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HELPING FAMILIES

Workers, fund-raisers and families who benefit from the work of The Ear Foundation have all been celebrating following the news that the organisation has been awarded a £5,000 funding boost from OneFamily.

The Nottingham based charity supports children, young people and adults affected by deafness, and their families, providing a bridge between the clinical services where modern hearing technologies are fitted, and home, school and work where they are used.



individual communication needs.

The charity's Family House was opened 22 years ago, and is used by approximately 300 families of deaf children each year, who stay there whilst learning how to use hearing technology at home to communicate.

The Ear Foundation was established to help fund the first children in the UK to have cochlear implants. Today a variety of hearing technologies are available through the NHS, with The Ear Foundation providing support, advice and activities to help

However, the bathroom and toilet facilities needed updating and thanks to the £5,000 Community Award from the OneFamily Foundation, they can now be renovated. The funding will also be used to buy decorating supplies so volunteers can give the project the perfect

finishing touch.

Brian Archbold, OneFamily customer and supporter and fundraiser for The Ear Foundation, said: "Deafness in one member of the family affects not just that person but the family as a whole. Those members of the community who use our Family House share the common challenge of communication in everyday life."

"To now be able to update this house, where families come and stay so that they can try out hearing technologies, learning to listen and communicate in a home-like environment, makes all the difference to the quality of their lives and the lives of those around them."

As a OneFamily customer, Brian applied for the funding from the OneFamily Foundation. Although only OneFamily customers can nominate

a community project for funding, members of the public are encouraged to show their support via an online vote, with winning projects being those that secure the most votes.

OneFamily is a mutual organisation providing investments, savings, health and life insurance products to help families work together to meet the financial demands of modern life. As a customer owned business it is run for the benefit of its customers.

Anna Drabble, Head of Community at OneFamily said: "We're delighted to

be able to make an award to the Ear Foundation's Family House so that families and affected children can benefit from a home from home experience while they learn how to use the new hearing technology. The OneFamily Foundation exists to benefit its customers and their communities, and so it is absolutely fitting that we help the Ear Foundation with this programme of refurbishment."



Superheroes Needed!

Superheroes are set to descend on Wollaton Hall and Deer Park on Wednesday 19th August to break the world record for the 'Number of people dressed as superheroes in one place'

Wollaton Hall, which is the home of Batman in The Dark Knight Rises, will host a day packed with activities during the Superhero Picnic from 11am-3pm.

More than eight thousand people have RSVP'd to the event through Facebook - great news for the attempt to break the Guinness World Record for 'Number of people dressed as superheroes in one place' which will go ahead at 2pm.

See the full story on page 8...

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Searching for a new home in the East Midlands? See page 13

Hospitals Ranked Top Again

Sherwood Forest Hospitals NHS Foundation Trust has once again topped the list for the quality of its patient environments.

Results from the Patient-led Assessments of the Care Environment (PLACE) published by the Health and Social Care Information Centre show the Trust scored an impressive 99.87% for cleanliness, 94.47% for nutrition and hydration, 89.36% for privacy, dignity and wellbeing, 94.36% for condition, appearance and maintenance, The dementia-friendly assessment was new for this year and we scored 71.77%. These results, which are combined for King's Mill, Mansfield Community and Newark hospitals, are well above the national averages of 97.57% for cleanliness, 88.49% for nutrition and hydration, 86.03% for privacy, dignity and wellbeing, 90.11% for condition, appearance and maintenance. The national average for the dementia assessment was 74.51%. Karen Fisher, Acting Chief Executive of the Trust said that receiving this kind of recognition from patients was a great accomplishment. "These results are testament to the hard work and dedication of staff at the Trust. From doctors, nurses, midwives and support staff, everyone works with one goal in mind – the delivery of exceptional care."

Expansion Complete

A £7.4m scheme to expand Southglade Food Park in Nottingham - the UK's first food and drink manufacturing site - is now complete. The park was the first of its kind in the UK when it opened in 2005 and houses a number of high-specification food-grade manufacturing units in a range of sizes, but due to popular demand has now expanded by 32,033 square feet, which is the equivalent of approximately six tennis courts. The extended development, delivered in partnership with Nottingham Regeneration Limited (NRL), creates a regionally significant cluster of food and drink businesses, enabling the city to attract more new businesses and foster further growth in the sector to benefit the local economy. Jobs that will be created at the food park will be advertised through the council's Nottingham Jobs Hub. Nottingham people looking for work in the city can view a list of jobs by visiting: www.nottinghamjobs.com or can call Nottingham Jobs Hub on 0115 876 4508.

Children of Courage Winners

SIX brave children have been given the prize of a lifetime this month, after winning the prestigious Children of Courage awards.

Leading consultant engineering firm Morgan Tucker has been working closely with The Rotary Club of Newark and Newark Castle since the awards, which they organise, were presented last March, to provide each courageous winner with a day they would never forget.

From a Harrods experience day in London to VIP backstage passes, each winner has been treated to something special to suit their interests and dreams.

Amy Welch, 18, won her Children of Courage award after showing bravery in managing her congenital adrenal hyperplasia – an illness which affects her immune system. Morgan Tucker brought her on board to help out in their events team and organise social parties after she expressed an interest in working in events.

She said: "Winning the



Pictured: Amy Welch on work experience at Morgan Tucker

Children of Courage award was great for me. It's been a hard year for me but winning made me so happy and was such a lovely surprise. Having the

opportunity to work at Morgan Tucker was great as I have always wanted to be an events manager. I got to organise an event in

Nottingham, create invitation designs and brainstorm ideas. It was a great experience and everyone was so lovely and willing to help."

Encouraging Visitors to the City

The Nottingham Business Improvement District (BID) has partnered with NCP Nottingham City Car Park on Mount Street to provide a great new parking offer to encourage more visitors to the city and to entice them to stay longer whilst they are here.

From now until the end of the year, drivers will be able to park in the NCP Mount Street car park on Fridays, Saturdays and Sundays for just £3.80, providing they park between 11am and 2pm and leave before midnight.

The Nottingham BID wants more people to come into the city for the afternoon and evening to enjoy all that Nottingham has to offer. Start with a coffee or lunch at one of Nottingham's great coffee shops or restaurants followed by some shopping, a trip to the cinema or visitor attraction and then round off the day with dinner or a visit to the theatre.

“We hope lots of people will take advantage of the offer.”

Director of the Nottingham BID, Neil Fincham, said: "We want to make the city as accessible as possible and encourage people to stay longer so that they can make the most of what Nottingham has to offer.

We're delighted to work in partnership with NCP Nottingham City Car Park to offer such a fantastic deal on parking giving people the opportunity to park in the city centre for up to 13 hours for just £3.80 so from as little as 30p per hour. The single flat rate keeps it simple too, enabling people to know exactly how much it will cost them to park on these days. We hope that lots of people take advantage of the offer over the coming months."

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End the Holidays with a Bang!

Mansfield District Council prepares to end the summer holidays with a bang at its last summer festival on Carr Lane Park in Warsop on 27th August.

The event runs from 10am to 3pm and is packed with fun, free entertainment for all the family - including the dog!

More than 800 people attended the festival at Titchfield Park on 12th August, which was a huge success. At Warsop, visitors can enjoy arena attractions including a bird of prey flying demonstration, multi-skills sports activities, circus skills workshops, mini dog shows and



Pictured: Ella Wood and Lily Ann Place had their faces painted at Titchfield Park Summer Festival.



Pictured: One of many families enjoying a picnic at Titchfield Park, Mansfield.

the chance to have a go on the BMX cycling track, take part in multi-skills sport sessions in the arena and climb the climbing wall.

The park will host a range of other activities including a hands-on recycling workshop, butterfly count, and a whole host of interactive and educational games, plus a chance to pick up some tips on looking after your dog.

commentary from Mansfield 103.2.

There is also an opportunity to take part in arts and craft activities, handle critters at the meet the beasts stall, and get your face painted for free. If sports are your family's thing, there will also be

Representatives from the council's various departments and partners will also be available to answer questions and give advice, including members of the Your Dog Your Responsibility team, environmental health officers and members of Mansfield Partnership Against Crime (MPAC). Full details are available online at <http://www.mansfield.gov.uk/summerfestival>. Parking on site may be very limited, so the public are advised to walk or use public transport if possible.

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Fantastic Fundraising



A team from Mansfield based promotional merchandise specialists Pellacraft Ltd has raised over £2,250 by taking part in the Runga Run which was held at Kelham Hall in Newark in aid of the homeless charity Framework.

The Runga Run is named after the Hindi word for colour and has roots in ancient religious festivals.

It is a non-competitive 5km fun-run in

which participants are covered in an array of powdered paints by spectators. Each participant is supplied with a white T-shirt and a packet of coloured corn flower to use on themselves and fellow runners.

Taking part in the run were Sam and Nik Pella, Dave Arnold, Kayleigh Oaksford, Shantelle Hall and Lauren Wright. The team all had a fantastic day and got in to the spirit of covering each other with

coloured corn flower.

Commenting, Sam Pella said, "We were looking for a community initiative that we could take part in as a team. The Runga Run fitted the bill as Framework is one of our chosen charities for 2015 and it was a fun fitness event suitable for all abilities. We are delighted to have raised over £2,250 so far for such a worthy cause."

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Have Your Say on Your Hospitals

The Care Quality Commission (CQC) would like to hear from members of the public about what they think of the services provided at Nottingham University Hospitals NHS Trust (NUH).

The views and experiences of patients will help inspectors decide what to look for when they visit Queen's Medical Centre, City Hospital and Ropewalk House in September. The inspection, which is carried out by a mixture of inspectors, clinicians and experts by experience, will assess whether the services NUH provide are safe, effective, caring, responsive to people's needs and well-led. To ensure the views of patients and the local community are properly heard, the CQC inspectors will

be holding a listening event for members of the public in order to share their experiences of the services and care provided in the last year at NUH. The event will take place on Tuesday 8th September 2015 from 6-7.30pm at the Nottingham Voluntary Action Centre, 7

Tuesday 8th September 2015 from 6-7.30pm

Mansfield Road, Nottingham, NG1 3FB. There is no need to register attendance in advance – just turn up. Anyone who is unable to attend the listening event, but wishes to

give their views to the inspection team can do so in the following ways:

- Visit www.cqc.org.uk and click on the 'share your experience' link
- Phone the CQC on 03000 616161 quoting reference 'Nottingham University Hospitals NHS Trust'
- Email the CQC at tellus@cqc.org.uk, quoting reference 'Nottingham University Hospitals NHS Trust'.

Following the inspection, NUH will receive an overall rating of either: Outstanding, Good, Requires Improvement or Inadequate. Additionally, each of the eight core services will also be rated in the same way to provide performance information at a service, hospital and trust level. A full report of the inspectors' findings will be published by the Care Quality Commission.

Medilink returns to QMC

The Medilink service, which carries over 1 million people a year, will be returning to its original route servicing the Queen's Medical Centre (QMC) grounds and Nottingham City Hospital this week.

The service was temporarily replaced in November 2014 with a shuttle bus due to building works taking place in the area.

The Medilink will run every

10 minutes around the QMC grounds (inner ring road of the hospital) passing the Nottingham NHS Treatment Centre, Medical School and Main Entrance (B Floor) as well as linking with the newly-created NET tram stop which is located at the south of the campus (opposite the Postgraduate Education Centre and NHS Treatment Centre).

When the tram arrives, passengers will be able to

transfer to and from the Medilink via the stop at the Treatment Centre. Buses will also pick up and drop off at Car Park 1/ East Block entrance, opposite the EENT building/South Block entrance and at the Medical School entrance in addition to the Main Entrance stop (B Floor).

The recommencement of the service will not affect the current bus timetable. Real time information is available at all stops around QMC for passenger information.

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"I've been playing golf here today with my family and I really liked it. The best thing about it was watching dad's silly moves with the golf club! My favourite animal on the course is the snake but it didn't scare me. I'd like to come here again!"

**Archie Allwood, 7,
Derbyshire**



"If you come in regularly then you get a loyalty card which gives you a free Slush Puppy after so many visits which is ideal for the kids. I've been here quite a bit, I love it here. I don't play golf seriously outside of here but this place is ideal for all of the family, however old they are. I've been here for a date night too;; it's good fun and good banter."

Ben Smith, 33, Ripley



"I've been on a date night here before and I would definitely recommend it, the atmosphere is really good, it's fun and you have an amazing time. It's really nice that you can come up and have a drink afterwards as well. When we first came we loved it and even though I live in Derbyshire, we keep coming back!"

**Sharron Walker, 42,
Derbyshire**



"I've been playing today and I've been here once before. Adventure golf is fun and you have a laugh playing it. This time I came I preferred it because I knew more of what I needed to do. I don't have one favourite thing about Lost City, I love all of it!"

**Millie Walker, 13,
Derbyshire**



"I'm here on my hen do and it's really good although it turns out I am rubbish at crazy golf! I think this place would be great for kids too. Walking into the Lost City felt like walking into the Aztec zone of the Crystal Maze which was quite exciting! I would highly recommend coming here and I would definitely come again."

**Rosie Caddy, 37,
Wilford**

Happy Tiki-Tastic Birthday!

By Gemma Allen

The Lost City Adventure Golf celebrated its 2nd Birthday at the week end and I went along to join in with the birthday celebrations. This wasn't my first experience of The Lost City but this time around was certainly a special one. As well as the ever popular 18-hole adventure golf course, there was face painting for the children (and some adults!) arts and crafts to keep everyone busy and enough birthday cake enough to feed the five thousand!

The Steel Drum Bands group made a welcome appearance bringing a brilliant feel of the Caribbean directly to Nottingham. The tropical tiki cocktails are always a hit with me! The selection is brilliant and they all taste out of this world! Of course I wanted to try another one just to make sure. In two years, The Lost City has gone from strength to strength and is, in my opinion, one of the biggest attractions our city has. I've been then a number of times, to play golf, have a few drinks and for work meetings and it's safe to say that I love going every single time.

It is such a unique attraction and is constantly evolving to suit the needs of everyone. They recently had the bar refurbished and the transformation was out of this world. In all honesty, looking at the previous bar I didn't think it was missing anything but The Lost City went to show exactly what they are capable of with their brand new look. If you are looking for something different to do, perhaps for a date night, a family occasion or some light entertainment then this should certainly be your first port of call.

The brand new event space is ideal for birthday parties, staff nights out and meetings and there are now packages available so all of the work is done for you, all you need to do is turn up, relax, and enjoy the surroundings in the Polynesian setting in the VIP area.

Speaking to some of the customers at The Lost City, it was clear just how popular the attraction is. Take a look at what a few of the customers had to say, but don't just take our word for it, pop along yourself, you won't be disappointed. If you want to find out more or to book a party you can visit www.lostcityadventuregolf.com or call 0115 985 9455.



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Target Smashed

AFTER 136 miles and an impressive 11 hours in the saddle, Tim Garratt of Innes England and Mark Thomason of Nelsons Solicitors have raised £2000 for Clatterbridge Cancer Charity, following a charity bike ride.

Doubling the original fundraising target, Tim, Mark and two others cyclists took part in the arduous ride, which pushed the group's fitness to the limit.

Tim Garratt, managing director at Innes England, said: "The cycle was truly challenging and we were all tested throughout the duration of the ride. In total we spent a tiring 11 hours in the saddle, but we managed to achieve double our fundraising goal, which we are all really proud of."

Mark Thomason arranged the ride to support Clatterbridge Cancer Charity, following the centres support and care for his father, who was diagnosed with cancer five years ago.

Mark said: "Thanks to Clatterbridge Cancer Centre, my Dad is now enjoying a recovery period with the potential of being given the all clear. Raising awareness and money for Clatterbridge has been a fantastic experience for me and is a small reflection of my gratitude to the centre and its staff."

Putting Skills to the Test

A number of Cadets from the Army Cadet Force (ACF) and Air Training Corps (ATC) had the chance to fly in a helicopter recently as part of combined Cadet competition that took place at Chetwynd Barracks in Chilwell.

40 young people, 20 from each youth organisation, took part in Cadet 15 a new local inter-service Cadet event which included a variety of challenges such as to taking part in a First Aid scenario led by East Midlands Ambulance Service's Hazardous Area Response Team (HART), taking part in a timed obstacle course, using the electronic shooting range, having a go in a vehicle simulator, flying in a Griffin Helicopter and tug of war competition.

Warrant Officer Dan Haywood, from the ATC's South and East Midlands Wing, organised the competition. He said: "This local competition was the first of its kind to be organised between the ACF and ATC in this area, and I am delighted to say that the day was a



huge success. There were four teams of 10 senior Cadets, who are all aged between 16 and 18 years, taking part in the competition which provided a rare opportunity for the Cadets to pit their skills against each other.

"It was a really enjoyable day, and I hope something that can be repeated again in the future incorporating more of the military Cadet Forces.

Plans are already underway for

Cadet 16 next year, and I would personally like to thank the Station Commander at Chetwynd Barracks and the regular staff for their support in organising what started out as a daydream on my commute to work."

Hard Work Pays Off

Hundreds of eager New College Nottingham (ncn) A Level students queued up at ncn's High Pavement City Sixth Form Academy last week to collect their results.

Among those celebrating their success is mother of two, Yun-Tang Ng, 30, who moved to the UK from China 10 years ago. Her three As in Physics, Maths and

Further Maths, and C grade in Additional Further Maths secured her a place at The University of Nottingham to study Electrical Electronic Engineering.

James Foster, from Burton Joyce, is heading off to Lancaster University to study Geography with his A, B, B grades in Geography, History and English

Literature.

He said: "I'm so happy with my results! My dream is to work in a non-governmental organisation, travelling the world helping people, and now I'm a step closer to achieving it. At 22 I was slightly older than most of the students in my classes but I never felt out of place, my age didn't matter and I've met loads of amazing people and made some really good friends."



Police Appeal

Nottinghamshire Police is appealing for witnesses to come forward following an incident which left a cyclist requiring hospital treatment.

Retired road racer Dean Downing, 40, from South Yorkshire was cycling with his training partner on Retford Road just outside Blyth at around 1.30pm on 17th July, 2015 when they were overtaken by a white van which is believed to have swerved to avoid a bollard, causing Mr Downing to lose control of his bike and collide with a bollard and a lamppost.

The incident left Mr Downing with injuries to his knee which necessitates the use of a leg brace.

The van involved is described as a white traffic management van. The driver did not stop at the scene.

PC Leanne Dawes of Nottinghamshire Police said: "We are urging the driver of the van or anyone who has any information which could assist to come forward. The driver may not have realised what happened but we need them to make contact to help with our enquiries.

If you have any information which could assist please call Nottinghamshire Police today on 101 quoting incident number 473 of 17 July or Crimestoppers anonymously on 0800 555 111.

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The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

Mazda2: Model shown all-new Mazda2 75ps SE, OTR from £11,995. Model shown features optional Soul Red Metallic paint (£650). Personal contract hire offer on all-new Mazda2 75ps SE, subject to availability and status. Figures based on a non-maintenance contract hire package with advance rental of £1,700, followed by 1 monthly rentals of £153.35 and 41 monthly rentals of £153.40. You will not own the vehicle. Excess mileage and condition charges may apply.

Mazda3: Model shown Mazda3 120ps SE, OTR from £17,295. Model shown features optional Soul Red Metallic paint (£660). 0% APR finance available on all Mazda3 models over 24, 30, 36 or 42 months with no minimum deposit required, subject to availability and status. Over 18's only. At the end of the agreement there are 3 options: (i) Renew: Part exchange the vehicle. (ii) Retain: Pay the Optional Final Payment to own the vehicle or (iii) Return the vehicle. Excess mileage charge of 14.9p per mile applies. You will not own the vehicle until all payments are made.

CX-3: Model shown all-new Mazda CX-3 120ps 2WD SE, OTR from £17,595. Model shown features optional Ceramic Metallic paint (£540). Figures based on a non-maintenance contract hire package with advance rental of £1,750.75, then 41 monthly rentals of £219.00. You will not own the car. Excess miles over contracted mileage of 31,500 over 42 months charged at 7.60 pence per mile.

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Lottery Win for Nottingham Charity



Thanks to Lottery funding, a new initiative is set to help many hundreds of families affected by autism in Nottingham.

Funding of £277,065 is being made available by the Big Lottery Fund for Autism East Midlands to set up a series of Family Support Hubs across Nottinghamshire and Derbyshire. One of the first hubs will be set up in Nottingham.

The Hubs will provide a regular meeting point for families to

access children's play activities, social events and specialist training and advice for parents and carers.

Melanie Howard, Head of Income Generation for Autism East Midlands comments on the Lottery success:

"This three year grant will enable us to provide the type of face-to-face specialist advice and training parents and families have been telling us they so desperately need. Parents have also previously expressed frustration over the lack of

opportunities for families to do things together and to meet other families in similar situations, so we are delighted to be able to address all these areas."

Funding is expected to help almost 600 families from across the East Midlands, including an estimated 100 families being supported in Nottingham. The Nottingham Hub is likely to open its doors in the autumn and will run once a month from the charity's Hamilton Lodge Day Service in Sherwood Rise.

Man Forbidden From Entering Areas of Mansfield

A 27-year-old man has been served with an injunction preventing him from entering Mansfield Town Centre and other areas of Mansfield.

The case against Mr John Kavanagh, of no fixed abode, was heard at Mansfield County Court on Tuesday 21st July 2015.

The judge granted an anti social behaviour injunction prohibiting him from:

- Entering Mansfield Town Centre
- Engaging in or threatening to engage in conduct that is capable of causing harassment, alarm or distress to a member of the public in Mansfield district
- Entering and remaining on Teal Avenue, Oak Tree Lane Estate, Mansfield, NG18 3SW
- Entering and remaining on

Willingham Court, Mansfield, NG18 3SD

• Entering and remaining on Roston Court, Roston Close, Mansfield, NG18 3RR

The order remains in force until noon on 24th July 2017.

Mansfield District Council's original application was supported by evidence from its Antisocial Behaviour team and Housing officers as well as Nottinghamshire Police and Mansfield BID following repeated unacceptable drunken behaviour in Mansfield Town Centre while breaching Pub Watch bans.

Mr Kavanagh also caused alarm and distress to vulnerable council tenants and staff.

If the injunction is breached, it could result in the arrest and/or

imprisonment of Mr Kavanagh. Cllr Mick Barton, Portfolio Holder for Public Protection at Mansfield District Council, said: "This individual has engaged in drunken behaviour that is intimidating and threatening to council tenants, staff and others. I think that this injunction sends out a clear message to all that this sort of behaviour is unacceptable and will not be tolerated. This case is a great example of partner agencies working together to tackle anti-social behaviour in the district." If you see Mr Kavanagh breaching any of the above terms, you should contact Mansfield Police immediately on 101 or Mansfield District Council's Antisocial Behaviour team on 01623 463 416.

Guinness World Record Attempt

Continued from the front page...

The previous record, set in Australia in 2010, saw 1580 superheroes gathering at Federation Square in Melbourne.

To take part, people should dress in either a purchased superhero costume (for example a batgirl, batman, hulk, or spiderman costume) or in a homemade outfit (for example a mask and cloak for a batman costume) as long as the costume is recognisable as a

superhero. Sorry, supervillains will not count! Everyone taking part in the world record will be given a wristband and be included in a group photograph.

Find the Superheroes Picnic at Wollaton Park, in front of courtyard buildings/lakeside area. Most activities will be free but there is a small charge for others.

Car parking charges will apply - with a charge of £2 for 3 hours or

£4 per day. Blue badge parking is available free.



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A Brilliant Transformation

What's Happening Near You



Rocket@Saltwater has made a number of upgrades to its popular rooftop terrace. Located in The Cornerhouse, Rocket@Saltwater has continued with the planned refurbishment to its outside area with the addition of a new sliding electric roof that can be open or closed according to weather conditions. Along with added in-built lighting, Nottingham's biggest open roof terrace is now an ideal spot whatever

the weather. Nick Revill, general manager of Rocket@Saltwater, said: "These refurbishments will make Rocket@Saltwater the go-to place in Nottingham. As well as the electric roof, the entire terrace has also been fitted with variable heating options, creating a warm and dry outside space all year round."

Further refurbishments are also

intended for the terrace, which will include renovations to the outside bar, meaning it can now be open more often throughout the year and not just in the summer.

Nick added: "We're really proud of our terrace area, it was one of The Times' best outdoor bars last year and we're committed to keeping it a great place to visit. With the renovations to our outside bar imminent, there's a lot

to enjoy here over the summer months and beyond."

With the summer menu now available, diners at Rocket@Saltwater can enjoy delicious À la carte dishes, such as steak frites and Iberian pork belly, as well as fresh dough pizzas, both inside the restaurant or on the terrace. For more information on Rocket@Saltwater, please visit www.rocketrestaurants.co.uk.

Mansfield

Children can now enjoy top quality play facilities at the award-winning George V Park in Black Scotch Lane, Mansfield, thanks to a £60,000 investment by Mansfield District Council. The play area has been fitted out with a range of exciting new equipment designed for children aged two through to young teenagers, who can now play on state-of-the-art swings, springers, rockers and a large multi-activity unit containing a slide, roundabout, educational panels and talking tubes. There is also a colourful play surface containing a snakes and ladder game, while in the surrounding wooded area, children can play on balancing mushrooms. New litter bins have also been installed and families can make use of benches and four picnic tables. The new equipment is part of a £202,250 improvement package for parks delivered by the council using section 106 contributions from property developers of new residential developments sited close to the parks and open spaces.

Cotgrave

The future of a popular community website run by local volunteers in Cotgrave is being safeguarded by two local homebuilders, thanks to a cash donation. Cotgrave Community Website, which was set up in 2011 and is used by Cotgrave residents to share local news, events and information, is being funded until 2020 by Barratt and David Wilson Homes.

The developers are funding the website, which was originally set up by local residents in collaboration with small social enterprise VillageGreen Networks. The site will continue to be run and maintained by independent local volunteers for the benefit of the community.

Sally Ward, Director of VillageGreen Networks, said, "Thanks to this donation from Barratt and David Wilson Homes, Cotgrave can continue to benefit from this website, which has proved a brilliant resource since it was set up. I'd like to encourage new Cotgrave residents moving into Hollygate Park to join the website to discover more about their local area."

The developers are donating £1000 to the website, which already reaches 25% of all households in Cotgrave, with more than 800 local residents voluntarily signed up as members, as well as representatives from local groups, including the local Neighbourhood Watch, Friends of Cotgrave Country Park and the local branch of the Royal British Legion.

To visit Cotgrave Community Website, and join as a member for free, go to www.cotgravecommunity.com

Lowdham

Running out of ideas on what to do with the little ones over the summer? Do you have a list of jobs as long as your arm but no time to do them all? Check out the Lowdham Village Hall Summer Club.

The summer activity club at Lowdham Village Hall has lots of fun and games to keep you little ones busy. This club will run until 21st August. The Clubszone team will be organising 'Clubszone's Got Talent' to try and find a hidden gem inside the group trying new things. Sports; Cricket, Tag Rugby, Tennis, Rounders, Football, DodgeBall, Basketball, Uni Hock, Netball. Creative; Arts and Crafts, Spanish and French challenges! Performing Arts; Dance, Drama, Singing Clubszone Games, Danger Zone, Splat, Laser Quest, tick tick BOOM!

Hockley

Share yer stories! Come down Hockley to Sneinton Market and meet the Nottingham City Council heritage team! They will be on hand to talk about the project and capture your tales of the market past. You can also take a peek at Stories of Sneinton Market and find out what's going on! Also happening on the market - Rumble Yer Jumble! Six stalls of jumble sale joviality – nothing over £3! Go along and have a good old fashioned rummage. There are just a couple of stalls left at £6 email bookings@sneintonmarket.co.uk if you'd like one – have a clear out at home, pile on all your jumble and join in the fun! 22nd August on Sneinton Market Square.

Brave the Shave

Matthew Lymn Rose's 'Brave the Shave' raises over £7,700 plus Gift Aid for Macmillan Cancer Support.

On Friday 7th August, in KEW Barbers, Carlton Hill Nottingham, Matthew Lymn Rose had his beloved locks shaved in order to raise money by way of sponsorship, towards the work of Macmillan Cancer Support. Nigel Lymn Rose introduced proceedings commenting: "As many of you may know, during the last year our family has been touched by Cancer, and in order to play his part and raise funds, Matthew is making the ultimate sacrifice." Several well-wishers attended the shave



and Matthew raised a record-breaking £7,700 plus Gift Aid for Macmillan Cancer Support.

Matthew commented "This was a big thing for me but nothing in comparison to what Cancer sufferers have to go through. Thanks to the generosity of all who sponsored me, I'm delighted to have raised this amount and achieved first position across the whole country."

For anyone who feels they would like to contribute towards this worthwhile cause, please sponsor Matthew using the link below. <https://bravetheshave.org.uk/shavers/matthew-lymn-rose/>



Skills to Grow Your Own

Free food-growing workshops, stalls and competitions are amongst attractions at the annual 'Grow Your Own' day at Nottingham City Council Nursery at Woodthorpe Grange Park on Saturday September 5th.

The event will run from 10am to 3pm and is a celebration of allotments, community gardens and backyard food growing. Entry is free. One of the new attractions this year

is a large vegetable garden created by Parks apprentices on a piece of land that was previously overgrown. They have been working one or two days a week on the plot – learning new skills and finding out how to grow healthy food on a shoestring. After hours of hard work clearing, weeding,

rotavating, raking and digging, they have designed the garden and planted and tended a wide variety of crops, which are now thriving.

10:00am- 3:00pm
Saturday 5th
September

The Grow Your Own show will also feature stalls from local allotments and food producers. There will be a range of free workshops during the day, including veg plot design, summer pruning of fruit trees, permaculture, growing in small spaces, poultry keeping,

trug-making and growing veg with children. Details of timings will follow.

Children are invited to enter a competition for edible crops they have grown in an unusual container. The Schools competition is for a trug containing at least three types of produce grown in the school garden.

For the first time, the event will incorporate the annual honey show of Nottinghamshire Bee Keepers' Association. There will also be the opportunity to visit the beehives in the old kitchen garden.

IF YOU'VE GOT A STORY

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Charity Bowled Over By Success



Pictured: L to R: Jennie Holland, Jon Enever, Dave Ford, Chris Broad, Zoe Anatasi, Sophia Hayes, Bren Foster and Helen Andrews.

STUART Broad might have set Trent Bridge alight with his historic bowling effort in the first day of the Investec Ashes Test Match, but his father Chris joined with property and construction professionals from across Nottinghamshire to help raise £1,500 for his charity – The Broad Appeal.

Hosted by construction firm Willmott Dixon, the charity cricket tournament saw more than 50 professionals within six teams descend on Clifton Cricket Club on the Nottingham Trent University Campus to fundraise for the Motor Neurone Disease charity set up by Chris.

development manager at Willmott Dixon said: "In total we raised £1,500 during the tournament, which will support the fantastic work of The Broad Appeal. As part of the tournament we had cricketers of all abilities take part, making the day fun and accessible for all, no matter what their cricketing experience."

The Broad Appeal was set up by former England cricket international Chris Broad following the death of his wife and along with his children, Chris works tirelessly to raise money and awareness of Motor Neurone Disease.

progressive disease that attacks the motor neurones, or nerves, in the brain and spinal cord. This means messages gradually stop reaching muscles, which leads to weakness and wasting. The disease can affect how you walk, talk, eat, drink and breathe. There is currently no cure.



Dave Ford, business Motor Neurone Disease is a

Excellent Results Once Again

Students and teachers in Nottingham are celebrating excellent A and AS level results once again this year.

Nottingham City Council's Portfolio Holder for Schools, Councillor Sam Webster,

said: "On behalf of the City of Nottingham I would like to officially congratulate all of our hard working students on their exam success. Nottingham's young people work hard to succeed, supported by their parents

and carers, teaching staff and governors. To all our young people, whether you are going on to university, training or employment, I wish you every success with your future careers. Nottingham is proud of you."

RECIPE OF THE WEEK

Cranberry Brownies

This chocolate brownie recipe is from Tish Olney who is an outside caterer. Add other leftover ingredients such as nuts or dried fruits. They can be cut into mini squares for nibbles or for dinner parties, top with ice cream and berries. The recipe doubles or triples well and they freeze brilliantly.

INGREDIENTS:

- 100g unsalted butter
- 50g plain chocolate
- 150g caster sugar
- 2 eggs
- 4 tablespoons cranberry sauce
- ½ teaspoon vanilla extract
- 40g flour
- A pinch of salt

METHOD:

- Preheat the oven to 180°C (350°F) mark 4. # Melt the butter and chocolate in a heavy pan over a low heat,

stirring frequently until melted and smooth. Remove from heat.

- Beat the sugar, with the eggs and cranberry sauce in a bowl and pour in the chocolate mixture with the vanilla extract, flour and salt.
- Pour into a 21cm square tin and bake for 15-20 minutes. If you put in a toothpick it should come out wet.

Veolia, (Nottinghamshire County Council's waste contractors), are encouraging

Nottinghamshire residents to make the most of their leftovers with the help of the Love Food Hate Waste campaign. Cutting down on food waste could save the average family with children £700 a year.



Make The Most Of Your Summer, With A Visit To The *New Look* Ferry Inn

The Ferry Inn, located in the small picturesque village of Wilford, along the River Trent, has reopened after an extensive refurbishment.

The pub dates back to the 14th century and has a unique internal layout with nooks and crannies, low original beams and hosts a relaxing outdoor beer garden. August is the perfect time to visit the Ferry Inn; our special 1940's inspired 'Kitchen Front' menu marks the 70th anniversary of VJ day, celebrating the culinary delights of the era with a thoroughly modern twist. This set menu offers a choice

of starters, mains and puddings that include the Dig for Victory Salad and the Cannon of Beef & the Lord Woolton Pie, named after the minister of food himself. Why not raise a glass and toast to yesteryear with a pint of Marston's Help for Heroes Blonde Ale or Hooper's Dandelion and Burdock, a gentle way to tip your hat to this momentous occasion?

You can now download the Chef and Brewer app with which you can reserve a table and browse the latest menus and offers.

The Ferry Inn is open
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12pm - 11pm
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12pm - 10:30pm
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Cannon of Beef & the Lord Woolton Pie

Dig for Victory Salad

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CARE

Wills

Why is it important to make a will?

If you die without a will, there are certain rules which dictate how the money, property or possessions should be allocated. This may not be the way that you would have wished your money and possessions to be distributed.

Unmarried partners and partners who have not registered a civil partnership cannot inherit from each other unless there is a will, so the death of one partner may create serious financial problems for the remaining partner.

If you have children, you will need to make a will so that arrangements for the children can be made if either one or both parents die.

It may be possible to reduce the amount of tax payable on the inheritance if advice is taken in advance and a will is made.

If your circumstances have changed, it is important that you make a will to ensure that your money and possessions are distributed according to your wishes. If you are in any doubt as to whether or not you should make a will, you should consult a solicitor or a Citizens Advice Bureau who can give you lists of solicitors.

Who are executors?

Executors are the people who will be responsible for carrying out your wishes and for sorting out the estate. They will have to collect together all the assets of the estate, deal with all the paperwork and pay all the debts, taxes, funeral and administration costs out of money in the estate. They will need to pay out the gifts

and transfer any property to beneficiaries.

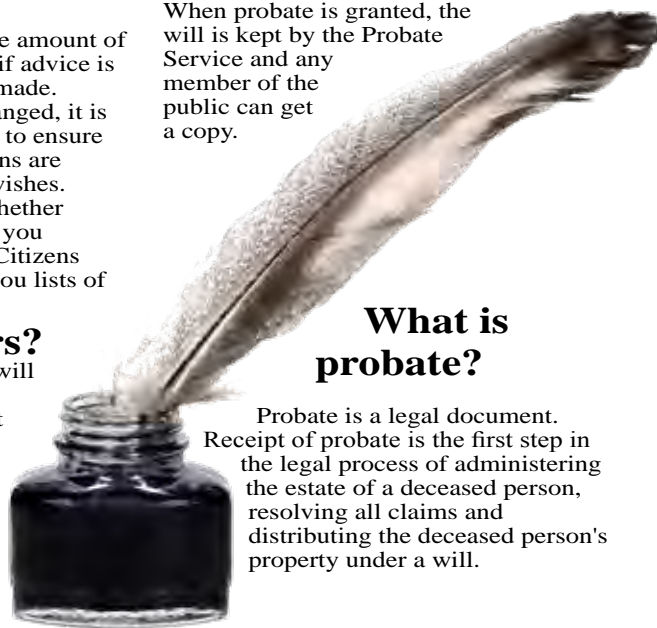
Who to choose as

executors...

It is not necessary to appoint more than one executor although it is advisable to do so, for example, in case one of them dies. It is common to appoint two, but up to four executors can take on responsibility for administering the will after a death.

Getting a copy of the will when probate has been granted

When someone dies, the person who is dealing with their estate (for example, money and property) must usually get authorisation to do so from the Probate Service. If there is a will, this authorisation is called a grant of probate. When probate is granted, the will is kept by the Probate Service and any member of the public can get a copy.



What is probate?

Probate is a legal document. Receipt of probate is the first step in the legal process of administering the estate of a deceased person, resolving all claims and distributing the deceased person's property under a will.

Looking for a Care Home?

We remember life is for living...

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for older people is in the historic town of Newark. Originally a Victorian House, it has recently undergone major renovation and is now a beautiful, elegant home for 38 people, including those living with a dementia.

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Our team of highly trained, friendly staff offer quality care, including respite care, in a beautiful environment. As well as the lovely house, residents can enjoy the attractive landscaped gardens and the amenities of bustling Newark.

Millbank is part of Heritage Care, an established charity that has an excellent reputation for best practice, innovation and responsiveness as a provider of high quality care for older people.



For more information or to arrange a visit, contact:
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Tel/Fax: **01636 703625** e-mail: millbank@heritagecare.co.uk

www.heritagecare.co.uk

Heritage Care is a registered charity (no. 1135353)



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Helping People, Solving Problems

Raising Nottingham's Profile

Nottingham is gearing up for the exciting Stage 6 finish of the Aviva Tour of Britain on Friday 11th September. It will be the second time in recent years that the Tour, the UK's largest free-to-spectate sporting event, has visited Nottingham.

120 riders from 20 of the world's top teams will race into Nottingham between 2:45pm and 3:45pm on 11th September, providing locals and visitors with a thrilling city finish to Stage 6 of the race. Riders will set off from Stoke-On-Trent and make their way across the hills of Derbyshire before their 192.8km journey ends at the Forest Recreation Ground.

Visitors to the Forest Recreation Ground can enjoy a free fun day with cycling and other activities as they await the arrival of the race.

Coverage of the Aviva Tour of Britain will be seen in more than 200 million homes around the world, raising the profile of Nottingham as a global destination for visitors and investment.

Fresh from their recent victory in the Tour de France, Team Sky will compete in the Aviva Tour of Britain leading a line-up that includes 10 teams that raced in the Tour de France, plus the likes of a Great Britain national team and Team WIGGINS of Sir Bradley Wiggins and Team Raleigh GAC.

Field Of Dreams at Victoria Embankment



Pictured: Graeme Swann and Simon Jones at the Field of Dreams launch.

Work on a 'visionary' project to create a brand new cricket clubhouse on Victoria Embankment in Nottingham has now begun.

Nottingham-based contractor is one of more than 50 local partners which is helping to build a brand new dedicated cricket clubhouse on Victoria Embankment at the Meadows Recreation Ground. The contractor has teamed up with Trent Bridge Community Trust representing Nottinghamshire Cricket Club, & Nottinghamshire Cricket Board, Nottingham City Council and Maber architects to deliver the project.

Called the Field of Dreams Project,

the new clubhouse is the vision of the Trent Bridge Community Trust to leave a true legacy from the Investec Ashes Test Series at Trent Bridge in 2013 and 2015. The new clubhouse will drive the trust's aim of maintaining cricket's status as the sport of choice for the city of Nottingham and the wider county.

Work has started on the brand new clubhouse, which is due for completion by the end of the year and will create four changing rooms, toilets, showers, disability access, rooms for officials, kitchen area, and external viewing area. The build is expected to take 24 weeks with an official launch as part of the Ashes Test Match Series

in early August 2015 by England and Australian players. The total project cost is £750,000, £432,000 of this being made up grants from Sport England – along with £125,000 from the England and Wales Cricket Board (ECB), £80,000 from WREN and £61,000 from Nottingham City Council. An additional £5,000 will be met by the fundraising efforts of the Trent Bridge Community Trust. Nottinghamshire Cricket Board will contribute £1,000 and Nottinghamshire County Cricket Club will add £6,500 into the pot.

The original plan had been to refurbish an original pavilion at the embankment which had been in a

state of disrepair for two decades. But because the pavilion was so dilapidated, and because it would not have met disability access requirements nor governing body specifications, it had to be demolished.



Fly Tipper Fined £370

Jade Shepherd of Maryland Court Stapleford attended Nottingham Magistrates Court recently and entered a guilty plea for an offence under Section 34 Environmental Protection Act 1990.

Miss Shepherd failed in her duty of care to ensure that waste she produced was collected by a licensed waste carrier and was suitably disposed of. Miss Shepherd handed her household waste over to third parties who then fly tipped the waste on Land at Fields Farm Ilkeston Road, Stapleford. Evidence found within the waste was traced back to Miss Shepherd and following a thorough investigation by the Council the case was taken forward for a prosecution.

Miss Shepherd pleaded guilty and was ordered to pay a total of £372.50 comprising of a fine of £110.00, a £20.00 victim surcharge and Broxtowe Borough Council's prosecutions costs of £242.50.

Those found guilty of fly-tipping can be fined up to £20,000 and face six months in prison. If the case goes to the Crown Court, penalties increase to two years in prison and an unlimited fine. People who dump hazardous waste (e.g. toxic waste, asbestos etc.) face five years in prison if convicted.

DHL

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Give it a Go

Slimming world has been running groups all over the UK for 46 years, changing people's health and life for the better, for young and old alike. Kelly Law attends the

Wednesday morning group at the British legion.

"It's so exciting that I'm now only 6lb away from my target! I joined Slimming World

last August feeling huge and depressed with no confidence at all. I always hid behind baggy clothing. Now thanks to Slimming World I feel happy, healthy and over 4 stone



lighter. For the first time since I can remember I like me! I've dropped 5 dress sizes! I love how Slimming World has given me the confidence to join in the fun with my children...even trampolining haha! Thank you Jo and all the lovely members who have supported me on my journey xx"

If you are considering joining us the group times at the British Legion in Clifton are:

Monday evening start 5 o'clock or 7 o'clock
Wednesday morning start 9:15 or 11:15
Friday morning 8 o'clock or 10 o'clock

How about you give it a go and come and sit in one of the groups above. Get yourself a tea or coffee and see if it's for you, or if you would like more information get in touch with Jo on 01159211202.



Considering an Apprenticeship?

AS STUDENTS across Notts and surrounding areas received their A-Level exam grades this, Positive Outcomes explains why school leavers should be considering an apprenticeship post-results.

The leading national apprenticeship provider Positive Outcomes has been working across the UK for the past 20 years providing apprenticeships in sectors such as Customer Service, Business Administration, Hospitality, Estate Agency, Sales, Warehousing,

and IT to those wanting to kick start their careers after school or college. With many school leavers having found out their A-Level results on 13th August and

their GCSE results on 20th August, Positive Outcomes is preparing to take on more apprentices this month than ever before, thanks to central government's strong focus on apprenticeships in the past year. Kelly Ball, joint managing director at Positive Outcomes, said: "More and more people are starting to see an apprenticeship as a viable option for getting experience and getting themselves on the career ladder. Paid to Learn is our dedicated website for apprenticeship vacancies and careers advice. This website was developed due to the demand from young people looking for more information about apprenticeships and the choices available to them after A-Levels. This includes

general information required by young people when applying for their first job after school."

Positive Outcomes helped 19-year-old Cassandra Goulden gain an apprenticeship at

Countrywide estate agency last

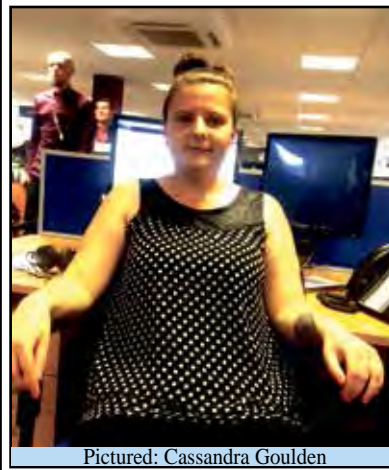
May, after she finished her A-Levels.

She was keen to get her foot on the career ladder and is now working towards her Business Administration Intermediate qualification.

She said: "I knew I wanted to do an apprenticeship after college as it was the ideal path for me to gain invaluable experience and put something extra on my CV as well as getting paid to learn new skills and gain a qualification. Nowadays, it seems more important to get experience in a role and build your career rather than going into further education. I found you can't always get a job with good grades but you can build yourself up through a career with an apprenticeship and that was what I wanted to do."

For more information about the wide range of job opportunities available go to www.paidtolearn.co.uk.

“It seems more important to get experience rather than higher education”



Pictured: Cassandra Goulden

Warm Homes Prescription Scheme

A £50,000 grant to help long term sufferers of asthma with their housing conditions has been approved by Gedling Borough Council.

The council is working with the Nottinghamshire North and East Clinical Commissioning group to target NHS users who have significant health problems, in particular, acute asthma due to damp, cold homes and offer them help to make their homes warmer and more fuel efficient.

The Warm Homes Prescription scheme aims to work with a small number of GP practices in the borough to identify patients who are suffering with a medical condition that could be made

worse by the condition of their home. The council will make an appointment with the patient to visit the property and see if any remedial works can be done that could improve the situation. If the patient is on a low income and owns their home, they may

“Make their homes warmer and more fuel efficient.”

be eligible for a grant of up-to £10,000 to complete the works. If they are on a low income and live in a private rented property a grant of up to £5,000 will be available and the landlord would

be expected to contribute 50% of the total cost of works.

The costs to the NHS of treating the illnesses caused and aggravated by cold homes are estimated to be about £1.36 billion per year and additional social care costs are likely to increase this further.

The scheme was approved unanimously by the Full Council.

Councillor Henry Wheeler, Portfolio Holder for Health & Well Being said:

"This project is about working closely with our local GP practices to do something about poor housing standards and reduce the burden on the NHS dealing with cases that could be prevented with some home improvements."

What to do if your teenagers don't get the grades

After weeks of biting fingernails, exam results are in. If your kids didn't do quite as well as they had hoped, disappointing grades can create a crisis for many young people every year.

If you're a parent or grandparent with a teenager who's a little glum with their grades, take a look at these top tips from Leon Hady at TuitionKit (<http://tuitionkit.com/>) for what to do next.

most universities hold open days before the start of their term.

Some universities will also accept students with lower grades, so it is well worth giving them a quick call on the morning of results day. It's natural for your teen to go into panic mode, so it's important that you don't join them!

Whether it's GCSEs or A Levels, a bad grade can jeopardise college and university applications, but can also have a detrimental effect on your teen's mental health.

There are options open to your son, daughter or grandchild. If they have lost their place at their chosen university and need to go through clearing, remember that

The last thing they want to hear is how well your friend Jane's daughter did, or how well their older sibling did. Comparisons will only make them feel worse. You need to be as supportive as possible, and let them know you are there to help them however you can. In addition, try not to be too disappointed yourself as they may sense this from you, thus worsening the problem.

Ultimately, it is up to your teenager to decide what their next step will be. All you can do is give them your full support and provide help when needed. It's a tough situation to see them in, after all the hard work they've put into getting their results, but they can easily recover from this with some planning, guidance and support.



Pictured: Leon Hady

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Childcare Roadshow

Nottingham City Council will be going out and about in local communities in a bid to reach out to parents and spread the word that they may be eligible for free childcare.

Free early education for two year olds, known locally as the Early Learning Programme for 2 Year Olds, is a statutory entitlement for all eligible children.

Since the pioneering programme first started in 2006, more than 5,000 children in Nottingham have been given access to free Early Learning places.

Workers from the council's Families Information Service will be on hand to raise awareness of the free childcare places and to help guide potentially eligible parents to sign-up to the scheme.

Parents are encouraged to drop into their local roadshow, chat with the staff and other parents, and find out if their child is eligible for the free childcare scheme.

Tuesday 18th- St Ann's Valley Centre

Wednesday 19th- Bestwood, Shopping area off Brownlow Drive

Thursday 20th- Broxtowe Spar shop on Strelley Lane

Friday 21st- Bulwell upper market place

An ambassador for Reach Learning Disability will participate in the very first Reach Mansfield 10K, Sunday 23rd August, in honour of his brother who lives with Down Syndrome.

After graduation, 25-year-old Tom Fisk began working for Reach Learning Disability, providing bespoke person-centred support for adults with learning disabilities. The Nottinghamshire based charity has been a huge support for Tom's family, and his brother Ben, aged 31, who lives with Down Syndrome.

Tom said: "My older brother, Ben, has received support from Reach Learning Disability for many years. From home experience and from working with the charity I know how much their efforts mean to the many adults living with disabilities and their families.

"I haven't participated in any long distance runs since my school days so running 10K will be a challenge, but knowing that I will be supporting such a worthy cause will make it worthwhile."

Steve Shatwell, CEO Reach Learning Disability, and Event Manager for Reach Mansfield 10K, said: "Tom is an asset to the charity and we're delighted that he will be participating in the very first Mansfield 10K in support of Reach Learning Disability. Tom and his

Doing it for Disability



Pictured: Tom Fisk (left) with older brother Ben Fisk (right)

brother, Ben, are very close and this has no doubt inspired him to pursue this career and partake in the 10K. The charity has supported Ben and the family for some time and during this time I have seen Tom develop into a notable young man and a plausible ambassador for our charity."

Since the closure of the Mansfield Half Marathon in 2011, the organisers have been working to bring a brand new running event to Mansfield. Hundreds are expected to

participate in the 10K race which aims to regenerate interest in the town centre and

"I know how much their efforts mean to the many adults living with disabilities."

promote healthy living and wellbeing. The race route, which consists of two 5k circuits

of the historic town centre, starting at Titchfield Park at 9.30am, has also been chosen as the Notts AAA County Championships race for 2015. To keep up to date with Reach Mansfield 10K news and to sign up, visit www.mansfield10k.co.uk.

Join in the conversation on Twitter (@Mansfield10K) and Facebook ('Mansfield 10K').

Improving Services

The Department for Work and Pensions (DWP) is establishing a new city centre base inside the City Council's headquarters, in a move to improve customer service and save public money. The ground floor atrium space of the council's Loxley House offices is due to be occupied by members of staff from the DWP's Station Street Job Centre from August 24. The co-location of public services is seen by Government as a crucial way of improving customer experience, embracing the DWP's vision for 2020. Changes to the ground floor of Loxley House to accommodate DWP have involved improvements to the council's reception area, establishing a DWP reception desk and opening up more of the building to the public, including the café. This will be developed to become a customer service area, with a 'digital zone' where DWP, NCH and City Council customers will be able to get online for job searches or to access services.

Drivers Urged to Put Safety First

Brake, the road safety charity, is encouraging drivers – especially the young – to put safety first when it comes to buying a new vehicle. The call comes on the back of survey results, released recently showing safety features are less of a priority for young drivers when choosing a vehicle than its brand.

The survey, carried out on behalf of Brake and Direct Line, put safety technologies third on a list of decision-making factors for all drivers, behind reliability and fuel economy. However, less than half of drivers (48%) named safety as one of their three most important considerations. Among young drivers (17-24) it was even fewer – less than two in five (37%) – fewer than those brand (39%). 'Infotainment' systems, which allow access to social media and other functions unrelated to driving, are also becoming an increasing factor in young drivers decision making and are fitted in many new vehicles. More than one in five (21%) young drivers (17-24) said they wanted such a system, and one in six (17%) said it is one of their most important features in choosing a vehicle. However, these systems could pose a distraction risk similar to that of using a mobile phone. Any attempt to multi-task at the wheel is known to make you at least two or three times more likely to crash [1].

The survey also showed a lack of engagement among drivers with important industry safety standards such as Euro NCAP. A five star Euro NCAP rating is the easiest way to be sure your vehicle is protecting both you and the people around you on the road, and yet less than a quarter (23%) of drivers said it was something they looked for in a new vehicle. Brake is urging all drivers to put safety features that protect both themselves and others top of the list when choosing a new vehicle, opting for a five star Euro NCAP rating wherever possible. For more facts on safe vehicles see www.brake.org.uk/facts. For more advice for drivers see www.brake.org.uk/pledge.

Cancer Protein May Spark New Vaccine

Scientists have identified a potential 'therapeutic target' for a form of breast cancer which is particularly difficult to treat, according to new research.

It is hoped the study – involving Nottingham Trent University, Nottingham University Hospitals NHS Trust and the University of Nottingham – may pave the way for a new vaccine to treat patients with 'triple negative breast cancer' (TNBC).

The findings, reported in the journal Clinical Cancer Research, show how the presence of a cancer-specific protein appears to predict how well patients with TNBC will respond to chemotherapy. As a result, it could help spare some of these patients from undergoing unnecessary treatment – which can carry serious side-effects – when their response is expected to be poor.

TNBC affects 12% of the 1.4 million newly-diagnosed breast cancer cases each year. There are very limited treatment options because this form of cancer does not express any of the three protein markers that are required for conventional targeted therapies to work.

The Nottingham study focused on the 'HAGE' molecule, which is known for its ability to drive cancer – and for its capacity to trigger immune responses.

The research team analysed tumour tissue from more than 1,000 patients with TNBC, who had or had not received some form of chemotherapy. The study showed that patients who

expressed high levels of the HAGE protein – but who hadn't received chemotherapy – were at a much higher risk of dying from their disease, when compared to those who did not express the protein.

Patients who expressed HAGE and received anthracycline-based chemotherapy, meanwhile, were at a lower risk of death than those who did not express the protein.

The scientists also found that the expression of the protein was linked to the presence of immune cells (lymphocytes) infiltrating the tumours. These cells have the potential to attack tumour cells and their presence has been associated with better clinical outcomes in a number of cancer settings.

The immunogenic qualities of HAGE and its high protein expression in tumours have prompted the researchers to propose that HAGE provides a basis on which to generate a new therapeutic vaccine for TNBC and develop a combined chemotherapy/vaccine approach for its treatment.



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Antique & Collectable Fairs

Making a Profit

There are loads of venues available for selling antiques and collectables, including online internet auctions, local auction houses, newspaper classified ads, antique dealers and fairs. However, there is only one way not to sell your antiques and collectables...don't sell

something if you aren't 100% sure on what it is that you are selling.

You must also make sure that you keep an open mind when it comes to what you can sell and how you might be able to sell it. Remember...no-one makes a profit by sitting on their backside. There is a profitable way to generate a good income without investing large sums of money in antique stock that may not sell.



little spare time and money, but there is money to be made by selling other peoples antiques.

If it's something of yours that you are looking to sell or get valued, make sure you go to a reputable dealer, take a look at our feature for

someone to call. Know What You Are Buying When buying antiques the buyer has a multitude of ways to buy, including online internet auctions, local auction houses, newspaper and classified ads and antique dealers, but do not buy antiques unless you know what you are buying.

The UK is probably the best place in the world to search for and for buying antiques because

of its rich history of invasion, conquest, trade and invention. The UK probably has more genuine antiques per square mile than any other country. Almost every town and village has an antiques shop and all cities have a reputable auction house.

However, there is one Golden Rule when buying antiques... Only Buy The Things You Like. Buy the best antiques you can afford and if it's for your own personal use or collection, don't worry too much about whether you have overpaid. The modern, probably inferior equivalent will cost a lot more anyway.



Have A Good Clear Out

Have you had a clear out or rummage and found lots of items that you didn't realise you still had and don't particularly want to keep? Don't rush to throw it all away or give it all to the closest hoarder as you may be sat on a surprising antique or



collectable. If you've never been to an antique and collectables fair then you may be pleasantly surprised. Don't expect a room full of dust and never judge a book by its cover, certain treasures could lead to a very worthwhile investment if purchased from the right place.

Whether you're on the lookout for an antique or maybe you already have one that you want to get valued, it's important that you find the right place to go where you can deal with the correct people who have the expertise that you need. The stories behind some items can be phenomenal and there's bound to be someone who has their eyes on the prize that you are carrying.

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Britain's Favourite Seaside Resort

By Gemma Allen

Blackpool is a brilliant seaside holiday for everyone, whether you are looking for a family vacation, a trip with friends or you are looking for a real celebration weekend, jam packed with things to do... you will find everything you need right here!

Britain's favourite seaside resort is full to the brim with exciting attractions that make every visit a fun-filled adventure! If you're looking for adventure

and thrills then the white knuckle rides at Blackpool Pleasure Beach should definitely be your first port of call, from the iconic Pepsi Max Big One to the more traditional Grand National, there's certainly something to keep everyone entertained.

If splashing around is more your thing then visit Sandcastle Waterpark, where you can slip and slide through the world's longest indoor rollercoaster waterslide, the Master Blaster! With a 4D cinema and breathtaking

Skywalk, The Blackpool Tower Eye is an awe-inspiring trip down memory lane. Visitors will enjoy an entertaining exploration of the town's history, coupled with exhilarating views from the floor-to-ceiling glass observation windows.

Don't forget Blackpool Tower Circus with everyone's favourite clowns, Mooky and Mr Boo. Or the ever popular Tower Ballroom where, many couples have enjoyed a waltz or tango in truly magnificent surroundings.

Animal lovers can take a trip to Blackpool Zoo for a fun-filled family day out. With over 1,000 mammals, birds, reptiles, and invertebrates to see across 32 acres of spacious natural enclosures, you'll certainly have a visit to remember.

Sea Life is also a fantastic place if you fancy a trip into the depth of the ocean, where you can marvel at sharks, rays, jellyfish, seahorses and dozens of different fish.



Light Up Your Visit

If you have never witnessed the Blackpool Illuminations for yourself then you definitely need to make 2015 your year!

It's the biggest free light show on earth and once of the most iconic sights in British Culture. Having been there myself I can certainly say that it is an incredible experience and one not to miss out on!

One of the greatest and biggest elements that of 2015 is an exciting new elements project called LightPool. Lightpool will revolutionise the Illuminations using

new creative content, with the most exciting and noticeable change being the introduction of projection mapping technology. As well as the incredible display along the six mile stretch of Promenade, a stunning projection show will adorn The Blackpool Tower building. The specially created 3D film will offer something totally different and truly spectacular. On top of that, there will also be a whole host of interactive and exciting events that will accompany the display with +the Grundy Art Gallery and others playing a key role.



If you want to find out more about what Blackpool has to offer take a look at our feature and visit www.visitblackpool.com for more inspiration during your visit!

Pictures courtesy of Visit Britain, Adrian Houston, Jason Knott and Pawel Libera



If you're looking for a quality yet affordable hotel in Blackpool, you can't go wrong at the Headlands Hotel. The friendly family run hotel with traditional values offers you a warm welcome and comfort ideal for any Holiday in Blackpool. With friendly long standing staff who will make your stay as enjoyable as possible.

With a seafront location, next to the Solaris Centre with its large gardens. The Headlands is a 5-minute walk from the Pleasure Beach, Sandcastle Waterpark and South Pier. The beach is just across the promenade where you can see the biggest Glitterball in the world, part of Blackpool's regeneration of the seafront areas.

The Headlands is on Blackpool's New South Promenade, with a tram stop and bus stop right outside it is ideally located to access all of Blackpool's attractions. It has free on-site parking for those travelling by car.



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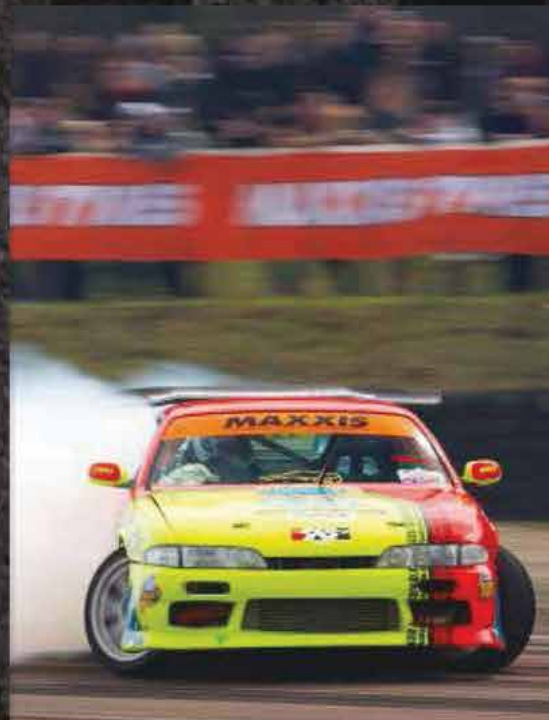


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10TH - 13TH SEPTEMBER 2015



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Ghosts in the Woods

Madame Parboiled Ink

Be thrilled by stories about creepy woodland ghosts and ghouls, as you sit around the campfire and stave off winter with steaming hot stew.



Saturday October 24th, 7.30–9.00pm
 Barker Woods, Bulwell, £12 includes hot supper

Tickets from www.madameparboiled.co.uk and 07773147271
 Check website for similar events.

Parking at the Toy Library, Chris Firth Cottages, Norwich Gardens, Bulwell, Nottingham NG6 8GG. Wheelchair accessible. All children must be accompanied by an adult.



Soak Up The Atmosphere

Car shows range in shapes and sizes up and down the country and all have something to offer. But nothing we know of compares to JAE.

The event kicks off at Thursday lunchtime for those dedicated enthusiasts who come not just from across the UK but Holland, Belgium, France, Germany, Ireland and elsewhere. Staying on site at Newark showground they make the venue their home for the long weekend but for locals a day at the show or a long weekend visit is equally as much fun.

Big shows like JAE often have a mix of things to do, things to see and an atmosphere to soak up, but none of the shows we know can match the enthusiasm and atmosphere of



JAE. If you're a car enthusiast then this really is the place for you and if your car is Japanese even better – you get to put your car on display on one of the many stands if you wish! (Full entry ticket required we hasten to say.)

For those staying at JAE they have even laid on live music, disco and late night bar to keep you entertained.

Throughout the Saturday people will be participating in all manner of crazy activities and events – even car pulling!

So get along to JAE.

Children under 12 go in for free. Go for the day or stay for the weekend and camp onsite, the choice is yours but certainly make sure you get along to see it all.

When? 10th – 13th September
 Where? Newark Showground

All For Free Me Harties!

Join in the fun with Newark and Sherwood Play Support on Thursday 27th August with Play in the Park. The theme will be Pirates so children can dig for gold, bounce on the pirate ship inflatable, make masks and eye patches, and see stilt walking Jack Sparrow make balloon

models. All of this fun to keep everyone entertained and most of all...it's all for free me harties! Pop along to Sconce Park in Newark (NG24 4AU) from 1:00pm-3:00pm to join in with the fun. Call 01636 647 121 for more information.

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U.K.'S MOST POPULAR AIRSPORT

The British Model Flying Association National Championships: 29-31 August 2015

The British Model Flying Association (BMFA) will once again be holding its annual National Championships and Model Aircraft Airshow at Royal Air Force Barkston Heath, 5 miles North East of Grantham, on the August Bank Holiday weekend, 29-31 August 2015. Model flying is the U.K.'s most popular airsport and the BMFA has 35,000 members and over 850 clubs throughout the U.K. The event is the largest of its kind in Europe (with around 400 competitors) and it offers an interesting and fun day out for the whole family. The



main days for spectators are Saturday and Sunday. The whole cross section of model aircraft are displayed by highly skilled pilots, many of whom are world class. Aircraft flown at the event include large jets, military fighters and bombers from both world wars, together with civil light aircraft. Alternatively the thrills and spills of air racing, both radio control and control line, are demonstrated as are precision aeroplane and helicopter aerobatics. The event enjoys full trade support with over 70 stalls selling a range of aeromodelling items. In addition to this, there will be a selection of

craft stalls. There will also be an extensive modellers swapmeet on Sunday morning for those wanting to grab a bargain. There are a range of refreshment and bar facilities on site available from early morning until late into the evening and camping facilities (including hot showers) are also available. Day gate entrance is £10-00 for adults and £7-00 for concessions. Admission for those under 18's is free making it a great value family day out. For further details please contact the BMFA Office on 0116 2440028 or visit www.bmfa.org



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- Drum Head Service In Big Top Sunday Morning 11.00am.
- Jive Aces

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ENTRANCE ON DAY- (10am - 5pm)
ADULTS: £10.00 - CONCESSIONS: £6.00
FAMILY TICKET: £25.00 - Under 5's: FREE

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Dancing to the JIVE ACES
Tickets £15.00 - 7.30pm to late. (Over 12's only)
Dance admission by ticket only, purchased in advance either from the website or in person from Carousel, Great Whyte, Ramsey, Cambs.

• See website for discounted weekend tickets
• Camping available but must be pre-booked

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Reaping the Rewards

Local companies and students have been benefiting from a special internship scheme which places undergraduates into small businesses over the summer.

The Nottingham Internship Scheme, which is managed by the University's Careers and Employability Service, offers financial grants to small and medium enterprises (SMEs) in the region, to assist them in creating paid internship opportunities for students and recent graduates from The University of Nottingham.

The internship scheme lasts between eight and twelve weeks, and companies taking part in the initiative have been able to benefit from interns who can focus on delivering specific projects, or provide technical expertise and support during periods of heavy workload.

The Nottingham Internship Scheme provides approximately 40 per cent of the cost of employing the intern, with the business contributing the rest. Over 45 students and recent graduates are already taking part in the scheme, which started in June 2015.

For more details about how to take part in the Nottingham Internship Scheme, contact Chris Colegate from the University's Careers and Employability Service, on 07813 531420 or email chris.colegate@nottingham.ac.uk

Housing Video Sets The Scene

Housing is one of Broxtowe Borough Council's key priorities so the launch of its new Housing Strategy sees the culmination of many months of work that have enabled the Council to set out its plan for the next five years. Following extensive consultation with residents and others the outline strategy is supported by a new video on the Council's online YouTube channel.

At the consultation, residents told the Council they wanted the strategy to be easily understood and succinct, so a video has been produced to accompany the written document. Featuring residents and employees, the video was filmed by local filmmaker Laura Turner from Fuzzfox at the Council offices, the Town Hall in Beeston and at retirement living schemes at Lombardy Lodge, Greenwood Court and The Willows.

"We have an excellent reputation as a housing provider and we intend to build upon this by raising our aspirations even higher. The success of this strategy depends on close partnership working with our residents, investing in our employees, exploring new financial opportunities and working smarter to improve performance and efficiency, delivering more homes that meet the needs of our residents," said



Pictured: The Mayor of the Borough of Broxtowe, Councillor Susan Bagshaw with local residents, council officers and Councillor Eric Kerry, Housing Portfolio Holder (far right front of picture) at the official launch of 23 new homes at Peatfield Court, Stapleford earlier this year.

Councillor Eric Kerry, portfolio holder for Housing at Broxtowe Borough Council. The Council will strive to ensure that a good quality home is available to all through the Council's strategic role in housing and in the

management of the Council's own stock. The strategic role involves regular housing needs assessments, surveys of house stock conditions across all tenures and the identification of social housing needs so the Council

can focus on enabling people with differing needs to live independently. The video and strategy document can be found on the Broxtowe Borough Council website at www.broxtowe.gov.uk/index.aspx?articleid=1566

Improving the Community

Families from Children's Centres in North Broxtowe had the opportunity to talk with their local MP, Anna Soubry recently following an invitation by Nottinghamshire Healthcare's North Broxtowe Children's Centre teams to a Play Day event in Kimberley.

Ms Soubry heard from parents and carers on what they would like to see improved in their local area and listened to personal stories and their thoughts on the NCFP Children's Centre and the impact it had on them.

One parent shared her journey, detailing how she first attended antenatal classes before attending Bundles of Fun, a group for new parents with babies under one, and how she had now moved on to other universal services with the Children's Centres. She particularly highlighted the advice and support she had received along with the child development opportunities which her child had gained.

Ms Soubry comments: "It was a pleasure to have been invited to Kimberley Play day on behalf of The Sure Start Children's Centre. It was great to meet them all and learn about the variety of services offered to parents and their young children."

Dividends Shake-Up

BUSINESS owners across the East Midlands are to be hit by a shake-up to the dividend rules announced at last month's budget says a local taxation expert.

Simon Browning, tax partner at UHY Hacker Young in Nottingham, believes that the changes will mean higher tax bills for most business owners who extract profits by way of dividend when the new rules come into force next April.

He said: "The changes to taxation of dividends is a huge shake-up which will impact all company shareholders across the East Midlands and has certainly got taxpayers and advisors reaching for their calculators to work out the most efficient dividend policy.

"At the moment, basic rate taxpayers don't pay any tax on dividends, while those paying the higher rate pay an effective rate of 25% with additional rate payers paying 30.56% but from April 2016, the first £5,000 of dividend income will be tax-free then basic rate taxpayers will pay 7.5%, higher rate 32.5% and additional rate 38.1%.

"What this will likely mean in most cases is an increase in taxation and higher liabilities for most business owners who extract profits in this way, so questions are being asked about what is the most effective dividend policy and we are also being asked to consider whether or not business owners should extract profits before 6

April 2016 under the existing regulations. "It's challenging as we do not yet have the precise details of how the new rules will interact with taxpayer's other income and cannot answer questions with certainty yet, but there is no doubt that businesses across the East Midlands will be affected by this."

Broadband Boost

Faster broadband delivery across Nottinghamshire and Derbyshire is receiving a £4.8million boost, thanks to the D2N2 Local Enterprise Partnership (LEP). D2N2 has just agreed the sum – £2.63million for Nottinghamshire's Better Broadband for Nottinghamshire programme and £2.19m for Derbyshire's Digital Derbyshire scheme – at its latest Infrastructure and Investment Board (IIB) meeting.

Both counties are improving access to fibre optic-based broadband in line with a national push by Broadband Delivery UK (BDUK) - part of the Department for Culture, Media and Sport – which today (August 12) announced its UK rollout had topped more than three million homes and businesses (338,709 of them in the East Midlands). By 2017 the Government wants 95% all UK businesses and homes

to have access to fibre broadband with download speeds faster than 24mbps (megabits per second), greater than the mbps usually available via standard telephone lines. The Better Broadband for Nottinghamshire (BBfN) programme is set to spend £29.5m over five years (2013-2018). On completion, it's estimated more than 80,000 premises – 6,250 of them businesses – or close to 98% of all county premises, will have access to fibre-based broadband.

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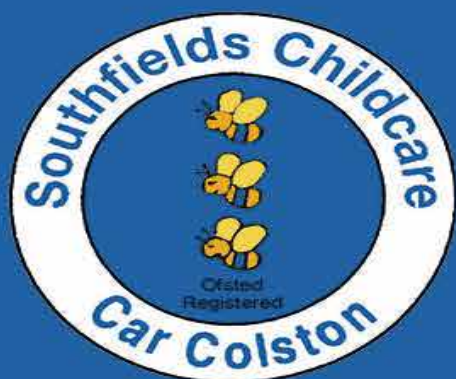
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Work-Based Degrees With Nottingham Business School In Partnership With Pendragon Plc And East Midlands Ambulance Service.

In September 2011 Nottingham Business School, part of Nottingham Trent University, launched its first three-year fully work-based degree programme.

The BA (Hons) Management and Leadership in conjunction with Experian enrolled 11 students in the first year. Students who graduated from this course have found that the degree adds value to their development within the organisation. Over the past four years the programme has gained in momentum with both Rolls-Royce and First Response Finance

committed to sponsoring students on the programme as part of their talent pipeline development.

Nottingham Business School is delighted to now embark on new relationships for 2015/16 with East Midlands Ambulance Service and Pendragon PLC, who are offering opportunities for students to work for them and study on this programme. Starting in September 2015 successful applicants will study the BA (Hons) Management and Leadership programme at the same time as gaining valuable experience working for East

Midlands Ambulance Service or Pendragon PLC for all three years of their degree.

Full-time employment helps to improve student's learning and provide experience which will be invaluable to their future career.

East Midlands Ambulance Service (EMAS) is offering an exciting opportunity to recruit an enthusiastic individual who is committed to learning. The successful applicant will be recruited by EMAS. On completion of the degree you will have both a qualification in management

and leadership plus the valuable 3 years employment experience within EMAS, providing you with a competitive edge in the employment market. You will be able to access learning and development opportunities offered at EMAS relevant to your degree.

You will be provided with an EMAS and NTU mentor to support you through your career journey and to help you apply your learning within your role.

Pendragon are offering successful applicants the opportunity to join

them as field-based Trainee Sales Executives for the company's Chatfields business. In order to complete the BA (Hons) in Management and Leadership programme students will be released from their day-to-day job roles to attend Nottingham Trent University and complete intensive blocks of study. Students will be taught in the University's prestigious Newton building which boasts state of the art teaching and learning facilities. The programme of study and assessment that you will undertake will allow you to apply your learning and skills back into your role within the organisation.

The course uses a variety of different teaching, learning and assessment methods which include group work, written assignments, presentations and extended project work. The assessment design for each module has been carefully considered to assess both students' critical understanding of academic theory and concepts and to develop their professional capabilities and skills which they apply to their role within the organisation. This strengthens both the students' learning and their practical experience within the business. In addition to the individual

assessment that takes place on the programme, students in their first year also work on a Business Enterprise Project where they work together to run their own business for a year. This year's group have worked with the Flower Pod, a social enterprise based at the University's Brackenhurst campus, to raise the profile of their confetti business.

Previous groups pitched their business idea to a Dragons' Den style panel of four local business experts in order to gain seed funding for their project from the Prince's Trust.

Applications for the BA (Hons) Management and Leadership should be submitted directly to the organisations.

For more information on how to apply email your CV and covering letter to Pendragon at graduates@pendragon.uk.com or view the East Midlands Ambulance Service job and application requirements on www.jobs.nhs.uk.

Alternatively, enquiries can be made to Nottingham Business School at nbs.business@ntu.ac.uk. Applications can be made in addition to students' five UCAS choices.

What our current students have to say...

"I can take what I am learning in the workplace and apply that to my degree, which I find really helpful" Louise Tolliday, BA (Hons) Management and Leadership student.

"Our fees are paid for and we earn a salary, so financially it really helps. With this degree, you work and study at the same time, so we can apply the theory to the workplace." Luca Loscalzo, BA (Hons) Management and Leadership student.

Apply for a Nottingham Trent University work based degree with East Midlands Ambulance Service

East Midlands Ambulance Service (EMAS) is offering an exciting opportunity to recruit an enthusiastic individual who is committed to learning. You will be recruited by EMAS and be provided with release study time to complete a BA (Hons) in Management and Leadership at Nottingham Trent University (NTU). The programme of study and assessment that you will undertake will allow you to apply your learning and skills back into your role within the organisation.

On completion of your degree you will have both a qualification in management and leadership plus the valuable 3 years employment experience within EMAS, providing you with a competitive edge in the employment market. You will be able to access learning and development opportunities offered at EMAS relevant to your degree. You will be provided with an EMAS and NTU mentor to support you through your career journey and to help you apply your learning within your role.

This post will provide administrative support to EMAS Organisational Learning Team including the Deputy Director of Workforce Development and other professional members in the team; you will need to be independent and mobile, reliable and eager to learn.

For further information and to apply please visit www.jobs.nhs.uk.



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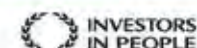
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NOTTINGHAM
BUSINESS SCHOOL
Nottingham Trent University

E ducation

No Limit to Success

Girls at Nottingham Girls' High School have shown they are always able to reach new heights. Earlier this month, a team of sixth form students conquered Mount Kilimanjaro and now they celebrate fresh peaks of examination success. Following the school motto of 'Leading, Learning and Loving it', Nottingham Girls' High School Sixth Form has proved that for them, the only way is up. With a 99.3% pass rate, A level students at the school, acknowledged as one of the country's top independent schools, are celebrating their outstanding achievement today. The girls have demonstrated the success of single-sex education; 90% of grades were C and above; 75% were Grade B and above and 44% of grades were either A* or A. Sue Gorham, Head of Nottingham Girls' High school, said: "Results Day is such a milestone for students – particularly at A Level. We couldn't be prouder of our girls and their tremendous accomplishments. As teachers, we



Pictured: (L-R) Sophie Holmes, Izzy Carlin and Poppy Rudin share their successes!

share a long and fantastic journey with our students, so it's a real privilege to celebrate with them and watch as they take important steps to the next stage in their lives. Exams are important –

but they are just the beginning. Our students have the whole world at their feet and every tool they need to carve out a bright and successful future."



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Wednesday 26th August	9.30am - 4.30pm
Thursday 27th August	9.30am - 7.00pm
Friday 28th August	9.30am - 3.00pm



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Artes
 Despite your excellent organisational skills you will still experience problems getting people to tow the line and make a concerted effort to help themselves. The road to romance may be strewn with problems, but if you persevere and give yourself time to adjust to all the changes, you will be glad that you showed patience and understanding in the end.

Taurus
 Something amazing will develop in either your love life or professionally that you will miss if you are not paying attention. Someone wants to be centre of attention, but then, so do you. Looks like you could be in for a bit of competition. A decision that has to be made affecting your finances will cause you to feel angry and a little bit insecure, but debts have to be repaid sooner or later.

Gemini
 You may seem grumpier than usual because certain people are not pulling their weight and keeping you waiting. Family matters come to the fore, but you would be wise to sit on the fence and say nothing, leaving others to dig their own holes and jump in them. After the week's stresses, you will be glad to bring a project to completion and there is also talk of booking that much awaited holiday.

Cancer
 You can stamp your feet all you like but frankly, it's a complete waste of time and energy because certain things are not running to plan and you are forced to bide your time. Arguments break out over the silliest of things, yet soon resolved because of your ability to compromise and be flexible as a way of using cover psychology in order to get your own way in the end.

Leo
 Feeling restless, looking for a change of direction? Are certain people trying your patience and taking you for granted? Try not to let disagreements cause you to explode and say things that you will later regret. After the strain of the last few days, things will slowly get back to normal and you'll be pleased with the outcome of some very intense talks that will work in both your favour and someone else's.

Virgo
 Final arrangements may get disturbed by someone being deliberately difficult, do not stand for any nonsense and head towards achieving your goals. If you're single and looking for love, a chance meeting at an unusual location with someone incredibly interesting could lead to long term fulfillment.

Libra
 A new optimism is sweeping through you life encouraging you to make the most of yourself and meet new people who will turn out to be good friends and business associates. Developments and news from afar will take you a step further still and if you are contemplating relocating that could also involve moving overseas, now is the perfect time to put plans into action.

Scorpio
 Grab the chance to take a holiday and escape from the day to day routines that are slowly draining you of energy. By taking life easier and not allowing others to pressure you into doing anything that does not instinctively feel right, you will still arrive at your desired destination, only in one piece, rather than frazzled. A financial windfall enables you to plan a new investment.

Sagittarius
 It's not always easy to let go and move on, but once you do, you will soon realise that it's the best decision you ever made. Take a fresh look at your plans and see if you can improve on them. With so much information coming your way, you will be spoilt for choice and will not know which way to turn. Don't let feelings of guilt trip you up because you are now starting to live in some very exciting times.

Capricorn
 You know more than you are letting on, but no one seems to realise that you are harbouring a few secrets. It's time to add structure to your life and set some new goals. It's tempting to cut corners in order to reach a deadline quickly, but you may experience communication problems with your romantic partner because they are feeling left out and demand more attention than you are prepared to give right now.

Aquarius
 Your fired with energy and enthusiasm, but you will still have your work cut out because dealing with certain people can be frustrating, especially if they are not listening to what you are saying. The tide is turning regarding a certain relationship. You know exactly what the right thing to do is, but choose your moment wisely because actions always speak louder than words.

Pisces
 Much needed developments either domestically or at work will feel as though a dark cloud has been suddenly lifted. Tough decisions will have to be made but it's imperative that you keep an eye on joint finances if you are to avoid a massive confrontation. Trust your gut instincts as they are likely to be solid on all the moments regarding someone who is not being completely honest with you regarding a matter dear to your heart.

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CROSSWORD

(Answers in Issue 132)

- ISSUE 131 CROSSWORD ANSWERS**
- ANSWERS ACROSS**
- 1 Vicar 4 Tabloid 9 Urge 10 Lists 11 Splits 12 Gusto 14 Squid 15 Trek 16 Hogmanay 17 Ending 19 Stun 22 Grafter 24 Gab 26 Lapel 27 Ember 29 Astronaut 32 Blubber 35 Terrier 37 Stone-cold 39 Rusty 41 Fable 43 Boa 44 Century 47 Town 48 Triple 51 Universe 52 Also 54 Timid 55 Asset 56 Affair 57 Steel 58 Ever 59 Stirrer 60 Yacht
- ANSWERS DOWN**
- 1 Viper 2 Chicken 3 Rush hour 4 Tenement 5 Beginner 6 Doodle 7 Closed 8 String 13 Skylight 18 Nip 20 Tom 21 Blurb 22 Granite 23 Fir 25 Bib 26 Laundry 28 Boar 30 Nut 31 Um 33 Boss 34 Staff 36 Rob 37 Soapuds 38 Cot 40 Tow 42 Bar 44 Canister 45 November 46 Rosemary 47 Traffic 48 Thirty 49 Paddle 50 Equals 53 Skint

ACROSS **DOWN**

- 1 Tomato sauce (7)
 5 Important person of power (6)
 8 Able to be read (7)
 10 Moral shortcoming (4)
 11 Dirty unkempt person (6)
 12 Department shop (5)
 14 Paintings in galleries (3)
 15 Shuttlecock game (9)
 16 Acrimonious split (4)
 17 Gnarl in timber (4)
 19 Not short of a bob or two (7)
 22 Underground channel for waste (5)
 24 Chewy toffee (7)
 26 Performers in a play (4)
 28 Hit it off (5)
 29 Small (6)
 31 Irish accent (6)
 33 Domed tent (6)
 35 Descent by rope (6)
 38 Christmas card bird (5)
 39 Paws or hooves (4)
 40 Mixed with a spoon (7)
 43 Even number (5)
 45 Poke your nose in (7)
 47 Pond bird (4)
 49 Lime or beech (4)
 50 Gremlin (9)
 53 Bitterly regret (3)
 54 Two ticks (5)
 55 Whoever (6)
 56 Sticky stuff (4)
 57 Legal ban on trade (7)
 58 Victory wreath leaves (6)
 59 Germ-free (7)
- 1 Young cat (6)
 2 Small sheltered bay (4)
 3 Beg and implore (5)
 4 Pelargonium plant (8)
 5 Small cafe or bar (6)
 6 Long-necked animal (7)
 7 Gamble the lot (2,3,5)
 9 Canoe or yacht (4)
 13 Tour de France racer (7)
 15 Wild pig (4)
 17 A rat-a-tat (5)
 18 Nincompoop (4)
 20 Diplomacy (4)
 21 Baby's cradle (4)
 23 Squirm and writhe (7)
 25 Large bird of prey (5)
 27 Ballast to barricade against flooding (7)
 28 Prison room (4)
 29 Grassed area (4)
 30 Too close-fitting (5)
 32 Everybody for themselves (4-3-3)
 34 The red planet (4)
 35 Accounts examiner (7)
 36 A legal action (4)
 37 Stumped and baffled (5)
 39 Provide with a meal (4)
 41 Overdrawn (2,3,3)
 42 Destroy by fire (4)
 44 Anchorage for ships (7)
 46 Breakfast food (6)
 48 Percolated beverage (6)
 51 Sob profusely (4)
 52 Design symbols on clothes (5)
 54 Catcall (4)

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Oral	Leaves	Minor setback	Author Lynda (See Facts)	Drag	Forbid	Author JK (See Facts)
	Play			Open	Conserve	
				Microbe		
Utterance			Seabird droppings			
			Tree		Opera song	
Herb				Mate		
Mend						
Boon	Small river	List of corrected mistakes	Native New Zealander			
			Expert	To pitch	Hue	To lean
						Carries
Contented cat sound	Foot the bill			Begin	Stir up	Adapt
	Loosen					Curves
		Amount to				
		Sunburn			Jibe or dig	To fling
The most orderly				Struggled against		Napoleon's island
State			Epic tale		Everyone	Congers
Latin speakers						Furry neotame
			Ghost or rum	Spooks		
				Fisherman		Uses a razor
			Horse stall			Fashionable
					Perched	
			Trill	Small lump	Whip	Apportion
						Admission payments
				Ardent follower	Rub or abrade	
			Artist			
			Harris		Safe refuge	
			Most apt			Tratching grass
			Boat beck			
					Unlady	

Facts about JK
 Born 1965
 Made famous by a series of books she wrote
 She is a former English teacher

Facts about Lynda
 Starred in the childrens tv series rentaghost
 Born in 1943
 Helen Mirren starred in a famous programme she wrote

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- What county is Sandringham house in?
- Which country would you find Ipswich in?
- How many professional football teams are there in Nottinghamshire?
- Lufthansa is the national airline of which country?
- What is the second highest mountain in the world?
- Which car company makes the 'Civic' car?
- Bovis, Barratt & David Wilson are what?
- Who is the current captain of New Zealand Test (cricket) Side?
- What is the capital of Egypt?

Answers to last week's clues were:
 (1) Copenhagen (2) Freetown (3) Canberra (4) Damascus (5) Ibilisi (6) Zagreb (7) Kuala Lumpur (8) Ottawa (9) Addis Ababa (10) Tehran

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A Prestigious Award

Supporting Young People

Broxtowe Borough Council is delighted to learn that Brinsley Headstock Open space has been awarded a prestigious Community Green Flag alongside Sandy Lane & Alexandrina Plantation and the Old Church Tower, Bramcote.

Both Bramcote Hills Park and Colliers Wood have also retained their Green Flags to further highlight all these important parks and green spaces in the Borough as being the very best in the UK.

The Mayor of the Borough of Broxtowe, Councillor Sue Bagshaw was one of the first to congratulate the local volunteers when she visited the site to celebrate the work of the group.

The Green Flag awards recognise and rewards the best parks and green spaces across the country. A Green Flag is a sign to the public that the space boasts the highest possible standards, is beautifully maintained and has excellent facilities.

Councillor Mick Brown said: "We are absolutely delighted to receive a Community Green Flag Award for Brinsley Headstocks Green Space for first time from Keep Britain Tidy. I also want to thank the volunteers who have been part of this process and who have worked so hard to protect our local heritage and to help us achieve this. This Award recognises and highlights that local people in Broxtowe are benefitting from parks and green space of the very highest quality right across the Borough."

The Friends of Brinsley Headstocks was formed in 2008 and is a voluntary community group who help to maintain and develop Brinsley's old mining site. They work in partnership with Broxtowe Borough Council and other groups to develop the area as a heritage and local nature reserve, an amenity for the community and a focus for the mining and literary heritage of our area. Further details can be found at www.brinsleyheadstocks.org



Pictured: The Mayor of the Borough of Broxtowe Councillor Sue Bagshaw with Malc Tivey, Chairman of Friends of Brinsley Headstocks.

Coinciding with International Youth Day Nottingham firm Domestic & General marked the success of its national charity partnership with Get Connected. Get Connected, now in its 16th year, is a UK-wide, free and confidential helpline for young people who need support with a wide range of issues. Last year, from Nottingham alone, the charity received 193 calls from young people aged between 16-25. Of them, 94 related to 'mental health' (49 per cent), 'housing issues' made up 18 per cent of these contacts and 'money issues' was the reason for 7 per cent of the calls. Last year Get Connected supported more than 228,000 children and young people to find the help they needed with a range of issues such as homelessness, self-harm, bullying and drugs. This free and confidential service supports young people who don't know where else to turn. Offering a 365 day a year service to young people, Get Connected can be contacted by phone, webchat, email and via their free app. Trained volunteers offer emotional support and provide appropriate sources of specialist help from a database of trusted organisations across the country.

Student Satisfaction

Student satisfaction at Nottingham Trent University is at an all-time high, according to this year's National Student Survey (NSS). The university has climbed

to joint 46th out of 157 in the influential national league table – an increase of 15 places.

The NSS, which is aimed at mainly final year undergraduates,

gathers opinions from students about experience of their courses, asking them to provide honest feedback on what it's like to study at their university of choice.

Nottingham Trent University has seen satisfaction increase for the fourth consecutive year, with an

overall satisfaction rating of 88%, 2% above the sector average.

The university's courses in the Chemistry and Agriculture & Related subject areas showed 100% satisfaction, resulting in a joint first ranking for these subjects across the sector.

The university is also in the national top five in four other subject areas: Biology, European Languages & Related, Linguistics and Animal Science.

Students on 18 courses run by Nottingham Trent University said they were 100% satisfied. And

there was a top 20 position for the university with regards to its student assessment and feedback.

A total of 3,550 Nottingham Trent University students completed the survey, with 92% of them saying they would recommend studying at the university.



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Benefit Fraud

A woman from Arnold has received a sentence of 100 hours of unpaid community service and must repay £11,181.35 of benefits she falsely claimed from Gedling Borough Council.

At the hearing at Nottingham Magistrates' Court on Wednesday 12th August, Caroline Redmile, 41, of Mellors Road, pleaded guilty to three offences: one of failing to declare a change in her circumstances which she knew would affect her benefit, and two of providing forms to the council she knew to be false.

Mrs Redmile had signed declarations agreeing to tell the council about changes in her circumstances and that the information she provided to the council was correct and complete. However, the court heard that she had not declared that from February 2010 her partner, who was in paid employment, had been living with her.

Mrs Redmile's actions resulted in an overpayment of £9,816.24 in Housing Benefit and £1,365.11 in Council Tax Benefit. She was sentenced to a community order of 12 months with an unpaid work requirement of 100 hours, ordered to pay £330 prosecution costs and a £60 victim surcharge. The total civil debt of £11,181.35 must also be repaid in full.

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Over 20% Get A* Grade

It's been another great A level year at Nottingham High School with over 20% of students achieving the top A* grade.

Amongst the top performing students was school captain Max Bowling, who notched up an exceptional five A*s in Economics, German, Mathematics, Further Mathematics and Spanish, as well as an A* grade in his Extended Project. He also achieved the Baccalaureate qualification.

Max, 18 from Mapperley Park in Nottingham, said: "It is such a relief to get my grades and I am so happy to find out that I have achieved five A*s and secured my place at Cambridge. This is such a fantastic way to round off my time at school."

Nottingham High School headmaster Kevin Fear said: "These are exciting times for Nottingham High School with us welcoming our first intake of girls this September. I congratulate all of our students, their parents and their teachers on some excellent results again this year."

Providing Independence

Mansfield Road Closures

A life-changing development has now been completed on Scarborough Road in Bilsthorpe providing affordable housing for the over 55's.

The scheme, which has been delivered by Newark and Sherwood Homes and Newark and Sherwood District Council in partnership, has provided 25 new bungalows locally on an affordable rent basis to older people in the area – all of which have been built sustainably to assure low energy bills for tenants. The council owned properties have also been delivered with support from health services and social services to support older people to live independently in the community.

New tenants Kenneth (73) and Maureen (74) Lacey, have both lived in Bilsthorpe since 1976 – Maureen has worked as a Nottinghamshire County Council care assistant for 26 years and Kenneth delivers bread to local bakers.

Maureen said: "We are so happy in our new home, it is spacious and modern which is fantastic and it meets all of our needs – we

especially love the fittings in the kitchen. We are still working on making the place our own, and Ken has been busy in the garden, putting his own stamp on it.

"We were both so pleased when we were told we would be receiving one of the new bungalows here in Bilsthorpe, we have always lived in the village and it is great that we have been able to stay here, in new and safe accommodation. We feel so secure in our new home which is such a relief, as often in older homes you do not feel as secure." Thanks to £498,750 of grant funding from the department of health, administered through the homes and communities agency's care and support specialised housing programme; the development was delivered on time and to budget.

All of the available properties have now been let, reflecting the demand for affordable housing in the region. Currently, nine of the properties are vacant, all of which have been reserved as part of an extra care scheme in these properties will be serviced with 24 hour care to help people who need special support on a day-today basis.



Pictured: A Newark and Sherwood Homed representative with Maureen Lacey.

On Sunday 23rd August, hundreds are expected to participate in the highly anticipated Mansfield 10K. Due to the nature of this event, residents of Mansfield should expect higher volumes of public on the streets throughout the day, and temporary morning road closures between 9:00hrs through to 12:00hrs.

- Nottingham Road, 9:00hrs – 10:00hrs: At 9:30hrs runners will start the race opposite Titchfield Park and Water Meadows. There will be no access to St Peter's Way from Nottingham Road or vice versa between 9:00hrs – 10:00hrs.
- St Peter's Way (A60), 9:00hrs – 12:00hrs: The inside road of St Peter's Way will be closed from 9:00hrs through to 12:00hrs.
- Westfield Lane, 9:00hrs – 12:00hrs: Residents on Westfield Lane have been advised to park outside of the closed area should they wish to use their vehicle on Sunday morning between 9:00hrs through to 12:00hrs.
- Rosemary Street, 9:00hrs – 12:00hrs: From Westfield Lane, runners will turn left onto Rosemary Street. The dual carriage way will have a coned left lane, southbound.
- Quaker Way, 9:00hrs – 12:00hrs: Four Seasons Shopping Centre has adjusted its opening times to correspond with the Mansfield 10K. The car park will not be accessible between 9:00hrs through to 12:00hrs.
- Early morning bus diversions, 9:00hrs – 12:00hrs: To coincide with the Mansfield 10K, bus diversions will be in place in the city centre.

A Festival of Culture

As part of the new DH Lawrence festival of culture, Beeston Proms will return to the beautiful bandstand on Dovecote Lane Recreation Ground, Beeston on Saturday 22nd August, starting at 7.00pm and ending with a spectacular Firework Finale to round off the evening at 10.00pm. Bring a picnic, rug or some

seating and make the most of the evening of free live music as the Enderby Band and Jeanie Barton Quartet entertain with their selection of popular classics. The origins of the Enderby Bands Organisation can be traced back to 1895 when the Enderby Band was formed. The band is enjoying a period

of contesting success, with recent appearances at the prestigious Spring Festival in Blackpool and qualification for the National Finals. Jazz singer/songwriter Jeanie Barton originally from Nottingham splits her time with her family in the East Midlands and her home of more than a decade near Crouch End in North London. Jeanie will be performing a number of Jazz standards alongside her original

compositions with her quartet. For the first time, a Sunday afternoon Proms event will also take place at Colliers Wood Nature Reserve from 3.00pm on Sunday 13th September. Performers include Eastwood Collieries' Male Voice Choir and Newmount Brass Band. Both acts have also developed a number of joint pieces that they will perform on the day.

Proms Performances are all outdoors so be prepared for all weathers and bring an umbrella if wet. There is public parking on site. For more information about this event contact Broxtowe Borough Council on 0115 9173695 or email events@broxtowe.gov.uk or visit the website at www.broxtowe.gov.uk/broxtoweevents

Gearing Up To Tackle Dementia

THREE Nottingham professionals, Tim Garratt of Innes England alongside Chris Jagger and David Greenaway of The University of Nottingham, will be cycling through lochs and glens to help support earlier diagnosis and better treatment for dementia.

The dedicated cyclists will be covering 220 miles as part of The University of Nottingham's Life Cycle event, which will see the group cycle from Inverness to Glasgow from the 4 – 6 of September.

Vice chancellor of The University of Nottingham, David Greenaway, has taken part in all four previous Life Cycle events, and this year he aims to raise a total of £350,000 for dementia during Life Cycle 5. Tim Garratt, managing director at Innes England, said: "Anyone

who knows me knows I'm always keen to get in the saddle for a good cause and I was inspired to take part in this Life Cycle as my mother suffers from dementia.

"I was inspired to take part."

Because of this, I know first-hand the effects the disease has on people and their families - so it's a cause which is close to my heart and one I hope I can make a difference to. This cycle will be a true challenge for me - at the beginning of 2015 the most I had ever ridden was 30 miles!" The Life Cycle 5's fundraising target of £350,000 will help The

University of Nottingham to use its Nobel Prize winning expertise in MRI scanning to conduct world-leading research into the different ways dementia damages brain cells.

Rather than a single endurance ride, the Life Cycle 5 team will be undertaking a series of challenges over 2015: some cycles will be a day long and some will take place over a weekend. The Life Cycle has been structured this way to offer more opportunities for riders to get in the saddle in support of dementia research.

If you would like to support dementia and Life Cycle 5 via Innes England's efforts please visit the team's Just Giving page at: <https://www.justgiving.com/Tim-Garratt1>



Motorway link road to get £2.5m funding

A £7.5million link road to the M1 motorway – which will help 'unlock' development land with



the potential to create over 1,000 new jobs – is to receive a third of its funding from the D2N2 Local Enterprise Partnership.

The £7.5m Seymour Link Road will link junction 29a of the M1 motorway to the Markham Vale Enterprise Zone site, north Derbyshire. The brownfield site, located on the former Seymour Colliery, is being redeveloped for industry – particularly the manufacturing, technology, environmental and logistics sectors – with the aim of eventually creating up to 4,100

new jobs across the whole site (732 have been created to date).

D2N2 has now agreed to give £2.52m towards the road, with the remainder of the £7.5million cost to be provided by the Sheffield City Region Local Enterprise Partnership (£3.78m) and Derbyshire County Council (£1.26m).

Work on the Seymour Link Road is due to begin in October (2015). The Seymour Link Road is due to be completed by August next year (2016).

I

living history

Belton House
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Sat 22 & Sun 23 August, 9.30am-5.30pm

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Enjoying fun times



Making new friends



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