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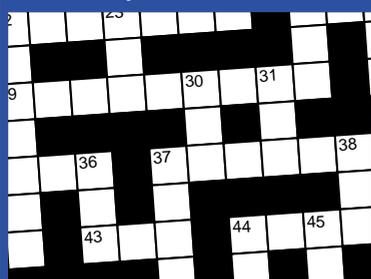
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Public are urged to support The Big Give



Nottinghamshire Police Chief Constable Craig Guildford (left) and Police and Crime Commissioner Paddy Tipping give their personal £5 donations.

People are being urged to help the National Justice Museum's Christmas Challenge to raise £20,000 to fund free places for young people on their anti-knife crime workshops.

Nottinghamshire Police Chief Constable Craig Guildford and Police and Crime Commissioner Paddy Tipping are supporting the campaign and are urging people to donate and give more people the chance to take part.

The 'Choices and Consequences' workshops, in partnership with the Ben Kinsella Trust, are aimed at educating nine to 14-year-olds about the impact of carrying a knife through videos of families who have lost loved ones, live action role play and interactive scenarios.

Craig Guildford said: "I'm pleased to say that knife crime has reduced in Nottinghamshire over the

last year following a real concerted effort by Nottinghamshire Police and our partners to tackle the issue.

"The Big Give will help us change the belief held by many young people that it is acceptable and perfectly normal to carry a knife. It is neither." - Paddy Tipping

"We have a dedicated Knife Crime Team, Schools and Early Intervention Officers in secondary schools and a bespoke educational package in primary schools as part of our strategy to reduce knife crime.

"Education is a vital part of the long-term success of that strat-

egy and the support of partners such as the National Justice Museum is really important."

Paddy Tipping added: "The Big Give will help us change the belief held by many young people that it is acceptable and perfectly normal to carry a knife. Let's be clear, it is neither. The earlier we can do this the more successful we will be. That's why I am supporting this campaign and I urge others to join in."

Every £5 donated means one child will be able to attend for free. To donate go to <http://bit.ly/njmbig-give>

Bulwell Market supports local athlete's Olympic bid



The Nottingham Markets team has presented a cheque to a local weightlifter to help her achieve her goal of reaching the Olympics in Tokyo next year.

The team, which manages the city's out-

door and indoor markets along with stallholders from Bulwell Market, handed the money to Emily Campbell, who is a current Commonwealth Bronze medallist.

Continued on page 2

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Children's hospice launches Christmas Appeal



Rainbows Hospice, which cares for children and young people from Nottinghamshire with life-limiting illnesses, has launched its Christmas Appeal. It costs over £6million each year to run the hospice, which supports more than 400 youngsters and many bereaved families. Last year's appeal raised £37,000 for Rainbows.

Helen Lee-Smith, Head of Individual Giving at Rainbows, said: "We believe that Christmas is a time for giving and we hope so much that people will support our appeal. With less than 20 percent of our income coming from Government and statutory sources, we almost completely rely on our supporters to enable us to open our doors every day. Thank you from the bottom of all of our hearts, your donation really does make Christmas special for someone."

To find out more about the Rainbows Christmas Appeal contact 01509 638000.



BBC'S Inside The Factory comes to Nottingham

Local chilled food producer, Addo Food Group, will be appearing on BBC Two's Inside The Factory this week (Thursday 12 December).

The latest episode of Gregg Wallace's popular factory tour show will follow the production of a range of party food made at the company's Riverside site in Nottingham for retailer Marks & Spencer.

The TV show - which is now

in its fifth series - showcases the production of a different product each week. The programme documents the full manufacturing process, starting with the raw ingredients and displaying the product development before arriving at the retailer.

Deborah Bolton CEO of Addo Food Group said: "Myself and the whole Addo Food Group team are very excited to be appearing on BBC Two's

Inside The Factory. We were absolutely delighted to have been approached by such a popular prime-time show and to host Gregg and the crew at our Riverside premises.

"We have six bakery sites across the country but Riverside bakery in Nottingham is one of our busiest - with 42m quiches being baked on-site each year. As the UK's largest chilled quiche manufacturer, the festive

period is the most demanding time of year for us - with our hard-working team producing 4.5m quiches every December. The businesses appearance on Inside The Factory has created a buzz within the team and I have no doubt will be watched by all this Thursday."

The latest episode of Inside The Factory will air on BBC Two at 9pm Thursday 12 December.

Bulwell Market supports local athlete's Olympic bid

From page 1

Emily is ranked ninth in the world and on track to qualify for next year's Games. But she still needs to do well in China next month, as well as at the European Championships in Moscow next April, to ensure she can travel to Tokyo in July with the rest of Team GB.

The money, which comes from stallholder contributions, will help Emily with her competition travel and accommodation costs, as her bid for the top spot is almost fully self-funded.

Her family has a long association with Bulwell Market and its traders with both Emily and sister Kelsie being kitted out for school every year

by Kev Burkett, who's stood on the market for close to three decades. The family still regularly shops there.

Emily was recently at Bulwell Market giving a demonstration with members of Atlas Gym where she trains. She was also joined by her parents who have continually supported her dream of making the Team GB Olympic squad.

She said: "I can't thank the stallholders enough for their wonderful contribution to my competition costs. It really does mean so much to me."

Anybody wishing to support Emily's Olympic bid can make donations via her Gofundme page at: bit.ly/SupportEmilyCampbell



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Team NUH Awards showcase the very best of the NHS



Nottingham's hospital heroes were celebrated at a special award ceremony championing the very best of the NHS.

More than 400 Nottingham University Hospitals NHS Trust (NUH) attendees turned out for the annual Team NUH

Awards, which recognise the incredible contributions of staff, volunteers and community partners across Queen's Medical Centre, City Hospital and Ropewalk House.

The prestigious awards were handed out in 16 categories

celebrating NUH staff and supporters, ranging from Team of the Year to Inspiring Staff Well-being and Community Champion awards.

Tracy Taylor, Chief Executive at NUH, said: "Very many congratulations to the

record-breaking 1,200 staff, patients and fundraisers who were nominated this year, and to our shortlist and winners who have been recognised for delivering outstanding care to our patients and for their dedication to NUH.

"I would also like to thank our fantastic Nottingham Hospitals Charity and our individual awards sponsors for making this memorable evening possible. It is important to say 'thank you' to the brilliant Team NUH for all they do throughout the year for our patients, their families and carers. I truly am proud to be part of Team NUH."

Held at the East Midlands Conference Centre at the University of Nottingham, the

ceremony was hosted by BBC Radio Nottingham presenter, Sarah Julian. The annual Team NUH awards were made possible thanks to the support of Nottingham Hospitals Charity and to sponsors who contributed to the evening's showcase.

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said: "We'd like to say a huge 'congratulations' to all the winners of this year's Team NUH Awards. Well done to all those who were nominated and shortlisted, and a special recognition to the winners. We are delighted to fund this year's awards for the thirteenth year and for the opportunity to meet our hospitals' star employees and supporters."



Children in East Midlands facing impoverished Christmas

Leading charity Action for Children has warned that three children in every East Midlands primary class face Christmas without warmth or fresh food.

Over 64,000 under-10s from low-income families in the East Midlands – and almost a million across the UK – face a festive season with little to celebrate, lacking basics such as a heated home, warm winter coat or fresh food.

With so many families struggling following a decade of austerity and ongoing problems with universal credit, new research from the charity also shows parents below the breadline are able to spend on average just £2 a day per child on food – and struggle to afford nutritious food vital for health and development.

With no free school meals available during the school holidays, this leaves many worse-off families struggling to afford their children's lunch. With a typical primary school meal in the UK costing £2.30 a day, it means parents can barely afford lunch, let alone breakfast and dinner.

Action for Children says at least 50 of its services across the country have provided foodbank support over the past year and with demand so high, the charity is planning to host unofficial foodbanks again over the festive season.

John Egan, director for England at Action for Children, said: "No parent in the East Midlands should have to face the awful prospect of their youngster sitting in the cold without a plate of food to eat at the end of a school day, or skip dinner themselves so their child has a meal."

"Politicians are telling us austerity has ended but every day at Action for Children our frontline services say child poverty levels are at the worst they can remember. While some families will spend the Christmas holidays putting their children to bed early to keep warm because they can't afford to heat the house, for others it has become the norm to not have a winter coat, rely on foodbanks, or for their children to miss out on hot meals."

VEOLIA URGING PEOPLE TO RECYCLE THIS CHRISTMAS

With the festive season well underway Veolia are encouraging everyone to recycle their waste electrical and electronic items at the 12 Recycling Centres in Nottinghamshire.

Veolia is Nottinghamshire County Council's waste contractors and they are urging residents to protect the planet for future generations while also helping to raise money for charity during December and January.

Every year an estimated 2 million tonnes of waste electrical and electronic (WEEE) items are discarded by householders and companies in the UK*. To encourage resi-

dents to recycle these items, Veolia will donate £5 to the Chairman's charity for every tonne of small domestic appliances taken to the 12 Recycling Centres throughout December and January. Veolia have even promised to donate an additional £500 bonus to the Motor Neurone Disease Association if the total reaches 500 tonnes by the end of January 2020.

Nottinghamshire County Council Chairman, Councillor Kevin Rostance said: "This campaign will help us to collectively raise vital funds for Motor Neurone Disease Association. It would be fantastic if every-

one could pledge to have a greener Christmas and reduce, reuse and recycle as much as possible from their household waste. This will help us to recycle more for Nottinghamshire, and raise money for this very worthwhile cause."

Richard Allen, Contract Logistics Manager at Veolia said: "In the run up to and after Christmas, we tend to look at purchasing new electrical items for our homes or as gifts for friends and family, so now is a great time for us all to recycle the unloved and unwanted items, which will raise money for this fantastic charity."

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Reception pupils host festive afternoon tea

Reception children from Ranby House School in Retford recently entertained some special visitors as retired residents from Charter Court were hosted at the school for a 'festive afternoon tea'. The event was organised by Reception

teacher Adam Newton who firmly believes in the benefit of bringing the generations together.

"There have been countless studies - all pointing towards a positive impact for both groups", said Adam.

"For children, it

helps develop their social skills; teaching them to slow down, to listen and to be patient. For older people, many studies link social interaction with decreased loneliness, as well as incredible physical benefits as well. The sharing of

knowledge between these two groups is fascinating to watch and in many ways can teach tolerance and understanding that goes both ways."

Jane Jackson, House Manager at Charter Court, said: "It's such a lovely idea. They

were all very keen to meet with the children. Everyone was excited and looking forward to it. We have a range of ages of residents who went along, from those in their 70s and one lady who is 94 years old!"

The children of Ranby House were excited to greet their guests, serving cake and biscuits and sharing a board game or two.

"I have thoroughly enjoyed the day and being with the children. It has been absolutely wonderful!" said Carter Lodge Resident, Sonia.

For Mr and Mrs Thomas, the visit was even more poignant – the couple's children attended the school 40 years ago.

"It has been an emotional day visiting Ranby House, as our two sons – Richard and Christopher – attended the school in the 1970's", said Mrs Thomas. "They both went on to Worksop College when they were 13 years old, and were in Pelham House. Being here has brought back many happy memories, and our sons were very excited to hear that we were coming! We hope to visit again with Richard and Christopher soon."

For the children, it was a great experience, with five year old Noah saying: "I feel happy that I made them happy."

Four year old Arthur had more practical things on his mind, remarking, "We didn't have presents for them, but it's ok. Santa has them and he can fly with his reindeers and get them there on time."



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Aries Instead of wondering 'what if', you are ready to put your ambitions to the test. Choose where you want to go and what to achieve. A talent that has skipped several generations shows itself in you. An ex partner will continue to rear his or her head with the intention of causing you as much agitation as possible. Someone you have been communicating with regularly will lead to a first date and then another and then yet another. You have something special that is intriguing your partner and making them want you exclusively for themselves.

Taurus You will have to make sure you are in touch with your feelings more than your ideas as you are not as grounded as you think you are. You will attract a new friend who is pragmatic and methodical, someone with a steady hand when needed and an enormous heart. Get ready to move into a better financial position because there are many opportunities that are about to become available to you. Prepare for sudden news that will require quick action and your great sense of humour and fun to calm troubled waters quickly and effectively.

Gemini You are flying around all over the place. Take a deep breath, its not going to be an easy journey. An edgy start to a new romance could result in you becoming involved with someone you are wildly attracted to but you wont know from one minute to the next where you stand. There are times when even you get the bug for gambling or are suddenly moved by an irrational impulse. Don't be over modest about your abilities at work. You are about to make a few significant changes...for the better.

Cancer It could be a tricky time for almost all relationships. People will be short tempered but they will also want favours. It would be quite easy to stir up a hornets nest, but you are cleverer than that. Why should you risk putting yourself in the firing line when there are plenty of others who choose to remain short sighted. Your new partner may be slightly off beat or eccentric, but you like people who are individual and have mind of their own. A favourite relative or friend may share some unexpected cash with you or bestow you with a sentimental gift... something to really treasure.

Leo New or untried interests attract you. With such a low boredom threshold, you soon become restless and tetchy if you are not being kept entertained. A dramatic turn of events in your love life will set tongues wagging, putting you very much in the limelight. At work, get ready to step into the breach at a moments notice. You are approaching the end of one complete cycle of experience and at the beginning of something new. Maybe you need to do some soul searching in regard to what you would really like to do with your career.

Virgo Your money tree might not be about to burst into full bloom but at least you will see a small improvement. Recent experience has shown you that amorous attractions can be wonderful initially, then one day you wake up and realise that the bubble has burst and that you no longer feel the same way about this person. A chance meeting with someone new could lead to a passionate affair developing before you even start to get to know the object of your desire. Siblings may try to involve you in explosive family matters.

Libra It will be hard to keep the peace, so whatever you do, be prepared to bend with the wind. Keep a close eye on your possessions and put security at the top of your list. Your home is your castle and a place where you can rest, chill and enjoy uninterrupted personal space. Family can sometimes prove to be more hassle than they are worth, especially if there are rows and discord going on behind the scenes. Stand your ground by refusing to put up with any more nonsense. Do only what feels right for you by following your gut feelings every step of the way.

Scorpio You cannot justify spending daft money on treats or things that you can ill afford. There are people around you who simply don't understand that you don't have a safety net to fall back upon nor anyone who is going to bail you out of trouble at a moments notice. If you were not so fiercely independent or resourceful you would not have survived all the traumas and challenges of the past. Now you are entering a much deserved, blessed period, where life begins to get calmer and you at one with your soul.

Sagittarius You and your partner are on the same page. Enjoy love, romance and passion. Never ever go back through a closed door. People don't change that much and if someone has hurt, slighted or disappointed you previously, they will do so again given half the chance. Money will be plentiful. Make the most of this fortuitous period. Treat yourself to some new winter woollies or book a weekend away by doing something completely different to the norm. A loved one who has not enjoyed good health lately may show signs of speedier recovery than originally anticipated.

Capricorn There is a tendency to not to speak up for what you really want for fear of getting it wrong, or causing offence. It may seem as if you have spent your life making sure others get their fair share of the limelight by suppressing your own needs. Don't you think its time for a change? Work out a strategy so that you can get things moving in a new direction as soon as possible. In your love life, you may finally hear the words you have been dreaming about. Expect a romantic proposal with some big celebrations to follow. A house move is also a huge possibility.

Aquarius Finish all your tasks now, whether physical or psychological. Clear some space in your home and in your head. When you find the peace within yourself and genuinely like the person that you are, good things are attracted to you. You're likely to meet a person to guide you along your path towards success. Someone is holding the key to your heart. He or she knows exactly how you tick and could easily become your much longed for soul mate. Give both yourself and this person a chance as you never know where this particular journey will lead to?

Pisces You have got a lot on but whatever obstacles get in the way, you have a canny method of handling them. By refusing to get drawn into arguments you are causing enormous frustration to your opposition. They don't know what you are thinking or what your next move is likely to be. A change of lifestyle may be causing your partner to behave irritatingly but its in their own interest to see a project through to the end. Keep a tight rein on money. Past experience has given you a clearer vision and better judgement when it comes to dealing with practical affairs.

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Bereaved mum creates special Christmas cards

A mother who sadly lost her baby boy triplets has created Christmas cards to be sold in the centre that helped her through her difficult time.

Helen O'Hanlon discovered Zephyr's centre last year. The centre offers bereavement support in a safe and peaceful environment for families who have lost a pregnancy, baby or child.

She said: "On my first visit I was welcomed with a big genuine smile and felt instantly at ease. I sat comfortably chatting about our experiences and never once felt under pressure to talk."

Zephyr's is part of Nottingham Hospitals Charity and has specialist bereavement counselling, creative activities and a warm, homely space for parents to meet doctors, attend appointments and events, or simply meet others who understand the heart-break and huge impact of the loss of a child.

Helen has created a set of four beautifully made cards that feature bright colours, lovingly made graphics, and three special hearts on the back. Carly Williams, Project Manager at Zephyr's says: "We're humbled and touched by the gift of these beautiful cards. So thoughtfully made, they're not only a testament of Helen's love for her boys, but also a real tribute to how she feels about the centre, and how Zephyr's continues to support her."



Sets of four cards will be on sale at the new Nottingham Hospitals Charity Hub at QMC hospital, as well as other local venues.



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Alongside arts and crafts, reading and going to the Yorkshire Wildlife Park, the family enjoys spending time together with the animals that live on their property.

Local mum finds new purpose through foster care

A mother from Nottinghamshire who made the decision to provide a loving and safe home for two siblings has called for people across the region to open their homes to the region's vulnerable children and young people.

Nina Severn, 50, started her fostering career earlier this year and is currently looking after two siblings on a long-term placement which means the children will remain in her care until they can live independently as adults.

Nina first considered fostering in 2011 when her five biological children grew older and started to live more independently. At that time, Nina came close to fostering but ultimately decided it wasn't the right moment in her life.

Seven years later, Nina met a foster carer through work, who told her about Five Rivers Child Care, a fostering agency and social enterprise with an office in Chesterfield. She recalls: "Part of my job now

as a forensic sampler is to visit children and young people and I've met so many inspiring foster carers who have dedicated their lives to supporting those who need it most. At the end of last year, I ended up speaking to a mother who had just started fostering with Five Rivers, and after hearing her story, I felt it was the right time to consider fostering again."

Nina's decision to foster has been supported by her five children, including her 25-year-old son, Thomas, who still lives in the family home and helps his mum with the two youngsters. Alongside arts and crafts, reading books and making trips to the Yorkshire Wildlife Park, the family enjoys spending time together outside with the animals that live on their property.

In Nottinghamshire, there are currently 600 children in foster care, but a further 550 foster carers are needed across the East Midlands to meet demand and help support vulnerable children and young adults.



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All smiles for the Brushing Buddies scheme

The results of a scheme to encourage children to brush their teeth were presented to councillors at the Adult Social Care and Public Health Committee recently.

The Brushing Buddies scheme, which was commissioned by the county council, provides a supervised tooth-brushing scheme in 23 schools which were selected due to the higher levels of tooth decay in those areas. Schools also have access to the service's Brushing Buddies resources which include toothpaste, toothbrushes, take home packs, story books and electronic resources.

The evidence-based programme aims to introduce a life skill and improve the oral health of children aged between three and six years of age, giving them an opportunity to brush their teeth during the school day. 140 teachers were trained to deliver the programme and around 2,900 children have taken part so far.

Nottinghamshire is similar to or better than the national average for oral health in children. However, oral health diseases continue to be widespread, with tooth decay affecting around 20% of five-year olds in the county. Poor oral health can affect children and young people's ability to sleep, eat, speak, play and socialise with other children. Regular toothbrushing twice a day with fluoride toothpaste helps to remove the bacteria and plaque that cause tooth decay and gum disease.

Before the programme started, parents from the schools taking part stated that only 22% of the children brushed their teeth once a day and 28% had not been to a dentist. Feedback following Brushing Buddies shows that parents are finding tooth brushing easier at home and the rest of the family are learning too. The teachers are more confident and the children enjoy it. Other local authorities have also shown an interest in the programme.



Newark gypsum quarry supports space science research

The team at Bantycok gypsum quarry near Newark is providing Natural History Museum scientists with rock samples for analysis as part of their research into signs of past life on Mars.

Minerals like those found at the Bantycok gypsum quarry were discovered by a 2004 NASA expedition to Mars - which uncovered bright veins of a mineral, apparently gypsum. Gypsum is a sulphate, formed through the evaporation of water. Its discovery on Mars supports the idea that water once flowed across and under its surface, and where there is water, there is the potential for life.

Dr Louisa Preston, UK Space Agency Aurora Research Fellow and member of the Department of Earth Sciences at the Natural History Museum, visited the Nottinghamshire Quarry to collect gypsum samples for investigation in preparation for the 2020 mission.

Dr Preston explains more: "Minerals like those found at

Bantycok hide clues within them that can tell us about the history of liquid water where they formed, and they have the potential to trap and preserve organic material. Studying these natural, fresh samples on Earth that mimic not just the minerals, but also the formation environments we see on Mars, will give us an insight into the potential for life to be detectable at the ExoMars2020 landing site."

Jeremy Elvins, Minerals and Estates Manager with Saint-Gobain, said: "We are very happy to support the Natural History Museum's work in this area, particularly as our current national ad campaign #MissiontoEarth features a melancholy Mars rover as it projects memories of Earth onto a piece of stone, remembering the people on the ground who have sent it to Mars*. It is great that our day-to-day work can play a role in helping with the exploration of the geology of Mars and contribute to the understanding of whether there is or has been life on Mars."



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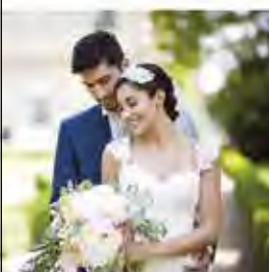
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New HQ for Lincs & Notts Air Ambulance given go ahead

A brand-new Headquarters for the Lincs & Notts Air Ambulance (LNAA) has been granted planning permission by North Kesteven District Council. The Charity's new future-proof home will be based adjacent to RAF Waddington on the A15 Sleaford Road.

The new Headquarters will see Charity staff, crew and helicopter all based under one roof; the facility will include a helicopter take-off and landing pad for both day and night operations as the Charity moves to full 24/7 coverage early next year.

With the Charity's operations and offices currently based on separate sites, the move will allow for closer working between staff and crew, whilst providing

a facility for visitors, former patients, volunteers and benefactors to visit the Charity and support their fundraising efforts. The air ambulance helicopter currently operates from RAF Waddington, whilst the Charity has offices at Bracebridge Heath in Lincoln and Colwick in Nottingham.

To support the funding of their new home, the Charity recently received an award of £1.82million from the Department of Health and Social Care. The Lincs & Notts Air Ambulance was successful in its application for funding when £10million was set aside by Chancellor Phillip Hammond to help support UK air ambulance charities with capital projects.

Karen Jobling, Chief Executive Officer at the

Lincs & Notts Air Ambulance, said: "This brand-new Headquarters for the Lincs & Notts Air Ambulance is something that the Charity has envisaged for quite some time, so we're delighted to have been given the go ahead for this wonderful project.

"Our new base will give us security of tenure, as well as the space and facility to further develop our life-saving service. As we celebrate our 25th Anniversary this year, it's fitting that we are laying the foundations for the next 25 years to ensure we can continue to provide pre-hospital critical care to our patients."

Construction of the new HQ will begin early next year and is due for completion in the winter of 2020.

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New support group for stroke patients



Nottingham Building Society donates to help the homeless

Nottingham Building Society has given a major boost to a local fundraising campaign to help homeless people off the streets – a gift of £10,000.

Framework's Off the Streets appeal is raising money to support the work of the charity's Street Outreach Team in communities across Nottingham and Nottinghamshire.

Nottingham Building Society Chief Executive David Marlow will visit Framework's Somewhere Safe to Stay Hub* in Nottingham to hand over the money in person, and to meet staff and service users.

The money will be used to help address the increasingly complex physical and mental health needs of the homeless community. Framework currently employs both an NHS Nurse and a social worker to give treatment, to make assessments and to advocate on behalf of the people they help.

Framework Outreach Manager Ronnie Tucker said: "We are taking homeless people off the streets every day, but we are also finding more people with more complex problems than ever before. That's why

these additional roles are so valuable – because they help us to address people's problems sooner and get them off the streets more quickly. Without donations like this that work would simply not be possible. So, on behalf of all my team, I would like to say a huge thank you to the customers and staff of The Nottingham."

Framework's Street Outreach teams have helped more than 1,000 people in the last year in Nottingham and Nottinghamshire. Team members go out in the early hours every morning to respond to reports of people sleeping rough and to proactively engage with them. Nottingham Building Society Chief Executive David Marlow added: "The Nottingham was founded 170 years ago with the ethos of helping people have a roof over their heads or improve their housing conditions. That ambition still drives us to this day, which is why we have worked so hard to support the excellent work of Framework in recent years. We know that the Street Outreach Team do an outstanding job and we are delighted that we have been able to help in this way."

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BEFORE

AFTER

Stroke patients at King's Mill Hospital can now get extra support and help thanks to a support group that has been set up on the hospital's stroke ward.

The patient experience group has been set up by staff from the ward and previous stroke patients to help provide hope to both stroke survivors and their families. The group has been supported by two previous patients and stroke survivors, Alex Winfield and Adam Lambert.

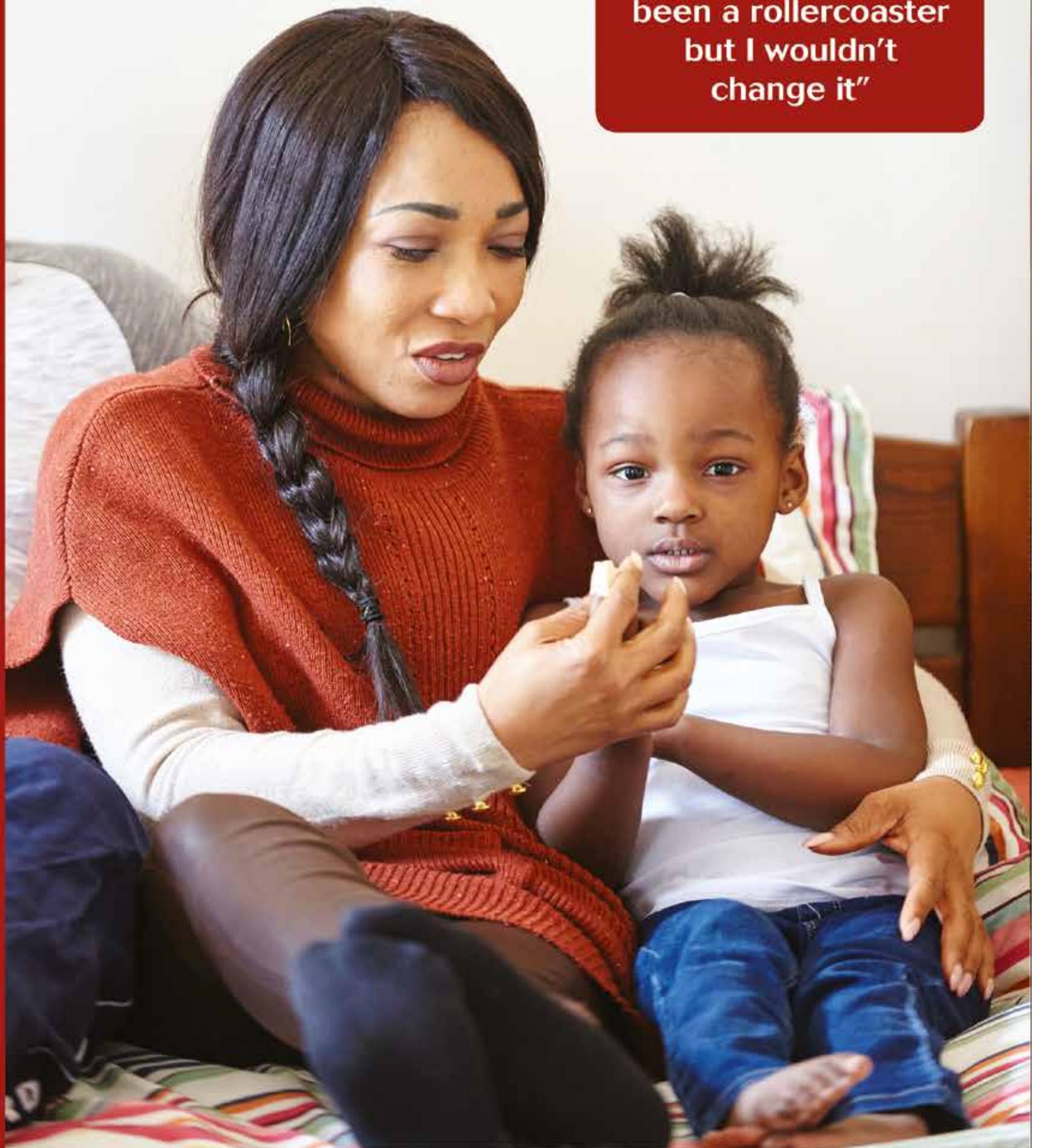
Alex, 31, who had a stroke at the age of just 30, said: "I think the group is a really good idea, I wish there had been something like this when I first had my stroke. It's really good for patients to talk to other people that have experienced something similar and see that there is life after a stroke and it is possible to come through it. I would encourage anyone who has suffered a stroke to come along to the support group and have a chat, as it is really good to speak to people who have been in the same situation."

The group runs monthly for patients on Ward 53 and their families so that they can benefit from them whilst they are still patients on the ward.

Occupational Therapist, Sara Gent, who help set up the group said: "We have had some really good feedback from patients about the group. It can be really overwhelming for patients and their family, so I think it really helps for our current patients to listen and speak to others who have had a stroke, but who have progressed and have improved through therapy and support. I would also like to thank my colleagues and our volunteers for helping to set up the group and continuing to support the running of it."

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'Golden' thank you for keeping streets litter-free

Residents in Newark are being thanked for helping the town be Cleaner, Safer and Greener and for earning the accolade of tidiest place in the East Midlands.

Gold sticker messages have been fixed to the bins as a gesture of gratitude after it earned the distinction from East Midlands in Bloom.

The message, posted by Newark and Sherwood District Council, reads: "Thank you for helping us to achieve the status of 'Least Littered Environment in the East Midlands 2019'".

The award recognises the high standards of cleanliness that have been achieved and is testament to the sheer hard work and determination of the Newark in Bloom team, staff from the district council and Newark Town Council and a host of volunteers who have helped keep the town in tip-top condition.

The 'Least-Littered Environment in the East Midlands' trophy, is a discretionary award specifically marking the pristine state of the town centre while

the town also achieved gold status in the large town category.

The awards follow the district council's Cleaner, Safer and Greener campaign which focussed on making the district a place to be proud of. In Newark, as well as employing a dedicated, full-time street cleansing operative - in partnership with the town council to ensure Newark town centre is kept clean and rubbish-free - the district council recently replaced every litter bin in the town centre with upgraded and revamped models.

District council leisure and environment committee chairman, Roger Jackson, said: "This is a way of saying thank you to our residents and visitors who have played a vital role in our Cleaner, Safer and Greener campaign and in keeping our streets litter-free. A lot of time and hard work goes in to the upkeep of the town by a dedicated team of staff and volunteers and we are determined to maintain these high standards throughout the district."

A local car retailer has announced that Volvo is the UK's first car manufacturer to offer plug-in hybrid versions across its entire model range.

Volvo's new petrol-electric XC40 T5 Twin Engine completes a full line-up of hybrid cars, as well as becoming the UK's first plug-in hybrid premium compact SUV.

Marshall Nottingham on Valley Road has announced the new hybrid range as concern for the environment hits the highest levels on record.

Andy Moss, Retailer Principal at Marshall Nottingham, said: "We're so pleased to announce that the plug-in hybrid electrification of our entire model line-up is complete. From pledging to remove all single-use plastics from our showrooms by the end of this year to recycling plastic



Nottingham retailer announces huge advances in sustainability

rubbish into parts for our new cars, Volvo is committed to giving all our customers the best possible choice when it comes to cars that are both better for the environment and

also practical for their lifestyles and driving requirements. The electrification of our model line-up is just the tip of the iceberg for our sustainability journey, and we'd

encourage members of the community who are looking to reduce their environmental impact to come and test drive one of these amazing cars."

Following the comple-

tion of the petrol-electric hybrid range will be an all-electric XC40 next year, providing further options for those looking to move towards a more sustainable lifestyle.



REBRAND FOR THE NOTTINGHAM BELFRY

The Nottingham Belfry Hotel, owned by real estate investment company Aprirose, has rebranded to Delta Hotels by Marriott.

Formerly under the QHotels brand, the rebrand will see the hotel become the third Delta Hotels by Marriott property in the UK, as the brand continues its global rollout to offer fresh, contemporary

accommodation with a focus on the finer details.

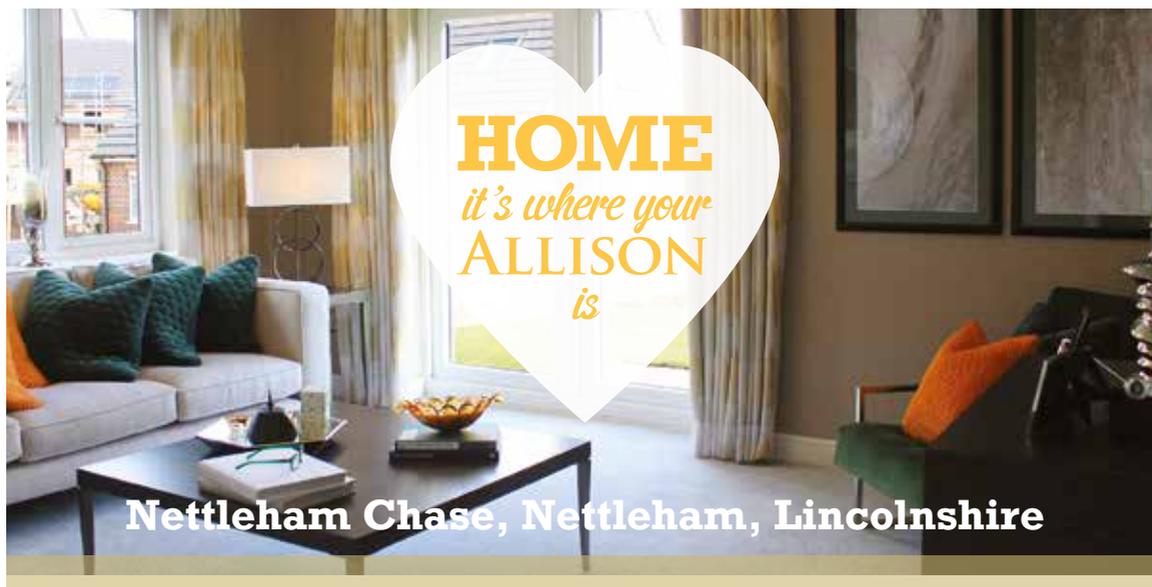
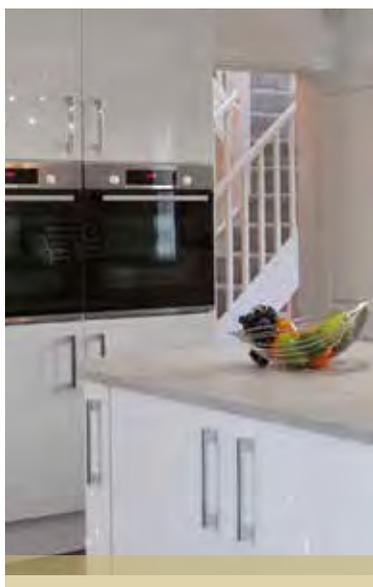
The Nottingham Belfry has undergone a £1.5 million refurbishment, which has included the transformation of its 120 bedrooms, a complete renovation of both the lobby and Oaks bar area, as well as its conferencing and banqueting facilities.

Situated on the edge of Nottingham city centre, the hotel offers 120 spacious bedrooms, a spa with an indoor pool and an atmospheric restaurant, bar and outdoor terrace area.

Michael Stenson, General Manager of the Delta Hotels by Marriott Nottingham Belfry, commented: "The Nottingham Belfry is a fantastic base

for guests who require convenient access to the city, both for business and pleasure, but who also want to stay at one of the city's finest hotels. From corporate functions to weddings, attention to detail and providing excellent guest experiences has always been our focus and will remain so now we have rebranded."

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Christmas



Top tips for Christmas market madness

With so many Christmas Markets to choose from across Europe, it's no surprise they continue to be an extremely popular pre-Christmas break. Thankfully, despite recent "No Deal" Brexit concerns, we still have access to the European Health Insurance Card (EHIC). But, it's important to remember that it is not a substitute for travel insurance, which will also cover any necessary private medical treatment, repatriation, cancellations, stolen cash, or lost luggage – inevitably packed with presents! Specialist medical travel insurance provider, AllClear, has put together five top tips to help you make the most of your shopping holiday.

Soak up the culture

It doesn't all have to be about shopping. Allow time to sample the local food and drink and enjoy the festive spirit!

Don't forget to haggle

Put your negotiating skills to the test and be clear in your mind what you are willing to pay.

Make sure you are properly insured

Even though you are only away for a mini-break, in the winter you are more likely to experience

weather-related travel delays and so travel insurance is a must.

Be aware of pickpockets

You may be tempted to carry more cash than usual when going on a Christmas market break but remember to be on your guard. Be sure to check how much your travel insurance policy covers you for if you need to make a claim for lost or stolen money. Also, check your baggage cover. This is especially important if you are buying numerous or expensive gifts so you know how much your policy will pay out if you lose your bag.

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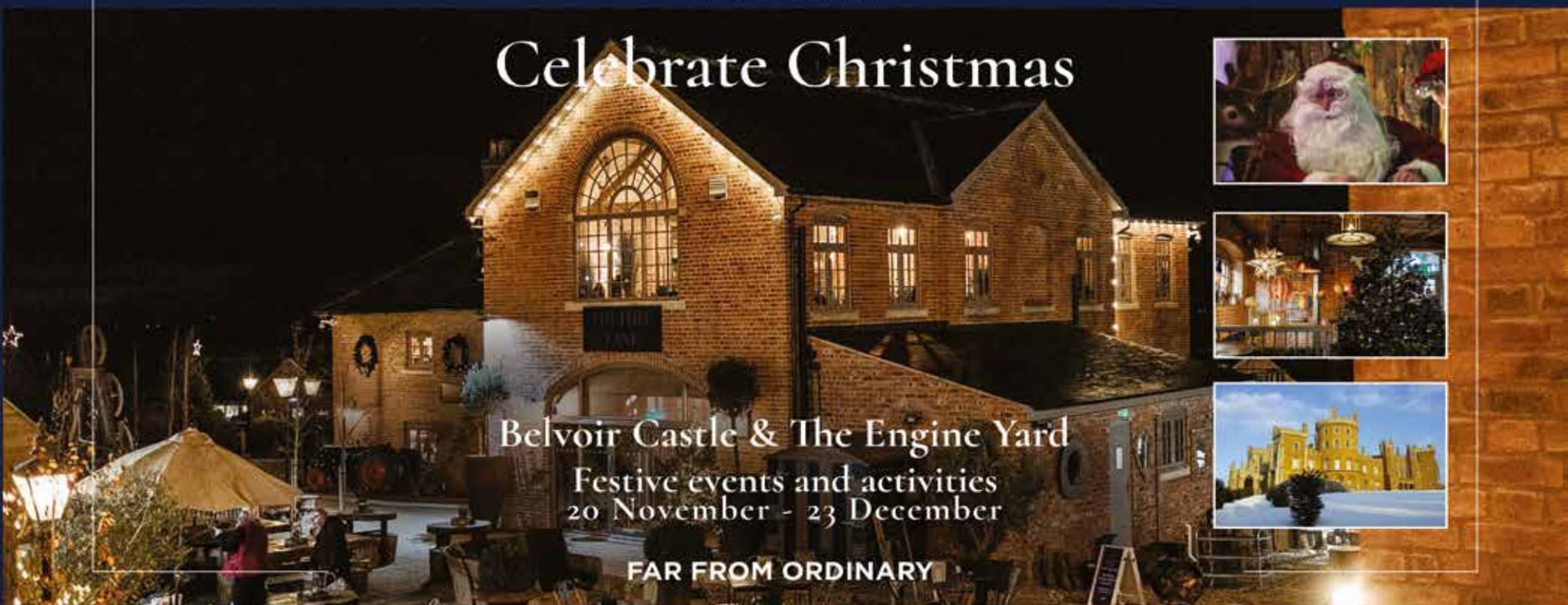
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Christmas



Melton Mowbray Market is the place to be

Melton Mowbray Market has lots on offer to celebrate Christmas.

Following the huge success of the Christmas Fayre the theme continues this Friday (13 December) when there will be carols, followed by music from the Melstrum Ukulele Orchestra at the Friday Farmers Market. Open every week from 8.30am - 12.30pm, the Farmers Market includes Robert Bowring Butchers, fishmonger Scarborough

Fayre, Dickinson and Morris' famous pork pies, a great selection of cheeses from Melton Cheeseboard, produce from Grasmere Farm, fresh coffee to enjoy from Coffee 1324 and much more.

On both the 17 and 20 of December there will be special table poultry auctions where you can buy poultry for Christmas at a great price with the added enjoyment of a live auction. On Christmas

Eve the Farmers Market will once again be open for people to stock up on their festive food essentials.

Melton Mowbray Market is the largest town centre livestock market in the country and has been in existence for 1,000 years, predating the Domesday Book. The main market has been held on a Tuesday since at least 1324 when it was granted a charter by King Edward II.



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Please note that there is no Santa on the Winter Wonderlights train. Our popular Santa Steam Train 2019 is also operating this year - please see our website for details.

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Great Central Railway - Leicestershire | Tel: 01509 632323

Winter Wonderlights trains depart from Loughborough Central Station - Great Central Road, Loughborough, LE11 1RW.

Pre-booking is essential for this event. Please note that there is no Santa on the Winter Wonderlights train. E&OE. All train services, locomotives, exhibits and other attractions appear subject to availability and are subject to change without prior notice.

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Christmas



Immersive-style cinema experience comes to Mansfield for Christmas

A youth-led community cinema is running its first ambitious event this Christmas with a special immersive-style screening of the seasonal family classic, Elf at The Old Library, Mansfield on 23 December.

Inside Eye Cinema is a community cinema in Mansfield with ambitions to bring well-known and loved films to life through interactive events and activities.

This debut event for the group will not only include a screening of Elf the movie but will help guests to find their inner-elf with all sorts of festive fun inspired by the film including elf hat-making, cookie decorating, elf sing-alongs and lots of candy!

The cinema has been developed through the cultural programme First Art in partnership with Inspire Youth Arts and funding from Cinema for All. It forms part of First Art's producer scheme, which supports local people to create and develop high quality cultural events in North Nottinghamshire and North Derbyshire.

Karl Greenwood, First Art Director added: "Immersive cinema has been around for a number of years but often in bigger towns and cities and with high ticket prices. Inside Eye Cinema's events will give more people the chance to try out this sort of experience. The group's ambitions are to develop the events into a fully immersive experience too, so it's very exciting."

Elf tickets start from £3.50 and family and group tickets are available. There will be two screenings on 23 December and tickets can be booked online at www.elfinsideeye.eventbrite.co.uk.



Rutland Farm Park Christmas Events

Saturday 14th December - Christmas Afternoon Tea
£19.95 each - Bookings only

A selection of festive finger sandwiches, quiche, cheese scone with onion chutney, cranberry & orange scone with clotted cream, a selection of festive cake plus a FREE 200ml bottle of Canti Prosecco

Sunday 15th December - Book Reading & Signing

Sayeh Stone from Rutland Radio is reading and signing her books, Snotty Santa and Mr Brussel Fart, 11.30am & 2pm

Sunday 22nd December - Come to the farm to see Santa

Admission £4 per person over three. Additional £3 to see Santa and receive a small gift

The Park will be closed for one day only on Friday 20th December



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Michael Bolton announces Love Songs Greatest Hits Tour 2020

Multiple award-winning singer, songwriter and social activist Michael Bolton will return to the UK in 2020 for the Love Songs Greatest Hits tour including a date at Nottingham's Royal Concert Hall on Thursday 1 October.

Known for hits such 'How Am I Supposed to Live Without You', 'How Can we Be Lovers', 'When A Man Loves A Woman' and 'Time, Love And Tenderness', Michael Bolton has sold more than 65 million albums and singles worldwide. Michael continues to tour the world every year, all while writing, recording and taping for a wide array of projects spanning music, film, television and brand entertainment. He also remains committed to social cause, especially to his foundation The Michael Bolton Charities, now in its 27th year.

In recognition of his artistic achievements, Michael

has won two Grammys for Best Pop Male Vocal Performance (nominated four times), six American Music Awards, and a Star on the Hollywood Walk of Fame. As a songwriter he has earned over 24 BMI & ASCAP Awards, including Songwriter of the Year, nine Million-Air awards, and the Hitmakers Award from the Songwriters Hall of Fame.

Michael Bolton has written with some of the greatest and most diverse talent of our time, including Bob Dylan, Paul Stanley, Lady Gaga, Diane Warren and David Foster. His songs have been recorded by the likes of KISS, Kanye West, Jay Z, Barbra Streisand, Cher and Marc Anthony.

Tickets are now on sale from www.gigsandtours.com and www.ticketmaster.co.uk or from Nottingham Royal Concert Hall on tickets@trch.co.uk or by calling 0115 9895555

Family Carol Concerts

Bring the whole family to enjoy the finest Christmas music at these ever popular, child-friendly concerts. The choir and band lead the audience in well-loved Christmas carols, while the choir provides more peaceful interludes with celestial carol settings. The nationally renowned Thoresby Colliery Band adds sparkle with its solo items.

There is always an opportunity for all the children to come down to the stage to sing carols. Some of them, if they are the first to answer a question, or sing really well, will get the chance to conduct the band or choir.

You are guaranteed to go home from this concert with a warm glow inside and a feeling of the happiness of Christmas. Approximate length of concert is 2 ½ hours including interval.

Taking place Saturday 21 December 5.00pm and Monday 23 December 7.00pm at the Royal Concert Hall, Nottingham (see advert for ticket details).

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Out & about



Your chance to see Onesound in Nottingham

The nationally renowned exciting Youth Ensemble called OneSound will be visiting Grangewood Methodist Church in Wollaton on Saturday 11 and Sunday 12 January 2020.

They will be giving a Matinee Concert at 3pm on the Saturday afternoon and a Youth Worship Event at 7pm in the evening. On Sunday morning they will be leading worship at 10am.

OneSound are really excited to be visiting Nottingham and especially Grangewood Methodist Church, Grangewood Road, Wollaton which is the home church of their Chair (Martin Sykes) and of Jessica Bullett (a member of OneSound and the children and family worker at Grangewood).

Their Chaplain, Jemma Baldry lives in Nottingham (and is the Church Worker at Beeston Methodist

Church) as does their Development & Communications Director, Beverley J Brooks MBE and other members like Isaac Vivian, Tom Hayes, Ellie Bloxham and Bethany Louise Cotterill

The weekend is one of those once in a lifetime opportunities to experience this remarkable group of highly talented and gifted young musicians.

OneSound are also delighted to announce the launch of their 2020 Summer School. For more information and details of how to book online for the Matinee Concert, Youth Worship Event and Summer School visit their website: www.onesound.org.uk

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Out & about

If you're looking for somewhere special to spend time with family and friends this Christmas, look no further than the National Trust's places in Nottinghamshire and Derbyshire. You can see historic houses decked out for the season, twinkling lights or get a behind the scenes look at conservation. Or you could make the most of crisp, frosty winter days with a stroll through one of your local National Trust countryside spaces before warming up with a hot drink and festive treat in the café.

Clumber Park, Nottinghamshire Visit Clumber Park this Christmas, enjoy the magical decorations, twinkling lights and activities for all the family. There will be carols in the Chapel, breakfast with the elves in the Garden Tea House and Story Time with Father Christmas throughout December. Browse the selection of Christmas trees or take home a Clumber reindeer.

Mr Straw's House, Nottinghamshire Get a behind the scenes look at Mr Straw's House this winter on one of the new conservation tours. Whilst the house is closed to the general public, you'll be able to get a closer look around whilst volunteers and staff are hard at work caring for over 30,000 collection items. You'll also be able to ask them questions to gather conservation tricks of the trade to help care for your own family treasure.

Hardwick, Derbyshire You'll find plenty of Christmas cheer at Hardwick. Explore the Hall (open Wednesdays – Sundays) until 22 December and see it sparkle with festive stars and lights. Families can follow their noses and enjoy a festive, scented trail. The Stables shop has gifts for all the family, and you can even choose your Christmas tree too. Indulge in a

festive treat in the Great Barn restaurant including traditional Christmas dinner, mulled wine or a cranberry and orange scone. Every visit and penny spent at Hardwick goes back into supporting Hardwick.

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'Reduce, reuse, recycle!' say Burntstump Seely C of E Academy pupils

Children at Burntstump Seely Church of England Academy have put all of their recycling tips into a performance for their parents with the help of a theatre company and waste management company, Veolia.

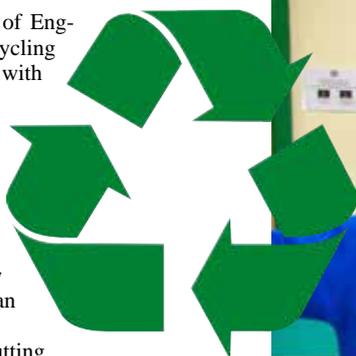
The project, called 'Reduce, Reuse, and Recycle' launched by Veolia, is aimed at reducing waste, and with the help of theatre company, Konflux, children at the school were able to put together a show for parents and fellow pupils detailing all of the ways they can help in the effort.

Children who took part said that putting together the show, helped them to think more about how they and their families can do more to help the environment. Mordecai said: "After it, I went around my neighbourhood picking up plastic bottles." Alistair said he was shocked by waste statistics. "I learned that people throw away enough rubbish to fill up the Forest football stadium in one day!"

Now children are taking the messages in to every aspect of their life. "It helped me recycle," said Jahneil. "I got some snacks from the supermarket and the guy asked if I wanted a plastic bag and I said no. I am going to reuse my own from now on."

Fellow pupil Yolande said she felt the same way. "I told my mum about what we were talking about and about the play and she is using recyclable bags. My mum knew about not recycling lids of bottles and tubs."

Pupil Lilia said she took her renewed enthusiasm for recycling home to share with her family. "We were eating blueberries and mum was going to put the tub in the bin, but I shouted 'No' to her, and to put it in the recycling bin. I told her all about my school day and we all know what to recycle now!"



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Home improvement



Keeping Cosy: Heating your Home this Winter

It's time to pack away the fans after another long, hot summer and instead look to ways to keep your home warm during the colder months. Whether you are keen to have a new fireplace fitted or are looking for inexpensive ways to beat the chill, we've rounded up the best ways to keep your home feeling heavenly and warm this winter.

Go the stylish route with a log burner

Perfect for creating a cosy, homely feel in any room in the house, log burners are ideal for people looking for a heating solution that is both functional and creates a statement. The beauty of the log burner is that you can have them fitted in different rooms in your house and they look great. Ground your space if you have an open plan kitchen and dining area with the help of a log burner - the heart of the home deserves to be toasty!

Make use of your curtains

Though there can be a nip in the air during the winter months, when the sun is shining you should make the most of it by keeping your curtains open during the day, allowing the sun to pour in and heat your home. At night times shut your curtains, which will then act as another layer of insulation, helping to keep warmth in your rooms.

Opt for a gas or electric fire

Each has their own benefits, and there is nothing better than the glow of a fireplace for making your home feel cosy and inviting. An electric fireplace gives the look and feel of a fireplace with the flick of a switch, making it an easy solution for most. Gas fires have many of the same benefits and also offer great flexibility in terms of their location in the home.

Upgrade your boiler

Is your boiler more than ten years old? If it is, it may be time to consider replacing it and investing in a new and more efficient model. Depending on the type of boiler that you currently have and your home, you could be set to save up to £350 with an A-rated boiler.

Consider your insulation

Did you know that the average home will lose around 25% of its heat through the roof? To avoid this happening, you need to assess the insulation that you have in your loft. Maximise the warmth in your home by installing at least 25cm of insulation.



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When it comes to home furnishings and style this year, black is most definitely the new black. From tables and chairs to bookcases and side tables, darker than dark is the way to go, but when it comes to reinventing your home with black, it's important to tread carefully. Check out our tips for making black furniture work in your home.

Mix & match with neutrals

Ensure that the black pieces in your home stand out by decorating the rest of your home with neutral shades. White walls, light wooden floors and furnishings in soft shades will create a beautiful look when mixed with black tables, shelves or chairs.

Go bold with accessories

If you're all about pops of colour you will love the fact that black furniture is in this season. Use it to create a striking backdrop and then layer up

with colour on top. For example, you could choose a black sofa and then add brightly coloured cushions on top.

Opt for graphic lines

Black can be used to create ultra-modern living spaces and to complement this consider getting graphic with your styling. You could choose graphic art that makes use of strong, dark lines and shapes or choose accessories with graphic features such as cushions or coasters.

Add life with plants and flowers

Bring your space to life with the help of plants and flowers and choose ones based on the way that you have decorated your home. If you've opted for a simplistic look with black and white, green plants will work best. If you've chosen pops of colours, match your flowers to the shades that you have chosen.



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Keen to shorten the wait for your cataract surgery or have your eye condition treated without waits or cancellations?

Satisfied with a **standard** treatment and lens or keen to explore the
options of **premium** vision with bespoke intra-ocular lenses?

Seeing Private Patients at Circle Nottingham, Nottingham Woodthorpe
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All Ophthalmology conditions cared for in addition to Cataract and
Premium Lens Surgery.


Mr Amar Alwitry
CONSULTANT OPHTHALMOLOGIST, CATARACT & REFRACTIVE SURGEON
Proud Winner of
Eye Surgeon of the Year
East Midlands 2017

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Mr Amar Alwitry
Consultant Ophthalmologist
Mids-Eyecare.co.uk
Eye Surgeon of the Year - East Midlands

As featured on East Midlands Today. Caring for patients with all eye conditions.

All eye surgical procedures carry a level of risk including not obtaining the desired outcome through to varying levels of visual loss. Your eye surgeon will discuss the risks and benefits including ones specific to your circumstances at the time of your preoperative consultation.

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Consulting for all Eye Conditions at Nottingham Circle, Nottingham Woodthorpe and Nottingham Spire Hospitals.

Call: 0115 7722058 / 0116 4422081 for information.

Or call Circle Private Patients on 0115 924 8446 Email: info@mids-eyecare.co.uk
For appointments call Woodthorpe on 0115 9932015 or Spire on 0115 9377801