FIVE local heroes have received May-or’s Commendation awards, including a teenager who performed life-saving first aid, a man who thwarted a handbag snatcher and three environmental champions.

Melanie Shooter, who had received first aid training as part of her Army Cadet activities, was nominated for this award by Helen Sisson, Mansfield District Council’s Marketing and Communications Manager, after the teenager rushed to the aid of a man who collapsed in the town centre after his heart stopped. She performed CPR until an ambulance crew arrived and then looked after the man’s distraught wife and daughter.

Another have-a-go hero, Soficul Choudhury, was nominated for his award by the police after he gave chase on foot when a woman had her handbag snatched by a thief on a bicycle outside Wynndale Primary School in Mansfield. The robber escaped empty-handed and the bag which was later returned by Soficul to its extremely grateful owner.

Community litter-pickers Paul and Brenda Holt were nominated for their exceptional work since retiring in keeping their community clean.

Another environmental champion, Colin Etches, of Maun Conservation Group, was nominated by Councillor Kevin Brown for his tireless work to highlight the health and well-being benefits of green spaces, visiting schools and children’s organisations to encourage youngsters to learn about the great outdoors.

The restaurant, which opened its doors yesterday, will be fundraising for the Big Appeal, Nottingham Hospitals Charity’s four-year campaign to raise £4 million to enhance treatment, facilities and research at Nottingham Children’s Hospital. The money raised by Mowgli will go towards a new intra-operative MRI machine – also known as an iMRI – for the Children’s Hospital, which will help paediatric neurosurgeons treat children with brain tumours.

To celebrate the launch of the partnership, Mowgli hosted an event at its new premises, inviting clinical staff from the Children’s Hospital. Mowgli’s founder and owner, Nisha Katona, said: “My team in Nottingham are delighted to be working alongside Nottingham Hospital’s Charity and supporting the fantastic work they do.”

Charitable giving is central to Mowgli’s business model. Each eatery, in Liverpool, Manchester, Oxford, Birmingham, and now Nottingham, has its own house charity. Katona explains: “It’s great for the staff to know that they are contributing through their work. I want them to develop their own career, understanding that charitable giving needs to be one of the central pillars of business. There is no doubt in our minds that the QMC and the Children’s Hospital hold a special place in the hearts of people here – they’re totally iconic.”

Stephanie Smith, Clinical Director of the Children’s Hospital, said: “At the Children’s Hospital, we perform over 1,000 MRI scans each year on young patients, including those with life-threatening brain cancer. The new iMRI machine for which the Mowgli team is fundraising will allow our neurosurgeons to administer the best possible treatment for these children and reduce the likelihood that they will need to undergo further surgery.”

Mowgli will be supporting the Big Appeal by adding a discretionary £1 donation to every bill. At the Liverpool branch, diners raised nearly £80,000 via this method.
INNOVATIVE TECHNOLOGY TAKING OVER IN NOTTINGHAM

As part of the city’s on-going Greener Housing programme, 94 households in Byron, Keswick, Morley and Haywood Courts will be receiving energy efficiency measures, including a connection to the city’s energy-from-waste, low carbon, heat network. Other measures include external wall insulation, new roof with solar system, battery storage, new A-rated windows and doors plus internal improvements to make living spaces larger and turning bedsits into one bedroomed flats. The apartments will be warmer than before but have lower bills and all their energy needs will be fully met from low carbon sources.

In a bid to future proof the network, part of the works will be to pilot the concept of low temperature district heating which could enable Nottingham to roll out this low carbon energy source to many more domestic properties in the future, at a much lower cost. The network operates by distributing hot water over an extensive pipe network; this pilot will enable the network for The Courts to operate with a much lower temperature without any drop in heating and hot water performance for the households.

Resident John Hiley, who lives in Byron Court which is the first of the four blocks to be regenerated said “I’m really pleased that my home is receiving these works to not only improve how it looks but to make it much cheaper to heat. Part of my flat will also be made bigger which is really welcomed. So far the works have been managed really well there is noise in the day but it is too be expected, from looking at the final designs and it will all be worthwhile.”
Dogs Trust officially opened the doors of their latest charity shop in Bingham on Thursday 12 July with the help of the local Mayor, Councillor Jane Costello.

The Dogs Trust shop on Market Place offers a wide range of second hand goods from clothing to household items to books and DVDs. Savvy shoppers and their canine companions will be able to browse the store together and all money raised will go towards Dogs Trust.

The manager of the new shop, Dee Lambert, said: “We are delighted to have officially opened the shop here in Bingham which is a fantastic place with a strong community spirit. We have already received so many generous donations but would be so grateful for any extra items that can be spared. We’ll be stocking everything and anything – from books and clothes to ornaments and household items so come on down and bag yourself a bargain.”

VIP (Very Important Pooch), Shih Tzu Dudley, joined Town Mayor, Jane Costello in meeting both the two-legged and four-legged guests at the opening, who flooded into the shop as soon as the doors opened.

Ms Costello said: “I was thrilled to be at the opening of Dogs Trust’s new shop in Bingham. The store is fantastic and all the money goes to a very worthy cause. I hope the local community come along and pick up a bargain, there’s so much on offer! It was a pleasure to meet the team and perhaps shoppers will also be tempted to pop along to the Loughborough rehoming centre and adopt a four-legged friend.”

The new Bingham Dogs Trust shop is located at 5 Market Place, Bingham, NG13 8AB. The store will be open 9am-5pm Monday to Saturday and 10am-4pm on Sundays. The shop is looking for donations of all shapes and sizes, particularly clothing and accessories. All funds raised through the shop will go towards funding Dogs Trust’s work across the country. To find out more about the work of Dogs Trust visit www.dogstrust.org.uk.

Reducing Unemployment in Nottingham

Nottingham City Council’s unique employment and skills service Nottingham Jobs has been awarded over £4 million to support unemployed people of all ages and to help local businesses increase the skills of their employees with in-work training. The funding which comes from the European Social Fund will enable the council to sustain its community-focused activity across Nottingham and will be used to deliver three targeted employment projects in the city.

The three projects; GetAhead, MoveAhead and StayAhead are designed to support individuals whether they are unemployed or in work and in need of additional training to achieve their full potential. The funding will be used to support unemployed residents from disadvantaged communities to access adviser-led training and pre-employment activities at centres which are local to them. GetAhead will help unemployed and inactive people aged over 16 who come from deprived backgrounds to overcome barriers which prevent them from finding sustainable employment. MoveAhead will support unemployed and disadvantaged residents in Nottingham and across the region to boost skills and employment in five key sectors; construction, creative & digital, health & social care, transport equipment manufacturing and low carbon industry which are currently seeing skills shortages. StayAhead allows SMEs in these five key sectors to access high quality innovative in work training solutions to support internal training of employees, increasing their skills and helping them contribute more and sustain employment.

Councillor Neghat Khan, Portfolio Holder for Education and Skills said: “This is great news for local people and businesses in Nottingham. “Securing external funding will allow the council to continue supporting unemployed residents and increase employment opportunities in the city.”
A room used by parents of sick children at King’s Mill Hospital has been refurbished, thanks to a £46,000 charity boost.

The parents’ suite at the Children’s Ward at King’s Mill Hospital will help to make the lives of parents who have children that have to stay in hospital for long periods of time that little bit easier. Tired families can stay in the suite for time to-gether, or it can be used by parents to stay with their child whilst they get to grips with any special care that they might need before going home.

Thanks to a donation of £40,000 from the hospital’s volunteers and a £6,000 donation from Pentagon Group Mansfield, the revamp has seen the suite turned into a self-contained flat with double bedroom, en-suite bathroom, a living area with television and a kitchenette.

King’s Mill Hospital’s Children’s Ward Leader, Sarah Limb, said: “We’re incredibly pleased that we’ve been able to open this brand new suite for the parents of children on our ward. It’s really important that we’re able to offer a space for parents and families to stay close to their children, helping them to feel involved in their care but maintain as much normality as possible during a stressful time. It also gives par-ents somewhere to go to relax. “We’ve needed this suite for a long time and we are really grateful to the hospital’s volunteers and Pentagon Group Mansfield for making this re-furb possible.”

NIDAS supported 630 children and young people across Mansfield and Ashfield who have been exposed to some form of abusive behaviour by either their boyfriend/girlfriend, spouse, a family member, friend or acquaintance. This is part of their whole family approach, supporting everyone in the family unit to stay safe on their journey from crisis-to-recovery.

If you or anyone you know might benefit from chatting about a relationship, then please don’t hesitate in contacting the team for more information. NIDAS are an independent, specialist, grassroots charity and all calls are treated with 100% confidentiality.

The Consortium aims to create a UK-wide infrastructure of accessible, integrated and world-class research facilities to support each pillar. NARC universities are already working on the Future Propulsion pillar with a collaborative proposal for a network of advanced electric and hybrid-electric propulsion development facilities. At Nottingham, Aerospace is a flagship research area where a 400-strong team of leading researchers are playing key roles in major R&D programmes.
Nottingham Students Designing the Future

Nottingham Emmanuel School students, Ying Yao and Jamaal Mustafa Rabbane have both been recognised for exceptional work in Design and Technology with a Nottingham Society of Engineers Award.

Meg Norridge, the Director of Arts & DT at the school, says the award came about from a Product Design task. “Ying’s award came at the end of her school year in which she has worked incredibly hard over her A level course, in fact we believe she is on track to get a grade A*.”

“The second award went to Jamaal who is a year 11 student who was given the award for his creative storage product, designed and made for his GCSE coursework.” Meg says that the Award will become an annual event at the school. “This award will be given out yearly by the Society in recognition of exceptional work in the field of Design and Technology at Nottingham Emmanuel School for both years 11 and 13.”

Ying Yao said the award took her completely by surprise. “My design was a model for a couple I know who are looking to buy a retirement home. I made the model according to their needs and from their perspective because the project was to create something that fitted the client’s needs.” Ying said this mimics professional practice. “In the working world, designers usually follow what consumers want.” Asked if her family would be proud, Ying said, “Well, I think my Mum is going to be really surprised!” Ying received the Award on her final day at The Nottingham Emmanuel School.
The Classic Thrillers Season returns once again for 2018 in August with four mysteries for everyone to enjoy, performed in the heart of Nottingham at the Theatre Royal. Karen Henson, co-producer for the season, said: “We bring you: A Pratt play with pratfalls galore, a plethora of shoulder pads, swash buckles and a profusion of passions.”

Sleighed to Death
by Peter Gordon
Tue 31 July – Sat 4 Aug
When Police Sergeant Pratt and Constable Mary Potter perform at an old country house, they find themselves at the centre of a family get-together. Determined to make a name for himself, Pratt sets about solving an attempted murder.

A Touch of Danger
by Francis Durbridge
Tue 7 – Sat 11 Aug
When Max Telligan returns from a business trip, he finds a report of his violent death. As the evening ensues, it becomes clear that he has unwittingly become embroiled in the activities of a terrorist group!

The Scarlet Pimpernel
by Louise Page
Tue 14 – Sat 18 Aug
Marguerite St. Just is torn between three men, her husband, brother and Chauvelin. As Scarlet Pimpernel makes his way through Paris, will he be in time to save another victim? Or will Marguerite’s past snatch her from her new life?

The Nightmare Room
by Arthur Conan Doyle
Tue 21 – Sat 25 Aug
This thriller tells the tale of friendship, infidelity, jealousy and revenge. Two Women. One Locked Room. One bottle of poison. This drama will keep you on the edge-of-your-seat right until the very end.

Blood in urine is a crucial symptom of bladder and kidney cancer, yet only 14% of those most at risk in East Midlands – aged 50 or over – check the colour of their pee every time they go to the toilet. Public Health England (PHE) launches new ‘Be Clear on Cancer’ campaign, running until 23rd September, in the East Midlands to highlight blood in pee as a key symptom of bladder and kidney cancers. The campaign will encourage everyone to ‘look before they flush’ and visit their GP without delay if they notice blood in their pee, even if it’s just once. A new short film is featuring the TV doctor, Dr Dawn Harper, is being released as part of the campaign. The film shows what to look out for as the colour of blood in your pee can vary. However, around 50% of those surveyed in East Midlands said they would not seek medical advice if they saw blood in their pee only once. Worryingly, 45% of those surveyed said they would wait and see if it happened again, potentially putting off a vital diagnosis. The campaign will encourage everyone to ‘look before they flush’ and visit their GP without delay if they notice blood in their pee, even if it’s just once. A new short film is featuring the TV doctor, Dr Dawn Harper, is being released as part of the campaign. The film shows what to look out for as the colour of blood in your pee can vary. Worryingly, around 50% of those surveyed in East Midlands said they would not seek medical advice if they saw blood in their pee only once. If you have blood in your pee your doctor will want to see you.”

For more information visit www.trch.co.uk.

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Gedling Borough Council has completed the acquisition of Arnold Market and is now managing the market with immediate effect. In October 2017 the council announced plans to buy the market on Front Street, Arnold and have met with representatives of Thurland Estates Ltd, who previously owned the market, to be presented with the keys and take possession of the site.

The market will continue to operate as normal whilst work begins to improve the site and regular traders have been notified of the new arrangement. The council’s future plans for the market will include improving its appearance and increasing the use for community events and activities. The council will also be looking at options for specialist markets, including evening and weekend markets.

The work to improve the market, which originally opened 50 years ago in 1968, will be phased. Some of the site will be closed immediately and hoardings put in place to allow new modern stall structures to be installed. Whilst these works take place the stall holders will continue to use the site.

The market improvement will be boosted by a bid for £1.25 million of funding from the N2 Town Centre Fund - part of the Local Growth Fund from the D2N2 Local Enterprise Partnership that supports town centre improvements.

Leader of Gedling Borough Council, Councillor John Clarke said: “How fitting that the year the market turns 50 it will be getting a new lease of life, under council management. We made a pledge to improve Arnold town centre and with the acquisition of the market, the work to improve Eagle Square and the refurbishment of Arnold Leisure Centre and Bonington Theatre, we are delivering on our promise to Gedling residents. I’d like to thank Thurland Estates Ltd for their co-operation to make this deal happen.”

Autism East Midlands RECRUITING NOW!!

As an organisation, our mission is to advocate, provide and develop high-quality services, information and support in partnership with others for all those whose lives are affected by autism. Our approach is individualised and person-centred; recognising and responding to the needs of the individual enabling people with autism to live their lives with dignity, choice and independence.

It is important that our workforce is representative of the communities in which we work and as an equal opportunities employer we welcome applications regardless of gender, race, religion, disability, marital status, sexual orientation or age. Autism East Midlands is committed to safeguarding and promoting the welfare of children and vulnerable adults and we expect all staff and volunteers to share this commitment.

All posts are subject to an enhanced DBS check.

For further detail and information about each role please visit the ‘job vacancies’ section of our website at www.autismeastmidlands.org.uk, alternatively please call 01909 506678 and ask for a member of the recruitment team.

Registered Charity Number 517954

Autism East Midlands
Quality of Life for People with Autism

Foster carer shares holidaying tips

For many of us, planning a holiday is an exciting time. For foster carers it can feel like a military operation! Most of us invest a lot of time, energy and dreams into our well-earned breaks, but for some foster children it can bring anxieties, which may be due to previous experiences, or worries over being somewhere unfamiliar. Holidays are opportunities to provide children with positive new experiences. Lin, a dedicated foster carer from Nottinghamshire, shares her experience of booking holidays for the whole family: “I would say forward planning is key for successful travelling with children. I made play packs for the journey, including some currency, familiar games and a ‘can you see’ list, which the children could check off things as they saw them on the journey and at the airport.”

“We put up photos of the accommodation and destination round the house weeks before we went, so they were familiar with images. We watched TV programmes showing airports and planes taking off and landing, which touched on security measures. We looked at the currency of the country we were travelling to and talked about it at mealtimes, before we learnt a few foreign words such as hello and thank you.

“For children with disabilities you can request special assistance at airports. This fast tracks you through security, so no stressing while queuing and children get a play pack to look through with a wristband to identify them to staff. This wasn’t just for physically disabled children, it is also for autistic children.

“Don’t panic if things go wrong, there’s not much that airport staff won’t have seen or heard before and most of all – have fun!”
Pupils at Glapton Academy in Clifton have taken part in a graduation ceremony with a difference. Through completing a special DARE (Drug Abuse Resistance Education) course, they now have a better understanding of the risks associated with drugs and how to avoid them, thanks to a project sponsored through local company British Gypsum. The project was funded through a major one-off community donation made by British Gypsum in its Centenary year. This donation funded a 10-week programme to support early intervention for education around drugs and alcohol. The five primary schools involved were Glapton Academy, Dovecote School, Highbank Primary, Milford Academy, and Whitegate Primary—all feeder schools to Farnborough Academy in Clifton.

Pupils aged 10-11 completed a course which helped them develop an array of personal and social skills including dealing with pressure and stressful situations; resistance skills and personal responsibility.

For the secondary school, Farnborough Academy in Clifton, students in Year 7 (aged 11-12) will be taken through a programme, after September, called ‘Keep it REAL’, which reinforces the primary school level lessons and helps students with the transition to the next level of education. “Thanks to British Gypsum for the funding that enabled the DARE programme to take place in this area this term,” said Gurmit Kaur, DARE Officer. “This support has undoubtedly influenced the students’ lives in a positive way and helped them understand the risks associated with drugs, alcohol and smoking.”

The class all agreed that they were much more confident in their ability to make good decisions that will keep them safe and healthy in the future.
“Glaucoma was once an irreversible cause of blindness but now, thanks to medical advances, the condition is easily treatable with eye drops if detected in its early stages.”

It is a condition whereby the pressure inside the eye goes up and compresses the optic nerve at the back of the eye. Gradually the patient loses vision in the peripheries but the danger is that they do not know it’s happening. It is just like your blind spot, there is no black hole there as the brain fills it. Also consider where your field of vision ends, where there is no black line, it simply fades out. When the pressure is high there are no symptoms, the reason why 30 years ago patients with Glaucoma would often go blind.

These days we are fortunate enough to have opticians that check their patient’s eyes regularly for symptoms related to Glaucoma and I would encourage everyone to visit their optician for an eye test every 2 years, particularly if you have a family history of Glaucoma, as this means you have a 1 in 5 chance of developing it. The key thing is detection. If we pick it up early the prognosis is excellent. Visit me for an assessment to see if you have Glaucoma or alternatively, book an appointment with your optician, who will be able to check that your eyes are healthy.”

Amar Alwitry is a Consultant Ophthalmologist who offers one-stop appointments for self-pay and insured patients at Woodthorpe Hospital in Nottingham. Call the Private Account Manager on 0115 9932015 to find out more information or to book your appointment with Mr Alwitry’s PA, Leisa, on 0115 7722658.
Ever Thought of Equity Release?

Equity release gives you access to some of the cash that’s tied up in your home, without the stress of moving. You can release a tax-free lump sum or you could opt for a plan which will allow you to release funds in stages after an initial lump sum.

You can spend the cash however you wish. This money could boost your retirement finances - whether that means home improvements, pay for those one-off expenses such as buying a car or caravan, the holiday of a lifetime or help for your family and friends. Lifetime mortgages are increasingly offering homeowners a common sense, tax-efficient way to:

• Improve income to keep enjoying a fitter, healthier more active lifestyle
• Consolidate debts, from mortgages, loans, credit cards etc.
• Pay off interest-only mortgages
• Help younger family members via a living inheritance
• Contribute to education costs or a leg up onto the property ladder
• Stay at home for longer or pay for care at home
• Secure the ownership of property following a divorce
• Move to a more expensive property in retirement (“upselling”)

With a lifetime mortgage, the most popular type of equity release, you retain full legal ownership of your property.

Unlike a conventional mortgage, they aren’t required to make monthly repayments instead, the loan is repaid, including the compound interest, from the sale of the home, when you pass away or move into long term care.

In the past, equity release was routinely dismissed as a last resort for desperate homeowners needing to free up funds in retirement – funds that may have been best left locked up in bricks and mortar.

But a lot has changed since then:

• Equity Release is regulated by the Financial Conduct Authority, ensuring a far greater degree of protection.
• Lenders are specially authorised and have to comply with minimum standards of fairness.
• Advice has to be provided by a specially qualified and authorised financial adviser.

A good financial adviser will sit with you over several meetings to make sure they understand your situation thoroughly and are able to give you written advice and illustrations, so that you can take your time to understand both how it works for you and the significant issues that you need to consider.

Equity Release is not right for everyone as it can potentially reduce someone’s expected inheritance and if it isn’t used correctly could affect your entitlement to state benefits, so these things need to be checked carefully.

But if you are over the age of 55 it might be useful - there is no tax to pay on the capital raised, but it’s generally not wise to use it for savings or investments (a small sum for emergencies is fine) as the interest on these products is higher than you would make in savings.

Equity Release will reduce the value of your estate and can affect your eligibility for means tested benefits.

The value of pensions and investments can fall as well as rise, you may get back less than you invested.

Your home may be repossessed if you do not keep up repayments on your mortgage.

As we live longer we have greater demands on our money in retirement.

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Your local financial adviser

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School's Out

PULL OUT GUIDE

Illustration by vecteezy.com

The Nottingham Beach is back! Relax & unwind in Nottingham’s Old Market Square from Friday 13th July until Sunday 2nd September. Open Daily from 10am.

We have something for everyone: whether that be building sandcastles on the beach, enjoying the family-friendly rides or relaxing in our bar with a cool Mojito or East Make Nottingham Beach the destination to be this Summer...

visit www.nottinghambeach.co.uk for more details*

*FREE TO ENTER!!
Summer sorted in Skegness

EMBASSY THEATRE Skegness
Box Office: 01507 613100
Book online: embassytheatre.co.uk

THE ROCKETS MAN
Friday 3rd August 2018
7.30pm

That'll Be The Day!
Saturday 4th August 2018
7.30pm

THE DRIFTERS
Sunday 5th August 2018
7.30pm

THE TAKE THAT EXPERIENCE
Friday 10th August 2018
7.30pm

EVERY TUE IN AUGUST

7TH, 14TH, 21ST, 28TH AUG
7.30pm

#SummerSorted

THE DRESSING ROOM

EVERY WED IN AUGUST

1ST, 8TH, 15TH, 22ND, 29TH AUG
7.30pm

Lipstick on your collar
#liveattheEmbassy

LET'S HANG ON
Sunday 19th August 2018
7.30pm

RHYTHM OF THE DANCE
Saturday 11th August 2018
7.30pm

THE SEARCHERS
Sunday 12th August 2018
7.30pm

Barry Steele: The Roy Orbison Story
Friday 17th August 2018
7.30pm

THE MAGIC OF MOTOWN
Saturday 18th August 2018
7.30pm

PINK FLOYD UK
Friday 24th August 2018
7.30pm

VAMPIRES ROCK

MEAT LOAF Story

Friday 31st August 2018
7.30pm

Some Guys Have All the Luck

EMBASSY THEATRE Skegness

Oh! What a show

EVERY THU IN AUGUST

2ND, 9TH, 16TH, 23RD, 30TH AUG
7.30pm
Medieval History

Experience a variety of medieval living history and combat displays at Castle Rising Castle. With the Black Knight Historical on the 4th and 5th August and Lion Rampant on 26th and 27th August there’s plenty of fun for the whole family. Be transported back in time as history is brought to life with realistic costumes, breath-taking displays of Medieval swordsmanship, archery and more.

Black Knight Historical
We have 2000 years of British military history on show including a fabulous Knight on his warhorse. From Queen Boudicca and the Romans through to cannon and soldiers of the Victorian era, this is an amazing day out in a wonderful castle!

For more information see www.blackknighthistorical.co.uk. If you want to find out more about other exciting events, head to the website www.castlerising.com/uk.

Castle Rising, Kings Lynn, Norfolk, PE31 6AH
IF YOU WOULD LIKE TO FEATURE ON THIS PAGE PLEASE CALL US 01159 313879

The Milk and Honey Line
Step on to our steam and heritage diesel trains from yesteryear and travel through the beautiful rural countryside.
• Station Café at Wirksworth Station
• Museum coach, Miniature Railway, Gift Shops and more...
Wirksworth Station, Calverton, Wirksworth, Derbyshire, DE4 4RD

Highfields Happy Hens
Open Farm, Farm Shop & Tea Room A Truly unique Open Farm experience
Open Farm...
Animal feeding, play areas and much more!
Tractor & Trailer Rides + Chick Handling Saturdays & School Holidays
(Click our website for opening times & prices)

‘SUMMER TREASURE HUNT’
Throughout the school holidays!

Farm Shop...
Selling a full range of fresh local produce & free range eggs.
Tea Room...
Serving hot & cold drinks, light lunches and delicious homemade cakes!

FREE ENTRY for 1 person
when accompanied by a paying visitor!
(This cannot be used in conjunction with any other offer)

For Parties & School Trips see our website.
Highfields Happy Hens, Heage Lane, Etwell, Derby DE65 6LS
Tel:01283 735063 www.highfieldshappyhens.co.uk

Proud sponsors of our Schools Out feature

Naturescape.co.uk
Wildflowers
Homemade cakes, drinks
Cards & Gifts • Tea Room
Woodland & Meadow Walks
Dragonfly Pond • Plant Sales
Children’s play area
Wildflower Seed
Free admission & parking
www.wildflowerrfarm.co.uk
(wide selection online)

Centenary Poppy Celebration of World War I within the poppy fields [NOT ON SITE]

Open Daily
11am - 5.30pm
1st April - 30th Sept)

tel: 01949 860592
Coach Gap Lane, Langar, Notts. NG13 9HP
email: sales@naturescape.co.uk

IF YOU WOULD LIKE TO FEATURE ON THIS PAGE PLEASE CALL US 01159 313879

SUMMER IN THE
28TH JULY - 2ND SEPTEMBER
SUMMER OF SPIES

NATIONAL CIVIL WAR CENTRE

www.nationalcivilwarcentre.com

"VOLUNTARY ADMISSION FOR FAMILIES"

HEARD TWO CIVIL WAR SPIES SPILL ALL THEIR SECRETS TO AN NPC, MISTRESS OF ALL TRADES, WILL TALK ABOUT HER RADICAL LIFE AND EXTRAORDINARY ADVENTURES
WHILE AN ANONYMOUS SPY WHO SMUGGLED A MESSAGE TO REBELLED NENNA’S GOVERNOR WILL SHARE THE PAINFULLY UNCOMFORTABLE TALE OF HOW HE DID IT. YOU CAN ALSO MAKE A CODE-CRACKING SPY KIT, A SEALED SECRET LETTER, A DEVILISH DISGUISE AND A PERISCOPE TO SNEAK A PEEK AT THE ENEMY.

"VOLUNTARY FROM THE 28TH JULY - 2ND SEPTEMBER APPLIES TO ANY ADULT GROUP WITH AT LEAST ONE PAYING CHILD"
experts to find out! We’ll take a gentle stroll through the forest and find out more about the moths, bats, birds and other creatures that become active at dusk.

**MRS HONEY’S HAT STORY FUN**
Stapleford Library Saturday 28 July FREE (Booking essential) Story and craft session for 3-6 year olds based on Mrs Honey’s Hat by Pam Adams.

**THE GINGERBREAD MAN**
CHILDREN’S THEATRE
Various Libraries
29 July - 11 August £3 (library members) £6 (non members)
A brand new version of this classic tale adding original live music, tasty storytelling and dollops of fun. For ages 4+. The Spark Arts for Children presents: Hiccup Theatre in association with Derby Theatre.

**STREET DANCE SUMMER SCHOOL**
The Old Library, Mansfield
Monday 30 July - Friday 3 August - £10 for the week (payable at registration on the first day)
A fun week of street dance with a professional choreographer and performer. Learn new moves, improve your technique and have fun! No experience required.

**MISCHIEF MAKERS: COMIC STRIP WORKSHOPS**
Various libraries including: Arnold, Kirkby-in-Ashfield, Bingham, Mansfield Central Library, Worksop, Retford, Newark, Sutton-in-Ashfield, Southwell Friday 27 July - Friday 31 August FREE (Booking essential) Write and print your own comics this summer with author Emma Pass and artist Duncan Pass, as your local library becomes a printing press for the day.

**TWILIGHT CREATURES WALK**
Sherwood Forest Country Park Saturday 28 July - £10
What comes out after dark in the forest? Join the RSB, Birklands Ringing Group and other

**COMMITMENT TO EXCELLENCE AWARD 2016**

Welcome to Lincoln Boat Trips
Sit back, relax and enjoy the sights of Lincoln and the countryside from a different perspective aboard a 50 - 60 minute guided canal trip with a very entertaining commentary about Lincoln’s past and present. Enjoy a cruise whatever the weather with inside and outside seating.

The lower deck is fully heated, or enjoy a great view from the top deck under canopy.

Tea, Coffee, Hot Chocolate, Cappuccino’s, and soft drinks available

Find Us
Brayford Wharf, Brayford Pool, Lincoln, Lincolnshire LN1 3YX
Our departure mooring is located at the bottom of ‘Lace Tower Street’ on the Brayford Pool just behind the new Waitrose which used to be the Harbourside office.

Private Hire
We are also available for private hire starting at £50 for 2 hours only. We can accommodate up to 40 people.

To find out more information please visit our website: www.lincolnboattrips.co.uk or telephone: 07947 546 511

**SUMMER Fun**

- TWILIGHT WALK
- STREET DANCE
**Visit Mansfield**

A new tourism website called Visit Mansfield, at visitmansfield.co.uk, has been launched to promote the district and its top attractions, containing details of things to do, places to eat, drink and shop.

This is the first project as part of Mansfield District Council’s renewed efforts to showcase Mansfield as a great place to live, work, invest in and visit – at the heart of Robin Hood country.

Mansfield benefits from a range of attractions and activities for the whole family, including Mansfield Museum, the Palace Theatre, award-winning parks, Water Meadows Swimming Complex, vibrant town centre shopping with independent shops and retail parks, and more than 40 places to eat including bistros, pubs and tea rooms.

Mansfield’s location in the Sherwood Forest area means it is an ideal base for exploring further afield, and with the district council working to provide a hotel as part of the redevelopment of the former bus station site on Stockwell Gate North, plus a couple of other hotels in the pipeline – there’s never been a better time.

The site lists some of the top attractions within a short drive including Chatsworth House, Clumber Park, Newstead Abbey and Rufford Abbey.

Councillor Dave Saunders, Portfolio Holder for Regeneration and Growth, said: “Mansfield’s unique selling point is that it is situated in the heart of the Sherwood Forest area and we are making a concerted effort to shout loud and proud about the great things our district has to offer – showstopping heritage and culture, award-winning parks, great shopping and leisure activities.”

**Party in the Park**

Music, food and drink and children’s activities will all be on offer at Party in the Park returns to Beeston on Saturday 11th August.

The annual family event will kick off in Broadgate Park at 12.00pm until 5.00pm with live music, a host of food and drink stalls and activities for the kids including music from Mellanie Page and MPB, The Electric Bears, Sal-magundi and headliners, Fat Di-gester. There will be an arts and crafts marquee and community groups including blood bikes, which were popular at this year’s Hemlock Happening.

Entry is just £1.00 per person. There may be a small charge for some activities. The play area will be accessible on the day by paying the admission charge on the gate.

The event has been supported by NET.
Go Ape! Nets Kingdom

NEW

BOUNCE CLIMB SLIDE

at Sherwood Pines

Book at goape.co.uk

OR CALL 0845 519 3054†

†Calls cost 7p per minute plus your phone company’s access charge. Participation and supervision ratios apply – please see website for more details.
Nets Kingdom is the latest adventure from Go Ape to open to the public at Sherwood Pines Forest. An adventure playground set 30 feet above the forest floor, Nets Kingdom has arrived just in time for the summer holidays. Gather your tribe and delve into a world of high nets and tree top tramlines. You can spend up to two hours bouncing, crawling and clambering through an expansive network of tree top bounce nets, giant ball play areas, netted walkways and slides – all while 30 feet up in the leafy forest canopy.

All ages are welcome, meaning that Nets Kingdom is one for the entire family. The course of enclosed nets stretches over 200m² and links to a bespoke treehouse high above the forest floor. Adventurers can explore 4 nets (3 large and one purpose built for the kids), 2 entrance ramps and a climbing tower. The grand finale is provided by two epic net slides which bring you safely back to the ground. With so much to explore, it’s the perfect summer activity for everyone, from groups of friends, to families, birthday parties and even corporate groups.

Situated just 20 miles from Nottingham, Sherwood Pines is one of the largest forests in the East Midlands, with over 3000 acres of stunning woodland and an activity hub for outdoor adventurers.

After completing Nets Kingdom, why not enjoy a drink in the café, picnic with your tribe under the trees or perhaps head off to explore the expansive forest bike trails. You can even continue your summer adventure up in the trees on Go Ape’s Tree Top Junior or Tree Top Adventure, or take in the views whilst gliding across the forest floor on a Segway.

For more information about Go Ape visit www.goape.co.uk
Newark Castle Line

- River Trip
- Private Hire
- Weddings
- Music Events
- Fully Licensed Bar Onboard

Public Trips

Adults £10.00
OAP £9.00
Children £4.00
Sailing times:
1300 and 1500
(depending on weather)

Jazz Cruises
1st & 15th August, Sailing time: 7-10pm
£18 PER TICKET

To discuss a private event please call: 01636 362303
Cuckstool Wharf, Castle Gate, Newark on Trent NG24 1BG
www.rivertrip.co.uk
Step Back in Time

11 & 12 August

On Newark Air Museum’s site in eastern Nottinghamshire, close to the border with Lincolnshire, preparations are well in hand for the 1940s Weekend event, which takes place on Saturday 11 and Sunday 12 August. This two day event has been organised to commemorate various aspects of the 1940s at what is part of the former RAF Winthorpe airfield site.

In the Dig For Victory Garden near the Anderson Shelter the produce is being readied for harvest and may be used to feed the volunteers who will be looking after the new World War II ROC (Royal Observer Corps) that will be completed in time for the event.

All around the museum’s extensive site, which will be developing a distinctive 1940s feel, the final display positions for visiting displays / groups are being set out; both under cover and outside. These displays include: vintage vehicles (cars and military vehicles; local history groups; variety of themed wartime trade stalls; and will feature regular performances during the weekend by Fiona Harrison, “A Voice in a Million”.

The museum wants to encourage as many visitors as possible to enter into the ‘1940s spirit’ and to attend in period costume. Such participants will be admitted for free if they register in advance and at a discounted admission rate if they just turn up on the day.

On both event days, the museum has been granted flypasts by aircraft from the Battle of Britain Memorial Flight, which is based just over the county border at RAF Coningsby. Normal museum admission rates apply and full listing details about the events can be found on the Museum Events page of the museum website.
<table>
<thead>
<tr>
<th>July</th>
<th>21</th>
<th>Sing Along with Mansfield Community Choir</th>
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<tbody>
<tr>
<td></td>
<td>25</td>
<td>Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30</td>
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<td>29</td>
<td>Mogs and Minors Classic Car Rally on the Abbey Lawn</td>
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<tr>
<td>August</td>
<td>1</td>
<td>Punch and Judy Show with Paul Temple</td>
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<td>2</td>
<td>Children's Outdoor Theatre Pirate Pearl and the Big Blue Monster!</td>
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<td>8</td>
<td>Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30</td>
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<td></td>
<td>13 - 14</td>
<td>Rufford’s Open Mic Session</td>
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<td></td>
<td>17 - 19</td>
<td>FREE Outdoor Cinema Moana screening 11.30</td>
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<td></td>
<td>17</td>
<td>FREE Outdoor Cinema War Horse screening 19:00</td>
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<td>18</td>
<td>Outdoor Cinema Jumanji: Welcome to the Jungle screening 19:00</td>
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<td>19</td>
<td>Outdoor Cinema Sing-along Beauty and the Beast$screening 18:30</td>
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<td></td>
<td>22</td>
<td>Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30</td>
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<td></td>
<td>25 - 27</td>
<td>Bank Holiday Fun in the Sun With Children’s entertainment by Charlie Starr Productions</td>
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<tr>
<td>September</td>
<td>2</td>
<td>Sing Along with Wheatsheaf Singers</td>
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<td>9</td>
<td>Music on the Beach with Harworth Brass Band</td>
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**DONKEY / PONY RIDES**

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<th>July</th>
<th>21, 22, 28 and 29</th>
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<tr>
<td>August</td>
<td>11, 12, 17, 18, 19, 25, 26 and 27</td>
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<tr>
<td>September</td>
<td>1 and 2</td>
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Donkey and Pony Rides will take place on the Long Meadow Available from 11:30 - 15:30, Cost £3.50 per ride

**FACE PAINTING**

Every Weekend from 11:30 - 15:30

* The Rufford beach will be closed to the general public
** Rufford Outdoor Cinema costs £10 per person / £35 family or group of 4
*** Regular car parking fees apply
The full Mini Reel programme includes:

- **Peter Rabbit** – 11.00am on Monday 13th August, Hickings Lane Recreation Ground, Stapleford, NG9 8PJ (SOLD OUT)
- **Coco** – 1.30pm on Monday 13th August, Hickings Lane Recreation Ground, Stapleford, NG9 8PJ
  - **Toy Story** – 11.00am on Tuesday 14th August, Jubilee Park, Eastwood, NG16 3HR
  - **Sonic** – 1.30pm on Tuesday 14th August, Jubilee Park, Eastwood, NG16 3HR
- **The Lego Movie** – 11.00am on Wednesday 15th August, Kimberley School Field, Kimberley, Nottingham, NG16 2NJ
- **The Incredibles** – 1.30pm on Wednesday 15th August, Kimberley School Field, Kimberley, Nottingham, NG16 2NJ
- **The Jungle Book** (original) – 11.00am on Thursday 16th August, Lanes Recreation Ground, Awsworth, NG16 2QQ
- **Zootropolis** – 1.30pm on Thursday 16th August, Lanes Recreation Ground, Awsworth, NG16 2QQ
- **Paddington 2** – 2.30pm on Friday 17th August, Broadgate Park, Beeston, NG9 2EA
- **Top Gun** – Friday 17th August at Broadgate Park, Beeston, NG9 2EF. Gates open at 6.30pm, film starts at 7.30pm. Tickets: Early bird: £6 until 20th July, Full: £8, Concession: £6.50
- **The Greatest Showman** (Sing-a-long) – Saturday 18th August at Colliers Wood, Moorgreen, NG16 3QU. Gates open at 6.30pm, film starts at 7.30pm. Tickets: Early bird: £6 until 20th July, Full: £8, Concession: £6.50

Hot food, refreshments, popcorn and a sweet cart will be available. All tickets are available to book online via www.seetickets.com and Mini Reel tickets are available via www.lleisure.co.uk/events/mini-reel/.
What’s On July & August 2018

There are a number of fun, inclusive activities happening as part of the Get Out Get Active project over the next few months:

Cycling for All July 1st & 15th, August 5th & 19th
The first Sunday of the Month at Harvey Hadden Sports Village (1st July & 5th August) and on the third Sunday of the Month at Clifton Playing Fields (15th July, 19th August). FREE sessions for all abilities, bikes and helmets provided.

Walking Football Thursdays 7pm – 8pm
FREE sessions at Nottingham Wildcats Arena, Greenwood Road, Sneinton. Suitable for all abilities. For more information call or email Nottingham Walking Football on 0844 879 4783 or info@walkingfootballnottingham.com.

Couch 2 5k Tuesdays 6pm – 7pm 24th July – 11th September
FREE weekly session open to all ages and abilities, take the session at your own pace. Meet at Victoria Leisure centre for a relaxed session ran by friendly run leader Des. For more information call or text Des on 07565 748189.

Walking Netball Tuesdays 10:30am – 11:30am
Weekly session on Tuesdays 10:30am – 11:30am at MCO Centre, Beaumont Street, Sneinton. FREE friendly sessions followed by tea, coffee and a chat! A slower version of the game of Netball open to women of all abilities.

Swim for Health An open swimming session for everyone, with the added benefit of a pool helper to support swimmers, with health conditions, long standing illness, a disability or wanting to improve water confidence. Sessions across all of Nottingham City Council Leisure Centres with a pool. Prices available at site.

Yoga Thursdays 2pm – 3pm at Bilborough Library
Suitable for all abilities including complete beginners. Come along and try Yoga in a friendly, inclusive setting with the guidance of instructor Teresa. FREE of charge. Booking is essential, to book your space call or text Teresa on 07880 591989.

Keep up to date! Make sure you never miss our fun, inclusive activities by liking our Get Out Get Active Nottingham Facebook and Twitter pages.

Stay in touch: For more information about activities, the project and ways you can get involved call or text 07841 534 825 or email goga@nottinghamcity.gov.uk.

Help us get to 500 likes on Facebook!
Help us boost our social media presence and reach 500 likes on Facebook by liking our page here! Our Facebook page is regularly updated with all the latest information about What’s On, exciting upcoming events and opportunities to get involved.
As the glorious British summer continues to grace us day after day with blazing sunshine and warm weather, it provides the perfect excuse to get out and about with your friends and family to enjoy what’s left of this magnificent heat wave.

From castles and walks to cycling and shopping – there’s plenty to do in Nottinghamshire which will tickle your fancy during these scorching summer days.

Take the family to one of the many castles, stately homes or museums based in and around Nottinghamshire. Complete with gorgeous grounds and plenty to learn, they provide a fun day out whilst making the most of the sunshine.

Whether you cycle, hike, do water sports or prefer climbing, use this summer to get active and explore the many parks, activity centres, and reservoirs boasting beautiful wildlife and open green spaces in Nottinghamshire. From green fields to play cricket or rounder’s to treetop experiences, swimming in the lake and thrilling cycle routes – whatever your passion, we have something for you.

Instead of going out for dinner, why don’t you get in the garden and fire up the BBQ for a stay-at-home delicious family meal, bringing the luxury of restaurant dining to you. Break out the garden furniture, nip to the supermarket and stock up on everything for a fantastic night in.

With so many unique and enjoyable ideas for all the family, we hope our jam-packed ‘what’s on’ pages give you some great inspiration on how to fill your summer with fun!
If you would like to feature on this page please call us 01159 313879.

MELTON BY THE SEA
All the fun of the seaside in Melton’s town centre

Wednesday 8th to Friday 10th August 2018
10am to 4pm, Market Place

Sandpits
Princess Pals
Seaside Trail with Goodie Bags
Sandcastle Competitions with Great Prizes
Arts & Crafts Fun Fair

Proud sponsors of our Schools Out feature

Off the Derbyshire Beaten Track

A series of half-day tours

a 40 mile journey of discovery
lead mines great & small
Sir George Watt & Derbyshire

July & August
The History behind Local Rose Gardens
the stories of the people who
originally bred the roses

December
Derbyshire & the ’45: a Scotsman’s Tale
The minibus leaves Ashbourne @ 1.30pm

Booking essential
phone: 01335 345239/07771667097
or email francis@transcript.co.uk

For further information see
www.offthederbyshirebeatentrack.co.uk

Notts Classic Car & Motorcycle Show
Inc. the East Midlands Mini & VW Show
Thoresby Park Ollerton, Notts, NG22 9EP
£: Adult £9, Child (7–14): £3
Autojumble: Pitches from £30
Time: 10am – 4pm
The National Civil War Centre has officially launched Summer of Spies, its fantastic new programme of family activities for the school holidays. Invited to the big launch included local dignitaries and officials, family bloggers and a gaggle of excited children attended the Centre for a spectacular sneak peek at what’s in store this summer.

Guests enjoyed a hilarious character performance from an anonymous Civil War spy who regaled a captive audience with the uncomfortable tale of how he smuggled a message to besieged Newark’s governor. Children from Mount C of E Primary School enjoyed getting hands on sampling some of the programme’s brilliant craft activities and were able to take home their creations, from code-cracking cipher wheels and periscopes, to polaroid spy snapshots of them wearing their most daring disguises! The good weather was enjoyed with a game of hide and seek in the Centre’s courtyard where gold coins had to be found in order to pay to use an enormous replica cannon!

Families are invited to enjoy the fun for themselves this holiday at Summer of Spies, which runs from 28th July to 2nd September, and sees the return of the National Civil War Centre’s brilliant all-inclusive family discount. Launched last year, this pioneering concept banishes the idea of ‘the family of four’ so that whatever size and shape a clan may be, if it includes a paying child the whole group will receive 20% off admission during the holiday.

What are you waiting for?
**A Luxurious Escape**

**ARE YOU LOOKING FOR A GORGEOUS AND PRIVATE GETAWAY RIGHT ON YOUR DOORSTEP, WHENEVER YOU WANT?**

Why not journey to a stunning Spring Holiday Estate to buy and site your very own home-from-home in a top holiday destination? Eliminate the worry of going away and reap the fantastic benefits of spontaneous breaks in your holiday home.

From new static caravans ordered to your own individual specification and used static caravan sales, with most makes and models supplied, to a choice of Caravan Parks, an on-park siting service – there’s every reason to visit Spring Holiday Estates today!

**SUTTON SPRINGS HOLIDAY ESTATE**
This private park is for owner occupiers and their relatives. Both Sutton on Sea and Mablethorpe are a short walk down the promenade.

**TRUSTHORPE SPRINGS HOLIDAY PARK**
A quiet and peaceful park with a part exchange scheme and an on-park siting service – there’s every reason to visit Trusthorpe Hall.

**ANDERBY SPRINGS HOLIDAY PARK**
This private park is for owner occupiers and their relatives. The smallest park with 65 vans located by in the wonderful Anderby Creek.

**LAKESIDE SPRINGS**
Just one mile from the coastal town of Sutton on Sea, Lakeside Springs offers Holiday Lets, a Touring Site and a seven acre fishing lake.

**CHERRY TREE SPRINGS TOURING PARK**
A 5 star, adult only touring site boasting twenty seasonal pitches and forty hard standing touring pitches for caravans, motor homes and trailer tents. Quiet country location just a few minutes’ drive from Sutton on Sea.

**VISIT THE WEBSITE FOR MORE INFORMATION, WWW.SPRINGSHOLIDAYESTATES.CO.UK.**

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**Special Edition Chocolate**

Handmade chocolate for everyone to enjoy, including those on special diets such as diabetics, coeliacs, vegetarians, vegans and some allergy sufferers like nuts and dairy.

- Every flavour to choose from
- Drop in for thick hot chocolate, tea, coffee, cake and sample our handmade chocolate
- All our chocolate is NUT FREE and GLUTEN FREE
- Our dark chocolate is also LACTOSE FREE
- Many Gift Ideas
- Open 7 days a week

**ICE CREAM NOW AVAILABLE**

Special Edition Chocolate, Willingham Hall, Market Rasen, Lincolnshire LN8 8RL
Telephone: 01673 844073 | www.specialeditionchocolate.co.uk

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**STAVELEY HALL**

**CRAFT FAIR & FAMILY FUN DAY**

18th & 19th August
10AM-4:30PM

**Craft Stalls**

**Activities for all ages**

**Free Entry!!**

Staveley Hall, Hall Drive, Chesterfield,
S43 3TN 01246 385200

For Information regarding a stall at this event please contact:
Creative Crafts Association
W: creativecrafts-online.co.uk  E: Andrew.cca@aol.co.uk
Or call: 01704 530139 or 07966499748

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**You’d be Barking Mad to Miss It!**

The team at Dogs Trust Loughborough are hoping thousands of dog lovers are heading to Turnpost Farm this weekend for a day of fun for two and four-legged friends.

The event, on Sunday 29 July, includes a Fun Dog Show with classes including Best Puppy and games such as Musical Sit along with doggie agility, doggie dash, temptation alley and bobbing for tennis balls. There is also a children’s zone with a fun fair plus raffles, tombolas, a craft fair, charity stalls and refreshments.

The event is at Turnpost Farm, East Road, Wymeswold, LE12 6ST, 10.30am-4pm. It is £2 per person, dogs go free and there is no charge for parking. In the event of extreme hot weather, the decision may be made to cancel the Fun Day. Please check the Dogs Trust website www.dogstrust.org.uk and social media before you begin your journey for any updates.
CROSSWORD

ACROSS
1 Wide ravine (5) 13 News item update (8)
2 Pile of overdue work (7) 18 Automobile (3)
3 Garden earth (4) 19 Female bird (3)
4 Law and ... (5) 20 Molars and incisors (5)
5 Fundamental (5) 21 Match official (7)
6 Half a house? (4) 22 Block of firewood (3)
7 Meaty fish, often smoked (8) 23 Spoil (3)
8 Lesson (6) 24 Legacy (7)
9 smoked (8) 25 Moggies (4)
10 Law and ... (5) 26 Moggies (4)
11 Bluish-purple flower (6) 27 Pond eggs (9)
12 Custom (5) 28 Moggies (4)
13 Fundamental (5) 29 Pond eggs (9)
24 Child’s stomach (3) 30 Podded vegetable (3)
25 Canal boat (5) 31 Artificial head of hair (3)
26 Canal boat (5) 32 Ask for (7)
27 Aunt’s husband (5) 33 Wicked (4)
28 To mirror (7) 34 Show off, boast (5)
29 Pond eggs (9) 36 Allow (3)
30 Podded vegetable (3) 37 Spendthrift (7)
31 Artiﬁcial head of hair (3) 38 Tear open (3)
32 Ask for (7) 39 Dish of raw vegetables (5)
33 Wicked (4) 40 Get older (3)
34 Show off, boast (5) 42 Rodent (3)
35 Spendthrift (7) 43 Bath (3)
36 Allow (3) 44 Violent storm (7)
37 Bobsleigh (8) 45 Hand and nail care (8)
38 Tear open (3) 46 Without any penalty
39 Dish of raw vegetables (5) 47 Encounter (4)
40 Get older (3) 48 Brook (6)
41 Tend the sick (5) 49 Four score (6)
42 Rodent (3) 50 A good luck symbol (6)
43 Bath (3) 51 Strangely amusing (5)
44 Violent storm (7) 52 Bare (4)
45 Hand and nail care (8) 53 Scottish reel or
46 Without any penalty 54 Fling (5)
47 Meet (7) 55 Party snake-dance (5)
48 Stream (6) 56 Colourful hair-tie (6)
49 Eighty (6) 57 Boast (5)
50 Mascot (5) 58 Get up (4)
51 Degree of slope (8) 59 A thin slow stream (7)
52 Bare (4) 60 Artist’s stand (5)

DOWN
1 Guide (7) 13 Bulletin (3)
2 Guide (7) 18 Car (3)
3 Guide (7) 19 Hoodlum (4)
4 Guide (7) 20 Hen (4)
5 Guide (7) 21 Teeth (4)
6 Guide (7) 22 Referee (5)
7 Guide (7) 23 Teeth (4)
8 Guide (7) 24 Referee (5)
9 Guide (7) 25 Teeth (4)
10 Guide (7) 26 Bequest (5)
11 Guide (7) 27 Aunt’s husband (5)
12 Guide (7) 28 Bequest (5)
13 Guide (7) 29 Pond eggs (9)
14 Guide (7) 30 Podded vegetable (3)
15 Guide (7) 31 Artificial head of hair (3)
16 Guide (7) 32 Ask for (7)
17 Guide (7) 33 Artificial head of hair (3)
18 Guide (7) 34 Ask for (7)
19 Guide (7) 35 Ask for (7)
20 Guide (7) 36 Ask for (7)
21 Guide (7) 37 Ask for (7)
22 Guide (7) 38 Ask for (7)
23 Guide (7) 39 Ask for (7)
24 Guide (7) 40 Ask for (7)
25 Guide (7) 41 Ask for (7)
26 Guide (7) 42 Ask for (7)
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44 Guide (7) 60 Ask for (7)

See below for answers.
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A total of 85 Nottingham city centre establishments have succeeded in gaining Best Bar None accreditation this year which is a record number, with 76 of these receiving the top gold award. Best Bar None is a national initiative supported by the Home Office that is designed to promote the responsible and effective management and operation of licensed premises. The assessment process for this year’s scheme has now been completed, with 85 venues being awarded the accreditation – 16 more than last year. This includes 76 receiving the top ranked gold status – 22 more than last year.

In order to achieve Best Bar None status, venues have to demonstrate their policies and procedures in place to prove that they are safe, responsible and well operated and also comply with relevant legislation. They are then assessed on areas such as the prevention of crime and disorder and measures they take to promote responsible drinking. The highest scoring premises will now go through to an independent judging round, which will be undertaken by industry experts. Those with the highest scores will be announced as the top venue in seven different categories including Best Bar, Best Pub and Best Cocktail Bar.

From the category winners, the judges will also choose an overall Best Bar None winner. The winners will be announced at a special event on Tuesday 11 September 2018.

Andrew Crawford, a director of the Nottingham BID, said: “We are really pleased that more venues than ever in Nottingham city centre have been successful in gaining the Best Bar None accreditation. It’s good for the city, showing that the licensed venues take safety seriously.”

Lisa Sharkey, managing partner at leading licensing law firm, Poppleston Allen, comments: “Nottingham is a great city with lots of operators working hard to give visitors a fantastic experience. I think that an increase of 22 operators being awarded the gold award is a reflection of how much effort goes into to making Nottingham’s food and drink offer one of the best in the country.”
This year is the seventh year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting.

The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone.

In order to ensure the shows are FREE for carers to attend and FREE for stallholders, funding is provided by a variety of public organisations.

The Carers Road Show offers free support for all unpaid carers, no matter what the circumstances of the person they are caring for.

With 18 venues and over 100 stallholders there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need.

The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information.

Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available.

For more information contact Nottingham Carers Hub on 0115 8248824.

While drinking in a social setting or at home to unwind after a busy week at work is fine, worrying statistics have revealed that 1 in 11 men and 1 in 25 women in the UK are now physically dependent on alcohol. Tell-tale signs that you may be drinking too much include feeling depressed, an inability to function properly at work and drinking to reduce anxiety.

If you or anyone around you is dealing with any of these issues, you may need to seek professional help in a comfortable setting.

Steps Together Rehab is a specialist drug and rehabilitation centre in Nottinghamshire that can assist people when it comes to overcoming their addiction. With qualified counsellors and practitioners in drug and alcohol treatment, the facility will guide its clients every step of the way towards their sobriety.

With a focus on reducing stress, the team at Steps Together Rehab use therapies and exercises that can help individuals regain their wellbeing and happiness while also combating their addiction. Counselling treatments consist of both 1-2-1 Cognitive Behavioural Therapy and group work and there is also a variety of wellbeing treatments used including Meditation, Mindfulness and Acudetox.

At Steps Together Rehab, the journey to recovery is sure to be an enjoyable and enlightening one.

For more information about Steps Together Rehab, visit the website at www.stepstogether.rehab or call 0800 038 5585.

Address: Steps Together Alcohol & Drug Rehab Nottingham Church Street, Sutton-in-Ashfield, Nottinghamshire, NG17 1EX

“Our facility and our team are equipped to deal with the many complex issues concerning addiction.”

Darren Rolfe
CEO

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www.stepstogether.rehab
Virtual Bingo Connects Care Home Residents

With bingo being the go-to social game for many families and communities, Ideal Carehomes’ Lifestyle Manager Tom Ogden had the idea of creating a ‘virtual bingo hall’ for all residents who live across the Group’s 16 homes in Yorkshire, the North West and the Midlands. Tom used Facebook Live to stream the game and connect residents from each home, creating friendships across the country.

Tom, who works as Lifestyle Manager at luxury care home Newfield Lodge in Castleford, made sure he knew all the ‘bingo lingo’ before hosting the big event last week and residents and guests had their favourite dabbers at the ready for a great afternoon of entertainment which certainly didn’t disappoint.

Tom said, “I wanted to do something a bit different and fun for our residents and who doesn’t love a game of bingo?!”

The residents were amazed that they were linking up with others from up and down the country to play. I have lots more ideas lined up, we are going to host a live quiz next and have a trophy for the winners that can be passed around all the homes. The options are endless and everyone is really excited!”

Trish Roe was thrilled to win the first game at her home at Coppice Lodge in Nottingham. She said, “This is great, it’s like being at the bingo hall. It was a fantastic afternoon!”

Chetwynd House, Chilwell’s New Luxury Care Home

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

The doors to Ruddington Manor were officially opened by The Lord of Rushcliffe, Councillor Maureen Stockwood, and her consort, Councillor Francis Purdue-Horan.

After a tour of the stunning 66 bed ‘new generation’ care facility, the Lady Mayor met the first few residents at Ruddington Manor, two of whom have already moved in, with a further four or five due to join them in the coming weeks.

Operated by New Care, a rapidly expanding development-led care home operator, Ruddington Manor is an expertly designed, state-of-the-art facility that will provide the highest standards of safety, comfort and care. It will offer high quality, person-centred care and an exceptional clinical offering, including residential, nursing and respite care services.

The care home features a high specification finish and is decorated by an interior designer creating stylish yet comfortable and practical spaces.

The well-appointed bedrooms benefit from en suite wet rooms, while the rest of the home offers a variety of communal lounges, dining rooms and secure landscaped gardens.

It also offers a host of hotel-style services including fine dining, a hair salon, nail bar, concierge and a busy and varied programme of activities and events.

For further information, or to arrange a viewing of Ruddington Manor, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com. Alternatively, please visit www.newcarehomes.com.
Staff at Sherwood Forest Hospitals NHS Foundation Trust have rated their Trust as the second best in the East Midlands to receive treatment and as a place to work. The Trust published results from its Q4 anonymous ‘pulse’ survey in April of this year, and now the national results have been published for 223 Trusts, it is clear Sherwood Forest Hospitals compares very well both nationally and regionally. The results show that, of the 1,164 staff who responded, 89% said they would recommend the Trust as a place to receive treatment, ranking it second in the East Midlands, and 77% said they would recommend it as a place to work, also ranking it second in the East Midlands. These are the best ever results for the Trust and both are considerably above the national averages of 80% and 63% respectively.

Chief Executive of Sherwood Forest Hospitals, Richard Mitchell, said: “I’m really pleased to see that even more staff at Sherwood Forest Hospitals would be happy to recommend the Trust to both work and receive care. It’s hugely positive that they have pride and confidence in the services we provide and also view the Trust as a good place to work.”

The data from the survey can be found on the NHS England website.
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Now that we’re experiencing the glorious summer weather, it’s the perfect time to start thinking about sprucing up your garden to make the most of the blazing summer sunshine. Enjoying the weather with your family and friends can be as easy as investing in some new garden furniture or giving your old bits and bobs a new splash of colour.

Giving your garden a little TLC is an important step to make when preparing for summer, although you want to get it ready to enjoy, you don’t want to lug yourself with a huge, time-consuming project. Decking, tiling, shed conversions, grass laying and other big projects may take a lot of time if you’re a newbie DIY’er. Asking your family and friends for help with these jobs can get the job done quicker and save you lots of money. Alternatively, you can call professionals or landscapers to do the job for you so you can relax. For a quick garden fix head to your local garden centre or home and garden store to pick up some new, quirky outdoor furniture as well as accessories such as lanterns, fairy lights and soft furnishings to make your outdoor area a family paradise. For a more relaxed look, try beanbags and low tables as a fun alternative. Funky patterns and bright, bold colours are super on-trend – grow some gorgeous multi-coloured flowers and plants to spice up your garden and add an element of interest, making your neighbours green with envy.

All that is left is simply to enjoy your outdoor space, invite your guests round, get the BBQ on and relax in your garden sanctuary.
Greenacres is a holiday park in North Nottinghamshire, situated on the fringe of the historic village of Tuxford. Excellent for an overnight stay and an ideal base for exploring the surrounding area. Tents, tourers and motorhome pitches available with electric hookup. Static caravans available to rent or available to buy if you fancy your own holiday home! Adults only park. Dogs welcome.