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## A DAZZLING CAST TAKE TO THE STAGE

The Palace Theatre Newark has announced the full cast for this year's Christmas pantomime, Aladdin. See story on page 6.

## Exceeding Expectations at Local Primary School

A Nottingham primary school has been praised for creating a happy and respectful environment that encourages children to improve and expand their horizons.

Ofsted inspectors said Robin Hood Primary has a sense of 'calm and purpose' - and that improvements in teaching are making a positive impact on pupils' progress and attainment in maths.

Rating the school as 'Good', the education watchdog identified the main factors driving improvement as the contributions

leaders at all levels make to improving teaching and learning, the readiness of staff to share their skills and learn from one another, the raised aspirations of pupils, parents and carers and much more.

Inspectors said: "Staff are proud to work at Robin Hood Primary School. They judge that it is continually improving. Pupils learn and play happily together. They are friendly and show respect towards visitors, staff and one another. They speak enthusiastically about their learning across the curriculum."

The latest report means that the school, in Beckhampton Road, Bestwood Park, has maintained its 'Good' rating.

Commenting on the report, Head Teacher Nicola Bridges said: "We work closely with parents, governors and our wider community to ensure children are at the centre

of everything we do.

"I'm very proud of the dedicated staff team who go above and beyond to ensure we challenge and support pupils to aim high, excel and exceed expectations."

Councillor Neghat Khan, Portfolio Holder for Education and Skills in Nottingham, said: "We're working with partners from across Nottingham to ensure that all schools can replicate the kind of success being shown by Robin Hood Primary. By working together as a city, we hope that all schools will be rated as 'Good' or better. Our children deserve nothing less."

Currently, 87% of children in Nottingham go to a school that is rated as 'Good' or 'Outstanding' by Ofsted - that's the highest in the East Midlands and above the national average.

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# BRAVE SHAVE

## for Local Hospice

A terminally-ill woman from Derby has shaved her head and had a unicorn painted on it, to fundraise for local charity Treetops Hospice Care.

Jo Butlin, 47yrs, from Shelton Lock, attends the Day Care Services at Treetops once a week and wanted a way to thank the hospice for the care she receives.

Treetops, based in Risley, provides nursing care and emotional support for adults with life limiting conditions living in Derbyshire and Nottinghamshire.

Jo explained: "I am a brittle asthmatic which

means I can become severely poorly within minutes. Because of the medication I'm on to try and control it, it's caused me to become diabetic and I also have a heart problem.

"Treetops is one place I feel safe because my condition is so up and down. I like to be where I can be safe and there's help if I need it."

Jo's head shave took place on Friday 31 August at her regular Day Care session at Treetops and was streamed live on the Treetops Facebook page.

Jo really wants to meet her fundraising target: "I love this place dearly. It's my lifeline and I know Treetops, even after I'm gone, will be there for my boys. The work Treetops does isn't just now, it's for the future. I know what it's like to lose your mum and my boys are losing their mum a lot younger than I was.

"My fundraising target is £500 and it would be lovely to meet that – a way of saying thank you to Treetop and securing that future."

Those who wish to sponsor Jo should head to her JustGiving webpage: [www.justgiving.com/fundraising/unicornjo](http://www.justgiving.com/fundraising/unicornjo).

## Information

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## Day of Action Hailed a Success

A Day of Action to help make two areas of Newark Cleaner, Safer & Greener has been hailed a great success with waste collected the weight equivalent of a double decker bus.

A team of community volunteers along with staff from Newark and Sherwood District Council and partner organisations spent a day in Yorke Drive and Winthorpe Road as part of the clear up, which yielded 13.5 tonnes of rubbish.

They were involved in an extensive programme of works including a community litter pick and street deep cleanse. Overgrown hedges were pruned, grassed areas cut and fences repaired by the council's grounds maintenance team.

Regrettably, just hours later some streets were spoiled by litter bugs and fly-tipped waste, but the district council, which organised the Day of Action, has warned

that there will be a stronger focus on enforcement and will seek the maximum possible penalties for those involved in environmental crimes.

The Day of Action initiative, the first of three across the district, was organised as part of the district council's campaign, Making Newark and Sherwood Cleaner, Safer & Greener.

Council leader, Councillor David Lloyd said: "This was an excellent effort from volunteers, staff and partners and I would say thank-you to everyone who took part. The challenge is, however, to keep the streets maintained as such, – and we all have a responsibility to do that.

"This campaign is also about education as much as it is about action and we can all do more to look after the places where we live to ensure that it stays Cleaner, Safer & Greener."

## NEWS in brief...

### Time to Nominate Your Hospital Hero

Sherwood Forest Hospitals' patients and visitors only have until 5pm on Friday 14 September to nominate their staff hero for a special award.

If you've experienced outstanding care first hand, this is your opportunity to recognise the member of staff and thank them.



Anyone can nominate in The People's Award category and nominations can be made for whole departments, ward teams, an individual member of staff or support team members who work at King's Mill Hospital, Newark Hospital or Mansfield Community Hospital.

Nominations can be made via an online form on the Sherwood Forest Hospitals website.

Please provide your name, telephone number, your nomination and reason for nominating in no more than 200 words.

The winner will be revealed at a prestigious ceremony on the evening of Friday 9 November 2018.

### Local School Shortlisted For Business Award

Nottingham Business School (NBS) has been shortlisted for Business School of the Year in the Times Higher Education Awards. The awards are widely recognised as the Oscars of the higher education sector and celebrate the talent, dedication and innovation of individuals and teams across all aspects of university life.

Professor Baback Yazdani, Dean of Nottingham Business School, said: "At NBS, we believe in the value of combining academic excellence with real and positive impact on business and society.

"Our colleagues work tirelessly with every student to create a truly exceptional student experience tailored to the needs of each learner. The result is that our graduates are very successful and sought after by employers across the country and the world."

The winners of the Times Higher Education Awards will be announced on Thursday 29 November at the Grosvenor House Hotel.

### Nottingham to Enjoy UEFA Tournament

Nottingham will host international women's football matches in 2021 if the Football Association's bid for England to hold the UEFA Women's European football tournament is successful.

Notts County FC's Meadow Lane stadium is one of eight named in the FA's bid, including Wembley to stage the final.

The FA submitted its bid on 29 August, with a decision on the successful host nation to be taken in December. Four matches would take place at Meadow Lane, with the hope that they would each attract crowds of 20,000, along with a massive TV audience.

Notts County chairman and owner Alan Hardy said: "We are absolutely delighted that the FA see us a worthy host for this prestigious tournament.

"Should the FA's bid be successful, this would be hugely exciting news for the city and we await the outcome with great anticipation."



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**NEWS in brief...**

**International Tennis Returns to Nottingham**

A host of international players are in action at the Nottingham Tennis Centre this week, competing in the GB Pro-Series men's \$15k event, which is taking place on the outdoor hard courts from Sunday 9 – Saturday 15 September.

The list of entries is headed up by Billy Harris, who frequently spends time at the family home in the East Midlands. Other Brits in action include Marcus Willis and Jack Draper.

The draw in Nottingham will see players from all over the world vying for the title.

Tournament Director, Richard Joyner, said: "This is a great opportunity to see some potential future stars in action. There's a great blend of up-and-coming juniors looking to make their mark on the professional game, together with some more seasoned campaigners."

The men's singles final is scheduled for Saturday 15 September at 11am, with the doubles final and singles semi-finals on Friday 14 September from 11am. Entry for spectators is free of charge.

Nottingham Tennis Centre,  
University Boulevard,  
Nottingham, NG7 2QH



**Toton Goes Wild for Nature Reserve**

Residents celebrated Toton Field Local Nature Reserve as part of a special 'Wild About Toton' event to officially open improvements to the site. The event, sponsored by United Living (North) and East Midlands Efficiency (EEM), was the culmination of two projects to improve access and habitat on the site.

Working in partnership the Friends of Toton Fields, Broxtowe Borough Council were able to attract over £25,000 of funding from Tesco "Bags of Help" and Wetland Landscapes For All, to improve paths and access, allowing a wider range of the local community to enjoy the site.

The Friends Group are always keen to welcome new members, if you would like to get more involved in your local wildlife sites please get in touch: [www.freewebs.com/friendsoftotonfields/](http://www.freewebs.com/friendsoftotonfields/).



**Street collection for the benefit of NOTTINGHAM PLAY FORUM LTD (PlayWorks)**

On 1st August 2018, at the free Celebrate Play event in the Arboretum Park, £43.25 was collected for local charity PlayWorks under a permit granted to Heather Beasall. No expenses were incurred.

# NOTTINGHAM COCKTAIL WEEK WINNERS

**NOTTINGHAM COCKTAIL WEEK RAN FROM 3 TO 9 SEPTEMBER 2018**

Summer at Starkey's created by Bar Iberico has been named as Nottingham's Best Cocktail in a competition organised by the Nottingham Business Improvement District (BID) as part of It's in Nottingham Cocktail Week.

The cocktail also won the collaboration category which involved bars creating cocktails in collaboration with other Nottinghamshire based companies.

Dora Paroda from Bar Iberico, who created the cocktail on the evening of the competition said: "It's unbelievable that one of our cocktails won the category and took the overall title too – I'm so happy."

Hart of a Lion created by Hart's Hotel & Restaurant was crowned the winner of the Twist on a Classic cocktail. In the third category – a cocktail inspired by a Nottingham personality – the winner was a Cherry Bendigo created by Curious Manor.

Below: Dora in action creating Summer at Starkey's.



Richard Johal, Dora Paroda and Andy Crawford



Aidan Marshall and Dora Paroda with Charles Reid



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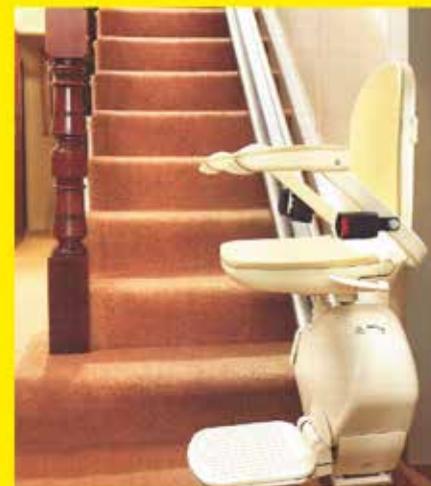
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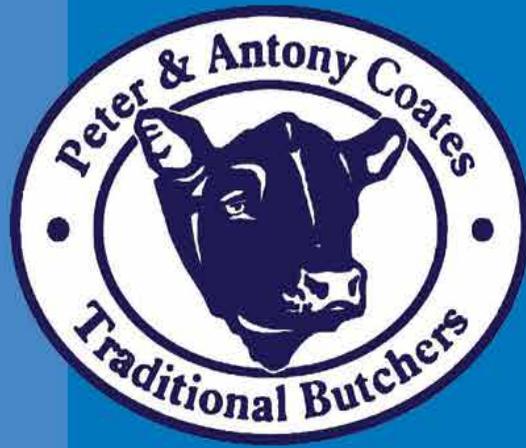
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## NEWS in brief...

### Connecting Those Living With Dementia

Cranwell Aviation Heritage Museum have created a memory box enabling people living with dementia to connect with fond memories and explore their youth. Memory boxes are designed to help recall events and people from the past which can stimulate conversation with loved ones.

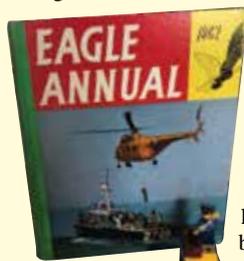
The memory box is available to hire by residential homes and community organisations for only £3 per week;

and has been put together to enable people living with dementia to connect with the items by being able to touch and use other senses which become more important as Alzheimer's progresses.

"The items we have selected for the box cover a number of decades," says

Museum Supervisor, Angela Riley. "We want to make sure that as many people as possible can make a connection with these items."

For more information about the memory box or about visiting the museum, please contact Cranwell Aviation Heritage Museum on 01529 488490.



### Let's Ride Nottingham Sunday 16 September

Get active this weekend with Let's Ride Nottingham, a cycling festival hosted by HSBC UK, partnered with Nottingham City Council to encourage exploration in the city.

The roads will be closed to traffic during this fantastic street festival, giving cyclists the freedom to whizz around as they please – what's more the event is completely free.

This festival welcomes anyone on a bike with plenty of music, food and drink, demos, giveaways, challenges, activities and lots of fun on offer for every age, meaning there is something for everyone.

The 5k distance is optional with different routes available. As the roads are closed it makes it easier and safer to join and exit the course whenever you like so you can take pit stops when it's right for you.

For more information or to download the route map, visit [www.letsride.co.uk](http://www.letsride.co.uk). The event is 11am – 3pm and starts at the Meadows Recreation Ground, Nottingham – see you there!

### Let's Hustle

The streets of Hockley will come alive on 28 October with a daylong festival celebrating music, art and food in the city's vibrant culture hub; Hockley Hustle is back and is set to be better than ever.

With over 300 Nottingham acts performing across 35 venues, Hockley Hustle is a lively, local celebration in the heart of the city.

Hockley Hustle also creates a buzz on the streets with its unique carnival atmosphere. Expect jugglers, stilt walkers choirs and samba bands, perfect for keeping the whole family entertained.

The Hustle may seem like it's all about the music but it also supports a number of local charities, ensuring that it gives back much more than just great sounds.

Tommy Rosley and Ben Welch, directors of the festival said: "Once again we're looking forward to raising some much needed money for local charities and celebrating Nottingham culture,

"We sold out early on the day last year, so get your tickets in advance to guarantee entry."

For more information about the Hockley Hustle visit <https://hockleyhustle.co.uk/>.

## Skills Put "Wheels In Motion"

Skills Holidays, a family business based in Radford Nottingham, has seen considerable growth over the last three years since its humble beginnings in 1919.

The company, also known as Skills Motor Coaches, was founded almost 100 years ago by the current chairman, Nigel Skill's, grandfather whose first job was as a driver delivering fish.

Nigel took over the business in 1987 when he bought it from his father. Prior to this Nigel and his father had been fierce competitors in the transport market. Working alongside each other meant that the business could continue to grow from strength to strength still under the Skill family leadership.

The business has grown steadily in the past 31 years since Nigel has been at the helm with turnover increasing to over 20 million from around 8 million in 2015.

"As the business has grown so has the team in charge and we have recently restructured as a business, ensuring there is a tight management team in

place to help us strengthen." explained Nigel Skill, chairman.

"I've looked to recruit highly skilled management staff from other industries which has brought fresh ideas to the traditional business model."

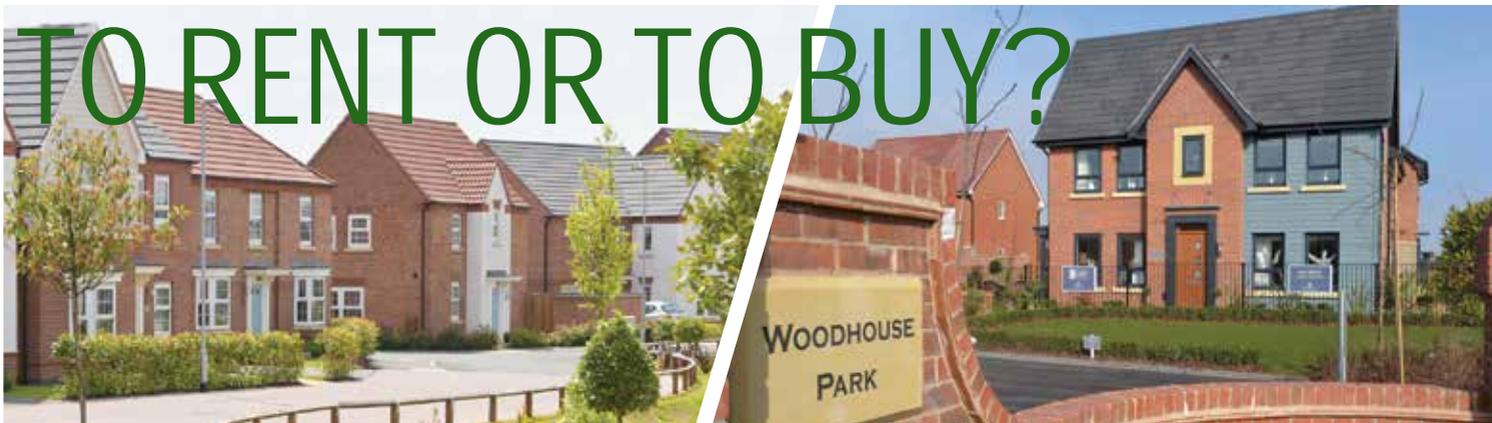
Coaching holidays make up a large area of the business and Skill's take passengers on breaks across the UK and Europe. Skills has made many different offerings to the coaching holiday market, from budget holidays to luxury travel on high spec. vehicles with a door to door service.

Next year the company reaches an impressive milestone of 100 years in business which reflects the success Skills has had, enabling the company to grow in an ever-changing sector.

For more information or to book your coach holiday, visit [www.skills.co.uk](http://www.skills.co.uk).



## TO RENT OR TO BUY?



Leading homebuilders Barratt Homes North Midlands and David Wilson Homes East Midlands are breaking the myth that renting is the cheaper option for Nottinghamshire residents.

Monthly renting costs are often higher than mortgage payments now interest rates are at an all-time low and the first step onto the property ladder may be more manageable than many people first think.

A recent survey conducted by the developer has found that 44% of Nottinghamshire residents believe that mortgage repayments are more expensive than monthly renting costs, a myth which it is keen to break.

The homebuilder is also reminding those choosing between renting and buying of the benefits of owning a property, which include a sense of security, the freedom to make your house a home and knowing your money is going towards a financial investment.

Jan Ruston, Sales Director at Barratt Homes North Midlands, said: "Purchasing your first home can seem daunting but for many people it may be more achievable than it seems. With no Stamp Duty to pay for first time buyers on properties up to £300,000, low interest rates and initiatives such as Help to Buy, now is the perfect time to make your first move."

Help to Buy is a boost for those looking to buy a property under £600,000. Under the scheme property seekers can purchase their new home with a low 5% deposit and 75% mortgage, with the remaining 20% made up from an equity loan provided by the government.

Jan added: "We want to change the perception that buying a home is out of reach and are asking first time buyers, why rent when you can buy? It is not the case that renting is more expensive than buying and monthly mortgage repayments can be less than rent."



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# Notts Professionals Celebrate Charity Fundraising

Nottingham Hot Property (NHP) officially launched on 6 September, hosted an event to thank its generous sponsors and introduce its charity of the year, PASIC.



Nottingham Hot Property (NHP) officially launched on 6 September, hosted an event to thank its generous sponsors and introduce its charity of the year, PASIC.

Held at PRZYM, the evening was sponsored by Invest in Nottingham and celebrated NHP's fantastic sponsors. For more than 14 years, Hot Property has been one of the most hotly anticipated events in the business calendar and has raised in excess of £250,000 for children's charities across Nottingham, making a positive change to many vulnerable children's lives.

The chosen charity for NHP 2018 is PASIC, a Nottingham and

Leicester based charity which aims to support families of young people who are being treated under the East Midlands Children's and Young Person's Integrated Cancer Service (CYPICS).

Lynne Farrage, PASIC chair of trustees, said: "We're really excited about working with Hot Property and all the businesses involved. This kind of support and partnership is vital to a small charity like PASIC and the money raised will go directly to helping local families cope

with childhood cancer making a big difference to the lives of those we support."

Leona Bowery, events and project manager at Invest in Nottingham, said: "We're delighted to sponsor this Hot Property event - it was great to see so many professionals come along to celebrate the launch.

"Nottingham needs events like this, as it not only boosts the profile of the city and the property sector, but also raises money for fantastic local charities such as PASIC."

For tickets to the event in November, visit [www.nottinghamhotproperty.com](http://www.nottinghamhotproperty.com) or to get on the gig list contact Max Kwan at [mkwan@rhdevelopments.com](mailto:mkwan@rhdevelopments.com).

## Conserving Wildlife in Sherwood Forest

Nottinghamshire Wildlife Trust was delighted to receive a donation of £3,000 from Center Parcs Sherwood Forest recently, raised by the carrier bag levy. The charity is one of several Wildlife Trusts around the country that have received donations from Center Parcs, who raised it from their guest payments of the 5p charge for single-use plastic bags.

Erin McDaid, Head of Communications & Marketing at Nottinghamshire Wildlife Trust said: "We are very grateful to Center Parcs for this generous donation, which comes on top of their long-standing support for our work - they are one of our longest-standing corporate members."

Erin continued, "This

donation will help us to carry on our work of protecting the wildlife and wild places across Nottinghamshire and will be of particular help with our efforts to restore and reconnect areas of Sherwood Forest heathland."

Richard Watson, Landscape Asset Manager for Center Parcs said: "It felt right to donate our carrier bag levy funds to a charity which helps the environment and we know that Nottinghamshire Wildlife Trust will make great use of this money. Our organisations have worked together for many years, sharing a passion and commitment for protecting wildlife and ensuring that native Nottinghamshire species flourish and do so for many years to come."



## A DAZZLING CAST TAKE TO THE STAGE

From page 1

The Palace Theatre Newark has announced the full cast for this year's Christmas pantomime, Aladdin. Already announced are Hayley Tamaddon, best known for Emmerdale and Dancing on Ice, as Princess Jasmine and Tim Freeman who returns as that most-famous of pantomime dames, Widow Twankey. Joining Hayley and Tim will be Jenny Perry as Aladdin, Andrew Piper as Abanazar, Lucy Keirl as So Shi and Emily McGlynn as the Spirit of the Ring.

The principal cast is completed by two familiar faces to Newark, Kevin McGreevy as Wishee Washee and Connor McAllister as the Genie of the Lamp. Kevin said "I have been reunited with my Newark panto mum Tim Freeman, who I'm looking forward to working with again!"

Many of the cast will be in Newark on Saturday 15 September for the annual pantomime launch,

where they will be out and about at the Palace and in the town between 11am and 1pm. Carys Coulton Jones, Business Manager for Heritage, Culture and Visitors, said "we love having the panto cast come to visit. Everyone in town is always really excited to see them around in their colourful sparkly costumes and it's a great reminder that there are less than three months until Aladdin opens".

Saturday's launch is the first day of a panto-focused weekend with Sunday 16 September seeing open auditions for the Aladdin Junior Chorus. Registration for auditions takes place at the Palace between 9.30am and 10am. Children aged between 9 and 16 are eligible to audition; more information can be found at [www.imagine theatre.co.uk](http://www.imagine theatre.co.uk) or by contacting the Palace Theatre Box Office on 01636 655 755 to request a registration form.



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### UPCOMING EVENTS

Spinal Surgery Information Evening <b>Wednesday 19th September</b> 6.30pm Mr Khalid Salem	Cosmetic Surgery Information Evening <b>Thursday 1st November</b> 6.00pm Mr Tariq Ahmad	Cataract Information Evening <b>Thursday 15th November</b> 6.30pm Dr Aasheet Desai
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# Refurbishment of Nottinghamshire Primary School

J Tomlinson has handed over a newly refurbished primary school in Nottinghamshire – in time for the start of the new school year.

Located in Carlton, Nottinghamshire, Haddon Primary and Nursery School specialises in the education of pupils aged between three and 11, and is part of the Flying High Trust – a multi-academy trust comprising 22 primary schools located across the East Midlands.

Since its creation in 1976, the school had been confined to one level, with classrooms separated by curtains. J Tomlinson was appointed by the Trust to undertake refurbishment works throughout the school, which would include the creation of permanent classrooms, updated toilet facilities, and new flooring.

The project, which commenced in July 2017, also entailed the construction of a new assembly/sports hall, a library, and a sensory room.

Works were phased to minimise disruption to pupils, staff and visitors, with the refurbishment of the year six classroom and corridor undertaken during the 2017 summer holidays.

Head teacher Nina Capek added: "We are already seeing that the improved environment is having a positive effect on everyone, par-

We are already seeing that the improved environment is having a positive effect on everyone, particularly with regards to teaching and learning – Head teacher Nina Capek

ticularly with regards to teaching and learning.

"Lessons can now be far more exciting as we no longer need to worry about lack of space or disturbing the other classes."

Pete Woods, construction director at J Tomlinson, commented: "It has been a pleasure to work with Haddon Primary School and to oversee the school's considerable transformation over the past twelve months. We are particularly heartened to see what the refurbishment works means to pupils and staff; it's great to hear how the learning environment has flourished across the school. We look forward to continuing our relationship with the Flying High Trust."



## BROXTOWE BOROUGH HONOURS MERCHANT NAVY



Broxtowe borough honoured the Merchant Navy on 3 September with a special flag raising ceremony to mark Merchant Navy Day.

Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM joined Deputy Lieutenant Commander Judith Swann, Youth Mayor, Alfie Russell, The Rt Hon Anna Soubry MP and representatives from Sea Scouts to raise the Red Ensign outside the Town Hall in Beeston.

At the same time, hundreds of places across Britain also took part in Seafarers UK's Fly the Red Ensign campaign, to honour those who kept our island nation afloat during both world wars, and to celebrate the modern day Merchant Navy seafarers who are responsible for 95 per cent of the UK's imports.

Since the start of this century, 3rd September has been the UK's designated Merchant Navy Day.



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facia and interior decor as part of an ongoing programme of refurbishment, in keeping with our luxury brand partnerships.

Watts stock a large range of competitively priced diamond rings and as an official stockist of brands such as, Omega, TAG Heuer, Bremont, Mont Blanc, Longines, Tissot, Mondaine, you can buy confidently with the knowledge of having the utmost in after care and service.

The buying, selling and part exchange of pre-owned watches and jewellery is also a growing speciality of the business.

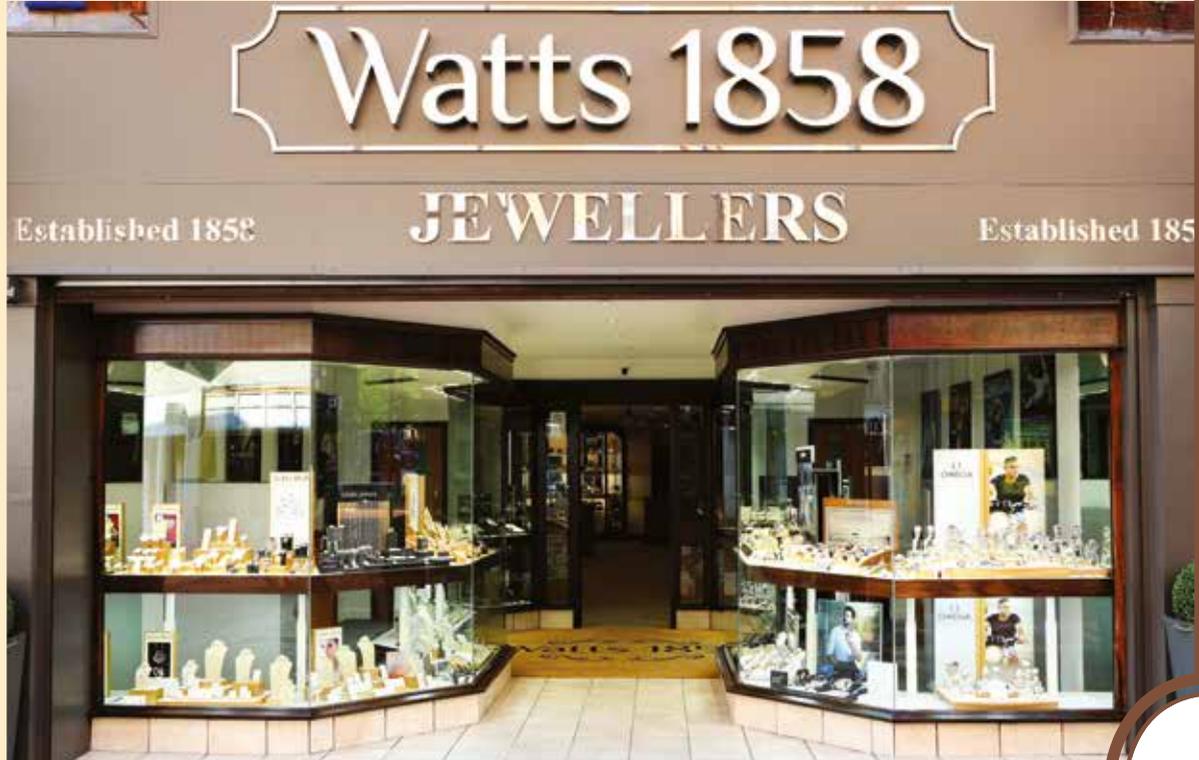
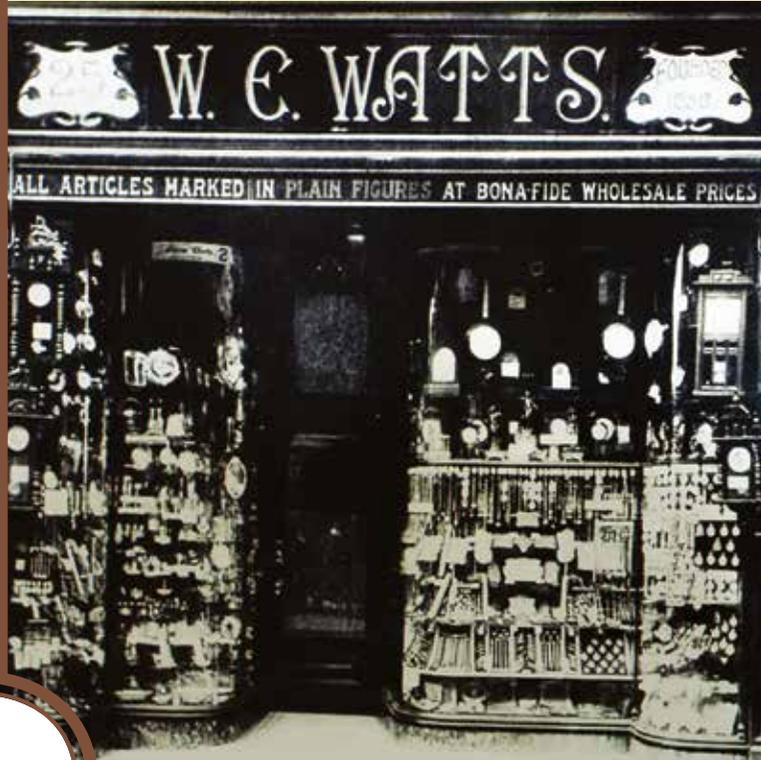
Mont Blanc pens and leather, Georg Jensen jewellery, Fope, Kreiger and Ti Sento are also exclusive to Watts 1858 in the Derby area. Also available alongside our extensive 18ct gold, diamond and platinum jewellery lines is a range of locally produced Blue John jewellery.

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# Transforming Healthcare in Nottingham

The team of NHS staff who are very often behind the scenes of patient care have been recognised for their achievements in the first awards ceremony of its kind, organised by Nottingham University Hospitals NHS Trust (NUH).

The awards are designed to highlight the remarkable achievements of Allied Health Professionals, Healthcare Scientists and Pharmacists in transforming healthcare at NUH. It showcased how staff

have innovated and improved services for patients across QMC, City Hospital and Ropewalk House.

There were six categories in this year's awards, which were nominated by NUH staff, and patient representatives were on the judging panel choosing the winners of each category, including the Rising Star Award recognising young talent; the Pharmacy Team Award and the Chief Scientist's Award.

Anna Bangiri who accepted

the award on behalf of Nottingham Radiotherapy Centre said: "It was a great honour to be a finalist let alone to win the Team Award on behalf of the Radiotherapy Centre. These awards are an excellent way of recognising the hard work and achievements of health professionals at NUH."

The Transforming Healthcare Awards were held at the Postgraduate Education Centre at Nottingham City Hospital, the ceremony was funded by the

Nottingham Hospitals Charity and hosted by Tracy Taylor and NUH's Deputy Medical Director, Dave Selwyn.

Tracy Taylor, NUH's Chief Executive, said: "The awards have been such an inspiration, showcasing the exceptional work of those who very often go above and beyond to continually improve our services, innovate with new techniques and always strives to provide the very best care for our patients and their families."



The luxury Nottinghamshire day spa, Eden Hall, is set to fight away the 'back to work bugs' this autumn by launching an exclusive 'Revitalise Me spa day' in September and October.

With this week being National Spa Week (10 - 17 September), Eden Hall's 'Revitalise Me spa experience' comes just at the right time. The exclusive package will include a 40-minute immune boosting spa treatment, helping combat cold and flu symptoms in time for the up and coming winter months.

Guests will enjoy full access to Eden Hall's beautiful spa facilities, including a pool, heated rooms and gym.

On top of this, and included in the new spa offering, will be a mouth-watering three course lunch in the restaurant to leave guests feeling totally ready for the winter chill.

Managing director at Eden Hall, Nerys Chell, said: "We are so excited to launch the 'Revitalise Me spa day' in tune with National Spa Week to leave our guests feeling revitalised and ready for the winter."

Eden Hall's 'Revitalise me' spa day is running throughout September and October. Prices start from £120 per person. For further information about Eden Hall and the spa days they are offering, please visit [www.edenspa.co.uk](http://www.edenspa.co.uk) or call 01636 525555.

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# Actress appointed Avery Healthcare Ambassador

Avery Healthcare is delighted to announce that stage and TV actress and media personality Sherrie Hewson has been appointed as an Ambassador for its care home group.

Now passionately concerned about the senior adult social sector, following on from her own mother's experience of being in care, she is very interested in the Avery quality approach to care and standards delivered in resident services. She sees that Avery are at the forefront of best in practice in the sector and is keen to support the importance and meaning behind good care and services and get involved with what Avery do. Conscious that "We are all going there" in her terms regarding later life, she is now a prominent voice in the quest for better care for those needing support in the senior generation. She was therefore keen to get behind the Avery model and message.

Sherrie is currently one of the key characters in Benidorm on ITV, as character Joyce Temple-Savage, which is soon to tour UK theatres as a stage show from September. Amongst many career highlights to date she appeared for 14 years on Loose Women, had two stints in Coronation Street as Maureen Webster, appeared as Lesley Meredith in Emmerdale, spent ten years on the Russ Abbot Show, and appeared on Crossroads and In Loving Memory. She also appeared in Z Cars and Carry On Behind and Carry On Laughing.

Sherrie will be visiting all 54 of the Avery care homes around the country in the next year and bringing her energetic and lively personality to delight the residents and staff alike.



Sharon Winfield (Chief Operating Officer, Avery Healthcare) and TV actress and media personality Sherrie Hewson.

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Ruth Harrison and Paula Evans



## Nurses Raise Awareness as Part of World Sepsis Day

Nurses from Sherwood Forest Hospitals will be working with people in the local community with learning disabilities this World Sepsis Day to raise awareness of the life-threatening condition and infection.

World Sepsis Day takes place every year on 13 September and this year nurses at Sherwood Forest Hospitals will be visiting Mansfield and Ashfield Day services to talk about infection, prevention and how to spot the signs of sepsis.

Sepsis usually occurs when the body is fighting an infection

and happens when the body's response to an infection injures its own tissue and organs. Last year, doctors and nurses at Sherwood Forest Hospitals' three hospitals treated more than 1400 people for sepsis. Sepsis is preventable and can be treated if diagnosed early enough which is why it's so important that people know how to spot symptoms.

Sherwood Forest Hospitals' Lead Sepsis Nurse, Paula Evans, said: "We wanted to do something a little bit different this World Sepsis Day,

"The aim of our visits is to

help people understand and gain more knowledge about how to prevent infections in the first place and then how to spot the signs and symptoms of sepsis developing."

Current performance indicators show that Sherwood Forest Hospitals is one of the best-performing hospital Trusts in the country for diagnosing and treating patients with sepsis and has been recognised in a number of awards, including HSJ Awards and Patient Safety Awards, for the work that has been done.

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# Alchemilla Owner Named 'Chef to Watch'

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Alex Bond, Chef and owner of Alchemilla restaurant in Nottingham has been named as the Chef to Watch in the Waitrose Good Food Guide for 2019 which is a huge accolade for Alex and the team.

The Waitrose Good Food Guide described Alchemilla as: "one of our biggest (and best) surprises this year. It was the energy, confidence and passion coming from the kitchen that grabbed our attention, a first solo venture from a former Sat Bains chef. Alex Bond's ambitious but unstuffy restaurant is a hive of activity that shifts the spotlight

from meat to plant-based cooking. By using creative techniques to put something unique and delicious in front of diners, Alex shows a perfect understanding of the way we want to eat now."

Since opening in August 2017, Alchemilla has attracted a loyal following of diners who want to eat beautiful plant-based menus in a relaxed and calming space, a stone's throw from the city centre of Nottingham but hidden away in a former carriage house.

Prior to opening his own restaurant, Alex worked with some of the

country's best chefs including Sat Bains, Phil Thompson at Auberge du Lac and Richard Turner at Turners in Birmingham.

Alex was recently runner up in the Estrella Damm National Restaurant Awards 'Chef to Watch' category, and Alchemilla was placed at number 53 in the top 100 restaurants by Restaurant Magazine. Locally he also scooped Best Fine Dining restaurant for Alchemilla at The Nottinghamshire Food and Drink Awards 2018.

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For the more practised golfers amongst us, look into club memberships and joining golfing societies to take your passion to the next level. Memberships at local clubs unlock fantastic prices, discounts, deals and exclusive events for you to put your skills to the test. Joining a local golfing society brings you the chance to meet new friends, tee up against new teammates and participate in some friendly competition to improve your techniques – not to mention having new people to enjoy a post-game tittle with.

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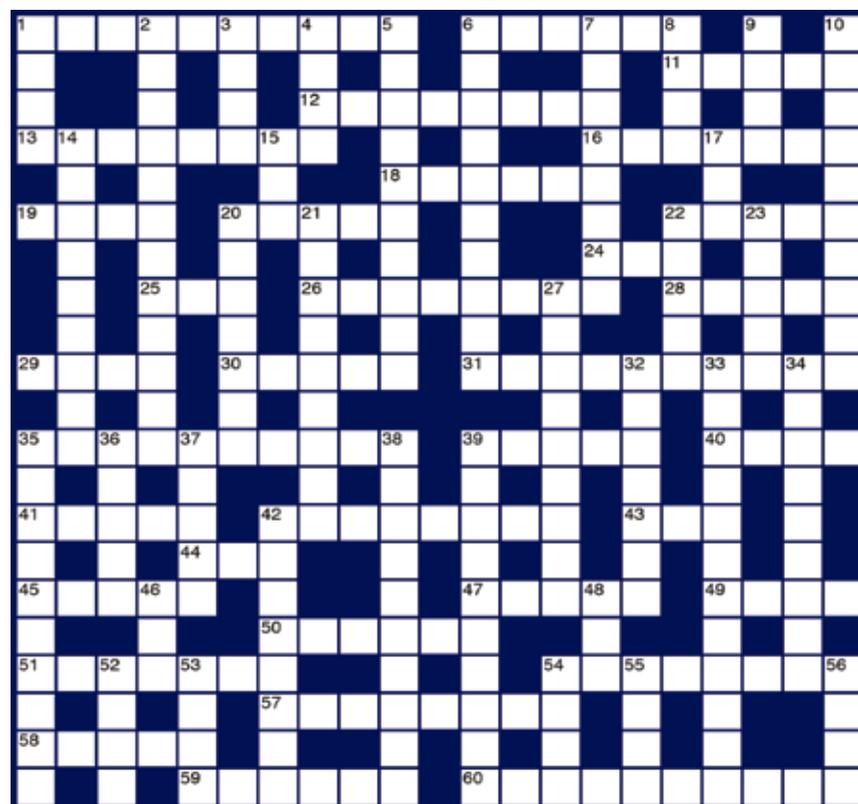
See below for answers

## ACROSS

- 1 Pain in the joints (10)
- 6 Be sorry (6)
- 11 Horned animal (Abbr) (5)
- 12 Clash of opinion (8)
- 13 Shamefaced (8)
- 16 Conversational bond (7)
- 18 Suppress or smother (6)
- 19 Poke (4)
- 20 Moisture exuded (5)
- 22 Platform (5)
- 24 Baby's bed (3)
- 25 Compete against (3)
- 26 Dismiss argument as being of no worth (4-4)
- 28 Fish with rod and line (5)
- 29 Shopping complex (4)
- 30 Discovery of treasure (5)
- 31 Sewing and embroidery (10)
- 35 Snake-like (10)
- 39 Ambitiously self-assertive (5)
- 40 Male bird (4)
- 41 Additional (5)
- 42 Gazelle (8)
- 43 Untruth (3)
- 44 Emotionally low (3)
- 45 Speed (5)
- 47 Scarlet flower (5)
- 49 Make a pullover (4)
- 50 Street (6)
- 51 Eight-sided shape (7)
- 54 Rank above corporal (8)
- 57 Deeply unconscious (8)
- 58 Corn (5)
- 59 Slightly drunk (6)
- 60 Musical bird (4,6)

## DOWN

- 1 Pain in the joints (10)
- 6 Be sorry (6)
- 11 Horned animal (Abbr) (5)
- 12 Clash of opinion (8)
- 13 Shamefaced (8)
- 16 Conversational bond (7)
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- 59 Slightly drunk (6)
- 60 Musical bird (4,6)



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Come along to meet the staff and students, see the range of facilities on offer and pick up course information.

### Nottingham Academy Sixth Form offers:

- An inspirational learning environment
- An extensive range of academic and vocational courses
- Excellent careers support and guidance
- Full tutorial and enrichment programme
- Elite Basketball Academy in partnership with Nottingham Wildcats



Follow us @NottinghamAcad

[www.nottinghamacademy.org](http://www.nottinghamacademy.org)



Are you 17 years old?

NCS is a once-in-a-lifetime experience! You'll do exciting activities like climbing or archery, learn some new skills and meet new people - all in a week over October half term. Take a mate and re-live your summer!

**BOOK NOW: [NCSYES/CO.UK](https://www.ncsyes.co.uk)**

or call 0121 386 6910



**Education & TRAINING**



# YMCA LAUNCHES KIDS HOLIDAY CAMP

Nottinghamshire YMCA will be launching a holiday camp for children aged 5 - 12 years at Newark Academy during the upcoming October half-term holiday from 29 October - 2 November 2018.

Young people in Newark and surrounding areas will be able to attend Nottinghamshire YMCA's newest holiday camp taking place at Newark Academy. This new addition to the YMCA day

camps programme will run alongside the already established Camp Williams every school holiday.

At Newark Camp, all children get to take part in a variety of exciting group activities over the course of a week, including sports, camp games, swimming, arts and crafts, camp fire activities and camp rallies.

Steffen Benbow, Camps and Adventure Services Manager at Nottinghamshire YMCA, said: "The programme is action packed, adventure driven and experience focused, and really engages with young people in a way they might not experience anywhere else."

To book for Newark Camp and Camp Williams call 0115 711 7006 or email [ymcadaycamps@nottsymca.org](mailto:ymcadaycamps@nottsymca.org)

## School Leaver Snaps Up Photography Apprenticeship

Sherwood Forest Hospitals has taken on its first ever Medical Photographer Apprentice and he is believed to be the first apprentice photographer to be employed by a hospital Trust in the country.

Sixteen-year-old Lewis Halfpenny from Mansfield joined the Trust as an apprentice after finishing school this year. He already had an interest in photography but in his new role Lewis gets the opportunity to develop his skills by taking photographs of patients and hospital events, editing his work and has even turned his hand to taking videos and editing them.

Lewis, who studied at Quarrydale Academy in Sutton-in-Ashfield, works at the hospital four days of the week and then he spends one of the days studying towards gaining a qualification, which he should achieve in 15 months.

Lewis said: "I did work experience at Sherwood Forest Hospitals last year and really enjoyed my time with the team, so I was excited when the opportunity came up to take on a full-time role doing what I love, especially as it will help me to get a qualification too."

Sherwood Forest Hospitals offers apprenticeships across its three hospitals in a range of roles and is fully supported by an internal education programme to help apprentices gain a qualification at the same time as working.



"Excellent across all categories"  
ISI INSPECTION 2017

**HOLDING A LOCAL EVENT?  
CALL 01159 314380**

## Trent Vale Infant & Nursery School

**We have places for 3 and 4 year olds for a minimum of 15 hours up to a maximum of 30 hours**



### WHAT IS AVAILABLE?

- Morning Nursery Session:** (from September 2019)  
**8.45am - 11.45am**
  - Supervised Lunch Club:** (at a cost of £3.00 or £5.50 inc. hot dinner)  
**11.45am - 12.30pm**
  - Afternoon Session:** (available now)  
**Mon - Fri 12.30 - 3.30pm**
- These sessions are term time only and we can provide information for wrap around care.

**Our Nursery is run by a highly skilled and fully qualified teacher who has worked in the EYFS for many years.**

By attending our school based nursery your child will have the opportunity to play and develop social skills within a safe and exciting environment. The staff are very warm and friendly and encourage children to love learning. They provide them with skills to have a positive start to school life with a smooth transition into our school if you wish.

School places also available for 4, 5, 6 and 7 year olds. Open days coming soon in October, November and December. Please phone the school office for more details.

If you are interested please feel free to contact us to arrange a visit  
Trent Rd, Beeston Rylands, Beeston, Nottingham NG9 1LP  
tel: 0115 9179 224 or email: [office@trentvale.notts.sch.uk](mailto:office@trentvale.notts.sch.uk)

## OPEN MORNINGS

**SAT 29<sup>TH</sup> SEPTEMBER 2018**  
**SAT 2<sup>ND</sup> FEBRUARY 2019**  
9.00am until 11.30am

**An invitation to discover Foremarke Hall...**

If you are looking for immediate school provision or are planning ahead, a warm welcome awaits you at Foremarke Hall, an Independent Boarding and Day School for children aged 3 to 13.

To register your interest or for further information please contact the Registrar on 01283 707100 or email [registrar@foremarke.org.uk](mailto:registrar@foremarke.org.uk). Alternatively visit the website and complete the online form.

@foremarkehall

[www.foremarke.org.uk](http://www.foremarke.org.uk)

Milton, Derbyshire DE65 6EJ



# NEW COURSES FOR AUTUMN 2018

DISCOVER  
DISCOVER

## QUALIFICATIONS FOR WORK

### BASIC FIRST AID IN THE WORKPLACE £30

Wed 26 Sep / Wed 17 Oct

### LEVEL 1 INTRODUCTION TO THE HOSPITALITY INDUSTRY £120\*

Tue 18 Sep / Mon 5 Nov (one morning a week for  
5 weeks)

### LEVEL 1 HEALTH & SAFETY IN A CONSTRUCTION ENVIRONMENT £100\*

Tue 11 Sep / Wed 24  
Oct / Tue 27 Nov

### LEVEL 1 CUSTOMER SERVICE £120\*

Fri 7 Sep / Fri 16 Nov (one morning a  
week for 4 weeks)

### LEVEL 1 RETAIL £120\*

Wed 17 Oct (one afternoon a week for 4 weeks)

### LEVEL 1 PREPARING TO WORK IN ADULT HEALTH AND SOCIAL CARE £120\*

Fri 19 Oct (one morning  
a week for 4 weeks)



### CLEANING AS A JOB FREE

Mon 17 Sep (one morning  
a week for 4 weeks)

### LEVEL 2 FOOD HYGIENE £20\*

Thu 20 Sep / Thu 11 Oct / Thu 22  
Nov (one day a week for 2 weeks)

### SAFE WORKING FREE

Thu 23 Oct (one morning a week for  
4 weeks)

### NEW INTRODUCTION TO SELF EMPLOYMENT FREE

Mon 3 Sep (one morning a week for  
4 weeks)

### NEW INTRODUCTION TO BUSINESS ADMIN FREE

Wed 12 Sep (one day  
a week for 2 weeks)

### NEW INTRODUCTION TO WAREHOUSING FREE

Thu 13 Sep (one day a week  
for 2 weeks)



## LEISURE

### NEW INTRODUCTION TO SPANISH FOR BUSINESS AND LEISURE £20\*

Tue 6 Nov (one evening a week  
for 5 weeks)



For more details about these courses, and more, pick up

Dates stated are the start of each course. Prices quoted are for the full course, not per session. \*Concessions

Riverside Training Services, First Floor Offices, 11-23 Marke

01427 677 277 enquiries@riverside-training.org.uk

@RiversideTrngGb Riverside Training Services

OR

FOR MORE.  
FOR YOU.



## COMPUTERS & IT

**INTRODUCTION TO IPADS**  
£15\*

Mon 1 Oct (one afternoon a week for 5 weeks)

**NEW KEEPING YOUR FAMILY SAFE ONLINE FREE**

Tue 25 Sep / Fri 23 Nov (one day)

**IT 4 WORK £20\***

Wed 12 Sep / Wed 31 Oct (one morning a week for 5 weeks)

**COMPUTER BASICS MADE EASY FOR THE 50+ £20\***

Fri 14 Sep / Mon 5 Nov (one afternoon a week for 5 weeks)



## GET INTO WORK

**NEW USING COMPUTERS FOR JOB SEARCHING**  
£20\*

Tue 2 Oct (one morning a week for 2 weeks)



**NEW USING SOCIAL MEDIA - THE HIDDEN JOB MARKET FREE**

Fri 5 Oct (one part day a week for 2 weeks) / Fri 16 Nov (one afternoon a week for 4 weeks)

**NEW IN TO VOLUNTEERING £20\***

Mon 10 Sep (one day)

**CV WRITING WORKSHOP FREE**

Every other Thursday from 13 Sep (9.15-4.30)

**EMPLOYABILITY SKILLS FREE**

Every other Thursday from 20 Sep (9.15-3.15)



## HEALTH & WELLBEING

**TIPPING POINT FREE**

Tue 4 Sep / Tue 6 Nov (one day a week for 2 weeks)

**FIND YOUR MOJO FREE**

Fri 28 Sep / Tue 6 Nov (one afternoon a week for 4 weeks)

**BEGINNER'S COUNSELLING £20\***

Thu 6 Sep (one evening a week for 4 weeks)

**BEGINNER'S SIGN LANGUAGE £20\***

Sat 8 Sep (one day a week for 2 weeks)

**NEW ART THERAPY FOR HEALTH AND WELLBEING £15\* + £15 materials**

Tue 18 Sep (one afternoon a week for 5 weeks)

**NEW PSYCHOLOGY OF COLOUR £15\* + £15 materials**

Fri 2 Nov (one afternoon a week for 5 weeks)



Do you have low confidence?  
Do you feel socially excluded?  
Are you experiencing anxiety or depression?  
Are you struggling with health or weight loss issues?

Yes? Then our Pathway to Wellness programme can help

Get a leaflet or contact the centre

Applications may apply for the unemployed / JSA / ESA / Over 65s - please ask for more details

100 High Street, Gainsborough DN21 2BL

www.riverside-training.org.uk

01509 200000 RiversideTrainingServices

**RIVERSIDE ACCESS**  
& Training Centre



Co-financed by  
Skills Funding Agency



## Education & TRAINING



## TRAINING FOR THE FUTURE

Offering support, training and a vast range of fantastic, engaging courses, Riverside Training Services, established in 2005, specialise in the provision of transferrable life skills to maximise your potential for the future and help you unlock a whole new world of opportunities.

From individual guidance sessions and career building support to social interaction groups and fun, laidback workshops; Riverside Training has something for everyone to improve every aspect of your life.



Are you looking to broaden your horizons and gain new, character building qualifications? With the help of Riverside Training you can receive amazing support every step of the way, from CV writing tips to application submitting and skills assessment – explore more of life with this amazing training opportunity and shape your future.

It's easy to feel overwhelmed by your job, friends or family situations, join a social group where you can unwind, make new friends and feel genuinely happy. Perhaps you would prefer a private counselling meeting? No problem – with regular one to one sessions available, you can feel confident sharing your feelings with a professional in a comfortable and safe environment.

With a fiery passion for personal development, the welcoming staff members possess a diverse range of skills and years of experience, helping you excel no matter what course you choose. The flexible programmes on offer stretch from mental health and wellbeing to IT and academic practices – meaning there really is something for everyone to learn.

Get in contact today to realise your true potential and delve into learning with the unbeatable support of Riverside Training Services. For more information call on 01427 677 277 or visit [www.riverside-training.org.uk](http://www.riverside-training.org.uk).

## School Life for Little Ones

Whether your little ones are just starting nursery, venturing up to primary school or taking the big step up to secondary education you will always worry, as a parent, if they will be ok. Are they going to make friends? Will they enjoy their classes? I wonder if they will like their teachers.

The truth is, although they always will be your babies, you cannot baby them all of their life. Yes you are involved in their education journey and play a massive role offering support and help when they need it but a huge chunk of school life is an independent learning process which your child is guaranteed to love. The main thing to ensure your child enjoys day-to-day life when at school is picking the right place for them to excel.

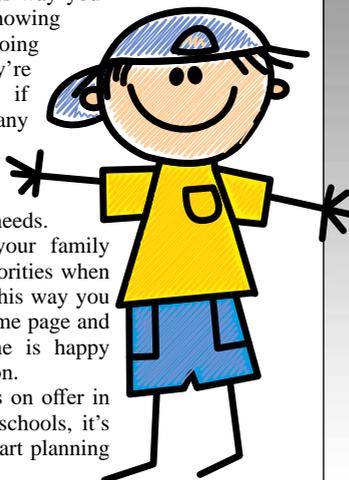
Choosing the perfect school for your family can be a tricky decision and there are plenty of things to consider from logistics such as location and transport to ensuring your children are happy and surrounded by friendly faces.

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 your child requires any extra assistance, you can seek appropriate facilities to accommodate their needs.

Sit down with your family and outline 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.





# NEW COURSES

STARTING OCTOBER 2018

## Spanish & English courses

### Private tuition

### Spanish for kids

Guarantee your place and book now!

[WWW.LANGUAGETUITIONNOTTINGHAM.CO.UK](http://WWW.LANGUAGETUITIONNOTTINGHAM.CO.UK)  
[INFO@LANGUAGETUITIONNOTTINGHAM.CO.UK](mailto:INFO@LANGUAGETUITIONNOTTINGHAM.CO.UK)

## LINCOLNSHIRE & COUNTIES TRAINING SOLUTIONS

*Training courses for businesses & individuals*

At Lincolnshire & Counties Training Solutions (LACTS) we provide training courses for organisations both large and small across a wide range of sectors, including Health Trusts, Local Authorities, Education, Business and Industry.

### ON-SITE TUTOR- LED LEARNING

We provide tutor-led training courses that are usually delivered at your business premises. This can ensure the most cost-effective use of your personnel's time.

### BESPOKE TRAINING SOLUTIONS

LACTS can deliver bespoke training solutions tailored to meet your organisation's specific needs. LACTS will work with you to develop custom health and safety training courses.

### BUSINESS TRAINING COURSES

Our training courses are tutor-led with each tutor having a wealth of knowledge within the course subject. We understand that each company is different as a result we offer bespoke services.



We are happy to help you with any enquiries regarding training. Please email or call **07775877057** to discuss training course requirements.



## ASPINE-CHILLING SHOW

Dracula is one of the most universally iconic novels ever written. A monumental, genre-defining classic that is known the world over. Dracula remains the father of all vampire tales and this autumn an all-new production sees the bloodthirsty tale resurrected as part of a nine-week tour, set to receive its most terrifying staging ever when it visits the Theatre Royal Nottingham from Tuesday 9 to Saturday 13 October.

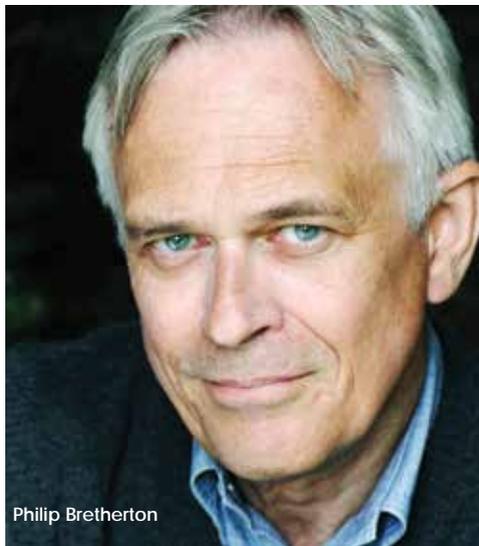
Multi award-winning actress Cheryl Campbell plays Lady Renfield and TV favourite Philip Bretherton, Van Helsing lead the cast of this sexy, dark and thrilling reimagining of Bram Stoker's classic gothic story, brought to opulent and irresistible life in a contemporary interpretation that includes all the definitive characters. They are joined by Glen Fox as Dracula, Andrew Horton as Jonathan Harker, Evan Milton as Doctor Seward, Olivia Swann as Mina Murray, and Jessica Webber as Lucy.

Sexy, dark and thrilling, this brand-new stage adaptation of Bram Stoker's classic tale of obsession and horror is brought to opulent and irresistible life in a contemporary interpretation that includes all the definitive characters.

Completely re-imagined by an exciting creative team, discover the story that started them all. In Transylvania, enter the castle of Count Dracula and his three brides. The Count, who feeds on the elixir of young blood to look youthful, will take you on a deliciously evil ride as he pursues his victims and encounters Jonathan Harker, Professor Van Helsing and Dr. Seward along the way.

Emotionally fulfilling, utterly terrifying, spellbindingly addictive, will this Dracula ever die?

Bram Stoker's Dracula was first published in 1897 and has since been made into countless radio, TV and Hollywood films. Inspiring the recent resurgence in vampire mania and the Twilight movie series, Dracula on stage will be a must-see.



Philip Bretherton



Glen Fox, Cheryl Campbell, Evan Milton Image: Nobby Clark.

Age Guidance: 16+  
Tue-Sat evenings 7.30pm,  
Wed matinee 2pm,  
Sat matinee 2.30pm  
Book tickets online at  
www.trch.co.uk or call the  
box office on 0115 989 5555.

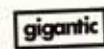
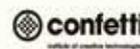


## HOCKLEY HUSTLE

35 VENUES, 300 ARTISTS, 1 WRISTBAND,  
SUPPORTED BY CASTLE ROCK BREWERY

SUNDAY  
28TH  
OCTOBER  
2018

HOCKLEYHUSTLE.CO.UK  
GIGANTIC.COM



## VISIT LINCOLN

Visit Lincoln and Lincoln City Football Club are working together to encourage more people to visit the city.

The football club has joined Visit Lincoln as a Corporate Partner, which has led to the production of a new 'Visiting Supporters' Guide' and sponsorship of the 2018/19 Lincoln Loves Kids booklet.

Liam Scully, Chief Executive at Lincoln City Football Club said: "We're delighted to be working in partnership with Visit Lincoln; not only to encourage travelling away fans to visit Sincil Bank to watch their team, but also to spend a bit longer in Lincoln to see our beautiful city."

"As Lincoln City FC continues to grow on and off the pitch, we believe it will have a positive impact on the local econo-

my; not least with the travelling away fans and local home fans, but also with other commercial opportunities that will be presented by having a vibrant football club within Lincoln".

"Working in partnership is at the heart of everything we do," said Lydia Rusling, Chief Executive at Visit Lincoln. "We have enjoyed working with the team at Lincoln City FC to produce a new Visiting Supporters' Guide to encourage visiting football fans to stay a little longer in the city, and maybe turn a match day into a short break.

"The Lincoln Loves Kids booklet sits at the centre of our family marketing for Lincoln and the surrounding area and to have the association with the city football club is a winning combination!"

## CELEBRATE WITH US IN STYLE

6th Oct 11am – 3pm

- Competitions • Face Painting • Lots of fun for the family
- See the Lovers Statue as we bring it to life

To kick start our celebrations we will be cutting our giant birthday cake and giving 500 shoppers a free cupcake.

### THE FACES of FRENCHGATE EXHIBITION

The exhibition will be open for all to view from the 6th October and will be situated in various locations around the centre.

The exhibition celebrates a years work in capturing the customers of Frenchgate, by local Photographer Warren Draper of Doncopolitan.



50 YEARS OF FRENCHGATE 1968-2018

CELEBRATING 50 years in style





**ASTON HALL**  
HOTEL & RESTAURANT

## Events Calendar

Visit our Facebook page for more information



**James Bond Casino Night**  
Three course meal and fizz on arrival included. Black tie preferred. We'll be playing with fun money.  
Friday 5th October | Arrive 7:00pm for 7:30pm | Booking Essential | £25.95 PER PERSON

**Autumn Wedding Fayre**  
If you're recently engaged, then why not come along to our wedding fayre to get tonnes of ideas and inspiration for your own special day.  
Sunday 21st October | 11:00am to 3:00pm | Free Entry



**Christmas Craft Fayre**  
Join us at the hotel for a family fun filled festive day! There will be a wide variety of stalls selling a range of goodies for you to purchase.  
Sunday 25th November | 11:30am to 3:30pm | Free Entry



**Festive Party Nights**  
Our festive party nights include a delicious three-course dinner, all the festive trimmings and dancing until 1am.  
Available 1st, 7th, 8th, 14th, 15th & 21st December | Arrive 6:30pm for 7:30pm | £31.95 PER PERSON



**Christmas Wreath Making**  
Join us for a fun filled afternoon making your very own Christmas wreath to enjoy at home over the festive season.  
Thursday 6th December | Sitings: 1:00pm to 6:00pm | Booking Essential | £29.95 PER PERSON

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

call: 0114 287 2309 | email: sales@astonhallhotel.co.uk | visit: astonhallhotel.co.uk  
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Join Best Parties Ever this Christmas at our fantastic festive events...

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- Amazing Drinks Offers
- ONE BIG CHRISTMAS PARTY!

**TICKETS SELLING OUT FAST... BOOK TODAY TO JOIN IN THE FUN!**





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## Antique & Collectors Fair

As seen on **BBC Bargain Hunt**

# STAFFORD SHOWGROUND

2018 DATES  
September 15th & 16th  
November 10th & 11th  
December 29th & 30th

2019 DATES  
February 23rd & 24th  
April 13th & 14th  
May 18th & 19th

**Up to 300 stands in 3 Halls**

A range of Furniture, Art, Silver, Glass, Porcelain, Jewellery, Toys, Books, Retro and Modern Collectables

FREE Parking, Catering, Disabled friendly, Dogs welcome

Prestwood Centre, Weston Road A518, Stafford ST18 0BD  
5 mins J14 M6

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

ADMISSION

Everyone over 14	£3.00
Under 14	FREE
10am to 5pm Daily	
First Day 8.30am to 10am	£4.00

**number one events**

follow us on **twitter** @NumOneEvents

find us on **Facebook** Stafford Antiques Fair

## CRESWELL Events Centre



Nestled close to the Nottinghamshire countryside, Creswell Events Centre is the ideal venue for your special day.

If you're searching for the perfect blank canvas to transform into your own bespoke wedding landscape, look no further. Creswell Events Centre has a full wedding license for civil ceremonies; with a ceremony room holding 70 seated guests, and a main hall catering for 150 for a sit down wedding meal and up to 250 for the evening festivities, you have the perfect space to take your wedding from day to night. We also have a huge 24ft well-stocked bar, so your wedding guests can enjoy our ever-growing range of gins on offer (currently 14 different varieties), along with exciting cocktails and beers also available.

If it's stunning wedding photos you're after, the historic Creswell Crags is less than a mile away, creating the perfect dramatic, yet serene countryside atmosphere that you can treasure forever. Also, Brand new for 2019, we will be unveiling our beautiful walled garden; an intimate outdoor space for guests to relax and enjoy pre-dinner refreshments before they party the night away. Here at Creswell Events Centre, we want your wedding day to be just perfect and unique to you; we offer a complete bespoke service to cater all your requirements to make sure you have a wedding day to remember.

01909 721558

creswellevents@gmail.com • www.creswellevents.co.uk



# Step Back in Time

Held twice a year, the Peterborough Festival of Antiques is returning to the East of England Showground this September for a two-day event that will showcase exhibitors and antiques dealers from around the globe.

Now in its nineteenth year, the Festival of Antiques has grown considerably since its inception and now includes over 2000 stands spread over its 9600m<sup>2</sup> antiques village marquee and ample outdoor event space.

Featuring a mix of individual exhibitors and antiques dealers arriving from all over the country, the continent and even from as far afield as the USA, Japan and Australia, the Peterborough Festival of Antiques has gained considerable acclaim with specialists and those with an interest in all things antique.

Visitors to the two-day event can browse stalls containing jewellery, china, stamps,

militaria, linen and toys in the main arena whereas the NatWest arena offers the space required to display larger pieces such as furniture and equestrian items.

Surrounding these buildings, visitors will be able to stroll through the outdoor displays where they'll discover a variety of outdoor pitches and trade marquees containing items from all over Europe, including items from architectural furniture to antique farm implements.

With free parking and a range of refreshments available, the Peterborough Antiques Festival is sure to be a great day out and runs from Friday 28 September to Saturday 29 September.

Tickets cost from as little as £5 for adults and children under 16 can enter the event free of charge. To find out more about the Peterborough Festival of Antiques, visit [www.festivalofantiques.co.uk](http://www.festivalofantiques.co.uk)



## GOOSE FAIR FUN

Nottingham's annual Goose Fair is an institution in the city and when it comes round each year, it's certainly a time to celebrate. With enough to keep little ones, teenagers and adults of all ages entertained, it really does encapsulate all of the spirit of a proper family fair. The Goose Fair is one of the largest travelling fairs in Europe and when you visit you'll be experiencing a rich history of fun that dates back a whopping 700 years. Experience more than 500 exhilarating attractions including roller coasters, water rides and everyone's favourite... the waltzers! After thrill

seekers have got their fill flying and swinging in the air, there are plenty of stalls to purchase food and drinks from that will satisfy cravings for a variety of sweet and savoury treats. This year will also see the addition of a number of new attractions at the fair that the people of Nottingham have never experienced before. Be sure to buckle up, an evening at the Goose Fair will be one you'll remember.

Date: Wednesday 3 – Sunday 7 October  
Address: The Forest Recreation Ground, Gregory Blvd, Nottinghamshire, Nottingham NG7 6LB



## Gold Medal Winning Daffodils

and other fine bulbs from...

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Email: [walkers@taylorbulbs.com](mailto:walkers@taylorbulbs.com)

**BARLOW TROUT & COURSE FISHERY**

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**ROCK**  
gem 'n' bead  
SHOW

**Newark Showground**  
Cedric Ford Pavilion, Winthorpe, Notts. (Off A46) NG24 2NY

22nd - 23rd September

Entrance Fees  
Adult £4.50, Seniors £2, Children (8-16) £1, Under 8's Free  
\*One Entrance fee covers both days\*

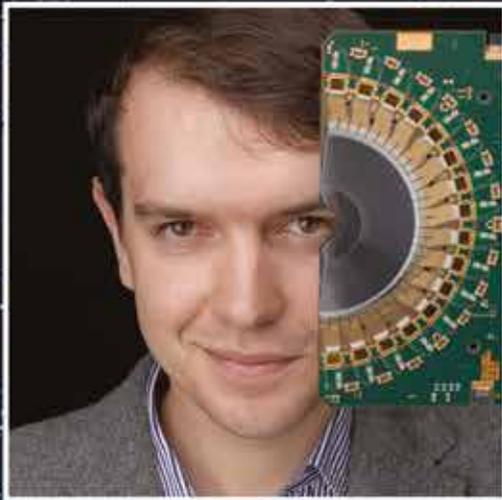
This is a retail event selling crystals, gemstones, minerals, fossils, jewellery, beads and jewellery making equipment.  
10am - 5pm Sat & Sun 10am-4pm

Rock and Gem Ltd 07712 276041  
[www.rockngem.co.uk](http://www.rockngem.co.uk)

**gravity  
fields**  
festival 2018  
26/30 SEPTEMBER

# SUN & SPACE

A DOUBLE BILL FEATURING BRITAIN'S  
FIRST ASTRONAUT, HELEN SHARMAN



**A stellar line up including Prof Lucie Green, Dr Harry Cliff,  
Dr Suzie Imber and Helen Sharman, Britain's first  
astronaut! This double bill is Hosted by Dallas Campbell.**

**Sat 29 September - 2.00pm - £20/ £18 conc.  
Meres Centre, Trent Road, Grantham, NG31 7XQ  
[www.gravityfields.co.uk](http://www.gravityfields.co.uk) 01476 406158**



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ENGLAND**



**SOUTH  
KESTEVEN  
DISTRICT  
COUNCIL**

Gates open at 6.30pm  
Standard ticket prices:  
Adults £7, Children £5,  
Family ticket £21 and  
Concession £6

# Boston's Outdoor Cinema

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

Early bird prices: Adults £5.50, Children £3.50,  
Concession £4, Family ticket (2 adults and 2 children) £15  
On the gate tickets: Adults £10, children £8,  
Family ticket £30, concession £9

Friday 14th  
September

**SOLD  
OUT!**

**THE  
GREATEST  
SHOWMAN**

Saturday 15th September

**THE LION KING**



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[events@boston.gov.uk](mailto:events@boston.gov.uk)

01205 314200

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

# HALLOWEEN FUN

Saturday 27th October, 11am to 1pm  
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FRIDAY 19TH

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SÄTTELI SISTERS (SWITZERLAND/UK)

MYSTERIOUS COLLECTIVE

DAN WEBSTER BAND

RUNAWAY SAMBA

SOZNAK

ANNAPURNA DANCE (INDIA)

SATURDAY 20TH

## DOBET GNAHORÉ

(IVORY COAST)

NATTY & THE REBELSHIP

ADRIAN SHERWOOD (DJ SET)

LUAR NA LUBRE (GALICIA)

DESTYN MALOYA (RÉUNION)

JOHN SMITH

LEVERET

NATALIE DUNCAN

PHILIP RAMBOW

BLAIR DUNLOP

JOHN HEGLEY

TWO MAN TING

MERLYN DRIVER (ORKNEY)

MY DARLING CLEMENTINE

JASDEEP SINGH DEGUN QUARTET

PADDY GARRIGAN & THE STROLLER PRIESTS

TUPPENNY BLUE

RIKKI & DALILA THOMAS-MARTINEZ

DOOMFOLK

SUNDAY 21ST

## VIEUX FARKA TOURÉ

(MALI)

TANKUS THE HENGE

ERNA CHIMU (NAMIBIA)

ANDREAS TOPHØJ &

RUNE BARSLUND (DENMARK)

OLCAY BAYIR (TURKEY/UK)

YE VAGABONDS (EIRE)

WHISKEY PRIESTS

HAMSA (KLEZMER)

O'HOOLEY & TIDOW

KOLONIEN (SWEDEN)

JACK & KITTY (USA)

RED HIPPO

EDWINA HAYES

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SHUROOQ ABU ELNAAS (SUDAN)

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SESSION TICKETS:

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SATURDAY FULL DAY - £50

SUNDAY FULL DAY - £48

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Out & ABOUT



# STRICTLY COME DANCING

## The Professionals

7 - 8 May 2019  
Royal Concert Hall  
Nottingham

With Strictly fever about to hit new heights, as the 16th series of the smash hit award-winning BBC One show returns to Saturday and Sunday night TV, fans will be delighted to hear that tickets for the 2019 Strictly Come Dancing - The Professionals UK Tour are now on sale.

Starring 10 of the hugely popular and much-loved professional dancers from the Strictly Come Dancing television series, the 35 date tour kicks off at Salford's Lowry Theatre

on 3 May next year and will then dance its way around the country culminating at the Sunderland Empire on 2 June.

The exciting line-up of magnificent dancers and Strictly TV favourites performing on the tour are reigning Strictly champion Katya Jones; 2017 semi-finalist AJ Pritchard; two-time Strictly finalist Giovanni Pernice; 2016 Strictly finalist Oti Mabuse and many more.

Audiences nationwide will enjoy

the incredible talent of these multi award-winning world-class dancers as they perform stunningly choreographed Ballroom and Latin routines in exquisite costumes, with all the glitz, glamour, sequins and sparkle of the TV show - live on stage!

To book tickets visit [www.trch.co.uk](http://www.trch.co.uk) or call on 0115 989 5555.



# A Dino Adventure at Wollaton Park

Through October half term - 20 October to 4 November, Wollaton Park will be transformed into a prehistoric world.

Jurassic Kingdom: Where Dinosaurs Come To Life, is an interactive, life-sized replica experience. The creatures come to life, with their tails, eyes, heads and arms moving and will cause the odd jump or two; with their raging roars.

While the 2017 Dinosaurs of China exhibition at Wollaton Hall wowed visitors with fossils and replica skeletons last summer, this show will offer a very different experience.

Over 30 dinosaurs will be ready to greet the public from Saturday 20 to Sunday 4 November, and they will be hiding all around the park, giving children a chance to experience their sheer size and scale. The show covers dinos from the land and air so remember to look up, there will be some in the trees!

The experience also includes a 30 minute film produced by the BBC which will play on a large projection screen in the educational marquee for school groups and families to learn.

Tickets are available at [www.whatsonnottingham.com](http://www.whatsonnottingham.com).

The exhibition is not open on Mondays and Tuesdays.

Naz Kabir, Event Director at Weli Cultural Alliance; the company behind Jurassic Kingdom said: "We are extremely excited to bring our tour to Nottingham for the first time, this October."

"We are the first outdoor, touring, animatronic dinosaur experience of its kind to hit the UK offering people of Nottingham the perfect chance to experience this exciting and educational tour."



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Out  
& ABOUT



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# AN ADVENTURE IN THE TREES



Nets Kingdom is the latest adventure from Go Ape to open to the public at Sherwood Pines Forest.

An adventure playground set 30 feet above the forest floor, Nets Kingdom has arrived just in time for the summer holidays.

Gather your tribe and delve into a world of high nets and tree top trampolines. You can spend up to two hours bouncing, crawling and clambering through an expansive network of tree top bounce nets, giant ball play areas, netted walkways and slides – all while 30 feet up in the leafy forest canopy.

All ages are welcome, meaning that Nets Kingdom is one for the entire family. The course of enclosed nets stretches over 200m<sup>2</sup> and links to a bespoke treehouse high above the forest floor. Adventurers can explore 4 nets (3 large and one purpose built for the kids), 2 entrance ramps and a climbing tower. The grand finale is provided by two epic net slides which bring you safely back to the ground.

With so much to explore, it's the perfect summer activity for everyone, from groups of friends, to families, birthday parties and even corporate groups.

Situated just 20 miles from Nottingham, Sherwood Pines is one of the largest forests in the East Midlands, with over 3000 acres of stunning woodland and an activity hub for outdoor adventurers.

After completing Nets Kingdom, why not enjoy a drink in the café, picnic with your tribe under the trees or perhaps head off to explore the expansive forest bike trails. You can even continue your summer adventure up in the trees on Go Ape's Tree Top Junior or Tree Top Adventure, or take in the views whilst gliding across the forest floor on a Segway.

For more information about Go Ape visit <https://goape.co.uk/>.

## Experience Rich History

**Thursday 13 - Sunday 16 September**

Bringing together over 5,000 events every year, Heritage Open Days encourages different places across the UK to open their doors to the public and celebrate their history and culture. As England's largest festival of heritage, it delivers a chance to explore hidden gems in your city and enjoy a range of activities for all. This year, two packed weekend of events are taking place with the first weekend having happened 6-9 September. What's better, it's all FREE!

With access to properties that are usually closed to the public or normally charge for admission, there are various events taking place across Nottinghamshire to bring history to life.

This year celebrates the launch of the first national Heritage Open Day photography competition. Snap your visit and submit your photo for a chance to win fantastic prizes.

For further details about venues taking part elsewhere in Nottinghamshire as well as nationally please see [www.heritageopendays.org.uk](http://www.heritageopendays.org.uk).

## Off the Derbyshire Beaten Track

A 50 mile journey of discovery  
leaving Ashbourne @ 1.30pm

Why was a viaduct built over the Duffield to Wirksworth railway? What is the link between the filmstar Rudolph Valentino and Hazelwood? When did mice delay a major explosion? What is the connection between Oscar Wilde and Hopton Wood Stone?

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

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## Meet The Ghosts

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Nottingham Industrial Museum:- Saturday 27th October

## The Gruesome Historical Pub Tour

The Bell Inn:- Sunday 28th October 7pm

## Ghost-teas

Carriages 1940's Tea Room:-Gothic Horror Night

Wednesday 31st October

Canal Heritage Museum:- Cats & Rats

Thursday 1st November

## Gothic Horror Special

Ghost Tea at Staveley Hall  
Friday 2nd November

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**Aries**  
 You are now on a much more spiritual path than previously and meeting fantastic new people who are all not only interested in what you are doing but also able to add to your already vast experiences. You will possibly be making long distance journeys and meeting new people who will enhance your already busy social life. Relatives who are currently unwell and receiving medical attention will demand more of your time than usual, however this will also give you both the opportunity to bond, spend quality time together and make up for lost time in the past. Only positive things will come out of all that you are currently going through.

**Taurus**  
 You will begin to enjoy the taste of freedom in areas that you once did not think possible. If you are self-employed, even you will be surprised at how flexible and agreeable others are right now. It is they who are bending over backwards to fit into your time table instead of you continually accommodating their needs. Socially you will be in great demand with appointments and arrangements almost every day of the week to the point where you will be craving your own space. A new neighbour will prove interesting and could turn out to be very helpful over the coming months.

**Gemini**  
 You don't want to act as one of those suspicious people who think they whole world has got in it for them, but you may have a point about some kind of conspiracy going on behind your back. No, you are not paranoid, simply sensitive with an exceptional intuition, which should not be ignored. It all boils down to jealousy just because you are able to make everything look easy and remain calm cool and collected. If a loved one is unwell, don't waste any time in seeking medical advice. Someone who has been very demanding of your time could land on your doorstep sooner than expected.

**Cancer**  
 As a very proud person, you will never allow your standards slip, so ignore silly individuals who do not have a clue and continue to do your own thing. An old flame with a view to rekindling a relationship may contact you. Part of you will want to pick up that phone and continue the talking and out of sheer curiosity, but you are also warned to tread with caution because not everything that glitters is gold and is important that you remember that legends don't change their spots, only camouflage them, and in this case, not very successfully. Look at ways of curbing your spending and investing wisely for the future.

**Leo**  
 So far you have experienced such a difficult and emotionally challenging year in lots of areas of your life. You may land yourself with enormous legal bills if you are not careful so think carefully before making any hasty decisions. Someone who has greatly wronged you will have to pay the price in the end, but in the mean time, try to get on with your own life and look forward to all the opportunities that are making themselves available just when you thought there was no hope. You have some fantastic friends who love you and want only what is at your best interest.

**Virgo**  
 Although you may be ready to offer someone the olive branch and let bygones be bygones, the other person may not be in such a hurry to kiss and make up because they are holding a grudge. A financial crisis or cash flow problem needs immediate addressing. Some quick thinking, telephone calls and reorganising will save the day. Seems to you taking control of the situation and turning a negative into a most affirmative positive. Romance features high on your list of priorities and you may soon experience a new love interest.

**Libra**  
 So many surprises and lots of new people to meet and get to know will certainly upgrade your social life and make it far more interesting than in recent months. Someone from your distant past may also make an unexpected appearance and take you by surprise. If you are in a relatively new relationship, give life a chance instead of suddenly making a bolt for the door and running away. Some of you may be planning an early retirement because you need to change direction and perhaps a brand new project to focus on as a way of making some new friends.

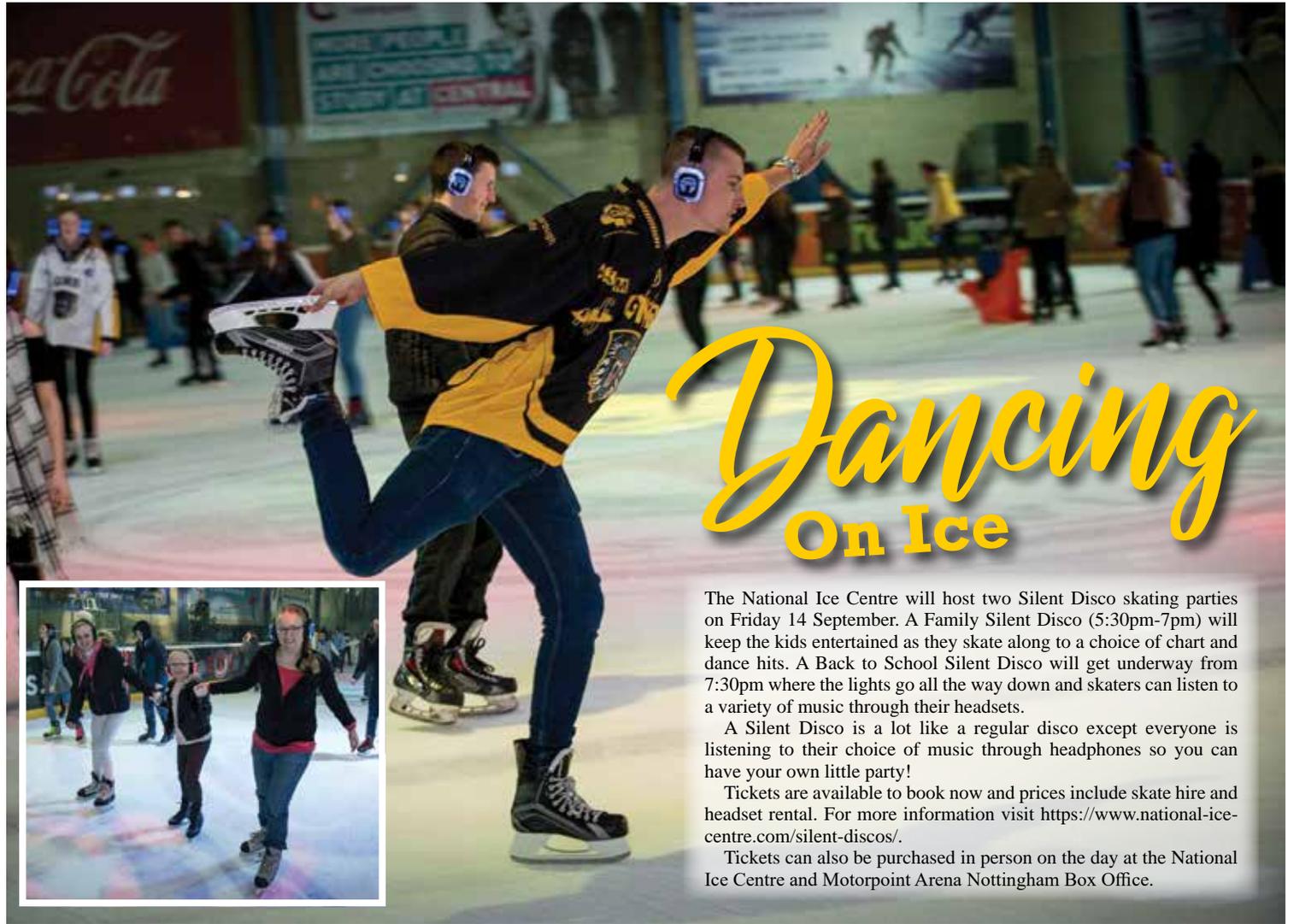
**Scorpio**  
 You may have been very worried about a loved one recently, especially if they have been experiencing problems in their personal life. You are right to offer support and encouragement because after all, many of you have survived some very difficult times yourselves in the past and have had to be very brave and strong in order to get through and reach this point in your life successfully. If you have been concerned over your own health, you must take more rest, pay more attention to your diet and listen to professional advice.

**Sagittarius**  
 You have a lot on your plate right now with huge demands made upon your time and wisdom. If you are dealing with property matters and undecided which way to turn, take a step back and don't be in such a rush. So far this has been a year to remember and many of you will have made life-changing decisions in a very short space-time. A dear friend may be in a very depressed and unhappy state because of a number of issues and will be looking to you for help and support. Something will come to light before long that will shock and you may have to keep a secret in order to protect someone you love.

**Capricorn**  
 Its all systems go and right now you are probably not sure which planet you are on. Someone you care about may be turning to you for help more than usual, but are they prepared to help themselves by making a few life changing decisions? Legal papers may need signing and if you are in the middle of moving house, you will have a lot of arrangements to make and people to contact. Some wonderful celebrations lie ahead and you will be very much in the limelight especially where love and romantic relationships are concerned.

**Aquarius**  
 You are in the process of making many new friends and there are lots of other people who are anxious to meet you to form a lasting connection. Gifts and surprises are in store and a special delivery of flowers or other amazing surprise is coming your way from someone who loves you and will also make your day. You don't have to look far to see who cares about you and if you have been in any doubt as to where you stand regarding one particular relationship, all the sneezes will be starting you in the face. An interesting job offer or complete career change may be just what is needed at the present point in time.

**Pisces**  
 If your personal circumstances ever change or run into trouble, at least you can be assured that you have your friends on standby ready to help. A long term dream or ambition may soon be realised, but keep quiet about your plans until everything is in place, otherwise you will find that someone is strongly objecting to your next move in life and will endeavour to block your progress. Its time to think about your long-term future putting your own interests first for a change and a change of job or new business venture could be just the thing that's needed to enable you to get your life together again.



# Dancing On Ice

The National Ice Centre will host two Silent Disco skating parties on Friday 14 September. A Family Silent Disco (5:30pm-7pm) will keep the kids entertained as they skate along to a choice of chart and dance hits. A Back to School Silent Disco will get underway from 7:30pm where the lights go all the way down and skaters can listen to a variety of music through their headsets.

A Silent Disco is a lot like a regular disco except everyone is listening to their choice of music through headphones so you can have your own little party!

Tickets are available to book now and prices include skate hire and headset rental. For more information visit <https://www.national-ice-centre.com/silent-discos/>.

Tickets can also be purchased in person on the day at the National Ice Centre and Motorpoint Arena Nottingham Box Office.

## Culinary skills beyond compare



Students will learn all aspects of artisan bread-baking, cheese-making, butchery, charcuterie and patisserie creation, thanks to a new Foundation degree in artisan food production.

Nottingham Trent University and professional artisan food specialists The School of Artisan Food have teamed up to offer the course from October 2019.

The Foundation degree – which can be studied either two years full time, or three years with a placement – will help to meet increasing demand for skilled producers of high-quality artisan food that is sustainably produced.

Students will learn all the skills needed to work in the artisan food industry – developing practical expertise, producing a range of quality food products and understanding what is needed to establish an artisan food business.

Julia Davies, Head of Environmental Science in Nottingham Trent University's School of Animal, Rural and Environmental Sciences, said: "We are delighted to have formed a partnership with The School of Artisan Food to develop this unique course."

For more information on the course or how to apply, head to [www.ntu.ac.uk](http://www.ntu.ac.uk).



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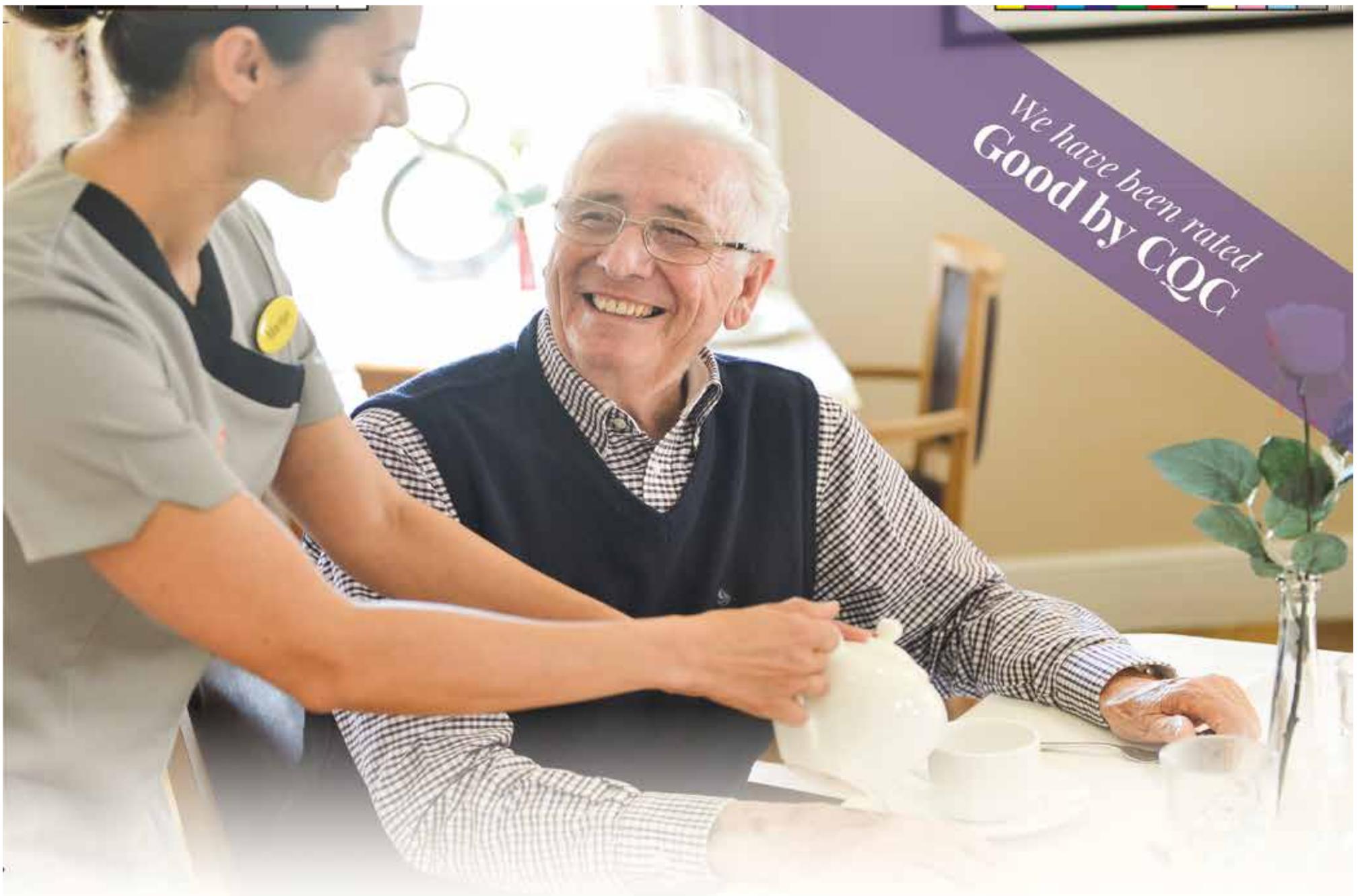
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## Saying *Thank You* To Stand out Staff

Have you received exceptional care and service from staff who work at Nottingham's hospitals? If so, nominate them for a special award so they get the recognition they deserve for going the extra mile for their patients and families.

The Nottingham University Hospitals NHS Trust annual staff awards are now open for nominations. Categories include: team of the year, unsung hero of the year, volunteer of the year award, caring and helpful award and clinical star award.

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said: "Each day our amazing NHS staff deliver exceptional care to thousands of patients, through winter pressures and summer heat waves. It is our immense privilege to shine the light back on them through the NUHonours Awards and celebrate the commitment, enthusiasm and care they give."

Nominations can be made via [www.nuh.nhs.uk/submit-your-nomination](http://www.nuh.nhs.uk/submit-your-nomination) where full details of the categories can be found. The closing date to submit your nomination is 10 September and the winners will be revealed on 23 November.



## A Home from Home

Growing old, needing help to care for ourselves and keeping our independence are concerns we'll all face at some point in our lives. For many, this can mean moving home to find that level of care and support.

At Four Seasons, we know that moving home is an emotional and challenging time at any age, even more so in later life. Our 'Home to Home Promise' helps makes this transition as easy and comforting as possible.

Before a resident moves in, we get to know what and who are important to them and their

needs. Their favourite foods, activities, hobbies they wish to continue and new things they want to try. So their care is focussed on them from the moment they arrive.

Our homes are situated in the communities our residents grew up in. They run activities ensuring residents stay young at heart, keeping in touch with the community they have always been a part of.

Jacky Reed, Managing Director said: "Understanding our residents' needs is at the heart of everything we do. We believe that quality care is about

more than supporting a person's physical needs but knowing and making sure a person is enjoying experiences that are special to them.

"Our Quality of Life Programme allows us to log and act almost immediately upon every comment from residents, relatives, carers and professional visitors about the experience and care we provide. It's all linked to our quality assurance programme giving you peace of mind that every aspect of our service is being monitored."

Visit [www.fshc.co.uk](http://www.fshc.co.uk) for more information.

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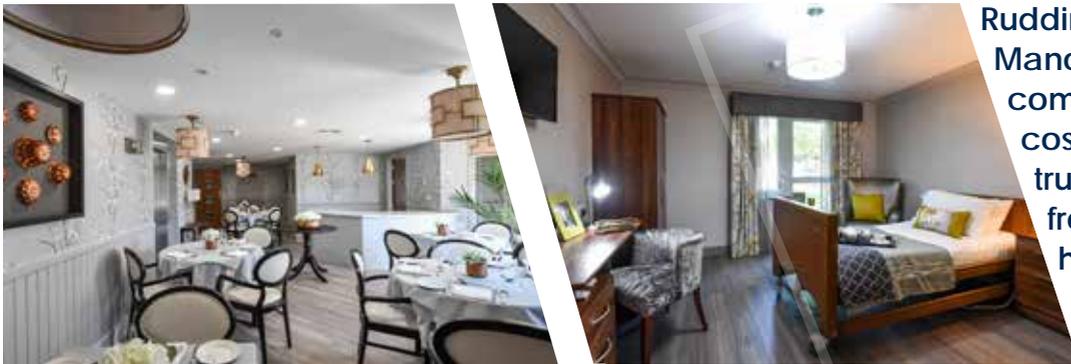
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[www.fshc.co.uk](http://www.fshc.co.uk)

New Care, a development-led care home operator, has opened the doors to a new £12 million care facility on Ruddington Lane in Ruddington, its second care home in Nottingham.



# RUDDINGTON MANOR - NEW CARE HOME IN NOTTINGHAM



Ruddington Manor is comfortable, cosy and a true home-from-home.



Having only just recently opened, Ruddington Manor is Nottingham's latest care facility.

The home has already welcomed many residents, who are very much settled in, and are enjoying the facilities at the stunning, state-of-the-art 66 bed care facility.

Feedback from the residents and their relatives has been exceptional with plenty of positive comments, with Ruddington Manor fast gaining an excellent reputation for its high levels of care.

As Autumn approaches and the longer, dark nights drawing in, Ruddington Manor is the perfect place to call home this Winter.

The care home offers exceptional clinical services, including residential, nursing and respite care, which are enhanced by meaningful and purposeful daily activities that encourage independence where possible and build confidence.

The team provide compassionate person-centred care to each and every resident, and always go the extra mile; nothing is too much trouble.

The spacious bedrooms feature stylish free-standing furniture and en suite shower rooms, and can be personalised with lamps, artwork, ornaments and other soft furnishings.

With inviting lounges and elegant dining rooms, as well as spa assisted bathrooms, a hairdresser and nail bar and beautifully landscaped gardens plus a terrace to the first floor,

## A LOVELY AND LUXURIOUS CARE HOME LOCATED IN THE CHARMING VILLAGE OF WILFORD

If you, or a loved one, are finding it increasingly difficult to live at home independently, or for further information, please contact Dawn Collett on 0115 981 5956 or email [enquiries@newcarehomes.com](mailto:enquiries@newcarehomes.com).

Alternatively, please visit [www.newcarehomes.com](http://www.newcarehomes.com)

Ruddington Manor Care Centre,  
Ruddington Gardens, Ruddington NG11 7HL



## Care in Your Community

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

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

Popping into local care homes is a fantastic way to

spend your spare time knowing you are helping to brighten the lives of those who may need it. From listening and talking to the residents to having a laugh with the hard-working staff members – your spare time will inject happiness into their day.

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

It's so easy to fall into the routine of going about your daily life and overlooking the small things we can do each and every day to make people happy. Do something nice today by offering care in your community.



## THE HELP YOU NEED

Deciding on a care home is a big decision whether you're doing it yourself or for a loved one. So where do you start? First you need to establish exactly what care is required, some people need more help than the others that are more independent, but need that extra helping hand.

There are two different types of care homes. Some offer accommodation and help with personal care, things like washing and dressing. Others offer nursing care on top of the basic help. Which home you would need to go to is dependent on your personal circumstances. There are also other care homes that offer specific support, often due to dementia.

Think of choosing a home like buying a house. You need to get a feel

for what's out there before you make a decision. Personal recommendations are important, so talk to friends or relatives, as they may be able to point you towards a home with a good reputation.

If you aren't at the stage of needing to move but need a little more help than you normally would, there are places out there where you will find an aid for near enough everything, from a gadget for helping you put your socks on to a speaking microwave for the visually impaired.

Our care pages are designed to help you, whether you need professional advice or mobility aids to give you that little helping hand, here at the Nottinghamshire in Focus we've got it covered.

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## Oddfellows Celebrates the Great Big Friendship Month

If you're on the lookout for a new social group, then Erewash Valley Oddfellows are the people to be with throughout this September, as they come together to celebrate the Great Big Friendship Month. The local friendship society is holding a get to know you walk in the park, breakfast and an afternoon tea party with an invitation for all to come along and try.

The events are one of hundreds running up and down the country throughout September as part of the Oddfellows' annual celebration of friendship – the Great Big Friendship Month. Now in its ninth year, the national awareness month aims to provide easy ways for people of all ages to come together, have fun as a community, and to form lasting friendships.

Kay, social organiser for the Erewash Oddfellows, said: "Having a strong circle of friends around you is really important – not only for your mental health, but it's been proven to boost your physical health, too."

"Making and maintaining new friends in later life doesn't come as easy as it did in the school

yard, so as a group we meet regularly so we can stay in touch with others, share some laughs, as well as look out for each other.

"We'd love to welcome some new faces to our group. So, if you'd like to come along and give us a try, then this is a perfect opportunity. Let us know you're coming and we'll meet you at the door.



"Our Great Big Friendship Month gets bigger and better each year. It's always fantastic to see new people come along and enjoy our events and to leave having made friends," added Kay.

More than nine million people of all ages in the UK say they are lonely either often or always, according to research by The Co-Op and the Red Cross.

The Oddfellows believes that friendship is the answer, helping people lead happier and healthier lives with the support of friends around them.

From coffee mornings and craft sessions to lunch clubs and guest talks, the Oddfellows' Erewash Valley holds regular events and activities in the area. To find out more and to receive

their latest events diary, contact Melanie Archer on 0115 9638766. Future events are also listed online at [www.oddfellows.co.uk/events](http://www.oddfellows.co.uk/events). As part of the Great Big Friendship Month, the Oddfellows is running a free prize draw to win a one-night hotel break for two plus £200 spending money. Visit [www.friendshipmonth.com](http://www.friendshipmonth.com) to enter.

## Looking for local social events and activities?



Everyone Welcome!

From meals out to coffee mornings, outings and talks, you can be sure of a warm welcome. Upcoming Oddfellows events include:

### 18th September

The Regent, Diamond Avenue, Kirkby in Ashfield NG17 7BQ  
**10am Getting to Know you Breakfast** Price as per menu

### 21st September

Conservative Club, Church Street, Eastwood NG16 3BP  
**10.30am Speakers Corner Presented by Sandy Leong**  
**The story of Francis Light** Free Event

### 25th September

The Café Bar, Four Seasons Centre, Mansfield NG18 1SU  
**2pm Meet & Greet** A chance to meet members and get to know more about us Price as per menu

### 26th September

Conservative Club, Church Street, Eastwood, NG16 3BP  
**2pm Afternoon tea** £4 per person

### 28th September

Bella Mia, 150 Annesley Road, Hucknall, Notts NG15 8AY  
**7pm Dine around the World** Price as per menu

[www.oddfellows.co.uk](http://www.oddfellows.co.uk) for membership enquiries 0800 028 1810

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



To book for any of these upcoming events, or to find out what else is coming up call **Melanie** on **0115 963 8766**



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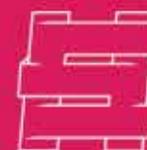
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# Home IMPROVEMENTS



## Up, Up and Away

Converting your loft to an extra bedroom or playroom for the kids provides you with more space whilst adding value to your home, making it an excellent investment.

A loft can sometimes be wasted space in your home, from a storage black hole rammed with Christmas decorations and suitcases to not being used for anything at all – make the most of this fantastic

opportunity to add extra space to your property with a loft conversion. Whether you add an extra bedroom, walk-in wardrobe or a playroom for the kids a loft conversion provides you with more space whilst adding value to your home, making it an excellent investment for your family home.

Upgrading your home with a loft conversion means you have access to extra storage space whilst creating another room to be utilised as a master bedroom, for guests to stay or as a family hub such as a home cinema or games room – the possibilities are endless. Adding flair to your

property with natural light and stunning high views, a loft conversion can unlock a whole new perspective of your surroundings. This extra space means that you don't have to move to upgrade your space; you can simply expand upwards saving you lots of money and effort, as most loft conversions

don't require planning permission. Avoid the stress of finding a new, perfect property, packing and moving by simply upgrading your family home. From a home office to a relaxation space, create a cosy retreat in the confines of your own home and discover endless options to upgrade your space.



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