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Nottingham Nurse Makes National Shortlist



Liz Charalambous

A Nottingham nurse has been shortlisted for a HelpForce Champions national award, for supporting the work of health volunteers at Nottingham University Hospitals NHS Trust (NUH).

Liz Charalambous, a staff nurse on ward B48 (Health Care of Older Persons), has encouraged volunteers to get involved in the Prevention of Delirium research project (POD) at the Queen's Medical Centre.

The work by Liz and clinicians on HCOP wards trains volunteers to spot signs of delirium in elderly patients. Since implementing the project, this combined approach between staff and trained volunteers has driven huge improvements in delirium prevention, contributing to a reduced rate of falls on two HCOP wards at QMC. This study has resulted in NUH ranking in the top two of the hospitals who participated in the nationwide study, generating further funding to help implement changes on other wards.

Kerry Harper, Head of Voluntary Services, nominated Liz in the 'Outstanding Staff Champion

of Volunteers' category. Kerry said: "Liz is truly an outstanding and inspiring individual, who understands the importance of

"I was really surprised to be nominated, let alone shortlisted for this award. You just don't expect it!"

volunteers and their worth. With the success of the Prevention of Delirium project, she is helping us to explore further idea for volunteers to become involved with such as EndP/Paralysis and Hospital Elder Life Program (HELP)."

Liz, who has been a nurse for 35 years, said: "I was really surprised to be nominated, let alone shortlisted for this award. You just don't expect it! Having more volunteers trained to be able to help on wards is going to contribute to the experience of older patients, particularly those with dementia. The volunteers at NUH are a fantastic team and we are lucky to have them."

Liz is currently studying for her PhD, thanks to funding by the Nottingham Hospitals Charity. Her

final thesis explores how volunteers can support patients with dementia and memory loss.

She added: "It is so refreshing to work with volunteers who come in to the hospital every day and who have different motivations. It is extremely heart-warming and shows what real human nature is, to get up each day and want to make a difference as a volunteer." Winners will be announced at the HelpForce Champions award ceremony in London on Thursday 8 November.

Schoolchildren Keep Broxtowe Clean and Green

Schoolchildren from Beeston Fields Primary School are helping to make Broxtowe Borough a cleaner and greener place as they joined in with a special litter picking and tree planting event in Beeston last week. See story on page 2.



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Schoolchildren Keep Broxtowe Clean and Green

Schoolchildren from Beeston Fields Primary School are helping to make Broxtowe Borough a cleaner and greener place as they joined in with a special litter picking and tree planting event in Beeston last week.

Pupils from Year 5 joined Mayor of the Borough of Broxtowe, Councillor Derek Burnett BEM and members of Beeston and District Civic Society at Broadgate Park on Wednesday 24 October for the event as part of the Council's Clean and Green campaign.

Whilst the Civic Society plants an oak tree and take part in the litter pick, the children planted two Mountain Ash trees and daffodil bulbs. The trees are the first planted as part of a new initiative to plant 1,000 new trees every year in the Borough over the next five years.

Chair of the Leisure and Environment Committee, Councillor Shane Easom said: "This event is really exciting because it really shows what our Clean and Green campaign is all about – everyone from all ages and backgrounds doing their bit. The campaign, together with our Pride in Parks scheme to invest £500,000 in the Borough's parks and open spaces over the next two years, as well as our tree planting initiative is a fantastic investment in the Borough to ensure we protect the environment for future generations."

Claire Lindsay, Head Teacher at Beeston Fields Primary & Nursery School said her pupils were delighted at the opportunity to take part. "This project mirrors our own philosophy of caring for the



spaces around us and being proud of our community. Not only do the children love to take part, they enjoy the satisfaction it brings to see the positive changes they are making."

NOTTINGHAM CASINO GIVES BACK TO LOCAL CARERS

To mark the arrival of daylight-saving hours, Grosvenor Casino Nottingham is rewarding the most deserving of the extra hour with a unique charity initiative for local carers.

As clocks turned back

on Sunday 28 October, the Byron House-based casino is recognising the long hours and hard work that unpaid carers do to look after others by offering them the gift of an extra-special Christmas package, with 'Care O'Clock'.

Providing a free Christmas dinner, two free drinks and a 'learn to play' session, the first few to take advantage of Care O'Clock can come into the casino on their chosen date to enjoy a rare opportunity of some festive 'me-time'. The event is being delivered through Grosvenor Casinos' partnership with Carers Trust, which works to support unpaid carers across the UK.

Daren Brain, General Manager at Grosvenor Casino Nottingham, said: "We're passionate about our fundraising activities that support carers and the incredible work they do."

Carers who would like to take part in Care O'Clock can register via their local Carers Trust carer's service. Details of where to get in touch are available on the Carers Trust website: www.carers.org.

Those looking to book their own Christmas party with Grosvenor Casino Nottingham can enjoy a party package for everyone. Book your Christmas party at www.grosvenorcasinorevents.co.uk.

Over 18s only and photo ID will be required for all new customers.

Please gamble responsibly: www.begambleaware.org.

NEWS in brief...

Your Budget, Your Say

As councils across the country prepare to set their budgets for the year ahead, Broxtowe Borough Council is asking local residents to have their say on how they want their money to be spent.

A woman answering a survey on her phone with the options Increase council tax levies, increase fees and charges, provide fewer services, and reduce the number of Council Office buildings.

The consultation asks residents to rate services they receive from the Council and what services money should be spent on and where it should be saved.

Chair of the Finance and Resources Committee, Councillor Paul Simpson said: "Over the past few years, we've worked hard to reduce our spending without impacting on services and thanks to good financial management and additional income, in 2017/18 we were able to spend less than we received in funding and less than we planned to spend."

Complete the Budget Consultation online at www.surveymonkey.co.uk. The deadline for responses is 30 November 2018. You can also send your comments to finance@broxtowe.gov.uk and include "BUDGET COMMENTS" in the subject line or write to: Deputy Chief Executive, Council Offices, Foster Avenue, Beeston, Nottingham, NG9 1AB.



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Anniversary Celebrations for Local Charity

Saturday 20 October saw 150 supporters from across the East Midlands come together to celebrate the golden anniversary of Autism East Midlands as they hosted their 50th year ball. The evening raised £12,000.

The black tie event celebrated the support the charity has given families affected by autism since

1968. Autism East Midlands has since grown to be the largest specialist autism charity in the East Midlands, providing support for both adults and children.

The celebrity guest for the evening was Henry Normal, who was born in St Ann's, Nottingham. Known to many locally as the co-founder of the Nottingham

Poetry Festival, Henry is a writer, poet and award winning TV and film producer. Henry opened the 50th Anniversary Ball with a moving speech about his family's experiences of autism.

Henry said: "It was such an honour being invited to Autism East Midlands' fiftieth year celebration. As a Nottingham born lad with an autistic son I know the value of the great work being done."

A live auction and raffle were the main fundraising activities on the night. Autism East Midlands would like to thank all the businesses and supporters who have generously supported this 50th Anniversary Ball, especially lead sponsors C.Ratcliffe's Builders Limited & into Victoria and Broadmarsh Centres, as well as Geldards Solicitors.

Jane Howson, Chief Executive Officer of the charity said: "We are so grateful to our sponsors and supporters for helping to raise an incredible amount!"

More information can be found on the Autism East Midlands website www.autismeastmidlands.org.uk.



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Local Buses Aid Parade Celebrations



Around 200 Sea Cadets were ferried from Chilwell to their Trafalgar Day parade in Long Eaton on Sunday 21 October in two buses provided by trentbarton.

The bus company donated the use of the buses and the services of their drivers to help the Sea Cadets, aged from 10 to 18, to mark the 213th anniversary of the battle.

The cadets from the Notts & Derby District of the Sea Cadet Corps were marking Nelson's victory on October 21 1805. This year's Trafalgar Day was hosted in Long Eaton by the town's Sea Cadet unit, TS Indomitable.

trentbarton drivers Bob Kelly and Darren Kightley ran the shuttle service

before the parade and returned the Sea Cadets and staff back to HMS Sherwood in Chilwell.

The Sea Cadets is a charity with each unit raising money to purchase boats and other equipment. Local support is key to making the best use of their funds to help their young members, said HMS Sherwood's petty officer Andrew Maltby. "I cannot thank trentbarton enough for stepping in and providing two buses to help transport all the cadets and staff to their parade in Long Eaton.

"This gesture just goes to show that trentbarton is truly the 'really good bus company' which is prepared to step up and assist the local community."

Children's Centre Celebrates 'Outstanding' Result

The Ashfield North East Children's Centre childcare setting based at the Summerhouse Children's Centre, run by Nottinghamshire Healthcare, has been assessed as 'Outstanding'; the highest possible rating, following its latest Ofsted inspection.

The report, published 25 October, found the childcare provision, delivered by the Children's Centre service, to be 'Outstanding' across

all four of its inspection categories.

The inspectors praised the team's excellent leadership saying, "The leadership and management team are passionate about providing the highest quality care and education they can."

The quality of teaching and learning impressed the Ofsted inspectors who commented that "staff make highly accurate assessments of children's learning and know the chil-

dren exceptionally well", and that they have "a high level of awareness of children's different needs and capabilities."

The report also recognised the team's commitment to children's personal development, behaviour, welfare and outcomes stating that, "Staff organise superb opportunities for children to familiarise themselves with the routines and key per-

sons before they start."

Katie Brown, Ashfield District Service Manager, said, "It was such a proud day for me and the whole team when the report was shared. I honestly got goose bumps when I read it because I know this team and their leaders have worked so hard to ensure all our children are happy, safe, having fun playing and learning at this setting every day."

Sherwood Forest Hospitals Announce Awards Shortlist

The final shortlist for this year's Sherwood Forest Hospitals Staff Excellence Awards has been announced.

More than 560 nominations were received from staff, patients and visitors, for both teams and individuals, in a number of categories, including a special category for patients to nominate in.

The People's Award was open for everyone to nominate a member of staff or a team that they feel has gone above and beyond during care.

The judging took place last month and included members of the Board of Directors, Foundation Trust Governors, Staff Side representatives, representatives from the media and SFH staff.

Chief Executive, Richard Mitchell, said: "We received a record number of nominations from staff and the public this year. That's fantastic! Thank you to everyone who took the time to complete a nomination form as it will mean so much to the person or team nominated.

"I know that the judges had a tough decision choosing the shortlist this year and they commented that the quality was yet again very high. All teams and individuals that were nominated should take pride in the fact that a colleague or a patient has taken the time to nominate them for the care or service they provide.

"I am proud of the hard work and dedication shown by all staff across



our hospitals and I would like to thank all of you for your support over the past 12 months and for

contributing to our latest 'Good' CQC rating."

Winners will be announced at an awards

ceremony and dinner on the evening of Friday 9 November at the John Fretwell Sporting Complex.



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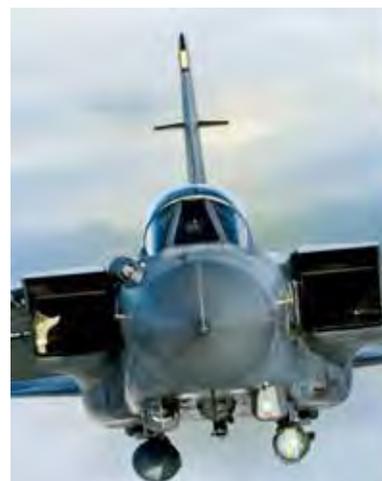
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Strictly Come Dancing

There's FAB-U-LOUS news for Strictly fans across the country as it's announced that all four TV Judges will join the 2019 Strictly Come Dancing UK Arena Tour. Craig Revel Horwood, Darcey Bussell and Bruno Tonioli will star alongside Head TV Judge Shirley Ballas - who makes her debut on the live extravaganza - for 29 supersized sparkle-filled shows fox-trotting around the country in January and February next year.

The awesome foursome will join tour host and 2016 Strictly winner Ore Oduba, at some of the biggest entertainment venues across the UK including the Motorpoint Arena Nottingham 5-6 February. Shirley Ballas said: "I'm really looking forward to joining Darcey, Bruno and Craig on the Strictly live tour judging panel. I've heard so much about the amazing audiences at the arena shows and can't wait to get the show on the road in January!"

Bruno Tonioli remarked: "It's great news that Shirley will be joining us on the judging panel on the live tour next year. We are all in for a treat - with the amazing dance routines, the stunning costumes and the incredible live music - it's going to be fantastico!"

Arena audiences are in for a real treat, as they enjoy a fantastic evening of entertainment, showcasing all the amazing choreography and incredible live music that Strictly is famous for. Tickets can be purchased online at www.motorpointarenanottingham.com via 0843 373 3000 or in person at the Motorpoint Arena Box Office, Bolero Square, The Lace Market, Nottingham, NG1 1LA.



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This autumn the British Heart Foundation (BHF) is calling on the nation to transform their homes and help beat heartbreak forever by taking on its Makeover Challenge.

The BHF are asking shoppers to get creative and give their homes a fresh new look as we move inside for the cooler months, using items bought at BHF stores.

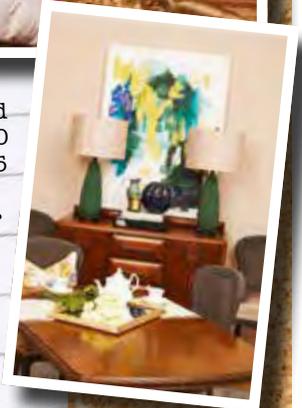
From up cycling a pre-loved piece of furniture to refreshing a whole room or space, the BHF are encouraging interiors enthusiasts, bargain hunters and those on a budget to get involved and head into your local Nottingham store to give their home a seasonal update and share the new looks on social media with the #BoughtatBHF hashtag.

Offering furniture and electrical goods, new and used home wares and stylish homes accessories, every item sold in BHF stores will help to raise funds for research into heart disease, stroke, vascular dementia and diabetes. Last year, BHF furniture stores sold over 140,000 donated sofas, which went towards raising more than £25 million for the charity's vital work.

Interior design expert and TV presenter Linda Barker said: "British Heart Foundation stores are a real treasure trove of hidden gems and a great place to get inspired when giving your home a fresh new look."

Allison Swaine-Hughes, Retail Director at the BHF said: "With the cooler months just around the corner, autumn is the ideal time to give your home a refresh. We know our shoppers have got stacks of creativity, so we want to see the fantastic ways they've been transforming their homes."

To find out more head to www.bhf.org.uk/makeover, or to volunteer head to www.bhf.org.uk/get-involved/volunteer.



Transform Your Home

Appeal for O Negative in Nottingham

NHS Blood and Transplant is appealing to its donors with O negative blood to donate at Nottingham blood donor centre to help with low stocks. O negative is the 'universal' blood donor group which can be given to almost anyone, making it especially important in emergencies.

Nationally, there has been a lower than expected number of donations so far this autumn and hospitals have used more blood than predicted. There is an urgent need to rebuild stocks of all blood groups in the next few weeks, but especially O negative.

Nottingham Donor Centre has around 900 appointments available over the next four weeks. Donors with O negative who cannot book a convenient appointment should call 0300 123 23 23 and NHS Blood and Transplant will find a space for them as soon as possible.

Mike Stredder, Director Blood Donation for NHS Blood and Transplant, said: "We're urging our loyal blood donors, especially our O negative donors, to help us out by making appointments to give blood as soon as they can at Nottingham donor centre,

"Seriously ill hospital patients rely on blood donors to save their lives. O negative can be used safely with any patient which makes it particularly valuable in accident and emergency situations."

First time donors might not be able to find appointments at the moment. Nottingham

Donor Centre is prioritising existing donors before Christmas to ensure we can rebuild stocks. New donors are welcome to donate in the New Year.

Make an appointment on 0300 123 23 23 or www.blood.co.uk. Nottingham Donor Centre, North Church St, Nottingham NG1 4B.





At the ISVA Awards

Local Support Workers Boast National Success

A Nottinghamshire-based support service helping victims to recover from their experiences of sexual violence has scooped a national award.

Nottinghamshire Sexual Violence Support Services' (NSVSS) ISVA team, which provides a range of practical and emotional support services including advocacy to victims of crime who have been raped or sexually assaulted, was presented with the Exceptional ISVA Team award by LimeCulture, the UK's leading sexual violence training and development organisation.

The Survivor Support Service delivers specialist emotional and practical help and advocacy for victims harmed by child sexual abuse which took place in an institutional setting or those who reported child sexual abuse to a person in authority and was ignored or disbelieved.

The awards were presented during a special ceremony at the fourth National Conference for ISVAs in Birmingham on Wednesday 17 October.

They were introduced to acknowledge the outstanding contributions and achievements of individuals ISVAs, ISVA teams and ISVA managers who have demonstrated excellence, dedication and commitment to supporting victims of sexual violence.

In addition to the team award, NSVSS' ISVA Manager Gemma Malfesi was shortlisted from many nominations for the Inspirational ISVA Manager award.

Commenting on the success, Mr Tipping said: "I'm very proud of the achievements of the NSVSS team in Nottinghamshire and all of the volunteers, advocacy workers and staff who have played a part in the service's success.

"This national award is proof that victims of sexual violence in Nottinghamshire receive some of the best services in the country to help them recover and cope with their experiences and rebuild their lives with confidence and on-going support."



Christmas Campaign Helping People off the Streets

With winter fast approaching, Nottingham Building Society has provided funds to kick-start a campaign to help homeless people sleeping rough off the streets.

The Nottingham has donated £1,000 to Framework's annual 'Off the Streets' appeal, which funds life-saving interventions for rough sleepers across Nottinghamshire.

More than 40 people are currently sleeping rough on a typical night in Nottingham alone – in alleyways and doorways, car parks, tents and many more places besides.

Framework's annual appeal funds a variety of measures to keep rough sleepers safe over the winter months and beyond, including money for temporary accommodation and an emergency telephone hotline.

David Marlow, Chief Executive of The Nottingham, explained: "Here at

The Nottingham we care deeply about the communities we serve and with 'putting a roof over people's heads' being one of our founding principles, we remain committed to helping people who are homeless.

"We feel a deep sense of responsibility to do what we can to help which is why we've supported Framework for so many years."

Framework fundraising manager Chris Senior said: "This hugely generous donation has really kick-started our Christmas campaign – a reminder of The Nottingham's long-term commitment to help homeless people. More importantly, it is a boost for vulnerable homeless men and women who face grave risks to their physical and mental health by sleeping rough over the winter months."

For details on the appeal visit www.frameworkha.org/offthestreets.

Personnel from across the military have pulled together to raise a staggering £28,000 for Cancer Research UK and Macmillan, with the intention to raise a total of £100,000 for the charities over the next few years.

Military Vs Cancer was the brainchild of Warrant Officer 1 David Bathgate, from Warsop, Nottinghamshire, who has rallied the troops from as far as Cyprus, Portsmouth, Clyde, Waddington and beyond to undertake collections and take part in the Military Vs Cancer raffle. On Saturday 29 September the raffle was drawn at a prestigious military event held at the Double Tree by Hilton, Glasgow, and lucky winners received a variety of sourced merchandise including a Submariners

Vital Funds Raised for Cancer Charities

Breitling Watch, Royal Navy Officers Sword and a flight in a Spitfire. The raffle was drawn by Bruce Dickinson from Iron Maiden, who himself was born in Worksop, who had agreed to support Military Vs Cancer by conducting the draw and donating some wonderful prizes for a future raffle.

David Bathgate said: "Military vs Cancer was born from the very rapid loss of three members of my family. I decided to stand up to it to help prevent more families go through the grief mine has endured."

David continues: "The way I see it; the Military has always been there to stand up to bullies and protect people and their way of life. Cancer is just another one of them bullies that needs defeating. With the weight of the Military bearing down on this common enemy, I truly believe we can change the future so many more will survive."

Staveley Hall Event List

26th Nov
Jonathan Moseley Floristry
Demonstration & Workshop
(Please ring the Hall for information or to book)

5th December 4pm-10pm
Quality Christmas Craft Event
Stall enquiries welcome.
Christmas Party Night from 8pm
Ticket only. Food available plus licensed bar.

13th December 6.30pm-11pm
Turkey and Tinsel Festive main course
meal, turkey & vegetarian option
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Get in touch today to discover a skill for life at <http://thelanguagestudio.co.uk/>.

WHO ARE YOUR SPORTING HEROES?

Do you know a local hero who is worthy of a Mansfield Sports Recognition Award?

Mansfield District Council, in association with the Armchair Club and the Chad, is seeking nominations in ten categories for this year's awards before the deadline of Friday 16 November. Nominations are sought in 10 categories which can be found online.

Junior categories are for ages 18 and under. Nominees must either live or pursue their sport within Mansfield district.

Councillor Andrew Tristram, Portfolio Holder for Environment and Wellbeing at Mans-

field District Council, said: "It is really simple to nominate online on the council website and these awards do not just recognise our sporting stars but also those often unsung heroes who work tirelessly to make sport happen in this district, such as coaches and volunteers."

Nomination forms are now online at www.mansfield.gov.uk/sportsawards.

For further information or tickets to the awards ceremony on Monday 10 December, contact Sports Development Officer Shaun Hird on 01623 463371.

Nottingham Wedding Venue for Foodies

The exclusive Hart's opened in Nottingham city centre on the old ramparts of Nottingham Castle in 1997 and boasts beautifully manicured gardens, a boutique hotel with 32 bedrooms and is licensed for wedding ceremonies for up to 100 guests in Hart's Upstairs.

If you and your loved one are big foodies, your wedding breakfast will be an important aspect of your big day so you deserve a wedding venue that shares your passion. Hart's have been an exclusive wedding venue since 2001 and includes a restaurant which is renowned for fine wines and its two AA rosettes.

Head chef Dan Burrige has created a selection of menus with classic modern British dishes. There are lots of different styles of wedding food, depending on what type of day you are planning. You may like to go down the traditional route, starting the feast with delicious canapés followed by a three-course wedding breakfast. Mains include sirloin of beef wellington, loin of Derbyshire lamb, garlic potatoes, farmhouse cabbage, rosemary & red wine sauce or line

caught wild sea bass, braised fennel, saffron & parmesan polenta & basil sauce.

Alternatively, you could go for a buffet option or a barbecue wedding breakfast all served with fresh salad and Hambleton Bakery breads. If an afternoon tea is more your style, you can choose a champagne version full of sandwiches, cakes and scones. Hart's can even provide a separate children's menu so if you've got lots of little ones coming to your big day, you can feel confident that they will be catered for.

As well as great food, Hart's offers exceptional service and you can take advantage of pre-dinner drinks and canapes, all while admiring some

spectacular views over Nottinghamshire in their private garden.

Their dedicated wedding planner is able to recommend hand-picked wedding suppliers from cake makers to photographers for you, so you know everything is covered just as well as the food. Wedding packages include a menu tasting for two people as well as a complimentary room for the bride and groom.

If you would like to discuss your wedding plans, please give Sally Thornhill a call on 0115 988 1900 or drop her an email at s.thornhill@hartsnottingham.co.uk.




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Bringing Life-Saving Skills to Nottingham



More than 1,000 children and adults were taught life-saving skills at a CPR Teachathon in Nottingham.

Staff from the Children's Emergency Department at the Queen's Medical Centre held the CPR Teachathon and Family Fun Day in September, and have now revealed that almost 1,100 members of the public took part and learnt the life-saving technique.

Participants ranged in age from preschoolers to the elderly, and the event also raised hundreds of pounds for Nottingham Hospitals Charity, which helped to fund the awareness event. A collection at the event, which was held at Wollaton Park on 1 September, raised £608.01.

This is the second year the Children's Emergency Department (ED) has held a CPR Teachathon in Nottingham, and around 30 ED staff were there on the day to help demonstrate how to carry out CPR, as well as how to deal with choking and other emergency situations.

Organiser and Children's ED Staff Nurse Dominique Hughes said: "Last year we taught around 600 children and adults effective CPR, so this year we were thrilled to almost double that number."

"It was wonderful to see so many people, from grandchildren to grandparents, come along to have a fun day out and learn important life-saving skills at the same time."

A variety of other health and

emergency service teams were also present on the day to give advice, including Nottinghamshire Fire and Rescue, St John's Ambulance, health visitors and East Midlands Ambulance Service.

For more about Nottingham Hospitals Charity's other upcoming events go to www.nottinghamhospitalscharity.org.uk/events.



The Big Draw

The Big Draw is the world's biggest drawing festival and takes place throughout October each year.

The Big Draw is for anyone who loves to draw, as well as those who think they can't! Each year there is a theme and this year's theme celebrates PLAY and its role in creativity.

The Arts Team at Newark and Sherwood District Council is joining up with the Newark and Sherwood Community Hub to provide free family drawing workshops in two of the district's community centres.

You can use your imagination to create bright and beautiful pieces of artwork using crayons, chalks, stamps and rollers, or with anything except a pencil. Let your imagination run free to create something fun and quirky. All ages and abilities welcome.

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Yew Tree Road, Ollerton –
Monday 29 October –
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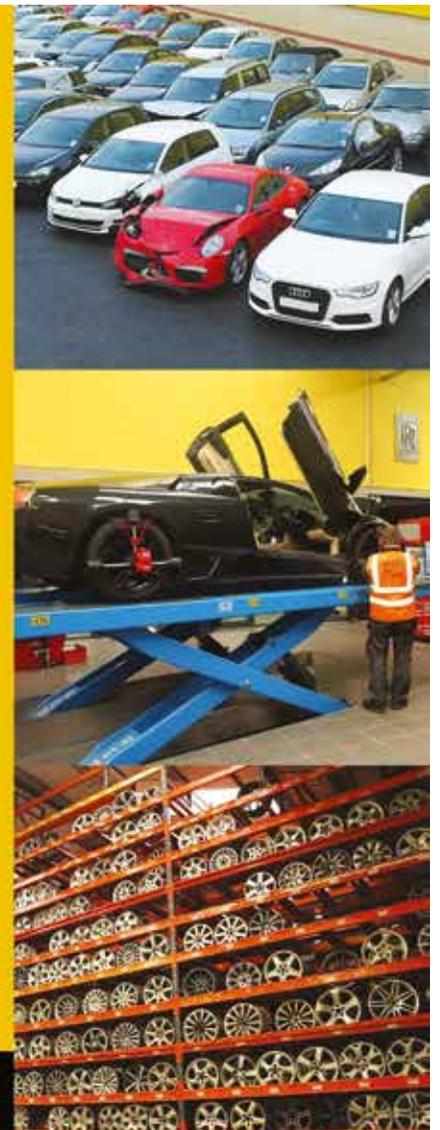
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30th October The Ram Inn, 242 Mansfield Road, Arnold LG5 8JY
10am Breakfast Club at The Ram Inn Price as per menu

16th November Eastwood Conservative Club, Church St, Eastwood NG16 3BP
10.30am Speakers Corner 'Stamford Raffles and Singapore' Free entry
To book onto one of our events, or to find out about the latest events please call Melanie on 0115 963 8766

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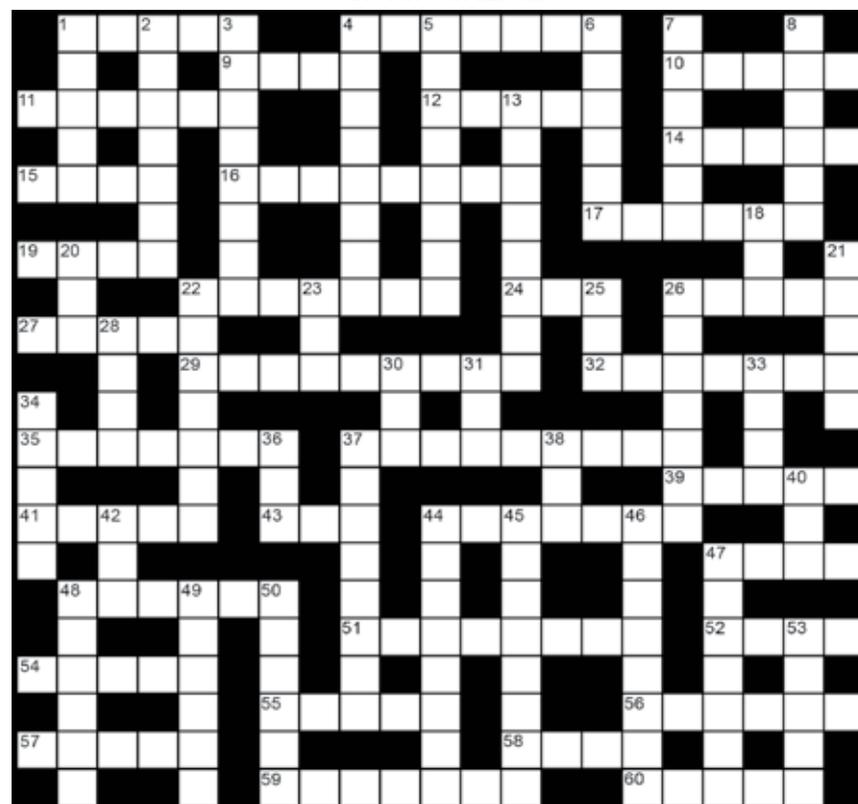
See below for answers

ACROSS

- 1 Car-cleaning service (5)
- 4 Temperature below freezing (7)
- 9 Way out (4)
- 10 Sister's daughter (5)
- 11 Mass departure (6)
- 12 Dissertation (5)
- 14 Female bee (5)
- 15 Poker stake (4)
- 16 Birthday picnic (3,5)
- 17 Knitting implement (6)
- 19 Army dining room (4)
- 22 Pudding (7)
- 24 Cannon or pistol (3)
- 26 Perspire (5)
- 27 Leave 'til another day (5)
- 29 Butt in (9)
- 32 Whale fat (7)
- 35 Knot-shaped biscuit (7)
- 37 Head start (9)
- 39 V-shaped indentation (5)
- 41 Measure of petrol (5)
- 43 Geordie term of endearment (3)
- 44 Interfere and cause disorder (7)
- 47 Muscular man (4)
- 48 A row of pearls (6)
- 51 Surgeon's cut (8)
- 52 Rumble of thunder (4)
- 54 Funny man (5)
- 55 Sophistication (5)
- 56 Customer (6)
- 57 Play a guitar (5)
- 58 Business contract (4)
- 59 Artist's mixing board (7)
- 60 Keen as mustard (5)

DOWN

- 1 Female fox (5)
- 2 Runs in tights (7)
- 3 Glass cylinder for experiments (4,4)
- 4 Sudden frenzied dash (8)
- 5 Dark-red vegetable (8)
- 6 Resuscitation gas (6)
- 7 Without equal (6)
- 8 Plan of action (6)
- 13 Small window in roof (8)
- 18 Sheltered side (3)
- 20 Mother sheep (3)
- 21 Large wading bird (5)
- 22 Fine rain (7)
- 23 Use power of vision (3)
- 25 Catch in the act (3)
- 26 College pupil (7)
- 28 Clock dial (4)
- 30 Of eyes, bloodshot (3)
- 31 Podded vegetable (3)
- 33 Sturdy lace-up footwear (4)
- 34 Pie fruit (5)
- 36 Cut off branches (3)
- 37 Busyness (8)
- 38 Craggy peak (3)
- 40 Tin container (3)
- 42 Rubbish or junk (3)
- 44 Tactful (8)
- 45 Parasol (8)
- 46 High point (8)
- 47 Kipper fish (7)
- 48 Spirits minus mixers (6)
- 49 Earnings or pension (6)
- 50 A nosey-parker (6)
- 53 Large passenger ship (5)



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Young Sporting Stars Praised at Charity Lunch

Businesses from Nottingham raised £820 for SportsAid – which helps to support the next generation of British sports stars – at a charity event.

The money raised from the lunch – which took place at Trent Bridge Cricket Ground on Friday 12 October – will go towards providing financial support to local, talented, young people who have

no other access to vital funding to assist them with training and enable them to reach their sporting potential.

Event sponsors Nelsons, Yorkshire Bank, Trent Bridge Cricket Ground and Musson Liggins, along with other guests, heard from retired Nottingham Panthers and Great Britain international forward, David Clarke, who

spoke about his career history.

Teenager Callum Macfie was presented with a £500 cheque to help him reach his goals of playing golf internationally. The 17-year-old, of Edwinstowe, who plays with a handicap of +1, started playing golf at the age of nine and has already represented England four times. He is captain

of the team that has won the England Golf Boys' County Finals for the past two years.

Tim Lawler, chief executive for SportsAid, said: "Nottingham's business community continues to offer wonderful support to young up-and-coming athletes, just like Callum, from across the local area. SportsAid offers a huge boost to the next generation of British sporting talent, not just financially, but through recognition of their achievements and the potential they've shown to reach the very top."

For further information about how you could become a sponsor, or if you are interested in taking a table at future events, please call 0115 989 5298.



Matthew Wade, Musson Liggins; Liz Cole, Nelsons; David Clarke, Nottingham Panthers; Callum Macfie, SportsAid recipient; Peter Stapleford, Yorkshire Bank; Daniel Craggs, Trent

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Saving Local Strays

The neighbourhood wardens at Broxtowe Borough Council have retained the RSPCA PawPrints Award for the third year running. RSPCA Silver PawPrints Award 2018The Silver PawPrints Award recognises the team and their work to ensure stray dog welfare during the collection and kennelling processes, proactive work to educate owners, and preventative measures to reduce both straying and long-term strays.

The team, who have now received two Silver Awards and a Bronze Award, were assessed on a number of things including basic dog handling, health and safety, the treatment of injured or sick stray dogs, and their continued education programme to encourage responsible dog ownership.

Chair of the Community Safety Committee, Councillor Jan Goold said: "The Neighbourhood Wardens do fantastic work to improve the welfare of stray dogs they find in the Borough. To achieve silver again this year is a credit to them."

The RSPCA is the UK's largest animal welfare charity and their PawPrints awards, formerly known as the Community Animal Welfare Footprint awards (CAWFA), promotes and celebrates organisations in the public sector that have made the extra effort and gone beyond basic service requirements to ensure higher animal welfare standards in the services they provide.

Anybody who would like to give a dog a new home can contact a local rescue centre such as Babbington Hall Rescue in Awsworth. For more information and to report incidents of stray dogs, dog fouling and dangerous dogs in Broxtowe Borough, visit the Stray Dogs section of the webpage at www.broxtowe.gov.uk.



FREE GARDEN WASTE COLLECTIONS

Free garden waste collections in Nottingham are set to be extended into November by the City Council next year after a consultation found the vast majority of people were in favour of the idea.

Over 1,000 people responded to the consultation with nearly 92% supporting an option to offer garden waste collections into November in 2019, with one collection a month.

Councillor Sally Longford, the Council's Portfolio Holder for Energy and Environment, said: "Many councils charge for garden waste collections but we have managed to carry on providing a free service to Nottingham city residents."

"Previous feedback we'd received indicated that people wanted garden waste collections to be extended to help with clearing up leaf fall. The consultation has now confirmed that."

Look out for your new bin collection calendars which will be distributed with your copy of the Council's Nottingham Arrow magazine and local neighbourhood newsletter. You can also sign up for our email service which will send reminders of which bin to put out before collection day. Find out more at www.nottinghamcity.gov.uk/binreminders.

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Whilst we primarily work within the “adult sector” we are hoping that in the future we can also play a more prominent role in helping to get younger people in schools interested in working within construction. Whilst the roles within construction on the whole haven’t changed, the need for more work based qualifications is being implemented by the awarding bodies we work with. If we can work with youngsters interested in construction we can hopefully help to provide them with a robust range of qualifications to get them started on the ladder to a fulfilling career.

Our aim is to provide qualifications within the industry to whoever needs them, at whatever stage in their lives within a friendly, comfortable and informative atmosphere. Our advice, training and tests are delivered by our trained staff who all come from either a utility or construction background so understand the complexity of working within these sectors.

For more information visit www.allenby-training.co.uk.

New Apprentices at Nottingham City Homes



A record 41 apprentices have started working at Nottingham City Homes over the last month.

The brand new recruits, who all come from different backgrounds and age groups, are starting their apprenticeships with NCH.

Like many of the new starters, 37 year old Natalie Lafond from St. Ann’s is already enjoying her role as an apprentice electrician. She said: “I’ve only been in this role for a few weeks and I absolutely love it. I love waking up in the morning and coming to work.

“My role is challenging, there’s a lot to learn but I am relishing the challenge and the support of my

colleagues. Everyone at NCH is lovely and friendly and I’ve been made to feel so welcome, I can already see a long future for me here.”

Nick Murphy, Chief Executive of Nottingham City Homes, said: “Having a record number of apprentices starting with us is something we are proud of achieving. We have been able to take advantage of the Apprenticeship Levy and take on more than ever before.

“Employing local Nottingham people is so important to us, and to be able to also offer opportunities to a number of our own residents is even more of a boost for the business.



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Brewing Brilliance

With a long family history and a passion for great tasting craft beer that has been brewed to perfection, Bateman’s Brewery has remained true to its form and integrity for four generations. Spurred on by words of encouragement from Harry Bateman, the second generation Managing Director, the business has never lost its ‘personal touch’ with both employees and tenants, perhaps why they have been gathering success since 1874.

Not only is it the home of superb beer, the brewery also plays host to a number of special events and occasions throughout the year. Bonfire Night on 3rd November is the perfect evening out for the whole family, with fire jugglers, laser show and the firework display. There’s something for everyone, a BBQ, Beer Tent and a Rum & Gin Bar.

With a combined commitment to the best craft beer, fantastic events and honest values, Bateman’s is a brewery with true heart and soul.

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Aries
A long-standing relationship may be expanding into new territory, however, as someone who is very strong and able to enjoy his or her own space, this will have little effect on you and more on your partner. If you are involved with someone who is already in a relationship, watch out for the lies and deceptions do not let your partner take some of your security. You may have not chosen to be a legal adviser over a very delicate matter, but be aware that this move could also cost you big money. An ability to negotiate may need your help over a very serious matter, but right now it is as though you can't have much energy for standing for your own problems, never mind anyone else's.

Taurus
The grass never grows on a busy street and certainly not in your life. You are moving dramatic and positive progress in your personal life in the past where you need more hours in the day to enjoy the time you are spending in. Good intentions will come flooding in and you will be juggling duties in your day in order to fit everyone in. The good news is that you have completely let go of your past and now focusing on making your future a happy place to be in. Unexpected journeys, staying with friends, taking part in all kinds of activities that were not possible before will be added to you regarding your partner and enjoying life to the full.

Gemini
Just when you thought you were slowly settled in a new job or career, something more interesting and intriguing is waiting for you, around the corner. Not content with what you have in your lap now, you will be giving a great deal of thought and contemplation to possibly making yet another change. A make or break situation in your love life will lead to decisive rights and decision-making, something you have been trying to avoid for some time. You may need to secure money about and to invest over seas or purchase property as a way of safe guarding your interests. Someone may try to convert you with a few home truths. You will find a way of transcending the truth.

Cancer
You may find yourself at a crossroads regarding a particular situation regarding your long-term relationship. Rather than rush in and make heavy decisions now, you would be well advised to stand back and take stock, as the whole matter could be resolved much to your delight. Don't lose sight of the fact that if you were to break up, what would you do for finances and can you afford the upheaval? Some of you are more than ready for a holiday and would benefit from a few days away, basking in the sun with a good book and a long drive. Some new friends will also add to brightening up your social life and giving you someone to talk things over with.

Leo
Someone close to you may try to put you in a difficult position emotionally because they wish to manipulate you to do things their way. Don't give into their whims. Stand by your decision and stick to your guns. They would rather remain your friends forever than be apart from you or have you as their enemy. Frustration at work has probably been gnawing away at you for months, but unless you physically do something about your situation, nothing much is going to improve. Up date your CV, give yourself a make over and work on your self-esteem. You may also see a really nice car that you fancy, and it could easily be yours, even if it does mean having a small bank loan.

Virgo
So far it's been an eventful year if not exhausting one and it isn't over yet. You need more quality time for yourself because of the amount of racing around you are living with not enough time for rest and space for yourself. Although you have promising yourself in your mind, so far this has not happened and is imperative for next year. You may find that you are taking more time to yourself, you may need to take a break from everything to go to bed at night in the end, if someone has created you a hobby and has been mean and unkind, they will get what's coming to them in due course, but by that time, you will be enjoying a completely new life, without them.

Libra
Something has reached its completion and its now time to acknowledge and celebrate the course of action you took and in amazing results. You are going to experience the feeling of a brand new love or driving a passion for an interest which will fulfil your heart and soul. Cultivate the ability to withstand the rigors of what is required because much will be expected of you and even though you may feel tired and pushed to the brink, be persistent that you do not quit. This is a great time to put all your affairs in order and work towards making that long, overdue fresh start you have been promising yourself.

Scorpio
It is evident that there are certain people you have outgrown and have nothing in the way of conversation to bring the momentum of a meeting having. It is time to recognise how much you have changed and make a conscious decision not to waste your time on people who drain the life out of you. A new relationship will breathe a new lease of life into you enabling you to handle delicate and tricky situations with both diplomacy whilst remaining in control. Strive for better life balance and always put yourself and what is good for you first and foremost.

Sagittarius
A worthwhile achievement will encourage you to value yourself more and put a halt on people who are evidently only out to fulfil their own ambitions at your expense. You may even receive a sum of money as a gift, prize or bonus. A social or casual event could lead to new doors opening in your career world and if you are seriously thinking of starting a new business, this could be the ideal time to put aside your other duties, to be able to see you have lost interest because of other distractions which tend to make unreasonable demands upon your time. You can hardly hope for more happiness when a romance begins to gather momentum.

Capricorn
There are times when you react to people's moods and feelings like a george and then wonder why you feel so drained out and depleted of energy. Distractions and demands from every imaginable source are all taking their toll but it is ultimately down to you to decide just how much energy you are willing to invest in it by the time it is all over. Your social life may have to be put on hold until you have sorted your finances out as there are rocky days forcing you to decide what is important and what can be left on the back burner until you are ready to tackle what needs to be dealt with. Plan a holiday because there are plenty of good last minute bargains to be snapped up.

Aquarius
A little spare work will help you get a project off the ground which could involve home improvements or moving house. No matter which way you turn you will not be able to do anything much without adequate finances so make sure that you have a good supply of money with which to complete your plans successfully. Someone may be relying on you for money, thus putting you in a very difficult position when you have so many important things to attend to. In the end, it is important that you remain true to yourself even though this will mean your refusal to become embroiled in any more drama.

Pisces
You may have to play host to several influential people connected with business or work. Be mindful that some people can be very subtle and say one thing but do another without any consideration for you or anyone else. A training course could enhance your chances to do something completely different thus adding extra things to your box, but sacrifices will have to be made because there are only so many hours in a day. Romantically, something may have reached its completion and it is time to acknowledge that nothing can remain for some time can the stars be better back.



Number One Events Gets Ready for Christmas

It will be all systems go at the County Showground over the 10-11 November weekend as Antiques and Collectors Fairs organisers Number One Events host their pre-Christmas fair in the Showground's Prestwood Centre.

"This is always a very busy event for us," said organiser Mike Justice, "with visitors on the lookout for those special Christmas presents that just can't be bought on the high street, and we are also delighted that on the Sunday we will be welcoming yet another coach party of bargain seekers to the fair."

This bargain seeking trip is being organised in collaboration with Hansons Auctions based at Etwell in Derbyshire. "We are always happy to hear from anyone considering arranging such an event for their local group, club or organisation, whether for personal profit or charity, and can assure them of a warm welcome to the fair and a thoroughly enjoyable experience," said Mike.

All trade stands for the event have already been taken and there will be a vast choice of both quality antiques and items of collectable interest, to suit all tastes and pockets.

There is ample free parking available and a well-stocked cafe on site, with easy access for the disabled since all three well-lit halls are at ground level and inter-connecting. Plus, low entrance fees of just £3 per person (free for wheelchair users and under-14s) have been maintained for yet another year, providing one of the best value-for-money deals around.

For further details about their antiques and collectors fairs throughout the year and to gain a flavour of the vast range of items on sale, or to discuss arranging a group visit go to www.numberoneevents.com or telephone 07775 484455.



Christmas Lunch on Us

Nottinghamshire Community Foundation would like to hear from you if you are providing free lunches for the elderly this Christmas. As the CEO, Nina Dauban said, "We are so grateful to those willing volunteers who remember the vulnerable and provide a special lunch for them over the Christmas period. It is a time when those who are alone feel the most isolated and we at the Community Foundation want to help you to show them that we care."

If you are a local charity or community group with a history of providing an Christmas lunch for the elderly please apply to us for a grant to help you cover your costs or to make some extra dinners this year. To apply please email: helen@nottscf.org.uk.

Nottinghamshire Community Foundation is launching an appeal this winter and asking people of all ages to show their support for those in need. In particular they are calling on all who can afford it to forego the Winter Fuel Payment (WFP) and donate the money to those for whom it is not nearly enough.

Nina Dauban, Chief Executive of the Foundation, said: "We believe that if a small percentage feel that they could donate their Winter Fuel Payment, we will be able to help many of our vulnerable and elderly people feel someone cares at Christmas."

To donate please send a cheque to Nottinghamshire Community Foundation and post it to: Pine House B, Ransom Wood Business Park, Southwell Road West, Mansfield, Notts NG21 0HJ, marking the envelope 'Surviving Winter Fund'. To find out more about grants, set up a fund to support your local community or to donate to local causes, go to: www.nottscf.org.uk.



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Crackers about Cheese

Christmas is all about the food and one staple item which you should always find sprawled on the dinner table is a hearty, delicious cheese board. Piled with different types and flavours of cheese you have to make sure there's something for everyone to sink their teeth into – so how do you create the perfect party cheese board for your guests to enjoy?

Lighten Up

Make sure for there's some milder options for younger taste buds and the less adventurous cheese lovers amongst us, this way there will be something for everyone to savour. A selection of mild cheeses is also a good idea to provide taste and colour contrasts on your plate.

Full of Flavour

Opt for a mix of traditional and exotic flavours to provide an eclectic mix for people to try.

Classic cheeses sometimes come with fruit inside, for example cranberries or apricot for a sweet edge; perhaps select a spicy pepper jack cheese for a tempting fiery kick.

Steer clear of flavours which may not be too popular as you don't want to waste any food on the big day. Whatever you do, make sure to select a range including everything from cheddar to stilton to really impress your guests.

A Bit on the Side

A selection of foods which complement cheese is always a good idea to complete your cheese board. From grapes and apple to crackers and chutneys of every kind, the extra flavours add texture to your cheese board making it a gorgeous addition to the dinner table.



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Christmas

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Deliciously Different

Located in the heart of the Nottinghamshire countryside, America Farm, established in 2005, offers high-quality produce to locals and visitors alike. Butchering in a traditional and bespoke manner with a contemporary twist, America Farm lovingly create their own bacon, sausages, smoke their own cheese (complemented by others sourced from Cropwell Bishop Creamery), and also boast their own delicious deli range comprising everything from olives and stuffed peppers to several flavours of home-made hummus and filled pies – perfect to tickle any one's taste buds.



Offering foodies a unique experience, this family run business sources all of their produce from nearby locations, providing customers with the fresh taste of local goods. Explore their range of premium beef, dry aged over five weeks for maximum flavour, or perhaps you'd like to sink your teeth into a juicy burger or create yourself an enticing breakfast using America Farm sausages and bacon.

Boasting fantastic reviews and a marvellous reputation, America Farm won 2nd place at the last National Sausage Awards in 2016, where they claimed a total of four prestigious awards for their eclectic selection of produce.

The micro farm shop invites you to browse the appetising goodies whilst the convenient option for home delivery means you can enjoy the benefits of helping local companies without having to move from your sofa. Visit the friendly team at regular local markets including Hucknall on a Saturday and the well-known Nottingham NeighbourFood Market where on-line vendors offer a range of the finest selection of quality ingredients, collected from a single location.

Explore the range today and enjoy some 'good honest food for foodies'. For more information visit www.americafarmsausages.com or visit the shop on Weavers Lane, Nottingham, NG15 0AT.

Lovable Character Joins Mansfield Switch On

Children's favourite Peter Rabbit™ will be joining in the festivities at the Big Switch On in Mansfield on Sunday 18 November.

The mischievous bunny will be making personal appearances at the Four Seasons shopping centre at intervals throughout the afternoon. He'll be at the live stage show in the Market Place, too!

The event, which will run from 10am to 5pm, attracts thousands to the town centre and culminates in a Christmas lights countdown and switch-on followed by a dazzling fireworks display.

The live show will star Mansfield's own opera star, Alexandra Stenson, Gary Barlow tribute act Dan Hadfield and Nottingham duo Brotherhood, performing a collection of covers and Christmas classics.

In addition, the show will feature appearances from the cast of Mansfield Palace Theatre's panto Snow White and the Seven Dwarfs, Santa himself, as well as a spectacular laser show.

There are still places available in the special raised platform set aside for disabled members of the audience. To reserve a place please call 01623 463026. They are limited and allocated on a first-come-first-served basis.

Councillor Dave Saunders, Portfolio Holder for Regeneration and Economic Growth, said: "There will be something to please everyone at the Big Switch On and Peter Rabbit is sure to be a big hit with our younger citizens. Mark the date in your diary and come and join in the fun!"

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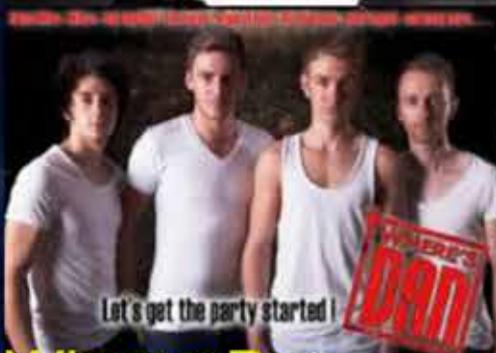
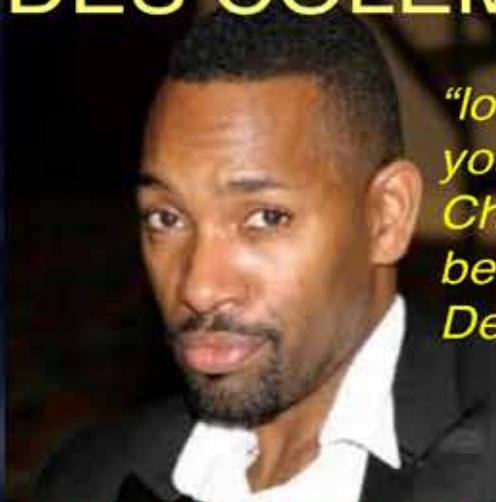


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Are you looking for the perfect place to escape from the everyday stresses of life? Perhaps you're in the market for a stunning new leisure holiday home, or looking to trade in your old one? Springs Holiday Estates has you covered.

Boasting a fantastic range of new and used leisure homes for sale, leisure home lets, a professional after sale and repair service and a number of affordable finance options, finding the holiday home that's right for you just got easier. The friendly, professional team are always on hand to help, offering a delivery and siting service meaning you don't have to worry about a thing.

Escape to Paradise

For that gorgeous seaside haven you have been dreaming of, choose from five ideally located holiday parks close to the beach to start your holiday adventure, whether you seek a short stay or a home-from-home to keep returning to.

With a range of options to choose from including leisure home lettings, touring, motor home and tent pitches, adult only and family parks, Springs Holiday Estates ensures you'll find something to suit you. Their modern letting leisure homes come fully equipped with TV/DVD player, microwave, kitchen utensils and supplied bedding, ideal for the whole family.

Touring vans, motorhomes and tents are well accommodated with modern free electric showers, toilets, washing up and laundrette facilities on-site. Electric hook-ups or fully serviced pitches are also available to provide you with everything you could possibly need in your new home from home.

Ideal for Ownership

There are also Owner/Occupier parks available across a number of the parks meaning you're never too far from indulgence. With parks that are close to the beach, near fishing lakes, have free Wi-Fi, outdoor pools, links to golf and on-site pubs and clubs, there's something for everyone.

Marvel a selection of brand new static leisure homes in stock or Springs Holiday Estates can order one to your own individual specification, whilst their top quality previously owned leisure homes are a must for viewing.

Most makes and models of leisure homes are supplied, with part exchange allowances and affordable monthly payments available – to secure your dream holiday home at an unbeatable price.

For more information on the parks and any of the services provided visit: www.springsholidayestates.co.uk or call 01507441333.



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LIVE LOCAL BANDS	5.30 – 9.30pm
CHILDRENS FANTASY FIREWORKS	6.30pm
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16TH NEWARK VINTAGE TRACTOR AND HERITAGE SHOW



10th
& 11th
November
Newark
Showground

On 10 & 11 November, Newark Showground will once again be holding the largest show of its kind in the UK. This family-friendly annual autumn event will feature hundreds of vintage agricultural and horticultural machines as well as plenty of trade stands, heritage crafts, animals, demonstrations and displays.

Children are invited to visit Father Christmas in his 'igloo' where he will attentively listen to 'what they want for Christmas'. New for this year, the Vintage Tractor Show is pleased to welcome the Handmade with Love Events team who will be bringing their Christmas Craft and Gift Market to the Sir John Eastwood buildings. With over 50 wonderful designer-makers, artisans and craftspeople exhibiting their work, visitors will find it easy and fun to get started on their Christmas Shopping this year and pick up some great gifts for the festive season.

The organisers are delighted at the return of many of the experts who put so much effort into the fantastic exhibition of rare and native breeds including ponies, sheep, and cattle, providing a unique glimpse into the UK's farming heritage that has shaped our island. James Chantry will be running his popular 'Have a Go

'Sheep Show' where young, would-be 'sheep handlers' are encouraged to try their hand. No experience is necessary, and rosettes are awarded for the winners. There will be displays of traditional crafts such as spinning, stick-making and chair caning as well as numerous indoor and outdoor trade stands offering opportunities to shop for products from country wear clothing, gifts, footwear, original paintings and prints, to sweet and savoury snacks, as well as items that will appeal to agricultural machinery enthusiasts.

Tasty hot meals, drinks, cold snacks and ice-cream will be available at various outlets.

Don't miss the acclaimed Carlton Male Voice Choir singing at the annual Remembrance Sunday Service which this year will be commemorating the 100-year anniversary of the end of WW1. Newark Showground is located near the A1/A46/A17 roundabout just outside Newark so it's easy to get to and parking is FREE Further details can be found by visiting www.newarkvintagetractorshow.com closer to the dates.



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Look out for Father Christmas who will be visiting...



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Christmas with the Nottingham Harmonic Choir

Enjoy a traditional Christmas with the Nottingham Harmonic Choir, but be prepared for some surprises! The Choir's annual performance of the Messiah is always a thrilling occasion with which to start the festive season. In the last week before Christmas, forget the preparations for a while and enjoy the Family Carol concerts – join in with favourite carols and listen to the Choir and Thoresby Colliery Band in some attractive but less familiar pieces. Children will be invited onto the stage with a chance to try their hand at conducting!

Handel Messiah
Royal Concert Hall, Nottingham
Sunday 2 Dec 2018, 3:00pm
Ticket prices: £18 - £24, concessions and group discounts available, students: £5.00, accompanying children FREE.

Family Carol Concerts
Royal Concert Hall, Nottingham
Wed 19 Dec 2018, 7:00pm
Sat 22 Dec 2018, 5:00pm
Ticket prices:
Tickets £10.00 - £21.00
Concessions available
Family ticket £25 - £52.50
Tickets available from:
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Telephone 0115 989 5555
For more information go to www.NottinghamHarmonic.org

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The First Class Restaurant Car Services boast an air of elegance serving up deliciously fresh, five course meals whilst you marvel the stunning scenery from the comfort of your carriage. Enjoy a unique and delectable dining experience between Loughborough and Leicester – the perfect present for your other half.

The Drive a Locomotive experience will make your childhood dreams come true as you take the regulator on a majestic steam train or perhaps a powerful diesel. Treat the kids to a thrilling day out where their interest for trains can flourish.

With special events, activity days and (of course) Santa Specials taking place regularly near you, you'll be spoilt for choice when visiting Great Central Railway.

For more information, train times and to enquire visit www.gcrailway.co.uk or call on 01509 632323.

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Care

Nottingham Patients to Benefit from Breakthrough Technology



Patients in Nottingham are set to benefit from £1.5million of funding announced today by the Health and Social Care Secretary to trial innovative technology that could help deliver an improved breast screening service to women across the UK in the years to come.

Nottingham University Hospitals NHS Trust (NUH), the host of East Midlands Radiology Consortium (EMRAD), has launched an 18 month project using Artificial Intelligence (AI) to support breast screening as one of seven new NHS Test Beds.

Andrew Fearn, EMRAD Accountable Officer and Director of Digital Services at NUH, said: "We are very excited about Office for Life Sciences and NHS England backing us to improve the quality of care and reduce the instance of breast cancer for women in the East Midlands. We genuinely believe that the lives of patients will be saved as a result of this project which supports breast screening services through the use of Artificial Intelligence."

The AI tool will specifically help radiologists deliver more accurate and consistent results and



reduce the need for recalls and biopsies. This is estimated to deliver an improved service to 170,000 women within the East Midlands and up to 2.2million annually in the UK by 2021.

The test bed programme aims to tackle some of the biggest health care challenges by testing new digital technologies and using the potential of innovations to transform the way healthcare is delivered.



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The Home for You

Deciding on a care home is a big decision whether you're doing it yourself or for a loved one. So where do you start?

There are two different types of care homes. Some offer accommodation and help with personal care, things like washing and dressing. Others offer nursing care on top of the basic help.

Think of choosing a home like buying a house. You need to get a feel for what's out there before you make a decision. Personal recommendations are important, so talk to friends or relatives, as they may be able to point you towards a home with a good reputation.

Make sure you plan a visit so you know exactly what you're getting and can have a look around to ensure the right care home for you.

Prioritise in terms of what you're looking for, whether a specific diet, regular activities or somewhere close to your family is top of the list, there's a home out there for everyone.



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STEPS TOGETHER. REHAB
STRONGER TOGETHER

New Care, a development-led care home operator, has opened the doors to a new £12 million care facility on Ruddington Lane in Ruddington, its second care home in Nottingham.

RUDDINGTON MANOR



Ruddington Manor is comfortable, cosy and a true home-from-home.



Having only recently opened, Ruddington Manor is a new, state-of-the-art care facility in Nottingham.

With the first residents now moved in and very settled, the team are looking forward to warmly welcoming new residents to the vibrant community that has been created.

The stunning 66 bed care home provides an exceptional offering, including residential, nursing and respite care services.

A true home-from-home, Ruddington Manor has been expertly designed and purpose-built to provide stylish, comfortable, cosy yet practical accommodation for elderly people who are finding it increasingly difficult to remain in their own homes.

Enhancing the care services provided are the meaningful and purposeful daily activities offered at Ruddington Manor, which encourage independence where possible and build confidence.

With inviting lounges and elegant dining rooms, as well as spa assisted bathrooms, a hairdresser and nail bar, Ruddington Manor offers luxury facilities that cater for every residents' requirements.

Leading the team at Ruddington Manor is award-winning manager Kad Daffe. Kad, together with the team, ensures each and every resident receives compassionate, person-centred care, with a bespoke, tailor-made care plan to suite their individual needs.

Externally, there are also beautifully landscaped gardens and grounds plus a terrace to the first floor, with the team actively encouraging residents to enjoy the outdoors.

With winter drawing in and the long, cold nights almost here, now is the time to visit Ruddington Manor for a tour of the facility.

A NEW CARE FACILITY IN NOTTINGHAM

For further information, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com.

www.newcarehomes.com

Ruddington Manor Care Centre,
Ruddington Gardens, Ruddington NG11 7DD

Care



Growing old, needing help to care for ourselves and keeping our independence are concerns we'll all face at some point in our lives. For many, this can mean moving home to find that level of care and support.

At Four Seasons, we know that moving home is an emotional and challenging time at any age, even more so in later life. Our 'Home to Home Promise' helps make this transition as easy and comforting as possible.

Before a resident moves in, we get to know what and who are important to them and their needs. Their favourite foods, activities, hobbies they wish to continue and new things they want to try. So their care is focussed on them from the moment they arrive.

Our homes are situated in the communities our residents grew up in. They run activities ensuring residents stay young at heart, keeping in touch with the community they have always been a part of.

Jacky Reed, Managing Director said: "Understanding our residents' needs is at the heart of everything we do. We believe that quality care is about more than supporting a person's physical needs but knowing and making sure a person is enjoying experiences that are special to them.

A Home from Home



"Our Quality of Life Programme allows us to log and act almost immediately upon every comment from residents, relatives, carers and professional visitors about the experience and care we provide. It's all linked to our quality assurance programme giving you peace of mind that every aspect of our service is being monitored." Visit www.fshc.co.uk for more information.



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care



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Residential Care Home

THE FOLLOWING SERVICES ARE PROVIDED AT NO EXTRA COST

LAUNDRY - ON-SITE LAUNDRY WHICH INCLUDES BASIC REPAIRS

INCONTINENCE REQUISITES - INCONTINENCE REQUISITES ARE PROVIDED BY THE HOME

DOCTORS - CLIENTS CAN REMAIN THEIR OWN G.P. OTHERWISE A LOCAL G.P. CAN BE CONTRACTED & CLIENTS CAN BE REGISTERED WITH HIM/HER

DENTISTS - THE HOME IS REGISTERED WITH A LOCAL DENTAL PRACTICE WHO ARE HAPPY TO VISIT WITHIN THE HOME

PHYSICAL FITNESS - A QUALIFIED PHYSICAL FITNESS INSTRUCTOR VISITS THE HOME WEEKLY

OPTICIAN - A REGISTERED OPTOMETRIST VISITS REGULARLY TO TEST THE CLIENTS EYES TO VISIT WITHIN THE HOME

THE FOLLOWING SERVICES ARE PROVIDED AT AN ADDITIONAL COST

HAIRDRESSING - A QUALIFIED HAIRDRESSER VISITS THE HOME WEEKLY

CHIROPODIST - A REGISTERED CHIROPODIST VISITS EVERY MONTH

MAGAZINES - MAGAZINES & SWEETS ETC CAN BE PURCHASED FROM THE VISITING NEWSAGENT

WHETHER YOU ARE CHOOSING A CARE HOME FOR YOURSELF OR ADVISING A FRIEND OR RELATIVE ON THIS VERY IMPORTANT DECISION ON. WE WOULD BE DELIGHTED IF YOU CAME TO VISIT US, OR EVEN ARRANGE A TRIAL STAY. D.S.S & PRIVATE GUESTS ARE EQUALLY WELCOME. OUR MANAGER WOULD BE MORE THAN PLEASED TO MEET YOU AND TO PROVIDE YOU WITH INFORMATION ON OUR FEES AND FACILITIES.

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A Winning Winter Sleep Schedule

As the weather gets colder and the nights draw in, it's easy to fall into bad habits when it comes to our sleeping pattern. Neil Robinson, Chief Sleep Officer at Sealy UK, says it's vital we stick to our schedules so we don't fall into the trap of poor, disrupted sleeping, which can leave us feeling groggy and exhausted. Follow Neil's top tips to make sure you stay energised this winter:

Banish Technology from the Bedroom

I'd strongly recommend refraining from using technology for at least an hour before bedtime as the blue light emitted by phones and other devices, combined with the evenings being darker during the winter months, can disrupt your body's natural circadian rhythm, making it harder to get to sleep.

The Latest Sleep Tech

We live in an age where we've been able to develop fantastic technology to aid our adjustment to seasonal change, so do your research into the best sun lamps and alarm clocks on the market and make the leap.

Avoid the Nap Trap

Napping can be detrimental to the quality of your sleep through the night, with some studies even showing a link between extended naps and type 2 diabetes and cardiovascular disease. If you can't avoid it, make sure your nap is short, ideally only 10-20 minutes, to avoid disrupting your sleep.

Make Your Bedroom a Haven
To make bedtime more luxury, invest in new bedding and ensure your duvet is the right tog rating for colder winter nights. Having the right bed and mattress is absolutely key, and a change of seasons is the perfect excuse to look at upgrading.

Embrace Your Mornings

Starting out your day with a positive mind-set and thinking about what you have to look forward to will always help you get up first thing, but doing small additional things such as planning outfits the night before, putting your alarm clock out of reach so that you physically have to get out of bed, and setting your central heating timer to make sure you're not waking up to a chilly room will make getting into the winter sleep routine a whole lot easier.

Although the winter months may feel dark, dingy and never-ending, starting the new season off right with a good sleeping pattern will do you wonders. For more sleep advice, go to: www.sealy.co.uk.



Clipstone Hall & Lodge Residential and Dementia Care Home and The Grange Care Home

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Revitalise Your Home

Boasting nearly 30 years of experience in improving local homes, Omega Windows is a family-run business specialising in the design, manufacturing and installation of quality windows, doors, roofline and living spaces.

Offering a whole range of gorgeous styles

perfect for any home, opt for something that suits you from contemporary minimal finishes to traditional and classic looks. Brighten up your space with bifolding doors or transform your home with a stunning new conversion, adding diversity to your property.

With a wealth of experience throughout the team, take the stress out of choosing the best installation for you with help from the friendly staff on hand. Whether it's UPVC, timber or aluminium you're after, with a desire for customer satisfaction the experts at Omega Windows deliver a bespoke, professional service tailored to you.

The state of the art factory in Nottingham is the design and manufacturing hub where top standard products are created to revitalise your space. From Materslide Patio Doors and Masterfold Bifold Doors to a range of extensions including conservatories and orangeries, maximise the potential of your home today with a free, no obligation quote.

For a quality service in the heart of the city, don't compromise; let Omega Windows transform your home today. Get in touch on 0115 7617982 or for more information visit www.omegawindowsnottingham.co.uk.

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WINTER Warmers



Stay Warm This Winter

After a gorgeous blazing summer, the cooler weather has finally started to move in meaning it's time to revive our winter coats from their long, deep sleep. Whilst there are plenty of ways to wrap up when hitting the snowy streets this winter; from jumpers and coats to your favourite hat and scarf, how do we make sure we are warm at home during winter?

Check Your Boiler

This is the time of year when we should be thinking about checking if your boiler is in good working order. After months of inactivity,

firing up the central heating again can put a considerable strain on boilers; often when problems reveal themselves.

All Fired Up

If you have a fire or log burner, this is the perfect time to start using it again. As well as providing warmth to your space, it creates a timeless classic look in the heart of your family home.

Soft and Cushy

Furry blankets, fluffy cushions and other soft furnishings are suited for this time of year. Not only do they complement your

winter décor, they also provide warmth on those chill winter evenings. Snuggle up on your sofa with a mixture of on-trend colours such as light greys and crisp whites contrasted with deep reds and charcoal.

De-clutter

Tis the season for social gatherings, from family get-togethers to dinner parties and classy drinks, making sure your space is suitable to accommodate guests is key. Remove any unnecessary clutter for an inviting and appropriate space to welcome your friends and family.

Beautifully Fitted Fires

A family-run business based in the heart of Derby, Kedleston Heating boasts a professional and tailored installation service for your home. Backed by years of experience the team specialise in the delivery and fitting of quality fires, adding life to your living space this winter.

Kedleston Heating offer a range of gorgeous finishes to suit every home. From timeless majestic pieces to modern, clean designs; opt for warmth and style this season with your brand new fireplace. A simple yet effective addition to any room, a fireplace brightens up the hub of your home with its stunning traditional beauty.

The large showroom invites customers to marvel live wood burning stoves, gas and electric fires and fireplaces of every kind, including marble, wooden, stone. The eclectic collection guarantees the perfect solution for every home with different colours, finishes and styles available.



Boasting a friendly team of staff who are always on hand to help, take the stress out of choosing the ideal heating system for you with the bespoke, tailored advice from the experts in-store. Whatever you're after, Kedleston Heating provide a quick and hassle-free installation service to have your fireplace fitted in no time.

For more information call on 01332200303 or visit the Facebook page at www.facebook.com/kedfires.



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