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ISSUE 342



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## Donation to Football in the Community

Education recruitment specialists Teachers UK have donated £5000 to Mansfield Town Football in the Community (F.I.T.C), supporting the work they carry out in schools and the wider community.

Based in Mansfield, Teachers UK have been sponsoring the charitable organisation since 2014. Louise Hamby, Branch Manager at Teachers UK, said: "We are very happy to be able to support Football in the Community and the work they do across the district. Not only do they support children through school projects, but they also reach out

to the wider community with a variety of opportunities and events."

Mark Hemingray, Head of Community at Mansfield Town Football in the Community, said: "Teachers UK are our main sponsors and present a cheque to us each September for £5000 and also award our Mascot Day experiences to school children throughout the year.

"Their sponsorship helps us to continue working with people from age five right up to age 70, providing access to football, fitness and a healthy lifestyle."

Throughout the school year Teachers UK offer the schools they work the opportunity to nominate inspirational children for a special Mascot Day experience at Football in the Community.

Pictured here are Gary Shaw (Community Manager at F.I.T.C) and Louise Hamby (Teachers UK) with Alex Garrington (6), Finlay Dickenson (8) and Jacob Walker (7) enjoying their own Football in the Community Mascot experience at the club.



## Local families become stars of national advertising campaign



Two Nottinghamshire-based couples are starring in Dunelm's latest 'Real Families' national TV campaign showcases its new autumn range.

The adverts began airing last Monday (16 September) for six weeks across all ITV channels.

The two adverts each feature a real family and have been created to celebrate real lives and homes rather than an airbrushed, unrealistic portrayal of home life. In the adverts, viewers are invited to take a peek behind the doors

of the homes of Dorothy "Dotty" and Moray Deane, a couple in their sixties based in Stapleford, and Alix and Gethin Edwards, primary school teachers who live in Hucknall with their three children.

Former engineer Moray met his wife Dotty online and the couple moved in together in 2017. Committed Dunelm fans, they have previously taken part in a focus group for the brand and said they were convinced the 'Real Families' adverts must have been scripted and were not >>>

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# Call for homeless shelter volunteers

Can you spare a few hours a week to help Mansfield's homeless community?

Mansfield District Council is working

with local churches and Derby City Mission to run a winter night shelter from 9 December to the end of March and is

looking for volunteers to support the staff who work there during the night.

The shelter will be open seven nights a

week and be based across seven venues on a rota basis.

Help from volunteers is needed each evening from 8pm to 10pm to

help set up and from 6am to 8am each morning to help tidy away. Duties could include signing people in, getting bedding ready and serving food and drinks.

Volunteers do not need any experience or qualifications as full training will be provided. Training sessions for volunteers will be held on Thursday 24 October, Thursday 7 and 14 November at the Chesterfield Road South Methodist Church from 6pm to 8pm.

Volunteers need to confirm their attendance on a specific date by emailing Mallory Seddon at mseddon@mansfield.gov.uk.

Mansfield's Executive Mayor Andy Abrahams, who has worked as a volunteer at the Beacon Centre, said: "Helping out at these shelters is a very rewarding experience and I would recommend it to anyone who cares about other people and wants to make a difference to the community."

If you see someone who is homeless please contact the Framework Street Outreach 24-hour hotline on 0800 066 5356 to ensure they are offered the necessary support.

## Elusive kingfisher photographed



### at Attenborough Nature Reserve

Local photographer Paul Gregory took a trip down to the Nottinghamshire Wildlife Trust reserve and managed to snap a once in a lifetime shot of a kingfisher, just moments before it dived into the water to catch a fish.

The ideal spot for a kingfisher to fish is somewhere with a good perch, usually an overhanging branch, and a clear shallow pool of water so they can easily spot fish such as minnows and sticklebacks below. This is busy work as they need to consume around 60% of their body weight every day.

September and October is the time of year when juveniles become more independent and start looking for their own territories, making early autumn the best time of year to see these birds.

Reserves Manager Chris Kennedy from Notting-

hamshire Wildlife Trusts said "Kingfishers are sadly vulnerable to harsh winters, water pollution and human disturbance which had led to a decline in their numbers throughout the UK. We are lucky enough to have these special birds present at Attenborough all year round, which are regularly seen from the café balcony. The frequency of sightings on the reserve really is a testament to how important sites like Attenborough are for wildlife and to the volunteer efforts managing the reserve's habitats".

Attenborough Nature Reserve was recently named the number one place in the UK to see kingfishers by BBC Wildlife Magazine.

Discover more about Attenborough Nature Reserve at [nottinghamshirewildlife.org/attenborough](http://nottinghamshirewildlife.org/attenborough)



## Your support is needed in RECYCLE WEEK



A call to the public to take recycling into their own hands and help to protect the environment has come from Veolia, Nottinghamshire County Council's waste contractor to mark Recycle Week (23-29 September).

Councillor Phil Rostance, Vice Chair of Communities and Place at Nottinghamshire County Council said: "Taking care of our environment has never been so important, and recycling week is another great opportunity for the council to help support our residents make recycling an easy part of everyday life. The more we can do locally, even the small things, all add up and can help reduce the impact that we have not just here in Nottinghamshire, but across the country."

Lea Hawkes, General Manager for Veolia, said: "Help us make a difference this Recycle Week. For those who aren't already recycling, now's the time to start. Interest in recycling is higher than ever, and we hope that everyone in Nottinghamshire will take recycling into their own hands and ensure that the right items end up in the right bin."

Latest research from Recycle Now reveals that over 60% of UK households are now recycling more than they were a year ago because of environmental concerns.

Top tips for recycling in Nottinghamshire:

- Recycle all of your plastic bottles (without lids), and don't forget that aerosol cans can go in your kerbside recycling bin with your cans, tins, paper, card, yoghurt pots and margarine tubs too.
- Make sure these never go in the recycling bin: Food waste, nappies, food trays, punnets, clothing, carrier bags and polystyrene.

And if you are unsure about how to recycle a specific item, remember that the Nottinghamshire Recycling Leaflet can be downloaded in a range of languages from here: [www.veolia.co.uk/nottinghamshire/Recycle-ForNottinghamshire](http://www.veolia.co.uk/nottinghamshire/Recycle-ForNottinghamshire)

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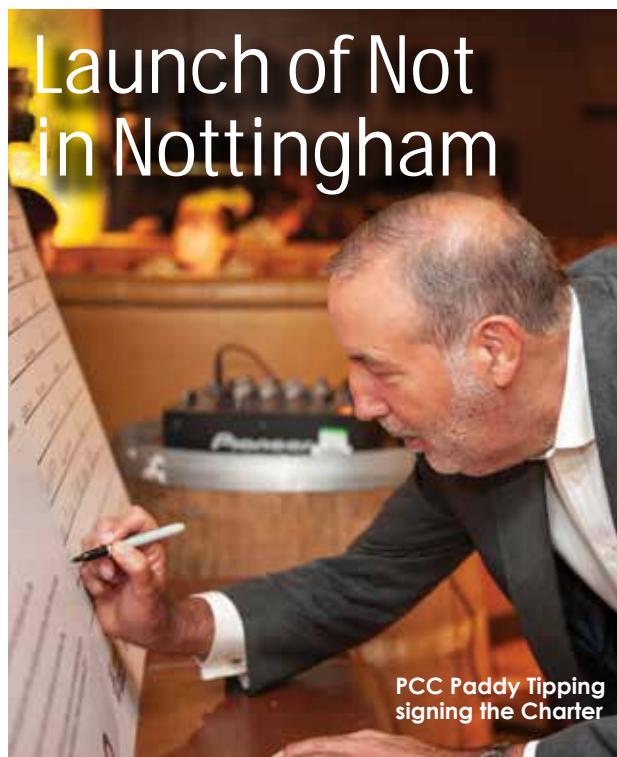
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Nottingham Business Improvement District (BID) has launched Not in Nottingham, a new initiative designed to tackle the issue of Hate Crime in Nottingham city centre to coincide with Hate Crime Awareness Week (12 – 19 October).

The initiative was launched at a special event attended by more than 100 members of Nottingham BID (businesses in the retail, leisure, office and education sectors) when they were asked to sign a Charter as a demonstration of their commitment to taking a zero tolerance approach to hate crime in Nottingham city centre and to adopting the Charter.

#### The Charter has four key themes:

- Respect - Businesses elect to commit to:
- adopting a zero- tolerance approach to Hate Crime in all its forms by ensuring everyone, including their own staff, is treated with respect.
- ensuring that their premises have the charter visible to demonstrate their commitment.
- actively promoting personal safety for all staff and customers to ensure their premises are a safe environment in which to work and visit and enjoy.
- Recognise - Businesses have to:
- train staff to recognise Hate Crime and challenge attitudes that underpin it, working towards reducing fear and prejudice in our community.
- build a better understanding of the effect of hate crime and undertake to support the victim.
- Report - Businesses must:
- encourage and support staff and customers to report Hate Crime to Nottingham BID and to the Police
- commit to the sharing of intelligence between partners and work together to promote the reporting of Hate Crime against staff and customers.
- Respond - Businesses must:
- Train staff to record all reports of Hate Crime.
- Ensure staff and customers are supported if they are subjected to any forms of Hate Crime.
- Use the Nottingham BID's right to give exclusion notices to customers who commit Hate Crime.

Jeff Allen, chairman of Nottingham BID said: "Nottingham is an extremely welcoming and friendly city and in keeping with this we want to send out a clear message that Hate Crime is not tolerated in Nottingham city centre and that measures have been put in place to tackle it, exclude perpetrators from the city centre or prosecute them and support victims."

Nottingham BID will be working in partnership with Nottinghamshire Police, Nottingham City Council and Nottingham City Voluntary Sector Network on this initiative which is being funded by the Home Office, after Nottingham BID successfully bid for a grant earlier this year.

## Special support for nature reserve

Group is helping to close the current disconnect between young people and the environment.

Leysa Relf, Global EHS & Sustainability Manager at Mayborn Group, said: "We are delighted to donate a range of baby and toddler meal time equipment to the café at Idle Valley Nature Reserve to make sure parents can have the easiest meal time possible."

Holly McCain, Senior Development Officer at Nottinghamshire Wildlife Trust said: "Mayborn Group has been working with us on various projects for five years now and we can't thank them enough for their continued support. Without their unwavering dedication, from supporting us in practical ways by donating the children's meals equipment, or sponsoring our #everychildwild campaign, we would not have been able to provide wild experiences for so many children."



Leysa Relf of Mayborn with Sandra Horner of NWT at Idle with the new Tommee Tippee cutlery and plates.

## Campaign to stop fly-tipping in Newark and Sherwood

environment committee, said: "Four incidents of fly-tipping every day is a real stain on our district but we are absolutely determined to confront the issues and deal with those who are responsible."

"The council proposes to embark on a wide range of actions throughout this campaign but would appeal to the public to be our eyes and ears too in reporting suspicious activity or helping identifying the cowboy waste operators who are spoiling the environment."

If you witness someone fly-tipping please leave the evidence where it is and report it to the council at <http://www.newark-sherwooddc.gov.uk/transactions/report/> or call 01636 650000 as soon as possible. Please make a note of any vehicle registrations and any other identifying evidence.

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## Donation helps Arnold Hill Academy to reach new heights

A Nottingham-based building supplies and plant and tool hire company has donated more than £2,000 to help students at Arnold Hill Academy complete their Gold Duke of Edinburgh (DofE) expedition in Snowdonia.

Frank Key Group in Daybook is owned by Robert Sansom, a long term supporter of Arnold Hill Academy. He pledged £200 per student to cover part of the cost of taking part in the Duke of Edinburgh expedition.

Twelve students planned and completed a four-day expedition across Snowdonia National Park. The expedition is a vital component of the Duke of Edinburgh Award.

Roger Smith is Arnold Hill's DofE Centre Manager. He says: "The generous contribution that the school

received from Frank Key went a long way to making this expedition a reality. During the expedition, our students faced a real challenge that pushed them to the limit, both physically and mentally. The skills they learned will benefit them greatly in years to come.

"The Duke of Edinburgh award is of huge value to young people in the jobs market. It provides a real point of difference, helping them to develop skills that will be useful in the workplace. It's fantastic to see Frank Key investing in the future of our students."

Robert Sansom adds: "It is a pleasure to continue our support with Arnold Hill School and its Duke of Edinburgh programme. Helping the students take part in such a life-changing scheme is truly rewarding. We take great pride in investing in our local community and helping young people succeed."

## A warm welcome awaits you at Hall Farm Wild Bird Supplies



Hello, we would like to introduce ourselves to those who haven't met us yet.

We are Hall Farm Wild Bird Supplies at The Grain Store at Weston. Last May we opened our new shop and coffee lounge. The main purpose of the new build was to be able to stock a larger range of wild bird feeding essentials and wildlife items such as wild bird feeders, nest boxes, bird baths, bat boxes, hedgehog homes, bug and butterfly houses for all your nature lovers out there. We have also been able to introduce a fabulous range of country themed gifts

and some gardening themed items as well as a small range of garden furniture.

Why not pop in and see us, and have a cuppa in our bird's nest coffee lounge? There's freshly brewed coffee and traditional farmhouse cakes, sausage rolls and homemade soup and light bites such as homemade quiches and salads and Panini.

We can also offer a conference and meeting room facility for those important or informal meetings. We have recently introduced our craft themed workshop events which include, fabric and material craft in all forms, felting,

papercraft, leather craft and flower arranging.

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## Council committed to supporting armed forces children

Nottinghamshire County Council is adopting the principles of a partnership between local authorities and the Ministry of Defence (MOD), to better support the children of armed forces personnel with special educational needs and disabilities. The council recognises that having a consistent education for children of service families can be a challenge, following the relocation of their parents, particularly where children have special requirements.

Councillor Philip Owen, Children and Young people's Committee Chairman said: "Nottinghamshire County Council is committed to reducing, to an absolute minimum, the amount of time that children of service personnel are out of school. I'm pleased that we are adopting the principles of this partnership between councils and the Ministry of Defence, which will help to achieve this."

"This commitment is part of the Council's ongoing recognition of the value of the men and women who protect and serve the UK who deserve the best possible service from local government. We aim to ensure that the support their children receive is the very best it can be."

The partnership includes a commitment to monitor the amount of time service children with special needs and disabilities are out of school in local authority areas, and to work closely with the MOD to confirm relocation dates as far in advance as possible.



## Inspiring day for Fernwood pupils



A group of 27 pupils from Fernwood Primary School in Nottingham recently had the opportunity to visit the world's most efficient brick factory to learn more about UK manufacturing and construction industry.

The day included a tour of Ibstock's Eclipse factory in Leicestershire. The site, located on an old landfill site close to its principle source of raw materials, covers the size of six football pitches and includes a host of innovative technologies.

Gareth Emmonds, Group HR Manager at Ibstock, said: "Part of our commitment to the local community is to inspire the next generation of talented individuals. As a business, we are extremely passionate about recruiting and developing young people, so we were delighted to welcome pupils and staff from Fernwood Primary School to our Eclipse factory and head offices in Leicestershire to tell them more about who we are and the exciting career opportunities available here."

Simon Holroyd, Deputy Head at Fernwood Primary School, said: "It really was a fantastic day that all the children enjoyed so I'd like to thank Ibstock for inviting us. Having a major UK manufacturer on our doorstep that is pushing the boundaries is great news for the local economy so it was great to get an insight into their business."

"The idea was to open the children's eyes to the exciting world of manufacturing and construction and talk about the different pathways into industry. Not every pupil wants to go to university, so hearing about Ibstock's apprenticeship programme and the support and training their apprentices get was fascinating for them."

## Suffering in silence

Millions of Brits admit to suffering pain in silence - to avoid annoying others.

A study found the average adult experiences two headaches a week, with one in five admitting this has led to emotional distress.

And a fifth have taken time off work due to back pain.

But more than a third don't voice their discomfort, due to a fear of annoying others, not wanting to come across as moaning or worrying that other people won't care.

Despite this, one in five wish their family members and partners opened up more about their own physical aches. The poll, of 2,000 adults was commissioned by Nurofen to mark International Pain Awareness Month in September.



## People wanted for research

A study at Nottingham Trent University (NTU) researching life and body satisfaction is looking for participants. The study aims to gain a better understanding of mental health, body and life satisfaction, and how this compares between trans and non-trans people. Trans (male, female, non-binary, gender diverse) and cisgender (non trans) males aged 18-35 are particularly needed for the research. To take part, participants will be asked to visit a lab at NTU City Campus. During the visit will be asked to look at 3D images of bodies and shapes whilst being eye tracked. They will then be asked to remember these images by taking part in a recognition task. Participants will also be asked to complete a questionnaire about body satisfaction, mental health and life satisfaction.

The whole session will take around one hour and those taking part will receive a £10 Amazon voucher. Dr Beth Jones, lecturer in Psychology at NTU who is running the study said: "We are looking for more people, especially those who identify as trans or gender diverse to take part in this eye-tracking study. The findings of this research will fill a knowledge gap and tell us more about the body image and mental health of trans and gender diverse people and how this may differ to what we see among cisgender people."

Anyone who is interested in taking part or would like more information should email Rosie Daly, research assistant, at rosie.daly03@ntu.ac.uk.



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## Nottingham is now a HeartSafe city



Nottingham city centre is now HeartSafe according to East Midlands Ambulance Service (EMAS) following the installation of two further public access defibrillators (PADs) in the city centre.

It is the first city in the Midlands and one of the first in the country to enjoy this status.

Earlier this year Nottingham Business Improvement District (BID) purchased four PADs for the city centre as members of the public were struggling to find one. On the advice of EMAS, the chosen locations for the first four defibrillators were: Central Police Station, Byron House at the top of Maid Marian Way; St James Hotel/Crafty Crow on Standard Hill - close to Nottingham Castle; Primark on Long Row and Antenna on Lower Parliament Street. All four defibrillators were installed on the outside of

buildings to make them accessible 24:7. However according to EMAS, there were still not sufficient defibrillators in the city to give it adequate coverage – a defibrillator covers an area within a radius of 500m of its location.

Nottingham BID has now purchased two further units that have just been installed: One is on the outside the NCP Maid Marian Way car park and the other is outside Tim Foster Hair on Derby Road, near the junction with Upper College Street.

Nottingham BID has also organised and provided free training sessions for people working at businesses located close to the defibrillators as well as for groups such as Nottingham BID's team of street ambassadors. This training has been provided by EMAS and Community First Responders.



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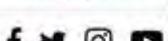


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## GPS NEED MORE TRAINING TO HELP VICTIMS OF BULLYING

GPs feel they don't have the right training or guidance to help support children and young people who are being bullied, according to research from the University of Nottingham.

The new study, published in the British Journal of General Practice, found that whilst GPs feel they have a major role to play in supporting the health of children and young people who disclose bullying during appointments, they feel ill-equipped to deal with the issue because of a lack of professional development opportunities and guidance on treating and managing the health consequences of bullying.

The research was carried out by Dr Vibhore Prasad as part of his postdoctoral research at Nottingham and Dr Laura Condon, a research fellow at the University of Nottingham, and was supported by the Rushcliffe Clinical Commissioning Group NIHR Research Capability Fund.

Bullying among children and young people is a major public health concern which can lead to physical and mental health consequences. Around 50% of children and young people report being bullied, with 10-14% being bullied chronically for more than six months.

One of the key challenges highlighted by GPs was the short length of consultation times, which do not allow the extent of the bullying to be discussed fully.

Dr Prasad said: "Bullying is a key risk factor for illness in children and young people, which, if left untreated, contributes to a greater burden of health service use in adulthood. Therefore, systematic screening of vulnerable young people for bullying could potentially prevent more serious health events. However, further research would be needed to see whether this would be effective. It will be important not to add to GP's already large workloads. Clear guidelines also need to be in place for referral services."



## Work starts on Newark's Robin Hood development

Work started on Monday (23 September) to transform the derelict former Robin Hood Hotel in Newark into a new hotel. There are two phases to the development, the first of which will concentrate on the conservation of the Grade II listed structures and will continue until early next year.

The second phase will focus on the new-build at the rear of the Lombard Street site, in creating a new 66-bedroom Travelodge hotel which is expected to be completed later in the year.

The £6.6m development is being led by a joint venture company RHH Newark Ltd which was set up by Newark and Sherwood District

Council in partnership with the current owner of the existing buildings MF Strawson Ltd.

The proposals will generate up to 70 new jobs. A two-way traffic system will be maintained on Lombard Street throughout with vehicles travelling on the eastbound lane restricted to one lane until early next year. The street is scheduled to be closed for one day only during the construction phase although motorists are being advised that it may be necessary for additional closures. These will be kept to a minimum.

Traffic emerging from the NCP car park onto Lombard Street will be restricted to 'left turn' only during this time period.

## Government and UK CAA support for Thomas Cook passengers

Following the collapse of Thomas Cook and the cancellation of all its flights, the government and UK Civil Aviation Authority (CAA) has hired dozens of charter planes to fly customers home free of charge.

All customers currently abroad with Thomas Cook who are booked to return to the UK over the next two weeks will be brought home as close as possible to their booked return date.

All the details of each flight will be posted on a special website, thomascook.caa.co.uk, as soon as they are available.

The UK CAA is also contacting hotels accommodating Thomas Cook customers, who have booked as part of a package, to

tell them that the cost of their accommodation will also be covered by the Government, through the Air Travel Trust Fund/ATOL cover.

All Thomas Cook customers, wherever they are around the world, will be brought back to the UK on special free flights or booked onto another scheduled airline at no extra cost. The dedicated website will provide all the information customers need to access these flights. A small number of passengers may need to book their own flight home and reclaim the costs.

For flights back to the UK, it does not matter whether customers are ATOL protected or not, or what their nationality is. Customers who have not already left the UK should not go to the airport, as there will be no further outbound flights operated by Thomas Cook. The dedicated website will let customers know how to get their money back.

Everyone on a Thomas Cook holiday with a return flight to the UK within the two weeks will be brought home.

Under normal circumstances, passengers who are not ATOL protected would be asked to find, and pay for, their own way home. However, given the extent of the disruption the government is stepping in to assist impacted passengers and get people home.

Customers who have not already left the UK should not go to the airport, as there will be no further outbound flights operated by Thomas Cook. The dedicated website will let customers know how to get their money back.

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# FUTURE FIRST CAREERS EXPO 2019

The 3rd Newark and Sherwood Future First Careers Expo is the district's most comprehensive career, employment and training event. The Future First Expo showcases many of the businesses from not only the local district but from Lincolnshire. The training and education providers join us from Newark, Lincoln Nottingham and Peterborough.

The Expo is a voyage of discovery for many and our aim is to make the event as enjoyable and memorable as possible. Improving the aspirations of the young people who attend; helping them to feel informed and inspired about the different career paths available.

The Expo will be held on Wednesday 6th November 2019 in The Lady Eastwood Centre, Newark Showground, organised by Newark and Sherwood District Council and the Lincoln College Group. The event offers unique opportunities for Year 11 to 13 students who attend the 6 senior schools within the Newark and Sherwood district.

Employers who attend are supporting their Corporate and Social Responsibility activities in the local community. There are numerous other benefits in attending this event which include brand awareness;

raising the profile of their organisations with their future workforce and accessing the talent pool of full time learners completing their study programmes at 16 and 18 years of age.

The event is funded through Newark and Sherwood District Council although there are a number of sponsorship opportunities available. For the 3rd year running we are very pleased to announce that British Sugar is our Main Sponsor; Newark and Nottinghamshire Agricultural Society have taken a Platinum Sponsorship spot with

Staythorpe Power (RWE) and a new exhibitor The Wirtgen Group are Silver Sponsors. The sponsorship received helps to cover the cost of the transport bringing the students to and from the expo.

The businesses, education and training providers who attend demonstrate their support for the future workforce.

Ali Brown, the Community Engagement Co-ordinator for The Newark Family of Schools sums the event up in the following words: "It's so important to get the students thinking about their future early on, rather than going into panic mode when they leave school."

**The event offers unique opportunities for Year 11 to 13 students who attend the six senior schools within the district**

"It's so important to get the students thinking about their future early on, rather than going into panic mode when they leave school."

– Ali Brown, the Community Engagement Co-ordinator for The Newark Family of Schools

# FUTURE FIRST EXPO 2019

Headline sponsor BritishSugar

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Where: Lady Eastwood Centre, Newark Showground

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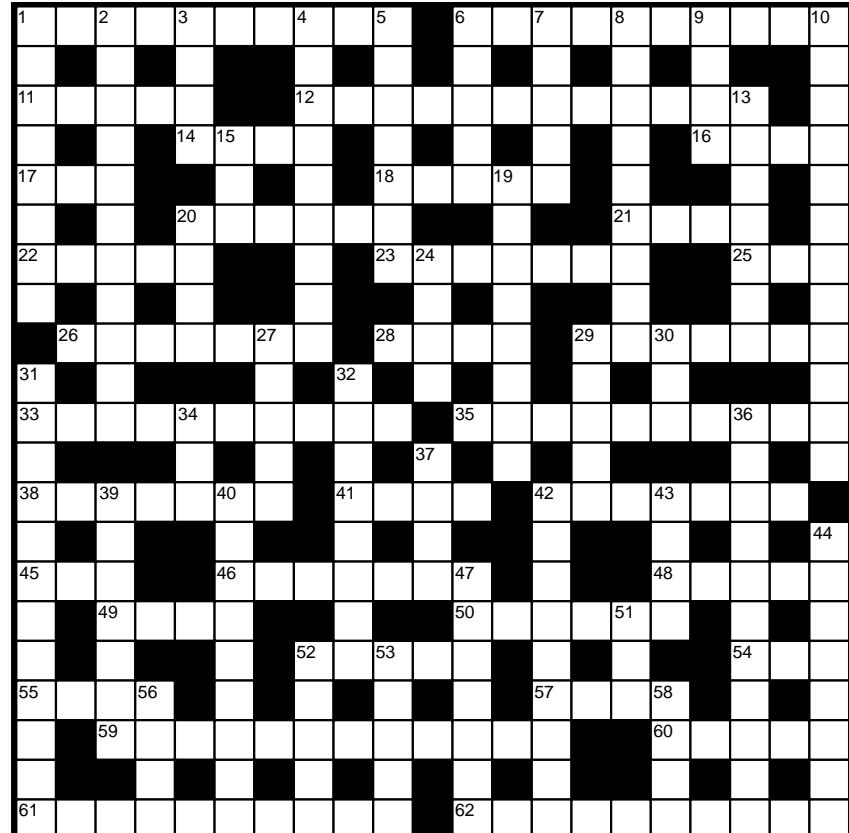
## ACROSS

- 1 Detention or house arrest (10)
- 6 Musician's easel (5,5)
- 11 The day's end (5)
- 12 Come right in the end (4,2,6)
- 14 An aspersion (4)
- 16 Crust over a wound (4)
- 17 Decay (3)
- 18 Beneath (5)
- 20 Lodge-building rodent (6)
- 21 Always (4)
- 22 Din (5)
- 23 Favouring the best people (7)
- 25 Pledge (3)
- 26 Creative hairdresser (7)
- 28 Sixty minutes (4)
- 29 Depths diving (4-3)
- 33 Secret agent work (10)
- 35 Bright edible flower (10)
- 38 Crush and wrinkle (7)
- 41 The behind (4)
- 42 A sense of propriety (7)
- 45 Fish eaten with chips (3)
- 46 Petrol outlets (7)
- 48 Twang guitar strings (5)
- 49 Wheel spindle (4)
- 50 Room to manoeuvre (6)
- 52 Prop a door open (5)
- 54 Make a choice (3)
- 55 Marsh grass (4)
- 57 Wolf food down (4)
- 59 Mangetout pulse (5,4,3)
- 60 Weighty or highbrow (5)
- 61 Trade or occupation (10)
- 62 Divorce defendant (10)

## DOWN

- 1 Rude and uninformed (8)
- 2 Mingy and stingy (5-6)
- 3 Vermin (4)
- 4 Outgoing person (9)
- 5 Pain to extract information (7)
- 6 Heap or hillock (5)
- 7 Indian stringed instrument (5)
- 8 Small marrow (9)
- 9 Sink fittings (4)
- 10 Twofold blow (6,6)
- 13 Mufflers and wraps (7)
- 15 Sheltered side (3)
- 19 Outside (8)
- 20 Clanger (4)
- 24 Plunder and pillage (4)
- 27 Tobacco fumes (5)
- 29 As before (5)
- 30 Go astray (3)
- 31 Booze-induced bravery (5,7)
- 32 To lessen (8)
- 34 Tear (3)
- 36 Cross-question (11)
- 37 Dog-track dummy (4)
- 39 Refreshes bulletins (7)
- 40 Fabled (9)
- 42 A rich person (9)
- 43 So simple (4)
- 44 Purple gemstone (8)
- 47 Railway track support (7)
- 51 Be unwell (3)
- 52 Squander (5)
- 53 Distributed cards (5)
- 56 Fight for two (4)
- 58 Emaciated (4)

See below for answers



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### The little pub with a big heart

Celebrations are planned for Friday (27 September) at The Abdication micropub in Daybrook by staff and customers who have taken part in the annual Nottingham Hospitals Charity Dragon Boat race day and raised a total of £4,300.

In July The Abdication's Dragon Boat team lined up for the third year running on the banks of the Trent to take part in the Nottingham Hospitals Charity annual Dragon Boat Race day.

In 2017, the team of regular customers, who were all new to Dragon Boating, ended up recording the fastest time of the day in one of their heats but missed out on a place in the final as it was the overall times that counted. In 2018, they paddled even harder, made it into the final to then be pipped at the post, taking home silver medals. So, emotions were high this year as the team won their heat and entered the finals. They did an amazing job and paddled their way into first place.

To celebrate the Nottingham Hospitals Charity Corporate Fundraising Manager, Marianne Burchell, is visiting the pub on Friday to meet the paddlers and give some information on how the funds will be used.

Marianne said: "It's been great to have the team from The Abdication taking part in our Dragon Boat Race for the last three years and it's really brilliant seeing them crowned not only the 2019 winners but also top fundraisers.

"All of the money raised by the team will make such a positive difference to cancer patients being treated at Nottingham's hospitals."

Landlords Matt and Lucy said: "Since opening the pub in 2014 the generosity of our customers has been overwhelming. They are so supportive whenever there is a charity event. Being named the top fundraising team in the Dragon Boat race this year is a real highlight and testament to the generous-hearted folks we have coming in the pub. We are really looking forward to meeting Marianne and celebrating with the team."



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**Aries**



One way of improving your field of work is by using your natural charms. When attending important interviews or meetings, display your professional characteristics so that you can be easily distinguished from the competition. In love and romance, it's important that you are honest with yourself and if you are feeling uncertain, then act upon your instincts. Always proceed with caution because love has its only peculiar way of showing that it exists.

**Taurus**



A business matter that has been worrying you may take an upward turn giving you the boost of confidence you have been desperately needing in order to carry on progressing forwards with ideas for a new project. You may be granted good fortune for doing someone a massive favour. Along with other good luck that is coming your way, you will have a good chance to find exactly what or who you are looking for.

**Gemini**



The energies are very intense and there will be a tendency to exaggerate and small, minor accidents. You may find yourself feeling deeply concerned about a number of personal issues that don't seem to show any signs at all of abating no matter which angle you approach a niggling problem. An unexpected windfall of money may land in your lap, or a job opportunity that will come along just in the nick of time.

**Cancer**



Love and romance can be highly unpredictable and you could be in for one hell of a roller coaster ride with someone who initially appears very exciting. If you are in the mood for partying and letting your hair down with the intention of having a lot fun, it's possible that you will receive lots of new social invitations as new doors are slowly beginning to open. In fact, there could even be a romantic proposal that will take you by surprise because you won't be expecting anything quite as sudden or sensational as this.

**Leo**



You may find yourself dealing with old flames from the past and your involvement with someone currently on the scene may start to show signs of becoming complicated. A close friend will turn to you for help and advice because they know that you can be relied upon to give a straightforward, honest opinion that will serve to help them make the right decision. Home and redecorating projects will consume your time as you work hard in preparing your nest ready for the winter.

**Virgo**



Home and family issues will be very much on the radar whilst career and worldly ambitions are important for your long term future prospects. You can be a most formidable character when standing your ground and sticking to the facts. You refuse to allow anyone to manipulate or intimidate you because you know your own mind and trust your instincts at all times.

**Libra**



This coming week is best suited to you to take a positive step towards improving your health and wellness. If you are currently in a relationship even your partner finds you frustrating at times because you struggle to make a decision about even the smallest of things. Your true strength will be recognized at work in the boardroom, especially if someone is out to challenge you because that is when your true fighting spirit really comes out into the open.

**Scorpio**



You are right to set firmer boundaries clearly indicating what is important and has real meaning to your life. Take pride in your independence because that way you will never have to depend on anyone for anything. A romantic gesture made by a newcomer may fall flat on the ground if you are not interested in cultivating this particular person, preferring to either spend time alone or socialise only with the 'tried and tested' brigade.

**Sagittarius**



It's important to know your strengths and weaknesses before undertaking any new project. Your past experiences will bring you the self awareness that you need, but be prepared to learn some new, valuable skills that will serve you well in the future. Romantically, there are obstacles standing in the way between you and someone you harbour deep, passionate feelings for. Take your time before committing yourself to anything long term until you are sure of your feelings.

**Capricorn**



Knowing who to trust can prove tricky because you don't particularly relish the idea of outsiders knowing all your business. A long distance journey or holiday arrangement with a close friend or relative will prove to be an excellent idea. Some of you may even be offered a fabulous new job or career break that will enable you to progress forwards in an area of life that will harvest rich rewards, at times, beyond your expectations.

**Aquarius**



If you have been feeling isolated and out of touch with the outside world lately, now is the perfect time for you to cast your net wider and look at new ways of meeting other, like minded people or prospective romantic partners. If you are in business and thinking of diversifying your talents in a new direction, this is an excellent time to put plans into action as you stand to benefit greatly. Book a much deserved holiday and take a break from all the stresses and strains you have been under lately.

**Pisces**

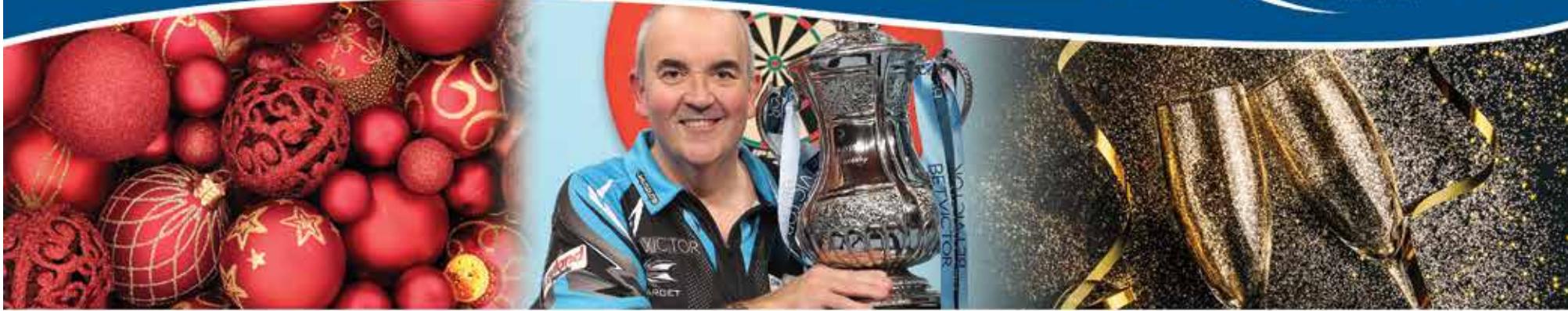


A current romantic relationship may be going through a very difficult period because of numerous reasons, but you need to keep your cool and not lose your temper every time you are seriously challenged. An old friend from your distant past could make a surprise reappearance causing you to feel very confused because you may not want to re connect with this person again. Watch your spending and think twice before parting with huge amounts of money on a whim.

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## SIMPLY RED RETURN TO CITY

Returning to the city for the first time since their 'Star's' anniversary tour, Mick Hucknall and co will play Motorpoint Arena Nottingham on Sunday 18 October 2020.

Following the announcement that their funky new album, 'Blue Eyed Soul', will be released on 8 November 2019, Simply Red announced the new tour dates.

Hailed as one of the most successful live acts ever to come out of the UK, they will be firing on all cylinders delivering their all-time classic hits from a stellar career, such as 'Stars', 'Holding Back The Years', 'Fairground' and 'Money's Too Tight To

Mention', as well as some raw and soulful new grooves.

Mick Hucknall has been Simply Red's songwriter and bandleader since the very beginning in 1985, aided by long-serving saxophonist Ian Kirkham since 1986. The current line-up has remained consistent since 2003, and the new tour will play to the core strengths of the band. Tickets went on sale on Friday (20 September) and be purchased online at: <https://www.motorpointarenanottingham.com/Online/article/simply-red> or by calling 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham.

## Spooktacular fun

The National Ice Centre will bring ghosts, ghouls and slime to the venue as part of this year's Halloween spooktacular events.

On Saturday 26 October the venue will be looking eerie and ready to host two spooky ice parties with lots of spine-tingling action in store including gloopy slime, scary face painting and horrifying photobooth filters.

The activities begin with a spooky but not scary family party themed Scaries & Fairies, for parents to enjoy time on the ice with their little horrors and dollops of take-home slime off the ice. The family fun will be followed by a garish neon-lit Halloween Club Party where the scary face painting, photobooth filters and slime fun will continue into the evening while playing the best Halloween themed beats.

Skaters will have the chance to show-off their most frightening and drop dead gorgeous Halloween outfits as prizes for the best spookily dressed skater will be up for grabs at both parties.

For further information, visit the website: [www.national-ice-centre.com/whats-on/halloween-parties](http://www.national-ice-centre.com/whats-on/halloween-parties)



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**Meet the Ghosts of Newstead Abbey - 5th October**

**Ghost Teas at The Canal Heritage Centre - 25th October**

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## Out & about



## Rick's back on the road

Rick Astley has announced details of a new tour which will see him stop off at Motorpoint Arena Nottingham on Saturday 4 April 2020.

At the age of 21, Rick Astley emerged from the shadows of the Stock, Aitken and Waterman production house as their former tea boy became one of the biggest stars on the planet. His era-defining classic 'Never Gonna Give You Up' topped charts the world over and catapulted the young Lancastrian on a journey that would encompass 8 consecutive UK Top 10 hits and 40 million sales.

2019 has seen Rick back on the road, playing to 500,000 people over the course of 38 stadium shows with Take That. He also hit the Isle of Wight Festival, Pub in the Park and Chris Evans' Carfest, and headlined Kew The Music. You'll hear the favourites, of course, but Rick's love of music means that his sets are often peppered with some inspired covers - as vintage as AC/DC's 'Highway To Hell' and as contemporary as Calvin Harris and Rag 'n' Bone Man's 'Giant'.

"It has been a beautiful life," says Rick. "Maybe it didn't start out that way. There's been tough times.



But I've got so much to be thankful for. How many people get a chance to live out their dreams, not just once, but twice?"

Tickets are now on sale and can be purchased online at: <https://www.motorpointarenanottingham.com/Online/article/rick-astley> or via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham.

## Half term SPOOKY FUN at the zoo



For a Halloween with more roar than ever before head to Twycross Zoo for a spook-tacular day out. From wondrous witches to scary storytellers, there's something for the whole family this October Half Term.

Discover the award-winning conservation charity like never before as it hosts its biggest Halloween event ever with four brand new attractions, there's heaps of spook-tacular fun from 19 – 20 October and 26 October – 3 November. With the introduction of Twycross Zoo's brand new scare scale, families

and children can rest assured knowing each attraction is judged by its trusty pumpkin rating:

- 🎃 Scary (up to 5yrs)
- 🎃 🎃 Spooky (up to 8yrs)
- 🎃 🎃 🎃 Scariest (up to 12yrs)

Grab a broomstick and get ready for some training with the wondrous witch. Listen carefully to her instructions and become a broomstick flying expert. Little ones can even sing and dance-along with the Jack-O-Lanterns in the singing pumpkin display. [twycrosszoo.org/events/boo-at-the-zoo](http://twycrosszoo.org/events/boo-at-the-zoo).

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Ian Kirkham 07884 973499



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Under 3s free Family ( 2 adults + 2 children (age 3 -14) £35.00

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# Overwhelming support for Andrew's charity walk



Andrew Johnson and Joe Soiza managing director of UK Meds preparing for the final leg of the walk to The City Ground.

A Nottingham Forest season ticket holder whose eldest child was stillborn says he is "overwhelmed" with the support he has received whilst walking from Wales to the City Ground alone to commemorate what would have been his son's 10th birthday on 21 September.

Andrew Johnson walked 165 miles in a 12-day solo walk along the UK's canal network from his home village of Llanwddyn in memory of Fletcher, who was born sleeping on 21 September 2009 at 39 weeks.

Nottingham-based family business UK Meds – which is the sponsor of Nottingham Forest's new season and back of shirt and training wear – donated £1,200 to pay for Andrew's food and accommodation along the 165-mile route. Managing director Joe Soiza also helped Andrew by joining him on the last leg of his journey.

Andrew (50) said: "It has been, and continues to be, really difficult to process what happened. Fletcher's death has left a massive hole in our family – it's hard to put it into words. But we know he is with us and we always make sure he's in our plans and remembered by his family."

"I've always wanted to do something in memory of Fletcher and, seeing as I turned 50 this March and Fletcher would've been 10, it seemed fitting to mark the two milestone birthdays. Fletcher would have loved Llanwddyn and I really hope he'd have shared my passion for Forest too, so it made sense for the two places to be the start and end points."

"Watching Forest take on Barnsley at the City Ground, which fell on

Fletcher's birth date, was the perfect ending to my personal pilgrimage. It was a way for me to say to Fletcher, 'son, we made it'. He may not have been there physically, but I know he was with me every step of the way."

"Fletcher would have loved Llanwddyn and I really hope he'd have shared my passion for Forest too, so it made sense for the two places to be the start and end points."

So far, the walk has raised more than £4,955 – exceeding Andrew's target of £3,652. The money will be donated to Abigail's Footsteps, which raises awareness of stillbirth in the UK, and Llanwddyn Community Centre.

To sponsor Andrew Johnson and donate to Abigail's Footsteps, please visit [uk.virginmoneygiving.com/Fletcher-MemorialWalk2019](http://uk.virginmoneygiving.com/Fletcher-MemorialWalk2019).



Andrew Johnson setting off on his 165-mile walk from Llanwddyn to Nottingham

## Golf day on par for charity

Over £1,000 was raised for Trent Cardiac Unit and East Midlands Ambulance Service at a Charity Golf Day hosted by the Mayor of Broxtowe recently. Councillor Michael Brown hosted the tournament which saw 20 teams compete for first, second and third place at Chilwell Manor Golf Club.

Teams came from across Nottinghamshire, with Steve Austin's team, "Two non-baldies" taking first place, followed by Adam Young's team in second and James' Jackets in third. Josh Gaughan won the coveted longest drive competition. The event ended with an evening presentation of prizes sponsored by United Living, Chilwell Manor Golf Club and local businesses.



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## BUILDING A BRIGHT FUTURE TOGETHER

NMCN PLC and St Mary Magdalene CE Primary School in Suttron-in-Ashfield have announced a new partnership which will see the construction and engineering company bring their specialist knowledge

and expertise to the school's curriculum. The new partnership for the 2019/2020 school year, will see specialist professionals from across the company working with 7-11 year olds from St Mary CE Magdalene

Primary School on projects involving Science, Technology, Engineering and Maths (STEM).

The lessons and projects have been designed alongside the 'Novel Study' approach taken in the school, as each will link with

the books that children are studying. NMCN will also provide support to the younger children at the school through the provision of much-needed resources for 'engineering areas' in Foundation and Keystage One classes.

Sam Robinson, Headteacher at St Mary Magdalene CE Primary School said, "We're excited to begin this partnership as it will add real-life contexts and impetus for our STEM curriculum. One of our key responsibilities as a school is to provide children with the skills and ambition to be successful in their adult life; this partnership will help us to fulfil that role."

Rich Smith, Relationship Manager at NMCN added "Our partnership with St Mary Magdalene Primary School provides a hugely engaging programme which will support both the national curriculum and Ofsted standards. Our links to the novels being studied by the children will hopefully inspire them to consider a STEM related career in the future."

Naming your baby after a TV character could land them with an unfashionable name when they grow up, research has revealed. A study into the UK's least-loved names shows monikers used by former telly stars are among the most hated by modern parents.

Parenting site ChannelMum.com analysed official data from the Office of National Statistics and found 30 once-popular name choices are now given to less than one tot a week. Included in the list of names parents have shunned are the



characters from 90s hit series Friends - just three children were named Chandler last year, despite the name being in the top 500 list in 1996.

While the number of newborns named Ross plunged from 1,150 in 1996 to only 42 in 2018 and just 31 baby girls were named Monica.

Controversial TV presenter Piers Morgan's first name has plummeted from 296 in 1998 to 'unranked' now, meaning fewer than three babies shared the name in the last 12 months. The trend could mean parents who recently chose the names Ada and Arthur from the hit show Peaky Blinders might see their picks fall out of fashion in the playground by the time their tots are teens.

## What's on your wish list?

Getting remarried, visiting a nudist beach and camping at a music festival are among the activities over 45s wants to achieve in their lifetime.

Attending a school reunion, going on a hot air balloon and jumping on a motorbike were also listed as popular experiences to tick off.

Getting a new tattoo, spending Christmas abroad and eating at a Michelin starred restaurant also made the top 50.

The study, commissioned by hearing specialist Hidden Hearing, also revealed the average over 45



currently has nine goals left to tick off their wish list and hopes to complete it within the next 10 years.

And those aged 65 and over have five ambitions remaining. But almost three quarters of those polled believe it is 'important' to live life to the full and four in 10 don't think anything - including age - should get in the way.

The research was carried out to mark Alzheimer's Awareness Day (September 21) after it found 63 per cent 'fear' getting dementia and forgetting some of their favourite memories and experiences.

## Smokers urged to "split up" this October

Not smoking is now the norm across the East Midlands but despite this smoking rates still vary greatly across the region from 20.6% in Nottingham City to 10.8% in Rutland.

Thousands continue to still smoke across the East Midlands and Stoptober is back to help encourage these smokers to make a quit attempt and join those who have already quit this year.

Public Health England (PHE) is encouraging all smokers to join in with the nation's biggest quit attempt beginning on October 1 by providing them with the support and information they need to "split up" with smoking this Stoptober.

Jane Jobarteh, Health and Wellbeing Manager at PHE East Midlands, said: "Over the last decade rates of smoking in the East Midlands have continued to decline, however we are still seeing high rates of smoking in certain areas of the region. We want to encourage

these smokers to make a quit attempt this October. A combination of stop smoking methods are the most effective way to quit, log on to the free resources via the Stoptober website to find the right support to quit for good."

The campaign will target all smokers with new creative content highlighting the benefits of "breaking up", urging them to re-evaluate their bad relationship with smoking and "split up" this October. The creative will feature across digital, radio and out-of-home advertisements throughout the campaign period to help keep smokers motivated during their quit attempt.

Stoptober has supported over 1.9 million people on their quit journey to date – if a smoker can make it to 28 days smokefree, they are five times more likely to quit for good.



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## Education & training



### Local school takes part in inspirational music event



Above: The Nottingham Emmanuel School hall filled with students as the National Youth Orchestra delivers a wonderful performance.

Right: Emmanuel students Kirah Wynter-Higgins (2nd left), Ruby Wittel (centre) and Mehdi Moad Yallas (second from right) were able to watch the musicians at their craft.

The Nottingham Emmanuel School in West Bridgford were hosts to a visit by the National Youth Orchestra (NYO) on their tour to bring inspirational music to UK schools recently.

Students at the school participated in workshops demonstrating each of the musical instruments and their roles in the orchestra and the day culminated in a spectacular performance of inspiring music.

The Nottingham Emmanuel School were also joined by students from across Archway Learning Trust to share in the experience. Martha Toogood is the Arts Enrichment and Enhancement Coordinator at The Archway Learning



Trust, said: "Emmanuel was immersed in music and passion when the National Youth Orchestra played, the air was literally buzzing with beautiful, bold, stunning sounds and energy. This orchestra of teenagers inspired an enthusiastic audience of hundreds of students and staff who welcomed them to every corridor and classroom, gym, music rooms and even the sports hall to join in making and enjoying music. This was such an incredible day, supported both by Emmanuel's music department and Archway Learning Trust. We know the National Youth Orchestra will inspire and strengthen our young music makers and continue to be the talk of the school."

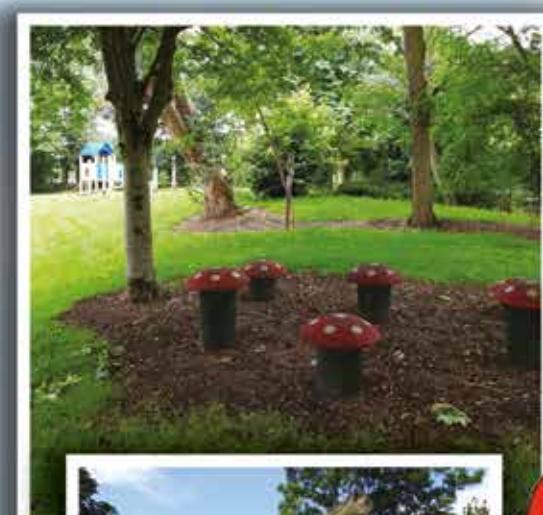
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## Proud moment for NUH's cancer nurse Wayne

Colorectal Nurse Specialist Wayne Croves, who has been working at Nottingham University Hospitals NHS Trust (NUH) since 2004, has been celebrating receiving a national award in recognition of his achievements in working with patients with colorectal cancer.

The fifth annual Gary Logue Colorectal Nurse Award was presented on 13 September in Birmingham, marking the achievements over the past year of colorectal cancer nurses who make a huge difference to the lives of their patients and their colleagues across the UK.

Only two awards are presented each year, with Wayne winning the award for nurse nominated by a colleague. The judges were overwhelmed by the impact of his leadership on bowel cancer patients and his colleagues.

Wayne, who has been a nurse for 15 years, said: "I am absolutely delighted and honoured to have

won such a prestigious national award and to have been nominated against a strong field of some of the most committed and dedicated colorectal nurse specialists across the country. I couldn't have achieved it without my fabulous colleagues and wish to share this accolade with them."

The award was set up in memory of Gary Logue, a nurse who worked for the charity Beating Bowel Cancer until he passed away in 2014.

Lauren Wiggins, Director of Services at Bowel Cancer UK, says: "The nomination Wayne received by fellow colleagues at Nottingham University Hospital show just how much he deserves this special recognition and we're delighted to be able to present him with this award. Bowel cancer is the fourth most common cancer but with nurses like Wayne we can continue to improve the quality of life of everyone affected by bowel cancer."

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## Local group help transform hospital garden

A local Mansfield NCS (National Citizen Service) group have been fundraising throughout summer for their local community garden at King's Mill Hospital.

The garden, which is located outside Clinic 10 at King's Mill Hospital, is used by members of staff as well as patients and visitors. It was in need of a makeover and it is hoped the recent transformation will encourage more patients, visitors and members of staff to visit the garden and enjoy the benefits of being close to nature. In August the group raised more than £280 for the community garden pro-

ject by taking part in a 5-hour 'dance-off'. All proceeds went to the garden and enabled the group to purchase plants, garden tools, a water butt and paint, which was all used to transform the garden.

Vicky Tilbrook, Team Leader in the Discharge Team at King's Mill Hospital and mum of Sarah Tilbrook who was part of the NCS group, was with the group all week working on the garden come rain and shine. Vicky says: "I am incredibly proud of the NCS team for not only raising money for the garden but using their own time during the week to completely

transform the garden at King's Mill Hospital. The NCS group have seen the benefit of their hard work and I know this is going to be a great space for our colleagues and also our patients and visitors to enjoy."

The NCS scheme is open to all 15 to 17 year olds and provides personal and social development skills through a series of exciting challenges and new experiences. If you would like more information you can visit the NCS website, <http://www.ncsyes.co.uk/> or search 'FITEC Say Yes' on Facebook.

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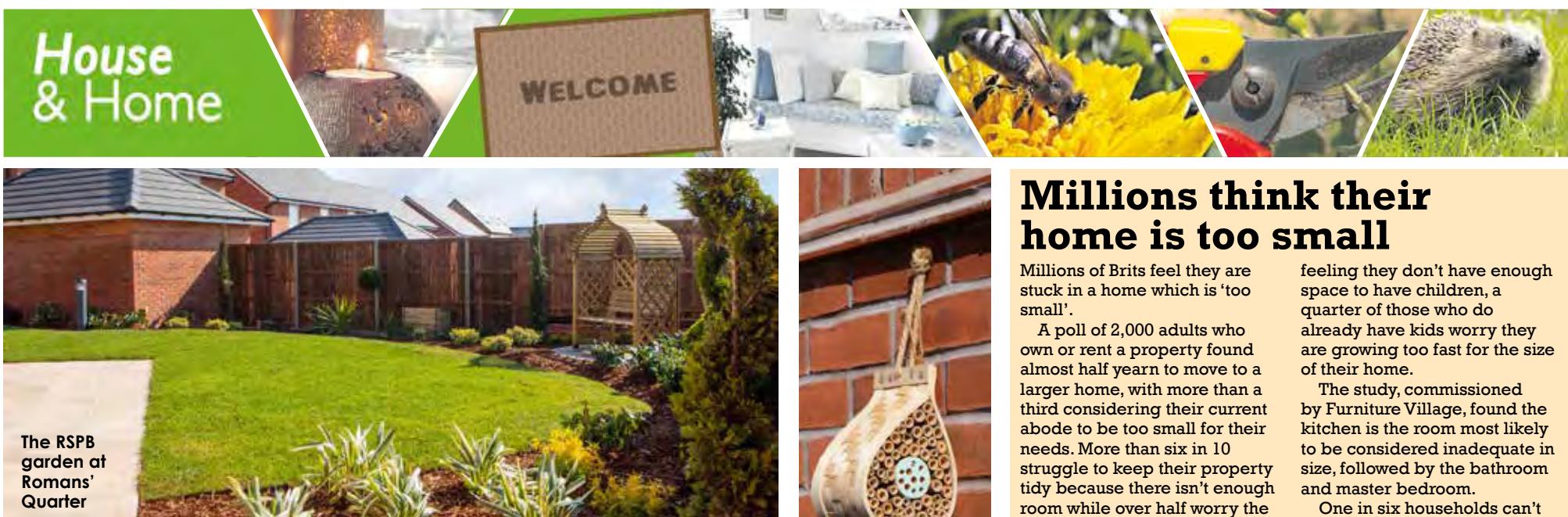
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## House & Home



The RSPB garden at Romans' Quarter

### RSPB Gold award for show home gardens

Barratt Homes North Midlands has won a gold award from RSPB for its wildlife friendly gardens.

The garden was created at Romans' Quarter, Bingham, in line with RSPB guidance. It was specially designed to welcome all types of nature.

Barratt Homes has been awarded five stars from the Home Builder Federation (HBF) for the tenth

year in a row and is continuing its success by working with the RSPB to make Show Home gardens across its operational area wildlife friendly.

To win the award, the gardens had to include multiple features to support and enhance nature and natural habitats. This includes a bat box, bird box, bee box, hedgehog home and compost bin, meaning that the outdoor space is suitable for many types of wild animal.

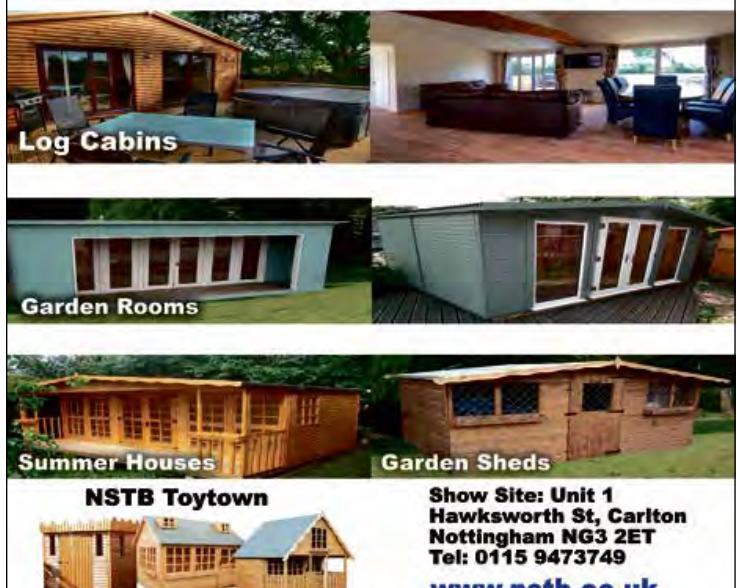
Chris Southgate, Managing Director at Barratt Homes North Midlands, said: "We have had a national partnership with the RSPB for some time now and want to ensure that we're doing that bit extra to retain and build upon the natural habitats around our developments.

"Hopefully the new gardens will be teeming with life this summer and anyone that comes to see them will be able to pick up some great tips for their new home."

Barratt Homes has been partnered with the RSPB since 2014. The agreement is the first of its kind in the UK and aims to boost natural habitats at Barratt Homes developments across the country.

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### Millions think their home is too small

Millions of Brits feel they are stuck in a home which is 'too small'.

A poll of 2,000 adults who own or rent a property found almost half yearn to move to a larger home, with more than a third considering their current abode to be too small for their needs. More than six in 10 struggle to keep their property tidy because there isn't enough room while over half worry the size of their home is negatively impacting their mental wellbeing.

And four in 10 said their current home is smaller than the one they grew up in.

It also emerged children are sharing a bedroom with their sibling in one in 10 households. But as well as 30 per cent

feeling they don't have enough space to have children, a quarter of those who do already have kids worry they are growing too fast for the size of their home.

The study, commissioned by Furniture Village, found the kitchen is the room most likely to be considered inadequate in size, followed by the bathroom and master bedroom.

One in six households can't fit their family around the kitchen table and a fifth do not even own a table to sit around.

As a result, a bigger kitchen is the top priority for 47 per cent of homeowners and renters with more than one third wanting an extra bedroom and three in 10 looking for larger bedrooms.

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