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Celebrate the Chinese New Year



Nottingham Lakeside Arts welcomes the Year of the Dog, which officially begins on Friday 16 February, with a celebration of Chinese traditional and contemporary culture in which people of all ages can participate and enjoy.

This year's events include Chinese language film, activities for families, an exhibition, and a special Gala event.

On Saturday 17 February, families visiting Lakeside Arts will be able to take part in the free drop-in Chinese Arts and Crafts workshops where participants will learn how to

create attractive Chinese lanterns and window flowers.

Later in the afternoon, the Djanogly Theatre will host the Nottingham Confucius Institute's Chinese New Year Gala where audiences will experience a kaleidoscope of fresh and fascinating performances by performers including Sichuan Opera face-changing and Kung Fu of the highest standard. All proceeds from this performance will be donated to the Children's Brain Tumour Research.

Until Sunday 18 February, visitors to Lakeside's Wallner Gallery can enjoy Jiang Hongsheng's stunning exhibition of Chinese brush paintings where all scrolls on display are available for sale. Hongsheng is the winner of a National Golden Prize for Chinese painting and is also founder of the Red Peony Academy, Ningbo.

Join Lakeside Arts audiences on a richly imaginative journey led by two dancers on

Friday 23 February at the end of half-term week, in Panda's Home. This performance, suitable for ages 4+, will teach children about the Chinese Five Elements through encounters in bamboo forests, and with fireworks, kites, and monsters. This brand new visual, digital, and dance performance is a collaboration between TPO and Chinese artists.

Concluding the programme of events is the 6th Si Yuan Cup Table Tennis Tournament at the David Ross Sports Village on Saturday 3 March. Table tennis players of all ages, ethnicities and abilities are welcome to enter the tournament. Free taster sessions will also be on offer.

For more details on these, and other Chinese New Year events taking place across Nottingham, please visit Lakeside's website at www.lakesidearts.org.uk/CNY or call the Box Office on 0115 846 7777.

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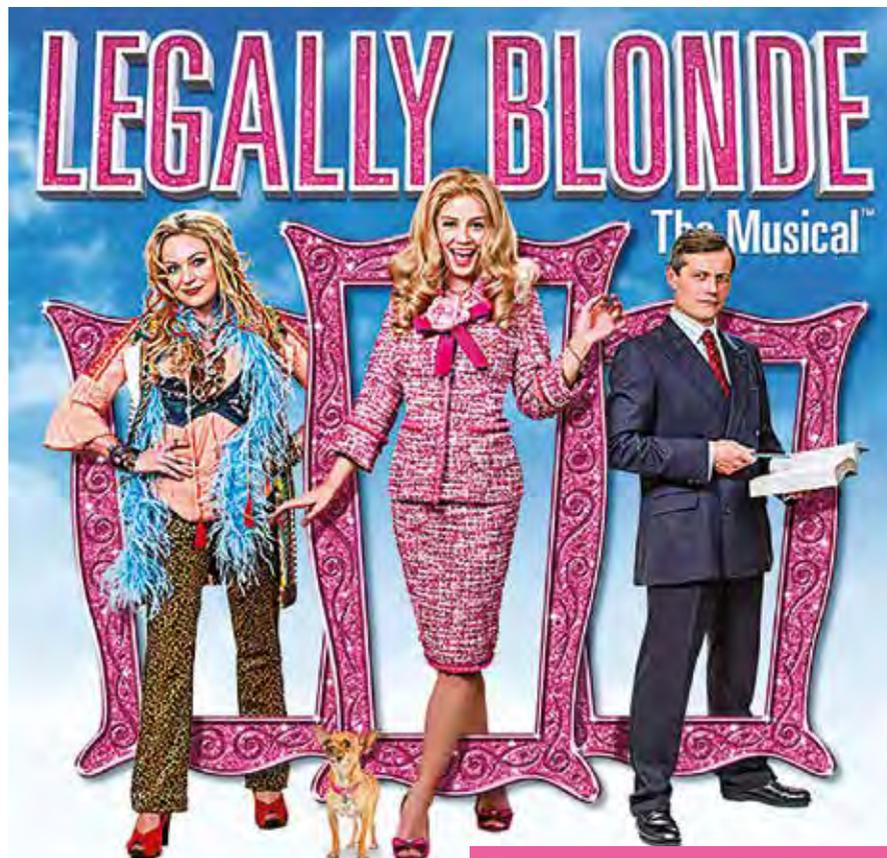
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Could your pampered pet or family pooch be destined for fame?



To register interest in attending these open auditions, or for more information, please contact David Barrett, Associate Director for Legally Blonde The Musical, at legallyblondedogauditions@gmail.com

Legally Blonde The Musical is going on tour and the producers are holding auditions in Nottingham to discover a four-legged star for the show. Producers of a major new tour of the smash-hit Broadway and West End musical Legally Blonde The Musical are on the hunt for four-legged stars across the UK and Ireland. EastEnders' Rita Simons, Lucie Jones, who represented the UK in the 2017 Eurovision Song Contest, and Bill Ward, star of Coronation Street and Emmerdale, are the human stars of the show but Legally

Blonde The Musical also has two dogs in the cast: A Chihuahua called Bruiser and another called Rufus. Bruiser (above) is already cast and will be on the road with the show but producers have decided to hold auditions for 'Rufus' in every town and city on the tour. Auditions for Nottingham will be held at Nottingham Tennis Centre, University Blvd, Nottingham from 2 - 5pm on Saturday 3 February. Associate Director David Bar-

rett said: "Legally Blonde The Musical is a show all about stereotypes and not judging a book by its cover and the dogs are no different in this. So whereas 'Bruiser' is the cute, tiny, adorable one, with 'Rufus' we are looking for the total opposite. We are looking for a big, brutish, dog that only its mother could love - preferably a Bull Dog as in the film but we are certainly open to options."

Reminder: subscribe early to the 2018/19 garden waste service

Broxtowe residents are being reminded to subscribe early to the 2018/19 garden waste service to ensure their collections continue seamlessly into the new subscription period.

2018/19 subscription letters will be delivered to households in the Borough over the next few weeks. The current subscription year ends on 1 April and new prices for the upcoming year (2nd April 2018 - 31st March 2019 inclusive) are as follows:

- £32 for 1 brown lidded bin
 - £14 for each additional bin
- The Council's garden waste service offers many benefits for residents including all-year round collections; a sustainable, environmentally friendly alternative for garden waste disposal; and helps to avoid costly, time consuming visits to local Household Waste and Recycling sites. Residents can pay for their subscription in the following ways:

- Online - The quickest and easiest way to pay for a subscription is online by visiting www.broxtowe.gov.uk/gardenwasteform.
- Telephone - For single bin payments only using a debit card call freephone 0800 952 0040 select option 8 and enter the Subscription Reference Number which can be found on the front of the renewal letter that residents will receive shortly (call charges for mobile networks may apply). For single and multiple bin payments using a credit or debit card call 0115 917 7777 select option 4 followed by option 1.

For full details of the waste and recycling collections schemes contact Broxtowe Borough Council on 0115 917 7777, email recycling@broxtowe.gov.uk, visit www.broxtowe.gov.uk/recycling or subscribe to the Council's 'Email Me' service to receive monthly gardening tips and updates on waste and recycling.



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Building Duo Commence Enderleigh Mews Development

Two Nottinghamshire companies have joined forces to build a series of residential developments in the East Midlands, as work on the first project began this January. The building division of Huthwaite-headquartered NM Group (North Midland Construction Plc) has entered into a joint venture partnership with developer Earl and Pelham Limited to work on prestigious projects across the region. Their first development will be at Enderleigh Mews in Nottingham, featuring

10 four-bedroom houses in the picturesque grounds of the house formerly known as Enderleigh. Andy Churchill, managing director of Earl and Pelham, which has become one of the most trusted property investment firms in the East Midlands since it was established in 2015, said: "This step for us to work alongside North Midland Construction is the best possible start to 2018. The joint venture partnership will bring high quality bespoke developments to Nottingham and the wider area.

"The East Midlands is full of fantastic property opportunities and

we're delighted to have North Midland Construction working alongside us. Their expertise of construction is extensive and they have a very experienced and passionate team to deliver our project. "We hope that our shared passion and values will bring many benefits to the East Midlands." NM Group was founded in 1946 and now operates across the UK and internationally. Nick Banks, NM Group operations director for the building division, said: "As a Nottinghamshire-headquartered company, it was a clear fit for us to invest in this regeneration project, which will see our team lead the construction of this unique residential development. It marks the start of our partnership with the Earl and Pelham team - the first strategic partnership of its kind for our building division."

East Midlands gets set to host showcase for health and wellbeing

Coaches, counsellors, beauticians and therapists are being invited to showcase their businesses and talents at the UK's biggest free health and wellbeing event.

A host of speakers and more than 50 providers, offering everything from laughter yoga to drumming therapy and mindfulness, have already signed up to appear at the Unlimited Wellbeing Exhibition and Conference on at Derby County's Pride Park stadium on 25 March.

The not-for-profit event is the first of its kind in the UK

and is designed to promote the huge variety of local companies which help to make up the country's rapidly growing health and wellbeing industry, which is estimated to be worth £50bn a year. It will also raise money for Tretope Hospice Care, in Risley, which provides support for people with life-limiting illnesses across Derbyshire and Nottinghamshire. The event has been organised by Sanjiv Corepal from Nottingham, a self-confessed former workaholic who gave up his 80-hour weeks after realising he was ruin-



ing his health.

Sanjiv said: "The UK's wellbeing industry is massive and it's growing all the time. People realise that looking after themselves is no longer just a lifestyle choice, it's a lifestyle necessity and 2018 will see huge growth in services designed to benefit people's physical and mental health."

"This is the biggest event of its kind in the UK and it's tremendously exciting. For the first time, the best local providers in the business will come together in one room to show what they do,

while visitors can explore them all and find out everything they need to know."

Everyone who signs up for the conference will be given a free professional profile on the Unlimited Wellbeing website and there will also be an opportunity to network at a pre-event breakfast.

Entry to the event, which takes place at Pride Park on March 25 from 10am, is free and for more information visit www.unlimitedwellbeing.co.uk.

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Warm clothing donation helps the homeless



Life for some of Nottingham's homeless community is about to get slightly more comfortable and less cold thanks to the donation of warm winter fleeces, jackets and polo shirts.

The donation has been made to the homelessness charity Framework by Mansfield based business gifts, promotional merchandise and branded workwear suppliers Pellacraft who, together with a cash donation of £1,000 towards Framework's 'off the streets campaign,' have provided over £2,000 of support.

The 'Off The Streets campaign' has committed to raising £225,000 to provide services which will help the charity to continue their life-changing work to engage, rehouse, rehabilitate and reconnect people who have been made

homeless.

It is widely reported that there is a national rough sleeping crisis. The number of rough sleepers is at record levels. In September 2017, Framework found 43 people sleeping out on a single night in Nottingham alone – more than ever before.

Commenting, Pellacraft Director, Samantha Pella, said, "Framework and other homeless charities desperately need and appreciate support from businesses who are willing to organise their own fund raising initiatives, take part in arranged events or simply make financial donations. Pellacraft has supported Framework for a number of years and as a workwear supplier we were able to do something slightly dif-

ferent by sourcing winter jackets, fleeces and polo shirts that we could donate."

Olivia Wood, Corporate Fundraiser from Framework added, "Framework run a number of appeals throughout the year and has been working closely with Pellacraft to ensure their support can help our most crucial projects. The provision of clean, warm clothing as part of the 'off the streets' campaign is an important aspect of helping the homeless rebuild their lives."

The clothing will be handed out on a gradual basis over the next couple of months at the Sherwood Street Centre in Mansfield to the 15 people who live there and to other homeless people who come into contact with the service.

Make the right call

Broken eggs, a dead fox and someone who wanted the East Midlands Ambulance Service (EMAS) to make them breakfast are some of the inappropriate 999 calls emergency call handlers have taken in the last six months.

The EMAS answer over 2,500 999 calls every day from people requiring emergency medical assistance for cardiac arrests, strokes, breathing difficulties and serious injuries.

However, some of the 999 calls received are not for emergency situations and when one of the EMAS call handlers is on the phone to these inappropriate calls, they are not able to help someone in

a real emergency.

Recent inappropriate calls have included

someone with a broken toenail, someone who wanted a taxi home and a patient waiting to be seen at a GP surgery, but who didn't want to wait the 30 minutes for their appointment.

Simon Tomlinson, General Manager for EMAS Emergency Operations Centres, would like to remind people to only dial 999 in the event of a serious emergency.

He is also urging people to remember that there are other options available, such as calling NHS 111, contact their GP or a pharmacist or visit an NHS Walk in Centre.

He said: "When you call 999 because someone is unconscious, not breathing, having chest pains or has the symptoms of a stroke, you are making the right call.

"Our emergency call handlers are trained to deliver life-saving instructions over the phone and we will get help to you as quickly as possible.

"Every 999 call is assessed so that the right help is provided to the right person as quickly as possible.

"You could receive the right treatment for you more quickly by contacting an alternative NHS service, such as your local pharmacy or NHS111, particularly if your call is not a serious emergency.

"Please help us to make sure we can reach the people who need us the most."

In December, the EMAS received 999 calls for 922 patients in cardiac arrest, 6,543 people with breathing difficulties and 1,526 patients experiencing a stroke.



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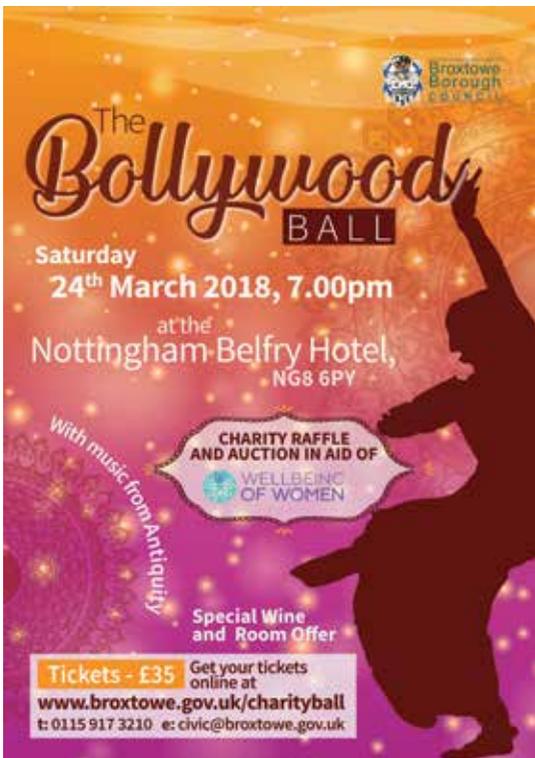
Bollywood

comes to Broxtowe

Tickets are now on sale for the Broxtowe Borough Bollywood Charity Ball in aid of Wellbeing of Women – a chance to enjoy an evening filled with authentic Bollywood delights, good food and music. So come along and dance the night away on Saturday 24 March 2018.

Year after year, the Broxtowe Borough Charity Ball has developed a reputation for providing an extra special evening, bringing together local people, their relatives and friends, plus partner organisations, councillors, officers, and supporters of the Borough. All proceeds from the Ball will this year be donated to Wellbeing of Women.

This year's ball promises to be an extravagant evening with a drinks reception closely followed by a delicious three course meal. The evening will excite with a charity raffle filled with fantastic prizes sponsored by local businesses, a performance by the brilliant acoustic band Antiquity, and a special



auction of a Paul Smith handbag worth over £500.

Tickets are just £35.00 per person and are now on sale until Friday 2 March 2018. The grand evening will be hosted by the Mayor of the Borough of Broxtowe, Councillor Halimah Khaled MBE at the award-winning Nottingham Belfry Hotel, Mellors Way, Nottingham. Councillor Khaled said: "Wellbeing of Women is a charity very close to my heart. They fund the best research in women's health in the UK, improving the health of women in pregnancy, giving birth, and those suffering from gynaecological cancer. The Ball will be a fantastic way to raise vital funds to support their work, as well as a fun and fantastic end to what has been a won-

derful year as Mayor."

Tickets can be purchased online at www.broxtowe.gov.uk/civic. A special room rate is also on offer for a limited numbers of rooms for guests staying overnight at the Belfry Hotel.



Applications now open for 2018 Best Bar None

The 2018 Nottingham Best Bar None Scheme has been launched by the Nottingham Business Improvement District (BID) and licensed premises in the city centre are being encouraged to apply.

Best Bar None is a national initiative supported by the Home Office that is designed to acknowledge and reward safe and well run licensed premises. For the last six years the scheme has been run in Nottingham city centre by Nottingham BID, which last year saw 69 licensed premises in the city centre securing Best Bar None accreditation, with 54 achieving the top ranked gold.

In order to receive the accreditation, premises have to complete an assessment which demonstrates they have appropriate and effective policies and procedures in place to

prove that they are safely operated, particularly in the areas of the protection of children and emergency procedures. It is free for all licensed premises across the city centre to apply for accreditation.

Premises which gain accreditation will receive a bronze, silver or gold award based on their score, in one of the six categories - Pub, Bar, Club, Restaurant, Cocktail Bar and Independent with the highest scoring premises in each category going through to an independent judging panel consisting of licensing professionals. A winner will then be chosen in each category and from these category winners, an overall winner for 2018 will be selected and announced at a special event in September.

Andy Crawford, a director of the Nottingham BID, said: "We hope

very much that lots of venues apply for and gain the accreditation. It conveys a very positive message that Nottingham is a safe and vibrant place for a night out, encouraging more people to visit."

All the venues that are successful in gaining the accreditation will receive a certificate and a window sticker that they can display to show that they are a Best Bar None accredited venue. They also enjoy a number of benefits including increased footfall and turnover through the safe night time economy the scheme has created, stronger relationships with the police and local authorities and a reduction in the premiums for some insurance policies.

Venues have until 28 February 2018 to apply by emailing: BCrp@nottinghambid.com.



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Growth fund to help you think big

The beginning of a New Year is a perfect time to start something different for your business. If you're a small to medium sized business looking for a little support to make your next big investment, the loan fund available from Think BIG Loans may be of use to you.

Available to businesses in Newark and Sherwood with the ambition and potential to grow, the loan has already helped many businesses to take their next step.

The Dovecote Inn, Laxton, is a prime example of the difference some financial support could make for your business.

The Dovecote Inn is a traditional country pub set in the unique and historic village of Laxton, England's last remaining medieval farming village, part of the Crown Estate. The Inn has been established over many years and has been managed by David and Linda Brown since May 2007. When they acquired the business only nine years of a 21 year lease remained from the Crown Estate remained.

Throughout 2007, according to the British Beer and Pubs Association, 27 pubs a week closed, seven times faster than the previous year and 14 times faster than 2005. This equated to four pubs a day closing in the UK with the industry going into collapse. David and Linda put a considerable amount of their own money into the business with David explaining that the "past 10 years had been tough with no financial support whatsoever."

David became aware of the Newark and Sherwood District Council loan scheme through a conversation he had at a Parish Council meeting. In order to receive a loan David and Linda had to demonstrate how financial help could grow the business and not only safeguard, but generate more local jobs in the district. David stated that: "At the time of application the interest rate from Newark and Sherwood was attractive as the banks were suggesting between 16-18%."

A business plan was already in place to expand the business, improve the two letting



The pictures below show the Before and After of the Third Letting Bedroom:



bedrooms and create a third letting bedroom from the derelict barn. The creation of the third letting bedroom would impact positively on the core business. In October 2016, the loan was agreed by the Think BIG panel to run over a three year term. David explained that the process was "quick, simple and efficient and everything dropped into place." The new suite and upgrades to the other two letting bedrooms were completed and ready for the launch at the end of June 2017. By August, the turnover had doubled from £2.5k per calendar month in 2016 to £5k per calendar month in 2017. This trend is continuing to grow with the combination of the third letting bedroom and the upgrade of the other two. Year on year sales are expected to increase by 7.5%.

The Dovecote is now equipped to deal with increased bookings. Re-

views on Trip Advisor have been strong and this has boosted overall ratings. Staff numbers have increased to five full time equivalent and 12 part time staff. These numbers do not include David and Linda, who also work in the business.

David has been keen to recommend the Loan Fund to colleagues and other companies through networking groups he attends within the district: "From our point of view, we entered into the process with Newark and Sherwood District Council with some scepticism. We had already prepared our business plan and everything came together very quickly. The outcome is that we have a superb third letting bedroom which has expanded our business and increased our productivity. Newark and Sherwood acted 100% professionally throughout the process."

Has your company been struggling to raise working capital from the banks to finance growth of the business?

Think BIG (Business Investment for Growth) might be able to help.

Think BIG provides loans to existing businesses that may not meet the banks' lending criteria but are able to demonstrate that they have a viable proposition for growth.

Who can apply?

Available to existing small and medium-sized businesses in Newark & Sherwood with the ambition and potential to grow.

As a guideline, we do not expect to provide loans to businesses with turnover of less than £150,000 or with fewer than 5 employees.

"The funding received enabled us to reinvest in some systems to improve the customer journey" - Wilson Energy Ltd

"Thankyou for the speed and efficiency of the initial loan set up. It was a key requirement for us" - Gusta Group

Financial Support for Growing Businesses

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Students get an insight into Construction at Edwalton Park

Construction Management students at Nottingham Trent University were given an insight into construction at David Wilson Homes' Nottinghamshire development Edwalton Park during a site visit.

Students were invited along to the new homes site on Carter Drive where they met with industry professionals to learn more about the housebuilding industry and saw the high quality standard of homes built there.

The aim of the visit was to demonstrate how the skills they are currently learning in their course can be applied in a vocational setting.

They also learnt about the different skills and processes involved in building a new home in a bid to inspire them to progress their studies to the next level or pursue a full-time career in house building after graduating.

Eamonn Colbert, Senior Lecturer at Nottingham Trent University said: "Site visits like this are invaluable to our students, as they give a real insight into how housing developments are constructed, and allow students to ask questions about the vocational skills needed to work in the industry." The group were given a feel for the development and what it is like to work on site, whilst having the chance to in-



terview a number of experts in different trades of housebuilding. At the end of the visit the students engaged in a question and answer session with the Site Manager, where they found out more about how to get into the industry. John Reddington, Managing Direc-

tor at David Wilson Homes East Midlands, said: "We're always on the look-out for the homebuilders of the future, and we wanted to give local university students a glimpse of what it's like to work on a new homes development like Edwalton Park.

"By hosting site visits like these, we hope to encourage keen individuals to consider a career in the housebuilding industry. We hope that the students at Nottingham Trent University had a good day with our team and that they all took away some useful information."

Top industry qualifications for Richard Watkinson staff

Two team members from one of Nottinghamshire's leading estate agents have achieved an Association of Residential Letting Agents (ARLA) level two certification, one of

the industry's most reputable qualifications. Chloe Leeson, 20, and Rita Nicholson, 53, who work at Richard Watkinson & Partners' Newark lettings office, both achieved their qualifica-

tion following months of study. Dawn Parker, office manager, said: "I would like to congratulate Chloe and Rita, they worked incredibly hard to achieve their level

two ARLA. We are so proud to have two more qualified members in our highly experienced team." Chloe said: "An ARLA certification is the very best qualification

out there so I am really pleased all my hard work paid off. Richard Watkinson & Partners really encourages personal development and I am looking forward to starting my level three training." Rita added: "It took a lot of hard work but I'm delighted to add my experience to our already strong and dedicated team, which I am very proud to be part of. The

by a Client Money Protection Scheme, as well as having a system in place should anything go wrong.

"It is so important in today's lettings industry to fully understand and adhere to ever changing legislation.

"A licensed ARLA agent is required to keep up-to-date with the latest developments in the market and with the changing legislation affecting let-



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ensures everyone has the opportunity to gain professional qualifications." ARLA is awarded by Property-mark, which promotes the highest standards in residential lettings.

Dawn explained: "ARLA qualifications demand more than the law requires and landlords should always look for the Property-mark logo when looking for a letting agent.

"As well as being consulted by qualified and trained staff who have up to date industry knowledge, landlords also benefit from their money being protected

and property management.

"We pride ourselves on having highly-qualified staff and feel that we stand head and shoulders above other agents in this field."



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Aries

Now that you are re-claiming all your power again from those who helped themselves to your precious energy, you are beginning to find yourself after what has been one very long journey, but never again will you allow anyone to get away with manipulating you into doing what suits only them without any consideration for you. A last minute change of plan could lead to an interesting meeting with someone you feel you can work with and plan a future together.

Taurus

For some time you have not quite known which direction to go in, but now you are being given all the pointers and if you refuse to open your eyes to reality, then you are going to miss out on some fantastic opportunities because someone else will grab them first. Let go of past romantic hurts because all you can do is learn from your mistakes. Pay attention to detail at work, especially before signing any legal documentation. A romantic encounter could have a greater influence over your emotions than anything you have ever experienced before.

Gemini

There is something deep in your heart and mind you are battling with because you are probably afraid of making the wrong decision. Perhaps you are now realising just where you have gone wrong and now planning to do things very differently from now on. You want to put your life in order, but realise that everything takes time and that some things cannot be rushed. Learn to say no to situations you know are bad for you and stand up for what you believe is right.

Cancer

Nothing that life throws at you now will ever be as difficult to deal with because of all the valuable life experiences you have behind you. This is probably the reason why you are feeling more calm and relaxed about your long term prospects, even though you are feeling yourself under so much pressure. Thankfully, you have made up your mind to go forwards and leave the past behind. Even if you are single and not in a relationship, does it really matter that much? As long as you are happy in your own skin, you then have the freedom to make your own choice.

Leo

This week, focus on what resources you can build on rather than wasting time on chasing the wrong people. By focusing your energies positively, there is a good chance that something you have been hankering after will finally materialise, putting you in an excellent mood as you discover your persuasive skills are working. Someone will ask you for your assistance in a matter they are uncertain about and this is where you come in, as a trouble shooter and a saviour.

Virgo

No matter which way you are looking in, nothing seems to be either running smoothly nor going to plan. Major concerns over the health of a loved one may grow and frustration and worry are unavoidable. However, a ray of sunshine will glow on another matter that you have been thinking about a lot recently and an offer or invitation of some sort or other will result in opening some important doors, putting you in touch with some very influential people.

Libra

Because you have recently severed all ties with numerous situations and people who have been seriously testing your patience, it is little wonder that you feel so relieved and optimistic about your long term prospects. You will receive contact from an individual who may not have been a position to help you previously but it looks as though you are going to receive some very positive news. A budding new romance will soon commence that will prove to be a date with destiny.

Scorpio

There is always a surprise around every corner and just when you are busy minding your own business, the phone can start ringing, a message or visitor arrives and your whole schedule is suddenly turned upside down. But there is a silver lining in every grey cloud and what you are about to experience and witness will be life changing. Suddenly you will find yourself in one of the most strongest and powerful positions ever and that nothing nor no one will succeed in standing in your way ever again.

Sagittarius

Perhaps its time to address your both your personal and professional issues a little more realistically and instead of always looking for excuses, an old flame who still holds a torch for you may offer the olive branch because they will always forgive, no matter what. Family matters reach a head because of a number of developments beyond your control continue to spiral out of all proportion. A job interview will go surprisingly well and this will give you a ray of hope that there is change on the horizon.

Capricorn

Excitement will be in the air because you are now feeling so much more hopeful and optimistic about your long term prospects both in your working and personal life. Someone you have recently become acquainted with is proving to be a most interesting and fascinating person to speak and be with. A long standing financial worry will finally come to an end and this will give you more disposable income to play around with. Plan a holiday and take a break.

Aquarius

You have just come through a long hard slog and its time to have some fun. Life is for living and you are good at playing when you are in the right frame of mind and mood to let down your barriers and reserves, if only for a short time. Some challenging situations will present themselves that at first glance look horrendous and difficult, but if you stand back and look at them more deeply, you can use this whole fiasco to work to your advantage and put you in a very good light indeed.

Pisces

Someone who has been standing in your way causing you unnecessary bother is about to be removed out of the arena. You may enter a new romantic scenario that proves exciting, passionate and full of intrigue. You are quite correct to keep your personal life out of the way of work colleagues because you know only too well who the gossips are. Something extraordinarily wonderful is about to happen in your world that could even indicate a house move.



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Property

Alder House and Acer Court Care Communities

Alder House and Acer Court care homes in Nuttall, Nottingham, are set back from the road in landscaped gardens, next to one of the entrances to Broxtowe Park. They offer the best in care and community in quality surroundings, and are competitively priced.

Both homes are purpose built and offer residential and dementia care; they ensure that residents live as normal a life as possible, receive the best in care, and are still a part of the community. Each home has a dedicated memory-care suite where residents are supported by a sector-leading programme for people living with the many forms of dementia, in

a calm environment that reflects up-to-date research.

Proactive resident Well-being is at the core of all the care and support, and both homes have a dedicated team of activities staff, headed by leading instructor, Claire Harne, Activities Co-ordinator of the Year at the 2017 National Care Awards. She and her teams ensure that every day is packed with activities and events, as well as trips out in the home's own minibus.

The trademarks of quality Avery care homes are present in both properties, with each providing restaurant quality dining with menu choices, comfortable quiet

lounges, and light and airy bedrooms with their own en-suite shower rooms. In addition, Alder House has a dedicated cinema and a vintage tea shop, both used daily, with some ground floor rooms that have patio doors opening on to the landscaped gardens; there are even suites for couples wishing to stay together in care. As with all the Avery homes the professional kitchens in each home are led by qualified head chefs and are both 5-star rated by the Environmental Health (EHO). For more call 0115 975 8110 (Alder House) or 0115 977 7370 (Acer Court), or Search 'Avery Care Nottingham'.



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Handover of first properties in Arnold

New affordable homes are coming to Arnold, as the first properties at the Bestwood Lodge Drive sites are handed over to Gedling Homes, with tenants already moving in.

Formerly occupied by garages, the eight sites in the development have been transformed to provide 25 new affordable homes made up of 2, 3, and 4 bedroom houses as well as 1 and 2 bedroom flats. The homes will be available for people already on the housing list with Gedling Borough Council, and are part of Gedling Homes' drive to help solve the housing crisis.

The £3.2 million scheme is the first Gedling Homes has built outright, working in partnership with the Home and Communities Agency and Tanbry Construction. The scheme is due to be fully completed in spring 2018, with houses handed over in phases throughout the beginning of the year. As the largest housing provider in the borough, building new homes for affordable rent is the next chapter in Gedling Homes' journey.

Ms Antonia Fryer, who has just moved into one of the properties said: "I am delighted with my new home and would like to thank Gedling Homes for provid-

ing such a great home for me and my daughter to live in. We are both looking forward to building a new life and creating memories here."

Jason Cannon, Director of Gedling Homes said: "It is fantastic to take handover of these

affordable new homes in Arnold. This helps our ongoing commitment to provide more homes and bring disused land back into use. The Bestwood Lodge development has been built to satisfy the housing needs of a range of different people in the area."



A blank canvas



Whether you're thinking of taking your first step on the property ladder, want more space or are looking to downsize after no longer needing a large family home – there are a range of new build property developments out there which provide a number of benefits for potential residents.

Among the many advantages of buying a new-build home are perks like guarantees, personalisation opportunities and incentives.

A guarantee is one of the most appealing things about buying a new build property. Since new-

builds are built to meet the latest specifications, new-build homes come with a 10-year NHBC warranty covering structural defects and developers often provide their own warranty, so you know that your latest investment is covered should anything go wrong once you move in.

A blank canvas for you to personalise, new-builds offer a great opportunity to create your dream property. With personalisation offers often available when buying off-plan, you may be able to choose your fixtures, finishes and add additional extras.

Incentives are another fantastic perk of a new-build. With the

Government offering a number of opportunities for first time buyers, including the Help to Buy loan scheme and Starter Homes Initiative. However, there are also benefits for existing home owners; including Part Exchange offers to help you move property.

Finally, with no upward chain, it is often easier to purchase a new-build, meaning you can move into your dream property even sooner.

For more information on your desired development, get in touch with the sales department to arrange a tour of a showroom and discuss pricing



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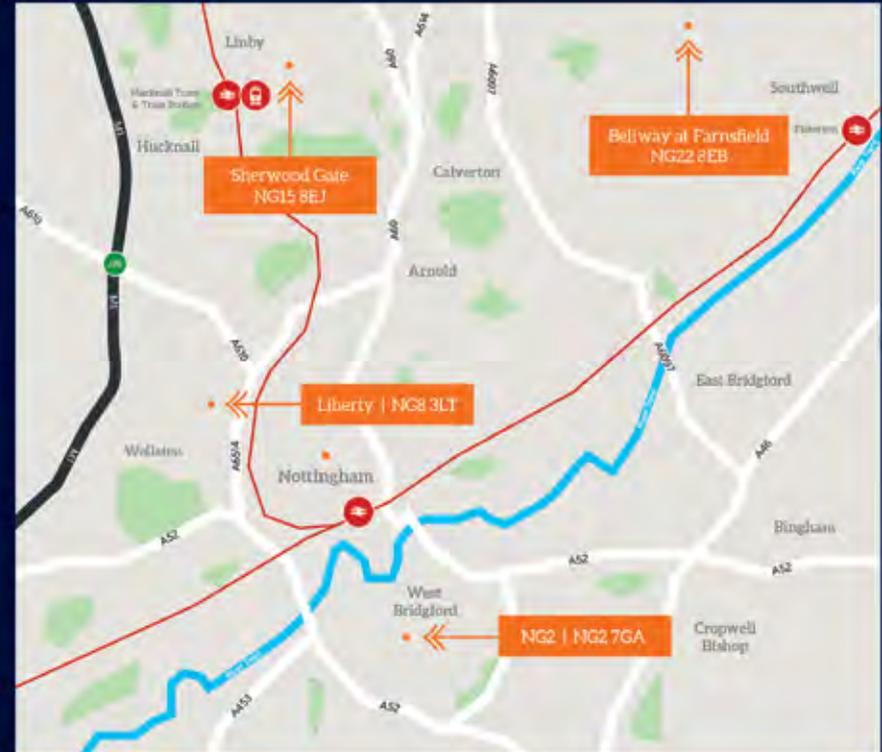
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Our latest offering could solve deposit quandary for millennials

A survey¹ has shown that more and more millennials have given up on the dream of becoming a homeowner over the past year with 85% of those surveyed citing the struggle to be able to save for a deposit as the main reason.

The figures also echo a previous report which discovered that home ownership in England is now at a 30-year low².

Furthermore, it has been reported that millennials in the UK will have forked out a crippling £53,000³ in rent by the time they reach the age of 30 and with that figure set to climb further this year, building societies such as the Loughborough Building Society, have stepped in to give first time buyers a leg-up on that first rung of the property ladder.

Figures from the Royal Institute of Chartered Surveyors (RICS) report that house prices are "sluggish" however the East Midlands is bucking that trend as prices continue to rise in the region⁴.

The headline price growth gauge for the East Midlands continues to defy the UK trend with 27% more respondents to the RICS survey reporting prices to rise rather than fall over the course of the previous

three months, compared to just 1% nationally.

Loughborough Building Society is reacting to these figures by launching its First Time Buyer Family Deposit mortgage.

Aimed at first time buyers who are struggling to be able to save for a deposit, the First Time Buyer Family Deposit mortgage will mean that first time buyers can now apply for a mortgage even if they don't have a deposit themselves. All they'll need is a little help from parents, grandparents or a step-parent.

The mortgage comes with a range of options meaning that family members with a variety of circumstances could make it possible for prospective first-time buyers to buy their first home.

The building society will lend up to 100% of the value of the property subject to individual assessment of each application and a maximum of £300,000 and a minimum of £90,000. The actual amount available to be borrowed will be dependent on the applicant's income after household expenses and other financial commitments have been deducted.

Gary Brebner, Chief Executive at the Loughborough Building Society, said: "It's a sad reality that many young adults currently believe they will never become a homeowner and with the rise of house prices and the stagnation of the average salary, the story is only likely to get worse.

"Initiatives such as the First Time Buyer Family Deposit mortgage are a great way to give First Time Buyers that extra helping hand that they need to get a firm foot on the property ladder and should hopefully encourage more young adults who are thinking of buying that there are other options out there and help is available."

The First Time Buyer Family Deposit mortgage now comes under the Loughborough Building Society's Family Assist umbrella of mortgages and joins the Society's Buy for

Uni mortgage which launched in 2017 - another initiative aimed at helping young adults take that first step into the world of home ownership.

Family members assisting the borrower can provide security in a number of ways:

- Security through savings where family members use their savings to help the buyer by depositing the cash in a specifically designed savings account with the Society.
- Security through property where family members use the equity in their home as security. This would be done by giving a legal charge for

an amount of equity equal to 20% of the value of the property being purchased.

- A combination of both options with the minimum amount of each security option being £5,000.

The property will be owned by the borrower and the family member providing support will have no rights to the property.

The property must be in England or Wales and the First Time Buyer Family Deposit mortgage is available to 18+ year old UK residents throughout England and Wales who are First Time Buyers and have sufficient income to afford the mortgage repayments.

The Loughborough Building Society



Life Planning



Insurance



Savings



Mortgages



¹ Conducted by the HomeOwners Alliance and BLP Insurance

² Figures from the English Housing Survey Headline Report, 2015-16

³ Figures from the Resolution Foundation

⁴ www.aol.co.uk/money/2017/08/15/house-prices-increase-by-nearly-5-since-last-year-as-growth-slo/



Find out more - www.theloughborough.co.uk/mortgages/family-assist

Landlords - will sealed bids soon happen in the Nottinghamshire rental market?

Whilst for the sealed bid system may sound onerous, given the high demand within the Nottinghamshire market, it could soon be a question of when, rather than if sealed bids become commonplace



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Our Thoughts

It's often said that what happens in London filters through to other areas of the U.K. A study by property firm Zoopla suggests that the London rental market showed a 2.6% decline on average agreed rents in during a recent month, a trend which is also shown in 5 out of 12 U.K. regions. East Midlands average rents rose in 2017, up 2.8% on 2016.

There is currently very high demand for rental properties. In Nottinghamshire tenants are competing for limited rental stock. The situation is exacerbated by the changing nature of this generation of renters. No longer the temporary territory of young people on the road to home ownership, renting is becoming popular across the generations and with families as well as single people and couples.

The market is also witnessing a demand for rental properties with higher specifications a demand which is currently cutting across the demographic of renters. This demand, coupled with a shortage of stock will, according to Adam Kingswood of Kingswood Residential Investment Management continue to keep the Nottinghamshire rental market buoyant and thus will buck the downward decline in other regions.

Adam comments: "The London market has been overheated for some time as rental prices relative to incomes are staggeringly high for ordinary people. The average rental price in the capital is £1524 compared with a UK average of £908 and an East Midlands average of £614."

"However, where the Nottingham market is becoming somewhat like London is the level of demand. We are seeing multiple applications for each property and I predict that we will soon see sealed bids being used as a fair way of selecting tenants. This is a practice used by London letting agencies for some time." We very often receive multiple tenancy applications for one property from extremely similar applicants leaving our landlord client with very little or nothing to differentiate when deciding which party to proceed with.

A fairer system? The system of sealed bids may be fairer to all parties in a busy rental market. If introduced, the practice would represent a major shift in Nottinghamshire where the market is not used to the process. For tenants, it may seem that the process of sealed bids is a system to extract more rental whereas in fact it's a process that helps to prevent gazumping and makes the system fairer which benefits the tenant and the landlord.

Kingswood Residential are ARLA Propertymark licensed independent lettings specialists with offices in Nottingham and Mansfield. We specialise in providing expert and tailored letting and management services for local Landlords. For further information, please visit www.kingswoodrim.co.uk

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17 67	108 Top! Roland Garros 1.2 Puretech 82 5 Door Sat Nav, Rear Camera, Convertible, Raven Black, Delivery Mileage! 5 Miles, Petrol, Manual,	£12,995	
17 67	208 GT Line 1.2 Puretech 110 EAT6 Auto, 5 Door, Glass Roof, Satin White, Delivery Mileage! 5 Miles, Petrol, Automatic,	£16,995	£1000
17 67	New 308SW Allure 1.2 Puretech 130 EAT6 Auto Nav, Glass Roof, Black Alloys, Cumulus Grey, Delivery Mileage! 5 Miles, Petrol, Automatic,	£20,995	£500

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14 64	108 Active 1.0 68 5Door, Laser Red, 26,072 Miles, Petrol, Manual, FREE TO TAX!	£5,995	
15 64	108 Active 1.0 68 5 Door Aircon, Bluetooth, Raven Black, 14,332 Miles, Petrol, Manual, FREE TO TAX!	£6,295	
14 64	108 Active 1.0 68 5 Door, Purple Berry, 5,437 Miles, Petrol, Manual, FREE TO TAX!	SOLD	
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16 16	108 Active 1.0 5 Door Aircon, Diamond White, 9,450 Miles, Petrol, Manual, FREE TO TAX!	£6,795	£700
14 64	108 Top! Allure 1.2 Puretech 82, 5 Door, Convertible Purple Electric Roof, Purple Berry, 18,032 Miles, Petrol, Manual, FREE TO TAX!	SOLD	
14 64	108 Top! Active 1.0 68 5 Door Convertible, Black Electric Roof, Purple Berry, 11,310 Miles, Petrol, Manual, FREE TO TAX!	£6,495	
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15 65	108 Active 1.0 68 2 Tronic 5 Door, Diamond White, 3,977 Miles, Petrol, Automatic, FREE TO TAX!	£7,995	
16 66	108 Top! Active 1.0, 5 Door Convertible Black Electric Roof, Tahoe Blue, 2,601 Miles, Petrol, Manual, FREE TO TAX!	£8,495	£200
17 66	108 Allure 1.2 PureTech 82, 5 Door, Tahoe Blue, 4,260 Miles, Petrol, Manual, FREE TO TAX!	£8,495	£500
16 66	Citroen C1 Flair 1.0 68 ETG 5 Door Auto Rear Camera, Alloys, Smalt Blue, 1,217 Miles, Petrol, Automatic, FREE TO TAX!	£8,965	

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11 11	207 Envoy 1.4 VTI 95 3 Door, Onyx Black, 39,966 Miles, Petrol, Manual,	£3,995	
15 64	208 Access+ 1.2 VTI Puretech 82, 5 Door, Shark Grey, 13,129 Miles, Petrol, Manual,	£6,995	£300
14 14	208 Active 1.4 HDI 75, 5 Door, Moroccan Red, 11,312 Miles, Diesel, Manual, FREE TO TAX!	SOLD	
14 64	208 Allure 1.6 EHD1 92 5 Door, Bianca White, 33,481 Miles, Diesel, Manual, FREE TO TAX!	£7,695	£500
15 15	208 Style 1.2 VTI 82 5 Door Nav, Glass Roof, Rear Sensors, Shark Grey, 26,462 Miles, Petrol, Manual,	£8,295	£200
16 16	208 Active 1.2 Puretech 82, 5 Door, Shark Grey, 7,550 Miles, Petrol, Manual,	£8,495	£500
16 66	208 Active 1.2 Puretech 82 5 Door Aircon, Alloys, Bianca White, 12,792 Miles, Petrol, Manual,	£8,995	
16 66	208 Active Design 1.2 Puretech 82 5 Door, Virtual Blue, 12,581 Miles, Petrol, Manual,	£8,995	
16 16	208 Allure 1.6 Blue HDI 100, 5 Door, Shark Grey, 13,908 Miles, Diesel, Manual, FREE TO TAX!	£8,995	£500
17 17	208 Allure 1.2 Puretech 82 5 Door, Rear Sensors, Alloys, DAB Radio, Shark Grey, 13,247 Miles, Petrol, Manual,	£10,695	
15 15	208 GTI 1.6 THP 200 3 Door, Nera Black, 21,319 Miles, Petrol, Manual,	£10,995	
16 16	208 Allure 1.2 Puretech 82 ETG 5 Door Auto, Rear Sensors, Nera Black, 2,825 Miles, Petrol, Automatic, FREE TO TAX!	£10,995	
17 17	208 Allure 1.2 Puretech 82, 5 Door, Power Orange, 4,450 Miles, Petrol, Manual,	£10,995	£500
15 15	208 GTI 1.6 THP 200, 3 Door, Bianca White, 11,487 Miles, Petrol, Manual,	£11,295	£700
17 67	208 Active 1.2 Puretech 82, 5 Door, Rear Sensors, Shark Grey, 754 Miles, Petrol, Manual,	£11,295	£700
16 16	208 Allure 1.2 Puretech 110 EAT6 5 Door Auto Rear Sensors, Alloys, Rioja Red, 2,541 Miles, Petrol, Automatic, £20 TAX	SOLD	

SAVE

CONVERTIBLES

14 64	207CC Roland Garros 1.6 VTI 120 Convertible Rara Carl Bianca White, 25, 538 Miles, Petrol, Manual, Luxury Gray Leather, Sat Nav, Rear Sensor,	£9,995	£700
14 64	308CC Roland Garros 2.0 HDI 163 Convertible Sat Nav, Black Alloys, Pearlescent White, 11,563 Miles, Diesel, Manual, VERY RARE!	£14,495	£500

PEUGEOT RCZ

13 63	RCZ GT 2.0 HDI 163 Coupe Black Wheels & Arches, Nera Black, 38,703 Miles, Diesel, Manual,	£11,495	£1500
15 64	RCZ R 1.6 THP 270 BHP! Sat Nav, Xenons, 19" R Alloys, Bucket Seats, Nera Black, 15,099 Miles, Petrol, Manual, VERY RARE CAR!	£19,495	£900

COMMERCIALS

16 16	Partner Panel Van Professional 850 L1 1.6 HDI 92, Sat Nav, Bianca White, 4,874 Miles, Diesel, Manual,	£9,295 + VAT	£700
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PEUGEOT 308

15 15	308 Active 1.6 EHD1 92 5 Door Nav, Rear Sensors, Aluminium, 36,380 Miles, Diesel, Manual, FREE TO TAX!	£8,495	
15 65	308 Allure 1.2 Puretech 130 EAT6 Auto, Sat Nav, Front/Rear Sensors, Tornado Grey, 24,203 Miles, Petrol, Automatic,	£11,295	£200
16 66	308 Allure 1.6 BlueHDI 120 5 Door Nav, Sensors, LED Lights, Nimbus Grey, 9,668 Miles, Diesel, Manual, FREE TO TAX!	£11,495	
16 66	308SW Allure 1.6 BlueHDI 120 Estate Nav, Rear Sensors, Aluminium, 12,703 Miles, Diesel, Manual,	£12,495	
17 66	308 GT Line 1.6 BlueHDI 120, 5 Door, Nav, Rear Camera, Cumulus Grey, 6,834 Miles, Diesel, Manual,	£13,695	£1300
16 16	308 GT 2.0 BlueHDI 180 EAT6 Auto, Sat Nav, Rear Camera, Pearlescent White, 12,810 Miles, Diesel, Automatic,	£14,495	£1000
17 17	308 GT Line 1.2 Puretech 130, 5 Door Nav, Glass Roof, Sports Pack, Ultimate Red, 3,920 Miles, Petrol, Manual,	£15,495	£1500

PEUGEOT 2008

14 64	2008 Crossover Active 1.6 EHD1 92 (as), Nimbus Grey, 19,143 Miles, Diesel, Manual,	£8,695	
14 64	2008 Crossover Allure 1.6 EHD1 92, Amber Red, 25,804 Miles, Diesel, Manual,	SOLD	
14 64	2008 Crossover Allure 1.6 EHD1 115 Rear Sensors, Alloys, Nimbus Grey, 7,660 Miles, Diesel, Manual,	£9,995	
15 15	2008 Crossover Crossway 1.6 EHD1 92, Bianca White, 39,340 Miles, Diesel, Manual, FREE TO TAX!	SOLD	
16 16	2008 SUV Active 1.2 Puretech 82, Ultimate Red, 8,446 Miles, Petrol, Manual,	£10,995	
16 66	2008 SUV Active 1.2 Puretech 82, 5 Door, Bianca White, 8,969 Miles, Petrol, Manual,	£10,995	£300
16 16	2008 SUV Allure 1.6 BlueHDI 100, Rear Sensors, Alloys Bianca White, 14,104 Miles, Diesel, Manual, FREE TO TAX!	£11,295	£400
16 66	2008 SUV Allure 1.6 BlueHDI 100, Cumulus Grey, 5,541 Miles, Diesel, Manual, FREE TO TAX!	£12,295	
16 66	2008 SUV Allure 1.2 Puretech 82, Nimbus Grey, 6,032 Miles, Petrol, Manual,	£12,295	
16 16	2008 SUV Allure 1.2 Puretech 82 ETG Auto, Rear Sensors, Nimbus Grey, 12,114 Miles, Petrol, Automatic,	SOLD	
16 16	2008 Crossover Feline Mistral Ambiance 1.6 BlueHDI 120 Nav, Glass Roof, Rear Sensors, Cumulus Grey, 5,087 Miles, Diesel, Manual, FREE TO TAX!	£12,995	
17 17	2008 SUV Allure 1.2 Puretech 110 Rear Sensors, Alloys, Nimbus Grey, 17,573 Miles Petrol, Manual,	£12,995	
17 17	2008 SUV GT Line 1.2 Puretech 110 EAT6 Auto Sat Nav, Glass Roof, Camera, Nera Black, 17,538 Miles, Petrol, Automatic,	£16,495	
17 17	2008 SUV GT Line 1.2 Puretech 130, Nav, Glass Roof, Heated Seats Demol Pearlescent White, 1,781 Miles, Petrol, Manual,	£16,995	£1000
17 66	2008 SUV GT Line 1.2 Puretech 110 EAT6 Auto Sat Nav, Glass Roof, Camera ... Pearlescent White, 2,839 Miles, Petrol, Automatic,	£17,495	

PEUGEOT 3008/5008

12 62	3008 Crossover Allure 1.6 HDI 112, Bianca White, 63,185 Miles, Diesel, Manual,	£6,695	£300
13 63	3008 Crossover Allure 1.6 EHD1 115 EGC Nav, Rear Camera, Bianca White, 9,292 Miles, Diesel, Automatic,	SOLD	
16 66	3008 Crossover Allure 1.6 BlueHDI 120 EAT6 Auto Nav, Glass Roof, Rear Camera, Shark Grey, 3,456 Miles, Diesel, Automatic, £30 TAX!	£16,295	
16 66	5008 Allure 1.6 BlueHDI 120 EAT6 Auto 7 Seat SUV, Nav, Glass Roof, Shark Grey, 3,528 Miles, Diesel, Automatic,	£16,995	£500

PEUGEOT 508

17 17	508SW GT 2.0 BlueHDI 180 EAT6 Auto Estate, Nav, Leather, Bianca White, 10,953 Miles, Diesel, Automatic,	£19,495	£2500
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TEPEE/TRAVELLER

17 17	Expert Traveller 2.0 Blue HDI 150 Business Standard 8/9 Seater MPV, Nimbus Grey, 1,202 Miles, Diesel, Manual,	£23,995	£1000
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OTHER MAKES

09 09	308 Sport 1.6 HDI 110 5 Door, Aluminium Silver, 67,299 Miles, Diesel, Manual,	£2,995	
08 58	Ford Fiesta Zetec 1.25 82PS, 3 Door, Squeeze Yellow, 45,989 Miles, Manual,	£4,495	
13 13	Citroen C4 VTR Plus 1.6 HDI 90 16v 5 Door, Gray, 45,100 Miles, Diesel, Manual,	£5,695	
12 12	Ford Focus Zetec 1.6 TDCI 115 5 Door, Frozen White, 39,202 Miles, Diesel, Manual,	£6,795	
11 61	Ford Grand C-Max Titanium 2.0 TDCI, 7 Seater MPV, Nav, Leather, Panther Black, 63,627 Miles, Diesel, Manual,	£7,995	
13 62	Skoda Fabia VRS 1.4 FSI 180 BHP DSG, 5 Door, Sprint Yellow, 19,656 Miles, Petrol, Automatic,	£8,495	£1000
15 65	Mini Cooper D Convertible 1.6 D Chili & TLC Pack, Black Alloys, Midnight Black, 34,765 Miles, Diesel, Manual,	£10,695	£300
15 65	Citroen DS4 Prestige 2.0 BlueHDI 150 Nav, Rear Camera, Leather Gunmetal Grey, 25,451 Miles, Diesel, Manual,	£10,995	

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Valentines Day

To my Valentine...

With the month of love right around the corner, it is time to start making preparations for the romantic times ahead.

Valentine's Day is a long-standing tradition that is celebrated annually on 14 February. An occasion where lovers express their admiration for each other, Valentine's day is often celebrated with confectionery, flowers and the sending or receiving of greetings cards.

A candle-lit dinner is an ideal way to start the evening. Whether you plan to do some hearty home-cooking together for a romantic night in, or would prefer to be wined and dined at a luxurious restaurant, you can't go wrong with a meal for two.

If you can think of somewhere particularly special to spend

your evening – a favourite restaurant or memorable place, perhaps – don't forget to book in early to avoid disappointment on the night. Valentine's Day is a busy time of the year for restaur-

A gift as a token of your appreciation is also a custom on the day. Keep it simple with a beautiful bouquet of flowers and some chocolates or book an experience that you can do together if you're seeking a more adventurous way to celebrate your relationship.

If you want to make this year memorable, why not treat that special someone to a weekend away? Whether in the UK or abroad, a romantic trip together will make sparks fly whilst discovering a new destination.

The element of surprise is always nice, so be sure to whisk your partner off their feet this year by showing them just how much they mean to you.

happy valentines day



Barnsdale
Hall Hotel

Valentine's Dinner

Available Wednesday 14th,
Friday 16th & Saturday 17th February

Starters
Cream of Celeriac Soup,
Romanesco Broccoli, Wild Mushroom Confit & Truffle Oil

Local Game Rillettes
Local Game, Prunes, Apricot, Port & Brioche Croute

Cromer Crab & Baby Prawn Cake
Lime Crème Fraiche & Pickled Cucumber Spaghetti

Intermediate
Champagne Sorbet & Berries

Main Course
Beef 3-Ways- Striploin Medallion, Braised Blade & Shin Pithivier,
with Dwarf Carrots, Wild Mushrooms & Potato Torte, Pan Jus

Crispy Skin Sea Bass Fillet
Lobster Bisque Sauce, Chive Creamed Mash, Cherry Tomato Confit
& Tender Steam Broccoli

Vegetable Strudel Pie
Asparagus, Kalamata Olives, Baby Fennel, Wild Rocket,
Roasted Red Pepper Coulis

Dessert
Assiette of Desserts to Share: Mini Blueberry Cheese Cake,
Chocolate Dipped Strawberry, Mini Chocolate Fudge Cake
& Mini Raspberry Panna Cotta

Chocolate Deice
White Chocolate and Raspberry Mousse Layer, Strawberry Stew

Strawberry & Champagne Torte
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Coffee and Petit Fours

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To reserve your table please call the Restaurant
on 01572 725 174

www.barnsdalehotel.co.uk 01572 757 901



Valentine's Afternoon Tea at Stapleford Park

"Food is symbolic of love when words are inadequate."
- Alan D. Wolfelt

Treat your special someone to an indulgent Afternoon Tea at Stapleford Park. With a selection of dainty finger sandwiches, heart-shaped scones, homemade cakes and French pastries.

Traditional afternoon tea £26 per person

Champagne afternoon tea £36 per person

Available 10th to 18th February 2018.

To book please call 01572787000 or email reception@staplefordpark.com

Create your dream kitchen

Nottingham Dream Doors is officially opening the doors to its new showroom, and is inviting the public to join in on the celebrations.

Visitors are invited to be a part of the big day and take a first look around the new showroom on 1 February, located 39 Wollaton Road, Beeston, Nottingham, NG9 2NG.

Starting from 10am, the Town Crier will be in full song providing entertainment as the Mayor cuts the red ribbon at 11:30am for the grand opening ceremony.

To celebrate the event, there will be a number of suppliers on-site including some of the leading brands in the kitchen business. The new showroom has been designed to showcase a range of high quality products, so customers will be able to get expert help, advice and inspiration as they shop.

Specialising in new kitchens and replacement kitchen doors, Dream Doors specialises in bringing new life to old kitchens.

Run by Jon and Hilary Brown, Dream Doors Nottingham is a family run business that provides local residents with a hassle-free

alternative to replacing their entire kitchen. Whether you want to completely overhaul your kitchen or simply freshen your current look, the range of replacement kitchen doors, worktops, accessories and appliances on offer could save you a staggering 40% in comparison to a full refit.

By adding new features, doors, drawers and clever storage solutions, Dream Doors can transform your kitchen in a matter of days and with minimal disruption. Offering everything from taps and tiles to sinks and splashbacks, Dream Doors provides a kitchen makeover service that can be tailored to you.

Only employing experienced professionals, Dream Doors even offers its customers a full interactive design service for either a partial or complete kitchen, which lets you get creative and experiment with different options.

With a comprehensive library of products, Dream Doors have everything you'll need to realise your ideal kitchen. Here to offer help and advice, the staff are happy to offer guidance to you no matter how big or small your planned project is.



Why not get in touch today?

Once you're in contact, Dream Doors can arrange your free consultation and can start discussing the treatment that your ideal kitchen deserves. Visit www.dreamdoors.co.uk or give the Team a call on 0115 871 5892 to take the first step towards your dream kitchen!



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 01754 811897 | springfieldsfair.co.uk

Springfields Antique, Collectors & Vintage Fair – with *FLAIR!*

On Sunday 4 February the Spalding Antique and Collectors fair returns to Springfields Event Centre with 100+ stalls full of Antiques, Collectables, Deco, Retro, Vintage, Jewellery, Silver, Crystalware and Contemporary Art - all items that you won't find on the High Street!

Ample parking and loading space for larger purchases, on-site catering and easy access makes an all-round good day-out for everyone. "This month's show is

completely SOLD OUT again," said the organisers. "To compliment the diverse range of eclectic Antique and collectable items available at the fair we have included an extra section to showcase up to three contem-

porary artists, ancient relics and cutting edge modern design are displayed together with great effect in the interior design world; and we like to bring something a little different to Springfields each time – quality speaks for

itself!" she added.

The fair opens 10-4pm at £2 admission to general public with early trade only access at 9am (proof of ID/business card required for early trade admission).

Call 01754 811897 or visit www.springfieldsfair.co.uk for more information.

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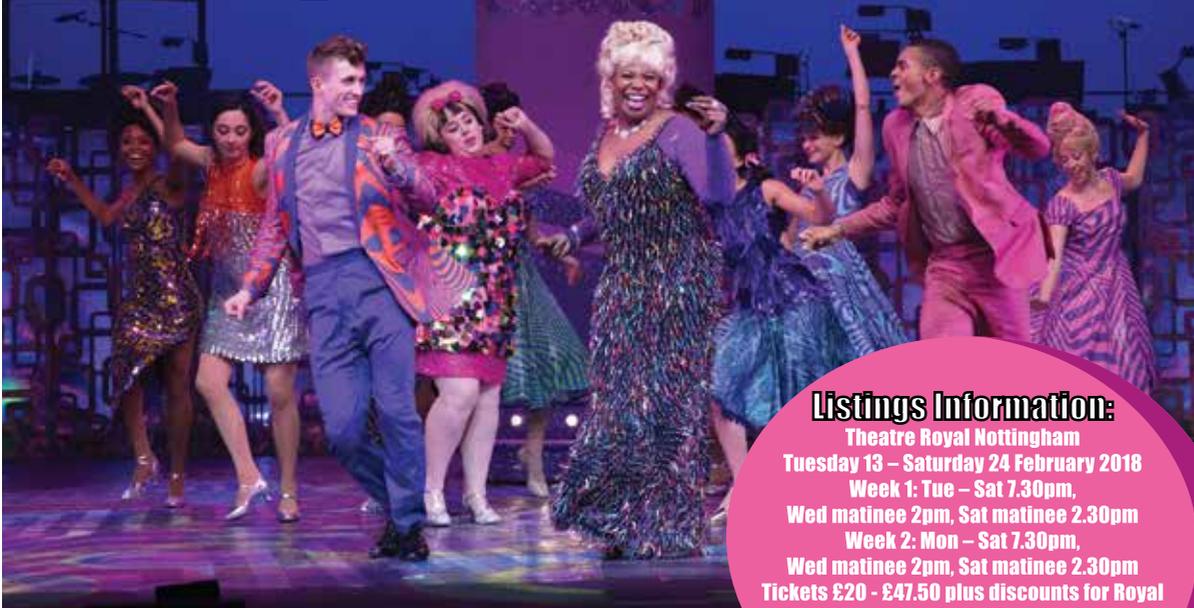
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Hairspray the Musical



As part of a major UK tour, the smash-hit musical Hairspray will visit the Theatre Royal Nottingham from 13-24 February. It's Baltimore 1962, where Tracy Turnblad, a big girl with big hair and an even bigger heart, is on a mission to follow her dreams and dance her way onto national TV. Tracy's audition makes her a local star and soon she is using her newfound fame to fight for equality, bagging local heartthrob Link Larkin along the way. Hairspray is a musical based on

the 1988 film of the same name, which starred Divine and Ricki Lake, by cult filmmaker John Waters. With music and lyrics by Marc Shaiman and Scott Wittman and book by Mark O'Donnell and Thomas Meehan, Hairspray originally opened to rave reviews on Broadway in 2002 and subsequently won eight Tony Awards. The production opened in London at the Shaftesbury Theatre in 2007 and won four Laurence Olivier Awards including Best New Musical.

Listings Information:
Theatre Royal Nottingham
 Tuesday 13 – Saturday 24 February 2018
 Week 1: Tue – Sat 7.30pm,
 Wed matinee 2pm, Sat matinee 2.30pm
 Week 2: Mon – Sat 7.30pm,
 Wed matinee 2pm, Sat matinee 2.30pm
Tickets £20 - £47.50 plus discounts for Royal Members, Under 16s, Go Card holders and groups (terms and conditions apply).
 Find out more: www.trch.co.uk,
 Box Office: 0115 989 5555

Proving to be an international success, Hairspray has also opened in South Africa, Japan, South Korea, China and Dubai. Following the musical's phenomenal success on stage, a film of the musical was released in 2007, which starred John Travolta, Michelle Pfeiffer and James Marsden.

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www.encoreperformingarts.co.uk
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*Online and telephone fees apply.

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A sentimental statement

We all know that diamonds are a girl's best friend – but with so many jewellery options to choose from, including necklaces, bracelets and those all-important wedding rings, it can be difficult to find something that is beautifully unique.

Choosing from a selection of jewellers can be an overwhelming process, especially if you're looking to make a sentimental purchase. Luckily, a number of jewellers now offer a bespoke, personalised service, such as engraving and jewellery workshops, which allow you to get involved in the design process.

Putting a personal twist on your next statement piece of jewellery will help it to stand out from the rest, as well as making it more meaningful. Deciding everything from the metal used (gold, silver, platinum and more), as well as bespoke patterns and precious gems will allow you to create something truly to your taste.

Getting something engraved is also a

great way to add charm, sentiment and meaning to a piece of jewellery. A small personal message, initials or a date can make a gift more meaningful whilst

to send a message, date can all be precious

marking an important message. If you decide to attend a workshop, you can even get involved in the crafting process. With wedding ring workshops as well as a number of more general jewellery making courses and classes available, those eager to get involved can learn the tricks of the trade from a professional and create a high-quality, bespoke piece of jewellery to take away.

If you're looking to create something stunning, bespoke and truly unique – get in touch with a professional jeweller to find out more about what's available near you.



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and meet new people of the same interests. Need something to do with the family on a quiet night in? Get your best dress on and find a concert near you for an exciting alternative to board games and hot chocolate. Whether a local choir singing in church is of interest or you'd prefer an upbeat band performance, there is something to suit everyone's taste nearby. The fine forgotten art of classical music isn't as widely appreciated in modern day as it has been in

previous decades, an outlook we need to change. As a society, we should be supporting local bands, choirs and music groups of all ages and diversities to ensure a thriving and busy schedule of musical events for everyone to enjoy in Nottinghamshire. Head down to your local event to support children, the elderly, female and male music groups to boost confidence and show them their effort is appreciated – you could even get involved! If you're interested in get-

ting involved, it's easy to find the right group for you, check out our pages for a selection of local groups and choirs. However, for people who aren't musical but still wish to get involved, from campaigning and raising money or awareness of the groups to electrical help and the organising of shows in your local area – every helping hand is appreciated. What are you waiting for? Find your local concert today and head down to enjoy the fantastic display of music.

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Looking for local social events and activities?

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Tuesday 30 January 4.30pm Price £6.75 - Steak Day - The Regent Wetherspoons - Diamond Avenue, Kirkby-in-Ashfield, NG17 7BQ
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Friday 14 February 10.30am Price Free - Speakers Corner, Guest Speaker Ann Featherstone - Eastwood Conservative Club, NG16 3BP
Tuesday 20 February 10am Price As Per Menu - Breakfast Club - The Pancake Shack, Portland Square, Sutton-in-Ashfield, NG17 1AZ
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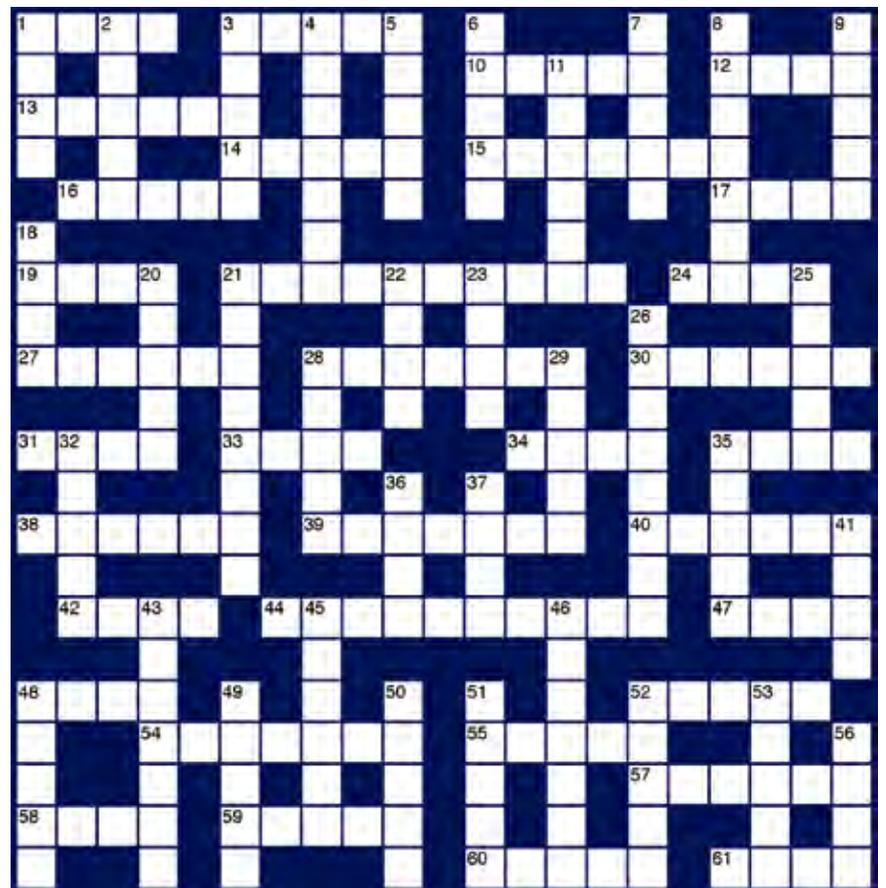
(Answers in Issue 258)

ACROSS

DOWN

- 1 Wobbly body fat (4)
- 3 Breakfast meat (5)
- 10 Shallow food dish (5)
- 12 Come to a stop (4)
- 13 Dangerous dog virus (6)
- 14 Facial hair growth (5)
- 15 Beer stored in a cask (7)
- 16 Sauce of meat juices (5)
- 17 Leave the stage (4)
- 19 Number divisible by three (4)
- 21 Alice's dream-world (10)
- 24 In good health (4)
- 27 Highland checked pattern (6)
- 28 Female striped cat (7)
- 30 Harvest season (6)
- 31 A double in cards (4)
- 33 All seats taken (4)
- 34 Discontinue (4)
- 35 Mouth colour (4)
- 38 Of flowers (6)
- 39 Flightless marine bird (7)
- 40 Area surrounded by water (6)
- 42 Colony of bees (4)
- 44 Very large lorry (10)
- 47 Elephant's tooth (4)
- 48 Knitting yarn (4)
- 52 Poncho or cape (5)
- 54 Farm vehicle (7)
- 55 Sunday to Saturday (5)
- 57 Man and wife (6)
- 58 Mark left by a wound (4)
- 59 Soft sweet (5)
- 60 Stupid schoolchild (5)
- 61 Pub drink (4)

- 1 Price of a journey by public transport (4)
- 2 Traffic-light colour (5)
- 3 Guardsman's helmet (5)
- 4 Transportable holiday home (7)
- 5 Life's necessities (5)
- 6 Digging tool (5)
- 7 Blend together (5)
- 8 Sleep (4-3)
- 9 Begin (5)
- 11 South American river (6)
- 18 Fasten a tie (4)
- 20 Go into (5)
- 21 Unexpected legacy (8)
- 22 Tense and irritable (4)
- 23 Welsh emblem (4)
- 25 Yellow citrus fruit (5)
- 26 Tribal make-up (3,5)
- 28 Spring-blooming bulb (5)
- 29 The Devil (5)
- 32 Muslim God (5)
- 35 Aircraft operator (5)
- 36 Kiss and cuddle (4)
- 37 Contented cat sound (4)
- 41 High-rank nobleman (4)
- 43 Scavenging bird (7)
- 45 Brought together in common purpose (6)
- 46 Headache drug (7)
- 48 Egg-beater (5)
- 49 Social blunder (5)
- 50 'GO' light (5)
- 51 Totted up (5)
- 52 Ride a bike (5)
- 53 Tempting tree fruit (5)
- 56 Listen to (4)



ISSUE 256 CROSSWORD ANSWERS

- ANSWERS ACROSS
1 Flashlight 6 Mosquitoes 11 Doors 12 Enthusiastic 14 Sway 16 Prop 17 Lie 18 Adept 20 Honour 21 Hoof 22 Tense 23 Keenest 25 Tin 26 Dullard 28 Tiff 29 Admirer 33 Ridiculous 35 Friendship 38 Infancy 41 Boil 42 Storing 45 Say 46 Average 48 Mayor 49 Pair 50 Scribe 52 Adapt 54 Urn 55 Task 57 Leaf 59 Tittle-tattle 60 Ankle 61 Rolling-pin 62 Stewardess
- ANSWERS DOWN
1 Fidelity 2 Above ground 3 Hiss 4 Greyhound 5 Titlark 6 Mouse 7 Skint 8 Un sighted 9 Trip 10 Skipping-rope 13 Crofter 15 Woo 19 Pinafore 20 Heel 24 Exit 27 Relay 29 Avert 30 Mad 31 Train-spottor 32 Numbered 34 Can 36 Honeysuckle 37 Ring 39 Flypast 40 Charlatan 42 Sacrilege 43 Rome 44 Princess 47 Estates 51 Boa 52 Ate up 53 Again 56 Kill 58 Fair

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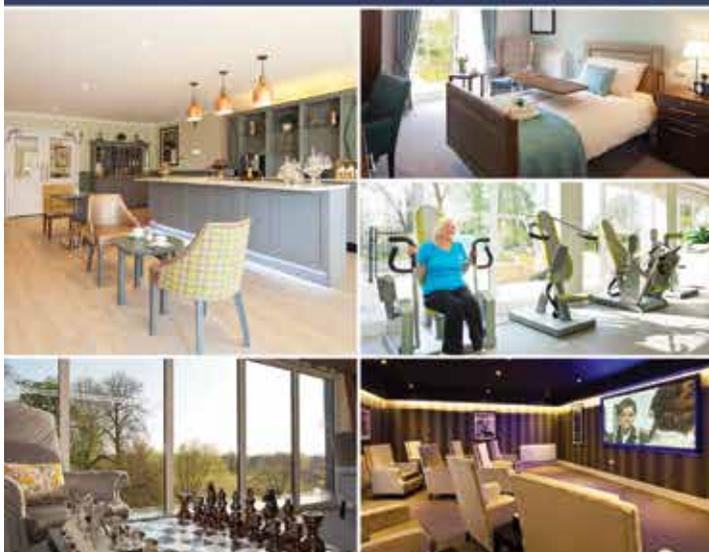


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Care



Look after your eyes

NHS Choices offers advice on why regular eye tests are important, and how a healthy lifestyle can help maintain good vision.

Why are regular eye tests (sight tests) so important?

It's easy to neglect your eyes because they rarely hurt when there's a problem.

Having an eye test won't just tell you if you need new glasses or a change of prescription – it's also an important eye health check.

If you can spot many general health problems and early signs of eye conditions before you're aware of any symptoms, many of which can be treated if found early enough.

How often should I have an eye test?

Optometrists recommend that most people have an eye test about every two years. People over 40 and people from black or minority ethnic groups may need sight tests more often.

What should I do if I notice a change in my sight?

Visit your optician or GP if you're concerned about any aspect of your vision at any time.

What about my child's sight?

Children do not usually complain about their sight, but may show signs of not being able to see properly. Things to look out for include sitting close to the TV, holding objects very close to their face, blinking a lot, eye rubbing, or one eye turning in or out.

If your child is having any sort of sight problems, take them to an optometrist for further investigation. Children don't have to be able to read letters to have their eyes examined. Like adults, children should have regular eye checks around every two years.

Protect your eyes from the sun

Never look at the sun directly, even when something

exciting is happening, such as an eclipse. Doing so can cause irreversible damage to your eyesight and even lead to blindness. Several studies also suggest sunlight exposure is a risk factor for cataracts. Look for glasses carrying the

CE mark or the British Standard BS EN ISO 12312: 2013, which ensures they offer a safe level of ultraviolet protection.

For more information on eye health, visit an eye health professional.

NHS choices
www.nhs.uk

Mr Amar Alwitary

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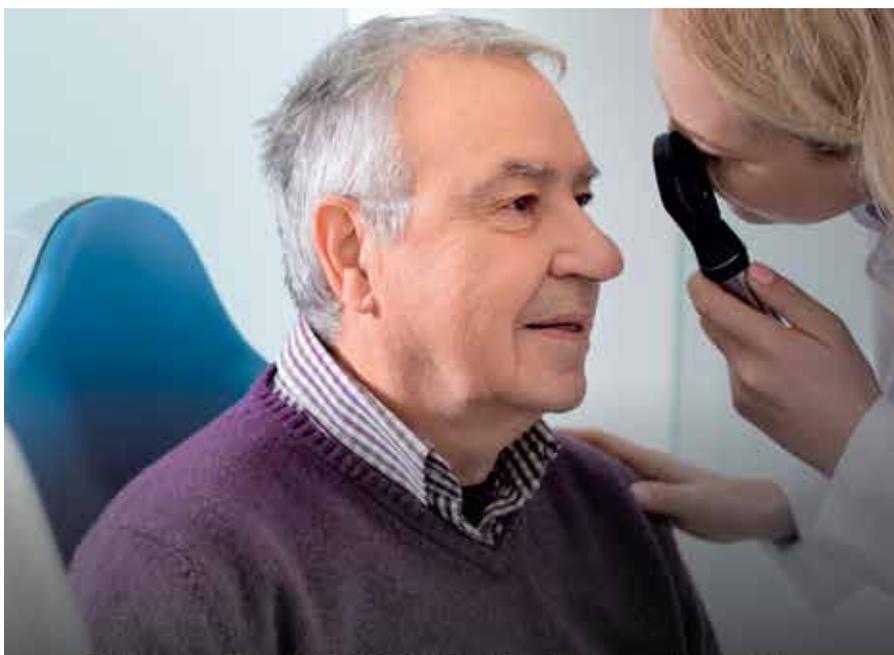
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General public open event at Woodthorpe Hospital. Come along to our Eye Health Talk and meet with Consultant Ophthalmologist and East Midlands Eye Surgeon of the Year 2017, Mr Amar Alwitary.

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- YAG laser eye treatment
- Eye health tips
- Laser eye surgery
- Refractive lens exchange

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Care



Celebrating 50 years of sharing the Care



Nottingham-based charity Radford Care Group will be celebrating its 50th anniversary this year with a year-long calendar of events and the start of construction on a state-of-the-art care centre.

Radford Care Group was founded in 1968 with the aim to create a place for older people in the area to socialise, connect with one another and receive care in a safe and supportive environment. One of its founding members Pauleen Davies, now aged 92, is still involved in the charity and is their lifelong President.

Radford Care Group initially operated out of Radford Primary School, which the team moved into in 1968. Courtesy of Radford YMCA, the team was able to use its canteen to cater for lunches for older people in the area. After demand for Radford Care Group's services grew, in 1979 the team moved into their new home on Prospect Street, where they have been based ever since.

Now fifty years on, and the organi-

sation is going strong and supports more than 85 older people each week.

CEO of Radford Care Group Jill Davies said: "It is a big year for us here at Radford Care Group. Not only is it our 50th anniversary, a huge landmark for the organisation, but we are also in the middle of a new major development which will revolutionise the way we operate."

Radford Care Group also supports carers through quarterly generic carers meetings as well as a wider project supporting carers of loved ones who have a diagnosis of dementia, offering a seven week programme of information for carers. Later this year, work will begin on a £1.3 million development which

will see the existing care centre demolished and an ultramodern facility constructed in its place, enabling the team to support more older people in the area as well as extend the amount of services they are able to offer.

Jill added: "It is amazing to think that we have been going for 50 years, and we are all very much looking forward to the exciting future that still lies ahead for Radford Care Group. We will continue to work hard to ensure that the high standards we achieve continue to remain our priority."

Radford Care Group is one of the leading care groups in Nottingham for the older people, based on Prospect Street in Radford.



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International community join forces for Tinnitus Week 2018

THE UK's only dedicated national tinnitus charity, the British Tinnitus Association (BTA) is urging members of the public to support Tinnitus Week 2018, set to take place from 5-11 February.

The main focus of activity this year will be on children and young people and, for the first time, the international tinnitus community, including the BTA, American Tinnitus Association, Tinnitus Hub and the Tinnitus Research Initiative, are joining forces to help shine a light on the condition.

The aim of the week will be to engage with children, parents and schools to raise awareness of tinnitus amongst young people and drive the use of relevant support and resources.

David Stockdale, chief executive of the BTA, said "It is estimated that one in every 30 children has tinnitus and we want to highlight the impact the condition can have on the lives of

these young people. In addition, we want to provide parents and schools with more useful information so they are able to support children and young people with tinnitus more effectively and generate discussion about tinnitus both on and offline.

"However, we know that tinnitus is a condition that affects people of all ages so it is im-

TINNITUS WEEK 2018

5-11 February

portant that everyone feels they can engage and contribute to the conversations being had during the week about how tinnitus impacts on them.

"When someone first experiences the condition it can be very frightening and have an enormous impact on their quality of life.

"We're hoping to build as much

momentum throughout the week as possible so please keep an eye out for the ways you can support the campaign including visiting www.tinnitus.org.uk and using the hashtag #tinnitusweek on social media. There will also be resources created especially for parents and teachers that can be downloaded from our website with the aim of better supporting children with the condition."

Tinnitus is an often debilitating condition that is described as a sensation or awareness of sound that is not caused by a real external sound source. It is estimated that six million people live with tinnitus in the UK and it can affect people of any age.

If you would like to get involved in Tinnitus Week, please contact the BTA via emily@tinnitus.org.uk or call 0114 250 9933. All downloads are now available online at www.tinnitus.org.uk/about-tinnitus-week.

healthy hearing

Have you been worried about hearing loss? Knowing the status of your hearing health is an important general health check that is often overlooked, when it can be easily assessed. Noise exposure is one of the leading causes of permanent hearing damage, and one that can be prevented by taking the right precautions early. Booking an appointment with your local registered hearing health specialist can help you to identify any hearing problems by using some simple tests. A look at your ear canal and eardrum using spe-

cialist equipment will help to identify any visible health problems, whilst a series of sounds can be used to determine what you can and can't hear, allowing a professional to detect any problems. If a form of hearing loss or difficulty

with hearing is identified, a hearing care professional can then recommend your next step, how to manage your hearing health and hearing aids, should you need them.

There are a number of steps you can take to look after your hearing. From listening to music safely and not having your music turned up too loud, to protecting your ears from noise at work and choosing the right hearing protection for you.

If you have any concerns, make sure to talk to a hearing health professional to get the best advice or you.



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Home improvement

inspiration

New Year's resolutions don't just have to be about getting fit and eating healthy. The start of 2018 is an ideal opportunity to assess your home and start planning those all-important home improvements for the year ahead. A home health check is an essential start to your New Year, new home preparations and assessing essentials such as your heating, facilities and home security are all important steps to this process.

One of the first things to think about are any structural changes to the building – extensions, conservatories and adjustments to the foundations of your home are all big jobs, and therefore will require more forethought and planning than redecorating your spare bedroom. Now is the perfect time to start calling professionals to arrange quotes and put plans in place for later in the year.

Take note of other factors that could be improved such as your heating, loft insulation and double glazing – these home improvements may not be the most exciting or decorative, but they can help to save you money in the long run.

A splash of colour could revive an old space and brighten your home. A lick of paint is one of the easiest and most budget-friendly ways to freshen up your home and garden. Whether it's touching up a few walls or up-cycling an outdoor furniture set, it's an easy way to breathe fresh air

into your surroundings. A simple splash of colour can rejuvenate a space and create a whole new ambiance – why not switch up your theme colour by swapping your cushions and introducing a few new ornaments? If you want your home or outdoor space redesigning but don't have an eye for detail (or the time), getting in touch with a professional who can do all the hard work for

you means you can reap the rewards without having to get your hands dirty. With various interior designers, landscapers and specialist services available, you'll be able to get everything from the garden shed to a new patio with a quick phone call to a professional. However you decide to improve your home in 2018, don't forget to talk to a professional to get the best advice and inspiration.



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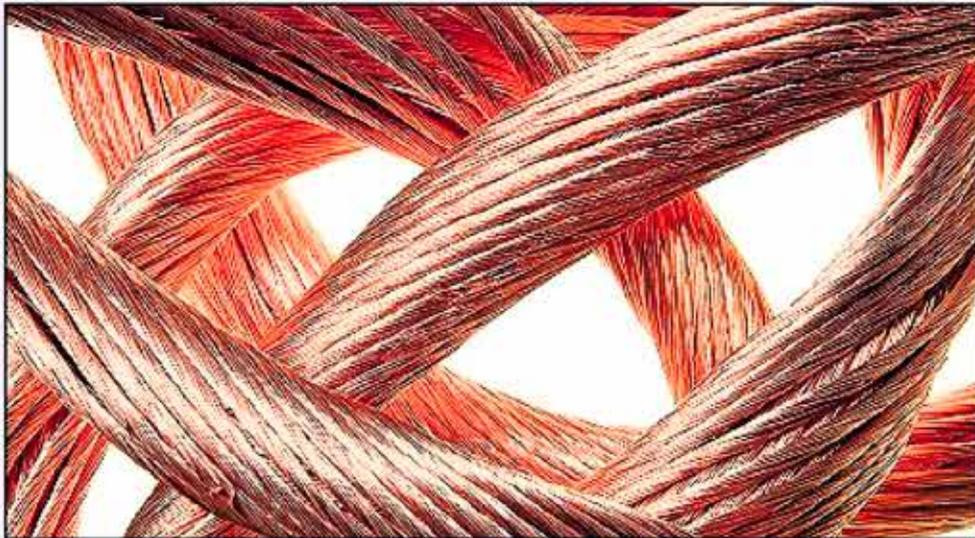
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