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Bright Ideas for Broadmarsh Development

Nottingham City Council wants people's views on an exciting new proposal to develop a modern Central Library in the revamped Broadmarsh Area. The proposal includes creating Britain's best children's library and plans to ensure that the people of Nottingham can enjoy a Central Library fit for future generations.

The demolition of the old Broadmarsh car park and bus station has been completed to make way for shops, cafés, a modern car park and bus station. But instead of just more shops, the council is now proposing that this new development could house a new Nottingham Central Library.

After successfully creating better libraries in neighbourhoods such as Strelley, Hyson Green, St Ann's and Bulwell, the council now wants to provide a new and impressive Central Library for Nottingham.

A new Central Library at Broadmarsh would be an attractive and inspiring space. It would have everything you would expect – quiet spaces for meeting and studying, IT equipment, free internet access, local studies and archives.

The City Council is also ambitious to build Britain's best children's library as part of this new Central Library development - creating a destination for parents to bring their children and enjoy time exploring a world of stories, ideas and activities.

Councillor Collins, Leader of Nottingham City Council, said: "We have a rich literary heritage and children's literacy is a big priority for us. We want our children to have access to books, learning, imagination and ideas."

As part of the public consultation children will be asked to 'Design Your Dream Library' with £10 book tokens being awarded for the most creative ideas.

A public consultation has now

been launched to seek people's views on this exciting proposal. The consultation document is available at www.betterbroadmarsh.com and will run until 11pm on 16 September 2018.

Celebrating Magnificent A Level Results!

Left to right:
What a result!
Chloe Maxted
(Head Girl),
Alex Clack and
Emily Baker from
Magnus C of E
Academy in
Newark-on-Trent.

SEE FULL STORY
ON PAGE 5



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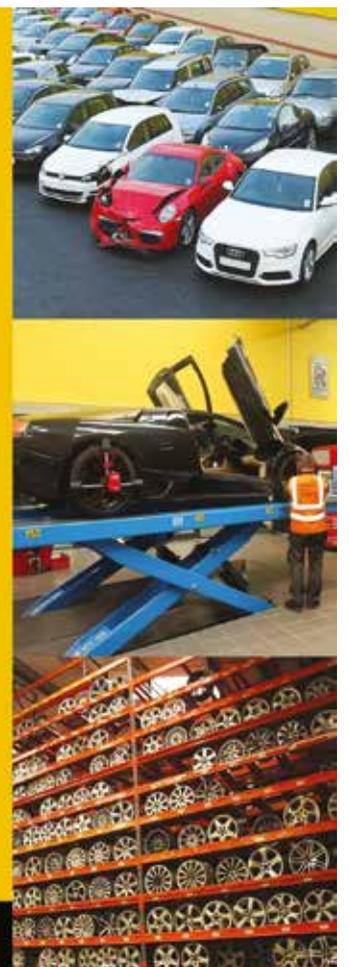
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VOLUNTEER AND CANCER SURVIVOR TAKES ON THE ULTIMATE CHALLENGE

Jennifer Coates from Derby has raised over £1200 for Marie Curie after bravely skydiving from 13,500 feet in the air!

Jennifer wanted to do something to give back to the charity as they cared for her mother when she died from breast cancer 19 years ago; "I remember the Marie Curie nurses were so gentle, caring and kind, I wanted to do something so they can carry on doing their wonderful work. I know the money will be put to good use, Marie Curie rely on these donations, so it was my pleasure!"

Jennifer has seen first-hand how donations are used in her local area; she has been volunteering for the charity for over a year now as part of their Nottinghamshire Helper Service. The Marie Curie Helper Service trains volunteers to support people who are living with a terminal illness, in their homes. Helper volunteers are there to listen when you need a friendly ear, have a chat over a cup of tea, help you get to an appointment or run an errand.

Jennifer believes the Helper Service is a vital service, giving a person who has a life limiting illness the chance to live their lives and make the most of the time they have left. She meets with the same lady every week, who she has now grown a strong bond with. Having survived breast cancer herself, she said "I know things could have been very different for me, helping to care for a person who is a lot worse off makes me realise just what I have got. It is a very rewarding role and I get immense satisfaction from making a difference to somebody's life, helping them to get out and about, chat, have a coffee or do a bit of shopping."

Jennifer has enjoyed volunteering so much she has started an NVQ in end of life care and volunteers at her local hospice, "I want to become a Marie Curie nurse, and I will get there. If I can help somebody face their last days in dignity and respect then I'll be truly happy in my work".

If you know somebody who would benefit from the Marie Curie Helper Service in Nottinghamshire or Derbyshire, or you would like to sign up as a volunteer, please visit www.mariecurie.org.uk for more information or call 01332 204221.



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DRESS UP FOR TOUR OF BRITAIN!

It's time to get dressed up, paint the town yellow and green and welcome the Tour of Britain back to Mansfield on 8 September!

With just days left until the country's famous bike race comes back to Nottinghamshire, Mansfield District Council is launching a competition to encourage residents and businesses to get out the bunting, paint old bikes and make a striking display for the 2018 OVO Energy Tour of Britain stage seven finish. Councillor Dave Saunders, Portfolio

Holder for Regeneration and Growth at Mansfield District Council, said: "Last year local shop owners adorned their windows with bright yellow displays, homeowners hung bunting from trees. It would be great to see Mansfield give a warm welcome to the race again this year." To help you get started posters and window stickers are available to collect

from the Civic Centre and Mansfield Museum and there's more inspiration on the council's Tour of Britain hub. To enter the best dressed competition, decorate your home or business, take a picture and upload it to the council's Facebook page @MyMansfieldUK or Twitter handle @MDC_News and tag in #NottsToB. Entrants need to send their pictures by

midnight on Wednesday 29 August. The public will vote for their favourite and the winner will be announced on Monday 3 September. The prize for best dressed house or business is a pair of VIP tickets for the Tour of Britain stage seven finish in Mansfield. This includes hospitality and a finish line view.



RACE DAY PARKING RESTRICTIONS

Motorists in Mansfield are being urged to heed temporary parking restrictions, which will be in force during the OVO Energy Tour of Britain cycle race.

The final five miles of the Nottinghamshire stage of the prestigious race will pass through the district sometime between 3pm and 4.30pm on Saturday 8 September, and the route will need to be completely free of parked vehicles for the safety of competitors and spectators. People will need to make sure their vehicles are removed from the route by 1pm on the day of the race otherwise they could risk having them towed away to a compound where they will have to pay a release fee. The roads affected are:

- A60 Nottingham Road (section)
- Atkin Lane
- Sheepbridge Lane
- Skegby Lane
- Beck Lane
- Abbott Road
- Chesterfield Road South (section).

Mike Robinson, the council's Director of Economic Growth, said: "It is vitally

important for the safety of the cyclists and spectators that the route is completely free of parked vehicles. We are working with the race organisers who have the requirement for cleared roads, which we need to deliver for a safe event." Around the finishing line of the stage in Mansfield, outside the Civic Centre, there will be road closures in place from 5am to 8pm on race day, affecting Chesterfield Road South, Rosemary Street and Albion Street. Surrounding streets will be affected and residents in the area are being advised to park outside the area if they need access to their vehicles. A system of rolling road closures during the race will mean roads along the route will be closed for 10 to 15 minutes as the race passes, but it could take longer if there is a split in the race. More details about road closures can be found on the council's website at www.mansfield.gov.uk/ToB.



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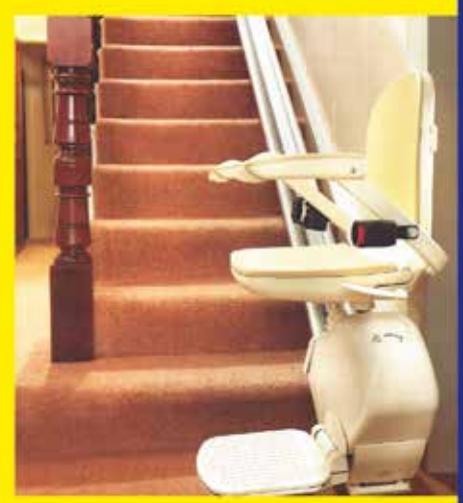
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Young People Set To Receive £75,000 from Local Funders



Community projects for Nottinghamshire's young people are set to receive a £75,000 windfall through the #iwill campaign.

Nottinghamshire's Police & Crime Commissioner Paddy Tipping, the Nottinghamshire Fire and Rescue Service and the 1986 Jones Charitable Trust, in partnership with the National #iwill campaign, have awarded grants of up to £5,000 to 17 local groups which help hundreds of young people.

The injection of funds is designed to encourage young people to take action and volunteer in their community through the #iwill

Initiative. #iwill is a UK-wide campaign which is delivered locally by Nottinghamshire Community Foundation and aims to get six out of ten young people involved in social action by 2020.

Paddy Tipping, the Police and Crime Commissioner, said: "We were keen to fund projects that would help to create a positive social impact and improve community safety."

"Young people are our future and they deserve the opportunity to get involved in their community in ways that work for them. I'm delighted that we have

been able to find some many different groups with so much to offer."

At a presentation on the Forest Recreation ground, four of the groups receiving a grant and some of the young people involved, received a big cheque from the funders.

Ben Rosser the founder of the Pythian Club said: "Thank you so much for this vote of confidence in our work. We shall use this funding to support our young leaders program where we engage them in activities to build confidence and reach out into the

wider community."

The Big Lottery Fund and Department of Culture, Media & Sport are each investing £20 million seed funding over four years to create the #iwill Fund. Nottinghamshire Community Foundation is acting as match funders and is awarding grants on behalf of the #iwill Fund across Nottingham City and Nottinghamshire County.

For information on applying for a grant or setting up your own local legacy or family fund please go to www.nottscf.org.uk or telephone 01623 620202.

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at Coates really is the best on the market and goes a long way to supporting local farmers, something the team are more than passionate about, and, as well as the classic and traditional British meats and cuts, the selection caters to the more exotic customer too.

Coates also produce their own bacon and sausages alongside a diverse selection of bakery products and the farm shop shelves are bursting with unique chutneys, sauces, oils and everything in-between.

The trained and dedicated team of butchers that work to make the customer experience at Coates one that won't be forgotten are on hand for expert advice and recommendations too. Ask in store to find the perfect cut for your meal.

Visit the team at Coates Traditional Butchers, 183 Bramcote Lane, Wollaton, Nottinghamshire, NG8 2QJ or call 01159 284714 for more information.

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Celebrating Magnificent A Level Results!

Magnus Church of England Academy is celebrating its best ever A Level results as the school sees a 100% pass rate in A* to C grades.



Principal, Anna Martin, says the results show further improvement on last year's results. "I am delighted that these results confirm the trend of improving year on year. We are encouraged by the trend and would like to thank staff and students for all of the hard work that they have put in."

Magnus student and Head Boy, Stefan Astle (18 years old), has received confirmation of a place at University of Lincoln to study Electrical Engineering whilst Chloe Maxted, Magnus Head Girl, has received confirmation of a place at Nottingham Trent University to study Policing.

Today's results are the best ever for year 13's at the school with 75% of all grades being A*- B and 100% of grades in the

A*- C range.

Rebecca Sheard, Senior Leader Post 16 at Magnus said: "We are very happy with the results and to see that all of our students have secured places for next term including University, full-time employment and travel or Gap year opportunities. For those attending University, the majority were able to secure their first choice."

Mr Chris Moodie, CEO of Southwell and Nottingham Multi-Academy Trust said that results demonstrate rapid improvements taking place at the school. "Magnus continues to go from strength to strength. These results are wonderful news for all of the students who took their A levels at Magnus this year. They now have a very bright future ahead of them."

Emmanuel Celebrates Record-Breaking Results

There were celebrations at The Nottingham Emmanuel School last week as students arrived to collect their A Level results.

Despite the increased challenge in both the content and mode of assessment of many A level courses, students at The Nottingham Emmanuel School have obtained the highest number of A*-B grades, more than in any previous year.

Such results included many excellent individual outcomes with students going on to study at the country's leading universities.

Student Abigail Morlidge was delighted with the news that she has been accepted to study History at Birmingham University. She said, "I am really happy with my results. I was really only worried about getting into Birmingham and on a scale of one to ten, I was around a seven for nerves!" Mum Annie Morlidge said that she was proud of her daughter's commitment. "I couldn't be prouder. Abigail has worked so hard, not just in the past two years, but the last seven, and Birmingham was her dream. Now she is in and I am super proud of her!"

Principal Derek Hobbs says he is delighted with the latest results. "The AS and A Level results are impressive with more top grades than ever, in spite of national uncertainty.

"Very well done to the students and staff for such great results!"



Stephy Shaju (left) with Estelle Miles-Demafeliz



Alena Rose (left) and Linzi Beardsley



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BEATLEMANIA



Photo: Paul Coltas

Beatlemania is about to Get Back to Nottingham! The smash hit show Let It Be will see Fab Four fans Come Together to Twist and Shout through a brand new show touring the UK for 2018. Producers of the acclaimed show have announced that Let It Be will be heading to venues across the UK – including the Royal Concert Hall Nottingham – before once again taking to the world stage.

Let It Be will arrive at the Royal Concert Hall Nottingham for one week only from Tuesday 11 to Saturday 15 September 2018.

The team behind international hit stage show Let It Be have created a very special show for fans by incorporating a brand new Let It Be Part II.

Enjoy the early beginnings at the world famous Cavern Club, through to the height of Beatlemania. In a twist from the original Let It Be show, audiences will then be taken on a Magical Mystery Tour to

experience the concert that never was. Part II of Let It Be is the brand new part of the show, giving audiences the rare opportunity to see The Beatles reunite for one night only, set a decade after the group went their separate ways.

Let It Be is a celebration of the phenomenal music of The Beatles, and has already been seen by more than two million people worldwide, it is the ultimate experience for Beatles fans and features many of the Fab Four's best loved songs.

To book tickets visit www.trch.co.uk or call on 0115 989 5555.



A Summer of Chocolatey Fun

Families are invited to experience the magic of Cadbury World this summer holiday with entertainment that's choc-full of fun for guests of all ages.

From 1st August – 2nd September, a variety of family entertainers will take up residence in the Cadbury World marquee by the African Adventure Play Area in a series of live shows to captivate the whole family.

During the summer holidays, Cadbury World will also be giving visitors a brand new way to experience the attraction on an adventure with Freddo to find a missing hop. An assortment of clues will be hidden throughout Cadbury World's chocolatey zones as children are invited to solve the mystery to receive a special Freddo gift.

Guests can also catch the famous frog and his friends at the popular Character Breakfasts throughout the summer holidays where visitors can meet and greet some of Cadbury's most iconic characters.

Those enjoying Character Breakfasts will also benefit from priority entry to Cadbury World and its two rides; the 4D cinema and Cadabra.

Beyond the range of additional activities, the self-guided Cadbury World tour in the fully air-conditioned building is packed full of fun and adventure for the whole family with an assortment of chocolatey zones to explore. With much more on offer, including The World's Biggest Cadbury Shop and the onsite Cadbury Café – with a selection of Cadbury-themed summertime treats including frappes, milkshakes and ice creams – Cadbury World is the perfect destination for a chocolate-themed day trip this summer.

For more information about Cadbury World, or to book tickets in advance, visit www.cadburyworld.co.uk.



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Time: 10am – 4pm



Sherwood Forest Hospitals' Latest Inspection

England's Chief Inspector of Hospitals, on behalf of the Care Quality Commission, has rated the services provided by Sherwood Forest Hospitals NHS Foundation Trust as 'Good' and specifically recognised that the Trust was 'Outstanding' in the Caring domain.



Inspectors from the CQC visited King's Mill Hospital, Newark Hospital, Mansfield Community Hospital and Ashfield Health Village in April 2018 and asked if the services were safe, effective, caring, responsive and well led.

The Trust received the rating of Good overall, up from Requires Improvement in 2016 and the findings indicate improvements across every domain. Caring moved from Good to Outstanding. Well led moved from Requires Improvement to Good, as did responsive and effective and whilst safe did not improve from the 2016 rating of Requires Improvement, this was because not all services were visited and ratings from 2014 and 2015 were included in the final assessment.

The CQC made 47 ratings at Sherwood in 2018; 42 were Good, four were Outstanding and only one was Requires Improvement.

This is the first time SFH has been inspected under the new CQC process, which differs from the previous methodology.

Richard Mitchell, Chief Executive said: "I am extremely grateful to the wonderful staff and volunteers at Sherwood who have all contributed to this rating. This rating indicates further progress has been made at Sherwood. I was particularly pleased the CQC said "Staff respected patients' privacy and dignity at all times and always showed compassion and kindness."

foodie fibs

used by Nottingham parents

The age-old struggle to get kids to eat more healthily means that half of parents in Nottingham are fibbing to their children on a daily basis. New research has revealed that not only are fibs the fastest way to clear a plate, but that it's mums who are most likely to bend the truth when it comes to mealtime.

Almost half of parents surveyed revealed that they're likely to resort to misleading their little ones to get them to eat things that are good for them. More than half of children in Nottingham are considered fussy eaters, with 55 per cent of parents admitting to trying out the old classic - that carrots help you see in the dark.

Inventive and alternative names for some daily staples used by parents include 'baby tree' for broccoli, 'orange chips' instead of carrots and salad being described as 'dinosaur leaves'. More than one in three parents admit to making up new names to get their children eating better.

TOP 10 FIBS PARENTS TELL ABOUT FOOD

1. Carrots help you see in the dark
2. This will make you big and strong
3. Eating crusts will make your hair curly
4. Blending veg into a sauce and calling it tomato
5. If you don't clean your ears, potatoes will grow in them
6. Ice cream vans only play music when they have run out of ice creams
7. Drinking milk will turn you into a superhero
8. If you swallow an apple pip, an apple tree will grow in your tummy
9. Eating green beans will make you taller
10. All meat is chicken



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An Eye for Detail

It may only have been in business for three years but the Sewing Room has experienced such a surge in demand it has had to relocate to a bigger and better premise. Situated in Ilkeston and headed up by Managing Director Neil Wright, who has an impressive 40 years of experience in the clothing industry under his belt, The Sewing Room provides an alterations service that can accommodate a plethora of needs. Whether it's altering uniforms or simply shortening a pair of trousers, the staff are on hand

to stitch, cut and sew garments, applying a careful eye for detail to every single job they undertake. General Manager Deborah Wilkinson credits the demise of alterations services in shops as the reason behind the business's growth in popularity. She said: "Unfortunately, shops just don't provide the same services that they used to. 20 years ago people would have been able to get dresses and trousers amended in store.

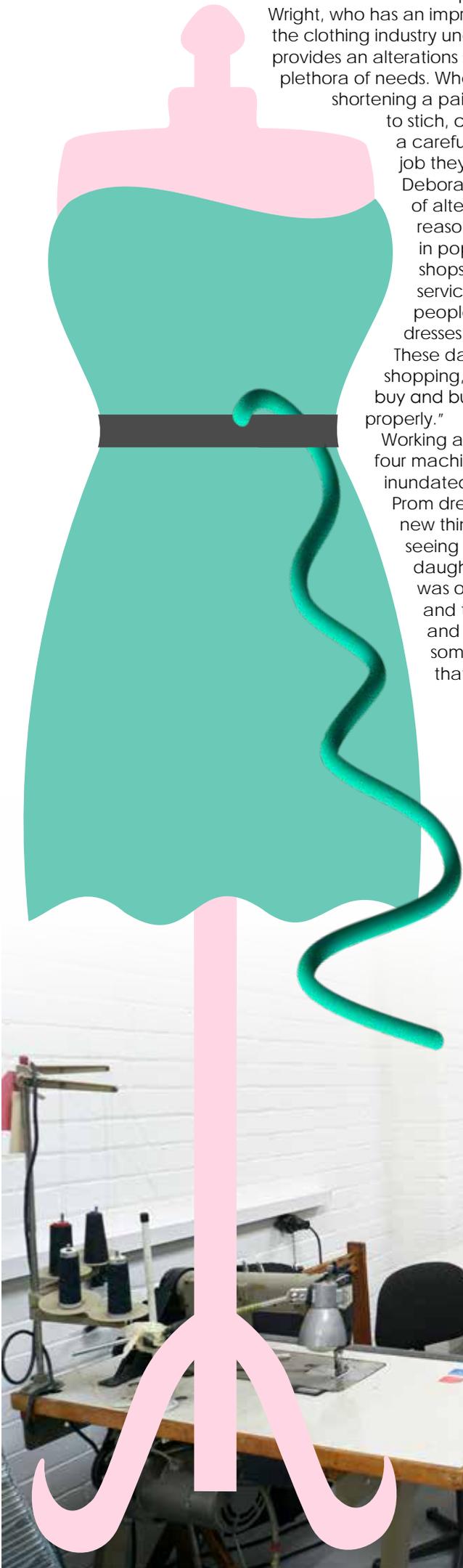
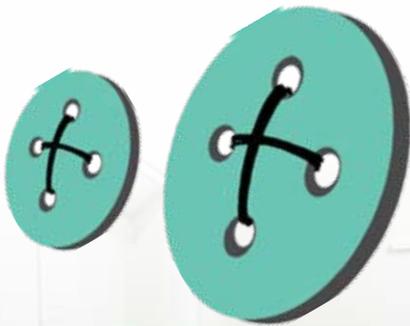
These days, especially with the rise in online shopping, people see what they want to buy and buy it, regardless of whether it fits properly."

Working alongside Deborah Wilkinson are four machinists, who have recently been inundated with one kind of job in particular. Prom dresses. She said: "Proms are a fairly new thing and at the moment we are seeing a lot of mums coming in with their daughters and prom dresses. If the girl was only 5ft tall, it's likely that the sleeves and the dress itself will be too long and will need to be taken up, which is something that we can do to ensure that it looks just right for the big day."

It's not just occasion wear either, and Neil insists that shoppers who love nothing more than scouring through clearance racks should still purchase that pair of jeans that are 50% off, even if they don't fit perfectly. He said: "Because we use thread that is exactly the same colour as the jeans that people bring in to be altered, you'd think your clothing had come straight from Levis!

The level of service provided by our machinists really is excellent. That's because we have made a name for ourselves as a supplier of professional uniforms. There isn't room for mistakes, the work needs to be perfect, and it is."

The team at The Sewing Room are happy to answer any queries or questions you may have so give them a call today on 0115 930 5290 or visit them at their new location at Barnes Wallis House, Barker Gate, Ilkeston, DE7 8DS.



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Education & TRAINING

Education Jobs Fair

29th August 2018 10am - 4pm

Ground floor, The Point, Welbeck Road, Nottingham NG2 7QW



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www.teachingforce.co.uk/jobsfair

Hosted by **Teaching
FORCE & protocol**

Nottingham Education Recruitment Event - 29th August



Leading local recruiters and education service providers Teaching Force and Protocol are teaming up to hold another of their popular education jobs fairs at The Point in West Bridgford on the 29th August from 10am-4pm.

Perfect for qualified teachers, lecturers and assessors, as well as industry professionals looking to make the move to education, the event is free to attend and offers the opportunity to meet with

representatives from the leading recruitment group - allowing attendees to find out more about teaching and lecturing opportunities across the East Midlands and beyond.

The event will run as a free drop-in session and education professionals will have the opportunity to access CV support, one to one advice, and instant job search.

This event is being run at a time when the media and politicians continue to argue

about the teacher crisis. The innovative recruiter claims they are taking a positive step to support the schools, education providers and candidates they work with, including providing free CPD to all their candidates.

Everyone attending the event will receive a welcome pack and free refreshments will also be available throughout the day. To find out more or to pre-book a time with a consultant, please call 0115 911 1616 or email events@teachingforce.co.uk.

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**Derby Teaching
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PRIMARY AND SECONDARY SCHOOL DIRECT TEACHER TRAINING PLACES

Now available for September 2018

Derby Teaching Schools Alliance has additional primary and secondary places available on our School Direct September 2018 programmes. These one year programmes lead to Qualified Teacher Status with PGCE - our students are extremely successful in gaining employment. The School Direct route into Initial Teacher Training places the school at the heart of the experience and you will learn 'on the job' with an experienced mentor in a really good school.

DTSA works in partnership with The University of Derby and Nottingham to ensure theory and practice are brought together to prepare you for a successful career in teaching.

"Amazing support from DTSA - always available to discuss any issues - always given good advice and has looked out for each and every one of us"

We are now recruiting good new graduates or those looking for a career change. Are you highly motivated and committed to inspiring and challenging young people? Do you have good subject knowledge and the ability to deliver this in an exciting and engaging way?

To find out more please email Frances at schoolsdirect@dtsa.org.uk or tel: 07825 738359 or visit the website www.dtsa.org.uk

Twycross Zoo, the award-winning conservation charity, is inviting everyone to join them for an evening walk to learn about its nocturnal, native bats on Wednesday 22nd August from 6:45pm to 9pm.

Perfect for wildlife enthusiasts this family-friendly event will include the opportunity to explore the Wetland Nature Reserve as dusk approaches and have a go at being a bat detector, thanks to the generous support of the Natural History Book Service. Local bat expert, Jools Partridge and the Discovery and Learning Team will also be on hand to share their knowledge about native bats and the threats they face within the UK.

Karen Clarke, Chief Operations Officer, commented: "It is International Bat Weekend on Saturday 25th and Sunday 26th August so to mark the occasion we are inviting wildlife enthusiasts to an evening event, when bats are normally most active."



GO BATTY AT TWYXCROSS ZOO

This will hopefully provide visitors with the opportunity to find out more about our native bat friends, hopefully see some different species of bat in our Wetland Nature Reserve and hear their feeding calls."

To make the most of the evening, Twycross Zoo has a new meal combo ticket, so visitors can enjoy a delicious meal in The View Restaurant in Himalaya, making it the perfect evening for any wildlife lover.

Centrally located in the heart of England just off junction 11 of the M42, Twycross Zoo is open to the public from 10am to 6pm, 364 days a year. For further information and to book tickets visit www.twycrosszoo.org or call 0844 474 1777.



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AUTISM EAST MIDLANDS

offer a range of services supporting children and adults affected by Autism, this includes family services, a specialist school for children aged 4-19 years old based in the centre of Nottingham; and a range of adult day and accommodation based services in; Nottingham, Nottinghamshire North, Nottinghamshire South and Derbyshire.

WE ARE CURRENTLY RECRUITING IN NOTTINGHAM, WORKSOP AND BOLSOVER FOR:

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Salary £15,883

For further detail and information about each role please visit the 'job vacancies' section of our website at www.autismeastmidlands.org.uk, alternatively please call 01909 506678 and ask for a member of the recruitment team.

Registered Charity Number 517954

Autism East Midlands RECRUITING NOW!!

As an organisation, our mission is to advocate, provide and develop high-quality services, information and support in partnership with others for all those whose lives are affected by autism. Our approach is individualised and person centred; recognising and responding to the needs of the individual enabling people with autism to live their lives with dignity choice and independence.

It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

All posts are subject to an enhanced DBS check.

Autism East Midlands
Quality of Life for People with Autism



2nd Apr - 30th Sept
Open 7 days a week
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Bistro 11am - 3pm
Thur - Sat 10am - 9pm
Bistro 11am - 7pm
Tours 12 noon & 3pm

3rd Oct - 23rd Dec
Open Wed - Sun 10am - 5pm
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A Lovely Long Weekend

As the glorious British summer continues to grace us day after day, and with the excitement of the bank holiday approaching – people are making plans to get out and about in Nottinghamshire. With blazing sunshine and warm weather, your lovely long weekend is the perfect excuse to explore some new Nottinghamshire attractions, on a mission to find your favourites.

From castles and walks to cycling and shopping – there's plenty to do in Nottinghamshire which will tickle your fancy during these final summer days, whatever the weather.

Venture to one of the many castles, stately homes or museums based in and around Nottinghamshire. Complete with gorgeous grounds and plenty to learn, they provide a fun day out for all of the family.

Whether you cycle, hike, enjoy water sports or

prefer climbing, use this summer to get active and explore the many parks, activity centres, and reservoirs boasting beautiful wildlife and open green spaces in Nottinghamshire. From green fields to play cricket or rounder's to treetop experiences, swimming in the lake and thrilling cycle routes – whatever your passion, you are guaranteed to find something for you.

From cinemas and bowling alleys to laser quest and craft centres, there's plenty to do inside when the sun isn't shining. Head into the city centre to discover a wealth of restaurants, activities, theatres and more which will tickle your fancy this bank holiday weekend!

With so many unique and enjoyable ideas for all the family, we hope our jam-packed 'what's on' pages give you some great inspiration on how to fill your summer with fun!



A GLITTERING CHANCE FOR FREE VALUATIONS

Dazzling jewels, designer watches and superb silver are being sought by a jewellery expert who could turn your unwanted items into a windfall.



Isabel Murrough, jewellery valuer at Hansons Auctioneers, will be visiting St Andrew's Church, Langar, Nottinghamshire, on Friday, September 7, from 10.30am to 1.30pm to offer free valuations and support a good cause.

She said: "Valuations are free but people will be invited to make a donation to Vale First Responders, a fantastic charity which brings together a group of volunteers to help save lives. The team provides vital emergency medical support.

"I hope people will support this great cause and take advantage of the free valuations. We make some amazing finds at events like this, which net their owners thousands of pounds at auction.

"Jewellery is hugely sought after and can fetch impressive figures when the hammer falls and yet many people leave forgotten items languishing in drawers or on dressing tables.

"An auction offers people the chance to turn their jewels into cash or, perhaps, sell something they've grown tired of and upgrade it for a spectacular auction buy."

Isabel Murrough will be St Andrew's Church Langar, Nottinghamshire, NG13 9HG on Friday September 7, 10.30am to 1.30pm. Hansons in Heage Lane, Etwell, Derbyshire, also holds free jewellery valuations every Tuesday with UK expert David Byrne, 9.30am-4.30pm, and every Friday with Helen Smith, 10am-4pm.

To find out more, email hsmith@hansonsauctioneers.co.uk or call 01283 733988.



HIRE THE BALLROOM

One of Upton Hall's best kept secrets is 'The Ballroom' a medium function room with built in stage. This stately room is south facing, overlooking terraced gardens with its own entrance.

In the past the function room has been used for a variety of events such as small concerts, presentations, christenings, weddings and wakes, in addition to business meetings. Why not ask to look around, it could be the ideal place for your event!

A comment from someone who made a last minute book after their first choice venue let them down:

"This may not have been our first choice - but it should have been"

For more information contact us on 01636 817610 or info@bhi.co.uk

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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 neurotic, 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 its important that you remember that leopards 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 find 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 brands who love you and want only what is in 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 reorganizing will save the day, thanks to you taking control of the situation and turning a negative into a most effective 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 soon 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 whom. 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 in. 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 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 answers will be staring you in the face. An interesting job offer or complete career change may be just what is needed at this present point in time.

Pisces
If your personal circumstances ever change or run into trouble, at least you can be reassured that you have your friends and family 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 is needed to enable you to get your life together again.

Out
& ABOUT



The Best of Lincolnshire

Alford Craft Market is home to the highest quality, hand crafted goods produced in and around Lincolnshire, from home ware and furnishings to fashion, gift ideas and fresh goodies – there's something to suit everyone's fancy.

Run entirely by volunteers and craftspeople, the market boasts a community spirit like no other oozing from every stall. Whether you're seeking out that perfect gift, stocking up your luxury foodie fixings or are simply on the hunt for a fun family day out, head to Alford Craft Market between Saturday 25 and Monday 27 August for a wealth of surprises.

Enjoy street theatre performances, live craft demonstrations, children's activities, Morris Dancers and Punch & Judy sketches along with much more to keep the kiddies entertained whilst you browse the diverse and varied stalls.

Fall in love this summer with home furnishings, gifts and crafts galore at the exclusive Alford Craft Market – offering unique items to locals and visitors alike.

With an encouraged donation on the door the market is accessible to every budget and invites you to explore the best of Lincolnshire crafts, right in the heart of the county. For more information visit www.alford.info/craftmarket/index.html.



Robin Hood Festival

Family Fun for All at Sherwood Forest

The Robin Hood Festival is a chance to return to days of old and enjoy a medieval extravaganza in the home of the world-famous legend!

It is a week-long celebration of all things Hood, beginning on Bank Holiday Monday (August 27) and running until Sunday, September 2, from 11am until 4pm each day.

There's something for all ages, whether you want to try your hand at archery, wander around the stalls, enjoy some fantastic storytelling or street theatre or marvel at the medieval combat displays which take place daily at the Major Oak.

There's music and entertainment throughout the forest, plus some nature activities for the children to have a go at, as well as a Robin Hood trail – can you help Robin find the items he needs to?

Though the festival is in its 34th year, this is the first one to be run from the new visitor centre on Forest Corner, using the centre's car park off Swinecote Road, next to the new fairground site.

The new centre has been built by an RSPB-led partnership, working with Nottinghamshire County Council, which includes Sherwood Forest Trust, Thoresby Estate and the Woodland Trust.

Our newly-opened state-of-the-art building will have everything you need to fuel your Sherwood trip, from bows and arrows to books and gifts at the shop, delicious picnics from the café, or a sit-down meal, if that's what you're looking for, along with great facilities. These include accessible parking and toilets and a Changing Places facility.

Parking for the event costs £5, after which it is then free admission to the festival. Please see our daily programme on arrival for all the day's events, and visit our website for details of how to book on our Twilight Tales event. For more information, go to www.visitsherwood.co.uk.



Though the festival is in its 34th year, this is the first one to be run from the new visitor centre on Forest Corner, using the centre's car park off Swinecote Road, next to the new fairground site.



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Out
& ABOUT



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The Peak District Highland Games Return!

There's a certain level of thrill you experience when watching strongmen boast their inhumane muscle power, lifting cars, pulling buses and shifting trucks – it truly is phenomenal.

In 2017 the strongmen came to Matlock Farm Park where they competed in the Peak Districts first ever Highland Games, and this year they are back!

Run by Man Beast Strongman events (Doncaster) in conjunction with Matlock Farm Park, National and regional strongman will visit the Peak District on 26 August to battle it out across five brutal events including include a Giant log press (weight 23 stone), stone carry (30 stones in weight), bus pull, caber toss and stone throw.

Amongst those competing are Yorkshire's current strongest man Simon Knowles, crowd favourite Ashton 'the bear' Reid, defending champion Scott Mark Lichfield who took the title in 2017 and many more.

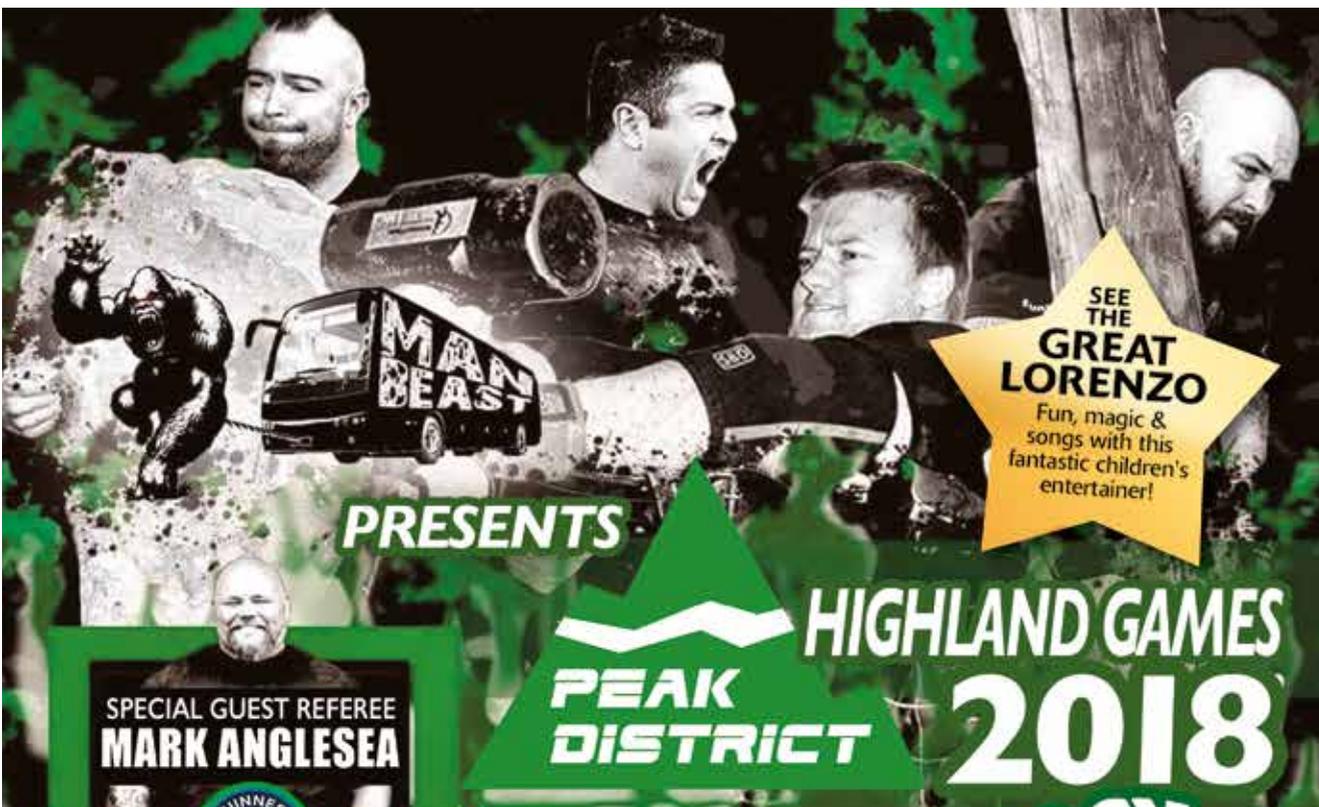
Andrew Picken, Man Beast Founder, said: "This is a competition that has a real sense of the Highland Games, with full bagpipes from the phoenix bagpipe band, kilts and Highland Games events mixed with classic strongmen events, that really get the crowd going.

Our athletes have fun with the events, but rest assured when it comes to winning the title they are sure to give it their all making for a great spectacle."

Catch all the action live on Sunday 26 August from 10.30 am at Matlock Farm Park, Jagers Lane, DE4 5LH.



Ticket prices and more information can be found on the website <http://matlockfarmpark.co.uk/>



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Matlock Farm Park, Jagers Lane,
Matlock DE4 5LH. Tel: 01246 590200.
www.matlockfarmpark.co.uk



AN EPIC ADVENTURE

The Lost City Adventure Golf, based in the heart of Nottingham at The Cornerhouse, houses two separate 18 hole, rainforest themed, indoor adventure golf courses – Sacred Skull Pass and Temple Trail!

Perfect for budding adventurers aged from 3 to 103, The Lost City is fantastic fun and suitable for everyone – whether you're looking for an activity to do with the family, fancy an adventure with your friends, plan on bringing that date you're trying to impress or want to beat the boss with your colleagues on a work night out, The Lost City is the perfect venue.

Once you've completed your adventure, you can head upstairs to the licensed tiki bar that overlooks the courses to enjoy a drink from a selection of alcoholic and non-alcoholic beverages – the cocktail selection comes highly recommended!

Whatever the weather, The Lost City is open all year round, 7 days a week from 10:30am to 11:00pm on weekdays, 10.00am to 11.00pm on Saturdays and 10.00am to 10.00pm on Sundays. It has quickly become a hugely popular Nottingham destination for families, students, children's birthday parties and corporate events and unless your group size is 10 or more, you can simply come down and play – there's no need to book! Both of the courses have been designed to be wheelchair user and pushchair friendly so all adventurers can play!

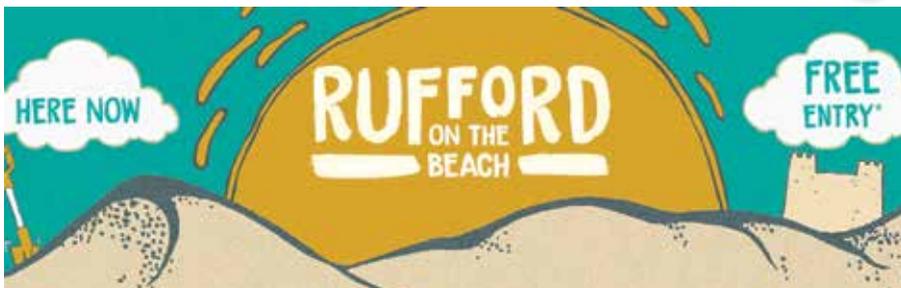
For more information and all the latest news and offers visit www.lostcityadventuregolf.com or call on 0115 985 9455.



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Out & ABOUT



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Sun 26th & Mon 27th August 2018

Join Catboy and his fellow hero Owlette as they join us here at the Great Central Railway. There will be photo opportunities so don't forget to bring your cameras!

Loughborough
• See Catboy at 11.00, 12.00, 13.00, 14.00 & 15.00
• See Owlette at 11.30, 12.30, 13.30, 14.30 & 15.30
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• Here you can watch the loco turn around

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FRI 13th JULY - SUN 2nd SEPT 2018



FREE TO ENTER!!

Nottingham Beach
City-by-the-sea



The Nottingham Beach is back!! Relax & unwind in Nottingham's Old Market Square from Friday 13th July until Sunday 2nd September. Open Daily from 10am*.

We have something for everyone whether that be building sandcastles on the beach, enjoying the family friendly rides or relaxing in our bar with a cool Mojito or two! Make Nottingham Beach the destination to be this Summer...

MELLORS GROUP events



Nottingham City Council

Nottingham Beach is brought to you by courtesy of Mellors Group Events & Nottingham City Council.

visit www.nottinghambeach.co.uk for more details*

A GATEWAY TO THE FOREST



New for Summer 2018!

The new Sherwood Forest Visitor Centre opens this summer at its new location in Forest Corner, Edwinstowe.

From information about Sherwood's wonderful wildlife and the legend of Robin Hood, to tasty food and drinks and a host of souvenirs and gifts to remember your visit by, the new state-of-the-art building will offer everything needed for a fabulous day out in the forest.

Follow the progress of the centre's build at www.visitsherwood.co.uk

Look out for forthcoming events, including details about the 2018 Robin Hood Festival





Out
& ABOUT



Tempting Treats

Special Edition Chocolate is a small artisan company in the foothills of the Lincolnshire Wolds. We have a chocolate shop on site as well as an online shop where the chocolates can be delivered to you.

We make continental chocolate to the highest standard and also cater to special diets within our vegetarian, vegan, gluten free, dairy free and diabetic chocolate ranges. We also don't put nuts into any of our products – our 'chief chocolate taster' has a serious nut allergy himself!

Our specialties include dark, milk

and white handmade bars, each available in plain or with amazing flavour combinations. For example dark chocolate with chilli and ginger, milk chocolate with butterscotch and white chocolate strawberry with black pepper to name just a few.

Our chocolate gifts include beautiful hand moulded novelties, including farm

animals, tractors, cars and motorbikes, which adorn the shelves in our chocolate shop.

Tantalise your taste buds with a visit to our chocolate shop and make your visit to Lincolnshire even more special.

For more information visit www.specialeditionchocolate.co.uk or call on 01673 844073.

STEPPING BACK IN TIME

Deene Park is an impressive sixteenth-century house incorporating a medieval manor. Occupied by the Brudenell family for over 500 years, it is currently the home of Robert Brudenell, his wife, Charlotte, and their son William. Built around a courtyard, with important rooms added during the reign of George III, it was the seat of the Earls of Cardigan of whom the most notable was the 7th Earl who led the charge of the Light Brigade at Balaklava in 1854.

The house has grown in size as generations have made their own

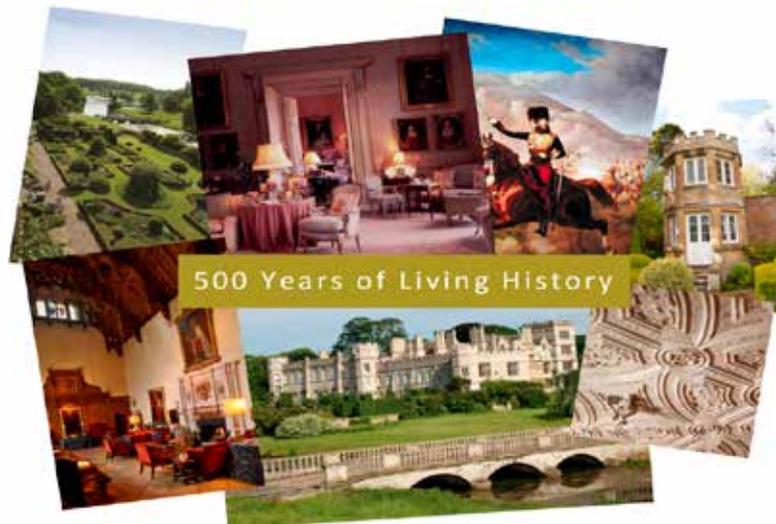
mark through the years, providing visitors with an interesting yet complimentary mixture of styles. There is a considerable collection of family portraits and possessions, including uniforms and memorabilia from the Crimean War.

The spectacular gardens are to the South and West of the house and include long borders, old fashioned roses, specimen trees, lakes, pleasure walks and a parterre with topiary teapots. As well as flora, there is a diversity of bird life ranging from Red Kites to Kingfishers and black Swans to Little Grebes.

The Old Kitchen Tearoom, set in what was the old kitchen for the main house, is dominated by a wall to wall Victorian range complete with open fire and retains the original stone floor and spice shelf used by countless cooks of the past. On public open days the tearoom serves a delicious variety of cakes, bakes and light refreshments.

Email: admin@deenepark.com
Web: www.deenepark.com
Address: Deene Park, Deene, Nr Corby, Northamptonshire, NN17 3EW

DEENE PARK HOUSE AND GARDENS



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Wednesdays in September.
12pm-5pm, house opens at 2pm.
Last admission 4pm.

Weekday Gardens and Tearoom
Tuesday to Friday until September 14th.
12pm-4pm. Last admission 3:30pm.
See website for admission prices.

Location

Located off the A43 between Stamford and Corby
Postcode: NN17 3EG

Contact

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E: admin@deenepark.com
W: www.deenepark.com

A Tranquil Retreat



Located on the outskirts of the historic and picturesque village of Tuxford, north Nottinghamshire, Greenacres Caravan Park boasts a gorgeous green space and all the best facilities, perfect for an overnight stay or weekend away.

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This adult's only park is the ideal hub for exploring the surrounding rural areas or taking a trip into the bustling city, delivering a balance

between serene tranquillity and easy access to fun activities and delicious eateries of every kind.

Tent, touring and motorhome pitches are available onsite with a fantastic range of facilities on your doorstep. An all new toilet and shower block is currently being built to create a clean and practical place for happy campers to utilise.

The roads around the campsite are also being reconstructed to make maintenance stress-free and provide easy access to the park at all hours,

helping new visitors to find their way.

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For more information about the park or the caravans on offer, call Greenacres on 01777870264 and start booking your relaxing break today.

Staveley Hall Event List

23rd August
George Michael Tribute Night
(Advanced Tickets - £10 Pie & Pea supper included)

13th September
Rod Stewart Tribute Night
(Advanced Tickets - £10 Pie & Pea supper included)

11th October
Gary Barlow Tribute Night
(Advanced Tickets - £10 Pie & Pea supper included)

October
Spring Bulb Talk
(date to be confirmed)

26th Nov
Jonathan Moseley Floristry Demonstration & Workshop
(Please ring the Hall for information or to book)

5th December 4pm-10pm
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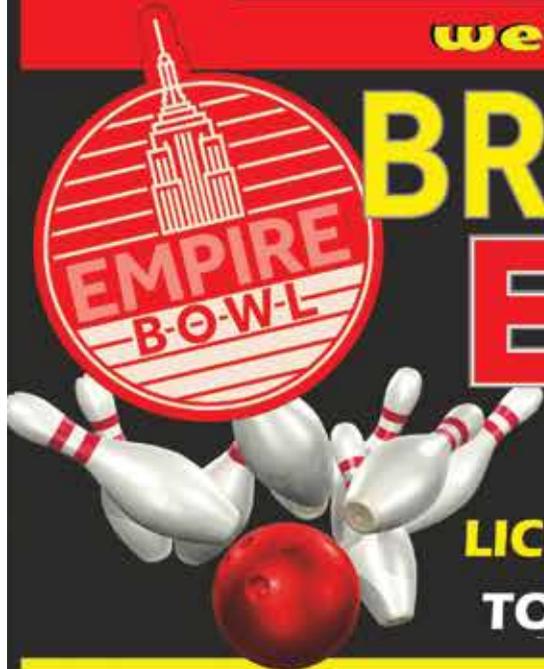


www.staveleyhall.co.uk

To book a craft stall please visit: www.creativecrafts-online.co.uk

Skegness Seafront

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Out
& ABOUT



FREE FAMILY FUN DAY

Join Cranwell Aviation Heritage Museum on Sunday 26 August for a day of family fun!

Cranwell Aviation Heritage Museum will be flying high with lots of fun activities on Sunday 26 August from 11am to 4pm. Explore vintage fire engines or have a go at some children's activities including face painting or kite making!

This event is FREE for the whole family to enjoy! The museum will also be open with its flight simulator and lots of interactive activities for all ages. Please note children under the age of 16 must be accompanied by an adult. Whilst you're there stop by their current exhibition Gallantry in the Air, a special exhibition commemorating the centenary of the Royal Air Force.

Discover some of the stories of gallantry involving RAF aircrew in World War Two. Many of the airmen featured in this exhibition gained the highest award for their valour with some of them paying the ultimate price. For more information please contact the Cranwell Aviation Heritage Museum on 01529 488490 or email cranwellaviation@n-kesteven.gov.uk. For more information about Cranwell Aviation Heritage Museum visit www.cranwellaviation.co.uk.



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Prices and information correct at time of going to print. *Excluding apartments.

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LarkfleetHomes

Larkfleet's wide selection of homes in Collingham

Larkfleet Homes (www.larkfleethomes.co.uk) is offering a wide selection of three, four and five-bedroom family homes at Collingham Brook in the attractive village of Collingham between Nottingham and Lincoln. There are ten different property types to choose from, all built using energy-efficient timber frames to minimise running costs and fitted with solar PV panels as standard to generate power even on cloudy days.

Some of the homes are offered as 'shared ownership', creating a great way for local residents to get onto the 'property ladder'.

The village itself offers amenities that include churches, pubs, post office, medical centre, pharmacy, dentist, takeaways, local stores, library and a primary school. There are regular train and bus services to Lincoln and to Newark on the East Coast Main Line, making Collingham convenient for commuting. The university cities of Nottingham and Lincoln are within easy reach.

The village has a genuine feeling of shared community, creating an ideal home for the whole family. Local groups include cricket, football, tennis and bowls clubs.

In addition to family housing Collingham Brook will provide up to 60 'extra care units' – individual homes with on-site support for people who need some assistance to continue living independently as an alternative to moving into a care home.

A new five-bedroom show home is due to open shortly but sales are already proceeding and the first residents will move in later this year. Prices range from £208,995 for a three-bedroom home to £429,995 for a five-bedroom property.

With the rolling landscapes, parks and woods of 'Robin Hood country' in the west, and the traditional seaside experience of the east of England coast just a day trip away, Collingham is an ideal centre for active families.

Call 07483 324104 for more details or visit www.larkfleethomes.co.uk/collingham-brook-collingham.

“A new five-bedroom show home is due to open shortly but sales are already proceeding and the first residents will move in later this year.”



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

www.oddfellows.co.uk

The Oddfellows is the leading name of the Independent Order of Oddfellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 2231. Registered office Oddfellows House, 184-186, Deansgate, Manchester M3 3WB

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John Eastwood Hospice Trust

John Eastwood Hospice trust working in partnership with Nottinghamshire Healthcare NHS foundation trust provide support and care for people with progressive incurable disease.

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CROSSWORD

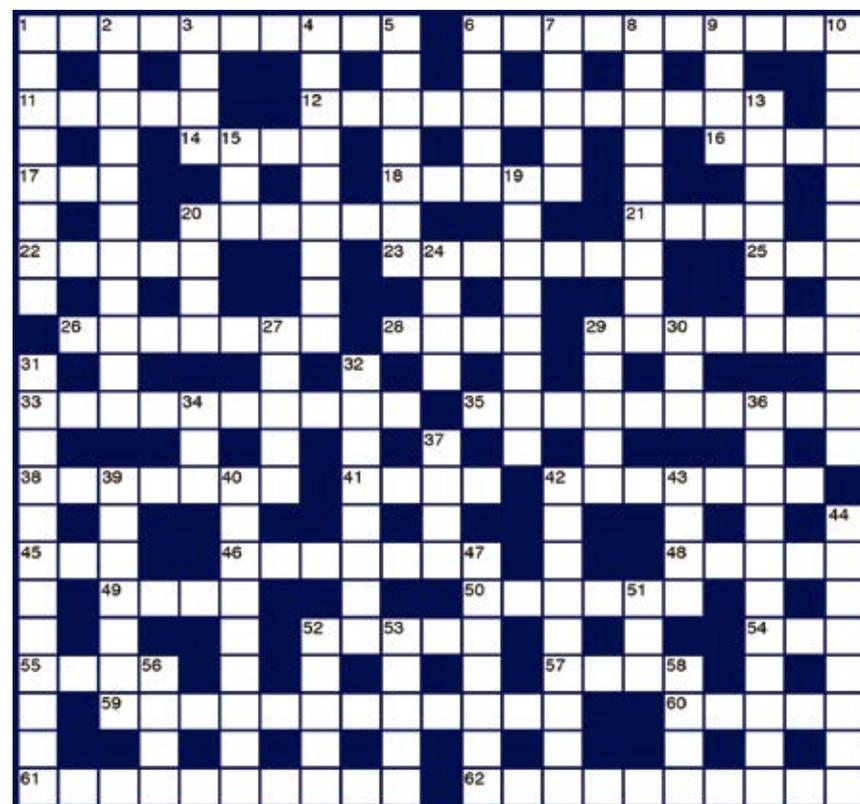
See below for answers

ACROSS

- 1 Frantic with worry (10)
- 6 Temperature scale (10)
- 11 Treacle (5)
- 12 Eager expectation (12)
- 14 Run a newspaper (4)
- 16 Millennium building (4)
- 17 Chicken enclosure (3)
- 18 Frees from worst pain (5)
- 20 Nurture like parents (6)
- 21 Clothes (4)
- 22 Drinking chocolate (5)
- 23 Japanese warrior (7)
- 25 Fasten (3)
- 26 The hour for shut-eye (7)
- 28 Clenched hand (4)
- 29 Keeping a straight face (7)
- 33 Antibiotic (10)
- 35 Three Bears' friend (10)
- 38 To fell (3,4)
- 41 Style of walk (4)
- 42 Babyish sleep (3-4)
- 45 Dried grass (3)
- 46 Shine like diamonds (7)
- 48 Thick (5)
- 49 Sliding window frame (4)
- 50 Tune (6)
- 52 Bowed instrument (5)
- 54 Pig meat (3)
- 55 Trampled (4)
- 57 Cat or dog parasite (4)
- 59 In the manner of JFK? (12)
- 60 Certainly not! (5)
- 61 Braces (10)
- 62 Wisdom acquired from long practice (10)

DOWN

- 1 Bring shame upon (8)
- 2 Seasonal tidy-up (6-5)
- 3 Mature (4)
- 4 Thankfulness (9)
- 5 Hanging shreds (7)
- 6 Actualities (5)
- 7 Wants and wishes (5)
- 8 Additional play (5,4)
- 9 Bonnet (4)
- 10 Unity and friendship (12)
- 13 Without a break (3-4)
- 15 Pair (3)
- 19 Balancing formula (8)
- 20 Quick (4)
- 24 Very dry (4)
- 27 Juicy gourd (5)
- 29 Father (5)
- 30 Be unwell (3)
- 31 Room warmers, usually
- hot air blowers (5,7)
- 32 Ladies' underwear (8)
- 34 Gosh! (3)
- 36 Beardless (5-6)
- 37 Beak (4)
- 39 Playthings retailer (7)
- 40 Water bowl (4-5)
- 42 Stomach dive (5-4)
- 43 Corpse (4)
- 44 Devoid of harmful microbes (4-4)
- 47 Causing strong arousal of feelings (7)
- 51 Expected (3)
- 52 Sponge or beg (5)
- 53 School punishment (5)
- 56 Let to fall (4)
- 58 Against (4)



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Feel at home in this warm, welcoming sanctuary, surrounded by friendly faces and progressing at your own pace to achieve life-changing results. Meet with professional counsellors every day to discuss your worries or problems, with a focus on reducing stress, the therapies and exercises used will help individuals to regain happiness and feel more them-

selves on their journey to sobriety.

Celebrating their 1st birthday this year, the rehab centre has now delivered fantastic, unbeatable care to the people of Nottinghamshire for a whole year, helping people to successfully get back on their feet in a safe and relaxed fashion.

“Our facility and our team are equipped to deal with the many complex issues concerning addiction”. Darren Rolfe CEO

If you or a loved one is struggling with combatting an addiction, get in touch with the team today to find out how Steps Together can help you change your life.

For more information about Steps Together Rehab, visit the website at <https://stepstogether.rehab/> or call on 0800 038 5585.

Address: Steps Together Alcohol & Drug Rehab Nottingham Church Street, Sutton-in-Ashfield, Nottinghamshire, NG17 1EX.

“Our facility and our team are equipped to deal with the many complex issues concerning addiction”. *Darren Rolfe CEO*



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Calling all carers!

Carers' Roadshows are coming to a neighbourhood near you

- Find out about local carer services and support
- Talk to carers, service providers and service planners
- Find out about rights and benefits
- Meet carers and share experiences
- Air your views
- Browse the market place

Free Event 2018

Nottinghamshire Carers Hub: 0115 824 88 24

What's the difference?

- This is a series of events held in local communities designed, prepared and produced by carers, for carers

Are you a carer?

- If you are looking after someone and caring for their needs, you are a carer
- Because many people don't know that there are support groups, campaign groups and communities of interest aiming to help carers in Nottinghamshire
- Come along and find out

carersroadshow@outlook.com

Come along to a Carers' Roadshow near you..... from 10:00am

Friday 7th September
Riverside Health Centre, Bulwell, Nottingham

Thursday 13th September
Kings Mill Hospital, Mansfield

Carers' Roadshows are supported by

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LET'S TALK ABOUT IT

Anyone struggling with addiction doesn't ever need to feel alone, although you might feel like you shouldn't speak about your worries and anxieties, it's always better to speak up and seek the support you need. Addiction can be a really intense and difficult subject; it can take over people's lives and make their behaviour change in ways you would not believe, immensely affecting them and everyone around them.



Understandably, speaking to a friend or family member can sometimes be the hardest thing to do if you're suffering or scared. If you don't wish to speak with someone who loves you to ask for help, there are plenty of other options including clinics, rehabilitation

facilities and one-to-one sessions where you can comfortably air your feelings.

In and around the city there are numerous places which offer counselling, group sessions, rehabilitation and everything in between to provide you with full support and get you back to living your normal life as efficiently as possible, at your own pace. From daily check-ups to around the clock monitored care – you can get back to doing the things you love in no time.

Remember, if you or someone you know is struggling with addiction, speak up and look for support whether professional or closer to your heart.



This year is the seventh year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting.

The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone.

In order to ensure the shows are FREE for carers to attend and FREE for stallhold-

ers, funding is provided by a variety of public organisations.

The Carers Road Show offers free support for all unpaid carers, no matter what the circumstances of the person they are caring for.

With 18 venues and over 100 stallholders there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need.

The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information.

Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available.

For more information contact Nottingham Carers Hub on 0115 8248825.

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Home & GARDEN

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Welcome Home



When you move into a new house, it can sometimes take a bit of time to settle in – you tend to feel a little out of your depth with all the DIY, furniture arranging and unpacking you need to do.

Settling into your new space means you face a huge challenge to create a homely environment where you feel comfortable and relaxed, but there are things you can do to make your house a home from the get-go.

Of course you will not have unpacked everything straightaway and you probably have boxes coming out of your ears full of

stuff. Ensure you unpack your essential items first, things that make you feel more at home from your snugly bedroom blankets to your favourite scented candle and

the kids' toys – it's easier to settle in surrounded by familiar items.

Use your space, if you have a spare room or apt loft space, store your boxes away and unpack bit by bit – if you try and do everything at once it's going to prove really stressful. Remove all boxes from your most-used spaces such as your living room and kitchen to maximise your space and feel more at home.

Indulge in a little family time, whilst you have plenty of things to occupy yourself

with, don't forget to relax with your family during this special period. Have a movie night, prepare a home-cooked meal or fire up the BBQ to find something everyone will enjoy.

Finally, **PRIORITISE!** Put important rooms first on your to-do list, whilst you can probably live with not painting your bedroom instantly, you will want the kitchen and other highly used rooms to be completed first. If you have young children, decorating their playroom or bedroom first might be a good place to start.



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Protect Your Property

Home security is a massively important thing for most homeowners, whether insuring your gadgets to protect against theft or making your home secure for the safety of your family, from the littlest things to the most vital – you want to feel completely protected!

When leaving the house for an abnormally long period of time, for example a trip or holiday, it's normal to worry about the security of your home, however, there's certain things you can do to relieve your stress and ensure your home is safe and secure upon your return.

Ask someone, a good friend, trusted neighbour or family member to pop into the house whilst you're gone to check everything is ok – this way someone is visiting the house, feeding your pets, watering your plants and putting your mind at ease about any potential worries.

Ensure all windows are closed, doors are locked and cars are parked on a private street, drive or in a garage before you leave. Also, it might be a good idea to store all valuable items out of sight including electronic devices, jewellery any other personal belongings.

Install CCTV or a small scale camera system covering your property so you can check in when convenient, modern systems also allow you to view footage straight from your phone, making it incredibly simple to protect your home. You could also invest in an alarm system to make your home super secure.

If you're going to leave a spare key, consider buying a safe locked box with a code so only



the people you trust have access to your property. Leaving a spare key under the doormat or behind the bin is always risky as it leaves your home vulnerable should it be located by the wrong person. From the smallest security tips to investing in new tech-savvy equipment, you can now be worry-free when jetting off to a holiday paradise knowing your home is utterly secure.



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