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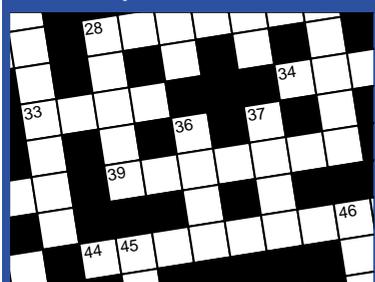
**10** The cost of being a wedding guest



**27** Get set for FESTIVAL FUN



**31** Have a go at our quick crossword



## Forest school is so cool

Ernehale Infant School in Arnold is leading the way in children's learning by the creation of their own 'Forest School'.

Studies show that 'Forest Schools', or the provision for children to step outside of a classroom environment and to learn out of doors has many benefits for children of all ages and particularly in the young.

Mrs Emma Johnson, Head Teacher at Ernehale Infant School explained: "Taking children's learning and activities outside of a classroom setting changes the dynamics in a group, allowing children's relationships with each other, and their learning, to take on a more dynamic feel. Many children feel calmer outside of the classroom and it removes any pressure a child might feel is associated with classroom learning. Learning through activity of course is a great way for children to learn new concepts and this is essentially what a Forest School will do."

Emma says that forest school has become part of the fabric of children's educational experience at the school: "At Ernehale Infant School, we now have an allocated forest school area where all children go to learn. All children in the school get to experience a weekly forest school session, which features a carousel of basic provision (mud kitchen, bug hotel, digging area, magnifying glasses).

"The children love learning in the forest as it provides them with an opportunity to develop their confidence, self-esteem and team building skills; without the constraints of the classroom."



## Adam wins chance to be Stags' mascot

A pupil at Swanwick School and Sports College has been recognised by Teachers UK for his hard work at school, by awarding him with a full mascot day prize at Mansfield Town Football Club. See the story on page 2.



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# Adam wins chance to be Stags' mascot

A pupil at Swanwick School and Sports College has been recognised by Teachers UK for his hard work at school, by awarding him with a full mascot day prize at Mansfield Town Football Club.

Adam Stevenson (Year 7) was nominated by his teacher Ben Norman who says Adam has flourished in the last year. "Adam is a fantastic young man who absolutely loves football, attempts anything asked of him, works hard, and is an absolute pleasure to have in our school."

"He has never played football for a school team until he joined us this year and now, I rarely see him without a football!"

Steve Truman from Teachers UK said that the prize turned out to be extra special when they found out a little more about Adam. "We are delighted to be able to offer Adam this opportunity and when we found out that he has never been to a match before it felt extra special. We learned that Adam only played his first

football in the past year at his school and has since become an ardent fan of the game. What a pleasure it is for us to be able to give Adam this day in recognition of his fantastic year at school, and to know that he will have an experience of a lifetime."

The prize, says Gary Shaw, Community Manager and PL Primary Stars Coordinator at Mansfield Town Football in the Community, will be a great experience for Adam. "During the day Adam will be able to take a behind the scenes look at the club, meet the players and lead the team on to the pitch at the start of the match. He can take a ball to be signed and will receive a Mansfield Town FC shirt."

"For someone who has only recently started playing football this is going to be an amazing experience for him."

Adam says he can't wait to visit the club. "I am most excited about getting a ball signed and playing some football!" he said.



# Ever thought of equity release?

Equity release gives you access to some of the cash that's tied up in your home, without the stress of moving. You can release a tax-free lump sum or you could opt for a plan which will allow you to release funds in stages after an initial lump sum.

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  - Help younger family members via a living inheritance
  - Contribute to education costs or a leg up onto the property ladder
  - Stay at home for longer or pay for care at home
  - Secure the ownership of property following a divorce
  - Move to a more expensive property in retirement ("upselling")
- With a lifetime mortgage, the most popular type of equity release, you retain full legal ownership of your property. Unlike a conventional mortgage, they aren't required

to make monthly repayments. Instead, the loan is repaid, including the compound interest, from the sale of the home, when you pass away or move into long term care.

In the past, equity release was routinely dismissed as a last resort for desperate homeowners needing to free up funds in retirement - funds that may have been best left locked up in bricks and mortar. But a lot has changed since then:

- Equity Release is regulated by the Financial Conduct Authority, ensuring a far greater degree of protection.
- Lenders are specially authorised and have to comply with minimum standards of fairness.
- Advice has to be provided by a specially qualified and authorised financial adviser.

A good financial adviser will sit with you over several meetings to make sure they understand your situation thoroughly and are able to give you written advice and illustrations, so that you can take your time to understand both how it works for you and the significant issues that you need to consider.

Equity release is not right for everyone as it can potentially reduce someone's expected inheritance and if it isn't used correctly could affect your entitlement to state benefits, so these things need to be checked carefully.

But if you are over the age of 55 it might be useful - there is no tax to pay on the



capital raised, but it's generally not wise to use it for savings or investments (a small sum for emergencies is fine) as the interest on these products is higher than you would make in savings.

For many clients, equity release has proven to be the right

thing to do, with the right advice, they have found themselves a good solution to what might otherwise have been a difficult problem to solve. For further information contact Ian Francis at Chestnut Finance Services Limited on 01522 788887.

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## Donation funds trip to Snowdonia for local youngsters

A donation to Nottinghamshire Wildlife Trusts Youth team 'Keeping It Wild' will give 18 young people from inner city Nottingham the chance to go on an expedition to Snowdonia.

Thanks to the £3,000 sponsorship from Western Power Distribution Community Fund the youth team have the amazing opportunity to take the youngsters to the wonderful wilderness of North Wales for four days of discovery and adventure this month.

The residential trip is important to Keeping it Wild as it is a core feature to the teams annual program, providing outstanding opportunities and learning outcomes for young people in Nottingham. The residential element of keeping it wild is impactful for each individual, providing new and challenging environments, experiences and places to discover beyond their home life broadening horizons and raising aspirations.

Dave Hewitt, Western Power Distribution Nottingham Distribution Manager, who visited The Nottinghamshire Wildlife Trust city office and the Keeping it Wild Youth Leaders recently in the wildlife garden maintained by the group, stated "Western Power Distribution is delighted to work with and support Nottinghamshire



Dave Hewitt, Western Power; Paul Wilkinson, CEO NWT; and Keeping It Wild Leaders Laura Bacon, Jamie Shortland Hattie Lavender.

Wildlife Trust and their Keeping It Wild programme."

Jamie Shortland, Keeping it Wild Youth Leader said: "This is an opportunity not to be missed and only possible thanks to the generosity of the Western Power Distribution Community Fund. When the young people found

out about the funding they were pretty overwhelmed and very happy."

For more information about Nottinghamshire Wildlife Trust's Keeping it Wild Youth Team check out their web page [www.nottinghamshirewildlife.org/discover-and-learn/keeping-it-wild](http://www.nottinghamshirewildlife.org/discover-and-learn/keeping-it-wild)



## Nottingham student develops cooling wrist strap

A wrist strap which cools a person's blood flow has been developed by a Nottingham Trent University student.

William Walter (22) says his prototype - the Climati - could help athletes in difficult conditions and support older people in rising temperatures.

The technology centres on the use of a Peltier device and heat sink - which are usually found in computers - to target pulse points in a person's wrist and apply a cooling sensation.

The aim is to make a person feel more relaxed psychologically, rather than reduce their body temperature which is regulated naturally by homeostasis.

"Many people can panic in the heat and feel overwhelmed on hot days," said William, a BA Product Design graduate from Studley near Birmingham.

"Heatwaves particularly affect young children, older people and those in stressful working environments.

"But by providing an

on-going cooling sensation, this stress can be alleviated to help people feel better."

The technology can be transferred from a wrist strap and applied to other pulse points on the body, such as at the back of the neck.

James Dale, Head of Product Design at Nottingham Trent University, said: "Will has considered the needs of people in the future following predictions of rising



global temperatures.

"He has designed something unique which could help people cope better in the heat that can be easily integrated into existing technologies.

"His working prototype has proved the concept and he has enjoyed encouraging feedback from people who believe this technology could help them."

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## Take a Seat moves to West Bridgford

Retailers across West Bridgford are being encouraged to sign up to Nottinghamshire County Council's take-a-seat campaign to help more older and disabled shoppers be ensured of a resting place when out and about.

More than 300 businesses and other organisations across the county have already made a commitment to make their shops and buildings more age-friendly, with shops in West Bridgford now joining the scheme.

The concept is a simple one. By displaying the 'We are Age Friendly' sticker businesses are providing reassurance to older people and people with a disability or chronic illness that they will be offered a seat when they go inside - should they need to rest. Many shops will also offer a drink and, if accessible, use of their toilet facilities.

A third of older people are identified as lonely, with many losing independence because they find it increasingly difficult to walk from their home to local shops and community venues without the reassurance that there will be somewhere warm and comfortable for them to rest.

Councillor John Handley, Vice-Chairman of Communities and Place Committee at Nottinghamshire County Council, said: "Simple initiatives like the take a seat scheme can really make a difference to people's lives by helping them to be more socially active and less susceptible to feelings of loneliness and depression. We are passionate about helping older people stay independent and connected to their communities and we encourage more shops and businesses to sign up to promote their great service for older customers."

Take a Seat is free to sign up to for Nottinghamshire businesses. If you would like to find out more or own a business that would like to sign up to the scheme please call 0115 977 4438 or visit the website: [www.nottinghamshire.gov.uk/takeaseat](http://www.nottinghamshire.gov.uk/takeaseat)

Displaying the sticker tells people they will be offered a seat when they go inside should they need one.



## Have your say on council services in Broxtowe

What council services are important to you? What new initiatives would you like the council to deliver? What has the council done to help you? These are just some of the questions that Broxtowe Borough Council is asked residents, businesses and community groups as part of its Let's Talk Broxtowe consultation.

Launched recently, the consultation will help the council to shape its new Corporate Plan which outlines what it plans to do over the next four years.

To have their say residents can attend one of six roadshow events taking place across the Borough or go to the council's website and answer an online questionnaire.

Paper questionnaires are also available on request and the council will be contacting local groups and organisations asking them to get involved.

Anyone who participates will be in with a chance of winning £50 worth of shopping vouchers in a prize draw.

Roadshows will take place on the following dates and times: Brinsley Parish Hall, 7pm 14 August, Kimberley Rumbletums, 7pm 20 August, Chilwell Christ Church, 7pm 10 September, Eastwood Town Council, 7pm 24 September and Stapleford Pastures Community Centre, 7pm 26 September.

"We want to make sure that our plans for the next four years reflect what local people want to see in our Borough and that's why we've launched this consultation. As well as completing it online, residents will be able to come and speak to councillors and council officers in person to hear what we've done so far and what we want to do in the future," said Councillor Milan Radulovic, Leader of the Council.

## Caketrendzz – Simply scrumptious cakes

A Nottingham based cake business is going from strength-to-strength through recommendations and word of mouth from its many satisfied customers.

Caketrendzz is a home based business which caters for all dietary requirements, including eggless vegan cakes all in a variety of mouth watering flavours.

The owner prides herself on the bespoke service she offers to each customer, ensuring that their design ideas and budget are taken into account. Each

cake is a work of art and the many positive Facebook comments are testament to her expertise.

Caketrendzz also offers customers a free tasting service to

production of the cake, offering quality, accuracy and value for money. All cakes are freshly made using only the finest quality free range ingredients.

As well as large celebration cakes for weddings and birthdays Caketrendzz also caters for dessert tables - their shot glass cheesecakes in many exotic flavours are a firm favourite! Customers can also choose from a

stunning range of cupcakes, cakepops, fresh fruit cheesecake pastries or mini cakes, mini cheesecake or mini fruit tarts and pastries.

So, if you are looking for that very special sweet treat, give Caketrendzz a call and find out why so many customers are returning time after time.



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## Council staff undertake marathon in aid of Newark charity

A team of council officers will take to the streets of Newark for the town's annual half marathon in August in aid of a local family support charity.

Four staff members from Newark and Sherwood District Council, including chief executive, John Robinson, will be running the 13.1 mile course in aid of Home-Start Newark, a charity giving vital support to families with young children. The race, on Sunday, August 11, starts and finishes in Newark's Sconce and Devon Park and takes runners through the town centre and through surrounding villages.

The district council works in close partnership with Home-Start Newark, which is one of a number of charities that council chairman, Rob Crowe, is keen to support.

The charity offers specialist guidance to families across the district, supporting parents as they learn to cope, improve their confidence and build better lives for their children.

Newark and Sherwood District Council chief executive, John Robinson, said: "All parents to young children know it's sometimes tough. Home-Start is a brilliant charity and its work benefits not only each immediate family but the wider community as well. It's more than worth the effort and pain that will be required!"

Sara Grant, senior organiser at Home-Start Newark, said: "Home-Start Newark is incredibly grateful to John Robinson and his team for all their hard work in training for and running in the Newark Half Marathon.

"In these challenging times, fundraising activities like these are so important in helping us to keep on supporting the local families and children who need us. We wish them all the very best on the day."

To make a donation, visit the Local Giving page: <https://localgiving.org/fundraising/homestarthalfmarathon/>



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## Tricks to hide those grey hairs

Getting your hair cut short, going outside in the dark and wearing a wig are among the ways Brits are hiding their grey hairs, it has emerged. Plucking out the pesky discoloured hairs as they come through and wearing clothes which distract from your head are also among the tactics adults are

using to cover up hairs which may make them appear older than they are. Others use mascara on greys to hide them and a handful even shave their hair off entirely, the study found. It also emerged adults find their first grey strand at the age of 37 but nearly one in five find one before they hit their mid-twenties. The study of 2,000 Brits, commissioned by Pantene, also found four in 10 women dye their hair to cover greys compared to just seven per cent of men.

## Social mobility issues being addressed in Newark and Sherwood

Work to address problems of social mobility in Newark and Sherwood has made good progress, according to a new report.

A year-long £60,000 project, focussing on jobs, education and training to help 18-24 year-olds has been led by Newark and Sherwood District Council in conjunction with the Department of Work & Pensions (DWP) and partners.

The project has also worked in secondary and primary schools and follows a Social Mobility Commission report on social mobility in November 2017 which identified the district as one of the least socially mobile areas in the country. It highlighted poor educational performance and a decline in traditional industries leaving a number of young people aged 18-24 with low skills and low aspirations.

Councillor Keith Girling, chairman of the council's economic development committee, said: "This project has worked hard on putting in place measures to help young people to become more socially mobile, raise their aspirations to either enter the world of work or enable them to move onto further education.

"As part of the council's community plan which aims to reduce levels of deprivation and remove barriers to social mobility, our economic growth team is continuing to work with local employers and other partners building relationships, encouraging them to make links with the schools at all levels for the future of the young people in the district.

"We will be looking at the possibility of future activities to continue the important work that is being done in this area to maximise the potential and opportunities for our young people."



## A fun way to learn about RECYCLING

Children at Priory Catholic School, Eastwood, Greasley Beauvale Primary School and Albany Infant School, Stapleford enjoyed a visit from Broxtowe Borough Council's Waste and Recycling Team recently and had the chance to sit in a bin lorry and learn about recycling.

The children were visited by the Broxtowe Borough Council's Waste and Recycling Team to hear about the importance of recycling and how they can make a difference at home by putting the right waste into the right bin.



The children learnt about what kind of things they can recycle, where their waste and recycling goes and what they can do to help protect the planet for the future.

The visits were part of the council's Clean and Green campaign which aims to keep Broxtowe clean and tidy through a range of initiatives, including community litter picking events to complement existing events, community clean teams, targeting fly tipping hotspots, waste days, litter bin replacement and working with the community.



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## HARRY'S DESIGN IS A WINNING SIGN

A ten-year-old Mansfield boy has beaten over 100 youngsters to win a design competition run by Veolia for its Materials Recovery Facility in the town.

Thousands of schools, community groups, and local residents visit to the facility each year to find out more about recycling.

The competition to design a new sign attracted 110 entries from children across Nottinghamshire. They were considered by a panel of judges from Veolia and Nottinghamshire County Council who were all in awe of the fantastic array of imaginative entries.

The winning entry was de-

signed by Harry Lobley (10) from High Oakham Primary School in Mansfield.

Harry was delighted to see his design and said: 'I'm thrilled to have won this competition. I thoroughly enjoyed designing the welcome sign and it is great to see it on display.'

James Sas, Harry's teacher said: 'We are very proud of Harry's achievement. He worked diligently to create a wonderfully artistic yet educational new welcome sign for the Materials Recovery Facility. During our school visit to the site we learnt about their recycling process, which Harry reflected clearly in his brilliant design. Congratu-

lations from staff and pupils at High Oakham Primary School.'

Wayne Draycott, Treatment Manager for Veolia said: 'It was wonderful to see all the creative designs, there was a very high standard to choose from and a tough job for all the Judges to decide upon a winner. Congratulations to Harry for winning the competition, and for his design including recycling for the world and the journey recyclables take in Nottinghamshire.'

Harry was recently presented with his prize by the Chairman of Nottinghamshire County Council Councillor Kevin Ros-tance and Wayne Draycott from Veolia.



## Students were outward bound in Nottingham

Staff from intu Victoria Centre and intu Broadmarsh have helped students from The Nottingham Academy put their survival and teamwork skills to the test as part of the annual Outward Bound scheme.

The initiative forms an integral part of a partnership which is now in its ninth year, between the shopping centres, the Academy and educational charity The Outward Bound Trust. It aims to help build the confidence of young students, while also equipping them with essential life skills through a three-stage programme.

The course kicked off with a school visit to the Academy where intu mentors had the opportunity to meet with participating students.

Commenting on this year's initiative, Nigel Wheatley, general manager for intu Victoria Centre and intu Broadmarsh, said: "Community is something we're

passionate about at intu, which is why projects such as these are so important to us.

"The ability to work as a team is something which has massive benefits in all areas of life, so by helping the students develop these essential skills we believe it will put in place the building blocks they need to succeed in the future."

To celebrate the conclusion of this year's programme, intu Victoria Centre hosted a special celebration evening for all those who took part in the excursion and their families. Nottingham Academy principal, Ged Rae accompanied by other teachers from Nottingham Academy, three intu mentors, Rachel Walker from Outward Bound, and honorary guest, The Lord Mayor of Nottingham, Councillor Rosemary Healy, were also in attendance.

## Satirical prints come to Newstead

TV personality, writer and journalist Ian Hislop and British Museum Curator Tom Hockenhull are launching a new exhibition of satirical prints at Newstead Abbey in

Nottinghamshire. Ian Hislop is no stranger to satire, having carved a successful career as editor of Private Eye magazine, panellist on Have I Got

News For You and as co-curator of the recent British Museum's major Citi exhibition I object: Ian Hislop's search for dissent. Together with British Museum Curator

Tom Hockenhull, Ian has selected nine of his favourite British satirical prints by Gillray and Cruikshank, among others, which will go on display at Newstead

Abbey this summer in this British Museum Spotlight Loan The golden age of satire? Late-Georgian satirical prints.

Clr Dave Trimble, Nottingham City Council Portfolio Holder for Leisure and Culture,

said: "This is a great opportunity for people to see these caricatures in the beautiful settings of Lord Byron's ancestral home. I am sure the poet, with his own wicked sense of humour, would approve of the mischievous

nature of these prints. It is wonderful to see the British Museum work in partnership with our Museum Service for this exhibition."

A British Museum Spotlight Loan The golden age of satire? Late-Georgian satirical

prints will be displayed in the beautiful settings of the King Charles II bedroom until 6 October, alongside a separate exhibition of prints and drawings from contemporary satirical artist and Turner Prize nominee David Shrigley.

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## Have your say on gypsy and traveller sites in Mansfield

A consultation is now open for people to have their say on potentially suitable sites in Mansfield District for gypsies, travellers and travelling showpeople.

Following an initial consultation last year and a detailed assessment, a total of 15 locations in Mansfield district have been identified as potentially suitable.

Visit [www.mansfield.gov.uk/planningconsultation](http://www.mansfield.gov.uk/planningconsultation) for further information, a link to all the relevant documents and the consultation, which is open until 13 September.

The council is holding workshops to give members of the public the opportunity to ask questions in relation to the consultation documents. People can drop in any time between 1pm and 7pm on the following dates:

- Wednesday 21 August 2019, Trinity Methodist Church Hall, 117 Clipstone Road West, Forest Town, NG19 0BT

- Monday 02 September 2019, Turner Hall, 13 Welbeck Road, Mansfield Woodhouse, NG19 9JY

- Thursday 05 September 2019, Warsop Town Hall, Church Street, Warsop, NG20 0AL

Hard copies of the documents are available at libraries, Warsop Town Hall and Mansfield Civic Centre.

The Housing Act 2004 requires all local authorities to assess the accommodation needs of gypsies, travellers and travelling showpeople and have a strategy for how those housing needs will be met.

Cllr Stuart Richardson, Portfolio Holder for Regeneration and Growth, said: "No decisions have been made and the consultation gives everyone the opportunity to have their say on the potential sites."

"It is a legal requirement for all local authorities to go through this process."

## Council set to supply its own water

Nottingham City Council is set to begin supplying water services to its own buildings from Wednesday 14 August to create savings on the authority's bills and water consumption.

Changes in the water industry allow businesses and organisations to choose how they receive water supply and waste water services, and the city council has chosen to become its own supplier. This does not involve creating a new company and will not affect households – only the council's own operational buildings.

Nottingham will be the first council to run its own water services in-house, saving an estimated £64,000 a year.

Deputy Leader, Councillor Sally Longford, said: "Becoming a water self-supplier is an exciting next step for us as we seek to further reduce costs through innovative resource efficiency across our own estate."

"As a large consumer of water, we are looking forward to having more control over this vital resource and will be looking for ways to use water more efficiently to lower costs and improve our environmental performance. We can streamline the service, cut out the margin that goes to others in the supply chain and plough the savings back into further resource efficiency projects."

## Creative Kids

The average child will produce more than 2,000 arts and crafts pieces for their parents – before they turn 12, according to a study.

Researchers found the nation's mums and dads face an uphill struggle to find space for the masses of drawings, greeting cards and ceramics produced by their little ones.

The overwhelming majority (79 per cent) will display all of their kid's masterpieces at one time or another, with the fridge being the most popular place to exhibit them.

Commissioned to launch the BIC KIDS Young Artist Award, the study of 2,000 parents found they'll typically display their children's creations for around nine months. And more often than not, the only reason they are taken down is to make way for new arts and crafts items. The research also found three quarters of parents have kept the first arts and crafts item their child ever created for them.



A new mural in Beeston Town Centre has been produced as part of the Beeston Street Art project.

Renowned artist, Mural Life has spray painted the new design about the origins of the word Beeston (derived from the Saxon Beos meaning long grass and Tun meaning settlement) on Station Road, next to another piece of street art which was completed in October depicting three Beeston icons - the late actor Richard Beckinsale, the late singer/songwriter Edwin Starr and fashion designer Sir Paul Smith by Zabou.

The street art was commissioned by Broxtowe Borough Council using an art fund inherited from Henry Boot Plc.

Deputy Leader of the Council, Councillor Steve Carr said: "It's great to have another piece of street art completed in Beeston to brighten up the area and showcase the town as the creative place it is. A massive thank you to Mural Life for creating such a beautiful piece of work that the town can be proud of."

Jeanie Barton, Organiser of Beeston Street Art added: "This beautiful landscape helps make our project more cohesive

- there are now many different artists, styles and subjects to explore in Beeston; we are well on our way to becoming a top destination in the UK for Street Art, which can only help our high street."

Mural Life, also known as Russ Meehan, said, "My idea was to try and encompass meanings of the name Beeston so I've combined the reeds, rushes and long grasses with the bees which represent Beeston for a lot of people. My design has just tried to put them both together with lots of flowers into a great piece for Beeston town."





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by Jack

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## The true cost of being a wedding guest in Nottingham

UK couples typically spend £17,674 on their big day, but it's not just the happy couple who fork out for their nuptials as new research reveals the true cost of being a member of the wedding party in Nottingham.

A survey of 1,003 UK adults carried out by One4all Gift Cards has found that the average Nottingham local is a member of a wedding party four times, spending an average of £2,508 and four weeks (28 days) hours planning and celebrating their loved ones special day. The study, which examines the time

and money invested by those closest to the couple found that the average wedding takes up a week of their time (7 days) and costs £627. This is more than (60%) the average spend for a wedding guest (£391).

The most time-consuming tasks for bridesmaids, ushers and parents of the bride and groom in Nottingham were revealed as assisting with the planning of the big day itself (18 hours 57 minutes) hen and stag parties (18 hours 47 minutes) and engagement party celebrations (16 hours 38 minutes).

The research revealed that 67% of wedding party members were asked to cough up for outfits costing £91 and 67% had to pay for their travel and accommodation, spending an average of £85. This was followed by 41% of wedding party members who funded the traditional hen and stag party, costing an average of £62.

The study also revealed that nearly 1 in 10 residents in Nottingham (5%) declined being a member of a wedding party due to the cost involved.

Despite the huge investment the research found that 95% of Nottingham locals enjoyed being a member of the wedding party while more than 1 in 5 (21%) stating that being asked to be a member of the wedding party is a huge privilege.



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## Planning a wedding is 'like taking on a second job'

Planning a wedding is more labour-intensive than ever, according to a recent study.

A survey of 2,000 married Brits found two in five think the process of bringing the elements of a wedding together is now more time-consuming than it would have been 20 years ago.

And 39 per cent said organising their wedding felt like taking on a second job. It also emerged the average couple will dedicate more than nine hours to the laborious task of whittling down the guest list.

Six hours will be dedicated to picking the perfect flower arrangement for the venue, and 11 hours will be spent traipsing from bridal shop to bridal shop to

try on dresses. A further eight hours will be spent researching and speaking to caterers who might be suitable for the big day and nine hours deciding where to go for the honeymoon.

A spokesperson for Virgin Holidays, which commissioned the study earlier this year, said: "Pulling all the threads of a wedding together can feel like an impossible task, and it's no wonder brides and grooms-to-be feel daunted by the prospect."

When asked to think about the aspects of the wedding they started to worry about earliest in the process most married Brits tackled securing the venue first.



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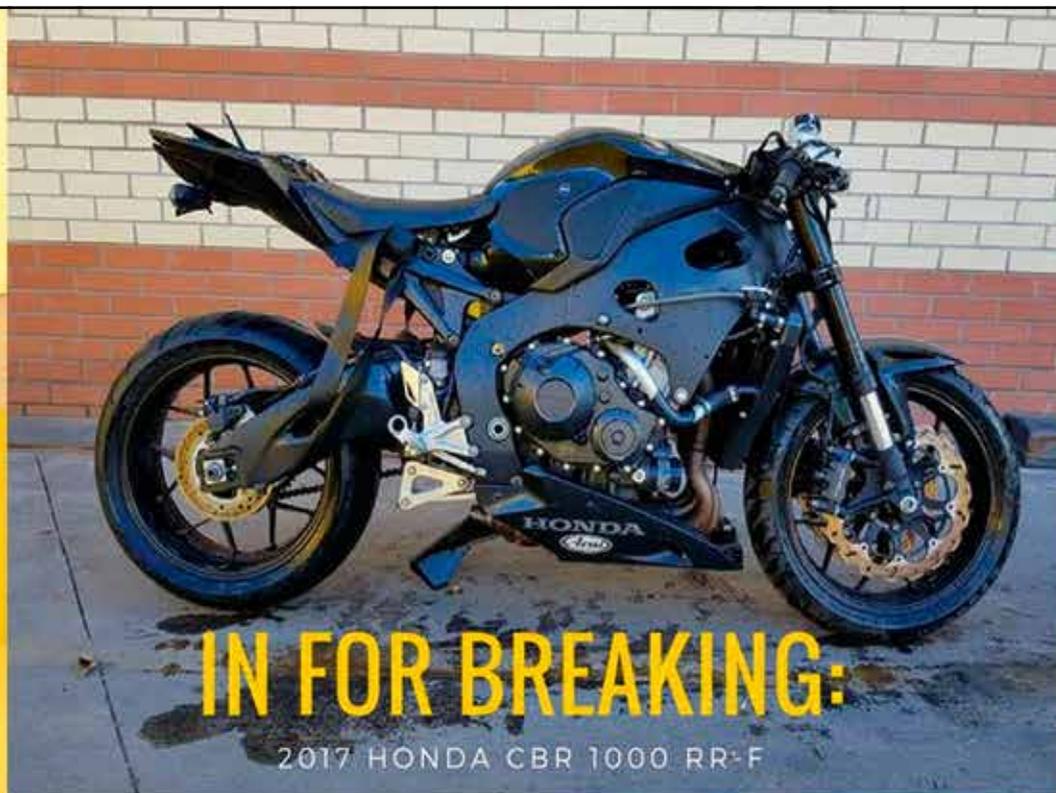
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SCHOOL'S OUT!

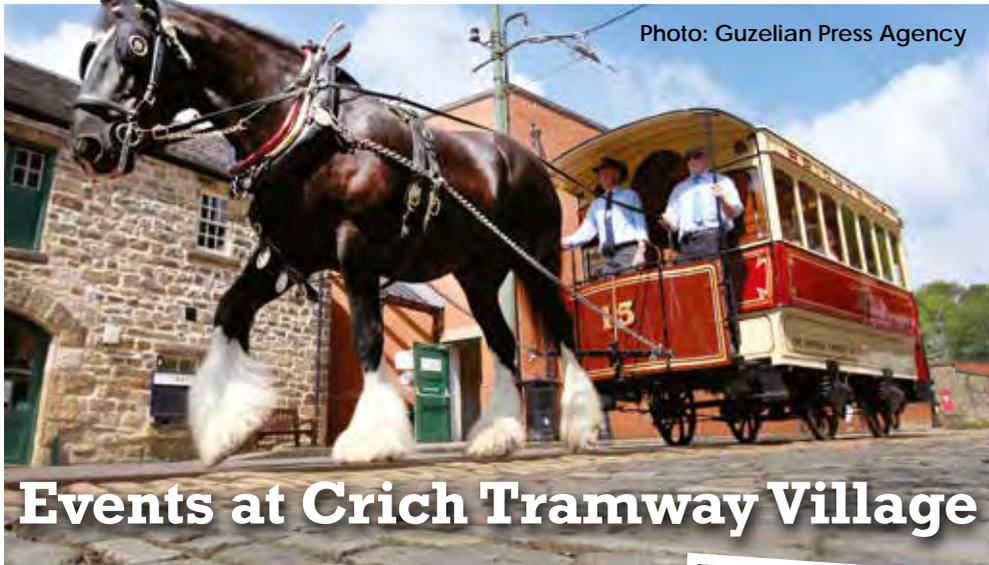


Photo: Guzelian Press Agency

## Events at Crich Tramway Village

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

Historic trams run down a period street and out into the surrounding Derbyshire countryside.

Experience the fascinating Woodland Walk & Sculpture Trail, visit the Red Lion Pub and Tea-rooms, and explore the interesting Exhibitions.

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

September brings two Horse Tram Days on Sunday 8 and Monday 16 September when the Shef-

field 15 horse tram, built in 1874, will be in operation between 11am and 4pm. Saturday 14 and Sunday 15 September is Steampunk Weekend. There's a feast of fun, with alternative history combining science fantasy with exciting activities for all the family.

The Tramway Museum Society celebrates 60 years at Crich this year on Saturday 21 and Sunday 22 September with many of the operational vintage trams running. The Robert Whetstone tram models will also be in operation in the Exhibition Hall. The venue is open daily at 10am until Sunday 3 November 2019. For more details, events and closing times tel: 01773 854321 or visit [www.tramway.co.uk](http://www.tramway.co.uk).



## Inspirational summer visit

Visit the National Holocaust Centre and Museum in Laxton, Nottinghamshire. We're here to share unique and individual Holocaust survivor stories to educate and protect future generations.

### What to see?

**The Journey** exhibition is the only one of its kind in Europe designed for primary school children and popular with families. Be immersed in Leo's journey from Nazi Germany to safety in the UK via the Kindertransport: [journey.holocaust.org.uk](http://journey.holocaust.org.uk) (open from 2pm midweek term-time and 10am Sundays and school holidays).

**The Holocaust** exhibition is for ages 12+ and documents the history of pre-war Jewish life, antisemitism, the Nazi rise to power, Kristallnacht, ghettos, the Final Solution, survival and choices. [www.holocaust.org.uk/holocaust-exhibition](http://www.holocaust.org.uk/holocaust-exhibition).

**Holocaust survivor speakers** - Hear inspirational first-hand testimonies from those who were there. Visit the website to check speaker times and dates: [www.holocaust.org.uk/speaker](http://www.holocaust.org.uk/speaker).

**Memorial gardens** - Explore an acre of beautifully landscaped countryside, perfect for reflection, and view sculptures crafted by renowned artists.

Tickets are £9 for adults, £7.50 for concessions and £28 for families (2 adults and up to 3 children) and can be purchased on the door. Keep your ticket and you can visit free of charge all year round from the date issued. This includes listening to as many survivor talks as you would like. We look forward to welcoming you.



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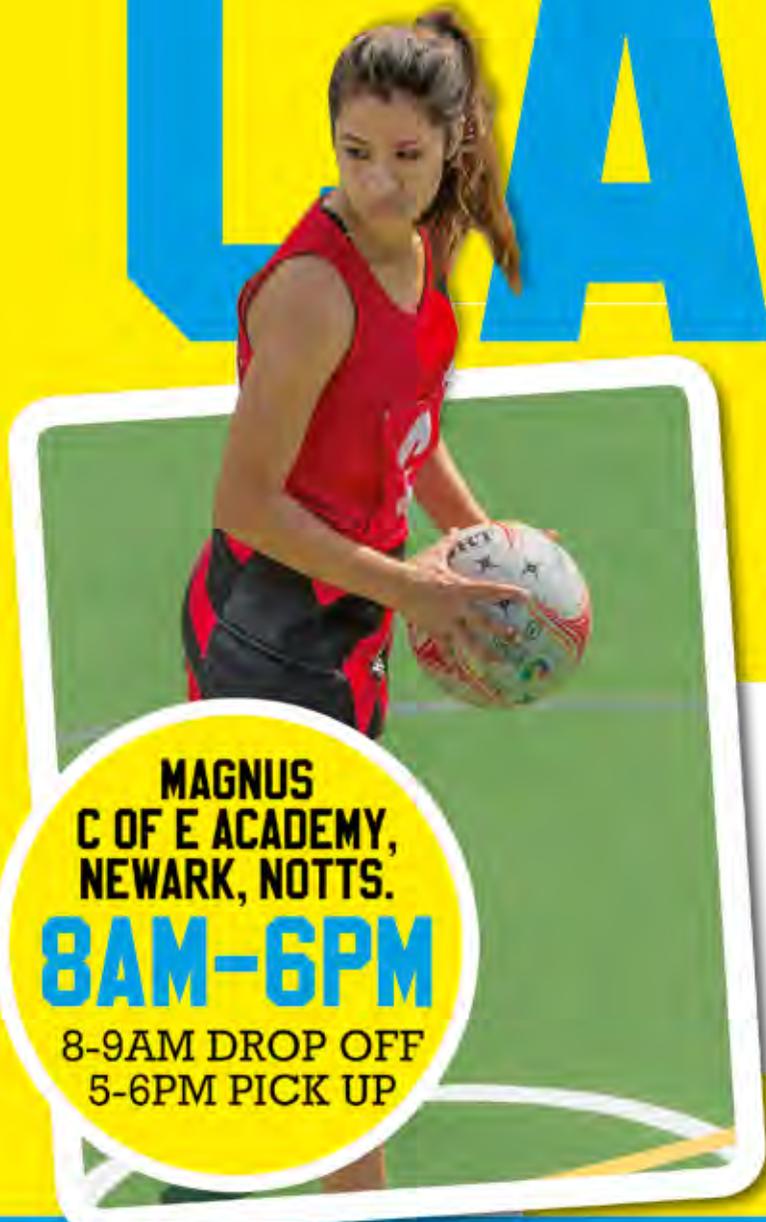
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SCHOOL'S  
OUT!

# Robin Hood's Return

Sherwood Forest has a host of exciting activities to keep the children entertained throughout the long summer holidays, including the 35th Robin Hood Festival, complete with jousting, archery and tons of medieval fun!

The festival is a week-long celebration of Robin Hood, filled with medieval-themed entertainment, activities and a host of costumed characters and entertainers, offering something special for the whole family.

This year, visitors can enjoy a fantastic new feature - daily tournaments packed with jousting, archery and thrilling live action - as well as a host of popular favourites for this fun-packed annual event.

Jousting returns to the event after an absence of a few years whilst the new visitor centre was built. Equestrian stunt team, Cavalry of Heroes, have designed a brand-new exciting Robin Hood show especially for Sherwood, and will be performing the Grand Tournament three times a day during the festival.

The show will feature Robin Hood, Maid Marian and the most trusty of Merry Men, battling it out to beat the evil Sheriff of Nottingham, with sword fights, archery, horse-back stunts and jousting all part of the action.

There will be a further four stages set around the forest, filled with the usual mix of merriment, music and story-telling which attracts 40,000 people to this event every year.

An activity zone will feature

teams from Nottinghamshire's Inspire: Culture, Learning and Libraries team, who'll be offering a host of medieval games and children's crafty activities, supported by funding from the Miner to Major project - a fantastic scheme aiming to celebrate the diversity of the area's heritage and help connect people more closely to it. You can find out more about it from the teams here.

It will also include The Woodland Trust and Sherwood Forest Trust, who are part of the RSPB-led consortium who manage Sherwood. They will be on hand to offer loads of great information and plenty of fun things to take part in, all of which have been designed to help festival-goers understand

and appreciate the wonderful woodland even more!

Visitors can try their hand at archery as well as watching it, enjoy storytelling, street theatre, medieval musicians, pony rides, wander around the stalls, sample local food and drink, take part in traditional crafts, games and activities and maybe even meet the man himself and his merry men.

There will also be a Robin Hood trail to follow - with secret clues to be solved, using the festival programme!

It runs from Monday, August 5 until Sunday 11 from the new Sherwood Forest visitor centre in Forest Corner.

Gemma Howarth, RSPB Senior Site Manager for Sherwood

Forest National Nature Reserve, said: "We're really excited about bringing jousting back to the event this year, and introducing Cavalry of Heroes to our festival goers for the first time. They are an amazing group of performers and will add a whole new dimension to the Robin Hood story this year."

Gemma added: "The new, state of the art, visitor centre offers the perfect welcome to visitors while they take a break, grab some lunch and their Robin Hood gifts, between visiting the many shows and entertainment that take place throughout each day.

"In terms of the site, we've introduced a few new features this year, such as having contactless card machines available in the car park for festival week, to help ensure we bring traffic on-site quickly and efficiently. We want everyone to have a great experience when they visit Sherwood."

Nottinghamshire County Councillor John Cottee, Communities and Place Committee Chairman, said: "We are delighted to be supporting the iconic Robin Hood Festival at Sherwood Forest once again, especially as visitors will have the opportunity to see the award-winning visitor centre. If you've never visited the festival and experienced the legend of Robin Hood I'd urge you to pay a visit, it's a fantastic day out for all ages!"

Entry as always is free, with just a £6 parking fee for a full day. Programmes will be available to buy each day.

The rest of the summer

holidays, the Sherwood team will be offering a host of different activities for the whole family to enjoy, including archery, trails, Robin and Marian guided walks, medieval games, activities and crafts, and even some poets in residence.

There's a host of trails throughout the forest for young adventurers to enjoy, and explorer backpacks to hire in the visitor centre for just £3. These include a variety of different seasonal activities to try, and things to find and do, to ensure younger visitors make the most of their forest adventure! The café has a delicious summer menu, providing just what is needed to fuel your forest day out - and you can always get it to go and enjoy a lovely picnic out in the woodland! For full details about the summer holiday programme, including the Robin Hood Festival, go to the website [www.visitsherwood.co.uk](http://www.visitsherwood.co.uk)



Photo courtesy of Stephen Morgan

The Robin Hood Festival attracts 40,000 to Sherwood Forest for a week in August.

Try your hand at archery if you are visiting Sherwood Forest during the summer holidays. Photo courtesy of Stephen Morgan.





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**Time to have fun in Lincolnshire**

With so much happening in Lincolnshire over the school holidays there is something for children (and adults of all ages). Here we highlight just a few of the fun events on offer in the county.

**Sutton on Sea & Trusthorpe Carnival**

The annual Sutton on Sea and Trusthorpe Carnival is taking place on Sunday 28 July offering something for the whole family. This free event starts on the High Street at Sutton on Sea at 11am and the Grand Parade gets underway at 3pm. There is lots to see and do, including four marching bands, the East Midlands Carnival King, horse-drawn carriages, army trucks, vintage vehicles, a parade of classic Mini cars decorated on the theme of flower power as well as decorated bikes, the Inspire Yourself Carnival Troupe, dance troupes, floats, walking groups, themed shop window displays and a flypast by the last airworthy UK Lancaster Bomber.

**Sam and Mark's On The Road Show**

Children's TV favourites Sam and Mark, from CBBC's Big Friday Wind-Up and Copycats, are taking to the road with a new live show and will appear at Lincoln Drill Hall on Saturday 10 August.

Presenters Sam Nixon and Mark Rhodes first appeared on our screens as contestants on Pop Idol in 2003. Their friendship began whilst filming backstage and they have been inseparable ever since. Best-known for presenting Sam and Mark's Big Friday Wind Up for which they received two Children's BAFTAs for Best Presenters. For tickets contact the Box Office on 01522 873894.



**Dinosaur Encounter exhibition at The Collection Museum in Lincoln**

The Collection Museum in Lincoln is giving families the chance to come face-to-face with dinosaurs in an amazing exhibition visiting from London's Natural History Museum. Among the exhibits is the Natural History Museum's most sophisticated animatronic T Rex, which is the size of a young adult. The exhibition will remain at the museum until 8 September. It has been a year in the planning and has taken several weeks to set up at the museum. For more information go to [www.visitlincoln.co.uk/what's-on](http://www.visitlincoln.co.uk/what's-on)

Limited Availability! Book Now!

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10TH AUGUST

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20TH AUGUST

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22ND AUGUST

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What's on



# THE FESTIVAL OF FIREWORKS

## 21 YEARS AND COUNTING

The Festival of Fireworks was inaugurated in 1999 at Shugborough Hall – featuring five British companies who were given the opportunity to demonstrate their pyrotechnic skills alongside each other. The event, the first of its kind in the UK, proved to be a tremendous success.

Twenty one years on the Festival of Fireworks is now well-established as one of the premier events in the annual fireworks calendar, attracting thousands of spectators to its new home in the elegant grounds of Catton Hall in South Derbyshire.

The festival attracts the very best fireworks companies from the UK and abroad. The 2019 event features Selstar Fireworks from

Chichester, Illusion Fireworks from Oxfordshire, Italian company Pyro-Italia and Jubilee Fireworks, the organisers of the festival, whose outstanding displays are seen at many major UK venues, including Alton Towers.

There will also be a special opening display to celebrate the Festival's 21st anniversary. Weather permitting visitors will also have the chance to experience a Steam Fayre, featuring an exhibition of working steam and traction engines. The date for 2019 is Saturday September 7 and it is worth reserving tickets well in advance as discounts are available compared with prices on the gate. For more information visit [www.festivaloffireworks.com](http://www.festivaloffireworks.com)

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Gardens, gift shop and tea room open 12pm-5pm House open 2pm-5pm	Gardens, gift shop and tea room open 12pm-4pm Last admission 3pm

### WHAT'S ON

#### TEDDY BEARS PICNIC

Thursday 8th August 12pm-4pm

Little ones and their furry friends are invited to picnic in the Walled Garden and take part in games, storytelling and sing-a-long sessions with local children's entertainer Just Karen.

Free admission for children who bring along their favourite teddy or toy.  
Adult Admission: £6

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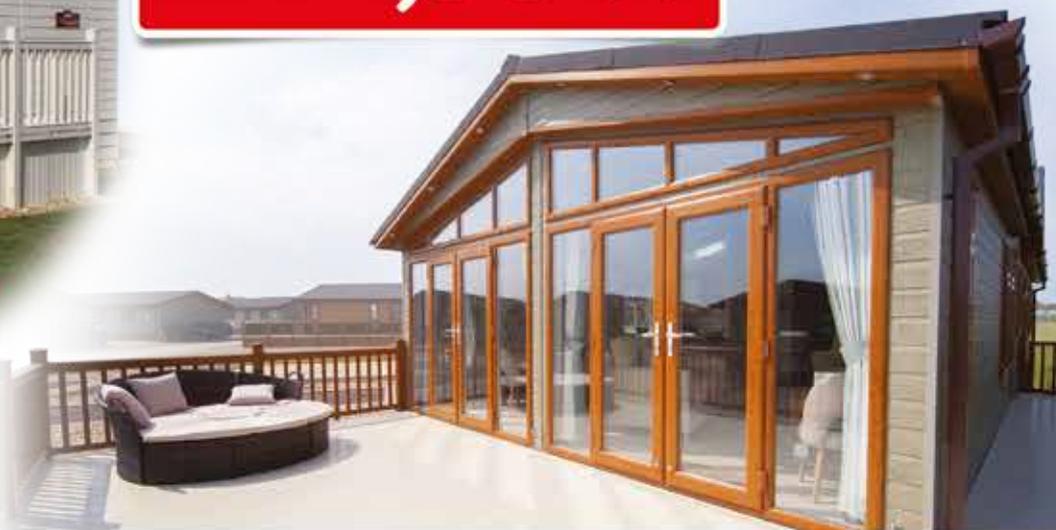
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What's on



**Grange Farm Park – where the coast meets the countryside**

Grange Farm Park is an award winning, private family run holiday park just a few miles away from the sandy beaches of Mablethorpe and Sutton on Sea.

Established over 35 years ago, the 15-acre site has slowly expanded to stay on trend with current tourism trends and now offers lodges, six luxury bedrooms with hot tubs, cottages, log cabins and caravans and an award-winning restaurant. All in a dog friendly setting, so there is no need for your pet to miss out on the fun.

Also on site there is a fantastic children's play area, football nets, pedal go-karts, climbing frames and swings, a fully enclosed large dog exercise pad-dock, two well-stocked fishing lakes, a laundrette and plenty of outdoor space.

One of the jewels in the crown is our award winning lodge, Badger's Den,

which is aimed at guests who want an extra bit of luxury and comfort. The large open plan living space is finished to the highest specification. Appliances include a Bosch fridge/freezer, a dishwasher and oven as well as a designer coffee machine. The lodge sleeps four people and has two bedrooms. The main bedroom has a modern en-suite wet room with rain forest shower and under floor heating. Patio doors, which are accessible from both bedrooms and also the living room, open on to a large deck, overlooking the tranquil grounds and fishing lakes. Along with a private hot tub at the back it is the perfect place to relax.

With so much to choose from there is no wonder so many customers return to Grange Farm Park year after year.



**Everybody's Talking About Jamie**



Photo: Johann Perrson

Everybody's Talking About Jamie, the smash-hit, critically acclaimed West End musical is coming to the Theatre Royal Nottingham from Monday 20 to Saturday 25 April 2020 as part of its first UK tour starring Layton Williams (Bad Education, Billy Elliot the Musical) as Jamie New and Shane Richie (EastEnders) as Hugo / Loco Chanelle. Layton Williams said: "I've loved my time in the West End but am beyond excited to be playing Jamie on tour! This will be my 6th tour and I can't wait to come back to some of my favourite venues with this beautiful show. I hope you'll welcome me back with open arms as we share this beautiful story and spread love across the U.K!"

Shane Richie said: "I had such a fantastic time playing Hugo/Loco Chanelle in Everybody's Talking About Jamie in the West End, so when I was offered the chance to be involved in the touring production I jumped at the opportunity to get back into those heels! I believe this show has such an important message for younger and older generations I'm excited to be taking it to a larger audience around the UK."

Tickets at [www.trch.co.uk](http://www.trch.co.uk) or from the Box Office on 0115 989 5555.

**Visit the Museum of Clocks, Watches & Timepieces**

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



**mansfield summer festival**

**Wednesday 31 July**  
King George V Park

**Wednesday 14 Aug**  
Carr Lane Park

**Wednesday 28 Aug**  
Titchfield Park

Entry: Free of charge  
Times: 10am-3pm

Face painting | Pony rides | Punch and Judy | PDSA | Live music | BMX skills | Arts and crafts | Baby and toddler sessions plus much more

[www.mansfield.gov.uk/summerfestival](http://www.mansfield.gov.uk/summerfestival)

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What's on



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WHAT'S ON  
 IN AUGUST  
 2019

Wollaton Park Ghost Walk - 1st & 19th August

The Spirits of Gin Lane -

Nottingham Industrial Museum 20th August

Wollaton Hall 13th September

Visit our website for upcoming dates for  
 The Historical Pub Tour, Fine Ales & Strange Tales  
 and a number of Ghost Walks

Tickets available from [www.wegotickets.com](http://www.wegotickets.com)  
 or call 07773147271. For more upcoming events see  
[www.madameparboiled.co.uk](http://www.madameparboiled.co.uk)

Things go better... when individuals and groups with a common interest work together. And that's why this summer's Boston Music and Beer Festival is going to be great.

Boston Borough Council is joining forces with teams from Christmas in Boston and Boston More In Common to make the event in Central Park on Sunday, August 25, a festival not to be missed.

Cllr Alistair Arundell, Boston Borough Council's portfolio holder for events, said: "We have a great team at the council which, for the past few years, has been working hard to build a full programme of different events throughout the year for all interests and age groups. We have worked with the Christmas in Boston Group to present successful festive events and bringing Boston More In Common into the mix will mean we have a formidable team for this event. The groups have successful track records and

have creative individuals with some great ideas. Each has organised some wonderful community events. When they all pull together for Boston it will have success written all over it."

Andrew Lovelace, chairman of Christmas in Boston, said: "The group is very happy to be helping the council with the beer and music festival this year. With Government funding cuts across the country we need the community to support these events more than ever. Support from all the communities of Boston will enable other events in the town to continue year on year.

"Christmas is an especially magical time for children and families. The turnout for 2018 was fantastic. We need your support to help make 2019 bigger and better for everyone. We work closely with the council and Boston More in Common to create a magical atmosphere at Christmas for all to enjoy.

Events such as the music and beer festival are excellent opportunities for families and friends to come together and enjoy what the town has to offer."

A spokesman for Boston More in Common - Bringing Communities Together said: "Boston More in Common is a volunteer community group set up to encourage and embrace the diversity of our town, inspiring friendships between different nationalities. We've had many successful events and we constantly organise many more throughout the year.

"Boston More in Common embraces everything good with communities coming together, breaking down barriers to enable integration and cohesion. We work closely with Christmas in Boston and the council to help reach all communities and cultures."

The nine-hour live music event will feature some of the best local bands around for just £7. Headline act will be the ever-popular Revolver, who will be serving up their usual high-energy stage performance of the biggest indie anthems. There will also be music

from Audio Tap, Little Mixx, Alice Kat, Patterns of Ash, Molly's Chamber, Hydrobats and BHDC.

Plus a silent disco by DJZ, a kids' corner, a selection of 20 beers and a gin bar. Adult tickets are available now, £7, £10 on the gate. Accompanied under 18s go free. See <https://www.visitbostonuk.com/event/bostons-music-and-beer-festival/> for full details and to buy tickets.

**MONDAY 5th AUG**  
 Gates open at noon First race 2.00pm

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What's on



# GET SET FOR SUMMER FESTIVAL FUN



Mansfield District Council is preparing to kick-start the school holidays with the first of three summer festivals. The first is on Wednesday 31 July from 10am to 3pm at King George V Park, off Black Scotch Lane, in the town and will be packed with fun, free entertainment for all the family.

Cllr Andy Burgin, Portfolio Holder Environment and Leisure, said: "Our festivals are the perfect opportunity to spend some quality time with the family in our parks and take part in some fun activities. Bring your friends and family for a great day out - and don't forget, the dog can come, too!"

Visitors can enjoy BMX and circus skills workshops, crazy golf, arts and craft activities, free goodie bags (whilst stocks last), face painting, pony rides, fitness games and sensory sessions for babies and toddlers. There will also be White Post Farm animals to see and handle, giant garden games, Punch and Judy puppet shows, the new maypole jazz band, parachute games and live music from Wes Dolan, a local musician.

Representatives from various council departments including Environment Health, Leisure and Community Safety will also be available to answer questions and give advice and there will be information stands and quizzes to educate the community about topical issues. The council's dog control team will also be on hand to offer advice on responsible dog ownership. The guide dogs and PDSA will also attend to provide extra support. Most activities are free and there will also be food and drink stalls, including burgers, wood fired pizza as well as other lovely nibbles.

The second festival will be on Wednesday 14 August at Carr Lane Park, in Warsop, from 10am to 3pm.

The final festival is on Wednesday 28 August at Titchfield Park in Mansfield from 10am to 3pm.

Parking is limited at all of these parks, so please walk or use public transport if possible. Full details at [www.mansfield.gov.uk/summerfestival](http://www.mansfield.gov.uk/summerfestival).

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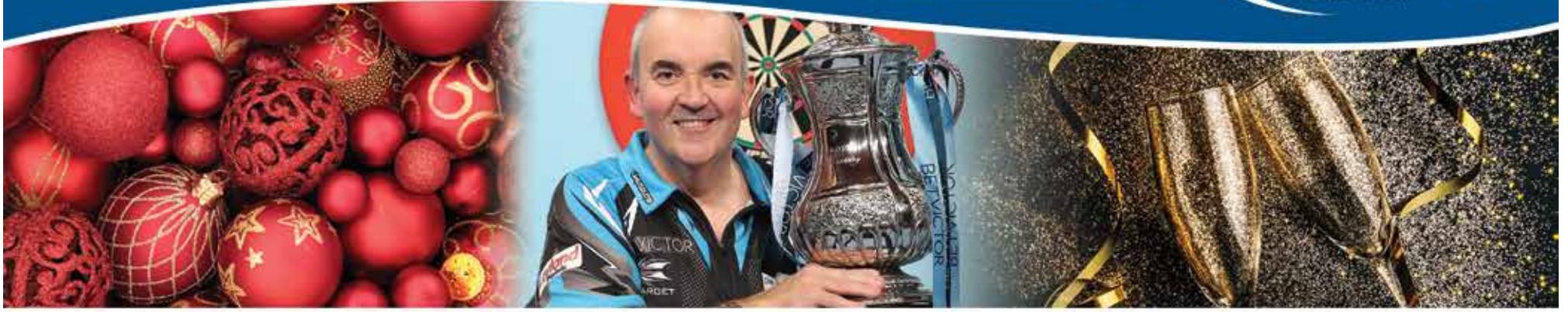
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# Special Breaks at Searles

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4 Nights, Half-board, Family Break

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From: PER PERSON

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Friday November 15th - Sunday November 17th 2019  
2 Nights, Self-Catering, Adults 18+ Only Break

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Prices **£99.00**  
From: PER PERSON

In association with JBD Sports Agents, we are delighted to welcome back 16 Time World Champion Phil 'The Power' Taylor, Peter Manley and Jamie Caven who will be joined by Scott Mitchell, JBD Walk On Girls, Daniella Allfree and Charlotte Wood, PDC Dancers and comedian Colin Cole.

## New Year Break 2019/20

Sunday December 29th - Thursday January 2nd 2020  
4 Nights, Self-Catering, Family Break

*Get away and celebrate the arrival of 2020 in a relaxed and friendly atmosphere with the choice of 3 great New Year's Eve parties\**

\*New Year's Eve parties are Ticket Only. Bookable in advance before December 1st 2019 and are priced separately from the break. See party details on our website.

Prices **£146.00**  
From: PER PERSON



For full details of all our Special Breaks please call or visit [www.searles.co.uk/offers-and-breaks/special-breaks](http://www.searles.co.uk/offers-and-breaks/special-breaks)

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# Special Events

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

**WORLD WAR II EVENT** Sat 10th & Sun 11th August.  
Re-enactors, music and vehicles from the early 1940s.

**DISCOVERY WEEK** Mon 12th to Fri 16th August.  
History and science fun activities.

**HORSE TRAM DAY** Wednesday 14th August. Our Sheffield 15 horse drawn tram will be in operation between 11am and 4pm.

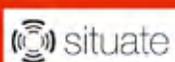
**MODELS WEEKEND** Sat 17th & Sun 18th August.  
Model tram and railway exhibition.

**WOODLAND WEEK** Mon 19th to Fri 23rd August.  
Eco and wildlife activities for all the family.

**CLASSIC TRANSPORT GATHERING** Sun 25th & Mon 26th August. Featuring vehicles built prior to 1979.

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

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

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**Aries** Your popularity is growing daily so you can expect lots of social invitations but you choose wisely whom you confide your darkest, most intimate secrets. When it comes to romantic partners, its quality rather than quantity that you are seeking, resulting in you starting to develop the more spiritual side of your character. You may decide to book a holiday with a difference rather than following the usual crowd and visiting typical touristy places. Take up a new hobby or study a higher learning course that will enable you to step out of your comfort zone and reach for the stars.

**Taurus** There are hurdles to deal with and the state of a close relationship will be foremost in your mind, not to mention work and business situations that are changing and challenging you on a daily basis. You may be offered a really good job but this could also mean a massive upheaval in re locating so as to make your new project possible. Disallow others to exhaust you mentally and emotionally by learning to say 'no' to unreasonable demands. Enjoyable meeting incorporating food, wine and friends will lighten up your social life enabling you to relax and defuse stress levels.

**Gemini** A loved one will excitedly want to share their adventures with you and extend an invitation to join them in their spiritual adventure. Accept every opportunity to experience new places, tastes and ideas, as this will lead to you horizons being broadened as you begin to learn more about yourself and the world around you. Love and romance will find a way into your heart and desires once you connect with that special someone you have been seeking all your life. Its time to leave the past where it belongs and start feeling alive once more.

**Cancer** This is a positive and proactive spell during which much can be achieved. A close personal relationship can only grow stronger if you both give it your best shot and agree to communicate and compromise on all levels. Your stubborn pride has often cost you dearly because of your refusal to step outside the box and try to view life from another perspective. Valuable lessons will always have to be learned if you are to progress, grow and develop as a person in your own right. If you are planning an expensive celebration and inviting some very special guests, be sure that you see to all the finer details yourself and not risk leaving things to chance.

**Leo** You are not always as confident as people would like to believe and often experience difficulty in being in your own space for long periods of time, preferring to share your time and worldly goods with loved ones. If you have been out of action for some time because of circumstances and a little afraid of taking the first steps to making changes, do not hesitate seeking professional guidance and advice. Legal papers may need attention regarding urgent matters and you may soon be moving house or investing money in home improvements that will add value in the long term to your existing home.

**Virgo** Your curiosity is heightened where love and romance is indicated but at times you are not the easiest person to live with and can be difficult to please. Despite all the heartbreak and disappointments you have previously experienced, you have probably reached a moment in time recognising that you need companionship and often feel alone and unhappy without a permanent partner or close friend to share your life with. Major changes at work look imminent and you will have to decide which direction you must go in next.

**Libra** Recent interesting developments in both your personal and professional circumstances are forcing you are reaching a point where you have to decide exactly what it is you want in life. Its important to remember that the only thing that is important is what you think about yourself and your life situation, not what other people think. Long distance travel will enable you to spend time experiencing different cultures and ways of life which are most refreshing to what is currently familiar.

**Scorpio** A long lost friend may contact you out of the blue with the intention of making arrangements to meeting up, but you may not be so keen on the idea. Life is beginning to look very exciting indeed because you are now starting to realise your true worth and what you are capable of achieving. You appear far calmer, serene and at peace with yourself than in the past. Little wonder certain people are at a complete loss as to what has gotten into you and why you have changed so much. The answer is, you have simply outgrown them.

**Sagittarius** Someone you once considered a friend is causing you to feel suspicious and you have every reason to feel they are not as genuine as you originally hoped, so you are wise to put a healthy distance between you and anyone you feel unsure about. Finances look all set to increase and so is your ability to succeed in any dimension you choose to go in. Book a much deserved holiday and treat yourself to a complete change of scenery and the chance to recover from the last few stressful month.

**Capricorn** If its change you are seeking, you could look at other challenges that are absorbing and challenging, all enabling you to look at ways of improving your current status and developing spiritually. To make progress, you need to get ahead and start associating with other like minded individuals. Keep your secrets safe and refuse to discuss your financial details with anyone. Double check any travel plans because there could be some unexpected surprises.

**Aquarius** Love is in the air, but it might be appropriate to apologise to someone if there has been any recent misunderstanding. Refuse to get sucked into stories of self pity and loathing. Focus only on what is good and that is likely to bring you peace of mind, success, enabling you to make good, positive progress with your life. Make sure that your personal documents are in order, as you may need to put your hand on some very important information. Enjoy chatting with a new friend by exchanging niceties and perhaps making arrangements to meet up soon.

**Pisces** If someone is creating a bad atmosphere, be proactive and get to the root of the matter rather than allow things to linger and fester. There could even be talks of a much deserved promotion or new job offer that will enable you to further your career. Use your charm to get others to do your tedious work whilst you focus your energies on what is important. Treat your loved one to a special gift that you know will make them happy because the pleasure and rewards are in the giving.

# A NEW CROSSING FOR GREEN LANE

A new pedestrian crossing is to be installed outside a Clifton school this summer after new developments led to increased traffic in the area.

Work began yesterday (Monday 30 July) and will continue until Friday 30 August to resurface Green Lane and install the zebra crossing.

Increased traffic in the area and safety concerns raised by local residents have led to the installation of the new crossing.

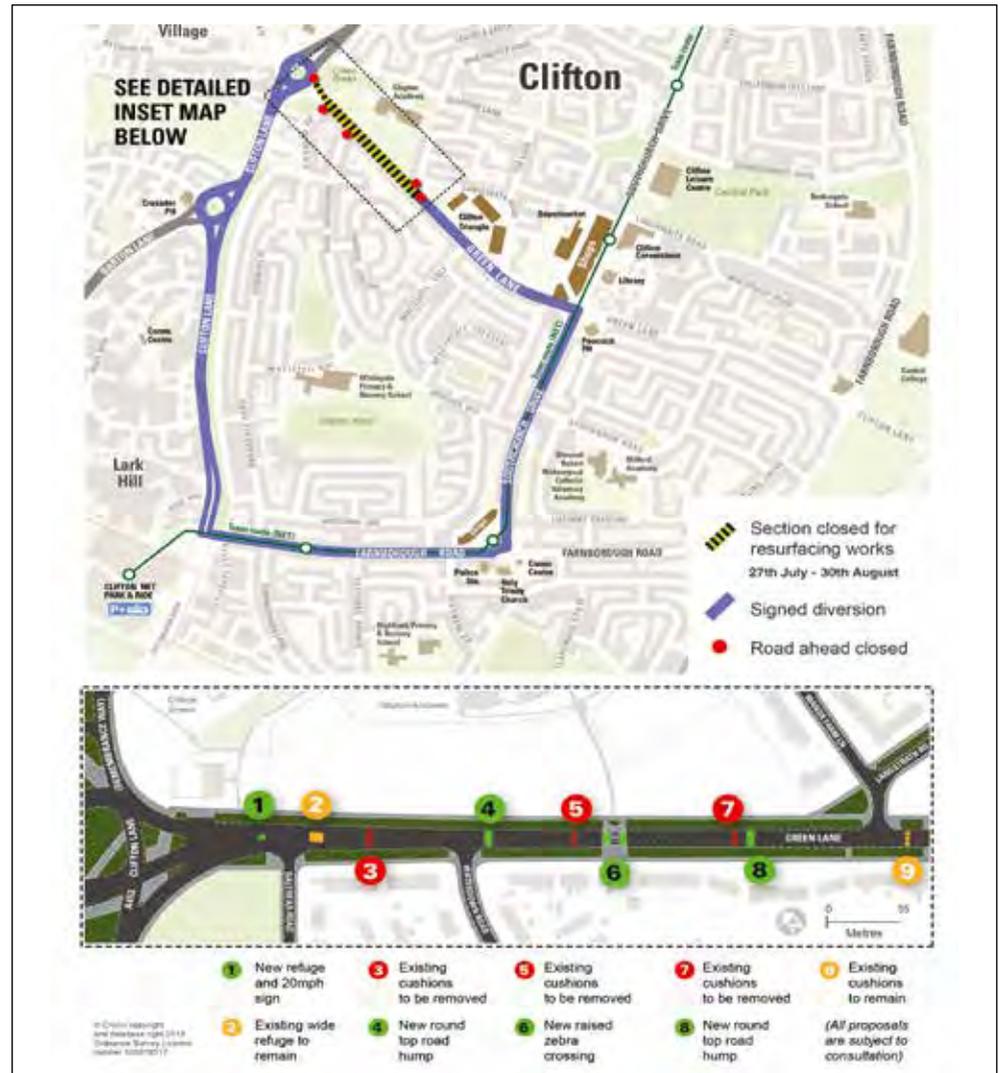
Green Lane will be resurfaced from Dalehead Road to Langstath Road. A new raised zebra crossing will be installed outside Glapton Academy. Speed cushions will be repositioned and replaced with round top road humps that are less harsh when driving.

During the work the road will be closed to through traffic 8am until 5.30pm Monday to Friday, but access will be maintained for residents albeit with some delays at times. A signed diversion will be in place for through traffic along Clifton Lane and Farnborough Road. On street parking will be restricted while work takes place 8am until 5.30pm daily.

Councillor Adele Williams, Nottingham City Council's portfolio holder for transport, said: "With all the redevelopment happening around Clifton, there have been some concerns about crossing Green Lane as there is increased traffic in the area. In response to this we're installing a raised zebra crossing outside The Glapton Academy. This will coincide with much needed resurfacing works so by the end of the summer Green Lane will be safer and smoother.

"We have timed this work for the summer holidays when pupils will not be attending Glapton Academy and there are fewer cars on the road to minimise disruption."

These works will affect the NCT 3, as well as the CT4N 22 and 23 service.



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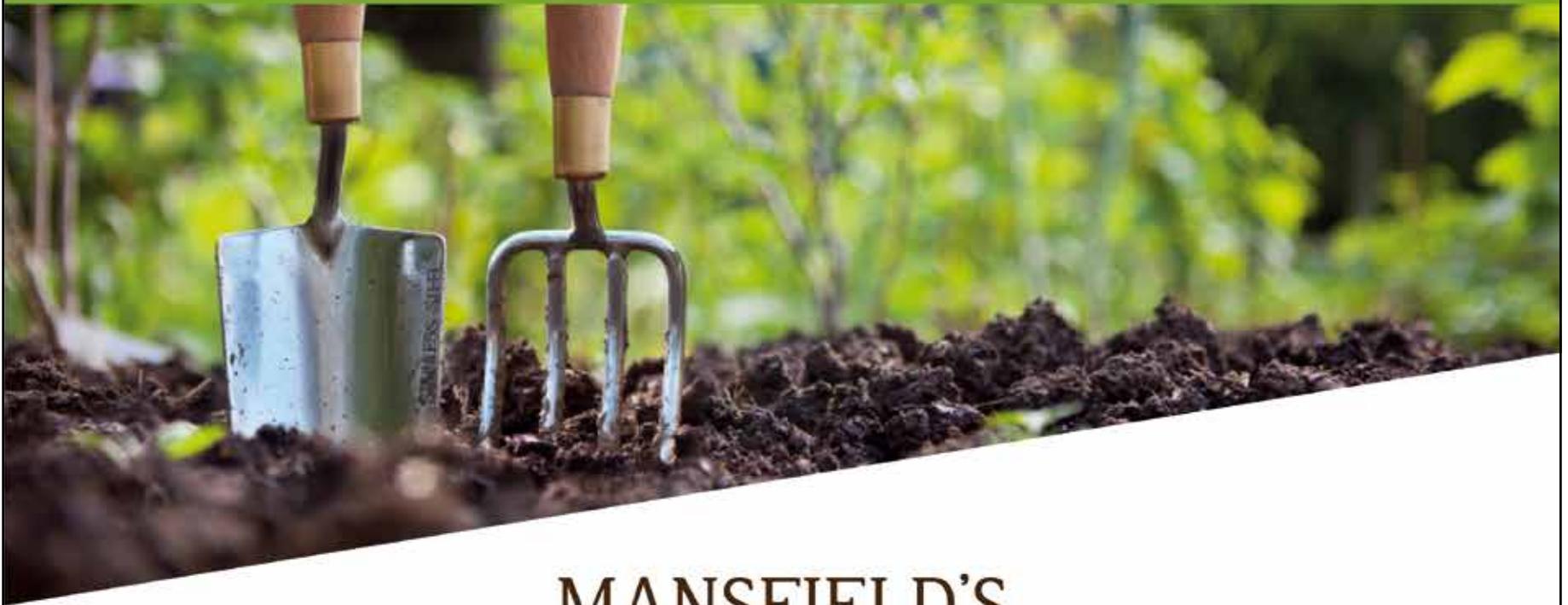
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**Saturday**

9.45 am - Mansfield District Corps of Drums

10.00am - Opening Ceremony

Grow Your Own Horticultural Competition

**TROOPS** 100 Free Apple Crumble Recipe Bags

Children's Free Activities

**Sunday**

Best in Baking Competition

10.45am - Free Baking Tasters

Children's Free Activities and Live Music

2.00 - Award Ceremony /  
Certificate Presentations for all Awards



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## Local women named in Cycling UK's 100 Women in Cycling



Two women from Nottinghamshire have been named in Cycling UK's 100 Women in Cycling.

Emma Metcalfe and Kajsa Tylen both from Nottingham were included for their work encouraging women to cycle.

They join Paralympian Dame Sarah Storey, TV presenter Angelica Bell and triple Olympic medallist, Victoria Pendleton in the cycling charity's list recognition significant achievements in promoting women's cycling.

The women have all been recognised in celebration of the amazing work they have done to inspire other women to cycle as part of Cycling Women's Festival of Cycling which runs through July.

Emma Metcalfe is part of the list for her cycle campaigning and particularly her work with Pedals: Nottingham Cycle Campaign to make Nottingham a more cycle-friendly city.

Kajsa Tylen is recognised for her record-breaking achievements

in cycling, as well as empowering thousands of others to take on challenges they never thought possible.

Helen Cook, Head of Engagement, said: "Congratulations to Emma and Kajsa for making it onto our 100 Women in Cycling for 2019.

"Every woman on our list is an incredible ambassador for women's cycling, but sadly women remain underrepresented when it comes to everyday cycling.

"The gauntlet we're throwing down is for every woman who already cycles regularly to find just one more woman they can help and inspire to get on their bike."

The awards were presented at a Parliamentary reception in Westminster at the beginning of July following a ride to the House of Commons by more than 150 women to raise awareness of women's cycling. To see a full list of nominees go to: [www.cyclinguk.org/womens-festival-cycling](http://www.cyclinguk.org/womens-festival-cycling)

## Over 50% of animal lovers spend holidays pining for dogs

Despite spending most of our working days longing for some time out on a sun lounger, research reveals more than half of Britain's animal lovers spend their holidays pining for their beloved dog.

Almost half of those polled (44%) in the research conducted by expert dog walking and pet sitting services provider, Tailster and Pets At Home, said they would rather leave their partner at home than their dog and 33% of pet owners have even gone as far as refusing to go on holiday without their pet.

When asked what their biggest worries were about leaving a dog whilst on holiday, 79% of pet parents admitted to worrying about their pet's happiness and a further 37% admitted to missing the special bond they have with their "fur baby" when they can't be at home.

This emotional toil felt by pet owners is so severe that three out of five of those polled (66%) also said they frequently leave work or social occasions sooner than they should to let their dog out, whilst 65% admit to having more photos of their four-legged companion than of their friend or partner to help cope with being apart.

## Holiday squabbles

Money woes, where to eat and what film to watch are the subjects most likely to ignite summer holiday squabbles among British families, it has emerged.

A study by website comparethemarket.com revealed the balancing act parents face when trying to keep the kids amused during the six-week summer break.

Research of 2,000 mums and dads with children aged four to 12 in full-time education said worries about the financial impact of entertainment the children is most likely to cause a bust-up.

Parents predict they will spend around £542 between now and the start of September ensuring the kids have things to do.

Overall 77 per cent admitted they feel pressure to keep their children entertained over the summer.

As a result, the average British family will have 18 tiffs in total during the six-week break



## Cyclists raise over £19k for Nottingham Breast Institute

Over one hundred cyclists from British Gypsum have raised more than £19,300 for the Nottingham Breast Institute at Nottingham City Hospital, after friends, family members and colleagues received treatment there.

More than 100 members of staff joined together to cycle over 100 miles, from the British Gypsum plant in Barrow Upon Soar to Skegness, in their 12th annual charity bike ride. The group's chosen charity this year was Nottingham Hospitals Charity, with the money raised going to the Nottingham Breast Institute. The bike ride took place last month and the group have now presented a cheque for £19,399 to members of staff from the Nottingham Breast Institute and Nottingham Hospitals Charity.

Organiser Phil Johnson, Production Operator at British Gypsum,

rode the bike ride on a tandem with a colleague, both dressed in pink tutus! He said: "We are so thankful to the staff at the Nottingham Breast Institute for the care they've given so many of our loved ones, and we're delighted with the amount of money we've raised for such a fantastic cause."

Marianne Burchell, Corporate Fundraising Manager at Nottingham Hospitals Charity, said: "We are so grateful to the team at British Gypsum for once again organising a fantastic cycle ride and raising a phenomenal amount of money for the Nottingham Breast Institute.

"The money they have raised will make a huge difference to patients by helping to improve facilities and equipment. Thank you so much to everyone who was involved, either behind the scenes or by taking part on the day."

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Care



Kader Daffe and Ken Clarke

## Ken Clarke kick starts birthday celebrations at care home

To coincide with Ruddington Manor Care Centre, located off Ruddington Land in Wilford, celebrating its first birthday, Ken Clarke visited the state-of-the-art care facility to kick start the celebrations.

Situated within Ken's constituency, Ruddington Manor is part of New Care, one of the UK's fastest growing development-led care home operators. The 66-bed facility has, over the course of the last 12 months, welcomed more than 50 residents.

During his visit, Ken met

and mingled with residents, received a tour of the home and enjoyed a light lunch with Ruddington Manor's registered manager, Kader Daffe.

Delighted to catch up with Ken was Ruddington Manor resident Jacqueline Pettengell, whose husband Tom was a County Councillor in Nottinghamshire and knew Ken very well. She says: "It was lovely to see Ken again after all these years. I enjoyed catching up with him and talking about the old times."

Retired teacher Barbara Pearce, another resident at Ruddington Manor, was thrilled to meet Ken and talk all things politics, as she had previously stood for Parliament three times.

Barbara says: "Many of the residents at Ruddington Manor enjoyed successful professional careers and were active in politics, so Ken's visit was very much welcomed. After six weeks respite at Ruddington Manor, I didn't want to go home. The environment at Ruddington Manor is so stimulating and everyday I get to have interesting conversations with other residents, which I am sure Ken enjoyed too."

Ken comments: "Several years ago I opened The Grand in West Bridgford, which is Ruddington Manor's sister care home, as such, I was keen to visit Ruddington Manor and learn more about New Care, what it has achieved and what it plans to do in the locality."

"Ruddington Manor is not a typical care home. It is modern and spacious, and the team has innovative

aims, which was certainly interesting to hear about."

Kader Daffe concludes: "I was delighted to welcome Ken to Ruddington Manor and update him on New Care's success at The Grand and its progress here since the home opened 12 months ago. Ken generously spent lots of time with some of the residents, which they thoroughly enjoyed, and showed interest in the facility, its services and clinical offering, which we discussed on the tour."

Ruddington Manor offers exceptional residential, nursing and dementia care services and caters for the aspiring needs of its residents, providing high quality, person-centred care in an expertly designed purpose-built environment.

In addition to communal lounges, formal dining rooms and gardens, residents enjoy the privacy of their own well appointed and restful bedroom, complete with en suite wet rooms, and a host of hotel-style services including fine dining, a hair salon and nail bar. For further information on Ruddington Manor, or to arrange a viewing, please contact Dawn Collett on 0800 240 4700 or email [enquiries@newcarehomes.com](mailto:enquiries@newcarehomes.com). Visit [www.newcarehomes.com](http://www.newcarehomes.com).



(L to R) Barbara Pearce, Kader Daffe, Ken Clarke and Jacqueline Pettengell



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HEALTH CARE



## Nottingham has the highest number of organ donors in the UK, outside of London

New figures reveal there were 48 lifesaving deceased organ donors at Nottingham University Hospitals NHS Trust (NUH) last year, helping the UK reach its highest ever number of donors. This places NUH as the leading hospital in the UK, outside of London, for the number of organ donors in 2018-2019.

Samantha Bradshaw, Specialist Nurse for Organ Donation at NUH said: "I am privileged to care for our patients and their families and the lasting legacy that each donor leaves behind impacts the lives of others. As a Trust, we are really proud of our position as a major contributor to organ donation in the UK. This is testament to the outstanding work that our clinical and support teams do, to promote and encourage the donation of organs to help save the lives of other critically ill patients."

"I can't stress how important it is to let your family know that you would want to support organ donation; it's hugely important that families know what their relative would have wanted to happen."

Anthony Clarkson, Director of Organ Donation and Transplantation for NHS Blood and Transplant, said: "Organ donation is the only hope for many desperately ill people. We know many families feel a sense of pride and comfort from their decision to let their relative's final act be saving lives through organ donation."

• Find out more and register your decision by visiting [NHS Organ Donor Register at www.organdonation.nhs.uk](http://NHS.organdonorregisteratwww.organdonation.nhs.uk) and share your decision with your family.

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Concept design showing how future displays may look. Credit: RFA Design.

## Have your say on museum plans

The Framework Knitters Museum in Ruddington is inviting the general public to have their say on development plans that are set to transform the site.

Having received initial National Lottery support for an exciting new project called, 'A Right Good Yarn' earlier in the year, the team are now busy developing ideas – and they're keen to get feedback from the local community. As part of the consultation process, the museum is running an online survey for local people and community groups to complete.

If you would like to find out about the museum's plans and share your views, the five minute online survey is now live at [www.frameworkknittersmuseum.org.uk](http://www.frameworkknittersmuseum.org.uk). The survey will be open to responses until Sunday 25 August 2019, after which one lucky respondent – who'll be picked at random – will win £100 in cash.

The project aims to expand the museum into an

adjacent property, purchased in 2013, and redevelop parts of the existing space. New displays and exhibitions will be delivered along with an improved visitor route connecting the three spaces and offering better retail and catering facilities.

The project team will be running a stall at the next Ruddington Village Market on the Saturday 3 August from 9am to 12:30pm at the adjacent White Horse Inn, so local people can find out more about the museum's aspirations and how to get involved.

The museum's Curator, Jim Grevatte, commented: "The Framework Knitters Museum is a unique, surviving example of a 19th century framework knitters' yard, which tells the story of framework knitting from inception to obsolescence. By getting involved in "A Right Good Yarn", you'll be helping to actively shape a site that will benefit people and groups from our local area (and beyond) for generations to come."

## House & Home

### Spruce up your home for summer



Summer is the perfect time to do some of the little jobs in your house and garden that can really give your home a fresh feel. Here are just a few of our top tips for a spruce up:

- Clean your paths, patios and walkways. You can hire power washers to give a really professional finish.
  - Re-stain decking, fences and sheds. Many of the bigger supermarkets and garden centres will have special offers on paints and wood stains if you look around for bargains.
  - Replace any broken sliding doors, especially those leading out to the garden so you can enjoy the best of the summer sunshine.
- Now is also a good time to put up hanging baskets and add colourful plants and herbs to tubs and window boxes. There is no need to spend a fortune to make your garden look good, many patio plants and herbs can be bought for just a few pounds. Better still, if you have any green-fingered friends they may have some cuttings or plants that they will be happy to give you. When your garden is more established you can always return the favour. Once all the hard work is over you can sit back and enjoy your garden. Why not plan a barbecue or drinks party to celebrate?

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# House & Home

## Safety tips to keep your home secure



Install a burglar alarm

Hide your keys

Put a radio on a timer

Now summer is here and our thoughts turn to spending time outdoors it is also worth thinking about home security.

If you are out in the garden it can be easy to forget to lock the door or close the window – but that can be a red flag for a thief.

By taking just a few careful steps you can ensure your home remain safe and secure. Here are just a few helpful safety tips:

- Always lock doors and windows when you leave the house – even if you are only out in the garden (even just pegging out washing).
- Hide all keys,

including car keys, out of sight and away from your letterbox (remember thieves can push a hook through the letterbox if they see keys on show near your front door).

- Think of installing a burglar alarm (just the sight of an alarm box on the outside of your home can make a burglar think twice about trying to break in).
- Install outdoor lighting

- Get a neighbour to keep an eye on your property if you are going away or when you are at work.
- Leave radios or lights in your house on a timer to make the property appear occupied
- Make sure the fences around your garden are in good condition
- Secure bikes by locking them to an immovable object or keep them in a shed or garage.
- Keep ladders and

- tools stored away; don't leave them outside where they could be used to break into your home
- Ensure side gates are locked to prevent access to the rear of the property
- Ensure rear fencing is

- in good repair
- Improve natural surveillance at the front of your property, for example trim tall bushes or high hedges.
- Remove valuables from view of ground floor windows

- Store high value items in a secure place
- Mark your property with your postcode and house number
- Think of joining or starting a Neighbourhood Watch scheme.

## Last opportunity to secure perfect family home

Local house buyers are being encouraged to act fast as Barratt Homes development, Maple Gardens in Mansfield Woodhouse, only has one home still available.

The Chesham style home is ready to move in to and features an open plan kitchen and dining area with French doors leading to the garden and a comfortable lounge to complete the ground floor. Upstairs, there are two double bedrooms with an en suite to the master, two single bedrooms and a modern bathroom. A single garage with space for two cars is also a key feature of the property.

As well as all of the great schemes that Barratt Homes

offers, when reserving the Chesham style home, buyers can receive an upgraded kitchen with integrated appliances, flooring plus £10,000 moving costs or if homebuyers already have their own property they can let the developer become the buyer with their bespoke Part Exchange scheme.

Barratt Homes North Midlands has been awarded the maximum five star rating from the Home Builders Federation (HBF) for the tenth year. For more information about Maple Gardens visit the website at [www.barratthomes.co.uk/new-homes/nottinghamshire/h587201-maple-gardens](http://www.barratthomes.co.uk/new-homes/nottinghamshire/h587201-maple-gardens) or call the sales line on 07768 558377.

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Bubbles Showers & Bathrooms Ltd is an introducer appointed representative of Ideal Sales Solution Ltd T/A Ideal Finance. Ideal Sales Solution is a credit broker and not a lender FRN703401 Finance available subject to status. Loans of 25000 and above available on a secured basis. Think carefully before securing other debts against your home. Your home may be repossessed if you do not keep up repayments on a mortgage or any other debt secured on it

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