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Issue 244



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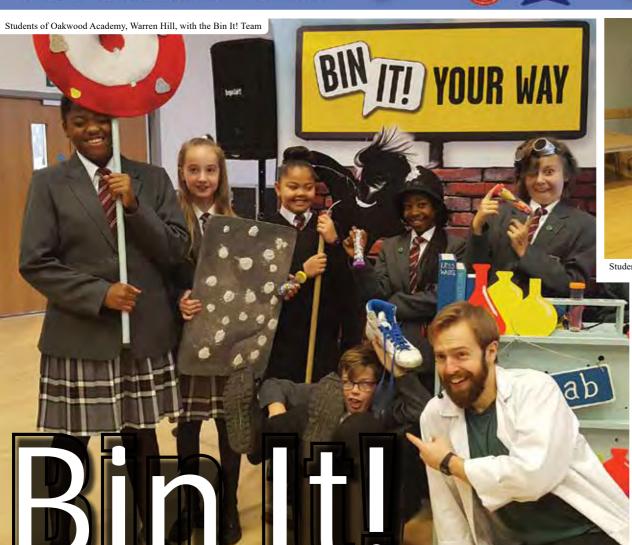
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Schools tour encourages students of Nottinghamshire to keep their environment litter free.

The award winning drama-based education

The award winning drama-based education programme, Bin it!, which educates students about responsibility and litter, has visited Nottinghamshire as part of its annual nationwide tour of schools. The Bin it! tour encourages young people to work together to make a lasting change to local areas and keep their environment tidy.

keep their environment tidy. The first half of the 2017 tour visited a range of schools in Wales, Sheffield, Hull, Aberdeenshire, Glasgow and Lincolnshire. The second leg of tour began in Newcas-

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tle and then recently moved to perform a number of shows at schools in Nottinghamshire – including The Samworth Church Academy in Mansfield, Kirkby College in Kirkby-in-Ashfield, Figtree Primary and Nursery in Nottingham, Chilwell School in Beeston, Oakwood Academy in Warren Hill, Nottingham Free School in Nottingham and Newark Academy in New Balderton. The remaining weeks of the tour will also visit Birmingham, Kent and many other locations.

Bin It! celebrated its 10th anniversary in 2016, and marked the occasion with its biggest ever UK tour reaching over 30,000 students in one year – the highest number ever. Bin it! has a proven record of success, with results from the 2016 tour showing that 80% of students who saw the show said they would now be sure to dispose of their chewing gum in the bin.

The Bin it! team of actors aims to engage

and educate young people, encouraging pupils to make positive choices about the responsible disposal of litter in their environment and urging them to take pride in their community.

Julie Lovell, Public Affairs Senior Manager, Mars Chocolate UK & Wrigley UK said: "Bin it! has been an incredibly successful programme to date and we are delighted to have reached over 140,000 pupils across the UK over the last ten years. We hope that its success will continue to grow as we reach out to even more young people, reinforcing our messages around littering and urging children to take pride in and look after their local communities and environments."

Teacher, Bin it! 2017 said: "I want to say

a huge thank you for bringing the Bin It! Roadshow to our school. It was a huge success and the students enjoyed it and took on board the very clear messages about the anti-social aspects of littering."



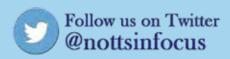


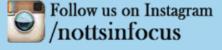


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pilatesbyphilippa@btinternet.com www.pilatesbyphilippa.com/focus. More than 250 youngsters have been given important lifesaving skills by Nottingham health care professionals.

Volunteer medical students and hospital staff trained over 250 school children and university students in the six step CPR programme as part of Restart a Heart Day. The students were taught how to use defibrillators and carry out safe chest compressions to the tune of Staying Alive.

Anne–Marie Lawrence, Health Educator Programme Lead for Nottingham University Hospitals NHS Trust, said: "We are committed to delivering training to prevent accidents and help local pupils cope in emer-

gencies where keeping a cool head and knowing how to get appropriate help can make a big difference.

"With the right training, pupils can learn how to get help, perform CPR and use a defibrillator so that they are equipped with the skills to save lives."

The training day was a great success, with students from Nottingham University, NUAST, Dunkirk Primary School and Blessed Robert Widmerpool School seeing demonstrations and being able to practise their newly developed skills on resuscitation manikins.

The students were taught the correct posture and positioning, with the fo-

cus on keeping themselves safe during the CPR process.
10 year old Maria from Dunkirk, who took part in

10 year old Maria from Dunkirk, who took part in one of the training sessions, said: "It was a really good session and it explained a lot. I feel much more confident about CPR now."

Anne- Marie said the team were keen to share their knowledge with as many youngsters as possible.

She said: "We are used to teaching one class at a time, so when we found out about Restart a Heart day we wanted to see how many young people we could teach in one morning."

According to the UK Resuscitation Council, every year around 350,000 people across Europe suffer out-of-hospital cardiac arrest, bystander CPR can increases survival rate dramatically. Restart a Heart Day aims to spread this message and get more young people trained in CPR.





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Hospital Volunteers Commended For Long Service

tals held a special event this October to honour 44 King's Mill Hospital volunteers who have clocked up an incredible 455 years' service between them.

The special long-service awards ceremony was held at the Oakham Suite on Nottingham Road, to thank the Trust's volunteers for their dedication and long service, which ranged from five to 30 years.

Sherwood Forest Hoslarly give up their time to make patients' stays

more comfortable, whilst also deliver a range of outstandhelping on the main entrances, directing people to the right areas or on the wards and generally making volved in a wide variety of patients feel welcome and at ease. Awards included long service med-als and certificates, which were dous support really does make a great difference to given in appreciation of service by Trust Chair, John MacDonald, with all be really proud of their hospital governors and staff also at- achievements."

tending the event.

Chair, John MacDonald, said: "It at King's Mill Hospital, was a great honour to present the Dorothy Bradford has awards to our volunteers, who have provided much appreciated support years. She started her volto our patients across the Trust, as untary service at Mansfield

Jill Smallwood Linda Swann John MacDonald pital's volunteers reguour staff, enabling them to

ing patient services. "Our volunteers are inservices and such tremenour hospitals. They should

been volunteering for 30 well as providing valued support to General Hospital in 1987,

whilst still working for Bolsover District Council. Now a fundraiser, Dorothy said: "I really enjoy the social aspect of volunteering and raising money for a good cause. I always meet a lot of friendly people doing this role and it is really

rewarding." Way-finder volunteer, Linda Swann, has also been volunteering with the Trust for 30 years. She started volunteering in the Dukeries tea bar in the evenings in 1987, whilst still working full time. She said: "I

really enjoy helping people and being in the company of other volunteers

Daffodil Café Volunteer. Isabel Powney has been volunteering at King's Mill since 1992 following her retirement. She worked in the Dukeries tea bar for 18 vears and is now working in the Daffodil Café. She said: "I like to keep busy whilst meeting new people and making friends. Everyone really appreciates what the volunteers do and the hospital has such a friendly and positive vihe

School Children Donate Their Harvest Children and families of Beeston Fields Primary and Nursery

School have pulled out all the stops in collecting food for their Harvest Festival, all of which is being donated to Hope House Charity.

Teacher Laura Clarke said the children and their families were a credit to the school: "Everyone has taken part in the collection for such a worthy cause.
All of the children, and our School Ambassadors who have helped to organise the collection, have given a lot of thought to the items donated and to thinking of others in need. They have done a wonderful job and we are so proud of their

Pupil Simone Yartey, age 9, said important to think about give ing to others: "We brought in lots of items for Hope House Charity and now they will give the food to people who are in need. I believe we should all try to donate because we have enough food, and we even waste it sometimes.

and we even waste it sometimes, not thinking about those who don't have any all."
Fellow pupil Viktoria Farkas, age 8, agrees: "I am hoping that the charity people will give the food away. I wanted to bring things in because I like to be kind, being

Call for help 999, 111 or local GP for advice.

· Cover the burn with cling film or a sterile, non-fluffy

dressing or cloth. Make sure the patient is kept warm."

better than being mean becau that can hurt people. I brought in some Hungarian style food and also some pasta."
Sue Hillier, Volunteer Manager at

Hope House Nottingham said she was delighted with the children's efforts: "We have a food bank which is open four days a week where people in need, in financial crisis, can come for a food parcel.

worth of food and all of this that the children

ed will become a part of that

supply.
"It's very encouraging to see the collection and we are grate ful for their generosity. It would be wonderful if in the future we could get things so that we don't need food banks, but for now, we have many generous donations and they are all helping to supply our food banks around the city."



Burns Awareness

The mother of a toddler treated at Nottingham Children's Hospital for serious burns is supporting National Burns Awareness day Ernie Bell was a year and a half when he was burnt with hot water that his mum was using to heat up his milk.

Ernie's mother Emily Sparks said: "I was heating up his bedtime bottle, which is what we did every evening. Unfortunately this time he managed to reach up a little bit further and pull the water on top of him.

"I removed his vest straight away and put him in the kitchen sink to

get cold water on the burns." Ernie, of Leicestershire, was then taken to Nottingham Children's Hospital, where his injuries were

cleaned and dressed under general anaesthetic. As the burns covered such a large area of his body he needed to be fed via a tube during his hospital stay. He is one of 550 children treated

for burns at Nottingham's hospi-

tals in the past year. Emily said: "After Ernie was discharged, he had to continue on morphine and have regular visits to have his dressing changed. Once the wounds were healed he had a silicone bandage for the areas that were still red, as well as having to wear sun cream every

Latest statistics from the British Burn Association show that Ernie is not alone, 11 toddlers suffer a major burn daily in the UK. Na-

awareness of the alarming number of adults and children burnt every day in the UK, the majority of which could be prevented. Fifteen months on from the ac-

cident Ernie is healing well, with only two small areas on the top of his left arm still visibly burnt. Andrea Cronshaw, Clinical Nurse Specialist in Children's Burns and Plastics, said that during the winter months, families should be cautious of the items in their house that can cause burns, including log burners, radiators, hot drinks and baths.

She said: "If you or a member of your family receives a burn, follow these steps:



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Truelove Celebrates Colwick Development

Construction popped the champagne corks as it opened the doors of its latest housing development in Colwick, Nottingham.

The company unveiled 15 new four-bedroom homes at open day events on Saturday 14 and Sunday 15 October. The homes, at Daleside Place, off Daleside Road in the village, promise luxurious family living on the outskirts of the

Director Barrie Truelove said:

"Colwick is a great place to live. Located on the banks of the River Trent, it offers that sought-after balance of village life and a short commute into the bustling city of Nottingham.

"Our open days are a great way to familiarise yourself with our style of building. We use

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At the event, visitors were able to view the show home and were also able to see details of the Appleby, Carrington, Epworth, Ferriby and Haddington styles of home available.

Representatives from Truelove Property were also on hand to answer potential buyers' questions and to offer tours.

Potential homebuyers can arrange a visit to the site, or view the properties available on the Truelove

Property website

Daleside Place, off Daleside Road, Colwick, NG2 4BP.





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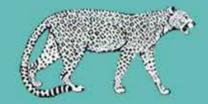
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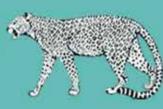
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Cotgrave Football Club Scores Sponsorship

Cotgrave Football Club is kicking off the new foot-ball season in style thanks to sponsorship from local housebuilders Barratt and David Wilson Homes.

Both teams at Cotgrave FC have received sponsorships from the housebuild-

The 'Claret' and 'Blue' teams are sporting a brand new kit this season, after securing Barratt Homes North Midlands, and David Wilson Homes East Midlands as their official sponsors. The five star housebuild-

ers, who both build homes in the area at their Hollygate Park development on Hollvgate Lane, have given the Nottinghamshire team a cash boost of £1,000 which has kitted out the 10 to 11 year olds in brand new playing kits and training wear

Andy Bury, Club Manager at Cotgrave FC, said: "We were very pleased that Barratt and David Wilson Homes offered this sponsorship As volunteers we sorship. As volunteers we not only have to coach the kids but also manage the finances to ensure the teams

can continue to play.
"I'm sure that without sponsorship we would have to increase costs to the parents and would lose some players as a conse-

quence.
"The kids love to feel part of a team and club, and wearing the same kit and tracksuits is a simple way to give them this positive



feeling. Having individual sponsors for each team gives the players a sense of identity to their own team while still being part of the larger club." Both of the teams started playing at Cotgrave FC as part of the under 7s team when the players progressed from Cotgrave FC's Soccer School for four and five year olds. While new players have arrived each season many of the current squads players have been with the team since that first

Spooky Surprise Pumpkin Walk



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On Saturday 28 October, children of all ages and their families are being welcomed to Treetops brand new Pumpkin Walk for an afternoon of Halloween fun.

With a pumpkin treasure hunt in the woods, apple-bobbing, face painting and a fancy-dress costume competition, there's plenty to keep little ones entertained – and help support your local hospice at the same time.

Treetops provides nursing care and emotional support for adults and their families living in Derbyshire and Nottinghamshire. Last year, the charity supported over 1,700 people through their range of services provided free of charge.

This is the first Halloween event for Treetops as community and event fundraiser, Mary Rose, explained: "We run all kinds of different events for children and families throughout the year but this is the first time we're offering some

.

spooky fun on our Pumpkin Walk. 'Children will be asked to search through our grounds and woodlands for a pumpkin and bring it back to us for a prize. There may even be a few surprises lurking about but all in the name of fun nothing too scary!

"All the proceeds from the event go towards Treetops so we can continue to provide our services to local people free of charge. Please come along with your family and friends for a lovely fun afternoon!" The Pumpkin Walk will run from 4-7pm. Entry is £4 per child, free for adults. All children must be accompanied by an adult. The event has been kindly supported by Ink Financial Management Ltd.

Treetops Hospice Care services include Support and Information, a Day Care Unit, Hospice at Home nurses and Therapeutic Services including counselling, art therapy and complementary therapy.







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Company Sets Up First UK Base

A Chinese company employing more than 600 workers will create 20 jobs when it sets up its first UK base in Nottinghamshire, after a deal overseen by commercial

property agency Innes England.
Zhejiang Shanghong Shelf Co has finalised an agreement for a 40,672 sq. ft. industrial warehouse at the Millennium Business Park, in Concorde Way, Mans-

The company – one of the largest shelving manufacturers in China – specialises in custom designs for retail display, exhibitions and warehousing with its products already being widely used domestically in the UK, America, Japan and Australia.

Scott Osborne, associate director at Innes England, said: "It is great that a huge Chinese manufacturing company has decided to choose Nottinghamshire for its first UK base. The deal has created up to 20 jobs in the first instance so it is really good news for the

"The industrial unit is situated just a mile and a half away from Mansfield town centre and provides easy access to the M1. The property is a modern detached industrial unit with two-storey office accommodation

and open plan warehouse space at the back." The deal is the first investment following the signing of a trade, investment, cultural and policy tie-up between Nottinghamshire County Council and Zhejiang

County council leader, Councillor Kay Cutts, said: "We are absolutely thrilled that our friendship with Zhejiang is already reaping rewards for the local economy, less than six months into our new and exciting partnership. "I know that the Zhejiang Shanghong Shelf company representatives were very impressed with what they saw of Nottinghamshire – our heritage, our skills base, our central location and our future plans for growth."



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To pick up your free

Free paint is on offer on Thursday 26 October to Nottinghamshire residents who are thinking about carrying out a spot of home or garden re-decorating thanks to the Community RePaint Nottinghamshire scheme run by Veolia (Nottinghamshire County Council's waste

contractors). Last year, Community RePaint added colour to the lives of over 419,000 people across the UK, including groups, charities and residents from Nottinghamshire who took part in the Nottinghamshire Community RePaint scheme. The

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Paint reuse scheme accepts unwanted/surplus paint from Nottinghamshire residents at the recycling centres in Warsop, Newark, Bees-ton and Calverton. Any tins that are at least half full of reusable paint are stored separately in the shelved reuse container and are given away for free to registered community groups, schools and charities and at special one off events to members

of the public.

To pick up your free paint Thursday 26 October from 3.30pm – 5.30pm at Calverton Recycling Centre, Hollinwood Lane, Calverton, Nottinghamshire, NG14 6NR please book a time slot by calling Nottinghamshire County Council on 0300 500 80 80. Pre-booking is required.

As usual when visiting a Recycling Centre please wear sturdy, closed toe footwear and it's a good idea to bring bags or boxes to protect your vehicle when transporting the paint

Community groups, schools and charities can arrange an appointment online to collect paint from their chosen site via the Nottinghamshire County Council website.



Slimming World EAST LEAKE Fast Leake Academy Cafeteria Lantern Lone (use staff car park) Tuesday 5:30 & 7:30pm Tel: Meg on 07792 945873 LONG EATON ASPLEY St Margarets Church Hali Aspley Lane Tuesday 6:30pm Tel: Mary on 01159287316 (Near ASDA) Tuesday 9:30 & 11:30am Thursday 5:00 & 7:00pm Tel: Sue on 07903378552 East Leake Leisure Centre Dance rlands Club Studio Room (Opposite Reception) Beeston Resource Centre

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Rushcliffe Borough Council and partners marked the official opening of fifteen new employment units in Cotgrave this month. The development is part of the wider regeneration of Cotgrave and was made possible with the help of Growth Deal Funding from D2N2 LEP, which was secured by Rushcliffe Borough Council in 2015.

The wider regeneration of Cotgrave includes the construction of 470 new homes on the former colliery site along with extensive improvements to the town centre, all of which is well under way. Councillor Simon Robinson, Leader of the Council, said: "These units provide much needed space

for new and expanding businesses. They help the Council keep employment opportunities local to help support this growing community."

Before the units had been completed, 10 units had already been let, demonstrating the attractiveness of the location, the quality of the units and the demand in the area.

Some of the businesses already on-site include a distributor for shopping trolleys / casters, window cleaning franchise, internet bra sales, embroidery design studios and workshop, a home improvements firm and a HGV recruitment consultant.

These units are let on a three to six year flexible lease, reducing risk for tenants by also providing them the ability to vacate, providing a rolling 6 months written notice period. Anyone interested in the remaining units should contact property-services@rushellffe.gov.uk



Committed to Cyber

Nottingham commercial property agency Innes England has been recognised for its commitment to preventing cyber

The firm - which also has offices in Leicester and Derby - has achieved national Cyber Essentials accreditation.

The industry and government recognised certification scheme helps businesses minimise the risk of a cyber attack and demonstrates that they are taking the measures needed to protect themselves and their client data.

To secure the certification Innes England was measured against five key controls that, when implemented correctly, can prevent around 80% of cyber attacks.

England, said: "I am really proud Innes England has been recognised for our commitment to our customers' confidentiality by being awarded the Cyber Essentials accreditation.

"Customer details are valuable to cyber criminals and it is fantastic we are able to show how seriously we take our customers' data. It is important for businesses to take basic precautionary measures to protect themselves against cyber criminals who are looking for vulnerabilities.'

The UK government's Cyber Essentials scheme addresses five basic steps to help businesses prevent the vast majority of cyber attacks. These are; secure configuration, boundary firewalls and internet gateways, access control and administrative privilege management, patch management and malware protection



omething for Ever

Ghoulish Halloween fun will be among the family activities on offer at Mansfield Market during the school half-term holiday. Ideas to keep youngsters and the whole family entertained for the week can be found in Mansfield District Council's latest What's On guide. A range of free and low cost activities are being

laid on by the council, Mansfield Museum, Mansfield Palace Theatre, Mansfield District Leisure Trust

and Four Seasons Shopping Centre.
The guide includes details

spooky Halloween fun on Mansfield Market with a ghost hunt and movie screening, ArtBeat craft activities at Mansfield Museum, a familyfriendly show Mansfield Palace Theatre, plus lots of other sports and crafts.

Rickersey, Portfolio Holder for Corporate Ser-

vices, said: "There is something for everyone happening this half-term in Mansfield so don't stay at home - why not get out and enjoy some quality time with your family?" The guide gives the full schedule

including dates, times and locations and is available to download from www.mansfield.gov.uk/whatson.

The council's Christmas What's On guide will be merged with the My Mansfield magazine and delivered to homes across the district from 6 November. You can also pick up a copy from community venues or download it online.

To receive school holiday What's On guides direct to your inbox, email eventsandpromotions@mansfield.gov.uk with What's On as the







Education & Training



Kesteven and Grantham Girls' School (KGGS) is a selective 11-18 academy. Situated in the market town of Grantham and close to the borders of Nottinghamshire and Leicestershire, we attract students from both the local area and further afield. Notable alumni include Shona McCallin, 2016 Olympic Hockey Gold Medallist, and Margaret Thatcher.

KGGS boasts an impressive record of academic excellence – a fact that recently placed the school in 'The Times' Top Secondary School list. Our students do well at GCSEs with just under 60% achieving A*/A grade or equivalent. In the Sixth Form, students can select their A Level choices from a wide range of subjects. Results are consistently impressive at around 70% A*/B, enabling many of our students to attain places at the most selective universities. In years 7-9 we offer a strong foundation with French,

German and Spanish as well as Mathematics, English and Science as part of a comprehensive curriculum that embraces both academic and practical subjects. Yet whilst the aim of the school is — and has always been — to provide a learning environment which is stimulating challenging and supportive, we are also keen to ensure that our students' learning goes hand in hand with the development of their personal qualities.

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Accordingly, the school offers a wide range of extra-curricular

activities. There are student exchange visits, foreign expeditions and significant involvement in the Duke of Edinburgh Award

In recognition of KGGS' academic and pastoral provision, we

were amongst only a handful of schools to be featured in the 2016 Parliamentary Review

Scheme.

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Kesteven and Grantham Girls' School

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www.kggs.org 01476 563017 mailto@kggs.org

SIXTH FORM OPEN EVENING

Thursday 2nd November 2017 6.00pm – 8.00pm (Headteacher's Address 6.00pm)

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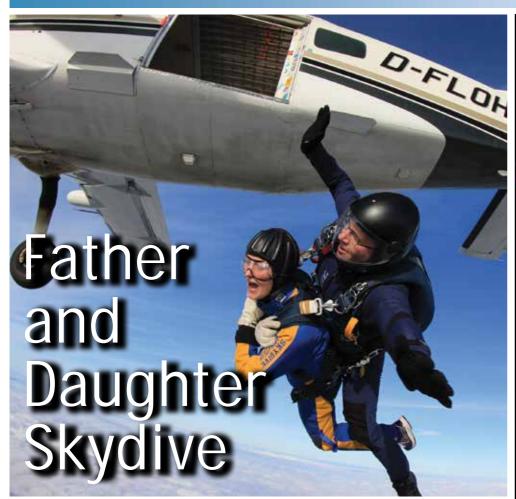


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Please complete an application which can be downloaded from our website: www.first-class.org.uk or contact us on 01623 429484 or 01636 626171 for further details



When Kate Bradshaw purchased a skydive as a birthday present for her father's 69th birthday, little did she expect to also be completing the dive at the same time.

Kate (37), who is a marketing assistant for business gifts and pro-motional merchandise specialists Pellacraft, completed the dive with her Father at Langar Airfield on 8 October, raising another £300 for the homeless charity Framework. To date, the total raised for Framework by all Pellacraft activities is in excess of £8,000.

Framework is Pellacraft's nominated charity, and staff are encouraged to help the company raise more money by doing their own independent activities.

Commenting Kate, who lives in Mansfield, said: "When my colleagues said they would sponsor me to do the skydive at the same time as my Father it seemed like a good idea. Whilst it was scary, I was thrilled that I had the courage to jump out of the airplane. It was great to do something together with my Dad whilst at the same

time know that I would be helping a homeless person.

The money raised will be given to Framework's Sherwood Street Centre in Mansfield, which offers 15 units of high quality emergency accommodation for people who have either been sleeping rough or at immediate risk of doing so. The service, which accommodates some of the most vulnerable local people, is staffed 24 hours a day and is designed to help residents along a journey to independent living in the community.









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SCARBOROUGH: TURKEY & TINSEL - 5 DAYS

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06 Nov

LONDON & BLUEWATER SHOPPING CENTRE - 2 DAYS

INCLUDES: 1 nt DBB in 3* Hotel + Excursions to London & Bluewater shopping centre

10 Nov

FROM

PARTY NIGHT: DURHAM & YORK - 2 DAYS

INCLUDES: 1 nt DBB in 3* Hotel + Disco & entertainment at hotel +

Excursion to Durham & York 11 Nov

FROM

3-DAY FESTIVE BARGAIN BREAK: NORTH WALES - 3 DAYS

INCLUDES: 2 nts DBB in Hotel + Xmas party night in hotel + Visits to Shrewsbury + Scenic drive

17 Nov

FROM

SEACROFT HOLIDAY VILLAGE - 5 DAYS

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20 Nov

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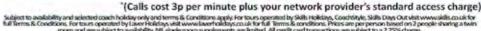
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Warner Brothers Studio FROM 09 Dec



Nottinghamshire FunCUS

iuniors rugby coaching is set to take place at Roko Nottingham this half term.

The national award-winning Little Ruggers programme, will be heading to Roko on Thursday 26th October, for a special, one-off, half term

Little Ruggers is a fun, rugbybased, non-contact activity programme targeted at boys and girls aged between 2 and

The aims of the sessions are to help improve key basic sporting skills, develop agility, co-ordination and balance, along with taking part in healthy activities.

The sessions are led by qualified rugby coaches, however, parents and guardians are take part in the activities to help to develop these skills.

The session take place between 9-9:45am, costing £3 for non-Roko members, and free of charge to Roko members.

Young rugby players between the ages of 5-12 years old are also in for a special treat on Thursday 26th October, as Nottingham Rugby Head Coach Ian Costello, along with a selection of Green and Whites first team players, will hold two coaching sessions.



The first session, based around tag rugby, will run between 10-11:15am and is specifically aimed at 5-8 year-olds.

The second session, starting at 11:30am until 12:45pm, is based around skills and is suitable for 8-12 year-olds. Please note that pre-booking is essential for all of the above sessions. Parents can book by calling Roko Nottingham on 0115 982 7799. Roko Health Club is

located on Wilford Lane, West Bridgford, Nottingham, NG2 7RN. For more information, please visit roko co uk/not-

Cedling Country Park Opens Disabled Facilities

Gedling Country Park has become a fully accessible and disabled friendly park nks to the installation of a special toilet and changing facility for people with severe disabilities.

The Changing Places toilet, the first of its kind in the borough, and one of only 1,000 across the country, will meet the needs of people with profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis, who often need extra equipment and space to allow them to use the toilets safely and comfortably. The facilities next to the newly opened Café 1899 were built by G F Tomlinson and will include height adjustable changing benches, a tracking hoist system, space for disabled people and car-

ers, a central toilet and a non-slip floor.

Access to the facilities will be available

The installation is part of a wider ranging promise made by the council to make the destination country park accessible to all. The pathways around the 200 acre site are compliant with legal requirements for the disabled which includes wide pathways for wheelchairs, easy access including ramps and radar doors, disabled parking bays and the children's play area was also designed to ensure children with disabilities can enjoy the park too. Leader of the Council, Councillor John

Clarke said: "When we initially designed the new visitor centre and café it was of vital importance that we provide facilities for the disabled and the Changing Places toilet is an excellent facility and the only one of its kind in the borough. This alongside the other things we've done makes this park a truly accessible park that is open and available

New Borr Bottles Self-Serve Culture

Another? Wine Bar, based in Trinity Square, will welcome customers from Friday 27 October. The intimate venue seats 60 people across two floors, with a roof terrace and extensive outdoor garden space to be added in spring 2018.

On arrival, guests will be shown to a table and given their own personal tab card, which can be used to activate any of three tasting machines. Between them, they offer a choice of 32 differently priced reds, whites, rosés, sparkling wines, prosecco and vintage champagnes.

Using the machines, customers can pour themselves a 25ml sample or full 125ml and 175ml measures, keeping track of how much they have spent as they go. At the end of the evening, the tab card is handed to a member of staff, who then provides the bill. Sam Benjamin, owner, said: "A lot of

people are scared of wine. We're told

how we should taste it, as well as the flavours and aromas we should be experiencing. You tend to find people find something they like and stick to it. However, our entire premise is about choice, exploration and trying something new, and doing it in a place that's relaxed, and informal. This is not your stereotypical stuffy wine bar.

"Each bottle has full tasting notes underneath it and our staff are on

hand to offer ex-pert advice if you need it. I've had lots of people ask me if it's literally

ple answer is yes, well apart from a few soft drinks. I'm extremely passionate about wine and wanted to create a fiercely independent venue that specialises in one thing and does it really

Another? Wine Bar will be open Wednesday – Sunday, with Monday and Tuesday reserved for corporate events and private parties. It will also be a cashless venue, accepting only smartphone and card payments.





Think BIG Loan Fund Business Investment for Growth

Are you looking for a loan to help grow your business?

The Think BIG Loan fund his been introduced to support those companies who may be struggling to raise working capital from the banks to finance growth of the business. The fund is managed by a team of professional risk finance specialists on the Council's behalf.

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.

Are you looking for support of between £5k and £25k for an early stage business?

If your business falls short of the above requirements, or for other support available to provide start up and early stage support you may be able to apply for a Pathlinder Loan managed through the same panel of professionals.

Pathfinder leans of between \$5,000 to \$25,000 are based on the stage of the business and purpose of the loan. The loan will be refeased based on agreed milestones and through agreement with the loan panel. TR Enterprises of Bildworth, specialists in Triumph TR sports cars secured a loan. Owner, Steve Hall said. "The process was really simple and pain-free and the loan was agreed quickly. We are extremely grateful as it meant that we could progress with our growth plans sooner than we had originally anticipated.

GIVE VERONICA DENNANT A CALL ON 01636 655260 OR 01636 655277 OR EMAIL HER VERONICA.DENNANT@NSDC.INFO



Employees from Nottinghamshire have joined others from across the East Midlands in learning leadership skills from Reserve Forces at a special event on October 14.

Professionals who have been identified as leadership material by companies including Nottinghamshire Fire and Rescue and Sherwood Forest Hospitals were given an insight into being a leader within the military by members of 162 Regiment Royal Logistic Corps (RLC) as part of Exercise Future Leader at Chetwynd Barracks in Nottingham.

Members of the regiment were on

hand to pass on their military training that could be transferred into leadership roles in any industry.

The day consisted of discussions on what makes a good leader and what they do before employees took part in command tasks in the afternoon designed to build their leadership skills. Captain David Gayle of 162 RLC,

said: "It was an excellent event and a delight to meet so many bright employees who will go on to lead superbly in their organisations.

"The leadership training you receive in the military is second to none and it was great to be able to pass that on.

'It's also rewarding to build relationships with these compa-nies many of whom have already shown support for the Armed Forces."

Bex Sims, a firefighter with Nottingham Fire and Rescue, said: "It's been a really good experience and I've enjoyed it.

"It's been quite interesting talking about the difference between being a manager and a leader and it was excellent to spend the afternoon working together as a group when none of us had ever met before to

OUTANDABOUT

BORA-TO-Bounce

RedKangaroo house a whole host of superbouncy, super-sized interconnecting trampolines plus more air-bound-activities than in any other UK park, including timed ninja courses for those who love a challenge! Test your balance on the Wipeout game; jump and duck to avoid the rotating arm without toppling off! Two gigantic foam pits feature an epic gladiator beam, who will tumble first?!

Everyone is 'born to bounce' so there

are sessions for all ages and abilities. As well as Kanga Bounce for ages 5+, Kanga Tots sessions are for your little ones and Kanga Family for young families. Kanga Calm sessions run on Sunday evenings for bouncers with special educational needs or disabilities.

RedKangaroo is perfect for parties and large groups. Parties for both children and grown-ups are extremely popular, with packages comprising a whole hour of bounce time followed by refreshments in one of our funky party rooms; Glow in the Dark, Ocean, Astro Turf or Bugs!

This Halloween, RedKangaroo are hosting a terrifically terrifying Halloween spectacular! Come on down in wickedly wonderful fancy dress for a bounce as well as fun such as face painting, thrillingly themed Halloween games and shockingly tasty refreshments. Tuesday 31st October 4-8pm, ticket prices are £14.50 per bouncer.



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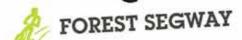




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ABOUT Live

Stephanie Weightman's award winning Crafting Live show will be at Peterborough Arena again this autumn bringing a whole host of crafty celebrities, including Nancy Watt, Mel Heaton and Andy Love. The event will take place at Peterborough Arena on Saturday 11 and Sunday 12 November 2017. The show is open 10am-5pm on Saturday and 10am-4pm on Sunday.

Throughout Saturday and Sunday, you can visit a vast range of exhibitors stocking stamps, dies, stencils, decoupage, parchment, fabric, ribbon, beads, wool and much more. You can stock up on all of your craft essentials, as well as find inspiration from brand new products and on-stand demonstrations. There are

have

refreshment tions and areas to a much needed sit down after all that shopping!

start at £3 per person and can be purchased in advance at www.craftinglive. co.uk. Are you part of a craft group? As a group of 10 or more, you can get tickets for iust £2 each!

Every Advance Ticket purchased is eligible for a FREE GIFT* worth £15 – which can be collected at the show. Plus every guest will get a £5 voucher** to spend with sponsors Create and Craft.

Throughout Saturday and Sunday, you can visit a vast range of exhibitors stocking stamps, dies, stencils, decoupage, parchment, fabric, ribbon, beads, wool and much more. You can stock up on all of your craft essentials, as well as finding inspiration from brand new products and on-stand demonstrations. There are also refreshment options and areas to have a much needed sit down after all that shop-

Crafting Live is home to a FREF 'make and take' area that can



on the day. A number of well-known crafters will be running these mini workshop sessions, giving you the opportunity to extend an existing skill or try something new.

There will also be the chance to see Cre-

ate and Craft shows broadcasting live from

around the event and on the main stage.

You could get to be part of the audience and watch some of our crafty celebri-

ties demonstrate brand new products live.

There may even be a chance to meet some

of your favourite presenters after the show!

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" Show ticket on entry for your gift, one per ticket ***£5 off any purchase over £25 excluding pp up to 26th November 2017. one per person, online at www.createandcraft.com. Not for inshow redemption

FIFTEENTH NEWARK VINTAGE TRACTOR & HERITAGE SHOW





On 11 and 12 November, the largest UK show of its kind will be held at Newark Showground.

his family-friendly event attracts crowds not just for the hundreds of lovingly restored vintage machines on show but also for the wide variety of trade stands, entertaining demonstrations and educational displays of all things agricultural.

As well as the nostalgic sight of the vintage machinery, there will be a collection of Rare and Native Breeds on display to both educate and inform the visitor. Located in the John Eastwood Buildings, ponies, sheep, goats and cattle will provide a unique glimpse into the UK's farming heritage that has shaped our island. There will be demonstrations of hand spinning, wood carving and wood turning with items for sale, plus stick-making, and photography alongside displays of dairy equipment, a Shepherd's Hut, and horse drawn ploughs from bygone days.

Santa will be taking a break from his busy preparations to welcome our young visitors and hear their 'Christmas Wish Lists' and Jenny Woodcock will be bringing the endearing Haughton Park Reindeer which were such a popular sight at the show last year. As part of the

There's something for everyone!

Explore over 100 trade stands, Rare & Native Breeds, Heritage displays, craft stalls and gifts





If you are interested in sponsoring any aspect of this year's show, please contact the show team, tractor@newarkshowground.com or see the website for further details.

THE CHARGE STATE THE PROPERTY OF THE PROPERTY

organiser's new Education Project at Newark Showground they will be running several exciting free competitions with some super prizes including a grand prize draw where some lucky child can win two adult tickets (children up to 17 years go free) to the Nottinghamshire County Show 2018.

The show attracts a wide variety of indoor and outdoor trade stands offering opportunities to shop for products from country wear clothing, crafts and gifts, footwear, original paintings and prints, to sweet and savoury snacks, as well as items that will appeal to agricultural machinery enthusiasts. The website, www. newarkvintagetractorshow.com is regularly updated as is the list of trade stands attending.

The Sunday morning Remembrance Service will be held amongst the vintage tractors displayed in the George Stephenson Exhibition Hall and is always well attended. Come early to be sure of a seat.

The popular Sort Out returns on Sunday and Brown & Co will be holding the annual collective auction on the Saturday at 10am. Everyone is welcome to attend the Saturday Night Do held at 6.30pm in The Cedric Ford with live music from a Gypsy Jazz Band. Tickets must be bought in advance and are great value at just £15 each for a two-course dinner with a glass of wine. This year's speaker is the highly entertaining and informative Mark Spencer, local farmer and MP for Sherwood.









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Prize Giving follows our regular Sunday Remembrance Service, held in the George Stephenson Exhibition Hall amongst the vintage tractors, which starts at 10.45am. All welcome.

We are grateful to Southwell Minster for their kind support,

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OUT AND ABOUT

The Midlands Machinery Show

Local farmers are looking forward to the return of a popular machinery show where new products, machinery and technology are set to be unveiled.

The Midlands Machinery Show takes place on Wednesday 22 and Thursday 23 November at Newark Showground, Nottinghamshire.

Around 200 agricultural businesses are exhibiting at the event - organised by the Newark and Nottinghamshire Agricultural Society - which will not only give them the opportunity to discuss advances in their products and services, but also allow farmers to discover how such

techniques can help to improve the productivity of their land.

Joe Allen from Gainsborough-based Chafer Machinery has exhibited at the event since it was set up four years ago and says it has reaped dividends for the firm, which manufactures specialist spraying

equipment.

He said: "Midlands Machinery Show is an ideal opportunity for farmers and agricul-

tural businesses to congregate and discuss how the farming industry is faring across

benefit from meetothers ing within their community, seeing new technology and actually being able to spend time talking to other exhib-

itors

about



their machinery and products can benefit their farms."

> George Midlands Machinery Show manager 'Technol-

ogy is advancing at a fast rate within the agricultural industry, and it is really important farmers invest their time in attending events, such as the Midlands

Machinery Show. to determine how this can be used to improve productivity and efficiency.

As well as new technology being showcased. soil health and drones which can improve precision farming, are being discussed as part of a series of expert of a series of a seminars by crop precisionist Hutchprecisionist insons. JRH Water Management, which specialises in rain

water harvest- ing and water technology, will be also be holding a professional seminar. Woldmarsh are sponsoring an off-road course where visitors can try out 4 x 4 vehicles being brought in by six dealerships.

Joe continued: "Midlands Machinery Show is an event to do business, and I am very much looking forward to this year's event to showcase our crop spraying equipment, and a selection of chemical and fertiliser applicators, whilst also net-working with other farmers from across the region and beyond."

To find out more about how to exhibit your farming business at this year's Midlands Machinery Show visit www.midlandsmachineryshow.com.



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WILFORD VILLAGE FIREWORKS

Saturday 4th November

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tram stop. This offer applies to tram stop. This offer applies to pre-purchases

Extensive car parking facilities off Wilford Lane at local schools, a short walk along well lit footpaths to the event. Or catch the tram adjacent Becket School for a one-stop ride.

We suggest you arrive early – it's too good to miss!

November brings a chance to meet up with friends, marvel at firework displays, light spar-klers and of course, eat Bonfire toffee. However, Bonfire Night wasn't always the colourful spectacle that it is today. The famous bonfire on 5 November represents the burn-

ing of Guy Fawkes

his plan to blow up the houses of parliament was foiled in 1605. In the modern day, we use this occasion to celebrate great food and to educate young ones on the history and the dangers With November right around the corner, it's time to start

planning your fireworks extravaganza. Begin preparations for the night by taking note of the dates and times of your favourite events. sending out invitations to your own fireworks party, or by book-ing tickets

to organ-

events early to guarantee your place and to get the best deals. Whether you plan to spend the night with family, friends or your partner, there are lots of fireworks events happening in and around Nottinghamshire this year that are sure

night off

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Nottinghamshire

UT AND ABOUT

ntie Comes to The UK's Best-Selling Children's Paperback Of 2016 Comes To The Nottingham Stage

The Birmingham Stage Company are delighted to announce that the world premiere of David Walliams' Awful Auntie, published by Harper Collins Children's Books, will visit the Theatre Royal Nottingham from 15-19

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November 2017 as part of an making it the best-selling eighteen-month UK tour.

It follows the BSC's record-breaking tour of David Walliams' Gangsta Granny which recently finished a sell-out fifty-week tour of the UK.

> David liams said: "The Birmingham Stage Company's Gangsta Granny is truly brilliant, so I'm hugely excited they're bringing now Awful Auntie to the stage. It promises to be a thrilling show and a total hoot Wagnar and I can't wait to see it!"

Awful Auntie was published September 2014 and went to No.1 in the children's book chart for seven weeks. The paperback was published in February 2016 and has sold 212,000 copies,

children's paperback of the year. Combined sales of the hardback and paperback have reached 950,000 copies. It has helped to make Walliams one of the country's bestselling children's authors, with four of his books charting in the 2016 children's top ten. They have also been translated into over 50 languages, bringing worldwide sales to 16.7 million.

Awful Auntie tells the story of Stella, who when she set off to visit London with her parents had no idea her life was in danger. Waking up from a coma three months later, only her Aunt Alberta can tell Stella what has happened. But not everything Aunt Alberta tells her turns out to be true and Stella quickly discovers she's in for the fight of her life against her very own awful Auntie. David Williams' amazing tale of frights, fights and friendship features a very old

car, a very large owl and a very small ghost.

not want to miss Awful Auntie,

thrilling fun for everyone aged over 5

Local listings information: Awful Auntie, Theatre Royal

IF

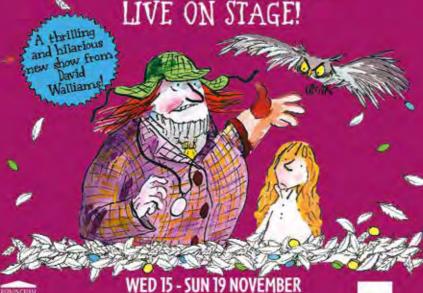
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The specialists also sell a wide variety of sinks and taps including Quooker, Zip, Franke, Blanco, 1810, Perrin & Rowe, Kohler and many others. Belvoir Interiors can also provide all styles and colours of worktop including Silestone, Dekton, granite, Corian, glass, and have recently started to sell concrete tops.

Located in Newark Nottinghamshire on the Lincolnshire border, Belvoir Interiors have a large showroom with over 20 displays of fitted kitchens, sliding bedroom doors and fitted office furniture.

All of the kitchens at Belvoir Interiors are fully bespoke, and they offer kitchens for every budget and style to help you find the perfect kitchen for you.





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Nottinghamshire For CUS 23

News in Brief

Full Steam Ahead for Rail Users

Rushcliffe Borough Council is calling for future improvements to be made to East Midlands Trains to benefit local communities - including, once again, seeking central Government commitment to increasing the number of trains stopping at Bingham and Radcliffe-on-Trent stations from hourly to every 30 minutes at peak times to support residents and business alike. These calls are in response to a consultation by the Department of Transport to help shape long-term improvements to the East Midlands rail franchise. In addition, the Council has

taken the opportunity to express its disappointment in the cancellation of the elec-trification of Midland Main Line less than two years af-ter this frequently-delayed scheme was originally given the go-ahead, and has asked the Secretary of State to re-consider his decision as a matter of urgency.

Councillor Andy Edyvean, Cabinet Holder for Economy and Business said: "The Borough Council's primary goal remains to see improvements to the Nottingham to Grantham Poacher Line to benefit our local communities and help promote wider economic growth of the area."

On your marks... get

The hot wheels make it epic tour is coming to Not-

Hot Wheels is raring to go and is touring the UK this half term visiting Smyths, Nottingham, on Friday 27th October, inviting all Hot Wheels fans and families to take part in action-packed take part in action-packed racing challenges at the FREE 'Make it Epic Tour'. Aspiring racers can put their expertise to the test when it comes to building their ultimate track and battle it out to create the best jumps, loops and track combination on a four-lane raceway; think big, fast and epic!
The winner with the most

epic track and the highest score will be named on the leader board, and can take position on the podium with their very own trophy!

Don't forget to grab your FREE goody bag, full of cool Hot Wheels goodies at the end (limited stock avail-

For more information, check out: www.HotWheelsEpic-Tour.co.uk

News in Brief

Six Successful Months



oing Batty For Hallowe'en

during the late 20th Century and some species are now quite rare and have restricted ranges. Much of this decline has been caused by the destruction of roost sites and habitat loss. This event - just before Hallowe'en was a good opportunity to spread the word about the importance of protecting bat sites."

The Trent Bridge Parkinson's Cafe may only be six-months old, yet already it has become very well established in the support available for peo-ple living with Parkinson's in and around Not-

The concept behind 'Parkinson's Cafe' was for a different style of support group where anyone with Parkinson's - any age, any stage - as well as their families, carers and friends could come together each month for conversation, laughter, friendship and mutual support in an informal set-

Steve Moss, diagnosed with Parkinson's in 2011 when he was 37, is one of the Trent Bridge Parkinson's Cafe co-ordinators. Steve said "We have been very pleased with the numbers coming along each month. We have established a core of 'regulars' who have been with us from the start and we continue to welcome newcomers along to join us. What is especially rewarding is to hear of new friendships established among those attending. Two people who met during one of the cafe events discovered they lived just over a mile away from each other and now meet up each week for more conversation and mutual

support."
Steve adds, "The people who come along to the Trent Bridge Parkinson's Cafe have a wide range of backgrounds and experiences. We see people in their 30's to people in their 80's so almost everyone should find someone they can relate to. The cafe also helps partners, carers, family and friends find mutual support. That's why we tell people we are here to support anyone 'living tell people we are here to support anyone 'living with' Parkinson's."

with' Parkinson's."

One in 500 people in the Nottingham area – that's about 1,500 people – have Parkinson's; a progressive neurological condition which can leave people struggling to walk, speak and sleep. Most people who get Parkinson's are aged 50 or over but a small percentage of those diagnosed will be aged under 40. There's currently no cure for Parkinson's, and symptoms get worse over time. The 'Trent Bridge Parkinson's Cafe' is held on the last Tuesday each month, except December from 10:00am to 12:00pm at the Welbeck Hall which is on Welbeck Road, West Bridgford, NG2 7QW. The first meeting in the New Year will be 7QW. The first meeting in the New Year will be on Tuesday 30th January 2018.

To find out more about upcoming

ALL THINGS BRIDE

spooky night-time walk around Attenborough Nature Reserve, near Nottingham, has during helped a team from British Gypsum get in the mood for Hallowe'en. The focus for the torchlit walk was bats, with experts from Notting-hamshire Wildlife Trust (NWT) advising on how to listen and look

out for the winged creatures. Nature Reserve, Attenborough managed by Nottinghamshire Wildlife Trust – a former sand and gravel quarry-of the is home to 10

ting-ham-shire, in-cluding brownlong-eared,

whiskered and pipistrelle (common, soprano and Nathusius) bat

The event kicked off with a talk from Angelena Efstathiou, a NWT volunteer and member of the local Nottinghamshire Bat Group who has a wide ecological expertise and a special interest in bat conservation. She explained how bats emit different frequency noises and gave the visiting group bat detec-

the walk. Brit- ish Gypsum has a commitment to supporting and enhancing biodiversity across its operational sites, and, through its partnership with NWT, also aims to support county-wide sites and projects which focus on the importance of wildlife.

British Gypsum's Head of Environment and Compliance, Heidi Barnard, who was part of the bat walk group, said:
"The talk and the

were fascinat-ing. Having an opportunity to look out the various species of bats with an expert alongside to answer any questions made the event even more enjoyable. And whilst the evening weather was not kind to us or appealing to the bats, we learned a lot about these much-misunderstood animals and how important it is to continue to protect them."

Angelena added: "This was a fun, spooky event with a serious message! Attenborough Nature Reserve is an important habitat for bats in this area. Many species BEAUTIFUL



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om meals out to coffee mornings, outings and talks, you can be re of a warm welcome. Upcoming Oddfellows events include:

uesday 24 October 2017 2.30pm Tea & Cake, Harpur & Finch, Bath Street, Ilkeston, Derbyshire, DE7 8AJ Friday 27 October 2017 Dine Around the World, Miller & Carter Steak House, Sherwood Forest, Mansfield Road, Nottingham NG5 8PJ

Monday 6 November 2017 11.00am Coffee Morning. Harpur & Finch, Bath Street, Ilkeston. Derbyshire, DE7 8AJ

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ROSSWO

ACROSS

1 Vegetable soup (10) 6 Glutton (6,4)

11 Magic spirit (5) 12 Much exceeding the

norm in quality (5-7) 14 To box (4)

16 Bathing beach (4)

17 Road conveyance (3)

18 American pal (5)

20 Emotional plea (6)

21 Relieve, make slack (4)

22 Append and affix (5)

23 Item put on display (7)

25 Alcoholic drink (3)

26 Centigrade equivalent (7)

28 Infant (4)

29 Inhabitants of nations (7) 33 Delay in deciding (10)

35 Advantageous,

conducive (10)

38 Swap or take over (7)

41 Thoroughfare (4)

42 Ghost (7)

45 Gosh! (3)

46 Waste matter (7) 48 One who applies

persistence (5) 49 Half (4)

50 Game judge (6)

52 Gauge of flow (5)

54 Unfilled space (3)

55 Hair-fastener (4)

57 List of duties (4) 59 Colouration of skin (12)

60 Backed seat (5)

61 Sixty

62 Loiter on the way (5-5)

1 Wizard (8)

business (9)

13 Giving generously (7)

15 Baby dog (3)

24 Christmas shortly! (4)

27 Unbind (5)

2 Teetotallers (3-8)

4 Basic costs of a

8 Tenth of a metre (9)

9 Aim (4) 10 Male teacher (12)

from job (4)

30 Paddle (3)

3 Understands or notes (4)

5 Edible (7)

6 Magnificent, imposing (5)

7 Unoccupied (5)

19 Milk worker (8)

20 Chops off or dismisses

29 Mongrel (5)

31 Electricity cut-off (5-7)

32 Grotesque (8)

34 Afternoon meal (3)

36 Ticket office (7,4)

37 Means, routes (4)

39 Root vegetable (7) 40 Answer 24 in full (9)

42 Scarlet flower (9)

43 Memo (4) 44 Strictly and as befits

decency (8)

47 Hastened (7)

51 Deserter (3) 52 Tropical fleshy fruit (5)

53 Torment or titillate (5)

56 A heap of money (4) 58 Corrosive liquid (4)

ISSUE 244 CROSSWORD ANSWERS
ANSWERS ACROSS
1 House 4 Furious 9 Noel 10 Envoy 11 Orient 12 Muddy 14 Chore 15 Send 16 Relative 17 Galore 19 Stud 22 Slurred 24 Alp 26 Catch 27 About 29 Ready-made
32 Treacle 35 Rotated 37 Agreement 39 Eagle 41 Match 43 Pup 44 Turrets 47 Taps 48 Twists 51 Laudable 52 Ruby 54 Stale 55 Medal 56 Anorak 57 Wrong 58 Earn 59 Dressed 60 Tills
ANSWERS DOWN

ANSWERS DOWN

1 Horse 2 Up-ended 3 Enthrall 4 Flypaper 5 Remained

6 Saying 7 Pencil 8 Course 13 Dressage 18 Rat 20 Tub 21 Shred 22 Stretch 23 Red 22 Pet 26 Creates 28 Oust 30 Mug 31 Die 33 Clog 34 Tramp 36 Dip 37 Appalled

38 Mar 40 Lop 42 Tow 44 Troubles 45 Retained 46 Tolerant 47 Turmoil 48 Tutors 49 Sleigh 50 Shamed 53 Boats

(Answers in Issue 245)

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care



Local Hospice Shortlisted In National Care Awards

Treetops Hospice Care is celebrating being shortlisted for not one, but two awards in this year's third Sector Care Awards for their work supporting adults with life-limiting conditions.

The charity, based in Risley, is a finalist in the End of Life Care Award category for their Hospice at Home service and in the Contribution to Sector Development Award category for a pilot project involving personal health budgets. The awards celebrate and showcase the innovation and care excellence of the not-for-profit care and support sector. Hundreds of charities enter the awards each year with winners announced at a special ceremony on 6 December. The Hospice at Home team provide specialist 1-2-1 nursing care for adults at the end of life, who wish to remain at home with their loved ones around them. Care can be as little or as much as needed,

including day sits, overnight care or both

The Personal Health Budgets Pilot Project considered innovative ways in which people can have greater control over their personal end of life care. Phil Shreeve, di-

rector of clinical services at Treetops, explained more: "We're absolutely delighted to be shortlisted in the awards. We're incredibly proud of the services we offer to local people and know just how much they are valued and appreciated – so to receive some national recognition is the icing on the cake.

"Last year we provided over 39,500 hours of Hospice at Home care in people's homes – that's

5,000 good nights' sleep for relatives and carers.

"The Pilot Project was a joint venture between Treetops and South Derbyshire Clinical Commissioning group. We looked at how personal health

budgets can be used in simple but effective ways earlier on in a person's care to make every day count – how to find practical solutions for health issues which can have a profoundly positive impact."

Treetops Hospice Care services include Support and Information, a Day Care Unit, Hospice at Home nurses and Therapeutic Services including counselling, art therapy and complementary therapy. Services are provided free of charge.

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Email: abelcollinsadmin@btconnect.com

or write to the Administrator, 13a Collin's Homes, Derby Road, Beeston, Nottingham, NG9 2TF.

Janice can arrange an informal visit for you to see what we have to offer, and to have a chat with existing residents who can tell you what they like about living here.

See more at: www.abelcollins.org.uk



Finding the Right Home

it yourself or for a loved one. So where do you start? First you need to establish exactly what care is required, some people need more help than the others that are more independent, but need that extra helping hand.

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

Which home you would need to go to is dependent on your personal circumstances. There are also other care homes that offer specialist and specific support, such as dementia care.

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

point you towards a home with a good

If you aren't at the stage of needing to move but need a little more help than you normally would, there are places out there where you will find an aid for near enough everything, from a gadget for helping you put your socks on to a speaking microwave for the visually

ing hand, here at the Notts in Focus we've got it covered.

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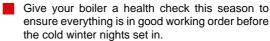


Don't Get Caught Out This Winter









- As the frost starts to settle, it is prudent to make sure that your boiler and heating is in good working order. Many people find that after months of minimal use, their heating or boiler may not be working as well come the winter. If you are having problems with your boiler or if it has stopped working completely, then 2 RED can help.
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Which

Winter warmers get your home ready

Preparation is Key

The approach of the colder months can bring new challenges to homeowners, making now a better time than any to make sure that everything is in working order before the temperatures drop.

Checking your central heating, safety equipment and motor will help you to avoid some preventable situations that could leave you out of pocket as the seasons start to change.

Ensuring that your boiler is in working order before you rely on it in the colder months will leave your family high and dry throughout the worst of the weather.

Checking safety equipment including locks on your windows and doors as well as your fire alarm will help to keep you and your family safe and secure as the temperatures drop and the festive period begins.

Taking care of your car, making sure that it has been serviced, topping up the oil, water and brake fluid levels, as well as checking your tire pressures and lights will help to keep you safe

on the road changing the conditions.

Lastly, a splash of colour never hurt. Take the new season as an opportunity for a little

home redecoration and spruce up a tired space by introducing some new colours and fabrics to make your home more welcoming this winter.

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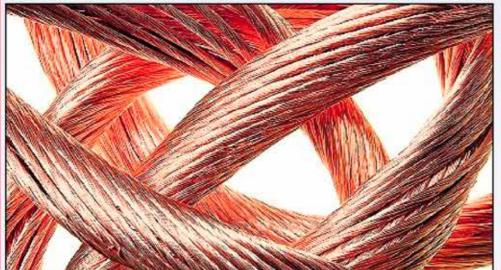


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