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Mayor Joins Olympic Gymnast to Open Store

Kate Allsop, the Executive Mayor of Mansfield, joined Olympic gymnast Ellie Downie at the opening of a new Aldi store in Mansfield on Thursday 12 April.

The Mayor and Ellie cut the ribbon along with Carolyn Hallam from Mansfield District Leisure Trust, Shaun Hird, Mansfield District Council's Sports Development Officer, and Aldi store manager Matt Hallam. The Mayor spoke to shoppers and employees inside Aldi while Ellie happily posed for photographs, signed autographs and handed out goodie bags to the first 30 people through the doors.

Mayor Allsop said: "It is great to see a large national business such as Aldi investing in Mansfield and bringing jobs to

the district. This store is a much-needed and welcome addition to the area - as seen by the number of people queuing outside today."

After opening the store in Oakleaf Close, the champion athlete from Hucknall, met young gymnasts at the nearby Oak Tree Leisure Centre for a question and answer session.

Ellie, who is currently recovering from injury, talked about her career from starting gymnastics at the age of three to her most recent success.

She told the youngsters and their parents who were watching about the importance of healthy eating, especially to aid recovery from injury.

She also answered various questions and offered the valuable advice that 'no matter how bad things get, pick yourself up and keep going.'

Ellie also drew the winners of the Commonwealth Games Sporting Challenge, which more than 120 children and adults

took part in over six weeks from February. A range of free taster sessions were on offer to encourage and inspire people of all ages to become more active.

The winner of the over-12s prize was Eweline who won a one-month gym pass. Eweline said she tried out lots of different sports with her children Tomasz (8) and Emilia (5) during the challenge. She said it was a great opportunity to try new activities and Tomasz enjoyed the tennis so much that he's going to start playing.

The under-12s winner is Harry Gilbert who will receive a one-month swim pass. The Mayor said: "It was so inspiring for local young gymnasts to have Ellie visit the leisure centre and I hope it spurs them on to future success. The benefits of exercise in all its forms is something we really want to promote in the district to encourage people to be more active and therefore healthier."

Carolyn Hallam, Sports and Community Development Manager at Mansfield Dis-

trict Leisure Trust, said: "We were thrilled to have such a gymnastics superstar at Oak Tree to inspire the next generation of local youngsters to get involved in this great sport and to help us mark the end of the successful Commonwealth Games Sporting Challenge."

Aldi is donating fresh fruit to the leisure centre as part of its 'Get Set to Eat Fresh' initiative, which aims to encourage children aged 5 to 14 to develop a love for fresh healthy food.

The centre, run by Serco Leisure on behalf of the Mansfield District Leisure Trust (MDLT), has over 100 kids aged 4 to 11 regularly attending the gymnastics sessions. Places are available by contacting the centre on 0345 0000 231.



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A Nottinghamshire woman whose family received much-needed support from a city hospice following the death of her grandmother will take part in a true test of endurance.

Jade Hutchinson, from Gedling, is part of a seven-strong team from Nottingham-based telecommunications company VIA, who will compete in the Tough Mudder Half at Belvoir Castle on May 12.

The 25-year-old will be joined by colleagues Edward Worthington, Gareth Sobocinski, James Bartlett, John Wright, Alex Tebbs and Ross Buggins at the Leicestershire stately home as they take on 13 challenging obstacles across five miles, raising essential funds for Nottinghamshire Hospice.

Not only have the team been training hard for the event, they have also visited the hospice, in Woodborough Road, which supported Jade's mum, Jacqui Hutchinson, following the

death of Jade's grandmother, Margaret Kirk, two years ago.

Jade said: "This is the first year that VIA have adopted a charity to raise money for. We currently have a swear-jar in the office, which has over £50 in it so far, and we're hoping to raise around £700 from the Tough Mudder Half challenge."

"Mum received counselling from them over the phone and it really helped her to cope with Gran's death after a terminal illness."

Nottinghamshire Hospice, which is based in Woodborough Road, Nottingham, is an independent local charity which cares for adults in the city and county with cancer and other life-limiting or terminal illnesses, as well as supporting their families and carers. "It costs £2.7m a year just to keep the charity going," added Jade, "so we know how much they rely on fundraising."

"They have a Tree of Life there, where you can dedicate a leaf on the tree to a loved one. It's such a positive place to be."

The Tough Mudder Half features obstacles such as the Quagmire - a pool filled with thick, oozy mud which competitors have to crawl through - and the Block Ness Monster; rotating barriers covered in the mud which Tough Mudders have to climb over.

Team VIA have been training for the event since the start of the year. "We've been running, swimming and generally getting in shape for the Tough Mudder," added Jade, "it promises to be good fun."

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ProCon Nottinghamshire Opens for Business



A new network has been launched for people and companies in Nottinghamshire's property and construction sectors.

ProCon Nottinghamshire is inviting everyone with a professional interest in the built environment to join, enabling a flourishing network to connect people and businesses with each other.

The member-led initiative is modelled on 18-year-old ProCon Leicestershire, which has almost 600 members drawn from more than 130 companies from across Leicestershire.

ProCon Nottinghamshire is confident it can grow to a

similar size by attracting developers, architects, surveyors, engineers, agents, consultants, investors, bankers, accountants, solicitors, local authorities and more from across Nottinghamshire.

People and organisations can join as members via the network's website - procon-nottinghamshire.co.uk - where they can also register for the inaugural event on Thursday May 17.

The inaugural breakfast event is taking place at Nottinghamshire County Cricket Club, with a talk by the architects Maber about its work at Trent Bridge before time for networking.

ProCon Nottinghamshire has been initiated by a cross-industry steering group led by Will Cursham from the law firm Gateley Plc. Will said: "ProCon Leicestershire is extremely successful in bringing together hundreds of people within property and construction in Leicestershire to share knowledge, make contacts and forge partnerships. It highlights to wider business and to the people and organisations in Leicestershire the achievements of the sector.

"ProCon Nottinghamshire can achieve the same goals and when I have talked to people in the county about this idea they have all been very keen to see it happen. They want to see this new network sharing expertise.

"There's real enthusiasm from potential members and companies of all sizes. And as is the case in Leicestershire, we want ProCon Nottinghamshire to proactively engage with our city, county and borough councils plus other public sector bodies such as the universities."

Membership for 2018 costs £64 for individuals, £200 for organisations

and £280 for large corporates (all plus VAT). The minimum of four events per year can form part of professionals' CPD (Continuing Professional Development).

High Sheriff to Support Homeless People



Helping to tackle homelessness is the charitable mission of Nottinghamshire's new High Sheriff Nick Ebbs.

Nick, from West Bridgford, made the commitment at an installation ceremony attended by nearly 200 people at Nottingham Contemporary on Sunday 8th April to mark the start of his year in office.

He said: "Holding the office of High Sheriff is a great privilege. In addition to fulfilling its ancient ceremonial and civic duties I will be using the unique opportunities which the role provides to make a difference in tackling some of the challenges faced by people in Nottinghamshire today.

"In my professional life I am involved with housing and regeneration so it was a logical step to choose Nottinghamshire's leading homelessness charity Framework as my partner for the year. Framework is well known for making a positive difference to people's lives across Nottinghamshire and I look forward to becoming familiar with its work and assisting in a variety of ways."

During his year in office Nick will support Framework by raising awareness of its work, helping to identify opportunities for support, and encouraging fundraising.

Andrew Redfern, Chief Executive of Framework, said: "I am delighted that Nottinghamshire's new High Sheriff has chosen to support our work and to help raise Framework's profile. At a time of record levels of rough sleeping when people in crisis are struggling to find the support they need, help from the community is of great importance and the High Sheriff can be especially influential. On behalf of everyone at Framework, I thank Nick for his generous support. We very much look forward to working with him in the year ahead."

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SUPER DRAW LEADS TO SUPER WIN

An Ilkeston man has won £2,000 in the Treetops Lottery Super Draw and plans to visit New York to meet his newest grandchild with his winnings.

Mr. Hill supports the local charity as the hospice has cared for several of his friends in the past. Treetops provides nursing care and emotional support for adults with life limiting conditions living in Derbyshire and Nottinghamshire.

Every year the Treetops Lottery holds a bumper draw and increases the weekly prize pool for one week only. This year the Super Draw was sponsored by local company Acorn Windows and there were 19 cash prizes up for grabs with the top prize being £2,000.

The Lottery win came as a complete sur-

prise to Mr. Hill as he explained: "I went into shock! I have a go on a lot of charity raffles and I've never won. This is the first time and it's amazing!" When asked what he planned to do with his winnings, Mr. Hill said that he will be taking a long-awaited trip to New York to visit his daughter and grandchildren, one of whom he has never met.

Rebecca Lee-Jones, Sales & Marketing Assistant at Treetops Lottery said: "Playing the Treetops Lottery is a fun way to help support the hospice. We support people with illnesses such as cancer, motor neurone disease and multiple sclerosis. We

also support their carers and families and all our services are provided free of charge. "The hospice has to raise more than £3 million every year to run and 70% of this comes from charitable donations and fundraising activities including our Lottery." Since the Treetops Lottery began over twenty years ago, it has raised over £4million for the hospice. Treetops services include Support and Information, a Day Care Unit, Hospice at Home nurses and Therapeutic Services including counselling, art therapy and complementary therapy.

Senior Estimator Celebrates 20 Years at Alpha Rail

Senior Estimator Paul Johnson recently celebrated his 20-year anniversary working at Alpha Rail.

Paul joined the Huthwaite based metal railings and gates specialists back in April 1998, when the firm operated out of its old factory on Urban Road in Kirkby-in-Ashfield and has remained part of the Alpha Rail sales team ever since.

His daily duties over the past 20 years have included pricing a wide variety of projects that Alpha Rail completed, as well as being the point of contact for architects and clients with their initial enquiries.

Throughout his tenure, Paul has played a major role in the completion of some of Alpha Rail's most notable projects including the Athletes Village for the London 2012

Olympics, the restoration of the original Jack Hobbs gates at the Kia Oval cricket ground, as well as local projects such as the Forest Recreation Ground in Nottingham.

To celebrate his anniversary and long service, Paul was presented with a new watch by Sales Director, Phil Ball.

Commenting on his role, Paul said "It's been a privilege to work for Alpha Rail for the past 20 years. I can honestly say that I've thoroughly enjoyed my role here, mainly due to the shared passion for the business among my colleagues and the prestigious projects that I am able to get involved in. Alpha Rail has come a long way since I started, and I'm proud to have been a part of the progression."

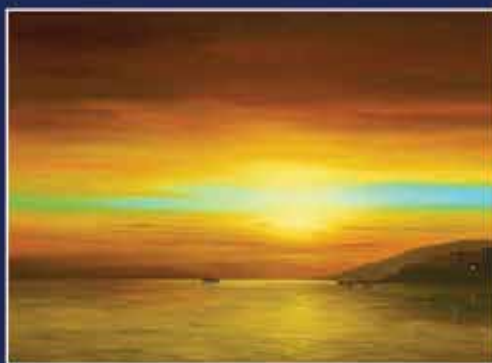
Adding, Sales Director, Phil Ball said "Paul

has and will continue to be valued member of the Alpha Rail family. His hard work and dedication to maintaining high standards epitomises what we at Alpha Rail strive to achieve on a daily basis. He is a real credit to the company and I want to congratulate him on his long service award."

Alpha Rail has been manufacturing metal railings, gates and pedestrian guardrail for over 30 years, and is proud to be one of the UK's leading manufacturers of bespoke metalwork. Many employees have been a part of Alpha Rail for years, which shows true commitment and pride in the jobs they do – everyone shares the same common goal of delivering exceptional customer service as well as an end product that is guaranteed to impress.



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Aries
A surprise visit from someone who belongs in your past may turn out to be more of a blessing than you originally thought. You are well advised to play your cards close to your chest regarding your finances. Someone may ask you for a loan but not be in a position to repay when promised. If you are looking for love and companionship it won't be long before you are spiritually connected with someone very special.

Taurus
Stay calm if you see or hear something that could trigger off your temper because an emotional outburst could compromise a close relationship. You want answers to a certain question, but it's obvious that you are being kept in the dark. Friends may accuse you of being absolutely mad in pursuing this matter but you must follow your heart and do what is right for you.

Gemini
You will hear conflicting stories concerning a person or set of circumstances which you know to be inaccurate. Keep vital important information close to your heart and always be very careful in whom you place your trust. Romance will take a turn for the better, but only because you are at last making allowances for your partner and starting to appreciate that everyone is entitled to their opinion even if they do not agree with yours.

Cancer
It will be left with you to complete a project that has been abandoned. Take the initiative and make a start on new ideas while you have the drive and energy. Worries that keep you awake at night stem from unresolved differences with either close family or a romantic partnership. This is a great time to book your dream holiday or pamper yourself because it's important that you start putting yourself and your needs first for a change.

Leo
You need to rest more and start being kind to yourself. Many of you may still be struggling with health from health problems that are causing you to put outings or projects on hold until a later time. A long-standing admirer may contact you and invite you out for a view to becoming more than just a friend. A job interview will go surprisingly well which will give you added hope for happier and more prosperous times ahead.

Virgo
A weekend break or holiday will provide the pick me up and perfect tonic if you have been feeling exhausted and thoroughly run down. If you are still searching for a change of lifestyle, new romance or career it won't be long before you start seeing a bit of action. A confrontation with a loved one or work colleague may arise as a complete misunderstanding.

Libra
The pressure is on and much is expected of you so it's important that you think before you speak. You know you find it difficult to hide your inner feelings and constantly wearing your heart on your sleeve could put you in a very vulnerable position. A past relationship that was going nowhere may re-awaken causing you to feel agitated. Think twice before jumping in at the deep end again.

Scorpio
Your tolerance levels for certain people is rapidly decreasing. If its one thing you cannot abide, its laziness. You don't have to engage with anyone who you know is only out to talk about themselves, draining your energies. Continue your good work in making lots of home, work and personal improvements whilst ridding yourself of the old, unwanted and surplus to requirements. A new broom will always sweep clean.

Sagittarius
Recent times have proved very testing and difficult, so its understandable that you need lots of support and encouragement. New beginnings are on their way and rewards will come that will prove to be beyond your dreams. Financial investments look promising, and you could end up making a lot of money. Are you in love again? You are approaching a major crossroads in your life that will lead you to making important decisions once and for all.

Capricorn
As a strong, independent earth sign, being in control is important to you so take the reins and move forward positively. Be honest with yourself about what is needed for you to be happy and content with your lot because its no good kidding yourself. You have the intelligence and determination to create a better future than the path you have currently found yourself treading, so make a start today.

Aquarius
Trust your instincts regarding a professional issue at work. A careful approach will achieve the best results, especially if you are dealing with a very delicate and tricky situation. Someone close to you is not being completely open and honest with you about how they are feeling. Perhaps they do not want to worry you, but you always prefer to hear the truth, no matter how serious or tickle a matter may be.

Pisces
Are you confused and perhaps a little disoriented with all the drama that is taking place in your world right now? You are living life in the fast lane with very little quality time for your self because so many demands are being made upon you both personally and work wise. No one is stopping to think about how all the recent upsets may have affected you, so all you can do is keep battling on, doing the best that you can.

'Hate Litter? Help Us Do Something about It'

Nottingham City Council has launched a campaign asking Nottingham residents to play their part in reducing litter. Everyone is being encouraged to keep Nottingham clean by picking up and binning a piece of litter when they are out and about. If everyone in the city picked up a piece of litter, it would make a huge difference, reducing the amount of litter lying around and sending a clear message that people in Nottingham take pride in their city. In a recent City Council survey, 97% of people in Not-

tingham agreed that everyone has a responsibility to clean up after themselves. Respondents had passionate views about litter, saying "If you litter you don't respect the place you're in", "I believe it is everyone's responsibility to keep our city clean and litter free" and "I'm proud of my city and see it as an extension of my home. Litter goes in the bin at home... It's just downright wrong and stupid to drop litter outside." Cllr Sally Longford, Portfolio Holder for Neighbourhood Services and Local Transport

at Nottingham City Council, said: "Litter is a persistent problem that the council takes seriously, spending over £7million a year on street cleaning. However, we can't solve this by ourselves, so the more we work together to tackle litter, the cleaner our streets will be – and the more the minority of litterers will get the message that their actions are completely unacceptable.

"TOGETHER, WE CAN MAKE A DIFFERENCE – AND KEEP NOTTINGHAM CLEAN."

Litter & Dog Waste

Local Lottery Set To Raise Thousands for Good Causes

More than 830 tickets have already been sold for the first Robin Hood Lottery draw which will take place on 28 April.

With just over two weeks left to go until the online draw, a total of 420 supporters have bought tickets to be in with a chance of winning a maximum prize of £25,000.

There are a range of smaller prizes including free tickets for a future draw and cash prizes from £250 to £2,000. Each ticket has a 1 in 50 chance of winning a prize.

Tickets are available to buy online at www.robinhoodlottery.co.uk and cost just £1 each

Mansfield District Council established the local lottery to support good causes that deliver a direct benefit to residents across the district. A total of 60p from every ticket sold goes to charities, voluntary groups and support services.

A total of 48 local good causes have signed up to benefit from the ticket proceeds so far including the Emily Harris Foundation, Ladybrook Community Centre, AFC Mansfield and the Friends of Yeoman Hill Park.

The Executive Mayor Kate Allsop was the first to buy a ticket and chose to support the Robin Hood Community Fund so that local groups can apply for funding via the council's grant in aid process.

Among the good causes that have been attracting the most ticket sales so far and therefore the most funding are John Eastwood Hospice Trust, SSG Suicide Support Group Mansfield, Nottinghamshire Search and Rescue Team,

and Nottinghamshire Wildlife Trust.

The Mayor said: "We are delighted with the number of tickets sold and the number of good causes that have signed up to benefit. Ticket sales mean more than £26,000 of funding is already guaranteed for our local good causes over the next year. It's not too late to buy a ticket – if you aren't in, you can't win!"

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The Wheels on the Bus Go Round and Round



More than 50 pupils from Fairfield Primary Academy in Stapleford were given their very own bus for a morning to boost their study of transport.

A group of 54 children aged 5 and 6 were taken on a my15 bus for a ride to trentbarton's Langley Mill depot, where they met drivers and mechanics and were driven through the bus wash.

The visit came about after the youngsters created a bus station role play area in their classroom and sent photos to trentbarton. Roadside officer Chris Plummer offered extra resources for the role play and delivered a personalised bus stop sign.

Next a driver, Andrew Henwood, visited and was grilled by the pupils all about his job and asked questions such as where the buses go to at night. Then Chris arranged for the my15 bus to pick up the pupils from the school for their outing.

Year 1 teacher Emma Dickinson said: "When the my15 bus arrived we saw it had the school's name on the digital sign – it was the school's very own personalised bus. For some of our children it was their first time on

a bus, and we now have many young apprentice drivers eager to begin!

"Going through the bus wash was amazing; I even got to drive the bus and was so excited. The children loved it all. One said: 'this is the best school trip I have ever been on'.

"We want to thank everyone at trentbarton for this fantastic experience. We had an incredible morning. Trentbarton really is the really good bus company."

It's been a busy time for my15 – trentbarton has just extended the route for the people of Ilkeston, Stapleford and Sandiacre to access the thousands of new jobs being created in and around East Midlands Airport.

Chris said:

"The Fairfield pupils had put a lot of creative work into their studying of buses and transport, so we were very pleased to treat them to their outing and we hope it helped their learning as well as being great fun."

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FES-TEA-VAL 2018

21-22 APRIL 2018



THE BIGGEST PAR-TEA OF THE YEAR

SATURDAY 21ST APRIL - SUNDAY 22ND APRIL 2018

With less than 3 weeks to go until the biggest PAR-TEA of the year, The UK's only dedicated tea Fes-tea-val – National Tea Day has a show-stopping agenda, packed full of prac-tea-ly everything you could ever imagine that involves our nation's favourite drink at Chiswick House and Gardens.

National Tea Day is a movement to get more Brits to drink more and to drink better tea. It is their belief that tea more than just a leaf but a cultural phenomenon, which brings communities together and has helped shape British Culture.

Fes-Tea-Val is a British lifestyle festival with tea as the hero; it isn't just about tea though with food pairings, healthy tips and even a dedicated tea and alcohol zone. National Tea Day supports a host of charitable causes with charities all over the U.K. aligning to the day to raise awareness and funds for their cause.

With special guests including celebrity cake maker Mitch Turner MBE and winner of the BBC's apprentice, Alana Spencer as well as etiquette lessons from Lady Nadine, there's plen-tea of fun to be had!

TO FIND OUT MORE ABOUT NATIONAL TEA DAY AND TO BOOK TICKETS FOR THE FES-TEA-VAL, VISIT NATIONALTEADAY.CO.UK, FIND US ON TWITTER, FACEBOOK AND INSTAGRAM @NATIONALTEADAY OR #NATIONALTEADAY.



Join the Revolution

How often do you get a coffee-to-go in a disposable cup? Every cup adds up...

In the UK we throw away 2.5 billion disposable coffee cups per year, but less than 1% are recycled, causing huge problems for the environment. To try and reduce this, the government are going to start taxing them in a bid to improve our country's sustainability.

Be part of an environmental solution by participating in a new initiative for local coffee lovers that will not only help the environment, but save you money. Launched by Ecocuppa, an exciting new idea is spreading throughout Nottinghamshire, bringing independent coffee shops and coffee lovers together to become part of a sustainable solution.

Offering 50p off when you bring any re-usable cup to be used for your drink order, Ecocuppa is encouraging businesses and consumers to make a small change that adds up. Owner, Wendy Baird, who has been a coffee shop owner herself for over 30 years and currently runs Carriages Cafe in Newark, explains: "I wanted to look at the positives and encourage people to take

part, as everybody can help to make a difference.

"As an individual, one coffee cup a day or so may not seem much, but it adds up to make a substantial impact on the environment.

"We have an obligation to help our planet and make a change, and this is an easy way for businesses and customers to find a common ground and support sustainability." So, on your next morning commute or when you're relaxing in the park, use any reusable cup and receive 50p off at selected independent cafes across Nottinghamshire, Newark, Lincoln and Wales – with new venues joining the Ecocuppa pledge all the time. Go out and buy a reusable flask today and support a local independent coffee shop near you by looking for the Ecocuppa window sticker and be a part of something amazing.

Find out more by visiting www.ecocuppa.org.uk.

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Sienna Scores A Mascot Day Thanks To Teachers UK!

Ten-year-old Sienna McGrath of Clipstone's Samuel Barlow Primary Academy, part of Diverse Academies Learning Partnership, scored a full Mascot Day at Mansfield Town Football Club courtesy of Teachers UK.

The Mascot Days are run by Mansfield Town Football in the Community and give children the opportunity to get a look behind the scenes, and to meet the players on match day.

Louise Hamby of Teachers UK says that Sienna was a worthy winner of their latest competition. "It was the last day before the Easter holidays and so the presentation we made was egg-tra special! It's a very special prize for a very special young lady." Louise says that Teachers UK, an education recruitment specialist based at Mansfield's I-Centre, enjoys giving back to the schools and

academies it works with. "Samuel Barlow Primary Academy takes real pride in its children and the staff work tirelessly to give them the best opportunities possible. Teachers UK were proud to be part of the celebration. Sienna has shown courage and determination and she is an excellent role model to all of us."

Sienna is already a keen footballer but admits she is a bit nervous about going on to the pitch. "I am really excited –

my teachers told me they had nominated me and that made me really happy." Angela Hirst nominated

Sienna for the Teachers UK competition and said, "Sienna is an excellent role model both in her academic and sporting curriculum. She is a resilient young lady who embodies the values of the academy and is a brilliant young footballer who has helped us to win all of our league matches this year – this is in spite of being knocked down by a car, and having physio to allow her to play football again. We hope she has a wonderful well-deserved experience."

Developer 'Sets Sail' With £25m Development

Developer KMRE Group has announced it has acquired a 1.5 acre site on the banks of the River Trent in Nottingham for prestigious apartments.

KMRE has purchased the site, which will be called Riverside, to create 81 exclusive waterfront apartments and penthouses delivered to a high specification.

The exclusive residential development is located adjacent to Blueprint's Trent Basin development and near to the well-established River Crescent apartment scheme and will form an important part of a revitalised waterside in this area of Nottingham.

Kam Mogul, managing director of KMRE, said: "We are a Leeds-based developer which has delivered similar residential

schemes throughout Yorkshire and our expertise has brought success.

"We are now looking further afield to create high-end living accommodation. Our sights were set on Nottingham when we saw the huge potential for waterfront living in the city."

The Riverside site lies at the southern end of Trent Lane in Nottingham fronting the river and is located less than a mile from the city centre. KMRE's Riverside development will feature one, two and three-bedroom apartments from £165,000 and bespoke interior-designed penthouses starting from £500,000.



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Situated within 300 acres of stunning parkland, Thrumpton Hall is a picturesque venue for any occasion.

Whether it be a business meeting, conference or birthday celebration, the 18th century hall combines history, grandeur and top quality service for an unforgettable event. It's an extremely popular choice for weddings, with its picturesque features and Lakeside Pavilion making for a breath-taking backdrop for your big day.

From corporate days to family gatherings, the team of trained and dedicated professionals are all on hand to ensure your day runs smoothly too. Whether it's start to finish planning or the all-important finishing touches, it's a service you can really tailor to your occasion.

Located with convenient links to East Midlands Parkway train station, East Midlands Airport and the M1 as well as Nottingham and Derby city centres, it's also perfect for bringing people together, whatever the celebration. The hall hosts events throughout the year too from yoga workshops to wedding fairs. Visit www.thrumptonhall.com or call Events Manager Paula Straw on 07796 956556 for more information.

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Sunday 29th
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10am - 2pm
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Thrumpton Hall, Nottinghamshire, NG11 OAX tel: 07796 956556 or 07702 015845
www.thrumptonhall.com or email: enquiries@thrumptonhall.com

Spring Wedding fair

Thrumpton Hall is delighted to be holding its fabulous Spring Wedding Fair on Sunday 18 of March, 10am – 2pm. With lots of fantastic, carefully selected suppliers attending, excited bride and grooms-to-be are invited to attend and see how the suppliers can make your special day come to life. From cakes and dresses to fireworks and entertainment, there is plenty to see at this wonderful event.

There will also be friendly coordinators on hand all day to give tours around the stunning hall, lakeside pavilion and gardens to discover how Thrumpton Hall could be the perfect venue for your big day.

Set in a breathtakingly lovely private park, Thrumpton Hall provides a glorious setting for both intimate and large weddings. From initial viewing through the planning process and to the end of

the wedding day celebrations, the experienced and friendly team at Thrumpton Hall will ensure that every detail of your wedding is planned to perfection and that the wedding couple and their guests enjoy and remember the special occasion for years to come.

Entrance to the Spring Wedding Fair is free and Thrumpton Hall will be giving away fabulous goody bags packed with freebies to the first 50 couples, so make sure to go early to avoid disappointment! For more information visit www.thrumptonhall.com or call Paula Straw, Events Manager on 07796 956556.

at Thrumpton Hall



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At Savage Wedding Services, owner Sue Savage and her team aim to take away your wedding day stress by providing an extensive range of high-quality event and occasion products all under one roof, making them the perfect one-stop-shop for everything you need for your big day.

Working to a set of core values, Savage Wedding Services prides itself on

providing an exemplary, personal service with a focus on: quality of products and services, flexibility of approach, value for money, choices for the customer, a friendly face and independence – meaning that they are not tied into any hotels, venues or suppliers, and therefore can offer you the very best prices whilst giving truly unbiased opinions and advice.

A British Wedding Industry Approved member, Savage Wedding Services specialise in a range of services to cater for a variety of parties, events and special occasions including your big day.

Wedding Services will provide all your wedding décor needs, including chair covers & sashes, centrepieces, room and venue styling, lighting and those all-important finishing touches such as

postboxes, sweetie bars and remembrance tables.

Savage Wedding Services is an established family business, covering weddings in the East and West Midlands areas. With an emphasis on a personalised service, Sue and her team are dedicated to making your dream day a reality.

They are also mindful of couple's budgets and offer both a DIY facility, as well as a full set up service.

For more information, contact Sue TODAY on 07792 821084, sue@savage-weddings.co.uk or visit the website: www.savage-weddings.co.uk or Facebook page (www.facebook.com/SavageWeddings), where you'll find images of weddings past to inspire you!



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12 Donington Road
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Friday 8:00 & 10:00am
Tel: Sacha on 07515 172984

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Candleby Lane School
Candleby Lane
Tuesday 5:15 & 7:00pm
Tel: Maria on 07718 999033

EAST LEAKE

East Leake Academy Cafeteria
Lantern Lane (use staff car park)
Tuesday 5:30 & 7:30pm
Tel: Meg on 07792 943873

East Leake Leisure Centre Dance
Studio Room (Opposite Reception)
Saturday 8:30am
Tel: Meg on 07792 943873

HUCKNALL

St Peters & St Pauls
Community Hall, Ruffs Drive
Wednesday 5:30 & 7:30pm
Tel: Kerry on 07804 493162

The John Godber Centre
Ogle Street
Saturday 9:00 & 11:00am
Tel: Kerry on 07804 493162

KEYWORTH

The Methodist Church Hall
Selby Lane
Monday 5:00 & 7:00pm
Tel: Naomi on 07734 791608

LONG EATON

Moorlands Club
295 Curzon Street
Thursday 5:30 & 7:30pm
Tel: Judith on 07711 043213

Sawley All Saints Church
561 Tamworth Road
Tuesday 7:00pm
Tel: Judith on 07711 043213

RUDDINGTON

Jubilee Clubhouse
Loughborough Road
Monday 5pm & 7pm
Tel: Wendy 07870 830097

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Monday 7:00pm
Tel: Gillian on 01159287316

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Tel: Sacha on 01159287316

Gresham Sports Pavilion
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Off Wilford Lane
Wednesday 7:00pm
Tel: Shirley on 07946727077

West Park Sports Pavilion
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Thursday 5:00 & 7:00pm
Friday 8:00 & 9:30am
Tel: Athena on 07792 045221

The Rugby Club
Stamford Road
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Nottingham Flies the Flag for Conference

Tickets are now on sale for MarketEd.Live 2018, a marketing conference full of world-class speakers. Consisting of marketing experts and industry specialists, the conference provides hands-on advice as well as inspirational case studies from some of the top agencies around. This year's MarketEd.Live Conference takes place at the iconic Nottingham



Contemporary. In the heart of the creative Lace Market and a stone's throw away from public transport, there's no reason to miss out on this world-class event.

Speakers include Content Marketing expert Chris Marr and Chartered Marketer Emma Leech. With more industry-renowned names being revealed shortly,

keep up-to-date with the latest announcements at www.marketed.live. Key sponsors include Strafe Creative, an award-winning creative design agency based in Nottingham City Centre. Directors Ross Davies and Patrick Dolan are proud to support a conference that reflects the outstanding pool of talent that Nottingham possesses.

The event takes place on Tuesday 25th September 2018 and Early Bird tickets are available now at www.eventbrite.co.uk. Book now to secure your place at the UK's leading marketing conference.



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intu Supports Autism Awareness Week at Nottingham Centres

Nottingham's intu Broadmarsh and intu Victoria Centre are helping to raise awareness of Autism in the region as part of a continued partnership with Autism East Midlands. The charity, which is celebrating its 50th anniversary this year, visited intu Broadmarsh on 28 March as part of World Autism Awareness week – and were at intu Victoria Centre on 4 April to offer information, signposting and support as well as showcasing artwork produced by students from the Sutherland House School.

intu Victoria Centre and intu Broadmarsh have been working with Autism East Midlands for 18 months, helping to both raise awareness and creating an autism friendly

shopping environment through dedicated 'Autism Hours' held in centre as well as having a number of trained staff.

Nigel Wheatley, general manager for the two intu centres in Nottingham, said: "We have been working in partnership with Autism East Midlands for more than a year and we are very pleased to be able to support them during World Autism Awareness Week.

"We want to put a smile on the face of everyone who visits an intu centre and this means training our staff, supporting our customers and working with brands in the centre as well as organisations like Autism East Midlands to provide a welcoming and accessible experience for all."



MILLER HOMES PLEDGES OVER £300,000 TO DEVELOP COMMUNITY

Miller Homes Midlands is investing over £300,000 into the local community as part of its latest development in Farnsfield, Nottinghamshire.

Work is now well under way at its Augustus Grange development off Milldale Road, with the leading housebuilder's contribution supporting a number of local initiatives.

As part of the funding, a £148,915 contribution will be invested in Farnsfield St Michael's Church of England Primary School, with a further £70,875 used to provide and maintain facilities at the Farnsfield Village Hall, and the local cricket, football, tennis and bowls clubs. A new children's play area will also be created, with a donation of £54,194.

Additionally, Miller Homes is investing in transport links around the village, with £22,000 pledged in order to carry out improvements at two major bus stops. Also, the much loved Southwell Trail will see a £5,000 injection of funds, which will be

used for new signage and restoration work. A further £2,323 will also be donated to the local library for new books, taking the grand total to £303,307.

Alastair Parsons, area sales di-

rector for Miller Homes Midlands explained: "Supporting the local community within each area we build is imperative to us. By investing in places such as schools, transport and



leisure facilities, we're helping to enhance an already thriving community in Farnsfield.

"It's always pleasing watching our plans come to life - we're sure that Augustus Grange and the new infrastructure will complement the village perfectly." The new development comprises of a selection of 60 three, four and five-bedroom energy-efficient, luxury homes. Just a short walk from Sherwood Forest and close to well-performing

schools, Augustus Grange offers easy connections for commuters with quick access to Southwell, Mansfield, Newark and Nottingham.

Miller Homes was recently awarded a five-star rating in the Home Builders Federation (HBF) National Home Builders Federation New Home Customer Satisfaction Survey. Prospective homebuyers are now able to reserve a plot at Augustus Grange from the comfort

of their own home, using Miller Homes' online reservations service.

FOR FURTHER INFORMATION ON MILLER HOMES' DEVELOPMENTS ACROSS THE EAST MIDLANDS VISIT WWW.MILLERHOMES.CO.UK. TO REGISTER YOUR INTEREST IN AUGUSTUS GRANGE, VISIT OUR WEBSITE OR CALL 03300 370 300.

Winners of Music Maker Award 2018

Carlton Male Voice Choir has named two wonderfully talented young musicians from Mapperley as the joint winners of this year's Music Maker Award.

The winners are 17 year old pianist Konya Kanneh-Mason and Saxophonist Nathan Holroyd, also 17. The judging panel was hugely impressed by the supreme musicianship displayed by both in their auditions and remained unable to separate them after long deliberation. The annual contest is sponsored by John and Sue Brydon and attracts the best of Nottinghamshire's musical talent in the 16

- 19 age range. The standard of competition this year was exceptional and it is the first time that the award has been shared in its 20 year history.

Konya and Nathan will perform at Carlton Male Voice Choir's Festival Concert at the Albert Hall, Nottingham on Saturday 28 April. The concert will showcase the choir's 2018 repertoire and also features guest artists 'The Opera Dudes'.

Concert Tickets are £15.00 and can be obtained by telephone: 0115 844 0158 or e-mail: tickets@carltonmvc.org



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TOP EVENTS

Harlaxton Summer Music 2018

Inspiring music in a magical setting
May 4th, June 1st and June 15th, 2018

All concerts will be held in the Great Hall and will start at 7.30pm.
The conservatory and gardens will be open from 6.00pm.



Friday May 4, 7.30pm - Maki Sekiya, piano.

The young Japanese pianist Maki Sekiya studied at the Purcell School and the Moscow Conservatoire. Based in Oxford, she is a pianist of amazing brilliance and vitality. Her programme will include Liszt Deux Legendes, Scriabin selected Etudes and Ravel Miroir.

Friday June 1, 7.30pm - The Boughton Piano Trio

Iva Fleischmannova, violin; Nikolay Ginov, 'cello; Tomas Visek, piano.

The artists making up the Boughton Piano Trio have all individually played at Harlaxton before, and come this time with a delightful programme of music both familiar and less well known. Their programme will include Trios by Suk, Schumann and Mendelssohn, a Duo for violin and 'cello by Schulhoff, and piano solos.

Friday June 15, 7.30pm - Chameleon

Tom Williams, counter tenor; Férdia Stone-Davis, recorder; Douglas Hollick, organ. Tom Williams was a choral scholar at King's College Cambridge, sings with Polyphony, and has a busy career singing, conducting and teaching. He and Férdia have both performed before at Harlaxton with Douglas Hollick, and their programme will be of music by J S Bach – two alto cantatas, a sonata for recorder and organ, and organ solos – a treasure trove of wonderful music to round off the 2018 concerts!

Tickets £10.00-£12.50 at www.redcross.org.uk/harlaxton or 07793 883128
Harlaxton Manor, Harlaxton, Grantham, Lincolnshire, N32 1AG
(South West of Grantham on A607)

THE MAGIC STORYBOOK IS COMING TO NOTTINGHAM!

"We cannot wait to be back touring the country with our brand-new show, The Magic Storybook," said Milkshake Presenter and Show Director Derek Moran, "It's a magical show full of audience participation. The Milkshake audience will love the classic fairytale storylines, the songs and seeing lots of their favourite Milkshake! characters live on stage."

Milkshake! Live, The Magic Storybook, stars Milkshake! favourites Bob the Builder, Little Princess, Noddy, Toyland Detective, Fireman Sam, Shimmer and Shine, Pip Ahoy!, Winnie and Wilbur, Wissperas well as Milkshake!'s very own Milkshake! Monkey and two Milkshake! presenters at every show.

The show will take audiences on a

journey through their favourite fairy tales featuring much-loved stories that will be familiar to everyone – young

Hall Nottingham on Sunday 27 May 2018.

Local Listing Information: Milkshake!



and old. With music, singing and dancing, Milkshake! Live, The Magic Storybook is the fourth nationwide live tour from Channel 5's Milkshake! The tour will visit the Royal Concert

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'Skate Date with Mark and Matt' is collaboration between 'Dancing on Ice' Professional Skaters Mark Hanretty and Matt Evers and the charity

Education 4 Everyone - for more information please visit www.education4everyone.org.uk.

The collaboration will be launched on 29 April in Nottingham before being taken to other ice rinks around the UK. All profits from these events will support the Charity's Riding Stars Project which is working to teach lifelong transferable skills to children and young people with special needs and disabilities through contact with horses - for more information please visit www.riding-stars.uk.

Skate Dates are suitable for skaters of any age and there are two

sessions available based on ability and spectators are also welcome:

Beginner Skaters Session: 12.45 - 2.15pm followed by Meet and Greet.

Intermediate Skaters (UK Skate Level 5 and above) Session: 4.45 - 6.15pm followed by Meet and Greet.

Prices: Skaters £75 (limit of 25 per session); Spectators £10 (limit of 100 per session).

Tickets must be purchased in advance and are available from www.skatedateuk.co.uk/shop

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— AND THE —
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TICKETS £5

A warm welcome awaits

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Owned by Muthu Hotels, new general manager Rajesh has effortlessly maintained the professional and relaxing reputation of the hotel, continuing to impress and accommodate their guests to the highest standard.

Enjoy the luxury facilities of a spacious spa and gymnasium, a choice of two restaurants, comfortable lounges, free high speed WiFi, a quality branded bar and extensive free car parking. The hotel also offers tailor-made weddings, including a licence to host both civil marriages and civil partnerships with a dedicated team on hand to make your stay as enjoyable and memorable

as possible.

Ever improving, plans for the future of the hotel include new wedding suite renovations to ensure that your big day is perfectly concluded in a delightfully decorated suite, the ideal place to rest your head. A refurbishment to the spa is also planned for this year with an aim to modernise the space, creating a relaxing environment for all. With a range of accommodation options available at competitively priced room rates, from bed and breakfast and overnight spa breaks to corporate team building events – an extensive range of rooms and facilities allows everyone to feel comfortable and relaxed during their stay. The entire hotel is a non-smoking area meaning you can be confident bringing your children to a safe and clean environment. A wide range of activities

are on offer in Clumber Woodland and the nearby Sherwood Forest to pack your break with fun-filled family memories. From pony trekking, cricket and Laser Tag for some fast paced action to golf, walking and cycling for a gentle afternoon activity in the sun – there's something for everyone to enjoy! Make sure to book your activities beforehand.

If the kids are looking for some fun, try the Clumber Jungle activity which offers a diverse range of outdoor activities including Archery, Laser Tag, Segway trails, Sumo and Laser Clay shooting - all from the woodland area on the grounds of the hotel. The professional and enthusiastic team at the hotel try their absolute best to meet the requirements of their guests at all times, going above and beyond to ensure your stay is one to remember.

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Perfect Your Swing

**It's time to pull those clubs out of storage
and get ready to hit the green again
for National Golf Day 2018!**

Taking place 25 April, Golf Day gives you the opportunity to get involved in the sport and encourages people from all over the world to perfect their swing at a local golfing facility.

A well-respected, popular and highly skilled sport, golf is practised by men and women alike of all different standards and ages. From intense professional play to a quick swing around your local par 3 on a Sunday – golf provides something for everyone to enjoy.

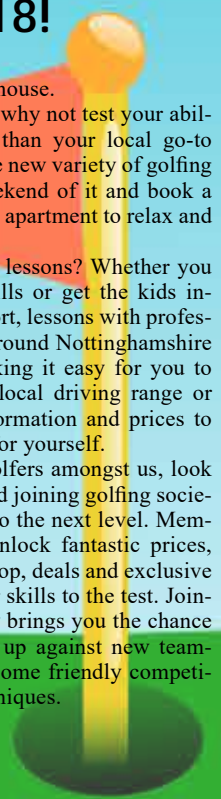
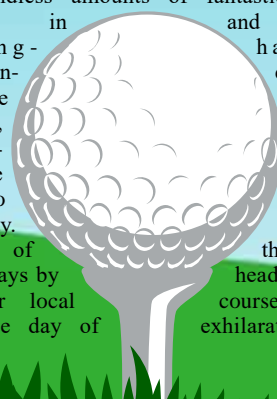
With endless amounts of fantastic courses located in and around Nottinghamshire and Lincolnshire, for all abilities, guaranteed to find the course to and play the most of the warm spring days by to your local enjoyable day of

delicious food in the clubhouse.

If you're a regular golfer, why not test your ability by venturing further than your local go-to course to discover a whole new variety of golfing destinations? Make a weekend of it and book a night in a hotel, cottage or apartment to relax and play golf in the sunshine.

Why not try taking a few lessons? Whether you want to sharpen your skills or get the kids involved in this thrilling sport, lessons with professionals are available all around Nottinghamshire at unbeatable prices, making it easy for you to learn to play. Call your local driving range or golf course for more information and prices to take a swing at the sport for yourself.

For the more practised golfers amongst us, look into club memberships and joining golfing societies to take your passion to the next level. Memberships at local clubs unlock fantastic prices, discounts in the on-site shop, deals and exclusive events for you to put your skills to the test. Joining a local golfing society brings you the chance to meet new friends, tee up against new teammates and participate in some friendly competition to improve your techniques.



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Education & Training

Collaborative Learning

The Robert Carre Trust is a partnership of two schools - Carre's Grammar School and Kesteven and Sleaford High School - with a common ethos: a genuine commitment to collaborative working.

Established as a Multi Academy Trust in 2015 by Carre's Grammar School, the Trust aims to improve and impact positively upon the lives and educational experiences for a greater number of young people in the local community, and to provide an improved educational experience for its own students in a diverse number of areas: better teaching and learning, an enhanced and engaging curriculum, staff development, finance and human resources, school improvement structures and governance arrangements.

In their mission to create collaborative and cross academy learning, the Trust is working on growing and expanding upon their partnerships, moving forward for a diverse and enriching educational network that offers its students the best possible start in life. This will meet local and regional demands for a qualified workforce with the skills and self-confidence to meet their career aspirations, whilst supporting learners to exceed expectations and to maximise their life chances.

By working together, the Robert Carre Trust strives to create a genuine partnership of schools and academies of which students, parents, staff, governors and the local community are proud to be a part. This will build upon existing partnerships, traditions, academic achievement, and enrichment of the schools within the Trust for the benefit of its young people.

The next Carre's Grammar School Open Day is on Wednesday 4 July 2018,

when the school will be open for visits from 9.15am-12.30pm.

To find out more, please visit www.carres.uk or call Carre's Grammar School 01529 302181.

The next Kesteven and Sleaford High School open day is on Thursday 5 July 2018,

when the school will be open for visits from 9.15am-12.30pm. To find out more, please visit www.kshs.uk or call 01529 414044. Both schools will also be open from 6pm on their OpenDays - please check the websites for further details.

The Robert Carre Trust

OPEN DAY Wednesday 4th July 2018
Open for visits from 9.15am-12.30pm and 6pm-8.30pm
Wednesday 17th October 2018 (9.15am-12.30pm)
(appointments are not required)

Carre's Grammar School

- Top performing boys' grammar school in Lincolnshire
- Excellent pastoral care and support for children with SEND
- Academic success combined with sport, music, art and much more
- Links to local community via sport, outreach and partner primary schools

OPEN DAY Thursday 4th July 2018
Open for visits from 9.15am-12.30pm and 6pm-8.30pm
Wednesday 17th October 2018 (9.15am-12.30pm)

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To see more about our exciting schools please visit our websites

Carre's Grammar School
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Executive Headteacher:
Mr N Law, Northgate, Sleaford
NG34 7DD
t: 01529 302181
e: enquiries@carres.uk
w: www.carres.uk

Kesteven & Sleaford High School
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Head of School: Mrs J Smith
Jermyn Street, Sleaford
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Education



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consistently felt the pressure teachers and young people are under to develop their maths, reading response and writing skills needed to prepare for assessments and final GCSE/GCE examinations." explains Suzanne.

We can boost their Maths and English: skills, confidence and grades!

"It became obvious to me as a school leader that students really benefited from extra personalised support; in small groups after school, to build confidence and significantly improve progress. This then became the stimulus for our Spotlight on learning Centre – to work with young people – supporting their learning and

building their confidence, it's great to see them relax and feel better about learning. We are a friendly team of fully-qualified Maths and English teachers/exam markers who have delivered this expert support tuition for the last four years, with proven outstanding results recognised by HMI and Ofsted.

See you there...

We love what we do and build positive relationships with students and parents because we know this is the underlying key to making strong progress." Monika (Year 11) wrote:

Thank you for everything. You have made me laugh when I was down. You have helped me with my confidence and supported me with my exam prep. I got my target level 9 results!

Give Suzanne a ring on 07855 392166 or book a seat at: www.spotlightonlearning.co.uk

Spotlight are currently offering 25% off the first 4 sessions as an introduction. Suzanne is also offering a free trial session and initial assessment with feedback.

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11.45am - 12.30pm

Afternoon Session Mon - Fri

12.30 - 3.30pm

These sessions are term time only and we can provide information for wrap around care.

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teacher who has worked in
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Who accredits the course?

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What further training is available?

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How long is the course?

This is a two-year part time course, delivered over one evening a week and one weekend once a month.

What will I be taught?

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- To be able to reflect on your own work and feelings to allow for personal development.



What does it cost?

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Web: www.nwcounsellinghub.co.uk

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Education

YOU CAN DO SPORT

In an innovative bid to keep students in Newark and attract further students to the area, two local residents from the Newark District have teamed up to launch 'You Can Do Sport'; a unique Sports Education Programme unlike any other avail-

able locally.

'You Can Do Sport' has brought together Magnus Church of England Academy, elite sporting talent, National Governing Bodies of Sport (NGBs) and local sporting clubs, in an attempt to unblock barriers to participation and improve the local sport education pathways available to young people in the area. As part of the Magnus Academy Sixth Form offering, 'You Can Do Sport' will run an engaging Sports Programme for 16 to 18 year olds, starting this September. Kicking off with Rugby and Football, students will study a BTEC L3 Extended Diploma in Sport alongside specialist training sessions at designated clubs depending on the Sport they choose. Newark Rugby Union Football Club will be heading up the Rugby on their site at the brand new 1.5 million-pound development. Students will be trained by coaches with England Rugby accredited qualifications and previous experience of

coaching a 16-18-year-old group.

The 2-year programme will offer students a well-rounded holistic education in Sport covering many aspects such as nutrition, physio, anatomy and psychology. Training sessions will focus on fitness testing, sports leadership, coaching, improving technique, tactical awareness, strength, conditioning and players' overall awareness and understanding of the game.

Students will be entered into a league giving them the opportunity to play competitive matches with regional grass roots clubs and other sixth form teams. 'You Can Do Sport' have big plans for the programme, with proposals to release further Sport options, which may include Rowing, Hockey, Tennis and Golf, as the programme evolves.

Places are limited and applications are open now. 'You Can Do Sport' are hosting two Taster Days for students to get a feel for the programme which will be held at Magnus Church of England Academy in Newark on Monday 7th and Monday 28th May, from 10am.



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Monday 23 April 10.00am Price as per menu - Breakfast Club, Black Bull Bar & Bistro - Eastwood Conservative Club Main Street, Blidworth, NG21 0QH
Friday 27 April 7.00pm Price as per menu
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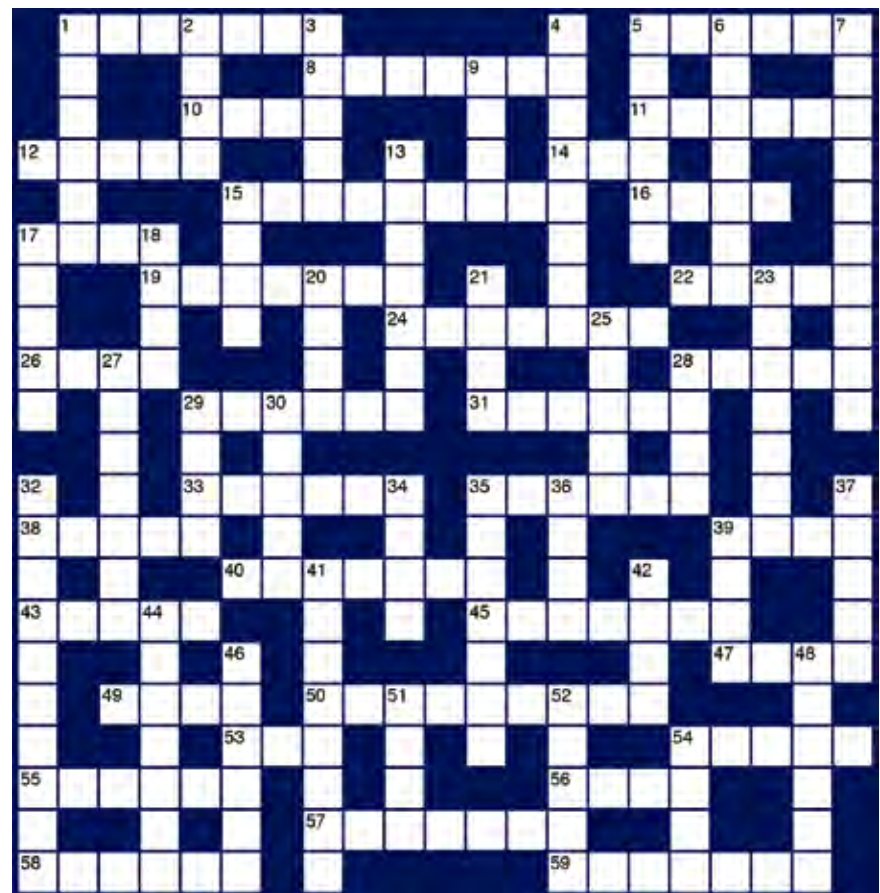
ACROSS

- 1 Middy meals (7)
- 5 Sets of bell notes (6)
- 8 Thick syrup (7)
- 10 Uncommon (4)
- 11 Estimate or evaluate (6)
- 12 Grown-up (5)
- 14 Boy (3)
- 15 Beach weatherscreen (4-5)
- 16 Green and white cylindrical vegetable (4)
- 17 Weaponry (4)
- 19 Deliverer of mail (7)
- 22 Market stall (5)
- 24 Discussed pros and cons (7)
- 26 Hairless (4)
- 28 Storey (5)
- 29 Concealed (6)
- 31 Academic standard (6)
- 33 Calculate (6)
- 35 Gasoline (6)
- 38 Vagrant (5)
- 39 Large sailing vessel (4)
- 40 Make progress (7)
- 43 Prickle (5)
- 45 Quarrel (7)
- 47 Numerous (4)
- 49 Mounted hockey (4)
- 50 Childish (9)
- 53 Adult male (3)
- 54 Velvet-like leather (5)
- 55 Mum's sister (6)
- 56 Tidy (4)
- 57 To set free (7)
- 58 Annual (6)
- 59 Spiral curl of hair (7)

DOWN

- 1 Pantry (6)
- 2 Rudely brief (4)
- 3 Harsh (5)
- 4 Closely woven (4-4)
- 5 Rocking bed for baby (6)
- 6 Examine for standard of workmanship (7)
- 7 Stocking fasteners (10)
- 9 Heal (4)
- 13 Give up completely (7)
- 15 Stinging insect (4)
- 17 An excuse to avert blame (5)
- 18 Potato (4)
- 20 The brain (4)
- 21 Tucked up asleep (4)
- 23 Do away with (7)
- 25 Mistake (5)
- 27 Lower back pain (7)
- 28 Sense by touch (4)
- 29 Plucked instrument (4)
- 30 Colour-scheme (5)
- 32 Immobile (10)
- 34 Christmas (4)
- 35 Plum or sago (7)
- 36 Pulls sharply (4)
- 37 Write for a job (5)
- 39 Appear (4)
- 41 Without any special qualities (8)
- 42 Impolite (4)
- 44 Cock fowl (7)
- 46 Art of humour (6)
- 48 Naked naturist (6)
- 51 Baffle and defeat (4)
- 52 Internal (5)
- 54 Male deer (4)

(Answers in Issue 269)



ISSUE 267 CROSSWORD ANSWERS

ANSWERS ACROSS

1 Racecourse 6 Pickpocket 11 Alone 12 Chesterfield 14 Fade 16 Mini 17 Ash 18 Agony 20 Lentil 21 Lane 22 Lasso 23 Dribble 25 Mop 26 Frogman 28 Pill 29 Asphalt 33 Opposition 35 Striptease 38 Forceps 41 Loot 42 Berserk 45 Cut 46 Letters 48 Facet 49 Tray 50 Unbolt 52 Seven 54 Dam 55 Oves 57 Hugs 59 Steeplechase 60 Table 61 Ringleader 62 Pillowcase

ANSWERS DOWN

1 Readable 2 Clothes-prop 3 Chef 4 Reception 5 Emerald 6 Patio 7 Carry 8 Pointless 9 Calm 10 Train-spotter 13 Dilemma 15 Ate 19 Nobility 20 Long 24 Raid 27 Altos 29 Alive 30 Pot 31 Confectioner 32 Roulette 34 Sue 36 Abracadabra 37 Pour 39 Rattles 40 Polythene 42 Bombshell 43 Soft 44 Stampede 47 Sunlamp 51 Log 52 Salad 53 Vicar 56 Stag 58 Stew

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Summer Road Shows for carers



This year is the sixth year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting. The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone. In order to ensure the shows are FREE for carers to attend and FREE for stallholders, funding is provided by a variety of public organisations.

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

With 17 venues and 250 stalls there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need. The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information. Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available.



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Carers' Roadshows are coming to a neighbourhood near you
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What's the difference?

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Are you a carer?

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

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

Tuesday 15th May	Mary Potters Health Centre, Hyson Green, Nottm
Friday 18th May	Sue's Drop In Methodist Church, Front St, Arnold
Tuesday 22nd May	Stapleford Care Centre, Stapleford
Friday 1st June	Riverside Health Centre, Bulwell, Nottm
Friday 8th June	Workshop Market, Bridge Street, Workshop
Friday 15th June	Cornerstone Health Centre, Clifton, Nottm
Friday 29th June	Newark Market, Market Place, Newark
Friday 6th July	Mansfield Market, Market Place, Mansfield
Friday 13th July	Valley Health Centre, St Ann's, Nottm
Thursday 26th July	Retford Market, The Square, Retford
Wednesday 1st August	Southglade Park Life Festival, Top Valley, Nottm
Wednesday 1st August	Lark in the Park Festival, West Bridgford
Thursday 9th August	Kings Mill Hospital, Mansfield
Friday 10th August	Cornerstone Health Centre, Clifton, Nottm
Tuesday 14th August	Mary Potters Health Centre, Hyson Green, Nottm
Friday 7th September	Riverside Health Centre, Bulwell, Nottm
Thursday 13th September	Kings Mill Hospital, Mansfield

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HEALTH CARE

Care Home 'Get On Their Bikes' to Raise Awareness



Residents and staff at Kingfisher Court care home in Sutton in Ashfield 'geared' themselves up for the ride of their lives by taking part in a charity Bike-A-Thon in aid of Parkinson's UK.

Residents Bob Lacey and Paul Little both suffer from the disease but are always keen to make the most of their leisure time despite their condition.

Kingfisher Court Lifestyle Manager, Neelie Marsh, likes to make sure all her residents get the most out of living at the home and knows each and everyone's physical and mental abilities. So, to make the most of World Parkinson's Day, all the staff, along with Neelie, put together a fantastic day of sponsored cycling.

Two static bikes were

installed in the main reception and to make sure Bob, Paul and as many of the other residents could participate a special electric Mini Pedal Exerciser was installed to allow less able residents to participate and join in the fun too.

Night staff, Jodie Phipps kick started the action at 8am on Tuesday 10 April by firing up the peddling. She was then followed throughout the day by the whole team of Kingfisher staff, residents and visitors taking it in turn to keep up the continuous peddling going without stopping.

Home-made cakes were produced by Mel and the kitchen crew to make sure everyone had enough energy to keep them going throughout the day adding to the sense of celebration and

enjoyment of the day.

Home Manager, Paul Quirk who completed a speedy 70km said "I'm delighted that so many of our residents and their families and our fabulous staff have embraced this event and joined in to support this initiative for such a worthy cause."

Bob managed to cycle for a very impressive one hour stint which was encouraged by all the visitors and viewers. After completing the strenuous workout Bob explained in detail how Parkinson's has affected his life since being diagnosed over 12 years ago making the event even more poignant.

Staff, residents and visitors were generous with their donations which exceeded £150 pounds and is being donated to Parkinson's UK.





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WHAT IS PRIVATE HEALTHCARE?

Private healthcare is available for those who would rather pay to receive faster treatment than experience the discomfort of

waiting to be treated on the NHS.

The private healthcare sector is made up of hospitals and clinics which operate independently and not as part of the NHS. This means that you, as the patient, are responsible for all the fees payable since the NHS does not cover the cost of private healthcare.

The benefits of deciding to pay for your own healthcare can often outweigh the price tag. Quick access to treatment means that you can get on the road to recovery sooner, letting you get back to the things you enjoy.

HOW DO I ACCESS PRIVATE TREATMENT?

Private healthcare can be accessed using four main methods: by private health insurance bought by yourself, private health insurance provided by your employer, paying for the treatment directly, or by taking out a medical loan.

As you're paying for your treatment, you also have a choice of where and when you want to be treated, giving you the opportunity to pick a hospital or clinic closer to where you want to be as part of a personalised treatment plan.

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Home Improvements

Handi tips for Your Garden



Are you looking to spruce up your garden this spring? Prepare your garden for the summer months by maximising space, mowing your lawn and inserting splashes of colour for a fresh and funky look.

There are many ways to improve your garden, from replacing your fencing to give it a new glow or investing in some gorgeous new paint colours to put life back into your old garden furniture – refreshing it for all the family to use. The Handi Centre is your one stop shop to creating your dream garden, stocking everything from seeds and compost to help your garden grow to all the tools and

equipment you need to stock your shed at fantastic prices.

Get outdoors this spring with a wide and varied range of seeds on offer to transform your garden into a beautiful, colourful paradise. Whether you prefer a certain type of plant for your garden, have a desired colour scheme or want to try growing some new vegetables, the expert staff on hand in The Handi Centre can offer you creative and professional advice to make your dreams come true.

Head down today to discover the amazing range of tools and seeds on offer to help your garden thrive this spring.

A FRESH START

However you decide to improve your home this spring, don't forget to talk to a professional to get the best advice and inspiration.

Spring marks an ideal opportunity to assess your home and garden and start planning those all-important home improvements for 2018.

A home health check is an essential start to your renovation preparations and assessing essentials such as your heating, facilities and home security are all important steps in this process.

If you fancy a new look, a splash of colour could revive an old space and brighten your home. Redecorating a tired room can make your home seem all the more welcoming, and can be achieved easily with a lick of paint, some new cushions or changing the colour scheme.

One of the first things to think about are any structural changes to the building – extensions, conservatories and adjustments to the foundations of your home are all big jobs, and therefore will require

more forethought and planning than redecorating your spare bedroom. Now is the perfect time to start calling professionals to arrange quotes and put plans in place for later in the year.

Home security is another important home improvement factor – assessing your doors, windows and alarms to keep your home secure and the things inside safe is something that shouldn't be overlooked.

Finally, take note of other factors that could be improved such as your heating, loft insulation and double glazing – these home improvements may not be the most exciting or decorative, but they

can help to save you money in the

long run.

However you decide to improve your home this spring, don't forget to talk to a professional to get the best advice and inspiration.

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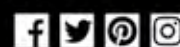


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SHARE YOUR PASSION FOR PLANTS

During National Gardening Week, 30 April - 6 May 2018, the Royal Horticultural Society (RHS) is encouraging gardeners to share their love of gardening.

National Gardening Week was launched seven years ago by the RHS and aims to become the country's biggest celebration of gardening. Thousands of people, gardens, charities, retailers, culture and heritage organisations and groups have got involved over the years and you can too.

In 2018 at the RHS, National Gardening Week is all about sharing your passion for plants. At the four RHS Gardens, there will be activities and events which will inspire and help gardeners, including creative ideas, tips and suggestions for plants to grow indoors and outdoors.

Here are

some suggestions if you'd like to get involved in 2018:

JOIN THE CELEBRATIONS

Events and activities are being run up and down the country. From beginners' workshops to guided walks, face painting to garden parties, there's something for everyone and everyone is invited. Find out what's on at www.nationalgardeningweek.org.uk.

GET INVOLVED

Would you like to throw a garden party, love your neighbourhood park or think your local street could do with a tidy up? Well if so, you can get involved in National Gardening Week.

Week by running your own event and registering it with us online. No matter how big or small your idea, the RHS would love to have you involved.

DO SOMETHING FUN

There are plenty of things you can do yourself or with your family to get into the spirit of National Gardening Week, from growing tomatoes on your windowsill to sprucing up your driveway.

SPREAD THE WORD

Don't forget to show your support of National Gardening Week by sharing your stories and pictures with the RHS on Facebook, Twitter, Pinterest and Instagram.

Visit www.nationalgardeningweek.org.uk for more information.



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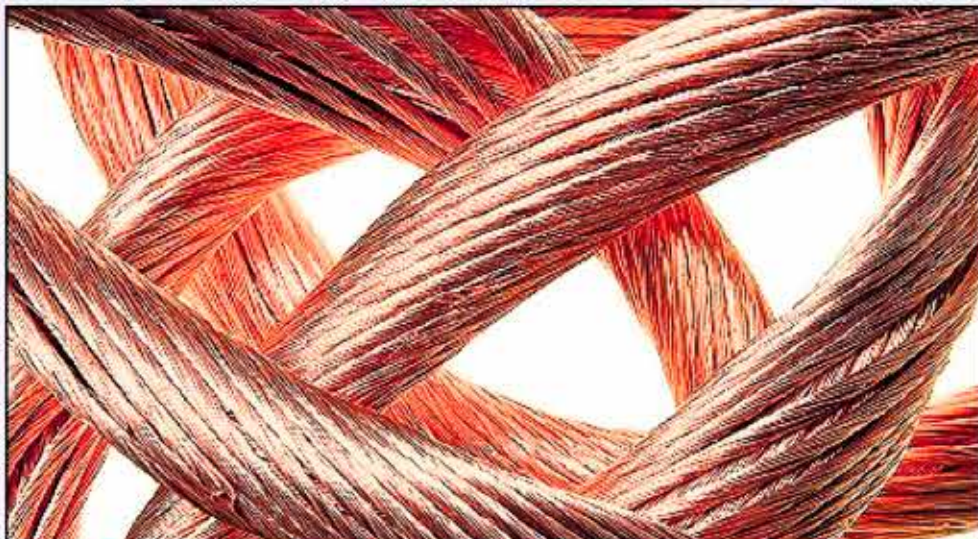
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