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Smile for World Book Day



Tuesday 27 February:
Clifton Library,
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Meadows Library,
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Wednesday 28 February:
Hyson Green Library,
Nottingham - 10.30am

Sutton in Ashfield Library,
near Mansfield - 2.30pm
Thursday 1 March:
Bilborough Library,
Nottingham - 10.30am
Eastwood Library,
Nottingham - 2.30pm

Cosmetic Surgery
Open Event

Saturday 10th March 2018
(10am - 12noon)
At Woodthorpe Hospital

Nottinghamshire Healthcare's Oral Health Promotion Team will be working with local libraries and schools to raise awareness of the importance of good oral health as part of World Book Day on 1 March. This is the 21st year there has been a World Book Day, designed to be a celebration of authors, illustrators, books and reading. In fact, it's the biggest celebration of its kind, designated by UNESCO as a worldwide celebration of books and reading, and marked in over 100 countries all over the world.

In celebration of World Book Day, the Nottinghamshire Healthcare's Oral Health Promotion Team will offer sessions for children and families during the week of 26 February, where they can learn about the importance of a healthy mouth and listen to a story about going to the dentist, read by the Tooth Fairy. Julia Wilkinson, Head of Oral Health Promotion at the Trust, said: "World Book Day is a great opportunity to share key oral health messages with children and families through the magic of a story. By using books, we can educate children in a fun and engaging way whilst delivering dental messages to help build their confidence." All children will be given a toothbrush, sticker and a bookmark; and have the opportunity to have their photo taken with the Tooth Fairy. As well as the above sessions open to the

public, there will be set sessions specifically for schools across Nottinghamshire to attend during the week. Clare Thomas, Foundation teacher & Foundation Unit Co-ordinator at Greenfields Community School said: "The children are very much looking forward to the 'Tales with the Tooth Fairy' library session. They currently feel very confident and excited that with all their tooth brushing in school and at home, the Tooth Fairy will notice their shiny white smiles!" To help make World Book Day special - and to encourage reading for the rest of the year too - there is a whole range of resources including lesson plans, activity sheets, discussion guides and more available for nursery, primary or secondary school children on the World Book Day website, [www.worldbook-day.com](#).

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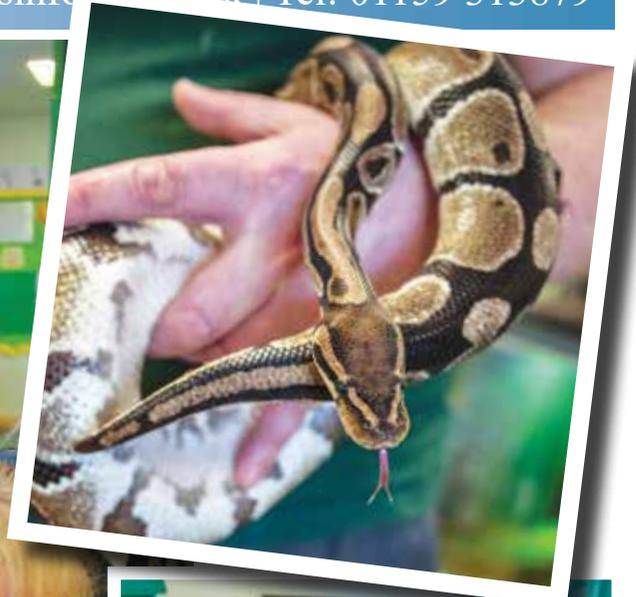
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School children meet furry friends!

Children at Beeston Fields Primary & Nursery School have been getting to know some fabulous furry friends with the help of visitors from the Whitepost Farm Centre in Farnsfield. Mark Eadon and colleague Lauren Pearson brought domestic and exotic animals to show the children. Mark said: "Some children that we meet in schools have no experience of animals, but many will have pets at home. I tend to start with the guinea pigs and work up to the exotic animals so that we can gauge how the children are receiving the class. We talk about the responsibilities of looking after animals and hope that it will be an experience that the children will remember."

Children at Beeston Fields Primary & Nursery School have been getting to know some fabulous furry friends with the help of visitors from the Whitepost Farm Centre in Farnsfield. Mark Eadon and colleague Lauren Pearson brought domestic and exotic animals to show the children. Mark said: "Some children that we meet in schools have no experience of animals, but many will have pets at home. I tend to start with the guinea pigs and work up to the exotic animals so that we can gauge how the children are receiving the class. We talk about the responsibilities of looking after animals and hope that it will be an experience that the children will remember."

Colleague Lauren says she herself was a youngster in school when her class was visited by Whitepost Farm. "I remember Whitepost visiting my school when I was younger. I loved it and knew already that animals held an appeal for me. Our visits are a safe way for children to be introduced to a variety of animals supervised by expert animal handlers." The animals on show to children were rabbits, guinea pigs, ducks, chickens, rats and mice, gerbils and hamsters. More exotic animals on show, some of which were not handled by children, were a leopard gecko, a bearded dragon, a python, tarantula, hissing cock-



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Ten years of working together

A partnership with Santander Universities to support students, research and businesses is celebrating a decade of success. The University of Nottingham joined the partnership programme in 2008 and since then it has received support via scholarships, internships and new ventures. Ten years on, they celebrated the partnership with a special event held at the Ingenuity Lab at the University of Nottingham's Jubilee Campus. Students and businesses met with Matt Hutnell, Director of Santander Universities UK, and Jonathan Powell, University Relationship Director, Santander Universities

UK to show how they have benefitted from the partnership. The bank offers support through internships with local SMEs, helping the employability of young people whilst providing local businesses with access to young talent. Another element of support involves encouraging entrepreneurial activity via the Ingenuity Lab, an entrepreneurship lab supporting student and alumni-led start-ups. It also offers international mobility awards for students and researchers, while also participating in fundraising activities on campus. Lawrence Cate who was awarded a San-

tander Latin America Scholarship to study in Mexico for a year said: "The impact of this opportunity has literally been life changing. I've worked on tech projects addressing harassment and obesity. I never would have come across these if I'd stayed put." Professor Shearer West, Vice-Chancellor of the University of Nottingham said: "The relationship we have with Santander has given many young people academic and workplace opportunities they would not have had otherwise. Widening access and participation is one of our key aims and we are delighted to recognise this milestone in

our partnership." Matt Hutnell, Director of Santander Universities UK, commented: "Santander is committed to supporting higher education as well as local communities across the UK and we are proud of our partnership with University of

Nottingham. Our agreement provides opportunities for students and staff to foster innovation and an entrepreneurial mind-set at all levels and we very much look forward to this relationship developing further as Santander Universities enters its second decade in the UK."



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City Council's £20m of Commercial Activity to Offset Government Cuts

Nottingham City Council is leading the way when it comes to generating income to offset Government funding cuts – generating £20m a year from commercial activities. The council has seen its main

Government funding fall from £126m in 2013/14 to just £35m in 2018/19 – reducing to nothing in two years' time.

Aside from increasing Council Tax - over half of which is the Government's social care precept - councils are increasingly looking at other ways to raise money to safeguard services and invest in their area. The City Council has placed itself at the forefront of this, with dozens of commercial operations underway to reduce costs or raise money. These include:

- Installing solar panels on buildings, car parks and even at East Midlands Airport
- Selling merchandise for events at the

02 Arena, Wembley Stadium and London Palladium through the council- owned National Ice Arena

- Opening nine cafes
- Collecting business waste on behalf of Derby City Council
- Growing flowers to sell to parks in Blackpool
- Increasing income from the Theatre Royal & Concert Hall
- Owning Nottingham City Transport
- Investing in property which earn rent
- Selling IT training courses to Rolls Royce and other companies.

City Council Deputy Leader, Councillor Graham Chapman, said: "The Government has carried out savage cuts to council funding over the last seven years, putting enormous pressure on our ability to continue to fund and provide vital local services. "As well as carrying out £232m of savings over the last seven years, we have been ahead of the game when it comes to finding new ways to bring money into the council to balance our budgets. Our commercial operations are now providing a regular £20m a year income which offsets some of the Government cuts and allows us to continue to provide services for local people."

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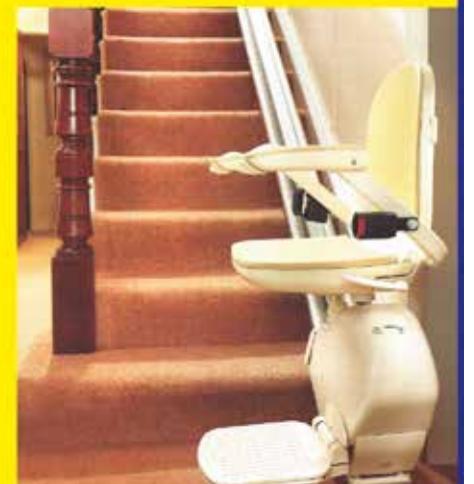
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Artists encouraged to 'Amplify Their' Careers

Talented upcoming professional artists are encouraged to apply to a new artist development programme run by Nottingham Playhouse.

The new programme, named Amplify, aims to recognise the talent within the region and has been created to act as a hub for local artists, who

are committed to developing their career in the theatre industry.

Behind the new programme is experienced director and writer Beth Shouler who has been appointed to the role of Artist Development Coordinator. Beth, originally from Nottingham, has more than 15 years of experience in the industry and is passionate about helping talented artists reach their potential.

Beth has previously been an Assistant Director at Nottingham Playhouse and has worked on a variety of projects within the participation and artistic departments.

Beth said: "I am thrilled to have been appointed to this new role, and I am really excited to be back at Nottingham Playhouse, playing such a pivotal part in the programme's development. We designed this programme to provide a clear pathway of opportunity and to assist local artists to the next stage in their career."

"Nottingham is thriving as a city, with its artistic flare and vibrant

culture; it has a strong selection of promising artists. We are all immensely proud of what Nottinghamshire has produced over the years and we cannot wait to see more talent develop.

"Through the programme we will be providing artists with the support they need to take their career to the next level, with workshops, strategic partnerships or informal advice."

The new programme is open to theatre professionals of all

ages, and all types of theatre artists are encouraged to take part, including writers, directors, producers and designers.

The programme includes advice surgeries, workshops, feedback on performances, as well as development time, scratch nights and plug in events.



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Good Causes Urged Not Miss Out

Local good causes across Mansfield district are being urged to sign up so that they can benefit from the new Robin Hood Lottery. The new lottery will see 60p from every £1 ticket going to charities, voluntary organisations and other good causes that work in the area. With the National Lottery, only 28p from every £1 spent on a National Lottery ticket goes to good causes.

The Robin Hood Lottery was launched last week and good causes who wish to benefit are encouraged to register their interest at publicrelations@mansfield.gov.uk

A special launch event for good causes will take place on Tuesday 27 February, and more than 10 lo-

cal organisations have already registered to attend. They will have the opportunity to find out how the lottery will be able to help them raise funds for their work.

Executive Mayor Kate Allsop encouraged leaders of good causes to sign up to benefit from the lottery. She said: "This is an excellent opportunity for local good causes from right across the district to raise additional funds for their work."

I want to urge as many local charities, voluntary groups and not-for-

profit organisations to register their interest."

The Robin Hood Lottery website, where residents can buy tickets, will be

available from 27

March 2018. Players

have a 50-to-one chance of winning one of the prizes, which include the £25,000 jackpot, other cash prizes and three extra tickets.

The first draw will take place on 27 April 2018. From each £1 ticket, 60p goes to local good causes. Another 20p goes to the prize fund, and 20p is for running costs and VAT.

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Kate's a Natural for Rainbows Celebrity Lunch

Popular presenter and writer Kate Humble has teamed up with Rainbows Hospice for Children and Young People - and is heading to the East Midlands to attend the charity's Celebrity Annual Lunch. The event, which takes place on Wednesday, 7 March is your chance to share a sumptuous three-course lunch with the celebrity broadcaster at Welford Road Stadium, home of the

Leicester Tigers. Guests will hear anecdotes and entertaining stories, followed by a question and answer session.

The broadcaster has become a household name for a clutch of nature-based programmes, including Springwatch and Autumnwatch. Her most recent TV credits include Back to the Land, Arctic Live, Volcano Live and Yellowstone: Wildest Winter to Blazing Summer. And she has written for publications including The Telegraph, The Times, The Independent, Travel Africa and Wanderlust.

Nancy Lillington, Rainbows Events Manager, said: "We are delighted Kate has accepted the invitation to speak at our Celebrity Annual Lunch and know she will be a big draw for the event, which raises money to support our work."

All proceeds will help the Loughborough-based charity support youngsters with life-limiting conditions and their families. It will be hosted by local BBC radio presenter Dave Andrews. Tickets at £40 per person are now available at www.rainbows.co.uk/lunch.

Nottingham's Premium Care Community



Avery Healthcare invites you to the city's premium care community, where outstanding care is delivered alongside luxurious living. The community comprises two high quality retirement and care homes, Acer Court and Alder House, (both rated Good by the CQC) which share the same values for excellence and deliver the same first class care in friendly surroundings.

Life is centred on resident well-being, which includes a comprehensive range of activities at both homes; it's a life full of experiences within the daily calendar of events both inside the homes, in the community, and on trips out.

Both homes offer beautifully decorated en-suite rooms, quality restaurant style dining, quiet lounges and lovely landscaped gardens for relaxing in, including the delights of an aviary. They share the use of a cinema, enjoy company in the tea shop and travel together to events in the dedicated Avery minibus. There are also larger companion rooms and apartments available for couples wishing to stay together whilst in care.

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Aries

You like to feel you are making a positive difference in other people's lives. Great achievement often happens when our we are seriously challenged and right now your patience is being seriously tested. Dealing with awkward, stubborn and difficult types does take its toll, but there is nothing you cannot get your head around as long as you continue believing in yourself and refuse to surrender at the first hurdle.



Taurus

The wisest people are often those who keep quiet and when required to speak, they choose their words carefully. Focus your energies on your home and family because they need you to be strong and able to make difficult decisions. A troublesome situation at work needs your urgent attention so refrain from procrastination and take positive, constructive action. Your social life is about to revitalize itself which will allow you a little more personal freedom and the chance to chat with friends.



Gemini

Intense romantic passion continues to rule your heart and mind even though things may not be going well in the relationship department and to confuse matters even more, an old flame is still hoping for a reconciliation. A financial gain could be made by you looking at making a complete career change. Legal documents need signing and a possible house move or relocation is also a very great possibility.



Cancer

Previous worries and concerns regarding the health and well being of a loved one are finally being put to rest. Book that much overdue holiday because you deserve a break from all the tension you have been forced to live through recently. Try not to get too involved in other people's dramas because the further removed you are the less likely you are to make impulsive decisions. Its time to be sensible and start putting your own needs first for a change.



Leo

If you are worried about a loved one, introduce them to a supporter, therapist or counsellor who is completely independent of all their friends and family. Feel free to congratulate yourself on overcome a major financial or personal problem that has been causing you much unrest. A romantic involvement with someone who does not have the same moral standards as yourself may not end well, but there is another admirer waiting in the wings who will prove to be far more suitable.



Virgo

Demonstrate humility and understanding when dealing with people who are ill or emotionally troubled. Now is not the time to speak harshly even though its the truth. It will pay you to tread gently if you are to achieve the desired results. Sort out your budget by calling in loans, paying off outstanding debts and generally giving your life a major make over. If you are in one of your sociable moods, organise a party or arrange a dinner date with people whom you enjoy the company of.



Libra

Helping others can make you feel better about yourself, but if a distinct lack of confidence or energy is holding you back, find new ways of expressing yourself. Think hard about your future goals and what exactly you want to accomplish over the next few months. Your love life will be centre stage and at the top of your agenda. Break away from old routines that no longer serve their purpose.



Scorpio

You know exactly what you want and why you want it. Not prepared to take a back seat, you will do everything in your power to make your dreams become a reality. You are entering a period of outstanding good fortune, but keep your feet on the ground regarding a certain admirer. Remember, actions speak louder than words, so don't believe everything that is said initially. Finances take a turn for the better as you begin to navigate your journey towards an exciting and prosperous future.



Sagittarius

You know exactly what you want and why you want it. Not prepared to take a back seat, you will do everything in your power to make your dreams become a reality. You are entering a period of outstanding good fortune, but keep your feet on the ground regarding a certain admirer. Remember, actions speak louder than words, so don't believe everything that is said initially. Finances take a turn for the better as you begin to navigate your journey towards an exciting and prosperous future.



Capricorn

You are wise to do whatever it takes to ensure a project gets completed satisfactorily. Knowing people as well as you do and having the ability to read situations accurately, you are good at playing the game and able to smile and nod to your heart's content if it means you realise victory, no matter how long it may take. Someone who has seriously angered and disappointed you probably has no idea how their behaviour has affected you but a friendship is hanging in the balance unless something suitable is done quickly to resolve the situation.



Aquarius

As the year marches on you could find yourself very sensitive to other people's moods and reactions. At home and work the chores are piling up high causing you to feel very overwhelmed by everything so try to ease the pain by enlisting help. A new romance beckons for those who have almost given up on ever meeting anyone suitable. Someone like minded, kind hearted, reliable and possessing a good sense of humour will do just nicely.



Pisces

Unresolved emotional issues and feelings will come to the fore demanding that you address what is really troubling your heart once and for all. If you have been thinking about moving to a new area where no one knows you then now is the perfect time to start looking around for somewhere to live. There will be no shortage of challenges, but there could be a shortage of cash if you keep splashing it around. The more sensible and frugal you are now the better off you will be later on.



Community Orchard to Promote Healthier Living

Pupils from Asquith Primary School braved the icy wind and rain to help plant a new community orchard in Jackson's Field in Mansfield.

Joining the youngsters in planting 72 trees and 200 shrubs on Tuesday 13 February were Mansfield District Council staff; Cllr Andy Sissons, the local ward councillor; and members of the Greenwood Forest Community Team who, along with the school, have helped plan the orchard with the council.

Apples, both cooking and eating varieties, pears, plums, cherries, Nottingham medlars, hazelnuts and mulberries were planted, along with edible hedgerow shrubs, including hawthorn, blackthorn, hazel and elder, on a hillside in the park.

As well as creating a greener environment, the scheme aims to promote a healthier lifestyle among residents who will be able get out and enjoy the orchard and pick and use the fruit that the trees and shrubs will eventually produce.

Each apple tree could produce 365 fruits a year - enough free apples to make up one of your 'five a day' for a

whole year or 90 apple pies! Sean Davies, the council's ArboREAL Officer, who has helped bring the scheme together, said: "People will be able to come and pick all the wonderful organic fruit the trees produce in a few years. We also hope it will encourage wildlife, insects and birds."

Cllr Andrew Tristram, Portfolio Holder for the Environment, said: "It is great that local youngsters have been involved in this scheme. They will be able to watch these trees grow, as they grow themselves, learn about the environment, and take pride that they have helped create what will be a beautiful new green space in their own neighbourhood."

The grass in the orchard will be allowed to grow to enable wildlife to flourish. It is expected that it will take five years for the trees to establish and produce a harvest of fruit, berries and nuts.

The trees in Jackson's Field are the ninth community orchard to be planted in the Mansfield district over the past five years - a total of 665 fruit trees.

Spreading the love with flowers



Staff at Sherwood Forest Hospitals are showing their love and appreciation for one another by 'passing on' bouquets of flowers as part of a new initiative that thanks staff for their hard work and dedication.

The initiative, which is called 'Just Because' and is in partnership with Flower Pod, a local social enterprise, was started in the Women's and Children's department at the end of last year and sees staff receiving flowers that have been put together by volunteers with learning disabilities. The good deed is then passed to another deserving colleague the following week with a new bouquet.

The idea came about when Clinical Chair of the Women's and Children's Division, Helena Clements, wanted to give flowers to a colleague, just because she was grateful for her support and to say thank you.

Helena said: "The idea is that the last person to receive flowers decides who the next bouquet should go to within

the Division but in a different department. It's always a lovely surprise for the person receiving the flowers and means so much to them to be thought of by a friend and a colleague. It's just such a lovely way to say thank you and it's really good for staff morale, as well as supporting a worthy cause too."

Flower Pod is part of Reach Learning Disability, a charity that supports people with learning disabilities and is based in Southwell in Nottinghamshire. The charity grows flowers at its garden site and then one of the charity's supported volunteers selects flowers according to what is available throughout the growing season and puts together an arrangement, decorates the tin they are in and delivers them to the unsuspecting recipient at King's Mill Hospital.

Since November, 12 staff members from across the Women's and Children's Division have been surprised with flowers and the initiative will continue until November this year.

Financial Planning

Managing Your Money



Whether you're a business owner, parent, teenager or student - learning how to manage your money is an essential life skill.

Get into the habit of setting realistic financial goals, so that you can enjoy the finer things in life whilst still saving enough for your priority spends (like the mortgage, credit card bills and monthly direct debits). Whilst it can seem overwhelming at first, once you investigate your spending patterns and take a good hard look at your bank statements, you will soon start to see where you are going wrong and how sacrifices can be made to improve your financial situation.

Firstly, it is always important to live within your means. This is where setting realistic goals comes into practice - for example, yes you may need a new car, but what can you actually afford? Create a financial calendar. It is imperative to know exactly what is coming out and when, so that you can budget accordingly. Plotting when your various transactions come out of your ac-

count (phone bill, mortgage, car insurance, etc.) can help you to prepare for these spends, helping you to not get caught off-guard.

Simple tricks like buying fewer takeaways, clothes or treats are all a part of financial management. If it's not essential, then you have to start thinking of it as a luxury. Go through your bank statements for the past three months and add up how much those lunchtime takeaways coffees and Friday night takeaways are really costing you - you will be surprised at how quickly they can add up!

Speaking to a financial professional, whether it be a credit card company, your bank, mortgage advisor or other, will also help to give you a clear idea of what you can afford, the charges you may incur for missed payments and other factors.

Most importantly, just make sure that you are putting regular savings away so you don't get caught out with costly surprises, or so you can afford that well-deserved annual getaway.



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The Royal British Legion
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Wednesday 9:15 & 11:15am
Friday 8:00 & 10:00am
Tel: Sacha on 07515 172984

COTGRAVE

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

WEST BRIDGFORD

Gresham Sports Pavillion
Gresham Park Road
Off Wilford Lane
Monday 7:00pm
Tel: Gillian on 07463856253

Edwalton Golf Club
Wellin Lane
Tuesday 7:00pm
Tel: Sacha on 01159287316

Gresham Sports Pavillion
Gresham Park Road
Off Wilford Lane
Wednesday 7:00pm
Tel: Shirley on 07946727077

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

The Rugby Club
Stamford Road
Saturday 8:00 & 10:00am
Tel: Naomi on 07734 791608

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Gearing up for Global Property Event



L-R Jo Ladds and Shruti Trivedi

Leading law firm Roythornes Solicitors is gearing up for MIPIM as it prepares to make the most out of the world's biggest property event. MIPIM, taking place from 12 to 16 March in Cannes, is the world's largest annual event for the property and construction industry. More than 20 thousand property and development experts from 100 different countries will gather to hear about the latest innovations and developments - many of which are unveiled at the event, whilst networking with other industry professionals.

This year Roythornes is part of Team Nottinghamshire, Team Lin-

colnshire and the wider Midlands Engine. The two groups have very similar aims and plan to improve the economic growth of the city and the Midlands whilst bringing new opportunities to the region. Attending MIPIM on behalf of the firm is newly appointed business development director Lisa Cawdron along with planning and development partners Jo Ladds and Shruti Trivedi.

Shruti said: "2017 was a great year for us as a team and it was certainly bolstered by a lot of business contacts we met at MIPIM. This year's event is particularly exciting as we have Lisa joining us from Wilmott

Dixon and her networking expertise will certainly be an advantage! "Our region is currently enjoying a period of growth, both in terms of newly-built properties and regeneration of brown field sites. We expanded our planning team this time last year and we feel ready to show everything we have to offer at MIPIM."

Jo added: "MIPIM is a great opportunity to not only liaise with investors and developers but also bring recognition to the area and its potential. Last year we forged some really valuable connections with other businesses and hope to do the same again in March this year."



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Prescriptions for strong opioid pain-killers have seen a sharp increase in the last decade from 12 to 24 million. (NHS Digital figures)

These include drugs such as codeine and tramadol. More recently there has also been a sharp rise in addiction to pregabalin and gabapentin, known as "the new Valium, for chronic pain relief. One million Brits are being prescribed this medication. Opioids act on different parts of the brain and nervous system, which includes the spinal cord.

Darren Rolfe, CEO of Steps Together rehab, in Nottinghamshire, says that they have indeed seen an increase of clients coming to them with painkiller addiction. Our philosophy is to offer an evidence based program that is focused on abstinence.

"There is help, and the team is made up of leading experts in the field of detox and recovery, and the treatments have shown fantastic outcomes. We use a range of counselling techniques, including group and one to one cognitive based therapy. Along-side, this there is a large focus on mindfulness and freshly prepared food, so looking at the well-being of the whole person."

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Addicted to pain-killers

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Could you give a vulnerable child a happy, loving forever home? We would love to meet you and tell you more about the adoption journey, and what it could mean for a child who is currently waiting for the family of their dreams.

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Adopt Together is Faith in Families' Adoption Service and we believe that every

child has the right to grow up as part of a loving and nurturing family. If you feel you can offer a loving, stable and secure home to a child, or children, currently living in local authority care we would love to hear from you. "The best part of adoption for us is caring for our children in a way they never were able to be cared for before. Giving them the best opportunities and changing their lives so that they can hopefully become successful adults in whatever they choose to do." - Adoptive Parent

If you come along to our information evening, our team of adoption specialists will

be on hand to speak with you and answer any questions you have. You'll also hear from an adopter who has been through the journey with us and can talk about what adoption is like. The informal evening will give you all the information you need to make an informed choice about adoption. There is free on-street parking and our office is easy to reach by public transport. Where: 7 Colwick Road, West Bridgford, Nottingham, NG2 5FR

When: Thursday 1st March 2018 (and every First Thursday of the month afterwards) Time: 6pm – 7:30pm

Find out more and call 0115 955 8811, visit www.faithinfamilies.org or email enquiries@faithinfamilies.org



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Man Vs Food Challenge



Midland Fixings, the building services and construction products supplier, has kicked off its 2018 corporate social responsibility (CSR) campaign with an exciting Man Vs food challenge. Six members of staff participated in the challenge, which took place at its Beeston-based headquarters on Friday 9 February. The participants were tasked with eating as many sausage rolls as humanly possible in one minute. With some tough competition for the title, Dan Kirk, purchasing assistant at Midland Fixings, was crowned champion managing to see off 5 sausage rolls. The challenge was the first of the

company's 2018 CSR programme and raised more than £1,150 for Alzheimer's Research UK. Dan said: "The challenge was lots of fun and all for a great cause. It was a close one at the end but I was determined to win! Not only was it fun to take part in but I think the rest of the team enjoyed watching it too – it definitely provided some entertainment for a Friday lunchtime." Midland Fixings has been operating across the UK for more than 40 years. The company has 50 members of full time staff and provides tailored solutions and products to meet the challenges faced by building services contractors in the Mechanical and Electrical sectors.

Managing director Adrian Fowler added: "The Man Vs Food challenge was a great way to kick off our 2018 CSR programme – especially as the team love food. "Since the challenge on Friday we've had lots of sign-ups for our next challenge of pedal the Pennines and we are hoping to raise even more money for our chosen charity." Midland Fixings will be carrying out another charity fundraiser on 7 and 8 March where a team of keen and enthusiastic cyclists will take part in a 350km cycle challenge and pedal the Pennines. The funds raised from this challenge will be donated to Breast Cancer Care.

Nottingham Trent University Receives Large Donation

The family behind a successful Nottingham business is making a substantial gift to Nottingham Trent University in memory of one of its inspirational lecturers and authors. The gift by Dr John Ellis, who founded Exel Computer Systems Plc in Nottingham more than 30 years ago, and his wife Elizabeth, will help establish a memorial fund after their late daughter, Dr Pauline Polkey.

Dr Polkey lectured in English in the late 1990s, and co-authored two books: "Women's Lives into Print: The Theory, Practice and Writing of Feminist Auto/biography" published in 1999; and "Representing Lives: Women and Auto/biography" published in 2000. Dr Polkey passed away in December, 1999.

The funds will be used to establish The Dr Pauline Polkey Archive Centre, the Dr Pauline Polkey Archives and Special Collections, and The Dr Pauline Polkey Scholarships. Professor Edward Peck, Vice-Chancellor of Nottingham Trent University, said: "Dr Pauline Polkey is fondly remembered by colleagues as a great teacher and someone who made a real difference to both her students and our understanding of feminists' accounts of their lives and times. We are delighted to have the opportunity to celebrate Dr Polkey's work and achievements. "The opportunity to create an important and accessible archive of authors' works here at Nottingham Trent – and to help fund future stu-

dents to study these materials – is a significant development for the University and the City. We would not be able to invest in these priorities in the way we are if it were not for the generosity of John and Elizabeth Ellis. We are deeply grateful to them for choosing to support Nottingham Trent."

The Dr Pauline Polkey Scholarships will aim to help a number



Dr Pauline Polkey - Photo from Signing - 14 Dec 2017

dent to study these materials – is a significant development for the University and the City. We would not be able to invest in these priorities in the way we are if it were not for the generosity of John and Elizabeth Ellis. We are deeply grateful to them for choosing to support Nottingham Trent."

The Dr Pauline Polkey Archive Centre will be housed at the NTU School of Arts and Humanities. Mr and Mrs Ellis are also donating Dr Polkey's collection of books, which will serve as the founding gift for the new Archive Centre.

of Arts and Humanities students each year with the full programme being launched in September 2018.

What's the Stigma of Astigmatism?

The cornea (the clear window at the front of the eye) should be spherical to focus the light perfectly on the retina. A large proportion of us have some degree of astigmatism which is where the cornea is rugby ball shaped. Without spectacles the vision at all distances is blurry because half of the light hitting the retina is not in focus.

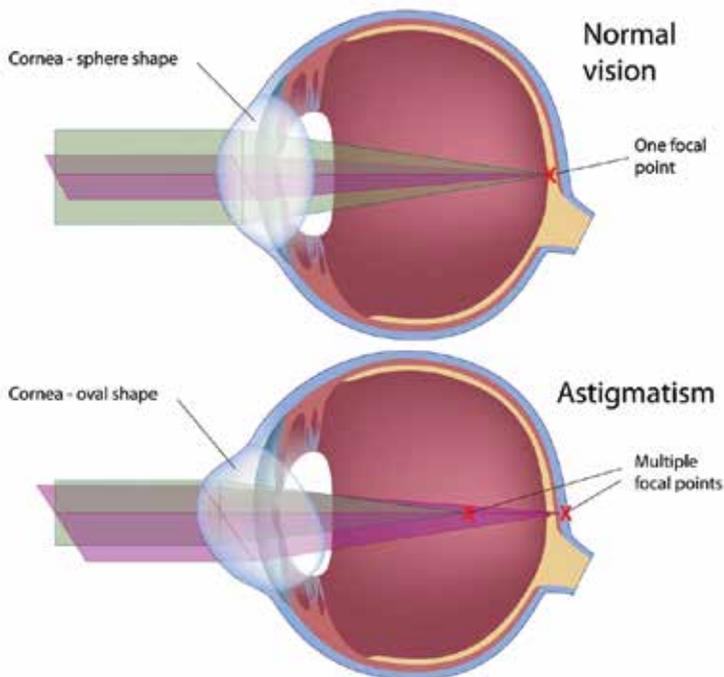
When we take a cataract out we correct the long or short sightedness but the astigmatism is unchanged. Sometimes the incision in the cornea can actually leave the cornea more rugby ball shaped than before.

If you have more than 1 dioptre of astigmatism (you can see how much you have by the second number in your spectacle prescription so for example a prescription of +1.0/-3.0D x 90 shows an astigmatism of 3 dioptres (D)) then this will significantly adversely affect your vision.

New technology means that we have the ability to correct your astigmatism by placing an intraocular

lens (IOL) in the eye at the time of cataract surgery which will counteract the curvature of the cornea. It will mean that your vision will be significantly better than with an ordinary monofocal lens. These lenses are called TORIC

IOLs and are specifically tailored to your eye. Using state of the art computer aided cataract surgery we can align the lens in the eye accurately to give you the distance vision you always wanted without spectacles.



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Welbeck Hall

Mother's Day

Spoil her this

Mother's Day

The celebration of mothers dates all the way back to the ancient Greeks and Romans, who held festivals in honour of the mother goddesses. Nowadays, as an early Christian celebration, Mothering Sunday is used as a day to praise the ladies in our family, showering them with gifts, treats and most importantly, love. On Sunday 11 March, show the women close to your heart just how much you care this Mother's Day and take a little inspiration from brands, boutiques and restaurants all within a short commute of Nottinghamshire, bound to provide you with ideas for that special someone.

If you want to keep things simple, flowers and chocolates are a safe go-to and are guaranteed to make your recipient smile. Also, a picture speaks a thousand words, so getting something personalised with a bespoke etching or photograph can make a wonderfully simple yet sentimental gift. Why not try something differ-

ent this Mother's Day with homemade cards, funky gifts or by booking an experience for someone special to enjoy?

A little thought goes a long way, so don't forget to remember the basics. Simply reminding your mum how much you love them with words and simple gestures can mean the world, so make sure to make time for the special women in your life this Mother's Day. Whether you want to splash the cash or you're counting the pennies – it's the thought that counts!

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Set to generate over £100,000 for Children's Charity

Nottingham-based property specialist SDL Group has revealed over £100,000 will be generated throughout 2018 for its chosen charity, The Donna Louise, which was kick-started at its annual conference last month.

The conference, which was held within the Football Association's St George's Park grounds in Staffordshire, welcomed over 300 delegates. These included SDL employees and business partners from across the industry, who gathered to hear the thoughts of some of property's leading professionals in the form of plenary sessions, keynote speeches and panel discussions.

Delegates were also introduced to SDL Group's chosen charity, The Donna Louise, and the services it provides children, young adults with life-limiting conditions and their families.

During the conference, a number of SDL Group's business partners committed to support the work of the children's charity through a variety of business pledges, including rounding up invoices, donating 1p for every £100 of income earned, and making a contribution for every new customer gained during the year ahead, which will raise £51,588.

People are also invited to participate in the SDL Tour: The Three Peaks. This will see teams travel through England, Wales and Scotland via

car, completing 5 trails, including a mountain climb, in order to win points and be crowned overall winner. The Tour will take place between the 27th and 30th April 2018.

Commenting on the conference and the fundraising efforts, Helen Ellis, joint director of employee engagement and customer insight at the SDL Group said: "SDL Property: 2018 brought together some of the sector's leading experts alongside our team and business partners provided a platform to share ideas and implement progressive thinking. Most importantly it provided the SDL Group with an opportunity to inform all delegates of the tremendous work The Donna Louise delivers daily, caring for children and young adults with life-limiting conditions and the support it offers to their families."



Bringing People Closer to Nature



Everyone should have the opportunity to experience the joy of wildlife as part of their daily lives.

Nottinghamshire Wildlife Trust is helping people of all ages and backgrounds to take inspiration and strength from our county's wildlife and wild places.

During 30 Days Wild (the UK's month-long nature challenge), hundreds of people signed up to do something wild every day in June - from giving nature a helping hand or simply noticing the nature in their gardens. Thousands of children took part in

inspiring sessions at our nature centres at Attenborough, south of the city and Idle Valley near Retford. More than half a million people visited our nature reserves across the county including Bunny Old Wood near East Leake, Besthorpe near Collingham, Rainworth Heath, near Mansfield, Ploughman Wood at Lowdham or Farndon Willow Holt near Newark. Thousand more enjoyed our events, such as Wildlife Watch

clubs for families, wildlife walks or wildlife identification courses or celebrity lectures. Hundreds supported the work of the Wildlife Trust by volunteering - helping us care for nature reserves, organising events, supporting our education delivery and helping raise funds so that we can stand up for wildlife. By providing opportunities for people to see, learn about and enjoy wildlife where they live, we hope to enhance people's lives and also to inspire them to take action to help wildlife here in Nottinghamshire. For details of Wildlife Trust events, volunteering opportunities and nature reserves in your areas, visit www.nottinghamshirewildlife.org.

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Freddie Flintoff to star in fat friends - the musical

Following his stage debut in November 2017 at the Leeds Grand Theatre, Andrew "Freddie" Flintoff will star in Fat Friends – the Musical at the Theatre Royal Nottingham for the first five performances, from Monday 26 to Thursday 29 March 2018. Freddie will play Kevin Chadwick opposite Jodie Prenger as his fiancée, Kelly.

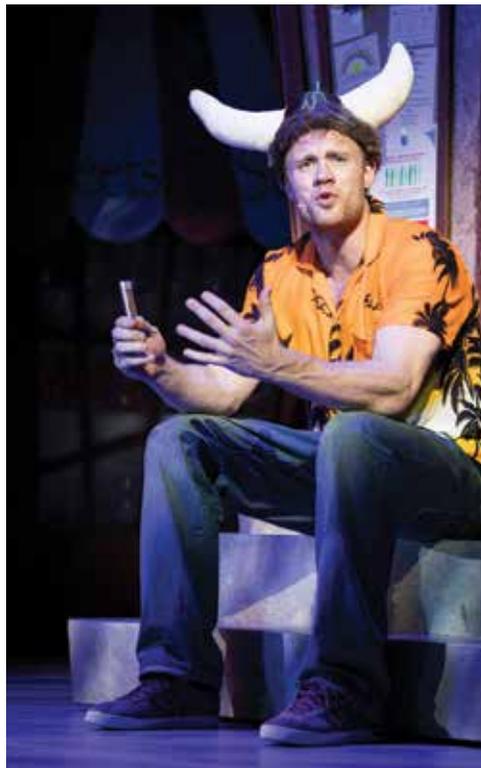
The production will continue to run until Saturday 30 March with WhatsOnStage Award nominee Joel Montague.

One of the world's most recognised cricket stars, Freddie Flintoff won the BBC Sports Personality of the Year award in 2005 after playing a pivotal role in regaining the Ashes from Australia. Since the Lancashire Lad's cricket career ended in 2010, he has forged a career as a much loved presenter and broadcaster. Appearing as a captain on Sky's A League of Their Own, being crowned King of the Jungle in the first Australian version of I'm a Celebrity Get Me Out of Here!, Freddie has also launched a clothing range 'Flintoff by Jacamo'. Having just filmed a part in Kay Mellor's new ITV series, this role will see Freddie continue to affirm his acting credentials after bowling over the show's creator,

Kay Mellor and composer Nicholas Lloyd Webber during auditions! Produced by Joshua Andrews and Adam Spiegel, with original music and songs composed by Nicholas Lloyd Webber, Fat Friends – The Musical will go on an extensive UK tour, visiting Bromley, Newcastle, Hull, Southampton, Sheffield, Southend,

Milton Keynes, Norwich, Manchester, Nottingham, Birmingham, Dartford, Edinburgh, Cardiff, Glasgow, Bradford, Aberdeen and Blackpool.

The 'weight' is over; packed full of warmth, life and weight loss, this brand new stage show reunites our favourite foodie friends in an original musical bulging with hopes, humour and heart. Join the infamous group of loveable characters as they are put through their Zumba paces at their local branch of Super Slimmer's by the lovelorn Lauren whilst Kelly fantasises about fitting into the wedding dress of her dreams. Fat Friends offers a generous serving of hilarious fun with a sprinkle of romance on top!



Theatre Royal Nottingham, Monday 26 to Saturday 31 March 2018. www.trch.co.uk, 0115 989 5555

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Melton Mowbray is excited to be holding its sixth Teenage Market in the Market Place on Saturday 31st March, from 10am – 4pm. The Teenage Market is a growing nationwide initiative to support local young people and transform town centres. The energy, diversity and vibrancy of the young people who take part in Teenage Markets is helping to breathe life back into high streets, town centres and market areas across the country. Shelagh Core, Melton BID Manager said "Melton's last Teenage Markets have been a huge success, with creative market stalls and a full line up of live music and entertainment throughout the day. It really is a great opportunity for young traders and

performers aged 13-21, showcase their creative products



and talents for free. At next month's Teenage Market we're looking forward to welcoming our regular Teenage Market traders, Signature Print Design and Beccas Design. We also have a fantastic musical line up throughout the day, thanks again to the support of Icon Music, including Mel Daniels, Ilouri Fours, Felix Langley-Evans and the cast of Buggy Malone, presented by the Performing Stars Academy.

To get involved, simply sign up on the Teenage Market website, www.theteenagemarket.co.uk Please also support our fantastic local young traders and performers by visiting the Melton Mowbray Teenage Market in the Melton Market Place on Saturday 31st March."



OUT AND ABOUT



World War II The Home Front Event Sunday 1 & Monday 2 April 2018



We are a comfortable, local, family-friendly coffee shop where you can relax with friends and enjoy good quality refreshments and let us take care of the washing up!



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For a taste of nostalgia for the whole family, step back in time to 1940's Britain with Crich Tramway Village, (near Matlock) WWII – Home Front Event this Easter.

Transport enthusiasts will love the historic war-time road and military vehicles, which will be on show and on the move, mingling with vintage trams, which visitors will be able to

ride on as often as they wish. There will also be a replica Spitfire on display, so have those cameras ready.

War time songs will be performed each day by popular professional entertainers, including Jayne Darling, Kev Mac, and Peter Wayre. Sign your children up for the Easter Egg hunt or for the brave, there's



the 'Bootcamp'. Event Organiser, Brian Roberts, said: "This is one of our most popular events. Visitors can expect air-raid warnings and the sound of low flying aircraft. You will need your identity card for a real taste of life during the Second World War."

General Admission prices are £17.00 for adults, £13.00 for seniors (aged 60+) and £10.00 for children (aged 4 – 15 years). A family ticket is available for two adults and up to three children for £40.00. You can save 50p per ticket by booking online at least 24 hours in advance. Full priced tickets are valid for 12 months (excluding later World War II events) or you can take advantage of reduced admission prices for that event day by dressing in 1940's Home Front costume.

Crich Tramway Village is open daily from 10.00am – 5.30pm (last admissions 4.00pm) until 2nd September 2018.

From 3rd September to 28th October the closing time will be 4.30pm and later opening times apply from 29th October – 3rd November 2018. There is free parking. For further information Tel. 01773 854321 or visit: www.tramway.co.uk.



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Friday 23 February 7pm Price As Per Menu - Dine Around the World - Habesha, 71-73 Alfreton Road, Nottingham, NG5 2FS
Monday 5 March 11am Price As Per Menu - Coffee Morning - Harper & Finch, 66 Bath Street, Derbyshire, DE7 8AJ
Friday 14 March 10.30am Price Free - Speakers Corner, Guest Speaker Sandy Leong - Eastwood Conservative Club, NG16 3BP
Tuesday 20 March 10.00am Price As Per Menu - Breakfast Club - Hole in the Wall - Main Road, Underwood, NG16 5GQ
Friday 23 March 7pm Price As Per Menu - Dine Around the World - Arunothal - Unit 2, Farleys Lane, Hucknall NG15 6DY
Tuesday 27 March 10.30am Price Free - Walk Kings Mill Reservoir - Sutton-in-Ashfield NG17 4PA

www.oddfellows.co.uk for membership enquiries 0800 028 1810
To book for any of these upcoming events, or to find out what else is coming up call Melanie on 0115 963 8766

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CROSSWORD

(Answers in Issue 261)

ACROSS

- 1 25-years married (6,7)
- 9 Abode (5)
- 10 Not in vogue (13)
- 13 Wicked (3)
- 15 Rotating air-cooler (3)
- 16 Brick partition (4)
- 18 Select only the best (fruit) of the bunch (6-4)
- 19 Relaxation (4)
- 20 Cooking fat (4)
- 23 Country walker (7)
- 25 Grade of nurse (6)
- 26 Snow runner (3)
- 27 Flipped a coin (6,2)
- 28 Gin, whisky, rum (7)
- 30 Winding roads (5)
- 32 Old witch (3)
- 34 A third copy (10)
- 35 Medicinal lotion (10)
- 37 Old horse (3)
- 38 To enter data (5)
- 40 Caravan in the US (7)
- 41 Healthy activity (8)
- 43 Pull along behind (3)
- 44 Over an illness (6)
- 45 Spanish holiday drink (7)
- 47 Outer membrane (4)
- 48 New or gold or tea (4)
- 49 Internal . . . engine (10)
- 51 Movie (4)
- 53 Sound receiver (3)
- 54 Attainment in years (3)
- 56 Mistake in text (8,5)
- 60 Near to home (5)
- 61 Scheme giving workers an agreed portion of a company's gains (6-7)

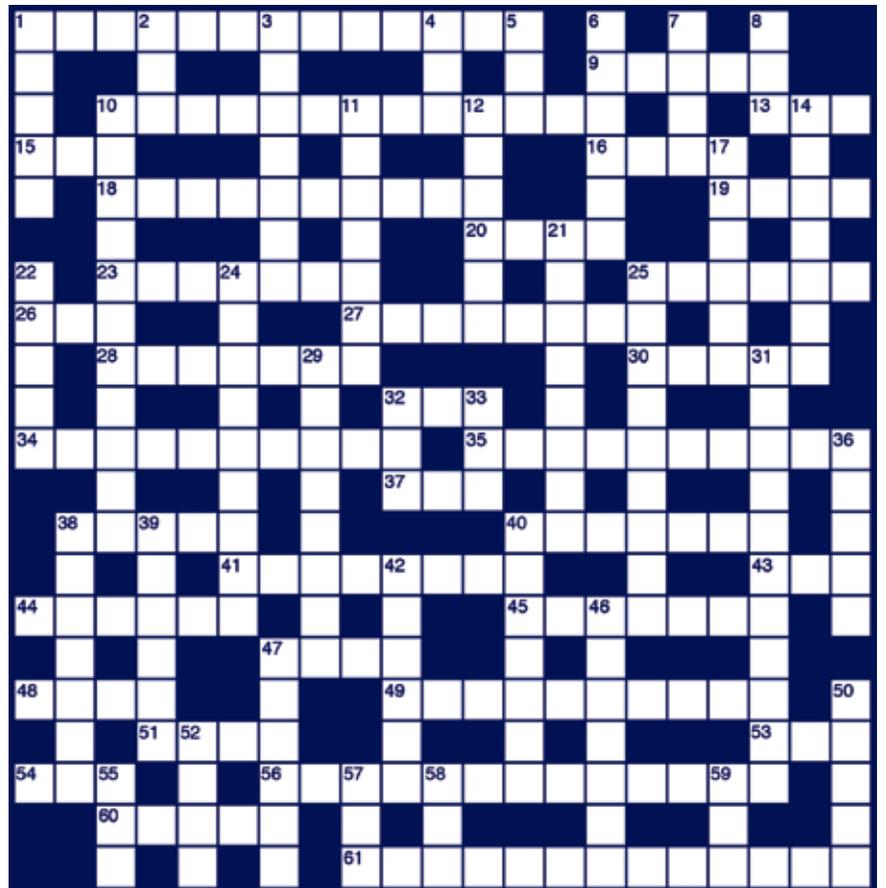
DOWN

- 1 Extinguish a candle (5)
- 2 Commercial vehicle (3)
- 3 Spendthrift (7)
- 4 Small hotel (3)
- 5 Talk a lot, yap (3)
- 6 Masticated (6)
- 7 Every seat taken (4)
- 8 Spider's snare (3)
- 10 Not typical of a follower of Jesus (11)
- 11 Brings from abroad (7)
- 12 Foot joints (6)
- 14 Gum infection (7)
- 17 Tutorial at school (6)
- 21 Room heater (8)
- 22 Royal racing venue (5)
- 24 Court lawyer (9)
- 25 Stamping in water (9)
- 29 A pause for a drink (3,5)
- 31 Showbiz performer (11)
- 32 Female bird (3)
- 33 Joke (3)
- 36 Top of the head (5)
- 38 Cold floating mass (7)
- 39 Disturb concentration or discourage intent (3,3)
- 40 Nuclear bombs and the environment treaty (4,3)
- 42 French stage dance (6)
- 46 Homesteaders (7)
- 47 Easy-peasy (6)
- 50 Fetch (5)
- 52 Skin irritation (4)
- 55 Boy fairy (3)
- 57 Naughty child (3)
- 58 As well as (3)
- 59 Rowing implement (3)

ISSUE 259 CROSSWORD ANSWERS

ANSWERS ACROSS
1 Bellows 5 Upsets 8 Mongrel 10 Nova 11 Grovel 12 Azure 14 Woe 15 Cathedral 16 Nape 17 Trip 19 October 22 Local 24 Snippet 26 Dump 28 Libra 29 Pastry 31 Stride 33 August 35 Select 38 Until 39 Bent 40 Archery 43 Kiosk 45 Luggage 47 Fact 49 Male 50 Digestive 53 Aid 54 Nanny 55 Hard-up 56 Ammo 57 Nursing 58 Pelmet 59 Elderly

ANSWERS DOWN
1 Boozer 2 Lane 3 Smart 4 Blowlamp 5 Urgent 6 Scorpio 7 Salt-cellar 9 Rear 13 Hearsay 15 Cute 17 Trade 18 Pomp 20 Bolt 21 Miss 23 Cabbage 25 Exile 27 Maestro 28 Left 29 Peal 30 Sugar 32 Bucket shop 34 Trek 35 Stylist 36 Long 37 Stoot 39 Beef 41 Cladding 42 Wage 44 Stardom 46 Teapot 48 Canary 51 Gear 52 Image 54 Nose



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A GREAT ESCAPE

If you're looking for the perfect place to get away, head to Lincolnshire for a vast range of scenic countryside, fabulous tourist destinations and lots to do and see. Choose from a glorious selection of towns, all offering different points of interest to their visitors from an educational trip to an active long weekend. Whatever you seek from your break, Lincolnshire has something for you. Enriched with history and culture, the river port and market town of Gainsborough once played host to Henry VIII in 1541 on his journey to York. To this day, the 18th century buildings still stand tall, preserving the traditional beauty of this quaint market town. Now full of shops and cafes this town provides the perfect background for the hustle and bustle of life today whilst still boasting historic jewels

such as Gainsborough Old Hall, where you can climb to the top of the tower and admire scenic views over the River Trent.

One of the greatest and most popular Victorian spa resorts in the country, the waters running through Woodhall Spa offer cleansing properties, enriched with natural salts and other elements.

The Kinema in the woods is one of the few back projection cinemas in the country which even offers light entertainment on an original Compton Organ. The Hotchkin Course (ranked 43rd World Golf ranking) provides a challenge to many top ranking golfers. Encased by breathtaking surroundings, the landscape offers a tricky yet thrilling game.

Visit the Cottage Museum, which has a Tour-

ist Information Centre to discover more about the village, its history and involvement in World War II.

Head to Jubilee Park for stunning walks, cycling routes or get active with a game of tennis, bowling or cricket. For something to entertain the kids, play in the heated outdoor swimming pool or children's play area. Located between two rivers, Waring and Bain, the Roman town of Horncastle hides lots of rich history and culture. What was once a flourishing town in the Middle Ages is now overflowing with antique shops, furniture stores and other locations which commemorate the past. With the ease of access via railway and the close proximity of everything you need, you can stroll through the town centre and find everything you might desire. From traditional public houses for pub grub, refreshing drinks and live music in pretty beer gardens to stores, grocery shops and newsagents which all showcase their original 18th- 19th century buildings.

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stunning caravanning and camping sites along with the famous Fantasy Island theme park are just a few fantastic assets that make up this seaside paradise. From bed and breakfasts and luxury hotels for those spontaneous long weekends to renting a caravan or holiday home for a bit more personal space – Skegness has something to suit everyone's fancy, including a Butlins resort. Visit the Tower Gardens for a stroll amongst the flowers and get involved with the free events and activities for kids they host all year round! For an exciting alternative, head to Fantasy Island theme park for a selection of rides, fun fair snacks and exciting markets full of souvenirs to take home with you. For younger children, try donkey rides on the beach or a trip to Natureland to admire the baby seals and penguins. Offering a bustling city atmos-

phere, perfect for a day, out Lincoln is home to everything from relaxing retail therapy to an exciting history lesson. The city's most prized gem is Lincoln Cathedral, a fine example of Gothic architecture in the heart of Lincolnshire. Located opposite, across a picturesque square is the Castle - both of these buildings play a huge part in Lincoln's rich heritage and are available to visit. The Collection, the Museum of Lincolnshire Life and Lincoln Guildhall are just some of the attractions across the city which reveal more of Lincoln's history dating back to Medieval times. A vibrant high street with shops, restaurants and independent businesses makes Lincoln a top tourist destination. The shopping centre is home to well-

known brands we all love as well as some new and exciting names. Relax with a beer in the pub or experience fine dining with delightful waterside views. As the capital of the Wolds, Louth is the heart of the countryside and lives up to its name by offering a thriving agriculture and product base from award winning butchers and grocers to bakeries and more – you'll find something to your taste at a Louth market.

Visit St James' Spire, a 500 year old, 295 foot high church which crowns the town of Louth. Perhaps venture to Hubbard's Hills, an area of naturally formed parkland sat on the edge of the town that provides a gorgeous place to take the dog, plan a picnic or enjoy a stroll in the tranquillity. The local farmers and markets deliver fresh and delicious produce to the area regularly, from eggs and meat to vegetables and more.



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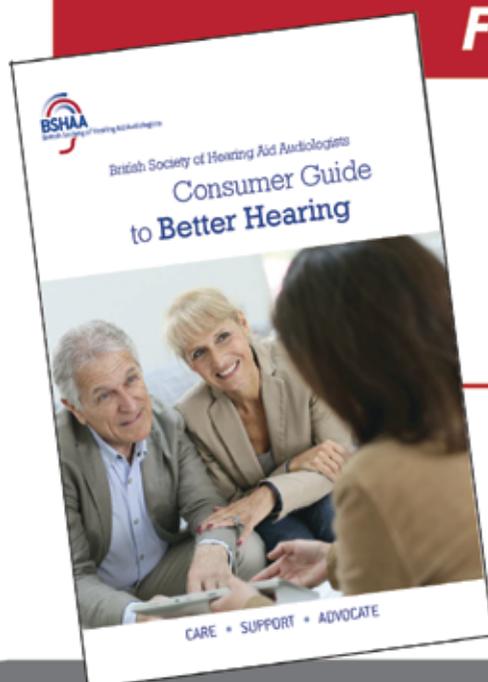
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3 March 2018 World Hearing Day

www.who.int/world-hearing-day

World Hearing Day

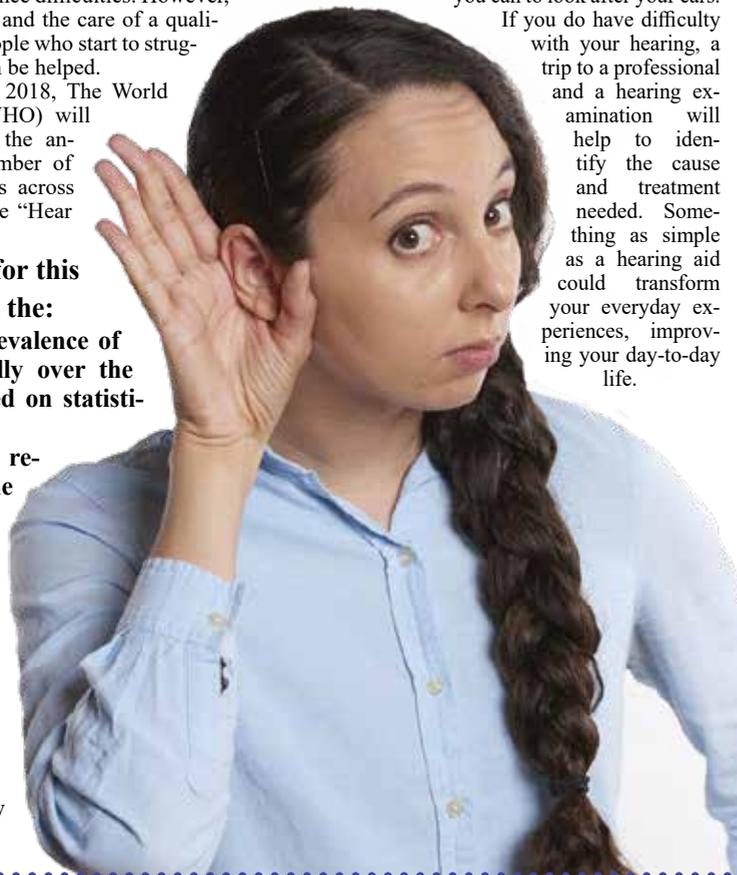
World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Hearing plays an essential role in every aspect of our lives but we often take it for granted – until, that is, we start to experience difficulties. However, with modern technology and the care of a qualified audiologist, most people who start to struggle with their hearing can be helped.

On World Hearing Day 2018, The World Health Organization (WHO) will draw attention towards the anticipated rise in the number of people with hearing loss across the world with the theme “Hear the future”.

The key messages for this event will highlight the:

- expected rise in prevalence of hearing loss globally over the coming years (based on statistical projections);
- efforts that are required to stem the rise through appropriate preventive action;
- need to ensure that people with hearing loss have access to the required rehabilitation services and the communication tools and products they require.



Roughly 1 in 6 people have difficulty with hearing loss, and events like World Hearing Day are important reminders to make your hearing health a priority. With hearing taking part in our everyday lives, from social, family and work life, it is essential to make sure that you are doing all you can to look after your ears.

If you do have difficulty with your hearing, a trip to a professional and a hearing examination will help to identify the cause and treatment needed. Something as simple as a hearing aid could transform your everyday experiences, improving your day-to-day life.

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Sat
3rd March
2018

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Correct Hearing

Correct Hearing is one of Nottingham's leading independent hearing healthcare providers. The business was founded nine years ago by Sarah Vokes, a highly qualified and skilled hearing healthcare practitioner. Before establishing Correct Hearing, Sarah worked with the NHS and with a leading National hearing aid company, where she gained a breadth of experience in all aspects of hearing healthcare provision. The business now employs two audiologists as well as a very efficient support team.

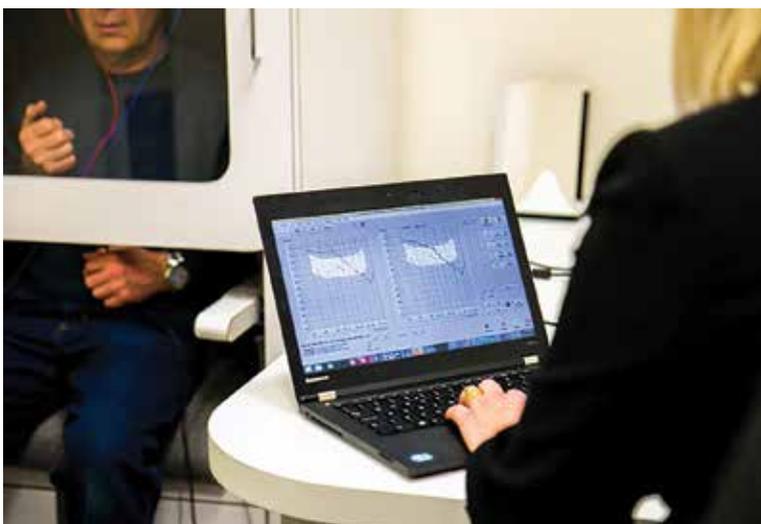
Sarah comments, "At Correct Hearing we believe passionately that people's hearing is important to their general health and well-being. Many of us take our hearing for granted, and even when we begin to realise that it isn't as good as it used to be, we tend not to do anything about it until it gets really bad. Yet being able to hear well is central to our enjoyment of life.

Today we are very fortunate that new and ever improving technology is available to address most people's hearing loss,

which has developed as part of the normal process of getting older, acquired from exposure to loud noise or for some other reason. However, hearing aids are just tools in the hands of the Audiologist, and in and of themselves they won't help much. Unless there is a proper assessment of someone's hearing and their hearing environment, they could easily be prescribed the wrong instruments. Ongoing service, regular reviews and adjustments when necessary are also vital to getting the very best from the hearing aids they've purchased.

At Correct Hearing our business

isn't really about selling hearing aids. It's primarily about working closely with our clients to improve the hearing they've got to be the best it can be. This does involve, in most cases, fitting them with the latest technology, finely tuned to suit their hearing needs. And the sooner we start addressing someone's hearing issues the easier it is for us to achieve good outcomes. At Correct Hearing we offer comprehensive hearing tests, that are totally free and without obligation, because we want as many people in our community to take their hearing seriously."



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Weddings

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No need to book, just turn up between 10am - 4pm



WEDDING FAIR

25th Feb - Wedding Open Day

Head Over Heels



Your big day is all about finding the perfect match – but this doesn't just apply to your partner. It is just as important to find the right pair of shoes to carry you down the aisle so you can take your first step as a married couple with confidence, comfort and grace.

Here are just a few top tips that will help make your wedding run smoothly:

Choose Wisely

Think about the venue, the dress and the decor – if you're having a wedding on a flat surface then a stiletto heel is perfect, but if you're getting involved in with something more

rural then some back up 'wedding boots' may be a wise investment! The best advice here is to think practically and prepare for anything.

On Point

It's also important to know you're limits. If you wear tall heels daily then this is a better time than any to strut your stuff, but those who are not as well practiced in the stiletto arena may benefit from a shorter heel. Wobbling around in a shoe that is too high for you can spoil your special day and make your first dance difficult.

Wear Them In

Most of us are guilty of ordering an outfit especially for an occasion and only wearing it once, however this is not a fashion to follow with your wedding shoes. Not wearing a pair of heels until the big day could be a painful mistake! Make sure to get plenty of practice by wearing them around the house before the wedding to bed them in, making them more comfortable.

If The Shoe Fits

Our final tip for any brides-to-

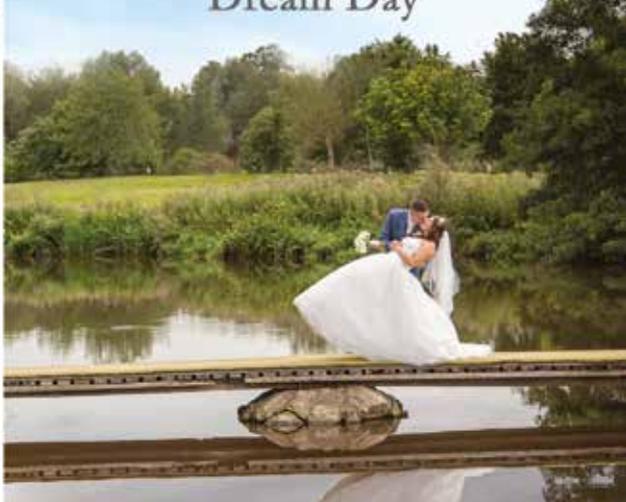
be is to make sure that you love your shoes. Your wedding shoes should be the glass slipper to your Cinderella – so don't settle for anything less than perfect. Take fabric swatches of your dress to make sure that your shoes compliment your outfit and don't clash.

Follow these tips and fall head over heels for your perfect pair!



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Weddings

'To do' before 'I do'



Planning for one of the biggest days of your life is incredibly exciting but there's no doubt that it can just as easily become overwhelming. With colour schemes, centre pieces and save the dates being just the tip of the iceberg in terms of everything that goes into the perfect big day, it's time get organised and plan ahead for those spring/summer weddings. When it comes to planning the event itself, the internet is a great place to start, with sites like Pinterest offering all kinds of inspiration on every aspect of the day and free check list tools to help you keep on top of all the finer details. Wedding fairs are another great way to

go. From the dresses to the decorations and favours, fairs like Mansfield's East Midlands Wedding Spectacular on 31st January are ideal for couples looking to find everything under one roof. Nottinghamshire has everything from humble registry offices to grand country halls and hotels perfect for any wedding but with couples booking dates months and even years ahead of their big day, the venue is one of the most important details to book in advance. The Nottingham Country Council's website makes finding the perfect place to say 'I do' that little bit easier with its venue breakdown, featuring pictures and descriptions of some of Notting-

hamshire's most picturesque settings. And for the more organised planner looking ahead of the wedding to the honeymoon, there really is no better time to book it. With the January sales meaning discounts on a huge number of flights and hotels there are great savings to be made on post-wedding trips perfect to continue the marital celebrations. So while there's a lot to get your head around when it comes to planning a wedding there is plenty out there to help you get organised and take the pressure off for a planning experience to remember but more importantly to enjoy.

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Education and Training

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Intu is inviting aspiring astronauts and space explorers to its very own 'Space School' where they will be challenged with themed activities including: trying on a space suit, moon rock making, planet painting and filling in an astronaut checklist.

Nigel Wheatley, general manager for the two Intu centres in Nottingham said: "Our free family-friendly half term activities are a brilliant way to help keep the kids amused during the school holidays - without spending a penny! "We all know a little one who

fancies themselves as a mini astronaut, and we think our 'Space School' is the perfect way to inspire and delight them. There are lots of great activities which will form part of the school, allowing children to learn a little bit more about outer space.

"Children enrolled in 'Space School' will go on an adventure through the centre, to hunt down special space clues, and once they've completed the activities they will be presented with their own astronaut certification! "Also, don't forget to take your mini space cadets around our

in-centre walking trails and snap us a pic using #intuFitnessTrails for a chance to win a £50 Intu Gift Card and get a little more active."

The 'Space School' will run from Monday 19 to Friday 23 February and will take place on the lower mall outside of Boots. All space school ac-

tivity will take place from 11am to 4pm daily. For more information visit: intu.co.uk/victoriacentre/events/5-4-3-2-fun

Families can enjoy a half term of 'out of this world' fun at Intu Victoria Centre from 19-23 Feb, as Intu hosts a range of free intergalactic activities for local children

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WEBS have a long history, still operating today delivering apprenticeships and training in range of furniture trade / business related occupations providing a 'one stop shop' for employers. Based in Beeston, Nottinghamshire, WEBS currently have around 170 apprentices, attending the centre either on day release, block release or a combination of both, based on the needs of the 80 employers they work with.

With Apprenticeship week being the 5th to the 9th March, it is good to celebrate the success that past apprentices have had. 95% of WEBS Training Officers are past apprentices, who have worked in the furniture industry with employers such as Acclaim, Duresta, Permabond and Welbeck House and as such have a wealth of industry experience to pass on to learners. Additionally past apprentices have developed their careers to become senior managers or set up their own businesses, now taking apprentices of their own

Jason Scrivener, Welbeck Frames Division Manager, remembers starting his career at Welbeck and his apprenticeship with WEBS in the early 90's.

Jason took a Wood Machining Apprenticeship, gained his Level 2 in the trade and enhanced his skills with a French Polishing course. He worked on the tools for 10 years, applied for a supervisory role, eventually becoming manager of the frames division 12 years ago. Jason now has 25 years' service with the firm, which should reassure those interested in starting an apprenticeship today that they could have a long and promising career ahead of them.



Jason Scrivener

EDUCATION, TRAINING & APPRENTICESHIPS

The Road to Success

Will you be taking part in National Apprenticeship Week?

National Apprenticeship Week 2018 takes place from 5 – 9 March and will be a celebration of apprenticeships in England. The theme for National Apprenticeship Week 2018 is 'Apprenticeships Work', designed to showcase how apprenticeships work and offer benefits for individuals, businesses, communities and the wider economy.

During National Apprenticeship Week employers and apprentices from across England will come together to celebrate the success of apprenticeships, whilst encouraging even more people to choose an apprenticeship as the pathway to a great career. The National Apprenticeship Week events map, found on the gov.uk website, will highlight the array of events scheduled to take place during this celebratory period. From practical trades such as construction and hairdressing to office jobs and computer work – there is an apprenticeship designed for everyone!

The events map from National Apprenticeship Week 2017 held information on over 500 events, including the launch event hosted by Barclays with Secretary of State Justine Greening, an 'apprentice take over' event at the House of Commons with over 150 apprentices, the Skills Minister visiting Cross-rail and meeting apprentices as well as many careers events and business breakfasts across the country.



How can I get involved?

From individual participation and attendance at the events to involving your business and gaining recognition for your business' support for apprenticeships – we can all play our part this NAW!

The primary objective is to educate the community on the positive impact apprenticeships can have on individual apprentices and

their employers too, as well as the benefits they generate for the wider economy.

There are so many different ways to get involved, find something which is right for you.

Host an open day at your business or suggest the idea to your boss, to publicise the fantastic work and learning that takes place on an apprenticeship course.

Spread awareness of the event with the official hashtag on social media - #NAW2018. You can do your part by making a simple post and helping to change the future for apprenticeships.

Download the graphic from the NAW2018 official website and share it with your friends to raise awareness for the week. Give teachers and older school pupils the chance to explore your business and look into the apprenticeship courses you or your company offers for a chance to shape their future.

For schools and colleges, maybe you could make a presentation explaining the benefits of an apprenticeship and look at some of the different trades which offer this qualification.



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care



If you have recently experienced the death of someone who was important to you, you might be finding it very difficult to adjust to the immense changes happening in your life. Bereavement is the time we spend adjusting to this loss.

Dealing with the loss of a loved one is no easy task, and unfortunately, it is something that most of us have to go through at some stage. It is important to remember that there is no standard time limit and there is no right or wrong way to feel, every individual is different and must learn to cope in their own way.

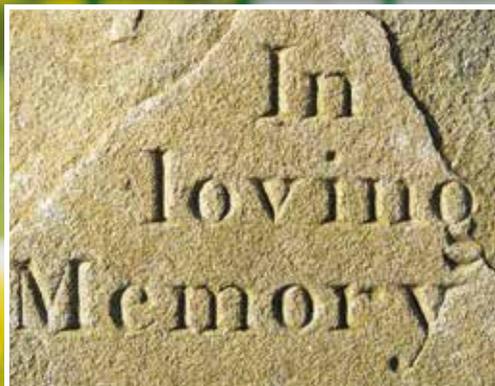
Coping with bereavement can be a difficult time. We each experience a unique journey along with varied processes in order to deal with the emotions of losing someone and different people cope in different ways. This being said, it is still important to make sure that you are managing the bereavement process in the most progressive way possible to ensure a healthy mental and emotional recovery.

Allow yourself time to grieve. Feeling sad is a healthy and natural part of the grieving process and sadly, it's something you have to acknowledge. Nobody can predict how long this will take, so it is important to allow yourself time to deal with your emotions and not ignore or suppress them.

Friends, family and loved ones are all there to support you through your time of need. If you're struggling, be honest with not only yourself, but the people closest to you and get help by talking about how you feel, whether it's to a friend, professional counsellor or support group.

The funeral may one of the last things you want to think about when dealing with the loss of a loved one, but it is a final chance to say goodbye and pay your respects. If you have the opportunity to get involved with the planning, you may be able to choose a flower arrangement, request a sentimental song, do a reading, or even just help the family with the final preparations and offer your support.

It is important to remember that there is no easy fix when it comes to coping with bereavement. Remember that your loved ones are there to support you, funeral providers will help you create a special send off, and there are a variety of specialist support groups available for those who feel they need some extra help coping with bereavement.



Coping with Bereavement



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P	I	D	F	U	Q	L	D	G	J	W	T	N	I	O	I	Z	Relax
W	J	I	X	V	O	T	Z	N	L	I	E	C	V	M	F	Q	Team
N	P	L	A	N	O	I	S	S	E	F	O	R	P	Y	P	Q	Community
R	O	G	L	E	N	S	U	S	S	S	D	M	L	S	B	O	Trusted
G	F	N	E	X	G	A	Y	U	L	H	S	D	L	J	W	G	Respectful
T	V	I	R	V	W	F	L	E	Q	I	N	Q	R	V	O	D	Safe
R	E	R	Y	Y	E	E	I	X	T	E	B	T	W	C	N	J	Caring
R	O	A	E	D	L	P	M	W	I	R	N	H	B	R	U	H	Professional
P	R	C	M	Y	C	V	A	R	W	Y	U	J	L	W	F	T	Welcoming
M	A	M	J	V	O	K	F	W	R	V	T	S	O	V	K	B	Fun
R	F	W	D	V	M	T	T	V	R	S	K	Z	T	Y	M	R	Kindness
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Swimming Instructor is on Crest of a Wave After Knee Surgery

A swimming instructor is riding on the crest of a wave thanks to knee surgery at Woodthorpe Hospital.

Tracy Fisher is looking forward to life in the fast lane again following her knee arthroscopy surgery and is on track to start cycling and swimming.

The 53-year-old, of Clifton, had been suffering with her knee for years which had deteriorated due to swimming and cycling.

It reached the point where she couldn't cycle without pain and it was starting to affect her mobility so she went to see her GP.

Tracy was given a choice of hospitals to be referred to but she chose Woodthorpe which was highly recommended to her by a family member.

She met with hip and knee specialist Nitin Badhe who gave her some injections first to ease the pain before agreeing a date for her arthroscopy surgery to fit in

around her holiday.

Tracy said: "I'd been having trouble with my knees for some time and after having an MRI scan it was suggested that an arthroscopy would be beneficial to me.

"I was pleased to meet Mr Badhe who explained everything thoroughly to me and gave me some injections before giving me a surgery date which was arranged around my holidays and work commitments.

"Everything went very smoothly and Mr Badhe and all the staff were extremely friendly and helpful throughout the

whole process."

Tracy is already benefiting from the knee surgery which has made a big difference to her.

She said: "As a swimming instructor I've struggled to do demonstrations on the side of the pool but I'm getting back to that now and I've also been in the water as well a couple of times which has helped with my recovery.

"I'm also getting back to going cycling again whereas before I couldn't ride my bike at all so it's great and I'm pleased I had the surgery."



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Property

A Blank Canvas

Whether you're thinking of taking your first step on the property ladder, want more space or are looking to downsize after no longer needing a large family home – there are a range of new build property developments out there which provide a number of benefits for potential residents. Among the many advantages of buying a new-build home are perks like guarantees, personalisation opportunities and incentives.

A guarantee is one of the most appealing things about buying a new build property. Since new-builds are built to meet the latest specifications, new-build homes come with a 10-year NHBC warranty covering structural defects and developers often provide their own



warranty, so you know that your latest investment is covered should anything go wrong once you move in. A blank canvas for you to personalise, new-builds offer a great opportunity to create your dream property. With personalisation offers often available when buying

off-plan, you may be able to choose your fixtures, finishes and add additional extras.

Incentives are another fantastic perk of a new-build. With the Government offering a number of opportunities for first time buyers, including the Help to Buy loan scheme and Starter Homes Initiative. However, there are also benefits for existing home owners; including Part Exchange offers to help you

move property. Finally, with no upward chain, it is often easier to purchase a new-build, meaning you can move into your dream property even sooner. For more information on your desired development, get in touch with the sales department to arrange a tour of a showroom and discuss pricing.

Final New Home at Mansfield Development



Nottinghamshire homebuyers looking for their dream home should enquire quickly as there is only one home remaining for sale at Rippon Homes' popular Oakham Gardens development.

Located on the outskirts of Mansfield, Oakham Gardens is a development of 25 stylish properties. The last remaining home is plot 14, a stunning four-bedroom detached "Arlington" style. Ideal for family living, The Arlington offers a spacious fitted kitchen/dining area, with French doors leading onto a private fenced and turfed rear garden. There is an integrated garage and a downstairs cloakroom, as well as a spacious lounge also on the ground floor.

The first floor comprises four bedrooms, an en-suite to bedroom one and a family bathroom off the landing. The property also benefits from parking for two cars on the driveway with a side access gate to the secure garden area.

Ian Dyke, Managing Director at Rippon Homes said: "Oakham Gardens has proven to be a popular development with families, as the homes offer spaciousness and a secure garden where quality family time can be spent. "There are plenty of nearby schools as well as leisure facilities, including a cinema, swimming pool and bowling alley. The beautiful Sherwood Forest, Sherwood Pines, Clumber Park

and Rufford Park are just a short drive away, each the perfect place for a family day out."

Oakham Gardens is also ideal for commuters and young professionals, as it is within easy reach of the A60, A38 and M1 for travel to Nottingham, Lincoln, Newark, Derby, Leicester and beyond. Mansfield also has its own train station, which offers good rail links.

Priced at just £221,000, The Arlington is available to purchase with the Help to Buy scheme or Rippon's own Sales Assist scheme.

For more information about the final home remaining at Oakham Gardens, please visit www.ripponhomes.co.uk or call 07899 981316.

Landa Grove Park, Tuxford.

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Garden Living



More space. This is pretty high on anyone's wish list when it comes to home improvements. But space can come with a hefty price tag; the traditional extension often means expensive building work, planning permission and upheaval.

In recent years however, garden buildings have exploded on to the UK market, providing a cost effective, stress free and stylish alternative. Used by savvy homeowners as offices, dining rooms, private gyms, or playrooms, garden buildings can give you that space you've always dreamed of, for a fraction of the cost of an extension.

With so many to choose from, we spoke to garden buildings experts www.shedstore.co.uk, who specialise in beautiful, stylish and practical exterior rooms to suit every budget, garden and taste.

An office with a view

"Log cabins are a popular choice for exterior space, particularly for those who are looking to create a home office," says www.shedstore.co.uk. "If you're currently working out of a spare bedroom, setting up a dedicated home office in a log cabin will enable you to work effectively away from the distractions of your household, and mean you get your spare room back. Working in a high quality building surrounding by your beautiful

garden is a definite step to a healthier work life balance." Log cabins are also a great space for entertaining, particularly in the summer months when a veranda means you can really bring the outside in.

Playtime

Another popular use for garden buildings is as a playroom, providing children with an imaginative and independent place to play and explore, and space to store the plethora of toys and games.

"Playhouses are a child's dream, with many on the market including charming features such as Georgian style windows, rustic door furniture, scalloped barge doors and stable doors," says shedstore.co.uk. "Larger playhouses even feature two storeys, verandas and slides, to really increase the wow and fun factor."

Fitness factor

Who wants to schlep all the way to the gym after a day's work? Not us. Especially when instead you could wander through your garden to your very own state of the art private gym. That sounds more like it.

Shedstore.co.uk is a leading online retailer of quality garden buildings, sheds and storage, offering one of the largest selections sourced from the UK's top manufacturers. Call 0333 003 0518 for friendly and helpful advice.

Top Tips

- Decide where you will situate your building and measure up accurately. Don't be tempted to go too big - your building should be a feature in your garden, rather than dwarf it.
- Decide how you want to use your garden building, and then choose one that's fit for purpose.
- Check that playhouses meet safety standards.
- Check the manufacturer's warranty and make sure you know what is included with the building. For example, some don't include roof coverings.



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Bringing Your Kitchen to Life



With spring around the corner, now is the perfect time to start creating your dream kitchen.

The heart of the home, the kitchen is where we entertain friends and family, prepare meals for loved ones and socialise – so it is important to have a space that is inviting, functional and stylish. Since the company was established back in 2006 in London, Benchmarx have grown into thriving kitchen specialists with over 110 branches, earning themselves a reputation for being one of the UK's leading suppliers in their field. Open since January 2016, the Nottingham branch offers everything you need to create your dream kitchen, including appliances, flooring, worktops, doors and joinery. This extensive range, combined with a free design service, is available to help you plan your dream kitchen – turning your ideas into reality.

Choose from a huge selection of appliances, flooring and joinery options to build the kitchen space that works to your needs and budget by working alongside a team of professional

kitchen designers to plan your space and put your kitchen renovation into motion. Creating kitchens that are built to last means that all products also come with comprehensive guarantees, with five year guarantees on fascias and lifetime guarantees on all cabinets for your peace of mind and a service you can rely on.

Offering a great deal on kitchens and appliances, Benchmarx Nottingham is offering readers an additional 5% off purchases made on or before 28 February 2018 when they present this advertisement at the till before purchase.

Winners of the reader voted Dream Kitchen House Beautiful Awards 2017 for the beautiful Chelsea Kitchen; the specialists offer a range of stunning designs from the traditional to the contemporary, guaranteed to make your kitchen the heart of your home once again. With a range of services available including a free

home survey and free design appointment, you can arrange for a trained professional to come round and measure up and talk to a member of the design team to get ideas and advice on how to create your dream kitchen. Go to www.benchmarxkitchens.co.uk, call 0115 9869725 or visit the Nottingham branch located at Unit A1, Gateside Road, Queen's Drive Industrial Estate, NG2 1LT for more information.



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Home Improvements

Prioritise Your Property

They say 'the home is where the heart is', so spending the time and money creating the perfect home should be at the top of our priorities.

However, busy work lives and other expenses often mean that those all-important home improvements often get pushed back. Make your home more welcoming by taking a few simple steps to improving your property.

A home health check is an essential start – assessing essentials such as your heating, facilities and home security are all important steps to this process. A splash of colour could revive an old space and brighten your home. A lick of paint is one of the easiest and most budget-friendly ways to freshen up your home and garden. Whether it's touching up a few walls or up-cycling an outdoor furniture set, it's an easy way to breathe



more fore-thought 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.

Take note of other factors that could be improved such as your heating, loft insulation and

fresh air into your surroundings. A simple splash of colour can rejuvenate a space and create a whole new ambience – why not switch up your theme colour by swapping your cushions and introducing a few new ornaments?

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

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 in 2018, don't forget to talk to a professional to get the best advice and inspiration.

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