.

Leo



Always be on your guard when in the company of a person who protests too much or exaggerates the truth. Listen to your gut instincts and refuse to be lobbied off with excuses because you have better things to do with your time. New friends, new life and new energy will open a few interesting doors and a very attractive individual who shares several common interests with you could become most important in the future. A holiday with a difference could turn out to be the biggest adventure of your life so far.

Virgo



A long standing arrangement may have to be re arranged or completely cancelled. Take a closer look at your finances and see where you can make some hefty savings. There is a strong indication that you may decide to change direction with your work or enhance the career you are already passionate about. A close friend or relative may be experiencing an emotional crisis and feel able to turn to you for moral support. Plan a holiday and work on improving your life balance by creating some private personal time for you.

Libra



If you need money because you are rapidly running low on funds this is the perfect time to start looking for a new business opportunity. You have a fabulous sense of humour but you are no ones fool and dislike being underestimated or misjudged by people who think they are superior to you. A close friend you can rely upon to keep your secrets safe and will help you through a difficult period and when you are able to repay the favour, there are no limits to your kindness and generosity.

Scorpio



As one of the most private and discreet signs of the zodiac always surround yourself by other like minded individuals who share the same moral codes as you. If it means telling you that its a mistake to engage with a certain clan of people, then you must listen to what your inner voice is telling you. Money, business and finances are looking to improve and it wont be long before you will enjoy success and prosperity. Invest wisely and you will reap some outstanding rewards later.

Sagittarius



Preferring to err on the side of discretion its of little use anyone questioning you about what is going on because you know how to keep a secret. You are a very loyal friend, but once someone has crossed the line by deliberately lying to you or attempts to take advantage of your generosity, you have no qualms about ending the friendship. Once bitten, twice shy and you are right in keeping your distance from anyone you harbour doubts about. Others are well advised to heed your wise words because your intentions are always honourable and you have no time for anyone playing mind games.

Capricorn



A surprise invitation could lead to some very interesting new contacts and could improve your social or professional position greatly. You are ready for a change of scenery and would benefit from taking part in new activities because this will give you an excellent chance to meet new, like minded people. Start taking better care of your fitness regime and work on getting your mind, body and spirit working together in harmony. An old friend from your past will try to get back in touch and a beautiful reunion could lead to some wonderfully exciting times ahead.

Aquarius



There are always rumours flying around because certain people love nothing more than to gossip and live a life filled with drama and chaos. Your luck is about to improve in either your romantic life or at work, perhaps even in both areas. Book a much deserved holiday or at least arrange to take some time out by withdrawing from all the demands of life until you feel more rested. If you are interested in either moving house or updating your present home, start putting a few ideas together because the world really is your oyster right now.

Pisces



You will soon be saying goodbye to a certain person or situation and this time you will mean it. Don't give in to emotional blackmail and manipulation by someone who thought you were weak minded. There is a new you emerging that will amaze just about everyone. You may decide to go after a new job or love affair. Maybe its time to stand on your own two feet and show the world what you are made of. A financial windfall will come as an enormous surprise, but keep quiet about this information because of too many green-eyed monsters.

Help for Notts homelessness charity

A homeless charity has received a £1,000 donation towards its work to tackle homelessness thanks to a new initiative by a leading housebuilder.

Leading developer Barratt and David Wilson Homes North Midlands has given Framework Housing Association the funding to help them deliver housing, health, employment, support and care services to people with a diverse range of needs.

The sponsorship comes following the launch of the developer's Community Fund scheme, where the housebuilder gives up to £1,000 a month to charities and organisations in the area.

Andy Shields, Fundraising Manager at Framework, said: "On behalf of everyone at Framework we are extremely grateful for the donation. It means a great deal to us that we were also nominated by a colleague of Barratt and David Wilson Homes North Midlands to be a beneficiary. This money will support our work to provide better, brighter futures to those that need it most."

Chris Southgate, Managing Director at Barratt and David Wilson Homes North Midlands, said: "We're delighted to have been able to support Framework through the Community Fund scheme.

"As the country's largest housebuilder we are committed to creating a positive legacy. We want to lead the industry not just in the quality of the homes and developments we build, but also in our work with charities and good causes throughout the UK."



Ash Cowdrey, Emma Atkins and Neil Walker



Hot Property appoints new trustees to board

One of Nottingham's most recognisable events, Nottingham Hot Property (NHP), has appointed three new trustees to its committee as it celebrates its fifteenth year.

Ash Cowdrey, director at Couch Perry Wilkes (CPW), Emma Atkins, business development and marketing manager at Pulse Consult and Neil Walker, head of operations East Midlands at Faithful + Gould, have all been appointed to the charity's board of trustees.

Hot Property - an annual fundraising event held in November - is attended by leading professionals across Nottingham and aims to showcase the best talent in the city while raising thousands of pounds to support vulnerable children.

Ash said: "It's a huge honour to be asked to join the committee for an event I've always been a big advocate of. I particularly enjoy the feel of informal networking that Hot Property promotes. CPW has been sponsoring the event for the last four years and we treat it like a Nottingham office party night. I'm hoping my input to the committee can give a long-term supporter view and ensure that its sponsorship packages continue to offer exceptional value."

Emma added: "Hot Property is a firm fixture in the Nottingham networking calendar and the event has been growing year on year in both size and popularity. Unfortunately, a committee position doesn't mean I get out of singing though!"

Since it was established 15 years ago, NHP has raised in excess of £270,000 for children's charities in Nottingham, making a positive change to many vulnerable children's lives.



Rainbows needs Nottinghamshire knitters

Rainbows Hospice needs people in Nottinghamshire to unravel their wool, get down to the knitty gritty and sew some purls of wisdom for its 25th anniversary.

The charity, which cares for children and young people with life-limiting illnesses, including those from Nottinghamshire, wants to fill the East Midlands with colourful flower brooches. In its special anniversary year, Rainbows is asking its supporters to knit

brightly coloured flower brooches and sell them to family, friends and neighbours to raise awareness and funds. Alternatively knitters can send them to the hospice where they will be sold in the shops for £2.

Ali Furlong, Community Fundraiser at Rainbows, said: "If you are one of those people who can never sit down without a pair of knitting needles and a ball of wool we would love your help during our anniversary year. "We have a simple

pattern available, designed by one of our lovely volunteers, but feel free to express your creativity and use any flower knitting or crochet flower pattern you would like. All we ask is that you be as bold and bright as a rainbow."

For those who see a pattern forming, there is also a bigger project knitters can get their needles into as Rainbows also wants people to knit a large flower it can display at its 25th Birthday Party. The charity is keen

to create a meadow of brightly coloured flowers at the hospice, which will be displayed at the party during its Community Open Day on Saturday 21 September.

These flowers will be sold for a minimum donation of £25 each and following the Community Open Day, will be posted to the person who donated.

Visit rainbows.co.uk/knitting for more information or contact Ali Furlong on 01509 638006.

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Tuesday 14th May: Meet & Greet 2pm Shiny Spoon, 7 Toothill, Mansfield NG18 1NJ Price as per menu

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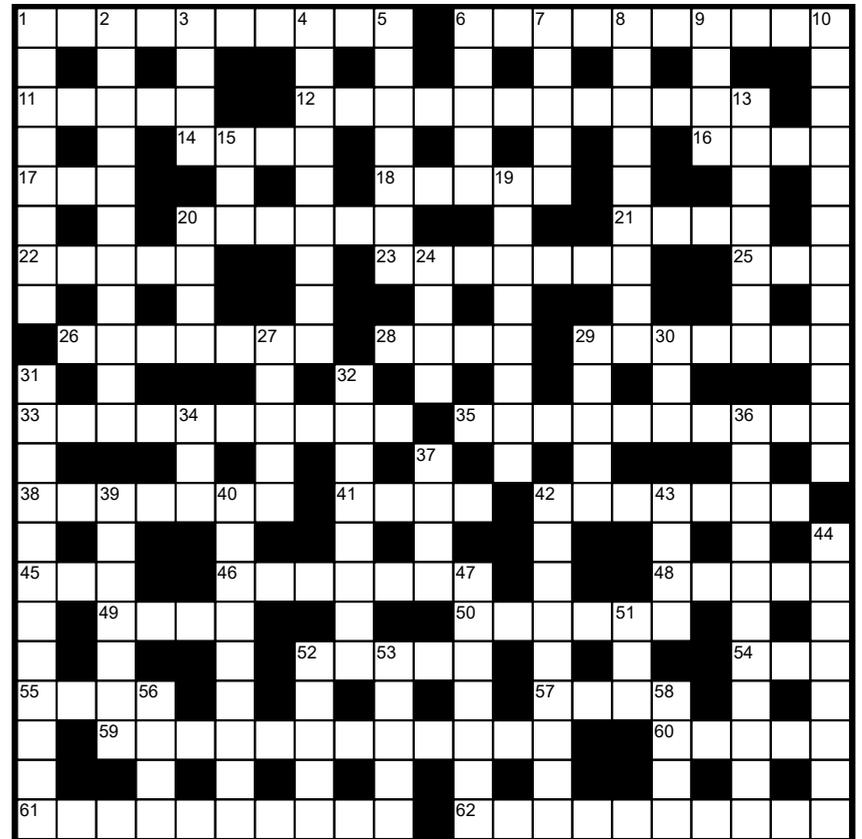
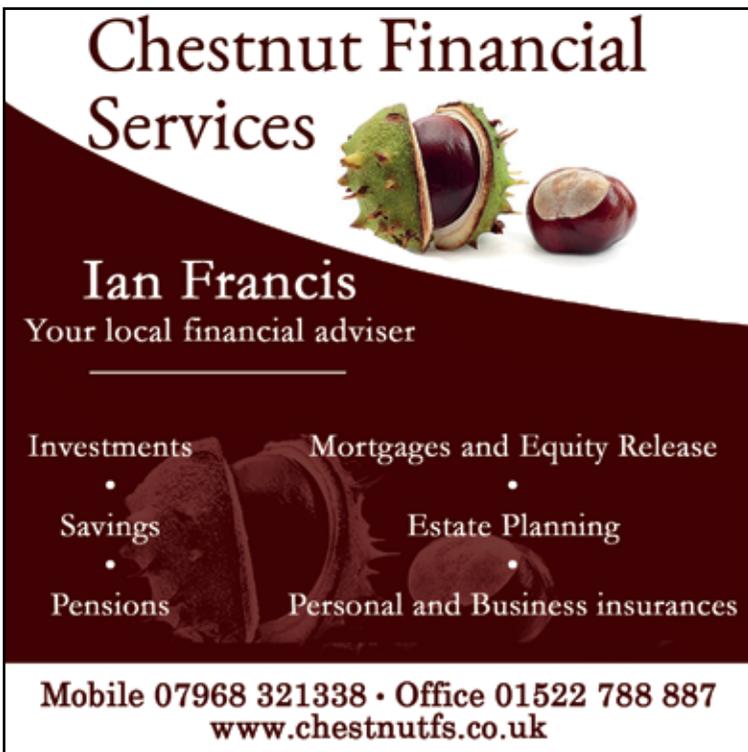
ACROSS

- 1 Justice of the Peace (10)
- 6 Invented to deceive (10)
- 11 Gigantic being (5)
- 12 A lido (8,4)
- 14 Bean to make tofu (4)
- 16 Frond (4)
- 17 Toilet (3)
- 18 Heart's main artery (5)
- 20 Slap soundly (6)
- 21 Female horse (4)
- 22 Main subject matter (5)
- 23 Inhospitable or anti (7)
- 25 Decay (3)
- 26 Square-ended cigar (7)
- 28 Calf meat (4)
- 29 First course (7)
- 33 Fear of heights (10)
- 35 Traveller on foot (10)
- 38 Acrobat (7)
- 41 Bird's bill (4)
- 42 Evidently (7)
- 45 Straight-sided cup (3)
- 46 Have a profound effect (7)
- 48 Reside (5)
- 49 Harmful bug (4)
- 50 Shout disruptively at a public meeting (6)
- 52 Bike or trike (5)
- 54 Bubbly drink (3)
- 55 Wayside public houses (4)
- 57 Deep red gem (4)
- 59 Person in his sixties (12)
- 60 Be unanimous (5)
- 61 A weepie (4-6)
- 62 Stick-in-the-mud (5-5)

DOWN

- 1 Cut off limbs (8)
- 2 Meet socially (3,8)
- 3 Offences and crimes (4)
- 4 Attacker (9)
- 5 Tombstone inscription (7)
- 6 Thigh bone (5)
- 7 Line dance (5)
- 8 Tool for the job (9)
- 9 False god (4)
- 10 A DIY holiday (4-8)
- 13 Young hare (7)
- 15 Eggs (3)
- 19 Added up to (8)
- 20 River dam (4)
- 24 Honest and frank (4)
- 27 Aroma (5)
- 29 Tortoise covering (5)
- 30 Creative works (3)
- 31 Boxer above flyweight (12)
- 32 Dark-blue pie fruit (8)
- 34 Friend (3)
- 36 Grouchy (3-8)
- 37 The red planet (4)
- 39 Gullible sucker (7)
- 40 Remove and expel (9)
- 42 Worried (9)
- 43 Presidential assistant (4)
- 44 Slimy and evasive (8)
- 47 US elected county police officer (7)
- 51 Research workplace (3)
- 52 Verify and tick (5)
- 53 Dining seat (5)
- 56 Prophet or oracle (4)
- 58 Outdoor space behind town house (4)

See below for answers

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Harry Redknapp Amongst Guests at Truckfest 2019

TRUCKFEST THE THRILLING FAMILY SHOW, RETURNS TO THE EAST OF ENGLAND SHOWGROUND ON SUNDAY 5TH AND BANK HOLIDAY MONDAY 6TH MAY

In addition to the thousands of impressive haulage vehicles on show, there will be a host of other four and two-wheeled attractions including giant car-crushing American monster trucks and high-flying motorcycle stunts in the Main Arena. One of the star trucks at this year's TRUCKFEST will be the famous truck from the film 'Smokey and the Bandit' — starring Burt Reynolds.

In the Truckfest Plaza you can meet favourite TV and film characters from Paw Patrol and your superheroes include Bumble Bee from Transformers.

Live music on the Plaza Stage will cater for all of the family and will include, a top LITTLE MIX Tribute Show.

There's also the chance to ride in a Monster Truck featured with Carol Kirkwood on BBC Breakfast Time.

Guest stars this year include football legend and winner of 'I'm A Celebrity Get Me Out of Here' HARRY REDKNAPP who is coming to Truckfest on Monday 6th.

This year there are even some mini monster trucks for the children to drive.

With a fun fair and dozens of interesting trade stands, this really is the ultimate family day out.

For further details and admission prices, please visit our website: www.truckfest.co.uk



TRUCKFEST

PETERBOROUGH / 5 & 6 MAY
East of England Showground, Peterborough



Experience the Great Outdoors with a Step Back in Time

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 – we even 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 our expert craftsmen maintain and refurbish the collection of vintage trams.

There are play areas to keep the children entertained and if you prefer to pack a picnic, you can dine while enjoying some amazing scenery, and letting the children experience nature.

A new permanent exhibition explores the life of Michael Holroyd Smith, a pioneering inventor of the late 19th and early 20th century, who changed the course of tramway history in the UK and had far-reaching influ-

ence in the engineering world.

The exhibition 'Quinn' will run until 9th June and features work by photographer / artist Lottie Davies, curated by WM Hunt and is part of FORMAT19 – FOREVER / NOW in partnership with QUAD.

From 21st June, The Mobile Post Box – Mail by Tram will reveal how, in the early 20th century, trams became mobile post boxes, carrying and delivering letters and parcels. Discover how tramcars have been represented on postage stamps through the years and have a go at designing your own tram-themed stamp.

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

Open daily from Saturday 16th March until Sunday 3rd November 2019 from 10am. For more details Tel: 01773 854321 or visit www.tramway.co.uk.

Crich Tramway Village offers a great family day out where you can step back in time – we even welcome your dog!

www.tramway.co.uk

CRICH TRAMWAY VILLAGE



FREE RETURN
WITHIN 12 MONTHS
WITH FULL PRICED
TICKETS*

Special Events

Each event incorporates the Village scene, and trams from the appropriate era or city of origin are run throughout the day.

HORSE TRAM DAYS

Thursday 9th May and Sunday 30th June. Featuring Joseph, the horse pulling our Sheffield 15 horse tram.

CLASSIC TRANSPORT GATHERING

Sunday 19th May. Welcoming classic vehicles built prior to 1979.

BESIDE THE SEASIDE

Saturday 25th May to Sunday 2nd June. Family event bringing the seaside to Derbyshire. *Spring Bank Holiday.*

VINTAGE WEEKEND

Saturday 22nd & Sunday 23rd June. Music and activities from the 1950s and 1960s.

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

Crich Tramway Village, Crich, Matlock, Derbyshire DE4 5DP.
Tel: 01773 854321 Email: enquiry@tramway.co.uk
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Local & Community History Month



Find out more about your area in Local and Community History Month

All of May (1-31) is Local and Community History Month across the UK. Run by the Historical Association, which is a registered charity, the month gives adults and children the chance to learn more about their local communities.

The Historical Association has a mission to "inspire, enable and encourage" people across all walks of life to get involved with local history and heritage.

One of the major events in their calendar is Local and Community History Month.

The event is designed to provide information and raise awareness about the history of local areas and there are a wide variety of events planned in celebration of the month.

This year you can follow events on social media by using the hashtag #localhistory19.



Nottingham Castle
Photo: Experience Nottinghamshire



A taste of old Gin Lane

Masons Yorkshire Gin & Madame Parboiled provide a unique gin tasting experience like no other, inspired by William Hogarth's iconic 'Gin Lane'.

With the skull ice buckets and glasses, lighting and props, this night is one where you will need a good stiff drink. We promise to use only the finest award winning gins, top of the range mixers and fresh garnishes so that the drinks you make will be the best you could wish for.

The events are completely tailored and bespoke to the venue. Taken back to 1751 the guests will be guided through Gin Lane by costumed performer Mrs Ginny Stillage, a larger than life expert on all things gin.

As the evening unfolds she will tell dark tales inspired by the images in Hogarth's famous 'Gin Lane'. You will hear tales of vengeful tom cats, body snatchers, demonic dogs and much more.



You will also be shown how to make amazing cocktails to impress your friends and be taken into the world of the production for gin; from its roots in history to its renaissance as a drink for all tastes. With nibbles and gingerbread provided your whole evening will be catered for.

Various characters of Gin Lane will also regale their ghastly situation including a history of the spirit we have now grown to love.

Madame Parboiled

MADAMEPARBOILED.CO.UK
07773147271

WHAT'S ON
IN MAY 2019

- The Spirits of Gin Lane, Greens Windmill - 2nd May
- Meet the Ghosts of Nottingham Industrial Museum - 4th May
- Wollaton Park Ghost Walk - 10th May & 20th May
- Historical Pub Tour - 12th & 19th May
- Meet the Ghosts of Mansfield Manor - 24th May
- Meet the Ghosts of Newstead Abbey - 25th May
- Fine Ales & Strange Tales - 26th May

Tickets available from www.wegotickets.com or call 07773147271
For more upcoming events see www.madameparboiled.co.uk



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'A must see'
'Hidden gem'
'Holiday visit'
'Fantastic'
'Educational'

– Trip Advisor reviews



What's on?

The Journey

exhibition is the only one of its kind in Europe designed for primary school children and popular with families. Take a look: journey.holocaust.org.uk

The Holocaust Exhibition

is for ages 12+ and documents the history of pre-war Jewish life, antisemitism, the rise of Hitler, Kristallnacht, ghettos, the final solution and survival: www.holocaust.org.uk/holocaust-exhibition

Holocaust Survivor Speakers

Listen to inspirational Holocaust survivor speakers - Check times and dates: www.holocaust.org.uk/speaker

Opening out on to the picturesque memorial gardens, our coffee shop provides the perfect place to relax and reflect on your visit. We also have a gift shop where you will find historical works and detailed testimonies from our team of survivors.

Keep your ticket and you can visit FREE OF CHARGE all year round from the date issued. This includes listening to as many survivor talks as you would like. *We look forward to welcoming you.*



 THE NATIONAL
HOLOCAUST CENTRE
AND MUSEUM



Local & Community History Month



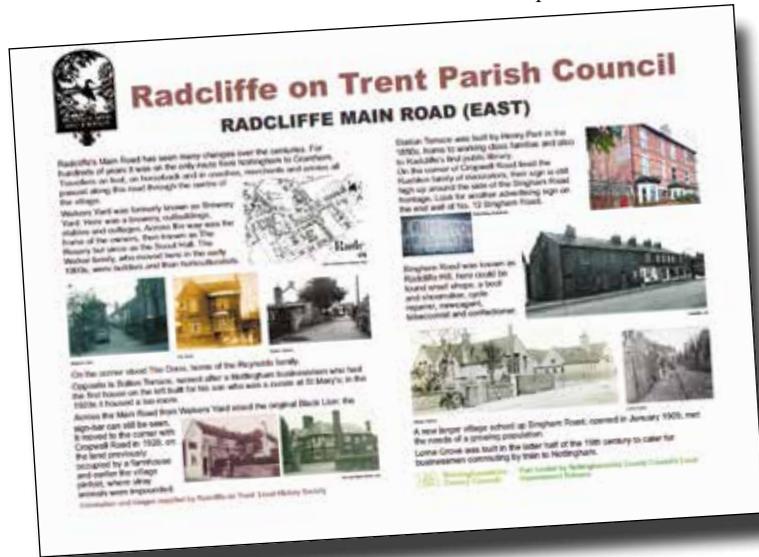
Bringing the past to life at Radcliffe-on-Trent

The history of Radcliffe-on-Trent is being brought back to life in a series of 14 new history and wildlife information boards to be installed around the village. There is also an accompanying walking trail leaflet, illustrative map and other related signage, thanks to a £10,000 grant from Nottinghamshire County Council's Local Improvement Scheme.

The scheme has been led by Radcliffe-on-Trent Parish Council, with support from the local history society, conservation volunteers and World War I commemoration group.

Amongst the hundreds of historical facts and features celebrated on the new Radcliffe-on-Trent information boards are:

- On 16 June 1487 Henry VII celebrated two masses in the church at Radcliffe-on-Trent prior to the Battle of East Stoke, considered to be the bloodiest battles ever fought on English soil and the decisive conflict in the Wars of the Roses.
- In 1881 a police station was built, not for the law-abiding villagers but to control the rising number of visitors that travelled there to enjoy the scenery and the public houses.
- Rockley Memorial Park – A gift to the village by Lisle Rockley in 1927, it was a memorial to his son William and the Radcliffe men who died in the Great War.
- The 1920s were enlivened by the frequent presence of the Prince of Wales (later Edward VIII) during his relationship with Freda Dudley-Ward, whose parents lived at Lamcote House. She was reputedly Edward's mistress until 1934, prior to his relationship with Wallis Simpson, which ultimately led to his abdication in December 1936.
- Queen Victoria and Prince Albert passed through the village, en route to Belvoir Castle in 1843 and a church clock was purchased the following year to commemorate the visit.



the lace market theatre

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 Mon 24 Jun 2019 to Sat 29 Jun 2019
 by Noël Coward

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Gardens, gift shop and tea room open 12pm-5pm House open 2pm-5pm Last house admission 4pm	Gardens, gift shop and tea room open 12pm-4pm Last admission 3pm
ADMISSION	
House & Garden: Adult £12, Concession £10, Child (4-16 yrs) £6 Garden only: Adult £6, Child (4-16 yrs) £3	
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 Lecture in the hangar about restoring a De Havilland Mosquito, Vintage fly in and trade stands

Lanc, Tank & Military Machines
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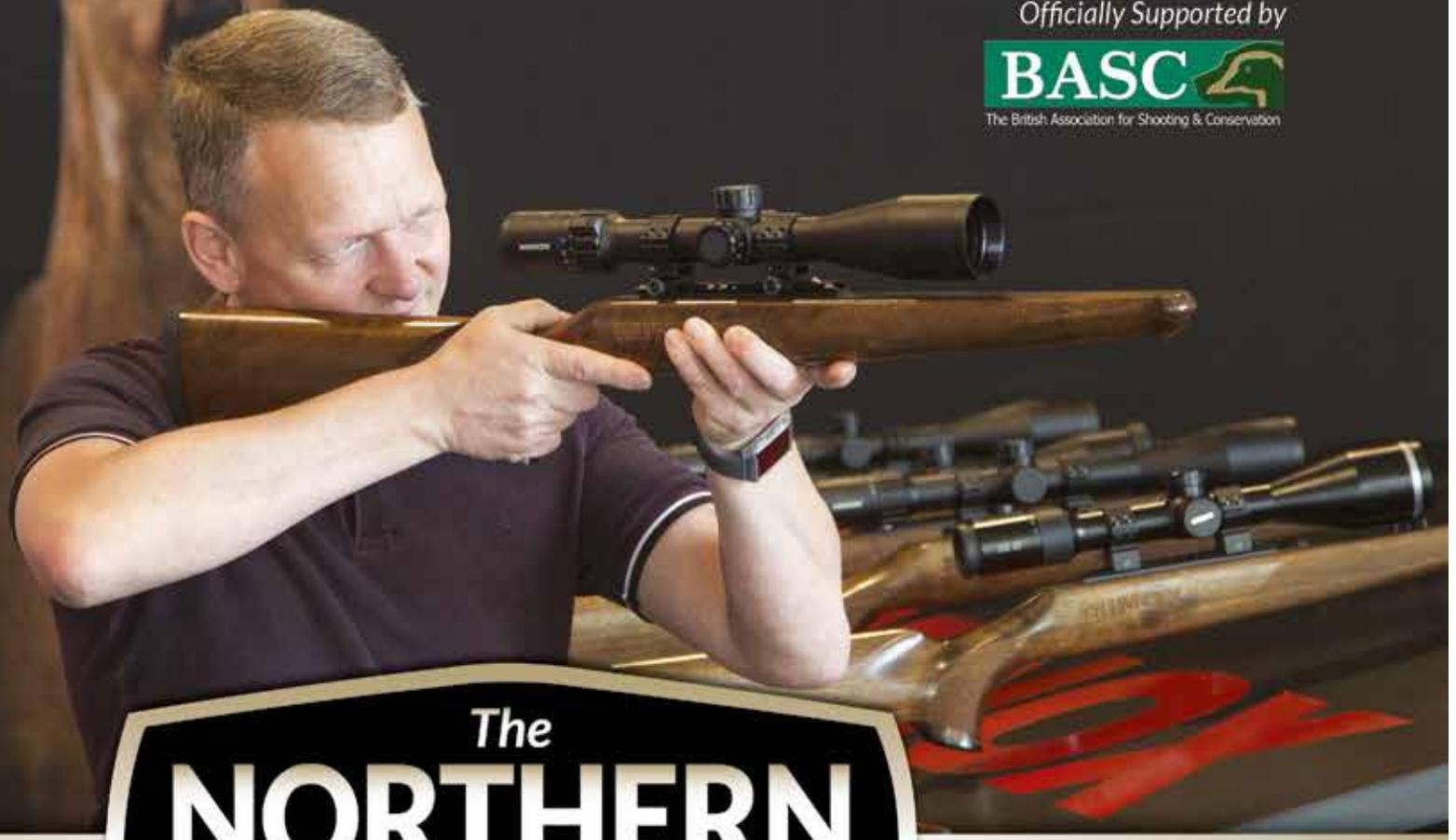
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What's on

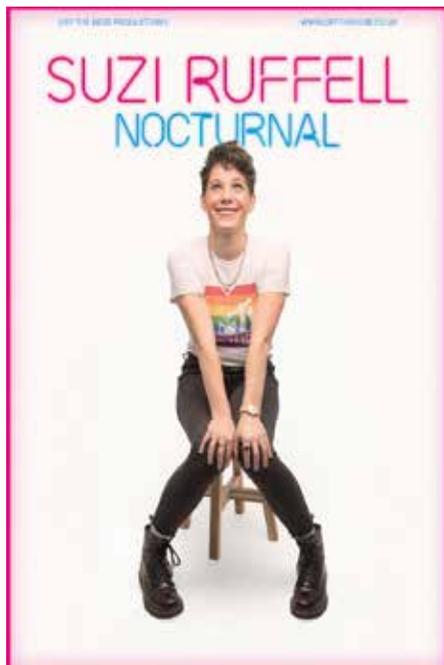


Last summer was a big one for comedian Suzi Ruffell. Returning to Edinburgh, she sold out every night and earned a litany of five-star reviews and loads of critical acclaim – thus cementing her reputation as one of the biggest breakthrough acts in the UK. On Thursday 9 May she will be bringing her NOCTURNAL show to Nottingham's Glee Club. Suzi is worried about everything – from someone breaking into her flat, to human rights across the globe, to whether the next series of The Crown will be as good as the first two – and it's stopping her from sleeping.

Regarded as one of the best acts breaking through in the UK right now, Suzi Ruffell was nominated for the Chortle Best Breakthrough Act in 2017 – as well as having her Edinburgh show shot as a special for Live at the BBC, which featured on BBC One.

Email info@glee.co.uk or contact the Box Office on 0871 472 0400.

Suzi Ruffell at Nottingham Glee Club



“... one of the best acts breaking through in the UK right now...”

Feminist theatre festival at Nottingham Playhouse

After the huge success of their first festival at Nottingham Playhouse in 2018, The Party Somewhere Else is presenting another celebratory week of world-class theatre, dance, poetry, workshops, comedy and cabaret created by women and non-binary artists from 14-19 May.

This independent collective of creatives is taking over Nottingham Playhouse again and the stages and spaces will be exploding with excitement, energy and equality - fuelled by the power of story, theatre, art and debate.

Highlights of 2019's festival include Ladykiller by The Thelmas, which had a sell-out run at the Edinburgh Fringe Festival and won the Pleasance Award at Vault Festival.

This year the

collective is partnering with Nottingham Women's Centre and working with Pamoja Women Together, a group of women who meet weekly at Nottingham and Nottinghamshire Refugee Forum. Supported by funds

from Arts Council England, the collective will be meeting with the Pamoja group throughout May sharing creative ideas and forming a focus group.

The collective has also created a brand new initiative for

people who want to attend the festival but may not be able to afford tickets. Money has been put aside to create a ticket fund: if someone would like to attend one of the events but cannot afford a ticket they can email: thepartysomewhere

else@gmail.com or call/text 07375665140 with their ticket request (max 2 tickets per request) and the collective will book and pay for tickets. Visit www.nottinghamplayhouse.co.uk or call the Box Office on 0115 9419419.

To promote an event in these pages call 01159 313879

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Buggy Walks in Attenborough

A free weekly guided walk around Attenborough Nature Reserve is taking place every Monday for new mums and dads. The walk will last around 45 minutes to one hour and is a great chance to get some gentle exercise and chat to other new parents. Attendees are welcome to head to the cafe for a natter after the walk. For more information email active@leisure.co.uk or call 0115 9173333.

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For more information head to our website www.visitsherwood.co.uk

- Sherwood Forest visitor centre, Forest Corner, Edwinstowe, NG21 9RN tel: 01623 677321

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Monday 27th - Friday 31st May **MAY HALF-TERM**
Create & Eat your very own pancake! **ACTIVITIES AVAILABLE ALL WEEK 11AM-3PM**
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Sunday 16th June **FATHER'S DAY**
Bring dad along to Kids World on Father's Day & get a Free Tea or Coffee & Cake (1 per family)

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22nd - 26th July **60'S & 70'S**
29th Jul - 2nd Aug **DISNEY & FAVOURITE CHARACTER DRESS UP**
5th - 9th Aug **Beach Week**
12th - 16th Aug **SKEGNESS CARNIVAL**
19th - 23rd Aug **Kids World Summer Week**
26th Aug - 30th Aug **back 2 Skool!**

DANCE & KEEP FIT | face painting | colouring competitions | COOK, MAKE & EAT | Fancy dress competitions

Further details will be posted on Facebook and on the website
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ADD CHEESE £1 EXTRA
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leave room for a pudding!

MAIN COURSE

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3 BEAN CHILLI with jacket potato or rice
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NON STOP FAMILY FUN...LIFTS & ESCALATORS

What's on



Ex Great British Bake Off star Howard Middleton

Hardwick Hall gets ready for Bank Holiday food festival

The stunning Elizabethan venue of Hardwick Hall in Derbyshire is the back drop again for the Great British Food Festival over the upcoming bank holiday weekend (4-6 May).

Over 100 different traders will be in attendance, amongst them artisan food producers and street food vendors who will be busy making, preserving, baking and packing, jams, cakes, cheese, sausages and lots of other tasty treats! Along with wonderful food and drink producers there will be a great line up of local bands, fantastic chef demos, foodie talks, man vs food competitions and a bake stage.

Dan Maycock, one of the organisers said: "We have got a great mix of local produce and best of British coming from further afield. On the hot food front you will be able to try anything from traditional hog roast to Mexican and Thai dishes, so hopefully something for all tastes!"

The Chef , Demo stage hosts a headline

name for each day, with ex Great British Bake Off Stars Howard Middleton, Julia Chernogorova and Sandy Docherty all doing demos over the weekend. Alongside the celeb chefs, some of the best regional talent will be showcasing their skills. From baking tips to fine dining know-how, the demo theatre is the place to be for any budding chef. On top of cooking up treats on the demo stage, the Bake Off Stars will be overseeing the popular Great British Cake Off, where amateur bakers compete head to head in three baking categories (see www.greatbritishfoodfestival.com for details and to enter), and best of all if you enter a cake you get free entry to the festival!

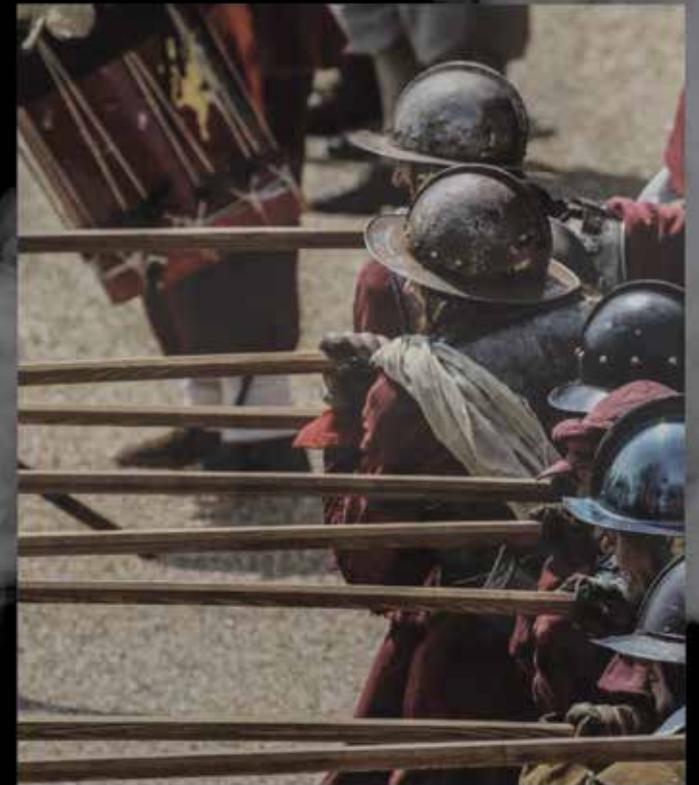
There is entertainment for all the family over the weekend, including kid's cookery lessons, free circus skills, and children's rides. With live music throughout the day from a play list packed full of top local bands, it's a great day out for the whole family. So bring a blanket and sit out for the day enjoying great food and drink, live music and beautiful surroundings. To book visit <https://greatbritishfoodfestival.com/hardwick-hall/>



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SUN 5TH & MON 6TH MAY

Come and see

Peppa Pig & George!

Saturday 4th to Monday 6th May 2019

Peppa Pig

One www.peppapig.com

Peppa Pig © Asling Baker, Dames Ltd/Entertainment One UK Ltd 2013

Join Peppa and her little brother George for an exciting day out for all the family. Peppa and George have been to the railway lots of times and are coming back again. The cheeky little piggies will be making personal appearances at intervals on each day... don't forget to bring your cameras!

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EXPERIENCE A UNIQUE SHOW

Experience a great traditional family day out this Spring at Nottinghamshire County Show. New for this year are three HOYS Qualifiers, including British Ridden Heavy Horse of the Year and, following on from the success of the dedicated 'Heavies Ring' in 2018, our Heavy Horse 'Village' will have even more to entertain, including 'working horse' demonstrations on both days. These working horses will also be taking part in the Heritage Harvesting parade in the Main Ring on both days.

This first show of the season showcases the best cattle, sheep, goats and pigs alongside superb equine events, including majestic 'heavies' and first-class showjumping. Classes and competitions run all day both days. In addition to the usual farmyard favourites will be gun dogs, hunting hounds, giant tortoises, and birds of prey. Children will particularly enjoy the antics of the animals in the Countryside Area and alongside old favourites like the Sheep Show will be fascinating

Russia, with fabulously costumed riders and dare-devil horses, performing to crowd-pleasing music and bringing a flavour of the legendary warriors on horseback, masters of sword, archery and outstanding gymnastic skills. Visitors can look forward to visiting the Farriery Competition marquee where they can watch experienced and apprentice-level farriers getting very hot under the collar as they demonstrate their horse-shoe making skills to compete for prizes. The marquee will be located near the Heavy Horse Village. Visit the recently rejuvenated Food Experience area to sample and buy tasty locally-made produce and then step next door to admire the gorgeous floral art displays in the Lady Eastwood Centre. With ample opportunity to shop for crafts, gifts and clothing, many items on sale will not be available in the high street stores. The Show benefits from plenty of food outlets where tasty snacks, two-courses lunches, hot and cold drinks, including beers and wine, can be bought. Offering a fun-packed weekend of family entertainment, the Show successfully combines tradition with modern-day life – from discovery and adventure to hands-on experiences and learning while you watch – there really is something for everyone.

demonstrations of heritage crafts such as coracle making and fashioning traditional hats from straw. A welcome sight will be the return of last year's very popular 8ft stilted animatronic character, Froojamaflip, and his hilarious sidekick, Fred the Gardener. Featuring as the main attraction is Dzhigitovka, an exciting Cossack trick-riding spectacular, straight from

See www.nottinghamshirecountyshow.com for further details and membership information.



What's on



From Scruffts to Crufts for Clooney and Willow

Two local dogs from Newark and Nottingham have won first place in their classes at Scruffts, the annual crossbreed competition run by the Kennel Club. Read all about it on page 3.

Off to Hollywood with Nottingham Symphony Orchestra



Nottingham Symphony Orchestra's (NSO) next concert is set to transport audiences of all ages to the Hollywood hills.

The 70-strong ensemble will return to the Albert Hall at 4pm on Sunday 12 May with guest soloist, 13-year-old Aminata Kanneh-Mason and BBC Radio Nottingham's Frances Finn, who will comper an American extravaganza.

"We're looking forward to performing a number of film themes – including: Robin Hood: Prince of Thieves, Back to the Future and The Incredibles," said NSO's guest conductor Keiron Anderson.

He added: "Aminata – who is of course part of Nottingham's most famous musical family – will be joining us for the theme from Schindler's List. She is an incredible violinist and we're really looking forward to playing alongside such a uniquely talented young musician."

The concert starts at 4pm and there will also be an American-themed menu available following the performance.

Tickets are available via ticketsource.co.uk/nottinghamssymphonyorchestra or on the door.

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Panto stars announced at Nottingham's Theatre Royal



The Theatre Royal Nottingham have announced their star-studded line-up for the ultimate family pantomime this festive season, starring Coronation Street's Les Dennis and Connor McIntyre who will swap the cobbles for clutch bags as the Ugly Sisters, alongside Pop Idol star Gareth Gates as Prince Charming, with Richard Cadell and Sooty starring as Buttons from Saturday 30 November.

Television pre-

sender, comedian and actor Les Dennis has been a mainstay of British entertainment since he won the 1974 talent show New Faces. His appearance propelled him to stardom with featured spots on light entertainment shows including The Laughter Show and Les hosted Family Fortunes for an unprecedented fifteen-year run. In 2014, he joined Coronation Street as Michael Rodwell, a petty criminal who met his demise at the hands of his fellow

Ugly Sister, Pat Phelan. Connor McIntyre has previously appeared in The Governor, A & E, Murder City, See No Evil, Wire in the Blood, Law and Order, London's Burning and Casualty. He is best known as the malevolent main-

stay of ITV's Coronation Street, Pat Phelan, since he made his debut in 2013.

Gareth Gates rose to stardom in 2002 as runner-up in the UK's first Pop Idol. In a phenomenal career that followed, he has sold more

than 3.5 million records in the UK, released three albums and had four UK number one singles.

They will be joined by the television, stage, comic book, animation and film star Sooty, ably supported by his guardian, co-host, funny man

and illusionist Richard Cadell. Sooty made his screen debut over 67 years ago and in that time has delighted audiences of millions worldwide. To book tickets go to the website www.trch.co.uk or call the Box Office on 0115 989 5555.

Inside the Spiegeltent

There are so many exciting events taking place in Nottingham's marvellous Spiegeltent. Here we spotlight two at the beginning of May that offer fun for all the family.

On Monday 6 May Circus Hub presents an amazing array of performers inside the beautiful velvet-draped Spiegeltent. The audience can delight in a variety of home-grown acts, Circus Hub students and professional performers, in a space where traditional circus meets the contemporary for an evening that is sure to delight and surprise. Expect dancing, acrobatics, aerial silk, aerial hoop and contortion.



On Tuesday 7 May, The Penguin and I tells an absurd story of a man chasing a penguin through his memories in an attempt to piece together events from the previous night. It's one not to miss! For more information go to www.visit-nottinghamshire.gigantic.com



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Care



Caring for number one

Are you a carer that is responsible for looking after somebody else? Whether it's a friend, relative or neighbour, in order to take care of another person responsibly, it's important to take care of yourself too. Here's just a few of the ways you can look after your own health and wellbeing while also caring for somebody else.

Get organised

Not only will this help you to be more productive throughout the day, it will stop you from getting stressed and feeling as though things are getting on top of you. A daily planner is great as it will help you to prioritise tasks and manage your time well.

Eat well

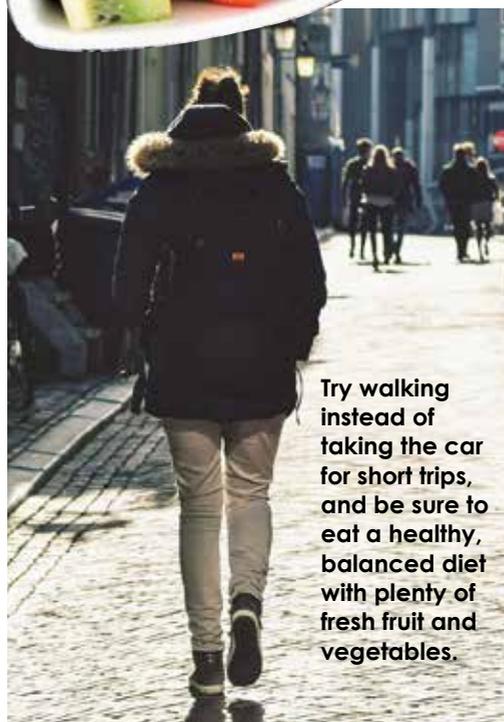
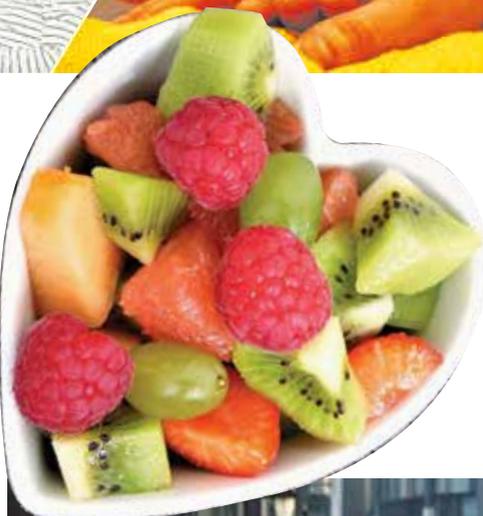
Fuelling yourself well for a busy day is so important but it's no good filling up on sugar laden treats or fatty meals. Instead, be sure to eat a healthy, balanced diet with plenty of fresh fruit and vegetables.

Ask for help

Though pride plays a big part in not wanting to ask others for help when it comes to caring for a friend or relative, it's important that you do. If you feel as though things are getting too much and you need a rest, ask somebody that both you and the person that you care for trust to step in for a few hours.

Exercise

Though fitting in regular exercise with a busy schedule can sometimes be a challenge, there are ways that you can incorporate it into your daily routine. Try walking instead of taking the car for short trips and invest in some small weights and a mat for at home strength training sessions.



Try walking instead of taking the car for short trips, and be sure to eat a healthy, balanced diet with plenty of fresh fruit and vegetables.



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www.childbasepartnership.com

Ref: VMH19

Education & training

It's never too early to plan your child's future

Whether your little ones are just starting nursery, venturing up to primary school or taking the big step up to secondary education as a parent you will always worry if they will be ok. Are they going to make friends? Will they enjoy their classes? The list of questions can seem endless.

One key role is being involved in your child's education journey and playing a supporting role in helping them through the process of learning and fitting in at school. The main thing is to ensure is that your child enjoys day-to-day life

when at school and this starts with choosing the right place for them to learn. Somewhere they can excel.

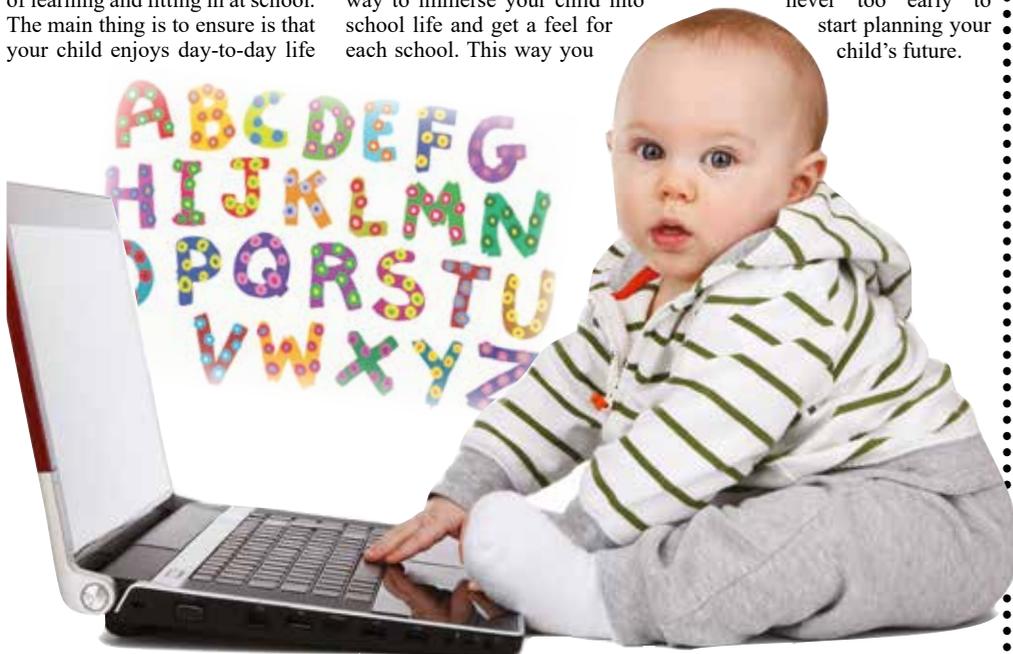
It can be a tricky decision and there are plenty of things to consider from logistics such as location and transport to ensuring your child is happy and surrounded by friendly faces.

Attending open days to look at timetables, classroom spaces and get to know teachers is a great way to immerse your child into school life and get a feel for each school. This way you

can be happy knowing what your child is going to study, where they're going to play and if they require any extra assistance.

Start by sitting down with your family and outlining your priorities when choosing a school, this way you will all be on the same page and can ensure everyone is happy with the final decision.

With many places on offer in a plethora of local schools it's never too early to start planning your child's future.



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Home improvement



Your dream conservatory

If you are keen to add more space to your home, increase its value and benefit from somewhere different to relax, a conservatory may be your best option – but how do you go about designing one that is perfectly suited to you?

Conservatories provide the perfect at-home sanctuary all year round, but it's important that you design one that is fit for purpose, enhances your home and is also in keeping with the style of your house.

If you are planning to sell in the future and want to add value to your property, a conservatory is a great option, but it will need to be designed and installed carefully, otherwise you run the risk of losing money in the long run. Size is really important – remember that if the conservatory is too small, there won't be much potential to use the space well, but if it is too big then you run the risk of taking over your garden and making your house look smaller than it is.

Once you have your conservatory, the next

thing to do is decorate it. Carefully consider the mood that you are keen to create – if you want something that feels outdoorsy, almost like an extension of your garden, opt for tiled floors and patio style furniture. Alternatively you

could have carpet and soft furnishings for a cosier feel. However you choose to decorate or use your conservatory, enjoy its potential both as an extension of your home and as a way to make more money when you come to sell.



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