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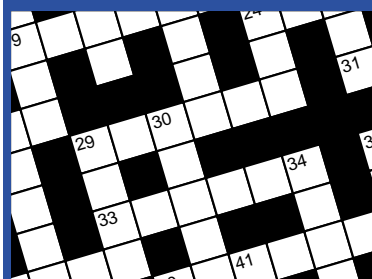
02 NUH volunteer turns 90



09 Hospital caterers up for awards



12 Have a go at our quick crossword



29 Dementia care worker honoured



WORK STARTS ON UNITY SQUARE

Work has started on Nottingham's Unity Square, which has been described as 'the most transformational office scheme to happen in the East Midlands in more than a decade'.

HMRC has entered into a 25-year lease on the development, which is being forward funded by Legal & General. It will see 4,000 HMRC employees working in the heart of Nottingham.

Nick Sladen, chief executive of developers Sladen Es-

tates said: "Today marks the important first step in what is an incredibly significant development - both for HMRC and for the East Midlands."

"We're incredibly proud to be developing Grade A office space in Nottingham, as this is something the city has been lacking for some time. The Southside of the city is undergoing a huge transformation and the offices here will complement this next phase of Nottingham's evolving skyline."

The 1.14 hectare site in Queensbridge Road - opposite Nottingham train station - will comprise two buildings totalling 62,022 sq m of office space.

HMRC's estates director, Steven Boyd, said: "HMRC is delivering the largest property transformation programme in the UK and, when it is built, the Unity Square develop-

ment will be one of our largest regional offices accommodating more than 4,000 HMRC colleagues. They will benefit from modern facilities and bright working environments, enabling them to work collaboratively with other teams to increase our effectiveness in collecting taxes."

"The most transformational office scheme to happen in the East Midlands in more than a decade"

Work is being completed by Bowmer + Kirkland, with phase one due to finish in summer 2021.



Pictured left: Steve Chambers, Bowmer + Kirkland; Steven Boyd, HMRC; Rachel Wood, Sladen Estates; Derick Gilby, Legal & General

Talented Harry is off to Slovakia

Arnold school boy, Harry Childs (10), has received the fantastic news that he will attend the 'Great Britain Lions Development Squad' for Ball Hockey being held in Zilna, Slovakia. Taking place in April, the training camp is preparation for the upcoming 2019 International Street and Ball Hockey Federation (ISBHF) Development Camp and Zilna International Tournament. See the story on Page 2.



Harry with his Lions shirt outside his school.

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Champion British Alpine Skier, Nicole Ritchie, has inspired pupils at Ellis Guilford School to go for gold and consider a future as a professional athlete.

Nicole ran a series of lessons for year nine students at the Nottingham-based secondary school, speaking to them about her career so far and what motivates her to be successful, as well as leading a training and circuits session.

23-year-old Nicole joined the British Senior Alpine Team in 2017, having been skiing since the age of three and competing since she was eight-years-old.

She currently holds the titles of British University Champion, Scottish Dry Slope Champion, Scottish Indoor Champion and British Dry Slope Champion, all of which she hopes to retain in 2019. Her visit to Ellis Guilford School,



Nicole Ritchie with year nine students

Students get a piste of the action

which is sponsored by the Creative Education Trust, will help launch QTS Group's Youth Athlete Programme in England, which offers support and sponsorship for aspiring young sport stars.

The Nottingham-headquartered rail

infrastructure firm first launched the programme in Scotland in 2014 with Nicole signing up as one of the programme's original athletes.

Under the programme, Nicole has received financial support to cover the

costs of international travel for competitions and training, particularly between her home city of Glasgow and her winter training base of Leogang, Austria, as well as funding for equipment and clothing.

Applications to the

QTS Youth Athletes programme are now open and aspiring athletes can submit their application to youthathletes@qtsgroup.com or visit the QTS website for more information. The deadline for applications is 1 May.

NUH volunteer celebrates 90th birthday

A long-standing volunteer at Nottingham University Hospitals NHS Trust (NUH) has recently celebrated her ninetieth birthday.

Wendy Russell has become a much-loved and familiar face at the Queen's Medical Centre (QMC), where she has greeted visitors and patients on Main Reception for 23 years. Wendy currently volunteers for two mornings a week and has been helping guests find their way since 1996.

Wendy, who turned 90 on March 25, said: "I'm quite privileged to do it at my ripe old age. It's nice to wake up in the morning with something to do. It keeps me out of trouble and off the streets!"

Born in Nottingham in 1929, Wendy began volunteering at QMC after a couple of years teaching in Thailand following her retirement.

She explained: "I was a teacher in Special Education in Nottingham, where I worked until retiring aged sixty. I became bored after that, so I applied to the Voluntary Services and went to Thailand with them for two



years which was very rewarding at times. Then I came back home and I was bored again, so I phoned QMC to see if they had any little jobs to do and I've stayed here ever since."

Kerry Harper, Voluntary Services Manager, said: "The contribution made to our visitors, patients and staff by Wendy over the years has been immense, without her ever expecting reward or favour. Wendy is a truly inspirational character and a valued member of our hospital and volunteer team."

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Talented Harry is off to Slovakia

Arnold school boy, Harry Childs, has received the fantastic news that he will attend the 'Great Britain Lions Development Squad' for Ball Hockey being held in Zilna, Slovakia.

Taking place in April, the training camp is preparation for the upcoming 2019 International Street and Ball Hockey Federation (ISBHF) Development Camp and Zilna International Tournament.

Harry (10), who attends Killisick Junior School, plays under 13's ball hockey with the Nottingham Huskies, part of the Wolves Academy. He said: "I was about 7 years old when I first started to play, and I really enjoy it. My Dad took me to my first game and I liked it straight away."

"I wouldn't say I am the best player on my team, but I am really good in defence. I think the faster I go the stronger I am when I hit the ball."

Harry, who lives in Arnold, says he owes a lot to his family for support. Mum, Ali Childs said: "It's worth the effort for me. I love to watch him play and as a family we have always really loved the sport. It's great to see Harry enjoy it so much and even his sister has started to play now too."

Harry says he is looking forward to travelling abroad to



brush up on his training: "I feel really good about all the new things happening to me because of hockey and I am really excited because I have never been to Slovakia before!"

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Council responds to Marcus Garvey petition

Nottingham City Council has reiterated its position that it is not seeking to close the Marcus Garvey Centre.

An online petition calling on the authority to 'reverse its decision' to close the building in Lenton has been signed by close to 3,000 people.

The building is operated by an independent management committee, which makes its own decisions about how it is run. The council does not want to see the centre close, nor does it have the power to do so.

The council is proposing to relocate its Marcus Garvey Day Service to another location in Nottingham, and will be carrying out a full consultation with the community in a few weeks to gather people's views.

The proposal is to move the day service from the current building to a more modern, city council-owned facility

The culturally-specific service, in Lenton Boulevard, is provided by the council as day care provision for older people with dementia and disabilities – primarily from the African-Caribbean community, who have activities, support and meals.

The proposal is to move the day service from the current building to a more modern, city council-owned facility that will benefit the community and service users. There is no plan to end the service and transport to a new venue would continue to be provided.

Initial plans were contained within the council's recent budget consultation. A specific consultation exercise on the relocation of the service will again take place in late May.



Parents and Parent Governors join Killisick Junior School pupils and teachers to launch their new library.

LIBRARY IS NOW AN OASIS FOR READING

A newly revamped library at Killisick Junior School in Arnold has become an oasis of calm for pupils to read in.

Kay Greensmith is a Parent Governor at the Arnold based school and attended the recent launch party. She said: "The room is a lot airier and has a very pleasant envi-

ronment now. I think that the library will be used a lot more by children, especially because we have a lot of new books available."

Teacher Karen Carpenter, English Lead at the school, talked about the transformation: "It was a fairly standard room before with old book cases and was a bit messy and dis-

organised. We have tried to create a much more positive and cheerful area. To do that I have painted the room and put a mural on one wall, we also have all new bookcases and have just ordered another £1500 worth of books."

Many of the new books were chosen by pupils and included their

favourite subjects, characters and authors and there is also a 'recommended to read' area to encourage children to try new titles.

The grand opening was attended by children who are the pupil librarians along with their parents and Parent Governors of the school.



Nottingham Panthers players show off their silly socks.

Raise Awareness of Autism by wearing Silly Socks

There is a very special reason to don your silliest socks this week (1-7 April) – to support Autism Awareness Week

One in 100 people in the UK have a diagnosis of autism and there will be thousands more individuals across the country living without a diagnosis. Autism

Awareness Week is a world recognised week that provides a platform for everyone to talk about this complex, life-long condition which affects the development of communication, social and life skills, affecting how individuals perceive the world and interact

with others. Regional charity Autism East Midlands are the largest autism specific charity in the region, supporting autistic adults, children and their families. This year the charity is hosting a variety of workshops and sessions across the East Midlands before holding

a #SillySockDay on the 5th April in order to raise awareness of autism across the East Midlands.

Around 50 businesses from across the East Midlands have signed up for #SillySockDay and in Nottinghamshire that includes Fraser Brown, Castle Rock

and the Nottingham Panthers, who are pulling together to raise awareness of autism as well as raising much needed funds for Autism East Midlands. These organisations will be donning their silliest socks and sharing photos across social media, using

#SillySockDay, in order to get people talking and learning about autism.

To get involved with Autism Awareness Week then get in touch with the Autism East Midlands Fundraising Team by emailing fundraising@autismeastmidlands.org.uk.

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Nottingham in top ten for acting against revenge evictions

Private renters in Nottingham are among the best protected from so-called revenge evictions, according to the Chartered Institute of Environmental Health.

Nottingham City Council is among the top ten councils for taking formal action and offering tenants protection from landlords who evict tenants after they raise a complaint.

The council is making use of a power that came in under the Deregulation Act 2015 which means that renters who raise a complaint with their landlord cannot be evicted for six months – but only if the council formally gets involved and issues an improvement notice for certain hazards such as damp, cold, asbestos, over-crowding and poor security.

Nottingham City Council's Head of Safer Housing and Anti-Social Behaviour, David Walker, said: "We are wholly focused on ensuring that private tenants can raise issues about the state of their property without being penalised either by rent increases or revenge evictions by unscrupulous landlords."

"Wherever possible, when we receive a complaint we will take formal action which rightly gives tenants protection from this sort of thing, while ensuring that the necessary improvements to the property are carried out."

Any private renters in Nottingham experiencing problems with their property or landlord, can call the council's Safer Housing Team for advice and support on 0115 876 1331.

New mum urges others to join the Reserves

A new mother is encouraging other women to join the Royal Air Force Reserves as a way of developing new skills and improving their confidence.

Senior Aircraftman Suzanne Dunks (29), is a first-time mum to eight-month-old Cameron and currently serves as a chef as part of 504 (County of Nottingham) Squadron.

Suzanne joined the Reserves in 2005 and has a passion for learning which has seen her progress her military career.

Suzanne said: "I have always wanted to join the military because of a

keen interest I had fostered from my granddad, who served in the Army. I have had the opportunity to learn new skills and to do so with like-minded people. Everyone in the Reserves is there because they want to be, this means you are always surrounded by an enthusiastic group of people."

"I've always said that the best part about being a Reservist is being part of a team. This was brought to life in the Joint Caterer Competition in 2017, when I worked as part of a team of three to produce competition style dishes in the field. There was stiff competition but we took home a gold medal and came second overall."

Describing the support she has received from her squadron since the birth of her baby, Suzanne explained: "Having Cameron has changed my priorities but the squadron are happy to work around this and they support you in any way they can."

"I hope my child will see what I am achieving as a Reservist and that he will learn



how important it is to never give up on something that you really want. That you can push yourself to achieve more than you ever dreamt possible."

For further information about joining the Royal Air Force Reserve, call 0345 606 9069 or visit www.raf.mod.uk/recruitment



COMPETITION WINNERS

The winner of our recent Ragdale Hall competition is Mrs L. Barnett of Bingham, Nottingham.

The five winners of our market vouchers competition were: Michael Clarke • Stephen Flaherty • Andy Ingold • Sophie Law • June Fletcher

Congratulations!



WINTER IS COMING TO DERBY – CAN YOU ESCAPE?

If you are looking for the ultimate escape room experience then Game Over Escape Rooms in Derby is definitely for you.

The rooms are full of riddles, hidden mysteries and forgotten stories to excite the senses and awaken your imagination. You have an hour to solve the puzzles and use your own guile and cunning to escape. Are you up to the challenge?

Each room is fully interactive and has jaw-dropping detail with the quality of sets usually found on film sets rather than in an escape room.

You can choose a variety of themed rooms, from Jack the Ripper or espionage to more scary ones that will appeal to the braver souls among you. Take a look at the website www.escapegameover.co.uk to find out what sparks

your interest.

Whether you are looking for a team building event, planning a celebration or just want a fun time with your friends, there is something to fascinate and delight everyone.

Game Over Escape Rooms is located in the centre of Derby on Gower Street, which makes the venue easier to find than escape from! Their professional and

friendly team are on hand to offer help and advice, whether you are new to the whole experience or are an escape room junkie.

An exciting new Games of Thrones room has opened this week that will appeal to everyone – not just die-hard fans. So, despite the fact summer is on its way, we can predict with great excitement that in Derby winter is coming!



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If you have always wanted to dance but are too afraid to make the first move a Todo Latino class could be just what you are looking for.

In Spanish Todo Latino means 'everything Latin', which is exactly what founder Amanda Hawley brings to people across the Midlands. Her mission is to maintain each style of Salsa, Bachata and Merengue as distinguishable dances in their own right, but ensure all classes are fun and accessible.

The friendly, family atmosphere is what attracts people back year after year. The classes are tailored to suit everyone, from the absolute beginner to the more seasoned dancer.

At Todo Latino the emphasis is on creating sequences that can be adapted in a number of ways outside of the studio. Students are steeped in the purest form and Latin rhythm and movement, which helps them to interpret the music wherever they choose to dance – and it only takes one class to learn the basic steps.

Amanda, who is an award winning Salsa teacher, prides herself on being inclusive and can also accommodate people with disabilities or visual impairment in her classes.

Whether or not you have a friend or partner to go with or are on your own and looking to make new friends, the classes offer a real family feel. Over the years they have even been responsible for five weddings!

It is well known that dancing has a positive effect on both physical and mental wellbeing, so what are you waiting for? Book yourself a class.

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Aries



There could be a golden opportunity to start a new job or business venture. Don't look a gift horse in the mouth. You are ready for a challenge and need to make changes before even more boredom sets in and you become even more difficult to live with. Work and relationships can be hard to gauge, are you friends or are you that little bit more? The focus is on emotional matters because a new romance could be developing between you and someone who really understands you and is on your wavelength.

Taurus



You are able to stand your ground and go for what you want out of life. Wonderful surprises are in store. New friends and old will join you in lots of little celebrations because you are beginning to achieve several life long ambitions and beginning to gain more confidence in your everyday decisions. The most important thing of all is that you are thinking more about yourself, will try to reconnect with them on the same level as in the past. Listen to your gut feelings, they are never wrong. Although you would love a holiday because it means you can escape from all the stress that is riding you, it may not be possible at this precise moment. Take your time and start pacing yourself.

Gemini



At times you can be in too much of a hurry and miss vital information or details that could be expensive. You are out to enjoy your life, achieve happiness and take a few risks. A close friend or relative who has deeply upset you in the past may attempt to make amends, but you may feel hesitant about reconnecting with them on the same level as in the past. Listen to your gut feelings, they are never wrong. Although you would love a holiday because it means you can escape from all the stress that is riding you, it may not be possible at this precise moment. Take your time and start pacing yourself.

Cancer



Your private life is taking centre stage as both you and your loved ones are experiencing so many changes. You are good at putting on a brave face to the rest of the world when really you will be feeling troubled about a number of issues that you feel you have no control over. Everyone expects you to be strong, organised and able to cope and normally you do, but sometimes it would be nice to have some extra help and a little understanding of your situation. Establish clear guidelines about what you expect and then stay firm.

Leo



There won't be a dull moment as you face new challenges. With major stuff going on in your work and business you will succeed because you are one of the most courageous and determined signs of the zodiac and often work well under pressure. Although you tend to put on a brave front, there are times when even you need some tender loving care and understanding as much as anyone else. A romantic meal for two will turn out to be one of the most wonderful evenings of your entire life and this is just the beginning of a brand new chapter you can look forward to.

Virgo



Have some faith in yourself because with so much happening around you, it's easy to suddenly feel a wave of panic wash over you for no real apparent reason. The focus will be on your personal circumstances and it looks as though something new is about to start blossoming that will help put a rosy glow and a beaming smile on your face. Even your friends will notice that there is something different about you. Make the most of this happy, productive period because even your finances are all set to take a turn for the better. Holiday arrangements look very exciting.

Libra



You will be feeling torn between two very different directions and in the worst case scenario, someone may try to force your hand. As someone who likes to be prepared for any event organised and ready for action, you may feel as though there are too many obstacles and challenges obscuring your vision causing you unable to think as clearly as you normally do. Domestic battles with partners or difficult relatives will test your patience. Concentrate your energies on work, business, finances and accumulating money for your future once you have decided which path to take next.

Scorpio



There are probably a few people you have outgrown and find difficult and awkward to be in the company of for any length of time. Your destiny is leading you down a completely different pathway and the outlook is exciting and positive. Rather than spending money on unnecessary luxuries, you will gain far more by living frugally and investing your cash wisely where the profits will yield a good return. Value your health and well being by remaining active, enjoying a good diet and choosing your company wisely.

Sagittarius



You have reflected what changes you would like to happen and not its time to put plans into action. In between juggling social and professional obligations you may find yourself torn between two personal invitations and although you do not wish to disappoint anyone, it's important that you do what will benefit your needs the most. Sometimes it's not always possible to compromise successfully and lets face it, you are a busy person and very much in demand. Something in your life is coming to a natural end but there is also a brand new door opening that will lead you to a new and exciting destination.

Capricorn



Don't make promises that you may not be able to keep and don't assume that others will be understanding of your situation either. Family and loved ones are important so try to arrange to spend some quality time with those closest to you. An opportunity to make some extra money will come your way soon. Gather yourself because you are on the brink of a brand new life and will find some personal happiness toiling your way that you were not expecting at all. Do not allow someone from your past that you were deeply involved with to get away with playing mind games.

Aquarius



By removing and getting away from difficulties that do not involve you there is a good chance for you to start thinking about creating a brand new life. Your personal life takes on a new complexion but so will any opportunity that means earning extra money. You will be feeling very lucky indeed and an unexpected windfall will come just in time for you to clear any outstanding debts or other financial obligations. This is the right time to do some very serious thinking about which direction you want to go in, sit in order to pursue your ambitions and fulfilling a dream.

Pisces



Although long standing problems remain, you are right to relegate them to the back burner whilst you deal with more important issues which demand your urgent attention. If you are alone and looking for a companion, someone is going to enter your social life and make such a huge difference. You deserve to be happy in the very same way as everyone else does. Life has seriously tested you over recent years and now you are older, wiser and far more street wise than previously. This is an excellent time to think about doing some travelling and exploring.



Hospital caterers are up for four awards

Patient's food at Nottingham's hospitals has been nominated for four national catering awards.

The annual Cost Sector Catering Awards will see over 700 industry delegates compete for awards that acknowledge their hard work.

In recognition of their exceptional dedication to improving food services for patients, catering teams at Nottingham University Hospitals NHS Trust (NUH) have been shortlisted for the Public Sector Award, the Healthcare Award, the Innovation Award, and the Marketing Award.

Nicola Strawther, Chief Dietetic and Catering Technician, who has been nominated for the Public Sector Award,

said: "It's fantastic to make the shortlist for the Cost Sector Catering Awards. It's such a prestigious event, so to be shortlisted alongside such a high distinction of industry professionals from the catering industry is an honour. I'm overwhelmed to be shortlisted as an individual and I'm really pleased that we have been able to raise the profile of hospital food and the hugely important role nutrition and hydration play in a patient's recovery."

NUH's Memory Menu has been short-listed for the Marketing Award. It was devised by a team of caterers, clinicians, dieticians and patient representa-

tives – also known as 'the Power of 4' – and aims to keep patients well-nourished throughout their recovery by offering tempting meal choices. The menu was praised in the Trust's recent Care Quality Commission inspection report as 'outstanding' practice.

Ann-Marie Riley, Deputy Chief Nurse, said: "I am so proud of NUH's catering teams for their nominations at the Cost Sector Catering Awards. They work proactively with clinical teams, patients and the public to ensure that our patients receive appetising, tasty and nutritious meals and these nominations are testament to that collaborative approach." The winners will be revealed on April 25 at the Hilton London Metropole.

Lonely Brits turn to TV



Lonely Brits spend a total of one month every year watching TV on their own, a study has revealed.

Two-thirds (62%) of lonely people put the TV on for company, 31% put the radio on, and 27% speak to the dog or cat. Sadly even 7% even ask Alexa or Siri a question for a bit of electronic friendship.

New research by Rotary Great Britain and Ireland, shows that almost half of the adults in Britain say that they are lonely and 41% say that they feel most lonely in the evenings when they get home from work.

The average Brit sits alone in front of the box for three and a half hours every day, compared to just two hours spending time with friends or family.

A quarter of the respondents polled would like to socialise more, two thirds (66%) are happy with the amount they do and 4% said they would like to socialise less in a typical day. Women are more likely to want to socialise more with 27% compared to 22% men. Younger people are more likely to want to socialise (41%) than older people (20%), and over a third (34%) of single people would want to interact more, as do 40% of parents with children under five years old.

Evenings are the time when the most people feel lonely, 41% of people said that this feeling descends when they are alone in the evening. 14% of those surveyed have gone to the shops for the sake of getting out and have a conversation with someone, 6% have gone to the GP for the same reason and 6% have ordered post just to chat to the postman.

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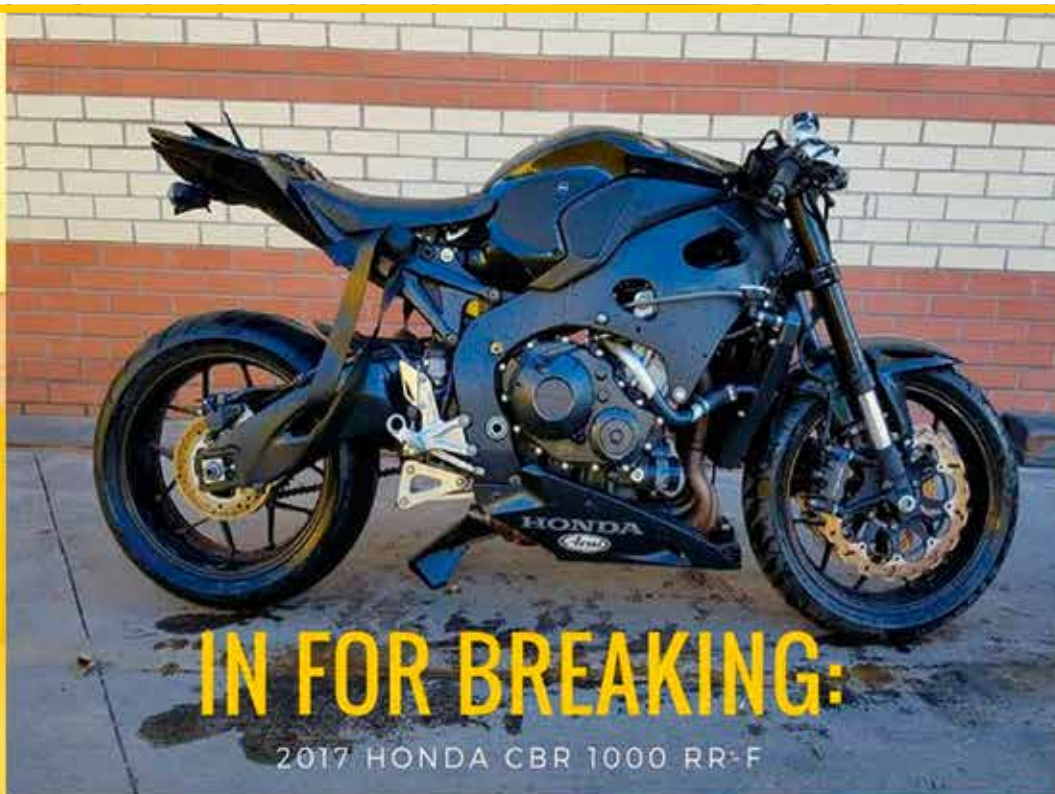
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New war memorial unveiled in Edwinstowe

Building products manufacturer Forterra has worked closely with the Royal British Legion over the past year to bring make a new World War One memorial, which has recently been unveiled in Edwinstowe.

Team Leader Nigel Jackson and Operations Manager Matt Mendham, of Forterra's Bison Precast facility in Hoveringham, met with members of the Edwinstowe branch of the British Legion and local residents earlier this month.

Together they unveiled the new £5000 memorial to mark the 2018 centenary of the end of World War One.

The Edwinstowe British Legion, with the collaboration of Nigel Jackson, established a sub-committee over a year ago for the planning and design of the memorial. They jointly briefed and advised the Forterra draughtsman who designed

the lectern-style piece, which has been made from granite imported from Italy.

Forterra additionally made a donation towards the memorial's costs last year, with the British Legion also working hard to raise funds.

Nigel said: "We are very proud to have helped unveil Edwinstowe's new First World War memorial, which has come together successfully after more than a year of planning and fundraising. We at Forterra are happy to have been able to work with and offer our support to the Edwinstowe branch of the British Legion throughout the design and production process."

Right: Matt Mendham and Nigel Jackson of Forterra's Bison Precast facility in Hoveringham.



East Midlands is key area for Bellway

Housing developer, Bellway has reported rising demand for homes in the East Midlands as the region was named as one of its key growth areas.

Announcing its half-year results this week, Bellway revealed its East



Midlands division sold more than 350 homes between August 2018 and the end of January.

Bellway East Midlands, which is based at Leicester's Meridian Business Park, is currently selling homes across Nottinghamshire, Leicestershire, Derbyshire, Staffordshire and Warwickshire.

Sales Director Carolyn Watkinson said: "The housing market in the East Midlands remains strong and this has been reflected in our growth to date.

"House prices remain at affordable levels and the region benefits from excellent transport links, good schools and an increasing range of job opportunities fuelled by increased investment in

the region. Low mortgage rates, high employment and the availability of the government's Help to Buy equity loan have helped to create a housing market which is poised for further growth.

"We choose our locations carefully and design developments which closely match the demands of the local market. We are increasingly finding that homebuyers are actively seeking out new homes as a low-maintenance option which is more affordable thanks to Help to Buy.

"Bellway is proud to be a HBF Five Star Builder, which demonstrates that more than 90 per cent of our customers would recommend us."

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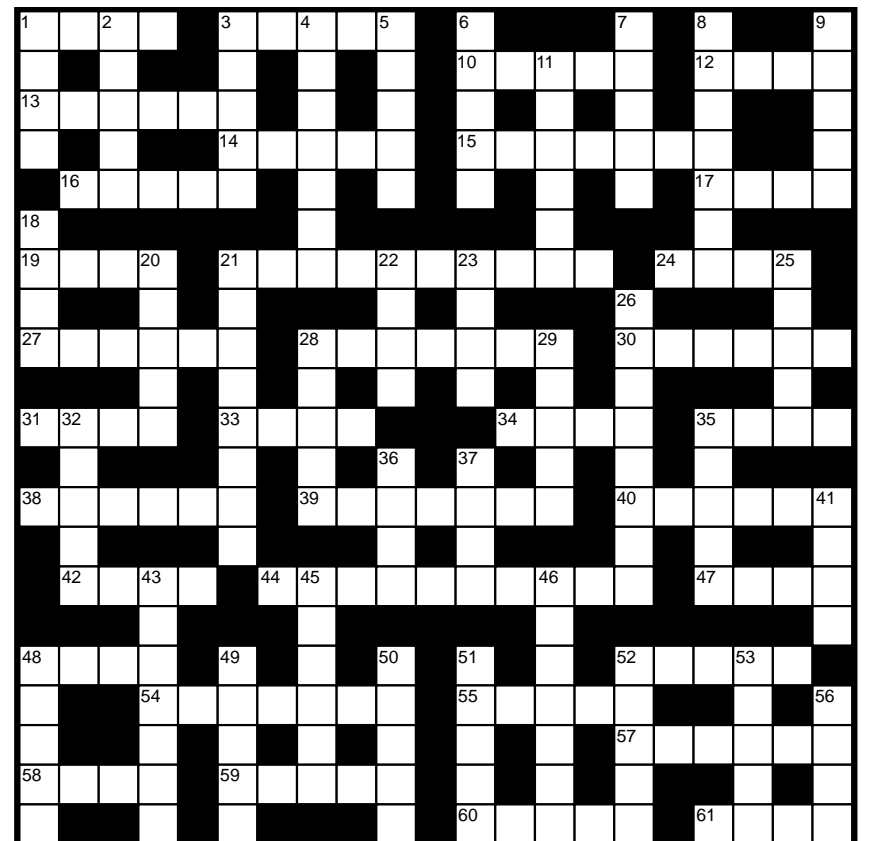
ACROSS

- 1 Successful police raid (4)
- 3 Pie covering (5)
- 10 Arctic bear (5)
- 12 A couple (4)
- 13 Boil with anger (6)
- 14 Give birth to baby cow (5)
- 15 City resident (7)
- 16 Expressionless (5)
- 17 Niece's mother (4)
- 19 A necessity (4)
- 21 Prince Charming's beloved (10)
- 24 Retail outlet (4)
- 27 Chewy sweet (6)
- 28 Defence tower (7)
- 30 Scottish girl (6)
- 31 Cliff face (4)
- 33 Fossil fuel (4)
- 34 Salmon or trout (4)
- 35 Buddy (4)
- 38 Summon by hand (6)
- 39 Frighten badly (7)
- 40 Wooden beer cask (6)
- 42 Off work poorly (4)
- 44 Agreement to end a strike (10)
- 47 Sixty minutes (4)
- 48 Learned and astute (4)
- 52 Unpleasant surprise (5)
- 54 Vermouth cocktail (7)
- 55 Box or thorax (5)
- 57 Mode of dress (6)
- 58 Commotion (4)
- 59 Potter's machine (5)
- 60 Larceny (5)
- 61 Slip sideways (4)

DOWN

- 1 Fussily active (4)
- 2 Rise into waves (5)
- 3 Restrain (5)
- 4 Dirty (7)
- 5 Big cat (5)
- 6 Room to breathe (5)
- 7 Eat grass (5)
- 8 Popeye's favourite food (7)
- 9 Hand to forearm joint (5)
- 11 Deadly (6)
- 18 Nautical mile per hour (4)
- 20 Put off until later (5)
- 21 Curved street or terrace (8)
- 22 Point of sunrise (4)
- 23 Prepare for publication (4)
- 25 Colour a picture (5)
- 26 ABC (8)
- 28 A brute (5)
- 29 Creating a din (5)
- 32 Checkmate game (5)
- 35 Third month (5)
- 36 Strength and tenacity (4)
- 37 Plonk (4)
- 41 A bit of fun (4)
- 43 Pharmacist (7)
- 45 Rouse into a frenzy (6)
- 46 Costly outlay (7)
- 48 Pong (5)
- 49 Creep along in traffic (5)
- 50 The name of a book (5)
- 51 Perfume (5)
- 52 Jump in surprise (5)
- 53 Baby bird (5)
- 56 Pencil graphite (4)

See below for answers



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Farmyard fun at National Ice Centre

Nottingham's National Ice Centre will be bringing the farm to the city for one whole weekend as part of this year's exciting Easter Egg-stravaganza.

On Saturday 20 and Sunday 21 April 2019, the venue will be celebrating the Easter weekend with a packed two days of events for the whole family to enjoy, including ice skating, the chance to win chocolate treats and meet some farmland animals.

The National Ice Centre is teaming up with White Post Farm for the event who will be setting up an Easter petting zoo in the foyer. Animal fans can meet their favourite creatures from the farm, including cute bunnies and chirping chicks – as well as possible newborn lambs.

There will also be fun prizes to win as well as Easter-themed arts and crafts including Easter bonnet making and face painting.

All activities including the petting zoo will be open on both the

Saturday and Sunday from 10am to 5pm. Standard weekend skating times also apply (11am to 5pm on Saturday and 10am to 12pm, and 1.45pm to 5pm on Sunday). The Easter activities will be free to enjoy with the purchase of a skating ticket.

For further information visit the website: <https://www.national-ice-centre.com/whats-on/easter-family-fun-weekend> or call the Box Office on 0843 373 3000.



TV presenter Gemma to star in Pirate Parties

TV presenter Gemma Hunt, star of the popular Cbeebies programme Swashbuckle, will be hosting three Pirate Party services at churches in the Worksop at Easter.

Children of all ages are invited to the parties at Christchurch, Worksop, and St Luke's, Shireoaks, on Palm Sunday – April 14th.

There will be loads of pirate-themed fun, games and songs inspired by the TV show and children who go along are invited to dress as pirates. Gemma said she is really looking forward to meeting her new pirate friends. Since April 2016 she has also been a co-presenter of the Alpha film series which aims to introduce people to Christianity.

The Revd Luiz Lima, who is the vicar of Christ Church and St Luke's said: "We are

preparing ourselves for a fantastic adventure. A day of real joy and celebration! Children and adults will have a wonderful time as we open our churches to the community." The parties at Christ Church, in Thievesdale Close, Worksop, take place at 1pm and 3pm. The party at St Luke's, in Shireoaks Row, Shireoaks, starts at 5pm.

Tickets are available from local schools - Haggonfields Primary, Prospect Hill Junior, Prospect Hill Infants, St John's Academy, St Luke's School and Gateford Park - and the Christ Church office, which can be contacted by emailing hello@christchurchworksop.org.uk

And the fun does not stop there... on Easter Sunday there will be egg hunts at Christ Church and St Luke's starting at 11am.

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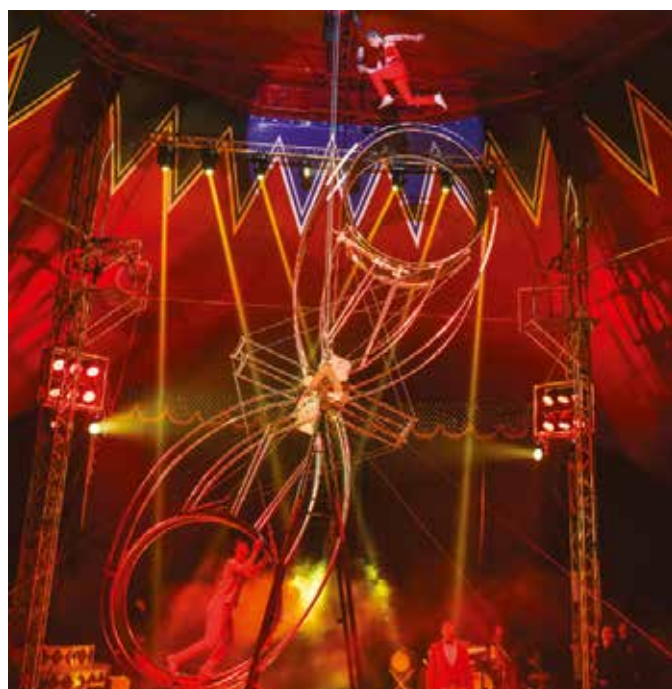
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this super-springing playtime wonderland that will give you a sense of jumping up to the clouds. It is the ultimate energiser for avid climbers of all ages. With jumbo-netting keeping you completely surrounded you are as safe as tree houses.

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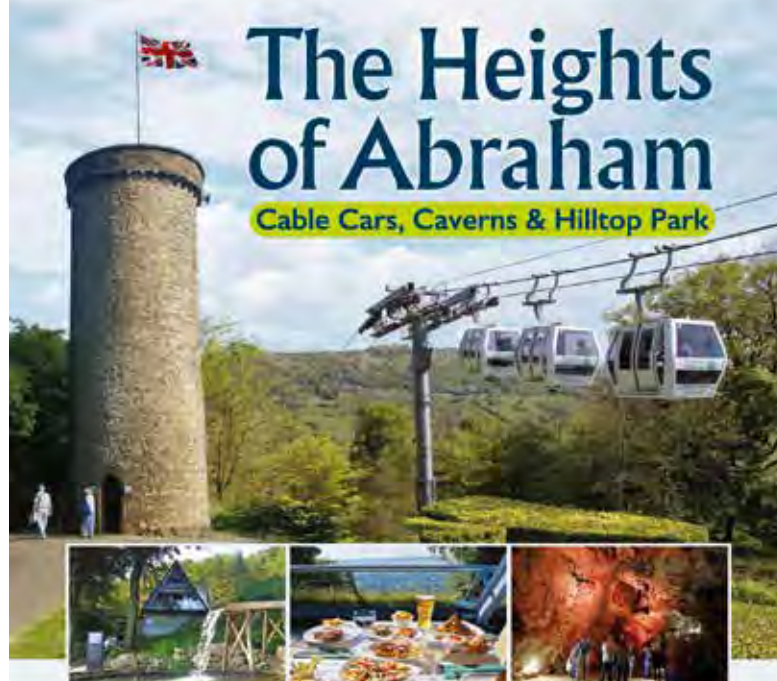
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Family fun & easter trail in the gardens
Garden admission applies

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A celebration of local artisan food and drink
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www.doddingtonhall.com
01522 694308 | Lincoln, LN6 4RU |   

EASTER AT DODDINGTON HALL

Lincolnshire's Doddington Hall is all set for Easter Eggsploration with plenty of family fun in the gardens over Easter Sunday 21 April and Bank Holiday Monday 22 April. There will be games on the croquet lawn, I-Spy trails for younger children and a fact-finding trail for older children with chocolate treats for all those who complete the trails.

There will also be the chance to take part in a unicorn quest inside the impressive Elizabethan hall, which has more than 400 years of unbroken family history. The extensive collection of furniture, tapestries, ceramics and paintings will be joined by new displays this season.

The Doddington Food and Drink Festival will also be on in the Coach House on Easter Sunday, 21 April with plenty of delectable delights and tasty treats and tipples to try! A fabulous range of local artisan food and drink suppliers will be showcasing their produce including tastings and exciting new line introductions. It's also a chance to meet the Farm Shop team and find out more about their favourite products and recipe ideas.

Doddington Hall & Gardens is open Sunday 7 April until 29 September every Wednesday, Friday, Sunday and Bank Holiday Monday, 12noon - 4.30pm. The gardens open at 11am and last admission is at 3.30pm. Easter Eggsploration runs on 21 & 22 April, trails are included in the standard admission fee. Shops and Cafes are open daily. Full details of all the events held at Doddington Hall over the coming season can be found at www.doddingtonhall.com



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Mon 15th - Mon 22nd April
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Robbie Williams Tribute – 1st June

(Tickets £15 per person with supper included)

Elvis Presley Tribute – 27th June

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Michael Bublé Tribute – 4th July

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John Denver/Neil Diamond –**5th September**

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Whether you are looking for the perfect wedding venue or just enjoy well-planned events in beautiful surroundings, Staveley Hall has much to offer.

Located in Chesterfield, Staveley Hall was built over 400 years ago by Sir Peter Frecheville and still includes many historical features. Starting with the 1604 plaque over the door showing Sir Peter's status as a Knight of the Realm, to the beautiful function rooms, this venue has it all.

Having undergone extensive refurbishments in the last few years, the Grade II listed building offers a breath taking setting for bespoke weddings, business conferences and other functions. The professional and friendly team pride themselves on offering a range of facilities and budgets to meet all requirements.

Rooms include Musard, which can cater for 20 people and is perfect for private parties

or exhibitions and Frecheville, which is slightly smaller, but can comfortably accommodate up to 20 people for corporate meetings and funeral teas to the larger rooms like Devonshire, which has a capacity of 50 and is ideal for dinner parties and bigger events. For even larger events Air Hall can seat 100 people with extra space for standing guests.

The terrace and gardens provide the perfect backdrop for photographs and a marquee is also available.

Staveley Hall is also the venue for a variety of exciting events throughout the year, including wonderful 1940s events in full, authentic costume. There is also a coffee shop offering top quality food and drink to visitors.

To find out more about what is happening at Staveley Hall and see the impressive gallery of photographs take a look at their website or contact the team on 01246 385200.



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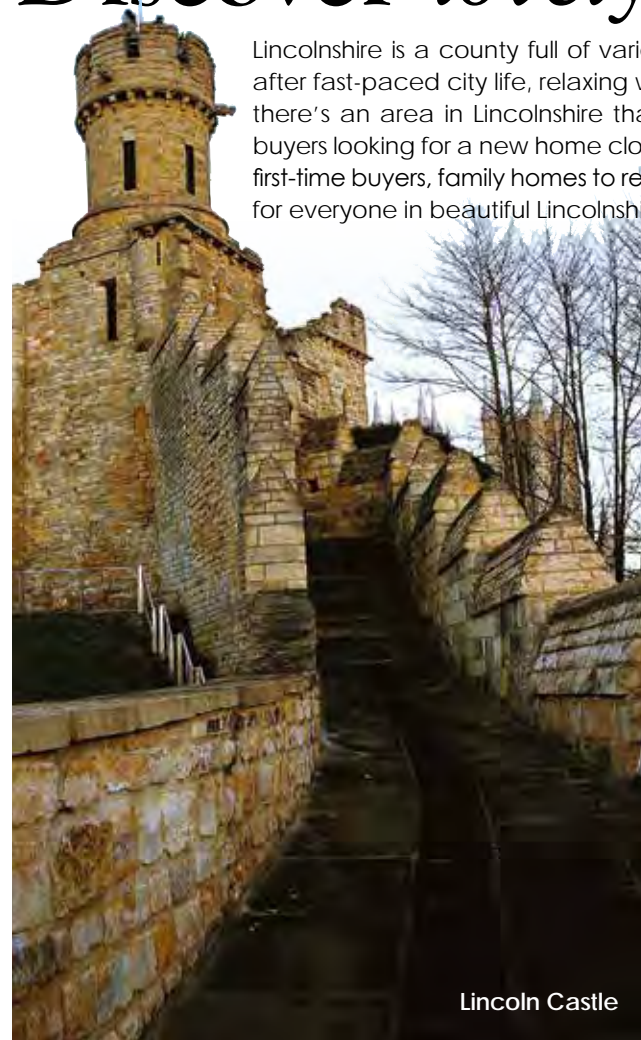
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Discover lovely Lincolnshire

Lincolnshire is a county full of variety and brimming with experiences – whether you're after fast-paced city life, relaxing walks in rolling countryside or quality time at the coast, there's an area in Lincolnshire that can deliver. It is also a county that attracts house buyers looking for a new home close to the coast. With properties to suit all pockets, from first-time buyers, family homes to retirement properties close to the sea, there is something for everyone in beautiful Lincolnshire. **By Emily Smith**



Lincoln Castle

Boston

The town and small port of Boston is an ideal destination for an afternoon of exploring. Visit Boston Guildhall, built in the 1390s by Mary Guild and home to the town museum. Here you can immerse yourself in plenty of historical stories and secrets – learn about the history of the Guild of St Mary and Henry VIII dissolve of Guild before visiting the town's museum collection to see a number of displays and exhibitions. After, pay a visit to St Bololph's Church, famous for its exceptionally tall tower that was once used as a landmark for sailors; on a clear day the striking structure can be seen from Norfolk! Climb the 209 steps for the Tower Experience before enjoying a drink in The Stump Coffee Shop. Little ones will also love the Treasure Trail and Play Den!

Skegness

Situated on the East Coast, Skegness is the perfect destination for a seaside experience. Home to one of Britain's best loved beaches, there's no better place to enjoy the trappings of a traditional seaside town. Tuck into fish and chips, indulge in ice creams while the sun shines and treat the kids to donuts and candyfloss, all while enjoying views of the North Sea.

For an exhilarating afternoon, head to Fantasy Island and enjoy a few hours on the rollercoasters. With live shows, children's rides and even a market selling plenty of seaside fare, it's easy to spend a few hours here.

After, stroll along the pier which stretches out into the sea or take a donkey ride along the sand. Admire the views, breath in the sea air and enjoy all that Lincolnshire's finest coastal destination has to offer.

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area of natural beauty in the market town, popular for family picnics. After enjoy a few hours at Louth Museum and learn about the community's colourful history.

Lincoln

If it's a city experience that you are craving, Lincoln town should be your first port of call in the county. Combining a rich history and culture with a vibrant shopping and restaurant scene, it's the perfect place to explore on foot for the day. Treat yourself to

some new gear in one of the 300 high street stores in Lincoln and don't forget to pay a visit to the Cathedral Quarter, where you'll discover Lincoln's bustling independent and boutique scene. Throughout the weekends in particular the city streets come

to life with a variety of markets selling everything from local food and produce to artwork and ornaments. After an afternoon of shopping, visit the city's two most renowned attractions, Lincoln Castle and Lincoln Cathedral.



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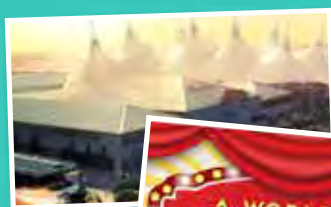


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Delight in Derbyshire

By Emily Smith

Combining unique landscapes with historical houses and countryside walks, there's plenty to love about Derbyshire. Whether you plan on visiting for an afternoon or a long weekend, you'll find a place to rediscover your passions and uncover natural beauty.



Derby Cathedral

Bakewell

Situated on the banks of the river Wye, Bakewell is an idyllic market town and the perfect place to visit for a peaceful stroll and an afternoon of window shopping. The lively village atmosphere is unbeatable for a day out in spring, and be sure to sample what the area is most famous for while you are here – the Bakewell Pudding! The town is brimming with tea rooms, so tuck into a traditional afternoon tea in the sunshine. Farmer's Markets

are perfect for indulging in some local produce, or you could spend a few hours browsing in the extensive speciality shops, selling everything from handmade gifts to walking gear.

Matlock

The county town of Matlock is the ideal place for exploring the best of the Peak District thanks to its central location, and whilst here take some time to appreciate all of the stunning architecture on offer. Originally developed



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Discover Derbyshire



Matlock



Pavilion Gardens, Buxton



Crooked spire, Chesterfield

as a fashionable spa in the 19th Century, Matlock is home to some truly stunning buildings – namely the Gothic-style Riber Castle. The River Derwent runs through the heart of Matlock, leading on to the acclaimed Hall Leys Park. Here you can enjoy riverside walks, tennis and even rent a boat for the afternoon. Crown Square buzzes with shops, cafes and plenty of restaurants, so end your day here and, if the weather permits it, enjoy a meal in the sunshine.

Buxton

Sophisticated spa town Buxton has a colourful history and has been welcoming tourists since

the Roman times, with many keen to experience its natural thermal springs. Buxton is now regarded highly thanks to the examples of Georgian and Victorian architecture that can be found here, including the striking Devonshire Dome. The Edwardian Opera House is another recognisable gem, and be sure to check out the event listings before you visit – there may be a show on that you don't want to miss! When the sun is shining the Pavilion Gardens are the perfect place for enjoying a few hours with the kids – with lawns, play areas and a family-friendly café, it's an ideal spot for relaxing on a lazy Sunday afternoon.

Derby

It's the UK's most central city and Derby is also a great place for a weekend break. Here you can enjoy the hustle and bustle of city life and engage in plenty of cultural experiences. Pay a visit to Kedleston Hall, an exquisite 18th-century house where you will discover examples of Neoclassical architecture. If shopping is more up your street, you'll love the Cathedral Quarter, where historical streets are filled with a great selection of specialist stores and independent retailers. Also home to a number of art galleries and museums, it's well worth a visit while you delight in all that Derby has to offer.

Ashbourne

If picturesque scenes and pretty buildings are what you're after, Ashbourne is well worth a visit. The charming market town is hailed as the gateway to Dovedale, renowned for its limestone ravines and stepping stones. Ashbourne boasts more than 200 listed buildings, with everything from coaching inns to town houses to marvel at. Small, family-run businesses make up the majority of the shopping scene, so it's ideal for a spot of carefree window browsing. If you fancy stretching your legs or would prefer to cycle, Ashbourne sits conveniently at the start of the traffic-free Tissington Trail.

Chesterfield

Derbyshire's second largest town is known for its crooked spire and lively market town, providing plenty to keep visitors entertained. Engage in the history of the town at the Chesterfield Museum and Art Gallery, where you can learn about everything from the Roman settlements to modern day life in Chesterfield. The town regularly hosts one of the largest open air markets in the country where more than 200 stalls full of fresh produce, food and gifts congregate in the town centre. With regular flea markets and farmer's markets taking place in the town too, it's the perfect destination for keen market browsers.

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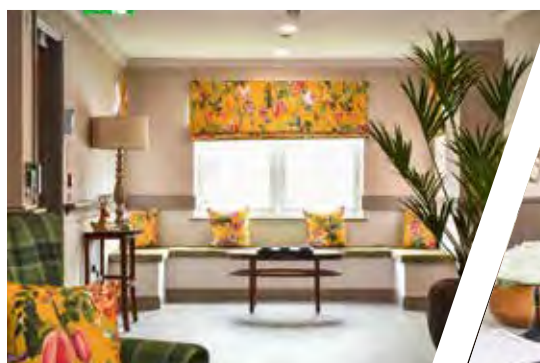
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'10 out of 10!'

*'Residents are treated with
dignity and respect and receive
the highest standards of care'*

*'It is a happy and friendly
environment'*



New Care is hosting a fantastic Spring Fair at Ruddington Manor, its stunning 66 bed care facility in Wilford. Taking place on Saturday 6th April 2019, from 1pm until 4pm, it promises to be a super day.

There will be a selection of stalls set up selling books, sweets, cakes, beauty products and gifts, as well as plenty of activities lined up including pony rides, face painting and belly dancers. The purpose of the Spring Fair is to welcome lots of businesses and locals to Ruddington Manor to not only showcase the beautiful home and its exceptional care services, but also to

create a memorable afternoon for its residents and their friends and family.

The Spring Fair also offers the perfect opportunity to meet the team at Ruddington Manor, headed up by Registered Home Manager Kad Daffe. With guided tours of the care home and light refreshments served, the Spring Fair is an informal yet fun event at which you can mingle and learn more about the care facility.

Open for just under a year, Ruddington Manor is an expertly-designed, purpose built care facility providing an exceptional clinical offering of residential, nursing and dementia care services. Residents receive individual person-centred care, which is enhanced by a varied programme of meaningful activities and events daily.

A true home-from-home, Ruddington Manor is a warm, welcoming and safe environment, and features spacious fully furnished bedrooms, each with an en-suite wet room, stylish communal lounges and elegant dining rooms, a nail bar and hair salon. The gardens are beautifully landscaped with plenty of pathways, floral displays and seating areas.



SPRING IS IN THE AIR AT RUDDINGTON MANOR

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Care



Nottingham expert joins global commission

Nottingham's Professor Gerard O'Donoghue, one of the country's leading researchers and clinicians in cochlear implantation, is to join a new global commission set up by the Lancet journal. Professor O'Donoghue is one of a team of clinicians at the NIHR Nottingham Biomedical Research Centre (BRC) that is leading research into hearing loss in the UK. The Lancet Commission will explore means of addressing the growing global burden of hearing loss as part of a collaboration with the World Health Organisation.

Professor O'Donoghue is one of the first commissioners who have been invited to take part. The commission will include international experts from a wide range of disciplines including otology, public health, neuroscience, audiology, engineering

and health economics. The Nottingham BRC, which is hosted by Nottingham University Hospitals NHS Trust (NUH) in partnership with the University of Nottingham, is at the forefront of translational research into hearing sciences in the UK.



Clinicians in Nottingham have pioneered the development of cochlear implantation in both adults and children since the early 1970s and Professor O'Donoghue who is Honorary Professor of Otology and Neurotology at the University of Nottingham and Consultant Neuro-Otologist at NUH, was instrumental in establishing the hearing research programme which now forms one of the six research themes being undertaken at the Nottingham BRC.

Lisa honoured for working age dementia care



A mental health nurse, from Mansfield, who cares for people with working age dementia, has been honoured at Nottinghamshire Healthcare's OSCARS Awards this week.

Lisa Chadwick, 37, is a Community Psychiatric Nurse (CPN) in Mental Health Services for Older People, a role within the Gedling and Hucknall community mental health team.

She supports patients at Hazelwood House at Highbury Hospital, which provides outpatient facilities for older people who have mental health issues as well as patients of any age diagnosed with dementia.

Lisa, who won the outstanding care and compassion award, was praised for her kind, honest and caring nature with her patients, especially with Dan, a patient who was referred to the service follow-

ing a diagnosis of Alzheimers at the age of just 31. Lisa has supported Dan to achieve his own goals following his diagnosis, one of which was to have some memories with his two young twins before his illness became worse. Lisa suggested crowd funding to Dan to help with the financial cost of a dream trip to Disneyland aiming to raise £10,000. This snowballed into Dan being offered an interview by a national newspaper to talk about his condition and raising awareness about Alzheimers on a TV show and how it can affect young people.

The Outstanding Service Contribution and Recognition Scheme (OSCARS) Awards are held each year. They recognise and reward staff and volunteers who have gone the extra mile to deliver high quality healthcare services across the city and county.

New project will improve health of construction workers

An innovative project has been launched to improve the mental and physical wellbeing of construction workers in the Nottingham area.

The Construction Industry Peer Scheme (CIPS) has a target to support over 100 sector workers in the next 12 months. Participants will get free access to 24/7 online help from a reputable digital support service – Big White Wall – for people who are stressed, anxious, low or simply not coping.

The service is free to users, confidential and aims to be flexible to fit in with the needs of those taking part. It is open to any construction worker living or working in the Nottingham area.

Groups are delivered by Self Help UK and Notts County Football in the Community. Both have experience of working with people with physical and mental health issues.

The CIPS project can also support employers to develop self-help groups in the workplace with practical help to set up the groups.

The next session will begin on 29 April at the YMCA, in Aspley, Nottingham. For details of how to take part contact Glenda on 07516 110215.



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Modern women 'far more hands on' at DIY than their mums

Modern women are adept at a string of DIY tasks which their mums would never have tackled, according to research.

A poll of 2,000 women found 57 per cent of those aged 18 to 30 are happy to change a lightbulb by themselves, while six in 10 have painted an entire room in the last three years.

Today's women are also more than happy to paint cupboard doors, hang pictures and even mow the lawn.

By contrast, their own mums are far less likely to have tried the same tasks, while their grandmothers would certainly have left these 'blue jobs' to the man of the house.

The research was conducted by Yale, in conjunction with their 'Spring into Action' campaign which offers tips and advice for those wanting to make a change to their homes during the peak DIY season.

Stephen Roberts, marketing manager for Yale said: "Looking at the stats between the age groups, it is clear to see women today are far more hands on than their mothers and grandmothers ever were."

"And although not all women feel one hundred per cent comfortable tackling skilled DIY tasks, they are far more likely to give it a go than previous generations."

"Surprisingly, many younger women don't remember their

grandmothers even going as far as unclogging a toilet or planting a tree."

The study found almost half of today's women are happy to assemble furniture, compared to just 28 per cent of their mums, and seven per cent of their grandmothers.

The only areas of DIY where previous generations excel are hanging wallpapers, fixing wallpaper seams – possibly due to the trend in painted walls these days – and changing a fuse.



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Funding for Arnold play park



A popular play area in Arnold will have a £100,000 refurbishment and extension thanks to external funding.

The Muirfield Road Recreation Ground in Arnold will be improved thanks to funding from WREN, a not-for-profit business that awards grants for community, conservation and heritage projects from funds donated by waste and resource management company FCC Environment through the Land-fill Communities Fund. WREN will be providing a grant total of £89,250 and the Warren Action Group will providing the required match funding of £10,750 making a total of £100,000.

The funding bid was made jointly by Gedling Borough Council and the Warren Action Group, a local residents group. The group have been working to revitalise the playground area and previously received

£48,000 from WREN for a multi-use games area which was opened in 2017.

Cheryl Raynor, WREN's local grant manager said: "We are delighted to be supporting the Muirfield Road Recreation Ground Development project and pleased that our funding will provide such a fantastic facility for young people. WREN is always happy to consider grant applications for projects that make a difference to local communities and we're really looking forward to seeing this one take shape soon."

Sue Jablonskas, from the Warren Action Group said: "It's fantastic that WREN has awarded us this money and we're really looking forward to our new play facilities taking shape over the next few months. It will encourage children and young people in the area to be physically active."

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