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# Hospitals Are Urging People to Sign Organ Donor Register



Families are being urged to make sure their loved ones know their wishes when it comes to organ donation.

Last year 70 people in Nottinghamshire had an organ transplant, but this number could potentially have been much higher if families of potential organ donors had known what their relative wanted.

This Organ Donation Week (4-10 September), Nottingham University Hospital's Trust has launched a new campaign to encourage more people from a variety of backgrounds and in particular those from Black and Minority Ethnic communities, to not only sign the Organ Donor Register, but also to talk about their wishes with their family.

Janet Tilford, a liver recipient, had always carried an organ donor card, but rarely thought much about it. As she puts it, "transplants and organ donation were things that happened to other people."

But in 2015 that all changed when she became seriously ill with a rare liver condition. She was admitted to the Queen's Medical Centre at the end of May but within days found herself in intensive care at Addenbrooke's Hospital in Cambridge awaiting a liver transplant. She said: "The nurses told me that they had to put me at the top of the waiting list as my condition was so bad. They told me that I'd only had days to live."

Janet, 60, of Hucknall, first began feeling ill a few weeks before she went to the doctors. She had blood tests done that day and received a phone call the same evening saying she needed to get to hospital.

She said: "I wasn't really that worried as I had jaundice when I was younger and I assumed it was just that. I thought I'd be out the next day. Little did I know!"

Two years on from her transplant Janet is doing well and was the face of a national organ donation campaign earlier this year. She also does regular talks at local groups to raise awareness of the importance of organ donation.

She said: "Organ donation saved my life. You always think it happens to other people but look at me! Within the space of less than a month I had gone from being fit and well to having a liver transplant.

"When you are in that position you

would readily accept an organ, so I think it's important to consider whether you would donate yours."

NHS Blood and Transplant surveys show more than 80% of people support organ donation but only around 49% of people have ever talked about it, whilst national statistics from 2016/17 show that only 6% of organ

donors were BME.

Lorraine Hogg, Specialist Nurse for Organ Donation, helps to support families who are faced with making the decision when a loved one dies. She said: "We find that it can give families great comfort to know that their relative has been able to help so many people and be a hero even after their death."

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To sign the Organ Donor Register go to [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or call 0300 123 23 23

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890 miles in eight days – 125 miles per day – seven Revolution de Cuba bars.

Revolución de Cuba is gearing up for their charity bike tour, La Vuelta, and they need you! Starting on the September 8 2017, Revolution's own Dominic Doherty, area manager for the South,

will be joined by team members Rob Marshall and Jon Quinn to cycle 890 miles in just eight days. The ride will raise money for Ty Hafan Children's Hospice in Penarth, Wales – chosen by Dominic's wife after first-hand experience working alongside their staff and patients. Beginning in

Cardiff, the team will be cycling 125 miles a day and stopping at each Revolución de Cuba bar they pass by to host a 'pit-stop fiesta' to help raise funds towards their £11,000 target.

Kicking off La Vuelta from Cardiff, the riders will be joined by a number of supporters, including

Revolution Bar Group's CEO Mark McQuater and you can help by cycling with the riders too. Sign up at [www.justgiving.com/fundraising/lavuelta2017](http://www.justgiving.com/fundraising/lavuelta2017) with a personal donation and then grab your wheels - all you need is a road bike, a decent level of fitness and, of course, the Cuban carnival spirit.

Don't worry if cycling isn't for you, party with Revolución de Cuba bars in Nottingham and Derby on September 11 to show your support at the fiesta of the summer!

During the day the cantinas will be handing out a selection of delicious Cuban sandwiches and coffee - all they ask is for a donation on entry. With 100% of the money going to a great cause, there's no reason not to head down for a slice of South America.



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# Family Raises £3,606 For Hospital after Daughter's Recovery

A family handed over a cheque for £3,606 to Nottingham Hospitals Charity following the amazing treatment of their baby daughter last year.

Keira Wheller was admitted to the Children's Hospital's Paediatric Critical Care Unit when she was just 11 days old to be treated for a viral form of Meningitis. Keira eventually made a good recovery and recently returned with her family to say thank you to the nurses and doctors who had helped her get back to health.

Keira's parents, Daniel and Claire, who were due to celebrate their fifth wedding anniversary when Keira was rushed to the hospital, stayed in the parent and family accommodation at the Children's Hospital at Queen's Medical Centre during Keira's treatment. On the day of their an-

niversary, caring ward staff celebrated by presenting the couple with a cake which touched their hearts at such a difficult time.

The money raised by the family will help enhance the care of future patients on the Paediatric Critical Care Unit. At the top of the Whellers' list are 'snuggles', heated blankets which they believe helped Keira's recovery. Snuggles are not provided by the NHS and those belonging to the PCCU are purchased solely through money that has been donated to the PCCU. A single snuggy costs around £40.

Naomi Walters, Senior Community Fundraiser at Nottingham Hospitals Charity said: "The Charity is so grateful to the amazing Wheller Family who raised such a tremendous amount of money in support of the PCCU."



*"It is so inspirational to see families fundraising to help ensure that future patients and their families at the PCCU receive the best possible care."*

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Broxtowe Borough Council is moving towards making its flower beds more environmentally friendly.

In previous years, the Council planted its 171 flower beds with traditional bedding. Last year the Council trialled the planting of urban meadows at a number of locations across the borough.

Urban meadows are a mixture of annual biennial and perennial plants chosen for their colourful flowers.

This innovation was incredibly successful and this year the scheme was rolled out on a greater scale across the borough. The advantage of urban meadows is that they supply a profusion of colourful flowers and provide a food source and cover for mammals, birds and insects.

"Providing colour and attractive surroundings for our residents is a high priority for the Council. These urban meadows are not only innovative in terms of plantings but are also environmentally sustainable for local wildlife bringing nature into our towns," said Councillor Shane Easom, Chair of the Leisure and Environment Committee.



# Flowers Galore!

## Council Recognised For Armed Forces Support.....

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Mansfield District Council has been nationally recognised as an employer for the support it offers past and present members of the armed forces.

It has been awarded a bronze award in the Armed Forces Covenant Employer Recognition Scheme, which encourages employers and organisations to support the armed forces and employ armed forces-friendly practices.

For the bronze award, these include being open to employing reservists, armed forces veterans, including the wounded, injured and sick, cadet instructors and military spouses and partners.

The scheme is endorsed by the Armed Forces Covenant, a government-backed initiative which Mansfield District Council first signed up to in 2013.

The covenant pledge ensures that Mansfield District Council endeavours to ensure that members of the armed forces community face no discrimination

in the provision of public and commercial services and may qualify for special treatment if injured or bereaved.

Among its other pledges are to:

- Support employees who serve as Reservists
- Show flexibility in granting leave to Service spouses and partners
- Participate in Armed Forces Day
- Endeavour to help the armed forces community who find themselves in urgent housing need.

Councillor Sean McCallum, the council's Armed Forces Champion, said: "It is the least we can do to help all those connected with serving or having served this country. We also think it is important to support the spouses and partners of serving members, who often have to move jobs and live in different parts of the UK and even different countries many times during their working lives."




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**Aries**  
Plans may be hit by delays, so it's important that you let other people know exactly what is going on. Take a step back from an emotional situation that is causing you to feel very uneasy and out of control. A surprise encounter with someone new on the dating scene will set your heart and pulse racing. Keep your new-found excitement a secret until you feel really sure about which direction you plan to go in next.

**Taurus**  
A family matter you thought you had resolved is about to rear its head. Some news may come as a huge surprise, but you are powerless to change anything because what is meant to be will be, no matter what. Work plays an important role in your life because you always become so heavily absorbed in both what you do and the people you have to interact with on a daily basis.

**Gemini**  
The terms of a certain relationship are changing and not everything will be to your satisfaction and approval. A deeply personal ambition that once seemed impossible to achieve is slowly showing signs of becoming a reality. Romantically, a special someone is starting to make you feel very happy and secure but an emotional time lies ahead that forces you to re-think your plans.

**Cancer**  
An issue that involves money could cause misunderstandings if not handled diplomatically. Go with your intuition at work because matters are reaching a turning point. A romantic or business partner may try to force your hand regarding an important matter that needs your attention, but you may go into hiding as to avoid confrontation. The time is rapidly approaching indicating that you may be forced to make some important compromises.

**Leo**  
Avoid disputes at all costs because things are often said in anger and later regretted. A major reshuffle at work will not be received enthusiastically because someone isn't going to get all their own way. A family gathering may not be all it seems and there is much going on behind the scenes. Don't be surprised if you are given a promotion or some kind of recognition for all your hard work but be careful whom you take into your confidence.

**Virgo**  
Not everyone is happy about certain arrangements or decisions that have been made recently, especially if they involve finances. Opportunities you hadn't considered will present themselves, but keep your secrets safe because not everyone will be pleased for you. Don't assume that a message has been received, especially if you know someone has been playing mind games.

**Libra**  
Buy yourself extra time as your mind still isn't made up regarding one very important matter. As the saying goes, be careful for what you wish for it may come true. If you are considering rearranging your positions, finances, now is the perfect time to seek professional advice so that you can take maximum advantage of every opportunity available.

**Scorpio**  
The responsibilities you have recently been carrying have been extremely demanding, but you are making excellent progress. The pressure is slowly starting to ease, but only for a short while because someone is determined to test your patience. Financial matters are moving along nicely and a secret ambition could soon be realised that will put you in an incredibly strong position.

**Sagittarius**  
A romantic meeting with someone you have admired from afar will prove better than expected but not without its complications. Being able to talk to someone with ease in a relaxed manner is always a plus point when everything is still fresh and new, but it takes time to get to know a person, so refrain from being in so much of a hurry to moved things along faster than they are meant to. Think twice before agreeing to lend money.

**Capricorn**  
Not everything is as it appears and you are right to listen to your intuition because there are still a few things niggling you about someone who comes across as too good to be true. Perhaps you are being kept in the dark because you are being told a few untruths. A holiday to a few far flung places will satisfy your taste for adventure and the exotic.

**Aquarius**  
Although this is meant to be a quiet spell you are still going to find yourself under a great deal of pressure. A confrontation is on the cards because you want to know exactly where you stand as you are not prepared to waste any more of your time. You will amaze friends with your assertiveness concerning a complicated professional matter that has been causing tremendous angst recently.

**Pisces**  
The emphasis is on your finances and doing absolutely everything possible to put your matters in order. A job or business offer made will include an excellent package with some very attractive perks. Romantically, someone has finally shown their true colours, so take heed of the warnings rather than ignoring them. You are putting your affairs in more ways than one and not before time either.

# Tram Driver Switches **TO PEDAL POWER**



Tram driver, Dave Reid, has helped to raise more than £1,300 for charity after cycling 100 miles between the centre of London and Surrey Hills. Dave, who can usually be found driving on Nottingham's tram network, swapped his driver's cab for a bike saddle to raise the funds for Macmillan Cancer Support, making the trip from the capital alongside other keen cyclists. Having already raised £663 for his efforts, NET's operating company Nottingham Trams Limited

(NTL) matched Dave's donations to take his total to £1,326. Dave, who is from the Burton Joyce area, explained: "This was a tough challenge but one I'm very proud to have completed. It was really special being able to finish off the ride on The Mall after setting off from the Olympic Velodrome earlier in the morning. "I'm delighted to have raised such a significant amount of money for such a worthy cause and I'd like to thank NTL and everyone who provided donations for their sup-

port." Dave hopes to take part in the ride again next year, as well as taking part in The Viking Challenge off-road bike event this October to help raise money for Redmile Primary School near Bingham. Mike Mabey, NET's Head of Operations, added: "Cycling 100 miles is no mean feat and we're very pleased to have helped Dave in his mission to raise funds for a charity that does such great work for so many people across the UK."

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# PCC Warns Of Dognapping

Dog owners are being urged to stay "on their guard" following a spate of dog thefts across the country. Nationally, more than 1,700 dogs were stolen during 2016 – five pets a day. The figure is up 19% in comparison to 2014 when almost 1,500 thefts were reported, according to recent figures by Direct Line Pet Insurance.

Eight in ten stolen dogs are never returned to their owners. The Staffordshire Bull Terrier is currently the most stolen breed and experts believe the rise is due to an increase in illegal puppy breeding.

"Dogs are man's best friend. The impact of this type of crime is devastating and leaves an unbearable sense of loss and heartache with everyone involved," said Nottinghamshire Police and Crime Commissioner Paddy Tipping.

"While Nottinghamshire doesn't appear to be any worse affected than other parts of the country, you can reduce the risk by ensuring your home is secure, never leaving dogs unattended in a public place or a locked-up car and making sure garden gates have a robust locking system. Pedigree dog owners are at particular risk because of the high selling on value associated with these breeds.

*"It's also now the law to ensure your animals are micro-chipped to increase the chance of being reunited with a stolen pet should the worse happen. Importantly, always report the theft to the police."*

A Nottinghamshire Police spokesperson added: "We would urge anyone that spots a stray dog to report this to the local council or dog warden, as they may be stolen dogs that have been set free.

"Only approach a dog if it is safe to do so, for both yourself and the dog, to check if it is wearing a tag. Local vets and rescue centres will also be willing to help any dog found wandering the streets."



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# Strelley Kids Teach Residents Boxing Moves

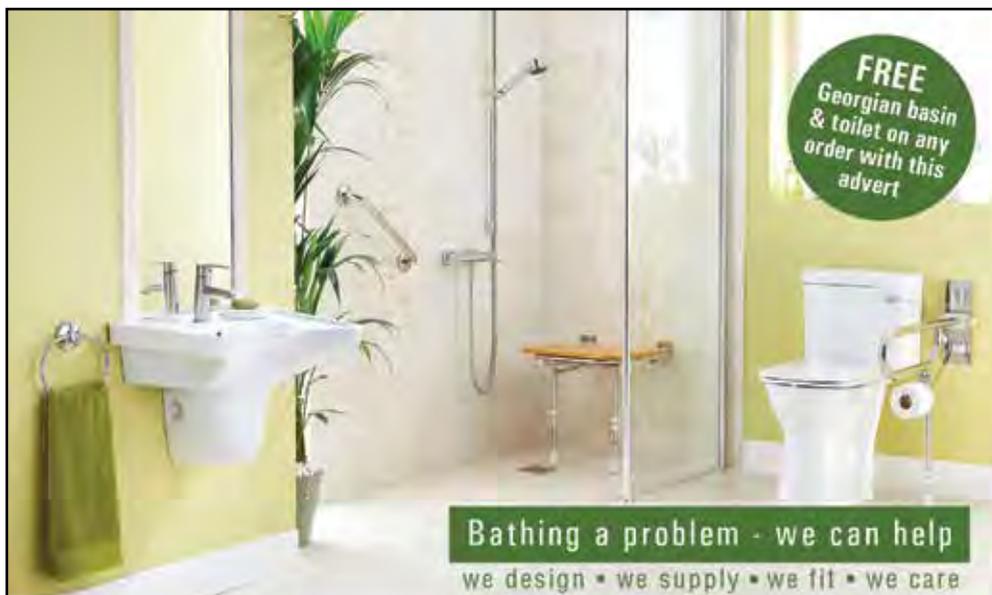
Residents in a Nottingham City Homes (NCH) independent living scheme have been training with a group of seven to eight year olds to get active this summer. Strelley ABC (Amateur Boxing Club) has teamed up with NCH to run a four week course with the residents of Mariner Court in Bulwell, teaching residents basic boxing skills to aid fitness and improve balance.

All residents can join in and get active, whatever their level of ability. The club has tailored the sessions so there will be focus on exercises and moves that can be done from a chair and activities that involve a bit more movement for those who are more able.

The sessions are being run by Gary Bulmer, who runs Strelley ABC. Gary said: "The sessions we're running at Mariner Court are really good fun for the residents and the children were really excited to be getting involved. It will hopefully get the tenants moving and improve their activity levels, while having a bit of fun at the same time."

*"We may even look at giving the residents their own boxing names and entrance music."*

Goran Selby, one of the activity coordinators at NCH, said: "Finding an activity for younger and older people to do as a group is a really positive way of bringing communities together. Having the children helping to teach the residents during their first session was so rewarding for them. We even had a few tears from some of the residents who couldn't believe how much fun they'd had."



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In addition to this, there is also a wide selection of chimeneas and working water features on display, as well as a range of high quality timber decking products onsite, giving you the opportunity to create a more functional

and inviting outdoor space.

With a new coffee shop now open and ready to give you a warm welcome, visitors can relax and enjoy a pleasant shopping experience whilst getting help and expert advice from the friendly team of professionals on-site. Shoppers who spend £50 at the new garden centre will also receive a free pair of Showa gardening gloves worth £5.99.

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Make the most of your garden this season with a visit to Keycraft.

For more information, visit the show-site and new Garden Centre located at The Aerodrome, Watnall Road, Hucknall, contact the sales department at sales@keycraft.co.uk or visit the website: www.keycraft.co.uk.

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# Roxy Ball Room Brings Next Level Gaming To Nightlife



Ready your red cups, perfect your ping-pong and practice your pool – Roxy Ball Room is bringing a new concept to Nottingham's bar scene this autumn.

Opening on Thursday 12 October, the games focused venue will bring a fun, lively and sociable atmosphere to Hockley.

The brainchild of Yorkshire-born brothers Matt and Ben Jones, Roxy Ball Room has seen a rapid expansion since opening its first bar in Leeds in 2013.

Co-owner Matt Jones said: "Roxy Ball Room was founded in a rebellious spirit, going against the norms of what was around us. We were in-



spired by the games culture in London bars and wanted to offer something fun and different to customers."

"We've secured a perfect location in Hockley and we are really looking forward to introducing the Roxy brand into the city."

Located above MOJO on Thurland Street, the Nottingham bar will be the sixth opening in five years for the group.

Head of finance and co-owner, Ben Jones, said: "Every Roxy Ball Room is tailored to the local area, with bespoke beer pong tables hand built and spray painted in-house for all of our bars."

"We're also going to have a unique private hire area called The Shed which will have its own games tables and draught beer station.

"We get a really diverse mix of customers in our bars, from people celebrating birthdays, date nights and after work drinks. We can't wait for Nottingham to see what we have to offer."

# Chimney Fires in Nottinghamshire 'Could Have Been Avoided'

Chris Wright, owner of Wilkins Chimney Sweep (Newark) says that the 61 chimney fires which occurred in the Nottinghamshire between April 2016 and March 2017, is 61 too many.

The statistics have been released by the Fire and Rescue Services, to support Chimney Fire Safety Week, part of the Government's 'Fire Kills' campaign.

Full-time chimney sweep Chris, who is fully trained, insured and HETAS registered, is delighted to support Chimney Fire Safety Week, which takes place from 4-10 September 2017. Parent company Wilkins Chimney Sweep has also announced this week that they are adopting the Katie Haines Memorial Trust as their charity of the year. Katie died in 2010 from Carbon Monoxide poisoning; the trust, run by her parents Avril and Gordon Samuel, aims to educate people about the dangers of Carbon Monoxide poisoning, which can be caused by a blocked chimney.

Chris said: "The majority of those 61 chimney fires could have been avoided if they had had their chimney swept. For the sake of £49 it seems daft that some people don't do it;

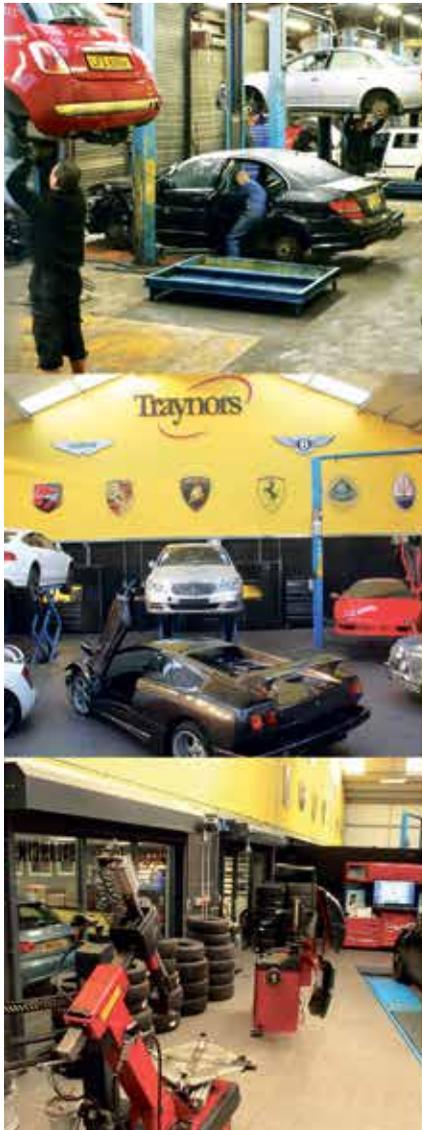


you wouldn't drive your car without having it serviced, so why light a fire without having your chimney swept?"

"I recommend my customers have their chimneys swept once a year or twice if they use the fire very regularly. Having it swept allows us to remove any build-up of soot and creosote (tar) on the inside of the chimney, caused by burning wet or the wrong kind of wood (i.e. scrap wood/painted/treated/unseasoned). It is this tar – or heavy soot deposits - that ignite causing a chimney fire. "I can also inspect the lining of the chimney, making sure there

are no structural issues." To those who worry that a visit from the sweep is disruptive, Chris added: "Chimney sweeping in 2017 is a clean, efficient, professional process; there is usually no need to move furniture or cover the whole house in dust sheets, if done by a full-time, trained, HETAS registered professional, like me or one of my team, we'll be in and out in less than an hour leaving nothing but a clean chimney, a sweeping certificate and your peace of mind!"

If you need your chimney swept, please contact Chris Wright on 01636 616425.



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# CROSSWORD

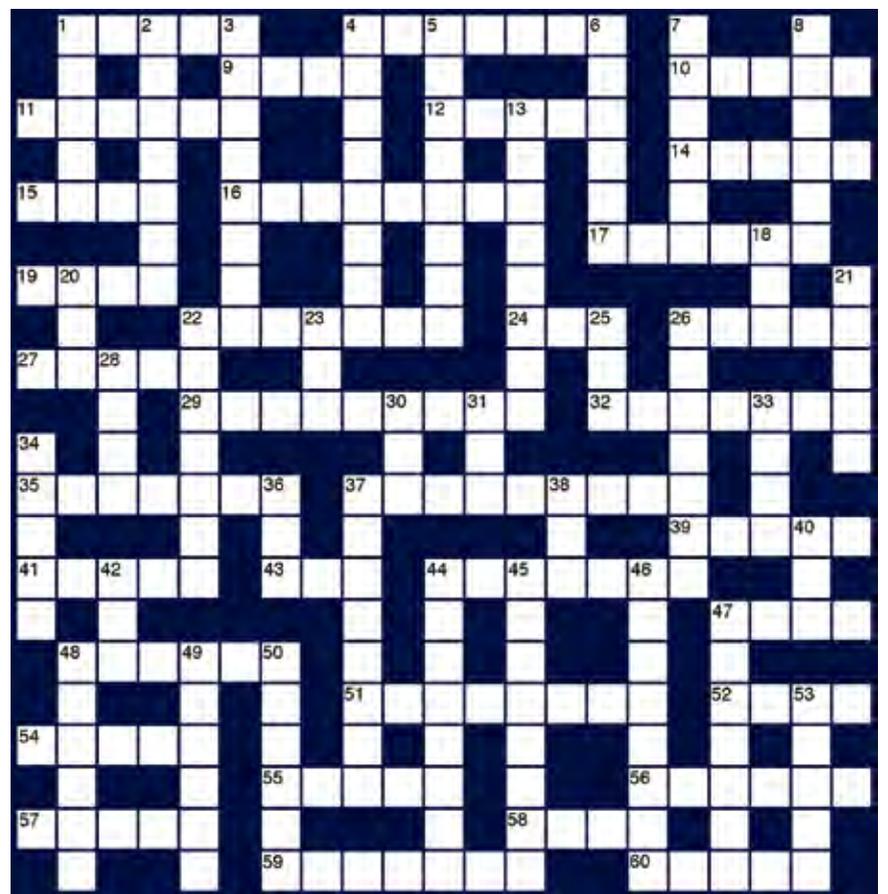
(Answers in Issue 238)

## ACROSS

- 1 Rub out (5)
- 4 Water carriers (7)
- 9 Travel permit (4)
- 10 Wireless (5)
- 11 Brow furrow (6)
- 12 The fashion, in . . . (5)
- 14 Choose by voting (5)
- 15 Garden store (4)
- 16 One who idly twirls the fingers, a fidget (8)
- 17 Seat on horse (6)
- 19 Sailor's tale (4)
- 22 House shoe (7)
- 24 Bark (3)
- 26 Supple and slim (5)
- 27 Silver metal (5)
- 29 Native Australian (9)
- 32 Stress (7)
- 35 Ship with funnel (7)
- 37 Great plenty (9)
- 39 Requirements (5)
- 41 Sensational and vulgar (5)
- 43 Married (3)
- 44 Historical parade (7)
- 47 Skeletal tissue (4)
- 48 Gems (6)
- 51 Fantasiers (8)
- 52 Cowardly person (4)
- 54 Zodiac sign, the Ram (5)
- 55 Punctuation mark (5)
- 56 Ribbon of pasta (6)
- 57 Impudence or cool courage (5)
- 58 Toothed cutters (4)
- 59 Deck walkers! (3,4)
- 60 Go into (5)

## DOWN

- 1 Our planet (5)
- 2 To desert (7)
- 3 Packed with incident (8)
- 4 Scenery at rear of stage (8)
- 5 Royalist soldier (8)
- 6 Large scissors (6)
- 7 Pal (6)
- 8 To surround (6)
- 13 Grotesque statue (8)
- 18 To permit (3)
- 20 Appropriate (3)
- 21 Denim trousers (5)
- 22 Banged shut (7)
- 23 The norm in golf (3)
- 25 Mine (3)
- 26 Tolerant and merciful (7)
- 28 Perimeter (4)
- 30 Talk a lot (3)
- 31 Religious lady (3)
- 33 Land in sea (4)
- 34 Religious poem (5)
- 36 Uncooked (3)
- 37 Appendix to a book (8)
- 38 Superb card? (3)
- 40 Private study (3)
- 42 Fish-eggs (3)
- 44 Movie injun's word for a white man (8)
- 45 Without wit, stupid (8)
- 46 Drivel (8)
- 47 Shout down in a fierce argument (4,3)
- 48 Sweater or jumper (6)
- 49 Spring festival (6)
- 50 Pieces of wood (6)
- 53 Back tooth (5)



**ISSUE 236 CROSSWORD ANSWERS**

- ANSWERS ACROSS**  
1 Blacksmith 6 Inkpot 11 Outdo 12 Canister 13 Whiplash 16 Attired 18 Enrols 19 Huge 20 Snuff 22 Pumps 24 Lea 25 Eva 26 Puritans 28 Solve 29 Wood 30 Peach 31 Regulation 35 Studiously 39 Again 40 Ease 41 Risen 42 Adjusted 43 Fit 44 Err 45 Water 47 Foyer 49 Eggs 50 Concur 51 Eyelash 54 Saw-tooth 57 Argument 58 Racer 59 Scrubs 60 Expression
- ANSWERS DOWN**  
1 Brew 2 Comprehended 3 Saga 4 Inch 5 Henceforth 6 Instructor 7 Parasols 8 Toot 9 Star 10 Sold as seen 14 Houseboat 15 Sun 17 IOU 20 Shampoo 21 Unpraised 22 Pasta 23 Multi 27 Niggardly 32 Long for 33 Theatre-goers 34 Onslaught 35 Strawberry 36 Upset 37 Inner 38 Youth clubs 39 Antifreeze 42 Armchair 46 Eel 48 Era 52 Eel 53 Airst 54 Stop 55 Wade 56 Horne

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# Education & Training

## Road to Success

Children grow up fast, so it's important to start thinking about the future. Whether they're moving on from primary education, in their last year of school or are wondering what to do after college, it's never too soon to start considering your options. Here are a few tips on how to get started:

## Attend an open day

Open days are a great way to see if something is right for you or your child. They offer an opportunity to meet the teachers at a new school, visit a potential university campus or get some more information about an apprenticeship. Educational institutions often hold open days with stalls and information on various dates throughout the year, but if yours doesn't, picking up the phone and arranging a visit is the next best alternative.

## Get informed

If you're unsure about anything, training and education providers are more than happy to answer your questions. From basic things like timetable schedules to what course to take, they have experts who will be able to offer advice and guidance on what course is best for you or your child.

## Apply

After attending open days, gathering all the information you need and making your final choices, it's time to apply. Get help with your application from friends, family members or current tutors/role models to get the best chance of success. This is your time to shine, so make the most of it!

There are many courses that start in September and January from a range of training providers. Find out more about the various choices available by reading the rest of our Education and Training pages.



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# Education & Training

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Jane Challinor, Programme Manager, Nottingham Trent University said:

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## Thirty Hours Funded Childcare Available At Two Outstanding Newark Nurseries

Children 1st Day Nurseries is advising parents in Newark to check their eligibility for the 30 hours of funded childcare being provided as part of the government's latest childcare initiative.

This follows the decision by Children 1st to offer the full 30 hours of funded childcare to three and four-year olds promised by the government. The company's two Newark nurseries are rated as 'Outstanding' by Ofsted, which means children across the town can access some of the best early years education available in the U.K.

Margaret Mason OBE, Children 1st Founder and Chief Executive, comments: "Offering 30 hours funded childcare further enables us to support families across Newark and help children make the best start in life. If you have any questions, I encourage you to contact us or visit us online."

Children 1st @ Newark, located on Muskhams provides outstanding teaching in a calm, happy and well resourced environment. The expansive garden area provides a wonderful outdoor space where the

children can grow and learn, enjoying the sense of freedom that comes from exploring the great outdoors.

Over on Appletongate, Children 1st @ Newark Town is a hidden gem. Behind the Georgian exterior is a treasure trove of outstanding provision, offering high quality, challenging and interesting activities.

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Parents who would like further information can contact Children 1st Day nurseries on 0800 652 1052.



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[www.children1stdaynurseries.com](http://www.children1stdaynurseries.com)

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# Education & Training



## Hollygirt SCHOOL

### Back to Basics What Children Really Need from a School

Hollygirt School is a small independent school for girls and boys aged 3 – 16 near the city centre of Nottingham.

Over the past couple of years, we have witnessed academies getting bigger, maintained schools getting super digitally equipped and independent schools getting fancier. At Hollygirt, we have taken a different approach to this 'more is better' attitude. Instead, we have listened to what parents are wanting when they are looking at schools and we have realised that all that most parents really want is a place where their child will be happy, safe and will accomplish their academic potential. That is what we do best at Hollygirt.

We aren't here to dazzle you with shiny equipment and grand entrances. We are here to provide children with an environment they feel they belong in; where they can thrive academically and be the

individuals they are.

*"When I look back at the morose, angry, misunderstood little boy we had 6 months ago, it's almost inconceivable the amount of progress he's made.*

*Based on our previous experience, we were incredibly concerned about George starting at a new school. We need not have worried! The compassion and understanding George has been surrounded with has blown us away. Hollygirt truly is an incredibly nurturing environment. What's more, none of this is at the expense of his academic progress, which is evident in George's recent exam results. Words simply can't express how grateful we are to all the amazing staff at Hollygirt."*

Parent of a Year 4 pupil

## We are independence at its finest. We are Wellow

Wellow House has gone from strength to strength over the past year under the guidance of head Mrs Nicola Matthews, who joined the school in September 2016.

A visitor to Wellow House is immediately impressed by the spacious, 20-acre grounds and playing fields close to beautiful country parks; by the thriving, popular Pre-Prep department which welcomes children from the age of three; by the wealth of opportunities available for boys and girls up to the age of thirteen, including music, art, sport and swimming in the school's own 20m pool; and most importantly, by the happy, confident pupils Wellow House strives to nurture and support.

Despite achieving high academic standards with small class sizes and experienced teachers, learning is not limited to the classroom. In the past year, pupils have enjoyed a multitude of excursions and events, including trips to France and Italy, outdoor pursuits for all year groups around Derbyshire and local country parks,

and visits to art galleries, historic houses and The Royal Concert Hall in Nottingham to see the Hallé Orchestra.

There are plenty of activities to enjoy in school, too. The annual Ragsdale Run, a local cross-country event; a delightfully messy Holi Festival celebration; the Wellow Enterprise Day, when every pupil works as a team to create, market and organise their own stall for the

Summer Fayre (and decide how to spend the profits for the benefit of all pupils); and the exciting chance to take part in the school's concerts



under the superb guidance of the Musical Director, Mr Ashley Williams.

There is a very special atmosphere at Wellow House, but don't take our word for it. If your child is approaching school age, Year 7 or you are looking to move, you are welcome to visit during our Open Morning on Saturday 7th October from 9.30am-12.30pm.



For more information call 0115 958 0596 or visit [www.hollygirt.co.uk](http://www.hollygirt.co.uk)

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Literacy Volunteers work with children 1-1 in schools to develop an interest and love for reading, helping to break down barriers and open doors for life-long achievement.

Be part of a volunteering force that is transforming the lives of children across Nottinghamshire. Just half a day a week commitment from you can make all the difference in a child's life. It's fun for everyone!

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For more information contact  
Literacy Volunteers:

Tel: 0115 8765474

Email: [contact@literacyvolunteers.org.uk](mailto:contact@literacyvolunteers.org.uk)



# Education & Training



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**01159 343 477**

# What Is Your Next Step?

After receiving your GCSEs, A Level results, or even just deciding to take your career in a new direction, your next step can seem unclear.

To progress towards your future career goal, there are usually three main approaches: applying to higher education (college, university, HND/HNC etc.), apprenticeships (intermediate to advanced), or employment with training.

The most important thing to do is to really think about what you want to become, research your options and discuss your thoughts with your friends and family. Once you've established your chosen career, you can then start to think about how you're going to get there.

Making sure that your next step will provide you with the relevant skills needed to help you get closer to your over-

all career goal is crucial, so it can be a good idea to get in touch with any training and education providers that you're considering to discuss your options and ask any questions you may have. Funding is also another thing to consider – apprenticeships and paid training placements will provide you with some income as you learn, but other options like university may not. This may require you to get

a part time job to support yourself whilst studying, so think about what is

the most feasible option for you in regards to your spare time and other commitments.

The skills and qualifications that further education and training provide will help you to gain the knowledge and experience you need to become an expert in your field. Whether you choose something hands-on or office-based, there are a range of opportunities available to suit your needs.



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# Education & Training

## Back To School.....



Providing accredited work experience in engineering workshops to Pre and Post 16 school students.

Key skills young people gain with us are in welding and steel fabrication. We offer nationally recognised BTEC and AIM Awards qualifications. Engineered Learning is an independently owned engineering training provider. Since its conception in 2012 it has delivered client focussed learning in a number of different frameworks & styles. Our company name was conceived to encompass all aspects of tailored learning.

- We are an alternative education provider offering school age students the opportunity to train with us. As each students' engineering skills improve, they can achieve nationally recognised BTEC qualifications.
- Educational courses are frequently designed to achieve a pre-determined set of learning outcomes in order to satisfy funding criteria or national curriculum objectives. Examples include building self-confidence, developing positive self-image working with others, developing team skills and raising motivation.



Below are comments taken from a local authority's quality assurance inspection report.

#### TEACHING

Students learn exceptional skills at this provision and make outstanding progress over their time here. Students learn to weld, grind and use various drilling machines. Students are working towards a level 1 qualification in Engineering.

#### BEHAVIOUR AND SAFETY

Students love to learn, have high standards, conduct themselves very well throughout the day and are extremely proud of their work. Behavioural incidents are very rare and staff have the expertise to control situations through their youth work skills.

#### OVERALL EFFECTIVENESS OF THE PROVISION

Teaching, behaviour, and safety are outstanding. Attitudes to learning, student knowledge and future preparation are also outstanding. Achievement is good. Expectations in terms of learning and behaviour are outstanding due to the ethos of the provision.

For any Schools or Academies interested in accessing our acclaimed training facilities please contact Dan Read on 07544390352

admin@engineeredlearning.co.uk – www.engineeredlearning.co.uk

With the new school term beginning, it can be difficult to get things back on track after the summer holidays. Whatever age your children are, it is important to make sure that they get back into a good routine to start the academic year off in the best way possible.

Create a calendar that pinpoints the most important dates in the academic year including everything from sports days and term times to exam dates, so that everyone knows what to expect from each week.

Establishing a healthy sleep routine is

something that benefits everyone from young children in their first year of school to young adults going to university. We can't function at our best on not enough sleep, which can affect our performance and concentration levels at school. Experts generally recommend 7-9 hours a night, but this figure varies slightly with age.

Eating well is another key focus. Don't neglect the importance of setting the family up with a good breakfast – it is the most important meal of the day, after all. Packing a few healthy snacks will also help to promote healthy eat-

ing throughout the day. Check in with your children and ask about homework, or assignments for the older ones. Dedicating time to study outside of the classroom will help your children to get ahead and become more confident in their subjects, whilst getting help and guidance from home.

Rewarding good behaviour is also a great way to encourage your children to continue to do well. Simple surprises like a sweet treat after a good day at school to a trip of their choice at the weekend will help to encourage them.

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Our training courses are tutor-led with each tutor having a wealth of knowledge within the course subject. We understand that each company is different as a result we offer bespoke services.

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**Employers - everyone needs the opportunity of that first step on the career ladder.**

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Webs Training Ltd has a proud history of meeting the employment and training needs of all sizes of employers, from the very large to the very small. We take pride in offering quality with flexibility; providing training services tailored to meet the requirements of your business, whilst causing minimum disruption to the working day.

We have helped hundreds of young people move into apprenticeships over the years, many of whom have gone on to be valued senior managers within their organisations. We have a very high volume of repeat business from current employers year on year because they know that we will work with them to deliver what they need.

We will advertise your vacancy, interview and assess applicants for suitability, before you take a shortlist for interview and selection yourself. This saves you time, money and gives you the assurance that those put forward to you have every possibility of achieving the apprenticeship and becoming a valued member of your team. There are many young people looking for that first step and that opportunity you could offer them.

**Employers we work with find that taking on an apprentice is an investment in the business and has real long term benefits!**

If your wage bill is over 3 million you will now be paying an annual Apprenticeship levy which you can draw upon to use to train your staff using accredited training. If you are not paying the levy there is a Government 'co-investment' scheme to support you with new recruits and existing staff training costs.

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In any of the above situations apply to you then you can access funding to train new recruits and existing staff, where there is a defined need for apprenticeship training.

**Please get in touch and we will answer questions, explain the above in more detail and discuss your requirements to start the process. We can advertise to find the right apprentice for you, or help to decide on the right programme to upskill existing staff.**

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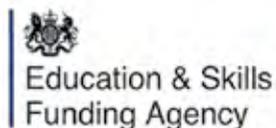
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# Poster Power at THE LITTLE RED GALLERY

The Little Red Gallery in Lincoln has just launched its latest exhibition in the Modern Masters series, 'Poster Power'. The exhibition will be running throughout September and October, with new works being added regularly, so keep popping by.

Artists on display will include a large collection of Andy Warhol pieces (including the famous Soup Cans and Marilyn Monroe's), Henri de Toulouse-Lautrec works (particularly his circus pieces), and Tracey Emin's neon limited editions, (known as 'posters'). More artists will be added throughout, including work from Joan Miro, Damien Hirst, as well as a selection of historic and culturally eclectic posters. Everything from bands to train travel to show just how important and varied a poster is to both artists and people. This in an exhibition for the masses as it covers such a huge variety of styles, subjects and timelines.

Our Lincoln gallery, where this new exhibition will be launched, is nestled between Lincoln's spectacular Cathedral and Castle. We offer two floors that house a spectacular variety of artistic attractions along-

side this exhibition.

The Little Red Gallery also has a venue in Stamford on St Mary's Hill, just down the road from the



a patch of wall that has been bare for just far too long, the wide variety of original art and limited edition prints at The Little Red Galleries have something for everyone. Catering for a vast amount of individual tastes, art lovers will find a treasure trove of pieces to suit all budgets in a beautiful venue steeped with history.

You can view the Poster Power exhibition throughout September and October at 8 Bailgate, Lincoln, or find out more on the website: [www.thelittleredgallery.co.uk](http://www.thelittleredgallery.co.uk).

fabulous St George's Hotel. Both galleries offer the finest contemporary art from a range of styles and artists - both internationally established and unknown rising stars. Whether you are starting your own art collection, looking for the perfect gift for an art lover, or have

THE LITTLE RED GALLERY

**The Little Red Gallery Lincoln**  
[www.thelittleredgallery.co.uk](http://www.thelittleredgallery.co.uk)  
 8 Bailgate, Lincoln. LN1 3AE  
[art@thelittleredgallery.co.uk](mailto:art@thelittleredgallery.co.uk)  
**01522 589134**

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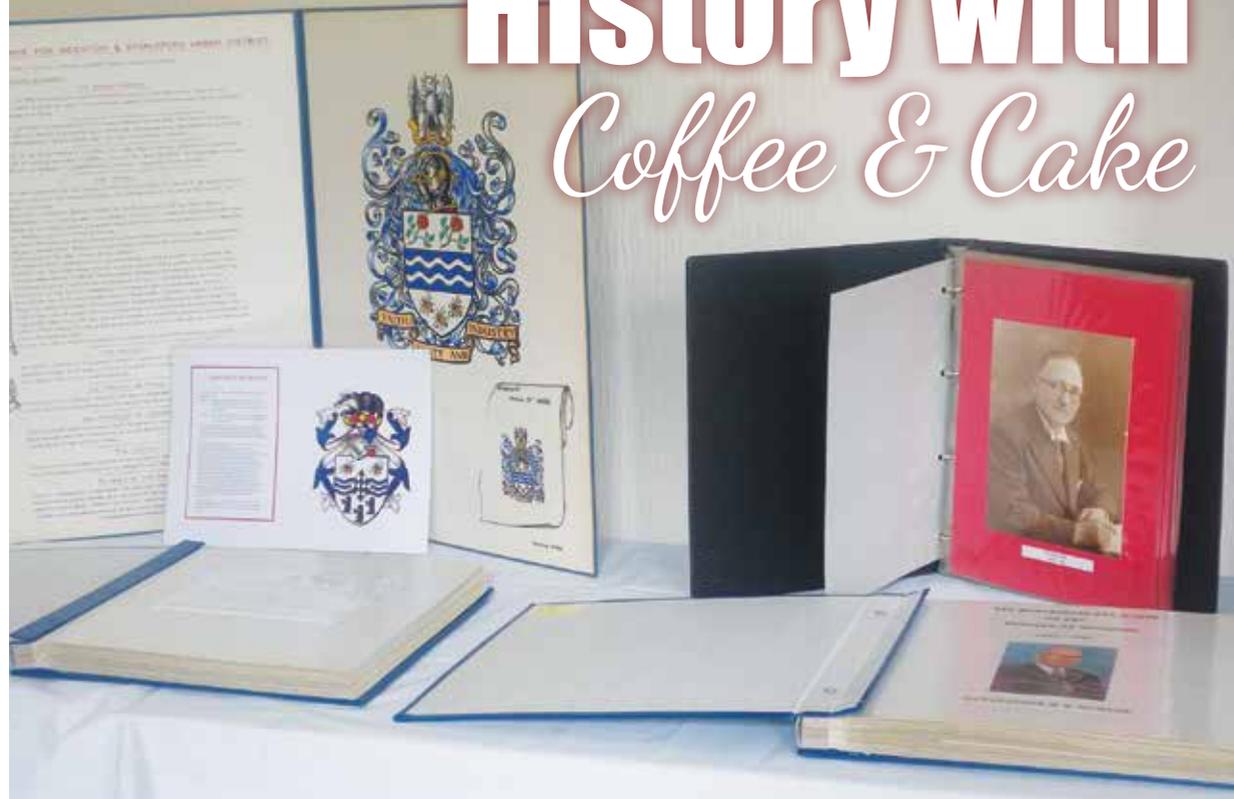
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Beeston Town Hall is opening its doors this September to give visitors a unique opportunity to explore the history of Beeston over tea, coffee and cake, as part of this year's National Heritage Open Days. Mayor of the Borough of Broxtowe, Councillor Halimah Khaled MBE, will attend the Open Day on Friday 8th September at the Town Hall, Foster Avenue, Beeston. Employees from Broxtowe Borough Council have prepared a display including old maps, civic memorabilia and even press cut-

tings from over 100 years ago and past Mayors will provide guided tours of the Town Hall. Beeston and District Civic Society will also be on hand to answer questions about Broxtowe's history and visitors to the event, between 11.00am and 2.00pm, can also buy tea, coffee and cake, with all proceeds going to the Mayor's chosen charity, Wellbeing of Women. Heritage Open Days are an annual national celebration of England's fantastic architecture, culture and history, offering free access to prop-

erties that are usually closed to the public or normally charge for admission. This year's events take place between Thursday 7th and Sunday 10th September. A packed programme of events will take place across Attenborough, Beeston, Bramcote, Chilwell and Stapleford, organised by Beeston and District Civic Society in conjunction with Beeston and District Local History Society, Friends of Bramcote Old Church Tower and Stapleford and District Local History Society.

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# Out & About

## Calling All Kids and Big Kids!

A new LEGO Club has been launched to build community spirit for Nottingham residents. Community interest company Make To

Make have been successful in gaining funding from Awards For All Big Lottery money for the second time in order to provide free, fun and inclusive crea-

tive workshops for the people of Nottingham. The first LEGO Club hopes to engage all parents to come and play with their

children, but is especially focusing on involving young dads, single dads and dads who are the main care givers of their children. The group identified a need for

**Cycling & Walking, Wildlife & Bugtopia, BBQ's & Picnics, Watersports & Cruises, Cafes & Restaurants.**

All part of a great day full of...

# FAMILY FUN & ADVENTURE



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Huntingdon PE280BH  
info\_Grafham@anglianwater.co.uk

### Rutland Water Park

Rutland LE15 8QL  
rutlandwaterinfo@anglianwater.co.uk

### Pitsford Water Park

Northampton NN6 9SJ  
info\_Pitsford@anglianwater.co.uk

Please check individual parks for activities available



[anglianwater.co.uk/leisure](http://anglianwater.co.uk/leisure)



dad friendly children's activities in Nottingham where men feel part of larger community, hence, LEGO Club!

The second part of the funding will enable the group to run a Craft Cafe over the autumn and another in spring 2018. This will be more female focused as feedback from past workshops has shown a huge demand for such activities. These will enable local women; single mums, those who are new to the area due to resettlement and for women whose first language is not

English, to come and be involved in an inclusive supportive community where they can learn new skills and make friends.

However, neither workshop is exclusively male or female focused and all are welcome to attend either. Kids can also paint and doodle, and brews and bacon butties are available.

LEGO club started this September and will run every other Saturday at Rough Trade, 5 Board Street, Nottingham, until July 2018.

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# Weddings

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# Weddings

## Wedding Day Wisdom

The dress, the venue, the rings - It can be tricky to remember everything you have to do before you say the big 'I do'. Planning your big day can be extremely exciting, but there is also a long list of things to remember.

Here are some things to think about when planning your big day:

### The Venue

Do you dream of a traditional wedding or something more contemporary? The venue is the backdrop to your big day, so think about where

you want to create that picture perfect moment.

### Have Your Cake and Eat It Too

The wedding cake is a wedding tradition where the happy couple share their first slice of married life as husband and wife. Therefore, having a bespoke cake made to fit your theme, personal taste and favourite flavours can be the icing on the cake to your big day.

### Dress to Impress

Everyone likes to look their best on their wedding day - that goes for both the bride and groom. The final fittings are an essential part of the wedding preparations and help both partners to look and feel their best.

### Say Thank You

With a team of bridesmaids, a best man and your close friends and family all there to support you, it can be easy to forget to say thank you to everyone who has helped you along the way. Small favours or a heartfelt thank you letter can go a long way to showing your appreciation.



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# Weddings

## 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 wed-

ding 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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Regards

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# Cake Sale Raises Cash for Children's Cancer Charity

Kind-hearted fundraisers at Woodthorpe Hospital staged their own 'bake-off' to raise over £100 for a children's cancer charity.

Staff at the Nottingham private hospital joined forces to bake and sell an assortment of cakes and raise funds for the CLIC Sargent Charity.

CLIC Sargent provides a specialist support package tailored to each young cancer patient and their family.

It also fights tirelessly for children with cancer, often when they feel they can't do so themselves. Rosanna Jones, Medical Secretary at Woodthorpe Hospital, co-ordinated the cake sale. Rosanna said: "I'd like to thank all the staff who baked, donated and ate cakes to support this very worthy cause, which is very close to my own heart."

"This is one of the many fundraising activities we stage throughout the year at Woodthorpe Hospital, each event focussing on a charity picked by a member of staff for a cause that they wish to support."

"I am incredibly grateful that my chosen charity has been supported by Woodthorpe Hospital this time, and hope that the donation can truly help to make a difference to children, young people and their families who unfortunately have been affected by cancer."

Patients can pay privately for surgery at the Nottingham-based private hospital as well as being referred through the NHS.



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care



# Choosing the Right Home

Selecting the right care home can be a daunting task. With so many options to choose from when it comes to deciding on the right home for you or your family member, it can be very difficult to know where to begin. Here are a few ideas of things to take into consideration before making your final decision:

## Special requirements

There are a huge number of different care packages available depending on which home you choose, and more tailored programmes with around the clock care can be provided for those who need it. Make sure that the care packages offered meet your individual requirements.

## Activities

Outings and activities play a huge role in daily life at a care home. Finding a care home programme that is suited to you or your relative's interests and hobbies can be crucial to their enjoyment. Whether it's a visit from a local entertainer, a themed weekly event or a special group day trip, make sure there's enough going on to keep home life exciting and sociable.

## Location

Not only should your chosen care home be in a location that is close to friends and family, but local transportation and accessibility also need to be considered. How far away is the home and can the people get there easily?

## Accommodation

As well as the cleanliness and general appearance, making enquiries into the facilities of a home is an important part of the decision making process. Do the rooms have en suite bathrooms or are they shared? Are there communal areas where residents are encouraged to socialise? Is there any outdoor space that residents have access to? What catering options does the home offer? Are there facilities for family members to stay?



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