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HOCKLEY 'STREET FOOD' RESTAURANT FUNDRAISING FOR NOTTINGHAM CHILDREN'S HOSPITAL



Mowgli Street Food, the newest addition to the foodie scene in Hockley, this week launched their partnership with Nottingham Hospitals Charity to raise funds for Nottingham Children's Hospital.

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

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

Charitable giving is central to Mowgli's business model. Each eatery, in Liverpool, Manchester, Oxford Birmingham, and now Nottingham, has its own house charity.

Katona explains: "It's great for the staff to know that they are contributing through their work. I want them to develop their own careers understanding that charitable giving needs to be one of the central pillars of business."

"There is no doubt in our minds that the QMC and the Children's Hospital hold a special place in the hearts of people here – they're totally iconic."

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

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

For more information about the Big Appeal, visit Nottingham Hospitals Charity's website: <https://www.nottinghamhospitalscharity.org.uk/appeals/the-big-appeal/>

Local heroes receive awards

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

Melanie Shooter, who had received first aid training as part of her Army Cadet activities, was nominated for this award by Helen Sisson, Mansfield District Council's Marketing and Communications Manager, after the teenager rushed to the aid of a man who collapsed in the town centre after his heart stopped.

She performed CPR until an ambulance crew arrived and then looked after the man's distraught wife and daughter. Another have-a-go hero, Soficul

Choudhury, was nominated for his award by the police after he gave chase on foot when a woman had her handbag snatched by a thief on a bicycle outside Wynndale Primary School in Mansfield.

The robber escaped empty-handed and the bag which was later returned by Soficul to its extremely grateful owner.

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

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

Awards go to:

Melanie Shooter

Soficul Choudhury

Paul & Brenda Holt

Colin Etches



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INNOVATIVE TECHNOLOGY TAKING OVER IN NOTTINGHAM



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

In a bid to future proof the network, part of the works will be to pilot the concept of low temperature district heating which could enable Nottingham to roll out this low carbon energy source to many more domestic properties in the future, at a much lower cost.

The network operates by distributing hot water over an extensive pipe network; this pilot will enable the network for The Courts to operate with a much lower temperature without any drop in heating and hot water performance for the households.

Resident John Hiley, who lives in Bryon Court which is the first of the four blocks to be regenerated said "I'm really pleased that my home is receiving these works to not only improve how it looks but to make it much cheaper to heat. Part of my flat will also be made bigger which is really welcomed. So far the works have been managed really well there is noise in the day but it is too be expected, from looking at the final designs and it will all be worthwhile."

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Dogs Trust Brings Retro Retail Therapy to Bingham

Dogs Trust officially opened the doors of their latest charity shop in Bingham on Thursday 12 July with the help of the local Mayor, Councillor Jane Costello.

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

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

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

Ms Costello said: "I was thrilled to be at the opening of Dogs Trust's new shop in Bingham. The store

is fantastic and all the money goes to a very worthy cause. I hope the local community come along and pick up a bargain, there's so much on offer! It was a pleasure to meet the team and perhaps shoppers will also be tempted to pop along to the Loughborough rehoming centre and adopt a four-legged friend."

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

Dogs Trust Loughborough resident Dudley was the Very Important Pooch at the shop opening which was performed by Mayor Jane Costello. Here is planning to take his purchase to his forever home.



REDUCING UNEMPLOYMENT IN NOTTINGHAM

sectors to access high quality innovative in work training solutions to support internal training of employees, increasing their skills and helping them contribute more and sustain employment.

Councillor Neghat Khan, Portfolio Holder for Education and Skills said: "This is great news for local people and businesses in Nottingham. "Securing external funding will allow the council to continue supporting unemployed residents and increase employment opportunities in the city."

Nottingham City Council's unique employment and skills service Nottingham Jobs has been awarded over £4 million to support unemployed people of all ages and to help local businesses increase the skills of their employees with in-work training.

The funding which comes from the European Social Fund will enable the council to sustain its community-focussed activity across Nottingham and will be used to deliver three targeted employment projects in the city.

The three projects; GetAhead, MoveAhead and StayAhead are designed to support individuals whether they are unemployed or in work and in need of additional training to achieve their full potential.

The funding will be used to support unemployed residents from disadvantaged communities to access adviser-led training and pre-employment activities at centres which are local to them. GetAhead will help unemployed and inactive people aged over 16 who come from deprived backgrounds to overcome barriers which prevent them from finding sustainable employment.

MoveAhead will support unemployed and disadvantaged residents in Nottingham and across the region to boost skills and employment in five key sectors; construction, creative & digital, health & social care, transport equipment manufacturing and low carbon industry which are currently seeing skills shortages.

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Hospital volunteers help Nottinghamshire families

A room used by parents of sick children at King's Mill Hospital has been refurbished, thanks to a £46,000 charity boost. The parents' suite on the Children's Ward at King's Mill Hospital will help to make the lives of parents who have children that have to stay in hospital for long periods of time that little bit easier. Tired families can stay in the suite for time together, or it can be used by parents to stay with their child whilst they get to grips with any special care

that they might need before going home. Thanks to a donation of £40,000 from the hospital's volunteers and a £6,000 donation from Pentagon Group Mansfield, the revamp has seen the suite turned into a self-contained flat with double bedroom, en-suite bathroom, a living area with television and a kitchenette. King's Mill Hospitals' Children's Ward Leader, Sarah Limb, said: "We're incredibly pleased that we've been able to open this brand

new suite for the parents of children on our ward. It's really important that we're able to offer a space for parents and families to stay close to their children, helping them to feel involved in their care but maintain as much normality as possible during a stressful time. It also gives parents somewhere to go to relax. "We've needed this suite for a long time and we are really grateful to the hospital's volunteers and Pentagon Group Mansfield for making this refurb possible."



NIDAS (Nottinghamshire Independent Domestic Abuse Services) have been successful in applying to the Boots Charitable Trust and Children in Need to deliver a new project aimed at children and young people aged 12 to 25 years old who have been affected by a violent or abusive relationship.

Abusive incidents within a relationship can take many forms ranging from physical or emotional to online. Children and young people find themselves statistically at much greater risk because they do not have the lived experience to recognise when it's happening as it can be very subtle and occur over a prolonged period of time. Last year NIDAS

NEW YOUNG PEOPLE'S PROJECT SET TO LAUNCH

Last year NIDAS supported 630 children and young people across Mansfield and Ashfield who had been exposed to some form of abusive behaviour

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

NIDAS will be launching this new and exciting project at the end of July 2018 and have already been making contact with schools and colleges in the local area. They will work directly with children and young people on a 1-to-1 basis, providing emotional support and practical advice about healthy intimate and family relationships.

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

University Co-Founds Academic Aerospace Association

The University of Nottingham is among top UK aerospace research universities joining forces to create a national aviation consortium; a single point of engagement for the world's aerospace community. Embracing the full aviation spectrum (airlines, aircraft, airspace and airports), the National Aerospace Research Consortium (NARC) will enhance the UK's leading position within the sector. NARC will also provide a clear means of communication with equivalent organisations in other countries and multi-national initiatives. "Nottingham strongly supports NARC," said Professor Chris Gerada, Royal Academy of Engineering Chair of Electrical Machines at the Faculty of Engineering, University of Nottingham. "NARC will be able to capitalise on the complementary skills of each partner to deliver a coordinated approach to impactful research programmes, training and state of the art facilities."

"...a 400-strong team of leading researchers are playing key roles in major R&D programmes..."

The Consortium aims to create a UK-wide infrastructure of accessible, integrated and world-class research facilities to support each pillar. NARC universities are already working on the Future Propulsion pillar with a collaborative proposal for a network of advanced electric and hybrid-electric propulsion development facilities. At Nottingham, Aerospace is a flagship research area where a 400-strong team of leading researchers are playing key roles in major R&D programmes. NARC will seek to enhance the flow of highly qualified aerospace engineers of the future through closer integration of graduate and postgraduate learning provision.

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PLANS SCRAPPED FOR NOTTINGHAM'S CLEAN AIR ZONE

Nottingham City Council have announced that citywide measures already under way to improve air quality mean a Clean Air Zone is no longer being considered. Councillor Sally Longford, Portfolio Holder for Energy and Environment, told full council that existing measures would reduce air pollution to below the legal limit, without the need for a Clean Air Zone.

Projects include retrofitting 180 NCT buses with clean exhaust technology, requiring every taxi and private hire vehicle in the city to low emission, and the council replacing its own heavy vehicles – such as bin lorries – with electric or other low emission vehicles.

Longford said: "Results of air quality modelling showed these measures will have a significant effect in reducing emissions, bringing Nottingham into compliance by 2020. Although we considered a Class B Clean Air Zone - which would have affected HGVs, buses and taxis - the actions we're taking will have a positive impact across the whole city, rather than just in one area."

The City Council has been directed by the government to take action to meet legal air quality limits as soon as possible, and is required to submit a local plan to DEFRA in September.

Nottingham Students Designing the Future

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



Principal of The Nottingham Emmanuel School, Derek Hobbs with Ying Yao.

Meg Norridge is the Director of Arts & DT at the school and says the award came about from a Product Design task. "Ying's award came at the end of her school year in which she has worked incredibly hard over her A level course, in fact we believe she is on track to get a grade A*." "The second award went to Jamaal who is a year 11 student who was given the award for his creative storage product, designed and made for his GCSE coursework." Meg says that the Award will become an annual event at the school. "This award will be given out yearly by the Society in recognition of exceptional work in the field of Design and Technology at Nottingham Emmanuel School for both years 11 and 13." Ying Yao said the award took her completely by surprise. "My design was a model for a couple I know who are looking to buy a retirement home. I made the model according to their needs and from their perspective because the project was to create something that fitted the client's needs." Ying said this mimics professional practice. "In the working world, designers usually follow what consumers want." Asked if her family would be proud, Ying said, "Well, I think my Mum is going to be really surprised!" Ying received the Award on her final day at The Nottingham Emmanuel School.



Ying Yao designed a bungalow fit for retirement and according to her clients wishes and needs.

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Classic Thrillers

Return to Nottingham

The Classic Thrillers Season returns once again for 2018 in August with four mysteries for everyone to enjoy, performed in the heart of Nottingham at the Theatre Royal. Karen Henson, co-producer for the season, said: "We bring you: A Pratt play with pratfalls galore, a plethora of shoulder pads, swash buckles and a profusion of passions."

Sleighed to Death by Peter Gordon

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

A Touch of Danger by Francis Durbridge

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

The Scarlet Pimpernel by Louise Page

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

The Nightmare Room by Arthur Conan Doyle

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

Saving Lives in the East Midlands

Blood in urine is a crucial symptom of bladder and kidney cancer, yet only 14% of those most at risk in East Midlands – aged 50 or over – check the colour of their pee every time they go to the toilet.

Public Health England (PHE) launches new 'Be Clear on Cancer' campaign, running until 23rd September, in the East Midlands to highlight blood in pee as a key symptom of bladder and kidney cancers. The campaign will encourage everyone to 'look before they flush' and visit their GP without delay if they notice blood in their pee, even if it's just once.

A new short film is featuring the TV doctor, Dr Dawn Harper, is being released as part of the campaign. The film shows what to look out for as the colour of blood in your pee can vary.

Worryingly, around 50% of those surveyed in East Midlands said they would not seek medical advice if they saw blood in their pee only once.

However, 45% of those surveyed said they would wait and see if it happened again, potentially putting off a vital diagnosis.

Ben Anderson, Deputy Director for Healthcare Public Health at PHE East Midlands, said: "Cancer survival rates are improving and we know finding cancer early saves lives, but there is still more to do to make people aware of the warning signs and to act on them.

"Our message is simple - please don't hesitate. If you have blood in your pee your doctor will want to see you."

For further information about the signs and symptoms of bladder and kidney cancer, search 'Be Clear on Cancer'.

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ARNOLD MARKET

OFFICIALLY **UNDER NEW MANAGEMENT**



Gedling Borough Council has completed the acquisition of Arnold Market and is now managing the market with immediate effect. In October 2017 the council announced plans to buy the market on Front Street, Arnold and have met with representatives of Thurland Estates Ltd, who previously owned the market, to be presented with the keys and take possession of the site. The market will continue to operate as normal whilst work begins to improve the site and regular traders have been notified of the new arrangement. The council's future plans for the market will include improving

its appearance and increasing the use for community events and activities. The council will also be looking at options for specialist markets, including evening and weekend markets. The work to improve the market, which originally opened 50 years ago in 1968, will be phased. Some of the site will be closed immediately and hoardings put in place to allow new modern stall structures to be installed. Whilst these works take place the stall holders will continue to use the site. The market improvement will be boosted by a bid for £1.25 million of funding from the N2 Town Centre Fund - part of the Local Growth

Fund from the D2N2 Local Enterprise Partnership that supports town centre improvements. Leader of Gedling Borough Council, Councillor John Clarke said: "How fitting that the year the market turns 50 it will be getting a new lease of life, under council management. We made a pledge to improve Arnold town centre and with the acquisition of the market, the work to improve Eagle Square and the refurbishment of Arnold Leisure Centre and Bonington Theatre, we are delivering on our promise to Gedling residents. I'd like to thank Thurland Estates Ltd for their co-operation to make this deal happen."

Foster carer shares holidaying tips

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



games and a 'can you see' list, which the children could check off things as they saw them on the journey and at the airport. "We put up photos of the accommodation and destination round the house weeks before we went, so they were familiar images. We watched TV programs showing airports and planes taking off and land-

ing, which touched on security measures. We looked at the currency of the country we were travelling to and talked about it at mealtimes, before we learnt a few foreign words such as hello and thank you. "For children with disabilities you can request special assistance at airports. This fast tracks you through security, so no stressing while queuing and children get a play pack to look through with a wristband to identify them to staff. This wasn't just for physically disabled children, it is also for autistic children. "Don't panic if things go wrong, there's not much that airport staff won't have seen or heard before and most of all - have fun!"



Luxury Award Winning Lodges in the Derbyshire Peak District

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offer a range of services supporting children and adults affected by Autism, this includes family services, a specialist school for children aged 4-19 years old based in the centre of Nottingham; and a range of adult day and accommodation based services in; Nottingham, Nottinghamshire North, Nottinghamshire South and Derbyshire.

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Registered Charity Number 517954

Autism East Midlands RECRUITING NOW!!

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

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

All posts are subject to an enhanced DBS check.





Important education for Nottinghamshire's young people

Pupils at Glapton Academy in Clifton have taken part in a graduation ceremony with a difference. Through completing a special DARE (Drug Abuse Resistance Education) course, they now have a better understanding of the risks associated with drugs and how to avoid them, thanks to a project sponsored through local company British Gypsum. The project was funded through a major one-off community donation made by British Gypsum in its Centenary year. This donation funded a 10-week programme to support early intervention for education around drugs and alcohol. The five primary schools involved were Glapton Academy, Dovecote School, Highbank Primary, Milford Academy, and Whitegate Primary – all feeder schools to Farnborough academy in Clifton.

Pupils aged 10-11 completed a course which helped them develop an array of personal and social skills

including dealing with pressure and stressful situations; resistance skills and personal responsibility.

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

The class all agreed that they were much more confident in their ability to make good decisions that will keep them safe and healthy in the future.

“This support has undoubtedly influenced the students' lives in a positive way...”

Notts Professionals Host Construction Workshop

Industry leaders from Leonard Design Architects, ARUP and Nottingham Trent University (NTU) have teamed up with Scale Rule to inspire the next generation of engineers, architects and designers in Nottingham. Scale Rule is a social enterprise which aims to benefit young people interested in the built environment but also promotes diversity and better representation within the industry. The scheme engages local students in year nine or ten and provides the

opportunity for them to be directly involved in a real-life construction project

from start to finish.

Leonard Design, NTU and ARUP held a weekend workshop at the NTU city campus which saw a number of interactive exercises including design, drawing, and model making, with an emphasis on teamwork.

Following a brief from the professionals, the teams were set the task of designing a pavilion for the heart of Nottingham. Each group was provided with materials to create concept sketches, models and detailed drawings. The finished designs were presented to a panel during the afternoon of the second workshop day.

John Morgan, director at Leonard Design, said: "We were thrilled to be involved in the Scale Rule event - it's a really great initiative where young teens not only find out about why a career in engi-

neering or design might be right for them but are able to put what they learn into action to create something physical."



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www.emme.uk.com





Treating Glaucoma

“Glaucoma was once an irreversible cause of blindness but now, thanks to medical advances, the condition is easily treatable with eye drops if detected in its early stages.”

It is a condition whereby the pressure inside the eye goes up and compresses the optic nerve at the back of the eye. Gradu-

ally the patient loses vision in the peripheries but the danger is that they do not know it's happening. It is just like your blind spot, there is no black hole there as the brain fills it. Also consider where your field of vision ends, where there is no black line, it simply fades out. When the pressure is high there are no symptoms, the reason why 30 years ago patients with Glaucoma would often go blind.

These days we are fortunate enough to have opticians that check their patient's eyes regularly for symptoms related to Glaucoma and I would encourage everyone to visit their optician for an eye test every 2 years, particularly if you have a family his-

tory of Glaucoma, as this means you have a 1 in 5 chance of developing it.

The key thing is detection. If we pick it up early the prognosis is excellent. Visit me for an assessment to see if you have Glaucoma or alternatively, book an appointment with your optician, who will be able to check that your eyes are healthy.”

Amar Alwitary is a Consultant Ophthalmologist who offers one-stop appointments for self-pay and insured patients at Woodthorpe Hospital in Nottingham. Call the Private Account Manager on 0115 9932015 to find out more information or to book your appointment with Mr Alwitary's PA, Leisa, on 0115 7722058.

Alternatively visit www.woodthorpe-hospital.co.uk for more information

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The Sewing Room

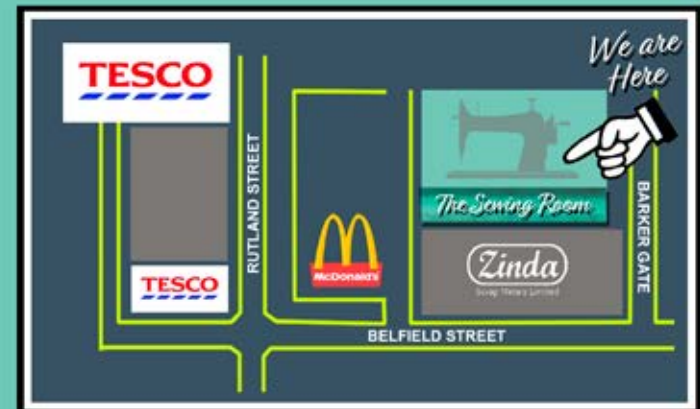
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Ever Thought of Equity Release?

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



Ian Francis,
Director and
Financial
Adviser

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

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

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

Unlike a conventional mortgage, they aren't required to make monthly repayments. Instead, the loan is repaid,

including the compound interest, from the sale of the home, when you pass away or move into long term care.

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

But a lot has changed since then:

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

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

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

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

carefully.

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

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

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

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

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Schools Out



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

PULL OUT GUIDE

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Book online: embassytheatre.co.uk



Friday 3rd August 2018
7.30pm



Saturday 4th August 2018
7.30pm



Sunday 5th August 2018
7.30pm



Friday 10th August 2018
7.30pm



EVERY TUE IN AUGUST
7TH, 14TH, 21ST, 28TH AUG
7.30pm

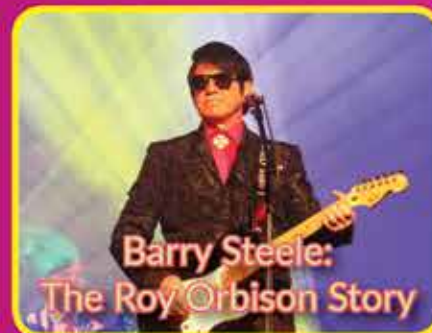
#SummerSorted



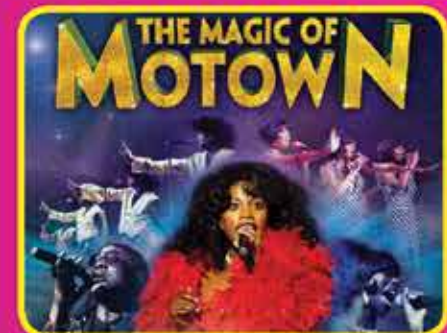
Saturday 11th August 2018
7.30pm



Sunday 12th August 2018
7.30pm



Friday 17th August 2018
7.30pm



Saturday 18th August 2018
7.30pm



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EVERY WED IN AUGUST
1ST, 8TH, 15TH, 22ND, 29TH AUG
7.30pm



Sunday 19th August 2018
7.30pm



Friday 24th August 2018
7.30pm



Sat 25th & Sun 26th August
7:30pm



Friday 31st August 2018
7.30pm



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schools out for Summer **WHAT'S ON**

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Medieval History

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

Black Knight Historical

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

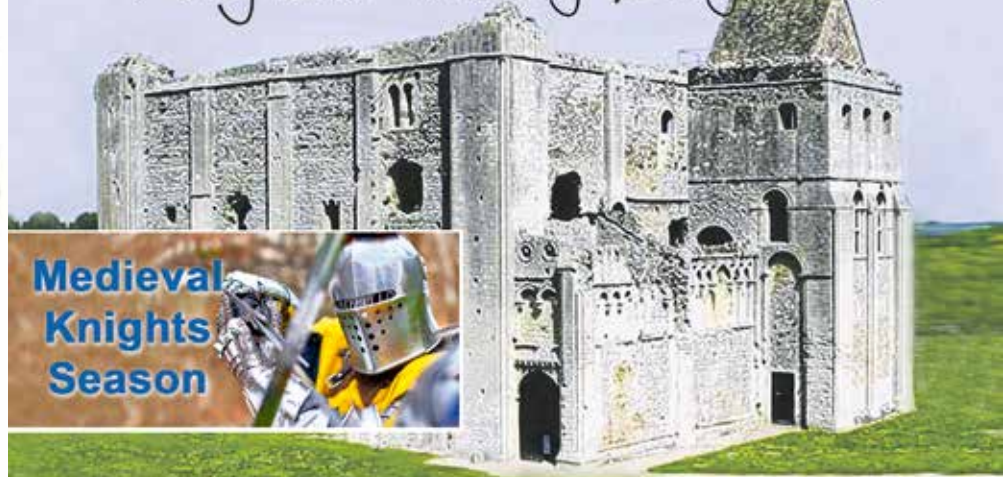
For more information see www.blackknighthistorical.co.uk. If you want to find out more about other exciting events, head to the website www.castlerising.com/uk. Castle Rising, Kings Lynn, Norfolk, PE31 6AH



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schools out for Summer **WHAT'S ON**  Proud sponsors of our Schools Out feature

SUMMER fun

COMIC STRIP WORKSHOP

• STORY FUN
• CRAFTS
• THEATRE

• TWILIGHT WALK
• STREET DANCE



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

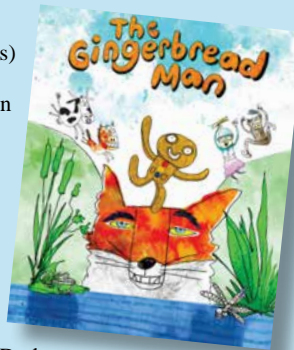
becomes a printing press for the day.
TWILIGHT CREATURES WALK
Sherwood Forest Country Park Saturday 28 July - £10
What comes out after dark in the forest? Join the RSB, Birklands Ringing Group and other



experts to find out! We'll take a gentle stroll through the forest and find out more about the moths, bats, birds and other creatures that become active at dusk.
MRS HONEY'S HAT STORY FUN
Stapleford Library Saturday 28 July FREE (Booking essential) Story and craft session for 3-6 year olds based on Mrs Honey's Hat by Pam Adams.

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Various Libraries 29 July - 11 August £3 (library members) £6 (non members)
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visit our website for full details of all our party packages

KIDS WORLD SOFT PLAY AREA

WHAT'S ON

SUMMER HOLIDAY FUN
 DIFFERENT THEMES EACH WEEK THROUGH THE SUMMER HOLIDAYS

23rd July - 27th July	PIRATE WEEK
30th July - 3rd Aug	CIRCUS WEEK
* 6th - 10th Aug	DISNEY WEEK
13th - 17th Aug	CARNIVAL WEEK
20th - 24th Aug	70's / 80's WEEK
27th - 31st Aug	BACK 2 SKOOL!

FANCY DRESS EACH WEEK PRIZES TO BE WON DAILY

HALLOWEEN PARTY
 Friday 26th October - 3pm til 7pm
 Kids World ticket event for our spooktacular Halloween Party!
 Join the staff and dress up, the best dressed wins a prize.
 Party games, pinata, and competitions.

Waterfront Restaurant Great Food, Great View
 01754 611726

Skegness Seafront
 website: www.belleisure.com
 Tel: 01754 896755 Facebook: Kidsworld At Lucky Strike

KIDS WORLD Telephone: 01754 611488

schools out for Summer **WHAT'S ON**

Go Ape!
LIVE LIFE
ADVENTUROUSLY
08455 194802
Proud sponsors of our Schools Out feature

Visit Mansfield

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

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

Mansfield benefits from a range of attractions and activities for all the family, including Mansfield Museum, the Palace Theatre, award-winning parks, Water Meadows Swimming Complex, vibrant town centre shopping with independent shops and retail parks, and more than 40 places to eat including bistros, pubs and tea rooms. Mansfield's location in the Sherwood Forest area means it is an ideal base for exploring further afield, and with the district council working to provide a hotel as part of the redevelopment of the former bus station site on Stockwell Gate North, plus a couple of other hotels in the pipeline – there's never been a better time.



The site lists some of the top attractions within a short drive including Chatsworth House, Clumber Park, Newstead Abbey and Rufford Abbey. Councillor Dave Saunders, Portfolio Holder for Regeneration and Growth, said: "Mansfield's unique selling point is that it is situated in the heart of the Sherwood Forest area and we are making a concerted effort to shout loud and proud about the great things our district has to offer – showstopping heritage and culture, award-winning parks, great shopping and leisure activities."

HOLDING A LOCAL EVENT?
CALL 01159 314380

Come and see Catboy & Owlette

Sun 26th & Mon 27th August 2018

Join **Catboy** and his fellow hero **Owlette** as they join us here at the Great Central Railway. There will be photo opportunities so don't forget to bring your cameras!

Loughborough

- See **Catboy** at 11.00, 12.00, 13.00, 14.00 & 15.00
- See **Owlette** at 11.30, 12.30, 13.30, 14.30 & 15.30
- Photo opportunities with **Catboy & Owlette**
- Facepainting (not available for under 3s, small charge applicable)

Quorn

- Main event car park

Rothley

- Funfair Rides – Pay as you go per ride
- Explore the miniature garden railway

Leicester North

- Here you can watch the loco turn around

Your Train Journey

- Start and finish your journey at any one of our 4 stations and hop on and off along the way all day long!
- Enjoy a 16 mile return trip behind a steam engine.

Refreshments are available at all 4 stations

www.pjmask.com

BOOK TRAIN TICKETS ONLINE www.gerailway.co.uk
Enquiries: 01509 632323

Party in the Park

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

The annual family event will kick off in Broadgate Park at 12.00pm until 5.00pm with live music, a host of food and drink stalls and activities for the kids including music from Mellonie Page and MPB, The Electric Bears, Salmagundi and headliners, Fat Di-

gester. There will be an arts and crafts marquee and community groups including blood bikes, which were popular at this year's Hemlock Happening.

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

The event has been supported by NET.



Camp Williams

by **VMCA** day camps
in Nottinghamshire every school holiday

4-15 yrs

Scholarships

We are proud to offer help for families who can't pay full price.

August 2018

Monday 6th - Friday 10th

Monday 13th - Friday 17th

Monday 20th - Friday 24th

Tuesday 28th - Friday 31st

At Camp Williams all children take part in camp rallies, sports, swimming, games and crafts.

Plus, 8 - 15 year olds on our full programme can do skills clinics ranging from game design to climbing, and mountain biking to music making.

"Fun, safe, educational. My daughter loved everything about camp. Happy child, happy mum!"

Louise, Camp Williams parent

Book now
with code **WILLIAMS15**
nottsymca.com
0115 711 7006



#GoApe!
NETS
KINGDOM

BOUNCE CLIMB SLIDE

at Sherwood Pines

NEW



Book at **goape.co.uk**

OR CALL 0845 519 3054[†]

[†]Calls cost 7p per minute plus your phone company's access charge. Participation and supervision ratios apply – please see website for more details.

Schools out for Summer **WHAT'S ON**

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AN ADVENTURE IN THE TREES

Nets Kingdom is the latest adventure from Go Ape to open to the public at Sherwood Pines Forest.

An adventure playground set 30 feet above the forest floor, Nets Kingdom has arrived just in time for the summer holidays.

Gather your tribe and delve into a world of high nets and tree top trampolines. You can spend up to two hours bouncing, crawling and clambering through an expansive network of tree top bounce nets, giant ball play areas, netted walkways and slides – all while 30

feet up in the leafy forest canopy.

All ages are welcome, meaning that Nets Kingdom is one for the entire family. The course of enclosed nets stretches over 200m² and links to a bespoke treehouse high above the forest floor. Adventurers can explore 4 nets (3 large and one purpose built for the kids), 2 entrance ramps and a climbing tower. The grand finale is provided by two epic net slides which bring you safely back to the ground.

With so much to explore,

it's the perfect summer activity for everyone, from groups of friends, to families, birthday parties and even corporate groups.

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



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

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



Wilderspin
National School

Explore Wilderspin's school and playground of 1845

A Victorian school with unique links to Samuel Wilderspin, one of the founding fathers of modern schooling and pioneer of infant schools across Britain.

The best days of your life?

New displays from April exploring childhood memories in our reminiscence classroom and exhibition room. Reflect and relax in our new coffee shop The Old School Canteen.

Check online www.wilderspainschool.org.uk for details of our award winning School Visits Programme and adult group tours.

Please contact us on:

Telephone (01652) 635172

Wilderspin National School, Queen Street, Barton-upon-Humber DN18 5QP

PUBLIC ADMISSION
Thursday - Sunday
10am - 4pm



Lincolnshire's Best Kept Secret

Come and See the Largest Girthed Oak Tree in the United Kingdom suggested to be over 1000 years old!

- Bring the family and a picnic - large picnic area
- See our Farm Animals
- Sandpit and Pedal Tractors
- Lots of fresh air and space to play
- Refreshments available
- Weekday and early evening group bookings available, strictly by appointment only

Open Weekends and Bank Holidays 10am - 4pm



Bowthorpe Park Farm, Manthorpe, Bourne, Lincs, PE10 0JG.

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www.bowthorpeparkfarm.co.uk

A GATEWAY TO THE FOREST



New for Summer 2018!

The new Sherwood Forest Visitor Centre opens this summer at its new location in Forest Corner, Edwinstowe.

From information about Sherwood's wonderful wildlife and the legend of Robin Hood, to tasty food and drinks and a host of souvenirs and gifts to remember your visit by, the new state-of-the-art building will offer everything needed for a fabulous day out in the forest.

Follow the progress of the centre's build at www.visitsherwood.co.uk

Look out for forthcoming events, including details about the 2018 Robin Hood Festival



Newark Castle Line



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



Public Trips

Adults £10.00

OAP £9.00

Children £4.00

Sailing times:

1300 and 1500

(depending on weather)

*Come and
join our
family friendly
cruises*

Jazz Cruises

1st & 15th August, Sailing time: 7-10pm

£18 PER TICKET

To discuss a private event please call: 01636 362303

Cuckstool Wharf, Castle Gate, Newark on Trent NG24 1BG

www.rivertrip.co.uk

schools out for Summer **WHAT'S ON**

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Step Back in Time

11 & 12 August

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

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

All around the museum's extensive site, which will be developing a distinctive 1940s feel, the final display positions for visiting displays / groups are being set out; both under cover and outside. These displays include: vintage vehicles (cars and military

vehicles; local history groups; variety of themed wartime trade stalls; and will feature regular performances during the weekend by Fiona Harrison, "A Voice in a Million".

The museum wants to encourage as many visitors as possible to enter into the '1940s spirit' and to attend in period costume. Such participants will be admitted for free if they register in advance and at a discounted admission rate if they just turn up on the day. On both event days the museum has been granted flypasts by aircraft from the Battle of Britain Memorial Flight, which is based just over the county border at RAF Coningsby.

Normal museum admission rates apply and full listing details about the events can be found on the Museum Events page of the museum website.



16TH YEAR

MEDIEVAL TOURNAMENT

- WITH BIRDS OF PREY -

MEDIEVAL RIDING SKILLS
EQUESTRIAN DISPLAYS
FIRE PERFORMANCE
COSTUME PARADE
DOG DISPLAY
ARCHERY DEMO
BOUNCY CASTLE
GREAT ENTERTAINMENT
STALLS - BBQ & FOOD!

AT THE NORTHCOTE HEAVY HORSE CENTRE
LINCOLNSHIRE ANIMAL WELFARE CHARITY

- SUNDAY 19TH AUGUST -
10:30 to 15:30 - £5.00 Adults & £3.50 Child/Senior

WWW.NORTHCOTEHORSES.COM

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07899815960 OR 01754830286 - NORTHCOTEHORSES@GMAIL.COM
DOGS ALLOWED WITH OWNERS RESPONSIBILITY & MUST BE KEPT ON A LEASH
STALL PITCHES AVAILABLE - PLEASE CONTACT 07899815960 TO BOOK. MUST BE BOOKED IN ADVANCE

THE HARLEY JAE

CHRISTMAS CABARET CHARITY BALL

Celebrate this Christmas with a fantastic night of cabaret and live entertainment and help support children living with life limiting conditions and their families. Includes champagne reception, three course meal and wine for the table.

GET YOUR TICKETS TODAY!
£1000 for a tables of 10 or available individually at £100 each.

To book your tickets or for more info, contact Danielle@theharleyjaetrust.org.

LIVE ENTERTAINMENT • DJ CASINO • AND MORE...

SATURDAY 1ST DECEMBER
7.30PM - 2AM
TOM BROWNS, GUNTHORPE

For more information:
Website: www.theharleyjaetrust.org
Email: info@theharleyjaetrust.org

Follow the Harley Jae Trust on social media

The Harley Jae Trust



Helping families make memories that last a lifetime, supporting children with life limiting conditions

THE HARLEY JAE TRUST PRESENT

THE HARLEY JAE CUP

CHARITY GOLF TOURNAMENT

AUG 31
11.30am

Raffle Meal Prizes

ENTER YOUR TEAM TODAY!
ENTRY £40 PER PERSON

EVENT DETAILS	ON THE DAY:
DATE 31st August 2018	Meal, raffle & presentation winners ceremony to finish the day.
LOCATION Oakmere Golf Club, Oaks Lane, Oxtun, Southwell NG25 0RH	Teams of 4 (Individual entries welcome, players will be placed into a team)

Email danielle@theharleyjaetrust.org to book your place or for more information.

www.theharleyjaetrust.org • info@theharleyjaetrust.org • Follow the Harley Jae Trust on social media

The Harley Jae Trust

RUFFORD ON THE BEACH

WHAT IS ON THIS
SUMMER

FREE
ENTRY*



July	21	Sing Along with Mansfield Community Choir
	25	Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30
	29	Mogs and Minors Classic Car Rally on the Abbey Lawn
August	1	Punch and Judy Show with Paul Temple
	2	Children's Outdoor Theatre Pirate Pearl and the Big Blue Monster!
	8	Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30
	13 - 14	Rufford's Open Mic Session
	17 - 19	FREE Outdoor Cinema Moana screening 11.30
	17	FREE Outdoor Cinema War Horse screening 19:00
	18	Outdoor Cinema Jumanji: Welcome to the Jungle** screening 19:00
	19	Outdoor Cinema Sing-along Beauty and the Beast** screening 18:30
	22	Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30
	25 - 27	Bank Holiday Fun in the Sun With Children's entertainment by Charlie Starr Productions
	29	Punch and Judy Show with Paul Temple 12:30 / 13:30 / 14:30
September	2	Sing Along with Wheatsheaf Singers
	9	Music on the Beach with Harworth Brass Band

DONKEY / PONY RIDES

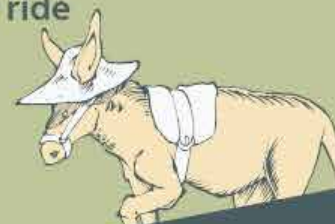
July	21, 22, 28 and 29
August	11, 12, 17, 18, 19, 25, 26 and 27
September	1 and 2

Donkey and Pony Rides will take place on the **Long Meadow**
Available from **11:30 - 15:30**, Cost **£3.50** per ride

FACE PAINTING

Every Weekend from **11:30 - 15:30**

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



RUFFORD ABBEY
COUNTRY PARK

RUFFORD ABBEY COUNTRY PARK
OLLERTON, NOTTINGHAMSHIRE, NG22 9DF

01623 821338

ruffordabbey.com



schools out for Summer **WHAT'S ON**

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OUTDOOR CINEMA SEASON

A brand new series of outdoor cinema events will take place in Broxtowe this summer as Mini Reel and Reel Outdoors arrive at popular parks across the Borough.



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

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

THE 87th ASHOVER SHOW
WEDS 8TH AUGUST 2018
9.00AM UNTIL DUSK
THE RECTORY FIELDS ASHOVER, CHESTERFIELD, DERBYSHIRE, S45 0BA
01623 811545
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www.ashovershow.co.uk
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with more obstacles and new challenges
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What's On July & August 2018

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



Cycling for All July 1st & 15th, August 5th & 19th

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



Walking Football Thursdays 7pm – 8pm

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



Couch 2 5k Tuesdays 6pm – 7pm 24th July – 11th September

FREE weekly session open to all ages and abilities, take the session at your own pace. Meet at Victoria Leisure centre for a relaxed session ran by friendly run leader Des. For more information call or text Des on 07565 748189.



Walking Netball Tuesdays 10:30am – 11:30am

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



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



Yoga Thursdays 2pm – 3pm at Bilborough Library

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



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

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

f Help us get to 500 likes on Facebook!

Help us boost our social media presence and reach 500 likes on Facebook by liking our page here! Our Facebook page is regularly updated with all the latest information about What's On, exciting upcoming events and opportunities to get involved.



Schools out for Summer **WHAT'S ON**



Proud sponsors of our Schools Out feature

Here Come the Holidays!

As the glorious British summer continues to grace us day after day, with blazing sunshine and warm weather, it provides the perfect excuse to get out and about with your friends and family to enjoy what's left of this magnificent heat wave.



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

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

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

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

With so many unique and enjoyable ideas for all the family, we hope our jam-packed 'what's on' pages give you some great inspiration on how to fill your summer with fun!

3 Nights Bed, Breakfast and Evening Meal *From Only £126* Per person

3 Nights Bed and Breakfast from only £96 per person

Palm Court Hotel, Skegness





www.palmcourtskegness.com
Telephone 01754 767711

Skylarks Festival

Fun for all the family!

Thursday 23rd August 2018
12pm - 6pm

**Skylarks Nature Reserve,
Adbolton Lane, Holme Pierrepont**

Follow the signs for National Water Sports Centre and then look out for our events signs!

Children's activities & games
Wildlife walks Refreshments

For more info, contact
Erin McDaid: 0115 958 8242




www.nottinghamshirewildlife.org

Schools out for Summer **WHAT'S ON**

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www.tramway.co.uk **CRICH TRAMWAY VILLAGE**



2018 Special Events

Each event incorporates the Village scene, and trams from the appropriate era or city of origin are run throughout the day.

FREE RETURN WITHIN 12 MONTHS WITH FULL PRICED TICKETS*

WWII HOME FRONT EVENT: Saturday 11th & Sunday 12th August
Taking you back to the early 1940s.

MODEL TRAM & RAILWAY EVENT: Saturday 18th & Sunday 19th August
A Model Tram and Railway Exhibition.

BUILD IN BRICKS: Sunday 26th to Friday 31st August
LEGO® bricks displays to explore and activities to get involved with.

CLASSIC TRANSPORT GATHERING: Sunday 26th & Monday 27th August
Welcoming vehicles built prior to 1985.

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Tel: 01773 854 321 Web: www.tramway.co.uk
Email: enquiry@tramway.co.uk



LOCATED NEAR MATLOCK AND ONLY 8 MILES FROM M1 JUNCTION 28

* excludes the World War II (1940s events). Please see website for full details.

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

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



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

VisitMelton MeltonBID

T: 07954 817505 www.melton.gov.uk E: info@meltonbid.co.uk



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lead mines great & small
Sir George Watt & Derbyshire

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

December
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The minibus leaves Ashbourne @ 1.30pm

Booking essential
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or email frances@franscript.co.uk

For further information see
www.offthederbyshirebeatentrack.co.uk

CLASSIC SHOWS
WWW.CLASSICSHOWS.ORG | INFO@CLASSICSHOWS.ORG | 01484 667776 | /CLASSICSHOWS

KEY: Car Show Bike Show Autojumble & Trade



MONDAY 27 AUGUST

NOTTS CLASSIC CAR & MOTORCYCLE SHOW
Inc. the East Midlands Mini & VW Show

Thoresby Park Ollerton, Notts, NG22 9EP
£: Adult: £9, Child (7-14): £3
Autojumble: Pitches from £30
Time: 10am - 4pm

EXHIBIT YOUR VEHICLE FOR £4.50 BOOKING DEADLINES AND T&CS APPLY
BOOK A TICKET AT WWW.CLASSICSHOWS.ORG OR PAY ON THE DAY



SUMMER OF SPIES LAUNCHED FOR FAMILY FUN

The National Civil War Centre has officially launched Summer of Spies, its fantastic new programme of family activities for the school holidays. Invitees to the big launch included local dignitaries and officials, family bloggers and a gaggle of excited children attended the Centre for a spectacular sneak peek at what's in store this summer.

Guests enjoyed a hilarious character performance from an anonymous Civil War spy who regaled a captive audience with the uncomfortable tale of how he smuggled a message to besieged Newark's governor. Children from

Mount C of E Primary School enjoyed getting hands on sampling some of the programme's brilliant craft activities and were able to take home their creations, from code-cracking cipher wheels and periscopes, to polaroid spy snapshots of them wearing their most daring disguises! The good weather was enjoyed with a game of hide and seek in the Centre's courtyard where gold coins had to be found in order to pay to use an enormous replica cannon!

Families are invited to enjoy the fun for themselves this holiday at Summer of Spies, which runs from 28th July to 2nd

September, and sees the return of the National Civil War Centre's brilliant all-inclusive family discount. Launched last year, this pioneering concept banishes the idea of 'the family of four' so that

whatever size and shape a clan may be, if it includes a paying child the whole group will receive 20% off admission during the holiday.

What are you waiting for?

SUMMER OF SPIES



Delicious Sunday Carvery served from 12noon - 4pm

Book early to avoid disappointment | Specially selected Menu | Online booking available

1 Course £9.95 | 2 Courses £12.95 | 3 Courses £15.95

Relax and enjoy our Special Sunday Lunch Menu and extensive Wine list.



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Plus a thrilling 20th Anniversary Celebration display

FESTIVAL OF FIREWORKS

September 1st
Catton Hall
Derbyshire, DE12 8LN

STEAM RALLY

FOOD FESTIVAL



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01384 402266

Admissions from 2pm

Displays start around 8pm



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

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

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AVAILABLE

Special Edition Chocolate, Willingham Hall, Market Rasen, Lincolnshire LN8 3RH
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The team at Dogs Trust Loughborough are hoping thousands of dog lovers are heading to Turnpost Farm this weekend for a day of fun for two and four-legged friends.

The event, on Sunday 29 July, includes a Fun Dog Show with classes including Best Puppy and games such as Musical Sit along with doggie agility, doggie dash, temptation alley and bobbing for tennis balls. There is also a children's zone with a fun fair plus raffles, tombolas, a craft fair, charity stalls and refreshments. The event is at Turnpost Farm, East Road, Wymeswold, LE12 6ST, 10.30am-4pm. It is £2 per person, dogs go free and there is no charge for parking. In the event of extreme hot weather, the decision may be made to cancel the Fun Day. Please check the Dogs Trust website www.dogstrust.org.uk and social media before you begin your journey for any updates.



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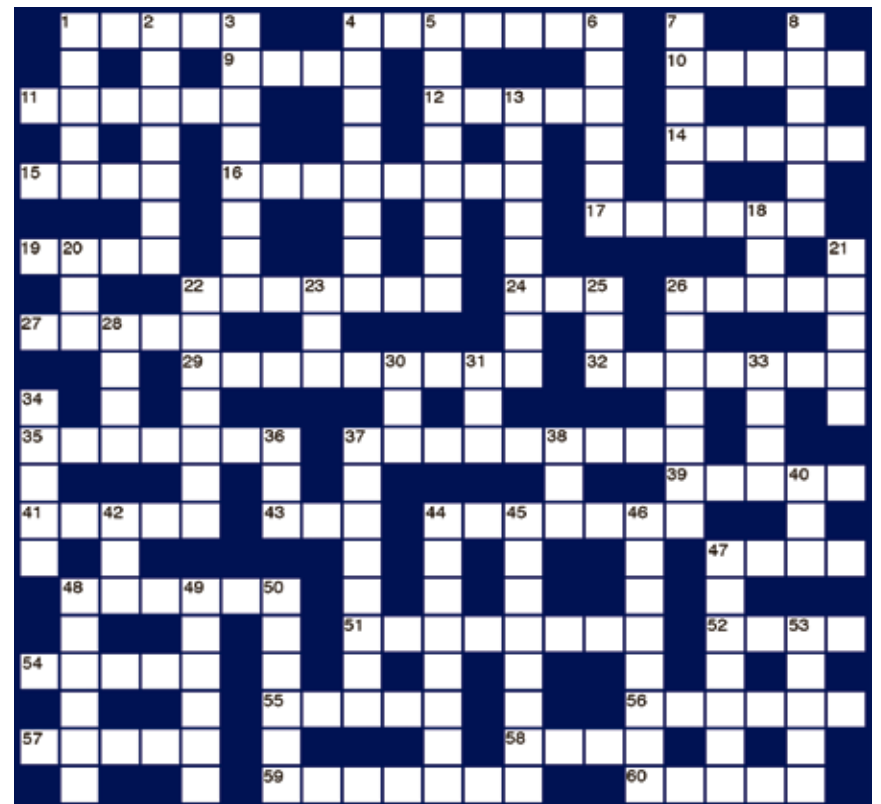
See below for answers

ACROSS

- 1 Wide ravine (5)
- 4 Pile of overdue work (7)
- 9 Garden earth (4)
- 10 Law and . . . (5)
- 11 Bluish-purple flower (6)
- 12 Custom (5)
- 14 Fundamental (5)
- 15 Half a house? (4)
- 16 Meaty fish, often smoked (8)
- 17 Lessen (6)
- 19 Hoodlum (4)
- 22 To mirror (7)
- 24 Child's stomach (3)
- 26 Canal boat (5)
- 27 Aunt's husband (5)
- 29 Pond eggs (9)
- 32 Ask for (7)
- 35 Spendthrift (7)
- 37 Mandarin orange (9)
- 39 Dish of raw vegetables (5)
- 41 Tend the sick (5)
- 43 Bath (3)
- 44 Violent storm (7)
- 47 Encounter (4)
- 48 Brook (6)
- 51 Degree of slope (8)
- 52 Bare (4)
- 54 Scottish reel or Highland . . . (5)
- 55 Party snake-dance (5)
- 56 Colourful hair-tie (6)
- 57 Brag (5)
- 58 Get up (4)
- 59 A thin slow stream (7)
- 60 Artist's stand (5)

DOWN

- 13 News item update (8)
- 18 Automobile (3)
- 20 Female bird (3)
- 21 Molars and incisors (5)
- 22 Match official (7)
- 23 Block of firewood (3)
- 25 Spoil (3)
- 26 Legacy (7)
- 28 Moggies (4)
- 30 Podded vegetable (3)
- 31 Artificial head of hair (3)
- 33 Wicked (4)
- 34 Show off, boast (5)
- 36 Allow (3)
- 37 Bobsleigh (8)
- 38 Tear open (3)
- 40 Get older (3)
- 42 Rodent (3)
- 44 Indian war-axe (8)
- 45 Hand and nail care (8)
- 46 Without any penalty whatsoever (4-4)
- 47 Small public service passenger vehicle (7)
- 48 Rarely (6)
- 49 Four score (6)
- 50 A good luck symbol (6)
- 53 Strangely amusing (5)



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Aries
 Your determination will rise to the fore over the coming weeks and you may have to force someone's hand regarding an important decision. A romantic proposal may set your heart fluttering but your head tends to rule your heart, especially where money is concerned. There are a lot of mixed feelings relating to a delicate family matter and something you hear will prove intriguing, yet answer a few questions that will help piece a puzzle together.

Taurus
 Recent emotional roller coaster scenarios have all taken their toll and you may still be recovering from several tense and dramatic experiences that have taken place that have all served to change the direction of your life. If you are still interested in meeting someone who you can call a soul mate then don't make the mistake of going out looking for love because when the time is right, your new partner will cross your pathway.

Gemini
 Pressure at work just doesn't seem to show any signs of going away so you have no choice but to knuckle down and get on with the job for now, that is. You somehow manage to sort out one problem and then without any prior warning along comes the next tidal wave of complex issues to deal with. Your tremendous loyalty towards your family and friends means you are always in great demand, but with little time left for yourself.

Cancer
 A letter or phone call will be a lovely surprise as it will be from someone you will be delighted to hear from. Are you still trying to make an important decision regarding your career? Are you brave enough to take that leap of faith? A loving relationship will become more meaningful as you discuss future plans together. Travelling to some faraway places will appeal to your sense of adventure.

Leo
 Someone will soon be delivering some much welcomed news that will put your mind at rest regarding a matter close to your heart. Work and business matters will test your patience and its no great surprise that you are currently struggling with a decision about which direction to go in next. You may not like what people suggest, but it will soon become clear that they are only trying to help.

Virgo
 A chance meeting with an old friend could mean that you will take up where you last left off and discover that your lives have both been extremely complicated and filled with life's challenges. If you are single and happy that way, why waste your time looking for something or someone you really don't feel ready to take on board as no matter who you meet, they will also have their fair share of unresolved issues and stuff they still troubled by.

Libra
 Its been quite a year so far and the pressures of life have left you feeling as though have had the worries of the world sitting on your shoulders. Do take care of your health especially if you have been feeling tired, fatigued and stressed. A powerful transformation affecting your finances and personal life will soon have you looking forward to the future in a very positive way and making all sorts of plans for an exciting future.

Scorpio
 Having made lots of positive decisions relating to both your working and personal life, nothing nor no one can hold you back any longer. You can expect your social life to show signs of changing dramatically as you begin to close the doors on the past and start progressing forwards into a future which is filled with an abundance of prosperity and financial security. In your love life, why settle for second best when you can so easily have your heart's desire.

Sagittarius
 If you find yourself pushed into a corner and struggling with making decisions, you are not alone. It has nothing to do with you being weak willed and unable to think for yourself, but more like erring on the side of caution because you know the dangers of acting foolishly without considering the consequences of your choices. Travel is very much favoured, so take advantage of every opportunity that comes your way from this day forward.

Capricorn
 Sometimes life can be unbelievable challenging, filled with obstacles and difficult people to deal with to the point where it is so easy to crack under the strain. But that is not what Capricorns do. They dig and dig to find a way out of any unsettling situation and more often than not the answers soon becomes very clear. Soon it will be time to relax and find a new and interesting hobby. You have an inquisitive mind and thrive on learning new things and meeting new people.

Aquarius
 You are entering an incredibly busy period and will probably find yourself going round and round in circles getting nowhere fast. Other people will cause delays and frustrations whilst you are endeavouring to get jobs done because you have a life to live and be getting on with. Your home may require repairs or you could be seriously thinking about moving and starting afresh because you are looking for change and a new direction.

Pisces
 What can anyone say to you these days that you do not already know yourself? There have been so many changes in your life recently that everything you have experienced has proved tough and overwhelming at times. Life is a learning curve and this will be a hard one to swallow. You can only hope that you have made the right decision, avoid constantly looking backwards and start as you mean to go on.

Record Number of Best Bar None Accreditations in Nottingham City Centre



In order to achieve Best Bar None status, venues have to demonstrate they have policies and procedures in place to prove that they are safe, responsible and well operated and also comply with relevant legislation. They are then assessed on areas such as the prevention of crime and disorder and measures they take to promote responsible drinking. The highest scoring premises will now go through to an independent judging round, which will be undertaken by industry experts. Those with the highest scores will be announced as the top venue in seven different categories including Best Bar, Best Pub and Best Cocktail Bar. From the category winners, the judges will also choose an overall Best Bar None winner. The winners will be announced at a special event on Tuesday 11 September 2018.

Andrew Crawford, a director of the Nottingham BID, said: "We are really pleased that more venues than ever in Nottingham city centre have been successful in gaining the Best Bar None accreditation. It's good for the city, showing that the licensed venues take safety seriously." Lisa Sharkey, managing partner at leading licensing law firm, Poppleston Allen, comments: "Nottingham is a great city with lots of operators working hard to give visitors a fantastic experience. I think that an increase of 22 operators being awarded the gold award is a reflection of how much effort goes

Time to Shine

Following sold out performances; Jamie Wilson, Entertainment One, Ramin Sabi and Belgrade Theatre Coventry announce the return of Nativity! The Musical. They are on the lookout for children to audition for the 2018 UK tour, including a week at the Theatre Royal Nottingham from 21-25 November. Children must be pre-registered with Keston via the iOS App 'Keston Casting- downloadable' or registration can be via the website www.kestonandkestoncasting.com. All children who fall within the criteria will be sent an invite with information for the audition.

- Children must be:**
- Age 9-12 years by 1st September 2018
 - No taller than 4ft 7inches
 - Must live within 45 miles to the venue and be available to perform
 - Characterful but disciplined with strong singing, acting and movement skills

Nativity! The Musical is written and directed by the creator of the blockbuster film series, Debbie Isitt. Debbie said: 'We are looking for children who can 'act' as snobby and yet have a sense of fun. We need them to have good movement and posture. They should also be able to sing confidently and enjoy performing'. Every child wants to star in a Nativity. Join teachers Mr Maddens and Mr Poppy as they struggle with a whole lot of sparkle to make everyone's wish come true. Featuring your favourite songs, Nativity! The Musical promises to be the perfect comedy for all ages. For more information call 0115 989 5537 or visit www.trch.co.uk.



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



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therapies and exercises that can help individuals regain their wellbeing and happiness while also combatting their addiction. Counselling treatments consist of both 1-2-1 Cognitive Behavioural Therapy and group work and there is also a variety of well-being treatments used including Meditation, Mindfulness and Acudetox. At Steps Together Rehab, the journey to recovery is sure to be an enjoyable and enlightening one.

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

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



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Support for Unpaid Carers



This year is the seventh year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting. The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. He wanted to help other carers find out about the range of support that is available so they are not isolated or alone. In order to ensure the shows are FREE for carers to attend and FREE for stallholders, funding is provided by a variety of public organisations. The Carers Road Show offers free support for all unpaid carers, no matter what the circumstances of the person they are caring for.

With 18 venues and over 100 stallholders there is a vast diversity of support on offer. This enables the unpaid carers to make a good informed choice about the kind of support they need. The unpaid carer can sign up for the support they qualify for there and then at the stall. This is the Carers Road Show in action. Alternatively the carer can simply browse and take away information. Pop along to one or more of the shows and see for yourself. You may be surprised about the range of help and support there is available. For more information contact Nottingham Carers Hub on 0115 8248824.



Calling all carers!

Carers' Roadshows are coming to a neighbourhood near you

- Find out about local carer services and support
- Talk to carers, service providers and service planners
- Find out about rights and benefits
- Meet carers and share experiences
- Air your views
- Browse the market place

2018
Free Event

Nottinghamshire Carers Hub: 0115 824 88 24

What's the difference?

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Are you a carer?

- If you are looking after someone and caring for their needs, you are a carer
- Because many people don't know that there are support groups, campaign groups and communities of interest aiming to help carers in Nottinghamshire
- Come along and find out

carersroadshow@outlook.com

Come along to a Carers' Roadshow near you... from 10:00am

Thursday 26th July	Retford Market, The Square, Retford
Wednesday 1st August	Southglade Park Life Festival, Top Valley, Nottm
Wednesday 1st August	Lark in the Park Festival, West Bridgford
Thursday 9th August	Kings Mill Hospital, Mansfield
Friday 10th August	Cornerstone Health Centre, Clifton, Nottm
Tuesday 14th August	Mary Potters Health Centre, Hyson Green, Nottm
Friday 7th September	Riverside Health Centre, Bulwell, Nottm
Thursday 13th September	Kings Mill Hospital, Mansfield

Carers' Roadshows are supported by

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Virtual Bingo Connects Care Home Residents

With bingo being the go-to social game for many families and communities, Ideal Carehomes' Lifestyle Manager Tom Ogden had the idea of creating a 'virtual bingo hall' for all residents who live across the Group's 16 homes in Yorkshire, the North West and the Midlands. Tom used Facebook Live to stream the game and connect residents from each home, creating friendships across the country. Tom, who works as Lifestyle Manager at luxury care home Newfield Lodge in Castleford, made sure he knew all the 'bingo lingo' before hosting the big event last week and residents and guests had their favourite dabbers at the ready for a great afternoon of entertainment which certainly didn't disappoint. Tom said, "I wanted to do something a bit different and fun for our residents and who doesn't love a game of



bingo?! The residents were amazed that they were linking up with others from up and down the country to play. I have lots more ideas lined up, we are going to host a live quiz next and have a trophy for the winners that can be passed around all the homes. The options are endless and everyone is really excited!" Trish Roe was thrilled to win the first game at her home at Coppice Lodge in Nottingham. She said, "This is great, it's like being at the bingo hall. It was a fantastic afternoon!"

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

NEW CARE OPENS SECOND NOTTINGHAM CARE HOME



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

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

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

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

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

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

(L to R) New Care's Kad Daffe and Chris McGoff with the Mayor of Rushcliffe, Councillor Maureen Stockwood, and Francis Purdue-Horan

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For further information, or to arrange a viewing of Ruddington Manor, please contact Dawn Collett on 0115 981 5956 or email enquiries@newcarehomes.com.

Alternatively, please visit www.newcarehomes.com



Outstanding Care

Staff at Sherwood Forest Hospitals NHS Foundation Trust have rated their Trust as the second best in the East Midlands to receive treatment and as a place to work. The Trust published results from its Q4 anonymous 'pulse' survey in April of this year, and now the national results have been published for 223 Trusts, it is clear Sherwood Forest Hospitals compares very well both nationally and regionally. The results show that, of the 1,164 staff who responded, 89% said they would recommend the Trust as a place to receive treatment, ranking it second in the East Midlands, and 77% said they would recommend it as a place to work, also ranking it second in the East Midlands. These are the best ever results for the Trust and both are considerably above the national averages of 80% and 63% respectively.

89% said they would recommend the Trust as a place to receive treatment

Sherwood Forest Hospitals compares very well both nationally and regionally

77% said they would recommend it as a place to work

The data from the survey can be found on the NHS England website.

Chief Executive of Sherwood Forest Hospitals, Richard Mitchell, said: "I'm really pleased to see that even more staff at Sherwood Forest Hospitals would be happy to recommend the Trust to both work and receive care. It's hugely positive that they have pride and confidence

in the services we provide and also view the Trust as a good place to work."

The data from the survey can be found on the NHS England website.



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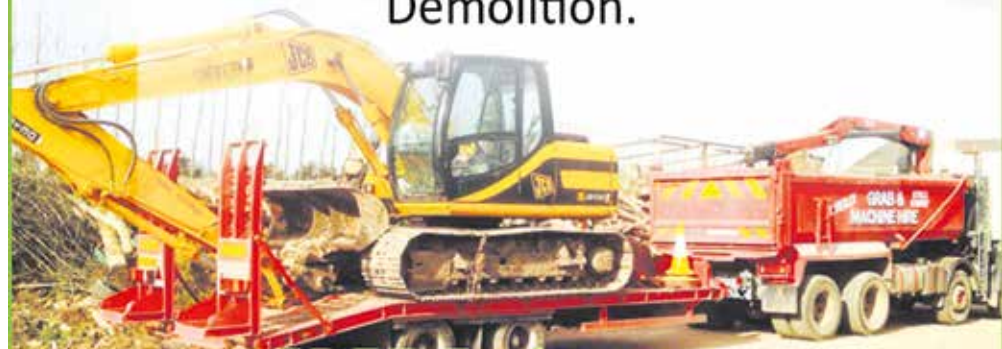
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Home Improvements

Love Your Garden

Now that we're experiencing the glorious summer weather, it's the perfect time to start thinking about sprucing up your garden to make the most of the blazing summer sunshine. Enjoying the weather with your family and friends can be as easy as investing in some new garden furniture or giving your old bits and bobs a new splash of colour. Giving your garden a little TLC is an important step to make when prepping for summer, although you want to get it ready to enjoy, you don't want to lug yourself with a huge, time-consuming project. Decking, tiling, shed conversions, grass laying and other big projects may take a lot of time if you're a newbie DIY'er. Asking your family and friends for help with these jobs can get the job done quicker and save you lots of money. Alternatively, you can call professionals or landscapers to do the job for you so you can relax. For a quick garden fix head to your local garden centre or home and garden store to pick up some new, quirky outdoor furniture as well as accessories such as lanterns, fairy lights and soft furnishings to make your outdoor area a family paradise. For a more relaxed look, try beanbags and low tables as a fun alternative. Funky patterns and bright, bold colours are super on-trend – grow some gorgeous multi-coloured flowers and plants to spice up your garden and add an element of interest, making your neighbours green with envy. All that is left is simply to enjoy your outdoor space, invite your guests round, get the BBQ on and relax in your garden sanctuary.



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